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Workers splash fresh saffron water on the Boudhanath stupa on Saturday to mark the beginning of *Saka Dawa*, the fourth month of the Tibetan Buddhist calendar. This holy month marks the birth and enlightenment of the Buddha, who taught that keeping the “environment” clean is as important as protecting the external environment and nature.



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BY **RUBEENA MAHATO**

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BY **DAMAKANT JAYSHI**

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# A FOSSIL ECONOMY

The government is working to present the first full budget in four years to an elected parliament. This is a good sign, and one that could finally spur development spending and ensure accountability. Theoretically.

Finance Minister Ram Sharan Mahat says the budget will reflect the country's medium-term objective of spurring economic growth and creating jobs. The aim is to put the country on track to graduate from the ranks of Least-Developed Countries to Developing Country category by 2022. The decrease of Nepal's absolute poverty rate from 45 per cent to 23 per cent in 15 years shows that this may not be as far-fetched as it sounds.

With the appointment of Govinda Raj Pokhrel to head the National Planning Commission, we now have an "energy man" at the top policy-formation body. Pokhrel has experience from his former job in the Alternative Energy Promotion Centre implementing renewable energy projects in rural areas.

Although Nepal's crippling electricity crisis gets all the headlines, a lot has been achieved behind the scenes in rural energy self-sufficiency. The campaign to make all Nepali homes smoke-free by 2017 through locally-manufactured fuel efficient stoves will not just reduce the pressure on forests, improve the health of women and children, but also reduce black carbon emissions. Since 80 per cent of Nepal's population is still reliant on biomass for energy, this important goal affects far more people than the price of gasoline in Kathmandu.

The spread in the use of household biogas from farm waste in rural Nepal is another achievement that has gone almost unnoticed. There are now more than 350,000 biogas plants all over the country that run on cowdung and latrine waste – more per capita than India or China. This was possible because of simple, maintenance-free designs appropriate for Nepal. But more importantly, soft micro loans made installation easy and affordable. A similar formula for microhydro and household solar would transform Nepal's energy landscape within a few years.

Unfortunately, signs are not good that the current budgetary exercise will learn from any of these past

We cannot afford a business-as-usual strategy for economic growth because they are economically and politically not sustainable. A fossil economy will doom us.



achievements. The unseemly greed with which MPs from the ruling coalition have demanded pork barrel funds for their constituencies to be raised from Rs 1 million to Rs 5 million is disheartening. The haste with which ministers (including Mahat) have doled out unspent cash from the last budget to their home districts doesn't arouse much hope.

To achieve the 2022 GDP per capita target, Nepal's economic growth needs to average 8 per cent over the next eight years. Provided our investment climate improves (very unlikely given the current draft of the new FDI policy and the harassment of existing investors) and political stability is achieved with the writing of the new constitution, it may be possible to double the economic growth rate.

Considering the present governance deficit, rampant corruption and the stranglehold on natural resource exploitation by politically-protected organised crime, eight per cent growth would be a disaster. The devastation of the Chure forests in the past two years because of the proliferation of unregulated, rampant mining carried out by appropriately named "crusher" quarries is just one example. Even though President Ram Baran Yadav himself has taken this up as a prestige project, the ecologically fragile 1,000 km Chure Arc is being denuded before our eyes.

In this state, what would eight per cent growth mean for air pollution, ground water depletion, the state of the Bagmati and other rivers, the mismanagement of urban garbage, the proliferation of banned pesticides?

Switching to a green economy would help mitigate some of the corrosive side-effects of growth that only looks at GDP per capita or income poverty. Green growth is not just about preserving nature, but an economy that becomes more inclusive and sustainable as it grows. When planning this budget, Minister Mahat must look beyond revenue from petroleum and vehicle sales taxes, for example, and offer incentives and subsidies for renewable energy.

We cannot afford a business-as-usual strategy for economic growth because it is not economically and politically sustainable. A fossil economy will doom us, environmentally and strategically. Alternate energy is no longer just a new age fad, it is mainstream economics.

## YOUR SAY

www.nepalitimes.com

### JUDICIAL DEBATE

No matter what the managed resolution of the turf battle between judiciary and parliament may be, the fact remains that the nominated judges and the Chief Justice all have tainted images.

The Supreme Court Chief Justice Damodar Prasad Sharma was found to have been using six government vehicles for his personal use, the existing provision entitles him to one. Chief Justice Sharma is also said to be building a lavish 24-room mansion in the city and has appointed three people on government salaries to oversee the construction process.

By recommending such controversial judges, the Judicial Council exposed its true nature. These appointments, an act of political favoritism and nepotism if given continuity will jeopardise the justice system in Nepal and prevent establishment of the rule of law. In order for the judiciary to be independent, it requires independent judges.

The Supreme Court has sought action against *Kantipur* daily and *Setopati* digital paper for raising questions about the honesty and integrity of recently appointed Supreme Court judges, including Chief Justice Sharma. In the Supreme Court's first meeting after the appointments, a decision was made to take action against journalists and media houses that according to them "attacked" the

judiciary. The proposal was made by the newly appointed Justice Gopal Parajuli and quickly received a vote of support.

The Supreme Court should respect the freedom of speech and the right to information of the general public and refrain from taking any vindictive action against *Kantipur* and *Setopati*. Freedom of press is essential to bring light to matters especially related to corruption. In bringing the truth to the public, such media houses are in fact creating possibilities for a stronger judiciary that can serve the need of the people, not just work for selected politicians and moneybags.

Anil Karki

### #YESALLWOMEN

Spot on Trishna Rana ('#Yesallwomen', Trishna Rana, #709). Women are not a homogenous entity and our struggles and stories are diverse. Sometimes one group of women are knowingly/unknowingly working to oppress another group. That said, there definitely is a common thread that binds us together and if we could work on creating solidarity while also being very open and honest about listening to women who are less privileged, it would really help take the feminist movement forward.

Women are oppressed everywhere in this planet. Elliot Roger is just an example and said to be mentally sick. But even healthy individuals behave in the same way. Victims often hesitate to

come forward to report rapes because most of the time the blame is put on them and they are made guilty for dressing a certain way and being in a certain place. People willing to commit crimes against women are everywhere so the blame must not be put upon a certain culture or geography.

Rjackson33

Sometimes I wonder what we women have done to deserve such treatment from the men (and women) in our lives. Women are hated and killed from the moment they are conceived. Power to the sisters #YesAllWomen

Ankita

I wonder if cultural and religious differences play a part. For eg: Hindu ideas of purity encourage patriarchy and caste.

David Seddon

Violence against women cuts across religion, region, social class, caste, education (yes, highly educated people indulge in bride burning just as frequently as someone who has yet to ratchet up a few degrees), language and so many other social, cultural, and economic divisions.

Namah

### LETHAL VEGGIES

Frightening report ('Lethal veggies', Sonia Awale, #709). Poultry meat has antibiotics and hormones, vegetables are poisoned. What are we going to eat?

NN



Integrated Pest Management (IPM) does not mean "chemical free" as stated in the article. It simply means that growers use chemicals only when there is biological need to control pests, and as part of an integrated approach that uses chemical, cultural (such as crop rotation), mechanical (such as tillage, and biological (ladybugs, etc) controls. While adoption of IPM typically reduces pesticide use (much depends on what you were doing before), it is incorrect to equate IPM with "chemical free".

Raj

### GREEN BUS

I hope Melamchi water never arrives so Kathmandu's over-indulged population suffers and learns the importance of conserving its water and cleaning up the Bagmati ('Sajha

goes green', Sunir Pandey, #709). Let Kathmandu rot, it deserves that. Far more return on investment to put money into other parts of Nepal.

Pokhara Basi

Hope Sajha Yatayat doesn't get corrupted with time.

Abhishek Dahal

### HOLIDAYS GALORE

ROFL Ass-ji ('May Day! May Day!', Ass, #709). But in all seriousness, can we start a petition so that these holidays are included in the official calendar, I mean these are very legitimate reasons to celebrate. I am most excited for Prachanda Happy Birthday and National Disintegration Day. Bring out the Black Label and tandoori and let the celebrations begin.

Kali

Weekly Internet Poll #710

Q. Do you think policeman Ramesh Kharel did a good job as the in charge of Kathmandu Valley's security?

Total votes: 711

Yes

100%

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Q. Who will win the football world cup?

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**REGIONAL HAZE:** Indo-Gangetic haze infiltrates the already-polluted Kathmandu Valley in winter.

ICIMOD

# Every breath we take

In Kathmandu PM10 is hardly ever below 180 microgram/cu m for weeks on end

In March 2014 the World Health Organization (WHO) released new estimates attributing 7 million deaths per year – one eighth of all deaths – to air pollution.



**GUEST COLUMN**  
Arnico Panday

Many air pollutants are also 'short-lived climate pollutants' (SLCPs) that have significant impacts on local and regional climate. These include black

carbon particles emitted by diesel engines, brick kilns, cook stoves and open fires, as well as the gases ozone and methane. Unlike the greenhouse gas carbon dioxide (CO<sub>2</sub>), which, once emitted, stays in the atmosphere for centuries impacting global climate, SLCPs have atmospheric lifetimes of days to months.

The good news is that shutting down their sources reduces their climate impact within days to months. It also means they do not have time to mix uniformly around the world, and have the greatest impact only in the region near their sources.

The bad news for us is that Nepal is in a region that is a major hotspot for black

carbon emissions. Black carbon contributes to the melting of Himalayan glaciers and snowfields, warms the atmosphere at higher elevations and cools it at lower elevations. It also reduces visibility, and contributes to changes in monsoon rainfall patterns.

Outdoor air pollution has grown steadily in recent decades. During the dry season, plumes of smoke from hundreds of millions of cooking fires, millions of diesel vehicles, generators and pump sets, as well as tens of thousands of brick kilns merge into one thick brown haze layer that extends

from Pakistan to Bangladesh, penetrating deep into Himalayan valleys. In winter, pollution contributes to the increasing persistent fog that covers large areas of the Indo-Gangetic plains for weeks on end.

In Kathmandu Valley air pollution is much worse in winter than in summer, and worse in the morning and evening than in the afternoon or late at night. Air pollution

increases when brick kilns start operating in December, and is worse in the eastern part of the Valley where the brick kilns are concentrated as well as near roads and other pollution



sources. Field studies during the first half of 2013 found concentrations of air pollutants several times above WHO's and Nepal's own air quality standards for extended periods of time, not just in Kathmandu but also in places like Lumbini.

Some cities respond to bad air quality days by taking short-term measures to reduce emissions and exposure when PM10 (coarse particle) concentrations reach 180 micrograms per cubic meter.

In Kathmandu Valley, PM10 is hardly ever below 180 micrograms per cubic meter for weeks at a time. Without continuous air pollution measurements, and without a system to communicate the results to the public in real time, we cough through undeclared air pollution emergencies, unaware of what we are breathing and unaware of its toll on our health and economy.

Three of the Kathmandu Valley's six air quality monitoring stations that had shut down in 2007 have been revived. However, these stations only measure 24 hour average PM10 data, and that too is reported days later. The Valley desperately needs state-of-the-art real time monitoring stations, and a system of communicating the data to the public. It also needs pre-agreed measures in place that can be implemented when air pollution reaches danger thresholds. Other areas with high population density or natural or cultural heritage also need similar stations and systems in place to respond to air pollution emergencies.

Air pollution crosses borders daily. Shutting down Nepal's 700+ brick kilns will not remove the pollution arriving from the tens of thousands of kilns just south of the border. We need regionally coordinated data sharing and responses to air pollution emergencies in the region. The entire northern South Asia needs a strong push towards cleaner, less polluting technologies: clean cooking, clean brick production and clean transportation. 🇳🇵

*Arnico Panday is Senior Atmospheric Scientist and coordinator of ICIMOD's Atmosphere Initiative. [arnico.panday@icimod.org](mailto:arnico.panday@icimod.org)*

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# Not business as usual



WIKIPEDIA

**NESSIM J AHMAD**  
and **KAVEH ZAHEDI**

In April this year, a world record was broken with little fanfare. The global concentration of carbon dioxide in the atmosphere, the main driver of climate change, was above 400 parts per million (ppm) for an entire month for the first time in recorded history.

With Asia accounting for a growing share of greenhouse gas emissions, it is clear that the global battle against climate change may be won or lost in the region. Global warming will hit Asia the hardest, with flooding, famine and rising sea levels putting hundreds of millions at risk.

The people of Asia and the Pacific don't need to look at the record books or wait for the latest global panels to issue a report to know something profound is happening. Poor people living in the low-lying river deltas of Bangladesh, India, Vietnam and China as well as the small island states of the Pacific and Indian Ocean are the most at risk.

The economic costs of climate change are being borne by the

people and countries of our region with increasingly intense storms. The production of rice, maize and wheat has declined in many parts of Asia over the last few decades due to increasing water stress due to rising temperatures, increasing frequency of El Nino and a reduction in the number of rainy days.

Eleven of the world's most polluted cities are in Asia. There are over 5 million premature deaths in the Asia-Pacific region due to indoor and outdoor air pollution caused by dirty cook stoves, inefficient diesel cars and trucks and the burning of forests.

Climate change and environmental degradation are emerging as the pre-eminent development issues in the region. Simply put, countries will not be able to address their development and poverty reduction priorities unless they reduce pollution, increase resilience to disasters, promote cleaner energy, manage forests and natural capital better, create liveable cities and increase food security.

Overall, climate change could seriously hinder the region's

efforts to reduce poverty, which is the core of the debate on the world's new post-2015 Sustainable Development Goals. This will be at the centre of debate during the first ever United Nations Environment Assembly of UNEP later this month in Nairobi.

Governments in the Asia-Pacific region need to run faster in this race to avert the consequences of climate change. Action will pay dividends now and in the future and will decrease costs.

Investment in renewable energy production like hydropower, wind and solar is crucial. Equally important is cutting back on the energy we use. Making buildings more energy efficient can pay back quickly and deliver returns for decades.

Meanwhile, greater investment in public transport can swiftly cut vehicle emissions and make cities more liveable, which is why the Asian Development Bank has committed to providing \$30 billion of investment between 2012 and 2021. The region can move away from the industries of yesterday and resource-inefficient growth, and bring sustainable growth and wealth for its people.

Asia-Pacific countries need to lead the charge by turning the region's fast-paced economic growth to boosting clean and green economies. Business as usual is just too risky.

*Nessim J Ahmad is Director of the Environment and Safeguard Division at the Asian Development Bank.*

*Kaveh Zahedi is Regional Director of the United Nations Environment Programme Regional Office for Asia and the Pacific.*



## EVEREST BANK BIZ BRIEFS

### IFC hosts seminar on risk management

IFC, a member of the World Bank Group, hosted a seminar on developing an environmental and social risk management framework that will help the financial sector assess environmental risks and develop mitigation strategies when taking credit decisions on 2 June.

The IFC-hosted workshop, supported by Nepal Rastra Bank, brought together officials from the central bank, commercial banks, bank and trade associations, the National Banking Institute, government ministries and development partners.

### Soul upgrade

Continental Associates, the sole authorised distributor of Kia Motors, has launched the all new Soul in the Nepali market. The new Soul comes in 1.6 petrol and diesel variants with a variety of color options to choose from and is priced at Rs 4.7 million and Rs 5.1 million respectively.



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### One more

Turkish Airlines began operating flights to Varna (Bulgaria) from 30 May, taking its total number of destinations to 252. Introductory round trip fares from Istanbul to Varna starts from 79 Euros.

### Steely scoot

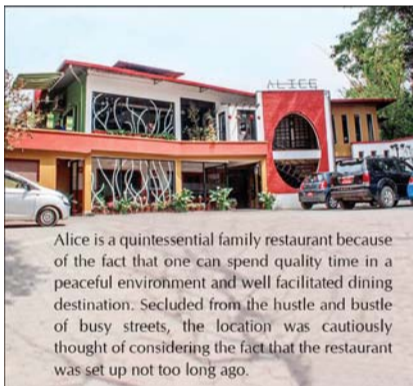
CG MotoCorp, authorised distributor of TVS motors in Nepal, launched its new scooter TVS Jupiter on 23 May. Powered by a noise-free, all-aluminium, low-friction engine, the TVS Jupiter operates on both eco and power mode.



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Alice is a quintessential family restaurant because of the fact that one can spend quality time in a peaceful environment and well facilitated dining destination. Secluded from the hustle and bustle of busy streets, the location was cautiously thought of considering the fact that the restaurant was set up not too long ago.



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# When football comes home

Excitement. Hope. Protests. Hype. It's all happening in Brazil as the world's top 32 teams arrive for the FIFA World Cup

**SHOBHAN SAXENA**  
in SAO PAULO

On 16 July, 1950, the day of Brazil-Uruguay final game of the World Cup (*pic, right*), Brazilians had been partying since morning as they were sure of victory. There were some 220,000 people in the Maracana Stadium that day. Things appeared to be going to plan when Friaca gave the Brazilians the lead, but Uruguay eventually won the match 2-1 and took the Cup.

A silence fell on the gigantic stadium. The day that was supposed to be the happiest day for Brazilian football turned into the saddest moment in its history. The media dubbed Uruguay's shock victory as the 'Maracanazo', a term that is still used to describe a "big disaster" in this country.

Sixty-four years later, the world is heading to Brazil again, and this time some are predicting another disaster because of delays and protests. But 2014 is not 1950. For most Brazilians, this World Cup is not just about football it is about Brazil, which has changed dramatically – socially and economically -- in recent years.

Brazilian President Dilma Rousseff, who will be seeking re-election in October, has promised



MCFC.CO.UK

a "Cup of Cups". With all 3.2 million tickets sold and 600,000 visitors expected, the event could literally be a game changer for Brazil. The government blames the campaign against the World Cup on some desperate people, and says the protests are getting smaller as Brazilians are looking forward to the games.

FIFA itself is under a cloud because of news reports of bribery by the Qataris to host the 2022 games. And when the FIFA show comes to the Home of Football, it's bound to evoke emotions – positive and negative. Last year during the Confederations Cup, hundreds of thousands of people took to streets across the country to protest bus fare hikes. Soon,



they had turned into demands for better schools and hospitals. Some people fear the return of protests during the cup.

The first game is here in Sao Paolo on 12 June, and the mood

GAME CHANGER: File photo taken 16 July 1950 at the Maracana Stadium in Rio de Janerio during the 1950 World Cup Final between Brazil and Uruguay. Brazil lost the match 2-1.

has changed. The shops and streets are awash in green and yellow. From metro trains to coffee shops people are talking about Copa do Mundo. "What's the point of protesting when the best footballers in the world are playing in our stadiums. It's not going to get us education and hospitals," wrote Antonio Prata, a leading columnist in *Folha de Sao Paulo* this week.

Despite delays, all 12 state-of-the-art stadiums are ready. Foreign teams have started arriving to get used to the time zone and climate. People can't stop talking about the "sixth star" – a reference to the five stars above the Brazilian team's logo, each star signifying one of their five World Cup wins since 1958.

At the mountain resort town of Teresopolis, where the Brazilian team is training, the players look relaxed. Coach Luis Felipe Scolari seems to have his plans in place. At a chat over coffee with a group of journalists last weekend, he said he has decided not to make any emotional talk with the players about the failure in 1950. "Certain

things have to be left out of our plans. We will not remember the Maracanazo," Scolari said. "I want my players to be tough and strong – both physically and mentally."

But the 1950 defeat still hurts. According to anthropologist Roberto DaMatta it was a tragedy because "it brought about a collective feeling of the loss of an historical opportunity." There was another reason for the pain it caused, wrote DaMatta in an essay: "It took place when Brazil tried to achieve its destiny as a great nation."

Next Thursday, when Brazil take on Croatia at the World Cup inaugural match at the Itaquera stadium in Sao Paulo, the country will have another shot at greatness. It won't be easy however for Brazil to earn a sixth star against teams like Spain, Germany and Argentina.

But as coach Scolari and his team work on their plans and strategies at their camp in the mountains of Teresopolis, there is one thing they are absolutely certain about: support of ordinary Brazilians. 🇧🇷



*Shobhan Saxena is a Sao Paulo-based journalist who has reported for Times of India and The Hindu from South America. He*

*is also a visiting professor on international politics at University of Sao Paulo. Nepali Times will carry this exclusive column for the duration of the World Cup.*



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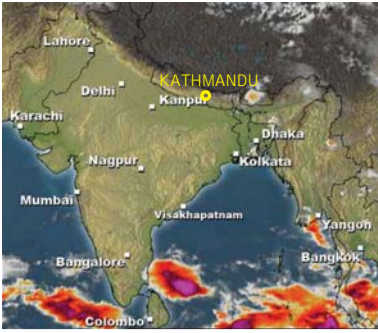
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So the monsoon hit the Kerala coast and Sri Lanka with a bang on Tuesday night. Usually it takes two weeks for it to make its progress across the Bay of Bengal and, bent by topography, make a dramatic turn westwards along the foothills of the eastern Himalaya. That is why it is called the southwest monsoon even though in Nepal it arrives from the east. The new ETA in Kathmandu is June 20-22. But before that we will have the usual pre-monsoon fireworks with highrise cumulus, localised thunderstorms, and extremely hot and humid afternoons.

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Not getting on a plane to Brazil for the FIFA World Cup next week? Fret not. With the right home entertainment system, your experience from the comfort of your couch in the earliest hours of the morning may be even better than in the overcrowded stadiums.

And with the kind of high-definition monitors now available, the experience is much more high-res than in 2010. Most popular brands such as LG, Samsung, Panasonic and Sony have in fact launched new models and campaigns with the global football extravaganza in mind.

“The World Cup has not yet started so the fever is yet to pick up, but customers are already making lots of inquiries,” said Ganesh Raj Pandey, sales manager of the Samsung division at Him Electronics.

Samsung recently launched the “Amazing Cash Back Football Offer” where they provide a cash back minimum of Rs 7,100 on the purchase of tvs worth Rs 31,990, and a maximum of Rs 3,15,100 on tvs worth Rs 11,99,990.

Likewise, Lalit Kumar Mishra at Chaudhary Group Electronics that distributes LG, TCL and Toshiba products, has seen a sharp growth in sales, and expects last-minute business in his showrooms before the tournament kicks off on 12 June.

Toshiba has also recorded increased sales in their smart tvs informs Marketing Manager Sunny Shrestha who attributes the growth to the FIFA momentum.

Like smart phones, these are tvs that are high-definition and internet capable so that you can bypass cable and watch the games via streaming video provided you have the bandwidth.

Football fanatics with deep pockets might be interested in LG’s 42LN5710, which costs Rs 90,000. As most World Cup matches are set to air live before dawn in Nepal, the 42-inch smart tv’s built-in ‘Time Machine’ capability allows users to record

## If you can’t go to the World Cup, bring the World Cup to you

BASIL EDWARD TEO



matches automatically. Alternatively, the Sony 32W700 (Rs 80,000) has a built-in chip called X-Reality PRO.

Binil R Bajracharya at Nepa Hima Trade Link explains: “In Nepal, most homes have analog and not digital transmission, so this chip helps reduce noise and enhance resolution to make the visuals look like it is digital.” The chip is also available in the Rs 58,000 not-smart Sony 32R426.

Bajracharya has reservations for smart tvs with recording capability because for the extra price-tag, he doesn’t think it is that useful.

“Prices go much higher for smart tvs with time machine capabilities,” he says. “But if

people miss matches, they can always check out highlights on YouTube.”

Indeed, Nepal’s only direct-to-home (DTH) satellite provider (Dish Media) offers recording services but to USB drives that are sold separately. Dish Media will have HD visuals from the games, but you will need a HD-compatible tv.

Cable operators also provide standard definition coverage of the games through *Kantipur TV*, which has secured exclusive broadcasting rights in Nepal.

Do you really need a smart tv?

Executive Director of Shanker Group - sole distributor of Sharp electronics in Nepal - doesn’t necessarily think so. “People

DELIVERY

So you have bought a high-end tv to watch the World Cup, but which service provider to use?

### THERE ARE FIVE OPTIONS

	Cost	Remarks
Terrestrial tv ( Kantipur tv)	Free	Non HD
Dish Media Network	Rs 6,000 for box Rs 400/month Rs 600 for World Cup	HD quality
Indian DTH	Rs 4,000 for box Rs 1,200/month	HD channels but illegal
Internet streaming	Rs 3,000/month	Need bandwidth

generally use smart tvs for videos on demand and YouTube,” he says. “We already have World Cup content on cable or by DTH technology. All you really need is good picture and good sound.”

While strong and dynamic visuals are paramount for football on television, the cheers and jeers from the stadium also serve to immerse viewers into the World Cup atmosphere.

Well aware of this, Sharp is promoting its 39LE440M, a 39-inch HD compatible LED tv (Rs 61,490) that comes with a 5.1 surround sound home theatre system (Rs 30,000).

Meanwhile, top-of-the-range Ultra-High Definition (UHD) tvs which have resolution four times standard HD are being left on the shelves due to their high price tags, and lack of UHD content. Only three World Cup matches will be filmed in UHD. Similarly, curved tvs, which are made to complement the human eye to create a natural viewing angle, have yet to find a foothold in the Nepali market.

Says Bajracharya: “The World Cup this time is good for business, because it screens so early.” 🇳🇵

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HONDA

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## FLOOR PLAN

A14		A13	A12	A11	
POTTERY DEMO	SMALL STALL (6'x6')	E-3	E-4	SMALL STALL (6'x6')	E-7
E-8		E-2	E-5		S-15 S-14 S-13
S-7		E-1	E-6		S-6
S-8		A37	A38		S-5
S-9		A36	A39		S-4
S-10		A35	A40		S-3
S-11				S-2	
S-12				S-1	
A15		A34	A41		A10
A16		A33	A42		A9
A17		A32	A43		A8
A18		A31	A44		A7
A19		A30	A45		A6
A20		A29	A46		A5
A21		A28	A47		A4
A22	ENTRANCE	A27	A48	EXIT	A3
A23		A26	A49		A2
A24		A25	A50		A1

*Free entrance*

A-1	Fair Group	A-23	Agni Incorporate
A-2	Fair Group	A-24	Agni Incorporate
A-3	Sabah Nepal	A-25	Brihat Investment
A-4	Sabah Nepal	A-26	Netrolac
A-5	WWF	A-27	NTC
A-6	Citasma Candle	A-28	NTC
A-7	DJS Handicrafts	A-29	ICEM
A-8	Help Desk	A-30	NCCSP
A-9	SCP	A-31	FOREN
A-10	Eco Prise	A-32	RUTPAN
S-1	South Asia Trust	A-33	SEMAN
S-2	Booked	A-34	NBPA
S-3	Organic life	A-35	NMHDA
S-4	Samriddhi Int'l	A-36	FGE
S-5	WCN	A-37	Bhawani Distillery
S-6	Alka Hospital	E-1	Bhawani Distillery
S-7	Goodwill Fun World	E-2	Laxmi Bank
S-8	TU	E-3	Laxmi Bank
S-9	CIUD	E-4	Laxmi Bank
S-10	Sri Purna Bidya Griha	E-5	Laxmi Bank
S-11	DDC	E-6	Quantum Science
S-12	Panchatatwa	E-7	Himal Stall
S-13	Prakritik Khadya Udhog	E-8	Prasid International
S-14	R&D Innovative Solution	A-38	Forbes Euroguard
S-15	Joshi Nursery	A-39	Star International
A-11	Beltronics	A-40	SEA Centre
A-12	Beltronics	A-41	Bimala Boutique
A-13	National College	A-42	Wood Carving
A-14	V-tech	A-43	Scheme College
A-15	Suryodaya Urja	A-44	Cycle City Network
A-16	Suryodaya Urja	A-45	Tri Chandra College
A-17	ICIMOD	A-46	CEPHED
A-18	ICIMOD	A-47	KMC
A-19	Smart Paani	A-48	NEFEJ
A-20	Yeti Airlines	A-49	Netrolac
A-21	Birang Trading	A-50	Boderland Resort
A-22	Maharjan Metal		

A silver Mahindra Scorpio Pick-Up is shown from a front-three-quarter view, parked on a rocky, mountainous terrain under a clear blue sky. The vehicle's license plate area reads 'mahindra PICKUP'. In the background, there are snow-capped mountains and a deep valley. The overall scene conveys a sense of adventure and ruggedness.

SCORPIO  
PICK UP

The Mahindra logo, consisting of a stylized 'M' inside a circle.

# SCORPIO PICK-UP

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The mHawk Engine logo, featuring a stylized hawk head and the text 'mHAWK'.

mHawk Engine

A close-up image of two white, circular air bags mounted in the front of the vehicle.

Dual Air Bags

A diagram illustrating the Anti-lock Braking System (ABS) with a red car on a road and a yellow line representing the brake line.

Anti-lock Braking  
System (ABS)

A photograph of the interior of the vehicle, showing two-tone seats with fabric upholstery.

Two-tone interiors  
with full fabric seats

**Mahindra**  
Rise.



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**SELF SUFFICIENT:** Sharada Maharjan of Dallu has been growing vegetables on her terrace for the past two years.

# HANGING GARDENS OF KATHMAN

Save money and stay healthy growing organic vegetables in your

**SANTA GAHA MAGAR**

Everyday we are bombarded with alarming reports in the media about how bad what we eat is for our health. The vegetables we buy are laced with pesticide residue, poultry products are practically marinated in hormones and antibiotics, the

sweets are unhygienic, and even water has e coli. But we have to eat to stay alive. Health concerns and rising vegetable prices are driving more and more people in Kathmandu to opt for rooftop organic gardening. When Dilip Shrestha, 61, designed his house in Ratopul, he remembered to keep a wide and sunny terrace. After a career

in the Nepal Food Corporation he knew first hand about inflation and shortages. He wanted to reduce his dependence on the market, so he started growing seasonal vegetables on his 200 sq ft rooftop. What started out as a hobby in 2010 has now turned into a necessity. In clay pots and plastic trunks, Shrestha

grows cucumber, ginger, garlic, coriander, onions, tomatoes, chilli, and other vegetables like beans, okra, pumpkin and a variety of lettuce. Friends bring him new seeds and plant varieties to try out and the yield is so high he is able to give away baskets full of fresh greens. The Kathmandu Metropolitan City (KMC) has now trained

500 homeowners on how to convert their terraces into kitchen gardens. “Every time there is a banda or landslides block the highway, the prices in Kalanki rise as if we have a blockade,” says KMC’s Rabin Man Shrestha. “Creating garden on your roof will make you independent, healthy and it will actually help keep your home

## WHAT TO PLANT ON YOUR ROOF, AND WHEN



**RAYO**

Pot Depth  
**30-40**cm  
Pot distance  
**30-45**cm  
Hill season  
**Aug-Nov**  
Tarai Season  
**July-Nov**

**SPINACH**

Pot Depth  
**20-30**cm  
Pot distance  
**15-20**cm  
Hill season  
**Aug-Jan**  
Tarai Season  
**Aug-Nov**



**GARLIC/ ONIONS**

Pot Depth  
**20-30**cm  
Pot distance  
**10-15**cm  
Hill season  
**July-Oct**  
Tarai Season  
**July-Oct**

**KOHLRABI**

Pot Depth  
**30-40**cm  
Pot distance  
**30-45**cm  
Hill season  
**June-Aug**  
Tarai Season  
**July-Sept**



**CORIANDER**

Pot Depth  
**20-30**cm  
Pot distance  
**5-10**cm  
Hill season  
**July-Sept**  
Tarai Season  
**Sept-Nov**

**CHARD**

Pot Depth  
**30-40**cm  
Pot distance  
**30-45**cm  
Hill season  
**All year**  
Tarai Season  
**All year**



**OKRA**

Pot Depth  
**40-45**cm  
Pot distance  
**30-40**cm  
Hill season  
**Feb-June**  
Tarai Season  
**Jan-June**

**CARROT/ RADISH**

Pot Depth  
**30-40**cm  
Pot distance  
**10-15**cm  
Hill season  
**July-Nov**  
Tarai Season  
**Aug-Oct**





# ANDU

## ur verandah

cool in summer.”

Reducing the collection of recyclable domestic waste is one of KMC’s top priorities and it encourages city-dwellers to turn organic waste into compost and vermiculture fertiliser for roof gardens. It has also exempted plants from nurseries from VAT.

Shesh Narayan Maharjan, who trains people in kitchen

## HOW TO MAKE A ROOF GARDEN

A roof garden can make you self-sufficient, provide greenery, insulate your home, and grow pesticide-free veggies for your family. Here are simple tips:

- Make sure roof is waterproof
- Sot must contain 30 per cent soil, 20 per cent compost, 20 per cent leaf compost, 10 per cent ash, 10 per cent sand, 10 per cent coconut husk fibre
- Soil must be at least 6in deep
- No more than 2.5kg per sq ft
- Avoid grafted plants that grow into trees
- Plant small and improved varieties
- Don't place tall plants on east and south sides
- 5 to 7 plants of chilli, tomatoes, beans, cucumber, and pumpkin on a 280 sq ft garden is enough for a family of 5
- 30 min daily maintenance time
- Ensure pots are secure so they don't fall off roof



gardens, says rain and water from kitchens are more than enough for rooftop gardens. Another way to improve yield is to rotate crops on vegetable pots.

Roof gardens don’t just save you money, they can even generate income from selling the produce. There are hundreds of households in Kathmandu to prove that this works. 🇳🇵



PICS: BIKRAM RAI

## WASTE SHOULD NOT BE WASTED

Reuse, reduce and recycle: the answer to Kathmandu Valley’s garbage problem

BHRIKUTI RAI

Meera Shrestha is among few Kathmandu residents who segregates her household waste to reuse and recycle what she can. Kitchen waste is used to fertilise her kitchen garden, the glass and plastic is sold to garbage collectors for recycling.

Shrestha household’s daily efforts at waste segregation helps reduce the amount of garbage which gets dumped at the Valley’s only working landfill, Sisdoile which is almost full and during the monsoons is frequently cut off from the city by floods and landslides.

If only there were more households like the Shresthas, Kathmandu would not have a garbage problem. The challenge is to convince city residents to reduce consumption, recycle what they can, and know that “waste” should not be wasted.

Kathmandu Valley generates almost 1000 tons of solid waste each day of which 65 per cent is organic. But the waste is not segregated and everything is dumped at the landfill site. According to an Asian Development Bank study conducted last year, household waste contributed 50-70 per cent total solid waste generation from 58 municipalities.

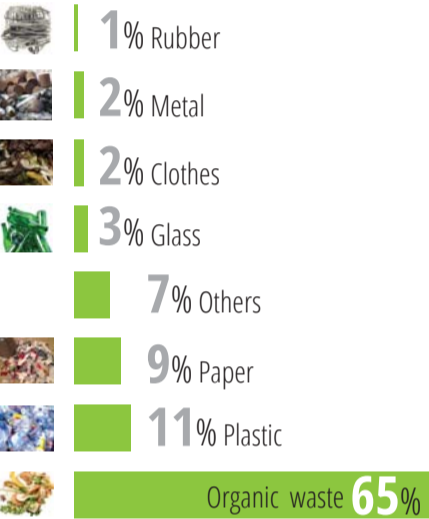
“If people start segregating household waste at source, and make use of the organic waste we would save a lot of money that is now spent on transporting it to landfill site,” says Rabin Man Shrestha at Kathmandu Metropolitan City Office which spends 10 per cent of its entire budget on solid waste collection and disposal.

The Solid Waste Management Act 2011 fosters public-private partnership and sets regulations and fines for transgressors and requires every household to sort waste.

“The Act mandates that waste needs to be separated at source. This is the first step for effective waste management but it is rarely done. Some municipalities such as Hetauda have started but much more needs to be done,” says Bhusan Tuladhar of UN-Habitat.

Implementation would be easier if the municipalities sub-contracted solid waste management to private companies willing to collect, recycle and generate income from selling fertiliser and energy from city garbage. A much-delayed tender process for this is still in limbo.

## DISSECTING THE WASTE



SOURCE: SOLID WASTE MANAGEMENT AND TECHNICAL SUPPORT CENTRE

“We are looking at options from local and foreign companies to implement large scale recycling projects, produce biogas from waste and even generate electricity,” says Sumitra Amatya, director of Solid Waste Management and Technical Support Centre in Pulchok.

Several private companies that were interested in setting up a string of waste-to-energy and waste-to-fertiliser ventures were discouraged by endemic corruption and lack of initiative from successive governments.

Amatya admits that a lack of political will to tackle garbage management and people’s negative attitude towards waste segregation has delayed the process. She adds: “Waste management is a bigger problem than the waste itself.” 🇳🇵

[nepalitimes.com](http://nepalitimes.com)

Recycle, reduce and reuse, # 702



### CAULIFLOWER

Pot Depth  
**30-40**cm

Pot distance  
**20-30**cm

Hill season  
**June-July**

Tarai Season  
**July-Aug**

### PUMPKIN

Pot Depth  
**40-45**cm

Pot distance  
**30-40**cm

Hill season  
**Feb-March**

Tarai Season  
**Jan-May**



### CHILI

Pot Depth  
**40-45**cm

Pot distance  
**30-40**cm

Hill season  
**Jan-Feb**

Tarai Season  
**July-Aug**

### PEPPER

Pot Depth  
**40-45**cm

Pot distance  
**30-40**cm

Hill season  
**Jan-Feb**

Tarai Season  
**July-Aug**



### TOMATO

Pot Depth  
**40-45**cm

Pot distance  
**30-40**cm

Hill season  
**Jan-Feb**

Tarai Season  
**July-Aug**

### BRINJAL

Pot Depth  
**40-45**cm

Pot distance  
**30-40**cm

Hill season  
**Jan-Feb**

Tarai Season  
**July-Aug**



### BEANS

Pot Depth  
**30-40**cm

Pot distance  
**30-40**cm

Hill season  
**Feb-March**

Tarai Season  
**July-Aug**

### CUCUMBER

Pot Depth  
**40-45**cm

Pot distance  
**40-45**cm

Hill season  
**Feb-March**

Tarai Season  
**Jan-May**





# X-MEN: DAYS OF FUTURE PAST

It is with pleasure that this reviewer returns after a two month hiatus to start again at the advent of summer which hand in hand with being the season of the blockbuster, also coincides with the Cannes film festival.



**MUST SEE**  
Sophia Pande

As a person who unabashedly loves almost all films (barring possibly the worst of the dude/ frat boy comedy excesses) - it is delightful to have the prospect of

watching (at least by autumn) the winner of the Palme this year *Winter Sleep* - a 196 minute long drama by Turkish director Nuri Bilge Ceylan, a veteran of cinema who beat out contenders like the Dardenne brothers, Belgian film-makers who have previously won the Palme twice.

As we wait impatiently for these (hopefully) edifying films to be released for the public, we have some rather satisfying summer popcorn guzzling distractions at our fingertips. While *Godzilla* has made its mark as being surprisingly watchable, and the Angelina Jolie vehicle *Maleficent* sounds possibly diverting enough, with *X-Men: Days of Future Past*, Hollywood shows that even while being reduced to a sequel churning machine, it can still, with a little bit of real effort, produce story driven action films that bank more on character development than blinding special effects.

The great strength of this X-Men film lies, of course, in its casting. One would be hard pressed to guess

## MUST SEE

that an ensemble consisting of Patrick Stewart, Ian McKellan, Halle Berry, Jennifer Lawrence, Ellen Page, Michael Fassbender, James McAvoy and Hugh Jackman would be representing a superhero movie, and yet, none among the X-men fan base could think of more apt choices to play those beloved characters.

*Days of Future Past* begins with a riveting action sequence set in the future. The Sentinels, machines created to combat mutants with terrifying ferocity, have broken into a rebel stronghold, intent on their continuing mission to eradicate the world of everything but humans. With the situation being dire, the older versions of Magneto (Ian McKellan) and Charles Xavier (Patrick Stewart) team up with the remarkable Kitty Pride (Ellen Page) who has the ability

to send a person's consciousness back in time. And so Wolverine (Hugh Jackman) finds himself the only one resilient enough to undertake the epic task of going back in time to warn the younger versions of themselves of the choices that lead to the current fiasco.

So suspend your disbelief for a few hours, and let your mind escape to a world where friendship and humanity triumph - leaving you ready to face our sometimes comparatively dreary lives with just a little bit better humour and perhaps even an iota more of comic courage. 🇳🇵

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Trailer

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# sale

**Summer Sale**  
Deals too hot to miss

## HAPPENINGS



BRITISH EMBASSY, KATHMANDU

**LONDON CALLING:** British Minister of State for Foreign and Commonwealth, Hugo Swire, met PM Sushil Koirala on Monday. He lauded the peace process, but warned "certain crimes cannot be amnestied".



BIKRAM RAI

**NOT LISTENING:** Finance Minister Ram Sharan Mahat (left) raises his hand in objection to Sadbhawana Party's Laxmanlal Karna (right) during the legislative parliament's meeting on Tuesday.



DEVAKI BISTA

**GIRL POWER:** Members of the Seven Summits Women team strike a pose at the airport on Monday before their departure to the United States where they are set to scale Mt Denali. The team has already scaled five highest peaks of five continents.



BIKRAM RAI

**GOING GREEN:** Madan Man Gurung, Joint Secretary at the Ministry of Science, Technology and Environment speaks at a press conference for *Nepali Times Eco Fair 2014* in Patan on Tuesday. The three-day Eco Fair began on 5 June at Bhrikuti Mandap.

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# “Going green is good for business”

The new CEO of Laxmi Bank, Sudesh Khaling, speaks to *Nepali Times* about his company’s emphasis on supporting environment-friendly ventures.

**Nepali Times:** Laxmi Bank has promoted renewable energy and environmental projects. Is it a conscious part of your mission?

**Sudesh Khaling:** Going Green has become a conscious practice and belief adopted by every single employee at Laxmi Bank. Promoting bicycles as emission-free means of transportation through an array of activities, offering attractive loan packages for environment-friendly products and savings product that reward the customer for eco-friendly practices are some of the bank’s activities to reinforce our focus on the environment. The bank also offers a “Green Savings Account” that has been planting one tree for every account a customer opens with us.

**Does that mean you take a wider view of the economy that goes beyond just profit-loss and supply-demand?**  
Profit-loss and supply-demand are the

fundamentals of any economy, and we believe that pro-environment activities should justify the economic fundamentals to allow for wider and a long-term sustainability. For example, we reward “Green Savings Account” with a slight premium on the interest rate offer; on account of the amount of reduction it brings to our overheads with lesser print of bank statements, and other documents. Electronic banking means convenience to the customers along with lesser congestion at the bank branches. “Orange Loves Green” is the bank’s “green” banking package with a suite of electronic banking channels being offered at a discounted rate, as an appreciation to the customers’ willingness to be as ‘paper-free’ as possible.

**Your bank has taken the lead in backing zero interest urban household-level energy alternatives. How does that make business sense?**  
At Laxmi Bank, we value sustainable practices and offer packages for our customers that help them better manage their finances while ensuring that we continuously provide such benefits for our customers not forgetting

that products offered by banks are business driven.

**Which sectors of the environment and energy would you like to see addressed in the new budget through incentives and subsidies?**  
The grid cannot supply enough electricity and we have power outages. Solar is a good stop-gap alternative that individual households can invest in to cope with powercuts. The government has started subsidising urban household solar installation. However, a lot more could be added to the package to make it more attractive for a wider array of households to adopt solar technologies as their household solutions. The budget could not extend this to make industries and offices also adopt solar power. The community is adopting a lot of green practices, but this adds a cost burden. It is as if we are punishing them for being responsible citizens. The government should incentivise such practices and make going green good for business.

**Last year, you lit up Bagmati Bridge with solar-powered lights, are there plans to extend this anywhere?**  
The bank has lit up multiple places both



inside and outside the valley as a part of its “Ujyalo Abhiyan” to light up public spaces even when there is no power. We find this also promotes interest and awareness of solar power as a practical and responsible alternative. The bank intends to light up at least one prominent location of public interest every year and keep the spirit alive.



Looking for a good breakfast around rapidly expanding restaurant row in Jhamsikel is surprisingly difficult. Walking aimlessly for a satisfying pancake breakfast is a fruitless and frustrating mission. Trips into inviting cafes have generally left me disappointed. Not all cafes are created equal, and that’s why an old favourite is not a cafe at all.

Hermann Helmer’s German Bakery is the same familiar establishment it was when Ashok KC opened it more than 30 years ago. “Buy your freshly baked bread and cakes from your local family baker,” the painted words outside the bakery demand. And the Jhamsikel community continues to do just that.

Trained in Germany, Ashok has passed on the Nepali owned and operated bakery to his sons, and the family still are its hands on caretakers of freshness and service. The pastry covered fingerprints of Helmer’s Bakery have spread all over the Kathmandu Valley as well. Cafes and bakeries like Chai Chai Cafe and Bakers on restaurant lane offer many of the same German



## Hermann Helmer’s



bakery items. But it’s the whiplash of the oven-baked fresh smell that sets Hermann Helmer’s apart, and makes it worth coming back to again and again. Everything in the small display and restaurant room smells and feels fresh. Signs ask patrons to please not touch the breads with

their bare hands. While other establishments are quietly minded by a single person behind the counter, Hermann Helmer’s is always bustling with staff bagging freshly baked and sliced bread, taking orders for cakes, and serving their fresh baked items to their regular patrons.

You cannot go wrong with any of the traditional bakery items. But venture beyond its typical reach of expertise with the chicken burger that can be had on-the-go anytime of day. About the size of a large slider, the homemade chicken patty, also made with cheese and onions, is delicately seasoned. Slid into a fresh baked sesame bun the taste of the burger melts into your mouth forming fond memories. For Rs 125 it is both the best taste and value in burger land. A fresh baked sesame roll (Rs 60) or brown French bread (Rs 120) is much more of the norm for patrons coming in and out.

But frustration with finding a traditional breakfast turned into an alternative mission at Hermann Helmer’s. If I can’t have the first meal of the day, I might as well replace it with the last-cake.

At the staff’s recommendation I ordered an iced Swiss roll (*pic, center*). Ordering a Swiss roll at a German bakery was a little like ordering a French dip at a fine Italian restaurant. But as I mercilessly broke down the defenses of the thick slice of Swiss roll smeared in rich chocolate sauce and sweet vanilla ice cream nestled on top, I unlocked it’s sweet flavor, well worth the Rs 100 price tag.

You can also walk out of the bakery with daily, pre-made cakes of different shapes and sizes, as well as fruit and other fillings. Or you can order a custom cake one or two days in advance. An average sized round cake is Rs 1,100 per kg. The smaller, we’ll call it without judgement the individual



breakfast size cake, is Rs 300. The soft, chilled chocolate dripping over the light vanilla frosting complemented a moist chocolate center. Cake for breakfast was an unexpected delight that I’d recommend to anyone on a hot Kathmandu morning. Matt Miller

*How to get there: Past the Suzuki showroom in Pulchok, Hermann Helmer’s is on the right, just a few steps away. Open everyday from 7AM to 8PM (except Sundays).*



# Great Food Deserves Carlsberg

That calls for a Carlsberg

# Otzi, the Iceman

While trekking in the mountains, imagine stumbling into the oldest moist mummy in the world. This is exactly what happened to a German couple in 1991 when they were hiking in the Alps in the South Tyrol region of Italy. Thinking this was possibly a crime scene,



**DHANVANTARI**  
Buddha Basnyat, MD

they alerted the local police. But they could not believe that the 5,300 year-old human body they discovered lived 600 years before King Chepos built his pyramid in Egypt; or to put things in our context, over 2500 years before the birth of the Buddha.

The mummy was named Otzi, after the Otzal Alps where he was found. He was carrying an axe, bear fur cap and bow and arrows, and this life reconstruction greets you at the Archeological Museum in the magnificent town of Bolzano in Italy. In the museum Otzi now “lives” behind eight centimetre thick bullet proof glass for protection. The humidity is 98 per cent and the temperature is minus six degrees centigrade to simulate the environment in the Alps where he was found. Otzi is the most popular tourist attraction in Bolzano.

From extensive radiological exams, it seems likely that Otzi died of injuries. Apparently, he was hurt in his right shoulder by a flint-tipped arrow. He had been on the run and succumbed to illness in the Otzal Alps.

This mummy has turned out to be a treasure trove for science. Geneticists, and even

clinical medicine scientists, are studiously researching Otzi. It is hoped that Otzi's DNA will shed new light on hereditary diseases, common neurological problems like Parkinson's disease and even infertility.

Amazingly Otzi has more than 50 tattoos on his body mostly located in the joint areas. The tattooing technique seems modern with incisions in the skin where vegetal coal was rubbed. Certain communities in Asia and Africa to this day continue to use this



**MADE OF ICE:** The latest reconstruction of Otzi based on 20 years of research and investigations.

technique of tattooing. Because these tattoos are located in the joint areas it has been postulated that tattooing may have been a form of medicinal treatment rather than a shamanistic practice. If true, some of us can sympathise with Otzi who may have had age-related painful joints (osteoarthritis) long before us.

Recently, a more careful study of the mummy in Bolzano revealed that there was a shrunken stomach with food contents which was overlooked. Albert Zink, director of the EURAC Institute for Mummies and the Iceman in Bolzano, who oversaw this autopsy, discovered that Otzi's last meal consisted of a bit of unleavened bread made of einkorn wheat, one of the few domesticated grains used in the Iceman's part of the world at this time, some other plant or herb and some meat, probably of an ibex.

From the stomach of Otzi, metagenomics (the study of genetic material derived directly from environmental samples) revealed many bacteria like campylobacter. The fascinating news for us is that when Abhilasha Karkey and colleagues from Patan Academy of Health Sciences conducted metagenomics study of the Kathmandu drinking water, some of the same related bacteria that were found in Otzi's stomach also showed up in their samples.

Albert Zink and his colleagues continue their fascinating study of Otzi with total body investigation of the mummy involving seven separate teams of surgeons, pathologists, microbiologists and technicians. This choreographed medical intervention is going to lead to many more interesting scientific discoveries. But the story of Otzi and his violent death caused by another human being is also a sad reminder of our profound, unchanging human frailty. 🇳🇵

GIZMO by YANTRICK

## It's a 3D World

With the biggest sports extravaganza on the planet a mere six days away, football fanatics will be looking to upgrade their television sets, if they have not already. With that in mind, Samsung is offering special discounted rates on its range of televisions up till the end of the World Cup. One model in particular caught Yantrick's eye, the UA-55F8000.

A retina-piercingly detailed full HD screen, a beautiful design, a unique remote and endless features make this 55 inch 3D-enabled LED tv worthy of being the centre-piece of your home entertainment system during the World Cup, and for many years after that.

Right out of the box, the Samsung UA-55F8000 oozes class. A minimalist yet stunningly beautiful television set, the UA-55F8000 sports a thin, glossy black bezel with ribbons of silver along its edges, and sits atop a futuristic arched silver stand. Its remote also follows this simplistic approach. A small remote with just a few buttons above a spacious laptop-style trackpad below, the Bluetooth remote is superbly responsive. Navigation is fast and accurate, and more importantly, is much more fun than a standard remote. The 3D tv also packs in four pairs of active 3D glasses in the box, and true 3D content actually looks extremely impressive.

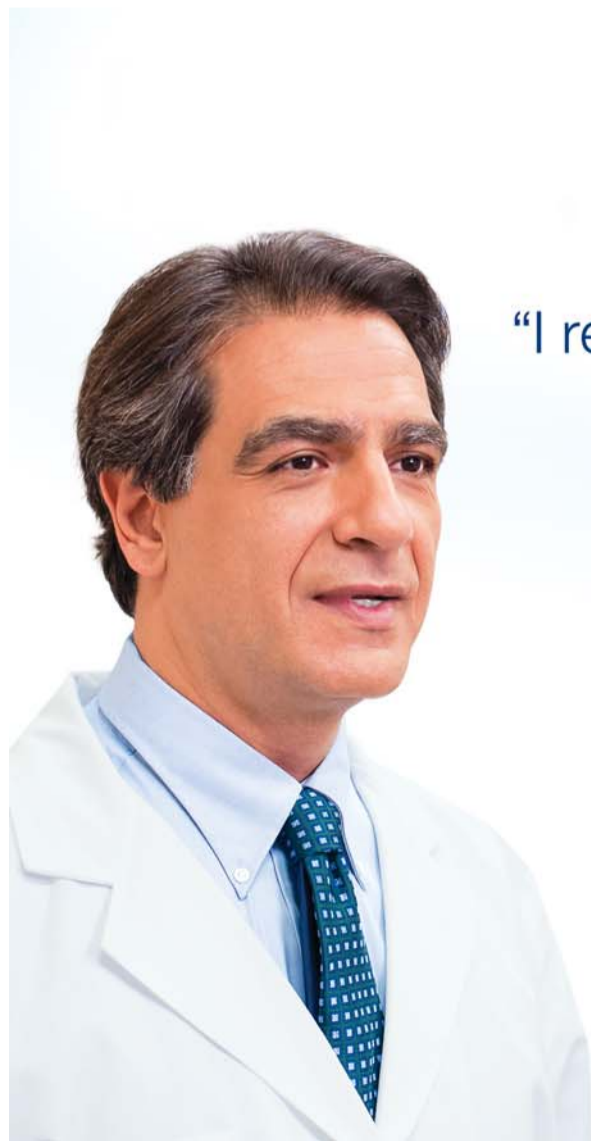
Samsung is known to stuff its tvs with a myriad of features (a good thing), so it was not a surprise to discover that the UA-55F8000 fits the bill.

Micro Dimming Ultimate and Clear Motion Rate technology allow for truly stunning pictures especially in HD content. Voice Control and Gesture Control for a futuristic and effortless entertainment experience, as well as dedicated Basic Sports mode and Game mode for personalised viewing, confirms the

UA-55F8000 tv has it all. It bears the 'Smart TV' tag, and Samsung's Smart Hub offers the usual array of apps, social media options and access to local and online content reminiscent of an Android smartphone. You flip through the pages by swiping the remote touch pad's scroll bar, and the navigation and slick animations are quick on the quad-core UA-55F8000.

Overall the design is refreshing, colourful, and relatively simple. Your connectivity needs are also superbly taken care of with four HDMI ports, three USB slots, and a Digital Audio Out (optical) and host of audio and user-friendly features. 🇳🇵

**Yantrick's Verdict:** Normally retailing for Rs 350K, the UA-55F8000 TV is available for the duration of the World Cup at a special discounted rate of Rs 280K. Laxmi Bank is also offering 0 per cent financing of Samsung products. If you believe that the much-anticipated World Cup deserves to be viewed on a truly stunning television, look no further than the UA-55F8000 TV, available at HIM Electronics, Darbar Marg.

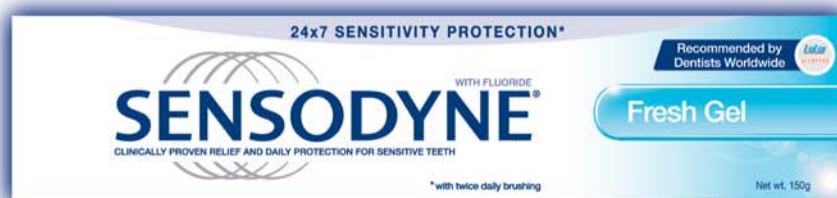


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# Building bridges

The poverty of the imagination is worse than income poverty

A well-meaning friend who has travelled in Nepal once asked me why Nepalis don't like bridges. Strange question, I thought.

He had seen school children crossing a river by precariously hanging onto steel wires over the raging waters. The sight upset him deeply, and he couldn't understand why the government couldn't build bridges.



**THIS IS IT**  
Rubeena Mahato

I gave him the usual answers: perhaps the bridge was bombed during the war and the local authorities didn't have the budget to rebuild it, Kathmandu did not care, the topography may not be suitable to build a bridge at that particular spot and so on.

The question was rhetorical, of course, and there was no reason for me to be so defensive. Nepalis, I assured him, have nothing against bridges, roads or infrastructure, and derived no particular pleasure in putting their lives in danger.

But, there is really no excuse for failing to deliver basic services to the people when such a huge portion of the development budget is unspent at the end of every fiscal year. So, what is really stopping us from figuring a way out of our problems if money is not an issue, and when so much time and resources have been invested in development over the last 50 years?

Over time the same question has been asked in one form or another, occasionally with more tact, and at other times rather blatantly. While it might sound offensive to some, especially when coming from outsiders, most people mean well when they ask us why our country is so poor, or why we are not doing anything to solve our problems. We have become so used to thinking of ourselves as a permanently dysfunctional, corrupt and poor country that we don't ask this question to ourselves anymore. We take it as a given that things can't be any better. Our policy makers and opinion builders have brainwashed us with this notion.

The rise of India and China has done little to fuel our own desire for growth, instead fostering a sense of insecure helplessness that is reflected either in the cringe-worthy nationalism of the "Buddha was born in Nepal" variety, or in the total loss of self-respect and self-assertion vis-a-vis these two neighbour countries. This inferiority complex was most evident in op-eds that analysed the impact of the Narendra Modi landslide on Nepal.

With two big markets right at our doorsteps, a hard-working

and politically-aware population, immense potential for agriculture, tourism and water resources, there is really no reason why we can't do better. It is a cop-out to blame political instability or external sabotage for our perennial underachievement. After all, a lot of countries have prospered amidst political turmoil, and if dictatorships can deliver development, it is shameful that a democracy like ours cannot.

One can't help but wonder if some Nepalis, especially those in positions of power, don't really want to 'build bridges' in the figurative sense. Keeping the country poor is what makes the governing establishment rich. Sadder still, is that the same can be said about a section of our most educated and articulate who have made a career out of selling Nepal's war and poverty,



MISSIONNEPAL.ORG

and who have really no incentive in seeing to it that we overcome our problems.

They work in the garb of writers, academics and

consultants, doling out expert advice on everything from state restructuring to poverty reduction to transitional justice. But while the political class is often

criticised for its failures and dishonesty, the intellectuals usually escape scrutiny and function with reckless abandon and lack of accountability.

They get away with endorsing political violence, justifying a war that destroyed the economy and set development back decades, holding on to outdated ideologies that the rest of the world abandoned long ago. They share a part of the blame for the mess that the country is in: for serving us lies, keeping us mired in a 'conflict trap' and for restricting our imagination.

The poverty of thought is worse than income poverty. And while we may do away with an incompetent crop of leaders in the next elections, what are we going to do about those who shape our discourse? @rubeenaa

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# WOMEN WORKERS ARE DOUBLY

ROJITA ADHIKARI

Maya is a 35-year-old mother of three school-age children. She goes door to door begging for cleaning jobs and lives in her brother's rented room in Bhaktapur.

Maya had gone abroad with the promise of working as a janitor in a hospital. Instead, like many other innocent migrant workers, she ended up being brutalised and forced into prostitution.

An estimated 244,000 Nepali women work in the Gulf, mainly in Saudi Arabia and Kuwait. One-third of them fly out from Indian airports, not Kathmandu, and three-fourths use illegal methods like fake travel documents. This makes them easy prey for ruthless recruiters, abusive employers and sexual predators.

A study by the Foreign Nepali Workers Rescue Center found that nearly 90 per cent of women suffer some form of sexual violence or exploitation. Saudi Arabia and Kuwait are the worst offenders.

Maya had an alcoholic husband and needed to earn more to send her children to a good school. An agent offered a decent job in a hospital, and she was tempted by the promise of a



PICS: ROJITA ADHIKARI

salary unimaginable in Nepal.

On arriving in Kuwait Maya was overcome with doubt and homesickness. "I remember asking myself, have I done the right thing?" she recalls. Two well-dressed Nepali-speaking women received her at the airport, and

took her to the 25th floor of a highrise, where her passport was taken away. A week later, she was given a slinky dress to put on and joined 50 other women from India, Philippines and Nepal.

Later that day, she was sent to a private room with a corpulent

man with a dense moustache who asked her to undress. It soon became obvious that the apartment was in fact a brothel. Life became a living hell for Maya as she was raped by up to eight men a day. She often fainted, unaware of what was being done

to her. When she came to her senses, she would have bites and nail scratches on her body.

It became so unbearable that one day she refused to go with a customer. The pimp beat her up severely, and with the help of the customer, threw her out of the

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# VULNERABLE

Nepali workers in the Gulf fall easy prey to ruthless recruiters and abusive employers, but women have to also deal with sexual predators

**IT'LL BE OK:** Maya comforts her daughters (left) in her one-room home in Bhaktapur this week. She was sold as a sex slave four years ago by a recruiter who promised her a job in a Kuwait hospital.

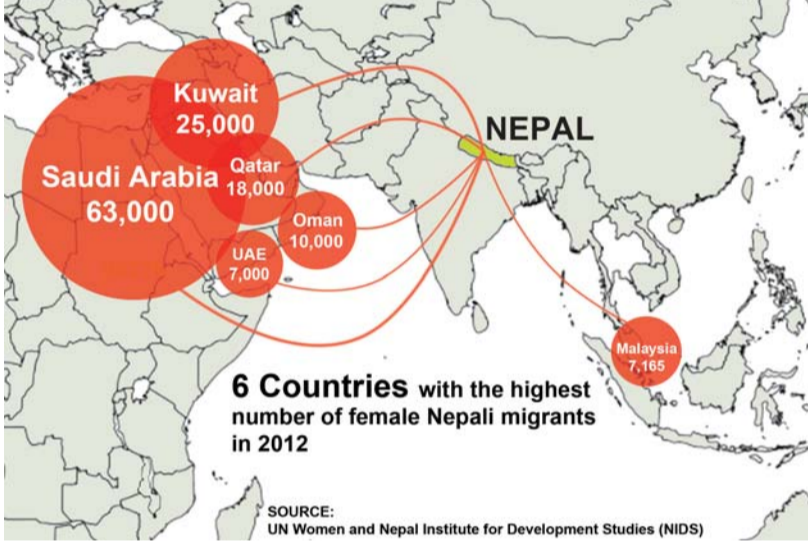
Hundreds of Nepali women queue up for passports at the Foreign Ministry every day (right) and most are going to the Gulf to work as household help.



window of the high rise. It was a miracle she was not killed in the fall, but suffered a fractured spine and broke her left hand.

With the help of Nepali and Kuwaiti friends, she was taken to the hospital for treatment but they sent her back to the brothel. After a month, she managed to escape again but the Kuwaiti brothel owner filed a police case accusing Maya of stealing gold ornaments. She was thrown in jail for six months, but a court finally found her innocent. The Nepal Embassy provided her a ticket home, but in Kathmandu Maya's family refused to take her back.

Hema is 45 and, like Maya, decided to go abroad to work to pay off a home loan. A recruiter offered a job as household help in Saudi Arabia. There, the employer beat her mercilessly and the nephew repeatedly raped her.



The wives of her employer knew about it but kept quiet. After two years of abuse, Hema returned to Nepal in 2013 penniless, emotionally shattered and with health problems.

Hema hasn't told her story to anyone, not even family members for fear that she will be ostracised. "If I tell them they will abandon me," she says.

Dilmaya used to be beaten by

her husband, and got so sick of it she decided to go abroad to find work. In 2008, a recruiter took her to Qatar illegally via India. She worked as a domestic helper, and her employer raped her regularly. She returned to Nepal in 2011 with a baby, and no savings. She was accused of bringing dishonour to the family, and was thrown out.

The Director General of the Department of Foreign Employment, Krishnahari Puskar, admitted in an interview that 90 per cent of the 500 women who leave for the gulf countries every day do so illegally.

Asked if it is not the government's responsibility, Puskar said the Nepal government does not encourage women to go abroad to work, but cannot stop them from doing so. "We may face criticism if we ban them from going abroad to work," he said.

Sita Ghimire works for the Safe Migration Project at Helvetas and says female Nepali migrant workers lack protection. They are victims of non-payment of wages, retrenchment without notice or compensation, unsatisfactory occupational health and safety conditions and an absence of social benefits such as pensions, sick pay and health insurance.

Manju Gurung of Paurakhi works for the rights of abused migrant women when they return to Nepal and are not accepted

by their families. "The woman is often rejected by her husband, family and society," says Gurung, "their life back home is sometimes even more painful than in the Gulf."

Dale Buscher, a migration expert at the Women's Refugee Commission says the problem lies with the recruiters, who do not openly share the risks involved and employers who take advantage of the women's vulnerability of being in a foreign land without access to the legal system.

Dale adds: "Also responsible are both the sending and receiving country's government which has not put protective measures and appropriate legislation in place."

Today, despite her injuries, Maya is slowly returning to a more normal life. It is the determination to provide for her three children that keeps her going.

One of her brothers came forward to provide shelter and food. But without help from the government and her family, Maya has no idea what the future will bring. 🇳🇵

*Names of migrant workers have been changed.*

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अन्नपूर्ण पोष्ट

Basu Kshitiz in *Annapurna Post*, 4 June

QUOTE OF THE WEEK



“The UML represents millions of Nepalis but some leaders are trying to convert it into a private company and become board-members for life.”

UML leader Surendra Pandey, *Naya Patrika*, 5 June

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Pay on delivery

Pramod Acharya, *Annapurna Post*, 4 June

अन्नपूर्ण पोष्ट

CHITWAN: Ambulance drivers bringing patients to Kathmandu phone hospitals to negotiate commissions, an undercover investigation has revealed. Doctors ask for information about how serious the case is and personal information about the patient. If they can afford to be hospitalised for longer periods and are serious cases, drivers are paid as much as Rs 10,000 commission, while most patients fetch drivers up to Rs 5,000.

Private hospitals have employees and agents in place to rent out ICU beds. Their job is to stay in contact with ambulance drivers and coax them to bring patients to their employers' hospitals.

Yeti Hospital and City Centre Hospital in Kalanki, Star Hospital and Shivajyoti Hospital in Balkhu pay drivers Rs 5,000 per patient. Norvic International Hospital and Blue Cross Hospital, both in Thapathali, give drivers up to Rs 4,000 as soon as patients are brought in. Green City Hospital, Basundhara, pays Rs 3,000, Alka Hospital, Jawalakhel, pays Rs 1,000, and Diyaz Hospital and International Child Friendly Hospital pay drivers Rs 500 each.

The more serious a patient, the bolder ambulance drivers are in negotiating their fees. When hospitals determine patients will need ICU care, they try to sweet-talk the drivers into bringing them in right away.

When hospitals get fewer patients, they increase rates to tempt drivers. But the extra charge is dumped on newly admitted patients, forced to pay large deposit sums that include the commissions.

At Chitwan College of Medical Sciences, drivers are handed a slip upon arrival, which they cash submit at the reception and receive Rs 400 in cash. The NPI Narayani Community Hospital in Chitwan pays annual commission to drivers, who are happy with this procedure because they don't have to run around each time they turn up at the hospitals.

Drivers who are faithful to parent hospitals even get bonus gifts. A 'new scheme' at Life Care Hospital in Sundhara plans to give away motorcycles to drivers if

Sting operation

A secretly recorded conversation between the undercover journalist and a staff at Life Care Hospital.

Devaki Shrestha: Hello?

Pramod Acharya: Namaste. I am a driver. I'm new, so I don't know how the system works. I was told by the receptionist to call you.

DS: There'll be no problems. You come right ahead. I will call and tell them.

PA: How much will you give?

DS: When will you arrive?

PA: We're about to leave.

DS: Meaning 5 to 6 hours?

PA: Yes. How much will I get?

DS: Make them deposit as soon as you reach and you'll receive your payment immediately.

PA: How much will I get?

DS: Rs 10,000.

PA: What if I come every time?

DS: I'm at home and can't talk. I'll call you tomorrow.

PA: Okay

nepalitimes.com

Longer Nepali version  
More secretly recorded  
conversations with hospital staff

they bring in 10 patients in 90 days.

Hospitals that were found to have prize schemes have not been pulled up by the Nepal Medical Council. "Because this is related to management and not doctors' conduct, the Ministry of Health has to look into it," says NMC Chairman Damodar Gajurel.

According to Buland Thapa, director of Bir Hospital, private hospitals charge as much they like because the government has not fixed official rates for regular checkups and hospital admission. In the absence of regulation and monitoring, private hospitals continue to take advantage of patients.

Health Minister Khag Raj Adhikari says, "I have heard there is a huge commission racket in private hospitals, but so far there is no proof. Everyone found guilty of wrongdoing will be punished without pardon."

(Centre for Investigative Journalism)

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# Constitutional déjà vu

Two opposing formulae for federalism and two opposing ways to decide which one to go for

The Constituent Assembly-II doesn't look similar to Constituent Assembly-I when it comes to relative strengths of the political parties. But the issues that divide them are the same as last time.



**THE DEADLINE**  
Damakant Jayshi

The NC-UML ruling coalition wants to decide contentious issues like state restructuring through majority vote if consensus cannot be reached, while the Maoist opposition is insisting on a consensus-only approach. There's one notable difference in the second CA: the NC, UML, RPP, and other parties likely to vote with them on federalism command a comfortable two-thirds majority that is enough to pass every single provision of the new constitution. The Maoist-Madhesi coalition in the last CA lacked these numbers.

Towards the end of the last CA in May 2012, sharp differences had surfaced on the criteria for carving out states, their names, number of states, delineation of boundaries. The parties had avoided discussions on these issues until the very last moment. They kept extending the CA despite growing public dismay and frustration and the Supreme Court's conditional approval of the extensions. The differences over federalism remain, and if anything are even more entrenched. And it is not just about state restructuring, differences also exist about the kind of electoral system and governance structure. While the Maoist-Madhesi coalition would understandably want to downplay the mandate expressed by people through the election in November last year, the NC and the UML are playing along as if the election was a referendum on state restructuring. The Maoists campaigned for eight or more single identity-based provinces while their Madhesi allies brandished the slogan of

One Madhes. Those espousing single ethnicity-based provinces and a single Madhes state were heavily trounced, even in their own strongholds. The leaders from these parties would do well to publicly accept this verdict. But there are others as well who need to recognise what the results meant. While rejecting the idea of single ethnicity-based federalism, the people demonstrated that they were for meaningful decentralisation. Federalism is a reality, but Kamal Thapa and his party, RPP (Nepal) are still having none of it. Given the smart politician that Thapa is, it won't be long before he adjusts to the reality. If not, he should be ready for the consequences in the next election. Chitra Bahadur KC, chairman of Rastriya Jana Morcha (RJM) has come around to accepting federalism even though he has been one of the staunchest opponents of state restructuring into federal provinces. Taking part in discussions in the CA committee this week, KC finally acknowledged the need for federalism. He said his party would be open to accepting the



Map of Nepal divided into 14 states, this model was approved by a majority in the State Restructuring Committee of the last CA.

Map of Nepal divided into six geographical provinces as proposed to the last CA.

7-state model proposed by the NC and the UML. "The previous CA had to be dissolved because no one could agree on the federal model, and the differences still persist," KC was quoted as saying. "If it will help a consensus, we are willing to agree to a seven-province model." KC was referring to Maoist Chairman Pushpa Kamal Dahal's remarks in the committee the previous day in which he held out for a consensus. But reading between the lines of Dahal's remarks indicates his party wants consensus only on its own formula for federalism. It's like an office boss telling his colleagues he

is all for democratic practices and open discussion so long as everyone agrees with him. Consensus is an ideal approach in deciding issues of long-term implications for the country. But if it comes in the way of viable state restructuring, a requisite electoral system and governance structure, the issues can be put to a vote so as to finish writing the constitution in time. Otherwise, this Constituent Assembly will meet the same fate as its predecessor. @damakant

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# Not-the-least Developed Country

Now, look at what the gobarmment has gone and done. It has declared that Nepal will graduate from Least Developed Country (LDC) to become a member of middle-income Developing Country by 2022. Are they daft?

Look at all the advantages we have by virtue of the fact that we are poor, and intend to remain so. We get access to soft credit, and if we plead and grovel enough they can easily be converted into grants. As one of the poorest countries in Asia, we get called upon to represent this vast continent of ours at international conferences from time to time in exotic places like Istanbul, Accra or Port au Prince. We are a priority country for many multilaterals, which means we get special treatment because of their focus on eradicating extreme poverty. And since we are the most-photogenic least-developed country in the world, we are a darling of the donors.

But, alas, we are in danger of losing this super-state status, and all those special facilities if we become a Not-the-Least Developed Country in eight years time. Unless we think of something fast to keep ourselves poor, we are goners. But since we have a prime minister who seems to be half-asleep half the time, there is a fairly good chance that we will remain Last-but-not-least Developed till 2022 and beyond. However, we cannot rely just on Jhusil Da to keep Nepal in the LDC category, what if he wakes up? The guy has an erratic streak and he may just go and do something foolish like dramatically streamline FDI, create new jobs, invest in infrastructure, even write a new constitution and successfully turn Nepal into a middle-income country ahead of target. God forbid.



ॐ

The other national achievement we have to safeguard is of Nepal's coveted position as a zero carbon country, a status we reached way ahead of any other Utterly Underdeveloped Country. In fact, while other countries are increasing their consumption of fossil fuels, ours is decreasing sharply because the Ministry of Commerce and Surprise doesn't allow NOC to import any more diesel from India because it (the gobblement) has run out of INR. Which means that Nepal is in the enviable position of being the only country in the world that has achieved strict emission cut targets set out in the Kyoto Protocol. Other countries turn off their lights one hour in a YEAR on March 29, we don't use electricity 12 hours a DAY.

ॐ

As responsible global citizens there are lots of other things we can do individually and collectively to stop the earth from heating up. So, in the public interest, we hereby list 10 ways we can all help lessen the impact of climate change:

1. Immediately set a time limit on speeches in the coming fiscal year to less than five minutes so that there is a check on the emission of hot air.
2. Stop breathing. Every breath you take consumes precious atmospheric oxygen and gives off harmful carbon dioxide. Remember every molecule counts!
3. Organise tantric rituals and make animal sacrifices at select shrines across the subcontinent to appease the gods to save us from global warming.
4. Cut flatulence in cattle and livestock. There are an estimated 22 million cows and 17 million goats in Nepal and if all of them felt free to pass wind without let or hindrance imagine the kind of accumulation of greenhouse gases we'd be left with. We're not even counting yaks and water buffaloes here, and we all know how embarrassing those two can be in polite company.
5. Organise a Prithvi Shanti Maha Yagya in Pasupati for harmony in the universe and burn 15 tons of paddy seeds and feed 108 brahmins.
6. Collect and distribute Bagmati sludge for distribution in gas stations. The stuff is so inflammable it can be used as fuel for motorcycles.
7. Create an artificial shortage of LPG, but I notice the Ministry of Supernatural Resources has already thought of that.
8. Soda contains carbon dioxide, a major greenhouse gas, so avoid it. Henceforth, take your double single malt neat.
9. Burping releases greenhouse gases so burp in moderation.
10. Ask Pasupatinath one last time to keep us in the LDC category.

The Ass



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