

Thinkers & Blinkers

TNB

VOL 1 | ISSUE 1  
SEPTEMBER 14, 2019

**VISIT NEPAL  
2020**

LIFE TIME EXPERIENCE

COVER STORY

**FRIENDLY,  
DEDICATED  
& SMILEY**

***FAIJA PARWEEN***

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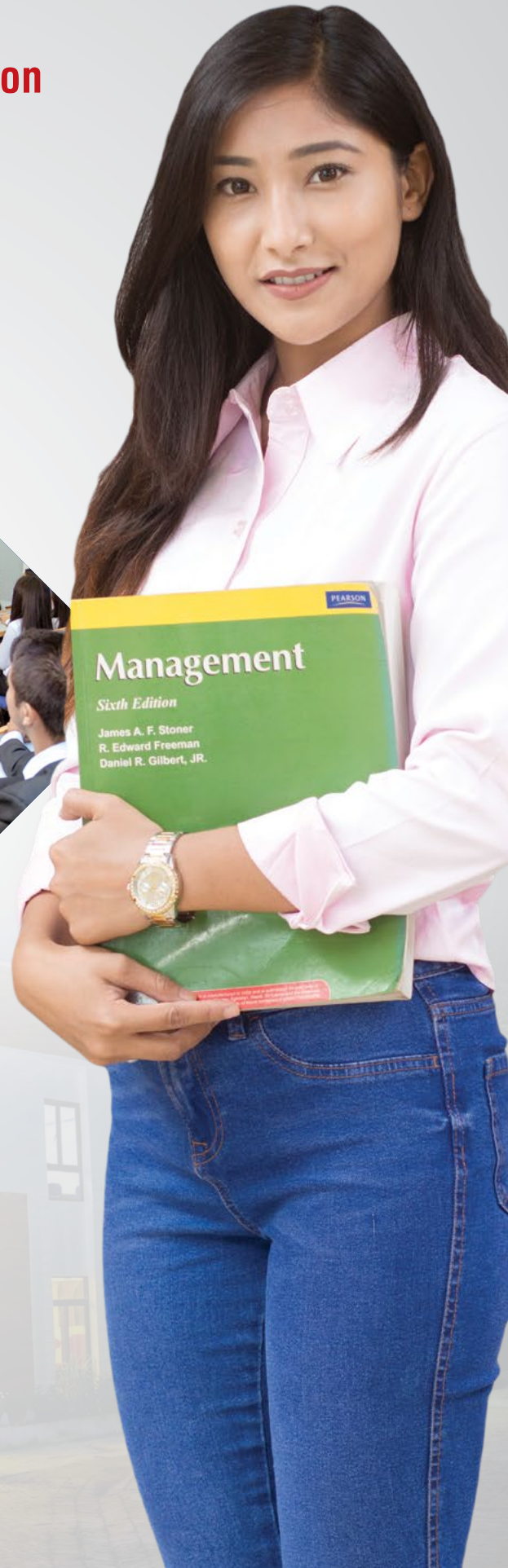
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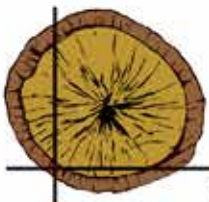
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Thinkers n Blinkers Magazine would like to extend greetings for our audience on the auspicious occasion of Dashain and Tihar. With this festival, we wish happiness and prosperity to all the Nepali brothers and sisters.

Being happy and getting happiness are two different things. So, how is it that we can achieve it? The only formula is to appreciate the things that you've got, feel blessed to have people that are around you and count every moment you spent with them. Life is all about spreading love, kindness, and humanity. The only change you can bring in this world is by starting by yourself. So get up, do things you want to do, travel to places where you've never been before, try things that scare you, love your body, do the things that people say you cannot, as life is all about risking to try new things.

You don't have to do something drastic to change the people's heart. Small things that bring smile on people's face can be the greatest award you can achieve in your life. Jealousy won't lead you anywhere, but being inspired from their dedication towards their work can be something that you can learn and apply on your own life.

An entire day can be affected from bad vibes, critics, and negativity from the people that won't even be a part of your future. But is it even worth it? Get out of the room, meet new people, and focus on the things that will help you remain positive over time. Instead of worrying about what you can't control, shift your energy to what you can create. It's only after you have stepped outside your comfort zone that you begin to change, grow and transform.

Stand up for what you believe in. Don't let others perception overshadow your belief and falter your heart. Express more often. Judge less. Be more supportive. Tell people everything will be fine as hard work pays off. Let go of anger- there's nothing to gain from it. Do anything you want but be sure that makes you really happy and no any guilt remains in your heart. Travel alone, exercise often, read more books than social media and eat that cake- coz you're WORTH IT.

Believe in your dreams. Prioritize yourself. Love what you do. Instead of searching problems in every situation, try finding opportunities in every problem. And in this whole process, don't forget to LOVE YOURSELF.

**A Happy Vijaya Dashami and Depawali 2076 B.S to all our readers from the Thinkers n Blinkers Magazine Team.**

**Rozna Dhonju**  
Editor



# सिद्धांति नमस्कर इ



WELCOME TO WITNESS HISTORICAL KIRTIPUR  
TO EXPERIENCE UNIQUE CULTURE AND HOSPITALITY

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# 5 MOST SUCCESSFUL LGBT+ LEADERS

*"Find out who you are and be that person. That's what your soul was put on this Earth to be. Find that truth, live that truth and everything else will come." -Ellen DeGeneres. This quote has actually come true for many people and 5 of them are here, who are some of the world's most successful and powerful leaders in the LGBT community.*

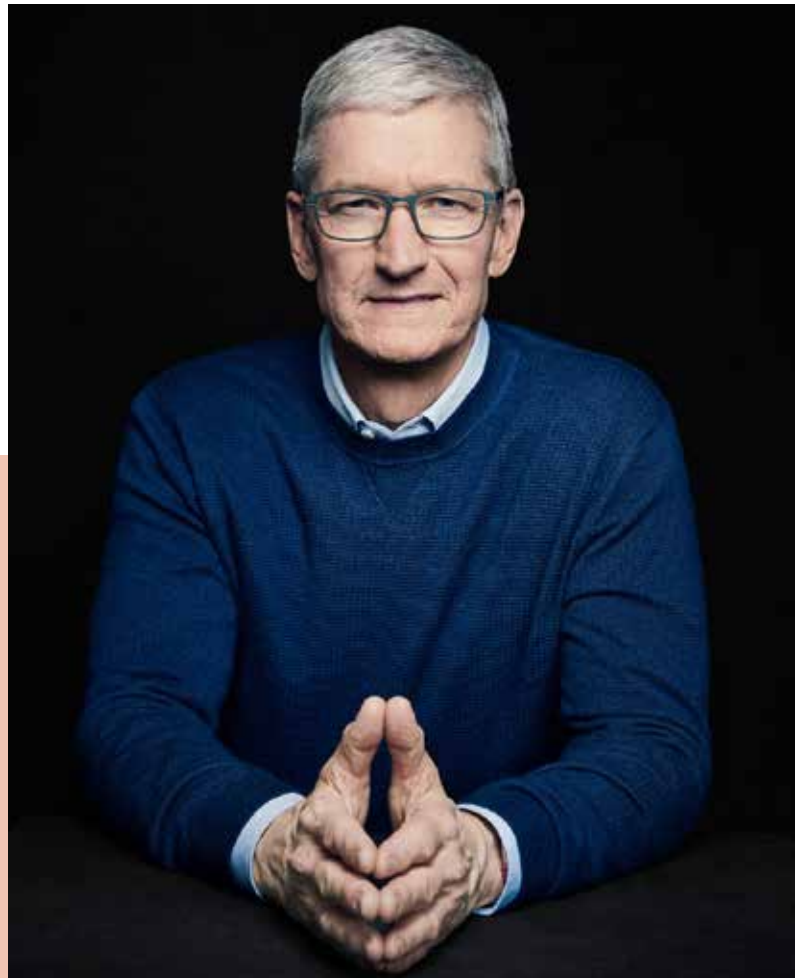
A celebration is much-needed for the work of LGBT entrepreneurs and gay business leaders, helping to represent the community like never before. With that in mind, let's take a look at them

Here are just some of the top gay business leaders, and other members of the LGBT+ community, who are working. The individuals listed are in no particular order, and have not been ranked.

## **Tim Cook: CEO of Apple**

Tim Cook has been at the helm of the technology giant, Apple Inc., since 2011. Prior to becoming CEO, he held the position of Chief Operations Officer at the company, and is credited with giving Apple's inventory and outgoing expenses a much-needed overhaul.

Cook publicly came out as gay in 2014, though he had always been open about his sexuality in his personal life. His announcement made him the first openly gay person to be included in the Fortune 500 list.







## Megan Smith: Former CTO of the United States

Megan Smith has had a storied career. She was a Vice President at Google, and the former CEO of Planet Out. In 2014 she became the first female CTO of the United States, and the third person to ever hold that position. She served as CTO under President Barack Obama until 2017. Today she is a member of the board of MIT.

Smith is openly lesbian, and has been recognized by both Out Magazine and GLAAD for her visibility as an LGBT+ leader.

## Jennifer Pritzker: Founder of the Tawani Foundation

Jennifer Pritzker is best-known for being the first trans-gender billionaire. She served as a Lieutenant Colonel in the United States Army, and founded the Tawani Foundation in 1995. Through the foundation, she seeks to donate to numerous civic causes.

Pritzker publicly came out in 2013 via a statement to her employees. She has received many accolades for her work in advancing the visibility of and discussion around gender identity.



## Peter Arvai: CEO and Co-Founder of Prezi

Swedish entrepreneur, Peter Arvai, is best-known as the CEO and co-founder of Prezi, a software company which specializes in cloud-based presentations. In 2009 the company was successfully funded, in part, by TED Conference.

Arvai came out in a Forbes article in 2015. He felt it was important for LGBT+ youths to have role models within the fields of entrepreneurship and STEM, and this is what pushed him to come out publicly.



## Peter Thiel: Co-Founder and Former CEO of PayPal

Peter Thiel served as PayPal's CEO from its launch until its sale to eBay in October, 2002. Since then, he has founded a global hedge fund and is well-regarded as a Philanthropist, funding primarily efforts in artificial intelligence and the extension of life.

As an openly gay man, Thiel has also supported a number of LGBT+ causes over the years. He was a guest speaker at 2010's Homo Con and continues to support the American Foundation for Equal Rights and GO Proud.



# The Secrets of Great Teamwork

*Text By R.G*

Team work comprises of a sense of unity, enthusiasm for common interests and responsibilities, as developed among a group of persons closely associated in a task, cause, enterprise, etc.

However, teamwork is a challenge in and of itself. It requires that people manage their egos, develop humbleness, communicate effectively, resolve conflicts and, above all, commit to one another and to a common goal. Anyone who has worked on a team knows that the only way to do so successfully is by assessing oneself honestly and becoming the best person one can be. In this regard, not only does teamwork increase performance, it also promotes the development of better citizens and societies.

Remember, managers are not paid to have all the ideas that are necessary to keep their section working well neither for doing everything all by themselves and complain how no one in their team is working properly but they are paid to make sure that there are enough ideas to make things work and make everyone as per their specialization and interest are doing their bit of task.

The primary need for being an effective team member is to be clear about team goals and individual objectives, so that individual efforts can be aligned to team efforts. Some may take many responsibilities

where some may have few but it is all about doing your task correctly and timely. It's about doing your part and let others do their part.

Giving feedback and learning to accept criticism are other important qualities of an effective team member. Easier said than done, this requires careful and lengthy practice. The rewards are significant for all concerned if done properly as with any difficult task the trick is to keep at it to become better and better.

Downsizing, right-sizing, reorganizing, reengineering are indications of the pressure on organizations to reduce the size of their workforces. The only way to cope with this need is by working cooperatively in an environment of respect, drawing on all the resources available to get the job done.

When people work together in an atmosphere of trust and accountability toward a common goal, they put aside turf issues and politics and focus on the tasks to be done. This focus of resources overcomes barriers, helps to identify new opportunities and builds a momentum.

It's not necessarily an easy option, nor a remedy for all organisational ills. However, working with a group of people, on a worthwhile activity, with a common goal, can be one of the most rewarding and enjoyable aspects of work.



# 10 Success Inspiring Quotes to Put On Your Office Wall

Not every day is the sun shines. There are movements where we feel down and the passion once we had for our work just disappears. Having low energy appeared to be a normal part of the working cycle across the board.

The most used remedy to gain back motivation and inspiration is by getting out with the help from words of wisdom. Stick few of these which influence you the most around your work place. It reminds you to keep going when all you want to do is quit.

Here are the 10 of some most inspiring quotes related to success that may also help you if you are in the same position:

“In life you have two options when it comes to being a success: make excuses or make changes.” Christina DE Busk

“Success consists of going from failure to failure without loss of enthusiasm.” Winston Churchill

“To succeed in life you need two things: ignorance and confidence.” Mark Twain

“I don't measure a man's success by how high he climbs, but how high he bounces when he hits bottom.” George S. Patton

“The difference between a successful person and others is not lack of strength, or a lack of knowledge, but rather a lack of will.” Vince Lombardi

“Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.” Orison Swett Marden

“The successful man will profit from his mistakes and try again in a different way.” Dale Carnegie

“Frustration, although quite painful at times, is a very positive and essential part of success.” Bo Bennett

“The ladder of success is best climbed by stepping on the rungs of opportunity.” Ayn Rand

“Don't watch the clock; do what it does. Keep going.” Sam Levenson

# You are no longer just a farmer, you are an entrepreneur

Text By Prerana Thapa

## 1. Grow Gourmet and Medicinal Mushrooms

Growing mushrooms can be very lucrative. However, I recommend that you opt for specialist types of mushrooms if you're looking into cultivation. There is more money to be made from growing ones for medicinal use or the restaurant market. Trying to compete with the supermarket on button mushrooms wouldn't be an option unless your pricing or quality is better. Depending on the type of mushroom you choose to grow, you could harvest some in just 15 weeks, with a yield of up to 4 lbs. per square foot.



## 2. Turn Your Field into a Campsite

Especially if you live close to an urban area, people are always looking to find their next great outdoor vacation or just to escape the city limits for a change scenery. To turn your land (or part of it) into a campsite, you'll need to construct a simple shower and toilet unit for your campers. Some campsites are quite basic and don't provide electrical outlets while others have installed electricity for the campers to use. If your farm is near a tourist area, this is definitely one avenue to consider. The area or field you choose should also be level and dry, ensuring that campers can correctly and safely erect their tents. You can start small and put any profits into improving the facilities of your campsite. By reinvesting your earnings, you will be creating a sustainable business without an initial expensive outlay.

## 3. Start a Bed and Breakfast

If you have spare rooms or a barn that can be converted into rooms, consider opening a bed and breakfast. This is one of the most popular ways to earn more money from your farm. People who live in cities love to experience a slice of life on a working farm. They love to see the animals and possibly even help out with farming chores. It can be an exciting time for both adults and children. Companies such as Airbnb make it simple to rent out spare rooms for guests. Their website is straightforward and many people have come to trust it. This could be run in conjunction with your own website promoting your available accommodation. If your farm is near a cycle way, hiking trails, or a popular tourist attraction you could do quite nicely from renting rooms. Be sure to mention the nearby attractions and activities on your website or advertisement.





#### 4. Rental Space for Meetings or Gatherings

Do you have a barn that could be easily converted into open space? Consider renting it for a range of gatherings, such as business meetings, classrooms, or an exercise facility such as for step classes. Advertise in local newspapers or on supermarket bulletin boards in your area. There are always people looking for areas for meetings. This could earn you money during the day, evenings, and weekends. Parking availability is always a bonus for some.



#### 5. Private Fishing Lakes

If you have lakes or can dig them, you can develop public fishing lakes. Normally there are two types: The first is a catch and release, and is solely for the enjoyment of fishing. The customer would pay as they enter and then stay there all day. This could also be combined with camping as mentioned

#### 6. Raise Worms

Consider raising worms to sell as bait to fishing shops. The worms can be raised in tubs, bins, or barrels and you could be harvesting your crop in just 90 days. But it isn't just the worms that have value, since the soil left behind is full of worm casings and provides some of the richest sources of nutrients for your garden. This could bring in a secondary income stream as compost for gardens. Not only is it an easy, low-maintenance way of earning more from your farm. It is also completely eco-friendly and as such opens your farm to another type of customer



#### 7. Raise Specialist Breeds of Animals (e.g. Ostriches)

If space allows, consider raising what I call niche market animals. Some of these could include the following, and there are often multiple products that you can sell from the same animal.

- **Rabbit**  
You can sell rabbit meat, pets, and fur.
- **Ostrich/Emu**  
You can sell ostrich meat, Emu oil, feathers, and eggs.
- **Goat**  
You can sell goat meat, milk, butter, cheese, young, and hair.





### 8. Grow Dual Crops

Depending on what you are growing you may be able to plant two crops side-by-side, saving you space. Here on our farm, we have planted coconut trees that are spaced five meters apart, and between these we plant crops such as beans, zucchini and cucumbers.

### 9. Public Speaking and Demonstrations

Money doesn't always have to come from just farming activities. Some people earn money by giving talks about farming activities. Schools, community centers, and public venues always need speakers. Many of these groups pay. The larger the group, the more they'll pay. If you are a confident speaker, this is an avenue you should consider. Topics such as:

- Bee Keeping
- Growing vegetables or flowers
- Natural pest control
- Organizing a farmer's market.
- Homemade ice cream
- Jam making

### 12. Rent Out Bee Hives

Bees are currently in demand, not only for their honey but also for their ability to pollinate. There has been a dramatic decline in the bee population due to colony collapse disorder (CCD). It's unclear why it's happening, and there are many theories about the source, but the bottom line is that the demand is great for these little miracles of nature.

Many people think farmers have enviable lives. If you're a farmer, however, you may think otherwise. You work non-stop for very little money. Sometimes



### 10. Sell Seeds and Plants Over the Internet

If you grow any unique or different types of flowers, fruits, or vegetables, consider selling the seeds. Many people feel bound by what commercial 'home garden' seed companies provide, but there is so much more available. This has seen an increase in recent times with the worry about crops grown using genetically modified or GM seeds. Heirloom seeds, or those which are passed down or 'natural seeds' have seen a sharp increase in sales.

### 11. Grow Flowers to Sell

Growing flowers may not seem like an obvious choice if you have been growing crops such as wheat, potatoes, or sugar beets. But consider the different avenues from growing flowers:

- Growing flowers for florists (cut)
- Growing flowers for nurseries (potted and ready for resale)
- Selling flowers direct to the public
- Selling dried flowers for arts and crafts
- Selling dried flowers for potpourri/confetti

Growing flowers can dramatically increase the yield of your land.

you feel like a prisoner to your buyers, and occasionally you wonder how much longer you can keep going. The weather seems to be against you, and you feel like you are working for nothing.

Though small farmers believe their lives are far from ideal, I can't think of any farmer who would switch to a life in the city. So how do you get the best of both worlds? How can you maximize profit from your land, small farm or homestead? You don't have to stop at growing crops. Through diversification and thinking like an entrepreneur, you can achieve a much higher yield from your farm while keeping the lifestyle you love.



# ENORMOUS MARKET OF CHHURPI (OR DHURKHA)

*Text By Indu Karki*

Chhurpi (or dhurkha) is to Nepalese what chewing gum is to the outside world. It is also called Himalayan chewing gum. It is made entirely by hand, farmers from regions like Taplejung, Shankuwasabha, Dolakha, and Rasuwa. First extract milk from chauris (female yak cow hybrids). It is found mostly in Himalayan regions of Nepal. For all cheese lovers, there's one variety of the Himalayan cheese which is also not known to the different people. Chhurpi is essentially cheese, which can be both hard and soft or can be sweet, tangy or bland. The varieties of chhurpi found mostly in local markets on the way to Sikkim, Darjeeling or Tibet. You can spot numerous shops selling hardened cheese cubes brown or white in color. The brown ones are hard and the white ones are sweet in taste. Once you start biting into it gradually start falling for the taste.

A little brown hard chhurpi provides you enough nutrients and in fact contains a higher level of healthy facts as compared to others cheese. Chhurpi's main ingredient, yak milk ensures that it has a high percentage of protein. It is a fine source of calcium, vitamin A, B, D and vitamin E too. In Nepalese cuisine chhurpi is used to make achar, dumplings, or eaten with edible ferns called Ningro in local language. It is highly preferred by hikers as ideal item



that can help to climb better and keep you warm at higher altitudes.

At present Nepali market has the potential to exporting one thousand tons chhurpi, worth a value of five hundred million rupees. Chhurpi has been exporting to the international market. Not just human beings chhurpi is highly beneficial protein for dogs. In countries like US, UK, Italy and Japan, chhurpi is determined to feed the dogs. The chhurpi sticks are also used as pet chews for teething puppies and kittens. No side effect has been reported. It does not contain any chemicals. It is safe for your pups to use. Chhurpi is popular in American and European market as a name of "Dog chew". The sale of chhurpi is luring its sales record in Amazon and Alibaba e-market and world class department stores like Walmart and Tesco.

Chhurpi has immense business possibilities in Okhaldhunga and Taplejung. Some farmers sell these chhurpi to tourists who pass by their village. If you are in Nepal, visit to Taplejung bazaar of Taplejung district. I feel like the best yak cheese and chhurpi are made there. There is something about the yak gheh and chhurpi they make in the east. Don't hesitate to go ahead and taste them while travelling in these regions.



# GADHIMAI THE BLOODBATH

It is estimated that 500,000 animals were sacrificed during the Gadhimai festival of 2009 which was performed by more than 200 men in a concrete slaughterhouse near the temple.

*Text By Sujina Sanjel*





Gadhimai festival is a sacrificial ceremony that is held every 5 years at the Gadhimai Temple of Bariyarpur, in Bara District. It's about 100 miles south of the capital Kathmandu near the Indo-Nepal border adjacent to Bihar celebrated by the Madheshi and Bihari people that involves the large-scale sacrificial slaughter of animals including water buffaloes, pigs, goats, chickens, and pigeons with the only goal of pleasing Gadhimai, the goddess of power. According to Hindu mythology the origin of Gadhimai is said to date back some 265 years when the founder of the Gadhimai temple, Bhagwan Chowdhary, had a dream that the goddess Gadhimai wanted blood in

“People in this age of technology believe that sacrificing animals will wash their sin and provide them better life as they're faith blinded.

return for freeing him from prison. The goddess asked for a human sacrifice, but Chowdhary offered sacrifice of five animals (rat, a goat, a rooster, a pig and a pigeon) instead and has been repeated every five years since is known for its highest number of sacrifice of animals in the world.

It is estimated that 500,000 animals were sacrificed during the Gadhimai festival of 2009 which was performed by more than 200 men in a concrete slaughterhouse near the temple. After the festival the meat, bones and hides of the animals were sold to companies in India and Nepal. The pools of blood, animals bellowing in pain and panic devotees covered in animal blood, and some people even drinking blood from the headless animals was seen in the festival. The activists plead for abolishing the sacrifice of animals during Gadhimai-festivals in the Indian states of Bihar, Jharkhand, Uttar Pradesh and West Bengal. It included celebrities like Brigitte Bardot and Maneka Gandhi, who wrote to the Nepalese government asking them to stop the killings and the protests were held worldwide. But the government official commented that they would not interfere in the centuries-old tradition of the Madheshi people. After the unbelievable effort of animal rights and welfare activists &

organizations such as Animal Welfare Network Nepal, PFA and HSI/India in all these years to free 300 year old Gadhimai festival from bloodshed. The Supreme Court of Nepal issued an interim order to eliminate this cruel practice. The Indian Supreme Court also had an interim order that prohibited the transportation of animals from India to Nepal as well as the temple committee has agreed ban on animal sacrifice and would urge devotees not to bring animals to the festival. The 300 years old Gadhimai festival will go bloodless in its next edition in 2019.

People in this age of technology believe that sacrificing animals will wash their sin and provide them better life as they're faith blinded. Such sacrifices do not please any god or goddesses with all theses in full acts as one cannot expect to be blessed with good fortune or happiness. Animals are God given gift to humankind and we humans should have no right to control over the life spans of any creatures. In the further days if you even get a slightest thought of sacrificing animals for your prosperity then think about a sacrifice to please someone can't be meaningful if we sacrifice what belongs to that someone.

# The Era of the Dating Digitally



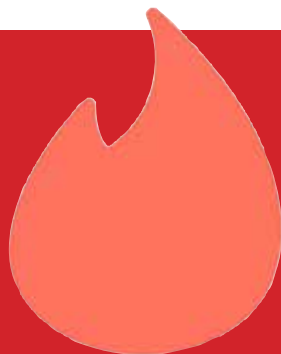
Text By Sujina Sanjel

With the age of Tantan, Tinder, Grindr and Bumble letting us get our dating game on from the couch, the traditional world of real life dating has been slowly declining. Dating apps have definitely become the norm these days. After dating a guy in real life and having a humorous heartbreak, I decided to give a try to online dating app carrying broken heart pieces in my hand: might sound filmy.

I'll admit, I was a little nervous because as a woman, part of the reason we're so picky online is because there truly are some jerks out there and I was afraid this experiment would end with me talking to someone totally creepy who would make me feel uncomfortable. It's not fun to subject yourself to the misogynists on dating apps as tons of people have a much more inter-

esting method for getting matches on the popular hookup app. It took me hours just to download and again hours to open and get connected to that app just because I was afraid how people are going to judge me. Then I figured out and consoled myself it wouldn't be a big deal, and I could just block any unsavory characters when the experiment was over. I thought it would be a good exercise in broadening my horizons. I have to admit, I was sorely tempted to break the rules and swipe left on a few people who I just knew. I managed to spend like 4-5 hours just swiping left and right got some matches and had a very nice conversation with some of them as well. Trust me some of the conversation were cliché and creepy as well but some of them really brought back me into life. I honestly

think as a woman, when you are on Tantan or any other dating app, just forget who you are, what kind of guys are within your league, or you have dated in the past. This is a completely different world and you are in a completely different mindset. You must only swipe right on the best of the best and the rest you must swipe left. It's an ego thing. You could meet someone, who says he sings really well but end up being just a bathroom singer. And you could also find someone's conversation and the person himself boring but when you meet him, he might be the one. While I think it's good to keep an open mind with online dating, this experiment taught me if you want to find a good partner, you should never sell yourself short.







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# VISIT NEPAL 2020

Nepal is fifth among the Top 10 countries to visit in the world and number one in Best Valued Destination in the World. Nepal is a surely a curtain of colorful prayer flags and a window ornament of beautiful petition banners and the place that is known for brilliant sanctuaries. It's a trekker's paradise and among the ten most astounding mountains on the planet, Nepal has got eight mountains so Nepal is a hotspot goal for mountain climbers. Nepal has always welcomed the tourist warm heartedly as in Nepal the tourist (guest) are no less than the god.

After the success of Visit Nepal Year 1998 and Nepal Tourism Year 2011, the Tourism Board of Nepal introduced Visit Nepal Campaign 2020. Tourism kicked off in 1953 with the first successful expedition of Mt. Everest and boomed

in the 1960s and 1970s as a Hippie's paradise. The government of Nepal is working aggressively to ensure a successful tourism period till 2020 as it has set a target of 2 million tourist arrival in 2020 for the Visit Nepal 2020 edition of Nepalese Tourism Year; the federal republic of Nepal has set plans to operate two new International Airports in Pokhara and Lumbini. Not only the government sector, private hotel sector also has plans to add 4000 new rooms in four and five-star hotel category in hotspots like Pokhara, Kathmandu and Chitwan in context to Visit Nepal 2020. The government has endorsed a budget of Rs 100 million for the Visit Nepal 2020 campaign. Recently, the newly elected tourism minister also has taken a decision to provide 50 % discount on plane fares for people above 70 years to encourage tourists in our country.



## ANNAPURNA BASE CAMP

Annapurna base camp trek is an amazing walk through diverse landscape and culture complete with rich mountain vistas, terraced fields, quaint Gurung villages and a wide variety of flora and fauna. It is the 10th highest mountain in the world at the height of 4130m (13546ft.) The best seasons to trek to Annapurna Base Camp is from mid-September to November (autumn) and March to May (spring) and can easily be done independently.



**Day 1:** Drive from Pokhara to Nayapul (1050m/ 1 & ½ hr) & Trek to Ghandruk(1940m/5 hrs ).

**Day 2:** Walk from Ghandruk to Chhomrong (2170m/ 5 hrs ).

**Day 3:** Continue walk form Chhomrong (2920m / 7hrs)

**Day 4:** Walk to Machhapuchere Base camp (3720m / 4hrs)

**Day 5:** MBC to Annapurna Base Camp (4,230m/3 hrs) & back to Sinuwa (2340m /4 hrs)

**Day 6:** Trek from Sinuwa to Ghandrung (1940m/5 hrs)

**Day 7:** Trek down from Ghandruk to Nayapul (1050m/4hrs) and Drive back to Pokhara



Rara Lake at 2,990 m is the biggest and deepest fresh water lake in the Nepal Himalayas. The park is surrounded by alpine coniferous vegetation and offers a representative sample of the region's flora and fauna. The lake is 167 m deep at some places, and drains into the rivers MuguKarnali via Nijar Khola. The spring (September-October) and autumn season (March-May) are the best time for Rara Lake Trekking. During this time the weather will be pleasant and you'll get splendid views of the Himalayas reflecting in the lake.

**Day 1:** Kathmandu to Nepalgunj

**Day 2:** Nepalgunj to Jumla

**Day 3:** Jumla to ChhereChaur

**Day 4:** Chherechaour to Chauta

**Day 5:** Chautha (2807m) to Jhyari (2635)

**Day 6:** Jhyari to Rara Lake

**Day 7:** Rara to Talcha - Nepalgunj - Kathmandu

## PHOKSUNDO LAKE

Phoksundo Lake is considered one of the most beautiful and exotic tourist destinations located in Dolpo with the mirroring image of Kanjirowa massif-located at an elevation of 11,849 ft above sea level .There are regular flights from Kathmandu to Juphal via Nepalgunj. The trek from Juphal to the lake is filled with magnificent views, stunning rivers and roaring waterfalls. The route also passes through Shey Phoksundo National Park which is a home to many rare species of birds and animals. The best time to visit Shey Phoksundo is from the month of March to May and September to November.



**Day 1:** Kathmandu — Nepalgunj

**Day 2:** Nepalgunj- Juphal

**Day 3:** Trek Juphal- Dunai (2150m) / 3 hrs Trek

**Day 4:** Dunai- Chhepka (2670m) / 6-7 hrs trek

**Day 5:** Chhepka — Jharana /5-6 hrs trek

**Day 6:** Jharana — Phoksundo Lake / 5-6 hrs Trek

**Day 7:** SheyPhoksundo Lake- Rest day

**Day 8:** Phoksundo — Shyanta / 6-7 hrs trek

**Day 9:** Sangta — Juphal / 5-6 hrs trek

**Day 9:** Juphal — Nepalgunj- Kathmandu



## API & SAIPAL HIMAL TREK

Api Saipal Himal Trek is for those trekkers who want to visit remote and unspoiled area of Nepal which lies in far western Nepal. API Himal and Saipal Himal is the place situated in between the borders of India in the west and Tibet (China) in the north where different kinds of snow capped mountains , rocky lands , jungles , cold rivers (melted from the snow and flow) , small cold streams. The best season for this trek is March to May and October to December.

**Day 1:** Arrival Kathmandu to Nepalgunj

**Day 2:** Flight to Simikot and trek to Dharapuri

**Day 3:** Trek to Kermi

**Day 4:** Trek to Yalbang

**Day 5:** Trek to Chala

**Day 6:** Trek to KarangKhola/labukDepsa

**Day 7:** Trek to Base camp

**Day 8:** Trek back to Karangkhola

**Day 9:** Trek back to Yalbang/Salle Khola

**Day 10:** Trek back to Dharapuri

**Day 11:** Trek back to Simikot

**Day 12:** Back to Nepalgunj - Kathmandu



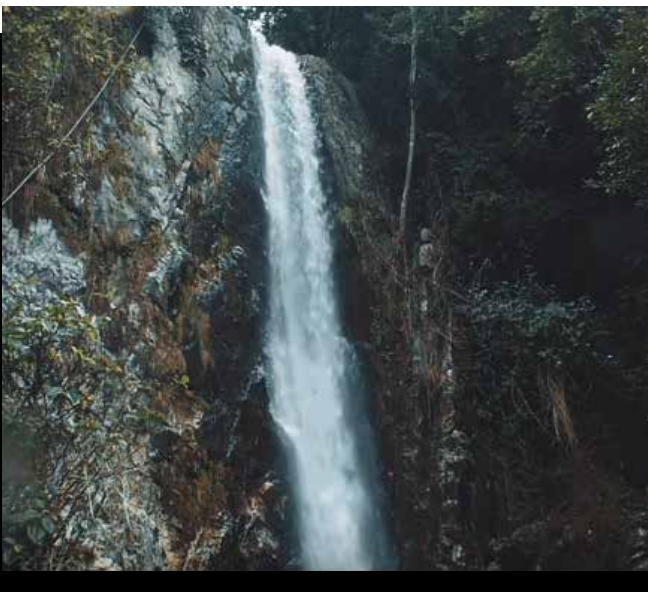


## SIKLES & KAHPUCHE LAKE

Kahpuche Lake is an incredible remote trek from Pokhara, Nepal with a less crowded area located 2,546 meters above sea level in Sikles village of Kaski district. Kahpuche has been claimed as a lowest elevation glacial lake of the world and the lake temperature falls below minus in winter season changing surface-water into stiff icy ground. Sikles is one of the largest model trekking Gurung villages in Nepal and offers an opportunity to learn about this unique traditional culture. The area is steeped with history and stories from honey traders to Gurkha soldier recruits. The trek starts from driving Pokhara to Bijayapur and then trek to Kalikasthan, Ghale Gaun and Sikles at the end.

## SIMBA FALLS

Simba Falls is a well-kept secret in Manikhel which is about 50 km away from Kathmandu city. The trail is one hour long and is a great weekend activity for monsoon. Simba is the Tamang word which means cold since the water flowing through this waterfall is too cold. The best time to explore Simba waterfall is in the Monsoon season when water flows continuously with the large drops.



## GOSAIKUNDA

Gosaikunda Lake is one of the most famous religious and pilgrimage sites of Nepal located at an altitude of 4,380 m (14,370 ft.) and surrounded by peaks in Langtang National Park in Rasuwa District. According to the Hindu legend, the lake Gosaikunda was formed when the God Shiva plunged his trident (Trisul) into the ground in order to obtain water. Autumn and Spring season are the best time to visit Gosaikunda. It's a 7 day trek starting from Kathmandu to Dhunche, trek to Syabru Village, Sing Gompa, Chandanbari and then finally Gosaikunda.

## CHISAPANI

Chisapani is one of the nearest and best Kathmandu Valley Trekking with the view of the Annapurna, Everest and Manaslu-Ganesh Himal ranges. It is a 5 to 6 hour uphill hiking from Kathmandu after driving around 45 minutes from the town centre to Sundarjal. The trail is well maintained with smooth steps and some short pleasant sections of soft earth, leaf strewn, through the forest. The trekking passes through the 112-sq-km Shivapuri National Park and large Tamang village of Mulkharka and offers trekkers an incredible opportunity to experience trekking in Nepal in a shorter time and view fantastic snow mountains.





Ghumante began as weekly Travel Plan among a group of Friends. I used to travel almost every week with my friends, sometimes it would be somewhere close by Ktm valley and at times, as far as Mustang. On one such visit, I offered an idea to start a blog, and a facebook page to share our travel stories. That was the beginning. Strangely enough though, the friends that I first discussed starting ghumante with aren't our current team members. They still support us but are busy on their own businesses.

Initially, the photos and stories were coming from me, a few friends and family. Within a few months of starting the page and website, like minded individuals who shared the same desire to travel, started to get in touch. And thats how I met Prakash Budha who is an avid photographer and traveler. After him on the team, things began to move faster as more and more travel photographers got in and our core team took shape. Almost everyone in our team is a photographer, we used to travel, take

photos and share them with travel stories upon getting back. Whenever we were on a trip, if anybody asked where we were from, the conversation would go longer as we were from all regions of the country and not from the same city/area unlike other travel groups.

Video wasn't on our priority for a while, but we used to share video clips here and there on our page. One such video was of two of our members who got lost on their way to Sikles. The two lost wanderers were Prakash and Rishav. He messaged me a clip of them stranded in the middle of nowhere. I posted that on facebook and it got good response. Then I thought why not post this in youtube as well. This was the start of our youtube channel and our first video on youtube.

As if it was meant to be, we got a message on our page, Enish vai, who I didn't know before sent us his video on his trip to Annapurna Base Camp. I uploaded that on our channel. We used to watch a lot of videos on

youtube too, but most good videos on traveling in Nepal were either by foreigners or very rare. Then we decided we'd focus on videos too. So, on all trips, we urged our team members to take videos alongside photos too.

First few videos we created were not so good, naturally, as we had very few idea about video post production back then. But, it gave us a good head-start. We started to record videos, alongside photos on our trips. With each new edit and video published, we are getting better. We still have a long way to go, but we know we are going in the right direction. The feedback we are getting on our videos are very encouraging and full of support.

As of today, we're about 53k subscribers.

Our slogan is "Purai Nepal Ghumne Ho", we plan to travel all 75 (77 now) districts of Nepal. Collectively, as a team, we've been to almost 65 districts of Nepal till date. We plan to do a thorough count very soon, :D !



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## Visit Nepal 2020

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We have a good relationship with Nepal Tourism Board, and they've been very supportive in our endeavours. We don't have anything specifically planned for 2020, we'll be doing what we are doing right now. But we are trying to explore more places, and bring better stories, visuals so that more people know about the hidden gems within Nepal.

Traveling broadens one's horizon while boosts the economy of a region. Foreign tourists visiting Nepal bring external revenue and currency while domestic travelers spend their hard earned money within the country while enriching the local economics.

There are many many unexplored destinations within Nepal with huge potential. Topographically, there might not be any other country in the globe as gifted as Nepal. With world's highest peaks in the north, green high hills in the center and the fertile plains in the south, we have a diverse geography concentrated in such a small area. Apart from the ocean, we have everything any traveler wants to visit. Add to that the cultural diversity, and the ethnicities, it is a wonder Nepal still isn't getting crowded by the travel enthusiasts from around the world.



This is where we come into play. If you want to see some of the most beautiful yet underrated destinations of Nepal, you can visit our channel <https://www.youtube.com/ghumante>

Shey Phoksumdo Lake, Gokyo, Manang (there are more) are the must visit destinations of Nepal.

So far, the response we're getting is amazing. Our youtube community is growing in a rapid pace. We are trying hard to make our videos better in quality and story. We hope to reach many more "ghumante" souls in the future and also set a positive trend on traveling inside Nepal. Our primary focus will always be to promote places within Nepal that's lacking the deserved exposure. We know very

“There are many many unexplored destinations within Nepal with huge potential. Topographically, there might not be any other country in the globe as gifted as Nepal.

well that we'll suffer in views when we do that, but that's one thing that helps us stand out in the crowd. And we're happy if even just one person travels to a place because they saw our video/photo about that place.

(We've been receiving few such messages, recently one of our followers visited Paanchpokhari of Ramechhap with his friends, after watching our video, it was a proud moment for all of us)

We want to be a part of the movement that will explore and promote local and international tourism within Nepal. Before thinking about going on a vacation in a foreign country, may all Nepalese travel inside Nepal first. May a foreign tourist think of Rukum, Lower Solu, Paanchthar, Darchula or Sabhapokhari as his travel options rather than just EBC, ABC or Pokhara, Poon Hill.





# Travel Makes Our Life Blissful

*Text By R.G*

Travelling is a part of our sophisticated life. We always explore something new on every trip. In such a manner, we get out of our comfort zone. Also, we make tracks for moral reasoning and sense of locality. And that is not all the reasons to start traveling.

It's common knowledge that traveling teaches you something new. First and foremost, you are studying geography during your trip, and then you can easily identify the capitals of the world. In such a way, you develop your intelligence. Secondly, you have an opportunity to learn new culture and traditions of different nations. Imagine that people have another idea about life, they have strange traditions and a completely

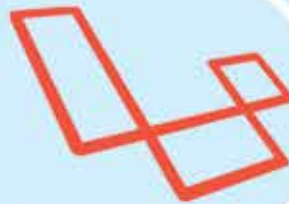
different religion. All these factors inspire your curiosity, and you want to start traveling.

Also, you will learn to be independent. You are invariant with somebody else, and that is why you can go only with your gut. Therefore, traveling is self-knowledge and the disclosure of your abilities and capabilities.

But first of all, traveling is the memories that will warm your soul. We are the creators of moments in our life, both pleasant and painful. You can share impressions with your friends and family, or you can write a separate article. Travel simply teaches you how to be happy. You'll become more relaxed, more confident, and see the world as a brighter place. You live here and now, so enjoy yourself and travel often.



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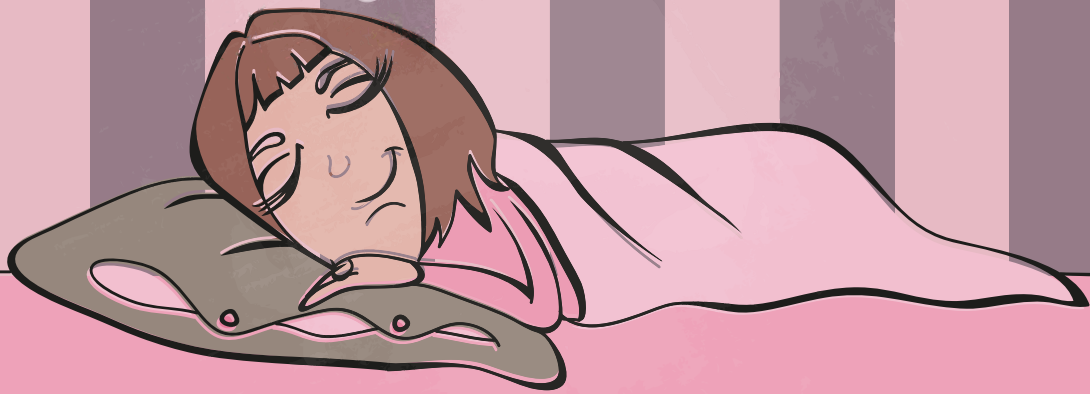
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# DREAMS

## WHY DO WE DREAM?



Dreams are stories and images that our minds create while we sleep. They can be entertaining, fun, romantic, disturbing, frightening, and sometimes bizarre.

They are an enduring source of mystery for scientists and psychological doctors. Why do dreams occur? What causes them? Can we control them? What do they mean?

This article will explore the current theories, causes, and applications of dreaming.

### Fast facts on dreams

- We may not remember dreaming, but everyone is thought to dream between 3 and 6 times per night.
- It is thought that each dream lasts between 5 to 20 minutes.
- Around 95 percent of dreams are forgotten by the time a person gets out of bed.
- Dreaming can help you learn and develop long-term memories.
- Blind people dream more with other sensory components compared with sighted people.

### Causes

There are several theories about why we dream. Are dreams merely part of the sleep cycle, or do they serve some other purpose?

### Possible explanations include:

- representing unconscious desires and wishes
- interpreting random signals from the brain and body during sleep
- consolidating and processing information gathered during the day
- working as a form of psychotherapy

From evidence and new research methodologies, researchers have speculated that dreaming serves the following functions:

- offline memory reprocessing, in which the brain consolidates learning and memory tasks and supports and records waking consciousness
- preparing for possible future threats

- cognitive simulation of real life experiences, as dreaming is a subsystem of the waking default network, the part of the mind active during daydreaming
- helping develop cognitive capabilities
- reflecting unconscious mental function in a psychoanalytic way
- a unique state of consciousness that incorporates experience of the present, processing of the past, and preparation for the future
- a psychological space where overwhelming, contradictory, or highly complex notions can be brought together by the dreaming ego, notions that would be unsettling while awake, serving the need for psychological balance and equilibrium

Much that remains unknown about dreams. They are by nature difficult to study in a laboratory, but technology and new research

*(Source: [medicalnewstoday.com](http://medicalnewstoday.com) & by Hannah Nichols)*

# ANIME CULTURE IN NEPAL

Before getting right into the influence of anime culture in our country Nepal, I would like to highlight about the anime itself. For those people who don't know what anime is, it is basically an animation from Japan or as a Japanese-disseminated animation style often characterized by colorful graphics and vibrant characters. Anime is an art form, specifically animation that includes all genres found in cinema, but it can be mistakenly classified as a genre. In Japanese, the term *anime* is used as a blanket term to refer to all forms of animation from around the world. In English, *anime* is more restrictively used to denote a "Japanese-style animated film or television entertainment" or as "a style of animation created in Japan."

The growth of the internet has provided us with an easy way to access Japanese content. Since then, anime has become the great means



of entertainment for the youths here. Different sites like crunchyroll, kissanime, animeheaven, Netflix and so on provide access to online streaming and downloading different anime. Classic anime and video games from the 90's like Pokeman and Dragon Ball Z were very famous. Likewise, merchandise related with the famous anime such as Naruto and Attack on titans were also very trendy back in days.

Later on, Otaku Next, Nepal's first one and only community that promotes anime, manga/comics and video games was established by group of anime enthusiasts aka Otaku. After its establishment, otaku culture and co splaying culture was introduced in our country. Co splay is the practice of dressing up as a character from a film, book, or

video game, especially one from the Japanese genres of manga or anime. They started the culture of co splay with their first co splay convention back in 2016. And now there are other communities also who organizes such co splay event such as Otaku jatra.

With the co splaying event being famous among the anime enthusiasts, we can see many stores emerging that sell merchandise, gifts and anime stuffs like Otaku Store Nepal, Anime mart, etc. along with other online shopping pages. Likewise, an anime themed restaurant has recently been opened in Jhamsikhel named Kyubi's Kitchen, which is being very famous right now. They are the first anime themed restaurant in Nepal. Looking at its increasing popularity, we can expect the emergence of other anime themed restaurant in the market.



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# Hobbies You Can Turn into a Business

Text By Prerana Thapa

One of the best parts of starting a home business is the ability to know your passion and turn into the career. It will definitely teach the fun and dedication towards your work. Hobbies are the golden doors that make you realize your worth.

While there are many hobbies that can be turned into businesses, here are five common hobbies that you can easily start to make money from. If your hobby isn't listed, no worries. Create your hobbies into business and realize your worth. One word of warning though; starting a home business related to your hobby means you'll be turning something you enjoy in your free time into your career.

## Photography

Photographer holds a camera. Is your camera strapped to you at all times? Are your friends and family always asking you to take pictures? Then they are encouraging you they are showing you your talent. Do prefer to take landscape photos? Then you can sell your photography to online photo resources. Do you like to take portraits? Consider having a studio in your home. You can even specialize in children or pets. Or maybe you like to get out, in which case you can be a wedding or event photographer



## Pets/Animals

Show the pet love and be loved.

The pet industry is \$60 million a year strong. People love their pets, and if you do too, there could be a home business in it. There are a variety of ways to indulge in your love of animals and get paid, including pet sitting services, grooming and boarding, creating and/or selling pet accessories or food, pet photography and more.

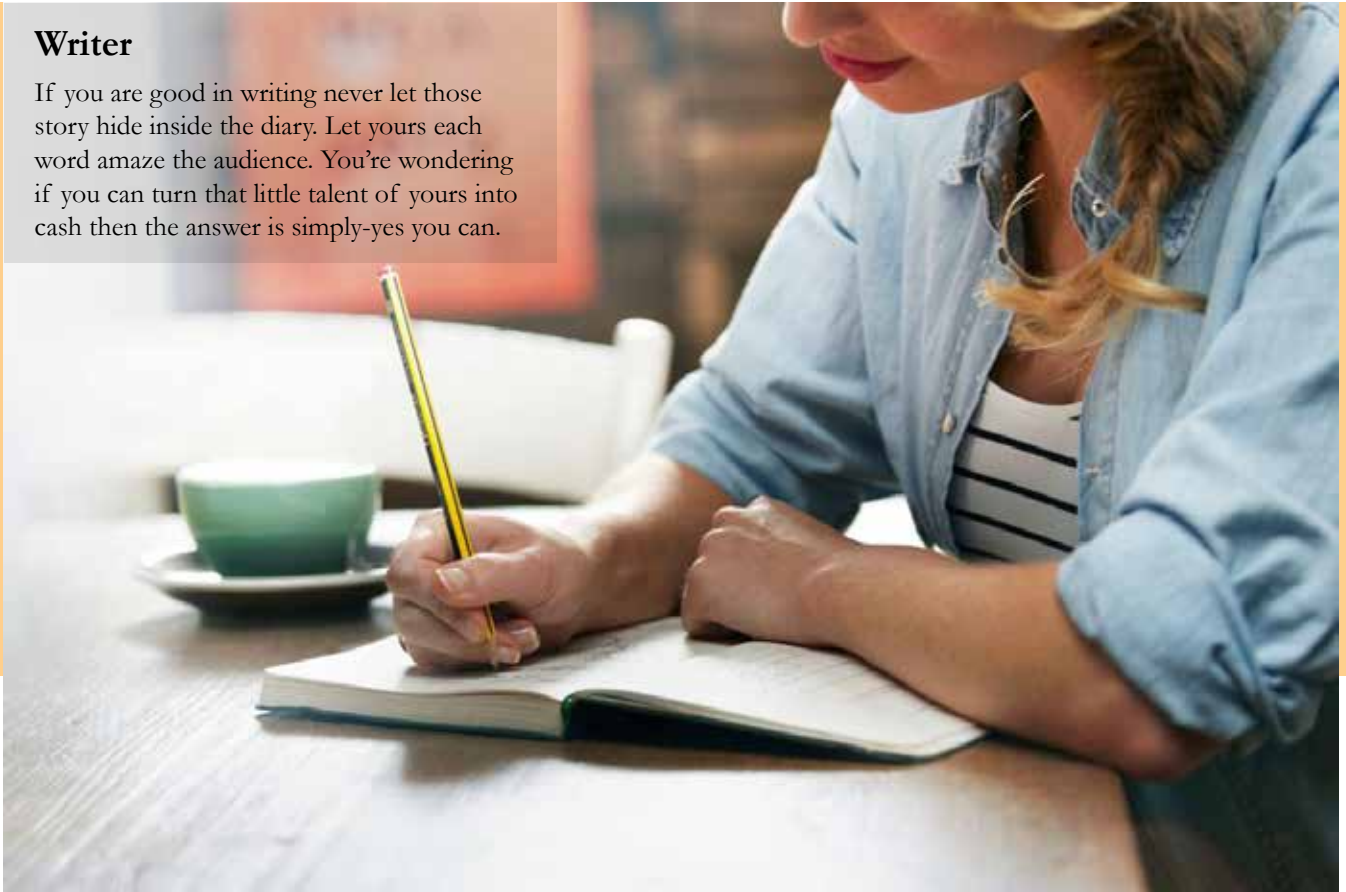
In most cases, a love of animals is all you need to get started. However, other ideas, such as groomer and boarder may require additional licenses or permits, and possibly training or certification.





## Writer

If you are good in writing never let those story hide inside the diary. Let yours each word amaze the audience. You're wondering if you can turn that little talent of yours into cash then the answer is simply-yes you can.



## Gardening

Sell your skills, skills will be improved.

Do you have a green thumb? Many people want to have nice yards with green grass, colorful flowers, and even home-grown vegetables for their dinner table. But not everyone has the time or talent to create a beautiful garden. Turning your enjoyment of gardening into a home business can be a fast and easy way to make a living, especially if you already have the tools and nice yard. You can focus on specific types of gardening, such as lawn and yard care, or you can help people design and develop a vegetable garden. Or you can start a landscaping business. Another option is to start an indoor plant care business.



## Art/Creative

If your hobby involves artistic endeavors, there are many ways you can turn your creativity into income. You can sell your finished products online through resources such as Etsy, or consign them to local shops. Instead of selling your completed works, you can get paid to teach others how to enjoy the hobby. Painters are the magician, painting are the proof of their magic sell your magic and let magic rule the world. Nowadays, digital pictures are less trendy then sketch so what are you waiting for, artist? Move your pencil and start your carrier.

# Major Business Investment Opportunities in Nepal

Nepal is a landlocked country. There are beautiful places to visit in Nepal. Nepal is one country that is witnessing a fast-paced development in recent times, globally. There are lots of businesses to invest in and earn good amount of money. These opportunities can be utilized and develop the nation. All the following information are found through online news.







### 1. Tourism:

The Tourism forms backbone of Nepali Economy. Every year lots of foreigner comes to visit Nepal to culture, world heritage sites and the country's world-famous tourism centers (some of them the UNESCO Heritage sites) speak the tourism potential of Nepal. Making major strides over the years, the country is now aiming at a 2 million tourist arrival target under its Visit Nepal 2020 campaign.

### 3. Agriculture

Nepal is rich in agriculture too. The country produces varieties of crops all through the year and is known for its traditional forms of farming through organic methods. I believe agriculture can be one of the top Nepali sectors with huge investment potential over the next 20-30 years.

### 4. Education:

It is one key sector that is awaiting a huge support in Nepal. From primary level education to a higher level, Nepali education sector is still yet to reach its full potential, both in terms of standards and infrastructure. Though many countries and donor agencies have come in support, Nepali education sector is still open for huge investment towards the improvement of institutional infrastructure, access to remote communities and teaching standards and offering advanced courses at the higher level.

### 2. Hydropower

Nepal is rich in natural resources that make the country viable for potential investment opportunities. As the Nepal accounts to nearly 3 percent of the world power generation through its hydropower so, this shows that there are investment opportunities in hydropower sector. The country has been welcoming both local and global partners to invest in its hydropower projects. Few attempts by Nepal Government made in this regard include Himalayan Hydropower Expo 2018, inviting Bangladeshi investment, welcoming foreign investment in mega hydropower projects, developing national-pride projects, encouraging power trading with friendly nations, among various others.

### 5. Hotel and Hospitality:

The rise in tourism activity in any country means increasing public movement across that country's famous destinations. This directly reflects in the growth of the hotel & hospitality industry of that specific market. Increasing tourism activity led the country to plan big on its hotel industry to woo tourists. Towards this end, the government is also pushing for more investment on the development of luxury hotels that match the requirement of tourists of any range. So Hotel & hospitality industry is also one of the potential investment opportunities in the Nepal.

# HE NAMED ME MALALA

## A DOCUMENTARY REVIEW

Text By Sujina Sanjel

I recently searched for the best documentary video and the first eye catching title and convincing synopsis I found was "He Named Me Malala". It's a story about a young Pakistani female activist and Nobel Peace Prize laureate Malala Yousafzai, who has spoken out for the rights of girls directed by David Guggenheim.

The "he" of the title of the documentary "He Named Her Malala" refers to Malala Yousufzai's father, Ziauddin Yousufzai who named his daughter after the Afghan folk heroine Malalai. Malala Yousufzai was a simple school girl who lived a normal life in Mingora of Pakistan with her father, mother and two of her brothers. Her father used to speak against the Talibans for the right of education in Pakistan and the same steps were followed by his daughter as she started speaking against the Taliban's who were against women's education. After receiving multiple threats, in October 2012, on her way home from school, a masked gunman boards to her school bus and asks, "Who is Malala?" Then he shoots her on the left side of her head. She gets airlifted to the UK with her family where, after a number of operations, she makes a



remarkable recovery. David Guggenheim's documentary captures Malala's everyday life as both a young teenager and a global activist with often humorous interview scenes. The opening scene of the film shows how Malala of ancient times used her voice to encourage people to fight which will surely give you goose bumps. This documentary has portrayed the hardships faced by students from Pakistan who are deprived of their right to education. Malala is still fighting to give back to girls what poverty, war and discrimination tried to take away and has been regarded as a prominent activist for the right to education. She was awarded with Noble Peace Prize award at a young age of seventeen, at the age

where most of us even don't appreciate the life we're living.

This film should be mandatory viewing for every teenager, especially those who don't fully appreciate the freedom they have and also a wake-up call that shows how one tiny voice and step can be heard around the world. This made me realize that we are indeed very lucky to be studying a school as other children in countries like Pakistan and Syria despite their interest are not given opportunity to study and have to be the victim of wars. The world should have more films like "He Named Me Malala" to lift and empower people for courage of educating girls. Like Malala says, "One student one book, one pen and one teacher can change the world."





# In the future, will farming be fully automated?

*Text By Prerana Thapa*

Something unusual is happening on farms in the small Central American nation of El Salvador. Many fields, mainly of sugar cane, are now being tended by drones. Large unmanned hex copters fitted with 20-litre tanks for carrying fertilizer or pesticides follow pre-mapped routes and spray crops accordingly.

This isn't a case of new tech replacing old farm equipment - some of these fields are being sprayed for the very first time. "That's one huge opportunity that drones are opening up." In a country where access to fields is often difficult for tractors and even planes, drones are showing great potential. The drones need human teams to manage them, but labor is cheaper in emerging economies

At the moment, most of the work with farmers in El Salvador is trial-based, but Hylio is covering a lot of ground. One morning a single spray team can service 40 hectares - roughly the same

area as 40 international rugby pitches. Drones are touted as useful flying farmhands because they can, in theory, improve the precision with which fertilizers, pesticides or fungicides are applied. This is due to their ability to spray specific volumes on GPS-defined routes through a field.

One South African farmer recently claimed that using drones reduced the pesticide use on her farm by 30%. This improved efficiency could go some way to allaying fears about the environmental damage that overuse of pesticides and fertilizers can cause, such as reduced biodiversity and the poisoning of aquatic life when chemicals run off into rivers after rain.

For developing countries in highly competitive global agriculture markets, drones are clearly tempting. The Philippines recently announced that 5,000 hectares of vegetable farms would be used to test crop-spraying drones, for instance.

# TOP 5 NETFLIX SERIES

Text By Sujina Sanjel



**Stranger Things** IMDB : 8.9/10

Stranger Things has topped the Netflix most watched series. It has released its third season till now and is likely to end after its fourth or fifth season. As the first season is set in the fictional town of Hawkins, Indiana, in 1983, it focuses on the investigation into the disappearance of a young boy amid supernatural events occurring around the town which also includes the appearance of a girl with psychokinetic abilities who helps the missing boy's friends in their search. The second season is set one year later and deals with the characters' attempts to return to normality and the aftermath of the events from the first season. In the latest season which was released on July 4, 2019 romance blossoms and complicates the group's dynamic, and they'll have to figure out how to grow up without growing apart. The series has received 31 Emmy Award nominations, four Golden Globe Award nominations and it won the Screen Actors Guild Award for Outstanding Performance.

*Genre : Science Fiction, Horror, Period Drama*  
*Created by : The Duffer Brothers*  
*No. of seasons : 3*  
*No. of episodes : 25 (list of episodes)*

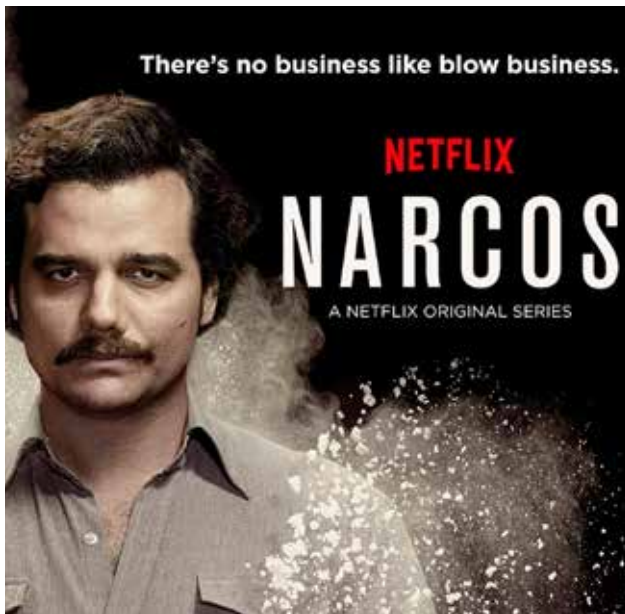


**Sacred Games** IMDB : 8.9/10

Sacred Games is an Indian web television thriller series based on Vikram Chandra's 2006 novel of the same name. It is the first Netflix original series in India. Sartaj Singh (Saif Ali Khan) is a troubled police officer in Mumbai who receives a phone call from gangster Ganesh Gaitonde (Nawazuddin Siddiqui), who tells him to save the city within 25 days. The series chronicles the events that follow and continues to grab the second season with the massive popularity among youths. After the success of its first season, its second season is set to premiere on 15 August 2019.

*Genre : Crime, Conspiracy, Thriller, Mystery*  
*Starring : Saif Ali Khan, Nawazuddin Siddiqui, Jitendra Joshi, Radhika Apte, Pankaj Tripathi*  
*No. of seasons : 2*  
*No. of episodes : 16 (list of episodes)*



**Narcos****IMDB : 8.8/10**

Narcos, set and filmed in Colombia focuses on Pablo Escobar's interactions with drug lords, Drug Enforcement Administration (DEA) agents, and various opposition entities. The series chronicles the life of Pablo Escobar from the late 1970s, when he first began manufacturing cocaine and escaped La Catedral prison. It films the events that happened in Colombia during this period and Escobar's relationship to them and is told through the perspective of Steve Murphy, an American DEA agent working in Colombia. It was nominated for Best Television Series – Drama and received Writers Guild of America Award for Television

*Genre : Crime drama, Biographical*

*Created by : Chris Brancato, Carlo Bernard, Doug Miro*

*No. of seasons: 3*

*No. of episodes: 30 (list of episodes)*

**Black Mirror****IMDB : 8.9/10**

Black Mirror examines modern society with regard to the unanticipated consequences of new technologies. Episodes are stand alone, usually set in an alternative present or the near future and also often with a dark and satirical tone. It highlights topics related to humanity's relationship to technology and creating stories that feature the way we live now - and the way we might be living in 10 minutes. This series has won a total of six Emmy Awards, with both episodes winning Outstanding Television Movie

*Genre : Science fiction, Satire, Psychological, Anthology*

*Created by : Charlie Brooker*

*No of series : 5*

*No. of episode : 22 (list of episodes)*

**13 Reasons Why****IMDB : 7.9/10**

The series revolves around seventeen-year-old high school student, Hannah who has left a box of cassette tapes recorded in the weeks preceding her suicide detailing the thirteen reasons why she chose to end her life. It basically follows teenager Clay Jensen quest to uncover the story behind his classmate and crush Hannah and her decision to end her life. It received positive reviews from critics and audiences, who praised its subject matter and acting but particularly also faced negative reviews regarding issues such as suicide and rape.

*Genre : Teen drama, Mystery*

*Created by : Brian Yorkey*

*No. of seasons : 2*

*No. of episodes : 26 (list of episodes)*

# DEPRESSION & YOUTHS

Feeling sad or moody sometimes is a part of life. Young people can feel sad and worried about life events such as exams, fights with family or friends, changing schools or moving house. Sometimes, the feelings of sadness go on for weeks or months and affect everyday life. If a young person feels miserable most of the time and finds it difficult to get motivated, they may have depression – a serious illness that can affect people of all ages.

## Myths about depression

### Depression is a sign of a weak character

NOT TRUE! The fact is that depression can strike anyone. While some particular personality types are more likely to develop depression, the vast majority of people who develop the condition have been previously healthy and led normal lives.

### People with depression can just 'snap out of it' or just choose to 'pull their socks up'

NOT TRUE! One of the most disabling symptoms of depression is



the fact that it saps the will and makes doing anything an enormous effort. Depression is an extremely unpleasant experience, and most people with this condition would (and do) do anything to get well. Children and young people will not “grow out of it” and it is not just a phase.

### Symptoms that may indicate depression include:

- feeling irritable or grumpy
- feeling tired
- feeling worthless or guilty most of the time
- having thoughts of death or suicide
- having trouble sleeping – either falling asleep or staying asleep
- lacking motivation and feeling everything is too hard

- losing interest in food or eating too much
- losing weight or gaining weight
- using cigarettes, alcohol or illegal drugs.

Sometimes there are no obvious symptoms of depression, but parents may notice behavioural changes in young people that suggest depression and should not be ignored. These include:

- social withdrawal
- lower marks at school
- risk-taking behaviour
- use of alcohol and drugs.

Many different factors and life circumstances can contribute to anxiety and depression in young people. These can include:

- fights with family or friends
- changing schools or starting secondary school
- being bullied
- experiencing a relationship break-up, recent death, abuse or neglect.

Sometimes depression is caused by genetic factors, or biological factors like chemical imbalances. In all cases, it is important that depression is diagnosed and treated early.

Listening without judgment and finding out more about depression is a great way to support someone with depression. We may also help them with everyday tasks, encourage eating







and sleeping patterns, and join them for an exercise session such as yoga.

**Here are some steps you can take, if you have been feeling low for a long time or even a short time:**

**Spend time face-to-face with friends who make you feel good—**especially those who are active, upbeat, and understanding. Avoid hanging out with those who abuse drugs or alcohol, get you into trouble, or make you feel judged or insecure.

**Get involved in activities you enjoy (or used to).** Getting involved in extracurricular activities seem like a daunting prospect when you're depressed, but you'll feel better if you do. Choose something you've enjoyed in the past, whether it be a sport, an art, dance or music class, or an after-school club. You might not feel motivated at first, but as you start to participate again, your mood and enthusiasm will begin to lift.

**Volunteer.** Doing things for others is a powerful antidepressant and happiness booster. Volunteering for a cause you believe in can help you feel reconnected to others and the world, and give you the satisfaction of knowing you're making a difference.

**Cut back on your social media use.** While it may seem that losing yourself online will temporarily ease depression symptoms, it can actually make you feel even worse. Comparing yourself unfavorably with your peers on social media, for example, only promotes feelings of depression and isolation. Remember: people always exaggerate the positive aspects of their lives online, brushing over the doubts and disappointments that we all experience. And even if you're just interacting with friends online, it's no replacement for in-person contact. Eye-to-eye contact, a hug, or even a simple touch on the arm from a friend

can make all the difference to how you're feeling.

If exams or classes seem overwhelming, for example, talk to your teacher or school counselor, or look for ways of improving how you manage your time.

If you have a health concern that you feel you can't talk to your parent about—such as a pregnancy scare or drug problem—seek medical attention at a clinic or see a doctor. A health professional can guide you towards appropriate treatment and help you approach your parents if that's necessary).

If you're struggling to fit in or dealing with relationship, friend, or family difficulties, talk your problems over with your school counselor or a professional therapist. Exercise, meditation, muscle relaxation, and breathing exercises are other good ways to cope with stress. Don't hide! You are not alone!

# GHAR KO ACHAR

Firstly, I would like to thank you and entire team TNB magazine for considering us to be part of the magazine. Our entire team of Ghar Ko Achaar is thankful for this opportunity. As per your last mail, I will try to make the answers to the point as possible:

There was no specific light bulb moment when we came with the idea of Ghar Ko Achaar, I would like to believe that the idea generation stage was a very progressive process. Various incident and factors played a vital role while coming up with the idea. Two of the main factors were, my love for non-veg food items and my experience with online business.

I was the type of person who could not have a meal without having a meat item in it. For me “daalbahat” or other any other food was incomplete without a proper meat item. As you know preparing meat curry was not possible every single day and eating out was unhealthy to your health and also wallet. Meat pickles were already available in the market but none had met my expectations.

I had a little knowledge how online business works, I had started

small electronics online page which sold Google Chrome Casts, magnetic phone charger and we also sold replacement remote controls for TV and ACs, products which were not easily available in the market. With this I had pretty good knowledge of running a small e-commerce business.

Being a meat lover, I thought there might be a good demand for meat Achaars if the quality is really premium and you can get it easily. I pitched my idea to my mother she was also really interested; then she took a class regarding “Food quality control and technology”. We made few batches of meat pickles and gave it to our friends and families and asked for their feedback. Once we got the right taste, we started to sell them via online platforms. We gave our customers free home delivery service irrespective of the quantity they ordered.

We primary customers are meat lovers. Our products are especially loved by Nepalese who are in abroad, the spices and the “sukuti” we use reminds them of Nepal. So, currently we offer only three products i.e. Buff Sukuti Achaar, Chicken Achaar and Dalle Khorsani Ko Achaar. Soon we



will be introducing new varieties once we get the right taste that everyone loves. And will be targeting to more broaden customer segment.

In Ghar Ko Achaar we have a mission “to make each meal more delicious with premium quality achaars” and with Ghar Ko Achaar we are successful to give a good source to income and motivation to work to women and our delivery heroes.



# PURBELI DHAKA FABRIC

Purbeli Dhaka provides a variety of Nepali handmade products like Topi, Shawl, Sari, Muffler, Tie, cultural dresses and many more.

*Text By Aashma*



It was established in 2001 with the name of Purbeli means Eastern region. They start up with an investment of Rs 200,000 and open their first store at Dharan. The founder of Purbeli Dhaka is Mr. Jeevan Kaji Wenju Shrestha. Now it is managed by Mr. Pratik Shrestha in Dharan. Recently they established their branch in Kathmandu, which is managed by Mr. Prashant Kumar Shrestha. Their motive is to save the culture of Nepal and promote our national identity throughout the world.

Their strategy is to provide quality and genuine products for their customers and inspired from Nepali Culture and tradition fabric and giving a new modern design. The idea generated from Dhaka Topis or caps which have a variety of others products. They target market to main Nepali who have shown pride to Nation and targeted customer is Mongolian caste like Rai, Limbu used it for cultural ethics. Nepali people who are staying in foreign countries, showing Nepali pride to other nations our identity cultural and tradition used by our ancestors.

They provide a variety of Nepali handmade products like Topi,

Shawl, Sari, Muffler, Tie, cultural dresses and many more. Dhaka fabric which is handloom in wooden loom is a device used to weave cloth and tapestry. Raw materials like threads are imported from India and drying yarn with colors and handloom. Design and Patterns are made with hard work for a couple of the week. Weaving is done by intersecting the longitudinal threads. Dhaka textile is patterns that symbolize our culture and tradition. They have started Dhaka fabric business from Dhaka caps or Topis. Women in the village used to make topis and we purchase their fabrics, which helped their economic status. It provides women employment to uplift their income source. One of Nepal's premier handicrafts, Dhaka has earned a place in many hearts.

Dealing with all the obstacles in the production process of fabrics they have been successfully running this business capturing more and more customer inside and outside the valley. With the success of business they are more determined to increase demand and export it that eventually helps in nation revenue growth and increase employment opportunities.

# FOOD BLOGGING (LOVE.EAT.REPEAT)

The way books are for avid readers, songs are for the listeners, food has been a binding form of art I've always appreciated. I take food as an ultimate ice-breaker and every meal I've had associates with a story. For me, everything that comes served in a plate is a reflection of the culinary hands behind it. The love for food has taken me to places, found me new friends and of course, served me cuisines from around the world and places that I haven't even been to.

Sharing a meal is quite an intimate experience and I can assure that all the friends I've urged to go on a food-hunt along with me have stuck around for quite a long time. Being a young adult, I love partying and hanging out to refresh myself after tiring weeks, but these little escapes have also always been driven by my ultimate motive to try amazing dishes.

I've also always felt that Instagram is a place for the creative and using this platform for blogging via my handle

*love.eat.repeat* has been quite rewarding for me by bringing my work to life. Getting to know that this is where my passion lies and slowly being acknowledged for sending all the drools makes me hold pride for the work that I do.

## How it all started?

I'm as much of an aspiring photographer as the foodie that's within me. Being someone who didn't know a thing about photography, I made sure that I gradually learned and worked so hard every day to master this art. And I've pursued photo journalism to enhance my knowledge before being a food blogger. I've always enjoyed being behind the lenses and capturing immemorial moments. I never realized then that I was truly passionate about food photography. My blog seemed to have just happened, with the flow because I wanted the pictures I had taken for keepsake to get some exposure at least. And it isn't that I gained





overnight followers for it. I was discouraged not getting the response I expected. Took a gap for a couple of months, then resumed again. It does feel right when you are not only encouraged for what you do but when you work hard doing what you love, it doesn't feel like you've spent working at all. It took me some time to make my way into being a full-time blogger now, leaving a traditional and standard occupation.

Surprisingly, with my hard work and dedication - I started getting many followers and people were waiting for my reviews and looked up to me for recommendations, praised my critical analysis and loved my pictures of the food and restaurants.

### **How does it work now?**

Over the course of a little more than two years, I'm happy that my passion has been consistent and I do not get tired of what I do. My recent collaboration with *Uptrendly* has certainly been a boost in my career and my pursuit of food-blogging as a full-time job. I'm happy to have gained over 25,000 followers. I feel I am the same regular guy with an insatiable hunger for foods. Sometimes I research, look up for suggestions but mostly it is wandering around in the hope of finding a great gem of a place to eat whether it's from the local street vendors or multi-cuisine restaurants. The main goal is to get delicious food at a reasonable price

and where people need not think twice before going. My passion for food occasionally also takes me in and around the city, outskirts and also outside the valley. Usually, I do not promote restaurants instead try to come across authentic cuisines and give an honest review to my audience without being biased.

### **Message for the upcoming food bloggers**

I shall be honest. The journey isn't easy and at times, it's exhausting to rigorously strive for getting where you want to be. Yet it's amusing as I guarantee you one certainty - all the doors you'll reach to won't require any knocking as it's a hospitality-based industry. To all the aspirers, it isn't as easy as it looks because there is so much that goes behind these lenses, but keeps hustling. Cherish what you do and your consistency and patience will drive you to success. Your blog will take time to grow but don't let that dishearten you.

### **Last words**

There are still many places to go but I haven't, many stories that are yet untold and many new cuisines to discover and many more flavors to taste. With the help of your support, I am here with the intent of growing my little space and also hopefully have a positive influence on people who look up to me.



# FOODS.NEPAL

## 1. Who is Foods.nepal?

I'm Abhishek, the creator of foods.nepal for what it is today. I'm currently studying as a Chartered Accountant student & have this unconditional love for food and everything that comes with it.

## 2. How did you get into food blogging?

Food blogging wasn't necessarily a choice if I'm being honest. A big part of how I got interested in the food scene was because of my mother. I would watch her cook in the kitchen and assist her like I was her sous chef. She would teach me all the basics of preparing morning & evening meals. That's basically how I grew more and more into loving the whole idea of cooking. Apart from the cooking aspect, I would go out to random restaurants with my friends, eat a lot, take random pictures of the food but never really thought of uploading them in any social platform until one day I came across a food blog on instagram. I wanted to give it a try and I did. And the rest is history!

## 3. Food inspiration do you want to provide through your feed?

Talking about inspiration, my only goal I had in mind before starting the page was to bring people together to form a community of food lovers. But as time went by, I shifted my focus more on not just eating out but also posting homemade food recipes. I wanted to let people know that cooking isn't as hard as everyone claims if you have a little bit of patience and practice. And my loyal foodie followers do try my recipes every now and then & text me saying how grateful they are! Nothing gives me more joy. Aside from food, I try my best to use my platform to shed light to mental health issues or any social issues through my insta stories.

## 4. Best part of food blogging?

Personally, I think the best part about doing this is building relationships with people. I've received so much love and respect from people I don't even know personally. And also, found some of my closest friends. Apart from that, this page has allowed me to meet and interact with so many professionals from the hospitality industry. I've had the privilege of meeting talented executive chefs and have decent interactions with them that I will cherish forever. I've been exposed to a whole another world that I had only ever heard of or seen on TV.



## 5. Your favorite foods?

If you've ever seen my profile, you can tell how much I love momos. Every 3rd or 4th post you see is probably momos which is the reason why I'm turning into one myself. Other than that, I'm a big Newari Cuisine lover. Also, I'm down for any food with cheese on it.

## 6. Any tips on how to take a good food picture?

It's all about finding the right angle, lighting and most importantly practice. I'm no expert myself but I suggest you watch some youtube tutorials and gather basic knowledge if you're really passionate about food photography. And whatever phone/camera you currently own works fine. Go out and experiment with different angles and see which works best for you.



# BAMBOO STRAW

## **1. How, what, who did inspire you to take this product? The idea generation point,**

After failing to do my smoothie and juice bar biz I got inspired from a coconut selling boy, who sells coconut from one place to another. Not really need to pay shop rent and can do biz from home. I used to use bamboo straw while running the biz too. I purchased it from Bali.

## **2. The gap and struggles you had to face,**

I was going to import it from China first but later changed my mind to do it in Nepal. It was difficult to find good quality bamboos which are strong and last long and moreover bamboos are seasonal which means the demands are getting high and production low currently.

## **3. The contribution that your product and company are doing for protect the environment.**

As far as I see, the contribution ppl are being aware of plastic pollution and biz houses are also switching it to sustainable straw. And definitely even a small switch can make a bigger impact.

## **4. Life span of eco friendly raw materials and from where you are obtaining the resources for the product.**

We have estimated our straw should last at least max 1 and half yrs. which is probably 2 seasons. We get our bamboos from various region depending upon its season and production.







**FRIENDLY, DEDICATED AND  
SMILEY – FAIJA PARWEEN**



### 1. How do you know you had a right idea?

There is nothing as idea. Before starting open space network, I worked in the event organizing company “Open space Nepal”. From there I had learned lots of work, I abled to experience lots of ideas. When I was in college I used to organize lots of event. My focus is to organize event and may be that focus slowly turn into idea.

### 2. How did you build your team?

Recently I have only me as a team. I hire employees according to the project requirement. Outsourcing is the key of my project. There is no one like full time employee except me but whoever I hire for the project works really good as a team.

### 3. How did you handle adversity and doubt?

The Handling process is still on. Not many people know about my event. Every time I talk about my event half of the people appreciate it and I am really thankful for that but half of the people criticism towards it so handling process is still on. In my point of view what makes on going is the belief on your own idea if you think you're doing good for yourself and for societies that will definitely take you to the peak where you want to see yourself.

### 4. Being a young entrepreneur how did you manage financing?

As we all know financing is the main part of the successful business. When I had my first event there were no any financing problem no loss I was really happy at that time but during, my second event “Namaste ‘Eid” I faced financial problem I had a loss of 5 lakhs.

At that time, I took a loan from my dad's friend because my dad denies to give me loan which take me to the real world. My dad supports me but never want me to depend on any one so he denies to give me a money which teach me the business startup lesson too after that I organize many event in 2018 and 2019 as well in which I haven't face any such problem.

### 5. Are you planning to change anything or you want to continue the same?

There is no looking back after I steeped in “Open space Nepal”. I am planning good changes like big events than previous one, event not only in Kathmandu in many more places of Nepal as well as I am planning to take Open space network in

“  
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international platform. And I am also planning to come with new startup.

### 6. Have you ever feel any mistake while organizing the events? Any changes in comparison to previous one?

There were lots of mistakes in past which I must needed to avoid in future. Executing thing at the last moment is my biggest mistake which I will definitely avoid in the future and we are focusing on the new venues new way of organizing event because always same venue and idea is not fun for us and for our costumer as well. Also we want to give more mileage to our sponsor

### 7. What are your views on CSR?

Obviously every business will grow with social impact even hard core business is providing 2000 employment. Every business has its own agenda and theory. In my case my event is social event. It has a good contribution towards society

### 8. What are the main challenges in Nepal?

I think venues is the main challenges in Nepal. May be in other country we won't face such problem. Here in Nepal there is least feasible environment. Another is sponsor, main challenge is to convince sponsor they don't think it will give the strong, mileage but our event leaves the great impact on our costumer and society.

### 9. Express yourself in three words?

Friendly dedicated and forever smiling. Many notice me from my smile. They told me that i have a beautiful smile.

# Take Your First Step Towards Investment Through Stock Market

Text By R.G

Investing is a way, to set aside money while you are busy with life and have that money work for you so that you can fully reap the rewards of your labor in the future. Investing is a means to a happier ending. Before investing, you should know your purpose and the likely time in the future you may have need of the funds as the market is unpredictable.

You need to have a bank account, demat account and ASBA service to apply. You can open all these accounts at any nearest bank and with the activation of mobile banking and mero share you can further apply primary shares online. Moreover, the bank will pay you regular interest for the deposited money as ASBA system enables you to apply for the public

offerings by holding the money right in your bank accounts.

Similarly, the Nepal Stock Exchange, Share Sansar and Mero Lagani sites and their mobile based application are great source to get hands on information.

Start with primary market as these are issued at face value of NPR 100 per stock, or at a premium based on their valuations. The risk is lower when you purchase in the primary market as you get an opportunity to buy shares at a lower cost as compared to purchasing those shares in the secondary market once they are listed.

All the stocks offered via primary market are listed in the secondary market. In secondary market you can sell the shares you bought or

purchased new shares from the market. The share price of these listed companies and the value of NEPSE Index changes every day based on total demand and supply of shares in the market.

If you wish to get involved in the secondary market, you will need to open a transaction account at a stock broker's office. There are many stock brokers licensed by NEPSE inside Kathmandu and quite few outside. Once you open an account with a stock broker, they will provide you with a unique ID code via which all the transactions in your name will be executed.

To make a purchase or sale order you will simply have to call your stock brokers or visit their office to place order, make sure you have the shares in your DEMAT account before you place a sale order to your stock broker. The stock broker charges some commission as a brokerage fee for each transaction while you have also have to pay a capital gain tax while making profit sales.

If you are still confused and less assured about entering the market you can get help from the brokerage firm or ask any person who looks like a genius in the brokerage firm. Most of them here are always ready to help new entrants.





# CRYPTOCURRENCY

*Text By Ajaya Kusum Adhikari*

According to Forbes magazine, bitcoin—the digital currency—will become a business vernacular in next few years. Big companies like Apple, Facebook, Mercedes, Tesla and Microsoft are already applying it in some of their products. Smaller companies are likely to follow suit. Many people already invest in it and more and more businesses are accepting the new money.

Unlike traditional currencies, bitcoin is a form of digital currency that is decentralized and not policed by any regulatory body. It is made from painstaking mathematical computations. In essence, they are strings of code with digital monetary value that can be used like conventional currencies such as Yuan, Dollar or Pound to transact electronically. After its stellar rise in 2009, its charm for online transactions has greatly increased.

Privacy and cheap transactions have made investment in bitcoin alluring. Bitcoin only charges concessional processing fees to expedite transactions in peer-to-peer lending without any involvement of intermediaries. Unlike the banks, bitcoin payments are made directly from one party to another and transactions are recorded in block chains. The peer-to-peer technology does not register any third party. Because of this, merchants can dodge administrative overheads, chargebacks and transact at low cost, thereby making it a lucrative investment.

Banks, as middlemen in transactions, have been amassing bounteous profits and globally they

earn around US \$1.7 trillion a year just by processing payments.

This crypto currency, which is also called digital gold, has seen a meteoric rise in its value in past few years. Convenience and increasing acceptance have jacked up its price in recent years.

People who invested in bitcoin in its early days have been receiving big returns. According to The Economist, \$1000 invested in 2010 would currently be worth \$36 million. As such, now, more people are showing an interest in it.

The growing global consensus against the use of cash has made bitcoin a safe investment. People these days fear abrupt monetary or fiscal changes, like the removal of high-denomination bank notes (as happened in India recently). Also, in a shaky economy, bitcoin could be a reliable buffer against financial collapse as it operates autonomously and free of regulation of the central bank or any other governing body.

But there are risks of investing in bitcoin as well. One of the big concerns is its possible use by criminals, money-launderers, tax evaders, hackers and corrupt politicians. In early 2016, 120,000 units of bitcoin worth \$78 million were siphoned from a crypto-currency exchange in Hong Kong. In 2013, FBI seized bitcoin worth \$28 million from the digital ‘Silk Road’—the illegal online black market used to buy and sell drugs and weapons. This has made investment in bitcoin worrisome. But because of its rapid global acceptance western governments want bitcoin to come out of the shadows.

Asian countries right now have comparable tighter regulations on bitcoin. So when China discouraged the use of bitcoin, it led to a fall in its price around the world. Its value also took a hit following India’s demonetization when the Indian government chose to crack down on bitcoin. Important global events like these have sometimes lowered demand and forced the price down. According to The Wall Street Journal, bitcoins are thus 7.5 times as volatile as gold.

So what are its prospects and possible risks for Nepal? This year’s budget has decided to control bitcoin use. But few Nepalis seem aware about it and have enthusiastically invested in this new money, not because they are aware about the possible returns and risks but because current trend in our country is to invest on real estate or shares in the primary market.

But since Indian and Chinese businesses have been reluctant to accept bitcoin, Nepali investors too are wary of it. But sooner or later this technology, just like any other useful technology, is bound to catch on here as well. As such, we cannot rule out the popularity of bitcoin in Nepal too.

The value of one bitcoin is around Rs 270,000 at present. Given the puny size of our economy anyone thinking of breaking their piggy banks to invest in bitcoins would be taking a big gamble. Splashing cash on bitcoin in a place with a small, underdeveloped and uncertain financial market would be more a luxury than a thoughtful decision.



# GLAMBISQUE

Glambisque is a Nepali makeup and cosmetics brand hoping to provide good quality makeup at affordable prices. It is available all over Nepal and is inspiring, teaching and empowering girls all over the country to look their absolute best.

The makeup brand works with a few set of core values and beliefs that they incorporate in everything they do from their makeup products, marketing campaigns, packaging and customer interactions.

**Everyone can be the best version of themselves** – We believe that looking your best builds confidence, empowers women and that every girl should make the most of makeup and we're here to help you with that! Through our posts, videos and social updates we're going to help you on your makeup journey to get to the best version of YOU.

**You are not alone on this makeup journey** – Learning how to put on makeup and getting better at it is a difficult and lonely process. We are the people who are going to believe in you and be there for you day in and day out believing you can do it too, while providing you with the best references and materials to help. We are also going to be providing you with the most affordable and good quality makeup to help you look your absolute best, so be part of our online community and stay connected and you'll get there in no time.

**Inspire** – We as a company feel 'Passion and Inspiration' is key to perfecting the art of makeup. We get inspired every single day by professionals in the makeup world, by big makeup companies world-wide and by the people who set the trends in makeup and cosmetics. In turn, we use that inspiration to design our products, choose different formulas and design our packaging so 'WE' can in turn inspire our fans and followers. We want to be the local makeup company with international standards providing good quality on-trend products at a price that is affordable for every single Nepali girl/women/lady. Therefore, in our ongoing process to get to this goal, we have a range of fantastic eyeshadows that are priced from Rs. 250/- all the way to Rs. 3390/-. With such a range in pricing you might think the quality of the cheaper products might not be so good, but that is not the case. The quality of our Rs 250 single eyeshadow is as good as all our other palettes. We believe you don't need to spend a fortune to be inspired to look your best. We also have a range of products from our newest 3D mink fake lashes, lipsticks, highlighters, blushes, bronzers, shimmer sticks, mascara, eyeshadows, makeup brushes and more, basically all you need to get that look you inspire to achieve.







**Be Real. Be You.** – There is only one of you in the universe and that's a big deal. You are one of a kind and we think you should own it. Around here at Glambisque you can be yourself. Sometimes people can feel like they're not good enough so they don't try. They also think that reaching a certain type of look is unattainable or that those looks are only for the professionals. We believe you are absolutely beautiful and you should look at your own features and highlight your best. That's what makeup is for and if you don't know how or don't think you can, we are here to help you be the best version of you. We will be hosting free Glambisque makeup makeover sessions for our fans, and we will have free makeup consultants at our stores, so you can always come by our store and get tips and tricks and learn how to apply the different products correctly. We believe in authenticity and that everyone prefers something different. To cater to all your different tastes, we also have custom made eyeshadow palettes where you can choose your own colours and make your own palette. We want you to have fun while shopping for your makeup and be absolutely happy with what you create for your makeup needs.

We are currently super active online on our Instagram, and that is where most people order our products. We like to talk to everyone personally, so that they get full attention on what their needs are. You can always DM us, we are online around the clock and will respond with whatever queries you might have about our products or just makeup in general. We also deliver all over Nepal.

We also have a small store on the ground floor of Metro Park Building in Uttar Dhoka, Lazimpath. It's a little out of the way but you're always welcome. We're open 10am to 5pm everyday but closed on Saturdays. We are also opening a small stall in LABIM mall level 1 next to the escalator, you can always stop by either of the stores to personally try all our products, get advice, or just to browse by.

We hope you will be part of our makeup community and we hope we can all grow our makeup skills together and stay glamorous always.

Follow us @GLAMBISQUE on Instagram, Facebook, Pinterest and YouTube.  
Visit us at [www.glambisque.com](http://www.glambisque.com)

# NO MAKE UP 2019



For many women, the idea of leaving the house without a full face of makeup seem extremely difficult. Makeup has become such a huge part of our culture that it doesn't seem strange to see women of all ages wearing it with pride.

Standing out of make-up addicts some women are happy without make-up for a number of reasons, and one of those reasons is that they are comfortable in their own skin. It is something many people strive for but never achieve. It's hard for people to relax into themselves and be happy with who they are, but few women have the ability to look at themselves in the mirror and be proud of who they are; not only that, but they can look the world in the face and be proud too.

If you are struggling with the idea of not wearing makeup, cut yourself some slack. Millions of women around the world wear makeup every day, but consider that reducing the amount of makeup you wear, or cutting it out altogether, could have a positive impact on your life, rather than the negative impact you might be expecting.

While you might be inclined to look for the bad things that appear on your face, some women who go without makeup are more likely to pick out the good things about their complexion over the bad things. After all, everyone has lines, wrinkles, freckles, pimples, and hair on their face. It's all part of who they are, and confident and happy women know this. They embrace the natural look on their face.

And why shouldn't they? God gave you that face for a reason. It is meant to be shown off and paraded around the globe with a smile attached to it.

Wearing makeup has been such a part of a woman's routine since 1000's of years that she will often refer to it as "putting on her face" before she goes out in public. But for every woman that won't leave the house without her makeup on, there's another woman who goes bare face with pride. And this trend is gaining popularity fast.

# Nothing to hide, nothing to fear



# SPIRITUALITY

## What is spirituality?

Spirituality is knowing who you really are and connecting with something larger than yourself. Some people believe its God or Spirit or the source of all that it is outside of you. Others feel spirituality is inside of us.

Spirituality often involves looking beyond the surface of the things and trusting the process of how our lives unfold. This can be particularly useful when our lives become challenged and stressed. Often times we are comforted in having a spiritual connection during these times.

## Spirituality Vs Religion

Spirituality	Religion
<ul style="list-style-type: none"> <li>• Belief within all individuals.</li> </ul>	<ul style="list-style-type: none"> <li>• Expressly started; organized belief system.</li> </ul>
<ul style="list-style-type: none"> <li>• Internal focus.</li> </ul>	<ul style="list-style-type: none"> <li>• External focus, formal structure.</li> </ul>
<ul style="list-style-type: none"> <li>• Goal: determine common value and ethics.</li> </ul>	<ul style="list-style-type: none"> <li>• Goal: Salvation through one truth: One right way</li> </ul>
<ul style="list-style-type: none"> <li>• Belief about what is god, True &amp; Beautiful.</li> </ul>	<ul style="list-style-type: none"> <li>• Differentiates between groups of people who believe that only their truth is absolute.</li> </ul>

## What is meditation?

Meditation is an experience of relaxing the body, quieting the mind, and awakening the spirit.

## HOW TO MEDITATE

1. Sit comfortably, with your spine erect, either in a chair or cross-legged on a cushion.
2. Close your eyes, take a few deep breaths, and feel the points of the contact between your body and the chair or the floor. Notice the sensation associated with sitting – feelings of pressure, warmth, tingling, vibration etc.
3. Gradually become aware of the process of breathing. Pay attention to wherever you feel the breath most distinctly – either at your nostrils or in the rising and falling of your abdomen.
4. Allow your attention to rest in the mere sensation of breathing. (You don't have to control your breath. Just let it come and go naturally.)
5. Every time your mind wanders in thought, gently return it to the breath.
6. As you focus on the process of breathing, you will also perceive sounds, bodily sensations, or emotions. Simply observe these phenomena as they appear in consciousness and then return to the breath.

“Being spiritual has nothing to do with what you believe and everything to do with your state of consciousness.”

-Eckhart Tolle

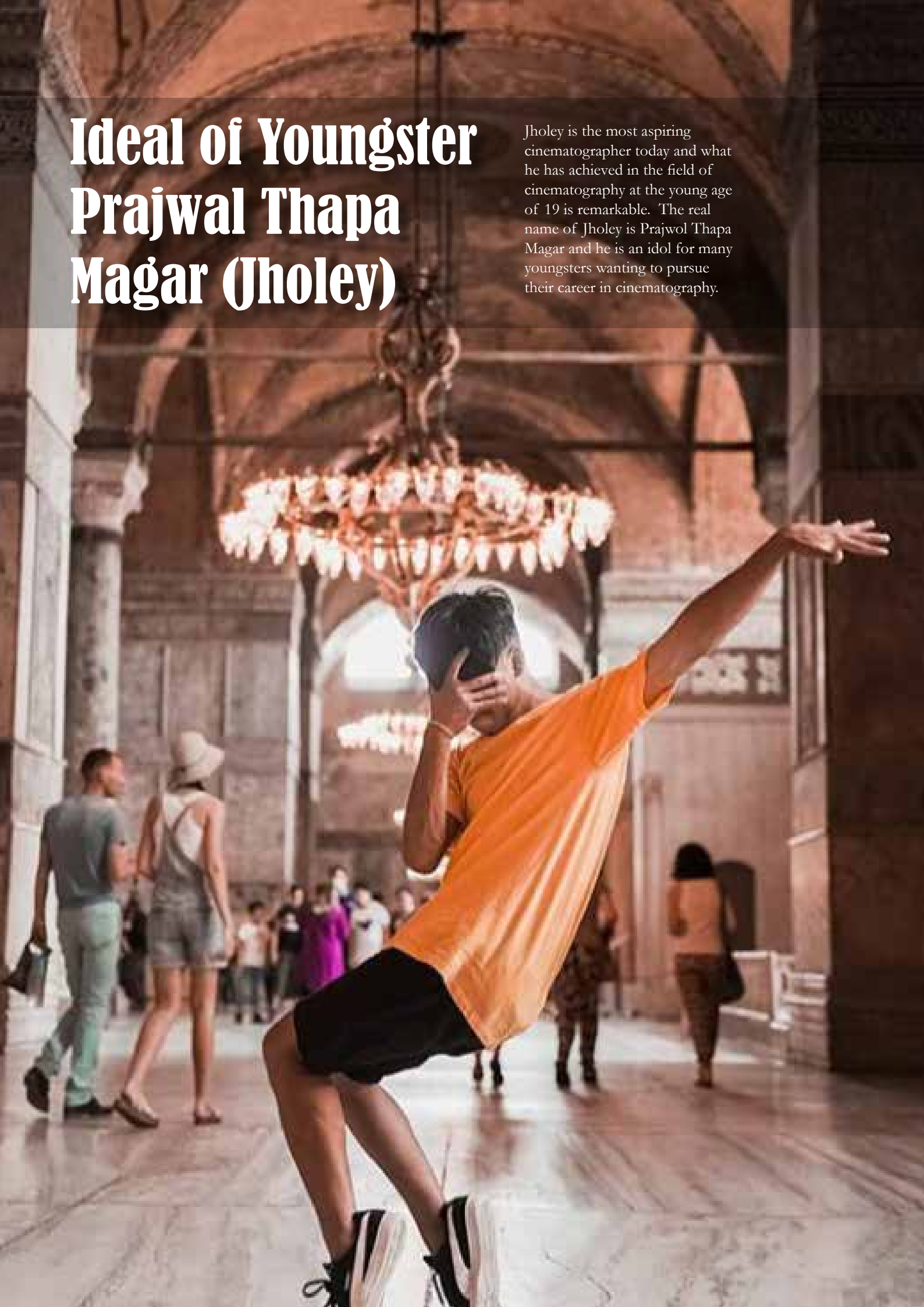
“Your sacred space is where you can find yourself over and over again.”

-Joseph Campbell

7. The moment you notice that you have been lost in thought, observe the present thought itself as an object of consciousness. Then return your attention to the breath – or to any sounds or sensations arising in the next moment.
8. And lastly, continue this way until you can merely witness all objects of consciousness – sights, sounds, sensation, emotions, even thoughts themselves – as they arise, change, and pass away.

# Ideal of Youngster Prajwal Thapa Magar (Jholey)

Jholey is the most aspiring cinematographer today and what he has achieved in the field of cinematography at the young age of 19 is remarkable. The real name of Jholey is Prajwal Thapa Magar and he is an idol for many youngsters wanting to pursue their career in cinematography.





**1. What brought you into the field of cinematography and how long have you been in it?**

I have been doing it for 2 years. I got into cinematography when I had to make a dance video for my dance crew Astro Boys Crew.

**2. What is the story behind the name “Jholey”?**

We, Nepalese often add “ley” at the end of every name and in my case of Pra+jwo+ley, Pra was removed and Jho+ley became “Jholey”. That’s how I got the name Jholey.

**3. What kinds of gear and editing software do you usually use?**

I use Sony A6500 as it’s a mid-budget camera and I have got one lens that’s 60 mm

I have used filmora for one and half year but now I have switched to Premiere Pro and after effects for editing my videos.

**4. If your life was a movie, what song would be on the soundtrack?**

There’s an amazing song by Topi Band titled as a rangharu. It will definitely fit on the soundtrack if my life was a movie

**5. Among all of your works, which one is your favorite? Why?**

I would like to categorize it into two parts: one as my favorite and another as my successful work. I made a video for my dance crew Astro Boys Crew which is my favorite video and then recently I made a video for 5:55 song titled “Budi” which is my most successful work till date.

**6. Which cinematographer’s work has influenced you the most?**

Sam Coler and Abin Bho

**7. What kind of projects have you been doing recently?**

Recently I’m busy with Miss Nepal Shrinkhala Khatiwada’s France-Nepal video.

TourismYear2020 – Travel video  
Collaboration with Sacar and  
Solo video “what is the meaning of Life”

**8. What is your favorite subject to photograph?**

My favorite subject to photograph is places filled with poverty and nature.

**9. What is the most difficult part of being a cinematographer and what is the most rewarding part of it?**

The most difficult part was I didn’t have support from my family and people would often use me as a stepping stone for their success that killed me inside somehow.

The reward was the moment when people admired my work, the little but special fan following I have and I was happy with my self-achievement.

**10. Did you ever feel like giving up and what made you fight back again?**

My family didn’t support me for what I wanted to do and I really wanted to shift to the second camera but I didn’t have enough money. This was the moment when I felt like giving up. Astro Boy’s Crew motivated me by collecting money for me to buy a new camera and continue cinematography.

**11. If not a cinematographer, what career you would have chosen?**

B – Boy

**12. If you could trade body with any other person for a day, famous or not, living or dead, Real or fictional, with whom would it be?**

Sam Coler and Nims dai

**13. Do you feel you want more work or are you busier than you can handle?**

I really believe in the motto ‘Work less and be productive’ and also the quantity of my work doesn’t matter, quality does.

**14. If you could be a superhero, what would you want your superpowers to be?**

I would love to be God so that I can show the emotions of people that they hide inside themselves.



**15. How important is it for a photographer to “connect” with his subjects to bring out their true self?**

I spend a whole day or minimum 4-5 hours with my subject so that I can understand what’s on their mind and how can I showcase their concept through my video.

**16. Given a chance, would you sabotage a colleague’s career to climb up the ladder?**

Never. Because I really believe in my ability and hard work.

**17. What advice would you give to an amateur photographer wanting to change their passion into a full-time profession? Do they need fancy equipment?**

I want to suggest them to start with what they have. You could buy a mid-budget camera rather than a fancy equipment and upgrade your gears when you feel like you’ve achieved the success you wanted to.







### **What Appreciation Do to Your Brain?**

When you are experiencing positive emotions like joy, contentment, love and thankful you will see more possibilities in your life. These findings were among the first that proved that positive emotions broaden your sense of possibility and open your mind up to more options. Its scientifically proven.

The really interesting impact of positive thinking happens later when everything good starts to gravitate towards your way. Life will get better and better each day. There will be more reasons to be grateful for. You will start to forgive everyone and start to love and accept everyone.

### **Understanding Positive Thinking and Self-talk**

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst. If there are 99 problems and only 1 good thing happening in your life, start focusing and appreciating that one thing, you will attract more amazing things in your life. You will find the easiest way to solve other problems in your life.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist - someone who practices positive thinking.

### **The Choice Is Yours**

A & B are going to a particular place to hangout. Both of them differ in the directions to reach that certain place. If A chooses to lead the way, here B has two choices to make. Either he can secretly hope that they get lost so that he can prove his way was the right one or just enjoy the journey and look for the things to appreciate rather than seeking and praying for things to complain about. Look into yourself just to prove yourself right are you hoping someone gets wrong or are you the kind of person whose ultimate goal is to joyfully live your life?

How To Practice Appreciative Life On A Daily Basis

You may read numerous articles books on this but if you don't try it yourself you will never know its power. One has to be very disciplined to master the art of positive thinking and appreciate things in your life. It's just like going to the gym, nothing will change if you are not consistent. With practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you.

When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.



## ABOUT US

SKY Education Consultancy is registered and registered by the Govt. of Nepal having the Registration No147461/072/073 and VAT No 604241069 under the Companies Act 2006.

SKY Education Consultancy is established by the counseling professionals who have been involved in the career-counseling sector since last 15 years and are well experienced in education field with the personal exposure to the facilities available in leading colleges and universities. We believe in providing continuous services to the student during and after his/her recruitment to their desired institution till their course completion being in regular coordination with the institution

authorities. Hence we play the role of proper guardianship of the students for entire study period.

We provide a range of services that include career counseling, application and enrollment of students into abroad institutions, visa and documentation assistance and test preparation service.

SKY Education Consultancy is a part of Sky Group of Companies along with other brands like Sky Shop Nepal, Sky Television, SKY Shoes and Sky Security.

The company is furnished in 2800 sq. feet area with every short of requirement: it has 12 rooms including a seminar hall.

We assist students to get admission in the Universities and Colleges world-wide, mostly

in USA, UK, Canada, Australia, Germany, Switzerland, Japan, Philippines, India and Portugal and also guide them properly for the Visa Application. We run Preparation Classes for IELTS, SAT, GRE, GMAT, TOEFL and language classes.

Once the Universities / Educational Institutes sign up with our team, it gives the advantage of more than 15 years of All Nepal Level Hardcore Marketing Experience and Exposure.

We know the value of time and money. After all, Business matters. We know our benefit depends on the benefit of our associated member institution. We assure working with us is always pleasant and beneficial for both.

A promotional graphic for SKY Education Consultancy's IELTS classes. It features a central red circle with the text "JOIN OUR IELTS CLASSES" in white. Surrounding this circle are four blue diamond shapes, each containing a white icon: a book, a pencil, a speech bubble, and a headset. To the right of the central graphic is the SKY Education Consultancy logo. In the top right corner, there is a logo for the British Council IELTS Registration Centre. At the bottom right, contact information is provided: a telephone icon followed by the number 4012595, and a mobile phone icon followed by the number 980 1015 333. The entire graphic is set against a light grey background with red horizontal bars at the top and bottom.



# SERVICES

## Career counseling:

We believe in understating and assessing students personal requirements hence provide students with one–one session's and guide accordingly. Keeping in view your individual profile and the professional market scenario, we guide and assist students to make the best career choice.

## Choosing the right course:

We provide in depth information on courses available based on students' Academic and work background and provide personal guidance to help in choosing the right course in the university according to students profile, financial constraints, future aspirations and interest.

## Follow- up and Securing admission:

We do the necessary follow-up and secure admissions in the shorter possible time.

## Information on IELTS/ TOEFL:

We are a "IDP" registered IELTS Test booking center. We assist students with online booking of dates for IELTS.

We give all the necessary details about the structure of the test, requirements and help students in getting to know the test dates for IELTS/ TOEFL/SAT register online for it.

## Admission Guidance:

We guide and assist students with complete admission process on one to one basis. Our senior counselors personally assist students in filing up admission forms and we give special attention to your application, highlighting the areas essential for a well presented application, also assisting with References and the Statement of Purpose. Our regular follow ups with the Universities result in positive and quick response.

## Visa Assistance:

We assist our students in the entire processing right from filling up application forms, assistance in preparing financial and other relevant Documents, providing guidance and conducting mock inter- views. Our Visa process officers are also trained and on regular basis hence are able to provide professional assistance to students. We are in touch with the consulates / Embassies on a regular basis and are informed about the latest rules and changes in visa documents which results in our extremely high visa success rate.

## Travel Assistance:

We also assist students with the booking of flights well in advance to allow ideal departure dates, routes and discounts. Our strategic tie-ups with Airlines and Travel consult- ants allow us to outter our student's best possible rates!

## Pre Departure Briefings:

Accede organizes pre departure sessions / get together for its students. We feel this is one of the most important sessions in the whole process. We get the opportunity to share with students about their new destination, new culture they are going to face, about the institute they are enrolling for and also making them aware of Do's and Don'ts while they settles themselves in totally a new environment. This is not only allows them to get more confidence but also adjust better in the institution and hence have better performance in the programs of study.

## Accommodation Assistance:

Our counselors guide and assist students with different types of accommodation which fit into your needs and budget.



# The Potentiality Of Passion

*Text By Ashma Shrestha*

The word passion is a powerful emotion including love, joy, hatred or anger. Passion is the fundamental factor in every single soul on earth as it can drive people to do the best things in life and for the attainment of their goals. Passion is something or feeling of enthusiasm and excitement toward an activity. It is more of a distinct characteristic that not every person has the opportunity to experience.

A life without passion is like life without a purpose. It would be meaningless, empty and boring. Having passion is such an integral part to success in your career and in life. Passion elevates productivity and commitment towards your vision.

Passion is when you put more energy into something than is required to do it. It is more than just enthusiasm or excitement, passion is ambition that is materialized into action to put as much heart, mind, body and soul into something as is possible.



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# Son of, MT Everest

## Mingma Sherpa

The highest peak of the world, Mt. Everest, continues to attract climbers across the world. Not only the Nepalese but also the foreign mountaineers come to Nepal with all preparations to ascent the peak and inspire their names in the record books. When it comes to the Nepali climbers, having a strong desire to set new records by assaulting the highest peak, many things make obstacles. Mingma Shrepa is the one who dreams to create one after another records by climbing the world highest peak. He has reached the world's highest peak ten times, Cho-yu thirteen times and Manaslu two times. He is running the trekking company named "Climbalaya" with his brother and brother in law

### 1. Since how long you have been in this industry?

I just love this industry. It is our family business and my interest too. Since 1998 I have been enjoying this industry.

### 2. What changes have you been noticed ever since you started till now?

Then there were a kind of pleasure climbing the mountain covered with white snow and the environment were so neat and clean but now snow is melting day by day, polluted mountains which is really embarrassing thing for Nepalese. We should be aware about this and must be careful about global warming and cleanliness.

### 3. What would have been done better to make this industry much better by the government?

Government should focus more in formal education and proper training which help to know this field both practically and theoretically. It also gives protection to those families who had lost their member involving in this field. Government should also focus on cleanliness of both mountains and the heart of Nepal i.e. Kathmandu, which definitely attracts more tourist. Last but not the least transportation infrastructure must have needed to be developed as soon as possible.

### 4. Beside physical fitness, how does it is beneficial?

Climbing gives confidence, makes us more cheerful, helps us to work on team develops leadership quality as well as it also helps to fight with anxiety and mental illness. It gives a kind of pleasure that nothing can beat this feeling.



### 5. Have you had any discouragements?

Least support from the government sometime discourages me so I don't want other to be demotivated from same thing that's why I want to request government to provide facilities, royalties not only the certificate.

### 6. Any suggestion for newbies who are intending to involve in this industries?

There are different levels of climbing and you can always find one that fits you. Likewise, choose the industries you are fit in. Before involving yourself in this, you should make a research, train yourself as well as proper knowledge of every little thing that may become obstacles in the future. This is so beautiful journey so I just want to say welcome in this beautiful journey.

Mingma is very positive about the Nepali tourism sector. The government agencies and private sectors must join hands to develop and promote the sector all the more, he advised.



# ANG RITA SHERPA

Ang Rita Sherpa was born in 1948 in a small village called Yillajung in eastern Nepal. Ang Rita Sherpa is a mountain climber who has climbed Mount Everest ten times without the use of supplemental oxygen and is thus known as "The Snow Leopard". When he made his sixth climb of Everest in 1990 he set the world record for the most number of successful ascents, eventually reaching 10 in 1996.

Ang Rita Sherpa is well educated man from Khunde village who cares deeply for mountains and all that they mean to him. He was born to Ang Dooli Sherpa and the late Mingma Tsering Sherpa on October 10, 1960, in a shed in the village of Chukung, Khumjung Ward 5. He started his schooling at the famed Hillary School, Sir Edmund Hillary's and completed his SLC through nearby Salleri. Then he went to Amrit Science College in Kathmandu where he completed his Intermediate in Science and then soon after, flew to New Zealand to obtain his Diploma in Park Management at Lincoln University. It was tough situation for his family had to go through, to educate him. Later, after obtaining his Diploma from New Zealand, Ang Rita had the opportunity to volunteer for nine months at the USA's famed Yellowstone National Park and the Grand Teton National Park. Again he did not fail to give due credit to Venna Sparks, a woman who had come to Khumbu for trekking in 1974 and had stayed at Ang Rita's home there. She later arranged for Ang Rita to volunteer at the parks where he got firsthand knowledge and experience that would propel him forward with his

goals of doing something for mountains and mountain people.

Ang Rita first joined The Mountain Institute, back in 1988 when it was called the Woodlands Mountain Institute. The Mountain Institute in Nepal is a very low profile, grass roots organization which encourages local development. First as a tourism officer, then as a senior conservation officer and now as the senior program manager, Ang Rita's commitment and sheer dedication to his work are indispensable to the organization; so much so that he got an opportunity to pursue a certified course on a full scholarship in Calgary, Canada. He successfully scaled Mount Everest without oxygen for the first time in 1983, second time in 1985, third time in 1985, fourth and fifth time in 1988, sixth time in 1990, seventh time in 1992, eighth time in 1993, ninth time in 1995 and whereas the tenth time in 1996. Ang Rita Sherpa has been awarded with a Guinness World Record certificate for making the most number of successful ascents on Mt. Everest without using the supplemental oxygen. During a program organized by Rukmangad Katwal Trust in the Capital, Chief of Army Staff Rajendra Chhetri handed over the Guinness Certificates of World Record to Sherpa as he made it to the top of world for 10th time in 1996 without using the bottled oxygen. "First winter climb of Mt Everest without supplementary oxygen in 1987, according to Thaneswor Guragai, 15 Guinness World Records holder "said. Ang Rita reached the summit of Mt Everest eight times via the Southeast ridge route, according to a record maintained by the Department of Tourism.





# KAMI RITA SHERPA

Kami Rita was born on 17 January, 1970 and grew up in a small village, Thame in the Solukhumbu district, living with his large family in a one-room house. The village was also the home of other Sherpas, including Tenzing Norgay who guided Sir Edmund Hillary to the summit in 1953. In his youth, he had considered becoming a monk and spent some time at the Thame Dechen Chokhorling monastery but decided not to proceed with this vocation. According to Kami Rita's brother Lakpa Rita, Kami's first work on a mountain was in 1992, assisting a Base Camp cook. Another report, however, states that he was already working as a porter, transporting gear to the Everest base camp, at age 12. By age 24, he had scaled Everest.

In 2017, Kami Rita was the third person to ascend to the summit of Everest 21 times, sharing this record with Apa Sherpa and Phurba Tashi Sherpa. The latter two subsequently retired.

Kami Rita is a Nepali Sherpa guide who, since May 2018, has held the record for most ascents to the summit of Mount Everest. Most recently, he scaled the mountain for a 24th time on 21 May 2019 breaking his record of 23rd Mount Everest Summit on 15 May 2019. His father was among the first professional Sherpa guides after Everest was opened to foreign mountaineers in 1950. His brother, also a guide, scaled Everest 17 times.

On 20 May 2018, at the age of 48, Kami Rita became the first person in the world to climb Everest 22 times, achieving the record of the most summits on the 8,850-meter (29,035-foot) peak. In April of the year, he told the news media that he planned to scale Everest 25 times before retirement, "not just for myself but for my family, the Sherpa people and for my country, Nepal." His 23rd climb already allowed him to break his own world record.

Kami Rita has also scaled other peaks that are higher than 8,000 meters, including K-2, Cho-Oyu, Manaslu, Annapurna and Lhotse.

In 2018, Kami Rita told a journalist that the government does not support the Sherpas. "We are famous around the world. Many foreigners know us, but our government doesn't care about us". He said that when Ang Rita Sherpa was hospitalised in Kathmandu in 2017 after a brain haemorrhage the government provided no support. Although climbing is safer than in the past because of superior equipment and weather forecasts, the occupation is still dangerous, he told a reporter in 2018. In 2014, Mount Everest ice avalanche killed 16 Sherpas; in 2015, 10 Sherpas died at the Everest Base Camp after the avalanches in the wake of the April 2015 Nepal earthquake. In total, 118 Sherpas have died on Everest between 1921 and 2018. "The crevasses are deep and the slopes are unpredictable," Kami Rita said. In April 2018 report by NPR stated that Sherpas account for one-third of Everest deaths.

In 2018, Kami Rita was earning about \$10,000 for each Everest climb because of his extensive previous experience. The highest peaks in Nepal are safe only around May of each year; in the autumn, he guides clients up the country's smaller peaks.

As of May 2019, he was employed by Seven Summits Treks, a company that arranges climbing expeditions. Prior to 2018, he had been employed by an American firm, Alpine Ascents International. He had no plans to retire as long as his body is physically able to handle the climbing.

Kami Rita Sherpa is also a brand ambassador for a cement product, Brij Super Premium OPC, manufactured in Nepal.



## NGIMA NURU SHERPA (STARTING OF MOUNTAINEERING)

I was very small when I heard the word “Mountaineering”. I used to climb those small rocks as a mountain. I was inspired by my father and brother in this field. That time I was interested about the mountain climbing through my family.

In my school age, my father Pasang Phurba Sherpa admitted me in Sir Edmund Hillary School and I noticed that Sir Edmund Hillary and Tenzing Norgay Sherpa were the first people to climb Mt. Everest. My father and my older brother both used to work in mountaineering field and climbed small mountains. After knowing it I also became interested in this field and in my school vacations I used to work as a porter and then I worked as a cook helper in the kitchen. I got a work by my hard work. I requested my father and brother to search some work in the mountaineering field. In 1999, I got the chance to climb Iceland Peak (6189 m). After that in 2000 I got a chance to work as a trekking Sherpa. My

brother always helped in this field that he taught me basic training about climbing mountain. My family supported me a lot in this field. My mother made woolen clothes for me which helped a lot while climbing and joining this field. Along with a few other climbers, I successfully reached the summit of Mt. Everest from Tibet side. For my success in this field my family did a lot for me. Their blessings and worship for me is always with me for my success.

Due to lots of blessings from my family members today I am here as a successful person. I am very much thankful to my family, they are my lucky charm. I adore them more than anything. I have been in trekking field for last 13 years. Don't give up. All of your hard work will pay off soon, stick with what you're doing no matter how hard it gets.

“Behind every success there is the hand of their family.”



# Teopmandu

Text By Samrat Shrestha

The culture of smoking Marijuana in Nepal is known since the early days of God – according to Hindu Myth. It was the safe haven for the every hippie in the world, which was made illegal in 1974 under the pressure of United States.

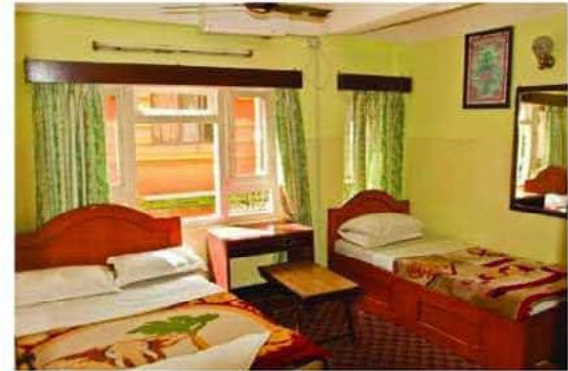
Closed to the outside world by the autocratic Rana regime until 1951, Nepal was put on the worlds map after Tenzin Norgay and Edmund Hillary scaled Everest in 1953. When Nepal started issuing tourist visa to foreigners from 1955, Kathmandu saw an influx of European and American youngsters, seeking to find peace and solitude in the mystical “Shangri-La”. Nepal was famous for good quality marijuana for low price, areas like "freak street" of Basantapur was famous for the sales of marijuana. Nepal saw a huge drop in its tourist inflow since the ban of marijuana in 1973.

Seen as a gateway drug by the society, use of marijuana is gaining popularity once again. Studies have shown that cannabinoids has the ability to stop cancer spreading by turning off a gene called id-1. A 2006 study has shown that THC, the chemical found in marijuana, slows down the progress of Alzheimer’s disease. Same countries like USA, which made Nepal ban use of marijuana is now slowly changing its policies for its use either for recreational or medical purpose. Countries around the world are now withdrawing its ban on use of marijuana as it can hugely inflict in the overall development of the countries. From the evidence around the world, legalization marijuana is correlated with lower rates of drug abuse. Research has shown that the ban has created more problems than it has resolved.

So, by the legalization of marijuana in Nepal can gain huge amount of tourist, gain in its national revenue, and also gain in employment opportunities. Instead, strict regulation allows for product safety testing, use in certain areas and enforcement of age limits can be applied for peaceful application.



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# The Living Rock Band

## 1. What does your band name means?

Earlier, I was already playing as Mukti and later we started as Revival band. At that time there were many bands so we decided on making Mukti and Revival as our final name.

## 2. Who are your biggest influences?

My biggest influence has to be Rolling Stones.

## 3. How did you meet?

We have grown up in a same locality and already knew each other but we feel our love for music connected us. For Revival, we needed musicians and here we came together as a band.

## 4. What is the craziest thing that has happened on tour?

While we were returning from Butwal the driver literally stopped the vehicle in the middle of the jungle where there was not even a strong mobile network. He was calling his agents, who were supposed to do his payment, and denied to drive until he gets his payment. Neither he agreed to return back nor to reach our destination but was waiting for someone to pay him then and there. Even we hadn't received any money at that time.

## 5. How is the tour going?

Tour is going good. We are getting much more love than what we expected.

## 6. What is your song writing process?

There is not a particular process as some days when I decide to write a song nothing comes in my mind but on other days while playing a guitar generally some ideas hit and we create a song. We discuss our ideas while jamming up. Its' basically a team work we share our ideas and finalize it together.

## 7. Who do you sound like?

I sound like myself, Mukti ....hahhaa...

## 8. What is your favourite song from your creation?

Birano Raat is my favourite among all.

## 9. As a legendary band would you like to give any message to the upcoming ones?

Its definitely not an easy task to open up a band and sing songs. One needs a lot of practice to give it continuation and find proper place to showcase your talent.

## 10. Who is your favourite singer of this time?

Myself... hahahaha... I have not found any solo artist who has done justice to the beauty of singing. In band I find Albatros very good and powerful tuning.

## 11. Would you like to give any message to the youth of our country?

We feel firstly the youth has to support the people's movement to bring changes in the country. Secondly they have to bring the trend to support our industry financially. They can buy the tickets of the concerts rather asking for free pass or watching on facebook and youtube.



# The Living Classical Band

## 1. Tell me something about kutumba, how you succeed to form this band?

Firstly kutumba is a band who hold indigenous special bond of music scenario from last 15 years. Kutumba stands for unique bond among community members. In 2002 we started doing the event called Sukrubar at Patan museum for 2 years. We used to call different artist of Nepal to perform in the event. But we did not find people who plays the instrument that are only found in Nepal but we requested band to play our own musical instrument but they try to neglect them. After succeeding this event with 24 bands at last we jumped into this field in 2004 May 8 to try the musical field as our first official show of kutumba on Saturday.

## 2. How difficult was it to find members and collaborate with them?

Our band was found after coming into this field they are our own friends and neighbors. We collaborate with each other to promote the Nepali culture and Nepali musical instrument nationally. And also to motivate everyone to respect our own Nepali musical instrument and its culture.

## 3. How did you manage to sustain the traditional and cultural theme, in present generation, as we see the youngsters are mostly attracted towards western music and theme?

In recent scenario the craze for Nepali cultural musical instrument and theme has grown. We manage to sustain the traditional and cultural theme with full dedication to promote our Nepali vibe and pride nationally and



to motivate every Nepalese to work with their full dedications towards their dream to achieve it.

## 4. How do you manage your schedule for this field?

At first, 15years, we used to give our full time and dedication to our band. We went all Nepal tour 3 times a year to promote our band and Nepali cultural musical instrument with the 200+ local artists to gain some more knowledge and information from them. But as for now we have our own personal life, families so we meet once or twice in a week for practices and discussing about the project. But we do attend all our project and performance together.

## 5. Which musicians do you guys admire the most?

We had 7/8 team members and we admire different people as our inspirations. As Raju, who had done his masters in “tabla” and Rubin had done his bachelor in “flute”. They had their own inspirations and teachers. We take inspirations from every single person to promote our cultural, musical instrument and motivate many.

## 6. Throughout the journey of kutumba which performance was the most memorable one?

Last year IIMS Dashain Carnival 2075 in Bhrikutimandap we had the performance at 7:00 pm was the most memorable one. As we had to rush from Image award without having dinner to perform in the carnival.

## 7. What advice do you want to give to the youngster and beginners?

Create your own value with your own product. Don't run for the western trend make your own trend with your own cultural musical instrument.

## 8. What are your future plans? Do you want to continue with your traditional theme?

We are collaborating with many schools and collecting different stationeries with our performance and distributing them among needy one. These help introducing our traditional music and cultural musical instruments among youngster and encourage them to value our own cultural pride and represent Nepal. And also we are planning for an international tour to promote our Nepali musical instrument where in Finland Royal Music Expo is going to held where even we are investing with 100+. Other countries people will also join us.

Yes we would continue with our traditional theme to promote our Nepali cultural musical instrument and also to encourage youngster.

Even we are involving in the cause of Lomanthang Gumba which was destructed in earthquake, and we are performing and raising fund to contribute for building Gumba in Lomanthang.

# Le Himalaya

## Interview with Prabhu Thapa

### **1. As a child what did you dream of becoming?**

In our time, there were not that much education opportunities. So we couldn't fix what we wanted to become but still a child, I always used to think how to establish myself and I dreamt of becoming hotelier in Hospitality Management but as my family is from army background, it was little bit difficult to be a hotelier and I thought I would also be involved in army structure. As growing up there are uncertain things in our life which could be beyond our imagination, we could get influenced by attending events, association and friends so we never know where we could get opportunities and it will be our choice in which path we go. As I became hotelier but I could change my path if I get opportunities in my life.

### **2. There is lot of scope for tourism sector? What is your plan for the Visit Nepal 2020 and for past 5 years what changes did you feel in tourism sector in terms of feedback?**

For the tourism sector basically, I would like to talk about political reason. If you look at the scenario of 20 yrs to 25 yrs back our tourists were very qualitative and initiative rather the existing time. At that time when tourists came to visit Nepal, 200\$ would be enough for them to stay in a hotel and to eat lot of things. Since, last decades in tourism sector there is lot of ongoing unhealthy competition. There is maximum feasibility in tourism sector so everybody wants open a business where they can connect their business with tourism sector either that is Travel Agency, Trekking, Hotels, Restaurant and many more.

Nowadays, Nepalese people are only looking at volume tourist but not the qualitative tourist which could be threat to tourism sector. For example, a tourist can afford 100\$ enough in Nepal but nowadays they try to find 35\$, 45\$ room to stay and why is that? It's because of unhealthy competition going around Nepal. Brand has been negative influenced to tourists; they think that Nepal is a poor destination or budgeted destination to visit.

Now let's say what we can do for tourism opportunities. It says that we can find tourism in every corner of Nepal for example, a tourist walking in the corner of the road and suddenly sit down in one stone and Nepalese people come and say "Please don't sit on that stone" with curious nature

tourist ask back to people "why?" and people say "that stone represents our god". So shows that we can find tourism opportunities in every corner of Nepal. We can find tourism opportunities in our culture, hospitality behavior. You can find this type of cultural behavior in other countries because this behavior and character, this hospitality is built without culture. There is lot of aspects in our country. I believe this visit Nepal 2020 will bring different aspect and will establish this tourism opportunities in another scale and that should be done also. Nepal should be more beautiful than other countries. I believe to focus on volume of group tourists rather than the one and government should determine this as there lot beautiful places to visit for tourists. We also should focus on how satisfied our tourists are so that they would visit Nepal again and again. We should promote our country and make a branding.

If Visit Nepal 2020 gets successful then it will bring tremendous opportunities to other Nepalese people so that they can get employment opportunities over here and won't have to go other countries for work also.

### **3. What challenges did you face while upgrading into the honourable designation you are currently in?**

Handling people is not an easy job. These days handling own children has become a great challenging job for people. So handling people from different background under you is not an easy job so that it was challenging for me as well. In an organization if a team leader manages his team well, everything gets managed automatically. When a person joins an organization he may have some visions on how he can grow the organization and the important part is how he pulls himself up to that vision and how he makes his team adoptable with that particular vision. Vision itself is not a great thing but how he carries that vision is great thing. In my journey of reaching at this designation I mostly carried in mind about people handling and vision implementation.

### **4. What is your advice for sustainable hotel industry as there are many hotels emerging in Nepal these days?**

The word 'hospitality' is enough to explain this. We being in hotel industry, sell service and hospitality. As customers go to hotels, they search for that particularly amazing experience and if they don't find it they won't go that hotel again. So we must focus on customer experience, team development, training and development, consistency in standard and quality.





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