



Danfè

ISSUE 02
OCT-DEC 2016

HIMALAYA AIRLINES INFLIGHT MAGAZINE

A DAY IN BHAKTAPUR

Bhaktapur, literally translates to Place of devotees. Also known as Bhadgaon or Khwopa, it is an ancient Newar city in the east corner of the Kathmandu Valley, Nepal, about 8 miles from the capital city, Kathmandu.



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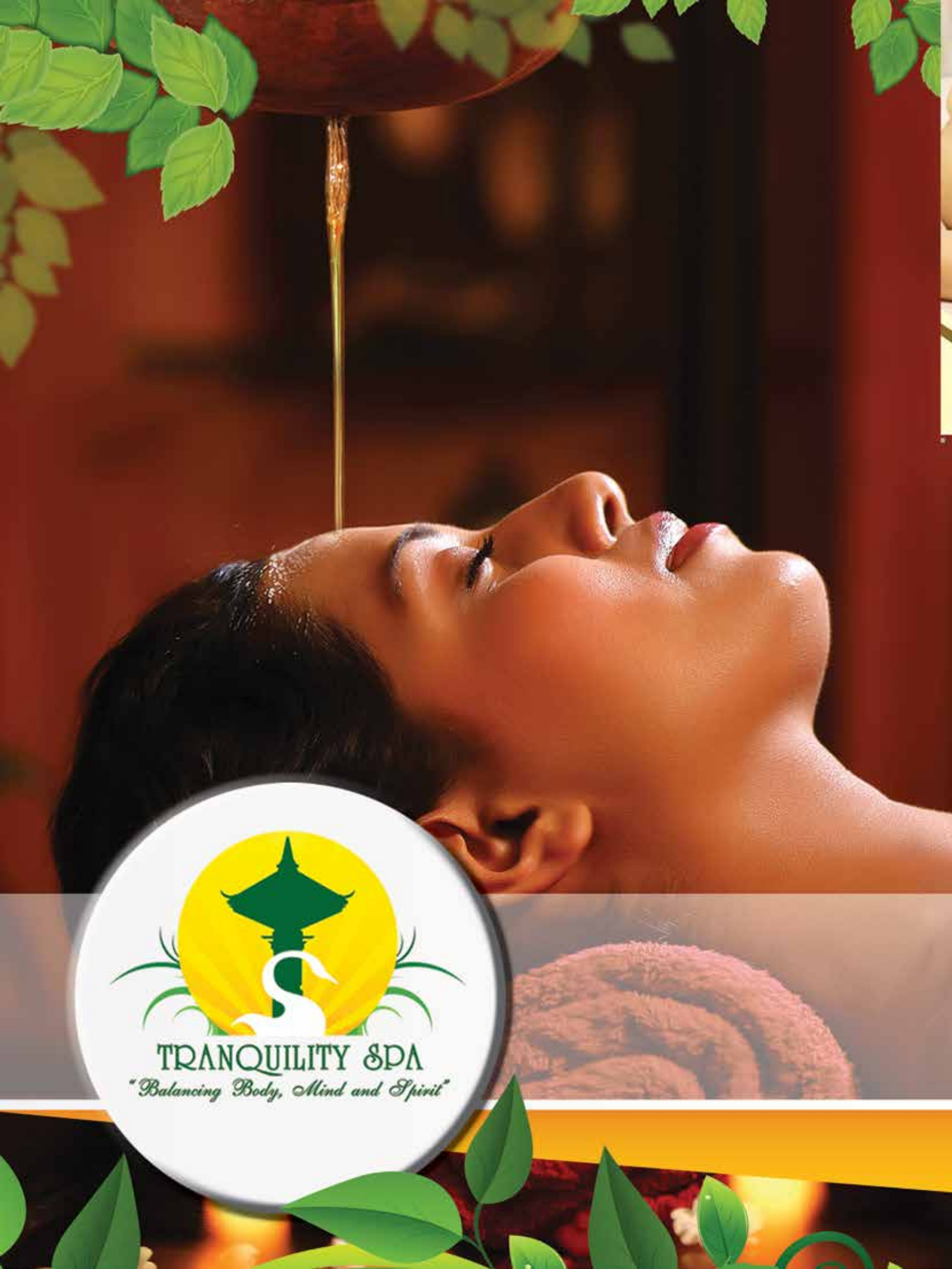


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PRESIDENT'S LETTER

Dear Passenger,

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We have been flying daily to Doha since we have started our operation on May 31, 2016. Every day is an opportunity to serve you the best way we can.

We are not stopping at Doha. We aspire to facilitate travel experiences of millions. To materialize the same dream, we will soon be adding another fleet. We believe that we can provide quality services to our guests therefore we are daring ourselves to push the envelope and set a new ambition every time. Starting from October 1st we'll be flying to Colombo and soon will be followed by Delhi, Dammam and Yangon by the end of the year. We are very excited to add these new destinations. We also reckon that with the addition of new destinations, we will connect with more people and being your carrier we will get a chance to be a part of your memories that you will add in these destinations.

We are growing and becoming bigger and better and souring into the international aviation market; nevertheless something that will always be an integral part of Himalaya Airlines is our unflinching commitment to raise the Nepali flag up. We are focused on providing Nepali hospitality and comfort on board the planes. We always strive for retaining the Nepali essence. Our company's identity is embedded with Nepal's identity.

We are on a journey to provide the best travel services to all our guests.



We are constantly working on improving our services; the endeavor also extends to bettering the inflight magazine with every issue. The 2nd issue, particularly, targets at entertaining you more in terms of content, pictures, and design. It is a sign of the fact that we at Himalaya Airlines are relentlessly challenging ourselves to deliver the best.

This issue is all about "feel good factor" –since it is the festive season! It has a healthy dose of fashion, festivities, and fun. Moreover, this issue we are particularly proud of the collection of pictures; those are delights to the eye.

If you have any comments or suggestions about our services, please ask for a feedback form from our cabin crew. You may also visit our website to provide your valued feedback.

I wish you a pleasant journey ahead.

Mr. Cheng Hui
President
Himalaya Airlines Pvt.Ltd.

ABOUT DANFE

The national bird, Danfe (Lophophorus) is a sight to the sore eyes. Its exquisiteness is unparalleled. Danfe, found in the high altitudinal regions, represents Nepal and reflects the diversity and splendour the land is famous for. Its namesake, Danfe—the inflight magazine of Himalaya Airlines—echoes the commitment, passion, and excellence the airlines holds true. Himalaya Airlines realises the weight of the name it has borrowed for its inflight magazine. In the same light, like Danfe in the soaring mountainous regions, the airlines will fly high the banner of Nepal in the international aviation sector.



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Production: WB Advertising & Marketing Consultancy Pvt.Ltd

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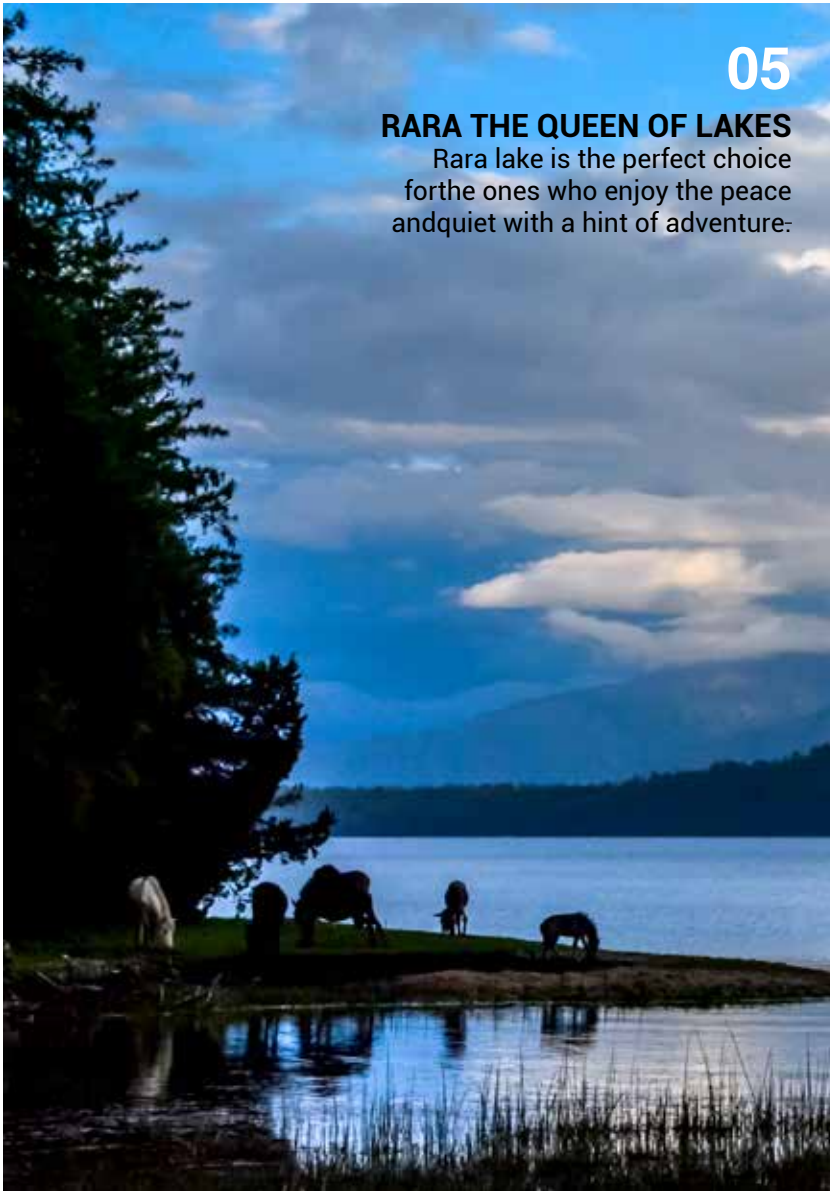
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EVENTS CALENDAR

OCTOBER-DECEMBER

DASHAIN

1-15 October 2016

This festival celebrates the victory of good over evil. It celebrates the invincible power that rests on goddess Durga. The coming of Dashain is normally signaled by the sight of colorful kites roaring high up in the sky. During the first 9 days of the 15-day festival, Hindus visit temples daily to offer worships and receive blessings from the goddess. On the 10th day, tika is received from the elders in their family.



JAZZMANDU

20-26 October 2016

www.jazzmandu.org

The mission of the Kathmandu Jazz Festival, popularly known as “Jazzmandu” is to bring quality jazz to Nepal, transcend cultural boundaries, and spread the message of peace and compassion through music. Cultural interaction among people of different nations can take many forms, and the Kathmandu Jazz Festival is one exceptional and unique way to bring together the diverse talents and energies of musicians.

PHOTO KATHMANDU

21 October - 3 November 2016

www.photoktm.com

The festival attempts to create connections between the city, its people, its history, and its dreams and aspirations. It actively promotes Nepal as a vibrant cultural destination, and supports the recovery of tourism, an industry that has been severely affected by the earthquakes and fuel crisis of 2015, yet still employs millions of Nepalis.

GLOBAL ADVENTURE & MOUNTAINEERING CONFERENCE AND EXPO 2016

19-21 November 2016

www.mountainadventure.events

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MANI RIMDU

November 2016

The Mani Rimdu is a Buddhist festival observed every year—the date, however, is fixed by lunar calendar. It is conducted in Tengboche Monastery just south of Mount Everest. The nine day long festival consists of ceremonies and meditation. One of the special highlights of the festival is the Mask Dances performed by the monks.



TIHAR

28 October- 01 November 2016

It is the festival of light. The five-day long festival witnesses people worshipping cow, dog, Goddess Laxmi, self (Mha puja) and brothers. People dust off their houses and offices and lit them with candles, diyas, and electric lights to usher goddess Laxmi. People, especially children and teenagers, participate in bhailo and *deusi* and thus retain the tradition.

KATHMANDU ULTRA

10 December 2016

www.trailrunningnepal.org
www.ultra trailkathmandu.com/kathmandu-5050

The North Face Kathmandu Ultra is in its third year. A hard 50 km, and a tough 80-ish km course, plus some fun runs—are on the menu.

KATHMANDU INTERNATIONAL FILM FESTIVAL

10 December 2016

www.kimff.org

In a world whose character and landscapes are rapidly changing, our relationship with mountains is only getting broader, subtle, and more intricate. The growing diversity and complexity of this relationship is what Kathmandu International Mountain Film Festival (KIMFF) seeks to explore.

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PHOTO KATHMANDU 2016

Here's an event to make your time between 21 October and 3 November, 2016 action-packed. If you had witnessed the first edition of Photo Kathmandu, chances are you are intrigued to know about the offerings of the second edition. For those of you who participated on the first edition "in spirit", here's a chance for redemption—immerse yourself in the world of aesthetics this 21 October to 3 November during the second edition of Photo Kathmandu—Nepal's only international photography festival. photo.circle is abstaining from calling it an event because if it feels like, looks like, and smells like a festival—then it is indeed a festival.

photo.circle and its partners have embarked upon the mission—yet again—to bring the city closer to its people. The festival offers an opportunity to the visual storytellers to engage the local audiences



in the artistic revelations.

The target of the festival is also to correct the dwindling number of tourists to Nepal—post-earthquake of 2015—

and to get the tourism industry back to "business as usual". Nepal is a culturally diverse country. It is in fact a great opportunity to the international artists and art-festival revelers to witness the



The second edition of Photo Kathmandu will be a hodgepodge of exhibitions, slide-shows, artist talks, workshops, and a mixed-media residency—all scattered around Patan. Even though Photo Kathmandu 2016 is sans a theme, some of the works will underline the ideas of resilience and revival

same diversity and to relish the beauty that is Nepal. The country is more than an earthquake-affected country and this festival is hell-bent on to prove that right. A festival of this scale can work towards rebranding the nation.

At the center of the action-packed affair is Patan—the city which will host the festival this time around as well. The second edition of Photo Kathmandu will be a hodgepodge of exhibitions, slide-shows, artist talks, workshops, and a

mixed-media residency—all scattered around Patan. Even though Photo Kathmandu 2016 is sans a theme, some of the works will underline the ideas of resilience and revival. The festival hopes to inspire the festival attendees to never to stop dreaming and to salute every brave heart who struck normalcy after experiencing a tragedy of such magnitude. The visual narratives will not just be concentrated on the affairs of Nepal but will incorporate stories of survival and triumph from around Asia.

Let's Talk About *Fashion*

An introduction to some of the fashion bloggers in Nepal.

I am a former fashion blogger, part-time student, part-time businesswoman, part-time stylist, and full-time fashionista. Six years ago, when I was introduced to the fashion blogging scene in Nepal, the country had only a handful of fashion bloggers. While I was still blogging, I met two other Nepali girls and we started a Facebook page "Nepal fashion bloggers" to create a platform

to unite similar minded people. Since then fashion blogging has emerged immensely in Nepal.

People here have finally started taking fashion blogging a little more seriously than before; although due to the country's economic conditions none has been able to make this a full time career yet. There are few companies and organizations that

acknowledge the power of blogging but there is still room for more. The members of the Nepal fashion bloggers along with other bloggers have all converged to empower one another and make this community stronger by hosting various events and meet-ups every now and then. Recent events being "Bloggers' Bazaar", fundraising event "Emerge", and "Bloggers Meet-ups".

Text by: Sanna Gurung

KHUSBU GAUCHAN LAMA

A fashion designer, hotelier, stylist, YouTuber and fashion blogger

www.stylescrapkhusbu.com | Instagram : Khusbugauchan

When do you get time to blog?

If you love what you do and you have the passion for it, you can balance everything and nothing will be too hectic for you. Blogging for me has been like a routine and there is no difficulty in balancing it with my personal life.

How has your fashion career influenced your blog and vice-versa?

My blog has influenced my fashion career in a huge way. I was a blogger before I joined fashion college and since people knew me already, the clients came easy and I did not have to struggle a lot as a designer. Had I not been a blogger, I would have to struggle a lot.

If you could swap wardrobes with anyone in the world living today, who would it be and why?

Oh I would love to swipe it with Kylie Jenner. I love her style. And also, I would love to swipe it with so many bloggers like JENN IM, KRYZUY, VERN-VERNIECE.

Social media VS blog?

Social media is an easy way out where you do not have to be very serious, Blog is a detailed version and once you got into it, you have to take it seriously if you want to make a career out of it.

What's been your "I've made it" moment?

I still have to come across my "I've made it" big moment. But when I got my first ever sponsor and collaboration offer, I was ecstatic. When people recognize me on the street and ask me for a photo together that is when I feel proud about what I am doing.



Pros and cons of being a blogger

For me, there are no cons. Things come to you easily than to other people. People look for you for fashion inspiration and advices. You get loads of free stuffs. So, there are only pros.

GOKU SHRESTHA

A blogger.

www.closetofwords.blogspot.com | Instagram: heisgoku

What's your blog like?

My blog is more like a reflection of my style and fashion choices. It is a canvas for splashing my fashion ideas and showcasing it to the world. You can find outfits and fashion forte on classy, clean, minimal and sophisticated.

If you could swap wardrobes with anyone in the world living today, who would it be and why?

Adam Gallagher, definitely! I believe we have the same fashion taste, and

I do get inspired by his outfit and choices to some extent. His wardrobe is just so clean, sophisticated and yet so wearable.

Do you feel competition with fellow bloggers?

A pinch of healthy competition, maybe. I have an amazing bond with fellow bloggers and we support each other.

Pros and cons of being a blogger

I'd say you get to inspire people from your own individual fashion taste and choices. Plus, people do kind of know you. As far as cons are concerned, you are subjected to constant judgment and remarks about your choices, preferences, and style.



ASES PRASAI

A blogger and an IT student.

www.galiomenz.blogspot.com | Instagram: aseshprasai

What is your blog like?

My blog is all about men's fashion and styling ideas. Since the fashion industry in Nepal is flourishing day by day, I started it thinking of bringing fashion ideas and making people up-to-date with current fashion rocking on streets in current scenario trends.

Social Media Vs Blog

Most people in Nepal still don't have any idea about blogging. Even though I write blogs on my website it's not viewed as much as on social media. After writing my blog I eventually have to promote through my social media sites so that people would get to know that I have updated my blog. So yeah I have to say social media is more efficient when it comes to promotion but I am even happier to say that people are starting to understand what blogging is.

How has your fashion career influenced your blog and how has your blog influenced your career?

I have always been very curious

about fashion before I even started my blog. After I started my blog, I started getting lots of compliments and supporters and people loved my concept which eventually inspired me to keep on with it.

If you could swap wardrobes with anyone in the world living today, who would it be and why?

I would love to swap my wardrobes with Vini Uehara and Justin Bieber. I love how they carry their attire and are so stylish. Vini is a Brazilian fashion blogger and his way of dressing up is very classy and chic whereas the pop star Justin Bieber is setting up his way of trends worldwide and the ghetto style with oversized denims and T's are absolutely stunning.

What's been your 'I have made it' moment?

Within a very short period of time, I got to be featured in national fashion papers and magazine. Moreover, the emails and fan mails I get from bloggers and people all around the globe are my greatest moments. When I am in the streets or in café or anywhere, people come to me and appreciate my work; I think these are my best moments.



What do you have to say on the blogging scene in Nepal?

People happen to think of us as designers or models. Unlike abroad, people here don't know how efficient blogging can be in terms of promotion, marketing products and ideas.

RHEA PRADHAN

A full time stylist

www.peppyowl.com | [instagram: peppyowl](https://www.instagram.com/peppyowl)

What is your typical day like?

Most of my days are spent at work. Currently I am doing some styling work of a retail store. Typically, that includes hours of looking at inventories and mixing and matching clothes to be photographed. I have to review the resulting images too.

Apart from that, there is always the occasional social call.

How do you balance your personal life and blogging?

Well the best of us do not need to make that distinction. Working for the blog becomes very much a part of my personal life because I don't take it as something I have to do but something I love to do. It is also a great way to find some time for self-expression, which I think, is quite important. I do not blog as a professional so I have the freedom to do it in my own time and it rarely interferes with other things that I have to do.

How has your fashion career influenced your blog and how has your blog influenced your career?

Well it all started with my blog. My career in the fashion industry is a result of my blog because it helped me land a good opportunity to work with some great artists and media houses. I guess it became my portfolio.

My experience in working professionally has certainly improved the way I create the content for my blog today. Working with great artists has inspired me to be a bit of a perfectionist and I think that has made my posts better.

If you could swap wardrobes with anyone in the world living today, who would it be and why?

I love whatever Carolina Issa wears, so I'd love to swap wardrobes

with her. I'm not sure if I have a wardrobe large enough to fit her large collection. I'm pretty sure she will not be happy with the swap!

Do you feel in competition with fellow bloggers?

Not at all! There are only a handful of bloggers here in Nepal and everybody has a distinctive personal style. And we all are quite close friends. So, I never feel any competition among us. It's a small community and we look out for each other, which is a pretty nice thing to have.

What do you have to say on the blogging scene in Nepal?

It's less of a scene and more of a community. We have our fair share of viewers and appreciators but there could be more. The trend is catching

up and more and more bloggers and viewers are joining us. This makes me happy and also bloggers can have a sustainable career because of the interest of the media and fashion businesses. Blogs have great potential; we just need to keep up the good work.

Pros n cons of being a blogger.

The best part about blogging is the joy you get from being appreciated for your work. Not many people get to experience this. It also keeps you updated and in my case it has certainly made me a more informed stylist. The work behind the scenes can get a bit tiring but what fun would it be if it was too easy? I don't think that there is something inherently bad about blogging as long as you do it with good intentions and with humility.





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O Delhi!

Things to do in Delhi

Text by: Nivida Lamichhane

Delhi is often the starting point to explore India, and many travelers just transit right through or do a regular one day tour for the must-sees like Jama Masjid, Qutub Minar, Raj Ghat, India Gate, and President's House. But what next, after you've seen them and still have time? What if you want something different? This guide comes to you as a bible for the time when you are in Delhi. Written by

a traveller who found home in the thin alleys and delicious flavours of the capital of India, it is impossible not to have fun when in Delhi!

Listed down are the places that I personally believe that you MUST see! You might find some of them on 'tourists guide book' but the rest come from the local perspective- and that is the best, right?



1

Akshardham is the latest addition to the monuments to see in Delhi. A hindu temple, and a spiritual-cultural campus in New Delhi built with intricate designs and interior, the temple will blow your mind. Make sure that you spend a whole day here- the temple is big and the garden bigger. After a stroll through the temple, lie down on the green grass as you watch the metro pass in front of you.

2

Look for *Bittu Tikki Wala* on Google maps and hunt down the small eatery which serves the best *Chaat* and *Tikkiya*. Not to forget the mouth-watering *Paani Puri*!



3

Sit on the stairs of *Agrasen ki Baoli* and enjoy watching the rush of people come and go as a deep well is in front of you. Ancient Indians used to build water temples as well as earliest forms of step wells and reservoirs. *Agrasen ki Baoli* is one of the few exquisite examples of single-flight step wells that still exist in Delhi.



4

Go to Gurudwara Bangla Sahib and *devour* on the delicious *halwa* that you get as prasad. As you munch on it, enjoy the sightings of the beautiful lake inside the Gurudwara walls as the delightful *bhajans* play on the background. This place is a heaven even for non-religious people. Keep this for the last evening in Delhi!



5

Get lost in Old Delhi. Go to the Red Fort and wander around the real life palace and the legendary story behind the famous film, *Jodha Akbar*. Eat the local *Pakodas* stuffed with spices and aimlessly wander through the thin alleys enjoying the sightings and the beautiful chaos.



6

If you are a shopper, you would love to shop at Sarojini Nagar. I once found DKNY t-shirt for Rs.50 and the rest, is up to you. Bargain as much as you can and come back home with a bag full of new clothes!



More than Just the Heat

Things to do in Doha

Text by: Urvashi Rai

Qatar has been reduced to being a country that hosts a healthy number of Nepali laborers annually. It is time we get introduced to the country properly. Despite its attempt to imbibe modernity, evident through the mushrooming skyscrapers, Qatar has retained its Arabic heritage and sophistication. Doha, the country's capital, evidently is a marriage between modernization and traditionalism.

1

Museum of Islamic Art

If you are an art-lover like me, a visit to the Museum of Islamic Art must find its place swirling at the top “must-visit” places in Doha. The building was designed by the Chinese architect IM Pei. It houses exquisite collection of Persian rugs, artworks, and Turkish mosaics. The museum also prides in the rare collection of artifacts, manuscripts, and precious materials underlining the rich cultural heritage of Islamic Culture.



2

The Villagio Mall

It is one of the most sought-after malls in Doha. The Villagio Mall offers an unparalleled shopping, dining, and entertainment experience. Even if shopping is not the ultimate goal, the mall offers 13 screen luxury cinema, coffee shops, restaurants, gondola rides, and an indoor Olympic-sized skating rink. Gondolania, the 22,000 sq. meter indoor theme park, is a wonderland for kids of all ages, which includes Sky loop, bumper cars, state-of-the-art 12-lane bowling, Go Kart racing, horror street ride, billiard tables, a 4D theater, and the latest arcade games. The icing on the cake is the cottony sky fresco painting on the ceiling.





3

The Corniche

The Doha Corniche stretches to 7km around Doha Bay. Stroll or jog around the sumptuously green, vehicle-free pedestrian area, situated right at the center of the city. The view looks pristine and heavenly especially after sunset when the artificial lights illuminate the area.



4

Pearl Qatar

It is one of the most glamorous places in Doha. It is an artificial island materializing the will and passion of the visionaries. The Pearl offers apartments, villas, townhouses, diverse leisure and entertainment facilities, award-winning marinas, and beautiful serene beaches. In addition, there are famous restaurants, high-end shopping outlets from luxury fashion brands, and gastronomic delights from across the globe.

5

Souq Waqif

It is the oldest souq in Doha. The place was meant to be demolished in 2004; instead it was decided to renovate it for the world to relish its beauty. Time freezes at Souq Waqif. Stand still and breathe in the old Arab world aroma. You can buy spices, handicrafts, jewelry, and tourist souvenir.



6

Dukhan Beach

The beach is a favorite not only amongst families, for the occasional picnics families host there, but also amongst swimmers and surfers. 200m off the southern beach is considered to be ideal for snorkeling. Visitors to the beach also enjoy BBQs as the beach has permanent gazebo canopies.



Being *Nepalis* in another Country

The feeling of nostalgia—for back home—is more pronounced during festive season.

Text: Genisha Chhantel-Kaucha

I haven't yet met a Nepali diaspora and neither has him/her met a person like me, who wishes to be just back home - for good.

The air is turning festive in Nepal, but I am in Melbourne, Australia and my husband is having another stressful day at work. It's like any other ordinary day. What is Dashain and Tihar to my next-door neighbours? Nothing. My neighbours who reside next to us are *kuireys*. One day, their children came up to me one day and asked me, "Aunt Genisha, why are you putting your Christmas lights up so many months before Christmas?" It was Tihar!

Will my young toddler one day ask me the same question? Will she argue with me that it's not Christmas yet and most importantly, will she be embarrassed when she's older that we are the only house to be brightly lit up for Tihar?

Missing home is something I have gotten used to over the years, but missing yet another year of celebration with family, food and by food, I mean authentic tasting, fresh produces—grown and nurtured in the soils and condition of Nepal is something I'll never forgive myself for. Eating countless *Sel Rotis* and *Khasi ko bhutuwa* for the fifth time in three days, and

Eating countless *Sel rotis* and *Khasi ko butuwa* for the fifth time in three days, and women dressed so colourfully and packed Lagankhel with every other person is selling *rangoli* powder, is something I'll never stop missing.

women dressed so colourfully and packed Lagankhel with every other person is selling *rangoli* powder, is something I'll never stop missing.

During Dashain here, we usually have a gathering at my sister's place, and 98% of the guests will show up in western clothes. Nothing irks me out as much as that. I am not expecting *gunyo cholo* or even *saris*. I just personally feel on such an auspicious occasion, one should at the very least be in a simple *kurti* top. How difficult would that be? And it doesn't help that our *jamaras* has never grown as beautifully as it does at home; it is usually stunted in growth or yellow and all limp.

Two years back, we were celebrating Dashain and we were partying hard (not teenagers hard, but we were having fun), with music, dancing, and lots of laughter. It must have been near midnight on midweek. There was a knock on the door and we saw two police officers, they asked us to tone down our cel-

ebration. That is what it is like celebrating Dashain and Tihar in a foreign country. No one understands, and mostly, no one cares. Last year, we went back home for the festive season. It was the best thing we did for ourselves.

At the end of the day, Dashain and Tihar is just one reason out of the hundreds and thousands. I mean, have you ever smelled and seen Nepal, the way I have smelt and seen it? I miss the Rs.80 *chowmein*, cheap *momos* and the dirty *chatpate* stand in Nakhipot *chowk*. I miss the squeeze in the micro, and haggling over the price of anything and everything. If I could, I would haggle over the price of socks in Bhat Bhateni. I miss sunbathing with my *sirak* in the winter on the rooftop while peeling *suntalas* one day and the next day, popping peanuts. Nepalis really know how to relax, I'll tell you this. I miss the Rs. 20 eyebrow threading and the cheap facials.

For me, Dashain and Tihar is about family and elders, but Nepal for me is more than anything else in the world. My home in Melbourne never smells right no matter how many *selrotis* I fry and no matter how many times I cook Nepali food. Every corner of my home has goodies from Nepal, but how Nepali are we still?



THEATRE IN TRANSITION

Theater in Nepal is undergoing a new phase-in regard to productions, theater artists, and perspectives on the scope of theatre.

Text by: Gunjan Dixit

Nepali poet, playwright, linguist, translator and critic Abhi Subedi, in his book *Nepali Theatre as I See It*, argues that the history of Nepali theatre is profoundly influenced by monarchy and Hinduism and clearly excludes the other realities during this time. While Professor Subedi also claims that Nepali theatre is a mirror of Nepali cultural and political history around the lives of ordinary human beings, it was not until the 1960's, when the politics of Nepal went under major transformation that stories of the common public replaced those of the kings and gods.

Theatre groups in Nepal in the 21st century have the liberty to choose their themes ranging from any social issues, have the liberty to do adaptations (of any stories), and have the freedom to write the truth(s) of these times largely to, as Subedi puts it, "serve as a mirror to the Nepali society."

Mandala Theatre, Shilpee Theatre, Theatre Mall, Sarwanam Theatre and Theatre Village are some of the popular theatre groups regularly showcasing proscenium plays. These theatre groups have been regularly putting up performances in the Nepali language and choose plays that often depict the realities of the times. While theatre culture in itself is growing, there are still a lot of challenges and hurdles that people involved in theatre have to undergo.

According to Kedar Shrestha, founder and Artistic Director of Theatre Mall, the culture of watching plays in Nepal has changed because the theatre groups have worked hard to coerce the public to witness their plays. Since there aren't many people in Nepal who would come to watch a play like they would watch a Bollywood movie, the need to keep inviting people until watching plays becomes a regular culture still exists.

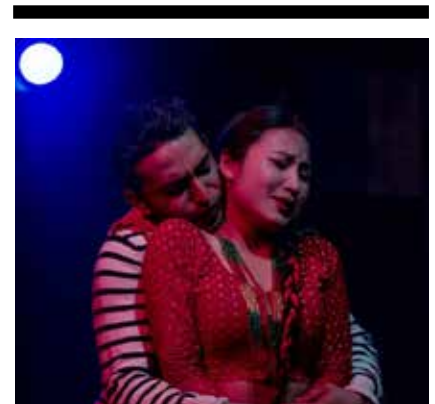
One of the important issue that Shrestha raises, however, is the aspect of sustainability. He mentions how difficult it is to pay actors who have worked hard on a regular basis and the money that does come covers only the hall rent and production costs. Actors are therefore compelled either to work as part time actors or just stop working as a full time actor altogether if they want to sustain themselves over time.

So what truly engages young people to this beautiful form if it's not able to help them sustain financially? Shankar Rijal, director of *Look Back in Anger* (English play), says that his introverted personality suits well with this medium to delineate his imagination on stage through all the theatrical elements. Others, however, join the world of theatre to get into movies and have dreams of conquering the celebrity success. This view is echoed by Ghimire Yubaraj, director of Shilpee Theatre, who believes some actors are drawn towards

theatre for popularity and dreams of going to the movies.

Both Shrestha and Yubaraj agree that the government has unfortunately neither done proper planning to deliver support nor has it formulated necessary policies to help theatre become more sustainable. There are only private ventures that are struggling to keep theatre alive in Kathmandu. Lack of proper institutionalized theatre education is also a major problem that exists in Nepal. Thus it's difficult to deliver high quality plays at all times.

Yubaraj, nevertheless, also believes that theatre is an artistic space where debates can take place which too is powerful to attract the young crowd.



Young Theatre enthusiasts, lacking an agency to produce their own plays and use this artistic space, have for the past two years been able to showcase their talents in the "10-minute play Competition" organized by Sarwanam Theatre. Raj Shah from Sarwanam points out how the competition this year witnessed 20 plays, giving young

theatre enthusiasts a platform to hone their skills in the field of direction, acting as well as playwriting. The winning plays of the competition are supported by the Sarwanam team to embellish and expand the plays to an hour to be produced as full-fledged proscenium play.

A scene from Upiyako Nibanda, Photo Courtesy: Kedar Shrestha



These bold choices in plays are also important factor that attracts the young crowd towards theatre. Subject matters showcased through Vagina Monologues- *Yonika Kathaharu* for instance, deviates from the traditional themes and encourage audience to think profoundly about the issues we have in our society. Thus this transformative tool empowers young people to not only raise their voices, but also to encourage them to employ art for societal transformation.

A scene from Katha Express, Photo Courtesy: Ajaya Ranabhat



A majority of the proscenium plays showcased in Kathmandu is usually performed in Nepali language, language that is preferred by the general crowd. These plays often have heavy social undertones. A very recent play that was showcased in Theatre Mall was titled "Upiyako Nibanda", directed by Kedar Shrestha that portrays the relationship of a traditional teacher with his students highlighting various issues of the Education sector in Nepal and has garnered a lot of praises from its audience. "Katha Express", an adaptation of Nayan Raj Pandey's short stories titled "Chocolate", directed by Ashant Sharma was showcased in Mandala Theatre and was very well received by the audience. One of the stories in this play dealt with suppressed sexual desires - a trend pertinent in our society and its repercussions. Vagina Monologues- *Yonika Kathaharu*, produced by Madalenas Nepal - an all women's theatre group, was performed in Mandala Theatre in February 2016. This play, translated in Nepali, portrayed the heart wrenching stories of abuse and pain that women have undergone in their lives. The play garnered raves from the reviewers and audience.

A scene from The Vagina Monologues-Yonika Katharu, Photo Courtesy: Kaushal Sapkota



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What I Miss the Most about Home when Abroad



Aastha Pokhrel, Model

When I am not home, I miss my dog the most because I think about how he can't understand why I went away and won't know if I will be back. I miss eating with my mom, and also the mother-daughter conversations. I miss my bed and sitting next to my loved ones.



Divya Dev, Theatre Actor

I'm not the kind of person who would get homesick easily but there are certain things that I do miss—for example the calmness of my home, the sense of security, my parents' comforting voice, and the presence of my dog.



Khushboo Dangol, Fashion Designer

I miss my family members; and our national food—dal and bhat.



Kiran Nepali, Musician (Kutumba)

First of all the food, the local delicacies especially those prepared by my mom. The second thing I miss the most would be the view of the mountains and hills. I also miss my family, friends, and my dog.



Kapil Mani Dixit, Artist

I miss almost everything about home. Right now I am missing my art studio the most. Besides that, I also miss the typical Nepali food, specially *Honcha ko baara* available near Krishna Mandir. And, of course, some of my close friends.



Running Business from Afar

Crossroad Apparel is one of the busiest boutiques in the capital today. Things took a different turn when Subekshya Bhadel, the designer and the owner of the boutique had to leave the country to join her recently married husband to the US. But all thanks to technology and sister-cum-business partner, she is still actively involved in satisfying the demands of her regulars and new customers, and not to forget the numerous celebrities who are loyal to Crossroad Apparel and adorn Subekshya's designs.

Text By: Ramana Sharma

Why did you have to move to the US? Is it a temporary adjustment or a permanent move?

I got married and my better half was residing in the US. In order to accompany him, I had to leave everything behind. To be honest, I haven't yet decided whether it's going to be a temporary or permanent move.

How are you handling business from the US?

Technology is a boon. It helps me to manage my business. Every morning (US time) I do conference call via Skype with my sister (also my business partner) regarding day-to-day activities. I design and take snap shots and send them via email and other times, I receive clients' requirements and work on them. I still have my old viber account activated on my cell phone; therefore, some of my clients contact me when they need me. Also clients communicate with me via email, facebook.

How have you divided the responsibility of Crossroad Apparel between you and your sisters?

I would not be able to imagine running the business without



She is still actively involved in satisfying the demands of her regulars and new customers...

them. Ashrita handles the clients, notes down the requirements, and based on the same gets fabrics from the market; whereas, Jeni looks after boutique, runs errands, and helps Ashrita if and when need be.

Fashion designing is not just about designing clothes; the business also benefits from meeting celebrities and others face-to-face and networking is integral. How is that done?

Technology has helped me to fill those gaps to some extent. Through various communication channels such as Skype, Viber, facebook, whatsapp and others I invariably try to reduce the schism created by the physical distance.

Has the business suffered since you shifted to the US?

To some extent Yes—especially during the initial months of my departure. Now business is going back to its normal busy self.

Must Haves When in Nepal

Your success in understanding a new place or a new culture depends on how far you are willing to explore its gastronomic offering.

Text By: Akriti Shilpakar

“Tell me what you eat, and I’ll tell you who you are,” said a certain Jean Anthelme Brillat-Savarin in the mid-1800s. The food we eat is so rightfully intertwined with our culture, and the place we come from. Hence, the best trick to exploring a new place, its culture, and heritage is to nose-dive into its cuisine. Doing that is easier in Nepal because food is so impeccably forged into our culture that even a good ol’ greeting isn’t complete without being followed by the question, “Khana khanu bhayo?” meaning “Have you eaten?”

So, regardless your purpose behind your visit to Nepal, or the period of your stay, it is utterly important that you taste your way through this delicious country. We are giving you five dishes to kick off with.



Choela

Rooted in the food culture of the Newar ethnic group in Nepal, the fiery *choela* has managed to make home in hearts of many Nepalese and non-Nepalese. Originally a buff grilled dish that is smothered in a marinate of tantalizing spices and herbs, the dish today also has famous avatars which range from non-vegetarian counterparts such as duck, chicken, and lamb, to mushroom and soya. Easily found in restaurant menus as well as local watering holes, *choela* is not for the tamed palates; it can be ruthlessly spicy depending on the cook. And if you are wondering, the reason it is so spicy goes back to the people who invented it, their economy, and thus, their culture.



Gundruk curry or achar

Gundruk shares a close resemblance to the German sauerkraut—if you are familiar with it. These fermented leafy greens, mostly of mustard, radish, and cauliflower, have brilliantly long shelf life. Claimed to be the national dish, making *gundruk* is a practice that used to be ardently followed in household level. However, the practice has diminished in the recent years, but the practice of its consumption has not. One of the most loved *gundruk* dishes is the *achar* or pickle that could lift up the spirit (and taste) of any boring meal.



Dhendo

Where there is *gundruk*, there has to be *dhendo*. The humble Nepali man's food – *dhendo*, hails from the hilly region of Nepal. Made from corn flour, millet flour or buckwheat flour, *dhendo* shares close resemblance to a pudding in terms of consistency and texture. Healthy and filling, a smattering of ghee makes it rich and delicious. Accompany it with serving of lip-smacking *gundruk* curry or lamb dish, and you can thank us later.



Mo:mo

The unofficial national dish of Nepal, momo is as ubiquitous as fishes in sea, and is available, without any argument or doubt, in every restaurant; big or small, dingy or squeaky clean, expensive or cheap, in the cities of Nepal. Also known as dumpling in most parts of the world, gyoza in Japan, and wonton in China, in Nepal mo:mo is basically a ball of dough stuffed with seasoned minced meat or vegetables. Served steamed, fried, marinated, grilled, in a pool of soup, alongside an assortment of sauces, and in a dozen other ways, each kind of mo:mo is a must try. However, do avoid doubtfully dingy mo:mo stations to avoid stomach aches. An average Nepali will eat a serving of mo:mo at least four times a week, and a plate of momos will be ordered, without a fail, during every eat out.



Yomari

Lucky us that *yomari*, a dish that was traditionally only made during post-harvest season, and winter days, has now been commercialized and thus available around the year. A sort of dumpling made from rice flour, it comes with fillings of warm molasses, creamy condensed milk, or more contemporary options of sautéed mushrooms, lentils, and even chocolate. It is highly recommended that you try this one as a sweet dish, since it is the version that is more popular and readily available. The rice dough is thick, yet soft and glossy. The filling inside, obviously is the best part. Together, every bite makes a beautiful melody in the mouth that you will remember always.





Rarica

The Queen of Lakes

Text and Photos by Marija Grujovska





Rara lake is the deepest and biggest lake in the Nepalese Himalayas. It is located in the Rara National Park, the smallest one in Nepal, in the districts of Mugu and Jumla. Situated at an altitude 3000 meters, the lake which is said to have hundreds of blue and green hues is surrounded by serene juniper, spruce and pine forests. Further, behind the lush green hills, the snow-capped Himalayan range ornament the horizon, making it an attractive destination both for passionate trekkers and lovers of nature and the quiet. Due to the area's relative isolation from the rest of the country, the culture and the scenery are very different from elsewhere in Nepal. The area also boasts with a variety of flora and fauna including some endemic species of birds, fish, and frogs.

The cold winters and the wet monsoon season leave September/October and April/May as the best times to visit the national park with the most pleasant weather and splendid views of the Himalayas reflecting in the lake.



Before the completion of the Karnali Highway and its extension to the very entrance of the national park, the only way you could reach Rara was to fly from Nepalgunj to Talcha or Jumla airport from where you would have to walk for 3 hours or 3 days respectively. Presently, even though you have to spend 2 long days solely on driving from the capital, Rara lake can be reached by bus or by a private vehicle.

The cold winters and the wet monsoon season leave September/October and April/May as the best times to visit the national park with the most pleasant weather and splendid views of the Himalayas reflecting in the lake. During the spring, the area is filled with blooming white and red

rhododendron bushes that beautifully add on to the otherwise dark green forest surrounding the lake.

Once you are there, it would be a pity to miss the opportunity to stay at least one night on the banks of the lake. "Danphe Hotel" is the older of the two lodges located at Rara and has a spectacular location overlooking the lake and the Himalayas. They offer clean and cozy rooms with or without an attached bathroom. The wooden hotel structures are charming and perfectly fit the environment. The food served at the hotel ranges from local delicacies to continental dishes. If you decide that you want to get even closer to the nature, they offer tents located at the hotel's yard for the ultimate mountain experience.

If being mesmerized by the lake's utter beauty is not enough, you can take a stroll around the lake which usually takes approximately 4 hours. For the ones looking for a longer day trip, Murma Top offers a spectacular view of the lake from above. Follow the marked trail or ask the hotel staff to show you the way. It takes 6-7 hours to go there and come back to the hotel. Staying around the hotel's yard or climbing one of the view stations is definitely an option too. The light changes the lake's hues whose magical transformation won't leave you bored. The army camp offers short boating trips on a clear day, even though swimming is not allowed (to avoid polluting the crystal clear water.)

Rara lake is the perfect choice for the ones who enjoy the peace and quiet with a hint of adventure. This trip can be easily combined with a trek to the capital of Jumla district, Khalanga – a venture that takes 3 days of walking through isolated villages and untouched nature. Rara as a sole destination or a part of a bigger trip is a journey certainly worth making. The queen of the Himalayan lakes will leave you breathless and make it hard for you to leave!

喜马拉雅山下的瑜伽之旅

座落在喜马拉雅山南麓，一个云雾缭绕，风光倚丽的国度，尼泊尔，因独特的自然风光及其千年文化孕育着纯朴且蕴含着丰富内涵的人文气息，它一直都是瑜伽爱好者追求梦想的其中一个圣地

来到尼泊尔，你会发现每一个城市，每一个地方都能将人带进“天人合一”的境界。清晨，在那加廓特山上边聆听老鹰翱翔天际的鸣叫，边欣赏着漂渺壮观的云海，迎着冉冉升起的太阳，将远处壮观的喜马拉雅雪山染成金红色……此刻怀着对太阳的万般敬畏，我们以瑜伽太阳致敬来连结这份太阳给予人类无穷的力量，以开启新的一天，迎接新的生活……

我们也可以尝试来到尼泊尔南部的奇特旺国家森林公园来一场最纯粹的大自然瑜伽。致身于茂盛的森林中，静静倾听各种动物窃窃私语，在一呼一吸间，把完本以各种动物或植物命名的瑜伽体式完全地与大自然融为一体，体验反璞归真的自然与和谐。

当然来到尼泊尔，绝对不能错过博卡拉，这是尼泊尔最负盛名的度假圣地并被称为徒步者的天堂。我们可以坐在当地极具特色的七彩小船，泛舟荡漾在费瓦湖上欣赏着美丽的鱼尾峰倒映湖上，然后在湖边找一处属于自己的清静角落，闭目冥想，让思绪归于空灵之间，让内心沉淀在无限的和平与静谧之中，

感受时间此刻就停留在当下……

我们也明白到瑜伽的终极是达到梵我合一的境界亦即是三摩地。正真要让生命回归源头超越生死与时间的限制，必须具有强大的意志、无畏的精神、坚定的信念。世界上曾经也出现过不少能达成这个终极之旅的圣人，其中一位最伟大的人物——佛祖乔达摩·悉达多，他正是在尼泊尔蓝毗尼出生的，并在悟道之前在喜马拉雅山脉曾以瑜伽苦修的方法修行，去见证这个觉醒之旅。

我也深信，要找到生命中最珍贵的宝藏之前必须要经历无数的考验，要成就自我，必须培养坚毅不屈的



意志。在博卡拉无疑必定是要考验人精神意志的一个好地方。试着勇敢地背起行囊，沿着安那普纳山一路前行，实践瑜伽修行者坚持恒久、忍耐、谦卑、敬畏的精神。不诱惑于沿途秀美的风景；不留恋于善良好客的村民款待；不因路途的崎岖而止步……

天气时而阳光明媚，时而狂风骤雨，又或风雪交加。短短几天的时间，历尽人间四季，尝尽人生百态。不执着于得，不抱怨于失，不为顺意而喜，不为逆境而生悲。全然地接受生命所遇一切，时刻以一颗平常之心地活好每个时刻……

然后，当我们能登上安那普纳 POON Hill 迎接清晨第一缕阳光洒在壮丽的喜玛拉雅山脉上，此刻内心会深深被大自然征服。每一个人都只有对大自然深生敬畏之情，不再有征服大自然野心，而是屈服在大自然当中，并感知自己也是大自然其中一份子，并深深被整个宇宙连结着，不可分彼此。让过去一切分离感消失殆尽，从新回到一个整体中去，那种心中爱的能量才能完全被释放……面对此情此境幸福的泪水也许会将内心洗尽铅华，此刻语言也许变得如此无用处。我只想静静坐在这里，闭上眼睛，就在一呼一吸间，让时间就此停止……从日出到日落，再到星空满布，月牙西挂……寂然中进入宁静、愉



MS. TAN HUIHONG (Sujata), Writer

悦、狂喜……

当然中国有句古语：大隐隐于市，小隐隐于林。要在山林静心，因无人干扰，所以变得更为容易，但在平常的生活中，我们要面对各种人际关系，不同的生活环境，在这种情况下更是一种高境的修行方式。

真正的瑜伽也并非要求我们隐居山林，离群独居。要体验生活的价值，让生命展现得淋漓尽致，我们必须深入到现实生活中去。曾经有一位大师讲过：修行者要做到一只脚在踏在天堂，一只脚立足尘世。我们让瑜伽作为通往天堂之路，必须在尘世的各种关系中修练我们的德行心性，体现对自然界一切众生的爱，以帮助自己达成离苦得乐的命运。

在尼泊尔的加德满都，有着千年文化的古城，绝对是一个锻炼人品修行的好城市。它被称为“人类博物馆”，聚集着来自世界各地的寻梦者。来自东西方的人与当地各种不同民族的人们在古城中穿梭流涟，怀着不同的故事来找寻不同的梦！但一切都显得那么的和谐和自然。在这里连路上的汽车的喇叭、乌鸦的叫声、不同的语声聚集在一起变成了一首扣人心弦的交响乐。

在这里，你可以来杯当地的香

料奶茶，在大佛塔对面的楼上的咖啡厅，静静仰望来自世界各地的信徒，口念经文、手执经筒，绕着白塔，缓缓前行。从日出到日落，白塔的色彩随着天空变化而变幻，四围的人们来来往往。我们从此体味到无常变幻的世界。一切都在改变，只有佛塔上的四方佛眼、寂静如常地注视四方，默默地诉说着一个关于宇宙的最古老最真实的故事……

曾经有一位浪漫的旅行家说这么一句话：如果整个尼泊尔不在了，只要巴德岗在，就值得你飞过半个地球来看她。

这座在尼泊尔称为“虔诚者之城”的巴德岗 (Bhaktapur) 古城是每一个修行者必去朝拜的地方，它建于公元889年拥有172座神庙、寺院，有着尼泊尔最大的杜巴广场。

选择落脚于一间古老的客栈，去感受最古朴的人文气息，去沉浸在与神最接近的地方。巴特岗绝对是一个震撼心灵之地。你只要在月光光影或星罗满布的夜色之下，站在神庙林立，被各种触手可及的神庙，神塑雕像簇拥着，瞬间内心的自我被消融--月色下的整个古城，年代虽久，近在咫尺，如同梵道，亦远亦近，却常驻心间，在此让我找到了一个与神最近的地方。在这里每个人都将找到自己心中一直在找寻的梦想！

SYNOPSIS

A Yoga Journey to the Himalayas

Situated in the south of the Himalayas, Nepal is popular for its natural beauty and thousand years of culture. The pristine land breeds simplicity and contains rich heritage. Nepal has always been a dream place for yoga enthusiasts. You will find that every city, every place in this holy land is close to

being a "heavenly realm".

To experience yoga in its purest form, southern Nepal's Chitwan National Forest Park is an ideal venue. Performing an array of animal and plant named yoga postures amidst lush forests listening to the sounds of all kinds of animals and being

completely integrated with nature is an experience to treasure for a lifetime.

Another idyllic place in Nepal for yoga enthusiasts is Pokhara, which is also called as the hikers' paradise. Find a clean corner on the bank of Fewa Lake, and get ready for meditation. The cool

breeze accompanied by the sound of the water as boats run through will precipitate peace and harmony onto you.

Yoga does not demand that you become a hermit or start living on the mountains to experience the richness of yoga. To experience the value of life, you have to go deep into the reality of life.



Poetry for everyone

A quick peek into the burgeoning spoken word poetry scene in Nepal

Text by: Yukta Bajracharya

Once upon a time, a poetry-loving 18-year-old attended her very first spoken word poetry event, without knowing that what she was about to see would change her. As she watched spoken word poets take the stage and perform their poems, she felt something ignite in her heart. That was her desire to hear more of what she heard and to also be the one sharing. It wasn't long before she gathered all the courage she could muster and went up in front of a microphone to perform her very own spoken word poem.

This is my story. For me the first event was a spoken word poetry performance at the Nepal Bharat Library in Sundhara, Kathmandu sometime in December 2010 featuring poets Nayan Pokhrel, Yanik Shrestha, Aidray and Gaurba Subba. And, the first time I'd perform was during the first ever spoken word poetry competition, a poetry slam, organized by Quixote's Cove and the US

Embassy in Nepal.

This is also the story of numerous other individuals who have found spoken word poetry in Kathmandu. The characters and setting of the story are different but the trajectory is similar. Most of them, like myself, identify with a community of spoken word poets called Word Warriors. Word Warriors is an open collective formed after the poetry slam competition in 2010 and represents a grass-root spoken word poetry movement in Nepal. The collective believes in the power of words and expression, and seeks to give voice to various individuals, especially the youth, through spoken word poetry.

During the early days of the formation of Word Warriors, spoken word poetry was a rarely known genre. But with an emphasis on incorporating elements of performance such as expression, gestures and tone and a poetic language that was not difficult to understand, spoken word poetry was able to appeal to a wider audience. In Kathmandu, the spoken

word poetry scene is vibrant and growing with monthly poetry events called Word Warriors Live, poetry slams, and workshops. Spoken word poetry has also taken small steps outside Kathmandu in places like Pokhara, Chitwan, Dhangadi and Surkhet through a project run by the Word Warriors in partnership with Quixote's Cove and funded by the Danish Center for Culture and Development (CKU). Just this September, Nepal saw its first National Poetry Slam competition amongst youth teams from eight different areas of the country.

At the core of the spoken word poetry movement is its belief that poetry is for everyone. It is this very belief that has kept spoken word poetry alive in Nepal.

If you want to catch some spoken word poets in actions or get up on stage and perform or simply know more about the spoken word poetry movement in Nepal, visit www.wordwarriorsnepal.com or www.facebook.com/spokenwordnepal.



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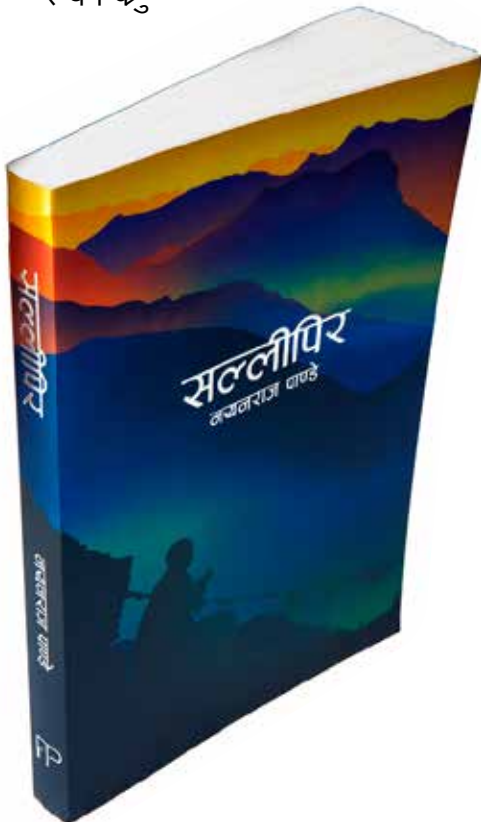
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सल्लिपिर

दुलही लिएर फर्किएको जन्तीलाई स्वागत गर्न छिमी, डोल्मा र गाउँका अरु आइमाईहरू छ्याङको ठेकी बोकेर उभिएका थिए । डोल्माले धुप बाली । छिमीले छ्याङमा धुपीको पात चोबेर जन्तीलाई छर्किदिइन् र खादा पनि लगाइदिइन् । लजाएर भुइँमै पोखिन लागेकी पेमालाई मायालु स्वरमा भनिन् छिमीले— 'दावाका बाआमा सानैमा मरिहाले । मेरै छातीको दूध खाएर हुर्किएको हो ऊ । मेरोलागि त छोर जस्तै हो दावा । त्यसैले तिमी पनि मेरी बुहारी भयौ ।'

बल्ल पेमाले थाहा पाई, छिमी त दावाको बिहेमा मच्चेर

र या ब्रु



नाच्ने ग्याल्जेनकी आमापो रहिछन् ।

'तर, ग्याल्जेन र दावामा मैले कहिले केही फरक गरिँनँ । साङ्गैलाई थाहा छ, दुवैलाई बराबरी माया दिएको छु मैले । त्यसैले त दावाले मलाई नै आमा भन्छ,' गर्विलो भावमा भनिन् छिमीले । उनको आवाजमा माया र ममतामात्र हैन, अरुको सन्तानलाई आफ्नो बनाएर उत्तिकै स्नेह दिनसक्ने गरिमा पनि भल्किन्थ्यो । स्नेहको कुनै रूप हुन्छ भने, त्यो दुरुस्तै छिमीकै जस्तो हुनुपर्छ ।

'बाउ त ग्याल्जेनका पनि छैनन् । उहिले चौरी डुलाउन खर्कमा गएका बेला हिउँमा पुरिएर एकैचोटि मरेका हुन् दावाका बाआमा र ग्याल्जेनका बा । त्यस साल यो सेछेन गाउँका धेरैजसो चौरी मरेका थिए ।'

छिमीले यसो भन्दा पेमाको अनुहारमा अत्यासको बाक्लो छाया देखियो । तर, उसले आफूलाई सम्झाई— 'अहँ, मैले पटककै आत्तिनु हुन्न । खुम्बुकी चेली हुँ म । खुम्बुको हरेक घरसित दुःखको कथा छ । त्यही दुःखलाई जितेर त सुख पाउँछन् खुम्बुका हरेक शेर्पाहरू ।'

छिमीले कुलदेउताको अगाडि घिउको बत्ती बालिदिँदै भनिन्— 'यस्तो खुसीको बेलामा देउतालाई बिर्सनु हुन्न । अरु केही गर्न नसके पनि छोमिन त बाल्नै पर्छ ।'

त्यसपछि दावाको साथी ग्याल्जेन करायो — 'आज रातभरि नाचगान

गर्नुपर्छ ।'

भ्याम्टाको भम्भम् । स्याब्रु र सिलु नाच्नेहरूको होहल्ला र चौरीका घाँटीमा बाँधिएका छिन्त्रीको ट्याङट्याङ रातभरि चलिरह्यो । काठका दोजुमहरूमा छ्याङ भरिँदै गए, रिर्तिँदै गए ।

कोठामा लजाएर बसिरहेकी पेमालाई जब दावाले आएर स्पर्श गर्‍यो, पेमाले बाहिरका सबै आवाजहरू सुन्न छाडी । बस्, उसले सुनिरही दावा र आफ्नै छातीको ढुकढुकी । बिस्तारै जब कस्सेर बाँधिएका उसका बक्खुका तुना खुकुलिन थाले, दावासितको उसको मायाको बन्धन भनै बलियो भएर कस्सिन थाल्यो ।

कसैको स्पर्श यति मादक हुन्छ भन्ने थाहा थिएन पेमालाई, आज थाहा पाई । कसैको सास यति न्यानो हुन्छ भन्ने थाहा थिएन, आज थाहा पाई । कसैको चुम्बनमा यति मिठास हुन्छ भन्ने पनि थाहा थिएन, आज थाहा पाई । दुइटा बेग्लाबेग्लै शरीर यसरी एकअर्कामा विलीन हुनसक्छन् भन्ने पनि पटककै थाहा थिएन, आजै थाहा पाई । जीवनमा थाहै नपाएको कुरा त्यो रात थाहा पाएकी थिई पेमाले । त्यो रात उसले दावालाई शरीरमात्र सुम्पिइन्, आत्मा पनि सुम्पिई । शरीर त केही बेरमा फिर्ता आयो । तर, उसको आत्मा भने दावाभित्रै छुट्यो ।

'प्यारो दावा, तिमीभित्रै छुटेछ मेरो आत्मा । मलाई फिर्ता देऊ !'

यसरी मायालु भाकामा लाडिँदै

माणेको भए हुन्थ्यो नि पेमाले । तर मागिन । उसलाई आफ्नो आत्मा दावाभित्रै हराएको राम्रो लाग्यो ।

केहीबेरपछि दावाको छातीमा निदाई पेमा र सपना देखी ।

आकाशमा एघारवटा सूर्य चम्किरहेका थिए । पृथ्वीमा जताततै असाध्यै गर्मी भैरहेको थियो । रूखबिरूवा, अन्न, जल सबै सुक्दै थिए । आकाशमा उडिरहेका चाँचरी र मालक हाँसहरू फुतुफुतु जमिनमा भर्न थालेका थिए । उसलाई पनि बेस्सरी प्यास लागेको थियो । सोलु खोलाको चिसो पानी खाँदा पनि उसको प्यास मेटिएन । खुम्बिला हिमाललाई छोएर आएको चिसो हावाले पनि उसलाई शीतलता दिएन । ऊ छटपटिन थाली । दावाले कुरो बुझ्यो । उसले आफूसितको धनुष फिक्क्यो । ताँदो कस्यो । ताँदोमा काँड चढायो र सूर्यतिर जोडले प्रहार गर्‍यो । एकपछि अर्को दसवटा सूर्यलाई ढाल्यो उसले । अनि बाँकी रह्यो एउटा सूर्य । त्यसपछि पृथ्वीको तातो कम भयो र शीतलता छायो । भरनाबाट फेरि चिसो पानी बग्

थाल्यो ।

त्यही चिसो पानी खाएर प्यास बुझाई पेमाले रातभरि । उसले बिर्सिरही सपना र विपनाबीचको फरक ।

ढुङ्गाको गारो उठाएर फलेकको छाना हालिएको दावाको दुईतले घर सेतो कमरोले पोतेर टिलिक्क पारिएको थियो । माथि फलेकले नै बेरेर पूजाकोठा पनि बनाइएको थियो । त्यहाँ फलेककै टेबलमा मलमलको रातो खुचेन ओछ्याएको थियो । त्यसमाथि भगवान बुद्ध र आर्यअवलोकितेश्वरका रङ्गीन चित्र जतन गरेर राखिएका थिए । चित्रसँगै देउताहरूलाई जल चढाउने ससाना कलश पनि राखिएका थिए ।

छिमीले तामाको कोडबुमा बालिदिएको घिउको बत्ती बिहानसम्मै बलिरहेको थियो । शृखण्ड र धुपको बास्नाले वातावरणलाई पवित्र बनाएको थियो । त्यहीँ भित्तामा दावाका आमा र बुवाले जप गर्ने वोधिचित्तको माला पनि भुन्डिरहेको थियो ।

बिहान घरबाट निस्किएर उसले सेछेन गाउँलाई नियाली । पुरै गाउँलाई

बाक्लो कुहिरोले खर्लप्य अँगालोमा बेरेको थियो । कुहिरो अलिकति हटेपछि उसले देखी, रानीचाँप, चिमाल र धुपी सल्लाको जङ्गलको बीचमा लुकेको पातलो बस्ती थियो सेछेन ।

उसले घरहरू गनी । एघार वटा घर ।

अचानक, छेउमै उसको बाबु आएजस्तो लाग्यो उसलाई । उनले बिस्तारै कानैनेर भनेजस्तो पनि लाग्यो ।

'एकादेशमा एउटा गाउँ थियो । रानीचाँप, चिमाल र धुपी सल्लाको जङ्गलको माभमा थपक्क बसेको एघार वटा घरको गाउँ ।'

ऊ छक्कै परी । आफैँसित सोधी— 'के म मेरो पालुले बर्षौँअघि सुनाएको कथाको गाउँमै आइपुगेकी हुँ ?'

प्रश्नले अत्तालिई पेमा ।

प्रस्तुत अंश नयन राज पाण्डेद्वारा लिखित सल्लीपिर उपन्यासबाट लिइएको हो । उपन्यासको मूल्य रु. ३४८/- सल्लीपिर सम्पूर्ण प्रमुख किताब पसलहरूमा उपलब्ध छ ।

SALLIPIR

SYNOPSIS

With consent of Pema's and Dawa's family both of them get married following the traditional martial rituals. When Pema's parents give her away to Dawa's family, are saddened by the fact that their daughter is going away from them. Her family is relieved when Dawa's family assures that they will make sure Pema gets the love

and affection like their own daughter.

Things are really strange to Pema in Dawa's house. While people were busy celebrating their wedding ceremony, Pema was in a different world with Dawa. She was in the world of love and their bond of love was getting strong. She even

surrenders her soul to Dawa. Every touch was a magic touch to her. Every breath was taking her to a strange world.

The next morning, when Pema gets out of the house she looks at the Sechen village- a village hidden among Ranichaap, Chimal and fir jungle. She counts

the number of house there. Eleven houses. It resembled with the village of the story her father told in her childhood. She becomes surprised. She thinks "Am I in the same place that my Papu used to tell the story of?"

She gets startled by the question.

WHAT'S IN MY BAG



Priyanka Karki was born with a purpose—to entertain through her acting and dance. She is a globetrotter who lives out of a suitcase. No wonder she was in the US when we corresponded with her. Some of her travel must-haves that have found permanent home in her travel bag:

Text By: Ujeena Rana



Good Luck Ring - It's a silver ring that my mom made for me. I always carry it with me. I usually wear it but in case I don't wear it; it's always securely seated in my bag.



A wallet - A wallet is always a must. I currently carry a Tissah wallet.



My phone - I carry a Samsung Galaxy S 6 edge—it's my best friend



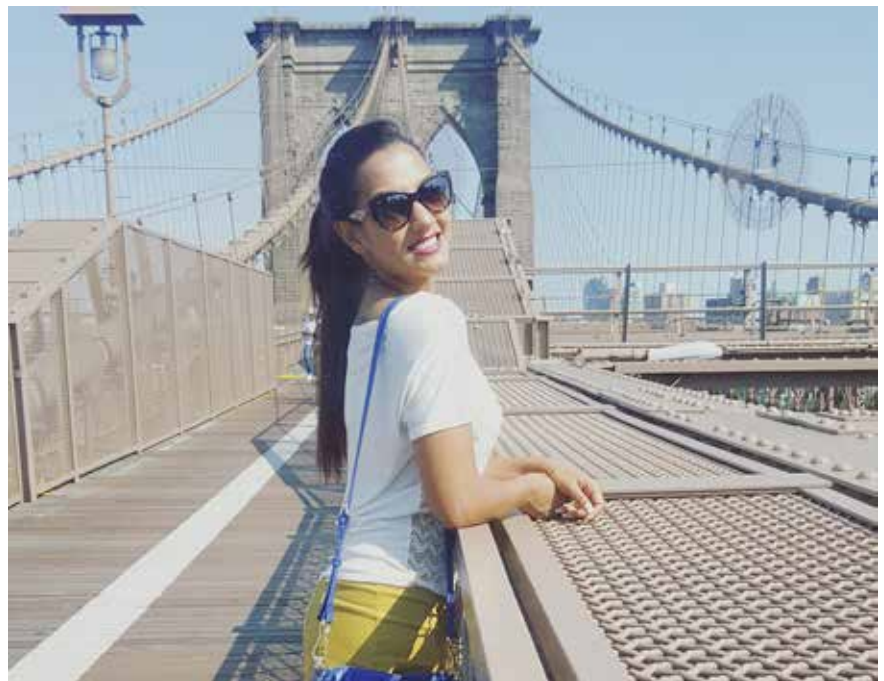
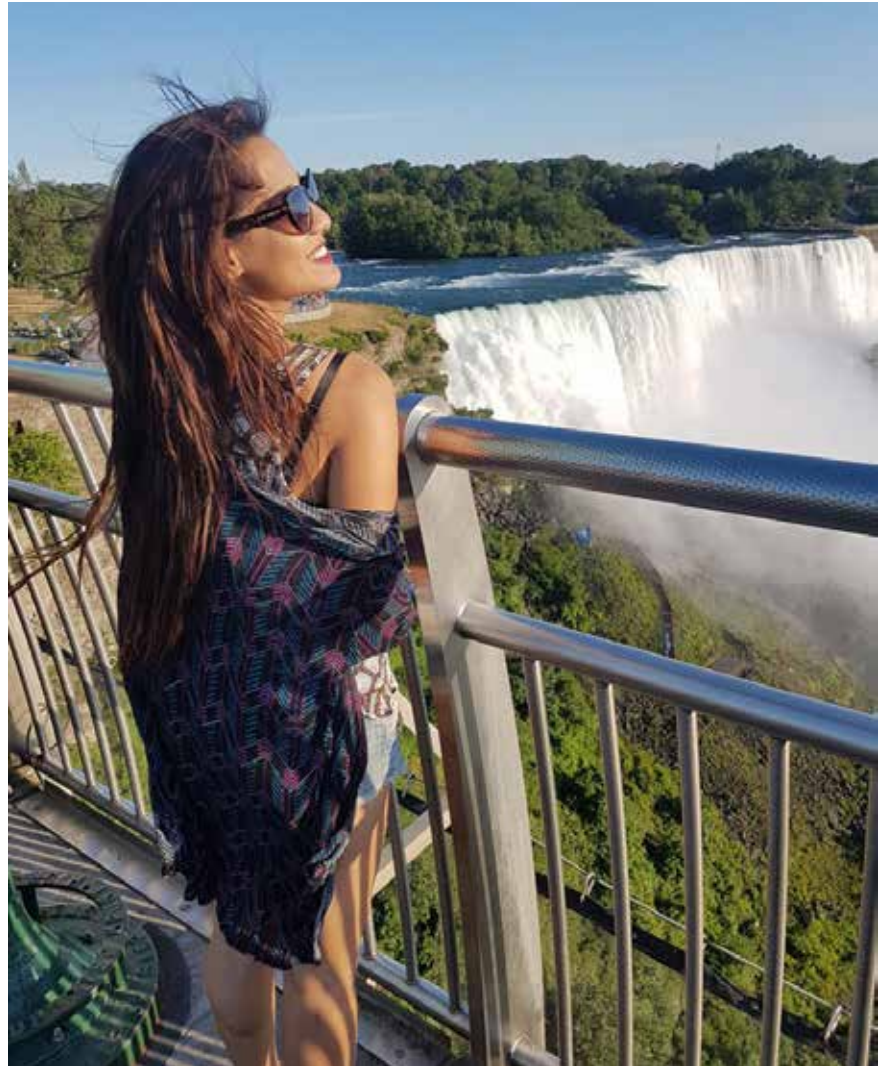
My travel make-up kit - This includes my Mac Compact Studio Fix, my MAC highlighter, blush, Maybelline Great Lash Mascara, Maybelline Colossal Kajal and Lipstick.

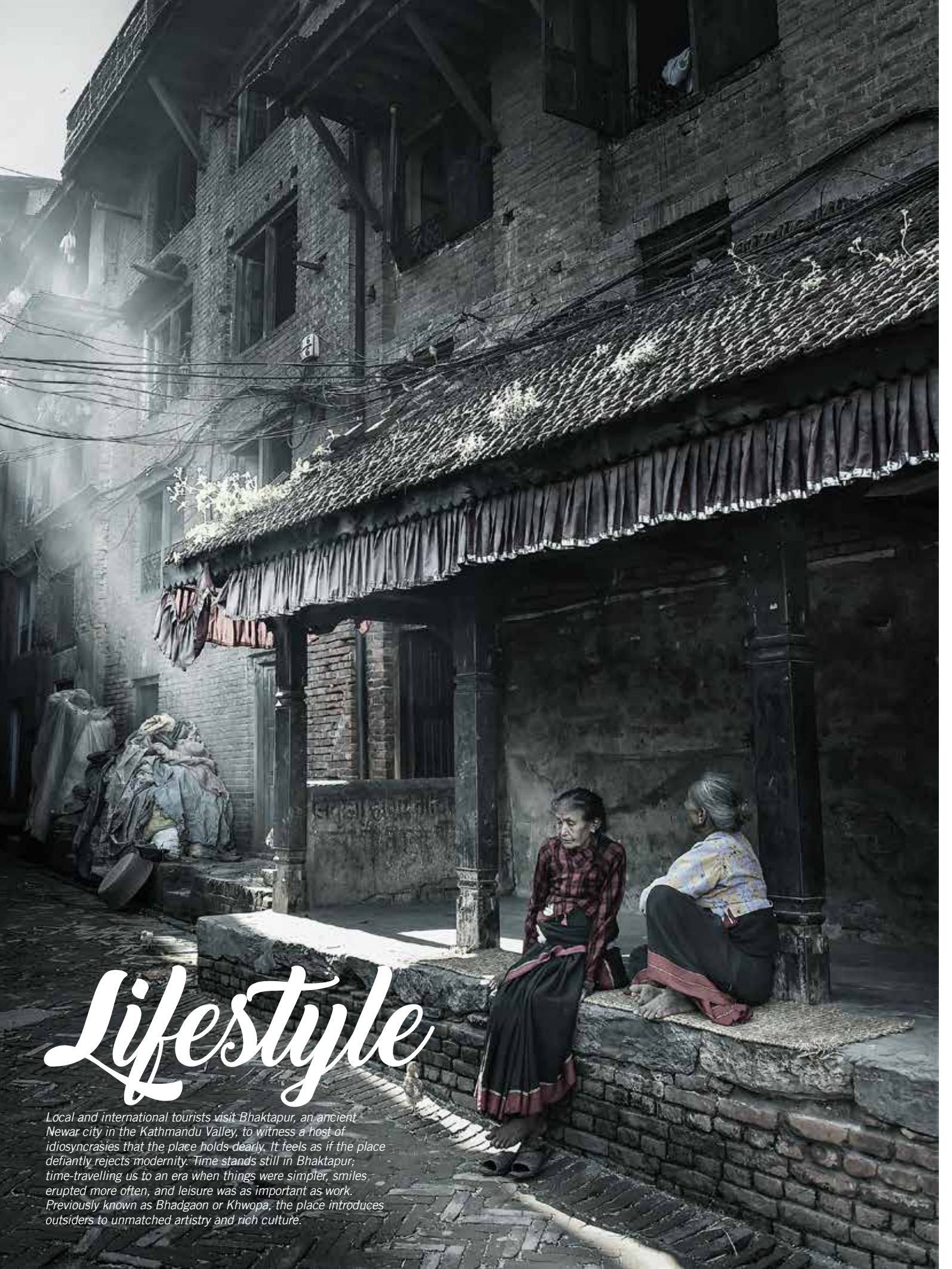


Powerbank - I am very active on social media. I am constantly on my phone—connecting with my friends and fans; so a powerbank is always a must have.



Sunglasses - I am using Steve Madden shades at the moment.





Lifestyle

Local and international tourists visit Bhaktapur, an ancient Newar city in the Kathmandu Valley, to witness a host of idiosyncrasies that the place holds dearly. It feels as if the place defiantly rejects modernity. Time stands still in Bhaktapur; time-travelling us to an era when things were simpler, smiles erupted more often, and leisure was as important as work. Previously known as Bhadgaon or Khwopa, the place introduces outsiders to unmatched artistry and rich culture.



The morning session invariably begins with reading the day's paper. Usually, the local and the international news becomes a conversation starter. Most people prefer joining discourses moving around the affairs discussed in the paper; therefore would rather visit a nearby newsstand and read in public than at home—alone.



Apart from Ju:Ju Dhau, Bhaktapur's own version of thick and sweet yogurt, potteries of this place are also popular. Artisans involved in pottery-making follow the traditional way; thus keeping modern innovations at bay. Arrays of pots can be seen left for drying in the sun at open spaces.



Tang Yue Fan Was born in Guangzhou in 1961. He started to learn Photography in 1980. In 1986, a place of his work named "Ling" was published in national photography journal. He has finished a series of works with theme on workers. After many years of practice and accumulation of experience, he has gradually formed a unique personal perspective. ". More than 500 pieces of his photography works were selected to complete in many provincial, national and international contests and won rewards.

Cover Photo: Tang Yue Fan

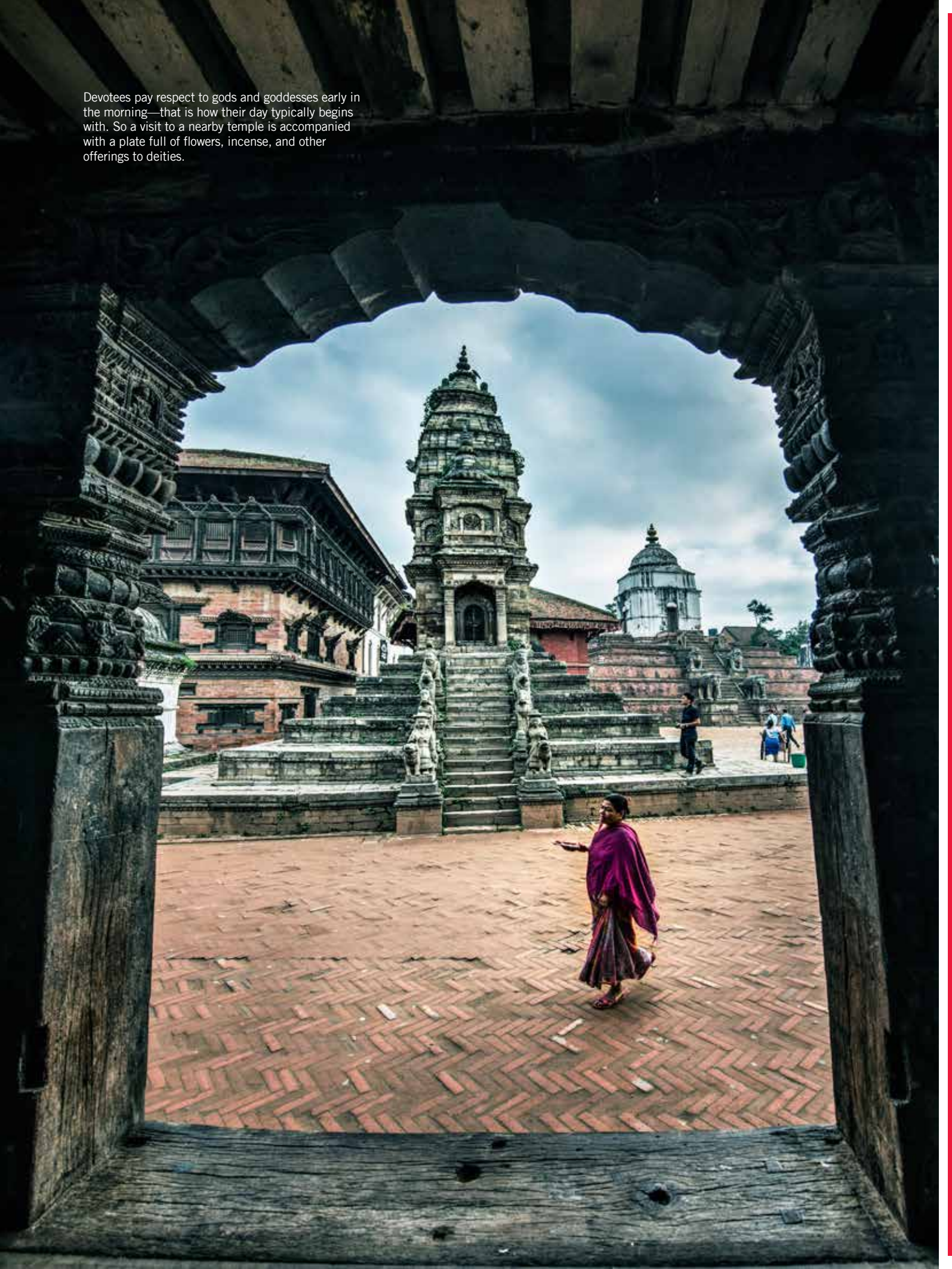


Chiya or tea is a must-have in the morning and with afternoon snacks. Tea is customarily offered to guests in a Nepali household. "Chiya piyunu bhayo?" is way to exchanging pleasantries. The chiya pasals or tea shops are the centers for conversations concerning politics, weather, and local events.

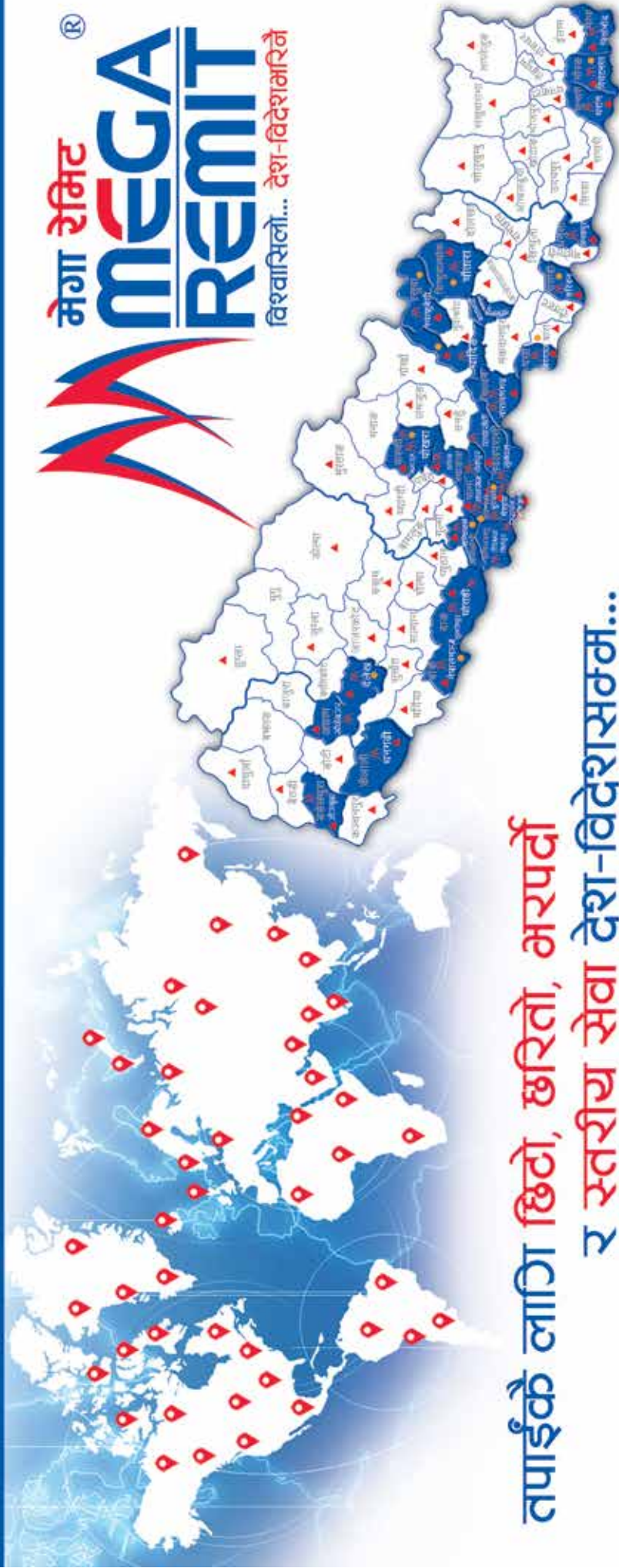


It is not that Nepalis don't value work. But we equally value time with friends and family. The chowks and patis gather people every day where they spend time together chit-chatting or playing a game of bagh-chal or chess.

Devotees pay respect to gods and goddesses early in the morning—that is how their day typically begins with. So a visit to a nearby temple is accompanied with a plate full of flowers, incense, and other offerings to deities.



आफन्तले विदेशदेखि स्वदेश, शहरदेखि गाउँसम्म
पठाएको रकम तुरुन्तै प्राप्त गर्न सकिने मेगा रेमिट



तपाईंका लागि छिटो, छरितो, भरपर्दो
र स्तरीय सेवा सेवा देश-विदेशसम्म...

मेगा बैंकका शाखाहरू
जतमा ४४

स्वदेशमा मेगा रेमिट केन्द्रहरू
जतमा १३४४⁺

शाखा रहित बैकिङ्ग आउटलेट्स
जतमा ५३⁺

मेगा मनि मेरिज
जतमा ४५

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7 Travel Apps to Assist You in Your Next Journey

Text By: Junisha Ranabhat



TripAdvisor

Any traveler (sans the agenda of a staff writer “to speak nothing but the made-up truth”) can review hotels and restaurants, that is the reason why this app has garnered trust of its users. It is the first app to refer to before embarking upon the unknown. TripAdvisor users can strike a better deal, book their stays, and choose the restaurant after reading people’s verdict. Since the reviews come from the first-hand users, your grey cells influence you into agreeing with the recommended restaurants and hotels.



Uber

Gone are the days when you had to squander hours hunting for a taxi to take you to your destination while on a travel. It may still be a far-fetched notion here in Nepal, but that is also the reason why you are traveling—to get rid of Uber-less Nepal. We may have Uber-like cab services in Nepal but not the real Uber one. The real Uber will not stand up no matter how much you shout its name here. On a serious note, this taxi service app exorcises your troubles pre-Uber era of traveling within a city. Depending on your budget, mood, and occasion, you can, in this app, choose economy or premium taxi services.



XE Currency

One of the best parts about travelling is shopping. Moreover, shopping is incomplete without overthinking “if I have overspent”. I have an aunt, a 56-year old lady, no matter where she travels to, shops till she drops. But she is not prodigal, she is a wise shopper. She uses XE Currency and blesses the inventor/s every time since one can convert every world currency on-the-go on this app. She also checks the currency rates every day of her stay abroad. The app boasts of over 40 million downloads since its launch.



Airbnb

Not many people tell you this but travelling involves a lot of planning. The most time-taking task is to find a proper accommodation. You seek comfort, but it has to be affordable. You want a “room with a view”, but it has to be affordable. You want options, but it has to be affordable. For all those people who are gnawed by issues regarding accommodation, get Airbnb on your iPhone or iPad. Get to know your hosts before meeting them in-person, and be informed on what to expect. On the home page of Airbnb, it reads, “Whether an apartment for a night, a castle for a week, or a villa for a month, Airbnb connects people to unique travel experiences, at any price point, in more than 34,000 cities and 191 countries.”



शुभयात्रा एप

वैदेशिक रोजगारीसंग सम्बन्धित चुनौति र खतराहरूलाई सम्बोधन गर्ने हेतुले शुभयात्रा एपको निर्माण भएको हो । यो एप मार्फत् रोजगारको लागि विदेश जानेहरूलाई आवश्यक सूचना र सामग्री उनीहरूकै भाषामा उपलब्ध हुन्छ ।

आवश्यक सूचना सामग्री यो एपले अडियो, भिडियो, फेसबुक लिंक्स मार्फत् सिधै वैदेशिक रोजगारीमा जानुभएका व्यक्तिहरूमा पुऱ्याउँछ । विषयवस्तुहरू जस्तै श्रम

अधिकार, रोजगारी स्वीकृति, निवेदन प्रक्रिया स्थानीय नियम, विदेशमा काम गर्ने अवस्था, अनि महिलाहरूको लागि भनेर छुट्टै कथावस्तु छन् । साधारणतया: कामको लागि विदेशिने देश जस्तै मलेशिया, साउदी अरब र कतारको देश अनुरूपको निर्देशन यो एपले प्रवाह गर्छ ।

शुभयात्रा एप आकारमा ल्याउनलाई हरेक फिचर सम्भावित अनि फिर्ता आएका महिला र पुरुष वैदेशिक रोजगारमा गएका नेपालीहरूमा परिक्षण गरिएको हो । साथै यो एपमा भएका पढ्ने सामग्री स्थानिय बसाइ-सराइ जानकार अनि अधिकारकर्ताहरूले स्वीकृत गरेका हुन् ।

यस एपवारे थप जानकारी अनि डाउनलोड गर्ने बारे थाहा पाउन www.shubhayatra.org मा बुझ्नुहोस् ।



Google Translate

Ask any traveler and they will tell you that the best way to cruise through a city, enjoy the experience of being in a foreign location, and yet not feel like a fish out of water is to speak in the host's language. If Duolingo is not the app for you and if you were not quick enough to learn all the words and the phrases then, take the shortcut and download Google Translate. As and when you feel the need translating everyday words during the course of your travel, just take help.



duolingo

Duolingo

It may not be your best option; but it is free and it helps you get by with the basics of a new language. You may not have time to visit your language classes every day; so here is a great learning app that has been designed considering the hassles that come with the "conventional" way to learning a new language. Hone your rudimentary knowledge and fun during the process.

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6 Jungle Plus Price: Rs 4400	3 Chirra Price: Rs 7350	12 Survival Khukuri Price: Rs 6900
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Rapid Fire with Paras Khadka

Paras Khadka is the captain of Nepal Cricket Team. He is immensely talented and a fighter on and off the field. He is eloquent, fiery, and passionate about future of cricket in Nepal.

Text By: Ujeena Rana



How old were you when you first flew in an airplane?

15

Where were you flying to?

UAE

What is the first thing you do when you reach your hotel room?

Check the Internet and the view from the room

What was the last country you visited?

India

Which country do you want to travel next?

Czech Republic, Prague

Who is your favorite travel partner?

My wife

Do you sleep, watch movies, read a book, or listen to songs while travelling?

Watch movies and then doze off

Which book do you want to read next?

Any book that someone recommends to me

Which country do you never get

tired of travelling to?

Australia (always)

What do you normally bring home from travel abroad?

Duty free products

Which place in Nepal do you want to travel next?

Rara

Aisle or window seat?

Aisle always

Any quote you live by?

"If you are honest enough in what you do, good things will eventually happen to you."

What is your favorite football club?

Liverpool Football Club,YNWA

If you could join one of the IPL teams, which one would it be?

Anyone—just draft me in

Which batsman is currently in the form?

Virat Kohli and Ab Devilliers

Which International fielder do you wish was in the national team of Nepal?

Ab Devilliers

Which cricket captain are you most inspired by?

Imran Khan

If you were a superhero, what power would you have?

Power to change the lives of the people

What have you always wanted to do, but never done?

Bungee

What four words describe you?

Honest, Hardworking, Reserved and a Dreamer

What was the latest movie you watched?

Udta Punjab

Instagram or Facebook?

Facebook

Your favorite reality show?

Don't watch them

Who do you call when you are the most depressed?

Talk to myself first and get out of it

Who do you call first when you get happy news?

My wife



Your favorite TV show?

That 70's Show

Which movie character do you absolutely love?

Amir Khan in *Taare Zameen Par*

If you were asked to donate one of your favorite books, which one would that be?

I would never give away my books.

Your current favorite Nepali song?

"Herda Ramro Macchaphucre" by Dharmendra Sewan

Your favorite word?

Like, like what, I mean like where, I mean

What's the song currently on repeat mode on your phone?

"Cheap Thrills" by Sia

Which mobile phone do you carry?

I am an iPhone guy

If you could replace any Talk Show host, who would it be?

Not replace but would love to do the The Ellen Degeneres Show

If a bio-pic was to be made in your life, which actor would best justify the role?

Will Smith

WB

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THE LUXURY STAY

A luxury boutique hotel that is collecting accolades from all fronts.

Text By: Aashiyana Adhikari

Luxury boutique hotels have the power to charm and enchant, as they're intended to provide a more intimate and personalized experience than luxury chains. Against a cool brown hued backdrop, bright contemporary artwork mixed with ancient Tibetan architecture pops at Hotel Shambala, Kathmandu. The contemporary Tibetan Themed boutique hotel offers modern day facilities with Nepalese hospitality.

Walking into the grand 12,000 square feet hotel

as daylight segued into dusk was a true feast for the eyes, with floor-to-ceiling windows revealing Tibetan charm in all its glittering glory and providing the perfect backdrop against the contemporary neutral finishing's that ran throughout. Nestled in the vibrant embassy road, only ten minutes ride from city centre Hotel Shambala is considered one of the best luxury boutique hotels in the city within a very short span. And with resplendent views of the city, it's easy to see why. According to Tseten Tsatultsang, CEO of the hotel, Shambala

was established to provide luxurious hospitality and give their guests an experience that they will take along with them. The 65-room boutique hotel has 3 suites in which two suites are named Songtsan Gampo Tibetan Suite and Bhrikuti Newari Suite. The Songtsan Gampo suite features a separate living room with bathroom and a stand-alone bathtub in the bedroom. The Bhrikuti Newari Suite is inspired by the Emperor Songtsan Gampo's Newari (Nepali) wife, the Bhrikuti, so this suite captures the essence of ancient Nepalese royalty

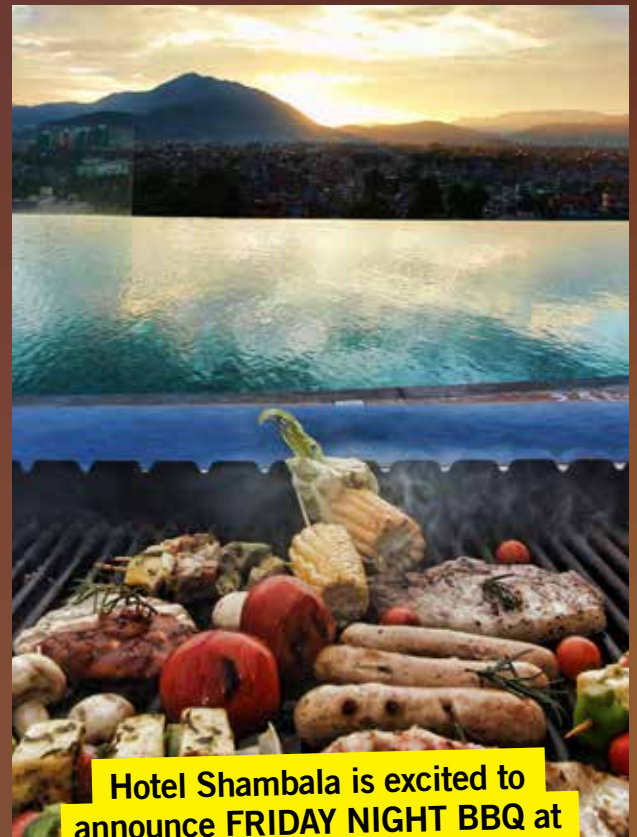
with handcrafted furniture in newari style. The hotel also has executive rooms that have the best views of the city or mountains and on the highest two floors of the hotel. With a choice to dine between a multi-cuisine Erma restaurant and Cloud nine café, Hotel Shambala provides a variety of eateries to one's plate. Erma restaurant and Ara Bar has Indian, Nepali and continental menu which includes a variety of pastas, steaks and sandwiches all prepared fresh in-house. The Cloud nine café located by the roof-top swimming



pool is an ideal place to unwind after a long day in Kathmandu. The café & lounge features indoor and outdoor seating with light meals, finger foods with fresh espresso and cocktails made to order.

The boutique hotel has a swimming pool which is not just an ordinary rooftop pool but it also has an exquisite view of the whole city. The pool and the restaurants are open for the local people as well. The swimming rate of weekdays for adult is Rs 1,245 NETT and for a child below the age of five is Rs 625 NETT. Similarly, the swimming rates during weekends for adult and child is Rs 1,500 NETT and Rs 750 NETT respectively. This is exactly a place to unwind in a hot sunny day. After a long day, nothing beats a good massage so the hotel has

Ayatana Spa which provides head and shoulder massage, Swedish body massage, Ayurvedic massage, steam bath, sauna bath and offers many other facilities. With 2 conference room configurations, with capacity exceeding 80 persons, Hotel Shambala is the perfect venue for small to medium size events. The seating options can be arranged as per the requirement of the conference. The hotel is mainly very much crowded during March-May and September- November. Shambala is currently giving 25 percent summer discount to all its customers and also has schemes like “stay for four days and pay for three.” Besides free Wi-Fi, ample free parking, a restaurant near lobby and excellent room service, the hotel provides a hospitality that one will never forget.



Hotel Shambala is excited to announce FRIDAY NIGHT BBQ at Cloud Nine cafe & Lounge!

The BBQ Menu features arrange of grilled delights prepared specially by Executive Chef Ramjee Dhakal. From American style burgers and hot dogs, to middle eastern shawarma to live pasta station, you can be guaranteed have your appetite for BBQ satisfied!

With great mouth watering food and fine drinks, overlooking in the best views of the city and LIVE entertainment, there isn't a better way to start your weekend! But don't take our word for it, drop in for a bite!

BBQ Fridays will be hosted Every Friday, from 9 September 2016 from 6:30 pm onwards at Cloud Nine Cafe & Lounge by the rooftop infinity swimming pool at Hotel Shambala.

Price: NRs: 1,800 nett (inclusive of 10% Service Charge & 13% VAT)

Day: Every Friday, From 6:30 pm - 9:30pm

Venue: Cloud Nine Cafe & Lounge, Hotel Shambala

Menu: Variety of BBQ meats, Salads, Hot Buffet, Dessert & a complimentary glass of Carlsberg beer/shot of Ruslan Vodka/wine OR juice/soft drink.

For reservations, please call: 4650351, 4650251

INFLIGHT HEALTH TIPS



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 feeling fresh by applying moisturizer.
- Try to avoid heavy meals.
- Moderate your intake of alcohol, tea and coffee a day before your flight.
- Wear comfortable clothing. Try avoiding tight fitted outfit.

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.
- Use moisturizer to hydrate the skin.
- Muscles can become tense during flight resulting in backaches and fatigue. Relax your muscles by gentle stretches or walk up and down the aisle.

HOW TO BEAT JET LAG

Jet Lag is caused when traveling to a destination different time zone without giving the body a time to adjust to the new day and night cycle. The most common symptoms of jet lag are sleeplessness, tiredness, loss of appetite, headaches. There is no cure for jet lag but to minimize the effects, here are few recommendations:

- Getting a good night's rest before your flight.
- Eat light meals at the local meal times.
- Try some light exercise; go for a brisk walk, if you can't sleep 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 person and the distance travelled.
- Avoid caffeinated drinks and alcohol before going to bed.

INFLIGHT EXERCISES

No matter how comfortable the airplane seats are, long-haul flights can be tiresome. Your body faces the brunt because of prolonged sitting in one position for hours during flights. However, we have collected a host of inflight exercises that will keep you fresh and healthy throughout. Chances are you won't feel any discomfort in your body by the time the plane lands. Long hours in the plane will be a headache of the past.

Neck Roll

Keep your head straight. Move your neck in a circle with the right ear tilted towards your shoulder followed by the chin facing your chest. Next, roll the neck so that the left ear moves towards the left shoulder. Roll your head back. Follow both the clockwise and anti-clockwise directions.



and another in the anti-clockwise direction. Repeat the movement.

Shoulder Roll

Keep your body straight. Move only your shoulders in a circular motion—forward and backward. It follows the back-up-forward-down direction. Shoulder roll exercise has the appearance of a shrug.

Wrist Rotation

Sideways arm extension is not plausible during flights. So, put your hands forward. Keep them straight. Make a fist on both hands. Now, rotate the wrists—one in

clockwise and another in anti-clockwise directions. Reverse the process.

Tip-Top and Heels

Keep your feet flat on the ground. Put the weight of the legs on the heels and lift your toes up as far as

possible. Now, feet flat on the ground again. This time, lift your heels up as far as possible.

Ankle Circles

Let your feet up in the air. Circulate one foot in the clockwise direction

Arm Stretches

This is for arm flexibility to reduce the stiffness of the muscles. Bring your right arm up and across the left side by holding it with your left arm. Stretch it. Now reverse the process.

Safety and Service Information



CABIN LUGGAGE (carry-on)

Passenger may carry one item of cabin luggage to place in a closed overhead bin. Cabin luggage shouldn't exceed 7kg. 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 7kg weight limit is required to be checked in before boarding.



ZERO TOLERANCE OF ABUSE

We value courteousness. Any form of threat, verbal abuse of violence towards our staff will be taken seriously. Action will be taken as per the prevailing authorities. We are committed to supporting 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 (such as listed below) at the time of booking and at least 24 hours prior to your flight. Wheelchairs and attendant services Unaccompanied Minors-children aged five to 12 years old



PORTABLE ELECTRONIC DEVICES (PED)

For safety reasons and in line with the Department of Civil Aviation Authority of Nepal guidelines, mobile phones and all PEDs must be switched off and stowed during takeoff, landing and during abnormal or emergency landing. PED such as radio transmitters, walkie-talkies, radio, pagers, electronic toys and any devices with cellular network service must be switched off once the aircraft doors have closed and shall not be used on board during the entire flight.



ENTERTAINMENT

Movies and music are available on all flights.



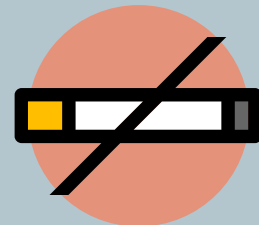
PREGNANT PASSENGER

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



FOOD AND BEVERAGE

We provide vegetarian and non-vegetarian meals. Alcoholic drinks will not be served to passengers aged under 18 years. Consumption of personal alcoholic drink is prohibited. Cabin attendants reserve the right to decline serving alcohol to passengers who appear intoxicated.



NO SMOKING POLICY

Smoking including the use of **Electronic Cigarette** is prohibited on all flights.

Himalaya Airlines conducts 2 non-schedule flights to Colombo, Sri Lanka



Himalaya Airlines had launched 2 non-scheduled direct flights to Colombo, capital of Sri Lanka, on April 12 and May 3, 2016.

With a sole purpose of promoting tourism between Nepal and Sri Lanka, the airline

had offered the alluring round trip fare of NPR 55,000 for business class and NPR 35,000 for economy class and has also tied up with leading outbound tour operators of Nepal to promote this package.

Second Batch of Cabin Crew Training



May 26: Himalaya Airlines opens its official Sales office



Himalaya Airlines inaugurated its corporate sales office at Gairidhara, Kathmandu on May 26, 2016. The inauguration was done by Mr. Vijay Shrestha, Vice President- Administration handing over the first ticket issued for Doha to Mr. Raju K.C., General Manager – Commercial.

May 23: Official announcement of Himalaya Airlines' First Destination- Doha



Himalaya Airlines officially announced its first scheduled destination – Doha, Qatar by hosting a press meet at Hotel Radisson on May 23, 2016. The airline started its first scheduled flight to Doha from May 31, 2016. Commenting during the event Mr. Vijay Shrestha, Vice President-Administration said, “We feel honored to announce that we are starting our first scheduled flight to Doha on May 31st 2016 with a purpose to advance tourism and business amongst Nepal and Qatar and strengthen the relationship between the two nations. With regard to this operation, we commit in providing excellent customer service with a flavor of Nepali Culture.”

May 31: Inaugural Flight to Doha

Himalaya Airlines, a Nepal-China joint venture Airlines, successfully launched its inaugural scheduled flight to Doha, on May 31st 2016, with 158 passengers on board as part of an effort to provide 500,000 Nepalese living and working in Qatar, a convenient route to and from their motherland. The aircraft flew from Tribhuvan International Airport, Kathmandu at 2300 hours (Local Time) and touched down at Hamad International Airport, Doha at 0130 hours (Local Time).



September 20th: Press Meet to announce Himalaya's New Destination

Himalaya Airlines announces its most awaited second destination: Colombo, capital of Sri Lanka as the airline will commence its passenger services on the Kathmandu/Colombo/Kathmandu route with effect from October 1, 2016. The airline will fly its A320-214 (configured with 8 Business Class and 150 Economy class seats) on the new route.

Three flights a week, operating as H9 673, Himalaya will fly every Tuesday, Thursday, Saturday departing from Tribhuvan International Airport, Kathmandu at 1130 hours and will arrive in Bandaranaike International Airport, Colombo at 1515 hours. The return H9 674 departs from Colombo at 1615, arriving Kathmandu at 2015 hours on the same day.



SELECTED HOTELS OF NEPAL

Hotel Annapurna



Contact: 01 4221711

Location: Durbar Marg, Kathmandu
Hotel Annapurna is 50 years old and counting. Over 50 years of perfecting our services to make sure you have a stay to remember.

Crowne Plaza Kathmandu Soaltee



Contact: 4273999

Location: Soaltee Mode, Tahachal, Kathmandu
Just 15 minutes away from the airport, this hotel mixes modern and Nepali architecture and has a tranquil garden to stroll around and enjoy the peace.

Radisson Hotel



Contact: 4411818

Location: Lazimpat, Kathmandu
The Radisson Hotel is an international standard hotel located at Lazimpat, home to the best stores, spas and restaurants around. It is fully facilitated, complete with a rooftop swimming pool.

Gokarna Forest Resort



Contact: 4451212

Location: Thali, Kathmandu

If you wish to get away from the city without travelling too far, opt for this hotel which is located inside the Gokarna Protected Forest. Have nature and comfort right in your backyard.

Ker & Downey Nepal



Contact: 01- 4435686, 01- 4435645

Location: Bhattachan Complex, 2nd Floor, Thirbam Street, Bhatbhateni
Ker & Downey offer lodges located at different trekking trails, it has lodges in 6 prominent trekking areas around Nepal.

Hotel Yak & Yeti



Contact: 4240520

Location: Durbarmarg, Kathmandu

Also located in Durbarmarg, this hotel is built on the premises of an old palace, it still preserves the traditional features. It also includes a travel desk to meet all your travel inquiries.

Yeti Mountain Homes



Contact: 1 4438570 (Kathmandu office)

Location: Everest region Lukla,
Situated on the trekking route in Everest region, Yeti mountain provides indulgent comfort and quality cuisine in the midst of the Himalayas.

Raniban Retreat



Contact: 61-692136

Location: World Peace Pagoda, Pokhara
You can also call this retreat, a Queen's Retreat, located in the secluded hill forest in Pokhara, the boutique hotel offers you an eco friendly environment.

Amadablam Hotel



Contact: 01-4113712

Location: Gaushala

Reasonably priced hotel that is situated conveniently near the airport. It is located centrally with close distance to most of the UNESCO world heritage sites.

MOVIES FOR HIMALAYA AIRLINES



THE MARTIAN

A fierce storm on Mars injures Mark, an astronaut of NASA and presuming he is dead, his crew members leave. Mark has to find a way to survive while he waits to be rescued.



PAN

The origin of Peter Pan and how he came to Neverland.



DRISHYAM

A man tries to save his family from the dark side of the law after they commit an unexpected crime.



HERO

A gangster kidnaps the daughter of the City Chief Police and during the journey they fall in love and the gangster reveals the truth.



HOSTEL RETURNS

This film is a sequel to 2013 film Hostel and is based on the hostel life of civil engineering students.



NAI NABHANNU LA 3

It is a musical journey of a young boy, Rhythm and his bond with the mother.

TV SHOWS FOR HIMALAYA AIRLINES

	GENRE	SERIES	EP	LANGUAGE
The Story of Tea	Documentary			English
Just For Laugh Gags	Comedy	14	7	English
Mundre Ko Ghar Chori	Comedy			Nepali
Iku Chatpate Jokes	Comedy			Nepali



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New Match Perfection Foundation delivers invisible coverage and protection for visibly perfected and fresh-looking skin all day long. With our undetectable coverage no-one will know you're wearing anything at all...even up close.

The advanced wonder-tone technology creates a unique synergy between skin and foundation for a refined, even complexion. What's more the built in moisturising complex leaves skin feeling hydrated for up to 24-hours. Why wouldn't you choose to leave your skin hydrated and protected all day long.

PERFECT your complexion. Say bye, bye to dark circles, enlarged pores & discolourations with Rimmel's Match Perfection foundation that contains light-reflecting & soft focus powders that optically blur imperfections for a luminous, mistake proof & 100% poreless finish.

Finding your perfect skin match is easy. New Match Perfection Foundation comes in an extensive palette of 7 shades ranging from very fair to medium/dark. These are divided into cool, warm & neutral undertones, so selecting a skin-true fit couldn't be simpler.

The elegant Match Perfection bottle has been given a stylish update to reflect the new, improved, skin-friendly formula. Taking inspiration from skin-care, the pack now has an electric blue and bright pink colour code with bold graphics to convey the skin perfecting and moisturising benefits. And the cap and front label both feature a pattern of diminishing dots to signify the pore blurring effect on the skin.

Ncell commits affordability, innovation with new brand identity

Managing Director of Ncell Simon Perkins and CEO South Asia of Axiata Group Dr Hans Wijayasuriya launched the new brand logo amid a function attended by representatives of business community, government agencies, foreign missions, and customers. Axiata is the sole investor in Reynolds Holdings, which holds 80% shares of Ncell. Despite the changes, Ncell continues to remain committed towards affordability and inspiring innovations.

Axiata has been operating for the long-term in South Asia with over 20 years of established presence in Sri Lanka and Bangladesh, as

well as investments in Pakistan and India. Known for its commitment to corporate governance and compliance, Axiata has been on one of the largest taxpayers in the countries where the Group operates.

Ncell, which has been providing services to about 14 million customers in Nepal, has been the largest tax payer of the country. The company has been creating direct and indirect employment opportunities to about 40,000 people. The company has invested Rs 74 billion on building mobile communications infrastructure and has created fixed assets worth Rs 85 billion in the country.

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FLAT IRON GRILL
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Lazimpat, Kathmandu



UTOPIA RESTAURANT
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Ekantaula, Lalitpur



BAAN THAI
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Sri Lanka- The Wonder of Asia

For a small island, Sri Lanka has beautiful and diverse landscapes, wild jungles, deserted beaches, bustling cities and high tea country. The country has so much to offer but here are 5 highlights that we recommend you must see.

Sigiriya is the most-visited attraction in the country — a majestic rock in the middle of hill country. It's home to a World Heritage-listed ancient city, and yes, you can climb to the top! The views up there are sensational.

Galle is another world heritage site, a fascinating small Dutch colonial city, has interesting architecture and 16th-century Galle

Fort. Unawatuna Beach is just few mins walk from the Galle city.

A day trip to the **Kaudulla National Park** for some real adventure. It is home to the majestic creatures, elephants, where they live freely in their natural habitat.

Train traveling in Sri Lanka is both a beautiful and affordable way to see the country, and no trip is more scenic than the

train from Ella to Kandy or the reverse train from Kandy to Ella. You will see green carpet of tea bushes rolling by.

Visiting the **Temple of the Sacred Tooth Relic** is a highlight you shouldn't miss when touring in Sri Lanka. It's home to a tooth of the Buddha, which is kept away from the public eye 11 months out of the year. Travel in August, if you want to see the tooth itself.



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Police Control Room	100
Traffic Police Control Room	103
Fire Fighters	101
Emergency Police Service	4228435
Crime Information	4415748
Child Missing	104
Nepal Electricity Authority	4153164
Blood Bank	4225344
Nepal Red Cross Society	4270650
Tourist Police	4211669, 4211846
Himalayan Rescue Association	4262746
Nepal Red cross Society	4270650
Ambulance Service	4104595
Prepaid Taxi Nepal	4474014/ 4499159
Department of Immigration	4429659/ 4429660

SUDOKU

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HUMOR | SARCASM | LOL

Mosquitoes are like families. Annoying but they carry our blood.

Never hurt that person who is the first person to like your facebook status.

How alarm functions works: It rings loud and wakes up every one in the house. The one of the family members wakes me up.

A man is walking alone in the forest talking to himself. His wife is not there to hear. Is everything he says still wrong?

What's the definition of a diplomat? A person who tells you to go to hell in such a way that you actually look forward to the trip.

What's the definition of a boss? Someone who is early when you are late and late when you are early.

What's the definition of a classic book? A book which people praise, but do not read.

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

A man's definition of wife:
Wonderful Instrument For Entertainment

A woman's definition of wife:
With Idiot For Ever

Be nice to nerds. You may end up working for them.

A woman decided to have her portrait painted. She told the artist, "Paint me with diamond rings, a diamond necklace, emerald bracelets, a ruby broach, and gold Rolex."

"But you are not wearing any of those things," he replied.

"I know," she said. "It's in case I should die before my husband. I'm sure he will remarry right away, and I want his new wife to go crazy looking for the jewellery."

My mother taught me JUSTICE. "One day you'll have kids, and I hope they turn out just like you."

My mother taught me LOGIC. "Because I said so, that's why."

My mother taught me RELIGION. "You better pray that will come out of the carpet."

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