

Earn the most respected **hotelleriesuisse** accredited degree

hotelleriesuisse Swiss Hotel Association Affiliated School

ADMISSION FEBRUARY 2018
ANNOUNCEMENT INTAKE

GATE-SHA Higher Diploma in Hotel & Restaurant Management
Equivalent to Bachelor's Degree of Tribhuvan University

Global Academy of Tourism & Hospitality Education

Visit us now or speak with our Admission counselor
4376048, 4650176

Mandikhatar, Kathmandu, E: info@gate.edu.np

f /GATEcollege Linked in /GATE College /gate_college /Gate_College /user/GATEWEBSITEVIDEOS

GATE - Because I Care I

www.gate.edu.np

LAVAZZA
ITALY'S FAVOURITE COFFEE

Hotel Shanker - Lazimpat
Soattee Crown Plaza - Takahal
lavazza@subhashingalnti.com

CREATE YOUR "OWN" ENVIRONMENT

Divine Wines

For Trade Inquiry | Ph.: 01-4032624 | Mob.: 9801215111

Hamro kitchen.com

ELECTRIC LUNCH BOX

UPTO 25% OFF

Plug Eat

ATOM 2 - Rs. 2,135/- Rs. 1,600/-
ELECTRO 3/4 - Rs. 5,335/- Rs. 4,000/-

www.hamrokitchen.com 01-4005253/4005254

Step in for more varieties at

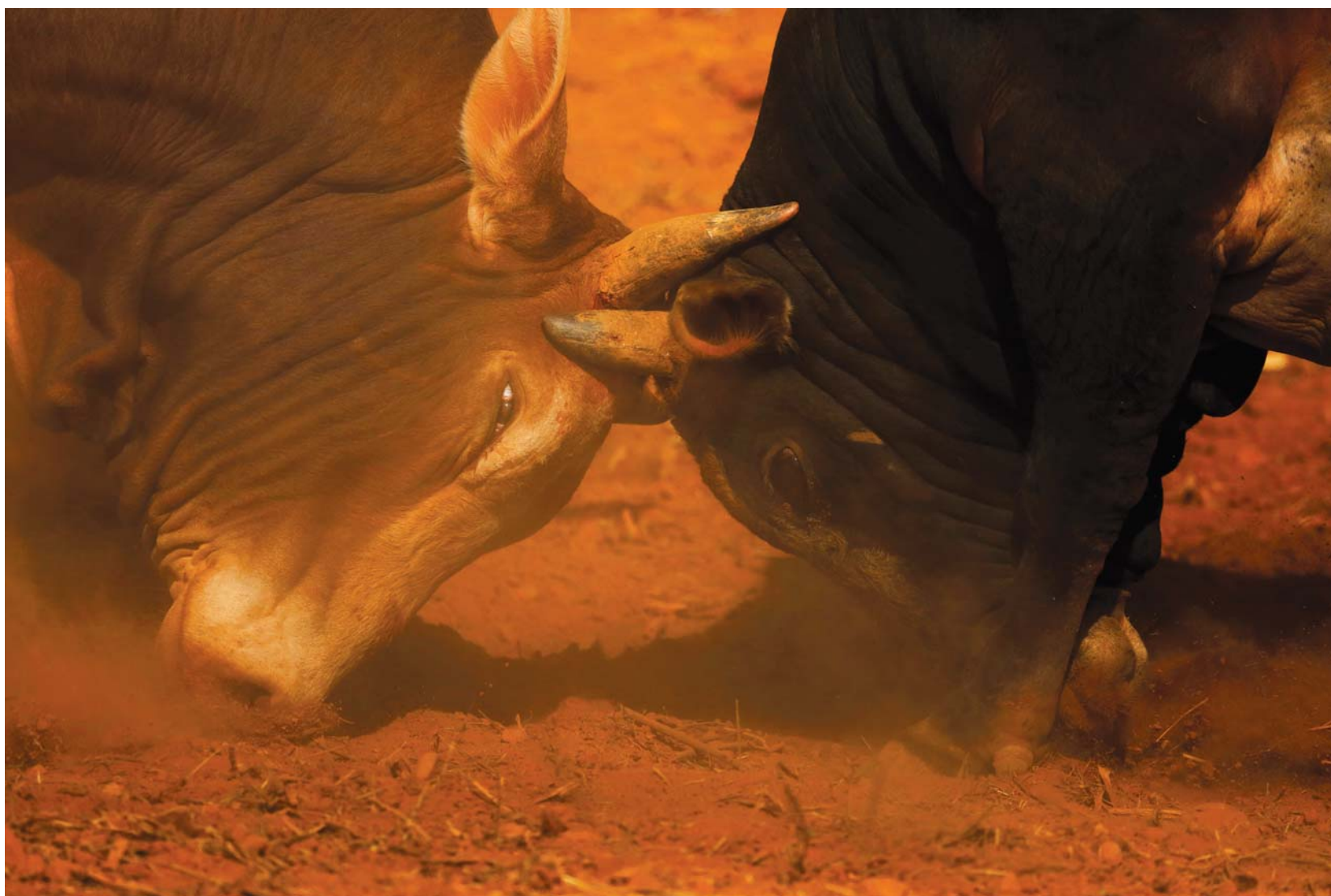
LIFE STYLE
DESIGN & DECOR

NEW ARRIVAL

Show Room:
SRD Building New Plaza,
Putalisadak, Tel: 4425402

TRANQUILITY SPA
"Balancing Body, Mind and Spirit"

01-4420424
www.tranquilityspa.com.np



NIRI SHRESTHA

Bullheaded

A day after the outgoing Sher Bahadur Deuba government chose temporary headquarters of all seven provinces, protests have erupted across the country.

In Dhankuta, protesters torched several government offices, forcing the local administration to declare a curfew Thursday. Demonstrators wanted their hill town to be the Province 1 capital, and took to the streets when the government chose Biratnagar. In Birganj, protesters have enforced a strike demanding their border city be the Province 2 capital instead of Janakpur, which is the government's choice. People in Bara, too, are up in arms.

In Dang, cross-party leaders and cadres have joined hands to oppose the government's decision to set up Province 5 headquarters in Rupandehi. In Dipayal, NC cadres burnt effigies of their own party president, Prime Minister

Sher Bahadur Deuba, for declaring Dhangadhi the Province 7 capital.

There is also dissatisfaction against Hetauda, instead of Kathmandu or Kavre, as the Province 3 capital. Only Pokhara and Surkhet, the temporary headquarters of Provinces 4 and 6 respectively, have been unopposed so far.

Upon his arrival Thursday from a medical trip to Bangkok, UML Chair KP Oli, widely seen as the PM in waiting, slammed the government for naming state chiefs and provincial capitals to 'fulfil its own needs'. But he urged protesters to roll back their strikes, saying state assemblies will later decide on provincial capitals.

Oli's appeal is unlikely to calm protesters. They know the government has chosen temporary headquarters only, and that the real

LOCKING HORNS: Two bulls face off in Taruka village of Nuwakot, some 60 km east of Kathmandu. Local farmers make their bulls fight for a prize money as part of the annual Manghe Sankranti festival, which was celebrated on 15 January this year.

power to declare provincial capitals lies in state assemblies. But they also know that if they relent now they will have less power later.

NC leader Surendra Chaudhary, who is in the forefront of protests in Birganj, says: "The more we intensify our protests now, the stronger our bargaining power will be later. If we fail to make our voice heard now, the state assembly will endorse what the government has decided."

Chaudhary's statement sums up the mind-set of cross-party leaders and cadres spearheading protests. They know what they are up to now is just a rehearsal for a bigger fight. And, if state assemblies nullify the government's decision, protests will erupt in the cities that have been made temporary headquarters. It seems the real test to implementing federalism has just begun.

THE PAST
FORETOLD
EDITORIAL
PAGE 2



buzz

PAD POWER

Taiwanese activist leads village women to embrace the beauty of the feminine cycle

PAGE 8-9

Book your ticket to the 2018 FIFA World Cup Russia™

Fasten your seatbelt and get ready for the world's greatest football tournament. As the Official Airline Partner of the 2018 FIFA World Cup Russia™, Qatar Airways is delighted to be able to unite fans from around the globe. Experience the excitement first hand by flying with the World's Best Airline to the biggest football event on earth. Book your package/flight to the 2018 FIFA World Cup Russia™ today.

qatarairways.com

+977-01-4440467

Terms and conditions apply.

FIFA WORLD CUP RUSSIA 2018

QATAR AIRWAYS
OFFICIAL AIRLINE PARTNER

THE PAST FORETOLD

After the Left Alliance won a near two-thirds majority in the November-December elections, many analysts voiced concerns over the future of Nepal's democracy. They were alarmed not because they believed the NC's propaganda that the UML-Maoists would impose authoritarian rule, but because they thought a weak opposition would be unable to curb the rise of a kleptocracy.

What is now apparent is that the threats to democracy are not from the Left Alliance, but from the NC itself because it refuses to relinquish power even after being roundly defeated. It is now clear that the NC will be an even weaker opposition because of an erosion of the little public support it had.

The way it has been functioning after being voted out shows that Nepal's pioneer democratic party has not learnt any lessons. It now commands very little moral authority to hold the government to account. This lack of a strong opposition does not bode well for democracy and good-governance — something Nepal really needs to strengthen and improve.

The NC first tried to drive a wedge between the UML and the Maoists, ignoring their clear electoral mandate. Maoist Chair Pushpa Kamal Dahal, suspicious of a possible coalition between the UML and the FSN, had a brief dalliance with the Forum. When that didn't work, the NC began using every trick in the book to delay the transfer of power.

In the meantime, the outgoing Sher Bahadur Deuba government is trying its best to plunder the state coffers, doling out millions to its cadre. Despite his caretaker

status, he has been making political appointments.

The NC establishment has not conducted any introspection about its electoral rout, and how it can regain the people's trust. Deuba has finally called a meeting of the NC's central working committee, but he is reportedly unwilling to analyse why the party lost. Other top NC leaders also seem more interested in finding a way to sneak back into Singha Darbar than playing the role of a constructive opposition.

The Deuba government finally named the chiefs and temporary headquarters of seven provinces on Wednesday. But it took much longer than necessary, which was a result of its efforts to cling to power. Naming of temporary headquarters has sparked protests and strikes in several parts of the country. People who wanted their cities to be provincial capitals are on the warpath.

The government rightly chose temporary headquarters only. It did not, and cannot, declare where provincial capitals will be. This is a constitutional right that only state assemblies can exercise. But the NC government has downplayed this constitutional truth, hoping against hope that the protests might escalate so that the Upper House election will have to be postponed. That just might be a self-fulfilling prophecy.

Deuba is probably hoping to buy time to make another attempt to scuttle UML-Maoist unity if the Upper House is not elected on 7 February. But this makes the NC even more unpopular, and it will harm its prospects of bouncing back in the next elections. Its failure to emerge stronger could actually give a united communist government a free hand.



RSS

READERS' EDITORIAL

BASANT B PRADHAN

I cannot say I enjoyed reading your hard-hitting editorial ('State of confusion', 22-28 December, #889) in which you expressed your disappointment that the first local elections in 20 years in Kathmandu had thrown up a mayor who has been taking every opportunity to destroy our city's historic heritage. I did not enjoy it because it was thoroughly depressing. But as editor of *Nepali Times* you also let slip your ethno-centricism by writing in the fourth paragraph of the editorial, referencing the desecration of Rani Pokhari:

Who would have thought a Newar mayor would devalue the living traditions of the Valley, and work to actively destroy them? The only tradition (Mayor) Shakyas seems to be upholding is incompetence, greed and corruption, which have become the hallmarks of Nepali politics. The mayor has let his voters down, with his priorities being to acquire a gas-guzzling SUV, a plush office and the other material trappings of his post.

Alas, I have no quibbles with any of that except the

first sentence. What has Shakyas being a Newar got to do with his greed and incompetence? Does it mean that if a Khas Arya mayor of Kathmandu had done the same thing it would be understandable? True, there appear to be many comments by Newars who are also sharply critical of Shakyas, but seem to be OK with your sentence. I wonder if that is because they did not want take attention away from the real battle to save Rani Pokhari.

Would you also blame successive prime ministers of Nepal for letting this country down by editorialising: 'Who would have thought that a Brahmin prime minister would plunder the country and work to actively destroy it?' The fact that our prime ministers have been incompetent and corrupt probably has nothing to do with the fact that they are of a certain caste or ethnicity. Corruption does not respect racial boundaries. I thought racial profiling and biological determinism of human behaviour was passé.

Times.com

ONLINE PACKAGES



TESTING YOUR ALLERGY

Kathmandu is battling an epidemic of pollution-related allergies this winter, including asthma. However, there are many forms of allergies, and tests are essential to identify what you are allergic to. Watch a video of patients in Dhulikhel this week undergo testing and discuss their conditions as they consult doctors.



PAD POWER

Menstruation remains a taboo in Nepal. Follow us to the scenic village of Patlekhel in Kavre, where local women in the Dharti Mata Sustainable Workshop are producing eco-friendly, sustainable cotton pads while also spreading menstruation knowledge around the village.

ALTERNATIVE AIRPORT

It is interesting to read about how long it takes to get work permit for foreigners to work on strategic infrastructure development ('With new airport, Pokhara waits for takeoff', by Ziyu Lin, #892). Application goes from immigration to foreign ministry to home ministry to labour department. At least the international airport is on the way as an alternative to congested Kathmandu.

Gyurme Dondup

GREATNESS OF YESTERDAY

'Oldest nation state' ... oh yes...the same one which still cannot give equal citizenship rights to its women...ok... got it...keep harping on your 'greatness of yesterday'...and do nothing for today ('Prithvi Narayan Shah reborn', Shekhar Kharel, #892).

Namah

OPEN YOUR EYES

The Nepali Congress led by Sher Bahadur Deuba is doomed ('What's next for the Nepali Congress', Puranjan Acharya, #892). It has been on a downward spiral since he became the President. He has let his party, Nepal and Nepalis down many times in the past. Surely, there are some honest and capable men in the NC that can restore its prestige and glory.

Bikas Sharam

TOURISM POTENTIAL

There is nothing to imagine or RE imagine about tourism ('Re-imagining tourism, Anil Chitrakar 1/2 Full, #892). Foreign visitors come to Nepal for two reasons: 1. They love Nepal and 2. They love the Nepali people. So, if you could only remove the dirt, the smoke and the lines at Kathmandu airport, they would pour in by the millions. It not rocket science.

Birendra Shah

GOVERNANCE FAILURE

Nepal's government ('From Chitwan to Chiyoda', Kunda Dixit, #890) only knows how to collect taxes from Nepalis working abroad. They don't care about us.

Lodro Bhuchung

WHAT'S TRENDING



Painting goddesses

by Ryan Chang

A short film on the white-washed Patan Dhoka gate being adorned with intricate paintings of Astha Matrika was the most viewed video last week. If you missed it, you can still click www.nepalitimes.com to find out more about the artists and their journey from modern to traditional art.



Most reached and shared on Facebook

Successful struggles

by Ramu Sapkota

Readers were deeply moved by this inspiring story of three young doctors, of their struggles and journeys from humble beginnings in rural Nepal to a bright future in medicine. Amidst all the gloom and doom in medical education, this most-read story provided a ray of hope.



Most popular on Twitter



Most visited online page

Pokhara waits for takeoff

by Ziyu Lin

Our coverage of the much-delayed, new international airport in Pokhara finally being under construction generated numerous comments online. Go online to read the feedback and let us know your thoughts.



Most commented

QUOTE TWEETS



Nepali Times @nepalitimes
They grew up in Maiti Nepal and are now treating patients, prescribing medication and dressing wounds in the emergency ward [@ramusapkota](http://bit.ly/2qXDTkl)



Brazesh Khanal @brazeshk
This is what you call a news story. Let all who force all political crap always learn.



Nepali Times @nepalitimes
The white-washed gate at Patan Dhoka is being adorned with intricate paintings of Astha Matrika. For painters working on the project, it is not only about beautifying the space but also going back to their roots. Video by: @ryanhengchang



Samikshya @Sameebhattarai
Promoting art, culture, beauty in the history.. basically not forgetting the roots..if only these were applied in reconstruction or maintenance of other monuments too (Yes it is for you who are responsible for reconstruction of Ranipokhari).



Nepali Times @nepalitimes
Can Nepal generate 40,000MW of hydroelectricity in 10 years and unleash a slew of downstream industries? That is the ambitious goal set by the Nepal Power Investment Summit (NPIS) 2018 taking place 27-29 January at Soaltee Crowne Plaza.

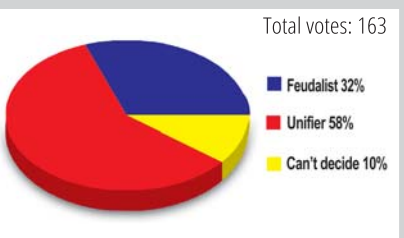


Caffeinecyclist @leemboo
Nepal can generate that but what it cannot generate is a reliable workforce capable of executing such project. Too many corrupted & selfish officials & politicians.



Weekly Internet Poll #893

Q. Do you see Prithvi Narayan Shah as a feudalist or a unifier?



Weekly Internet Poll #894
To vote go to: www.nepalitimes.com

Q. Do you feel comfortable talking about menstruation and other women's health issues within your family?



Facebook: Nepali Times on Facebook
Twitter: Follow @nepalitimes on Twitter
Instagram: Follow @nepalitimes on Instagram

Publisher and Chief Editor: Kunda Dixit
Associate Editor: Om Astha Rai | Design: Kiran Maharjan
Published by Himalmedia Pvt Ltd | Patan Dhoka, Lalitpur | GPO Box 7251 Kathmandu
editors@nepalitimes.com | www.nepalitimes.com | www.himalmedia.com | Tel: 01-5005601-08 Fax: +977-1-5005518
Marketing: Arjun Karki, Surendra Sharma | rachanas@himalmedia.com | Subscriptions: Santosh Aryal | santosha@himalmedia.com
Printed at Jagadamba Press | 01-5250017-19 | www.jagadambapress.com





TURKISH
AIRLINES

BEST PART OF THE JOURNEY

STOPOVER

IN ISTANBUL



During long transits, all our Nepalese passengers can now apply for e-VISA to Turkey at our sales office and get hotel accommodations or free tours*

*Terms and Conditions apply. For further information, please contact:
443 83 63-4438436-4438856 | KTMSALES@THY.COM | TURKISHAIRLINES.COM

A STAR ALLIANCE MEMBER  

Things are falling apart

A society without a moral compass needs its conscience overhauled

The previous chief secretary Somlal Subedi had only three months to go till retirement. He pushed a file up to the cabinet to allow himself to work at the Asian Development Bank in a post meant for a civil servant working at a level three steps down the rung. The cabinet, under Prime Minister Pushpa Kamal Dahal, approved it swiftly, unleashing an uproar against the government and shaming Subedi.



CONNECTING DOTS
Dinkar Nepal

One of the main agendas of the Maoists while they were underground was to weaken the state. They destroyed public infrastructure, discredited the cultural narrative and disrupted social norms. Even after the party came into mainstream politics following the ceasefire, they don't seem to have given up trying to sabotage democratic politics from within.

In their decade plus of over-ground politics, the ex-rebels have established themselves as one of the most corrupt parties in Nepal. Dahal, disruptor-in-chief, has become prime minister twice, proving his knack for realpolitik. He orchestrated a mayoral win for his daughter using a loophole in the election regulation last year, and crafted a massive win for the



BHANU BHATTARAI

alliance with the UML.

Now, newly-minted billionaire Ajeya Raj Sumargi, said to be a close confidante of Dahal in financial matters, is under scrutiny for charges of money laundering and amassing illegal wealth. It has become an open secret that Sumargi struck it rich under the political patronage of the Maoists, especially Dahal.

Sumargi, said to be the Maoist bagman, managed Dahal's personal finances extracted from compensation for ex-guerrillas. He

was caught on tape admitting that he had inflated the strength of the rebel militia to enlarge the pie.

There is a trickle down effect of this sort of plunder. Even at the grassroots level, ex-rebels made no effort to hide their new-found opulence. The nexus of the mafia, politicians and businessmen is so intricate and so deeply entrenched in our society that criminals contending elections and winning came as no surprise.

But blaming Maoists for all the ills would be unfair. Traditionally,

with all sources of power and prospects of upward mobility in tight control of a few elite groups, Nepali society was structurally engineered to be corrupt and immoral. The feudal forces exploited it to the hilt, and the imperfections became more severe in the era of limited democracy.

The same forces that were supposed to fight those imperfections helped reinforce them. And now, the decadence seems to have penetrated to all levels and all institutions. The

interest of the medical mafia, with strong support from the UML, has destroyed the credibility of the medical profession in Nepal. The apathy of municipalities toward the value of our heritage sites has laid bare the level of moral failure of our leaders.

The military has now joined the list of corrupt institutions. A few years back it demolished a century-old heritage building, citing the need for a hospital for serving and retired military personnel and their families. But now the military has issued a tender for renting the space as a commercial mall (*see page 11*). They did not even bother to get the required building permits from the municipality.

What is more worrisome is the tolerance Nepali society has developed for corruption at the household level. It is even quietly lauded in family gatherings.

When Somlal Subedi was questioned about why he accepted the ADB job when he was sure it would cause a great disgrace for him, he was reported to have said that it was time he earned some money. He bluntly stated that in the three years that he would spend with the ADB, he would earn more than he has earned his whole life as a civil servant.

Dahal, the prime minister, was asked as to why his appointment was approved by the cabinet. His answer: "When the cabinet secretary comes up with a personal request, the PM usually does not say no."

No further questions. 🇳🇵

Learning the London way



Nepali Times: How does the college maintain the quality and standards it has promised since its inception?

Rajen Kandel: The administration is constantly evaluating processes and practices while also maintaining a state-of-the-art infrastructure, such as a fully-equipped library and IT labs specialising in networking, forensics, security and research, to ensure a comprehensive educational experience for students. Also, we interact with both students and parents to get feedback and suggestions on how we can improve as an institution, which this has fostered a close bond between us.

Have Nepali students, who are accustomed to rote learning and

a laid-back culture, been able to adapt to the independent and time-bound learning and teaching styles of London?

The practicality of the courses, interactive nature of the teaching, and diverse assessment techniques ensure students gain knowledge that extends beyond dependence on a simple textbook. The British education system is indeed challenging and demanding for students. However, this has built a foundation, in terms of the characters of students, which has helped to achieve incredible accomplishments in the community. In spite of the short period of our existence, our graduates have already succeeded in diverse fields, from entrepreneurship to working for multinational companies.

What are the challenges for growth and development of the College?

The current bureaucratic system of government is really the bottleneck to our growth. For example, we would like to introduce additional courses for students, not only from Nepal but also China, India and Bangladesh. Current policies require approval from the Ministry of Education for any new programme. However, because ministers are changing from time to time, it delays the application process. As a result, Nepalese students are forced to go abroad.

Does the college have future plans for additional courses?

Despite the challenges, we are currently planning to introduce programs in areas like health and hospitality.

Founded in 2012, The British College (TBC) stands tall on the grounds of Thapathali, defining itself as a landmark for graduate and undergraduate education courses with a local-to-global approach. The institution embodies global exposure and quality education by encouraging independent, rational and critical thinking. CEO and founder, Rajen Kandel, updates us about the college.

prabhu BANK BIZ BRIEFS

Tap on the app

Turkish passengers who download the airline's new mobile app can get a 15% discount on tickets between 18 and 20



TURKISH AIRLINES

January. The redesigned app makes planning trips, purchasing tickets, using Miles, making reservations and seeing saved flights faster than ever, says the airline.

Qatar offer

Qatar Airways has extended its Global Sales Campaign for an extra three days, until 19 January, offering a 50% discount



on fares across all classes to more than 150 destinations in the airline's extensive global network.

Carlsberg Red

To celebrate the 25th anniversary of its partnership with Liverpool FC, Carlsberg unveiled the limited edition Red Hop Beer at the Rox Bar Hyatt Regency. Red Hop is brewed using unique research and state-of-the-art technology.



Ride the Celerio

CG Motocorp has been offering test rides of the Celerio family car at its outlets across the country. The company says it has received positive responses from the 582 test rides done till now.

Motor apps

Karyalaya Ventures' IT wing has launched two public transportation apps: *MotorBhada* for bus fares, routes, nearest location search, arrival search, live tracking of vehicles, live traffic updates, etc, and the B2B app *MotorBhada Company*, for any company, group or individuals who want to track their vehicles in real-time.



Terrano in town

Pioneer Moto Corp launched the new Nissan Terrano with 22 new features and fuel efficiency of 19.64km/L (MT).



Prices start at Rs4,299,000. Also offered is a warranty of 1 year/20,000km and an extended warranty of an additional 2 year/10,000km.

prabhu BANK

Corruption and democratic decay

Sarah Chayes is a senior fellow in the Democracy and Rule of Law Program at the Carnegie Endowment for International Peace in Washington DC. Her work explores how severe corruption can help prompt such crises as terrorism, revolutions and their violent aftermaths, and environmental degradation. Chayes is the author of *Thieves of State: Why Corruption Threatens Global Security*.

She was in Kathmandu on invitation of The Asia Foundation, where **Ashutosh Tiwari** caught up with her.



Ashutosh Tiwari: Your book talks about global security. What was the context for it?

Sarah Chayes: The book came out a few years ago. Since then, the context has somewhat changed. At that time, in western countries, politician and policy makers were obsessed about violent religious extremism. That narrow focus pushed aside other areas of development, such as sustainable and equitable economic distribution, the importance of creating jobs, the environment and the survival of the species, modes of collective transport, infrastructure and so on. My argument was that extremism came out of bad governance, and that the extractive, corrupt behaviour of governments led to extremism. It was the symptom of the decay within, the decay caused by corruption.

You have taken international aid organisations to task over their failure to talk about corruption.

International aid organisations say that they

exist to enhance the development potential of a country. However in practice, they work differently. They work in silos. This has exacerbated the problem of corruption. Take, for example, a health project on vaccines funded by a donor. The project may have to work with corrupt health ministry officials and other corrupt health institutions. When asked about the corrupt practices in the health sector, the aid official's response would be, "That's not for me to worry about. That's for anti-corruption people to tackle." You go to the anti-corruption people, and you see that they are funding aware-raising workshops and the like, which does not help much. In either case, what is missing is the holistic picture of development: that development is about accountability at all levels.

That calls for the kind of moral courage that is not usually associated with aid officials. How does one incentivise such behaviour?

Yes, careerism may blinker aid officials' views of the holistic picture of aid. They

may just refer to their terms of reference to account for narrow deliveries. But there's no reason why anti-corruption measures could not be included in how the monitoring and evaluation framework is designed for projects. Other mechanisms, such as demands for better governance and a greater space for citizens' oversight, could be built into project work. The idea is to be imaginative about subjecting the aid to the scrutiny of civil society so that it is appreciated for its role in enhancing the development potential. Too often, aid stays silent or ignores the problems of systemic corruption in a developing country, and is seen as benefitting the elite.

Is there a difference between petty corruption and other types of corruption?

Corruption is not about the amount of money involved. Nor should it be viewed in parts or in isolation. It is to be seen as the operating system of a sophisticated network that is out to enrich itself. That network grows by humiliating and insulting others, by putting others down. The poor face their daily indignities everywhere. They are shaken down by corrupt officials at every turn of their life. Their sense of honour is constantly devalued by corruption. At its root, corruption should be seen as an affront to human dignity. Often, people who have long been exposed to corruption are so fed up with what they have been through that they become impressionable to extremist ideologies.

In Nepal, the free press here routinely exposes corruption at various levels of government. Yet most people feel that nothing really changes.

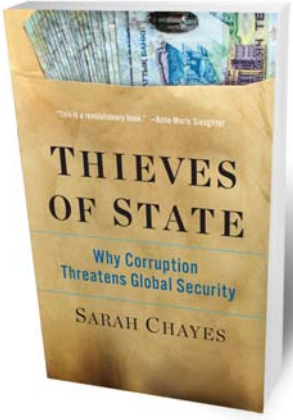
The press may report on corruption in general, but may not spell out the actual damage caused by that

corruption. In the absence of the knowledge that gives a sense of what and how much was lost due to corruption, people may not grasp the true extent of the corruption around them. Besides, those who have been accused of corruption are often skilled at launching smear campaigns against their accusers. They have the resources of the state to create an 'identity divide', casting aspersions on the very identity of the accusers in ways that create a rift among supporters. That aside, we have to account for the fact that democracy itself has become disabled in many countries. The two pillars of democracy — constitutional restraints on power and elections — have been manipulated by corrupt regimes to serve their interests and not those of the public in whose name they govern.

Dr. Govind KC, a prominent Nepali anti-corruption activist, recently ended his 14th hunger strike, which was aimed at highlighting corruption in the judiciary. Do such activists continue to engage in hunger strikes to make their point?

Activists will get attacked by those in power. Their work is never done. They need to build alliances, get more supporters to engage in strikes and use the media effectively to push for change. The more the public at large

sees how corruption is robbing them of opportunities, stealing the bright future from their kids and diminishing everyone's human potential but of the political elites, it will strike a chord for mass protests. We have seen this in Honduras, Guatemala, South Korea and Burkina Faso, where activists created alliances to go against corrupt politicians and bring down corrupt regimes.



Delighted to build new home

Small but a home of their own:

Earthquake victims are happy to move-in their own houses after a long wait residing in temporary shelters



April 25, 2015 at 11:56 am, Rasuwa. Saraswoti B.K. was at her neighbor's feast in Majhgaun, Uttargaya Rural municipality when the earthquake struck. She rushed back to her house despite the shock to check on her three children who were fortunately unharmed. However, her house had collapsed over the nearby hut claiming four of her goats.

Soon after the calamity, along with her husband who returned home from Kathmandu leaving his work, the couple had struggled to find a safe shelter for their children. They had spent nights under open sky in open ground for few days before shifting to shared temporary shelter. Realizing the need of privacy, the duo had assembled a small hut at the old place clearing off the rubbles themselves. But the strong wind blew away their tin roof twice. Then they decided to construct a house. Saraswoti shares her delight of having a proper house which withstood the monsoon season. She says, "We had to loan 1.5 lakh rupees as the grant was inadequate to construct the house with two rooms."

Fulmaya Nepali 50, of Itpaare, Kalikarural municipality, Rasuwahas shifted in her one-room house. She says that she has managed to construct the house within the investment limit of grant fund that she has received. She is overjoyed to be living in her small house and states that the experience has been far better than sleeping

in anxiety under the temporary roof. The house was readied in just two months where she moved in last year's Dasain festival. She mustered her confidence to construct her house only when the roads were constructed near her locality. The monetary support would otherwise have been overspent on transporting the construction materials. The labor contribution from the family members of both Saraswoti and Fulmaya further reduced the cost.

According to Earthquake Housing Reconstruction Registration Programme, Rasuwa among the affected 11, 629 households only 1,440 families have received the third tranche (as of December 2017). Lumanti Support Group for Shelter has successfully constructed 378 houses in Katunje, Dharapani and Itpaare of Kalika Rural municipality and Dhungey and Maajhgaun of Uttargaya Rural municipality. Prabesh Khanal, Project Coordinator of Lumanti at Rasuwa explained that the plan was to construct 380 houses but the beneficiaries of the remaining two houses did not come in contact with the project, thus the plan to construct their houses were abandoned. Almost all the beneficiaries contributed labor support for the project.

Like Fulmaya, Sushila Pariyar Balam aged 21 of Itpaare prefers living in a small house of her own over the unsafe temporary shelters. Mira B.K. 38, of Maajhgaun recently finished her house on

a land she purchased at 2.70 lakhs. The house is yet to be plastered and colored. She shares, "We were ignorant and unaware. The staffs of Lumanti are resourceful and have helped us in many ways. We have to repay our loans but we are positive that at least now we have a house."

Om Kumari Neupane 39 of Maajhgaun, mother of two sons, is upbeat with Lumanti's support. She has taken a bolder step of constructing a well-furnished concrete house of two room which would cost her around 14 lakhs. Her husband works in Saudi Arabia. "It has been much easier with the technical support from the staffs of Lumanti. We are planning to shift in the new house by the end of January", she proudly announces.



A Collective Approach

According to Project Coordinator, Prvesh Khanal, Lumanti has implemented the Collective Approach to reconstruct the houses in Majhgaun. Reconstruction project became relatively quicker and easier forming users committee in the village to undertake different tasks. The committee was responsible to identify and select the suppliers, to examine the materials and to oversee the payment through the bank. The financial transaction between the beneficiaries and the suppliers were all done through banks. This

adventorial

approach established an arrangement of "bank to bank" payment system that transacted the support amounts deposited by Lumanti under the beneficiaries account against the construction materials from the suppliers. It assured that the support fund were used for construction purpose only. On the other hand, by purchasing the required materials in a cluster, the transportation charge was minimized. The committee assigned a contractor for multiple houses for efficient work.

27 households in Itpaare were unable to undertake any sort of construction work within the first year despite getting the first installment. Having misused the grant in household expenses, most of the beneficiaries were in no condition to proceed the building process. It only became possible after Lumanti's intervention, stresses Bhawani Prasad Neupane, Vice Chairperson of Kalika Rural Municipality, Ward No. 3.

Lumanti has replicated the same collective approach as in Majhgaun, depositing the lump sum of 2.5 lakhs (apart from government first installment grant of Rs 50 thousands) in each beneficiary's bank account, and has constructed 31 houses in the village in coordination with the Rural Municipality of Itpaare. Neupane insists the importance of such an approach for the proper use of the fund and success of the project.

For many at Itpaare, the grant amount was just adequate to construct a one-room house. With the labor contribution from the household members, it further helped the family to save some money for plastering and coloring the house, highlights Kumar Bardewa, Coordinator of Itpaare Reconstruction Users Committee. "The house has only one room but it is strong," shares Bardewa delightfully. "I feel safe and comfortable living in my own house."

The beneficiaries were provided with multiple house models to choose from three room, Two room or One room houses. The engineers and the social mobilizers provided adequate and timely guidance and support in the house model selection process. Many families chose to build one-room house to avoid the hassles of loans. Especial supports were arranged by the committee for the households of single mothers and disabled families.

The houses constructed under Lumanti's support further received 15 thousands rupees support for individual toilet construction. Bhawani Prasad Neupane emphasizes Lumanti's transparent working method and its excellence in organizing communities that has reflected in speedy and smooth completion of the project. He said, "Lumanti's working approach should be replicated in every development activities."

(In partnership with Lumanti Support Group for Shelter)

Phaplu in winter

The first orange light touches the white peaks and the winter grass is tinged with frost. Turquoise clouds painted on the wardrobe panel glow in the luminescence of early morning. I reluctantly leave the sanctuary of the heavy bed clothes, the cold so intense that I had fallen asleep with both a rubbery hot water bottle on my stomach and a warm electric blanket. Was this same pillow lain on by Sir Ed and Lady June, beneath the same pink flowered quilt?



SO FAR SO GOOD
Lisa Choegyal

The lodge in Phaplu echoes with time and memories. Its wide wooden floorboards, polished amber over the decades, have been trodden by many feet, including mine when I first stayed here nearly 20 years ago. The exuberantly painted downstairs still reminds me of a monastery, with elaborate wood pillars and ceiling beams a shameless green, orange and blue, cosy and welcoming with low brass lamps, huge sofas and protective deities garlanded with marigolds. We huddle on creaking leather chairs and a Tibetan carpeted bench around the rugged wood burning stove, avoiding the fingers of cold that penetrate every unfleeced inch.

Little has changed at the Phaplu Sherpa house. We sip tea from familiar mugs, sitting on the same garden furniture, but newly painted white, and the pine plantation in front has grown taller. Strings of bright prayer flags still traverse the domed cobalt sky. Then as now, I admire the commitment of bringing the comfortable alpine furniture, buttoned leather chairs and the circular, tooled leather-topped table, to such a remote spot — the dream of an Italian climber realised at great effort — the European blending with Sherpa style. I like to think of these bulky pieces being labouriously



carried up the tortuous Jiri trail, the same route taken by all the early Nepal Everest expeditions, including John Hunt, Tenzing Norgay and Ed Hillary in 1953.

Today a serviceable road from Kathmandu reaches Phaplu, and the former dirt airstrip is now blacktopped, with daily flights from Kathmandu and shuttles serving the seven-minute link to Lukla. We sit on the dusty concrete steps in the December sun, watching supplies for trekkers being loaded for the flight up, and well-dressed local families with ladies in Sherpa aprons being brought down, perhaps to catch the bus to the capital or on winter pilgrimages to India. On the hill behind us we can hear the chink of hammers as the Himalayan Trust hospital is repaired and extended after 2015's earthquake damage.

First time I was here it was

spring 1999 and my joints were less stiff. The American Ambassador, my 10-year-old son Rinchen, his little friend and I trekked to Chiwong and Thuptenchoeling. Ralph Frank's resented police escort followed dutifully behind. The rhododendrons were flowering and daphne scented the trail through the pine forests. A lone horseman with a colourfully carpeted saddle rode towards us through the trees, legs and arms flailing to urge his sturdy brown pony faster.

Chiwong monastery was a stiff climb, standing sentinel on a massive Himalayan cliff over a vista of terraced fields and solid Sherpa stone houses. At Thuptenchoeling, we turned the massive prayer wheel and climbed the wood-hewn ladder to the monks' upper quarters.

And one very special day we followed the trail from the Phaplu lodge to Salleri, only half an hour

for us but Sir Ed already could not walk well so was delivered by helicopter, laden with white khatas and helped by the proud Sherpa pilot. It was an important day for the monastery, and people had gathered from across the district. At the Rinpoche's behest, Sir Ed was to be ordained a Buddhist monk, honoured for his work helping the people, schools and hospitals of the Khumbu. With his wife June, son Peter and a Himalayan Trust couple we were invited to witness the exceptional event — recorded by Mike Dillon in his *Beyond Everest* documentary, a quiet Australian filmmaker with his ubiquitous camera.

That distant morning we sat cross-legged on carpeted cushions against the monastery wall as maroon robes were draped on Sir Ed's tall bent body, not quite long



MOUNTAIN MAGIC: Phaplu lodge (left)

Sir Edmund Hillary ordained as a lama Salleri 1999 photograph by Michael Dillon kind permission Peter Hillary

enough to reach his dusty brown boots. The yellow Mohican felt hat fitted awkwardly on his bowed grey head. Monks chanted, drums sounded, hand-bells tinkled and conches and long trumpets blasted in celebration, resonating across the valley.

“Mum, don't forget it's Rinchen's birthday,” Sangjay reminds me gently after a fortifying breakfast of porridge, fluffy omelette, soft chapattis and sweet milky tea. The reverberations of those long-gone footfalls on the polished floorboards recede, and I am jolted back to the present with a hug. 🇳🇵

(The Phaplu House is undergoing extensive upgrading and restoration, reopening for Mani Rimdu October 2018 as a luxurious new addition to Nepal's collection of fine quality lodges in scenic destinations.)

Commemorating Edmund Hillary

SETH SICROFF

The tenth anniversary of the death of Sir Edmund Hillary was a propitious moment to think again about the legacy of this great man. There are other anniversaries: 65 years after the first ascent of Mt Everest in 2018, and the centennial of Hillary's birth next year.

At one time, Edmund Hillary was the most famous person in the world. Every child knew of his climb on 29 May 1953. These days, if you ask an American under the age of 40 who Ed Hillary is they are likely to say: “Brother or uncle of Hillary Clinton?”

During the 1960s and 70s, Nepal was known as the recreational and spiritual jewel of the world, a destination that was on everyone's ‘bucket list’. In large part, that allure was due to the achievements and the promotional effort of Edmund Hillary. The so-called hippies matured into the generation that fought to protect the environment, promoted recycling and planetary sustainability. They were inspired by Nepal, but Hillary was the catalyst.

Hillary's son Peter Hillary, a world-class adventurer and humanitarian in his own right, wrote of the liberating effect of his father's achievement on Mt Everest: ‘While Ed Hillary and Tenzing Norgay just wanted to climb the mountain because no one had reached the summit, it never occurred to them that this daring climb into the physical and physiological unknown expanded the realm of possibility for every



one of us down near sea level, the fact that we too could climb the world's highest mountain if we wanted to... we are all liberated by the successes of others, because their successes show that it can be done.’

Kumar Mainali, president of Mountain Legacy, the Nepalese NGO that administers the Sir Edmund Hillary Mountain Legacy Medal, has spoken of the game-changing impact of Hillary's style of development assistance: ‘We all know about the expedition, but for us what is of far greater significance is the model of development that Edmund Hillary pioneered after that climb... that promoted an alternative to the model of development that had been largely one-sided: whether

colonial, evangelical or ostensibly philanthropic, the developer would unilaterally push an agenda conceived without input from the impacted communities.’

Hillary's sense of gratitude and responsibility made him want to return the favour to Nepal, with what became a remarkably ambitious and successful range of projects. His model of development emphasised the human dimension, integrating communities and ecosystems in lifting living standards in the mountains. This broader focus made development projects more likely to succeed and cheaper to implement because it invests ownership and responsibility in the communities.

Hillary did not regard himself as an explorer or a humanitarian professional. He was bee-keeper, and he was an adventurer. Hillary was not just a practitioner of adventure, he also advocated for it as a necessary exercise of the human spirit. By adventure he understood an effort to reach a set goal, which might involve a great deal of drudgery or even boring downtime, but would employ all one's skills and character to the utmost, and still risk failure.

What he realised as he undertook his first

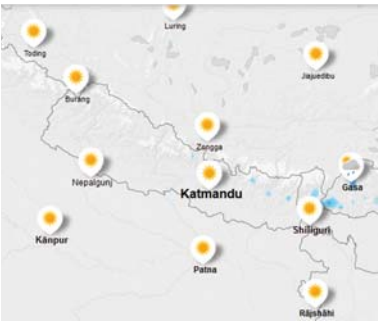


development project in the Khumbu eight years after climbing Mt Everest, was that building a school or reforesting a hillside could be the same kind of effort. Recreational adventure became a stepping stone to philanthropic adventure. Directly or indirectly, Hillary's

example has led hundreds of trekkers, mountaineers, and other adventurers to undertake a huge diversity of assistance adventures that have greatly benefited Nepal's people and helped sustain its ecosystems.

New Zealand is making plans for its own Hillary Centennial year. We should remind the world that Hillary chose to make Nepal the primary focus of his lifelong adventures. This is a final opportunity to capitalise on an asset of unparalleled power to stir the imagination. Let's seize it. 🇳🇵

Seth Sicroff Director of Mountain Legacy's Sir Edmund Hillary Mountain Legacy Medal Project



The prolonged drought has meant that rivers are low and the mountains are devoid of snow. There are no signs of any westerlies on the horizon, and no low pressure area in the vicinity to bring precipitation. However, we are looking at some some passing cloud cover on Sunday, with chances of a system blowing our way at the end of next week. Low maxima because of haze filtering the sun.

oneworld

QATAR

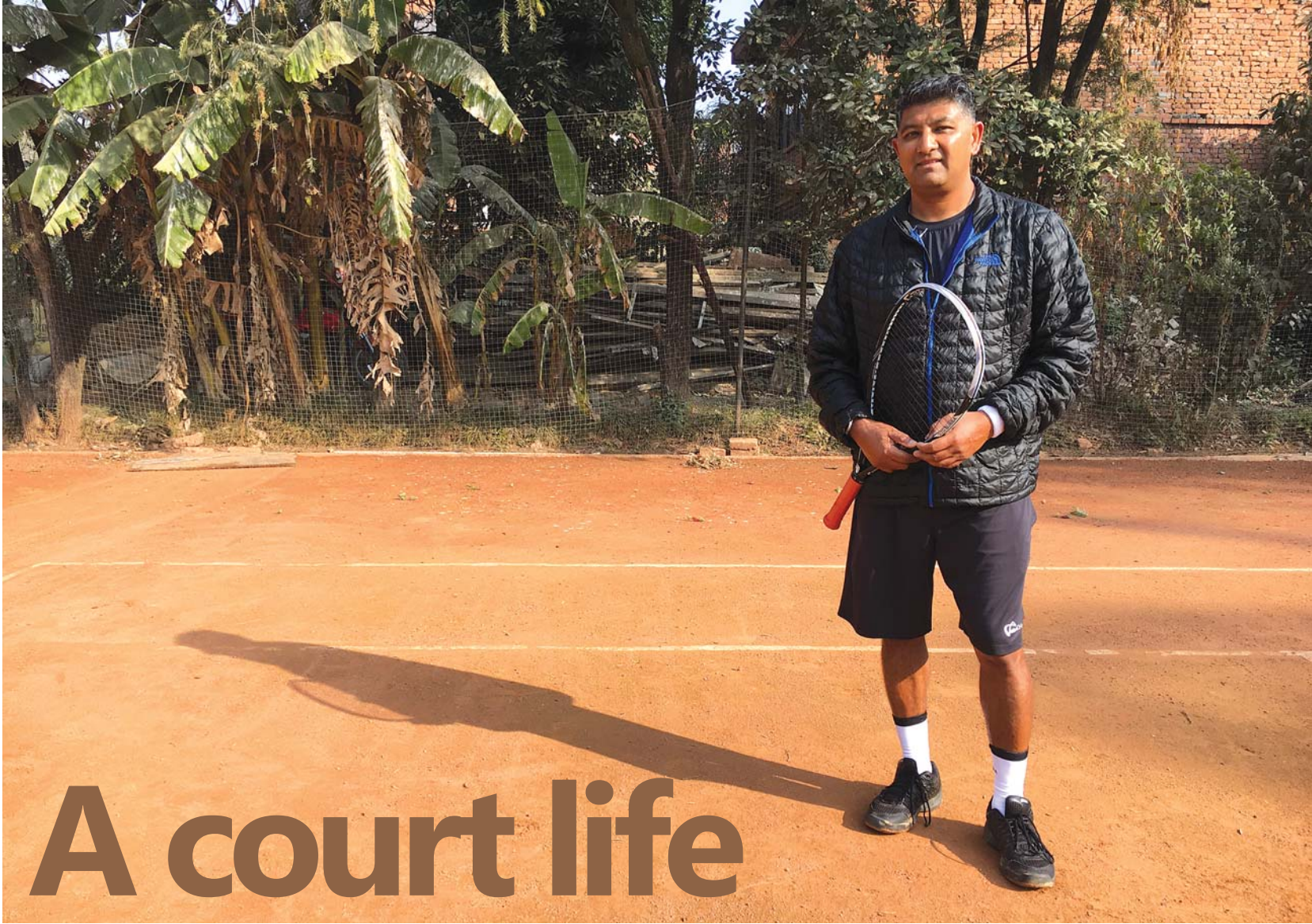
AIRWAYS

القطرية

Going places together - qatarairways.com

Five of the world's top 10 tennis players made headlines all last year for the wrong reasons: hip surgery, tennis elbow, bad wrist, knee injury. But tennis players battle nerves on the court as much as they do physical injuries. Mantosh 'Monty' Basnyat realised that early in his career as a high-school circuit tennis player in the United States. Having suffered his share of frayed nerves, he now coaches students at his tennis academy to overcome them, even while training them to make the right moves. "The 20 seconds that players get in between points is crucial. If you don't know how to stay in the present, separate private thoughts from the game, and focus on strategy, you are most likely to lose," says the 48-year-old tennis director of the Park Terrace Tennis and Swim Club in Sacramento, California.

Basnyat was five years old when he started hitting balls on the walls of a garage at the office in Kathmandu of his uncle Singha Bahadur Basnyat, himself Nepal's national tennis champion for two decades in the 1960s-70s. Basnyat recognised his nephew's talent and got him to the US to learn English and tennis. Monty Basnyat continued with tennis through high school, where he finished with a top-ten ranking in the Boys 18 category. After graduating with a business degree from the University of California in Riverside in 1991, he was offered a part-time job as a tennis instructor. More than 20 years later, he has successfully combined running a business with the game. His academy has students ranging from 2.5 years to 22, all of whom keep a journal where they



KUNDADIXIT

write about their performance goals before each match and grade themselves after the match is over. The students are made to play sets with adults for better practice and to improve their game performance. In weekend tournaments, adults and children play against each other, since Basnyat says mental toughness is more important than physical attributes. "Tennis is about having character: discipline, resilience, confidence and mental strength. More than teaching tennis, I try to instil good, strong characters in my students, who may decide to stop playing but will carry lessons for the rest of their lives," he says. Basnyat visits Nepal often, during which he conducts tennis clinics for young Nepali enthusiasts. Once in 2009, as strikes



and curfews dragged on for days, organisers of tennis training took Basnyat to Pokhara, hiding him in an ambulance. That is where he met an eleven-year-old named Abhishek Bastola. Five years later, Bastola

Mantosh Basnyat (right) met Abhishek Bastola (left) for the first time at his tennis clinic in 2009. Bastola is now a national tennis champion and trains with Basnyat in Sacramento every few months, for help with his game, mental focus and confidence.

found Basnyat through Facebook and after training in Sacramento now has a division one sports scholarship at ASA College in Maimi. Bastola, who also receives support from other US-based tennis coaches like Sujay and Raj Lama,

bagged the men's singles category title at Nepal's own 14th National Lawn Tennis tournament in Satdobato last November without dropping a set throughout the seven-match event. The proud coach says Bastola's talent is supplemented by his realisation that tennis is a mind game, but Basnyat is disheartened to see young tennis talents in Nepal without a platform to perform. "Nepal has good coaches, but tournaments here resemble Nepal's education system: twice a year where they regurgitate all they have learnt," says Basnyat, who suggests frequent mixed-group tournaments to boost performance. "Young players here will benefit from competing against adults with a passion for the game." **Sonia Awale**



ATITHI RESORT & SPA
Shanti Patan, Lakeside, Pokhara – 6
Email : info@atithiresort.com

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



Bashundhara Park, Lakeside, Pokhara, www.caffeitaliano.com.np, 061-467125, 467135

Taiwanese activist leads village women to embrace the beauty of the feminine cycle

ZIYU LIN
in KAVRE

“I hope women can reconnect with their bodies, starting from their menstruation,” says Lin Nien-Tzu (Claire), a Taiwanese who set up *Dharti Mata* (Mother of the Earth) Sustainable Workshop in Patlekhet, near Dhulikhel, to provide local women with jobs producing eco-friendly, cotton menstrual pads. She was nominated as one of the BBC 100 Women 2017.

Inspired during a trip to South India, Claire bought her first bag of cotton pads and brought them to Nepal, where menstruation remains a taboo. An extreme example is the custom of *chhaupadi*, practised mainly in the western hills, where girls and women are isolated in crude huts during their periods (*see commentary, below*).

Claire says her aim is to raise Nepali women’s awareness of menstruation and make them feel confident and comfortable during their periods instead of being constrained by age-old social taboos and practices.

Initially, she interviewed 100 women around Patlekhet about their experiences during periods. “I found women experienced hardship during menstruation. And their response to cotton menstrual pads was positive,” she says. She started Dharti Mata in 2011.

It took her nearly two years to launch the workshop, including finalising sources of raw materials and the production process. “I was quite anxious at the beginning. I am used to the Taiwanese working style where everything is fast and super-efficient,” says Claire.

Quick-tempered by nature, she says her experience in Nepal has softened her. “We want to provide women with affordable and eco-friendly cotton, sanitary pads made by women themselves, and it turned out that it’s necessary to spend more time on it.”

The workshop now consists of seven women cutting, sewing and assembling daily from 10am to 4:30pm. The local women ensure things run smoothly, occasionally

proposing more productive ways of working.

The village women do the usual farm and housework in the early mornings and after work. “I am proud working here, doing something for women ourselves,” says Kalpana Khatri, the first local to join the workshop.

Claire recalls meeting Amrita Dhital, who joined Dharti Mata last year. “Amrita came to us for a post in the workshop when we didn’t have any vacancies. We told her it would be helpful if she knew how to sew.” After a year, Amrita returned and announced that she had learnt sewing. “We were amazed,” says Claire. “We could do nothing but employ her.”

Dharti Mata gets active support from village men as well. Bishnu Tiwari, from Hasera Farm, cooks

the women’s lunch and snacks. “Women are our treasure, we couldn’t maintain the family without women,” Tiwari says.

When male farmers visit the workshop, the women introduce the cotton pads and explain menstruation to them. “Many male farmers solved the puzzle of feminine physiology, and bought cotton pads for their wives, daughters and granddaughters as souvenirs,” says Claire.

Besides selling the pads at the workshop and online, Claire takes them to Taiwan and Kathmandu, including Karma Coffee Nepal in Sanepa, which has been selling Love Ladypads since 2015. Recently Karma started selling

menstrual cups too. “Not only do they buy the pads and menstrual cups as gifts for their friends, many local girls also try these menstrual products themselves,” says employee Suni Dangal.

Claire is actively collaborating with other groups to promote sustainable menstrual products. “Some NGOs order pads and take them to girls and women living in high Himalayan regions,” she says.

Looking back on her seven-year experience, Claire says she is proud to have worked with local women, who are now like a family. She adds: “They are grateful for the job we offered, while I am grateful that they helped me to have a job too; we empower each other.” 🇳🇵



FIGHTING TABOOS



Menstruation remains a taboo in Nepal. Follow us to the scenic village of Patlekhet in Kavre, where local women in the Dharti Mata Sustainable Workshop are producing eco-friendly, sustainable cotton pads while also spreading menstruation knowledge in the village.

nepalitimes.com



Removing men

CLARA HARE-GROGG
in MUSTANG

Human rights activists have made great strides by calling attention to the practice of *chhaupadi* (isolation of women and girls during their periods), which killed another woman in Western Nepal this week. (*see Banished, above, right*). However, menstrual isolation is not prevalent across Nepal. In Lower Mustang, for instance, I was pleasantly surprised during a recent study tour with Nepali student Kunsang Gurung that many locals were completely at ease discussing menstruation. The region is

rapidly evolving due to education, tourism, and transportation but even so, conditions for menstruation are far from perfect.

In Mustang, home to pilgrimage shrines like Muktinath, menstruating Hindus still avoid temples to keep from polluting sacred spaces and avoid cooking to keep from contaminating the rest of the family. Menstruating Buddhists have the option to avoid certain places or activities, and some choose not to alter their behaviour. Buddhist texts do not explicitly ban menstruating women from monasteries, but some women feel that visiting would be disrespectful. Tibetan medicine regards menstrual blood as different from the rest of the body’s blood



CLARA HARE-GROGG



PHOTOS: ZIYU LIN



WORKING FOR WOMEN: Dharti Mata Sustainable Workshop (*above*) produces hand-made eco-friendly, cotton menstrual pads.

(*Above right*): Anita Thapa, executive director of Her Turn, an NGO that focuses on empowering adolescent girls, boys and women.

(*Left*): The workshop now consists of seven women cutting, sewing and assembling, including Kalpana Khatri (second from right) and Amrita Dhital (third from left).

(*Far left*): Lin Nien-Tzu (Claire)



Banished

Nepal's Parliament passed a bill criminalising the banishment of women during menstruation last August. It is set to take effect in August 2018. Anyone who violates the law can be sentenced to three months in jail, fined Rs3,000, or both, including girls and women who sequester themselves.

However, the draconian laws won't automatically change people's minds and attitudes. Anita Thapa, executive director of Her Turn, an NGO that focuses on empowering adolescent girls, boys and women, says it will take time to change people's mind as *chhaupadi* is closely associated with Hinduism.

"We spoke to girls in the western rural areas, who told us it could be difficult to abide by the law. Most people follow the tradition because they fear that if they do not, their gods will be angry and they will have a difficult time in the villages," says Thapa.

Lhamo Yangchen Sherpa, senior manager at PSI, also doubts the law will be effective. "How can a girl sue her relatives who banish her outside the house during menstruation? She has to think further about family relationships and usually in rural areas, men wield the most power in the family."

Since 2013, Her Turn has held workshops on women's health issues, including *chhaupadi*, in more than 70 schools in Gorkha, Jumla and Sindhupalchok districts. "At least there are some slight changes: instead of staying in cowsheds during their periods, they now have a separate room to stay in," says Thapa.

The menstrual revolution

The first wave of the menstrual revolution was marked by the use of disposable sanitary pads, signalling the rise of feminism. "Now comes the second wave of the revolution, which encourages the open discussion of periods and the connection between women and their bodies," says Taiwanese activist Lin Nien-Tsu (Claire).

This second wave encourages products like menstrual cups and reusable pads, and is being pushed by local activists in Nepal.

Hasera Farm's Mithu Dhital has been working with Claire since 2014. She voluntarily gives lectures and workshops on menstruation to girls from more than 20 schools around the village of Patlekheta, teaching them how to make sustainable cotton pads and informing them about feminine physiology. "The ladies working in the workshop sometimes join me to talk with girls as well," says Dhital.

Lhamo Yangchen Sherpa, the senior manager at PSI Nepal who researches menstrual products, says there are no

standards for sanitary pads in the country. "Women don't know what we are using for menstruation. Some women are using unhygienic materials to manage their periods since there's no standard on materials used, PH values and the disposability of menstrual pads," says Dr Sherpa.

She adds that girls in rural areas told her they can't afford pricey sanitary pads, which include a 13-15% tax imposed by the central government.

Sherpa and her team are pressing the government to reduce the tax and establish standards for menstrual pads.

They are also promoting local products. "It takes some time for reusable pads to reach the commercial market, and we want to promote local-made, quality menstrual pads rather than depending purely on imported ones," explains Sherpa. "Let's give girls choices, and let them choose what makes them comfortable during their menstruation."

Menstrual shame

because it is like urine or excrement.

The underlying problem for Buddhist and Hindu women in Mustang who avoid certain activities while menstruating is that they believe their naturally functioning bodies are shameful. This is dangerous to women's health because many women here cannot afford pads, so they reuse cloth. Doing so requires them to regularly wash the same piece of fabric, and if they are embarrassed, they will hang the cloth to dry in a dark, private place, increasing the risk of infection. Menstrual shame also inhibits some women from seeking medical help regarding problems like dysmenorrhea (menstrual cramps). Instead of seeing a health worker, women stay at home, often missing

work or school. Changes to society's perception of menstruation are necessary, but this must be sustainable. In one secondary school here, a foreign donor provided a year's worth of free menstrual pads for just one year, leaving many girls to return to cloth afterwards.

Even some governmental action is questionable. A law passed by Parliament in August 2017 decreed that forcing a woman to comply with *chhaupadi* is punishable by three months in jail, a Rs3,000 fine, or both. In the far flung regions where *chhaupadi* is still practiced, however, it's hard to effectively implement such a law.

We could start by revising the school curriculum to expand on the topic of

menstruation, which is currently not even allotted its own chapter. Building roads to places like Mustang could make menstrual products more accessible and affordable. Pads, being unaffordable for many women, are considered cosmetic products. In the largely makeup-free environment of remote Nepal, this classification seems to undermine the natural, biological health concern of menstruation.

In order to create sustainable change, culture must be changed from within. In her doctoral thesis on the subject, Nitka Sharma asserts that for many women in Nepal's patriarchal society the only power they have is over other women. This is why the older generation of women perpetuates unhealthy,

and in some cases deadly, menstrual practices like *chhaupadi*.

In Mustang, I spoke with one health teacher who had just come from a class on menstruation. When she saw that the boys weren't paying attention, she scolded them. "Don't you think it's important to know about this?" she asked. "You all have a mother, and you'll marry a girl one day. They experience menstruation, so you need to understand it, too." This inspiring teacher's sentiment needs to be spread: women's problems are everyone's problems. 🇳🇵

Clara Hare-Grogg is an anthropology student at Davidson College, USA.

EVENTS



Dying Candle

Re-screening of critically acclaimed movie, *Dying Candle*, directed by Naresh Kumar KC and starring Saugat Malla, Srijana Subba, Arpan Thapa, Lakpa Singh Tamang, Kesab Rai. 19-25 January, Cine-de Chef, Sundhara, For Tickets: (01) 4248402 / 4248403, info@cdcnepal.com, www.cdcnepal.com

Living with Parkinson's

Charity screening of the documentary *Living with Parkinson's* followed by panel discussion. Join to support the awareness campaign about Parkinson's disease in Nepal. 20 January, 2-4pm, Moksh, Jhamsikhel, Rs500, For details and tickets: 9847141518 / 9849899830

Research seminar

Martin Chautari offers a series of research seminars on topics including: tips to be a better writer, affordable technology and real-time monitoring to enable research, and case studies on the Yenya Punhi festival. 21/23/28 January, Martin Chautari, Thapathali, (01) 4238050 / 4102027, chautari@mos.com.np, For details: www.martinchautari.org.np



Reading mela

To celebrate the joy of reading in Nepal Shiksha Nepal and National Volunteering Nepal bring together more than 100 influential writers, celebrities and 30,000 readers to organise the National Reading Mela 2018, books, a photo exhibition, poem recitation, live book talks and much more. 20-22 January, 9am-5pm, Rastriya Naach Ghar, Jamal, (01) 4017200, 9851001569

Learn Nepali

This 2-hour workshop on a crash course model will teach expats the basics of the Nepali language so they can communicate in a local environment. Funds collected will support the start-up, StreetUp Nepal, a cafe with a social purpose. 22 January, 5-7pm, JJ's Cafe and Bar, Bakhundale, Rs500, 9841135750

Healing retreat

Connect your spirit with your body and mind at the 9th Akasha healing retreat for holistic wellness in the lap of the Himalayas. 23-27 January, 8am-5pm, Mala Lodge, Majgaun, Pokhara, Reservation: 9851045238, info@thevisionaryworld.com

Baaja

Kaalo.101 presents the second edition of the monthly Moonshine Affairs, with the group art exhibition RAW and musical performance by the band, BAAJA. Register and enter by 7pm to preserve the show's intimate setting. 31 January, 3-9pm, Nagbahal, Patan, For Registration: 9818301954



Power investment summit

Hosted for the second time by Energy Development Council Nepal, Power Investment Summit 2018 will focus on investment in the energy sector, Energy Mart, speeches by international experts and much more. 27-29 January, 8am-5pm, Registration: 416911-6/7/8, 9860368166, edc.npis2018@gmail.com, www.edcnepal.org

Night of ideas

La Nuit des Idées /The Night of Ideas: Power to Imagination, a panel discussion on how imagination drives the evolution of Nepali society in a global context, organised by the French Embassy, Alliance Française de Katmandou & Nepal Economic Forum. 25 January, 3-5pm, Himalaya Hall, Hotel Himalaya, Lalitpur, Registration (until 22 January): communication.afk@gmail.com

MUSIC



Album launch

The rebellious new age metal band, Underside is releasing the long overdue *Satan in your Stereo*. The EP is mixed and mastered by Sikh's Justin Hill. 20 January, 5pm onwards, Purple Haze, Thamel, 9849276214, flowerflight666@gmail.com

Bobin & Sudan

Performing their originals and covers, the duo Bobin and Sudan will transport you to their world with amazing music. 19 January, 8-11pm, House of Music, Thamel, 9851075172



Mi Ku

Contemporary folk band Mi Ku sings of various aspects of human life in the form of warm and witty poetic expressions, in a mix of eastern and western sounds. Pahelo Batti Muni will also perform. 20 January, 8-11:30pm, Shisha Terrace Café and Bar, Thamel, (01) 4701104



Opening in Kathmandu on 19 January

Lal Purja depicts the stories of people from an imaginary village, Miteri Gaon, particularly those of Tantrik (Saugat Malla) and Om Narsingh (Bipin Karki). The two leads fight over the ownership of a piece of ancestral land in the village. The comedy is directed by Nigam Shrestha of *Chhadke* fame, and written by the director himself, along with Bikram Singh. Menuka Pradhan and Miruna Magar, who makes her debut in the movie, are the female leads.

DINING



Cocina Mitho Cha

The restaurant, set up to support its cooking and hospitality school, offers traditional Nepali food and a variety of European and Asian dishes. Try their trout fish, followed by Spanish crepe for dessert. Lazimpat, (01) 4428374

Kathmandu Steak House

Serving lunch and dinner, the restaurant's menu offers many varieties of steak. Sizzling flame steak is a highlight. Chaksibari Marg, Thamel, (01) 4264946, kathmandusteakhouse@gmail.com

Mango Chilli

With a good range of Thai dishes, various levels of chilli and an efficient service, the restaurant is located on the second floor of Labim Mall. Don't forget to order Taro chips and Tofu Satay for starters. Pulchok, (01) 5538846

El Mediterraneo

For those wanting a break from spicy dishes, plan a dinner at this cosy restaurant for Mediterranean cuisine. Highly recommended: special tapas set. Jhamsikhel, (01) 5527059

Bhumi Restaurant

Experience Newari delights in an indoor setting. Indian varieties also on the menu. Lazimpat, 9841800167



La Casita De Boudhanath

To celebrate its 6th anniversary, the restaurant is offering a range of discounts on delicious dishes, drinks and desserts through their Facebook page. Grab the chance to have a romantic dinner out. Boudhanath, 9813614384

GETAWAY

Club Himalaya

32kms or a 1-hour drive from Kathmandu lies Club Himalaya at the height of 2175m. The balcony featured with every room in the hotel provides a majestic view of the Himalayan range. Nagarkot, (01) 4442726, ambassador@ambassador.com.np



Glacier Hotel & Spa

Built in 1990, renovated in 2006 and now remodelled in the neo-classic Rana palace style, the hotel provides peaceful and efficient service for your stay in the city of lakes. Lakeside, Pokhara, (061) 463722, glacierht@mail.com

Fish Tail

For the newlyweds, Fish Tail has three honeymoon packages on offer: Behula Behuli, Making Memories and Love in Paradise. Enjoy the getaway while it lasts. 19-31 January, Lakeside, Pokhara, (061) 465071



The Pavilions

Surrounded by farmland, forested hills and a mountain-fed river, this eco-friendly villa serves as one of the best retreats after an adventurous hike. Chisapani, Pokhara, (061) 694379, info.himalayas@pavilionshotels.com

Pokhara Grande

The hotel, situated about a 1.5-km walk from Phewa Lake, is your go-to spot, not just for a simple retreat but also for a destination wedding. Pardi, Pokhara, (01) 4005030 / 4005026, (061) 460210, reservationktm@pokharagrande.com

Hotel Yechu

Take a round-trip tour to Bhaktapur Darbar Square and have a rest at this newly established 4-star boutique hotel. Nagarkot road, Bhaktapur, 9801068301, info@hotelyechu.com



Health at home is an organization which facilitates home based health care services. Health at home service promotes health care i.e., out of hospital setting to the clients. Being the first of its kind in the whole South Asia, Health at Home is here to cater to the needs of those who desire health care facilities to be delivered at their doorsteps.

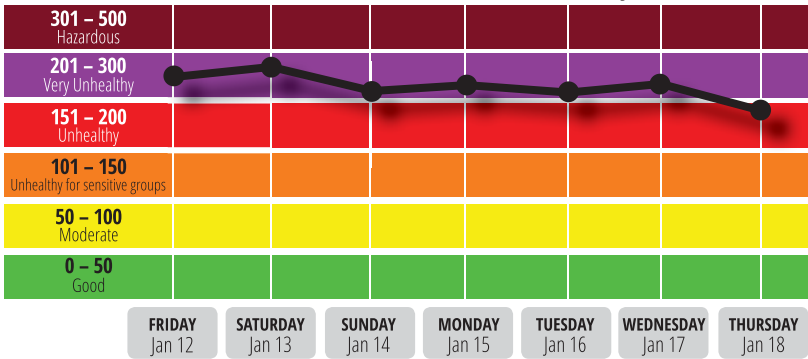
- Doctor on Call:** Staring at 1500 NPR/visit for doctor generalist (discount available for the member of Health at Home)
- Nurse on Call:** Day and Night care at home by qualified and experience professionals starting at 15000/month (minimum working hours 6-8 hours/day)
- Lab on Call:** Every kinds of lab related work is done by professional lab technician
- Physiotherapy on Call:** Qualified and experienced physiotherapist starting 700. NPR/visit.
- Elderly Care Assistant:** Find and professional care by our qualified and experienced care given.
- Travel Support for Sick Clients:** Travel support for sick clients are provided by professional.
- Appointment Management:** Appointment management with required doctors in different hospitals
- Help Desk:** Medical help for every needed people from 7am to 7pm.

Nepal's First home based health care facilitating organization

TEXT/CALL ON 9818 360 166 | www.healthathome.com.np

AIR QUALITY INDEX

KATHMANDU, 12 - 18 January



The average air quality throughout this week was in the dangerous 'Very Unhealthy' band, as seen in the graph above. The only reason Thursday was slightly better was because the measurements taken from the monitoring stations at Phora Durbar at press time did not include the morning and evening peaks for high concentrations of fine particles smaller than 2.5 microns. <https://np.usembassy.gov/embassy/air-quality-monitor/>

Guns into malls



MADAN PURASKAR PUSTAKALAYA



Nepal Army demolishes historic hospital to make way for commercial complex

RAMESWOR BOHARA

Of the 90,000 Nepali soldiers sent to fight in the First World War, 20,000 never returned. Many more were wounded. As a symbol of gratitude for that sacrifice, Britain used its Post-War Reconstruction Fund to help build the Tri-Chandra Military Hospital in Kathmandu.

The imposing neo-classical structure impressed Perceval Landon, who wrote in his book *Nepal* that even architects in Calcutta were envious of Kathmandu. For 85 years after it was built in 1925, the statue of the marching soldier atop the hospital became an iconic part of the Kathmandu skyline.

Just before the 2015 earthquake, however, the Nepal Army started demolishing the building, saying it was going to replace it with a modern, bigger non-profit hospital with the same name, for the treatment of serving personnel, veterans and civilians.

But even as the facade of the new building sheds its scaffolding, the Army is asking for bids to rent out the business complex. Of the 315,000 sq ft of the new building, a 275,000 sq ft area is being offered for commercial rental, with only 9.5% of floor space set aside for clinics.

The Army had already shifted Tri-Chandra Military Hospital to its Chhauni base and merged it with the Birendra Military Hospital in 1990, and the intriguing question then was why it planned another large hospital in the middle of the city.

Nepal Army sources told us the new building was never intended to be a hospital — that was just camouflage. “Even now, they have added the clinics so that there won’t be any allegations that the Army is getting into the real estate business,” said the source.

The construction was financed with a Rs2 billion investment from the Army Welfare Fund, which is made up of contributions from, among others, the salaries of Nepal Army UN peacekeepers in war zones around the world. The Fund currently has nearly Rs40 billion in savings, which it uses in health, education and charity work and housing for retired soldiers.

Army spokesperson Nainraj Dahal admits: “The main military hospital is in Chhauni, and it was appropriate to use the building in the city centre for commercial purposes to generate revenue for the Fund.”

The Army hasn’t complied

with existing rules on building permits from the municipality. In fact, it never bothered to get necessary building design approval. When construction started, the municipality wrote to Army Headquarters and the Defence Ministry twice, but the letters were ignored. “They didn’t even verbally acknowledge our letters,” recalls Ram Bahadur Thapa of the municipality’s Building Permits Office.

To be sure, some military structures do not need approvals because their designs are classified for security reasons. But a hospital in the middle of the city need

not have been shrouded in such high secrecy. However, the basic dimensions of such buildings require formal consent from the municipality. Any new structure also needs a completion certificate from the city for electricity, water and other utilities, which the Army hasn’t bothered to acquire either.

The Nepal Army has also violated the building code, which excludes structures taller than five floors in the congested city core. The military’s commercial complex is nine stories high with basement parking. Says Thapa: “Because the Army is getting away

with it, others putting up illegal structures are saying, ‘you punish the Army first’.”

The new building was originally designed to be 14 stories, and the foundation was laid accordingly. But when the 2015 earthquake struck during construction, the design was scaled down, the Army says, because it did not look commercially viable.

We asked Ram Bahadur Kunwar of the Department of Archaeology how such a historic building was allowed to be pulled down to make way for a mall. His reply: “We found out only after the hospital was demolished.”

The Army’s construction also needs an emergency response plan, according to new zoning and safety guidelines for public buildings drawn up by the Local Development Ministry after the earthquake, which it does not have.

Says advocate Srihari Aryal of Transparency International Nepal: “It was bad enough to bring down a heritage structure, but it is a complete no-no to build a commercial complex in that space. Unilateral decisions like this by the Army also weakens democracy.”

Centre for Investigative Journalism

NEPAL'S NO.1 BRANDED HONEY

My fitness routine is not complete without Dabur Honey

STAY FIT, FEEL YOUNG.



Logan Lucky

At a time when all of Hollywood is clamouring for awards season attention, it seems apt to review a film that stepped aside from all those trappings and followed a rather adventurous path of its own.



MUST SEE
Sophia Pande

Logan Lucky is the result of Steve Soderbergh coming out of his three-year retirement to direct a film that would break the usual industry mould, finding a way to finance and distribute his project outside of a studio system that still calls all the shots, even though their aim is often off.

A classic heist film with a not so orthodox cast of characters, *Logan Lucky* boasts a large ensemble of actors whom directors salivate to direct.

Channing Tatum, a Soderbergh

staple since the delightful *Magic Mike* (2012), stars as the seemingly stoic, but not too bright, Jimmy Logan, an out of work father whose down-at-heel life is lit up by his adorable little girl Sadie (played by a sweet and feisty Farrah Mackenzie). The girl lives with her unspeakably conformist mother Bobbie Jo (played sadly unimpressively by a shrill Katie Holmes), Jimmy's ex, who is now married to an unimpressive but firmly middle-class car dealer.

When Jimmy loses his job at a construction crew, he faces the loss of his daughter but comes up with a seemingly dim-witted plan to rob the Charlotte Motor Speedway, using a tip he gets from his former job, which was working on repairing part of the speedway. With the help of his equally vacant-seeming brother Clyde (Adam Driver), and their delightfully sharp sister Mellie (Riley Keough), the Logans enlist the dubious know-how of a con and

expert safe-cracker named Joe Bang (Daniel Craig), who is currently in prison, and his two inexpressibly silly brothers.

While this may not sound like quite your slick, smooth talking *Ocean's Eleven* (2001), it is worth sticking to this picture, which pays off in the most weird and wonderful ways, bringing a tongue-in-cheek innovation to a heist movie trope, making it refreshing, surprising, full of heart and oddly memorable.

It would not do to elaborate further on a film that relies so much on surprises, but suffice to say that it is worth watching the film if only to see the impeccable, original work of the mysterious newcomer Rebecca Blunt, credited as sole screenwriter. Blunt is thought to be Soderbergh's wife Jules Asner, or even Soderbergh himself, who often uses pseudonyms to credit himself as cinematographer (he uses Peter Andrews) and editor (Mary Ann Bernard), roles he often fills in his own films.

Logan Lucky is a surprise from beginning to end, a film that was made for a meagre US\$29 million (which was raised by selling the film's screening rights worldwide) but didn't quite get its due at the box office possibly because of an ill-timed release in late August this year.

Still, it is a film that proves that if you have the guts you can break out of the system and make something cheap(ish), fast and good, a lesson that the Michael Manns of this world would do well to learn from as they to maneuver their \$100-million beasts through the quagmire of production, distribution and advertising. 🇳🇵



Watch trailer online

nepalimes.com

HAPPENINGS



UNDP NEPAL

HELPING HANDS: Chinese Ambassador to Nepal, Yu Hong, and UNDP Nepal Country Director, Renaud Meyer, shake hands after partnering to provide post-flood recovery assistance worth US\$4 million last Thursday. 2017's devastating monsoon floods and landslide killed dozens and affected 20% of Nepalis living in the eastern plains.



GOPEN RAI

OUR RIGHTS: Nurses participate in a rally at Maitighar in Kathmandu on Wednesday. Country-wide, nurses have begun withdrawing services to protest working conditions.



NEPALAYA

MUSIC MAN: Nepathya frontman Amrit Gurung in action during a concert in Narayanghat on Monday. The show was part of a tri-city tour organised to celebrate the band's 25 years.



RSS

NEW YEARS: Women from the Tharu community dressed in traditional attire get ready to celebrate the Maghi festival in Tundikhel, Kathmandu, on Monday.



WISE WORDS: Elizabeth Charman, Pro Vice Chancellor of London Metropolitan University, delivers her speech at the graduation ceremony of Islington College and London Metropolitan University, class of 2017, in Kathmandu on 12 January.



Hero
HITS FM
MUSIC
AWARDS
2074

CATCH IT LIVE ON

- ▶ HITS FM 91.2
- ▶ NEPAL TELEVISION
- ▶ www.hitsfm.com.np

26TH JANUARY 2018 | FRIDAY | 3:00 PM

Heads of states

www.nepalkhabar.com



After much delay, the government on Wednesday named state chiefs for all seven provinces. Here is a brief introduction of each state chief, who will be administering the oath of office and secrecy to assembly members in their respective provinces. Of the seven state chiefs, five are from the NC, while the two Madhesi parties have nominated one state chief each.



Govinda Subba, Province 1 chief, is a professor at the Centre for Nepal and Asian Studies (CNAS) at Tribhuvan University. He

was involved in the communist movement in his home district of Dhankuta before joining the NC and contesting the 1992 local elections to be mayor of Dharan, which he lost to Dhyani Bahadur Rai.



Ratneshwor Lal Kayastha, Province 2 chief, is a former government secretary. After the first Madhes movement in

2007, he joined the Madhesi Jan Adhikar Forum, which nominated him as a member of the first Constituent Assembly in 2008. He was later elevated to the post of party secretary.



Anuradha Koirala, Province 3 chief, runs Maiti Nepal, an NGO known for rescuing and rehabilitating trafficking

victims. She was honoured as a CNN hero in 2010. She joined the NC just before parliamentary elections in November. She was handpicked by the palace as a minister during king Gyanendra's rule.



Baburam Kunwar, Province 4 chief, is a lawyer and former president of the Democratic Lawyers Association. He was

appointed by the Sushil Koirala government as attorney general.



Umakanta Jha, Province 5 chief, is a former administrator who became a minister in the government led by Chief Justice Khila Raj

Regmi in 2013. He is now general secretary of the Rastriya Janata Party, the fifth largest party in Parliament.



Durga Keshar Khanal, Province 6 chief, was elected as a member of the Upper House after the first general elections in

1991. He was active in local politics in his home district of Surkhet.



Mohan Raj Malla, Province 7 chief, was a member of the national assembly during the party-less Panchayat era. He was

known as a liberal pro-royal. He was with the Rastriya Prajatantra Party after the pro-democracy movement of 1990, but joined the NC after the first Constituent Assembly elections in 2008.

NISSAN
Innovation that excites

NISSAN TERRANO

Smarter. Bolder.

INTRODUCTORY PRICE **NRs. 42.99** Lakhs*
Full Option*

19.64
km/l

GLOBAL SUV HERITAGE
280
SUV AWARDS
GLOBALLY

Pioneer Moto Corp Pvt. Ltd.: Kamaladi, Kathmandu, Tel: 01-4427871, Email: sales@nissan-nepal.com

For more informations, please visit www.nissan-nepal.com, | [f NissanNep](#) | [t Nissannepal](#) | [i nissan_nepal](#) or visit any of our dealerships across the country

Book Your Flights Online

ANYTIME & ANYWHERE

www.yetiairlines.com

Download Yeti Airlines App now on iOS & Android Devices.

GET IT ON
Google play

Available on the
App Store

Payment Options:

VISA **MasterCard** **PayPal**

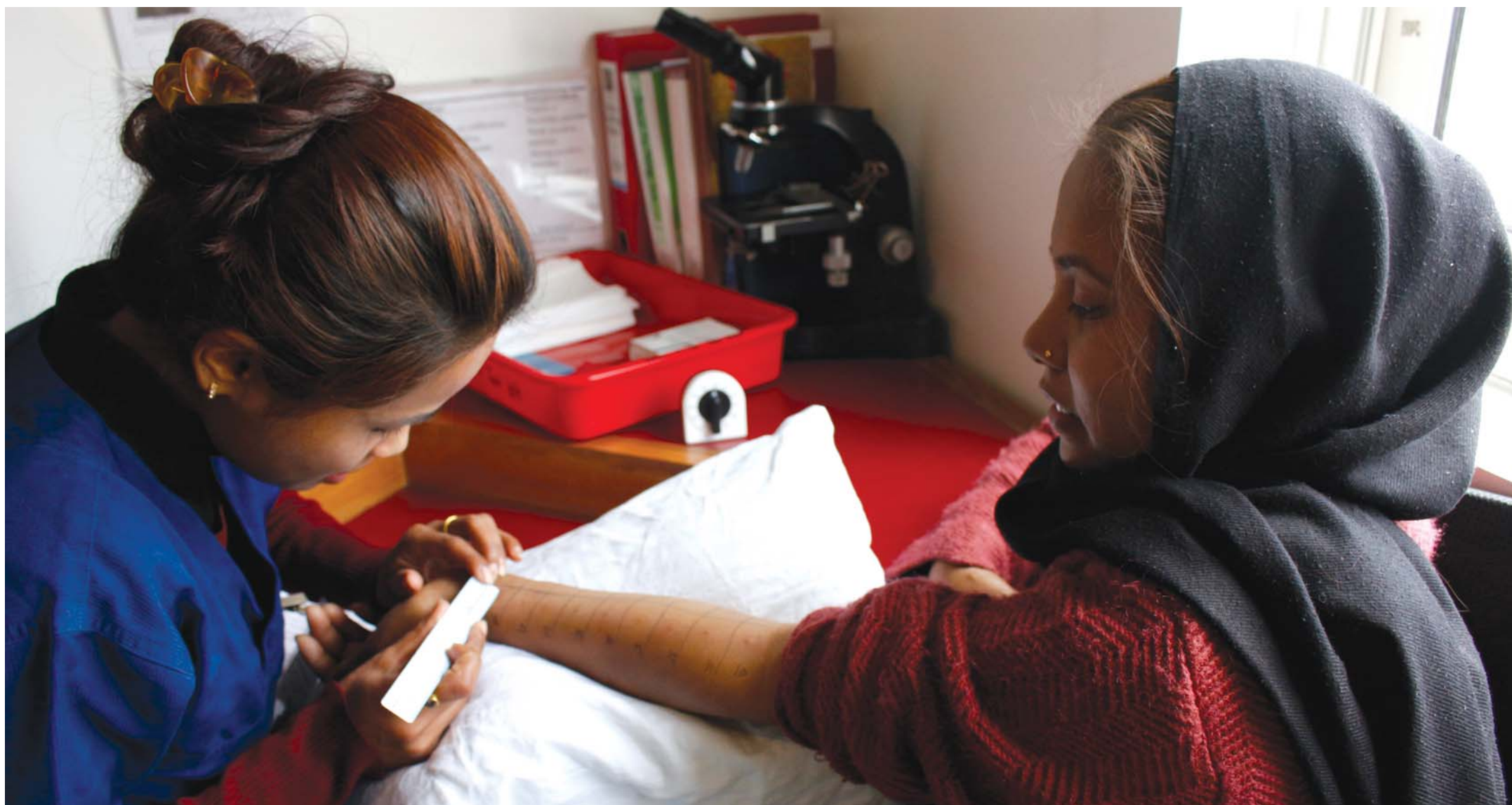
IMB pay **NEPAL INVESTMENT BANK LTD.** **NIC ASIA**

eSewa **e-Banking** **SCT Cards**

Follow us:
[f yetiairlines](#) [t flyyeti](#)

For further information, contact us at:
+977 1 4466576 | ecommerce@yetiairlines.com

Yeti Airlines
You come first



SONIA AWALE

What are you allergic to?

An epidemic of pollution-related allergies sweeps Kathmandu as winter wears on

SONIA AWALE

Dristi Sapkota first came to Kathmandu eight years ago for college, and since then has been tormented by a chronic eye allergy. Every time she goes out, her eyes itch, get red and swell up.

"I lived in Chitwan for 16 years and never had this problem until I moved to Kathmandu," said the 24-year-old, herself a dermatology intern at Dhulikhel Hospital.

Sapkota's doctor prescribed eye drops and anti-allergens, but it never gave her permanent relief. This week, she was at the hospital to undergo a test so she can identify the allergen she is sensitive to.

Also at the clinic one morning this week was Bindu Sardar, 25, who has angry red patches on her wrists and forearms. She has been

on anti-allergens for over a year and wishes her allergy could be finally pinpointed so she can avoid it.

"I'd had to put my plans for my family on hold because of the endless medications. I just wish my allergy can be finally identified," says Sardar, who is from Biratnagar and came to the capital to diagnose a condition that started one night after she was abruptly awoken by an itchy sensation on her cheeks. By morning, she was covered in hives.

After unsuccessful treatment in various hospitals, she went to Dhulikhel for tests that showed she is allergic to house dust, mites, mould, cow and buffalo dung, storage mite and pollen. Both Sapkota and Sardar were told to

avoid smoke and dust as much as possible and prescribed anti-histamines.

As winter pollution in Kathmandu gets worse, a large chunk of the population is exposed to higher concentrations of pollutants in the air. Allergies have reached epidemic proportions, doctors say, as have respiratory illnesses, aggravated by the unsafe level of smoke, dust and chemicals in the environment.

"Allergies of all kinds are on the rise, and the biggest culprit is Kathmandu's air pollution, which has worsened due to vehicle congestion and construction activities," says Buddhi Paudyal, a physician at Patan Hospital.

Allergies occur in different

forms and can be caused by any substance in the environment. Worldwide, 400 million people are affected by hay fever, while 300 million more suffer from asthma. More than 200 million have food allergy, and a significant number of people develop a mostly fatal anaphylactic reaction to drugs. Genetic predisposition determines which individuals are more likely to have a hypersensitive reaction. While most allergies except for anaphylaxis aren't life threatening, they severely compromise quality of life and performance.

Buddha Basnyat, a consulting physician at Patan Hospital, says the air is now so contaminated it is a leading cause of many non-communicable diseases.

विशेष अवसर... विशेष उपहार...

साप्ताहिक खबरपत्रिका
हिमाल **Times**
हरेक आइतबार

ग्राहक योजना



१ वर्षे हिमाल



चन्द्रागिरि केबुल कारको गिफ्ट भौचर

अथवा

१ वर्षे हिमाल



रु.१००० बराबरको
वि.एफ डियर हिल शूको गिफ्ट भौचर

१ वर्षे Times



चन्द्रागिरि केबुल कारको गिफ्ट भौचर

* यो योजना हाललाई काठमाडौं उपत्यकाको लागि मात्र लागू गरिएको छ ।



Himalmedia
Patandhoka, Lalitpur, Mobile: 9841 248 894, 98510 54729
Tel: 01-500 5601-05, Pokhara: 061-538 913

subs@himalmedia.com
www.himalkhabar.com
www.nepalitimes.com



ALLERGY POSITIVE: Bindu Sardar (*left*) was finally able to get a test at Dhulikhel Hospital this week, and found out that she is allergic to house dust, mites, mould, cow and buffalo dung, storage mite and pollen. She is being counselled by health assistant Sunita Bishwokarma to avoid dust and smoke to ease her condition.

A patient with house dust and storage mite allergy breaks into rashes (*above*) during a controlled skin test for various allergens.

“Most hospitals in Nepal during winter are filled with people with exacerbated COPD (chronic obstructive pulmonary disease) due to concentrated pollutants in the air,” he says.

Health experts are also investigating the ‘Hygiene Hypothesis’ — the lack of early childhood exposure to germs and micro-organisms suppresses an individual’s ability to develop resistance to infections. This theory also suggests that bodies can have hypersensitive reaction due to having resided in a sterile environment for a long time.

Shekhar KC, a dermatologist at Kathmandu University Hospital in Dhulikhel, surveyed the prevalence

of contact dermatitis, characterised by itchy, sensitive and dry skin, among about 1,900 students of eight public and private schools in urban and rural Kavre in 2015. Nearly 9 out of 100 students tested positive while more than double the cases were found in urban areas, supporting the hygiene hypothesis theory because children in rural areas are exposed to infectious agents early on, allowing the body to build resistance against them. KC says the prevalence could be much higher in Kathmandu.

Last November, German and Nepali experts organised the first Nepal Allergology Congress at Kathmandu University. The most important takeaway from the conference was the need for allergy tests to help patients determine allergens and take necessary steps to prevent and control further exposure to the specific substance.

“Allergies, which start from something as simple as a rash, can lead to asthma, which comes with its own set of stigma,” said Dharmendra Karn, dermatologist at Dhulikhel Hospital. “Allergies are perfectly preventable and if controlled in time, people can maintain their quality of life, work efficiently and save families from undue stress.”



Watch a video of Dristi and Bindu being tested for possible allergens in Dhulikhel Hospital this week, and recommendations of consulting physicians to others who have similar symptoms.

nepalitimes.com

All about allergies

Any hypersensitive reaction of the body’s immune system to an otherwise harmful substance is called allergy. The substance that causes the reaction is called an allergen, and can be just about anything in the environment, from pollen and chemicals to an insect bite. Allergies are also hereditary in nature, with 80% inherited from the maternal and 20% from the paternal side.

Types of allergies

- Contact dermatitis (caused by direct contact of the allergen with the skin)
- Allergy rhinitis/hay fever (characterised by sneezing, runny nose and watery eyes)
- Asthma (allergy of the lower respiratory tract)
- Food allergy
- Insect sting or venom allergy
- Sinus infection
- Latex allergy
- Drug allergy (medications like penicillin are known to cause a fatal anaphylactic reaction)
- Eczema (characterised by red, itchy and dry skin)
- Allergic conjunctivitis



Ways to prevent allergies

- Avoid carpets and encourage mopping
- Practise good cleanliness and hygiene
- Use proper in-casing of blankets, pillows and bedding
- Avoid detergents, soap, direct contact with raw meat and fruit juices, metals like nickel and use gloves when possible
- Avoid exposure to cold air, dust and smoke
- Provide sufficient ventilation and sunlight in rooms
- Remove allergens from the vicinity of the patient

Treatment

There is no cure for allergies, but they can be prevented and treated. Most of the time, prevention and management of symptoms work but if they don’t, physicians employ immunotherapy. Injectable immunotherapy can lead to anaphylactic reaction and should not be administered without the presence of a physician.

Asthma outbreak

Kathmandu’s persistent pollution has lead to an outbreak of allergy ailments. Larger dust particles can lodge themselves in the upper respiratory tract and cause allergy rhinitis, while very fine soot particles smaller than 2.5 microns enter the bloodstream, increasing the incidence of asthma.

At Patan Hospital, respiratory medicine specialist Raju Pangeni says that the out-patient wards have been overflowing with patients this winter: “Pollution from vehicular emissions is a public health calamity.”

Bronchial asthma is a chronic disease in the lower lungs that inflames and narrows the airways, resulting in chest tightness, shortness of breath, coughing and wheezing. Triggers for the illness are pollutants like dust and smoke. Moreover,

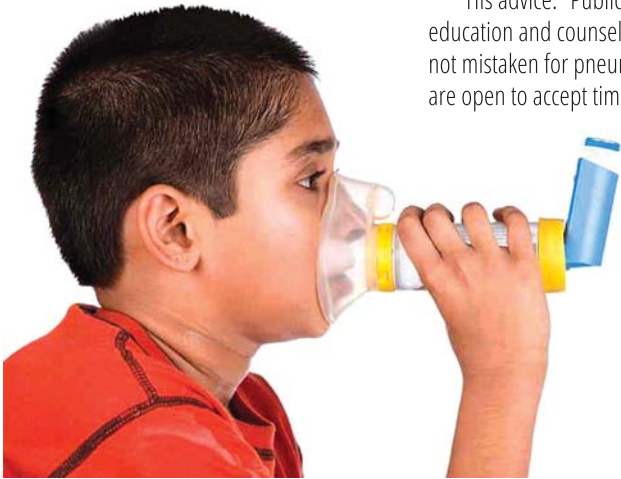
patients with upper respiratory illness have a 50% higher chance of developing asthma later in life.

“We have been diagnosing and treating more and more children with asthma,” says paediatrician Sudha Basnet at Teaching Hospital. “There are more cases in winter because children breathe in more dust, smoke and cold air at street level.”


She adds that many parents resist treatment for asthma due to a misconception that inhalers are addictive. “Timely treatment increases the chances of the child having a better quality of life and chance at education,” explains Basnet.

Back at Patan Hospital, Pangeni says many of his patients have waited until it is too late to seek treatment for asthma, which means physicians have to prescribe much stronger drugs.

His advice: “Public awareness, education and counselling on asthma so it is not mistaken for pneumonia, and patients are open to accept timely treatment.”



islington.edu.np



For Innovative & Strategic Leaders


ISLINGTON MBA

is here with

E-Commerce Certification by UTCC, Thailand & Alibaba Group, China


International Business Trip to Thailand & China

Co-develop ideas with Business Experts and obtain Venture Capital




Admission Open

UNIVERSITY PARTNER

 LONDON METROPOLITAN UNIVERSITY

TRAINING PARTNERS

 UTCC University of the Thai Chamber of Commerce มหาวิทยาลัยหอการค้าไทย

 Alibaba.com

Islington College | Kamalmarg, Kamalpokhari, Kathmandu

9801022446 | 9801022451

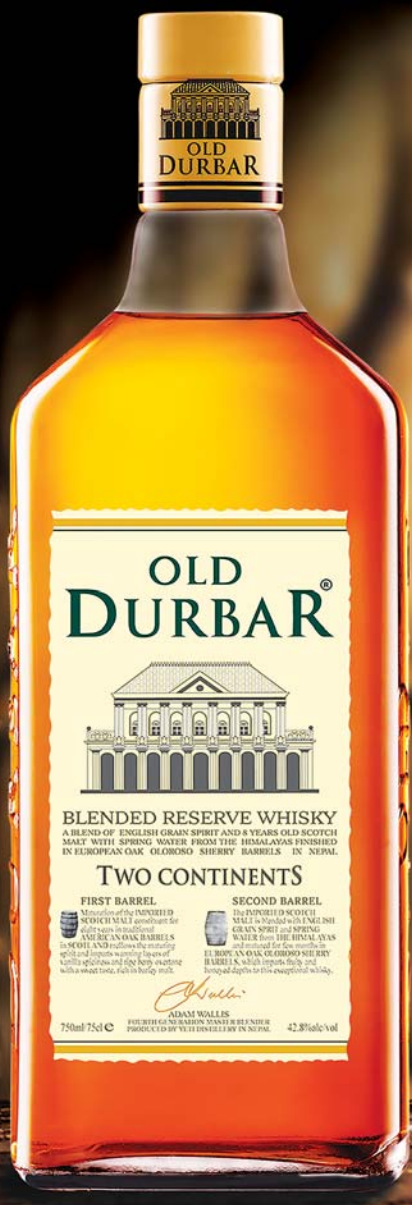
4441200 | 4412929

info@islington.edu.np

/islingtoncollege



ELEVATE YOUR EXPECTATIONS



 <http://www.facebook.com/olddurbar>

NPI Collection



Our exquisite collection of cashmere products are hand woven by master artisans who collaborate with our designers to bring contemporary designs.

We believe in empowering women with equal opportunities.

www.NPICOLLECTION.com

NPI Collection Pvt. Ltd.
Opp. to Sanchakosh Building
Thamel, Kathmandu, Nepal
977-1-9801073668
npicollection@gmail.com

Kathmandoo-doo

WARNING: This week's Backside Column contains material that some readers may find offensive. Customers are advised to keep their air-sickness bags, which are located in the seat pocket in front of you, handy in case of an emetic emergency. Needless to add: management will not be responsible for any toward or untoward incidents.

Now that we have those legal niceties out of the way we can get right down to using all the offensive terminology we want without fear of being sued in a court of law.

our excrements. The Goo-verment has left no stone overturned to ensure that Nepal retains its status on the US Shitlist by taking the following steps:

- Renaming Kathmandu airport Shithole Incontinental Aerodrome, befitting the facility's commendable efforts in letting the potty go to pot so that passengers get a whiff of what is to come as soon as they arrive, and are left with a lasting olfactory memory of Kathmandu before flying out.



The US president made headlines all over the world last week by putting Nepal on his brownlist of Shithole countries. Nepalis were understandably outraged: how dare the president of the most powerful country in the universe unilaterally declare us only a Shithole when we know it for a fact that Nepal is actually a vast cesspool?

President Trump was being diplomatic by using the word Shithole figuratively, whereas we who live here know that Kathmandoo-doo is literally an open sewer. And ever since the gobarment declared Nepal an Open Defecation-free Federal Republic, the whole country has turned into a latrine. We therefore take strong umbrage with Donald Uncle pooh-pooing our poo and underplaying

- Why spend all that money diverting sewage in the Bagmati Stinkbomb to a treatment plant? Just let the sacred river transport holy shit as it flows past our temples.
- Under its 'Once is Not Enough' campaign the Tourism Hoard has thoughtfully ensured that visitors with the runs can answer calls from nature by ducking behind historic monuments to take a dump as many times as they want provided they have paid their Durbar Square Ticket (Rs1,000 for foreigners, Rs250 for fellow-Shark Countries, and free for domestics).
- Nepal will strive to remain a Dunghole as our rulers ensure shitty government befitting our Turd World status.



The Ass



NEED A BATTERY??
FREE HOME DELIVERY!!
WITH FREE FITMENT SERVICE

SHOP NOW
Pasaal.com

OFFICIAL ONLINE STORE FOR AMARON BATTERIES
FITSTOP WHEELS IN ACTION
AMARON

CALL US
9860 125 193/98010 23133
9808 684 414

QUICK DELIVERY
AT YOUR DOOR-STEP

FREE DIAGNOSTIC
& INSTALLATION

GET BACK ON
THE ROAD

facebook.com/info.pasaal
instagram.com/pasaal_auto

HINWA

Nepal's Finest Wine

SINCE 1994



BEST ENJOYED CHILLED!
facebook.com/hinwawines