

NEPALI Times

#829

7 - 13 October 2016

18 pages

Rs 50



Index furniture

FURNITURE THAT MAKES YOU SMILE ☺

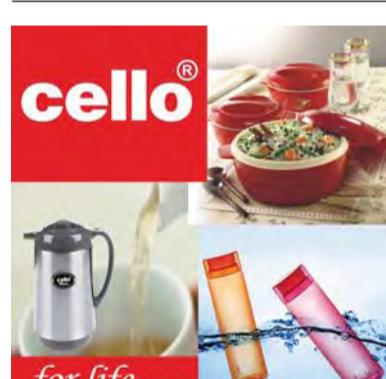
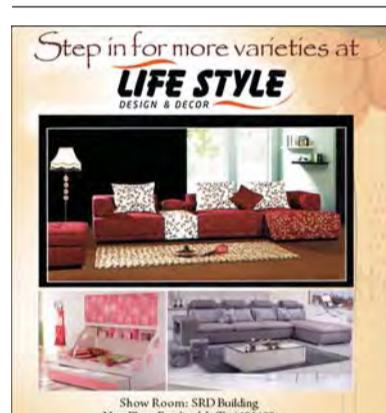
EXCLUSIVE FURNITURE FROM THAILAND

LAZIMPAT 4419308
& JAWALAKHEL 5000270

Plenty of special offer on the way.
Stay updated!

LIKE US
facebook.com/INDEXFURNITURENEPAL

FOLLOW US
instagram.com/INDEXFURNITURENEPAL



NAVESH CHITRAKAR

Kid you not

This Dasain, there is more to goats than meets the eye

No Dasain is complete without the mandatory mutton meal, and it seems this appetite will not be dampened even in the aftermath of earthquakes and blockades. Three-quarters of Nepal's goat consumption during this festival season is met by imports from India, sheep and mountain goats from Tibet make up to 25 per cent, the rest are goats from Nepal.

Meat consumption didn't go down by much even in last year's Dasain which happened right in the middle of the Indian blockade. And the closure of the earthquake-damaged Kodari Highway to China hasn't

stopped the import of ungulates from Tibet.

Nepal's per capita consumption of meat is 10 kg, higher than India which is 5kg person per year, but much lower than the United States which consumes 120 kg per capita. Goat meat accounts for only a quarter of all meat consumed in Nepal.

It may be worth noting that recent research has found that goats have long-term memory and are able to solve problems relying on their cognitive abilities. Goats make eye contact with humans and this is an indication that they interact with us at a visual level, even looking at humans for help if they cannot

solve a certain problem – traits similar to those shown by dogs and horses.

"We need to rethink our relationship with goats, and how we raise these animals. Goats are sentient beings with surprising intelligence, and our relationships with them can be special," says Ketan Dulal, a specialist in animal behaviour at the University of Prince Edward Island in the UK.

ODE TO GOAT
BY KETAN DULAL

THE GOAT RUSH
BY SHREEJANA SHRESHTA
PAGE 14-15

GOAT GAZE: Mountain goats designated for Dasain sacrifices arrive in a container truck in Kathmandu on Tuesday from Mustang. With the cost of Tibetan sheep going up, traders are relying on supply from within Nepal.



जय होस

Nepali Times wishes its readers and partners a joyful Dasain holiday. The paper will take its annual break next week, so the next hardcopy edition will come to you on

Friday, 21 October.

However, you can follow us online wherever, whenever.

nepalitimes.com



The most convenient way to book your ticket

Book online and pay cash. Qatar Airways offers the flexibility to book online and pay offline. Within 48 hours of making your reservation on qatarairways.com, you can either pay online or by visiting Qatar Airways office at Hattisar, Kathmandu.

Check-in online 36 hours prior to departure, skip the queue and save time at the airport.

Download our mobile app for greater convenience with each journey; book flights, check flight status or check-in on the go.

For more information and to book your tickets:

Visit qatarairways.com Call us on +977 1 4440467



QATAR
AIRWAYS
الخطوط الجوية القطرية
GOING PLACES TOGETHER

THE REPUBLIC OF INSOMNIA

Nepalis face an epidemic of post-traumatic stress and sleep deprivation as the country copes with the aftermath of the earthquake and is tangled in endless turmoil

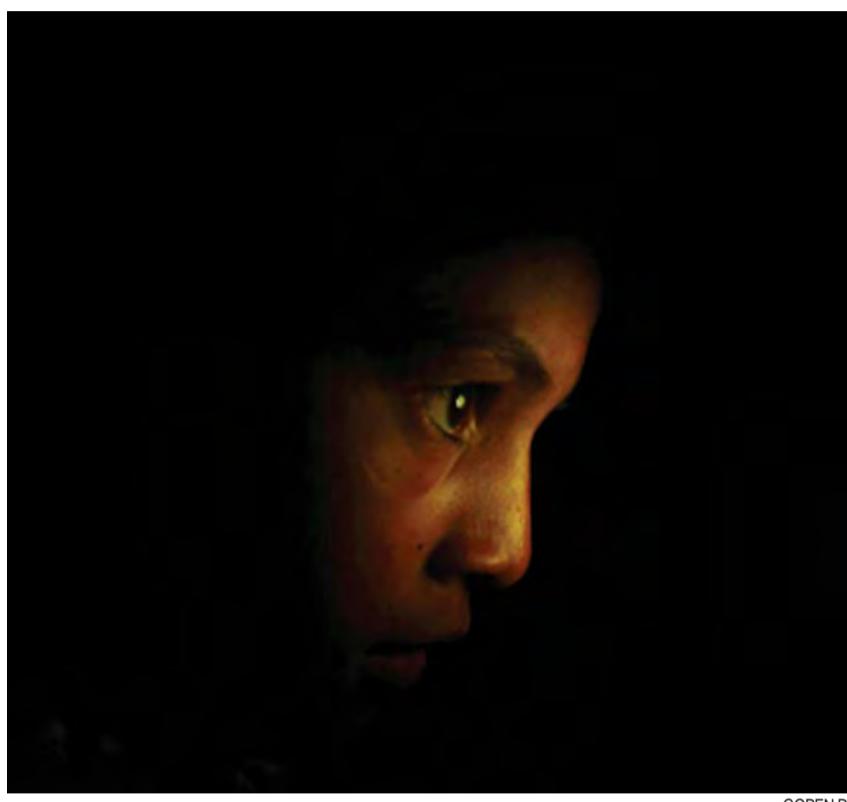
Going by the number of pictures in the media of Members of Parliament dozing off in the August House, you would think lack of sleep is the least of Nepal's problems. But recent studies have shown that insomnia has become a national epidemic, spawning a host of other physical and mental ailments in the population.

An entire generation of Nepalis has faced one trauma after another: The violence of the Maoist conflict, impunity and lawlessness for the decade since it ended, the death and destruction caused by the earthquake, and chronic economic hardships amplified by a merciless blockade. There are now indications all this has had an impact on the mental wellbeing of Nepalis.

One way to measure psychological stress is insomnia, the other is by tallying the prescription of certain medications. A survey by our sister publication Himal Khabarpatrika recently showed that 60 out of 80 patients who came in for a checkup at the Teaching Hospital Mental Health OPD last week complained of insomnia. Pharmacies also report that Nepal's consumption of sleeping pills, tranquillisers, sedatives and other psychotropic drugs has grown 15 per cent in the past year and has surpassed Rs 2 billion.

Researchers say factors contributing to this spread of sleeplessness among Nepalis are economic hardships, trauma and phobia after the earthquake, family separation caused by mass outmigration, residual violence and threats after the conflict, as well as general worry about the future due to ongoing political turmoil.

Insomnia is one of the first indications of mental stress, and if not addressed tends to escalate into more serious symptoms of psychological disorders as well as physical manifestations on the health of individuals. Over-prescription of drugs leads to even more complications, addiction to



OPEN RAI

sedatives, or in many cases alcohol and drug abuse — which in turn exacerbate symptoms of mental illness.

The conflict left many mentally scarred. People who witnessed the brutal murders of family members, or endured torture themselves added many thousands of new patients with post-traumatic stress disorders for a beleaguered health system to deal with. A decade later, many still suffer from insomnia, are startled by loud noises, or break into sweat.

More recently, relief groups working in earthquake-affected districts are still coming across psycho-social impact

even among people who did not lose any family members. Totalling the volume of psychotropic drugs that health NGOs have had to prescribe indicate the extent of the problem. Many survivors have phobia about being indoors, tremble at every aftershock and spend night after night without sleep. One NGO survey showed that 90 per cent of the people counselled in a Kavre village in which many houses were destroyed, suffer from chronic insomnia.

The fact that 2 million people are still living in temporary shelters, and families have to cope with daily survival while at the same time worrying about rebuilding their homes when help from the government is delayed, has added to stress levels.

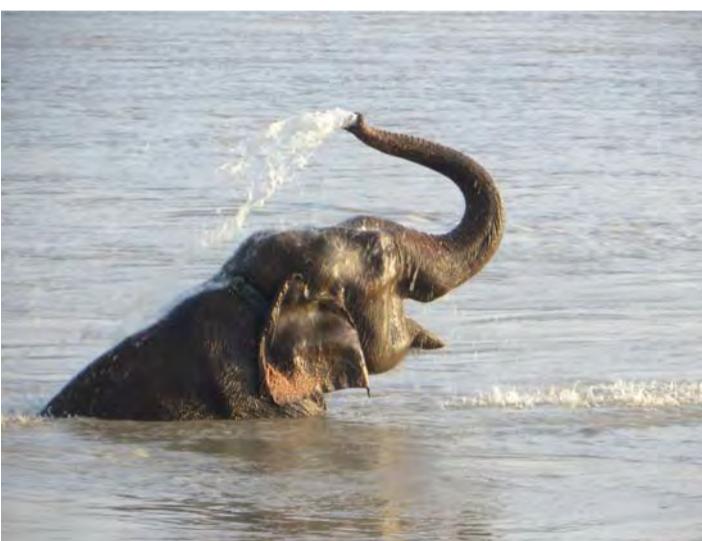
Psychiatrists are also worried about a growing trend of sleep deprivation, anxiety attacks and phobias among urban adolescents and young adults that they say is related to overconsumption of social media. More than 6 million Nepalis are now on Facebook, and an increasingly larger number are spending late nights on their phones or computers. Sleep deprivation due to internet addiction is emerging as a major health issue in Nepal, just as it has in Hong Kong and other East Asian societies.

Insomnia is regarded as a precursor to and a factor leading to mental illness. Stress-related sleeplessness can induce physical and mental ailments, adding a huge burden to a country in which hospital care is already inaccessible and unaffordable. Only 3 per cent of Nepal's national budget is devoted to health, and only 1 per cent of that is for mental health.

Nepal is a country afflicted with endemic post-traumatic stress. Only political stability that spurs the economy to create jobs will allow us to sleep better, and gain our equanimity.

Times

THIS WEEK



LENA QUENARD

Most reached on Facebook
Born to be free by Lucia De Vries
"Instead of riding them to observe wildlife, elephants themselves are now tourist attractions" (5,720 people reached)

Most shared on Facebook
Born to be free by Lucia De Vries
(189 shares)

Most visited online page
True patriot by George Varughese
(1,266 views)

Most popular on Twitter
Born to be free by Lucia De Vries
(55 retweets, 128 likes)

Most commented
Unhealthy politics, Editorial

YOUR SAY

www.nepalitimes.com

EDITORIAL

A man who came to power by killing, displacing and torturing people is now Prime Minister, and he is trying to portray himself as a Gandhian but he fails to address the non-violent movement of the true Gandhian that Govinda KC is ('Unhealthy politics', Editorial, #828). The fact that KC has had to fast for the ninth time for the same reasons is serious. It is rather a cruel reminder of the state's apathy to people's concerns.

Suraj Pradhan

■ A real leader is not one who shouts slogans on the streets and raises his voice against wrong-doings in Parliament, but one who uses his power and privilege to solve the problem. Gagan Thapa has always been popular amongst the youth. He gained more respect by supporting Govinda KC's demands. But he is now in a position to address KC's demands. I hope you are listening to us, Mr Thapa. If you fail, cynicism will grow, and people will stop fighting for a cause. If you have to act, you have to act right now. What you will do in your short tenure as Health Minister will shape our fate and destiny.

J Nepali

BORN TO BE FREE

Seeing elephants in their natural habitat, enjoying themselves, instead of being chained up is liberating not just for them, but also for nature enthusiasts and animal lovers ('Born to be free', Lucia De Vries, #828). Good to know we are finally moving towards a more sustainable, animal friendly form of tourism. More power to such projects and initiatives.

Bibas Gauchan

■ Wow, such a brave decision! I am sure it will make Chitwan even more beautiful. I hope to visit again soon!

Karen Wassenaar

■ Political parties have failed us once again ('Reconstruction grant is Dasain allowance', Shreejana Shrestha, #828). We were never hopeful for the swift reconstruction of the earthquake-devastated country, but the government's service delivery was worse than what we expected. What is even more unfortunate is that future governments will also not succeed.

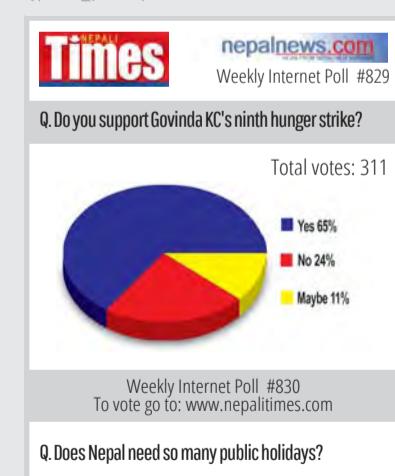
Jiban Biswas

Brendan Paddy@bjpaddy
Grants seem to be too late to help with temporary shelter & too little for permanent homes?

Nepali Times@nepalitimes
Earthquake survivors are using the first tranche of housing grant for everything but reconstruction.
[@shreejanas](http://bit.ly/2cFP1pU)

Suby@Subytweets
@MeenMenon Wish our fellow states-people in Kerala also applied this justice to the born free pachyderms. To be chained is pure torture

Nepali Times@nepalitimes
Earlier this year, Tiger Tops, Nepal's oldest jungle safari unchained 12 captive elephants.



If Carlsberg did fitting rooms,
they would probably be the best in the world.



But we make beer.

[/carlsberg.com.np](http://carlsberg.com.np)

Carlsberg

Probably the best beer in the world.



Putting Dolakha back on the map

Tourism can help earthquake-ravaged district rise up from the rubble

SAHINA SHRESTHA
in DOLAKHA

The historic town of Dolakha, nestled in the lap of Gauri Shankhar, has been a strategic entrepôt between Kathmandu Valley, Tibet and Northern India for centuries. It was fabled far and wide for its wealth and stunning natural beauty. The historic mint here used ore from copper mines of the Tama Kosi to make coins for the kingdoms of Tibet and Kathmandu.

Dolakha was a backwater when John Hunt's first successful expedition to Mt Everest passed through in 1953. And it wasn't until the Swiss-built Jiri highway came through that the economy started picking up. The road bypassed the old town, and it was Charikot which grew from a tiny village to a city of high rises that it is today.

Last year's earthquake, especially the 12 May aftershock which had its epicentre only 5 km away, destroyed most of old Dolakha and the fancy new hotels and towers in Charikot.

Dolakha is struggling to rise from the rubble. But there are encouraging signs as two big hydropower projects have resumed construction and trekking is picking up again.



JIVAN LAMA

Before the earthquake, Dolakha's businesses had just started promoting the district's hiking trails, white water rafting, paragliding and homestay tourism. With its scenery, Dolakha could easily rival Pokhara as an adventure tourism destination.

"After the earthquake we considered closing down for good," says Herman Thapa of

Charikot Panorama Resort, where five of the seven stone cottages were damaged. "We decided to get back to business because people need jobs; also this resort is my parents' dream." Thapa's mother is Swiss. Panorama was the favourite stopover for European trekkers bound for Rolwaling. Most of the cottages have been rebuilt and work is going on to

restore the main hall and dining area.

Reviving tourism can be a good way to restore Dolakha's economy which has seen a boom in recent years with new

hydropower projects. "Together with hydropower, tourism is the mainstay of Dolakha's economy," says Sundar Karki of the Hotel Association of Nepal. But many of the new hotels in chariot were destroyed or damaged in the earthquake, throwing many people out of jobs.

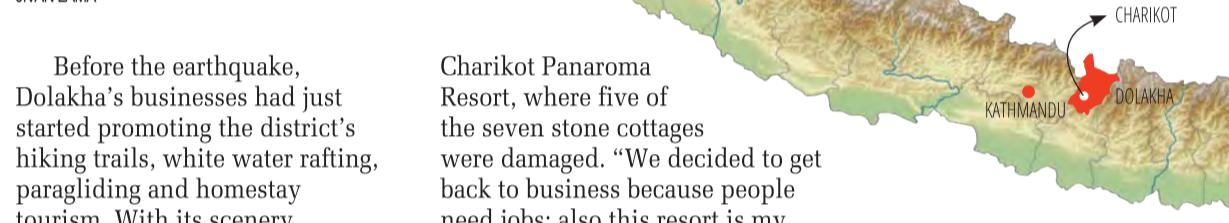
"After the earthquake, there was blockade which hit development projects and tourism, but things are picking up again," says Navaraj Khatri, manager of Hotel Kuber, which opened six months before the earthquake.

It is an optimistic indication that hotels are being repaired, and new ones are opening up. What entrepreneurs here now hope is to upgrade the hotels and promote Dolakha as an international destination.

Dolakha is also the perfect destination for those looking for short hikes with spectacular views like Kalinchok, the ridges above Jiri and the longer Rolling and Tasi Lapsa treks. The classic route of the Everest Trek also starts in Jiri.

A new road from Khadichaur to Charikot and a plan for a cable car from Kuri to Kalinchok, locals hope, will boost tourism.

Says Navaraj Karki: "Dolakha has many places that are ideal for families and adventure tourists. Tourism can help the post-earthquake revival of Dolakha."



SURYA NEPAL
JAZZMANDU 2016
14th kathmandujazzfestival

MUSIC FOR UNITY COMPASSION & PEACE

20-26th OCTOBER

LYRICS BORN USA | AFURIKO FRANCE/ JAPAN
JANYSETT MCPHERSON CUBA/ FRANCE
MN' JAM EXPERIMENT NETHERLANDS
ROCKET MEN GERMANY | ANGE TAKATS AUSTRALIA
CADENZA COLLECTIVE NEPAL | GANDHARVA NEPAL
RABIN LAL SHRESTHA TABLA ENSEMBLE NEPAL
KJC & N.A. JAZZ ORCHESTRA NEPAL

www.jazzmandu.com [Facebook](#) [Twitter](#) [Instagram](#)
Upstairs Ideas & Music Room Presentation

TICKETS AVAILABLE AT RESPECTIVE VENUES | JAZZ UPSTAIRS - LAZIMPAT | NEPA MUSIC OUTLETS - THAMEL | KATHMANDU JAZZ CONSERVATORY - JHAMSIKHEL | FOR INQUIRIES CALL - 9803516450

EVENT PARTNERS

AMERICAN EMBASSY

Afghan Embassy de Kathmandu

EUROPEAN UNION

GOETHE INSTITUT

NEPAL Times

Summit Hotel

GOKARNA FOREST RESORT

YAK & YETI

NTB Promoter

YAMAHA

THE MUSIC room

UPSTAIRS Jazz

The Himalayan
unstoppable

prabhu BANK BIZ BRIEFS

Honouring Soaltee

Soaltee Crowne Plaza Kathmandu received a letter of appreciation from



the Ministry of Culture, Tourism and Civil Aviation for 'Highest contribution in earning Foreign Exchange' recently. The award was presented on the occasion of the 37th World Tourism Day 2016.

Hall of fame

Qatar Airways has been inducted to the TTG Travel Hall of Fame after



winning the Best Middle-Eastern Airline for the eleventh consecutive year at this year's TTG Travel Awards. The induction criterion to join the Hall of fame includes winning in the same award category for ten consecutive years.

Education for all

Ford Motors has expanded its volunteer projects in Nepal as a part of the eleventh annual Ford Global Caring month. As a part



of the project, 36 employees will work with Round Table Nepal, Koseli Foundation to create equal educational opportunities for underprivileged children.

Sharing codes

Turkish Airlines and Air Europa have entered a code-sharing partnership. Air Europa will place its marketing logo on the Istanbul-Madrid route

TURKISH AIRLINES

operated by Turkish Airlines while Turkish Airlines' logo will be placed on Madrid-Las Palmas/Ibiza/Palma de Mallorca and Madrid-Havana/Santo Domingo/Lima flights operated by Air Europa.

prabhu BANK

Regular breaks

Only Nepalis do holidays with such enthusiasm and inaction

There is probably no country in the world where everything shuts down for two weeks, and half the population of the capital city goes home to the villages. China's Golden Week comes close, but only Nepalis do holidays with such enthusiasm and inaction.



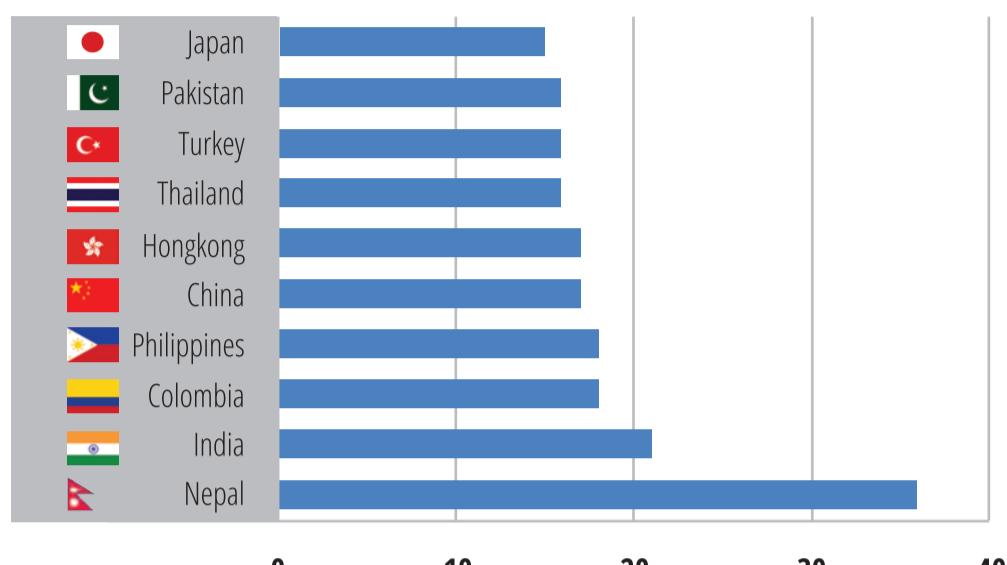
ECONOMIC CLASS

Manish Jha

Generally, people get almost eight days off during Dasain, but this year the main days of Ghatastapana, Phulpati and Kojagrati fall on Saturdays so most Nepalis are regretting the loss of three days from the long holiday. Soon after Dasain comes Tihar, another four days off, and then in the Tarai there is the Chhat festival. More holidays.

This year's 2073 calendar indicates that there are 36 public holidays. Add that to the impromptu days off that the government declares from time to time to mark important events, and it is clear why Nepal tops the list of countries for the most number of public holidays in the year.

Some would argue that this is unfair because Nepal only has one-day weekends, and therefore the national holidays compensate for it. True, if Sundays are counted most other countries would have 48 more days off in a year.



Ten nations with the highest number of public holidays

Public holidays, national holidays, or legal holidays are terms meaning nothing more than a day in a year set aside as non-working days decreed by the government. There are many countries that enjoy the privilege of having a large number of public holidays generally marking the anniversary of an important historical event, religious celebration, or a holiday falling on a certain day of the week or following some calendar system, such as the Chinese or Lunar Calendar.

Nepal tops the list of countries with the most public holidays (see graph) with 36 days a year, followed by India with

21 public holidays, Colombia and the Philippines with 18 days, China and Hong Kong 17 days, Thailand, Turkey, and Pakistan with 16 days. Japan, Argentina, and Sweden each have 15 holidays per year.

There are pros and cons to having so many public holidays. The advantage is that it gives families time to bond, and in many countries public holidays are part of a national strategy to increase social cohesiveness and strengthen family ties. Nepal doesn't need this so much because we already have a strong clan culture and there is

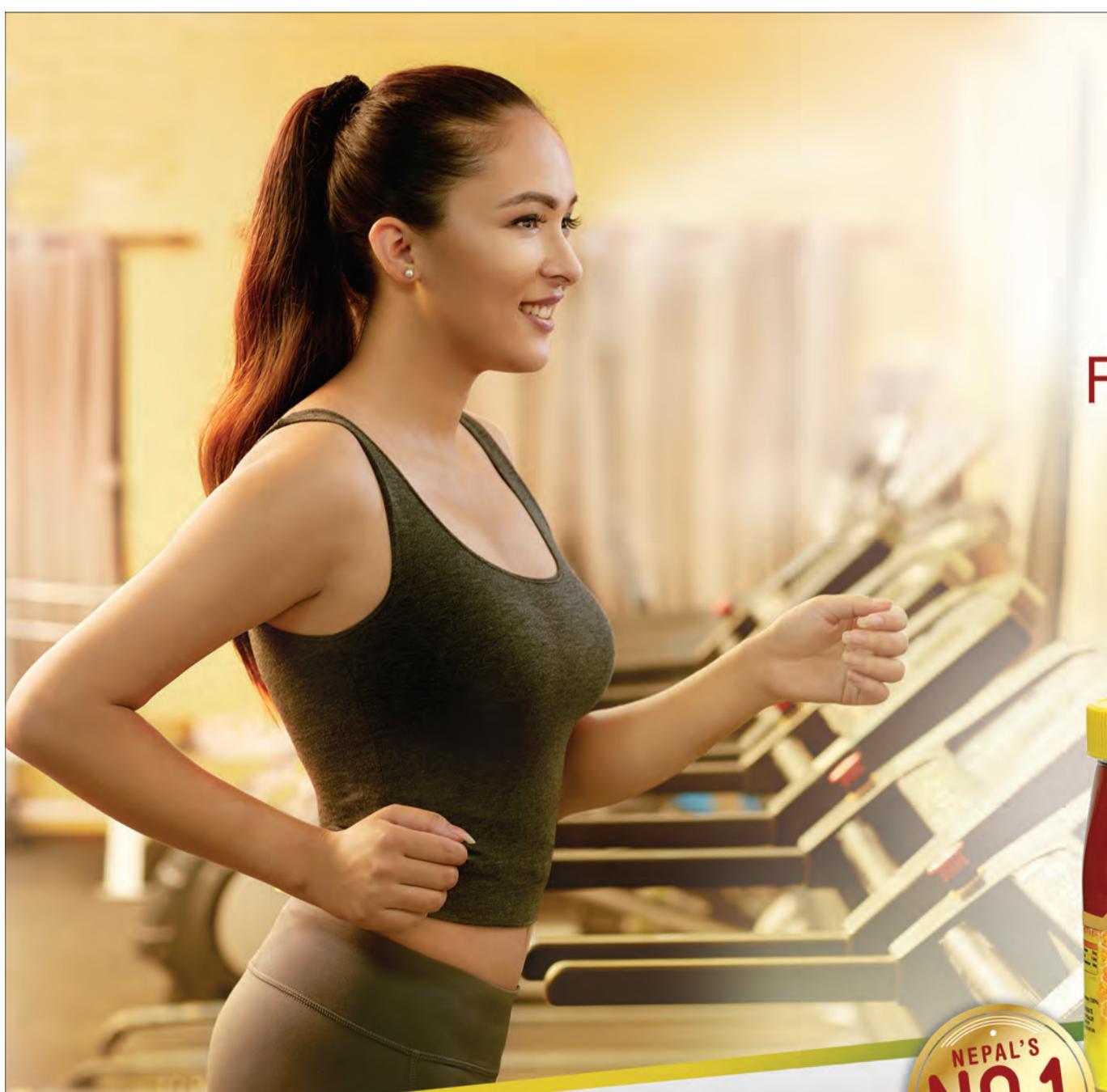
plenty of socialising within the family and community.

On the other hand, a surfeit of public holidays can also have a negative impact on the economy if it is overdone. For example, banking holidays and closed government offices inconvenience the public, and affect businesses. It is really necessary and important for the government to strike the right balance.

After the political change of 2006 successive governments have been under pressure to make holidays more inclusive. The number of holidays for Dasain have been cut to allow for more holidays such as Losar for various ethnic groups as well as festivals in the Tarai which were earlier not officially recognized as national holidays. Also, for a time, there was confusion about the celebration of Nepal's national day: Constitution Day, Republic Day or People's Movement Day.

An average civil servant or office goer in Nepal has 36 days off in a year, and is also entitled to a 15 day annual leave, 12 days casual leave and six days of sick leave – bringing the total number of holidays to 69. With most people working barely 244 days in year, productivity is seriously affected.

It is the Cabinet which decides how many official holidays the country should have, and since it is the government which is most in hurry to declare a day off we cannot expect much by way of reform in increasing the number of working days. ☺



Dabur Honey

FOR A FITTER YOU


PURITY GUARANTEED





STAY FIT, FEEL YOUNG.

Food for thinking

It turns out gender discrimination is a good thing for girl students in government schools

OM ASTHA RAI
in BAJHANG

When Harijit Bohara became principal of the newly established Mahadev Primary School in Sunkada, a village in this remote district in western Nepal 25 years ago, most girls stayed home until they were married off early.

Bohara, now 52, is still principal in the same school, but the gender landscape of this village has transformed. Of a total of 185 students at this school, 113 are girls and only 72 are boys. Girl students outnumber boys not just in this government school but throughout Bajhang.

"Even if you try hard you won't find a girl in our village who does not go to school these days," he says.

Bajhang's female population is slightly higher than its male population, but that is not the real reason girls outnumber boys in government schools. Most parents prefer to send their sons to pricier private English-medium schools, hoping to give them better education than what they would receive in government schools, which are deemed better for daughters.

Rama Negi, 25, is one of those parents. She was married at 17

NUTRITIOUS LEARNING:

Students line up for their mid-day meal at Mahadev Primary School in Sunkada, Bajhang.



BIKKIL STHAPIT/WFP



and gave birth to her first baby, a boy, at just 18. Her son was enrolled in a local private English school two years ago. When her second baby, a daughter, turned five this year, she was enrolled in a government school.

"We can't afford to pay fees for both, so only our son goes to private school," she explains matter-of-factly.

Like most men in this region, Negi's husband is working in India, and comes home only during rice planting and harvest seasons. He is not coming home this Dasain, but will be here for Tihar and will return to India only after harvesting this season's crop.

This deep-entrenched discrimination is confirmed by the gender breakdown of students enrolled in government schools

not just here in Bajhang, but throughout Nepal.

Ganesh Bohara, a Nepali Congress activist in the village of Deule, says the discrimination is not as prevalent as before. "But," he adds, "some parents still think they need to invest more on their sons rather than daughters."

However, the ratio of girls and boys is not as skewed in government schools where students get free nutritious mid-day meals which the United

Nations World Food Programme (WFP) has been distributing in Bajhang and 9 other districts in western Nepal with the funding from the US Department of Agriculture.

About 36,000 students in 302 government schools, mostly at primary level, get the meal every school day in Bajhang alone. Each meal consists of corn, soya, ghee and sugar, and provides 470 Kcal.

Gender discrimination is so severe that girls face discrimination not only in education but also in nutrition. Most families only grow enough food to last up to four months, and the men migrate to India to earn enough to feed dependents. Daughters always eat last, and when there is not enough food, brothers get preference.

Chronic undernourishment makes girls more vulnerable to infectious diseases. One in every five women of reproductive age in Bajhang are underweight and one third of the women suffer from anemia.

"Daughters deprived of nutrition at home get to eat at school," says Madan Kumar Thapa, Bajhang's District Education Officer. "It is not only discouraging them from dropping out, but also helps maintain their physical and mental growth."

Thapa says most parents still think private schools, even if they are ill-equipped and badly managed, provide better education than government schools.

"The sons who go to such private schools do not necessarily get better education," he says. "And they are missing out on the supplementary food available at government schools."

RAYMOND WEIL
GENEVE



PRECISION
IS MY INSPIRATION

SULUX CENTRE
SOLE DISTRIBUTOR & SERVICE CENTRE
Hotel Woodland Complex, Durbar Marg, Kathmandu, Nepal.



Scan for
watch details

REMO
Research & Monitoring System

redefining research

REMO is Research and Monitoring System that can capture, analyze and visualize data together. Tremendously useful and cost effective, REMO opens a new frontier on how surveys are conducted. Smartphone-enabled and tablet-compatible, surveys can be created in a fly and modified on the go. Data Collected gets seamlessly aggregated on the system allowing web-based access that dynamically produce meaningful reports in real time. Using complex algorithm, data is instantly converted to intelligence.

Rooster Logic Pvt Ltd.

Head Office : Campus Marg, Chakupat, Patan Dhoka, Lalitpur, Nepal
Corporate Office : 2nd Floor, Hotel Association of Nepal, Gairidhara, Kathmandu, Nepal
E : info@roosterlogic.com T : (+977) 441 9107 M : (+977) 9851164335

"1st Nepali System to be deployed in all 75 districts; 200,000+ sample size"

DASHAIN TIHAR DHAMAKA offer

25% OFF EVERYTHING

Happy Dashain & Tihar 2073

BEDROOM | LIVING ROOM | DINING | OFFICE | GARDEN

ASHLEY bofa PARADISE

Furniture Land

Home & Office gallery

FURNITURE LAND STORE

Tripureshwor, 4-224797 | Mai Tighar, 4-266372 | Mahalaxmi, 4-016277 | Chabahil 4-481902 | Pokhara 61-536596
www.furnitureland.com.np sales@furnitureland.com.np



The southwest monsoon is taking its own sweet time, and depositing what is left of its moisture content over the Central Himalaya as it goes. It does look like it will be a muddy Dasain after all, and there is more rain likely over the weekend. It will come in violent bursts with thunder and lightning in the afternoon, although the mornings will start crisp and bright. Expect an improvement in the weather early next week as we get back to weather more characteristic of autumn in Kathmandu.

FRIDAY | **SATURDAY** | **SUNDAY**
27° | 27° | 26°
18° | 18° | 18°



QATAR AIRWAYS القطرية

Going places together - qatarairways.com

Asan at Dasain

At festival time, Asan is not just full of shoppers but also tourists who come to observe the shoppers

At nine in the morning as Kathmandu prepares for the upcoming Dasain festival, Kathmandu's Asan market street is getting ready for another big day.

While some shops have already set up and started business, others are dusting out shutters and preparing to open to customers. By noon, it is already peak hour and nothing quite prepares you for the spectacle of the crowds of shoppers on the streets.

After seeing a drop in shoppers after the earthquake that destroyed some houses in Asan and many of the temples in the nearby Hanuman Dhoka Complex, it looks from the hustle and bustle this week that the market has regained its former glory.

Amidst the timber props holding up earthquake-damaged buildings is a five-storey fabric shop. The current owners, Rakesh Agrawal and his brother, who inherited the store from their forefathers, have been selling cloth to generations of Dasain shoppers.

"For the first time we saw a drop in customers last year because of the earthquake, but with Dasain, Tihar and the marriage season, things are back to normal this year. There will always be customers here in Asan," says Rakesh Agrawal.

Adorned with a variety of goods such as ladles and pots and pans, garments, fresh vegetables, to essence sticks and other ritualistic accessories, on either side of the cobble stone street, Asan has come to be more than just a market place for its valley residents. It is a way of life.

Located at the heart of old Kathmandu, Asan,



Makhan and Indrachok are busy all times of year, but it is during Dasain and Tihar that the traditional markets are abuzz with activity. Over the years, Kathmandu has been overtaken by shopping complexes, malls, and department stores. But here in Asan time stands still.

It is for this reason that Asan is not just full of shoppers, but also tourists who come to observe the shoppers - adding to the crowds. As festive season begins, the crowds are cheek to jowl and this moving mass of teeming humanity is a tourist attraction in itself.

Shoppers, tourists and the occasion street fauna are not all one has to deal with on the streets of Asan. An already packed street struggling to accommodate shoppers also has to make way for blaring motorcyclists, rickshaws with tourists, and even taxis and delivery vans.

Pramila Neupane, a resident of Mulpani, changed two tempos and spent more than an hour to get to Asan to buy puja bhada and Dasain clothes for her children. She says, "It is worth the trouble coming to Asan to buy the clothes and puja bhada. It may be crowded but there is a choice of goods I don't find elsewhere."

Another customer, Kalpana KC, a resident of Baluwatar, recalls having walked to Asan to buy vegetables every day. And even though there are now shops in Baluwatar, she still comes here to buy essentials.

She says: "There isn't a single festival during which I don't come to Asan. It is not easy to get around, but it offers what other markets do not: A sense of belonging."

Raisa Pande

BIKRAM RAI



Innovation that excites

**POWERFUL
MADE CLEVER
NAVARA**

JAPANESE INNOVATION THAT GIVES
YOU, MORE CAR, MORE VALUES



Accessories shown in the pictures may not be part of standard



JAZZ IT UP IN 'MANDU

Welcome to Jazzmandu 2016. The festival that put Kathmandu on the international jazz map turns 14

MEET THE ARTISTS



ROCKET MEN (GERMANY)

The five member ensemble from Germany combine jazz, drum'n'bass, hip-hop, dub and rock to take the listeners on an extraterrestrial journey through a variety of soundscapes via musical fusion. With the recent release of their album Weightless, the band is hitting the road both in Europe and Asia, transporting the audience to another planet with every show.



LYRICS BORN (USA)

Born in the vibrant Bay Area of California, Lyrics Born began his music career at UC Davis's college radio station. Years later, he is making music that is raw, fresh, unconventional, and fun. Recently he released Now Look What You've Done, Lyrics Born! Greatest Hits, a compilation that perfectly exemplifies his strength as a lyricist and musician.

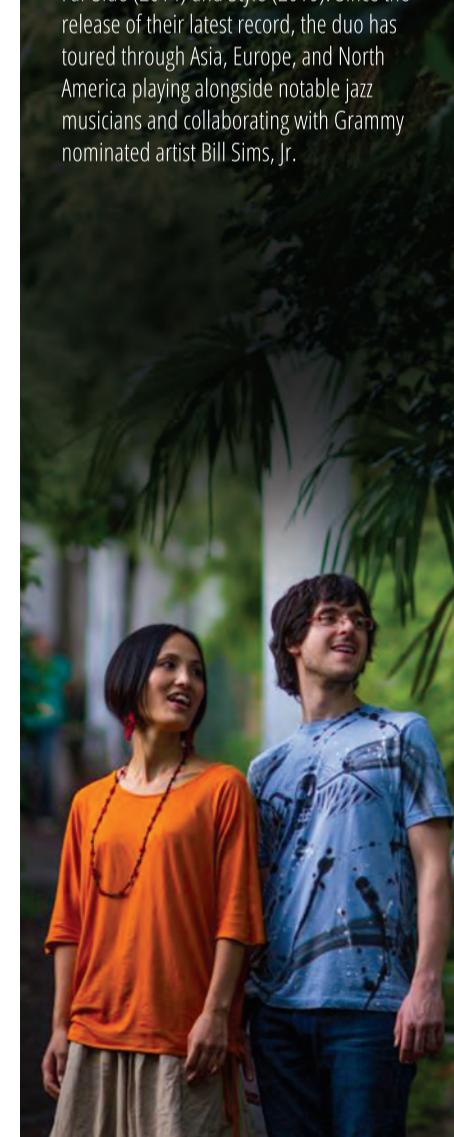
JANYSETT MCPHERSON (CUBA/FRANCE)

Born in Guantanamo, Cuba, Janysett McPherson began playing the piano at a young age and found her passion and talent for music. Her music brings a blend of Latin American sounds with jazz, brought to life with her world-class voice. McPherson has toured the world, recorded many albums, and collaborated with some of the finest musicians in the world, and now brings her talents to Kathmandu.



AFURIKO (FRANCE/JAPAN)

World Jazz duo Afuriko features Japanese percussionist Akiko Horii and French pianist and composer Jim Funnel. They began playing music together in 2010 when their paths crossed in Paris. The band has released two albums since then, On the Far Side (2014) and Style (2016). Since the release of their latest record, the duo has toured through Asia, Europe, and North America playing alongside notable jazz musicians and collaborating with Grammy nominated artist Bill Sims, Jr.



Every year between the festivals of Dasain and Tihar there is usually another festival in the Kathmandu calendar, Surya Nepal Jazzmandu. The weeklong jazz jamboree turns 14 this year and it returns with an impressive ensemble of international and Nepali artists.

"We have been bringing the best international sound to Nepal," says Navin Chhetri, artistic director of the event and the drummer and vocalist of Cadenza, who started organising the festival in 2002.

Over the years, Jazzmandu's popularity has grown with the organisers receiving applications and recommendations from all over the world. The screening process takes about a year and the organisers try not to repeat artists to give the audience a chance to taste the various flavours of jazz.

This year's bands include Rocket Men (Germany), Afuriko (France/Japan), Mn'JAM Experiment (The Netherlands), Ange Takats (Australia), Lyrics Born (USA), and Janyett McPherson (Cuba/France). Home grown artists Candeza Collective, Kathmandu Jazz Conservatory and Nepal Army Jazz Orchestra, Rabin Lal Shrestha ensemble, Umesh Pandit, Manmohan Thapaliya and Gandharvas will be accompanying them on the stage.

"Jazzmandu is not only a



PICS: JAZZMANDU

great event for Nepal, but also for international artists like myself who get to experience this very special festival which celebrates the best jazz music from around the world in the magical setting of Kathmandu," says Ange Takats, who is one of the two returning artists for the festival. Takats previously performed in Jazzmandu in 2014 and was inspired by the artists and the audience.

"I had no idea Kathmandu has such a thriving jazz scene. I was really impressed back in 2014. There seems to be an audience of jazz lovers in Kathmandu that are so supportive of the scene," she adds.

"We are really excited to see

people's reaction to our music in Nepal because it's not a typical jazz or world music sound," says Philipp Püschel, of the German group Rocket Men, who describe their music as "intergalactic jazz".

Popular Jazz for the Next Generation competition will be taking a break this year, but the free concert for school students will continue this year as well. Apart from educating, encouraging jazz enthusiasts, and providing a musical experience, Jazzmandu also aims to act as a bridge for cultural exchange. Says Chhetri: "While working closely for seven days, there will be numerous opportunities to learn from each other."

Sahina Shrestha



ANGE TAKATS (AUSTRALIA)

Said to have one of the purest voices in the Australian music scene, Ange Takats is a former journalist turned singer. She began her career in Bangkok where she started to collect the stories that would weave in and out of her songs. Having toured all over the world and recorded many successful records, this seasoned performer brings her heart and soul to every performance.



MN'JAM EXPERIMENT (THE NETHERLANDS)

'Innovative' is one of the first words that come to mind when you see and hear this band. Currently based in the Netherlands, this band is known for its novel take on jazz and colorful, multimedia live performances. Blending sounds from the 21st century with sounds of classic jazz, Mn'JAM's performance is intriguing and electrifying.



BOOKMARKS

20 October, Thursday

Concert for school students

A free concert as part of Jazzmandu education initiative for young school students gives them an opportunity to experience music from around the world, interact with visiting musicians and share in on their musical journey.

Time: 11am to 12.30pm

Venue: Alliance Francaise, Tripureshwor

Free Concert (Invitations only, info@jazzmandu.org Limited seats).

Groovin' at Upstairs

The festival kicks off with performances by Cadenza and friends at Jazz Upstairs!

Time: 7 to 9pm

Venue: Jazz Upstairs, Lazimpat

Ticket: Rs 500 (Limited seats)

21 October, Friday

Valley Jams

Different venues in Kathmandu will feature performances by various Jazzmandu artists. Take your pick and go where your favorite band will be jammin'!

Time: 7 to 9pm

Ticket: Rs 500 (Limited seats)

Venues:

House of Music, Thamel - LYRICS BORN (Presented by the US Embassy)

Jazz Upstairs, Lazimpat - AFURIKO / ANGE TAKATS

Moksh, Jhamsikhel - JANYETT MCPHERSON

Manny's Eatery & Tapas Bar, Jawalakhel - ROCKET MEN

22 October, Saturday

Jazz bazaar

Get away from the hustle and bustle of Kathmandu and enjoy a marathon of jazz and traditional Nepalese folk and classical music performed by international and Nepali musicians at the Gokarna Forest Resort.

Time: 2.30 to 10pm

Venue: Gokarna Forest Resort

Ticket: Rs. 1200, 25% off on ticket for cyclists.

23 October, Sunday

The sounds of Latin Jazz

Bring your dancing shoes as you groove to authentic Latin Jazz & Afro-Cuban music.

Time: 7 to 9pm

Venue: Hotel Summit, Kupondole

Ticket: Rs. 1400

Featuring: Janyett McPherson (Cuba/ France) and Afuriko (France/Japan)

24 October, Monday

Jazzmandu vocal and rhythm workshop

Time: 4 to 6pm

Venue: The Kathmandu Music Room/Naxal, Bhatbhateni

Free entry (Very limited seating)

Featuring:

Afruko - Hand percussion techniques and musicianship.

Janyett McPherson - Cuban Rhythms & folkloric singing.

25 October, Tuesday

Jazzmandu master class

An opportunity for music students and jazz enthusiasts to interact with visiting musicians, share in on the experience and stories and learn different vocal and instrumental tips and techniques

Time: 1.30 to 3.30pm

Venue: Kathmandu Jazz Conservatory, Jhamsikhel

Free entry (Limited seating)

Featuring: Mn' Jam Experiment, Lyrics Born, Rocket Men

Jazz at the Temple House

A part of the Courtyard Music Series, enjoy an evening of Nepali classical music fused with Jazz in an intimate setting in a beautiful Nepali courtyard at the Kantipur Temple House. International musicians bring out their ideas and energies with Nepal's top-notch classical musicians and Nepali jazz pioneers Cadenza Collective.

Time: 6 to 8.30pm

Venue: Kantipur Temple House, Jyatha ,Thamel

Ticket: Rs 1400 (Limited seats)

Featuring: Cadenza and Friends

26 October, Wednesday

Jazzmandu finale

The festival closes with performances by different bands and jam sessions to create a high-energy, improvised musical treat..

Time: 5.30 to 10pm

Venue: Yak & Yeti Hotel, Durbar Marg

Ticket: Rs. 1200

EVENTS



DASAIN

The longest and biggest festival in Nepal, Dasain is celebrated by worshipping goddess Durga in all her manifestations. The fifteen-day festival started on 1 October, locally known as Ghatasthapana.

8 October, Fulpati: Seventh day of Dasain on which fulpati (jamara, different types of flowers and banana stalks) is brought to Kathmandu from Gorkha. Generally families bring fulpatis to their prayer rooms.

Breast Cancer awareness,
Participate in a Walkathon organised by Rose Foundation Nepal to raise awareness about breast cancer and promote breast self-examination.
22 October, 8.30 am to 3 pm, Starts at Patan Darbar Square and ends at Jawalakhel football ground, 9813688226/ 9803557302/9849035012, rosefoundationnepal.org



Piano lessons,
Register for jazz piano lessons and get to know about jazz theory, harmony, improvisation, and composition, with Indian musician and jazz pianist Shanoi. Kathmandu Jazz Conservatory, Jhamsikhel, (01) 5013554

MISS MOTI-VATION

KRIPA JOSHI



You yourself,
as much as
anybody in
the entire
universe,
deserve your
love and
affection.

- Buddha

Miss Motivation
Kripa Creations

DINING

DINING



Black Pepper Café & Pub,

Cosmopolitan dining and drinking in a traditional style courtyard, try the apple sauce pork chops, enjoy the good service. *Kopundole Height, Lalitpur, 5521897, 5536926*



Embassy,

Positioned at Lajimpat's embassy-laden lane but away from the hustle and bustle of the main road, this restaurant has a menu with Nepali, Indian, Italian, Thai and Japanese dishes on offer. *Lajimpat, (01)4424040*

Koto,

Japanese cuisine of the highest quality, served with meticulous attention; food fanatics will find themselves in a haven of sashimi and tempura. *Lakeside or Pulchowk or Darbar Marg*

Wunjala Moskva,

Treat your palette to Newari and Russian dishes in a lush garden with ancient trees and trickling streams. *Naxal, (01)4415236*



Chez Caroline,

Authentic ambience, exquisite French food, glorious sunshine and more. *9am to 10pm, Babar Mahal Revisited, (01)4263070*

THE WELL WILL NOT LAST FOREVER

Overpumping will deplete ground water, but rainwater harvesting is sustainable



- Rainwater Harvesting System
- BioSand / Water Filtration
- Greywater Recycling
- Wastewater Treatment System

smart
paani

SmartPaani Pvt. Ltd.

GPO Box 13989, Campus Marg,
Chakupat, Patan Dhoka, Lalitpur
P: +977-1-5261530, 5260506
info@smartpaani.com
www.smartpaani.com

MUSIC



Music mania,

Gear up for the third edition of Blackout Pride Phase featuring bands like Ugrakarma, Taamishra, Absorb, Undefined Human and more. *12 November, 12 to 6 pm, Thamel Reggae Bar, Thamel*

Superfuzz live,

Spend a musical evening with Superfuzz, good music and food. *Every Saturday, 7 pm onwards, The Factory, Thamel, (01) 4701185*



All about jazz,

Tap to the beats of international jazz musicians in the fourteenth edition of the Jazzmandu festival. *More on Page 8-9. 20 to 26 October, Multiple venues, www.jazzmandu.org*

Open mic night,

Grab the mic and sing your heart out at the House of Music every Tuesday. *House of Music, Thamel, 9851075172*



LIVE AT
WICKED SPOON

Kramasha live,

Usher in Dasain celebrations with some soul stirring rock and acoustic with Kramasha - Nepal. *7 October, 7 pm onwards, Wicked Spoon, Jhamsikhel, (01) 5522968*

GETAWAY



Shangri-La Village Resort,

Escape to the lake city and celebrate Dasain with their 'Special Sayapatri' offer that extends a two nights and three days package at Shangri La Village Resort in Pokhara.

Garhapat, Pokhara, (01) 4420252, 9860260894 / 9803553023, Rs 6999 per person

The Last Resort,

Test your limits with canyoning, hiking, rock climbing, rafting, mountain biking, bungee jumping. *Bhotekosi, Sindhupalchok, (01)4700525/1247*



Pokhara Grande,

A swimming pool to escape the heat, a massage parlour and spa to loosen up and a gymnasium to release stress, great options all around.

Lakeside, Pokhara

Mango Tree Lodge,

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



Atithi Resort & Spa,

A quiet sanctuary that fuses Nepali tradition with modern amenities, complete with a fancy pool and a cosy restaurant.

Lakeside, Pokhara, 00977 (61) 466760



Flooring/ Furnishing Mattresses
Imported Sofas/Recliners Wallpapers
Rodz Bed Covers
Rugs

Enter the world of furnishing...

Banking Partner NABIL INSTALMENT Available on Online Transaction to Nabil Credit Card Holder

New Madan Furnishers Pvt. Ltd. Kopandole, Lalitpur, Nepal Tel: 552 3236, 552 0318 Fax: 553 6927

info@nmfurnishers.com | www.nmfurnishers.com

MISS MOTI-VATION

KRIPA JOSHI



You yourself,
as much as
anybody in
the entire
universe,
deserve your
love and
affection.

- Buddha

Miss Motivation
Kripa Creations



Driving you up the wall



Rock climbing is catching on as the next big thing in the country for thrill seekers and fitness enthusiasts

When I decided to cover rock climbing as one of the adventure sports to be featured in this fortnightly series in *Nepali Times*, I thought it would be much easier than some of the other outdoor themes that have been featured like skydiving, canyoning or caving.

Wrong. Rock climbing so far has been the most challenging sporting activity I have ever gotten myself to try. It is not just physically demanding, but also puts your mind to the test. One has to be patient, focused and never afraid to make some quick leaps of faith to make it to the top.



Iman Gurung a popular mountain guide. Niraj Karki of Astrek Climbing Wall says: "We honoured his contribution to the sport after his untimely demise by naming his favourite climbing face after him."

Nora had warned me that climbing Iman Ko Samjhana was not recommended for a first-timer, but only after I had hauled myself over the 55m vertical face. The first phase was fairly

easy as I had expected. It was moving from phase two to three that truly tested my drive for adventure. Apart from agility, flexibility and overall stamina, the strength of the arms is especially key when it comes to rock climbing. For someone like me, who has always considered my strong legs were a good compensation for my frail arms, rock climbing soon turned into a daunting task.

It was the team work of Niraj and climbing partner Sebastian that kept me going. ☺



'Iman Ko Samjhana Ma' (pictured above) is a curiously named limestone rock face in Bimalnagar along the Prithvi Narayan Highway. The four-stage wall is named after

nepalitimes.com
Watch video



Climbing clubs

There are currently two climbing gyms in Kathmandu Valley — Astrek Climbing Wall in Thamel and Initiative Outdoor Climbing Gym in Jhamsikhel. The first thing that climbing enthusiasts do when visiting a new country is make a visit to the local climbing gyms. There they meet other climbers and make arrangements for a climbing trip," explains Niraj. Chandra Ale from Initiative Outdoor says: "Many foreigners come to our gym, but there

is a sudden rise in the number of Nepali youngsters coming to try their hands at climbing. It is a fantastic way to explore the many beautiful spaces in the country."

Astrek Climbing Wall
Amrit Marg, Thamel
facebook.com/astrek.climbing
+977 1 4419265

Initiative Outdoor
Jhamsikhel, Moksh Premises
www.initiativeoutdoor.com
+977 1 2111505

Rock Climbing 101

Here are a few things to consider before taking on a rock climbing adventure.

Visit a climbing gym and practice your moves on the climbing walls before you actually take on the real deal. Much like a dress rehearsal before the finale show.

Fitness is key to indulge in the sport. Make sure you do your stretching, flexes and cardio for at least a week or two, to prep for the adventure. Take a bottle of water and eat well before you make the climb, as rock climbing burns up your calories real fast leaving you hungry and thirsty sooner than you expect. Rock climbing is a professional sport and must always be done under the guidance of professional climbing guides.

Where to go

Shivapuri and Hattiban are two popular rock climbing spots in Kathmandu Valley, and 100 km away is Bimalnagar. Climbing groups make regular visits to these walls and you can sign up with them. Manang and Mustang are two of the most popular rock climbing destinations for professional climbers. Khumbu region's ice-climbing is another level of climbing quickly gaining popularity with tourists and locals alike. But Nepal is a vertical country and anything can drive you up the wall.



Me Before You

What would you do if life as you knew it changed irrevocably and everything you appreciated or took for granted suddenly became irrelevant?

The premise of 'Me Before You' observes this sort of gruesome heart-wrenching situation albeit



MUST SEE
Sophia Pande

hit by a motorcycle and is left paraplegic.

Will is enormously wealthy, with loving parents, and he is looked after with a degree of care that can only be afforded by the very privileged. When Louisa (the lovely Emilia Clarke who is better known to most people as Daenerys, Queen of the Dragons, from the ubiquitous 'Game of Thrones' television series) is hired by Will's mother Camilla (played with a steely vulnerability by the great Janet McTeer) as a companion to Will, most viewers will understand the challenge she unwittingly confronts in her small town, optimistic innocence.

Louisa or 'Clark' as Will refers to her, is a happy-go-lucky, but decidedly not fluffy, girl with an eccentric sense of fashion (think vintage hipster meets English grandmother) and a seemingly endless capacity for entertaining

with a somewhat rose-coloured lense. Will Traynor (played by the very handsome Sam Claflin) has everything anyone might want: Good looks, youth, a job that he loves and is very good at, a beautiful girlfriend, and a lifestyle that is straight out of a glossy magazine complete with ski retreats and yachts. He is in the prime of his life when he gets

herself while Will shuns her company.

Over days, as characters develop, and Lou struggles with Will's absolute despair and scathing sharp tongue, the pair grow close, not cloyingly like in a thoughtless, easy, Hollywood montage, but over a real (well, as real as it gets in a mainstream film) revelation of each other's faults and whimsies.

Claflin is riveting as a tortured Will, with a mobility (his character has almost no movement from the neck down) of expression that conveys the intelligence and spirit of a man who knows that life has dealt him its cruellest blow without blinking an eye.

The love story itself, though admittedly based on the grimdest of circumstances is believable and heartbreaking because we become so enamoured of Will and Lou ourselves - a feat that is achieved by a great deal of thoughtful writing that navigates the highs and lows of the premise without defaulting, as such films are wont to do, into melodrama.

A film about a paraplegic man falling in love is always going to create both controversy and discomfort. Personally, I found 'Me Before You' incredibly sensitive, funny, and heartbreaking. It's been a long time since I've seen a film about love that I found even remotely convincing. This tearjerker has its tricks but it is also a little gem that will move your modern, stoniest sensibilities. ☺

nepalitimes.com

■ Trailer

HAPPENINGS



NEPAL ARMY

RESTORING RELATIONS: Seven years after having to resign after failing to sack the army chief, Maoist leader Pushpa Kamal Dahal, elected as Prime Minister for the second time two months ago, visits the army headquarters on Sunday.



BIKRAM RAI

SOLIDARITY WITH KC: People take part in a solidarity march organised in Kathmandu on Sunday in support of crusader Govinda KC, whose ninth hunger strike against the medical mafia reached its 10th day on Wednesday.



RSS

DASAIN CURRENCY: People queue up for new currency notes for Dasain at Nepal Rastra Bank in Kathmandu on Wednesday.



GOPEN RAI

MEN FROM AFAR: Litterateurs Lil Bahadur Chettri (third, left) and Ram Lal Joshi (second, right) on stage after receiving this year's Jagadamba Shree Puraskar and Madan Literature Prize respectively in Patan on Sunday.



SHREEJANA SHRESTHA

BUILDING BACK: A bird flies over the earthquake-damaged Boudhanath Stupa on Sunday. The heritage site is now in its final phase of reconstruction.

भाट-भटेनी
सुपर मार्केट (ESTD. 1984 AD)

विशेष छूट

नेपाल सरकार आपूर्ति मञ्चालयको विशेष अवधिमा महान छाड दरी। विहार एवं छठ पर्वको उपलक्ष्यमा भाट-भटेनी सुपर मार्केटद्वारा आवश्यक साधारणहरू जस्ते दाल, चामल, तेल, ग्रन, विणी, नसला, मेता, विचापती, चाउचाउ तथा अन्य थप्पे उपभोग्य वस्तुहरूमा विशेष छूट दिइएको छ।

यो छूट अवधि आशिर्वाद ५ गतेदेखि कार्तिक २२ गतेसम्म लागू होगै।

5% Discount in Readymade Garments, Shoes, Saree, Kurta, Belt, Suitcase etc.

Up to 20% Discount in Electronics

MEMBERSHIP CARD

Please register with Bhat Bhateini membership card today

VISA everywhere you want to be

Use your Visa Debit or Credit card to get 5% discount* on your purchase at Bhat Bhateini Super Store

*Conditions apply *Discount capped to NPR 1000 per transaction

Put your **body, mind, and spirit** in harmony

Subscribe to **NEPALI Times**

&

Get a free coupon of

"Balancing Body, Mind and Spirit"

TRANQUILITY SPA

on your choice
@
Star Hotels
OR

cello
Vacuum Flask
OR
YOUWE Home
www.youwe.co.in
Re-chargeable light

lima media

Call today: 98510 54729 (Santosh)
01-500 5601-07, Fax: 977 1 5005518
subs@himalmedia.com



Married in school

ujyaaloonline.com,
27 September

Ujyaalo Online

Rama Bista's day starts early in the morning. The 15-year-old daughter-in-law has to attend to household chores and fetch fodder for cattle before heading out to school in the morning. On some days she has to miss class because Bista has to bring the livestock back from the pasture, cook supper, wash dishes. This has been Bista's daily routine for the past years.

Like many others in her village in the remote district of Bajhang, Bista got married when she was just 12 and in Grade 6. Since getting married, she has a difficult time concentrating

on her studies and finds herself constantly thinking about housework. Like Bista, there are 53 other girls in Himalaya Secondary School who have had to juggle between school and housework.

"If we persevere and study even in difficult situations, the result will definitely be good, right?" says 16-year-old Goma Kumari Bista, who also married at age 12. In many of the villages in the district, girls are married off while they are still at school. Some drop out after getting married, but those who choose to stay on in school see their studies suffer.

"The performance of students who did well in their studies before getting married, suffer after they get married. Their attendance rate is also low," says principal

Nandaram Joshi. "They are not just weak in studies but also suffer mentally and physically."

According to District Development Committee Bajhang, 530 girls under the age of 10, 8,842 girls between the age of 10-14 and 33,131 girls between the age of 15-19 years have been married. Kidnapping or stealing women for marriage if the parents of the girl don't give their consent is still prevalent in the district, this is one reason parents marry off their daughters early.

In recent years, as parents allow their daughters-in-law to go to school, the girls have to fulfill the roles of being a students, daughters-in-law and even mothers which hampers their studies.



HOTEL JAL MAHAL
For Family and Corporate Retreats!








Gharipatan (nearby Airport), Pokhara 061-466652, 9851054404
info@jalmahalpokhara.com | facebook.com/jalmahalpokhara

Swipe बाटुङ्गा



एन आई सी प्रशिया क्रेडिट कार्डबाट धेरैमन्दा धेरै फाइदा लिनुहोस्

- ◆ ०% ब्याजदर किस्ता योजना
- ◆ क्रेडिटको पूर्ण प्रयोग
- ◆ १५-४५ कार्य दिनमा सजिलै भुक्तानी
- ◆ न्यूनतम ब्याजदर
- ◆ इन्टरनेट बैंकिङ मार्फत सजिलै पुनः भुक्तानी
- ◆ एस.एम.एस./इ-मेल अलर्ट

**For more information:
TYPE 'CCARD' and send it to 34488
or contact a nearby branch.**

ISO 9001 Certified Bank

*

शार्टक लागू हुनेछन्।

Toll free No: 1660-01-777771



बैंक पनि, साथी पनि

NEPAL WHEREVER YOU ARE.

in your lap or palm.
www.nepaltimes.com



NAVESH CHITRAKAR

The goat rush

No sign of Nepal becoming self-sufficient in goat meat anytime soon

SHREEJANA SHRESTHA

And the closure of the earthquake-damaged Kodari Highway to China hasn't stopped the import of ungulates from Tibet.

Chandra Bahadur Adhikari used to bring 800 sheep and goats from Tibet every Dasain, but after the earthquake closed the border this year, he went to Mustang himself to bring 260 mountain goats and sheep to Kathmandu.

"It took me a whole week to bring the sheep down from Mustang, whereas I could bring many more animals much quicker through Kodari," Adhikari says.

Traders like Adhikari now don't wait for goats and sheep

to arrive from Tibet for Dasain, but trail themselves to Mustang, Dolpa and Humla to bring the animals down to Pokhara and Kathmandu. The rising price of Tibetan goats has also driven them to buy animals from these trans-Himalayan districts.

The Nepal Livestock Traders Association (NLTA) estimates that 20,000 mountain goats and sheep were brought to cities in Nepal for slaughter and sacrifices this Dasain, 5,000 of them to Kathmandu — making about 25 per cent of all goats.

Gyan Kumar Shrestha of the NLTA says earlier all mountain goats and sheep used to be from Tibet, but Nepali herders are now using road access to sell their

livestock locally. "If we improve the production we can reduce our reliance on the import of goats," says Shrestha.

Long-eared goats from India still make up the bulk of the animals brought in at the Kalanki Goat Bazaar. Ramesh Khadki, who has been running a meat shop in Sinamangal for the last 30 years, says he prefers to sell Indian goats since there is a reliable supply, except when there is a blockade.

"The profit margin is higher on Indian goats, and if I run out of them I fall back on goats from Nepal," he says.

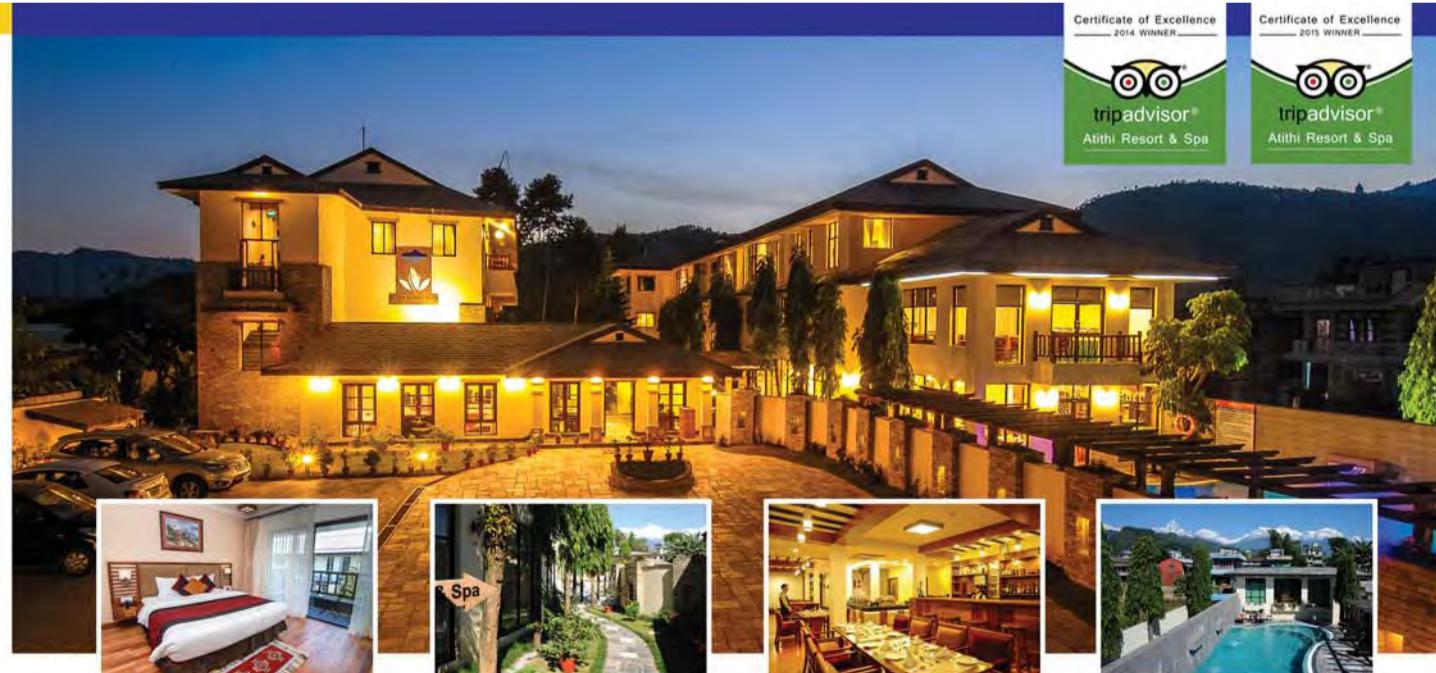
NLTA figures show that 200,000 Indian goats enter Nepal every year from the check points in Nepalganj, Krishna Nagar and

Bhairawa.

Last Dasain, the Kalanki market alone sold 21,600 goats imported from India, 8,300 Nepali goats, and 2,250 sheep and mountain goats from Tibet.

However, the dependency on Indian goats has slightly decreased in recent years. Until three years ago, almost 80 percent of goats at Kalanki Khasi Bazar were imported from the Indian market, according to the NLTA.

Nepal's per capita consumption of meat is 10 kg which is higher than India's 5kg, but much lower than the United States which consumes 120 kg per capita. Goat meat accounts for only a quarter of all meat consumed in Nepal.



ATITHI RESORT & SPA

Shanti Patan, Lakeside, Pokhara - 6, Email : info@atithiresort.com
Tel : 061 466760 / 466761 / 465895, www.atithiresort.com

Kathmandu Sales Office:
Lazimpath, Kathmandu, Nepal
Tel : 01 4002077/4002078



CAFFÉ
Italiano



LA SPA

MUTTON MEAL

Nepalis eat **10 kg** of meat per person per year
(India: **5 kg** United States:
120kg per capita)

Goat imports for Kathmandu:

75%
from India
25%
domestic



Meeting meat supply

After inspecting a few slaughterhouses in Kathmandu in June this year, a team of government officials including former Minister of Commerce and Supplies Ganesh Man Pun directed officials to seal them because of their unhygienic condition. In fact, none of the sites visited met minimum government standards.

The government also planned to terminate all unregulated slaughterhouses and replace them with modern abattoirs. However, like everything else, the directives fell on deaf ears and the private slaughterhouses continue to meet Kathmandu's meat supply.

Nepal adopted the Animal Slaughterhouse and Meat Inspection Act in 1990, but the municipality says setting up a modern abattoir in the Valley is impractical because of the lack of water supply. When asked, Rudra Singh Tamang of Kathmandu Metropolitan City was vague: "We are working on setting up authorised abattoirs outside the Valley but we don't know when the task will be completed."



KUNDA DIXIT

Ode to goat

The goat looked me straight in the eye with a kind of intensity and intelligence I had never seen before

KETAN DULAL

As a boy, I remember one Dasain when my father brought a goat from the village for the festival. It was kept in the house for a few days before it was to be sacrificed on the day of Maha Ashtami.

It was a rainy Dasain that year and I was given the responsibility to take the goat outside to graze. What I still remember clearly is the goat's gaze -- it looked me straight in the eye with a kind of intensity and intelligence I had never seen. This animal was too cute to be eaten, and I sheltered it from the rain with my umbrella.

The next day, the goat was ritually killed and my family feasted on it with great relish. Ever since, I have always had conflicting emotions about

eating mutton. Today, as a student of animal behaviour and welfare I have learnt how scientists are finding out about several interesting abilities of goats; that the animals have long-term memory and are able to solve problems relying on their cognitive abilities.

Researchers have now found that the gaze with which that goat communicated with me as a boy was actually an indication that they interact with humans at a visual level, making eye contact and even looking at humans for help if they cannot solve a certain problem -- traits similar to those shown by dogs and horses.

Dasain is upon us, and hundreds of thousands of goats and other ungulates will be slaughtered all over the country in this annual festival. In fact, Dasain is synonymous with goat curry and I am sure very few

Nepalis will be relating to goats as emotional and intelligent beings.

But the evidence shows otherwise. Wild goats are social beings, and feral goats have been found to return to a complex and dynamic social structure. Hierarchies are formed and there is reconciliation after a fight.

In one experiment, a subordinate and dominant goat were shown food both could see, and only the subordinate goat could see the hidden food also. The subordinate, if it had been the victim of aggression by the dominant goat, opted for the hidden food thus displaying a cognitive mechanism similar to primates.

One experiment proved that goats have long-term memory. Goats were coached how to get food by pressing a lever. They were tested a month, and again ten months after the experiment, and showed that they could

remember what they had learnt.

The different ways that humans communicate with animals are vital in deciding whether we should use animals as food or as companions. Horses and dogs were probably used as companion animals mainly because they follow our lead.

The argument can be made that an animal that can follow the gaze of humans by taking into account their presence and attentional stance can be used as a companion animal. Recent studies have shown that goats are like dogs in that they make eye contact with a human facing them, and look in the direction of the gaze of a human or other goats.

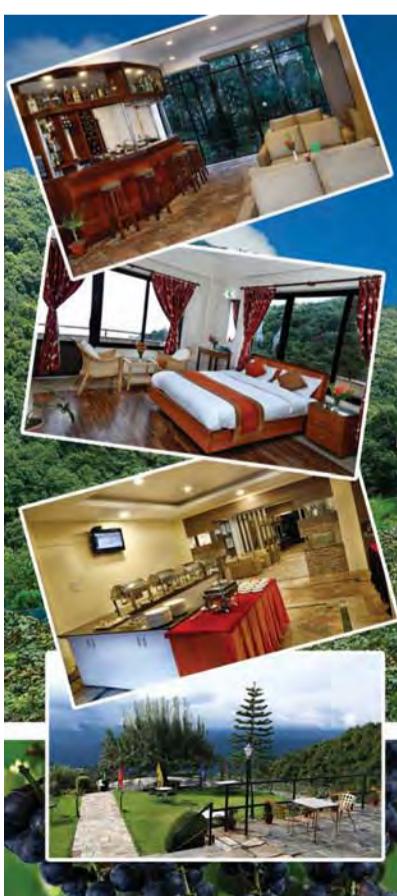
In one trial, researchers stayed near the subject as another stood at a distance, near a box of food with a lid. One of them looked at the goat (forward facing) while in another trial group the same person looked away (backward facing). In a control experiment, a researcher some distance away always looked at the goat itself.

The goats looked at the person who was near them when he was 'forward facing' more often than when he was 'backward facing'. When the person was 'backward facing', the goat's gaze was directed towards the person who was at a distance from the animal. Studies like this prove that goats are animals with complex emotional and cognitive needs.

We need to rethink our relationship with goats, and how we raise these animals. Goats are sentient beings with surprising intelligence, and our relationships with them can be special. Goats are not there just to be eaten. Our responsibility as a moral beings, is to give the best life possible to livestock like goats which have complex emotional needs.



Ketan Dulal is a PhD candidate at the University of Prince Edward Island.



Pataleban Vineyard Resort
Managed By Banyan Tree Nepal

NOT TOO FAR NOT TOO CLOSE

Weekend or weekdays Pataleban Vineyard Resort is the place to rejuvenate yourself with friends and family. A perfect gateway to get refreshed from your daily hectic routine.

We are here for your service with,

- Deluxe / Superior Rooms with Packages
- Family Retreat
- Day Conferences
- Resident Conference Packages
- Family / Corporate Day Picnics
- Orientation Programs
- Team Building Activities
- Wine Testing
- Day Hiking
- Forest Walk
- BBQ Facility

Contact US:

Chisapani-5, Baad Bhanjyang, Kathamndu, Nepal
Tel: 00977 1 4316377, 9841679364
Kathmandu Sales Office:
Lazimpat, Kathmandu, Nepal
Tel: 00977 1 4005220
Email: info@patalebanresort.com
www.patalebanresort.com

It's a zoo out there

Now, kids, listen up. Today's field trip is to the zoo. Quiet I said. There is nowhere to wee-wee inside so anyone who needs to go to the bathroom raise your hand. Ok, you two run along. Kumar, are you quite finished there inside the rhino enclosure?

It is befitting for a land where the Lord of the Animals is the patron deity and The Ass is His Sergeant-at-Arms that we take young school children to the zoo in order to instil in them a healthy

respect for the four-legged friends who command this country's destiny. In fact, Nepal is one of the few succulent republics in the Intergalactic Federation besides the renegade Planet Voth where sovereignty actually rests in the hands of a mythical being.

As many of you may know, Jawalakhel Zoo has been going through a major upgrade and recently added endemic species to its list of exhibits to make it more representative of Nepal's astounding biodiversity. The

quick brown fox jumped over the lazy dog. (Sorry just testing my keyboard there.) Anyhoo, here is a quick rundown of the new specimens that have been inducted into the zoo that we saw on our fieldtrip today.

White Elephant

Several of these ailing public sector corporations can be seen in the Rare Pachyderm section although the Zoo administration says it may soon have to be transferred to the Dinosaur Enclosure.

Snake Pit

This is a prime attraction because

many of the creepy crawlies here have been extricated straight from the corridors of power and feel perfectly at home among other venomous reptiles, nocturnal borrowers and perfectly willing defaulters.

Aquarium

This latest attraction houses leaders fishing for compliments and sycophants from Sukla Phanta wetlands. Inmates tend to gravitate in large schools towards whoever is doing the feeding.

Wild Bore

Some of these swines from the jumbo cabinet who escaped from the Ministry of Jungles in Singha Darbar and were later darted and translocated are now in permanent display at Jawalakhel. But even here they can put all visitors within a 25 metre radius to sleep unless they are wearing protective ear plugs. Approach with extreme caution.

Mountain Guerrilla

Captured simians from the breakaway Biglop Faction who still believe in a pheasant revolution are kept in this maximum security section. This endangered species has become extinct in its native China because of habitat destruction other remnant populations are endemic to the Peruvian altiplano, rural India and the highlands of Luzon where their numbers are in decline because the species is known to set fire to members of its own species to enforce bandhs.

Lion ex-King

The king of the animals is

often seen pacing in his lair and muttering "Hakuna Matata" under his whiskers. He used to be at the top of the food chain and his hangers-on, who tend to be porcupines, jackals and red pandas, think he still is.

Wolf in Sheep's Clothing

These fellows used to hang out in parliament but since that wildlife reserve has gone into Dasain recess, all inmates were moved to temporary pastures where their barks are now worse than their bites.

Sloth Bear

Known for lazing around in the fourth estate, these large and lethargic creatures have a herd mentality preferring to spend the day muckraking and waiting for press releases preferably with free lunches. Often seen licking the behinds of Wild Bores and scratching each other's backs.

Hyenas

These animals whose forelegs are longer than hind ones which makes them look like they are about to take off, get well-deserved bad press for being ruthless and bloodthirsty.

Scapegoats

Some of these feral ungulates can be spotted among the visitors, and are lying low because they are being deliberately hounded by Hyenas (see above).



The Ass



सांग्रिला डेवलपमेन्ट बैंक लि.
Shangri-la Development Bank Ltd.
स्थानीय विकासको आवाहन
नेपाल सर्वोच्च बैंकबाट 'स्था' कर्तव्ये इजाजत प्राप्त संस्था

केन्द्रीय कार्यालय : बालुवाटार, काठमाण्डौ
फोन : ०१-४४२९८६९/६२
Email : info@shangrilabank.com
Website : www.shangrilabank.com



WORLD'S PUREST VODKA
NO SUGAR SYRUP, GLYCERIN OR ADDITIVES ADDED
AVAILABLE IN 750ML, 375ML & 180ML
www.8848vodka.com | facebook.com/8848vodka

MADE IN THE HIMALAYAS
8848 VODKA
IMPORTED
5 TIMES DISTILLED
100% WHEAT VODKA
IMPORTED

750ML/700ML
50% alc/vol