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a new term

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Editorial

Festive fervour – better together

Janai Purnima and Rakhi just bid adieu, preparation for Teej festival is in full swing signalling the advent of monsoon (in Nepal) and the season of Hindu's biggest festivals like Dashain and Tihar in the offing. Religiously inspired festivals lined up with stirring positive social connotations. Teej symbolizes the purification of mind and soul as well as marital bliss, Dashain marks the victory of good over evil, Tihar reveres for animals and not just humans and Gods, so has the significance of each and every festival in our calendar.

Festivals are not merely the annual spectacles but also a major part of our cultural heritage and our social structure, effectively binding us together. In this ever-changing world, filled with so much uncertainty-money, lifestyle and politics always deluding our self-knowing - it's these traditions that ground us and keep us connected to where we came from, who we are.

This is again the time for families, friends and communities to gather and enjoy



Ramjee Poudel
Executive Editor

each other's company. It's a time for children's eyes to alight with wonder and magic. It's a time for parties, with much laughter and fellowship. Celebrations, both religious and secular. It's also a time of the year when many of us connect with our roots even if that meant travelling to visit far-flung family members not seen often enough.

Australian- Nepalese community, one big family, have always attributed to successful and enjoyable celebrations when it comes to annual festivities. All reservations and enmity being forgotten, all differences put aside, we have embraced one another with love and respect. Let's keep that going. The festive fervour will definitely be better together.

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Find your match on MATRIMONY section

Nepali attraction in NSW ART GALLERY

| | |
|-----------------|---|
| Title | : Padmapani |
| Other titles | : The Luminous Lord of Infinite Compassion Bodhisattava Avalokitesvara |
| Place of origin | : Nepal |
| Year | : circa 13th century |
| Media category | : Sculpture |
| Materials used | : Gilt copper, lapis lazuli, gems and stones |
| Dimensions | : 91.4cm |
| Description | : |

This softly glowing, elegant and resplendent figure, radiating serene compassion, is an exceptional image of Avalokiteshvara, the most revered bodhisattva in the Buddhist pantheon. Bodhisattvas are those who, due to their great compassion, forgo their own nirvana to lead others there. Avalokiteshvara is the Sanskrit name for this most popular bodhisattva who is identified by many names and manifested in numerous forms. Other titles bestowed on him include the Luminous Lord of Infinite Compassion, the Bodhisattva of Mercy, Padmapani (Lotus-bearer), and Lokeshvara (Lord of the World). In today's world the Dalai Lama is viewed as a manifestation of Avalokiteshvara.



READERS' TESTIMONIAL

"I received your last edition. It was a fantastic read. Very informative and quite a good mix of contents. Just a little suggestion that you should cover the activities from other community as well as ours. Overall I would not mind paying for this magazine to come to my house every month."
- KC (Thomstown)

"I found Nepalese Voice to be an excellent medium to keep community together. Contents are fantastic. Team is doing a fantastic job!"
- Reetu (Brunswick)

"I was quite surprised with the quality of Nepalese Voice. The article 'Am I a Hindu?' was worthy of my weekend. I would like to send some of my writings too."
- Aasish (Fawkner)

"I was very happy to receive your third issue. I read each and every article from it. I can't believe our Nepalese community newspaper has raised its standard so high. Only thing is that I would have like to read more community news. I wish Nepalese Voice team all the best."
- Megh (Braybrook)

Humour



Honey, when are you going to buy me a new saree for NAV TEEJ MELA?

You know babe, Audrey Hepburn once said "The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul. It's the caring that she lovingly gives, the passion that she shows & the beauty of a woman only grows with passing years."

Why don't you just say you don't want to buy me one?



Federal Election

and Nepalese Interests



By: Rishi Acharya



Despite Rudd's reputation as a leader that lacks party's confidence and someone who is pompous and dismissive, big part of Australian population still prefer Rudd as the Prime Minister but the political balance is clearly swinging toward the Liberal Coalition. Rudd's diplomacy, his experience to handle complex foreign policy issues, his image as a good public speaker is floundering against Liberal's strong policies. Till now, Rudd's popularity especially amongst migrant communities as a leader with soft approach on immigrants has been battered by his new "Papua New Guinea solution" of asylums seeker's issue. His new policy was highly criticized as being nothing but Australia's high handed and arrogant attitude to Pacific Island countries. Many termed that was far from the long term solution for asylum seekers issue.

If the current polling results are anything to go by, Opposition Leader Tony Abbott will be Australia's next Prime Minister steering Liberal-Coalition government in just over a week's time. However, the swing votes in more than a dozen electorates will influence the final outcome. Specially, the immigrant dominated electorates from western Sydney will decide the fate for both parties. The latest polls suggest liberal is running with possible 75 seats, labour 72 and Independent and Green with 3. This indicates no party will have required seats to form an outright majority government as 76 seats are required to be won in the house of representative of 150 seats.

In previous election the incumbent labor Party had 71, Liberal-National Coalition 72, Green 1 and Independent/Crossbenchers 6. Two main parties short of clear majority, crossbenchers held the balance of power in the "Hung-Parliament". With the support of Green and an Independent MP, labor had formed a minority government of 74-76 against Liberal-Coalition. But In November 2011, Coalition MP and Deputy Speaker Peter Slipper replaced labor MP Harry Jenkins as Speaker of the House of Representatives, increasing labor's parliamentary majority from 75-74 to 76-73.

Essentially, similar kind of horse-trading is going to have to be the case this election as well. Both labor and the Coalition will have to attempt to gain control over "Marginal Seats" to provide them with the support needed to get the required 76 votes on the floor of Parliament.

After reclaiming labor leadership three months ago over Julia Gillard, Kevin Rudd's campaign to the top job has not been easy, as his opposition has strongly embattled him. Rudd's return to the prime ministership also involves reconstructing both himself and the government with his colleagues and the public. To regain his popularity, Rudd reconsidered holding an election on Yom Kippur, Jewish festival, announcing Australia would go to the polls a week earlier on September 7, a move that has been met with

praise by Jewish politicians on both sides of the divide. Back in February, former PM Julia Gillard scheduled the federal election for September 14, the same day as Yom Kippur, posing problems for Jewish MPs and political activists and causing an uproar among some members of the community who deemed the date insensitive.

Despite Rudd's reputation as a leader that lacks party's confidence and someone

by his new "Papua New Guinea solution" of asylums seeker's issue. His new policy was highly criticized as being nothing but Australia's high handed and arrogant attitude to Pacific Island countries. Many termed that was far from the long term solution for asylum seekers issue.

The asylum seeker boat and the migrant issues have been the focal point of policy for both parties.



who is pompous and dismissive, big part of Australian population still prefer Rudd as the Prime Minister but the political balance is clearly swinging toward the Liberal Coalition. Rudd's diplomacy, his experience to handle complex foreign policy issues, his image as a good public speaker is floundering against Liberal's strong policies. Till now, Rudd's popularity especially amongst migrant communities as a leader with soft approach on immigrants has been battered

In the history of eighteen budgets under the labor government it has only produced three surpluses. Even though labor has the credit for transitioning Australia through the global financial crisis and through to the other side more successfully than any other advanced major economy, the constant running deficit in budget has not helped them amongst voters. Since 1990, labour has had 12 budgets all with deficits, adding up to just shy of \$300 billion. In contrast to that, Tony Abbott has vowed to

chart a path to surplus by the end of his first term, if elected. Abbott recently said he will cut the size of the government to achieve a significant budget surplus.

The other burning issue that divides both major parties policy is "Pay parental Leave Scheme". Liberal has proposed upto 65 months paid leave for parents based on their annual income. This scheme looks attractive to those earning less than 65 thousand a year and under 26 years of age. Under the Coalition's proposal, working women would get 26 weeks' parental leave at full replacement wage up to a maximum annual salary of \$150,000, plus superannuation. The scheme would cost \$5.5 billion a year, and would be partly funded by a 1.5 per cent levy on large businesses. And the labor has repeatedly painted this liberal's proposal "unfair and unaffordable" scheme that would leave taxpayers \$22bn worse off over four years.

What has worked in Coalition's favour this election is its decision to lower small business taxes, remove structural impediments, encourage small business finance and change the culture of government, so that small businesses can grow and employ more people. Abolishing the highly talked about carbon tax, reducing the company tax rate by 1.5 per cent to a new rate of 28.5 per cent and refining the national Franchising Code has been well received by the Nepalese small business circle.

On the other hand, labor has also shown some promise to the small businesses by pledging to hand over \$200,000 to the key industry association, the Council of Small Business of Australia, and by providing the Victorian Employers' Chamber of Commerce and Industry (VECCI) with a grant of AU\$542,900 to provide free training to small and medium-sized businesses that want to prepare for the NBN. Nevertheless, liberal's policy is seen as more crucial to the current Australian economy.

All in all, like previous elections, Federal election-2013 will again revolve around economic equality and both parties promising to mitigate the gap.



» Nepalese Perspective

A week out from the federal election, both major parties have intensified their campaign. Both have put forward their manifesto as comprehensively as possible with the focus on infrastructure, stronger economy and border security.

Amid this, Australia's relatively small but rapidly growing Nepalese community has been noticed by a mainstream politics as a significant vote bank. Both major parties have acknowledged the multicultural community including Nepalese, as their preference is a great election decider. Especially in some of the key electorates in New South Wales, Victoria and Queensland where dense migrant communities are residing, their choice of policy will be the "elusive final count".



In the heat of the campaign we wanted to get the perspective of some of our community ringleaders.

■ Bibek Thapa, Sydney



Students and skill migrants are the two biggest part of our community spectrum. I would not think twice to give Liberal party a credit for allowing most of them under their regime of Howard Prime Ministership. This is also a main target group for any Nepalese business in Australia, who also seems to have a better small businesses policy. So, in my understanding, Liberal party policy is better equipped to capitalise on individual skills.

■ Shree Napit, Sydney



In my view, as a community, we should network ourselves in both major parties. There aren't great deals of theoretical differences in them. What separates them is merely the governance aspect of it. In terms of identifying individual skills and policies to secure investments, liberal is the front runner. Their strategy to promote local youths with proper skill over refugees and so called "boat people" is more relevant too. So my bet this year is for liberal.

■ Bhawani Oli, Sydney



As an individual I like Kevin Rudd, but when it comes to community welfare liberal gets my mandate this year. They have clearer policy on student and skilled migration. Labor has also been criticized for being under the Worker Union's control, consequently affecting many Nepalese students for their residency.

■ Bhairav Dhakal, Perth

When it comes to choosing between these two parties, naturally everyone focuses on how their policies have affected them in a personal or professional level. I am a restaurateur, and I am struggling to find good workers owing to labor's union-influenced policies. The labor government does not understand that certain businesses require certain types of skills, which might not necessarily be fulfilled locally. So this election, liberal all the way.

■ Ishwor Kuinkel, Brisbane

Liberal cut 14000 jobs when they came to power in Queensland state government. People are horrified of the same if Liberals claim the office in Canberra. Personally, I am in favour of labor's social welfare reforms. Labor understands that government needs to do more for the lower income class than the rich.

■ **Gowa Katuwal, Sydney**

History explains that labour has been a closer friend of migrant communities. From abolishing the white Australia policy to allowing huge number of Asian migrants, labor has shown time and again that they are in favour of bigger Australia. Medicare, higher education support and Asia policy, you name it labor has done it all. Moreover, they represent working class people. The only thing is that they should introduce a strategic policy to address small business.

■ **Rishi Kandel, Melbourne**

Going by the history, labor party seems more in tune with migrant communities and their necessities. Right from our elder generations to the recent Nepalese migrants

have benefited from that. Our community is slowly becoming more independent and many of us have been engaged in small or bigger business firms, which obviously needs government's attention. Thus, irrespective of who wins in this election I would like to think it will be for the betterment of our community. However, Nepalese own education enterprises seem to want liberal to win as it's assumed to boost international student arrival. And families are anticipating some family tax reforms benefiting lower income families.

■ **Jog Limbu, Melbourne**

Labor has always taken a soft approach to migrant communities. They have always reassured their commitments to resettle new migrants in Australia and provide them with dignified life. Their policy to adopt new settlers in a new country is an example for rest of the western world. Do they lack that open mind in bringing in more skilled migrants? Yes, absolutely.

■ **Niraj Gurung, Darwin**

Darwin's Nepalese community is relatively new. We don't have large number of Nepalese living here. Even fewer is the

number of people eligible to cast their vote. But the power equation in Canberra has a far reaching effect and our community here understands that. Reading through the policy, Nepalese and other multicultural community up here has concluded that labor might be the better way to go for this election.

■ **Dr. Raju Adhikari, Mel**

Even our community's dynamic is changing by day. There are Nepalese living here from three months to three decades. All their necessities in life vary widely. When it

comes to policy making, labour has shown more foresightedness. Whether its health, infrastructure, science and technologies or research, labor has invested heavily on those areas. Liberal is not a big supporter of larger and multicultural Australia. Budget cut, austerity measures and increase taxes are the things liberals have frequently done. In my opinion, labor's policy is better suited for a new community like ours.

■ **Deepak Bista, Adelaide**

In policy level they are not too different from one another. Labor looks a bit more democratic to me. As far as our community welfare is concerned, we need to have our representation in both major parties. However, from a migrant community perspective I still feel closer to labor. Let's give them credit for their effort to wipe out white Australia Policy and to embrace Asian migrants back in the day. It is entirely dependent on individual



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My Time In Nepal

By: Alisha Yonzon

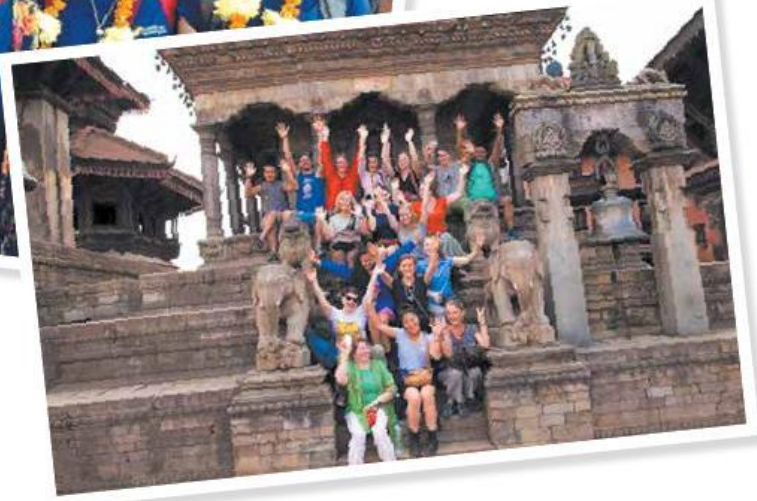
Some people say that it is overseas that you go to find yourself. But to me my recent Nepal trip was a lot more than that. It was with this intention, a trip to get in touch with my roots that I went trudging to Nepal for duration of 17 days. I can honestly say I did not expect half of the most incredible things we were lucky enough to experience including: large toothy grins everywhere we went, gracious hospitality, invitations to come drink chai tea and unforgettably riding elephants. The 'Hands on Development' study tour consisted of a large group of Australians. We were a group of 20 people from different backgrounds and ages. Prior to this trip we did not know each other, but we certainly grew to be a second family.

This was the first time I had gone to Nepal without family. Being born in Nepal it was a place of answers, somewhere I had always really wanted to explore. I was able to visit Patan Hospital, the place of my birth. I also got to go see my thulo akhe who at 99-years is still actively travelling from Kathmandu to his village in Urlabari, Morang. What we all gained most from this trip must have hit when we did a village home-stay in Pharping, the power had gone out again, so we were huddled outside on the balcony when we were attacked by leeches! It was a scary night, but to see the Nepali villagers living modestly with minimal belongings it dawned on us that we live a life of excess. It is always a competition: the newest iPhone 5, clothes, shoes or bags. The Nepali people do not have these luxuries and yet they are still happy, arguably happier than most of us. The irony is what we spend in a day is their income for the month and they are more content with their lives.

We were able to see firsthand the work that non-government organisations (NGOs) were doing at a grass-roots level. Visiting a fair trade felt-making and silver-making factory, slums, an elephant orphanage, local school, Share and Care, Maiti Nepal, home-stay in Pharping, the Fred Hollows Foundation, and the Seven Women Centre were the life changing experience for me. I urge everyone to travel to Nepal at least once, if you are lucky enough to get the opportunity, please do so! Travelling and experiencing new cultures is beyond any life lesson. I was lucky enough to have this amazing opportunity and it is a trip I will always cherish.

“

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Volunteer to build houses with Habitat for Humanity in Nepal

HELP break the cycle of poverty in Nepal by volunteering for a project to build houses for former slaves later this year.

Habitat for Humanity is looking for 30 volunteers to help raise funds and take part in building six homes in Dhangadhi for a week from November 30.

The traditional system of bonded labour in Nepal was abolished just over a decade ago but families are still suffering from the impact of slavery, with many households lacking access to clean water and sanitation. Volunteers will be taught by local labourers and the houses used as models to teach communities construction techniques to make disaster-resilient homes.

Registration for the build is \$250, with a tax deductible donation of \$2000, while costs on the ground, including meals, transfers and accommodation, will be about \$750. Airfares, visas and vaccinations are not included.

Ph 1800 885 599 or see habitat.org.au/nepal



Courtesy: Herald Sun

Himal Shrestha: MS Excel World Champion



Himal (Mountain) is Nepal's identity and I mean it literally cause this Himal stands as tall as any other right now. Himal Shrestha has been a reason for the world to pay attention to Nepal. A 17 years old has become the world champion in an International Microsoft Office Specialist competition leaving behind two hundred and eighty five thousand participants from fifty two country.

Himal was declared a winner after an online assessment conducted by Certipoint Inc in collaboration with Microsoft in Washington last month.

A-Level student of Chelsea Int'l School Kathmandu, Himal had scored full marks in national level competition held by Microsoft Innovation Centre Kathmandu before he was selected to go compete internationally.

Not surprisingly Himal loves Physics, Chemistry and Mathematics and wants to become a scientist in the future.



Apurba Shrestha: Nepali student receives special honour from US Prez

Apurba Shrestha, a Nepali student studying in USA has been successful in receiving a special educational honour from the US president for the second time. He received the 'President's Educational Award' for attaining excellence in grade 8 at Lanier Middle School of Virginia state of USA, his family said. The honour is given to extraordinary students in school level on the basis of their evaluation of educational standard, character and extracurricular activities.

Honouring him, US President Barak Obama handed him a letter of honour and letter of congratulations with his signature, wishing him a bright future.

Born at Om Bahal in his ancestral home in Kathmandu, he had also won the same honour in 2011. -RSS

HB Bhandari: A Nepali youth in US politics



Nepali youth H B Bhandari has been elected for the post of Secretary of Minority Democratic Youth Network of Democratic Party of US on the ongoing Youth Conference of the party. Bhandari got the opportunity to represent in the conference on behalf of Maryland Youth Democrat. Vice-chairperson of the Democratic Women Network Mariga Rawo, who is an American Politician of Indian Origin, supported Bhandari for the post. Democrat Maris Simpson proposed Bhandari's name for the position. Democratic Youth leaders from all over the America have been participating in the conference.

Youth Democrat of California and Regional Director of Degora also contested for the same post along with Bhandari. The Conference has been discussing the issues of minority Americans and also electing leadership of minority democratic youth networks of different society. During the conference efforts were made to garner support to former Secretary Hilary Clinton for the next presidential election. The Texas Conference will conclude today after issuing Texas declaration. This is the grand success achieved by a Politician of Nepali origin in the mainstream politics of America.

After being elected as the Secretary of Minority Democratic Youth Network, which is considered as the umbrella organization of Black Caucus, Hispanik Caucus, Asian American Pacific, Native American and Middle East, Bhandari said, "I will try to utilize this opportunity to mainstream Americans of Nepali Origin in the mainstream Politics of America to the extent possible."

Dr. Padam Simkhada: UK based Nepali Professor Simkhada appointed as Director of Research School



Dr. Simkhada has been recognized as renowned researcher at the Health Sector. He has published over 60 health related research articles in different national and international journals and has participated in over 50 national and international conferences.

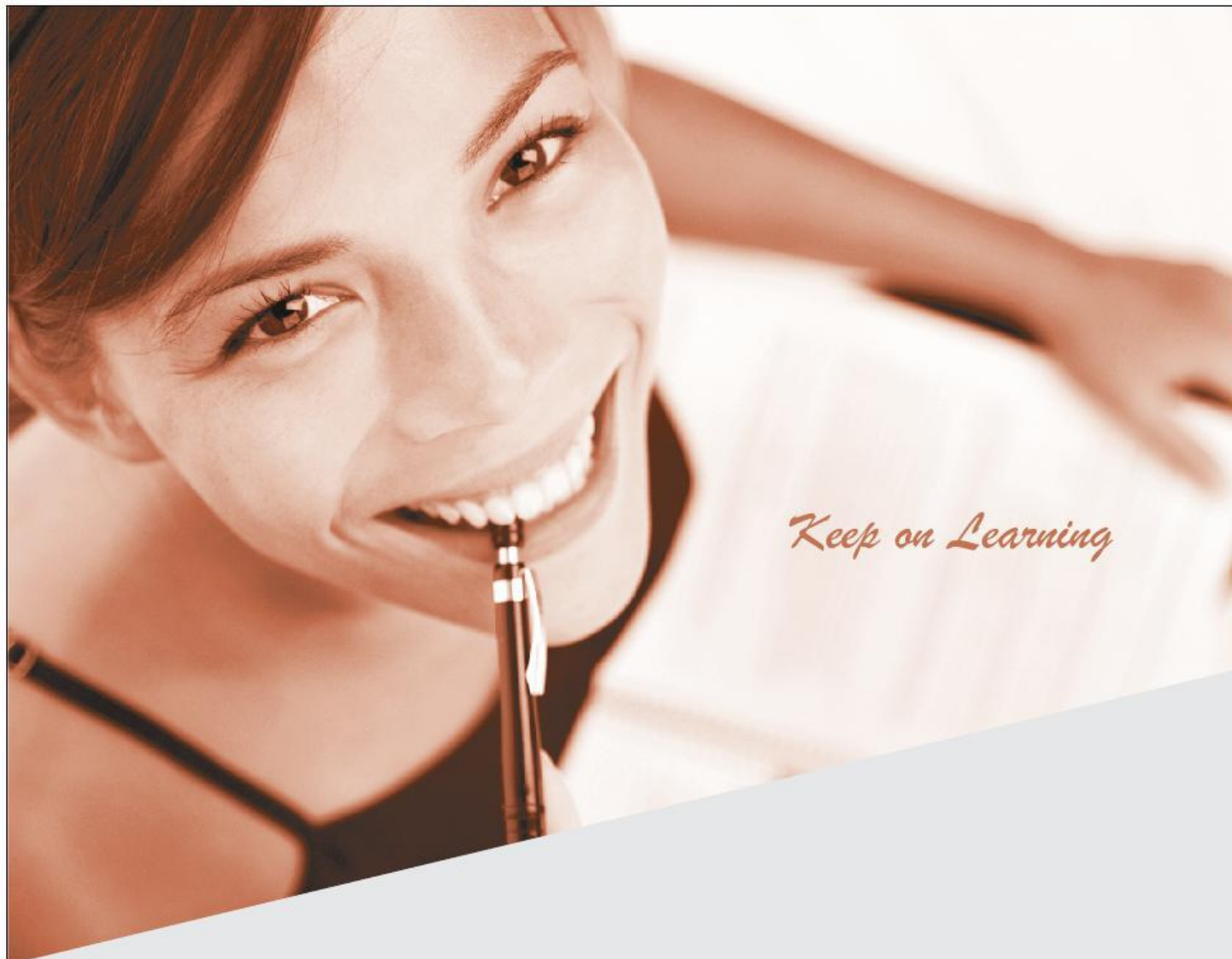
Nabin Pokharel / LONDON: Senior Professor of one of the renowned University of United Kingdom Dr. Padam Simkhada has been appointed as the Director of one research school of the United Kingdom. Sheffield University has appointed him as the Director of Internalization Committee of the Research School.

He has been given the responsibility of expanding relations of the University world-wide and exchange knowledge to each other. The committee will provide regular counseling to affiliated organizations, provide necessary information and also do supervision.

He has been busy in the work of International Health School and Health Research at the Capacity of Senior Professor at Sheffield University. Simkhada had worked at the Save the Children and Ministry of Health while being in Nepal. He also served as visiting professor at the Nobel College of Pokhara University and Manmohan Memorial Institute of Tribhuvan University.

Dr. Simkhada has been recognized as renowned researcher at the Health Sector. He has published over 60 health related research articles in different national and international journals and has participated in over 50 national and international conferences. Many national and international students have been doing PHD under his leadership.

Over 25 thousand students of 17 countries studied in Sheffield University. Such students came from One thousand 209 institutes. The University is the leading University of United Kingdom. The University received 'Times Higher Education Award 2011. Five former staffs and students of the University have won Nobel Award so far.



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Nepalese
women
celebrating

TEEJ

amid merriment

Compiled by Ramjee Poudel

One of the biggest Hindu festival "Teej" also known as "festival for women" is being celebrated amongst the Nepalese across the world this week. The three-day long festival that falls on the third day of 'Shukla Paksha' or bright fortnight of the moon in the Nepali month of Bhadra. It is believed that the name of this festival comes from a small red insect called 'Teej' that emerges from the earth during the monsoon season. Back in Nepal it is celebrated at the famous Pashupatinath Temple in Kathmandu, where women circumambulate the Shiva Linga and perform a special Puja of Shiva and Parvati.

Three days of fete

"Dar Khane Din" (the feasting day) is the first day of Teej festival. On this day women assemble at one place, clad in their finest ornaments and attire dancing and singing devotional songs. Amidst all this, the sumptuous feast takes place and the celebration often goes on till midnight preparing them for the rigid fasting the next day praying for prosperity of their spouses and marital bliss.

The second day is the fasting day. Some women live without a morsel of food and drops of water while others take liquid and fruit. On this day, they gaily dress and visit a nearby Shiva temple singing and dancing on the way. The main puja (religious ceremony) takes place with offerings of flowers, fruits, etc., made to Shiva and Parvati, beseeching them to grant their blessing upon the conjugal bliss.

The third day of the festival is Rishi Pan-chami. After the completion of the previous day's puja, women pay homage to various deities and bathe with red mud found on the roots of the sacred datiwani (A kind of a holy plant) bush, along with its leaves while bathing with soil. This act of purification is the final ritual of Teej, after which women are considered absolved from all their sins.

Women also worship 'Saptarishis' (seven sages) and offer alms, thus completing the fast.

The recent years have witnessed an alteration in these rituals, especially concerning the severity, but its essence remains the same.

Religious Significance

Traditionally, the ritual of Teej is obligatory for all Hindu married women and girls who have reached puberty. Some take exception considering their physical ability. In such circumstances a priest performs the

votion towards her husband - an important factor in Hinduism - symbolized by the union of Shiva and Parvati. Second, Teej ushers in the advent of the monsoons - the season of rains bringing in a reason to celebrate when people can take a break from the sweltering heat and enjoy the monsoon - Besides, it's an occasion for married women to visit their parents and return with gifts for their in-laws and spouse. So, Teej provides an opportunity to renew family bonds and make merry.



rites. According to the holy books, the Goddess Parvati fasted and prayed fervently for the great Lord Shiva to become her spouse. It exemplifies the sacrifice of a wife to win the mind and heart of the husband. According to myths, Parvati carried out a rigorous fast for 108 years to prove her love and devotion for Shiva. Touched by her devotion; he took her for his wife. Goddess Parvati, in gratitude sent her emissary to preach and disseminate this religious fasting among women, promising prosperity and longevity with their family. Thus was born the festival of Teej.

Social aspect

The importance of Teej is mainly in two-folds: First, as a festival for women, Teej celebrates the victory of a wife's love and de-

Australia embraces TEEJ

Haritalika Teej, one of the most anticipated festival of Nepalese women is being celebrated in Australia with equal enthusiasm. Our local community had already started to slowly blend into the colours of TEEJ festival since few weeks now with various TEEJ related programs being held across the country. Big social institutions to little individual groups have decided to mark the occasion in different days in their own unique ways.

Nepalese Association of Victoria is organising NAV Teej Mela on 1st of September as continuation of its yearly event calendar. NAV has collaborated with event management company Solangtute to execute this year's event. More than five hundred Nepa-



lese women are expected to gather at The Thornbury Theatre to enjoy the night full of colours, food and music.

Nepalese Women's Forum, Narinikunja celebrated this year's Teej program in Sydney last week. Apart from the usual fanfare, the organisation also collected fund to support women back home suffering from Uterine prolapse disease.

Some other community groups are also organising similar event in different parts of Victoria to accommodate all Nepalese women living in different parts of the state. From Wollongong to Albury, from Brisbane to Perth, Teej fever has definitely engrossed Nepalese women in Australia.



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TEEJ Festival Business revs up as essence dies down



By Usha Karki - Dhamala

The traditional practice of TEEJ is now modernised and people have begun throwing parties a month ahead of the actual festival. The three-day festival meant to be observed by married women wearing vibrant red saris, chhadke tilari (traditional jewellery worn sideways), glass bangles, feasting around (eating Dar) or else fasting strictly has become an old definition as it is more about shrugging off traditional values and practicing modern customs. Cultural diversity, traditional varieties and distinctive features—the pride of Nepal—are fading away by the day.

It is not only the married women among those who maintain the tradition. Girls of all ages have begun celebrating the festival on an equal priority. Though marital bliss seems to be the main reason behind the celebration, many women seem to be following the tradition just to 'fit in' and look fashionable among friends and relatives.

Even our online life has been hit with this annual festivity as our facebook pages and other social media has been flooded with TEEJ related messages and pictures. However, the majority of Australian Nepalese women still believe in the traditional aspect of celebrating Teej. Nisha Nepal, a local, says "I feel proud to have been able to follow my tradition even after seven years of living

overseas. This is the only day in a year that I feel like I am a married woman with all this jewellery, saree and sindur (crimson powder, a symbol of marriage) on my head." "with this earnest devotion I share deeper connection with my husband" she added.

As women are in a run to look the prettiest, businesses that sell beauty services and products are the biggest winners. Owner of Nepali run beauty salon Danphe hair and beauty, Pinky says "Days are getting quite hectic; my shop gets crowded with customers even after hours, and there is a great demand of our services". Sharing the similar experience is Ishu Bogati the owner of, Jarah Hair, a newly opened beauty salon. She says "My appointment book is full." Archana Shrestha from online store Nepal Melbourne is busier than ever before. "I can't keep up with orders" says jubilant Archana.

It's all about togetherness

Even though consumerism and tawdriness in the name of the festival is becoming a threat to its originality, eloquent are the joy, liveliness and unification it brings to the community. Putting all our differences aside, breaking away from our daily humdrum of life, Teej festival allows us all to again come together as a family and community to share the culture, to share the happiness.

What do our local women say about TEEJ?

■ KRIPA SHAKYA



■ ANAMIKA RAI



■ How significant the essence of TEEJ festival is for you?

► It's a pity that it has become more of a fashion now than a tradition. It's meant to be for women to fast and pray for well being and long life of their husband but I rarely see that now. To me, it's just a way for women to gather around and have some fun.

■ How important is it for us to pass these traditions onto our new generations?

► It is very important that we introduce these cultures to our kids because ultimately this is our identity.

■ How are you planning to celebrate TEEJ this year?

► I will probably go to one of the event being organised locally.

■ What's your take on different groups in our community organising TEEJ festival this year?

► I think it has good and bad sides. Good in a sense that everyone will be able to make it in different ways as they have more options now and bad in a sense that we can't make it to each and every event with our busy lifestyle.

HAPPY TEEJ!



Erin Holland, Miss World Australia-2013 has agreed to attend NAV Teej festival, scheduled for 1st of September at the Thornbury theatre. She will participate in the event as a special guest. Her presence is definitely going to add some extra colours to the kaleidoscope of festive vibrancy.

Erin had shown during her contest recently that she was a big supporter of multicultural Australia, so it would not be surprising for anyone if she blends into the spirit of Teej in no time. Hopefully Holland will also entertain our womenfolk as she herself is a classically trained soprano singer holding a Bachelor of Classical singing.

Nepalese Association of Victoria has left no stone unturned to make this year's TEEJ festival a grand success. Equally significant has been the role of the main sponsor Australian Education and Career Consultants (AECC), who has also been vital in bringing Erin Holland to the event.

**Miss world
Australia-2013,
Erin Holland to
attend
NAV TEEJ MELA**

■ How significant the essence of TEEJ festival is for you?

► Teej is one of the most important festival of Nepal especially for women who shows their unconditional love towards their partners by praying for their long and healthy life by fasting for the whole day. It's about love and faith. So whether you are in Nepal or Australia, its importance will never lessen.

■ How important is it for us to pass these traditions onto our new generations?

► Offcourse like any other culture and tradition we definitely need to pass it down to our kid. We want them to welcome the Australian culture but certainly we don't want them to be confused about their own origin and identity.

■ How are you planning to celebrate TEEJ this year?

► We are celebrating with our other friends and family at home then we are planning to go to a TEEJ party being organised in Melbourne

■ What's your take on different groups in our community organising TEEJ festival this year?

► Each individual has a right to organise whatever they want. But being a Nepalese-Melbournian, even though I want to attend each of them, it will not be possible with other works and commitments. So I have to choose and am sure others are thinking the same. This means the crowd will be divided leading to a smaller crowd in each event. If someone is organising it with genuine purpose to promote the culture and not with the profit in mind, there should not be any problem. In saying that if we can hold something big with everyone's input this will show our unity as a community in Victoria. NAV is purely a non-profit organisation so this year I will be attending their TEEJ event. As far as I know the fund they collect from this will be used in other social programs like Baal Diwas. Please note that I am not involved with NAV, these are purely my personal opinions.

Aussie experience for Nepalese Midwives



Two midwives from Nepal have received advanced training in obstetric ultrasound and midwifery care at Port Macquarie Base Hospital to provide much needed antenatal care in remote communities of their country.

Jyoti Chaulagain and Sonam Sherpa's training was made possible thanks to Australians for Women's Health (A4WH) – a Port Macquarie-based humanitarian foundation.

It has recently established a scholarship program for Nepalese midwives. The purpose of the program is to address the appalling prenatal and maternal mortality rates in Nepal. In some areas the maternal mortality rates are 100 times higher than in Australia.

A4WH provides obstetric ultrasound training camps within Nepal. Each year two midwives from the training group are selected for a six week scholarship in Australia for more advanced antenatal ultrasound training and other aspects of midwifery care. This allows the two midwives to become ultrasound teachers themselves.

Jyoti and Sonam have observed antenatal care; birthing unit; special care nursery; parenting education and the community midwifery service.

(Source: NSW Government)

Brunswick College honored Rashi for her achievement



After being recognized with Global Citizenship Award for her contribution towards helping newly arrived students in her school and outside, Nepali origin student from Brunswick Secondary College Rashi Singh has been thanked officially by her school.

Amidst a program held recently, Rashi's work has been recognized as the school was handed "The International School Student Program- The certificate of the Participation", The Ministry of Education run program, under which Rashi was allowed to follow her passion to help other newly migrated students to settle in through various activities.

On the occasion, another Nepali student Anushka Gaire also performed some traditional Nepali dances. Students from other communities and parents also participated in the program.

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| 15 October | Nepalese Dashain Festival celebration |
| 29 October | Hospital/Nursing home tour |
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This venue is sponsored by
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Nepalese seniors plan to assemble fortnightly in Sydney

Nepalese Grandparents Social Club has started a fortnightly assembly of community seniors in Sydney as part of its ongoing activities for their welfare in Australia.

The club has collaborated with St George Migrant Resource Centre (MRC) to organize a get-together in Sydney for the Nepali seniors who are living permanently or visiting the country for a short period. The fortnightly event will be held every Tuesday from July to December 2013. The event will take place at St George Bank Community Centre, 1 Premier St Kogarah, NSW 2217 from 11 am to 2 pm every Tuesday. The sessions will be featured on various themes such as nutrition, spirituality, elderly wellbeing and sustainable living.

The program aims at providing an opportunity to Nepali parents for a productive later-lives and get-together to share their life experiences with younger generation and amongst the people of same age group, the organizer said.

Perth based singer Ujjwal KC nominated in Hits FM music award



Perth based Nepali singer Ujjwal KC has been nominated for 17th hits FM music award-2010. He launched his debut album "Nyano Sahar" in Perth last April that has won him nominations in five different categories of Nepal's the most coveted music award. Ujjwal will be competing in categories of Best New Artist, Best Rock Vocal Performance, Pop/Rock Album of The Year, Album of The Year and Best Rock Composition of The Year.

In this year's award, various artists and bands will be competing in the 18 categories, ranging from Best New Artist, Folk Record of the Year, and Best Composition to Best Vocal Collaboration. The award also celebrates the works and talent of a veteran artist each year by honouring them with the Lifetime Achievement Award. HITS FM Music Awards, which started in 2054 BS with seven categories, aims to motivate artistes along with paying tributes to them.

Moksada bags "Yeti Travel's Nepalese- Australian Idol 2013"



Moksada Silwal has won the first Australia wide Nepalese community based singing competition "Yeti Travel's Nepalese-Australian Idol 2013". Similarly, Pratap Gurung and Jay Raj Ghale have been named the first and the second runner-up respectively. As the competition came to an end, ten finalists from all over Australia converged in Sydney on 10th of August in an attempt to be the biggest singing sensation of this year.

A tough call between all the contestants, all excellent singers with a great audience connect, It was Moksada Silwal from Sydney

who bagged the title at a glittering grand finale. Sitting on the judging panel were Sunita Limbu, Prakash Rasaily and Prakash Niglekh as well as singers from Nepal Karma band fame Surendra Man Singh and Dibya Subba.

With the win Moksada walked away with cash prize and an opportunity to compile her own solo musical album.

Following the completion of the event, organiser UNAE has thanked each and everyone that has relentlessly supported the competition over the last six months.

Pramod Kharel Musical Night in Melbourne - A Performance Par Excellence

Melbourne based 24/7 internet radio station Nepali Sanchar Radio has stretched its wings into event management with "Pramod Kharel Musical Night-2013" that was held on 17th of August at Cyprus Community Hall in Lygon Street, Melbourne.

On the three hours of spectacular show, prominent contemporary singer from Nepal "Pramod Kharel" treated Victorian Nepalese Community to an evening of rocking music. Pramod belted out some of his chartbusters like "Ma Bina", "Hungama Vo", "Malai Jasle Pani" and "Hey Maya" making audiences jump off their seat. An hour of power-packed performance by Pramod showed his zeal to surpass the myths about Nepali singers that "good singers were bad performers." During the whole show, his undisputable singing ability and his humble presence were well complemented by his extraordinary performing skill.

Prior to Pramod's act, local artists including Saugat Asak, Siddhartha Rai and a Sydney based singer Ishwor Pokhrel gripped the audiences with their original tracks.

On the occasion, Lumbini- Kpilavastu Movement, Global Co-ordinator, Mr. Ram Kumar Shrestha endorsed singer Kharel as an ambassador to his campaign.

The program was proudly sponsored by "Mero Consultancy", "Hayat Hyper Market" and "Fishtail Mooney Transfer".



Janai Purnima and Rakshabandhan celebrated

Nepalese in Australia celebrated the traditional festival of Rakshabandhan last month. The festival of Raksha Bandhan involves tying of rakhi, a sacred thread, by a sister on her brother's wrist. Rakhi symbolizes a sister's love and prayers for her brother's well-being, and the brother's lifelong vow to protect her. Even though the festival originated from India and then through to the people of Terai region, Nepalese have

embraced it as if their own. The tradition has got a strong grip on Nepalese living in Nepal and overseas.

The same day fell the other Hindu festival "Janai Purnima", known as the Sacred Thread Festival. On this day Hindu men, especially the Brahmins and Chhetris perform their annual change of Janai, a yellow cotton thread worn across the chest or tied around the wrist of the right hand. This thread is

only given to males during a lengthy and impressive religious ceremony called the 'Bratabandhan'.

According to the legend, the ritual was started by the Brahmins to start their education. Until, a person would not wear Janai in Janai purnima, the person would not get the opportunity to have education during ancient times.

"RITU" official poster and trailer unveiled in Sydney



Australia based Nepali film production company ALP ENTERTAINMENT has released the poster and the promotional trailer of their first venture "RITU" in Sydney last Saturday. Apart from the production team, NRN OCEANA coordinator Mana KC, NRNA General Secretary Bharat Pokharel and Australian Government Ministerial Consultative Committee member Mahendra Lamsal were present on the occasion.

Addressing the event NRNA Australia's President Mahendra Oli assured his support to the production team.

RITU features Raj Ballav Koirala, Malina Joshi, Rima Bishwokarma, Mana KC, Kamal Silwal, Bulson Laamgade and other local artists. Sujil Karmacharya and Hemata Rana have composed Nisprabh Saji's lyrics for movie's soundtrack. RITU is produced by Ashok Gautam and directed by Manoj Adhikari.

TIHAI3 Bollywood and Beyond in Darebin music feast

Darebin Music Feast and The Boite & Tihai3 is presenting "Bollywood and Beyond" Celebrating 100 Years of Indian Cinema featuring Tihai3 and musicians from Preston Symphony Orchestra on Saturday 28th September, at Northcote Town Hall.

In a unique and ground-breaking project, a first for the Darebin Music Feast, and Australia, Tihai3 presents a Bollywood retrospective at the Darebin Music Feast 2013. Tihai3 have teamed up with musicians from the Preston Symphony Orchestra to present a concert celebrating the 100th anniversary of Indian Cinema, with a showcase performance of music from those 100 years of Bollywood cinema.

Tihai3 will begin the evening with live accompaniment to surviving footage from the silent film Raja Harish Chandra (1913) by the pioneer of Indian cinema, Phalke.

Rising stars, brother and sister duo Sam and Keshav will captivate the audience with film songs from the 1950s to present, to the accompaniment of a 20 piece ensemble.

Tihai3 is known to Melbourne audiences for their performances of Hindustani classical music. Girish Makwana in Tabla,

Sabyasatchi Bhattacharya in Sarod and Nicolas Buff in Saxophone have immersed themselves in the classical music traditions of Northern India. Sabyasatchi is also trained in Western guitar. Nicolas completed his degree in Western music after taking up a scholarship to study in India. His ragas on saxophone offer the group of a particularly unusual element. Girish studied Western music in Sydney before coming to Melbourne. For the past six years, they have presented elegant and beautiful concerts of Indian music for Darebin Music Feast. They have collaborated with well known artists from different, complementary, genres, including various North South Indian singer and cellist, Emma Ayers.

This year's concert which involves a major collaboration with members of the Preston Symphony Orchestra is the realisation of a plan that has been slowly percolating for the past three years. Tihai3's transcriptions of the Bollywood soundtracks give Western musicians a chance to acquaint themselves with and perform that music. This new collaboration is a very exciting cross cultural art project. In addition it provides a marvellous showcase opportunity for young singers,

brother and sister duo Sam and Keshav to perform before a new audience.

Founded in 1950, Preston Symphony Orchestra in the City of Darebin plays an annual program of Western classical music. The Orchestra is a very significant artistic contributor in the City. They run an annual

Youth Concerto Competition, designed to give young musicians an opportunity to play with a symphony orchestra. Mario Dobernig, the current conductor is a highly acclaimed Austrian percussionist and conductor and a specialist in Avant Garde music.



Melbourne doctors brought a woman back from dead



In a near-miraculous incident, Melbourne doctors have saved the life of a 41-year-old woman who was clinically dead for 42 minutes after suffering a major heart attack. Vanessa Tanasio was rushed to hospital last month after the heart attack, but was declared clinically dead soon after arrival.

Doctors at Melbourne's Monash-Heart hospital managed to unblock vital arteries and return her heart to a normal rhythm, using a high-tech machine that kept blood flowing to Tanasio's brain, AAP news agency reported. Hospital authorities described her survival as "astonishing". Tanasio, a mother of two from Narre Warren, Melbourne, need-

ed numerous defibrillator shocks, including one in the ambulance on her way to hospital, doctors said.

"I'm feeling excellent. For someone who has been dead for nearly an hour of this week I am feeling tremendously well," Tanasio said.

Emergency medics used a device called LUCAS 2 to keep her blood flowing while doctors worked to unblock the arteries to her heart.

Tanasio, a sales representative, said she had no history of heart problems, the report said. "This has taken me completely by surprise. I am relieved to still be here for my children," she later said.

Zero-emission e20 electric car launched in Nepal

Mahindra Reva Electric Vehicles, part of the business conglomerate Mahindra Group, has launched Mahindra e20, a zero-emission and fully automatic electric car, in Nepal. The vehicle, introduced as an urban mobility solution, is a fully automatic car that comes with a "Boost Mode" system for rapid acceleration, an alternative to fossil fuel-driven vehicles.

It said the electric vehicle could be a solution for a sustainable "zero-emission society". The electric vehicle is also expected to help reduce problems like environmental degradation, pollution-related health concerns, climate change, energy security and rising oil prices in Nepal.

The Mahindra e20 is a manifestation of Mahindra's vision of the 'Future of Mobility' which encompasses the '5Cs' framework of Clean, Convenient, Connected, Clever and Cost Effective vehicle technology. Among the features of the car include remote access via a Smartphone application, and ability to charge through any 15 ampere power socket available in the normal house wiring system. The company said the vehicle can be fully charged in just five hours. The car runs 100 km on a single charge.

The Mahindra e20 has been priced at Rs 2.25 million.



Local scientists discover genes, mutation causing epilepsy

Using advanced gene technology, Australian scientists along with a US team have claimed to have found new genes and genetic mutation that causes severe childhood epilepsies.

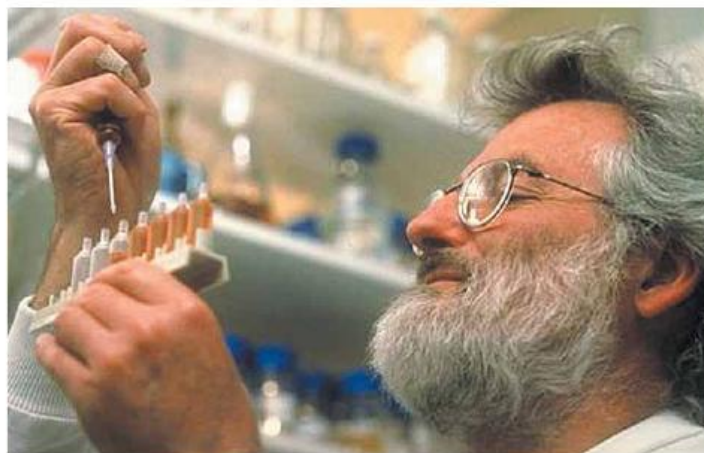
Lead researcher Sam Berkovic, director of the Epilepsy Research Centre at the University of Melbourne and Melbourne's Austin Hospital, said, as well as providing a pathway to treating epilepsy the research provides answers to patients and families who previously had little or no idea where epilepsy had come from, the AAP news agency reported.

"Parents often have a belief that they've done something wrong that caused this disease," Berkovic said.

"Not knowing why has been one of the most frustrating things. We've never really had the answer. Now we do. This also stops the need for further searching and refines the treatments," he said.

A key aspect of the research has been the ability to sequence the entire human genome, Berkovic said adding "Until now we've had these complex patients and we didn't know what was going on. Now all the genes are known and the jigsaw can be completed," he said.

By using the latest genetic techniques to sequence and analyse DNA of 4,000 epilepsy patients and their relatives, the study known called Epi4Ks shared DNA sequences and patient information among dozens of research institutions. The researchers compared the exomes, or the complete sets of genes, of 264 children with the sequences of their parents who do not have epilepsy.



Differences in the sequences of parents and children were analysed to identify potential disease-causing mutations.

The study's other joint leader Dr David Goldstein, the director of the Human Genome Variation Centre at Duke University Medical Centre in the US, said his team's work identified an unusually large number of disease-causing mutations and provided a wealth of new information.

"We are now headed toward a future where we can find out why people have this disease and tailor the treatment of it. It establishes a clear path to the genetic explanation of epilepsy," Dr Goldstein said.

A key aspect of the research has been the ability to sequence the entire human genome, Berkovic said adding "Until now we've had these complex patients and we didn't know what was going on. Now all the genes are known and the jigsaw can be completed,"



Stress is a disease, stay away from it



By Bisham Thakuri

Someone told me depression is not categorized as a medical condition in Nepal. If someone says I am stressed or depressed we don't think that person is sick. We tend to ignore the fact that the severities of stress-related conditions are as bad as any other diseases. In fact, stress has been the one of the biggest killer ranking with smoking and heart related diseases. No denying that it axes years from our life. Stress affects work output, causing failure and unhappiness. We need to develop internal protection from the challenges of life. You attribute your stress to an external agency. We believe our boss or the weather causes us stress. But the fact is nothing in the world has the power to dis-

What disturbs the mind? Negativity, greed and desire. Tackle these internal demons and the mind remains serene even if a storm rages outside. The mind takes easily to negativity. The intellect helps withdraw the mind from negative channels and think positively.



turb you except yourself. You may eliminate all the factors that you thought was causing

the stress on you the reality is your unrest will remain the same. Stress is an internal phenomenon. Hence the solution lies within.

Human beings have the ability of keeping the mind calm in turbulent circumstances by 'attitude control'. Make an assessment of the world in which you live. Evaluate your immediate family members, colleagues and friends, their strengths and weaknesses. Then their faults will amuse and not irritate you.

Vedanta says samam, serenity, is the key to success, happiness and growth. Sports persons have noticed that the combination of dynamic action performed in an inner environment of tranquillity makes for success. Who wins depends more on the state of mind than on physical prowess. There are three states of mind. When the mind is calm but there is no motivation to work and no action, it is the lowest state of *tamas*, apathy. When activity begins but discontent is the

motive it is the intermediate state of *rajas*, passion. Vedanta speaks of the superlative state of *sattva*, purity, where the mind is calm, intellect sharp and actions brilliant.

What disturbs the mind? Negativity, greed and desire. Tackle these internal demons and the mind remains serene even if a storm rages outside. The mind takes easily to negativity. The intellect helps withdraw the mind from negative channels and think positively. Stress is defined as mental turbulence caused by unfulfilled desire. Hence in the Bhagwad Gita Krishna describes desire as enemy.

Uncontrolled desire prevents enjoyment. A calm mind is necessary to enjoy the good things of life. Desire comes in the way of meaningful relationships as you take the stand - My way or the highway!

Unrestrained desire results in failure. The mind meanders to the unproductive avenues of past worry and future anxiety. The mind focuses on what you do not have and gets attached to what you have, causing tremendous mental agitation and suffering.

Rise above desire and negativity and enjoy the object of desire. Desire is the greatest obstacle to obtaining the object of desire. Crave for a thing and it will elude your grasp. Let go, it will come to you. There are three ways of handling desire. Desire management gives relief. Desire reduction gives comfort and desire elimination brings bliss. Scan your desire with the intellect.

Aim high. As your mind is engaged in the higher pursuit, lower desires drop. Work dedicatedly, wholeheartedly, detachedly. Every action becomes perfect. You attain extraordinary success. You find happiness in the action itself. And you grow spiritually.



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Nepathya created history in Wembely Arena

Nepathya became the first Nepalese band ever to perform at Wembley Arena on Saturday 3rd August in front of seven thousand screaming fans. The grand concert had been organized by Parcha Productions and Subsonic Routes. The two hour long energetic set was introduced by BBC Nepali Sewa's Suman Kharel at approx 8.15PM. The atmosphere and the volume turned a notch higher when the band sang their hits like Resham, Taal Ko Pani and Sa Karnali. During the performance the band front man Amrit Gurung took a moment to speak about the importance of remaining connected to our roots, language and culture.

The stage of Wembley in which world's best artists have performed not only witnessed the depth and richness of Nepali music but also marked an important day in the history of Nepali music. It was first time any Nepali music/musicians played on the stages as big as that.

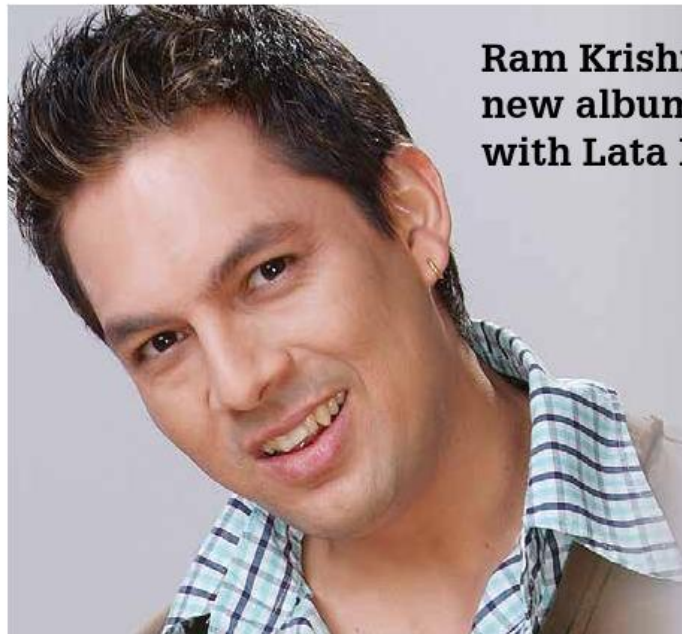


Kollywood goes digital

Nepali films are now accessible on web. While the market of Nepali cinema is in decline a new website called www.entertainnepal.com has made many of them available for viewers. Website charges up to five US dollars a movie to download which can be paid by credit card, but for those without a credit card, a prepaid card can be bought from Western Union Money Transfer and other financial institutions.

This step from entertainment Nepal has come as a band aid for ailing Nepali film industry. In a press meeting called by the website it was said that this new innovation will help minimise piracy and recover more money for the film investors.

Website has already uploaded about forty cinemas for public to watch and twenty more will be added soon.



Ram Krishna back with his new album- includes a song with Lata Mangeshkar

Ram Krishna Dhakal's launched his new album 'Bachunjel' in Kathmandu recently. President Dr Ram Baran Yadav unveiled Ram Krishna 14th solo album at President's residence in Shital Niwas, Maharajgunj.

Among those present at the album launch were lyricists Kali Prasad Rijal and Rajendra Thapa. The album features a duet between Dhakal and Lata Mangeshkar, one of India's greatest singers.

A short audio-visual clip of Dhakal's musical journey was also screened where Lata Mangeshkar said of the singer, "He sings very well. His voice and his style of singing are very good."

Dhakal performed two songs during the event - 'Bihana uthne bittikai' and 'Bachunjeli lai', which he sang with his daughter, Rani Dhakal.

Eying Hollywood- KUMUD PANTA

A young Nepali from the UK, Kumud Panta has proved that there is nothing one can't achieve with patience and dedication. Inspired by Nepali actor Rajesh Hamal, Panta is soon becoming a busy actor and a model in London. He won South-East London face-to-face model competition and in a less than a decade he has acted in 25 Bollywood and Hollywood movies. According to an entertainment website IMBD.com, he has been featured in "Cute Little Buggers", "Kick", "I am still here", "Mercy" and Bollywood movie "Jab Tak Hai Jaan". He was also a model for brands like Next, Unique and Safari Studio in London.

Born in Dang, Nepal in 1971, Kumud knew he always wanted to become an actor. Rajesh Hamal fanatic, as a kid he tried his acting skill first in hit television show "Twakka Tukka" and then followed some Nepali feature films like "Janmabhumi", "Chunauti" and "Gothalo".

Currently Kumud has been endorsed by some UK modelling agency but he reiterates

his first passion has always been acting. He cherishes working with Shaharukh Khan as his career highlight. He says "I want to one day play a lead role in a Hollywood film." It's far but not impossible for this determined young man.



SOONGAVA nominated for Oscar

Nepal Oscar Committee (NOC) has short-listed four Nepali films, one of which will be the official selection from Nepal to compete for the category of 'Best Foreign Language Film' in the 86th Academy Awards.

The Nepali films competing for the official selection are 'Badshahala', 'Soongava', 'Saanghuro' and 'Sirish ko Phool'. All these films were released between October 1, 2012 and September 30, 2013.

NOC had issued an online notice for the submission of the films, setting July 21 as the deadline for the registration. Additionally, it had notified the aspiring registers to fulfil the 21 criteria set by American Oscar Committee for the qualification of the films.

Soongava talks about the story of two women falling in love and their experience of living in conservative Nepali society.



Neighbour-star Dichen Lachman was born in Nepal



Dichen Lachman best known in Australia as Katya Kinski from hit TV series *Neighbours* was born in Nepal. She moved to Adelaide with her Tibetan mother and Australian Father of German heritage when she was eight. Debuted in acting in 2005 she became more popular with her role in Joss Whedon's science fiction drama television series *Dollhouse* as Sierra. Lachman played Suren in the supernatural drama television series *Being Human* and Tani Tumrenjack in the ABC military drama series *Last Resort*. She was named one of the 100 hottest women on screen for 2009, by the media site AfterEllen.com.

Let's hope some Nepali producers will rope in this hollywood diva's talent in Nepali films.



Hollywood-China money dispute resolved

China has agreed to resume payments owed to the U.S. film industry after the two sides resolved a tax dispute, the Motion Picture Association of America, a trade group for Hollywood studios recently stated. The MPAA said the China Film Group Corp, a state-owned distributor, had stopped payments to the Hollywood studios because of problems with a new value-added tax applied across China on August 1. The MPAA did not say when the payments stopped, but the film trade publication Variety said they might have been withheld as far back as March and that the amount owed to Hollywood studios could exceed \$200 million. The Chinese group had wanted to

deduct the tax from what the studios earn in ticket sales in what is now the second-biggest film market.

Under a 2012 agreement between the Chinese and U.S. governments, the American studios increased their share of revenue to 25 percent of the Chinese box office from a previous rate of between 13.5 percent and 17.5 percent. Deducting the new tax would have cut the studios' take by 2 percentage points. Prior to the 2012 agreement, U.S. studios had long complained of China's tight restrictions on foreign films, which they said helped fuel demand for pirated DVDs that are widely available in China.

Abhi loves Chelsea



With the start of the English Premier League, football fanatics have put on their team jerseys to support their favourite clubs.

The Bachchan household too, is no different. Abhishek Bachchan, who is an avid fan of the game (his fave team is Chelsea), has been cheering for his team. The actor has attended several matches across the world and can never have enough of the game. He has even managed to get his father, Amitabh Bachchan hooked on to the sport and support Chelsea.

The league, that kicked off last week, has got the father-son duo addicted to the television screen. Since most of the matches are telecast around midnight in India, luckily they don't have to miss out on watching their favourite team in action.

Shahrukh Khan to visit Sydney for Parramasala Festival

NSW Premier and Minister for Western Sydney Barry O'Farrell announced that NSW has secured Bollywood legend Shahrukh Khan to visit Sydney in October as part of the fourth annual Parramasala Festival in Parramatta. Shahrukh Khan, known as 'King of Bollywood', would headline a two hour Indian variety show of music, dance and comedy – *Temptation Reloaded* as part of the Festival. *Temptation Reloaded* offers a unique cultural experience and it is a great event for Western Sydney with many hotels and restaurants expected to reap the tourism rewards.

Parramasala is a key arts and cultural event on the NSW Events Calendar and brings some of the world's best artists to Western Sydney. This year's show is expected to attract an audience not only of Indian origin, but also his fans from overseas including Nepal, Fiji, Singapore, Indonesia and Malaysia. In addition to international visitors, SRK's presence in the show *Temptation Reloaded* is expected to attract more than 5,000 people from Sydney and interstate.

The Parramasala Festival 2013 will be held from Friday 4 – Monday 7 October, and the show will be held at Allphones Arena Homebush on Monday 7th October.





Australian ambassador meets Nepal Army chief

Newly appointed Australian Ambassador to Nepal Glenn White called on Chief of the Army Staff General Gaurav Shumsher Rana at the Nepal Army's headquarters, Bhadrakali recently. In the meeting, the two discussed the issues of bilateral interest and A relation, the Nepal Army Public Relation Directorate said in a statement.

Bote Rai's wish fulfilled at

106



Some wishes take very long to get fulfilled. For a 106-year Nepali man it happened on Tuesday when he flew in an aircraft for the first time in his life. Bote Rai, a resident of Dhankuta in eastern Nepal, got his final wish to "fly like a bird in the open sky" before his death fulfilled due to media reports and intervention by a Nepali airlines. The 35 minute flight which the centurion undertook from Biratnagar to the country's capital Kathmandu makes him one of the oldest persons to fly in an aircraft ever.

In 1987 a 110 year-old British woman Charlotte Marion Hughes had flown across the Atlantic Ocean in a Concorde — making her the oldest person in aviation history to fly. A few days back when members of a local NGO and media persons visited Rai to learn about his health as he was bed-ridden with flu, the centurion was instead more interested in flying.

With news of his desire appearing in local papers, Yeti Airlines, a Nepali operator, stepped in to fulfill Rai's last wish and flew him and his nephew Man Bahadur Rai, 75, to Kathmandu. On landing the 106-year-old expressed happiness at having his wish fulfilled. He liked the sweets offered by air-hostesses during the flight but complained that he didn't feel as if he was flying. "My wish has come true, but I didn't feel like a flying bird. Now I have had enough and want to go home," Rai said.

China to set up its consulate office in Pokhara



Due to the growing trade between the two neighbours, China will set up its first consulate in Nepal even as the Himalayan nation is preparing to open a third consulate in China. Nepal has been preparing to set up its consulate general's office in Guangzhou while China has proposed to establish the office in Pokhara, a tourist hub in western Nepal, Xinhua reported.

So far, Nepal has three diplomatic missions in China - the embassy of Nepal in Beijing and consulates in Lhasa and Hong Kong.

Nepal's trade with China has significantly increased through Guangzhou, making the city a trade hub for Nepal in recent times.

A decision will be taken at a bilateral meeting in Beijing on Sunday. "The establishment of the office of consulate general in both countries will be the major agenda of discussion," Nepal's foreign secretary Arjun Thapa said.

Nepal's ministry of commerce and supplies has been lobbying the government to propose to the Chinese government for the establishment of a consulate in Guangzhou.

Mahabharat related archaeological items may have been found in Baitadi, Nepal

Archaeological items which are believed to be thousands of years old have been found in Dewalhat, located in the south of Baitadi district headquarters, state-owned news agency RSS reports. Dozens of utensils of metals like gold, silver, copper, iron, and bronze and earthenware were found while renovating a Dewal (temple) built in ancient times. Various items of various shapes and sizes, three large swords, idols and some rice (paddy) in some utensils have been found in Dewalhat, which is linked with the history of the Puranic stories of the Pandavas and Kauravas in the battle of Mahabharata some 5,000 years ago.

After the objects were found in second floor of one of the seven temples in Dewalhat, they are kept safely by creating an affidavit at the presence of District Administration Office, told RSS. According to Puranic legends, the Pandavas stayed there for one night during the war, and built seven temples in one night. They were found while renovating the temples in cooperation with the Department of Archeology as they were in dilapidated conditions.

Locals say that history of 5,000 years can



be traced if the Archaeological Department researches on the items. As there is rice in the objects, strange truths can be discovered if the rice in it is studied, they say. The items

have been put in exhibition by organizing a Maha Shivapuran Mahayagya by the local Shiva Shankar Youth Club after the archaeological items were found.



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Nitin as a “Ministerial Adviser”

Also maintains close relationship with Nepalese community

By: Mrs Kusum Rana

It's been more than two years since Hon. Ted Baillieu became the Premier of Victoria leading Liberal-Nationals coalition to a famous victory in the November 2010 state elections. The victory of Mr Ted Baillieu also led to Indian born Mr Nitin Gupta being appointed as a "Ministerial Adviser" in the Victorian Government.

It was most probably the first time in Victoria that an "Indian-Australian" was appointed in a political position. Since Nitin had worked for Mr Ted Baillieu in Opposition as "Special Adviser on Victoria - India Business Relations" and in various other capacities, Nitin's appointment as Victorian Government's Ministerial Adviser did not come as a surprise to the community. Rather it was pretty much expected and well deserved.

Nitin has been a "Trailblazer", and his appointment has been an inspiration for many young people from local Indian/South Asian community.

Now of course we have a new Premier in Victoria which is Hon. Dennis Naphthine, but Nitin continues to serve in the position of Ministerial Adviser.

Nitin comes from a small town in India - Shahjahanpur in Uttar Pradesh which is not far from the India-Nepal border. Nitin enjoys very good and close relationship with Victoria's Nepalese community and has been a regular visitor to various local Nepalese events in Victoria since 2006 and onwards.

Some people in the community still do not clearly understand the role of Ministerial Advisers. So I did some research on internet and have compiled a brief outline of what Ministerial Advisers do and what is their role.

Here is a synopsis of their role or their brief job description:

- Ministerial Advisers are the Minister's eyes and ears.
- Ministerial Advisers become conduits

for people to chat confidentially to the minister.

- Ministerial Advisers interact with other advisor colleagues to anticipate conflicts between departments and ensure that Minister's don't get dragged into turf wars between civil servants.
- Ministerial Advisers help write and polish the Minister's speeches.
- Ministerial Advisers check replies to Parliamentary Questions to make sure they are in tune with what the minister is thinking.
- Ministerial Advisers ensure briefing material is up to date and reflect the public's real concerns, not just the standard departmental line.
- Ministerial Advisers work with the Minister's media officer to make sure the

information they give out is accurate.

- Ministerial Advisers are there to protect the minister's back.

One pivotal function of Ministerial Advisers is to make sure that the Government's programme for governance gets implemented across the department. As they could not -- and should not -- be able to tell a civil servant what to do, Ministerial Advisers have to use all their powers of persuasion to ensure that Minister's instructions get being pursued right down along the bureaucracy.

(Article compiled by University student Mrs Kusum Rana with research on the Internet. The writer tried to get comments from Mr Nitin Gupta for the article, but rather than giving his personal comment Nitin politely suggested the writer to use Internet for research)



Ministerial Advisor Nitin Gupta (left) with Victorian Premier Ted Baillieu and Bollywood actress Priyanka Chopra

Channel 31 - Youth and Media Mentoring Project

Channel 31 wants young people from diverse cultures and faiths, aged 18 to 25 years, to take part in a free documentary film-making program. No experience is required, as applicants will be selected based on the originality of their ideas and their willingness to be involved.

The program runs from mid-November 2013 until mid-February 2014 (with a Christmas and New Year break). Participants will take part in six sessions, where they will meet with professionals and mentors and learn the basic skills of film-making. The sessions involve writing, pre-production, use of camera, lighting, sound and editing. They will then be supported to produce four short films, in small groups, to be aired on Channel 31 early in 2014 and screened at ACMI Cinemas.

The deadline for applications is Friday 30 August 2013. For further information go to www.c31.org.au/workingtitle



Nepalese Student took part in “So Where are you from - Student Theatre & Film”

So, Where Are You From? Was a powerful and engaging student theatre performance presented by La Trobe University Student Union. Students from countries as diverse as Nepal, Iran, India, Tahiti and Germany told their stories and performed scenes that illustrated the gamble they took in coming to Australia to study. La Trobe International in conjunction with Student Theatre and Film presented this show as part of a new initiative. So Where Are You From? was a collaborative project directed and devised by Catherine Simmonds alongside La Trobe International Students which showcased what happens when international students look into the mirror of each other's stories. The show ran from 24th of August till 28th at Northcote town hall.



NRN- Australia lays out its plan for a new term

Sub-committees commissioned to determine effectiveness



Mahendra Oli - President of NRNA Australia

NRNA Australia's new executive committee's held its first meeting on 10th August 2013 in Auburn soccer club at Auburn NSW. The meeting has identified NRNA's immediate priorities and has commissioned sub-committees to undertake them. Under the stewardship of the president Mahendra Oli, sub-committees will begin research and consultation to draw up a detailed project plan. The executive meeting also nominated additional members such as spokesperson and public relation officer, advisors as well as Policy strategic management committee that will help facilitate the proper implementation of a new plan.

Spokesperson & public relation officer:

Mr Dinesh Pokharel has been appointed as the Spokesperson & Mr Binod Shrestha has been appointed as the Public Relation Officer of NRNA Australia.

Nomination of NCC members:

Mr Bhupen KC, Mr Chhiring Lama, Mr Sachindra Thapa, Mr Kapil Pandey & Mr Santosh Dahal are nominated as the members of NCC executive committee.

Subedi announced his candidacy for NRNA General Secretary

Dhruba Subedi, Former Non- Resident Nepali Association (NRNA), Australia Chairman has announced his candidacy for the post of NRNA General Secretary. Subedi made such announcement amid a press conference in Sydney. Subedi has been involved with the NRNA since 2005. He claimed that he is capable enough to work for the welfare of the NRN and the Nepali diaspora residing in the foreign countries.



While pledging to institutionalise NRNA, Subedi said that he would try his best to make the Association more accessible for all Nepalese. Subedi is the first person to announce formal candidacy for the post. NRNA conference is scheduled to kick off in Kathmandu on October 19 to elect new leadership.

- Project - 01 Promotion of Nepalese Food, Culture, Heritage and Natural beauty
- Project - 02 Second Generation NRNs and their role
- Project - 03 Sports and Recreation
- Project - 04 Fund Raising and Management
- Project - 05 Media, Publication & Promotion
- Project - 06 Nepali Language and literature
- Project - 07 Students & Migrants
- Project - 08 Organizational Development
- Project - 09 Nepal Festival 2013/2014
- Project - 10 Nepalese Community Centre
- Project - 11 NRNA Help Desk
- Project - 12 Skills, Knowledge and Innovation Transfer
- Project - 13 Charity Projects
- Project - 14 Collective Investment
- Project - 15 Community Liason & Engagement
- Project - 16 Social Welfare Fund
- Project - 17 Management of NRNA International Affairs
- Project - 18 Business Council
- Project - 19 Civil Society
- Project - 20 NRNA Australia Scholarship
- Project - 21 Information Technology (IT)

Speak Up: Voices to Women Empowerment

'It is impossible to realize our goals while discriminating against half the human race.'
-Kofi Annan



By: Dr Sabitra Kaphle

Nepal is a signatory country of almost all international conventions including the Conventions on Elimination of all forms of Discriminations Against Women (CEDAW). The commitment to CEDAW includes equal rights to citizenship, property ownership and inheritance, education, employment and freedom from all kinds of violence. Being a signatory country of United Nations initiative to work towards reaching Millennium Development Goals (MDG) to be achieved by 2015, Nepal is committed to Promote Gender Equality and Women Empowerment, as it is third MDG. United Nations MDG progress report shows that Nepal has made satisfactory progress in increasing women's access to literacy, education, employment and health care services, yet disparities exists between men and women, caste and ethnicity in terms of accessing resources, opportunities and services and also in making meaningful participations of women in various sectors.

Empowered women contribute to society to reduce disadvantaged and to establish social norms towards equality. Most specifically, it has quadrupled benefits to the family in terms economic security and generational transfer of positive learning. Therefore, it is critical to provide opportunity to empower and capacitate themselves so that they are no longer silent to speak for themselves and to access the opportunities and resources regardless of their gender, caste, ethnicity, place of residence, religion and so on. It is also important to consider effective participation of women in society to ensure that their voices are heard and responded effectively.

Gender equality may be seen as a dream by many women cohorts in Nepal, it seems unlikely for them to experience better status being a woman. Women have their right to live with dignity in freedom of what they want and to live without any fear of physical, social or emotional exploitation. However,

it is sad to say that most of the cohorts of women in Nepal are still experiencing violence, tortured and social exploitation. From Human Rights lens, this is a serious issue. Women in Nepal often are double burden of caste/ethnic and gender. This means women from certain caste and ethnic groups are more likely to experience suppression and violence and often remained silent about their experiences of being discriminated, being suffered and being devalued within the family and society. Exclusions are multidimensional; economic, social, geographic (rural/remote), cultural and these factors often interact together.

Yet, most of the women in Nepal are responsible for all household chores including the day-long work in paddy field. They are many women who are struggling to manage to feed their children and family because of poverty. There are many mores who cannot even get a new cloth to wear in occasions for several years. Culturally, women are the last to eat in family, remained silent, follows the wishes of family and tried the best to make family happy. Because of this cultural orientation, women who are suffering the most in Nepalese society, hardly speak about themselves. Rather, they accept the reality interpreting to their status of being women, being poor, living in rural and remote areas. Being woman, I ponder most of the time, is it appropriate not to speak on their behalf to create a just and equal society, where those women who are now suffering have equal right to us to experience better quality of life. I believe that women are equally powerful as men to lead society if we provide them access to opportunities, resources and services and establishing a culture of respecting women to ensure their meaningful participation in society.

Those of us who are in better context comparing those women in who are suffering everyday need to start speak and share the voices of sufferings to end discrimination and ensure gender equality. Change can start from anywhere by any one, so we don't need to wait for others to initiate or speak. Why don't we commit individually and start advocating for equality? Most of us have either heard about the way they were treated and suffered from our mother or grandmother or observed the sufferings or perhaps some of us have experienced discriminations in many context lead to suffering. Why do we let those suffering be continued in our society? Why don't we start turning those sufferings to empowering stories? If you think why not, then let's commit to speak up and to share our voices to end the sufferings and to create empowering stories.

Note: The author is also the president of Didi Bahini Samaj Victoria.



Being woman, I ponder most of the time, is it appropriate not to speak on their behalf to create a just and equal society, where those women who are now suffering have equal right to us to experience better quality of life. I believe that women are equally powerful as men to lead society if we provide them access to opportunities, resources and services and establishing a culture of respecting women to ensure their meaningful participation in society.



Puspas Basnet : CNN Hero 2012



Anuradha Koirala : CNN Hero 2010

These bad habits that can age you quicker

There are so many bad habits that we have formed over the years that are causing us to wrinkle quicker than our age. To make sure you stay pretty, fresh-faced and perfect, check out this list and make sure you don't fall into these habits that can potentially ruin your appearance. Here is a look at some common bad health habits, and what you can do to break the cycle!

Sleeping face down and right choice of pillow are important

If you sleep on your face first or on your stomach, you are likely to get premature wrinkles. It is because your facial skin undergoes a lot of contortions due to the pressure the posture exerts. Using a moisturizer before going to bed can help you to some extent. Similarly the problem also lies with your pillowcase. Your pillowcase can draw moisture away from you and this can age skin. It can also leave unattractive lines over your face. To combat your pillowcase problem dermatologists recommend you invest in a silk pillow cover. Silk contains amino acids, similar to those found in our moisturisers, so when we rest our heads for the night our skin is not losing any essential moisture. Problem solved.

Drinking water through a bottle of straw can age you

Strange but true. Although drinking water can help improve the way we look by nourishing our skin, the way we actually drink can make us look terrible. Using bottles or straws to drink is something most of us do every single day, but did you know that drinking through a bottle or straw can age our skin? Drinking in this way can give us the same lines and wrinkles around our mouths that smoking causes. If you want to stay looking young and wrinkle-free it's time you bought a glass to get your daily water fix and ditched the bottles and the straws.

Smoking

The message that 'smoking is harmful to your health' is an old one, but not everyone pay attention to it. Besides the obvious health consequences this can cause wrinkles under your eyes. In addition, if you smoke, your risk for the scaly skin condition also goes up. Further, the nicotine in cigarettes can not only stain your teeth, but it's also notorious for staining fingers and nails as well.

Snacking on processed foods

Processed foods are those that have



Switch to a high quality face wash and a body wash to keep your skin moisture intact

been altered from their natural state, either for safety reasons or to increase the shelf life. They mostly come in a box, can, bag or carton. Studies suggest that processed foods could lead to many chronic diseases and health conditions such as obesity and diabetes due to the fact that they contain large amounts of sodium or fat (trans) and less amount of fibre as needed. Try to avoid white colored foods, meaning the food that contain flour, sugar, margarine, or ingredients that have weird chemical names. Processed foods also contain a lot of additives that are used to

add colour, stabilize, texturize, preserve and sweeten and to thicken.

Don't compromise on quality Cosmetics

It is not surprising that most of us are drawn to shampoo commercials that make us think that their use can benefit the skin and make it look natural. Although a lot of cosmetic products that claim that they do not contain any harmful chemicals, there are still some that does. Most of these harmful chemicals come through fragrances oil that are added additionally.



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Hotel industry in Nepal

attracting massive investments



“There were 18 proposals for hotel projects that are joint ventures between Nepali and foreign investors. Among the foreign investors, Chinese tops the chart with investment proposals for 24 hotels. In the past, a number of hotels in Nepal were operated under franchises and chains. However, they began to disappear and the hotels found themselves increasingly at a competitive disadvantage.

According to a government statistics Nepal's hotel industry is growing by 18% every year. This number includes hotels ranging from backpacker's accommodation to the five stars. Record also says there are about fifteen hundred tourist hotel currently in operation. Considering the amount of money being invested and the service being provided by these hotels to the foreign tourists it's suffice to say that hotel industry is the backbone of Nepal's tourism. So naturally Hotel projects have been attracting massive investments from both domestic and foreign investors in what could be termed an investment frenzy in the country's tourism sector.

In the last fiscal year, the government received investment commitments for 65 hotel projects that will add 3,036 beds to the country's tourist accommodation capacity. This list does not include big projects, mainly four-star and five-star hotels. According to the Department of Industry, the planned undertakings have a combined investment pledge of Rs 7.11 billion, half of it from foreign sources.

What makes the latest surge in investments remarkable is that the country's established business houses that have been staying away from the hospitality sector are increasingly getting involved in tourism. Some of

the country's well-known conglomerates such as the Golyan Group, TM Dugar Group and Chaudhary Group are pouring billions into the hotel sector. The Nepal Hospitality Group (NHG), a subsidiary of the MS Group, has signed a management agreement with a subsidiary of Marriott International to open a four-star hotel dubbed Fairfield by Marriott Kathmandu. The proposed 10-storey hotel under construction in Thamel will have 108 rooms. The property is spread over two and a half ropanis of land. The investment is estimated to be worth Rs 650 million. The TM Dugar Group is planning to open a 40-bed hotel The Centurian Hotel in Biratnagar with an investment of Rs 50 million. Similarly, the Golyan Group has planned to open a 224-bed hotel in Kathmandu with an investment of Rs 750 million.

Similarly Shesh Ghale, the Australia-based Nepali millionaire businessman, has entered into joint venture with the hotel chain Sheraton to operate a five-star hotel in Kathmandu. This project is expected to pour Australian dollars 80 million into Nepal's tourism. Hotel is due to start operation by 2018.

However, a decade-long insurgency coupled with labour unrest had compelled a number of star hotels to shut down operations. Four-star properties like the Wood-

lands, Yellow Pagoda, Narayani, Blue Star, Sherpa and Durbar closed down.

The investment boom actually started three years ago when the government decided to celebrate 2011 as Nepal Tourism Year. Against a backdrop of sustained growth in international arrivals, the government's announcement worked as a catalyst spurring investments in the tourism sector that had declined during the decade-long Maoist conflict. The increment in tourist arrivals in the last few years has attracted substantial foreign investments in hotels and resorts. According to the Department of Industry, a total of 33 foreign investors have pledged investments in hotel projects with capacities ranging from 10-200 beds. These planned ventures have 100 percent foreign investment.

There were 18 proposals for hotel projects that are joint ventures between Nepali and foreign investors. Among the foreign investors, Chinese tops the chart with investment proposals for 24 hotels. In the past, a number of hotels in Nepal were operated under franchises and chains. However, they began to disappear and the hotels found themselves increasingly at a competitive disadvantage. The Travel and Tourism Competi-

tiveness Report 2013 published by the World Economic Forum (WEF) has ranked Nepal sixth in price competitiveness in the travel and tourism industry.

According to the report, Nepal offers the second most competitive hotel prices in the world after Gambia. Nepal's average room rate calculated for first class branded hotels over a 12-month period in 2011 was US\$ 52.7. Travel trade entrepreneurs have blamed the devaluation of the Nepali currency against the US dollar and unhealthy competition as the cause for Nepal becoming a price competitive destination.

Now, a number of international franchises and chains are back and some new brands are making their way into Nepal. With all things looking good, the government should focus on promoting Nepal's tourism as a whole. The significant rise in the number of hotels, and in such a scenario, if tourist arrivals go down, it will be another setback. This will, in turn, force hotels to go for tariff under-cutting measures, which used to happen in the past, forcing a number of players out of the business and leaving many out of jobs.

- Stat Ref: Sangam Prasai

Buddha Travel ready to serve Nepalese in Sydney



Buddha Travel and Tours Pty. Ltd. has just broadened its horizon by opening up a branch office in Sydney. The inauguration ceremony held in Sydney recently saw an array of distinguished guests including diplomats, airline representatives, media and other supporters.

Consul General of Nepal to NSW Deepak Khadka officially declared the Rockdale branch by lighting up a candle and lifting the curtain.

On the occasion, Managing Director, Mr. Bhim Neupane shared his journey with the company from its establishment till now. He said this new step is challenging yet satisfying for him.

The local music artists performed to an entertaining evening followed by a concluding dinner and drinks.

Nepal will open five new peaks to mountaineers

Nepal will open five peaks of over 8,000 metres to expeditions when the autumn climbing season begins, taking the total number of such mountains to 13.

The new peaks - Lhotse Middle, Lhotse Shar, Kanchenjunga South, Kanchenjunga Central and Kanchenjunga West - all measure over 8,400 metres (27,559 feet). They will be opened to mountaineers once the move is approved by the International Mountaineering and Climbing Federation, officials said. Nepal currently allows expeditions to scale eight mountains of over 8,000 metres, including Mount Everest, the world's tallest mountain.



Over 300 peaks are open to expeditions in Nepal, which collected Rs 35 million in mountaineering revenues during the spring season, officials said. However, experts have warned of overcrowding on peaks like Everest.

Make Henna at home this TEEJ

Teej festival is around the corner. Draping on the best attire is going to be complemented by applying henna designs on your hands and feet. Apart from serving the role of a body art, applying henna is also considered as very auspicious. Henna application is a complex art and the artist needs to be proficient to be able to paint intricate designs swiftly. Also called Mehndi, one can prepare the henna at home by making a paste out of the henna powder available in the markets. Here is a method to prepare nice and smooth henna paste that will last in your hands and feet for days.

You will need:

- ✓ Body Art Quality Henna
- ✓ Room Temperature Lemon Juice
- ✓ Carrot Bag or Plastic Baggie
- ✓ Non-Metallic Mixing Bowl
- ✓ Plastic Spoon
- ✓ Plastic Wrap
- ✓ Applicator Bottle or Mylar Cone
- ✓ Molasses - to help paste adhere to skin (optional)
- ✓ Essential Oil - to make the stain even darker - about 1ml to 3ml oil for every 10g henna powder.
- ✓ Artificial Sweetener - for a smoother texture



Method:

1. Pour henna powder in a small, non-metallic mixing bowl. You do not need to mix up all the powder at once. You can keep unused henna powder in the freezer for up to 2 years.
2. Slowly add room temperature lemon juice and stir with a plastic spoon until the mixture is the consistency of thin mashed potatoes. Don't worry too much about consistency at this point for the paste can be thinned out later.
3. Cover mixture closely with plastic wrap and let sit 12-24 hours or more until the dye releases from the henna powder.

Keep out of direct sunlight. Dye release will occur faster in warmer weather.

4. After dye release, the henna paste is ready for use. The paste is also ready for the addition of essential oil. The oil is optional, but it does aid in darkening the stain. Adding essential oil is recommended for achieving the darkest stain possible and getting the most from your henna powder.
5. Next, you can add some optional molasses to help make the paste stick to the skin better. About 1-2 tablespoons per 100g powder.
6. At this point, you will want to adjust the consistency to allow for easy application. Start adding lemon juice A LITTLE AT A TIME until the paste is thin enough to slowly fall from a spoon in a solid stream. If it comes down in globs, it may be too thick. The paste should be the consistency of stirred yogurt.
7. Spoon the paste into the plastic bag and cut a small hole in the tip. Squeeze the paste into an applicator bottle or mylar cone. It's a bit easier to get the paste in a bottle by squeezing the bottle first, then slowly releasing pressure on the bottle while you squeeze the henna-filled plastic bag.



8. Screw the metal tip on the bottle and you are ready to go!
9. If you have problems squeezing the paste out of the applicator bottle or cone, it may be too thick. You can squeeze the paste back into a bowl and add a bit more lemon juice.
10. Store unused paste in the freezer after each use. Thaw paste to room temperature for additional application. Paste can keep for up to a year in the freezer. Henna paste generally lasts for about 48 hours total at room temperature.



Victoria bans commercial tanning units from 2015

Commercial tanning units will be banned in Victoria from 2015, Minister for Health David Davis announced recently.

"The Victorian Coalition Government has introduced legislation following through on our commitment to outlaw sun beds," Mr Davis said. "The amendments introduced to the Radiation Act 2005 come almost six years after Clare Oliver lost her battle with melanoma after bringing the risks associated with solariums to the attention of many Australians. Victoria commenced regulation of solarium in February 2008, but four years later the Coalition Government recognised that more needed to be done."

The Coalition Government noted that of all cancers, skin cancer represents one of the most significant cost burdens on our health system and adversely affects the health of many Victorians. The clear weight of medical evidence supports a ban on solarium. The decision to ban solarium in Victoria is in line with similar provisions announced in New South Wales, South Australia and Tasmania.

Clinical Network (formerly the Victorian Cooperative Oncology Group), supported by Cancer Council Victoria and co-signed by 161 health professionals, made one of more than 200 submissions recently to the Coalition Government calling for a ban on

commercial tanning units. The commercial solarium ban is part of the Coalition Government's Skin Cancer Prevention Framework 2013-2017, launched in December 2012.

"The Framework outlines how we will coordinate an effective and sustainable approach to skin cancer prevention over the next five years," Mr Davis said.

"The announcement of the ban's timeframe in December 2012 gave businesses the time required to diversify their services or develop alternatives to harmful ultra-violet tanning before the ban takes effect in 2015."

"The banning of commercial tanning units will, over time, contribute to reducing the incidence of the most deadly form of skin cancer, melanoma," Mr Davis said.

There are currently 112 businesses licensed to operate 385 commercial tanning units at 118 sites



The amendments introduced to the Radiation Act 2005 come almost six years after Clare Oliver lost her battle with melanoma after bringing the risks associated with solariums to the attention of many Australians. Victoria commenced regulation of solarium in February 2008, but four years later the Coalition Government recognised that more needed to be done."

Community grants augmented to strengthen Victoria's multicultural spirit

Minister for Multicultural Affairs and Citizenship Nicholas Kotsiras has announced grants in excess of \$700,000 for Victoria's multicultural community organisations through the Community Grants Program. Mr Kotsiras said the first round of multicultural festivals and events grants from the Victorian Multicultural Commission for 2013-14 provides vital funding to community organisations to celebrate and share their culture with the wider community.

"Victoria's growing cultural diversity is one of our state's greatest strengths and the Victorian Coalition Government is proud to support grassroots community organisations that work to promote the diversity that makes Victoria such a great place to live," Mr Kotsiras said.

"More than 270 community organisations will share in funding through this grant round to host community festivals and events this year. "Events may range from Women's and Youth Association groups sharing in music, dance, fashion and food, to major public festivals such as the Australian Association for Indian Culture and Education's Diwali - The Festival of Lights event, held in the Ballarat region.

"As one of the world's most culturally diverse communities, Victoria is home to people from more than 200 countries who



between them follow one of 135 different faiths.

"The Victorian Coalition Government is a strong supporter of our multicultural communities, and I encourage the community to share in the many cultural offerings through the coming festivals and events," Mr Kotsiras said.

Applications for the second round of Multicultural Festivals and Events grants through the Victorian Multicultural Commission are now open.

New multicultural access and equity plans unveiled

Commonwealth government departments and agencies are tailoring their services for people from culturally and linguistically diverse (CALD) backgrounds under new multicultural access and equity requirements.

The Minister for Multicultural Affairs, Senator Kate Lundy, has recently unveiled new multicultural access and equity plans from government departments and agencies. The plans outline the strategies, priority actions and targets for improving services for individuals from CALD backgrounds.

"Government programs and services should be accessible by all Australians and responsive to their needs regardless of their cultural and linguistic backgrounds," Senator



Lundy said. In 2011-12, an independent panel asked how the Australian government could improve the responsiveness of its services to the culturally and linguistically diverse population of Australia.

The government issued its response to the panel's findings and recommendations in early 2013, outlining its commitments against each recommendation under the strengthened Multicultural Access and Equity Policy: Respecting diversity. Improving responsiveness.

Under the policy, all Australian government departments and agencies are required to prepare biennial agency multicultural plans.

"The plans clearly define minimum obligations that must be addressed across six sections: leadership, engagement, performance, capability, responsiveness and openness. Each section outlines priority actions, responsibilities, timelines and measurable targets.

"I'm pleased to say many Australian government agencies, including my department, have already completed and published their agency multicultural plans."

This policy is seen as part of the Rudd government's vision of a socially inclusive society, in which all Australians feel valued and have the opportunity to participate fully.



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Continued from previous issue...

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

The collaboration with innovative institutions of open and distance education would be helpful in learning from their long and repeated successes in developing curricular contents that are highly suited for the technology-empowered distance learning environment. Nepal can learn from the Diaspora members' experiences in practicing different models of pedagogical and administrative environments and adopt the best, sustainable and futuristic practices. The Diaspora groups can provide substantial input in developing a futuristic institutional architecture of a new open university and a comprehensive operational plan. Their experiences in open and distance education tools, technologies and practices would be useful during the development of the institution. Their technical assistance would be useful in translating knowledge domains into learning modules and programs. Today, large amount of learning materials and Open Educational Resources are available freely. OUN would be well versed to partner in such endeavours through collaboration with institutions that have been the lead contributors and innovators in such forums. And most of all, all existing open universities are the first generation open universities. The making of the next generation of Open University remains a matter of deep interest to the entire open and distance education community. That OUN is the first university attempted to be architected from the ground up, it bears the potential to become a magnet for international collaboration.

The international development partners could be helpful in making the open learning process technologically and logistically feasible and financially affordable in the early phase of OUN development. Initial resources required to develop the comprehensive operational plan, to develop base technological infrastructure of the institution, and to develop the high quality learning material not made by a single professor but by a team of experts from multiple areas of knowledge and skills, all require significant resources. Open learning becomes economical and practical for all when electricity, computers, smart-phones, and Internet become accessible to all either from home or convenient locations. Learning resources and support provided at a subsidized rate may still be unaffordable to some potential students. International partner agencies could help provide financial and logistical support to OUN in the early years of its development to enable it to gain ground. This assistance is crucial because it would take a decade to make the institution self-sustainable or run solely from Nepal's

internal resources, which are often consumed by more urgent development priorities, such as primary education, health and rural road network.

Partners in Collaboration:

- 1) NRNs throughout the world have shown enthusiasm towards contributing their intellectual energy for the academic, scientific and technological development of Nepal. Diaspora Nepalis took the cause of establishing OUN after recognizing that an open university could be the most effective institutional instrument to harness the skills and knowledge of NRN academics and professionals towards helping the marginalized groups in Nepal. The Non-resident Nepalis Association (NRNA)



as an organization with country chapters in 65 countries (as of June 2013) promoted OUN as its flagship project since 2010. NRNA has already entered into an agreement of collaboration with the ministry of Education and again with OUN-IDB. Years of voluntary contribution of NRNs and continuous availability of NRNA forum for the promotion of OUN mission was one of the major factors that pushed the establishment of the OUN-IDB.

- 2) Since 2009, Athabasca University (AU) has been contributing to the OUN mission, primarily as a major provider of institutional and strategic ideas for the mission. AU signed the agreement for collaboration with NRNA and Ottawa-based Canada Foundation for Nepal (CFPN) in 2010, and also separately with OUN-IDB in 2012. AU participated in all major workshops, conferences, and strategy meetings in Nepal, Canada, USA and Australia, which were held for advancing the OUN mission. It partnered with NRNA in two rounds of application of CIDA funding for the OUN mission, although they were unsuccessful. AU's President and its Director of Distance Education have visited Nepal several times in connection to strengthening the collaboration. AU is a major and stable partner in the OUN mission.
- 3) CFPN advanced the concept of NRN participation in the establishment of OUN and in its subsequent development through transfer of skills, knowledge, and innovations. It popularized the idea through its website sub-domain dedicated to the OUN mission and produced and helped accumulate significant amount of intellectual property related to Open University. CFPN remains seriously committed to make the OUN a reality.
- 4) After two rounds of interactions with representatives of International Development Office, The Open University UK is also prepared to collaborate in the OUN mission. The OU UK is already working in the region, one to train one million

teachers in India on technology driven teaching environment and another in Bangladesh to develop English as a Second Language program. Its Chair of Sustainability participated in NRNA conference workshop on OUN. OUN UK's interest in working in Nepal is demonstrated in its recent proposal to develop the complete Health Assistant learning material based on curriculum made by Council for Technical and Vocational Training Nepal, make it available as Open Educational Resource, and pilot the program at Himachal School of Nangi, Myagdi.

- 5) The Oslo-based International Council for Open and Distance Education (ICDE) had already issued words to assist in the establishment of OUN. This intent was also published in its website in 2011 and its President has repeatedly given assurances to this effect. Its president visited Nepal three times to promote OUN as an international effort to develop the next generation open university.
- 6) Based on the strength of the original propositions being advanced since 2010, and because of the continuing interests shown to contribute by even more institutions, it is clear that Nepal enjoys numerous potential opportunities for collaboration. Key persons from institutions like California State University and University of Houston Systems, and Indira Gandhi National Open University have already expressed their support of the cause.

towards developing a series of modular courses in high-school mathematics, science, and English for those who wish to upgrade their knowledge to meet the university's entry requirements. Each course will comprise of a series of 5-10 minutes lecture modules in a low communication bandwidth medium and in a readily distributable format suitable to carry around USB drives and played in mobile phones. The seed budget will establish a small production laboratory and recruit a production team of minimum of five members in OUN-IDB premises. This production team will collaborate with a team of volunteer NRN contributors to produce the material. The NRNA network would be used to reach out the potential contributors.

- 6) The OUN-IDB establish scholarships of \$125/month for one year for all the bright NRN graduates holding Bachelors or higher degrees from other countries on a competitive basis based on proposal submissions and credentials to match with the roles of the production team members to come to Nepal and contribute in Moodle based modular content production or other innovative areas. Let NRNA supplement the OUN-IDB scholarship with an additional \$75/month fund for the winners of those scholarships.
- 7) The OUN-IDB take following corrective measures to re-establish the trend of collaboration:

- a. Hire back those young people who had volunteered for more than six months with the OUNSC secretariat at Keshar Mahal as OUN-IDB employees and let them report to NRNA representative and work on the task of providing institutional support to NRN and international collaborators. This will help utilize the valuable experience these volunteers have accumulated towards the OUN.
- b. Adopt the policy of recognizing information technology based participation (phone, Skype, Internet enabled discussion boards and meeting tools) in meetings and technology-enabled distance collaboration in intellectual work, and drop out the current OUN-IDB practices of not recognizing technology enabled participation in meeting from distance, and requiring presence of the physical body in the meeting. The requirement for all board members and invitees to be physically present at the meetings does not fit with the principles of an open university and it also does not fit with norms established around the world and in many other institutions legally established in Nepal.
- c. Allow and empower the NRNA representative in the OUN-IDB to manage the team formed as per the instruments built as per this proposal, as part of building capacity for the proposed OUN.
- d. Provide one WiMax based mobile Internet connection to the International Relations Subcommittee members residing in Nepal to enable communication with participants scattered throughout the world at any mutually convenient time of the participants from where they are located.

Conclusion:

Mobilization of the skills, knowledge and innovation of the Diaspora Nepalis and international open and distance education institutions is the most reliable way to inject proven experiences, pedagogical practices, and institutional efficiencies into Open University of Nepal mission. The basis for such mobilization, however, would be the plans, policies and strategies of the Board (OUNIDB) formed for the purpose of establishing the university. This proposal recommends that the rationale, concept, and strategies for cooperation developed by the NRN proponents and the Steering Committee (OUNISC) that carried the mission up to the formation of the Board be adopted by the board and make necessary enhancements over them. This also recommends the re-establishing a dialogue through a conference with experts from potential partner institutions and conduct some pilot academic development programs to advance the collaboration.

Plans and Proposals for Collaboration and Implementation Modalities:

- 1) Adopt the concept and mission's strategies established in references [2] and [3] prepared by collective contribution of in-country and out-of-country scholars on a voluntary basis. Incorporate new ideas as necessary.
- 2) Host an international conference on "Making an Open University in Nepal for the 21st Century and beyond" in Kathmandu in October 2013 with open invitation to the delegates of NRNA global conference, and formal invitation to key institutional figures of International Council for Open and Distance Education, Athabasca University, The Open University UK, Open Universities Australia, University of Houston System, and California State University, and other institution that had participated in our conferences before and inclusion of other strategically identified universities and institutions. NRNA and OUNIDB should be the hosts.
- 3) Form a team of resident Nepalis, non-resident Nepalis, and internationally acclaimed Open University builders and educational thinkers to develop the comprehensive operational plan (COP) for the OUN. Empower this group to solicit international funding for accomplishing its task, and let it operate through a trust fund managed by an international agency such as the World Bank, any agency of United Nations, or Asian Development Bank.
- 4) Allow the COP team to select a geographical area and schools, colleges, training centres, or such existing sites to pilot test non-degree programs either adopted from other successful universities, or adapted for Nepal, or collaboratively built in Nepal as practicable.
- 5) The OUN-IDB allocate a seed budget of \$50,000

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AUTODIDACTICISM in creative field



By: Kushal Bhatta

In our society, kids are put under so much pressure to go to school every day, study hard and get high marks in exam. Even as an adult we strive to attain bachelor, masters or getting a doctorate is an ultimate dream. Competitive world, peer pressure or just a desire to be a certificate holder we sit in the classroom endlessly. Nothing wrong with going to school but let's not be fool to think that those qualification will get us success in what we do unless we add passion and dedication to it. Especially in the field of creative arts, educational qualification means very little.

And the success of notable personalities like Leonardo Da Vinci, Rabindra nath Tagore, Ernest Hemingway, Russel Crowe, JK Rowling, James Cameron and Quentin Tarantino also substantiate what self-teaching can do. Add some legends to the list Kishore Kumar, Leonardo Da Vinci, Gustav Eiffel and Steven Spielberg and you have an overwhelming list of self-taught creative minds.

Their aggregated educational qualifications are interesting: an engineer, graduate, actor, singer, doctors of medicine, a lawyer, a signal technician in the armed forces, a structural engineer, and most others either high school dropouts or without a formal 'certificate' education. All these personalities share a significant characteristic — autodidacts — people who were mostly self-taught and did not receive formal 'certificate' education for the art form in which they excelled.

The list of those who have taught themselves is long and distinguished. Their great strength is that they do not recognise conventional boundaries. So they follow more of their passion than the method. Self taught artist make their own discoveries. They don't hold themselves to a set curriculum. Sure, they observe others but often go

Is it provocative to postulate that greatness in artistic endeavour is possible without formal education in the same skill? While everyone in the list pursued their calling when they found it but the key is the path they chose to get there. The first category comprises people who did not attempt formal education at all, but got into the art form of their interest, soaked in the multifarious experience while waiting for the right opportunity.

beyond their influences and forge their own style.

Is it provocative to postulate that greatness in artistic endeavour is possible without formal education in the same skill? While everyone in the list pursued their calling when they found it but the key is the path they chose to get there. The first category comprises people who did not attempt formal education at all, but got into the art form of their interest, soaked in the multifarious experience while waiting for the right opportunity.

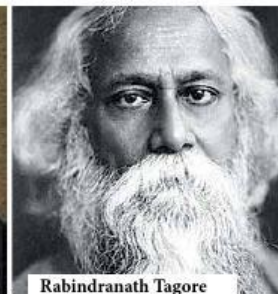
Artists in the second category first took up conventional education due to societal/family pressure or simply because their artistic calling was nebulous. Chetan Bhagat, J K Rowling, Robin Cook, Karl Marx and Arthur C Clarke trod this path.

Interestingly, some of them adapted their formal education knowledge to further their artistic pursuit — Robin Cook with medical knowledge, John Grisham with legal experience. Perhaps, it may also have been easier for them to take the artistic leap of faith because of the perception of security their conventional education offered them.

It would be absurd to argue that self-education is a necessary precondition to innovative thinking. But it doesn't have to be an obstacle in one's success in life.



Leonardo Da Vinci



Rabindranath Tagore



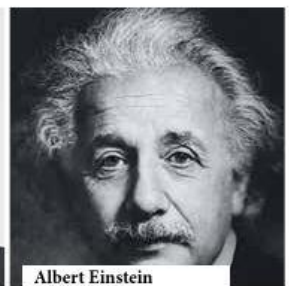
Chetan Bhagat



James Cameron



Russell Crowe



Albert Einstein

Book Review

DIRTY, SACRED RIVERS
CONFRONTING SOUTH ASIA'S WATER CRISIS
CHERYL COLOPY



Dirty, Sacred Rivers

Author : CHERYL COLOPY
Category : TRAVELOGUE

American journalist, Cheryl Colopy is a first foreign journalist who travelled intensively in the Ganges river basin and saw its flow in the plain up to mouth of Ganges showing how South Asia's sacred river is gradually turning into sewers, affecting the life of billion plus population. Dirty, Sacred Rivers explores South Asia's increasingly urgent water crisis, taking readers on a journey through North India, Nepal and Bangladesh, from the Himalaya to the Bay of Bengal. The book shows how rivers, traditionally revered by the people of the Indian subcontinent, have in recent decades deteriorated dramatically due to economic progress and gross mismanagement. Dams and ill-advised embankments strangle the Ganges and its sacred tributaries. Rivers have become

sewage channels for a burgeoning population.

To tell the story of this enormous river basin, environmental journalist Cheryl Colopy treks to high mountain glaciers with hydrologists; bumps around the rough embankments of India's poorest state in a jeep with social workers; and takes a boat excursion through the Sundarbans, the mangrove forests at the end of the Ganges watershed.

She lingers in key places and hot spots in the debate over water: the megacity Delhi, a paradigm of water mismanagement; Bihar, India's poorest, most crime-ridden state, thanks largely to the blunders of engineers who tried to tame powerful Himalayan rivers with embankments



but instead created annual floods; and Kathmandu, the home of one of the most elegant and ancient traditional water systems on the subcontinent, now the site of a water-development boondoggle.

Colopy's vivid first-person narrative brings exotic places and complex issues to life, introducing the reader to a memorable cast of characters, ranging from the most humble members of South Asian society to engineers and former ministers. Here we find real-life heroes, bucking current trends, trying to find rational ways to manage rivers and water. They are reviving ingenious methods of water management that thrived for centuries in South Asia and may point the way to water sustainability and healthy rivers.

Source: Amazon

It's not funny, Girls!

If you can't comprehend the level of sensitivity about their baldness just understand that it hurts them just like it would hurt any girl if she was told that **HER BREASTS WERE TOO SMALL.**



● Togetherness



Nepalese Voice congratulates Sanjeev Khadka & Kamala Acharya from Tasmania for entering new conjugal life.

Love Facts:

- ♥ "Love" is derived from the Sanskrit word "lubh", which means desire.
- ♥ The reason we wear wedding rings on the left hand fourth finger descends from the ancient Greeks. It's because they believed that particular finger contains what they called "vena amoris", or the "vein of love," that runs straight to the heart.

There is nothing wrong with clowning around with partners every now and then, brings more fun into relationship. A whacky sense of humour neutralises- otherwise dull- day to day routine. So, we all tend to dish out the funny lines on each other to create some light and funny atmosphere around each other. But girls! Be careful, there are some things you ought not to ever joke about with your man, if you want your relationship to go somewhere!

No matter how much is said and written in fashion magazines about how sexy bald-headed men can be, men never really believe it. Most of the men still feel that receding hair lines are not sexy. So if your man's hair has started thinning already make sure you don't make that the butt of jokes. If you can't comprehend the level of sensitivity about their baldness just understand that it hurts them just like it would hurt any girl if she was told that her breasts were too small. Your men know they are balding and you don't need to remind them about that.

Another thing that men usually hate being told is that their pay cheques are too small. This is something that may lead to major psychological complications in relationships. Especially in the east, men have been brought up with the notion that they are breadwinners in the family. But when they see that they are unable to fulfil that, they hurt inside and hate being reminded about it. They feel extremely insulted when

their partner mentions it or taunts him even jokingly. Some men who are confident can handle it; otherwise this factor may damage relationships. So if he brings hundred home, act as if you got thousand.

Men usually like to be better than their better half when it comes to bringing a pay packet home. Though it sounds a little ancient but it is true. Men just cannot digest the fact that it is okay to earn less than their spouse or girlfriend. To make it worse, if you mention that to him even by mistake, trust me it's going to trigger his man-ego. So if you love the guy who earns less just avoid the topic of income altogether.

Your man is better looking than that movie star on TV. Yes, that's what you are supposed to think when you are watching TV or a movie with your partner. If you mention any celebrity or even some random friends as being "good looking guy" that automatically means to your partner that he is bad looking. Make sure you don't mention other men's look or body in front of him. Your one word of other men's appraisal means thousand thoughts of inadequacy to your partner. So even if you know that he is just an average looking guy please make an effort to say he is the hottest looking guy you have ever met. After all it's only going to improve your relationship.

Joke around but be mindful. Otherwise, your little slip of the tongue can cause unrepairable damage in your relationship.

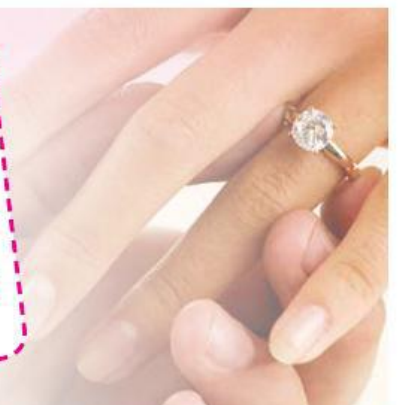
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- A 27 years old Australian PR Nepali boy based in Melbourne looking for a date.
Call or Text: 0430 115 125

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Contact: nepalesegentleman@gmail.com

- A 25 years old Punjabi boy based in Melbourne looking for a stable relationship.
Call or Text: 0406 474 100

- A 26 years old Nepali-origin Australian doing Master in Finance looking for simple loving and caring girl for a committed relationship.
Contact: info@nepalesevoice.com.au

- A 31 years old Nepali boy based in Kathmandu looking for a girl settled in Australia.
Email: mahendra_21@gmail.com or call Nepalese Voice

- A 25 years old Nepali boy from Melbourne is looking for a Nepali girl in her early 20s for a serious relationship. Call/Text: 0423737238

Nepali player wins gold in Australia

Nepal government reluctant to give recognition

Mohan Bam, a Nepali on a personal visit to Australia, has become the first Nepali athlete to qualify for the World Sports and Combat Sambo Championships to be held in St Petersburg, Russia later this year. The 22-year-old player from Kailali, Nepal made it to the World Championships by winning gold in the Australian Sambo Championship, while in the country for a short visit.

He went on to win the gold medal after defeating his opponent in the 57 kg weight category during the Australian national selection games held at Zenbu Judo Club, Silverwater, Australia last month. He grabbed the opportunity as anyone staying in Australia for more than two months was eligible to compete in the event, however, only Australians were entitled to sponsorship

from the national federation. In his weight category, there were four other players including himself and three Australians.

Bam, who is a judo player by profession, rode his luck as he got selected for the championship -- which is almost similar to judo -- after taking a sambo coaching course in Australia recently. Bam says he defeated all his opponents and secured a total of 12 points -- four in each league match -- to clinch gold.

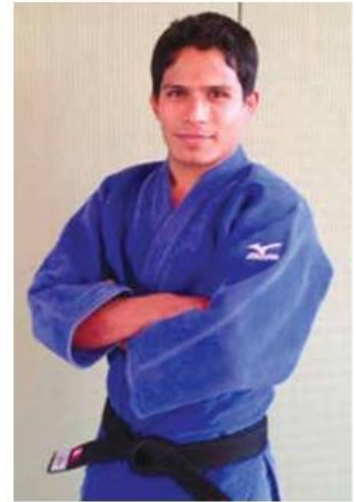
However, his success has been overshadowed by the fact that Nepal Sambo Federation (NSF) doesn't officially recognize his achievement as he didn't participate in the tournament officially.

While Nepal is pondering what step it should next take regarding Bam's success, the player says he has already received offers

He went on to win the gold medal after defeating his opponent in the 57 kg weight category during the Australian national selection games held at Zenbu Judo Club, Silverwater, Australia last month.

from Australia and Russia to represent their national teams as they were impressed with his performance. But Bam is adamant that he will only play for Nepal.

Bam's success has turned sour as he has been unable to find sponsors for his trip to St Petersburg, where the World Championships will be held from November 21 to 25.



Nepal slips one position in FIFA ranking



With the dismal performance of Nepali team in the international tournaments, Nepal has dropped one position down to 170th position in the FIFA World Ranking for the month of August.

According to the latest FIFA World Ranking, Nepal is ranked at 170th with 95 points from previous month's 169th position with 106 points. Meanwhile, India has topped the South Asian national standing at 145th position with 177 points followed by Maldives 153rd with 150 points, Bangladesh 158th with 138 points, Pakistan 167th with 114 points, Sri Lanka 170th with 95 points and Bhutan 207th spot.

Spain, Germany and Colombia are the top three nations in the FIFA Ranking respectively. Despite much hue and cry at the national level the performance of Nepali soccer team remained poor at the International Level. All Nepal Football Association (ANFA), the apex body of Nepali football has been doing its best effort to enhance the quality of Nepali football but it always remains herculean task. Critics have been claiming that ANFA and its officials are more concerned in publicity rather than really improving the status of Nepali football sector.

Australia's Ashes misery ended in draw



England and Australia drew the fifth Test as the Ashes series ended in a dramatic draw on the final day at The Oval last Sunday.

England, set a target of 227 to win after Australia captain Michael Clarke's bold declaration, needed 21 more to win off 24 balls with five wickets left when the umpires decided the light, even with the floodlights on, was too dark to continue and ended the match at 7.35pm local time.

The draw meant England, who'd already retained the Ashes, finished the five-match contest as 3-0 winners having triumphed in three successive Test series against Australia for the first time since the 1950s.

This result saw Australia fail to win a single Test in an Ashes series for the first time since their 3-0 loss in England in 1977 and meant they'd failed to win a Test for the ninth match in a row following a 4-0 loss in India earlier this year.



MCG to host the final of the 2015 cricket World Cup

The Melbourne Cricket Ground will host the final of the 2015 cricket World Cup, with New Zealand's Christchurch. The March 29 final at the MCG and the semi-finals will be at the Sydney Cricket Ground and Auckland's Eden Park. The co-hosts, New Zealand who also teamed up to put on the 1992 World Cup, have adjusted their international seasons to allow for the tournament, which will see 49 matches played over 44 days. The

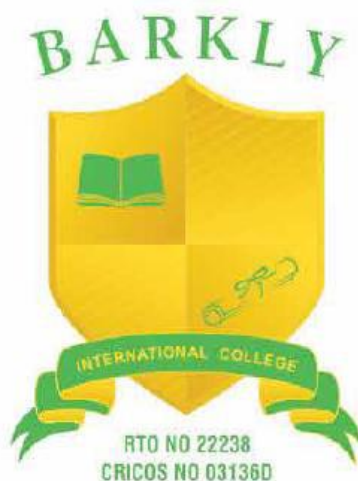
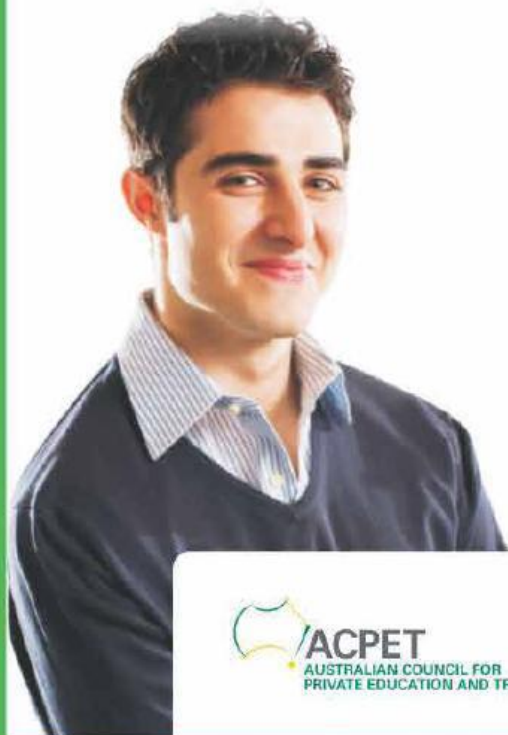
honour of the first match between Sri Lanka and New Zealand on February 14, however, will go to Christchurch.

Sydney Cricket Ground, Adelaide Oval and the MCG will host three of the quarter-finals, with the fourth in New Zealand's capital Wellington. The 2015 World Cup will feature the 10 full member nations of the International Cricket Council plus Ireland, who have won qualification, and three other

nations. Two of the remaining teams will be determined via a qualifying tournament in New Zealand in January 2014. Divided into two pools of seven; the teams play their group rivals in a round-robin format, with the top four from each pool qualifying for the quarter-finals. Hosts Australia will bid for a record fifth World Cup win and will face bitter rivals England in their opening match at the MCG on February 14.

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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 |



Melbourne
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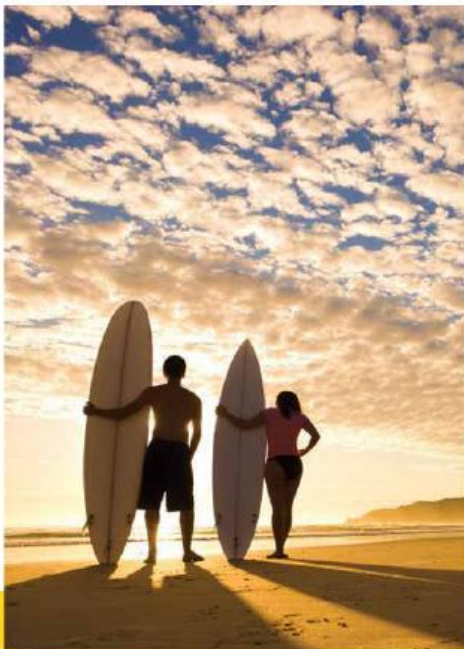
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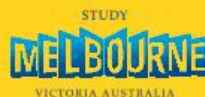
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