

# Nepalese Voice

Australia

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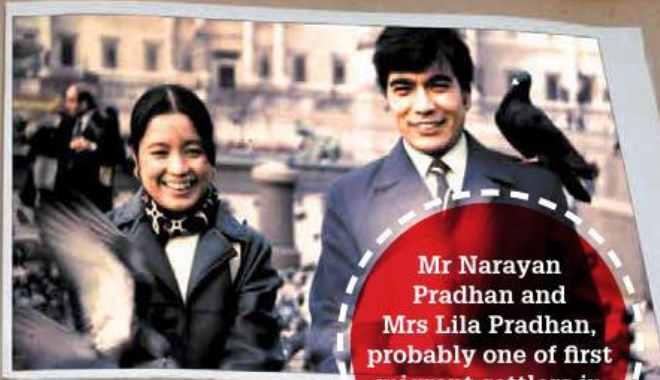
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Cover Story on page 6 & 7

*Nepalese History*  
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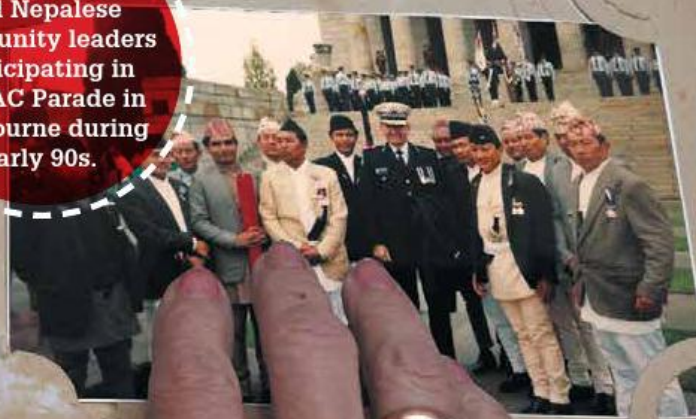


Indra Ban has won the Medal of the Order of Australia for her service to the Nepalese community in Australia.



Mr Narayan Pradhan and Mrs Lila Pradhan, probably one of first migrant settlers in Australia

Ex-Gurkhas and Nepalese community leaders participating in ANZAC Parade in Melbourne during early 90s.







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## Editorial

### Let's be self-regulated

Last month Australian- Nepalese community remained talked about mainly for two reasons. First half of June saw NRN Australia's activities that winded down along with the conclusion of NRNA elections Australia wide. In the second half, Help Nepal Network's activities stole the lime light and drew everyone's attention to charity fund raising following Rabindra Mishra's visit down under.

Both these events had immense significance in our community and in people. NRN's undeniable efforts to advocate the issues related to Non Residential Nepalese makes it the only umbrella organisation to represent Nepalese Diaspora from all around the world. As the election concluded, people are optimistic that our new candidates will take it one step further than where their predecessors left at.

In addition, Rabindra Mishra's tour to Australia and New Zealand became a phenomenon. It not only collected fund but also helped create a sense of unity within Australian Nepalese community. It also showed Australian-Nepali's generosity and their commitment towards nation building.

Behind the success of both these events were the discipline and the self regulation that was applied by those who were involved. Whether it's political or



**Ramjee Poudel**  
Executive Editor

social events, there is always a degree of self regulation that's required. And the relevancy of this extends to the fourth estate, which is news and media.

Amidst this, there was certain dissatisfaction or rather unapproved views about an editorial from our previous issue. As part of our job, we report, speculate and predict about the topics that are of importance in the community but never to misguide anyone to serve any particular interests.

And at last, those views expressed were not to criticise or to undermine any media's contribution towards our community but rather a generic statement as to how all the Nepalese-community based medias can and should work together to bring out the best in each of us and improve ourselves to be on par with mainstream media. We have a very high regard to each and every media houses that have augmented the process of Nepalese community building in Australia and we feel proud to be a part of this process.

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## State Member for Bentleigh



**Elizabeth Miller MP**  
State Member for Bentleigh

I congratulate the Nepalese Voice on the successful publication of another dynamic issue.

We are lucky in the Bentleigh electorate to have a very diverse community. Publications such as the Nepalese Voice are very important in ensuring that multicultural communities have direct access to news and current affairs.

The Nepalese community have made a valuable contribution to our great State. The Nepalese community are known for their significant involvement in the business and cultural life of Victoria.

Victoria's multicultural society has a longstanding reputation for being vibrant and inclusive. The Naphthine Government is committed to nurturing this, one of our greatest strengths.

I look forward to enjoying this new publication and continuing to support the Nepalese community in Victoria.

## Small Business & Fair Competition



**Senator Scott Ryan**  
Shadow Parliamentary Secretary for  
Small Business & Fair Competition

I'm Senator Scott Ryan, Liberal Senator for Victoria in the Federal Parliament, and Shadow Parliamentary Secretary for Small Business and Fair Competition.

Firstly, I'd like to welcome readers of the Nepalese Voice to this new publication. Its aims are to inform and connect the Nepalese community and it will provide a new voice in our diverse media landscape.

The contributions immigrants to Australia have made are as vast as they are significant.

In my role, I engage with our multicultural communities on a regular basis. I see immigrants and their families making a contribution to our own community and nation as much as fulfilling their own dreams and aspirations.

The Coalition has a plan for all Australians, to ensure greater economic opportunity for all and our commitment to multicultural engagement is unsurpassed.

I hope the Nepalese Voice provides stimulating content and I wish you continued success in the future.

## Secretary to the Shadow Minister for Multicultural Affairs



**Jude Perera MP**  
State Member for Cranbourne District  
Parliament Secretary to the Shadow  
Minister for Multicultural Affairs

some sort of business activity. There are people of Nepali origin in almost every profession. The majority of the Nepalese are in science and technology, engineering, medicine, academics etc.

I have had the pleasure through my position as the Parliament Secretary to the Shadow Minister for Multicultural Affairs to have assisted representatives of the Nepalese Community.

Diversity is one of our defining strengths in this wonderful nation of ours. It lies at the heart of the modern Australian story.

But our multiculturalism has always been an expression of citizenship and our democratic values.

As Australians, we enjoy a public debate in which there is freedom of speech. In a free society, ideas of any kind – religious, political, ideological or philosophical – should be debated.

A multicultural Australia is mature and robust enough to conduct good faith debates.

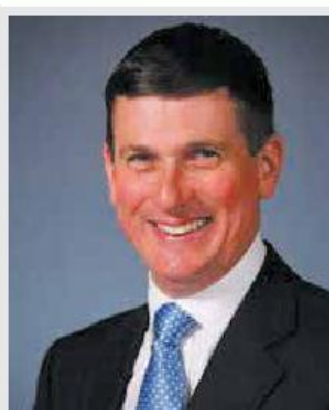
But like all freedoms, speech also has its limits. All members of our society have a right to be treated with equal respect and dignity – regardless of their race, colour, national or ethnic origin or religious beliefs.

Being born in South Asia the production of the Nepalese Voice is extra special for me and I am certainly looking forward in keeping abreast with many editions to come.

I am absolutely positive that the Nepalese Voice not only serve well the Victorian Nepalese community but also wider community with diverse backgrounds.

Again, congratulations team!

## Message from MP Neil Angus



**MP Neil Angus**

### Endorsement for Nepalese Voice Magazine

I am pleased to write in support of the publication, "Nepalese Voice". I congratulate all those involved in its publication on delivering this important resource to the Nepalese community.

Publications such as Nepalese Voice provide a great source of information and encouragement to the Nepalese population locally.

Here in Victoria, we are very blessed to live in a multicultural society. Each of our multicultural groups brings to the state great diversity and a colourful history of culture and traditions. The Nepalese community is an important part of this diversity.

I wish all those involved with the publication of Nepalese Voice well in their future endeavours.

## Message from MP Kelly O'Dwyer



**The Hon. Kelly O'Dwyer**  
Member of Parliament



I welcome the establishment of the Nepalese Voice. A free and open press is the cornerstone of our democracy. I wish the Nepalese Voice all the best for their future endeavors.

It is with great pleasure in congratulating the team on a fine effort with the launching of Nepalese Voice Australia. I thank the Chief Editor for honouring me by requesting my message for the second issue of the Nepalese Voice.

Even though the size of the Nepali Community in Victoria is small, its growth is one of the highest. The community is about 20,000, which includes all people of Nepalese origin, regardless of their nationality.

There are many residents in Australia from Nepal that now call Australia home. Most of the people who have settled in Melbourne have managed to get into either professions of their choice or



# Nepalese History Down Under



By: Rishi Acharya

Australia opened its door to foreign immigrants more liberally after the abolishment of 'White Australia Policy' that constricted the country for seventy years. When Gough Whitlam became the Prime Minister of Australia in 1972 representing Labor Party, he eradicated 'White Australia Policy' as his primary focus consequently making Australia one of the largest Immigration country.



## Early years of Seventies:

In the decade of Seventies, while the developing countries were progressing through the green revolution, handful of Nepalese students came to Australia for further study after acquiring scholarship from The Australian government. Even though there is no evidence to substantiate who was the first Nepali to arrive here as such, those very group of students had initiated the idea of 'Nepalese Student Association' in 1976, which is known to be the first Nepalese organisation of its kind. Mr. Gobinda Shah who was a student of Sydney University had co-ordinated with other like-minded people such as Shahsaag Ananda Shrestha, Amar Tandukar, Ankal Bahadur Shrestha and Indra Ban to form NSA. It is said that, not only Nepalese but the local Australian who knew and loved Nepal also became part of that organisation.

In its initial years, NSA helped newly arrived students with finding job, accommodation as well as promoted Nepal amongst local Australians. As Nepal did not have any diplomatic mission in Australia back then, NSA also played a vital role representing Nepal in various activities. As a matter of fact, NSA had got an opportunity to bestow an honour to the first Everest summiteers Tenzing Norgay Sherpa and Sir Edmund Hillary. That became



OAM Indra Ban - one of the few Nepali who migrated to Australia during 70's

the first formal program ever organised by any Nepalese Association in Australia. NSA then progressed on to organising events more frequently where they shared Nepali cultures, traditions and lifestyles with their Australian colleagues strengthening cultural ties between two countries.

The same decade saw Nepalese students coming to Australia to excel in English language as well as to do other short and long courses. By the end of this decade, Nepalese horizon in Australia had widened significantly.

## Revolutionary decade of Eighties:

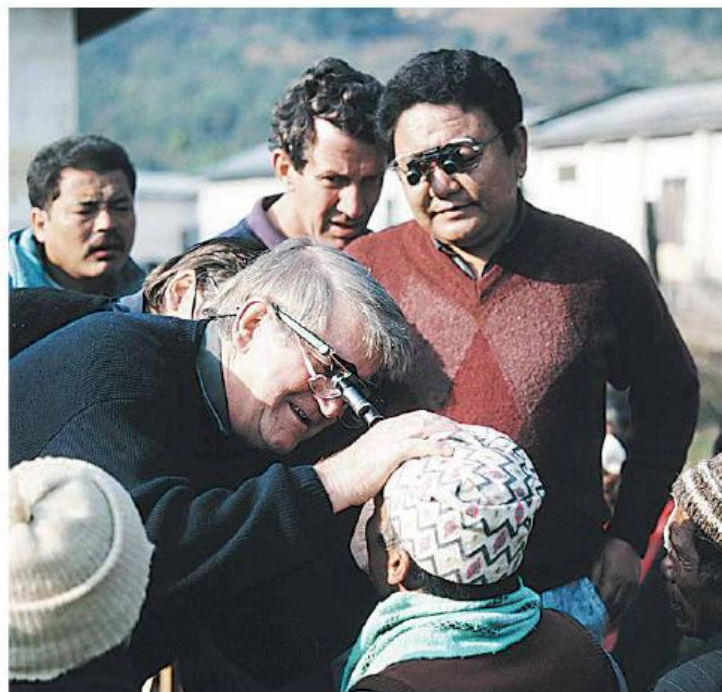
When "Racial Discrimination Act" was passed through the house of representative in 1975, the country had formally put an end to a discrimination against caste, class, race and gender. That was an important corridor for South Asian students to come to Australia for study, employment and for permanent migration. Following the amended act, some Nepalese students studying in Asian Institute of Technology, in Bangkok, Thailand came to Australia and got employed right away which started the trend of large number of Nepalese students flying down under each year.

With increasing number of Nepalese students, NSA had broadened its reach and services by eighties helping them with legal issues, health and interpreting services. With the growing networking and resources NSA also started offering aid to Nepal during natural disaster and other social activities. They also helped preserve the ancient sculptures and artefacts around "Changu Narayan Temple" built during Licchavi dynasty that dates back to 500 BC.

## Late King Birendra's royal visit to Australia

In 1985, Nepal's then royal family visited Australia. They were welcomed with the state honour in the presence of elite Australians including writers and academics. Nepalese community also showed equal enthusiasm to welcome them. This royal visit had simul-

When "Racial Discrimination Act" was passed through the house of representative in 1975, the country had formally put an end to a discrimination against caste, class, race and gender. That was an important corridor for South Asian students to come to Australia for study, employment and for permanent migration.



Dr Fred and Dr Ruit doing what they did the best

taneously set another record, as actor Nir Shah and journalist Durganath Sharma had accompanied royal entourage to inaugurate first ever Nepalese language television from Australian land. The troop had covered the royal's Australia visit live. People like Tim Mac, Lincoln Hall, Dr. Narayan Pradhan, Puran Sayami, Indra Ban and their personal experiences captured by those cameras became the

everlasting testimony of that first ever live coverage of Nepali television.

## Professor Fred Hollows invited Dr. Sanduk Ruit

The decade of eighty marked another milestone in Nepali's presence in Australia when Australian Professor Fred Hollows sent



Late King Birendra and Queen Aishwarya during their overseas visit





an invitation to Nepali ophthalmologist Mr. Sanduk Ruit to further his medical study in small-incision cataract surgery. Their partnership had begun in the mid 1980s when Fred, as a World Health Organisation consultant, visited the Nepalese Prevention of Blindness Program where Dr Ruit was a Medical Officer. In 1988, Dr Ruit came to Australia to live and train with Fred at the Prince of Wales Hospital in Sydney.

They discovered a mutual determination to bring affordable and quality eye care to people living in developing countries like Nepal, and embarked on a journey to take modern cataract surgery to all corners of Nepal and the developing world.

During his time in Australia, Dr Ruit, together with Fred and Gabi Hollows and other friends and colleagues, had set up the Nepal Eye Program Australia (NEPA).

Fundraising efforts through NEPA and The Fred Hollows Foundation helped to establish the Tilganga Eye Centre in Kathmandu, which was officially opened in 1994 - a year after Fred Hollows died. Within the eye centre, an IOL manufacturing facility was also set up, providing high quality, low cost IOLs for use in cataract surgery in developing countries.

And in this decade acting as Nepalese parent organisation locally was "Nepalese Association of Australia".

### Prominent Nineties:

This decade saw a major influx of Nepalese. Australian government's skilled migration visa program, flexible residency policy and their willingness to grant visas to international students through private educational institution made Australia the next best attraction for many Nepalese after the US and the UK.

Back home, Nepal was going through a high political instability after an end of absolute monarchy in 1990. No democratic government tended to survive longer than two years for a long period of time. People lost their trust towards political system. Subsequently, dissatisfied with current political practices, In February 1996; the Communist Party of Nepal (Maoist) began a violent insurgency. That displaced many Nepalese youth, also affecting the number of Nepalese in Australia, which had reached in thousands by this time.

### Millennium Decade:

As we entered in millennium decade many Nepalese had made their presence felt in various sector of Australian society. Whether it was in business, education, social work or even students, the number was increasing exponentially. With this many community organisation also came into existence. In 1995, "Gurkha Community" was registered as second Nepalese community organisation in Australia. Formed with an objective of uniting ex-Ghurkha's families and communities, this organisation is still active through various activities. Following this, organisations like Nepal- Australia Democratic Forum- 1998, Nepalese Association of Victoria, Nepalese-Australian Society -1999 also got registered. In 1999 another gender specific organisation Pacific Everest Women Organisation got introduced which later fell through.

In 2000, Australia won its bid to organise Olympic game. Nepal's then prince "Dipendra Shah" had visited Australia with Nepalese Olympic squad. At that time, to welcome the royal all five organisation had put up a cultural shows to symbolize unity.

- to be continued in next edition.....



Dashain Program organised by Gippsland Gurkhas, Victoria in 1990.



Late Prince Dipendra (right) during his visit in Sydney Olympic 2000.



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# Kevin Rudd re-elected as Australia's Prime Minister



**K**evin Rudd unseated Julia Gillard from her position as a Prime Minister following a 57-45 caucus vote by party lawmakers a week before.

After surviving two previous attempts by Rudd to take over, Julia has ultimately been voted out as Labor party leader. Before the poll, Julia Gillard believed she would survive the ballot; "I wouldn't be putting myself forward unless I had a degree of confidence about the support of my parliamentary colleagues." She had said.

Gillard had earlier proposed whoever loses the vote should consider retirement and quit Parliament at upcoming elections which was also agreed by Rudd. After feeling the pressure from Rudd's supporter within the party to make a change in leadership before the election, Gillard had called for the ballot.

"In accordance with the pledge I gave earlier today I announce that I will not recontest the federal electorate of Lalor at the forthcoming election," Gillard said after the voting. "I will have time in the coming weeks to be back home in my electorate to say hello and goodbye to the community that I've had the absolute privilege of representing in this Parliament since 1998."

Gillard has said she has written to Australia's Governor-General, Quentin Bryce, to commission Rudd as the next prime minister of Australia.

She added she was "proud" to have served

as Australia's first female prime minister.

Kevin Rudd who had previously held the post from 2007 to 2010 before losing to his then deputy, Gillard, is likely to demonstrate that he can command the party to the victory in upcoming election. Under the assumption, if Rudd is not approved, opposition leader Tony Abbott could be asked to form a government or elections could be moved up from September to August.

As an aftermath of this ballot, Deputy Prime Minister and Treasurer Wayne Swan quit and was replaced by Rudd's ally and Transport Minister Anthony Albanese in a second ballot.

Similarly more than one-third of the Gillard ministers have resigned, including Trade Minister Craig Emerson and Education Minister Peter Garrett - who will also leave Parliament. However, some key ministers have announced they will stay on Mr Rudd's frontbench. Workplace Relations Minister Bill Shorten, who announced he had switched his crucial vote to Mr Rudd just before the ballot, says he will stay on the frontbench and assumes he will stay in the same job.

This dramatic event also ends a bitter rivalry between Julia Gillard and Kevin Rudd that caused a sense of disunity in the labor party.

"In recent years politics has failed the Australian people. There's just been too much negativity all around," Rudd stated in a news

Gillard had earlier proposed whoever loses the vote should consider retirement and quit Parliament at upcoming elections which was also agreed by Rudd. After feeling the pressure from Rudd's supporter within the party to make a change in leadership before the election, Gillard had called for the ballot.

conference after the win. "I intend to lead a government that brings people together and gets the best out of them." He said.

He added "Taking on the challenge of the Labor leadership was for a simple and basic reason. I simply do not have it in my nature to stand idly by and to allow an Abbott-government to come to power by default" expressed new PM Kevin Rudd.

Mr Rudd also acknowledged Julia Gillard for her work as prime minister, praising her as a "woman of extraordinary intelligence, great strength, and great energy".

"She has been a remarkable reformer," he said.

Opinion polls have suggested the Labor party could lose around half of its 71 seats in the 150-seat House of Representatives but they also show that Rudd would be a more popular leader than Gillard.

Earlier, Gillard's announcement for bal-

lot followed media reports that a petition was circulating among the 102 Labor Party lawmakers. A special party meeting to discuss a leadership ballot would have been called if at least 34 lawmakers — 30 percent — signed that petition, but her announcement eliminated that step.

Rudd's victory could trigger an earlier election if he cannot attract the level of support from independent lawmakers and from the minor Greens party that Gillard managed.

Last Thursday Governor-General Quentin Bryce has formally commissioned new PM Kevin Rudd, Anthony Albanese as the new Deputy Prime Minister and Chris Bowen as Treasurer, following Wayne Swan's resignation a night before.

All in all let's see what the future holds for Australians under the new government.

## Rudd names record number of women in cabinet

New Australian Prime Minister Kevin Rudd unveiled his cabinet last Monday, bringing in a record number of women and switching the focus to the economy ahead of upcoming elections.

Rudd seized the leadership last Wednesday, three years after he was suddenly ousted by his centre-left Labor Party.

With Labor trailing badly in the polls, the party dumped Julia Gillard and has seen an immediate bounce in popularity.

"I am delighted that in this cabinet of ours we will have the largest number of women in any cabinet in Australian history," Rudd said. Victorian senator Jacinta Collins enters the cabinet as minister for mental

health, Catherine King will be minister for regional Australia and Julie Collins takes the portfolios of housing, homeless and the status of women.

They join finance minister Penny Wong, Australia's health minister Tanya Plibersek and families minister Jenny Macklin in the 20-member cabinet.

The number of women ministers rises from nine under Gillard to 11. West Australian MP Melissa Parke was also appointed as the country's first minister for international development, a non-cabinet job. Rudd said the appointments were made purely on merit, not gender, and pledged to boost the economy, but made no mention of an election date.



Penny Wong

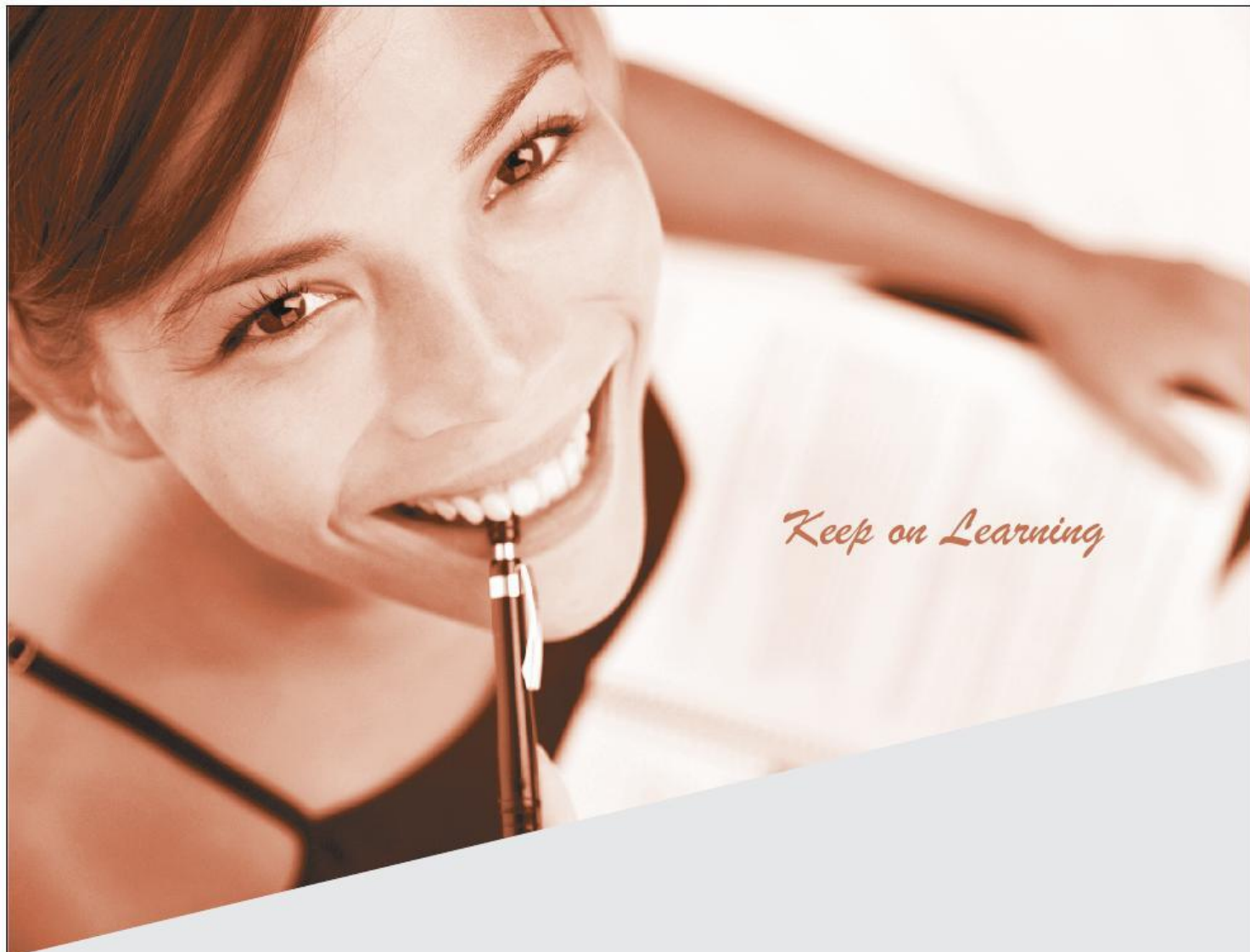


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# HeNNA fund raising campaign

## Australian-Nepalese showed extraordinary generosity

**H**elp Nepal Network's President Rabindra Mishra sojourned different Australian states last month as part of his tour down under to raise money for Network's 100000000 Rs endowment fund appeal. Melbourne, Sydney, Brisbane, Darwin, Adelaide and Canberra chapters of the Help Nepal Network Australia organized various fund-raising events to corroborate Nepal's biggest philanthropic organisation.

**During Rabindra Mishra's visit to Australia many Nepalese opened their hearts by offering a generous donation but more importantly his visit raised much-needed awareness in many level.**

In Victoria, estimated 250 individuals including large number of Non-Nepalese attended the evening to show their support. The participants demonstrated extraordinary generosity collecting as much as 25000 Aus Dollars in Victoria alone, through individuals, families and organisational donations.

With this, HeNNA has achieved its target

fund of 100000Aus Dollars Australia wide which is still on the rise. Dr Raju Adhikari, founder member of the Australia chapter thanked the executive members and team for their commitments and hard work and emphasized that HeNNA wishes to institutionalize the spirit of practical philanthropy embracing simple concept of giving a tiny portion of their earnings to the charity. He added "HeNNA Australia needs to play more proactive role in future to achieve its ultimate objective". Consular of Nepal to Victoria Mr. Chandra Yonzon highlighted the history and achievements and congratulated HeNNA-Australia for reaching the milestone of 10th anniversary.

Founder president Rabindra Mishra addressed the evening in his usual charisma and inspired many to do anything little that they can towards the prosperous future of Nepal. He said "In a country like Nepal, where the government is dysfunctional, bureaucracy is corrupt, we as citizens have even bigger responsibility to save it from being a failed nation." He also emphasized that it's about time we all go beyond our professional boundaries and do something for the country and its less fortunate people.

HeNNA has committed part of the collection to go to a local social organisation "Beyond Blue" which has been working towards rehabilitation and counselling of youths suffering from depression. Representing "Beyond Blue" Goodwill Ambassador Mr

Kyle-Vander Kuyp thanked local Nepalese for their bountifulness and shared his inspirational story from being a shy and confused young aboriginal boy to becoming a one of Australia's great athlete.

He said "I can relate to the work that you guys are doing for less privileged people of Nepal because I am doing the same to empower Indigenous Australians youths."

As an opening act of the evening, a video clip by Solangtute was shown which described HeNNA's journey as the leading advocate of "Practical Philanthropy". The evening also saw some cultural dances and raffle draw.

**Rabindra's visit raised money as well as awareness**

During Rabindra Mishra's visit to Australia many Nepalese opened their hearts by offering a generous donation but more importantly his visit raised much-needed awareness in many level. During the program in Melbourne, it was heart warming to witness many parents opening their wallet under their kid's name which not only boost the target fund but instilled the idea of "giving" in their little children. Rabindra's passion for charity work has inspired many Nepalese to take a pause from their self-centred lifestyle and think about helping others for once. Suffice to say, Rabindra Mishra's visit has raised awareness more significantly than what the monetary value of the fund is worth.



## Jodi giving Nepalese Children a hope through "Hope Alliance"

**A**ustralia based social organisation "Hope Alliance" organised a fund raising dinner in Melbourne. Hope alliance is a 'not for profit' association working to improve the livelihoods of children and families from remote Nepalese villages.

Founded by Two Australians, Phil and Jodi Tweed in 2011 with the main objective of empowering Nepalese locals with education, skills and opportunities for sustainable change and social developments, the organisation now runs various programs across Nepal including "Lhi School" project in rural village of North-West Gorkha district and a "Dynamic Learning Centre" back in Kathmandu.

Addressing the program founder Jodi Tweed expressed how connected she feels to this beautiful country and the people of Nepal. Through the video presentation Jodi showed attendees how inspired she was with

the gratitude shown by Nepalese people every time she visits Nepal. She said "The vision that we have for Nepal is only possible if like minded people and communities coordinate and partner to participate in and deliver strategic projects in Nepal."

As part of their fund raising campaign "Hope Alliance" is also introducing variety of programs such as "A Trek with Purpose" where donors get to go for an exciting trek to the remote village of Lhi, in the Mount Manaslu region of the Himalayas in Nepal as well as to spend a week there helping locals build the schools, health posts and other facilities.

To raise fund, photographs taken by many Help Alliance members during their trip to Nepal and Nepalese handicrafts were also sold during the program.

To know more please log on to [www.hopealliance.org.au](http://www.hopealliance.org.au)



**Hope  
Alliance**



## Dipak Dhamala appointed as the Honorary Consul General of South Australia



The government of Nepal has appointed tourism entrepreneur Mr. Dipak Dhamala as the Honorary Consul of Nepal to South Australia. Dhamala received his credential amidst a function attended by Nepali Ambassador to Australia Rudra Kumar Nepal, Chief of mission Mr. Lok Bahadur Thapa and other government officials.

It is expected that establishment of Consulate Office in the state is going to play a significant role in promoting Nepal's economic potential in Australia. On the occasion many speakers highlighted that the office will play an important role not only to provide consular services to local Nepalese but also in the areas of strengthening bi-lateral relations of Nepal with Australia.

South Australia is considered one of oldest state of Australia and the capital city Adelaide is fifth largest in terms of population where couple of thousand Nepalese are believed to have been residing.



A Nepalese origin student from Melbourne, Rashi Singh, has received the Global citizenship award for her contribution towards helping newly arrived international students. Victorian Minister for Education, Martin Dixon handed her with an award on the occasion of Education week.

Migrated to Melbourne in 2009, Rashi now studies in Brunswick Secondary College where she plays an active role to build bridges between international and local students. Inspired by her own experiences as a young migrant in



## Ex-Prime Minister Julia Gillard presented with Buddha's Statuette

Not long before Julia Gillard found out that she had been replaced by Kevin Rudd for the top job, Nepalese community got an opportunity to present her with a Buddha's statue, a symbol of peace. Amidst a program in PM's office in Canberra, the Nepalese delegate led by Ministerial advisor Mr. Mahendra Lamsal and Lumbini- Kapilvastu movement's global co-ordinator Mr. Ram Kumar Shrestha gifted Ms. Gillard a Buddha's Statue that she insisted be placed in her office right away.

"To promote Nepal as a birth place of Lord Buddha and to simply spread the message of peace and compassion, we decided to present this to the Prime Minister" said a team member.

## Rashi Singh gets "Global Citizenship Award"

Australia, she organises many activities to help others to settle and overcome a sense of inadequacy by building confidence. "My school has students from 48 different communities and cultural background. So I want to be proactive in bringing them all together through various activities" stated Rashi.

Now a captain of International students in her school Rashi says "I was very shy and timid initially but now I am more confident and determined to make a difference. I want to use my knowledge and skill to help others like me."

## UNAE Nepalese-Australian Idol finalists named



UNAE has selected its ten finalists in search of finding Australia's best singing sensation. A program held in Sydney last Sunday has chosen Pratap Gurung, Yuvaraj Tiwari, Niraj Ratna Shaky, Praceen KC, Pradeep Ranabhat, Jay Raj Ghale, Sada Shrestha, Tek Nath Dahal, Deepak Bhattarai and Mokshada Silwal as finalists, who will compete to clinch the title of first Nepalese- Australian Idol.

The Program was in two phases, first being Piano / Guitar Round to test contestant's

acoustic skill followed by karaoke round to test their studio singing ability. All contestants were given a chance for piano and guitar round and 10 finalists were shortlisted based on their aggregated total from both rounds

Judging panel was chaired by the likes of Sunita Limbu Kharel, Kshitiz Giri, Prakash Ningleku and Prakash Rasaily. The organisers have expressed their satisfaction for a decent participation and dubbed it as a success. UNAE Australian Idol was sponsored by Yeti Travels.

## Golden Voice echoed in Sydney

"Prem Dhwoj has given about 700 immortal musical pieces that even till now appeals to all age group of Nepalese. To have him sing for us in Sydney is something really special for us" said a participant.

Popular Nepali singer, better known as "Golden Voice of Nepal", Prem Dhwoj Pradhan got on stage after a long interval to mesmerise Nepalese audience in Sydney with his impeccable tone. "The Paleti Sanjh" Series had invited Mr. Pradhan to perform in their latest edition.

Born to mother "Pran Devi" Prem Dhwoj knowledgeable himself musically with guru



"Ustad Ganesh Lal". His songs "Ghumti Ma Na Aau Hai", "Para Laijau Phool Haru", "Maya Namara Mayalu" recorded decades ago still rank as one of the most popular Nepali songs ever. He also holds the record of being the first Nepali singer to have recorded a song with any foreign singer as he collaborated with Indian singer "Usha Mangeshkar" to record a duet in 1965.



# "Regus" opens its 100th centre

## in Kathmandu, and begins supporting Australian businesses moving into Nepal

**R**egus, the world's largest provider of flexible workspaces, has opened up an important and exciting emerging economy in Asia, by launching its first business centre in Nepal. The launch brings the Regus global network of workspace to 100 countries, making it 100 markets where businesses can explore new opportunities without upfront capital investment or long-term risk, by using Regus' flexible workspaces.

Nepal, with a government eager to encourage foreign investment through measures such as trade agreements and investment protection pacts, is an exciting new business prospect for Australian firms in many sectors. Its low wage costs and operating capacity also make it an attractive business environment, and it is increasingly drawing in investment from countries such as China. The opening of the Regus centre in Kathmandu, Nepal's industrial and commercial hub provides a flexible and convenient springboard for Australian companies to thrive in this market.

Deepak K. Khadka Honorary Consul-General of Nepal to NSW Australia commented: "We're excited and delighted that Regus is backing Nepal by opening its first business centre in the country. The Government of Nepal is very committed to attracting Australian companies and offering them an investment-friendly business and tax environment. The arrival of Regus in Kathmandu makes Nepal an even more attractive business destination. Regus presence will help bring companies from all countries to Nepal and the benefits to businesses and the Nepalese economy will be significant."

Nepal has good economic relationships with both neighbouring China and India, as well as with Australia, and it has enjoyed steady rises in GDP, of around 4% annually this decade. There are business opportunities across multiple sectors, with the greatest areas of capital investment being manufacturing, energy, tourism, minerals, construction and agriculture.



**“We're excited and delighted that Regus is backing Nepal by opening its first business centre in the country. The Government of Nepal is very committed to attracting Australian companies and offering them an investment-friendly business and tax environment. The arrival of Regus in Kathmandu makes Nepal an even more attractive business destination.”**

- Deepak K. Khadka  
Honorary Consul-General of Nepal to NSW Australia

Mark Dixon, Chief Executive of Regus plc, commented: "The expansion of the Regus network to 100 countries is momentous. In every market where we operate, we create new opportunities for both local and international businesses. In country after country, we're making it ever more feasible and affordable for businesses to achieve their growth and export ambitions."

"And Nepal is an excellent place for our

100th country: it's an exciting and young economy in an exciting region, ripe with opportunities in different sectors. Many people and businesses will benefit from our launch in Nepal - whether they're working in energy, tourism, mining or many other sectors. We look forward to working with these businesses to help create growth and employment in a highly attractive emerging market - just as we do in 99 other countries globally."



## HOMELESSNESS rising in Australia: study

**H**omelessness in Australia has surged 17 percent since 2006 mainly due to a spike in migrant numbers, though fewer people are sleeping rough on the streets, a recent report found. The National Affordable Housing Agreement report, prepared by the government's COAG Reform Council, found that overall housing security had declined from 2006 to 2011. While the number of "rough sleepers" -- those living on the streets -- had fallen six percent to 6,813, the overall amount of people considered homeless had ballooned 17 percent to 105,237.

Council chairman John Brumby said Australia was now unlikely to meet its target of reducing homelessness by seven percent this year, blaming growing levels of crowding and temporary housing.

"This report defines the many faces of homelessness," Brumby said. The rise in the

homelessness figure was fuelled by severe crowding, which is defined as a home where there are more than two people sleeping per bedroom and at least three extra bedrooms are required to reduce the burden.

Two-thirds of the 41,390 people living in severely crowded homes were born overseas and likely to be recent migrants, the report found. Australia is facing record inflows of asylum-seekers arriving on people-smuggling boats from Southeast Asia, with numbers expected to top 25,000 in the year to June 30. To reduce the burden on immigration detention facilities the government has been forced to release thousands of applicants into the community on Spartan welfare with a ban on working. Charity groups have been forced to meet the shortfall, providing shelter, food and medicine for refugees struggling to make ends meet.

Aboriginal Australians living in crowded dwellings in the remote Northern Territory account for 11.2 percent of the nation's homeless. Aborigines, Australia's most disadvantaged minority, are 14 times more likely to be homeless than their non-indigenous counterparts, according to the report. Brumby welcomed the fall in rough sleeping -- "what most people think of as homelessness" -- as significant. "They are some of the most disadvantaged Australians, those who sleep without a proper bed or shelter, so any fall in the number is welcomed," he said.

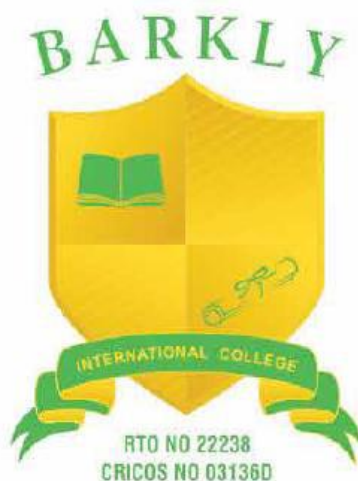
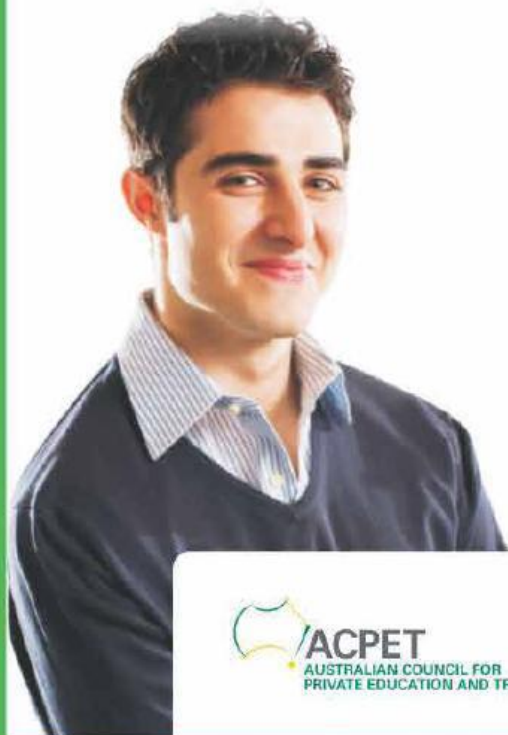
The COAG (Council of Australian Governments) Reform Council monitors progress on key government benchmarks including healthcare, education, disability and indigenous reform.





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Diploma of Business	26 weeks
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Diploma of Marketing	26 weeks
Advanced Diploma of Management	50 weeks
Certificate I in ESL (Access)	26 weeks
Certificate II in ESL (Access)	26 weeks
Certificate III in ESL (Further Study)	26 weeks
Certificate IV in ESL (Further Study)	26 weeks





# Can anyone teach?



By Radhika-Arti

**W**ithin the past hundred years teaching methods has been transformed. It is no longer based on lower order thinking that sees student's endless memorisation of formulas but rather incorporation of innovative and creative practices as productive pedagogy or higher order thinking used not only for students but teachers.

In today's educational pedagogy, teachers are teaching to learn. Gone are the days when the teacher took satisfaction in their unquestionable positions. In late 1990's came an advocate for Humanist approach to learning of whose theory has been integrated into 21st century pedagogy is Paulo Freire, an educator who proposes a pedagogy with a new relationship between teacher, student, and society. In his publication "Pedagogy of the Oppressed, 1968" he exposed the oppressors i.e. the king, affluent, teachers using the 'banking system' to control people. It was of belief that the mind is empty that needs to be filled. This practice euphemised the poor and uneducated. As a result, these people enter society without ever developing critical consciousness therefore dehumanising them. They never question the world they live. He said, "Man is merely in the world, not with the world or with others; man is spectator, no re-creator" (Freire, P. 1970).

Additionally, banking education maintains and even stimulates the contradiction through the following attitudes and practices, which mirror oppressive society as a whole:

- A. the teacher teaches and the students are taught;
- B. the teacher knows everything and the students know nothing;
- C. the teacher thinks and the students are thought about;
- D. the teacher talks and the students listen—meekly;
- E. the teacher disciplines and the students are disciplined;
- F. the teacher chooses and enforces his choice, and the students comply;
- G. the teacher acts and the students have the illusion of acting through the action of the teacher;
- H. the teacher chooses the program content, and the students (who were not consulted) adapt to it;
- I. the teacher confuses the authority of knowledge with his own professional authority, which he sets in opposition to the freedom of the students;
- J. the teacher is the Subject of the learning process, while the pupils are mere objects.

The raison d'être of libertarian education, on the other hand, lies in its drive towards reconciliation. Education must begin with the solution of the teacher-student contradiction, by reconciling the poles of the contradiction so that both are simultaneously teachers and students.

Yet only through communication can human life hold meaning. The teacher's thinking is authenticated only by the authenticity of the students' thinking. The teacher cannot think for his/her students, nor can he impose his

This is not a job for people who do not believe in change. The amount of knowledge teacher must bring about the change without doubt, is commendable. Teacher's job is not just in a classroom, she/he is representative of social justice and equality.



thought on them. Authentic thinking, thinking that is concerned about reality, does not take place in ivory tower isolation, but only in communication. If it is true that thought has meaning only when generated by action upon the world, the subordination of students to teachers becomes impossible.

Hence this has forced the practices to change and will continue to do so in the future. Knowledge is not a fixed entity but rather progressive by nature. Every moment, new knowledge is being created. Below is Bloom's taxonomy revised used in schools today.



If I can get to see knowledge being created and be a part of making this world a better place, there is no other job that can replace this true glory.

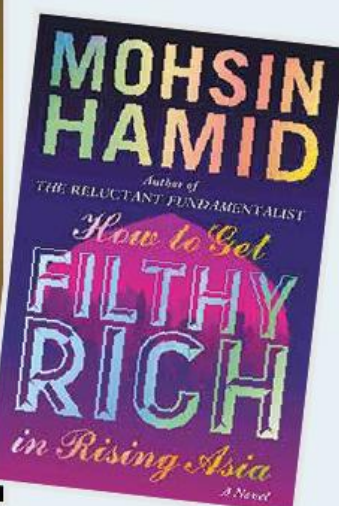
This is not a job for people who do not believe in change. The amount of knowledge teacher must bring about the change without doubt, is commendable. Teacher's job is not just in a classroom, she/he is representative of social justice and equality. With commitment to life-long learning, proper training and pedagogical knowledge which includes development of teacher identity, you can be rest assured that our future generations will make this world a better place.

All it takes is a belief that can be tested to produce outcomes.

Can you think of a teacher who made a difference in your life? Who was there to support you unconditionally and cater the needs of other students? Was there to listen to you and work on your strengths and weaknesses?

"Education is not the filling of a pail, but the lighting of a fire" WB Yates (1865-1939) cited in Churchill et al. 2011).

## Book Review



## How to Get Filthy Rich in Rising Asia

**Author :** Mohsin Hamid  
**Publisher :** Penguin Books

The Pakistan-based author Mohsin Hamid who has written some bestselling novels like the "Moth's Smoke" and "The Reluctant Fundamentalist", points out what it means to get rich in a rising Asia in a new novel at a time when the developing economies in the region are straining to push up their GDP figures that have been slumping all too often.

"How to Get Filthy Rich in Rising Asia", released last month, uses the format of the self-help and motivation book as a literary device to tell the story of the third son of a cook who leaves his village to move to a city, falls in love with a pretty girl and sets up an industry to become an entrepreneur and "filthy rich".

Hamid takes his hero through 12 steps in 12 chapters to become a moneybag in a nameless city in South Asia that is sizzling with energy, opportunity and inequality.

"...As far as getting rich is concerned, love can be an impediment. Yes, the pursuit of love and pursuit of wealth have much in common," Hamid fritters in clichés, robbing pace off the narrative.

The book ends with death of the rags-to-riches hero - surrounded by his ex-wife, son and a pretty girl that the hero had been in love as a teen.

The book touches upon new South Asian realities - broken hearts, failed marriages, culture of corruption, politics and lifestyle pressures.



**M**any of us have been there at least once in our life time. One minute you're having an intimate conversation, maybe a minor argument, but that's OK; it's all under control. Then you say something a word or a comment, something relatively harmless it suddenly sets her off. As soon as it leaves your lips, the air changes, and there's no easy way back.

There are some things men should never say to their women, conversational land mines that appear insignificant on the face of it, but are anything but. The good news is that we know, for the most part, what they are. Many men have suffered before you. It would be wise to heed their counsel.

**2**

### "Are you really going to eat all that?"

Your girlfriend is, by definition, as light as a feather and nimble as a ballerina. If you even hint them about this you are at risk of paying a price as heavy as you suspect her to be. In fact, avoid the topic of food altogether if you can. Eating is an emotional, often obsessive business for women, and occasionally it's an actual disorder. It's tied up with their identity, their self-image and their fantasies. So the answer is, yes, she's really going to eat all that but you keep quiet. All that ballet must have given her an appetite.



## You don't want to say this to your woman...

**1**

### "My ex used to..."

Anything you say with the words "my ex" in it will be held against you in a court of law, as it should. Of course it's natural to compare your girlfriends, but keep it to yourself. There are inside thoughts and outside thoughts. This belongs firmly to the former category. If you express it you will have no one with you to talk about your exes with.



**3**

### "Relax"

The thing about "relax" is it dramatically reduces the chances of her relaxing. The same goes for "chill" and "calm down." Here's an alternative: "I can see how you would feel that way." It takes a Zen master to actually use it in the heat of combat, but it's there if you need it.



**4**

### "Is this your time of the month?"

Even if it is, you're not to mention it. Your role is to pretend that her menstrual cycle has no effect on her tendency to shriek and stamp and then burst into tears for no reason whatsoever. In this matter, you must occupy the high ground and show pity. Indulge her delusion that she is not in fact deranged by hormones and that she's making a valid point.



**5**

### "Yeah, she's hot"

Chances are she lured you in with an innocent question, like, "Do you think she's cute?" shrugging her shoulders like it wouldn't matter either way. But don't be fooled. You must lie quickly and reflexively. Whether it's a girl in a magazine, a Facebook friend, a waitress -- whoever -- the answer is always no. In fact, you win extra points for casually finding fault in her the closer you look. Watch your girlfriend light up as you say, "Is it me, or is her nose a bit weird?"



## DATING & MATRIMONY

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A 27 years old Australian PR Nepali boy based in Melbourne looking for a date.

**Call or Text: 0430 115 125**

A 25 years old Punjabi boy based in Melbourne looking for a stable relationship.

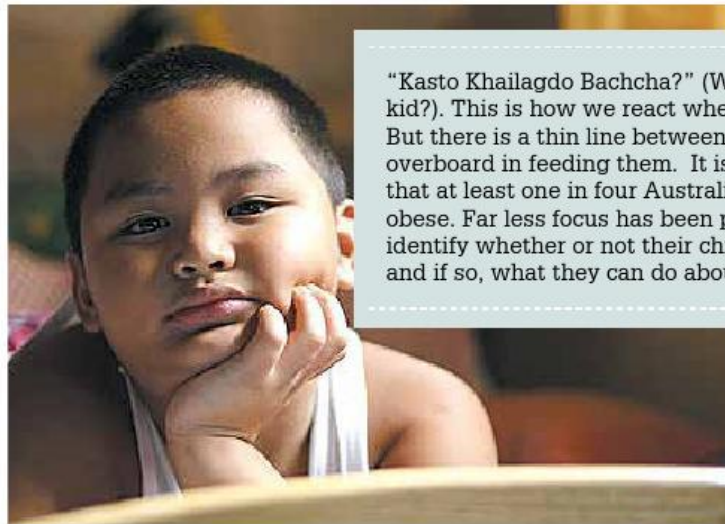
**Call or Text: 0406 474 100**

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

**Email: mahendra\_21@gmail.com or call Nepalese Voice**



# Be careful, you could be over feeding your children



"Kasto Khailagdo Bachcha?" (What a well looked-after kid?). This is how we react when we see a chubby little kid. But there is a thin line between nurturing them and going overboard in feeding them. It is well publicised in the media that at least one in four Australian children is overweight or obese. Far less focus has been placed on helping parents to identify whether or not their child does have a weight problem, and if so, what they can do about it.

**O**ur children are getting fatter for two main reasons. The first is that as a society we are all far less active than we used to be, which means we burn less calories. Secondly, the food that we eat, particularly the foods that kids eat, such as processed snack foods, fruit based juices, cordials, cakes and biscuits are a lot more processed than they used to be. The more processed a food is, generally the more calories it contains. In short, our kids are moving less and eating more.

The first step for families to take to ensure their child maintains a healthy weight is to make sure that the majority of food kept at home is healthy. Small children have no innate mechanism to tell them to choose an apple instead of a packet of chips or a chocolate bar. Children will always choose so-called 'junk foods' over more healthy choices. It is there-

fore up to parents to control the food environment in which the child lives and ensure that the food options available are healthy ones. If a child is really hungry, they will eat the food that is available, even if it is a piece of fruit or bread. Having limits to control what food is available in the home teaches a child what are appropriate foods to eat on a daily basis.

In order to determine if your child is over-eating compare the quantity of food that they are eating with the portions you are having. A child aged between 10-11 years is likely to consume similar portion sizes to a small adult female. If your five-year-old son or daughter is eating as much as your husband, then you know you have a problem.

Managing childhood eating problems requires long term management in conjunction with a qualified professional and commitment

from all family members. If you feel that your child does have a weight problem, see your local GP for an assessment and referral to an appropriate health care professional.

**These are some symptoms that indicate that your children might need serious attention.**

**If they are wearing clothes two sizes or more above their age**

**If they are much bigger than the other children at school**

**If they are always hungry**

**If they watch more than two hours of television each day**

**If they do not participate in regular physical activity or do so reluctantly**

## Spouses make the worst backseat DRIVERS



A survey found that husbands and wives irritate each other the most while driving.

Complaints about speed, directions, talking too much, and pushing an "imaginary brake" ranked at the top of the list of annoying habits for partners. Other aggravations included talking or texting on a phone, fiddling with the stereo, singing, and eating while in the car. So if you had plans to have an in-car karaoke session after visiting the drive-thru, well, you'd better think twice for the sake of your relationship.

Several amusing write-in complaints included gems such as: makes faces and gestures, points to turn after we passed it, blocks the rear view mirror, and gets car sick. Among men, the second and third most annoying passengers turned out to be friends and mothers.

Women flipped those two around, with mothers and friends being the most irritating passengers. Believe it or not, children ranked fairly low when it came to annoying habits and complaints.

In fact, adult children ranked as being slightly more annoying passengers than little kids.

# Have you got your flu shot?

**W**ith flu season approaching you may want to consider getting flu jabs or the dreaded flu can leave you bed-bound for days, with its unsociable symptoms sometimes lingering for weeks. We will give you the lowdown on its safety and effectiveness.

Influenza (flu) is caused by two types of viruses, Influenza A and B. It's spread by coughing, sneezing or by direct contact from your hands, so it's generally pretty hard to escape. The virus infects your respiratory system and can sometimes lead to more serious conditions, such as pneumonia, bronchitis and even death. The vaccination to combat the flu contains three strains of the influenza virus (recommended by the WHO) which are most likely to circulate over winter. It uses parts of the killer virus to create an immune response in individuals. Over time, protection from the flu vaccine decreases and flu strains change, therefore new vaccines are produced each year. This year's flu vaccine also protects against the H1N1 swine flu virus.

According to the World Health Organisa-

tion (WHO), studies have shown that "among healthy adults, the influenza vaccine can prevent 70 to 90 percent of influenza-specific illness. Among the elderly, the vaccine reduces severe illnesses and complications by up to 60 percent and deaths by 80 percent." Safe and effective vaccines have been used for over 60 years, it claims.

Annual influenza vaccination is free through the National Immunisation Program to those who are at increased risk of flu-related complications, including:

### How safe is the vaccination?

There are many myths that exist concerning the safety and effectiveness of the flu shot, but it's important to note that before a vaccine can be used in Australia it must be licensed by the Therapeutic Goods Administration (TGA), which extensively assesses each vaccine for safety and effectiveness.

Despite what you may have heard, the flu vaccination doesn't actually cause the flu. "It is important to know that the flu vaccine itself does not contain live virus, and therefore does



**“the influenza vaccine can prevent 70 to 90 percent of influenza-specific illness.”**

- WHO

not cause an actual infection. Common side effects may have similar characteristics to flu symptoms though, and can include a slight temperature and aching muscles, pain and redness at the point of injection, and fever and vomiting. Other reactions are very rare and should be reported to the TGA.

Almost anyone can get the flu jab, but it should be avoided if you've had serious reactions to the vaccination in the past, you have

an egg allergy (the flu vaccine virus is grown in eggs) or if you have a high temperature — wait until you're feeling better.

The Department of Health and Ageing suggests that "general concerns should always be fully discussed with an immunisation provider prior to the administration of any vaccine". For more information about the flu shot visit [www.health.gov.au](http://www.health.gov.au).



# Yothu Yindi – True Cultural Ambassador

By Ramjee Poudel

**M**usic has been accepted as the best tool for social transformation. The power of music is such that it can awaken thousand souls all at once. A medium used to express emotions when words do not seem to do enough. The ever evolving time also call for music to change along with it. From the work of Bob Marley, Joni Mitchell and even U2, one can have a deeper understanding of how musical creativity and social change go hand in hand.

When Mandawuy Yunupingu, the former lead singer of Australian indigenous band Yothu Yindi and one of the country's most famous Aborigines, died last month, leaving the incomparable legacy behind, Australia lost its musical prodigy that had done so much towards the social change through his music.

Yunupingu, who gained worldwide fame in the 1980s and 1990s with his hits "Treaty" and "Tribal Voice," died at his home in a tiny Outback Aboriginal settlement in the Northern Territory after suffering from kidney disease for years.

Yunupingu began his career as a teacher, and became the first indigenous Australian to be appointed as school principal. He developed a collaborative education modal what he called the "both ways" educational philosophy, which utilized both Western and Aboriginal teaching techniques. His penchant for blending cultures carried over to his music career, with the formation of his band Yothu Yindi in 1986. The group included both Aboriginal and white musicians and won fans with its

unique combination of traditional indigenous sounds and modern pop and rock. Yothu Yindi, which released six albums, toured the United States and Canada as a support act to Midnight Oil and toured Australia with Neil Young.

The band's most famous song, "Treaty," was written in response to an unrealized promise then-Prime Minister Bob Hawke made in 1988 - the bicentennial of European settlement in Australia - to formalize a treaty between the government and Aborigines. This earned the band an award for song of the year in 1992. The same year, Yothu Yindi performed the song in New York at the launch of the United Nations' International Year of the World's Indigenous People.

Yunupingu was named the 1992 Australian of the Year for his role in "building bridges of understanding between Aboriginal and non-Aboriginal people." In 2012 the band received ARIA hall of fame.

Aborigines, who make up 2.3 percent of Australia's 23 million people, die more than a decade younger than other Australians. They



are four times more likely to die of chronic kidney disease than other Australians, and are far less likely to receive an organ transplant, according to a 2011 report by the government's Australian Institute of Health and Welfare.

Yothu Yindi right from the start was



Yunupingu began his career as a teacher, and became the first indigenous Australian to be appointed as school principal. He developed a collaborative education modal what he called the "both ways" educational philosophy, which utilized both Western and Aboriginal teaching techniques.

about indigenous cultures and their rights in Australia. Their music spoke about bringing people together and teaching Australians to respect and understand one another. So suffice to say "Yothu Yindi" is a true cultural ambassador not only for indigenous Australians but for the broader multicultural society.



# ARIS

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## Z'KARKASH' BREAK THE CHAIN OF FLOP NEPALI MUSICAL FILMS?

Nepali film industry, famously known as "Kollywood" has always been criticized for being a copycat of Bollywood. Whether it's the whole idea, plot or even sequences we have seen so many Nepali films copied from Bollywood. "Qayamat Se Qayamat Tak" became "Yug Dekhi Yug Samma" and "Maine Pyar Kiya" became "Mausam". But the industry has not seemed to have been tipped off with the success secret of Bollywood though. The box office failure of recent Nepali musical films says we have imitated the idea but not the success rate.

While Bollywood was enjoying the massive opening of "Rockstar" and "Ashiqui-2", "Swor" bombed in Kollywood. When singer "Ram Krishna Dhakal" decided to be a hero in "Ashirbaad" people doubted his acting ability. The film, however, managed to do an average business but did not really give Dhakal a position that he had in his singing. Recent musical film "Acharya" based on the life story of singer "Bhakta Raj Acharya" proved once again that Nepalese audience don't like musical films. Despite of getting raving critical acclaim the film could not pull the audiences to the theatre.

"Karkash" is now in the theatre to break that myth. The movie has been receiving overwhelming response for its light-hearted musical theme. Directed by Ashif Shah, this film carries a story of ups and downs of musical band that performs in a restaurant in Thamel. Hopefully this movie will bring what "Rock on" brought to Bollywood.



## Fashion is now a male territory in Nepal

Fashion is conventionally a female department. But this myth is quickly being rewritten in Nepal as men are becoming increasingly fashionable and in sync with international styles.

In a rather funny role-reversal of sorts, girls are the ones who ogle at boys these days, and not vice-versa. And why not? In a never-seen-before trend, Nepali boys have not just upped their game in the fashion and looks department, but have left their female counterparts miles behind by ruling what was once considered exclusive female territory!

Not long ago boys were considered fashion illiterate, content to slip into any old jeans, never once daring to think beyond the predictable black, blue and grey palettes. An occasional dab of gel in the hair was the most they could think of when it came to styling. But look at them now! In a matter of just a couple of years, they seem to have undergone a complete fashion metamorphosis.

Liberty spikes, lower-lip and eyebrow piercings and bold tattoos are the order of the day. Their wardrobe has everything from dangerously low-waisted skinny jeans to cigarette pants in candy colours. Super bikes and fast cars are not the focus anymore. It's all about flaunting the latest in accessories, clothes and hairstyles. In short, men today is a dandy, who loves looking good and enjoys the spotlight on himself. So what led to this change?

Mostly Nepalese youngsters are too easily influenced by films. What Bollywood and Korean film stars do onscreen automatically becomes a style inspiration in Kathmandu.

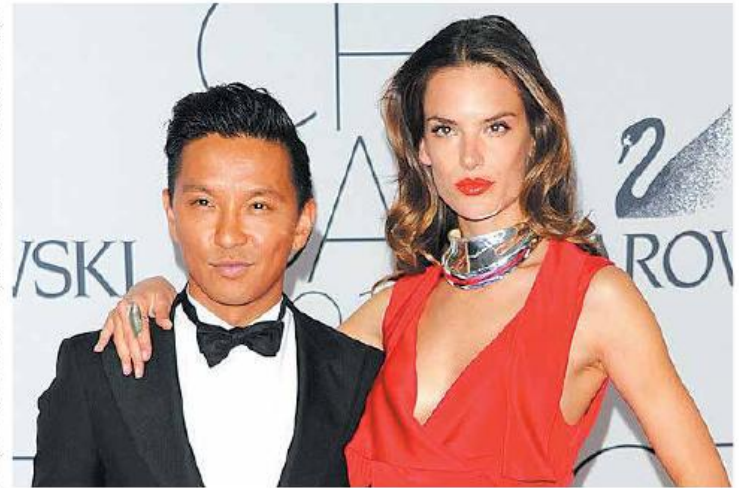
Though men take a cue from films, they say they don't copy them blindly but also look at what suits them the best. Apart from closely watching the trends that they see around them, they also get from online sites and tweak international street fashion a bit to adapt them.

Most retro- guys admit they are disappointed that unlike them, girls are not so bold when it comes to fashion. They don't like to experiment anything out of their comfort zone.

But how come they got left behind so badly? Well, the pressures on the fairer sex are many, they say. It's still a very conservative society. From strict parents who want girls to dress up conservatively, to the society at large which sneers at girls who are fashionable — the roadblocks are many for women fashion leaving guys to shoot pass them in fashion-wagon.



## Nepalese Designers in WORLD FASHION



Prabal Gurung with Victoria's Secret model Alessandra Ambrósio

Nepalese fashion designer Prabal Gurung became one of the most sought after names in the world fashion when the first lady Michelle Obama donned his dresses in 2010 and 2011. His success as a fashion designer soared even higher when Duchess of Cambridge Kate Middleton flaunted his creation in her official trip to Asia. Celebrities such as Oprah Winfrey to lady GaGa and Hollywood starlets from Rashida Jones, Zoe Saldana to Demi Moore took note of the young designer, helping to catapult his career to stardom. As the latest success, Prabal has been chosen by Japanese Airlines All Nippon Airways (ANA), Japan's largest airline group to design new uniforms for its cabin crew and ground staff in their 60th anniversary and transition to a new corporate structure.



Another Nepali designer **Samyukta Shrestha** went to London ten years ago to further her fashion designing course after gaining some experiences in Nepal. But the local fashion agencies did not take long to recognise her talent. She started getting one after another lucrative deals and before she knew she became a star attraction in London's fashion fraternity. Samyukta even won two national level awards from the UK for her thematic brand of fashion. Her designs are on demand for its brightness and comfort.



**Bishwo Gautam** is Nepal based fashion designer whose creations are so popular in America, Canada, France and Italy that he exports up to one hundred thousand pieces of his work every year. Namuna fashion college graduate, Bishwo now runs a fashion empire from Nepal with a turnover in millions.

Many designers from Nepal have gone by leap and bounds in last many years. Some of the Nepal based designers have also earned a lot of admirers and follower worldwide. Not just for their ethnic styles but they have very openly adopted and drawn inspiration from both Nepalese and western styles. This fusion of fashion has led to another line of hybrid fashion statement evolve which can be easily seen on the international ramps and the streets.

Bibek Upadhaya is another Nepali designer whose creation sells like a hot cake in India. When Bollywood Actress Madhuri Dixit wore Bibek's outfit in reality show "Jhalak Dikh Laja" many other Bollywood celebrities ordered his designs for their special appearances. Former Miss World Aishwarya Rai also demanded Bibek's creation to wear in her first public appearance after becoming a mom. Bibek is known for his sense of colours in his designs.

Rajesh Dhakhwa, Anu Shrestha, Khusbu Dangol and Nilima Sharma are other successful designers to make their mark globally for their unique sense of colours, fabrics, cuts and patterns.



## Women Power in Bollywood

From objectifying their roles just as sex symbol to stereotyping of gender, the industry has created a certain imagery of women where they are meant to be an epitome of a good wife, a good daughter and a good mother.

**T**raditionally, Bollywood had always been an industry where male actors outrank their female counterparts. Like in any other aspect of Indian society, Bollywood was always in frame for treating women unfairly. From objectifying their roles just as sex symbol to stereotyping of gender, the industry has created a certain imagery of women where they are meant to be an epitome of a good wife, a good daughter and a good mother. Largely, Bollywood cinemas were about male centric stories and women were just there to provide a visual retreat.

However the success of many women centric films in last year or so has

proved that the change is occurring. Last year, the kind of films that were deemed risky earlier earned critical and commercial accolades generating revenues many times over than the main stream hero-centric films. Success of films like "The Dirty Picture", "Kahani", "English Vinglish" and "Talaash" are forcing film makers to rewrite their script.

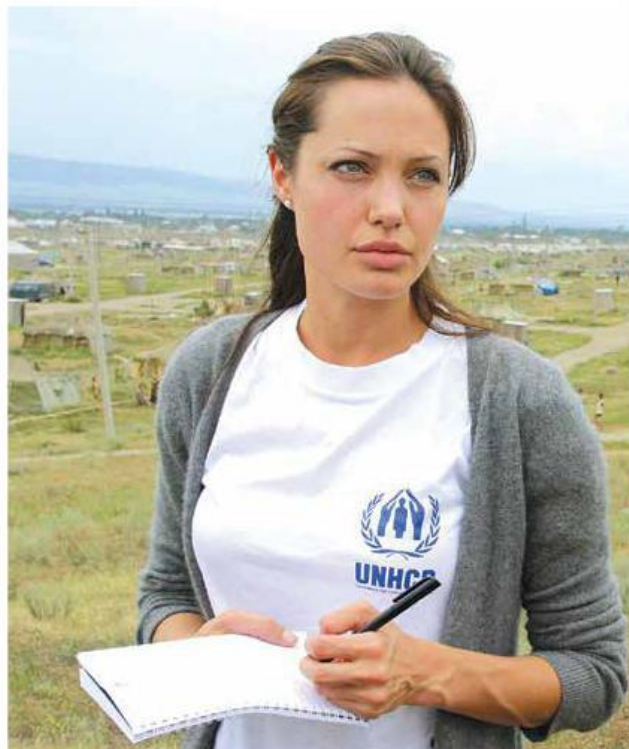
The blanket conditioning of Bollywood audiences who always ran towards their favourite Khans, Kapoors and Khannas are now loving the powerful performances of Priyanka Chopra in "Saat Khoon Maaf" and Rani Mukherji in "No One Killed Jessica".

Even in the past, popular director "Bimal Roy" made "Parineeta", "Sujata" and "Bandini" similarly "Chandani", "Chalbaaj" and "Khoon Vari Maang" also had out and out women centric themes. But these new and gifted female directors, writers and actors are demonstrating their personal vision, talent and perspective of narratives articulated in their fashion and the audiences love it.

With the changing participation of women in Bollywood the pay pack of these actresses have thickened significantly. Any top heroines are now in a position to charge a fee as much as their leading men. They are now considered as bankable as men in terms of endorsements. Kareena Kapoor, Deepika Padukone, Katrina Kaif and Priyanka Chopra bring as much star value to the cinema as Khans and Kapoors. Slowly but steadily Bollywood ladies are getting the recognition they deserved. Here is to women power in Bollywood!



## Mastectomy to refugee camp



After only few months of mastectomy, Angelina Jolie drew world's attention when she stepped out with partner Brad Pitt, writing opinion pieces and spurring debate about breast cancer or promoting her latest movie.

Now, she's hoping to turn that spotlight onto Syria's refugee crisis.

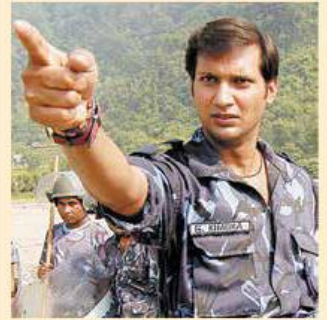
Last week, Jolie — a special envoy for the U.N.'s refugee agency — travelled to the world's second-largest refugee camp, where she spoke to Syrian refugees and documented their stories in a video for CNN.

Nearly 1.7 million Syrians have fled the country's brutal civil war; many living in densely crowded refugee camps in Syria's neighbouring countries. Jordan's Za'atari refugee camp, which Jolie visited to mark Thursday's World Refugee Day, was built to house 20,000 refugees but now has more than 120,000.

Their stories of survival and loss are harrowing. Some refugees say they are marrying off their young daughters to protect them from rapists in the camps.

Giving a voice to refugees is arguably the most difficult role Jolie accepted when she agreed to become the U.N.'s special envoy for refugees last year. Months after accepting the role, she visited Syrian refugees living in camps in Turkey, Lebanon and Jordan.

## Nikhil to direct a Hindi film



Nepali actor Nikhil Upreti is set to take up a new role as a director, that too in a Hindi film. Nikhil himself will play a lead role in a film named "Commitment" which will be a first Hindi film directed by any Nepali actor. Nikhil is also trying his hand in writing in "Commitment", as he is also doing the story of the film. Indian film production company "Inspirational Innovation" will be financing the venture which will feature many Bollywood actors in its caste. Indian actors Raj Tutsi, Yaspal Sharma, Sanjay Mishra are already finalised for their roles, however, a lead heroine is yet to be named.

"Film is scheduled to be shot in Nepal, India, Dubai and Hong Kong but the post production work will be completed in India" said a source.

Nikhil was a stunt body-double in Bollywood for several years before he came back to Nepal to become one of Nepal's most bankable actors. Wish him luck in his directorial debut.

## Film direction via Skype



This is called "working smart". Using the technology and the time Nepali film director Bhupendra Bhattarai is directing a film "Raghav" through Skype. Bhupendra who lives in US will watch his actors do their job via internet technology. However, his Nepali counterpart Chhaproma productions Rajan Kathet will assist in his directional task for most of the schedule.

"Raghav" is a romantic drama which will portray an emotional journey of its main character. Movie is introducing Shivir Pokhrel and Ashmita Dhakal as debutant. "Raghav" is produced by popular actor Raj Ballav Koirala and is expected to be done by mid August with the production budget of 1.2 million rupees.



# 457 Visa

## Temporary Work (Skilled)

### YOUR & THE FUTURE OF AUSTRALIA

**T**he Temporary Work (Skilled) visa (subclass 457) allows skilled workers to come to Australia and work for an approved business for up to four years.

You must be sponsored by an approved business. A business can sponsor someone for this visa if they cannot find an Australian citizen or permanent resident to do the skilled work. You can be in or outside Australia when you lodge your application.

**The requirements for the 457 Visa have three stages:**

**Stage 1 : Employer Sponsorship Application**

**Stage 2 : Position Nomination**

**Stage 3 : Visa Application**

#### Stage 1 – Employer Sponsorship Requirements

The employer needs to show the following:

- Company is lawfully and actively operating;
- Company has a sound business record (excluding start up businesses) and abides by immigration laws; and
- Company has and will continue to train staff.

#### Stage 2 – Position Nomination Requirements

The employer needs to show the following:

- Company is an approved Employer Sponsor;
- The skills and experience required to fill the position;
- The position is to be paid at the market salary rate; and
- The position (occupation) is on the appropriate government list.

#### Stage 3 – Visa Application Requirements

The employer needs to show the following:

- Company has an approved and current Employer Sponsorship; and
- Company has the nominated position approved.
- Employee has the required skills for the position.



#### Subclass 457 Recent Changes

##### LABOUR MARKET TESTING (must give job ads)

Employers must provide documentary evidence of having tested the labour market before lodging a sponsorship application.

Labour market testing is the process of advertising a position in Australia to try and fill a vacancy with an appropriately skilled Australian citizen or Australian permanent resident.

The labour market testing may be required to be done in the six (6) months immediately before the application is lodged.

Note: Labour market testing is not required if any of the following conditions apply:

- the position is for senior academic/research staff
- the position forms part of a labour agreement
- the stay is for less than three (3) months.

##### CONDUCTING LABOUR MARKET TESTING

If labour market testing is required, the employer must:

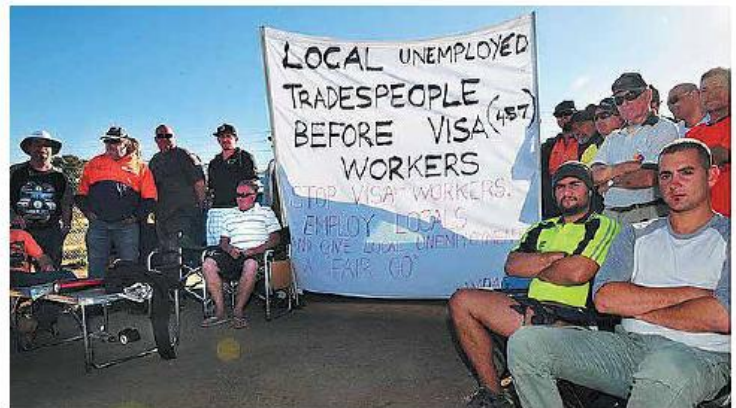
- list the vacancy with a job placement provider for national listing, for at least four (4) weeks in the eight (8) weeks before lodging the application
- In addition the employer must do one of the following:
  - advertise the vacancy in a Saturday and a weekday edition of a metropolitan and a national daily newspaper - a total of four (4) separate advertisements
  - if the business or organisation is outside a major metropolitan area, advertise the vacancy in a Saturday edition and a weekday edition of a major local or regional newspaper and a national daily newspaper - a total of four (4) separate advertisements
  - Advertise in professional or trade journals, local community language newspapers, or on the internet. Vacancies on the internet should be advertised on specialist employment placement and recruitment websites.

##### EVIDENCE OF LABOUR MARKET TESTING

Where labour market testing is required, the employer must include the following with their sponsorship application:

- the original job advertisements
- details of all local applicants, including if they are Australian citizens or Australian permanent residents and the reason why they are not suitable.

Labour market testing must include information about the approved sponsor's attempts to recruit suitably qualified and experienced Australian citizens or Australian permanent residents to the position and any other similar positions.



MARN: 1069-436

#### MINIMUM SALARY INCREASED:

1 July 2013 the market salary or the minimum salary to be paid for most of the occupations is increased to \$53,900 from previous \$51,400. This has increased for all applicants whose nomination is in progress.

Please note: The above information is of a general nature and should not be taken as authoritative legal advice. Australia has a scheme that requires persons who give immigration assistance to be registered as migration agent.

## Media Release

### Australian Visa pricing changes to drive use of online services

New visa pricing arrangements to begin soon will encourage Department of Immigration and Citizenship clients to use online services where available.

Visa pricing measures already in place include a visa evidence charge, first announced by the Australian Government in November 2011.

From July 1, a "per-person" charge will apply to each family member included in a visa application.

They will each be required to pay the visa application charge.

"This will bring Australia's visa pricing arrangements into line with comparable countries," a Department of Immigration and Citizenship spokesman said today.

There will be an additional charge of AUD80 for certain visas when visa applicants choose to lodge a paper application rather than an online application through the department's eVisa service (where this service is available).

There will also be an extra charge of AUD700 for visa applicants who seek to stay in Australia for extended periods on successive temporary visas.

"These initiatives will put Australian visa services on a sustainable financial footing in the long term, while not detracting from Australia's global position as a destination of choice to visit, live, work or study," the spokesman said.

"The vast majority of visitors will see no change, including those arriving on an Electronic Travel Authority and other visitors arriving in Australia who already pay on a per-person basis."

Refugee and humanitarian visa applicants will be unaffected by the changes.

The department's eLodgement systems will go offline from late June 28 to early July 1 so IT systems can be updated before the pricing changes come into effect.



## Store your spices properly

**O**ur kitchen is incomplete without bucket of spices. Spices are what make our food flavoursome and tasty and storing them well will bring out the best taste and aroma in them.

Most of us store spices on the kitchen rack and many of us may even leave the lids open for quite some time after using them. This leads to spices losing their aroma quickly, so it's important to store your spices well.

### Do not purchase ground spices

Buy whole spices instead of ground ones? Ground spices may deteriorate after around three months, if not stored well. Also, whole spices last for a longer period of time and if you wish to ground them, you can always do so either with a rolling pin or a coffee grinder depending on the quantity.

### Store in dark place

A dry, dark space is ideal for storing spices to save spices from their enemies which are light, air, moisture and heat. When you store spices in clear bottles for storage, spices are exposed to too much light. Steel tins ensure lightproof storage of spices. Also make sure you do not keep spices around equipments like dishwasher and microwave.



### Store them in cool place

If you are used to purchasing spices in larger quantities, it's best to store them in the refrigerator. Whole spices stay well in refrigerator for 3 years and ground spices can be stored well for 6 months. However, it is always advisable to purchase spices in small quantities. When to dispose them

It is important to throw old spices when they lose their flavour and aroma. To keep a track, write the purchase date on the tag of each spice. When the spice begins to smell musky or changes colour, you know it's time to replace it.



## Laughing Buddha's lucky charm and the misconception

**T**he statue of 'Laughing Buddha' is considered probably the most popular lucky charm gift that could be exchanged. But there's a confusion surrounding his name. A Chinese folklore deity, he is called the Budai for his jolly countenance. He's often seen as a wandering, cheerful monk, with a large protruding stomach, wearing a robe, and carrying sackcloth. Sometimes he is shown seated on a cart drawn by boys, or holding an oogi (a wish giving fan). While Japan refers to him as Hotei, one of the Seven Lucky Gods and the patron of poor children, some Buddhist traditions believe him to be Maitreya, the future Buddha. Messages of peace, generosity, wisdom and kindness are attributed to him. According to legend, if one rubs the Laughing Buddha's great belly, it brings forth wealth, good luck, and prosperity.



### Misconception

Budai is often confused for the Buddha in West. But in reality, the Chinese name Budai has no connection with the Sanskrit word, Buddha. And even more so to the Lord Buddha.

### Trivia

The 'Laughing Buddha' as Hotei is also said to be the patron saint of restaurateurs and fortunetellers.

### Charm quotient

The 'Laughing Buddha' is popular as a house-warming gift. It is best to be gifted one, than buying it, should be kept on an elevated surface facing the main door, and never on the floor. It's not the best to be kept in the bedroom or the dining room.

## Oily skin, don't worry!



Not only does your oily skin make your face look unattractive and greasy, but it also leads to a host of problems like acne, blemishes etc. Here are a few ways you can take care of your skin

### Cleanse it

Keeping your skin clean is very important for people who have oily skin. Cleanse your skin at least two times in a day to stay clear of excess oil. Toning is also advisable after you've cleansed your skin. This little effort of yours will help varnish excess oil from your skin.

### Apply sunscreen

The use of sunscreen is very important for those who have oily skin. This type of skin is extremely prone to pigmentation. Make sure you apply an SPF with minimum 20+ before you step out of your house.

### Take it easy on make-up

The use of make-up tends to spoil your skin. Thus make sure that you only use the basics. Instead of applying a liquid foundation, choose a compact instead. Mineral make-up is also great for those who have oily skin.

### Avoid oily foods

It is best to avoid foods that have too much of oil in them. It tends to build the oil level in your body which in turn will make your skin look all the more greasy.

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## My Journey from Melbourne to Kathmandu

# Is this a “Change” we want?



By Aava Rana

I wake up to my alarm everyday at six. This usual routine hasn't changed for years but the place where I wake up has. Initially it was my home in Kathmandu, then the hostel, then at my college in Australia, then at my single bedroom apartment in Melbourne CBD. I am back to Kathmandu for a holiday and I feel like my life has finally made one full circle. My vacation has almost come to an end and it's time for me to fly back. I looked at the alarm. I have had that alarm for years now, it is old fashioned and sounds like an old motorbike without a silencer but still I have never thought of discarding it. My alarm has been loyal throughout, be it my college days, my exams, my interviews or my jobs and I never had a reason to complain. I smile, switch it off and open the door. Shruti, my cousin is right at the door with the brightest smile I have ever seen.

"Good morning Di and here's your hot cup of coffee and morning news paper" she said as she handed them to me.

I was pleasantly surprised by her early morning visit. Shruti lives next door and we grew up together. She is five years younger to me and was really a spoilt kid. Mamu became mom and didi became Di for her after she joined college.

I asked "You still remember that I need coffee every morning?"

"Of course Di .... Because you haven't changed a bit and that old alarm of yours is a proof to it." She pointed at my old alarm lying at my bedside.

"Even our country has changed. It is a new Nepal now but you still are at the same place where you were five years back. Come on didi ... its 21st century" she tried to use English accent but failed badly at it. I smiled at her accent and moved back to my bed. Join me downstairs in a while" she said as she closed the door.

I started taking coffee when Shruti had not even left her milk bottle. Years later now, I still take the same coffee whereas Shruti has moved on to cappuccino, mocha and latte culture. She now wears spaghetti, tube tops, halter neck dresses and skirts instead of jeans and t-shirts that covers the body. She loves dining out and hanging out at Durbarmarg and Thamel instead of enjoying home cooked meals. Though she is bad at it she always talks in an English accent even with Nepalese... is this what we call change? On a deeper thought I answered it for myself. This isn't a change it's just a way of covering and fooling ourselves. The way she dresses has changed but her thinking hasn't. Her viewpoints and attitude is still the way it was five years back. Yes, she does visit discotheques, goes on dates, and has started watch-

ing late night movies but on a deeper level she is still the spoilt brat whom I knew years back. If she ever runs into trouble, her dad will be the first person she will run to like she used to when she was a kid. She needs pocket money every week and takes money for granted. She may speak with an accent but if scared, the first word that comes out of her mouth will be mamu, baba or didi. As I write this I somehow feel this is not only my sister's story but the story of the younger generation of Nepal. It's about youths of Nepal who think talking English and wearing western outfits is equal to modernization. I believe my sister represents hundreds of youths of Nepal who are misguided and lost. I feel sad about it.

I go through the headlines of newspapers. International projects being cancelled, schools closed, petroleum shortage, political dilemmas, Nepal Banda's.... what is changed? Women in Nepal still wake up with their pujas, young girls still spend hours shopping and trying to look good, guys still hit hard at the gym, adults still visit local tea shops and talk as if they were the greatest politicians ever and people of all ages as usual, are desperate to go abroad. I try going back to the past to see if there has been any change. No, nothing has

and visit me, bring me coffee and join us at the breakfast table without reason.

"Yes go on"

"I want to join a university in the Australia.... If you could help..."

"What do you want to do?"

"Computers"

"But you are already doing that course. Just one more year and you will be a graduate here itself"

"Yes but there is no scope here Di.... you can earn in dollars there and here I won't even find a proper job. I don't want to stay in Nepal. Once I go there I won't return."

I didn't approve of whatever she said. I didn't want dollars to be the only reason for her to go abroad and definitely not to abandon Nepal. If our mother fell sick will we abandon

expect this from you" she screamed and ran back to her home.

I wasn't surprised by her reaction. I knew her very well. Being the youngest she was a spoilt pampered brat. She was the same person who was saying I haven't changed a bit and now within minutes she suddenly found that I had changed.

I never wanted to hurt Shruti but I also never wanted my sister to remain a vague, unfocused girl who only believes in having fun. I don't have a problem with her dress, her visiting discotheques or her joining overseas university but I would be happier if she had a clear goal and knew what she wanted in life. Instead of just talking about a new Nepal and misinterpreting it as freedom to do anything I wish she actually understood it and moved towards

**“Di, you are in Australia and now instead of helping me you are discouraging me. You think I can't go abroad without your help? I will go anyhow. You have changed Di... I didn't expect this from you”**



changed, At least not for me.

"Di breakfast is ready... Hop down" I hear Shruti's voice. I couldn't stop laughing.

"I am not a frog to hop down"

"It's a slang di... You were in Australia, don't you use slang there? .You haven't changed a bit Di"

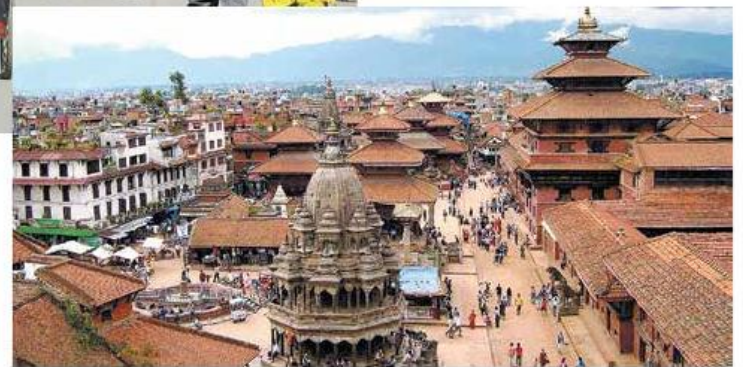
"You haven't changed", this was one sentence I have been hearing since I landed in Kathmandu a month ago. Almost everybody including my friends, family, relatives and neighbours say that I haven't changed. I do not know what change they expected in me. Did they expect me to wear micro minis, colour my hair blond, speak English and act as a foreigner? If they did I would call them fools. Just because I spent a few years of my life abroad doesn't mean my whole identity has changed. I will always remain a simple young Nepali girl from a small town who was brought up amidst cultures, traditions and moral values.

"Di actually I wanted to talk to you" Shruti started speaking at the breakfast table.

I knew it. Shruti wouldn't wake up at six

building it. I love my sister but I don't want her to run behind mirages.

Shruti never visited me since then. Everybody around asked me to talk to her and to help her. I however didn't do it. I didn't want to join the list of persons who spoilt her. Years of our relationship went sour and I kept thinking who was at fault. Did I change or did she change or was the situation to be blamed? As for me I personally never liked "change". I believe that whatever may happen the real person inside us can never change. All of us have dreams and desires that are born in our hearts and minds but the rule that governs them are built by social norms. Social norms can make



her? If no then how can we think about abandoning our country where we were born and brought up. If it was my own sister who had said that, I would have definitely slapped her but as she was my cousin I kept my cool.

"Shruti life abroad is not what you think it is. How will you support yourself? Can you work at fast food cafes and pay the bills? Life in the university is tough and job hunting is even tougher. Life will not be easy...."

"Di, you are in Australia and now instead of helping me you are discouraging me. You think I can't go abroad without your help? I will go anyhow. You have changed Di...I didn't

us do things we don't usually do but deep inside we will always be the person we were brought up as.

I was abroad and I have my own reasons for it. Some professional, some personal but I always knew I would be back in my country some day. It's time for me to fly back again but on my next visit to Nepal I want to see Shruti as a more mature and focused girl. I wonder if people can really change but I hope she does. Someone once told me "Change is the first sign of development". I don't know if it really is, but I wish that it is indeed true.



## What happens to your online life after you die?



# Big-4 Australian banks controls 83 percent of mortgage market

Australia's top four banks have been ranked the most profitable in the developed world for the third consecutive year, reaffirming their market monopoly. With profits likely to exceed \$26 billion this year, new figures show that the Commonwealth Bank, Westpac, ANZ and NAB made better returns in 2012 than lenders in 10 major developed countries including Canada, the US, Britain and Europe.

The Swiss-based Bank for International Settlements says the pre-tax profits of the big four were equal to 1.18 per cent of their total assets. This puts Australian banks well ahead of those in the other wealthy countries on the list, with only lenders in the emerging economies of Brazil, Russia, India and China making better returns. The figures also show that Australian banks have lower costs than most of their peers and enjoy wider interest margins – a measure of profitability from lending. With the banks failing to fully pass on official interest rate cuts to borrowers last year, the consumer group Choice seized on the results as a sign of feeble competition which shows Australia has an inadequate competitive pressure in the market and doesn't have a situation where consumers are willing enough to look beyond the big four banks.

These are institutions which enjoy a



privileged position in the community. They are supported to a huge extent by government and taxpayers. The big four control 83 per cent of the lucrative mortgage market after several smaller lenders were taken over during the global financial crisis. The Gillard government made changes designed to put more competitive heat on the big four in late 2010, and the issue will be examined again as part of a financial system inquiry if the Coalition wins government in September.

The big difference between Australia and the rest of the world is that this country has 20-plus years of uninterrupted economic growth. But even before the crisis, Australian banking was highly profitable. Among developed countries, only the US had more profitable banks between 2000 and 2007, the figures show. In response to a sharp slowdown in loan growth since the financial crisis, banks have embarked on deep job cuts.

The Finance Sector Union says the big four cut more than 3300 positions last year

and 1300 jobs so far this year. And it emerged last week that ANZ was considering sending 590 jobs overseas. The union's national secretary, Leon Carter, said the profit figures showed the banks were "sacrificing" their staff

for shareholder gain. The figures also showed Australian banks' operating costs were the fourth lowest among their peers, after Sweden, France and Japan, at 1.19 per cent of assets.

Net interest margins were the third highest among developed-country banks, while provisions for bad loans were in the middle of the pack. The Bank for International Settlements – known as the central bankers' bank – also ranked Australian banks as the most profitable in the developed world in 2011 and 2012.

Reference: The Age



The big difference between Australia and the rest of the world is that this country has 20-plus years of uninterrupted economic growth.

## Nepal signs MoU with China Central Bank for investment agreement



Nepal has signed a Memorandum of Understanding with China to diversify its foreign exchange investment and strengthen financial relations. The MoU was signed by the visiting Deputy Governor of People's Bank of China, Hu Xiaolian, and Deputy Governor of Nepal Rastra Bank (NRB), Gopal Prasad Kufre, in the presence of Governor of NRB Yubraj Khatriwada.

The agreement allows the national bank to invest up to 1.20 billion yuan (\$200 million) in China's internal inter-bank securities market, the Nepal's central bank said. The NRB said the agreement was signed as per its efforts to diversify its foreign exchange investment.

"It is expected to facilitate the trade payment system," stated the bank, adding that the move will be a milestone in strengthening financial relations between the two countries.

The Central Bank of Nepal will now open a Chinese currency account in People's Bank of China.

The Chinese central bank will be investing the money deposited in that account in Chinese securities, including Treasury bills, bonds and debentures on behalf of Nepal, according to the statement.

## Shesh Ghale nominated for EY Entrepreneur of the year-2013 award

Melbourne based Nepali business man Shesh Ghale has been nominated for Earnest and Young (EY) Entrepreneur of the Year-2013. The global program of its kind, EY award is considered the world's one of the most prestigious business award which includes entrepreneurs from a diverse range of sectors such as renewable energy, pet products, media and entertainments, bio tech, construction and childcare.

Nominees will first vie for regional honours at award ceremonies across the country between July and September. The regional winners will then go on to compete for national honours in Sydney at the end of November. And the overall Australian winner will have the opportunity to travel to Monte Carlo next year to represent Australia at the World Entrepreneur of the Year awards.

Under Ghale's category, there are fifteen other accomplished candidates that he will have to compete against to snatch the title on the final evening that will be held in September-5 in Melbourne.

### Nominees in Ghale's category:

- Conrad Bates – C3 Business Solutions
- Stuart Elliott – Planet Innovation Pty Ltd
- Jackie Fairley – Starpharm Holdings Ltd
- Shesh Ghale – Melbourne Institute of Technology
- Carl Krumins – SMSGlobal
- David Kruse – kruse.media
- Radek Salt – Swisse Wellness
- Jason Smith – Back in Motion Health Group
- Diane Tompson – The Powercom Group
- Fergus Watts – Subfour
- Jason Wyatt and Sam Salter – BikeExchange
- Shane Young – PETStock
- Listed award – Andrew Bassat – SEEK
- Social entrepreneur – Allan Turner – Zaidie's Rainbow Foundation
- Champion of Entrepreneurship – Gerry Ryan OAM – Jayco, GreenEDGE

We wish Mr. Ghale good luck.



Mr Shesh Ghale  
CEO of MIT Group

## Nepali T-Shirt launched in Australia



"Maicha Wo Baucha" - where 'maicha' means girl and 'baucha' means boy.

The original creation of Mr Bkesh Maharjan, has been popular in social media since its started about 2 years ago. With a goal to promote newari culture, a young group in Melbourne has imported its t-shirts in Australia.

So, it is good opportunity for all Nepalese in Australia to get access to this wonderful clothing easily. T-shirts are available in 4 different designs with your choice of sizes and colors.

To place your order, simply call 0416 642 224 or log on to [www.nepaliproductions.com.au](http://www.nepaliproductions.com.au).

**मैचा व बाँचा**



# Kathmandu Animal Treatment Centre

The only animal rehab centre of our capital desperate for help

If you are from Nepal or have travelled to the country, you have seen, at least once, a street dog getting kicked and abused for no reason. Dogs suffering from starvation, infected open wounds caused by collision, other injuries and illnesses are everyday scene on the street of Kathmandu. Lack of awareness is to be blamed, where majority still consider this greatest specie of human companion dirty and impure. Ironically, dubbed as one of the most spiritual country, Nepal has the worst animal-friendly environment. More than 20000 stray dogs living on the streets of Kathmandu now creating social and environmental havoc as there are no birth control measures in place. Even though it's a finite problem and the solution is tangible, the governing bodies don't seem to be taking necessary steps to create a healthy, rabies-free, and sustainable street dog population in Kathmandu.

The Kathmandu Animal Centre (KAT Centre), a non profit organisation, however has been working selflessly towards the welfare of Nepal's animals. First conceived by Jan Salter in 2004, KAT centre had been running steadily by the contribution of all the volunteers throughout.

The KAT Centre has given over 25,000 rabies vaccinations to Nepalese street dogs, including 10,000 vaccinated in collaboration with the other members of the rabies alliance, a coalition of Nepalese governmental agencies and non-governmental organizations. KAT's work has affected not only dogs but locals

alike. Far more people are asking KAT Centre for help to rescue injured or sick street dogs than in the past. Before KAT was formed, the city government used to receive more than 150 calls every month from people asking for a street dog to be rescued which now has reduced to four or five such calls each month. The government of Nepal, KAT, and other organisations collaborated to conduct city-wide survey in Kathmandu recently which showed that the number of street dogs in urban Kathmandu decreased significantly.

For KAT centre, as the work is growing, so has the cost of spaying, rescuing, vaccinating and treating them. With the mounting bills, KAT centre has been struggling to keep up with its operations. As it is purely run by voluntary donations KAT centre is running out of resources to maintain their rehabilitation centre where they bring animals to treat.

According to a statement issued by the founder Jan Slater, the centre is now in the verge of shutting down if it doesn't get enough funds. Not only as Nepalese but as human we humbly request everyone to make a donation in every little way we can to revive this only animal centre of our capital.

## How can we help?

### Sponsor a dog or a kennel

- Donate to support the treatment, care and feeding of all the dogs in a kennel for a year, for NRs 30,000/ Less than 300 Au\$



- Provide long-term treatment to an animal in severe need for NRs 8000, you can name the animal you sponsor!

- Give treatment, medication, and food to a dog, which lives at KAT for NRs 15,000 (Around Au\$150)

### Become a Member

Give much-needed ongoing support to help KAT continue its work.

Basic Member: NRs 600/ about \$7  
Supporting Member: NRs 6000/ about \$70

### Volunteer:

Visit our centre in Kathmandu and improve the lives of street dogs. You can help in a variety of ways. We are in need of veterinarians, vet students, and vet techs/nurses, as well as non-technical volunteers. You can also give foster care to animals in your home, and volunteer to help the KAT Centre in your own country.

ians, vet students, and vet techs/nurses, as well as non-technical volunteers. You can also give foster care to animals in your home, and volunteer to help the KAT Centre in your own country.

### Adopt a dog or a cat

Many of the animals who have been saved by KAT's Rescue & Treatment Programme are at the Centre hoping to find their forever homes. Come meet your new best friend.

Raise money and awareness

There are many fun, creative, and easy ways to support the KAT Centre where you live. Read examples and ideas, get advice, and use our helpful fundraising toolkit. Donate laptops, cameras, veterinary supplies, and much more, to help keep the KAT Centre running. Go to [www.katcentre.org.np](http://www.katcentre.org.np) for more info.



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# Winners of National Photo Competition

Annual Photo competition organised by Photo Journalist Club Nepal has recently concluded in Nepal. The competition was divided into seven categories where 938 professional and 7549 amateur photos participated. After two days of proceedings, 151 photos were shortlisted and one was declared a winner which grabbed the title of "IMI Bank Photo of the year". Sailendra Kharel's shot of local Mustang woman reacting to the road blockage caused by landslide has been declared the best photo of this year.

## Sports CATEGORY 1



Shreya Dhital participating in 7th Pramod Memorial Cup Inter-School Age Group and Open Swimming Championship at Satdoba to Swimming Complex, Satdoba, Lalitpur.

## Daily Life CATEGORY 2



A school child waits for a school bus at Chhine Danda in Pokhara in the backdrop of Mt. Fishtail aka Machhapuchhre



## News CATEGORY 5



A young cyclist watch towards the air crash site of Sita Air Dornier 228 near the banks of the Manohara River in Bhaktapur



## Culture & Tourism CATEGORY 6



Devotees take a holy dip on the first day of Madav Narayan Festival at Salinadi River, Kathmandu on the first day of Madav Narayan Festival on Sunday, 27th January



Local women's of Mustang district, Nepal looks towards the landslide intersection close to Lete V.D.C after the road block on October 08, 2010. Every year many people are killed due to landslide and road accident in the various remote hills of Nepal. In 2006 alone five road construction workers and four children died after being buried by landslide at Ghaiku in Lete VDC-4 of Mustang district.

## Nature & Wildlife CATEGORY 3



Bhudiphor Garud (Leptoptilos Javanicus) playing on central zoo, Jawalakhel.



## Photo-Story CATEGORY 4



Life between signals





## Nepal Smiles CATEGORY 7



A childhood smile on the face of a boy while playing in whole and with shadow at Lokanthali, Bhaktapur.

Winners of National Photo Competition continues...

## Liberal Candidate for Calwell, Dr. Khan launches his campaign

Local Calwell resident Dr Ali Khan has accepted candidacy for the Liberal Party in the forthcoming Federal election. Over 400 guests from different communities demonstrated their support for Dr Khan at the launch of his campaign in Epping Saturday 29th June 2013.

Of particular note was the diversity of cultural groups represented at the event. It was a true demonstration of the large ethnic population of the electorate. Senator Scott Ryan was MC for the evening and the night was well attended and supported by Liberal Party State and Federal MP's and Senators, such as: Hon. Bruce Atkinson, Graham Watt, Michael Gidley, Murray Thompson, Neil Angus, Craig Ondarchie, Kelly O Dwyer; and Senators Hon Michael Ronaldson; and Mitch Fifield, and including several prominent-Community Leaders.

Special performances on the night were provided by Ms Alyssa Limbo of the Filipino Community; members of the Chinese Hui-An Association choir; dance performance by the Filipino Silangan Cultural Dance Group; and the Ya Hui Performing Arts Association of Melbourne. A highlight was a performance by The Australian Ottoman Mehter band, the only one official Mehter

band established outside Turkey. Dr Khan has been known for his passion in making a difference in the community, serving the people of Australia and focussing on community capacity building. He has built a distinguished career and his contribution and service towards indigenous health is highly recognised.

"I believe my greatest connection with the community of Calwell comes from an experience I share with over 25% of the population - my journey as a migrant to Australia to establish a new life for my family," states Dr Khan. "From my personal experience, I understand that when people are skilled up, they can create choices for themselves and their life."

"The people of Calwell face a number of difficult challenges. There is a high level of unemployment: the increased cost of living has placed families under enormous pressure; and there is an urgent need to engage the younger generation and skill them up to establish a brighter future," says Dr Khan. "I have a vision for Calwell. My personal values and experience compel me to represent the people of this electorate by taking up candidacy for the Liberal."



## 2013 Victorian Senior of the Year Awards

**Nominate if you know any Nepali senior that you think deserves this award.**

Multicultural Commission of Victoria has now opened the nominations for the 2013 Victorian Senior of the Year Awards. The awards provide an ideal opportunity to recognise and celebrate the real contribution of people aged 60 years and over to their local community and to Victoria. Recognise your friends, family, colleagues or volunteers by nominating them for an award. To be eligible for these awards, the nominee must be an Australian citizen, a resident of Victoria and be aged 60 years or over. Nominees will be assessed on their contribution and achievements since reaching the age of 60. Seniors can be recognised for the following awards:

- Premier's Award for Victorian Senior of the Year is presented for an outstanding contribution to the local community and Victoria.
- Healthy and Active Living Award for helping to create active and healthy communities through community involvement and as a role model.
- Promotion of Multiculturalism Award for a significant contribution to promoting the benefits of cultural diversity in their community or in the broader community
- Veteran Community Award for a significant contribution to the veteran community.
- Council on the Ageing (COTA) Victoria Senior Achiever Awards for a significant contribution to their local communities and Victoria.

Hard copies of the nomination form are available from Seniors Information Victoria, phone 1300 135 090 or go to Seniors Online at [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au) to download a copy. Nominations will close on Friday 19 July 2013.

## Reader's Testimonials



"Nepalese Voice is an example of what quality magazine should look like, every content is so well thought. I will recommend all my friends to subscribe this. Keep it up guys."

- Jenish  
Melbourne



"I loved this magazine. I think it has covered everything. From politics to relationship, from sports to entertainment. On stop shop, loved it."

- Isan Karki  
Coburg



"I was so glad to receive a copy of Nepalese Voice. I was always interested in Nepal and Nepalese culture and this magazine is going to help me know more about this beautiful country and its people. Thank you Nepalese Voice team."

- Catherine  
Hampton



# Nepal gears up for November-19



By **Bhadra Sharma**  
bhadra.rukum@gmail.com

EC Commissioners say one percent threshold was proposed to discourage mushrooming parties. Despite widespread frustration towards politics the number of political parties has increased historically high. Of late, a total of 139 parties have applied at the EC to contest in the election while 42 political parties united under the banner of Broader Political Front awaiting registration.

**N**epal will witness its big day on November 19 as second round of Constituent Assembly (CA) elections is scheduled after the first failed attempt to write the new constitution by the elected people's representatives. Government has announced the November 19 as poll date after clearing legal hurdles and having consultation with the Election Commission (EC).

This time, Chief Justice headed apolitical government has been formed to hold the "free, fair and credible elections" after parties failed to find consensus government head within themselves. Major political parties—UCPN (Maoist), Nepali Congress, CPN-UML and Madhes-based parties have expressed their commitment for the elections. The EC has recently come up with a six month work plan to make the government's election plan a success. It has intensified its internal preparations for the election in full swing. The upcoming election will elect 491-member CA. Of them, 240-members will be elected through first-past-the-post and 240 through proportional electoral system while the remaining 11 seats will be nominated by the Cabinet. Elected in 2008 the 601-member CA elected was dissolved without producing the new constitution after the parties failed to reach an agreement on core content of the new constitution—model of federal set up and forms of governance—within the given deadline.

EC officials say except few political negotiations they are all prepared for the elections. "Now, anyone should not worry about November election instead all have to contribute on how to it impartial," says Commissioner Ila Sharma.

Voter roll updating process is at the final stage. The EC has set a target of completing the voter roll update by July 15 and eligible voters are requested to be updated with the newly adopted biometric voter registration system within the deadline. Of the total

estimated 15.4 million eligible voters, 12 million have already been registered with the system while the remaining will be enlisted in the system. "The EC thinks at least 500,000 to 1,000,000 voters will be added till the last deadline. But we could not fully register Nepal diasporas in the voter roll update system," says the Chief Election Commissioner Neel Kantha Uprety.

The National Housing Census-2011 has estimated that the eligible voters had stood at 15.4 million till the February last year. Of them, EC officials say around 2 million to 2.5 million Nepali citizens are living abroad for employment, study and business. The EC however remained helpless in ensuring overseas voting for Nepali diaspora's participation in the election the EC despite its frequent commitments.

As a part of preparations, the EC is currently finalizing separate codes of conduct for political parties, civil society, media, INGOs and election observers. Over 300,000 civil servants are being trained, while the EC plans

to mobilize its trained social volunteers in all 3915 VDCs across the country for the election education campaign. Additionally, to ensure the law and order, cross security mechanism called Joint Election Operation Centre has been established at the EC headquarter. The JEOC formed comprising security personnel from Nepal Army, Nepal Police, Armed Police Force and National Investigation Department will work command 100,000 security officials to mitigate the electoral violence. Retired Justice Tahir Ali Ansari headed Constituency Delineation Commission is working to re-delineate the election constituencies as per changes seen after 2008 elections.

EC Commissioners say one percent threshold was proposed to discourage mushrooming parties. Despite widespread frustration towards politics the number of political parties has increased historically high. Of late, a total of 139 parties have applied at the EC to contest in the election while 42 political parties united under the banner of Broader Political Front awaiting registration. The self-

claimed 'anti-election front' headed by the Mohan Baidya-led CPN-Maoist is for participating the election once their demands mainly Regmi's resignation from CJ post, hold the election on the basis of 2008 election law are addressed.

The increased number of the parties has forced EC to halt its plan to use Electronic Voting Machines (EVM). The number of parties remained high than the existing capacity of Indian built-machines. EVMs can handle maximum 64 parties while over three dozens parties are likely to be added in already applied 139 parties.

Although re-appointment of the of technically sound election experts like Uprety's tried to make the upcoming elections in line with international standards very less of his proposal was rejected by the government and political parties. Some stern clauses like one percent threshold, barring those candidates accused of corruption and crime, use of hi-tech electronic voting machines are likely to be revoked, sticking to the traditional method.

## President Yadav back from medical treatment

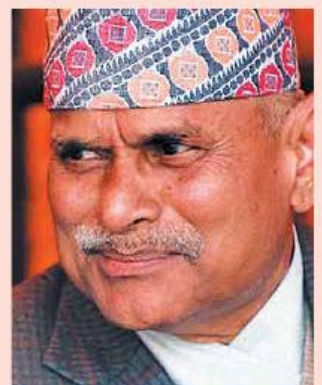
President Ram Baran Yadav had his medical check-up at the Tokyo University Teaching Hospital in Tokyo. President Yadav was flown to Japan on June 17 for further diagnosis and treatment after a black spot had been detected in his large intestine during his health check-up in a hospital in Kathmandu.

He was accompanied by a nine-member team, including his relatives, personal physicians and security personnel, among others. He was feared to have a cancer. The Tokyo hospital however cleared him of any such ailment. The government has covered all the expenses of his medical treatment.

Talking to journalists at Tribhuvan International Airport, President Yadav has

said that all the political parties should participate in the election to the Constituent Assembly (CA) to strengthen the Federal Democratic Republic. President further said that all parties should go for election by narrowing down their differences as only four-and-half months remain for the election slated for November 19. President Yadav had gone to Japan for medical check-up and treatment.

Also on the occasion, President Yadav expressed sadness over loss of lives and properties by floods and landslides at different parts of Far-Western Region. Extending condolences to those who died in the disaster, the President expressed his sympathy towards the bereaved families.







## Ex-PM Julia Gillard met Victorian South Asian Community

"Wow, that's very nice!" was the first reaction of Ex-Prime Minister Julia Gillard as she was presented with the first issue of Nepalese Voice. After browsing through the magazine briefly she congratulated the Nepalese delegate and wished good luck.

A month before she got unseated by Kevin Rudd, Ex-Prime Minister Julia Gillard was at the informal meeting organised by South Asian community in Victoria, where she met the subcontinent supporters of Labor party, in the vicinity of federal election in September. Currently running "not so popular" in opinion polls as preferred Prime Minister against Tony Abbott, then PM paid a visit to Victorian South Asian community which remained as a notable vote bank for her pre-election campaign.

However, as far as Ms Gillard is concerned, her election campaign has ended up being irrelevant as she has moved away from politics and Kevin Rudd got the caucus vote to drive the Labour party to the federal election.

Addressing the event Gillard had said her government was investing heavily on settlement services for new migrants and on low social housing to help them with accommodation. "Our top priorities are clean energy, national disability insurance scheme and the effective implementation of national broadband network but for that we need your mandate on September" She added. Ex-PM Gillard also emphasized on how important it is to provide our children a world class education, as it is

the foundation of Australia's better economic future.

As far as Ms Gillard's election campaign is concerned, this now has been irrelevant as she has moved away from politics and Kevin Rudd will drive the Labour party to The federal election.

Ms Gillard urged closer ties between the government and the local South Asian community to build more prosperous and multicultural Australia.

Talking to the media Ms Gillard also spoke about few other issues including Australia's relationship with Asia's emerging super power India. Admitting that Australia's apprehension to sell uranium to India was a blockage in their bilateral relationship but she said that the government had cleared that out of the way and is incredibly optimistic about the better bilateral ties in the future.

A verse of Islamic Quran was recited at the start of the program. The program was attended by Wyndham City Cr. Intaj Khan, MP state member for Tarneit honourable Tim Pallas, Sheikh Abdul Aji, South Asian Community Link's founder patron Dipak Binayak and Farukh Hussain and representing Nepalese community were the President of Nepalese Association of Victoria Mr. Bom Yonzon, Dr. Raju Adhikari, Bhutanese Association Victoria's Mr. Parashu Ram Luintel and the Publisher of Nepalese Voice Mr Sabin Thapa also participated on the program.



## Victorian Premier proud to have led the largest Super Trade Mission to South East Asia

Victoria Premier Denis Naphine led the team of more than 450 delegates and 310 businesses for the Trade Mission which began in Malaysia and then moved into Indonesia, Singapore, Vietnam, Thailand and the Philippines last week. South East Asia is one of the fastest growing economies in the world with a population of 600 million. Indonesia alone is expected to rise from the 15th largest economy to the fourth-largest economy in the world by 2050.

Innovation and diversity will be the driving force for future job creation and in South East Asia – where the consumer class is expected to grow by an additional 300

million people over the coming decades – the opportunities are there for the taking.

"It is in Victoria's best interests to be actively involved in this fast growing region during the Asian century," said the press release from Premier's office.

During his visit to the region Premier had the unique opportunity to hold important discussions with the Prime Minister of Malaysia, the Prime Minister of Singapore, the Vice President of Indonesia and the Foreign Minister of Indonesia.

The Super Trade Mission to South East Asia has been said to secure significant job outcomes for Melbourne and Victoria,

including the opening of Australia's first pay-as-you-use Tune Hotel in Melbourne in November 2013. Melbourne will also be the regional headquarters for the Tune Hotel Group, which is one of the fastest growing hotel groups in the world. That means more than one hundred jobs created from the one announcement alone.

There were also jobs announced in airline maintenance services at Melbourne Airport through SIA engineering company.

His visit to South-East Asia has been proved a great success in terms of delivering more jobs and economic benefits to Victoria for decades to come.





## Nepal buys back its Historical scriptures from New York

Historical religious scriptures, which were taken to New York from Nepal, will be returned to Nepal. These documents were being handed over to the Nepalese Embassy to United States amidst a function held in New York last week.

These documents were returned by Christy, an organization established in 1766 by James Christy. The company has been auctioning historical goods collected from across the country. Deputy Chief of Embassy Arjun Kant Mainali and Counselor Lekh Nath Gautam received the six scriptures by Hugou Bihi and Sandhya Patel. The scriptures are related with Shiva Religion, Bhagwat Puran and Bishnu Religion.

According to Ambassador Sharma, Universities of United States, Germany and Australia helped by collecting evidences of these scriptures. Sometimes back Christy opened for auction of these valuable goods. The cost



of these goods was 125 thousand US dollars. These goods were lost from National Archive some 24 years ago. According to Christy these documents reached to Paris in 1989 and taken to New York for sale last year.

Professor Jinha Kim, who has been teaching about history of South Asian Art at Harvard University, informed the Embassy about the selling plan of these documents to Nepali Embassy.

## India to provide Rs 40 million to Nepal for new school building



India has pledged to provide a grant of Rs 41 million to Nepal for the construction of a new school building and help in creating better facilities for over 1,000 students.

A memorandum of understanding (MoU) was signed between the embassy of India, district development committee, Kapilvastu and Shree Higher Secondary School situated in Kapilvastu district for providing the grant assistance to construct three storied school building under Nepal-India Economic Cooperation Programme.

The existing infrastructure of the school established in 1979 is dilapidated and inad-

equated to meet the growing requirements of the students. The new building, being constructed with Indian grant assistance, will help in creating better facilities for over 1,000 students, about half of whom are girls, says a press release issued by the Embassy of India.

The project would create an improved environment for learning and contribute to the development of education in the district.

In addition to this project, work for three other projects is on at a cost of Rs 95.60 million in Kapilvastu District.

India has also provided four ambulances and one school bus for the district.

## New Indian Ambassador to Nepal

Mr Ranjit Rae, an Indian Foreign Service (IFS) officer of the 1980 batch, has been appointed as the next Ambassador of India to Nepal. Mr Rae, 56, currently India's Ambassador to Vietnam, is expected to take up his new assignment shortly, an official press release from the Ministry of External Affairs said.

He has previously served as Indian Ambassador to Hungary. He has also served in the Indian mission Kampala and the Permanent Mission of India to the United Nations in New York. He served as Press Secretary to the President from December 1995 to 1997 and was on deputation to the UN mission in Kosovo and Department of Peace Keeping Operations of the UN in New York from February 2000 to August 2002.

At the Ministry's headquarters, he served as Joint Secretary (Nepal/Bhutan) from October 2002 to January 2006.

He has a post-graduate degree in Economics from the Delhi School of Economics.



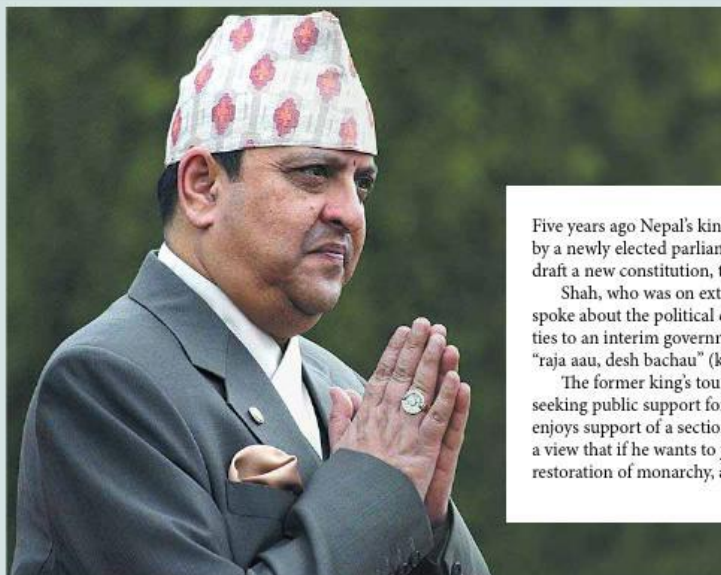
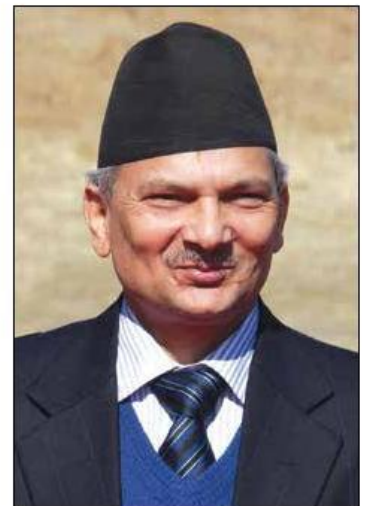
## Bhattarai resigns from vice chairman

CPN (Maoist) vice chairman and former Prime Minister Baburam Bhattarai last Saturday announced his resignation from his post.

Airing his views on the dossier on party Central Committee meeting, he said that he is stepping down for the sake of party.

"Personal ambitions are rife at the party at present. So, I have decided to quit from the position for the betterment of party," a Maoist leader quoted Bhattarai as saying in the meeting.

The former prime minister intended to say that position and power should not be the bone of contention, the source explained.



## Ex-King Gyanendra planning a "come-back"

Five years ago Nepal's king Gyanendra Shah left his palace following abolition of the country's 239-year-old monarchy by a newly elected parliament. And as the country gears for parliamentary polls after failure of constituent assembly to draft a new constitution, the 66-year-old is making headlines because of his political comments.

Shah, who was on extensive religious tour of the Terai region, delivered his first public address. In his speech, Shah spoke about the political crisis after dissolution of the constituent assembly and handing over of power by political parties to an interim government headed by the chief justice. According to reports, the gathering kept shouting slogans like "raja aau, desh bachau" (king come, save the nation).

The former king's tours and remarks have led some to surmise he might be planning a political comeback and is seeking public support for such a move. Though there's very slim possibility of monarchy returning to Nepal, Shah still enjoys support of a section of the Hindu majority population who view him as an incarnation of Lord Vishnu. There is a view that if he wants to join politics Shah could float his own party or use the Rashtriya Prajatantra Party, which wants restoration of monarchy, as his comeback vehicle.



# Businesses making a difference through breakfast program

Only after few months of starting the breakfast and food program in western suburbs of Melbourne, prominent Indian businessmen have come forward to financially support this program. This program was planned and executed by Jasvinder Sidhu after a series of needs assessment meetings with Councillor Bob Fairclough and representatives of Wyndham Community and Education Centre. This program is executed by the Tarneit Gurudwara and Sri Durga Temple Rockbank also supports to fill all gaps in supplies. The operational details of this program are simple. Twice or thrice a month enough long life milk, cereals, breads and butter are delivered at the centre which runs a special

people cleaning, cooking and washing at our temples anywhere in the world. The principle of 'Seva' has utmost importance in our cultures. An example from history is worth citing here to elucidate the concept of 'Seva'. Just 36 hours or so before her murder late Indira Gandhi repeated the same selfless service to attract votes of masses gathered at a huge rally in Orissa on October 30, 1984. She said "I do not care whether I live or die. I have lived a long life and I am proud that I spent the whole of my life in the service of my people. I am only proud of this and nothing else". Although, her speech may have been merely a political drama, but a strong characteristic of our culture was reinforced, i.e. 'Seva' of mankind.

The concept of 'Seva' was extended and strengthened through 'Langar' or free kitchen started by the founder of Sikhism, Shri Guru Nanak. Gurudwaras since centuries have been serving food to all visitors irrespective of their caste, race or religion.

school. In this school most students are from disadvantaged families. Some kids are from families where parents have separated, some kids don't have parents or parents are mentally sick. Problems with families also include domestic violence, sexual abuse of children and drug addiction. In all this, the most difficult situation is that of young kids who are of the age of 12 or less. Further kids' upto 18 years of age also suffer due to situations just mentioned.

The selfless service of mankind or 'Seva' is part of Hindu and Sikh traditions. We see

The concept of 'Seva' was extended and strengthened through 'Langar' or free kitchen started by the founder of Sikhism, Shri Guru Nanak. Gurudwaras since centuries have been serving food to all visitors irrespective of their caste, race or religion. The concept of sharing food is very common in all Indian cultures. If one needs to see an example then just visit an Indian home around dinner time. You cannot escape without having dinner, i.e. sharing food. It is considered inappropriate if your visitor leaves you without having dinner and it is dinner time. Sparing a fraction of one's



income and sharing with others and especially the needy is the central cultural and religious force in Indian religions. For centuries this key strong characteristic of Hinduism was not evident from temples because they were primarily in the control of Brahmins who only used religion for their own benefits. When Sikhism was founded then an early turning point was when Shri Guru Nanak spent all the money given by his wealthy father to run a business to feed hungry people. It was that day and today, a true follower of Shri Guru Nanak must make contributions to support the needy. Since migration we look around and find that not all children are fortunate to have loving and caring parents. These kids study in special schools. During mornings they sit in class hungry because there is no one at home who could serve breakfast due to various reasons. Now these kids wait to have breakfast donated by Tarneit Gurudwara. Day by day more people are joining to support.

Mr. Arjun Surapaneni who is the CEO of popular Victorian Institute of Technology contacted the breakfast program team and offered his humble ongoing donations. Then there was no stopping, businesses like Australian Education and Career Consultant (AECC) also extended their helping hands towards this

noble cause. Mr. Anand Chukka, CEO and Event Director of VIT Events did not waste any time and made similar commitments. Due to rising popularity and committed support two other locations are being identified for extending the program to more locations. When asked about his motivations to support this program, Mr. Arjun said "Australia has given me a lot. I have achieved all my dreams. Why should I stay behind when I can make a contribution and why should children stay hungry, only because they do not have parents to look after? My conscious asks me to serve the needy and I am committed to the social cause". Mr. Chukka who is also known for his ongoing extensive support for needy cases in the community said that "I have three kids. In every kid I see my little kids whom we feed without any delay. Then why should we wait more to support needy kids who make all the efforts at least to go to school".

The management team of AECC said "it's a rewarding feeling to be able to share small part of our fortune with the people that are less privileged than us and we are proud to be associated with this breakfast program. And we believe businesses and corporate houses should always invest some of their resources in the areas of community empowerment."

## Mr & Mrs Ghale hosted a dinner for NRN Victoria's committee members

Mr. Shesh Ghale and his better half Jamuna Ghale hosted an informal dinner to welcome newly elected NRN Victoria's committee members as well as to acknowledge their predecessors for their contribution over the last two years. In the backdrop of his potential candidacy for NRN-ICC president, Mr. Ghale and his wife spent cosy three hours in Marpha restaurant, Mentone, last week interacting with the committee members as well as community leaders.

On the occasion, NRN-ICC member, scientist and social activist Dr. Raju Adhikari mentioned that, going forward NRN's agendas should be focused around knowledge investment and if Mr. Ghale goes on to win the presidency he needs to incorporate that in his priorities.

Mr. Ghale addressed the evening by thanking all the past and present committee members. He also acknowledged his better half for her role in organising the dinner and for being a great support throughout his career. About his presidency he said "I want to give something back to community through NRN's forum and I look forward to get my local friends support on this journey". He added "Victoria is our home and if we

dream of prosperous country we have to start from home."

All the participants expressed their appreciation towards Mr. and Mrs Ghale for their effort. NRN Victoria's incumbent committee member Mr. Rishi Kandel said "This kind of program helps form the bond between committee members. I wish good luck to Mr. Ghale for his race to be a president, he is a visionary leader which he has proven in his businesses and I would also like to thank him for today's program".

Hon Consul General of Nepal to Victoria Mr. Chandra Yonzon, academic Jagadish Tim-sina and Mahesh Bhandari, Solangture's Raju Shakra, community activist Sunil Bhandari, businessman Tonnou Ghotane and Namaste Nepal News Publisher Sabin Thapa were also present on the evening.



## Dabur Nepal and ICIMOD to establish herbal garden

Dabur Nepal, a subsidiary of Dabur India BSE 0.61 %, and an international organisation have come together to establish a garden to promote herbal medicinal and aromatic plants from the Hindu Kush Himalayan region.

Experts from Dabur and the International Centre for Integrated Mountain Development (ICIMOD), which have entered into a five-year partnership, will bring to bear their significant resources and experience to establish a herbal garden at ICIMOD Knowledge Park at Godavari, 10 km east of Kathmandu, according to a press release issued by ICIMOD.

The garden will facilitate research and development and act as a learning centre with demonstrations, hands-on training and information sharing, said the release.

As per the agreement, Dabur Nepal will provide the initial establishment costs, technical assistance, planting materials and

maintenance and ICIMOD will provide the space, said the release.

Dabur Nepal is a leading Indo-Nepal joint venture which produces soft drink and herbal cosmetic products.

The company is promoting the cultivation of critically-endangered species across 24 districts in Nepal and through 50 cooperatives to transform the livelihoods of farmers through herbal farming as an alternative source of income.





# Himalayan herb shows promise in Parkinson cure

**P**arkinson's disease, characterized by chronic rigidity, slowness of movement, impaired coordination, and tremors of the face, hands, and legs, is becoming a common, progressive, pervasive disease in today's world. As nerve cells die in the region of the brain called substantia nigra, Parkinson's disease begins to settle in. The dying neurons produce dopamine, a chemical messenger that controls coordination and movement. Over time, as the condition worsens, dopamine production decreases, leaving the patient unable to control movements in their face, hands, and legs.

## Doctors predict Parkinson's to double between 2005 and 2030

The Parkinson's Disease Foundation quotes that as many as "one million people in the US and an estimated seven to 10 million worldwide" The 4.1 million recorded cases of Parkinson's in 2005 is predicted to double in 25 years, according to a study.

## The little known Himalayan herb that could change all that

As professors predict doom and gloom, with Parkinson's disease statistics skyrocketing, one little-known Himalayan herb is coming out of the shadows and showing positive



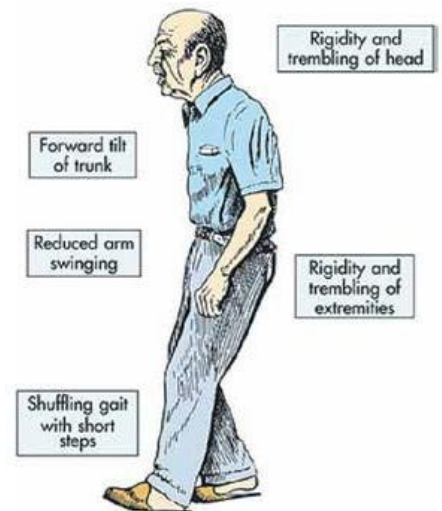
signs of helping prevent Parkinson's disease.

That herb is picrorhiza kurroa and the compound inside it that's catching researcher's attention is known as apocynin. First used in 1883 by a German pharmacologist, apocynin was extracted from the Canadian hemp plant, (apocynum cannabinum) and used to treat heart problems and edema. Now, this little-known plant derivative is being isolated from the Himalayan herb picrorhiza kurroa, and is showing promise for prevention of Parkinson's.

Apocynin was first isolated from the Himalayan herb picrorhiza kurroa in 1971, where it immediately became useful for treating jaundice, asthma, and heart problems. With strong anti-inflammatory properties, this herb prevents the formation of free radicals, oxygen ions, and peroxides in the body.

## Himalayan herb paints hope for future Parkinson's treatment

Doctors are expressing great need for new early detection methods for those who might suffer from Parkinson's disease. No causes



have been isolated, but researchers are anxious to use this transgenic mouse study to help them identify early biomarkers in patients to help with early detection. By isolating picrorhiza kurroa's unique compound, apocynin, and furthermore, it's specific molecule diapoapocynin, doctors may have found the right natural medicine - a neuroprotective powerhouse capable of delaying or even preventing neuron death in the brain.

# Comparison hurts, why do it?

By Bisham Thakuri

**L**ife is about discovering one's strength and then optimising it. Nature has given everyone a talent in some forms. People's mind is not inquisitive enough to discover what that talent is. One is just lost in making comparisons with the other, thereby adversely affecting the quality of his own life. We compare our houses, cars, jobs, kids, partners and what not. But the moment you compare, the focus is on the other and hence the willingness and the energy are not available to look within ourselves.

Why silently torture ourselves by branding ourselves worthless? Thus, one's psychological pain increases; with the pain in your eyes, if you see the other, then you do not objectively see the person, but you see with the backdrop of your inner hurt. This in turn distorts the perception that you have of that person and hence creates conflict. See this disorder within. With this disorder, even if you know you are 'better' than the other person, your inner bitterness continues and hence you will not be able to enjoy your success. No wonder, comparison has become prominent among principal stress creating agent and consequently psychological diseases.

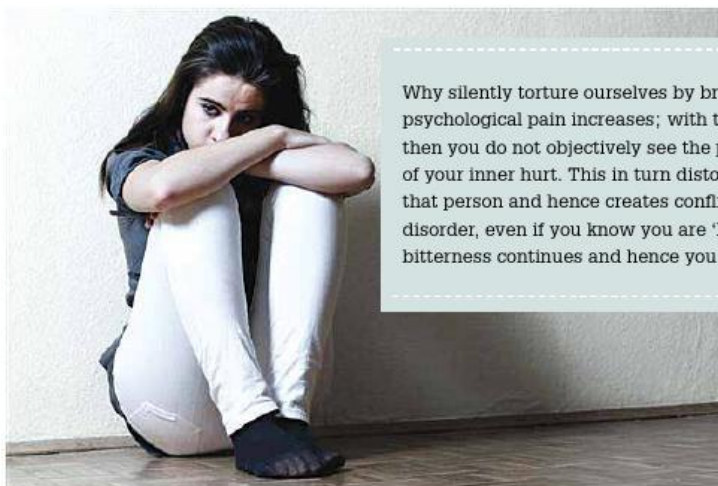
We are conditioned as human beings to always compare everything we see. It starts as soon as we are born into this world. As a child we are taught to compare things. Parents compare you with other children, boss compares you with the other and hence this inner chaos.

Now, how can we live life without comparisons? Can there be growth, if there is no comparison? You have to relate to compari-

sons wisely. If you wisely use comparisons and not allow comparisons to use you, then you will profit from comparisons. Hence, your brain has to search for such a way.

How can one go about that? Let's say your colleague's performance is better than yours.

bitter anymore. Then, your mind is in a happy state, such a mind then looks into what are his winning strokes and what is his cutting edge, and thus you will learn from him rather than be bitter. With a happy mind, you will see how your colleague has discovered his talent



Pause for a moment and learn to enjoy your colleague's success instead becoming jealous. Take your colleague's success as an inspiration. If you become jealous, you become bitter. If you enjoy his success, find out what made him successful and learn that for your own betterment. And then you will not be

Why silently torture ourselves by branding ourselves worthless? Thus, one's psychological pain increases; with the pain in your eyes, if you see the other, then you do not objectively see the person, but you see with the backdrop of your inner hurt. This in turn distorts the perception that you have of that person and hence creates conflict. See this disorder within. With this disorder, even if you know you are 'better' than the other person, your inner bitterness continues and hence you will not be able to enjoy your success.

and in that process you will look, explore and search into what is your talent. The art of such exploring is the first step for creative living. The key is to search for your inner talent.

Once, a group of illiterate people found a treasure box which had a number lock but did not know how to open it. They tried all meth-



By Bisham Shahi Thakuri

ods including black magic, dancing around it, spitting on it. They could not open it. Finally, they were disgusted, and went their way after leaving the treasure box. After some days, a knowledgeable man saw it, found out the right combination of the lock and opened it and found the valuable jewels.

One is like a treasure box. One's jewel of talent is hidden in the treasure box of life. One has to find the right combination and open it. Thus, learn to discover your talents and abilities. With this attitude, your work life, family life and social life will be a source of inner awakening. Be sensitive to the possibilities of life.



Refugee Week 16-22 June

# Restoring Hope

**N**epali background Bhutanese refugee Mr. Khem Prasad Khanal has been awarded with Victorian Refugee Recognition Record-2013. He has been chosen for an award for his outstanding achievements and contributions towards his community.

The Victorian Refugee Record (VRRR) is an awards program which recognises individuals of a refugee background for their notable work in the community. The VRRR has been held annually since 2004, and is organised by the Victorian Multicultural Commission. With the award ceremony, the VRRR also marked and celebrated Refugee Week (16-22 June 2013) – Australia's peak annual activity to inform the public on refugee issues, to raise awareness about the issues affecting them and to celebrate the positive contributions made by people of refugee background to Australian society.

The theme for this year's Refugee Week was Restoring Hope and this is what Khem Prasad Khanal has been doing all his life. Fled Bhutan at the age of 14 and living in a refugee camp in Khudunabaari refugee camp in Nepal did not deter him to restore hope in others going through the same situation.

As a young refugee, Khem went through the entire social, political and financial struggle but rather than sitting at home feeling a victim,



**Mr. Khem Prasad Khanal awarded with Victorian Refugee Recognition Record - 2013**

he converted that adversity into his strength. He went on to do Bachelor in Business Studies from Bhadrapur and also furthered his study from India. After his Bachelor's degree, Khem started teaching other kids from the refugee camp where he grew up. He also taught in Deep Jyoti School in Birtamod for almost a decade.

In 2010 Khem Prasad Khanal arrived in Australia in UNHCR's quota committed by Australia as part of country's global responsibility for refugees. Realizing the necessity of

the language, Khem straight away enrolled into language classes. In next four months he had his Cer IV in English. He also excelled his computer knowledge by doing IT first level in computer, simultaneously. Accounting was another field of his interest so he acquired Cer III, IV and Diploma in accounting from Kangan Institute and Khem is now completing his Bachelor's Degree from RMIT University.

Khem Prasad Khanal now serves the community in various personal and organisational levels. He is a Vice-President of Bhutanese Association of Victoria where he shows his leadership to empower the community. No just that, he has helped many people from his community in their day to day life in as minor task as getting driving licenses making great deal of impact in people's lives.

In his short few years in Australia, Khem Prasad Khanal has achieved so much that it has restored hope in himself, his families and the entire community. And the award by VRRR

has reaffirmed that if you put your mind to something no circumstances can abate one from succeeding.

Apart from Khanal, all the other candidates inducted this year have been selected for the significant contribution they have made towards fostering community harmony. Many of them dedicate time to voluntary work, either within their own local community, or the community at large. A lot of them have taken on leadership roles within their communities, and provide support to others who are marginalised or disadvantaged. All of them hold a common commitment to better the lives of themselves and those around them, often despite having suffered extreme hardship and trauma as refugees.

As part of the VRRR, a portrait photograph of each inductee is taken and exhibited publicly throughout Refugee Week. These portrait photographs are currently in public exhibition in the gallery space of 1 Spring Street, Melbourne. The exhibition will run until mid-July 2013. This year's inductees to the Record were acknowledged at an official presentation ceremony held on Monday 24 June 2013 in Melbourne. Portraits and information about the inductees will be available for public viewing.

Khem Prasad Khanal's induction in VRRR-2013 has sent a message to the refugee community and the society at large that you are not alone. His journey from Bhutan to becoming a recipient of VRRR-2013 is also a testimony of Australia's commitment towards resettling people forcibly displaced from their home country due to conflict and persecution.

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## Yeti FC appoints Prabesh KC as a coach

**M**elbourne based Nepali Football Club Yeti FC has appointed Nepal's former National player Prabesh KC as a team coach. KC played for Nepal in many international tournaments during Nepal's golden decade of football in 1980s. Even though Mr. KC has been involved with the club for past few years, Yeti has now formalised his appointment as a coach by signing him in for current season.

"The new coach brings wealth of experience and technical knowledge with him, which was on display from the very first training. He has been part of Yeti FC family since 2006 and we hope to sign him for longer term." Stated a press release issued by Yeti FC.

Yeti Football Club was established in 2001, as a small group of football lovers got together to satisfy their love for the sport. No one could comprehend the magnitude of what that initiative eventually develops into. A decade on, Yeti FC is now a family of 120 members with 35 register players. Not just in terms of number of players but also in sporting sense Yeti has thrived strength to strength. As a result, Yeti now plays competitive Victorian Soccer League that consists of around 80 teams around Victoria.

Yeti FC has progressed into something



Yeti FC President Raj Sharma (left) and Manager Kalu Gurung (right) handing over club jersey to new coach Prabesh KC (middle)

much greater than a mere sports club, binding Nepalese community together through cultural and various other social activities. However,

Prabesh KC's appointment as a coach substantiates Yeti FC's long term vision of building on its core strength as a Football club.

## India clinched Champion's Trophy



India clinched the ICC Champions Trophy, in its last edition, with a nerve-racking five-run victory over hosts England in a rain-hit final on 23rd of June, giving their captain Mahendra Singh Dhoni, the unique record of being the first captain to win three world titles.

After frustrating showers reduced the contest to a T20 affair, India first scored 129 for seven and then restricted England to 124 for eight in a topsy-turvy game that went down to the wire. Ravindra Jadeja made another all-round contribution which proved to be telling in the context of the match.

The sizeable Indian crowd erupted in joy when Ravichandran Ashwin (2-15) finished the final over with James Tredwell unable to hit the required six off the last delivery.

Skipper Dhoni jumped in joy as the delirious Indian players hugged each other's while the others were busy collecting souvenir stumps to mark another remarkable chapter in Indian cricket history.

This was India's second Champions Trophy title having won the first one jointly with Sri Lanka back in 2002. That India won the championship two days before the 30th anniversary of maiden World Cup triumph back on June 25, 1983.

## Sunam Gautam - local sporting star

Nepali Cricketer Sunam Gautam has secured his place in state level Edgewater Cricket Club of Footscray, Western Suburb of Victoria. Following his selection, Sunam has already smashed 108 runs in his debut match for the club. According to Sunam it took a lot for selectors to even consider him in the team initially but after his consistent performance they had no choice but to take him.

Sunam, who made his entry in Nepal's U-15 cricket team some eight years ago, has been living in Australia for his higher studies and has a strong desire to play for Nepali national team one day.

Before this another Nepali cricketer Yaswant Subedi has been playing for Port Melbourne cricket club. He has scored staggering 470 runs in 13 matches this season and has an overall average of 31.55.



Looks like those days are not far before we see our boys in red and green playing for Australia or Nepal. Regardless we are equally proud.

### Back Then...

Nepal's first National Health & Sports Council was established in 1958 under the chairmanship of then Education Minister Parasu Narayan Chaudhary, which was changed in to National Sports Council two years later

## Image Channel takes "The Media Cup"

Image Channel won the Sixth Virgin Media Cup Football Tournament after thrashing defending champions Nepal Television 6-0 at Dasharath Stadium, Kathmandu, Nepal.

Sambandh Pradhan and Madhav Bhandari completed a brace each while Sunil Tamrakar and Pujan Shrestha scored a goal each for the Image. With the win, Image also avenged the defeat

they have suffered against Nepal Television in last year's final. The win bagged Image a cash prize of 50,000 while NTV had to be content with Rs 25,000.

Sambandh Pradhan of Image was adjudged player of the tournament while his teammate Pujan Shrestha walked away with the highest goal scorer award.

## Nepal to organise South Asian tournament

Nepal is to stage South Asia's biggest football tournament in September that will see eight nations from the region competing, organisers said on Monday.

India, Bhutan, Maldives, Sri Lanka, Pakistan, Bangladesh, Afghanistan and Nepal will take part in the 11-day annual South Asian Football Federation Championship.

"This is the biggest (football) tournament we have organised in Nepal," said Indra Man Tuladhar from the All Nepal Football Association.

The competition will kick off on September 1 in the 18,000-capacity Dharashah Rangashala stadium in Kathmandu, which is being specially renovated.

The winning team will take home \$50,000 while the runners up will receive \$25,000.

Cricket-mad South Asia countries are



mostly international minnows, with Afghanistan the highest ranked nation at 140 and India even lower at 147, according to FIFA.

Last year's South Asia Championship was organised in the Indian capital with the hosts emerging with the trophy.

Nepal held the first Championship in 1997.



Nepal National Football Team



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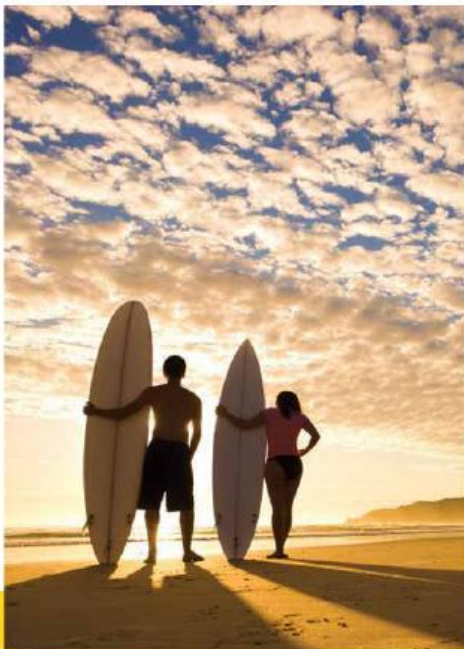
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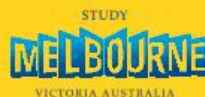
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