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PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

First and foremost, on behalf of Himalaya Airlines family, I would like to wish all our valued passengers a very Happy Nepali New Year. On this occasion, we are very delighted to present to you our Apr-Jun 2022 issue of in-flight magazine-Danfe. Reflecting back on to the year 2021, it has been a year of transition, alteration and evolution for many of us. The post-pandemic phase has taught us all to not just survive but also to thrive and seek for opportunities during tormenting times.

Therefore, our airline has transformed from a legacy carrier to a hybrid carrier, aiming to help our passengers to "experience Himalayan warmth". Various contributions to the nation with our utmost efforts, such as monetary and medical supplies donations, repatriation flights, medical cargo and free vaccine transportation are also demonstration

of our greatest commitment to serve the country. With high appreciation and recognition from the government of Nepal, we have been gradually overcoming the hurdles and gearing back to normalcy. Recent re-opening of our scheduled flights to Dhaka has been a proof of the same. Currently, the network of H9 includes passenger flights to **Doha**, **Dubai**, **Damman**, **Riyadh**, **Kuala Lumpur and Dhaka as well as** cargo flights to multiple Chinese sectors such as **Kunming and Nanning**.

As our approach has been since the start, we are continuously working towards increasing our network and reaching to a wider range of passengers while enhancing the quality and safety of our operation and service since the past seven years. Therefore, I am glad to inform you that Himalaya Airlines have successfully achieve ISO 9001-2015 certificate for Quality Management System and our fleet now has lifesaving Automated External Defibrillators (AEDs) onboard for our passengers' wellness. We are very proud about the fact that H9 is currently the first and only airline of Nepal to acquire the ISO 9001-2015 certificate and have AEDs onboard!

Now, as international travel to and from Nepal is easing up once again, we hope to continue with our genuine Nepalese tradition of "Atithi Devo Bhava"- Guest is God. H9 strives to provide true Nepali Hospitality to our esteemed guests.

Recently, as Himalaya celebrated its 7th Anniversary, the H9 family endeavors to work towards serving you better and receive your continuous love and support!

I hope you enjoy reading this issue.

Thank you for flying with H9 and we hope to see you on board soon again!



PRESIDENT

Panfe

INSIDE



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IT'S ALL ABOUT EXPO 2020!

The World Exposare among the largest and oldest international events wherein the participating countries use the platform to showcase their latest technological innovations and cultural heritages.



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THE COLORS AND VIVACITY HUES OF HOLI

Interestingly, unlike other festivals, it is celebrated on two different days at different geographical locations. In Kathmandu and other hilly areas, Holi is celebrated a day ahead than the Terai region of Nepal.

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A WOMANS' MIGHT **LEADING LADIES OF H9**

We present to you a special feature about some of the wonderful, hardworking and professional ladies of H9 because every day is a great day to celebrate amazing women in our lives and workspace!

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YEAR OF TIGER

THE CHINESE NEW YEAR

Even though it is celebrated during winter season throughout most of China, it is called the Spring Festival. The reason behind this is because the festival starts from the beginning of spring.

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CONQUERING THE GRANDEUR OF GOKYO RI

Being Nepali citizens we are all proud of many things but one thing we do boast about is the highest peak in the world, Sagarmatha, but few of us have had the opportunity to view this mountain up close.

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WHAT HAS VEDIC ASTROLOGY PREDICTED FOR YOU IN 2022?

HOROSCOPE TRAITS

Be prepared for what's coming up and manage all the opportunities and challenges that you will face in 2022 with the predictions based on the varied principles of Vedic Astrology!

FESTIVAL/EVENTS

CALENDAR



1st April, 2022

Ghode Jatra

Ghode Jatra is a horse festival native to Kathmandu, Nepal. It falls annually during mid-March or early April. Horse parades are organized by Nepal Army to celebrate the festival which is carried out in the presence of the heads of state.



10th April, 2022

Ram Nawami

As a celebration of the birth of Lord Rama to King of Ayodhya, Dasratha, Ram Navami is celebrated in Navami tithi of Nepali month of Chaitra. It is also known as the spring festival of Hindus.

14th April, 2022

Nepali New Year

Nepali New Year's Day, also simply called New Year is observed on first day of the year according to the Nepali calendar. This day is also famously celebrated as Bisket Jatra in Bhaktapur which is a week-long festivity. A huge chariot topped by a statue of God Bhairab is carried by hundreds of devotees.



30th April, 2022

Mata Tirtha Aunsi

Mata tirtha aunsi which is widely known as Nepali Mother's Day is called Aamako much herne din. It is a day to show love, respect and pay homage to mothers.



1st May, 2022

International Workers' Day

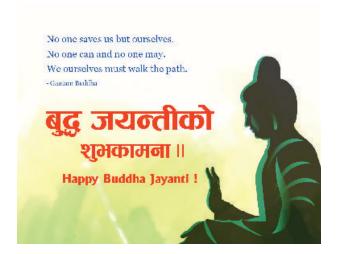
Celebrated every year on May 1 globally, Labor Day is the commemoration of the achievement of labor movement. This day is also known as International Workers' Day or May Day and is marked as a public holiday in over 80 countries.



16th May, 2022

Buddha Jayanti

Buddha Jayanti is a special day for both Hindus and Buddhists in Nepal. On this day, people celebrate the life of Lord Buddha, his birth, enlightenment and Mahaparinirvana (Death). It is celebrated on the full moon day of May.





29th June, 2022

Rastriya Dhan Diwas

The Nepal Government has announced Asar 15 as National Paddy day to encourage farmers and celebrate the crop planting festival. It is also known as Dahi Chiura Khane Din, Ropai or Plantation day. People play with mud and enjoy eating curd and beaten rice as a part of the celebration.

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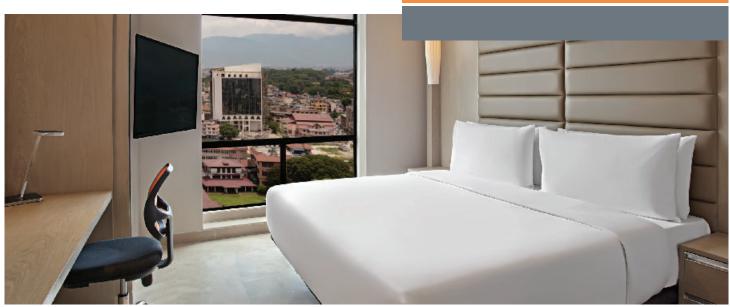
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PRINTING

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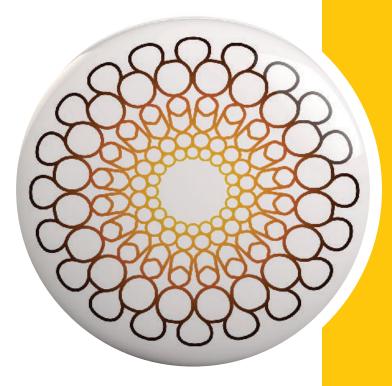
It's all about

EXPO 2020! DUBAI, UAE

Connecting Minds and Creating the Future' through sustainability, mobility and opportunity is the main idea behind Expo 2020 that happened at the heart of United Arab Emirates, Dubai from 1st October 2021 to 31st March 2022. If you were in and around Dubai during this time, then you should have definitely not miss out the luxurious opportunity to witness the world-class and mind boggling crafts, imaginations and innovations to shape the future cities and spaces!

The World Expos are among the largest and oldest international events wherein the participating countries use the platform to showcase their latest technological innovations and cultural heritages. Along with it, it is also a display of talent and creativity of the world renowned architects. After Covid-19 pandemic delayed the opening of Expo by a year, the participating countries finally unveiled their pavilions to the world which was as marvelous and eyecatching as it can be.

One of the most unique aspect about the Expo 2020 was that for the first time in the World Expo history, every participating country had its own pavilion so that the visitors could enjoy immersive cultural experiences and at the same time also discover what makes each country unique. The Expo also aimed to change the way you see the world as you explore 192 country



pavilions and a host of signature pavilions. It is also interesting to know that Dubai is hosted the first ever World Expo in the entire Middle East, Africa and South Asia (MEASA) region.

Further, the participating partner pavilions also showcased the future through innovation and topnotch expertise. As a visitor, you could also witness how international organizations and civil society are already working to address the global challenges of our time. To add to all of this, you could also embark on



experiences merging education, entertainment and excitement, as you went through exploring the thematic and Expo-owned pavilions. The 3 district, namely sustainability, mobility and opportunity exemplified 3 differently significant experiences.

Sustainability district: Live in balance with world around us. Experience how human race can enjoy harmony with nature in a high-tech future.

Mobility district: Create smarter and better connections. See how possibilities can unfold through smarter movement of knowledge, ideas and goods.

Opportunity district: Unlock the potential within each one of us. Learn how people are already creating opportunities for a better future and be inspired to do the same.

The entire Expo 2020 could be experienced under

the concept of Theme Weeks, innovation & technology, entertainment, arts & culture, food & livelihoods, sports, fitness & wellbeing, architecture, business & entrepreneurship and education programmes.

For anyone who planned for a visit, tickets to enter the Expo 2020 could be pre-booked or bought at the counter. Certain peak days required prior reservation via the Expo 2020 website or mobile app and entry was allowed based on site capacity. The Season Pass was valid for unlimited entries (subject to terms and conditions) for the 6 months during the Expo period.

For more details, you can visit https://www.expo2020dubai.com/en. Visitors could also download Expo 2020 Dubai App on their mobile for better and convenient experience.







the festival's name itself gets derived from the name of Holika ne of the most attractive festivals for tourists who visit Nepal is the festival of colors, Holi. The festival is also popularly known as Fagu Purnima as it is celebrated during the Purnima (Full Moon) of Nepali month Falgun. According to solar calendar, the festival falls during the months of February and March each year. This year, Holi was celebrated on March 17 & 18. Interestingly, unlike other festivals, it is celebrated on two different days at different geographical locations. In Kathmandu and other hilly areas, Holi is celebrated a day ahead than the Terai region of Nepal.

Holi is considered as a revered festival which is celebrated in many parts of Nepal as well as India. The festival also symbolizes the time for letting go off all resentments and bad feelings towards each other and reunite with loved ones, friends and families. It is believed that the festival brings a lot of rejoice and positivity and hence, it is celebrated with great delight and enthusiasm. People of all ages, especially kids and young ones enjoy amongst their social groups during the festival. The most attractive part of the festival is that people use colors and waters to play with each other. They put colors on each other's face and body while also singing and dancing to special festive melodies.

Legend has it that celebration during Holi symbolizes the death of Demoness named Holika. As it is, the festival's name itself gets derived from the name of Holika. According to Hindu mythology, Holika was the sister of demon King Hiranyakashyapu who also had a son named Prahlad. Prahlad was also a staunch devotee of Lord Vishnu. As such, his devotion towards the Lord did not go well with his father who tried to kill his own son and made multiple but unsuccessful attempts to do so. The frustrated king then ordered his sister, Holika to kill Prahlad.

Holika who possessed the power to walk through the fire unharmed, picked up the child and sat on to the fire with him. Prahlad, on the other hand kept on chanting various names of Lord Vishnu as the fire started. The fire did not do any harm to Prahlad but instead Holika perished in the fire as she did not realize that her powers were only effective if she entered the fire alone.

This myth has a very strong significance with the celebration of Holi as even today in many parts of southern Terai and India there is a practice of creating pyre a night before Holi and setting it alight as a symbolic burning of the Demoness Holika. This custom is also known as Holika Dahan. Moreover, it signifies the victory of good

over evil. People burn fire during Holika Dahan to eliminate their ego, lust, greed, anger and jealousy.

Another mythological story that is related with Holi celebration is that of Lord Krishna who as a youth used to play all sorts of pranks with the Gopinis (female cowherds). One such prank was to throw colored powder all over them. So on Holi, images of Krishna are often carried throughout the streets. Especially in the villages of Mathura, that happens to be birthplace of Krishna, people celebrate the festival with great joy. Holi is associated with the Divine Dance known as Raaslila performed by Lord Krishna for the benefit of his devout gopinis.

In Kathmandu Valley, Fagu Purnima celebration begins after raising of a pole around noon in front of the Kumari house at Basantapur Durbar Square. On the final day, the pole also known as 'Chir' is brought down which is dragged to Tundhikhel and burnt to cinders. The ashes are also carried back to home by some of the devotees with a belief that it provides protection against all evils. At Basantapur, people from Newar and Marwadi communities also have special rituals during Holi.

Holi is therefore, also known as the festival of colors which is much awaited by people who celebrate it. Even though the festival is celebrated mostly by Hindu community, now a days this festival attracts people from all around the world. Tourists in cities like Kathmandu and Pokhara can be seen enjoying themselves on the streets to the fullest during this festival. Tourists along with young Nepalese have started celebrating the festival by participating in mass gatherings at the Durbar Square, New Road and Thamel areas of Kathmandu. The celebration with such fun and festivity is definitely a view to look out for!

देश मसँग छैन आज

-जनार्दन अधिकारी धड्कन

सानै देखि म भित्र रहरको भर्ना बगेको थियो, बारम्बार नुहाउँथे म भर्नामा, उमेरको बाढीसँगै मेरो भर्ना खोला नदी बन्दै, मै भित्र सुसाउँथ्यो, पौडिन्थे, भेलले बगाउँथ्यो, ठोक्याउँथ्यो अनकन्टार आशाको पहाडमा, अनि व्यूँभयाउँथ्यो भल्ल्यास्स निन्दाबाट, हर रातमा चाहनाको आकाशमा उदाएको जुन, औसी पक्षको जस्तै क्षय बनेर, हरेक रात उज्यालो घट्दै, निष्फट अन्धकारमा बिलाउँथ्यो।

जुनिकरीको उज्यालो सँगै खोजिरहन्थे विगतको उज्यालो जून । लाग्थ्यो खोज्नकै लागि म जन्मेको हुँ, अलिअली देखिएको गोरेटो हिँड्दा हिँड्दै टुङ्गिएपछि वाटो खोज्नु थियो मलाई फेरि, वाटो खोजिरहे !!!!!!! तर आजसम्म कतै पाईन, आखिर बाटो आफै खन्नु पर्दो पो रहेछ, कसैले सिकाएन मलाई.

वर्षो बिते पछि थाहा भो, बैंशले छोएर प्रेमले आँखाको भाषा बुभन थाले पछि, आवश्यक्ता र अभाव महसुस हुन थाल्यो, सानैमा अभिभावक गुमाएको म, काँधमा जिम्मेवारी बोकेर, मनमा इमान्दारी रोपेर, इज्जतलाई लाजले छोपेर, आफ्नो पारिवारिक जिवनको कार चलाउन, कमाईको पेट्रोल भर्न, सपना पोको पारेर, विदेशिएको हुँ म। अहिले म मरूभूमिको बालुवामा चाहना उडाइरहे को छु, टण्टलापुर घाममा शरिर डडाईरहेको छु, मेरो देशको आगोले पनि सायद यति साहैं पोले को थियेन, म पोलेर प्रेम उक्सम्क्स हन्छ ।

सिम्भिरहेछु प्रियसी र ती लालावाला, सिम्भिरहेछु आमा बाबा, सम्भिनामा म आमा बाबासँगै छु, सम्भिनामा म प्रियसीसँगै छु, सम्भिनामा म देशसँगै छु, तर देश मसँग छैन आज।





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- → Cargo Operation Training 3 months
- → Ground Operation Training 3 months
- > IATA Advanced Journey Calculation & Ticketing 6 months
- → IATA Diploma in Travel Tourism 6months

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H9 Participates in "Nepal-Bangladesh Tourism Promotion and B2B Exchange Program"



With the resumption of H9 flights to Dhaka, Bangladesh from Nov 02, 2021, Himalaya Airlines collaborated with PATA Nepal Chapter for the promotion of tourism between Nepal and Bangladesh. Nepal-Bangladesh Tourism Promotion and B2B Exchange Program was jointly organized by PATA Chapters of the two countries as the post-pandemic tourism recovery initiative to help promote each other's destinations for both inbound and outbound tourism.

H9 Brand and Commercial team participated in the B2B exchange as well as presentation program held at





Park Village Resort, Kathmandu on Nov 20, 2021. H9 Corporate Overview was presented by Head of Brand Department, Mrs. Ujjwala Dali amongst the Travel Trades, Media Delegates, Tourism Boards and PATA Chapter Officials of both the countries. The overview highlighted the milestones and achievements of the airline since its establishment and enlightened the audience with prominent CSR initiatives to support the nation during the pandemic. Updates were also provided regarding various H9 destinations and passenger traffic for 2021, with specific focus on Bangladesh passenger segment and flight occupancy. Deputy Head of Commercial, IT & Ground Operations Department, Mr. Anish Man Joshi along with Senior Officer, Mr. Basanta Nyaupane interacted with the visiting tour operators from Bangladesh to provide information regarding H9 flight operations and frequency/fares for Dhaka flights.



A WOMAN'S MIGHT!

LEADING LADIES OF H9



"Women already have their wings. All they have to do is fly"
-Anonymous

With this thought, we present to you a special feature about some of the wonderful, hardworking and professional ladies of H9 because every day is a great day to celebrate amazing women in our lives and workspace!



NOYO SINGH

other of a seven-year-old, Ms. Noyo Singh is currently working for Himalaya Airlines as the Head of Human Resource Department. She is a qualified human resource professional with an MBA degree and enjoys traveling, watching movies and spending time with her family. For her, to pursue a career in the aviation industry became a part of the plan as she was encouraged by her father who had many acquaintances in the field.

When asked about her role and responsibilities at H9, she remarked, "I truly don't know where to begin when it comes to my obligations and responsibilities as the head of Human Resource". Sometimes she gets an impression as if she is in charge of her own home, where situations never end and as such she has to be ready for anything that concerns the company policy and strategy for employees and their well-being.

As a HR professional, she has a responsibility to guide colleagues when they get distracted from their primary goals and also to shower them with appreciation when they perform well. So, for Ms. Singh, it is essentially a check and balance operation and her task is to manage the giant family of Himalaya!

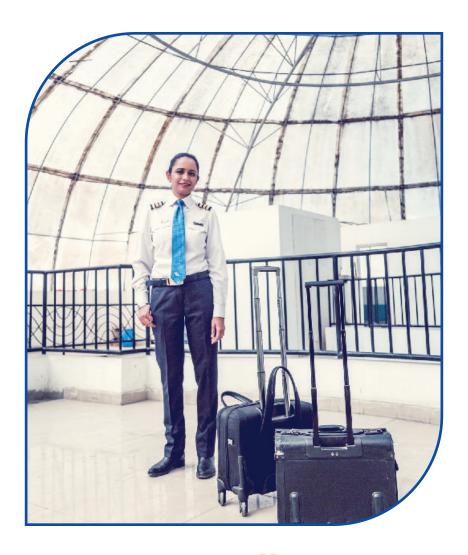
THE LEADING LADIES OF H9

Further, she expressed her appreciation towards the work culture of Himalaya Airlines which motivates her to keep growing day by day. According to her, the aviation profession is an incredibly attractive and appealing one for both men and women. However, she also maintained that setting the safety standards is one of the most challenging aspect of the industry as there are no second chances here and you must learn from other's mistakes.

When asked about her most memorable accomplishment with Himalaya, Ms. Singh told us that the list was pretty huge and she can't just fit the memories into a few lines! However, narrowing it down, the fantastic memories and worldwide adventures she has had with her family and wonderful colleagues as well as a very familial working environment at Himalaya is what she has earned here. Therefore, her end goals are limitless and she looks forwards to serving the company and industry even after her retirement. H9 definitely has her heart!

She is also very optimistic about the status of women professionals in the aviation sector in Nepal and wishes to see more female pilots and technical employees at H9 in the days to come. She also highlighted about the existing gaps which prevent women from excelling in their respective aviation careers that she believes starts from our home and society which carries a general misconception that women cannot excel in STEM fields.

Giving out her own secrets to a great worklife balance, multitasking is the key for her followed by prioritizing work according to its significance and deadlines as well as the unwavering support from her family! "Be confident, set your goals and remember that sky has no limit!"



NEHA PURI

After completing her Engineering degree in Electronics and Telecommunications from Pune University, Ms. Neha Puri was working with Tata Motors before she decided to pursue a career as a pilot. But once she started flying, there has been no looking back for her and Ms. Puri has been flying for Himalaya Airlines for over 4 years now. Travelling, exploring new countries and their local cuisine are some of her interests and she is always up-to trying new things while also enjoying swimming and cooking in spare time.

As a child, Ms. Puri had always been fascinated with the idea of flying. She has been highly inspired by her father who is also a pilot and would take her in his flights. The decision of switching her career from an engineer to becoming a pilot was a peculiar one but with her parents' support she aced the art of flying!

At Himalaya, Ms. Puri operates passenger as well as cargo flights from Kathmandu to all H9 destinations such as China, Qatar, Saudi Arabia, UAE, Malaysia etc. in the role of First Officer, who is 2nd in command after the Captain.

Her role is not just limited to flying. She also undertakes additional responsibilities in the company to facilitate its smooth operations and regulatory compliance.

According to her the most amazing thing about working as a woman in aviation industry is that she gets to prove that women are equally capable and make effort towards changing the perspective of it being a male dominated industry. Her nonroutine nature of work, opportunity to deal with passengers, weather, and on-time performance every day brings new challenges to her job which makes her feel that her presence is needed to make a difference!

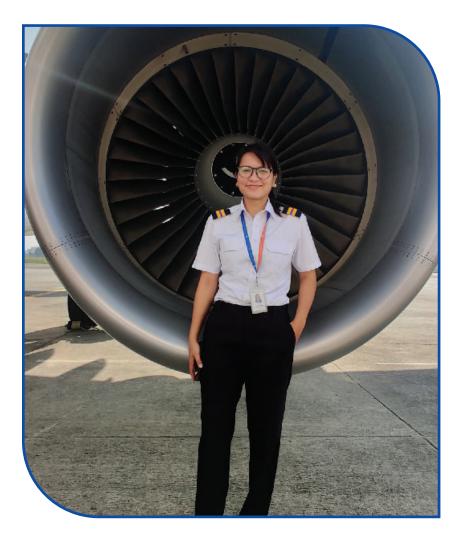
Reckoning about her most memorable accomplishment with H9, she shares that it was when she completed her type rating training of Airbus A-320 and passed her checks and was able to fly as First Officer of A-320. For her, being able to fly jets to international destinations from Nepal and not having to look for opportunities outside the home country was possible through H9. She is also grateful towards H9 for this opportunity.

Ms. Puri does not just want to stop here! She aspires to become the first female Airbus instructor of Nepal and prove that it's possible to not only participate but also excel in your chosen career paths based on your skills and knowledge but not on your gender. She says, "Most women compromise with their careers when they are at the peak of it due to parenting and family responsibilities especially in the context of conservative and patriarchal society like ours. However, with changing times as more men are involving themselves in house and child care, it is possible for women to overcome these gaps". Hence, she believes that there lies strong potentials for increased participation of women in aviation industry especially in the engineering sector of it.

For this to happen, she highlights that women in aviation must go beyond the requisites of their jobs and participate actively in other spheres of social arenas like media, community engagement and education and put themselves in public eye in order to be able to encourage young aspiring girls to seek a career in aviation industry.

Lastly, spilling her secret behind a work-life balance, she says that a very understanding family where responsibilities are shared, proper communication with family and work colleagues, the ability to compartmentalize one's life and being professional at work has helped her maintain a great balance!

"It's never too late for anything, be patient and you will get there eventually while you must also learn to always help others on the way!"



MOONU SHRESTHA

An Aeronautical Engineer by profession, Ms. Moonu Shrestha indulges in art and explores new places whenever she gets time out from her work. She decided to a career in aviation as she has been fascinated by all the things that fly especially the ones that are manmade! For her, aircrafts are one of the greatest inventions of mankind and she always had the dream of being a part of this industry.

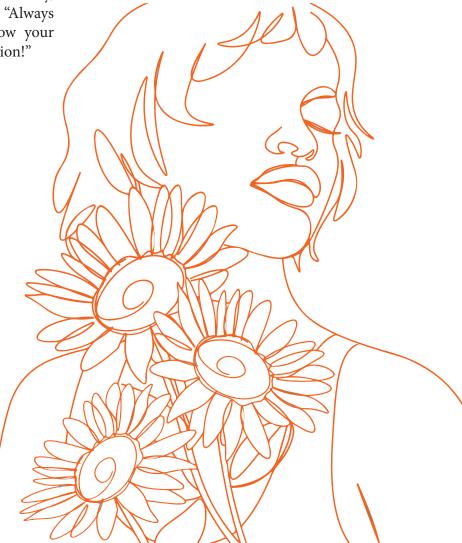
Ms. Shrestha is working under CAMO section of Maintenance & Engineering Department of Himalaya Airlines. Some of the amazing work that she performs at H9 include assessing technical directives issued by manufacturer or Aviation Authorities, coordinate maintenance tasks of aircrafts and ensure that documents being used are latest and up to industry standards. She has also been involved in installing the technical library of Himalaya which is one of the most organized and systematically correct library in Nepal's aviation organizations as remarked by CAAN officials. Basically she makes sure that no jobs are over looked or exceed their time limits! As engineering aspect in aviation industry has always been male dominant, she finds herself

to be one of the very few women who show interest in the technical side of the industry. She finds it challenging and rewarding at the same time to navigate her way in this field.

"Although few in number, women are doing remarkable jobs in this field", she says. She also firmly believes that there are no gaps that prevent women from excelling in their aviation careers as the field is based on purely technical knowledge and expertise. Further she adds, "If you can show competence, you can progress and compete with your colleagues irrespective of gender."

The one thing that she loves most about her profession is the responsibility of staying on top of the jobs at all times as she needs to be alert to any change that may affect the fleets. According to her, to have a work-life balance, you should not let one affect the other. Lastly, her message to other young girls is, "Always keep your head held high and show your worth by your hard work and dedication!"

"I just want to do my best every day and reach whatever heights my hard work and dedication takes me to!"





OMNIKA DANGOL

Born and raised in Nepal, Ms. Omnika Dangol loves to climb the mountains, stay fit, dance and fly. She has always been interested in aviation and pursuing her interest she is currently working as a Flight Attendant at H9. She is fond of flying so much so that she thinks if she could then she would fly all the time!

She believes that working as a Flight Attendant is a challenging task and her most crucial responsibility is the safety of passengers. Sometimes, while on flight, she says, "We also have to deal with passengers who get anxious

about flying and can't keep their calm and it is during such moments, when the real passion and drive of a Cabin Crew is reflected."

Ms. Dangol aims to make her life a successful one eventually which she has termed as her 'long term program'. While working as a Flight Attendant is a demanding profession in itself, her secret towards maintaining a great work-life balance is her fitness that she maintains through mountain climbing and dancing which are also her stress busters.

THE LEADING LADIES OF H9

While reflecting upon the participation of women in the aviation industry especially in the context of Nepal, she feels that there are not enough of them which is a problem in itself. But she also wants to dig in the optimistic aspect of the same and is happy about the fact that things are slowly changing and the industry has been welcoming to more and more women these days. She wants to highlight on the need of effective trainings programs and aids focusing women in aviation for them to be able to compete globally.

To wrap up, she wants to tell all young girls to be strong and resilient. Times will and change and so will the customs and beliefs along with time but the most important thing is to remain patient and never give up! "Nothing is impossible if we work hard and have faith!"



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The grand fiesta of Chinese New Year celebration for the year 2022 began from 1st February and ended on 15th February. The festival and holiday season comes to an end with Yuan Xiao, popularly known as Lantern festival, every year. Celebrated also as Lunar New Year or Spring Festival, the Chinese New Year celebration has a very long history which dates back to 4000 years and is the longest holiday of the year.

It is that time of the year which accounts for family reunions and gatherings and an entire week of an official public holiday. The celebration date is determined as per the Chinese Lunar Calendar. Chinese New Year is the first day of lunar calendar and always a new moon day which is the second new moon after winter solstice. Therefore, celebration date of the festival changes every year but always falls somewhere during the period from 21st January to 20th February.

Each Chinese year is associated with a sign of an animal which is guided by the Chinese zodiac cycle. Signs of 12 animals are featured in zodiac cycle in the order of Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster Dog and Pig. As such, 2022 is the year of Tiger. Further, the recent and incoming Tiger years are 1950, 1962, 1974, 1986, 1998, 2010 and 2022. If you were born in any of these years, then your Chinese zodiac sign is the Tiger!

One interesting fact about the festival is that, even though it is celebrated during winter season throughout most of China, it is called the Spring Festival. The reason behind this is because the festival starts from the beginning of spring. The Spring Festival marks a new year on the lunar calendar and represents desire for a new life.

The Chinese New Year Origin

As mentioned earlier, the Chinese New Year celebration has a very long history. The celebration is also connected with many legends. Once such popular legends is that of Beast Nian. It is believed that the beast would show up during every New Year Eve to eat people and their livestock. So, in order to scare away the monster, people displayed red paper, burned bamboo, lit candles, and wore red clothes. These traditional practices has been practiced until the present time.



How to Say "Happy New Year" in Chinese

Usually when people meet and greet each other such as their friends, relatives, colleagues, and even strangers during the festive period, they say "Xīnnián hao" (新年好). This literally means "New Year Goodness" or "Xīnnián kuàilè" meaning "Happy Chinese New Year".

One of the most famous traditional greetings for Chinese New Year is the Cantonese kung hei fat choi, literally "happiness and prosperity". In Mandarin, it is called gongxi facai.

(E)

Chinese New Year Food

During the entire 16 days of festive celebration, various food items are served which are also called the Lucky Food. The food is served especially on the New Year's Eve when family New Year dinner is organized. Fish is a must-serve food for the New Year as it symbolizes abundance and prosperity. Dumplings shaped like Chinese silver ingots are shared as a sign of family unity and prosperity. People also eat Niángão which is glutinous rice cake to symbolize a higher income or position.

Further, the 7 lucky food to eat during the Chinese New year are Fish, Dumplings, Spring Rolls, Tangyuan (Sweet Rice Balls), Good Fortune Fruit, Niangao and Longevity Noodles. All these food have their own symbolic meaning comprising of increase in prosperity, wealth, fullness, family togetherness, higher income & position, happiness and longevity of life.



Chinese New Year Tradition

The Chinese New Year is definitely one such festival which is very rich in tradition and customs. People generally put up decorations, eat reunion-dinner with friends and families on New Year's Eve, set off firecrackers and fireworks, give red envelopes with lucky money to kids and other gifts and also watch lion and dragon dances. The celebration of Chinese New Year traditionally lasts for 16 days, from Chinese New Year's Eve to the lantern Festival, but preparations often start half a month before. There are several important days with specific activities and traditions within the 16 days of celebration.



Celebrated on the 15th day of first Chinese lunar month which marks the end of Chinese New Year (Spring Festival) period. In 2022, the festival was celebrated on February 15. People stay out to look at the moon, send up flying lanterns, fly bright drones, have a good meal, and enjoy time together with family and friends in parks and natural areas.

The Lantern Festival falls on the full moon night according to Chinese calendar, marking the return of spring and symbolizing reunion of families.



Interesting Facts About Chinese New Year

- The most fireworks are set off in the world during the festival.
- It is the longest Chinese holiday.
- The festival causes largest human migration in the world.
- The festival is celebrated all around the world by more than 20% of the population.







Immuno Mango+



तपाईको **Immunity** को लागि









Being Nepali citizens we are all proud of many things but one thing we do boast about is the highest peak in the world, Sagarmatha. Few of us have had the opportunity to view this mountain up close. We too were unfortunate to not have witnessed the beauty of the Khumbu region up until the autumn of 2020 when one of our friends suggested we plan a trip to the Gokyo Lakes in the Everest region.

The sound of that itself raised many questions as a couple of our friends involved had never been on a trek, and their first would be to the highest region in the world. WOW! Recalling this trip, I just want to go back there. No place in Nepal has such huge ice-capped peaks in all directions. Everest, Nuptse, Lhotse, Cho-yo, Kongde, and amongst many more, the most picturesque of them all, Amadablam.

We took the road route from Kathmandu to Salleri from where we switched to a local jeep that took us up to Kamedada. From there we began our trek as we walked on through the lush green forests stopping at villages for water, food and lodging. It is a different experience once you start walking into the lap of the Himalayas leaving the hustlebustle of the cities and go into the quiet, peaceful, and natural lap of Mother Nature.

While we usually walked during the daytime through the hills, uphill and downhill, along the rivers we were able to see different landscapes, snowcapped peaks, waterfalls, some of which were frozen, and valleys and gorges. We even saw few birds that we couldn't identify and different indigenous animals as well. During the evenings we would settle down at a hotel, listening to the local myths of yetis and other stories passed down generations in time as we talked with our caring hosts and spent time warming ourselves in the cosy heated dining rooms.



Up until Namche, we saw few peaks like Kongde amongst others but then as we walked towards our destination, we got our first up-close glimpse of Everest. Ama Dablam looked beautiful, even more so than in the pictures I had seen of it before. We identified Nuptse, Lhotse, Cho Oyu and other peaks as we were surrounded by the largest mountains in the world. We found a grassland and we took a break capturing the moment as well as taking few pictures. A herd of Himalayan Thar happened to pass us by while we were there as they mesmerized us with their huge horns and mane. The air kept growing thinner, smaller flowing streams and waterfalls started to freeze as we ascended towards the Gokyo lakes.

It was evening when we made it to the lake, it was all cloudy and visibility was limited but still, the three Gokyo lakes had not lost their charm. We were excited to see the edges of the lakes frozen and there were even a couple of ducks swimming on the opposite edge of the cold Gokyo waters. We were supposed to climb the Gokyo Ri the next morning so we had early dinner and tried to get some sleep.

It was difficult to sleep in the thin air and the extreme cold but we were nonetheless excited to get to our summit and climb the Gokyo Ri. We woke up early, a couple of hours before dawn so that we could try and reach our destination at sunrise. But soon we found out walking that steep uphill mountain with a tired body and thin air would take us more than 3 hours.

So, we settled down watching the sunrise as we took breaks while ascending the final climb. It took quite a toll on us but we were determined to get to the top. When we finally made it to the top it was all ecstatic and pure joy. Cold wind blowing, standing on the summit of the mountain, peaks on all sides, Cho-yu looking beautiful, Everest standing tall behind Nuptse, a wide Ngzongpa glacier running across the valley, the three Gokyo lakes in perfect blend with the mountains behind it which looked like a throne of the Gods.

It was heavenly!

Text by:

Dr. Ankit Acharya



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सुनोला बिहानी <u>तर्</u>फ

-आर्या अधिकारी

फल्छ, चाउरी पर्छ, सुक्छ र अन्त्यमा भर्छ । अवधि फरक हुन सक्छ तर प्रिक्रया समान हुन्छ । बुह्यौली एक प्रिक्रया हो । यो पछाडि फर्केर हेर्ने समय हो । हामीले जीवनको सबै हलचल पिछ के प्राप्त गन्यौं भनेर समीक्षा गर्ने समय पिन हो । राम्रा कुरा सम्भेर मुसुक्क मस्कने र तितो अनुभव सम्भेर भर्सकने समय पिन हो । त्यित सिजलो कहाँ छ र जीवन बिताउन ? तर, यस प्रिक्रयालाई मित्रबन्धु र प्रियजनले सिजलो बनाउँछन् । सबैको बाल्यकाल एकै प्रकारको हुन्न भनेभौँ सबैको बुढेसकाल पिन एकै प्रकारको हुँदैन । उमेर ढिल्कँदै गएपछि चाहिने स्याहारसुसार र माया सकभर सबैले एकै प्रकारको पाए अभौ राम्रो हुन्छ । यसै प्रयासलाई शिलाधार मान्दै सुरुवात गरि यो बिहानी सोसल भेन्चर । यो एउटा सामाजिक उद्यम हो । समाजमा बुढेसकालप्रतिको सकारात्मक चेतना फैलाउनका लागि यो उद्यम सुरू गरिएको हो ।

हाम्रो समाजमा ज्येष्ठ नागरिक सबै एकै प्रकारको जीवनशैली बिताउँदैनन्। तर, सबैले एकै प्रकारको परिस्थिति भोग्नु पर्ने हुनसक्छ। एक्लोपन ज्येष्ठ नागरिकहरूमा देखिने सबैभन्दा सामान्य तर गम्भीर समस्या हो। बाल्यकालमा साथीभाइका नाम गन्न हातका औँलाले पुग्दैन। तर, बुढेसकालमा साथीको नाम गन्न हात उठाउनु नै पर्दैन। आफूले जन्माएर हुर्काएको छोराछोरी आफ्नो भविष्य सफल पार्न बाटो लाग्छन्। कोही आफ्ना बुबाआमालाई असाध्यै माया गर्छन् भने कोही माया व्यक्त गर्न त्यित सफल हुँदैनन्। जीवनको यात्रामा कतै हात समातेर हिँडेका ति औँलाहरू चाउरिएको समेत थाहा पाईँदैन।

बिहानीको सुरुवात सन्तोषी रानाको आफ्नो बुढेसकालप्रतिको परिकल्पनाबाट भयो। सन् २०१३ मा स्थापना गरिएको बिहानी आज आठौँ वर्षमा चिलरहेको छ। बिहानी सोसल भेन्चर एउटा यस्तो संस्था हो जसले ज्येष्ठ नागरिकलाई विभिन्न गतिविधिमा संलग्न गराउन प्रोत्साहित गर्दै आएको छ। यसले आफैँलाई नाफामूखी सामाजिक उद्यमको रूपमा चिनाउँछ। यसले ५० वर्षभन्दा माथिका मानिसहरूसँग उनीहरूको जीवनलाई समृद्ध र स्वस्थ बनाउन जीवन प्रवर्धनको काम गर्दछ।

बुढ्यौलीसँग सम्बन्धित धेरै नकारात्मक दृष्टिकोणहरू छन् । यस्ता दृष्टिकोणहरू तोड्नका लागि युवाहरूको एउटा समूह बिहानी सोसल भेन्चरमा आबद्ध भइ क्रियाशील छ । बिहानीको मूल मन्त्र भनेको नै पुनः संलग्न हुन्, पुनः अन्वेषण गर्नु र पुनः जीवन जिउनु हो । सामाजिक गतिविधिहरू गैरनाफामूखी र गैरसरकारी संस्थाहरूले मात्र गर्छन् भन्ने दृष्टिकोण र व्यवहारमा परिवर्तन ल्याउन नाफा आर्जन गर्ने कम्पनीहरू पनि सामाजिक गतिविधिहरूलाई महत्व दिन सक्छन् भन्ने यसको धाराण रहेको छ । सिक्न, जान्न र अगाडी बढ्न किहले ढिलो हुदैन भन्ने विश्वास लिएर सुरु भएको यो संस्थाले भविष्यमा विश्वव्यापीरुपमा अगाडी आउन सक्ने समस्या "बुढेसकालको एक्लो पन" सम्बोधन गर्न खोजेको छ ।

ब्ढ्यौली विश्वव्यापी समस्या बनेको छ र नेपालले यसलाई एउटा समस्याको रूपमा लिएको छ । पछिल्लो समय प्रजनन दर र मृत्युदर घट्दै आएको छ । बिहानी सोसल भेन्चर बृढ्यौलीलाई समस्याका रूपमा भन्दा पनि अनुभव आदानप्रदान गर्ने उत्तम अवसरका रूपमा उपयोग गर्न चाहन्छ । नेपाल जस्तो देशमा बढ्दो स्थानीय असमानता, गरिबी, भूमि श्रोतको अत्याधिक प्रयोग, अस्तव्यस्त अर्थतन्त्र, निरक्षरता र कमजोर स्वास्थ्य अवस्थाले गर्दा ज्येष्ठ नागरिकको अनुपातमा सामान्य वृद्धिले समस्या भोग्नुपर्ने हुन्छ । नेपालले ज्येष्ठनागरिकलाई सामाजिक स्रक्षा स्निश्चित गर्न सन् १९९४/९५ देखि योगदानरहित सामाजिक निवृत्तिभरण योजना लागू गरेको छ । यो योजना अन्य विकासोन्म्ख देशहरूका लागि नम्नाको रूपमासमेत रहेको छ । यस योजनाको पछाडिको मुख्य उद्देश्य ज्येष्ठ नागरिकलाई उनीहरूको परिवारले अपहेलना नगरून् भन्ने पनि हो । काम गर्न नसक्ने अवस्थामा अरूसँग हात पसार्न् नपरोस् भन्ने पनि हो । अभ महत्वपूर्ण क्रा चाहिँ परिवारका सदस्यले हेरचाह गर्ने स्थापित परम्परालाई बढावा दिन् रहेको छ ।

५० वर्ष वा सोभन्दा माथिका एक तिहाइभन्दा बढी ज्येष्ठ नागरिकहरूले एक्लो महसुस गर्छन् भनिन्छ । ६५ वर्ष वा सो भन्दा माथिका लगभग एक चौथाइ ज्येष्ठ नागरिकहरूलाई सामाजिक रूपमा अलग्गै मानिन्छ । ज्येष्ठ नागरिकहरूमा एक्लै बस्नुपर्ने, परि

वार वा साथीहरू गुमाउने, दीर्घकालीन रोग र श्रवणशक्ति गुमाउने जस्ता कारकहरूको सामना गर्ने सम्भावना बढी हुन्छ । हाम्रो आफ्नै घर परिवारमा पनि ज्येष्ठ नागरिकहरु हुनुहुन्छ भने दिनमा एकपटक उहाहरुसंग गफगाफ गर्ने बानिले पनि ठुलो परिवर्तन ल्याउन सिकन्छ । शारीरिक स्वास्थ्यलाइ ध्यान दिदा दिदै पनि मानिसक स्वास्थ्यको स्याहार छुट्न सक्छ । सेन्टर फर डिजिज कन्ट्रोल एन्ड प्रिभेन्सनका अनुसार सामाजिक अलगावलाई डिमोन्सिया र अन्य गम्भीर चिकित्सा अवस्थाको ५० प्रतिशतले बढेको जोखिमसँग सम्बन्धित मानेको छ । यद्यपि बिहानीको परिवर्तन तर्फको एक पाइला भनेको दुई अलग उमेर सम्हलाई सँगै ल्याएर ज्येष्ठ नागरिकहरूको एक्लोपन हटाउन खोज्न हो। उमेर बढेसंगै शाररीक र मानसिक वा मनोसामाजिक रोगले च्याप्ने डरपिन ज्येष्ठ नागरिकहरुमा प्रसस्त पाइन्छ । धेरै ज्येष्ठ नागरिकहरू डिमेन्सिया, अल्जाइमर, र आफ्नो चेतना र वास्तविकताको भावना समेत गुमाउँछन् । उनीहरू तपाईंहरूलाई चिन्दैनन् । उनीहरू असभ्य क्रा गर्न थाल्छन् वा अनुपयक्त हर्कत गर्छन् । चिकित्सा विज्ञानले रोगको उपचार गर्छ तर एक्लोपन र त्यसले निम्त्याउने मनोसामाजिक समस्यालाई रोकथाम गर्न परिवार र समाजको ठलो भूमिका रहेको पाईन्छ । ज्येष्ठ नागरिकको खानपिन, नित्य क्रियाकलाप र दिनचरियालाई विशेष ख्याल राख्नपर्ने पाइन्छ । बाहिरबाट नदेखिएपनि भित्रबाट सताउने समस्याहरु प्रसस्त हन्छन । सरुवात भनेको आफ्नै घरदैलोबाट गर्ने हो । घरका ज्येष्ठ नागरिकहरूसंग रुखो व्यवहार नगरौं। हामीले दिन् पर्ने भनेको समय मात्र हो जुन हामीसँग प्रशस्त होला तर उहाहरुसँग कित बाकी छ भन्न सिकन्न । हामीले अरूसँग मात्र होइन तर आफैंसँग पिन अन्तरिक्रया गर्न र धेरै सामाजिक सम्बन्ध कायम राख्न सिक्न्पर्छ र आफ्ना प्रियजनहरूलाई अलग्गै हनबाट जोगाउन पर्छ। राम्रो सम्बन्ध कायम राख्ने र प्रभावकारी रूपमा क्राकानी गर्नाले परिवारका सदस्यहरूबीचको सम्बन्धलाई सदढ बन्नका साथै ज्येष्ठ नागरिकहरूलाई आत्मसम्मान कायम राख्न मद्दत गर्न सक्छ । ज्येष्ठ नागरिकहरुसँग कसरी करा गर्ने, कुन प्रश्न सोध्ने, कुन स्वरमा र कसरी व्यवहार गर्ने भन्नेबारे विशेष ध्यान दिनुपर्छ । सुरक्षा सावधानी, मानव स्पर्श र आँखा सम्पर्कको महत्वको बारेमा केही तथ्यहरू पनि जान्न पर्छ।

माध्यमहरू सिर्जना गरिनुपर्छ जहाँ ज्येष्ठ नागरिकहरुले सान्दर्भिक संजालहरू मार्फत आफ्नो सीप र विशेषज्ञता योगदान गर्न सक्छन् र उनीहरू शारीरिक वा अनलाइन गतिविधिहरूमा भाग लिन सक्छन् । एजिस्ट स्टेरियोटाइपहरूलाई सम्बोधन गर्नुपर्दछ र परिवर्तनशील जनसांख्यिकी बारे सचेतना सिर्जना गर्नुपर्दछ, सिक्रय वृद्धावस्थामा सकारात्मक दृष्टिकोणका साथ, सहयोगी, र समावेशी उमेर-अनुकूल समुदायहरूलाई प्रवर्दधन गर्नुपर्दछ,।

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" तपाइहरू को व्यक्तिगत सामान सुरक्षित साथ देश विदेशमा पठाउन परेमा हामी लाई सम्भनुस हामी पुऱ्याईदिने छौ , साथै टिकेट, दूर एण्ड ट्राभल्स को पनि सुविधा छ ।"



नेपाललाई विश्व सामु परिचित गराउने अनेक दृष्टान्त छन । ति मध्येको एक हो कला, संस्कार, संस्कृति, रहनसहन, लवाई खवाई, चाडपर्व एवम् धाम्रिक सद्धाव जसले नेपाललाई विश्वका सामुन्य एक छुट्टै उदाहरणिय राष्ट्रका रुपमा परिचित गराउछ ।

कला, धर्म, संस्कार, सांस्कृती, भेषभुषा, लुवाई खुवाई, रहनसहन, चाडपर्व र रितितिथिले सुसम्पन्न सातै वटा प्रदेश मध्ये यो लेखमा कर्णाली प्रदेश र यस प्रदेशको मूर्त अमूर्त पुरातात्विक सम्पदा, नाँचगान, जात्रा, भेषभुषा, भाषा, कला र सांस्कृतिलाई चिनाउनुका साथै कर्णालीलाई नेपालमा मात्र नभई विश्व सामु कर्णालीको संस्कृती र सभ्याताको प्रवर्द्धन गरि, पर्यटन क्षेत्रको विकास तथा सांस्कृतिको संरक्षण गरि पर्यटन उद्योगको विस्तारबाट कर्णाली र सिङ्गगो देशलाई विदेशि मुद्रा आर्जन, देशमा रोजगारी सृजना, गरिवि न्युनिकरण गर्नमा टेवा पुग्न सक्ने र विकासका पुर्वाधार शिक्षा, स्वास्थय, सञ्चार, स्व्चछ खानेपानी र यातायात जस्ता कुरामा पछाडी पारिएको/परेको प्रदेशमा पर्यटन क्षेत्रको माध्यायमबाट कर्णाली प्रदेशको समाबेशी तथा सन्तुलन विकास हासिल गर्न र यहाँको जिवनस्तर उकास्न यथेष्ट योगदान पुग्न सक्ने सम्भावना बोकेको प्रदेश कर्णालीको उक्त पाटो लाई समाबेश गर्न जोड दिईएको छ।

वर्तमान नेपालको संविधानले निर्धारण गरेको कर्णाली प्रदेश अर्थात प्रदेश ६ को राजधानी विरेन्द्रनगर, सुर्खेत हो । हुम्ला, जुम्ला, मुगु, डोल्पा, कालिकोट, दैलेख, जाजरकोट, पश्चिम रुकुम, सुर्खेत र सल्यान गरि १० जिल्ला सम्मिलित छन । प्रदेश विभाजन गर्नु पुर्व ४ वटा जिल्ला हुम्ला, जुम्ला, मुगु, डोल्पा र कालिकोट जिल्ला सम्मिलित भइ बनेको कर्णाली अञ्चलमा थप ४ वटा जिल्ला दैलेख, जाजरकोट,

पश्चिम रूकुम, सुर्खेत र सल्यान गरि १० वटा जिल्ला मिलेर कर्णाली प्रदेश बनेको हो ।

यहाँका प्रमुख जातजातीमा खस, मगर, थारू, राउटे, बादी र दलित (कामी, दमाई, सार्की,गाईने गन्धर्व, ओड, म्ल आदि), प्रम्ख भाषाभाषीमा नेपाली, खस, राजी, राउटे, मगर(खाम, काईके, पाईके र ढुट), थारू, मुगाली कार्मारुड, हुम्ली भोटे, प्रमुख पर्यटिकए गन्तब्यमा सेफोक्सुन्डो(सेफोक्सुम्डो), रारा ताल, नेपाली भाषा तथा सभ्यताको उद्गम स्थल जुम्लाको सिंजा उपत्यका, कालीकोटको रास्कोट, पञ्चदे वल, नेपालको अग्लो मानिएको भरना पचाल भरना, स्न्दरताले भरिपुर्ण मानिएको धार्मिक आस्था बोकेको देवरा पाटन र त्रिबेणी पाटन, जाजरकोट जिल्लाको छेडागाडा नगरपालीका ८ घोगी पजारूमा रहेका चैत्य गुम्बा अर्थात प्राचीन देवल, खलङ्गाको जाजरकोट दरवार त्यस्तै गरि विश्व भरिका बौद्द तिर्थयात्रीहरू प्गने र मानसरोवरका लागी प्रमुख प्रबेशदार जुम्ला, नेपालको सर्वाधिक उचाईमा रहेका मानब बस्ती डोल्पा जिल्लाको छार्का भोट र ताराप गाउँ, मुगुको भोट, हुम्लाको लिमी र मुगुको करानक्षेत्र र मानसरो वर जाने प्राचिन पदमार्ग, दैलेखमा रहेको मनमोहक माहावुलेक, शीरस्थान, नामीस्थान, पाद्का, कोटीला, ध्लेश्वर र पानी माथि दीप ज्वाला वल्ने पाँचकोशी तिर्थस्थल, सुर्खेतको काकेविहार, देवती बज्यै र बुलबुले र सल्यानको कुपिन्डे दह जस्ता कुराहरूले कर्णाली प्रदेशको कला, धर्म, संस्कार, सांस्कृती, रितीरिवाज, भेषभुषा, लवाई खुवाई, जिवनयापनलाई अध्यायन अनुसन्धान र अन्बेषण गर्ने समाजशास्त्रि, मानबशास्त्रि, बिद्रयार्थी, पर्यटक र यायावरलाई आर्कषण गर्ने प्रम्ख गन्तब्यका रूपमा स्थापित हन सक्ने सम्भावना बोकेको छ।



यो प्रदेश धार्मीक आस्थाको केन्द्र हो । खास गरि हिन्द्, बौद्द र बोन धर्म प्राचिन समयदेखि नै मानिदै आएका धर्म हुन । हरेक धर्मले आ-आफ्नो सम्प्रदाय अन्सार आफ्नै किसिमका म्ल्य र मान्यता बोके का छन्। कर्णाली प्रदेशले यस्ता धर्मको संरक्षण गरि धार्मिक पर्यटनको बिकास र विस्तार गर्न सके स्वदेश तथा बिदेशबाट खरबौं पैसा आर्जन गर्न सिकन्छ। धर्मलाई आधुनिक बिज्ञान र अर्थ विज्ञानसंग जोड्न सके धार्मिक तिर्थस्थलको संरक्षणले पुरातात्विक र ऐतिहासिक सम्पदालाई जिवन्त राखी निरन्तरता दिन सिकने देखिन्छ । यस्तै स्कन्द प्राणको मानस खण्डमा वर्णन गरिए अन्सार भारतबाट कैलास मानसरोवर तिर्थयात्रा गर्न जाने बाटो बाँकेको रुपैडियाबाट चिसापानी, सुर्खेत, दैलेखको घोडाबासबाट दुल्लु हुँदै रुकुम, कालीकोटको मान्मा हँदै नाग्म, जुम्लाको सिंजा, मुगुको गमगडीबाट बाम, हुम्लाको दार्मदे वली ह्दै कमश: ह्रासा(प्मा), पङ्खा (राउदे), दुर्पा,(घट्टया), सिमकोट, योवनफया, केर्मी(सल्लिसल्ला, यालबाङ), यारि, हिल्सा, तिब्बतको ताक्लाकोट हुदै मानसरोवर र कैलास पर्वतलाई पदमार्गमा बिकास गर्न सिकने देखिन्छ।

नेपालका सात प्रदेश मध्येको एक कर्णाली प्रदेशले अरू प्रदेशले भे फरक किसिमको इतिहास बोकेको कुरामा यस सम्बन्धि अध्ययन, अनुसन्धान र खोज गर्दै गरेका विज्ञको खोजमुलक समाग्रीबाट प्रष्ट पारिदै आएको छ । तर अफसोच जित यस विषयमा खोजिन पने हो त्यो सम्भव भएको छैन; जसको कारण कर्णालीका दुरदराजसंग पुग्न भौगोलीक विकटता र पुर्वाधारको विकास र विस्तार हुन नसक्नु हो । जित कुरा भेटिएका छन त्यही कुरालाई सरसिर्त अध्ययन गर्दा यहाँ बस्ने जातजाती, उनीहरूको भाषा, भेषभुषा र जनजिवनले

पुस्तौँ परुता देखि परम्परागत रुपमा निरंतरता अथवा हस्तान्तरण हुँदै आएका चलनचित्तिले कर्णाली प्रदेश यस्ता पक्षले धनी छ भन्ने कुरामा विश्वास गर्न सिकने देखिन्छ।

खसहरूको बाहूलयता रहेको यस प्रदेशमा सामाजिक, सांस्कृतिक र राजिनितिक प्रभाव पनि बिलयो खसहरूमा नै देखिन्छ । खसहरूको बाहुल्यताले नै अरू जातजाती र सम्प्रदायमा उनीहरूको प्रभाव सामाजिक आचारणमा देखिन्छ । कुल देवता मस्टलाई मान्ने खसहरू ठाउँ अनुसार उनीहरुको देवता, पुजा बिधि, प्रबिधि, कर्तव्य, निषेध, लोक साहित्य, लोक बिश्वास, भोजन, उपचार पद्धती, चाडवाड र पिहरन खसहरुमा नै फरक पाईन्छ । हिन्दु, बेद, पुराण र कर्मकाण्डमा उल्लेखित र निदृष्ठ आचारण पनि खसहरूको सांसकृतमा मिल्दैन । सिंजा सभ्यतामा नारायण अर्थात बिष्णुलाई बोको बली दिने चलन छ तर हिन्दु धर्मसंग मेल खादैन । त्यस्तै गिर जंगलका राजा भनेर चिनिने राउटे जातीको आफ्नै छट्टै सभ्यताको चिनारि छ ।

नेपाल पित्रिसत्तात्मक मुलुकका रूपमा चिनिन्छ । अहिले पिन समाजमा सामाजिक, सांस्कृतिक र राजिनितिक दवदवाब महीलाको दाँजोमा पूरुषको नै बिढ देखिन्छ तर कर्णालीको इतिहास र संस्कार लाई खोज्दै जाने हो भने त्यस्ता सम्प्रदाय पिन छन् जसले मातृसत्ताको भल्को दिने आधार चिनारी गराउदछन । हुम्ला र डो ल्पा जिल्लाका हिमाली भेगमा अभ त तिब्बती मुलका परिवारमा बहुपती प्रथा (द्रौपदी) प्रचलीत छ । यस्तै बादी जातीहरूमा पिन एउटा महिलासित सबै दाजुभाइको दाम्पत्य हुने प्रथा पिन छ । यसमा धैरै बुभाकिहरुले कलंक ठानेर त्यसलाई पिश्चमी आँखाले अथवा हिन्दु अतिवादीहरूका नजरले हेर्नु दुर्भाग्य हो भनेर कितपय मानवशास्त्रि र समाजशास्त्रिले आफ्नो बिचार राख्दै आएका छन्। उनीहरू भन्छन,"नेपाल हिमालयले जोगाएको प्राचिन जिवनशैलीलाई आर्दश ढङ्गले जिउदो संग्राहलयका रूपमा संरक्षण गरि उक्त सम्प्रदायका आस्था, परम्परालाई जिवन्त राख्न र अभ अध्ययन अनुसन्धान गर्न मार्गनिर्देशन गर्छ।" थारू, ठकुरी, जुम्लाका अरू खसहरूले घर ज्वाइँ राख्ने चलन (सबै थारू, ठकुरी र जुम्लाका खसहरूमा लागु छैन) र मगर र ठकुरीहरूको मामा चेली र फूपु चेला बिहे गर्ने चलनले पनि मातृसत्तात्मक समाजको भल्को देखाउछ।

आफ्नै शैली, लय र भाषाले सुसुफीत यहाँको संस्कार र सस्कृतीलाई जिवन्त राख्ने लोकगाथा मध्येको एक हो; देवडा । कर्णाली र सुदुरपश्चिम दुवै प्रदेशमा प्रचलित यो लोकालयले आफ्नो छुट्टै प्रभाव छोड्न सफल भएको छ । ठाउँ, स्थान र सम्प्रदाय अनुसार देवडा भित्र अनेकन लोकालय रहेको पाईन्छ । यसलाई गिते, नाचँ र खेले भनेर पिन पिरभाषित गिरन्छ । एक्लै बसेर होस वा समुहमा पैतलाको चाल मिलाउदै, मनका विलौना पोख्नका लागि होस वा खुशि साट्नकै लागि होस र मेलापात, उकाली र ओराली गर्दा होस वा सबैतिर उतिकै प्रचलित र महत्व बोकेको छ । चिसो बताससंगै खुला आकाशमा कावा खादै गरेका चराहरू, स्वतन्त्र भइ आफ्नै तालमा बग्दै गरेका खोल खोल्सा, बटुवाको थकान मेटाउने चौतारी र डाडा पाखा मग्नमुग्ध भइ सुन्छन । ठाडी भाका, हुड्क्यौली, धमारी, भोडा र देवडा खेल अनेकन नामले परिचित यो लोकालयले कर्णालीको संस्कार र सांस्कृतीलाई आफ्नै तवरले परिचित गराउन सफल छ ।

भौगलिक विकटता छ...विकाशका गतिले पछाडि छ...गिरवी छ...भोकमरी छ... आधुनिक शिक्षा र स्वास्थ्यको पहुँचबाट टाढा छा।राजिनितिक अस्थिरता र पुजीपतीको दलदलबाट थिचिएको छ... दुःख छ... पिडा छ... एक आपसमा वैमानास्यता छ...रिसराग छ, तर जब बगैँचामा विविध फुलले शोभा दिए जस्तै कला, संस्कार र सांस्कृतिले विविधता र विविधतामा एकता कर्णाली प्रदेशलाई हेर्ने नजर फेर्यो र यस प्रदेशको मूर्त अमूर्त पुरातात्विक सम्पदा, नाचगान, जात्रा, भेषभुषा, भाषा, कला र सांस्कृतिलाई स्वदेशमा मात्र नभई विश्व सामु कर्णालीको सांस्कृतीक र सभ्याताको प्रवद्धान गरि पर्यटन क्षेत्रको विकास तथा सांस्कृति क्षेत्रको संरक्षण गरि यसै कुरालाई पर्यटन उद्योगको विस्तारबाट कर्णाली र सिङ्गगो देशलाई टेवा पुग्न सक्ने र विकासका पुर्वाधारका कुरामा पछाडी पारिएको/परेको प्रदेशमा पर्यटन क्षेत्रको माध्यायमबाट कर्णाली प्रदेशको समावेशी तथा सन्तुलित विकास हासिल गर्न र यहाँका जिबनस्तर उकास्न यथेष्ट योगदान पुर्याउन सक्ने सम्भावना बोकेको प्रदेश कर्णालीलाई अगाडी बढाउन सरकार र सम्बन्धित निकाएको ध्यानार्कषण हनसके कर्णालीले अबको केही बर्षमा आफ्नो परिचय अवस्य बदल्ने छ।





Nepal is not only the land of the highest Himalayas (mountains) in the world, but it is also the land of people who strive to climb those mountains and conquer those peaks. People who face challenges and adversities with their heads held high, smile on their faces, and kindness in their hearts.



The photo was captured in Basantapur, Kathmandu by Rushan Maharjan, a first-year student at Prime College.



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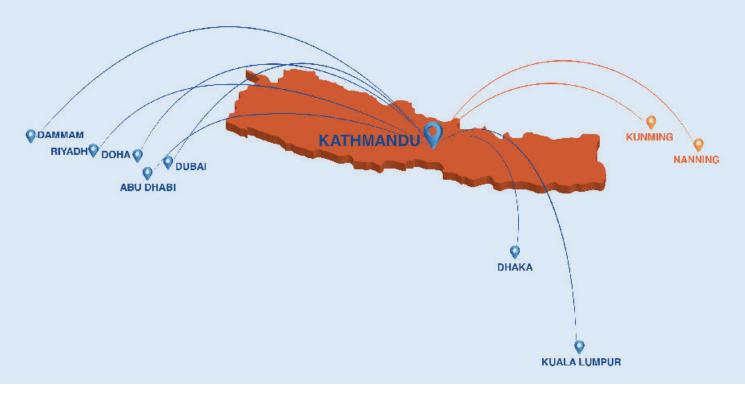
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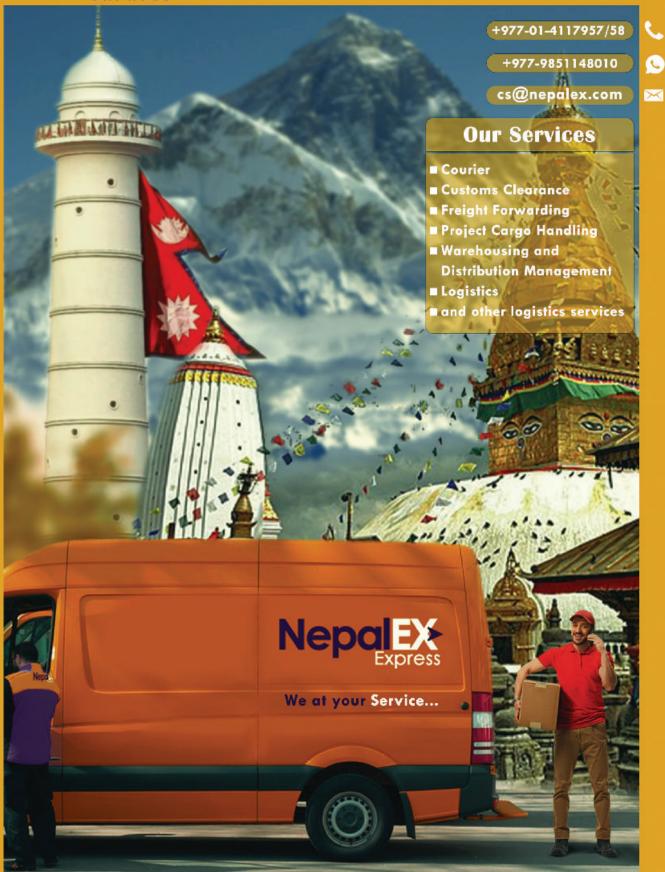
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ARIES

March 21st - April 19th

The year 2022 can be financially favorable for you. You will also be able to succeed in your academic endeavors but you will have to work harder than last year to gain success.

The beginning of the year can be a little challenging to your partner. You must take special care of your health and keep a tab on your diet to avoid any sort of minor health issues.



TAURUS

April 20th - May 20th

You will attain average results in various aspects of life in 2022. Luck will also favor you in many aspects of your life and you can incur favorable outcomes in the field of career and your professional life will bloom.

Hence, you will be able to accumulate wealth and money. You will be able to establish good relation with your senior officers. The last quarter of the year will be favorable for your children.



GEMINI

May 21st - June 20th

Several challenges and opportunities are coming your way. You might incur financial loss as well as health challenges and sufferings. You might also suffer from several health issues such as acidity, joint pain, cold and cough.

Time will however, be fateful for students and they will be able to attain desired results in their academics. Job seekers will land the desired opportunity.



CANCER

June 21st – July 22nd

Several problems can arise at the beginning of the year. Your level of confidence will increase and you will be able to get rid of them instantly. Family related health problems can be faced.

The time from April to August will turn out to be fruitful. You will get several employment opportunities after mid-April which will help the natives earn a good fortune till September. You will also be able to get rid of your negativity from your married life this year.



LEO

July 23rd - August 22nd

Your financial conditions will improve this year. Your child's health will also improve to a great extent. You will also be able to achieve success professionally.

You must take good care of your health. Students pursuing secondary education will be able to incur success in their education. You will be able to build good professional relationships with your seniors and bosses which also increases your possibility of landing a promotion or increment.



VIRGO

August 23rd – September 22nd

You will enjoy great wealth and financial prosperity at the beginning of 2022. Things can go downhill health wise, as you may suffer from minor health issues.

You will get optimistic academic results in 2022. The time between September and December will be very favorable for students planning to go abroad for studies. You will also feel that the relationship between you and your partner becoming stronger by the end of 2022.

Be prepared for what's coming up and manage all the opportunities and challenges that you will face in 2022 with the predictions based on the varied principles of Vedic Astrology!



LIBRA

September 23rd – October 22nd

The beginning of the year is going to be favorable physically, mentally and career wise, but things can take a U-Turn when it comes to business and family.

Anything related to a foreign land, job or education will get fulfilled between May and November. Major changes will occur in the lives of lovers as well as married natives. Singles may tie the knot between October and November 2022.



SCORPIO

October 23rd – November 21st

The New Year 2022 will be full of mixed results. There will be unnecessary expenses from beginning of the year. You will see mixed results in your career, financial as well as family life. Some major improvements can be felt in financial conditions.

In terms of love life, minor arguments and fights between you and your beloved over petty issues can occur. However, you need to trust your relationship and try to avoid small issues that can lead to major fights.



SAGITTARIUS

November 22nd –December 21st

2022 will turn out to be favorable in terms of finances. In terms of academics, the beginning of the year will be favorable for students. You can also find yourself having some mental worries and stress as well as arguments in family life.

You will enjoy marital bliss at the end of the year. Professionally, new sources of employment will come to light from November. Health wise, you have to stay aware of catching any major disease till October.



CAPRICON

December 22nd - January 19th

The year's start will be career wise, academically and financially feasible. You will have to face some obstacles while accumulating money. You are advised to not ignore any digestion or stomach related issues. Maintain good relations with your family members and try not to get into an argument over petty issues.

The love and married life will bring mixed results. There can be minor issues at the beginning of this year and on later phases your live and married life will turn out to be great.



AQUARIIUS

January 20th - February 18th

The year will turn out to be very well financially. You will succeed in your endeavors and earn good wealth. You can take impulsive decisions which you should take care of and not let anything influence you. Your health will remain average throughout the year. You might also suffer from mental stress.

You will gain huge success in both job and business. For married couples, the year 2022 will be mixed. Unmarried ones may tie the knot after the start of April.



PISCES

February 19th - March 20th

The year will be majorly favorable for you. You will see financial prosperity and gain new sources of income. Career wise you will witness desired results. You will also establish good relationships with your colleagues. You may also get promoted and land a desired increment.

In terms of family life, you will be moving far away from your family. The year is a blessing for your married life. A sense of newness will prevail between couples who are married. For lovers of this sign, this year will be average.





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