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## Editorial

### Let's do it right this time

The chronology of Nepali politics has reached the most sensitive point. If we reflect back on the series of political events that had occurred in last many years, nothing but instability and ineffective governments have characterised the country. After a decade long civil war, CPN Maoist won majority of seats in the 2008 Constitution Assembly election but the party could only lead the government briefly, as they lacked outright majority in the parliament. In the aftermath of election, political leaders deviated from the 'politics of consensus'. That resulted in the dissolution of the CA and pushed the task of constitution-making exercise into uncertainty.

We are on the verge of second CA election again, but the debate between major political parties on federalism, state restructuring and the distribution of power has not yet been resolved. Most importantly, the CPN-Maoist, a major force behind the entire peace process, has boycotted the upcoming election. They have demanded current state head Khil Raj Regmi to resign from his second chair as Chief Justice. In turn, the government and the four party alliance do not seem to have taken it seriously and have decided to go ahead without them.



**Ramjee Poudel**  
Executive Editor

Nepal's major political parties need to learn from country's feudal past. They have mistaken -the mere toppling of a regime through an uprising- to be a revolution. They should be aware that the transition is still uncertain and fragile. This prolonged stagnancy will be a fertile ground for opportunists. If this political stalemate continues, the extreme pessimism in people will burst into chaos and disorder.

If this CA election could not give results, there will be a constitutional void and Nepal will face myriad political problem. On November 19, some 12 million voters in Nepal will get the opportunity to elect the country's new parliament. More than 100 parties are fielding candidates to the country's second national poll since civil war. And we, the people, have the power to choose our leader of the future. Let's not choose the one we know but the one that knows us, the people of Nepal and their aspirations. So let's do it and let's do it right this time.

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# NRN: boost investment to fuel economy!

By R.K.Regmee

**N**on-resident Nepalis (NRNs) renewed their commitment to boost investment for lubricating Nepali economy and making it vibrant as they concluded their 6th Global Conference and general Conference of Non-Resident Nepali Association (NRNA) in Kathmandu recently. The decision could be termed as a positive attempt to lessen the adverse effect of brain-drain and labour-drain on Nepal.

The onus of translating the pledge into action now lies on the shoulders of newly elected NRNA President Shesh Ghale and his team. Viewed against the backdrop of Nepali economy's growing dependence on the remittance and the increasing number of Nepalis spread over 65 countries of the world, the NRN-vow carries high significance.

Such verbal assurance of enhancing the level of investment has been a feature of every NRN-get together in the past decade or so. NRNs could not make a serious effort to realize the ambitious dream of investment generated in the initial phase of establishment of NRNA. As Mr. Ghale leads the NRNA he will have to take this into account and work out a pragmatic plan to increase NRN - investment as per the high expectations of native land.

Some Nepalis expected the NRNs this time to contribute substantially to Nepal for enabling her to graduate to developing country and leave the tag of least developed country (LDC) by 2022 A.D. They could not feel motivated by the mere expression of pledge by NRN. Others anticipated a solid NRN-scheme to facilitate the on-going Three Year Plan particularly its target of reducing poverty to 18 percent, increasing employment by 3.2 percent and achieving a growth rate of 6 percent. They also did not find anything to rejoice over the NRN-Conference.

A few also wished that the NRNs might raise some voice or offer of relief for the Nepalis who died in work places in Qatar and who are facing difficult working conditions there. Such expectation was natural because the NRNA Conference was held shortly after one international news outlet made public the work-place deaths of Nepali workers and inhuman conditions in which Nepalis in Qatar are compelled

to live and work. Those who expected much in this regard got disappointed as the Conference remained silent over the issue.

## Baskets of high expectation

The fresh leadership of NRNA has to cope with baskets of high expectation. Those who have expressed expectations from NRNs range from the President to the commoners. The President wanted to see NRNs to "mobilize their economic, commercial and intellectual capital in nation-building". The Finance Minister expected them to "contribute to economic diplomacy of Nepal". Leaders of political parties, and entrepreneurs expressed willingness to "work together in partnership with the NRNs".

Mr. Ghale might find such high level of openness and will in Nepal helpful as he moves forward to implement the NRNs' pledge. Moreover, just before Mr. Ghale assumed the leadership position, the NRNA has been registered legally in Nepal. This would also enable him to push for some more practical schemes of investment.

Many in Nepal expect more from Mr. Ghale. They have a high opinion of the way he has demonstrated his expertise, entrepreneurship, productivity, and pragmatic skills in the international arena in a very short period of time after completing School education in Lamjung and earning engineer degree from Ukraine. They feel proud of his success in being one of the notable billionaires in Australia at 57.

Nepalis are confident that Mr. Ghale would craft a practical scheme to translate NRNs' desire to help Nepal into productive action. "A way would be worked out for enabling any Nepali in any part of the world to be able to contribute to nation-building in accordance with their financial capacity. The two-yearly NRN-meet would emerge in future as a meaningful exercise to boost investment in Nepal," said an entrepreneur in Kathmandu recently.

The Declaration of the Conference has some directives for the fresh NRNA - leadership. A separate relief fund has to be launched for helping Nepalis as they become accident-victims or face some other critical problems while in foreign employment. All should now



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move to enrich the fund to serve the victims under the leadership of Mr. Ghale.

NRNs could also contribute to making the remittance productive in Nepal. The remittance constitutes an important part of economy; it commands one fourth of the gross domestic production and has a great role in the country's balance of payment. The remittance Nepal receives these days stands at 434 billion rupees (USD 4.25 billion at November 13 exchange rate), a great jump from the 46 billion rupees (USD450.98 million) received eight years ago. The challenge today is to check use of remittance on consumption and channel the remit-

tance to really productive schemes.

The NRNA should also act as a guardian of all Nepalis working and residing in various countries. It should be instrumental in serving their best interests in those countries. NRNA should help the Nepalis who have somehow not yet been able to get their property, social security schemes and other savings earned by them through their hard work in their youths.

## Criticism

The past decade of NRNA is not that promising, say critics. It raised people's expectations very high some ten years ago. The discourse



on NRN then left the impression that the NRNs' purses are gold mines. The show-biz, expressions of NRNs and the talk of bringing in capital from abroad through NRN Basket Fund contributed to raise expectations further. In reality very little was done, the talk of fund turned out to be no more than a gossip over tea. The issue of getting NRNA registered in Nepal also got neglected. The Association, established a decade ago, was registered in 2013.

The NRNA could not, as an organized body, work out a track to pull together the resources of NRNs and mobilize them over the decade. Had it been realistic, it would have been able to support the economic drive in the country substantially with its skill, efficiency and knowledge acquired in foreign countries, opined a scholar in Kathmandu the other day. Some also say the NRNA has not been able to represent all sections of NRNs.

The investment portfolio of NRNs at present is not promising. There are, according to official statistics, some 45 companies which have linkage with NRNs. A sum of 30 billion rupees (USD 294.11 million) has been mobilized because of engagement of NRNs, said a top official of Federation of Nepali Chambers of Commerce and Industries FNCCI recently. The 27 MW -Dordi Khola hydro-electricity project of Lamjung enjoys NRN-investment. NRNs have expressed commitment to engage in 100 MW hydro-electricity project.

#### Prospects

Mr. Ghale has an opportunity to turn the dismal page of the past decade into a bubbly page by defining the NRN-engagement in Nepal

pragmatically and mobilizing the resources for realizing it. The prospects for this are high, said a Nepal Rastra Bank economist recently. "The government is willing to make the NRNs partners in economic development. Its policies are investment friendly while efforts are being made to make administrative procedure highly facilitating to investors. The private sector is more than willing to work together with NRNs. All policies related to labour and market are also friendly to NRNs."

The areas of investment are open: NRNs can open fresh enterprises or they can engage in innovation of existing plants; they are welcome to set up an infra-structure development bank if they like. The Investment Board has made a special provision for the NRNs who would like to invest more than 10 billion rupees in Nepal. Plenty of schemes in the energy sector, hydro-electricity, capital market, education, health, agriculture, industry, tourism and civil aviation could be developed for NRN-engagement.

One point that NRNs should take into consideration while extending investment, consultation or dissemination of skill or in spreading participation is: not to duplicate or to replace the already established productivity and competence in Nepal. NRN-investment should add extra value or extra diversity or extra utility to the existing productivity of Nepali economy. Will the future NRN-engagement in Nepal be directed towards this direction?

## Warm home-coming for Ghale



Newly elected NRNA President Shesh Ghale was congratulated by Victorian Nepalese Community for his thumping victory in his race to presidency. A program was organised on 10<sup>th</sup> of November at Base Camp restaurant, Northcote by NRN Victoria to his honour.

Many participants expressed immense pleasure and the assurance of the highest considerations to Ghale as he begins his tenure as the NRNA President. Honorable Consular General of Nepal to Victoria Mr. Chandra Yonzon offered Mr. Ghale a "Khada", a sign of respect and good luck, wishing him success for his endeavours.

Reciprocating the gratitude shown by his home supporters Mr Ghale once again reinforced his commitment in discharging the important duties of his position. He said "we are in it together, let's make it happen".

## Skill Knowledge and Innovation (SKI) workshop in NRNA Global conference

By Raju Adhikari

**N**on-Resident Nepalese Association, Skill Knowledge and Innovation task force has called upon Nepal government to facilitate the establishment of "Open University" in Nepal. During NRN's 6<sup>th</sup> global conference in Kathmandu recently, an interaction program was held to deliberate about such concept in order to transfer skills and knowledge into Nepal.

Following NRNA declaration in 2009, SKI task force was established to take necessary initiatives to utilize the Diaspora knowledge, skill and experience to the overall development of Nepal. SKI Task force since then has been actively involved in developing policy and program. In 2011 in NRNA regional conference in Houston, the first flagship project called "Open University" was initiated. NRNA subsequently signed MoU with Ministry of Education, Nepal Government to jointly work in this initiative. However failure to get legislation on Umbrella University Act from the parliament, GoN established an Open University Board in 2012 through a cabinet decision to support this initiative. The Open University Board later entered into an agreement with the NRNA and Athabasca University separately in 2012 at NRN regional conference in Sydney for the next stage cooperation. Dr Pramod Dhakal, was appointed as a Project champion from NRNA in the Open University Development Board and he has now left Canada to work on this project in Nepal. Dr Ambika Adhikari, Dr Drona Rasali and Dr Raju Adhikari were also appointed to the foreign coordination committee of Open University Board. It is learnt that a separate

Open University Act is now under discussion and MoE is doing preparatory work to get approval from the parliament to push the Open University initiative to the next level.

SKI task force also launched another flagship project "Nepal Science Foundation Trust" (NSF) in Sydney Regional Conference in 2011 after many deliberations which was formally registered in Nepal during the NRNA global conference in Kathmandu on 1/11/2013.

NRNA had organized a pre conference workshop "Open University Nepal" (OUN) and "Nepal Science Foundation Trust" (NSF) project during the NRN global conference 2013. Dr Raju Adhikari and Dr Pramod Dhakal from NRNA SKI Task force made presentations on OUN and NSF projects. Distinguished panel of speakers from both public and private sectors in education and science fields shared their views on Open University and Science Foundation projects and its role to promote and support Knowledge investment front for country's overall development. Prof Dr Vidhyanath Bhandari, TU, Prof Dr Manu Wagle, TU, Prof Dr Suresh Raj Sharma, former VC, KU, Prof Dr Surendra Raj Kafle VC, NAST, Prof Dr Kamal K Joshi, former VC, TU, Secretary, MoSTEn, Chair, University grant Commission, Mr Mahashram Sharma, Director, Higher Education Board, MoE, Mr Chattri Hari karki, MD, Midas technology Pty Ltd, Director, OLP, Founder NRN President Dr Upendra Mahato, Chief Patron Mr Dev Man Hirachan, Dr Drona Rasali, Advisor NRNA shared their views. Hon Chandra Yonzon and Deepak Khadka,



Consulate Generals from Victoria and NSW, Australia also attended the program. The discussion focused on the lack of progress on Open University front and way forward to address the current problems. Panels expressed the view that Science foundation initiative is very timely and how it could and should coordinate its activities to bring tangible impact on science education and innovation fronts. The session was chaired by Prof Suresh Raj Sharma, former VC, and Kathmandu University and co-chaired by NRN Chief Patron Dev Man Hirachan. Around 80 participants representing NRN NCCs of various countries and distinguished Nepalese

scholars attended the session and participated in floor discussion. Prof Uttam Niruala from Norway shared his own experience and commented on behalf of the floor.

Mr Shesh Ghale, NRN ICC president later attended a separate briefing with the MoE and affirmed NRNA full support and commitment to these two projects. NRNA has formed a permanent SKI committee to coordinate above projects and support Knowledge Investment initiative on an ongoing basis.

Mr Gokul Pokhrel, Manoz Svudiyia and Rajesh Rana, SKI/NSF members had coordinated the workshop program.



**Shesh Ghale**  
President



**Ranju Wagle Thapa**  
Secretary



**Bishnu Hamal**  
Regional Coordinator  
Oceania



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*We congratulate all the Australian representatives that have been elected to the NON-RESIDENT NEPALI ASSOCIATION INTERNATIONAL COORDINATION COUNCIL for next term of 2013-15.*

- Nepalese Voice Australia Team

### Random Pick



Group of Victorian-Nepalese heading to Nepal for Dashain and Tihar bumped into Miss Nepal 2013 Ishani Shrestha at Bangkok Airport.

### Funny Sideup



"Uncle you just came back from Australia, so I want the Dashain Dakshina in dollars only"

# Ministerial consultative committee formed

A Meeting was held at NSW Parliament, Sydney on 29th October 2013 between NSW Nepalese Ministerial Consultative Committee's coordinator Mr. Binod Paudel, Member of Legislative Assembly/NSW Parliament Honourable Mark Coure and Honourable Minister for Citizenship and Communities and Minister for Aboriginal Affairs Victor Dominello. During the Meeting participants discussed about various possibilities of benefit that Nepalese community can receive from NSW government and the importance of Ministerial consultative committee. The role of the committee was also discussed during the meeting.

The meeting concluded with a very positive vibe and plan to conduct a first formal meeting of the committee in the Parliament House in presence of Honourable Minister for Citizenship and Communities and Minister for Aboriginal Affairs, MCC's Chairman and Member of Legislative Assembly/NSW Parliament Hon. Mark Coure, Committee's Coordinator Binod Paudel, Members of the committee and other guests from Nepalese Community somewhere between end December 2013 till Mid January 2014 at NSW Parliament. A fixed date is yet to be decided.



The great value of multiculturalism has been formally recognized in the NSW Government's new ten year plan NSW 2021. The purpose of the Ministerial

Consultative Committees has been defined as: Engaging with multicultural communities so they can contribute to the NSW Government's policy directions; Suggesting

opportunities for leveraging our diversity for broader community benefit; Identifying improvements in the delivery of services; Helping to communicate initiatives to ensure access and availability etc.

The Nepalese Ministerial Consultative Committee has Hon. Mark Coure MP as chair person and Binod Paudel as Co-Ordinator. Including the Chairperson and the coordinator, the committee is made up of 16 members. All of the members of the committee are among active community members and leaders who are already demonstrated their voluntary support towards Nepalese community.

With 25% of citizens born overseas and 40% with at least one parent born overseas, NSW has the most diverse and multilingual workforce in Australia. There are some 25,478 people living in Australia with a Nepalese ancestry of which, 16,013 live in NSW. This gives us a general understanding of the importance of such committee which relays our voice in the government level. It is expected that the recently formed Nepalese MCC will bring some great support to our community and helps in getting our community and culture recognised well in this multicultural nation.

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## Online Overseas Skills Registry Launched in Victoria

The Victorian Coalition Government has launched an online service to connect newly arrived skilled migrants and overseas qualified professionals with Victorian employers. The Overseas Skills Registry is an online platform to connect skilled workers with employers seeking staff in occupations currently in demand in Victoria.

A unique feature of the registry will allow all candidates living in Victoria to legally work and either have an Australian skills assessment or Australian qualifications.

The Overseas Skills Registry also allows overseas qualified professionals and skilled migrants to profile their professional skills, qualifications and experience. Victorian employers can then view the profiles and make contact with suitable individuals. Eligible employers and newly arrived skilled migrants can apply for an account online.

At the launching program of the online service Minister for Innovation, Services and Small Business Louise Asher said the Overseas Skills Registry will also help overcome one of the biggest challenges facing skilled migrants: breaking into a new job market with a lack of local networks or professional references.

He added "This initiative is an election commitment of the Coalition Government and is a win-win for both skilled migrants and businesses that have been hampered by roles they have not been able to fill locally."

The Overseas Skills Registry is currently open to two specific groups of skilled workers: state nominated skilled migrants and international student graduates with previous professional work experience. State nominated skilled migrants using the registry have been approved for a state nominated visa by the Coalition Government, are permanent residents and are skilled in an occupation that is in demand in Victoria.

International student graduates using the registry have a degree level qualification or higher from a Victorian university together with at least two years' previous professional work experience, in an occupation that is in demand in Victoria. The Overseas Skills Registry will soon be open to other overseas qualified professionals and tradespeople.

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## Nepali Community Centre in Victoria might actuate soon

Amidst the lunch program organised to congratulate newly elected NRNA President Mr. Shesh Ghale last week, the proposal for "Nepalese community centre" was brought about. The discussion led by NRNA Vic SCC Mr. Keshav Kandel resulted in a formation of Community Center Feasibility Study Team that is assigned to research and submit a report within a month. The committee led by Mr. Ranjan Baidhya will also work on its modality and conceptual design of the centre. On the occasion, Mr. Kandel also pledged to the broader community for any creative and workable ideas that might help to build and run the centre effectively.

As a preliminary proposition, the centre will be built in a collective investment of all the interested community members in equal-share basis. Any other contributions will be discounted as a voluntary donation to the centre.

The committee consists of the following members with plan to include more from diverse sectors in the future.

### CHAIR PERSON:

Shesh Ghale

### MEMBERS:

Chandra Yonzan  
Jamuna Gurung  
Laxmi Magar  
Deepa Rai  
Manisha poudyal  
Jog Limbu  
Bom Yonjan  
Ranjan Vaidya  
Rishi Kandel  
Raju Shakya  
Janak Raj Gautam  
Narayan Kalle  
Durga Acharya  
Suresh Pokhrel

Tonnou Ghothane

Sudhir Shakya

Mandab Raj Karki

Madhav Adhikari

Nirajan Gaudi

Drona Panta

Sindhu Dhungana

Ramji Poudel

Sanjay Rai

Dr Anupam Pokhrel

Dr Chandra Pokhrel

Gopal Pokhrel

Rajesh Acharya

Dr Mahesh Bhandari

Sonu Agrawal

Bhim Neupane

Dr Raju Adhikari

Anupam Pathak

Shree Panta

Madan Dhungel

Sunil Bhandari

Ganesh Bhakta Shrestha

Deepak Raj Panta

Ram Kumar Shrestha

Bhola Giri

Bharamshar Rai

Prasad Subba

Ram Ranabhat

Sudha Guragain

Min Prasad Gurung

Hari Gurung

Tenzing Gurung

Gopal Siwakoti

Diwakar Basnet

Keshav Kadel

## New figures show Melbourne trains are less crowded and more punctual



New trains, extra services and an increased maintenance investment are delivering more punctual and reliable trains across Melbourne's rail network.

According to a recent figure, in October whopping 94.3 per cent of metropolitan trains were on time compared with the October 2010 figure of 87.8 per cent.

In October 2013, 91.9 per cent of Frankston's trains were less than five minutes late arriving at their destination, compared with 71.1 per cent in October 2010. This is a noteworthy 21.9 per cent rise in trains on time. On the Cranbourne line, there was a 12.2 per cent rise from 78.1 to 90.3 per cent of trains counted as on time, while the Pakenham line's punctuality increased from 75.9 to 90.6 per cent, up 14.7 per cent.

Minister for Public Transport

Terry Mulder recently said "Overcrowding across the network is on the decline, with May 2010 figures showing 41.4 per cent of passengers on overcrowded morning weekday peak period trains compared with 19.5 per cent in May this year." He added "Afternoon peak period trains have also seen a reduction in overcrowding from 27.8 per cent in May 2010 to 15.3 per cent in May this year."



## NAV election to be held

Nepalese Association of Victoria (NAV) is holding an election on 24<sup>th</sup> of November to form a new executive committee for next two years. NAV is currently in the process to commission an election committee to facilitate the process.

After the annual general meeting held last month, NAV has made some amendments to its constitution to effectively run the organisation moving forward. Asked about the topic, NAV's incumbent president Mr. Bom Yonzon said "Our main focus is to keep the essence of democratic practise alive, however we will seek unanimity for our next executive committee."

NAV is the top body of Nepalese residing in Victoria. It was formally established in 1997 headed by Dr. Raju Adhikari as the first president.

# Community shows resilience on “QATAR SLAVERY” ISSUE

“All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.” This is what Article 1 of the UN Declaration on Human Rights says. Various conventions, declarations and laws have been created throughout time by individuals who themselves don't believe in the principles they set out to create. In a sense, it's something philosophical and to be adored by many rather than an honest way of improving the lives of the masses. And that is what's been happening to Nepalese migrant workers in Qatar.



**F**orcing Nepalese and South Asian workers to work in searing heat without access to drinking water, often go unpaid for months and have their passports confiscated to stop them leaving the country, no issuance of ID card are the only few examples of inhumane treatment that they are put through. An estimated 400,000 Nepalese workers in Qatar, mostly helping to build soccer stadium and other infrastructure for the 2022 FIFA World Cup are allegedly treated worse than animals. The atrocious working conditions have claimed lives of more than 70 Nepalese workers alone this year. If no immediate action is taken, this number is predicted to increase alarmingly by the start of FIFA world cup 2022.

This reality could not have been ignored by the fellow Nepalese living in Australia. Nepalese community in Melbourne got together on 27th of October to condemn Qatari government for their ill-treatment to South Asian workers. They Called upon Nepal government, FIFA, international community and all the stake holders to hold Qatar accountable for exploiting migrant workers.

About 200 Nepalese living in Melbourne attended the rally that started from State library of CBD chanting slogans like “NO Justice No FIFA” and “End to slavery”. Amongst those was the president of the Australian Council of Trade Unions, Ged Kearney. She highlighted the fact that the trade union workers have visited those sites where “work enslavement” is very much alive and rest of the world needs to pay attention. She also expressed since it's related to the FIFA world cup, Australia's football team - the Socceroos - could help put pressure on the Qatari government.

“We need them to say ‘no, we will not play in stadia built on the back of slave labour. We will not go until people have dignity building these stadia.’” She added.

The conditions faced by labourers from Nepal, India, Pakistan and other South Asian countries in Qatar were highlighted earlier this year by US-based NGO Human Rights Watch but no substantial action was taken.

The Melbourne protest was a continuation of similar demonstrations in the United States, United Kingdom and Sydney. Activists also held a rally in the Nepalese capital Kathmandu on November 1.

## NRNA's role is crucial to put an end to the slavery of Nepalese migrants



Deepa Rai - Rally Co-ordinator/secretary, Sunrise Children's Association Inc

### What motivated you about this topic?

In 2010, I was waiting in line passing the immigration check point at Tribhuvan Airport flying back to Melbourne and I noticed about 20 odd young boys waiting in the line. I wondered where they were going and I overheard the conversation between one of the boys and an immigration official and knew they were all being flown to Qatar. I could see hope and awe in their eyes as they could see their prospect of leaving Nepal and flying off to a foreign country for a better future. Something at that moment struck a chord in my heart about their innocence and youth.

And as I read the UK based paper Guardian on 26th Sept 2013 about the abuse of Nepalese workers and watched the YouTube clip, I remembered those boys and it filled me with anger and grief as I watched the mother of deceased victim Ganesh Bishwakarma's old mother cry out in pain, helpless against the whole system who was responsible for her son's death who barely looks 18. I wanted to scream for her about

the injustice and ensure the perpetrators were punished.

I spoke to a few people in the community and found out through facebook that there were many like myself who had been outraged and had started a petition on change.org. After much thought and encouragement from the group of people in Melbourne and Sydney who wanted to be heard, we collectively decided on a rally to coincide with the rallies around New York, San Francisco, UK, Sydney and Melbourne.

### How do you think the campaign is coming along?

The campaign was well received and successful where we had more participants (compared to other cities) and received media coverage from SBS in Australia to NTV in Nepal. As the co-ordinator, I was fortunate that I live in a city where I could bring the community to work together for a common cause and I now believe for the right cause and right motive, our younger generations are ready to participate and do their bit.

### Are you getting required support to reach the goal?

In my view, the human right issues in Qatar and other places are definitely the tasks of NRN and they should be addressing it as the head representative of non-resident Nepalese. Hence it was only proper that the rally in Melbourne was under the banner

of NRN Victoria. I can see the crucial role that NRN can play and my intentions were always clear that I would have dialogue with them once the election was over. So far, I have received positive feedback and support from the newly elected NRN team and I keep positive faith that they will address it at the level they can.

The group of us working independently for this cause have also tried to approach people with high profile in Nepal and their response and support have been disappointing but all we can do is keep trying to show them why it should matter to each of us that our own people are slaves in Qatar.

### Was the community participation satisfactory?

If not for the community participation and support, the rally in Melbourne would not have been successful. My heartfelt appreciation to all who participated in the rally and to the team of people who helped with planning and organising of the rally and to all of those people who have signed the petition and helping to spread the message about the cause.

### What is the next step?

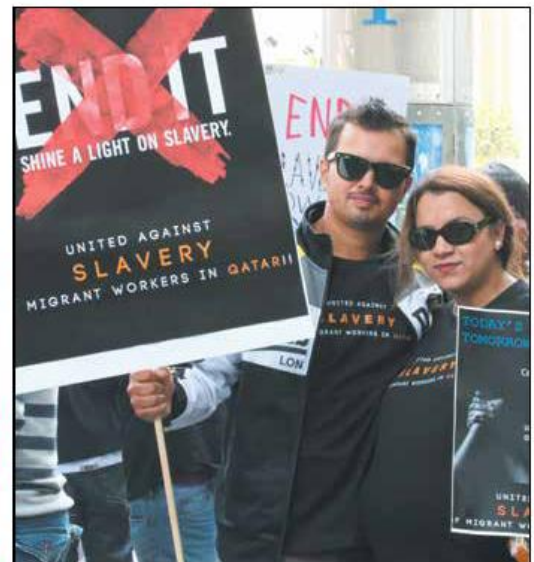
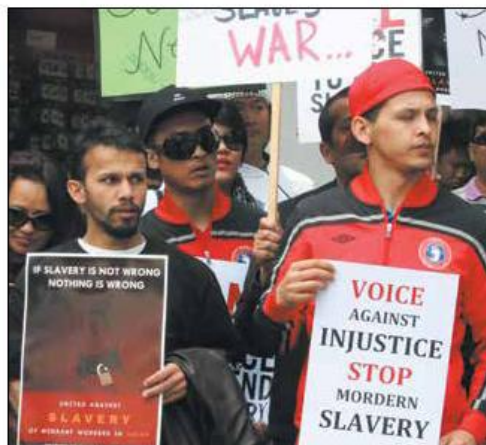
The short term goal is to get the 100,000 signature on the petition on change.org. In the meanwhile, we are also writing to UN, FIFA representatives and government of UK, USA and Australia to put pressure on Qatar government to bring changes in their labor





### Join the petition:

- ✓ If you would like to help Nepalese workers in Qatar and raise your concerns about their conditions, please sign the petition link [www.change.org/petitions/end-slavery-of-nepalese-migrant-workers-in-qatar](http://www.change.org/petitions/end-slavery-of-nepalese-migrant-workers-in-qatar)



policies and monitor the contractors/companies who mistreat their labourers.

We also recognise that the problem lies not only with Qatar government and their labor policies but also with the government of Nepal. The group will continually work with and pressure NRN to deliver solutions at our home country and we hope to support with sustainable projects like education and awareness programs about foreign employment.

### Where do you think the core of the problem lies?

The core problem lies with our government who have not taken any preventive measures to help with this issues and the labor policies in Qatar where the law allows the companies/business to keep the workers' passports whom they have sponsored which restricts the movement of workers and hence they become imprisoned in unacceptable work conditions.



# The CA Election

## the key to peace, development



By R.K. Regmee

Nepalis are going to elect a new 601-member Constituent Assembly on November 19, 2013 to finish the task of scripting a federal democratic republican constitution and to make provision for a representative house which is democratically competent to form government and make laws for a five-year period.

Preparations for the election have been completed in all 240 constituencies and 10,013 polling centres, said an official of Election Commission (EC). The Chief Commissioner of EC Neel Kantha Upreti launched distribution of voter identity card in Taplejung, Mechi Zone on November 12. The EC is scheduled to distribute 12.3 million voter identity cards for the election.

The Interim Election Government has announced public holidays for four days from November 17 to 20 for facilitating all concerned including the public to make the electoral exercise a success.

All 120 political parties contesting the FPTP poll have asked their candidates to wrap up their campaigning and door to door canvassing in 240 constituencies before Sunday November 17 and prepare for polling day on Tuesday and vote-counting phase thereafter. A 48-hour cooling (silence) period begins 48 hours before the commencement of voting.

### Pre-poll scenario

There are, according to EC, 6,343 candidates for the First Past the Post system of election. Among them 672 are women, 1019 are independent candidates and one third gender candidate.



five sections of population categorized as oppressed/indigenous community, Madheshi, Khas Arya and other, Dalits and people from highly underdeveloped (backward) area.

A section of Nepali politics has stood against the CA election under the leadership of CPN-Maoist-led 33-party alliance. It has actually asked all to boycott the election saying "an election without their participation

right to boycott poll peacefully and without using force to intimidate voters. Although the alliance gave word of peaceful boycott it called for nation-wide strike on Sunday November 10 and stood firm on transport strike for 10 days from November 11.

In the meanwhile, a civil society movement was launched on November 13 to make the 10-day strike ineffective under the leadership of Federation of Nepali Chambers of Commerce and Industries.

A security network of 34,000 police personnel, 20,000 armed police, 40,000 temporary police and 61,000 army personnel is in place to provide security for the voters and for the whole electoral process, said an official of EC. A number of observers – national and international – are also in various places to observe various aspects of the electoral process. The National Election Observation Committee is also keenly observing the process.

### Importance

The CA Election 2013 is taken as a very important democratic event in Nepal. It actually holds key to realization of dreams of Nepalis particularly related to the political stability, completion of peace process in the real sense of the term, and opportunity for economic development. It offers Nepali citizens an opportunity to exercise their sovereign right to elect their representatives.

Moreover, it seeks to finish the task left incomplete by the first CA besides restoring the practice of periodic election as envisioned by the Interim Constitution. The political parties participating in the electoral process have, in their election manifestos, explicitly expressed commitment to own all agreed points of the previous CA, and settle all points of difference through negotiation, or voting in the CA or referendum.

Such commitments have given people

some ground to hope that the next CA, unlike the first CA, would be a decisive one. The new CA, they hope, will also address the problems facing the conflict victims, the disappeared, and those whose properties were seized during the 10 year conflict besides settling some other aspects of peace process untouched by the previous CA.

The parties' manifestos also indicate that they would in the new CA concentrate on economic development particularly in tackling unemployment, addressing power shortage, lessening poverty level, boosting agricultural and industrial production and ending various sorts of social economic discriminations in the society.

The CA election is being held in Nepal for the second time after the first 601-member CA elected on April 10, 2008 failed to draft constitution and complete peace process despite various efforts made for the purpose for four years. Some 63 percent of 17.6 million voters had participated in the election then.

### Campaigning

Most political parties this time adopted door to door campaign and corner meetings as the main tools for seeking voters' support. They did not resort heavily to mass meetings as in previous times. Candidates are approaching voters through social media in an intensive manner as well.

A general survey of campaigning for the November 19-CA poll demonstrates keen competition among the big three parties – UCPN-Maoist, Nepali Congress, and CPN UML in most constituencies. Madhesh Parties are challenging all the three in several constituencies on the south of the country.

Other political parties such as Nepal Majdoor Kisan Party, Rastriya Jana Morcha, Federal Socialist Party, and Madhesh – parties such as Nepal Sadbhavana Party, Rastriya Madhesh Samajbadi Party, Madheshi Jana Adhikar Forum, Tarai Madhesh Loktantrik Party, Rastriya Janashakti Party and Rastriya Prajatantrik Party are also offering challenge to the big parties in some constituencies in the East and West in which they have a strong position.

Journalists covering the campaigning in various parts of the country suggest the new CA will not be a simple replication of the previous CA. The feelings found among people at the grass-root level indicate that new faces might enter the CA and they would make the elected body a really competent Legislature – Parliament cum Constituent Assembly, opined a senior media worker in Kathmandu the other day.

People in the meanwhile are looking forward to the election-day with hope that a new CA will emerge out of it and that CA would be able to offer the country a constitution and a stable government which can in turn ensure good governance and complete peace process.



As for the proportional electoral system, 122 political parties have fielded 11,000 candidates for 335 seats. Voters vote for the party, and not candidate under the system during the election-day and winners are decided on the basis of the votes parties receive. For this political parties submitted their closed list to EC in advance. The system is meant for ensuring representation of women and

would not be meaningful." The alliance is not anti-election but it opposed the election under the Chief Justice-led Interim government. Its call for postponing the November 19 poll for later date was turned down by other political parties.

The political parties contesting the election have asked the alliance to exercise its



## Hamroneta.com launched to help people find a good leader

With an objective to introduce and provide a detailed information on the candidates contesting in the November 19 elections to the general public, a group of dynamic young individuals from Strongcode Labs has developed an online portal – hamroneta.com – where one can not only find information on the candidates but also 'Vote' for their favourite one.

The vote, however, is only a sample and will serve no purpose than to informally analyse which candidate is most popular among the site users. Many youth say that they don't want to vote because they don't know much about the candidates that are standing up for election.

By creating this online portal, we've not only tried to disseminate information on the candidates, but the sample voting will also, in a way, predict which candidate is most likely to win the November 19 election," said Bijay Khadka, founder/chairperson of Yes to Change and Strongcode Labs.

Various personalities like Dr Bhimarjun Acharya, expert in constitutional law; taekwondo player Deepak Bista; singers Nirnaya Shrestha, Pramod Kharel, Yam Baral and Sheetal Moktan; and lyricist Deven Giri, among others were present during the launching ceremony. The guests not only spoke about the significance of the upcoming election, but also casted their vote to a candidate of their choice during the demo of the online portal.

Right now, hamroneta.com only has detailed information on 4002 candidates from 127 different political parties. "We're still trying to add more candidates," Khadka shared. The group believes that the initiative is meant to encourage the youths in particular to know about the candidates and make an informed choice while casting their vote in the second CA election.



## Rs 13 million Aussie aid to Nepali NGOs

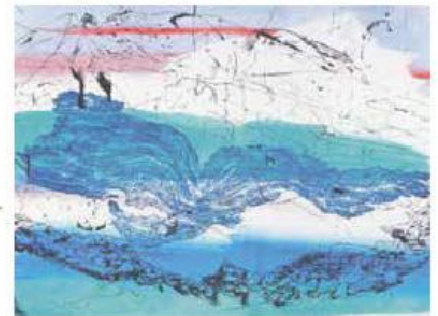


Australian Ambassador Glenn White recently handed over cheques bearing Rs 13.938 million to nine Nepali NGOs as part of Australia's Direct Aid Programme 2013-14.

The fund will support projects in health and sanitation, education, and media development. The DAP recipients include Banepa-based Nepal-Australia Cervical Cancer Foundation, Bhaktapur-based Siddhi Memorial Hospital, Manthali-based Tamakoshi Cooperative Hospital, Pokhara-based Green Pasture Hospital, Darchula-based Gokuleshwor Multiple Campus, Maiti Nepal, National Human Right Protection Forum for the Disabled and Banepa-based Reiyukai Eiko Masunga Eye Hospital.

"The Australian government provides the money to assist communities and projects which have a clear humanitarian or development theme," Ambassador White said. The nine projects were selected from among 95 proposals that various NGOs and charity groups had sent.

## Australian artist Sandra Starkey Simon in Nepal



Art enthusiasts in Kathmandu will get the chance to know all about Australian print-making—from its origins in history to the various avatars in which it is manifested in the present-day—as Australian artist and printmaker Sandra Starkey Simon will speak on the subject at the Gallery Mcube in Chakupat, Lalitpur on November 14th. Starkey, alumnus of the prestigious Stanford University in California, is proprietor of Maggie Print Studio in Adelaide, South Australia, and had been getting artists together to collaborate on printmaking projects and workshops at her studio for numerous years.

When we think of prints from Australia, bright hues and dotted colours that seem to mimic the Australian landscape come almost immediately to mind. Rich yellows, earthy browns and blacks are indeed important colours in Australian aboriginal prints, and stencilled images, particularly of human hands, are found on cave walls throughout the continent. But a glance at Australia's history of printmaking and one will realise how diverse the nature of prints from the region is. Prints from the region feature an impressive array of techniques and textures, from screen prints to graphic woodcut prints.

A collection of her prints will be on display at the Artist Proof Gallery in Pulchowk, and will continue to be exhibited till November 18. But the interaction event at Mcube on the 14th is set to be particularly rewarding as attendees will not only get to see Starkey's work, but also learn about their origins, and about their maker herself.



# Former PM Kevin Rudd announced retirement from politics

**F**ormer Australian Prime-Minister Kevin Rudd has retired from politics, bringing the curtain down on a volatile period for Labor and precipitating a by-election in his Brisbane seat of Griffith, proving an early test for both Tony Abbott and Bill Shorten.

In a shock announcement last week, Mr Rudd, who served twice as prime minister and was one of Labor's most polarising figures, said there came a time in every politician's life when their family said "enough is enough" and there was no point "being here for the sake of being here". He leaves at the end of the week and did not say what he planned to do next. The general reaction among his colleagues was a mixture of sadness, relief he was gone and concern for the by-election and the pressure it could place on party leader Bill Shorten.

Mr Rudd entered Parliament in 1998, became Opposition Leader in December 2006, and Prime Minister in November 2007, defeating the formidable John Howard.

He was dumped by his own party for Julia Gillard in June 2010 and fought back to take the prime ministership in June this year. He led Labor to the September 7 election loss.

He said he had been able to "save the furniture" in the election.

"I'm glad that all you folk in the frontbench were returned in one piece as well, and that we return Labor as a fighting force for the next election."

## PRESSURE from the party

Mr Rudd had been under some pressure to leave by those who believed Labor could not heal while he remained in the caucus.

In a gracious farewell speech, well attended by both sides of politics, Mr Rudd bore no malice towards anybody but alluded to those, such as Nicola Roxon, who attacked him after the election and said he should quit the party.

The slings and arrows of parliament "hit home to our families as well", he said.

"For our family, recent statements since the September election have been particularly hurtful."

"As parliamentarians you might say we become inured to all of this, although I doubt it."

He wished his successor Bill Shorten well, saying his task was onerous but "morning does come sooner than you think".

## HIGHLIGHTS

Mr Rudd listed his achievements as the apology to the Stolen Generations, negotiating Australia's entry to the G20, introducing paid parental leave, a national curriculum and steering the nation towards the global financial crisis.

He said the apology was the highlight.

"Nothing has brought me greater joy in political life than the smiles I have seen on the faces of our Aboriginal brothers and sisters, young and old, country and city, as a result of the apology," he said.

"I hope though that what we've archived through some healing of the soul will be the first step, the second of course is closing the gap to achieve a healing of broken bodies as well."

Prime Minister Tony Abbott wished him well, saying Mr Rudd had been "a very significant part of this Parliament" and

lauded his 2007 election victory as a real triumph.

He singled out Mr Rudd's apology to the stolen generations as "a great moment in our history" an "extraordinary achievement" and a credit to Mr Rudd.

"He had the decency to see that there was something that needed to be done and he did it."

## WARMLY FAREWELLED

Mr Shorten, Treasurer Joe Hockey, Chris Bowen, Christopher Pyne, Malcolm Turnbull, Tanya Plibersek and Anthony Albanese also warmly farewelled Mr Rudd. His nemesis, Wayne Swan, left the chamber as he rose to speak.

RUDD WILL STILL BE ON \$3000 A WEEK FOR THE REST OF HIS LIFE

KEVIN RUDD leaves parliament with supposedly a lifetime pension of more than \$155,000 a year.

As a former prime minister, he is eligible for an office, car and possibly a security detail. Prime Minister Tony Abbott can determine what is offered to Mr Rudd and it is understood he will approve entitlements in line with those afforded to other former PMs.

His superannuation pension in excess of \$155,000 will be indexed for life, with Mr Rudd entering parliament in 1998 - six years before the generous MPs' pension scheme was closed. Mr Rudd could also be paid to give speeches, with former Prime Minister John Howard earning thousands.



# Aus government fortifies its stance on asylum boat details

Federal Government is hiding critical details about the asylum seekers arriving in Australian waters on boat. Despite the pressure ratcheted up by Greens and Labor, the government has taken its stance on asylum policy of secrecy.

In the latest weekly briefing given by Immigration Minister Scott Morrison and Operation Sovereign Borders commander Lieutenant-General Angus Campbell, each reaffirmed that keeping a tight grip on the flow of information was the key to deterring people smugglers.

An Immigration Department spokesman said any details about asylum boats arrival would only be released at Minister's regular briefing every Friday.

Giving an interview to a major Australian media recently PM Abbott dismissed as "media obsession" concerns about the government's approach to providing information about its policies and actions on boat arrivals. But with this, an early attempt by Labor to force the Abbott government to be more transparent about its efforts to stop asylum boats has failed.



## ROCK THE CRUISE

### Dance Party by 'Mila Creations'



## FIRST COMMUNAL MHA: PUJA IN MELBOURNE

### Newari New Year Celebration

Organised by: Ramila Maharjan (Showcase Nepal)



Organiser Ramila Maharjan (left) with her sister Rabila Maharjan in typical Newari dresses





## Subani Moktan to perform in Melbourne

**P**op star from Nepal "Subani Moktan" is performing in Melbourne on 1<sup>st</sup> of December. Events Nepal is organising a musical evening for Subani where she will perform her hit numbers. S-Events and Multimedia will photograph the event and CBD club will be the venue for a show. Organisers have set the entry fee of twenty dollars. Subani is the daughter of famous

musical couple Shila Bahadur Moktan and Kunti Moktan who started singing from very young age. Her debut album that she collaborated with her sister Sheetal was a big hit in Nepali musical arena. The single "kinarama" from the album was a smashing hit and got raving reviews from musical pundits for its fusion of eastern and western music.

## Dancing for a cause

A fund raising event 'Inter-Nation Dance Show — East to West' organised by JJ Sultans was a great success where various dance forms like Bharatnatyam, Charya and Flamenco was performed by acclaimed dancers from India, the Philippines and Nepal. Actress Manisha Koirala was the guest of honour.

Charya, an authentic Nepali dance, and Flamenco, a dance from Spain were equally beautiful. In Flamenco, they performed the tap dance and a guitar piece was also presented which added charm to the evening. Bharatnatyam performed by the students of Indian Culture Centre, Balmindir was the most outstanding performance of the evening.

A donation list was placed on every seat where the audience had to fill the amount. Amidst the programme the donation slips were collected. The total fund raised was Rs 2,00,000 from the show which will go to Tewa and Sushila Arts Academy. Tewa is Nepal's women's fund, works for the development of women and give grants to women's organisations.

According to Yulia Koirala, Director at Sushila Arts Academy (SAA) the amount collected will be used to help promote and support art so that it flourishes in Nepal. Moreover, SAA hosts 30 scholarships and trainings and we will be expanding our scholarship programme too."



The event was organised at the auditorium of St Xavier's School, Jawalakhel on November 1.

## YO Man... Vote for Gagan!



Nepali Congress influential youth leader, Gagan Thapa, who is standing from Kathmandu constituency number four in upcoming CA election, has always been popular amongst Nepali youth. When the candidacy ticket was handed to him by the central committee as oppose to former party lawmaker Suprabha Ghimire, his popularity mounted even higher. While he is expected to have a good fight against his opponent CPNU Maoist leader Nanda Kishor Pun, Gagan, as always, has taken up a new and fresh approach to his election campaign that has brought him right back to the front in popularity graph. He has used Hip Hop singer Girish Khatriwoda to do a rap song "Vote for Gagan" to ask for votes. The single has been well received on the youtube making it particularly popular amongst youngsters.

## Mohit Chauhan to perform live in Kathmandu

**F**rom *Rang De Basanti's* heartbreaking Khoon Chala to Barfi's light-hearted A la Barfi, Mohit Chauhan has lent his voice to some of the most popular and moving songs that have come out of Bollywood. The singer, who started his career in music as front-man of the Indipop band Silk Route, does not need much of an introduction in much of the subcontinent. Who doesn't recall such greats as Tum Ho (from Rockstar) and Masakkali (from Delhi 6), or Dooba Dooba from Chauhan's debut album Boondein, and who could forget the mellifluous voice that brought these songs to life?

His fans in Kathmandu will get a chance to witness the singer perform live as he takes centre stage at 'Rockstar in Nepal—Mohit Chauhan Live', a concert set to transform Tundikhel into a grand performance venue on November 30. Concert-goers will be in for a real treat as Chauhan is one of the most successful singers to come out of Bollywood in recent times. He has won two Filmfare Awards for best male playback singer—in 2010 for Delhi-6 and again in 2012 for Rockstar—and is said to be among AR Rahman's favourite voices. His Facebook fan following, at 2.6 million, is certainly massive, and more importantly, his songs never disappoint.



His November-end concert in Kathmandu promises to deliver great music and memorable performances (we could expect nothing less from the singer) for Nepali crowds. The Nepalese Army Wives Association, organisers of the event, hope to entertain a fabulous group of music enthusiasts, and event management and promotion agency The Premiere Events are making it a point to ensure the Mohit Chauhan concert will be one to remember.

## Aditya Narayan takes to direction

Aditya Narayan, a well-known face in the Hindi film industry, has been donning the cap of singer, music composer, host and actor, now he has gone ahead and took to filmmaking and assisted Sanjay Leela Bhansali for 'Ram Leela'. Aditya, the son of famous singer Udit Narayan started his career as a child actor and singer. He started singing when he was only four. He did play back singing for Nepali films like Mohani and Hindi films like Rangeela and Akele Hum Akele Tum even before he knew what music was all about. At a very young age he got to work with legends like Asha Bhosle, Shah Rukh Khan, Salman Khan. Now assisting Sanjay Lila Bhansali in his project, Aditya has definitely come a long way.



## Nicole befriends Katie



Usually it's awkward to speak to a person that one has shared their partner with. But Nicole Kidman and Katie homes- The actresses - both ex-wives of Hollywood star Tom Cruise - have reportedly been in contact by phone and enjoy gossiping with each other about their families and careers. Apparently they talked a little about what it was like being married to Tom and have stayed in touch ever since.

"They haven't discussed intimate issues like sex, and mostly chit chat about their kids and what's going on in their lives." A source revealed.

Nicole has adopted Isabella, 20, and Connor, 18, with Tom and Sunday, five and Faith, two, with her present husband Keith Urban, while Katie - the 'Top Gun' star's third wife - has daughter Suri, seven, with the star, who she split from in June 2012.

The insider says they would even consider starring in the same movie together.

# 'Love You' Bhim Niroula

## Nepal's answer to PSY Gangnam Style

Nobody knew of UK based Nepali banker Bhim Niroula, before 20 October, even though he had couple of albums to his belt and his YouTube channel already had 590 videos. Those videos barely managed more than 100 hits each. But his belly-jiggling song and dance buffoonery called Sunday morning love you with the Aztec ruins and the Sphinx as the backdrop led to an overnight change in fortunes and propelled Bhim to internet stardom.

Love him, hate him, and there are many who do so in equal measure as they engage in a puerile war of words on social media, but you can't ignore him. With lyrics like, "Lady you are attractive, attractive," which the 48-year-old composed himself, it is hard not to hum the tune once you have survived the (somewhat) embarrassing dance routine. Besides who wouldn't want to love their significant other everyday of the week, well except for Saturday that is?

Sunday morning is rapidly nearing 600,000 unique views as fans from across the globe throng to see Bhim's signature moves on YouTube and like, share, and tweet zealously. BuzzFeed.com, an American site that tracks viral content throughout the

Love him, hate him, and there are many who do so in equal measure as they engage in a puerile war of words on social media, but you can't ignore him.



web, featured the video on its blogs, offering international viewers a tempting invitation to Bhim's wacky moves. His supporters have even labelled the song Nepal's answer to other nonsensical hits like *Why This Kolaveri Di* and *Gangnam Style*.

For the singer cum song-writer, however, this was no joke. Bhim spent £2,000 making the music video and £300 on recording. He initially wanted to feature a Nepali girl, but

says those he approached were too busy. After filming his dance steps in a green room, the studio hired a local model and filmed her walking around a park over a couple of days. Bhim never met her.

The online sensation, however, seems very practical and has modest ambitions. "You can't live on music alone in Nepal. I am in this for personal reasons and I make these videos because I don't want to stop writing music," he says.

Originally from Dhankuta, Bhim has been living in Reading for the last seven years with his family. He already has two albums *Creation* and *Pratyek Raat* to his name and is planning on releasing a third soon, which he will name *Sunday morning*. And after the raging success of his latest song, Bhim plans to sing in English more often to attract international viewers.

Regardless of whether Sunday morning manages to out 'hit' other viral videos including *One Pound Fish* from which it is much inspired, Bhim Niroula has arrived.



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## Rajesh Hamal talks life and cinema

"When I started out, being an actor wasn't even considered a full-time career. But things started changing over the years, and I feel very happy to see how they have progressed. I am more than happy to have been part of the transformation."

### 'Hostel' screening in Melbourne



New Nepali movie "Hostel" is being screened in Melbourne on 19<sup>th</sup> of November. The venue has been finalised to be Cinema Nova at Lygon Street and the show will start at six in the evening.

Off late, Australia has been emerging as a feasible destination for Nepali movies. While Nepali cinemas are doing poorly in Nepal, those cinemas seem to attract Nepalese living overseas. Hostel is said to carry a story of youngsters.

**R**ajesh Hamal the "Mahanayak" of Nepali cinema industry has a fan following that no other Nepali actor has. And there are many more besides who admire him as a successful television personality and social worker. Celebrating Rajesh Hamal, the first session of the last day of the Ncell Nepal Literature Festival last month, gave Nepalis a chance to get to know their favourite actor that much better. An informal, almost casual conversation with director and actor Anup Baral at the Nepal Academy premises began as the two artists sat together in front of an excited audience who'd gathered at the venue hoping they'd get to be privy to an engaging one-hour conversation.

Hamal spoke about both the private and professional aspects of his life, letting audiences in on how a somewhat rebellious youngster turned into the biggest superstar the country has seen yet. "My parents wanted me to take up a career in a more conventional field," he said. "But I had always preferred acting to other things, and decided to follow my passion." He also spoke of how his childhood

was spent in a disciplined environment, and said he had always felt that he was somewhat different from his four siblings. "It wasn't that I was not very good in my studies, but never felt like I needed to become a doctor or engineer in the future. I suppose I was more carefree that way."

For an immensely successful actor who has over 300 feature films to his credit, Hamal has always been humble, and his humility came across over the course of the interview. The actor says feels proud to think that he and the Nepali film industry grew up together in many ways. "When I started out, being an actor wasn't even considered a full-time career. But things started changing over the years, and I feel very happy to see how they have progressed. I am more than happy to have been part of the transformation."

Although audience questions mostly focused on his thoughts on marriage, love and the severed relationship he and his late father shared, Hamal also answered audience queries regarding his contributions to the development of Nepali cinema.



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## Festive fatigue on skin- No more



By Sita Aryal (Beautician)

*We just celebrated Dashain and Tihar. Of course, we tried to look our best this festive season, partied all night, eaten the best foods and had a blast. But after that over indulgence we're bound to face 'skin stress'. Here are few simple tips to get rid of festive fatigue.*

### YOUR SKIN NEEDS TO BREATHE

Did you spend too much time around 'Patakas'? With the bursting of firecrackers, there is bound to be smoke, toxins and pollution in the air, which can lead to skin rash and acne exacerbation. Plus the styling, makeup, late nights and alcohol, make the skin flushed with broken capillaries, and dehydrated, and

Try fresh apple grated over your skin or even delicious strawberry slathered on with some oatmeal. You can also try a papaya scrub as papaya has natural enzymes and vitamins like A and C, which make the skin softer.



smoking impairs blood supply to your skin. So it's advisable that you use alpha hydroxy fruit peels which work to remove the dead layer, along with face masks that have plant ingredients and algae to cool the skin. For dark circles around the eyes, use gel masks to cool the area.

### SCRUB & FACIAL

Do a scrub and facial. Try fresh apple grated over your skin or even delicious strawberry slathered on with some oatmeal. You can also try a papaya scrub as papaya has natural enzymes and vitamins like A and C, which make the skin softer. Or even strawberry seeds as they exfoliate dead cells and rough skin and give a great glow.

### DETOX YOUR GUT

After all that variety of foods that you have eaten, no wonder your stomach feels uncomfortable. From meats to sweets, from 'Celroti' to dairy, you have hardly left anything. So naturally you now need to get rid of all that. So detoxing for may be a day is a good idea. Drink ginger or lemon tea to detox the gut.

### EXERCISE & YOGA

Sweat it out. Any exercise - brisk walking, swimming, yoga or jumping rope - aids in eliminating toxins from your body. Yoga positions that activate the digestive system, plus breathing exercises that stimulate the lymphatic system will make a huge difference.

## Oz to ban employers from accessing job seekers' FB accounts

**i'm not on facebook**

Under a potential change to Australia's national privacy laws, bosses are likely to be banned from demanding access to job seekers' Facebook or other social media pages or accounts. The Australian Law Reform Commission (ALRC) said that the use of social media accounts to assess candidates for work, education and other opportunities was an area of growing concern.

According to the Sydney Morning Herald, the commission is considering whether new laws are needed to allow people to sue for serious breaches of privacy. The report said that it is deemed illegal to ask job seekers for social media passwords in 13 US states, including California and New Jersey, and other states are following suit.

The ALRC said that it may be appropriate to include such conduct as an example of a serious invasion of privacy for the purpose of a statutory cause of action or to amend laws dealing with workplace surveillance to prohibit such conduct.

The commission will release draft recommendations in late February and a final report at the end of June next year, the report added.

## Gabriela Isler wins Miss Universe 2013



An evening of extravagant entertainment marked the crowning of Gabriela Isler from Venezuela as Miss Universe 2013 at Crocus City Hall in Moscow, Russia. Patricia Yurena Rodriguez from Spain finished as the first runner-up, while Constanza Baez from Ecuador was the second runner up.

Gabriela Isler competed as Miss Guarico, one of 24 finalists in her country's national beauty pageant Miss Venezuela 2012, held on August 30, 2012 in Caracas. She won the Miss Elegance Award and became the ninth Miss Venezuela winner from Guarico, gaining the right to represent her country in Miss Universe 2013.

Narrowed down from top 16, the top 10 comprised India, Dominican Republic, Venezuela, Ecuador, Ukraine, USA, Brazil, Great Britain, Philippines and Spain. The 16 semi-finalists included Costa Rica, Ukraine, China, Ecuador, Great Britain, Indonesia, Venezuela,

Dominican Republic, Puerto Rico, Spain, USA, Nicaragua, Switzerland, India, Brazil, Philippines. Top 5 finalists included Ecuador, Brazil, Spain, Philippines, Venezuela.

The evening took off with a grand performance by International recording artist Emin, in between which the girls from 86 countries, including Manasi Moghe from India, were introduced. Miss Universe is the oldest International beauty pageant and an eminent panel of jury made the selection process tougher for the contestants. The list of winners is as follows.

- » **MISS UNIVERSE 2013** is Gabriela Isler from Venezuela
- » **1st RUNNER UP MISS UNIVERSE 2013** Patricia Yurena Rodriguez from Spain
- » **2nd RUNNER UP MISS UNIVERSE 2013** Constanza Baez from Ecuador
- » **3rd RUNNER UP MISS UNIVERSE 2013** Ariella Arida from Philippines
- » **4th RUNNER UP MISS UNIVERSE 2013** Jakelyne Oliveira from Brazil



# AECC brings Miss World Australia 2013 - Erin Holland to Nepal

**L**eaders in education consultants in Australia; Australia Education & Career Consultants (AECC) Ambassador Erin Holland currently took a trip to Nepal and India to promote world class Australian education and to explore local cultures and traditions. During her trip she participated in various formal and informal programs. Erin also took part in the press conference organised by AECC to formally welcome her to Nepal where she interacted with the local media. This opportunity provided her to share her knowledge and experiences with wider audiences and promote talent and exhibit some of her secrets to success as Miss World Australia. Her role as Miss World Oceania means she will carry out official duties on behalf of Miss World in Asia and the South Pacific region.

During the press meeting AECC country director Mr. Sachin Upadhyaya spoke about their mission as an education organisation to stand as an effective, innovative and trustworthy channel to support the entry and success of international students into Australian Higher Education. He elaborated that AECC aims to flourish as efficient and prominent firm in the consultant industry and to ensure that every student could experience a trouble free and convenient entry into Australian Higher Education. In the future, we will continue to expand our operations and capture a larger share in the global education recruitment market. He further stated AECC (Australian Education & Career Consultants) is an internationally recognized education consultancy and agency which takes pride in providing students with an expert and experienced consultation and placement advice.



Shedding some lights on the objectives of the Erin's trip to Nepal, another country director Ranjan Agarwal said "we have been operating in central Melbourne since 2006, through the hard work and effort we've put in through the years AECC has experienced consistent growth with its offices being expanded across the major cities of India and Nepal and most recently in Greece and in Sydney. We are also looking at going across to New Zealand and US. The numbers of international students coming to Australia have grown steadily through these years. As a result, we have seen a shift of knowledge and expertise from developing countries to Australia, which is unprecedented in history."

AECC is an authorized representative and promoter of Australia's most reputable Universities and Colleges which has successfully placed thousands of students, both offshore and onshore, in their partner educational institutions throughout Australia and has achieved one of the highest student satisfaction levels in the industry. The directors and the owners of the company have taken a key role in the development of the industry and have established a network of relationships in promoting Australian education in global market.

Before this Erin had participated in this year's TEEJ program that was held by Nepalese Association of Victoria on September where she had adorned Nepali costumes as a warm acceptance of Nepali culture.

## Design a post card Win a year of study in Australia

A year of study in Australia awaits the winner of an exciting new online competition asking students to design digital postcards about their future and how an Australian education could take them there. The Australian Government has launched the online competition; Win your Future Unlimited, which will run from 1 October to 18 November 2013.

"This Win your Future Unlimited is an opportunity for one lucky student to show how an Australian education can generate real career outcomes," said Australia's Ambassador to Nepal, HE Glenn White. "Studying in Australia delivers real life benefits in the shape of future professional and personal success." The main prize includes one year of study in Australia in 2014, including flights, tuition, accommodation, a stipend, an internship and more.

Before the winner is announced on 17 December 2013, seven finalists will be flown to Australia for a two-weeks study tour during which they will meet with representatives of tertiary institutions from coast to coast.

To enter, visit [www.futureunlimited.com.au](http://www.futureunlimited.com.au) and complete four steps to create a digital postcard: (1) upload a photo; (2) add illustrations; (3) write 50 words or less describing future aspirations and how an Australian education would help realise them; (4) answer some basic questions, and submit the postcard.

Managed by the Australian Trade Commission, the competition is supported by 21 of Australia's tertiary education and training providers and the following gold sponsors: Educational Testing Services (ETS), National Australia Bank, Qantas, Telstra, The University of New South Wales.

For media inquiries contact: [media.helpline@austrade.gov.au](mailto:media.helpline@austrade.gov.au)

For all other inquiries contact: [FutureUnlimitedCampaign@austrade.gov.au](mailto:FutureUnlimitedCampaign@austrade.gov.au)



# Victoria continues to be global leader in international education

**P**remier Denis Napthine announced public transport discounts for international students as part of the Victorian Coalition Government's International Education Strategy, after opening the Monash South East University in Suzhou, China. Dr Napthine said that international education is one of the largest and most important export sectors, and this strategy will boost Victorian economy and create jobs. "In 2013 international education is estimated to add more than \$4.4 billion to the Victorian economy and is responsible for 30,000 full time jobs in Victoria," Dr Napthine said.

"International education is critical to long term prosperity and engagement in the region as students often return home to senior government and business roles creating strong and lasting links to Victoria." As part of this strategy, Dr Napthine announced

a public transport concession scheme for international students will be an important component of the Strategy. "The Victorian Government, in partnership with our world-class universities and VET institutions, will commence a three year trial for international students of a public transport ticket scheme which will position Victoria as the most attractive study destination in Australia for international students," Dr Napthine said. "This concession will provide a discount on annual full fare myki passes to eligible international students."



"This concession will provide a discount on annual full fare myki passes to eligible international students."

"The Victorian Government's International Education Strategy sets out a clear vision to ensure that Victoria retains its position as a global leader in international education." Dr Napthine made the announcement after he officially opened the South East University and Monash Univer-



sity joint Graduate School in Suzhou.

"Monash University is the first Australian university and only the third foreign university to be awarded a licence to operate in China," Dr Napthine said.

# Nepal Literature Festival concluded



The Ncell Nepal Literature festival ended with the last session of poetry recitation. The four day long festival that started on 25th October ran through four straight days with the participation of a huge number of authors, artists, poets and literary enthusiasts along with a large number of crowds that gathered for the literary extravaganza.

The highlight of the day remained the first session which was entitled "Celebrating Rajesh Hamal" in which another artist Anup Baral held a discourse with the much celebrated author Rajesh Hamal.

The next session was followed by So-mesh Verma in conversation with versatile Annie Zaidi on the topic entitled "Reporting the Unknown Turf" in which the duo held discourse on journalism, how author Zaidi started her career and about quitting frontline journalism, her blog, newspaper, her book, her career as an author and her writing habits. The simultaneous discussion which was held on the title "Akhayana ra

Gairaankhayan", speakers Amar Neupane, Mohan Mainali and Nayanraj Pandey held discussions over fiction and non-fiction.

The session, moderated by Anand Rai, talked about the various aspects of writing fiction and non-fiction.

Following the session, Rabi Thapa and British author Ned Beauman discussed the topic of "Growing up with Granta".

They discussed Granta, Beauman's book, his writing process and research methods, among other things.

The fourth session of the day entitled "Nepali Bhasa kasko" was held on the Nepali language and its challenges in today's world by Basanta Thapa and was moderated by Khagendra Sangraula.

The much enjoyed discussion dwelled over the various ideas about the generation, generation gap, the new and old form and style of writing.

The last day of the program also saw the release of a book entitled Gayab Sabhamukh written by Bashudev Adhikari. Author trio Rajan Mukarung, Krishna Dharabasi and Amar Neupane released the book at the special function.

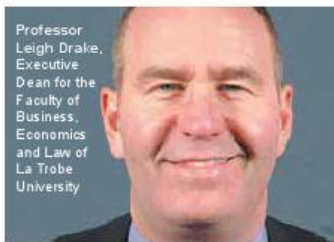
The discussion was held over the future of journalism, the scope of journalism and also dwelled on the debate of print and online media.

Meanwhile, the festival ended with poetry recitation from 18 different poets, which received a big round of applause from the audience.

In the concluding session, executive director Niraj Bhari said that the festival turnout of 20000-25000 has encouraged the organizers and hoped for an even more successful turnout in next year's festival.



## Latrobe Scholarship for Nepali students



The Faculty of Business, Economics and Law at La Trobe University in Australia has announced scholarships worth US\$240,000 for which Nepali students can also apply. The scholarships are being offered across various Masters Degree courses, states the press release.

At a media workshop held at Hotel Yak & Yeti last month, Professor Leigh Drake, Executive Dean for the Faculty of Business, Economics and Law of the University confirmed the scheme. He shared, "I'm extremely happy to visit Nepal as La Trobe looks forward to establish a strong and successful relationship between the two countries," adding, "In our endeavor to develop new curriculum and offer something new constantly, we're introducing a new Executive MBA course for working professionals."

Latrobe, One of Australia's pioneering universities for 47 years, the University offers international experience to students and staff, and provides them with curricula and research programs of international standards.

The University has received superior rankings in the reputed QS World University Rankings 2013 for its excellence as an educational institution.

Many of the degrees offered at the University are accredited by major industry bodies like the Chartered Financial Analyst (CFA), the Law Institute of Victoria, the Australian Human Resources Institute, Certified Practising Accountants Australia (CPA), and the Australian Computer Society (ACS), among others.

## POEM

By BJ

### The Journey

Meander meander as I go,  
Bumpy and trumpy I flow,  
Leaves, twigs, sand I gather,  
Some come along, some drift apart.

I beacon, swing, ripple to actuate  
Some join the crusade, while others deviate  
I lose a part of me as I try to persuade  
I scar, I wound, I bleed.

I look behind and thus miss the cliff  
I fall.  
Fall so deep, I no more feel  
For others I may be beauty  
Some pause to admire  
For me, I forget the pain and flow on.

As I trudge along,  
I smoothen myself, I simmer and glimmer  
I allow others to stay afloat  
Sailing them across shores.  
I lose a part of me again  
As I see them cross the shore.

I now know my purpose, my strength  
The reason for my being  
I flow in silence, still gathering leaves, twigs  
and sands  
Some come along, some drift apart

## Book Review

### Antarmanko Yatra

Author : Jagadish Ghimire  
Reviewed by : His avid follower Mr Sanjeev Maskey

Among some of the books from Nepali literature which I have read, books that have struck the chords are Pagal Basti (Saru Bhakta), Palpasa cafe (Narayan Wagle), Gauri (Madhav Ghimire) and Ghanachhakar (sanjeev Upreti). And another book is going to be added in this list that is "Antarmanko Yatra" by Jagadish Ghimire. Three days, ten sittings and the book was imprinted in my mind forever.

As the title tells this is a book about the adventure of inner self when the mystery of unknown is exposed. By reading the book you get to know that people not only fear about unknown but they are baffled in the same way when the great mystery of end no longer remains mystery.

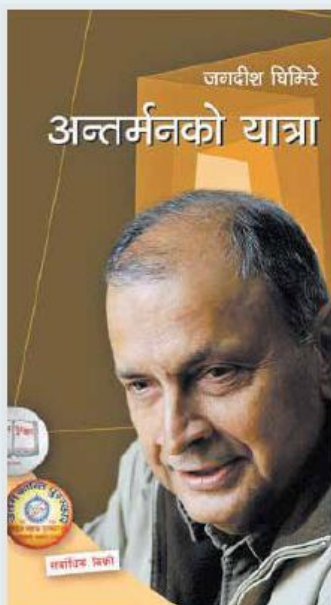
A hard read and a hard tale, at some point I had the feeling that why I read the book I wanted to quit reading this because, it creates a strong poignant

atmosphere inside your mind and body while reading. But the other adventure of the writer inside his homeland and away and his love towards his native place and the works performed by his family and his passion about everything leave special effect on you.

The book is marvellous. It is unique in term of its type and way of writing. Writers express his views very gently and wisely. Even he was in very miserable condition his expression is in balance. The book is a novel gift to the human being. Few points that were the highlights for me during my journey with this book are:

Live every moment of your life as if it is the last moment of your life. Neither friendship nor rivalry is good with bad people.

It is better to be envied than pitied.



# Diabetes

What should you know?  
Why should you be aware?  
And what can be done?



By **Dr Chandra Pokharel**  
Specialist General Practitioner  
in Melbourne

## Introduction:

This article is intended to bring some awareness to the readers, to provide some practical steps and help them bring some behavioural changes either to prevent them from developing diabetes or to help them manage their condition better to reduce the complications and suffering.

It is no surprise that we have a huge problem in our hand. Did you know this is the fastest growing chronic medical condition in the world? Currently there are over 370 million people affected globally by diabetes. This number is expected to rise to over 550 million by 2030. Alarming, there are as many as 180 million undiagnosed diabetics in the world. That could be you or your family member! There is no accurate data available from our home country Nepal, however based on WHO statistics almost 1/5<sup>th</sup> (i.e. 75 million) of diabetics of the world live in South East Asian countries that includes Nepal and India. Furthermore, 10 million people are diagnosed of diabetes every year and further 5 million are undiagnosed diabetics.

It is estimated that almost 10-12% of the health care budget is spent in the management of diabetes in the developed countries. Unfortunately, due to lack of universal health care system, cost to our fellow country men and women in managing diabetes is difficult to estimate and but it is likely to have created huge financial burden on them and society as a whole.

Although, this is fastest growing chronic condition, we can curve the trend and perhaps prevent it from impacting so many people in the world including ourselves and our loved ones.

In this article I will primarily focus on type 2 diabetes which is very common among 50-60 year old. The incidence rises as we get older! Type 2 diabetes is late onset diabetes and can be preventable.

## What is Diabetes?

In simple terms diabetes is a condition where there is elevation of sugar in your blood. This is due to either total or relative lack of insulin and/or reduced sensitivity to insulin to handle the sugar. If there is total lack of insulin you have diabetes from birth or early childhood and it is called type 1 diabetes. On the other hand if there is not enough insulin and have reduced responsiveness to the available insulin you develop type 2 diabetes. Insulin is a hormone (chemical) that is released from pancreas, an organ that is found in the abdomen.

Other forms of diabetes are pregnancy induced diabetes (gestational) and drug induced diabetes (cortisone medication). Gestational diabetes is more common among Indians and Nepalese and other South East Asian women.

## What are the risk factors for type 2 diabetes?

There are number of risk factors or situations that can cause type 2 diabetes. I will outline some of them.

Age, ethnicity and family history: Risk of diabetes goes up with increasing age due to gradual pancreatic failure and reduced insulin output as well as increasing resist-

ance to the available insulin. It is also more common among South East Asians including Nepalese. If there is family history of diabetes such as in your parents, siblings or close relatives, your risk goes up significantly.

Overweight and Obesity is one of the most important risk factor for diabetes.

Unhealthy lifestyles, poor eating habits, excess alcohol consumption are also significant risk factors for type 2 diabetes.

Consumption and usage of certain drugs, substances and previous history of pregnancy induced diabetes are all risk factors for type 2 diabetes.

## How do we diagnose the condition?

Although some of the symptoms and associated risk factors can be suggestive of diabetes; your doctor will have to organise a simple blood test to confirm the diagnosis. When your fasting sugar level goes up to 7mmol/L or more, you have diabetes. However it is worth remembering that diabetes is a progressive condition and it can cause lot of damage to your body even before diagnosis has been established. Therefore message is simple; do not wait until you have full blown diabetes to do something about it! You can wait for it but diabetes does not wait for you to inflict ongoing serious and permanent damage to our organs and body!! If you have risk factors or have a condition called pre diabetes (sugar between 5.5- 6.9) discuss and consult your doctor to have a management plan in place to cater for your needs and help yourself in preventing serious implications. No one can be more valuable than your local family doctor who can guide you to the right direction. As I have mentioned before, lot of people who have diabetes aren't even aware that they are suffering from the condition. Therefore regular check-up and blood test is crucial especially if you have risk factors. Although diabetes prevention remains the ultimate goal for health professionals; early diagnosis and management is key to avoid complications and suffering from the condition.

## What are the complications of diabetes? Why is it important that we know early?

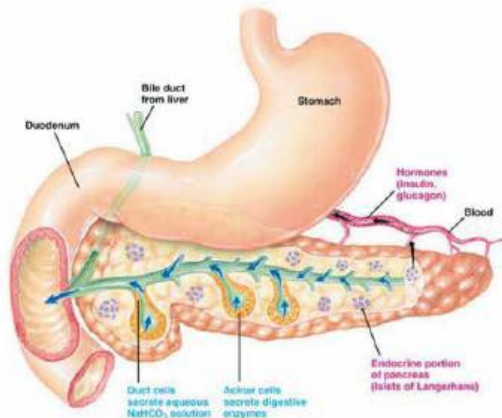
Diabetes is a progressive chronic medical condition with profound health implications. It is like a termite that eats the timber from inside without being apparent. Similarly, diabetes gradually affects your vital organs such as heart, kidney, nerves, arteries and eyes. It is one of the major risk factor for heart attack, stroke, visual impairment, blindness as well as kidney failure. It can also damage your arteries and nerves in your lower limbs in particular. This leads to poor circulation, gangrene and amputation as well as chronic nerve related pain. By virtue of affecting your various organs diabetes ultimately leads to early disability and death. This is also a huge health burden to you, your family and society. If this is such a devastating condition and can be prevented to a larger extent why not do something about it? Ask yourself a question and seek further advice from your doctor.

## How to prevent and manage diabetes and its complications?

Essentially prevention of diabetes starts from early age, proper eating habits in childhood and adulthood, regular activities, keeping ideal body weight including waist circumference (note <90 cm for men and <80cm for women), avoiding excess alcohol consumption are some of the steps we can take. Remember if you have risk factors you need to be more aware and keep up with regular follow up, general check-up and blood tests from your doctor is essential. As diabetes being a progressive condition ongoing follow up is crucial for early detection and management.

Once you are diagnosed of diabetes not only you would have to change our lifestyles, thinking process for lifelong but you may need to take some drugs for lifelong. There are various drugs available for the management of type 2 diabetes. Details of these

Essentially prevention of diabetes starts from early age, proper eating habits in child hood and adulthood, regular activities, keeping ideal body weight including waist circumference (note <90 cm for men and <80cm for women), avoiding excess alcohol consumption are some of the steps we can take. Remember if you have risk factors you need to be more aware and keep up with regular follow up, general check-up and blood tests from your doctor is essential. As diabetes being a progressive condition ongoing follow up is crucial for early detection and management.



drugs are beyond the scope of this article. Your doctor can provide you with more information to suit your need.

Furthermore on an average after 10 years of diagnosis of type 2 diabetes, you may need

to inject insulin to control your condition like type 1 diabetic who requires insulin from the outset.

Complications of diabetes can be anything and everything in short. It can cause



angina, heart attack, stroke, kidney failure, eye damage leading to blindness, circulation and nerve damage leading to chronic pain, ulcers to gangrene and amputation of the toes/limbs. Diabetes can also cause chronic fatigue, tiredness infections and sexual dysfunction. It is not a condition you want to have! You rather have no money and be poor than have diabetes.

As a whole it causes disability due to serious and permanent complications and premature death due to heart attacks and strokes and kidney failures.

Not to mention financial burden on you, your family and the society as a whole! Complication of diabetes such as kidney failure is managed by dialysis. Other complications can be managed to some extent but not cured.

### Conclusion:

Type 2 diabetes is a chronic and progressive medical condition. Some of the risk factors associated with diabetes can be modifiable to either avoid or delay the condition. That means serious life-threatening conditions can be avoided to improve overall quality of life and life expectancy. This leads to fewer deaths due to heart attacks, strokes and kidney failures. It also means society as a whole can benefit from it. For you to understand, assess your risk factors, calculate your risk of developing diabetes, understand preventive measures and practical steps that you can take, you need to seek professional advice. This may mean regular follow up, some blood tests, an ongoing education and behavioural as well as changes in our thinking process to beat this beast!



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# Racism & Women Symposium held

**T**he bulk of race discrimination complaints are experienced by women as was revealed during speeches at the Racism & Women Symposium held at NSW parliament House on 17 October. An initiative of Pallavi Sinha, Chairperson Immigrant Women's Speakout Association, she says that "it's very important to give the community an opportunity to be able to hear speeches from and discuss issues with federal & state politicians, President Australian Human Rights Commission & President of the Anti-Discrimination Board of NSW Mr Stepan Kerkyasharian and highlight important social issues. The planned outcome is to prepare recommendations to be given to the State & Federal Government."

The Symposium was well-attended. Attendees included federal & state politicians such as Pru Goward Minister for Women, Sophie Cotsis Shadow minister for women & heads of ethnic organisations such as the Federation of Ethnic Communities Council, the Ethnic Communities Council & the Community Relations Commission. Speeches were given by Senator the Hon Concetta Fierravanti-Wells who represented the Honourable Prime Minister Tony Abbott and is Parliamentary Secretary to the Minister for Social Services, with a special responsibility for Multicultural Affairs and Settlement Services & is Senator for NSW, the NSW Minister for Citizen & Communities & Minister for Aboriginal Affairs & Member for Ryde The Hon Victor Dominello who also Represented the Premier of NSW. He was also the Host of the Symposium. NSW Deputy Leader of the Opposition and Member for Canterbury the Hon Linda Burney who also represented the NSW Opposition leader. Attendees also heard speeches delivered by Professor Gillian Triggs President Australian Human Rights Commission, Mr Stepan Kerkyasharian President Anti-Discrimination Board & Pallavi Sinha Lawyer & Chairperson of Immigrant Women's Speakout Association (IWSA). Pallavi said,

"IWSA is the peak advocacy group for immigrant and refugee women in NSW and actively represents their interests and



concerns. A highlight for me was working with the former Minister for Immigration & Citizenship, the Honourable Chris Bowen to make necessary amendments to family violence provisions in migration policy. He publicly acknowledged the role of IWSA in bringing about these important changes. Australia is a multicultural society with some



Indian Chairperson. We also have the good fortune of hearing speeches from an Italian Senator & an Italian Minister, an Aboriginal Deputy Opposition Leader & an Armenian President of the Anti-Discrimination Board. One can have tasty Korean food for lunch & a French croissant for afternoon tea. If one fancies they can go to Chinatown for dinner and attend an Indian Bollywood concert or dance at night. I believe that a multicultural society is something to be proud of, and that there is only one race – the human race. Unfortunately racism does occur & that's what we are here to talk about today. Some reports indicate that 1 in 7 people report that they have experienced racial discrimination. Racism can also occur between cultures & within cultures. In relation to women, 80% of women who comes to IWSA as clients have reported that they experienced Racism. And when a woman experiences racism, it triple or quadruple discrimination because it can be because of her race, her gender, her cultural background and her age. Sometimes women are more vulnerable because they don't know their rights or they don't have the confidence to stand up for themselves. Racism against women affects individuals & Australia adversely. As Chairperson of IWSA & a counsellor, I've seen women who have suffered a loss of self-esteem, have felt stigmatised & isolated which had a negative effect on their physical, emotional & mental health & their participation in a household or at their workplace which can have a negative effect on productivity & the economy. I think it's very important that more research is done in this area and that the Government adopt a gender perspective in the design, delivery and evaluation of all policies and programs."

"IWSA is the peak advocacy group for immigrant and refugee women in NSW and actively represents their interests and concerns. A highlight for me was working with the former Minister for Immigration & Citizenship, the Honourable Chris Bowen to make necessary amendments to family violence provisions in migration policy. He publicly acknowledged the role of IWSA in bringing about these important changes."

reports indicating that since 1945, seven million people have migrated to Australia. I think that the success stories of people from different ethnic backgrounds should be celebrated in spheres such as politics, business, arts and culture. Australia is truly a 'lucky country' in that there are so many benefits to a country having so many people from diverse backgrounds. One can wake up in the morning & have vegemite & toast, then attend a Symposium with Asian women playing drums, a Phillipino Executive Officer speaking followed by an

To change the tempo, there was also a vibrant and colourful display by Asian women playing drums, a flash mob by migrant women. Two women shared stories of racism they experienced & a question & answer session between attendees & guest speakers with active participation.

AS an outcome of the Symposium, Pallavi & IWSA will be working with the AHRC & ADB to prepare recommendations which will be presented to the State & Federal Government.



# My dog makes me a better person

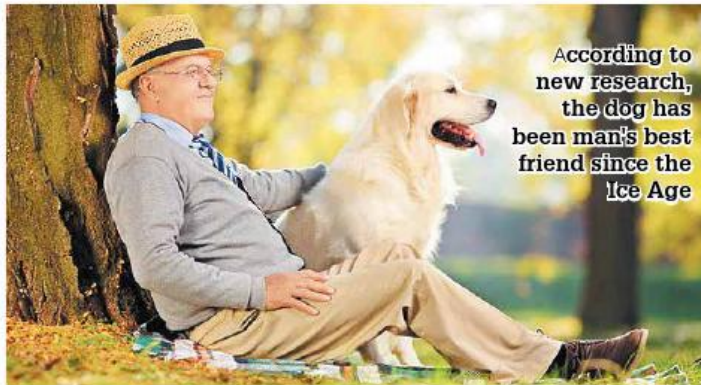
I grew up in a family that was not much fond of dogs or any pets for that matter. Like most Nepalese, my family considered them impure and dirty. I did not hate them but didn't really care for them either. Once I came to Australia I saw a completely different side of their world. I started becoming curious, what it is that they are treated the way they are in this country. I decided to adopt one myself. I now own a dog called "Lucy". In a year of having her in the house, my perception about animals has changed forever. I have now gone as far extent as to advocate for this compassionate and loving specie. And I have reasons for it. Here are few reasons why should you have one too?

They are cuddly, cutesy and furry but that's not about it. More than just friends, dogs can be your medical guardians too.

Dog ownership can assure you a healthy living sans the dreadful pills. And yes, more than often they take on the role of teachers too. Pets double up as friends and add novelty to your life. Here's how:

## Pets chase loneliness away

Pet companionship has therapeutic value. When everything seems to fail, there is chaos and distress everywhere, a tight hug or an emotional release with your pet heals you in no time. When a bad fight with a friend, an unexpected tiff with your lover or a verbal brawl with parents unsettles you, a pet comes to your rescue. In times of gloom and disturbance, a gentle caress of my dog washes



According to new research, the dog has been man's best friend since the Ice Age

off all my worries. It strengthens me to face situations with confidence.

When you bid goodbye to your pet in the morning before leaving for work, you are well aware that somebody would be waiting to greet you at the door once you return after a hard day's work. The unconditional love that a dog gives you transcends all definitions of love that in human relations is governed by 'terms and conditions apply'.

## Heart condition? Bring home a pet

Allopathy may disappoint you but pet therapy works wonders and is medically approved. Dr. Stephen Sinatra, cardiologist and nutritionist in his book Heart Sense for

Women says for heart disease patients, grief and loneliness can be debilitating. Moreover, pets help in reducing blood pressure and stress.

If you have an ailing elderly person at your residence without adequate company, a pet is an apt solution. Be assured of positive results with pet companionship. No medical bills and absolutely free of side-effects!

## Psychological security

We are often put out by unnecessary judgmental behaviour of others. But a pet never imposes moral dictates on you. He listens silently and responds with adorable gestures that calm you down.

It is like writing a diary entry where you

can pour your heart out without the fear of being reprimanded or jeered at. Whenever my mother scolded me, my dog would cast an angry stare at her only to prove his allegiance towards me. And I would feel so secure.

## With pets come responsibility

Pets are popular across age groups. Research shows that married couples who are without kids often prefer to adopt a pet to cultivate a sense of responsibility in the process of nurturing their pet.

Children and the elderly are among others who bask in the company of a pet, preferably a dog. A pet in the house exudes a healthy atmosphere and makes you learn the nuances of nurturing and responsible behaviour.

Pets are a blessing for kids with working parents and no siblings. Inanimate toys can never substitute a living, receptive and responsive companion. Pets are a vibrant company therefore.

## Learning tolerance

Besides making you more responsible, a pet has a sobering effect on you. It's a beautiful feeling to share with your dog, from food to love of your family members, not to mention, giving in readily to its attention-seeking antics. An impatient self is healed in a pet's company.

With them you laugh, learn and love. Bring home a pet and discover the joys for yourself.



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## Victoria the safest state to work



Victoria remains the safest state in Australia in which to work, according to the latest comparison of work health and safety schemes across the country.

The latest national benchmarking data released by Safe Work Australia (SWA) confirmed that Victoria was the safest state in terms of the rate of serious injury and disease for every million hours worked.

According to SWA, Victoria had 5.5 claims per million hours worked, well below the Australian average of 7.2 claims per million hours worked.

It was lower than Western Australia (6.9 claims per million hours worked), South Australia (7.7), NSW (8), Queensland (8.8) and Tasmania (9.6).

Assistant Treasurer Gordon Rich-Phillips said Victoria continued to set the bar high in occupational health and safety standards.

"Having the safest workplaces of any state in Australia is great news for Victoria and it shows that employers and employees are continuing to strive to make safety their number one priority," Mr Rich-Phillips said.

Mr Rich-Phillips said that as well as being the safest state in which to work, Victoria also had the lowest premiums of any state in Australia.

"Keeping workers safe and supporting injured workers with appropriate benefits, while keeping costs down, makes our scheme the envy of the nation," Mr Rich Phillips said.

Safe Work Australia's *Comparative Performance Monitoring Report* (15th edition) can be seen at [www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au)

## Nepal - Australia media development program held



The Australian Embassy, Kathmandu, organised a development program entitled: "Reporting in New Media Age". The program featured a video conference between journalists in Australia and Nepal aimed at enhancing relations and professional networks between the journalists in the two countries.

The participants, 15 from Nepal and 10 from Australia, also discussed issues related to online media in Australia and Nepal. Opening the two hour video conference held at the International Centre for Integrated Mountain Development (ICIMOD), Kathmandu, Australia's Ambassador to Nepal, HE Glenn White expressed his expectation that building relations between journalists of the two countries could contribute to development of journalism in both nations.

Nepal's Ambassador to Australia, HE Rudra Kumar Nepal and ICIMOD Director General Dr David James Molden also addressed the journalists from Sydney and Kathmandu, respectively.

Dr Dharma Adhikari and Rajneesh Bhandari from Media Foundation moderated discussions at the Nepali end and Rajish Aryal from the Special Broadcasting Service Australia in Sydney moderated the program in Sydney. SBS Australia has been airing Nepali radio program every Saturday and Sunday from 4 to 5 pm in Sydney and Melbourne and on Sunday from 5 to 6 pm over the rest of Australia with the program consisting of news from Nepal, Australia and the rest of the world followed by current affairs and Nepalese music.

## Vic-gov avails information on consumer rights in Nepali

Victoria's newest Nepalese migrants now have greater access to information on their consumer rights with the launch of a collection of multilingual videos including Nepali language. Minister for Consumer Affairs Heidi Victoria last month launched My Consumer Rights, a series of videos in seven languages about consumers' rights and responsibilities when buying goods and services in Australia. Ms Victoria

said the videos featured simple messages and universal symbols and gestures to explain the basics of Australian Consumer Law.

"Trade practices in Australia are different from many overseas countries, and many new migrants and refugees may not appreciate their rights and responsibilities under Australia's consumer protection laws," Ms Victoria said. "These innovative videos are designed to help our multicultural communi-

**"Trade practices in Australia are different from many overseas countries, and many new migrants and refugees may not appreciate their rights and responsibilities under Australia's consumer protection laws," Ms Victoria said.**



ties understand what they can expect when purchasing goods and services in Australia, in a way that is accessible, wide reaching and easy to understand. "The use of simple messages, combined with universal symbols and gestures, is a highly effective way of overcoming language barriers to get this important information across, and to help explain what can often be complex subjects for those new to the Australian consumer marketplace." The project is a joint consumer awareness initiative by all state and federal consumer protection agencies in Australia. Other than Nepali the My Consumer Rights videos are available in Arabic, Dinka, Karen, Farsi and Tamil. They help to educate migrants on topics such as shopping rights, refunds, contracts, guarantees and warranties, lay-by agreements, resolving issues and lodging a complaint under Australian Consumer Law. Ms Victoria said the videos were an important resource in supporting migrants from culturally and lin-

guistically diverse backgrounds. "Australia has always been a multicultural country and we are continuing to provide resources to help our newest arrivals make the most of life here in Australia," Ms Victoria said. "Helping new arrivals to understand their consumer rights and the services available is fundamental to their successful settlement in Australia."



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# Federalism in Nepal

## - Economic Perspective

**I**n the pretext of Nepal's CA election there is a huge public outcry for a new constitution that will have highly suitable federal structure. But, it does not look conducive enough for a successful election followed by good governance. It looks even more impossible owing to the election boycott called by CPN Maoist.

A prosperous Nepal remains a distant dream. Being optimistic, one can say things can be brought back on right track but that is possible only with a strong determination and attitude backed by a right thought. It requires quality leaders with logical, inclusive and judicious representation as well as balanced executive or administrative structure. The date of election has been set and the Election Commission is working within a given framework. But issue and essence require more debate while it is also urgent to have constitution.

In this regard, some observations on the basis of the international experience and national reality are pertinent. The state's structure can be divided into three systems. One is related to formation of the government. The second is defined power of the government whereas the third is the mechanism to serve the grassroots. The federal system has been developed since 17th century.

The unitary form of governance was implemented after the First World War which didn't work properly in practice. Regarding the forms, the main question regarding the federal or unitary system is motive of separa-



needs to have to qualify to be a federal state.

Other hot topics for discussion are the number of federal states, their geographical border and authorities of the legislative and executive bodies of the federal states.

Two best examples of successful federalism are Switzerland and USA where many smaller nations tied up into the confederation. However, in USA the confederation was not working properly in the beginning. So, in 1781, USA declared the Federal Constitution with relatively more power to the center.

After 50 years of experience with its own style of federalism, Switzerland too issued American model constitution in 1848 that aimed to enhance cooperation among the states. Germany introduced cooperative base federal constitution in 1871 and Belgium, France, Spain and South Africa followed it. Some countries like Bosnia and Herzegovina, Ethiopia, Congo and Iraq entered into federal system with background of conflict and other historical accords.

On some instances, economic disparity, religious differences and geographical differences too have led to federalism. Canada is one such example.

Nepal declared itself a federal state after people's movement. And there are various reasons and logic behind the Nepali federalism. These include safety to the local community from encroachment of outsiders, institutionalization of democracy and making the state more inclusive. But what is happening (and has happened) in Nepal is different than the global experience.

Nepal's need is to end all sort of social and economic disparities by ensuring a conducting economic and political infrastructure through a political and constitutional consensus, using federalism as an instrument. In this context, it's irrelevant to ask whether the state should be restructured on ethnic lines. Lengthy debate on the question whether the states should be based on single ethnicity or multi-ethnicity identification has proved futile.

To make federalism successful in its objectives, we should scrutinize the real challenges and potentials, which are directly related to state restructuring. These include

Nepali ethnicity management (with a goal of transforming current Nepali society into socially-economically and politically prosperous future) geographical balance and finding an optimum in terms of types, name, levels, numbers and size of federal and state governments. Also challenging is the question of whether optimization can be achieved with identification of appropriate determinants like population, geography and some other context.

Among such contexts, the distribution of resources plays a prominent role. This is related with the need divide and assign the economic and revenue rights — PROPERLY — between the governments where resources can be mobilised in right proportion through (double, united or moderate) mechanism. This may require establishing a new set of institutions to run the system. The total size of the national budget will grow as each state will have its own government-legislature, chief minister and ministers and so on. We need consensus to determine a manageable size for all these.

## Aussie volunteers "starting it up" in Nepal



By Dr. Chandra Mani Adhikari

While determining the size and number of the provinces, presently available physical and economic resources, density of population, geographical area, level of technology, means of transportation etc should be considered. Another prominent reality to be accepted is the beauty of diversity. The Mountains, hills and the plains — these three geographical regions are interdependent; however all aspects of such dependencies are not measurable economically.

The strength of the Hills is water as well as some other natural resources and high possibility of tourism industry. Whereas the strength of the Terai lie in the vast fertile land, urbanization, dense population and more economic activities.

However, these factors may change in the future for example; migration may change the demographic structure. In this context, all the political parties and the policy makers need to be careful while allocating the economic resources and political rights between the states and the centre.

In conclusion, striking a balance between the economy, politics and social aspirations of people is needed to design an optimum form of federalism. It is really the responsibility of present leadership to work for the next generation for a better and prosperous Nepal.

Eight volunteers from Australia, Nepal and Singapore came together to inject dynamism to youth entrepreneurship scene in Nepal from November 4-11 under "Startup365 Camp". The volunteers comprised of experienced entrepreneurs in key industries such as agriculture, education, manufacturing, retail and services. Helmed by a non-profit organisation called T Foundation, 60 Nepali youths between ages of 18 and 30 were equipped with hands-on entrepreneurship skills on how to generate their own business idea and realise their entrepreneurship dreams. Programme was aptly called 'Startup365', where two winning teams were given \$365 worth of seed funding to turn their business ideas into reality. There were two runs of the programme — each session lasted for two days. The idea was first mooted by two entrepreneurs from Singapore and Australia after attending the 'Everest Summit' organised by Entrepreneurs' Organisation Nepal, earlier in March 2013.



tion of rights for balancing different levels of the government.

In some federal countries, the centre seems more powerful in others the states are more powerful. In principle, federalism is the system of self-governance by the state based on rule-of-law. Thus, federal system would not be meaningful in undemocratic environment.

Nepal is already a federal republic, if we go only by the Interim Constitution of Nepal. But in practice, it is still to be federal. Many questions such as those related to the structure of the state, basis of restructuring, methodology of building the federal nation, the form of government, election system and judicial system are still unanswered. Moreover, there is still no consensus on the issues of culture, geography, economic resources, population, infrastructure, level of social understanding and nature resources that a state

# FNCCI wants bar code system introduced in Nepal

The Federation of Nepalese Chambers of Commerce and Industry has suggested the government to introduce a bar code system to showcase the existence of Nepali products and their origin in the international market. According to FNCCI, it has prepared a draft regarding the required coordination and processes for the registration process, which will soon be forwarded to Ministry of Commerce and Supplies.

Currently, Nepal has been using Indian bar codes in products that are exported to other countries due to which Nepali products are losing their identity in the international market. Importers use their respective bar codes and exporters have to use Chinese and Indian bar codes for Nepali exportable products.

Ministry of Commerce and Supplies has supported cause and has also asked FNCCI to move ahead with the required process to acquire the bar code registration at the bar



code registration office in Brussels.

Though Nepali products have their own share in the international market, the government has not yet introduced a bar

code system. According to various exporters, the government is more focused on control mechanism rather than facilitating domestic trade and business. Nepali exporters' association has claimed that due to the lack of a domestic bar code they have to face tough competition in international market.

A bar code is an optical machine-readable representation of data, which shows data about object to which it is attached. Originally, bar codes represented data by varying widths and spacing of parallel lines, and may be referred to as linear or one-dimensional. Later, they evolved into rectangles, dots, hexagons and other geometric patterns in two dimensions.

Bar codes originally were scanned by special optical scanners. Later, scanners and interpretive software became available on devices like desktop printers and smartphones.



## NRNA to open up a five star hotel in Kathmandu



The Non-Residential Nepalese (NRNs) are to collectively establish a deluxe five-star hotel in association with an international chain in Nepal.

After the new leadership of Shesh Ghale, Non-Resident Nepali Association, announced that the hotel project will be a collective investment of the NRNs. In a press meet President Ghale said "We will first carry out a feasibility study, we will call for the collective investment from the NRNs, giving equal priority to all them because we believe such hotels can have multiplier benefits to the Nepali economy. Say, a hotel of 200 beds can provide employment to over 400 employees, he added. The venue of the

proposed hotel is yet to be ascertained. Ghale is separately constructing a five star hotel in association with Sheraton Hotel, an international chain, in Kathmandu. He, however, said that the collective investment in hydropower via NRN Investment Limited continues. "We are also mulling over the investment in commercial agriculture and infrastructure," Likewise, the NRNA continues to lobby for investment-friendly environment in the country. The first meeting of newly elected executives of the NRNA on Friday has also decided to construct its own office building. The executive committee has made commitment of collecting Rs 20 million for the building.

# Tourism Australia seeks expressions of interest for ATE

Tourism Australia has confirmed that it is seeking expressions of interest (EOI) from organisations to manage its premier travel trade show, the Australian Tourism Exchange (ATE).

The decision follows a recent review of Tourism Australia's existing distribution activities, including its trade events program, seeking potential efficiencies and better value for industry.

One recommendation of the review was that Tourism Australia considers the option of outsourcing the management of future ATE events.

To help evaluate whether such an option is desirable and viable, Tourism Australia is seeking expressions of interest from organisations to manage ATEs post-2014.

The process has commenced and is being administered through Austender. Depending on the outcome, Tourism Australia will then decide whether to proceed to full tender or not.

ATE will be hosted in Cairns for the first time in 2014. Organised by Tourism Australia, the annual event brings together 600 overseas travel buyers from over 40 countries to meet with around 1,700 Australian delegates from 630 companies from every state and territory.



# ATE14

AUSTRALIAN TOURISM EXCHANGE

# CAIRNS



# Motivational package for Nepalese cricketers

**C**orporate houses have come up with motivational package for Nepalese cricketers ahead of the ICC World Twenty20 Qualifiers.

Eight corporate houses signed a Memorandum of Understanding (MoU) with the 15 members of the national cricket team to provide them with a monthly allowance of Rs 15,000, provided Nepal qualifies for the 2014 event in Bangladesh. Captain Paras Khadka and young medium pacer Jitendra Mukhiya were picked by Suraj Baidhya in the lucky draw in the programme organised in Kathmandu recently.

Shakti Gauchan and Binod Bhandari were picked by managing director of Unilever Srikanth Srinivas Madhavan. Sharad Vesawkar and Anil Mandal signed up with HH Bajaj & Company Pvt Ltd while Gyanendra Malla and Rahul Vishwakarma and Subash Khakurel and Amrit Bhattarai will be employed by Goldstar Shoes of Universals Group and Mega Bank respectively. Likewise, Pradeep Airee and Avinash Karn signed with F1 Soft Pvt Ltd while Basanta Regmi and Mahesh Chhetri penned the deal with Ace Travels.

Sagar Pun will work for Kings College. Likewise, Pradeep Kumar Shrestha of Pan-chakanya Group and Manish Jha of NYEF handed a cheque of Rs 100,000.

Shrestha told the team that the support from corporate houses will extend even further in the days to come. He also assured of a



surprise package if Nepal come home with a ticket to the World Cup.

Other prizes were also announced at the programme. Suraj Baidhya of VOITH Group announced a reward of a Toyota car to the best player in the Qualifiers. Model Global Visa Consultation announced a cash reward of Rs 25,000 for players who bag man-of-the-match award. Captain Khadka thanked the companies for their gesture. "I would like to assure that our aim is not just to qualify for the World Cup but also win the Qualifier itself," said Khadka.

## Yeti brings a trophy called "Experience" from Safal Cup

Melbourne based amateur soccer club Yeti FC could not make beyond the first round of Safal Pokhara Cup but the club brings home a lot of something that they can be proud of. Despite their 0-2 loss against Himalayan Sherpa Club Yeti returns home more confident than ever.

After the tournament coach Prabesh KC said "We are not here to win the tournament but to gain some experiences. We are an amateur team so it was a learning curve for us playing an international tournament."

Club President Raj Sharma holds similar views. He said "result was not important for us. Our focus was to gain some experiences that will be useful for our team development in the future." He added "standing in Pokhara stadium representing Yeti FC was another highlight of the trip. People welcoming us right from the airport-that respect and acknowledgement-what more can we ask for? We feel like a winner regardless."



## Farewell Cricket's deity



Cricket will lose its deity as Sachin Tendulkar retires after his 200<sup>th</sup> test against West Indies starting from 14<sup>th</sup> November. He leaves behind records that will not only be tough to beat, but may never be broken.

Tendulkar, 40, has played more matches, and scored more runs and centuries, than anyone else in either Test or one-day cricket, and is the only batsman to compile 100 international hundreds.

Tendulkar's 15,847 Test runs dwarf the 13,378 scored by second-placed and now retired former Australia captain Ricky Ponting, and is 2,707 runs ahead of Jacques Kallis, the highest placed active player.

Tendulkar has been even more dominant in one-day cricket, his tally of 18,426 runs being 4,722 more than number two Ponting. Of active batsmen, Sri Lanka's Kumar Sangakkara leads with 11,948.

Ponting's 30 one-day centuries pale against Tendulkar's 49 - although South Africa's Kallis is only seven hundreds away from matching the Indian's Test tally of 51 tons.

Regardless of the final result of his last match, Sachin will forever remain the greatest sportsman the world has ever seen.

## Host 'The Himalayan Club A' wins the Volleyball tournament



The Interstate Volleyball tournament organised in Melbourne on the occasion of Dashain and Tihar festival concluded as the host Himalayan Club A managed to keep the trophy to themselves. The tournament held at Darebin Sports Stadium on 27<sup>th</sup> of October saw a good participation of clubs from Victoria and interstates. UFC ran to the second position and I Nepal United had to settle with the third position.

Himalayan Club has been organising similar sports tournaments for many years now to unite Nepalese youths together through sports. The Club also aims to make community members aware of the health benefits of these sports.



## Sports Personality of the Month



- Name :** Sanjay Kandel
- Date of Birth :** 26/Nov/ 1989
- Sport :** Cricket
- Specialisation :** Bowling all-rounder
- Current Club :** Sagarmatha CC (VICE CAPTAIN)
- Started Playing Cricket:** As early from my childhood as I can remember, Played in college tournaments, Continued to play with different local clubs ever since moved to Australia
- Highlight :** When we made to semi-final of Inter-college tournament back in Nepal. Reaching semi final last year in NAV cup representing Brunswick XI was another satisfying moment for me.
- Idol :** Ardent fan of Ricky Ponting's captaincy and Glen McGrath's bowling
- Cricket in community:** Our community based football clubs are doing fantastic. I follow Yeti FC and their sporting activities. But I regret in saying that our community cricket is not getting enough attention. Our National cricket team is doing so well lately but we need to do more for our local cricket
- Message :** Please get involved and support local cricket. Your participation is the only inspiration for our cricketing aspirations.

## Tri-Series to delight cricket fans



Sagarmatha Cricket Club, Narre Kings and Brunswick XI will battle cricket Tri Series in "Pride of Nepal Cup" starting from 17<sup>th</sup> of November. The opening match will be held at Fleming Park between Sagarmatha CC and Narre Kings. Every weekend two matches will be played with the final scheduled on 5<sup>th</sup> of December at Fleming Park.

Series is an initiation of the participating teams themselves with Sagarmatha CC playing a hosting role. On behalf of the club, organising team manager Indra Bhandari said " we are organising the series with our own resources. We aim to get local Nepali youths to get involved and support." He expressed his belief that the series is also a way for the players to warm up for upcoming NAV cup.

### PRIDE OF NEPAL CUP FIXTURES

DATES	TEAMS	VENUE
17 <sup>th</sup> November	Sagarmatha Cricket Club Vs Narre Kings	Fleming Park
24 <sup>th</sup> November	Narre Kings Vs Brunswick XI	Narre
25 <sup>th</sup> November	Brunswick XI Vs Sagarmatha Cricket Club	Fleming Park
1 <sup>st</sup> December	Narre Kings Vs Sagarmatha Cricket Club	Narre
2 <sup>nd</sup> December	Brunswick XI Vs Narre Kings	Fleming Park
8 <sup>th</sup> December	Sagarmatha Cricket Club Vs Brunswick XI	Fleming Park
9 <sup>th</sup> December	Reserve Day	
15 <sup>th</sup> December	Final	Fleming Park

## Futsal Tournament to be held in Melbourne

The second TWGG Indoor Futsal Tournament has been scheduled on 15 December in Melbourne. The competition is being held with slogan 'Sports for Unity and Charity'. The Tournament is going to be held at Whitten Oval, 417 Barkley St, Footscray West.

Nepcity Boys have organized the competition in association with TWGG International Nepcity. The organizer is planning to involve more teams in coming days.

## UFC establishes landmark Kid's Academy



Nepali football club from Melbourne United Football Club (UFC) has set a landmark in community sports with the establishment of kid's academy. To mark the inception of the academy, UFC held Seven A Side Kids football Tournament in Clifton Hill Park, Melbourne recently. UFC aims to provide supervised environment for kids which will help each child develop an excellent foundation for creative learning and independence. Manish Hada from UFC said "we have some accomplished player in our club that will be training kids so we ask community members to get their kids enrolled in Sunday session. This will not only boost their inner confidence but also help them learn the health benefits of sports." The club is also planning to host a junior football league from next year.



# Make your family like your partner

By Amar Thapa, Dandenong

If you married your partner without the consent of your family the likely scenario is that they don't like him. In the heat of romance you would not think about it much. But once the dust settles it hits you. And it becomes extremely difficult for you to accept the fact that your family does not like your spouse. It makes it really awkward in many family and social situations too. In such a case, instead of feeling depressed and stressed out, here are some ways you can deal with the situation.

## Give it some time

The best thing you can do in such a situation is to give some time for your family to get used to the fact that you have chosen your life partner. You never know with time your family

accepts your relationship with her and they move over this phase. In many cases time becomes the healer. When they see you happy with the person they will melt. So patience and give them time to reflect on what happened.

When they see you happy with the person they will melt. So patience and give them time to reflect on what happened.

## Find out the reason

If you're already married for a very long time and your family still has not accepted your spouse, then try to find out the reason. Was there a fight between your family members and your wife/husband? Or did something major happen that your family has now started hating your spouse. Finding out the reason might help you work towards your goal better. Sometimes there might be a case where they have a reason to not like your partner. Don't assume but try to find reasons why they treat your partner the way they do so you can work towards rectifying that.

## Lastly, talk to them

You waited enough and tried to find reasons but nothing has changed. Then it's time for you to talk to them. The best thing you can do in such a case is to sit down with your partner and your family and try to reason out. It is you who has to take the first step in ensuring that the problem gets sorted at the earliest. Let your family and your partner talk to each other and discuss what's bothering them. Communication is the key in any relationship so let them talk and sort out what is not working for them. You never know one conversation and things might be a whole lot different.

## Symbol of Love:

- ♥ Since ancient Greece, the apple has been a symbol of love and sexual desire. The Celts believed that the apple represented love because it lasted so long after being picked.
- ♥ The maple leaf is a symbol of love in China and Japan—and in North America, it was often engraved on beds of early settlers to promote peaceful sleep and pleasure.
- ♥ A four-leaf clover is often considered good luck, but it is also part of an Irish love ritual. In some parts of Ireland, if a woman eats a four-leaf clover while thinking about a man, supposedly he will fall in love with her.

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- 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](mailto: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](mailto:mahendra_21@gmail.com) or call Nepalese Voice

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