

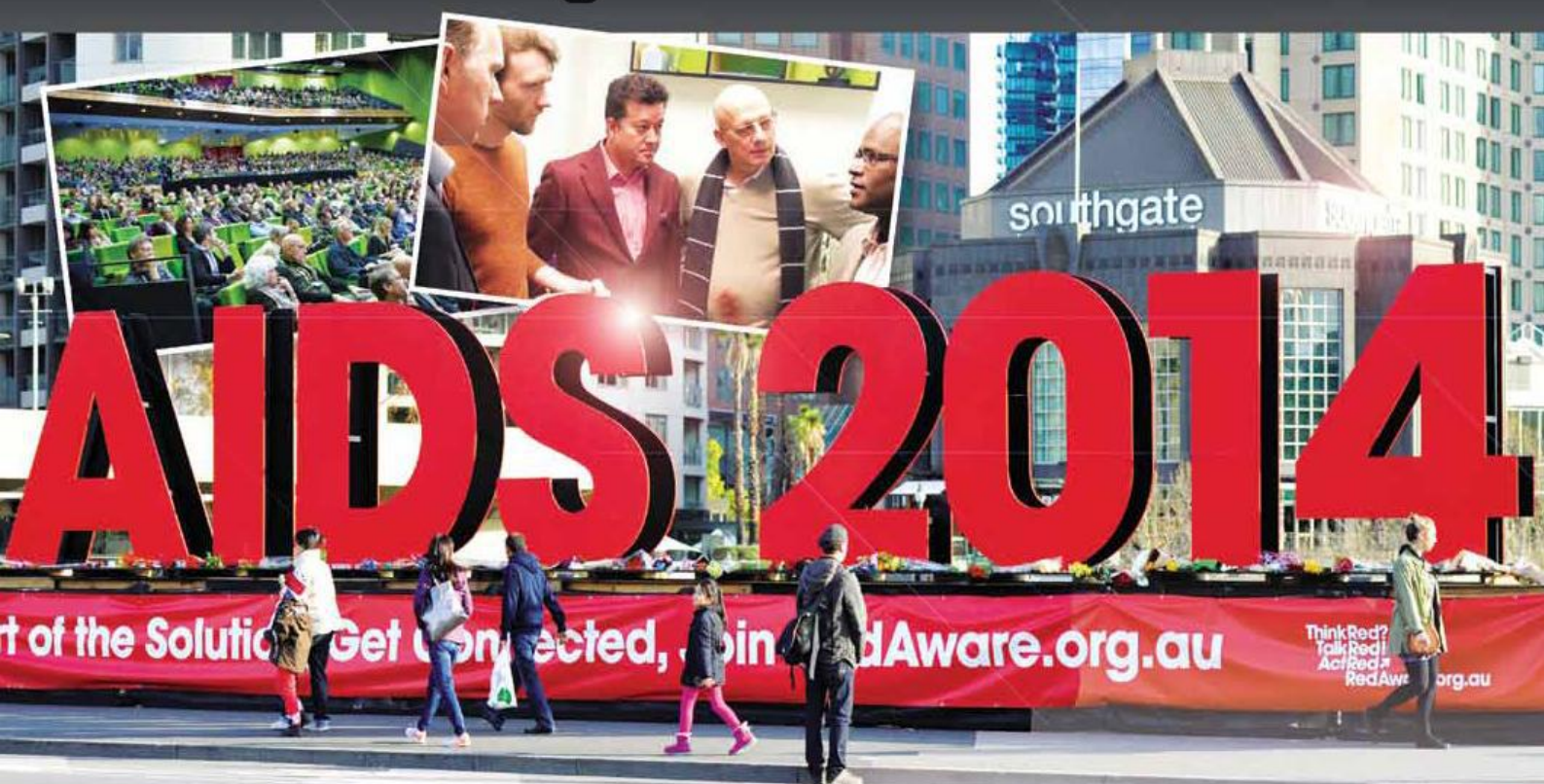
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COMPLIMENTARY COPY

Nepal joins the global advocacy against AIDS



» Dristi Nepal wins 2014 Red Ribbon Award

» 20 million Rs from Australia for NRNA office building

» Anupam and Arzo bag Mr and Miss Nepal-Australia



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Editorial

Modi's visit and India-Nepal relations



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

Indian PM Narendra Modi will arrive in Nepal with his 101 member entourage on 3rd of August, vowing to continue India's support to Nepal's developmental efforts. Indian PM will embark on a two day visit to Nepal which India is hoping to serve as a model for improved regional partnership. India and Nepal are traditional friends as a result of their geographical proximity and overlapping common religious, linguistic and cultural identities. Both nations have done so much for one another over centuries, however, the relationship between the two has not always been cordial. Mostly due to India's insensitivity towards its weaker neighbour and Nepal's hypersensitivity and proneness to misunderstanding India in everything it does. History has witnessed India putting its foot wrong time and again when it comes to respecting Nepal and its internal affairs and Nepal has always found that overbearing. As many times in the history has Nepal responded to Indian activities out of pure scepticism rather than seeing it for what it is. Whether it was the time when a Bollywood actor made a statement about Nepal, or when a particular Indian TV channel broadcasted a misleading information about Buddha's birthplace, or even as major as 1950 treaty that was resented by many Nepalese as an encroachment of its sovereignty, Nepal pretty much lives in chronic suspicion of interference and bullying from the south. To make the matter worse, some medias and journalists from both sides do not tire of doing a dirty job of taking advantages of this acrimony

and distrust between two countries. They spin and plant leaks to get access to high and mighty. And the result is India feels unappreciated despite doing so much for Nepal and Nepal lives in constant fear of being intruded. Narendra Modi's visit, the first bilateral visit by an Indian PM in 17 years, is his initiative to redeem India's relationship with Nepal. So the expectation in Nepal from Modi's visit is palpable. At this moment, Nepal wants to see once and for all that India genuinely wants to see prosper and developed Nepal without its own hidden agendas. For Nepalese, some random press statements stating "India respects Nepal's sovereignty is the absolute minimum of bilateral relations". What Nepal is seeking is India's convincing demonstration of the least common denominator. It's also time for Nepali politicians to walk the talk, stop wasting energy in anti-Indian nationalism and rise above the personal interest to grab the opportunities offered by Modi's visit by both hands. Nepalese should understand and accept that Nepal is India-locked. Three quarter of our socio-economic activities involves India. Where there is more interaction there is more chances for problems to occur. So what we should be focused on at this point in time is to explore and promote mutually beneficial engagements with India.

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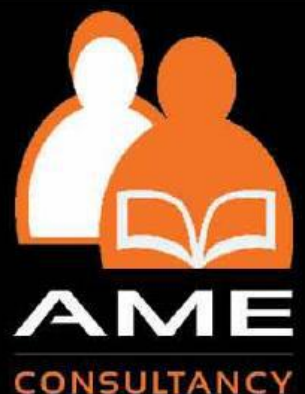
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Nepal joins the global advocacy against AIDS

Some 14,000 participants from all over the world gathered in Melbourne Convention and Exhibition Centre for 20th International AIDS Conference from 20th till 25th July. Under the theme, Stepping up the Pace, the conference delegates discussed the latest research developments and heard about the status of the epidemic from world renowned experts. The main objective of the conference was to ensure that HIV remains on top of the global agenda while the formulation of the new goals are being discussed.

AIDS 2014 offered delegates a strong scientific programme with presentations around hot topics including HIV cure strategies and challenges and discussed the impact of discriminatory laws and the costs related to HIV prevention and care. AIDS 2014 Conference heard a chorus of international figures calling on governments and organisations to step up the pace in terms of delivering universal access to treatment, care and prevention, not only for HIV but also for other health issues as well.

At the event's closing ceremony, the outgoing president of the International AIDS Society (IAS) and Co-Chair of AIDS 2014 Prof. Françoise Barré-Sinoussi once again honoured the delegates who were killed in the MH17 disaster and called on the world to unite to improve global health. "I strongly believe that we must further increase our collaboration with other major international health movements because our objective is to build a better future for all. This is what global health is about. The mobilization against AIDS is also a strong driver to advance other areas such as human rights. There will be no end of AIDS without ensuring respect and dignity of all people, equity in access to health services and social justice."

With the conclusion of the conference, new leadership has identified lack of access to treatment and discriminatory laws as two biggest challenges. The incoming IAS President, Chris Beyrer, said two of the biggest challenges facing the global HIV response were the lack of access to effective treatments for people for millions around the world, and a new wave of discriminatory laws and policies which are excluding people from treatment and care. "I am the first openly gay person to lead the IAS, and as a man who buried too many friends and lovers before we had effective treatment, let me pledge that inclusion for all who need and want HIV services will be a fundamental focus of my leadership."



The next International AIDS Conference will take place in Durban in South Africa in 2016.

What happened in those five days:

Day-1

Tributes were paid to lost colleagues aboard flight MH 17 at the Opening Session. World leaders, researchers, activists and policymakers applaud global progress in the HIV response and urged to address stigma and discrimination. A one minute global moment of remembrance was held in their honour with eleven former, present and future Presidents of the International AIDS Society onstage together with representatives from those organizations who lost colleagues.

On the first day, speakers discussed the encouraging data related to access treatment and reducing new HIV infections, but reminded the audience that HIV is far from being defeated and that stigma and discrimination towards Key Affected Population pose a major barrier to the end of the epidemic. "The tremendous scale-up of HIV programmes has, for so many people transformed HIV from a death sentence into a chronically manageable disease,"



Professor Françoise Barré-Sinoussi, AIDS 2014 International Chair, President of the International AIDS Society (IAS) and Director of the Regulation of Retroviral Infections Unit at the Institute Pasteur in Paris told delegates attending the opening session.

Day-2

A letter of condolence and support was also read out by Mr Lambert Grijns, The Dutch Ambassador for Sexual and Reproductive Health and Rights and HIV/AIDS.

The AIDS 2014 Melbourne Declaration was also referred to by the speakers, reaffirming the importance of non-discrimination for an effective response to HIV and, more in general, to public health programmes. The enforcement of discriminatory, stigmatizing, criminalizing and harmful laws leads to policies and practices that increase vulnerability to HIV. These laws, policies, and practices incite extreme violence towards marginalized populations, reinforce stigma and undermine HIV programmes, and as such are significant steps backward for social justice, equality, human rights and access to health care.

Day-3

Sir Richard Branson, Global Drug Commissioner, joined the debate on this day. Conference, were told that decriminalisation of illicit drug use is a key measure for ending HIV transmission around the world. One of the key sessions discussed the impact of drug policies on people who inject drugs, the spread of HIV and the co-morbidities of tuberculosis and hepatitis. During this session Global Drug Commissioner, Sir Richard Branson, who joined by video link, said the global war on drugs had failed both in terms of drug and public health outcomes, particularly in relation to HIV and hepatitis C, and that the time has come to replace the criminalisation and punishment of drug users with treatment and health care.



Day-4

Former US President Bill Clinton joined the delegates at AIDS 2014, the 20th International AIDS Conference, that finding more economically efficient ways to respond to HIV is vital to saving lives and preventing the spread of the virus.

Mr Clinton, who advocates globally for health security through the Clinton Health Access Initiative (CHAI), reflected on the progress made so far in overcoming the HIV epidemic, as well as the challenges that lie ahead. Mr Clinton said meeting global HIV prevention and support targets is possible within the "existing funding envelope", but only if resources are used more effectively. "The development of super-efficient systems can help us achieve the goal. The fourth day of symposium also touched on how momentous political and cultural change in South East Asia is impacting on the HIV response in the region and the lessons learned from countries which are moving through periods of major

transition. Other sessions included a discussion of how police forces can better support HIV prevention efforts, and how organisations from around the world are helping to reduce barriers to HIV prevention and care for transgender people.

Day-5

Sir Bob Geldof, musician and activist told delegates at AIDS 2014, the 20th International AIDS Conference, that the "preposterous reluctance" of governments to fund HIV programs in developing countries is "disgraceful", especially as the journey to the end of the HIV epidemic is "in the last mile". The renowned anti-poverty campaigner made the comments at the conference as he reflected on the impact of HIV on developing nations. Geldof said that the HIV epidemic in low income countries is "inextricably linked" to poverty, and he strongly criticized wealthy nations for reneging on foreign aid commitments.



Engaging Parliamentarians to Get to Triple Zero

CA member Rajeev Shah represents Nepal

In the panel discussion during the conference, political leaders from Asia and the Pacific shared experiences and gave their critical reflections on the distinct leadership role of parliamentarians and their networks in achieving the triple zero challenge: zero new HIV infections, zero discrimination and zero AIDS-related deaths by 2015. Panellist presented some of the best reproductive health, HIV and AIDs advocacy and policy practices that have contributed to ensuring inclusion, non-discrimination, fairness and equality as priorities. The session illustrated country-level partnerships between parliamentarians and government officials, community-based organisations and other stakeholders that have led to effective advocacy and policy practices.

On behalf of the government of Nepal member of Constituent Assembly Rajeev Shah presented papers in Nepal's position with HIV/AIDS pandemic under the topic 'Prioritising resources, legislation and anti-discrimination for HIV/AIDS.'

He said "Nepal is committed to AIDS and HIV related issues. In order to better respond to the HIV epidemic in the country, the government has put forth Nepal HIV investment plan", with a message that "vision is looking beyond the obvious, success is doing something about it." The plan is founded in the principle of UNAIDS investment framework and of the national strategic plan of the third generation. An HIP will drive the latest national HIV

strategies to achieve getting to zero vision."

At the forum Mr Shah also said Nepal's new parliament is very progressive and its listening to the issues related to HIV/AIDS. "We want to accommodate the voice of all marginalised sector of our community into the new constitution including, HIV Victims, transgender, gays and lesbians and so on.

There would be fewer problems with implementing a peer-led clinic in Nepal, a country that has made significant advances in LGBTI rights in recent years. Despite social stigma and discrimination, the country has been implementing wide-

spread anti-discrimination protections, and in 2011 recognised a third gender in addition to male and female.

"People will be scared to come into government clinics, and these sort of peer-led clinics could play a role in reaching to the community who are most vulnerable," Shah told the media.

He praised the work of renowned Nepalese LGBT rights organisation Blue Diamond Society, but said a lack of funding, and a lack of coordination between these groups and government was a major barrier to establishing an effective service. Shah hoped to be able to facilitate that coordination.

HIV rates in Nepal are low overall, but the country faces concentrated epidemics in at-risk communities including MSM, female sex workers and injecting drug users.

"People will be scared to come into government clinics, and these sort of peer-led clinics could play a role in reaching to the community who are most vulnerable,"

Horoscope August 2014



ARIES

Average month for love and relationship. Health will be normal. Your playtime sector is still calling out to you trying to get you to follow your bliss. But your career is really beginning to pick up speed. You have financial and leadership elements working in your favor.



TAURUS

You are less focused on work this month and more interested in having some fun. This is probably a good time for you to schedule a vacation. You have a strong yearning to break out of your routine and have some fun anyway, so now is a good time to make that happen.



GEMINI

There is a lot of gossip, misunderstandings and other dramas brewing at work. As positive energy flows through the area of your chart that focuses on your home, roommates, and private life, it is no wonder that you are far more interested in focusing on how to bring more love and money into your home without actually having to leave.



CANCER

Your playtime activities are still costing too much but you are experiencing quite a bit of good luck and a sense of accomplishment within your finances. Mid-month, a handful of planets begin moving into the area of your chart that is great for negotiations, bargain hunting, and compromise.



LEO

You have some great opportunities to work on financial goals involving your

career and your private life. Overall, things are going good and you are feeling pretty confident about your place in the world. You may get a little too cocky for your roommates but it is only going to occur intermittently for a few months.



VIRGO

This is probably the best month of the year for you to take time off and enjoy a lovely vacation. The planets are encouraging you to dance, sing, laugh, play, make love, follow your muse, and spend time with your pets, children, and other loved ones. There are times when you and a partner or rival are disagreeing.



LIBRA

You and a romantic, social, or business partner have quite a few opportunities to socialize, work within teams, groups, committees, and/or to focus on Internet based activities. Despite all of this positive social energy, you also have to keep a close watch on your finances. Your social outings, membership dues, and/or website fees could cost too much. You also need to beware of Internet fraud.



SCORPIO

You may not like your boss, your professional path, or your level of achievement so far, but you are certainly having a great month professionally and you are able to make a lot of progress towards your professional goals. You are also able to work really well within teams and committees as a smart and persuasive leader.



SAGITTARIUS

For the first couple of weeks of this month, you may be in the mood to

travel or to at least go on vacation and spend time broadening your horizons even if you don't leave town. During the middle of the month, you are upset about bureaucratic, political, religious, cultural, or academic arguments. By the end of the month, you are enjoying yourself as you work towards achieving your financial and professional goals.



CAPRICORN

You are ready to travel, explore other cultures and belief systems, and to broaden your horizons. Maybe you are planning an exotic vacation or just doing some fascinating reading. Either way, you are open-minded and read to learn, some people love it and are ready to join you in the fun. But others are ticked off and arguing about cultural, religious, political, academic, and/or the media.



AQUARIUS

You have a small handful of planets moving through your partnerships sector helping you to focus on these one-on-one relationships. Then later in the month, your focus moves towards your career and your ability to lead, earn more profits, and show your competitor that you deserve the professional successes that you have.



PISCES

During the first half of the month, you have opportunities to work towards achieving your financial and professional goals. Mid-month, there is a bit of drama at work, but you are always able to work it out. During the second half of the month, you begin to have some disagreements with a partner or a rival.

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Nepalese Voice wishes to express its deepest
condolence to all the Australians killed in MH17

OUR VICTIMS



Dristi Nepal wins 2014 Red Ribbon Award

Dristi Nepal, a not for profit organisation working to bring female drug users back to the community and providing gender sensitive services has been awarded with 2014 Red Ribbon Award. Nine other exceptional community-based organizations have won the award for their inspiring work in reducing the impact of the AIDS epidemic.

The prestigious prize were handed in a special session at the 20th International AIDS Conference in Melbourne, Australia. The Red Ribbon Award is the world's leading award for innovative and outstanding community work in the response to the AIDS epidemic.

Dristi provides services and support to women drug users in Nepal. The organization is run by women who are former drug users themselves and is dedicated to reducing the harmful impact of drug use through advocacy, treatment and support. After receiving an award the organisation has said "this

"In villages and townships across the globe, communities have taken matters into their own hands and come up with innovative solutions to what often appear as insurmountable problems in the AIDS response,"

is our great honor and privilege to be a part 20th International AIDS conference and honored by the prestigious award- RED RIBBON AWARD, 2014. Dristi Nepal would like to dedicate this award to all the peers, staffs, partners UNAIDS, UNODC, USAID, Dristi Nepal- USA,



and all the members who supported us throughout the journey for the last 8 years.

We are now in the process to End HIV Epidemic and Dristi Nepal believes that continue and quality service among women who use drugs /who also sell sex and living with HIV are the key populations and will continue advocating, contributing and providing services in the future too.

Thank you once again for the support.

"In villages and townships across the globe, communities have taken matters into their own hands and come up with innovative solutions to what often appear as insurmountable problems in the AIDS response," said UNAIDS Executive Director Michel Sidibé. "I congratulate the winners of the Red Ribbon Award 2014 for their courage, determination and dedication. Their leadership and cutting-edge thinking have brought us to where we are today."

The other 2014 winning organizations are from the Democratic Republic of the Congo, Guyana, Indonesia, Iran (Islamic Republic of), Kenya, Lebanon, Malawi, Ukraine and Venezuela (Bolivarian Republic of). Almost 1000 nominations from more than 120 countries were received by the Red Ribbon Award secretariat, which is hosted by UN-



AIDS in partnership with other United Nations organizations, AIDS 2014, the Global Network of People Living with HIV, the International Community of Women Living with HIV/AIDS, the International Council of AIDS Service Organizations and Irish Aid. A global panel of civil society representatives selected the finalists from a shortlist determined by regional panels. Each of the winning organizations will receive a US\$ 10 000 grant and have been invited to participate in AIDS 2014.

At the Red Ribbon Award special session, the winners were congratulated by Epeli

Nailatikau, President of Fiji, Nafsiah Mboi, Minister of Health of Indonesia, Dr. Jarbas Barbosa, Vice Minister of Health of Brazil, Dame Carol Kidu, former Member of Parliament of Papua New Guinea and Jan Beagle, Deputy Executive Director, Management and Governance, UNAIDS.

The Red Ribbon Award was first presented in 2006 and since then has been handed out every two years at the International AIDS Conference. This year ten winners were awarded under five award categories namely Prevention of sexual transmission, Prevention among/by people who use drugs, Treatment, care and support, Advocacy and human rights, Stopping new HIV infections among children and keeping mothers alive, women's health



Nepal's Pollies in Melbourne to attend AIDS conference



Nepal's Health Minister and the leader of CPN UML, Khagaraj Adhikari and Member of Constituent Assembly and Nepali Congress youth leader Mr Rajeev Shah arrived in Melbourne to attend 2014 International AIDS Conference. Minister Adhikari was accompanied by the delegate of medical professionals that represented Nepal in the conference.

Dr Dipendra Raman Singh, Director of National Centre for AIDS and ST-D control; Dr Ghanashyam Bhatta, Research officer in SAARC Tuberculosis and HIV/AIDS centre and Dr Kashi Kant Jha; Director of STHC and Senior Consultant Physician were among the delegates that accompanied Minister Adhikari to Australia.

Leaders of Nepalese community gathered to interact with the visiting politicians in various occasions. Honorary Consul General, Mr Chandra Yon-

zon spoke at the program Mr Ghale said that the program like this helps narrow the gap between the Nepalese living overseas and those back home.

On behalf of the entire Nepali community, Hon. Consul General Chandra Yonzon welcomed the Minister and his team. He said, "We are delighted to have a diverse representation from Nepal ranging from political leaders, medical professionals and university students in the International HIV and AIDS conference. It's a great way to exchange knowledge and experiences".

Addressing the gathering, Health Minister Adhikari expressed his gratitude for such warm welcome and hospitality by the local Nepalese community. He said, "it's quite heartening to see the unity of Nepali community here and I feel like I have come to a mini Nepal in the midst of this foreign land."

suggestions to improve its quality and accessibility. Similarly, the community leaders also hoped that International AIDS Conference 2014 would give further insights to create awareness and provide quality services related to HIV and AIDS in Nepal.

In a separate event, member of Constituent Assembly and Nepali Congress youth leader Mr Rajeev Bikram Shah was welcomed by the consulate office and the community. In an intimate dinner-cum-interaction program, the leaders of local Nepali community vis-a-vis with Shah to talk about various topics.

In a Q & A with the community, Shah reassured Melbourne based NRNs that he is willing to voice their concerns to the Government of Nepal. He said that NRNs contribution in the development of Nepal is unparalleled and the government should acknowledge that by protecting their rights as Nepalese, irrespective of where they live. Mr Shah who had lived overseas for number of years earlier in his life added, "I can relate to the sentiments of NRNs and I will do everything in my power to ensure their issues be addressed". He suggested NRNs should intensify immediate law push to incorporate their issues as the drafting of the constitution may take long. On the occasion, Mr Shah spoke at length on the questions raised by the participants on various topics such as constitution drafting, dual citizenship for NRNs, prospect of monarchy revival in Nepal and the necessity of the fresh leadership in Nepali politics. "Political parties should now capitulate on their ideological differences and work together to achieve that", he said.

Consul General Mr Chandra Yonzon expressed his happiness to have

welcomed such dynamic and visionary youth leader into Australia. He said "our country desperately needs more leaders like Mr Shah, who has the knowledge and experience to deal with local issues with global approach. A lot lies on his shoulder and I feel honoured that I got an opportunity to exchange my views with him on various issues". "We share the same values and we are optimistic about Nepali leadership as a person like Mr Shah is represented in the constituent Assembly."

Mr Yonzon also said a forum like this provides a great platform to have two way communications between the law makers from Nepal and the NRN community. He added that our individual beliefs should not cloud our common goal which is to have a prosper, investment friendly and developed Nepal.

The program was attended by the local Nepali community leaders, NRN representatives, entrepreneurs and the media. NRN ICC SKI Dr. Raju Adhikari, former NAV Prez Ranjan Baidhya, former NAV Vice Prez Dr Mahesh Bhandari, VMC Multicultural award winner Mr Jog Limbu, Buddha Travel's Bhim Neupane and NRN Victoria's Coordinator Rishi Kandel were amongst the notable personalities in the crowd.



Minister Adhikari cops criticism for his "no show" at the conference sessions

As the conference concluded, Nepal's Minister for Health and Population Mr Khagaraj Adhikari has been widely criticised by the local Nepalese community for his irresponsible behaviour. Minister Adhikari was said to have been absent for sessions where he was meant to present papers on behalf of the Nepal government. "He was too busy travelling and attending cocktail dinners rather than fulfilling his primary objectives of representing Nepal at the conference" said a dissatisfied community member. A source revealed that the minister passed on his duty to address the conference to another attendee of the conference CA Member Rajeev Bikram Shah.

zon organised a meet and greet program on 22nd July to provide an opportunity for the Nepalese community to interact with the Hon. Minister and his delegates. The program was attended by large number of local Nepali community leaders including the President of Non Residential Nepalese Association Mr

Mr Adhikari also highlighted the role that NRNs can play in writing Nepal's constitution.

The event provided a platform to the participants to understand the situation of health system, particularly in the area of HIV/AIDS, in Nepal. They expressed their concerns and also put forth their



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Australia commits 20 million Rupees for NRNA building

7 million Rupees from Melbourne



Australia has led the way in Non Residential Nepalese Association building fund collection campaign. Total of 20 million Rs has been committed through the programs held across major Australian cities in the past few weeks. Melbourne has committed 7 million rupees for the cause. Before this, 10 mil in Sydney, 1.3 mil in Canberra, and 1.5 mil in Brisbane were pledged for the campaign.

A gala dinner held in Melbourne



on 26th July saw the Victorian NRNs contributing whole heartedly for the building campaign. NRNA President Mr Shesh Ghale, Constituent Assembly member Rajeev Shah, Honourable Consul General of Nepal to Victoria Mr Chandra Yonzon, NRN ICC Secretary Ranju Thapa, Oceana Coordinator Bishnu Hamal, building construction task force's Ganesh KC, ICC member Deepa Rai, ICC Chair of SKI task force Dr Raju Adhikari, NRNA Australia Secretary Bharat Pokharel were among the promi-

nent guests at the event.

Addressing the event, President Ghale said "I am touched by the generosity of my hometown," "Today's event is an example that we can achieve anything if we work together as a team". Mr Ghale added "Australia has led the way and I hope NRNs from all over the world will follow suit."

He also informed that the foundation for NRNA building will be laid on next NRN day, 11th of October.

"we embarked on this journey with great determination and we won't rest till we have our building in Nepal" he said. Visiting CA member Rajeev

Bikram Shah said NRNs role is instrumental in the development of Nepal. He said "we are more than willing to lobby NRN concerns to the government of Nepal."

The program was managed by

Melbourne based entrepreneur Tonnu Ghotane and coordinated by NRN Victoria NCC member Raju Shakya. The welcome speech was delivered by NRN Victoria's Rishi Kandel.

Speaking on the occasion, Honourable Consul General Mr Yonzon appealed all NRNs to do whatever they can for their home country. "It's not just about the economic, it's about the sentiments", he said.

NRNs office building is estimated to cost 150 million rupees. NRNs from the US, Canada, Europe and other parts of the world are hosting similar program to raise the required fund.

NRNA Australia supports School Project in Nepal

NRNA Australia has lent a hand for yet another school project in Nepal. After a Nepali media discovered an appalling conditions of Janata Madhyamik Bidhyalaya located in Thule Village W.N. 5, Rolpa district, NRNA Australia has began a fundraising to support the school.

A statement issued by NRNA says, "With students number of 447 in the school which is already high for such a remote part of the country, the school has been unfortunate when it comes to infrastructure with only 60 benches and desks. Students have to walk up to 4 hours to get to school."

Sachindra Thapa, NRNA NCC member who also heads second generation NRNA Australia project will now lead NRNA school project. Thapa, himself has generously committed Rupees 400,000 towards the project. The project will support the school to provide desks and benches, motivate students to continue their study with well furnish school, easy access to school, community awareness of education value and create holistic educational environment."



NRNA Australia has completed number of school projects since 2008 and have assisted 3 schools in the area of library, physical infrastructure and other resources. Our Little help can make significant contribution to those schools and children who are deprived of basic infrastructure and resources.

NRNA signs a landmark MoU with Walk Free Foundation to end modern slavery

Non Residential Nepalese Association has signed a landmark MoU with Walk Free Foundation in its mission to end modern slavery. NRNA Prez Shesh Ghale conferred with WFF representatives via telephone in signing ceremony at Melbourne Institute of Technology yesterday.

The program was attended by the local Nepali media and community representatives.

President Ghale spoke to the media after the signing ceremony and said "It's quite pleasing to get WFF onboard

in our mission to overcome slavery, exploitation and oppression. This collaboration is going to be significant in improving the working conditions of Nepalese migrants around the world, particularly in the middle-east."

NRNA Migration Relief Fund will work in partnership with WFF in its intended common line of action of mobilising a global activism and working with governments to drive change in those countries bearing the greatest responsibility for slavery in modern times.

The event comes as a giant stride on NRNA's commitment to work towards the welfare of Nepali migrant workers since President Ghale assumed office last October.

Walk Free Foundation is a global movement started by Western Australian billionaire Andrew Forrest to end contemporary slavery and human trafficking. According to WFF's Global Slavery Index 2013, it is estimated that at least 29.8 million people are forced to live in slavery around the world in each given day.



Nepali instant noodles RARA ranked one of the best in Sydney Morning Herald food review

RARA Chau Chau(noodles) has been ranked one of the best instant noodles in the food review conducted by Sydney Morning Herald. The Himalayan product was listed amongst the most popular Asian noodles based on the review by food professionals. RARA received 21/40 by critics on its taste, flavour and packaging.

The review says "A nice effort from a country not known for its instant noodle output. RARA noodles are sweet and spicy with fragrant notes of rose and turmeric. My notes at the time of writing read "salty as duck" but I'm certain some of that was penned by the smartphone's autocorrect. There's also a cool packet photo of roast chicken giving birth to parsley while the lime-wedge midwives sit around and do nothing. I stumbled across a blog that suggests tasting RARA should be top of your to-do list when visiting Nepal. I'd maybe put it below, say, seeing Mount Everest or visiting the temples of Bhaktapur, but hey, when in Rome ...".



Other noodles in the list:

- **Nong Shim Neoguri Udon - Seafood and Spicy Flavour (Korea)**
Spice: 6 Slurp: 8 Taste: 8
Packet weirdness: 2
SCORE: 24/40
- **Indomie - Mi goreng, Rasa Ayam Panggang Flavour (Indonesia)**
Spice: 6 Slurp: 6 Taste: 9
Packet weirdness: 2
SCORE: 23/40
- **RARA Noodles (Nepal)**
Spice: 4 Slurp: 2 Taste: 7 Packet weirdness: 8
SCORE: 21/40

Nepali music video "Timi Navae" premiered in Melbourne

A Nepal music video "Timi Navae" has been premiered in Melbourne, setting a record of the first Nepali music video ever to be shot and premiered in Melbourne. Cameraman Jeewan Rasaili and model Hom Dawadi teamed up to produced the video of a song from Ramkrishna Dhakal's recent album "Bachunjelilai". An informal program was organised in Melbourne recently to unveil the video.

Honourable Consul General of Nepal to Victoria Hon Chandra Yonzon and education entrepreneur Khagaraj Kandel attended the event to boost the morale of the production team. Mr Yonzon congratulated the team for their effort in keeping Nepali music and arts alive in Australia. Businessman Kandel expressed that the video was woven around the theme of current Malaysian

Airline disaster, therefore making it more relevant to the current situation. He stated that the video will surely win Nepali music lovers' hearts. This is the third music video for the model Hom



Dawadi. And this time he has been accompanied by his real life partner Jyoti Dawadi as a female model. Dawadi is emerging as a promising actor, model and the media person in Melbourne. He has also been roped in as a lead actor for a Nepali feature film as well. The video was produced by IBM Films.

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Surendra understands community and their finances



Surendra Sedhai doesn't like to be in the limelight much. That explains why his long contribution to the Nepalese community is not widely known. He is one of those men that prefers not to be too pompous about his achievements. He believes, however much he has done is for the community and its people to acknowledge.

After arriving in Australia as a student in 1996, he has always been engaged with community in one way or the other. His desire to make a difference allured him to be an executive member of NAV for the term of 2003-2007. He remembers, "the highlight of the term was the beginning of Melbourne Chautari, the first Nepali Radio in Melbourne and annual Baal Diwas, a program ded-

icated to community children." He then served as a NAV treasurer later on.

Alongside his community involvements, Surendra has been upskilling himself as a professional. "I am always looking for an opportunity for my personal growth", he reveals, "My love for financial services has given me a new role as Finance and Mortgage broker." He is the Director / Mortgage and finance Advisor of Finome Mortgage Solution Pty Ltd which is a member of Buyers Choice Home loan Advisory Service. He shares, "My background as a graduate from Latrobe University Business School with finance degree (Post Graduate) has helped me gain



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"I strive to maximise customer satisfaction and excellence in service. I focus on building a long-term relationship maintaining confidence and trust with my clients. I not only assist to obtain the loan but also to continue to keep track of market to ensure that it stays competitive."

Surendra held portfolio in NRN Victoria committee for the term 2006-2008. "I feel proud that I was a part of the committee that successfully organised the first ever Nepal festival in Melbourne", he cheers. "Serving broader Nepalese community without any vested interests is my only principle", says Surendra. Nonetheless, he chose to take a back seat for couple of years in terms of community leadership to prioritize his study and his family. But the community still had as much faith and belief in him when he decided to come back to the NAV leadership, as a Vice president earlier this year. His convincing win as

excellent understanding of finance and financial services. My new role as finance professional will be to guide my community through the process ensuring all their needs are considered." He adds, "I have exclusive access to a large panel of lenders and their products including Australia's big banks and non-banking Lenders. And I want to share that facilities with my community."

He asserts, "I strive to maximise customer satisfaction and excellence in service. I focus on building a long-term relationship maintaining confidence and trust with my clients. I not only assist to obtain the loan but also to continue to keep track of market to ensure that it stays competitive."

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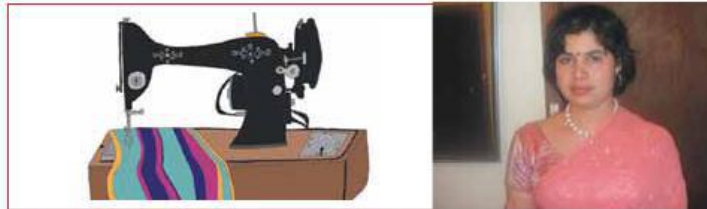
Local Businesses

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Ajay -The Vodafone Man powers the community

Vodafone Business Specialist, Ajay Nepal has become a Vodafone man for Nepalese community in Victoria. True to the Vodafone slogan "power to you", he is empowering the community in telecommunication. Ajay works at Vodafone Store located in Southern Cross Station providing special deals to all Nepalese Business, Consumers & Students clients in Australia. He also organises Bonus offers for ABN Holders & International Students with discounted prices & valuable Free gifts including Free Printer, Power packs, Bluetooth accessories and much more. If you want to contact your Phone Man- contact Ajay on 0415 497 587 or 03 9642 2617



Parbati starts stitching and alteration business at home

Nepali community knows her as a literary. She is a fantastic poet and a writer. What we did not know about her was that she is also a skilled tailor. Parbati did sewing back in Nepal for many years. When she arrived in Australia she went to a church that imparted sewing training that broadened her knowledge. She has now started a home business of stitching, cloth repairing and alterations. She offers Nepali/Indian suits, sarees, blouses and all kinds of men, women and kids clothing alterations. Contact Parbati on 0452197775 for her services.



Discounted MoMo in Footscray

Nepalese Cafe Magic MoMo from Footscray is giving away discount cards to its valued customers for the limited time. MoMo lovers can visit the cafe for discount vouchers. According to the cafe's facebook page the offer will last till the end of September. So beat the Melbourne winter with hot MoMo in discounted price.



NNN Media completes successful two years

Melbourne based NNN media has successfully completed its second year of publishing the first ever Nepali newspaper in Melbourne 'Namaste Nepal News'. The media group also provides video and photography services to the Nepali community. "We are focusing on our news portal to reach out to Nepali community all over the world" said the director Sabin Thapa. We congratulate NNN Media group and wish for the future success.



Expert does tax for 35\$

Nepali run Education and Migration firm Expert Education is offering a tax return for international students for 35\$. According to the firm, the return is done within two weeks by a registered tax agent. Expert Education has collaborated with Vivid Accounting and Taxation for the scheme.

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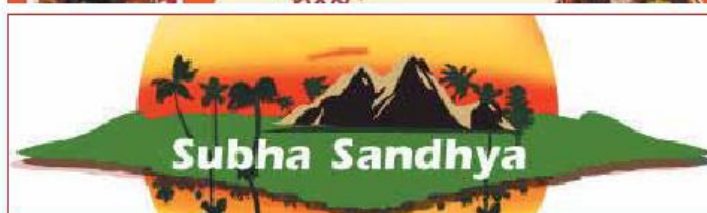
Invitation to attend Multicultural entrepreneurs meeting

The Victorian Multicultural Business Ministerial Council has invited everyone to attend the 2014 Multicultural Business Networking Event as part of Small Business Festival Victoria on 07 August 2014 at Southern Cross Tower, Level 27, 121 Exhibition Street, Melbourne. This event is aimed at multicultural business owners and those looking to acquire a business in Victoria. You will get to listen to a panel provide advice, solutions and remedies for common traps faced by multicultural businesses including franchising, commercial leasing, business structuring and documenting transactions will be covered. Advice about where to access supporting information and government services to maximise the chances of success will also be provided. For more information phone 13 22 15 or visit business.vic.gov.au/festival



Sample nights at Gurkhas

Gurkhas Brunswick Nepalese/Indian restaurant hosts sample nights every Monday and Tuesday nights. Diners can choose from more than twelve dishes and eat all they want for just 20\$. So book yourself in for next Monday and enjoy the elegant decor, cozy atmosphere and the taste of the Himalaya in very reasonable price.



Subha Sandhya serving Nepali cuisine in Lyndhurst

One more Nepali restaurant 'Subha Sandhya' has opened in Lyndhurst, Victoria. Located 35km Southeast of CBD, the restaurant is ready to serve delicious Nepalese and Indian cuisine for its visitors. So if you heading anywhere towards Southern or Eastern Suburbs of Melbourne, you can pop in for quick meal in Subha Sandhya. Its open for lunch Thursday, Friday and Sunday but open for dinner 7 days a week. Location: Narre Warren, Marriot Waters Shopping Centre, Shop 19a/10-18 Society Ave, Lyndhurst, VIC.

A picture is worth a thousand words

Winning Photos of Nepal's largest Photo Contest

The IME and Global IME Bank Nepal Photo Contest 2071 concluded with the announcement of the 'Photo of the Year' and conferring awards in seven different categories at a programme held at the Nepal Art Council in the capital recently.

The Photo of the Year of the fourth edition of Nepal Photo Contest was conferred to Bijay Gajmer with a cash prize of Rs. 100,000 and a certificate.

Awards were also handed out on seven different categories with cash prize of Rs. 30,000 for the first, Rs. 20,000 for second, Rs. 10,000 for the third and Rs. 5,000 for Honourable Mention.

Under the Samsung Galaxy Daily Life category, the first prize went to photo journalist Shailendra Kharel. In the same category Navesh Chitrakar and Ganesh Bahadur Magar won the second and third prize respectively. The Honourable Mention award went to Sampurna Lal Manandhar.

In the category of Culture and Tourism the first prize went to Nimesh Jung Rai, second to Gopen Rai, and third to

Chemi Dorje Lama. In Nature and Wildlife category, the first, second and third prize were conferred on Bikash Dware, Suresh Kumar Rai and Santosh Manandhar respectively.

Under Nepal Telecom News category, first and second prizes were conferred to Kiran Pandey and Bijay Rai, while the third and Honourable Mention went to Navesh Chitrakar.

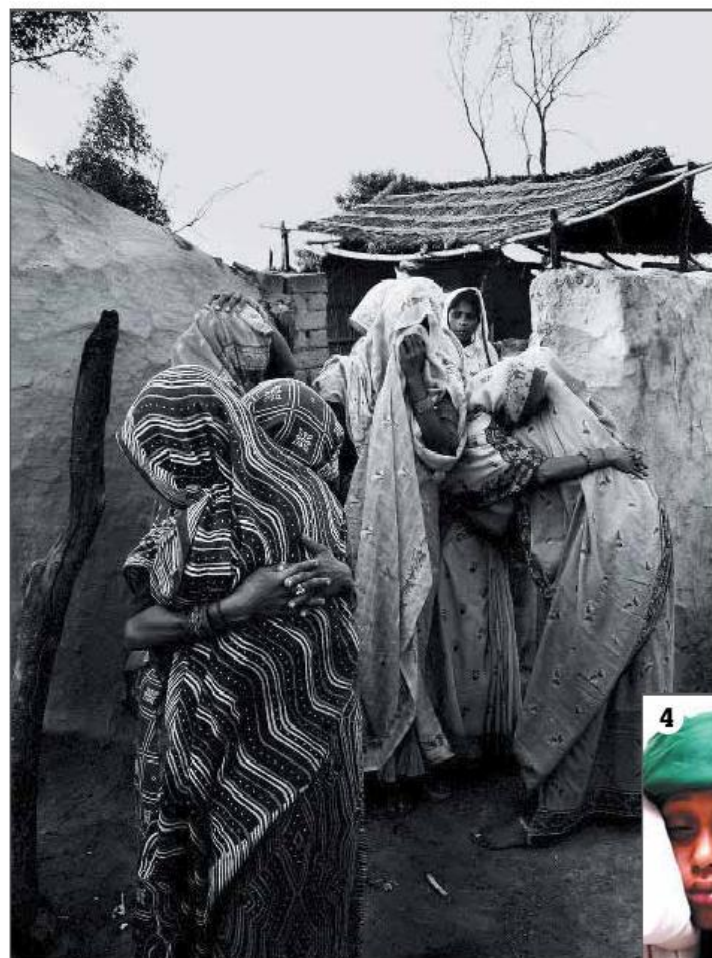
Similarly, in the category of RJ Sports, first prize went to Manoj Poudel, second to Sanjeev Kumar Moktan and the third to Angad Dhakal.

In the category of Shikhar Insurance Nepal Smiles, Dipesh Shrestha, Bijay Gajmer and Bharat Gurung won the first, second and third prize respectively. In the category of Photo Story first prize was conferred to Bijay Gajmer, second to Manish Poudel and third to Navesh Chitrakar while the Honourable Mention went to Nabin Baral.

Out of the total entry of 6,549 photographs by 900 journalists, 70 were selected for the competition, according to the organisers.



Photo of the year by Bijay Gajmer



Winning photo in Daily life category



1. First in Culture & Tourism by Nimesh Jung Rai



2. First in Nepal Smiles category by Dipesh Shrestha



3. First in Sports category



4. First in News category by Kiran Pandey



5. First in Nature & Wildlife by Bikash Dware



Second in Culture & Tourism by Gopen Rai



Second in Daily life by Navesh Chitrakaar



Second in Nature & Wildlife by Suresh K. Rai



Second in Nepal Smiles category



Second in News category



Second in Sports by Sanjeev Kumar Moktan



Third in Culture & Tourism by Chhemi Lama



Third in Daily life by Ganesh Bahadur Magar



Third in Nature-&-Wildlife by Santosh Manadhar



Third in Nepal Smiles by Bharat Gurung



Third in News Category



Third in Sports by Agad Dhakal

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Anupam and Arzo win Mr and Miss Nepal-Australia 2014

United Nepalese Arts and Entertainment (UNAE), Mr and Ms Australia 2014 concluded in Sydney amidst an extravagant show in Sydney on 19th July. After some competitive rounds Anupam Kiran from Melbourne has bagged Mr Nepal Australia 2014. Similarly Aarzo Karki has secured the

title Miss Nepal Australia 2014. The contestants wowed the audiences with their introduction round followed by various cultural performances and Q & A round. The show was choreographed by Tekendra Limbu and Sunita Limbu.



Other winners:

- Mr Nepal Australia 2014: Anupam Dhwoj Kiran
- Miss Nepal Australia 2014: Aarzo Karki
- Mr Nepal Australia first runner up 2014: Babin Limbu
- Miss Nepal Australia first runner up 2014: Junita Lama
- Mr Nepal Australia second runner up 2014: Aashish Shrestha
- Miss Nepal Australia second runner up 2014: Sudipty Shrestha
- Mr UNAE 2014: Narendar Mishra
- Miss UNAE 2014: Rajni Pant
- Mr Talent 2014: Abhishek Adhikari
- Miss Talent 2014: Ramila Khadka
- Mr Cyber 2014: Aashish Shrestha
- Miss Cyber 2014: Priyanka Bhattra
- Mr Best Costume 2014: Anish Joshi
- Miss Best Costume 2014: Junita Lama

AECC Global to bring Anupam Kher to perform in Kathmandu

Australia based global education firm AECC is sponsoring bollywood's veteran actor Anupam Kher's visit to Kathmandu.

Kher, who is known for his versatile acting skills, will be coming to Nepal to perform a play at a charity event. The show is scheduled to be held at Army Officers' Club, Sundhara, on August 22. The event is being organized by Koseli School and being managed by WFS Events and Services.

Kher, who is known for his evergreen performances in films like 'Sansaar', 'Daddy', 'Dil' and 'Saransh', will also be sharing his journey to stardom with his share of ups and downs through the play. The 59-year-old actor is currently busy with his television talk show 'The Anupam Kher Show' on Colors TV.

The organizer of the event, Koseli School in Tinkune, is a center for



slum and street children, and helps empower them through education. Currently, there are 120 children in the school.

Tickets are priced at Rs 8,000, 5,000, 3,000 and 1,500. All the proceeds from the show will be used as beneficiary to the students of Koseli School.

Neplay Events pumped to end the year with a bang



Melbourne based event management company Neplay Events is planning a massive musical event at the end of this year. The event will most likely feature some legendary musical personalities from Nepal as well as some local talents. Neplay has named the event "Sangit Haamro Sathi" and the other details of the event are being worked out. Neplay organised the successful screening of the "Kabbadi" and The Unity's concert before this. Director of the company Sanjay Kumar Shah said

"our boys are pumped with new and innovative ideas. We want to focus on quality rather than quantity, so we took our time to do the next event. We have finally come up with "Sangit Haamro Sathi" with yet another brand new concept. This is going to be an exciting event for Melbournians."

Issuing the statement about the new event details, Neplay events has thanked its supporters and well wishers for their continuous love and support.



I HEART KOLLYWOOD

Whilst I acknowledge the Tamil film fraternity is of the view that Kollywood is a derogatory term, however and do pardon my insolence I personally feel the term Kollywood is an apt term to reference the Nepali Film Industry, why shouldn't it be? We would otherwise be paying homage to Hollywood where all the



magic and dreams began.

I do not claim to be a cinema aficionado, although I personally believe my enthusiasm is unparalleled when it comes to Nepali cinema.

A majority of cine goers in Nepal still prefer a Bollywood love story over a Nepalese one, and why wouldn't they, everything is relatively bigger, brighter and louder!

Some may argue Kollywood derives a lot of inspiration from Bollywood which is understandable given the common culture, religion, mannerisms and even philosophical idiosyncrasies the very essence of culture. Who hasn't been taken through a rollercoaster of emotions while watching a Bollywood movie?

I grew up watching Rajesh Hamal (Rajesh Dai to all his devout fans), kicking serious villain butt. He was the quintessential HERO, the epitome of what a hero should be. Besides being my idol and mind you I am still flustered by his presence at this age, which was very evident when I met him recently at a function. His aura, that of being the original hero is still overwhelming, crippling almost for his hard-core fans where feelings of anxiety and ecstasy have very little distinction. Actors leave impressions and influence our lives in some way or the other, such is the importance and contribution of cinema in our culture and society.

As a teenager I remember when Darpanchaya was released, the rave reviews and budding optimism with which it

was greeted when it was released. This was perhaps the initial foray into niche cinema, to move into unheralded territory break away from the conventional, to disregard the sacred formula: Boy meets girl, fall in love, enters a villain, and makes life difficult for the love birds, boy rescues girl and then the happy ending. Cine lovers spoke of a new beginning a new dawn of an era, however it was to be short lived.

Then serendipity, Sano Sansar, happened, almost like rain fall during a severe drought that lasted for hundreds of years, however this time the rain kept drizzling persistently, the movies became bolder and more relative and above all technically superior the cameras and picture quality evidently more refined. Directors took risks, actors replacing melodrama for realism in their acting. Loot was released this was a real turning point in my view language profanity was embraced by the audience as it was evident the script demanded it, alas, we had broken through the barrier that seemed incomprehensible using swear words in a movie. Next up kissing and sex scenes,



Spandan Karki

I have no reservations about kissing and sex scenes in Nepali cinema, so as long as it emphasises the narrative and the central plot. Sex does sell and once we break through this barrier eventually. There will be people that will take advantage of it to sell a movie as opposed to enhancing the movie's cause.

I recently watched Kabaddi, never has an antagonists' plight resonated with me as much as Mr. Dayahang Rai's character did- the shades of grey and emotional vulnerability captured perfectly on celluloid. I could not help but hope he would get the girl regardless of his moral persuasion. The fact that in a Nepali movie where one sympathises with the bad guy is proof our film industry has taken gigantic strides in the cinematic experience and we are moving away from the conventional. Honourable mention to Mr Nischal Basnet for leading the way and Rajesh Hamal for just being plain AWESOME.

Kudos to Kollywood, I for one am very excited for our cinema.

Film making powerhouses other than Hollywood and Bollywood

Did you know about the film industries that are giving Hollywood a run for the money. As Nepalese, we all knew already about Bollywood, but many of us might not have been aware that there are other countries that are becoming the powerhouse in film making alongside Hollywood and Bollywood.

1. South Korea

If you thinking PSY is the biggest name in Korean entertainment industry you might be wrong. He is just a drip on the massive iceberg that is Korean music, film and TV; because, not only does Korea tend to consume more domestic entertainment than foreign, but China, Japan, and much of Southeast Asia also rely on the South Korean entertainment industry.

While domestic films in Korea went up and down for a while, in the 90s, film finally came into its own; the 1999 film Shiri was immensely popular and managed to create more funding and interest in domestically produced films. Since then, Korea has mandated that at least 40% of all films shown need to be domestic, meaning that in the past 10 years, Korean films have outstripped foreign films in terms of box office revenue and ticket sales.

2. Nigeria

Apparently nicknamed Nollywood, Nigeria came in second place (after India) in highest number of films produced. These films are often straight to DVD releases featured in English and are rarely filmed in a studio. Rather, its commonplace to see film crews in the streets, or apartment buildings and offices rented out for a few weeks; these films are quickly cut and then distributed to much of Africa.

While most Nigerian films are produced quickly, with maybe little concern for quality, thematically, Nigerian cinema is very in-tune with the struggles of Africa. Films often cover topics about conflicts over faith, balancing modernity and tradition, and of course, the struggles of family.

Appeal to help Bikash Chapagain



NRNA, Queensland and Nepalese Association of Queensland have jointly started a fundraising campaign for Bikash Chapagain, who has been undergoing treatment at a Brisbane hospital after being hit by a car. Differently-able Chapagain met with an accident while crossing the road in his wheelchair in Woolloongabba on 14th of July 2014. He was admitted at ICU of Princess Alexandra Hospital in Brisbane under critical conditions and has already gone through multiple surgeries. Medics attending him informed that further surgeries will be necessary in the coming days.

Releasing a press statement, Keshab Sharma, President of Nepalese Association of Queensland and Swotanttra Pratap Shah, Vice-President NRNA Australia have urged Nepalese to support injured Chapagain.

Donation money could be deposited in any of the following bank accounts:

NAQ Bank Details

Bank: Commonwealth Bank of Australia

Name: Nepalese Association of Queensland Inc.

BSB: 064 011

A/C Number: 10140095

NRNA Queensland Bank details

Bank:- Westpac

Name:- NRNA Queensland

BSB: 032 006

A/C Number: 561817

Please enter Bikash followed by depositors name as the reference to the bank transfer.

He/she can contact any of the following community members to know more about Bikash's current situation and the way you could help Bikash's family:

Rajan Koirala: 04 1131 2973

Rajani Khadka: 04 1281 8673

Homnidhi Poudel (Arun):

04 2626 7176

Laxmi Thapa: 04 2367 1972

Keshab Baniya: 04 1203 5662

Bipin Karki: 04 8146 2251

Bikash has been an active member of Nepalese community, and was a regular attendee of community events despite his physical conditions. Chapagain was living in Brisbane with his wife and two children, and was the sole earner of the family.

NT Multicultural Minister honors cyclist Pushkar Shah

Basudev Marahattha: Northern Territory Multicultural Minister Honourable Peter Donald Styles has honored Nepali world cyclist Puskar Shah amid a program held on 20 July in Darwin. Minister Styles was invited as a chief guest in a program organised by Nepali Association of Northern Territory (NANT) to pay respect to world cyclist and Everest summiteer Shah.

The program also raised over \$1000, expressing solidarity to Shah's effort to set up libraries in remote Nepalese schools especially along great Himalayan trail. During the event, cyclist Shah shared his experiences and difficulties he faced while completing his journey through 150 countries. Shah also informed about his campaign to build up e-libraries in rural district like Mugu. He said, 'my campaign aims to enable those children to see the whole world differently and education is the only tool for that.'

Minister Styles applauded Shah for his extraordinary achievements and expressed his eagerness to support Shah's fund collection campaign for library projects.

Pushkar Shah was in Darwin as part of his three months long Australian tour.



Visiting CIAA Chief Karki meets ICAC chief

Chief of the Commission for Investigation of Abuse of Authority (CIAA) Lokman Singh Karki has held a meeting with chief of the Australian Independent Commission Against Corruption (ICAC) Megan Latham in Australia recently.

During the meeting, the Karki informed Latham about CIAA's recent anti-corruption initiatives to ensure good governance in the country. Karki also told Latham about the challenges faced by CIAA while taking actions against government officials on charge of corruption. "The CIAA has been doing its best for battling corruption in the country despite serious challenges," the CIAA quoted Karki as telling Latham. Latham informed about the activities of anti-graft body at the local and provincial level in Australia.



Nepali literature enthusiasts commemorate Bhanu Jayanti

200th Bhanu Jayanti has been observed in Australia with various programs held across the nation. A Perth-based Nepali language school organised the grand celebration at Radcliffe Community centre on 13 July. Similarly Nepali Pathshala in Adelaide held an event at Scout Hall, Myrtle Bank. Sydney paid tribute to the national luminary by hosting a program. Poetry recitation, Gazal, songs, stories and Ramayana recitation.

Nepalese people commemorate 29th Asar (Usually 13 July) as "Bhanu jayanti" the birthday of Bhanubhakta Acharya, who is more popularly known as "Nepal ka Adikavi" (Nepal's first poet). He was a first Nepali poet who translated "Ramayana" from Sanskrit to Nepali making this great epic accessible to common Nepali.



Gurkhas Brunswick to hold Thangka Exhibition

Iconic Nepali restaurant Gurkha's Brunswick is hosting Thangka Exhibition on 23rd and 24th August. The amount collected from the proceeding will go to Mother and Children Art Foundation in Nepal. The foundation supports Nepalese women living in poverty by offering them Traditional Thangka Art skills. The foundation also aims at establishing self sufficiency in underpriv-

ileged Nepali children and provide better schooling and health facilities to them. Thangka painting is a traditional art that evolved between the 7th and 12th centuries in Nepal and Tibet. The brilliant colour combination and its wide range of forms awaken the mind and energize consciousness. The images and the expression used in these arts nourishes the heart.

Nepalese orphanage home loses its Victorian benefactor in MH17 disaster

Nepal has lost its great well wishers and the significant donor of the children home in Nepal, the Mt Eliza couple Frankie and Liam Davison. Davison couple were among 298 people and 38 Australian citizens and residents killed when the Malaysia Airlines flight was downed over eastern Ukraine on July 17.

The Davidson couple have been one of the big contributors for Annapurna Self Sustaining Orphan home in Pokhara for several years. In 2011 Frankie and Liam visited The Annapurna Self-Sustaining Orphan Home in Pokhara, Nepal, where they were both touched by the incredible work being done there.

More than 1,000 people attended the service for Frankie and Liam Davison at Toorak College memorial where Ms Davison was a teacher for almost three decades.

The community of Mt Eliza on Victoria's Mornington Peninsula gathered to remember a much-loved local couple

killed in the MH17 plane tragedy.

Award-winning novelist and keen cyclist Mr Davison, 57, has been described as an "instrumental" educator by colleagues at the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, where he developed online training facilities.



Mr and Ms Davison's family has asked mourners to consider donating to the home instead of giving flowers. A trust has been set up for the Orphan Home in Liam and Frankie's memory.

Donation can be made to Amelia Davison Annapurna Orphanage, BSB: 063 550, Account: 1036 2702.

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Workshop on “skills, knowledge and innovation (SKI) transfer to Nepal” held in Sydney

A one-day national workshop on skills, knowledge and innovation (SKI) transfer to Nepal was organized by NRNA-NCC Australia SKI Committee in Rockdale, Sydney on 19 July 2014. The workshop brought together NRN scientists, academicians and intellectuals from five states (NSW, Victoria, Queensland, South Australia and Western Australia) and one territory (ACT).

The workshop that lasted for eight hours, from 9:30 am to 5:30 pm, had two keynote papers and 10 other thematic papers from diverse fields and disciplines. In the opening ceremony chaired by Dr. Binod Shrestha, Coordinator NRNA-NCC-SKI Committee and facilitated by Dr. Jagadish Timsina, Adviser to NRNA-NCC

Australia and member of the NRNA ICC/NCC SKI Committee, the Honorary Consulate General of NSW Mr. Dipak Khadka, the NRNA-ICC President Mr. Shesh

Ghale and the NRNA-NCC President Mr. Mahendra Oli presented their remarks about the workshop and also showed their commitment and support for the implementation of a few, high impact type projects selected from this workshop in Nepal. Mr. Ghale emphasized that a framework was required to effectively transfer SKI by NRNs to Nepal. Dr. Timsina very specifically mentioned the objectives and expected outputs of the workshop and that the proceedings of the papers presented in the workshop will be published.

In his keynote paper entitled, “Progress, achievements and future plans of NRNA-ICC-SKI Committee”, which was co-authored by other three NRNs – Dr Ambika Adhikari, Dr Drona Rasali from USA and Dr Pramod Dhakal from Canada - Dr. Raju Adhikari, Chair of NRNA-ICC-SKI Committee, gave a detailed overview of the progress and achievements of the ICC-SKI taskforce/committee for the period of past five



years and highlighted the short-, medium- and long-term plans of the ICC-SKI Committee. In his talk, Dr Adhikari mentioned that a MoU between NRNA-ICC and Nepal government has now been signed for the establishment of Open University of Nepal (OUN) and that the OUN and Nepal Science Foundation (NSF) will be the main vehicles for transfer of SKI to Nepal. In another keynote paper entitled, “SKI transfer: what is it and how can this be achieved”, which was co-authored by Dr. Jagadish Timsina and Dr. Santosh Aryal, Dr. Hom Pant put a different perspective in the paper. After reviewing the SKI committee's activities conducted so far the authors dissected the concepts and meanings of the individual components of SKI, i.e., skills, knowledge and innovation to determine what is intended to be transferred. Dr. Pant mentioned that the committee cannot transfer new knowledge, which is heavily guarded, and therefore innovation, which required access to the new knowledge cannot be transferred as well. The only

meaningful transfer it can make is that of skills and including the knowledge that is embodied in/or fundamental to the skills being transferred. Further, he suggested that, at least currently and in near future and perhaps in the next 10-15 years, NRNA drop the knowledge and innovation components of SKI and focus on 'skills' transfer rather. He also argued that the “retired or soon to be retired NRNs” would be the major source of skills supplies as they will be flexible to travel and can provide their time. Early- or mid-career NRNs would not be able to spare much time and financial resources to provide the core supply even though they may have great sentiments and desires for travel and transfer their skills. NRNA was advised to maintain an up to date skills directory and establish a liaison team in Nepal to manage the demand side of the skills transfer and do the matching.

The other papers and/or proposals which were critically reviewed and fully edited for quality purpose prior to the workshop were selected from various

In his keynote paper entitled, “Progress, achievements and future plans of NRNA-ICC-SKI Committee”, which was co-authored by other three NRNs – Dr Ambika Adhikari, Dr Drona Rasali from USA and Dr Pramod Dhakal from Canada - Dr. Raju Adhikari, Chair of NRNA-ICC-SKI Committee, gave a detailed overview of the progress and achievements of the ICC-SKI taskforce/committee for the period of past five years and highlighted the short-, medium- and long-term plans of the ICC-SKI Committee.

sectors and are considered to be of high priority for Nepal. The ten papers/proposals selected for presentation were from agriculture (3), water resources (1), water and air quality and their effect on human health (2), energy (1), information

communications technologies (ICTs) to combat corruption (1), spatial analysis through remote sensing technologies (1) and systems transfer for various sectors (1). All these papers/proposals were of high quality and are expected to provide significant impact in Nepal if they were implemented with some support from NRNA, Nepal government or interested donors from various sectors. The proposal by Dr. Timsina was about the use of a simple fertilizer management tool, Nutrient Expert, for improving crop yields and income of farmers in eastern Nepal while that of Dr. Surya Bhattarai was on making use of organic wastes and poultry manures as a source of fertilizer. The proposal by Dr. Sita Ram Ghimire demonstrated how mechanization and conservation agriculture could revive economy of mid-hills farmers in rural Nepal. Dr. Bishnu Devkota mentioned that appropriate analysis and assessment of hydropower projects can provide better understanding of the risks, increase the confidence of the private investors

leading to the development of acceptable risk management and sharing measures amongst the project partners. He proposed that the World Commission on Dams and International Commission on Large Dams have set standards and guidelines to ensure that dams are built and operated safely, efficiently, economically, and is environmentally sustainable and socially equitable, and that NRNs with skills and knowledge on such areas could significantly help the country on the sustainability of water resources and energy sector.

Mr. Pradip Gyawali demonstrated that determining the harmful communities in the river water with wastes can provide a better understanding of the quality of the river water and help estimate associated health risk and that such a project could be transferred by NRNs to Nepalese collaborators. Dr. Rupak Aryal concluded that the particulate matters in the atmosphere of Kathmandu valley were in dangerous levels, which have resulted in a number of health hazards such as respiratory and cardiovascular diseases, including death, and that transfer of such knowledge by NRNs is important to combat such environmental hazards. Mr. Sampad Jamarkattel presented an innovative idea about the solar paint technology which has potential to generate power in a local scale by solar painting onto plastic, integrated into tinted windows and other

building materials, making the whole structure itself a source of power. Dr. Kishor Vaidya demonstrated how the ICTs and internet can effectively be used to combat corruption in procurement of goods and services in public sector. Dr. Dipak Paudyal demonstrated how spatial analysis through remote sensing technologies could be useful for characterization of land, water, vegetation and cropping systems and other resources on time and space, and that developing skills of Nepalese counterparts on such technologies by NRNs would be a great help for Nepal. Finally, Mr. Bhupendra KC's presentation focused on system transfer approach to accelerate and achieve development goals of Nepal through portfolio management, flying doctors and road safety. Project portfolio management focuses on proper combination of projects covering areas of challenges and opportunities while flying doctors covers the concept to serve rural community with targeted focus on reducing child and maternal mortality rate in Nepal and road safety aims to introduce the first overtaking lane and raise awareness in drivers and pedestrians.

Of all these proposals, Dr. Timsina's proposal, which aims to be implemented initially for three years in Jhapa and Morang districts in eastern Nepal, has already received seed money of \$13,577.00 from International Plant Nutrition



Institute (IPNI), New Delhi, for one year. The SKI receiver and implementer for this project is FORWARD Nepal, a Chitwan-based NGO with field offices in Jhapa and Morang. The project will initially start working with 100 farmers from the upcoming winter season and is expected to change the fertilizer use and increase crop yields and income of large numbers of farmers in these two districts in just three years with spill-over effects to several other farmers in the neighbouring districts too.

The workshop was registered by around 100 participants who attended partially during the day with about 50 participants who attended the full day. The participants concluded that although there are many other NRNs in Australia whose skills can be tapped and transferred to Nepal, the seriousness and

commitment shown by the 50 participants alone shows that initially the skills of these participants can be identified and inventoried and the corresponding skills demands can be identified in Nepal. After skills matching, a transfer process could be initiated as has been outlined in the keynote paper by Dr. Pant.

The participants realized that this sort of workshop was the first one held in Australia in which the scientists, academicians and intellectuals had an opportunity to seriously discuss together on SKI transfer or skills transfer issues and activities by NRNs to Nepal. The enthusiasms and commitments expressed by the participant NRNs were immense and, if such projects could be implemented they would definitely help transform the wellbeing and life styles of most of the people of Nepal.



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Stoned...

“And one day, a prince will come and take you on his white horse”, Mary told her young daughter, Eliza who was fast asleep before she could finish the story. Mary took a deep breath and covered Eliza with a thin blanket.

She sat on a couch and began surfing channels. She was still in a state of shock three months after the incident. A cup of coffee might change her mood,

In recent years, however, Keats' demand for her favour has been on the rise. 3 months ago, he asked her to meet one of his new business partner Sam. Sam heads a large corporation and winning orders from his corporation could fulfill Keats' ambition to become a national player in his business. Dutifully, she went to meet Sam.

During the meeting, Sam was cheerful, was positive about the prospects of doing business with Keats' firm but for that he asked sexual favour from her. She was baffled. She couldn't utter a single word. Her mind went blank. “If you aren't ready for it, I won't be doing business with Keats' firm”, Sam told her. She stood up and went out of the door, slamming the door. She

Keats asked furiously. She replied, “He asked sexual favours which I denied and walk back home”.

“You don't know how much those orders meant to me and my firm. It's my dream to take my firm to national level.”

“You knew all this from the beginning and you set me up?” she was furious on him.

“That's how the things are. Sam's corporation is a huge one. Its orders are worth millions. I couldn't risk losing it. Hiring somebody else means risks of losing business” He tried to explain.

“So, you mean, I'm no more than a female escort for you? I'm your wife damn it, how could you even think of me as a female escort to win orders for your firm?”

He didn't utter a word. His frustrations were clearly shown in his face. He was furious, he had lost business order worth millions of dollars. He might default loans. He slams the door and went back to his office.

Mary was in a state of shock. She telephoned her best friend and asked her if she could live with her for few days. She then left for her friend's house. 10 weeks had past, neither she nor Keats contacted each other, a strange development in their long relationship since high school days.

It was a prom night, she remembers vividly. He was in his tuxedo, a handsome teenager. A common friend had introduced them. It was a fun filled night. They became close friends over a period of time. After few months, Keats had gathered all his courage and had asked her on a date where he proposed her. She was elated. She readily accepted it. After 3 years' of being in a relationship, they got married. Today, they had a daughter, Eliza.

She came back to reality. The coffee



Abhishek Shiwakoti

was cold. She doesn't like cold coffee. She made another cup for her. It was raining outside. She sat beside the window and gazed outside. The garden was lush green with occasional flower plants in between the fields.

She loves rain. She loves the smell of earth. A farmer's daughter, she had been in love with nature since her childhood days. But since that day, rain couldn't provide joy to her. December 10, she remembers the day. It was a cold rainy day. She still remembers the day. She hadn't been able to forget it since. It was an end to her fairy tale.

“You'll find your prince charming one day who will take you in his white horse”, her mother used to tell her. She used to dream about the day her prince charming would come and take her to his kingdom. She remembers all those moments she had with Keats. Their wedding, how she had stumbled walking down the aisle, their honeymoon, Eliza's birth, “good old day”, she thought.

The doorbell rang. She looked up in the wall clock. 3 PM – nobody has ever come to her at this time, since she moved along with Eliza into this house. She was curious. Cautiously, she opened the door. It was Keats.

Keats hadn't met her since that day. All of a sudden she was overwhelmed by emotions. Tears rolled down her cheeks. She hugged Keats. She hadn't felt such joy over in the past few months. She was still crying and hugging him. Finally, she asked him to come in.

... to be continued in next issue



She used to dream about the day her prince charming would come and take her to his kingdom. She remembers all those moments she had with Keats.

so the advert claims. She made coffee for her and sat on the couch. Sipping coffee, immersed into her own thoughts.

“I need you to do me a favour”, Keats had told her. It's not the first time Keats asked her for “favour”. A successful business person himself, Keats however, had asked her favour occasionally to win big contracts for his firm. The favour initially was to assist him in preparing tender documents. However, over the period of time, she had been involved with his firm performing range of duties from office administration to giving presentations and finalizing deals.

couldn't believe what happened in past few minutes.

Driving back home, all she was thinking was whether Keats was aware of all of this. Apart from being head of a large corporation, Sam was notorious in business circle as a pervert who is known more for sexual exploitation of female staffs than his business acumen. When she arrived her home, Keats was waiting for her. He wasn't in a good mood. He had just been informed that Sam's corporation has awarded the order to another company.

“What happened in the meeting?”

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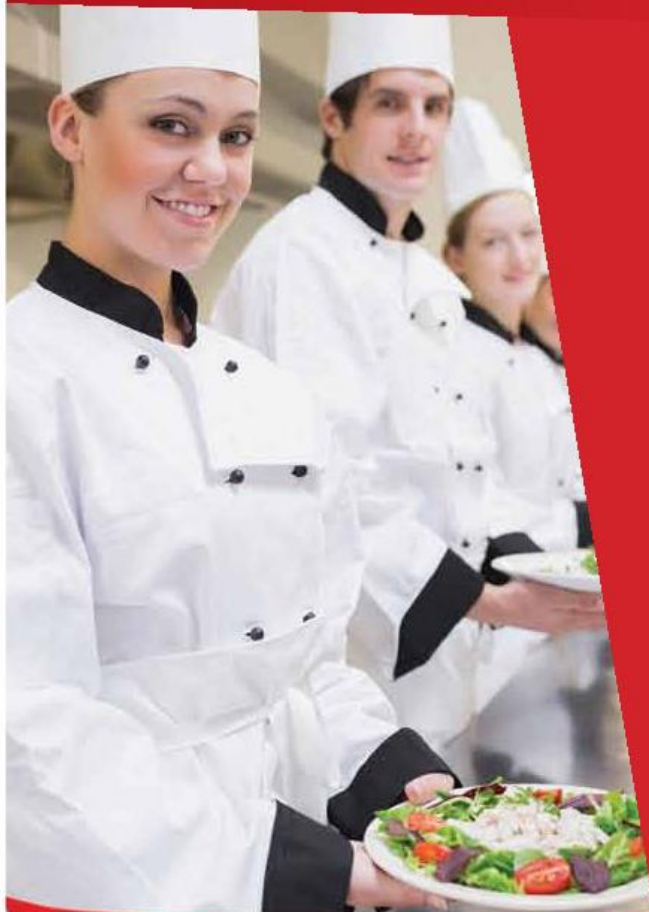
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Kids, here is how to deal with pesky relatives after exam

You are already feeling the pressure of exam and expectations. Your neighbours or even relatives suddenly start paying too much attention to you. "Whats the score son?" are the sort of irritating questions they ask.

And much before the big day, questions like, "How is the preparation?", "Are you going to top the class or not?" piss you off like nothing else on earth would. Ask any school pass-out, what is tougher - preparing for the exams or dealing with the recently-curious relatives and inquisitive neighbours, who suddenly get all chummy and ask stupid questions - and they swear that it's a tough call. They add that when the D-day finally arrives, pesky phone calls and visits from the concerned aunts and uncles, rob them of a moment to sit and think. These students, torn between the desire to give the nosy ones a piece of their mind and the need to not get in trouble with their parents, often end up choosing the latter. There are ways you can deal with them smartly. **Some tips:**

I'm sorry, did you call to wish me on my birthday?

One fine day they all decide to call and check on your preparation for the exams and your marks, out of nowhere. No phone calls from any of them on your birthday or any other important occasion. So, after the results, if a relative calls you to ask how

much you scored, just say, "sorry i don't remember my marks but I don't think you called me on my birthday did you?"

Never react - you don't want the conversation to linger on

The students say that when the relatives call, it is best, like when some disaster strikes, to lay low and make no movement. The more you try to get out of it, the deeper you sink in, is a warning to keep in the mind, they claim. So just don't let them know that you are affected by their questions.

Reverse psychology: Seek advice?

Sometimes, the only way to get overzealous people to relax is to let them believe that you are on board with what they are excited about. You get those annoying calls, just say, 'I'm so glad you called, aunty. I am very confused about college admissions and further plans. Maybe you could help me out?'. Call her back for follow ups few more times and trust me she will never call you up again.

I scored fine aunty, hope you are keeping a check on your weight?

When somebody pokes you where it hurts, it is important to poke them back, but patiently and appropriately, because unless you poke back, they continue to poke. Everybody faces questions they don't really want to answer. If these people can keep asking you about your result, you should be ready with your set of questions, too. So, ask them if they are planning on losing some weight and give them health tips, because you concerned.

A story of confidence, patience and practice



**Anurag Gaire | Grade VII
Brunswick Secondary College**

There once lived a boy who possessed a special eye. It was an eye that could predict the future. That boy's name was Isaac. Isaac didn't like to socialize, so not many people knew about his eye. The eye had a special color, the color red with three coma like shapes. His mum, dad and neighbor were the only ones who knew about his eye.

One fine day, one of his neighbors—Josh, found out about the eye when he was walking past. Unlike many other kids, Josh did not pass any judgments neither he gave any impressions that he saw such an alien eye. Instead of spreading it around on the internet and to his friends, he kindly asked the parents about the details. After finding out about the eye, Josh started playing with Isaac without any fear. They tried playing tag but it didn't work because of the "future reading eye". Then they tried playing soccer, that didn't work out either because of the same "future reading eye". They however continue to hang around together.

Isaac had strict home schooling rules, one day while being homeschooled on a Saturday; he became enraged by finding out that his little brother died. Eventually he settled down. He had overheard his parents discussing with Josh about the death. His eye stopped reading future. Slowly but surely his eye transformed into a black colored star around his pupil. He felt a lot more relieved, almost like he had nothing to worry about in life. With this new star shaped eye he could move small objects without touching them, for example an eraser. Isaac practiced and practiced until he could move a 60kg Josh. He also learnt that he could switch his eye on and off. His confidence, patience and practice made him what he is today.

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Collective action against the closure of Wom*n-Only Services in NSW

The Student's for Wom*n-Only Services (SWOS) held the candle-light vigil, as well as petitions, on Thursday, 24 July 2014 at Pitt St, Sydney, to shed a light on the state-wide closure of independent women's homelessness services. The vigil and other SWOS events collected 1250+ signatures to add to the collection of 10,000 signatures for a petition, which asks for the restoration of all funding to wom*n-only refuge.

Vigil was an appropriate event to bring attention to the closure of these services to raise awareness, in seeking community and stakeholder's support, to demonstrating solidarity with the affected refuge, also demonstrating a

Jenny Leong (Greens candidate for 2015 NSW State Election).

"Labour has been working with the many concerned community and women's groups across the state including visiting refuges speaking at forums, and asking questions in Parliament to ensure the Government listens to how disastrous this policy is for women escaping domestic violence", said The Hon. Sophie Cotsis MLC – ALP.

"As the current women-only services and refuges cannot meet the demand for women and children in crisis, closing refuges will only put more women and children in harms way. One-size-fits-all management style makes it even more

definitely not a one size fits all model.

Yet the Government has pushed ahead with their flawed "Going Home Staying Home" model and left many high-quality women-only services unfunded and closing down, which will be devastating for women", highlighted Dr Mehreen Faruqi, MP - The Greens. Under the reform Salvation Army, Mission Australia, Wesley Mission and St Vincent de Paul are the major non-government service providers.

"The Liberals Going Home Staying changes will see funding for over 80 specialist homelessness service providers across NSW cut- depriving women and children who are victims of domestic violence and sexual assault a safe have from these horrendous acts", shared The Hon. Sophie Cotsis MLC – ALP. Labour organised a day of action on Thursday, 31 July 2014 asking members of the community to sign a petition to raise 10,000 signatures needed to force the Government to a debate in the NSW Parliament.

"The Muslim Women's Support Centre and Immigrant Women's Speakout are two that have lost out. Both have for decades, provided excellent, professional and tailored long term assistance and crisis accommodation for the complex needs of women from a huge variety of culturally diverse backgrounds. Similar stories are panning out across the state – the central coast, in Taree and in Kempsey", emphasised Dr Faruqi.

Yes, therefore, the changes mean lack of specialist services and loss of expertise. Majority of wom*n from the multicultural subcontinent communities, members of CALD communities may fail to access services due to the fear of lack of existing personalised services, and the loss of rapport. For many who attended the vigil failed to comprehend the retendering process that would result into a loss of services that is going to make women feel less safe and more vulnerable.

"Attending the candlelight vigil held last Thursday at Pitt St Mall was the least I could do to help raise voice against budget cuts to state funding of Women's only services and the possible closure of many such shelter homes due to



Anjana Regmi

its effect. It is crucial for these specialist shelters to continue its services for women suffering various types of abuses and domestic violence. It was a great effort by students from Sydney Universities who came together to organise the event, help raise awareness on the issue and give voice to the voiceless" – underlined Monika Ranjitkar, a Nepalese community member.

"I have found working on the vigil and working on the SWOS campaign an incredibly tiring yet rewarding experience because I know that I am not alone in caring about this issue. In fact, it is the absolute opposite. I feel surrounded by incredible, passionate and creative wom*n who have come together to save wom*n-only services", shared Julia Readdett – USyd student and SWOS member.

"I got involved with SWOS because I was feeling very helpless about the amount of women's services being forced to close down. In my capacity as NSW NUS Women's officer I wanted to make sure we held a big student run event, particularly as it was only last semester in a class that I heard that the first ever women's refuge in Australia was set up by feminist students from the university of Sydney and I thought it very



protest against the current government retendering processes and reallocation of the budget, principally a fight against inequality. The event was attended by a number of wom*n's advocates and service providers affected by the reform, community members and female politicians such as The Hon. Sophie Cotsis MLC – Australian Labour Party, The Hon. Dr Mehreen Faruqi MP – The Greens, The Hon. Linda Burney- Deputy Leader for the NSW Opposition, Hajeh Maha Abdo - CEO Muslim Women's Association and Dr Daphne Kelly-Lowe- Member of NSW Police Multicultural Committee and Head of the Chinese Heritage Association of Australia. Few others who joined the vigil are The Hon. Penny Sharpe MLC (ALP), Verity Firth, Former New South Wales MP (ALP),

difficult for CALD, and especially Asian Australian, women, who need access to special services in a culturally sensitive environment" highlighted Daphne Kelly-Lowe

As a result of the major reform for specialist homelessness services introduced by Pru Goward, (the former Minister for Family and Community Services) the proposed Going Home, Staying Home required all specialist services to tender to retain their services and funding. Following which around 80 services have already closed and few others are yet to be announced. "We know that at the very heart of a policy that delivers services to women has to be the best possible care and support for the women, not administrative rationalisation, not a quick fix and



fitting that we as students contribute to the fight that these services like Elsie's remain independent and funded. From here I guess it's a question of if this current petition succeeds, if it doesn't we'll choose what we do next but all I know is, we won't give up these vital services without a fight" - said Amy Knox - Women's Officer for the NSW branch of the National Union of Students.

"The Labor Opposition strongly supports the campaign by SWOS and was impressed by the commitment and dedication by the students" - The Hon. Sophie Cotsis MLC

From here I guess it's a question of if this current petition succeeds, if it doesn't we'll choose what we do next but



themselves and reallocate funding to women's only services. All of us must stand together, remain strong and not



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"The Government must go back to the drawing board and talk to the workers on the ground and the women

back down till these refuges are saved" - The Hon. Dr Mehreen Faruqi MP

Our next step is to reorganise post-vigil, gather the final signatures we need and continue raising awareness and fighting for these essential services", shared Julia Readett.



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How does Earthquake occur in Nepal

Earthquake is not a new subject for us but it's the subject to matter because Nepal is one of the most earthquake prone countries. Nepal has a history of how earthquake has affected from the past and continues till today. Before knowing the reason for it we must know the brief theory behind it, which enables us to know the reasons behind earthquakes in Nepal.

Himalayas extend for about 2400 km from the Punjab Himalaya in the west, to the Arunachal Himalaya in the east along the WNW direction. The kingdom of Nepal occupies the north-central position in south Asia and it is geographically sandwiched between Tibet (China)

The Himalaya was formed about 2 million years ago as a result of the collision and subsequent thrusting of rock masses from north to south and is still rising at a rate of 2-5mm per year. This process is still active, that may arise number of earthquakes in the countries that lie in the lap of Himalaya. The occurrence of earthquake in Nepal is different from that of earthquake in Japan, where it results due to effects of tremendous volcanic explosions.



in the north and India in the south. It is located in the central part of the 2400 km long Himalayan arc and covers an area of 1,47,181 sq km, which is bounded by latitude 20° 22' 30" 27' N and longitude 80° 4' , 88° 12' E, with average east-west axis is 885km and north-south 193km.

Plate tectonics theory illustrates the condition how earthquakes occur in Nepal. Plate tectonic is the unifying theory that shows how the earth works. The

earth's lithosphere is broken into various plates that are moved with respect to one another by sliding, collision and subduction or simply by moving apart along the mid oceanic ridges. The major plates are: the African, the Eurasian, the Pacific, the Indian, the North America, the South America, the Antarctica and the Indo-Australia. The minor plates are the Cocos, Caribbean, Somali, Arabian, Philippine and Scotia. The plates are about 120 km thick under the continents and 65km thick under the oceans. Lith-

osphere is considered to be elastically very strong.

Beneath the lithosphere, the rocks are still solid but are capable of creeping a few millimetres per year if the load on them changes. There is asthenosphere below the lithosphere, which is considered to be comparatively weaker zone. About 1% of asthenosphere is molten and therefore it acts as a lubricant layer over which the lithosphere plates can slide. The plates behave like rafts drifting across the surface of the mantle.

Convection currents in the mantle force the overlying lithospheric plates to move with respect to one another.

Plates may diverge, converge or move in parallels. Plates are said to be divergent if the adjacent plates move apart from each other and known as convergent if they move towards each other and collide. A typical example of collided mountain range is the Himalayan range, where the South India plate collides with the Eurasian plate in the north, which resulted the upliftment of Himalayas and released stress give rise to



Mrs Shailina Manandhar
(Geologist)

earthquake. Prior to forty million years ago there was a sea called Tethys between the Indian Plate and the Eurasian Plate. The Indian Plate moved gradually towards the Eurasian Plate. About 40 million years ago, these plates came in contact with each other and the Tethy Sea retreated gradually. As the evidence, there is still presence of fossils (animals once found in Tethys sea) in the Higher Himalayas. The Indian Plate being lighter than the Eurasian Plate could not sink into the mantle and remained beneath the Eurasian Plate. According to the law of conservation of energy, the stored potential energy releases into kinetic energy, which is sufficient to cause earthquake of high intensity.

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There are several earthquakes that threatened from the past and still active today and can cause damage of lives and properties within fraction of seconds. The great earthquake occurred in Nepal was Nepal-Bihar earthquake of 1934 AD, Assam great earthquake in 1897, Kangara earthquake 1905 and Assam earthquake 1950 felt in Nepal.

At the end earthquake cannot be predicted nor it can be stopped. The only thing we can do against earthquake is the prevention because prevention is better than cure.

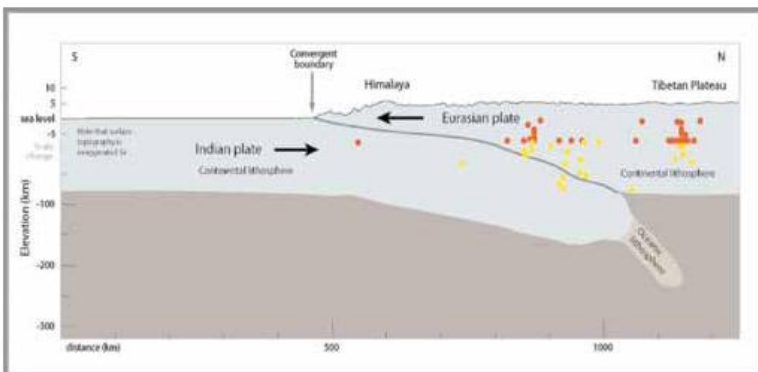


Figure: Converging plates forming Himalayas.

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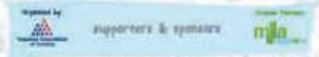
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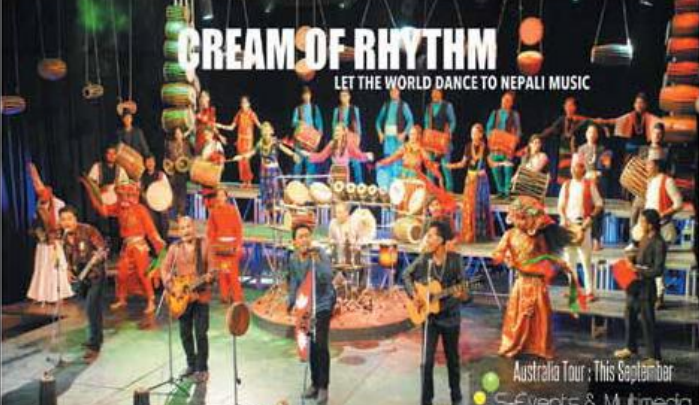
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Calling out from a Hungry Tiffin

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Following on from my previous month's article and my continued fascination with all the proud Runners of Melbourne, after all the weeks of committed training, blood, sweat (buckets-loads of it.. haa....haa) and tears (bucket-loads of that too..!!), I finally completed my Half Marathon Run at "The Age Melbourne Run" a few days ago. And yes, it was definitely one of the proudest moments I have had in the more recent times. Will I do it again? Without a doubt!!

From the beginning of this year, right through all the training and until the Run, I have taken back 2 main learnings from this experience. The first one is the

importance of Work-Life Balance for our overall wellbeing. I am sure all of us have heard of these two words and wondered if they applied to us. Again, I am sure all of us have heard more than once that with the extremely stressful work environment we have, it is important to take some time out for family, friends and most of all for ourselves. Each person relates to this on different levels, but my simple take on this is that each person needs to find their own Nirvana and must make sure to take some time out to indulge. There are no guesses here that my Nirvana lies in Cooking and Running and I indulge in it as often as I can ☺. You come out a different person each time, ready to take on Life again.

The other surprising discovery is how like-minded friends can play a very big role in motivating you and keeping you focused on your wellbeing goals. Having recently met such a bunch of awesome friends, going out for fitness challenges has become a pleasure. It's like two birds with one stone- a perfect way to catch up with mates regularly and also working on each other's fitness /wellbeing at the same time. We make sure to meet up for a fitness every 4-5 weeks to explore new challenges- a long walk around a lake, a badminton session bringing back those awesome growing-up memories, climbing up the 1000 Steps at Mt Dandenong and I am already looking forward to the

Kick-boxing session we have planned in the next few weeks. So now I can't urge you enough to get up, get out there and find your own piece of Nirvana. Put the question to as many friends as possible; you may be surprised how many of them thinking about it, but never got around to it.

Now back to the recipe I would like to share with you today. There is a little sorry behind this one as well. A very fitness-wise friend of mine explained to me how exercising at a certain heart-rate level burns more sugar than fat, cause of which we crave to eat sugar after exercising. I experienced the same and now present to you my answer to such cravings – small portions of the Turkish Delight flavoured Pannacotta.

Turkish Delight Twist to Pannacotta Recipe



Recipe:

- » In a saucepan, heat 2 cups of milk on medium heat and add in the 2 tablespoons of honey*. Stir until the honey is well combined, but making sure that the milk only stays warm to touch and does not become too hot/ boil over.
- » Take a medium sized mixing bowl (or big enough to hold the mixture and the milk together) and add 2 tps gelatin powder, pour in 2 tbsps of regular temperature water and let it sit for 5 minutes.
- » Check the mixture in the saucepan by dipping the tip of your finger in, it should feel warm not hot.
- » Remove the saucepan from heat, mix in some pink color* to give the Pannacotta its color. Now add 1 – 1.5 tsp Rose Water to get that Turkish Delight flavor.
- » Pour the mixture over the gelatin and whisk it well.
- » Pour the mixture into ramekins/glasses with a measuring cup with a spout for easy pouring and place it in the fridge for at-least 3-4 hours (overnight, if possible) to set.
- » To check if the Pannacotta is done, shaking the ramekin or glass to see if the shape holds. It should jiggle slightly.
- » To serve, add some coarsely chopped pistachio on top of each Panna Cotta.

Quick Tip:

- » For the health-conscious, you can substitute regular, full-fat milk with coconut or almond milk.
- » Some people also add beetroot juice to get the pink colour instead of pink colour I choose to add.



What Nepali men want in a wife?

Modernization and the global exposure has changed a lot in the way we Nepalese men think. But there are certain things that will never change, when it comes to choosing a life partner. Here are some tips as to what Nepalese men look for in their prospective bride.

Career oriented girls

Men want a partner 'who is career-oriented'. Having a career-oriented wife will not only add to our income, but will also help in our career decisions. They want to be sharing their work-related problems to their wives. Somebody who is not working won't understand them.

Should appreciate sports, not the cute players

It is impressive when girls talk about sports. But the moment they start giving lame reasons like - 'Oh that player is

cute' or 'I like that player so I watch the match' - the whole impression is ruined. There is more to that sports than just the cute players.

Get out of the world of reality TV shows

Women obsessed with reality TV shows are annoying. Imagine you are talking to your wife over the phone, and she cuts your call when her favourite reality show starts. Some women actually start living life influenced by those soapies. That's a big no-no for men.

Should watch news, have views

Men like women that keep themselves updated about the latest news. We don't want them to know the minute details, like which party won from which seat or by how many seats in the elections, but she should know about the topics being discussed frequently in the news and our peer groups. We don't want her to sound lame on current topics.

Get off the phone

Another thing that men don't like about girls is their constantly being on the phone. This habit of always being on the phone is quite irritating. With such women, men fear her sharing too much with her friends. Also, men would want their women to spend time with their men, not the phone. This phone syndrome is also a sign that those women don't feel secured within themselves.

Good looks, good cooking skills, good social skills- who would not want that?

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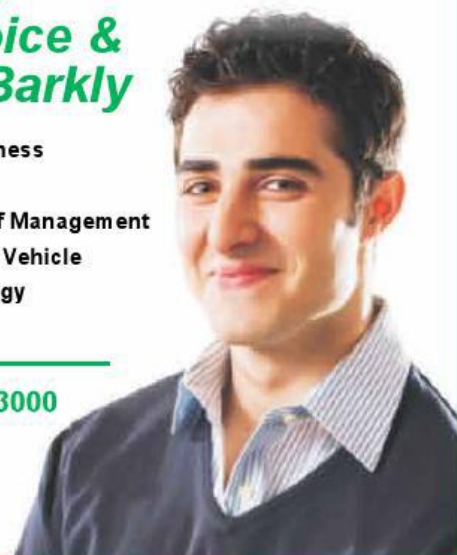
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