



Issue # 28  
May 2017

BUDDHA

# Yatra

www.buddhaair.com



**Guerrilla Trail**  
Trekking In  
Post-Conflict  
Region



# Tumlingtar

**Adventure amidst traditional roots awaits you!**



अमृतको  
एकलो  
यात्रा

*A few bites into  
Newari sweets*



3 Types of  
Books That  
Will Appeal to  
Any Reader

 [facebook.com/buddhaair](https://facebook.com/buddhaair)

 [@airbuddha](https://twitter.com/airbuddha)

 [@buddhaairnepal](https://instagram.com/buddhaairnepal)

# THE ENGINEERS OF YOUR DREAM

Every engineer with a sense of commitment wants to focus their skills on making the lives they touch joyful, meaningful and purposeful. And our groups of extremely talented engineers have the unique opportunity of putting a smile on a million lips every year. Our passengers intrinsically know that the people who work tirelessly behind the scenes are the actual heroes that impart a sense of calm and a feeling of trust every time they step onboard a Buddha Air flight and that feeling is what differentiates us from the rest and makes us special in our passengers' hearts.





Buddha Air's Managing Director Mr. Birendra Bahadur Basnet receives the FNCCI Gold Award for Trendsetter in Nepali Aviation from Prime Minister of Nepal, Mr. Pushpa Kamal Dahal.

## Namaste and welcome on board Buddha Air!

I would like to take this opportunity to wish our readers a Happy Nepali New Year 2074. 2073 ended on a high note for us; Buddha Air won the *FNCCI Gold Award for Trendsetter in Nepali Aviation*. We received this honor from the Federation of Nepalese Chambers of Commerce and Industry (FNCCI) for providing quality air services for connecting and uniting Nepal and its people.

Our new ATR 72-500 aircraft (9N-AMD) took its first flight on 4th March 2017. With the operation of 9N-AMD, we have been able to increase flight frequencies and timings and also increase the number of lower fare offerings to our passengers. We flew the highest number of passengers – 4,534 on 9th April 2017. These achievements are possible because of the support of our passengers, business associates and well wishers.

There is no denying the natural beauty *Tumlingtar* is endowed with. From the tradition of pot making, Makalu Barun National Park to the development of hydropower electricity – read all about it on our cover story, *“Off to the land of ‘Wari Jamuna, Pari Jamuna- Jamuna ko fedai ma Manakamana!’* If you are looking for unique destinations to travel in Nepal, read *“12 months 12 Destinations.”* Explore the remnants of the People’s War and how to trek in these regions in *“Guerilla Trail.”* We also had an exclusive interview with Mr. Pabitra Karki, President of the Airlines Operators Association of Nepal about how domestic flights are imperative to flourish tourism. To get a brief peek at the legal aspects of operating an airline in Nepal, read *“Legal Aspects of Aviation in Nepal.”*

Currently, we are the only domestic airlines in Nepal to be implementing Weathernews Inc. services. This helps to make our flights safe, economical and efficient. Read how Weathernews have impacted our flights on *“Weathernews – Making flights safer at Buddha Air.”* Furthermore, to future proof our company and systems; we have adopted management information systems since 1997. To understand how this has affected our working environment, read all about in on, *“Adapting for the Future.”*

Check out the *“Get Featured”* section to see the wonderful photos captured by our flyers of their journeys with us. We want to hear from you. Please send us your photos, feedback, suggestions, experiences and testimonials – they could be featured in the next edition of *Yatra*.

Thank you for choosing to fly with us. I hope you have a pleasant flight.

**Birendra B. Basnet**  
Managing Director, Buddha Air

*Yatra*

In-flight magazine  
Jawalakhel, Lalitpur, Nepal  
e-mail: [yatra@buddhaair.com](mailto:yatra@buddhaair.com)

Published by: *Buddha Air Pvt. Ltd.*, Jawalakhel, Lalitpur, Nepal

**Editorial Board** : •Khagendra Bahadur Basnet •Subarna Kharel •UL Shrestha •Ratna Rai •D.K. Karna **Copy Editor** : •Kabita Thapa



# contents

Issue  
May  
2017

COVER STORY 32

## Tumlingtar

*'Wari Jamuna, Pari  
Jamuna- Jamuna  
ko fedai ma  
Manakamana!'*



18

6  
Guerrilla  
Trail  
Trekking  
In Post-  
Conflict  
Region



12  
Hatiya  
A Weekly Bazaar  
of Fresh Fun



सेलिब्रिटी घुमफिर  
58



माइला दाइ र  
दुर्गा भाउजुको  
हाँसको छोयला 54

26  
A Few  
Bites Into  
Newari  
Sweets



# AN INTRODUCTION TO SDGs



## United Nations

The United Nations (UN) is an international organization of which almost all countries are members. Its job is to maintain the peace, security, human rights and development in the world.

As of year 2015, there were 193 UN Member States.

## Millennium Summit:

In 2000, representatives from the (then) 189 Member States met to adopt goals for the world called Millennium Development Goals (MDGs). The eight MDGs were to be achieved by the year 2015.



**Sustainable development is progress that improves living conditions in the present without the compromising the resources of future generations.**

## The Global Goals for Sustainable Development:

Many of the targets of the MDGs were met by 2015, but the world still needed to keep working to fully achieve the Goals as well as tackle new issues and problems. So, in September 2015, UN Member States reached an agreement on a new set of 17 goals called the Sustainable Development Goals (SDGs) for the next 15 years – from 2016 to 2030.

SDGsinNepal SdgNepal



Trekking

# Guerrilla Trail



Trekking In  
Post-Conflict  
Region

*Majestic Mount Sisne  
(5849m), also known as  
Murkatta Himal as seen  
from Jhulneta, Rukum*

• Surendra Rana

“How could the People's War start from such a beautiful region?” exclaimed Kirtan Adhikari, a journalist friend. As we reached Khoula in early morning of our trek, Mount Sisne (5849m), also known as Murkatta Himal, greeted us majestically. Rukumkot is known as a land of 52 lakes and 53 hills, including the beautiful Kamal Daha lake. You will also encounter the ruins of old durbar, caves and a peace memorial monument that was erected a few years ago. The people of Rukum



Thabang Village

*“Guerrilla trek is wonderful blend of natural beauty, cultural heritage and People’s War history of Nepal”*

## Trekking



Dhorpatan Valley

passes through several villages with peaceful people and a unique unspoiled culture, remnants of the People's War and an awesome view of the Himalayan ranges of Mt. Sisne, Putha, Mt. Dhaulagiri, Chauri peaks, Dogari, Gurja, Churen and others. The trek from Beni was reduced by two days after a jeep track was created that connects Takam. You will still need to trek for 3 to 4 hours up a steep hill, passing through the beautiful rhododendron-dense forest of Moreni. When you reach Jaljala Pass (3415m), be prepared to be amazed by the long stretches of the snow tipped Dhaulagiri ranges.

### DHORPATAN HUNTING RESERVE

The long day continues on a straight and gentle walk reaching Dhorpatan at Chhentuk. An area rich in biodiversity, Dhorpatan Hunting Reserve is the only hunting reserve in Nepal. It is a vast pastureland, covering an area of 1,325 km<sup>2</sup>; shared unequally by Rukum, Myagdi and Baglung Districts. It is a well-known hunting zone where tourists (hunters) from around the world visit every year. The land is rich in flora and fauna has plants like fir, pine, birch, rhododendron, hemlock, oak, juniper and spruce. Wild animals including Blue Sheep, Pheasant, Partridge, Snow Leopards, Ghoral, Sparrow, Himalayan Thar, Himalayan Black Bear, Barking Deer, and Wild Boar are abundantly found

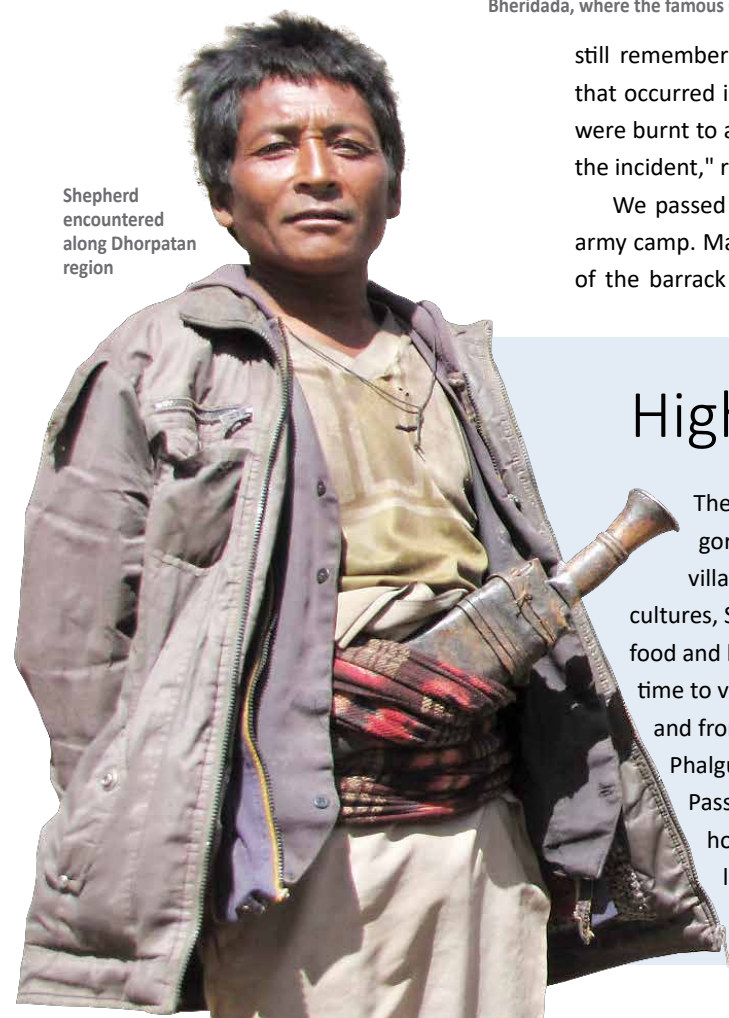


Bheridada, where the famous Chunbang meeting was held in 2005

still remember the bitter Khara massacre that occurred in 2000. "Around 66 houses were burnt to ashes and 15 people died in the incident," recalled Bir Bhan Oli.

We passed by Khara Barrack, a Nepali army camp. Maoists attempted a takeover of the barrack twice, but failed. The trek

Shepherd encountered along Dhorpatan region



## Highlights of the trail

The main highlights of the trail are warm and welcoming Nepali hospitality, gorgeous Himalayan landscape, mid-hills scenery and terraced fields, ancient villages, historical sites of the post-conflict zone, ethnic Magar and native cultures, Shamanism culture, sacred caves, lakes, waterfalls, Jaljala passes, local food and beverages and, above all, the magnificent Dhorpatan region. The best time to visit the Guerrilla trail is from mid- September to November in the fall and from March to early May in the spring. Maximum elevations of the trail are Phalgune Pass (3915 m), Jaljala Pass of Myagdi (3414 m) and Jaljala of Rolpa Pass (3090 m.) Facilities available on the trail include basic lodges, teahouses, homestays and camping. Local delicacies found in the area are daal-bhat, lentil soup and vegetables, dhido (maize mash), and rakshi and Chhyang, which are local beverages.



Along the trek to Jaljala , Rolpa

here. Endangered animals such as Musk Deer, Wolf, Red Panda, Cheer Pheasant and Danphe are also frequently spotted. Foreigners are required to register at the Dhorpatan reserve office when passing through. The longer route diverges northward, crossing Falgune Dhuri Pass (3900 m) towards Thankur. This route takes you to the northern parts of Rukum, through the dense forest with several ascending and descending trails, where you will experience fresh streams, culturally-

rich villages and hot springs. The villages of Jharlung, Pelma, Maikot, Hukam, and Archalgaon, amongst others that you will encounter along the way, are typical Magar villages. The route then turns towards Chargaon, Chhipkhola, Melgairi and Syarpu Lake before reaching Musikot headquarters in Rukum district. Direct bus service to Kathmandu is available via Dang. Flights from Musikot to Kathmandu are also available, although they can be irregular. The most direct route is a gentle

## ROUTE

Day 1- Kathmandu- Ghartigaon via Dang (by Bus)

Day 2- Ghartigaon to Gairigaon (by Jeep) trek to Beridada, Chunbang (trek 20 mins)

Day 3- Chunbang-Mahat

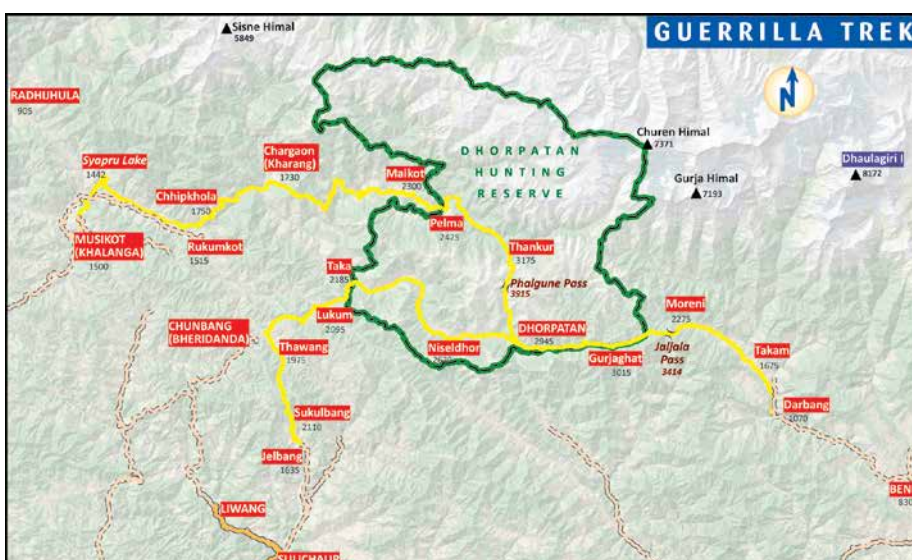
Day 4- Mahat- Thabang

Day 5- Thabang- Sulkabang

Day 6- Sulkabang- Jelbang

Day 7- Jelbang- Sulichour (Jeep)

Day 8- Sulichor – KTM (Bus or micro)



## Trekking



Homestay owner welcomes guest at Thabang, Rolpa



Beautiful landscape at Jhinket, Rukum

importance, Jaljala is the destination of hundreds of people from surrounding districts who flock to the unique village for religious purposes. On a clear day, snow clad mountains can be seen towards the north.

A few hours of a descending trek takes you to Sulkaabang. You have the option to stay in one of the villages along the way or continue down to Jelbang, where homestay is available. Jelbang is a Magar village with the highest number of casualties reported during the conflict -- over 72 lives were lost. When we reached Jelbang in 2014, the local people were celebrating Bhume festival -- the biggest festival in the region, especially for ethnic Magars of Rolpa and Rukum. Occurring before the start of monsoon, the celebration brings people meeting with friends and family from far and wide. According to Chandra Bahadur Buda, a local leader and social worker, the Bhume festival is widely celebrated and includes the performance of special rituals. Sacrifices are offered to God with prayers for better agricultural yields and protection against illness and natural calamities. Forgetting the past history and amid the rainy weather, the local people dance, sing and make merry. The festival continues for a week in Thabang. Other important festivals such as Dashain, Tihar, Maghe Sankranti are also celebrated in the region. Popular dances like Tappa, Mayur,

Bhume dance performance during Bhume festival celebrated especially among ethnic Magars of Rolpa and Rukum.



and steady trek crossing the Dhorpatan Valley along Uttar Ganga River, towards Nisheldhor, Taka, Lukum, Thabang, Jelbang and Sulichaur.

Thabang (1975m) is a beautiful, densely populated village with a majority of Magars, as well as Dalits. It contains clusters of stone-built houses with wooden roofs. Because of its strategic location, the village was the Maoist's headquarters during the insurgency. High level Maoist leaders planned and took many important decisions here. Thabang has the dubious distinction of boycotting several elections in the past. It is a vibrant village, with homestays, clinics, schools and a police post -- time spent exploring this village, its culture and history is more than well spent. Along the trail, you can visit Rachibang commune, which has a homestay that provides good food and accommodations. The trek to Jaljala is a steep climb of 3 to 4 hours -- not for the faint of heart, but worth the effort! Jaljala (3089m) is the highest pass along the trail, with breathtaking views. Considered a symbol of religious



Singaru , Nacharu, etc. are common. A 3-4 hour jeep service is available from Jelbang to Sulichaur. Alternatively, it takes 6-7 hours to trek on foot. Sulichaur is a small town in Rolpa with plentiful shops, hotels and restaurants. Regular buses and mini-buses are available to Kathmandu. Flights are also available between Nepalgunj and Kathmandu.

#### WHY THE GUERRILLA TRAIL?

Nepal underwent a decade-long insurgency (1996-2006), when Maoist led an armed-revolution. This came to be known as the People's War. For over a decade, the country was completely inaccessible to outsiders. Over 16,000 people lost their lives, many disappeared, and countless others were displaced. Rolpa and Rukum were known as the strongholds and centers of the People's War. People from these regions were recruited into militias and as guerrillas in the initial phase of the revolution.

The famous Chunbang meeting held in 2005 was a turning point in Nepal's history. A peaceful process followed after the comprehensive peace agreement was signed between Maoist and Seven Party in 2006. The Maoist agreed to adopt a People's Republic. Thus the decade-long insurgency came to an end in Nepal and the country was open once again to outsiders, allowing them to explore a land that is

blessed with indigenous Magar cultural heritage, rich flora and fauna, unmatched natural beauty, and adventurous trails once used by guerrillas.

In 2013, the American researcher, Ches Thurber, noted that, "the Guerilla trek region is beautiful, the people are lovely, there is tasty organic food and many places of great historical importance." Tourism is key to helping to promote and era of post-conflict peace and to improving livelihoods

of the local people; it would contribute to the sustainable economic development of the region as a whole. Guerrilla trek, a guidebook written by Alonzo Lyons, and trekking map published by Himalayan Maphouse in 2012 are helpful resources providing a gateway to this fascinating part of the country.

*You can contact the writer at his email on:*  
*surand.rana@gmail.com*

www.siddharthainsurance.com

Travelers Mediclaim Insurance Policy

FOR STUDENTS ONLY



**सिद्धार्थ इन्स्योरेन्स लिमिटेड**  
**SIDDHARTHA INSURANCE LIMITED**

Head Office: Babarmahal (Hamunasthan) Kathmandu, Nepal  
 Tel No: 977-1-4257766/4256190/4254547/4259972 Fax No: 977-1-4257776  
 Post Box No: 24876, Email: sil@info.com.np, info@siddharthainsurance.com

Local Market

# Hatiya

*Weekly bazaar supporting Fair Trade*



Going to department stores to shop has become a mundane experience. Every store offers the same aisles of food and clothes, the same long queues at the checkout counter – it’s annoying just to think about it! If you’re ready for a fun and vibrant shopping environment, then the Hatiya is the place to be!

In Nepal, the practice of Hatiya is alive and flourishing in the hilly and Terai regions. Like a farmers market, Hatiya is a weekly bazaar where farmers and other producers congregate at a centralized location to buy and sell their products. With no middlemen in the way, the money earned goes directly to the sellers’





pockets. However, Hatiyas are not only a place for monetary transaction, but also holds an important and great social value. Sociologists and anthropologists believe that Hatiya, in the past, used to be a place where people from different places gathered together to exchange news and stories with each other – as telecommunication facilities were not available.

It is comforting to know that the essence of Hatiya is still present today. You can find a wide variety of goods, made locally here – from fresh and seasonal vegetables, food grains, and seeds to

handicrafts like Doko, Dalo, Gundri, etc. Sellers still chant their unique advertising slogans garnering the attention of the buyers while other people convene to share cups of tea with each other.

Each Hatiya of the hilly and Terai regions of Nepal offer special experiences. While Hatiyas are over before noon in hilly regions, in Terai, the market is only open in the afternoon. Furthermore, liquor and meat are sold in hilly region, while vegetables, grains and traditional food (Muri, Pyaji, Pakaudi, Jhilli, Bari) are sold in Terai region. If you visit Biratnagar's Hatiya during winter, you can eat "Bhakka", a

“Each Hatiya of the hilly and Terai regions of Nepal offer special experiences. While Hatiyas are over before noon in hilly regions, in Terai, the market is only open in the afternoon”







*“It’s the perfect spot to mingle with farmers, buy the freshest seasonal vegetables and fruits, munch on a variety of food and buy handicrafts unique to each region”*

baked food made with rice flour. If you visit the Hatiya of the hilly region, you can buy Dhaka – a patterned fabric unique to Nepal. Curried snails known as “Ghunghi” are only available in Terai’s Hatiyas while “Akabare Khursani” (a type of hot chili) is only available in the Hatiya of the hilly regions.

The location of the Hatiya is chosen due to ease of access and convenience. Farmers from Dewanganj and Kaptanganj from Sunsari chose Inaruwa and Harinagar as places for Hatiya as bicycles were accessible. Hatiyas in Duhabi are located in Dharan-Biratnagar highway and usually takes place on the footpath. Rangeli, Dainiya, Motipur, Khorsane, Gobindapur, Bahuni, Dangihat, Katahari and Hasndaha are known as the most

crowded Hatiyas of the rural area in Morang district. A high demand of fish led to Hatiyas in Jhapa, Morang, Sunsari, Saptari, Sarlahi, Bara and Parsa to be beacons for fish mongers. In Janakpur, Hatiyas take place twice a week. Food grains, spices, edible oil and vegetables are sold in one place and non-vegetarian food like fish and meat are sold in another place. If you’re in Biratnagar on Monday or Saturday, visit the Hattalihat Hatiya.

Whichever Hatiya you decide to visit, you can be assured that the colorful blend of culture shines through. It’s the perfect spot to mingle with farmers, buy the freshest seasonal vegetables and fruits, munch on a variety of food and buy handicrafts unique to each region.



Saroj K Ghimire

# LEGAL ASPECTS OF AVIATION IN NEPAL

## Operation and Investment

**Aviation - then and now :** When the Wright Brothers gave birth to the air age, new forms of transportation and travel avenues were cherished by the human society worldwide. Since that date, aviation has changed from a few flights to orbiting celestial bodies, from sliding along sand dunes to spanning oceans, from daring feats to casual acceptance of depending on aviation in our everyday lives.

The tiny green cow grazing pastures of “Gaucharan” was where a single engine aircraft landed in Kathmandu, and it is where Nepal’s aviation history begun. Now, the aviation industry has become one of the most advanced and sophisticated business industries. In this article, you will learn about the registration and operation of aircraft and investment in Nepal’s aviation industry

**Registration and Operation of Aircraft:** No person can make or cause to make any air-flight and operation in the airspace of the Nepal without obtaining flight permit from the aviation authority and no aircraft can make or cause to make any flight in the airspace of Nepal without having a registration in any country.

Registration of the aircraft depends on the weight of the aircraft and is subject to the satisfaction of inspection conducted by the technicians and test flight. It means that the flights we are boarding now are tested and has fulfilled thorough inspections.

**The Aircraft may also be leased on various modes:** Wet Lease of a foreign registered aircraft to a Nepali operator The foreign lessor assumes operational control of the aircrafts operation and such operations comply with the requirements in the lessor’s Air Operator Certificate (AOC) for the duration of lease which may go up to maximum one year with extension.

Dry Lease is the lease of foreign registered aircraft to a Nepalese operator who assumes operational control of the aircraft and the aircraft is operated pursuant to the Lessee’s AOC for the duration of the lease. Dry lease may occur for any length of time

Damp Lease is where the lessor provides an aircraft with partial crew to the lessee. In Damp Lease of a foreign registered aircraft to a Nepali operator, the foreign lessor assumes operational control of the aircraft’s operation, and such operation comply with

requirements in the lessor’s AOC for the duration of the lease. Damp lease may occur for any length of time.

Regarding operation of aircraft, no person can operate air transport service within the territory of Nepal without obtaining an Air Operator Certificate (AOC)

**Investing in Aviation Industry :** The critical geographical structure of Nepal has made air transportation one of the fastest and reliable modes of transportation and thus investment in aviation business has great potential. The constitution of Nepal has recognized the importance of foreign capital and has given the commitment of attracting foreign investment and technology. Investment law also allows foreigner to make investment in shares or loan or in the form of technology and use of foreign technical, consultancy, management and marketing services. The Aviation Policy 2006 allows investment of up to 80 percent in the

international sector and up to 49 percent in the domestic sector. Similarly up to 95 percent foreign investment is allowed in the areas of flight training schools maintenance industries and up to 95 percent foreign investment is allowed for repair and maintenance institutions.

**Conclusion:** Benefitting from aviation is one of the potential areas for national economy. Many investors have shown their interest to invest in

the aviation industry. Consequently, aviation industry is growing at an incredible rate. Registration, operation and investment depend on the aviation infrastructure. With the increasing number of domestic air service operators and tremendous increase in air traffic in the past few years, the only international airport in the country, Tribhuvan International Airport is facing huge day to day air traffic congestion. In such a scenario, the Aviation Authority should be diligent to ensure sufficiency in aviation operation which also depends on efficiency of registering, maintenance, safety, insurance and administration. Sound services to passenger are also a must so that passengers do not lose the excitement and joy of flying, eating and drinking in or out the aircraft.

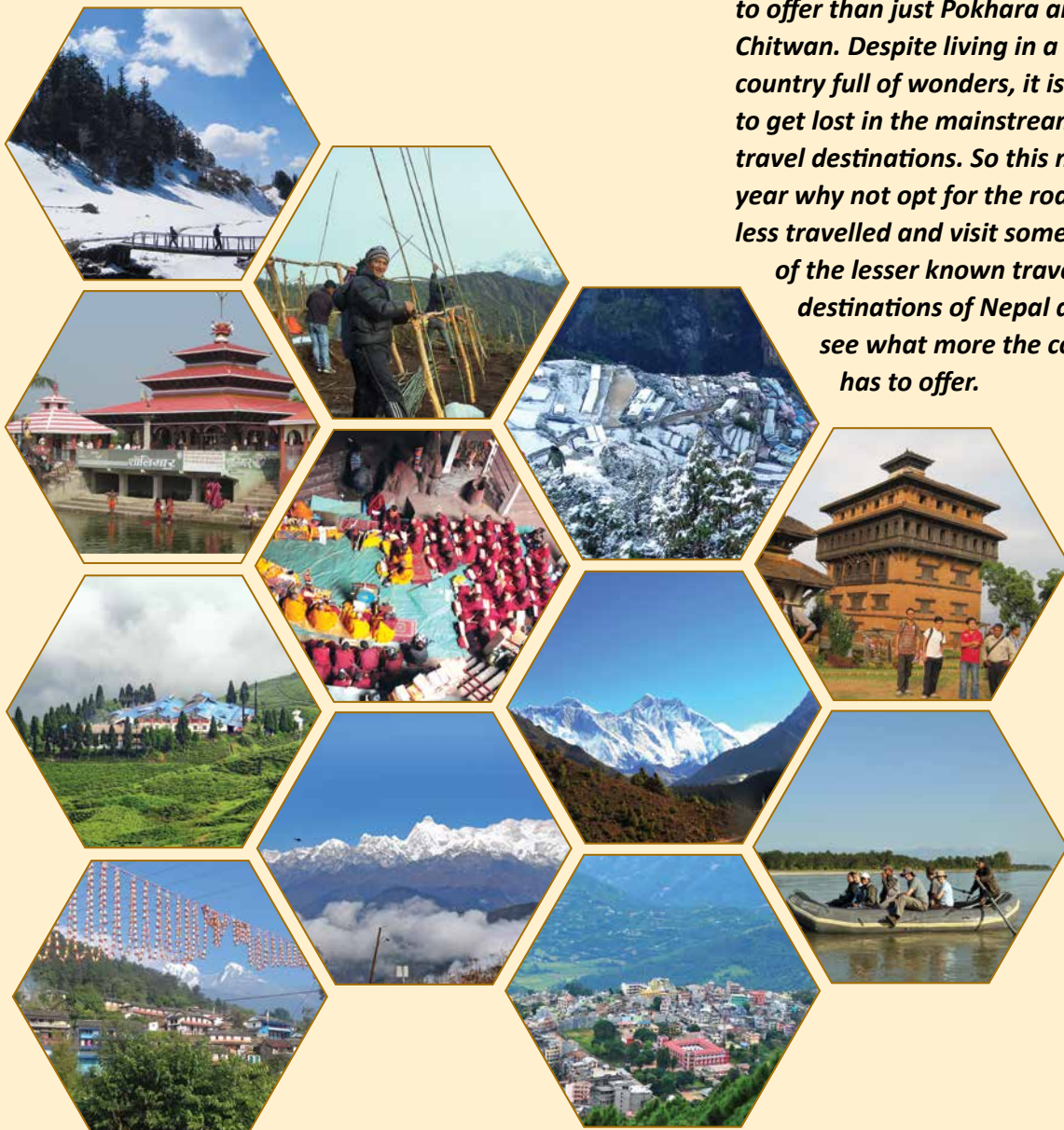
*Mr Saroj K Ghimire is an Advocate and LL.M. graduate from India & UK. Mr Ghimire practices aviation laws and also advises various national and international airlines companies on aviation matters.*



# 12 months

Twelve destinations

*Nepal being a country full of diverse landscapes and countless cultures, has more to offer than just Pokhara and Chitwan. Despite living in a country full of wonders, it is easy to get lost in the mainstream travel destinations. So this new year why not opt for the road less travelled and visit some of the lesser known travel destinations of Nepal and see what more the country has to offer.*





## 1. Laprak Village, Gorkha

Two years after the earthquake, one of the worst hit villages has been making an effort to move on and rebuild their lives. The Gurung village of Laprak situated at 2200 meters may have seen some bad times, but it still carries great beauty and the peoples hospitality. You can visit the village to experience authentic Gurung culture and food. The Laprak village has a great view of the Annapurna Range including Mt Manaslu, Himal Chuli and Boudha Himal. It is a great place to trek to if you are short on time since it only takes about three days to trek from Gorkha to Laprak.

## 2. Pathibhara Temple, Taplejung



Located in the hills at the edge of Kanchenjunga Conservation Area, the Pathibhara Temple is much revered by those that are spiritual. Pathibhara is a goddess worshipped mainly by the Limbu and Rai communities but the temple is also visited by other Buddhist and Hindus. The Goddess is believed to be powerful and fulfill the wishes of those who visit her temple and make offerings. It takes a day long hike to reach to the temple from Taplejung Bazaar that can be reached in a vehicle from Birtamode or take a longer trekking route from Dharan passing through Dhankuta, Hile, Sindha and Basantapur. Since the temple lies in the Kanchenjunga Conservation Area, the trek route offers the natural beauty of flora and fauna where you can spot numerous species of birds and rhododendrons.

## 3. Halesi Mahadev, Khotang



Who doesn't like to explore a cave in the wild? Add to that a lore that dates back thousands of years and you have yourself a destination worth visiting at least once. The Halesi Mahadev Temple is situated in Khotang district that takes a 24 hour long journey from Kathmandu. Although the travel may be exhausting, the temple is worth the trouble as you get to explore one of the most mysterious and lore heavy temples of Nepal. The cave is believed to be where the Hindu God Shiva fought the demon Bhasmasur. It is also believed that the Buddhist spiritual teacher, Guru Padmasambhav meditated in this cave thousands of years ago. The cave that is 62 feet underground is filled with idols of both Hindu and Buddhist gods as well as prayer flags. This place, filled with natural beauty is a wonder of nature that will entice any traveler who visits here.



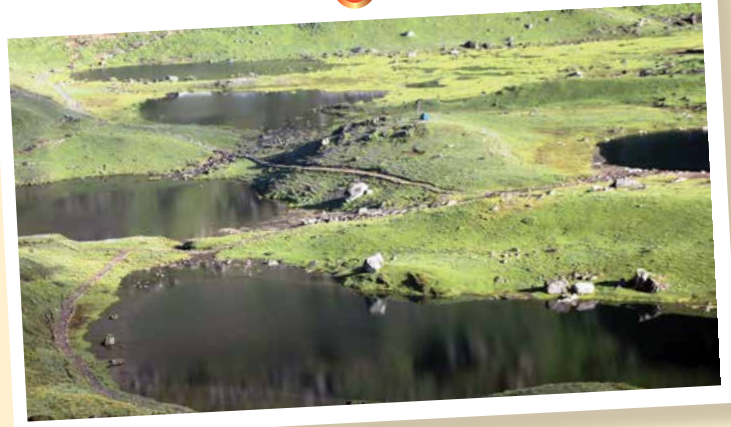
#### 4. Ilam Bazaar, Ilam

Located in the Far East of the country with the luscious green fields filled with tea plantations is Ilam. Although this place has great weather and scenery, it is often overlooked as a travel destination. You can visit the Ilam Bazaar by passing through tea plantations and view the tea plucking during season. One can also get the vibes of Darjeeling in this region as most of the tea collected here is exported across the border to actually make Darjeeling tea!



#### 5. Khaptad National Park, Seti

Located in the far western region of Nepal, Khaptad National Park is a place rarely visited by travelers since it is quite far from the capital. However, the place is a breath of fresh air with miles of grasslands dotted with bright flowers and wild horses. Khaptad is also known for its religious importance where Khaptad Baba lived in seclusion for fifty years. The place offers serene beauty everywhere you turn and is definitely one of the most remote places in Nepal to visit.



#### 6. Panch Pokhari, Sindupalchowk

An enchanted place that looks like it came straight out of a fairytale. Panch Pokhari meaning Five Lakes is indeed a hill covered with five beautiful lakes in Sindupalchowk. It is the 9th highest wetland in the world surrounded by panoramic view of the nearby mountains. Panch Pokhari is a place that rarely receives travelers except on Janai Purnima when people visit the temple situated here. Although reaching Sindupalchowk only takes a few hours from Kathmandu, reaching Panch Pokhari does require a short trek as it is situated on top of a hill.

## 7. Chinnamasta, Saptari



Located South to the border of Nepal and India in the village of Sakhada lays the temple of Chinnamasta Bhagwati, also known as the Goddess with the severed head. As the legend goes, an idol of the goddess was recovered while digging the site for construction. But the idol's head was already severed when it was found so the temple was built in devotion to Chinnamasta. The temple sees a lot of Nepali and Indian devotees especially during Dashain. The place is also famous for other temples like Shambhunath and Kankalini. Lying next to the Nepal-India border, it is also a great place to observed Terai's cultural and ethnical diversities.

## 9. Gokyo Valley, Solukhumbu

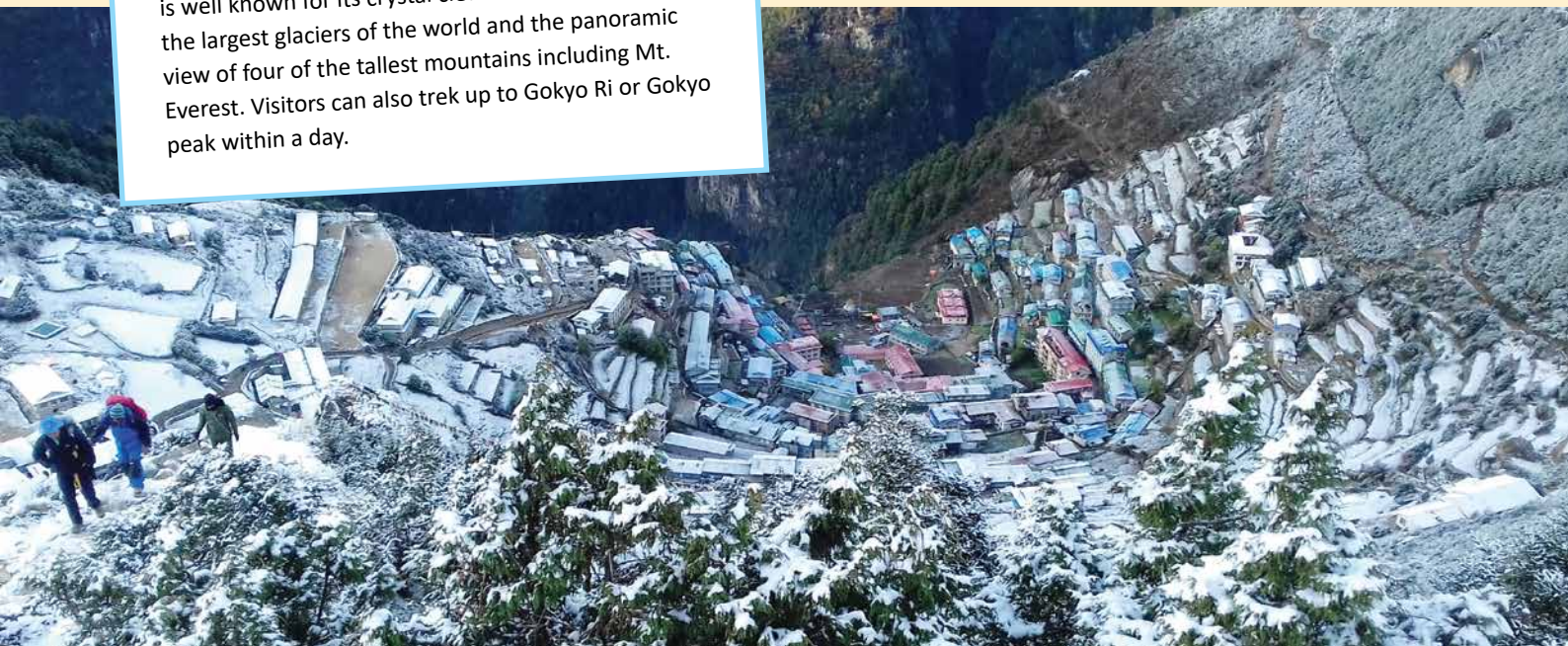
The Gokyo valley lies to the West of Khumbu region. This short trek begins from Namche Bazaar and requires only three days to reach the valley. The valley is well known for its crystal clear water that flow from the largest glaciers of the world and the panoramic view of four of the tallest mountains including Mt. Everest. Visitors can also trek up to Gokyo Ri or Gokyo peak within a day.

## 8. Lwang Village, Pokhara

Situated 20 kilometers North of Pokhara, Lwang village is a peaceful settlement that lays on the alternative trekking route to Mardi Himal. Protected under the Annapurna Conservation Area Project, Lwang is a picturesque village that flourishes in organic tea farming. The village is



reachable through a 2-hour ride on a local jeep from Hemja. You can visit for a day or spend a couple of days basking in the tranquil environment away from the hustle and bustle of the city. Homestays are quite well managed and you can also visit the tea farms or go for canyoning in the waterfalls.





## 10. Koshi Tappu Wildlife Reserve, Sunsari

One of the largest bird habitations in Nepal, Koshi Tappu is definitely a must go for all travel enthusiasts. The Wildlife Resort is home to hundreds of birds and animals native to Nepal. The place is famous for bird watching where 493 species of bird have been spotted. Other habitants include the Gangetic Dolphin that can be spotted from the Koshi Barrage Bridge. Chitwan may be famous for one horned rhinos but if you wish to explore more of Nepal's diverse wildlife, this is the place to be.

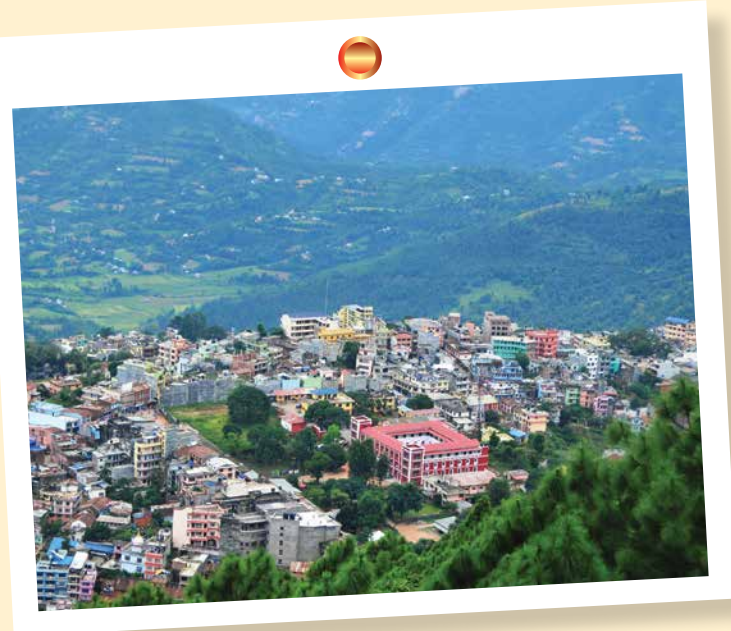
## 11. Nuwakot Durbar, Nuwakot

One of the best examples of heritage conservation, Nuwakot is considered one of the richest in terms of culture. This place is known for its historical importance signified by the Saat Talle Durbar or the Seven Storied Durbar that served as a fort during the unification of Nepal by Prithvi Narayan Shah in the 18th century. The Trishuli River that passes through Nuwakot district provides hydropower for two Hydropower stations but close to the Trishuli River also lies the old Trishuli bazaar that makes you feel like you've travelled back in time. Nuwakot offers resorts built in cultural architecture and it is a great place to bask in heritage and hospitality.



## 12. Tansen, Palpa

Widely known as the Dhaka capital of Nepal, Palpa can be visited on a detour en route to Pokhara. With its numerous shops selling clothes made of Dhaka, colorful, hand loomed cloths that originated in this district, this place is a great shopping destination to shop for rich, cultural clothes especially the Dhaka Topi and Dhaka ko khasto. You can also visit the Ranighat Palace at the banks of the Kali Gandaki River or go for a short hike up to the windy Shrinagar Hill and view the Dhawalagiri, Tukucho, Nilgiri, Annapurana, Himchuli peaks in close view. The ancient city of Tansen is also a great place to spend the day wandering around and admiring the temples and architecture.



# Going Beyond Passion

This is my husband. And that is his favorite chair in the world. When we travel abroad, he insists on visiting aviation museums whereas I like to soak in the local culture. When we were newly married, I expected him to talk about romantic stuff, but all he ever did was talk about airplanes. I'm used to it now. The love and passion he shows for flying is what made me love him. He says, passengers trust him to provide a safe and comfortable journey, and he must live up to that trust.

My husband is **Capt. Manish Basnet** and he works as a Pilot at Buddha Air.



CELEBRATING

20  
YEARS



[facebook.com/buddhaair](https://facebook.com/buddhaair)



[instagram.com/buddhaairnepal](https://instagram.com/buddhaairnepal)



[twitter.com/airbuddha](https://twitter.com/airbuddha)



call center: 01-5542494



**Buddha Air**



# Weathernews

## Making flights safer at Buddha Air

*How taking service from Weathernews, a global weatherbased company based in Japan, has helped to keep flights safe at Buddha Air*

**A**irline industry is a very responsive industry. Decisions have to be made quicker in the airline industry than other line of work, and a lot of risks are involved while taking such decisions. Furthermore, these decisions are affected by factors that are out of hand and weather is one of those factors.

Due to the variations of weather, airlines have to move forward either by cancelling the flight, waiting for changes in the weather or taking the flight. Evaluating these alternatives require accurate and prompt weather information. Buddha Air has taken service from a Japanese company Weathernews Inc for the same, and it is the only kind of service taken by Buddha Air in Nepal.

Weathernews Inc. has a strong history. Since its establishment in 1986, the company has been dedicated in providing weather data that's adapted to the needs of customer and has taken about 60% of the market in the airline industry and the shipping industry (and covers 42 other markets). It's not just that, the company has been improving their technology and service by co-ordinating with meteorologists and researchers at University of Oklahoma. So, it can be said that the service is reliable and accurate in providing

risk communication service across the globe.

"The company was making a lot of noise in the global market. We thought of looking into it and finally, we decided to take the service from Weathernews on January 2016," says Subarna Kharel, Sr. Executive Manager at Buddha Air, "We had been discussing about the service for three to four years already." Before Weathernews, forecasts came from the Civil Aviation Authority of Nepal and Meteorological Department, but their weather data were periodical - airlines got updates on certain timeframes only. "The updates on Weathernews are based on real-time," says Mr. Kharel, "It's even more accurate and this can be vital."

The basic service Buddha Air has taken provides them with information such as wind level, icing condition, altitude condition, temperature, lightning situation and other weather information, all satellite based with only a lag of few seconds. Each of the information is crucial for safety, even more so for mountainous country like Nepal, and valleys like Kathmandu. "It is in the altitude between 10,000 meters and 25,000 meters where the weather fluctuates the most," says Mr. Kharel, "If it were bigger jet planes, then they could fly above this range and avoid the weather. But the ATR aircrafts and Beechcrafts that domestic companies run have to



maintain the altitude that falls in between the range.” To add to that, there is more icing in the altitude around Nepal since it lies in the Himalayas.

Since the updates are real-time, ground operation unit can communicate with and update the pilot about the changes in weather condition in real-time too. So, if the changing weather has negative implications for the flight, both the ground operation unit and the pilot have the necessary information to make decisions so that the flight can land safely.

Apart from safety impact of taking the weather service, there are also impacts on flight operations. For instance, “If there is a head-wind in the course of journey, the flight time will be delayed,” says Mr. Kharel, and if there is tail-wind, the flight time will decrease.” As such, the companies can be economical. “For sure, the service has improved our flight operation and helped us monetarily,” Mr. Kharel adds.

But the service is very costly to begin with. “Even though we’ve seen positive inflows after taking the service, the amount of cost we have to pay per year is in seven figures. There wouldn’t be any profit,” explains Mr. Kharel about the



financial figures of taking the service. “Yet, we wanted to take it because if it is contributing to safety of our flights, then of course we have added some value,” he adds.

The decision seems to align with what Buddha Air has been standing for since its inception: Safety. Many accidents can be prevented if there are better weather information, and Buddha has taken this premise into account to prevent accidents that can be prevented within their constraints with the world class Japanese service of Weathernews.

Sweets



Roowtha



# Maari neu la?

## *A few bites into Newari sweets*

**R**esting quietly in the little gullies of Patan, churning out over 15 different varieties of sweets almost every day, dimly lit sweet shops like Nanda Mithai Bhandar and Laxmi Krishna Mithai Pasal begin work as early as 5 am to fulfill their orders. Hot from the Nepali ghee and sugar syrup boiling in large karais, the dedicated confectioners create little guulmaris, thirty-inch Laakhamaris, diamond shaped Roowths, and the beloved orange jerris from scratch, sometimes, with each item taking over five hours to prepare from start to finish.



Fini



Lakhamari

## Sweets

Newari cuisine is frequently defined in terms of its diversity of cooking and preparation techniques, along with its unique flavors. However, the variety of desserts and sweets deserve equal acclaim. Though sweets like Malpua and Jerri amongst many others originally came from across the Indian border, they have become well ingrained into the Newari cuisine and culture over time. Other sweets are traditional and have their own cultural significance; the Laakhamari alone has over 8 different subcategories, each with their own specific name, shape, and preparation method. Due to its heavy sugar coating and use of pure ghee, these delicious maris have a long shelf life; one of the reasons why they are essential in many social events.

The Laakhamari is primarily created out of a mixture soaked and ground rice, ground up black gram beans, lots of ghee, and a thick sugar glaze that is the final touch to the sweet. While the traditional round pattern of the Laakhamari is created using a thinner dough in a piping bag, others use thicker doughs shaped by hand into intricate patterns and then deep fried in ghee. Later, a thick coating of sugar glaze is repeatedly applied ensuring the mari is completely surrounded by the delightful sweetness.

Aitha, yet another version of Laakhamari, shares a similar recipe for the dough but this time, the ground up black gram beans is replaced with wheat flour. The dough must also be left overnight to set and gain consistency. Wavy, unique in shape, and smaller in size, this sweet is meant for regular consumption as well as weddings, unlike the Laakhamari which is mainly used in marriages and social events as saguns.

Are the brightest sweets the best of them all? Maybe. Personally, the Fini seems to naturally attract attention with its size and colours. There are two types of fini, the four-sided one with slits that is more commonly consumed and seen during the festive seasons of Dashain and Tihar, and the round Fini with its pink center. Used regularly in festivals and pujas,





this roti, made using just flour, rice flour, and ghee, is light and crumbly in each bite. With its leavened layers and a little food colour, the process of making it is labor and ghee intensive. Once the dough is moulded, rolled, and flattened, and begins expanding in the ghee, a ladle is used to pour copious amounts of the oil into the roti forcing it to expand further and take its shape. This process is interesting to watch as the oil bubbles inside the roti pretty violently without causing any damage. Once done, it is then left upside down to cool and drain.

A combination of wheat flour, sugar, a hint of baking soda, and Nepali ghee forms a biscuit like confection called Roowtha. Though it looks firm and hard to eat, the first bite was surprisingly wonderful with a crumbly texture, a mild sweetness, and aftertaste of pure ghee. About 3-4 inches in length, these are also used for rituals but not as often as Laakhamari or Fini.

Newari sweets are reflective of the environment and culture that created them over time. Being made out of ghee and clean ingredients, these are considered clean and worthy of being offered as sagun. With the rapid influx of foreign sweets and candy, wrapped in layers of packaging and stuffed with artificial preservatives, these traditional sweets stand out in terms of freshness and a deep integration with a culture that is very unique.

Going back to the places that make them all, the sweltering heat from the continuously burning gas stoves, tight spaces, and the scent of the ingredients make places like Nanda Mithai Bhandar an uncommon environment to work in. There is little time to relax because every minute counts when you are rushing to fulfill orders. But when you've realised that it is food that enriches lives and gets people married, you'd waste as little time as possible too.





# Domestic Flights; helping Nepali tourism flourish!

*Pabitra Karki, President of the Airlines Operators Association of Nepal and Managing Director of Air Dynasty talks about the situation of domestic airlines in Nepal.*

## HOW HAS DOMESTIC AVIATION IN NEPAL GROWN OVER THE YEARS?

Domestic aviation has come a long way over these last two decades. Today we have 12 domestic airlines flying to different parts of the country and we see a lot more people opting to fly to their destinations. This trend has developed with the purchasing power of the passengers and also their value of time. Flight frequency of domestic airlines has definitely increased and we see fully booked flights more often now. This is a great achievement for domestic airlines and Tribhuvan International Airlines (TIA) should do their best to help domestic airlines flourish even more.

## WHAT ARE SOME OF THE ISSUES THAT DOMESTIC AIRLINES ARE FACING TODAY?

The biggest concern we have regarding domestic airlines is the parking capacity at TIA. Despite plans of expanding the airport, there hasn't been much progress in that part and the parking area for a domestic airline is still very limited. Most of the time, the aircrafts are parked very close to each other. Also, it doesn't help that both domestic and international flights share the only runway available. This has caused a lot of flight delays for domestic airlines. A maximum number of planes take flight in the afternoon from 11am to 4pm. But priority is given mostly to international airliners since they fly to other countries.

The lack of space in the air traffic parking will make it difficult for airlines to bring in new aircrafts. The taxi area is already carrying more aircrafts than

its capacity. But with the increase in the flow of tourists to the country and with more Nepalis flying to their destinations, domestic airlines will need to bring in more planes. Obviously, if TIA allows more aircrafts than the carrying capacity into the parking area, there are high chances of the planes hitting each other and causing accidents. That is not safe. We have been campaigning for better safety and are looking into possible solutions in association with the Civil Aviation Authority of Nepal (CAAN) to solve this issue.

## WHAT CAN BE DONE TO SOLVE THESE ISSUES?

The issue regarding air traffic can be solved by placing experienced officers in the control tower for now. I believe TIA should make sure that experienced controllers remain in the office to train the new ones and observe them. This could really help manage the flight delays. But there is nothing we can do about the speed of reconstruction at TIA or the airports at Pokhara and Bhairahawa, except to pressurize the concerned authorities. Previously, we had even suggested about shifting the domestic airport to a different location in Banepa, but it never materialized. So for now, we are requesting TIA to manage the flight schedules in a way that would benefit both domestic and international airlines but these are just short term solutions.

## FLIGHT DELAYS HAVE BECOME A BIG ISSUE IN DOMESTIC FLIGHTS. HOW DO THE PASSENGERS REACT TO THIS?

Flight delays happen so often that passengers expect it to happen now. It has become so common that the passengers think 2-3 hours of flight delay is normal. This is a matter of concern that passengers have to spend long hours at the airport when in fact they choose to fly for convenience and efficiency. Of course, flight delays frustrate the passengers and sometimes it does not end pretty. But there are other factors that cause flight delays like the weather since domestic airlines rely on visibility to fly the aircrafts. Clear weather is a must for domestic airlines.

**HOW HAS DOMESTIC AIRLINES BEEN HELPING IN THE GROWING TOURISM INDUSTRY?**

Domestic airlines have helped a lot in

supporting the tourism sector in Nepal. Mountain flights are growing more popular by the day and tourists travelling to Pokhara on a daily basis have increased. This year we're expecting 10 lakhs tourists in the country and domestic airlines are the reason they can travel efficiently from one part of the country to another. Almost all major flights to the Himalayan region are reserved by trekkers travelling to destinations like Mustang and Lukla airport. Tourists also opt for domestic airlines because here, it is still cheaper.

**TAKING ABOUT TRAVEL AND DESTINATIONS, HOW DO YOU LIKE TO SPEND YOUR LEISURE TIME?**

I like to go on vacations to Pokhara with my family since it is the ideal vacation spot but I also like to travel to places like Dharan

and Dhankuta to experience their home stays and hospitality. The Eastern side of the country appeals to me more with beautiful places like Hille and its peaceful village life.

While in Kathmandu I look for places to eat. I enjoy Chinese food and like to find new places that serve authentic Chinese cuisines. My favorite so far is the Zhong Guo Flavour Chinese restaurant at Rising Mall. They serve the best dishes. But I also like to visit local hole-in-the-wall eateries that serve Nepalese dishes like masu-chiura and sekuwa too. They're cheap, tasty and hygienic. I believe they taste way better than top-notch restaurants with food that is prepared by local chefs who have earned a name for themselves over decades of cooking.

*Like a good neighbor, We live where you live.*  
 ... because "We provide **RELIABLE** insurance service to our **CUSTOMER**"



एन. बी. इन्सुरेन्स कम्पनी लि.  
**NB INSURANCE COMPANY LTD.**

Narayanchaur, Naxal, Kathmandu, Nepal  
 Tel: 01-4411510, 01- 4411520, 01-4411735  
 Fax: +977-1-4411736

*"Converting Challenges Into Opportunities"*  
 With New Management



E-mail: [nbic@mos.com.np](mailto:nbic@mos.com.np) | Website: [www.nbinsurance.com.np](http://www.nbinsurance.com.np)

# TUMLINGTAR

Off to the land of  
*'Wari Jamuna, Pari Jamuna-  
Jamuna ko fedai ma  
Manakamana!'*

Imagine Kathmandu, 50 years ago - what do you see? Fresh air, good roads and clean Bagmati River running through the lush valley? Let us go on a beautiful journey 500 kilometers away from Kathmandu to the gateway to the majestic Makalu Barun National Park and the much awaited hydropower project- Arun Hydropower III, Tumlingtar.

Tumlingtar, at first glance, resembles Kathmandu to a great extent. Lush forest surrounds the small valley with Arun and Sabah rivers flowing through the edges of the dale. And that is how the famous song, 'Wari Jamuna, Pari Jamuna. Jamuna ko fedai ma Manakamana' written and sung by Khem Raj Gurung comes from. While hiking up to the small island located in Tumlingtar, you will be able to witness the spot where Arun and Sabha rivers meet to join Saptakoshi River. Tumlingtar, located in the Eastern Region is also recorded as the deepest valley in Nepal.

Read more to follow an ideal 3 day holiday that would fit your schedule!



Manakamana Temple



Road to Kimathanka, Bridge over Arun river

**DAY 1**

The 30 minutes flight to Tumlingtar that leaves Kathmandu at 10:20am every morning is a splendid one! Your eyes will be glued outside the window the whole time and it is close to having the Everest Experience mountain flight. Above the clouds rest the majestic mountains that will follow you through the flight and you will manage to spot no less than 5 peaks including Everest! Landing at Tumlingtar is another great experience. You get to see Arun

River up close as the airport is located right next to it; making seem like the aircraft would directly plunge into the river! If you plan on traveling via road, the easiest connection between Tumlingtar and Kathmandu is via Itahari, and it would take up to 16 hours.

Unfolding the history books about Nepal, Tumlingtar was known for the indigenous tribe of pot makers known as Kumal. The tradition dates back to a few centuries. Stories tell us that the Kumals used red mud that nature has in abundance by making strong earthen pots and



## Potters

Pottery has a long history in Nepali culture. The oldest recorded evidence in Lumbini dates back at least 2,600 years. The large ceramic water pots can be found in almost every village in Nepal which is used to collect, store and transport water. These vessels also keep water cool. Clay goods are also essential to many Hindu and Buddhist religious ceremonies. During pujas, small ceramic cups are used to hold candles and used as butter lamps. Before the use of metal got its prominence, clay used to possess a value that was impossible to measure in monetary forms.



Kirti Man Kumal and Ambar Bahadur Kumal

traveling for days to trade the pots with rice, vegetables and lentils. You can get a chance to sit in one of the pot-making classes offered by one of the traditional families that is still living up to their custom. You might try a couple of times, but it takes a lot of patience and practice to excel in the art of making the perfect pots.

Let's move on towards your next destination - Sabha River. The water running in the river is so clean, while standing on the bridge that connects Tumlingtar with Hile, Dhankuta and Dharan you can spot the fish swimming inside the water! During summer, if you are an adventurer, you can also take a dip in the clean and crisp water

and enjoy munching on local Asala fish accompanied by the local alcohol- Saruwa. Saruwa is made of millet and tastes very much like rice wine, but is sweeter and delicious!

Watching the point where Arun and Sabha Rivers

meet is also something that will be cherished forever. A hike up to the small island mountain from the river bank will take 30 minutes and the view from there is magnificent. Seeing the clear Sabha River meet the muddy waters of Arun River as they connect to further join to Saptakoshi makes you wonder how beautifully nature works.

You can wrap up your first day watching the sun go down from the hill-top island and enjoy dinner at a local place and ask for local fish curry with neuro saag (a spinach variety) that Tumlingtar is best known for!

### DAY 2

Start early and plan your day to explore Num village that is located 5 hours away from Tumlingtar. You can reach Num on a rented jeep that drives through the picturesque landscape which keeps you entertained. If you manage to reach Num on time, you will be welcomed by the majestic mountain ranges of Makalu and Lhotse. Num is known widely for its delicious lentils, spinach and the large cardamom farming. Do not forget to ask for local lentils and chicken when you sit down to

eat lunch as you enjoy the view of the mountains in front of you. Your taste buds will savor the rich taste in the high altitude.

Num's small hill-top town is the gateway to Makalu Barun National Park and the much awaited Arun III Hydropower Project. It was very easy to spot foreigners with big trekking gears on their way towards or back from Makalu Base Camp trek. Impossible to miss is the Rhododendrons (Laaligurans) that colors the whole town in different shades of red. It is said that the village of Num along with other surrounding villages have been recorded of having up to 85 different kinds of Rhododendrons.

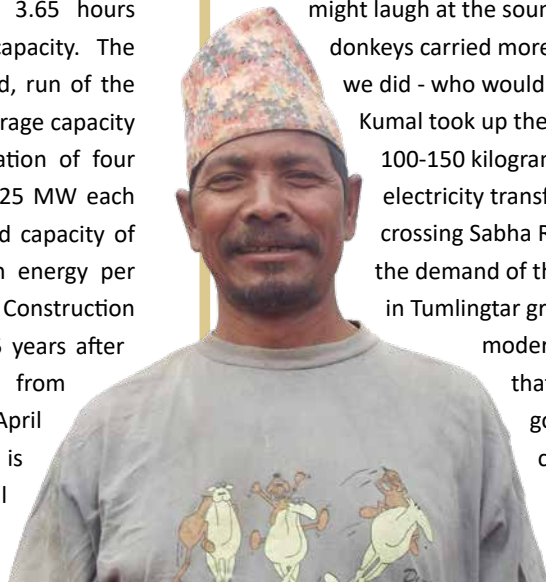
If you are someone who wants to see how Nepal's development is progressing with time, you have to visit the construction site of Arun

III Hydropower project which is the biggest venture undertaken by Nepal in terms of renewable energy. Located in Sankhuwasabha district, the Arun III Hydropower Project is a 900 MW, export-oriented Peaking Run-of-River (PRoR) project with 3.65 hours minimum peaking capacity. The project is a high head, run of the river scheme with storage capacity envisaged for installation of four generating units of 225 MW each giving a total installed capacity of 900 MW. The design energy per year is 3685 GWh. Construction is expected to take 5 years after financial close and from what we saw in April 2017, the project is going on in a full swing! The residents of Sankhuwasabha

## Transformer to Motorcycle

Mitra Bahadur Kumal shares, 'Life was tough 20 years ago. That was the time when we had to compete with the donkeys. You might laugh at the sound of it but if the donkeys carried more weight than we did - who would give us a job?'

Kumal took up the job of carrying 100-150 kilograms of heavy electricity transformers and crossing Sabha River. With time, the demand of the people living in Tumlingtar grew to acquiring modern-day items and that meant Kumal got the job of carrying motor-bikes all the way from Hile!



## Makalu-Barun National Park

The park and conservation area is situated in the Sankhuwasabha and Solukhumbu districts, bordered by the Arun River on the east, Sagarmatha (Mt. Everest) National Park on the west, the Nepal-Tibet border on the north and Saune Danda (ridge) to the south. The Park covers 2,330 sq. kms.

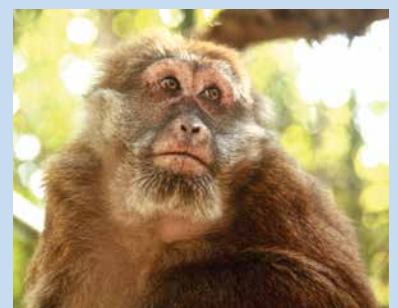
This is the only protected area in Nepal with designation of a Strict Nature Reserve. It has some of the richest and most unique pockets of plants and animals in Nepal, elsewhere lost to spreading human habitation. Stepping up the slopes are a series of vegetation zones starting with tropical sal forest below 1,000m elevation; subtropical schima castanopsis forest at 1,000-2000m fir, birch, rhododendron forests in the sub-alpine (3,000-4,000m); and herbs, grasses and



rhododendron/juniper shrubs in the alpine pastures (4,000-5,000m).

There are 47 varieties of orchids, 67 species of bamboos, 15 oaks including Arkhoulo, 86 species of fodder trees and 48 species of primrose. Over 400 species of birds have been sighted in the Makalu Barun area, including two species never before seen in Nepal the spotted wrenbabbler and the olive ground warbler. Wildlife includes the endangered red panda, musk

deer, Himalayan black bear, clouded leopard and possibly snow leopard, in addition to more substantial populations of ghoral, thar, wild boar, barking deer, Himalayan marmot and weasel, common langur monkey and the serow. The Arun river system contains 84 varieties of fish.





Buddha Air - Team Tumlingtar

Kathmandu to Tumlingtar or vv daily and Tumlingtar to Biratnagar or vv flight Sunday, Wednesday and Friday.

**Booking / Ticketing**

- Tel 01-5542494 /
- Online www.buddhaair.com
- Mobile App
- Nearest travel agency

**Holiday Package**

- Tel 01-5521015, Ext: 119
- www.buddhaholidays.co

district seemed really excited with Arun III project coming to their homes, bringing electricity and a lot of economic opportunities which were presently missing. Once the project is completed, the whole district of Sankhuwasabha is expected to boom with Tumlingtar being the focal point for industries and tourism opportunities. The mighty bridge that is being built and almost finished with the construction will also be the closest route between Nepal and China - from the Kimathanka border. Once the project is complete, the trade between China and Nepal will not only be easier but Nepal's economy is expected to rise.

To enjoy the nature and to see the big cardamom farms that are in abundance in

Sankhuwasabha, you can hike back to Num village which takes around 1-2 hours for locals but at least 3 hours for city dwellers. The walk is through a lush jungle and several cardamom farms which are run by the residents who make a living by selling cardamom to the Indian market. Depending on the season you decide to travel, you might also get a few of the cardamoms to taste as you pass one of the farms. Do not to miss the local liquor, Tongba. Tongba is a millet based alcoholic drink found in the eastern mountainous regions of Nepal. The whole-grain millet is cooked and left to ferment with a mixture called Murch (which is basically molds, yeast and bacteria). After proper fermenting, which can take up to 6 months, the millet mixture becomes Jaand. Once the Jaand has had enough time to fully mature, the bitter taste mellows and it becomes pleasing and "beer-like" for lack of a better comparison. The Jaand is then placed in a large bamboo cup called a Tongba. Tongba is the more popular name for the drink. The millet mixture fills the cup almost to the brim, and then boiling water is added and

# Koseli

*Koseli is the Nepali word for gifts and often when traveling, it is great to buy gifts for family and friends. This guide will help you pick the best gifts if you plan on visiting Sankhuwasabha soon - and to make your loved ones happy!*

**ORANGES:** Nothing compares to the sweetness of the oranges grown in Sankhuwasabha. It is the district where the largest numbers of oranges are grown in Nepal.



**CHAYANPUR'S CHARES THAAL:**

Chares ko Thaal often known as *Kaas* traditionally, are the brass plates that in Nepali culture were considered good to eat in because it kept the food pure and warm. Chares ko Thaal is said to absorb the poison and plate changes color if there is any in the food. It is also believed eating on a Chares ko Thaal adds iron ingredients to the food served on the plate. Chayanpur is famous for these plates that they have been making for centuries and they say that no place has as good brass plates as Chayanpur.

**BHOJPUR'S KHUKURI:** Khukuri is a mid-length curved knife comprising of a distinctive "Cho." It is the national

knife and icon of Nepal, used as basic traditional utility knife, a formidable and effective weapon of the Gurkhas and an exquisite piece of local craftsmanship that symbolizes pride and valor which also represents the country and its culture. Believed to have existed 2500 years ago, "Kopi" is the probable source of the Khukuri that was used by Greek in the 4th century BC. However, Khukuri came into limelight only in and particularly after the Nepal War in 1814-15



AD, after the formation of British Gurkha Army. Basically carried in a leather case, mostly having a walnut wooden grip and traditionally having two small knives, it is one of the most famous and feared knives of the world. Bhojpur is well known for the quality of Khukuris they produce and often send it across to all over Nepal.

## Notable figures

### Yogmaya Neupane

Yogmaya Neupane was a pioneer female poet and is credited to being a founder of the first organization for Nepali women – the Nari Samiti for women’s rights in 1918. Growing up in the Rana regime, Yogmaya wrote poems about political oppression. She was widely regarded as a religious leader and women’s rights activist. Her disciples, mostly females live in the Manakamana Temple in Tumlingtar.

### Balaguru Sandananda

After completing his Sanskrit education from Varanasi, Balaguru Sandananda established Nepal's first school catering to Sanskrit as a language in 1932. It is located in Dingla, Bhojpur (Nepal). Students in the school were provided with education, and also food and clothes. As a patron of education, he did not discriminate among who should receive education.

is always early in the morning when the sky is clear and spotless.

On your final day in Sankhuwasabha, take your last adventure visiting the holy pond, Machhepokhari. The pond, named after the fish that swim in it is considered a holy lake and people often throng this site during Mansir Poonima and Maghe Sankranti. If you plan on leaving the third day, you must make sure that you are back in Tumlingtar by 10:30 AM to catch your flight back to Kathmandu. With an overjoyed heart and memories to cherish forever, you leave Tumlingtar with a content and relaxed state of mind.

left to “stew” for 5 minutes. You then drink from a large straw with small holes in the bottom, which prevent you from sucking up the millet grain itself.

You can wrap up your day with dinner and go to bed early to witness the sunrise next morning.

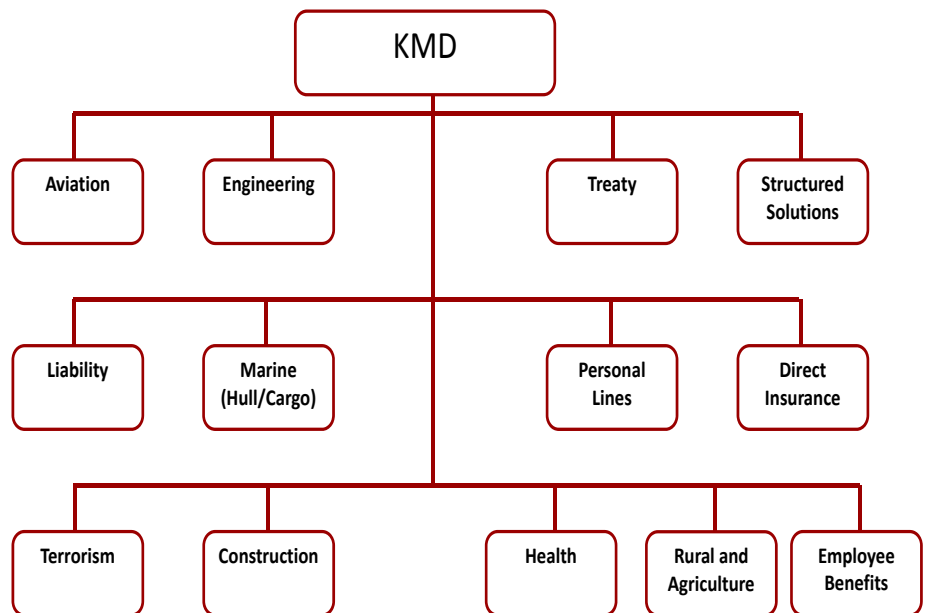
### DAY 3

Even if you stay in bed late when you are home, it is impossible to do so in rural Nepal. You will be wide awake at 5am when roosters start with their morning ritual of cock-a-doodle-does. While walking towards the main square of Num, you will be amazed with view of the mountains that surrounds you! It will be breathtaking with the morning sunlight focused on the mountain tops. It truly looks magical all season. The best time to catch a glimpse of the mountains



Cardamom, Rudraksha and herbs farming also very popular among local farmers.

## Services



## K M Dastur Reinsurance Brokers Pvt. Ltd.

Eros Theatre Building, 5th floor,  
Jamshetji Tata Road,  
Churchgate, Mumbai - 400020

Adventure

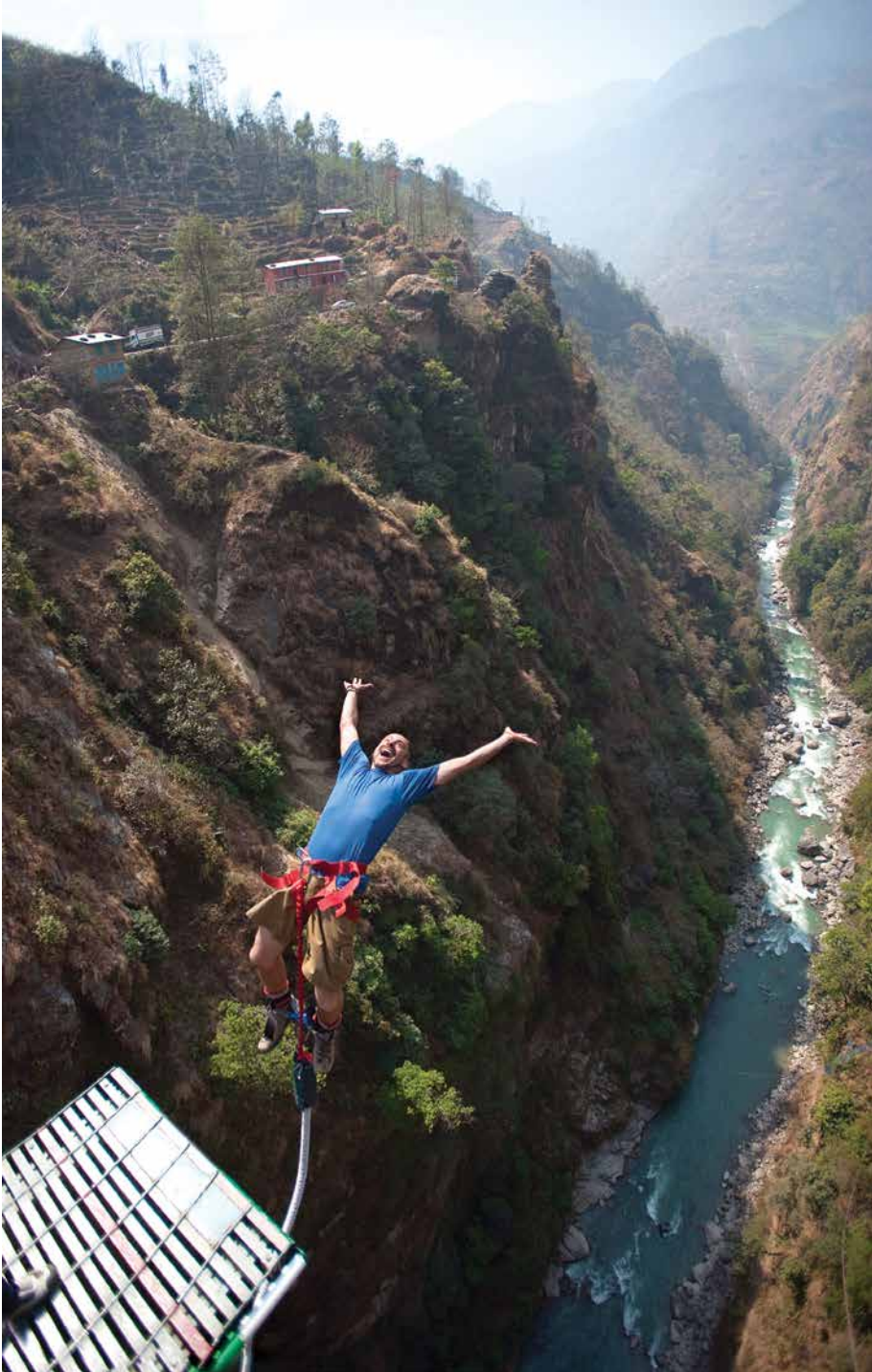
# Adrenaline

A person is seen from the side, rappelling down a thick white rope. The person is wearing a blue shirt and a harness. The background is a dark, textured rock face. The rope runs diagonally from the top left towards the bottom right.

*Experiencing extreme sports in the lap of nature  
is something truly unique to Nepal*



# Rush



**Y**ou're 160 meters above the Bhothe Koshi river, standing on the edge of the bridge. You feel dizzy looking down at how high you are but you've come this far, might as well take the plunge. Without thinking much you jump! Suddenly, you're swaying upside down over a wild river trying to recollect what just happened. You did it! You just bungee jumped, then you think to yourself, lets do it again!

Ever since The Last Resort introduced the highest bungee jumping experience in Nepal, it has made it to the bucket list of people all over the world. Just 3 hours drive away from Kathmandu, at Tatopani, one gets to experience not only the bungee jump but an array of adventure sports at the resort. Visitors can try other extreme experiences like tandem swing, canyon swing and white river rafting.

The tandem swing is a great way to experience with a friend or a loved one.

“

**Ever since The Last Resort introduced the highest bungee jumping experience in Nepal, it has made it to the bucket list of people all over the world”**



## Package Cost

One day Bungy or Swing NRs 5500 for Nepalese, NRs 8500 for SAARC countries including China and approx NRs 10800 or 90 Euros for foreigners per person. One day accommodation costs NRs. 8500 for Nepalese, NRs 10200 for SAARC nationals and approx NRs 13200 or 110 Euros for foreigners per person. Trips include transport and lunch while overnight packages include all meals. For more information, contact Buddha Holidays, +97715521015, Ext 119/149 [www.buddhaholidays.co](http://www.buddhaholidays.co)

Swinging from the ropes as you hold on to each other, this could be the ultimate trust building exercise for couples. But if you wish to take the plunge alone, you can also try the canyon swing. White River Rafting down the Bhote Koshi river with notoriously wild rapids is another way to feel the adrenaline rush. One can either go for the group activity in a raft or for those with more experience, kayaking is also an option. Just make sure you listen to the instructions carefully on and off the boat.

If you're not up for these fast paced activities, you could also spend a day among nature, hiking around the peaceful hills. Also, why not get a massage and a sauna while you're at it? There is truly something for anyone, whether it is an escape from the or the ultimate thrills. Another great way to explore the hills of Nepal is by canyoning. It requires climbers to climb up the hills and climb down waterfalls.

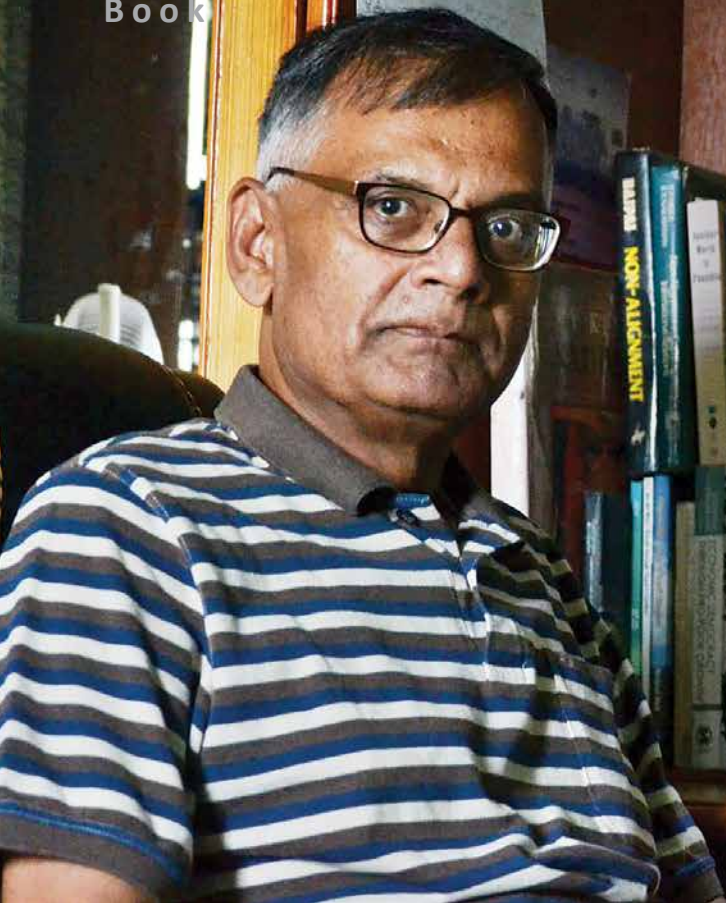
This requires great attention on footwork and builds up foot-eye coordination. You can also discover secret caves and biodiversity while you're at it.

You could also do some soul searching while staying at Borderlands Nepal. Located along the banks of Bhote Koshi river, you can spend the nights in the safari style tents and go for bicycle riding to the hidden Tibetan monastery at Chagam and visit the Duganagadi fortress that promises a great view of the Himalayas as well as a view of Khasa, the first Chinese city just across the Nepal-China border. The city's beautiful gleaming lights can be seen at night along with the stars in the sky. Borderlands Nepal also conducts white river rafting in the Bhote Koshi and canyoning in the waterfalls.

The best part about camping out in these resorts is that they're just a few hours away from Kathmandu and easily accessible through the Arniko Highway. The prices vary for the local visitors, visitors from SAARC countries and foreigners depending on the activity that you are opting for and the accommodation in both the resorts.

Head over to the Last Resort or the Borderlands to challenge you with the extreme sports. After all, you haven't truly lived in Nepal unless you have rowed down a river or climbed up a hill.





# 3 Books That Are Meant for Everyone!

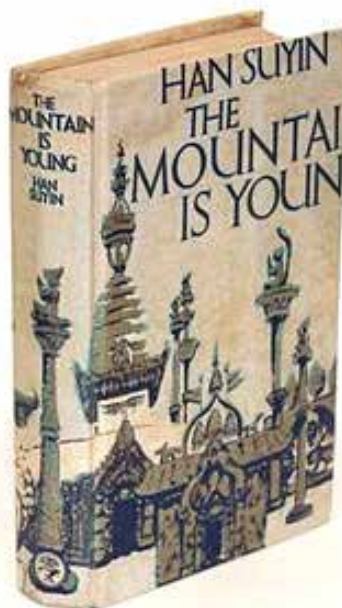
**CK Lal**, author of *To Be a Nepalese* recommends books for all kind of readers

**R**eading books really is the best way to spend your free time. But everyone has different choices on the type of books that they would like to read. While reading may be for everyone, just like the movies, different genres of books appeal to different crowds. Some readers like to go for heavy reading with deep understanding while others enjoy a light novel with an easy plot.

CK Lal, an avid book reader and author of *'To Be a Nepalese'* recommends three types of books that will appeal to all.

## **The Mountain is Young** by *Han Suyin*

Set in 1956 Kathmandu, *The Mountain is Young* is a book written by a writer who was invited to the coronation of the then King Mahendra and queen

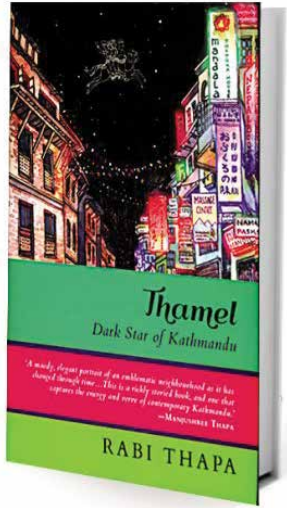


Ratna. The book is a romance novel that tells the story of the protagonist, Anne Ford who travels to Nepal on a vacation and meets and falls in love with an engineer in charge of building a dam there. The book gives a vivid imagery of Kathmandu in the 1950s and even describes the events that occurred in real life like the coronation. The book is considered to be a confessional since it describes so many similar events that occurred in Han Suyin's life. Although the book is almost six decades old, it is still a great read for anyone who wishes to imagine Nepal at a time when it was just opening up to the world. For anyone who loves a classic tale with complex storylines, this book is it.

## **Thamel: Dark Star of Kathmandu** by *Rabi Thapa*

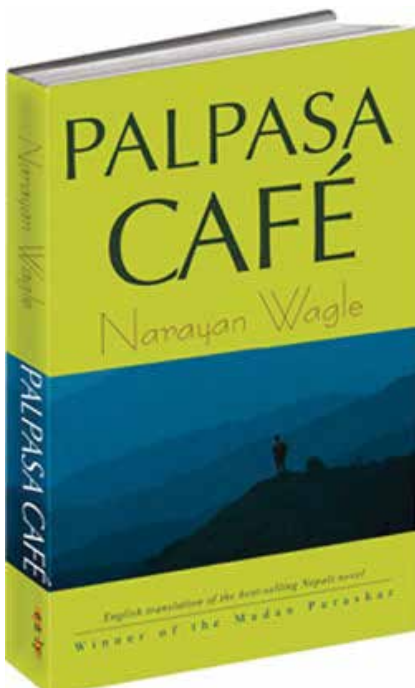
An unusual biography, *Thamel* is a book that explores the history

of the famous tourist hub and the elements that transformed it into the colorful urban delight that it is today. Recalling from the writer's own experiences from his youth, he explores stories of the different elements that make Thamel what it is. These include stories about glue-sniffing children, local toughs battling for turf, transvestite prostitutes turning tricks, and entrepreneurs looking to make it big. As CK Lal defines, "It is a serious book written in a light tone."



## ● TIPS FOR READING WHILE TRAVELLING ●

- Carry a book with larger typeface.
- Don't carry a thick book, it will add to the luggage weight and you won't have much time to finish reading the book anyway.
- Go for light readings like short stories, poetry or in-flight magazine.
- If possible, opt for a Kindle or other electronic reading devices instead of carrying books.



**Palpasa Café** by **Narayan Wagle**  
A modern classic set in the time of the Maoist Civil War, Palpasa Café is often described as an anti-war story with romance and fascination mixed into its core plot. It tries to look at the theme of love despite its setting in an era of a war torn country. A light read, this book is a great companion on travels and is available in English and Nepali.

**SOMERSBY.**  
**APPLE CIDER**  
SWEET REFRESHING CRISP TASTE

Somersby apple cider is an easy to drink alcoholic beverage based on fermented apple juice. The perfect drink to enjoy during the late afternoon or as a happy hour drink anytime.

18+  
For 18 years and above

# Adapting for the future

## *Management Information System at Buddha Air*



■ **Rajin Ranjit**  
Director, MIS

**M**anagement information system (MIS) focuses on the management of information technology to provide efficiency and effectiveness or strategy decision making. The concept may include systems termed transaction processing system, decision support system, expert system, or executive information system.

Management information system, or MIS, broadly refers to a computer-based system that provides managers with the tools to organize, evaluate and efficiently manage departments within an organization.

In order to provide past, present and prediction information, a management information system can include software that helps in decision making, data resources such as databases, the hardware resources of a system, decision support systems, people management and project management applications, and any computerized processes that enable the department to run efficiently.

MIS is broadly used and applied term for a three-resource system required for effective organization management. The resources are people, information and technology, from inside and outside an organization, with top priority given to people. The system is a collection of information management methods involving computer automation (software and hardware) or otherwise supporting and improving the quality and efficiency of business operations and human decision making.

### **PURPOSE**

The purpose of any Information System is to help an Organization manage its business better. For instance, an Inventory Management System would assist the organization in keeping track of stocks and optimizing stock levels. A Human Resource Information system would help in managing the key Human Resources of the organization, and so on. With ever increasing complexities of business as well as management, Information systems are not merely required for improving efficiency of business operations. These systems are used for effective business decisions and achieving strategic advantage. As a result of the increasing role of Information Technology (IT) in an enterprise, the functions of information systems are changing. It is transforming

from a technology provider to a strategic partner and from a resource to a strategic tool. Because of the increasing use and participation of IT in all processes and projects, all the managers, irrespective of their functional areas, need to understand, deploy and effectively manage Information Systems.

The main purpose of a management information system is to make managers' decision-making more efficient and productive. By pooling information from a range of sources into a single database and presenting the information in a logical format, an MIS can provide managers with everything they need to make highly informed decisions and perform in-depth analysis of operational issues.



### **MIS IN BUDDHA AIR – PARADIGM SHIFT**

Management Information System was established in our company since beginning way back in 1997 with a vision to maximize the use of Information Technology for prompt decision making process and redefine traditional business platform - enabling the company for successive growth and business opportunities.

We have come a long way since then and have achieved tremendous amount of success in establishing Buddha Air as a leader and successful airline company.

Although it is not an easy task to transform all manual systems into software based computerized

“  
*Our efforts to establish a safe, reliable payment gateway inside our country is still in the primitive stages although some of them are emerging from private sectors and commercial banks*”

systems, our commitment and patience has resulted in a comprehensive integrated management systems which is the main platform of our operations.

Changing human approach and traditional mentality to shift into new generation technology was the biggest obstacle and hindrance we faced during the initial phase of our transition since computer education was not at all in its best when we started two decades ago.

Nearly around 2500 travel agents inside and outside our country have been frequently using our web based local reservation systems which is the main platform of our sales. We have also offered extensive customer portal in our homepage to facilitate direct customers to purchase their tickets online from anywhere around the world. Likewise our mobile applications for Android and iOS have played vital role for our customers for getting online flight information, booking tickets and purchasing it. The pivotal and significance role of this system is the integration with our Revenue Management and Finance system. Management of all our revenues is in

have the key benefit of controlling and distribution for cargo agents and internal office management.

Apart from these distribution systems, we have been using comprehensive Aircraft Maintenance and Planning customized software which has helped to maintain all our aircraft for timely repair and maintenance with inbuilt inventory control mechanisms, since Aircraft Spares Inventory is the key and huge capital based requirements in all Aviation Industry. Likewise, Crew Management System enables us to track every flying record of our crew members. Flight Data Monitoring System is extensively used software to control and record flying conditions of all crew and aircraft.

Besides these, all the other corporate functions have been encompassed in all other software modules like Finance and Budget Control Systems, Local inventory systems, Human Resource systems, Performance management Systems etc.

#### **FUTURE AHEAD – DIGITAL WORLD**

Recent developments in information technologies have propagated all individuals to shift its traditional practices to online platforms which are now common practices in developed world. Our efforts to establish a safe, reliable payment gateway inside our country is still in the primitive stages although some of them are emerging from private sectors and commercial banks. But we might have to wait for another decade to see this formulated in a well controlled and established environment. The day is not far when people will have a choice to transact through internet easily with available resources and built in confidence.

It will simply be the transformations to whole digital world which will definitely benefit all individuals as well as corporate organizations. There will be no need of any kind of mediators in between and the whole

transaction will be converted into Business to Customer end.

We still have a long way to go to achieve this mechanism which will be the milestone for Airline Industry in Nepal. The fact is that we all should work towards this goal including private sectors and government institutions.

We still believe that this feat can be achieved through establishing new rules and policies by the Government and collaborating it with private sectors and stakeholders.

fact handled very easily through effective use of these integrated systems. Latest developments have energized all potential sellers to go online through customized portals but it will take some time to shift the habits of individual customers to feel easy and safe transacting through it.

Our intranet and internet based departure control systems at all our airports have helped for fast and efficient movement of our passengers which is integrated with our reservation systems. Recently, we deployed Cargo Management Systems in all outlets that





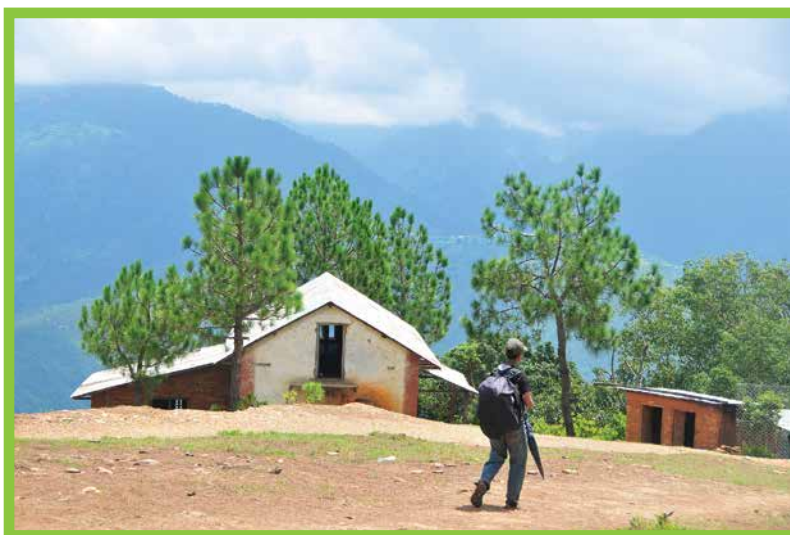
स्वर्गद्वारी मन्दिर

# अनुपम स्वर्गद्वारी !

**हि**न्दु माफ़ प्यूठानको तिर्थस्थल स्वर्गद्वारीको महिमा ठूलो छ । त्यहाँ स्वर्ग जाने ढोका छ, त्यही ढोकाबाट उहिल्यै पाँच पाण्डव स्वर्ग गएको विश्वास गरिन्छ । त्यही कारण स्वर्गद्वारी भनिएको । त्यतिमात्रै होइन, सृष्टिकर्ता ब्रह्मा पनि सत्य युगमा तपस्यामा बसेको भूमी भएकाले यसको महत्व धेरै छ ।

स्वर्गद्वारी (२,०४८ मिटर) मा यज्ञशाला, हवन कुण्ड, शिवलिंगलगायत मन्दिर छन् । डाँडाको टुप्पामा अबिस्थित यज्ञशाला बाहिरबाट हेर्दा ९ वटा मन्दिरजस्तो देखिन्छ । भित्र पाञ्चायन देवदेवी, गणेश, सूर्य, विष्णु, शिव आदिका मूर्ति छन् । चार दिशाका कोठामा अग्निकुण्ड छन्, बीचको मूल कुण्डबाट हरपल पुतपुत धुवाँ आइरहन्छ ।

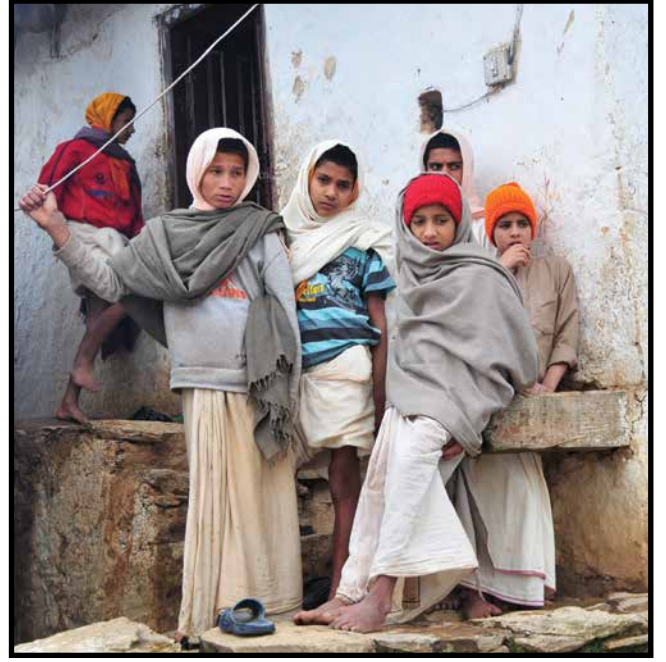
मन्दिरमा वटुकले पूजा, वेदपाठ, भागवत पाठ, हवन, रुद्राभिषेक गर्छन् । आश्रम हातामा गुरुकुल संस्कृत विद्यालय छ । कक्षा ९ सम्म पढाई हुन्छ । सरकारी कोर्सका साथ संस्कृत, वेद, रूद्री र चण्डी पढाइन्छ । बिहान-बेलुका बैदिक मन्त्रोच्चारणले मन्दिर क्षेत्र गुञ्जयमान हुन्छ ।



मिथ्री भर्ने बाटो



खाना बनाउँदै तिर्थालु



बटुकहरू



मन्दिरका पुजारीहरू



गौशालाका गाई

मन्दिरमा नेपाली र भारतीय तिर्थालुको भिड लाग्छ । स्वर्गद्वारी दर्शनले मनोकांक्षा पुरा हुन्छ । त्यहाँ वैशाख पूर्णिमा, गुरु पूर्णिमा, गाई तिहार र पुस-माघमा भीड लाग्छ । एक रात बस्न लायक छ मन्दिर क्षेत्र ।

मन्दिर हातामा गाई डुलिरहेको देखिन्छ । त्यहाँ ३५० गाई पालिएको छ । देउखुरीको वनगाउँ र घोराहीमा भएको आश्रमको जग्गामा पनि १५० गाई छन् ।

आध्यात्मिक हिसाबले मात्रै होइन, प्राकृतिक हिसाबले समेत स्वर्गद्वारी अनुपम सम्पदा हो । अग्लो डाँडामा हरियाली जंगल बीचमा भएकाले हरपल शीतल हुन्छ । डाँडाबाट हिमाली सौन्दर्यको दृश्यपान गर्न पाइन्छ । जहाँबाट धौलागिरी, निलगिरी, माछापुच्छ्रे, अन्नपूर्ण, लमजुङ, हिमचुली, मनास्लु, चुरेन, पुथालगायत हिमाल देखिन्छ ।



भित्री बजार



## स्वर्गद्वारी महाप्रभु

स्वर्गद्वारीको प्रचार र विकासमा स्वर्गद्वारी महाप्रभूको योगदान अतुलनिय छ । उनैले मन्दिरमा विश्व कल्याणका लागि अखण्ड महायज्ञ सुरु गरेका थिए । जुन जारी छ । उनले आश्रममा गाई पालन सुरु गरेका हुन् ।

यज्ञशालासँगै तिनै महाप्रभुको मूर्ति छ । रोल्पाको रुम्टी गाउँमा विसं १९१६ मा जन्मेका नारायण गौतम कालान्तरमा योगी बने । उनी पाँच वर्षको उमेरदेखि नै तपस्यामा लिन हुन्थे । आध्यात्मिक प्रवचन दिन्थे । तिनै बालतपस्वी हंसानन्द गिरीले विसं १९५२ मा स्वर्गद्वारी आश्रम स्थापना गरे । ती आध्यात्मिक चिन्तक विसं १९९७ मा ब्रम्हलिन भएका थिए ।

बिडम्बना ! बर्सेनी लाखौं धार्मिक पर्यटक पुग्ने डाँडामा खान/बस्न सुविधायुक्त होटल, लज र रेस्टुरा छैन । मन्दिर हातामा आश्रमले सामान्य खाना र बास मिलाउँछ । उसको क्यान्टिनमा १०० रुपैयाँमा सादा खाना पाइन्छ भने सुत्न ३० र ५० रुपैयाँ दरका बेड पाइन्छ । आश्रमका २६ कोठामा यस्तो सुविधा छ । त्यसबाहेक त्यहाँ निःशुल्क धर्मशाला पनि छन् ।

मन्दिर मुन्तिर धरमपानी बजारमा पनि आधुनिक होटल छैनन् । साना लज र पसल मात्र छन् । यति महत्वको ठाउँमा आश्रम व्यवस्थापनले राम्रा शाकाहारी होटल/रेस्टुरा खोल्न ढिला भैसक्यो । तल भित्री बजारमा भने आधुनिक सुविधायुक्त होटल छन् । त्यहाँ तातो/चिसोपानी सहित अट्याच बाथरूम भएका कोठा पाइन्छ । स्वाद अनुसारका परिकार पाक्छ ।

स्वर्गद्वारी योग, ध्यान र अध्यात्मको केन्द्र बन्न सक्छ । त्यहाँ मनको शान्ति मिल्छ । सरोकारवालाले मन्दिरको व्यवस्थित विकास गर्नु पर्ने देखिन्छ ।

कसरी पुग्ने : काठमाडौं-भित्री (रोल्पा) बसमा १० घन्टा । भित्री-धरमपानी १३ किमि । मोटर बाटो छ । धरमपानीबाट आधा घन्टामा मन्दिर । धरमपानी माथि मोटर जाँदैन । भित्री-स्वर्गद्वारी हिँडेर जाँदा ४ घन्टा । धरमपानी-होलेरी २ ९ किमि । काठमाडौं-नेपालगञ्ज हवाई यात्रा १ घन्टा । नेपालगञ्जबाट बसमा भालुबाङ हुँदै भित्री पुग्न ५ घन्टा ।

● अमृत भादगाउँले

# Going Beyond Dedication

This is my sister. I remember when we were younger, she always saved a portion of her tiffin and gave it to me when she got home from school. I don't think she received my gratitude for that although she has always known of my love for her. She has always been happy in my happiness. Now, she meets hundreds of brothers and sisters as she travels for work. And she gives equal care and devotion to each one of them. Nothing makes her happier than putting a smile on their faces.

My sister is Pratikshya Nepal and she works as a Flight Attendant at Buddha Air.

CELEBRATING

20  
YEARS



facebook.com/buddhaair



instagram.com/buddhaairnepal



twitter.com/airbuddha



call center: 01-5542494



**Buddha Air**



# तपाईंहरू पनि घुम्नुपर्छ होइ... !

अमृत एकलौ यात्रा गरिरहेका हुन्छन् ।

फेवाताल नामको ऐनामा माछापुच्छ्रेको टल्किएको अनुहार हेरेर हुर्किएका अमृतलाई हिमाली र उच्च पहाडी भेगको यात्रामा विशेष रूची छ । बाटेको तिलचाम्ले कपाल लर्किएर लुगाफाटा र यात्रा गर्न चाहिने खिचिड-मिचिड सामानले कुस्त भरिएको भोलाको टुप्पासम्म पुगेको हुन्छ ।

उनी मौसमअनुसार कहिले बाक्लो ट्रयाक त कहिले हाफपाइन्टमा, लौरो टेक्दै एकलै डाँडा चढिरहेका हुन्छन् ।

वरिपरि कुनै घर हुँदैनन् । हुन्छन् त पर निकै पर टल्किएका । घर हो कि हो कि भैँ लाग्ने । यद्यपी, उनी निश्चित छन्, किनकि अघि तलै छोडेर आएको होचा डाँडाबाट ती घरहरू प्रष्ट देखिएका थिए । गोठालाहरू पर-परका भीरका टुप्पामा चराभन्दा पनि साना देखिन्छन् । मान्छे हो कि भैँ लाग्ने ।

अमृत प्रकृतिमा गीत भेट्छन् । तर कहिले त्यही प्रकृति यस्तो शुन्य भइदिन्छ कि । मान्छे त छैनन्-छैनन्, चराको आवाजसमेत सुनिँदैन । पर-पर उडेका पनि देखिँदैनन् । रूखमा चुपचाप बसेका पनि देखिँदैनन् ।

यस्तो शुन्यता कि, आकाश पनि नीलो न नीलो छ । सायद ! आकाशको नीलोपनको महत्व त तब मात्र बढ्दो रहेछ, जहाँ भुप्पा-भुप्पामा टाँगिएर बसेका बादल पनि हुन्छन् ।

अमृत गुरुत्वाकर्षणले जमिनतिर तानिरहेको शरीरलाई उकालोतिर धकेल्दा फोक्सोबाट निस्किएको स्याँ-स्याँलाई पेटदेखि निचोरेर फ्याँक्दै खुइयय... काइछन् र भुइँतिर ढल्किएको अनुहारलाई आकाशतिर पल्टाउँछन् । एकलै हिँडेका अमृत तब आकाश खाली देख्छन्, तब उनको एकलोपन भन्

मडारिन थाल्छ ।

उनी कामना गर्न थाल्छन्, बादलका भुप्पा कतैबाट हुरिएर टाउकामाथि छेल पार्न आए हुने नि !

एक हुल, कम से कम एक जोडी चरा कतैबाट चिरबिर गर्दै टाउकैमाथिबाट बतिएर गए हुने नि !

त्यतिबेला उनी कल्पिँदा हुन् सायद ! हिमाली भेग चाहारेरै संकलन गरेको नारायण वाग्ले र आफैँ गाएको गीत, 'आकाशबाट के उडी आयो, भेडाको ऊनजस्तो ... ।'

'बादल पनि नहुँदा, चरा पनि नदेखिँदा निकै एकलो छुजस्तो लाग्ने,' उनी अनुभूति बाँड्छन्, 'चरा उड्दा, टुक्राटाक्री भए पनि बादल देखिँदा ती साथीजस्ता लाग्छन् । आफैँसँग बात मारिरहेका जस्ता लाग्छन् ।'

यो त केहीबेरको शुन्यता मात्रै हो । बादलबिना आकाश कति नै बेर एकलो रहन सक्छ र ? चरा नउडी कहाँ धर पाउँछ र ? उनको कामना केहीबेरमै पुरा हुन्छ ।

चराहरू उड्न थाल्छन् । आकाशभरि बादल टाँगिन सुरु हुन्छन् । अग्ला खौचबाट खसेर खोल्सा बन्ने सेता भरना अमृतसँग बात मार्न थाल्छन् ।

अमृत भन्छन्, 'यी नै संगीत हुन् ।'

अमृत अझै थप्छन्, 'चरालाई गीत गाउन कसले सिकाउन पर्छ ? भरनालाई छडछड कसले सिकाउन पर्छ ?'

अमृत प्रकृतिको यो संगीत सुन्दै गाउँ-गाउँ पुग्छन् । बनपाखामा घाँस काटिरहेका, गोठालो गएकाहरू गीत गाइरहेका हुन्छन् । उनलाई ती

गीत उत्कृष्ट कविता लाग्छन् ।

‘माछीलाई जाल पनि ताल पनि  
म दुःखीलाई आउँदैन काल पनि’

यसरी घुम्दै जाँदा अमृतले गाउँका बनपाखामा सुनेको गीत हो यो । त्यतिबेला बनपाखामा यो गीत गुन्जिँदा पहाडका खौचखौचमा ठोक्किएर प्रतिध्वनी बनेको सुनेका थिए उनले । अहिले पनि उनको कानमा यो गीत प्रतिध्वनीकै रूपमा ठोक्किइरहन्छ ।

लेख्नेहरू भन्ने गर्छन्, ‘सबै अनुभवहरूलाई व्यक्त गर्ने सामर्थ्य शब्दमा हुँदैन ।’

आफै गीत लेख्ने अमृत यो कुरामा कतिको विश्वास गर्छन् कुन्नी ! तर, उनी माथिको यो गीतमा सारा संसार भरिएको पाउँछन् । यती हरफमा पनि जीवनको सत्य अटेको मान्छन् । ‘शब्दमा सारा संसारलाई भनिदिएको छ,’ अनुभवलाई शब्द दिन्छन्, ‘जिन्दगीको सत्य मृत्यु हो । यो दर्शनलाई गीतले कस्तो मजाले भनिदिएको ।’

अमृतको यात्रा गीत खोज्नै लागि भने होइन । ध्यानका लागि हो । तर, उनको ‘ध्यान यात्रा-यात्रा ध्यान’ त्यस्तो रहेछ, उनी दिमागलाई विचारशुन्य बनाउन चाहँदैनन् । उनी आफ्नै समीक्षा गर्छन् ।

‘घुम्न निस्कनु मेरा लागि बाहिरी दृश्य हेर्नु मात्र होइन,’ उनी भन्छन्, ‘म आफूलाई पनि



हेर्न पाउँछु । मभित्रका राम्रा-नराम्रा कुरालाई मनन गर्छु । गल्ती भेटिए घुम्ने क्रममै त्यसलाई हटाउने अटोट लिन्छु । राम्रो भेटिए अभै निखार्नुपर्छ है भनेर आफ्नै मनलाई धाप मार्छु ।’

यो त भयो आफैँसँगको संवाद । संगीत नै संगीत भेटिने प्रकृतिसँगको संवाद पनि भइहाल्यो । अनि, मान्छेसँग संवाद गर्नु उनको रूची हो । एउटा संगीतज्ञलाई समाज बुझ्न जरूरी हुन्छ । एउटै ठाउँ पटक-पटक पुगेकाले उनी पहिले देखेको ठाउँ र अहिले देखेको ठाउँबीच तुलना गर्छन् । त्यहाँ ठूलो भिन्नता देखिन्छ ।

देशमा पछिल्लो सानो कालखण्डमै परिवर्तनका लागि थुप्रै ठूला ज्वारभाटा उठे । उनले यी सबै नियालेका छन् । परिवर्तनका लागि भन्दै सत्ता पक्षका लागि होस् या सत्ता विपक्षमा लागेर होस्, युवाशुन्य गाउँ देखेका छन् । जसको मुक्तिका लागि देशमा उथलपुथल भएको थियो, तिनै युवा विरक्तिअर अहिले देशबाटै पलायन भएका छन् । उनले तिनको उपस्थिति नहुँदा सन्नाटा छाएको गाउँ पनि देखेका छन् । आधुनिकता भाँरिँदै जाँदा गाउँको मौलिकता हराउँदै गएको पनि देखेका छन् ।

काठमाडौँमा एकछिन टिक्न सक्दैनन् अमृत । निजी वाहन छैन । टेम्पो या अन्य सार्वजनिक यातायातमै यात्रा गर्छन् । तर, उनी काठमाडौँदेखि विरक्तिएका छन् । उनी विरक्तिएको अहिले आएर होइन, उहिले देखि नै हो ।

त्यसो त, संसारका थुप्रै सहर चाहारिसकेका अमृतलाई काठमाडौँ सहर नमुनाको लाग्छ । नमुना सहर यस्तो गन्जागोल भएकोमा उनको चित्त दुखेको हो । जसलाई प्रेम गरिन्छ, उसकै हालत

कमजोर हुँदा चित्त दुख्ने त हो । त्यसैले अमृतको मनमा काठमाडौँप्रति उत्तिकै प्रेम पनि छ ।

अघेल त उनलाई काठमाडौँको धुलोलो बरन्-खान दिँदैन ! सांगीतिक प्रस्तुतिका लागि अभ्यास गर्नुपर्ने मात्र काठमाडौँ बस्छन् । सांगीतिक प्रस्तुति दिँदा उनलाई आनन्द त हुन्छ तर, सँगै शरीर भित्र काठमाडौँको मेलो पनि अटेसमटेस भरिइसकेको हुन्छ । त्यति मात्र होइन, काठमाडौँको गन्जागोलले दिमागका तारहरू पनि गन्जागोल भएजस्ता लाग्छन् उनलाई । उनी शरीर सफा गर्न काठमाडौँबाट फुत्त निस्कइहाल्छन् ।

अनि मस्तिष्कलाई ? मस्तिष्कलाई आराम दिन ध्यान चाहिन्छ । तर, उनी ध्यान केन्द्र पस्दैनन् । यात्रामा निस्कन्छन् । त्यसैले घुम्नु उनका लागि ध्यान हो । शरीर पनि सफा हुने । मन पनि सफा हुने ।

काठमाडौँले दिने शारीरिक तथा मानसिक थकानलाई निमित्तयान्न पार्न घुम्ने सोच बनाइरहेका हुन्छन् । यदि ज्याककै कहाँ घुम्ने भन्ने सोच नआए उनी फुत्त पोखरा पुग्छन् । जहाँ उनी हुर्किए । पोखराले नै उनलाई प्रकृतिप्रेमी बनायो । पोखरा पुग्दा उनलाई स्वर्गीय आनन्द मिल्छ । त्यहाँ उनलाई मनपर्ने प्राकृतिक वातावरण मात्र छैन, उनकी आमा पनि छन् ।

यही पोखराले उनलाई घुम्नते बनायो । यात्राको विजारोपण गर्नेचाहिँ हजुरआमा रहिन्छन् । हजुर आमाको घर उनको घरदेखि निकै माथि थियो । हजुरआमा बेला-बेला उनको घर आइरहन्थिन् । फर्किने बेला आफ्ना नातीनातिनालाई सोधिन्, ‘को जान्छ त मलाई पुन्याउन ?’

त्यतिबेला अरुभन्दा पहिले नै अमृत बोल्थे, ‘म जाने ।’

अमृत हजुरआमाको अधि-पछि लागेर डाँडा चढ्थे, पोका-पन्चुरा बोक्न सघाउँदै । हजुरआमाका कथा सुन्दै। गीत सुन्दै।



“काठमाडौंको गन्जागोलले  
दिमागका तारहरू पनि  
गन्जागोल भएजस्ता लाग्छन्  
उनलाई । उनी शरीर सफा  
गर्न काठमाडौंबाट फुट  
निस्किएहाल्छन् ।  
अनि मस्तिष्कलाई ?  
मस्तिष्कलाई आराम दिन  
ध्यान चाहिन्छ । तर, उनी  
ध्यान केन्द्र पस्दैनन् ।  
यात्रामा निस्कन्छन् ।”

त्यतिबेलादेखि हिँडेको उनको खुट्टा अझै थाकेको  
छैन । उनी सकेसम्म गाडी चढेर भन्दा हिँडेरै घुम्न  
रुचाउँछन् । हिँडेरै थुप्रै अग्ला पहाड नापेका छन् ।  
तराई पनि चाहेका छन् ।

तराई र पहाड (हिमाल पनि) बीचको  
घुमाइको भिन्नता सोध्दा उनी भन्छन्, 'तराईमा  
हिँड्न अलि गाह्रो हुन्छ । देख्दा नजिकै देखिन्छ  
तर जति हिँडे पनि आइपुग्दैन । तर तराईको  
माहोल निकै रमाइलो । पर क्षितिजमा घाम डुब्दै  
गरेको साँझ, त्यसबेला बस्तीभित्रको चहल-पहल ।  
पहाड चढ्दा भने एउटा चढे तुरुन्तै दर्जनौं पहाड  
देखिन्छन् । खातै खात पहाड । चित्रकारले बनाएको  
पेन्टिङजस्तो ।'

अमृतलाई घुम्न साथीको जरूरत पर्दैन ।  
साथी पाए नि ठिक, नपाए नि ठिक । जब उनको  
मनले काठमाडौं छोड भन्छ, उनी एकलै फुट  
निस्कदिन्छन् ।

बालखकालमा हजुरआमाको साथ लागेर सुरु  
भएको उनको हिँडाइ काठमाडौं आएपछि भने सन्  
१९८४ देखि सचेत रूपमा सुरु भयो ।

साथीहरूसँग सल्लाह हुन्थ्यो, यो दिन यो ठाउँ  
घुम्न जाने । सल्लाह गर्दा सात-आठ जनासम्म  
तातिन्थे । जब घुम्न निस्कने दिन नजिकिँदै जान्थ्यो,  
एउटा-एउटा गरी साथीहरू छुट्दै जान्थे । सबको  
आ-आफ्नै बहाना हुन्थे । अमृतलाई भने कुनै  
बहानाले रोक्थेन । घुम्न पुग्नेगरी पैसा जम्मा गरेर  
उनी एकलै निस्कन्थे । यसैबेला नरेश गुरुड नामका  
एक मात्र साथी थिए, जो अमृतका घुम्दाका नियमित  
साथी बने । त्यसो त उनले धेरैजसो एकलो यात्रा  
गरेका छन् ।

करिब १७ वर्षअघि भने उनको एकलो यात्रामा  
विश्राम लाग्यो । देशमा सशस्त्र द्वन्द्व चर्किएका बेला  
पत्रकार कनकमणि दीक्षितको एउटा घटनापछि  
नेपालयका किरणकृष्ण श्रेष्ठको अनुरोधमा उनी  
साथीसँग मात्र घुम्न थाले । त्यसो त द्वन्द्वका बेला

उनले पनि माओवादी र सत्ता दुवै पक्षबाट मानसिक  
यातना खेपेका छन् ।

तर अमृत यी कुरा हतपत कोट्याउन  
चाहँदैनन् । घुम्दा सकेसम्म गायकी परिचयले  
आफूलाई नघिनाउने अमृत यति भन्छन्, 'हामीले त  
के दुःख पायौं र ? कुरा गर्नु । दुवै पक्षबाट उत्तिकै  
दुःख भोगिएको छ । द्वन्द्व भनेको यस्तो हुँदो रहेछ,  
जहाँ बोली हाँछ । बोलेर भगडा गर्नेलाई त बुझाउन  
सकिन्छ । बन्दुकको नालसँग त डर लाग्दो रहेछ ।'

साथीसँग घुम्ने भने पनि उही पहिलेका जस्तै  
सबैका आ-आफ्ना बहाना तेर्सिहाल्थे । अमृतका त  
कुनै बहाना हुन्थेनन्, तै पनि बाधा नाकैअगाडि खडा  
थियो ।

यसरी बाँधिएको उनको मन र शरीरले लोकतन्त्र

आएपछि फुक्काफाल हुन पायो । लोकतन्त्र आए पनि  
जनताले चैनको सास फेर्न पाए कि पाएनन् कुन्नी !  
धित मर्ने गरी अमृतलेचाहिँ हिमालदेखि तराईसम्मका  
हावा खान पाए । संगीत सुन्न पाए । सुनाउन पाए ।

अझै उनका जोडी खुट्टाहरू डाँडाकाँडाका  
संगीतमा चाल मारिरहेका छन् । भन्छन्, 'जहिलेसम्म  
हिँड्न सक्छु, तबसम्म यात्रा गर्न छाडिदैन । खुट्टाले  
नसक्ने भएको दिन मात्र साधनको सहयोग लिन्छु ।  
तै पनि घुम्नचाहिँ छाडिदैन ।'

उनी आफू मात्रै घुम्दैनन् । डाँडाको चुचुरोबाट  
कन्सर्टमा दर्शकलाई सम्बोधन गरेभै मुखलाई दुई  
हातको बीचमा पारेर आवाज दिन्छन्, तपाईंहरू पनि  
घुम्नुपर्छ होई- !

● समुन्द्र राज घिमिरे



## JJ Laboratories (P) Ltd.

Bhaktapur, Nepal

### द्वारा उत्पादित औषधिहरू

<p><b>Cattle Products</b></p> <p><b>ALBEZOLE</b> Liquid / Tablet / Bolus</p> <p><b>CLOZAN</b> Liquid / Bolus</p> <p><b>CLOZAN-L</b> Liquid / Tablet / Bolus</p> <p><b>CLOZAN-L Tabs</b></p> <p><b>CLOZAN-L forte</b> Tablet Forte Bolus</p> <p><b>CLOZAN-L Tabs forte</b></p> <p><b>COTRVET Bolus</b></p> <p><b>TETRAMIN Bolus</b></p> <p><b>MELOCAM Plus Bolus</b></p> <p><b>FENAZOLE Bolus/Tabs</b></p>	<p><b>Poultry Products</b></p> <p><b>CEFLIN Powder</b></p> <p><b>FURAMIN Powder</b></p> <p><b>LEVAM Powder</b></p> <p><b>LEVAM Powder</b></p> <p><b>N-DOXIN Powder</b></p> <p><b>N-DOXIN Powder</b></p> <p><b>COXYSTAT Powder</b></p> <p><b>COXYSTAT-K Powder</b></p> <p><b>TETRAMIN Powder</b></p>
---	---



**PATHIBHARA VET**  
Distributors Pvt. Ltd.

Churchill Complex, Sundhara, Kathmandu, Nepal  
Tel: 01-6210579, Fax: 01-4268107  
email: pathibhara\_2010@hotmail.com

# माइला दाइ र दुर्गा भाउजुको हाँसको छोयला

भस्मिखेल अब भस्मिखेल रहेन !

**धेरै** कारणले नभए पनि भव्य साजसज्जासहितका रेष्टुरेन्ट, चहलपहल र पश्चिमादेखि नेपाली पप, रक संगीतमा भुम्दै/भुमाउँदै भस्मिखेल ठमेलको बराबरीमा उदाउँदैछ । यस्तै-यस्तै कारणले ललितपुरको भस्मिखेल काठमाडौंको ठमेलको दाँजोमा 'भमेले' बन्ने तरखरमा छ ।

रेष्टुरेन्ट भन्नेबित्तिकै खाना आउने भइहाल्यो ।

विश्वव्यापिकरणको प्रभावले संसारका जुनसुकै कुनाका जुनसुकै चिजहरू पनि सजिलै अर्को कुनामा अड्डा जमाउन कुदिरहेका छन् । भस्मिखेलले संसारका चलेका खानाका 'डिस'हरू चखाइरहेको छ ।

काठमाडौं उपत्यका खाना संस्कृतिका धनी नेवारहरूको बाहुल्य क्षेत्र भएकाले ललितपुरको मौलिक खाना नेवारी खानालाई मान्न सकिन्छ । मौलिकताको मूल्य कहिल्यै घट्दैन । बरु 'बाहिरीया'हरूले गाँज्दै जाँदा भन् बढ्छ । यही भस्मिखेलमा एउटा मौलिक रेष्टुरेन्टले आफ्नो छुट्टै मूल्य बनाइसकेको छ, 'हाँसको छोयला' को नाममा ।

सुरुमा पाल्पाका नेवारी समुदायको मुख्य खान्की हाँसको छोयलाले देशभर आफ्नो पहिचान बोकेर खडा भइसकेको छ । यस्तै पहिचान भस्मिखेलको हाँसको छोयलाले बनाएको छ ।

यहाँको छोयला अन्य ठाउँका छोयलाभन्दा फरक छ !

तपाईं सानेपा, नयाँ बाटो, धोबिघाट, भनिमण्डल, पुल्चोक, जावलाखेल या जहाँसुकैबाट भस्मिखेलतिर छिर्नुस् । डिएभी स्कुलको मुल गेटको अधित्तिर देख्नुहुनेछ, माइला दाइ र दुर्गा भाउजुको स्पेसल हाँसको छोयला ।

अँ साँच्चै, यसलाई चिनाउन अरु 'लोकेसन' को सहारा नै खासै पर्दैन पो त !



किनकि, हाँसको छोयला आफैमा चर्चित 'स्टेसन' बनिसकेको छ । सहरभरिका हाँसको छोयलाका पारखीहरूका लागि चर्चित अड्डा हो यो ।

बिहान ११ बजेदेखि हाँसको छोयलामा भीड लाग्न सुरु हुन्छ, भात खानेहरूको । नरम र स्वादिलो भात यहाँको मुख्य परिकार हो । 'एलिट'हरूको बाहुल्य बसोबास मानिएको क्षेत्र भस्मिखेल महँगो क्षेत्र हो । तर, हाँसको छोयलामा सादा भातको मोल- जम्मा सय रूपैयाँ पर्छ । त्यसो त, सादा भातभन्दा भातसँगै हाँसको छोयला खान आउनेहरूको



उपस्थिति बाक्लो रहन्छ ।

भात सकिएपछिको या भात खाइरहेकै समय मदिरापानसँगै खाजा सेट खानेहरू जम्मा भइसक्छन् । सबैको रोजाई हुन्छ, हाँसको छोयला नै । सादा खानाजस्तै सादा खाजा सेटको मुल्य पनि सय रूपैयाँ नै हो । हाँसको छोयला खानुहुन्छ भने तीन सय रूपैयाँ थप्नुस्, रोजाईअनुसार पिरो र नपिरो हाँसको छोयला प्लेटभरि आइपुग्छ ।

वैशाख १२ गतेको भुइँचालोपछि हाँसको छोयला नजिकैको घरमा सरेको छ । रेष्टुरेन्ट सफा र फराकिलो छ । बाहिर

पानीको झ्रम, एक कुनामा ग्यास चुल्हो छ । जाडोमा घाम ताप्दै खाने मन भए बाहिर दुई जोडा कुर्सी-टेबल छन् । भित्र एक कुनामा ठूलो टेबलभरि अचार, राजमा, आलु फ्राई, तरकारी, खसीको टाउको, भुटन, चना, हरियो लसुन साँधेको स-साना भाँडामा छन् । यी सबै खानाको एक छेउ एउटा ठूलो र त्योभन्दा अलि सानो कराईले ओगटेको देखिन्छ । त्यो हाँसको छोयला हो ।

'माइला दाइ र दुर्गा भाउजु' का अनुसार दिनको २० देखि २५ किलोसम्म हाँसको छोयला यहाँबाट बिक्रि



हुन्छ । विदेशबाट आइपुगेकादेखि विदेश जान लागेकाहरू टाढाटाढाबाट हाँसको छोयला खान या लिन आइपुग्छन् ।  
 किन यति चर्चित ?  
 यसको कारण मौलिक स्वाद नै हो ।  
 माइला दाइ र दुर्गा भाउजुले मौलिक स्वाद कसरी बनाए भन्ने जान्नुअघि उनीहरूको कथा सुन्ने कि !  
 माइला दाइ । खास नाम- राजेन्द्र रजक ।  
 दुर्गा भाउजु । खास नाम- दुर्गा रजक ।  
 अहिले जुन ठाउँमा उनीहरूको रेष्टुरेन्ट छ, त्यसको दुई/चार घर पर दुर्गा रजकको माइती हो । अहिलेको रेष्टुरेन्टको आडैमा खाना र खाजा पाइने एउटा होटल छ, त्यो दुर्गाका दूला दाइले चलाउँछन् । दाइले पुर्ख्यौली पेशा



धानेका हुन् ।

दुर्गालाई थाहा छैन, उनका पुर्खाले कहिलेदेखि होटल व्यवसाय सुरु गरे । यती थाहा छ, अहिले ५० वर्ष पुग्नु अँटकी दुर्गा सानै छँदा हजुरबाले होटल चलाउँथे । राँगा-भैसीका खान्की त्यहाँको विशेषता थियो ।

दुर्गाले खाना पकाउन आफ्नै होटलबाट सिक्नु । पछि चाउमिन, मःम थुक्पाहरू थपिँदै गए । दुर्गाले त्यो पनि सिक्नु । यसरी सानै उमेरमा खाना पकाउने सीप उनको रगतमा घुल्यो ।

श्रेष्ठ थरकी दुर्गा राजेन्द्र रजकसँग बिहे गरेपछि दुर्गा रजक भइन् । बिहेपछि दुवैले एक विदेशीको घरमा घरायसी काम सुरु गरे । यो काम पनि भन्डै पुर्खौली पेशाजस्तै थियो । किनकि, दुर्गाका बाआमाले पनि कुनै समय विदेशीको घरमा काम गरेका थिए ।

घरायसी काममा खाना पकाउनु पनि पर्थ्यो । दुर्गा र राजेन्द्रले आइडिया लगाउन थाले, विदेशी कुन खाना खान पाए खुसी हुन्छन् ? चाँडे पत्ता लगाए, ती विदेशी नेपाली मौलिक खाना मन पराउँदा रहेछन् । यहाँबाटै उनीहरूले मौलिकताको महत्व बुझे ।

करिब १५ वर्षपछि ती विदेशी नेपालको काम सकाएर आफ्नो देश फर्किएपछि दुर्गा-राजेन्द्र केही वर्ष बेरोजगार बने । राजेन्द्र कुक काम गर्न विदेश लागे । करिब दुई वर्षपछि राजेन्द्र देश फिरे । विदेश गएपछि राजेन्द्रले परिवारसँग रहँदाको महत्व बुझेका थिए । दुर्गाले पनि विदेश नजान, देशमै केही गरौं भन्ने अनुरोध गरिन् ।

यसपछि उनीहरूले माइतीघर नजिकै होटल खोले । यो २२ वर्षअघिको कुरा हो । त्यतिबेला भूमिसखेलमा त्यति घर, अफिसहरू खुलेका थिएनन् । मान्छेको आवतजावत पातलो थियो । मःम, चाउमिन, कचिला आदि बेच्थे । दैनिक औषत व्यापार त्यस्तै: दुई हजारदेखि तीन हजारसम्म हुन्थ्यो । अहिले दैनिक ४० हजारसम्म व्यापार हुने उनीहरू सुनाउँछन् ।

घरका माइला छोरा भएकाले छिमेकी भाइहरूले राजेन्द्रलाई माइला दाइ भन्थे भने दुर्गालाई दुर्गा भाउजु । पछि त उनीहरूको नामै यही बन्यो । अहिले त हाँसको छोयलासँग जोडेर उनीहरूले आफ्नो नामलाई पहिचान बनाएका छन् ।

खैर, खाजा खान आउनेहरूले माइला दाइ र दुर्गा भाउजुलाई भन्न थाले, 'छोयला पनि बनाउनु न ।'

खाना स्वादिलो बनाउनेमा माइला दाइ भन्दा पनि दुर्गा भाउजु कहलिसकेकी थिइन् । दुर्गाले नै राँगा-भैसी र कुखुराको छोयला बनाउन सुरु गरिन् । सबैले स्वादिलो माने । आजभन्दा १०/१२ वर्षअघिको कुरा हो यो, त्यतिबेला उनीहरू अर्डर आएपछि मात्र छोयला बनाउँथे ।

चिकेन र बफ छोयला स्वादिलो मानेपछि ग्राहकबाटै हाँसको छोयलाको अर्डर आउन थाल्यो । दुर्गाले त्यो पनि

'ट्राइ' गरिन् । कहिले पोलेर त कहिले प्रेसर कुकरमा उसिनेर । दिनप्रतिदिन बफ र चिकेनभन्दा बढी अर्डर हाँसको छोयलाको आउन थाल्यो ।

यसपछि दुर्गा हाँसको छोयलामा नयाँ-नयाँ स्वाद दिन अनेक खोजमा लागिन् । पोलेर हुन्छ कि, पोलेपछि उसिनेर हुन्छ, कति मसला हाल्दा कति मिठो, के-के मसाला हाल्दा कस्तो स्वाद, नहाल्दा कस्तो स्वाद, उनको स्वाद खोजी यस्तै थियो ।

अहिले उनीहरू हाँसको काँचो मासुलाई पहिले ग्यास गनले पोल्छन् । ताकि, राँ पोल्छिन् । दुर्गा भाउजुका भनाइमा राँ पोल्ने मात्र होइन, यसो गर्दा स्वाद पनि, वासना पनि मिठो आउँछ । यसपछि पोलेको मासुलाई ठूलो कराईमा उसिन्न बसालिन्छ । उसिन्दा निकै ख्याल गर्नुपर्ने दुर्गा भाउजुको भनाइ छ । कलिलो मासु भए धेरै गलेर हाड र मासु छुट्टिने डर



हुन्छ । छिपेको मासु भए धेरै उसिन्दा भन्नु चाँडो भन्ने डर हुन्छ ।

पसलमा अहिले दुर्गा भाउजुका भाइ ज्ञानेन्द्र श्रेष्ठ पनि छन् । एक कामदार, दुर्गा भाउजु र माइला दाइ सबै मिलेर काम गर्छन् । तर, हाँसको छोयला बनाउने क्रममा मसाला हाल्दा भने दुर्गा भाउजु नै चाहिन्छ । किनकि, यो दुर्गा भाउजुको खोज हो ।

छिपछिपे ग्रेभीसहितको छोयला खाना पारखीले मन पराएको दुर्गा भाउजुको भनाइ छ ।

ग्राहकलाई पनि दुर्गा भाउजुले नै बनाएको छोयला चाहिने दुर्गाका भाइ ज्ञानेन्द्र बताउँदै थिए । 'कतिसम्म भने, दिदीले नै छोयला बनाएको हो भने पनि ग्राहकहरूले दिदीलाई पसलमा नदेख्दा आज छोयलाको स्वाद हिजोस्तो मिठो छैन भन्छन् ।'

# सेलिब्रिटी घुमफिर

प्राकृतिक सौन्दर्यको भण्डार  
नेपालमा घुम्न लायक धेरै ठाउँ  
छन् । घुमफिरमा रमाउनेहरू  
पनि धेरै छन् । हामीले केही  
सेलिब्रिटिसँग उनीहरूको घुमफिर  
अनुभव सोधेका छौं । उनीहरूको  
अनुभव जस्ताको तस्तै :

## सुबिन भट्टराई, उपन्यासकार

तराई र पहाडतिर धेरै घुमियो । हिमालतिर घुम्न मन  
लागेको छ । पोखरा फेबरेट डेस्टिनेसन हो । जति गए पनि  
नौलो लाग्छ । लेकसाइडमा टहलिँदा मन बहलिन्छ । मलाई  
प्राकृतिक कुराले लोभ्याउँछन् । शान्त पोखरी, ताल तलैया र  
हरियाली पार्कमा घुम्दा तत्कालै रिफ्रेस भइन्छ । घुमघाम  
थेरापी नै हो जस्तो लाग्छ । क्रियटिभ मान्छेलाई  
घुमघामले फनै क्रिएटिभ बनाउँछ । शरिरमा  
उर्जा छाउँछ । नयाँ मान्छे, साथी, पात्र

आदिसँग भेट हुन्छ । घुम्नु भनेको आफैलाई लगानी गर्नु हो ।  
यसको प्रतिफल आफ्नो व्यक्तित्वमा थाहा नपाई घुस्छ ।

म नन भेजेटेरियन हुँ । माछा मासु बिना त खानै  
रुच्यैनजस्तो हुन्छ । घुम्न गएका बेला थकाई मेट्न हल्का  
ड्रिक्स त लिनै पर्‍यो । २/३ पेगले माहोल रसिक बनिदिन्छ ।  
घुम्दा ग्रुपमा भए साह्रै मज्जा हुन्छ । परिवारसँग पनि घुम्न  
गइन्छ । नेपालको घुमघाम सरतो महुँगो आफै अनुसार निर्भर  
हुन्छ । अब अन्नपूर्ण बेस क्याम्प घुम्ने योजना छ ।





## आस्था राउत, गायिका

सांगितिक कार्यक्रमका सिलसिलामा धेरै ठाउँमा गइन्छ । कार्यक्रम लगत्तै समय हेरेर एक दुई दिन घुम्ने मेसो पनि मिलाइन्छ । प्राकृतिक सुन्दरताले मलाई लोभ्याउँछ । फेवाताल मलाई मनपर्ने ठाउँ । लेकसाइडमा बसेर माछापुच्छ्रे र विश्व शान्ति स्तुप हेर्दा मनै हरर हुन्छ । काठमाडौंको धुँवा धुलो बिर्सेर यस्ता ठाउँमा रिफ्रेस भइन्छ । पोखरा, लुम्बिनी, सौराहा, भेडेटार र संखुवासभा मलाई मन पर्ने ठाउँ हुन् । यात्रामा हिमाल र त्यस्तै प्राकृतिक छटा विछट्टै मनपर्छ । साथीभाइसँग ट्रेकिङ जाने मन छ ।

ठाउँ अनुसार हावापानी र खानपान हुन्छ । कुनै पनि ठाउँले इन्सपायर गर्छ भने मलाई त्यो ठाउँ मनपर्छ । गाउँमा मकैको ढिँडो र साग मन पराउँछु । घुम्दा लोकल र टिपिकल टेस्ट लिन पाउँदा जिब्रो रमाउँछ । घुम्दा हुने खर्च सस्तो महेँगो मान्छे अनुसार हुने हो । मनाङ, मुस्ताङ, डोल्पा, नाम्चे रारा ताल, छोरोल्पा मलाई घुम्न मन लागेका ठाउँ हुन् ।

## भुमा लिम्बु, गायिका

नेपालमा जहाँ घुम्नो त्यही रमाइलो लाग्छ । नेपाल सानो भए पनि विविधता भेटिन्छ । नयाँ ठाउँमा फरक संस्कृति भेटिन्छ । लमजुङ र खप्तड मलाई रमाइलो लागेका ठाउँ हुन् । घुमघामबाट त्यस ठाउँमा नलेखिएका र नदेखिएका भित्रि कुरा अनुभव गर्न पाइन्छ । मलाई जहाँ पुगे पनि प्राकृतिक कुराले आकर्षित गर्छन् । इलाम मलाई मनपर्ने अर्को ठाउँ । मेरो जन्मस्थान ताप्लेजुङ पनि रमाइलो छ । घुमघाम प्राय संगीत र सांस्कृतिक कार्यक्रमकै क्रममा हुन्छ । घुमघामले स्फूर्ति जगाउँछ ।

घुम्दाफिर्दा मलाई यो त्यो खाने भन्ने हुन्छ । माछा मासु त खुब खाइन्छ तर घरतिरजस्तो सबै ठाउँमा भेटिँदैन । मैले ड्रिक्स गर्न छोडिसकेँ । खप्तडको स्थानिय दही मेरो सम्भना आइरहन्छ । जहाँ गए पनि काठमाडौंको नेवारी खाना मिस गर्छु । नेवारी खानेकुरामा सबै मिलेजस्तो लाग्छ चिटकक पिरो, अमिलो र स्वादिलो लाग्छ । घुमघामका हिसाबले पश्चिम साहे महेँगो । घुम्न धित मरेको छैन । ७५ वटै जिल्ला घुम्ने मन छ । अन्नपूर्ण बेस क्याम्प र एभरेष्ट बेस क्याम्प मलाई घुम्न रहर लागेका ठाउँ हुन् ।

## मीना निरौला, गायिका

घुमघाम गर्न कसलाई पो मन पर्दैन होला र ? घुमघाम गर्न मन नपर्ने मानिस मैले देखेको छैन । तर आफ्नै भन्ने हो भने म पनि त्यति घुमेकी छैन । पछिल्लो समय कार्यक्रमको सिलसिलामा केही ठाउँमा पुगें । कार्यक्रम लगत्तै त्यहाँ वरपर घुम्ने मेसो मिल्छ । पोखरा मलाई सबैभन्दा मन परेको ठाउँ । त्यहाँको मौसमले नै मलाई लोभ्याएको हो । त्यहाँको फेवाताल, हिमाल र हरियाली स्वच्छ वातावरण मलाई मनपर्छ । कुनै पनि ठाउँको घुमघामले रिफ्रेसमेन्टको काम गर्छ । जहाँ पुग्यो त्यही ठाउँको संस्कृति र प्रकृतिले मलाई आकर्षित गर्छ । नयाँ ठाउँमा नयाँपन पाइन्छ । भापा, मोरङ, चितवन र बिर्तामोड म पुगेका ठाउँ हुन् । कामकै कारण धेरै ठाउँमा नपुगेको हुँदा धेरै अनुभव सँगाल्ने अवसर पाएकी छैन । छोटो फुर्सद हुँदा कर्मथलो काठमाडौं भएकैले यहाँकै वरपरका ठाउँमा जाने गरेकी छु । काठमाडौंबाट नजिक र र माइलो ठाउँ नगरकोट हो । पोखरामै खाएको थकाली खाना मलाई मन परेको परिकार । मुस्ताङ र लुम्बिनी मलाई घुम्न जान मन लागेका ठाउँ हुन् ।



## अमर न्यौपाने, उपन्यासकार

घुमफिरमा म धेरै टाढा गएको छैन । अछाम, हुम्ला, जुम्ला, धनगढी, नेपालगन्ज म पुगेका ठाउँ हुन् । घुमनकै लागि भनेर म घुम्दिनँ । कुनै पनि ठाउँलाई लेख्ने स्पट छानेर म त्यहाँ एक डेढ महिनासम्म पनि बस्छु । सुक्ष्म लेखनका लागि मैले यसो गर्ने गरेको हुँ । कास्की, देवघाट मलाई मनपर्ने ठाउँ हुन् । कुनै ठाउँमा पुग्दा मलाई त्यहाँको प्राकृतिक कुराले भन्दा पनि मानवीय संवेदनाले छुन्छ । कुनै पनि ठाउँका अर्ग्यानिक कुराले छुन्छन् । देवघाट, हुम्ला र नेपालगन्जका मानिसको संवेदनाले मलाई छोएको छ । कैलाश मानसरोवर मलाई असाध्यै मनपरेको ठाउँ । पोखरा र इलामका डाँडा रमाइला ठाउँ हुन् । डाँडापाखाले मलाई लेख्ने उर्जा दिँदैनन् ।

मैले बाँचेरै स्वर्ग देखेको ठाउँ नेपालगन्ज हो । कुनै एक ठाउँ पुगियो भने अर्को पहाडी परिवेशबारे लेख्ने त्यही नै काफी हुन्छ । म प्रायोजन बिना घुम्दिनँ । तर प्रायोजनका लागि मात्र कुनै ठाउँमा पुग्नु ठीक लाग्दैन । कुनै ठाउँ सिक्नका

लागि घुमिन्छ । हुम्लाको जौको सातु र भोटे चिया मेरो सम्भनामा आइरहन्छ । त्यहाँ काठको मगमा चौरीको दुधको जुनिलो चिया निकै चल्तिको खुराक हो । त्यो हाम्रा लागि ब्रेकफास्ट जस्तै हुन्छ । त्यहाँको फापरको रोटी पनि जिब्रोमा बसको छ । अनि नेपालगन्जको सेवई मलाई खुब रुच्यो । हुम्लामा बोटबाटै टिपेर खाएको रसिलो स्याऊ मलाई मनपरेको थियो । अछामको गहुँको रोटी र नौमुठे गाईको दुध र घ्यू मन परेको थियो ।

लेखनकै लागि कुनै ठाउँमा पुग्ने हुनाले एकलै पुगिन्छ । मजहाँ पुग्छु त्यही ठाउँ अनुसार एडजस्ट हुन्छु । जहाँ जान्छु त्यहाँको स्थानिय स्वाद लिन भुल्दिनँ । होटल, बजार नभएका ठाउँ नहुँदा स्थानियकै घरमै बसेको छु । यसरी बस्दा अर्ग्यानिक स्वाद पाइन्छ । घुमन बाँकी ठाउँ त धेरै छन् । मेरो शक्तिले भ्याउन्जेल घुमिरहनेछु । कुनै ठाउँमा पुग्नु भनेको खुल्ला विश्वविद्यालय पुग्नु हो जस्तो लाग्छ ।



## वेद उप्रेती, पाइलट

म नेपालका प्राय ठाउँ पुगिसकेँ । कति ठाउँमा गाडी र ट्रेकिङमा गएँ । तर धेरै ठाउँमा भने जहाजबाटै आकाशमा मात्र पुगेको छु । घुमघामले रिफ्रेस बनाउँछ । जसरी मोबाइलमा ब्याट्री कम हुँदा चार्ज गरिन्छ, त्यसरी नै घुमफिरले रिचार्ज गर्ने काम गर्छ । फरक ठाउँ अनुसार फरक विचारहरू पनि फुर्छन् । नयाँ ठाउँको घुमघामले नयाँ जीवन बुझ्न सकिन्छ । किताब पढे एउटा जीवनमात्र बुझ्न सकिन्छ तर घुमफिर गरेमा धेरै जीवन बुझ्न सकिन्छ । घुमफिर मात्र सिमित हुन्छ । घुमघाम गर्दा म प्रायः प्राकृतिक दृश्यावलोकनमै रमाउँछु । फोटो पनि खिच्ने हुनाले म हिमाल, तालतलैया, खोला नाला मनपराउँछु । म शाकाहारी हुँ । हिमाली जिल्लाको सुप मलाई मन

पर्ने खुराक हो । अन्य ठाउँ जहाँ पुगे पनि मलाई नेपाली खाना नै मिठो लाग्छ । घुमघाममा जाँदा साथीभाई भए रमाइलो हुन्छ । पारिवारिक घुमघामको मज्जा बेग्लै छ । तर केही ठाउँमा एकलै पनि पुग्नुपर्ने हुन्छ । अन्य देशको तुलना गर्दा नेपाल निकै सस्तो ठाउँ हो । सस्तो महँगो भन्ने ठाउँ र मानिस अनुसार पनि फरक हुन्छ । धेरै ठाउँ पुगिसकेको म फोक्सुण्डो पुगेको छैन । मलाई फोक्सुण्डो जान मन लागेको छ । घुमघाम गर्ने बानी बसाल्ने मानिसको व्यक्तित्व बेग्लै हुन्छ । यसलाई ह्याबिटका रूपमा राखेमा आफुलाई आनन्द र कुनै ठाउँलाई विकासका हिसाबले उपयोगी हुन्छ । एक जना मानिसको घुमघामले ऊ पुग्ने ठाउँको पर्यटन विकासमा समेत टेवा पुग्छ जस्तो लाग्छ मलाई ।

● क्रान्ति पाण्डे

# Get Featured on *Yatra!*

Love that view out the aircraft window? Do you photograph journeys of your travels? Are you an #AVGeek with a knack for plane spotting? If you've answered YES to these questions, now is the chance to share your travel photos with our readers! Simply:

- Tweet to us on Twitter by tagging us @airbuddha. We will be happy to share them with all our wonderful flyers!

- Message or post your photos on our Facebook page (facebook.com/BuddhaAir) with a short caption of your flight.
- Tag us on Instagram at @buddhaairnepal or use the hashtag #BuddhaAir or #BuddhaAirYatra
- Email us your Buddha Air photos at yatra@buddhaair.com. You can even let us know your experience of flying with us.



Dhangadhi Airport | **Ramesh Thapa**



At Kathmandu Airport | **Shyam Vyas**

Buddha Air is the best airline in Nepal, thank you for your good service | **Sapana Tamrakar**



Bharatpur Airport..... Dashain Tika Day 2071, travelling with around 2 month baby daughter | **Manju Gautam Panday**



Kathmandu to Bhadrapur | **Kanchan Basnet**



A day after Bijaya Dashami | **Amir Jung Karki**



**BEST PHOTO**

Great flying experience with Buddha Air since my childhood. I and my mother flew to Bhadrapur from Kathmandu **Dikshant Lama**



First time in Farwest history at Dhangadhi Airport, Two ATR buddhaair together WOW | **JS Dutta Sharma**



Everest Experience | **Sujit G Mishra**



Ranjha Airport, Nepalgunj **Ajay Pratap Giri**

From Nepalgunj to Kathmandu. | **Sugat Shakya**





**Buddha Air**  
www.buddhaair.com

# Mobile App

## Download the power to fly!



- Search and book flights directly on the app.
- Check the current status of your flight.
- Check mileage points if you are a Royal Club member.
- Easy to use and navigate the app.

DOWNLOAD FOR FREE



**33435**

**How to check lowest fare of the day?**


In message box type  
sector<space>date<space>no.  
of seats and send to **33435**


for example 25 April  
KTM-Biratnagar for 2 pax

**ktmbir 2504 2**

For more information please visit  
our website or contact help desk

 [facebook.com/buddhaair](https://facebook.com/buddhaair)

 @airbuddha

 @buddhaairnepal

TICKET  
AVAILABILITY  
& BOOKING

# SMS 33435