



# **Nature calls**

fter a cholera epidemic swept Jajarkot in 2010 killing 300 people, mostly children, the government was jolted to action. With help from UNICEF, it launched a campaign to make all of Nepal's districts open defecation free. The drive has saved many thousands of lives.

A toilet is no longer just a place to relieve oneself, it has becom a health facility. At the end of another National Sanitation Week, three more districts including Lalitpur have been declared open-defecation free. Nearly 97% of Nepali households now have latrines. The campaign has shortcomings: many toilets are poorly maintained and lack water supply. However, Siddhi Shrestha

of UNICEF says, "Nepal's progress in sanitation is a global success story. It changed the mindset of people, a toilet at home became a matter of pride, more than just infrastructure."

The health outcome has been dramatic. In 2011, nearly 7,000 children in Nepal died of diarrhoeal dehydration, and it was the third biggest killer of children under five By last year, that figure dropped to less than 1,000. But Bhusan Tuladhar of UN-Habitat has a word of caution: "While we celebrate Nepal's success we now need to also work on managing what has accumulated in the toilets.' Indeed, pit latrines and urban sewage have now become serious health hazards across Nepal.

Kathmandu is one of 22 remaining districts still not open defecation free. The capital's breakneck and haphazard growth has poisoned its rivers and turned the air toxic – making the city a symbol of governance failure. There are token cleanups and slogans, but no political will to address the crisis (see page 14-15). Smart cities are those which treat and recycle their waste. Kathmandu is not a smart city, it has become ugly and dangerous for its inhabitants.

Nepal urgently needs sewage treatment plants, and a mechanism for the removal, recycling and disposal of faecal sludge. In the absence of government initiative private entrepreneurs across the country are stepping in to set up collection services, and produce biogas and fertiliser from waste. Says Bipin Dangol of the Environment and Public Health Organisation (ENPHO): "It is time to think beyond toilets. Unless human excreta is safely disposed, we will continue to face health risks.' Sonia Awale



### Toilet trained

As Nepal reaches the goal of sanitation for all, the next health challenge is to make latrines hygienic

### Where to take a dump







### BY BHUSHAN TULADHAR

#### Here come the smart toilets

PAGE 14

**BIKRAM RA** 

**GETTING OUR** SHIT TOGETHER **EDITORIAL** 





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GOING PLACES TOGETHER

# **GETTING OUR SHIT TOGETHER**

t personal, family, community or national levels, we Nepalis are generally not given to maintaining high hygienic standards. Waste management is not our forté. Littering is a national trait, we are genetically programmed to dump garbage at our own doorstep, we let household sewage flow into the drainage system which empties into the river we worship.

Jesuit missionaries who were the first European travellers to pass through the Nepal Valley en route from Tibet to India in the 17th century described the towns here as the dirtiest they had seen in their journey. In those days, that was saying something.

Granted, Kathmandu eradicated open defecation in the streets within one generation. But other than that, we have regressed in every other respect of urban management, acquiring an international reputation for polluting our rivers, poisoning the air, and tolerating squalour.

Google Mt Everest, and the top news items will be about expedition garbage. Search

Kathmandu Airport and this pops up: fetid toilets and a terminal building redolent with the odour of urine. Kathmandu is no longer known as a valley with historic temple towns, but a dust bowl with garbage landfills along a reeking river, and air so toxic it is unbreathable.

We spoke to anthropologists, urban planners,

ecologists and governance experts to get to the bottom of this chronic failure to pick up after ourselves. They said the problem is not confined to Nepal: disregard for waste management pervades the subcontinent from Peshawar to Chittagong.

Flush toilets were invented during the Indus Valley civilisation, but today Pakistan's rivers are sewers. Mass defecation by the tracks greets passengers on early-morning train rides in northern India. Plastic landfills are new topographical features on Dhaka's outskirts.

Are there cultural reasons that span religions, ethnicities and nationalities for this regional inability to recognise and handle waste? Is it the inherent fatalism in our societies? Does it have a gender angle in our patriarchies? Are individualism, greed and selfishness factors? Are we hardwired to wallow in our own waste?

Finding an excuse in cultural determinism for unhygienic behaviour is a cop-out. The reasons lie instead in the failure of education, collapse of governance, lack of accountability, in corruption and impunity. It is filthy politics that force people to live in filth. Dirty

streets are a metaphor for dirty politics.

We are confronted with evidence of chronic state failure everywhere as we move around Nepal: the putrid Bagmati, government hospitals which spread infections instead of curing them, vehicle emissions that have made Kathmandu so toxic the daily pollution average is five times higher than the WHO threshold.

Nepal's holiest temples are the dirtiest parts of its towns. Cremation sites, instead of evoking transcendence and spiritualism, feel like purgatory. Devotees throng festivals in uplifting mass displays of faith, but once the gods have been appeased, they go home leaving mountains of trash and the gory remains of sacrifices.

Cleaning up the Bagmati every Saturday is a valiant gesture, but alas, it is doomed because it does not address the structural root of the solid waste problem. Two weeks ago this newspaper printed an investigation into why plastic bag bans have been sabotaged by successive governments: the manufacturers

enjoy political protection. Plastic bottles are the new global scourge. We reported that Langtang Valley alone has 5 million discarded plastic water bottles, used once and thrown away. Yet, by placing a value on the bottles, they are now being collected for recycling. To reduce singleuse plastic trash, **BIKRAM RAI** Nepal has to

upscale such upcycling. This week, the world marks World Environment Day with the theme #BeatPlasticPollution. There is growing global awareness about ocean plastic that is killing marine life and contaminating seafood.

Also in this issue (page 14-15) we look at the government's open-defecation free campaign which, although it has raised awareness and reduced child mortality, has concentrated on building latrines but not on sludge disposal and ensuring water supply. There is a danger they will spread the infections they were supposed to control.

A civilisation is judged by the way it manages and disposes of its waste. Ministers sweeping streets for tv cameras, or donning masks to test vehicle exhausts are just for show. The government has to go far beyond tokenism with policy reform and its implementation.

Smart cities are those which have learnt to generate energy, produce fertiliser and recycle raw materials from their waste. To be smart, Nepal's municipalities do not have to reinvent the wheel. The solutions are all there. Just Google it.

### Times.com

### **ONLINE PACKAGES**



Nepal's dramatic progress in sanitation is an internationally recognised success story. But as we inch closer to achieving 100% household toilet target, a question arises: what to do with the excreta that is overflowing out of pit latrines and septic tanks? Visit a first-of-its-kind facility in Lubhu that could be the future of disposal and safe reuse of human waste from household latrines.



Although Nepal has shown remarkable progress in child and maternal health, somehow not as much attention is paid to the needs of adolescents (10-19 years) who make up a quarter of Nepal's population. Adolescents are still unaware of reproductive health issues, and feel they do not have a proper source of information to learn about sex and other issues. Watch this short video to hear out Nepal's teenagers.

#### **NIJGAD ON THE SPOT**

Honourable Minister, make your dream airport in Pokhara and Bhairawa, not Nijgad. ('Does Nepal need a 4th international airport?', Om Astha Rai, #912). Many thanks to the Nepali Times team for raising this issue. Anil Bhattarai

A hub airport requires a strong national airline to feed passengers across a global network. Nepal Airlines would need to see astronomical growth for Nijgad to be a potential link between SE Asia, North America and Europe. But this market is already saturated, even Indian carriers cannot compete with Gulf airlines. A thought provoking read at a time when megaprojects are all the rage. Fraser Sugden

 Better develop both Simara and Janakpur airports instead of degrading the whole ecosystem of Nepal by felling millions of trees for Nijagad airport. Bhaskar Gautam

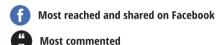
 Regarding safety, geography, weather and location, Nijgad is a good choice. Planes cannot approach Simara runway from the north. Nijgad can handle the biggest passenger jets like A380 from both

### WHATS TRENDING



#### **Does Nepal need a** 4th international airport? by Om Astha Rai

A fierce debate has raged online after the story on the proposed 4th international airport appeared on Nepali Times last week. Some argued that a \$6.7 billion price tag is too high for an obsolete hub airport concept. Others say Nepal has to think big to leapfrog in development and connectivity. The debate is still ongoing, join in by going online for the most reached and commented story this week.



Most visited online page

#### **Clash of cultures in Bhaktapur** by Sewa Bhattara

The cancellation of a €10 million German project to restore Bhaktapur's damaged monuments has yet again raised the question of restoration, and how it should be conducted. Unlike before, Nepal's new federal state structure has locally elected leaders who are much more vocal about what they want. This story also generated vigorous debate online. Visit nepalitimes.com to read some of them







Nijgad airport and expressway will decimate 7,000 hectares of Char Kose Jhari forest. If the airport is unlikely to serve Kathmandu, or to develop as an international hub, should 2.4 million trees be felled for a 4th international airport? @omastharai







SameerKRT @raisameer26 I'd say no. High cost, corruption, will cause massive deforestation that will imbalance in the ecosystem. Can be built in any other location.





### **10 YEARS** AGO THIS WEEK

he 6-13 June 2008 edition of *Nepali Times* still held out cautious optimism about the Maoists who had been elected to power. In a victory speech. guerrilla commander turned Prime Minister Pushpa Kamal Dahal made a blistering attack in Tundikhel against the opposition and the media. In its first sitting, the CA abolished the monarchy. King Gyanendra went house-hunting after being evicted from the palace. The three main parties were deadlocked over the question of who should be president. Go to our online archives to read more.

Excerpt from that week's editorial: 'We have disagreed with Maoist methods in the past, but the party has taken a considerable risk by steering the revolution towards a non-violent path. For this, the people rewarded them by making the Maoists the largest party in the Assembly. But by not giving them the majority, the people were also saying: look, we don't completely trust you yet.'



sides. This is not possible in Kathmandu even with expansion. Nijgad will significantly contribute to our economy. Milan Neupane

#### **CLASH OF CULTURES**

False pride forces one into the corner ('Clash of cultures in Bhaktapur', Sewa Bhattarai, #912). The nationalism of Nepali communists will push the country further behind. German insistence on transparency and objectivity is commendable. Nirmal Ghimire

Nepalis negotiating with foreign donors have never been unable to articulate their interests. Use of foreign materials and technology in rebuilding monuments is a cultural imposition. It kills local knowledge and is also not sustainable.

Ajaya N Mali

bit.ly/clash-of-cultures-in-bhaktapur-nt ... @ sewa\_ditee and Monika Deupala report.

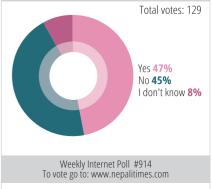


Amit Aryal @KtmAktivist This is inspiring on so many levels. Thank you for being a visionary leader! This is not only a learning moment for our cultural preservation but for Finance Ministers and Nepali bureaucrats who are often too eager to accept foreign assistance without realising its pitfalls.



Weekly Internet Poll #913

Q. Is the government's focus on large infrastructure projects justified?



Q. Do you trust the home minister's drive against tardy road contractors?

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# **Nepali mothers and an Irish daughter**

Nepal was far ahead of its neighbours in protecting the reproductive rights of its women

am the daughter of a formidable campaigner for women's reproductive rights. Decades ago, when such issues were not part of the playbook for development activists, my mother, a medical doctor in Nepal, started setting up family planning programmes after seeing women die in childbirth, shifting from hospital work into public health



She established health posts for maternal and infant care. She fought for the reproductive rights of women and girls, including for access to contraception and comprehensive sexuality education. And most important, she instituted a network of female health workers all over Nepal.

For a woman raised at a time when it was unusual for girls to be educated, my mother has travelled long distances. Not only did she fight for Nepali women to have a choice, but she ensured that her two daughters had the same privilege.

I am myself now the mother of a daughter, who will soon enter adulthood. She will then make her own decisions, including about her reproductive choices. My daughter is an Irish national.

So I spent the weekend of 26 May, during the Irish referendum



HEROINES: Nepal's rural female health volunteers are at the forefront of protecting children and mothers and informing women about reproductive health.

on abortion rights, vacillating between crying with joy in one moment, and overwhelmed with anxiety about the outcome at another. My colleague Aisling Reidy, who is Irish, wrote movingly about her own experience of emotion and exhilaration that weekend. And about the need for other countries to move toward that arc of justice for girls and women.

Many Irish women and men

travelled back to Ireland to cast their yes votes. The hashtag #HomeToVote was trending on Twitter that weekend. The resolve to give women rights over their bodies was quite incredible.

I write this not only because I care about my daughter's rights. I write because the rights of so many women and girls in Ireland will hopefully change as a result of this vote. But above all, I write this also because it is occasion to be proud of my own country. Nepal, often in the news because of its urgent development needs, was, on this crucial issue, ahead of many of its neighbouring countries, decriminalising abortion in 2002.

Women who had been imprisoned for abortion were released. Women today who want to exercise their choice over their bodies can legally do so, without

restriction and with access to safe health care. Much remains to be done in Nepal, however, to ensure that those rights are available to all girls and women, regardless of financial or geographical situations.

But today I celebrate my Nepali mother. And I rejoice for my Irish daughter. 💟

Tejshree Thapa is a senior Asia researcher at Human Rights Watch.

South Asian University conferred Masters and MPhil degrees to 11 Nepali students

at its 3rd convocation in New Delhi

on 7 June, in the presence of Giriraj

Mani Pokhrel, Minister of Education,

**Buckle up for Barca** 

Science and Technology of Nepal, Vinay

Sahasrabuddhe, Member of Parliament in

India's Rajya Sabha, and Amjad Hussain B Sial, Secretary General of SAARC.

Etihad Airways will be linking Abu Dhabi,

UAE and Barcelona five times a week via

# Martial art to momos



Self-service, momos cooked in olive oil and without MSG, added fats, preservatives, artificial coloring or flavor enhancers, complimentary offer of mineral water, popcorn, vegetable or chicken soup and a hand sanitiser at every table made Classic Mo:Mo popular in Kathmandu.

The winning formula was wholesome, hygienic food at an affordable price. Currently serving through online delivery system Bhoj Deal and outlets in New Road, Thamel, Naxal in Nepal and Bangalore in India, Pokharel is planning to open 5-6 more franchises by the end of this year. Among his three sons, one has already returned to Nepal and is handling the company along with the online vegetable delivery Mero Store, and another plans to return next year.

Despite the gradual growth of the ventures and a busy schedule, Pokharel has not left Taekwando, and says he never will. He is vice president of the Nepal Taekwondo Association, responsible for making guidelines and conditions for international participation of Nepali participants, coaches and referees. "Taekwondo in Nepal reached its peak in the 80s, but went downhill during the political transition due to lack of financial support for training. We want to take the sport back to its glory days," says Pokharel, who continuously encourages children and parents to take up a sport. Pokharel handles sportsmanship and entrepreneurship seamlessly, often coaching little dabblers at his sports club Arjun Fitness. He brings the same discipline, team spirit, and passion for the sport into his other enterprises. Diet and nutrition overlap in both his sports and food businesses. From helping out at his kitchens to making tough strategic decisions for his companies, Pokharel has to be fast on his feet — a trait early training in Taekwondo prepared him well for. 💟 Sikuma Rai

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Hats off

### Valuable brand Turkish Airlines was declared the 'Most

Valuable Brand 2018' of Turkey by Brand



Finance, which has been researching and evaluating thousands of brands on a global scale every year since 1996.

Majestic banyan Qatar Airways' Kathmandu team celebrated World Environment Day on 5 June by **D** honoring one

### الاتحاد CTIHAD 21 November.

two-class Airbus A330-200, from Barcelona



PHOTO: GOPEN RA

When athletes are injured, their lives turn upside-down in an instant. Most end up as coaches or referees, but once in a while someone lands a 360 kick and turns into a successful entrepreneur. That is the story of Harishwor Pokharel, once an internationallevel Taekwondo player and now the proprietor of four businesses from tyre repairs to momo restaurants.

In the early 1980s, an 18-year old Pokharel was among the earliest batches of Nepali Taekwondo champions. Pokharel was coached by Deep Raj Gurung to become a 4th don. He graduated to the international stage during the 1986 Asian Games in Seoul. But an ankle injury in 1988 put a question mark over his career. He then went to Germany where he trained fellow players till 1992.

"At that time I was earning well and I could have easily stayed on in Europe. But I thought it through, and decided to return to my home country and start something of my own," recalls Pokharel, with no trace of regret. That 'something' was a tyre resoling company, Gandaki Group, which now has 12 outlets across Nepal.

The business of resoling tyres brought Pokharel great fortune, enabling him and his siblings to provide good education to their children. But when his three sons got stuck in America, he decided to initiate another plan. Four years ago, he and his family came up with Classic Mo:Mo, a restaurant chain that has become an international brand.



majestic Banyan trees in Nepal at Narayanhiti Palace, with Country Manager Jayaprakash Nair addressing the event.

### **Child** care



on issues related to awareness, action, development, protection and participation of children in South Asia.

hosted the most international association meetings in the world in 2017, and the Airways hopes to build on the growing demand.

### **Green hotels**

AIRWAYS



Marking World Environment day, Hotel Annapurna and its sister

enterprises Fish Tail Lodge, Pokhara and Jagatpur Lodge, Chitwan banned the use of plastic bags and organised cleaning and tree plantation programs in their respective areas.

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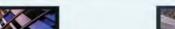
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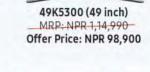
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NATION

# **Hiking with Jimmy**

Col Roberts didn't just pioneer trekking tourism in Nepal, he even invented the verb 'to trek'

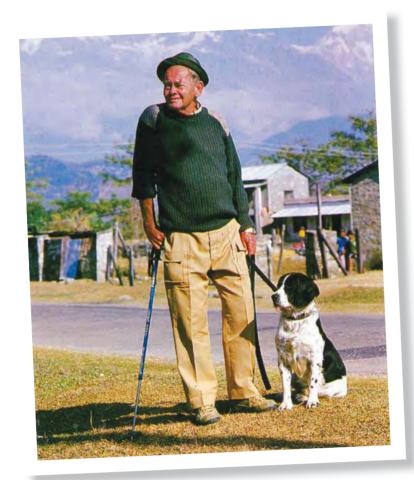
ittle Sangjay was fascinated by the birds: brightly coloured tragopans, garish impeyan monals and strutting Chinese golden pheasants. His small fingers gripped the wire netting of their cage whilst the sunshine lit their feathers.



The speckled grey guinea fowl fussed in the rough grass of Col Jimmy Roberts' Pokhara garden, and his flock of quail cackled nearby. The fishtail peak of Mt Machapuchre glowed in the high distance, and the red poinsettia and orange marigolds straggled his land. Over the dry-stone wall, the murmur of Sherpa voices could be heard as they sorted Mountain Travel's tents and camping gear between treks.

Col Jimmy enjoyed an eccentric retirement, in the same vein that he had lived an unusual life. Raising rare and endangered pheasants became his passion, and he introduced the delicacy of diminutive quail eggs to the finer restaurants of Kathmandu. Next to the trekking depot, his stone house in Pokhara had been built to suit his needs and those of his Sherpa attendants -- one open living room, no spare bedroom and an upstairs loo with the "best view in the world", as he proudly told Princess Anne during her 1981 visit. Along with the pheasants, a succession of liver and white spaniels were his preferred company.

Unmarried and solitary by nature, Col Jimmy was the only son of a Gujarat headmaster. He returned to South Asia after being sent "home" to school in England (King's Canterbury, which I never



heard him mention) and military training at Sandhurst. The product of a British Army career, he had a distinguished and highly decorated record in India, Malaya and Singapore. He always said that the few women he ever met were limited to the sisters of fellow Gurkha officers.

Instead, Jimmy went climbing. He pioneered Himalayan peaks in the days when access was constrained by tensions between China, India and Tibet, and visits to Nepal were "by invitation only". As he put it: "At that time, for a mountaineer at least, the

lure of Nepal was far more potent than Tibet or Bhutan. And in the mountain book, only the chapter titled 'Nepal' remained closed, the pages uncut."

He became a legendary Himalayan mountaineer and explorer, bagging many first ascents and getting to 50m below the sacred summit of Mt Machapuchre. Disdaining to join John Hunt's 1953 Everest expedition, which he himself had been shortlisted to lead, Col Jimmy helped with oxygen logistics then preferred to explore alone, making the first ascent of Mera Peak which he

dismissed as: "rather over 21,000 feet and not difficult".

Jimmy first came to live in Nepal when appointed Military Attaché with the British Embassy Kathmandu in 1958, then stayed on. By the time my young boys were enthralled by his extravagant pheasants in Pokhara, Col Jimmy's mountain days were curtailed by arthritic hips and failing health, and Mountain Travel had joined forces with Tiger Tops. But he could still describe every trek trail, twist, and turn from memory, and was relied on to compose the Sherpa teams as he understood upper Khumbu family dynamics better than anyone.

Without being able to walk them himself, Jimmy devised new circuits such as the Royal Trek for Prince Charles, which I recced for him with Pertemba Sherpa in 1980, and the Prince's Trek south of Pokhara. His stature in Nepal was secure as the creator of the trekking industry and inventor of the word 'trek', derived from a South African Boer word meaning 'an arduous journey on foot'.

A shy man, often gruff and never profligate with words. his writing surprised with a poetic grace and elegant turn of phrase. The invention of the trekking business was Jimmy's gift to the Sherpas, the people whom he greatly appreciated for their mountain skills but whose lives he saw as vulnerable from closed trade routes and cancelled expeditions of 1960's geopolitics. In many ways one could say that Jimmy dedicated his life to the Sherpas, ensuring that change brought them options and livelihoods. He wrote: "A wind blows across the highest of mountains of Asia and rattles the tiles on the roofs of houses in the valleys below. Doors swing open and others slam shut.'

Mountain Travel was registered in 1964, and for four years was Nepal's only trekking agency. His first trek group were six American ladies to Everest Base Camp in 1965, and he worried about the impacts of expanding beyond his set of camping equipment for eight clients. Today there are 2,500 trekking agencies, nearly 200,000 trekkers and over 2,000 mountaineers annually, and mountain tourism provides income and employment for many more Nepalis.

Jimmy opened up Nepal's network of trading trails and hill villages to generations of walkers who might otherwise be daunted by the world's highest mountain range. Debate rages about climbing expeditions, particularly on Everest, but there is no doubt that the country benefits from the royalties received, the jobs created and helicopters hired by this valuable long-staying and goal-obsessed section of Nepal's tourism market.

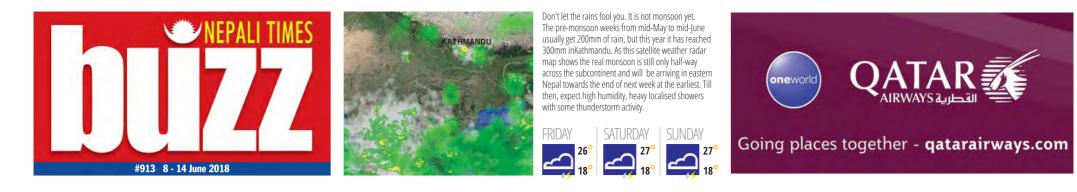
It might have seemed like a more innocent age, but in his quiet way Col Jimmy was prescient about the changes to come. Just before his death in 1997 he worried about "dirty camp sites and trails littered with rubbish ... and crowds of hikers invading the peace of the mountains". Even then, when Nepal's visitors numbered a fraction of today, he lobbied for the advantages of quality high-value tourism: "Why are we selling our beautiful mountains so cheap?"

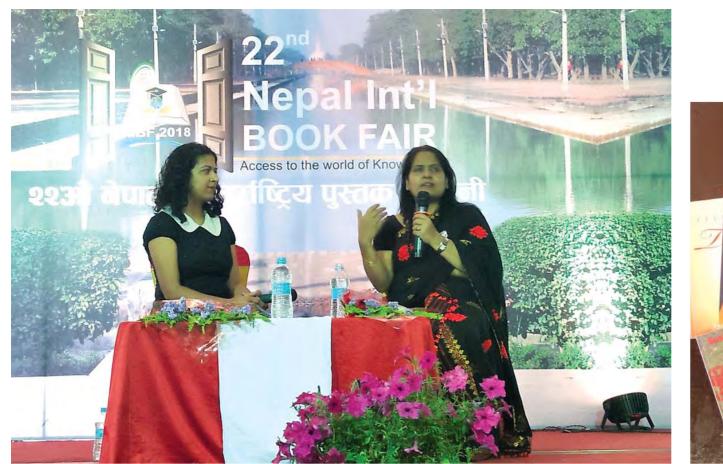
Trekking first brought me to Nepal, and the spirit of mountain hiking is lodged deep in the hearts of my two sons as part of the fabric of their childhood. Without Jimmy, and his stubborn persistence to realise his dream and vision, things would not have been the same. 🔍













# Written locally, read globally

Literature in local languages struggles to reach global audiences in translation

#### Sewa Bhattarai

A ssamese writer Rita Chaudhury had penned numerous books and even won the prestigious Sahitya Akademi award in India for her works. But few knew of her in India, let alone the world, because she wrote in Assamese.

It was only after her novel *Chinatown Days* was translated into English, that she was propelled to fame. Chaudhury was in Nepal last week for the 22nd Nepal International Book Fair and shared her experience of writing about Chinese tea plantation workers brought to India by the British. When India went to war with China in 1962, the Chinese were detained and later deported.

"There are hundreds of regional languages in India, and many have rich literature," Chaudhury pointed out. "But because the few that are translated are not done well, the literature remains confined within the communities." Nepal, too, suffers from this introverted cycle where its literature is produced and consumed at home, and is hardly known on the world stage. For every three books translated from English to Nepali, only one Nepali book is translated into English. Writer and translation researcher Manjushree Thapa, who recently rendered Indra Bahadur Rai's novel *Aja Ramita Chha* into English, agrees that translation has given Nepali literature greater visibility.

"Indra Bahadur Rai's work is as important as India's best writers of his generation, but the language gap has prevented him from being read widely," said Thapa. "Nepal just doesn't have a high enough profile in the world, other than stories about Everest or trekking. I don't think it is the quality of Nepali literature, but its powerlessness in the world that keeps it from being read widely."

However, many others believe that it is not just translation at fault here, but the overall quality of Nepali literature itself. "Nepali literature does not experiment so much with themes, techniques, structures," said Narayan Wagle, whose book *Palpasa Cafe* was translated into English, French, Korean, and Sinhala. "We must first read literature from other languages, so that we know what the world is writing and where we stand in that spectrum. Translation is not such a respected profession here, and unless translators find their work rewarding, a twoway exchange cannot flourish." professional, peer-reviewed journal in Nepal, and Nepal Academy's ongoing effort to publish a translator's directory, one has reason to hope translation will slowly become more professional and popular. However, it might take longer for Nepal's 100 or so local languages to get even that exposure.

At another level, Nepal's many languages have to struggle even harder. Maithili, the second most popular language in Nepal, is spoken by 11% of the people and is known to be one of the oldest Indo-European languages. The 14th century Maithili poet Vidyapati influenced later writers in many languages, but Maithili enjoys a far less exalted status today.

"Maithili continues to produce quality literature, but nobody gets to read it, sometimes not even Maithili readers," noted Janakpur based writer Rajendra Bimal. "Nobody wants to invest in Maithili literature because the market is so small. That could change if we provided mother tongue instruction in primary schools so that children grow up to appreciate, create and invest in their own language." Experts of Newari, with 3% speakers and a prolific culture, agree that regional literature is losing out to modernity. "Newari **WRITERS WITHOUT BORDERS:** Assamese writer Rita Chaudhury (*above, right*) at a panel discussion at the 22nd Nepal International Book Fair in Kathmandu last week.

Her book, *Chinatown Days* reached a global audience only after it was translated into English.

writers have a problem finding publishers, and then finding readers," said Yagya Ratna Dhakhwa, vice-chancellor of Nepal Bhasa Academy.

It may take a long time for Nepal to improve the quality and quantity of its translation and gain the world's attention, but in the meantime Rita Chaudhury says intralanguage translations have great potential.

Chaudhary is director of the National Book Trust of India which does translations of Indian books into other regional languages. She said: "This way, regional literatures

With the recent publication of the first

enrich one another."

Manjushree Thapa agreed that books in Nepal's languages need to be translated into other Nepali languages, too: "Nepal's literature in other languages like Maithili, Nepal Bhasa, must be translated into Nepali so that Nepal's literature becomes more inclusive and diverse."







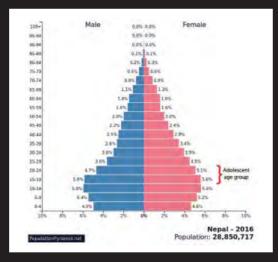












# Let's abo A survey of adolescents they want to know mo health, but don't h

8 - 14 JUNE

#### **Duksangh Sherpa**

A lthough Nepal has shown remarkable progress in child and maternal health, somehow not as much attention is paid to the needs of adolescents in the 10-19 age group who make up a quarter of the country's population.

Adolescence is a critical developmental transition from childhood to adulthood which entails changes at all levels: physical, emotional, psychological and social. These changes bring with them special health needs and risks.

Yet, the specific problems of this age group are overlooked by health care providers and the government. Surveys have shown that school-going teenagers do not get answers about reproductive health, contraceptive use, or sexually-transmitted diseases. Parents are not much help either.

"I have irregular periods, and my gynaecologist just gave me medicines without explaining what was wrong. After I stopped taking them, I am irregular again. I don't know what to do, who am I supposed to ask?" said 16-yearold Nisha Thapa who often misses school because of her condition.

school because of her condition. All the girls interviewed for a recent *Nepali Times* focus group said it would have been much easier if there was a separate health facility for adolescents where they would feel comfortable and open to share problems, without feeling rushed or judged. Both girls and boys in the survey also said their schools did not explain puberty and reproductive health adequately.

"Our understanding is bookbased. We know definitions and basic concepts which I cannot apply in real life," said 17-year-old Renu Adhikari. "I know what menstruation is, but I don't know what is actually happening inside my body. I don't know what causes cramps and how to ease it."

Even in Kathmandu, there aren't separate sections in hospitals, and teenagers are directed to adult doctors where they may be too shy to talk. Unsatisfactory treatment and lack of privacy are other fears. Many teenagers will be voting-age

Many teenagers will be voting-age soon, and preparing them for life's struggles should be a critical part of the education they get. But because of the lack of guidance from parents and teachers, they turn to peers or the internet for information, both of which give inadequate or inaccurate information.

All this leads to mental stress and anxiety in many adolescents. A survey showed that one in every five teen in Nepal suffers from some sort of mental disorder, and suicide is the leading cause of death among 15-19 year olds worldwide. Cultivating a safe and non-judgemental environment for adolescents is therefore of key



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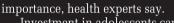


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# tak ut it

s and counsellors shows pre about reproductive ave anyone to ask



Investment in adolescents can be cost-effective, too. For example, safe motherhood is a top priority in Nepal's public health. And if adolescent health had been given more importance, girls and boys would have had a more comprehensive understanding of reproduction – leading to fewer complications later in life.

Surveys have shown that many Nepali women are unaware that giving birth before age 20 is not safe. Adolescent reproductive health education is urgent in a country where more than half of women are married by age 18. Pregnancy related complications is the number one cause of death among girls aged 15-19 in Nepal.

The *Nepali Times* survey of boys and girls aged 14-19 showed girls were mostly concerned about abdominal and body pain during menstruation, or irregular periods. For boys it was wet dreams and sexually-transmitted diseases, especially HIV/AIDS.

Sita Limbu, 19, is training to become a flight attendant. She has bad cramps and excessive bleeding. Instead of going to the gynaecologist, she takes pain killers. Like many others, she doesn't know that sedatives are not the answer to painful periods.

Although 24-year-old Bina Gurung is not an adolescent anymore, she still has doubts about reproductive health: "I talk to my friends and older cousins, or go to Google to look up information, but I still cannot say that I know about contraception. We never really had in-depth lessons in school, and we never spoke about it at home."

The Nepal government developed a National Adolescent Health and Development Strategy in 2000 and revised it in 2015. In 2011, a National ASRH (Adolescent Sexual Reproductive Health) Program Implementation Guideline and a National ASRH Communication Strategy were introduced. Adolescent health was also given priority in the National Health Policy 2014.

Also given priority in the National Health Policy 2014. Nepal is well-placed in terms of plans and guidelines, but there are big gaps in implementation. The Family Health Division has set up over 1,000 Adolescent Friendly Service (AFS) centres throughout the country, with at least 13 in each district. But only 56 are certified. In a recent visit, one of the clinics in Kathmandu was understaffed and adolescents did not have enough information about where it was located. None of the adolescents or school teachers interviewed for this article knew about government AFS centres, or counselling centres.

Birendra Pradhan at UNICEF says: "There is no mechanism for adolescent health care in urban areas. We need a multi-sectoral and coordinated effort. The government and development partners need to work closely."

(Some names have been changed.)







#### ADOLESCENT'S SPEAK



Get to know know what Nepali teenagers have to say of their experience as adolescents, and find out what they worry about the most. One-on-one interviews with young men and women who are caught between childhood and adulthood, and their counsellors.











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## **ABOUT TOWN**

8 - 14 JUNE 2018 #913

# **EVENTS**



### Local Project turns 1

### Nostalgia II

10

Upendra Lal Singh, a noted musician and pianist, launches his second album Nostalgia II with live performances in and outside Kathmandu.

8 June, 4:30pm, Russian Centre of Science & Culture, Kamalpokhari, (01) 5538878

### Trans studio project 3.0

The exhibition features mixed-medium installation pieces from Pablo Lopez, Samrat Singh Silwal, Rahul Thapa and Mahima Singh, reflecting Nepal's social, environmental, and political issues. 8-12 June, 10am, Bikalpa Art Centre, Pulchowk, (01) 5013524

### **Moods and Moments**

Min Ratna Bajracharya exhibits his lifestyle and nature photographs in a collection 'Moods and Moments'. 8-20 June, The Britt, Taukhel, Godavari, 9841242307



### Drop In Art for kids

Afternoons filled with art and monsoonspecific activities to let your children's imagination and creativity run wild. 9-10 June, 1-4pm, Children's Art Museul

### Pop up market

Enjoy Prazada's special pizza with beer while strolling around high quality local product stalls: Dessert First, Rebel, Ann, Dhaasoo, No chini and Himalayan Extracts. 9 June, 3pm onwards, Prazada, Baluwatar, (01) 4410473



### French movie screening

Free screening of Rock n' Roll with English subtitles. Guillaume Canet is told by a young co-star that he's 'no longer Rock n' Roll and can't sell films anymore'. He gets help from his girlfriend to prove her wrong. 14 June, 7-9pm, Alliance Française Kathmandu, Pulchowk, (01) 5009221

### Nepal photo contest

Photojournalist Club Nepal calls for submission of photos in seven categories: news, daily life, smiles, photo story, sports, culture and tourism, and nature and wildlife, for 'Photo of the year' award and cash prizes up to Rs100,000. Submission deadline: 15 July, Submit at: pjclub.com.np



### Toyota exchange mela

Upgrade to a brand new Toyota before your old car gets devalued. 9-10 June, 10am onwards, Naxal Banquet, Naxal, (01) 4008801

### Hamro cycle yatra

A cycle rally in honour of hard working waste workers and promotion of eco-friendly means of transport. 9 June, 7am-12pm, Narayan Chaur Community Park, 9851198615

### Feminist film screening

Bringing together women and men to discuss gender myths and perceptions. 13 June, 12-2pm, Voices of women media,

# MUSIC



Spektrum ft. Targeeb A digital artist and music producer with an instinctive approach to multiple mediums, Targeeb will be performing for Kathmandu along with IIzzII and Rishavh. 8 June, 9:30pm onwards, Club 25 Hours, Tangalwood, Naxal, 9801057602

### Baijini

A three person line-up interpreting various jazz standards. Expect to hear surprising tunes this Friday. 8 June, 7-10pm, Places Restaurant and Bar, Thamel, (01) 4700413

### Electronic rock

Space and Over n Out bands performing electronic soft rock and post rock. 9 June, 6pm onwards, Shisha Terrace Cafe and Bar. Thamel. (01) 4701104

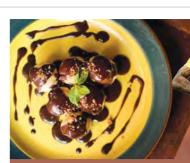


### **Chris Cornell night** A musical night in honour of the legendary musician, singer, songwriter Chris Cornell

Thamel, Rs300 (pre-sale)/ Rs500 (door sale),

### Music for education

Cobweb, The Edge Band, Neetesh Jung Kunwar, The Bridge and Nabin K Bhattarai take center stage at the fund-raiser program. 9 June, 1-8pm, Sano Gaucharan Ground, Rs300/500, 9808694205, 9860087736



DINING

### Chez Caroline

Tucked away from the street noise and fumes, this is the place to visit for a dine-out, catering or takeaway services. To try: Profiteroles au Chocolat and Choux pastry filled with vanilla ice cream and hot chocolate sauce. *Baber Mahal Revisited, (01) 4263070/* 

### Hotel Shangri-La

A starry BBQ night on Friday with live performance by Tattwo band. 8 June, 7pm onwards, Hotel Shangri~La, Lazimpat, Rs2,000 (nett/person), (01) 4412999

### Hyatt Regency

Savour Chef's special choices of Delhi dishes at the Dus din Dilli ke food festival. The Cafe, Hyatt Regency Kathmandu, Boudha, (01) 5171234

### Sing-Ma Food Court

Visit the Singaporean-Malaysian restaurant for their chicken Kueh Teow, Nasi Lemak, chicken satay and wide varieties of its popular cheesecake. Ihamsikhel, (01) 5009092



### Thai Ghar

Opposite the popular bar Moksh, Thai Ghar is a two-storey modern restaurant with Thai chefs crafting some of the best Thai cuisine in town, from Papaya salad, Tom Yum soup to Pad Thais.

Jhamsikhel, (01) 5548925

#### **EGYPT vs URUGUAY** 15 June 5:45 pm MOROCCO vs IRAN

15 June 8:45 pm **PORTUGAL vs SPAIN** 15 June 11:45 pm

**GETAWAY** 

WORLD CUP SCREENING

RUSSIA vs SAUDI ARABI

14 June 8:45 pm

### Chhaya Center

Watch World Cup 2018 with friends and family on the biggest screens in Nepal. The building has a good parking space. Picture and sound quality are perfect to make the event exciting and happening. Bhagwan Bahal, Thamel, (01) 4442220



### Bikalpa Art Cafe & Bar

Amazing ambience, fresh food and artsy decor make this an interesting venue to watch the FIFA World Cup 2018 matches. Bikalpa Cafe offers a lot more thoughout the football season. Pulchok, 9851147776



### Hattisar, Rs350/hour, 9801087072, (01) 4430233

### Chagal, 9861047681



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	Nursing Care
Visit by qualified and well experienced doctor	24 hours nursing care at home by qualified and
generalist.	experienced professionals.
Lab on Call	Physiotherapy on Call
All kinds of lab related work by professional lab	Physio/Electro/Acupuncture therapy by
technician.	qualified and experienced physiotherapist.
Elderly Care Assistant	Travel Support for Sick Clients
Fine and professional care by our qualified and	Travel support for sick clients are provided by
experienced care giver.	professional.
Appointment Management	Equipment Rental & Drug Supply
Apointment management with required doctors	Drug supply at your doorstep and best quality
in different hospitals.	medical equipments in rent.





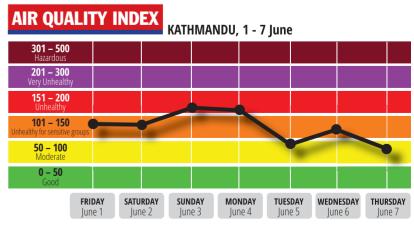
#### Opens in Kathmandu on 7 June

The Tamil-language action film written and directed by Pa Ranjith and produced by Dhanush is one of the most-awaited movies of 2018. Starring superstar Rajnikanth and Bollywood actors Huma Qureshi and Nana Patekar, the movie revolves around one character—a gangster named Kaala Karikalan—who fights for the rights of the Tamil community. From the plot to stunts, cinematography to editing, background score to direction, and to Rajnikanth's presentation and dialogues, everything has been reviewed as 'outstanding'. The movie is dubbed in Hindi.

### Kakori

Discover amazing flavours of Punjab and North India at Soaltee's specialty restaurant. Varieties of kebabs, biryanis, Indian breads and mouthwatering desserts to choose from. 7-10:45pm for dinner, Soaltee Crowne Plaza, Tahachal, (01) 4273999

World cup fever is on at The Woods Charikot Resort, where they will be screening selected live world cup football games via projector on a large screen. Escape the city heat and enjoy the live matches in the cool environment of Charikot. Lampate, Dolakha, 9851122519



We can all breathe a little easier in Kathmandu. The early pre-monsoon rains have turned the road dust into mud, and washed down suspended particles below 2.5 microns from diesel exhaust and garbage burning. The hour-by-hour pollution measurements at the city centre which can be monitored online on nepalitimes.com show a direct correlation between the showers and pollution. However, the daily averages for the week in this chart show vehicular emissions quickly build up when the rains stop, keeping AQI levels consistently above 100 in the morning and evening peak hours. https://np.usembassy.gov/embassy/air-quality-monitor/

## 11

# The struggle to save democracy and free press in the Philippines

#### **Rameshwor Bohara**

in Manila

E ven though it is a country with a liberal constitution and vibrant civil society which struggled long and hard against dictatorship, the Philippines is another proof of just how fragile those freedoms can be. The southeast Asian nation is a warning to Nepal that despotism is never too far away.

Just like Nepal, the Philippines has suffered a Maoist insurgency (*see box*). And although the conflict in Nepal ended after ten years in 2006, the New People's Army in the Philippines is still fighting the world's longestrunning Maoist war.

Philippine strongman Ferdinand Marcos was elected to power in 1965, but gradually took over and ruled as a corrupt dictator until he was overthrown in a People Power movement in 1986. In Nepal, the

first democratically elected government was dismantled by a royal coup in 1960, marking the beginning of three decades of a partyless absolute monarchy which also ended in 1990 after a People's Movement.

The oscillation between dictatorship and democracy in both countries have followed a parallel trajectory, which is why the populist despotism of the current President Rodrigo Duterte, who was elected two years ago, can be instructive to Nepal to show just how easy it is for a democratic country to slide back into authoritarianism.

Duterte did what most elected strongmen

do: exploit the disarray and corruption in established democratic parties, rabble rouse the public with nationalism, be outspokenly abusive towards the traditional elite, silence critics in media and civil society with threats, and use popular strong-arm tactics to control crime. In fact, Duterte was a Trumpian even before the United States elected Donald Trump.

As mayor of the Mindanao city of Davao, Duterte is credited to have cleaned up the city's drug scene and violent crime. He

promised to do the same throughout the Philippines if elected. He boasted of having personally killed drug pushers. The Filipino people, disillusioned with weak and corrupt rulers and fed up with drugs and crime, rewarded him with a landslide in 2016. His popularity rating is still above 80%.

The Philippine Congress is still debating the reinstatement of the death penalty but that isn't stopping Duterte from ordering the police to hunt

down criminals. There are no arrests, no charges, no trials, and police have killed 4,251 people since Duterte took office. And that is just the official count, human rights groups say the death toll exceeds 10,000. Many are innocent, or minor offenders.

"I have interviewed retired police, and they confirmed the killers are not vigilantes, it is the police who plant evidence on the victims," says Reuters reporter in Manila, Manuel Mogato. What Duterte is doing in the Philippines mirrors what is happening across the world: democratically-elected demagogues are abusing the state apparatus to silence critics. Manila-based advocate Johnny Oyos says bluntly: "A lot is happening now in the Philippines in the name of democracy, but there is no democracy. I could be silenced at any time."

Duterte hasn't stopped at suspected drug peddlers, nine journalists critical of his war on drugs have been killed since he came to office, all shot by pillion-riding assassins. Journalists regularly get death threats, or are silenced with defamation suits.

Larry Que, publisher of Catanduanes News Now, was the first journalist to be killed under Duterte's rule. In his column, he had flayed the government for targeting the small fry involved in drugs while the wholesalers went scot free. The police officer accused of killing Que said he was ordered by the provincial governor. He promised to testify in court, but only if the slain journalist's family paid him \$191,000.

Duterte himself has delivered scathing public speeches against journalists. The president got one of his cronies to buy the powerful Philippine Daily Inquirer. Last year he took the critical news portal Rappler Philippines to court for violating investment rules. Founded by former CNN correspondent Maria Ressa, Rappler reporters are now banned from the president's press conferences.

"We are trying to be economically viable so that we can be politically independent, and if that doesn't work, we will go to the people to support our public service journalism," Rappler's Gemma Mendoza told *Nepali Times*. Government lackeys mercilessly troll Duterte's detractors on social media, dubbing critics 'anti-national', and a section of the media toes the Duterte line.

Says Malou Mangahas of Philippine Centre for Investigative Journalism: "Journalists' lives are at risk, so is people's right to know the truth. Journalists and human rights activists are polarised, which has amplified the threats to civic rights."

## **Filipino Maoists**

Nepal's Maoist insurgency dragged on for ten years and left a lethal legacy, but the rebellion in the Philippines also inspired by Maoism has been going on five times longer. And there is no end in sight.

A peasant rebellion known as the Huk Uprising against Japanese occupation was violently put down with the help of the US military after the end of the Pacific War. Later in 1969, the New People's Army formally launched its armed struggle against the Philippine Army. Since then, nearly 45,000 people have been killed in the guerrilla war — half of them in an internal purge in the 1980s to eliminate suspected infiltrators.

Persistent inequality in Philippine society, perpetuated by feudal landholders who dominate politics, fuels the low-intensity war. There have been numerous talks and truces over the decades, the violence flares once in a while, the guerrillas have been restricted to pockets in Luzon and Mindanao. But the conflict continues.

Satur Ocampo, 79, led the Maoist negotiation team during the first talks with the government thirty years ago and now lives in Manila. He has renounced violence, but is still an ideological supporter of the Maoist doctrine of protracted people's war.

Speaking to *Nepali Times* at his modest Manila home, Ocampo says the NPA has been cornered, but their revolutionary zeal is intact. They are ready to shed more blood, and the only way to end the war is to bring them back to the negotiating table.

"We should emulate what Nepal did 11 years ago with the peace accord," Ocampo said. "The ball is in President Duterte's court, he can end the war by fulfilling his election promise to reach out to rebel leaders for talks, and push for a socio-economic transformation."

President Duterte won elections in 2016, projecting himself as a 'socialist' and promising to end the Maoist conflict through dialogue. However, once in power, Duterte has made a U-turn vowing not to spare the Maoists involved in killing police and army personnel.

Rameshwar Bohara in Manila



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ROMEO JERICHO



### DEDICATED TO THE BRAVE

### **HAPPENINGS**



# The Hurricane Heist

R ob Cohen's latest action film is a case in point about how sometimes perfectly fine films can bomb at the box-office.



With a name like *The Hurricane Heist,* the film certainly doesn't do itself any favours, and the cast, though very good, are relatively unknown. There are memorable cases of classics going up in flames at the box office: I suspect that last year's dreamy, transcendent space opera *Valerian and the City of a*  *Thousand Planets* directed by the truly great Luc Besson will figure in the future as one of the major sci-fi classics of our time.

Not that *The Hurricane Heist* is a classic in any real sense, it's just a decent action flick. Better than most in fact, that ought to keep spectators suitably rapt in their seats as the clever premise unfolds.

A category five hurricane is unfurling in rural Alabama, treasury agents led by the charming, immensely likable Maggie Grace as Casey Corbyn, are transporting \$600 million worth of old bank notes to a federal facility to be shredded, two brothers who lost their father in the last big storm are trying to make amends, traitors lurk in their midst – and everyone gets caught up in both the hurricane and the heist as the world goes to pot.

The younger of the aforementioned two brothers, Will Rutledge (Toby Kebbel), is now a meteorologist in a nod to his tragic past, and as he and Casey serendipitously cross paths, they team up to face grim odds and one really vicious villain to save the day.

What makes this film durable throughout is that it doesn't follow the usual trajectory of action movies these days, and it thankfully does not pra fight right at the

wallow in a long fight right at the end.

Grace and Kebbel are great as action heroes, their chemistry together is strong and Grace in particular is a star in the making.

While I do not mean to damn this film with faint praise, I will say that although I thoroughly enjoyed it, do not expect any thing more than an action filled ride with lots of surprises and special effects that show what a nightmare a natural disaster like that can be. So, while *Deadpool 2* is still in theaters here, save your money by settling back into the comfort of your home screen and relax into a few hours of pretty good entertainment.







**TRUE COMRADES:** Chinese Ambassador to Nepal Yu Hong meets Home Minister Ram Bahadur Thapa in Kathmandu on Tuesday.



**#BEATPLASTICPOLLUTION:** Lalitpur Mayor Chiri Babu Maharjan pledges to ban plastic bags in the municipality from this fiscal year, during an event to mark World Environment Day 2018 at ICIMOD headquarters on Tuesday.



**VISIT NEPAL:** Minister of Tourism Rabindra Adhikari and Israeli Ambassador to Nepal Benny Omar meet in Kathmandu on Wednesday to discuss promoting Nepal as a tourism destination in Israel.



12

**FLY TO ILAM:** Onlookers throng Sukilumba Airport in Ilam for the test flight by a Tara Air Twin Otter on Monday.



SIKUMA RAI

**BASKET!:** The Turkish Airlines Engage Empowering League Wheelchair Basketball Championship started with the Jawalakhel Wheelchair Sports Association team and Tribhuvan Army Club playing the first match on Saturday.

# A girl from Kathmandu

Devendra Bhattarai in *Kantipur,* 6 June

कालिपर

In August 2004, when news of the mass murder of 12 Nepali men in Iraq spread like wildfire, Kamala Thapa Magar nearly collapsed in her house in Bakrang village of Gorkha district.

Her husband, Jit Bahadur Thapa Magar, was one of the 12 Nepali migrant workers abducted and murdered by a terrorist group fighting US-led forces in Iraq. One of them was beheaded, and footage of others being executed was broadcast on international tv. Riots erupted in Kathmandu.

Carrying her 18-monthold daughter, Thapa, then 18, desperately sought help from labour recruiters to have her husband return, either dead or alive. But he was never found.

A photo of her walking through an unknown alley with her infant daughter, published in Chicago Tribune, became an iconic image of



that tragedy. Nearly 14 years later, Thapa, now 32, has re-appeared in Kathmandu this week at the launch of a book about her at a book fair. She is the protagonist of *The Girl from Kathmandu*, the book by British journalist Cam Simpson.

Thapa, a seventh grade dropout, says: "I can't read this book, but my daughter will." Her daughter Kirtika, now 15, is now in Grade 10 at a private school in Kathmandu. Simpson tells the story of Thapa's fight for justice and struggle to raise her little daughter. Simpson had previously exposed a web of agents, contractors, subcontractors and security companies responsible for the massacre of Nepalis in Iraq.

Jit Bahadur, Thapa's husband, wanted to give his wife and daughter a better life. So, when he spotted an ad in a paper about a highly-paid job in Iraq, he applied at Moonlight Consultants in Kathmandu. They told him he could earn Rs100,000 a month by working in a luxury hotel in Jordan.

Little did he know that Moonlight Consultant was actually the local agent of an American contractor involved in supplying cheap labour in the war zones of Iraq. The Department of Foreign Employment issued him a labour permit in June 2004, and he was taken to Iraq.

Back in Gorkha, his wife was growing anxious as there was no word from her husband. After 48 days, Radio Nepal broke the news that Jit Bahadur Thapa was among the 12 Nepalis abducted and killed in Iraq.

At the launch of *The Girl from Kathmandu*, Thapa recalled the turbulent and traumatic weeks after her husband's murder. "I thought my life was over," she said.

After spending some time in Tulsi Mehar Ashram, a Gandhian shelter in Kathmandu, she found a purpose in fighting for justice for herself, her daughter, and all those who were widowed like her.

She earned money tailoring clothes in Kathmandu while others helped her file a case in a US court against the American security company that hired her husband. Journalist Cam

Simpson, American attorney Matthew Handley, and Nepali migration expert Ganesh Gurung helped her. The US court had

asked Thapa how much

she wanted as compensation. She told the court she wanted justice, not money. Her stand worked. The court forced the company to compensate the families of all Iraq victims.

In the wake of the anti-Muslim riots following the massacre, the government banned Nepali workers from going to Iraq, but lifted it without explanation in 2010.

Today, Îraq is partially banned, and thousands of Nepalis continue to go there illegally. Thapa says: "I do not understand why Nepalis risk their lives going to Iraq, even though they are now fully aware of the dangers that lie ahead."

At the launch of *The Girl from Kathmandu*, human trafficking survivors asked the government what it is doing to make labour destinations safe. But there was no

THE GIRL FROM KATHMANDU one from government to answer them. The organiser had invited Labour Minister Gokarna Bista to discuss these challenges, but he was off in Geneva to tell the world about the steps Nepal is taking to protect its workers abroad.

# Amending the 1950 treaty

Parshuram Kafle in *Naya Patrika*, 5 June

The two-year tenure of the Nepal-India joint committee formed to review the bilateral ties between the two countries and recommend ways to strengthen them is ending next month. But a

1याँ पत्रिका

consensus has not been reached on the main issue: how to review the 1950 treaty between newlyindependent India and the Rana regime in Nepal.

The Eminent Persons Group (EPG) will meet one last time on 29-30 June before its term expires on 4 July, but it will not be able to agree on the main points of contention by then, because there is no agreement on some clauses of the Nepal-India Treaty of Peace and Friendship 1950.

Here are four clauses of the treaty which Nepal wants to amend but is still trying to seek India's consent for:

Article 2: Nepal and India must inform each other of any serious friction or misunderstanding with

any other neighbouring country.

Nepal argues India did not respect this clause when the latter went to war with China and Pakistan and says the clause undermines its sovereignty.

**Article 5:** Nepal can freely import arms, ammunition or war material and equipment from or through India.

Nepal has sought India's commitment to respecting this clause, arguing that New Delhi took exception to Kathmandu's decision of importing antiaircraft guns from China in 1989, believed to be the reason India blockaded Nepal in 1990.

**Article 6:** Nepal and India allows each other's citizens to participate in industrial and economic



Nepal wants to revise this clause, arguing that such a provision will enable Indians to overwhelm Nepalis in their own homeland, while retaining the right of its nationals to work in India.

Article 7: Nepal and India must grant each other's citizens the same privileges like owning property and participating in trade and commerce in either country regardless of their nationality.

Nepal doesn't want to grant this concession to a much larger country, but wants Nepalis to be allowed to own property in India.



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# **Toilet trained**

As Nepal reaches the goal of sanitation for all, the next health challenge is to make latrines hygienic

#### Sonia Awale

Till recently, across many parts of Nepal, where people defecated was a matter of life or death.

Sidewalks and trails strewn with human excrement spread disease and contaminated drinking water. The main killer of children in Nepal used to be diarrhoeal dehydration.

But in the past decade, the rapid spread of household latrines in Nepal is an internationally recognised success story. And it has saved the lives of many thousands of children who would otherwise have fallen victims to water-borne diseases like diarrhoea, typhoid and cholera.

There is an inverse correlation between the increase in the proportion of households with toilets and the decrease in child mortality. In 1980 only 2% of homes had toilets, that figure has jumped to 97% today. In the same period, Nepal's under-five child mortality dived from 209 per 1,000 live births to below 35 today.

"The achievement in health outcomes of household toilets, especially in reducing diarrhoea incidence in the last five years, has been dramatic," said Siddhi Shrestha of UNICEF.

Most of the progress has taken place after the National Sanitation and Hygiene Master Plan went into effect in 2011 following the devastating cholera outbreak in Jajarkot that killed over 300 people, mostly children.

After that epidemic, the government also launched the Open Defecation Free (ODF) Campaign in partnership with UNICEF which provided the technical expertise and money to build toilets district by district.

According to a World Health Organisation (WHO) report there were 1,173 fatalities of children under five from diarrhoeal dehydration in 2015 – a dramatic drop from nearly 7,000 deaths in 2011.

To be sure, the ODF Campaign has been criticised by some for spreading the very diseases it is supposed to control. The lack of water and poorly maintained latrines make them a crucible for germs. The government had planned to reach the target of sanitation for all by 2017, but only 53 districts have been declared open defecation free so far. It plans to meet the goal by the end of this year, adding Lalitpur, Ramechap and Sankhuwasabha during the current National Sanitation Week.

However, experts say just declaring a district open defection free does not mean it is -- access to water supply plays a critical role. In addition, the toilets need to be cleaned regularly to keep them hygienic. An evaluation found many latrines of substandard construction, not child or girlfriendly, many were located next to water sources, or were contaminating ground water. Open pits were buzzing with flies, which spread disease. Toilets in many schools and households were so dirty many students and villagers preferred to go out into the open.

"Having a toilet in every household and declaring a district open defecation free is a major achievement. But having a toilet is different from using a toilet," explained UN-HABITAT's Bhushan Tuladhar (*see opinion, below*).

But as Nepal inches closer to the 100% household toilet target, another danger has already manifested itself: management of excreta that is overflowing out of pit latrines and septic tanks. There are only a handful of functioning faecal sludge treatment plants, even though emptying the sewage has become a booming business.

"It is now time to think beyond the toilets," said Bipin Dangol of Environment and Public Health Organisation (ENPHO). "Unless waste water and human excreta are safely disposed, we will continue to face health risks. The next step is to spread awareness about proper disposal of waste."

Toilets are now being thought of as part of a value chain system, starting from user interface, containment and transportation of the waste, followed by its treatment, disposal and safe reuse.

The current toilet technology that involves flush tanks using drinking water is resource intensive, especially in Nepal's cities which suffer a chronic water shortage. Engineers worldwide are experimenting with the next



generation of toilet designs that allow excreta to be burnt and converted into valuable energy source. They also want the new prototypes to be affordable, work off-grid so that the poorest communities have access to safe sanitation solutions (*see box, below*).

Sanitation expert Doulaye Kone of the the Bill and Melinda Gates Foundation was in Kathmandu recently for a meeting to approve a new standard ISO 30500 that set requirements for toilets of the future. They have to meet many criteria: destroy waste and kill pathogens, not use water or electricity, generate energy and water, cost less than Rs5 per use, and be easy to install and maintain.

"A new toilet that meets these standards will be a super vaccine," he told *Nepali Times* in an interview. "A toilet is a health product so that people won't have to suffer or die due to the lack of safe sanitation anymore."

A working model for a future breakthrough in Nepal's sanitation movement could be a new facility at an orphanage in Lubhu, which treats household effluent, turning it into methane gas, fertiliser and water for the kitchen and vegetable garden. Sanitation engineer Reetu Rajbhandari (*pictured above at the Lubhu treatment plant*) at ENPHO says the system is still expensive, and there are challenges of location.

But she added: "This is an ideal solution for waste collection, disposal, treatment and recycling when everyone has a toilet. Future research needs to go into making it more affordable."

#### POOP POWER



Visit a facility in Lubhu that could be the future of disposal and safe reuse of human waste from household latrines. Excreta is turned into gas for cooking, fertiliser and water for the vegetable garden.

nepalitimes.com 🖑

# Where to take a dump

Building toilets is all well and good, but what happens to the sludge?

#### **Bhushan Tuladhar**

s Nepal marks National Sanitation Action Week, it is time for stock-taking. The statistics are dramatic: in 1990 only 6% of households had toilets, and that figure has risen to 97% today. The numbers went up sharply after the Sanitation and Hygiene Master Plan 2011 was implemented (*see* graph, right).

Nepal could not meet its target of being open-defecation free by 2017, but the government is confident the goal will be attained this year, even though reaching the last 5% who either cannot afford to build toilets, or prefer not to have one, will be difficult.

Nepal has also signed up to the UN's Sustainable Development Goals (SDG) which calls for safely managed sanitation services, halving the proportion of untreated wastewater, and substantially increasing recycling and safe reuse by 2030.

While having a toilet in every household and putting up a sign declaring a district



BHUSAN TULADHAR

'open defecation free' is a major achievement, it is only the first step. Having a toilet is different from using a toilet. A recent study by the Global Sanitation Fund Programme in Nepal showed that 3% of households in communities declared 'open defecation free' did not have toilets, and in 5% of families at least one member still defecated outside despite having a toilet at home.

A bigger challenge is what to do with the excreta in toilets built

in the last few years that have pits or septic tanks that are starting to fill up. Cleaning services for septic tanks are now a booming business, particularly in the Tarai.

After coming back from the Gulf, Asmin Lama of Itahari invested Rs3 million in a truck, which still doesn't have a license plate since he has been too busy responding to clients who want their septic tanks emptied. Lama's challenge is where to dump the back from the Gulf to start a septic tank emptying venture. He has been so busy servicing clients, he hasn't even got a license plate yet for his new tanker truck.

contaminated faecal sludge.

At present, there are only three effluent treatment facilities in Nepal: in Pokhara, Gulariya, and Mahalaxmi Municipality east of Lalitpur. Human waste collected in Kathmandu by the 25 or so private trucks in operation just dump the liquid waste into the Bagmati.

The river also receives raw sewage from the 1,200km of sewer lines in the Valley. Four of the five sewage treatment plants in Kathmandu are unserviceable because of poor management, though the government has a \$137million ADB loan to renovate and upgrade these plants and the sewer network.

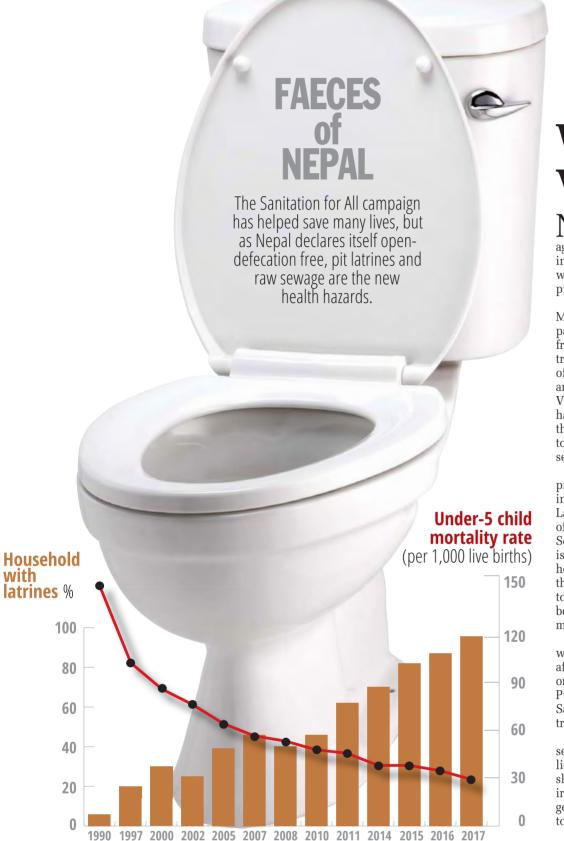
The Bagmati Clean-up Campaign marked five years recently. Every Saturday morning hundreds of volunteers wade into the river's fetid banks to remove tons of trash. Although the river smelly from all the raw sewage draining into it. The government occasionally pretends to do something about this problem, fining private sludge collectors, but in the absence of a treatment facility this is just an eyewash.

Treating faecal sludge is not necessarily rocket science. There are a range of technologies from simply drying the sludge to more advanced systems. Last week, experts from 30 countries were in Kathmandu to discuss and finalise ISO standards for non-sewered sanitation systems, which would include treatment of faecal sludge (*see box, right*).

Doulaye Kone from Bill and Melinda Gates Foundation who chairs the ISO committee says he is willing to help Nepal come up with systems for managing its faecal sludge. But for this the federal and local governments need to look beyond toilets to establish appropriate systems for collection, treatment and reuse of faecal sludge. This can be done in partnership with the private sector, which is already engaged in the business.

Nepal's goal is for 100% households to have latrines by end-2018. But 22 of 77 districts, including Kathmandu, are still not

open defecation free.



SOURCE: THE WORLD BANK AND DWSS

## Waste not, want not

 $\mathbf{N}_{\mathrm{another.}}^{\mathrm{epal}}$  solved one problem, and created another. After a successful campaign against open defecation, 97% of households in Nepal now have latrines. But what to do with the waste that has accumulated in the pits and sewage?

To solve the growing problem, the Ministry of Water Supply and Sanitation passed the Faecal Sludge Management (FSM) framework for the collection, transport,

treatment and disposal of waste in urban areas. For Kathmandu Valley, this will go hand-in-hand with the government's plan to free the Bagmati of sewage by 2020.

A first-of-its-kind project at an orphanage in Lubhu outside Lalitpur gives a glimpse of how it would work. Septic tank waste is collected from households that pay for the service, transported to the treatment plant to be turned into fertiliser, methane gas and water. The plant (*right*)

was originally set up to treat waste at shelters after the 2015 earthquake by the German organisation BORDA, Environment and Public Health Organisation (ENPHO), and Saligram Bal Griha. A similar faecal sludge treatment plant has been built in Bardia.

The system treats six cubic metres of sewage per week, with separate solid and liquid units. It takes three days for the sludge to be treated and the water reused for irrigation. The rest flows into a digester to generate biogas, and the effluent takes 12 days to dry into odourless fertiliser.

Vegetables thrive in the nutrient-rich

waste, and are enough to feed all 42 children and staff in the orphanage. Extra greens are sold in the market.

"We didn't have sufficient water to farm in the past, now we can grow our own food, and cook in gas from treated human waste," says caretaker Surva Prasad Ghimire. With a price tag of Rs7 million, the only downside for now is the cost, but that is because it is a prototype.



When biogas first spread in Nepal 40 years ago, users were squeamish about allowing latrine waste to flow into the digester along with cowdung. By now there are 400,000 household biogas plants in Nepal, and nearly a third of them process both animal and human waste. In addition, 100 Police stations, Army bases and jails use human waste to generate gas for their kitchens.

Explains Prakash Aryal of the Alternative Energy Promotion Centre (AEPC): "There used to be a taboo about linking toilets with biogas, but it is now easier to convince people due to the rise in awareness."





# Here come the smart toilets

n the last 200 years, humans have sent rockets to Jupiter, the Internet has transformed communication, the Human Genome Project has mapped the chromosomes. Yet in that time, toilets have remained the same.

per day and be suitable for urban poor and rural settings.

Many companies have joined the competition with ideas like: a solarlike mini nuclear reactors to glorified pit latrines.

Kone says what the Foundation is looking for are appliances that will

Nepal has a history of reusing human excreta. Gopal Singh Nepali in his 1965 book *The Newars* mentions that nightsoil as fertiliser cost 50 paisa per tin in Kathmandu Valley. People traditionally understood the value of waste, they realised it needed to be recycled, and had developed a system in which the private sector and waste generators worked hand in hand to manage this resource.

Urine was collected separately in brass *kopra* containers and emptied in *naugaa*, the ash pit. Our ancestors understood that nitrogen-rich urine when mixed with ash or farm residue with high carbohydrate content made

**INTELLIGENT POTTY:** This solarpowered toilet breaks down waste to generate hydrogen and electricity. Designed at CalTech, it was one of the winners of the Bill and Melinda Gates Foundation's Reinvent the Toilet Challenge.

excellent compost.

The challenge now is to revive such traditional knowhow in treating waste as a resource, and re-establish waste management as a business. Nepal is ready to take the next step beyond building toilets. 🔽

Bhushan Tuladhar is UN-Habitat's Chief Technical Adviser for South Asia.

Social taboos about defecation have stymied toilet technology from evolving beyond the ceramic water closet that allowed loos to be located inside homes. Aside from some automation and digital spray control, toilet technology has remained unchanged for two centuries. Finally in 2011, the Bill and Melinda Gates Foundation launched the Reinvent the Toilet Challenge to provide safe and affordable sanitation solutions to 2.5 billion people

worldwide who don't have access to toilets. The idea was to stop open defecation with a cheap alternative that would also prevent the spread of infections.

The Foundation's specification was to re-invent the toilet that would destroy the pathogens in human waste, convert it into energy, and not need to be connected to the sewage, water, or electricity grids. And, oh yes, it should also cost less than \$0.5 cents per user

powered toilet that generates hydrogen and electricity, sanitation systems that convert human waste into biological charcoal, fuel gas, minerals and clean water. The challenge has gained momentum in India and China where engineers are coming up with innovative new technologies.

Last week, 120 experts from 33 countries were in Kathmandu to brainstorm on sustainable non-sewered sanitation systems, and approved a new standard ISO 30500 that set the requirement for toilets for the Third World that are safe, cheap and don't need water.

"Toilets today do not work. We need a system that kills pathogens, runs off the grid, and is affordable. A structure that can operate without existing infrastructure and reach marginalised communities," explained Doulaye Kone, sanitation expert at the Bill and Melinda Gates Foundation.

The Challenge is literally a challenge. What engineers have come up with so far are contraptions ranging from what look

outwardly appear no different from existing toilets, but will be standalone structures with no sewers, and can convert waste into clean water and energy. Cost, maintenance and social acceptance will be the main hurdles to be overcome.

Manufacturers are ready to bring some of the new inventions into the market, but the ones so far are still expensive. Kone argues that while the prototypes may be expensive and will target urban dwellers, mass production of a viable business model will eventually take it to the poorest.

"This is innovative technology that allows for on-site treatment and produces minimum waste, while producing pathogen free water," says Bipin Dangol of Environment and Public Health Organisation (ENPHO). "Its capital investment might be large, but we have a good financial mechanism and social marketing. We just need to convince people that this system will be good for the health of their families." Sonia Awale



HYUNDAI

## **Old smugglers**

Homestay Minister Rum Brave is a multi-tasker in a hurry, he wants to abolish all cartels, crack down on crooked contractors, overhaul the police, and most importantly for national security, stop allowing passengers from bringing in 1 litre of duty-free liquor each into the country. Doing a rough calculation on the back of an envelope which contained a wad of kickback moola, Minister of Home Affairs found out that untaxed hooch making it to the market was costing the treasury 1 billion Roops a year – meaning the Grumblement had much less money to waste on cash handouts and paying for ministerial junkets.

Such cynicism is unwarranted. The Gobblement is just trying to ensure that Nepal is self-sufficient in booze, and to narrow the trade deficit. If I may, the Ass has a much better idea. Nepal shares an open border with India and the two countries have age-old historical and cultural bonds based on the custom of not having customs for people-to-people transactions.

Gold biscuits are smuggled south, Britannia Thin Arrowroot biscuits are smuggled north. We export contraband bulls to Bihar, and import water buffaloes to meet domestic demand for jhol momos.

And, being a friendly neighbour, India declared its bordering states dry and prohibited the sale of alcohol. This has opened up new avenues to boost bilateral trade: Nepal imports petroleum from India, and in exchange Nepal smuggles out Old Smugglers. This means that Bihar is on the wagon, and Nepal is on the bandwagon.

However, the current method of retail smuggling of rum and vodka a bottle at a time is inefficient. Diesel tankers and LPG bullets are retuning empty to India, why not fill them up with premier brand Nepali spirits?

But if we are really serious about increasing exponentially the volume of the daru-for-diesel trade, we must extend the Indo-Nepal Petroleum Pipeline from Raxaul to Kathmandu.

That way, diesel, petrol and kerosene can be pumped up to Kathmandu's gas stations, and at night, when no one is looking, we can send down vodka,

gin, whisky and beer in the opposite direction to thirsty Bihar. The beauty of it is that we don't even need to pump the booze — gravity will do it for us, thus reducing the overheads.



The Ass



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