



# anfe

ISSUE 04  
JAN-MAR 2019

HIMALAYA AIRLINES INFLIGHT MAGAZINE

GAAN PYAKHAN | SYMPHONY OF SKYSCRAPERS | DELIGHTS OF NEWA CUISINE





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# PRESIDENT'S LETTER



## Welcome aboard Himalaya Airlines!

Dear Guest,

It gives me great pleasure to announce that Himalaya Airlines, as a burgeoning company, has been awarded as the **“Leading New International Airlines in South Asia”** at South Asian Travel Awards (SATA) 2017 event and was the official travel partner for the Right Honorable Prime Minister, Mr. K. P. Oli, Madam Radhika Shakyas and the ministerial delegation twice on an official visit to Beijing, the capital city of the People's Republic of China on March 20, 2016 and June 19, 2018.

We pursue an open-minded, inclusive and enterprising corporate culture, exerting ourselves to create a sound flight experience for our passengers with the aim to excel in safety, on time performance and most primarily, service to our customers. With current schedule flights to **Doha, Kuala Lumpur, Dubai and Dammam** from Kathmandu and a number of exciting new destinations focusing on China connectivity by adding up Nanchang, Changsha, Nanning, Guiyang, Shenzhen, Beijing, Haikou, Nanjing, etc. in the near future, our airline has thus set a target of acquiring 15 aircraft in next five years and introducing specially equipped A319s for the operation of high altitude airports such as Lhasa, China and long haul wide body aircraft of A330 family in due course of time for the operation of direct flights to Japan, Korea, Southeast Asian countries, Australia, and Europe. This demonstrates our commitment towards connecting growing metropolitan cities to Nepal with special focus on developing both tourism and multi-facet exchange with foreign countries.

Our first issue of 2019-Danfe, not only brings the readers close to “Naturally Nepal” exciting them to explore its varied destinations but also enlightens them with the travel apps while in Malaysia. It also outlines the diversity of what the world has to offer; from Newa Cuisine of Nepal to the taste of Dammam and from Skyscrapers of Dubai to National Park in Chitwan! We hope our passengers will travel the world through Danfe.

Following the genuine Nepalese tradition of **“Atithi Devo Bhava”** – *Guest is God*, H9 strives to provide true Nepali Hospitality to our esteemed guests. Discover the gorgeous landscape of Nepal, where culture, serenity, spirituality and welcoming locals will make you feel at home.

I hope you enjoy reading this issue.

With best wishes,

ZHOU ENYONG  
PRESIDENT





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# INSIDE



↑ **12**

TRAVEL OUTBOUND

## **SYMPHONY OF SKYSCRAPERS**

"Have you ever seen a tabulated chest of an empress? The view looked like something that would be it; it hits you with a brilliant gleam of gold right from the top," says Priyanka Rani Joshi who just returned from her trip to Dubai.



↑ **26**

COVER STORY

## **GAAN PYAKHAN**

It is believed that the dance of the Asta Matrikas is performed to remove various obstacles—the eight great fears (Water, Lions, Fire, Snakes, Elephants, Thieves, False Imprisonment and Ghosts). The worship of the deities is thought to bring prosperity and fortune to the King and his people.



### **GAAN PYAKHAN**

PHOTOGRAPHED BY: Shreyashka Vikram Raj

COVER CAPTION: The Goddess Indrayani, performs during the annual Gaan Pyakhan.

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**20**

FOOD INBOUND

## **DELIGHTS OF NEWA CUISINE**

Newa Cuisine, also known as Newari Cuisine is a principal subset of Nepali Cuisine that has been developed over centuries within the Kathmandu Valley by the indigenous Newar people.

**24**

FOOD OUTBOUND

## **THE TASTE OF DAMMAM**

Dammam residents are a mix of several different ethnicities and nationalities. This mixture of races has made a major impact on Dammam's traditional cuisine.

**34**

BOOKS IN REVIEW

## **NEPAL IN BOOKS**

Acquaint yourself with the country through books and take a trip first—through the power of your imagination.

**38**

UTILITY INBOUND

## **COMMUTING IN KATHMANDU YOUR TRAVEL COMPANIONS**

If given the opportunity, wouldn't we all love to live out of a suitcase? The fun part of traveling includes discovering and exploring new places. However, it also involves problems such as language barriers, getting to your destination, making itineraries, etc.

**40**

UTILITY OUTBOUND

## **APPS FOR A TRULY MALAYSIAN EXPERIENCE**

For travelers traveling to Malaysia for the first time, there will obviously be a lot to take in, so we have listed a few apps that will help make life easier during your travels to lessen the stress of finding things and blending in!

**52**

TRAVELOGUE

## **WALKING THE EBC TRAIL**

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# FESTIVAL CALENDAR



## JAN 15

### MAGHE SANKRANTI

Maghe Sankranti is celebrated on the first day of Magh. The Nepalese people celebrate it as the beginning of the auspicious month. The festival is a harbinger of longer and relatively warmer days in comparison to the cold month of Poush. On this day people consume ghee, hard molasses and yam to maintain the body temperature.



## MAR 4

### MAHA SHIVARATRI

Maha Shivaratri is one of the major festivals of Nepal and means "Night of the Shiva". It is celebrated on the 14th day of the dark fortnight of the Māgha month, as per the Hindu lunar calendar. It is also believed that the Shiva is most active on this day of the year.



## MAR 7

### GYALPO LOSAR

Gyalpo Losar is the celebration of the Tibetan New Year. Many traditional ceremonial dances representing the struggle between demon and god are performed in Monasteries. A traditional dance representing a battle between deer and King is performed.



## MAR 20

### FAGU PURNIMA

Fagu Purnima or Holi is a Hindu festival celebrated on a full-moon day at the end of the month of Falgun.



### ABOUT DANFE

Inspired from the Himalayan Munal, Danfe is the inflight magazine of Himalaya Airlines. Danfe is a quarterly publication which strives to be a guide for all its readers-to and from the himalayan nation. It covers the genres of travel, lifestyle and culture of not just Nepal but also of H9 destinations.

Through its stories and photographs it emphasizes the people, their culture and the places that make the country special. The pages of Danfe take you on a journey into the depths of Nepal, giving insight into the culture, society and traditions along with the numerous tips navigating through Nepal.



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Himalaya Airlines Pvt. Ltd.  
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# SYMPHONY OF SKYSCRAPERS

“Have you ever seen a tabulated chest of an empress? The view looked like something that would be it; it hits you with a brilliant gleam of gold right from the top.” says Priyanka Rani Joshi who just returned from her trip to Dubai.

TEXT BY KUMUDINI PANT



**N**ot only is Dubai among the fastest growing economies, as of 2012, it has dominated the skyscraper race, ranking sixth among the highest skylines in the world. With 248 buildings rising at least 100 meters (330 ft.) in height, Dubai ranks third, after Hong Kong and New York, among the cities with skyscrapers over 150m.

Establishment of Dubai World Trade Centre—the highest building in the Middle East during its completion—in 1979 promulgated the race of skylines. Today, the tallest building in Dubai is the Burj Khalifa which rises to 828 meters (2,717 ft.) and contains 161 floors. Also the tallest building in the world, it has the world's highest restaurant, highest mosque, highest nightclub and highest observatory deck. Following it is Marina 101, the tallest residential building, standing at 425-metre (1,394 ft.) with 101 floors, Princess Tower (414 meters), Marina 23 (392.8 m), Elite Residence and 99 more buildings over 180m in height. Up until 2009, the Almas Tower which stood at 360 metres (1,180 ft.) with 74 floors was the tallest building in Dubai. Today, it's seventh on the list, depicting just how proficient the development in Dubai has been.

Marina 101 features its first 33 floors as the five-star Rock hotel and the remaining as residential apartments. The 101st floor consists of a club lounge, restaurant and a Rock merchandise store. The third tallest skyscraper in Dubai, Princess Tower, is a residential-only building. Marina 23 is an 88 storey building and a mammoth on its own, equipped with 53 swimming pools and elevators in each duplex, 79% of the building was sold before its completion. Whereas, Elite Residence (380.5 metres) stands on the Dubai Marina district, overlooking the man-made palm island and containing 695 apartments and 12 elevators, alongside car-parking, swimming pools, health clubs, and so much more.

Now seen as a symbol of the United Arab Emirates, the myriad of skyscrapers standing in the middle of the desert accentuate the City of Gold's glory, glam and gorgeousness. All the countless stories of success, determination and skill that it took to build Dubai and bring it to the unrivalled height at which it stands today, only serves to emphasize the city's vibrant exclusivity.

What makes Dubai even more enjoyable is that it knows how to celebrate. Be it New Year's or their annual festivities, the city outdoes itself every time, throwing an event with thousands and thousands of participants from all over the world, captivating them with not just its breath-taking architecture, but also its splendid services and subtle nuances to culture and patriotism.



## EVENTS IN DUBAI

Nothing beats Dubai's New Year celebration! From boat outings to helicopter rides, all awaiting to view the crazy, colourful display of fireworks coming from the Burj Khalifa, the Midnight Lights is a masterpiece in itself.

Occurring every January, Dubai Shopping Festival is another massive event that is equivalent to a Black Friday, where every buyer's dream is fulfilled. From discounted prices to great bargains, the shopper's paradise has over two million participants from all over Emirates every year.

A 3km fun run for beginners, a 10km and 50km marathon for 18-year-olds and over, the Dubai Marathon is one of the biggest annual events in Dubai. Taking place every January, the reservations for it are increasing every year.

Raise your hand if you love food! Dubai Food Festival is god's gift to all the foodies. Not only does this event offer amazing discounts in restaurants but it also gives them a chance to see cooking demos from celebrity chefs and to meet them personally.

Dubai Jazz Festival is among the most awaited music festivals for many reasons. Taking place from the end of February to the beginning of March, this event stars many performances from artists like John Legend, Ricky Martin, and Mariah Carrey. The event gets interesting each year, garnering more audiences and participants from around the globe.



## THE BURJ AL ARAB

The Burj Al Arab is the fifth tallest hotel in the world. Proudly raised on Palm Island at the height of 321 metres (1,053 ft.), the building was built in 1999 with 60 floors. The interior of the Burj Al Arab hotel is decorated with enough gold to cover the Mona Lisa painting 46,265 times. Considered to be one of the most luxurious hotels, even termed as the only 'seven-star hotel' in the world, Burj Al Arab lies among the many exemplary and ultramodern architectural buildings scattered throughout the lively city. Its iconic sail-shaped silhouette, alongside their model servicing shows why Dubai is one of the hottest and most happening places in the world.



# CHITWAN NATIONAL PARK

TEXT BY SIRIS MAHARJAN

PHOTOGRAPHED BY SHREYASHKA VIKRAM RAJ

For anyone visiting Nepal for the first time, there are a multitude of things to do and see. The possibilities of being wowed by the breathtaking sceneries, and the diverse and warm welcomes of the array of cultural identities is very high. There is so much to experience in this little landlocked country than one could ever imagine. Some of the most popular destinations in Nepal are away from the capital city of Kathmandu, be it the beautiful haven of Pokhara or the lush green tranquility of Chitwan, there is so much to take in, that maybe even your heart would want more.

Among the most popular destinations is Chitwan which in turn gives you the pleasure and thrill of indulging in a jungle safari through the lush forests of Sauraha within the heart of the Chitwan National Park. This UNESCO World Heritage-listed reserve protects more than 932 sq. km of forests, marshland and grassland that is home to sizeable animal populations, making it one of the best national wildlife parks in Asia. The park gives you an excellent

chance of spotting one-horned rhinos, deer, monkeys, and some among more than 500 species of birds. Though it's a once-in-a-lifetime chance to spot a majestic Bengal tiger, it remains the premier attraction among the wildlife present. Going through the park can give you a few choices between elephant safari and jeep safari but providing the same thrill that the park promises.

There is a variety of activities that you can take part in once at Chitwan National Park. Each of the activities will fill your adventurous cravings and treat you to a wonderful time. While wildlife spotting is the premier activity, *these are the various activities that will provide you the extra thrill you desire:*

## ELEPHANT SAFARI

Elephant safaris have long been the defining Chitwan experience. There is little to no service of elephant rides due to mounting animal-rights concerns. However, if available, coursing through the jungle on the back of a five-ton-elephant spotting wildlife is as Chitwan as it gets.



**This UNESCO World Heritage-listed reserve protects more than 932 sq. km of forests, marshland and grassland that is home to sizeable animal populations, making it one of the best national wildlife parks in Asia.**

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#### 4WD SAFARI

An alternative to elephant safaris, 4WD safaris are a popular choice to explore the park. There is the opportunity to go further into the jungle, as animals are less concerned by the rumble of engines than suspected.



CONTINUED IN NEXT PAGE



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### CANOEING

An altogether relaxing way to explore the park is on a canoeing trip on the Rapti or Narayani Rivers. You have an excellent chance of spotting water birds and crocodiles. The most typical canoe trips start from Sauraha and include a one-hour trip downriver followed by a two-hour guided walk back to Sauraha, with a stop at the elephant breeding centre.

### NEW ELEPHANT EXPERIENCE

The lodge has developed an Elephant Camp with large corrals where their dozen elephants are free to roam. The elephants are still 'working elephants', providing an interactive encounter for guests, but instead of riding on the back of an elephant in a lurching howdah (which risks causing injury to these gentle giants), visitors now walk alongside them on jungle walks.

The most charming new program is Sundowners with Elephants, a fresh take on elephant bathing in which visitors are served a classy happy hour on the riverbank while the elephants bathe before them at sunset. This is a truly affecting experience, for the elephants are enormously affectionate creatures, wrapping their trunks around each other with great pachyderm hugs.

Among the different attractions provided on your trip to the national park, there are additional activities that you can take part in. Visits to the crocodile breeding centre, swimming in the Rapti river, and motorcycle safari are other activities that allow you to fully immerse into the surroundings of the national park as well as experience the traditional Tharu village culture present within the area.



### GETTING TO CHITWAN

The main transportation hub for the Chitwan area is the city of Narayangarh in Bharatpur, from where you can go to Sauraha in the east or Meghauri village to the west. There are regular bus services as well as an airport in Bharatpur with flights operating from Kathmandu and Pokhara. There are direct buses to and from Kathmandu as well. All "tourist" buses going from Kathmandu or Pokhara with the main destination "Chitwan National Park" go to the town of Sauraha and will leave passengers in a bus station 7 km far from town, from where they need to take a taxi, bicycle, rickshaw or ox cart.

### JUNGLE WALKS

Exploring the park on foot when accompanied by a guide is a brilliant way to get close to the wildlife. Most walks start with a gentle canoe drift downstream followed by the walk. It is imperative to be aware that there are real risks of encountering bad-tempered rhinos, tigers or sloth bears protecting their young. Hence, the bigger the group, the safer the walk. The nature of the walk may also vary upon the experience of the guides; therefore, jungle walks are not recommended for the faint-hearted.





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# DELIGHTS OF NEWA CUISINE

Newa Cuisine, also known as Newari Cuisine is a principal subset of Nepali Cuisine that has been developed over centuries within the Kathmandu Valley by the indigenous Newar people.

TEXT BY SAMPANNA SHRESTHA  
PHOTOGRAPHED BY SAROJ PATRABANSHA &  
SHREYASHKA VIKRAM RAJ

**N**ewa Cuisine, also known as Newari Cuisine is a subset of Nepali Cuisine that has been developed over centuries within the Kathmandu Valley by the indigenous Newar people. Newa Cuisine boasts over 200 different types of dishes and is considered to be the most elaborate cuisines of Nepal.

## SAMAY BAJI

Given how vast Newari cuisine is, there is bound to be some things that combines various different food recipes and dishes into one balanced package. One of those packages is Samay Baji.

Samay Baji is a traditional and regularly eaten dish in Newari cuisine. It consists of various Newari recipes blended into a platter and served with utmost care. The platter incorporates food items such as Baji (Beaten rice flakes), Samay/Syabaji (Puffed Rice), Haku Musya (Black Soyabean), Palu (Fresh Sliced Ginger), Lava (Fresh Garlic Rhizomes), Sanya (Fish Fried), Wauncha (Green Vegetables), Chhoyla (Marinated Broiled Meat), Woh (Lentil Patties), Bhuti

(Boiled Beans with Spices), Alu Wala (Boiled Potato Marinated with Pickle), and is paired with Aila (Newari Homemade liquor) or Thwon: (Sweet White Newari Liquor). In addition to the mentioned food items, every household tends to add other food items such as the available seasonal vegetables, curries, and even sweets to the already vast Samay Baji.

Samay Baji is considered to be a starter as well as a main course in almost every Newari festival held around the year. Newars offer Samay Baji to the Gods during the festivals before they eat it, so it is also considered as a blessed food (Prashad) by all.



Photographed at Sun Cafe





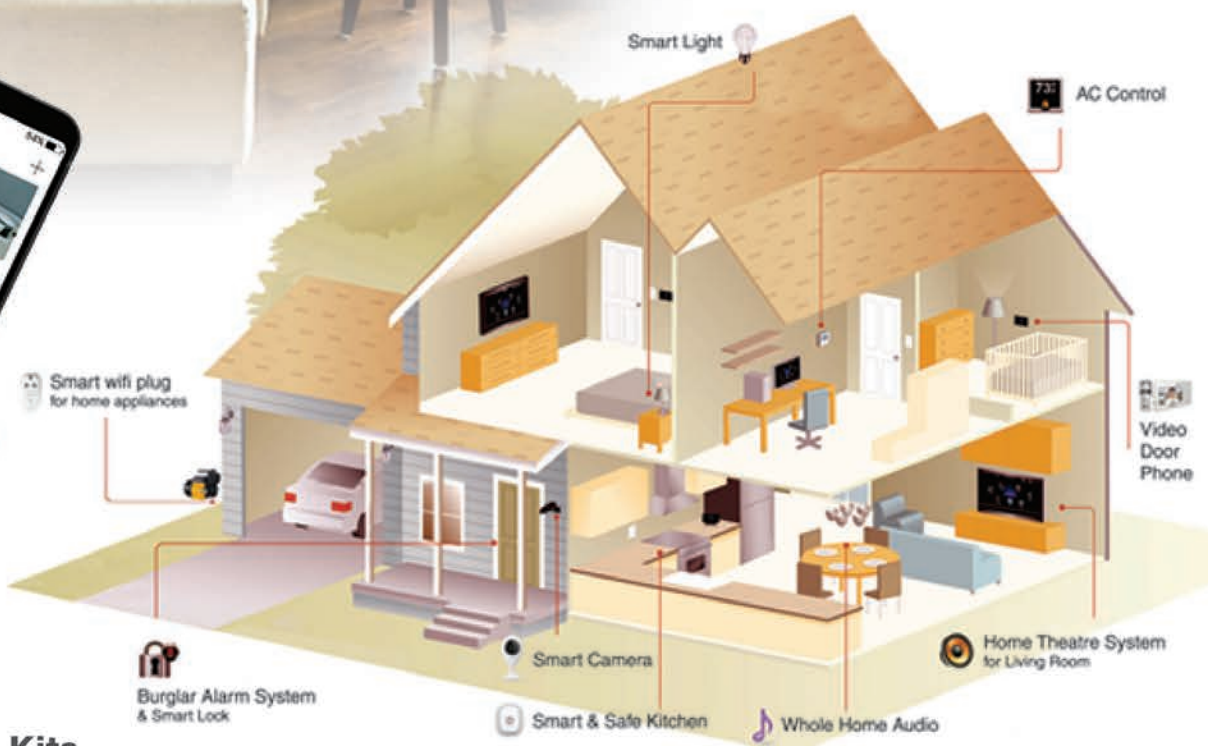
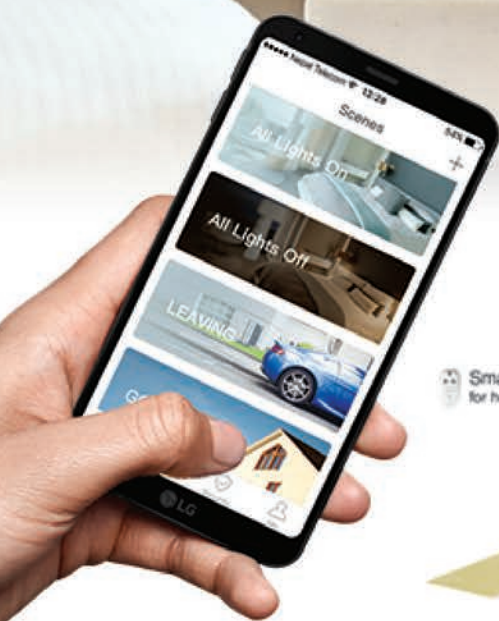
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### CHATAAMARI

Unofficially known as the 'Newari Pizza', the Chataamari is a famous Newari dish known to almost anyone who has been introduced to Newari cuisine. Traditionally, chataamari is made in the Newar household during times of festivities. It is extremely popular as a snack or a side-dish to be eaten before the main course.

Chataamari is a circular disc like crepe made from rice flour seasoned with salt and available spices. It is quite versatile in terms of cooking as it allows customization by addition of any favorable toppings and combinations of extra ingredients such as egg, vegetables, meat and more. Generally, most households prepare Chataamari with marinated minced meat topped with an egg on top of the rice flour base.

In recent years, the Chataamari has become a popular appetizer in many restaurants specializing in Newari Cuisine. Also, almost every small Newari eatery serves this dish as a main item on their menu.

Photographed at The Village Cafe



### RECIPE FOR YOMARI

Mix rice flour with hot water and make dough. Make sure you don't make the dough too soft. Cover the dough with a warm and damp cloth and rest it for 10-15 minutes.

Use a fry pan to heat chaku (molasses) to get a liquid chocolate like mixture.

Mix chaku and fried sesame seed.

In a small bowl pour some water and oil. Now take small amount of dough in a hand and make a round shape.

Now press the dough to make a cone-shaped crust as shown in the picture.

One side of Yomari should have long tip and other side is should be hollow.

Fill it with the mixture of molasses mixed with sesame seed.

Using both hand slowly close the hole and make shape as shown in the picture.

Steam it for 15 min.

Now it is ready to serve. Enjoy!

### YOMARI

One of the most well-known and popular food item of Newari cuisine is Yomari. The name Yomari comes from two Newari words, "Yo" meaning "To Like" and "Mari" meaning "Delicacy". A Yomari is a triangular-shaped steamed bun resembling a dumpling, as a dessert item made from Rice-flour with filling of either chaku (concentrated sugarcane taffy) or Khuwa (dried thickened milk). This delicacy is extremely important to the Newari culture and plays a central role in the festival of Yomari Punhi, celebrated in the Nepali Month of Poush (November/December).

The triangular shape of the Yomari is said to resemble one half of the Shadkona (Hexagram), the symbol of Goddess Saraswati, the Hindu Goddess of Knowledge, Learning and Wisdom. The Yomari made on the festival of Yomari Punhi are presented as offerings to Mother Annapurna, the Goddess of Grains and Harvests, and are then consumed later as Prashad (Blessed Food).



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FOOD OUTBOUND



# *The Taste of* DAMMAM

TEXT BY SIRIS MAHARJAN



**D**ammam is the capital of the Eastern Province of Saudi Arabia. Dammam residents are a mix of several different ethnicities and nationalities. This mixture of races has made a major impact on Dammam's traditional cuisine. The Arabian people have consumed the same type of food for thousands of years. Some of the common food items in Saudi Arabian cuisine include wheat, rice, lamb, chicken, yogurt, potatoes and dates. *Here are some of the dishes that define the taste of Dammam at its finest:*

#### YEMENI MANDI

Yemeni Mandi is popular as a lunch dish in Dammam. Mandi is a traditional dish originated from the south of the Arabian Peninsula consisting mainly of meat and rice with a special blend of Baharat, and cooked in a pit underground. Mandi is usually made from rice, meat (lamb, camel, goat or chicken), and a mixture of spices called Baharat native to the region. Mandi is considered the stable dish served during special events, such as Eid, weddings, and feasts in Yemen and the south of the Saudi Arabia.



#### KABSA

These dishes are usually made with rice (usually long-grain, almost always basmati), meat, vegetables, and a mixture of spices. The spices used in kabsa are largely responsible for its taste; these are generally black pepper, cloves, cardamom, saffron, cinnamon, black lime, bay leaves and nutmeg. The main ingredient that accompanies the spices is the meat. The meats used are usually chicken, goat, lamb, camel, beef, fish or shrimp. The dish is also popularly known as makbas in most Arab states of the Persian Gulf, but is served in the same way. This dish is commonly regarded as the national dish as well in Saudi Arabia.



#### SHAWARMA

Shawarma is a Middle Eastern meat preparation based on the doner kebab of Ottoman Turkey. Originally made of lamb or mutton, shawarma may also be chicken, turkey, beef, or veal, cut in thin slices and stacked in a cone-like shape on a vertical rotisserie. Thin slices are shaved off the cooked surface as it continuously rotates. Shawarma and other grilled meat dishes have a good market in Dammam, so eating it would be a step towards the taste of the city itself.



# GAAN PYAKHAN

TEXT AND PHOTOGRAPH BY SHREYASHKA VIKRAM RAJ



As he sat by the window on a fine starry night, he couldn't behold what he saw. The Asta Matrikas graced his square and his gaze followed them as they entered the palace. He rushed to take their blessings, mesmerized by the sight of them dancing. The notes of their *pauju* (anklets) serenaded his soul, the grace of their movement, hypnotic. As swiftly as they came, they thus vanished leaving him in disbelief." King Sri Nivas Malla then called the Buddhacharyas of three Bihars to the palace and ordered them to take turns worshipping the Asta Matrikas.

A tradition, more than 350 years old (according to historical chronicles it is said to have started in the year 1667 AD, 787 NS), still finds a spot in modern times in Patan. Today, only one of the three chosen Bihars is continuing the worship of the Asta Matrikas. Annually during *Mo: ni*: (Dashain), the "Gaan Pyakhan" is staged in the royal court of Mulchowk, inside Patan Durbar Square. "Gaan" translates from Newari as "Group" and "Pyakhan" translates to "dance". The dance begins from the night of Ghatasthapana and is brought to a close during the night of Ekadashi.

According to legends, the King's priests advised him to incorporate the newar pantheon so that they might not take



## GAAN PYAKHAN 101

It is believed that the dance of the Asta Matrika is performed to remove various obstacles—the eight great fears (Water, Lions, Fire, Snakes, Elephants, Thieves, False Imprisonment and Ghosts). The worship of the deities is thought to bring prosperity and fortune to the King and his people.

offence. Thus, the dance features thirteen deities, eight mother goddesses (*Brahmani, Mahesvari, Bal Kumari, Vaishnavi, Varahi, Indrayani, Mahakali and Mahalakshmi*), and five newar patron deities (*Bhairav, Simhini, Vyagrihi, Lord Ganesh and Lord Kumar*).

The goddesses are embodied by select individuals who have observed sacred rites and measures of purity. The performers first visit the shrine of *Vajrasattva* and take on the threefold refuge—*Buddha, Dharma and Sangha*. After which they take blessings from their teacher and present an offering. After all the



# DANCE OF THE GODS



■ **BRAHMAYANI:** The first of the Asta Matrikas Brahmayani is the Shakti of God Brahma and is considered a form of Parvati. ■ **MAHESWARI:** Goddess Maheswari also known as Rudrayani in other parts of Lalitpur, is a form of Shakti who is regarded as the deity of protection, overcoming and prayer. ■ **BAL KUMARI:** Misunderstood at times as the Goddess Kumari, Bal Kumari is one of the patron deities of the Newar Pantheon. She is considered as the fierce form of Goddess Kumari, her temple lies in the out skirts of the city of Patan. She is also considered as the consort of Lord Bhairab and the female mani-festation of terror. ■ **VAISHNAVI:** Vaishnavi is the Shakti of Lord Vishnu and is considered as the one who provides basis for living beings. ■ **VARAHI:** Goddess Varahi is very easy to identify, with the head of a sow she is the Shakti of Varaha, the boar avatar of Lord Vishnu. ■ **INDRAYANI:** Considered as the Goddess of Wrath, Indrayani is the Shakti of Lord Indra. She is believed to be the queen of the heavens.





■ **CHAMUNDA:** Natively known as Chamunda, she is also identified as the Goddess Kali. She is the representation of old age and death. She appears as a frightening old woman, projecting fear and horror. ■ **MAHALAKSHMI:** One of the three folds of Maha Tirpura Sundari, her red avatar is known as Mahalakshmi. Mahalakshmi is the consort of Shiva's Tirpurasundari. ■ **SIMHINI:** Simhini is the guardian of Lord Bhairav, every depiction of Lord Bhairav has Simhini guarding his surrounding. ■ **LORD BHAIRAV:** Lord Bhairav in Shaivism is considered to be a fierce manifestation of Lord Shiva. It is considered as his form of annihilation. In context to Vajrayana Buddhism, he is the emanation of Buddhistva Manjusri at his most fiercest form. ■ **LORD GANESH:** Lord Ganesh is revered as the remover of obstacles, he is worshipped first in all ceremonies as it is believed to bring good aura and fortune. ■ **LORD KUMAR:** Lord Kumar also known as Kartikeya and is revered as the God of War and Victory.

CONTINUED IN NEXT PAGE



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■ **VYAGRIHI:** Vyagrihi is the guardian of Lord Bhairav, every depiction of Vyagrihi has Simhini guarding his surrounding.

performers have completed the ritual, the musicians play the opening tune following which the teacher instructs them in the dance in front of the temple of *Nrityeshwara*, the Lord of Dance. They then observe *Upasadha* (fasting) for a complete day and engage in meditation.


The *Gaan Pyakhan* stands out from other masked dances of Kathmandu Valley in terms of the individuals who perform the dance. Most masked dances are performed by subjected lower castes of the society whereas the *Gaan Pyakhan* is performed by the highest order of Buddhist castes (Bajracharya and Shakya).

It is a tradition passed down through generations, an art form first learned through observation of their grandparents and parents. Traditionally the next generation starts from the age of eight which is still continued to this date; to later be initiated by the chief priest and taught the ancient form of "*Charya Nritya*", an ancient tantric form of spiritual meditation where the performer visualizes himself as the deity. It is symbolized by dresses with the color of the deity and various ornaments. The final piece is the mask itself, created in the image of the deity. The masks themselves have minute symbolic details in relation to the deity.

The inception of the Asta Matrika in the pantheon of the Gods and Goddesses of Nepal Valley (Kathmandu, Patan and Bhaktapur) has multiple origins. One of the many legends associated is how the Asta Matrika's were the guardians of the mother of Avalokitesvara Karunamaya also known as Rato Matsyendranath. He was brought from Kamakhya, Orissa by King Naradeva, Acharya Banudhata and Ratnakar Jyapu after the Nepal Valley faced a severe drought. Her mother the Queen refused to give away her son and after he was brought to the valley by a form of trickery. She followed and brought her guardians and an army. Knowing the immediate threat to the valley by her rage, Banudhata cast a spell trapping her in the tree which stands tall at Lagankhel, Patan. After which nothing is known of the Matrika's but it is believed that they choose to stay in the valley to guard their Queen.

Times have changed since the inception of the Gaan Pyakhan; the Malla kings were overthrown by the Shah's but the tradition still continued. However, as the modern winds swept in, it became harder to sustain such archaic traditions. After the fall of the monarchy, many such cultural dances faced near extinction, as the King always bore the cost.


Gaan Pyakhan faced the same threat and in 2008 AD the dance was held for the last time. It was resurrected in 2013 AD with the help of community organizations, supporters and volunteers. To this date the Gaan Pyakhan is actively managed by the community organization in collaboration with the metropolitan and various volunteer groups.




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TEXT BY SIRIS MAHARJAN

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### TIZERZAI PENDANT BY MARINA VAPTZAROVA

While Europeans call it "fibula", the Moroccans call it "tizerzai". These fibulae, as a form of jewelry, are important elements of women's dress and reflect the wearer's social status and wealth in terms of their size, weight, and amount of silver used, and in how elaborately they are worked.



### JEWELRY BY MERAKI

Meraki is a not an alien name in the Nepalese crafts world. The intricacy of the handicrafts exude luxury, elegance and richly preserve the aesthetics of each of the products. Made in Nepal, Meraki jewels are luxurious local products that give an extra edge to your style.



### PEN DRIVE BY ALLARE

With a design depicting 'hiti mangha', it represents that the inner contents are protected, the unique design brings with you a reminder of the traditional elements you experience in Nepal.



### JATRA: A BOARD GAME BY KAZI STUDIO

The perfect souvenir for your children. Jatra is an exciting board based on a merry story of a King and a Queen. Let the games begin!



### ATRIA BRACELET BY MARINA VAPTZAROVA

These hand-chiselled, intricate adornments by Marina brings back the reputed craftsmanship of the Newars, and are wonderfully elegant possessions to have.





# NEPAL IN BOOKS

What's the best way to prepare before traveling to a new country? Acquaint yourself with the country through books and take a trip first—through the power of your imagination.

TEXT BY SHUVEKSHYA LIMBU

Book lovers know that there is nothing more enjoyable than taking a book in your hand and experiencing unforeseen circumstances while still being rooted to your spot. Sometimes, it's entering into a lush forest, stepping on that tricky precipice with the cold icy wind whistling in your ears and other times, it's having a conversation with an iconic personality over a steaming cup of tea. Books have an incomprehensible ability to move us, to inform in an engaging manner and to educate.

Over the past hundred years or so, many books have been written about Nepal. Some have gone out of print, but there are others which continue to be reprinted and read by the new generation, regardless of the fact that it was written ages ago. Still there are newer books which find a way into our hands, penned by young enthusiastic writers who capture the tone and essence of modern Nepal.

*Here is an assemblage of some of the iconic books written about or based in Nepal:*

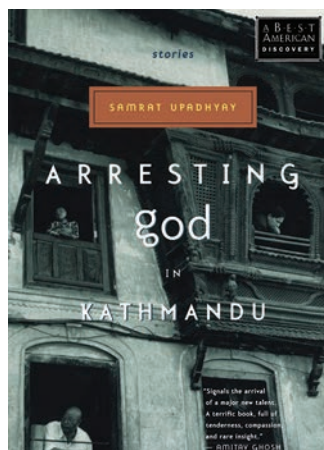
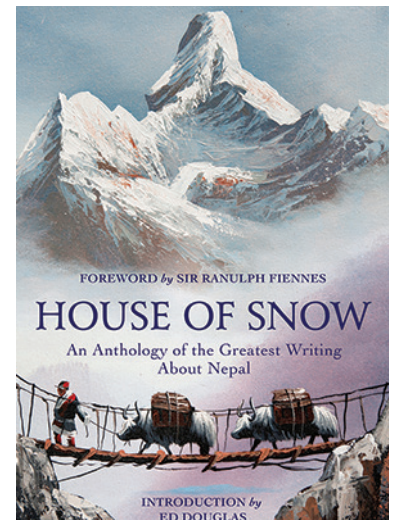


## TONI HAGEN'S NEPAL

Originally published in 1998, this book appears first in our list, owing to the fact that Toni Hagen was the first foreigner to traverse across Nepal, much of which was undiscovered then. This book contains noteworthy pictures with fascinating findings by the Swiss Geologist, who saw Nepal in its untouched glory. The pictures will take you across the low plains of Terai, the untrodden path to Manang and sometimes into the amiable eyes of his Sherpa. Through it all, this book will captivate you with its grainy yet genuine pictures, along with some of the early first hand information about Nepal's geography.

## HOUSE OF SNOW: AN ANTHOLOGY OF THE GREATEST WRITINGS ABOUT NEPAL

The biggest collection of writings about Nepal published till date, this collection celebrates the work of some of the most brilliant writers from Nepal, translated and abridged to fit the taste of a modern reader. Starting from classic Nepali writers Laxmi Prasad Devkota, Parijat to prominent writers like Rabi Thapa, Majushree Thapa, then moving on to iconic travel writers like Toni Hagen, Jon Kraukauer, and Michael Palin. The book is a collective celebration of the wonders of Nepal, seen through multiple eyes and viewpoints, each equally riveting.



## ARRESTING GOD IN KATHMANDU BY SAMRAT UPADHYAY

If you're looking for a lighter read, this book by Samrat Upadhyay is bound to be an intellectually invigorating experience. It's a short story collection that spans across nine stories each providing a glimpse into the everyday life in Kathmandu. Published in 2001, the book was awarded the Whiting Writers' Award for Fiction, and was a turning point for the literary scene in Nepal.

CONTINUED IN NEXT PAGE



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फ्लेक्सी पोइन्टबाट निःशुल्क मिनेट र डेटा पाउनु हुने छ ।





### THE LIVING GODDESS BY ISABELLA TREE

One of the most intriguing traditions of Kathmandu Valley that has garnered a lot of attention from the outside world, is that of the Living Goddess, Kumari. The writer recounts catching a glimpse of the young revered goddess from a window in Freak Street, which eventually resulted into one of the best books ever written about this long-surviving tradition. Despite numerous changes that have occurred in this ancient valley, the tradition continues to be followed with a lot of grandeur and reverence. If you are to understand a valley as ancient as Kathmandu, there's no better way to start than by reading about the Living Goddess, Kumari. Through meticulous research, this book combines the right amount of mythology, history, intrigue and excellent storytelling.



### LIFE IN WORDS

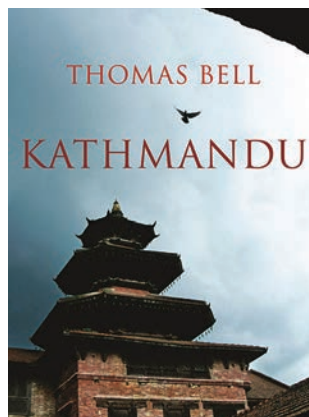
Nepal is a marvel which cannot be fathomed in a lifetime.

But what one learns, they have the opportunity to pass on through literature. Books, Journals and Travel logs have helped define the medieval and modern history of Nepal.

Many have travelled to this land in search for answers and have called this land home. Authors such as Thomas Bell have never did return home and found life and love in this land.

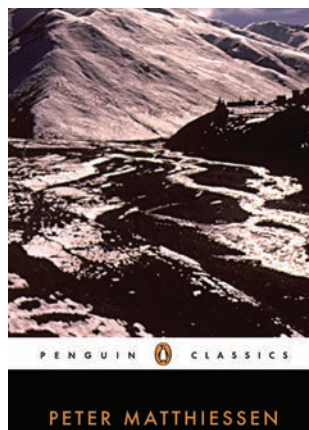
Even in medieval times, many who ventured this land for answers of life and love have chosen to call this land home.

Such is the beauty of this motherland. Her mystery is beyond reckoning and her love always finds a way.



### KATHMANDU BY THOMAS BELL

Rarely has a book been written about the prominent history and grandeur of Kathmandu, especially as in-depth and well-written as this one by Thomas Bell. The charm of the book lies within this journalist, originally sent to cover the Maoist Insurgency, who slowly falls in love with the city's charm, reckoning from the way he ponders during his stay in Patan. The book explores just about everything about this ancient city—from its belief in gods and goddesses to the way it's caught between a tandem of modernization and tradition. It's an erudite read, for someone who's willing to be patient to learn about this city through and through.



### THE SNOW LEOPARD BY PETER MATTHIESSEN

It's hard not to be entranced by the way Matthiessen describes the mountains in this book. What was initially an expedition with George Schaller to study the Himalayan Blue Sheep, the journey captured in the book turns out to be much more than expected. Adding intrigue to the story is the rare sighting of the almost mythical Snow Leopard along with the vivid description of Dolpo. The book adds on a touch of personal essence when the writer opens up about his search for spirituality and his struggle to cope with his wife's death. The book will move you in unspeakable ways. There's a reason why this book is considered to be a Travel Classic and has numerous editions by Penguin.



# COMMUTING IN KATHMANDU YOUR TRAVEL COMPANIONS

TEXT AND ILLUSTRATION BY PRASHANT RAJ DAHAL

If given the opportunity, wouldn't we all love to live out of a suitcase? The fun part of traveling includes discovering and exploring new places. However, it also involves problems such as language barriers, getting to your destination, making itineraries, etc.

It can get tricky when you're traveling in and about Kathmandu. But why fret, when you're armed with a smartphone? There are a lot of useful travel apps out there to make your travels much easier. Be it helping you find eateries, lodging or shopping centers—this list of must have travel apps will play a great virtual tour guide. So don't forget to pack these apps with those bags when you're traveling to/in Kathmandu.



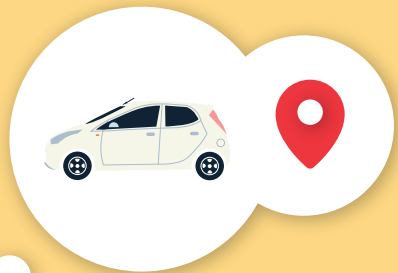
## MEROSAJHA

Sajha Buses are one of the most popular and reliable buses to travel around Kathmandu. Since their reinstatement in 2012, they have expanded their routes to all the popular places around Kathmandu.



## SARATHI

Renting out cabs and bikes around Kathmandu - Saarathi has got you covered. This is the most popular cab and bike rental app in Nepal. This app is very reliable and handy for people who want to drive themselves.



## GOOGLE MAPS

You knew this was going to be here! Google Maps needs no introduction. With this app you can view map of the Valley and get to your destination. Back in the day, many areas of Kathmandu Valley were not accurate and many businesses and places hadn't listed themselves in Google Maps. Fast forward to the present, Google Maps (for Kathmandu) is as accurate as ever and will be very useful for someone who enjoys taking a walk around the valley.



## TOOTLE

Want to go somewhere as quickly as possible and don't want to go through the hassle of the public transportation and expensive taxi fares? Get Tootle right away. As the app description reads, "Tootle is a ride sharing app within Kathmandu Valley that connects people who are looking for a ride with people who are willing to share their ride in two-wheelers." The best thing about this app is that you can reach your destination faster than riding a taxi or public vehicle, with the ease of a two-wheeler.





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# APPS FOR A TRULY MALAYSIAN EXPERIENCE

TEXT BY SIRIS MAHARJAN; ILLUSTRATION BY PRASHANT RAJ DAHAL

Traveling in a foreign country will always be exciting but scary at the same time. We would try anything to make the best of our time and not have to spend a lot of time worrying about the Where, What and How in the time that should be exciting for us! For travelers traveling to Malaysia for the first time, there will obviously be a lot to take in, so we have listed a few apps that will help make life easier during your travels to lessen the stress of finding things and blending in!



## GOCAR

Easily available on both android and iOS platforms, GoCar is an easy alternative to the pricey traditional car rental services. The app lets you book, unlock, and access a car using your smartphone, then pick up your ride across multiple locations in Malaysia. All you need is to be 21 with a full valid driver's license, and pay a one-time membership fee of RM50 to start making your first reservation!



## CATCHTHATBUS

There's no such thing as having too many travel apps when you're in a foreign country! CatchThatBus is a must have travel app for the budget conscious travelers who don't want to spend their time or money on pricey taxi rides. With connecting routes that circle around both Malaysia and Singapore, this app lets you purchase your bus tickets online at discounted rates and promises fast, convenient and reliable service. Free on Android & iOS.



## EATIGO

Eatigo is considered the number one app in Kuala Lumpur, carrying over 2000 top restaurant labels offering up to 50% discount per outfit, every single day! It's a great way to explore the best restaurants in and around KL for half the cost. Free for both android and iOS platforms.



## GRAB

Everyone knows how difficult and pricey cab fares are around the world. Consider Grab the Southeast Asian alternative to Uber. Essentially using the same concept, the app calculates your total fare even before your ride, which means less chance of getting ripped off! Free on Android & iOS.





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PICTURE PERFECT

# JUJU LAYAKU

Before the unification of Nepal by King Prithivi Narayan Shah, the valley of Kathmandu was known as the Nepa Valley which consisted of three main kingdoms: Kathmandu (Kantipur), Lalitpur (Patan) and Bhaktapur (Bhadgaon) each ruled by various kings. Juju in Newari means King and Layaku means Court. The Kings in rivalry always wanted their own court to be the finest among the three, thus they added numerous temples and monuments to gain an edge.

TEXT BY SHREYASHKA VIKRAM RAJ  
PHOTOGRAPHED BY SAROJ PATRABANSHA







## KATHMANDU DURBAR SQUARE

"King Guna-Kama-Deva, while he was fasting and worshipping Mahalakshmi, the goddess appeared to him in a dream and told him to create a city at the junction of the Bagmati and Vishnumati Rivers. This was the sacred place where in former times, Ne Muni had performed devotions and practised austerities and here was the image of Kanteswaradevata.

To this spot Indra and other gods come daily, to visit Lokeswara and hear puranas recited. The new city was to be built in the shape of the "Kharg" (Sword of Devi) and to be named Kantipur; and dealings to the amount of lakh of rupees were to be transacted in it daily. The Raja, being thus directed, founded the city at an auspicious moment and removed his court from Patan to Kantipur (Kathmandu). This took place in the Kaligata year of 3824. The city contained 18,000 houses. Mahalakshmi gave her promise that, till the traffic in the city amounted to a lakh of rupees daily, she would reside there."

Wright:1877:153







## PATAN DURBAR SQUARE

"The king used to sit at the window of his palace, and he regularly saw a leprous grasscutter going to cut grass. One day he was astonished to see that very grasscutter going by with his leprosy all cured and looking very handsome. So he asked him how it was that he now looked so well, and the grasscutter, who was called Lalita replied: "Great King! Yesterday I went to the southern side of the Bagamati river into the Lalita wood in order to cut grass."

I became hot and went to a place where there was a pond, took off my clothes, stick my carrying pole into the ground, went to bathe. When I came out of the water my leprosy was all gone. The carrying pole was stick and I could not pull it out. I thought it must be siddha. Being a devoted to Sarveswara, the king had it in mind to establish a city, some time later Sarveswara appeared to him in a dream. He said: "Oh King! To make the city, cut down Lalita wood in accordance with the 24 element and in the shape of a Sri Yantra and make your minister Lalita the architect."

Gellner 1996:126





### BHAKTAPUR DURBAR SQUARE

"Ananda Malla being very generous and wise, gave up the sovereignty over the two cities, and having invoked Annapurna Devi from Kasi founded a city of 12,000 houses which he named Bhaktapur (Bhadgaon) and included sixty small villages in his territory.

After this, the Raja having obtained the favour and directions of Chandeswari, founded seven towns; viz. Banepur (Banepa) near Chandeswari Pitha, Panavati (Panauti), near the Pragaga Tirtha of Nepal, celebrated in the Shastras on the site where Panchala-des formerly stood, Nala, near Nala Bhagavati, Dhaukhle near Narayana; Khapu near Dhaneswaril Chaukot near the residence of Chankora Rishi; Sanga near Nasika Pitha."

Wright 1877: 163







# हिम्मत गरे हुन्छ

योगेश ढकाल



**वि**देशी भूमिमा उखरमाउलो गर्मीमा खलखली पसिना बगिरहको हुन्छ। पसिनासँग निस्कने पीडामा साहुको ऋण भल्भली आउँछ। अनि दुख त्यस्तै हुन्छ जस्तो हुन्छ, उखरमाउलो गर्मी। मन दिनहुँ थिचिएको हुन्छ, कहालीलाग्दा कहरको भारिले।

यस्तै पीडा सहर बसिरहेको छ, ठूलो युवा जमात खाडी मुलुकमा। रहरलाग्दो युवा उमेरमा विदेशी भूमिमा गरेको श्रम र त्यो श्रमबाट हुने आम्दानी साहुको ऋण तिर्दैमा ठिक्क हुन्छ। यो सम्झदा भनै उदेक लाग्छ। अनि त मनमा आउँछ, नेपालमै केही गर्न सकिन्न ?

विदेशी भूमिमा दुखसँग सिकेको सीप प्राप्त गरेको ज्ञान उपयोग गरेका युवा पनि प्रशस्त छन् नेपालका गाउँवस्तीमा। खाडी मुलुकमा काम गरेर फर्केर केहीले व्यवसाय गरेका छन्। केहीले जागिर खाएका छन्। अर्थात् मन बाँधेर विदेशमा बस्नु पर्दैन। तपाईं पनि स्वदेशमा सीप र ज्ञान खर्चेर प्रशस्त आम्दानी गर्न सक्नुहुन्छ वैदेशिक रोजगारबाट फर्केर।

यस्तै उदाहरणीय पात्र हुन महेन्द्र महक। वैदेशिक रोजगारीमा २ वर्ष अब्धावीमा विताएका महेन्द्रले नेपालमा पनि प्रशस्त दुख गरे वैदेशिक रोजगारमा जानु अघि र आएपछि। वैदेशिक रोजगारीमा खेपेको दुख त भनै कहालीलाग्दो छ। मिहिनेत गरे हुनेछ भन्ने पनि देखाए महेन्द्रले। उनी साहित्यमा कलम चलाउँछन्। पत्रपत्रिकामा कथाहरु छापिन्छन् महेन्द्र महकको नाममा। तर, उनको खास नाम चाँहि महेन्द्र शर्मा हो। सल्यानको थारुमारेमा जन्मे हुँदा महेन्द्रले दुख भने दाङ, काठमाडौं देखि भापा, भारतको सिमलादेखि अब्धावीसम्म गएर गरे।

त्यही कहालीलाग्दो दुख सम्भरेर वैदेशिक रोजगारमा गएका महेन्द्र नेपाल आउनेवित्तिकै यही के गर्न खोजे। व्यवसाय सुरु गर्न पनि सोचेका थिए। तर, पैसा धेरै नभएकोले हिम्मत आएन लगानी गर्ने। अनि लोकसेवा आयोगको परिक्षाको तयारी सुरु गरे।

अहिले रोल्पाको लिवाङ नगरपालिकामा पुग्नुभयो भने देख्नुहुन्छ नायब सुब्बामा महेन्द्र शर्माको नाम। २०७३ असोज १६ गते उनले सरकारी जागिरमा नाम



**वैदेशिक रोजगारीमा जानुभन्दा पहिला शर्माले निकै संघर्ष गरे काठमाडौंमा। काठमाडौंमा टिक्न नसकेर भारतको सिमला पुगे। पूर्वको भापातिर पनि हानिए खलासी बनेर। दाङका गल्लीहरुमा पनि दौडिए। शर्मा निकै भावुक हुदै भन्छन्, ...२०६१ सालमा भापादेखि पाँचथर चल्ने गाडीमा खलासीको काम पनि गरे। कन्डै ६ महिना काम गरेपछि उनी काठमाडौं आए कामकै खोजीमा।**

निकाले। हुन त, उनको प्रयास प्रशंसा योग्य थियो। २०७० सालमै अधिकृतको परिक्षा दिएका थिए लोकसेवा आयोगमा। तर, उनी उत्तिर्ण भएनन्। २ वर्षपछि नायब सुब्बामा नाम निकालेका हुन। लोकसेवा अध्ययन गर्न भने उनका आफन्त टंक गौतमले हौस्याएका हुन्। गौतम पनि सरकारी अधिकृत छन्। नेपाल वायुसेवा निगमको छैटौँ तहको प्रशासन समूहमा भने वैकल्पिक एक नम्बरमा नाम निस्कियो।

वैदेशिक रोजगारीमा जानुभन्दा पहिला शर्माले निकै संघर्ष गरे काठमाडौंमा। काठमाडौंमा टिक्न नसकेर भारतको सिमला पुगे। पूर्वको भापातिर पनि हानिए खलासी बनेर। दाङका गल्लीहरुमा पनि दौडिए। शर्मा निकै भावुक हुदै भन्छन्, '२०६१ सालमा भापादेखि पाँचथर चल्ने गाडीमा खलासीको काम पनि गरे। कन्डै ६ महिना काम गरेपछि उनी काठमाडौं आए कामकै खोजीमा। काठमाडौंमा पनि ६ महिनाभन्दा बढी टिक्न सकेनन्। सडकका किनारामा कपडा बेचे। तर, टिक्ने अवस्था



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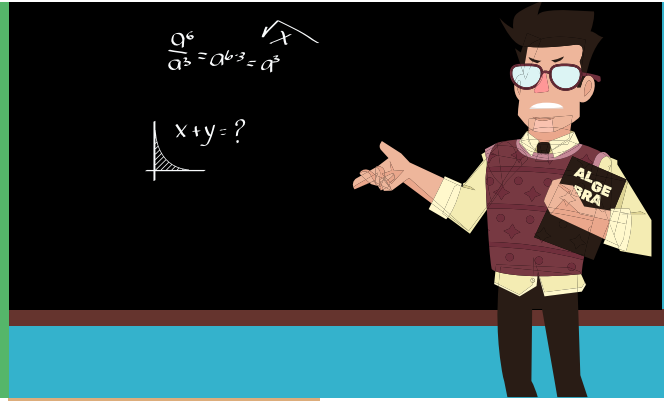
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नदेखेपछि, भारतको सिमलातिर लागे। सिमला पुगेर पाएको दुःख शर्मा कहन सक्दैनन्। भन्छन् 'त्यो दुःख त काठमाडौंमै कल्पना गरेको थिएँ तर पनि सामान्य थिएन।' सिमलामा स्याउँका भारी बोक्नेदेखि मजदुरीका काम पनि गरे। उनको मन त्यहाँ पनि अडिएन बरु काठमाडौंमै संघर्ष गर्ने भनेर आए। अनि वित्ताईदिए ८ वर्ष काठमाडौंमा संघर्ष गरेर। हुन त, खलाँसीको काम छोडेर काठमाडौं आएकै बेला उनले स्नातक तह भर्ना भएका थिए र परिक्षा पनि बेलाबेला दिन्थे। त्यो उनको सबैभन्दा सकारात्मक पक्ष थियो। अनि सिमलाबाट फर्केर आएपछि त्यही शिक्षाको हतियार काम लाग्यो। अर्थात् काठमाडौंका बोर्डिङ स्कूलमा पढाउने जागिर पाए र भन्डै ८ वर्ष बोर्डिङमा पढाए। त्यहाँका दुःख र अभाव सहन नसकेर विदेश हान्नेएका हुन् शर्मा। त्यतिबेला उनले भर्खर बिहे पनि गरेका थिए। अनि स्नातकोत्तर तहको अन्तिम परिक्षा पनि दिएका थिए।

आखिर दुःखी जीवन सम्भेर उनले विदेश जाने सोच बनाए। अनि निरन्तर पत्रिकाका विज्ञापन नियाल्न थाले। एकदिन देखे एउटा विज्ञापन अबुधावीका लागि। लेखिएको थियो सेमी गर्भमेन्ट अफिसका लागि अफिस बोर्ड। खासमा म सेमी गर्भमेन्ट र अफिस बोए भनेको दुई कुराले लोभिएर अबुधावी जाने निर्णयमा पुगेको हो। तर, उनले सोचेको जस्तो अफिस बोर्ड होइन रहेछ। अर्थात् चिया बोर्ड पो रहेछ।

सन् २०१२ को कुरा हो उनी अन्तिम तयारीमा पुगे विदेशिने। अनि बसुन्धरातिर भएको एक मेनपावर कम्पनीलाई राहदानी बुझाए। प्रक्रिया पुरा भएपछि अगष्ट १७ मा अबुधावीमा ओर्लिए अफिस बोर्डको सपना बोकेर। अबुधावीको कम्पनी एनसिटी एण्डएचमा काम पाएका थिए शर्माले। यो कम्पनीले विमानस्थलको कार्यालयमा काम दिएको थियो। शर्माकै भनाई 'त्यस कम्पनीका ४, ५ वटा ठूला होटल पनि थिएन तर म आपुर्तिसम्बन्धी काममा खटिएको थिएँ।' आपुर्तिसम्बन्धी काम अर्थात् चिया आपुर्ति गर्ने। अनि जुस, पानी पनि सर्भिस गर्थे। 'त्यहाँ कर्मचारीको अभाव थियो त्यसैले ६ महिना त अति नै दुःख पाईयो, पछि ७ जना काम गर्न थालियो पहिला ३ जनाले धानिएको थियो।' कामको पीडा अर्थात् खटाई धेरै, पैसा नहुने भएपछि शर्माले घर फर्किन प्रयास पनि गरेका थिए।

एक हजार दिराम पाउने शर्मा वास्तवमा सस्तो श्रममा काम गरिरहेका थिए। अनि अतिरिक्त काम गर्न नपाएपछि ऋण तिर्न पनि समस्या भइरहेको थियो। अनि २ महिनामै शर्माले घर फर्काइदिनु भनेर १८ दिन कोठामा सुतेर बसिदिए। काम नै नगरि बसेपछि कम्पनीले एक लाख रुपैयाँ तिरेपछि मात्रै फिर्ता गर्ने बताएपछि शर्मा काममा फर्किए किनकी त्यो पैसा तिर्ने हैसियत थिएन। एकातिर विदेश जाँदाको ऋण त तिर्नु नै थियो अर्कातिर पैसा तिरेर फर्केपछि दोहोरो ऋण तिर्न सक्ने कुरै भएन।

शर्माले विहान काम गर्थे, विहानको काम धेरै नै गाह्रो। विहान ७ बजे देखि दिउँसो २ बजेसम्मको पिक आवरमा खटिएका शर्मा अहिले सम्भन्छन् पानी पनि खान पाइदैन थियो व्यस्त भएर। खटाई नै धेरै भएपछि उनले ड्युटी समय सारे बेलुकालाई। अनि केही सहज भयो उनी सम्भन्छन्।

'मलाई विदेशमा पैसा कमाउनु थियो। आफुसँग पढ्ने पैसा थिएन। घर चलाउने पैसा थिएन। अनि परिवार धान्ने आधार पनि थिएन। त्यसैले मैले विदेश गएर भए पनि पैसा कमाउनु थियो।' शर्मा भन्छन्। उनी सन् २०१२ अगष्ट १७ देखि सन् २०१४ सेप्टेम्बर १४ सम्म दुई वर्ष बसे अबुधावीमा। यो बीचमा पैसा पनि भनेजस्तो कमिएन। कमाएको पैसाले ऋण तिर्न पनि नसक्ने। अनि काम पनि गाह्रो भएपछि नेपाल फर्किएको बताउँछन्। एकातिर विदा पनि नपाईने अर्कोतिर अतिरिक्त समय पनि काम गर्न नपाइने भएपछि पैसा कमाईने र आराम हुने त कुरै भएन यो पीडाबाट गुज्रेका शर्मा नेपाल फर्केर भिड्न थालेका हुन् लोकसेवाको परिक्षामा पहिला नै स्नातकोत्तर तह पास गरेका कारणले लोकसेवामा लाग्न भने सहज बनायो।



**एक हजार दिराम पाउने शर्मा वास्तवमा सस्तो श्रममा काम गरिरहेका थिए। अनि अतिरिक्त काम गर्न नपाएपछि ऋण तिर्न पनि समस्या भइरहेको थियो। अनि २ महिनामै शर्माले घर फर्काइदिनु भनेर १८ दिन कोठामा सुतेर बसिदिए। काम नै नगरि बसेपछि कम्पनीले एक लाख रुपैयाँ तिरेपछि मात्रै फिर्ता गर्ने बताएपछि शर्मा काममा फर्किए किनकी त्यो पैसा तिर्ने हैसियत थिएन।**



# रु. ५० मा बचत खाता



सरल बैंकिङ्ग... सबैका लागि

## सेञ्चुरी कमर्सियल बैंक लिमिटेड

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# WALKING THE EBC TRAIL

Embark on a journey of a lifetime to witness beauty, from the lowland valleys to the highland glaciers, holy rivers to huge mountains, waterfalls to avalanches. Discover the unique culture of the Sherpas and the spiritual perspective on the mountains they call home.

TEXT BY DIBESH MANANDHAR









**T**ypically, the trek starts from Lukla. A 30 minutes' flight from Kathmandu, Lukla is the hub for every trekker to get to EBC. The flight gives you an amazing view of the mountains only if you get a seat on the left side of the plane, where the engine rumbles for the whole time enshrouded by the cotton buds that you're urged to stuff in your ears. The plane teeters in mid-air battling the strong wind and only after touchdown on the famous for being one of the most dangerous airports in the world, you feel relieved. The first day walk to Phakding from Lukla is an easy trail, with a couple of ups and downs but not too daunting. Although being a small village, Phakding offers a great number of lodges, coffee houses with Wi-Fi and you can also hear the sound of the Dudhkoshi river flowing just below the village while you sleep comfortably. The next stop after Phakding is the well-known Namche Bazaar prominent for being one of the biggest acclimatizing zones filled with a lot of small markets, pubs, restaurants and Wi-Fi cafes. The hike to Namche Bazaar involves three hours of climbing steep steps crossing dense forests and rivers via staggering high swinging suspension bridges with persistent yak poops all along the trail. Namche Bazaar feels like just landing in Vegas for a lavish vacation. People own small markets where you'd get everything you fancy in the coldish weather up above. Almost every pub there has a friendly environment that attracts trekkers to have a good time.

After leaving Namche, you experience fast transitions of uphill, downhill till Tengboche elevates the adrenaline levels so high that all you could do is to think of just sleeping on the trails. Tengboche is renowned for having a holy monastery and great views of several mountains

including Everest. Many trekkers stay for the night at Tengboche, despite having a smaller number of teahouses, while some descend down to Debuche. After Debuche, you walk through small bushes crossing the Imja river with constant sightings of Everest, Lhotse, Ama Dablam and Nuptse. Then comes a fairly easy climb heading towards Pangboche with Ama Dablam being the centre of attraction. Stop at Somarey before heading to Dingboche for a delightful lunch. Thereafter, tree line slowly diminishes and barren lands with vegetation now only consisting of very less bushes start to appear and you reach Dingboche. Dingboche is another hub for acclimatizing with the high altitude. So, the next day is basically a rest day. But a rest day is just a term for putting your feet to motion as you climb to a higher altitude just to be ready to make the ascent properly the another day. It's an unavoidable evil but makes the proceeding days a little easier.

Climbing up a small ridge overlooking the village of Dingboche with Ama Dablam in the backdrop, the path narrows down for a bit till a place called Thukla. The trail then takes you up a steep ascent to Chukpo Lari, also known as Memorial Park. Take constant breaks so that your breath doesn't run out and you don't feel lethargic when you reach the top, as the view from up there is one not to miss. Chukpo Lari is a very nostalgic part of the trek as here are many monuments (Chhortens)



#### IMAGINE

Imagine being surrounded by huge mountains on both sides and small drips of snow hitting your face while walking along a narrow ridge with yaks, and the locals returning after running their daily errands. This is how it is like to walk on the trail to Everest Base Camp. In view of the fact that you're not actually stepping foot on Mt. Everest, it is still hard to get to Everest Base Camp. Sometimes, it questions your sanity and why you ever decided to do it. And the times when you get to see the grandeur of the mountains and the breath-taking landscapes the higher you get makes you realize that it was a good decision.



## Hotel Shangri-la, Kathmandu



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E : info@hotelshangrila.com

Shangri-la Village Resort, Pokhara  
A : Gharipatan, Pokhara, Nepal  
P : +977-61-462222/460224  
E : reservation@shangrilavillageresort.com



[www.hotelshangrila.com](http://www.hotelshangrila.com)



## Shangri-la Village Resort, Pokhara







dedicated to climbers who lost their lives on the mountains.

Now you start to feel the changes in the air as you climb higher. Speedy change in the landscape to arid lands with mountains surrounding takes you to a place called Lobuche. The frigid temperature in Lobuche makes you feel like “Now we’re pretty high up”.

The walk to reach Gorakhshep from Lobuche is not so strenuous only if the trails are not covered with snow. The trail is amazing as you walk alongside the Khumbu Glacier. Bordered by mountains on all sides, Gorakhshep is the hub to reach both Kalapatthar and Everest Base Camp, the highest points of the trek. So, expect a lot of trekkers in the teahouses here. Almost every trekker decides to go to the Base Camp in the same day as they reach Gorakhshep depending on how the weather is.

As you progress along the path leading to EBC from Gorakhshep and alongside the Khumbu Glacier you find yourself with steep drops with the stability of the path always a worry, as it’s so loose and icy under foot. Reaching the Base Camp at 5364 metres is ecstatic even with all the energy levels in minimal. There’s a pile of rocks with prayer flags attached to it, that’s when you’ll know you have reached the base camp.

The hike to Kalapatthar is not an easy one either with a series of steep switchbacks and the fact that you have to do it really early in the morning and for a not-so-morning person like me it is extremely tough. But the vista of the landscape leaves you in awe every time you decide to stop momentarily for a break. You can easily see and recognize the camps pitched in glacial lands from up above, which is the Everest Base Camp. The concept of reaching the highest point of the trek i.e. EBC is cliché since the highest point is Kalapatthar. Enjoy 360-degree panorama of the mountains from there. Nothing beats the feeling of standing at the highest point of the trek with such a clear weather surrounded by majestic mountains. Mt. Pumori will feel extremely nearby since Kalapatthar is merely a minor ridge that leads to the mountain itself.

The return trip from Gorakhshep to Lukla is not so intimidating as the mind will be filled with feeling of satisfaction from seeing all the exquisite landscape and splendid views of some of the highest mountains in the world. You are bound to have a remarkable adventure. A trip to the Himalayas to anyone who loves the mountains is recommended. From staying in the villages that are set against soaring peaks to learning the unique Sherpa culture and traditions, every experience in this picturesque place is one not to forget.

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# CHAMPIONS



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# H9 FEATURE NEWS AND EVENTS



## HIMALAYA AIRLINES EXTENDS ITS NETWORK TO CHINA: COMMENCES AIR SERVICE FROM CHONGQING TO KATHMANDU

Himalaya Airlines, an international air carrier, celebrated its expansion plan to China with the maiden flight to its latest destination, Chongqing, the major tourist city of People's Republic of China. The new service was a scheduled charter flight from Chongqing to Kathmandu and Himalaya Airlines is the only airline that operated direct flights between the two cities. With this CKG-KTM connectivity, H9 has contributed its own share to the tourism economy of Nepal in a big way.

"China is one of our target markets. We are excited to expand our footprints there, allowing us to provide greater options for business and leisure travelers. We are proud to be the first and only airline to offer direct service from Chongqing, China to Kathmandu. We are confident that this route will boost passenger traffic as we expect a good demand from Chongqing, which has a sizeable population of affluent out-bound travelers. H9 will be instrumental in bringing more Chinese tourists to Nepal and helping the tourism economy of both countries.", commented Mr. Vijay Shrestha, Vice President – Administration, on the occasion.



## SPECIAL FLIGHT FOR PM'S VISIT TO BEIJING, CHINA

H9 had an opportunity to operate a special flight to carry the Right Honourable Prime Minister Mr. K.P Sharma Oli, Madam Radhika Shakya and the high ranking delegates from the government, business and media for their official visit to Beijing, China on June 19, 2018. From H9, Mr. Ang Tshiring Sherpa, Chairman of the Board and Capt. Zhao Guo Qiang, former President, accompanied the Right Honourable Prime Minister. Capt. Sonam Togbay was PIC for the special flight who flew the aircraft 9N-ALW along with Capt. Rabindra Purush Dhakal and Capt. Hao Di, VP-Operations.

"This is my second trip with Himalaya Airlines for an official visit to the People's Republic of China. I fondly recall memories of my March 2016 travel by this airline. I enjoyed the warm hospitality extended by the crew members then and now. I extend my sincere thanks to the company for providing the opportunity to travel with Himalaya Airlines." KP Sharma Oli, Prime Minister of Nepal







### CHANGE IN LEADERSHIP

After the successful two years term of Captain Zhao Guoqiang as the President of Himalaya Airlines, H9 bid him farewell on 14 November 2018. Under his commanding leadership, H9 tookoff to new heights in 2017 with four new destinations namely: Kuala Lumpur - Malaysia, Yangon-Myanmar, Dubai-UAE & Dammam-Saudi Arabia which is considered to be H9's most important contribution in terms of Nepal's first direct air connectivity with Saudi Arabia. During Capt. Zhao's tenure, H9 also added two new aircraft namely: 9N-ALV & 9N-ALW to its fleet. Captain Zhao Guoqiang has been a great leader for H9 and his contributions to H9 will be acknowledged forever.

Every ending marks a new beginning and with great pleasure H9 family welcomes Mr. Zhou Enyong as the new President. Mr. Zhou Enyong has a wealth of past experience in managing airlines, namely Air China and Shandong Airlines. He aspires to open new routes, acquire new aircraft, introduce advanced management system, give more training, and develop a colorful team who would actively strive to be creative, be courageous, be revolutionary and be enterprising to succeed.

With due and joint efforts from all of us, in adherence to the five Principals of HIM, namely, Safety First, Customer Service oriented, Team Spirit, Winning Spirit and Proper Practice, we believe we can make Himalaya Airlines full of vigor and energy driven. We truly believe with his skills and expertise Mr. Zhou Enyong shall take H9 to greater heights.



**Former President of H9  
Captain Zhao Guoqiang**



**Current President of H9  
Mr. Zhou Enyong**

### HIMALAYA AIRLINES CELEBRATED ITS 3RD ANNIVERSARY



Himalaya Airlines was established as a joint venture on the 19th of August 2014; it received its Airline Operator Certificate (AOC) on the 9th of March 2015 and Himalaya began its first commercial flight on the 31st May 2016 to Doha - Qatar. We believe that the day an airline receives its AOC, is the day of airline's birth; thus H9 will be celebrating its anniversary on the 9th of March every year.

Himalaya Airlines (H9), therefore for the first time officially celebrated its 3rd year of connecting people of Nepal with other countries on March 9, 2018. The first 2 years, have been proving and establishing years for Himalaya Airlines with important milestones achieved. Today, Himalaya Airlines is the proud operator of 3 Airbus A320. To celebrate the occasion, the airline had announced an Audience



Engagement Program with the launch of a Social Media Quiz that ran across Facebook, Instagram and Twitter for a chance to win a round trip ticket to and from H9's any destination. The celebration was further shared with H9 passengers by distributing Cupcakes on-board the same day.

Commenting on the celebratory occasion, Himalaya Airlines' Vice President – Administration, Mr. Vijay Shrestha remarked, "With key achievements, now we proudly say that Himalaya Airlines is the fastest growing private airline of Nepal and is always striving to achieve the best, be it On Time Performance (OTP) of our flights or ensuring the most convenient and time efficient way of air travel. We thank all our passengers, patrons and stakeholders for their tremendous support in our each step of flying higher."



## HIMALAYA AIRLINES REINFORCES ITS CSR INITIATIVE



Marking the special occasion of Nepalese New Year 2075 and continuing the celebrations of its 3rd Anniversary, Himalaya Airlines continues to reinforce its Corporate Social Responsibility (CSR) initiative, focusing on the community wellbeing of Nepali society through its investment in people. Himalaya Airlines extended its association with Prayas Nepal (a non- profit social organization, established to empower underprivileged children through education, awareness and skillful trainings) by contributing to the basic requirements as requested by the organization such as kitchen utilities and a yearlong supply of notebooks for the Children for their new educational year of 2075-76.

The officials of Himalaya Airlines received a special welcome when they visited Prayas Nepal premises on April 15, 2018 and had a lively interaction with the young and enthusiastic children and the office bearers of the organization. The airline's valuable contribution was appreciated by Prayas Nepal and children were elated to receive the goodies including notebooks and chocolates.

During the contribution program, Ms. Ujjwala Dali, Head of Department - Brand and Service Improvement remarked, "It is an honor for Himalaya Airlines to get associated

with Prayas Nepal once again. We sincerely hope our small contribution supports Prayas Nepal's efforts to encourage and empower the children, to help them thrive and grow into confident, healthy and strong adults, in the times to come. Prayas Nepal is now under Himalaya Airline's CSR banner and we will continue our support for Prayas Nepal to work towards the betterment of the future of these underprivileged children."

Himalaya Airlines, henceforth, plans to get actively involved in a variety of community initiatives under its Corporate Social Responsibility (CSR) banner. With a vision of constant endeavor to give back to the society, the airline believes that sustainability and responsibility are critical to ensuring environmental, social and economic prosperity in the areas where we operate.

Prayas Nepal, has been running a children's home for orphan, abandoned, abused, and physically challenged children from the different parts of Nepal since it's establishment.



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[www.himalaya-airlines.com](http://www.himalaya-airlines.com)



# EMERGENCY CONTACTS

## FOR H9 DESTINATIONS

### QATAR DOHA

Police: 999  
Ambulance: 999  
Fire: 999  
Airport Taxi: +97-4458-8888  
Customs: +97-4444-57457  
Tourist Information  
Headquarter: +97-4401-06666  
Hospital: +97-4401-09222  
Embassy of Nepal: +97-444-675681  
+97-4446-75680  
Tourist Police Hotline: +97-4401-09666

### MALAYSIA KUALA LUMPUR

Police: 999  
Ambulance: 999  
Fire: 999  
Airport Taxi: +6011-1889-8893  
Customs: +03-8787-2312  
Tourist Information  
Headquarter: 03-2693-5188  
Hospital: +6038-9475-555  
Embassy of Nepal: 03-2020-1899  
Tourist Police Hotline: 03-2149-6590

### NEPAL KATHMANDU

Police: 100  
Ambulance: +977-1-4228094  
Fire: 101  
Customs: +977-1-4470382  
Tourist Information  
Headquarter: +977-1-4247041  
Tourist Police Hotline: 1144

### UAE DUBAI

Police: 999  
Ambulance: 999  
Fire: 997  
Airport Taxi: 04-208-0808  
Customs: 04-417-7777  
Tourist Information  
Headquarter: 800-4438  
Hospital: 04-219-5000  
04-219-2000  
Embassy of Nepal: +971-2634-4767,  
+971-2634-4385  
Tourist Police Hotline: 800-4888

### SAUDI ARABIA DAMMAM

Police: 999  
Ambulance: 997  
Fire: 998  
Airport Taxi: 92-001-0068  
Customs: 13-883-7111  
Tourist Information  
Headquarter: 19988  
Hospital: 911  
Embassy of Nepal: +966-11-461108  
+966-11-4645170  
Tourist Police Hotline: 112



# SAFETY AND SERVICE INFORMATION



## CABIN LUGGAGE

Passenger/s may carry one item of cabin luggage to place in a closed overhead bin.

Cabin luggage shouldn't exceed 7kgs. The overall dimension of such baggage should not exceed 55 x 35 x 25 cm or 21.7 x 13.8 x 9.9 inches. Cabin luggage exceeding the 7kgs weight limit is required to be checked in before boarding.



## LIFE VEST

Passenger/s are not allowed to remove the life vest from the aircraft. It is best the passenger/s know the location of them in case of an emergency. Please do know the proper method of inflating the vest.



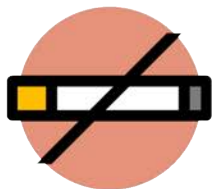
## ENTERTAINMENT

Movies and music are available on all flights. Currently we are streaming popular shows such as Dhurmus ko Love Story, Mundre Sanga Traffic and Just for Laugh Gags. Movies available in our flight entertainment are Ice Age: Collision Course and Wada Number 6.



## FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to the passenger. Consumption of personal alcoholic drink is prohibited. Flight crew reserves the right to either deboard or take necessary actions against the passenger/s who appear intoxicated while boarding or self-consume alcohol during the flight.



## NO SMOKING POLICY

Smoking including the use of Electronic Cigarette is prohibited on all flights. Flight crew reserves the right to take necessary actions if passenger/s are found smoking during the flight.



## ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse or violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to support anyone who has been the victim of an assault.



## SPECIAL ASSISTANCE

In order to better serve you, we request that you contact and advise us of your specific needs (listed below) at the time of booking and at least 24 hours prior to your flight.



## UNACCOMPANIED MINORS

It can be quite daunting for a child traveling alone, both to the child and the loved ones. We take all the extra measures to take special care of your child right through till your child is reunited with loved ones. You just have to pre-inform us if your 5-12 years child is travelling alone.



## MEDICAL AND SPECIAL NEEDS

Attendants and medical attention shall be given to people with special needs such as passengers with Reduced Mobility, Sensory Impairments or any other physical challenges.



## PREGNANT PASSENGER

Expectant mothers are normally not regarded as incapacitated. However certain restrictions apply: No medical certificate or letter is required up to the end of 28th week. When the pregnancy has entered the 29th week, a medical certificate or letter issued by doctor should be held.

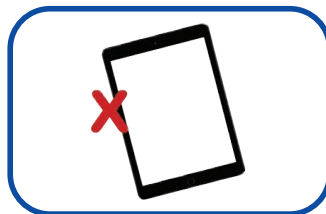
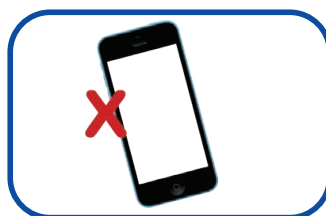




## Attention !! सावधान !!

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, passengers are not allowed to carry any laptops, drone batteries, mobiles, lighters, matchboxes, cameras, watches, Ipad/tablets, power banks, radio transmitters, walkie-talkies, electronic toys, extra batteries including **lithium ion batteries** and any devices with cellular network service for portable electronic devices in **CHECKED-IN BAGGAGE**.

यात्रुहरूलाई कुनैपनि ल्यापटप, ड्रोन ब्याट्री, मोबाइल, लाइटर, सलाई, क्यामेरा, घडी, आइ प्याड/ट्याबलेट, पावर बैंक, रेडियो ट्रान्समिटर, वाकी-टकी, इलेक्ट्रोनिक खेलौना, अतिरिक्त ब्याट्रीहरू (**Lithium ion batteries**) अथवा अन्य विद्युतिय उपकरणहरू चेक ईन बेगेजमा लैजान निषेध छ ।



**DO NOT**  
put them in your  
**CHECKED-IN BAGGAGE**

यी सामानहरू आफ्नो  
चेक ईन बेगेजमा नराख्नु होला ।



Put them with you  
in your  
**CARRY ON BAGGAGE**

यी सामानहरू आफ्नो  
हाते भोलामा राख्नु होला ।

### Note (नोट):

1. Portable Electronic Devices (PEDs) containing Lithium ion batteries over 100 WH and Lithium metal batteries containing more than 2 grams are forbidden to carry.

१. पोर्टेबल इलेक्ट्रोनिक उपकरण (पीईडी) मा भएको लिथियम ब्याट्रीहरू यदि १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा माथि भएमा कुनै पनि ब्यागेजमा लैजान निषेध गरिएको छ ।

2. Maximum of 20 spare Lithium ion batteries each not exceeding 100 WH and Lithium metal batteries each not exceeding 2 grams may be carried by a passenger in carry-on baggage only.

२. एक व्यक्तिले अधिकतममा २० वटा अतिरिक्त ब्याट्रीहरू हाते भोलामा लैजान पाउने छ तर हरेक ब्याट्री १०० वाट घण्टा (Lithium ion) अथवा २ ग्राम (Lithium metal) भन्दा कम हुनु पर्दछ ।

Note: Power Bank is considered as a spare battery.  
PEDs must be switched off during takeoff and landing.





# TRAVELERS' INFORMATION



Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and latitudinal variation. The elevation of the country ranges from 60 m above sea level to the highest point on earth, Mt. Everest at 8,848 m, all within a distance of 150 km resulting into climatic conditions from sub-tropical to Arctic.

<b>Area</b>	: 147,181 sq. km
<b>Location</b>	: Situated between China in the north and India in the south, east and west
<b>Capital</b>	: Kathmandu
<b>Population</b>	: 26.62 million
<b>People</b>	: Nepal has 125 caste/ ethnic groups and 123 spoken languages.
<b>Language</b>	: Nepali is the national language; travel-trade people understand and speak English as well.
<b>Religion</b>	: Nepal is a secular state with a pre-dominance of Hindu and Buddhist population.
<b>Currency</b>	: Nepali Rupee
<b>Political System</b>	: Federal Democratic Republic
<b>Climate</b>	: Nepal has four major seasons (1) Winter: December-February, (2) Spring: March-May, (3) Summer: June-August, (4) Autumn: September-November. Monsoons are from June till mid September. Nepal can be visited the whole year round.

Place	Summer (May, June, July)			Winter (Dec, Jan, Feb)		
	Max (°C)	Min (°C)	Rain (mm)	Max (°C)	Min (°C)	Rain (mm)
Kathmandu	28.1	19.5	312.9	19.3	3.0	15.4
Pokhara	29.7	21.3	829.7	20.3	7.7	26.3
Chitwan	33.0	25.3	404.0	24.1	8.3	13.8

What to Wear: Light weight clothing is recommended from May through October. Warm garments are required in October-March. An umbrella or a raincoat is a must for the rainy season

Air (Hong Kong), Druk Air (Delhi, Paro), Etihad Airways (Abu Dhabi), Flydubai (Dubai), Himalaya Airlines (Dammam, Doha, Dubai, Kuala Lumpur), Indigo Airlines (Delhi), Jet Airways (Delhi, Mumbai), Korean Air (Seoul), Malaysian Airlines (Kuala Lumpur), Malindo Air (Kuala Lumpur), Oman Air (Muscat), Qatar Airways (Doha), Sichuan Airlines (Chengdu-Lhasa), Silk Air (Singapore), Tibet Airlines (Lhasa), Thai Airways (Bangkok), Thai Lion (Bangkok, Don Mueang), and Turkish Airlines (Istanbul).

## ACCESS TO NEPAL

### BY AIR

Nepal Airlines is the national flag carrier of Nepal with flights to/ from Delhi, Mumbai, Bangalore, Kuala Lumpur, Bangkok, Dubai, Doha and Hong Kong. Other international airlines operating from/ to Kathmandu at present are: Air Arabia (Sharjah), Air Asia (Kuala Lumpur), Air China (Lhasa, Chengdu), Air India (Delhi, Kolkata), Bhutan Airlines (Delhi, Paro), Biman Bangladesh (Dhaka), Buddha Air (Varanasi), China Eastern Airlines (Kunming), China Southern Airlines (Guangzhou), Dragon

### BY LAND

All visitors coming to Nepal by land can enter through any of these entry points on the India- Nepal Border: (1) Pani Tanki/Kakarbhitta (2) Raxual/Birgunj (3) Sunauli/ Belahiya (4) Rupaidiya/ Nepalgunj (5) Mohana/Dhangadi (6) Banbasa/ Mahendranagar, Gaddachauki and (7) Khasa, Liping/ Tatopani on the Tibet, China-Nepal border respectively. Overland tourists entering the country with their vehicles must possess an international carnet or complete customs formalities.



## WHAT ARE NEEDED TO GET A VISA?

A valid passport and one passport size photo with a light background. Visa can be obtained through payment only in the following currency: U.S. Dollar, European Euro, UK Pound Sterling, Swiss Franc, Australian Dollar, Canadian Dollar, Singapore Dollar, Japanese Yen, Chinese Yuan, Saudi Arabian Riyal, Qatari Riyal, Thai Baht, UAE Dirham, Malaysian Ringgit, South Korean Won, Swedish Kroner, Danish Kroner, Hong Kong Dollar, Kuwaiti Dinar and Bahrain Dinar.

### INTERNATIONAL CREDIT CARD ARE ALSO ACCEPTED FOR PAYMENT OF VISA FEE.

#### a. Tourist Visa

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$25 or equivalent convertible currency
Multiple entry	30 days	US\$40 or equivalent convertible currency
Multiple entry	90 days	US\$100 or equivalent convertible currency

#### b. Gratis (Free) Visa

• For first visit in one visa year (January to December), gratis visa for 30 days is available only for nationals of South Asian countries like Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka. However, visa can be extended from the Immigration Department on payment of visa fee as specified above.

- Indian nationals do not require visa to enter into Nepal.
- Chinese tourists are provided gratis visa for Nepal.

However, nationals of the following countries will not get visa on arrival at the immigration entry points of Nepal:- Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan. They need to obtain visa from Nepalese Embassies or Diplomatic Missions in their respective countries prior to their visit to Nepal.

For further information, please, contact Department of Immigration, Kalikasthan, Kathmandu,  
Tel : +977 -1 - 4429659 / 4429660 / 4438862 / 4438868  
Email : mail@nepalimmigration.gov.np Web : www.nepalimmigration.gov.np

### FOREIGN EXCHANGE

Foreign currencies must be exchanged only through the banks or authorized foreign exchange dealers. The receipts from such transaction are to be obtained and retained. Visitors can exchange money at the foreign exchange counter at the airport upon arrival also.

### CUSTOMS FORMALITIES

All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 01-4470382). Visitors can export souvenirs to their respective countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, Ram Shah Path, Kathmandu (Tel.: 01-4250686/ 4250687/ 4250688).

### DOMESTIC AIRLINES

Nepal Airlines has an extensive network of air services to major parts of the country. Besides Nepal Airlines, other domestic airlines (there are more than 18 in operation) provide regular and charter services to popular domestic destinations. Many domestic airlines operate early morning, one-hour mountain flights round the year.

### GETTING AROUND

Metered taxis are easily recognizable by the taxi sign and black number plates and can be hailed off the street. Micro buses and battery-run EV tempos cheaper than taxis are also available. No tip is expected. There are regular bus services within the three cities of the Kathmandu valley operating from old bus terminal Ratna Park. Similarly, scheduled bus services for outside the valley operate from the Gongabu Bus Terminal. It is also possible to hire mountain or motor bikes at nominal rates.

### FACILITIES

Nepal has every category of accommodation facility, ranging from international standard star hotels and resorts to budget lodges. To ensure safety and quality service, it is advisable to use the services of Government registered hotels, lodges, travel agencies, licensed tour guides and hire only authorized trekking guides or porters.

### WORLD HERITAGE SITES

There are four UNESCO World Heritage Sites in Nepal. Two are in cultural category and two are in natural category. World Cultural Heritage Sites of Nepal are: Lumbini, the birth place of The Buddha, and seven monuments of Kathmandu valley within a radius of 20 km (together counted as one Heritage Site). The World Natural Heritage Sites are Chitwan and Sagarmatha National Parks. Kathmandu valley World Heritage Site comprises of three historical palaces – Kathmandu, Patan and Bhaktapur Durbar Squares; two Buddhist stupas – Swayambhunath and Baudhanath; and two Hindu temples – Pashupatinath and Changu Narayan. Nepal offers incomparable scope to connoisseurs of art and culture to see and study different aspects of fine arts in its paintings, sculpture, wood carving and architecture.

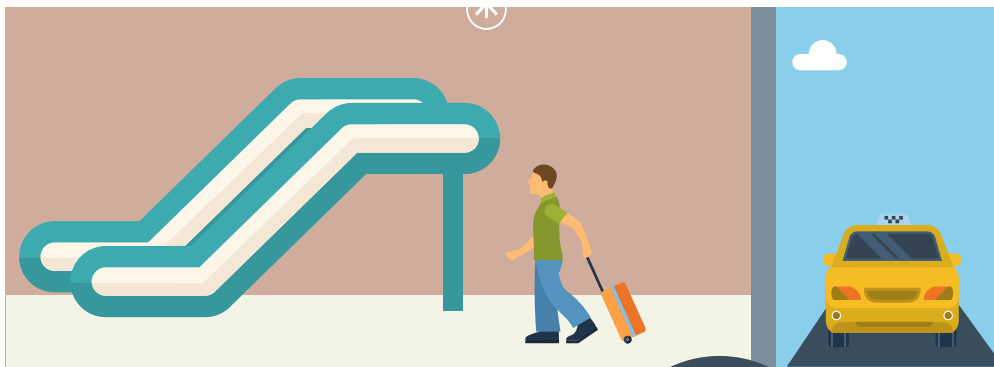




# HEALTHY AT 30,000 FEET

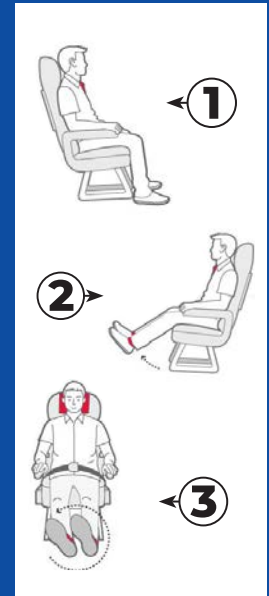
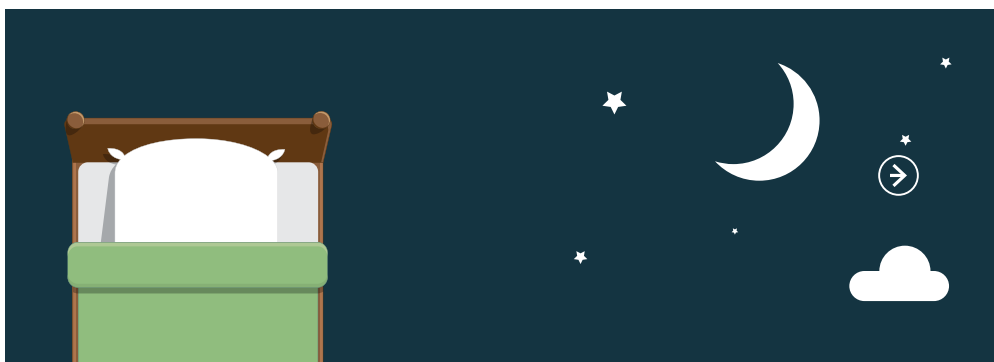
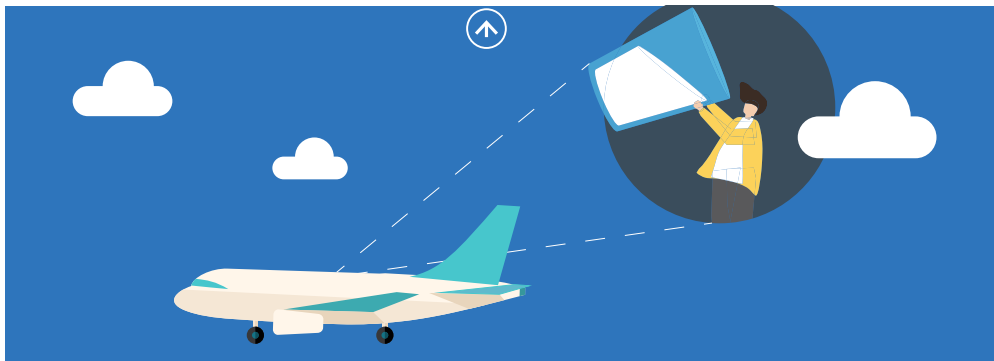
## BEFORE YOU FLY

- Remember you will be sitting for a long time so take a walk through the terminal before you board your flight,
- Your skin will get dry on the aircraft so keep your skin moisturized,
- Try to avoid heavy meals,
- Moderate your intake of alcohol, tea and coffee a day before a flight.



## DURING YOUR FLIGHT

- Keep hydrated. Drink water and juices frequently during your flight.
- Moderate your intake of alcohol, tea, and coffee. These drinks act as diuretics, increasing the body's dehydration.
- Eat light, it will be difficult to digest food when the body is inactive.
- Muscles can become tense during flights, resulting in backaches and fatigue. Relax your muscles by gentle stretches or walk up and down the aisle.



## INFLIGHT EXERCISE

Long haul flights can be quite tiresome, despite the level of comfort that is assured to the passengers. Nobody likes to remain seated in one spot for a long duration of time. Thus, we recommend you to practice these simple inflight exercises such as Neck Roll, Wrist Rotation, Ankle Circles, Arm Stretches, and Shoulder Rolls.

These exercises will help relieve some of the discomfort and keep you fresh and healthy throughout the flight.

## HOW TO BEAT JETLAG

Jet Lag is caused when traveling to a destination in a different time zone without giving the body time to adjust to the new day and night cycle. The most common symptoms of jet lag are sleeplessness, tiredness, loss of appetite, and headaches.

- Get a good night's rest before your flight
- Eat light meals at the local time
- Try some light exercises; go for a brisk walk, if you can't keep still after your arrival at your destination. It usually takes the body's biological clock approximately one day to adjust per time zone crossed. In some cases, it can be longer depending upon the and the distance traveled.
- Avoid caffeine drinks and alcohol before going to bed.



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