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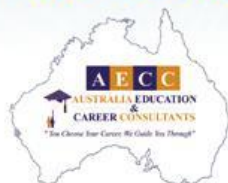
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Editorial

Labour Day: Labouring for change



Ramjee Poudel | Editor
Email: editor@nepalesevoice.com.au

The 125th International Labour Day was observed on 1st of May. The day comes once every year to mark our innate sense of fairness and equality, and our willingness to campaign for work liberalisation. It is the day we celebrate the winding back of the exploitation and oppressive working conditions. It is also a time for us to pay tribute to the efforts of the labour movement which brought the dignified and respectful working environment for us to enjoy at present.

It is a time when workers should be able to celebrate the consolidation of their rights, increased wages and benefits, improved working conditions, and the general progress of the labour movement. Unfortunately, even now, most workers are forced to lament the absence of any such gains. While workers globally observing International May Day, thousands of workers of different sectors are deprived even from their basic human rights. In one hand, many of the countries in the world are reluctant to ratify various conventions of the International Labour Organization (ILO) and UN and in another hand the implementation of existing national and international laws in many countries is very poor.

Political parties, their affiliated organizations, trade unions and labour unions celebrate the day as a landmark for the establishment of their rights. Speeches are made, marches were done, but have we done enough to improve the work place conditions for people around the world, the answer will be no. Even more so from Nepalese perspective. The continuous loss of lives of many Nepalese migrant workers in Qatar is an evidence that International Labour Day might have just been confined to

a mere holiday sans substantive discussions. Whether they are the workers building World Cup stadium in Qatar or the Sherpas that lost their lives climbing Mount Everest last month, there are millions other example where the Nepalese workers' rights are compromised for capital gain. Economic development being undertaken for its own sake rather than to improve the lives of common workers. Therefore, the plight of workers around the world by and large continues as they are still forced to work under appalling conditions with no freedom, equity, security and dignity.

We hope that this year's observation of the International Workers' Day will change the course and strengthen workers to continue our struggle for a better world. We also hope international labour standards will ensure the growth of the global economy provides benefits to all. Level playing field for all the workers around the world is the need of the hour.

Finally, on the occasion of International Labour Day, my thoughts are with those Nepali migrant workers who have lost their lives in foreign countries during work. I would also like to extend my condolences to those who got killed in last month's Everest Avalanche. Hope your sacrifices will help us make better environment for future generations to work in. Happy Labour Day.

"Heaven is blessed with perfect rest but the blessing of earth is toil. Best wishes on Labour Day to all Nepalese around the world"

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Nepalese Voice welcomes Community notices, newsletters, free write ups and feedback including information about errors and suggestions to editor@nepalesevoice.com.au

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NEPALI ACQUISITIONS inaugurated in Moreland City Library



Photo: Mila Creations

Moreland city council has introduced Nepali acquisitions in its library at Coburg attributing to the corresponding needs of the rapidly growing Nepali population around the area. A program was held on 15th of April at Coburg Library to officially mark the opening of Nepali section of the library. As an inaugural collection, five hundred books, periodicals, DVDs and local Nepalese newspapers have been made available for lending. The initiative comes as a result of a year long perseverance of Nepalese Association of Victoria and some community individuals, particularly Solangture's Raju Shakya and local literary Anupam Sayar.

Today's inaugural program was attended by individuals and the representatives of various community organisations. As a chief guest, the Mayor, Councillor of Moreland city council Lambros Tapinos congratulated Nepali community on this important milestone and said the council is proud of the library facilities and what it offers to its residents and is always looking for ways to expand them to tailor the needs of growing multicultural communities. During his speech, Mr Tapinos also revealed a prospective plan to forge Kathmandu as a sister city of Moreland. He said "it's on agenda and we are in talks with the relevant agencies to form a sister city partnership with Kathmandu Municipality".

Chin Tan, Chair of Victorian Multicultural Council praised the Moreland City Council for acting vigilantly on identifying the need of growing Nepalese population around the area. He stressed "this symbolizes, the library is for people from all backgrounds and an initiative such as this reinforces our social cohesiveness." "I would love to see

a Turkish boy pick up a Nepali book", Mr Tan added.

As the chief guest of the program, Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon acknowledged Moreland City Council for their initiative and thanked everyone that has played a part to reach "Nepali Collection" to the fruition. He also expressed his gratitude to Bhutanese Community members for their unparalleled support along the process. Mr Yonzon also touched upon the importance of libraries

in modern world as a unique source of information.

The program was also attended by the President of Nepalese Association of Victoria Mr. Sudhir Shakya, former President Mr. Bom Yonzon and the representatives of Didi Bahini Samaj

Victoria, Dr Sabitra Kafle and Kusum Pokhrel. Nepalese nationals occupy over one percent of total population in Moreland city council and the Nepali collection at Coburg Library is expected to be instrumental in keeping them connected to Nepali language and literature.



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Photo: Mila Creations



Locals elated:

With the establishment of Nepali section in the library, we feel that our attempt of more than a year has finally come to fruition. We conceived this idea when we started "Sahitya Sangeet Jamghat" over a year ago. We have already been running "Mobile Library" during our monthly literature gathering at the Coburg library.

However, having a permanent Nepali section within the council library will give us better accessibility of books. So we will play a very constructive role in the development and the promotion of the Nepali section in Coburg library.

I would like to see the library include books on religion, literature, history, geography and so on. That way we will have better library experience. We should now take this process as an example and follow suit in rest of the state to accommodate scattered Nepali population.

This step is also significant for Nepali authors in getting global exposure. People wanting to do some research on Nepal and Nepali cultures will also benefit from this. Most importantly, new generations of Nepali community now has a focal point for Nepali language and literature.



"Sahitya Sangeet Jamghat" will play a constructive role in its development"

-Anupam Sayar
Local Literary and the Co-ordinator of
Sahitya Sangeet Jamghat



Being a person that is very passionate about Nepali literature, this is the proudest moment for me. We live in Australia and there is always a risk that our future generation forget our language and culture. It's quite appreciable for us that the Moreland City Council recognised Nepali language and agreed to have Nepali language in the library. I have several Nepali books and I can't wait to donate it to the library.

Despite the fact that online reading is slowly taking over the traditional books, I still think conventional way of book reading still has a long way to go. The charm of borrowing a book from library is special. So I hope that many Nepalese living around the area will visit the Coburg library for books. I want to thank people that worked so hard to make this possible. Looking forward to borrowing my first book.



"It's the proudest moment for Nepalese in Victoria."

-Parbati Pahari, Poet/Author



"Conventional book reading still has a long way to go"

-Binod Ghimire, Local Literary

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INTERNATIONAL LABOUR'S DAY SPECIAL



Anjana Regmi

Women's participation in the labour market is significantly changing compared with yesteryears. A combination of changes in gender roles, access to justice, equal opportunities for education, and freedom of mobility is setting platform and creating opportunities for our women to excel in both personal and professional lives. The International Labour Day in itself is a day of recognition and acknowledges those who contribute to the overall prosperity and well-being of an individual, family, community and a nation. Thus, participation of women in the labour market should not be taken for granted either. What defines "work" and which activities should be paid to reflect women's contribution in GDP is debatable. On the same note, it's time we bow our head respectfully for full time homemakers, as I cannot dare discount their efforts in weaving a social fabric. However, this article is solely focusing on women's participation in the labour market. Having said that, it also does not

mean women in other kinds of workplaces from factory floors to the Federal government are not worthy of reportage. For this article I am simply sharing success stories of our hidden treasures in Australia, in their own words, hence please stay with me.

Out of total population of 27.47M in Nepal, total adult literacy rate is 57.2 (65.7 per cent of females) but only 80.4 per cent have joined the labour force (UN Human Development Report, 2013). GDP per capita average annual growth rate of Nepal from 1990-2012 is 2.3 per cent. Population below international poverty line of US\$ 1.25 per day (%) 2007-2011 is 24.8. Simply interpreting these figures show women are no longer subordinate to men; however, facts compared to figures do not always reflect positive changes in many developing nations. In Nepal, women are rarely recognised as a primary breadwinner in many families, improvements on the status of women continues to be a battle. In Australia, irrespective of work

place reforms and Flexi-working hours, women's participation in many areas is still less pronounced. Therefore, what interests me the most is to hear what it's like to cross the ocean to achieve one's dream, coming from one of the world's most underdeveloped countries?

Research shows that since 1945 the most non-English speaking background women who have migrated to Australia have come as dependents of men as wives, daughters and mothers. This is due to the Australian government's immigration programs and policies to assisting entry of males with appropriate skills. In the context of Nepalese, migration of skilled women was low to nil back then, possibly due to the low level of education. Today, this is changing. Saying marketable, skillful and qualified women to enter the labour market is not lacking may not be an exaggeration. In saying this I asked a few women to describe their journeys in Australia and what are the three things they advise to others aspiring to be in their positions?



RASHMI SINGH, BPA (CSU)
Director, Affordable
Shipping Pty Ltd

We, my husband (Bishnu Singh) and I, arrived in Australia in 2009 on a student visa; with lots of dreams and in search of opportunities, but left our daughter (Shuvani) back in Nepal. The fear of upfront tuition fees, work limitations, so called culture and lifestyle got the best of us, but we both promised to achieve our destination together. Luckily we both got our dream jobs in the same company and gathered wealth of experience. Within two years, while on a student visa, we launched our family venture - Affordable Shipping Pty Ltd. Highly ambitious as it may sound, we had NO tangible assets; only IDEAS and STRENGTH and nothing more. Nonetheless, we nailed on marketing strategies.

Life has turned around, today, I am a home based business woman, and I occasionally visit our office that is run by my husband. Fortunately, there is no looking back.

Therefore, for aspiring students, I suggest to:

- concentrate on your studies first - that is what you are here for in the first place
- develop a sense of purpose, so identify your personal strengths
- have faith and work hard - transition as a new student migrant can be tough



Dr SARITA ADHIKARI,
BDS (INDIA)
Dentist, Village Dental
Clinic and Aboriginal
Medical Services

After completing Bachelor of Dentistry from India and working as a full-fledged dentist in Nepal, my journey in Australia began with a marriage and I started from scratch. Balancing newly married life and attempting a registration exam (known to be one of the toughest board exams) kept me on my toes. As the saying goes, I had to sacrifice, give up comfort and convenience to achieve the goal. Successfully completing my clinical ADC examination came with a big price; my beautiful family of three separated to live in two different cities in Australia, and son (Aarav) in Nepal. ADC clinical examination was a mammoth. However, there was no giving up.

My husband, Suman Adhikari is a blessing of my life, whose faith and belief has helped me enjoy work-life balance.

For aspiring skilled migrant, I'd say: plan, define and seriously consider your professional goals - you may need perseverance to bypass hurdles

set goals - goals may only be achieved when you have hope and believe that you can accomplish it and

do not give up - keep trying, even when there seems to be no help at all



**DR BANDITA MAINALI
BHUSAL, PHD (UTS)**
Lecturer, Latrobe
University in Faculty of
Civil Engineering

In 2009, I arrived as a permanent resident in Australia with my small family (husband- Prabin Sharma and son- Utsav Sharma). Subsequently, I commenced a PhD in Civil and Environmental Engineering at University of Technology Sydney (UTS) with the Australian Post Graduate Award. My four year tenure as a PhD student here gave me plenty of opportunities to explore academia; which was a roller coaster ride, but amazingly there are 6 publications on an international academic peer reviewed journals. Meanwhile, we were blessed with our daughter (2002) and I willingly took a 6 months break. During all these years my husband has been my biggest strength who has supported me at every stage, his faith and confidence in me has made me who I am today. I express my gratitude to my parents and in laws who arrived here for a support. Going forward I aim to achieve an excellence in teaching and research. As an early career academic, my suggestions for aspiring academics are to:

- always believe in yourself, never doubt your competencies
- overseas academic and professional qualifications plays a great role, so take pride in sharing the information be optimistic and hit the ground

HAPPY MOTHER'S DAY

Nepalese Voice
Linking Australia to Nepal — Australia

Listening to their stories, I agree and accept there several other factors that may be limiting our participation in a labour market. Nonetheless, I found beauty in telling the untold stories of our modest, humble and silent highfliers who are making us proud of the achievements in their world; women whose journey was not a cake walk, yet never gave up.

"Ladies, if you identify yourself with any of the above then please contact me, I'd love to cover your story."

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ARIES

You will socialize more this month. As the negative battles begin to fizzle out, you are faced with some big career decisions. You are also in the mood for hanging out with local people and you could find some great opportunities for bargain hunting and business dealings. Average month for love and relationships.



TAURUS

Health complications likely to occur. This is not the time for loaning money to friends or engaging in group or Internet based financial transactions, but job related earnings should be strong and moving in a positive direction.



GEMINI

You have spent a lot of time in recent months thinking about what others think and what they want from you. You've also been contemplating what you want, what brings you happiness, and what creates peace of mind. You are ready to make some changes in your life starting with yourself.



CANCER

So much of the drama of the last few months has already begun to drop away. You are ready for a more compassionate, spiritual, intuitive, and forgiving attitude, but you are butting heads with your own or someone else's beliefs about cultural, religious, legal, political, and/or academia.



LEO

As most of the recent professional dramas are fading away, you are now

able to take on more leadership roles, network with colleagues, and sell your ideas to various groups of people. You are finally being heard and can take advantage of the situation.



VIRGO

Much of the drama of the last couple of months is fading away and you are finally able to focus on the things that matter. Your career and finances are benefitting from all of your hard work and effort. And you have some excellent social energy happening within your local community that allows you to have some fun and mingle with good friends.



LIBRA

Most of the drama from the last few months has fizzled out and that leaves you with even more time to focus on professional and financial goals and achievements. You are ready to go on vacation, relocate to another city, begin attending college classes, or in some other way to broaden your horizons and open your mind to new ways of thinking.



SCORPIO

One of the hardest things for Scorpios to deal with is infidelity and trust issues. Unfortunately, this month, you are dealing with suspicions. You could simply be seeing trouble where none exists. The good news is that during the final days of the month, you get an opportunity to launch a new relationship.



SAGITTARIUS

You have some mild work related stress during the first half of the month, but you are able to work

towards achieving your financial and professional goals, so you do not mind too much. During the second half of the month, you start focusing on a romantic, social, or professional partnership. Eventually, the two of you launch a new project together or create a new partnership.



CAPRICORN

The month starts out really rough. Just about everyone you know is ticked off about something. The good news is that things are rapidly turning around during the second half of the month and you are entering into some very productive and smart business energy.



AQUARIUS

Your home life or someone in your private life is clashing with your professional goals, but they are also helping you to find solutions to the various professional issues you have been dealing with over the last few months. So, maybe a parent, roommate, or close family member is complaining about how much of your time and energy all of the drama at work is taking from your ability to focus on home and the family.



PISCES

As all of the battles between your finances, playtime, and social life fizzle out, you should find that your finances are beginning to improve and you are ready to spend time focusing on your home, roommates, parents, a home-based business, home-improvements, and/or private life. You are ready to make a fresh start in this area of your life.

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South Asian Community Link Group(SACLG) AGM held, Dr Raju Adhikari Vice President

The South Asian Community Link Group held its Annual general meeting on 30th March in Melbourne and set its agendas and goals for the next two years. The meeting also elected new executive team. According to which, President Mr. Angpal Singh LLB; Vice President Dr Raju Adhikari; Secretary Dr Manjula O'Connor; Assistant Secretary Mr Parsu Sharma Luta; Treasurer Mr Satinder Chawla; Executive members Mr. Deepak Vinayak; Mr. Farukh Huseein; Mr. Ross Pelligra; Cr Chandran Bhamunisinghe have been elected.

The committee is formed to represent the spirit of SACLG and multiculturalism of Australia.

SACLG was founded in May 2010 with the aims and objectives of bringing the members of South Asian countries or SAARC regions as a group to advocate issues relating to migrants of the South Asian or SAARC countries which include India, Nepal, Pakistan, Bangladesh, Sri Lanka, Bhutan, Maldives, Afghanistan, and Australia is invited as the host country.

SACLG primary aims is to enhance harmony and peace in multicultural Australia by bringing together migrants from different countries

SACLG aims to promote understanding of South Asian cultures in the broader Australian community. Each Member of the Executive represents their country and brings the cultural strength of their community to the table.

SACLG supports other key organizations work in promoting support services for migrants from South Asia.



Nepali helpdesk launched in Adelaide

Nepali Help Line Desk has been set up in Adelaide, Australia to provide required informations to new Nepali migrants in the state.

The desk has come into operation with the support of Nepali Consulate office to SA, Non-Resident Nepali Association South Australia and Nepal Adelaide.com.

The Help Line Desk aims to provide necessary supports to Nepalese who arrive Adelaide in the course of employment and studies. The idea of the help desk was conceived due to series of events where Nepali new comers to

Australia are found to have been fallen victim of informations shortage.

The Help Line team urges all Nepalese to contact it for any kind of support and counseling they need.

The Desk especially offers Nepali new comers an assistance in finding job and accommodation. Contact no for the help desk :

Tel : +61 (08) 833 000 06

Fax : +61 (08) 836 348 03

Email: adelaide@nepal-consulate.net.au

Tel : 0406684569, 0424671528

E-mail : nepaladelaide@gmail.com



Mental health workshop for Nepalese in Sydney

Mental health workshop was held in Sydney's south Rockdale on 30th March as an effort to impart necessary information about mental health issues to Nepalese community members.

The workshop mainly focused on minimizing the mental health problems seen in Nepalese adults. It also dwelt on identifying mental health issues and providing necessary counselling to address the problems.

South East Local Health District, St. George Community Mental Health and Nepal Australia Public Link (ANPL) jointly organized the program. Arna Rathgen from St. George Community Mental Health and registered nurse Srijana Tuladhar imparted basic information about mental health to the participants. More than a dozen representatives of Nepali community organizations attended the workshop facilitated by ANPL chairman Bharat Nepal.

NRN patron MoA Indra Ban, NRN Australia chairman Mahendra Oli, community leader Dr. Narayan Pradhan, Ramji Bista, Shree Napit, Dinesh Pokharel, Hari Lamichanne, Samim Anabar, Chura Belwase, Sharun Tamrakar, journalist Arjunmani Paudel were also present at the event. The meeting also suggested that the similar type of workshop be organised in other parts of Sydney to reach out to broader Nepali communities across the state.

WALK FOR NEPAL AUSTRALIA

WORKING FOR COMMUNITY

To Support NRNA Australia Charity Project
"Pathivara Jestha Nagarik Shradhashram"

25th MAY 2014 | TIME: 8AM - 11AM

START
Cook Park,
Dolls Point NSW

Brighton-Le-Sands
Rockdale NSW

FINISH
Cook Park,
Dolls Point NSW

APPROX 10KM

REGISTRATION FEE
Student: \$75
Individual: \$200
Family: \$250

Organised by
NRNA Australia
NSW State Council Committee

Contact for more information
Bijay Chandel 0402 541 640, Ramesh Pandey 0413 916 934,
Chitra Pooni Belbase 0413 193 351, Mahendra Oli 0403 496 761

MEANINGFUL WALKATHON

Non Residential Nepalese Association Australia and NSW State Council Committee is organising a charity walk "Walk for Nepal" to raise fund for the elderly home "Pathivara Jestha Nagarik Shradhashram" that is being built in eastern Nepal. The program also aims to enhance community harmony and promote multiculturalism in Australia. An approximate ten kilometres circuit will start from Cooks Park Dolls Point at 8:00 Am on 25th of May.

Two Nepali origin students receive Victorian International School Students hall of fame



↑ **Rashi Singh**
Brunswick Secondary College –
Year 12 Global Citizenship Award

← **Tsering Thinley Lama**
Ivanhoe Grammar School –
Year 12 Community Engagement Award

Nepali origin student Rashi Singh and Tsering Thinley Lama were handed Victorian International School Student awards today at Parliament House. Rashi from Brunswick Secondary was given Year 12 Global Citizenship Award, likewise Tsering from Ivanhoe Grammar was conferred with Year 12 Community Engagement Award.

Representing Minister for Education Martin Dixon, Member for Bentleigh, Elizabeth Miller presented certificates to 19 winners and runners-up of the second annual Victorian International School Student Awards.

On the occasion, Ms Miller said the students, including 11 from China and four from Vietnam, represented the hard work of approximately 6,000 international students in Victorian schools.

"The academic results and leadership skills of these all-rounders clearly demonstrate how much we have to gain from welcoming international students to our schools," Ms Miller said.

Winners were chosen from a competitive field of nominees put forward by school principals.

Mr Dixon congratulated the overall winners:

- **Zeqing (Amy) Ji**
Balwyn High School – International School Student of the Year Ambassador Award, Year 12 Academic Excellence Award;
- **Rashi Singh**
Brunswick Secondary College – Year 12 Global Citizenship Award;
- **Tuan Anh Tran**
Westall Secondary College – Year 12 Student Leadership Award;
- **Tsering Thinley Lama**
Ivanhoe Grammar School – Year 12 Community Engagement Award;
- **Giang To**
Highvale Secondary College – Year 12 Arts Achievement Award;
- **Xiaoyun (Jane) Yang**
St Catherine's School – Year 11 Academic Excellence Award;
- **Dongqi Yang**
Wantirna College – Year 11 Student Leadership and Community Engagement Award; and
- **Lingya Zhang**
Koonung Secondary College – Year 11 Sports Achievement Award

Nepalese Association of Northern Territory holds "Art of Living" discourse

Basudev Marahatta, Darwin: Nepalese Association of Northern Territory hosted a discourse on "Positive Way of Living Life" in Darwin Community Arts Building last Sunday. The event also correlated with Buddha Day.

On the occasion, Buddhist monk Bhante Aloke delivered a discourse on life's philosophy based on Buddhism. He referred to sacred Buddhist scripture "Sutra Pitaka" and said compassion and kindness are what makes us human, the supreme beings. Monk Bhante orated how to repress our urges from the wrong doings in life. To conclude the session he satisfied the questions raised by the participants within similar topics.

Bhante Aloke became a monk at the age of twelve. Born in Kathmandu, Nepal, he resided in Sri Lanka for fourteen years and studied Pali, Sanskrit, English and Sinhala languages eventually graduating from University of Colombo in International Relations.

The event was a second consecutive event organised by the NANT, after a mega Nepali New Year event. Prominent personalities from Nepali communities such as MoA Indra ban, Ira Koirala, Daman Koirala and Ishwor Bajracharya were present at the program.



"By bringing cultural and linguistic diversity into our classrooms, international students are helping to build the language and global citizenship skills of their Victorian peers," Mr Dixon said.

"As an educational and economic destination of choice, Victoria's international students are active members of their adopted communities, and many choose to stay in Victoria to study at our world-class universities and create meaningful careers in Victorian businesses."

International students can choose from over 100 specifically-accredited secondary schools, each with different specialist programs and facilities.

In 2013, international student enrolments in government schools increased by 6.4 per cent and in 2014 numbers are forecast to rise by a further 5 per cent.



Nepali Sanchar Radio to set the record of **LONGEST LIVE BROADCAST ON BUDDHA DAY**

NEPALI SANCHAR RADIO AUSTRALIA 24/7 IN ASSOCIATION WITH
LUMBINI KAPILVASTU DAY MOVEMENT PRESENTS

Melbourne, Australia Time

STARTS
13 May 00:00 Mid Night

ENDS:
15 May 1:00 AM

FIRST TIME IN
NEPALESE RADIO HISTORY
WORLD WIDE

**THIS BUDDHA JAYANTI
25 HOURS
BUDDHA SPECIAL**

**PROMOTING NEPAL
AS "BIRTH PLACE OF BUDDHA"**

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Nepali Sanchar Radio Australia is setting a record in community radio history by broadcasting 25 hours nonstop live programs on the occasion of 2558 Buddha Day. The Melbourne based Nepali community radio is raising a bar for itself by breaking its own record of 24hrs broadcast from last year.

With the program, the radio aims to correct the widespread misconceptions about Buddha's birth place Lumbini. Various political party leaders from Nepal, diplomats, scholars, journalist, artists and some foreign guests are expected to participate the 25 hours marathon broadcast. The program is also supported by almost a dozen radio stations from Nepal.

According to the radio, the program will begin at 13th of May midnight till 15th of May 1 AM. Melbourne based Lumbini Kapilvastu Global co-ordinator Mr. Ram Kumar Shrestha has coordinated many prominent personalities from Nepal to take part in this important milestone in Nepali radio's history. Former PM Dr. Baburam Bhattarai, NC leader Deep Kumar Upadhyaya, former minister Hridayash Tripathi, Nepalese ambassador to European Union Ram Mani Pokharel, Nepali ambassador to France Mohan Krishna Shrestha, CPNML leader, Tanka Karki, Former Nepali ambassador to Korea Kamal Prasad Koirala, former Nepali ambassador to Japan, Prof Dr Bishnu Hari Nepal have agreed to participate in the program via telecommunications.

Pramod K. Soni, Director of Nepali Sanchar Radio will run the program.



Charity Dinner For
Project - Pathivara Jetha Nagark Shradhshram
30 May 2014, 6 pm
417 High St, Northcote
Price : \$ 75

Organised by: Supported by: Media Partner:

NRN Australia raising fund for elderly home in Nepal

NRN Australia has intensified its fund raising campaign to build an elderly home in Eastern Nepal of Biratnagar. Various programs are being held across Australia to collect fund for the project "PATHIVARA JESTHA NAGARIK SHRADDHA ASHRAM".

In Victoria, a fund raising dinner is being held on 30th May. Coordinator, and NRN Victoria member Mr Krishna Neupane said "our source of inspiration, our elderly parents and grandparents who loved us unconditionally and involved in building our future career wholeheartedly, deserve the same support, care, love and affection. If we get to do something for them in return our life will be more meaningful."

NRNA Australia and Biratnagar Sub-Metropolis had reached an agreement to build an elderly home in ward number 11 of Biratnagar municipality. Home. NRNA Australia President Mahendra Oli and Chief and Executive Office at Sub-Metropolis have signed the deal on 10 January.

The building will be incepted at the land provided by the Sub-Metropolis. According to the agreement, electricity and water supply will be provided by the Sub-Metropolis whereas NRNA Australia will take all responsibilities of establishing the building and operating the elderly home. Modern recreational centre, library, garden and animal husbandry farm will also be established in the premises.

ONF Victoria elects new executive body

Overseas Nepalese Forum Victoria held its general assembly on 27 April 2014.

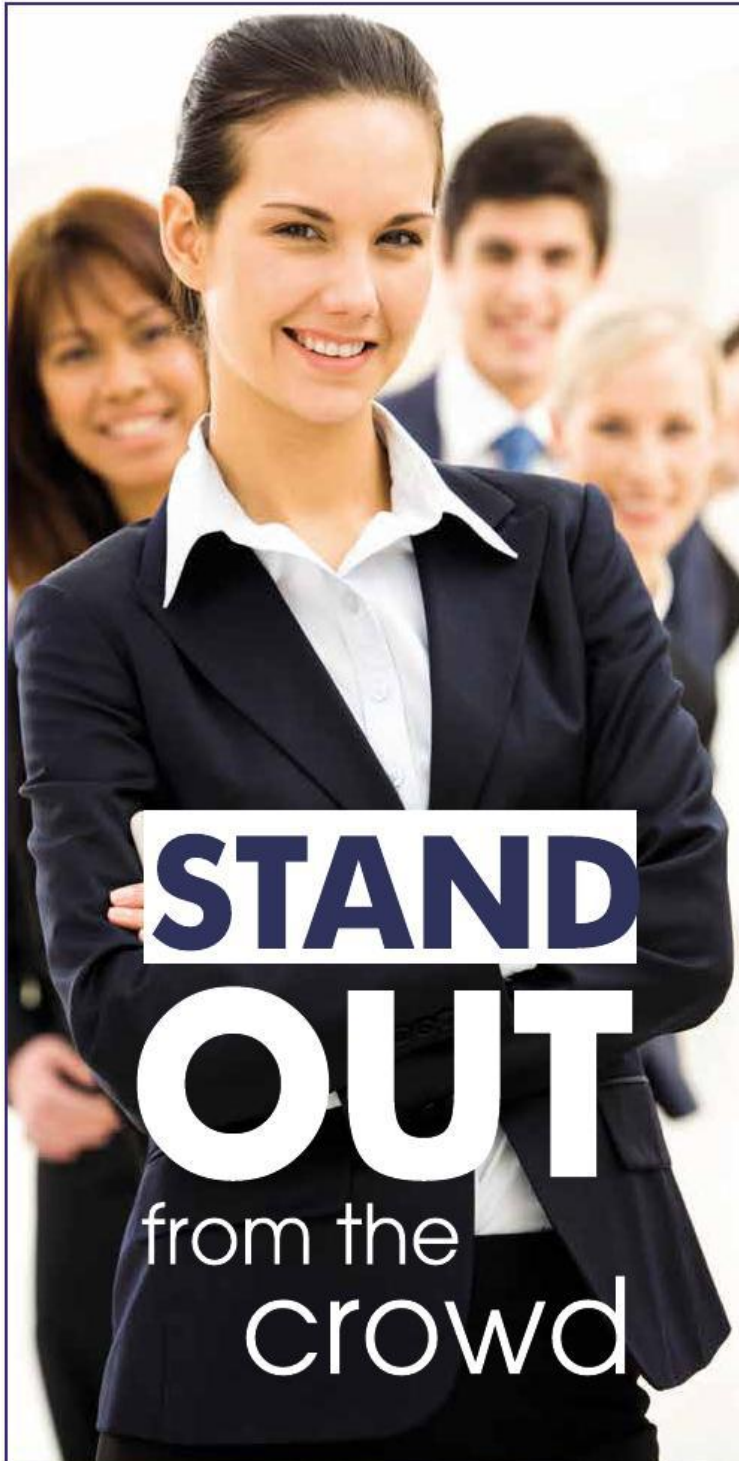
The assembly has elected a 15-member executive committee under the chair of Mahendra Karki. Five more members of the committee are yet to be nominated. The assembly elected Kiran Paudel as vice chairman, Madhav Paudel as secretary, Dinesh Adhikari as Sub-secretary and Om Upreti as Treasurer of the organization. Likewise, the committee also elected Drona Panta, Prabhat Paudel, Arun Shrestha, Rajendra Khanal and Dipesh Adhikari as members. The assembly was chaired by Mahendra

Karki. Dr. Jagadish Timsina who is also the advisor of the Committee, was the chief guest at the program.

Overseas Nepalese Forum Australia first vice chairman and Victoria Co-ordinator Ram Ranabhat, NDF Australia former vice chairman Sindhu Dhungana, seniors Kiran Paudel, Madan Dhungel, Laxmi Nath Adhikari, Rajendra

Khanal, Dron Panta as well as others extended their greetings and put their views about the future prospect and the possibilities of the organisation.





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Australian media covers a Nepali's success story

Far Northern Queensland's media Cairns Post has covered a story of a Nepali student Som Tamang, who despite all adversities received his graduation from James Cook University recently. The coverage has talked about Tamang's personal journey from being a child slave in Nepal to achieving Australian degree in Media design.

Mr Tamang has said to Nepalese Voice that he was humbled by the gesture of Cairns Post.

"Former Nepalese child slave gains university degree from JCU in Cairns"

NO education was harder come by than that of Som Tamang, who donned trencher cap, academic gown and satin hood last week to realise a 20 year dream and create a piece of Nepalese history.

Forced out of school at age 10 to help support his family, the former child slave, street hawker and buffalo herder beamed as he was awarded a Bachelor of Creative Industries (Media Design) at James Cook University's annual graduation in Cairns.

In doing so, he became the first person from his village of Batase to graduate from university.

"One person from a disadvantaged background who achieves higher education is likely not only to reap the benefits of that for themselves, but it will be transformational for generations to come for their community." - JCU Vice-Chancellor Professor Sandra Harding

Had he followed the path expected by his parents, he would have been married by 14, a grandfather in his 20s, and trapped in the cycle of poverty most Nepalese know.

Instead, he arrived in Australia at 18, resurrected his education through TAFE and finally gained entry to James Cook University at 25.

"My dream of wanting to go to university died when I was about 14. That's when I knew my life had to be about supporting my family and letting them learn about the world," says Som.

The 30-year-old has since founded a charity to educate Nepalese children — Friends of Himalayan Children — has established two business and now has

three children of his own. He said he felt liberated after his decades-long academic journey.

"It's like I could breathe — a feeling of freeness and achieving something I never dreamt of," he said.

JCU Vice-Chancellor Professor Sandra Harding said Som's story gave her "goose bumps" and his achievement would impact his family for generations.

"It brings to mind the transformational power of education," Prof Harding said. "One person from a disadvantaged background who achieves higher education is likely not only to reap the benefits of that for themselves, but it will be transformational for generations to come for their community."

Bharat Pokharel becomes only a third Nepali to advocate in Australian apex court

Sydney based Bharat Pokharel has become only the third Nepali to have been eligible to advocate in the supreme court of Australia as a solicitor.

His Master's Degree in Australian Law earned him such academic acclamation making him only a third Nepali after Dr Samsheer Singh Thapa and Bunu Gautam. Pokharel earned the degree from University of Technology, Sydney. With receiving the degree, he is eligible to



advocate at the apex court of New South Wales as well as to further his professional career in law.

Pokharel is a well-known figure in Nepali communities living in Australia for his social engagements. He is the current secretary and former treasurer of NRNA Australia. Before excelling into law he was an accounting professional. Pokharel now also holds a unique portfolio of becoming a first Nepali to have become a solicitor as well as Accounting practitioner at the same time.

He currently runs a business firm Pokharel and Associates that provides counseling services in accounting and migration.

Pokharel was born in Jakhe of Dolkha district of Nepal in 2033 BS. His family migrated to Lalbandi of Sarlahi district when he was one year old then later shifted to Kathmandu when he was 8. He passed SLC from Bhanubhakta Memorial Secondary School, Kathmandu in 2049 BS.

He arrived Australia in 1996 after completing I.Sc. from Kathmandu University.

Nepali communities in Australia has expressed happiness in Pokharel's achievements. Many believe his is the story of self belief and dedication that will inspire many in the community.

Forget Australian PR, farming in Nepal is more satisfying for Srijan

Srijan Pyakurel, from Biratnagar discarded his Australian permanent residency to go back to Nepal and take up farming. Srijan gave up something that he worked hard six years for, starting his own farmland in Tanke-showri, Biratnagar but he has no regrets. Far from his accounting degree that he acquired from University of Southern Queensland, he now toils himself into fish-keeping, goat and cow farming.

He lived in Australia for six years, got married, got his degree but his natural pull was to go back and do something in his own country. An international degree-holder searched a career in a 'less-revered' profession like agricul-

ture, that too in Nepal where there is no adequate infrastructures, resources and government policy for people like Srijan. He said "I wanted to give something back to my country and agriculture was my choice cause I wanted to challenge the traditional thought that it's only for illiterates".

He has invested Rs 20 million in the farming so far where he sees enormous potentials in the days ahead. He has already started to get returns from fish keeping in less than eight months since he began. "I am planning to increase investment," he said. Pyakurel is now a proud Nepali farmer that employees six locals.



Con couple dupes 120 Nepalese by promising job in Australia

More than 120 Nepali nationals have been duped by three fraudsters including two Nepalese. They pocketed large amounts by promising the victims, jobs in an Australian cruise.

The Economic Offences Wing (EOW) of the city police is currently investigating the matter. To make their con look genuine, the accused had taken an office space in a posh Bhandup mall on rent and had even sent the victims for

The job aspirants were told that their flight will take off on April 9 and two days before that they would be given visas. However, when the victims contacted the Bhandup-based office of the company they were shocked to find it locked.

marine training in Kolkata. The unique factor in this case is that although the conspiracy was hatched in Nepal, the

execution took place in Mumbai.

The suspects against whom the First Information Report (FIR) has been registered have been identified as PK Singh, Yuvraj Adhikari and Nirmala Adhikari. According to EOW sources, the Adhikari couple has masterminded the entire fraud. "The couple had placed a bogus advertisement in a local newspaper in Nepal wherein they had claimed that they would provide jobs with lucrative salary in a reputed and international cruise company and the posting would be in Australia," said an EOW officer, requesting anonymity.

He added that after reading the advertisement many people got attracted towards it and contacted Adhikari couple.

The officer said that the couple told the victims that they would be sent for a short marine training in Kolkata and they would have to board flight from Mumbai to Australia once the money transaction and documentation is over. In the month of February, the victims were sent for training in Kolkata and then they were asked to get in touch with one PK Singh, an alleged company



representative of the couple in Mumbai. Singh had rented an office in a posh mall in Bhandup where victims contacted him, police said.

The victims were given bogus documents of the cruise company and over Rs1.50 crore were taken by the accused from 120 victims in cash. The transaction had taken place in March. The job aspirants were told that their flight will take off on April 9 and two days before that they would be given visas. However,

when the victims contacted the Bhandup-based office of the company they were shocked to find it locked.

The officer said that neither Adhikari nor Singh could be contacted after which they lodged police complaint.

According to senior police inspector Prashant Marde from Bhandup police station, they have registered a case of cheating and forgery in this regard and have transferred the case to EOW for further investigation.

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Subin Limbu becomes Miss Nepal-2014

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Releasing in MELBOURNE
27 May
NOVA CINEMA
380 Lygon Street
Carlton, VIC
Time: 6:30PM

'Ritu' for charity

'Brotherhood Nepal' a newly opened event organizing company is releasing Movie "Ritu" in Melbourne in 27 May Tuesday 6.30 pm in Cinema nova.

According to the organiser, the Melbourne screening aims to raise fund for the campaign initiated originally by Sagarmatha Cricket Club and Solangture for the Nepali Cricket team that had performed exceptionally well in recent T20 Cricket World Cup.

'Support Nepali Movie-Support Nepali Cricket' will be the slogan of the event. According to Sudeep Neupane from the organising team, 'Brotherhood Nepal' wants to help develop Nepali cricket with this event by raising fund that might potentially become an encouragement for cricketing aspirants from Nepal.

The event is sponsored by AECC Australia. Ticket booking is open now and ticket price is \$20. The organiser urges all to book the ticket asap to avoid disappointment on the last minute.

Rajesh Hamal to celebrate his 50th in Australia



Superstar Nepali actor Rajesh Hamal is going to celebrate his fifteenth birth day in Australia. A special program is being organised by Nepali touch Australia in Sydney to mark his big 50th. Other artistes such as Anju Panta and Rajesh Payal Rai will also perform their hits.

Evergreen actor Hamal will be fifty on 9th of June. However some believe he is long past his fifties.

The program will be held at Marana Auditorium, Hurstville on 8th of June.

Nepalese in Sydney are desperately waiting to see whether Hamal will bring his 'going to bride' Madhu Bhattarai along with him for his special 50th birthday bash.

'Nai Nabhannu La-2' cashing it in big time

Nepali movie Nai Navannu la-2 has got the extraordinary box office response. The film has cashed in big time as the movie went house full in most of the cinema halls in Nepal and overseas. In Melbourne the movie has two scheduled screening on 3rd and 8th of May. The prequel of this movie was also one the highest grosser in Nepali cinema history. The Melbourne screening right of the movie has secured by Mr Sun Joshi from Smart Access Australia. According to Joshi, he has few different schemes on offer to accommodate maximum number of Nepalese living in Victoria into the movie show.

Nai Na Bhannu La -2 is directed by Bikash Acharya and produced by Australia based producer Dinesh Pokharel.

Child artists Anubhav Regmi and Sugyani Bhattarai are the highlight of the film Nai Nabhannu La 2. Similarly actress Priyanka karki, Suraj Singh Thakuri, Jiwani Luitel, Saroj Khanal, Barsha Siwakoti, Sohrit Manandhar and Sitaram Kattel are featured in other roles.



Amitabh Bachchan launches Indian Film Festival in Melbourne

Bollywood star of the millennium Mr Amitabh Bachchan launched Indian Film Festival in Melbourne on 1st of May. Innovation Minister Louise Asher welcomed Mr Amitabh Bachchan to Victoria for the official opening of the 2014 Indian Film Festival of Melbourne (IFFM).

Thanking Victorian government for recognising Indian art and culture in the form of cinema, Mr Bachchan said "I am delighted to be in Melbourne and it's great to see our cinema connecting two cultures and human values".

Minister Asher congratulated the IFFM organisers for securing Mr Bachchan to open the third annual Festival.

"The Victorian Coalition Government is proud to be again supporting this exciting celebration of Indian film as part of our ongoing commitment to enhancing our two-way relationship with India," Ms Asher said.

"It's an absolute honour to have Mr Bachchan here as our very special guest, just one year after he opened the Cannes Film Festival with his Great Gatsby co-star, Leonardo DiCaprio."

"I strongly encourage all Melbourne-



ans and visitors to our city to make the most of this extraordinary display of Indian cinema over the coming 11 days."

The 2014 IFFM program commenced at HOYTS Melbourne Central with Mr Bachchan introducing the Australian premiere of the fully restored 3D version of one of India's most iconic films, Sholay 3D.

The 11-day festival features a diverse program of film, dance, and master classes with some of sub-continent's most influential film makers and screen practitioners.

A new awards program will recognise outstanding members of India's

"It's an absolute honour to have Mr Bachchan here as our very special guest, just one year after he opened the Cannes Film Festival with his Great Gatsby co-star, Leonardo DiCaprio." - Innovation Minister Louise Asher

vibrant film industry, including Mr Bachchan who will be presented with the inaugural IFFM 'International Screen Icon' award.

After consulting with Melbourne's Indian community, the festival has introduced an exciting new section called New Voices, which will feature six films from first-time filmmakers.

This year's IFFM program features: over 40 films; Australian premieres (more than half the program); films in 20 languages (more than half the program include languages other than Hindi); and five free screenings at Federation Square.

A selection of India's top creative talent – including the director and producer of Pakistan's highest grossing film of all time Waar – will host an industry master class and Q and A sessions.

The Telstra Bollywood Dance Competition in Federation Square will be judged by Malaika Arora Khan, a judge on the highly popular TV show India's Got Talent, while the Western Union short film competition will continue to showcase emerging filmmakers. Nepali movie "Pailaharu" will also be screened at the festival.



Akshaya Kumar in Nepal

Popular Bollywood actor Akshay Kumar landed in Nepal on 2nd May for a shooting of his new film. He will be in Nepal for more than a week for his new movie directed by director Niraj Pandey. Although the name of the movie is not made public yet, this movie is expected to be a big budget action movie with Hollywood action Director Bar Refaeli. Action Director Bar Refaeli has already made his name in the movie industry with big and successful movies like Die Hard-4.0, District B etc. His female counterpart for the movie, Actress Taapsee Pannu is already in Kathmandu since 30th of April and already involved in shooting of the movie. Taapsee Pannu is a South Indian actress who just made an entry in Bollywood through David Dhawan's movie Chasme Badoor few years before. According to the production team of the movie the next shooting destination of the movie would be in Istanbul, Turkey.

The movie shoot in Nepal is expected to expose Nepal to the world and definitely increase the tourism industry of Nepal.



The awesome 3 in Melbourne

After an awesome response to Sangeetk Jatra-2, S-Events and Multimedia is bringing Astha Tamang Maskey, Albatross and Rohit Shakya for a show called Awesome -3. The musical trio, that is hugely popular amongst Nepali youth will rock Melbourne on 18th of May. According to the organiser tickets are already on sale.

Mila Creations creating a stir in event management



Newly established event management company in Melbourne, Mila Creations, has successfully organised the screening of movie "Raghav". The screening was attended by the hall capacity crowd in cinema Nova on 29th of April.

Mila Creations is a team of promising youth that are already creating quite a buzz in event management fraternity. Their creative ways to promote events were shown through in their first venture itself.

"We are really excited with the response we got for our first project. We now plan to go more seriously into event management. We are already working on our next venture, which is likely to be a musical concert" said Panish Manadhar from Mila Creations.

Mila Creations was previously known for its photography and Videography. The company recently stepped into event management.



Cooks and Hairdressers

back to Skilled Migration in South Australia

South Australian State Government recently announced that 18 high demanding occupations including Cooks and Hairdressers are back into the list of their SNOL (State Nomination Occupation List). This means Cooks and Hairdressers with a positive full skill assessment and IELTS 6.0 in each band might be eligible for Skilled Nominated visas such as subclass 190 (Permanent) and 489 (Temporary).

Several years ago, Cooks and Hairdressers were removed from SOL (Skilled Occupation List). These occupations remained in the CSOL (Consolidated Skilled Occupation List), therefore

people still can apply for 457 visa and/or ENS or RSMS. Currently SA, NT and TAS governments are nominating both occupations for subclasses in Australia.

Unfortunately, Nominated pathways requires full skill assessment, therefore people who holds provisional skill assessment or skill assessment for 457 is not eligible for this pathway.

Those people who holds subclass 489 is allowed to remain in Australia maximum 4 years. Within 4 years, if they meet the requirements, they can apply for subclass 887 which is permanent resident visa. Basically, they need to remain in the Sponsored State at least 2

years and work over 35 hours per week for 52 weeks.

When Cooks and Hairdressers were removed from the State Sponsorship lists several years ago, it was devastating for international students studying these trades.

Education providers in the vocational educational sector were also hit hard by the changes. But now there is some good news.

The most recent news is that SA has added Cooks and SA to the State Nominated Occupation Lists. This will be **most beneficial to past students, that have a full skills assessment**, but have not been able to get state sponsorship.

Financial documents from any banks acceptable: Australian Court

Australian Federal Circuit Court has termed the Australian Immigration's rule to accept financial documents from only two Nepali banks Nabil and SBI, unlawful. This comes as the latest development on Australian Immigration's decision to halt the visa application of two thousand Nepalese students saying the financial documents submitted by them were fraudulent.

Before this, Nepalese students were required to provide financial documents from the designated banks as part of their visa application to Australia. After the court's decision, restriction on the matter has lifted. Any financial institutions, as long as they are registered, will be able to provide loan documents to students from now on. However, granting a visa will still remain Immigration's prerogative. The decision comes after Australia based Solicitor Dr. Shamser Thapa filed a case in April last year against the Australian Immigration policy in this regard.

Sydney migration agent jailed for fraud

Migration agent Ms Xiao Ying Wu also known as Amy Wu has been jailed for fraud. She was based in Sydney's Chinatown and pleaded guilty to forging immigration documents and defrauding her clients, who were seeking assistance with visa applications, in order to obtain more than \$80 000.

The Federal Government said that the jailing of a former migration agent for immigration fraud sent a strong message to the industry that fraudulent and illegal behaviour will not be tolerated.

She was sentenced today in the Downing Centre District Court to 21 months' imprisonment, with five months to be served, in relation to two Commonwealth charges of using false documents to obtain benefit.

She also received 18 months' im-

prisonment with five months' minimum term (to be served concurrently) for two charges under the NSW Crimes Act of dishonestly obtaining a financial advantage.

The court also made a reparation order in relation to the Commonwealth charges of \$13 405 and \$18 935 to the respective victims and a compensation order relating to the state charges of \$31 550 and \$10 000 for her victims.

Any individual who provides immigration assistance in Australia must be registered as a migration agent with the Office of the Migration Agents Registration Authority.



People wishing to find out whether an individual is registered as a migration agent can do so by visiting the Office the MARA's website at www.mara.gov.au.

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Nepalese doing time in Thai Jail seek royal pardon

A joint team from the Nepali embassy in Thailand and the Non-Resident Nepalis Association in Thailand (NRNA-Thailand) has learnt about the condition of Nepalis serving jail terms in Thai prisons.

The team comprising Charge d'Affaires at the embassy Dor Nath Aryal, NRNA-Thailand President Khagendra Raj Dhakal and embassy official Hari Bahadur Thapa has learnt about the condition of Nepalis doing time in Thai prisons.

According to Dhakal, the prisoners requested the embassy to take the initiative to seek a royal pardon for them so that they would be able to return to a normal life back in Nepal.

Altogether 70 Nepalis are serving jail terms in various Thai prisons. The team held meetings with Nepalis inmates at Bang Kwang Central Jail and the Central Women's Jail in Thailand on Saturday.

While 21 Nepalis males are in Bang Kwang, nine women are doing time in the Central Women's Jail.

Other Nepalis are in Klong Prem Prison and Chiang Mai Prison. Most of them were arrested on charges of drug smuggling.

According to Dhakal, the inmates whom the joint team met on Saturday requested them to take the initiative to let them serve their remaining jail terms in Nepal itself. They complained that they were facing difficulties due to lack of knowledge of the Thai language.

Altogether 24 countries have reached an agreement with Thailand under which their nationals in Thai prisons can serve the rest of their terms in their own respective countries. Nepalis in Thai prisons can also be taken to Nepal to serve their remaining jail terms once Nepal inks a similar agreement with Thailand.

Dhakal of NRNA-Thailand said most Nepalis in Thai jails seemed to be innocent and illiterate people who had been used by those involved in smuggling

illegal drugs. He said there is a need to organize awareness programs to prevent innocent Nepalis being arrested under such circumstances.



NRNA to provide aid to family of Everest avalanche victims

Non-Resident Nepali Association International Coordination Council (NRNAICC) President Shesh Ghale has announced to provide Rs 1 million to the families of Everest avalanche victims. Mid last month sixteen high altitudes Nepali guides died and three others went missing in an deadly avalanche in the Mt Everest. Six others were injured in the incident. Releasing a statement, NRNA President Ghale also expressed a condolence to the families of deceased. He urged the government to pay adequate attention for avoiding such disaster in the future.



Grand Nepalese Festival to be held in US to promote bilateral trade

Nepal America Welfare Association is all set to organize a grand Nepalese Festival in America in May with a theme 'step globally with Nepalese products'. The festival is going to be held from 24 to 26 May.

Nepal government, Ministry of Finance, Ministry of Commerce, Ministry of Foreign Affairs and Tourism Ministry including Trade Promotion Centre, FNCCI, Industrial Association, Nepal Chamber of Commerce, Nepal Domestic and Small Entrepreneur Association, Nepal Handicraft Association, Nepal Pashmina Association and other will take part at the festival.

In the festival, the trade associations will display their products in various stalls. The festival will give opportunity to Nepali and American entrepreneurs to join hands for business.

The festival is going to be held on the occasion of Republic Day of Nepal and US Memorial Day. The program will be held at DFW airport hotel in Dallas city of Texas, the organizer said. Different 18 committees have been formed to manage the festival so as to make it a grand success.

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Nepali academicians at Oxford University participated in 'Nepal Study Days'



Established and budding researchers and academicians related to Nepal or Nepali cultural world have gathered in the world-renowned Oxford University, UK. They assembled to take part in the 12th Nepal Study Days and share their recent researches on April 24-25.

Nepal Study Days is an annual conference related to Nepal organized by the Britain-Nepal Academic Council (BNAC). Eight of the 12 Nepal Study Days were organized only for one day but in order to meet the growing number of participants, since 2009 it now runs for one extra day.

About 60 academics and researchers attended the program. Overall 20 selected papers on 7 themes, namely: Ghurkhas, Capital and Labour, Gender, Nature and Environment, Tourism,

Health and Diaspora, were presented and discussed for two days.

England, Scotland and Wales, participants from Denmark, Vienna, Nepal, The Netherlands, Germany and Norway are taking part in the program.

Nepal Study Days is organized in different Universities in the UK and this year. The program is hosted in Oxford with the support of School of Anthropology and Museum Ethnography and All Souls College. The conveners of this year's program in Oxford were Professor David Gellner, Dr Krishna Adhikari and Dr Sondra Hausner. The BNAC was established on 23 May 2000 at a large meeting at the School of Oriental and African Studies in London of British academics and researchers interested in various aspects of Nepal.

The objective of the Council is to



promote academic and scholarly links between Britain and Nepal through, inter alia, collaborative research, exchange programmes and organization of annual lectures, and seminars on areas of mutual interest to both British and Nepali academics and researchers.

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Nepali scientist involved in groundbreaking physics research in the US

Nepali scientist Dr Yadav Pandit has been a part of the groundbreaking research team in the US. Pandit is involved in a physics research with other top scientists of the world to find how the subatomic particles that filled the early universe transformed into the ordinary matter of the world.

Pandit, a son of average Nepali family from Pyuthan district has been working to find the landslide change in basic science. Pandit is working with a team of world scientists at the Brookhaven National Laboratory in the US.

After completing his SLC from a government school, he did M.Sc. in Physics from Tribhuvan University in 1996. He was also active in student politics and social work in Nepal. Then he earned Master's degree in Physics from the Kent State University in the USA. He completed Ph.D. in experimental nuclear physics from the Brookhaven National University in 2012.

Earlier, Pandit and his team's discovery has been regarded as the third most

Pandit is involved in a physics research with other top scientists of the world to find how the subatomic particles that filled the early universe transformed into the ordinary matter of the world.



important discovery in nuclear physics after the discovery of Higgs boson also named as God's particle.

Nepali woman bags American award

An American University has awarded a Nepali woman for her contribution on women's empowerment on peace and democracy.

Shova Shrestha, chairperson of Women for Peace and Democracy, a Nepali nongovernmental organization has been honored by a prestigious American award, Arthur E-Hugas Carrier Achievement.

America-based San Diego University has conferred the award amid a program last week.

Shrestha has been supporting the programs on women, politics and peace run by the university for a long time. She has been working in Chitwan, Makawanpur and Sarlahi districts on the same issues.

Speaking at the award distribution program, Shrestha said her organization has been working for increasing women's participation in socio-political sectors by building their capacity.

David Barth, Executive Director of Canada-based Charity World Accord that has been assisting financially and technically to the organization extended views about the program and rewarded Shrestha.



Shova Shrestha, chairperson of Women for Peace and Democracy, a Nepali nongovernmental organization has been honored by a prestigious American award, Arthur E-Hugas Carrier Achievement.

Meeting **FOOD SECURITY** is the topmost priority for South Asia and Sub-saharan Africa



Dr. Jagadish Timsina

Honorary Principal Fellow, University of Melbourne and Consultant to Global Yield Gap Atlas (GYGA) initiative

Scientists from national agricultural research systems, consortium group of international agricultural research (CGIAR) centres, and from global projects related to food security and climate change from over 15 countries from South Asia, Sub-saharan Africa, USA, Netherlands and Australia met and discussed about the food security issues in South Asia and Sub-saharan Africa. This international event, organized by the Global Yield Gap Atlas (GYGA) initiative supported by Bill and Melinda Gates Foundation, USA and commissioned by University of Nebraska-Lincoln, Wageningen University Research and ICRISAT (International Crop Research Institute for Semi-arid Tropics)-Kenya, aims to develop global atlases for yield potential, yield gap and water productivity gap



of major food crops grown in south Asia and Sub-saharan Africa.

Every crop variety has its genetic and climatic yield potential (Yp) while in farmers' field the yield of the same variety (called actual yield, Ya) is much lower than its Yp. The difference between Yp and Ya is yield gap (Yg) which is large and is variable across the districts or regions within a country or across the countries. While genetic Yp can be derived from well-managed field experiments the climatic Yp is estimated from crop growth simulation models only. The challenge for agricultural scientists and researchers is to identify the causes of yield gaps of crop varieties and develop and implement intervention strategies to close the gaps. Once the yield gaps are closed farmers yields, production and income will be increased and food security of poor countries will be improved. This requires specific analysis and specific research and policy agenda for specific countries, says Dr. Jagadish Timsina,

Honorary Principal Fellow, University of Melbourne and Consultant to GYGA initiative, who was one of the delegates representing Bangladesh, Nepal and Australia and delivered a paper during the intensive 2-days (25-26 March) workshop at ILRI (International Livestock Research Institute) campus in Addis Ababa, Ethiopia, followed by one day (27 March) field visit to examine the crops and cropping systems in farmers' fields in Amhara region of Ethiopia.

Delegates from the participating countries presented the Yp and Yg results from their countries. Since crop variety Yp is determined by climatic factors but Ya is a result of biophysical and socio-economic factors, the results from various participating countries required quite a bit of discussion and clarifications. At the end of intensive 2 days of deliberations and discussions, delegates agreed on outcomes and achievements so far and developed a work plan for the next 12

months. On the third day, delegates visited the "Africa Rising" project site in Amhara region located about 150 km from Addis Ababa. This project is funded by USAID for research on sustainable intensification in west, east and southern Africa and in Ethiopian highlands. While we visited some representative crop trials and irrigation are-

cated to that region so that research could attempt to close the gap between Yp and Ya. In contrast, if there is low Yg of rice in another region then perhaps funds could be allocated for research to increase Yp itself or the country could allocate the resources for research to close Yg of other crops in that region. However, many other factors need to



Scientists from national agricultural research systems, consortium group of international agricultural research (CGIAR) centres, and from global projects related to food security and climate change from over 15 countries from South Asia, Sub-saharan Africa, USA, Netherlands and Australia met and discussed about the food security issues in South Asia and Sub-saharan Africa.



as and interacted with participating farmers and extension workers in the project, I was particularly amazed by the excellent road network across the country, decent airport and airport services, and beautiful natural landscape with mountains and hills that Ethiopia has, says Dr. Timsina. If Ethiopia can construct such nice wider roads and maintain them adequately in mountains and hills why not Nepal can do the same in its mountains and hills, Dr. Timsina keeps on thinking...

The GYGA initiative started 2 years ago and aims to finalise the atlases by March 2015. Once these atlases will be prepared they will be useful for policy makers of various countries to allocate the funds for research and extension of crop commodities to various zones and regions of those countries. For example, if there is high Yg of rice in a region then funds could be allo-

be considered. Most countries of South Asia and Sub-saharan Africa have a problem of increasing population growth rate every year with great challenge of feeding their population. Thus the information on Yg and its analysis will be extremely useful to address the food security issues and meet food demand of these countries. Such yield gap analyses and atlases will be highly useful for agricultural researchers and extension workers in Nepal as a benchmark for prioritizing the research and extension agenda and targeting the research sites and developing extension strategies, and will be useful for policy makers for allocating funds to specific regions for research and extension and for expansion of areas under crops of interest. These all will be necessary to close the yield gaps of various crops, address food security issues and meet food demand of the country, says Dr. Timsina.

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PERSONALITY OF THE MONTH

MADHU MARASINI

Senior Nepalese government official and
Australia Awards alumnus

In 2004, Nepali citizen and Australia Awards scholar Madhu Marasini, graduated from the Australian National University (ANU) with a Masters of International and Development Economics. A decade later, Madhu is now Chief/Joint Secretary International Economic Cooperation Coordination Division of the Ministry of Finance in Nepal, leading the direction of foreign aid to finance development projects in Nepal's prioritised sectors. He also continues to promote the benefits of the Australia Awards and, in his role as a high-achieving alumnus, recently participated in the selection of 39 Nepali Australia Awardees for the 2014 intake.

The benefits of Australian Government scholarships in supporting the development priorities of countries through educational opportunities have been acknowledged by Mr Marasini, who has said that, "the Australia Awards have changed my thinking and improved my confidence level. This opportunity was an eye opener too. I hope future scholarships to Nepal will help create a good pool of talent in Nepal, and develop people who can really contribute to the economic development of this country." Following on from this comment, Mr Marasini was kind enough to spend some time answering questions related to his time as an awardee, which are shared below.

What are the achievements you are most proud of so far?

I have institutionalised the Aid Management Platform (AMP) in the Ministry of Finance, which is now a public portal on aid data in Nepal. Today, anyone living in any corner of the world can access Nepal's aid information



from their own home. This will not only help enhance aid transparency but also assists in augmenting aid effectiveness. Nepal's AMP now has become an exemplary tool. Many aid recipient countries have been visiting Nepal to learn from our experience.

Likewise, when I was working for the Inland Revenue Department, I worked to introduce the Value Added Tax (VAT) system in Nepal for the first time. I am happy to see that now the VAT is one of the major sources of revenue for the Government of Nepal. The VAT system, as well as my work establishing the Anti-Money Laundering Department, has paved a stronger way for tax reform in Nepal.

What do you think are the main development priorities for Nepal, and what changes would you like to see in Nepal in the next decade?

Nepal's infrastructure has room to grow. Building infrastructures of power and roads are critically important. Economic growth cannot be achieved, and employment cannot be generated, without the availability of electricity and road connection. Nepal should focus on utilising its abundant water resources to produce electricity and boost export. Tourism is another sector, where we have the comparative advantages too. Similarly, as over 70% of the population still live in farming communities, enhancing agricultural productivity and promoting commercialisation of agriculture is another critical priority.

Thinking back to your time as an Australia Awardee, what did you gain from your experience in Australia?

I gained self-confidence, an understanding of multicultural values and expanded my contacts and networks. I have been able to apply the knowledge and skills that I had learned at ANU to my job. The teachers were superbly helpful, and the Aussie people were very

friendly. After finishing my Masters at ANU I gained a promotion to the joint secretary level of the Government. That is just one step behind becoming a Secretary of the Government of Nepal.

What kind of friendships and professional connections have you maintained since your return to Nepal, and how have these benefited you?

I am in constant touch with friends from other countries who have been working in the ministries of finances, foreign affairs and other multilateral and bilateral development organisations such as Asian Development Bank, the World Bank and DFAT. We exchange views from time to time on the issues related to economic and social development in our respective countries and at the global level too. I have also been maintaining regular contact with some of my professors from ANU. Their emails encourage me to take challenges and apply new knowledge into my work.

Source: Australia Awards

**Nepal Festival 2014 Logo unveiled**
Sankalpa's design wins competition as well as hearts

A logo of Nepal festival 2014 Australia has been unveiled. Melbourne based photographer/designer Sankalpa Luitel's design has been selected as the winning logo for the upcoming festival.

NRN Australia had conducted the logo competition with the cash prize of hundred dollars for the winner. After the team consultation Sankalpa's design that amalgamates Nepali flag, Nepali national anthem, Lord Buddha and Mount Everest artistically, not only won the competition but also a lot of admirations. Nepal festival which is scheduled for November this year in Melbourne and other states is expected to promote Nepal's culture and tourism in Australia.



NSW and Victorian Governments unite to oppose change to federal racial vilification laws

The NSW and Victorian Governments has announced they had lodged formal submissions opposing changes to the protections against racial vilification contained in the Federal Racial Discrimination Act 1975.

Victorian Minister for Multicultural Affairs and Citizenship Matthew Guy and NSW Minister for Citizenship and Communities Victor Dominello said: "We consider it vital that the Commonwealth does not weaken protections in place against racial vilification."

"The proposed changes threaten the social cohesion and well-being of not just our states' culturally and religiously diverse communities, but also the wider Australian community. "We support the protections currently in place under the Federal Racial Discrimination Act and emphasise the practical and symbolic importance of these protections – particularly for our Aboriginal, multicultur-

al and multi-faith communities.

"Successive NSW and Victorian Governments have worked hard to foster socially inclusive and cohesive communities.

"This is the basis for the Victorian Equal Opportunity Act 2010 and Racial and Religious Tolerance Act 2001 and the NSW Anti-Discrimination Act 1977.

"Unlike the Commonwealth laws, the NSW and Victorian statutes also include criminal prohibitions for serious racial vilification."

"Vilification on the grounds of race or religion is always wrong and we should never allow it to be sanctioned, whether intentionally or otherwise."

The Federal Government's Exposure Draft on the Freedom of Speech (Repeal of s.18C) Bill 2014 was released on 25 March and public submissions closed on 30th of April.

Victorian Minister for Multicultural Affairs and Citizenship Matthew Guy and NSW Minister for Citizenship and Communities Victor Dominello said: "We consider it vital that the Commonwealth does not weaken protections in place against racial vilification."



AFL launches the inaugural AFL NESB Focus Groups

By: Darpan Mittal

On 29 April 2014, the AFL launched the inaugural AFL NESB Focus Groups. The first of three sessions in 2014 was conducted in Melbourne at AFL Headquarters and, attended by 25 key multicultural community leaders from African, Chinese, Indian and Middle Eastern backgrounds.

AFL Head of Diversity Jason Mifsud said the AFL NESB Focus Groups have been formed to ensure cultural insights are captured from people of non-English speaking backgrounds to enrich the

future plans of the Australia Post AFL Multicultural program.

"We believe that the AFL Focus Group is pivotal to the growth of our diversity and international programs and we would like to thank all members of the group for contributing their time and ideas to enrich and develop our programs and to ensure a positive outcome for participants and the community.

"The first session was very well attended and we had some fantastic discussions and exciting ideas put forward.

"It is important that people from



non-English speaking backgrounds are engaged by the AFL to provide input into targeted multicultural strategies. This will ensure that any plans and investments are informed by appropriate cultural insights and expertise."

The targeted priority NESB communities include: African, Chinese, Indian and Middle Eastern.

Prominent members of Victorian Indian community such as Vinay Sharma (Chair – Indian Executive Club, Rashi Kapoor – Miss India Melbourne 2013, Dr Manjula O'Connor (ACHRH), Manpreet Singh Kaur (SBS Punjabi), Savita Soni (SBS Hindi) and few others also attended the inaugural session and provided cultural insights on behalf of Indian community.

Also present at the session was AFL's Multicultural Programs Coordinator – Mr Kashif Bouns. After appointment of Kashif in the AFL, the exposure of AFL has considerably improved in Victoria's multicultural communities.

Rashi was the youngest member of the Focus Group, and provided some

interesting inputs regarding what the young migrants feel about AFL.

"It is important that people from non-English speaking backgrounds are engaged by the AFL to provide input into targeted multicultural strategies. This will ensure that any plans and investments are informed by appropriate cultural insights and expertise."



ANPL organising Mental health workshop in Melbourne

Australia Nepal Public Link is organising a workshop "Understanding Mental Illness and supporting people and family members with Mental Illness workshop" to address the mental health issues especially in the community seniors.

The workshop in Melbourne is being co-ordinated by ANPL executive member Mr Nirajan Gauli. Issuing a statement Mr Gauli has said that mental health issues are often stigmatised in Nepalese community and cultural context. It's about time that we acknowledge it and embrace it.

This introductory workshop is aimed at Nepalese community leaders in order to provide better understanding of mental illness and also strengthen the skills and knowledge of participants to offer support to people, friends and family members with mental health concerns.

NINFA to hold debate contest in Australia

Nepalese Indigenous Nationalities Forum Australia (NINFA) is set to organize a debate contest in Australia.

The theme of the contest is 'how to make Australia a non-partial, strong and amiable multicultural society'.

The competition will be held on 25th may at Senior Citizen Center of 66 Prices Highway Canterbury. Nepali origin people over 16 will participate in the contest, organizer said. Any aspirants can register their names for the competition paying AUS 10 by 16 May.

NINFA chairman Ganesh Tamang said the debate contest has been organizing with an association of Community Relation, Canterbury City Council, Metro Migration Resource Centre and CDO.

Mental health workshop in Melbourne

The program is scheduled to be held on Sunday 25 May 2014 from 1 pm to 4 pm at Nepalese Consulate office - level 7, 28-32 Elizabeth Street Melbourne.

RSVP by 20 may, 2014 to (Nirajan Gauli - 0424399883) or at info@anpl.org.au



'HOW TO MAKE AUSTRALIA A NON-PARTIAL, STRONG AND AMIABLE MULTICULTURAL SOCIETY'

The competition will be held on 25th may at Senior Citizen Center of 66 Prices Highway Canterbury. Nepali origin people over 16 will participate in the contest, organizer said. Any aspirants can register their names for the competition paying AUS 10 by 16 May.

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Nepalese New Year Program concluded with new hopes & aspirations

Nepalese Association of Victoria (NAV) organised the New Year 2071: Meet & Greet program in Melbourne on Sunday 27th of April 2014 to celebrate Nepalese New Year 2071. The program was an opportunity to exchange New Year greetings with the Nepalese Community and the leaders & members of other communities and organisations and to meet the new NAV team to the community.

The program was attended by the guests Chairman of the Victoria Multi-cultural Commission (VMC) Mr. Chin Tan, Assistant Commissioner of Victoria Police Mr. Andrew Crisp, Superintendent Mr. Mick Hermans, President of the Non Resident Nepalese Association (NRNA) Mr. Shesh Ghale and the CEO of Australian Vietnamese Women Association (AVWA) Ms Cam Nguyen. The past presidents of NAV and the leaders of the various ethnic Nepalese communities were among the special guests.

NAV President Mr. Sudhir Shakya presented the programs and activities of NAV for 2014. He also announced the appointment of NAV advisors to assist the Executive Committee. In his presentation he pledged that all events and activities that will be organised by the NAV team will be driven by an objective to maintain social harmony in the community through collaboration, inclusiveness and engagement.

laborative and harmonious Nepalese community in Victoria", he said. Speaking at the occasion Chief guest Chairman of the Victoria Multi-cultural Commission (VMC) Mr. Chin Tan commended on the commitment and the openness of the



Opening the program, the two young children, Breejanaa & Biraj, read out the New Year felicitation greetings in Nepalese and English on behalf of the NAV. President Mr. Sudhir Shakya welcomed all the guests to the New Year program and thanks everyone for their attendance to the program which is the first official event organised by the new committee. "Your participation is an encouragement for us and it gives us an enormous confidence in our objective and effort to maintain a united, col-

Nepalese community to embrace and promote the multiculturalism and diversity in this state. President of the Non Resident Nepalese Association (NRNA) Mr. Shesh Ghale congratulated NAV and expressed his great pleasure to see Nepalese community organisations bringing professionalism in their activities and organising programs. He also highlight that the Nepal Festival 2014, which is being organised by the Victorian State Coordination Committee of NRNA Australia on 1&2nd of November 2014

in association with NAV and other community organisations, will live up to its theme Enrich Culture-Enrich Life and welcomed everyone to get behind this grand community festival.

In the program the new Executive Committee Members of NAV were formally introduced to the Community. NAV President Mr. Sudhir Shakya presented the programs and activities of NAV for 2014. He also announced the appointment of NAV advisors to assist the Executive Committee. In his presentation he pledged that all events and activities that will be organised by the NAV team will be driven by an objective to maintain social harmony in the community through collaboration, inclusiveness and engagement.

NAV honoured all its Past Presidents for their leadership and contribution in the Association by presenting a Token of Appreciation. Similarly Mr. Andrew Crisp of

Victoria Police, accompanied by immediate Past President Mr. Bom Yonzon, gave away Certificate of Appreciation to the outgoing committee members

of NAV (from 2011-2014) in recognition of their support and involvement in the committee.

During the program, executive Committee Member Mrs. Kusum Pokharel delivered New Year Messages from the Deputy Prime Minister of Nepal Mr. Prakash Man Singh, Nepalese Ambassador to Australia His Excellency Mr. Rudra Kumar Nepal and the Honorary Consul General of Nepal to Victoria Mr. Chandra Yonzon. NAV Vice President Surendra Sedai presented Certificate of Appreciation to the sponsors of the New Year program which included Kandel Consultant, Nepal Dining Room, Valley Spices, Sunrise Indian Restaurant, DarkAnzyl Boutique and SK Nepali Translation. The program concluded with the vote of thanks by Executive Committee Member Mr. Sunil Bhandari who thanked all the guests, participants, sponsors, volunteers and the media for making this program a success.

NAV Meet and Greet program was a special occasion for the Nepalese community to welcome New Year 2071 together, with renewed hopes and aspirations. The program was attended by 151 people.



HAPPY NEW YEAR 2071



'Nepal Day' held in New Zealand

'Nepal Day' has been celebrated in New Zealand With to promote tourism of Nepal through introducing Nepali arts and culture.

New Zealand Nepal, an organization formed by Nepali people living in New Zealand celebrated Nepali day on the occasion of New Year 2071.

Santosh Bhandari, chairperson of the organization, said the event aimed to promote Nepal and its culture. More than 500 people participated at the function where they also received information about the famous tourist destinations of Nepal.

Representatives of New Zealand government, political party leaders and representatives of Nepali community were present at the function.

Nepali cultural dance and music were performed and several stalls were set up to display Nepali handicraft and Nepali cuisine.

The program was supported by New Zealand government, Nepal Tourism Board and Nepali embassy to New Zealand.

SBS Radio celebrates Nepali New Year

Multilingual radio SBS celebrated Nepali New Year 2071 with Nepalese community in Sydney.

Representatives of Nepali community, Radio officials, director as well as other staffs celebrated Nepali New Year organizing a special program. Nepali cultural dances, music including Lakhe Naach, Jhakri Naach as well as other performance were the main attraction of the program.

Nepali program host Rajeev Aryal of SBS radio hosted the program. Indra Ban, Dr. Narayan Pradhan from Nepali community, Non-Resident NRN ICC spokesperson Mana KC including Shree Napit, Bishnu Hamal and media personalities Bhimsen Sapkota, Sujit Sigdel, Rishi Acharya were present at the program.

Similarly, Mandy Wicks, director of the SBS Radio, and Audette Exel, executive director said that the radio has increased programs targeting Nepalese people as the population of Nepali community is on the rise in Australia.

SBS radio has been broadcasting various Nepali programs for a while now.



Nepalese living in Perth celebrate Nepali New Year 2071

A cultural and musical program was held in Perth, Australia to welcome Nepali New Year 2071.

Nepalese living in Perth welcomed the New Year swinging in music and exchanging New Year greetings among each other.

Nepali Association of Western Australia organized the program in association with Gorkha Television, Everest Nepalese Restura, Gorkhas Nepalese Restura, Himali Gorkha Restura and Lottery West.

The program was held at Vasto Club Hall of Balkata city.

A number of Australian dignitaries were also present at the event. They applauded Nepal and its people remembering Nepal as the country of Lord Buddha and Mount Everest.

Football and cricket players associated with Australian Asian Association and Nepali students who recently received PhD degree from various Australian universities were also honoured at the program.



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Persistence Pays

We all have set certain goals for ourselves in life. In the process of achieving those goals sometimes the going gets so tough that one might just want to take the easiest route and say 'quits.' However, remember, persistence is the key to success. We all have our bad hair days. And there are days, when we just feel like not doing anything and probably call it quits. But is there a way to beat this feeling of losing purpose in life? It's time to look at life differently and change the situation.

Getting out of your comfort zone

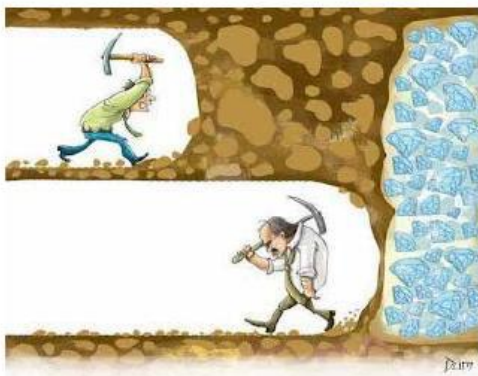
We are all creatures of habits and we feel comfortable that way. But to live life and face its challenges, one needs to come out of the comfort zone. To push your creative boundaries, you need to challenge yourself and do some 'out of the box' thinking. If you can accept that things will get tough and life will not be always a cakewalk, then you will push yourself to do things out of your comfort zone.

Persistence the key

There are times you might just want to take the easiest route and say 'quits.' However, remember, persistent is the winning button you have to press consistently to reach your goal. As said Winston Churchill, "If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time - a tremendous whack." Stay true to your goals and keep on trying.



- By Bisham Thakuri



Be Happy

Life is not always rosy but then as they say, you are not the only one who is having a tough ride. So, look beyond temporary setbacks. Count your blessings. And celebrate life and spread happiness around you. And remember, even if you are having a tough time, the solution lies in being pro-active.

We all have our bad hair days. And there are days, when we just feel like not doing anything and probably call it quits. But is there a way to beat this feeling of losing purpose in life? It's time to look at life differently and change the situation.

Men in 'healthy' countries have eyes for beauty!

All the pretty women out there, if wooing a man is what is in your mind, move on to a country where conditions are not that harsh as feminine charm sweeps men living in countries with 'healthy' conditions.

A study has found that men living in unhealthy conditions are less attracted to pretty faces than their counterparts living in healthy conditions.

For example, a man living in Nepal or Nigeria finds a woman with large eyes, full lips and a soft jaw not as appealing as a man in Japan or Australia may find her.

"In harsh conditions, men may have a better chance of fathering children who survive if they mate with a woman who can hold on to resources," said Urszula Marcinkowska, a doctoral candidate at University of Turku

in Finland. "It might pay off for men in hard conditions to develop a preference for women who are not very highly feminine, because feminine women are perceived to be less socially dominant," Marcinkowska was quoted as saying.

For the study, researchers recruited 1,972 heterosexual men online from 28 countries and presented them with photos of women altered to look more or less feminine.

The study appeared in the journal *Biology Letters*.



Obsessed with selfies? You might need help

We see people taking selfies everywhere nowadays. Its kind of a fashion for someone to have clicked at themselves randomly. A study has shown that obsession with selfies might be related to one's medical condition. Taking lots of selfies is not an addiction but a symptom of Body Dysmorphic Disorder (BDD), psychologists warn.

"Two out of three of all the patients who come to see me with Body Dysmorphic Disorder (BDD) since the rise of camera phones have a compulsion to repeatedly take and post selfies on social media sites," explained David Veale, a consultant psychiatrist at The Priory Hospital, London.

In a first such study, experts have linked selfies with mental illness and have suggested that people regularly searching for the perfect angle from which to portray themselves could in some cases be ill.



"Taking selfies is not an addiction - it is a BDD symptom that involves checking one's appearance," Veale was quoted as saying in a Sunday Mirror report.

Selfie fans with BDD can spend hours trying to take pictures that do not show any defects or flaws in their appearance, which they are very aware of but which might be unnoticeable to others.

Often, people who take selfies take several photographs until they find their best angle or pose, but picking out small details can make people very self-conscious about the tiniest of 'flaws', the report added.

Impress your Mother-in-law this Mothers Day

Mother-in-laws are mostly perceived as monster-in-law. But there are things you can do to have your mother-in-law become a mom. Here are some simple steps that can help you develop a great rapport with her.

Study her: Ask your husband for the issues that she may be touchy about. You may not know about family feuds and other such issues so don't give your opinion before you know all the details. Also, get to know what she likes. If she loves 'Sasu-Buhari' serials then try and talk to her about it. It may be the ice-breaker that may lead to a great relationship with her.

Gifts are always good: Won't you love it if guests come to your house with a gift in his/her hand. Similarly, your mother-in-law will appreciate your love for her a great deal more if you take some gifts for her every now and then.

Dress well: If you are out to impress, don't go dressed in clothes that are not ironed and hair that's not brushed properly. And skimpy clothes are a strict no-no. Similarly, it would do you good to not reveal the tattoo on your spine during your first meeting.



Let go of competition: Accept the fact that a mother is bound to be possessive about her son. So, don't try and tell her how to cook for him. Even if your husband prefers your cooking to hers, don't point it out to her. Give her compliments about her culinary skills and even take recipes from her. A little flattery doesn't hurt, does it?

Be polite: If you can't be overtly nice, then at least be polite. Don't overrule what she has to say. Also, don't get into an argument or debate with her during your first meeting.

Keep in touch: To make sure that you communicate well with your mom-in-law call her at frequent intervals. Don't wait for her to call you. She will appreciate the fact that you keep in touch over the phone even when you can't be around.

Seek advice: Regardless of whether or not you plan to take it, take their advice. Your spouse's parents will be glad to feel that they still have some influence on their child's life.

Present a united front: Even if you have certain issues with your

If you can't be overtly nice, then at least be polite. Don't overrule what she has to say. Also, don't get into an argument or debate with her during your first meeting.

mom-in-law, don't wash the dirty linen in public. When you are attending a family event make sure that you don't pass snide remarks or discuss your differences in public.

Treat your spouse well in front of them: Parents are obviously very possessive about their kids, and the best way to earn their respect is to treat their child well.

Don't over do, just relax: The most important thing is to not get too nervous, your mother-in-law is bound to be as nervous about meeting you. Secondly, learn to forgive and forget. This simple rule will make your life a lot easier.

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Email: mahendra_21@gmail.com or call Nepalese Voice
- A 25 years old Nepali boy from Melbourne is looking for a Nepali girl in her early 20s for a serious relationship. Call/Text: 0423737238

2014 NAV Badminton Tournament concluded successfully



The 4th Annual Victorian Badminton tournament hosted by the Nepalese Association of Victoria in collaboration with Eastern Warriors concluded with grand success. The two-day Badminton tournament, organized with the purpose of encouraging youth to play sports and to bring together the Nepalese community, was held at Vermont South Sports Link.

The tournament held on 12th and 13th of April this year had Singles, Doubles and Mixed Doubles disciplines. The competition had over 70 enthusiastic participants over 40 and under 14 years of age. In Men's singles category Gum Gurung won the Men's Singles Final after a neck-to-neck competition with the defending champion Jiwan Gurung. In the Over 40 Men's Single Sunil Bhandari won the final against Suman Shrestha. In the Women's Singles category first position was held by Ayesha Pokharel. In the women's double, sisters Arya and Ayesha Pokharel took the honours. The full results of the tournament is listed below:

Tournament Coordinator Mr Jog



POSITION CATEGORY PLAYER

- **1st Men's Over 40 Singles Sunil Bhandari**
2nd Men's O40 Singles Suman Shrestha
3rd Men's O40 Singles Narendra Shrestha
- **1st Men's Over 40 Doubles Madhu Pokhrel + Jog Limbu**
2nd Men's O40 Doubles Jitendra Shrestha + Narendra Shrestha
3rd Men's O40 Doubles Suman Shrestha + Gajendra Shrestha
- **1st Men's Under 40 Singles Gam Gurung**
2nd Men's U40 Singles Jiwan Gurung
3rd Men's U40 Singles Bigyan Kandel
- **1st Men's Under 40 Doubles Gam Gurung + Jiwan Gurung**
2nd Men's U40 Doubles Bigyan Kandel + Suva Pokharel
3rd Men's U40 Doubles Mukesh Pokhrel + Fom Thapa Magar
- **1st Ladies' Singles Aarya Pokhrel**
2nd Ladies' Singles Cammy Vohra
3rd Ladies' Singles Jyotika Hada
- **1st Ladies' Doubles Aarya Pokhrel + Ayesha Pokhrel**
2nd Ladies' Doubles Nira Basnet + Amrita Gurung
3rd Ladies' Doubles Nila Limbu + Jyotika Hada
- **1st Mixed Doubles Madhu Pokhrel + Aarya Pokhrel**
2nd Mixed Doubles Jog Limbu + Ayesha Pokhrel
3rd Mixed Doubles Mukesh Pokhrel + Cammy Vohra
- **1st Children's Singles (Under 12) Ayesha Pokhrel**
2nd Children's Singles (Under 12) Rowan Koirala
3rd Children's Singles (Under 12) Shreezan Bhandari

Limbu informed that the main aim of the tournament was socialization as well as promotion of healthy life and to unify Nepalese people through a medium of competitive sport. Event Manager Madhu Pokharel shared that the intention of the organizing team was to involve Nepalese community in sports and to identify us as a part of multicultural Victoria.

'This year's phenomenal involvement from this year's community has immensely encouraged the organizing team' expressed

NAV President Sudhir Shakya.

NAV extends its gratitude to the suburb coordinator, sponsors and audience for their support and encouragement to the organizing team and the participants.

NAV proudly announces forthcoming Interstate Sports Tournament in Melbourne in December 2014, which will include Table Tennis, Golf, Badminton and Tennis. Nepalese Association of Victoria expects this event to be equally successful with good number of participants from all over Victoria.

NAV 3rd Volleyball Tournament on 11th May

Nepalese Association of Victoria [NAV] is organising the 3rd Annual NAV Volleyball Tournament in association with The Himalayan Club at Darebin Stadium, Reservoir. NAV Volleyball Tournament is annual event where the Nepalese clubs and their members show their extraordinary volleyball skills and their sportsmanship in their games. Clubs from Melbourne and regional Victoria as well as interstate clubs are participating in this tournament.

Date: Sunday, 11th May 2014

Venue: Darebin Stadium, 857 Plenty Road, Reservoir

Time: 9:30 am – 5:30 pm

Eight Aussie players taking part in Mt Everest Taekwondo Championship

The second edition of the Mt Everest International Open Taekwondo Championship has begun in Nepal from 3rd of May.

A total of 147 players – 84 male and 63 female – from 10 nations will participate in the three-day championships. The hosts will field two teams in Nepal 'A' and Nepal 'B' with 44 players taking part in the event which has been sanctioned by Asian Taekwondo Union from this edition.

40 players from India, 12 from Malaysia, 16 from Bangladesh, eight from Australia, one from Brunei, four from Pakistan, two from Hong Kong, 12 from Bhutan and 10 from Sri Lanka have registered their entries for the championships that offers 16 gold medals – eight each in men and women's sections.

Lumbini CC defends Pacific College Tournament

Lumbini Cricket Club has defended the title of the one-day Pacific College Cricket Tournament being organized by Australia-Nepalese Australia Association for the last five months.

Lumbini Cricket Club defended the title defeating Western United in the match played in Oban. Western United set a target of 61 runs batting losing toss. Lumbini Cricket Club met the target in 13 overs.

Dipendra Bhattarai of Lumbini Club won the title of man of the match.



Yeti FC joins FFV State 5 Division for 2014 -Looking to get more players onboard-

Yeti FC has joined STATE 5 Division at Football Federation Victoria (FFV) State body for national Football Federation Australia (FFA) for 2014 season. State 5 is the entry level of Professional Level Football in Victoria & Australia, which consist of NPL, State 1,2,3,4 & 5. This league has produced many world class players in Australia and all eye are set upon. State 5 FFV is the perfect platform to showcase the talents, potential that we Nepalese are itching to demonstrate. The league kicked off on Saturday, 29 March 2014 and will go till end of September and finals in October. Last year Yeti was promoted

to Premier League in Amateur division and managed to finish mid-table. Yeti had privilege to take part in SAFAL CUP 2013, Professional Nepalese Tournament in Pokhara, Nepal and played 2 friendlies with Nepal Army Club and Armed Police Force, which consisted Nepal National players such as Bharat Khawas, Tanka Basnet, Raju Tamang & Rajendra Rawal.

Yeti FC has always believed in creating safe environment for the players, members and audience. FFV is the only place where players are fully insured during club games, training, and functions and even cover certain part of loss of income.

YETI FC is currently looking for Players between 16-35 for State 5 in both Seniors and Reserves side which is played every Saturday between 1pm to 5pm. There will be two training sessions on Monday and Wednesday in Reservoir and Coached & Trained by professionals with over 30 years of experience in Professional Football.

The club has stated that the opportunity is also open to players currently playing for other Nepalese club who do not play in FFV. However, to avoid misunderstandings between different clubs, a written permission is sought from the club.

Courtesy: Yeti FC



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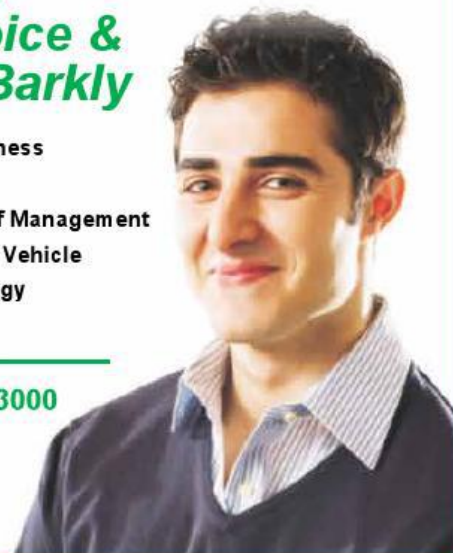
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