

THE RIGHT CLIMATE FOR CHANGE

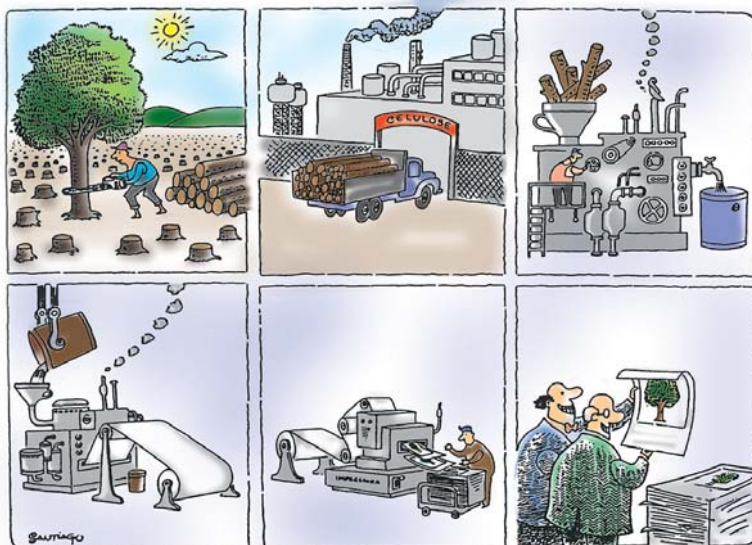
If there were any doubts still about the severity of the impact of climate change, four recent findings should put them to rest: the latest IPCC Report, the US National Climate Assessment, the ICIMOD update this month on Himalayan glaciers and the World Meteorological Organisation's announcement on Tuesday that the concentration of carbon dioxide across the northern hemisphere has surpassed the climate change threshold of 400 parts per million for the first time in human history.

Put together, these represent ominous proof that, if anything, we have underestimated the scale and speed of global warming, and there is even less time than we thought to restore the equilibrium.

Over one generation, the glaciers in Nepal and Tibet have receded, snowlines have moved up the mountains, hundreds of lakes have appeared out of nowhere and are in danger of bursting. In the Hongu and Hinku basins in eastern Nepal, lakes don't even have names because they were formed so recently. One lake below Mt Chamlang, called 464, could burst at any time if an overhanging serac falls on it, with catastrophic consequences downstream for the Dudh Kosi Valley. (See page 16-17 for our exclusive report.)

It is natural that snow and ice gets all the attention for Himalayan climate scientists because it is so dramatic. But there are also less measurable changes in weather. Because climate causality is different from forecasting weather, scientists are still reluctant to draw a direct correlation between greenhouse gases in the atmosphere and the frequency and intensity of storms, droughts or cloudbursts. But that does not mean it is not happening.

Subsistence farmers in the rugged mountains of mid-western Nepal have always faced hardships, such as poverty, disease, illiteracy, discrimination and neglect by the state. The infant mortality rate there is three times the national average. Agriculture is almost entirely rainfed and



Climate change crowds out all other crises, it is portrayed as a stand-alone problem whereas it is just another hardship that Nepal's rural poor have to overcome.

farmers depend on timely monsoons to grow enough food.

There have been monsoon failures before. Winter rains often never arrive, and there were years when unseasonal blizzards and flashfloods caused havoc. The people have learnt to live with all this: usually by migrating for work if they cannot feed their families. They have dealt with weather extremes before. Climate change is not new, it just makes all their existing problems worse.

Unfortunately, climate change now crowds out all

other crises. It is often portrayed in academia, media and the donor agenda as a stand-alone problem that needs specific targeted responses through "adaptation" or "mitigation". Actually, the rural poor of the Himalaya have always had to "adapt" and "mitigate" to cope with the underlying reasons for their poverty. The reason for their vulnerability is political: lack of good governance and accountability of a state that has abandoned them for centuries and continues to do so.

What makes the poor poor is their lack of options. If there is no irrigation system for their terrace fields on a mountainside, and if the monsoon fails, they have no choice: they have to migrate. Lessening their dependence on uncertain rains would open more doors for them. Income generation, skills development, or jobs would broaden their horizons. The effects of climate change will ultimately make farmers poorer because they will have even fewer choices than before.

Nepal's rural poor has had to cope with hardships like food shortages, weather extremes and war, long before climate change came along. "Climate change" is a catch-all term that does not mean anything anymore, but can be blamed for everything, and lets everyone (politicians, bureaucrats, elected representatives) off the hook.

Whether or not Nepal switches to renewable energy is not going to save the planet. Nepal is already carbon neutral because our per capita carbon emission is 0.12 ton per year per person (Qatar is 40, the US is 19). But switching from fossil fuels to hydro will save our economy. Adopting the principle of 'green growth' and putting it at the centre of our national plans will allow us to protect the environment and ensure equity. Economic growth is lopsided and unsustainable if it is not inclusive and does not protect nature.

The new budget is the perfect opportunity to act on a green economy. Business as usual is not sustainable.

YOUR SAY

www.nepalitimes.com

ON MODI

Probably the most level-headed analysis I have read so far about the impact of the Modi win in Nepal ('The Hindu growth of rate', Editorial, #708). Yes, if people in India have chosen to forget that their man was ultimately responsible for the deaths of a thousand Muslims in Gujarat in 2002, then who are we to question that? Just like we didn't question Prachanda's win in Nepal. However, you may be a bit hasty in exaggerating the demise of the monarchy in Nepal. As the country fragments with federalism, the monarchy will be the last entity that carries a historic relevance for the unity of the Nepali nation state. The complete removal of the monarchy wasn't what the Nepalese people wanted, it was India's agenda and gameplan.

Kumar L

■ There are many other parallels between India and Nepal, besides geographical issues. Recent events in Thailand also serve as a wake-up call for Nepal to foresee what would the political implications be if the institution of monarchy is allowed to survive in a camouflage state.

Lal D Rai

■ This is a hurried and somewhat angry post, not an editorial. Neither article cared to explain what exactly was the "Hindu Growth Rate" – or why was a growth rate ever named after a faith. The term was coined by Professor Raj Krishna who argued at one of his lectures in the early 1980s that "no matter what happens to the economy the trend growth rate in India will be 3.5 per

cent." It was later used by a few economists to link the low annual growth rate of the socialist economy of India before the liberalisation of 1991, which stagnated around 3.5 per cent from 1950s to 1980s, while per capita income growth averaged 1.3 per cent to Hindu beliefs of "Karma" and "Bhagya". This was not just grossly misleading and inaccurate but also deeply ironical since Hinduism is one belief system that celebrates wealth and considers it one of the four 'Purusharthas'. It can be argued that Hinduism is strongly anti-socialist and in harmony with economic freedoms necessary for prosperity of any society, I need not remind anyone of the phrase "Shubh Laabh". My point is that low annual growth rate in India in decade should name after "Indian growth rate" rather Hindu connotation.

Nepali

■ Narendra Modi has the mandate to transform India as a Super Power ('Modi foreign policy,' Shyam Saran, #708). I hope he will help Nepal and Nepalis also. The corrupted Indian Congress should go jump in a well to hide the disgrace. I wish there was a Nepali Narendra Modi who could lead us towards prosperity and rid us of the corrupted Nepali Congress/UML and Maoist leaders. After all, we all know that India has big hand to play in the future of Nepal. Mr. Modi, please help us.

NP



DEADLY HIGHWAYS

While in school, I had to travel the Kathmandu- Birganj frequently ('Highways of death,' Sunir Pandey, #708). I remember the bus driver would pick up a 'Time Chit' while exiting Kathmandu or Birganj and present it at the destination to ensure that he had not driven too fast. If the driver presented the chit before 7 hours, he was liable to a fine.

The drivers would drive at neck break speeds, rest for about an hour or so, a few kilometers away from the check post at the destination, thereby circumventing the entire safety procedure.

So how does one ensure safety? What safeguards do we put in place? How many trauma centres do we

open? Do we need mobile traffic units? GPS on each vehicle to ensure speed limits?

I certainly don't have the answer, but the tragedy is that the few people who do are either in a state of somnolence or have been marginalised by those who 'think' they have the answers.

Namah

■ Beautiful country, scary roads.

James Murray

■ True! No technical approach at all. The world is moving towards technocracy. Nepal should do the same.

@MSKathayat_NP

STILL MISSING

Sad. Sad. Sad. Can you get Narhari Acharya, Ram Chandra Poudel, et al to read this

('Forced to disappear,' Tufan Neupane, #708)? But on second thought, it probably won't make any difference because the two have shown that they don't have an ounce of compassion between them.

Pidit

■ Let's take these articles to the next logical level: How about someone pursuing the perpetrators? Shaming them in the public space? Like a blog? Website devoted to HR violations with names and faces of all - the victims, and the alleged perpetrators?

Pandey

MUSLIM SAGA

I am really sorry to hear you write such untruths about Muslims ('Post-

poll ghettoisation', Ajaz Ashraf, #708). You belittled Modi all along the pre-vote season. Now that your predictions (e.g. it's going to be a tight race between Congress-AAP-BJP) have failed miserably, you are now whipping up fear in the Hindus that Muslims are going to get even more fanatic just because Modi is PM.

The Ram Janam Bhoomi issue was a creation of the hardline old-school Muslim leaders. Had they agreed to a simple land sharing/land donation scheme (remember Atal Bihari's formula) they could have nipped it in the bud. But no! Everything becomes a: Islam is in Danger!

The Hindu Right has nothing to do with Congress. It's to do with an innate inability of Muslims to assimilate within their ecosystem. The reformation needs to come from within India's old school Muslim community which takes pause from allowing their young to become part of India.

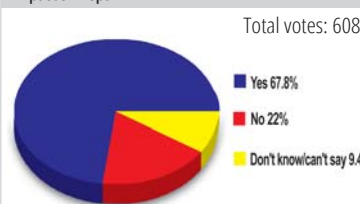
N



nepalnews.com

Weekly Internet Poll #709

Q. Will Narendra Modi's government have a positive impact on Nepal?



Weekly Internet Poll #710
To vote go to: www.nepalitimes.com

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

A week after 22-year-old Elliot Rodger went on a murderous rampage near the campus of the University of California, Santa Barbara, killing six people and injuring 13 others, residents of this city in the US west coast have been struggling to come to terms with the tragedy.

While public opinion is acutely divided depending on where they



HERE WE GO
Trishna Rana

stand in the American political spectrum, a gun culture that is quickly spiralling out of control and a flawed mental healthcare system are both to blame.

Add to this heady brew a deep seated misogyny and the insidious pressures of upholding ideals of masculinity perpetuated daily by popular culture, and it becomes apparent why young Rodger, who felt profoundly wronged by his peers, saw murder as his only way to retaliate. In his chilling 147-page autobiographical manifesto and series of YouTube videos (one ominously named



MIN RATNA BAJRACHARYA

'Retribution'), Rodger bristles with antipathy towards "popular kids" for turning a "supreme gentleman" like him into an outcast. He directs much of his ire towards women who made him feel unwanted and undesirable by denying him sex and love.

Outraged by Rodger's sense of entitlement to women's affection and his feelings of injustice at being rejected, women on Twitter started the #YesAllWomen campaign to chronicle everyday sexism and show how Elliot is not a one off "lunatic" case. Although

the million plus tweets largely originate from the US and the campaign has been rightfully criticised for neglecting the particular experiences of women of colour, women all over the world can still relate to these harrowing accounts of harassment.

While the context and extent of violence against women in our part of the world are different, the fundamental beliefs that engender these atrocities are identical whether it is California or Kathmandu: the desire to use, control, and 'protect' women's

#YesAllWomen

In California or Kathmandu, the fundamental beliefs that engender atrocities against women are identical: the desire to use, control, and 'protect' their bodies.

bodies. From being catcalled on the streets, to being groped on a bus, to being aggressively pursued in bars, to rape and sexual abuse at the hands of boyfriends, husbands, male relatives, friends, colleagues, and strangers, women are not only facing violence day in day out, but the onus to stay out of 'trouble' and not 'overreact' is also on our shoulders.

Closer to home, in Pakistan, the family of 25-year-old Farzana Parveen bashed her to death with bricks on Tuesday in front of a courthouse in Lahore in full view of passersby for daring to marry without their consent. Last week, a female student of Delhi University from Nagaland accused a lawyer of molesting her at a train station in India's capital. When her lawyer and friends went to court the next day, they were viciously attacked by the accused and his friends inside the court premises.

Two months ago in Nepal's Banke district Farid Sheikh and his parents set 19-year-old Rihana Sheikh Dhaphali on fire because she did not bring enough dowry. In 2013 alone, more than 2,000 cases of violence against woman were reported by human rights group INSEC. Out of these around 350 cases included rape,

attempted rape or sexual abuse. Hundreds of other cases go unreported every year for fear of retribution or bringing dishonour to the family.

Even when women find the courage and means to speak out against their own family members, friends, and colleagues, the recourse to law is so skewed it is almost impossible for women to seek justice. Although marital rape is punishable by law in Nepal, hardly any men have ever been convicted. When young girls grow up learning from their mothers, grandmothers, teachers, from songs and movies that their bodies are not their own but rather objects of desire to be used for the pleasure of men, how can you expect them to say 'no' when their husbands force them to have sex? Let alone take the men to court?

Nepal's Domestic Violence Act 2009, which includes physical, mental, sexual, and financial torture and slaps fines ranging from Rs 3,000 to 25,000 and/or six months in prison, has been far more helpful for women who want to prosecute their rapists/abusers, but even here the 35-day statute of limitation on reporting rape severely curtails their chance of obtaining justice. 🇳🇵

PEARL BLACK
S E R I E S

COLORS
M O B I L E



JUST HOW
LARGE
WOULD YOU LIKE YOUR
PHONE
SCREEN
TO BE ?



K11 SMART WITH CAST SCREEN TECHNOLOGY LETS YOU CONNECT TO ANY SMART TV. WIRELESSLY.

NPR 20,399/-
EMI @ 3399/-
AVAILABLE AT
VIRGIN MOBILE SHOWROOM, PAKO, NEW ROAD

NABIL INSTALLMENT
0% INTEREST AVAILABLE TO NABIL
CREDIT CARD HOLDERS

BHAT-BHATENI
Supermarket & Departmental Store
AVAILABLE AT ALL BHAT-BHATENI
SUPERMARKET OUTLETS

**K11
SMART**

- STEEL BACK, SLIM BODY
MAGNESIUM ALLOY SHELL
- 5" LAMINATED
DUST-RESISTANT
QHD SCREEN
- 1.3 GHZ QUADCORE
PROCESSOR
- 8 GB ROM
1 GB RAM
- JELLYBEAN 4.2
UPGRADABLE TO
KITKAT 4.4
- 13 MP REAR CAM
F2.2 LARGE APERTURE
AND 2 MP FRONT CAM
- CAST SCREEN TO
SMART TV
- GPS
- GLOVE
FRIENDLY
- DUAL SIM
- FREE
LEATHER CASE

RAIN, RAIN, COME AGAIN: A Sajha Yatayat bus gets its daily wash (right). CEO Padam Lal Maharjan (below) shows how rain gets collected from their building's roof.



BASIL EDWARD TEO

SAJHA GOES GREEN

Collect the rain, wash buses, raise the water table

While the rest of Kathmandu was parched in the past month, the city's public cooperative transportation company Sajha Yatayat was washing its green buses with water. Passersby would have reason to be outraged. Yet, Sajha was awash in water because it had just installed a rain water harvesting system in its Pulchok terminal.

"Ever since we fit the pipes to the roof, we have enough water to wash all our 16

buses. Now we want to install filters and purifiers so that we can drink this stuff," says Sajha's CEO Padam Lal Maharjan. The company used to require 12,000 litres of water daily, which it bought from private tankers.

The revived Sajha wanted to harvest rain on the extensive roof of its garage and parking lot, but it was cash-strapped and government-funding was out of



the question. It took the corporate social responsibility initiative of Coca Cola Nepal and award-winning social entrepreneurs at Smart Paani to arrange the financial and technical sides of the project. The office of Nepal Telecom next door also benefits from this initiative.

Kathmandu Valley receives more than 1,000 mm of rainfall per year and Smart Paani estimates Sajha's roof and parking lot can

collect at least 9,000 kilo litres annually. Existing underground tanks at Sajha can store up to 2,400 kilo litres, and the rest will be sent back down through recharge pits, helping raise the falling groundwater level in Pulchok. Many wells and traditional water spouts that have gone dry in Patan could start flowing again.

Smart Paani has installed rain harvesting systems in 200 households, schools and companies in Nepal. Managing Director Suman Shakya successfully pitched the Sajha collect and recharge idea to Coca Cola Nepal.

The Melamchi project is supposed to bring 170 million litres of snow melt daily to the Valley through a 27km tunnel. The same amount can be collected from rainwater if the city harvested its rain.

The lack of open space and greenery in increasingly built-up Kathmandu means rainfall doesn't percolate back into the ground but runs off into rivers, leading to falling water tables. Recharging ground water, therefore, is a public service.

According to the Centre for Integrated Urban Development, a house with a rooftop surface area of 100 sq m can collect up to 130,000 litres of rainwater per year. But most private houses in urban Kathmandu are not designed for rain collection and recharge. Public institutions, schools, and businesses with a large compound could lead the way.

Within a 1 km radius from Sajha Yatayat's Pulchok terminal, lie the Institute of Engineering, UN House, St Xavier's School, St Mary's School, the National Human Rights Commission and the Zoo, which all have large roof-surfaces and paved compounds, and could collect and recharge rain if they followed Sajha's example. 🇳🇵

Sunir Pandey

nepalitimes.com

Private water for the public, #627
Investing in rain, #607
Raindrops keep falling on our roofs, #107



Keeping wells well

The monsoon's life-giving rains brings much respite from the dry heat of summer and Kathmandu Valley's farmers prepare for the rice planting season that starts 1 July. The original inhabitants of the Valley celebrated the monsoon with the Sithi Nakha festival, which has pre-Hindu and pre-Buddhist animist antecedents. According to ancient beliefs, clouds, which are perceived as mothers, conceive in autumn for ten lunar months and give birth to rain, perceived as the babies, at the very beginning of the monsoon.

In conjunction with this belief, Newars celebrate the birth of the child-god

Kumara as the beginning of the monsoon planting time. "In this sense, Sithi Nakha is the birthday celebration of the rain child. Based on ancient customs, birthday celebrations normally only take place after six days of birth when the mother and child are out of danger, which is why it is called 'Sithi Nakha', or the festival of the sixth day," explains Gautama Vajracharya, a Nepali Sanskritist and scholar specialising in South Asian art and culture.

Since the monsoon signals the beginning of a busy 4-month long planting season, residents go about cleaning their houses and water sources such as wells, irrigation canals, water spouts and fountains, so that the water

is not contaminated. The proof of this tradition is a 15th-century inscription on the wall of the Malla palace at Bhaktapur stating that people should clean the roof of temples and other buildings, streets and water sources, such as irrigational canals, fountains, wells and tanks before Sithi Nakha.

With modern urbanisation, the collective practice of worshipping and cleaning water sources is being forgotten. However, Newar guthis have kept the tradition alive and water sources such as Alko Hitti in Lalitpur and water wells in Dattarya Square in Bhaktapur have been maintained comparatively well.

Chief Secretary Leela Mani Poudyal has directed



SANDHYA KHANAL

government agencies to mark Sithi Nakha nationwide so that it is celebrated not just by the Newar community but used as an occasion to clean water sources everywhere. This year, Sithi Nakha falls on 4 June.

Says Sandhya Khanal, a PhD

researcher on the Valley's stone spouts: "Most of the wells are drying up and water spouts are being degraded. Locals need to be proactive and work together to preserve this dying tradition." 🇳🇵

Ayesha Shakya



Mitini is a Nepali traditional way to call soulmates between girls. Cafe & Shop and Design Academy Mitini hope to be Mitini to Nepali women.

Cafe & Shop Mitini and Design Academy Mitini are run by S.E.A Center.

seacenternepal.com
facebook.com/nepalseacenter
Rani Devi Marg 152, Lazimpat, KTM



mitini
CAFE & SHOP

CAFE MITINI
Barista training
for socially
disadvantaged
people.

cafeshopmitini.com
facebook.com/cafeshopmitini
+977 | 4002070

Training
starts
in June!



mitini
DESIGN ACADEMY

**DESIGN
ACADEMY MITINI**
Basic / Advanced
course on sewing,
pattern & design.

seacenternepal.com
facebook.com/designacademymitini
+977 | 4002069



“Nature of political regime doesn’t determine growth, governance does”

Pradumna Bickram Rana (*pic, above*) is associate professor at the S Rajaratnam School of International Studies of Nanyang Technological University in Singapore. Rana was earlier senior director at the Asian Development Bank. Rana spoke to *Nepali Times* about democracy and growth, and reviving the South-western Silk Route on which he will be speaking in Kathmandu on Friday.

Nepali Times: What lessons can Nepal learn from the way South-east Asian economies have turned themselves into growth tigers?
Pradumna Bickram Rana: Various factors have accounted for the economic dynamism and resilience of South-east Asian countries, including high levels of saving and investment, good economic policies, and human resource development. However, these are necessary but not sufficient conditions for growth. Economic upliftment requires good governance meaning good management including sound economic policies, adherence to the rule of law, and getting rid of corruption. The three Cs of good governance are committed, credible and capable government. The need for good governance is the most important lesson that Nepal can learn from South-east Asia.

Is that why there is a school of thought in South Asia that democracy may need to be curtailed or postponed until a nation state achieves a healthy growth path?
Research has firmly established that the nature of a political regime has no impact on economic growth. What matters, is good governance. East Asia’s experience shows that both authoritarian as well as democratic countries can have good governance.

Are there lessons for Nepal from the way countries like Indonesia, Philippines and Vietnam managed to maximise benefits from their migrant overseas workers?
They have maximised benefits by facilitating the flow of remittance, to channel them to more productive areas, and to protect the rights of migrant workers. In Nepal, remittance accounts for about 23 per cent of GDP - even more than in the Philippines which is one of the largest exporters of labour in the world – making us a remittance-driven economy. However, Nepal lags behind in policies to protect the welfare and rights of migrant workers and should establish an agency to oversee the recruitment, deployment, training, and welfare of overseas workers as the Philippines has done. It should also enter into bilateral agreements

with destination countries to protect workers’ rights.

You have been working on the South-western Silk Road concept, can you tell us why this is important?
The Silk Road concept is important because improved connectivity reduces trading costs and thereby enhances trade competitiveness and economic growth. Our research has found that historically there was not one but two Silk Roads in Asia: the Northern and the less well-known South-western Silk Road. The southwestern Silk road began in Yunnan, passed through Burma, India, Nepal, and Tibet and looped back to Yunnan. Subsequently, the Silk Roads went into disrepair. Now for various economic, security, and political reasons it is once again making a comeback. These include the “Go West” and the recent “New Silk Roads” policies of China, “Look East” policies of South Asia, opening up of Burma, and the growing importance of supply-chain trade.

So, is there a real possibility for trilateral growth opportunities for India, China and Nepal?
Yes, indeed. As has been well-documented, in the past Nepal used to be an entrepot or a gateway for India-China trade and an important node in the South-western Silk Road. Now Nepal’s role as a land-linked state between India and China needs to be revived, leading to a win-win situation for all three countries and beyond. Distances between major Indian cities and the rapidly growing inner cities of China (such as Kunming, Chongqing, and Chengdu) will be reduced by more than half if land routes via Nepal are used instead of the sea route via Hong Kong. Our study proposes 4 conceptual multimodal economic corridors passing through Nepal to connect South/Central Asia with southern China and East Asia.

There is a debate currently in Nepal about channeling aid to infrastructure sectors rather than social issues. Where is the balance?
Development of both physical and social infrastructure is expensive and a proper balance must be found. When I joined the ADB several decades ago, the bank was keen on physical infrastructure projects such as transportation and energy. The priority then shifted to education and health. More recently, I understand that the ADB is moving back to stressing physical infrastructure projects.

Pradumna Rana will be speaking on Tuesday, 3 June 2PM at Shaligram Hotel, Jawalakhel at an interaction on ‘Revival of the South-western Silk Road’.

EVEREST BANK BIZ BRIEFS



UNEP's Green Passport

The United Nations Environment Programme (UNEP) and Brazil’s ministries of Environment, Sports and Tourism have launched the 2014 edition of the Green Passport initiative, which is an online mobile application aimed at promoting sustainable tourism during the 2014 World Cup in Brazil and beyond.

The Green Passport can be downloaded as an application or used online, and gives a wealth of advice to tourists on how to minimise their environmental impact while in Brazil. Beyond responsible tourism tips, the campaign features the Green Passport Tours: 60 tour options at and around each one of the twelve host cities of the 2014 FIFA World Cup, which encourage travellers to choose more sustainable practices, such as public transportation and local cultural experiences in five host cities (Brasilia, Belo Horizonte, Rio de Janeiro, Salvador and São Paulo).

Created in 2008, the Green Passport campaign is currently available Brazil, Costa Rica, Ecuador, South Africa and South Korea.



Pole winners

With 13 handicap, KNS Thapa scored 41 points to win the Turkish Airlines Everest Golf Cup held at Gokarna Golf Club. Puspa Rai won in the women’s category and Tenzing Palden

was announced the junior winner. The event sponsored by Turkish Airlines was played on a stableford format with 7/8 handicap.

Fine taste

Johnnie Walker Red Label opened its first two flagship outlets in Nepal on 21 May. Both outlets Café Reena and Siddhartha Foodland are located in Kathmandu. The new look of Johnnie Walker Red Label was also launched on the occasion.



Fully open

Qatar Airways commenced its full operations at its new state-of-the-art hub, Hamad International Airport (HIA) on 27 May. Nepali passengers travelling to Doha or transiting through Doha will now land at the HIA.

Cash back

Samsung is celebrating its sales of 10 million Samsung Galaxy S5 worldwide with an instant cashback offer. Customers can now get instant cash back of Rs 10,000 on purchase of Galaxy S5, S4 and Note 3. The offer is valid for 30 days or until stock lasts.



Class lounge

Etihad Airways opened its new first and business class lounge at Sydney’s Kingsford Smith International Airport. “It’s all about offering an experience in the lounge that not only sets the tone for but is also consistent with the flight experience ahead,” said CEO James Hogan.



Consistent, Strong & Dependable



ESPRIT



Durbarmarg | CityCentre | Bluebird Mall



KUNDA DIXIT

CLEAN FARMING: Bhinmaya Awale is one of those rare Lalitpur farmers who doesn't believe in chemical pesticides. "They are expensive, harmful and the sprayed vegetables don't taste good," she says.

Reducing pesticide abuse:


- Advocacy for safer use of chemical pesticides
- Training for farmers on protective gear
- Promote Integrated Pest Management and organic farming
- Awareness of pesticide residue and toxicity through mass media
- Regulation and control of pesticide imports

husband's family gave her pesticide to spread on the family field. Not knowing how poisonous it was, she handled it without gloves or masks and developed serious rashes. Now, at 40, she is still allergic to the chemicals.

Meanwhile, Bhinmaya Awale (pic, left) is one Lalitpur farmer who has shunned chemical pesticides completely. "First of all, the chemicals are poisonous, they are expensive, and the vegetables don't taste as good," says Bhinmaya, who carefully kills insects one-by-one if they invade her radish or mustard farm. She is happy that organic vegetables fetch a higher price, but says many farmers lie about not using pesticides.

The average consumption of pesticides in Nepal is still low compared to other countries (see chart) but the spread of commercial farming has meant that per capita pesticide use in Nepal is increasing sharply. Nepal's annual imports of various pesticides is over 100 tons, and a recent survey by the Department of Food Technology and Quality Control found 12 per cent of food samples, mostly vegetables, to be contaminated with banned pesticides. Nepal has a stockpile of 74 tons of date-expired pesticides, but there are no plans for disposal.

Pesticides, besides being highly toxic, do not differentiate between good bugs and bad bugs and indiscriminately kill all species of insects and worms in a farm. The compounds are highly stable and can stay in the soil and the food chain for decades, often in the meat of animals.

Groups of pesticides may result in subtle, long-term harm to human health and induce diseases like cancers, Parkinson's disease, birth defects, and even behavioural problems. 

LETHAL VEGGIES

Heavy pesticides use and low consumer awareness is affecting public health

SONIA AWALE

Kathmandu Valley farmers are spraying increasing amounts of pesticides, and not wearing protective gear even though they know its harmful effects, a survey has shown. Research involving 85 farmers in the Tikathali area of Lalitpur, where farmers have traditionally grown vegetables for the capital's market showed that nearly 90 per cent of farmers used chemical pesticides, but only half of them used protective gear while spraying. Some farmers admitted they don't use pesticides on vegetables they grow for their own consumption, but spray crops they sell in the market. The most commonly used pesticide is the organophosphate metacid, which is actually banned in this country. Sixty-five per cent of farmers had no idea about dosage, and different types of pesticides. "Vegetables that are sprayed with pesticides have a better

texture than organic ones and consumers prefer them," says Sojan Karmacharya, a 29-year-old Tikathali commercial farmer who has a BBS degree. "You have to address the demand side to control pesticide use, by educating consumers." Organic vegetables are more expensive than those that are protected with chemical pesticides, Karmacharya explains, and the vendors prefer sprayed vegetables since customers are so price-conscious. Ratna Prajapati, 35, agrees. "It is impossible to recover cost, let alone make a profit without use of pesticides," he says. The survey also found evidence that commercial farmers who use chemical fertilisers and pesticides often pass them off as organic. Of the farmers surveyed, 98 per cent said they

knew pesticide use was bad both for themselves and consumers, but most of them prepared pesticides without gloves or masks. Almost 60 per cent of farmers considered wind direction while spraying chemicals, and 75 per cent had no idea about pesticide residue. Only one in ten farmers interviewed had ever heard of IPM (Integrated Pest Management) for chemical-free pest control.

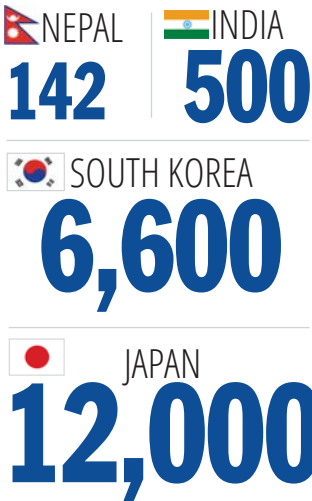
Most farmers were neither aware of the toxicity labels on pesticide containers, nor understood their meaning. Only four in 10 farmers took a shower after handling pesticides, and 60 per cent used contaminated utensils for kitchen gardens and livestock feeding. More than half disposed pesticide containers in rivers or public ponds. Although awareness

DIRTY DOZEN 

Pesticides most commonly used in Nepal, most are extremely toxic to humans unless properly handled:

1. Malathion
2. Metacid
3. Dichlorvos
4. Cymoxanil
5. Dimethoate
6. Diethene M-45
7. Chlorpyrifos
8. Fenvalerate
9. Endosulfan
10. Mancozeb
11. Cypermethin
12. Quinalphos

PESTICIDE CONSUMPTION
Grams per hectare



about the health hazards of pesticides is high, very few farmers in the study were able or willing to stop using them. Pesticides are still perceived as medicines, and most farmers refer to them as "okhati". The abundance and easy reach of the chemicals has also led to pesticide ingestion being a major method of suicides. Ruku Sapkota was married when she was 14, and her



Environment friendly lifestyle for happy families



Event Details:
Bhrikuti Mandap, Kathmandu
5-7 June, 2014 (22-24) Jestha 2071
Time: 10:00am to 6pm

More than 80 exhibitors, show casing eco-friendly goods and services

Nepali Times Eco Fair 2014

Organized by



Supporters



For Stall Booking:

Arjun Karki: 9841 492 300
Surendra Sharma 9841 31 4973
Ram Krishna Banjara 98510 94 559

Himalmedia Pvt. Ltd. Patandhoka, Lalitpur
Tel: 977-1-5005601-07, Fax: 977-1-5005518
email: ecofair@himalmedia.com
www.facebook.com/nepalitimes

Title Sponsor



Laxmi Bank

Times ecofair 2014



Laxmi Bank eco friendly products:

- Solar loans
- Bicycle loans
- One Account One Tree (Green Savings Account)





CYCLE CITY NETWORK

Cycling to work once a week can help both your health and the environment

THANK GOD IT'S (A BIKE-TO-WORK) FRIDAY

TYLER MCMAHON

The 2014 Environmental Performance Index for air quality conducted by Yale University ranked Kathmandu second-worst in the world, only one place ahead of Dhaka. A major driver of this is pollution caused by the increase in vehicles.

Promoting cycling is an easy and effective way to go around this problem. Cycling, specifically mountain biking, is increasingly popular among Kathmandu's middle and upper class. The number of weekend cyclists has exploded and even those out for early morning hourly rides has increased.

With this momentum, Kathmandu can shift the commuting trend to a path of becoming a cycle-friendly city. The relative density of areas inside Ring road makes this transition possible as short commutes facilitate cycling.

For the past decade, I have been commuting to work on a bicycle. Although my home in Lajimpat may be considered far from

my office in Patan, it is only a 5km commute and takes me only 20 minutes to travel one way. By public bus, it would take 40 minutes, 30 in a taxi, and 20 on a motorbike.

This short distance is typical for a large part of Kathmandu's commuters, and offers potential for Nepal's municipalities to become bike-friendly, following in the footsteps of many European cities.

Does this all have to happen at once? No. Around the world, many countries are promoting Bike-to-Work Fridays, a day at the office where people forego conventional transportation to cycle to work. This is not about giving up cars or motorbikes, it's about a gradual shift where people start by biking to work one day a week or a month. Gradually, as people understand that cycling to work is practical, fun and healthy, they bike to work more days.

Sure, there are obstacles. In the case of Nepal where the office still maintains a very formal ambience, what to wear can be

a challenge. Thus, introducing Bike-to-Work Fridays is convenient as most work places have a casual dress code on that day.

Increasing the percentage of the population that exercises will increase productivity and the health of a society afflicted with lifestyle disease. Some of the healthiest cities in the world have the highest percentage of people who commute to work on bicycles. Cycling also saves money. Per kilometre, it is far cheaper than its vehicle counterparts. Also, petrol shortages and price hikes have no impact on cycle users.

Kathmandu Cycle City 2020, and the umbrella organisation, Cycle City Network Nepal, has been lobbying for cycle friendly cities in Nepal for the past five years. They conduct awareness programs at offices, cycling training, and design bike stands for offices. Their monthly Critical Mass Rallies promote cycle safety in Nepal, and they are currently lobbying the government to re-

introduce planned cycle lanes in Nepal. The group also recently inaugurated two cycle stands in Kathmandu, one in Darbar Marg and one at Tri Padma School in Patan.

India's newly-sworn in Prime Minister Narendra Modi has already announced his support of a monthly day of biking to work. The Nepal Army Chief is another such proponent, with his promotion of cycling in the army and support of biking to work on Fridays.

Laxmi Bank was the first financial institution to develop financing schemes for cyclists and has a bike rack in its main branch office. It organises an annual cycle rally to raise funds for environmental initiatives. Restaurants like Bricks Café and Singma also have cycle stands for customers. Space requirements are minimal as 10 cycles occupy about the same space as one car.

People in European cities where the modal share of transportation in core areas can approach 50 per cent, see cycling not as a poor man's transport, but a way to get around for everybody. Kathmandu with its small radius, can be the same. Sure, there are safety issues and the infrastructure is lacking, but we have to start somewhere. Bike Fridays is a first step in creating a cleaner and more vibrant Kathmandu.

nepalitimes.com

Cyclists and the city, #579

Pedaling to prosperity, #625

Map of Kathmandu with proposed cycle lanes

ALL NEW

CITY

THE

GREATER DRIVE

One Push Engine Start/Stop Button with Smart Key Entry System

Alloy Wheels & Turn Indicator on Electrically Foldable ORVM

Electric Sunroof

Air Conditioner with Touch Screen Control Panel & Cruise Control

Rear Parking Camera

Advanced Integrated Audio with 7" Screen & CD Player

Hands Free Telephone Control on Steering Wheel

Sykar Trading Company Pvt. Ltd.

Honda Car Showroom, Dhobighat, Ring Road, Lalitpur

Tel: 5549741/9721383223 Fax: 977-1-5549742

E-mail: hondasales@sykarhonda.com

Thapathali Showroom Tel: 4246235

E-mail: sykar@sykarhonda.com

www.honda.com.np

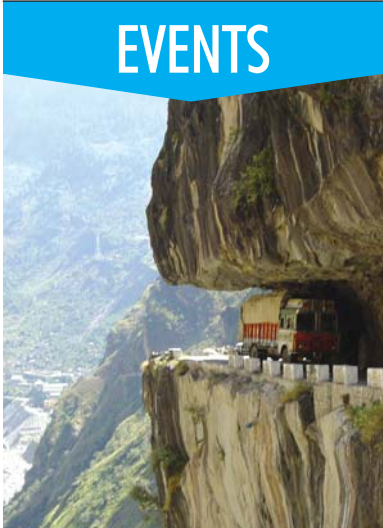
HONDA

The Power of Dreams

CITY

HONDA

EVENTS



Silk route,
Pradumna Bickram Rana, associate professor at the S Rajaratman School of International Studies of Nanyang Technological University in Singapore, talks about reviving the south-western silk road.
3 June, 2pm, Shaligram Hotel, Jawalakhel

Cha cha cha,
learn one month's worth of Salsa in four days.
Rs 1,000 for singles, Rs 1,500 for couples, Monday to Thursday, 7.30 to 8.30am/5 to 6pm/6 to 7pm, Salsa Dance Academy, Bhatbhateni

City Museum Kathmandu,
head down to Darbar Marg's newest gallery on the block for personalised guided tours.
Tours run daily, accommodates up to 15 people, info@thecitymuseum.org

Sithi Nakha,
the traditional Valley-wide festival of cleaning wells, irrigation canals, water spouts and other water resources gets national application well and water spout cleaning gets nation-wide application.
4 June

Open house,
featuring the work of artists Arpita Shakya, Ashuram Khaiju, and Palpasa Manandhar.
Runs till 7 July, 11am to 6pm, Gallery Mcube, Chakupat

#metadata,
an exhibition of paintings by Subash Thebe, artist in residence at the Kathmandu Contemporary Arts Centre.
6 to 19 June, 11am to 5.30pm, Siddhartha Art Gallery, Babarmahal



Solitudes,
an exhibition of the work of Finnish photographer Päivi Wells and a chance to meet the artist herself.
Runs till 6 June, Image Ark Gallery, Kulimha Tol, Patan Darbar Square

Tuning Earth and Sky,
a rare collection of the works of artist Jimmy Thapa.
Runs till 21 June, Galleria Ishine, Kupandol Height, Sanepa

Selling books,
buy and sell used books.
14 June, 10am to 4pm, Alliance Francais, Teku



Retrospective,
a look back at the oeuvre of senior artist and cubism enthusiast Surendra Pradhan.
Runs till 18 July, Park Gallery, Pulchok, parkgallery.com.np



Umbugland ko muthbhed,
trouble is brewing in Umbugland whose ministers want to dethrone the child queen.
Rs 200, Rs 100 for students, Runs till 14 June, except Mondays, Mandala Theatre, Anamnagar, 01-6924269

Majipa lakhe,
Ghimire Yubraj directs renowned scholar Satya Mohan Joshi's play.
Runs till 14 June, except Tuesdays, 5.30pm onwards, Shilpee Theatre, Battisputali, (01)4469621

Christmas in the trenches,
watch this film on Europe's Great War in the year of its centennial.
3 June, Alliance Francaise, Teku

Lahar srijana,
exhibition and sale of ethnic Nepali arts and crafts.
1 to 3 June, 11am to 6pm, The City Museum, Darbar Marg

Words,
attend this three-day creative writing workshop with novelist Samrat Upadhyay to learn about content, stylistics, and themes to hone your writing skills.
Rs 1200, 10am to 12pm, 4 June, only 12 seats available



The silent auction,
buy the works of Chirag Bangdel, Erina Tamrakar, Asha Dangol, Kailash Shrestha, as well as jewelry, accessories and home utensils for a fundraiser.
Rs 2,000, 30 May, 11am to 5pm, City Museum, Darbar Marg

Books galore,
great discounts at the 18th National Education and International Book Fair, with local and global bestsellers on offer.
Runs till 5 May, 10am to 6pm, Bhrikuti Mandap

Pool party,
greet the summer with a dip in the pools, with live music and much more.
31 May, 1 to 11.55pm, International Club, Sanepa

DINING



Barista lavazza,
the newest addition to the Valley's European inspired coffee-culture cafes serves excellent mochas and lattes, don't forget to try their grilled chicken sandwich.
Jawalakhel

Embassy,
positioned on Lajimpat's embassy-laden lane, this restaurant has a menu with Nepali, Indian, Thai and Japanese dishes on offer.
Lajimpat

Vol Au Vents,
go crazy with your choice combination of fillings for scones, crepes and vol au vents with the Lounge's new interactive menu.
Rs 400 (exclusive of tax) onwards, The Lounge, Hyatt Regency, Tusal

Tian Rui,
if you're looking for genuine good Chinese food this restaurant is the best place to go.
Thapathali

Ghar-e-kabah,
serving the best of north Indian cuisine, with live Sarod recitals on some days.
Hotel Annapurna, Darbar Marg

Busy Bee,
head over for live rock and pop performances in English, Nepali and Hindi, indulge in their beer and pizzas to waste the night away in good fashion.
Lakeside, (061)462640

Now...
News At
Your **Fingertips**

Experience change while reading news with the Nagarik News App & step up towards a new platform. Get News anytime, anywhere at your fingertips and also get a chance to be the first one to upload and share crucial news and photos.



NAGARIK NEWS
APP

Download the
Nagarik News App

Get updated, Get it Now.

Technology Partners



Available in
Android and iOS Platforms



MUSIC

Starry Night BBQ,

catch Ciney Gurung live as you chomp on your meat stick. *Rs 1499, 7pm onwards, Fridays, Shambala Garden Café. Hotel Shangri-La, (01)4412999*

Shastriya sangeet,

the best of Hindustani classical every new moon night. *28 May, 4pm onwards, Battisputali*



Take a bow,

catch the jazz violinist Guillaume Blanc live. *Free entrance, 6 June, Jazz Upstairs, Lajimpat*

Underbelly,

the rock band Underside are playing live before heading to the Shillong Open Air festival. *Rs 150, 29 May, Red Chili, Bank Road, Hetauda*

Music at Manny's,

live Hindi and Nepali pop music with Shabnam Gurung and Dinesh Quartet. *Manny's Eatery and Tapas Bar, Jawalakhel*

Whole lotta love,

the band Custard Pie pay tribute to rock legends Led Zeppelin. *Rs 300/500, 7 June, 3pm onwards, Purple Haze, Thamel*

GETAWAYS

Buddha Maya Gardens Hotel,

add value to your travel in Lumbini with a stay at probably the best hotel in the area. *Lumbini, (71)580220, 9801033109, info@ktmgh.com*

Waterfront Resort,

head to this eco-friendly resort to make your stay right in front of Phewa Lake. *Sedi Height, Pokhara, (61)466 303/304, 9801166311, sales@waterfronthotelnepal.com*

Temple Tree Resort and Spa,

a peaceful place to stay, complete with a swimming pool, massage parlour, and sauna, it'll be hard to leave once you go in. *Gaurighat, Lakeside, (61)465819*

Relax!,

yoga, detox and ayurveda treatment in a quiet corner of Kathmandu. *Himalayan Peace and Wellness Center, Park Village Resort, Budhanilkantha (01)4375280, 980106661, peace@wellness.com.np*



Mango Tree Lodge,

culture walks, rafting in the Karnali, wildlife exploration, and jungle safari at the Bardia National Park. *Bhetani, Bardia, info@mangotreelodge.com*

NEPALI TIMES
ECO FAIR 2014
FLOOR PLAN

A14	A13	A12	A11
POTTERY DEMO			E-7
	E-3	E-4	S-15
E-8	E-2	E-5	S-14
	E-1	E-6	S-13
S-7	A37	A38	S-6
S-8			S-5
S-9	A36	A39	S-4
S-10			S-3
S-11	A35	A40	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	A27	A48	A3
A23	A26	A49	A2
A24	A25	A50	A1

ENTRANCE

EXIT

Nepali Times is hosting its annual EcoFair on 5 to 7 June at the Bhrikuti Mandap's open air grounds. With more than 80 exhibitors and an expected 150,000 visitors, the fair has become a platform for renewable energy options for Nepal, sustainability ideas, practical and affordable ways to save energy. The Nepali Times EcoFair has also become an important event in the trade calendar for networking among green entrepreneurs, government agencies, innovators and the media.

Date: 5 to 7 June

Time: 10am to 6pm

Venue: Bhrikuti Mandap

Free entrance

LIST OF EXHIBITORS:

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 AEPC	A-29 ICEM
A-8 AEPC	A-30 NCCSP
A-9 SCP	A-31 Govt
A-10 Eco Prise	A-32 Govt
S-1 Star Office International	A-33 Govt
S-2 TU	A-34
S-3 Organic life	A-35
S-4 Samridhi Int'l	A-36 FGE
S-5 WCN	A-37 Bio-tech
S-6 Alka Hospital	E-1 Bio-tech
S-7 Goodwill Fun World	E-2 Laxmi Bank
S-8 Star Office International	E-3 Laxmi Bank
S-9 CIUD	E-4 Laxmi Bank
S-10 Shangrila Agro	E-5 Laxmi Bank
S-11 DDC	E-6
S-12 Panchatatwa	E-7 Himal Stall
S-13 Prakritik Khadya Udhog	E-8 Booked
S-14 Booked	A-38
S-15	A-39
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 Boderland Resort
A-16 Suryodaya Urja	A-45 Booked
A-17 ICIMOD	A-46 Booked
A-18 ICIMOD	A-47 KMC (Nagarpalika)
A-19 Smart Pani	A-48 NEFEJ
A-20 Yeti Airlines	A-49 Netrolac
A-21 Birang Trading	A-50 Booked
A-22 Maharjan Metal	

Mahindra
Rise.बढाउनुहोस् आफ्नो व्यवसाय,
STYLE तथा POWER का साथ ।

CRDe Engine

- जसले दिन्छ बेजोड शक्तिका साथै न्यून ध्वनि तथा कम्पन रहित यात्रा
- न्यूनतम मर्मत खर्च
- इन्जिनको लामो आयु

टेस्ट ड्राइभको लागि
९८४९४६२६

GENIO



आकर्षक ड्याशबोर्ड तथा एडजस्टेबल पावर स्टीयरिंग



आरामदायी सिट आधुनिक ELR सिटबेल्टका साथ



डिजिटल तथा एनालग Instrument panel



ठूलो तथा सुविधाजनक ग्लोब बक्स

किनकी Mahindra Genio मा छन शुभे विशेषताहरू

- 75HP mDI CRDe इन्जिन
- ३३० NM को टर्क (TURQUE)
- १२५० Kg को भार वहन क्षमता
- समथल तथा फराकिलो कार्गो बक्स
- LSPV युक्त उच्चस्तरीय तथा सुरक्षित ब्रेक
- इन्जोबिलाइजर जसले गाडीलाई चोरी हुनबाट बचाउँछ
- टयुवलेस टायर
- कार जस्तै आरामदायी क्याबिन
- बलियो तथा लटकदार इन्डिपेन्डेन्ट फ्रन्ट सस्पेन्सन
- २०,००० कि.मी. को अन्तरालमा मात्र इन्जिन आयल फेर्नु पर्ने *

* थपिने लागू हुनेछ ।



Agni Incorporated Pvt. Ltd.

Uttardhoka, Kathmandu, Nepal, Tel: 4414626, 4414628, Fax : 4416718, Email: marketing@agniinc.com.np, URL: www.agniinc.com.np

Branch: Birgunj, Tel: 051-521456, Workshop: Balaju Industrial Area, Tel : 4350994, Spare Parts Outlet: Kuleshwor Kathmandu, Tel: 4277140

Authorized Service Center: Balkhu: Tel: 4277864, Jorpati, Tel: 4910533, Balkumari, Tel: 5520460, Charikot, Mobile: 9843422525, Manthali, Mobile: 9844044012

Authorized Dealers: Birtamode, Tel/Fax: 023-540696, Dharan, Tel: 025-520397, Biratnagar, Tel: 021- 461178, Rajbiraj, Tel: 031- 522666, Lahan, Tel: 033-561895, Janakpur, Tel: 041-528882, Sindhuli, Tel: 047-520094, Rautahat, Tel: 055-520096, Hetauda, Tel: 057-210466, Banepa, Tel: 011-664302, Chitwan, Tel/Fax: 056- 522168, Pokhara, Tel: 061-532468, Butwal, Tel: 071-414203, Bhairahawa, Tel: 071-526198, Dang, Tel: 082-560278, Jumla, Mobile: 9848047873, Surkhet, Tel: 083-525270, Nepalganj, Tel: 081-551599, Kanchanpur, Tel: 099-520854, Dhangadhi, Tel: 091-522058

A SUNNIER FUTURE



MANEESHIKA MADDURI

This month power cuts were only reduced from 84 hours per week to 70, still keeping one of the world's most water resource rich countries in darkness.

Hydropower makes up most of the energy dispensed to the grid, but the Nepal Electricity Authority can meet only 77.5 per cent of energy demand. More hydropower plants are under construction, most of them run-of-the-river systems, but these take time and money.

Nepal's natural resources extend beyond rivers, and its solar potential is nearly ideal, with an average of ten hours of sunlight per day all year round. Solar radiation peaks during the clear, sunny days of winter months, complementing hydro seasonality lows.

Net metering could turn every household into a power generator and reduce load-shedding hours

Solar photovoltaic (PV) panels have become a familiar sight in Nepal, as the electricity shortage pushes people to opt for solar power in both grid-connected and off-grid areas. Solar home systems consist of batteries, a charge controller to monitor battery charging, and PV panels. Energy generated by the PV panels can be stored in batteries for use later. But batteries are expensive, and solar home systems aim to minimise the necessity of batteries. It is not uncommon to have full batteries and unused energy: an office on the weekend or a house on a sunny day. Injecting this excess electricity back into the grid is possible through grid-connected systems that allow electricity to flow in two directions, from the grid

to the loads or battery and from the solar panel to the grid.

This requires a grid-tied inverter, which monitors these connections, and a meter that indicates the net energy consumed. To determine the feasibility of grid-connected rooftop PV systems in Nepal, a pilot research project was spearheaded by Center for Energy Studies at IOE-Pulchowk, SUPSI (University of Applied Sciences and Arts of Italian Switzerland) and RIDS-Nepal (Rural Integrated Development Services). By January 2014, a year of data had been collected from the five 1.11 kW solar PV rooftop system.

Currently, tying a private solar system to the grid is not permitted in Nepal and requires case-by-case approval. Net metering, which enables consumers to be charged by the utility for energy consumed minus energy injected to the grid, is not allowed. The objection to grid-connectivity and net metering is primarily financial: solar is seen as too expensive to supplement the electric grid. However, this argument has some weaknesses.

The per unit price of solar is



traditionally determined by the initial investment and operational costs over the lifetime of the panels (typically 25 years) and the energy generation potential. From recent data, the annual energy expectancy for a 1 kW system is approximately 1500 kWh. Given this potential, the break-even price

point for grid-connected solar could be as low as Rs12/kWh. This is not yet on par with the current selling price of electricity, which is the argument cited against net metering, but that may not matter.

Any financial recompense would be seen as preferable

Greening of Annapurna

BASIL EDWARD TEO

Electric car users who find themselves running low on battery in Kathmandu's city centre will soon be able to recharge their vehicles for free once a solar charging station is set up at Hotel de l'Annapurna in July this year.

Nepal's first five-star hotel in Darbar Marg owns two Mahindra Reva e20s itself, and is providing the service as a part of its effort to send out a message of corporate sustainability.

"Guests today prefer to stay in hotels that are green, and are willing to pay a little more. So, we want to be ahead of the pack in Nepal," says CEO Upaul Majumdar. Annapurna already has solar external lighting, has reduced heating fuel use by 35 per cent by resetting thermostats, and is replacing all plastic wrappings in rooms.

Its Fish Tail property in Pokhara has its own water treatment plant, and a new hotel in Chitwan will also have a focus on sustainability. Annapurna itself will soon be torn down and be replaced with a 240-room hotel with an energy-efficient and environment-friendly design.

The hotel's e20s are currently used

ELECTRIC CEO: Upaul Majumdar says he is "70 per cent" convinced about expanding his hotel's fleet of cars with the battery-powered Mahindra Reva e20s.


by managers, but will soon be tested for ferrying hotel guests to and from the airport. Apart from teething problems, the sleek green cars are doing well and Majumdar says he is "70 per cent" convinced that they are both ecological and economical.

"The investment cost of green technology is high, so it has to make business sense," says Majumdar, urging the government to provide subsidies for solar panels and electric vehicles so that companies like his have more of an incentive to go green.

Majumdar says that in the absence of national laws on energy efficiency and resource use, hotels have to take their own responsibility to be sustainable, and in the long run that can also be good for business.

For example, by simply resetting the thermostats and timing of its boilers for hot water, the hotel saved 35 per cent of its diesel cost. It saved 25 per cent on room heating costs by installing double-glaze windows for insulation in its suites.

But Majumdar says there has to be buy-in from guests and staff. For example, its Go Green Fridays encouraging staff to walk or bicycle to work once a week did not work very well. Then it bought a Chinese-made Bijuli electric van to ferry employees, but it turned out to be unreliable. The hotel is now testing the e20 as a mobility option, and is offering free solar charging for the public in its centrally-located parking lot.

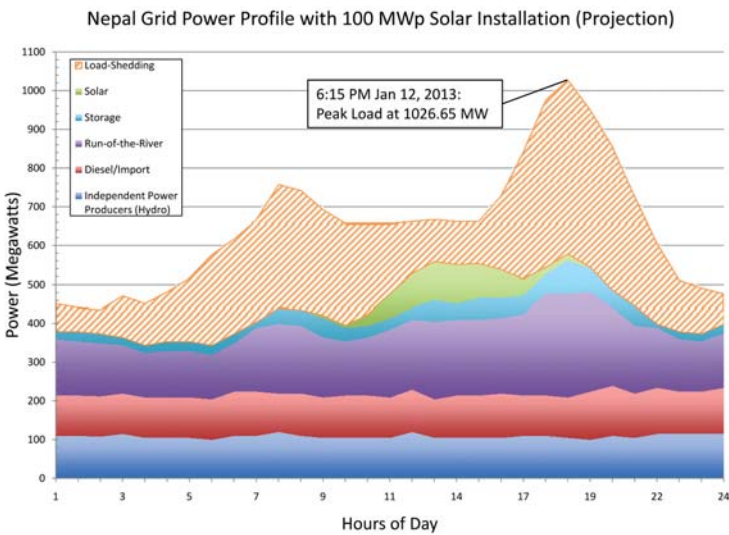
Besides energy-saving and environment-friendly operation, Annapurna also works with Smile Nepal to feed 35 destitute street children from Thamel every day. All proceeds from its Fish Tail Lodge in Pokhara goes to the Jayanti Memorial Trust which has helped thousands of Nepalis who cannot afford heart surgery. Says Majumdar: "Hotels are places of luxury. We take a lot, but what are we giving back? We feel we have a responsibility to set an example." 





EXPERIMENTAL: This rooftop photo-voltaic solar home system at a research station in Imadol has collected one year of data on how household power fed into the grid can reduce load-shedding. (Left)

The Nepal Electricity Authority is testing reverse-metring with its own grid-connected 3 x 1.11 kW roof system in Min Bhawan. (Right)



to the present one, and would encourage more solar installations. On a more pressing level, grid-connectivity of solar installations would directly inject much needed energy into the grid, locally lessening load-shedding. Rooftop solar systems are not the only option. Large-scale

solar installations are viable in Nepal, and have the potential to impact energy generation significantly. The graph shows the power profile for a day in January with a projected 100 MWp (megawatt-peak) solar energy contribution, supplied either through small-scale, roof-top

systems (1-5 kW) or several larger constructions (1-10 MW). These types of installations can reduce daytime load-shedding nationwide by approximately 9-10 hours per week and, in conjunction with some hydropower storage capability, possibly also during peak evening hours.

With an ever-increasing electricity demand, solar PV systems act as a timely and effective means to deal with Nepal's power crisis. Allowing grid-connectivity and net metering is a crucial step towards reaching key energy diversification and reducing load-shedding. 🇳🇵



Maneeshika Madduri is a recent graduate of Stanford University and is currently a Fulbright Student Scholar in Nepal.

SUN CARS

As an institute involved in climate change research in the Himalaya, the Kathmandu-based International Centre for Integrated Mountain Development (ICIMOD) uses solar thermal space heating in its office, recycles waste water and generates, methane gas for its kitchen from canteen waste.



BASIL EDWARD TEO

But what to do about its fleet of cars? In 2009, ICIMOD bought three Reva-i electric cars so that it could at least partially replace its gas-guzzling SUVs for city runs from its Khumaltar office. But the daily 12-hour power cuts meant the Revas would have to be charged by diesel generator. So, it also installed a 4.9 kW solar charging station with a battery bank that is charged during the working day while the cars are charged overnight. Yet, with the monsoon season just around the corner, the small, two-seater vehicles run the risk of low power due to overcast skies. For this, there is also an option of charging from the grid.

"Whenever the car is free in the day, it is being charged. Also, if there is power left over from the battery bank, it can be used if there is insufficient solar power," ICIMOD's Mohan Shrestha explains.

ICIMOD is now looking for larger electric cars, including buses, to replace its diesel vehicles. But for that, Shrestha says, the solar charging panels may also need to be upgraded.

Basil Edward Teo



Water from the sun

Getting water for drinking, irrigation and domestic use remains a daily battle for many communities in the mid-hill and Tarai regions of Nepal. To address this problem, ICIMOD started testing an award-winning portable solar water pumping system in its Khumaltar headquarter this week.

The equipment includes a 1HP (750 watt) solar pump with 12 solar panels (*pic, above*), or a 2HP pump with 24 panels

mounted on trolley with bicycle wheels. The whole system costs only Rs 160,000 and can be moved to draw water from rivers, ponds and wells that are up to 50 feet deep.

The solar pump was designed by Atom Solar, a company based in Pune, India and won the best design prize at a competition organised by Green Peace in 2013. There are many small-holder farmers in Nepal's Tarai region who can potentially benefit from this cost-effective technology.



David Molden, head of ICIMOD said he hoped that the pumps will also serve mountain communities who often suffer from acute water shortage because their habitations lie above river valleys. With an average daily sunshine of seven hours throughout the year, Nepal has a high potential for generating solar power.

Zero Carbon Times

The Himalmedia office in Patan Dhoka has 30 editorial and 20 administrative staff producing the weekly *Nepali Times* and *Himal Khabarpatrika*. Together, the office needs energy to power 60 computers, printers, scanners, fans, photocopiers, and 60 CFL and LED lights. The company used to spend Rs 55,000 a month just for diesel for its 10 kVA generator.

As a publisher of newspapers with strong sustainability and climate change content, it had to reduce its own carbon footprint.



going through batteries. Extra electricity charges batteries for night-time use. "We aren't just making a statement, this is necessity," explains Himalmedia manager Karma Lama, "we save on fuel cost, there will no more noise and fumes, and our publications will be greener."

Himalmedia has therefore invested in a 6 kilowatt solar system that power all office appliances directly from the rooftop photo-voltaic panels without



ONCE UPON A TIME IN ANATOLIA

Turkish filmmaker Nuri Bilge Ceylan is in the news after his new film *Winter Sleep* won the top prize at this year's Cannes Film Festival. We don't know when his latest picture will be out on DVD and hit the Nepali market in Khasa Bajar, so we must instead make do by watching his last release *Once upon a time in Anatolia*, which was also a masterpiece.

A senseless murder sparks off a police procedure in a nondescript town in the steppes of central Turkey. Gathered in the search party are the local bigwigs: a police prosecutor, a post mortem doctor, the police (all main subjects of the film), and a gang of subordinates who do the donkey work. The men gather, a hierarchy is set and off they go into the night in search of an elusive dead body.

But what was supposed to be over in no time turns tricky because the main suspect himself is unsure

where they buried the corpse. It was night, he was drunk, and before long the search party also drifts away from discussing the subtleties of the murder because they've seen hundreds of similar cases. The film then shifts from a who/why-dunnit to the personal lives of these small-town men who go about their work lives as if the routine of habit demanded no questions.

Ceylan, who grew up in a similar town, also doesn't want to solve the murder. For him it is his characters' personal experiences that make them trivialise the most important things in the world - life and death - that deserves exploration.


It gets revealed all these officers have (had) terrible romantic lives and the film keeps coming back to their stories: a gorgeous woman who predicted her death, a failed childless marriage, a sick son and a domineering missus. Even the murderer says he had an affair with the dead man's wife and the son was his. When the lads gather and bring out the banter, tales of disappointment and infidelity abound.

The lack of women in speaking in the film is overwhelming but not

MUST SEE

surprising because Ceylan wants to suggest they lie on the periphery of life in rural Turkey. When they are spoken of, women are an afterthought in the lives of our protagonists. So when a local mayor's gorgeous daughter quietly serves them tea during a stopover for food, these ugly, ageing, mediocre men see where exactly they went wrong.

As for the murder case, the body is found, the suspect is taken to court, reports are duly written, and the autopsy at the end reveals something even more jarring. But by now it is too late to turn back because we realise the discrepancies in the lives of our heroes elicit equal shame as the murder itself.

For a film that begins with the audience looking in through a window and ends making us look out through another, *Once Upon a Time in Anatolia* refuses to answer the who's and why's, and leaves you more fascinated by the introspection. 

Sunir Pandey

nepalitimes.com

Trailer 

Realise. More

EPSON
EXCEED YOUR VISION

HEAT, HANDS OR HUMIDITY,
EXTREME PRECISION
SURVIVES IT ALL.

Fade/Water/Rub resistance.
Extreme durability. Extreme precision.

The new Epson SureColor™ SC-T3070/T5070/T7070, for 61cm/91cm/112cm-wide architectural drawings/renderings, come with the extreme precision of the Epson Micro Piezo TFP print head, coupled with high-speed cartridge drive technology. And with Epson UltraChrome™ XD Ink – an extremely durable ink formulation that is not only water resistant but also lightfast and rub resistant, you can now get archival-quality, long-lasting prints that will build and grow your business and revenues well beyond the usual.

CONTACT TODAY!

MERCANTILE
OFFICE SYSTEMS PVT. LTD.

Authorized Distributor
Hiti Pokhari, Durbar Marg
Kathmandu, Nepal
Tel: 1-4440773/4445620

the week in pictures is brought to you by

SHOE · A · HOLICS

Jamal 4225627 Pulchowk 5524812

sale

Summer Sale
Deals too hot to miss

HAPPENINGS



EMBASSY OF INDIA, KATHMANDU

ALL THE BEST: Prime Minister Sushil Koirala with his Indian counterpart Narendra Modi in Delhi on Tuesday. Koirala was invited to attend Modi's swearing-in ceremony on Monday.



DEVAKI BISTA

HERE YOU GO: A visitor feeds fishes at Taudaha pond near Chobhar on Monday.



DEVAKI BISTA

PAST AND PRESENT: Surya Bahadur Thapa (left) with party chairman Kamal Thapa during the first general convention of Rashtriya Prajatantra Party-Nepal on Tuesday. Kamal Thapa was elected chairman of the party.



DEVAKI BISTA

IN-TRAINING: Nepali men preparing to join the British Army walk past Pasupatinath on Wednesday.

Green Karma

When it first opened in 2012, Kar.ma Coffee (pic, far right) became instantly famous as the café where you pay as much as you like. Intrigued by this novel concept, visitors flocked to the humble one-table room located in the Moksh building in Jhamsikhel. Two years later, there are four tables and the straw seats cover the entire corridor.

But the 'pay as you like' policy remains. So does the Kar.ma chicken mascot that has been collecting payments. Owner Birgit Lienhar-Gyawali says she wanted coffee to bring together different kinds of people who frequented the Moksh centre: artists, musicians, students, professionals, and expats. Go in there for a cuppa any day of the week (except Sundays when it's closed) and you can see the Austrian expat has achieved her goal and spread a strong eco-friendly message as well.

Used coffee filters decorate



BIKRAM RAI

flower pots that line the balcony and ground coffee beans from the filters are discarded onto the plants as compost. All the furniture and accessories (coffee tables, lamp shades, coasters, cushions) are designed by Birgit herself and made using recycled and repurposed material.

Positive responses and curious queries from visitors and friends about the pieces encouraged Birgit to start selling them. At present she works with a local carpenter to produce the pieces. But with



increasing demand, she plans to hire more. If a visitor likes the table where her coffee's being served, she can buy it on the spot, just like everything else in the café. The only exception is the big community table inside, which must be ordered. Customers can also order pieces with specific measurements.

Most of Birgit's furnitures are made using mango wood because of its hardness and durability. "It is not the easiest wood to work with but it's deep dark quality is beautiful," says the designer. Although Birgit has no background in furniture design (she

worked as a tourism development consultant before starting Kar.ma), she started designing furnitures out of pure passion, and says her inspiration for pieces mainly comes from her three-year stay in Ghana. Besides Kar.ma Coffee, Birgit has also designed the Himalayan Java Outlet on Mandala Street in Thamel and the LifeCycle office (pic, far left). Currently, she is busy with a renovation project for a guesthouse in Bhaktapur and Hattiban Resort.

Kar.ma Living is Brigit's yet-to-be launched line of designer items, but you can see some of them at the monthly fleamarket at Gyan Mandala, or order through its facebook page. Kar.ma furnitures will also be on display at the first Karavan Kathmandu pop up bazar on 31 May at Tamas.

Says Birgit: "Nepal is a treasure trove for old furniture, but most people don't appreciate the old. They believe whatever comes from outside is better. With our upcycled furniture pieces and accessories we want to show that you can create incredible hip and chic interiors," says the petite woman. 🇳🇵

Tsering Dolker Gurung

Kar.ma Coffee is located on the third floor of the Moksh building in Jhamsikhel. Open Monday to Saturday (closed on Sundays), 10am to 7pm

nepalitimes.com

Coffee and conversations, #614
Birgit talks about Karma Coffee



PICS: RUBY TUESDAY

The ne burger (Rs 555) is a gustatory experience not to be missed. A huge pork mince patty marinated in Jack Daniels and flavoured with Greek herbs, it is layered with bacon, a fried egg, mushrooms, caramelised onions and cheese in a sturdy multi-grain bun. Each bite brings new flavours and textures that tantalises the taste buds. Also, it is a substantial sized burger, and comes with fries and a salad, which makes for a complete and satisfying lunch. Save some of the honey mustard sauce for your fries- an excellent combination.

The teas on offer are organic, hand rolled and from a single tea-estate in Ilam. The brew is imbued with the freshness of the mist-covered hills it is grown on. The restaurant also aims to work as a vibrant art gallery to showcase new and young talent. Also, plans are underway to open a used book store and library soon. Refurbished closets act as repositories for magazines and newspapers, while reclaimed doors hide unsightly water pumps. Finally, framed hanging tea pots and cups add a touch of whimsy to the entire area. This is a wonderland you can escape to for hours and actually feel like you've stepped back in time to a quieter, greener Kathmandu. 🇳🇵

Ruby Tuesday

How to get there: In Naxal, pass the Ducati workshop and go straight along Narayan Chour to enter the galli that leads to a Sai Baba Temple. Ne Brasserie is on the left before the temple.

NE BRASSERIE

Eating out as often as I do, I cannot help but feel disappointed with many of the new places that open up. Often, they are overly decorated places with scant attention paid to food and flavour. That is why I had not bought into the hype surrounding Ne Brasserie, a self-avowed chic spot that serves artisan coffees and promises to show you 'the other side of Kathmandu'. And with a name like that... Pretentious, right? I thought so too initially, but am thrilled to write that I was proved completely wrong.

A 100-year-old Rana house in Naxal on the verge of being torn down was given a new lease of life by the young entrepreneurs who



own this fine dining establishment. The owners have tried to retain as much as possible of the original structure and fittings, while outfitting it with modern amenities so that no patron walks away dissatisfied.

The menu is impressive and boasts a distinct variety of foods on offer. I started with the Mezza non-vegetarian platter (Rs 999). This platter includes homemade nachos, fried prawns, dachtyla

- crispy crusted fried chicken with a honey mustard sauce and virgin psaria -, and baby sardines topped with a delicious tomato and cilantro salsa. The sardines were cooked to perfection- crispily fried on the outside with a succulent, soft and flaky centre. My only fault with the platter is the minuscule serving of the fried prawns.



topped with yak cheese and baked till golden. No flamboyance here, just a regular homely and wholesome though beautifully flavoured meal.

Ne Brasserie tries to source its produce as far as possible from the growers and organic farmers themselves. The restaurant believes that customers will appreciate the difference quality ingredients make to the final dish.



Great Food Deserves Carlsberg

That calls for a Carlsberg

Climbers' cough



Many of us clinicians spend our lives telling patients to take “*lamo, lamo sas*” (deep breaths) as we auscultate the chest. This is a wonderful feeling when you are fresh out of medical school, but after a while you get a bit weary of this exhortation. Lucky, then, is the young physician who early on realises that some medical research activity may



DHANVANTARI
Buddha Basnyat, MD

rescue him from boredom. Ashish Lohani (*pic, above*) conducted a cough research almost three years ago at the Everest Base Camp in the Khumbu and is one of those fortunate physicians involved in research. Amazingly, cough in the mountains is the single most common medical problem that trekkers and mountaineers face. Year after year for almost 10 years, reports from the Everest Base Camp Clinic reveal that hacking

persistent cough is very common in climbers. And despite the fact that this problem is rampant, not much is known about the mechanism and cause of this “Khumbu cough”. It seems that the higher you go the more you are likely to have persistent, disabling cough. Many climbers have had to give up their summit attempt because the cough makes them breathless and unable to ascend. Most high altitude climbers breathe through the mouth out of necessity, thus bypassing the natural humidifying mechanism of the nose. This cold air may be triggering the cough by “roughing up” the mucosa lining the airways. This is why many people breathe through a silk scarf in the hope that when the atmospheric air enters the lungs, it is warm and will not trigger a cough. It could also be that asthma like mechanisms (brought on by the cold and exertion) are at work at high altitude which cause narrowing of the airways and cough. Finally, the low oxygen at high altitude could be a primary reason. Whatever the cause, there is no known effective treatment. Lohani conducted an RCT (randomised controlled trial) to

prove the efficacy of drugs in clinical practice. There were two parts in his study, a potentially useful drug method and a placebo method. For over two months for two seasons, he randomly enrolled patients in the highest terrestrial research station in the Himalaya at 5,300m and conscientiously charted his results to be analysed later. Many climbers including our own Nepali civil servants who were climbing Mt Everest in the spring of 2011 wished Ashish well so that future climbers may be helped. Unfortunately, many of these enthusiastic, high-profile Nepali climbers had to say good bye to their summit bid due to hacking, persistent cough that almost caused rib fractures and punctured lungs. Although Ashish had hypothesised that the drugs method would prove to be effective in the treatment of high altitude cough, it did not prove to be so. In fact there was no difference in outcome between drug (inhaled combination of a steroid and a smooth muscle relaxant) and the placebo. There was however an important limitation in his study. Most of the climbers who had severe cough were unwilling to enroll in the study because they felt certain that the combination drug worked and were reluctant to receive a placebo, and hence could not be randomised in the trial. Nonetheless, in those people with mild to moderate cough at high altitude, steroid spray and a smooth muscle relaxant drug do not seem to be effective. Even negative findings are important in medical studies so that people do not use drugs unnecessarily just based on “gut” feeling. Intuition has to stand up to scientific reckoning. 🇳🇵

GIZMO by YANTRICK

A guide to green gadgets

In keeping with the upcoming World Environment Day, Yantrick has rounded up four gadgets that are guaranteed to tickle any tech enthusiast's fancy, while also scoring major brownie points with nature.



Eco-Amp 2.0

A nifty contraption that slides onto the speaker-ends of iPhones 4 and up, the Eco-Amp 2.0 is constructed wholly out of renewable fiber paper, making it a sustainable alternative for iPhone users who are looking to increase volume and clarity without any external power, and the associated green-guilt. The Eco-Amp is available in a motley array of 24 patterned designs which are printed with soy-based ink, and can be assembled and disassembled for reuse and travel, making the simple yet practical add-on an iPhone user's green device of choice.

Price: Rs 1,500.

Water-Powered Clock by Bedol

Boasting modern styling, accuracy to rival any normal clock, and an affordable price tag, the Bedol Eco-Friendly Water Powered Clock is ideal for home or office use. Powered by water, the clock's electrodes harvest energy from the liquid to fuel the nightstand-friendly gizmo's simple digital LCD. A full tank of water can power the clock for up to 14 weeks, before a fresh tank is required.



Price: Rs 2,000



USB Cell by Moixa Energy

AA batteries that function like their standard toxic cousins, the USB Cell utilises computer USB ports to power up. Available in packs of two, the batteries are guaranteed to last 500 charge cycles. The USB Cell not only helps reduce toxic waste, but also side steps the hassle of carrying an external charger.


Rs 2,500 for a 2 cell pack

Belkin WeMo Insight Switch

Picture a universal appliance controller shrunk into the size of an electrical plug. Taking power conservation a step further, the WeMo Insight Switch allows users to remotely control and manage energy usage and costs of home electronics from anywhere through their iOS or Android devices. Devices can be put on a schedule to receive notifications when a connected unit is turned on or off, such as when a laptop is fully charged, thereby reducing energy wastage.


Price: Rs 6,000



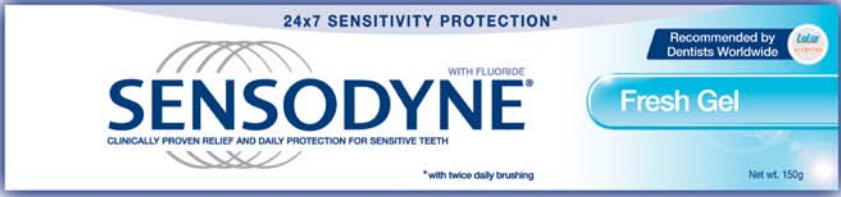


“I recommend Sensodyne for all day every day sensitivity protection.”

-Dr. Spiro Condos, dentist practicing in the US



24x7 SENSITIVITY PROTECTION*



World's No.1 Sensitivity Toothpaste

*Brush twice daily for continuous protection
Sensodyne is a registered trademark of GlaxoSmithKline Group of Companies.



QUICK FIXES

A little as 10 minutes of intensive UV exposure without the use of SPF inherent products can cause sun burn. Here are some kitchen staples that can be used to treat sunburn.



MILK
Soak a small towel in cold milk and hold the cloth on the burned area for five minutes and repeat a few times.

BABY WIPES

Gently pat the affected area with a sheet or two.



CUCUMBER SLICES
It does wonders not only for tired eyes

VINEGAR

Soak a cloth in apple cider or plain vinegar and apply it. Or take a cool vinegar bath by adding two cups of vinegar to the water before you bathe.



YOGHURT

Spread plain cold yoghurt liberally



POTATOES

Contain natural starches that help draw the heat out of sunburned skin. Apply raw potato directly to the affected area.

MAYONNAISE

Slather liberally on the burn.



HONEY

Gently massage onto the burned skin. Rinse off with cool water. It's an antibacterial and known to stimulate new skin cells and reduce swelling.

BLOCKING THE SUN



SNEHA RANA IS A PROFESSIONAL MAKE-UP ARTIST BASED IN KATHMANDU.

The sun is the skin's worst enemy. As we age, we get more exposure to the sun. The damage may not be immediately apparent, but long term accumulation of such contact interferes with the skin's ability to retain moisture and results in dry and ageing skin. Protection of the skin against harmful ultraviolet (UV) rays is the only way to delay the ageing process. How can that be done? This is where products with sun protection factor or SPF come into picture. Beauty creams with SPF combines the properties of a moisturiser and a sun protection product into one, thus, reducing the products used in your skin care routine while helping to retain youthful skin.

Regular application of these help the skin from premature ageing, wrinkling, freckles, sunburn, cell damage, dryness, discolouration also called age spots and skin cancers. A product with an inherent SPF will not only block out the harmful part of the sun rays, but will also prevent loss of moisture. Neglect of daily use of SPF inherent products will lead to great damage to your skin which cannot be reversed, if at all with a great deal of time, money and effort. When choosing a SPF inherent cream for your face, pick one that isn't greasy and allows your makeup to sit comfortably over it. For men choose one that suits your skin and according to your activity. Even if you are indoors, during the day, you need to apply SPF products as contrary to beliefs, you are still exposed to harmful UV rays of the sun. The rule applies during winter season too. A moisturising product that contains a high SPF is thus the answer to many of our skin's worries.

Benefits of Pond's Age Miracle

- SPF 15 PA++ to keep you summer-safe
- Intelligent Pro Cell Complex™ helps skin cells regenerate faster
- 3 Targets fine lines, wrinkles and age spots

SHAVING CREAM
If it has menthol in the ingredient, apply it as the cooling agent will soothe and calm the sting. So, before you skin starts reddening, go and grab yourselves a good sunscreen which has a minimum of 15 SPF and ensure it specifies UVA and UVB protection, or broad or multi spectrum coverage.

DID YOU KNOW?

- Short wave ultraviolet B (UVB) rays were the original targets of sunscreens. However, since then long wave ultraviolet A (UVA) rays have also been found to be harmful. So, choose a sunscreen that targets both types of rays.
- SPF or the sun protection factor is used to indicate the strength of a sunscreen. For example SPF 30 means the person can stay out 30 times longer in the sun before burning. But, higher SPF does not necessarily mean significantly more effective. Most natural sunscreens do not exceed 30 SPF.
- UVA rays, which are not absorbed by the ozone layer, penetrate deep into the skin and heavily contribute to premature ageing. Up to 90 percent of the visible skin changes commonly attributed to aging are caused by sun exposure.
- UVB Rays are powerful rays, which are partially absorbed by the ozone layer, mostly affect the surface of the skin and are the primary cause of sunburn. Because of the thinning of the ozone layer, the effects of UVB radiation will pose an increased threat until the layer is restored in the latter half of the 21st century.

NEW

POND'S

age miracle™

Look up to 10 years younger.
See for yourself in 7 days.



Lake 464



BHRIKUTI RAI

The lake in the remote Hongu Basin in eastern Nepal is so recent it doesn't even have a name. It is just known by its number: Lake 464.

An alarming report released on 16 May said Himalayan glaciers have lost a quarter of their ice mass since 1977. This has resulted in many new lakes being formed at the snouts of Nepal's glaciers, which could burst at any moment unleashing catastrophic floods downstream.

The eastern Himalaya is melting faster than the west forming more of these new lakes, but scientists are zeroing in on Lake 464 because it is a ticking time bomb.

"Lake 464 is partially hidden

from satellite images because it is obscured and shadowed by Mt Chamlang," explains Alton C. Byers, director of Science and Exploration at The Mountain Institute and lead author of a 2013 study on glacial lakes in the Hinku and Hongu basins published last year in the journal *Natural Hazards*.

"It was mostly a glacier when the Austrian climber-cartographer Erwin Schneider mapped it 50 years ago, but now is a lake that contains many triggers that make it potentially dangerous," Byers says.

The lake was listed in a 2007 ICIMOD (International Centre for Integrated Mountain Development) study but wasn't identified as potentially dangerous. But field studies in 2009 and 2010 by The Mountain

Institute in the US, Hokkaido University, University of Texas at Austin, and funded by the National Geographic Society-Waittgrant program, found the lake could be at high risk of an outburst flood.

"There are four or five huge overhanging ice masses that could fall into the lake and cause a surge wave that overtops the terminal moraine," says Byers.

Similar avalanche-induced glacial lake outburst floods (GLOFs) in 1985 created the Langmoche flood in the Khumbu, and in 1998 caused the Tama Pokhari burst in the Hinku Valley. Scientists say when Lake 464 bursts, it would be much bigger.

"We don't know how much water the lake contains so any downstream impact analysis

of a flood on the settlements and infrastructure along the Hongu, Dudh, and Sun Kosi rivers requires more extensive study," says Byers. Another problem with 464 is that villagers downstream have no idea the lake even exists because it is so high and remote.

As with other new lakes in the basin, Lake 464 started forming only about 40 years ago, a clear indicator of global warming trends. Besides the overhanging ice masses, 464 also has a very fragile terminal moraine, and the terrain falls steeply into the upper Hongo valley to its confluence with the Dudh Kosi and eventually the Sun Kosi.

"The accelerated melting



of glaciers in the last three decades is a key indicator of global warming which threatens water flow in rivers

fed by glaciers, puts the local communities at risk of frequent avalanches and glacial lake outbursts," says Samjwal Ratna Bajracharya, lead author of the ICIMOD report.

Besides permafrost, the Himalaya and Tibetan Plateau also act as a gigantic sponge that stores groundwater on which nearly 1 billion people downstream in China, southeast Asia, India and Pakistan depend. Melting glaciers make up 10 per cent of the annual water flow in the Ganga and up to 30 per cent in the Indus.

Nepal has 3,808 glaciers covering a total area of 3,902 sq km with ice reserves of 312 cubic km. The ICIMOD study found that the rate of glacial area loss between 1980 and 1990 was almost twice compared to the rate between 1990 and 2010.

"The snow cover was higher in the 80s which could explain the accelerated melting in that decade in comparison to the recent past," says Bajracharya. That could mean glacier melting has slowed because there is less ice to melt.

The ICIMOD report followed the dire conclusions of the UN's Intergovernmental Panel on Climate Change (IPCC) which predicted that Himalayan glaciers would shrink by 45 per cent by 2100 if global average temperatures rose by 1.8 Celsius. The annual mean temperature in Nepal rose by 0.04 Celsius/year between 1975 and 2005.

"In the meantime, it's important not to create unnecessary concern among downstream populations until we learn more about 464 and other potentially dangerous glacial lakes," cautions Byers. "Receding glaciers and their risks are a recent phenomenon, one that is largely out of the realm of human disaster

SPECIAL
SUMMER PACKAGE
FOR NEPALESE
NATIONALS

 Limited Offer till
31st August 2014

Luxury as magical as nature








2 Nights / 3 Days Package

NRP. ~~18,000~~ Per Person Now NPR. 12,000 Per Person

Child Policy : 50% for the child below 12 years

Subject to 10% Service Charge & 13% VAT

Package Includes:

Accommodation in twin sharing deluxe boutique villa with meals and wildlife activities as per the package.

Cost does not include: Transfer, Bar bill & Laundry.

For further query: Please contact 4429575/4429820/9851093437

Email: barahi@wlink.com.np/ bjil@barahi.com

www.barahijunglelodge.com

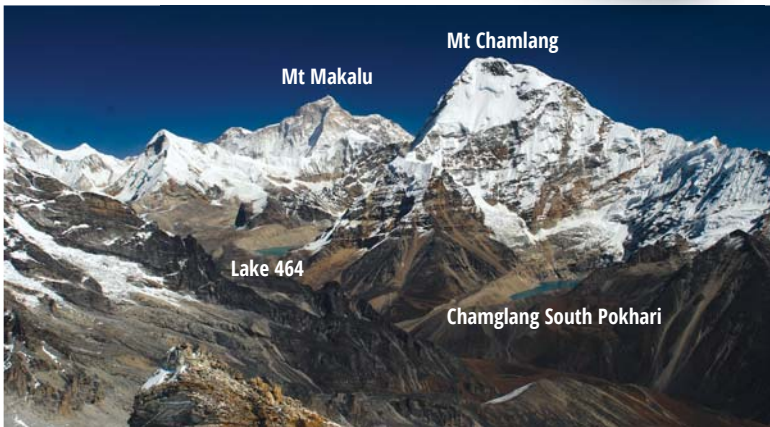
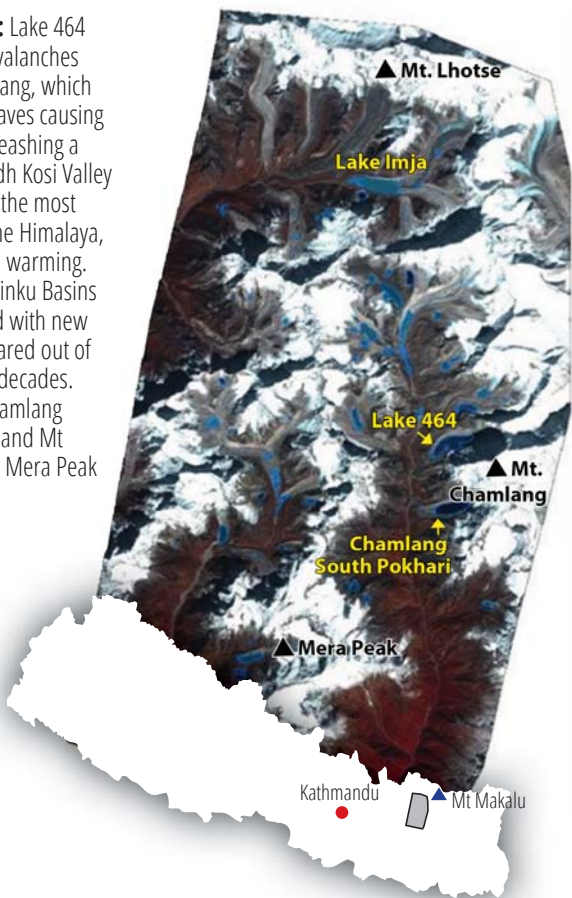


PICS: ALTON C. BYERS

THE GREAT THAW: Lake 464 (left) is exposed to avalanches coming off Mt Chamlang, which could create surge waves causing the lake to burst, unleashing a flash flood in the Dudh Kosi Valley below. This is one of the most dangerous lakes in the Himalaya, and a result of global warming.

The Hongu and Hinku Basins (map, right) are filled with new lakes that have appeared out of nowhere in the past decades.

Lake 464, Lake Chamlang South, Mt Chamlang and Mt Makalu as seen from Mera Peak (below).



management experience in the Himalaya, and we are just learning to understand and hopefully deal with them better."

Officials say a lot more needs to be done to map valleys threatened by hazardous glacial lakes in Himalaya that are in danger of bursting, and to transmit data in real time so towns and cities downstream have time to evacuate.

Rishi Ram Sharma, chief of Nepal's Department of Hydrology

and Meteorology, which jointly worked on the ICIMOD report says: "Melting glaciers are the clearest indicators of climate change; it is already impacting weather, with erratic rainfall patterns, frequent cloudbursts, so we need better science."

nepalitimes.com
Living through the Himalayan Thaw, #684
Defrosted, #479
Climbing in climate change, #657
Climactic Change, East West blog
See video of Lake 464

Montreal to Kyoto

Until recently, climate change caused by buildup of greenhouse gases in the atmosphere and the hole in the ozone layer caused by chemicals used for refrigeration were two different problems.

Stratospheric ozone protects living things from harmful solar radiation, and in 1985 the international community came together under the Montreal Protocol to phase out CFCs that depleted the ozone shield. The Montreal Protocol is one of the most successful international treaties because it replaced CFCs with the ozone-friendly HCFCs. The ozone hole over Antarctica is now shrinking.

The Kyoto Protocol, on the other hand, tried in 1997 to get countries to reduce carbon emissions from burning fossil fuels that causes global warming. This treaty has been a dismal failure. The effect of global warming on the earth's climate is far worse than previously thought.

Although the Montreal Protocol was a success and the Kyoto Protocol so far has been a failure, the problems of atmospheric ozone depletion and the accumulation of greenhouse gases in the atmosphere have now combined to become one.

The HCFCs that replaced CFCs in fridges and air-cons may be ozone friendly, but they are 2,000 times more potent greenhouse gases than carbon dioxide. Which means that increasingly affluent people in China and India are buying more and more and more cooling appliances, burning more energy and leaking more HCFCs into the atmosphere.

The United Nations Environment Programme (UNEP) estimates that if HCFCs are not phased out, by 2030 its contribution to global warming

will be a quarter of the greenhouse gases like carbon dioxide.

Nepal is a signatory to the Montreal Protocol and, as a developing country, was allowed to use some CFC until the complete ban went into force in 2010. Nepal is now also required to phase out HCFCs, too, by 2030.

"We are working to ban the import of HCFC based appliances and reduce the quota of HCFC import in the first phase," says Shailendra Kumar Jha, National Ozone Officer at the National Bureau of Standards and Metrology that works with UNEP on HCFC phaseout.

In 2004 the government set the HCFC import quota at 23.3 metric tons, and now wants to bring it down by 10 per cent in the next three years. However, there is a danger that HCFC will still be smuggled into Nepal across the border from India to meet demand.

In 2012 Nepal worked with UNEP to destroy a stockpile of 74 tons of smuggled CFC seized by customs at the Indo-Nepal border in 2000. The California-based EOS Climate shipped out the chemicals and destroyed it, sharing carbon credits earned with the Nepal government to help fund additional training and awareness about responsible refrigerant management and appliance recycling.

Bhrikuti Rai



nepalitimes.com
Green is also the colour of money, #
Cooling without heating, #547
Nepal becomes ozone friendly, #305

Festivity Never Ends at Hotel Himalaya...

Friday Evening Barbeque Dinner

NOW EVERY FRIDAY AT CAFE HORIZON
Time: 7 pm onwards
Price: Rs. 1299 plus taxes per person
(A 330ml Carlsberg Beer or a glass of wine complimentary)
10% Service Charge & 13% VAT extra.

For Reservation : 5523900
fnb@hotelhimalaya.com.np

Himalaya HOTEL



Country Representative Nepal

It's hard to believe that today 748 million people still don't have clean, safe water and 2.5 billion live without a toilet. The resulting diseases kill one child every minute.

We need a dynamic person to provide strategic leadership to our country programme in Nepal, steering its direction and delivering its country strategy in line with our global aims and values. A proven track record is needed at senior management level along with experience in developing long-term strategies. You must have an empowering style, inspire and coach our high performing team to maximise their potential, and be able to maintain a progressive and accountable work environment. As a member of our global leadership team you will also have the opportunity to engage on organisation wide issues and initiatives.

You must be familiar with the local context, possess strong financial management and fundraising skills and be able to maintain donor/ NGO relationships. Excellent communication skills in English and Nepali are a necessity for this post. Frequent national and international travel will be required.

For more information on these role, or to apply please visit www.wateraid.org/jobs. Please note that only applications submitted on WaterAid's standard application form will be considered. Please apply by using our online application form.

Only shortlisted candidates will be contacted for interview.

WaterAid is an equal opportunities employer.

Deadline **20.06.14**





DEVAKI BISTA

All eyes on K2

Pradip Bashyal, Nepal, 25 May

A conversation with mountaineer Maya Sherpa, 35 (pic, centre), who with Pasang Lhamu Sherpa, 29, and Dawa Yangjum Sherpa, 25, is preparing to climb Mt K2 in Pakistan, the second highest peak in the world, to raise awareness about the effects of climate change on mountain ranges.

Why climb K2?

Mountaineering is like an addiction and all of us are fully immersed in it. We have experience climbing other peaks, but we also wanted a more

technical challenge. And it can't get any more technical than K2. You need to master rock climbing, ice climbing, and snow climbing techniques to summit K2, which is why they call it the 'mountain of mountains'. Very few people repeat expeditions to K2 and only 317 people have reached the top in 60 years of mountaineering. One in four summiteers die. Seven women have summited K2, three of whom did not make it back.

Do you think you have what it takes?

Well, you'll never know until you actually face difficulties. But we're full of confidence and training hard.

Have you summited Everest before? Since mountaineering is our business, we practically go up and down Sagarmatha. Pasang and I got the chance to summit in 2007 and Dawa in 2012.

How did your expedition get a climate change connection? Because ours is the first all-woman team to take on K2, a lot of people wanted us to focus on the gender side of things. Others wanted us to campaign for domestic violence. But we had seen ourselves what climate change does to mountains and because of the recent incident on Everest, we thought raising awareness about climate change would be best.

How did you gather support? Even the most economical of expeditions cost at least Rs 800,000. We were fortunate that organisations like Sherpa Gear, ICIMOD, Nepal Mountaineering Association, Trekking Agencies Association of Nepal and other mountaineering companies contributed to 70 per cent of our cost. And people from our community filled the gap saying they wanted us to go ahead in high confidence. Now we will summit come what may.



Parliamentary hearing

कान्तिपुर

Batsyayan in Kantipur, 24 May

QUOTE OF THE WEEK



“When the mayor of London can become an American citizen, and Benjamin Netanyahu granted a green card, why can't Nepalis apply for one too?”

Finance Minister Ram Sharan Mahat on government officials applying for a US visa, *Janaastha*, 28 May

“Can't remember the way back home”

Kantipur, 24 May

कान्तिपुर

Bhupalman Damai (see pic) spent 14 years at an Indian prison after being convicted of bank robbery, car theft and plane hijacking. He was released last month from Patiala Central Jail after charges levelled against him couldn't be proved in court. An excerpt from his conversation with local media.



How long were you jailed for? I spent almost 15 years in jail.

What has changed in all these years?

My parents died while I was in prison, my wife eloped with someone else. My entire life's been destroyed. I was a business man and had done nothing wrong. But they pressed false charges against me, and put me in prison.

Where did you work earlier?

I owned a small restaurant in Kathmandu and was also involved in the textile business.

Aren't you demanding compensation after being jailed on false charges?

I know I deserve compensation but will they really compensate me? If it was in the US or Canada justice may have been served, but there is no hope of justice and compensation here. I was punished for

nothing. If I had provided anyone with weapons then the CIB would have tried me in court.

Why were you caught then?

I was in Bombay for business but somehow got framed for possession of weapons and then imprisoned. Initially, I was also accused of bank robbery and car theft, both charges were dismissed after it couldn't be proved in court.

Did your family visit you in jail?

My family is really poor so no one could really come and visit me. Three years ago, my son came to meet me and he told me about my parents' death and my wife's elopement. It was after hearing these news that my mental health began deteriorating.

How do you plan to return home?

The police here have put a stamp on my arm which they say will get me a free train ticket to Gorakhpur. I was able to collect around INR 1000 from my friends

in prison. But I don't know if it'll be enough to get me to my village.

What about your family at home?

I have spent a long time away from home, and don't even remember my way back. My children live with my uncle. I was 40 then, now I am over 54.

What do you plan to do once you are back?

I can't do anything else besides going back to farming, that too if only we still have our family land.

How did you manage to pay the fine for your release?

As soon as I got the court orders for my release in March, I began asking my fellow jailmates for help. Their contributions made it possible for me to pay the fine.

What happened to you in jail?


I have forgotten most of the things that happened there. Unlike other prisoners, I was never once granted leave. If they wanted they could have released me on bail. What was the whole point of conducting the trial in my case so secretly in the Patiyala court?

So you are saying you were framed?


I did nothing wrong. I spent all these years in jail for crimes I had never committed. None of the accusations against me regarding the airplane hijack could be proved in court. I just want to meet my children and hope to raise and educate them properly.

Do you feel safe now?

One can never be too sure of the future. I'll always have a fear inside me.



Alice Restaurant
Gairidhara, Kathmandu
Tel: 01-4429207
Mob: 98049413523
Email: alicegairidhara@gmail.com



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.



Proud winner of
Surya Nepal Pvt. Ltd Asha Social Entrepreneurship Award



CERTIFICATE OF RECOGNITION
SURYA NEPAL PRIVATE LIMITED ASHA SOCIAL ENTREPRENEURSHIP AWARD
DO HEREBY RECOGNIZE
SMARTPAANI PVT. LTD.
A TRUE HIDDEN HERO, FOR THEIR OUTSTANDING COMMITMENT AND DEDICATION TO THE COMMUNITY AND COUNTRY BY BRINGING ABOUT POSITIVE CHANGE THROUGH EXTRAORDINARY WORK.
WISHING YOU MUCH SUCCESS IN ALL OF YOUR FUTURE ENDEAVORS
MARCH 28, 2014

• Rain Water Harvesting System • BioSand Filter
• Grey Water Recycling • Waste Water Treatment System



SmartPaani Pvt. Ltd.
GPO Box 13989, Campus Marg, Chakupat
Patun Dokha, Lalitpur, Nepal | +977-1-5261530, 5260506
info@oneplanetsolution.com | www.smartpaani.com

Purity is the diamond of soul





Nepal Pashmina Industry
PO Box: 1956, Soaltee Mode, Kathmandu, Nepal
TEL: 977 1 4273 292 | FAX: 977 1 4270 092
SHOWROOMS: Kalimati, Soaltee Mode: 4272 292
Soaltee Hotel: 4270 947 | Tridevi Marg: 4410 947 | Thamel: 4264 775



CLEANING UP EVEREST



MATT MILLER
in KHUMBU

Most of the attention about environmental problems in the Himalaya seem to focus on garbage piling up on Mt Everest. Google it and see.

However, away from the media glare and working quietly behind the scenes are Khumbu's citizens to keep the trekking trails in the region clean and trash-free. The problem is not so much tourists, who mostly have the sense not to litter and throw trash around, but the Nepali support staff from the lower valleys employed by mountaineering and trekking expeditions.

Given that there are on average five porters for every climber, that means tens of thousands of extra people in the fragile environment in the Everest region. Despite this, however, the Everest trail is surprisingly trash-free.

The Sagarmatha Pollution Control Committee (SPCC) has been addressing the waste problem in the Everest region since 1991, and has become a model for advocacy and effective waste management solutions for not just the Sagarmatha National Park but for other trekking areas of the country.

There are two types of waste, burnable and non-burnable. A 15 minute walk from the SPCC offices in Namche Bajar, along a narrow trail hugging the steep hillside, is a building housing an incinerator for all burnable trash. The diesel operated incinerator has a capacity of burning an average of 30 kgs of burnable garbage in each cycle (45 minutes). This week however it was not operating because it had run out of fuel, which has to be brought in by helicopter from Kathmandu. Further up the trail is the non-burnable waste collection center. The 20x7m pit is one third-full, and what to do when it fills up is still a problem without a solution, or funding.

The SPCC's biggest accomplishment is that it is well-organised, and the challenge is advocacy both for local residents as well as Nepali and foreign visitors.

The SPCC works closely with an "eco-club" in each Khumbu school. Partnering with teachers, it has added rubbish bins in all schools and educated students about disposal of glass/metallic waste and plastic/paper. So far, SPCC has built 53 rubbish bins in Khumbu (8 rubbish bins in school premises and the rest along the trekking routes). SPCC also works with porters and the need to use rubbish bins along the trails.

For each of the roughly 25 towns in the Everest region there is a waste management committee. The SPCC works with them for proper waste collection and disposal. Each has a designated

the world's highest mountain, all expeditions must get a 'garbage permit' from the SPCC. Along with a deposit, teams declare the materials and goods they are taking up from Base Camp with them. The goal is to account for everything from oxygen tanks to ketchup bottles, so that when the expeditions checks out from Base Camp, it needs SPCC to certify that they have brought everything back in order to get their deposit back.

Program Officer Kapindra Rai said that previously teams were responsible for packing their own trash out. But two years ago the SPCC changed its procedure, and they now take responsibility for taking the trash down to Namche Bajar. Porters do the heavy lifting task of transporting trash from base camp as well as from the hotels in Namche Bajar.

Although this year, Everest climbing was abandoned because of the deadly avalanche on 18 April, there is still far too much waste produced at Base Camp. 🇳🇵

space for burning their own trash, and collection pit for non burnable garbage since it is often too difficult to bring all waste to Namche Bajar.

Expeditions leave behind a lot of garbage on the classic route up Everest, and every year, there are several climbers who go up just to bring back the garbage. But this is mostly trash generated by mountaineers, and seen only by other climbers.

In order to control dumping on



Nepal's No.1
CONSUMER DURABLES

LG
Life's Good

LOWERING
TEMPERATURE
FOR AN EVEN
LOWER BILL

66% Energy Saving
with INVERTER V

1.7 TIMES
FASTER COOLING

66%
REDUCED
ELECTRICITY BILLS

19dB
SUPER QUIET
OPERATION

99.9%
PURE & CLEAN AIR

0.75 - 2.0 TON

Health INVERTER V

FREE
INSTALLATION

TRUE
0%
Finance

also available at 0% interest (for Items worth Rs.20,000 and above)

Global IME Bank

NMB BANK
एनएमबी बैंक

NABILINSTALLMENT

EMI Partners:

CG ELECTRONICS
Imagination, unlimited.

LG LIFESTYLE SHOPPE PVT. LTD.
(LG Exclusive Company Showroom)
Gorkha Complex, Minbhawan, KTM
Tel: 4106530, 01-6206462

CG DIGITAL
6205707, 01-4461234 (Chabahil)
01-4421258, 4421284 (Lazimpat)
01-4281749, 4276049 (Ravibhawan)
www.cgdigital.com.np

For Corporate Inquiry
9841529788

ISO 9001:2008
CERTIFIED COMPANY

12 MONTHS
WARRANTY

24 HOURS
SERVICE

Toll Free No. 166 98 166 211
For Ncell & UTL, Contact: 01-4100141

*Conditions apply
Free Installation Applicable till 16th April 2014

Open 7 days a week 10:00 am - 7:30 pm

My Day! May Day!

It is an indication of the deep roots that democracy has struck in the soil of the Federal Tantric Republic of Nepal that we have not one, not two, but three holidays in a year to commemorate **Praja Tantra Diwas** (when we threw off the yoke of the Rana dynasty), **Lok Tantra Diwas** (when we threw off the yoke of the Shah dynasty), and **Gun Tantra Diwas** (when we threw yolk on the institution of monarchy).

One cannot make an omelette without breaking eggs, as we all know. So it is fitting that we were rudely woken up at 5AM on Thursday to the sound of heavy artillery from somewhere over the western front. It was to remind us that we became a republic in 2008 through the barrel of a gun. Like other days commemorating democracy this one too was a day of wild rejoicing and merry-making. Mainly because we didn't have to go to work, and could stay home updating our Facebook timelines.

If Nepal doesn't yet have an entry in the Guinness Book of World Records for the highest number of holidays per capita in a year, what I want to know is why not? It is high time the international community recognised that fact and honoured this magnificent achievement. We should not rest on our laurels, though, this is no time for complacency. We must gird up our loins and other body parts to doubly redouble our efforts to declare even more days off in a year so that we can beat São Tomé and Príncipe which (according to Ncell's free Wikipedia) is slightly ahead of us in having the most number of holidays in a year.

All it takes is for the High Level Politically Correct Mechanism to get its flunkies in parliament to have even more days marked red in the calendar to commemorate the revolutionary milestones of this great nation of ours.

At a time when national morale is sagging, when we have started to take our democracy for granted, when the euphoria of freedom is eroding, when the Nepali people have become cynical about federalism, and want to abandon the holy principles of the secularism that we all hold sacred, having more holidays would lift our spirits at the chance to have yet another day in which we can flake off.

Here are some suggestions of days that



we have not yet declared work-free, and which the gobblement should immediately add to the list of new holidays in the forthcoming budget:

- Federalism Day
- Secularism Day
- Inclusiveness Day
- Constitution Day (To Be Announced)
- Multi-party Day
- Victory Over East India Company Day
- Sovereignty and Territorial Integrity Day
- Buddha Was Born in Nepal Day
- Losar #1
- Losar #2
- Losar #3
- Losar #4
- Losar #5
- Losar #6
- Losar #7
- Women's Day
- Man Days
- LGBT Day
- Children's Day
- Adolescent Days
- Kot and Other Massacres Day
- Prithvi Narayan Coronation Day
- National Unification Day
- Prachanda Happy Birthday
- National Disintegration Day
- Vladimir Ilyich Day
- Mao Zedong Day
- Uncle Joe Stalin Day
- Shiva's Night Out
- All-Nepal Diesel Theft Heyday

- 12-Hour Load-Shedding Per Day
- Graft and Corruption Every Day
- Pollution Will Kill You One Day
- No Water Night or Day
- Jaundice Day
- Diarrhoea Day
- Cholera Day
- Full Moon Day
- Half Moon Day
- No Moon Day
- Partial Lunatic Eclipse Day
- Cow Day
- Crow Day (Only for Crows)
- Dog Day
- Horsing Around Day (Only Kathmandu)
- Mule Day (Only Mustang)
- International Day of Donkeys
- Pay Day (Once in 6 Months for Journalists)
- Mid-Hill Holi Day
- Tarai Holi Day
- Inner-Tarai Holi Day
- Doris Day
- May Day! May Day!

And that would bring the grand total of holidays in Nepal to an impressive 2025 days in a year. This will mean we will finally overtake São Tomé and Príncipe to finally stake our claim in the Guinness Book. And then, we can all tweet that in Ncell's free Twitter.

The Ass



PAST PRESENT FUTURE

DIWAKAR CHETTRI



R U trying to buy/invest or sell your property ???

R U looking for a tenant or property to rent out ???

R U searching for a rental spaces for residence/office/business ???

R U looking for a property management ???

NEPALPROPERTYMARKET.COM
One Stop Property Solution

R U planning to make your own house ???

R U looking for plumbers, masons, electricians, carpenters ???

R U searching for interior designer & architect.

R U searching for realstate legal solutions ???

Head Office: Lazimpat, Kathmandu, Nepal. Tel: 014414417, 6922373, 9741145917, Branch Office: Putalisadak, KTM., Nepal. Tel: 014422426, 4426560
info@nepalpropertymarket.com / www.nepalpropertymarket.com / www.npminterior.com / www.nepalbizmart.com / www.fb.com/nepalpropertymarket

5-STAR JOURNEYS NOW BEGIN WITH A TOUCH.

Book a Flight

Flight Status

qatarairways.com/mobile
World's 5-star airline

oneworld

QATAR
AIRWAYS القطرية

BlackBerry App World, Download on the App Store, Google play

CDO Regd No 194/056/57 Lalitpur, Central Region Postal Regd. No 09/069/70