

standard
chartered

An ideal investment
that gives you

11.03%*
p.a.
on fixed deposit

Scan to apply

T&C apply.

STATE OF MALAISE

● Sonia Awale

Although debilitating, fatality from dengue is rare. But the epidemic raging across Nepal's cities has killed at least 12 people. The latest is a 29-year-old Nepali PhD student.

The current outbreak comes on top of the Covid pandemic, and is a reflection of everything that is wrong with Nepal: political negligence, governance failure, misplaced priorities, lack of accountability, state apathy. Dengue is the symptom, the disease is political.

A wetter than usual monsoon and climate change mean that dengue mosquitos have found ideal breeding grounds even in roadside pools outside the Sukraraj Tropical & Infectious Diseases Hospital at Teku (right) which is seeing 250 new dengue patients every day.

The virus-carrying female *Aedes aegypti* mosquito has a wide choice of places to lay her eggs: on water-filled bottle caps in garbage piles, inside discarded tyres, stagnant pools in open drains, and even balcony flowerpots. Kathmandu Valley is now a magnet for mosquitos.

We could have learnt from the 2019 dengue outbreak when there were 17,000 hospital cases, and at least 6 fatalities. The monsoon is not over, and this year we have already surpassed those numbers.

"Unfortunately we learned nothing from the 2019 outbreak, we allowed infected mosquitos to breed everywhere," says Sher Bahadur Pun, a virologist at the Clinical Research Unit at Teku. "The problem has magnified this



SUMAN NEPALI

year. The mosquitoes are now inside our homes, offices, and schools making it difficult to avoid infection."

The fact that local and central governments are gearing up to deploy a 'search and destroy larvae' two months into this large-scale outbreak is proof of slow-motion response. Fumigation is ineffective, and it is too late to drain breeding pools.

The dengue virus can remain in the larvae of infected mosquitos for several years. So, the only way

to prevent next year's outbreak is to search and destroy breeding grounds now. Next monsoon will be too late. As with the garbage crisis and the air pollution emergency, dengue is problem for which the only solution is political will.

Removing local breeding ground for the mosquito vector and spreading mass awareness about prevention is the responsibility of local governments. Federalism is supposed to make elected mayors

VECTOR FOR VIRUS: Stagnant pools of water, an ideal breeding site for the dengue mosquito, outside the Sukraraj Tropical & Infectious Diseases Hospital at Teku, which on Thursday saw 250 new dengue patients.

accountable. They can start draining the swamps.

For now, physician Buddha Basnyat's advice is: "Avoid mosquitos, particularly at dusk and dawn, use the most effective repellent and don't take antibiotics." 🇳🇵



READ MORE

Dengue
days are
here to stay

Operation
Search and
Destroy

PAGE 10-11

WORLD'S BEST
PIZZA OVEN

FOR BOOKING & INQUIRIES
+977 9848775343

18 YEARS

Outsource your
Non-Core Staff through
Suvudha Staffing

licensed company by DoL, MoLESS

100% Labour Law Compliant

+977-9851247213

www.suvudhasewa.com.np

Suvudha
Sewa

Skullcandy

FESTIVAL SALE

UP TO 60% OFF

eScan

Anti-Virus

#1

Global
Worldwide

eScan

eScan

eScan

TOTAL PROTECTION
for Computers, Mobiles & Tablets

An ISO 27001 Certified Company

Contact no.: 01-4330980

www.escanav.com

LIGO

Orange

LIGO

Apple

LIGO JUICE

SalesBerry

Next level electric performance.

All new Hyundai IONIQ 5.

Laxmi InterContinental Pvt. Ltd.

(An ISO 9001:2015 Certified Company) an entity of Laxmi Group Nepal

Hyundai Call Center No: 01-5970226

HYUNDAI

More monstrous monsoons

● Nicole McCloskey

In the last week of August, a monster monsoon caused floods across Pakistan, impacting over 33 million people, killing at least 1,300, and destroying crops.

There are lessons here for the rest of the Himalaya, including Nepal which suffered similar floods last year. While monsoon cloudbursts and glacial retreat caused by the climate crisis were factors in both disasters, urbanisation of flood plains and population growth magnified the human impact.

In August, Pakistan recorded national average rainfall 243% above normal, with Balochistan and Sindh receiving 600-700% more rain than usual.

“Unusually heavy rains fell over the Hindu Kush where heavy monsoon rains usually do not reach,” says Sher Muhammed, a glaciologist at the Kathmandu-based

While the contribution of Himalayan countries to global greenhouse gas emissions is miniscule, they bear the worst effects of climate change. Pakistan and Nepal rank in the top ten most vulnerable countries in the Global Climate Risk Index.

Pakistan’s flood is therefore another wakeup call to meet global government commitments to climate justice funds. This is likely to be a significant point of discussion at the upcoming COP27 in November in Egypt.

Pakistan’s emergency was so serious that UN Secretary-General António Guterres visited the flood-hit areas this week. “Pakistan needs urgent financial support. This is not a question of solidarity or generosity. It is a question of justice.”

Although the Pakistan government initially said one-third of the country was underwater, independent analysts scaled it down to 10%. Whatever the extent, Pakistan’s leading climate scientist, Ali Tauqeer Sheikh, points to a range of human-induced factors.

“We cannot place our finger on just climate change as the main reason for an increase in devastation from floods,” Sheikh told *The Third Pole* (page 4-5). “Climate change is a threat multiplier, but most of the losses are often actually due to poor governance and a weak economy.”

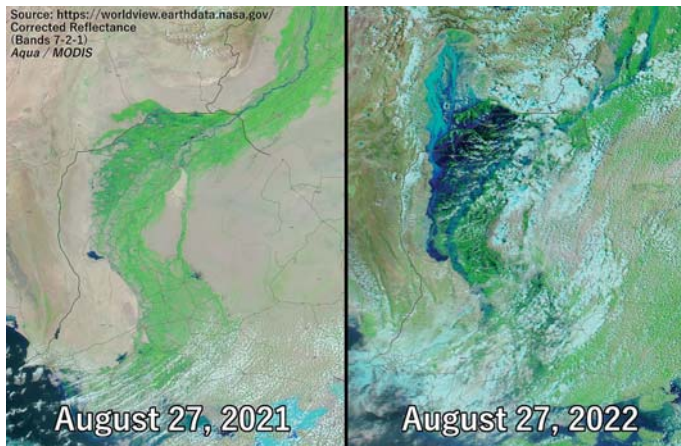
Scientists also say last year’s floods across Central Nepal were triggered by 300mm of rain that fell overnight. The downpour also brought down moraines loosened by melting permafrost in the mountains upstream. The \$700 million Melamchi project, a dozen hydropower plants, bridges and roads were damaged by the debris flows.

It is convenient for governments to put all the blame on climate change

for water-induced disasters. But the human and economic toll of floods are magnified by drainage obstruction, poorly planned infrastructure, and river extraction.

Future flood risk in Pakistan, Nepal and India can be reduced if there is better preparedness and proper planning before next year’s monsoon. Otherwise what happened in Pakistan is sure to repeat itself many times in the Himalaya as the impact of the climate emergency starts being felt even more acutely.

Nicole McCloskey is a Fulbright grantee with the International Centre for Integrated Mountain Development (ICIMOD).



International Center for Integrated Mountain Development (ICIMOD).

Earlier, Pakistan experienced a prolonged heatwave which likely accelerated glacial melt and increased river flows. The Himalaya-Hindu Kush is the largest repository of glacial ice outside the polar regions.

The floods struck prior to the harvesting stage of key crops, including cotton, rice and sugar cane. In Sindh, flood waters inundated over 2.5 million hectares of farms, resulting in losses estimated at \$1.3 billion. Pakistan now faces an unprecedented food security crisis.

The poor and the already marginalised -- whose livelihoods depend on agriculture, forestry, and fishing -- were disproportionately impacted by the floods. It is necessary to ask: What does the world owe Pakistan as these super floods expose numerous gaps such as food insecurity, inflation, and water-borne illness?

Future flood disasters in Pakistan and Nepal can be prevented if more attention is paid to preparedness and proper planning

20 YEARS AGO THIS WEEK

Terror-fatigue

Every Nepali who has a memory of the Maoist conflict knows terror-fatigue during those 10 long years. Most adult Nepalis were exposed to radio news of bus bombings, kidnappings and battle casualties every day. Twenty years ago this week, a Maoist raid in Sandhikharka of Arghakhanchi left at least 110 dead: 60 security forces personnel, two civilians and 50 Maoists. The same week, 100 were killed in a battle in Sindhuli.

Excerpts from this editorial on terror-fatigue published in issue #111 13-19 September 2002:

It could be the 9/11 anniversary or the news of fresh slaughter here at home, but the combined result is a sense of terror-fatigue. This is the kind of weariness that comes after talking so much about it, seeing so much of it that you go beyond caring. Or, you shut yourself off because you can't bear the emotional stress anymore.

We who have not been directly affected by the butchery, are in a sense just spectators. What must the bereaved be going through: family members like Ambika, the widow of sub-inspector Surendra Basnet, and her two boys, Amir and



Ajit? What of the relatives of young boys and girls forced to join the militant underground, or who enlisted out of desperation? Do their families know of their fate? This week alone, there are tens of thousands of fathers, mothers, wives, sisters and brothers mourning for the 200 Nepalis who died at the hands of other Nepalis.

This numbing and mindless bloodshed has gone on too long. It is hard to see who benefits from it besides arms merchants, their brokers, and those who want to see the extinction of the Nepali nation.

And as the vultures wheel

overhead, we catch the repugnant glimpse of a government that has given up doing anything about anything. Political leaders who have lost all legitimacy in the eyes of the public, are clinging on to power by the finger nails...

...You cannot cover your political failures by trying in vain to force the military to gain an upper hand in the battlefield. How long do we have to wait for that decisive political leadership to break this cycle of violence?

From archive material of *Nepali Times* of the past 20 years, site search: www.nepalitimes.com

ONLINE PACKAGES



POP CULTURE FEST

Otaku Jatra Fall 2022 on 17 September will bring together Nepal and South Asia’s growing community of cosplay artists, gamers, animators, pop culture enthusiasts and other artists in Nepal’s largest celebration of fan culture. Watch the video on our YouTube channel.



FLOOD RESCUE DRONES

The 2021 Melamchi floods provided a test case of how drones can be deployed in future disaster response in Nepal. Watch video of heavily sediment-laden flood waters at the headworks of the Melamchi Water Supply Project on the afternoon of the floods in 2021, taken by a GeoVation Nepal drone that recorded images to capture hourly flows.

QUEEN ELIZABETH II

I hope Nepalis take this time to reflect what British colonisation did to our understanding of self ('Queen Elizabeth, the Gurkhas and Everest', Kunda Dixit, nepalitimes.com, page 6-7).

Liberal Buddhi

● Never met the two princes, but met Jim Edwards one-on-one for half-an-hour back in the 80s to talk about RCNP in his Tiger Tops office on Durbar Marg.

Ajaybar Pradhan

● The timing of her visits to Nepal were perfect.

Labbe von Chhetri

● RIP to our First Lady. A very sad time for Britain.

Gary Parkinson

● Rest in eternal peace.

Kul Rijal

● Interesting past that connects our area Thulakot ('The Queen is Dead, Long Live the King, Lisa Choeygal', nepalitimes.com, page 6-7) which is part of the Royal Trek that Charles took as a Prince has become part of community based trekking initiative under the Annapurnas.

Akku Chowdhury

CLIMATE CRISIS

And people down here have no idea about water scarcity problem ('If the ice is gone, we are done', Ramesh Bhushal, nepalitimes.com) and keep on wasting water for useless purposes

Jamyang Wangmo

● Kami Rita is the voice of common sense.

David Durkan

POLLUTION

How does such a new tax address pollution ('Nepalis do not have to breathe dirty air', Shreesha Nankhwa, nepalitimes.com)? It doesn't. The well off will still buy fuel, the tax is not used to reduce pollution.

Shiriin Barakzai

● The Government of Nepal's mafia syndicate make far too much money from fuel and vehicle import charges to ever even consider making changes that would benefit the well being of their citizens.

Aleksandr Verkovsyn

● I'll be wearing a mask.

Rural Assistance Nepal

PATAN MURALS

Absolutely love the museum at Patan ('Painted walls and pieces of history, Ashish Dhakal', #1128). Next time hope to spend an entire day

Shaun Sarvey

● The Patan murals seem beyond repair. The ones in Bhaktapur are still lively. Hope they are being protected and preserved to prevent further damage.

Etrnal Seeker

● Malla art and architecture is bliss.

Shusheel Manandhar

SAND EXTRACTION

This is the price we pay for development ('A nation built on sand', Ramesh Kumar, #1127).

Pan Chy

● When will we learn?

Abhushan Gautam Shakya

BUDDHIST SHRINE

All of this happened in the 90s ('How did a Nepali ritual altar end up in Berlin?', Ashish Dhakal, #1127) when there were many involved in smuggling, not just to Germany but much the USA, the UK and China.

Blue Buddha

Times.com WHAT'S TRENDING

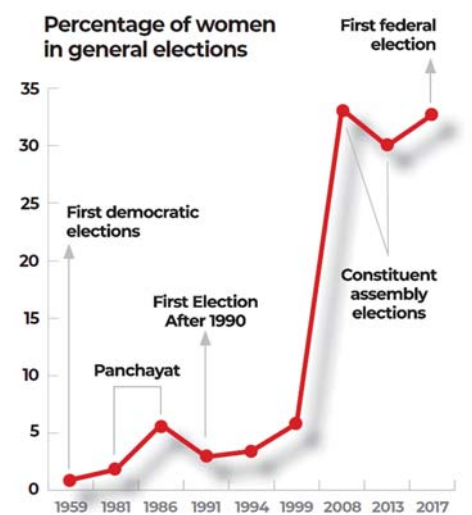


Investing in investigative journalism

by Kunda Dixit

With democracy and media both in crisis, public service journalism is need more than ever. Journalism has a new role and responsibility: to analyse, interpret and explain raw, live information on the net, and to correct fake news.

f Most reached and shared on Facebook



Affirmative inaction

Editorial

Nepal's female political leaders are getting into the legislative through their quota, but not through direct ballot. Were it not for constitutional mandates and affirmative action policies, they might not even be in those positions. Join the discussion online.

t Most popular on Twitter



Painted walls and pieces of history

by Ashish Dhakal

The Malla murals of the Valley's royal palaces are emerging from years of neglect. Inside Patan Museum, along dark, cool corridors are a series of half-erased murals, defaced by scratches. More details on our website.

💬 Most commented

Exit visas for Nepalis

by Ass

Nepalis are migrating abroad in droves and to stem the outflow, the government has come up with a clever plan: the Ass writes about why Nepalis will henceforth need exit visas to leave the country. Read the spoof on nepalitimes.com

🔍 Most visited online page

QUOTE TWEETS



Nepali Times @NepaliTimes

Across #Nepal's Himalayan region the people are trapped between marginalisation and discrimination by Nepal and #China, especially because of the sensitivities about #Tibet.



Tseten Norkyel @norkyel

Very interesting!! It's always the dominant community that imposes rules and disrespects cultures of the region inhabited by minorities as in the case of Humla or Dolpo or Mustang.



Nepali Times @NepaliTimes

#weekendread
A nation built on sand
As #Nepal's wealthiest businessmen, politicians, contractors and middlemen collude to reap rewards from #sandmining and quarries, local communities are left to deal with floods, #landslides, dust and smoke on their own.



Mahendra Shrestha @sbshestha60

Seriously, will anyone care about this! People are so messed up and preoccupied with looting the country #LOOT#COLLUSION#POLITICIANS#BusinessMan



BEST PART OF THE JOURNEY STOPOVER IN ISTANBUL



COMPLIMENTARY HOTEL STAY AND EASY VISA

1 night for Economy Class
2 nights for Business Class

You can extend your stay
with special prices starting from
49 USD per night



TURKISH AIRLINES

freehotelnepal@thy.com | 01-4438363 | 4438436
Terms and conditions apply, visit turkishairlines.com

Climate change only

Interview with Pakistani climate risk management expert **Ali Tauqeer Sheikh**.



The worst floods in living memory in Pakistan have already resulted in more than 1,100 deaths, including more than 350 children. The disaster affected up to 33 million people, of which 5.2 million are displaced.

The Third Pole spoke with Ali Tauqeer Sheikh, one of Pakistan's leading experts on climate risk management, about the causes of the floods, response, and the way forward.



Pakistan faces floods every few years. But since 2009 they have happened almost every year. Is the frequency increasing? And why are they more destructive?

Ali Tauqeer Sheikh: Compared with droughts, heatwaves and glacier melts, which can be clearly attributed to climate change, floods are more complex and harder to attribute to climate change.

But the technology and knowledge around attributing events

to climate change has improved – scientists can do modelling and estimate how much was actually due to climate change. Research shows that flooding globally will likely increase due to climate change.

Stronger monsoons result in higher precipitation, and the monsoons are getting more severe. So climate change is a factor. We have also had torrential rains in Sindh, run-off floods in

Balochistan, urban flooding in cities like Karachi and Hyderabad, flash floods in south Punjab and lower Sindh, and glacial floods in Gilgit-Baltistan. All this shows that due to climate change, the monsoon has changed its traditional passage, and this will have long-term implications for human security in Pakistan.

But we cannot place our finger just on climate change as the main reason for an increase in devastation

from floods. While the increase in floods is very strongly linked with climate change, and climate change is a threat multiplier, most of the losses incurred during flooding are often actually due to poor governance and a weak economy. We are not weaving climate change into our planning. Until we do that, our vulnerability will continue to increase.

A recent report on climate impacts, adaptation

and vulnerability by the Intergovernmental Panel on Climate Change shows that climate impacts are globally hitting much faster than projected by earlier reports.

If one makes a graph showing losses from heavy floods in Pakistan, like those in 1995, 2003, 2007, 2010 and 2022, against population numbers too, it would be evident that the losses from riverine floods increase as the population increases.

prabhu BANK

BRI pledge

The visiting head of the Chinese National Peoples' Congress Li Zhanshu ended a 4-day visit to Kathmandu during which he met politicians and signed an agreement with Speaker Agni Sapkota to increase engagement on the Belt Road Initiative (BRI) for greater connectivity.

Turkish biggest network

Turkish Airlines became the 'world's biggest network carrier' as per seat capacity on international flights breaking its pre-pandemic record on monthly passenger count by carrying



7.8 million passengers each during July and August of 2022, increasing seat capacity by 14%. Meanwhile, Turkish Airlines and Air Seychelles have signed a codeshare agreement which will allow passengers seamless connections from Seychelles to "Turkish's global network."

Nepal's HDI

Nepal moved up a notch on the UNDP's Human Development Index (HDI) to rank 143 among 191 countries. The Index measures all facets of economic progress including health, education, income and standard of living. Although there has been progress since 1990, Nepal's HDI has remained stagnant in recent years and declined from 0.604 to 0.602 in this report.



Pakistan relief

Nepal flew relief material to Pakistan worth Rs20 million for flood affected areas. The country has been severely affected by floods which have killed 1,300 people and displaced nearly 6 million (see above).

NADA EV Expo

The Nepal Automobile Dealers' Association (NADA) has dropped its annual petrol car show this year, and is instead holding an only-electric vehicle trade fair from 22-25 September. The expo with motto 'Towards Sustainability' will highlight reduction in air pollution and Nepal's dependence on imported petroleum with 17 four- and two-wheel brands participating.

Hyundai aura

Hyundai Aura has been launched in Nepal. The vehicle comes with alloy wheels, ground clearance of 165mm and advanced powertrains. It also has a 1.2L fuel efficient petrol engine which generates 83PS power. Starting price: Rs3,656,000.

Ncell Dasain bonus

Ncell has launched a recharge bonus offer for Dashain where customers recharging Rs100 or more can get bonus balance up to Rs40. The offer came into effect from 13 September. The bonus amount depends upon the recharge amount.

Round table Nepal

Round Table Nepal conducted its 33rd annual general meeting and elected Rahul Agrawal as the new president. The zero-overhead organisation uses all donations raised to building schools. More than 400 members from several countries attended the meeting.



Everest Bank Visa

Everest bank has changed its visa and debit cards to contactless cards. Customers can also link the Moco wallet to their cards.

Chery offer

SPG automobiles, distributor of Chery cars in Nepal, has launched a festive offer for all Pro series customers. Customers can receive cash discounts, exchange offer up to Rs100,000, free one-year insurance and road tax.

Roadhouse Foundation



Roadhouse Foundation was launched this week at Mezza outlet along with an artwork exhibit

in collaboration with the Museum of Nepali Art. A percentage of proceeds from artwork sales will be used to fund vocational and skill enhancement training in the hospitality sector for marginalised youth.

Crity Awards

Advertising Association of Nepal held the 12th edition of Crity awards sponsored by Golden Oak. Makeways came out on top in several categories. Other winners included Business Advantage, Prismark Marketing, Outreach Nepal, DigitalIn, Avani Advertising, ANS Creation among others.

NIU Dashain

Niu has a Dashain offer in which customers can win the Aero MTBX-01, get discounts up to Rs50,000, one year free road tax and merchandise.

Worldlink festive

Worldlink is back with its 'WorldLink festVty' offer, where customers can get amazing deals with their subscriptions. Customers can choose from Fast Offer, 2 Routers and Smart Offer which are available for 1 year, 6 months and 3 months plans.

one factor in Pakistan flood



FAYAZ AZIZ / THE THIRD POLE

DEAR LIFE: A boy clings to a rescue wire in a flash flood last month in Pakistan's Khyber Pakhtunkhwa province which got nearly 700% more rain than normal in August. Climate change is a major factor in this year's catastrophic flooding in Pakistan, but bad planning and poverty play a big role.

If people settle and build houses on river banks, and if the governance is so weak that instead of stopping them it encourages them to settle there, building schools and hospitals and providing electricity connections, it means the state is institutionalising this vulnerability, and the government is exacerbating it with its weak governance.

So are we seeing a vicious cycle of climate change-induced migration, with communities settling where they shouldn't?
Yes. I wouldn't like to go and build a house in a risky area near a river, the underprivileged don't like it either, but they are forced to live in areas are more vulnerable to floods, mud slides and snow storms. The issue becomes more complex due to population increase, the areas they are settled in, and the kind of housing they have.
Part of the reason for the flood damage is climate change, part of it is poor infrastructure and poverty, and part of it is a combination of the two. When we fail to understand something or we don't want to work on a certain area, we pin it on climate change alone.
The real impact of climate

change is lower agricultural productivity, and decreased resilience. For example, when drought hits, people go and settle somewhere else to survive. They move to big cities and try to build houses near rivers to escape droughts. It's like out of the frying pan into the fire. You left your home to escape poverty, but now you are even more vulnerable.
In their own areas, they at least have social capital. In the new areas they become marginalised. There is no security net in terms of money and back up.

Why has Karachi been devastated?
Because the infrastructure is inadequate. If this amount of rain hit any well-developed city, people would not even know about it because they have functioning infrastructure. We are still relying on drainage that were built by the British before 1947 for a population of 46,000 people in Karachi. Now the population is 26 million. The result? Losses, broken roads, children dying and diseases spreading.
Sea level rise has also increased coastal flooding, while higher ocean temperatures give clouds greater ability to travel further over land, which includes even those parts of Balochistan where we did not have flooding earlier. The increasing frequency of flooding in dry areas can be attributed to these westerly weather influences, rather than the traditional eastern monsoon originating from the Bay of Bengal. This change in the weather

cycle seems to have added to the frequency and severity of floods in the typically non-monsoon areas of Balochistan.
Does Pakistan have an adequate disaster management plan?
Our planning is top-down, under the assumption that one size fits all. If you have a specific requirement for a particular neighbourhood, policymakers don't have the knowledge, patience, or resources to tackle it. We don't have strong institutions in local government, and these were perhaps kept weak for various reasons. Right now, there is a void at the local level.
There is also competition for resources. The federal and provincial governments are not willing to relinquish the powers they have enjoyed. If more resources go to the provinces, this can strengthen provincial capacity, as we have seen since the 18th Amendment which gave more autonomy and resources to provincial governments. Provinces need to transfer resources to the third tier of government at district and sub-district levels.

What should be the way forward?
There is a conflict between the urgent and long term. Those affected by the floods don't have a roof over their heads and their standing crops have been destroyed, so they need urgent help, and it is in the interest of the government to provide them that. But people like us want to see long-term resilience.

More often than not, building back better gets forgotten. And some other crisis hits which diverts the policymakers' attention. A good example of building back better was when after a recent flood in Canada, the government said that it will support and compensate affected people if they don't build houses in the same coastal areas. It linked cash reimbursement with building back better.
In Pakistan, if someone becomes homeless due to floods, the government says, 'take 15,000 rupees and rebuild'. But the house will be destroyed by flood again next year as it is built in the same fragile area. Cash reimbursement must be conditional on living in safe zones.
There is a need to create a balance between relief and rehabilitation. But we channel all of our generosity only towards relief.
We need guidelines that will help build stronger mud houses, and help their roofs withstand climate change instead of collapsing. For infrastructure we need guidelines that respond to the growing need to deal with floods and disasters.
So far, we have not increased our adaptation, and as a result have not reduced our vulnerability to floods and other disasters. At the heart of it, we are a climate-vulnerable country, and we desperately need adaptation strategies to avoid this level of loss and damage.
This interview was originally published on The Third Pole under the Creative Commons license, and was conducted by Farahnaz Zahidi Moazzam, Pakistan Editor at The Third Pole.

asics

sound mind, sound body

JAPAN S™

A Sneaker Model That Transcends Across Space And Time.

The JAPAN S™ shoes are based on one of our throwback offerings from 1981. Updated with a lightweight design and a modified cupsole, this shoe is made for comfort.

Worn by basketball players in the 1980s, this shoe reimagines its iconic court details through a modern lens.

Available at: Sherpa Mall- 014261979 | Patan- 015400603

SURYA NEPAL

kathmandu jazz festival 2022

OCTOBER 13 - 19

MUSIC FOR UNITY, PEACE & COMPASSION

www.jazzmandu.com

ARTISTS 2022

JAMIE BAUM SEXTET USA

YUMI ITO SWITZERLAND

CATIA WERNECK BRAZIL / FRANCE

JIN JIM GERMANY

CADENZA COLLECTIVE NEPAL

SAMUNDRA NEPAL

JONISHA POUDEL NEPAL

EVENT PARTNERS

The Queen is Dead, L

Remembering the association with Nepal of Queen Elizabeth II and King Charles III

● Lisa Choegyal

It is Indra Jatra in Basantapur but in Britain, the Queen is dead. Through an early September cloudburst we navigate the uneven flag-stoned narrow streets around Om Bahal.

Water drips down my collar, drenched awnings hang limp and locals shelter in the shopfronts amidst an air of anticipation. Not far away, the elaborate chariots are assembled ready to parade Ganesh, Bhairava and the Kumari through Kathmandu and Hanuman Dhoka.

The ancient annual outing of the living goddess is the culmination of the spectacular Indra Jatra festival attended by masked dancers, musical bands, tantric priests, devotees and foreign onlookers. It marks the end of the monsoon rain to ensure a good harvest and seeks protection from the deity Indra, the temperamental ruler of heaven.

Kathmandu's Kumari used to be royal, venerated by the Shah kings, but since the end of Nepal's monarchy and the advent of the federal republic, it is today's political leaders who lead the reverence in lieu of her former regal patrons.

But in Britain, despite all odds,



ROYAL VISITS: Lisa Choegyal shaking hands with Queen Elizabeth at the British Embassy in Kathmandu during the 1986 royal visit. Col Jimmy Roberts is at left, Jim Edwards of Tiger tops at right.

Prince Charles on a trek below Annapurna II in 1980, along a trail that has come to be known as the 'Royal Trek'.

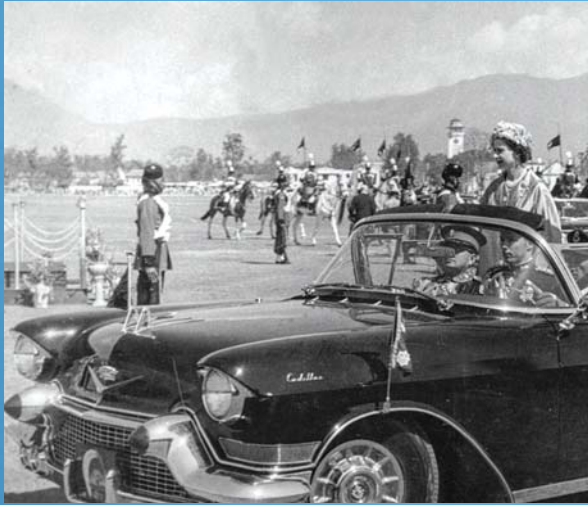
the monarchy endures.

The sudden death of Queen Elizabeth and the transition to King Charles has rocked Britain, the Commonwealth and indeed the world over the last week. Even the Downing Street switch just two days earlier to a new Prime Minister was eclipsed by a nation engulfed with grief. We make our way through the flooded streets to sign the condolence book at the British Embassy – everyone is dressed in sombre black and President Bidya Devi Bhandari has arrived just ahead of us. All over Britain, tearful throngs gather at the gates of royal palaces to express their loyalty and respect with carpets of flowers, tributes and accolades for the late Queen Elizabeth. The June

Elizabeth II, the Gu

The Queen visited Nepal twice, but a British prime minister has never made it to Kathmandu

● Kunda Dixit



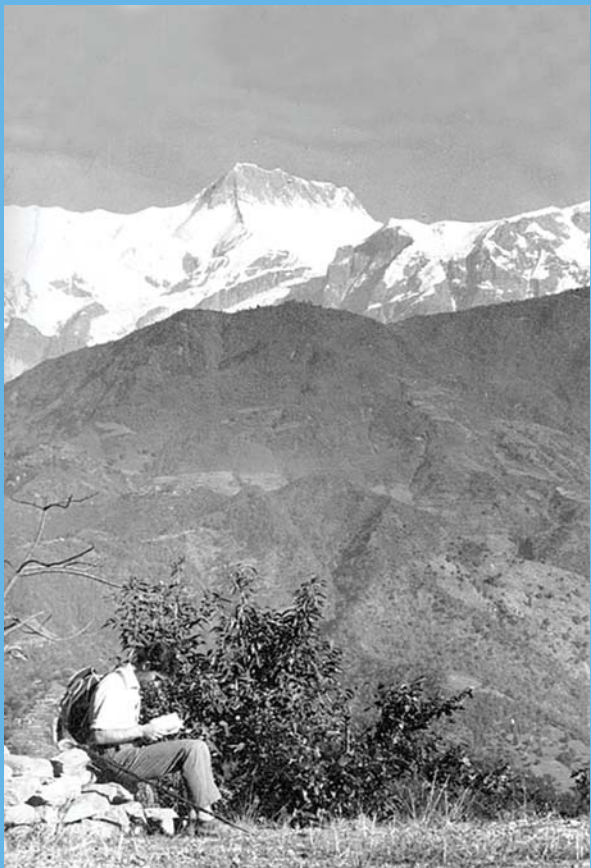
The highlight of the two trips Queen Elizabeth II made to Nepal in March 1961 and exactly 25 years later in 1986 were meetings with British Gurkha veterans who served in the world wars.

More than 200,000 soldiers from Nepal fought in the British Army and 40,000 were killed in action, in the two world wars, at a time when Nepal's total population was barely 4 million. The Queen, who died on 8 September in Scotland at age 96, had a soft spot for Nepal. News of the first ever ascent of Mt Everest got to London on the morning of her coronation on 2 June 1953 that year.

Edmund Hillary and Tenzing Norway had actually reached the top of the world's highest mountain on 29 May, but the news took several days to reach London via the British Embassy in Kathmandu.

James (later Jan) Morris of *The Times*

Long Live the King



PERTEMBA SHERPA

Jubilee celebrating the Queen's unprecedented 70 years on the throne have morphed into mourning.

The well-rehearsed crimson and gold pomp and pageantry of the passing seamlessly swings into action. Within hours London resounds with solemn music, cannon salutes, black-ribboned trumpet volleys and tolling church bells. Crowds line the streets to observe the historic events, show solidarity with the bereaved new King, and witness ceremonies and sumptuous regalia dating back a thousand years that will consume the coming days.

At aged 96 the death of Queen Elizabeth could not be unexpected, but no one seems emotionally prepared for it, so keenly felt by

many who had known no other British monarch and whose reign defines a constancy woven into the fabric of many of our lives.

Kathmandu newspaper headlines were unequivocal 'The Queen Dies', with articles remembering her two visits and recognising the enduring bond with the British Gurkhas in both her personal and official capacity. Nepali friends confessed to sobbing at the news.

A retired Nepal army general's eyes teared up as he told me: "She really was the most extraordinary woman who impressed the entire world and was admired by us all." It feels good to recall incidents, recount stories, dig

out photographs, find solace in collective grieving.

She became Queen the year after my birth, and I was not even three years old when my mother, a lifelong royalist, hoisted me onto her shoulders in the grimy streets of post-war Newcastle to wave our little Union Jacks as she drove by on a tour of North-East England soon after her coronation.

I last saw her in person across the parade ground in the shadow of the magnificent Wren-designed Royal Hospital in Chelsea leading a full hand of all the immediate British royal family to celebrate the 200th anniversary of Gurkhas in the British Army. I was with my mother that chilly June evening in 2015 as the purpling London night sky faded above the Nepali and British participants – smart green uniforms, precision marching, wailing bagpipes and whirling *khukri*.

Nepali rulers have long and affectionate ties with British royal visits dating back to Jang Bahadur and Queen Victoria, and share an entwined history since the entanglements with British India that ended in 1816. Friendly relations at that time suited the preservation of Nepal's sovereignty as well as providing much-valued recruits for the British Army.

The relationship was further cemented when news of the first ascent of Mt Everest by Tenzing Norgay and New Zealander Edmund Hillary on a British expedition that buoyed Britain by arriving on the eve of Queen Elizabeth's coronation in June 1953. Sir Ed, a Knight of the Garter, appreciated his close association with her, and in his understated Kiwi way was known to have thought the Queen was 'a bit of all right'.

The Queen and Prince Philip have twice visited Nepal. (*See*

below) First was the infamous tiger hunt of 1961 hosted by King Mahendra, saluted by 376 domestic elephants, catered by Boris Lissanevitch and immortalised in the book *Tiger for Breakfast*.

Our Tiger Tops Meghauli grass airstrip was carved out of the thick jungle, 'coolies' cleared insects from the royal camp and allegedly tipped buckets of water into the cistern when the chain was pulled in the hastily constructed royal loo.

But the 1961 trip can be said to have signalled the early beginnings of Nepal's tiger conservation story. The Duke of Edinburgh, the first president of WWF, refused to hunt in order to highlight the need for conservation, pleading a diplomatically bandaged trigger finger -- little comfort to the Chitwan tigers and rhino that were shot by others in the party that day.

During the second state visit 25 years later in early 1986, I and others had the chance to shake her hand in the garden of the British Embassy in Kathmandu. The emphasis was on development, diplomacy and the decades of service by the British Gurkha, with moving meetings with highly decorated veteran heroes of the ranks.

The Duke of Edinburgh broke away from the main program to revisit his old hunting ground, gratifyingly now protected as Royal Chitwan National Park and South Asia's first natural World Heritage Site. Binoculars and safari-suited, he spent a peaceful day in the Tarai jungles with then-Prince Gyanendra and joined us at Tiger Tops Jungle Lodge for lunch.

The new King Charles III has been in Nepal on three occasions, first representing the Queen at King Birendra's splendid coronation in 1975 amongst many world leaders -- Imelda Marcos was observed flirting with him. King Charles returned twice to trek in the Annapurnas, an official visit accompanied by Prince Dhirendra in 1980 and a private one with friends in 1992.

Both were planned and organised by trek pioneer Col Jimmy Roberts, but his walking days were over and I recced the first

Royal Trek route in 1980 with Pertemba Sherpa, mountaineer and one of Mountain Travel's star sirdars. Then-Prince Charles strode uphill towards the silhouetted skyline tree that still bears his name near the first day lunch spot where Tiger Mountain Pokhara Lodge now stands, accompanied by a royal retinue that included security detail, radio operators and medics equipped with blood.

'The mountain views were gin clear for all four days,' Colonel Jimmy noted with satisfaction. My task was to escort the press pack back down to file their stories. Only the murder of John Lennon knocked the Nepal story off the world's front pages.

No photographs survive of the Prince's Trek, the circuit south of Phewa Tal that we organised for the Prince of Wales' second private trek in 1992. But I was with him in Pokhara at the British Gurkha camp for the pre-trek briefing and a jolly dinner in the mess tent hosted by the Colonel. It was a turbulent time for Charles, following the India visit where Princess Diana was famously photographed perched alone and forlorn on a marble bench in front of the Taj Mahal.

The well-worn navy leather wallet engraved with the silver three feathers insignia presented to me by the Prince, sorry I mean King, is in my bag that sad morning after his mother's death as I dodge the downpour in a festive Kathmandu Darbar Square.

His long apprenticeship over, every day Charles is looking more like a king. Whilst a bereaved country gets used to new words in an old anthem, updated bank notes and other ritual changes, he faces the controversies of modernising the monarchy in a complex post-colonial world.

The Queen is dead, long live the King. 🇬🇧

Lisa Choegyral wrote the column So Far So Good in Nepali Times from 2018-2020. She is a sustainable tourism specialist who has made Kathmandu her home since 1974.

Gurkhas and Everest



DWARIKA DAS SHRESTHA ARCHIVES



accompanied the British Expedition, and had the scoop about the successful ascent in the Fleet Street press. The *Daily Express* tabloid's banner headline on coronation day was: "ALL THIS — AND EVEREST TOO!"

Queen Elizabeth's 1961 visit to Nepal was touch and go since it happened barely a year after King Mahendra's coup in which he dissolved Nepal's first democratically elected parliament, imprisoned Prime Minister B P Koirala and his cabinet.

The royal visit was seen by some as an endorsement of the coup, but this was during the height of the Cold War, and tensions were also rising between India and China. The West regarded an assertive monarchy in Nepal as a stabilising factor in a volatile region. King Mahendra took the visit as international endorsement of his move.

Lisa Choegyral recalls in one of her

MIXING BUSINESS WITH PLEASURE: Queen Elizabeth and Prince Philip at Tundikhel parade ground (*above, left*) in Kathmandu in February 1961 on her first visit to Nepal.

Queen Elizabeth with King Mahendra (*holding gun, above*) during the royal hunt in Chitwan in 1961. When she visited Nepal again in 1986, Chitwan was a National Park.

columns for *Nepali Times* about how Konjo Chumbi, the guardian of a yeti scalp at Khumjung Monastery, was on his way from Namche to Kathmandu for an audience with the Queen in 1961 when his wife gave birth along the way near Jiri.

They made it to Kathmandu airport just in time to meet the royal couple, and when Prince Philip found out the baby did not have a name, he suggested they call him 'Philip'. Thukten Phillip Sherpa was 25 when he met Prince Philip again during the Queen's 1986

trip. He now lives in California.

Carrying on the tradition of Nepal's Rana rulers, the British royalty in 1961 was taken on a tiger hunt in Chitwan with the Queen filming the trip on her 16mm movie camera from the back of an elephant.

The government went to extreme lengths to 'modernise' Kathmandu. What is today Kantipath and the Tripureswar road were widened by cutting down a row of jacaranda. Pretend street lights were erected along them to impress the visitors.

The Royal Hotel's Russian owner Boris Lissanevitch catered for the state banquet for the Queen hosted by King Mahendra at Singha Darbar. The hot meals had to be carried by relays of servants across the city.

Desmond Doig writes in his book *My Kind of Kathmandu* about the royal banquet: 'The Queen of England, who had disappointed expectant Nepal's earlier by wearing the simplest dresses and a strand or two of pearls, came shimmering in the famous emerald tiara, emerald necklace, emerald drop earrings and diamonds everywhere, even embroidered into her Hartnell gown.'

The next day, Edmund Hillary was knighted at the British Embassy in Lazimpat. Queen Elizabeth had to cut a cake supposed to represent Mt Everest with two tiny marzipan figures representing Hillary and Tenzing on the summit.

Doig writes that the Queen advanced towards the cake 'with a scimitar-like knife', looked at Hillary, and quipped: 'I'm afraid I shall have to cut you in half, Sir Edmund.'

In contrast to Queen Elizabeth's expressions of gratitude during her 70-year reign for the service of British Gurkhas and her two visits to Nepal, surprisingly no British prime minister has ever visited Kathmandu.

Queen Elizabeth attended the parade in 2015 in London marking the 200th anniversary Gurkha service in the British Army (*pictures online*). Her grandson, Prince Harry served with the First Battalion of the Royal Gurkha Rifles in Afghanistan in 2007-8.

A Royal Gurkha Regiment contingent was invited to take part in Harry's wedding with Meghan Markle in 2018. And Harry himself visited Nepal in 2016, inspecting some of the Gurkha Welfare Trust projects.

Prince Charles, now King Charles III, served as Colonel in Chief of the Royal Gurkha Rifles since 1977, and was a frequent visitor to Nepal. Two of the Queen's Gurkha Orderly Officers guard her at most functions in London, a practice dating back to Queen Victoria's reign in 1876.

Queen Elizabeth and Prince Philip stopped over in Kathmandu again in 1986 for a four-day visit on their way to Australia and New Zealand. King Birendra and Queen Aishwarya greeted them as they stepped off a British Airways L-1011 Tristar at Kathmandu.

The highlight of the trip was the Queen's meeting with 200 British Gurkha veterans, among them seven surviving Victoria Cross awardees. Queen Elizabeth walked across Kathmandu Darbar Square to the 16th century Kashamandap accompanied by Kathmandu's mayor Kamal Chitrakar.

This time there was no royal hunt, Chitwan had been turned into the Royal Chitwan National Park. Prince Gyanendra flew down to Meghauli with Prince Philip for a morning safari and lunch at Tiger Tops in South Asia's first natural world heritage site. Both princes were now avid conservationists.

Queen Elizabeth's last interaction with Nepal was in May when Nepal's new ambassador to UK, Gyan Chandra Acharya, presented his credentials to her virtually at Buckingham Palace.

In her statement during that ceremony, Queen Elizabeth extolled the 'friendly and mutually rewarding relations' between Nepal and Britain, and recalled her two historic state visits to Nepal in 1961 and 1986. 🇬🇧

 **nepalitimes.com**

More archive photos for both stories

EVENTS



Japanese food festival

Enjoy Japanese food from famous Japanese restaurants in the valley this weekend. Don't forget to watch the traditional Bon dance.

17 September, 1pm onwards, Kupondole Banquet, Kupondole

Otaku Jatra

Love pop culture? Watch your favourite characters brought to life, see artists and content creators at Otaku Jatra Fall 2022.

17 September, Karki Banquet and Events, Babarmahal

Himalayan Vegan festival

Head over to the biggest plant-based event organised in Soaltee. Enjoy scrumptious food over a conversation with other vegans.

16-17 September, 9am-6pm, Soaltee Hotel, Tahachal

The Emptying

Step in for the opening of paintings by Saroj Bajracharya and Sahil Bhopal this week.

18 September, 5pm onwards, Gallery MCube, Chakupat

Aakrit

Aakrit Collective is an exhibition of paintings by Hitesh Vaidya, Nabina Sunuwar, Pooja Duwal, and Tashi Lama.

15 September - 31 October, 11am-5pm, Siddhartha Art Gallery



Kathmandu Race

Participate in the 5km Kathmandu Race organised by the Nepal Athletics association.

19 September, 8am onwards, Registration: Rs99, Tripureshwar

DINING



Achaar Ghar

Nothing beats a home-cooked meal with an assortment of pickles prepared from recipes that have been passed down from generations.

Pulchok (01) 5541952

MUSIC



Anuprastha live

Wind down with friends and family this Friday with a live concert by Anuprastha.

16 September, 7pm onwards, The Ai-La Lounge, Kumaripti

Rocking Friday

Join The elements at Hard Rock Café for a fun Friday night. Book tickets now.

18 September, Hard Rock Café, 9801986771

Tumbleweed Inc

Celebrate the 10th anniversary of Tumbleweed Inc with their gig at Beers N' Cheers.

17 September, 3-5pm, Ticket: Rs500, Beers N' Cheers, Jhamsikhel



Music classes


Sign up to learn Bansuri, Madal, Tabla and Western instruments like Piano, Guitar, Drum, Bass, Saxophone, and Violin at Kathmandu Jazz Conservatory. Call for additional details.

(01) 5443554, 9813556945

Nasto

Rapper Nasto will be performing live this weekend. Head over to experience his songs live.

17 September, 7pm onwards, Matka Ghar, Chhauni



Kotheys

Head to Kotheys for mouthwatering Chinese street food. The sweet and spicy noodles and Kothey mo:mos are a must have.

Pimbahal, 9886624633

Haadi Biryani

Craving Biryani? Haadi is the place to go or order from. The slow-cooked biryanis are seasoned with a secret spice blend and the clay pots that they come in enhances the experience.

Dilli Bazaar (01) 4438444

GETAWAY



Bird Watching

Great news for birdwatchers. Bird Conservation Nepal has regular trips to Chobhar to track autumn migratory birds flying back to Nepal.

17 September, 7am, Ganesh Temple, Chobhar, Info: 9851129773

Kinjala Spa

Kinjala Spa was established as a healing centre in Nepal 15 years ago. Now, it offers a variety of spa treatments like massages and facials alongside therapeutic treatments.

Jhamsikhel (01) 5532630

Gaida Wildlife Camp


Bordering the rhino zone in the central area of Chitwan National Park, the camp is a great place to reconnect with wildlife. Drive to Sauraha, and the Camp folks will take care of all from there.

Chitwan (01) 4215409/ 4215431

The Pavilions Himalayas

This resort has Nepal's first lake-side tented luxury eco-villas that offer every amenity that one could possibly need. The hotel spa also has some of the best treatments that guarantee rest and relaxation.

Pokhara, 9756008117



Borderlands Eco Resort

Enveloped in the natural Himalayan splendor, the resort is located a mere three hours north of Kathmandu. A quick getaway to wild nature—celebrate the weekend with eco-adventures.

Sindhupalchok, 9802025888

Ventures Café

Stop by Ventures for the best fusion menu and local favourites, and enjoy the breezy outdoor seating. A great venue for beer connoisseurs.

Baluwatar, 9851228014

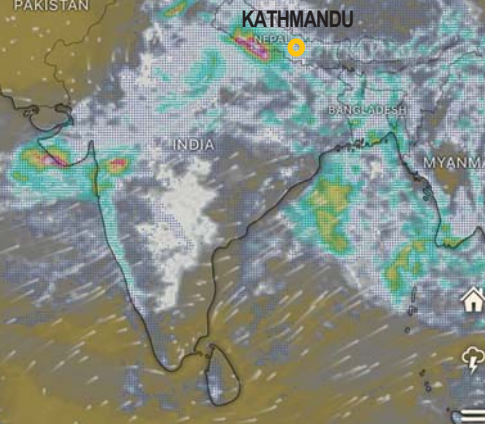


Dhokaima Cafe

The popular menu is getting a revamp with a new chef team in town with exotic new items. See page 9.




New Road (01) 4240470

WEEKEND WEATHER

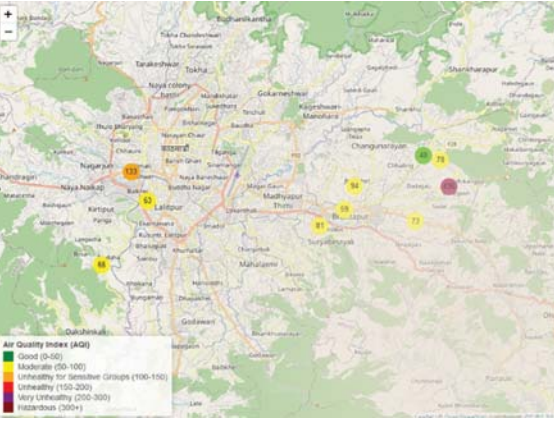


Localised, Short Showers

It looks like the monsoon is not in a hurry this year to depart Nepal's air space. A trough that came out of the Bay of Bengal is straying into eastern Nepal as we speak, pumping more water vapour up the mountains. Since the temperature has dipped somewhat, this makes it even easier for the moisture to condense into cloud and precipitate as rain. Expect more showers on Friday, a little more copious perhaps on Saturday. This being the Nepali month of Bhadau, the showers will be more localised and short, and not those long duration drizzles. Minimum temperature has now dipped below 20 in Kathmandu, and will continue to drop.

FRIDAY	SATURDAY	SUNDAY
 28° 19°	 29° 19°	 28° 19°

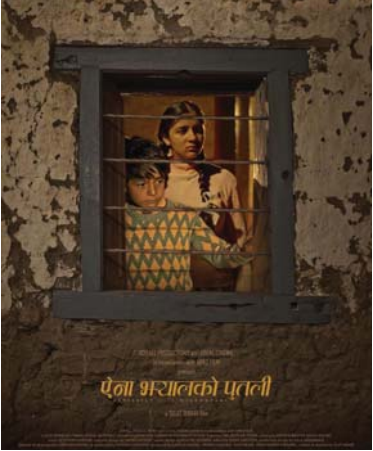
AIR QUALITY INDEX



This air pollution measurement map of Kathmandu by Purple Air shows where the hotspots for bad air are in the Valley: Kalanki and Bhaktapur. It is not difficult to see why. Kalanki intersection has the heaviest traffic of large overloaded trucks and buses entering the leaving the Ring Road, and it shows how significant vehicular emissions are in poisoning the air we breathe. The easterly monsoon wind also tends to push polluted city air to the western end of the Valley. The air in the eastern edge of the Valley is dirty mainly because of brick kiln emissions, and also the heavy trucks exiting the Valley. Surprisingly, the city centres of Patan and Kathmandu have relatively better air.

OUR PICK

Directed by Suresh Bidari, *Aina Jhyalko Putali* revolves around two siblings, Bidya and her younger brother Basanta. An excellent student and an aspiring poet with big dreams, Bidya struggles with the societal pressures of being a girl in a Nepali society despite having a supportive mother. When Basanta sees his sister slowly giving up on her dreams, he desperately tries to give her the hope she has lost. Starring Kanchan Chimariya, Dinesh Khatri, Siru Bista, Bisha Chamling Rai, Raj Thapa, Umesh Shrestha, Mallika Shrestha, Ashok Shiwakoti and Prasanna Poudel.



बाढीपहिरोबाट जोगिन

➤ जथाभावी सडक निर्माण र वन विनाशले बाढीपहिरो निम्त्याउछ ।


➤ वृक्षारोपण गरौं, वनजंगल जोगाऔं, बाढीपहिरो नियन्त्रण गरौं ।

➤ पहिरोको जोखिम भएका क्षेत्र तथा नदी किनारमा रुख, बाँस, निगालोजस्ता भु-क्षय रोक्ने खालका विरुवा रोपौं र संरक्षण गरौं ।


➤ आफ्नो बस्ती तथा समुदायको रक्षा गरौं ।

➤ बाढी तथा पहिरो गएको सूचना तल्लो तटीय क्षेत्रमा दिऔं ।

आफु पनि बचौं अरुलाई पनि बचाऔं ।



नेपाल सरकार
विज्ञापन बोर्ड



#SERIOUSABOUTBEER

THE VERY BEST OF GERMAN
BEERGINEERING.



Drink responsibly

Visiting chefs stir Nepali palettes

Valley's restaurant menus get upgrades to stimulate taste buds



SUMAN NEPALI

Joseph Ratna Raj admits that his preconceived notion of Nepali food was momo, momo and more momo. How mistaken he was.

After sailing the world on cruiseliners, serving as flying chef for first class passengers on British Airways, as Executive Chef at five star hotels, he takes his new stint in Kathmandu as a new challenge.

Sipping a mug of freshly brewed Americano at Dhokaima Café this week, Chef Joseph admits that he thought Kathmandu would be a quaint hill station like his native Kodaikanal. He did not expect a large cosmopolitan metropolis.

He also has a better sense of the culinary diversity that Nepal has to offer, and that it is not just *dal, bhat* and momo. His eyes twinkle with excitement as he marvels at the indigenous ingredients he plans to infuse into the menu of the Café.

It is said that every restaurant needs either a new interior or menu every few years so customers do not get too jaded and start taking the place for granted.

Chef Joseph (*pictured above, left*) is experimenting with Langtang yak cheese, Chitwan mustard, Ilam timur, organic tomatoes, fresh basil and mint and fusing them with

more international recipes.

Embracing local riches seem to be at the top of the chef's list of priorities. Sometimes, it takes an outsider to appreciate what Nepali restaurant goers do not notice.

Mentored by Michelin star chefs in Paris, Chef Joseph is on his third visit to Kathmandu as a consulting chef at Dhokaima Café.

He says, "Nepal seems to have a vibrant coffee culture, lots of outdoor cafe style eateries, a very European thing, actually. Young people also love to go out and enjoy a good conversation over coffee and a slice of cake. It's wonderful. This

is what some larger South Asian cities are only now catching up on."

Up the road in Jhamsikhel, L'Italiano invited Italian Michelin star chef Andrea Cannalire earlier this year to train staff on authentic cuisine from Italy. Other restaurants have also brought trainers to upgrade menus, when even ten years ago the idea of flying in chefs would be considered excessive.

But the pandemic has changed the business model for restaurants, and given the competition and sheer number of cafes per square kilometer in Kathmandu, having consultant chefs is quite logical.

Restaurants also focus on their outdoor space, as digital nomads representing a new breed of clientele push brands through 'word of mobile' on Instagram.

It is not just the menu, Chef Joseph wants to transform Dhokaima's leafy outdoor venue into a casual cafe where people can chill and enjoy affordable yet quality sandwiches and café food.

He insists that change in any established restaurant should be system-driven and gradual, not so sudden that it throws off frequent visitors, or be difficult to maintain.

The team beyond the kitchen should also participate in the process, he says, adding that great food and service alone do not do the trick anymore. For magic to happen, packaging, presentation, ambience and social media promotion are as important.

With 29 years of experience in kitchens all over the world Chef Joseph has all kinds of fancy feathers in his chef's hat, yet he feels creatively stimulated in Kathmandu, and eager to explore new culinary territory.

On this trip, he is accompanied by his protégé Chef Varun Sahni (*pictured, at right*), who was the youngest Chef de Cuisine in India, and has over eight years of experience at Hyatt, Radisson Blu and Westin hotels across the region.

Despite their combined experience, Joseph and Varun are enthusiastic students -- as eager to learn from the new place and culture as they are to share what they know with local chefs. 🇳🇵

Shineदार घर

वर्षौं वर्ष...

10 YEARS WARRANTY

Asian Paints Ultima Protek Shyne, यसमा भएको UV Hybrid Technology ले घाम, पानी, धुलो बाट दिन्छ वर्षौं वर्ष सुरक्षा र घर रहन्छ सधैं shineदार...

ULTIMA PROTEK SHYNE

FOR MORE INFORMATION: TYPE <UPS> AND SMS TO 36677

ULTRA LUXURY SHEEN

UV HYBRID TECHNOLOGY

*Conditions Apply

Dengue days are here to stay

A journalist recounts her painful experience with dengue, and looks into the epidemic's implications

● Sonia Awale

It is not called ‘breakbone fever’ for nothing. Every bone, every muscle, every joint throbs with searing pain, as my body burned with high fever. It was not just for a day or two, it lasted weeks. The fever has finally subsided, but I am too weak even to walk.

As a public health graduate myself, and someone who has covered health and environment for this publication, I am used to covering disease outbreaks. But my experience with Covid last year, and now being struck down by dengue, I became the story I was reporting on.

It has been two months since the first cases of dengue surfaced in Kathmandu Valley. There was an outbreak in 2019, and everyone thought it would pass.

But this monsoon, there has been no letup. The virus has spread like wildfire, exposing just how woefully unprepared national and local governments are in preventing a disease that has no cure (*see box*).

The fever has now spread to all 77 districts with 10,000 patients in hospitals, many thousands more are recovering at home. Doctors have reported Covid patients with dengue complications.



SUMAN NEPALI

“We are at the peak of the dengue outbreak,” warns Sher Bahadur Pun, virologist at the Sukraraj Tropical & Infectious Disease Hospital in Kathmandu which is seeing 250 patients a day. “I wish I had better news, we are at the mercy of the virus, and will just have to wait for winter.”

But Kathmandu Mayor Balen Shah posted on Facebook asking the public not to wait for winter. He said money had been allocated for wards, many are carrying out ineffective fumigation.

Roshan Pokhrel, Secretary at

the Ministry of Health says: “There is no cure for this. The only way is to search and destroy mosquito breeding grounds.”

But that is easier said than done. Draining stagnant pools is too late, infected mosquitoes are already inside homes. The female *Aedes*

aegypti mosquito has ideal breeding areas during this wet monsoon, and climate change is letting the virus move to higher elevations.

A female mosquito can lay up to 700 eggs even in a small pool of water, and can pass on the virus to its offspring. The mosquitoes then

NETTV

festTVty

OFFER

32" Yasuda Bezel Less LED TV

32" YASUDA LED TV (Rs. 26,000)

NETTV 1 Year Subscription (Rs. 3,600)

NETTV Set-Top Box (Rs. 4,500)

200 Mbps 1 Year 200 Mbps Internet (Rs. 12,600)

NOKIA Mesh Router Beacon 1.1 (Rs. 7,000)

Dual Band Router (Rs. 5,000)

Rs. 58,700*

Rs. 25,900*

9801523052

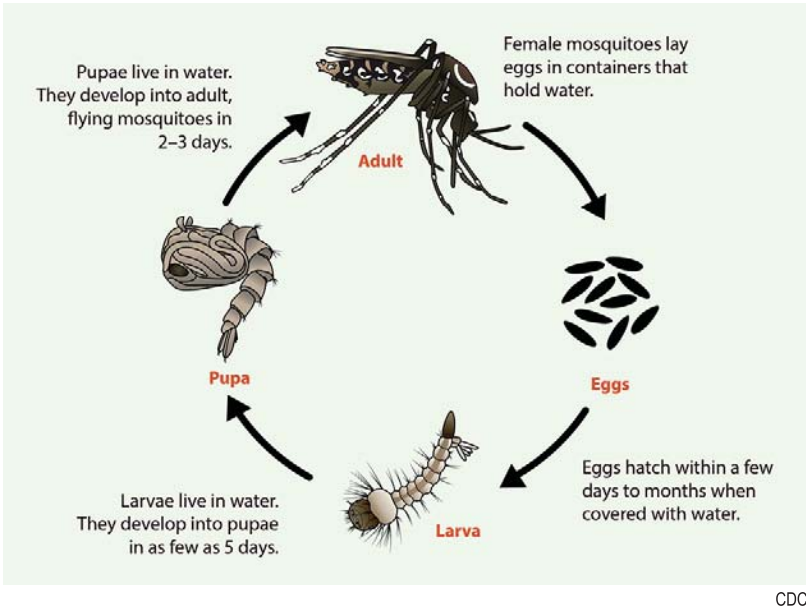
nettv.com.np

ISP Partner: WORLDLINK

EMI Available

गणराज्य बैंक

khalti



Operation Search and Destroy

Dengue is a viral infection transmitted to humans through the bite of infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. Because there are four different serotypes, an individual previously affected can get even more severe dengue due to the body's auto-immunity.

There is no cure for dengue. A vaccine is available, but it is recommended only for those previously infected. Patients can be tested for dengue with RT-PCR or enzyme-linked immunosorbent assays (ELISA).

Prevention is better than cure, and this is most true for dengue. Some 80% of dengue cases are asymptomatic, but for the rest it could be a very painful experience for up to 2 weeks.

Painkillers are not advised, only paracetamol, up to 1,000mg at one time 3 times a day.

The only antidote to dengue is to deprive the mosquito of stagnant

pools of water to breed. It can be a plastic bottle cap in a garbage dump or the inside of a discarded tyre, anything is suitable for the female mosquito to lay her eggs.

She can lay up to 700 eggs in their two-week lifetime. And if the mother is infected, all her offspring are born with the virus too. These mosquitoes can fly and infect everyone in a 300m radius.

Dengue was first detected in Nepal in 2004 on a visitor. Since then there have been cases every year with the biggest outbreaks in 2019 and this year. Once present in the environment, the virus can remain for years since the infected mosquito larvae can carry it into next summer.

The only way to prevent dengue and other mosquito borne diseases like malaria and encephalitis is to declare Operaton Search and Destroy on their breeding grounds.

Sonia Awale

can fly and infect in a radius of 300m, and they bite mainly in the daytime so that mosquito nets while sleeping are not really a deterrent. When the pools dry up, the larvae lie dormant and carry the virus next summer.

“Preventing mosquito bites is still the priority, people need to know about effective repellents, especially the ones containing DEET (diethyltoluamide), recommended by WHO and CDC as the most active ingredient in insect repellents,” says Buddha Basnyat, a physician at Patan Academy of Health Sciences.

Also important is to assure patients that although painful, dengue is rarely fatal, Basnyat assured me this week as I tried to regain my strength after two weeks of high fever.

Last month, I was preparing a review of new studies about air pollution when I started feeling feverish. It got difficult to even sit at my desk. Wincing with pain, I barely met the deadline for page 1. At that point, air pollution seemed to be the least of my problems.

The next two weeks are a blur. Fever that reached and stayed at 103°F for days on end, even touching my skin was painful, my eye sockets hurt. Paracetamol was the only medicine, and I needed cold presses to keep the fever down.

One evening, the temperature hit 104°F and that was when I felt like I was hallucinating. With such high fever, sleep is impossible. I could not even toss and turn because of the pain.

Eating was out of the question, even drinking water took enormous effort. Aside from the pain was the nausea and retching, which made the pain worse.

I cannot explain in words just how unpleasant dengue is. God forbid, you have to experience it yourself.

The other experience of my convalescence was how the medical profession in Kathmandu from doctors to pharmacies are abusing this epidemic for unethical profit. There is no medicine for dengue, just paracetamol to numb the pain, water to replenish the body’s fluids, and rest – lots of it.

My neighbourhood in Patan is a dengue hotspot, every household has at least one person who is sick. Some neighbours have been prescribed antibiotics, even though they are harmful to dengue patients.

“Dengue is a viral infection, prescribing antibiotics does no good,” Buddha Basnyat told me. “They are prescribing Azithromycin used for typhoid and typhus. This misuse can actually lead to resistance against those diseases.” Virologist Pun at Teku Hospital says he is getting patients at his fever clinic with complications because of antibiotic intake. Patients buy antibiotics over the counter in the misguided notion that it will make the fever go down.

The only effective prevention is to remove mosquito breeding grounds, but with the city being in the state it is in with garbage piles, open drains and potholes, it will need a mass awareness campaign with enforcement and fines as is done in other tropical Asian cities.

Climate change means that mosquito vectors and their pathogens are moving up, and besides dengue we will also have to watch out for malaria or encephalitis in areas they were unheard of before.

“Vector insects are moving from the southern plains to the northern mountains and with them the diseases they carry,” explains Pun.

This means Nepalis may have to experience more deadly outbreaks before the most vulnerable people become a priority for the state. 🇳🇵

Hero

आह्वा दश

चाडपर्वको उमङ्ग, HERO चढी दङ्ग

पक्का डिस्काउण्ट
रु. ७,५००

बम्पर
रु. १००,०००

१ लाख
हरेक SCRATCH मा
रु. १००,०००
सर्वम वयाश

सजिलो
हिरो

सबै SCOOTER र MOTORCYCLE
0% डाउनपेमेन्टमा उपलब्ध*

तत्काल
हिरोफेरि

५ मिनेटमा EXCHANGE*
त्यो पनि ज्यारेन्टीको साथ

*यो योजना सीमित अवधिको लागि मात्र लागु हुनेछ।

*शर्तहरू अनुसार

NGM

CUSTOMER CARE

Toll Free No.: NTC: 16600122033
Ncell: 9801571023
customercare@ngmhero.com

www.facebook.com/ngmheromotocorp

प्री
हेल्मेट

NGM
connect

GET IT ON
Google play

Corporate 9801902885 • Kathmandu Valley Balaju 4961786 • Balkumari 5186184 • Bhaktapur 6613112 • Buddhabari 4104540, 4104541 • Gattthaghar 6638444 • Gyaneshwor 4528970 • Kantipath 5325377, 5366517 • Kumaripati 5408781
Mitra Park 5241224, 5241033 • Ravibhavan 4670812

Outside of Valley Birtamod 590195 • Surungha 553010 • Damak 9824059480 • Biratnagar 590563 • Urlabari 540074 • Biratnagar 503095 • Biratchowk 545227 • Inaruwa 566498 Dharan 573002 • Itahari 587580 • Birgunj 529667 • Rajbiraj 533542
Lahan562201 • Mirchahiya 550803 • Janakpur 9818056443 • Janakpur 527426 • Dhanushadham 414063 Jaleshwar 521095 • Bardibas 550552 • Gaushala 556186 • Malangwa 521711 • Chandranigapur 540739 • Gaur 521109
Simara 9817227685 • Kalaiya 590896 Bharatpur 590457 • Banepa 665568 • Dhading 9860306631 • Trisuli 9851105677 • Hetauda 525386 • Narayangarh 532255 • Parsa 582862 • Pokhara 589389 • Damauli 563477 • Walling 412030
Pokhara 522905 • Baglung 520174 • Kwasoti 541001 • Bhairahawa 574290 • Butwal 437909 • Gulmi 520142 • Rampur 400639 • Bardghat 580727 • Parsa 9804429335 • Parasi 590865 • Butwal 542725 • Bhairahawa 573930 • Jeetpur 550160
Taulihawa 561330 • Pyuthan 460464 • Lamahi540863 • Tulsipur 9847960325 • Gulariya 420093 • Nepalgunj 551598 • Kohalpur 540280 • Surkhet 525196 • Dhangadhi 417115 • Attariya 551244 • Tikapur 560426 • Mahendranagar 520745



SalesBerry

DEPARTMENT STORE

VALID TILL 31ST BHADRA, 2079

SCAN TO WIN

चाडवाडको लंहर तिलहरिको रहर

fone^{pay} को साथ

SalesBerry
DEPARTMENT STORE

अफर

8 हप्ता 8 छड्के तिलहरि

VVVVIPs

As Nepalis, we value our relationship with the international community so much that we are willing to sacrifice time, fossil fuel, and our mental health when a foreign guest visits Kathmandu. In fact, you can gauge the pecking order of a Visiting Very Very Important Person (VVVIP) by the number of hours that traffic is gridlocked at Mandala.

The rule of thumb is that if the Speaker of the Mongolian Parliament decides to visit Nepal, traffic will be stopped for only 12 minutes. But if it is a Very, Very, Very, Very Impertinent Person (VVVIP) like the one we had this week, then anything less than three hours would be an insult to our guest.

Being a card-carrying member of the Much-Maligned Movement, Nepal adheres strictly to the doctrine of equidistance between our southern and northern neighbours. This means that if we held up all traffic cumulatively for a total of 7 hrs inside the Ringworm Road for a visiting Indian VVVVIP, then we cannot block traffic for any less time than that for a Chinese VVVVIP.

As the founding great-grandfather of the nation, Prithvi Narayan Shah, put it so eloquently in 1776: “Nepal is a chewing gum stuck between elevator doors.” Having such large neighbours with such fragile egos means that we need to torture Kathmandu’s commuters for exactly the same duration for the Chinese as we do for the Indians. Otherwise they could take offence, triggering a major diplomatic incident, and geopolitically we cannot risk that at such a sensitive time in our history

and geography.

And it is not just on the streets, Nepali air space also has to be closed as a mark of respect for the arrival and departure of distinguished visitors. There are NOTAMs for all flights when there are incoming Very Important Projectiles (VIPs). This is an important precaution, since we do not want any untoward incident like a mid-air collision with a UFO.

Nepalis are familiar with these stoppages from the time the king and queen travelled anywhere during the monarchy days, so it does not bother us one bit. Which is why VVVVIPs should take it as a badge of honour that we treat them like the royalty we deposed.

As a survivor of a three-hour traffic jam at Tin Kuney on Tuesday, The Ass has some advice for the next time Nepal decides to invite another Very, Very, Very, Very Impotent Person (VVVIP) as a state guest:

1. Follow the Boy Scout motto: “Be Prepared”. Pack breakfast, lunch and dinner in your car trunk since there is a fat chance you will be stuck all day at Koteswor.
2. Make sure you have a travel pillow so you can take cat naps on your motorcycle.
3. Don’t forget your blood pressure medicine, and a handful of Valium pills may be a good idea.
4. If you see a high velocity VVVIP convoy approaching at Baneshwor intersection, speed up and race the motorcycle outriders to Shitall Nibas.
5. If the convoy is too fast, pull over and greet the VVVIP with a Boy Scout middle finger salute.



The Ass

TATA MOTORS
Connecting Aspirations

TATA

NEXON

No.1 SUV

BRAND IN NEPAL*

*Tata Nexon is Nepal's No.1 SUV in terms of total sales (ICE+EV segment) from April to July 2022

SIPRADI TRADING PVT. LTD., An ISO 9001:2015 and ISO 45001:2018 Certified Company
Thapathali +977 9802000757



SIPRADI
SIPRADI TRADING P. LTD.
A Distributor of TATA Vehicles