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ONE YEAR ANNIVERSARY ISSUE



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Publisher : Nepali Voice Pty. Ltd.
Executive Editor : Ramjee Poudel
Graphic Designer : Rakesh Maharjan
Web Designer : Rupert Gurung
Community Liaison : Bom Yonzon
Marketing/Distribution : Tara Gaire
Adelaide Representative : Hem Khanal (0401 572 176)
Darwin Representative : Basudev Marahattha (0420 800 432)
Nepal Representative : Rajendra Upacharak (Nepal Editor)
Advisors : Dr. Raju Adhikari
Dr. Jagadish Timsina
Rishi Acharya (Sydney)
Dr. Anupam Pokhrel

Contributors/ Columnists : Bisham Thakuri (Sydney)
Radhika A. Poudel
Nabin Pokhrel (UK)
Bhadra Sharma (Nepal)
Kamal raj Chapagain (Norway)
Sushil Pandey

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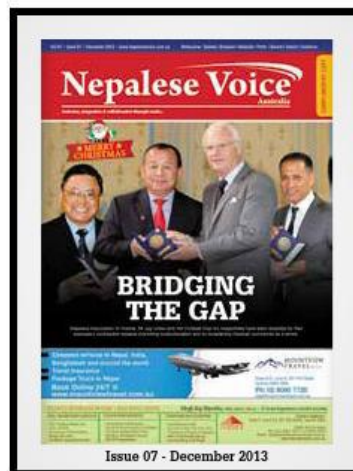
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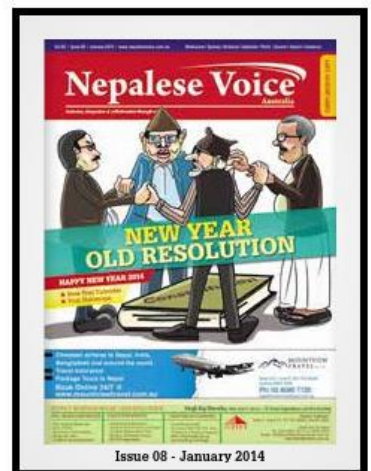
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Issue 10 - March 2014



Issue 11 - April 2014



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Editorial

Applauds, Denouncements ALL UP EDIFYING YEAR

It is my great pleasure to announce that we have reached the 13th Edition of Nepalese Voice. The premise of this newspaper is to service our community and participate in the conversation with other communities from different backgrounds. It is suffice to say that not only have we established a perfect platform for the community to voice their concerns but also broadened our community's perspectives by gaining recognition as an integral part of Multicultural Society. This was done so through direct dialogue, news and event coverage and by raising community awareness.

We put forward the first issue of Nepalese Voice, June last year. It was the first ever English medium community newspaper of this sort to be published in Australia. From the very first edition, we were clear about our objectives that was to expose the richness and depth of Nepalese Heritage and Culture Australia wide. One year on, I believe the journey of cultural exchange has been remarkable. We were privileged to have met the first female Prime Minister of Australia, Julia Gillard and present her with the copy of our first edition. Similarly, in being handed a copy of Nepalese Voice, then opposition leader Tony Abbott remarked "I want to go to your country, the country of Mt Everest". His statement had reinforced that we were on the right track as a community media trying to promote Nepal in Australia.

We are proud that other ethnic groups and mainstream Australian community now acknowledge our existence. The regular invitations that we receive to be a

part of various multicultural, sports and entertainment events are the testimony that Nepalese Voice has reached out to the community in every sense of the word. The launching of Victoria's latest Multicultural Policy by the Premier Daniel Napthine and then Multicultural Minister Nick Kostiras and meeting with Bollywood's megastar Amitabh Bachchan, are some of many other events that Nepalese Voice takes pride to have been part of.

Our reach and distribution has significantly grown in the past year reaching all states in Australia. In addition, Nepalese Voice online news portal has also grown as our strength. Our online readership has increased in such an exceptional way that we feel even more responsible to deliver good and meaningful contents online.

Personally, this has been a magnificent year for me. My involvement with Nepalese Voice has allowed me to get to know Nepalese community more closely. It has also provided me with an opportunity to engage in the process of community building in many different ways.

Finally, on the occasion of our 1st anniversary I would like to thank all my colleagues whose support, belief and encouragement has helped us get where we are. I would also like to extend my heartfelt gratitude towards our esteemed readers for being with us in this journey and to all the advertisers and business associates for believing in us.

See you on the other side.



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

Mind Your Wellbeing

While the community is well placed and moving forward steadily, in recent time, there have been some emerging health issues affecting our community gravely.

Australia Nepal Public Link hosted -Understanding Mental Illness and supporting people through journey of recovery- workshop for Nepalese community in Victoria on 25TH of May. This introductory workshop was aimed at Nepalese community to impart better understanding of such illness. The fundamentals of the workshop was to better inform the community as to how these conditions can be identified and what we can do to ensure that people with such concerns get necessary help. The workshop also explained the concepts behind the pre-

vention and early intervention of mental health conditions.

The forum, which was facilitated by Nirajan Gauli from ANPL brought medical professionals from the community together to enable the community in tackling mental health problems. Around fifty participants attended the program including some prominent community leaders, entrepreneurs and media personalities.

As a chief guest of the program, Honorary Consul general of Nepal to Victoria Mr Chandra Yonzon expressed his happiness over the objectives behind



Bharat Nepal
Australia Nepal Public Link

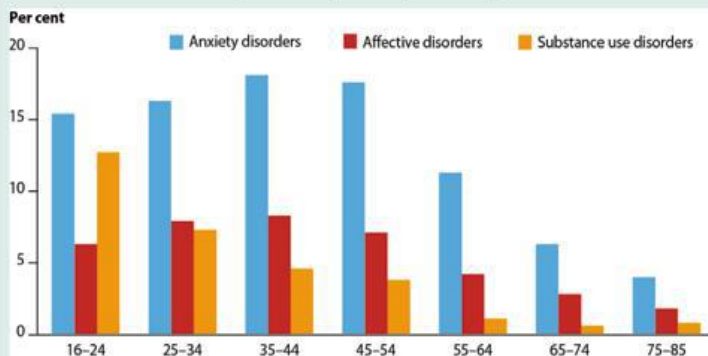


Nirajan Gauli
Australia Nepal Public Link



Depth of mental health issues and economic impact:

A survey has revealed that almost half of Australians have suffered from some form of mental health disorder at some stage in their life. The figures show the problem has even greater economic impact as it is costing over twenty billion each year in Australia due to the lack of productivity at workplace owing to mental health issues.



If your answer is 'Yes', please seek help, do not suffer in silence:

QUESTIONS TO ASK YOURSELVES:

- In the past 2 weeks have you felt down, depressed or hopeless?
- In the last 2 weeks have you had little interest or pleasure in doing things?
- Do you need help?
- Is anything bothering or concerning you?
- Have you been unhappy, irritable, overwhelmed or have had problem sleeping?
- Have you had issues at work or home or studies?
- Has your concentration affected?

the program. He said "we more often than not shy away from talking about this topic but this program has broken the barriers." He also remembered some case scenarios related to mental health issues within the community. "This program holds an enormous significance as we are faced with problems of more serious nature off late owing to the growing Nepalese population in Australia" he said.

As presenters, Dr Chandra Pokhrel, Specialist in General Practice from

Northcote Medical Group, Dr Anupam Pokhrel, Consultant Psychiatrist from Mitcham Private Hospital and Bharat Nepal from NSW Ministry of health and the ANPL chairperson, talked about the complexities of mental health issues in Nepalese community and ways to tackle them. Social workers and nurses working in the mental health sector, Vicki North and Sandra Wilki from Alfred Hospital also shared their experiences with mental health patients.



Nepali community more vulnerable

Nepali community being the first generation migrants in Australia are likely to be vulnerable to mental health issues. The initial struggle of starting a life all over again in a new country and the things that is associated with being a first generation migrants such as cultural confusion, identity crisis, language inadequacy, financial crisis, relationship pressure and the feeling of isolation make Nepalese migrants more prone to these conditions. But the topic is often stigmatised. The fear of being judged keep them away from openly discussing the problems and seeking help. Cultural norms and the lack of open mindedness forces many to deny the prevalence of mental health issues even despite signs and symptoms.

What help are available?

- GP can organize a mental health plan → psychologist or mental health nurse for counselling
- GP can refer to a psychiatrist
- GP can refer to public service crisis team
- Call public service triage for advice
- In risky situation go to the hospital
- Beyondblue.org.au / Suiceline.org.au etc give information, but not directly involved in treatment



Anyone can help

Mental health issues can affect anyone so having the right attitude towards the sufferer is extremely important on their journey to recovery. One little trigger can be detrimental for them so let's be sensitive. We can all help a person that is going through mental health situation by encouraging them to seek help. The sooner the person receives treatment, the better the outcome is likely to be.



Dr Chandra Pokharel

- Pre-Med, MBBS, FRACGP, Specialist in General Practice
Northcote Medical Group
Eastern GP After Hours Clinic, Box Hill
St Vincent Hospital- Hospital In The Home
Member : Nepal Medical Council
- Fellow : Royal Australian College of General Practitioners

Dr Chandra Pokharel said that GPs are well placed as the first point of call in identifying mental health issues. He also shared his experiences as general physician that the first and foremost measure in solving the mental health issue is to create awareness and then enabling people to recognize it and lastly educating them as to where, how and when to seek help.

What role does your GP play?

- First Point of contact to discuss and assess the problem
- You can trust your GPs for confidentiality
- GPs play a central role in coordinating, monitoring and maintaining mental health issues for their patient
- They liaise with other care providers



Dr Anupam Pokharel

- PMBBS, MD Psychiatry, FRANZCP, Cert. Psychotherapies
Consultant Psychiatrist
Mitcham Private Hospital, Mitcham VIC

During the presentation, Dr Anupam Pokharel touched upon the clinical aspect of mental health related issues. He informed the attendees in an interactive way about the differences between various mental health conditions. The most common form of mental health issues being anxiety, depression and feeling suicidal, Dr Pokharel said it can be prevented through early intervention and professional help.

Psychiatrist like Dr Pokharel can help you by

- Treating disorders of the mind and emotions, including depression, anxiety, addictions, schizophrenia and psychosis.
- Creating treatment plans that can include various forms of counselling, therapy, medication or hospitalization

MENTAL HEALTH Nepalese Community's Growing Concern

By Dr Raju Adhikari, Chair, NRN ICC SKI

Nepalese migration to Australia has increased significantly within last decade. It is great to see how Nepalese community has settled over the years and is being recognized as one of the small but vibrant community in Australia. With the growing population, the number of community organizations has also increased in an effort to address the communities growing concerns and aspirations. Considering the growing migration of Nepalese to Australia, the Government of Nepal has also recognized its significance and established the Nepal Embassy in Canberra including consulate offices in Sydney, Melbourne and Adelaide. While the community is well placed and moving forward steadily, in recent time, there have been some emerging health issues affecting our community gravely.

Our Communities and Associations are now seem grappling to understand the diverse nature of the issue and trying to address them. Organizations like Non Resident Nepali Association Australia

(NRN -Australia) has established an "Community Endowment Fund" to provide immediate financial assistance to people suffering from chronic diseases, family breakdown and growing suicidal cases amongst student.

Mental health is being identified as one of the major root causes of the above problems. With the growing incidence of suicides alongside family breakdown, it is amply evident that our communities are now facing problems of a serious nature.

Australian Government has recognized Mental health is one of the major health problems in Australian community and now bringing a new mental health Act 2014 to address this burgeoning problems. Australian NGO's such as beyond blue established by former Victoria Premier Hon Jeff Kennet is working closely with the Government to deal with this serious health issue on all fronts. HeNN-Australia Annual Fund Raising event in 2013 was also targeted on Mental Health and provided financial



Mental health is being identified as one of the major root causes of the above problems. With the growing incidence of suicides alongside family breakdown, it is amply evident that our communities are now facing problems of a serious nature.

assistance of A\$ 3000.00 to beyond blue. It is heartening to see that a Nepali NGO "Australia Nepal Public Link" (ANPL), in Sydney has also taken necessary initiative

to work in the community health area to raise awareness campaign amongst Nepalese communities and trying to work together with Australian NGO's.

Horoscope June 2014



ARIES

There is a great deal of positive energy moving into your home and private life. All kinds of interesting things are happening there and you are naturally in the mood to focus on your happy home. However, your career is finally able to make progress now that Pluto is no longer under attack from Uranus.



TAURUS

Much of the drama of the last few months has finally ended. You still have the occasional short-term challenges, but nothing as big and ugly as what you were dealing with before. You are still experiencing positive financial growth and opportunities as well as some great social and commercial energy as well.



GEMINI

Your financial problems have died down and you are able to make progress and set new goals within this area of your life. Your professional life is still a bit hazy, but overall you are making it work, mostly by not pushing it and trying to force things.



CANCER

Most, if not all, of the negativity of the last few months has finally ended. You still have some occasional little fires to put out here and there, but for the most part, you should be able to have fun, make progress towards professional goals, and begin healing relationships and/or spending time with friends after months of uptight dramas.



LEO

You are dealing with some trust issues involving a friend, teammate, group,

committee member, or Internet entity. But you are also enjoying a lovely social life and are moving into a time when you are ready for some quiet reflection. This month, you are encouraged to take that much needed vacation.



VIRGO

Your social life, teams, clubs, committee meetings, group activities, and/or Internet projects are taking center stage. You would still like to spend more time focusing on your loved ones, hobbies, and playtime activities, but your social obligations are demanding a lot of your time and energy.



LIBRA

You are still making a lot of progress at work and you are finding smart and creative ways to increase your share of the profits. However, you are still very much interested in travelling or political, cultural, academic, religious, or media related activities and the concept of learning while opening yourself to new philosophies.



SCORPIO

You still have a bit of that uncertainty as to whether or not a romantic or financial partner can be trusted because Neptune is causing things to look bad. But Neptune might just be creating an illusion, so you still need to base your actions on facts and not suspicions. But this issue is finally ending.



SAGITTARIUS

You are alternating between productive days at work when you are able to make progress towards achieving your

financial and professional goals and spending quality time having fun with a lover, best friend, or business partner. You do not seem to be having any trouble creating balance between the two. You do sometimes have the occasional bit of drama but nothing major that would mess up your good mood.



CAPRICORN

You and your partner or rival have made a lot of progress towards working through your disagreements. Things are not quite perfect between you but you have agreed to a new start or maybe you just found a new partner and are phasing out things with the old partner.



AQUARIUS

You can successfully conclude a team project, networking endeavor, committee membership, or Internet based project. You are also able to launch some kind of a professional new beginning, fresh start, or key project and it appears to be going quite well despite lingering dramas from earlier this year. Most of the time, you are happy and juggling all of life's ups and downs without too much trouble.



PISCES

This month is like a review of the year so far. You get a mini-version of all of the good and bad that you have dealt with so far. You get a bit of financial, romantic, social, and playtime related drama. You get a bit of excellent social and community oriented bonding. You get a little more of that great bargain hunting and negotiating business energy again. And you get to be upset about something or someone in your home or private life again. Nothing bad lasts too long and everything good is easy to notice and take advantage of.

NEPALESE VOICE YEARLY MEMBERSHIP

We would like to thank our readers for the love and acceptance shown towards us. During this journey we have tried to ensure every Nepali household in Australia have an access to our publication. Further strengthen our commitment to deliver the best community news, views and reviews, we have opened up a subscription facility for you.

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Budhha Day celebrated at Latrobe University



Nepalese Student Association of Latrobe University has celebrated Buddha Day at the university premise.

Variety of programs including cultural dance and meditation were held to mark the occasion. According to the organiser the program aims to correct the misconception about Buddha's birthplace as well as to promote Buddha's teaching of non violence and compassion. This was the second consecutive Buddha Day celebration by NSALU.

The organiser has thanked all participants for their support.

Latrobe University Nepalese Student Association was formed to maintain the networking of Nepalese students within the University and also to be involved in the social and communal affairs.

Around hundred Nepalese students currently taking up their higher studies in Latrobe University.



Next month's literature and music gathering in eastern suburb



"Sahityik Sangeet Jamghat", a monthly gathering of Nepalese music and literature enthusiasts is scheduled to be held its next month's program in the eastern suburb. The July 6th episode will be held at Kerri Neighbourhood House, Glen Waverley. The program is shifted to a new venue for coming month to accommodate large Nepalese population in eastern suburb and surrounding areas.

Interested candidates can contact the group on their facebook page. Sahityik Sangeet Jamghat has been running at Coburg library for over a year to promote Nepali language and literature in Australia.

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Aayushma bags NINFA speech competition title

Aayushma Sapkota has won the first prize in speech competition held in Sydney on Saturday, 25 May.

Nepalese Indigenous Nationality Forum Australia (NINFA) organized the program at Canterbury on the theme "How to build stronger, smarter and fairer multicultural Australia".

Aayushma, an 11th grader, won the title by emphasizing on the importance of education to make stronger, smarter and fairer multicultural Australia.

Likewise Dev Kiran Maharjan and Grishma Tamang bagged second and the third prize respectively.

A total of 12 participants above sixteen years participants attended the competition at the Senior Citizen's



Centre of 66 Princess Highway in Canterbury.

Local MP Robert Fuloro distributed the prizes and certificate to the winners. According to NINFA chairman Ganesh Tamang, NINFA had organized the speech competition in coordination with Community Relation, Canterbury City Council and Metro Migration Resource Centre.

Sustainable Lifestyle Workshop for community seniors in Sydney

Workshop on sustainable lifestyle for seniors was held at Urban Community Centre in Sydney on Friday 23 May.

The workshop aimed to support elderly Nepalese living in Australia permanently as well as to visiting parents.

The workshop dwelt upon the importance of sustainable life, waste management, water and energy preservation, sustainable farming and healthy home and lifestyles.

The two-hour long workshop also focused on how tiny lifestyle changes can make a big difference in socio-economic and environmental aspects of the society.



The workshop was organized by social organization, Small Earth Australia. Alina Tamrakar facilitated the function.

A total of 42 Nepalese living in Sydney's West Granville and Urban area attended the workshop.

Nepali Vision Night honours accomplished youths

Sydney based Nepali monthly magazine "Nepali Vision" has organised Nepali Vision Night -2014 honouring many accomplished community youths. The event is a conclusion to the magazine's monthly 'Youth of the Month' series.

This year, the function held at Everest Function Centre recognised Elvis Dangol, Rajesh KC, Rajesh Shrestha, Jeena KC, Raj Kumar Goshwamim Tekendra Limbu, Bhimshen Gurung, Dil Tamang, Pradeep Chapagain, Santoki KC and Ashis Shrestha for their achievements in respective fields.

The program was also attended by Honourable Ambassador of Nepal to Australia Rudra Kumar Nepal, NRN



ICC President Shesh Ghale, and Consul General of Nepal to NSW Deepak Khadka.

Speaking at the program, NRN-ICC President Ghale appreciated the newspaper's initiatives to recognise young leaders of Nepali community. Ambassador Nepal said the Nepali Embassy will support such initiatives as they promote identity of Nepali community.

Buddha Jayanti in Sydney

Nepalese living in Sydney marked lord Buddha's 2558th birthday with the theme "celebrate Buddha Jayanti, increase mutual harmony".

The event was accompanied with various programs such as art exhibitions, cultural activities and sports.

The program was held on May 18th at Tempe Park of Sydney.

Tamu Samaj Sydney, Buddha Darshan Committee, Tamang Samaj (NSW), Pokhara Samaj, Guthi Australia, Lumbini Kapilbastu Day Movement, Chinari Nepal, Sherpa Kyidu Australia, Thakali Sewa Samiti, Magar Samaj Australia, Myagdi Sewa Samiti, Chhantyal Pariwar and Nepalese Consulate (NSW) organized the event jointly.

NRNA president Shesh Ghale was also present at the program

Pradeep launches an award to promote Gazal writing



Pradeep Chapagain, a well known name in Nepali writer's fraternity in Australia has launched an award to be conferred on a Nepali literati every year. Pradeep has named an award Jogmaya Gazal Shahitya Puraskar, after his grandmother's name. The award will constitute a purse of Rs 25,000.

The prize will be awarded each year to a person for the best Gazal published in the same year. The first version of the award will be distributed in coming December.

NINFA protests against 18C repeal

Nepalese Indigenous Nationalities Forum Australia (NINFA) took part to protest against Australia government's proposal to remove anti-discrimination act 18c along with other diverse communities in Sydney. On the occasion, NINFA protestors held NINFA's Banner, Nepali Flag, NINFA Flag and beat some Nepali Musical instrument such as Madal, Dhol or Damfu to represent

Nepali culture.

Protest was organized by the opposition party leader PM Tony Bruke and his supporter in Lakemba. Program was supported by more than ten thousand Australian multicultural and ethnic background people.

In a separate statement, NINFA has said that its primary principle is to stand against any type of discrimination

and opposes strongly against the current government's notion to make amendments on Racial discrimination law.



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Nepalese consulate office in WA inaugurated



Nepalese Ambassador to Australia, Honourable Rudra Kumar Nepal has interacted with Nepalese living in Perth. The interaction program was held at Australian Asian Association Building on 6th of May.

Ambassador Nepal inaugurated Nepali consulate office in WA a day before at 275 Sterling Street Perth

NRN International Coordination Council member and entrepreneur Bhairav Dhakal, NRN Australia vice president Raj Thapaliya, Kunta Baral, and newly appointed Honorary Consul General of Nepal to WA consular Fredrick Neil Brown including Nepalese community representatives attended the program.

At the program, envoy Nepal said he always wished to meet Nepalese living in Perth. Saying that Nepali embassy is always keen to work closely with communities across the country, ambassador Nepal pledged his support to Nepalese in time of need. He also urged the participants to participate in Nepal's development.

NRN International Coordination Council member Bhairav Dhakal informed about the programs carried out by NRN Australia in Nepal. He also informed that NRN Australia is set to organize Nepal Festival in Perth on 28 June in a bid to promote Nepali culture and tourism in Australia.

Embassy of Nepal celebrated 7th Republic Day

His Excellency Ambassador of Nepal to Australia Rudra Kumar Nepal hosted a reception at the Hellenic Club in Canberra on 29th of May.

Representing the Rt. Hon Prime Minister of the Commonwealth of Australia, the Hon Mal Brough MP attended the function and conveyed greetings and good wishes for the further progress and prosperity of Nepal.

On behalf of the opposition in the Australian Parliament, senator Mark Furner expressed his good wishes for the timely completion of the writing of the new democratic constitution of Nepal. Hon Furner is also the founder of the Nepal-Australia Parliamentary Friendship Group in the Australian Parliament.

In his welcome remarks, His Excellency Ambassador Rudra Kumar Nepal gave a brief background of the political and socio-economic transformations taking place in Nepal in recent years including the institution of a republican political order by replacing the monarchy, and introduction of a federal system of governance in place of the traditional unitary structure in order to make the political system more democratic and people centred. He also referred that the new Government of Nepal and the political leadership were fully committed to finish the historic task of writing

a new democratic constitution within a year.

In his remarks the ambassador also observed that Nepal had been able to register a steady improvement in the overall human development index in the country in recent years. He also highlighted the immense prospects for

With regard to tourism, he highlighted the attraction of Nepal as a unique tourist destination and the significance of Lumbini, the sacred birthplace of Buddha, and of Sagarmatha, the world's highest mountain peak, for tourists and mountaineers from around the world.

ment to further build on these relations for mutual benefits in the days ahead.

About four hundred guest including parliament members, diplomats, senior government officials, former Ambassador of Australia to Nepal, friends of Nepal, Nepali community members, Nepali professionals, research scholars

and students, NRN representatives, representatives of Nepali community organisations, media representatives were invited to the function. Embassy staff members and families had all attended the National Day reception.

On behalf of the Government of Australia, the Chief of Protocol had proposed a toast at the beginning of the program, which was reciprocated by His Excellency the Ambassador. National anthems of Nepal and Australia were sung by a group of Nepali school children dressed in Nepali and traditional dresses.

This being the first such celebration with participation of high level dignitaries and diplomats in Canberra, almost all of them were highly appreciative of the event with their profound goodwill and the best wishes for the further progress and prosperity of Nepal.



investment in the areas of hydropower generation, tourism development and agri-business in Nepal pointing out that Nepal was open for foreign direct investment in all these important sectors of the national economy.

He appreciated Australia as an important development partner together with the contributions being made by the Fred hollows Foundation and the Australian Himalayan Foundation in Nepal. He also reiterated the commit-

“Bottles for school”

More empty bottles mean more kids to school



Adelaide based Nepali youths launched “bottle for school” in 2012. They would collect empty rubbish bottle and collect fund to send remote and marginalised Nepalese children to school.

Narayankaji Gurung, Bishnu Tiwaar, Surendra Tiwari, Sudhir Lal Chanda, Sima Chettri, Nabin Panta including some others from the project are so determined that they would not take a break even on weekends and public holidays.

They collect as many renewable bottles as they could, as Australian government buys them off on ten cents per bottle. They have already donated Rs 2, 25000 to Sano Kavre Secondary School of Ilam Pokhari VDC, Lamjung district, and Rs 1, 15000 to Help Nepal Network and other organizations working in educational sectors. They have registered the organization “bottle for school” in Australia to educate as many Nepalese kids as they possibly can.

NAFA raised fund to support health and education of Nepal

Nepal Australia Friendship Association (NAFA) is all set to celebrate its 25th anniversary in Queensland.

The program is slated to be held at Good Samaritan Centre, Lourdes Hill College 86 Hawthorne Road Hawthorne on 10 May.

NAFA is celebrating its 25th anniversary by organizing Nepalese New Year 2071 dinner program which will kick off 5pm on Saturday.

The event has been organized with an aim to raise funds for NAFA's development program in Nepal, especially health and education programs for rural communities.

This is going to be a relaxing and a fun filled night for a good cause, the

organizer said. According to organizer, a delicious meal prepared by the Tibetan Kitchen Restaurant, an inspiring presentation on NAFA's projects, and a superb Nepalese cultural and entertainment program will be demonstrated at the event.

The tickets for entry will be priced at \$40. School students will get entrance at \$20.

The organizer said that limited numbers of tickets are still available. According to organizer, aspirants can purchase tickets from Rajani Khadka, Pali Singh, Chanchala Adhikary and Keshab Sharma.

The organizer said all proceeds, including those from the bar, will go towards the aid projects in Nepal.



Committee elected to build Pashupatinath Temple in Perth

First annual general meeting of under-construction Pashupatinath temple in Perth has elected a new executive committee.

The general assembly held at Asian Australian Association building, Perth elected a 17-member executive committee under the chair of Yadav Sharma. An independent audit committee has also been formed to audit the financial activities.

Addressing the function, NRN ICC member Bhairav Dhakal said the committee would seek support from the NRNA of 69 countries.

The executive committee includes Shambhu Sharma as vice chairman, Deepak Parajuli as secretary, Rabindra Hemanta Paudel as joint secretary, Rabin Rawal as treasurer, and Binod Dahal as deputy treasurer.

Likewise, Deepak Sharma, Ram Chan-



dra Tiwari, Narayan Khanal, Dr. Mani Paneru, Suresh Katuwal, Nistha Karki, Nabin Bidari, Rajeev Kharel, Saraswati Thapa, Binod Adhikari, Sandhya Khadka and Dhan Lal Shrestha have been elected as members.

Similarly, Dr. Bishnu Devkota,

Bhairav Dhakal, Ramesh Thapa, Dr. Binaya Bhattarai, Dr. Sudeep Panta, Kedar Rijal, Raj Kumar Thapalia, Roshan Sherpa, Nanda Lal Dhungana, Dikpal Pageni, Subodh Dhakal, Kunta Koirala, Anup Dhital and Deepak Man Shakya have been nominated as advisors.



Worldwide photo competition on Nepalese

Australia-based photo-blog Photopatrakarita is organising worldwide online photo competition to mirror the lifestyle of Nepalese living across the globe through photography. Madanmani Adhikari of Photopatrakarita believes that the competition will show lives and perspectives of Nepalese in one place through photos.

The winner will get AUS\$100 with a certificate.

Aspirant photographers can send their photos within 5 to 15 June.

They can send two photos along with the caption. The photos will be kept on Photopatrakarita blog from 20 June to 10 July and the one most viewed and liked will be declared a winner.

2MB has been kept as the size limitation of the photos.

'Liberal friends of Nepal' to form a committee

Australian Liberal Party is soon to form its Nepali wing “Liberal friends of Nepal”. According to Co-ordinator Shree Napit, a program will be held at Everest Tandoori Function Centre Rockdale on 10th of June. He said “this step will be vital in bridging the relationship between Nepalese community and the liberal government.”

The program will be attended by some prominent members of Liberal party and Nepalese community.



Youth Unemployment in the Multicultural Community

Have your say on youth unemployment in the multicultural community in Victoria:

Youth unemployment in the multicultural community is at its highest with rates reaching 17.5 per cent in Victoria.

Have your say in exploring the challenges facing multicultural youth in gaining employment.

What policy recommendations would you suggest to overcome this issue?

Join the Victorian Multicultural Commission's Youth Commissioner and one of Australia's Y20 delegates in this interactive forum.

Date: Wednesday 18 June 2014

Time: 4.30pm - 6.30pm

Location: Victorian Multicultural Commission

Level 1, 3 Treasury Place
East Melbourne

RSVP: by 11 June 2014 to
info@vmc.vic.gov.au

**HAVE
YOUR
SAY...**

Just got the sack?

No worries , follow these steps before you launch yourself back into the job market

Losing a job can come as a huge shock. It will leave you angry, ashamed or resentful. So, before you launch yourself back into the job market, follow these steps to help minimise the fallout.

Let it settle:

Let it sink in what just happened. You can't really bounce back into an effective job hunt until you've dealt with the negative emotions. You'll need to project a positive image to woo potential employers, so give yourself space to work through your feelings. It can take time to see the situation in a more objective light, but it's helpful to think about what went wrong, and any lessons you can learn.

Could you have prevented it? Was it down to external factors (company problems, management changes, et cetera) or your own shortcomings — in which case, what will you need to do to improve your future employability?

There may even be positives. Perhaps it frees you up to explore a new career path, or it's given you the opportunity to reassess where your strengths, values and interests lie. Try to keep perspective. Don't let being fired overshadow an otherwise stellar career. Focus on your overall pattern of highlights and achievements rather than on a one-off.

Presenting it for the future job:

If the job itself was very brief, you may be able to omit it from your CV, especially if you have other activities to account for the gap. If you decide to include it, detail your achievements in the role, and don't give the reason for leaving. Work out how you will talk about it in interviews. Aim for a short and factual

explanation. Too much detail can make you sound defensive rather than accepting of the situation. It's important to show that you've moved on and that you're completely focused on the job you're interviewing for, so it's worth asking a trusted friend or colleague for feedback on how you come across when you talk about it.

Take it easy before the next move

Don't rush into a job search before you've taken the time to decide your career priorities and to plan your next move — whether that's in a similar role in the same industry, or a move into consultancy or freelancing. Avoid firing off unfocused CVs in a desperate attempt to get any new job. Instead, bring your CV up to date and spend time customising it to roles and companies that now interest you.

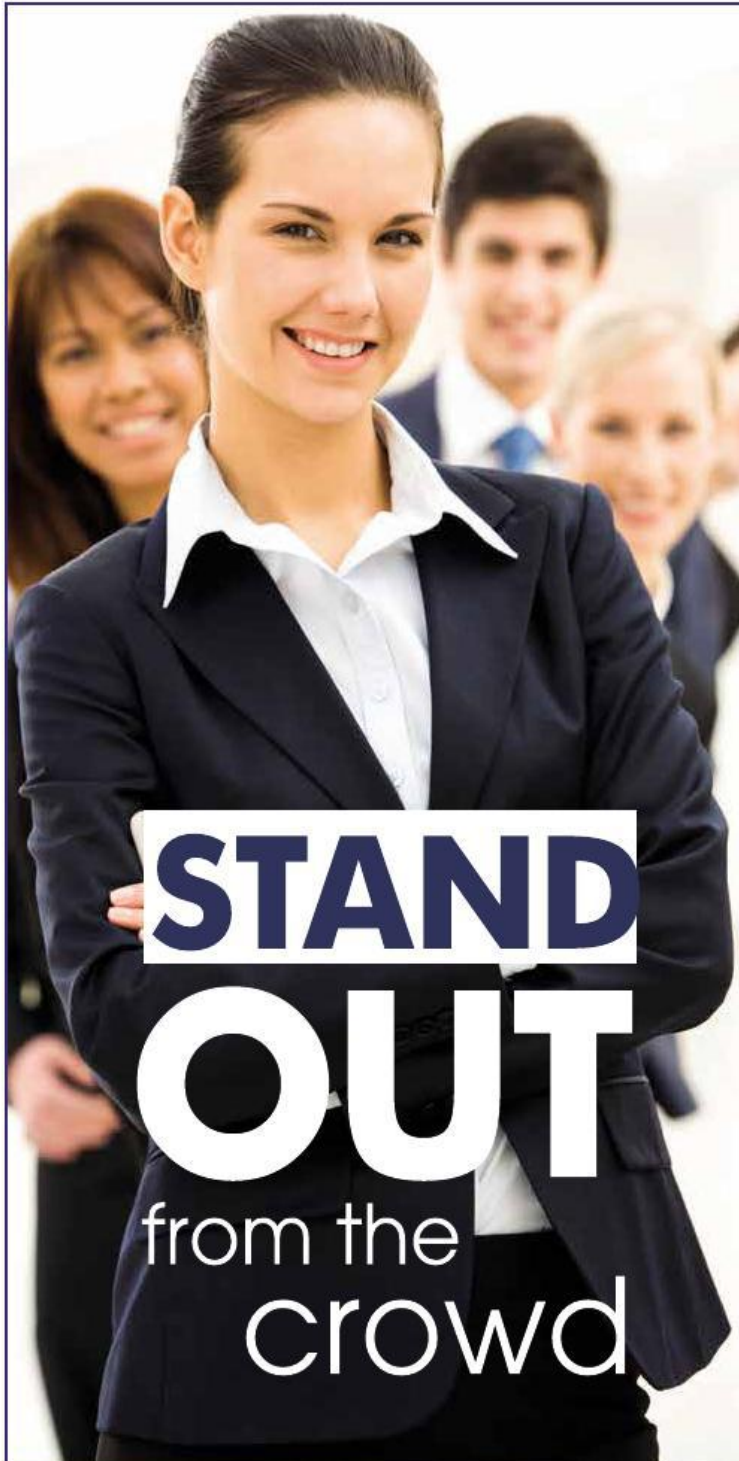
Put the experience behind you by shifting your focus towards what you can offer. Assess your areas of expertise, find examples that illustrate these, then present these clearly and convincingly in all your dealings with potential employers — on CVs, at interviews, in speculative letters, at networking events, and so on. Make sure you can articulate why you want to work for that particular employer and how your experience makes you a good match, rather than giving them the impression that you're applying for new roles indiscriminately.

Also think about your networking messages. Don't start contacting people and asking for help until you know what your career goals are. A message such as, "I'm really interested in finding out more about x sector or y company", will give people more to go on than, "do you know of any jobs going?"



Maintain professional image

Try to agree the wording of a reference letter before you leave, as well as any communication to colleagues, clients or suppliers about your departure. Exit as gracefully as you can and don't publicly slate your ex-employer. Keeping a folder of positive performance reviews and endorsements from other company managers, clients and colleagues as well as previous letters of reference, can speed up your job search. Check you can access professional networks such as LinkedIn (and that you are using a personal email address) and remove personal files from company computers. Don't leave networking to last moment either. The more active you've been in your professional communities, the easier it'll be to ask for help.



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Melbourne donates generously to build elderly home in Nepal

NRNA Victoria has organised a charity dinner program in Melbourne on 30th of May in a bid to raise fund for an elderly home "Pathivara Jestha Nagarik Shradhashram" in Biratnagar, south east city of Nepal. Over twenty five thousand dollars was collected from tickets sale and voluntary donations. Significant number of Nepalese living in Victoria not only attended the dinner program but also opened their hearts for the noble cause.

The program was also attended by some prominent community leaders such as Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon, NRN ICC President Shesh Ghale, NRN Australia President Mahendra Oli, Nepalese Association of Victoria President Sudhir Shakya, NRN Victoria Coordinator Rishi Kandel, NRN activist and scholar Dr Raju Adhikari, social worker and Victorian Multicultural excellence award winner Jog Limbu and other community members.

Sydney based Nepali folk singer Manju Poudel had flown in to add to the fun atmosphere by her renditions to some Nepali folk songs. Similarly, other local artistes performed cultural and contemporary dances to entertain the participants.

Speaking at the program NRNA ICC President Mr. Shesh Ghale said "a project like this shows how generous we

According to the agreement, The building will be constructed at the land provided by the Sub-Metropolis. As per the initial plan 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.

are as NRNs". He emphasized that NRNs have done so much in Nepal but due to lack of proper collaborative approach between ICC and NCCs, we have not been able to institutionalize them. We need to be more vigilant on how we go about doing things so we can wipe out the misconception in the people back home that NRNs are only talk."

As a chief guest Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon said that he was proud to see how Australian Nepalese community has transformed over the years. He said "In earlier years we used to do similar programs just to collect couple of hundred dollars, by looking at the today's participation, I can proudly say that the same community has come a long way. We are now able to collect significant amount of money for charity such as this." "We are now self sustained as a community so let's make a difference". Mr Yonzon said.

NRNA Australia President,

Mahendra Oli familiarised the participants about the elderly home project and proposed plans. He said "the project is ambitious but with all your support, I am confident that we can complete it on time"

Earlier, the NRNA Australia and Biratnagar Sub-Metropolis had reached an

agreement to build an elderly home in ward number 11 of Biratnagar municipality. NRNA Australia President Mahendra Oli and Sub-Metropolis office had signed the deal on 10 January for establishing, managing and operating Pathibhara Elderly Home.

According to the agreement, The building will be constructed at the land provided by the Sub-Metropolis. As per the initial plan 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 cow husbandry farm and ambulance services will also be the part of establishment.



Meeting to improve communication mechanism between NRN Australia and NRN ICC

NRNA Australia organised an interactive breakfast meeting with NRN ICC on May 31st following a successful fund raising workshop for NRN Australia Charitable project "Pathivara Jyestha Nagarik Sraddha Ashram". The main focus of the meeting was to further develop and improve existing communication mechanism between the two bodies to maximise efforts and achieve a tangible outcome. The meeting was participated by NRN - ICC pres-

ident Mr Shesh Ghale, NRN Victoria and NRN Australia council members, advisors and other members.

NRN Australia SCC coordinator and Vice President Rishi Kandel welcomed the participants and shared the objective of the meeting. He shared his own experience and underlined the importance of communication at different working levels to maximise efficiency.

Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon high-

lighted that having the global president from our own region is a great opportunity to put Australia on the global map by taking the lead and setting examples with great projects we are doing from this region. He further stated that to achieve this, a communication between ICC and NNC levels has to be effective and transparent and if there are any issues, we need to address them in a timely manner to remove all barriers.

Mahendra Oli, NRN Australia President provided an overview of the NRN Australia approach and its communication strategy to improve effectiveness. Bhabani Oli, Jog Limbu, Raju Shakya, Sudhir Shakya, Keshav Kandel, Nirajan Gauli, Bharat Pokharel, Ramesh Sharma, Tonnou Ghotane, Deepa Rai and others shared the same concern that communication channel and information sharing within NCC and ICC are not transparent and not reaching different levels of the organisations, ultimately leading to a misunderstanding and failing to unite

the community's efforts for the common goal. There was a general consensus that despite political ideology amongst different groups of the community, NRN Australia needs to work as a team to achieve their goal. ICC SKI Chair Dr. Raju Adhikari shared his 6 years SKI's experience as an example and suggested that communication lapse in a big organisation like this is often a problem but needs to be addressed and made more users friendly while abiding by the NRN code of conduct. The discussion was very lively and everyone provided their feedback and suggestions on the topic.

ICC president Shesh Ghale summarised some of the initiatives, recent progress and constraints that NRN has been facing as an organisation and ICC efforts to address those challenges moving forward. He said it is too early to judge this term and requested NRN Australia to work closely with ICC for greater cause of NRNA.



Dr. Hum Gurung

Dr Hum Bahadur Gurung, a well-known conservationist, was honoured with the Australian Alumni Award for Community Services by the Government of Australia earlier this year.

His selfless contributions to the betterment of the community helped him to win the award. The former chief executive officer of Bird Conservation Nepal (BDN), Dr Gurung has been engaged with communities since 1987 with the Annapurna Conservation Area Project (ACA). "The Award encourages me to contribute more to this sector. Now I'm planning to work for the welfare of children who are living in rural areas," says Dr Gurung after receiving the award. Meanwhile, he is trying to financially help a deaf child of Kaski District in his studies."

Hum Gurung received a PhD from Griffith University in 2008. He completed Bachelor and Masters degree with Honours from Lincoln University, New Zealand. He was Chief Executive Officer of Bird Conservation Nepal from 2009 to September 2012 and has recently formed the Himalayan Sustainable Future Foundation. He has been associated with the Annapurna Conservation Area Project (ACAP) of the National Trust for Nature Conservation, Nepal from 1986 to 1996 as Conservation Officer, and Conservation Education and Extension Officer. He worked for the United Nations Development Programme (UNDP) as National Programme Manager of the Sustainable Community Development Programme, known as Nepal Capacity 21, from 1997-2004. He has carried out a number of research projects in community-based approaches for environmental education, sustainable development, climate change, biodiversity, sustainable tourism management and ecosystem services.

Complementary to Hum's career progression he too remains cognisant and proud to promote his education experiences in Australia. This is reflected in the work he did while in country to continuously promote to his peers and fellow Nepalese students the advantages



of studying in Australia; as the President of the Griffith University Nepal Club and as a member of the Nepalese Association of Queensland (NAQ). This continues with Hum being the now President of the Tamu Educational and Career Advancement Network (TECANET) in Nepal – a dedicated social network of graduate students and professionals working to promote education and career development, nationally and abroad, to prospective Nepalese students and indigenous youth. Hum also maintains a strong relationship with Griffith University over their joint work to coordinate field courses for Griffith students in both ecotourism and conservation in Nepal, which today are continuing.

In the course of career advancement and professional development Hum travelled extensively in Nepal (over 50 districts) and internationally in over 25 countries for conferences and seminars including the United Nations conferences. He has track records of working with the Government of Nepal from formulations of Nepal's Sustainable Development Agenda to national preparatory works of international conferences including the United Nations Conferences- Convention on Biological Diversity and United Nations Framework Convention on Climate Change. He has often invited as keynote speaker in the field of biodiversity conservation, sustainable tourism and environmental education.

While he was in Australia, he set up a support networks for Nepali students which doubly acted to also promote Australia. And since returning to Nepal

While he was in Australia, he set up a support networks for Nepali students which doubly acted to also promote Australia. And since returning to Nepal he has also made it possible for Griffith to run field courses in both ecotourism and conservation biology. He has been significantly contributing the Conservation in Practice course in Nepal as coordinator for students from Griffith University since 2007. Hum has played a pivotal role in establishing the collaboration and partnership in teaching between Nepalese Universities (Tribhuvan University and Kathmandu University) and Government and Non-governmental agencies (Department of National Parks and Wildlife Conservation, Ministry of Forests and Soil Conservation), National Trust for Nature Conservation, World Wildlife Fund and Bird Conservation Nepal.

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The Higher Education system in Australia has an international repu-



tation for high quality education. The multicultural society and close to Asian countries make Australia as one of the best destinations in the world to pursue higher education.

Dr Gurung is an example of Nepali student making a big difference in Nepal after receiving Australian education.



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Australians Abroad's first shooting in Nepal

An upcoming TV series called 'Australians Abroad' is going to be visualized in Nepal.

Kevin Tse and Matilda Branson will soon shoot the first episode of the series in Nepal that is expected to be completed to go on air by 2015 in Australian televisions.

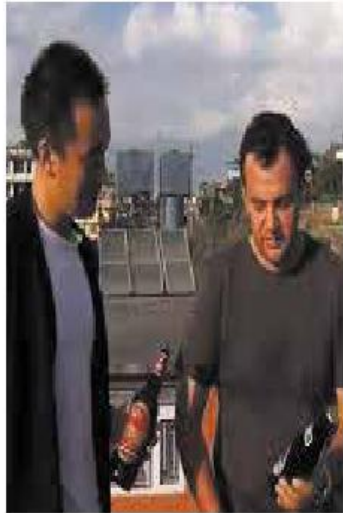
It is a show about what Australians living overseas get upto.

In the very first episode of "Australians Abroad: Nepal", they went to meet Ben, a pilot from Sydney who flies daily to Lukla near Mount Everest, the most dangerous airport in the world. Ben also shows them his earthquake alarm installed in his living room.

"Do you get many earthquakes around here?" curious Kevin asks. "Yeah! One a year actually. Pretty high risk area," Ben replies.

Later they talked to Matt and Chantal, a couple from Melbourne running a motorbike touring business who demonstrates how to ride classic Royal Enfield motorbikes through the hills of Nepal.

At the end of the episode, the co-hosts introduce Julia, a volunteer who shows the sights (and sounds!) of Kathmandu and her industrial stashes of Weet Bix.



Nepali actress and director win international film award



In the recently concluded SAARC Film Festival in Sri Lanka, Joes Pandey's 'Saan-guro' brought home two awards.

The film was awarded with the Silver Medal in the Feature Film Category and director Pandey also received the New Talent Certificate of Recognition from the festival jury.

Garima Panta also won accolades for her performance in 'Jhola' for which she received the Best Actress Award. Organized by the SAARC Cultural Center, Colombo, the festival lasted for six days from May 20 to 25.

Sri Lankan film 'Suvisi Vivarana' won the Golden Award in the Feature Film Category while 'Ingili' from the Maldives took home the Bronze Award in the same category.

The Best Director Award was given to Sarath Dharmasiri, director of 'Suvisi Vivarana,' and the Best Actor Award was presented to Ismail Rasheed, the actor in 'Ingili.'



SRK is second wealthiest actor in the world

According to a report by Wealth-X, the world's leading ultra high net worth intelligence and prospecting firm, Bollywood actor Shahrukh Khan is the lone Indian celebrity to make it to a list of the top 10 wealthiest Hollywood and Bollywood personalities by beating stars like Tom Cruise and Johnny Depp. The 48-year-old actor, who is the owner of an IPL team and has acted in more than 50 Bollywood films, has come second on the Wealth-X's list with an estimated fortune of \$600 million.

Comedian Jerry Seinfeld has topped the rich list with a fortune of \$820 million. Cruise is third with a fortune of \$480 million, while Tyler Perry and Depp are fourth and fifth respectively with an estimated wealth of \$450 million each.

The list also includes several Acad-



emy Award winners including Jack Nicholson (\$400 million), Tom Hanks (\$390 million) and actor Clint Eastwood (\$370 million).

Nicholson is at the number six followed by Hanks, Bill Cosby, Eastwood and Adam Sandler.

TV serial on Everest by bollywood director

Lagaan and Jodha Akbar fame Aushtosh Gowariker has begun shooting for his upcoming TV show Everest. Gowariker will return to the small screen with Everest, written by known actor-scriptwriter Preeti Mamgain. The serial is about a young girl who sets out to scale the world's highest peak, Mount Everest. TV serial Everest will be set in Uttarkashi, India.

Everest will show the story of a young girl, an army officer's daughter who sets out to prove her worth to her father and is determined to climb Mount Everest. To prove this, she visits Uttarkashi, enrolls at NIM and finds her allies in two guys. The story will then have a friendship, romance et al as they make their way to the peak of Everest. The serial's cast includes Milind Gunaji who will play the role of Col Kothiyal, as



the principal of the mountaineering institute, and Rajat Kapoor as the sponsor of the expedition, and three new actors.

Nepali Music School opens in Sydney

Aayan School of Music offering wide ranges of **MUSIC LESSONS**
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255 Briens Road, Wentworthville NSW, Australia
Campus No. : 042231 1879
E-mail : ayanmusic@gmail.com

The first Nepali music school "Aayan School of Music" has opened up in Sydney's Wentworthville. Aashish Shrestha, chief of the school, said the school will provide lessons on North Indian classical vocal, light songs, Ghazals, Bhajans as well as provide music arrangements, studio recording, mixing and mastering including Nepali folks and modern songs. The school also offers all kinds of harmonium training.

Selena Gomez finds her trip to Nepal inspiring

Hollywood actress and singer Selena Gomez just returned from her trip to Nepal, where she traveled to raise awareness for children in need, on behalf of UNICEF.

In a video clip from her journey, the 21-year-old star is seen happily playing and dancing with the kids at the Satbariya Rapti Secondary School, and affectionately giving hugs and letting

them sit on her lap. The Latina beauty even documented the trip by taking cute selfies on her iPhone with the little ones.

"This visit to Nepal was extraordinarily powerful—at times, devastating and heartbreaking, but also incredibly inspiring," she said.

"At first when you witness children living in extreme poverty, you wonder how it is possible that they can be deprived of their basic human needs and rights. Then you talk to these children, and you see hope, promise

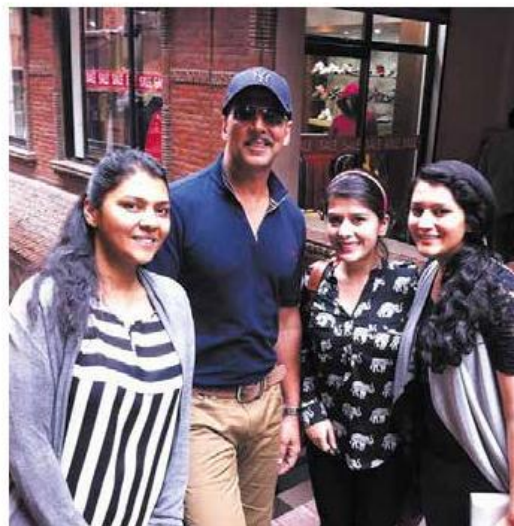
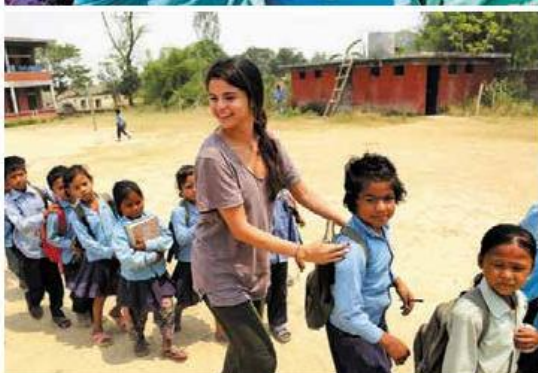
and a bright future," the star continued.

and a bright future," the star continued.

"This generation of children believes they can make a difference, and they take action. It starts with quality education and leadership opportunities, like those UNICEF is providing. I'm so proud to serve as a UNICEF Ambassador and be part of a greater movement to help the world's children."

The experience certainly had a positive effect on the "Come & Get It" singer. Earlier this week, she posted a smiling bikini pic on Instagram, declaring that she was "taking my power back."

"Can't wait to show you where I've been. I love you all" she wrote.



Akshay Kumar spotted with fans at Himalayan Java Coffee Lounge at Thamel

Akshaya Kumar fell in love with Kathmandu

He can make the Box Office ring till kingdom come, he has been Bollywood's highest individual taxpayer for the last so many years, and he has wowed all with his amazing action moves and stunts that he does himself. Call him Khiladi, call him the King of Bollywood, Akshay Kumar deserves the accolades he has got.

Akshaya was in the capital Kathmandu to shoot for director Neeraj Pandey's next, this unassuming Bollywood Superstar, who is known for his discipline and professionalism. In an interview, the actor said that he found the capital 'culturally so rich' and 'beautiful'.

And he is as impressed with the locals here as his fans are impressed with his acting, action and dancing.

Talking of his connection with Nepal, the superstar says that it goes back to his Saugandh days — his debut film. "Saugandh was a hit in only two places — Gujarat and Nepal," he says expressing his gratitude to his Nepali fans here for liking him right from the beginning.

Would he love to visit Nepal again? "Of course," he answers, "I'll bring my son and niece, we'll do bungee and all the stuff... but quietly."

Melbourne aspires high for 'Kabaddi'



A Nepali feature film "Kabaddi" which hit successfully in box office in Nepal has remained in high demand in Melbourne, Australia. As the demand of the movie is rife, three special shows are set to be screened in Melbourne soon.

The movie was screened in Sydney last weekend and is continuously getting overwhelming feedbacks from the moviegoers. "Our first show is sold out already and we are already planning for two more shows just so no one misses out. The response we are getting is an evidence that Nepali movies have great demand in Australia. It's all about promoting them properly. We are here to promote Nepali music, movies and artists," informed Sanjay Kumar Shah from Neplay Events.

The first show of the movie is slated for 1 June and second and third shows will take place on 5 and 15 June respectively.

Emerging event management and entertainment companies Neplay Events and Smart Access Entertainment Australia are collaboratively organizing the screening of "Kabaddi" in Melbourne.

The director of Loot, Nischal Basnet directed the movie. The story of the movie revolves around a story of Kazi, a third standard failed young man from Mustang who dreams to marry Maiya, his Soltini (daughter of his maternal uncle) by hook or crook and what he has to go through along the process.

Married Rajesh Hamal's first overseas visit to Australia

Nepal's mega star Rajesh Hamal got married to his long term girlfriend Madhu Bhattarai on May 25th. After proposing her in an enviable style a few days ago, they tied knot with traditional hindu ritual. Not long after getting married, Hamal is touring Australia with singer Rajesh Payal Rai and Songstress Anju Panta.

This year also coincides with Hamal's silver jubilee in Nepali film industry. Various programs are scheduled in cities across Australia including Sydney and Melbourne to celebrate his long and successful career.

In Melbourne Solangture is organising an intimate evening with an actor on 9th of June at Estonian House, Brunswick.

RITU's overwhelming success begins a journey of charity for Brotherhood Nepal

Brotherhood Nepal has successfully hosted its first event as they presented Nepali movie Ritu to a jam-packed moviegoers at Cinema Nova last Tuesday. The event was a part of fundraising campaign initiated by the organisation to help Nepali National cricket team.

AECC Australia and Laligurans groceries were the prime sponsors of the event similarly, Jai Nepal Restaurant, Simrik Hair and Beauty Studio & Downunder Curry were among the co-sponsors.

Ritu was mostly shot in Australia featuring many local artistes and technicians. The director of the movie Manoj Adhikari who also attended the Melbourne screening last Tuesday thanked the crowd for showing so much love and support for the movie Ritu and Nepali cinema in general.

Brotherhood Nepal's Director Sudip Neupane informed that he was overwhelmed by the participation and the review of the movie. However, he regretted that many had to miss out as tickets were limited and were all sold prior to the show. "We did not expect such an extraordinary response from people. As organisers we are really apologetic that we could not accommodate everyone" he said. Other founder members of Brotherhood Nepal Gyanendra Bastola and Bhushan Shrestha added "we are really grateful for the patience and understanding shown by people. It was our first event so we have taken this as a learning curve. We will definitely come back with a bigger and better event in the near future".

Meanwhile, Brotherhood Nepal has stated that the proceeds of this event will

be handed to concerned fundraising authority in Nepal as soon as possible. The organisation has also extended their appreciation towards the Melbourne Nepalese community for their motivation and encouragement to do such charity events in the future. Furthermore, the statement issued by the organisation has also acknowledged all their sponsors, media partners, volunteers, supports and well wishers for their continuous support.



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Multicultural Australian society and the history of Racial Discrimination



By: Rishi Acharya

The United Nation's report on racial discrimination made public last year ranked Australia as the best country for immigrants. The report depicted Australia's current success as a nation is highly correlated to its migration history.

Australia has two hundred twenty four years of migration history behind it. Aboriginal people hailed from Indonesia cultivated Australia some 40 thousand years ago. In 1788, the first boat arrived in Australian land in the leadership of James Cook after a Dutch explorer William Janszoon that discovered Australia in 1606. Then began British colonization in Australia. Aboriginal people suffered inhumanely under British Empire for centuries. The extreme of the situation was such that they were traded for slavery. Thousands of them were slaughtered. Children were departed from their parents in the name of providing education and health services and were forced to change their religion and beliefs. Era also known as "Stolen Generation" that still remains as a black smudge on the nose of countries like Britain and Australia which now advocate democracy and human rights.

A referendum held in 1903 mandated to promulgating a federal constitution for modern Australia. The modern statute consists of adequate provisions to avert all kind of discrimination based on racism. However, aboriginals and immigrants from across the world still

Children were departed from their parents in the name of providing education and health services and were forced to change their religion and beliefs

face racial discrimination every steps of their lives.

I strongly feel that everybody who is trying to craft out their future in Australia needs to know its history of racism. In fact, Australia which ranks at thirteen among the developed countries of the world has a very repressive and shuddering history of racism.

Racial discrimination against immigrants

Recurrent violence and assault against foreign students and immigrants is an example of how racism is deeply rooted in Australia. Actually, Chinese people were the first victim of discrimination who are the first immigrants after British. Chinese were supposed to have arrived in Australia in 1850 and they are even till now contributing significantly for Australian development by selling cheap labor and products. It is because of hard working nature and economic life style, Chinese have earned their fortune in short period in Australia. After Chinese, Japanese, Vietnamese, Korean, Indians, Thais and Philippines started arriving Australia seeking new opportunities and dreams of prosperous life. They also did well for themselves. However, British who had monopoly in Australia in every aspect could not accept the new migrants stealing their perks. Which consequently resulted in the introduction of a bigoted policy named "White Australia Policy".

Off late, Lebanese migrants have fallen prey to racism more often. A

number of disputed incidents has taken place to jettison Lebanese from Australia partly also because of their religious belief. Cronulla beach incident is one evidence of widespread hatred towards middle eastern migrants. Moreover, an Australian politician Pauline Hanson even led a campaign to chase away Asian and Islamic people from Australia. Islam-phobia, a sort of hate and fear to Islam religion, still smacks of in Australian media in one way or the other.

Australia white policy

Harold Bahlta, the then Federal Minister, had declared "Australia white policy" in 1949 that later proved to be the darkest era in Australian history.

The main motto of this policy intro-



duced by the liberal government was to prevent Asian migrants to enter Australia. Australia white policy ruled the roost for almost 25 years until Labor party reached to the government in 1972. A widely known reformist Gough Whitlam became 21st prime minister in 1972 and he dissolved the unpopular policy welcoming all people to Australia irrespective of their race, color, sex and region. It is because of this new policy thousands of Nepalese are in Australia now.

Since then biased laws were amended several times. However, this country has kept practicing the history of racial discrimination repeatedly. We newly migrated people can feel racial discrimination in public spheres, offices through languages, styles of clothing and dining

Nepalese community in multicultural society

Almost all the countries of the world signed on the international Convention on the elimination of all forms of Racial Discrimination drafted by the UN in 1999. In a bid to implement a spirit of the UN charter, Australia has started celebrating a Harmony Day aiming to bring sense of unity among all communities and classes. Australia observes the Harmony Day on 21 March every year. The day is being popular day by day. A number of programs for racial cohesion will take place in every hotels, public parks and corporate houses on the Day. Though small in number, Nepali community in Australia also participate in such programs. As many as seven hundreds programs gets held on the occasion of Harmony Day every year

on which Nepali community also take part enthusiastically. More than 25 thousand such programs had been held since the starting of such celebration. Nepali community has also added a color in myriad Australian society where almost four hundred languages can be found speaking by the migrants from about two hundred countries across the globe.

Though Australia has repeatedly been blamed for being a country with racial discrimination, law makers and leaders are not ready to accept it. However, the government has a formal policy to turn Australian society into a multicultural one. Ruling party Liberal as well the opposition Labor party accept to identify immigrants in the preamble of country's constitution. Nevertheless, the issue is yet to be dealt with as a matter of priority.

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'Walk for Nepal' collects \$46,000 for charity



New South Wales chapter of NRNA Australia has held a 'Walk for Nepal' program on Sunday 1st of June in Sydney in a bid to raise fund to help construct an elderly home in Nepal.

According to Bijaya Pokherel, the coordinator, approximately AU\$ 46000 has been raised through the program. The collected amount will be donated to construct an elderly home in Biratnagar- "Pathivara Jyestha Nagarik Sraddhashram".

More than 400 Nepalese attended at the program. The walkathon was kicked off from the Dolls point of Cook Park, South Rockdale and went through Brighton Beach before concluding at the same departure point.

Shane O'Brien, Rockdale city mayor and Bhawan Bhatta, NRNA ICC vice chairperson, jointly inaugurated the event.

Addressing the function, Mayor O'Brien said he is always willing to be part of Nepali community when it comes to community development. Likewise, Mr Bhawan Bhatta said 'Walk for Nepal' remains effective platform to raise fund to support various sectors of Nepal; Bhatta urged all Nepalese living outside the country to follow the suit.

NRNA ICC secretary Ranju Thapa applauded the program saying that it provided opportunity for all to giving something back to the country of our origin. Panchakanya (five holy virgin girls) distributed medals for all participants who completed eight kilometers trail on foot.

NRNA Australia clarifies controversy regarding charity walk

NRNA Australia has reacted to the controversy raised by the US based organised "Walk for Nepal" regarding the fund raising program held in Australia under the same name.

Issuing a statement NRNA Australia has said "our attention has been drawn by the statement issued by Sailesh Gangal from US-based Organization regarding the "Walk For Nepal" organised by NRNA Australia here in Sydney."

The statement further reads that "NRNA Australia is a volunteer organization and is organizing many events to support our community and charity Projects. The recently organized "Walk for Nepal" was one of them. This event was not copied from any other organization and has no intention to be deceptive. There could be many other similar events in other parts of the world and as they are regional based, this will not contravene each others. After all, we are working hard for the betterment of the community not for any personal or business gains thus we do not see any value for the baseless accusations."

Furthermore, NRNA Australia has also termed the accusation of copying the logo and the slogan is baseless. "Both the logo and slogan used by NRNA

Australia is completely different to the one used by Walk for Nepal in London" Clarifies NRNA Australia.

The statement signed by NRNA Australia spokesperson Dinesh Pokharel says an explanation to the US based organization has already been provided prior to the event in Sydney. The statement has further clarified that "Walk for Nepal" is registered in Australia and they are only bind by rules and regulation of Australia.

The organisation has also requested all the media to validate the authenticity of the news before publishing it.



International Nepalese Women Writer's Forum formed in US, Australian Chapter to start soon

By: Ms Usha Gewali & Mrs Sita Kharel

In a bid to empower women and advocate women rights through various literary activities, an International Nepalese Women Writers Forum has been formed in the US recently.

The forum aims to incorporate all female writers under a single canopy so as to better address the issues related to women through writing. Raising awareness on social, religious and cultural hurdles and exploitations faced by women through literary expressions will be the objectives of the forum.

"Since women occupy half of the sky and are the first mentor of children, the whole society will be backlashed if women are marginalized," Says the statement by INFWWF.

In its first year, INFWWF has identified 'rape' as an agenda of the year, hence will focus its activities on empowering

women against it.

The forum plans to effectively exert pressures on policy makers by publicizing books, newsletter and other mediums. Also on the agenda for the organization is to translate books written in other languages on women's issue and vice versa, organizing female literature festival, symposium, radio programs as well as several competitive programs to promote female writers and bring underlying women issues in a public discourse.

The forum also intends to facilitate for the field study to conduct research and provide fellowship for book publication.

An executive committee has been formed to meet such goals under the leadership of Nilam Karki Niharika from the US. Niharika (America) has been

elected as chairperson of the forum.

Likewise, Bharati Gautam (America) has been elected as Vice Chairperson, Sita Kharel (America) as general secretary, Usha Gyawali (Australia) as secretary, Nirmala Khadka (Israel) as treasurer. Similarly, Prabha Acharya (America), Gita Panta (America), Jyoti Paudel (America), Namrata Guragain (America), Sangita Marhattha (UK), Dr. Shanti Chetri (India), Sita Sapkota (Belgium), Sumitra Paudel 'Aachal' (Israel), Saru Pokharel (Nepal) have been elected as members.

The forum urges all for their support and suggestions to expand the organization pledging to extend its chapters in various other countries in the near future.

Nepali origin man elected Deputy-Mayor in UK



A Nepali origin man has been elected as Deputy Mayor for the first time in the United Kingdom. Physiotherapist Dr. Jaganath Sharma has been elected as Deputy Mayor from Colburn Town Council of North York Shire.

Sharma worked as a counsellor in the Colburn Town Council for four years.

"The new opportunity gives rise to new responsibility", Sharma said. "I am concerned about how to hold high the dignity of Nepal and Nepali."

He said he would concentrate on enhancing amiable environment among different communities, cultural exchange including local development.

Sharma pledged to work for the betterment of Nepalese community living in the UK including ethnic minorities.

About 500 Nepalese have been living in his surrounding suburb. Sharma, who also holds responsibility as External Affairs Coordinator of British Gurkha and Nepalese Community of the area, vowed to take initiatives to build a Community Hall for Nepalese.

Sharma hailed from Ranipani VDC 9, Parbat district of Nepal. He arrived in the UK some 13 years ago. He has been working as a chief physiotherapist at the Infantry Training Center of Kyatric under the British Ministry of Defense (MoD).

This is the only one Infantry Training Centre for Gurkha and British army.

NRNA extends its branch in PNG

Non-Resident Nepali Association (NRNA) has opened up a new branch in Papua New Guinea (PNG).

With this new branch, the number of NRNA branches around the world reaches 69.

New executive committee of the

May. The assembly elected Raj Bahadur Shahi chairman of new executive committee.

The assembly has nominated Dharendra Chaudhari as Vice-chairman, Rajendra Tiruwa as General Secretary, Lal Thapamagar as secretary and Chitra

Gurung as youth coordinator, Anita Tiruwa as female coordinator and Yam Gurung as ICC member of the committee.

According to Non-Resident Nepali Association Oceania co-ordinator Bishnu Hamal, Raju Thapa, Babu Pathak, Krishna Katuwal, Shyam Shrestha, Sanjeeb Kumar Singh, Dev Bahadur Thapa and Ghana Shyam Basnet have been nominated as members.

Non-Resident Nepali Association ICC patron Indra Ban, secretary Ranju Thapa, Oceania Coordinator Bishu Hamal, ICC member Bhairab Dhakal and NRN Australia secretary Bharat Pokharel were present at the function.

ICC member Bhairab Dhakal hosted the program. Regional coordinator Hamal administered oath of office and secrecy to the newly elected office bearers.

More than 100 Nepalese have been living in PNG.



NRNA PNG branch has been formed by an assembly held in the capital city of the PNG, Port Morsby on Saturday, 10th

Gurung as Treasurer in the committee. Likewise, Dipendra Puri has been nominated as public relation officer, Buddhi

Chefs, Bricklayers and Tilers no longer need sponsors for PR

Coalition government has eased up on its skill migration rules to address alleged labour shortages. Visa rules on thousands of foreign chefs, bricklayers and tilers have now been loosened up. According to new amendments people with those set of skills will no longer have to be sponsored by employers to obtain permanent visas. Under changes backed by business groups, the three professions have been added to the Skilled Occupation List from July, meaning these workers will be able to apply for a permanent visa without requiring a sponsor.

Before this, State government of South Australia had included Chef and hair dresser in the list of eighteen skilled occupation.

Nepali passports being misused by foreigners



Handwritten as well as Machine readable Nepali passports are being increasingly misused by foreigners, a police report says.

Police investigation has found that especially Indians and Bangladeshi nationals have misused Nepali passports for employment in the Gulf countries. Nepali passports are being sold for anywhere between Rs 150,000 and Rs 300,000 each by racketeers to the foreign nationals, the investigation reveals. The Central Investigation Bureau (CIB) recently busted a passport racket which was found to have sold off 14 Nepali passports for Rs 2.95 million in Bangladesh.

The CIB filed a case on Monday against Kumar Puri, 47, of Al Zarifa Manpower and Purna Bahadur Magar, 43, of RP International Consultancy after making them public in connection with the passport scam.

Police said that they are searching Devi Prasad Kafle, 36, of NCF Employment Services, who is believed to be the mastermind behind the scam.

Magar had sold the passports to Mohamad Delawar Hussain, a agent running the racket in Bangladesh, the

CIB upon further investigation found. According to Senior Superintendent of Police (SSP) Uttam Karki of CIB, fewer complaints are lodged with police on lost passports as the agents would pay over Rs 20,000 for the same while it would just take Rs 5,000 to Rs 10,000 to produce a new passport.

SSP Karki that the police officials are going through proper diplomatic channels to trace people who are using the Nepali passports.

Recent arrests made by police have revealed that Nepali passport racketeers first seek out demand for Nepali labourers from foreign companies and then passports are collected from aspiring migrant workers. The passports are then validated for various jobs from the Department of Foreign Employment. The owner of the recruiting agency then take work visas for Saudi Arabia for stamping in Bangladesh in the absence of the Gulf country's embassy in Nepal and the local agent of the company then make a deal with Bangladeshi nationals. Many Nepalis are being denied the right to go for foreign jobs due to passport misuse, SSP Karki said.

SVP arrangements extended to students in advanced diploma courses

Streamlined visa processing arrangements will be extended to students enrolled in advanced diploma level courses at low immigration risk providers, Minister for Immigration and Border Protection, the Hon Scott Morrison and Minister for Education, Christopher Pyne said recently.

Minister Morrison said the streamlining of the visa application process for advanced diploma courses will benefit eligible students through simpler and faster visa processing, and is in addition to existing arrangements for eligible higher education sector students.

From 22 March 2014 streamlined visa processing arrangements, similar to those in place for universities have been available to prospective students of selected low immigration risk education providers who offer bachelor, masters or doctoral degree level courses.

On 26 May 2014 the government announced that it intends to further extend streamlined visa processing arrangements to low immigration risk education providers offering advanced diploma level courses. This

will provide direct access to the streamlined visa processing arrangements for eligible education providers in the Vocational Education and Training (VET) sector.

The department will write to eligible providers by the second half of 2014 inviting them to participate in the arrangements. Subject to the legislative change process we anticipate that the extended arrangements will commence by early 2015.

The extended streamlined visa processing arrangements will be similar to those currently in place for universities and non-university higher education providers. From the time these arrangements commence, it is intended that existing streamlined visa processing providers will also gain access to streamlined visa processing for their advanced diploma level course students where applicable.

The number of international students seeking to study in Australia continues to rebound positively, with an increase of over 27 per cent in the number of visas granted to offshore applicants in the 2013-14 programme year.

Survey reinforces 'Work for the dole' program

A survey of more than one thousand employers has reinforced the importance of the Government's newly introduced Work for the Dole programme and revealed changes young job seekers can make to improve their employment prospects.

The survey conducted by the Department of Employment asking employers what they thought young people could do to improve their job prospects. "About half the responding employers said the best action many young people can take is to improve their attitude or physical presentation."

"Employers reported the lack of commitment to work displayed by many young people resulted in them not having the necessary enthusiasm, reliability or initiative required to make an effective contribution."

Assistant Minister for Employment Luke Hartsuyker said "As I travel around the country, employers keep telling me that

too many young job seekers are presenting to their businesses without the basic skills necessary to positively contribute in the workplace." This highlights why Work for the Dole is an important part of the solution to youth unemployment.

"It enables young job seekers to demonstrate to employers they have the attitude and skills necessary to be a productive employee."

"Employers are seeking commitment, teamwork and punctuality from employees, all qualities which Work for the Dole can instil in young job seekers."

Phase one of the Government's new Work for the Dole programme to help young job seekers move from welfare to work.

Starting in July, long-term unemployed job seekers aged 18-30 in selected locations around Australia will be required to participate in Work for the Dole activities for about 15 hours per week for six months.



Chitwan Samaj Victoria's blood donation program

Chitwan Samaj Victoria organised a blood donation program on 18th of May. Fifteen donors participated in the program held at Australian Red cross Blood Service Southbank. "Our organisation was established primarily with an aim to get involved in social work back home, but in saying that we also want to contribute locally", said Chitwan Samaj Victoria President Ananta Poudel. He added that the organisation is planning to hold the blood donation program in yearly basis.



KIRAT FESTIVAL celebrated

Nepalese experienced the rich tradition and culture of Kirat people from Nepal at the Kirat Festival on 24th May. The event included cultural shows from various communities, food and handicraft stalls.

Starting with a traditional Kirat welcoming ceremony, followed by a Sakela Dance where guests were invited to join in to mark the official opening of the festival.

This was the Kirat Festival's third consecutive year and, this year, they invited other communities to participate in the festival in the true spirit of multicultural Australia, with the aim of

developing it into a multicultural event.

This is a calendar event at Federation Square, hosted by the Kirat communities of Melbourne, Sydney and Brisbane, and funded by VMC and City of Melbourne.

Spokesperson of Kirat Community, Lok Rai, said that Limbu Community, Magar Community, guest from Sydney and other states as well as Australian indigenous community also attended the festival.

The organizer also invited Victoria Multicultural Commission Chief Chin Tan, office bearers of North West Metro Region, City of Melbourne, and officials at Victoria Police.



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Calling Out from a Hungry Tiffin...!!

By: Aaradhana Makhijani

Nowadays it is called the "MasterChef Syndrome", but I personally feel that the 'Cooking Bug' bites everyone at some time, some stage when you least expect it.

It doesn't discriminate by gender, age or background. So, when I caught the bug, it was a complete shock to my system. Never thought I had the culinary-calling.

For some, the recovery is instant (owing to some burnt dishes and not-so-appetising feedback) and for others who soldier-on (myself, included) lasting effects can be seen.

Hence, to all the recent enthusiasts out there, I would say "Welcome aboard and try & enjoy the ride".

Don't be too scared of the long list of ingredients and scary words, such as 'blanching' and 'de-glazing'. It will all make sense... some day.

I like to keep it simple and working with only a few ingredients to start off with helps... let's not overwhelm ourselves...!!

The recipe I have below, is a sure-shot pleaser for anyone to like to enjoy a small portioned cake/ muffin with tea, and doesn't mind the rich flavour of a dark chocolate base.

It is using all well-known and easily acquired ingredients. Even an amateur can prepare the dish, in a very small amount of time. Once made, we can store them in an air-tight container for a few days.

Butter Cupcakes with Choc- Brownie base...

Chocolate Brownie

- 140g Dark or Milk Chocolate, as per preference (broken into pieces)
- 50g Butter
- 50g Brown sugar
- 1 Egg
- 35g All-Purpose Flour

Butter cake:

- 120g Butter
- 100g Sugar - reduced by 1 Tbsp
- 2 Egg
- 120g All-Purpose Flour
- 2g Baking powder
- 50ml Fresh milk, can even use water



Method:

- Grease a muffin pan and set aside.
- Preheat oven to 180 Celsius.

First to make Brownie, melt chocolate and butter over low heat. You can even use a micro-wave on high heat for the same effect. Just ensure that you do it in 15 second intervals to just melt the chocolate and butter together and avoid burning it.

Remove from heat, mix with brown sugar and set aside to cool a little bit. Add the egg and mix well. Gently fold in the flour and mix until well combined. When folding just ensure that you only gently bring in the whole batter together and are not vigorously whisking it. Spoon a tablespoon of batter into each cavity of your muffin pan. Bake in preheated oven for 5 minutes and remove. Let it cool while making the butter cake.

For Butter Cake, beat butter with sugar until creamy. You can use a hand whisk to beat it, but the process will be quicker with an electronic hand-mixer. You will recognize it as creamy, when the sugar is reasonably mixed well with the butter and the butter looks light and fluffy. Add in eggs, one at a time and beat well each time. Fold in sifted flour and baking powder, and add milk or water to form the batter.

Spoon the batter over brownies, about 2/3 full. Bake in oven at 180C for 14-15 minutes or until cooked. To check pierce the muffin with a toothpick. If it comes out clean (with no crumbs), it is cooked. Put toppings as per desire.

Quick Tip:

If you would like to be adventurous, you can add in some flavouring to the Butter Cake. I personally enjoyed adding the Orange Flavour and even Coconut tasted well.

Feel free to half/double the quantities above if you would like to prepare in varied quantities.



Remember this if you planning to eat out alone

Do's:

Listen to music: Remember to carry a music player of some sort on your phone so that you can listen to music anywhere. Don't forget your earphones or headphones.

Read a book or magazine: It's useful to have a book with you for times when you may have to dine alone. If you don't have any reading material, look around the restaurant and see if there are any newspapers or magazine that you could read.

Take time out to reflect: There's nothing like some alone 'me' time to get you thinking philosophically. A solitary meal is the perfect time to come up with ideas.

Chat with the staff: At times, a kind salutation is all that is needed to make someone's day. Smile and greet the staff serving you. It helps build a rapport and you will have one more person on your acquaintance list.

Don't's:

Give your phone a break: Someone who is only staring at their phone for a long time could either be reading or watching something, but several people use this technique to appear occupied and not lonely. Avoid using your mobile excessively. Take a moment to look around and observe the hustle bustle of life around you.

Blow bubbles in your drink: Some people blow bubbles in their drink through their straw. It is not only it bothersome to others around you, but it is considered bad table manners.

Order for more than you can consume: When you are alone, order only that which you can finish. Leftovers are not only a waste of food, but a sort of disrespect to the chef's efforts.



Bollywood May Queen concludes with evening full of entertainment

Nepali contestant Mamata KC won the second runner up

Manakamana Charity organised Bollywood May Queen event at Estonian House, Brunswick on 31st of May. The evening full of entertainment had henna tattoo, face painting, raffle tickets, DJ session and much more to keep the audience on their toes the whole time.

Manakamana Inc is a non-profit organization based in Melbourne, Australia. The organisation was formed in 2013 with the objective to provide medical assistance to a remote village in Shewlay Kalimpong, West Bengal, India.

After the successful evening the organiser has thanked all the sponsors and everyone who attended to make it a successful night.

This year, Jessica Prashad won the title and Miranda Jones secured the first runner up. Nepali contestant Mamata KC won second runner up.



Bollywood May Queen Charity event was a meaningful event as it was held for a great cause. Organiser of the event Manakamana Inc provides help and support to the underprivileged people from remote village of India to build a medical facilities. Being a Nepali, I have seen the reality closely and always believed in doing something for the cause. I always dream of helping those in need, irrespective of their country and colour. I believe in humanity and being able to do something for others gives me a great satisfaction. My participation in this event is somewhat influenced by that charitable side of me and I am very happy that I participated. Even more so cause I also managed to secure 2nd runner up title. Thank you organiser Manokamana Inc and everyone who supported the event.

Mamata KC | Second Runner Up Bollywood May Queen-2014



Beauty of Family Bonding

Photo Courtesy: Solangture



Sharing intimate moments online can trivialize the importance of it

Rapper Kanye West recently married reality television star Kim Kardashian. Their wedding details were posted on Facebook almost instantly. There seemed to be little that was kept under wraps about the wedding, as pictures from Kim's hen party to the wedding and reception were uploaded as it happened. The world got a glimpse of the nuptials as guests put up snaps of not just the couple, but their family, friends, venue and even the menu. This trend is seen not only in celebrities but all of us have seen someone around us who is obsessed with the idea of sharing their lives on Facebook.



Nowadays, weddings, birthdays, social gatherings, workout sessions, holiday or even different stages of pregnancy — several aspects of one's life find their way online for the world to witness.

There are good things about these social media platforms as we get to connect with the people around the world but on the other side, people are too focused on putting pictures online that it is adding a lot of pressure on them. They forget it's their day. They forget to actually be present to what is happening in front of them.

Sunita Thapa from Sydney was amused when she saw minute-to-minute updates by her college mate throughout her pregnancy. "While it's common to see people post pictures of their holidays, it was quite strange to see my friend upload pictures of her during her pregnancy and even during labour. She went to the extent of posting a picture just before going into the delivery room and of her baby soon after she was born. Needless to say, the pictures got several likes and comments. But I feel that this trivializes an occasion that should ideally be shared with near and dear ones," she says.



By: Nani Aryal

Psychotherapists feel that this is a sign of desperation and loneliness. "We seem to be connected, but we are actually very lonely. There are no regular sources of validation and assurance, so we reach out to people on social media. A person's happiness depends on the number of likes their pictures get; it is highly neurotic behaviour. There is a certain degree of anonymity on social networking sites and this is dangerous, especially for young minds," says a Psychotherapist from Nepal, adding that all social media is not bad, but requires a certain level of maturity.

Be a grocery goddess

Make a list: Decide on the meals that you would like to cook for the entire month, and jot it down in a list. Tick all the food items you already have in your kitchen. The refrigerator and cupboard are the first places to look. Then, make another list of all the remaining supplies alongside the quantities you need them in.

Don't stick to one store: On your monthly grocery shopping day, go to more stores than your regular neighbourhood supermarket and look for the best price at each one for your supplies. When you get a good deal on something, stock up on enough to last you until the time stores have another offer for that item.

Adjust your budget: Expand your budget to fit a massive shopping spree. Calculate how this change will affect your bank balance. At first sight, it appears to be a major chunk off your salary, but once you do the math, you'll realise that it actually turns out to be far more economical.

Stock up on convenience foods: This tip is specially for working moms who cook at home every day. In-

clude a variety of dishes in your monthly meal plan so you can incorporate frozen vegetables and canned fish and fruit into them. Fresh veggies and fruit will only last you a few days while frozen foods have a much longer fridge life. Soups, frozen dishes, ready-to-cook meals and cereals can also be preserved for over a month without hassle.

Money-saving tip: To save cash, time your trip with the sales and special offers that convenience stores regularly put up.



Fundamentals of success in life

We all want to be successful in life. But many of us end up working harder in wrong areas of life. But simple habits and smarter thinking can bring your success rate high in your life. These might seem non significant from the outside but trust me you will get nowhere if you ignore these things.

Wake up early

Mornings are one of the most productive times of the day. Both your mind and body are fresh and are gearing up to take on the day. Don't start your day at the office, start it two hours before that. Plan your goals for the day, make a list of things you need to do and make sure you follow them.

Workout

A healthy body makes for a healthier life which is essential for achieving your goals. Exercise daily so that your body is ready to take on the hard work you need to do to achieve success.

Groom yourself

Half the battle is won if your confidence levels are high. And good looks make sure you are confident. When you know you are well groomed and well dressed, it automatically increases your confidence levels. The world looks at you differently as well.

Eat right

Your food should help you go ahead in life not feel like going to bed. If your lunch is making you feel dizzy and sleepy, you need to change your eating habits. Eat light and eat healthy.

LONG DISTANCE RELATIONSHIP is not as hard as you think

One of my friend has his wife in Nepal. He has been in Australia for seven years and in all these years he has visited her may be about 3 times. For a month each time. But surprisingly their relationship looks as strong as anyone else's. I asked him, how do you guys manage? He told me few things that I thought would be useful for many Nepalese living in Australia that has their partner away from them. It looks like a awful lot of effort in the beginning but may be its not that hard afterall. Try it.

Frequent communication

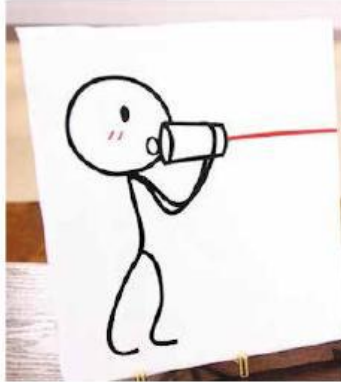
Speaking to someone every day is what keeps the conversation going.

And sharing details of one's routine is what keeps a relationship strong and thriving. In the era of quick Wi-Fi, email, WhatsApp, Skype and the good old telephone, there's no excuse not to talk every single day. Think about it, if you lived in the same city or, perhaps, in the same home, wouldn't you talk that often. Keep each other informed about the finest details of the broader news, and you'll feel closer to one another, quite literally.

Surprise each other

Routine is boring in a normal relationship. But in a long-distance one, it is actually a good habit to follow.

You can look forward, and have the license to think about your next conversation or visit, because you know exactly when it's going to happen. But every now and then, spice things



up, surprise each other. Land up at their door unexpectedly. It's always sweet to take something along.

Spice up your love life

Brains are our biggest sex organ. So use the distance to your advantage by tickling each other mentally. Learn how to talk and text naughty. Sounds cheesy, but it keeps the relationship exciting. It doesn't have to be overt - just enough alert each other's senses.

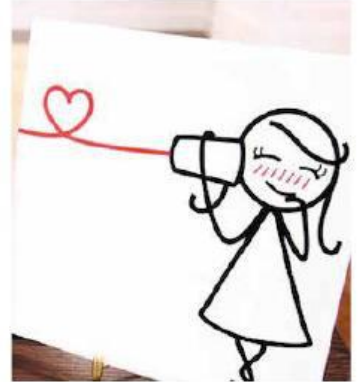
Keeping secrets a no no

It's okay if you don't have loads of experience behind you, what you should have is the courage to be honest at all times. Honesty is imperative in any relationship. It matters

even more when one's in a relationship with someone from a different city, state, or country. It's also essential to be honest about your needs and expectations. If you are feeling insecure, be up front.

Learn to trust

At the same time, learn how to trust your partner. If you know your partner well, and s/he are good at maintaining routines, issues of trust will not act up in the overly imaginative mind. Trust also means giving one another the benefit of doubt and loads of space. If your partner says something, trust him. Just because your imagination can run wild, doesn't mean you should let it.



Know the level of commitment

Couples in long-distance relationships know they're taking a risk, and also know that they are making several sacrifices to be together. But if you see a real future for the two of you, the sacrifices won't make you feel resentful. With long-distance relationships, you need to have a detailed, intimate conversation often. Being sure of the level of commitment - you guys must be on the same page - will help to avoid unnecessary jealousy and trivial fights that follow.

Remain social

When in a long distance love, it is important that you each have a social life in your own city and have your own circle of friends, too.

Without your own world of opportunities and enjoyment, you lose your sense of security and independence. It will keep you busy and in a positive frame of mind. Building new friendships also boosts confidence, which can enhance your relationship. Besides, there is nothing more attractive to a partner than being with someone confident.

Set aside a deadline

There needs to be hope at the end of the road, a time when you'll be in the same place, or at least the understanding that one of you will have to move at some point. So, set a deadline. If you're both in it for the long haul, these are decisions you'll want to make sooner. Don't wait until it's too late.

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Contact: nepalesehimalaya@yahoo.com.au

- A 31 years old Nepali boy based in Kathmandu looking for a girl settled in Australia.
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

Pokhara Samaj Sydney wins NAV volleyball title



Pokhara Samaj Sydney won the NAV volleyball title held on 11th May. Nepalese Association of Victoria (NAV) organized the third edition of the one-day volleyball tournament in Melbourne.

Pokhara Samaj lifted the trophy beating United FC Melbourne in the final. Seven local teams and one Pokhara Samaj of Sydney competed at the match on which three teams vied from open category, three teams from seniors and two teams from female category.

Eastern Warriors won the senior male title by beating The Himalayan Club. The Himalayan Club bagged the female title by defeating Saptarangi Girls in the final tournament.

Raj Kumar Gurung, player of Pokhara Samaj Sydney was announced the best player of the competition.

NAV organised the one-day tournament in collaboration with the Himalayan Club. The tournament was held in three categories- boys open, boys senior and ladies senior.

Earlier last month, NAV held a grand badminton competition.



FIFA World Cup Interesting facts

- ❶ Switzerland 1954 was the first FIFA World Cup to be televised thanks to technological developments. Just 16 years later, due to the launch of communication satellites in the 1960s, Mexico 1970 became its first edition to be beamed all around the globe, complete with action replays.
- ❷ Now, of course, the World Cup is the most-viewed sporting event in the world. South Africa 2010 was shown in every single country and territory on Earth, including Antarctica and the Arctic Circle, smashing record viewing figures in many TV markets.
- ❸ Furthermore, the last World Cup reached over 3.2 billion in-home people – 46.4 per cent of the world's population. That's a truly unbelievable statistic when one considers it excludes out-of-home viewers, innumerable of whom watched the action in bars, restaurants, clubs, hotels, online, via mobile handsets and at FIFA Fan Fests.
- ❹ With 51 goals in 123 appearances for the national team, Thierry Henry is France's all-time leading scorer.
- ❺ Previous record-holders such as Michel Platini (41) and Just Fontaine (30) were left in the former Arsenal striker's wake as he racked up the goals during a 13-year international career.

Nepali Cricketer Prithu Baskota in Australia for treatment

Nepali National cricket all-rounder Prithu Baskota is in Australia for his knee surgery.

He has had a torn ligaments in his right knee for a since last year. Baskota underwent his first phase of knee operation at Nepin hospital of south Penrith, Sydney on 21st May. Baskota was injured in an international tournament on September, 2013. He sustained injuries when he struck with Shrad Bheswaker during the time of taking run while playing against Uganda.

He said that he was proposed by Nepal, India and other countries for the treatment but he chose to come to Australia.

Meanwhile, Nepalese living in Australia have been launching a fund raising program to support Baskota's treatment. Many social media campaigns are rais-



ing fund for his treatment.

Likewise, Overseas Nepalese Forum Australia (ONF) also facilitated accommodation, transportation, logistic management for Baskota over the period of treatment. Baskota is expected to recover fully.

The Himalayan Club forms executive committee

Melbourne based Nepalese cultural, entertainment and sporting club, **The Himalayan Club**, has formed a panel of new executive committee members. The club aims to promote unity and solidarity in the community with various sporting, cultural and social activities.



The committee members appointed recently on 25/05/2014 comprises of:

President	Bom Yonzon
Vice-President	Bhola Giri
Secretary	Keshab Sapkota
Vice Secretary	Santosh Bastakoti
Treasurer	Muna Kandel
Board Members	Tara Gaire, Amit Gurung, Fom Thapa Magar, Binod Bhandari, Samjhana Parajuli, Tika Nath Rijal
Advisors	Govinda Gaire, Khagaraj Kandel & Karna Rana

The Himalayan Club was established in 2011 and has become the household name in the Nepalese community. Along the way the club has marked its presence in some of the major sports tournament by winning NAV-RGIT Cricket cup 2014, volleyball tournaments in 2012 & 2013. The club has also participated in range of cultural activities.

With the new committee formation the club is determined to up the ante in their future goals.

Club Secretary, Keshab Sapkota mentioned that club is positioned at its strongest level with community support, volunteers and experienced leaders. "We see things looking even more promising from here onwards."

According to the statement issued by the club executive members will be assigned with responsibilities based on their area of expertise. Club has also streamlined its short term and long term goals. As the immediate priority, club is looking to formalise the committee and slowly move towards integrating the club into state level.

The Himalayan Club has urged any interested community members to join in and pursue their sporting interest as well as take advantage of other facilities like discount card and shopping voucher.



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SYDNEY

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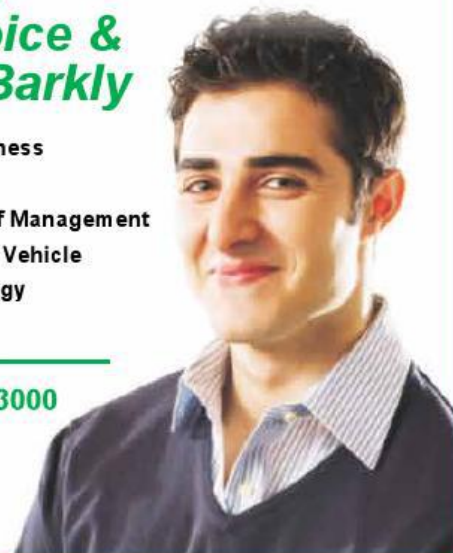
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