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Editorial

We can't afford to neglect student issues

Any Nepali residing in any foreign countries except the SAARC nations for more than 182 days in a year or people of Nepali origin possessing any nationality other than SAARC regions are classified as Non Residential Nepalese. Which indicates most of the students living in Australia and overseas are NRNs. It's hard to tell exactly what percentage of Nepalese in Australia are students but going by the trend of Nepalese student influx that we had since last five to seven years I would think the number of students living in Australia are more than the ones that's settled.

If my prediction is anywhere near true, we can't afford to overlook their issues in NRN's policy level. NRN's ICC election approaching it's only timely to have a debate about what are the issues our students are facing. We need to have a co-ordinated approach to identify and address them. We have been too focused and rhetorical about our large projects and big investments. But should we not be thinking



Ramjee Poudel
Executive Editor

about supporting students with the issues of accommodation, employments, health, visa issues and travel concessions as well as in things that improve their quality of life by taking initiatives in easing their financial pressure, ensure and improve their safety, address the gaps in services and information available to them. The social implications are scathing, if we neglect them.

Current students are the future of NRNA as an organisation. The young generations of students need to be groomed to be a leader of tomorrow. With their knowledge and experiences acquired here is what we need to drive our organisations to another level. So, therefore if we neglect their issues today we are neglecting our own future.

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Amendments:

In our previous issue, on page no. 5 MP Elizabeth Miller's title, on page no. 29 under the News "Ex-PM..." the title of Mr Parsuram Sharma - Luitel JP. founding and immediate past President of Bhutanese organisation in Australia and on page no. 33, under the News "Restoring Hope" Mr Khem Prasad Khanal's title as vice-president of Bhutanese Organisation in Australia had been printed incorrectly, so, therefore have been amended.

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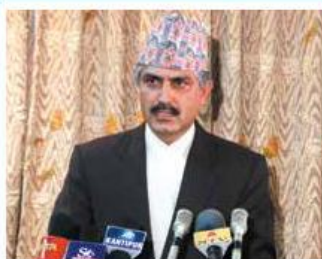
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contents



pg 16 | Mahendra Oli enthroned new NRN-A President



pg 12 | Nepal Government announces new budget



pg 20 | Extolling the virtue of country life in Nepal



pg 34 | A tribute to Sipora Gurung in Sydney

pg 18 | Sugam and Smriti Miss and Mister ANA

pg 21 | Australian Government dietary guidelines

pg 23 | Youngster's body image issues

pg 26 | NFDC Award-2013, a star studded evening

pg 28 | Melbourne International Film Festival

pg 31 | Sneha's graffiti for a social change

pg 32 | Children Education in the realm of poverty

pg 15 | Mr Right Guy?



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MATRIMONY section



Together, let's SPARKLE Nepal!

Clean up Nepal aims to inspire and empower local communities, community groups, schools, businesses, and local governments throughout Nepal to join the clean up movement to address local environmental issues in a simple and visible way.

As the Nepali community matures in Australia, a need has been felt by many for meaningful engagement with issues back home. Such discussions led to the set up of Small Earth Australia in early 2013. Small Earth Australia is a platform for cross-border partnerships between Australia and Nepal through an exchange of ideas, knowledge and information, through active, critical and positive engagement in development issues in Nepal, and innovative solutions through meaningful collaboration. The team consists of individuals from all walks of life – students, early-mid career professionals, business owners, and parents. This not only reflects our efforts to be inclusive but also ensures our discussions are rich and vibrant, leading to optimal outcomes. For more on Small Earth Australia, please check our website at www.smallearthaustalia.org. Small Earth Australia has undertaken many programs in Australia and Nepal over the last 6 months, all small in scale but meaningful, and a wonderful opportunity for like-minded individuals to join forces towards positive outcomes.

Clean up Nepal 2013 is one such campaign initiated by Small Earth Australia as part of its environmental focus. Waste disposal practices and solid waste management is a challenge in Nepal and is reflected in the rampant, haphazard disposal of rubbish in urban public spaces. Kathmandu, the capital of Nepal, is a prime example of a city that struggles to dispose of its waste appropriately. Unsightly rubbish disposed of inappropriately have stockpiled on the sides of roads and in rivers. To address this, over the years, many initiatives have been undertaken by a wide variety of organizations to clean up the cities and towns of Nepal. These initiatives

are not sufficient on their own, and very few are self-sufficient and sustainable as they are often externally funded with little local community engagement.

The idea behind Clean up Nepal 2013 is simple – get together friends and family, join or register a site and clean up on the day. The campaign brings together stakeholders to run annual cleanup activities with maximum efficiency and minimal funding. Clean up Nepal aims to inspire and empower local communities, community groups, schools, businesses, and local governments throughout Nepal to join the clean up movement to address local environmental issues in a simple and visible way. Clean up Nepal 2013 will take place on 21 September 2013. It is the first nationwide campaign to be held throughout Nepal that will provide local communities a unified platform to take action to clean up streets, rivers and spaces in close proximity to their homes, work and entertainment. Clean up Nepal is a member of Clean up the World, one of the world's largest community based environmental campaigns. It engages an estimated 35 million volunteers in 130 countries each year. As a campaign run in Nepal, the need for an in-country partner was crucial to the design and implementation of the campaign. Our in-country partner for 2013 is Small Earth Nepal, a non-governmental organization based in Kathmandu that works to promote sustainable lifestyles and reduce the global footprint of Nepal.

A clean, beautiful and green Nepal is a dream that we all can share in. Thousands of plastic bags and other rubbish litter the sides of our roads, our rivers and public spaces. A unified approach to raise awareness about our waste disposal practices is needed.

Picking up rubbish on 21 September 2013 will not change the status quo immediately but it will highlight what is possible through the joint efforts of communities throughout Nepal. Details about how to get involved are available on our website:

www.cleanup.smallearthaustalia.org.

An example of such efforts is the wonderful work being undertaken in Itahari.



By Dr Neelam Pradhananga
Small Earth Australia/Clean up Nepal
2013 Coordinator

They are a model of a united community at work to improve their environment. We have had the privilege of watching them grow from their first meeting on 19 January 2013 and it is amazing to see all that they have achieved with no external funding and minimal support from Small Earth Australia. They have gathered the support of the Itahari municipality, schools, colleges, groups and community based organizations. Like the community in Itahari, all of us, no matter where we are, can play an active and positive role in ensuring maximum participation in this campaign. If you know of a youth group, Rotary Club, Lions Club, NGO, volunteer group, neighborhood group, school, college, university or any other entity in your town that may be interested in mobilizing their members or staff to clean up an area around their vicinity, do let them know about the campaign. Also, talk to your friends and family back home and encourage them to join in the cleanup efforts. Most of our cleanup sites are concentrated in Kathmandu and we are keen to ensure cleanup activities take place throughout Nepal. So, if you are from Chitwan or Pokhara, Baglung or Dang, Damauli or Ilam, whichever part of Nepal you come from, use the Clean up Nepal campaign as a perfect opportunity to re-connect with friends, family and acquaintances that you haven't spoken to in a while. Like us on facebook and connect with us on twitter.

Together, let's **SPARKLE** Nepal!

Susmita Maskey: Set out to conquer the world

By Ramjee Poudel

Susmita Maskey just arrived in Melbourne after climbing Mount Kosciuszko, 2228 meter, the highest peak in Australia. She rightfully terms her latest climb "walk in the park" and why wouldn't she? She is a person that has triumphed Mt. Everest twice and countless world's most unforgiving mountains. She says "every mountain offers its own unique challenge".

Susmita's Kosciuszko climb was part of her "Seven Summits" project that initiated two months ago. Before she headed down under she climbed Brandberg in Namibia, Mt. Kilimanjaro in Tanzania and Mt. Elbrus in Russia.

Standing atop Mt. Kosciuszko, she completes four out of her seven summits including Mt. Everest and by the time she does Mt. McKinley in North America June next year she will be the first Nepali woman to have scaled seven highest summits in the world.

The beginning

Her seven summits project coincides with her ten years of mountaineering career. A petit Newari girl from Kathmandu would have never comprehended the length she has come when her aunt first introduced her to the outdoor leadership training program held by Nepal Mountaineering Association in early 2003. After her graduation from "Padma Kanya College" in 2002, she was just another Nepali girl looking for a regular job but what was discovered in that leadership program catapulted her life forever.

Newari girl and Everest?

When Susmita set her eyes upon climbing mountains she initially had to face a lot of skepticism in relation to her physical ability and her ethnic heritage as a Newari girl. People questioned whether she was strong enough for anything as extreme as mountaineering and were even discouraged by her own fellow climbers as she did not hail from conventional mountaineering background (or she was not Sherpa?). In fact the level of disapproval was so much that during her 2005 Everest expedition, she was forced to



end her first summit attempt from Hillary Step, just a few steps away from the peak, as her Sherpa deterred her from ascending, arguing she couldn't not have the right to go on top as she did not belong to Sherpa community. As heartbreaking as it was for her, unfazed Susmita rather converted that unpleasant experiences into her strength which resulted in her successful second attempt to Mt. Everest in 2008.

In her quest to an adventure, Susmita decided to go to the Mount Everest again, this time to climb twice in a same season. Despite having climbed mountain twice before, "Extreme Sports for Gender Equality- Everest Expedition-2011" came as the toughest

endeavors. She made the final summit bid from Camp II and returned to the same directly from the summit without stopping over in Camp III and IV. Unfortunately, Susmita had to call off her second summit considering the limited climbing days and uncertain weather.

Career Highlights

A landmark in history of women mountaineering in Nepal was manifested in 2008 as a team led by Susmita climbed the highest peak on earth as "First Inclusive Women Sagarmatha Expedition 2008 Spring". The team of ten Nepali women from diverse background not only testified the women courage and endurance but also rebelled the cultural norms and boundaries about women's ability in physically demanding situation.

Climbing Mt. Amadablam in 2011 was what she likes to describe as "near death experience" when they had a late summit, making it all harder to descend. Suffered from adversely windy weather and hyperthermia, "if it was not for the passer by climbers I would have been frozen to death" she reminisces.



Climb for cause

Nowadays, mountaineering records are repeated and surpassed as even amateurs invade the peak so often. But for Susmita, it's not only about the physical completion of the summit. She has always tried to associate some sorts of social message with each of her expedition. Her first Everest attempt was called Peace Everest Expedition deliberating the message of unity in diversity and peace. And she dedicated her second Everest expedition to woman empowerment and gender equality. Her 2011 Spring Expedition also carried a theme of "Student Friendly Toilet Project" in Nepalese rural schools which further promoted "Girl Child Education".

Susmita makes these gigantic mountains look small, but behind the enormity of what she does, is a compassionate heart that cares for underprivileged children. She is an active social worker running an interactive adventure sport program "Climbing with Susmita" to revive the self esteem and confidence of many orphans and street children of Nepal. To avail them with an access to recreational sports is what gives her the most fulfilment. Sharing her climbing skills and experiences to little kids, she helps them find a purpose in their lives.

Susmita Maskey, the highly accomplished climber has so many other spectrum of her personality that unfortunately gets dominated by her mountaineering achievement. Fewer people know, apart from being a social activist, she is a post graduate in English Literature, Educationist and a motivational speaker that travels around Nepal giving talks to Schools, Universities, NGO/INGOs and Corporate houses. She has

a passion for dancing, theatre and film making. The British outdoor gear manufacturing company "Sprayway Ltd" once used her as a photo model to endorse their products.

Everest not the ultimate

Once she completes her seven summit project next year, Susmita is eyeing on mountain K2 in Pakistan the most technical mountain for climbers. As much of a thrill seeker as she is, Susmita thinks K2 will be one step up for her considering the level of difficulty. But for now she just wants to focus on her seven summit climb as there are still lots to be done.

Besides the physical challenges, Susmita is also facing financial hurdles for her remaining climbs. She clarifies "seven summits is self funded project, I have actually used all my savings and borrowed the shortfall from bank to fulfil this dream of mine." She also pledges any corporate or individual sponsors to help her through this dream series of climbing.

In life, everyone has their own mountain to climb

After having one of the most successful climbing portfolios behind her, she still likes to describe herself as a dream chaser rather than a mountaineer. One that has been breaking barriers, despite all odds. She believes, in life, everyone has their own mountain to climb whether its profession, business or relationship. There are countless mountains that we all have to climb in this journey of life and Susmita reckons she has identified hers which is of human belief, courage, character and attitude.



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Nepali Youth's PEACE MISSION in Yuendumu



» **Madhu Panthee, a Nepali youth, is one of more than 20 mediators who have been striving to resolve an ongoing and often bloody dispute between families from two camps at Yuendumu, about 300 kilometres north-west of Alice Springs.**

The remote central Australian community of Yuendumu, where two warring factions were locked in a bitter family feud for more than three years is slowly returning to peace. As a significant milestone in the community plagued by violence and mistrust the locals recently celebrated 300 consecutive days of peace and feel free to talk with once deadly rival without a fear of ensuing violence.

Madhu Panthee, a Nepali youth, is one of more than 20 mediators who have been striving to resolve an ongoing and often bloody dispute between families from two camps at Yuendumu, about 300 kilometres north-west of Alice Springs.

The conflict started when a twenty one years old neighbourhood footballer Kwenment Yaya Watson was killed in a fight leaving dozens jailed or injured. The news made headlines in national media, hundreds of residents fled the community to go to Adelaide fearing a "Payback" attack and the violence was mounting on the grievances of warring families. The community remained tensed for three long years. His death in the Warlpiri town camp in Alice Springs split the town into two as south and west camp trying to take revenge at any time. Situation had gotten so tensed that the locals were not even allowed to visit grocery at the same time to avert possible bloodshed.

The feuding also attracted national attention after the alleged involvement of former Melbourne Football Club AFL star Liam Jurrah in a violent incident believed to be related to the Yuendumu family feud at a town camp in Alice Springs last year, however, a court jury later found him not guilty of charges of assault.

But away from the spot light Mr. Madhu Panthee, a peace worker from Nepal, had been on his mission to resolve this destructive community feud.

Arrived in Australia in 2009, Panthee lived in Perth for a while before he moved to Yuendumu. There he discovered his background in peace negotiating from back home was high on demand. He became the program co-ordinator in Yuendumu Family

Violence and Meditation Program. When he started the job, the mediation committee members were not so productive and some were even involved in conflict themselves. Panthee then got some neutral leaders and community members together to keep things going. At the peak of the conflict the committee was meeting once a week to talk about the impact of ongoing violence.

It was never an easy chore for a foreign face to make peace between two violent family members of local community. But, Panthee with his insightfulness and maturity got a success to bring two warring rivals to a negotiating table, thanks to the experience he got in his mother land, where he had played a role of a peace negotiator many times between Nepal army and alleged Maoist supporters for releasing them from detention during 10-year long insurgency in the Himalayan nation.

"Things started to turn around once I allowed the leaders to take ownership of the peace process" said Mr. Panthee. "Since everything is returning to normality, the town of about 800 people is excited and looking forward to the yearly community events that used to attract many visitors from the numerous outstations in the area. Everyone is very busy to make it a grand success" he cheered.

Once fractured community is now slowly becoming one. People are walking and shopping together. Every day that goes without a fight Mr. Panthee has been proudly marking it off as his sense of achievement to help the locals find peace in their own terms. Now the basketball court where the deadly incident occurred is the same place where the members of Yuendumu community meet and talk to find the way for sustainable peace.

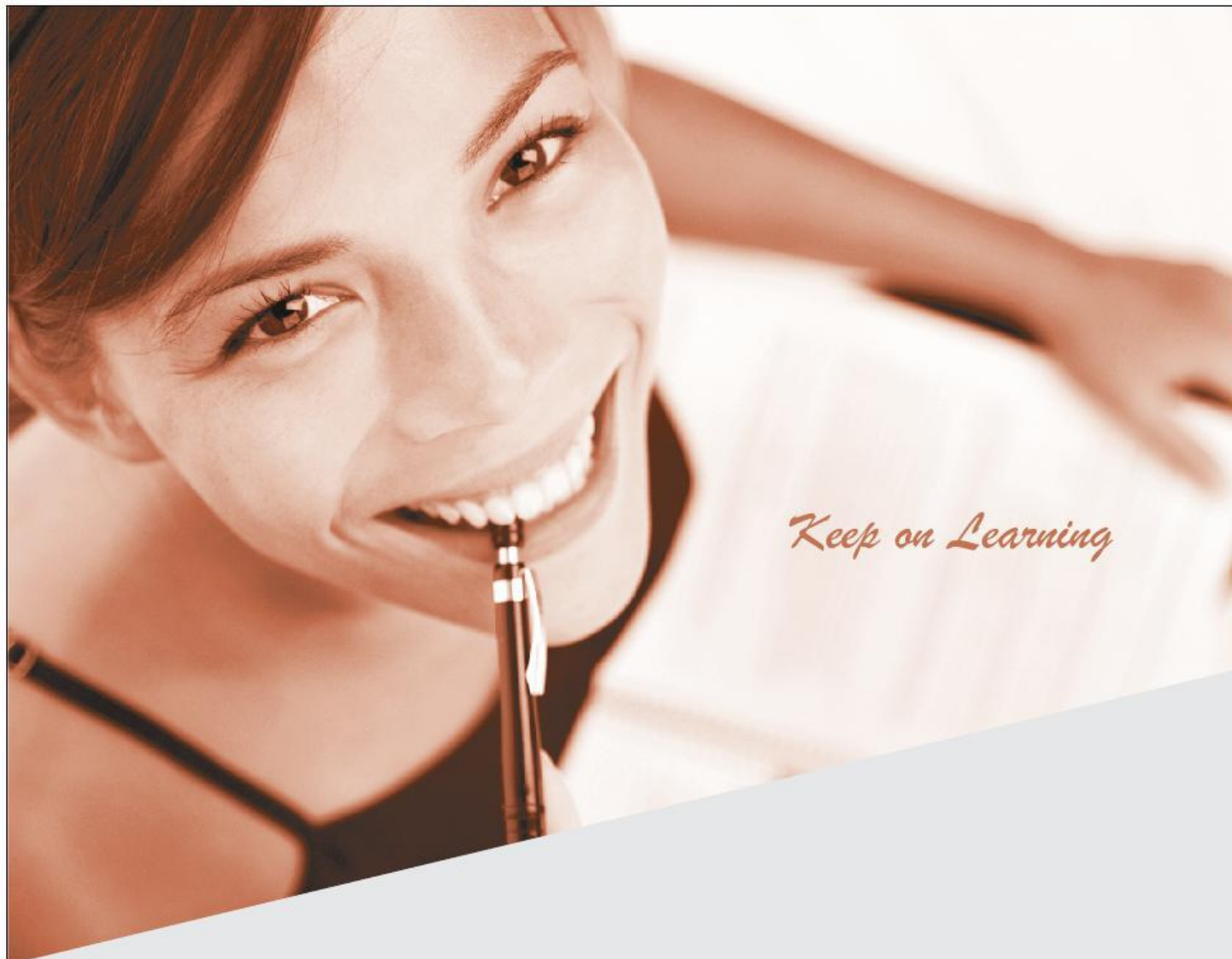
Mr. Madhu Panthi worked as a peace worker and journalist back home. He was a Kathmandu correspondence for Radio Lum-bini. Later, Panthee also took on a top job in Informal Sector Service Centre (INSEC), western region.

Mr. Madhu Panthee and his initiatives to maintain peace in Yuendumu holds a huge significance in many ways. It is particularly

more relevant in present context that many Nepalese are in a campaign to promote Buddha's birth place as symbol of peace, overlooking the actual teachings of Buddha. But Panthee's work symbolises compassion, love, peace, patience, trust, acceptance and the humanity, which is what Buddha and a Country Nepal stand for.

His simple principle applies everywhere- from Nepal to Australia. Peace comes from within, others can only facilitate. But stakeholders must take responsibility and be accountable.





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Kevin Rudd's Radical New Asylum Policy

UN reviewing the plan

Two weeks ago Australian Prime Minister Kevin Rudd pledged to give asylum-seekers "no chance" of resettling in Australia if they arrive by boat. According to a new policy the asylum seekers boat will now be redirected to Papua New Guinea for processing and resettlements, Rudd's declaration came as he set out an overhaul of asylum policy ahead of a general election.

Mr Rudd said he has taken the "hard-line decision" to ensure the border security of the country. He said the new move will also discourage people from making the dangerous journey to come to Australia. Vowing to send all new boat arrivals to Papua New Guinea, the Prime Minister also made it clear there would be no limit on the number of people to be redirected in a policy shift effective from mid last month.

UN refugee agencies paying attention

Many humanitarian organizations including the UN refugee agency has issued an assessment of Labor's PNG solution, warning asylum-seekers face physical and psychological harm and may never be accepted by the local community. UNHCR said it had reviewed the measures announced by Kevin Rudd last week and believed there were "significant shortcomings" with the plan to send all future boatpeople to Papua New Guinea. "These include a lack of national capacity and expertise in processing, and poor physical conditions within open-ended, mandatory and arbitrary detention settings," the agency said.

"This can be harmful to the physical and psycho-social wellbeing of transferees, particularly families and children." It said it was troubled by the absence of appropriate protection guarantees for asylum-seekers transferred under the arrangement, and that permanent settlement of refugees in PNG presented major problems.

Challenges ahead

Manus is the smallest province in PNG which is not set up to handle a huge influx of people. The announcement that those found to be genuine refugees will be settled in Papua New Guinea raises the question of where?

Ninety-seven per cent of the land in PNG is traditionally owned and land issues are a complex social problem. Currently



UNHCR said it had reviewed the measures announced by Kevin Rudd last week and believed there were "significant shortcomings" with the plan to send all future boatpeople to Papua New Guinea."

the PNG's population is over 7 million and there are forecasts that with the current rate PNG could have the same population as Australia by 2050. So whether or not Rudd's new policy a long term solution remains to be seen.

PNG has a poor record on violence against women and does not have a welfare system and the main cities have thousands of people living in squatter settlements. So the labor government still has a lot to work on with PNG to ensure the social security for the new refugees.

There is also going to be an issue of culture shock - likely from both sides. Many of these people found to be genuine refugees will have little in common with Papua New Guineans causing a great deal of resentment for each other.

Boat arrival has not been abated

As a hit back to Kevin Rudd's new policy people smugglers are defying a plan dispatching more asylum-seekers to Christmas Island. Since his announcement further 205 asylum-seekers arrived and another boat sank off Indonesia, killing at least nine people. The latest arrivals test the limits of the plan as the government races to expand the Manus Island detention centre by creating a tent city, despite new warnings about the abuse of asylum-seekers.

Six of the seven asylum boats that have arrived at Christmas Island in recent days are likely to have begun their journey after Mr Rudd unveiled his new rules, according to a former Christmas Island harbor master and

others familiar with travelling speeds and recent weather conditions.

Plans to set up a multi-agency taskforce to target people-smuggling links in Australia are being examined by the Coalition. The asylum-seekers from the latest sinking tragedy either did not hear or did not heed that new boat arrivals would "never be settled in Australia". With 522 people now being held on Christmas Island for redirection to offshore detention, the government has more asylum-seekers under its new regime than the likely capacity of the existing facilities at Manus Island.

All in all let's just hope Rudd's new proposition will stop thousands of innocent lives of women and children from drowning at the deep sea.

Victorian Premier-led trade mission to Asia starts to reap results

After less than a month since Victorian Premier Denis Napthine led 2013- super trade mission returned from Asia, Victorian company Essential Flavours & Ingredients Pty Ltd, is set to expand its presence domestically and globally. Visiting the company's Carrum Downs facilities, Premier Denis Napthine said the recent trade mission had provided Victorian businesses such as Essential Flavours & Ingredients with a platform to access global markets.

"The company is already reaping the rewards of its involvement in the Super Trade Mission, forecasting additional export sales

of \$400,000 over 24 months and potentially six new employees," Dr Napthine added "This is an excellent outcome for its first experience in a Victorian Coalition Government-led mission."

Dr Napthine said the company had participated in business matching sessions in Kuala Lumpur, Malaysia, Bangkok and Thailand, marketing its product lines to major super market chains and food retailers. "The Coalition Government's trade mission has also given this manufacturer an opportunity to connect with other food and beverage delegates and potential domestic clients," Dr Napthine said. "These con-

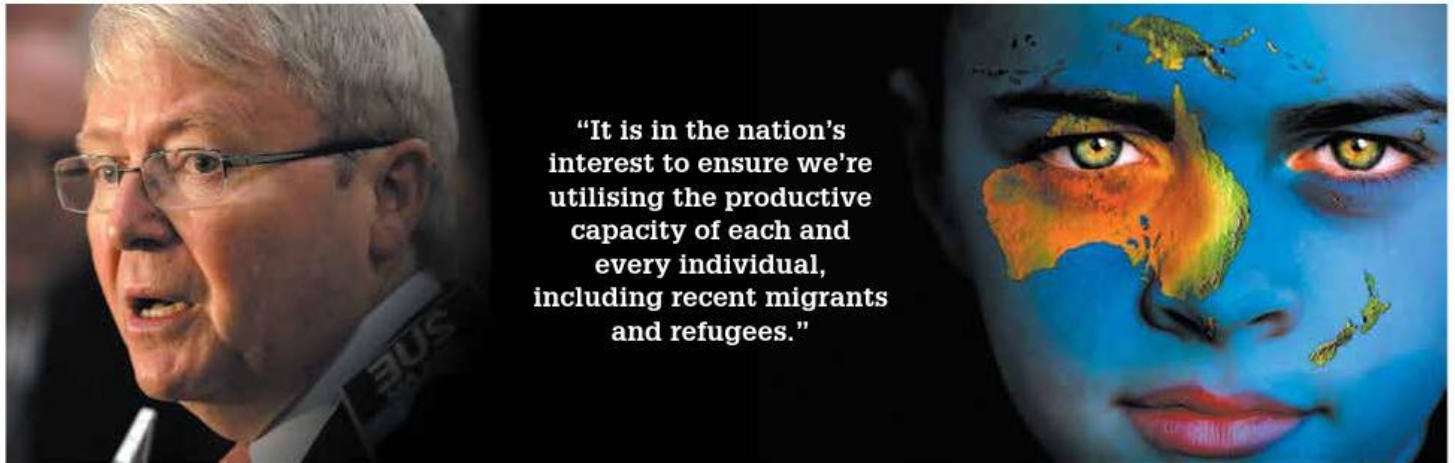
nections are also expected to yield additional domestic business opportunities."

Essential Flavours & Ingredients Pty Ltd is a leading wholesale manufacturer of liquid and spray-dried flavouring products for the food and beverage industry. It was established in 1989 by John Nielsen in Mentone Victoria, and since its establishment, has seen substantial business growth.

Now running a fourth premise in Carrum Downs, the company's key market is the Asia-Pacific region. On a domestic level, the company is planning an extension of its existing facilities and the hiring of additional personnel.



Labor government commits \$6.6 million dollars for MCEF



"It is in the nation's interest to ensure we're utilising the productive capacity of each and every individual, including recent migrants and refugees."

Labor Government has shown its commitment towards the new migrants by vowing to invest \$6.6 million to support the creation of innovative, sustainable employment projects for underemployed migrant and refugee job seekers.

The government has introduced "Migrant Communities Employment Fund (MCEF)" which will be available over two years which will be up for grabs for any migrant community groups, employment services providers and employers.

Under the MCEF employer organisations will receive funding to develop and implement innovative projects that help migrant

and refugee job seekers prepare for and gain employment. With this, Labor has reinstated its priority to ensure that all Australians who can work, benefit from the dignity, security and independence that a job can bring. Government says "It is in the nation's interest to ensure we're utilising the productive capacity of each and every individual, including recent migrants and refugees."

Approximately one quarter (26.1 per cent) of Australia's total population were born overseas and the most recent comprehensive survey of recent migrant labour force data shows that recent migrants have significantly higher unemployment rates. ABS Characteristics of

Recent Migrants Survey in November 2010 showed that the unemployment rate for recent migrants was 8.5 per cent, compared to 4.6 per cent for the Australian-born population.

While over half (65 per cent) of all recent migrants had a non-school qualification before arrival only 51 per cent of these had used their highest non-school qualification in their first job in Australia. Difficulties with language are a major barrier for some recent migrants to gaining work. The unemployment rate for recent migrants from other than main English-speaking countries was higher (10 per cent) than for those from a main English speaking country (5 per cent).

A key focus of the MCEF will be to encourage effective engagement between employers and employment service providers to:

- Improve employment outcomes for refugee and migrant job seekers;
- Increase the capacity of employers to employ refugee and migrant workers;
- Improve understanding of how to best support migrant and refugee job seekers and their employers; and
- Provide best practice models that could be replicated to other locations and groups of migrants and refugees.

MCEF is designed to complement and enhance existing government programs that assist migrants and refugees, such as Humanitarian Settlement Services and the Adult Migrant English program (AMEP).

Organisations funded under the MCEF will be expected to partner with other groups to deliver projects.

These include Job Services Australia and Disability Employment Services providers, education and training providers, government agencies, local government, local employers and community groups.

Abbott terms 457-visa crack-down unjustified

Opposition leader, Tony Abbott said that the Gillard government's 457 visa crackdown was entirely unjustified. Talking to the representatives of ethnic media at Liberal head office in Melbourne, he said Gillard's government's visa crackdown was unfair and Rudd government was just a continuation of that.

He also took serious exception saying that the first piece legislation to go through the parliament under Rudd's Prime Ministership was 457-visa legislation citing that the major role of the Prime Minister is to bring people together not divide them, he pledged all to celebrate diversity. He also blamed Julia Gillard for trying to unleash the false class war, false gender war and the war between native born and overseas born Australian.

He claimed that Liberal would welcome anyone who comes to Australia with the determination of building a better future for them and for Australia terming them as the life- blood of the country. He also said Australia as the growing economy always needs people with specialized skill and ability.

Speaking with the media just two months away from the federal election, opposition

He claimed that Liberal would welcome anyone who comes to Australia with the determination of building a better future for them and for Australia terming them as the life- blood of the country. He also said Australia as the growing economy always needs people with specialized skill and ability.

leader Abbott laid emphasis on Liberal's current policies and his vision for a diverse and cohesive Australia. He said he was very proud of the diversity of modern Australia where people from every imaginable ethnicity and culture came to make better lives for themselves and their families.

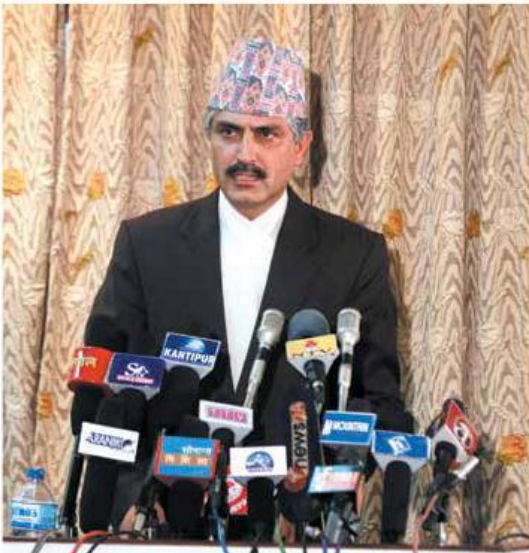
Stressing the need to strengthen and consolidate the extraordinary feature of his country, he urged all not to dilute or deprecate it. He claimed that modern Liberal Party has changed and evolved with time to represent the diversity of the modern Australia.

He also stressed on the need of community based media for being an important element of larger Australian mainstream media.



Examples of projects that may be suitable for funding include those that provide opportunities for migrant and refugee people to:

- Access suitable training (including English language training);
- Access mentoring support;
- Participate in work experience and training in Australian workplace culture;
- Access employment opportunities; and
- Receive employment support and post placement support.



Finance Minister Shanker Prasad Koirala presented the budget

Nepal Government announces NEW BUDGET



By Bisham Thakuri

Nepal government has announced the total budget for the fiscal year 2013-14 (2070-71 BS). Finance Minister Shanker Prasad Koirala presented the budget with continuing old policy and programs only incorporating few new plans. The total budget in this fiscal year has been Rs 517.24 billion.

He announced it after a Cabinet meeting endorsed and sent the ordinances related to the budget and national loans to President Ram Baran Yadav due to the absence of legislature parliament.

Government employees' salary has been increased by 18 percent that includes civil servants, army, police and teachers.

Finance Minister Koirala said the budget has prioritized to hold the Constituent Assembly elections slated for November 19. Rs 16 billion have been allocated for the poll.

The budget has allocated Rs 353.42 billion (68.33 percent) as the current expenses, Rs 85.1 billion (16.45 percent) as the capital expenses and Rs 78.72 billion (15.22 percent) for the financial management.

The budget's total general expenses account for 53.3 percent (Rs 275.66 billion). However, its development expenses stand for 46.7 percent (Rs 241.58 billion) only.

The budget has also set a revenue collection target of Rs 354.5 billion.

Hydro electricity and energy are the key priority areas of the government as usual along with infrastructure development.

It has also prioritized to develop three international airports in Pokhara, Lumbini and Nijgadhi.

The budget incorporates limited new programs that are necessary to spur exports, generate energy and boost the morale of the private sector.

Infrastructure and energy are the priorities

Nepal government looks much concerned and eager about the present energy crisis in the country as the budget has positioned the infrastructural development in its topmost priority. The hydropower development has been the core of the infrastructural allocation of the budget.

The budget has aimed for the massive reforms in generation of hydropower, construction of transmission lines and distribution system. It has allocated Rs 30 billion for the energy sector.

Finance Minister Shanker Prasad Koirala mentioned that Rs 1.5 billion has been allocated for the construction of 140-MW Tanahun Hydropower Project. As he mentioned the construction of the country's second reservoir-type project will begin from the next fiscal year.

The budget has especially catered the implementation of government-funded hydropower projects that are currently under construction. The government has allocated Rs 4.66 billion for five government-funded projects — 60-MW Upper Trishuli 3A, 42-MW Upper Modi, 32-MW Rahughat, 30-MW Nalsingadh and 14-MW Kulekhani III.

Finance Minister Koirala expressed his commitment of adequate funds for the commencement of 87-MW Tamakoshi V and 20-MW Budhiganga Hydropower Projects.

The budget has even given excitement and encouragement to independent power producers (IPPs) as the budget has promised to speed-up the construction of transmission lines. Sluggish construction of transmission lines had been the major woes of the IPPs. Therefore, the budget has addressed this issue notably. The construction of transmission lines are likely to be initiated as campaign.

The budget has allocated Rs 13.50 billion, for the construction of cross-border transmission lines, north-south corridor lines and east-west power lines. Likewise, Rs 1.58 billion has been earmarked for continuity construction work on 400-KV Dhalkebar-Mujjaffapur Transmission Line and Kataiya-Kusaha Transmission Line.

The budget has promised Rs 1.11 billion for the Solar Energy Program in order to promote alternative source of energy.

The government makes initial estimation that 4,000-KW energy will be generated from this program and this will benefit 125,000

low-income households. The budget has also envisioned extension of the solar energy promotion program in urban areas which will reduce the dependency on other sources of energy for domestic purpose. The budget will even provide subsidy in installation of the solar energy in the urban areas.

The government has planned to initiate

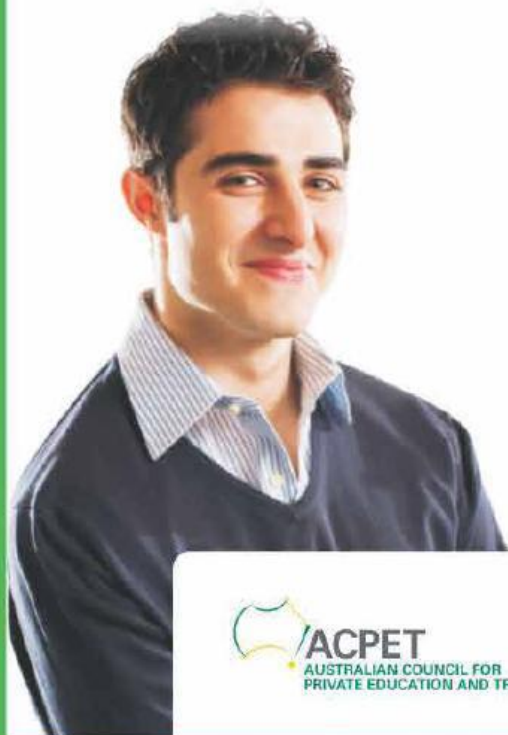
construction of the East West Railway from next fiscal year, for which it has allocated Rs 1.40 billion. Two major infrastructure projects Kathmandu-Tarai Fast Track and Second International Airport at Nijgadhi, Bara — will be developed under public-private partnership (PPP) model.

HIGHLIGHTS OF THE BUDGET

- ✓ To promote public-private cooperation
- ✓ Hydroelectricity, agriculture, physical infrastructure, education, tourism, good governance, promoting investment in private sector, improvement in the public service,
- ✓ Rs 16 billion for CA poll.
- ✓ Rs 16 billion allocated for the security of CA election
- ✓ Budget allocated for building Gautam Buddha airport, Pokhara Airport and Nijgadhi Airport
- ✓ Rs 510 million allocated for the Kalanki-Koteshwor roadway to be expanded into 8-lane
- ✓ Budget allocated for other under construction roads
- ✓ Vehicle registration cards to be converted into smart card
- ✓ Rs 610 million allocated for training over 31,000 youths
- ✓ 1 billion allocated for Literacy programs
- ✓ Free medical facilities for heart patients above 75 years and below 15 years
- ✓ Special recognition from the prime minister to those investing more than 1 billion
- ✓ Rs 12 billion allocated for Local bodies
- ✓ Rs 210 million allocated to develop sports' infrastructures
- ✓ Rs 30 billion for energy related projects.
- ✓ Rs 1.14 billion for Sikta irrigation project
- ✓ Rs 5.24 billion for Melamchi project
- ✓ Babai irrigation project is expected to complete next year
- ✓ Free custom charge for TVs upto 30 inches for returning Nepalis
- ✓ 1 pc custom charge for bicycles
- ✓ 18% salary hike with Rs 1000 monthly allowance

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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



Nitesh debuts in Australian cinema with "Quest for Versace"

Nepali actor/director Nitesh Raj Pant has entered Australian cinema industry as a cinematographer and editor with "Quest for Versace". Nitesh is widely known amongst youngsters for his direction in serials such as "Hijo Ajaka Kura", "Katmandu" and "Hostel" back home as well as his acting skill in feature films "Vannai Sakina" and "Ankha Lovi Mann Papi". He also produced a Nepali movie "Guru Baa Australia" just after he arrived here in 2006 but this new breakthrough is expected to open up a door for a whole new possibility for Nitesh in his film career in Australia.

"Quest for Versace" is a film based on the story of an Indian immigrant and his quest for better life in Australia as well as his struggle to "fit in". Deb Kanungo, an Indian immigrant who has just arrived from Varanasi and for him grass is literally greener on this side. Un-stylish and awkward in communication, he has moves from a bad Bollywood movie. Deb struggles to fit into his new world where he can't communicate and friends don't come easy. In his isolated life, his only desire is to be together with an uptown Aussie girl, Von Cavalli. Von doesn't know Deb exists. Deb's solution to the problem is purchasing a branded Versace suit which will make him stand out and noticeable. In a broader sense, brand Versace is an analogy for success and its attainment indicates a change in lifestyle. So the film basically portrays the cultural differences between east and west and a journey of a man from one to the next.

Entirely shot in the Northern Territory, Quest for Versace is directed by Dr. Abhishek Shukla and Nitesh Raj Pant is said to have done a tremendous job in screenplay, cinematography and editing.



Enrolment opens for Sydney's Nepali Language School

Nepali language school in Sydney, "Shabdimala- Nepalese Language School" has opened enrolment for new session. According to the school management admissions are open for new students since 22nd of July. Children over five years are eligible to enrol and the classes will be run at Campsie and Granville public school every Sunday.

Sabdimala - Nepalese Language School is an educational institution set up in 2010 as a community driven initiative with a vision to provide students exposure to the Nepali language and related Nepalese culture and socio-cultural practices in Sydney. The school also attempts to provide the younger generation of Nepalese in Australia a platform to develop well rounded personalities that is appreciative of both Nepalese and Australian culture.

supported the show. Prior to this, S-Events had organised Udit Narayan Jha's concert in Melbourne.

COD and GXSOUL held a number of musical concerts successfully in foreign lands so far. COD started their musical journey as teenagers band called "cross on Devil" and created a musical-magic. Their first song "ekanta cha tahu" had got huge popularity. After a gap COD reformed as "Crews On Destiny" and started again with Alis Rana and Bidhan Pradhan.

COD and GXSOUL also two very popular and successful bands in Nepal. Their music is specially appealing to teenagers.

GXSOUL started their musical journey 5 year back with their debut "Rap For Freedom".
Photo courtesy: Thikthak Melbourne



Nepal promoted in Sydney

Nepalese Embassy in Canberra and The Consulate Office of Nepal to New South Wales collaborated to promote Nepal in Sydney on 14th of July. To endorse Nepal as an investment hub for Australians as well as to expose its tourism potential to Australian travellers were the main objectives of the program. Addressing the program His Excellency Rudra Kumar Nepal said "Nepal offers abundance of investment opportunities in the areas like tourism, hydropower and infrastructure". Consul General of Nepal to NSW Hon Deepak Khadka thanked everyone and cited that every individual should get at least one Australian to go to Nepal.

Chris Walker, who has travelled to Nepal more than 50 times, spoke about Nepal's natural beauty, culture, lifestyle and its spiritual significance. Many tourism entrepreneurs also attended the event.

A slide show highlighting Nepal's adventure tourism was played on the occasion.



COD and GXSOUL rocked Melbourne

COD and GXSOUL, two Nepali musical band, currently on Australian tour, performed in Melbourne last Saturday. S-Events and multimedia brought the band to entertain Melbourne audience with RNB, Hip Hop and Pop musics at Fabrique Bar, South Melbourne.

Three-D Events and Kancha Kanchi also



Chitwan society formed in Victoria

A program held at Coburg Library last Sunday has formally announced the formation of Chitwan society of Victoria. Many participants originally held from Chitwan, the fifth largest city of Nepal and currently living in Victoria formed a not for profit network to engage in various community activities locally as well as to help lower socio economic group back in Chitwan.

On the occasion, many participants put forward their ideas in terms of organisation's constitution, future goals and responsibilities.

Many attendees even extended financial support to get the new committee up and running.



Show us the groove: says NAQ



Through Nepalese Dance Competition 2013, Nepalese Association of Queensland (NAQ) in association with Non-Resident Nepalese Association (NRNA) Australia is organizing an Australia/New Zealand-wide Nepalese Dance Competition in Brisbane on September 28, 2013. This is the first time in their three years journey that the organisers have left the door open for Nepalese contestants from New Zealand.

Through the event NAQ has expected to promote Nepalese culture and tradition, create an atmosphere of co-operation among the Nepalese communities in Australia, bring forth and recognize local Nepalese talents and to provide a forum for cultural exchange among different generation of Nepalese Diaspora.

According to the organiser, an audition will be done via video submission where interested contestants will record a video clip of their performances and submit to the evaluation committee through the event website that will be shortlisted down to five contestants in each category. Selection criteria will be based not only on the dance skills but also on an ability to demonstrate the cultural elements through it.

A judging panel led by renowned actress/ dancer Mithila Sharma will select the winner that will go on to win \$800, \$1200 and \$1600 under Single, duet and Group category respectively.

So if you think you have got the groove, this is for you!

Pramod Kharel gets invited by NINFA



Nepalese Indigenous Nationalities (NINFA) and the office of Consulate General Of Nepal to NSW is organizing a musical celebration on the occasion of "19th International Day Of World's Indigenous People 2013". Nepali modern singer Pramod Kharel has been invited by NINFA to take part in the musical program that's scheduled to take place in Sydney on 10th of August and in Melbourne a week later. During the event various Nepalese Indigenous and non-Indigenous Cultural dances will be performed.

According to the organiser the program is financially supported by the Department Of Community Relation Commission. Minister for Department Of Immigration and Citizenship, Hon Tony Burke is expected to make his presence to witness the evening.

Seven thousand dollars in seven minutes

Pioneer mountain climber from Nepal, Susmita Maskey was in Melbourne last week. She was invited to attend the lunch and interaction program organised by NRN Victoria surrounding Shesh Ghale's presidency. During the program Susmita was asked to say few words as a guest about her journey as a Nepali woman mountaineer. And the idea was also to raise fund for her remaining expedition. As she shared that her financial situation was beyond sustainable, many extended their helping hands to her.

Susmita literally raised seven thousand dollars in less than ten minutes. Moved by her story, Mrs Jamuna Gurung offered remarkable five thousand dollars on behalf of MIT group whereas other community members donated what they could towards the success of Susmita's dream series of climbing.

Teary and full of gratitude for the generosity that Victorian Nepalese community has shown, Susmita said "I am so emotional, I can't believe how kind you guys are to me".

Bhanu Jayanti celebrated with fanfare in Australia

200th Birth anniversary of Adikavi- Pioneer poet- Bhanubhakta Acharya was observed across Australia last month. The Australian- Nepali literary community celebrated the Adikavi's birth anniversary organising various programmes nationwide.

Various programmes were organised in NSW, Victoria and SA where participants marked the occasion by reciting poems, dances and other cultural performances.

The Nepali version of the spiritual Ramayana is an evergreen literature which established Acharya as a bard among Nepalese. Considering this contribution, poet Motiram Bhatta conferred him the title of Adikavi and Kavi Chakrachudamani.

The simplicity of Nepali religious epic

Ramayan is the ornament of the book which lures every common Nepali. The book has a great value in Nepali language and literature. Acharya is honoured as a national luminary.



Sudhira keen to tell stories through her lenses



Adelaide based Nepali photographer, Sudhira Shah is set to compile a pictorial book that will narrate a story of Nepalese community and its evolution in Australia. His Excellency, Ambassador of Nepal to Australia, Rudra Kumar Nepal inaugurated Sudhira's ambitious project in Adelaide on 26th of June. On the occasion, he said this book is going to be a milestone in uniting Nepalese community that is largely spread.

Sudhira's pictorial book will incorporate stories of four hundred Nepali families living across Australia and is believed to take up to one year to complete. "Every family has their own unique story and I want that to reflect in my photos" said Sudhira.

Local businessman Mr. Deepak Bista is assisting Sudhira in her aspiration. He stated "there are no official testimonials to substantiate how long and dynamic is Nepalese history in Australia? In that sense this book will help us discover our own history."

Sudhira Shah started her career as a photo journalist in 1999 and three years later she won National Photo Competition that cemented her name as one of the most creative photographers of the country. She completed her Masters in Photo Journalism from West Minister University, UK and now runs her own photo studio "SS Studio" in South Australia.

■ Photo Feature



Expression of Patriotism through music.





Mahendra Oli enthroned new NRN-A President

Sydney businessman Mahendra Oli has been elected as the President of Non Residential Nepalese Association Australia (NRNA). The official transitioning of NRNA leadership from the incumbent to the newly elected committee was done amid 5th annual national conference held at Granville, Sydney on 13th of July. Oli now chairs the new working committee consisting of fifty one members along with eight Vice-Presidents, one from each Australian state, Secretary Bharat Pokharel, Treasurer Chura Mani Belbase and Joint Secretary Dharma Raj Adhikari. Similarly, eight vice presidents representing their respective states for the next term are Dr. Sita Ram Ghimire (ACT), Swatantra Pratap Shah (QLD), Prakash Acharya (NT), Ramesh Joshi (SA), Pradeep Dhungana (TAS), Rishi Kandel (VIC), Raj Kumar Thapaliya (WA) and Hari Ramjali (NSW).

During the conference, outgoing President Mr Ganesh KC farewelled his colleagues and congratulated a new team. He also shared his experiences and challenges that he faced during his tenure. Likewise, Mr Mana KC regional Co-ordinator, Patron Indra Ban and Vice- President Prem Sapkota also highlighted NRN Australia's overall journey and key achievements of last 10 years.

The technical session of the conference dwelt upon important theme areas like capital and knowledge investment, youth, communities and organizational issues where prominent personalities such as Mr. Shesh Ghale, Dr Raju Adhikari, Ms Babita Shrestha, Mr Dhurba Subedi and Mr Bhavan Oli expressed their views and pledged everyone to work together towards a common goal.

His Excellency Mr Rudra Nepal and democratic Youth leader from Nepal Mr Pradeep Poudel shared their views on NRN's role in Nepal's prosperous future as well as their contributions to Australia. Hon Consul General of Nepal to Victoria Mr Chandra Yonzon and Mr Deepak Khadka from NSW were felicitated as the guests of the honour of the program.

Parliamentary Secretary for Multicultural Affairs Hon Senator Matt Thistlethwaite shared his views on Government's commitment in promoting multiculturalism and the contributions made by the Migrant communities. He mentioned that Nepalese people have always been proactive in contributing towards their adopted country and has given so much back to the society albeit being a relatively small in numbers. He further pointed out that ethnic community's culture and heritage is what makes Australia one of the most cohesive multicultural societies in the world.

To conclude the day, cultural event with dinner was hosted where the local performing artists showcased Nepal's cultural diversity through their performances. The session also recognised 13 people with Excellency award for their personal and professional

achievements.

In addition, NRNA National Election Commission has declared the name of the candidates that have been elected as office bearers of ICC representatives from Australia for NRNA ICC for the next two years.

- Dr. Krishna Hamal ICC Member
- Mr. Sanjeev K Sharma ICC Member
- Mr. Ramesh Pandey ICC Member
- Mr. Bhairab Dhakal ICC Member
- Mrs. Sujata Basnet (KC) ICC Member

The Commission has also showed appreciation towards all the community members for their enthusiastic efforts and participation and has congratulated all the winners and wish them success in representing Australia globally.

Shesh Ghale confirms his candidacy and tees up his campaign

During the conference, Melbourne based businessman Mr. Shesh Ghale formally announced his candidacy for the president of NRN ICC. 'This will be the first time that anyone from Australia will be contesting for the top job in NRN office. Following his announcement Mr. Ghale has started his campaign to gather support and to consult with community members locally and all around the world.

Ghale's winning Mantra is in ICU

As part of his election campaign Mr Ghale spent an afternoon amongst his home supporters in Melbourne last Sunday to have an interaction about his candidacy and his agendas going into the election in October.

On a lighter note, Mr Ghale made a point to elaborate on the winning secret that he has formulated. "ICU" - Integrity, Cohesiveness, Unity - The combination that Ghale has identified as primary focus. He humoured "NRN is currently in ICU and I am committed to rescue it out of that".

Amid an informal luncheon he emphasized on keeping the organisation apolitical and maintain unity. He said "I am in the process of drawing up my detailed manifesto which I wish to implement if elected but I want to ensure that I incorporate all your inputs in it". He pledged that he had been exploring the issues faced by NRNs and is committed to tackle it head on. He added "giving rhetoric and making declaration in paper doesn't excite me, I would rather be target-oriented".

Participants cited that the registration of NRN in Nepal and dual citizenship still remain as burning issues that Mr. Ghale need to prioritize under his possible presidency.

Many are optimistic that Shesh Ghale will be able to translate his corporate success into NRN leadership and give this global organisation a new direction.



3 steps to set up a home studio

We all have a desire to become a singer or a rock star at least at some points in our lives. Especially as teenagers we get easily glamorised by the name and fame of big recording artists and their glam lifestyle. Many of us get over the idea with changing priorities but some will always have that pull to go back to one day learn music and record a song of their own. New technologies have made it possible to produce studio standard quality at home. Setting up a home studio is nowhere near as difficult as it used to be. Here are three easy steps:

Neutral Room

When you set your studio up, sound proofing the room is the most important thing. One that minimizes reflected sound and allows you to capture that all-important vocal or acoustic guitar overdub as good as possible which professional call a "neutral room". If you have a hard floor, put down the rugs or carpeting. Sound reflected from walls can be an annoyance, but hanging up sheets or curtaining should do the trick.

Equipments

Quality gear is always preferable to a bigger but cheaper gear when it comes to setting up home studio. Always go for the best you can afford. Make sure you have got decent microphones and enough stands to attach

to them. And don't forget that each microphone will need its own pre-amp to boost the signal to a usable line. Monitor speakers are not that necessary but they are better than headphones for playback during mixing and mastering but if you need to keep the noise down headphones are the only options.

Computer/ Recorder

Some people prefer to record and mix on a stand-alone multitrack recorder than in the computer. Whichever route you take ensure you have enough channels and inputs for all the gears you are likely to want to connect.

If you are building your studio around a computer, eventually you might need some sequencing software and sample libraries and softsynths. But for now this set up should get you on your way to become a recording artist.



Melbourne scientists find cheating DNA



Melbourne scientists have claimed that a DNA test can predict whether your partner is likely to be cheating on you or they are marriage material. Experts say just using a strand of your partner's hair and one USB-like device that can be plugged into the side of a laptop can find out whether your partner is likely to cheat on you. They said it won't be too long before it's on a supermarket shelf near you, 'The Age' reported.

"I think it's inevitable because it's going to be really easy to do. It's quick, cheap and you'll be able to buy it off the shelf and just do it," said professor Michael Gillings, a biologist from Macquarie University in Australia. The tests using the technology,

called nanopore DNA sequencing, can detect whether someone is more likely to commit long-term or to cheat among other things.

It works by profiling the genes that control neurotransmitters such as oxytocin (which relates to commitment) and vasopressin (which relates to fidelity). "When you are going out with a new guy, you could get a sample of his DNA, sequence it and say, 'I'm not going out with him, he's got a tiny part of his gene that would be a good prediction he is going to be promiscuous'," Gillings said. He predicts the tests will become popular. He anticipates "DNA match-making where along with your profile on e-Harmony, you submit a DNA sample".



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Sugam and Smriti Mister and Miss ANA

Sugam Shrestha and Smriti Shrestha became Mister and Miss ANA during the 31st conference Association of Nepalese in America (ANA). The winners received the title leaving 17 other contestants behind during the program held on the second day of the conference. With the title they won three thousand USD cash prize.

Along with Miss ANA Smriti won the title of Miss Photograph, while Jubi Gouchan won the title of Miss Popular, Miss fashionable and the best couple. Diwesh Bhandari won the titles of Mister Popular, Mister Muskan and Mister Discipline. Kabita Manandhar, daughter of popular cine artist Karishna Manandhar, won the title of Miss Smile.

Industrialist Rahul Chaudhary, Singer Nalina Chitrakar and Chief Convener of 31st ANA conference Samir Maharjan among other popular personalities were in the judging panel. Various sports and musical programs along with the interaction about the possible collective investment in Nepal was organized during the event.

Ani Choying on MTV with AR Rahman



Ani Choying Dolma, Nepal's most popular singing-nun and philanthropist has performed with Oscar winning composer AR Rahman in MTV coke studio. Ani was invited by Rehman to jointly work on a project that is currently taking shape to be released in August. While in India, she also performed in concerts in Pune and Mumbai. Internationally acclaimed for her spiritual Buddhist hymns and chants, Ani is believed to have been called by Rahman after listening to her voice online.

Ani Choying Dolma is a nun from the Nagi Gumba nunnery in the outskirts of Kathmandu, whose pure, angelic voice and soulful songs have won her millions of fans over the years. She has also put in substantial social work, having established the Arya Tara School for nuns in 2000, and donating part of proceeds raised in concerts and other events to the Nuns Welfare Foundation of Nepal. While Rahman is one of the most popular composers in the world today, with an extensive body of work for film and stage, and is also known for being a notable humanitarian and philanthropist.

Working with Rahman was something that Drolma was always interested in, as she expressed during a talk on Nepal Television about two years back. So when Rahman sent over an invitation for the June 8 event, she was on board.

Aryan getting more open about his relationship

Kollywood's chocolate boy Aryan Sigdel has started opening up about his relationship with his girlfriend Sapana Bhandari. He had been dismissing the rumour for quite a while. Of late, Aryan seems more comfortable talking about his girlfriend in the press and in friend's circle.

Rumour has it, Aryan and Sapana have been in relationship in a long time and a couple are even thinking about tying the knot soon.

Most Cinema actors try to keep their relationship and even marriage a secret fearing the loss of female fans but Aryan being a most bankable star of Kollywood has now decided to let the world know about his feeling towards Ms Sapana. Is this the publicity stunt or the young actor is maturing as a person, is anyone's guess.



Indian soccer to Nepali Film

Indian footballer, Bhaichung Bhutia has agreed to take up a role in Nepali film. He is going to be featured in a Nepali movie, 'Shisha'. Bhutia is the ex-captain of Indian football team. He had spent a long career in the Indian football team and has recently retired from playing.

Bhaichung was born in Sikkim and loved Nepali language and culture. He had spent about four hours in the shooting of the scene featuring him in the movie which he did free of cost.

The director of 'Shisha' RBK Sharad told that half of the shooting of the movie was done in Sikkim and the remaining shooting will be done in Kathmandu. In addition to Bhaichung's role, the movie also features Jiwan Luitel, Ragini Khadgi, Uma Baby, Ruby Rana in main roles. The movie made in social story is produced by Madhav Dhungel. The movie is made under the banner of Non Stop Creation.

Traditional wear can be worn everyday

Nepalese tend to sport traditional wear only on special occasions. Events like wedding and anniversaries are the only times we see our folks take pride in "Daura Suruwal, Dhaka Topi" and "Chaubandi Cholo". As the fashion ramp transforming ethnic motifs into contemporary patterns, we can sport it on a daily basis with much style and grace.

Nothing brings out the essence of feminism in women more beautifully than the elegant and colourful "Chaubandi Cholo", "Sirbandi" or even nice "Phool Butte Sarees". Many fashion designers using ethnic theme on the catwalks, the ethnic creation with a trendy touch has taken the fashion world by storm lately. Traditional attires have got a modern twist and have become a trend we can sport on day-to-day basis. Our designers use their creativity to transform these classics such as the sari, salwar kameez and kurtis into something that we can wear to work or to a casual gathering.

Making an outfit look contemporary and ethnic at the same time isn't as tough as it seems. Just a little creativity and a little fashion sense and you're ready to go! Whether it's chiffon, georgette, satin brasso, net or any other fabric, you can also play with stones, beads cut work and thread work of contrasting shades to augment the modern look. Obviously add your style of "Chura and Pote" to it. Pull out an old saree from your mom's wardrobe and revamp it.

Experiment with sheer and translucent materials, tie-and-dye fabrics in bold hues and silk and khadi with quirky prints. Moreover, you can further stylise your outfit by pairing it with the right kind of accessories and footwear.

Don't keep your Daura Suruwal and Sarees in your wardrobe for years. Give it a little creative twist and make use of it. You don't realise how beautiful it will look.

Bollywood boys shedding inhibitions onscreen

Salman Khan appeared shirtless almost 15 years ago for "Pyaar Kiya to Darna Kya" to woo Kajol, his love interest in the movie. It was considered so bold of him back then, but now Bollywood actors have broken all the barriers when it comes to shedding their inhibitions onscreen. If the story demands, they not only take their shirts off but also prepared to go nude. From A-listers like Ranbir Kapoor and John Abraham to new comers like Maradona Rebello and Raj Kumar Yadav, they've shed all inhibitions on screen and with it, their clothes too! Here's a look at some of such actors who dared to bare!

Neil Nitin Mukesh went bold in Madhur Bhandarkar's Jail where he stripped naked for a scene. Kudos to him for believing in the script so much, that he went on to play his character to the tee. When John Abraham stripped in New York, he went on to say in an interview that it was the most beautiful thing ever. He's not one to shy away and he's bared his butt again in Dostana too. But girls aren't complaining anyway.

Rahul Bose did the full monty in Dev Benegal's Split Wide Open. The film was highly controversial due to explicit scenes



but this did not stop the actor from believing in his director fully.

For his debut in Saawariya, Ranbir Kapoor did what no other contemporary or new comer would dare to do. He stripped naked for a song in the film with only a thin towel around his waist. Though that did nothing to hide his frame. Kai Po Che actor Raj Kumar Yadav stripped bare for the film Shahid. The actor's known to do intense and different roles and this time again; he showed

no qualms in doing what the script of Shahid demanded.

Ashmit Patel does anything for publicity. After his MMS clip with Riya Sen went viral, the actor posed nude for the cover of a men's health magazine. Standing wearing nothing, he's seen holding white underwear hiding just the essentials.

In a heart wrenching scene from "Train to Pakistan", actor Rajit Kapoor is asked by the police to strip. This was a way of checking the person's religion.

Circumcision meant he was Muslim and unfortunately for Rajit in the film, things did not seem to favour him.

Once again in Train to Pakistan, the late Nirmal Pandey is lying naked before the cops who are brutally torturing him. With an actor like Nirmal, the scene looked so natural and brought out the pain of man caught in unfortunate circumstances.

Going naked onscreen may not mean bad afterall! IS KOLLYWOOD LISTENING?

PROstyle signs an MoU with Group of Event Entertainer (GEE) to bring PROstyle Manhunt International Nepal 2013



PROstyle, a male grooming range from Dabur Nepal, has signed an MoU with Group of Event Entertainer (GEE) to sponsor this year's Manhunt International Nepal 2013.

GEE has been organizing the Manhunt International since 2003 and Mr. Anup Saxena, C.E.O, GEE said, "we are pleased to associate our event with a successful brand like PROstyle and accordingly this year the event will be titled "PROstyle Manhunt International 2013."

Nepalese Men between 18 to 30 years with good personality and a minimum height of 5'8" can apply for the contest. The last date of application submission was 31st July and the Grand finale will be held on 28 Sept. 2013 at Army Officers' Club, Kathmandu. The winner of this contest will participate in Manhunt International 2013 going to be held in November 2013 in China.

PROstyle Dandruff control hair oil, the 1st offering of its male grooming range was launched by Dabur Nepal in 2010. Following the success of PROstyle Hair Oil, Dabur has recently strengthened its PROstyle franchise by launching PROstyle Hair Creams few months back. Dabur Nepal's Marketing Head, Mr. Abhaya Pd. Gorkhale said, "We are very glad to support Manhunt International Nepal to make it bigger and better." He further also announced that PROstyle is also starting a cash prize of NPR 1 lakh to the winner of PROstyle Manhunt Int'l 2013 to encourage young men to participate in such event for their overall personality development.

The details of the PROstyle Manhunt International is available in the GEE website - www.geeentertainers.com/manhunt. The entry form of the pageant can be downloaded from the website or can be obtained from GEE office located at Sundhara.

Besides the cash prize of NPR 1,00,000 to the winner, the cash prize of NPR 20,000 and NPR 10,000 has been announced for 1st runner up and 2nd runner up respectively. The sub title winner Real Mr. Talent and PROstyle Best Hair will also get the cash prize of NPR -10,000.

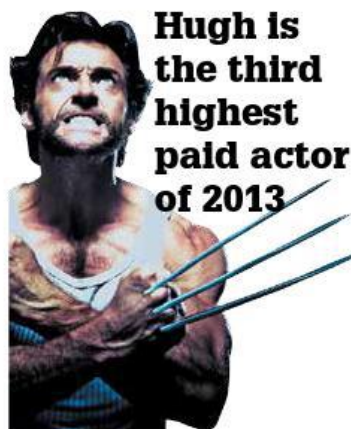
Soongava screened at AAIFF in Newyork



Nepali film Soongava was screened in American -Asian International Film Festival on 27th of July in New York. Featuring two luminous performers, Deeya Maskey, Nisha Adhikari, SOONGAVA - DANCE OF THE ORCHIDS is a tender and heartbreaking tale of two young Nepali women. Diya, who dreams of becoming a dancer, meets another attractive girl Kiran. When her feelings for Kiran deepen and develop into a love affair, she has to stand up against her family, and the traditions and morality of Nepali society. In a country where the "third gender" is legally recognized, same-sex relationships continue to be stigmatized. Subarna Thapa's directorial debut Soongava is the first Nepali film to spotlight the same sex marriage issues.

The Asian American International Film Festival (AAIFF) is an international film festival held annually during the summer in New York City to showcase the works of both emerging and experienced Asian and Asian American filmmakers and media artists across a diverse range of genres and styles.

The 36th Asian American International Film Festival will be held from July 24-Aug 3, 2013. The AAIFF '13 will be celebrating its Opening & Closing Night screening and Gala on July 24 / August 3, co-presented by Asia Society, and Centerpiece Presentation at the New York Institute of Technology's Auditorium on Broadway. The festival will continue with screenings at The Anthology Film Archives.



Hugh is the third highest paid actor of 2013

Aussie actor Hugh Jackman is the third highest paid actor of 2013. He came third earning an estimated \$55million over the last year, after his roles in the film adaptation of the musical Les Miserables. He made his millions through the success of a superhero franchise. Hugh has reprised his role as Wolverine in the X-Men films, with the latest, the Wolverine, out this month.

Actor Robert Downey Jr earned an estimated \$75million last year, making him the highest paid actor in Hollywood last year. Robert's massive earnings saw him top Forbes annual list of highest paid actors ahead of Channing Tatum who came second.

Tom Cruise was last year's top earner, taking in \$75million between July 2011 and July 2012 thanks to Mission: Impossible - Ghost Protocol and Rock of Ages. This year, his \$35million earnings from Jack Reacher and Oblivion saw him take eighth place on the list.

The list only named male actors. According to Forbes, last year's highest earning actress was Kristen Stewart, who made \$35million between June 2011 and June 2012. That would place her in joint eighth place alongside Tom Cruise.

Top 10 highest paid actors last year

1. Robert Downey Jr \$75 million
2. Channing Tatum \$60 million
3. Hugh Jackman \$55 million
4. Mark Wahlberg \$52 million
5. Dwayne Johnson \$46 million
6. Leonardo DiCaprio \$39 million
7. Adam Sandler \$37 million
8. Tom Cruise \$35 million
9. Denzel Washington \$33 million
10. Liam Neeson \$32 million

EXTOLLING THE VIRTUE OF COUNTRY LIFE IN NEPAL

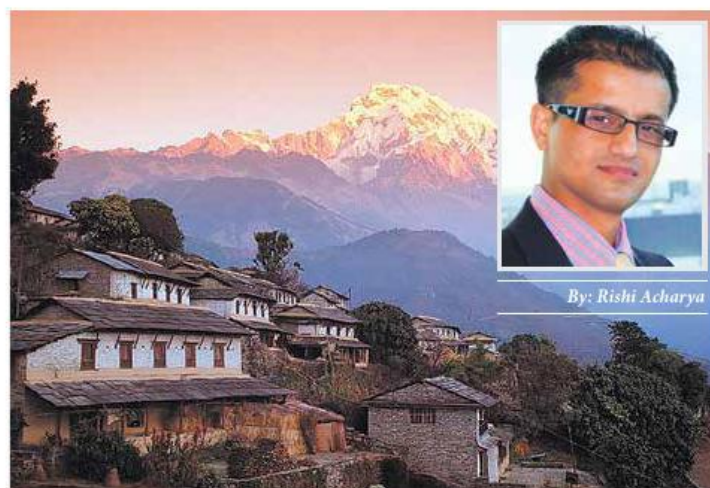
While in high school "Urban life or Suburban life (Village life in Nepal's context)?" was the ever exciting topic for classroom debates. This conventional moot point still remains debatable. In my personal experiences, however, people advocating urban life weighed heavier against the other mainly for its accessibility to infrastructure, proximity to administrative facilities, education and employment opportunities. However, my trip back home after living in Australia for three years showed me the flip side of our long standing belief.

The hope, Nepal's suburbia is demonstrating is inspiring. While the city is standing still with political pessimism and lack of motivation, villagers are building roads, health posts, schools and bridges. They are offering their own labour and money to make progress in various areas of societies. The main reason behind this is the awareness that they have raised in themselves. They are now forming little

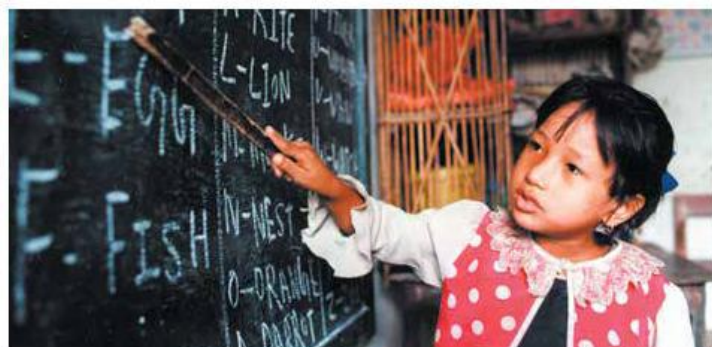
consumer groups, finance groups and gender equality groups which they are using to channel their rights as citizens.

Away from the city rat race, people from these villages are more unified within themselves and extremely optimistic about things. Apart from the friendly culture of talking over the fence or yelling out the window or even gathering in a Chiya Pasal (local eatery), people always seem to unite when it comes to communal interests. Political ideologies and individual differences seem too weak to fragment them.

People who have thrived in the city are also choosing to embrace village life now. Kamal Joshi from Baitadi, now teaches in a school in his village. Surya Nepal from Sindhuupalchowk, Chautara has set an example by setting up a farm with a modern technology. He left his job as a teacher in Kathmandu 15 years ago to take up his new life. He says 'I could not be happier'.



By: Rishi Acharya



Big leap in Infrastructure and Education facilities

City or village, proper transportation is people's first necessity. According to Human Development Survey of National Bureau of Statistics, 71 out of 75 districts of Nepal now have motorable roads. Every District Development committee has segregated large chunk of their development budget into building roads.

These newly built roads have opened the new possibilities of employment for local youths. Education has now empowered the locals as never seen before. They have now understood the importance of education in community capacity building as a result new schools are opening up and existing ones are upgrading their facilities.

Drinking water, sanitation, hygiene and health

Without a treated water supply, the villagers in Nepal were consuming dangerously high levels of faecal impurities. As a consequence, most villagers contracted skin and G.I. diseases more frequently. Student attendance and overall performance in school was greatly affected by this condition. Additionally, some villages were even functioning without any water access at all. In these communities, people including small children expended many hours fetching water from a distant river.

But now drinking water seems one less thing to worry about since villagers are work-

ing together to distribute pure drinking water in every households. Several pipeline projects are underway and with enough water available, hygiene and cleanliness is now possible, improving their quality of life.

Electricity and Telecommunication

While Nepal's cities including the capital Kathmandu are grappling with load shedding up to 18 hours a day, local mini hydro powers are supplying electricity to rural Nepalese. What seemed infeasible till few years ago due to the geographical remoteness, harsh terrain, low population density, rural electrification has now become a reality. People who used fire-wood, often supplemented by crop residues as a primary source of fuel are now enjoying the technical innovations

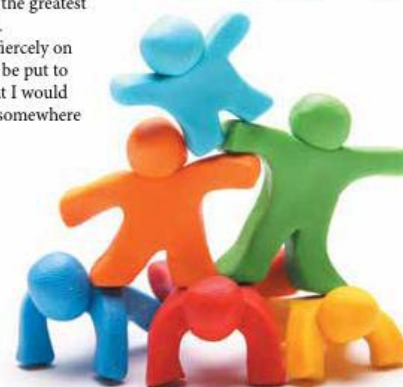
just by a flick of a switch.

Gone are the days when villagers had to rely on fuel based lighting, they are now focusing on how to capitalise on the new resources they have. They are broadcasting community radios to inform and empower locals about modern farming and agricultural.

After liberalisation broke the state stranglehold on telecommunications, rural Nepalese are enjoying their phone freedom, frequently accessing the latest market price information on daily necessities, hospitals, ambulances, livestock right and even Air ticket confirmation from their mobile. Millions of Nepalese benefited from Nepal's telecommunications revolution, which began in 2005. The boom in mobile telephone in rural Nepal ranks inarguably as one of the greatest telecom revolution in South Asia.

So the debate that has raged fiercely on my head for a long time can now be put to rest as I figured after this visit that I would not think twice if I am to go live somewhere in country village of Nepal.

Away from the city rat race, people from these villages are more unified within themselves and extremely optimistic about things. Apart from the friendly culture of talking over the fence or yelling out the window or even gathering in a Chiya Pasal (local eatery), people always seem to unite when it comes to communal interests. Political ideologies and individual differences seem too weak to fragment them.



Australian Government DIETARY GUIDELINES

National Health and Medical Research Council (NHMRC) has recently released the 2013 version of the Australian Dietary Guidelines. They spell out what the average Aussie should be eating in order to stay healthy, maintain their weight and ward off health problems later in life such as type 2 diabetes, stroke or heart attack. The nation's peak medical body, the NHMRC, says we need to eat more vegetables, fruit, and wholegrain, fish and low-fat dairy products. We should get rid of 'junk food' and saturated fat from our diet. It's the first review of the official dietary guidelines in a decade and it's the biggest – more than 55,000 pieces of new scientific research were reviewed and they were adjusted after a lengthy public consultation.

These 2013 guidelines are now very focused on preventing weight gain and being physically active, and they come amid warnings that 85 percent of men and 75 percent of women will be obese by 2025.

» WHAT'S CHANGED FROM LAST YEAR?

These 2013 revisions have moved away from a low-fat diet, and instead place no limit on healthier fats from avocado, nuts, oils and margarines which can reduce levels of bad cholesterol. They want us to eat less saturated fat which means less butter, cream, palm oil (and coconut fat). They also spell out the need for less sugar and for the first time name the worst culprits, notably confectionery, soft drinks, cordial, fruit juice, muffins, biscuits and doughnuts. According to the guidelines, men in Australia are eating too much red meat and need to cut back, while teenage girls need to increase their consumption of red meat for its valuable iron. Wholegrains are recommended but the serve sizes have been reduced.

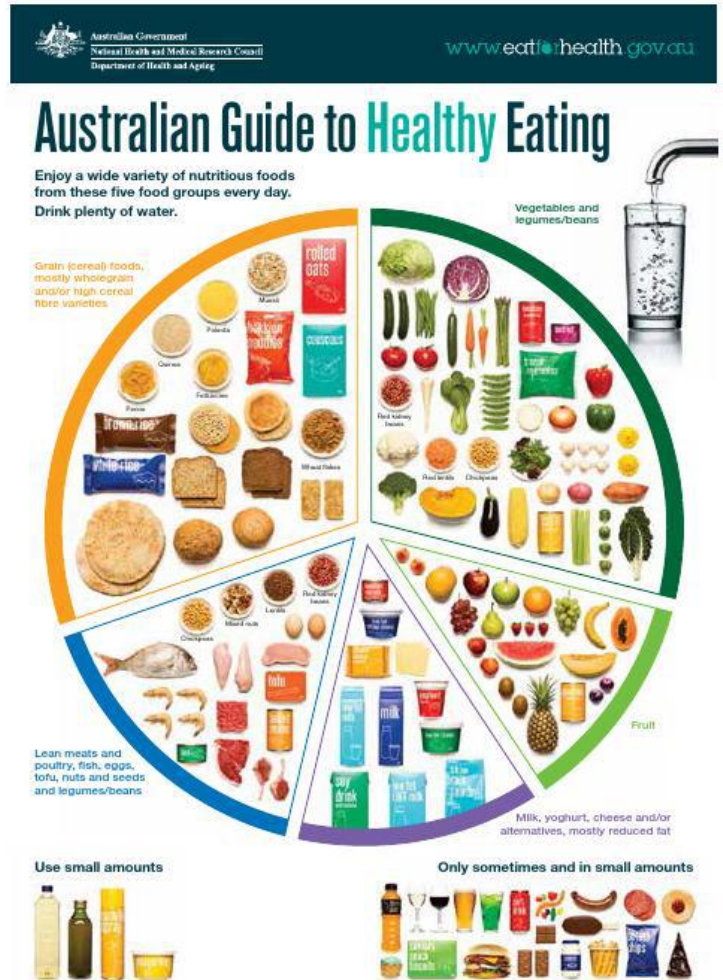
The new guidelines for parents are easy to follow with our at-a-glance guide. Visit www.eatforhealth.gov.au to read the full list.

» MESSAGE FOR PARENTS

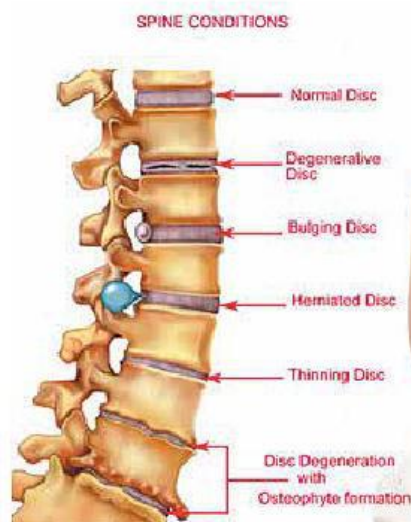
- ✓ Make sure your kids are eating lots of vegetables, salad and fresh whole fruit (not juice).
- ✓ Get them onto grainy breads, wholegrain breakfast cereals (with more than 50 percent wholegrain content), porridge oats, rye crisp breads, brown rice and quinoa.
- ✓ Offer milk, yoghurt and cheese for calcium and protein. Low-fat versions are fine once your child is over two years.
- ✓ Include small amounts of meat, fish, chicken or pork (buy lean or trim off fat). If you're vegetarian, serve tofu, lentils and canned beans as vegetarian protein.
- ✓ Put basic staples back on the menu. Use sauces and packet mixes to make fresh ingredients taste better.
- ✓ Go easy on salt. Read labels to choose lower-sodium options (salt is sodium chloride).
- ✓ If your kids are small or inactive, they have virtually no room in their diet for extras or junk foods, which are poor in nutrients but high in kilojoules, sugar and saturated fat.

» DIETARY GUIDELINES

1. Maintain a healthy weight.
2. Enjoy a wide variety of nutritious foods every day.
3. Limit intake of saturated fat, added salt, sugars and alcohol.
4. Encourage, support and promote breastfeeding.
5. Care for your food prepare and store it safely.



BACK HURTS: Don't stop exercising



Strengthening your body and developing your cardio system is a very efficient way to combat it.

Naturally when our back hurts we stop exercising. We tend to sleep on it. Which is a common ailment for the sedentary working classes, but back pain must not be taken lightly.

If after consulting a doctor or expert, it turns out that your back pain is not bone or joint related, then weak core muscles are usually to blame.

This can arise from lack of exercise, low physical activity, poor posture, bad form while lifting heavy objects or poor seated posture while commuting. Neglecting back pain can catapult into long term back problems. Core exercises are known to be a solution to reduce back problems.

If you have a severe back pain the first thing to do is consult a specialist and he will

guide you on the appropriate exercises. We must first consult the doctor to know which exercises are completely off limits and which are the ones that they can follow. In general, there are some exercises that should be best avoided for those with back pain. These would include sit-ups, lying leg raises, standing toe touches, long distance jogging, etc."

However, it should be noted that avoiding exercise altogether is not the solution for back pain. Strengthening your body and developing your cardio system is a very efficient way to combat it. Core strengthening exercises and stretching will help to reduce back pain, similarly aerobic activities like walking and swimming are also a reliable option for those with the condition.

Sleep deprivation can be more harmful than you think

With our busy lifestyle many of us don't get to sleep as long as we want. Getting caught up in our daily routine we tend to forget sleep is a very important part of our lives. About a third of people who go to see general practitioners and about two-thirds of those visiting psychiatrists will be found complaining about their sleep habits and quality. After all, sleep is so much more than a simple activity that takes up six to eight hours of our entire day; these six to eight hours have such an enormous impact on the remaining 12 to 16 hours, that it would perhaps be more pertinent to say that sleep is a 24-hour phenomenon. The problem is that we tend to talk only about the restive value of sleep, when there is more to it than that. In fact, sleep disorders can have catastrophic consequences for both patient and society.

Sleep is generated in the brain. The basic sleep-wake cycle is determined by one's biological clock, which resides in the mid-portion of the brain, known as the hypothalamus. Factors like age, genetics, drug abuse, brain disorders, also impact sleep, along with

this region of the brain.

A day in the life of a human can be divided into three different states: Wakefulness, NREM (non-rapid eye movement) phase of sleep, REM (rapid eye movement) phase of sleep.

The timing and duration of our sleep-wake patterns in a day tend to change with age. At birth, 16 to 18 hours of irregularly distributed sleep is the general pattern. With time, there is a gradual consolidation of sleep into long, nocturnal periods, with naps in the morning and afternoon for the first few months. About four months later, our bodies regulate themselves to a single night's sleep alongside a single nap during the day. By age six, we will have come down to a single night's sleep, no naps. The timing of the major sleep period, of course, can vary—some sleep and wake early and are termed 'larks', while others stay awake longer into the night and wake up late as well, and are compared to owls—which may be partly attributed to genetics. And any abnormalities in these patterns of sleep are labelled sleep disorders. Insomnia, Sleep apnea syndrome, Narcolepsy

and Parasomnias are the major four forms of sleeping disorder.

Any deviation from natural sleep patterns should prompt us to seek medical help. An instrumental procedure that helps in the detection of sleep disorders is known as polysomnography, where a large number of physiological parameters related to sleep are recorded, analysed and interpreted. Once this is done, sleep disorders can be verified and treated—the earlier the treatment begins, the better the long-term prognoses of the patients. Sleep is

clearly very important for all of us to function well, and we should never underestimate the power of these humble six to eight hours.



Non-drinkers have higher MORTALITY RATES!

A new study has found why non-drinkers have a higher mortality risk than people who are light drinkers. Multiple studies have shown that the likelihood of dying for people who drink increases as they consume more alcohol.

As an irony to that same studies have shown that a person's mortality risk also increases at the other end of the spectrum.

Some researchers have hypothesized that the increased mortality among non-drinkers could be related to the fact that light alcohol consumption — drinking, on average, less than one drink a day — might actually protect people from disease and reduce their stress levels.

During the survey, non-drinkers were asked to provide their reasons for not drinking.

Possible answers ranged from "don't socialize very much" to "am an alcoholic" to "religious or moral reasons."

The research team divided non-drinkers into three general categories: "abstainers," or people who have never had more than 12 drinks in their lives; "infrequent drinkers," or people who have fewer than 12 drinks a year; and "former drinkers."

Each category was further divided using a statistical technique that grouped people together who gave similar clusters of reasons for not drinking. The team then calculated

the mortality risk for each subgroup compared with the mortality risk for light drinkers, and they found that the risks varied markedly.

Abstainers who chose not to drink for a cluster of reasons that included religious or moral motivations, being brought up not to drink, responsibilities to their family, as well as not liking the taste, had similar mortality risks over the follow-up period to light drinkers.

"So the idea that non-drinker always has higher mortality than light drinkers might not always be true.

The scientists also found that infrequent drinkers generally had a slightly higher mortality risk than light drinkers.

Former drinkers, however, had the highest mortality risk of all non-drinkers.

Former drinkers whose cluster of reasons for not drinking now included being an alcoholic and problems with drinking, for example, had a 38 percent higher mortality risk than light drinkers over the follow-up period.

By comparison, people who drink between one and two drinks per day, on average, have a 9 percent higher mortality rate than light drinkers, while people who drink between two and three drinks per day have a 49 percent higher mortality.

Youngster's body image issues

By: Kushal Bhatta

Body image is what we think we look like. In most of the cases, it has little to do with our actual appearance. Things that happen to us as a kid or as adolescence lead us to believe certain way about our own body image. Peer pressure amongst teenagers, emphasis on certain role models, advertising campaigns and media coverage featuring idealised images or even well-meaning public health campaigns that urges people to lose weight and stay healthy, all portrays a certain image with the general consensus of the society. This instills insecurities in youth with detrimental ramifications later in life. More common in western societies, this social stigma is slowly starting to cripple our adolescence.

In this era when airbrushed images of celebrities are literally shoved in their faces, it comes as little surprise that millions of youths have issues with their bodies. While anorexia and bulimia have unfortunately claimed several lives, another disorder is fast making its presence in our part of the world. Body Dysmorphic Disorder (BDD) is a chronic condition wherein a person gets excessively concerned with their body image, and remains preoccupied with a perceived defect in their physical appearance. The person may seek out various cosmetic treatments to fix their imagined deformity, but never gets satisfied.

In Nepal so many youngsters are suffering from an obsessive preoccupation with a perceived defect in their physical appearance, often feeling depressed, anxious and ashamed. Their degree of anguish and dis-



stress is such that it interferes with their day-to-day activities such as work, school, love life or social situations. In most of the cases it's due to low awareness and poor insight, they don't realise the severity and intensity of the problem. They tend to identify this with the symptoms of depression, anxiety or some other kinds of psychological condition.

Acknowledging that someone has body image issues is the first step to overcome it. Someone's obsession with their physical body may include a strong belief that there is some definite abnormality in their appearance, preoccupied with that imagined defect with extreme self consciousness leading others to negatively notice their appearance, avoidance of social situations, constant need to gain reassurance about their look, and excessive grooming and frequent cosmetic procedures with little satisfaction.

» In Nepal so many youngsters are suffering from an obsessive preoccupation with a perceived defect in their physical appearance, often feeling depressed, anxious and ashamed. Their degree of anguish and distress is such that it interferes with their day-to-day activities such as work, school, love life or social situations.

Experts say that people's obsession with their body image can be caused by a combination of neurobiological and social factors, associated with a chemical imbalance in the brain, which may be genetically-based, or resulting from negative experiences about one's body. This leads to intense dissatisfaction with one's body and dysfunctional behaviours aimed at

improving one's appearance. Someone's detailed case history, along with scientific and clinical evaluation confirming an excessive concern concerning minor physical anomaly, causing significant distress and impairment in social and occupational functioning, not better accounted for other mental disorder.

So, the most effective way to come out of this is the combination of medication and Cognitive Behaviour Therapy focused on correcting the biological imbalance and restructuring the inappropriate self-perception and dysfunctional thought patterns, which maintain their preoccupation.



Prevent your feet from cracking

Who doesn't like to have smooth feet?

Cracked feet is kind of turn off isn't it? Walking too long, exposed to hot water, excessive scrubbing and wrong kind of footwear can cause a crack in your feet. We can't always go to get pedicure either. Here we give you some kitchen ingredients that you can use to look after your feet.

Cracked feet are usually due to extreme weather changes, hot showers and dipping feet in hot water for long duration and cold temperatures. Working around the harsh chemicals and a dehydrated body can also be responsible for it.

When it comes to choosing a right footwear, one that covers the foot from behind is an ideal one. This will protect your feet from getting cracked and dry. High heels for a long time is a big no as it increases body weight pressure on the heels. If there is too much pressure on the heels, the skin of the heels stretches and thus, cracks appear. In extreme cases it may even lead to bleeding.

The basic prevention is to drink water to

keep the body hydrated as dry feet are more susceptible to cracks. The other way to keep dryness away is to moisturise feet after taking bath. Vaseline and coconut oil are common ways to do it. Try out a few more home remedies.

As a home remedy you can take the pulp of a banana and apply it on your feet. Leave the pulp for 15 minutes and then rinse off you will see the difference.

Regularly soak your feet in lukewarm water with a few drops of lemon and jojoba oil. Then you can lightly scrub off the dead skin. Lemon is slightly acidic which helps take off the dead skin. Now massage your feet generously with glycerine and wear light socks. Apart from that you can also mix two tablespoons of avocado paste with half a cup of mayonnaise, and two tablespoons of oatmeal. Apply this foot mask for half an hour. Wash it off with cold water and pat dry.

You should also pamper your feet once in a while. If you can afford, visit foot spa at least once in a month as it not only cleanses, relaxes, but also helps in moisturising and healing dry and damaged feet.





Am I a Hindu?



By Radhika-Arti

Born into a Hindu family, one cannot help but be captivated by the glamour of Hindu rituals, endless ceremonies, festivals and epic tales of our gods and goddesses. A culture so colourful and vibrant, that the onlookers feel charmed by the enthusiasm of the devoted "Hindus".

But, if one is to question, "what makes a Hindu", many people claim, 'it is my birth right'. Not taking this form of an answer, I questioned my own stance born into this religion, "what makes this religion my birth right"? I asked.

The quest began on cultivating the principles of this religion. Finding the core fundamentals of why people choose to call themselves Hindu's.

Fantastic news, Hindu religion invites people like me to question all facets of the religion and actually challenge it.

So I was just about to do that. To examine anything in life, one must have a natural sense of curiosity to our surrounding and my guiding paths were my query:

- What makes me a Hindu?
- What are the core foundations or principles of Hinduism?
- Why religiously some Hindu's choose vegetarian diet as oppose to others who do not?
- Why are animals and woman sacrificed in Hindu rituals? (notice that animal and woman used in the same sentence, as much as Hindu goddesses were revered and woman known as an embodiment of Goddess Laxmi, than how this notion of a woman as a dasi [servant] of man arise)?
- What lies beneath the rituals and incantations.
- Does Karma exist and are we here to pay our debts?
- Should I be looking at other religions such as Buddhism that will pave the path to enlightenment?
- and ultimately is there a God?

So the journey begins twelve years ago, I woke up to a loud voice in my head that

clearly said, "from this day forward you will never eat meat again". I remember the voice was so clear that even today it resonates with me.

Coming from a family that lived in a tropical island can truly appreciate their sea food, yum, and here I was, hearing voices in my head one morning to give it all up without reasons which was so damn clear that gave me a headache for a month. We all have inner voices and thoughts, but this was loud and clear. It became hard to explain to anyone what I experienced, without sounding delusional. Intuitions or listening to voice from the inner always has a grey area.

So I kept it all to myself and am able to express today for the first time in this writing. Today, I can say, this was what I believe was a preparation of what is to occur in my life.

At the time, I thought what harm would it do if I just listened. Lets try it.

One month had passed, I was doing ok suprisingly, for some reason the will was so strong and clear, that felt this was the right choice for me.

One year later came the question of my own belief and understanding of my own religion.

The religion that I never cared about to ask questions whether it is mythical or real?

Yeah, I get these are big questions, but in the end I hoped it will define my existence and how I see the world.

There are many Hindu Associations in Melbourne, I started one by one going to various meditation centres and questioning many on why they meditate and what paves the way to Hinduism. After questing for long 5 years, I had not got any closer to any answers.

So I came to the conclusion, I will find the answers I am looking for myself that is by going to a place is that called "the doorstep to Nirvana (Nirvana meaning extinguishing the fire within us) - the Ganges and Sarnath,



The quest began on cultivating the principles of this religion. Finding the core fundamentals of why people choose to call themselves Hindu's.

where Buddha carried out his first sermon, and to Tibet to see Almighty Lord Shiva himself at Mt Kailash at 22,000 feet. This is the ultimate and what better place to get the answers for myself.

I felt mentally stronger than ever, physically ready and spiritually ready to receive my answers and most of all, whose loud and clear voice did I hear? Was it a preparation for what I am about to encounter?

On arrival in the oldest city in the world, Varanasi, I sensed a profound joy in my heart as the plane descended. My heart pounding with excitement upon arrival in Varanasi knowing I was moments away from reaching

the Ganges. For Hindu's, this is a significant holy site, I remember walking down little alleyway, where I met a cow sitting on the floor staring at me, men with hardly any clothes sitting in the corner streets and the beggars reaching out to 5km. I was completely astray of my thoughts by this time, not knowing how to interpret what I was seeing.

Finally, escaping the hustle bustle of the alley life, I came out into this open area and looked out to finally recognise yes I am here. I am standing on the doorstep of Nirvana, the Ganges. It was at 5.30 pm and the Ghat prayer was about to start. It was a spectacle. Luminous lights, chants, ascetics, sants and



sadhus piercing my soul with their looks, the devotion of people captivating my heart and finally the eyes glanced at the never-ending fire of death. A place where the burning of the endless bodies never ceases, in the hope their souls will reach Nirvana, to see them Morcha i.e. freedom from the cycle of death and rebirth.

Sitting in the little yacht with two young boys aged 14- 15 who endlessly encapsulating the tales of Lord Shiva and Parvathi, Hindu epitome of ying and yang energy of our life, the two, the amalgamation of the feminine and masculine forces, the soul story of our two powerful gods left me feeling in a state of bliss. Further, in this glory from my yacht, I can see the priests carrying out the prayer ceremonies as hundreds gathered to pay their homage in honour of their unquestionable faith.

Feeling invigorated, but yet not any closer to my questions, I was to visit Sarnath the next day. If Buddha carried out his first

Sermon, perhaps I can find out the reason why he left the path of Hinduism and created his own path and became a Buddha.

Upon entering the premises, there was a castle like temple with a large golden statue of Buddha inside. Carve painting illustrating Buddha's story depicted on the four walls of the temple. Outside, devotees on the path to enlightenment all dressed in white chanting recitations out the Sutta's where Buddha's truth can be heard. Upon questioning the man who offered to give the tour expressed how Buddha was able to recall this past life as a golden deer. As a deer he taught the dhamma, the dhamma of righteous actions.

"I believe all the moral laws can be summed this way: Compassion to all creatures," the deer said.

"The practice of compassion to all creatures should cause humans to regard all creatures as their own families. If a person regards all creatures as his own family, how can he even think of harming them?



This story signalled that Buddha saw everything as part of him. What is part of oneself cannot think of hurting another. For one to understand there is no better way to say, that one must experience it first. This experience derives from right understanding; that is part of the Buddha's Noble Eightfold Path.

"For this reason, the sages know that the whole of righteousness is contained in compassion. Great king, keep this in mind and practice compassion to your people as if they were your sons and daughters, and your reign will be glorified."

Then the king praised the words of the golden deer, and he and his people took up the practice of compassion to all creatures with their whole hearts. The golden deer disappeared back into the forest, but birds and animals enjoy safety and peace in that kingdom to this day.

This story signalled that Buddha saw

everything as part of him. What is part of oneself cannot think of hurting another. For one to understand there is no better way to say, that one must experience it first. This experience derives from right understanding; that is part of the Buddha's Noble Eightfold Path.

Buddha was to instill the notion of cessation of suffering through examining human frailty i.e. we are born; we get old, suffer and die. Upon finding the extinction of suffering, the wheel of Dhamma begins to turn.....

What does this mean for me?

To be continued...



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NFDC Award-2013, a star studded evening

The biggest Nepali cinema award NFDC-National award was held on 21st of July in Kathmandu. A star studded award ceremony was organized by NFDC (National Film Development Corporation) in association with Gopi Krishna Movies, at Army Officers Club. International artists from India, Russia, and Ukraine also bedazzled the evening where Nepali origin Bollywood Singer Udit Narayan Jha and Deepa Jha stole the lime light. The ceremony was broadcasted live in TV filmy and Radio filmy from 3:30 pm to 9:30 pm Saturday. The six hour proceeding was thoroughly entertaining with the performances from popular actors like Sushil Chettry, Gajit Bista, Garima Panta, Priyanka Karki, Nishma Ghimire, Namrata Sapkota, Ashishma Nakarmi and many more. While most of the presentations were improvised in a monotonous way, Priyanka, Nishma, Gajit, and not forgetting Salsa from Namrata Sapkota were the highlights. Deepak Raj Giri and Deepa Shree also performed a comedy show with the hilarious mockery of Udit Narayan Jha that brought the house down.

Marking the fifty glorious years of Nepali film industry, the award was given in 15 different categories, named after the trailblazers of Nepali film industry. Superstar Rajesh Hamal MCed the first half of the show then Ayush Rijal and Priyanka Karki jointly hosted the show for the second half of the categories and actors Resh Marhatta and Nisha Adhikari took on stage to wrap up the evening.

"Sayaad" awarded the best film of 2069.

Nominated for 8 categories, movie Sayaad swept away seven awards including Best Director, Best Movie, Best Supporting Actor, Maha Critics Award. Despite being nominated in other category, Samyam Puri ended up getting Maha Critics Award which was awarded without any nominations. Best Supporting Actress (Diya Maskey or Reema BK deserved it) and many others were even left out with no nominations.

Apart from the statute, all winners were given a cheque worth Rs 51,000 from NFDC and Best Actor & Actress even got hefty Ten Lakh rupees cheque from a housing sponsor and not forgetting a tab from Samsung.



LIST OF WINNERS

CHETAN BEST SCRIPT: named after script writer Chetan Karki
 >> Suraj Subba Nalbo (Sayaad).

PRADEEP BEST SOUND MIXING: named after pioneer Sound Engineer Pradeep Upadhyaya.

>> Rajkrishna Shrestha / Sunayamana Shrestha (Phool).

KUSUME RUMAL BEST COMMERCIAL FILM: named after the movie Kusume Rumal: First Rajat Jayanti Celebrated Nepali Movie

>> Sayaad. (Sunil Rawal: Producer).

MAHA JURY (CRITICS AWARD): named after Maha jodi (Madan Krishna and Hari Bansa Comedy Duo)

>> Samyam Puri (Sayaad).

PUSKAR BEST JOURNALISM AWARD: named after pioneer Film Journalist Puskar Lal Shrestha- who started film journalism from Kamana Prakashan

>> Bidur Giri.

BHUTANI FIGHT DIRECTOR: named after Late Fight Director Actor Gopal Bhutani

>> Chandra Pant (Hamesha).

MANJU BEST CINEMATOGRAPHER: named after pioneer Cinematographer Manju Kumar Shrestha

>> Sanjay Lama (Sayaad).

UDIT BEST PLAY BACK SINGER AWARD: named after Singer Udit N. Jha
 >> Swaroop Raj Acharya for "Pagal Ma Banna Sakchhu" (Rhythm).

SAMBHUJIT BEST MUSICIAN AWARD: named after Music Director Shambujit Baskota

>> Suresh Adhikari (Maya's Bar).

BASANTA BEST DANCE DIRECTOR: Named after Dance Director Basanta Shrestha

>> Kabiraj Gahatraj (K ma timro sathi banna sakchu).

NIR BEST SUPPORTING ACTOR MALE: named after Actor/Director Nir Shah
 >> Wilson Bikram Rai (Sayaad).

BASUNDHARA BEST SUPPORTING ACTOR FEMALE: named after Comedy Actress Basundhara Bhusal

>> Karishma Manandhar (Maya's Bar).

SHIVA BEST ACTOR: named after First Actor of Nepal Shiva Shankar and the popular Actor Shiva Shrestha

>> Jiwan Luitel (Malati ko Bhatti).

BHUWAN BEST ACTRESS: named after Bhuwan chand (First Nepali Actress: Aama), and Bhuwan KC

>> Nita Dhungana (Notebook).

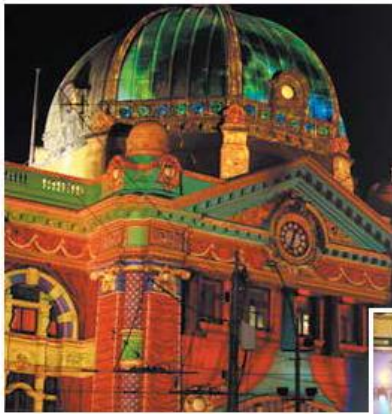
HIRA BEST MOVIE: named after Late Hira Singh khatri (First film Director of Nepal: Aama)

>> Sayaad. (Durgish Films).

PRAKASH BEST DIRECTOR: named after Prakash Thapa (Late film director).

>> Suraj Subba Nalbo (Sayaad)





White Night to return in Melbourne next year



Minister for Tourism and Major Events Louise Asher announced last week that White Night Melbourne, Victoria's and indeed Australia's, most exciting new major event will return in 2014 on Saturday 22 February. Ms Asher said the Victorian Coalition Government is delighted to once again support White Night Melbourne, an initiative of the Coalition Government, which took place earlier this year to popular and critical acclaim.

"With more than 300,000 people attending in the first year, White Night Melbourne is testament to this city's ability to create and deliver memorable major events," Ms Asher said. "In 2014, from dusk to dawn, White Night Melbourne will again see our major cultural institutions including the National Gallery of Victoria, Australian Centre for the Moving Image, State Library of Victoria, Arts Centre Melbourne and Melbourne Museum

open their doors all night with a range of innovative Programs and activities," Ms Asher said.

Announcing that the call for expressions of interest from performers, artists, businesses and organisations will occur in mid-August, Ms Asher encouraged artists and organisations to get involved.

"White Night Melbourne is truly a reflection of the best of Melbourne's creative pursuits, so if you are an artist or business interested in participating in 2014, or simply have a great idea, I encourage you to make a submission and get involved," Ms Asher said.

Minister for the Arts Heidi Victoria, encouraged the state's artistic community

“White Night Melbourne is truly a reflection of the best of Melbourne's creative pursuits, so if you are an artist or business interested in participating in 2014, or simply have a great idea, I encourage you to make a submission and get involved.”

and Victorians to support the event which has been awarded with a prestigious national accolade.

"White Night Melbourne will be recognised this evening at the Sydney Opera House, with the Award for Best Special Event of 2013 at the Helpmann Awards," Ms Victoria said. Andrew Walsh AM, White Night Melbourne's Creative Director was thrilled at the announcement.

"It is very exciting to have White Night Melbourne acknowledged in such a way in its first year. It was a joy to bring together such an eclectic program for the 2013 event. It was even more touching to see how Melburnians and visitors embraced it," Mr Walsh said. Artists, performers and organisations can register their interest to participate in White Night Melbourne from mid-August at www.whitenightmelbourne.com.au.

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Melbourne International Film Festival began



Melbourne International Film Festival has been slated from 25 July to 11 August. The annual festival will feature various films under different categories. It includes the films produced in various countries. According to organizers, thousands of spectators will be expected to visit the festival. The festival will help know the various aspects of the films produced around the world.

Established in 1952, the Melbourne International Film Festival (MIFF) is one of the oldest film festivals in the world and the most significant screen event in Australia. An iconic Melbourne event, the festival takes place annually in the heart of the city, presenting an acclaimed screening program alongside industry and celebratory events.

MIFF showcases the best in current cinema from around the world as well as retrospectives, tributes and discussion programs. Since its inception, MIFF has also been committed to local film: it is Australia's largest showcase of new Australian cinema and is the country's most vocal champion of emerging and established local filmmaking talent. The festival also hosts many celebratory world premieres of local films.



FIVE FILMS TO WATCH ON MIFF 2013

1. A Touch Of Sin
2. Mistaken For Strangers
3. The Act Of Killing
4. Bastards
5. Persons Of Interest

Experience Gorkha!

Courtesy by Budhha Travels

The Himalayan nation of Nepal is known for its tourist attraction. Mostly known for mountain climbing and trekking, the country offers many other unforgettable experiences. Many exciting tourist destinations in Nepal have been explored over the years, yet many are waiting to be discovered.

One such place is "Gorkha". Located approximately 145 Km west of Kathmandu, the capital city is the district of Gorkha where the vision of unification of today's modern Nepal was first harvested. Facing Mt. Manaslu, a Himalayan mountainous range in the north and nestled in the lush green hills, Gorkha is a four hour scenic drive from the capital, Kathmandu.

The place offers sheer relaxation away from hustle and bustle of city life. With a unique opportunity to visit the Gorkha Palace, the birthplace of unified Nepal's first king and Gorkha Museum with its historic remains, the town awaits the many who desire to trace the history of modern Nepal. For those who love the challenges of the outdoors, a trek to rural areas under the shades of Mt. Manaslu or the famed Manakamana Temple, perched on a hill top can be an unforgettable experience.

Manaslu meaning "Mountain of the Spirit" at 8,156 metres (26,759 ft) above sea level is the eighth highest mountain in the world. Manakamana, one of the highly worshipped and oldest temples of Nepal, venerated since the 17th century houses a goddess believed to grant the wishes of all those who make a pilgrimage to her shrine.

Adjacent to famous tourist destinations like Lamjung and Manang, Gorkha is a new destination for all those who seek to experience the simple bliss of relaxing in the natural village setting of Nepal and exploring the outdoors.

Enjoy the experience of discovering Gorkha, a small town which is Nepali in every essence while situating in a refreshing and beautiful landscape of Nepal.



An initiative of Immigration Museum



Seeking Refuge in Nhill

Event Type: Temporary Exhibition
Daily, Until 12 Jan 2014
10:00 AM - 5:00 PM

A photographic exhibition exploring the struggles and achievements of the Karen community in Nhill.

Nhill is a small agricultural town in the semi-arid Wimmera region of central Victoria. It is a long way from the tropical Thai-Burma border where more than 140,000 refugees, many of them minority Karen people, live in UNHCR administered camps. Over the last four years a community of Karen refugees have settled in the township of Nhill, finding a welcoming home and new friends.

There are now around 120 Karen people living in Nhill. In recognition of the

change in the community, local council staff interviewed Karen community members and the Wimmera Development Association engaged photographer Melissa Powell to document the new lives of Karen refugees and the relationships that have been formed with the established residents.

Seeking Refuge in Nhill explores the journey, settlement, struggles and achievements of the Karen Community in Nhill.

Produced and presented in partnership with the Victorian Multicultural Commission, Wimmera Development Association, Hindmarsh Shire Council, Melissa Powell Photography and Immigration Museum.



Identity: yours, mine, ours

Event Type: Permanent Exhibition
Daily, Now Showing
10:00 AM - 5:00 PM

An exhibition about identity – who we are and who others think we are.

What does it mean to belong and not belong in Australia?

The exhibition explores how our cultural heritage, languages, beliefs, and family connections influence our self-perceptions and our perceptions of other people – perceptions that can lead to discovery, confusion, prejudice and understanding.

Engaging personal stories, intriguing objects, compelling images and interactive multimedia experiences invite visitors to find connections with others, as well as challenge the assumptions we make about each other every day.

Visitors are encouraged to share their stories, affirm their identities and celebrate diversity in our community.

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An International Collaboration Framework for Open University of Nepal Initiative

NRNA SKI TF Members and Open University Nepal Proponents



Dr Pramod Dhakal



Dr Ambika P. Adhikari



Dr Drona Rasali



Dr Raju Adhikari



Introduction:

An Open University of the 21st Century and beyond is bound to be a technology-based university. The omnipresent information and communication technology (ICT) environment has become the backbone of the "anyone, anytime, anywhere, and any-pace learning" mission taken up by open universities across the world. Successful penetration of ICT in open education was the main reason why the enrolment in open universities grew exponentially after the 1990s. Today, globally, open universities claim to be the largest or among the largest universities in the world by active student enrolments [1, 2, 3]. There are four million enrolments in Indira Gandhi National Open University of India, three million in Open University of China, two million each in Anadolu University of Turkey and Allama Iqbal Open University of Pakistan, three-quarter million each in open universities of Indonesia and Bangladesh, and a quarter million each in open universities of United Kingdom and South Africa. Nearly one quarter of active students in India, China, Pakistan and Bangladesh are studying in Open Universities. Thus the Open University movement has established itself as an unstoppable and growing force in the institutionally administered education. Open universities are taking maximum advantage of the Internet, computers, and information technologies, which are being adopted by more and more people throughout the world.

When the need for an open university was identified by the educationists and policy makers of Nepal in the 1970s, only the privileged households had access to landline-telephone, and televisions were even scarcer. Only postal service and radio had penetrated into the villages. Delivery of printed reference materials from postal system and supplemental teaching through radio were the only ways available for distance education. Perhaps no one, including the policy makers, foresaw the future growth of technology to recognize an open university as a ground-breaking opportunity to educate the masses. Perhaps that was the reason why the proposed Open University could not be established despite policy acceptance by the government as early as the 1980s. Many subsequent attempts made to establish the Open University of Nepal could not succeed.

By 2008, when a group of Diaspora Nepalis scholars started promoted the value of an open university in Nepal through Canada Foundation for Nepal (CFFN) and Non-Resident Nepali Association (NRNA) forums starting 2008, mobile phones had already begun to penetrate in Nepal's villages. Some people intimately familiar with Nepalis telecommunication industry then predicted that it will be possible to gain Internet access from nearly all villages of Nepal by 2020. The only uncertainty was about the time when that Internet access would be affordable to all. This question remains unanswered even today.

Before promulgating the needed law to establish Open University, the Government of Nepal established the Open University Infrastructure Development Board Nepal (OUNIDB) in May 2012 as an agency to continue the mission to establish the OUN. When all members, except one, of the previous steering committee were excluded from the new OUNIDB Board, and all the steering committee secretariat staffs (who were serving voluntarily without any remuneration for up to one and a half years) were excluded from the new Board's staff, the established collaborative culture was seriously undermined. Unfortunately, all collaborators who were helping the Open University mission

from abroad stopped getting invited in the Board organized programs.



When, in 2010, agreements for collaboration about the Open University of Nepal initiative were signed between NRNA, CFFN and Athabasca University, and between NRNA and Ministry of Education Nepal, the vision was to embrace the digital future when establishing the proposed Open University in Nepal. The proposed concepts [4] and strategies [5] clearly indicated the prospects of the establishment of an open university in Nepal with technologically empowered learning environment.

International relations were expanded with agreements towards collaboration in technology, pedagogy, and institutional practices. Renowned scholars from international universities were invited in all programs organized in the Diaspora Nepalis forums. The Open University of Nepal Initiative Steering Committee (OUNI-SC) formed in 2010 kept alive the collaboration of friendly vision and mission.

As it became imminent that the Legislative Parliament of Nepal would be dissolved

from abroad stopped getting invited in the Board organized programs.

Yet, it is imperative that in a country like Nepal, which is not yet known for its ICT prowess, the Board can only be a consumer of technology and technological products. Therefore, building any futuristic institution of a technological age without collaboration is difficult to imagine. However, the likelihood of the success of Open University of Nepal mission is still high if international collaboration is galvanized with the domestic initiatives. Such collaborations could take place in the areas of tools, technologies, technological knowledge, and technologically-empowered pedagogical and institutional practices.

Opportunities for Collaboration:

There are three major fronts for international collaboration. The first is to transfer and translate the skills, knowledge, and innovation of Diaspora Nepalis residing around

the world for the benefit of the OUN, the second is to learn from the successes, failures, and experiences of the leading international innovators in open and distance education movement, and the third is to draw financial and logistical help from international development partners for the initial development of the open university in Nepal.

The Diaspora group is keen to give back to Nepal if there were credible and institutional instruments to channel their skills, knowledge, innovations, and material resources. This population includes a high percentage of highly skilled professionals, researchers and academicians. A separate article is devoted to write about why and how they are useful to Nepal [6]. Here we state that they can help identify and develop programs that have unique value to Nepal. They can become teachers, students, and facilitators for the proposed Open University. They can help translate knowledge and transfer skills, including in emerging frontiers, for example: molecular-engineering, nanotechnology, collaborative research and

Open Educational Resources. They can establish connections with international scholars, inspire collaboration in problem solving, and in advancing research. They can analyze and synthesize data collected on Nepalis society, natural environment, resources and economy, and publish and share their findings. Many large or complex problems of Nepal could be broken down into a number of small tasks and presented to appropriate Diaspora groups to find solutions. "For example, instead of asking the Diaspora to write about the flora and fauna of Nepal, it is possible to select one hundred most common trees, shrubs, grasses, insects, animals and so on, post pictures and videos with empty Wiki-like blank pages, with a challenge to the Diaspora and international scholars to write about them" [7]. Similarly, a book can be broken into chapters, a technological problem into component parts, a curriculum into subjects, and a subject into learning modules. In a short span of time, a large amount of knowledge base could be built in that manner, transparently and ethically, without a need for the Diaspora Nepalis to physically return to Nepal, until they are ready and willing to do so.

to be continued in next issue...



SNEHA's GRAFFITI FOR A SOCIAL CHANGE



until recently, in Boston, where she created unique art pieces that meshed the Nepali alphabet and Boston Street art. She was introduced to this art form by a friend and mentor Pro Blak, an established graffiti artist in Boston. She got hooked onto graffiti and street art when she was working in Boston as a mentoring artist in painting. But art has always been important to this individual who has recently come back home and shared with Kathmandu city some of her artistic identity. Amongst all the artwork that she's already made in the streets, nooks and crannies of Kathmandu,

later she had published three bilingual books through the project, and set up her t-shirt line, MO:MO: NATION, both of which contribute to keeping the library sustainable.

Now, she's secured a World Learning fellowship to kick-start the first Children's Art Museum in Nepal (NCAM).

In an unprecedented example, NCAM will be an institutional and cultural force in influencing creativity amidst the country's instability. In educating children in art, it will create a platform for expression, for understanding culture. Sneha hopes it will create art



exhibitions. This multidimensional project encourages children's appreciation of their culture and promotes self-expression through hands-on art experience by allowing them to express themselves and reflect on their culture

Nepali Graffiti artist **SNEHA SHRESTHA** comes as a breath of fresh air to let Nepalese know just how much can be done through this creative art. This distinctly unique western iconography can now be seen in Kathmandu, obviously with some Nepali twists, thanks to Boston-returned Sneha. Her style is a unique blend of Nepali alphabets which are influenced by Turkish calligraphy. She coins this as "NepaliGraffiti" that she uses to contribute to the graffiti art form.

An illicit spraying of paint on the wall is how we understand Graffiti. Its origin dates back to Ancient Egypt and Greek civilisation. Over the years Graffiti has evolved in so many different dynamic not only in terms of the materials used but also in expressing underlying social and political messages. In modern times, Graffiti has grown alongside hip hop and gang culture. Many countries have even termed marking or painting property without the consent as vandalism, categorizing that as a punishable crime. But there are equally huge mass that appreciates this as a freedom of expression. All said, however, the visual impact of graffiti is undeniable and Nepali Graffiti artist Sneha Shrestha comes as a breath of fresh air to let Nepalese know just how much can be done through this creative art. This distinctly unique western iconography can now be seen in Kathmandu, obviously with some Nepali twists, thanks to Boston-returned Sneha. Her style is a unique blend of Nepali alphabets which are influenced by Turkish calligraphy. She coins this as "NepaliGraffiti" that she uses to contribute to the graffiti art form.

Sneha Shrestha is a Nepali artist based,

two of her graffiti pieces can be spotted giving life to the Baluwatar area. She's also painted hope with her graffiti in the burnt front face of the Pilgrim's Book House in Thamel that caught fire a few months ago.

She has had several exhibitions and commissioned works in Boston and Kathmandu. She is an award-winning children's book writer and illustrator. Sneha holds bachelors' degrees in globalization studies and studio art from Gettysburg College.

Sneha is committed to using art as a vehicle for positive social change, which led her to work as a mentoring artist in painting and an education coordinator at Artists for Humanity in Boston, helping inner city youth for almost three years. Her passion for the arts, mixed with her concern for global issues, shapes Sneha's work and her art. Sneha is doing her bit to create this opportunity for others, too. Art may not translate into direct social change, but it certainly drive and indicate it. In 2009, Sneha won the \$10,000 Davis Peace Prize which she used to improve a local school library, holding art workshops there. Two years

jobs in the future.

The museum will open in three months to host workshops, mini-theatres and drop-in art-making sessions. One of the two rooms in the facility is appropriately named 'Imagination Room.'

After living and learning in the United States, Geneva, and Bali for the past seven years, Sneha has recently moved back to her hometown in Kathmandu to establish Nepal's first Children's Art Museum, Kathmandu Children's Art Museum (KCAM)

where she aim to provide a creative space for art and culture among youth of Kathmandu, Nepal.

Since political instability, a low literacy rate, lack of access, and outdated views conspire to keep Nepali children from the joy of art. In conjunction with a public and private school, several community organizations and local artists, KCAM will be the first sustainable art space for Nepali children and youth. It will facilitate two, six-weekend art workshops on Nepali culture for children and local artists, resulting in production of the first two

amidst the instability in Nepal.

Sneha's dream is the one which she shares for the development of art and education in Nepal. The grand vision for NCAM is to establish itself as a resource for art and education in the country. Sneha's enthusiasm, creativity and passion for art and education create a whole new vista for art and education in Nepal. But this is just the beginning of a world of art and imagination that Sneha carries with her in her heart for Nepal.



Children Education in the realm of poverty

By Santosh KC

Socio-economic differences affect children's learning through a range of factors and those influences are felt inside school, interacting with children's attitude towards education but some occur outside school, but are nevertheless important for learning and development.

The lack of necessary resources to survive at an acceptable living standard is poverty and is a critical factor affecting every parts of life. In the realm of education, poverty is more than the just a lack of physical and financial resources. Poverty affects a person and their family at such a deep psychological level that it may destroy the sense of purpose and desire to accomplish future goals because they seem beyond reach.

In Nepal's case, children raised in poverty are often forced to seek some form of employment as soon as they are of a reasonable age to get a job. That is necessary for earning something to meet the household budget demands. This cuts short the minimal educational experiences needed to function in a society that places high value on advanced education and a significant level of technical skill sets.

Poverty is a vicious circle from which it can be difficult to break free. Once a child has left the school system to enter the work force, it is less likely that they will return to any meaningful educational experiences again.

Childhood poverty is perhaps one of the most decisive factors in a student's success or failure in the educational system. Its impact can be felt from the moment the child enters school, and continues to have repercussions throughout the child's entire educational career. Poverty largely affects the child's ability to focus and learn, the priority the student places on completing school work, and the importance the student places on

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success. It also affects the students' ability to prioritize and complete homework. There is what is termed "culture of poverty" which is most often seen in the families where poverty is generational. The impact of poor nutrition on child's health is also seen in his/her education.

In a perfect world, all children would be provided with free education. Various programs were launched in some rural areas to attract children to school, but they were largely not successful. The parent's lack of awareness regarding the importance of education results in not sending their children to school. Those who are interested in going to school also miss it out due to lack of supplies, clothing, and items for personal care etc. So poverty continues for them.

Poverty is something which no one likes yet there are people who are born poor and they cannot climb up the economic ladder so they remain poor.

In summary, I believe the impact of poverty on education and every other facet of life is far-reaching and devastating. I also believe that these needs should be given top priority in our government's spending decisions.



Ex-PM Julia Gillard to write a book

Ex- Prime Minister, Julia Gillard, has reportedly signed a deal with Penguin Australia for a tell-all book.

Gillard, who lost the Labor leadership to Kevin Rudd last month, is set to reveal all about herself in her memoirs, ABC News reported.

Gillard, who is apparently preparing to use her retirement from politics to write a book, has told closed friends that her book will not be a Latham Diaries-type book that dishes the dirt on her removal as Prime Minister.

Despite her removal from office, the former PM wants to set the record straight and discuss the policy achievements of her government.

Fifty-one-year-old Ms Gillard became the first female prime minister of Australia when she replaced Kevin Rudd in 2010 after a party coup.

The former prime minister appeared on the cover of a women's magazine on June 25. Her photo on the cover of the Australian Women's Weekly showed her knitting with her beloved dog, Reuben. In the video interview with Australian Women's Weekly, she revealed she enjoys knitting small projects for children. She found it easier to fit knitting as a hobby despite the demands of running the government.

From knitting to writing a book, Ms Gillard has a lot of time on her hands now that she's no longer prime minister.

Book Review

KALI

Author : VIVIANNE KONDOS

Category : Anthropology

The central theme of the book revolves around Kali, time and metaphysics. This theme is pursued in two ways. The first is with four short pieces which focus on aesthetic issues at the centre of which is Kali. The second consists of four previously published ethnographically based papers but which have been subjected to extensive revision so as to fit into the central theme.

Kondos's key contention in dealing with various issues concerning Kali is that western theory, models and ways of thinking are inadequate for an understanding of this complex figure and her attributes. Rather, Kondos argues that for a fuller and more appropriate way of understanding and appreciating this intriguing deity is through Hindu theory, Hindu metaphysics and the Hindu processual approach to the world.

The Author

Vivienne Kondos is currently an Honorary Research Associate at the University of Sydney. She obtained her doctorate at this university where she taught in the Department of Anthropology. Dr. Kondos has written numerous papers on Nepalese politics, culture and society based on extensive and on-going field work with Parbatya and Newar peoples in Kathmandu. She has edited a significant collection on The Politics of Ritual. Her book On the Ethos of Hindu Women: Issues, Taboos and forms of Expression was published in 2004 by Mandala Book Point.



Mr Right Guy?

Generally a woman knows he is the right one when they find a man who is willing to compromise, listens to your concerns and feelings, notices when something is wrong and asks you about it, values your opinion, appreciates you and is genuinely happy for you when you succeed.

May be a bit clichéd but many of us still believe Marriages are made in heaven. Many a times, we got no choice but to leave it to destiny. But if you are seeing someone and thinking about getting married, there are no rules against asking yourself a few cautionary questions before you say yes to this lifelong commitment.

Generally a woman knows he is the right one when they find a man who is willing to compromise, listens to your concerns and feelings, notices when something is wrong and asks you about it, values your opinion, appreciates you and is genuinely happy for you when you succeed. On top of that if he happens to be a rich, successful and also good looking than obviously no second thoughts. But when do you start doubting that may be this guy is not the one that you looking for. Here are some signs:

Is he too clingy — if he is, then you need to think?

No matter how lovey-dovey it seems in the beginning, when the reality hits, everything starts to get on your nerves. Especially when you come home tired after a day's work, everyone needs their own space to relax and just breathe. Make sure you talk to him and put it across that you need that one hour of alone time, no matter what.

"Like my mom" if he uses this you are in trouble.

Most men like to see a reflection of their mother in their women. So his constant references to his mother's culinary skills when you've cooked him a special dish are signs you ought not to neglect. Shopping habit, laundry routine, housekeeping and what not? He will keep comparing you with his mom. If that's the

case, let him know that you appreciate his love for his mother, and that you'd be glad if your children loved you the same way, but at the same time the added pressure of the comparison makes you feel less of yourself. So you need to talk about it right now. If he doesn't get it, hmmm you need to think.

Does he share the meal but not the cooking?

In an essentially patriarchal society, men are the principal bread earner of the family while women take care of the chores at home. Fair enough. But today it's a vague concept. If women are going out to work, it's crucial that the men should help around in the house too. Talk to him and figure out a system to share the house work, if you've done the cooking, make sure he does the dishes and vice versa.

Is he the indecisive kind ?

From seemingly small things like choosing from the menu in a restaurant, choosing a DVD to which shirt to wear for work, men often agonise over making decisions. If you have to decide for him at every point, it's high time you sit and discuss things with a calm head. Its one thing to take your opinion, but to rely on your decision is another. You need to make sure he is not on the wrong end of the spectrum.

Often the tiniest of discomforts lead to the biggest discrepancies. The simplest and most effective solution is to sit and talk, discuss each other's points of view, and decide a common ground that's comfortable for both. There is nothing a heartfelt talk can't sort out. If it doesn't work out now trust me it won't later. So make sure he is the one before you get into the marriage institution.



● Togetherness



Nepalese Voice congratulates Yeti FC's striker Mr Arjun Rizal for entering new conjugal life.

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● 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

Liverpool - Melbourne Victory face off at MCG

English Premier League giant Liverpool Football Club wrote a history last week by visiting Australia for the first time as part of their 2013 pre-season tour. The Reds took on Melbourne Victory, one of the most successful clubs in the A-League, at the iconic MCG winning with the idealist score line of 2-0. The popular English team was consisted of full squad including the likes of Steven Gerrard, Luis Suárez, Jamie Carragher, Philippe Coutinho and the Aussie, Brad Jones.

The win over Melbourne Victory at a packed MCG on Wednesday night gave every-one - even the losing team, some kind of feel- good factor to take away. Once the spine-tingling sound of 95,446 singing You'll Never Walk Alone - the club's long-time pre-match anthem - faded, the pre-season friendly proved just as memorable.

The wonderful Steven Gerrard, cheered at every corner of the packed MCG, scored a superb first-half goal to delight the Liverpool fans. Melbourne Victory also forced Liverpool's Australian goalkeeper Brad Jones into quality saves in each half.

Uruguayan striker Luis Suarez, played the final 18 minutes to rousing cheers to suggest Liverpool aren't seriously entertain-



ing Arsenal's overtures to buy him. And an under-strength Victory also held up the A-League's end of the bargain, playing decent possession football and testing Liverpool at times, especially in the first half-hour. But it was Gerrard who unlocked a seemingly watertight Victory in the 32nd minute.

The Victory produced a much stiffer, more composed performance than the A-League All-Stars thrown together and battered by Manchester United in Sydney a

few days earlier. Gerrard made way on the hour, and then Suarez made his way on to the ground among wholesale substitutions in the 72nd minute.

After this historic match at MCG, plans are already being made to bring European giant Liverpool to Victoria on a regular basis and similarly for Melbourne Victory to tour Europe as the club is lining up what would be an historic trip to England to play the Reds at Anfield.

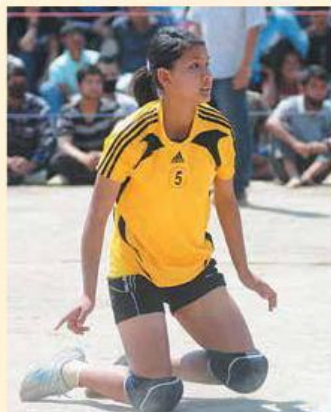
2012- Nepalese Olympians felicitated



Nepal Olympic Committee (NOC) handed over cash rewards to all five 2012 London Olympic Games participants. Sprinters Tilak Ram Tharu and Pramila Rijal, swimmers Shreya Dhital and Prasiddha Jung Shah, and shooter Sneha Rajya Laxmi Rana represented Nepal in the London Games. NOC feted the players with \$1,000 each.

NOC President Dhruva Bahadur Pradhan, General Secretary Jeevan Ram Shrestha among other members handed over the cash to the players. Pradhan hoped that the felicitation would help uplift the morale of the players. Pramila and Shreya was absent on the occasion.

"Nepal Olympic Committee does not get any fund for such purpose but since we have been honouring the Olympians since 2004 Athens Games, we are giving continuity to it," said Pradhan. "We have been managing the fund for this purpose by adjusting from funds allotted for other programmes," he said.



Sipora Gurung as Volleyball Player



Sipora Gurung as Model

Oli & Associates Sipora Volleyball tournament held in Sydney

A volleyball tournament was organised in Marrickville, NSW 2204 last week as a tribute to Sipora Gurung, a Nepali national woman athlete and Miss Nepal 2013 Top 5 Finalist, actress, dancer and model.

Born and raised in Pokhara, Sipora had got recognition as the youngest best volleyball player of Nepal when she was 16. At the age of 12, she became the youngest player in 10th South Asian Games held in Sri Lanka. Unfortunately, she sustained a knee injury during a volleyball match at age 18 and had since been out of court. Nepalese owned business Oli and Associates had sponsored

this tournament in collaboration with community organisations such as Tamu Samaj Sydney, Myagdi Sewa Samiti, Nepalese Recreational Club, Baglung Australian Community, Pokhara Samaj, Magar Samaj, Chhantyal Pariwar, Thakali Sewa Samiti.

Seven teams that participated in the competition were Chhantyal Pariwar, Tamu Samaj, Pokhara samaj, Myagdi Sewa Samiti, Baglung Australian Community, Thakali Samaj, Magar Samaj. A special match between the girls' team (Myagdi vs NRC) and a veteran team (Myagdi vs NRC) was also held.

Ashes challenge for Australia

England completed a crushing 347-run victory over Australia with a day to spare in the second Ashes test to take a 2-0 lead in the five-match series. Set 583 runs to level the series, Australia succumbed for 235 in their second innings with four balls remaining on the fourth day.

This is Australia's sixth consecutive Test defeat, coming on the back of a 4-0 series loss in India -- their worst performance in 29 years, and just one loss away from the record of seven straight reverses from 1884-87.

Australian cricket is in the pits, amidst accusatory finger-pointing, and as England savour a golden era, the once pre-eminent Aussies wallow in a black hole of their own making.

Blame for Australia's demise has been dumped not only on the current players but also on Cricket Australia (CA) for its focus on the Twenty20 Big Bash League, which has



"Ashes Cricket 2013" game released on 21st June for Xbox 360, PS3, Wii U and PC, which is just in time for the Ashes Series itself.

taken scheduling precedence over the traditional four-day Sheffield Shield, the nursery of future Test stars.

Next test is scheduled to begin on August 1st in Old Trafford Manchester. If Australia is to win the series they have to be victorious in all the remaining three matches.

Yeti FC starts to groom its future in Mihir

Yeti Football Club has announced that Mihir Pradhan will be the youngest player to join the club as a striker. Coach Prabesh KC has confirmed that Pradhan, 14, has joined Yeti FC senior team to play in Premier League 2013. But he will undergo a few training sessions before hitting the ground. He became the youngest debutant in Yeti FC's history when he took on Maribyrnong United Last Sunday, 28 July 2013 in a match that happened in IW Dole Reserve, Reservoir.

Inspired by his own dad and a footballer Christiano Ronaldo, Mihir started playing when he was just seven years of age. Before joining Yeti, Mihir had joined few football teams but had left because of conflict of interest. "Yeti has put together a really good team and I am very happy to be a part of it" says youngster.

Mihir Pradhan's dream is to become a professional soccer player and hopefully play for Barcelona one day.



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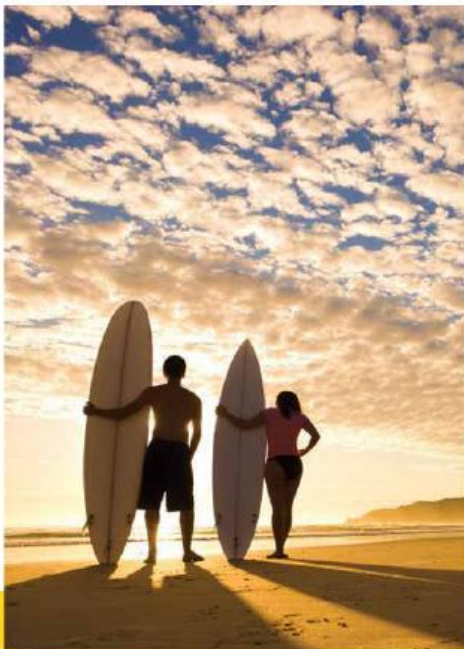
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