



ROTARY CLUB OF THE HIMALAYAN GURKHAS

RI DIST 3290

CHARTER PRESENTATION CEREMONY

23 January. 2004

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**His Majesty's the King Gyanendra Bir Bikram Shahdev
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FOUNDER OF ROTARY



Service above Self
Paul P. Harris 1869-1947
Born 19-Apr-1868 Died 27-Jan-1947

Paul P. Harris was born at Racine, Wisconsin, USA on April 19, 1869. A man with varied experience, he received the Bachelor of Physical Culture and LL.D. degrees from the University of Vermont and the LL.B. degrees from the University of Iowa. He was later awarded a honorary PhD in 1933 by the University of Vermont.

He worked as a newspaper reporter, a business college teacher, a cowboy and a salesman for a marble and granite concern, before finally settling down in Chicago as a lawyer in 1869. In July 1910 he married Jean Thompson, a Scottish girl and a co-member of the Chicago prairie club. The first Rotary Club was formed on February 23, 1905 by Paul Harris, Sylvester Schiele - a coal merchant, Gustavus Loehr - a mining

engineer and Hiram Shorey - a Merchant tailor, to bring together business and professional men in friendship and fellowship. This first club meeting formed the nucleus for the thousands of Rotary Clubs that were later organised throughout the world. These new clubs were called "Rotary" because members met in rotation in their various places of business.

Paul Harris was elected President in the First Rotary Convention for the Year 1910-11. He was then re-elected President for 1911-12 of the National association of Rotary Clubs. Their bulletin came to be known as "The National Rotarian."

Elected President Emeritus of Rotary International in 1912, he was active in Rotary until his death on 27-Jan-1947.



ROTARY CLUB OF THE HIMALAYAN GURKHAKHAS GROUP PHOTO



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On the occasion of its charter presentation



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EDITORIAL

Bejoy Moktan

Club Services Director

This Souvenir magazine is produced to commemorate the inauguration of "Rotary Club of The Himalayan Gurkhas" which was initially formed in mid December 2002, and by February 2003 it was up and running, then finally chartered on 10 September 2003. Under the guidance of our Governor's Special Representative, Mr. Mingma Sherpa, with the very able leadership of our President, Major Gopal Bahadur Gurung, with the enthusiasm of our very active Vice-President, Captain Ash Bahadur Gurung, and with the full support from all the members we have established our wish to form this rotary club. The Club's aim is to foster goodwill with selfless service to the rural communities of Nepal and help them in building a better living environment.

In this Souvenir we have given introductory notes of our officials and the members, and included are some interesting articles from the fellow members. With the best of our knowledge, and supportive backing and helps from the fellow members, we have succeeded in producing this souvenir magazine in time for the Charter Presentation Ceremony, to be held on 23 January 2004.

I wish to convey my sincere thanks to all the members for their support, contributions and their invaluable knowledge and time. My special thanks to the Secretary and the members who gave their time and effort to make this Souvenir a success, and many thanks to all those who contributed with their advertisements, and the printers for its professionalism.

Finally, I would like to emphasize that without a full fledged support and good attendance in meetings from all the members we cannot hope to fulfil our commitments that we have pledged ourselves to in giving a selfless service.



DISTRICT GOVERNOR'S MESSAGE

Dear Charter President Gurung'

I am delighted that you are going to have a charter presentation on 23rd Jan 2004.

When you do not know what you want, you often end up where you do not want to be, so we must continue to find the courage to make a difference in our community. I have no doubt that as we enter the new Rotary Family we will be ready to take on the new challenges and touch new lives.

In 2003-2004 I will ask all Rotarians to lend a hand for poverty alleviation, health concern, literacy and education and promoting the Family of Rotary. I ask the members not to accept the "Ordinary" but to achieve the "Extraordinary" because you have the capabilities.

Every Rotarian every year – please support The Rotary Foundation by contributing to the Foundation. I am sure that your club will play a big role in promoting the Rotary ideals and request you and your members to be more involved with the District Programmes.

With Best Wishes
Yours in Rotary
Raju



MESSAGE from HE Mr Keith Bloomfield, British Ambassador to Nepal.

It gives me great pleasure to be able to write these few words for your souvenir magazine and I am delighted that my wife and I are able to be here tonight with you all for your Charter Presentation Ceremony. I know that many of you have a long, distinguished and very special relationship with the United Kingdom through your service with the Brigade of Gurkhas and I believe that it is most appropriate that today you are coming together as the Himalayan Gurkhas' Rotary Club. Rotary Clubs world-wide provide a very important function in helping those less fortunate than themselves and here in the rural communities of Nepal your help and goodwill is needed more than ever. My wife joins me in sending you our very best wishes and every success in the future.





GREETING FROM THE GOVERNOR'S SPECIAL REPRESENTATIVE

The Rotarians of Nepal have been infatigably endeavoring to have its own country District, but to fulfil this ambition, the aspiring candidates required a minimum number of clubs & members. Now at this significant juncture, the admission of Rotary club of Himalayan Gurkhas, along with couple of other clubs have helped to qualify forming our own district. The Rotary club of the Himalayan Gurkhas has been admitted in Rotary International during September 2003 and is preparing to be chartered by January 2004. The club is also bringing out a Souvenir to commemorate the occasion. It is my great pleasure to congratulate this new club, its members and their annes who have become members of the prestigious international community, dedicated for humanitarian causes.

I wish them all the success in their future activities and offer my appropriate services.

Mingma T. Sherpa



ROTARY CLUB OF THE HIMALAYAN GURKHA

MAJOR GOPAL BAHADUR GURUNG MBE
Charter President _____



It is indeed a matter of great honor and privilege to be entrusted by my fellow Rotarians with the heavy responsibilities and duties of The Charter President. I can only hope that I will be able to live up to their trust and expectations. I will do my very best and endeavor to steer the club forward on an enjoyable and productive course.

The idea to form a Rotary Club consisting mainly of retired Gurkhas was conceived by Captain Ash Bahadur Gurung during the latter part of 2002. The idea was floated amongst various people and the very first meeting was held in Captain Ash Bahadur Gurung's house on 07 Dec 2002. All the Rotarians of the club acknowledges and recognise him as the founding member of this club for the simple reason that the club would not have materialised without his vision, dedication and steadfastness in getting the club started.

Our Rotary Club has been ably assisted by our GSR Mr. Mingma Sherpa without whose help and guidance we would still be floundering in the dark. We owe him much and we sincerely hope that he will continue to guide and help us for the next year or two as we are bound to falter from time to time as we join the big world of Rotary. I would like to thank Dr. Tika Man Baidhya, Dilendra Shrestha for their kind help and guidance during the club's infancy. Last but not least I would like to thank The Rotary Club of Kathmandu North for sponsoring us. Thank you all.

Our aim is to assist and help those who are in NEED of help. We intend to focus our attention initially in the rural areas where the roots of the majority of the members lie and where the need is most acute. God willing we hope we will be able to make a few sad faces smile.

Finally I would like to thank all my Service Directors and fellow Rotarians for all their support and hard work. I also want to reiterate my thanks to our Governor's Special Representative, Mr. Mingma Sherpa, for all his help and guidance and Captain Ash Bahadur Gurung, our founding member.





The Secretary's Report - the Rotary club of the Himalayan Gurkhas

After the formation of Board of Directors, the name of the club became the central point of discussion. Every one present at that meeting was given a week to think of a name which could reflect the major membership of ex-serviceman in this club.

1. The club was conceived and brought in existence by the very strong drive and motivation of Capt. Ash Bahadur Gurung who after being a Rotarian himself saw and experienced the benefits that a Rotary Club can bring to poor, destitute and underprivileged people of Nepal. He envisaged that many ex-servicemen with their army background, loyalty, integrity and dedication, could well use their experience and asset in fostering and strengthening a branch club which could be established where the majority of them live. With this in mind Capt. Ash Bahadur Gurung organized a preliminary meeting in early November 02 to canvass the ideas and opinions of the people attending.

A proposal for the formation of a Rotary Club was circulated during the meeting at Karnali Hotel, Maharajgunj on 07 Dec 03. The scope and objective of a Rotary Club was explained in detail both by Capt. Ash Bahadur Gurung and a team of sponsoring Rotary Club of Kathmandu. The team consisted of Dr. Tikaman Vaidey, Mr. Mingma T. Sherpa, Dilendra Raj Shrestha, Mr. Gopal Raj Pokhrel and Mr. Prayag Dutt Tiwari. The concept was well received by all and immediately a committee of Board of Directors was formed. The Directors are as follows:

1. President Major Gopal Bahadur Gurung
2. Vice President Capt. Ash Bahadur Gurung
3. General Secretary Major Kishansing Gurung
4. Treasurer Mr. Basu Bhandari
5. Intl. Service Big Gen Lilli Jung Gurung
6. Community Service Maj. Bhim Bahadur Gurung
7. Club Service Maj. Bejoy Moktan
8. Vocational Service Mr. Garja Bahadur Gurung
9. Sgt-at-Arms Capt. Prem Bahadur Gurung

In the following week 01 Dec 02, at the same venue, at least twenty members attended and all came with different names for the club. Major Gopal Bahadur Gurung's suggestion of the "Rotary Club of the Himalayan Gurkhas" became the obvious choice of all members. Since then the club is known by this name. Similarly Maj. Kishansing Gurung devised and designed both the motto and logo respectively for the club. The motto is "Yes We Help" and the logo consists of a crossed Khukuri with a summit of Machhapuchhre and the letter R placed above it.

The club is still in an infant stage, crawling towards being a registered and chartered club for which intensive planning and programme are underway. During this period the club managed to organize and hold the following events.

1. 10 Feb 03: The club moved to its new and permanent location, Hotel Shangri-La
2. 27 Feb 03: The secretary submitted final documents to Mr. Mingma T. Sherpa and Mr. Dilendra Raj Shrestha at Hotel Shangri-La for registration and chartered recognition of the club.
3. 10 Mar 03: Mr. Abhaya Bahadur Shah and Ms. Manisha Raj Bhandari from Nepal Investment Bank, gave a presentation on E-zee Banking System in Nepal.
4. 24 Mar 03: Mr. Marty Resnick of the Rotary Club Westport U.S.A visited the club and presented his club banner to the club.
5. 31 Mar 03: Mr. Allart Ligtenberg, President of Friendly Appropriate Solar Technologies and Mr. Sanu Kaji Shrestha, Chairman Foundation for Sustainable Technology



visited the club to bring awareness of the easy adaptable technologies for house hold and small entities.

6. 12 Apr 03: Club Members and their spouses visited Foundation for Sustainable Technologies workshop in Galkopkha, Thamel.

7. 26 Apr 03: A club picnic was held in Nagarjung. It was a first outdoor activity to promote interest and awareness of guests and lady members.

8. 07 May 03: Mr. Ferlan Goran from Yugoslavia Rotary Club Zemun established in 1933, visited the club and talked about his country and club.

9. 19 May 03: Mr. T.J Fannon of Oil Gas Heating and Cooling, U.S.A visited the club. He belongs to Rotary International Alexandria Virginia U.S.A

10. 28 May 03 Club Members and their families visited for the second time Foundation for Sustainable Technologies Workshop. This visit was especially organized to show the ladies how food can be prepared by the solar energy. This was followed by a curry lunch

11. 02 June 03: Mr. M.B. Chettri of FIC Marketing Nepal and Mrs. Sabina Pradhan of Society For Each Other visited the club. Both of them gave interesting presentation on their subjects respectively.

12. 19 July 03: Dr. Taraman Amatya and his team of experts presented topics on comprehensive Health Checkup Package.

13. 21 July 03: All Board of Directors attended pre-training at C.O.T.S, staff college, Jawalakhel.

The club during its first year of inception received visitors and held a memorable picnic. It is anticipated the following years to come will be eventful and particularly beneficial to the poorer sectors for which the club is established. Let us hope the club will live by its pledge "Yes We Help".

Rtn Major Kishansing Gurung
General Secretary



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Vice President
Rtn. Capt. A B Gurung



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Rtn. Major K S Gurung



Treasurer
Rtn. Mr. Basu Bhandari



International Service
Rtn. Brig. Gen. L J Gurung



Community Service
Rtn. Major B B Gurung



Club Service
Rtn. Major Bejoy Mktan



Vocational Service
Rtn. Mr. G B Gurung



Sgt-at-Arms
Rtn. Capt. P B Gurung





The Himalayan Gurkhas Rotary Club Member



Rtn L B Pun
(Charter Member)



Rtn Yam B Gurung
(Charter Member)



Rtn Malal Gurung
(Charter Member)



Rtn. Deepak B Gurung
(Charter Member)



Rtn Om B Chhetri
(Charter Member)



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(Charter Member)



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(Charter Member)



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Rtn Dev B Gurung
(Charter Member)



Rtn Anju Chhetri
(Charter Member)



Rtn Kumaraj Gurung
(Charter Member)



Rtn Kumsingh Tapa
(Charter Member)





The Himalayan Gurkhas Rotary Club Member



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(Charter Member)



Rtn Dil Ghale
(Charter Member)



Rtn Bhakta B Gurung
(Charter Member)



Rtn. Shambu Raj Rai
(Charter Member)



Rtn Karna B Sunuwar
(Charter Member)



Rtn Dr. Gopal Sharma
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(Charter Member)



Rtn. Toran B Gurung
(Charter Member)



Rtn Prakash Pradhan
(Charter Member)



Rtn Bishan B Gurung
(Charter Member)



Rtn Yub Raj Gurung
(Charter Member)

The Following are also
Charter Members

Rtn
Krishna Kumar Hembja
Khagendra Bhattachan
Bhacchu Gopal Bangsi



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Sustainable Development in Rotary Villages through Sustainable Technologies

Sanu Kaji Shrestha

It would be worthwhile to highlight here the global and national scenarios on world poverty before I start discussing on sustainable development in Rotary-adopted villages.

Global Scenario

It is estimated that one billion people in the world suffer from hunger and malnutrition in Africa, Asia, Latin America and even in Europe and the USA. That's roughly 100 times as many as those who actually die from these causes each year. About 24,000 people die every day from hunger or hunger-related causes. Ten years ago, this figure was 35,000, and 41,000 twenty years ago. Among them, three-fourths of the deaths are the children under the age of five. One and a half billion people suffer from a shortage or inadequate supply of water. Similarly, more than 2 billion people have no access to modern energy sources. Each year, 11.2 million hectares of forest disappear, and about 2000 million hectares of land have been degraded globally.

National Scenario

Nepal is one of the poorest countries in the world. The GNP per capita income about \$ 230 reflects the level of poverty among the poorest countries in the world. Absolute poverty nationwide is as high as 45 percent. The population growth in the country is very high. The annual growth rate is now estimated at 2.6%.

The health status in Nepal is universally poor. The infant mortality rate (165 per 1000) is one of the highest in the world and life expectancy is 53 years among the lowest. Similarly national maternal mortality of 850 per 100,000 deliveries is one of the highest percentage in the world.

Of every 1000 children born in Nepal 7 die on the first day of life; and additional 16 by the end of first week; another 30 by the end of the first month and another 54 by the end of first year. Around 70,000 die each year, 192 a day, predominantly of causes that are either preventable or manageable. Another 58 children die under the age of 5 leading to the total of 165 deaths for every 1000 children born in the country. The main cause of these incidences is poverty, which leads to a lot of unwanted diseases. So, these are the real sources of conflict, economic instability and migration in today's world.

Background

Due to over crowding of new buildings, over population in the city area, decreasing greenery spaces, growing industrial pollution, environmental degradation and lack of open area for fresh air in Kathmandu, people feel much suffocated and highly polluted. They always try to find peaceful and environmentally sound, pollution-free and eco-friendly villages green places near the town. Therefore, the conservation of the nearby forests and preservation of the green places are very much important near the city to balance already degraded environmental situation in the Kathmandu Valley. Everybody knows the worst infrastructure situation in the villages is an hour's driving distance nearby the metropolitan cities. Unfortunately, these villages are always neglected and shadowed from the development perspective both from government planners, NGOs, INGOs, and donors compared to the Terai villages. They can be ranked as remote villages due to lack of basic services such as roads, water supply, communication, health facilities, etc. We don't need to go to remote districts in far-western region, we can experience the remote environment in Kathmandu valley. We can do a lot of things for maintaining greenery spots, preserving forests, mobilizing local resources, creating income generating activities, developing touristic spots, launching awareness creating programs on sustainable technologies etc. I must appreciate the wise decisions taken by the Rotary Clubs in Kathmandu to adopt these neglected villages for improving quality of life of the people.





Sustainable technologies are the crucial parts of sustainable development – a sustainable solution in alleviating poverty in rural areas. People in Nepal are facing serious problems due to the following:

- (a) over-dependence on fuel wood and agricultural residues in rural areas – a root cause of deforestation, landslide and flood,
- (b) lack of knowledge on efficient use of available energies – another cause for fast depletion of the forest, high energy cost and excessive time consuming for collection,
- (c) lack of awareness on use of alternative and renewable energies in daily life,
- (d) lack of awareness on how to drink water hygienically, and
- (e) lack of awareness creation programs on proper sanitation and solid waste management – a main cause of pollution in the locality.

These are the common phenomenon noted in each Rotary-adopted village in the Kathmandu Valley. I am focusing hereunder an overall view of these villages on (a) source of energy, practices and constraints, (b) source of water supply and sanitation situation, (c) health situation, and (d) possible solutions of the issues.

Source of Energy, Practices and Constraints

In most of the villages, those who have agricultural land, the main sources of energy for cooking are fuel wood and agricultural residues. Those villagers, who have no agricultural land, use mostly kerosene. They also use traditional stove and collect fuel wood from the forest. But the forest managed by the community users' group is not opened whenever they need fuel wood, they are opened for the public according to their schedule only. Fuel

wood and agricultural residues are used in traditional mud stoves with two or three burners producing lot of smoke in the kitchen. Since most of the village kitchens do not have proper ventilation, women and children are mostly suffering from smoke-born diseases such as cough, asthma, eye disease, chest pain, and other respiratory diseases. There are some cases of fire in the village too. Some villagers use L.P. gas, some use biogas as their main fuels for cooking for the family. Alternatively, they also use fuel wood and agricultural residues at the time of scarcity of fossil fuels and at time of slack season of the biogas. Likewise, people also use fuel wood for heating purposes in the winter season.

It shows that awareness program on energy efficient practices should be launched in the villages in educating villagers on scarcity of available energy, cost saving, collection and cooking time saving, as well as protecting them from unwanted smoke-born diseases and also balancing the environmental pollution in their locality. It will help them to reduce the energy consumption by about 20% without using any costly devices. They just need to change their traditional cooking behavior slightly, that's all.

Water Supply and Sanitation

Most villages do not have sufficient drinking water. In some villages, they have water source only for 8 months. The village women have to spend lot of time in carrying water for the family and cattle from long way in the dry season. In some places, drinking water is available but highly contaminated. The sources of drinking water are wet land, stream, stone tap and wells. Some village is very close to the capital's reservoir, from where drinking water supplies to Kathmandu, is out of connection. People in this village used to say that there is no light below the candle (6'ls d'Ig c+Wof/f)).

In some villages, piped water is available but the quality of water is not good. Due to weak management of the concerned unit, the surface water is not only unprotected but also exposed to direct pollution. Such kind of untreated and polluted water is distributed to the stand posts and individual taps. The recent household survey in a village shows that the wells and piped water are highly contaminated with micro pathogens. Now we can guess what the result will be.



In most villages, major portions of the indigenous people have no toilets. About 50 to 80% of these families use open field and shaded places as their public toilet area. In some villages, there are public toilets, but there is no place to step in. On top of that there is no water supply and proper septic tank. We can imagine the health situation of the families using these toilets.

Health Situation

Most of the villages do not have adequate clinical facilities for medical treatment. Some Rotary Clubs organize health camps occasionally to check up the health of the villagers. Some local clubs in coordination with the Rotary Clubs have set up the weekly health clinics in the village. And some are too far to organize such programs in the village. People suffer time to time from water-borne and smoke-borne diseases such as diarrhea, cholera, jaundice, dysentery, tapeworm, coughing, asthma, eye pain, headache, and other respiratory diseases.

Possible Solutions

To combat the situations mentioned above, the Foundation for Sustainable Technologies (FOST), in collaboration with the various Rotary Clubs in Kathmandu, has launched a sustainable program under the matching grants to improve lifestyle of the people in Rotary-adopted villages. Our objectives are to share the knowledge on low cost, low-tech easily adaptable sustainable technologies in the rural areas. The sustainable program contains the following sustainable technologies:

1. Different types of solar cookers and solar dryers for cooking and drying food stuff
2. Solar water disinfecting/pasteurizing devices for purifying water
3. Water pasteurizing indicators (WAPI) for checking pasteurizing status
4. Heat retaining boxes (an energy efficient box known as "hay box")
5. Rocket stoves (fuel wood efficient less smoky stoves)
6. Composting bin (for managing kitchen wastes)
7. Composting toilets (a very useful toilet for composting which does not need water)

We do community development programs in a number of ways in creating awareness in the Rotary-adopted villages by organizing workshops, training, demonstrations and briefings. We also organize solar lunch cum demonstrations time to time to educate people on using sustainable devices, which ultimately save forest, protects environment, and controls pollution. All these environment-friendly programs are aimed to develop sustainable technologies in the grassroots level, which really work and make a difference in livelihood so that people can feel a sustainable change in the society in order to alleviate their poverty.

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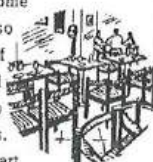
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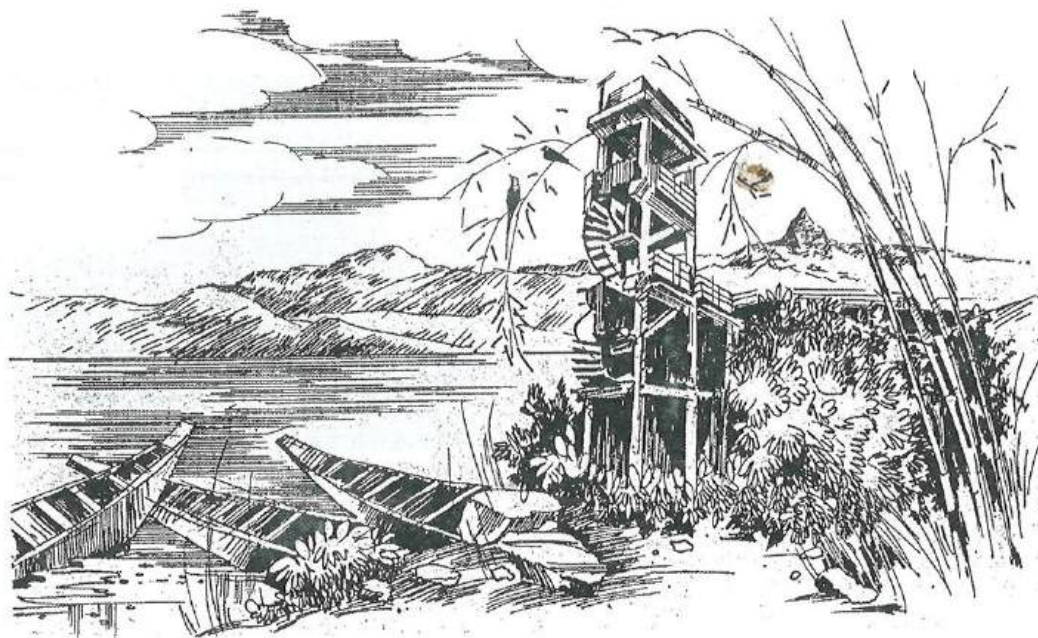
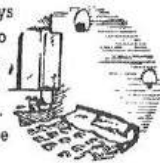


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THIS ESSAY BY BIBUSH AMATYA OF CLASS XII WAS DECLARED TO BE THE BEST.

Mission statement.

"We the parents believe that quality of education is essential for personal and national development and this can be achieved only through a healthy and supportive environment. Such an education is the right of every child and creating such an environment is the duty of all parents, educational institutions, citizens and all concerned."

It was the year 1951 A.D. when Father Moran and his two companions came to Nepal and founded St. Xavier's School at Godavari. The sole motive of the school was to provide quality education to the students in a country which had been in darkness for over a century, ruled by tyrants and without a grain of education. The school aimed at developing the students of the nation and the nation itself by improving the quality of education.

The school in all its ways has been able to do that overcoming difficult circumstances, fighting fire with ice and moulding the nation into one that is recognized and respected by all. It has been able to make the impossible come true by making the students responsible citizens of their nation, making them realize that they should live for God and lead for Nepal, this is infact the motto of the school.

But now, more than half century later, people especially the "students" are questioning the identity of the school and the motive of all the other schools in the kingdom. They are blaming schools for becoming money making institutions. Now even the existence of schools look bleak. People are demonstrating against the policies of schools. They are calling "bandhs" that affect the overall growth of children. Because of these "bandhs" a first standard student cannot come to school, a tenth standard student cannot give his S.L.C, while a twelfth standard student cannot give his entrance exam. This has made a great difference between success and failure. The people keep shouting that they will call "bandhs" because we have schools in Kathmandu asking parents to pay for horse riding, a school in Lalitpur forcing the students to pay for swimming when the school doesn't have a swimming pool and a school in Bhaktapur which makes guardians fill the form for admission each year

So the people have raised their voice against the system of having schools that do not even have a qualified teacher, the school's whose fees are exceptionally high, the schools which have all their students failing in S.L.C and schools which have been opened just to make money.

All these protests have a meaning. "We can't have smoke without fire" is applicable in this case. The protestors are right in their demands. But will all these protests improve the quality of education in

our schools? Will it be able to eradicate all these problems? How will it lead to the overall development of the people and the nation?

It is obvious that these problems can not be solved by having "bandhs" every day. So the parents of St. Xavier's and other schools have united in their quest for a solution. They have come together to seek answers for their questions and they have found out that a healthy and supportive environment has to be created if we want our present and future to be picture perfect, our vision and our knowledge to be crystal clear and our education system to be as good as it can be.

They have come together because they have found out that a supportive and healthy environment for overall development is the right of every child. The saying that "Man is born free and he should live free" has to be respected. He should be able to choose for himself what is right or wrong because this is real freedom.

The parents have come together because they believe that we are all responsible for creating an environment that will enable children to decide what is right and what is wrong. They have come together because they have found it absolutely necessary for the children to have a safe and secure future. They have also found out that their sole effort is not enough to bring these changes. The effort must come from all the parents, the educational institutions, citizens and all others concerned.

People from all walks of life should stride forward because the future of children can not be hampered by the conflict between the elders. All the people should be involved in creating a place full of love, life and laughter, where the children can play, pray and learn.

We know that it can be done. We also know how it can be done. We know that it ought to be done for the sake of the overall development of the country. What we are lacking is the dedication, determination and discipline to convert the knowledge into reality.

With the help of the parents, the educational institutions, the citizens and all the others concerned, we must be able to achieve it.



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On the occasion of its charter presentation



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INTRODUCTION TO THE GURKHA MEMORIAL TRUST (MUSEUM)

(Gurkha Motto: 'It is better to die than to be a coward.')

By Major Yambahadur Gurung

Only after the First and Second World War did Nepal become known worldwide through the name of the gallant and brave Gurkhas. However their alliance with the British Army started years before during conflicts over the central Terai in 1814. The fighting proved to be a great deal harder than the British had expected it to be and they became impressed with the way the Gurkhas fought and the braveness they showed. After a particularly fierce engagement in which General Amarsing Thapa was defeated, the British Commanders offered Amarsing's men service in their company. Since then the Gurkhas have fought alongside the British Army in most of Britain's major conflicts of the 20th Century, including the First and Second World War, Malayan Emergency, Borneo Confrontation, Falklands War, Gulf and UN operations. In total they have won 13 Victoria Cross (VC) medals, the highest decoration for valour in the British Army awarded for extreme bravery in the face of the enemy.

Before Hong Kong was returned to China, it was the central location where all British Gurkha training began. Their job in Hong Kong required them to support the Hong Kong Police force when surveying the China-Hong Kong border for any illegal immigrants attempting to cross over. Nowadays the recruits are taken straight to the U.K. for training but the regiments continue to serve there and in Brunei. After retirement many Gurkhas take on security jobs abroad or join the Gurkha Reserve Unit in Brunei. Now that the Brigade of Gurkhas has been reduced in size to about 3500 due to the run-down of the British Army, it was felt that the history of the Gurkhas had to be preserved in Nepal. On 5th February 1994, during a VC reception at the Royal Nepal Academy at

Kathmandu in the presence of the Prime Minister of Nepal, it was agreed to set up the Gurkha Memorial Trust. Seven living Gurkha VC holders attended the programme (Sadly only four are alive to date). As this was a national asset, in 1996 the government assisted in setting up the Gurkha museum under the Gurkha Memorial Trust by providing Ten Lakh rupees. Captain Yeknarain Gurung 1/2GR was the founder Chairman. Since then many UK and Nepal regimental associations, individuals both British and Nepali including Field Marshal Sir John Chapple and Lt Col John Cross have also donated their own funds. It started with a collection of uniforms presented by three Gurkha Officers. As years went by individual exservicemen and regimental associations on hearing of the museum presented uniforms, hats, cap, badges, medals, photographs and books. It was the positive assistance from the Gurkha Museum in Winchester, UK that upgraded the quality of the display items. Brigadier Christopher Bullock, the Curator very kindly arranged and sent a number of old uniforms, a full set of regimental magazines, books on Gurkhas and many other items.

However the museum had remained fairly quiet in Kathmandu, hidden away behind the national Table Tennis Hall in Lainchaur. As they had not been allocated a government site, they rented the second floor flat of a small house. Over the years, the museum was able to attract only a very few visitors and it struggled to continue running. So on 14 August 2001, the museum was moved to the small tourist town of Pokhara.

Once the museum moved to Pokhara, the committee selected Captain Lalbahadur Rana, late 2GR, as the Manager from amongst a number of candidates.



The museum is situated in the Pardi area within the compound of Hotel Nature Land, about 100 metres below the Rastra Bank cross road. The hotel owner is Mr Dilbahadur Gauchan, late 2GR, who very kindly allowed his old house in the front of the road to be rented out to the museum at no cost for the first year. The old house was completely refurbished with a fund granted by 2GR Trust. The current Trust (Museum) committee consists of the following.

Chairman:

Major Yambahadur Gurung 2GR

Senior Vice-Chairman:

Hon Captain Indrabahadur Gurung 5GR

Vice-Chairman:

Mr Khumbahadur Gurung QO GLR

General Secretary:

Hon Captain Kamabahadur Thapa 2GR

Secretary:

Mr Dilbahadur Gauchan 2GR

Treasurer:

Mr Thaindradhoj Tulachan 7GR

Member:

Hon Major Govinde Gurung MVO MBE QG Signals

Member:

Mr Khubbahadur Baral GCSPF

Member:

Mr Bishun Gurung 6GR

Member:

Major (GCO) Keshab Tamsng MBE 10GR

Member:

Hon Major Krishnabahadur Gurung MVO MBE QO GLR. In the first 2 1/2 months, over 200 tourists visited the museum and bought the entry tickets at Rs 50 each. Mr. Dunkan Baker (Ex 2GR officer) from Ker and Downey Nepal Resorts was prominent in his efforts to support the museum by sending his trekking groups to visit the museum and he presented a sum to assist in printing the first set of brochures. The museum brochures are now available in most hotels in Pokhara and Kathmandu. The Gurkha Memorial Museum is also shown in the Travelers magazine under Pokhara. Also over 50 Nepalese visited the museum by buying the entrance ticket of Rs 10 each in the first 2 months. They fill the visitor's book and write comments; one which read "I have now learnt a lot more about Gurkhas".

Due to the Maoist problem less number of tourists visit Pokhara and income is low. As a result, the committee initially held Gurkha Cultural Shows in Kathmandu and Pokhara. Recently, they held Dohori Geet Lunch at Hotel Nature Land, Pokhara and Kathmandu. Gradually, retired Gurkhas have begun to support this good cause and these events have become a sort of Brigade of Gurkhas 'reunions'. The lunch usually starts with something formal such as a 'flag raising ceremony' or 'unveiling of the Queen's Trunchcon.' It is hoped that Kathmandu supporters will attend the next fund raising lunch to be held sometime in December in Kathmandu. Watch out for this space!

The museum also sold a number of souvenir items such as Khukris, ladies brooches and silver bangles. British Gurkhas Pokhara PRI initially provided these with a percentage of the income going towards the museum fund. Now, we are able to order these ourselves directly from the manufacturers. Historical objects, Properties and stock are checked regularly and maintained by the Manager. The museum pays him, the security guard and the cleaner. There is a 24- hour guard provided by a local security company and the cost is shared between the museum and the hotel. Former officers and soldiers continue to present parts of their uniforms to the museum. Recently, Major Johnny Kaye 2GR presented his cross-belt and photographs from his time in the regiment. Hon Major Kajiman Limbu QO GTR presented his old OG dress with slides, GTR officer's stick and beret. QOGTR Regimental association presented a large flag, embroidered badge in a frame and some shoulder titles. GCSPF presented 12 items that included a revolver holster, flag, Jubilee plaque, truncheon and ammunition pouch. Colonel Christopher Lavender presented a shoulder badge he wore when he was a Major and Equerry to the Prince of Wales. The most recent addition is the replica of the Queen's Truncheon presented by 2nd Gurkha Rifles Regimental Association. At a cost of over Rs 40,000, made by a Newari craftsman at Patan in Kathmandu, this 5 feet tall 'Nishani Mai' is proudly known to the officers and soldiers, stands as a memory to the fierce battle fought 146 years ago, in 1857 at Delhi Ridge.





They fought the Indian mutineers hand to hand for over 3 months and achieved in holding this prominent position. In the end, out of 490 Gurkhas, 370 were killed or wounded and one British Officer survived, Queen Victoria on hearing of such outstanding loyalty presented this Queen's Truncheon that always receives the Royal salute.

The current museum is a 1 1/2- storey house with 4 rooms. The infantry gallery contains items on show which are extremely significant, as they give an insight of the history of the regiments, 2 nd, 6 th, 7 th, and 10th, Gurkha Rifles, which were disbanded in 1994. The Royal Gurkha Rifles was then formed. As a result the need to preserve the history of the disbanded regiments is even more important. There are also items from the Gurkha Contingent of the Singapore Police Force that was formed from Gurkha officers and soldiers who were transferred from their regiments after 1947. The second room displays the uniforms worn by the Gurkha Engineers, the Gurkha Signals and the Gurkha Transport Regiment (Now called the Queen's Own Gurkha Logistic Regiment). Next to it is the Medals Room with many British campaign medals, medals from the Indian Army and the Royal Nepalese Army. There are also replica medals of the Victoria Cross and ribbons presented by two Gurkha VC winners. On the first floor, there are large photographs of all 13 Gurkha VC winners, one Indian 'VC' Param Vir Chakra and two George Cross winners.

There are also small collections of uniforms and badges belonging to the Royal Nepalese Army and the Indian Army including a uniform worn by Late Captain Gaje Ghale VC. The Executive Committee has been looking for a permanent site in Pokhara where we can construct a building of our own design. The current one is becoming quite tight as there is little space and we cannot display all the items. During the summer it is very hot inside. We are most grateful to the Defence Attache/Commander British Gurkhas Nepal, Colonel Peter Sharland who has been extremely supportive to us. Not only has he provided funding to order new sets of display cupboards and fans, but we may well be provided with a permanent site near the British Camp in the northern Part of the town of Pokhara right next to the Seti Gorge, a very popular tourist site. We have already started fund raising separately for the construction of the new museum. Captain Lalbahadur Rana and a Dohori Geet team visited Brunei in July 2003 and performed at IRGR and GRU camps. They were extremely helpful and raised quite a large sum of money. We intend to send a similar team in the future.

Therefore, when you next visit Pokhara, please visit the Gurkha Memorial Museum at Pardi and support your museum.

Gurkha Memorial Trust (Museum)

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hoteln@mos.com.np



TRAILWALKER AND SECURICOR GURKHA SERVICES

What is Trailwalker?

Trailwalker is a gruelling 100-kilometre endurance race which is held annually over the MacLehose Trail in Hong Kong. Each team consists of 4 people who must finish the various checkpoints and the finish line together. The maximum time limit set for the event is 48 hours, although the faster teams finish the distance in well under 15 hours!

All proceeds from the event go to charity to help needy people in Asia and Africa.

The event first began as a weekend training exercise for troops of the Queen's Gurkha Signals in 1981 and quickly developed into one of the most popular and challenging events today. Oxfam Hong Kong took over the organising and running of the event from the Brigade of Gurkhas after the 1997 handover. Last year, over 900 teams, with 3600 runners competed

The Securicor Gurkha Services Connection

With the departure of the British Forces and the Brigade of Gurkhas from Hong Kong, in 1997, the Gurkha connection with Trailwalker seemed destined to disappear. But, Securicor Gurkha Services (SGS) has picked up the baton and continued the link through it's participation in the event by entering a team since 1999 and by providing the security services for the many checkpoints along the trail.

Despite the constraints on training time, the SGS teams have, through the years, demonstrated that they are able to compete with the best. Oxfam Hong Kong introduced the "Super Trailwalker" category for the event from the year 2000 and the SGS team are now a regular team within this elite group.

The SGS Team Achievements

The results achieved, and the funds raised, by the SGS team since 1999 are as follows:

Year	Total Teams	SGS Team Place	Time	Money Raised
1999 HK\$75,000.00	760	5 th	15 hours 9 mins	
2000 HK\$100,000.00	800	3 rd	15 hours 3 mins	
2001	850	3 rd	14 hours 27 mins	HK\$112,000.00

The team has received the ardent support and encouragement from the Company's partner companies, clients, staff and various individuals. This has provided the incentive for the team to improve their performance each passing year.





The Future

Trailwalker is the Company's main charity fund raising event and will remain so in the years ahead. Towards this aim, SGS have, for the first time, looked externally in the selection of the team, and where better than to look towards the home of the Gurkhas – Nepal.

The Director SGS, Mr Glenn Tracey, with assistance from the Nepal Reemployment Services (NRS) Ltd in Kathmandu, conducted the selection during his short visit to Nepal in May 2003.

A total of 8 reputed runners were 'recruited' and commenced training in the Kathmandu Valley from early June.

A final team of 6 runners was selected and moved to Hong Kong on 19 Aug for acclimatisation and further training.

Trailwalker 2003 was held from 7 to 9 November. Nearly 1000 teams competed including last year's winners, the Montrail Team. SGS's intentions were clear to win the event. They were very successful. The SGS team won the Trail Walker 2003 International event in a record breaking time of 12 hours 16 minutes. Jai SGS, Jai Gurkhas.

SGS correspondence





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THE CONCEPT OF SECURITY

Major Kishansing Gurung



Security is an essential and integral part of our lives and there is no escape from it. Ever since the creation of the earth every living being on this planet has security threats from higher species, whether on land, under the water or in the sky. Similarly human beings always gave first priority to their safety while living in caves and on the course of evolution they built castles and now in the modern age houses and buildings with modern security equipment. Prior to the First and Second world wars the protection of important premises and buildings of vital security

importance was mainly carried out by army and police personnel, but in private sectors watchmen were the only source of manpower to fill this post. These watchmen were normally retired or redundant from armed forces. Their main job was to stand at the gate as a deterrent, patrol at night making certain that all doors and windows were securely locked.



NEW CONCEPT OF SECURITY

After the second world war a new concept of security started. With the rise and fall of the economic & financial sectors security of certain individual or company became very important. Now there is a vast difference in the word "Security" of the past and that of the present. New Ideas about security started to rise and certainly the growth of different security companies were enormous. Especially in Europe security was the first priority and the security guards were ex-army men of 40 and above who were physically and mentally fit. Then came the changes with the recruiting of young civilian guards without military background to meet the growing security threat due to the rise in unemployment and terrorist threat. For this, a criteria was laid; age bracket of 22 to 40 years, physically and mentally fit, well built, height of 5' 5" and above and weighing between 50 to 60 kg and of course with a normal education of a high school graduate. It then became necessary for all these guards both ex-military and civilian alike to under go semi military type of training depending on the degree of security required. Today all guards are trained in access control, patrol techniques, escort duties, customer care and relation, emergency procedure, bomb threat, fire fighting, health and safety, first aid, search, security systems including x-ray machines, close combat to name a few. Slowly but surely security started to be of major importance in the world to meet the growing internal threat which the old watchmen could not cope with.



In Nepal, there are many security companies training security guards who are either directly employed by the clients or employed on a contract basis. Security Organizations in Nepal are still composed almost entirely of watchmen who are normally retired from armed forces. With the frequent rise of unemployment all around the world and especially in the Middle East "Security personnel" can now earn a good living for themselves. Highly trained security officials from Europe or any personal Body Guards all over the world now have taken the security aspects to a higher level as increasing opportunities are again opening to thousands of people, but only a few of the best make it to a certain level and they are sought after by

a lot of individual clients and organizations. From the battlefield to airports, from shopping mall to any organization, banks to offices, and even residence today employ security guards. The security hazards are changing everyday in such a manner that it has become important to take "Security" measures in a very serious manner. These days shipping companies like the cruise liners also employ a lot Security Guards. The "Gurkhas" because of their past history and loyalty are now increasingly being employed in cruise liners.

Security now and in the future will be of great importance with the ever increasing security threats.

*Best wishes to the Rotary Club of the Himalayan Gurkhas
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DRIVING AND ASSOCIATED HAZARDS IN NEPAL

Major Gopal B. Gurung M.B.E.

Driving in Nepal, particularly in Kathmandu, poses a real threat to life and limb. The problem, which has grown to such a size, is very real and cannot be solved easily. The problem starts from the very beginning that is to say most of the drivers who obtain their licenses do so through illegal means and as such are not competent to be in charge of their vehicles whilst they are on the road. This combined with the very short fuse of most of the drivers present an ideal recipe for nasty incidents which one sees so often on the roads.

The narrow congested roads of Nepal, particularly in the urban areas, dictate small vehicles to cope with the traffic and parking problems. The motor cycle has taken the lead role in this not only because it is small and nippy to negotiate the ever worsening traffic situation but it is also small enough to park almost anywhere. I wish the good side of the machine and its driver would continue but the truth is that the motor cyclists cause nightmares to the average driver on the road. They weave in and out of traffic!! overtake from the left and right!! join the main road without looking for oncoming traffic!! love to move to the front of the line when the traffic light is red!! and they are very brave to cut across to turn by simply flashing their headlights regardless of the oncoming traffic. The flashing of the head light

appears to be a remedy for everything!! I only wish this was true.

Bus, truck and minibus drivers are even worse. They take advantage of their size and drive around merrily without a worry in the world because firstly the vehicle does not belong to them and secondly it will always be the smaller vehicle that will emerge the loser in the event of an accident. The bus drivers on the long routes have a very keen sense of competition amongst themselves. The faster they get to their destination the better they feel and perhaps win a bet or two and because of this factor it appears that the bus drivers drive for their personal enjoyment and thrill rather than for the safety and comfort of the passengers!! Many bus drivers drive at speeds far in excess than allowed by the road conditions and their vehicles, not to mention overtaking on blind corners!! No wonder that we hear of so many buses ending up in the "Trisuli"

In this ever deteriorating traffic situation of ours the "mantra" to follow appears to be:

1. Live and let live. That is to say do not let blatant violations of traffic rules get your blood pressure up!!
2. Always drive defensively and leave room to cater for mistakes that may be made by other drivers.

Happy and safe driving to all who may read this article.



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Low - Tech Approach to live a disease free life

Prof.Dr.T.M. Amatya; MD

Non- Communicable diseases which includes Heart attract, Hypertension, Stroke, Diabetes, High Cholesterol, Obesity, Cancer etc. are growing globally day by day. These diseases used to be a problem of developed countries previously but it has started like an epidemic in developing countries too. These so called modern diseases have created a great public health problem causing high morbidity and mortality affecting not only the patient but the family & Society as well. The treatment of these diseases and their complication are very expensive and time consuming. The causes of these diseases are well recognized and appeared to be due to drastic change in our lifestyle. Because of modernization & industrialization our lifestyle has become physically inactive with improper diet and with lot of mental tension & stress. The good news is that these diseases can be prevented & reversed. It does not need very high-tech methods or instruments but using simple healthy lifestyle these can be prevented & promoted by incorporating physical exercise, proper & healthy diet and stress reduction techniques. This healthy lifestyle approach to prevent diseases would be cheap, best & low-tech approach to lead a healthy & longlife. We should remember that "Treatment is an expenditure & Prevention is Investment". Here are some healthy tips to adopt for a healthy lifestyle to enhance both the quality & quantity of life.

1) Inactivity is the killer

Have regular physical exercise because Inactivity is the killer. At least 30 mins of moderate intensity physical activity on most of the week days is recommended. Studies show that exercise is beneficial for people at

every age. Among the benefits cited are lower blood pressure. Stronger heart, lungs & bones, weight loss, increased energy, increased fitness.

2) Eat with your mind.

Have balanced diet with carbohydrate, protein, fat, water, vitamins, minerals in right proportions. Use your mind when selecting from menu making healthier choices. Low fat, low salt & low sugar diet with plenty of vegetables and fruits. Excess smoking & alcohol are responsible for more premature deaths & disability than any other known agent, Be aware.

3) Live without excess tension

Excess mental tension can invite many forms of Heart disease, High Blood Pressure, Diabetes of Peptic Ulcer. So one should have a balanced life consisting of work recreation & rest in right proportion. Yoga & meditation Practices are found to be healthy for both mind & body.

Such Healthy Lifestyle, Low-tech techniques could enhance both the quantity and quality of life to live a healthy, wealthy & happy life without feeling of ageing.

(Dr. Amatya is the founder & CEO of Hardic Lifestyle Clinic & Fitness Center in Pulchowk, Lalitpur, Kathmandu, Nepal.5551282)





Gurkha Reserve Unit (Brunei)

Gurkha Reserve Unit by LT Col L.B. Pun OBE, MC

1. In 1963 General Walker the Director of Borneo Operations on one of his fortnightly security meetings with HRH Seri Begawan very strongly recommended that Seri Begawan consider employing ex Brigade of Gurkha soldiers in sufficient numbers to protect the palace and to re-inforce the Royal Brunei Malay Regiment as a reserve force. Seri Begawan thanked him for the advice. But General Walker's idea remained an idea for some 10 years and no plan for implementation was made.
2. In June 1973 Yasin Affendi and 7 other ringleaders of 1962 armed rebellion escaped from the Berakas Detention Centre. That reminded Seri Begawan of what General Walker had advised. So in 1974 some 27 Gurkhas were recruited as palace domestic staff and security guards. In 1975 this security organization was named the Gurkha Security Guards and totalled some 508 men. A Mr Brown who was in charge of the Detention Centre also commanded this outfit.
3. In July 1980 Rtd Major Cutfield (ex-7GR) was appointed by Seri Begawan to replace Mr. Brown. In 1981 Cutfield introduced many excellent changes some of which were :-
 - a. The role of this reserve force was enhanced. It now had a dual role, the primary roles was security guards to guard important state locations and the secondary role was to provide a well-trained reserve infantry battalion for the Royal Brunei Armed Forces (RBAF).
 - b. To reflect the new roles the name of the Gurkha Security Guards was changed to Gurkha Reserve Unit (PASOKAN SIMPANAN GURKHA).
 - c. The force was organised into four guard companies and a Headquarter Company.
 - d. Military ranks were introduced and soldiers were called rifleman and armed with rifle for the reserve role and pistols for the primary role. Cutfield himself was given the rank of full Colonel.
4. That Year the GRU was removed from the Ministry of Home Affairs and placed directly under the Ministry of Defence and Colonel Cutfield reported directly to the Deputy Defence Minister. The strength of the force had now reached 1142 including 16 civilians-doctors, teachers etc. In July 1985 Seri Begawan directed Cutfield to increase the force level to 2000. But very sadly in September 1985 HRH Seri Begawan died.
5. By 1991 it had a total of 12 companies organised into two guard battalions of 4 guard companies each and Headquarters Support Troops with 4 companies, ie. Transport, Support, Administration, and Command. The force strength by now was 2003.
6. In 1992 the GRU establishment was increased to again to 2254. By the end of 1996 the GRU strength on the ground was 2121 almost a brigade size force.
7. 1997 was a black year for the GRU with a mutiny over service terms and conditions of employment. Consequently all arms were removed immediately from GRU. GRU's secondary role was removed. A serving Brunei Malay Officer Brigadier Haji Shari, Commander Land Forces, Royal Brunei Armed Forces (RBAF) was double-hatted to command the Royal Brunei Land Forces and GRU as well. He was promoted to Major General to become Commander RBAF, he continued to command GRU. His kind personality but very firm hands and the authority of his rank steadied the soldiers and brought discipline back in GRU. After bringing order out of chaos in GRU General Haji Shari handed over a well-disciplined unit to another serving Brunei Malay Officer of much lower rank (LT-COL). The GRU is now reduced to one guard battalion with supporting troops and does not total more than 1400.



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ROYAL NEPALESE ARMY IN THE UN PEACEKEEPING OPERATIONS

Brigadier General Lilli Jung Gurung

"Peacekeeping is not a soldier's job but only soldiers can do it"

Dag Hammarskjöld
Former UN Secretary General

The United Nations Organization came into existence in 1945 after the world was devastated by the horrific release of atomic energy in World War II. It was founded with the noble vision of preventing or at least limiting future wars and thus to maintain international peace and security.

The period that followed didn't find much peace either as envisaged by the UN charter. There were number of wars and conflicts both internal as well as international in different parts of the world. The emergence of US and USSR as the two super powers with their relentless confrontation for world domination brought about an ideological division in the community of nations. This East-West rivalry was the chief cause of conflicts and wars in this period. Due to this rivalry, the UN was unable to fulfill its tasks effectively as mandated by its charter. After the cold war, however, the world community heaved a sigh of relief for they assumed that the change would bring a new hope of peace, security and a comfortable world to live in. Unfortunately that didn't happen. The coming of this "New World Order" brought with it, its own share of non-traditional civil conflicts primarily born out of ethnic, religion and cultural factors.

The result was a revitalization of long paralysed UN Security council. Conceived as international community's guardian for peace and security, the UN was faced with an unprecedented demand for intervention. And this inspired the UN to become more actively involved in conflict resolution.

In a conventional war situation, peacekeeping is of a traditional nature where peacekeepers are placed in their familiar role

of a buffer force between the warring forces. But today conditions are different. Today's conflicts being primarily intra state or civil wars where there are no defined borders and no clearcut political situations and added to this, the task of humanitarian relief, election & police monitoring, human rights supervision and rehabilitation of displaced persons have made peace keeping a multidimensional and a challenging task. In conflicts such as these, peacekeepers have to enforce peace by use of force

UN's first peacekeeping mission, "United Nations Truce Supervision Organization" (UNTSO) was established in 1948, when a number of officers from various countries were formed as Military Observers to monitor the ceasefire between the Arabs and the Jews in Palastine. This mission still exists today with its Head Quarters in Jerusalem. Ever since the UN has endeavoured to play a great role in maintaining peace and security in the world. In its efforts it has had problems and shortcomings yet the success it has achieved has been a boon to humanity.

Nepal was admitted to the UN in 1955 and ever since she has steadfastly supported the UN charter's goals and objectives. The charter calls for effective collective measures for the prevention and removal of threats to peace. To this end, as a member of this organization Nepal has made significant contribution to the UN, specially in the field of peacekeeping.

Royal Nepal Army's participation in peacekeeping dates back to 1958 when Nepal provided five military observers to UNOGIL (United Nations Observer Group in Lebanon). Since then the Army's participation has extended across a period of 45 years covering over 28 countries in America, Europe, Middle East and South East Asia. She has contributed troop contingents, military observers, HQ staff and force commanders to various missions. During these peacekeeping efforts the Army has



committed over 40,000 troops out of which 39 have sacrificed their lives for the cause of world peace and 44 have been wounded

In 1974 the Army sent its first troop contingent to UNEF II (United Nations Emergency Force) in Sinai to supervise the cease-fire between Egypt and Israel after the Yom Kippur war. Since then 66 contingents have participated in the following 9 different UN missions

- (1) UNEF-II, Sinai (Feb-Sep 1974)
- (2) UNIFIL, Lebanon (Apr 78-Nov 82) (June 85-July 2001)
- (3) UNPROFOR, Former Yugoslavia. (Apr 92-Dec 95)
- (4) UNOSOM, Somalia. (Oct.93-Oct.94)
- (5) UNMIH, Haiti (Jan.95-Feb.96)
- (6) UNIKOM, Iraq-Kuwait. (May-Apr.91)
- (7) UNGCI, Iraq (Aug.91-May.94)
- (8) UNTAET, East Timor. (Apr.2000-Oct.2002)
- (9) UNAMSIL, Sierra Leone (Nov.2000 cont...)

Likewise, the Army's first observation mission as stated earlier was UNOGIL (United Nations Observer Group in Lebanon) in 1958. This mission was established to monitor the border between Lebanon and Syria. And ever since the Army has participated in the following 19 observer missions.

- (1) UNOGIL, Lebanon-Syria. (1958)
- (2) UNIPOM, India-Pakistan. (1966-67)
- (3) UNGOMAP, I-II, Afghanistan-Pakistan (1988-89)
- (4) OSGAP, Afghanistan-Pakistan. (1990-93)
- (5) UNOMIL, Liberia (1996-97)
- (6) UNTAES, East Slovenia. (1996-97)
- (7) UNPROFOR, Former Yugoslavia (1992-96)
- (8) UNPREDEP, Macedonia. (1996-2000)
- (9) UNMOT, Tajikistan. (1998-2000)
- (10) UNAMET, East Timor. (1999)
- (11) UNMOP, Prevalaka. (1995-97)
- (12) UNIKOM, Iraq-Kuwait. (1993-95)
- (13) UNFICYP, Cyprus. (1999-2001)
- (14) UNTAET, East Timor. (1999-Cont...)
- (15) UNOMSIL, Sierra Leone. (2000- Cont...)
- (16) UNMIK, Kosovo. (2000-Cont....)
- (17) MONUC, Congo. (1999-Cont...)
- (18) UNMEE, Ethiopia-Eritrea. (1999-Cont...)
- (19) UNTSO, Jerusalem. (1991-92), (2002-Cont..)

Altogether 56 battalions, 10 company strength contingents and above 200 observers have served in different missions of which one battalion of 800 and 41 observers are still deployed in various missions.

The Royal Nepalese Army has also contributed Force Commanders to three UN missions. Maj.Gen. KNS Thapa headed the "United Nations Truce Supervision Organization" UNTSO for a year as chief of mission in 1991-92 in Jerusalem. He was again appointed Force Commander of "UN Iraq Kuwait Observer mission" UNIKOM for two years from Dec.93 to Dec.95. Maj. Gen Victory Rana served a tenure of two years as Force Commander of "UN Forces in Cyprus" UNIFIC in 1999-2001

Apart from this army has been providing staff officers to the UN Department of Peacekeeping Operations in New York. Altogether five officers have served or are serving among whom Maj.Gen.CB Gurung is the highest-ranking officer to serve as Deputy Military Advisor to the Secretary General from Nov.2000 to Dec.2002.

Nepal's commitment towards peace was made visible when Nepal signed a memorandum of understanding with the UN on the "Stand by Arrangement System". According to this MOU, Nepal has committed to provide 2000 troops at any time at the UN's request. And in accordance to this Army is deploying another infantry battalion and an engineer company in Congo in the very near future. At present one battalion of 800 in Sierra Leone and 41 observers are serving in various missions around the world. As of this, Nepal ranks 13th among the troop contributing nations to the UN. Once these troops are deployed in Congo, Nepal's ranking is sure to rise up the ladder.

Prior to depart to the mission area troops and observers undergo a pre-deployment training at the Birendra Peacekeeping Training Centre. Here the troops are trained on basic military and peacekeeping operational skills. Officers go even further by acquainting themselves with geopolitical situation, social & cultural systems of the mission area, mission mandate, rules of engagement and standing operation procedures of the mission.

This training centre, which started as a temporary makeshift camp about twenty years back is today a full fledged training centre with all required infrastructure and facilities. This wouldn't have been possible without the generous help of the Governments of UK and USA. The British Government provided a handsome amount of £ 600,000 for the infrastructural development of the centre. This has made possible for the centre to have its



international mess, auditorium, library, office complex and other administrative setup. Likewise the US Government under "Enhanced International Peacekeeping Capability" EIPC, has provided a sum of \$ 1900,000 to be spent explicitly for the training of personnel and on training aids. This has enabled officers to be trained at various institutions in the USA and also the centre to be equipped with the latest state of the art electronic classroom, language lab and other multimedia instructional aids. The training centre, along with pre deployment training also run courses for staff officers, instructors, observers and conducts seminars and joint exercises.

In recent years the United States Pacific Command is taking keen initiative in the field of peacekeeping training in the Asia Pacific region. Under this programme it has been conducting a series of exercises and seminars at strategic, operational and tactical levels. Nepal along with the Pacific Command co-hosted the first ever tactical level exercise "South Asian Multi Platoon Training Event" (MPTE) at the training centre, Panchkhal in Jan.2000. Platoons from US, Bangladesh, Sri Lanka and Nepal participated in the two week exercise. 28 countries sent their representatives as observers while the UN DPKO provided exercise controllers. The exercise was visited by the Army chiefs of Sri Lanka, Bangladesh and the Commander-in-Chief of the Pacific Command as well as by high-ranking officials of the participating countries.

In continuity to this training a strategic level "Peacekeeping Gaming Seminar" was held in Dacca, Bangladesh in Sep..2000. A team of three senior officers participated in this seminar. Also a skeleton Brigade HQ group comprising of 10 officers participated in an operational level "Command Post Exercise" held in Hawai in June 2001. Likewise Nepal also participated in the second MPTE which was held in Bangladesh in 2002.

Another chapter in Nepal's endeavour to support the UN's peacekeeping effort was added when the "Training & Evaluation Service" of the UN DPKO accepted Nepal's offer to host

the 11th United Nations Training Assistant Team (UNTAT) seminar at the Birendra Peacekeeping Training Centre in March 2001. The aim of these seminars is to develop a pool of officers under UN DPKO to assist member states in developing and implementing peacekeeping training programmes. This seminar was participated by army and police officers from 25 countries including Nepal. Qualified UNTAT officers from the Nepalese Army and UN DPKO conducted the seminar along with a host of international guest speakers.

Nepalese UNTAT officers have also trained troops in Kazakhstan and also in a joint exercise of Latin American countries in Argentina in 2000. A group of Mongolian officers have also been trained at the training center, Panchkhal in 2002.

Similarly in collaboration with the government of Norway, Nepal is hosting a peacekeeping logistic course in Sep-Oct. this year. The course is scheduled to be participated by 25 Nepalese and international students.

Today peacekeeping has become multidimensional, multidisciplinary and challenging. Due to the multinational structure of the peace keeping force, peacekeepers have to face challenges of interoperability, command & control, communality and common standards. The UN has put every effort to resolve this issue but the UN alone cannot be successful unless the individual nations that participate realize and rectify it. Moreover peacekeeping has also become a costly affair requiring immense resources in the form of manpower and equipment. The UN peacekeeping budget was \$ 0.5 billion in 1991 and it rose to all time high \$ 3.5 billion in 1993. In 2000 it stood at \$ 2.5 billion. In this context it would be appropriate to quote what the Secretary General Kofi Annan said in the World Peace Day in 1999 "The world today spends many billions of dollars preparing for war. Shouldn't we spend a billion or two for peace."



Pahad Association Dreams a Dream

Let's Invest in Education Let's Invest in Education for Children For Children



Picture: Faces of our 12 scholars surrounding our Committee Members, Bhaba Bahadur Thami who was himself a Pestalozzi Scholar in England

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ASSOCIATION in the Souvenir Edition publication of your Chapter. Recognising that our country's greatest need is education, we in PAHAD are pledged to help those groups who are least able to send their children to school! PAHAD raises money to provide scholarships to the children of very needy families in the rural areas of Nepal. Once selected, PAHAD promises to provide the money for the children's education from Grade 4 to the end of High School.

This money is raised by membership subscriptions (ranging from Rs.2000 to Rs. Lakhs), donations and fund raising activities like Deusi during Tihar Festival and Charity Shows. Since 2001 we have limited ourselves to awarding 4 scholarships a year due to limited finances as well as our unique rules for selection and follow-up procedures. Namely: Every member is eligible to find a good candidate in his or her village or work area and submit a formal application. If that candidate is successful, that sponsoring member shall be responsible for overseeing the student's progress and reporting it to the committee up until he or she completes school. Throughout the scholarship period, we also wish to apply the Pestalozzi philosophy of developing the child's "Head", "Hands" and "Heart". By this we mean improving their academic abilities, their manual skills (growing food, carpentry and other essential skills) and make them aware of their civic duties as members of the community.

When we have enough money, we will increase the number of scholarships annually and also build a Hostel with adequate grounds (about 500 Ropanis) to accommodate all our scholars under one roof. There, we will provide all the facilities for skills training, sports (Hands) and studies (Head) under experienced personnel (Heart) as it was done at the Pestalozzi Children's Village in England up until 1993. It will be called the **PAHAD VILLAGE**.

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Written by - Major (Retd.) Maniprasad Rai, Chairman PAHAD Association





For Future Himalaya

By Bigyan Pradhan

Former member of the King Mahendra Japan Trust For Nature Conservation

Deforestation in the Himalayas has a long history. Mountain areas were ignored in the past in respect of developing as scientific understanding of the dynamics of natural resources, and organization and evolution of human systems. In the Himalayas, degradation of forest cover has accelerated man's environment degradation processes like soil erosion, slope failure, depletion of soil fertility. Scarcity of fuelwood and fodder, increased overland flow, reduced groundwater recharge and loss of biological diversity. Data on forest area and human population indicates an increasing trend of population growth and decreasing trend of forest area. However, observations suggest that population explosion alone is not responsible for the current scenario of forest degradation.

Unsustainable forest resource seems to have proliferated in the past more under the pressure of economic gains than under the pressure of subsistence needs of the local population. Expansion of agriculture on marginal land and declining crop yields are considered to be the major unsustainable trends in the Himalaya. In order to meet the present and future challenges, the traditional systems need to be adapted in ways which enhance crop yields but not at the environmental and social costs.

Overgrazing and open grazing are often considered to be the major causes of poor regeneration and degradation of forest areas. Positive values of traditional livestock management systems have been given marginal importance. Horticulture is a more recent land use change in the Himalayas. Market forces and institutional set-up created for gearing up horticultural development led to economic growth but at the cost of equity. Social and environmental costs of these commercial production systems were, unfortunately, perceived only long after the initial phase of economic growth.

Water is the most abundant and at the same time the most underutilized resource of the Himalaya. Uneven distribution of water both in space and time comes in the way of harnessing its potential for development. Despite a surplus potential water resource and hydropower, scarcity of this resource in the form of short supply of drinking water, rain fed farming and low level of electrification are common in many areas. Effectiveness of natural and human factors contribution to hydrological imbalances has emerged as a contentious issue in recent years. Development interventions at micro level, considering drinking water, irrigation, and hydroelectricity generation in an integrated manner have yet to be properly designed and tested.

As a consequence of the uneconomic production from inconveniently located agricultural plots, and growing alternative off-farm opportunities for securing livelihood, a significant portion of farmland has been abandoned. Land abandonment leads to a decline in the overall productive potential of the land.

Biased land tenure laws, State enforcement restricting or denying the age-old customary rights and privileges to people pertaining to the resource use in government-forest land give a sense of alienation to the people and leads to people-government conflicts. Poor infrastructure and difficult terrain impede industrial development of the area and thereby result in low employment opportunity for the local people. Mass migration from many areas is one of the manifestations of desperate and alienated feeling.

Though in the global context, future warming is invariably believed to cause negative impact, the Himalaya, considered in a regional perspective and as a district geographical entity, may offer a few positive environmental features such as a more hospitable climate for plant growth in high and mid altitudes. However, to exploit these positive aspects, science and technology inputs as well as a change in the resource management systems would be needed.



With a variety of ecological situations, socio-economic conditions and socio-cultural variations in the Himalayan region, developmental strategies necessarily have to be location-specific. If they are based upon traditional technology of the region, they would find acceptance of the people concerned. Only then would the peoples' participation ensured, as it would be based on a value system that the people can appreciate and identify with. Deforestation is essentially a human problem. Rural and a narrow-based forestry initiative alone can't tackle it. A more broad-based interdisciplinary approach will facilitate the sharing of knowledge arising the major components of the management strategy. Linking forestry with sustainable development is critical. Sustainable development with peoples' participation demand closer interaction between ecologists and social scientists who have traditionally worked in isolation, using different paradigms for development. It also calls for interaction between planners, nongovernmental organizations and local communities. A holistic approach to sustainable development is most crucial in the Himalayan region.

Development concerns in the Himalaya revolve around as to how could the resources of the region be managed for conserving and improving the environmental values of the region together with socio-economic development of mountain people.

The objective of preservation and conservation of the Himalayan environment can be achieved provided the action adopted to serve the long-term interests of a wide group is reconciled with immediate needs of the people of the region. Sustainable development and effective management of natural resources and rehabilitation of degraded ecosystem are all closely interlinked with one another. Ecological issues are tied up with social, economic, anthropological and cultural dimensions. Regional development perspectives of Himalayan seem to be clouded with environmental and economic issues; social issues usually being given a peripheral or secondary importance. Environmental degradation is more a problem of relationships among people competing for productive resources than of relationships between people and habitats. The apathy towards intangible environmental benefits among villagers originated because of weak integration of government-sponsored schemes addressing tangible economic benefits and intangible environmental benefits. Mechanisms of promoting development through financial aid and loan could be stimulatory but not sustainable in the long run.

Mountains offer both opportunities and constraints for development. Sustainability of any development intervention would depend upon a logical consideration of these opportunities and constraints.

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Yet to be tapped seriously and much needed vital role of ex-army personnel in the building

By ER Ram Bahadur KC

Just like Nepal by the grace of God abundant with natural resources so are we with the great number of highly professional, dedicated, sincere and committed ex-army personnel from Nepal, India and British army.

As our country is rated unfortunately among the poorest countries having low per capita income, such community of ex-army personnel from ex-soldier's level to that of highest level in the army can play much bigger role than hitherto it has been playing.

Presently ex-army personnel on their own without having any visionary plan of the government are actively involved providing their limited and valuable services to the society as well as to the country in the sectors mentioned below:

01. Security sector
02. Engineering sector
03. Office Management
04. Supermarket
05. Restaurant and hotel
06. Travel and tourism
07. Education Sectors like schools and colleges
08. Gym and physical fitness
09. Various category of NGO/INGO/ their social organisation
10. Service in various UN agencies
11. Nursing home and hospitals

Last but not least is their selfless social works for the benefit of the poor, disadvantaged and the community they are themselves a part and where they live in.

During their service, after completion of their service in the army and finally post army retirement second service they contribute substantially to the national economy with their valuable earnings in foreign currency as well as local currency.

Although Nepalese in their individual capacity served in the armies of the several countries in the course of historical journey but their legendary fighting skill and their unconditional and fully committed loyalty to the cause they embraced in particular during first and second world wars earned them the globally known name "Gurkha".

For a moment, let us think how much it takes to develop such a highly skilled mid and low level manpower which ex-army personnel have & they are using this in many fields of activities. I tend to think it will demand billion but may not be able to achieve the high level of professionalism that they get from the army.

Can we afford to limit their activities only to the marginal contribution which they are presently giving themselves on their own to our society? No should be, I believe, the obvious answer.

This community today wherever they are living and whatever they are doing are credited with discharging their responsibilities with full devotion, commitment and total integrity as a result basis of which their place of living & working in Nepal is in comparison different



qualitatively with lovely buildings, healthy management of their institution, cleaner areas, communal harmony and living with wonderful spirit and support to each other.

It will be just very appropriate to mention in short hereunder the core values and standards of the conduct of the army that they took oath to live throughout their life.

Core values

01. Selfless commitment
02. Courage
03. Discipline
04. Integrity
05. Loyalty
06. Respect to others

Standards of the conduct

01. The service test
02. Adherence to the law
03. No discrimination and harassment
04. No bullying
05. Appropriate social conduct
06. No social misbehavior
07. No misuse of drugs
08. No misuse of alcohol
09. No irresponsible indebtedness
10. No undue contact with the media
11. No other unacceptable behaviour whatsoever

Enduring characteristics

01. Volunteer Professionalism
02. Comradeship
03. Exemplary performance and behaviour
04. Pride
05. Flexibility
06. Leadership

It would be unrealistic for me to try to cover everything and elaborate on the above points in this one short article. However I have attempted to summarize in this article about short history, ex-army personnel value system, their wonderful capability in other words valuable assets that they have with themselves

which the people and the country should be aware of and realize the potential they have which should be utilized in the development of our poverty stricken country.

Let us all join hands together to make full use of their invaluable skill, talent and experience in the sacred task of the nation building.

May God bless them to succeed in this holy endeavour & awaken the society & the government about this .

ER. Ram Babadur K.C.
Lazimpat
4413317/4415103

(The writer is an engineer, consultant, ex-beaurocrat, businessman, politician and hotelier.)

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Lumbini will Lay Golden Eggs for Nepal

By MAJOR DIPAK BAHADUR GURUNG

Nepal being a landlocked country with difficult terrain, it is not that easy for her to march forward on the path of industrialization. In order to lead the country towards prosperity, the country should concentrate in tourism. Although Nepal's geography is not favorable for industrialization, the country is god-gifted with natural and historical features. They are Mount Everest and the Himalaya ranges, Pashupatinath, one of the holiest places for Hindus, and Lumbini, the birthplace of Lord Buddha.

So far Nepal for tourism has managed to utilize Mount Everest and the Himalaya ranges and the temple of Pashupatinath to some extent. The law and order situation and political turmoil in the country may discourage trekkers to come to Nepal. However, people who understand the value of Lumbini are surprised as to why the government has not developed Lumbini and promote this holy place as one of the most attractive place for tourism where there is less security threat. What has stopped the government from developing Lumbini?

Several years ago, when the then Secretary-General of the United Nations, Mr. U Thant, paid a visit to Lumbini he was upset when he saw the completely ignored state of the

birthplace of Lord Buddha. At the time, the Buddhist community failed to materialize his feelings by not mobilizing the community worldwide.

The development of Lumbini should not be only for religious purpose, but also our concept ought to be economic orientated. Lumbini is the center of faith to 2 billion people of the world, but we have failed in utilizing the economic prospect by attracting these religious people and many interested tourist from all over the world. Had this place been in any other country, it would have been developed to such an extent that the place would have been the backbone of the national economy. India developed Piprahwa where Buddha was even not born, but Lumbini in Nepal where Buddha was actually born is far from such development comparatively.

It is every single Muslim's wish to visit Mecca, the birthplace of Prophet Mohammad. It is their motto of life "Visit Mecca." Why are the billions of Buddhists not able to do the same and make Lumbini the Mecca of Nepal?

Professor Tange's master plan, though slow in progress, has made some notable development in the monastery area and the completion of Maya Devi's temple in Lumbini. Yet there are vast potentialities for development in several sectors of Lumbini. Shortage of funds is always



blamed for the slow development of the place, but the importance of Lumbini must outweigh this excuse.

In the light of Nepal's present poor financial state, the assistance of the world Buddhist community is essential. For the development of Lumbini an internationally-recognized committee led by Nepal must be formed. This committee must be free of political interference and the necessary laws must be passed by the government to form such a committee.

In order to complete the development project, some Rs. 20 billion (approximately US\$ 300 million) may be required. The fund could be raised from the Buddhist countries such as China, Japan, South Korea, Taiwan, Thailand, Burma and Sri Lanka. The diplomatic missions of these countries could be requested to help in this project. The committee formed at the UN for the development of Lumbini during the tenure of U Thant should be activated with a view to mobilize financial assistance. Non-buddhist countries can also be requested for assistance. It is most likely that Buddhist individuals and institutions would be prepared to contribute generously for such projects. Fund-raising teams can be deployed in various countries with necessary materials of advertisements to be made on TV, radio and in newspapers. The fund-raising campaign could be inaugurated by His Majesty the King, with national and international press to give the project the widest possible publicity. Once the necessary fund is collected construction work should start under the guidance of the internationally-recognized committee. Some members of the committee should

visit Mecca and find out what facilities are required to handle hundreds of thousands of pilgrims and then make similar arrangements in Lumbini. Thus the completion of Lumbini as envisaged would promote Nepal's prestige and gain economically from tourism and advertisement.

At a glance the immediate requirements for the infrastructure appear to be as follows: extension of the present Gautam Buddha International Airport (Bhairhawa); turning the Bhairhawa-Lumbini road into a high way; construction of boundary walls around the Lumbini area; and construction of roads, drainage's, supply of water, electricity, telephone, hospital, accommodation, feeding arrangements for pilgrims, market areas, bank, travel agencies, Maya Devi's modern underground huge temple, construction of world's tallest statue of Buddha, establishment of a library and Buddhist University, etc.

The birthplace of Lord Buddha is not the property and center of faith to Nepalese only, it is also for the whole world Buddhist community. So, all the Buddhists should come forward united to develop this holy land. Religious tourism will certainly change the face of Nepal. The country will certainly prosper when the above projects are completed and Lumbini will prove itself to be a hen which lays golden eggs for Nepal forever.

(Gurung is National Assembly MP)





नेपालमा निजी सुरक्षा Private Security in Nepal

Basu Dev Bhandari

आजको एकाईसौं शताब्दीमा विश्वमा नै सुरक्षा सम्बन्धी विकास हुँदै गरेको सन्दर्भमा नेपालमा पनि निजी सुरक्षा क्षेत्रमा अकस्मात प्रभाव परेको देखिन्छ । २०४६ सालमा प्रजातन्त्र पुनर्स्थापनाको साथसाथै निजी सुरक्षा कम्पनीहरू केहि अपवादको रूपमा देखा पर्न थाले र निजी क्षेत्रबाट केही सिमित निकायहरूबाट सुरक्षाकर्मीहरू उपयोग गर्न थाले । विस्तारै विस्तारै निजी सुरक्षाको अवधारणामा विकास हुन थाल्यो र आज २०६० सालसम्ममा २०० वटा भन्दा बढी निजी सुरक्षा कम्पनीहरू दर्ता भई सकेका छन् भने मुलुकभित्र अवस्थित अधिकांस बैंक, अस्पताल, होटल, विद्यालय, राजदुतावास, स्वदेशी तथा विदेशी संघ संस्थाहरू, कार्यालय, उद्योग, वाणिज्य, भवन, व्यक्ति विशेषको साथसाथै सरकारी तथा अर्ध सरकारी संस्थाहरूले समेत निजी सुरक्षा कम्पनीहरू मार्फत नै सुरक्षाकर्मीहरू उपयोग गरेको पाइयो ।

महत्व:

नेपाल कृषि प्रधान देश भएतापनि यहाँका अधिकांश युवाहरू माध्यमिक स्तरको शिक्षा हासिल गरे पश्चात् कृषक भएर बस्न चाहँदैनन् र कुनै न कुनै रोजगारीको लागि भौतारीएको पाइन्छ । यस मध्ये केही अध्ययन तथा निजामती सेवामा प्रवेश गर्दछन् कोही सैनिक तथा प्रहरी सेवामा प्रवेस गर्दछन् भने कतिपय युवाहरू भौतारिएर हिड्ने गरेकाले यिनिहरूमध्ये जो शारीरिक तथा मानसिक रूपमा सुरक्षा गार्डको लागि अनुकूल छन् त्यस्ता व्यक्तिहरूलाई निजी सुरक्षा कम्पनीहरू मार्फत १ महिना (स्वदेशको लागि) देखि ६ महिना (विदेशको लागि) सम्मको दक्ष सुरक्षाकर्मीको लागि तालिम गराएर सुरक्षा गार्डमा रोजगारीको अवसर दिन पर्ने देखिन्छ ।

शाही नेपाली सेना, नेपाल प्रहरी, ब्रिटिस सेना, भारतिय सेना साथै सिंगापुर प्रहरी जस्ता सेवामा लामो अवधि विताएर आएका नेपालीहरूको श्रमको सदुपयोगको लागि अन्य क्षेत्र नितान्त नौलो हुने भएकोले निजी सुरक्षा कम्पनीहरूको समय सापेक्ष विकास हुन सकेमा मुलुक भित्र साथै मुलुक बाहिर समेत सुरक्षा गार्डको रूपमा यथेष्ट मात्रामा रोजगारीको व्यवस्था गर्न सक्ने अवस्था छ । आज मुलुक बाहिर (अन्तर्राष्ट्रिय क्षेत्र) को साथै मुलुक भित्र पनि शान्ति सुरक्षार्थ स्थिति अत्यन्तै भयावह छ । शाही नेपाली सेना र नेपाल प्रहरीहरू देशको शान्ति सुरक्षाका लागि परेतापनि उनिहरूको पहुच बाहिर आफैले नै सुरक्षाको व्यवस्था गर्नु पर्ने परिवेस छ । यदी कुनै पनि संस्था वा व्यक्ति विशेषले स्वयं आफ्नै तजविजले भर्ना गर्दा सुरक्षा सम्बन्धी अनुभव नहुनाले एउटा दक्ष सुरक्षा गार्ड पहिचान गर्न गाह्रो पर्छ र उसको सुपरभिजन र मूल्याङ्कन आदिको लागि समेत समस्या आउन सक्दछ । निजी सुरक्षा कम्पनीहरू यसको लागि दक्ष (अनुभवी) भएकाले स्तरीय भरपर्दो र व्यवस्थित ढगले सुरक्षा सेवाहरू उपलब्ध गराउन सक्दछन् । साथै उनिहरूको सरकारी सुरक्षा निकाय र अन्य सुरक्षा कम्पनीहरूसँग राम्रो सम्बन्ध हुने भएकोले कुनै चोरी तथा हानी नोक्सानी आदि बाट बचाउन ठूलो सहयोग मिल्न सक्छ ।

समस्या तथा सुझावहरू:

नेपालमा जसरी निजी सुरक्षाको अवधारणा बढ्दै गई राखेको छ । त्यस्तै गरी कम्पनीका संचालन पक्षले समस्याहरू पनि यथेष्ट मात्रामा भोग्दै आएको पाइन्छ । हालसम्मको अध्ययनमा श्री ५ को सरकार, सेक्युरिटी कम्पनीहरू, सुरक्षा सेवा उपयोग गर्ने निकाय र सुरक्षाकर्मीहरूबीच एकआपसमा समन्वय हुन नसक्नु नै प्रमुख समस्या हो ।



आकर्षित भएतापनि सुरक्षा सेवा उपलब्ध गराए वापत ज्यादै न्यून रकममा सुरक्षा सेवा करारमा दिनु सुरक्षा

खास गरी नेपालमा सुरक्षा कम्पनीहरू संचालनका लागि कम्पनी रजिष्ट्रार कार्यालयमा दर्ता भएर उद्योग र गृह मन्त्रालयको सहमती-पत्र प्राप्त भए पश्चात् घरेलु तथा साना उद्योगबाट अनुमती प्राप्त गर्ने प्रचलन छ। २०५५ साल अगाडी नेपालमा केही सिमित कम्पनीहरूले मात्र उक्त अनुमती प्राप्त गरेका थिए। बिचमा यस किसिमको अनुमती दिन बन्द गरिएको पाइयो। ठूलो संख्यामा भूपू सैनिकहरू र भूपू प्रहरीहरू यस पेशाप्रति आकर्षित भएर लागि परेकाले पुनः अनुमति-पत्र प्रदान गर्न शुरू भयो। हाल आएर दर्ता प्रकृत्यामा खासै समस्या नभए पनि निजी सुरक्षा कम्पनीहरू संचालन गर्ने शिलशिलामा श्री ५ को सरकारको कुन निकायसंग के कस्तो प्रकारले समन्वय गर्ने सो बारे स्पष्ट नभएकोले विभिन्न समस्याहरू भेल्लेन परिराखेको छ।

यसको समाधानको लागि श्री ५ को सरकार गृह मन्त्रालय अन्तर्गत एउटा निकाय वा प्रतिनिधिको व्यवस्था गर्न पर्ने देखिन्छ र उक्त प्रतिनिधिले श्रम मन्त्रालयसंग समेत समन्वय गरेर सुरक्षा कम्पनीहरूबीच समन्वय गरी सुरक्षा कम्पनीहरूको हतियार उपयोग गर्ने आदि समस्या, सुरक्षाकर्मीहरूको पारिश्रमिक आदिको समस्या, सुरक्षाकर्मीहरू उपयोग गर्ने निकायको समस्या आदिको अध्ययन अनुसन्धान र परस्पर छलफलको माध्यमबाट निचोड निकाली समस्या समाधान गर्न तर्फ उन्मुख हुनु पर्ने देखिन्छ।

हाल संचालित सुरक्षा कम्पनीहरूमार्फत नेपाल भित्र नै लगभग दश हजारदेखि एघार हजारसम्म सुरक्षाकर्मीहरूले रोजगारीको अवसर पाएको देखिएतापनि सुरक्षा कम्पनीहरूको भर्ना प्रकृत्यामा देखिएको कमजोरी, तालिमको व्यवस्था नहुनु, फितलो व्यवस्थापन, सुरक्षाकर्मीहरूलाई उचित पारिश्रमिक दिन नसक्नु आदि कमिकमजोरीले असहज परिस्थितिको सामना गर्नु परिरहेको देखिन्छ।

त्यस्तै निजी सुरक्षा सेवा उपयोगगर्ने संघ/संस्थाहरूले प्राईभेट सेक्युरिटीको अवधारणाप्रति सेवा प्रदान गर्ने शिलशिलामा सुरक्षा कम्पनी र सुरक्षाकर्मीहरूसंग समन्वय गर्न नसक्नु पनि एकातिर

समस्याको रूपमा देखिएको छ भने अर्कोतिर सुरक्षाकर्मीहरूको हकमा सुरक्षा क्षेत्रमा यथेष्ट ज्ञान नहुनु, रोजगारी प्रदान गर्ने कम्पनीप्रति आस्था नहुनु, जिम्मेवारीपन नहुनु आदिले समेत निजी सुरक्षाप्रति असर पारेको छ।

निष्कर्षः

वर्तमान परिप्रेक्ष्यमा नेपालमा निजी सुरक्षाको अवधारणा विकास गर्न अति आवश्यक छ। एकातिर मुलुकको शान्ति सुरक्षालाई केही हदसम्म भएपनि टेवा दिन ठूलो सहयोग मिलेको छ भने विभिन्न क्षेत्र तथा व्यक्ति विशेषले आफूले चाहे अनुरूप सुरक्षा सेवा उपयोग गर्न पाईराखेका छन्। त्यस्तै गरी भौतारिएर हिडेका युवाहरूलाई सुरक्षा सम्बन्धी तालिमको व्यवस्था गर्दा उनिहरूप्रति आफ्नो जिम्मेवारीपनको बोध हुनुको साथै अनुशासनमा ढाल्न सहयोग पुग्छ। यसको अलवा निजी क्षेत्रबाट समेत व्यवस्थित ढंगले स्तरीय र भरपर्दो सुरक्षाको व्यवस्था गर्न सकेमा नेपालमा वैदेशीक लगानीमा समेत वृद्धि हुन सक्ने प्रबल सम्भावना छ।

श्री ५ को सरकार लगायत विभिन्न स्वदेशी तथा विदेशी संघ संस्थाहरू व्यक्ति विशेषबाट समेत निजी सुरक्षा कम्पनीहरूलाई आवश्यकता अनुसारको सहयोग र सुभाव दिन सकेमा निजी सुरक्षामा विकास हुनुको साथै अन्तर्राष्ट्रिय क्षेत्रमा समेत काम गर्न सक्ने दक्ष सुरक्षाकर्मीहरू उत्पादन गरी बहुसंख्यक योग्य व्यक्तहरूलाई वैदेशिक रोजगारको लागि अवसर दिलाउन सकिनेछ।

खास गरी उपर्युक्त भर्ना प्रक्रिया राम्रो तालिम, स्तरीय सुरक्षा र सुरक्षाकर्मीहरूलाई उचित पारिश्रमिक उपलब्ध गराउनु नै निजी सुरक्षा क्षेत्रको प्रमुख दायित्व हो। यसै अनुरूप निजी सुरक्षा कम्पनीहरूलाई स्तरीय प्रभावकारी र समय सापेक्ष बनाउनको लागि हाल नेपाल सुरक्षा व्यवसायी संस्थाको समेत स्थापना भईसकेको छ।

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गोर्खालीहरू सिंगापुरको सशस्त्र प्रहरी सेवामा

Major Bhim Bahadur Gurung



सिंगापुर एउटा सानो टापु हो जस्को क्षेत्रफल भन्डै पूर्वदेखि पश्चिमसम्म ४२ किलोमिटर छ भने उत्तरदेखि दक्षिण २३ किलोमिटर पर्दछ । जनसंख्या करिब तीसलाखको हाराहारिमा छ । जसमध्ये चिनियाहरूको बहुबल र दोस्रोमा मलाया अनि इण्डियन मूलका र अरू जातिहरू पर्दछन् । राष्ट्रिय भाषा अंग्रेजि नै भएतापनि अन्य मातृ भाषा पनि विद्यालयमा अध्ययन गर्नु पर्छ र ए लेभल तहसम्म अध्ययन र उत्तीर्ण हुन अनिवार्य छ । धर्मनिरपेक्ष भएको हुनाले जुन धर्मात्मकी भएपनि अर्को धर्मात्मकीहरूलाई असर नपारेरसम्म कुनै कानूनी छेकथुन छैन । हरेक नागरिकले अठार वर्ष उमेर पुगेपछि अनिवार्य रूपमा दुई वर्ष फौजमा सेवा गर्नु पर्छ ।

Sir Stamford Raffles सन् १८१९ मा ब्रिटिस राज्य विस्तार र व्यापारको सिलसिलामा पानिजहाजमा आफ्ना फौजका साथ सिंगापुरमा उत्रनु भएको र समरिक तथा व्यापारको दृष्टिले अति महत्व बुझि त्यहाँ नै बसि सिंगापुरलाई फ्रिपोर्ट घोषणा जारी गरि स्टेट स्याटलमेन्ट सग गाभि व्यापार विस्तार गरेको सिंगापुरको इतिहासमा भेटिन्छ । सर स्ट्यामफोर्ड लाई सिंगापुरका फाउण्डर भनि इतिहासमा लेखिएको छ । सिंगापुरले सन् १९४६ को मार्च ३१ तारिखदेखि स्टेट स्याटलमेन्ट मलायाबाट अलग गरि छुट्टै उपनिवेश बनाएको हो । सर स्ट्यामफोर्डको परिकल्पना अहिलेको आधुनिक सिंगापुर जस्तो थियो या थिएन त्यो आफ्नै ठाउँमा छ तर ब्रिटिस उपनिवेश र मलायाबाट सन् १९६५ मा स्वतन्त्र भएपछि त्यहाँका स्वच्छ छावि भएका राजनेताहरूको नेत्रत्व र अनुशासित जनताको अथक परिश्रम तथा नेत्रत्व वर्गहरू माथिको विश्वासले छोटो समयमै अधिकतम विकास गरि पूर्व एसियाको एउटा समृद्धि कहलाएको छ ।

त्यस्तो स्वतन्त्रको प्रारम्भिक संघर्षका दिनहरूमा सिंगापुरले धेरै घटनाहरू व्यहारेको इतिहासमा भेटिन्छ

जस्तै राजनीतिक, धार्मिक र जातिय द्वन्दहरू । बहुजाति बहुधार्मिक, बहुभाषि समाजमा कुनै कारणले असमझदारी उत्पन्न भएमा एउटा निस्पक्ष प्रशासनको आशा गरिन्छ र त्यसै कारणले गोर्खालीहरू सिंगापुरको सशस्त्र प्रहरी बलमा कार्यरत छन् ।

गोर्खाली पल्टनलाई "गोर्खा कन्टिनेन्ट सिंगापुर पुलिस फोर्स" भनिन्छ र सन् १९४९ देखि ब्रिटिस उपनिवेशमा हुँदा नै गोर्खालीहरू सिंगापुरको अति सम्बेदनशिल स्थानहरूमा तथा विशिष्ट व्यक्तिहरूको सुरक्षा खटिएका थिए र अहिले विश्वको जटिल परिस्थितिमा भन बढि जिम्मेवारी र फराकिलो कार्य क्षेत्रमा भन्डै दुई हजार गोर्खाली अधिकृत तथा जवानहरू सम्मानजनक कार्यमा कार्यरत छन् ।

गोर्खा कन्टिनेन्ट, सिंगापुर पुलिस फोर्सको अभिन्न अंग हो र सबै सेवा सुविधामा त्यहाँका स्थानीय समकक्ष भन्दा केहि फरक छैन । मात्र गोर्खालीहरूको १५ वर्ष सेवा गरेपछि पेन्सनको अधिकार हुन्छ भने स्थानीयहरूले उमेर ५० वर्षसम्म सेवा गरेर मात्र पेन्सनको हकदार हुन्छन् । गोर्खा कन्टिनेन्टले सिंगापुर पुलिस कमिशनरको अधिन भित्र रहि आफ्नो कार्य गर्दछ ।

नेपाली नागरिक मात्र गोर्खा कन्टिनेन्टमा भर्ना हुन्छन् र सेवाबाट अवकास पाएपछि निवृत्तिभरण लिएर नेपालमा नै फर्कन्छन् । स्थानीय समकक्ष जस्तै आफ्नो दर्जा अनुसारको निवृत्तिभरण सिंगापुर इलरमा पाउँछन् र नेपालमा नेपाली रूपैयाँमा भुक्तानी लिन्छन् ।

गोर्खा कन्टिनेन्टमा भर्ना हुनुलाई नेपालमा जाँसरी ब्रिटिस गोर्खामा भर्ना गर्दछन् त्यही नियम अनुसार ब्रिटिस गोर्खा पोखरामा भर्ना हुन्छन् र पछि



मात्र गोर्खा कन्टिजेन्ट सिंगापुर पुलिसको लागि नयाँ जवानहरू अलग छुट्याउँछन् र भर्ना सम्बन्धी लागेको खर्चमध्ये एक नयाँ जवानलाई कति खर्च लाग्यो त्यस अनुसार गोर्खा कन्टिजेन्टको नयाँ जवान भर्ना गर्दा लागेको जम्मा खर्च नेपालमा बृटिस गोर्खा नेपाल केन्द्रीय कार्यालयलाई सिंगापुर सरकारले सोधभर्ना स्वरूप भुक्तानी गर्दछ ।

गोर्खा कन्टिजेन्टको आफ्नै छुट्टै व्यवस्था छ जस्मा सपरिवार बस्ने घर, नेपाली शिक्षाको लागि नेपाली शिक्षक विशेष शिसु कक्षाको लागि साथै प्राथमिक स्वास्थ्य उपचारको लागि नेपाली नर्सहरू सेवामा छन् । बाबु सेवामा हुँदा सिंगापुरमा जन्मेको बच्चाको जन्मेको आधारमा सिंगापुरको नागरिकता पाउने अधिकार हुन्छ । छ वर्ष सेवा पुगेपछि आफ्नो परिवार साथमा लान पाउनेछन् र सेवामा हुन्जेल साथमा नै बस्न पाउने भएतापनि हरेक तीन वर्षमा सपरिवारका साथ नेपाल विदामा आउने जाने गर्दछन् शिक्षा, स्वास्थ्य सबैका लागि सरकारी विद्यालय, अस्पतालहरूमा न्यूनतम शुल्क मात्र तिरेर सेवा सुविधा लिन सक्दछन् । सेवामा रहँदा आफ्नो मासिक वेतनको साडे बार प्रतिशत र सरकारको तर्फबाट साडे बार प्रतिशत गरी मासिक पच्चीस प्रतिशत अथवा सरकारले तोकेअनुसारको रकम सेन्ट्रल प्रोभिडेन्ट फण्डमा जम्मा हुन्छ जुन रकम आफू सेवाबाट अवकास लिँदा सबै भुक्तानी पाउँदछन् । पन्ध्र वर्ष सेवा गरेपछि पेन्सनको

हक भएतापनि सबै दर्जाको लागि पैतालीस वर्ष उमेर नपुगिन्जेलसम्म सेवा गर्न पाउँछ तर यो सबै कुरा व्यक्तिमा निर्भर रहन्छ । सिंगापुरको निवृत्तिभरण (पेन्सन) परिवार पेन्सन होईन त्यसैले, पेन्सेनरको मृत्यु पछि त्यो पेन्सन समाप्त हुन्छ ।

गोर्खा कन्टिजेन्टका अधिकृत र जवानहरू तालिमका निम्ति अरू देशमा पनि जान्छन् अनि आवश्यक अनुसार सिंगापुर पुलिसका तर्फबाट राष्ट्र संघको शान्ति सेनामा पनि कार्य गर्दै आएका छन् ।

गोर्खा कन्टिजेन्टमा बृटिस तथा स्थानीय प्रहरीका वरिष्ठ अधिकृतहरू उपलब्ध तहमा कार्यरत छन् अनि सिंगापुरका नागरिकहरूले गोर्खालीहरूलाई सम्मानका भावले अतिथिका रूपमा हेर्दछन् । किनभने सन् १९६० को दशकका जातिय तथा धार्मिक द्वन्द्वमा गोर्खा कन्टिजेन्टका अधिकृत र जवानहरूले बहादुरी र ईमान्दारीका साथ शान्ति कायम गरेको निष्पक्ष प्रशासन सेवाको ठूलो कदर हो ।

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मानव शाकाहारी प्राणि नै हो

क्या. आश बहादुर गुरुङ

शाकाहार शब्द शाक+आहार मिलेर बनेको छ। यसको अर्थ हुन्छ साग-सब्जी अर्थात वनस्पतिजन्य पदार्थहरु मात्र आहारको रूपमा ग्रहण गर्नु। माछा, मासु, अण्डा आदि मंशहारजन्य पदार्थ आहारको रूपमा नलिनु।

शाकाहारी र मांशहारीमा निम्न विशेषताहरु पाइन्छन्।

शाकाहारी प्राणिको स्वभाव शान्त र स्थिर किसिमको हुन्छ तर मांशहारी प्राणीको स्वभाव आक्रमक र हिंसक हुन्छ।

उदाहरणको रूपमा अध्ययन गर्दा मांशहारी प्राणि बाघ, चितुवा, कुरुरलाई हेरौं, यि जनावरहरु अत्यन्तै आक्रमक र हिंसक हुन्छन्। त्यसको ठिक विपरित गाई, हरिण, मृग जस्ता शाकाहारी प्राणिहरु शान्ति प्रकृतिका हुन्छन्।

शाकाहारीहरुमा दया, माया, करुणा, स्नेह जस्ता कुराहरु प्रसस्त हुन्छन्। उदाहरणको लागि गाई, भैँस, हरिण, मृग आदिलाई हेरौं, यिनिहरुले जस्तै भोक प्यासमा पनि आफ्ना सन्तानलाई चाटेर ममता पोखिरहेका हुन्छन् तर मांशहारी प्राणि बाघ, सिंह चितुवा, वन विरालो जस्ता प्राणिले तिब्र भोकको अवस्थामा आफ्नै बच्चालाई पनि खान्छन्।

शाकाहारी प्राणिको अगाडिका दाँत छोटा र मसिना हुन्छन् तर मांशहारी प्राणिका तिखा र लामा नंग्रा हुनाको साथै अगाडिका दाँतहरु मासु लुछेर खानु पर्ने भएकोले लामा र तिखा हुन्छन्।

शाकाहारी प्राणिका बच्चा जन्मनासाथ उफ्रने, दौडने गर्दछन्। उदाहरणको लागि गाईको बाच्छा-वाच्छी आदी तर मांशहारीका बच्चा जन्मेका केहि दिनसम्म पनि आँखा खोल्न नसकी आमाको आश्रयमा त्यतिकै बसिरहन्छन् जस्तै:- कुरुर, बाघको बच्चा आदि।

शाकाहारी प्राणिले पानी घुट्को लगाएर पिउँछन् भने मांशहारी प्राणि कुरुर बाघ आदिले पानि चाटेर मात्र भेटाउदछन्, घुट्को लगाएर पिउन सक्दैनन्।

मांशहारी प्राणिहरुको आन्द्राहरु छोटो हुन्छन् तर शाकाहारी प्राणिहरुका आन्द्राहरुको लम्बाई मांशहारीका भन्दा लामा हुन्छन्।

माथिका विशेषताहरुको अध्ययनबाट स्पष्ट हुन आउछ कि मानव शाकाहारी प्राणि हो। प्रकृतिले आफ्नो सृष्टिको क्रममै मानवलाई शाकाहारी प्राणिका विशेषताहरु प्रदान गरेको छ।

मानिस शाकाहारी प्राणि हुँदा हुँदै पनि आज मंशाहार तर्फ लम्केको छ। शाकाहारले मानिसमा सत्व गुणको विकास गराउँछ जसले मानविय स्वभावलाई शान्त प्रकृतिको, सहृदयता, सदासयता जस्ता कुराहरुको विकास गराउँछ तर मांसाहारले मानिसमा रिस, राग, द्वेष जस्ता कुराहरुको विकास गराउँछ। जसले गर्दा सोचाई र चिन्तनमा नकारात्मक प्रभाव पारी सानो कुरामा पनि बढी रिस उठ्ने, हिंसात्मक विचार आउने क्रूर र निर्दय प्रवृत्तिको विकास हुन जान्छ। भोजनको प्रत्यक्ष प्रभाव शारिरिक र मानसिक दुवै रूपमा पर्दछ



परापूर्व कालदेखि चल्दै आएको उखान “ हरियो पात खाने किराको रङ पनि हरियो हुन्छ ” वा “ जस्तो खायो अन्न, उस्तै बन्यो मन ” यो भनाई पनि सम्पूर्ण कुरालाई छर्लंग्याउछ ।

मांशाहार किन गर्ने ? स्वादको लागि या शक्तिका लागि ? स्वादको लागि भोजन गर्नु र आफ्नो उपभोगको लागि अरुको हत्या गर्नु निश्चय नै बाच्नको लागि खान नभई खानको लागि मात्र बाच्न खोज्नु हो । मानव जीवनलाई यस किसिमबाट भोजन र स्वादमा सिमित गराई जिवन जिउन निश्चयनै विडम्बनपूर्ण कुरा हो ।

हाम्रो समाजमा एउटा भ्रम अझै छ कि माछा मासु खाएन भने त तागत आउदैन, कमजोर भईन्छ, स्वास्थ्य बिग्रन्छ आदि । तर यो भनाईमा कुनै सत्यता छैन । संसारमा शाकाहारी प्राणि नै बढी बलवान र शक्तिशाली पाईएका छन् । उदाहरणको लागि सबैभन्दा छिटो दौडिन सक्ने र फुर्तिलो जनावर मृग, स्थल जीवमा सबैभन्दा ठूलो जीव हात्ति, गैडा पनि शाकाहारी हुन त्यसैगरी आज विज्ञानले शक्ति (POwer) लाई नाप्दा जसको नाम लिन्छ र प्रतेक शक्ति नामांकित भएको हुन्छ । यो हो अस्व शक्ती (Horse Power) यो घोडा (Horse) लाई नै आधार मानेर बनाईएको हो । घोडा शाकाहारी प्राणी हो, यसबाट यो पुष्टि हुन्छ कि शाकाहारी भोजनमै बल र शक्ति हुन्छ केवल हामिले बुझ्नेका छैनौं या बुझ्ने कोशिस नै गरेका छैनौं ।

क) मांशहारी भोजनको कारणबाट आज संसारमा हजारौं को संख्यामा नयाँ रोगहरु नयाँ नयाँ नाम लिएर जन्मी रहेका छन् ।

ख) मांशहारी भोजनबाट मोटाउने रोग, बाथ, पक्षघात, पथरिया, ठूलो आन्द्राको क्यान्सर, पेट सम्बन्धी रोग, मुटु सम्बन्धी रोग, आदि लाग्ने बढी सम्भावना हुन्छ ।

ग) वनस्पति वा गोडागुडि बाट प्राप्त हुने प्रोटीन ९५% पचिन्छ भने मासुबाट प्राप्त हुने ५०% प्रोटीन पचाउन पनि गाह्रो हुन्छ । मांशहारी भोजनमा रसाको मात्रा नहुने हुँदा आन्द्रामा मलको गति सुन्यता भई कब्जियत हुन जान्छ । अत्याधिक मांसहार गर्ने मान्छेहरुमा त ९९% मानिसहरु जिर्ण कब्जियतबाट पिडित पाईन्छन् ।

घ) मांशहारी भोजनमा रहने अत्याधिक प्रोटीनका कारण शरिरमा युरिक एसिड बढ्न गई घुडा दुख्ने, जोर्नीहरु दुख्ने, मुत्र रोग एवम् रक्त विकार जस्ता रोगहरुको जन्म हुन्छ ।

ङ) कतिपय जनवारको मासुमा त अनेकौं कृमिहरु (सूक्ष्म किराहरु) पाईन्छन्, जुन साधारण रुपमा पकाउदा पनि मर्दैनन् र शरिरमा स्नायु सम्बन्धी रोग पैदा गर्दछन् ।

च) तुलनात्मक रुपमा हेर्दा शाकाहारी प्राणीलाई रोगले आक्रमण गर्ने सम्भावना मांसहारीको भन्दा कम हुन्छ ।

छ) मांसहारले शरिरमा क्लोरेष्ट्रल र ट्राईग्लिसिराईड जस्ता चिलोहरुलाई असन्तुलित रुपमा बढाउन मद्दत गर्दछ जसका कारण मुटुका विभिन्न रोगहरुका साथै उच्च रक्तचाप र हृदय घात (Heart Attack) जस्ता भयानक रोगहरु हुने बढी सम्भावना हुन्छ । यसरी स्वास्थ्य विज्ञानको दृष्टिकोणमा पनि मांसहार स्वस्थको प्रतिकुल छ ।

अहिंसा नै परम धर्म हो, अहिंसा नै परम संयम हो, अहिंसा नै परम दान हो, अहिंसा नै परम तप हो । पृथ्विमा रहेको सम्पूर्ण प्राणिहरुलाई बाच्न दिनु पर्दछ । कसैको हिंसा गर्नु हुदैन । सृष्टिको प्रत्येक जीवहरुको धर्तिमा उत्तिकै महत्व छ भन्ने कुरालाई प्रत्येक धर्म संस्कृतिले स्विकारी रहेको हुँदा सम्पूर्ण मानव समुदायले नै त्यसमा जोड दिनु पर्दछ । यसरी प्राकृतिक संरचनाका आधारमा स्वास्थ्य विज्ञानको दृष्टिकोणमा वा आध्यात्मिक चिन्तनका आधारमा जुन सुकै दृष्टिकोणमा पनि मानव शाकाहारी प्राणि नै हो ।





‘बिन्दु भित्रको सागर’ (सत्य कथा)

— बिन्दु सुब्बा “आँसु”

यी कागजका पानाहरुमा मेरो दुखी र मग्न हृदयका पीडाहरु कोरिएका छन् । जसबाट जीवनको यथार्थ दुख सुख मिलन विछोडको साँचो कथा जोडिएको छ । कल्पनाको अथाह सागरमा डुवेको एक बिन्दु विशाल सागरको अन्तिम छेउ आँखाले भ्याउन नसके भै, मेरो हृदयको चोट र पीडाहरुको कुनै अन्त छैन । अन्तहीन व्यथाको गहिराईमा चुर्लुम्म डुवेर बाँचेकी छु । जीवनको सेतो पानामा अतीतका तीता मीठा अनुभवहरु लुकेका छन्, जुन परिस्थितिको चुनौती सँग हारेर आज म लेख्न बाध्य भएकी छु ।

वर्षौं अघी विद्यार्थी जीवनको रमाइलो क्षण थियो, भविष्य देखि अन्जान वर्तमानको सुनौलो पल मा कष्ट को पाइला टेक्न नपरी तरुण अवस्था मा पुगे इन्द्र धनुषी रंगमा जीवन को कल्पना गर्दै घर देखि टाढा अध्ययन मा व्यस्त दस कक्षा को परीक्षा दिदै थिएँ, घर बाट बुवाको विरामीको खबर पाए र घर फर्के । केही समय पछि परीक्षा फल आयो विरामी बुवाको आशा अनुकूल म पास भएँ, त्यस बेला म १६ वर्षको थिएँ । केही समय पश्चात भाग्य को लेख अनुसार मेरो विवाह भयो भगवान को मूर्ति अघी आत्माको साक्षीमा न साथी संगी न कुनै संस्कार अभिनय या यथार्थ को सत्यता बुझ्न नसकी म कसैको अधिकार मा पुगेँ ।

नियतीको खेल सहनै पन्यो बुवाको परलोक भयो, आमाको अर्धपागल जस्तो स्थिती थियो जसो तसो समयको हुरिले लतादैँ लग्यो । जीवन रुपी फूलबारीमा फूलको कोमलता लिएर सन्तान जन्मे, जसको लालन पालन गर्दै तिनिहरुको सुखी भविष्यको कल्पनामा दिन काट्दै गएँ ।

उनीहरुपनि तरुण अवस्थामा पूगे तर अपसोस बिडम्बना वश मेरो वर्षोको सपना टुक्रियो ।

हामी बाहीर हुँदा दुर्भाग्यवश मेरो माइली छोरीको आकस्मिक मृत्यु भयो त्यस पछि केही अन्तरालमा मेरो बृहारी र जेठा छोरा, हामीलाई जीवन पर्यन्त भूल नसकिने तीतो विछोडको चोट दिएर मृत्यु लाई अँगाल्न पुगे । यस प्रकार मेरो कल्पना चकनाचुर भयो, जे भए पनि गहन आँधीको चपेट मा बाटो विराएको यात्री भै म जीवन - साथीको क्षीण मनोबलमा झुन्डिएर पनि समयसँग सम्झौता गर्दै थिएँ एक्कासी त्यो डोरी पनि चुडिएर जाँदा मेरो हृदय पत्थर जस्तो भएर नाटकको मूक पात्र बन्न पुगेँ ।

यस कटु घटना पछि वर्षौं पुरानो अतीत का दृश्यहरुले मलाई घच्च घच्यायो । हाम्रो प्रथम परिचय मेरो आमाको विरामी को दौरान B.G.R.D. Lehra को अस्पताल मा भएको थियो । पछि हामी पक्लिहावा आयौं । भेटघाटको कममा हाम्रो माया बढ्दै गयो । वहाँले मलाई घेरै माया गर्नु हुन्थ्यो , तर म लजालु र अर्न्तमुखी स्वभावको थिएँ मेरो माया नादान र भयको घेरा भित्र बाँधिएको थियो । गर्मीको मौसम थियो एकदिन साँझ हामी डुल्ल भनी छेऊको गाँऊ तिर लाग्यौं र एउटा बगैँचामा पुगेर बस्यौं । मेरो हात मा एउटा पत्रिका थियो मैले पृष्ठ उधारे वहाँले , राम्रो लेख पढेर सुनाउ, है भन्दै एउटा रुखको आड लागेर बस्नु भयो, मैले पढेर सुनाएँ र अलिक बेरमा घर फर्क्यौं ।



यसै गरी त्यो पुरानो क्षण अझै वर्तमानमा दोहोरियो अर्थात दुई वर्ष अघि २०५९ साल असार १९ गतेको दिन त्यसवेला मेरो श्रीमान अस्वस्थ हुनु हुन्थ्यो, इलाज चल्दै थियो दिउँसो केही खानेकुरा खाएर आराम गरी रहनु भएको थियो । म पनि कोठा मा पुगे र 'सैनिक आवाज' पत्रिका टिपेर अन्तिम पृष्ठमा राजदरबार हत्याकाण्डको घटना पढन लागेको थिएँ "पढ म पनि सुन्छु मलाई त पढनु फर्को लाग्छ" मेरो श्रीमानले भन्नु भयो । मैले करीव १५ मिनेट पढे । त्यसपछि वहाँ निदाउनु भयो त्यो रात सजो तसो बित्यो, भोली पल्ट दिन भरी व्यथा बढदै गयो र वेलुका बी एन्ड वी अस्पताल लग्यौ ।

आवश्यक उपचार भई रहयो, कान्छा छोरा र छोरी बुवाको स्याहार गर्दै थिए भोली पल्ट विहान म अस्पताल पुगे । वहाँले नातिनी लाई सोध्नु भयो र अस्पष्ट स्वरमा मरी जाने त होइन भन्दै अन्तिम मुस्कान को क्षण रेखा अनुहारमा ल्यायेर मेरो हात समाउनु भयो, मैले केही पनि हुँदैन भनेर सान्त्वना दिएँ ।

दुखको कुरा बेथा बढदै गयो र C.C.U. मा भर्ना गरियो तर ३-४ घन्टा पछि वहाँ यो नश्वर शरीर त्यागेर संसारिक मोह देखि दूर हामी लाई विछोडको चोट दिएर जानु भयो । यसरी परिस्थितिले म संग कूर ठट्टा गर्यो तै पनि धैर्य धारण गरी बसेको थिएँ हाल मेरो जिन्दगीको सहारा कान्छा छोरा जागीर खान विदेश गएको १५ महीना पुग्यो ७ महीना यता उसको पनि केही सन्देश खबर छैन ।

मेरो आशा र विश्वासहरु सेलाई सके, चोट माथि चोट को पीडा सहेर म जिउँदो लाश भएर बाँचेकी छु । आफ्नो कर्मलाई दोष दिन बाहेक म केही गर्न सक्दैन ।

अथाह पीडा बाँकेको मुटु, चस्कन्छ घरी घरी ।
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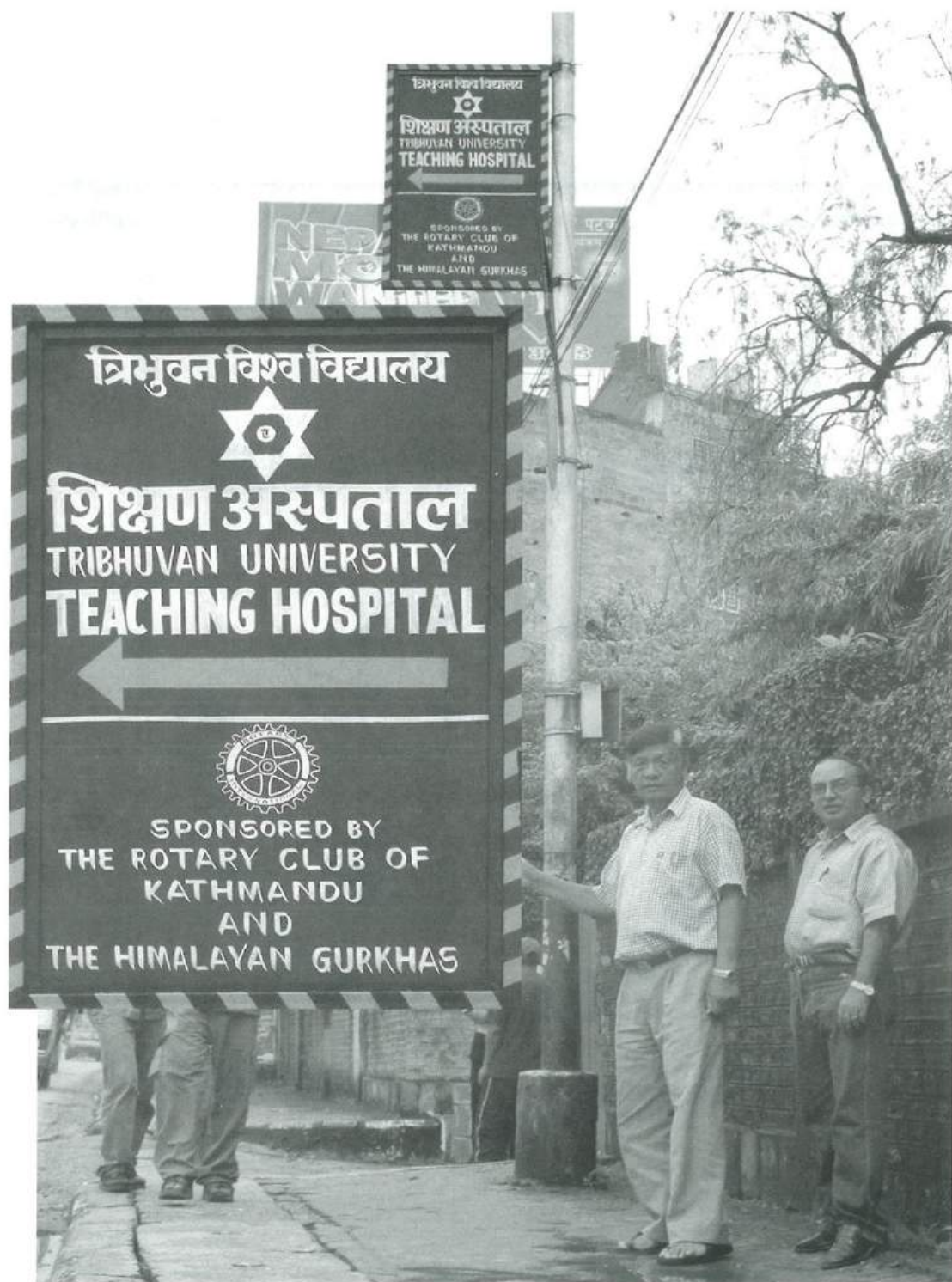
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