



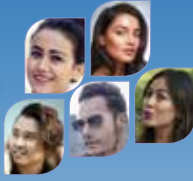
Issue # 38
November 2019

B U D D H A

Yatra

www.buddhaair.com

First Flight
Experience



BIRATNAGAR

Gateway to Eastern Nepal



89 days
in the
Himalayas



Waste to
Wonderful

सुन्दर श्रेष्ठ
नेपाली नोटका
डिजाइनर





• TAKING OFF TO 22 YEARS OF TRUSTED FLYING •

Becoming Nepal's longest operating private domestic airlines would not be possible without you. We would like to take this opportunity to thank our valued passengers, employees, business partners and well wishers.

MAKING AIR TRANSPORT AN AFFORDABLE REALITY

We have invested in technology to make our services highly efficient, which enable us to reduce airfares. Over 1,526,206 passengers chose to fly with us, out of the total 2,864,759 passengers in the domestic sector this year.

ENSURING SAFE FLIGHTS

We operate one of the best hangar facility in South Asia. Our hangar includes more infrastructures than other Nepali airlines, ensuring every Buddha Air flight to be safe.

PROVIDING EMPLOYMENT TO NEPALIS

From flying the skies to maintaining the aircrafts, every journey of your flight is taken care of by our dedicated and trained Nepali employees.

CORPORATE SOCIAL RESPONSIBILITY

HELPING FARMERS OF MORANG & SUNSARI

Through our CSR, we have been working to improve paddy yields through mechanization and reduce the dependence on imports. Since we started, farmers have shown a lot of enthusiasm on reaping high profits at low investments.



 [BuddhaAir](#)  [AirBuddha](#)  [BuddhaAirNepal](#)  [BuddhaAirPvtLtd](#)





Namaste and welcome on board Buddha Air!

11th October will always be a monumental date for Buddha Air. It was on this date in 1997 that our first aircraft took off to the skies on an Everest Experience mountain flight.

Over these 22 years of trusted flying, Buddha Air family has celebrated many milestones. These include growing our fleet family to include ATR aircrafts (a recent addition was another ATR 72-500 with call sign 9N-ANI), the establishment of the state-of-the-art hangar in Nepal and employing a workforce of diligent Nepalis. An integral part of becoming Nepal's trusted airline are the dedication and devotion of our employees.

All of these achievements would not be possible without the trust and support of you- our valued passengers, business associates and well wishers. I would like to take this opportunity to express my gratitude and thank you for being a part of our journey.

Looking to the future, Buddha Air will be connecting you to the rural areas of Nepal. We are currently assessing the viability of aircrafts to fly STOL (short takeoff and landing) routes. We want to connect all the

areas of Nepal and provide even more convenience to our valued passengers.

Our cover story for this issue is "Biratnagar: Gateway To Eastern Nepal," where you can read about the variety of places you can explore from Biratnagar. It was quite motivating to read Maria's amazing feat of completing the Great Himalayan Trail (89 Days in the Himalayas) and the efforts undertaken by small businesses to upcycle waste materials (Waste To Wonderful).

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

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

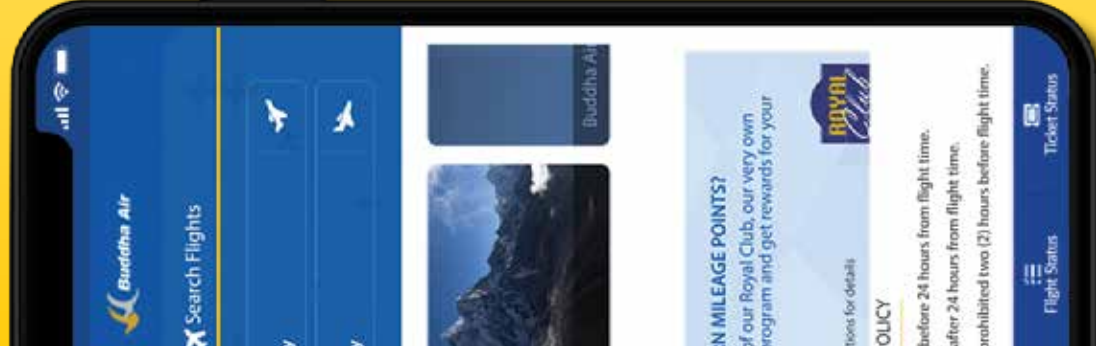
Birendra B. Basnet
Managing Director, Buddha Air



Buddha Air
www.buddhaair.com

Mobile App

Download the power to fly!



FEATURES

- Search & Pay Directly On The App
- Login To Your Royal Club
- Create Your Own Profile
- Login As Guest
- Offline Ticket at your fingertips
- Check Ticket and Flight Status
- Get Detailed Flight Information
- Get Inspiration For Your Next Travel Destination

DOWNLOAD FOR FREE





contents

Issue
Nov.
2019



COVER STORY 38

BIRATNAGAR

Gateway to Eastern Nepal



14 Rediscovering the Lanes of Thamel



22 POTE : A Symbol of Love & Purity



34 Sudheer Sharma
Taking one step at time



28 Palace Turned Hotels



46 जहाजमै दाजु
बेहोस भएपछि



68 भक्तपुरको कोसेली



Phoksundo Trek

Dolpa (locally pronounced as Dolpo) besides being the largest district in Nepal, covering an area of 5.36% of the country's total land is renowned for its amazing natural beauty, unique religion and warm-hearted people.

● **Surendra Rana**

Bordered towards the north and northeast with the Tibet Autonomous Region, China Mustang towards the east, Myagdi, Jajarkot and Rukum in the south and Jumla and Mugu towards the west, Dolpa still has its own unique culture.

For centuries, the local people cultivated and grew their own food which consisted of buckwheat, barley, maize, potatoes, etc. The only means of transportation was a yak caravan that carried salt from Tibet to the southern plain in exchange for food grains



Phoksundo waterfall



and commodities. The region was only accessible by foot and the trail meandered through the high passes of Mustang, Dhorpatan region, Rukum and Jajarkot until the operation of an airport.

The airport, located at Juphal, has irregular flights from Nepalgunj. Recently, Nepal Army completed a rural track that connects Dolpa with Dunai (the headquarters of the district from the south). The land was restricted to foreign trekkers until 1989.

The Phoksundo trek gives you a glimpse into the lives of the local people and their Himalayan lifestyle, against the backdrop of amazing landscapes and

crystal clear lake. The blue lake is situated at an altitude of 3,611 meters. The trek passes through the lush green forest, waterfalls, pristine springs and rivers. Wildflowers bloom during the monsoon and you will get snow clad views of Mt. Kanjirowa and Kang Tai Tonh Himal. You will even encounter centuries-old chortens and Bon monasteries at different villages.

PHOKSUNDO TREK DIARY

I set off for the trek with a team of writers and journalists during the last week of June. I had reached Radi two days earlier from Khalanga in the Rukum

district while my other team members took a flight from Nepalgunj to Juphal.

My journey began after I crossed the suspension bridge at Thuli Bheri River in Radi and passing Tallu Bazar which was a 4.5 hours jeep ride along the Bheri River, Khadang, Kanchhi Bazar in Tipurakot; a small town in lower Dolpa.

TRIPURA SUNDARI TEMPLE

Tripura Sundari is the resident goddess deity of the temple. The temple is situated in a hilltop at an elevation of 2,101 meters near Tipurakot town. The temple is seated on the lap of Mukuteswor Himal, Tamrvani River in the west, Kagmara Himal in the north and Bahiravi Ganga in the south. At close proximity is a mix settlement of Kathayat, Brahman, Bista and Dalit communities.

It is believed that devotee's wishes are fulfilled when worshipping the goddess. A per legend, there were nine goddess sisters, three of which live here and the rest migrated to Kalikot, Bajura, Salyan, Banke and Baitadi.

A large number of devotees from Nepal and India visit the temple every year.



Tripura Sundari Temple, Tripurakot, Dolpa

TREKKING

While waiting for my team to arrive, this was the perfect chance to explore Tipurakot. I spent two days visiting Tripura Sundari Temple and walking around the small town. On the third day, I headed towards Dunai by crossing Suligad which is the main gateway to Phoksundo and Upper Dolpa.

I followed the trail beside the army barrack, leaving behind the Bheri River and I finally reached the checkpoint of the Shey Phoksundo National Park. I continued my trek along Phoksundo Lake and reached Kageni. It was a gentle and steady trail with a few ascents and descents. The blue waters of Phoksundo Lake never left me throughout my trek. As I climbed up higher and deeper into the woods, the trail had gentle climbs with the lush green forest through Rhyachi.

The next day of the journey continued till Chunubar passing through Samduwa.

The final day was an exciting morning as we only had a few hours left to reach Phoksundo. The trail was a gentle path for half an hour but then became a steep climb- which was tiring! The day started with an exciting morning as it left a few hours to reach the destination. The path followed the gentle trail for half an hour, then ascended steep climb. It was tiring and sweating hike. We saw beautiful Phoksundo waterfall enroute.

Finally, it was there, beautiful Phoksundo lake. The blue Phoksundo lake across beautiful Rigma village at a nearby distance. Yes, it's now closer, mesmerizing scenes was around us. Shortly, we reached most-awaited Lake.

The lake is 27 kilometers from Suligad. Trekking from Suligad takes two and a half days. It is a comfortable trek. The first day takes around 7 hours and you can overnight at either Sangta or Chhepka. The second day is a 7 hour trek



YARSHAGUMBA

Dolpo is the center of the highly-priced *Yarsagumbu* (scientific name *cordyceps sinensis*) a half-plant and insect. In Bhothe language, *Yarsha* meaning monsoon mushroom and *gumbu* as winter insects. Yarsagumbu is a medicinal herb grown in the highlands above 3500 m to 5200 m. The herbs are believed to help strengthen the immune system and even has aphrodisiacs purposes. Its regular uses help in reducing aging, prevent cancer and improve kidney functions. Thousands of local people including from the neighbouring districts of Rukum and Jajarkot flock into the highland and passes to harvest these expensive medicinal herbs every year.

to Chunubar and it takes 4 hours to reach Phoksundo on the third day.

SIDE TREK TO PUGMO: A HIDDEN VILLAGE

At an hour's distance from the main trail at Phoksundo is Pugmo Village (3,200 meters). It is at a distance of 4.3 kilometers, left from Samduwa. The village has 35 houses built with stone, wood and mud. Bhothe communities live in these humble homes. Agriculture and livestock are their major occupations. There is a Bon monastery built during the 15th century known as Namgyal Lakhang.

FEE & PERMIT: Lower Dolpa trekking permit- US\$20 for a week, Shey-Phoksundo National Park- NRs. 3000

TREKKING ITINERARIES

- Day 1: Kathmandu to Nepalgunj (By bus or air)
- Day 2: Nepalgunj to Juphal, 2475m (By air)
Juphal to Suligad, 2075m (30 minutes jeep ride) and trek to Chhepka 2670m
- Day 3: Chhepka to Saaijal, 3130m (trek for 6 to 7 hours)
- Day 4: Saaijal to Phoksundo 3611m (trek for 3 to 4 hours)
- Day 5: Phoksundo- Chhepka or Kageni (trek 7 to 8 hours)
- Day 6: Kageni- Suligad- Juphal (trek for 5 to 6 hours)
- Day 7: Juphal to Nepalgunj (35 minutes by air)

ACCESSIBILITY

35 minutes flight from Nepalgunj to Juphal and you can either trek or take a ride to Suligad. You can take an 18 hour bus ride from Kathmandu to Radi and then an 8 hours jeep ride.

TRAVEL ADVICE

- Altitude sickness might occur above 3,000 meters- so take medicine
- Drink plenty of water and walk slowly in constant pace.
- Respect the local culture and religion.
- Do not spoil the pristine and natural environment.
- If possible, donations to gompas and temples are acceptable.

Travel Tips - Jitendra Jhakri Tarali Magar, MD, Explore Treks & Expeditions

TAPRIZA SCHOOL

A Model School in Central Dolpo

The school opened in 1998 with only 38 students in one room. It is centrally located at the crossroads of several trading routes and is in the Shey Phoksundo municipality, ward-8. The school provides primary and secondary education.

Children from Rigmo, Pugmo, Rike and Renji villages and beyond attend the school. The school is well facilitated with classrooms, staff rooms, library, hostel, playground and a large multipurpose building. There is even a monastery at the corner of the school.

Since its establishment, Semduk Lama, a selfless and visionary social worker has endlessly been managing the school. The school is operated and run under the Tapriza Association of Social Help in Dolpa (TASHI-D). This is a



non-profit organization and is supported by Tapriza Verein, Switzerland and Friends of Dolpo, USA.

Contact address: www.tapriza.org ; www.friendsofdolpo.org
email : nepal.semduk@tapriza.org



PHOKSUNDO LAKE

Jewels of Dolpo

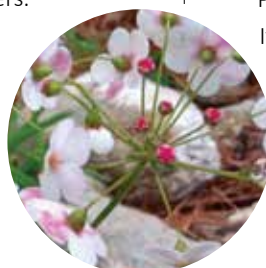
In Caravan (Himalaya), a famous 1999 Oscar-nominated film directed by French filmmaker Eric valley has skillfully captured the beauty of turquoise blue colored Phoksundo lake and Dolpo region. The film has portrayed tough lifestyles Dolpo people as salt traders.

The total area of the lake is 4.95 sq. km. Its length is 5.93 km, breadth is 1.80 km and depth of 145 m. The lake is enlisted as a Ramsar site on 23 Sept 2007.

The color of water changes as per

the sky color. On the bank of the lake lies centuries-old Bon monastery, Rigma Village, and stupas. A 2.5-hour uphill walk to the viewpoint is worth rewarding to have an entire view of the mesmerizing lake.

Phoksundo lake is a 27 km distance from Suligad. It is reachable in two and a half days on the comfortable trek. On the first day, it takes 6-7 hours and overnight stays at Sangta or Chhepka. The second day, 7-hour trek to Chunubar and third day, 4 hours to reach Phoksundo. However at a faster pace, you could make it in two days.





89

days in the

HIMALAYAS

This is a breathtaking story of a Swiss lady, who cycled 15,000 kilometers from Europe to Nepal. She finally fulfilled her dream of completing the Great Himalayan Trail, and it only took her 89 days!

I met Maria Theresia Zwysig, the 33 year old avid adventurer at Basantapur one fine afternoon. She had just returned from completing Sherpeni Col (6,113 meters) in 18 days including Lumba Sumba pass as part of the Great Himalayan Trail (GHT). She was delighted to share the journey of her biggest accomplishment with me.

As a child, Maria grew up in a small village in the Swiss Alps. She was a high spirited adventurous girl from a young age. "I was rebellious as a child but a huge nature lover," she added. She was fascinated by

the photos of her father climbing mountains. In a mild whisper, she said, "My father is the real hero of my life."

A JOURNEY TO NEPAL

Maria first visited Nepal in 2008. She was enthralled by its beauty while on the Muktinath Trek. She fell in love with the majestic mountains.

Dulled by the monotony of the same old routined job, she quit her job in March 2013 and made a decision to travel from Switzerland to Nepal on a



A warm welcome hug by her mum back in Switzerland



bicycle. Why a bicycle? "It's a passion of mine and I wanted to save the environment while travelling," she answered. None of her friends believed and trusted that she could do the trip on a bicycle. Little did they know that this was a beginning of a memorable journey.

It took her 330 days to reach Nepal, and she cycled over 10,000 kilometers through Italy, other Balkan nations, China, Thailand and other Southeast Asian countries.

THE IDEA OF GHT

While working at Radio BeO, she could see the view of Eiger Mountain from her office window. This view brought on her nostalgia about her Nepal trip. "It reminded me of Nepal's high mountains and I started dreaming about it." During her free time at work, she researched and gathered information about GHT. She collected information about

trekking from the east to west of Nepal.

TURNING A DREAM INTO REALITY



“Evelyne Binsack is my role model. She was the first Swiss female to climb Everest. She was an inspirational person for my adventurous life”

Photos Courtesy: Maria Theresia Zwysig



PROFILE



After her tedious research, planning and travelling arrangement and sleepless nights, she embarked on her journey. This was her second journey to Nepal on a bicycle. Cycling helped to build physical strength and muscle to complete the GHT.

She cycled through the silk route and passed cycled over 15,000 kilometers in 13 months.

Her GHT journey started from Fungling to Kanchenjunga Base Camp, Ghunsa, Olangchungola, Lumba Sumba Pass Camp in the eastern part of Nepal. This took her 3 weeks. She resumed her journey from Thame, then trekked through Langtang, Manaslu, Mugu, Rara t Humla, Simikot, Limi Valley and Hilsa of far-western Nepal. With

her thumbs up, she excitedly exclaimed, "Yes! We completed the Great Himalayan Trail in 89 days!"

She walked a total of 1711 kilometers excluding the side trek to Rara and Limi Valley.

The hardest part of the trek for her was at Sherpeni Col. Altitude sickness was not the issue, but she had stomach problems and running bowels at Gamgadi. She loved the Upper Dolpa area the most.

LIFE-LEARNING EXPERIENCE

She spent 18 months for the whole journey, 13 months cycling and 5 months trekking.

Trekking the GHT from east to west, she





saw nine of the world's highest peaks. She trekked and passed through various remote villages and met a lot of amazing people. There were rivers, valleys, lowlands, terraced fields, wilderness and several high passes.

She felt tired and could not even move her legs. "I felt so exhausted that moving a few steps ahead was a herculean effort." She feels immense gratitude for her guide, Sanjib Gurung for his continuous support.

She was touched by the warm-hearted people of Mugu and Humla. She was speechless when she saw their plight of their poverty and lifestyle and she could not stop her tears. Despite their tough life, the smiles of the local people never left their faces. This experience taught her the biggest lesson in life and she feels privileged to be born in a country with many opportunities.

"GHT taught me a lot - happiness, perseverance, pain, patience and motivation are everything for life. GHT taught me how to live!" she says while smiling.

Life is not just joy, but is also filled with pain, commitment patience and suffering. Asked if she would come back, her answer was, "Of course I will be back!"

surand.rana@gmail.com

www.iginepal.com

**निजीवन बीमा सँग सम्बन्धित
हरेक प्रकारको
जोखिम वहन गर्ने
जिम्मेवारीका साथ अगाडी बढ्दै**



Property Insurance
सम्पत्ति बीमा

Motor Insurance
मोटर बीमा

Marine Insurance
समुद्रक बीमा

Miscellaneous Insurance
विविध बीमा

CAR/Engineering Insurance
इन्जिनियरिङ बीमा

Agriculture Insurance
कृषि बीमा

Aviation Insurance
हवाई बीमा

Micro Insurance
सूक्ष्म बीमा



IME GENERAL INSURANCE

IME General Insurance Limited

Corporate Office : Narayanchaur, Naxal, Kathmandu, Nepal

Phone (Hunting) : +977 1 4411510 | Fax : +977 1 4411736

Email : info@iginepal.com

Toll Free
16600 179353

Rediscovering the lanes of Thamel

Nina's Photography

*The least known handicraft shops
defining the best arts of its own.*

Thamel has many pockets where art resides that you can sometimes get baffled by its variety. There are mini handicraft shops that have been in the market for more than 25 years. Amidst the new cafes and stores mushrooming now, the older version of these shops are a marvel. If you're in search of lesser known handicraft shops, I bring you the best from vivacious Thamel.

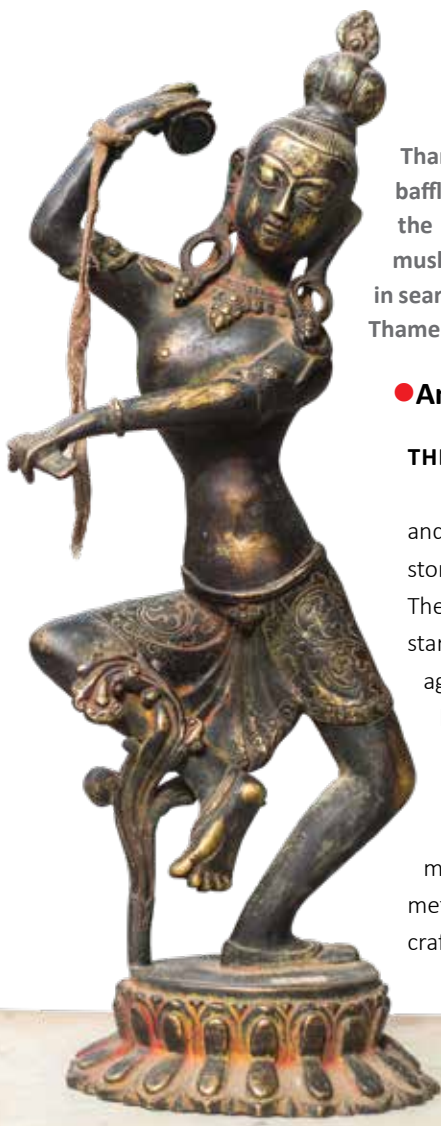
● Ankita Jain

THE MASK HEAVEN

In one of the many meandering and busy lanes of Thamel lies a store named Handmade Collection. The store owner, Govinda Maharjan started his business 26 years ago. He saw a huge earning in handicrafts and utilized his space in Thamel. Today, the store is filled with the rarest masks, hand painted furniture and many more. Each mask here is meticulously handcrafted. These crafts are exported to European countries, China,

India, etc. This mask heaven has an investment of more than \$600,000. With such a huge investment, Maharjan makes sure to deliver affordably priced crafts to his customers. He makes sure the prices don't fluctuate with the season. The prices range from Rs. 100 to Rs. 60,000.

Even though the handicraft business is not popular with the locals, Maharjan is aiming high and is optimistic that the market will pick up in the coming tourist season.



HIT THE RIGHT CHORD

A few lanes after entering Thamel, you will come upon Roadhouse lane- that is packed with cafes and pubs. If you listen carefully, you can hear the dulcet tones emanating from the roadside space of Third Eye Restaurant. The area it covers might be small, but it does get plenty of eyeballs. Any person who walks past the lane is mesmerized by the beauty of the musical instruments.

It takes a minimum of three days from cutting, shaping, filing, rolling and drilling the log of wood to make

musical instruments that produce ear soothing music, explained the owner of CMS Sarangi Folk Musical Shop. A cutting edge precision gives the Sarangi its shape. The selling price varies from Rs. 1000 to Rs. 10,000 depending on the size. However, the skilled artisans barely make a profit of Rs. 500 to Rs. 1,000 after excluding the cost of the wood, labour, instrument repair and other accessories. As I watch them, I only see passion at work and not just a person using his skills to make a musical instrument.



WEAVING WARMTH

The lanes of Thamel and Basantapur are filled with handicrafts made of sheep wool. These products are in high demand in Mongolia, Japan, Korea and China. While searching for a shop that excels in sheep wool handicrafts, I chanced upon this tiny store named Best Handicraft. It is located right at the dividing lanes of Thamel. They have a manufacturing unit in Balaju and on display were over 75 variations of sheep wool products. Ajay Rijal, the co-founder of this business, started this venture 8 years ago. While the early days of the business were in boom and exports where high, this is not the case today. Today, he is currently struggling to survive in a market that is dependent on tourism. Rijal recalls a time when he sold Rs. 4 million worth of products to a Japanese customer.

Even though there are manufacturers that are blending wool with plastic, Rijal makes sure that the quality of his products does not waver and that only the purest of sheep wool is used. His products range from Rs. 50 to Rs. 15,000.



My first flight experience



Imagine the scene at an airport. The posh lobby brimming with passengers in branded clothes and polished shoes wheeling their trolleys, waiting to board their first-ever flight. That adrenaline rush blended with scary thoughts is what runs through everyone's mind. The first flight is a dream come true for many and here's what the celebrities of the city have to say about it.

Swastima Khadka

I had my first aerial view flying from Buddha Air. It was a flight to Nepalgunj from Kathmandu. I was 18-year-old then and was brimming with excitement for my first ever flight. Talking about my first international flight, it had to be Singapore, Asia's hit-list destinations. I must agree the firsts are always so special and indeed both my domestic and international flights have been a journey in itself. As I travel frequently and flights have been a part of me, I always prioritize safety.



I had my first aerial view flying from Buddha Air. It was a flight to Nepalgunj from Kathmandu.

Anoop Bikram Shahi

I had a phobia with heights. So it was natural that the term 'flight' would always scare me. Keeping these factors in mind, I was very selective when I had to finally fly. I must agree if it wasn't for work purposes, I would never fly. The flight to the lake city, Pokhara, was my first flight. I must have chanted some prayers and closed my eyes when the aircraft was taxiing around and took flight. It was 8-9 years back. And it has a lasting impression in my head. Talking about my first international flight, it was a flight to the United Kingdom. Even today, I avoid long flights as I am not comfortable. As far as domestic flights are concerned, I trust Buddha Air blindly.



As far as domestic flights are concerned, I trust Buddha Air blindly.

FLIGHT EXPERIENCES

ZENISHA MOKTAN MALHOTRA

I took my first flight when I was one-year-old. Possibly too young to travel but I've been traveling ever since. However, I had my first flight to Delhi from Kathmandu. My grandparents used to work in the Nepal Embassy in Delhi and I was extremely excited to meet them, says my father. According to him, I was a smart kid, a pro at airport security check and too comfortable in-flight journeys. Moreover, the huge embassy premises used to excite me and I used to enjoy these vacations to the fullest.



MANITA DEVKOTA

My first flight experience was to an international



destination. The year was 2004 and I was flying from Hong Kong to Chicago. I was scared at the same time excited as I was traveling with my family to explore a new destination. I am glad my first flight experience happened to be with family. It was full of love and excitement. And this memory is etched forever. Today, I fly often and I'm not at all scared of flying.

TENZIN TSETEN BHUTIA

An adrenaline rush with lots of nervousness and the feeling that I will never come back is what I felt during my first flight. Since I have a phobia of heights, I felt my heartbeat so loud whenever the aircraft faced any turbulence. And I quickly joined my hands for prayers. I believe this would be the first reaction of every normal human being who is scared. Coincidentally, my first flight experience happened to be with Buddha Air. It was from Kathmandu to Bhadrapur. Since then whenever I get a chance to travel locally, I prefer to fly only with Buddha Air. The fact being it's considered to be the safest.



Cooking Traditional Nepali Cuisine

Promotion of tourism through local gastronomy

Tourism has much more to offer than beauty to the eyes. It opens hearts and spirits to the culture, diversity and knowledge that the world has to offer. One such experience that helps to connect deeper with the place you're travelling is learning to prepare the local cuisine. The cuisine of a place has its culture engraved in it – the food signifies something greater than simply a source of eliminating hunger.



Nepal Cooking School

Nepal Cooking School is located at the heart of Thamel, with the objective of teaching not only to prepare Nepali cuisine but giving insight to people all around the world about the nature of Nepali food. The cooking school also requires learners to pick the ingredients themselves from the market, with staff assistance, which helps them to understand the dishes better. Here, visitors are guided by chefs in cooking a 4-course Nepali staple meal which includes Dal-Bhat, Chatamari, Momos and much more. The most special thing about this institution is that the profit earned from here goes towards funding social programs-educating children and providing skill-based training to women- for the organization, Journey Nepal. On TripAdvisor, a tourist by the username Timothy B says, "Absolutely loved my experience and will certainly be cooking these dishes when back in Australia! Thank you Nepal cooking school!"

2 Sisters Nepal

More and more youths are starting to get engaged in the field of tourism in Nepal. 2 Sisters Nepal is a cooking school run by two young female entrepreneurs

in the heritage-rich Patan, providing a hygienic, well-organized and memorable experience to its learners. The specialty of this place is that its recipes and preparation processes are based on traditional Nepali cuisine as well as a touch of modern fusion.

On TripAdvisor, an American tourist writes, "I'm so glad as an American woman traveling solo that I did this! The course is fun and informative. The willingness to accommodate and teach is easy but traditional and authentic! The area is beautiful...a bit calmer than much of the city and it's picturesque and pleasant within the confines. The food I made, the people I met and the team... Sushma and Maya and a few other wonderful people made for a hi-lite of my trip! I highly recommend!"

Along with credited cooking schools, there are a lot of local cooking classes that are in operation, with the



classes being taught by members of the family and in their homes itself. In any case, there are a large number of options for tourists visiting Nepal to learn about its cuisine.

● **Gia Subedi**



UTSAV AUTHENTIC NEPALI RESTAURANT

Celebrating Authentic Nepali Cuisine Since 2008

● Samikchhya Gautam

The restaurant opens to the noble and spacious authentic Nepali architecture. The antique monument of Chaitya is placed as a significance of peace and prosperity at the entrance. To add to the ambience glory, the bright lightings on brick wall art and wooden doors that represent the touch of ancient Nepalese houses, radiate calmness. To the right, where restaurant divides into two hall seating, the overall internal composition discloses a typical Nepali vibe. Both the halls have individual stages for live Nepali Cultural performances. The quintessential blend of antique Nepali and modern architecture is what makes the impression of the place more engaging and livelier.

The seating capacity at Utsav is around 200 guests and has finest dining services. The professional and highly welcoming staff adorn the national/cultural clothes. Besides that, the spacious dining here has sufficient spaces for movements and private seating for everyone to enjoy the best of Nepali cultural performances and classical music without disturbances. The restaurant ensures perfect dining experience with an array of cuisine options.

Moving to the food section, Utsav Authentic Nepali Restaurant feasts one of the best Nepali cuisines in the valley with a blend of Newari food items. Having the guest flow ratio of 70% foreigners and 30% local, the feast prepared is mostly inclined towards foreigner's adaptation to Nepali spices. The items served in the

Nepali Set are Daal, Bhat, 2 varieties of vegetables, yogurt and a pickle. In case of non-veg, boar and chicken or mutton is served.

"Though we are established as Authentic Nepali Food, our openness to the tailor-made menu is what keeps us different from other similar restaurants"- Ricku Pradhan, Executive Director at Utsav Authentic Nepali Restaurant. Adding to it, Pradhan clarifies that the menu is not just specific to the hardcopy but to the taste and priority of the customers. The other delectable food that Utsav caters are Indian and continental.

On a per day basis, Utsav experiences an average of 100-200 guest flow in the off season. And having to make it up to every client's food recommendations is the most interesting challenge that we love



to take and upgrade. - Mr. Ricku Pradhan, Executive Director. The restaurant indeed has something for everyone. Having informed earlier, the restaurant caters to every minor requirement of the guests. For instance, Halal food, Gluten free to eggless to garlic/onion less food, etc.

An interesting encounter with a Canadian group also revealed that the restaurant offers cooking classes to those interested. A group of 8 Canadian guests along 2 children seemed exhilarated about the momo making classes in their itinerary. Deemed to be highly influenced by the quote, 'When in Rome, do as the Romans do', Mr. Pradhan implemented this idea of cooking classes in the restaurant with the idea to introduce the making of Nepali food to foreigners. "Only when they take the process, they learn the Nepali spices and the actual taste of how foods are made" was his say. To add to the fun, guests are made to eat the food they make along with another proper meal for sure.

1. When the guests; be it foreigners or Nepali, refill their plate, that is when we know we're in the right direction and that gratifies me the most.
2. Utsav's most favored blend in the Nepali Cuisine apart the Dhal Bhat is the Chatamari or Nepali Pizza, Sukuti/dried meat and Mustang Aalu
3. Dance performances vary day to day as they represent different Nepali Cultures/societies everyday. Some of the performances are: Kumari Dance, Lakhey dance, Newari Dance.
4. Among the most important detail that the modern restaurants implement, Utsav's hallway is built in a wheelchair friendly pattern with placement of ramps.
5. One of many proud moments for

the restaurant was holding the Gala Dinner event for The Trans Himalayan Adventure 2019. The crew of this unforgettable, high-altitude expedition in the mountainous part of China, Tibet and Nepal, chose to close its events with experiences, awards at Utsav Restaurant.



● *Dominican Abroad*

POTE

A Symbol of Love and Religious Harmony

The pote (colorful glass bead necklaces) is a symbol of married life. It is worn by married Hindu women in Nepal. The pote is believed to be related to the longevity of a husband's life. There is even a belief that if a wife takes off her pote, it would be bad luck for her husband. A widow or a divorcee does not wear a pote. While the necklace was only worn by women of



the Brahmin community, it has now become a part of every married Hindu women's life in Nepal. Once a husband puts the pote around his wife's neck during their marriage, it is not removed.

While potes usually consist of a single string, there are many beautiful variations of the potes that are worn during festivals. These potes range from



Chhadke Tilhari, Maili Tilhari, Jantar, etc. These potes are either red, yellow or green in colour.

While the beautiful pote is a symbol of a married Hindu women, it is also a symbol of religious harmony.

"The beads for the pote are imported from China, Czech Republic and others were most of the people are Christians, and the necklaces are made by the Muslim community in Nepal," explains Razza Uddin. This is how people from different religions are tied harmoniously with the thread of the pote.

Razza has been involved in the business for the last 18 years. This line of work has been passed down from generations. Before Razza's parents, his grandparents and great grandparents were making potes in Indrachowk.

"I don't know the exact history, but it is believed that Muslims have been making potes for over 200 years and it is a major source of income for our family," comments Razza. He is happily living with a family of five. Along with Razza, his wife and mother are also involved in the business.

He further shared that way potes are made have changed with the invention of new technologies. But, Razza is still



an expert at handmade Chhadke Tilhari. This is made by stringing threads of glass beads with a gold ornament in the middle. It is made from more than 70 strings of green beads. It is not a necklace as it is worn like a side bag- hence the name. Chhadke means side in Nepali.

Razza used to take a day to complete a whole Chhadke Tilhari. While most Chhadke Tilharis consists of 72 strings, the number can change as per the demands of his clients. There have been requests to make Tilharis of more than 90 to 100

strings of potes!

Nowadays, Razza orders the potes from prisons. "Due to the high demand of the potes, prisoners inside the valley make the Chhadke Tilhari and we pay them. We just add the gold ornament to it." The prisoners also make normal potes like Jantar, Maili Tilhari and single string pote.

Indrachowk has over 45 shops that sell potes. During festive seasons, they sell potes worth Rs. 10,000 to Rs. 12,000 each day.

Waste to Wonderful

Exploring the world of upcycling and recycling — in fashion, home décor and many more

What if you could turn your favorite shirt into buttons for your new one? Or instead of throwing out those water bottles, use them to grow plants? Better still, reuse those jam jar to serve milkshakes; or just give them a more creative spin and turn them into aesthetic hanging lights. Or, turn waste tyres into lucrative furniture.

Any belongings before throwing to trash bucket and transforming it to other usable materials is becoming new trend in town. Many creative minds are turning waste in to wonderful gifts. More than that, it has become a means of livelihood for many poor families by promoting environment friendly economy and sustainability.

Upcycling is a creative reuse, is the process of transforming by-products, waste materials, useless or unwanted products into new materials with better quality. It conserves the environment, reduces the amount of waste that is dumped in the landfills, reduces the cost of production, supporting local economy and encourages creativity and innovation.

We introduce you such initiatives to inspire many of us to make difference in going green in a more creative way.



JEEVANKALA

Many of us just litter the plastic packets of Lays- popular potato chips or of instant noodles on the street. While for JeevanKala these left out packets are more than gems. The creative hands of JeevanKala modify these plastic packets into beautiful bags or baskets. Branded in Nepal, these upcycling materials are now selling in USA, Europe and Australia. Started in 2002, Ms. Soni KC Parajuli put forth this idea of upcycling. JeevanKala has tied up with NGOs and Schools to collect the plastic packets. The Christmas

ornaments processed from upcycling are also the best selling items of JeevanKala. The price of products of JeevanKala ranges from Rs 100-7000. Employing about 50 craftsmen and women, their product prices ranges from NRs 100- 1000.

Located in the middle of Thamel- a popular tourist destination in the Capital, JeevanKala is a philanthropist venture of Himalayan HealthCare which is providing quality health care, education and livelihoods support specifically in remote northern belt of Dhading district. One of Himalayan HealthCare's most important income generation activities has been to promote the international sale of locally manufactured handicrafts under the name JeevanKala. This initiative has allowed hundreds of families from rural villages to earn living wages. The net proceeds from all sales of JeevanKala goods go toward funding for Himalayan Health Care's other charitable programs in Nepal.

TYRE TREASURES

A 10 day coincidental meeting of Ojaswi Baidya and Loonibha Manandhar





in Greenovation Challenge 2016 became a turning point in their life by introducing environment friendly sustainable business model. They introduced Tyre Treasures-creativity to make furniture out of used Tyres.

Initially it was a challenge to introduce this noble idea. After going through idea after idea, they eventually decided to focus on making upcycled products from waste tyre as it was clear that this waste is ending up in landfills. They did not stop only here, but went deeper to find the use of waste tyres. As they go deeper, they found tyres burning in brick factories- producing toxic pollutant that is harmful for environment and public health – producing toxins. The duo found their answer to reuse waste tyres turning into furniture.

Tyre Treasures thus became one of the winning ideas at Greenovation Challenge in 2016. They received seed money of Rs 150,000 as a reward which they invested in their research and development. Today, Tyre Treasures runs completely from the sales revenue.

KHALISISI

Waste from every households mostly end up in landfill sites without reaching to its collectors. This gap was a big burden for reuse and putting a heavy toll for the



environment. To bridge the gap, Khalisisi- a social enterprise provides a platform to get waste sellers and waste entrepreneurs together to recycle the trash.

Currently, operating in Kathmandu and Lalitpur, the users can use its website or give phone call to schedule the time; and the waste entrepreneurs will pick it up.

Khalisisi is a networking site from where wastes are collected- business model that hits the need for an efficient trash waste collection system.

Users either can sell or donate their wastes. Khalisisi has collaborated with local waste entrepreneurs, also known as Khalisisi friends who collect recyclables from door to door and sell it for recycling. Also, at the end of each month, 10% of total profits made through sales of

donated recyclable trash will go to the welfare of Khalisisi friends and their family.

The selling waste varies from Papers, Metal and Steel, E-Waste (PCs and Batteries) including other items.

This great idea was introduced by Asyushi KC – a young entrepreneur who established that waste can be treated as a resource.

After collection, the recyclable items are sold to scrap collection centers (kawadi shops) where it undergoes further sorting and are sold to recycling centers. Recycling centers then recycle the trash in to brand new products – obviously saving trees from chopping. So, the more recyclables that we collect, the more we save on our resources.



Falling Reserves

In county like ours whose economy is heavily dependent on imports, foreign exchange reserves should be adequate to sustain imports for at least eight months



Rajin Ranjit
MIS Director,
Buddha Air

Decreasing trend of foreign exchange reserves during the last two years of this government is at alarming stage. Considering the data of July 2017 to July 2019, it almost dropped by Rs 100 billion. It has fallen to Rs 825 billion in July 2019 whereas the maximum reserves recorded in initial period of 2017 was around Rs 925 billion.

The ability to import goods and services from its reserve has declined by nearly half in four years from 14.1 months to 7.8 months which, in fact, is very critical.

In county like ours whose economy is heavily dependent on imports, foreign exchange reserves should be adequate to sustain imports for at least eight months. It has not only placed the country's economy in risky situation but raises the issue of current government's policy on tackling these kinds of situation.

Nepal's tourism industry excluding domestic contribution has a major stake on foreign exchange reserves amounting to Rs 69 billion in 2018-19 (projected) and our whole effort should be to increase this revenue by promoting major touristic destinations and provide full support to increase it.

Nepali aviation industry is playing pivotal role to withstand this income for the economic sustainability and viability of the country and major decisions should be taken to level up and increase it. Adapting the policy of downsizing the revenue from tourism industry and any other related fields could be suicidal for the economic condition of the country. Thus any major decisions on this should be discussed with the stakeholders so that they could be implemented for the better future.

Recent study shows that aircraft and related spares

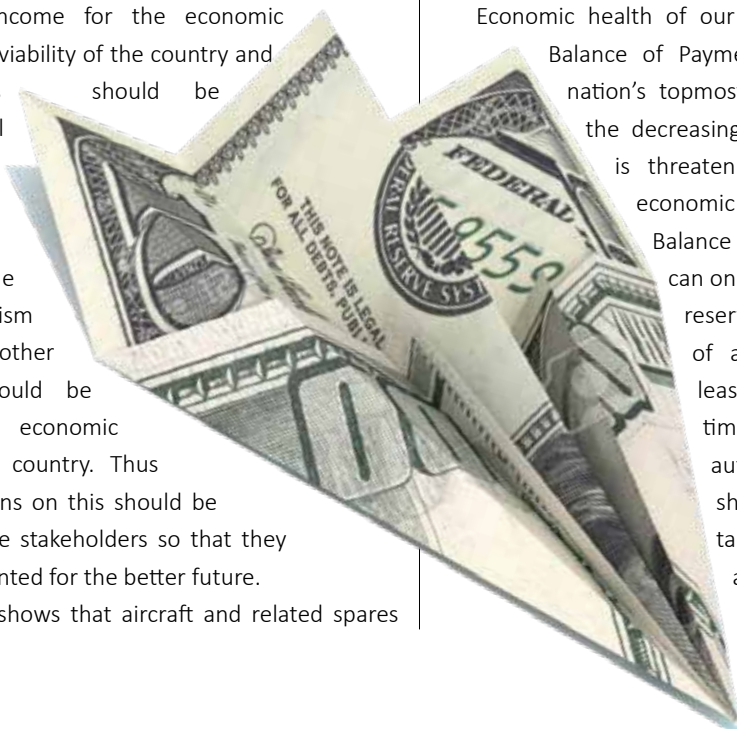
import for the fiscal year 2075-76 BS is around Rs 22 billion (USD 191 million) and total foreign revenue generated from Airline Industry is around Rs 23 billion (USD 200 million) with a surplus of Rs one billion (USD 9 million) in our country's Balance of Payment.

How can we think about downsizing Aviation Foreign Income generation just to widen the gap of payment which will naturally affect our country's economic condition and lead to recession? Since our total foreign reserves have already been reduced drastically which can only be provisioned for 7.8 months of imports of goods and it's going to be suicidal to act in this line.

Are we downsizing just to make sure that more tourists can be attracted? Then this false assumption will take its toll and jeopardize the whole economy which will lead us nowhere.

Our sincere suggestion would be to increase existing income so that whole Balance of Payment of our country can be maintained in the long run. Buddha Air in its 22 years of operation is operating by the books and provides best facility to its employees and contributes for the nation and tourism development. We along with all other operators are strongly against the non-scientific and irrational philosophy of downsizing the foreign income which is the backbone of our country's economy.

Economic health of our country fully depends on Balance of Payment and it should be our nation's topmost priority to maintain. But the decreasing trend of foreign reserves is threatening to exploit the whole economic condition and deteriorate Balance of Payment. This downsizing can only be imagined if our foreign reserves can cover the import of all goods and services at least for a standard period of time defined by governing authority. And policy makers should be fully prepared to take the responsibility of any unforeseen economic avalanche due to this policy.





Bhume Festival

Bhume festival is the biggest and most important event celebrated by the Magar communities of Rukum and Rolpa districts in the Athara Magarat region. The people of these districts are nature worshippers and culturally rich in their traditions, language and lifestyles. Locally, the festival is known as Bhumya Parva.

The people of the region celebrate Bhume Pooja by paying respect to the land (called Bhume in Nepali) as mother earth. The festival is celebrated at the beginning of the monsoon season, right after the winter crops are harvested. The festival is celebrated in anticipation for better crops and to protect people from unforeseen circumstances. Special rituals and sacrifices are performed during the pooja.

The Bhume pooja is performed in mid June. It is commemorated by performing traditional rituals followed by a week of singing and dancing. Men and women dance in a circle in two separate



rows continuously to the beat of traditional Nepali instruments.

It is a time of merriment and rejoice for the people who celebrate Bhume pooja in their villages. Families, relatives and friends come together and exchange love, affection and happiness.

The process of celebrating the Bhume Naach (Dance) is a symbolic demonstration of the relationship of the Magar community with nature and human beings.





Palace Turned Hotels

Live where the royals lived once. The grandeur and history of these eras are unmatched. In this edition of Yatra, we bring you hand-picked old palaces which are now a luxury and boutique hotels in the capital. The experience is one of its kinds.

Hotel Yak & Yeti

Hotel Yak & Yeti, etched with the history of Ranas, has its mystery, charm and still maintains the sophistication in the ample grounds of the over 100 years- old palace. Previously known as Lal Durbar, the palace was built by Bir Shumsher Jung Bahadur Rana in the year 1885 for his youngest wife Topkumari Devi. Bir Shumsher is known to be one of the most powerful Rana Maharajas of that era and a renowned builder and musician. He built the most elegant palace theatre in Kathmandu occupying a land area of 300 ropani with Seto Durbar towards its

south. Immensely inspired by European architecture, the red marble was shipped in from Italy and carried from Kolkata to Kathmandu on the backs of porters along with many other precious items. Mirrors and chandeliers were also imported from

Europe.

However, In 1901 Tej Shumsher, the fourth son of Bir Shumsher inherited the palace. In 1934 Juddha Shumsher JBR exiled Tej Shumsher and captured all his property along with Lal Durbar. Later



in 1951, at the end of the Rana rule, the Lal Durbar was reclaimed by Tej Shumsher's sons. The entire Lal Durbar is now known as Hotel Yak and Yeti, a luxury 5-Star Hotel. The hotel was the first one its kind was established in 1977 and celebrates its 42 year anniversary this year.



Royal Empire Boutique Hotel

Royal Empire is the now renovated Dhruva Mahal, or the White Palace, as the old Rana palace is locally called; it used to be a mid-level Rana palace back in the day. The hotel borrows quite a bit from the grand architecture of that era and exudes a regal air.

During the 18th century, HH Sri Tin Maharaja Juddha Shumsher Jung Bahadur Rana was hired by the powerful Rana Maharajas to build this beautiful palace. Juddha Shumsher was one of the most distinguished architects of that era. He then handed this beautiful white palace over to his son Gen. Dhurba Shumsher Jang Bahadur Rana. As a matter of fact, Surya Bahadur Thapa, the 25th and the longest five-time elected Prime Minister of Nepal also grew up in this palace along with the children of Gen. Dhurba Shumsher Jang Bahadur Rana. Later on after the demise of Gen. Dhurba Shumsher Jang Bahadur Rana, the palace came into the possession of his second son Manohar Shumsher Jang Bahadur Rana.

While the palace was being converted into a hotel, the building façade was kept intact but the interiors were revived for travellers to experience the taste of comfort that they'd expect in a world-class luxury hotel. Many of the rooms enjoy views overlooking the Royal Mews and the traditional elegance blends

seamlessly with the latest modern amenities. The rooms and lobbies in the hotel have been remodelled, but they've been done in a manner that has allowed them to retain their earlier characteristics even in their newer avatar of exceedingly comfortable rooms. Also, this palace hotel can be spotted from the road because of its beautiful white exterior and green rooftops, which we Nepalis know belonged to the Rajas.

Noya Hotel

Situated in Gairidhara, Noya is an elegant 11-room boutique hotel set in its courtyard. The property was once a part of the Royal Palace. In the 1980s visiting dignitaries of the Ranas were hosted in this charming cottage. Since Rana

architecture was heavily influenced by British neoclassical traditions, Noya Hotel pulls people through its quirky details and glory of a different time.

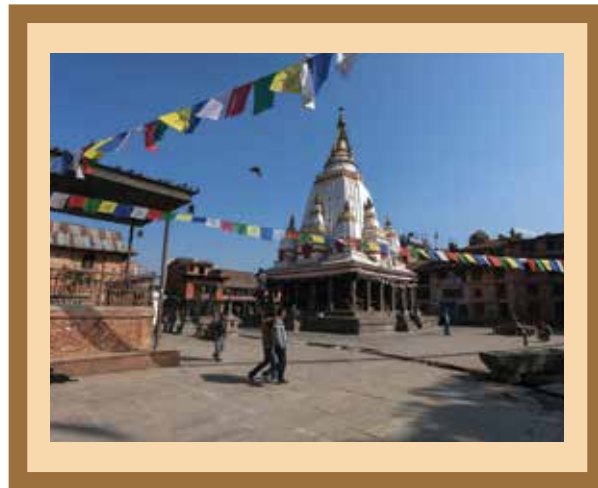
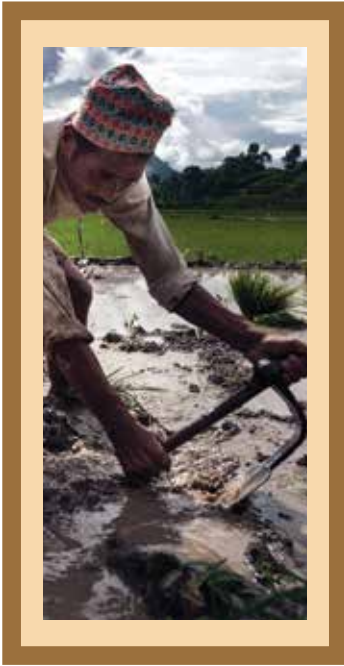
The owner of the hotel, Santosh Bahadur Shah, stumbled upon this run-down property and thought of creating it with a love for history and tradition. The property once reflected- beauty, extravagance, and most importantly family. Recreating the beautiful courtyards of the past, where the family gathered, he built extensions replicating an original Rana palace. Over two years, work was carried out to renovate the original building, bringing it up to international, modern standards, while retaining the character of the Rana era.

● **Ankita Jain**



BUNGAMATI

A City Rising back from Ruins



Everyday life at the 14th century old Bungamati city is quite peaceful. During the sunny days of winter, you can see the elderly basking in the sun as they watch their grandkids playing on the streets. You hear the continuous clanging of hammers into wood from a distance as traditional wood carvers prepare another piece of art.

Bungamati is believed to be the home of the God of Rain and Harvest, the Rato Machhindranath, also known as Bungadyo, literally meaning the God from Bungamati. As the legend goes, Bungadyo was brought to Kathmandu Valley to end a long drought that





had tormented the city for decades. A king went on a journey with two escorts to bring the Bungadyo to Kathmandu Valley to end the drought. But after Bungadyo was brought to the valley, disputes occurred about which city the Bungadyo would reside in. Finally, it was decided that the Bungadyo would reside for six months in Bungamati and six months in Patan. Today, this ancient city is a prime example of Newari culture that has been preserved over the ages.

However, traces of the April 2015 earthquake have been left all over the city. Although the debris has been cleared up and houses are being rebuilt, what strikes a visitor as a grim reminder of the earthquake is the gaping empty space where the 16th Century Rato Machhindranath Temple once used to

be. Bungamati was one of the worst hit regions during the earthquake. Around 30 people lost their lives and 853 houses were destroyed. Most of the houses had been built in traditional architectural style with elaborately carved wooden windows and doors, a specialty of the wood artisans of Bungamati. The earthquake had not only destroyed human life and properties but people feared the worst

“*Bungamati is believed to be the home of the God of Rain and Harvest, the Rato Machhindranath, also known as Bungadyo*”

when the main temple had fallen. It is believed that if tragedy strikes the Bungadyo, the country will suffer from bad omen. Luckily, during the Jatra, the temple was empty as the Bungadyo had been shifted to the chariot for the Jatra processions.

Currently, the planning phase for the temple along with two other temples in the core area, the Bhairab Temple and the Manakamana Temple has been passed to begin the rebuilding process. The Sri Lankan government has pledged 4.5 crore for the restoration of the temples. “We need to rebuild the temples not just to preserve our heritage but also to restore hope in our people.” says Prem Bhakta Maharjan, a member of the Bungamati Renovation and Development Council. The temple which was built in Shikhara

CULTURE & TRADITION

style and white washed will be restored in its original form. The project is planned to be completed within two years.

Since Bungamati suffered quite the damage, help has been flowing in since initial impact, with volunteers helping to remove the debris and the local people getting involved in safely tucking away the valuables found inside the temple. However, the compensation that the government had promised arrived late. Residents of Bungamati including Maharjan were forced to make temporary shelter in the rice fields because their houses were no longer safe to live in. But with the onset of monsoon season and the rodents in the fields, most of the people had no choice but to return to what was left of their homes before financial help arrived. But each household only received two lakhs out of the five lakhs that was promised. Either way, it was far too less to rebuild a traditional home. "The community has been very patient till now. But the government needs to act fast." states Maharjan.



Maharjan, who is also a resident of Bungamati, saw his two houses collapse during the earthquake where Maharjan and his brother's family lived. Thankfully, none of his family members sustained serious injuries.

Despite the shortcomings, the people of Bungamati have not been

shaken. The residents decided to establish the Bungamati Restoration and Development Council in order to help rebuild the city. "We told ourselves that what the earthquake brought us was an opportunity." says Maharjan, "This is an opportunity to rebuild Bungamati better and more beautiful than it was." he adds.

THINGS TO DO IN BUNGAMATI

Bungamati and its neighboring town of Khokana are quite small so you can cover the entire cities within a day. This is a great place to spend a quiet afternoon wandering around the old alleys and ponds that give the vibes of a medieval era.

WHERE TO GO?

Bungamati-Khokana

- Observe medieval Newari lifestyle

HOW TO GO?

-Take a local bus from Jawalakhel- Ekantakuna bus stop. It will take about half an hour to reach the Bungamati bus stop.

WHAT TO EAT?

- Local Newari food, Samay baji and Thwo (Rice beer)

WHAT TO DO?

-Stroll around Bungamati and Khokana
-Visit the Karyabinayak Temple and Shikali Mai Temple
- Visit the Rato Macchindranath Chowk and observe the rebuilding process after the earthquake

WHAT TO BUY?

- Local wood artisan's crafts to help support the traditional occupation of Bungamati
- Mustard seed oil in Khokana made in the same traditional method that has been passed down from generations



Currently the Council has been busy bridging the gap between the community and the municipality to help provide soft loans to the people to rebuild their homes. The community is also acting to cut down costs for the victims to buy rebuilding items such as bricks and cement.

As for the future, the Bungamati Council is planning to expand their reach by involving more people from the community. They are also acting with unhabitat to reestablish Bungamati as a tourist destination. The city with its rich culture adorned with old styled houses and ponds seeks to bring back its value by adding homestays and eateries for tourists. The council has been motivated by the positive reaction from several institutions

who want to support the cause. Many technical workshops are going on in Bungamati in order to help re-establish the skill set of the people.

One of the key assets of Bungamati is the large number of skilled wood carvers whose skills have been passed down from generations. The community seeks to restore the fallen temples and houses with their help. Even better, 9 wood artisans from Bungamati are

provided with classes on traditional wood carving with a master artist right there in Bungamati. This project is being funded by Artists for Nepal, situated in Netherlands. Such efforts are helping the community get back on its feet.

Through the hurdles and challenges, the Bungamati community is trying their best to revive the old city. With continuous efforts made by the community and their vision for the

better future of their city, Bungamati is definitely on the path to restoration. As for the Bungadyo, the Rain God is currently residing in Lalitpur in the temple at Tabahal. The Tabahal Temple did not sustain any damages so Bungadyo rests there safely awaiting the annual Rato Machhindranath Jatra in April.





SUDHEER SHARMA

Taking one step at time

Sudheer Sharma, the editor-in-chief of Kantipur, Nepal's largest selling-newspaper, is an avid reader, writer and a book lover. He is the author of the best-selling political non-fiction, 'Prayogshala' which has been able to sell more than 40,000 copies till date.

Sharma has contributed chapters to a number of books and has edited a volume on the Nepal Army, 'Nepali Sena: Nagarik Niyantran ka Chunauti' in 2010. His new book, 'The Nepal Nexus: An Inside Account of the Maoists, the Durbar and New Delhi' is going to be published by Penguin Random House.

Sharma, talks to 'Yatra' about his path to becoming one of the best-selling modern-day authors in Nepal.

I started reading from a very young age. I used to love reading comics in Nepali and Hindi during childhood. I studied at a public school in Jhapa where my father was a teacher. He was also a vivid reader so we had a lot of books at home while one of my neighbors used to have a small library at his home. So it was easy to develop a reading habit thanks to my home and social environment. I read books that were mostly in Nepali, Hindi and some books that were in English. I read whatever books I could get my hands on.

I had also started to write poems and essays in school, which I believe were really childish if I think about it now, but back then, that was what built an interest in me to read and write.

Back then during my college days, I chose to study science and enrolled at Amrit Science Campus, Kathmandu. In those days, if a student was good in studies, they were always expected to go into engineering or a medical field. However, I quickly realised my passion is in different sector and switched the faculty. My father wanted me to become a teacher like him. However, I always felt that I had to do something different in life.

My career in media started even before I knew it myself. When I was in school, I used to write for local papers during the pre-internet era. I wrote short articles and mailed them to newspapers in Kathmandu. When I saw my first by-line appear in *Prakash* Weekly in 1992, I was really happy and it motivated me to write more. Then my pieces were started to appear in *Samakalin*, *Dristi*, *Bimarsha* and other weeklies, which were the mainstream media of Nepal those days.

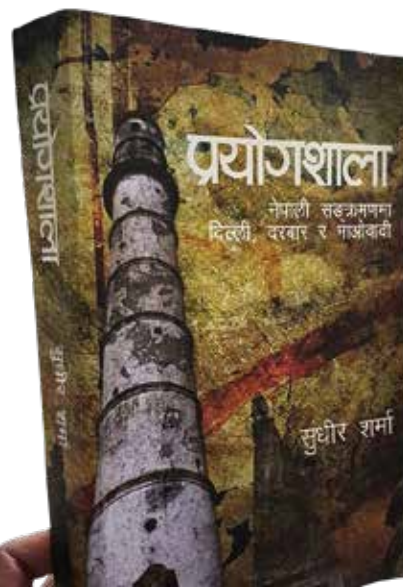
I wrote about international affairs

for *Yug Sambad*, then art and entertainment reporting for *Parda* weekly and started political reporting for *Jana Aastha*. I was also associated with *Kathmandu Today*, a fortnightly newsmagazine for a short period. But the turning point in my career came when I started in-depth reporting for the Center for Investigative Journalism (CIJ). While its lucrative fellowships helped me to sustain my life in Kathmandu, it also encouraged me to continue the journalism. Later on, I joined *Himal* which was converted as a fortnightly newsmagazine in 1998. While working there, I got a chance to cover a lot of important socio-political issues. I got to travel to remote areas of the country for the field stories as well as did cover stories on Kathmandu nightlife to SAF game to Nepali-speaking community of different parts of India. This phase in my career also helped me to gain a lot of experience and exposure.

For a few years, I wrote on several topics, but slightly began to specialize my work in the Maoist insurgency, security, political and geo-political affairs. But soon, I felt as though I was stuck and did not have space to grow any further. That was when I got an offer from *Kantipur Publications* to work as the assistant editor of *Nepal Magazine* in 2002.

TURNING TO THE PATH OF AN EDITOR

A year after, I got another offer from the management to become the editor of *Nepal* magazine. I was only 27 at the time and I was to handle a team that consisted of around 25 people! We converted this fortnightly into a weekly news magazine when I took the editorial leadership. I felt that people shouldn't have to wait 15 days to read





about the current affairs.

Any editor requires an editorial vision and a skill to run the media effectively, but what they also need are managerial skills to manage the mindsets of its subordinates. An editor becomes successful only if they

can properly mobilize the team. I had to learn that on my own.

After working in *Nepal* magazine for around five years, I got an offer to lead the *Kantipur Daily*, as its editor. That was the year of 2008.

T I D B I T S

- **Ideal reading space:** I like reading at home, surrounded with books. I don't like to read outside in other settings like cafes or when I am traveling because I would rather look around and discover new things around me.
- **First flight experience:** My first flight experience was when I flew from Kathmandu to Biratnagar in Necon Air while returning home during Dashain time in the early 90's. At first, I was nervous to fly because I had never had such an experience. But once I was up in the air, I felt like a bird flying in the sky.
- **Travel experience:** I have travelled to more than 25 countries and almost 60 districts in Nepal, maybe more! But I would like to revisit some of the historic places. I would also like to travel to all corners of the Karnali region as I want to explore the region in depth. The next international destination on my travel list would be South America. I also love to go on a long drive outside Nepal.
- **Favorite food:** Like most Nepalis, I prefer to eat the typical dal-bhat. There was one time I had dal bhat in Mustang, that was one of my favorite but I also enjoy Indian food a lot.

BREAKING NEW GROUND WITH PRAYOGSHALA

I wrote '*Prayogshala*' in 2013 as I was working in *Kantipur*. The book is a melting pot of the insights on the nation's affairs, the Maoist insurgency and geo-politics. Although it has almost been six years since *Prayogshala* was published, I still get a lot of feedback. The book got released during the time of 2013 election and during that time, the Maoist party lost its number one position. One of the top Maoist leaders claimed that they lost the election because of the things written in my book. I do not believe that my book was directly responsible for that but I do believe it started a discourse on some unexplained issues of the country.

I see people referencing my book and others recommending my book to those who want to learn about the last days of the monarchy, the emergence of republic Nepal and its relationship with neighboring country. Many people have asked for a sequel to *Prayogshala* but I do not have plans to publish one.

I am currently working on releasing my next book titled, '*Nepal Nexus: An Inside Account of the Maoists, the Durbar and New Delhi*'. This book includes updated chapters from *Prayogshala* but also adds new insight, for example, India's blockade, declaration of new constitution, China's increasing presence etc. I prepared it for the English readers, especially those who want to know more insights on Nepal's politics and impact of emerging geo-politics. *Nepal Nexus* has already gone to print and will be available in the market soon.

WHAT'S NEXT?

I am working on my next book which will be in Nepali but it would be early to explain about its subject. At first, I felt the pressure to make my next book as good as the previous one. It is also true that people will have high expectations from the author for his next book when the first one has already been so successful. In fact,

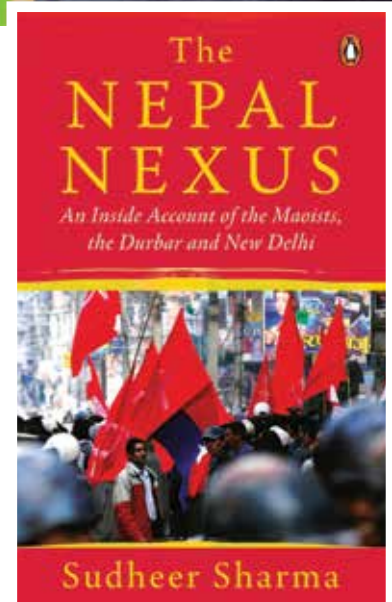


RECENTLY READ FIVE BOOKS

1. **Everything Under the Heavens** by *Howard French*: A book about China's historical growth and its recent place among the global powers. The author offers a view into this powerful nation's unchallenged authority.
2. **Ranahar** by *Yogesh Raj*: A fictional novel based on real-life events of Ranajeet, the last Malla King of Bhaktapur. The novel's title means 'defeat in war' and it unfolds the defeat of the Mallas by the Gorkhali King Prithvi Narayan Shah. The novel also elaborates on events leading to defeat and ultimate surrender by the Mallas to the Gorkhali King.
3. **This Brave New World: India, China and the United States** by *Anja Manuel*: In the future, India and China will have the vetoes over many international decisions, from climate change to global trade, human rights, and business standards. Predicting the power growth of Asia's two biggest nations, this book talks about how the United States can take the two countries along as partners.
4. **Khas Jati ko Itihas** by *Balkrishna Pokhrel*: A book with the efforts to show the oldest history in the origin of the Nepali speaking people. This book has made

a tremendous effort to find the history not just of Nepal but of India, Syria, Turkey, Central Asia, Lebanon, Egypt, Greek etc.

5. **Sotala** by *Dor Bahadur Bista*: A book novel by one of the best-known anthropologists of Nepal, this book shows the social and traditional relation between the two countries and the history of trade between them.



I gave this pressure even to myself and it prevented me from releasing my second book for a long time. But now I understand that each book has its own scope and area that it talks about. While some readers will love the book, others might disagree with it.

BIRATNAGAR

Transforming The City From An Industrial Hub to A Tourist Hub

While Biratnagar is best known as the industrial capital of Province 1, it is also the gateway to many hidden gems of eastern Nepal.

● Amrit Bhadgaunle





Aerial view of Bhedetar

Photo: Naren Kulung

This industrial city has more than 600 large and small scale industries and businesses that have over 1500 employees.

Back in those days, Biratnagar went by many different names; Chandragunj, Gograha, etc. It was so named Biratnagar, after King Birat who was its ruler. In fact, you can still find the ruins of the Birat Darbar.

When Biratnagar was declared the headquarters of Morang in 1971 B.S by Krishna Prasad Koirala, the city witnessed rapid commercialization and urbanization.

Along with the industrial strength, trade and commerce also flourished as the city was conveniently located 7 kilometers from the Indian port of Jogbani.

The city is the perfect amalgamation of people from different castes and religions living together. The city is exemplary for its religious tolerance and social harmony.

Biratnagar is also a major hub for political revolution with national

leaders like BP Koirala, Matrika Koirala, Manmohan Adhikari fighting for democracy.

Biratnagar has huge potential to reinvent itself as a tourist hub. With good road connectivity, air connectivity and an abundance of well-facilitated hotels travelling to Biratnagar and exploring eastern Nepal should be on your bucket list.

WHERE TO GO FROM BIRATNAGAR?

■ **Betana Wetland**

The wetland and community forest spreads over an area of 174 hectares. It is considered a hub of ecological biodiversity. Since 2061 B.S, there have been efforts made towards biodiversity conservation and eco-tourism development. Betana Wetland has well over 6 species of tortoise. The area is also a habitat to various species of flora and fauna. There are 18 species of fishes and 58 species of birds. During winter, birds



Betana Wetland





Taltaliya



as far away as Siberia migrant towards the wetland. The wetland is even used to irrigate 15 hundreds bighas of land. You can even boat on the lake.

Betana even has an animal liberation center. Injured snakes, deers, pythons and even birds from Morang are brought over to the center for treatment. At first sight, the center looks like a zoo as there are many animals there.

Besides biodiversity researchers, picnickers and other lovers of fun visit Betana all year round. It is about 32 kilometers from Biratnagar.

■ **Taltaliya**

It is aptly named Taltaliya due to the abundance of lakes and lakelets. This attraction of the east is situated 7 kilometers from Itahari and 5 kilometers from Koshi Highway. Covering an area of 20 hectares, Taltaliya consists of 7 lakes, and one of the lakes even has boating facility.

Stony statuesque figurines border the lake shorelines. These statues are carved by artists all over Nepal. The figures lie under the care of the open sky. Taltaliya is a great place for children as it has a park and there is even a mini zoo. Like Betana Wetland, you can visit Taltaliya throughout the year, and it is just 30 kilometers away from Biratnagar.



■ **Dharan**

A small valley with altitudes ranging from 300 meters to 1790 meters, Dharan has many tourist attractions. Some of them are Sirijanga's Statue, Yalambar Park, Jungle Zoo, Ghantaghar (Clock Tower), B.P Health Foundation, Dantakali, Budhasubba, Pindeshwari and Pancha Kanya Temple.

Dharan is also the gateway to eastern hilly districts like Dhankuta, Bhojpur, Panchtar, Terathum and Shankwasaba. People from different ethnic groups

like Rai, Limbu, Sherpa, Magar, Gurung, Brahmin, etc all live together in mutual harmony.

Another popular activity to do in Dharan is rafting where it covers a distance of 34 kilometers from Bishranti Temple to the shore of River Tamor. Paragliding is a new adventure activity to do in Dharan. You can paraglide from Chindedada and land at Chhoti Morang. For golf lovers, Dharan offers 18 holes at the Nirvana Golf Course. Bagarkot is popular for its for evening culture.



Heritages like Varah Chetra, Vishnu Paduka, B.P Park, Ramdhuni, Bhedetar, Shivajatta ad Sapta Koshi lie around the vicinity of Dharan.

Dharan Bazaar is 40 kilometers away from Biratnagar.

■ **Varah Chetra**

This is one of the four major Hindu pilgrimages, located in the Sunsari district. The Varah Temple lies at the edges of Koko and Koshi Rivers. Varah is considered the third incarnation of Lord Vishnu. It is believed that after the incarceration of the demon, Varah rested along the edges of the Koko and Koshi Rivers.

Holy ablutions and shraddha are performed at the confluence of Koko and Koshi Rivers. Shraddha is done to ensure the souls of the ancestors go to heaven.

During the Nepali month of Shrawan, a Bol Bom Mela takes place at Pindeshwori Temple of Bijayapur Hill, Dharan. Devotees offer holy water from the confluence of Koko and Koshi Rivers to Varah and take it to Pindeshwori Temple. Pindeshwori, Varah Chetra and Chardhams can be visited all in one go. The area is known as the "Haridwar of Nepal." At the moment, Varah Chetra



does not offer any hotel accommodations, so you will need to book hotels in Dharan.

Varah Chetra is 64 kilometers away from Biratnagar.

■ **Bhedetar**

Bhedetar (Sheep's Butte) is a place where the land keeps playing hide and seek with the fog. It is located on the borderline of Sunsari and Dhankuta districts.

Popular as a hill station, Iman Singh Chemjong's Statue, Shankeshwar Mahadev, Charles Tower Shimsewa Waterfall, Pathivara Temple, Namjhe Village, etc are major heritage attractions



Shimsuwa Waterfall

of Bhedetar.

Bhedetar is slowly developing into a tourist spot. The small hill station is just 16 kilometers from Dharan. The weather of Bhedetar is quite unpredictable.

Sometimes, the hills station is blanketed with fog, and then suddenly the fog disappears to reveal itself as the crown of Urban Dharan.

Some famous local cuisines of Bhedetar are the pig's ears and local alcohol.

Bhedetar is 57 kilometers from Biratnagar.

■ **Namje Gaun**

It is a beautiful Magar village that was listed by CNN as the "12 Most Visited Rural Destinations." Namje is 4 kilometers away from Bhedetar, and has a similar climate to it. When the skies are clear, you can get mesmerizing views of Mt Everest, Kumbhkarna, Kanchenjunga and Makalu from the village.

Bewildering the village tourist destination is a spirit residing in a house. The Namje- Rajarani road is uniquely crafted by stones and rocks. It is believed that the stones from the road were obtained by destroying 113 graves of Thumki Dada.

The village is resplendent with local homestay and hotel facilities serving you organic food. The cuisine includes corn and millet dhido, local chicken soup,



Namje Gaun

Eastern Exemplary **Artists**

74 year old **Jibnath Pokhrel** and 40 year old **Rojan Rai** are renowned artists of eastern Nepal from Inaruwa and Dharan respectively. Jibnath is known for his intricate bird paintings while Rai crafts various statues. Through his art, Jibnath is spreading a message of bird conservation while promoting tourism and

Rojan's statues have been beautifying various places.

Jibnath has dedicated more than three decades to teaching his art, and has been involved in making art for 25 years. He uses colors to paint the birds and uses sand to add reality to his paintings. Using grasses and leaves, he makes the birds' nests. He has an art studio in his own home.

Despite completing hotel management from Singapore, Rojan dedicated



Jibnath Pokhrel

himself to art and architecture. He crafted the Shankeshwar Mahadev of Bhedetar, Sahnkha of Shankamaula in Kathmandu, Twachung of Khotang and other statues. He has even carved art in coins.



Rojan Rai



fruits, etc. In the evening, a Hurra dance is performed. This is a cultural dance that is unique to eastern Magars. The dancers, hand in hand sway to the beat of the madal in a circle.

Like Bhetedar, Namje also has land fog. The climate is always cool, which makes it nice getaway from the hot temperatures of Terai and other Indian cities. From here, the plains of the Terai and the Sapta Koshi River is seen.

Namje Gaun is 61 kilometers from Biratnagar.

■ Hille

Hille is a silent, cool and beautiful terrain of Dhankuta. At the center of town is a tall 21 meter tall statue of Tangaba. Hille is a cool respite from the hot summers, complete with an offering of a variety of Tongba (local alcohol). Hille is known for its green hills, small settlements and beautiful mountain ranges.

Peaks like Kanchenjunga, Makalu and Everest can be seen at close proximity from Hille. There is also a British aided firm called Pakhrivas Agriculture Centre.

Hille is a commercial hub of eastern Nepal and is well facilitated with hotels, resorts and lodges. It is located 102 kilometers from Biratnagar.



■ **Koshi Tappu** Tongba Statute, Hille

The Koshi Tappu Wildlife Reserve was established in 2026 BS for the conservation of Arna (wild buffalo). The reserve originally covered an area of 12 square kilometers, but was later expanded to 175 square meters as protected area.

As per the Ramsar List, Koshi Tappu has 441 wild buffaloes, 300 birds and 11 wild elephants. Migratory birds from

Siberia fly to nest here during winter.

There are many wildlife adventures you can enjoy at Koshi Tappu like jeep safari, jungle walks, elephant safari and boating safari. There are a few resorts and hotels located at the center of the reserve. At Jambuwa, tourists can book a Tharu homestay and Tapeswari homestay in Udaypur.

Koshi Tappu Wildlife Reserve is located 47 kilometers away from Biratnagar.

■ HOW TO REACH

By Air: Take a 35 minute flight from Kathmandu to Biratnagar. There are daily scheduled flights.

By Road: Take a 12 hour bus ride from Kathmandu to Biratnagar (550km).



Wild Buffalo at Koshi Tappu





Buddha Air's Outstanding Performers

Since Buddha Air was established, we have never wavered on our focus to provide safe flights and exceptional customer service. Committed to achieving this aim are our employees. Their hard work, dedication and affection towards the company have contributed in achieving our overall corporate objectives.

We acknowledge our employees' outstanding performance and facilitate them with rewards for sustaining and further upgrading their good performance. By doing so, we want to motivate and encourage their peers to uplift their performance standards.

Our employees' nominations are based on their annual performance derived through Staff Performance Management System (SPMS) and is handled by the Human

Resource Department.

We adopt a 360 degree approach which includes accessing goals and set targets, critical performance attributes, behavioural traits and peer and customer feedback in the SPMS. Our Human Resource Department conducts two half yearly appraisals for analyzing employee performance and identifying the best performers. Aggregate ratings in different aspects and comments of both appraisals help to derive outstanding performers.

We are pleased to announce the Outstanding Performers for the Fiscal Year 2018-2019. We would like to reward their efforts and devotion. Quotations from either their peers, supervisors, managers and customers are next to their photos.



ASARU THARU CHAUDHARY
Biratnagar Station

“
He is very hardworking and dedicated towards work and company”



DHAN BAHADUR MAGAR
Bhairahawa Station

“
Ability of tackling any difficult situation is considered his strength”



NANI BABU GHIMIRE
Transport Section

“
Mr. Ghimire has the best problem solving abilities”



PHOUDA BAHADUR THAPA
TIA Station/Attendant

“
Always active during duty period and Mr. Phouda is very enthusiastic towards task”



RIJIM SHAKYA
Revenue Department

“
Maintains cordial relations with everyone using his communication skills”



SATISH KUMAR RAJAK
Public Relation

“
Mr. Rajak has strong interpersonal skills with all stakeholders”



SHRADHA BHANDARI
TIA Station/Frontline

“
Identified with the best customer handling abilities”



SHREE KRISHNA GHIMIRE
Technical Supplies & Stores

“
Is highly knowledgeable (both theoretically and practically) regarding his work”



SMRITI SUBARNAKAR
TIA Station/Frontline

“
Highly confident and able to lead and manage the team under any circumstance”



SURENDRA SHRESTHA
MIS

“
Very responsible towards work and creates healthy working environment”



जहाजमै दाजु बेहोस भएपछि

● बल बहादुर विष्ट

साउन १९ गते ।

नेपालगन्जदेखि काठमाडौंको उडान ।

उडान नम्बर यु ४-४०४

जहाज उडेको १५ मिनेटजति हुँदै थियो । नेपालगन्जको हपहपी गर्मीबाट आएका यात्रुहरू जहाजभित्र सामान्य तापक्रममा चिसो मानेर सुस्ताइरहेका थिए । केही पत्रिका पढ्दै थिए । सबैजना आ-आफ्नै धुनमा । परिचारिका कृति झा र सुरक्षा अधिकारी यात्रुलाई पानी वितरण गर्दै थिए ।

म मेरा दाजु **तप्तबहादुर विष्ट** (जो पूर्व सूचना तथा सञ्चार राज्यमन्त्री हुन्) लाई उपचारका लागि काठमाडौं लैजाँदै थिएँ । चार वर्षअघि भारतमा उहाँको ब्रेन ट्युमरको शल्यक्रिया गरिएको थियो । त्यसैको फलोअपका लागि हामी काठमाडौं जाँदै थियौँ ।

उहाँलाई शौचालय जानुपर्ने भयो । साथै लिएर ढोकासम्म पुऱ्याएँ । सिटमा ल्याएँ । त्यसैबेला उहाँले औँलाले पछाडि देखाउनुभयो । हामी मध्यभागको सिटमा थियौँ । मेलै नजर पछाडितिर पुऱ्याएँ । केही देखिन । अनि भ्रूयालतिरको सिटमा बस्नुभएको दाजुको अनुहारमै फेरि आँखा लगाउँदै थिएँ । उहाँ सिटमा बाङ्गिनुभयो । घाँटी पनि छड्के भयो । मुखबाट फिँज आउन थाल्यो ।

मैले 'डक्टर ! डक्टर !' भनी सहयोगको याचना गरें । एयरहोस्टेस बहिनी हाम्रो सिटमै आइपुगिन् । उनले के भयो भनी सोधिन् । दाजु बेहोस भएकाले मैले हर्टअट्याक भनिदिएँ । दाजु बेहोस । म पनि रुन थालें ।

दाजुलाई कार्डियो पल्मोनरी रिससिटेसन (सीपीआर) दिनुपर्ने भयो । यो विधि भनेको छाती थिचेर सास फर्काउने कार्य रहेछ । मलाई यसबारे जानकारी थिएन । जहाजमा कोही बिरामी भएमा वा बेहोस भएमा एयरहोस्टेसले सबैभन्दा पहिले कोही चिकित्सक यात्रु भए/नभएको जानकारी लिने रहेछन् । त्यस दिन संयोगले कोही पनि चिकित्सक वा मेडिकल पर्सन जहाजमा रहेनछन् । सीपीआर दिनुपर्ने भएपछि एकजना यात्रु यस विधिबारे जानकारी भएका जहाजमै भेटिए । दाजुको शरीर ठूलो भएकाले अन्य सहयात्रीको सहयोगमा उहाँलाई भुइँमा सुताइयो । अनि सीपीआरबारे जानकारी भएका कपिलवस्तुका अभिनित





तप्तबहादुर विष्ट

“

मैले 'डक्टर ! डक्टर !'
भनी सहयोगको याचना
गरें । एयरहोस्टेस
बहिनी हाम्रो सिटमै
आइपुगिन् । उनले के
भयो भनी सोधिन् ।
दाजु बेहोस भएकाले
मैले हर्टअट्याक
भनिदिउँ । दाजु
बेहोस । म पनि रून्
थालें ।”

कनोडियाले दाजुको छाती थिचेर पम्पिङ गरे ।

१०/१२ पटक सीपीआर गरेपछि उहाँको सास फर्कियो । तर उहाँ होशमा आउनुभएन । मैले उहाँको टाउको समातेर, 'दाजु, म बल ! दाजु म बल !' भनिरहेँ । जहाज काठमाडौं नगएर भैरहवा डाइभर्ट भयो । करिब १० मिनेटमै हामी भैरहवा विमानस्थलमा ओर्लियो । त्यहाँ विमानस्थलको एम्बुलेन्समा राखेर युनिभर्सल मेडिकल कलेजमा पुऱ्याइयो । जहाजबाट ओर्लिने बेलामा पनि म सामान्य अवस्थामा थिइन् । अन्य यात्रुहरू मलाई ढाडस दिइरहेका थिए । भन्दै थिए, 'तपाईं नै सम्हालिनु भएन भने दाइलाई कसले हेर्छ ?' हुन पनि उहाँहरूले भनेको ठिकै हो । उमेरले दाजु ५७ वर्षको म उहाँभन्दा १० वर्ष कान्छो भएकाले मैले सम्हालिनुपर्ने नै थियो । जहाजबाट ओर्लिएपछि उहाँको होश फर्कियो । आँखा खुले ।

अस्पतालमा पुगेपछि मात्रै उहाँले मेरो भोला कहाँ छ भन्नुभयो । त्यो वाक्य सुनेपछि बल्ल म सामान्य भएँ । विमानस्थलमा ओर्लिएपछि मैले उहाँ पूर्व राज्यमन्त्री हो भनेको थिएँ । यो खबर भैरहवाका सरकारी कार्यालयमा फैलिएपछि सीडीओ, सशस्त्र प्रहरी, जिल्ला प्रहरी प्रमुखहरू पनि उहाँको अवस्थाबारे जानकारी लिन अस्पतालमै आउनुभएको थियो ।

४ घन्टा भैरहवामा उहाँको उपचार भएपछि अबचाहिँ काठमाडौं लैजान सकिने अवस्था भयो । चिकित्सकहरूले रगत पातलो बनाउने

औषधी दिनुभएको रहेछ । आइतबारको त्यस साँफ मैले दाजुलाई हेलिकप्टर चार्टर गरेर काठमाडौं लैजाने सोच पनि बनाएँ । ४/५ ठाउँ कुरा पनि गरिसकेको थिएँ । तर चिकित्सकले हेलिकप्टरमा लैजान नहुने सल्लाह दिनुभयो । उहाँहरूले भोलिपल्ट जहाजमा लैजाने मेरो योजना पनि मान्नु भएन । त्यसै साँफ चिकित्सकसहितको एसी सुविधा भएको एम्बुलेन्स खोजिदिनुभयो ।

साँफ ८ बजे म दाजुलाई एम्बुलेन्समा राखेर काठमाडौं माइतीघरमा भएको अन्नपूर्ण न्युरो अस्पतालका लागि भैरहवाबाट हिउँ । राति साढे २ बजे माइतीघर पुग्यौं । तर बेड पाइएन । अनि थापाथलीस्थित नर्भिक अस्पतालमा भर्ना गरें । डाक्टरहरू यादव भट्ट र पंकज जलानको निगरानीमा तीन दिन आईसीयुमा राखेपछि उहाँलाई डिस्चार्ज गरियो । त्यसपछि ५ दिनको फलोअप उपचार थियो । ५ दिनको पनि फलोअप सकेर उहाँ फेरि जहाज चढेर भाउजुसँग सुर्खेत फर्किनुभयो । चिकित्सकहरूले उहाँको ब्रेन ट्युमरको उपचारका क्रममा अधुरै रहेको पुरानो घाउ सन्धो नभएकाले यस्तो अवस्था आइपरेको बताउनुभयो । उहाँहरूले जहाजमा दाजु बेहोस हुनुको कारण छारेरोग जस्तै रोगको संकेत हुनसक्ने बताउनुभयो ।

(नेपालगन्जदेखि काठमाडौंको उडानमा रहेका बिरामी तप्तबहादुर विष्टका भाई बल बहादुर विष्टसँगको कुराकानीमा आधारित)

‘अनि जहाजको कमाण्ड मैले लिएँ

इर्साद उद्दिन, क्याप्टेन बुध्द एयर

जहाज १५ हजार ५ सय फिट उचाइमा थियो । दाङपछि आउने थारा नामको हवाई विन्दुतिर थियो । एक घन्टाको उडान समयमध्ये १५ मिनेट घर्किसकेको थियो । कोपाइलट सुमित शुक्ला जहाज उडाइरहेका थिए । जहाज काठमाडौं टावरको सम्पर्कमा थियो । क्याबिनबाट कल आयो । खबर राम्रो थिएन । कृतिले एक यात्रु बेहोश भएको बताइन् । ‘एकजना यात्रु अन्कन्सस हुनुभयो । हर्टअट्याक जस्तो देखिन्छ भनिन् । ‘ल राम्ररी ह्यान्डल गर’ भने । जहाजको कमाण्ड मैले लिएँ । उनले फेरि परिस्थिति एकदम गाह्रो भएको खबर गरिन् ।

यस्तो अवरस्थामा अफ्यारोमा परेको यात्रुलाई पहिलो प्राथमिकता दिनुपर्ने हुन्छ । प्रायः यात्रु जहाँबाट चढेको हो, त्यतै बेसमा फर्किनु उपयुक्त निर्णय मानिन्छ । मैले नेपालगन्ज फर्किने सोच बनाएँ । कोपाइलटलाई जीएनएसबाट भैरहवा र नेपालगन्जको दूरी पत्ता लगाउन भनैँ । भैरहवा हामी उडिरहेको बिन्दुबाट ४५ नटिकल माइल र नेपालगन्ज ६३ नटिकल माइलको दूरीमा देखिए । उपयुक्त भैरहवा भएकाले फेरि बिरामीका आफन्तलाई भैरहवा डाइभर्ट गर्दा हुने-नहुनेबारे खबर पठाएँ । कृतिलाई बिरामीका भाइले भैरहवा डाइभर्ट हुन्छ भनेछन् ।

मैले जहाजको कमाण्ड लिइसकेको थिएँ । गति बढाएँ । कोपाइलटले प्रतिघन्टा २०० नटको गतिमा उडाइरहेको जहाजलाई २४० को गतिमा पुऱ्याएँ । पछाडि क्याबिनट्रुको सम्पर्कमा पनि रहिरहेँ । किनकि यात्रुको ज्यान पहिलो प्राथमिकतामा थियो ।

भैरहवा विमानस्थलको टावरलाई मैले मेडिकल इमर्जेन्सी भएकाले अवतरण गर्नुपर्ने खबर टिपाएँ । घटना भएको १५ मिनेट हाराहारीमा हाम्रो जहाज भैरहवा विमानस्थलमा अवतरण गर्‍यो । मैले एम्बुलेन्सका लागि जहाजबाटै खबर पठाएकाले त्यहाँ विमानस्थलको एम्बुलेन्स आइसकेको थियो । बिरामीलाई एम्बुलेन्समा राखियो । उनका भाइलाई मैले लगेजबारे सोधे । उनले काठमाडौंमा रहेका उनका आफन्तले लगेज रिसिभ गर्ने जानकारी गराए । बिरामी यात्रु र उनका भाइलाई भैरहवामा अवतरण गराइसकेपछि हामी काठमाडौं फर्कियौं ।

जब यात्रु कराए

कृति भा, क्याबिन कृ

दुई नाबालकसहित ७१ यात्रु राखेर नेपालगन्जको चर्को गर्मीबाट उडेको हाम्रो एटीआर १५ हजार ५ सय फिट उचाइको कृजमा थियो । कृज टेकअफपछिको दोस्रो स्टेप हो । कृजमा यात्रुलाई सिट बेल्ट खोलेर हिँडडुल तथा शौचालय ओहोरदोहोरमा छुट हुन्छ । म र मेरो सहकर्मी बेनी सुरक्षा अधिकारी क्याबिन 'ए' मा थियौं । क्याबिन 'ए' ककपिटभन्दा पछाडिको भाग हो । त्यसदिन हाम्रो ट्रलीमा पिनटस थिएन । किनकि छोटो रूटका लागि राखिएको अल्फा जुलियट अस्कर जहाजलाई हामीले लामो रूट (नेपालगन्ज) लैजानुपरेको थियो । छोटो रूटमा यात्रुहरूकालागि पानीमात्रै राखिएको हुन्छ । त्यसैले त्यसदिन काठमाडौँ-नेपालगन्ज रूटमा पानीमात्रै भयो ।

जहाजमा कोही बिरामी परे सबैभन्दा पहिले बोर्डमा रहेका कोही यात्रु मेडिकल क्षेत्रसंग सम्बन्धित भए-नभएको जानकारी लिनुपर्छ । मैले सोधखोज गरें । कोही भेटिएनन् ।

हामी पानी वितरण गर्दै थियौं । एक्कासी पछाडिबाट हल्ला सुनियो । यात्रुहरू कराए । मैले सुरक्षालाई ट्रलीको जिम्मा दिएँ । क्याबिन 'सी'मा पर्ने १६ नम्बर सिटमा बसेका एकजना यात्रु बेहोश भएछन् ।

त्यस्तो अवस्थामा मैले जहाजको कमाण्डरलाई जानकारी गराउनुपर्ने हुन्छ । तत्काल इन्टरकमबाट कल गरेर ककपिटभित्र क्याप्टेन ईसाद उद्दिनलाई खबर गरें । सुरक्षाले पानी वितरण बन्द गरिन् । प्रायः कुनै फरक खाले यात्रु भएमा हामीलाई बेस स्टेसनबाट जानकारी दिइएको हुन्छ । त्यसदिन कुनै जानकारी थिएन । बेहोश भएका यात्रुबारे कुनै मेडिकल जानकारी पनि टिपाइएको थिएन ।

जहाजमा कोही बिरामी परे सबैभन्दा पहिले बोर्डमा रहेका कोही यात्रु मेडिकल क्षेत्रसंग सम्बन्धित भए-नभएको जानकारी लिनुपर्छ । मैले सोधखोज गरें । कोही भेटिएनन् । प्रायः हाम्रो उडानमा मेडिकलसंग सम्बन्धित व्यक्ति, चिकित्सक, नर्स हुन्छन् नै । त्यसदिन कस्तो संयोग मेडिकलसंग जोडिएका कुनै व्यक्ति पनि रहेनछन् ।

बिरामीलाई अक्सिजन दिन मिल्ने अवस्था



थिएन । छाती थिचेर सास फर्काउनुपर्ने भयो । यसरी सास फर्काउने विधिलाई कार्डियो पल्मोनरी रिससिटेसन (सीपीआर) भनिन्छ । बिरामी यात्रुलाई ग्यालरीमा ओरालेर उत्तानो सुतायौं । एकजना अभिनित कनोडिया नाम गरेका यात्रु सीपीआरबारे जानकार रहेछन् । सीपीआर दिने निर्णय लियौं । सीपीआर दिँदा टाउको सिधा समानुपर्छ । म टाउको समातेर मुखले पनि सास दिन तयार भएँ । ३० चोटी थातीमा सीपीआर गरेपछि बिरामीको सास फर्कियो ।

प्रत्यक्ष सीपीआर देखेको मैले त्यो पहिलो घटना थियो । त्यो उडानपछि म जनकपुर उडें । तर ती बिरामीकै बारेमा सोचिरहेँ । के भयो होला भनेर । बेलुकी घर पुगेपछि मात्रै थाहा पाएँ, ती बिरामी यात्रु पूर्व राज्यमन्त्री भएकी । अनि थाहा पाएँ, उहाँको भैरहवा अस्पतालमा होश खुलेको ।



TECHNICAL SPECIFICATIONS

Dimensions (H x W x D)	21.3cm x 8.9cm x 21.8cm
Weight	2.2kg
Oxygen output	90% +4/ -3
Maximum O2 Production	1014 ml
Measured Sound Level	< 37 dBA (Setting 2) 20 BPM
Battery Run Time	min. 3.5 hours (Setting 2)
SmartDose	1d - 4d / 5
Oxygen Delivery Settings	1 to 5 (see following table)

For more information visit:
www.igo2poc.com

iGo2 The New Standard In Portable Oxygen

SmartDose TECHNOLOGY

Also Available



Cylinder Refill System CPAP & BIPAP

drive

DeVilbiss HEALTHCARE

For Enquiry
Suryodaya Inc.
Contact: 01-4270245
Mobile: 9861185134



घलेगाउँ

गुरुङ संस्कृति, हिमाली दृश्य, मिठो खाना र मायालु व्यवहारका लागि लमजुङको घलेगाउँ देश/विदेशमा प्रख्यात छ । त्यहाँ एकै रात दुई सय जना बास बस्न सक्छन् ।





नेपालमा होमस्टे सुविधासहितको ग्रामीण पर्यटनको अवधारणा भित्र्याएर त्यसको अभ्यास गर्ने पहिलो गाउँ स्याङ्जाको सिरुबारी हो । भारतीय सेनाका रिटायर्ड क्याप्टेन रूद्रमान गुरुङको परिकल्पना एवं अगुवाइमा सिरुबारी नेपालको पहिलो नमुना गाउँ पर्यटन गन्तव्य बनेको छ । ग्रामीण पर्यटनका पिता रूद्रमानको सक्रियतामा विसं २०५४ सालमा सिरुबारीलाई ग्रामीण पर्यटन गन्तव्य घोषणा गरिएको थियो । अहिले सिरुबारीको सिको गर्दै मुलुकभर ग्रामीण पर्यटनको अभ्यास हुँदैछ । त्यस्तै एउटा नमुना





गन्तव्य हो-घलेगाउँ ।

लमजुङको कर्णालसाथर गाउँपालिका-३ को भुरूप बस्तीलाई घलेगाउँ भनिन्छ । गाउँमा गुरुङका ८० र दलितका ४५ घर छन् । गाउँका अगुवा प्रेम घलेको अगुवाइमा विसं ०५७ देखि घलेगाउँका १२ घरबाट होमस्टे पर्यटन शुभारम्भ गरिएको थियो । हाल त्यहाँका ३२ घरमा होमस्टे गराइन्छ । तिनमा दुई घर दलितका हुन् भने बाँकी गुरुङका । गाउँमा एउटा होटल र रेष्टुराँ पनि खुलिसकेका छन् ।

गुरुङ संस्कृति, हिमाली दृश्य, मिठो खाना र मायालु व्यवहारका लागि घलेगाउँ देश/विदेशमा प्रख्यात छ । ग्रामीण पर्यटन विकास समितिका अनुसार घलेगाउँमा एकै रात दुई सय जना बास बस्न सक्छन् ।

गाउँबाट कुमारी माछापुच्छ्रे, अन्नपूर्णदेखि लमजुङ हिमालसम्म देखिन्छ । सूर्योदय र सूर्यास्तको दृश्य पनि चित्ताकर्षक हुन्छ । गाउँमा धुन् लायक चियाबारी, तमु संग्रहालय, भ्यू टावर, उत्तरकन्या मन्दिर, क्वाइबो लगायत सम्पदा छन् । घलेगाउँबाट घनपोखरा र भुजुङ हाइकिङ गर्न सकिन्छ । दुवै गाउँ आकर्षक छन् ।

घलेगाउँमा चौबिसे राज्यकालमा घले राजाले शासन गरेको इतिहास छ । तिनै राजाको सम्मानमा गाउँमा प्रतिमासहित पार्क बनाइएको छ । गाउँ आधुनिक

सुविधाहरू सडक, खानेपानी, बिजुली, यातायात र वाइफाई सुविधायुक्त छ ।

त्यहाँ भाडामा गुरुङ पहिरन लगाएर फोटो खिच्न पाइन्छ । सांस्कृतिक हिसाबले समेत घलेगाउँ समृद्ध छ । गाउँमा पाहुनाको डिमान्डअनुसार साँभ बाह्र वर्षे घाटु सहितका नाचगान हेर्न पाइन्छ । पर्यटक पनि नाच्न पाउँछन् । पहिल्यै फोन गरेर जाँदा गाउँलेले प्रवेशद्वारमै फूलमालाले स्वागत गर्छन् ।

पाहुनाले आफ्नो रोजाइको घरमा बस्न पाउँदैनन् । स्थानीय पर्यटन समितिले आलोपालो प्रणालीमा होमस्टेमा बाँडेर राख्छ । जुन घरमा बसेर खानपिन गरे पनि प्याकेजको मूल्य एउटै हुन्छ । यति हो समितिलाई पहिल्यै खबर गरेर होमस्टेमा घाम नडुब्दै पुग्नु पर्छ । आफ्नै घरमा भै मर्यादित भएर बस्नु पर्छ ।

भुल्लु नहुने कुरा के छ भने होमस्टेमा जाँदा होस्ट परिवारका लागि स्यानो/दुलो कोसेली उपहार लिएर जाँदा आत्मीयता बढ्छ । त्यस्तै घलेगाउँमा मह, गेडागुडी, राडीपाखी र सिजन अनुसारका तरकारी कोसेली किन्न पाइन्छ ।

कसरी पुग्ने : वर्षभरि घलेगाउँ जान सकिन्छ । काठमाडौँ-बैसीसहर १७२ किमि । काठमाडौँबाट बैसीसहरका लागि बस तथा माइक्रोबस छुट्टै छन् । तिनले ५ घन्टामा गन्तव्य पुऱ्याउँछन् । बैसीसहर-घलेगाउँ २४ किमि । बैसीसहरबाट जिपमा गाउँ जान सकिन्छ । मोटरबाइक गाउँसम्मै पुग्छ । लमजुङ सदरमुकाम बैसीसहरबाट हिँडेर घलेगाउँ जान भने ६ घन्टा लाग्छ ।

सम्पर्क :
ग्रामीण पर्यटन विकास समिति
प्रेम घले-९८५६०४५०१२
दीर्घ घले-
९८४६९९३०६७



भक्तपुरको सम्भना

विदेशीले बुद्धका मूर्ति, मयुर झ्याल, टुँडाल र देवदेवीका मूर्ति मन पराउँछन् ।



विश्व सम्पदा सूचीमा सूचीकृत भक्तपुर दरबार क्षेत्रमा पर्यटकको बाक्लो चहलपहल हुन्छ । विशेषतः मल्लकालीन कला, संस्कृति र नेवार जीवनशैली अवलोकन गर्छन् उनीहरू । दरबार क्षेत्र, टौमढीको न्यातापोल, दत्तात्रय र पोटरी स्ववायरमा पर्यटकलाई घुमाइन्छ । त्यहाँ कोसेलीका रूपमा किन्नलायक धेरै विज पाइन्छ ।

पाहुनाले रुचाउने भक्तपुरको एउटा मौलिक कोसेली हो-काष्ठकला । दरबार क्षेत्रको मुल्लि क्राफ्ट्स पनि हस्तकलाका लागि कहलिएको छ । बलराम चौगुठी र सिद्धिलक्ष्मी मुल्मीले सञ्चालन गर्दै आएको क्राफ्ट्समा स्वेदश तथा विदेशबाट माग आइराख्छ ।

हातबुना काष्ठकला बिक्री गर्छन् उनीहरू । सञ्चालक सिद्धिलक्ष्मीका अनुसार विदेशीले बुद्धका मूर्ति, मयुर झ्याल, टुँडाल र देवदेवीका मूर्ति मन पराउँछन् । केही वर्ष यता नेपालीले पनि मायाको चिनोका रूपमा स-साना झ्याल प्रयोग गर्न थालेका छन् । त्यसबाहेक नयाँ घर र रेष्टुराँमा काष्ठकला सजाउने चलन बढ्दै गएकोमा सिद्धिलक्ष्मी फुरुड छिन् ।


उनीहरूको आफ्नै कारखाना छ । त्यहाँ १५ जना रोजगार छन् । १२ वैशाख ०७२ को भूकम्पपछि कालिगढको समस्या पर्दै गएको छ । धेरैजसो कालिगढ भत्केका मठ/मन्दिर पुनर्निर्माणमा जुटेका छन्, उनी भन्छिन्, 'त्यसैले कारखानामा व्यावसायिक काम गर्ने कलाकार कम छन् ।'


उनको सय रूपैयाँदेखि सात लाख रूपैयाँसम्मका काष्ठकला उत्पादन गरिन्छ । उनीहरू आफ्नो बजार खोज्न बरोबर विदेशका प्रदर्शनीहरूमा सहभागी भैरहन्छन् । 'सन् २००५ देखि हामी बाहिर जान थालेका हौं, सिद्धिलक्ष्मी भन्छिन्, 'उताबाट अर्डर आइराख्छ । बनाएर पठाइदिन्छौं ।'

सम्पर्क : **मुल्मी क्राफ्ट्स**

फोन : ९८४९९९२४५५

www.kmdastur.com





GENERAL INSURANCE
SPECIALITY INSURANCE
STRUCTURED SOLUTIONS
LIFE

**BUILDING RELATIONS FOR
AN INSURED TOMORROW**

Insuring businesses since 1973

UNITED KINGDOM - RUSSIA - TURKEY - MOROCCO - UAE - SOUTH AFRICA
MALAYSIA - INDONESIA - BANGLADESH - MYANMAR - SRI LANKA - INDIA

किरात फूलबारी

एउटै जातिमा २६ थर र २६ भाषा

●बबिता तामाङ

जब नेपालको चर्चा चल्यो, यो देशको भाषा र संस्कृतिमा रहेको विविधताको प्रशंसा हुन्छ । नेपालभित्र पनि भाषा र संस्कृतिमा अत्यन्त धनी एउटा जाति छ, त्यो हो किरात । धेरैलाई आश्चर्य लाग्न सक्छ, बढीजसो पूर्वी नेपालमा बसोबास गर्ने एउटै किरात राई जातिभित्र २६ भाषा र २६ थर छन् । यो प्रकृतिपूजक जाति हो ।

बान्तवा, चाम्लिङ, कुलुङ, थुलुङ, नाछिरिङ, लोहरूङ, साम्पाङसहित २६ थर यो जातिभित्र छ भने त्यति नै वटा अलगअलग भाषा छ । फरकफरक थरीबीच रीतिरिवाज र संस्कृतिमा भने धेरै हदसम्म समानता देख्न सकिन्छ । एउटै समुदायमा यति धेरै भाषा र संस्कृति हुनु आफैँमा गौरवको विषय हो । किनभने कुनै पनि जातिको भाषा, संस्कार, संस्कृति, भेषभुषा, त्यो जातिको पहिचानसँग जोडिएको हुन्छ । जन्म, विवाह, मृत्यु, चाडबाड, आदिमा अपनाइने संस्कार तथा विधिविधानले पहिचान दिने र संरक्षण गर्ने मात्र होइन, व्यक्तिको सामाजिकीकरणमा पनि महत्वपूर्ण भूमिका खेलिरेहेको हुन्छ ।

जन्म : मानिसको पहिचान निर्माणको सुरुवात जन्मसँगै हुन्छ । किरात धर्मअनुसार राई समुदायले माङ्पामार्फत बच्चा जन्मनुअघि बच्चा र आमाको



स्वास्थ्य राम्रो होस् भनी पूजापाठ गर्छन् । बच्चा जन्मेपछि सामान्यतया ४ देखि ६ दिनको बीचमा न्वारन गर्ने परम्परा छ । महिनाको अन्तिममा जन्मेको बच्चाको हकमा भने एकै दिनमा पनि नामाकरण गरिन्छ । 'जन्म र न्वारन एउटै महिनामा हुनुपर्छ भन्ने मान्यताले गर्दा महिनाको अन्तिमतिर जन्मेका बच्चाको न्वारन छिटो गरिन्छ,' राई संस्कृतिका अध्येता चन्द्रकुमार हतवाली भन्छन् । नेपालका अन्य समुदायको भन्दा राईहरूमा जन्म संस्कार भिन्न छ । न्वारन हुनुपूर्व बच्चालाई घरको लोम्नेमान्छे र साना बच्चाले हेर्न पाउँदैनन् । नवजात शिशु र सुत्केरीलाई चूलो (पितृको आत्मा रहने ठाउँ) को छेउमा राख्ने चलन रहेको पनि

अध्येता हतवाली बताउँछन् ।

नामाकरण संस्कारको दिन मात्र घरका पुरुष, साना बच्चा र आफन्तले शिशुको मुख हेर्न पाउँछन् । न्वारनमा माङ्माले चुला अर्थात पितृलाई बच्चा जन्मेको जानकारी गराउँछन् । पूजापाठ माङ्माले गर्छन् भने नाम राख्ने जिम्मेवारी बच्चाको बोजु (हजुरआमा) को हुन्छ । नाम नै बोजुले



दिने हुनाले यो समुदायमा बोजुको भूमिका अन्य सदस्यको भन्दा महत्वपूर्ण हुने हतवालीको बनाइ छ । बोजु नभएको खण्डमा आमाबुबाले नै शिशुको नाम राख्छन् ।

जन्मपछि पारसी राई समुदायको अर्को महत्वपूर्ण संस्कार हो । यो ६ महिनामा गरिन्छ । त्यस्तै, सामाजिकीकरणको पहिलो खुड्किलाको रूपमा छोराको छेवर गराउने परम्परा रहेको अध्येता भोगिराज चाम्लिङ बताउँछन् । मामा र भान्जाबीचको सम्बन्ध जोड्ने यो संस्कारमा मामाले भान्जाका लागि नयाँ कपडा, फेटा आदि उपहार स्वरूप ल्याइदिने र कपाल काटिदिने गर्छन् । तीन वर्षको उमेरमा छेवर गरिन्छ ।

वैवाहिक संस्कार : किरात जातिको परम्पराले दुई प्रकारको विवाहलाई मान्यता दिएको छ । मागी विवाह र चोरी विवाह । मागी विवाह गर्दा पहिलो पटक केटी हेर्न जाँदा चिन्डोमा रकसी लिएर जानुपर्छ । त्यसरी जाँदा केटीको अभिभावकलाई सगुनस्वरूप चिन्डोमा लिएको रकसी दिएर छोरी, बहिनी हेर्न आएको जानकारी दिइन्छ । दोस्रो चरणमा विवाह हुनेहुने भन्ने सन्दर्भमा दाजुभाइ, आफन्तसँग छलफल हुन्छ । यदि विवाह हुने भए तेस्रो पटकमा केटीको घर जाँदा विवाहको मिति, जन्तीको संख्या, आदि टुंगो लगाइन्छ ।

‘विवाहको दिन जग्गे बसाएर सिन्दुर, पोते लगाइदिने र सम्भी ढोग गरिन्छ,’ हतवाली भन्छन्, ‘राई समुदायको विवाह संस्कारको मुख्य पक्ष भनेको बागदत रीत पूरा गर्नु हो ।’ यो रीत पूरा नभएसम्म विवाहले पूर्णता पाउँदैन । रीत पूरा गर्न केटा पक्षले लगेको काँसको डबका र पैसा केटी पक्षको चुलोमा देखाउनुपर्ने हुन्छ । डबका देखाएर केटी पक्षले आफ्ना पितृको अनुमतिले ‘हाम्रो छोरी आजदेखि यो चुलाबाट निकालेर तपाईंहरूलाई सुम्पियो’ भन्छ । यसैलाई विवाहको निर्णायक क्षण मानिन्छ ।

“ उधौली पर्वमा चुलामा रहेका पितृ आत्मालाई अन्न चढाएर खुसी मनाइन्छ । अर्को महत्वपूर्ण पर्व चासुवा हो । नयाँ अन्न खानुअघि यो पर्व मनाइन्छ । धान, मकै, अदुवा, काँक्रा पितृलाई चढाउने गरिन्छ । ”

‘केटीको घरबाट विदा भएर केटाको घरमा बुहारी भित्र्याउँदा सासुले खुर्पा, अदुवा, चामल दिएर बुहारीलाई घरभित्र हुलिन्छ,’ हतुवालीले भने, ‘त्यसपछि माड्पाको सहयोगमा बुहारीलाई चुलामा भित्र्याइन्छ ।’

राईहरूमा चोरी विवाह पनि प्रचलनमा छ । प्रायः आर्थिक अवस्था कमजोर भएकाहरूले खर्च कम गराउन चोरी विवाह गर्दै आएका छन् । हतवालीका अनुसार मागी विवाहमा जस्तै चोरी विवाहमा पनि माग्न आउने चलन हुन्छ । तर, जन्ती ल्याउने, भोजभतेर भने हुँदैन । दुई पक्षको सहमतिमा राति आएर केटा पक्षले बेहुली लिएर जान्छ ।

आजभोलि प्रेमविवाह पनि हुने गरेको छ । भागेर विवाह गरेपनि पछिबाट वैवाहिक रीत भने पूरा गर्नेपर्छ ।

चाडपर्व : चाडपर्वमा पनि यो जाति धनी छ । उभौली, उधौली, साउने संक्रान्ति, माघे संक्रान्ति, चासुवालाई मुख्य पर्वका रूपमा मनाउने गरेको चामलिङ बताउँछन् । विशेष चाँडपर्वमा परम्परागत

पहिरन लगाउने र खास परिकार पकाउने गरिन्छ । छोरीमान्छे मखमलको कालो चोली, छिटको गुन्यु, पैसाको हारी, खुट्टामा कल्ली, चाँदीको काँडे चुरा, कान ढुंग्री, बुलाकी, सुनफुल, लुरका (चेपटे सुन) चन्द्रमाजस्ता पहिरन र गरगहनामा सजिएका हुन्छन् । पोते विवाहित र अविवाहित सबै महिलाले लगाउँछन् । लोग्नेमान्छे भने दौरा सुरुवाल, ज्वारीकोट, टोपी लगाउने गर्छन् ।

राई समुदायको विशेष पर्व उभौली र उधौली हो । बर्खा लाग्नुपूर्व वैशाख महिनामा अन्न बाली राम्रो होस्, वस्तुभाउ बढ्नु, घरपरिवारलाई राम्रो होस् भन्दै पितृलाई पूजेर यो चाड मनाइन्छ । यो पर्वमा जल, जमिन, आदिलाई पनि पूज्ने गरिन्छ ।

‘उभौलीमा अन्नबाली राम्रो होस् भनेर पूजा गरिन्छ,’ हतवाली भन्छन्, ‘उधौलीमा भने अन्नबाली फारो होस् भन्ने कामना गरिन्छ ।’ मंसिरे पूर्णिमामा उधौली पर्व मनाइन्छ । यो पर्वमा चुलामा रहेका पितृ आत्मालाई अन्न चढाएर खुसी मनाइन्छ ।

अर्को महत्वपूर्ण पर्व चासुवा हो । नयाँ अन्न खानुअघि यो पर्व मनाइन्छ । धान, मकै, अदुवा, काँक्रा पितृलाई चढाउने गरिन्छ ।

राईहरूले पूजापाठको बेला प्रसादको रूपमा भिजाएको चामल र अदुवाको सानो सानो टुक्रा मिसाएर पितृलाई चढाउँछन् । साथै दाल र चामल मिसाएर पकाएको खाना समेत प्रसादको रूपमा प्रयोग हुन्छ । परम्परागत रूपमा गाई, गोरु, सुंगुर, आदिको मासु चढाउने गरिन्छ । पूजा, बिहे, छेवर, पारसीमा सुंगुरको मासु अनिवार्यजस्तै छ । ‘सुंगुरको मासु भएन भने भोज नै होइन, भन्ने भनि गरिन्छ,’ हतुवाली भन्छन् । तर, राईहरूले बाखाभेडाको मासु भने खाँदैनन् । परिवारका कसैले खाइहाले तीतेपातीले चोख्याएर मात्र घरभित्र हुलिन्छ ।

मृत्युसंस्कार : राईहरूमा मृत्युपछि लास गाड्ने प्रचलन छ । ३ वर्षभन्दा कम उमेरको बच्चाको मृत्यु भएमा ओडारमा लगेर लास राख्ने चलन रहेको हतुवाली बताउँछन् । त्यसमाथिका मानिसको लास मुन्धुम परम्पराअनुसार गाड्ने गरिन्छ । मुन्धुममा उल्लेख भएअनुसार किराती जाति आफूलाई सुम्निमा अर्थात धर्तीको सन्तान मान्छ । धर्तीको सन्तान मृत्युपछि पनि धर्तीमै फर्किनुपर्छ भन्ने मान्यताअनुरूप लास गाड्ने गरिएको हतुवालीको भनाइ छ । मृत्यु संस्कार एकै दिनमा सम्पन्न हुन्छ । मृत्यु संस्कार सम्पन्न हुनुअघि आत्मालाई चुलामा राखिन्छ । परिवारलाई राम्रो गरोस् भन्दै आत्मालाई चुलामा राख्ने कार्यमा धामी र माडमाले आ-आफ्नो भूमिका पूरा गर्छन् । धामीले आत्मालाई बोलाउँछन् र माडमाले आत्मालाई चुलामा राख्छन् ।



सुन्दर श्रेष्ठ नेपाली नोटका डिजाइनर

● बबिता तामाङ



सुन्दर जी ! तपाईंलाई उतै राख्न खोज्लान् तर नबस्नु है !' जर्मनी जान लाग्दा राष्ट्रबैंकका गभर्नर सत्येन्द्रप्यारा श्रेष्ठले उनलाई भनेका थिए ।

नभन्दै उनले डिजाइन गरेको रु. २५० को नोट देखेपछि जर्मनीमा उनको खुब तारिफ भयो ।

'कति जना मिलेर यो नोट डिजाइन गर्नुभएको ? उनलाई जर्मनीमा सोधियो ।

'दुई जना मिलेर,' सुन्दर श्रेष्ठले उत्तर दिए ।

'कसरी गर्नुभयो यति राम्रो डिजाइन ?'

'हातैले बनाएको ।'

उनीहरू चकित परे । सोधे, 'त्यस्तो पनि सम्भव छ र ?' उनको सीप देखेपछि उनलाई उतै राख्न खुब प्रयास गरियो । आफ्नो प्रशंसा सुनेर सुन्दर पनि छक्क परे । 'विदेशमा त पैसा डिजाइनरको यत्रो सम्मान हुँदोरहेछ भनेर तीन छक्क परे,' उनले सुनाए ।

नेपाल र जर्मनीमा नोट डिजाइन गर्ने तरिका पनि उनले फरक देखे । 'त्यहाँ त नोटको रङ, आकार, चित्र सबै विषयका विज्ञ मिलेर बनाउने रहेछन्,' उनले भने, 'कम्प्युटरमा डिजाइन हुँदोरहेछ, मैले त कम्प्युटर सिकेकै थिइनँ ।'

जति आग्रह गरेपनि उनी जर्मनीमा बसेनन् । स्वदेश फर्किए । घर फर्किएँ गर्दा आफ्नो कामलाई हेर्ने उनको दृष्टिकोण बदलिएको थियो, आत्मविश्वास

बढेको थियो । 'जर्मनी गएपछि मैले काम त राम्रै जानेको रहेछु भन्ने लाग्यो । आत्मसम्मान महसुस गर्न थालेँ,' उनले भने । त्यसपछि आफूले डिजाइन गरेका सबै पैसा सम्हालेर राख्न थाले ।

यो वि.सं. २०५३ सालको कुरा थियो । राजा वीरेन्द्रको गद्दी आरोहणको २५ वर्ष पुगेको थियो । रजत जयन्तीको अवसरमा राष्ट्र बैंकले रु. २५ र २५० को नोट निकाल्ने योजना बनायो । नोट डिजाइन गर्ने जिम्मा उनी र श्याम श्रेष्ठले पाए । यी दुई नोट डिजाइन गरेसँगै उनको नोट डिजाइनरको करिअर सुरु भयो ।

आफ्नो पहिलो काममै उनले ठूलो प्रशंसा पाए । नोट छाप्न जर्मनी पठाइयो । 'रु. २५० को नोटमा होलोग्राम राखेको थिएँ,' उनले भने, 'तर, होलोग्राम राख्ने ठाउँ परिवर्तन गर्नुपर्ने सम्भावना रहेकाले मलाई जर्मनी बोलाइरहेको रहेछ ।'

उत्कृष्ट सिक्काका डिजाइनर

सन् २०१७ मा बेलायती पत्रिका द टेलिग्राफले विश्वका सबैभन्दा सुन्दर पैसामध्ये नेपाली नोट र सिक्का पनि रहेको उल्लेख गर्‍यो । त्यो सूचीमा नेपालबाट तीन वटा नोट र एउटा सिक्का समावेश थिए । सबैमा जीवजन्तुको तस्विर छापिएका छन् । एक रूपैयाँ, पाँच रूपैयाँ, पाँच सय रूपैयाँ र दुई रूपैयाँको सिक्का यो सूचीमा पर्न सफल भएको थियो । त्यो २ रूपैयाँको



सिक्का म आफैँले डिजाइन गरेको हुँ, उनले भने । ५ र ५०० को नोट पनि उनले रिडिजाइन गरेका थिए । '५ रुपैयाँमा पहिले दुई वटा चौँरी गाईको तस्वीर थियो । मैले एउटा मात्र राखेर पुनः डिजाइन गरँ, उनले सुनाए, '५०० को नोटमा दुईवटा बाघ थियो । मैले एउटा मात्र राखेर डिजाइन गरँ । त्यतिमात्र होइन, हाल प्रचलनमा रहेका १०, २०, ५०, १०० र १००० का नोट पनि उनैले डिजाइन र रिडिजाइन गरेका हुन् ।

यस्ता प्रतिभावान डिजाइनरको जन्म वि.सं.२०१७ सालमा पात्याको तानसेनमा भएको थियो । पाँच सन्तान (२ जना भाइ, १ दिदी, १ बहिनी र उनी) मध्ये उनी दोस्रो थिए ।

सानैदेखि उनलाई चित्र बनाउने शौख थियो । नाग पन्चमीको बेला बुबा, हजुरबुबाले नागको चित्र हातले बनाएर पुजा गरेको देख्दा उनी सोच्थे- म पनि यस्तो चित्र त बनाउन सक्छु होला । स्कुल जान थालेसँगै उनी चित्र कोर्न थाले । स्कुलमा कहिलेकाहीँ

हुने चित्रकला प्रतियोगितामा पनि भाग लिन्थे । कहिले पहिलो त कहिले दोस्रो हुन्थे । शिक्षक र साथीहरूसँग प्रोत्साहन पाउन थालेपछि चित्रकारितामा उनको लगाव फनै बढ्न थाल्यो ।

राष्ट्र बैंकको जागिरले छुटायो पढाइ

एसएलसीसम्म उनले पात्यामै अध्ययन गरे । त्यसपछि काठमाडौँ गएर ललितकला क्याम्पसमा पढ्ने र पाए जागिर खाने योजना उनले बनाएका थिए । यो कुरा २०३६ सालको हो । एक दिन उनले गोरखापत्रमा राष्ट्रबैंकको विज्ञापन देखे । एक जना चित्रकारको माग गरिएको थियो । उसै पनि उनलाई काठमाडौँ आउनै थियो, त्यसमाथि जागिरको पनि सम्भावना देखेपछि उनले उत्तिनै खेर काठमाडौँ जाने निर्णय गरे र भोला बोकेर हिँडे । २०३६ को पुसमा उनी काठमाडौँ आए ।

चित्रकारको जागिरका लागि धेरै जनाले आवेदन दिएका थिए । खुला प्रतिस्पर्धा थियो । उनले पनि

परीक्षा दिए । लिखित परीक्षा पास भएका चार जना अन्तर्वार्ताका लागि छनोट भए । अन्तर्वार्ता लिन डेप्युटी गभर्नरसहित चार जना बसेका थिए । उनको पालो आएपछि उनी मुटु कमाउँदै भित्र छिरे । 'बाबु तिमी उमेर त सानै रहेछौ, मेरो तस्बिर बनाउन सक्छौ ?' अन्तर्वार्ता लिन बसेकामध्ये डेप्युटी गभर्नर युधिर शम्शेर थापाले उनलाई सोधे ।

उनले मुन्टो हल्लाए र तस्बिर कोर्न थाले । केही मिनेटमै उनले थापाको स्केच तयार गरे र अन्तर्वार्ताकारहरूलाई देखाए । उनीहरूबीच मुखामुख गरे र उनलाई फटाफट केही प्रश्न सोधे । उनले जवाफ दिए । अन्तर्वार्तामा उनी सफल भए र जागिर पाए ।

ललितकला क्याम्पसमा चित्रकला पढ्ने उनको धोको थियो । तर, जागिर खान थालेपछि उनको धोको पूरा भएन । ललितकलामा दिउँसो मात्र पढाइ हुन्थ्यो । त्यो समयमा त उनी अफिस जानुपर्थ्यो । त्यसैले उनले चित्रकला पढ्न पाएनन् । त्यसपछि उनले मानविकी संकायबाट स्नातकसम्मको अध्ययन पूरा गरे । यद्यपि चित्रकलासम्बन्धी सैद्धान्तिक ज्ञान लिन नपाएकोमा उनी अझै असन्तुष्ट छन् । हुन त उनले चित्रकलामा नगरेको काम केही छैन । 'तर, मैले पैसा डिजाइन, पेन्टिङ, सिनेमा पोस्टर, पुस्तक आवरण डिजाइन सबै स्वअध्ययनकै आधारमा मात्र गरेको हुँ, उनी भन्छन्, 'यसबारे औपचारिक शिक्षा हासिल गर्न पाइँन ।'

राष्ट्रबैंकको जागिरे हुँदा उनी बैंकिङ प्रवर्द्धन समितिको विज्ञापन डिजाइन गर्थे । अफिसका कोठाचोटा सजाउने राजारानीका तस्बिर पनि उनले धेरै कोरे । त्यहीबेला उनले आफ्नै कम्पनी पनि खोलेका थिए । जसको नाम थियो - आइडियल्स डिजाइनर्स । त्यहाँ उनी साँभ्रबिहान काम गर्थे र गोरखापत्र तथा द राइजिङ नेपालका लागि विज्ञापन डिजाइन गर्थे ।

पैसा बनाउने प्रक्रिया

डिजाइन गर्नुभन्दा पहिले पैसा कुन उदेश्यले निकाल्न लागिएको हो, त्यसको टुंगो लगाउनुपर्छ, उनले नेपालको पैसा डिजाइनको प्रक्रियाबारे बताए, 'त्यसका लागि कमिटीगठन गरिएको हुन्छ । कमिटीमा भाषा विज्ञ, प्राज्ञ, गभर्नर, डेप्युटी गभर्नर, वन्यजन्तु विज्ञ, पुरातत्व विज्ञलगायतको सहभागिता हुन्छ । उनीहरूसँगछलफल गरेर नै नोटको रूपकृति तय गरिन्छ ।' विज्ञ टोलीले राख्ने निर्णय गरेका चिन्ह, छाप र तस्बिर प्रयोग गरेर नोट डिजाइन गरिन्छ ।

डिजाइन गर्दा म पहिले पेन्सिलले स्केच बनाउँछु । त्यसपछि फोटोकफी निकाल्छु र अन्तिममा मात्र रङसहितको डिजाइन तयार पार्छु, उनले थपे । यसरी तयार पारिएको पैसाको डिजाइन राम्रो भए उपरोक्त कमिटीले पास गर्छ । त्यसपछि त्यो





नमुनालाई राष्ट्र बैंकको बोर्डमा लगिन्छ । बोर्डमा यसबारे छलफल हुन्छ र स्वीकृत भएपछि मन्त्रिपरिषद् मा पुग्छ । 'मन्त्रिपरिषद्ले पनि स्वीकृत गरेपछि मात्र बल्ल छान्ने टुंगो लाग्छ र त्यसका लागि टेन्डर आह्वानको प्रक्रिया सुरु हुन्छ,' उनी भन्छन् । यो सबै प्रक्रिया पूरा गर्न एकदेखि डेढ वर्षसम्म लाग्नसक्ने उनको भनाइ छ ।

कैली गाई खोज्दा जर्सी गाई पन्थो

सुन्दरले राजाको तस्बिर अंकित २५, ५० र २५० को नोट डिजाइन गरे । २५० को नोटमा कैली गाईको तस्बिर राखिएको छ । त्यो कैली गाईको खोज्ने उनी र श्याम श्रेष्ठलाई दुई महिनाजति लाग्यो । खासमा तस्बिर उपलब्ध गराउने व्यवस्थित संयन्त्र थिएन । चित्रकार आफैले नोटमा प्रयोग हुने तस्बिर खोज्नुपर्ने बाध्यता थियो । उनलाई गाईको प्रजातिबारे राम्रो थाहा थिएन । 'कति पटक कैली गाई भनेर फोटो खिचेर ल्याएर बैठकमा देखाउँदा त्यो त जर्सी गाई निस्कदिने,' उनले सुनाए, 'सातदोबाटो, थानकोटलगायत गौघरमा गर्यौं । लामो समयपछि बल्ल फेला पन्थो ।'

त्यो नोटमा भएको टुँडालको फोटो खिच्न पनि उनी काठमाडौंका मठमन्दिर चहारे । बंगलामुखी, पशुपति र वसन्तपुरसम्म ।

त्यस्तै नोटमा राख्ने राजा वीरेन्द्रको फोटो खोज्ने

पनि उनी आफैँ दरबार जानुपन्थो । त्यसबेला टोपी नलगाई दरबारभित्र पस्न दिइँदैनथ्यो । तर, घरबाट टोपी लगाएर जान उनले बिर्सिन्छन् । 'जाँदाजाँदै बाटैमा टोपी किनेर दरबार पुगौं,' उनले सुनाए ।

राष्ट्र बैंक स्थापनाको ५० वर्ष पुगेको अवसरमा अर्थात् स्वर्ण जयन्तीमा ५० रूपैयाँको नयाँ नोट निकाल्ने निर्णय भयो । त्यसको डिजाइन पनि उनैले गरे ।

नोट बनाउने मान्छेलाई पैसाको के खाँचो ।

घरव्यवहार चलाउन कहिलेकाहीँ सुन्दरलाई पैसा सापट लिनुपर्ने पनि हुन्छ । त्यसबेला उनी साथीभाइ वा आफन्तसँग सापटी माग्छन् । तर जवाफ आउँछ, 'नोट बनाउने मान्छेलाई पनि पैसाको खाँचो हुन्छ र ।' सुन्दर त्यस्ता मजाकलाई हाँसेर टार्छन् ।

'कतिपयले मैले नोट बनाउँछु भन्दा मसँग पैसा फालाफाल होला भन्ने अर्थ निकाल्छन्,' उनी भन्छन्, 'तिनलाई थाहा हुँदैन, मैले नोटको डिजाइन मात्र गर्ने हो भन्ने ।'

उनको कामको प्रकृतिका बारेमा परिवारलाई पनि खासै थाहा हुँदैन । 'पैसा गम्भीर विषय हो,' उनी भन्छन्, 'त्यसैले सबैकुरा जानकारी दिने भन्ने हुँदैन । तर, मैले बनाएको पैसा बजारमा देख्दा आमा र श्रीमतीजी खुसी हुनुभएको थियो ।' यद्यपि उनका छोराछोरीलाई यसबारे खासथै थाहा नभएको उनले

बताए ।

जे होस्, उनी आफ्नो कामबाट सन्तुष्ट भने छन् । 'देशको नोट मैले बनाएको भन्दा गर्व लाग्छ,' उनले सुनाए ।

सुरक्षा

जब कतै नक्कली नोट समातिएको खबर सुन्छन् सुन्दर, तब उनलाई खुब डर लाग्छ । कतै दोष आफ्नै थाप्लोमा पो आइपर्ने हो कि भन्ने भय हुन्छ । भन्छन्, 'हामीले कति धेरै समय लगाएर नोट डिजाइन गर्छौं, त्यो पनि नक्कली निकालियो भन्दा दुःख पनि लाग्छ । नोट डिजाइन गरेको त मैले पनि हो, न मलाई पो दोष आउँछ कि भनेर डर लाग्छ ।' तर, जब उनी नोटमा अपनाइएको सुरक्षाका उपाय सम्झिन्छन्, तब ढुक्क हुन्छन् ।

'पहिले पो पैसा हातैले डिजाइन गर्नुपर्थ्यो । हातले डिजाइन गर्दा समय धेरै लाग्छ, मेहनत धेरै पर्छ । नोटमा आफ्नोपनि पनि हुन्छ । त्यस्तो नोटको जस्ताको तस्तै नक्कल बनाउन मुस्किल हुन्थ्यो । अहिले त कम्प्युटरको जमाना छ । नक्कली नोट सजिलै बनाइन्छ,' उनले भने, 'तर सक्कली नोटमा त्यस्ता धेरै चिह्न राखिएको हुन्छ, जसबाट नक्कली र सक्कलीबीचको भिन्नता सजिलै छुट्याउन सकिन्छ ।'

उनले नोटमा आँखाले देख्न नसक्ने तर मेसिनले मात्र पढ्न सकिने थुप्रै सानासाना अक्षर राखिने



पनि बताए । त्यस्तै 'सेक्युरिटी थ्रेड्स' पनि राखिएको हुन्छ । दृष्टिविहीनका लागि नोट चिन्न सजिलो होस् भनेर इम्बोस्ड थोप्ला पनि राखिएको हुन्छ । रु. १०० मा एउटा, ५०० को मा दुईटा र १००० को नोटमा यस्ता तीन वटा थोप्ला राख्न थालिएको छ ।

किन बनाइयो प्लास्टिकको पैसा ?

नोट पुरानो भएर चलाउन नसकिने बनेपछि राष्ट्रबैंकले जलाउने गर्छ । नयाँ नोट बनाउन धेरै खर्च लाग्छ । यसलाई कम गर्न प्लास्टिकको नोट

बनाउने प्रयास गरिएको सुन्दर बताउँछन् । 'तर त्यो प्रयास सफल हुन सकेन,' उनले भने ।

राष्ट्र बैंकले रु. १० को प्लास्टिकको नोट निकालेको थियो । अष्ट्रेलियामा त्यो छापिएको थियो त्यो नोट । तर, त्यसको गुणस्तर राम्रो थिएन । केही दिनमै नोट खुइलिएपछि नोट बनाउँदा भ्रष्टाचार भएको आरोप लाग्यो । 'त्यसपछि प्लास्टिकको नोट छाप्ने कार्यले निरन्तरता पाएन,' उनले भने ।

नेपालीहरूमा नोट जतन गर्ने बानी नभएकोमा

उनलाई दिक्क लाग्छ । 'कतिले त नोटमा फोन नम्बर, नाम र लभ लेटर समेत लेख्छन्,' उनले हेरानी व्यक्त गरे । नोट छाप्ने खर्च कम गर्ने हो भने आम नागरिकले यसको सुरक्षामा ध्यान दिनुपर्ने उनको सुझाव छ ।

जसले नेपालमै सिनेमाको पोस्टर बनाउने क्रम सुरु गरे

सुन्दर नोट डिजाइनर मात्र होइनन् । उनले अधिकांश नेपाली सिनेमाको पोस्टर पनि डिजाइन गरेका छन् । २०६६ फागुनबाट सुन्दर श्रेष्ठ सरकारी सेवाबाट निवृत्त भए र नोट डिजाइनको ३० वर्ष लामो करिअर बिसाए । त्यसपछि उनले फिल्मको पोस्टर डिजाइनमा धेरै ध्यान दिए । 'अहिले पनि राष्ट्र बैंकलाई आवश्यकता पयो र बोलावट आयो भने जाने गरेको छु,' उनले भने, अरु समय चाहिँ पोस्टर, पुस्तक, ट्रफी डिजाइनमा खर्चिन्छु ।

करिब १३ सय नेपाली सिनेमाको पोस्टर डिजाइन आफूले गरेको उनको भनाइ छ । 'पहिले त पोस्टर डिजाइनमा मेरो एकाधिकार थियो,' उनले सुनाए, 'तर, कम्प्युटर आएपछि अन्य केही डिजाइनर पनि निस्किए । पहिले सिनेमाको पोस्टर डिजाइन गर्न भारत पुग्नुपर्थ्यो । मैले गर्दा त्यो क्रम रोकियो । सस्तोमा नेपालमै बनाउनु पर्छ भन्दा अधिकांश प्रोड्युसर तयार भए ।'

उनले सयौं पुस्तकको आवरण डिजाइन गरिसकेका छन् । 'नेपालमा बनेका ट्रफीमध्ये भण्डे ९० प्रतिशतको डिजाइन मैले नै गरेको छु,' उनले भने, 'सीडी कभरको डिजाइन पनि थुप्रै गरें ।'

निवृत्त जीवनमा पनि उनी काममा उत्तिकै सक्रिय छन् । 'पोस्टर डिजाइनमा पनि एउटा छुट्टै पहिचान बनाएँ,' उनले भने, 'लामो समय सयौं सिनेमाको पोस्टर बनाएको हुँ भन्दा आनन्द अनुभूति हुन्छ ।'

नोटमा बुद्धको तस्बिर नराखिनुको कारण

विसं. २०६३ सालमा व्यवस्था परिवर्तन भयो । राजतन्त्र फालियो, गणतन्त्र आयो । अब नोटमा राजाको तस्बिर राख्ने कुरा पनि भएन । १०००, ५००, १०० लगायतका नोटबाट राजाको तस्बिर हटाएर रिडिजाइन गर्नुपर्ने भयो । गणतन्त्र आएलगत्तै नोट परिवर्तन गर्नुपर्ने माग पनि सुनिन थाल्यो । अब राजाको सट्टा नोटमा के राख्ने ? यो विषयमा बहस हुन थाल्यो ।

त्यसबेला नोट डिजाइनबारे अनेकौं मत अधि सारिएको सम्झिन्छन् सुन्दर । 'कहिले आन्दोलन भल्किने चित्र राख्ने कुरा भयो भने कहिले भानुभक्त, चार सहिद वा लक्ष्मीप्रसाद देवकोटाको तस्बिर राख्ने कुरा पनि भयो,' उनले सुनाए, 'तर, धेरैजसोको मत भने बुद्धको तस्बिर राख्नुपर्छ भन्ने थियो ।'

बुद्धको तस्बिर राख्नुपर्छ भन्ने मत बलियो भएपछि बुद्धको सबैभन्दा विश्वसनीय तस्बिरको खोजी सुरु भयो । बुद्धको सबैभन्दा पुरानो मूर्ति कहाँ पाइएला भनेर संस्कृतिविद्हरूसँग सोधीखोजी सुरु भयो । त्यही समय सत्यमोहन जोशीले बुद्धको १७ औं शताब्दीको मूर्ति स्वयम्भुको पछाडिपट्टि रहेको जानकारी दिए । उनी क्यामरा बोकेर त्यसतर्फ दौडिए । तर, निराशामात्र हात लाग्यो । 'मूर्ति फुटिसकेको रहेछ,' उनी भन्छन्, 'अर्को आधिकारिक तस्बिर फेला पार्न सकिएन ।'

बुद्धको तस्बिर राख्न अर्को पनि समस्या आइपयो । नोट थोत्रो भएपछि जलाउने गरिन्छ । तर, बौद्धमार्गीहरू बुद्धलाई भगवान् मान्छन् । 'अब भगवानको तस्बिर जलाउँदा बौद्धमार्गीबीच राम्रो सन्देश जाँदैन भन्ने भयो,' उनले भने, 'त्यसैले नोटमा बुद्धको मूर्ति राख्ने सम्भावना ट्यो ।'

'गणतन्त्र आएपछि मैले ३० वटाभन्दा बढी डिजाइन गरें,' उनी भन्छन्, 'नेपालको पहिचान भल्किनेगरी डिजाइन गरिएको हो ।' नोटमा सगरमाथा र लालीगुराँसले हिमाल र पहाडको प्रतिनिधित्व गरेको तर तराईको प्रतिनिधित्व नभएको भन्ने गुनासो सुनियो । त्यसपछि उनले हिमाल, पहाड र तराई तीनै प्रदेशको प्रतिनिधित्व हुनेगरी २ रूपैयाँको सिक्काको डिजाइन तयार पारे । जसमा सगरमाथाको साथै हलगोरू जोतिरहेको तस्बिर छ ।

वरिपरि छन्, सजिलै देखिँदैनन्

बाघ र गैडा हेर्नुपरे चितवन वा वर्दिया जानुपर्छ । कृष्णसार हेर्न वर्दियाको खैरापुर पुग्नुपर्छ । बाह्रसिंगा हेर्न शुक्लाफाँटा र अर्ना हेर्न भए कोसीटप्पु नपुगी हुन्न । वन्यजन्तु हामीले थाहा पाएका र देखेका भन्दा पनि थुप्रै प्रजातिका छन् । तिनीहरूको स्वरंग र आनीबानी फरक फरक छन् ।



प्रकृतिप्रेमी वन्यजन्तु चिडियाघरमा भन्दा प्राकृतिक वासस्थानमा हेर्न रमाइलो मान्छन् । प्राकृतिक वासस्थानमा रहेका वन्यजन्तुको आनीबानी मान्छेका नजिक आउँदैनन् । उनीहरूलाई असुरक्षाको आभास भए आक्रमण गर्न बेर लगाउँदैनन् । वनमा हिँडेका-बसेका बाघ, गैडा, हरिण र चराचुरुङ्गी हेर्न पाउनु औधी राम्रो हो ।

मान्छेसँग हतपत जम्काभेट नहुने तर, विभिन्न क्षेत्रमा आफ्नै पाराले विचरण गरिरहेका वन्यजन्तुको अवस्था, संख्या र आनीबानी अनुसन्धानका लागि ट्रयापिङ क्यामेरा निकै सहयोगी हुन्छ । पर्सा वन्यजन्तु आरक्षमा एकपटक बाघ गणनाका बेला राखिएको क्यामेरा ट्रयापमा रेकर्ड भएका फोटाहरू हेर्दै जाँदा संरक्षणकर्मीले 'फिसिड क्याट' अर्थात् मलाहा विरालो फेला पारे । सन् २०१४ मा ट्रयापिङ क्यामेराको स्थापना पछि त्यो प्रजातिको विरालो पर्सामा पनि पाइन्छ भन्ने पुष्टि भएको थिएन । नेपालमा पाइएका घरपालुवाबाहेकका विरालो प्रजाति ११ वटा छन् ।



घरपालुवाबाहेकका सबै विरालो वनजंगलमै बस्छन् ।

फिसिड क्याटको मुख्य आहारा माछा हो । घरपालुवाभन्दा आकारमा केही ठूलो र भाडीमा बस्ने, रातिमात्रै निस्कने उक्त बिरालो कोसीटप्पु र चितवनमा पनि पाइने अनुसन्धानले देखाएका छन् ।

० ० ०

पुराना वन मासिए, पातलिए भनेर चिन्ता गर्नेहरूका लागि सामुदायिक वन संरक्षणको लहरले केही राहत दिएको छ । वरपरका बासिन्दाका लागि घाँस-दाउरा गर्न सामुदायिक वनको उपाय राम्रै हो । तर, वनमा पाइने फलफूल सबै टिपेर ल्याउने मान्छेका बानीले वन्यजन्तु आहारा नपाएर बस्तीभित्र



पुगिरहेका छन् । बाँदर, दुम्सी र चितुवाको आतंक बढ्नुका कारकमध्ये वनमा आहारा नपाइनु प्रमुख छ ।

ललितपुरको कुमारीपाटीस्थित साना स्तनधारी जनावर अध्ययन तथा अनुसन्धान फाउण्डेसनमा आबद्ध विद्यार्थी यस्ता विभिन्न विषयमा अध्ययन गरिरहेका छन्, जो हाम्रा वरपर छन् तर, सजिलै देखिँदैनन् । 'ठूला जनावरमा धेरैको ध्यान जान्छ तर, हाम्रा वरपर साना स्तनधारी जनावर पनि थुप्रै छन्,' फाउण्डेसन अध्यक्ष सागर दाहाल भन्छन्, 'हामी धेरैजना यसमा अध्ययन गरिहेका छौं, जसमाथि ध्यान पुग्ने सकेको छैन ।'

कोसी र बारामा मलाहा बिरालोको अध्ययन गरेर फर्किएका दाहाल अहिले त्यसको संरक्षणका योजना बनाइरहेका छन् । उनका अनुसार नेपालमा हालसम्म पाइएका स्तनधारी जनावर कति छन् भन्नेमा विज्ञहरूमा मत मतान्तर छ । केही प्रजाति संख्या २ सय १३ पुगेको दाबी गर्छन् भने केही १ सय ९२ मात्र रहेको बताइरहेका छन् । नेपालमा चमेरामात्रै ५४ प्रजाति पाइने रेकर्ड भएको छ ।

'एकपटक देखा परेपछि पाइन्छ भनेर रेकर्ड गरिएका वन्यजन्तुको अवस्था वर्षवर्षमा पुनः खोजी गर्दै गएमात्रै बढेको, घटेको र संकटमा परे-नपरेको यकिन तथ्यांक आउँछ,' प्राणीशास्त्रका प्राध्यापक करणबहादुर शाह भन्छन्, 'अनुसन्धानको क्रम पहिलेभन्दा निकै बढेको छ । तर, सबैले स्थलगतस्वयमा गर्ने अध्ययनका नतिजालाई एकीकृत गर्ने प्रणाली बनाउनुपर्ने आवश्यकता छ ।' राष्ट्रिय निकुञ्ज तथा वन्यजन्तु विभागले संरक्षितको सूचीमा राखेका स्तनधारी जनावर २७, पंछी १० र घस्रने जिव तीनवटा छन् । 'संरक्षितको सूचीमा नपरेका भन्दैमा कसैले कुनै पनि वन्यजन्तु वा चरा समाल्न, सिकार गर्न, मार्न र व्यापार गर्न पाइँदैन,' प्रा. शाह भन्छन्,



'कानुन परिमार्जनको क्रममा छ । अब वर्गिकरण गरेर अवस्था र स्थितिअनुसार सबै पशुपंछी संरक्षणका लागि अपेक्षित प्रावधान आउँदैछ ।' अनुसन्धान भएका क्षेत्रमा पाइने जिवजन्तुका वासस्थान र अवस्थाहरू पता लाग्दै जाँदा संरक्षणका प्रभावकारी कार्यक्रम आवश्यक हुँदै जाने उनले बताए । 'प्रकृतिको चक्रमा सबै जिवजन्तु बाँच्नका लागि आफ्नै प्रकारको वास, खाना र संघर्षको तरिका छ,' उनले भने, 'मानवीय हस्तक्षेप नहुने हो भने वन्यजन्तुको जीवन संकटमा पर्दैन, जसरी हुन्छ हस्तक्षेपलाई घटाउँदै प्राकृतिक वातावरण व्यवस्थापन जरूरी छ ।'

० ० ०

गत साउन अन्तिम साता प्रहरीले मोरङको रंगेली सीमावर्ती क्षेत्रमा १२ वटा जिउंदा सुनगोहोरोसहित शनिश्चरे-६ का जसबहादुर धिमाल गोहोरो बिक्रीका लागि लैजादै थिए । उनीविरुद्ध प्रहरीले कारवाही अघि बढाएको छ ।

सुन गोहोरो दक्षिण एशियाली मुलुकमा मात्र पाइन्छ । वासस्थान विनाश, आहाराको कमी र सिकारका कारण यसको घट्दो संख्या संरक्षणकर्मीका लागि चिन्ताको विषय छ । यो हतपत मान्छेका अगाडि पर्दैन र, यसलाई घरपालुवा बनाउन सकिँदैन ।

कर्णाली र सप्तकोसी नदीमा पाइने डल्फिन संरक्षित स्तनधारी जिव हो । यो पनि सजिलै हेर्न पाइनेमध्ये पर्दैन । कर्णालीमा डल्फिन छन् । संरक्षितको सूचीमा राखिएपनि यसको सुरक्षाका प्रभावकारी कार्यक्रम छैनन् ।

कञ्चनजंघा, अन्नपूर्ण र मनास्लु संरक्षण क्षेत्रमा कस्तुरी मृग पाइन्छ । गत वर्षबाट यसको अध्ययन सुरु भएको छ । हिउँचितुवा, बाघ, गैंडा, कृष्णसार र अर्ना आदि जनावरका अवस्थामा संरक्षणकर्मीसँगै सरकारको आवश्यक ध्यानाकर्षण भइरहेको छ । दाङ क्षेत्रमा पाइने हुँडार पनि जोगाउन जरूरी छ ।

० ० ०

लाटोकोसेरो संरक्षणमा सक्रिय पोखराका राजु आचार्यको अनुभवमा वन्यजन्तुमात्रै होइन विभिन्न प्रकारका पंछी पनि मान्छेले चाहेका बेला देखिने होइनन् । लाटोकोसेरोका केही प्रजाति जंगलमा बस्छन् भने केही वस्ती वरपर । 'वासस्थान बिथोलिएन भने जिवजन्तुलाई हामी प्रकृतिक अवस्थामै देख्न सकौं,' उनी भन्छन्, 'वनमा बस्ने जिवजन्तुलाई कुनै बाधा नपारी उनीहरूको क्रियाकलाप हेर्न पाइयो भने त्यो बेग्लै रोचक हुन्छ ।' वन्यजन्तुको प्राकृतिक वातावरणमा हाम्रा कारणले के के असर परेको छ र, त्यसको निदान के हुन सक्छ भनेर गरिने विचारबाटै संरक्षणको थालनी हुने उनले बताए । वरपर रहने तर, हामीले खोज्दा सजिलै देख्न नसकिने जीवजन्तु थुप्रै प्रजाति थाहा नपाइ नपाइ संकटमा परिरहेको उनको भनाइ छ ।



नेपालगञ्ज मुबारक बिरयानी



स्वादमा एकरूपता, सुलभ मूल्य र आत्मीय व्यवहारका कारण ब्रम्हकुमारी टोलको 'मुबारक बिरयानी कर्नर'ले ख्याति कमाएको छ । त्यहाँ बिहान ११ बजेदेखि दिउँसो ३ बजेसम्म भीड लाग्छ ।

उर्दू भाषाको शब्द 'मुबारक'को नेपाली अर्थ हुन्छ-शुभकामना । छोरा जन्मिएकोमा गद्गद भएका आमाबाले उनको नाउँ जुराए-मुबारक अलि अन्सारी । तिनै अन्सारीको नाममा नेपालगञ्जको ब्रम्हकुमारी टोलमा खुलेको 'मुबारक बिरयानी कर्नर'को ख्याति चुलिएको छ ।

चिल्लो, मसला हालेको भातमा चिकन वा मटन राखेर बनाइने स्वादिलो परिकार नै बिरयानी हो । स्वादमा एकरूपता, सुलभ मूल्य र आत्मीय व्यवहारका कारण मुबारक बिरयानी लोकप्रिय

बन्यो । त्यहाँ बिहान ११ बजेदेखि दिउँसो ३ बजेसम्म भीड लाग्छ ।

बिरयानी कर्नरका सञ्चालक मुबारकको उमेर ५७ वर्ष भयो । उनको नाउँमा कर्नर चलाएको चालीस वर्ष पुग्यो । त्यसभन्दा अघि २५ वर्षसम्म उनका पिताजीको नाउँमा सञ्चालित थियो । पिताजीले खाना, मासु, रोटी, कबाब बेच्थे । उनका पालामा नेपाली माफ् बिरयानी यति लोकप्रिय थिएन ।

अचेल बिरयानी बढी बिक्रम । कर्नरमा

बिरयानीबाहेक कबाब, रोटी, मटन करी, चिकेन करी र तन्दुरी रोटी पाइन्छ । त्यहाँ मुबारक दम्पति, उनका चार छोरा र पाँच कर्मचारी बिहानैदेखि परिकारको तयारीमा व्यस्त हुन्छन् ।

'खसी र कुखुराको गरी दिनमा करिब ३० केजी मासुसहितको बिरयानी बेच्छौं, मुबारक भन्छन्, 'सामान्यतः दिउँसो तीन बजेभित्र सबै परिकार सकिन्छ ।'

कतिपय ग्राहकहरू सुफाउँछन्-'बिहानदेखि साँभसम्मै बिरयानी बेच्नु नि !' तर, उनी आफ्नो परिवारले भ्याउने जति काम मात्र गर्छन् । 'क्वालिटीको कुरा छ', उनी प्रस्ट्याउँछन्, 'हामीले मुबारक ब्राण्डलाई जोगाइराख्न सक्नु पर्छ ।'

उनकोमा सर्वसाधारणदेखि सेलिब्रिटिसम्म, नेतादेखि भिआइपिसम्म खान आउँछन् । नेपालगञ्ज भएर घुम्न निस्कने पर्यटक पनि खोजीखोजी आउँछन् । नेपालगञ्जका अटो रिक्सालाई 'मुबारक बिरयानी कर्नर' जाने भन्यो भने सोफै पुन्याइदिन्छन् । केही समयअघि नेपालका लागि अमेरिकाका राजदूत 'यान्डी बेरी'ले बिरयानी खाएको भिडियोले चर्चा पाएको थियो ।

जमानाका भारात्तोलन खेलाडी हुन् मुबारक । उनी जिल्लास्तरीय खेलमा सहभागी हुन्थे । उनका छोराहरू पनि भारात्तोलनमा सिपालु छन् । बिरयानीमा व्यस्त हुन थालेपछि मुबारकले खेलकुद छोडिदिए र यसमै समर्पित बने । हेर्दाहेर्दै मुबारक बिरयानीको ब्राण्ड बन्यो । उनको नक्कल गर्दै नेपालगञ्ज सहरमा 'मुबारक' नाउँका अन्य दुकान पनि खुलेका छन् । तर, ती दुकानमा उनकोमा जतिको स्वाद नभेटिन सक्छ ।

मुबारक बिरयानी कर्नर शुक्रबार बन्द रहन्छ ।

सम्पर्क : मुबारक बिरयानी कर्नर

ब्रम्हकुमारी टोल, नेपालगञ्ज

फोन : ९८४४८२०७८६, ९७४८००९७९५





जुजु धौ

आन्तरिक पर्यटक मात्र होइन,
भक्तपुर घुम्ने विदेशी पनि जुजु धौ
नचाखी फर्कदैनन् ।

नेपाल भाषाको 'जुजु' शब्दको नेपालीमा अर्थ हुन्छ- राजा । त्यस्तै 'धौ' भनेको दही । भक्तपुरको जुजु धौ (राजा दही) प्रख्यात छ । कुनै रसायन नराखी गाईभैसीको दूधबाट दही जमाइन्छ ।

भक्तपुर नगरमा छयास्सछयास्ती खुलेका छन् जुजु धौ सेन्टर । आन्तरिक पर्यटक मात्र होइन, भक्तपुर घुम्ने विदेशी पनि जुजु धौ नचाखी फर्कदैनन् । गर्मीको मौसममा दही खानुको मज्जा बेग्लै हुन्छ । दहीच्यूरा त भन्नु मिठो हुन्छ ।

भक्तपुरमा पर्यटकमात्र चर्चित केही दही पसल छन् । जस्तो कि पाँचतले मन्दिरबाट दत्तात्रय जाने कर्नरमा रामिला दुवालले चलाएको 'जुजु धौ रामालय' । त्यहाँको दही लोकप्रिय

छ । 'विदेशीहरू दही मन पराउँछन्', दुवाल भन्छिन्, 'कोही कोही त थपथपि खान्छन्' ।

उनको परिवारले तीन पुस्तादेखि जुजु धौ उत्पादन गर्दै आएको छ । माटोको कतारो, कप र मटकामा दही जमाइन्छ । दहीको गुणस्तर हेरेर मूल्य निर्धारण गरिन्छ । खुवा दही किलोको ७५० रुपैयाँ, सगुन दही इन्चको १८० रुपैयाँ र सामान्य दही लिटरको १९० देखि २०० रुपैयाँसम्म पर्छ ।

हिजोआज कतारोमाथि शुभ अवसरमा शुभकामना शब्दहरू लेख्ने चलन छ । ग्राहकको चाहनाअनुसारका शब्द लेखिदिन्छन् रामिला । उनी भक्तपुरका रेष्टुराँमा मात्र होइन, काठमाडौँ र दोलखासम्म दही सप्लाई गर्छिन् ।

उनले ०७५ मंसिरदेखि रामालय खोलेकी । उनी पर्यटन अभियन्ता पनि हुन् । भक्तपुर पर्यटन विकास समितिकी कोषाध्यक्षका रूपमा काम गरिरहेकी छिन् । अनि पर्यटन विषयमै इन्दिरा गान्धी ओपन युनिभर्सिटीमा एमए पढ्दै छिन् ।

सम्पर्क :

जुजु धौ-रामालय

फोन : ९८५१२३८८६७



प्रख्यात ११ सुटिङ स्पट



नेपालमा वर्षेनी सयौंको हारहारीमा नेपाली फिल्म बन्छन् । मातृभाषाका फिल्म पनि उत्तिकै निर्माण हुन्छन् । त्यस्तै अन्य विभिन्न देशबाट समेत फिल्म सुटिङका लागि 'कास्ट एन्ड क्रु'सहितको भव्य जमघट हुन्छ । यहाँ नेपालमा धेरैजसो सुटिङ हुने ११ सुटिङ स्पटको चर्चा गरिएको छ।

काठमाडौं दरबार स्क्वायर

भनिरहनुनपर्ला, काठमाडौं देशको राजधानी हो । यो नेपाली फिल्मको पनि राजधानी नै हो । नेपाली फिल्म सायदै होलान् जसको सुटिङ यहाँ नभएको होस् । काठमाडौंका सुटिङका लागि थुप्रै ठाउँहरू छन् । सुटिङका लागि चोभार एउटा चर्चित स्थान हो । त्यसपछि महत्वपूर्ण र ऐतिहासिक हिसाबले सुटिङका लागि प्रख्यात मानिने ठाउँ हो- काठमाडौंको बसन्तपुर दरबार क्षेत्र । यसलाई काठमाडौं दरबार स्क्वायर पनि भनिन्छ । यो पूर्व शाही महल अगाडी छ । युनेस्कोको विश्व सम्पदा स्थलमा पनि यो ठाउँ सुचीकृत छ । बसन्तपुर दरबार परिसरमा थुप्रै नेपाली, विदेशी फिल्मदेखि म्यूजिक भिडियोसम्मका सुटिङ भएका छन् । नेपालमा २०७२ मा महाभूकम्प गएपछि यसले यहाँको ऐतिहासिक सम्पदालाई पनि क्षति पुऱ्यायो । अहिले यो पुनःनिर्माणको चरणमा छ । यद्यपि यो दरबार क्षेत्रको ऐतिहासिक महत्व कायमै छ । सानदार वास्तुकलाले सुसज्जित भएका कारण यो विश्वको नजरमा परेको हो । यहाँ नेवार कलाकार र शिल्पकारहरूको विभिन्न कौशल प्रदर्शन छ । दरबारको चारैतर्फ खुल्ला मैदान र मन्दिरहरू छन् । हनुमानको मुर्ति भएकाले यसलाई हनुमान दरबार स्क्वायर पनि भनिन्छ । 'नेपालका फिल्म सुटिङ स्पटको चर्चा गर्दा यो छुटाउनै नहुने ठाउँ हो,' लामो समयदेखि नेपाली फिल्ममा प्रोडक्सन डिजाइनरका रूपमा काम गर्दै आइरहेका चलचित्र प्राविधिक संघका अध्यक्ष समेत रहेका पुष्कर लामाले भने ।

पाटन दरबार क्षेत्र

उपत्यकाको सबैभन्दा पुरानो शहर हो, पाटन । जानकारहरूका अनुसार प्राचीनकालमा यसलाई युपग्राम, यल, मनिङ्गल, ललितपत्तन, ललितापुरी आदि नामले समेत पुकारिन्थ्यो । इतिहास अनुसार पाटन शहर बरदेवले स्थापना गराएका हुन् । सत्रौं शताब्दी देखिका कला र सांस्कृतिक सम्पदाले यो क्षेत्र सिँगारिएको छ । यो दरबार क्षेत्र केवल राजपरिवारको बासस्थानका रूपमा मात्र नरहेर तिन ताकाको प्रशासनको मूलकेन्द्र पनि थियो । नेपालीमात्रै होइन थुप्रै विदेशी फिल्मको सुटिङ यहाँ भएका छन् । ऐतिहासिक महत्व बोकेको स्थान भएकाले धेरैले फिल्म सुटिङका लागि यो स्थान रोज्ने गर्छन् । सुन्दरीचोक पाटन दरबारको एउटा सबैभन्दा प्रख्यात ठाउँ हो । नेवारी वास्तुकलाका अनुपम उदाहरणहरू देख्न सकिन्छ। सुन्दरीचोक नजिकैको तुसाहिटी धारा पनि

ज्यादै आकर्षक छ। त्यस्तै सन् १६९३ मा मुख्य दरबारको पश्चिमपट्टी निर्माण गरिएको शिखरशैलीको २१ गजुर भएको कृष्णमन्दिर पनि लोकेसनका हिसाबले विशेष मानिन्छ। पाटन दरबारमा मुख्य ३ वटा चोकहरू छन्। ती हुन्, केशवनारायणचोक, मूलचोक र सुन्दरीचोक। केशवनारायणचोक सबैभन्दा पुरानो चोक हो। जानकारहरूका अनुसार पाटन दरबारमा मल्लकालमा विभिन्न ७ वटा चोकहरू न्हुछे आगन, किसी, सहापु, न्हासल, दाफोरवाँ र कुमारी थिए। पाटन दरबार क्षेत्रमा सुटिङ हुँदा यिनै ठाउँहरूलाई लोकेसनका रूपमा प्रयोग गर्ने गरिन्छ।

भक्तपुर दरबार स्क्वायर

उपत्यका दरबार क्षेत्रको धनी छ। र, फिल्म तथा म्यूजिक भिडियो सुटिङका लागि यिनै दरबार क्षेत्रहरू भरपुर प्रयोगमा आउने गर्छन्। त्यस्तै अर्को प्रख्यात सुटिङ स्पटमा पर्छ, भक्तपुर दरबार स्क्वायर। भक्तपुर जिल्लामा रहेको यो भक्तपुर दरवार क्षेत्र ऐतिहासिक दृष्टिकोणबाट मात्र होइन साँस्कृतिक, प्राचिन शिल्पकला एवं हस्तकलाको दृष्टिले समेत एकदमै महत्वपूर्ण स्थल मानिन्छ। बलिउडका प्रख्यात अभिनेता अक्षय कुमारको 'बेबी' फिल्मको सुटिङ समेत यही भएको थियो। प्राचिन कालमा मल्ल राजाहरू वसोवास गर्ने गरेको यो क्षेत्रमा पचपन्नझ्याले दरवार, भुपतिन्द्र मल्लको सालिक, भगवती मन्दिर, भैरवनाथ मन्दिर, ठूलो घण्टा, तुलजा भवानीको तलेजु मन्दिर, सुनको ढोका आदि ऐतिहासिक महत्व बोकेका सुन्दर स्थानहरू छन् जसलाई सुटिङका क्रममा देखाउन सकिन्छ। युनेस्कोको विश्व सम्पदा सूचीमा परेको भक्तपुर दरवार क्षेत्र खुल्ला संग्राहलयका रूपमा पर्यटकमाझ परिचित छ।

पोखरा

नामै काफ़ी छ- पोखरा। नेपालकै सर्वाधिक लोकप्रिय पर्यटकीय गन्तब्य हो पोखरा। गायक प्रमोद खरेलले कुनैबेला गाएका थिए, 'मविना कसैकसैलाई मुस्किल छ पोखरामा...।' उनको गीतले कसैकसैलाई मुस्किल भनेभै अधिकांश नेपाली फिल्ममा पोखराको

दृश्य देखा लाग्छ, नेपाली फिल्मको निर्माण पनि पोखरामा सुटिङ नगरीकन मुस्किल नै छ। पोखरा शहर आफैमा सुटिङका लागि प्रख्यात छ।

सुटिङका लागि पोखरामा सबैभन्दा प्रख्यात स्थान हो - फेवाताल। नेपाली फिल्म गीत सुटिङकै बहानामा पनि भएपनि यो ताल पुगेकै हुन्छन्। पोखरा घुम्न आउने कोही पनि फेवातालमा बोटिङको मज्जा लिन छुटाउदैनन्। फेवातालको बीचमा रहेको तालबाराही मन्दिर यसको अर्को आकर्षण हो।

फेवातालको किनारमा रहेको लेकसाइड बजार आफैमा आकर्षक छ। यो लेकसाइड क्षेत्र रातिको फिलिमिलीमा भन्नु सुन्दर देखिन्छ। त्यसपछि यहाँ रहेको डेभिड फल्सलाई समेत सुन्दर लोकेसन मानिन्छ। फेवातालको पानी डेभिड फल्सको गल्छीबाट गुप्तेश्वर गुफा हुँदै सेती नदितर्फ हानिन्छ। वर्षामा ठूलो पानीको भेल गल्छीभित्र पस्दा देखिने पानीको फोहोरा र त्यहाँबाट निस्कने बाफ दृश्यमा साँच्चिकै लोभलाग्दो देखिन्छ। पोखरास्थित छोरेपाटनमा रहेको गुप्तेश्वर गुफासमेत सुटिङका लागि उपयुक्त छ। फेवातालमाथिको डाँडामा अवस्थित सेतो गुम्बा पनि स्वदेशी विदेशीको आकर्षणको केन्द्र मानिन्छ। पोखरा जानेहरू एकपटक उक्त गुम्बामा पुग्न छुटाउदैनन्। यहाँबाट पोखराको सुन्दर दृश्य, फेवाताल, हिमाल, सराङकोटको डाँडालगायतका सुन्दर दृश्यहरू देखिन्छ। साराङकोट, बेगनास र रूपा ताल, महेन्द्र गुफा, सेती खँच, अल्द्रालाइट फ्लाइट, प्याराग्लाइडिङ, बज्जीजम्प, जीप फ्लाई आदिका लागि पनि पोखरामा सुटिङ प्रभावकारी मानिन्छ।

मनाङ

पछिल्लो समय नेपाली फिल्म सुटिङका लागि प्रख्यात बनिरहेको जिल्ला हो- मनाङ। यसलाई हिमाल पारीको सुन्दर जिल्ला पनि भनिन्छ।

भौगोलित सुन्दरतामा यो एकदमै धनी छ। सुटिङका लागि लोभलाग्दा दृश्यको अभाव छैन, जताततै प्रशस्तै भेटिन्छन्। अग्ला भिराला पहाडहरू र उच्च हिमश्रृंखलाहरू यसको विशेषता हो। यो जिल्लाको पूर्वमा मनास्लु, पश्चिममा दामोदर, दक्षिणमा अन्नपूर्ण र लमजुङ हिमाल पर्दछन् भने उत्तरमा तिब्बतको पेरी र चीन हिमाल पर्दछन्। विश्वको सबभन्दा अग्लो स्थानमा रहेको तिलिचो ताल पनि यही छ। यो कुण्डहरूको बेजोड संगम भएको जिल्ला पनि हो। पूजा शर्मा र पल शाहको 'म यस्तो गीत गाउँछु' देखि रेखा थापाको 'अन्दाज', दयाहाङ राईको 'कबड्डी', प्रदिप खड्काको 'प्रेमगीत', अनमोल केसीको 'जेरी' र 'ड्रिम्स' लगायत फिल्ममा मनाङका मनोरम दृश्यहरू प्रशस्तै देख्न सकिन्छ।

मुस्ताङ

मनाङनजिकै रहेको मुस्ताङ अर्को प्रख्यात फिल्मको सुटिङ स्पट हो। सुटिङका लागि मनाङ पुगेका फिल्म युनिट मुस्ताङमा सुटिङ नगरी भरसक फर्किदैनन्। नेपाली फिल्ममा पहिलो पटक मनाङ मुस्ताङको सुन्दरतालाई अलि वृहतरूपमा देखाइएको भनेको 'कागबेनी' फिल्मबाट हो। तर 'कागबेनी' भन्दा पहिले पनि केही बलिउडका फिल्महरू यहाँ सुटिङ भइसकेका छन्। बलिउडका वरिष्ठ अभिनेता अमिताभ बच्चन समेत सुटिङको त्यहाँ पुगिसकेका छन्। हिमालपारीको जिल्लाको नामबाट चिनिने यो जिल्ला धौलागिरी र निलगिरी दुई अग्ला हिमशिखरको विचमा अवस्थित छ। करिव ३००० वर्ष भन्दा अगाडिको पुरातात्विक उत्खननबाट देखिए अनुसार यो क्षेत्र परापूर्वकालमा नेपाल र तिब्बत बीचको व्यापारिक मुख्य नाका रहेको बुझिन्छ। यसको सदरमुकाम जोमसोम हो। 'जोमसोमै बजारमा' बोलको गीत यही ठाउँको नामबाट बनेको हो। यस जिल्लाको पूर्वमा मनाङ, पश्चिममा डोल्पा दक्षिणमा म्याग्दी र उत्तरमा तिब्बत पर्दछन्।

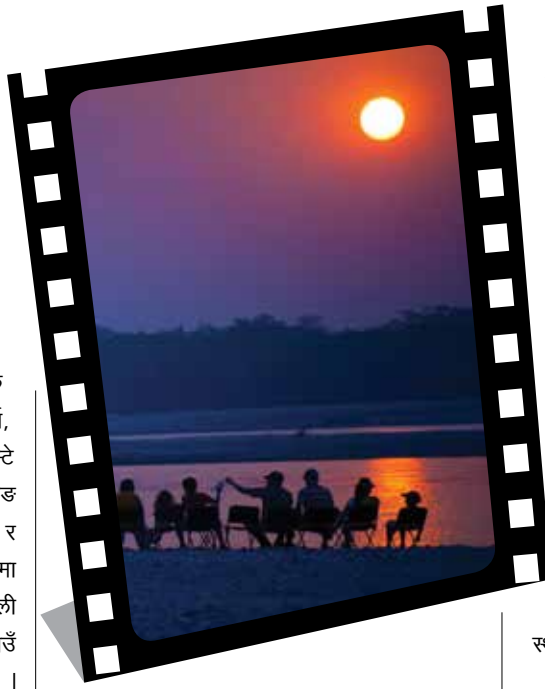


घान्द्रुक

सुटिडका लागि अर्को सुन्दर स्पटका रूपमा परिचित छ- घान्द्रुक । कास्की जिल्लाको उत्तरमा अन्नपूर्ण पदयात्रा मार्गमा पर्ने घान्द्रुक पर्यटकीय हिसाबले पनि एकदमै सुन्दर ठाँउका रूपमा चिनिन्छ । सुटिडका लागि यहाँ ऐतिहासिक तथा धार्मिक पर्यटकीय स्थलहरू मेश्रमवराह, तौजीवराह, पोज नेबवराह, कोटडाँडा, गुम्बा, खयोवराह ताल आदि रहेका छन् । घान्द्रुक होमस्टेबाट बिहानै बाहिर निकलदा माछापुच्छ्रे, गङ्गापूर्णा, हिमचुली, अन्नपूर्ण हिमालहरू बास बसेको होमस्टे अगाडि नै देखिन्छ । ढुङ्गाले कुदेर बनाइएका गुरुङ समुदायका घर र नजिकबाट देखिने अनपूर्ण र दौलागिरी हिमश्रृङ्खलाहरूको अनुपम दृश्यहरू पर्दामा कैद गर्न यहाँ थुप्रै फिल्मकर्मीको युनिट सुटिड टोली लिएर पुग्ने गर्छ । घान्द्रुकमा कहलिएका सात गाउँ छन् । जहाँ ७० प्रतिशत गुरुङजातीका घरहरू छन् । कोट गाउँ, माफ्र गाउँ, ध्यागोयार गाउँ,अडडादाइयार गाउँ, तल्लो गाउँ, डाँडागाउँ र गैरी गाउँ । घान्द्रुक गाउँको उत्तरमा अन्नपूर्ण आधार शिविरसम्म र पश्चिममा घोडेपानी-पुनहिल पदयात्रा पनि घान्द्रुकबाट नै गर्न सकिन्छ । अन्तराष्ट्रिय रूपमा पुरस्कार जित्न सफल दिपक रौनियार निर्देशित फिल्म 'हवाइट सन' पनि यहाँ सुटिड भएको थियो ।

धम्पुस

नेपालमा सुटिडका लागि अर्को लोकप्रिय स्थान हो- धम्पुस । यो पनि कास्की जिल्लामै अवस्थित छ । धम्पुसमा जम्मा ६२० वटा घर छन् । यहाँ पुग्नेको लागि पर्यटकहरू गाडिमा भन्दा पैदल उपाय नै अपनाउने गर्छन् । सुटिडका लागि यो ठाउँमा ऐतिहासिक तथा धार्मिक पर्यटकीय स्थलहरू धम्पुसकोट, भुमे मन्दिर, नेवोताल वराह, सिङवराह मन्दिर आदि रहेका छन् भने प्याराग्लाइडिङका लागि



थाक डाँडा, तप्राङ मैदान आदि प्राकृतिक पर्यटकीय स्थलहरू छन् । धम्पुस पुग्न सजिलो छ, पोखराबाट जम्मा २५ किलोमिटर पश्चिममात्रै हो । धम्पुसबाट देखिने हिमालमात्र होइन, पोखराबाट फेदीसम्म गाडीमा यात्रा गर्दा देखिने फाँट, खोलाहरू पनि कम मनमोहक छैनन् । फेदीमा भएका होटलहरूमा सजाएर राखिएका सुकुटीले उस्तै लोभ्याउँछ । अधिकांश पर्यटक माछापुच्छ्रे हेर्न पोखरा जान्छन् । तर, माछापुच्छ्रेको असली दृश्यावलोकन गर्ने हो भने धम्पुसजस्तो राम्रो विकल्प अर्को नुहने बताइन्छ । यि सब कारणले पनि फिल्मकर्मीहरू सुटिडका लागि यो ठाउँ रोज्ने गर्छन् ।

खप्तड

प्रख्यात सुटिड स्पटको सुची तयार गर्दै गर्दा छुटाउन नहुने नाम हो- खप्तड राष्ट्रिय निकुञ्ज । यो पश्चिम नेपालको सेती अञ्चलका ४ पहाडी जिल्लाहरू

बभाङ, बाजुरा, डोटी र अछाम जिल्लाको संगम स्थलमा अवस्थित छ। यसको क्षेत्रफल २२५ बर्ग कि.मी. छ। यो बिस २०४२ मा स्थापना गरिएको हो। यो निकुञ्ज संसारमै सुन्दर मानिन्छ । समुद्र सतहबाट २४०० देखि ३७०० मिटर उचाइमा फैलिएको खप्तड क्षेत्रको बीचमा उभिएको छ- १२ हजार फिट अग्लो खप्तड लेक । सुटिडका लागि यो लेक चर्चित छ । किम्बदन्तीअनुसार यो ५० वर्ष पहिले खप्तडबाबाले तपस्या गरेको पवित्र ठाउँ हो । खप्तडको त्रिवेणीमा रहेको त्रिवेणी मन्दिर र त्यसवरपर २२ वटा पाटनका दृश्यहरू उस्तै सुन्दर छन् । खप्तड बाबाको कुटी, त्रिवेणी नदी, खापर दह, शिव मन्दिर, सहस्रिलंग, गणेश मन्दिर, नागढुंगा , केदारढुंगाजस्ता धार्मिक स्थल यहाँ सुटिडका लागि निकै प्रख्यात छन्।

बर्दिया राष्ट्रिय निकुञ्ज

बावलो फिल्म सुटिड हुने अर्को स्पट बर्दिया राष्ट्रिय निकुञ्ज पनि हो । करिब ९६८ वर्ग किलोमिटर क्षेत्रफल ओगटेको यो निकुञ्ज नेपालको पश्चिममा कर्णाली नदीको पूर्वतिरको तराइ प्रदेशमा अवस्थित छ । पूर्णरूपमा तराइ क्षेत्रमा रहेको यस राष्ट्रिय निकुञ्ज स्थापनाको प्रमुख उद्देश्य बाघ तथा यसको शिकारको संरक्षण भएपनि गैँडा, घडियाल गोही, डल्फिन जस्ता अत्यन्तै लोपोन्मुख वन्यजन्तुहरू यसमा संरक्षित छन् ।

चितवन

नेपाली फिल्मको एकदमै धेरै सुटिड हुने प्रसिद्ध ठाउँ हो, चितवन । सुटिडका लागि यहाँ थुप्रै सुन्दर ठाउँहरू छन् । त्यसमध्ये एक हो- भरतपुर । यसलाई नेपालकै एउटा ठूलो बजारका रूपमा लिइन्छ। यो चितवनको सदरमुकाम पनि हो । चितवन जिल्लामा बढीजसो सुटिड हुने अर्को चर्चित ठाउँ, चितवन राष्ट्रिय निकुञ्ज हो । यो नेपालको सबैभन्दा पहिलो तथा सबैभन्दा पुरानो राष्ट्रिय निकुञ्ज हो। यसको स्थापना सन् १९७३ मा गरिएको हो।१९८४ मा यो विश्व सम्पदा क्षेत्रको सूचीमा समेत सूचीकृत छ । चितवनमै रहेको सौराहा पनि सुटिडका लागि परिचित स्थान हो । मनोरम लोकेसन यसको आकर्षण हो । चितवन राष्ट्रिय निकुञ्ज वन्यजन्तु र पक्षीका कारण नै सौराहा पर्यटन स्थलका रूपमा स्थापित भएको हो । हात्ती चढेर जंगल सफारी गर्नु, वन्यजन्तु हेर्नु, राप्ती नदीमा डुङ्गा सयर गर्नु, सूर्यास्त हेर्नु, थारु कल्चरको अवलोकन गर्नु सौराहाका आकर्षण हुन् । यिनै विविध सुविधाका कारण नै फिल्मकर्मीको प्रमुख रोजाई हुने गर्छ, चितवन । 'चितवन पुगेर अभिनय नगर्ने सायदै कलाकार होलान्,' नेपाल चलचित्र प्राविधिक संघका अध्यक्ष लामा दाबी गर्छन् ।





ओल्ड इज गोल्ड

विश्व सम्पदा चाँगुनारायण क्षेत्रमा सञ्चालित 'चाँगु संग्रहालय'मा दुर्लभ सामाग्री संग्रह गरिएको छ

विश्व सम्पदा चाँगुनारायण मन्दिरका विषयमा एउटा रोचक कथा छ । कथा भन्छ-परापूर्वकालमा एउटा ग्वालाले सुदर्शन नाम गरेका ब्राम्हणबाट कपिल नाउँ गरेको दुधालु गाई ल्याएर पालेको थियो । उसले गाईलाई चाँगु वनमा चराउँथ्यो । वनमा चाँपका रूख थिए । चर्दैचर्दै गाई एउटा रूख मुनि पुग्यो ।

त्यस रूखबाट एउटा बालक प्रकट भई गाइका थुन चुस्यो । ग्वालाले त्यो कुरा पत्ता पाएन । बेलुका दुहुन बस्दा गाईले दूध दिन छाड्यो । त्यसैले उसले आफु खान र ब्राम्हणलाई दूध पुऱ्याउन सकेन ।

ग्वाला ब्राम्हणका पुगेर गाईले दूध नदिएको जानकारी गराउँछ । ब्राम्हण अचम्मित हुन्छन् । गाईले किन दूध दिएन भन्ने पत्ता लगाउन चियो गर्ने उनीहरू निर्णय गर्छन् । भोलिपल्ट चियो गर्दा एउटा बालक प्रकट भई गाईको दुध चुसिरहेको देख्छन् ।

यसरी गाईको दूध चोरेर खाने भुत हुनु पर्छ

भन्ने सम्झेर सुदर्शन ब्राम्हणले तत्कालै त्यो रूख काटिदिए । जब रूख ढल्यो तब त्यहाँ भगवान विष्णुको शिर छेदन भएको देखियो । पाप काम गरिएछ भन्दै उनीहरू क्षमायाचना गर्न थाले । त्यतिबेला आकाशवाणी भयो,-'पूर्व जन्ममा मैले तिम्रो बाबुको बध गर्दा लागेको ब्रम्ह हत्याबाट मुक्ति पाउन मैले नै यो घटना गराएको हुँ । यसमा तिमीहरूको केही दोष छैन ।'

त्यसैबेलादेखि त्यहाँ चाँगुनारायण स्थापना गरि तिने ब्राम्हणका सन्तानले पूजारी काम गर्दै आए भने ग्वालाका सन्तान भण्डारी बने ।

उपरोक्त कथा सचित्र पस्केको छ 'चाँगु संग्रहालय'ले । चाँगुनारायण मन्दिरको उकालोमा संस्कृतिकर्मी वैष्णवराज श्रेष्ठले सञ्चालन गरेको संग्रहालयमा दुर्लभ सामाग्री सजाइएको छ । चार तले भवनमा पुराना सामान राखिएको छ ।

पहिलो तलामा चाँगु उत्पत्तिको सचित्र कथा,

बाजाहरू, लाखे नाच, मानापाथी, ढक तराजु, हतियारहरू (खुँडा, तरबार, खड्ग, भाला), गैडाको छालाबाट बनेको ढाल आदि राखिएको छ । त्यस्तै दोस्रो तलामा नेपाली टोपी, पुराना किताब र कागजपत्र, ताडपत्र, इन्द्र स्वरूप, चट्टयाड ढुँगाहरू, गोलोचन, प्राचीन शंख, कस्तुरिको विना, लिच्छिविकालदेखिका नेपाली सिक्का, नोट सजाइएको छ ।

तेस्रो तलामा पितृ कार्यमा प्रयोग हुने सामान, विवाह, व्रतबन्ध आदि शुभकार्यमा चाहिने सामाग्रीको ज्ञान पाइन्छ । चौथो तला अर्थात् बुईगलमा पूजाकोठा र भान्छा छन् ।

संग्रहालय हेर्न नेपालीले ५०, सार्क मुलुककाले २०० र अन्य पर्यटकले ३०० रुपैयाँको टिकट काट्नु पर्छ । पाहुनालाई वैष्णवराज आफैँ घुमाउँछन् । कहिलेकाहीँ उनका छोराहरू विशालराज र विनयराजले सघाउँछन् ।

श्रेष्ठले ०५७ जेठ १० गतेदेखि सञ्चालनमा ल्याएको संग्रहालय आफैँमा राम्रो पर्यटन प्रोडक्ट बनेको छ । उनले आफ्नै घरमा भएका, आफन्तले दिएका र किनेका पुराना सामान संग्रह गरेका हुन् । पछिल्लो दुई दशकदेखि संग्रहालय अभियानमा लागेका श्रेष्ठ ६७ वर्षमा हिँड्दैछन् । यसरी निजि प्रयासमा संग्रहालय खोल्नु अनुकरणीय काम हो ।

सम्पर्क : चाँगु संग्रहालय, भक्तपुर

फोन : ९८४०२८३८५५





दीपाश्री निरौला

कलाकार



घुमफिर : घुम्न भनेपछि म हुरुवकै हुने मान्छे हो । जिन्दगी त रिल्याक्स पाराले जिउने हो जस्तो लाग्छ । मलाई नेपालमा घुमिरहन मनपर्ने ठाउँचौँही- पोखरा नै हो । सायद नेपाली फिल्मसँग यसको गज्जबको साइनो भएर पनि होला । फिल्म सुटिङका लागि पनि यो उपयुक्त सहर हो । त्यहाँको फेवाताल, मठमन्दिर, बजार सबै मनपर्छ । मैले जीवनमा पहिलोपल्ट प्लेन चढेर पुगेको ठाउँ पनि पोखरा नै हो । विदेशको कुरा गर्दा मलाई अमेरिकाको न्यूयॉर्क एकदमै मनपरेको हो । 'स्टेचु अफ लिबर्टी' जाँदा एकदमै मज्जा भएको थियो । अर्को घुम्दाखेरी मैले सबैभन्दा बढी गर्न मनपराउने भनेको फोटो खिच्न हो । जहाँ पुगेपनि मोबाइल भिकिहाल्छु, फोटो खिचिहाल्छु ।

पहिरन : म एकदमै पहिरन सचेत छु । कलाकार भएपछि पहिरनको ख्याल गर्नु पनि पर्छ । किनभने हामीलाई आम दर्शकले पछ्याइरहेका हुन्छ। पहिरनको कुरा गर्दा मलाई सुहाउने भनेको साडी हो । तर सहजतका हिसाबले मैले धेरैजसो पाइन्ट नै लाउँछु । यद्यपी मलाई साडीमा सजिएर हिँड्न एकदमै मनपर्छ । संसारभर अहिले कुन फेसन चलिरहेको छ, म त्यसबारे अपडेट पनि लिइरहेको हुन्छु, गुगल र सामाजिक संजालमार्फत । सपिङ पनि गरिरहेकी छु । साथीहरूको कपडा पसल छ । नयाँ र वन पिस सामान आउनेवित्तिकै मलाई कल गरिहाल्छु । मलाई सुहाउँदा पहिरन उनीहरू सिफारिस गर्छन् । मेरो ड्रेसको डिजाइन अहिले कायरा बुटिकले तयार गरिरहेको हुन्छ ।

पुस्तक : म पुस्तक एकदमै कम पढ्छु । पुस्तकमा पनि मलाई बढी पढ्न मन लाग्ने आत्मकथा नै हो । मान्छेहरूको संघर्ष र संघर्षपछिको सफलता पढ्न मन लाग्छ। जीवन जिउन उत्प्रेरणा पनि मिल्छ । केही नयाँ उपाय सिक्न पनि पाइन्छ । मलाई मनपरेको हरिवंश आचार्य दाईको 'चिना हराएको मान्छे' नै हो । एउटा कमेडियन भएकाले अग्रज कमेडियनको जीवनको कथाले छोएको हुनुपर्छ । त्यो किताबमा जे छ, सब यथार्थ छ । उहाँको संघर्ष पढ्दा हाम्रो संघर्ष केही लाग्दैन ।

फिल्म : म त प्रायः नयाँ फिल्म हलमा लाग्नेवित्तिकै हेर्न गइहाल्छु । किनभने फिल्म भनेको त हाम्रो लागि पाठशाला हो । मैले जति हासिल गरे, त्यो फिल्मको औपचारिक शिक्षाबाट हासिल गरेको हो नि । भोगाईबाटै आर्जन गरेको ज्ञान हो । विश्वका सिनेमा ट्रेन्डबारे अपडेट हुन, विश्वले कस्तो कथालाई कसरी भनिरहेको छ, त्यो थाहा पाउन पनि फिल्म हेर्नपर्छ, त्यसैले हेर्छु । मलाई मनपर्ने फिल्महरूको सुची भन्नुपर्दा आफैलाई बनाएकोमा चाही 'छक्कापन्जा'को पहिलो सिरिज नै हो । त्यस्तै अरुको फिल्म भन्नुपर्दा 'मुन्ना भाई एमबिबिएस', 'थ्रि इडियट्स', 'तारे जमिन पर' हुन् । दोन्याइतेन्याइ हेरेको छु यि फिल्महरू । नेपालीमा 'दर्पण छाया' र 'सुख:दुख' मेरा प्रिय फिल्म हुन् ।

खानपिन : खानपिनमा पनि म निकै सौखिन छु । त्यहीभएर त यति मोटाएकी छु (मुस्कुराउँदै) । सेइयुलअनुसार नखाएर पनि हो । कामको व्यस्तताले गर्दा भनेको बेला खान पाँइदैन । खानपिनमा मलाई सामान्यतः मनपर्ने दाल, भात र तरकारी नै हो । त्यसबाहेक पनि, च्याउको तरकारी मिठो लाग्छ । त्यस्तै मलाई नेवारी खाजासेट भन्नेवित्तिकै मुखबाट पानी आइहाल्छ आलुको अचारदेखि बारा खाइरहन मनलाग्छ । म शाकाहारी छु, त्यसैले सुरुसुरुमा विदेश जाँदा खुब समस्या हुन्थ्यो । कहिलेकाँही फ्लाइटमा जाँदा केही नखाई नेपाल फर्किएका दिन पनि छन् । अहिले त त्यता पनि नेपालीको संख्या बढेको छ, नेपाली खाना पाइन्छ त्यसैले रमाइलै हुन्छ ।

Get Featured on *Yatra!*

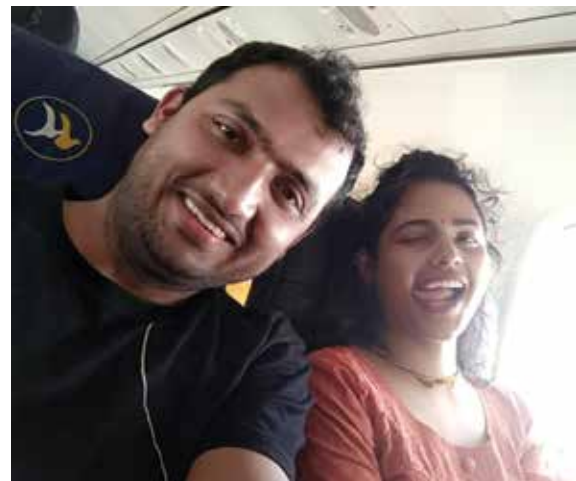
Love that view out the aircraft window? Do you photograph journeys of your travels? Are you an #AVGeek with a knack for plane spotting? If you've answered YES to these questions, now is the chance to share your travel photos with our readers! Simply:

- 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.



My son Dibyanshu first flight from Pokhara to Kathmandu | **Bhabuk Aryal**



Bhadrapur to KTM | **Dr Kiran & Dr Sumitra**



Excitement journey ktm to pokhara with Buddha Air. | **Pramod Ghimire**

Flying high and happy with Buddha Air | **AaroHi**

BEST PHOTO

I was very worried coz it was my lill boys first ever flight.. but thanks to *Buddha Air team*, they made things so smooth n effortless for me & my baby | **Sonam Praveen Goyal**



We often travel through Buddha air but this flight was so special because we three were travelling together for the first time; our upcoming bundle of joy. Thank you | **Priyanka Pokhrel**



The group flight to Pokhara by Buddha Air, the best tourism point of Nepal | **B N Sapkota**



Always smiling in traveling by Buddha Air. Janakpur to KTM | **Amit Karna**



Varanasi

yatra



Weekly
TWO
Flights

Pilgrimage
& Holiday
Packages
Available



Buddha Air



facebook.com/buddhaair



@airbuddha



@buddhaairnepal



buddhaairvttd

Jawalakhel, Lalitpur
Toll Free # 1660-01-3800 (NTC)
Phone: 01-5551218, 5554084
email- holidays@buddhaair.com

VARANASI, India
Phone: **0542-2501105**
Email: varanasi@buddhaair.com

Mobile: **+91 8400484001**
WhatsApp: **+916386535738**