

Danfe

ISSUE 11
JUL-SEP 2022

DIVINE SAUDI DELISH | OH PRECIOUS TIGER!

SHREE BALAJI DIAMOND





EXPLORE UAE

Hello Himalaya Travel & Tourism LLC Dubai (GSA - Himalaya Airlines), is a dominant player known for supreme travel offers, customized tours, and many other leisure plans with a seamless experience and affordable budget. Hello Himalaya evolved as an establishment to develop and impart unanimous travel and tour services in the industry. With advanced tour travel and tour management systems and expert consultants, we continue to extend impeccable travel and tour solutions to clients seeking any for destination across the globe.



01 Tourist Visa

- ✓ 30 Days, 90 Days
- ✓ 30 Days, 90 Days inside
- ✓ 30 Days, 90 Days Multiple Entry Visa

02 Holiday Packages

- ✓ Leisure Tours
- ✓ Fixed Departures
- ✓ Incentive Holidays
- ✓ Dynamic Holiday Packages
- ✓ Educational Tours
- ✓ Corporate Packages
- ✓ Staycations
- ✓ Honeymoon Packages

03 Holiday Packages

- ✓ Dubai city tour
- ✓ Desert safari
- ✓ Dhow Cruise Dinner
- ✓ Burj Khalifa
- ✓ Skydive
- ✓ Ain Dubai
- ✓ Ferrari World
- ✓ Yas water world
- ✓ IMG world
- ✓ Ski Dubai
- ✓ Hot air balloon
- ✓ Aqua Venture + Lost chamber

CRUISE BOOKINGS | TRAVEL INSURANCE | MICE | MEET & GREET SERVICES |
CAR RENTAL | PILGRIM PACKAGES

📍 Souk Al Kabeer Building, Near Al
Ghubaiba Bus Station, Bur Dubai,
Dubai, United Arab Emirates.

✉ sales.dxb@himalaya-airlines.com

☎ +971 04 3550826

☎ +971 050 7834231 | 056 7834428

📘 hellohimalayatravels

📷 hellohimalayatravels



Soaltee Hotel Limited
★ ★ ★ ★ ★

WWW.SOALTEEHOTEL.COM



SOALTEE WESTEND RESORT - PATHANI

OPENING SOON



OPENING SOON

SOALTEE WESTEND - ITAHARI



Soaltee Hotel Limited, a pioneer in Nepal's hospitality sector, owns The Soaltee Kathmandu, Soaltee Westend Premier - Nepalgunj, Soaltee Westend - Itahari, Soaltee Westend Resort - Patihani, Horizon Lounge at Tribhuvan International Airport, Kathmandu, and Soaltee Gate Gourmet, In-flight catering services.

Soaltee Hotel Limited is renowned for its rich history as a pioneer in Nepal's tourism industry, contributing to luxurious properties and legendary hospitality across the region.

FOR MORE INFORMATION AND BOOKINGS

The Soaltee Kathmandu

E: info@soaltee.com
T: 4273999 / 9801067025

The Soaltee Westend Premier, Nepalgunj

E: reservation@sw.com.np
T: 081-551145 / 9802546527

Horizon Lounge

Call 980106722 or
visit www.soalteehotel.com

PIONEERING HOSPITALITY IN NEPAL FROM 1966.

OPENING SOON



Taste Authentic **Nepali Cuisines**

**THE
BAJEKO**



way



Scan to Book a table

PRESIDENT'S LETTER



Namaste Atithi,

Welcome onboard!

With over 7 years of continued service delivering experience in aviation sector, we hereby present to you Jul-Sep 2022 issue of Danfe. Upon completing the first half of 2022 and as we reflect back, the last 6 months have been very fulfilling and creative one for Himalaya Airlines as we have been able to cater for the needs of our passengers while resuming our passenger flights to China sector and strengthening our schedule flights to the rest of the sectors in Middle East and Southeast Asia. Similarly, our cargo flights to Kunming and Nanning have also been on point in the past months. Hence, we are expanding our area of work to serve a greater number of passengers in the days to come.

I would also like to take this opportunity to introduce to you our enjoyable and pleasant customer service at Himalaya Airlines. We are trying to make it a special additional point to provide such services to our passengers at every contact point from our sales counters to the boarding gates, and specially on-board with “Fun Games” exercised by our crew members with our passengers. With these services, we hope you can enjoy your journey to the utmost in our flights.

H9 also takes great pride in sharing that it has embraced its CSR commitments of giving back to the society at all times. Another moment of pride has been brought to us by our senior flight attendant, Ms. Omnika Dangol who recently took our H9 logo to the top of the world as she successfully summited Mount Everest on May 16, 2022 with the support of the company.

We hope to continue with our authentic Nepalese tradition of "Atithi Devo Bhava"-Guest is God, now that international travel is fully operational. Therefore, H9 strives to provide true Nepali Hospitality to our esteemed guests.

I hope you find this issue enjoyable to read.

On behalf of each and every one of us at Himalaya Airlines, I thank you for flying with H9 and hope to see you onboard soon again!


A handwritten signature in black ink, appearing to be the name 'Zhou Enyong' in a stylized cursive script.

ZHOU ENYONG

PRESIDENT

INSIDE



11 

OH PRECIOUS TIGER!

The tiger is an essential part of tropical and sub-tropical ecosystem conservation in Nepal. The growth of human population lead towards degradation of tiger, especially migration of human from mountains to Terai region.



12 

DIVINE SAUDI DELISH

Saudi Arabian cuisine has also become a synthesis of various influences. Their recipes range from flavorful meat-based meals to filling rice dishes and delightful desserts.

18

HUMANITARIAN FLIGHT TO KABUL

The 26-member delegation set off with the humanitarian aid to Kabul. The delegation included officials from the Ministry of Foreign Affairs, representatives of business organizations and media houses, Honorary Counsels, and the H9 team.

21

CELEBRATING H9's 7th ANNIVERSARY

With relaxed COVID-19 restrictions and operational normalcy regained, this year the company celebrated its 7th Anniversary with much vigor and enthusiasm.

28

VERSATILE LEADERSHIP

His journey with Himalaya started some 4 years ago. Just as he became a part of Himalaya family, Covid-19 pandemic hit the aviation business globally.

36

AN UNFORGETTABLE TREK GHOREPANI, POON HILL

I would rather own a little and see the world than own the world and see a little of it! With the aim of seeing more of the world, I dared to fulfill my long-awaited wish to go on a trek in the month of November, 2016.

46

KNOW YOUR BITRHSTONE

It is also said that stones reflect one's personality, likings and preferences.

FESTIVAL/EVENT

CALENDAR



13th July, 2022

Guru Purnima

Celebrated to honor teachers as per the Hindu culture to highlight on the extraordinary bond between a Guru and his Shishya.

2nd August, 2022

Naag Panchami

It is a traditional day for worshipping snakes to get rid of the problems like insecurity, infertility, eye-sight problem, skin disease etc.



12th August, 2022

Janai Purnima

It is known as the festival of sacred thread and bond of purity. Janai means holy thread and Purnima is the full moon.

19th August, 2022

Krishna Janmashami

Known simply as Janmashami or Gokulasthami, Krishna Janmashami is an annual Hindu festival that celebrates the birth of lord Krishna.



27th August, 2022

Kushe Aunsi

Kushe Aunsi or Pitri Tirpani Aunsi or Gokarne Aunsi is also celebrated as Father's Day in Nepal.



30th August, 2022

Haritalika Teej

Generally known as Teej, it is the major festival of Hindu women celebrated by fasting for the long life of their husband.



SPACIOUS ROOMS



EVENT SPACES



ZING-WORLD OF FLAVOURS



ZING-SKY BAR & LOUNGE



THE BAR



THE MARKET



24 HR FITNESS CENTER



PET FRIENDLY SPACES

HYATT PLACE KATHMANDU

DESIGNED WITH ONE PURPOSE IN MIND. YOURS.



Scan to know more

hyattplacekathmandu.com
Tahachal, Kathmandu, Nepal, 44614
+977 1 538 1234 / kathmandu.place@hyatt.com

Hyatt™ and Hyatt Place™ and related marks are trademarks of Hyatt Corporation or its affiliates. © 2020 Hyatt Corporation. All rights reserved.





9th September, 2022

Indra Jatra

The biggest religious street festival in Kathmandu, Indra Jatra is marked by masked dances of deities and demons, displays of sacred images in honor of the deity.

19th September, 2022

Constitution Day

For the commemoration of adoption of the Constitution of Nepal, Constitution Day or Sambhidan Diwas is celebrated in 3rd Ashwin according to Nepali calendar.



27th September, 2022

World Tourism Day

World Tourism Day is internationally celebrated every year on September 27 to spread awareness about tourism and its impact on our society.

PUBLISHER

Himalaya Airlines Pvt. Ltd.
Gairidhara-2, Kathmandu, Nepal
P. O. Box 20299
Tel: +977-1-4004000, +977-1-4004098
Email: info@himalaya-airlines.com
Website: www.himalaya-airlines.com

THE TEAM

HOD - Commercial, IT & Ground Operations: Mr. Sun Cheng
Editor-in-Chief: Ms. Jyoti Sharma
Content, Marketing & Promotion: Ms. Aaditi Khanal
Design & Creation: Mr. Bibek Duwal

FOR EDITORIAL FEEDBACK

danfe@himalaya-airlines.com

PRINTING

Classy Printing Press Pvt. Ltd.
New Baneshwor, Kathmandu
Tel: +977-1-4780374, +977-1-4787457
Email: classyprintingpress@gmail.com

COVER PICTURE DETAIL

Cover Model: Ms. Samragyee Rajya Laxmi Shah
Photographer: Mr. Suzan Shrestha
Makeup Artist: Ms. Sanu Gurung
Hair Assisted By: Ms. Lhamu Sherpa
Stylist: Mr. Puran Joshi
Assisted By: Mr. Rukesh Bikram Shahi, Ms. Ratna Maya Tuladhar, Mr. Deepu Shahi

Danfe magazine is published four times a year. The publisher reserves all rights in respect to all articles, illustrations, photography, etc. published in the Magazine. The views/ideas expressed herein are those of the author's and are not necessarily those of the publisher's. While every precaution is taken, no responsibility is assumed for the return of the unsolicited material. The contents of this publication may not be reproduced in any form without prior consent of the publisher.

OH PRECIOUS TIGER!



Act before it vanishes forever! Save the tiger. . .

Celebrated every year on July 29, World Tiger Day is a day in the year dedicated to upliftment of tiger conservation. The primary goal of this day is to support a global system for preserving natural environment of tigers and balance the bond while at the same time raise public awareness and support for tiger conservation.

As the 13th tiger range country globally, Nepal has pledged to raise awareness and support for tiger conservation and prevent the drastic fall in the number of tigers. By the end of 2022, many other nations along with Nepal have been committed to double the population of wild cat along with other animal species.

Hunting, poaching, loss of habitat and illegal trade have all contributed towards perilous situation of tiger across the world leading to categorization of Tiger as an endangered species by International Union for Conservation of Nature (IUCN). In Nepal, the species are protected within National Parks and Wildlife Conservation Areas. Chitwan National Park, Bardia National Park, Banke National Park and Parsa Wildlife Reserve are some prominent areas for tiger protection.

The tiger is an essential part of tropical and sub-tropical ecosystem conservation in Nepal. The growth of human population lead towards degradation of tiger, especially migration of human from mountains to Terai region. The encroachment into forests to create settlements and to expand agricultural land, roads, railroads, irrigation canals, etc. have become primary reasons for habitat loss of tiger.

Tiger conservation is a national priority and pride for Nepal. Growing support and alliance from local nations, youth, policy makers and conservation partners for tiger conservation has generated satisfactory results in recovering critically depleted wildlife population, including tiger and rhinoceros.

Tiger-based tourism has contributed to local economies. Similarly, national and international conservation organizations are continuously supporting and extending their cooperation for the long-term survival of tiger in Nepal. The wildlife enforcement agencies have contributed significantly to controlling poaching and illegal trafficking of wildlife parts maintaining zero poaching of rhino which is obviously beneficial to tiger conservation as well.

Divine Saudi Delish

Think of travelling and one of the very first things that comes to the mind is food!

Globally, food is one element that cannot be missed when talking about travel and tourism. Contemplate about your favorite city or place to visit and imagine a food that you would want to try on so passionately. Yes! Food and travel gel up so well and definitely eating and travelling are the two things that we all love to do! May be that is the reason why the concept of culinary trip, food travel or gastro tourism are gaining much popularity these days.

Arabian Gulf culture is rich in hospitality and Saudi Arabia is the heart of the Arabian Gulf. If we are to look up to the words of Felicia Campbell, an author who specializes in food of the Arabian Gulf, “Food is a symbol of hospitality in Arabian Gulf.” It is a great honor in Islamic and Bedouin culture to be able to feed any traveler or anyone who shows up as a guest and this is particularly true in Saudi Arabia, says Campbell.

The beauty of Saudi cuisine is the essence of sharing from a common platter and eating with the hands. A heap of rice crowned with roast meat or chicken is served in communal platter in a good amount to serve a crowd.

Traditional Saudi Arabian culture is reflected through a variety of food served in that communal platter. The foods are largely tied to Saudi Arabian terrain which is mostly desert. So the traditional dishes reflect ancient trade canvas and nomadic lifestyles of desert dwellers.

Basmati rice and heavy spices from the East were easy to transport on long caravans,



musky dried black limes were carried from neighboring Oman, and local dried dates with camel's milk were essential to the ancient diet. To this day, dates as well as qahwa, a lightly roasted coffee ground with cardamom pods and flavored saffron and sometimes cloves remain vital to hospitality culture of Saudi Arabia.

Saudi Arabian cuisine has also become a synthesis of various influences. Their recipes range from flavorful meat-based meals to filling rice dishes and delightful desserts. So, visitors to the Kingdom can experience a pleasant variety of both local dishes and international cuisine to explore. While traditional culinary experiences are best enjoyed with locals, popular tourist destinations like Riyadh and Jeddah ensure that guests can dine on authentic Saudi food yet have international restaurants and fast food favorites around every corner.



Some of the must try Middle Eastern food in Saudi Arabia

- **Kabsa:** The dish is a delicious blend of basmati rice cooked with a variety of meats, vegetables and spices. It is prepared with all kinds of meats, including chicken, beef, goat, lamb and even camel.
- **Tamees:** Staple food for many Saudis, tamees is a flat bread traditionally baked in a tandoor, or a cylindrical clay or metal oven.
- **Umm Ali (Om Ali):** Traditionally known as an Egyptian dessert, this dish is similar to bread pudding prepared with puff pastry and no eggs.
- **Dates:** Saudi Arabia is ranked fourth in the world in producing dates. Visitors to Saudi also mostly pick up some souvenir dates from any of the date farms open to tourists or at local souqs.



TWO WORLDS, ONE MACALLAN



DOUBLE CASK

THE PERFECT BALANCE OF AMERICAN AND EUROPEAN
SHERRY SEASONED OAK CASKS

Please savour responsibly

 **The MACALLAN**
EST. 1824



तपाईंको **Favorite Réal...**
अब नयाँ **#Trendy Pet Bottle** मा



Taste the Fun!

The Inside Story

Gut health is all the rage these days, and for good reason. The gut is home to millions of tiny bacteria that help maintain your immune system, digest your food and probably have a huge effect on your weight. Diets based around cleansing the gut have exploded in recent years. There is significant evidence that these diets can be extremely good for improving overall health, especially for those affected by intestinal issues. Our GU experts will tell you how the gut works

and why it matters. It takes us down the journey of eating food to expelling it out the other end, and all with a bit of humor along the way that includes weird noises and movements that act up sometimes. They will also give you some insight into the importance of gut health and how it relates to a whole host of health problems, along with great tips to make your gut a bit happier.



The GI services offered at Star Hospital:

- Advanced Laparoscopic Surgery (eg. Fundoplication, Laparoscopic CBD Exploration etc.)
- Laparoscopic Hernia repair
- Laparoscopic Appendectomy
- Cancer Surgery
- Colorectal Surgery and
- All sorts of GI surgeries

The one of its kind GI Center at Star Hospital houses the stalwarts of GI Surgery under one roof. The team comprises of:

- **Prof. Dr. Sunil K Sharma Dhakal**
FRCSED
Head and Principal Consultant
- **Prof. Dr. Sunil Shrestha**
MS (General Surgery),
Senior Consultant

- **Dr. Pranil Rai**
MS (General Surgery),
Senior Consultant
- **Dr. Shail Rupakheti**
MS (General Surgery),
Senior Consultant
- **Dr. Satyadeep Bhattacharya**
MD, FACS, FASCRS
Senior Consultant
Colorectal & General Surgery
- **Dr. Niranjan Palikhe**
MS (General Surgery),
Consultant

- **Dr. Nirvan Rai**
MS (General Surgery),
Consultant
- **Dr. Kritendra Raj Sharma**
MS (General Surgery)
- **Dr. Subodh Ghimire**
MS (General Surgery)
- **Krishna Adhikari**
Senior Executive (GI
Surgery)

follow us on



An ISO 9001:2015 certified
multi-specialty hospital



**OLYMPUS
ENDOSCOPE
COLONOSCOPE
ERCP**

FIBROSCAN

**EUS (ENDOSCOPIC
ULTRASOUND)**

**PENTAX ENDOSCOPY
COLONOSCOPY**

Star Hospital Limited is a multi-specialty, state of the art hospital, committed to providing world class healthcare services to our patients, at affordable rates. Star Hospital is dedicated to providing seamless delivery of quality, patient-centric healthcare services, which means providing everything a patient may need, from acute critical care, rehabilitation, transitional care to preventive healthcare services. Star hospital is a 100-bed, state of the art healthcare facility, offering a wide range of medical, surgical and diagnostic services. We have established the best Gastro and GI Center in the country, that houses not only the state of the art equipment but a team of GI stalwarts who perform major surgeries and treat all sorts of gastroenterology and gastrointestinal ailments. With latest in technology and a network of qualified physicians and staff, Star Hospital has been successful in becoming everyone's destination for one of the best healthcare services in the country.

STAR SERVICES

- 24 hr. Emergency Services, including HEMS and patient repatriation
- 24 hr. Pathology Services
- 24 hr. Pharmacy Services
- 24 hr. Radiology & Imaging Services
- Modular Operation Rooms
- State-of-the-art ICU
- High Dependency Unit
- Neonatal Intensive Care Unit
- State-of-the-art GI Center
- Geriatric Healthcare Services
- Out Patient Services
- Wellness Center
- Full-fledged PCR/Antibody/Antigen services
- Home collection service of samples for various tests



Covered by
MDGP
CONSULTANTS



OPD CONSULTANT
SERVICES
RUN BY FULL TIME CONSULTANTS

www.starhospitallimited.com

FOR MORE INFORMATION, PLEASE CALL : +977-1-5450197, 5450198, 5440478, 5452227
Sanepa Height-2, Ring Road, Lalitpur, Nepal | Fax: +977-1-5544283 | Email: info@starhospitallimited.com

Humanitarian Flight to Kabul



Himalaya Airlines operated, its first humanitarian flight to Kabul, Afghanistan on Jan 16, 2022. H9 carried 9.7 tons (9715 kg) of relief materials upon request of the Ministry of Foreign Affairs of Nepal. Adhering to its CSR commitments, Himalaya has contributed a total of USD 106,850.00 equivalent to Rupees 1.25 crores approximately to the noble cause by operating the flight free of cost.

The 26-member delegation set off with the humanitarian aid to Kabul. The delegation included officials from the Ministry of Foreign Affairs, representatives of business organizations and media houses, Honorary Counsels, and the H9 team. This mission was critical since Afghanistan was in desperate need of aid during its humanitarian crisis. Before the flight, a press conference was held at the airport, where Dr. Narayan Khadka, the Honorable Minister of Foreign Affairs, briefed the media on the Humanitarian Mission. It was a great honor for Himalaya Airlines to be asked by the Government of Nepal to operate this charity flight for the humanitarian support for the people of Afghanistan.

Mr. Vijay Shrestha, Vice President, Himalaya Airlines stated, “We are glad to stand by the people irrespective of borders and boundaries and would stand by the Government of Nepal for extending possible assistance in such humanitarian missions.”

The delegation team handed over the relief materials to the officials of the United Nations Assistance Mission in Afghanistan (UNAMA) at the United Nations lounge located at Kabul International Airport and returned to Kathmandu the same day, with successful mission accomplishment.





**Norvic
IVF Centre**

We Create Miracles!

Norvic Invitro fertilization with Fertility and Laproscopic services



The 1st
IVF Lab of
Nepal to have
Genetic Screening
&
Genetic Counselling

DR. NUTAN SHARMA

Fully Available at Norvic International Hospital

9:00am to 6:00pm

Welcome To
Your Journey
Towards
Motherhood

Committed
To Making
Dreams Real

Your
Waiting
Ends Here



For appointment, please contact:

T: +977 14101623, 4101624

E: info@norvichospital.com

W: www.norvichospital.com

Feels like flying...



Agraj Food Pvt. Ltd

Tarkeshwor-03, Kathmandu
Regd. No. 78831-066/067
agrajfoods2069@gmail.com
www.agrajfoods.com.np

Celebrating H9's 7th Anniversary



With the acquisition of AOC (Air Operator Certificate) on March 09, 2015, the day is celebrated annually marking the anniversary of Himalaya Airlines. H9 began its journey with one aircraft and one destination; operating its first commercial flight on May 31, 2016. In the span of seven years, H9 has three A320 and one A319 narrow-body aircraft in its fleet and nine destinations in its network.

With relaxed COVID-19 restrictions and operational normalcy regained, this year the company celebrated its 7th Anniversary with much vigor and enthusiasm.

The celebrations included "H9 in Action"- Best Photo with Best Caption Competition for H9 employees, highlighting behind-the-scenes employee photos and a social media photo competition "Click and Share with H9" for all the stakeholders, for which the winner was selected on the basis of maximum likes for the photo. The company offered one round trip ticket to any H9 destination as an anniversary special prize.

On this occasion, Company Chairman, Mr. Qi Tengwu, delivered special congratulatory address to all the employees, *"As a Chinese saying goes; "When you hoist the sails to cross the sea, you will ride the winds and cleave the waves." Let us make, persistent efforts for the safer, happier and more prosperous shared home of H9! Let us look forward to a better tomorrow for H9!"*



“Mountains are where heaven meets earth.”

– Anita Diamant





हिमालय एअरलाइन्स

HIMALAYA AIRLINES

Everest Expedition



This is a glorious moment for **Himalaya Airlines**.
Our senior cabin crew, **Ms Omnika Dangol** is the
first female flight attendant in Nepal
to summit Mt. Everest on May 16, 2022.

Himalaya Airlines Everest Expedition by Flight Attendant

On May 16, 2022, Himalaya Airlines Mount Everest Expedition Team comprising of its Senior Flight Attendant Ms. Omnika Dangol made an ascent to Mount Everest, the world's highest mountain. Ms. Dangol summited the 8848.86 meters high Mount Everest at 07:30 am local time on Monday. Ms. Dangol safely returned to Kathmandu on May 20, 2022, and was warmly welcomed by the President of Himalaya Airlines, Mr. Zhou Enyong, and Himalaya team at Head Office, Gairidhara to celebrate the glorious moment together.

In his congratulatory remarks, the President expressed, *“This is a very significant achievement for Himalaya. We are glad that Ms. Omnika has successfully scaled the highest peak with Himalaya’s flag and has safely returned. This expedition involved a lot of risks and challenges but as our team was thoroughly prepared and determined, I was confident that this project would be a success. It is indeed a well-deserved achievement for Himalaya Airlines. It signifies the spirit of persistence that H9 always believes in”*

The accomplishment of Everest Expedition signifies Himalaya’s endurance and courage in the face of adversities. Himalaya has faced many obstacles through its journey, however overcame the challenges every time with winning spirit and team efforts.

This expedition was especially pursued by Himalaya to promote Nepalese tourism as well. As per the Himalayan database, Ms. Dangol is the first flight attendant in Nepal to climb Mount Everest and her ascent will be soon endorsed by Guinness World Records for being the first female flight attendant to climb Mount Everest.



Satisfying your Spa and Parlour needs

Tucked in the middle of Kathmandu city is an exclusive Wellness Centre motivated in providing the most premium spa and beauty services. With ample spaces amalgamated with modern amenities, our location has been the most sought out wellness spot in Ktown.



Our Services

- ✓ Private Steam/Sauna
- ✓ 12 Types of Massages
- ✓ Unisex Saloon
- ✓ Sound Healing
- ✓ Energy Healing and
- ✓ Training school for Therapist


Aarya Wellness

Your Journey to Wellbeing

For more informaton and bookings

- ☎ +977 9851334381 / 01-4425386
- 📍 Khursanitar St., Baluwatar, KTM
- 🌐 aaryawellness.com

Find us on:



Yearlong Educational Supply Support to Prayas Nepal

For the sixth year in a row, Himalaya Airlines stepped forward to provide the annual educational supplies for the children of Prayas Nepal. With the commencement of the new academic session, this contribution was a much appreciated gesture for the organization. Since 2017, Himalaya has supported Prayas Nepal, a non-government, non-profitable social organization under its CSR banner. Over the years, H9 has extended its support through educational, snack/grocery/kitchen utility supplies, as well as COVID-19 essential supplies such as surgical masks, infrared thermometers etc.

Prayas Nepal, celebrated its 19th anniversary on May 1st, and since long has touched the lives of many people, making a good impact through various empowerment projects. Prayas Nepal is housed with 26 young and enthusiastic children who have stood out with their exceptional performance in different fields, sharpening their skills; some have even gone abroad for further studies.

This year especially, Himalaya Airlines organized a brief Knowledge Sharing Session for the children to raise awareness about the professional courses in the aviation industry. Cockpit and Cabin Crew of Himalaya Airlines shared their experiences and interacted with the children, to increase their understanding of the aviation business and familiarized the students with the numerous courses and job opportunities available in Nepal's aviation sector. The children showed keen interest and enthusiasm during the workshop.

This year's educational supplies included academic course books for various grades, notebooks, registers and stationery items such as calculators, geometry boxes, pens etc. While handing over the educational supplies on behalf of the Airlines, Mrs. Ujjwala Dali, Head of Brand Department, shared

“Societal Responsibility is one of our key CSR objective and a driving factor for our six yearlong association with Prayas Nepal. The bond has become stronger every year and a special one. We would like to extend best wishes to the entire team and children of Prayas Nepal on their 19th anniversary. We are glad that this year especially, apart from our regular support, we have tried to open a knowledge sharing forum to inspire the younger generation and help them unlock the unlimited possibilities to build their future.”

Ms. Mani Joshi, President of Prayas Nepal expressed gratitude for the timely contribution of the required education materials and added that the sessions conducted by the team Himalaya were informative and offered much-needed fun-learning activities for the children.



बादल, हिलो र हरियाली...
आयो असार !





Versatile Leadership

Mr. Sun Cheng

With more than 21 years of experience in aviation industry of China and Nepal, Mr. Sun Cheng is the Director and Head of Commercial, IT and Ground Operations Department at Himalaya Airlines. Along with a virtuous engineering background, a degree in Mechanical Engineering and a Master's Degree, he has diverse range of work experience from cargo to commercial units in aviation business. He has spent most of his time in the heart of airline system i.e. commercial department and worked for revenue management, reservation, sales and management of out stations.

His journey with Himalaya started some 4 years ago. Just as he became a part of Himalaya family, Covid-19 pandemic hit the aviation business globally. So, he has been taking charge of the commercial department starting from a very challenging note. Nevertheless, he

perceives his experience at Himalaya to be very optimistic and progressive. According to him, despite of being a young company, Himalaya has a pleasant work culture & environment. There are lots of staff with rich experience and diverse backgrounds. Other than Chinese and Nepalese, there are Canadian, French, Indian, Malaysian, Mexican, Srilankan, American, Bhutanese and Brazilian expats which he believes creates an environment open for new ideas from around the world.

He further adds, apart from the cultural diversity, Himalaya Airlines has assorted group of staff belonging to different age group who work together with mutual understanding and cooperation. Himalaya Airlines is equipped with wisdom of elderly staff and energy of younger staff. As the Commercial team has to deal with domestic as well as international

executives, it is essential to understand the culture of all sectors. Therefore, when one is involved in tourism and aviation business, it is quintessential to get accustomed with Nepalese culture and festival. Similarly, it is equally vital to know about cultural practices of out stations where the company operates.

So, Mr. Cheng feels that he is learning every day about these and many such aspects and making conscious efforts to execute more professional attributes so as to meet company standards. He elaborates that Nepal has distinct market. The passenger demography is different. Hence, ideas and business module must be aligned according to passenger's need. The only way to give better service to passengers is by getting to know their needs. Himalaya Airlines has high moral standards and has the desire and energy to grow, improve, and innovate on a continuous basis which he respects the most.

While reflecting upon his professional experiences, he describes that commercial managers must be quick to identify and pursue possibilities with strong communication skills and be able to plan ahead of time while keeping all of the key details in mind, as they develop long-term plans. He emphasizes that team work is vital and knowing your colleagues, encouraging team work and mutual understanding at work is very essential.

Unfolding about his personal experience in Nepal, he describes lifestyle here as simple and humble. Back in China, his hometown is located in an island which is a sea-side. So,

living in a mountainous area is a unique experience for him. His predilection for Nepali food is also great and good food bring lots of happiness to him. He is also absolutely admirable of the scenic views of holiday destinations in Nepal such as Pokhara and Chitwan. He enjoys his stay at Nepal because of the warm hospitality of Nepalese people. He explicates that Nepalese are friendly, helpful, trustworthy and very genuine so adores the bright sun shine and Nepalese cuisine. During his leisure time he prefers catching up with his friends, socializing, reading and enjoying the beautiful weather of Nepal.

Lastly, for all readers and valued passengers of Himalaya, he wants to forward the message that it is not just a commercial but also a service-oriented airline that is motivated towards opening new sectors for passengers' benefit and takes great notice of passenger feedbacks in order to deliver better service and better fare to all!



MARCOPOLO RESTAURANT

BRINGING THE 80S' LEGACY BACK TO LIFE

Marcopolo, located at Chhaya Center Thamel, is a fine Italian restaurant that features the authentic taste of Italy and the Mediterranean.

It all started back in late 1980s. Hippies were the story of the past. And Kathmandu was already well on its way to being the epicenter of mountain traveling. This mystic city had already started to charm many travelers from different corners of the world. Kathmandu was also evolving in a way that could cater to the growing number of trekkers. Around the same time, Rubiolo Battista, fondly known as Robi, came up with the idea of opening a pizzeria in Thamel, a tourism hotspot and backpackers' heaven. Robi was an Italian chef, adventurer, photographer and most importantly a true lover of this beautiful Himalayan country, which was his second home. At that time, Western food was still a big deal and he was well aware about world's love for pizza. So, Robi's idea of establishing a restaurant served two purposes – to make foreign travelers feel at home and to start pizza culture among locals. So, that's how Marcopolo restaurant came into being in 1988.

Once Marcopolo opened, it did not have to look back. Noted for its authentic homemade recipes blended with refreshing taste, and not to mention the ever-welcoming smile of Robi, Marcopolo soon became the talk of the town. It was loved by all types of travelers including celebrities like Reinhold Messner, Doug Scott, Chris Bonnington etc. As Nepali people are also real foodies, they too couldn't hold the temptation of visiting the place. Besides being a hotspot for this world popular comfort food, Marcopolo also showed a delicious side of cultural blending to both foreigners and Nepalese. To cut the long story short, Marcopolo instantly became one of the most happening places in Kathmandu. However, after 7 successful years of operation, the restaurant had to be closed due to some problems with its landlord. After that, Robi totally dedicated himself to exploring Nepal. But, the story doesn't end here.

Like many visitors, Suman Pandey, the-then young tourism entrepreneur, was also quite impressed by Robi's enterprise. He also used to visit the place regularly, which in the course of time grew into a lifelong friendship with Robi. Once the restaurant was closed, as a well-wisher of Robi and the

restaurant, Mr. Pandey felt bad about the whole thing. He wanted to re-open Marcopolo and bring back all the glories of its past. But, soon after that Mr. Pandey got engaged in many other enterprises in tourism fraternity. So, his dream remained just a dream for a long time.

After about three decades, Mr. Pandey finally decided to make his dream a reality. Robi, as a good friend of Mr. Pandey, wholeheartedly welcomed his idea and thus Marcopolo restaurant started again after a year of painstaking preparation in 2019. Throughout the time, Robi continued to be at the helm of affairs of Marcopolo. Due to health reasons, he couldn't directly involve himself in the regular operations of the restaurant, but he is always mentoring and supporting Marcopolo to be one of the best, not just in town but also in the whole region.

Now, Marcopolo is all about Robi's time-tested experience and ever-young creativity to present more interesting varieties that doesn't just include Italian food but also the Mediterranean cuisine. Located in a welcoming ambience of Chhaya Centre, Thamel, Marcopolo blends the uniqueness of Italian heritage and elegance of local culture to bring about a memorable dining experience. With a team of passionate culinary experts both international and local - for whom cooking is the first love - it offers a great selection of freshly made traditional delicacies, creative recipes and delightful drinks showcasing the diverse taste of Italy and the Mediterranean region. Time and again, it also experiments with local cuisine. It also showcased Bada Khana, an exclusive 14 course platter offering elite Nepali cuisine during "Dinner with MasterChef Santosh Shah" on 22nd March 2021.


Marcopolo is, now, approaching its third anniversary. Though COVID-19 period had held it back a bit, Marcopolo is eager to bring back its legacy and take all the passionate gastronomes on a food adventure that is sure to be more tantalizing than ever.





Good to the last slice



 Marcopolo Restaurant

 01-5252282

 1st Floor, Chhaya Center

 marcopolo-restaurant.com

रहस्यमय यति...



- आशिष खड्का

यतिको बारेमा निकै खोजी गरिसके पछि अहिले यतिसम्म लेख्न सक्ने भएको छु। यति भन्ने बित्तिकै भयानक जिउडाल भएको, डर लाग्दो अनुहार बोकेको जन्तु, जुन हिमाली भेगमा बस्ने वा यात्रा गर्ने धेरै थोरै मानिसहरुले मात्रै आमनेसाम्ने हुने मौका पाउँछन् अथवा पाएका छन् भन्ने विश्वास छ। के साँचै नै यती छ त ?

मलाई लाग्छ यो त एकदमै गहिरो प्रश्न हो जस्को मसँग पनि छैन। तर जे सुकै भए पनि यतिको कथाअहरु सुन्न र पढ्न सारै नै रोमान्चक अनि चाखलाग्दो कुरा हो।

मलाई लाग्छ यतीलाई भूतसँग तुलना गर्दा पनि केहि फरक पर्दैन होला किनभने केहि मानिसहरुले मात्र देखेको वा भनौं अनुभव गरेको कुरा हो यती। अझ त्यस माथी पनि जसले देखे उनिहरुले प्रमाण दिन सकेका छैनन्। जसले देखे उसले आ-आफ्नै तरिकाले यतिको वर्णन गर्ने गरेका छन् जुन सामान्यतया हाम्रो समाजिक परिवेश भन्दा बाहिर पर्दछ।

यतिको इतिहास हेर्ने हो भने हजारौं वर्ष अगाडी देखि नै यसको अस्तित्व छ भन्ने अनेकौं किताबहरुमा लेखिएका छन्। तिब्बत, नेपाल, भुटान र उत्तरी भारतको कैयौं

पुराना हिमाली भेगका बारेमा उल्लेख गरिएका किताबहरुमा यतिको वर्णन पाईन्छ। यतिलाई भिन्न ठाउँमा भिन्न नामले बोलाए वा पुजिए पनि उसको शरिरिक बनोटको वर्णन भने एकै किसिमको पाईन्छ।

हजारौं वर्ष अघिको कुरामा अहिले आएर २१औं सताब्दीमा मानिसहरुले औधी रुची राख्ने गरेका छन् र कोही-कोहीले विश्वास समेत गर्ने गरेको पाईन्छ। विज्ञान र आविस्कारको यो युगमा कुनै कुरामा विश्वास गर्न प्रमाणको आवश्यकता पर्दछ र दुर्भाग्यवश यतिको अस्तित्वको कुनै पनि प्रमाण भने छैन।

सबै भन्दा पहिले यतिको चर्चा सन १९५१ मा भएको थियो जब नेपालका हिमाल आरोहण गर्न आरोहिहरु नेपाल भित्रीएका थिए। त्यही समयमा बेलायतबाट सगरमाथा आरोहण गर्न आएका टिमका एक सदस्य 'माईकल वार्ड' ले बेस क्याम्प नजिकै हिमातालको अध्ययन गर्ने क्रममा एउटा अजिव प्राणिको खुट्टाको छाप देखे र त्यसको तस्विर खिचे। त्यस छापको लम्बाई १२ इन्ची र चौडाई ५ इन्ची थियो। त्यो तस्विरले गर्दा विश्वका विभिन्न ठाउँहरुबाट

यतिको खोजिमा मानिसहरु हिमालतिर घुम्न थाले ।
 यसै गरी पछिल्लो समयको कुरा गर्ने हो भने २०१९ अप्रिलमा
 "काठमाडौं पोस्ट" पत्रिकाका एउटा घटनाको बारेमा उल्लेख
 गरिएको रहेछ । त्यस लेखमा भनिएको छ कि मकालु
 बेस क्याम्प नजिकै भारतिय सेनाले ३२*१२ इन्चीको अनौठो
 खुट्टाको पाईला फेला परेर त्यसको तस्वर 'यति' भनेर
 टिक्टरमा हाल्दा भाईरल भएको रहेछ ।
 त्यसै गरी अस्ती मात्र २३ पटक सगरमाथा चढेर 'गिनिज
 बूक अफ वर्ल्ड रेकर्ड' मा नाम सामेल गरेका कामी
 रिता शेर्पाका अनुसार उहाँहरुले पनि आफ्नो बुवा र बाजे
 बाट यतिको कथा धेरै सुन्नुभएको छ र राती लेक तिर जाँदा
 अनौठो आवज सुन्दा यति कराएको हो भन्नु हुन्थ्यो रे !
 त्यसैले यतिको बारेमा ठोस प्रमाण नभएकोले नै धेरै
 मानिसहरु यसको अस्तित्वमा विश्वास राख्दैनन् तर म भने
 यति छैन वा थिएन नै भनेर भन्न चाहँदिन । यदि यति
 साँचिकै नै छ भने चाँही धेरै प्रश्नहरु छन् उसका लागि
 । उ कहाँ बाट आयो ? उसले के खान्छ ? उ के कुराको
 खोजिमा छ ? किम्ब दन्तिमा भनिए अनुसार के साँचै उ

हनुमान वा अस्वथामाको रूप हो जसले राम वा कृष्णलाई
 भेटेको थियो ?

हुन त कुनै पनि कुरा आफुले नदेखे वा अनुभव नगरेसम्म
 विश्वास गर्न मन लाग्दैन तर त्येतिका हिमाली भेगमा बसो
 बास गर्दै आएका मानिसहरुले र हिमाल आरोहण
 गर्नेहरुले भनेको कुरामा विचार गर्दा यति छैन नै भन्न पनि
 गाह्रो छ । त्यसैले यस्ता कुराहरु भए राम्रो नभए भन्न राम्रो
 भनेभै हो । म आफै पनि माउन्टेनियरिङ्गको विद्यार्थी भएको
 हुनाले आफुले नै हिमाल आरोहण गर्दा यतिसँग जामका
 भेट भयो भने त्यसको बारेमा अबै स्पष्टताका साथ लेख्ने
 नै छु । त्यती बेलासम्म कल्पना मै रमाउँला... त्यसमा पनि
 त छुट्टै मजा छ !!!

The advertisement features a woman in a light blue dress holding a pack of Softy Sanitary Wipes. To her left, five purple banners list product categories: Wipes, Sanitary Napkins, Diapers, Tissue Papers, and Panty Liners. To her right, the Softy logo is displayed with the tagline 'Wings to fly high' and a gold seal stating 'Nepal's No.1 Brand'. At the bottom, a variety of Softy products are shown, including Baby Wipes, Sanitary Wipes, Diapers, Tissue Papers, and Panty Liners. The company name and address are provided at the bottom: SOFTY HYGIENE PVT. LTD. | Hetauda Industrial Area | Hetauda-8, makawanpur, Nepal. The website www.softy.com.np is also listed.

नेपालमा आधुनिक दन्त चिकित्सा

-डा. सीता निउरे भट्ट

मानव शरीरको महत्वपूर्ण अंग मध्य हो दाँत । स्वस्थ दाँत र मुखको स्वास्थ्य बिना हाम्रो शरीर स्वस्थ रहन सक्दैन । मुखबाट नै शरीरलाई चाहिने सम्पूर्ण कुरा पुग्दछ ।

आकर्षक र सुन्दर दाँत-मुखको बनोटले भट्ट हेर्दा मानिसको व्यक्तीत्व दर्शाएको हुन्छ । मान्छेले दिने smile दाँत र मुखको बनोट र स्वास्थ्यमा भर पर्दछ ।

मुख्यगरी दाँतको महत्वपूर्ण कामहरु निम्न प्रकारका हुन्छन् :

- » मान्छेलाई सुन्दर देखाउन ।
- » खाना चपाउन-राम्ररी चपाएर खाएको खानाले हाम्रो शरीर हृष्टपुष्ट हुन्छ ।
- » चपाएर खाएको खानाले पाचनमा सहयोग गर्दछ ।
- » बोली प्रष्ट बोल्न दाँतले सहयोग गर्दछ ।
- » दाँत हाम्रो शरीरमा भएको सबैभन्दा कडा Tissue हो ।
- » दाँत हाम्रो शरीरमा जन्मेको ६ महिना देखि जीन्दगीमा नभइनुहुने अंग हो ।

दाँतको बनोट बाहिरि कडा तन्तु (enamel) र भित्रि भाग नशा र गतले बनेको हुन्छ । (dentin and pulp)
नेपालले पनि आधुनिक दन्त चिकित्सा पद्धतीमा फडको मारेको छ । पुराना पुरातनवादी दन्त चिकित्साको प्रयोगलाई आधुनिकीकरण गरिसकेको छ ।

- » नदुखाईकन गर्ने उपचार विधि (painless dental treatment) सुरु गरेको छ ।
- » एकै दिनमा हुने (single visit dental treatment) को अवधारणा ल्याएको छ ।
- » Laser dentistry (peizo cautery)
- » Smile design गरेर सुन्दरता बढाउने
- » Implant dentistry & full mouth rehabilitation
- » CT scanner को प्रयोग
- » Digital/ virtual planning
- » Milling machine
- » Scanner machine/ endo motor को प्रयोग यसका उदाहरणहरु हुन् ।
- » च्यापु बढेका, अनुहार विग्रीएका, मुख बाझीएका विरामीलाई राम्रो बनाउने शल्यक्रियामा orthogenathic surgery गरेर आधुनिक दन्त चिकित्सा कति उज्वल छ भन्ने कुरा नेपाली dental doctor ले देखाएका छन् ।
- » बाङ्गाटिङ्गा दाँत मिलाउने प्रविधि (metal, ceramic lingual braces) तथा धेरै पटक धाउन नपर्ने र नदेखिएको aligner पद्धतीबाट दाँत मिलाउने प्रविधिले नेपालको दन्त चिकित्सा साच्चै नै आधुनिकताको शिखरमा पुगेको अनुभूती हुन्छ, यदपी अबै धेरै काम गर्न बाँकी छ ।
- » मुख खोल्दा आवाज आउने, TMJ joint को समस्या, मुख अड्किने

समस्या भएको विरामीको लागि joint replacement हुने प्रविधि समेत भित्री सकेको छ ।

संसारमा हुने उत्कृष्ट मेसिनरी सामग्री प्रयोग गरी विशेषज्ञको टोलीले दिने उपचार नेपालमै भएको हुनाले विदेशी मुलुकमा उपचार गराउन भन्दा नेपालमा दाँत-मुखको उपचार गराएर दन्त चिकित्सा क्षेत्र र यसमा लागेका सरोकारवाला र देशकै अर्थतन्त्रमा ठूलो टेवा मिल्छ भन्ने लागेको छ ।

नेपालमा डेन्टल tourism को अवधारणा ल्याएर विभिन्न संस्थाले सेवा दिइरहेका छन् । छोटो समयको बसाईमा नै नेपालमा उपचार हुने पद्धती विकाश भइसकेको छ ।

- » 24 hours dental service
- » Digital dentistry
- » CBCT
- » Scaling
- » Chairside milling
- » Invisible braces यसका उदाहरणहरु हुन् ।

नेपालमा उपलब्ध सम्पूर्ण उपचार मध्य निम्न उपचारको माग धेरै देखिन्छ ।

- » दाँत सफा गर्ने (Scaling & polishing)
 - » Filling
 - » Crown/bridge (metal free) zirconia/ emax (ceramic)
 - » Denture/ cast partial Dentare
 - » Tooth bleaching (दाँत सेतो टल्काउने)
 - » Implant (दाँत रोप्ने)
 - » Permanent दाँत राख्ने प्रविधि
 - » Braces (metal ceramic)
 - » Invisible (aligner)
 - » मुखको कोठी हटाउने, lips बनाउने surgery
 - » बाङ्गाटिङ्गा मुख सोज्याउन orthognathic surgery
 - » TMJ treatment joint replacement यसका उदाहरणहरु हुन् ।
- तसर्थ सम्पूर्ण मान्यजनहरुमा नेपालको आधुनिक दन्त चिकित्सा पद्धतीको लाभ लिन अनुरोध गर्दछौं । अन्तमा स्वस्थ दाँत-मुख नै स्वास्थ्य शरीरको आधार हो । दिनमा २ पटक दाँत सफा गर्ने, dental floss को प्रयोग गर्ने, मुख कुल्ला गर्ने, गुलियो पदार्थ कम खाने, स्वस्थकर फलफुल तथा साग तरकारीमा जोड दिने र वर्षको २ पटक दन्त चिकित्शककोमा गएर दाँतको regular checkup तथा सरसफाई गराउन समेत अनुरोध गर्दछौं ।

* लेखिका हिमाल डेन्टल अस्पतालमा अर्थोडन्टिक्सकी परामर्शदाता हुन् । उनीसँग बी.डी.एस. र अर्थोडन्टिक्समा एम.डी.एस. डिग्री छ । उनी हिमाल डेन्टल हस्पिटल एण्ड इन्स्टिच्युट अफ डेन्टल साईन्स, धुम्बाराहीकी प्राचार्य र निर्देशक पनि हुन् ।

OUR BRANCHES

📍 CHABAHIL, KTM

Ph: 01-4492800

📍 MAKWANPUR

Ph: 057-520584

📍 BAITADI

Ph: 095-690366

📍 NEPALGUNJ

Ph: 081-524843

📍 SANKHU, KTM

Ph: 01-4451243

📍 SUNSARI

Ph: 025-580929

📍 KAILALI

Ph: 091-526103

📍 KANCHANPUR

Ph: 099-520800

📍 DADELHURA

Ph: 096-410247

📍 BHAISEPATI, LALITPUR

01-5900568 (Ext:609)

VIVANTA DENTAL PVT. LTD.

📍 KAMALPOKHARI, KTM

Ph: 01-4522582/83

OM HOSPITAL

📍 CHABAHIL, KTM

Ph: 01-4476224,

Dental Department (Ext: 600)

"Healthy Teeth for Healthy Life"



HIMAL DENTAL HOSPITAL & Institute of Dental Science



HEAD OFFICE : DHUMBARAHI, KTM

✉ himaldentalhospital@yahoo.com

☎ Ph.: 01-4008704/4008705

🌐 www.himaldental.com.np



3Years

Academic Course



खुशीको खबर

हिमालयन एयर लाइन्सका सम्पूर्ण सेवाग्राही यात्रु महानुभावहरू, क्रु मेम्बर्स र सम्पूर्ण स्टाफहरूलाई मुख तथा दन्त सम्बन्धि उपचारमा १५% छुट दिइने छ।



LOCATION MAP



उपलब्ध सेवाहरू:

- दन्त परिक्षण
- विभिन्न मुख तथा दन्त रोगहरूको पहिचान
- दाँत तथा मुख सम्बन्धि सम्पूर्ण विधिका एक्स-रे
- शल्यक्रिया द्वारा दाँत फुकाल्ने
- विभिन्न थरोका नक्कली दाँतहरू राख्ने
- समुदाय केन्द्रित दन्त स्वास्थ्य कार्यक्रम
- बाङ्गो टिङ्गो दाँतको उपचार, शल्यक्रिया द्वारा असाधारण मुखको ढडिको आकार-प्रकार मिलाउने, विभिन्न बानिहरूको उपचार
- १४ बर्ष भन्दा मुनिको बच्चाहरूको मुख तथा दन्त सम्बन्धि उपचार
- अभिभावक तथा बालकलाई दन्त स्वास्थ्य सम्बन्धि उचित परामर्श
- दाँत सफा गर्ने
- विभिन्न थरो र विधिबाट दाँत भर्ने
- नसा देखि दाँत भर्ने र जराको संरक्षण
- शल्यक्रिया द्वारा जराको उपचार
- जटिल समस्याहरू अत्याधुनिक प्रविधिको शल्यक्रिया बाट सहज उपचार
- विभिन्न गुणस्तरीय दाँत रोपिने (Implant)
- विभिन्न गुणस्तरीय दाँत ग्यारेण्टीका साथ आफ्नै ल्याबमा बनाइने (Milling Machine)
- अत्याधुनिक प्रविधिको एक्स-रे सेवा C.B.C.T. X-Ray Machine (3D)
- लेजर प्रविधि बाट दाँतको सहज उपचार बिरामीहरूका लागि आवश्यक परेमा एम्बुलेन्सको व्यवस्था ।
- दन्त परामर्श
- आकस्मिक दन्त सेवा
- सामान्य दाँत फुकाल्ने
- दाँत तथा मुख सम्बन्धी विभिन्न शल्यक्रियाहरू
- दाँत तथा मुख सम्बन्धी विभिन्न नक्कली अंगहरू
- अस्पताल केन्द्रित दन्त स्वास्थ्य गतिविधि
- शल्यक्रिया द्वारा गिजाको उपचार
- दाँत सेतो पार्ने विधि
- दन्त सौन्दर्य उपचार



AN UNFORGETTABLE TREK

GHOREPANI, POON HILL

- Shisir Koirala

I would rather own a little and see the world than own the world and see a little of it! With the aim of seeing more of the world, I dared to fulfill my long-awaited wish to go on a trek in the month of November, 2016. I had been looking for a couple of friends who would say “Let’s go.” Finally, I, with some of my close friends embarked on a journey to Ghorepani, Poon Hill. With a heart ripe with excitement, we, four boys and two girls headed from Kathmandu to the lake city, Pokhara.

However, we went to Nayapool the same day. The unhappiness at not getting to spend a night in Pokhara was nothing compared to the enthusiasm for what was to come. As we were tired from a day-long bus journey, we fell asleep immediately after lunch. As I am a heavy sleeper, I was barely awakened the next morning by the mischief my friends were playing at me. They sprinkled drops of icy-cold water on my face. So, I tried to escape but I couldn’t because they

had tied one end of a rope to my legs together and the other end to a leg of my bed. My reaction was the funniest thing they had seen in their lives. All of them chortled whereas I was blushing with shame, thanks to the presence of two beautiful girls in the group. Then as it is said, “morning shows the day, I had a feeling that we were definitely going to have a lot of fun today,” One of my friends giggled. After having a light breakfast of bread and omelette, we headed to Ghorepani.

As the route via Tikhedunga and Ulleri involved a lot of steep ascent, it was difficult not just for the ladies but for us as well. Nevertheless, “what use being a man?” one of the girls said and forced the shoulder strap of her backpack on my head. We helped her carry the bag turn by turn the whole day. In spite of the dizzying climb, we were elated as we got closer and closer to the spectacular Annapurna range.

The Rhododendron trees turned out to be god sent as the day was mostly sunny.

Moreover, the innocent mules carrying heavy loads on their back throughout the way inspired us to keep moving. We reached Ghorepani together with the dusk and checked in at a hotel, and in no time, it was pitch dark. We warmed ourselves around a big heater which contained burning coal at the center of the dining room. There were more foreigners than domestic tourists. “Wass your name? Where you from?” my friend asked a blonde girl, who looked around 18. The girl hesitated a bit at his frankness and murmured “from America.” He even took the opportunity to take some pictures with her and her friends. As we looked from our room’s window, it was dark everywhere else, but the gigantic mountains didn’t fail to shine.

We accompanied the darkness the next morning and headed to Poon Hill (3,210 meters) to view the sunrise.

“
**MORNING SHOWS THE
DAY, I HAD A FEELING
THAT WE WERE
DEFINITELY GOING TO
HAVE A LOT OF FUN
TODAY**”



We reached the top of Poon Hill before six when a big crowd was already there. Almost everyone had a camera and some even had binoculars in their hands. And the Annapurna range and the sky above started wearing a golden color. Like everyone else, we also took many photos from our simple Canon camera. When the sun rays arrived at Poon Hill, the crowd started thinning and at last we were the only group left. Then we took some more pictures and came down to the hotel in Ghorepani. Back at the hotel, we took breakfast and left for Pokhara.

On the way, I asked “Guys, yesterday’s pain paid off, didn’t it?” “Yes, sure! Now I wonder what it would feel like to climb a mountain,” my friend added. “Climbing a mountain is a far-fetched dream for you, girl!” the other one declared. “It’s difficult for one to make a name for oneself while it is too easy to lose the same. The same goes with hills and mountains as

they are way easier to descend than to climb” I finally expressed. Had Prakash Saput’s song “Galbandhi” existed then, my friends would have said “Dhila aayo, kadaa aayo.” We reached Nayapool at around 3 pm and caught a bus heading to Pokhara thereby ending our Ghorepani Poon Hill trek.

My note to self after the trip is that life is really short and we may not get to travel all the time, so if you get a chance don’t miss to travel the places that you’ve been waiting for a long time. I was the kind of guy who only stayed home but after my trek to Ghorepani-Poon Hill, I realized that we can get to learn various things while travelling. I am now a wanderer, a traveler who seeks to visit places. Life is a journey and every journey we walk, we leave footprints of memories behind. Most importantly, I am thrilled and excited to share my travel story to with Himalayan Airlines through Danfe Magazine.

NETPACK
Logistic

DOOR-TO-DOOR DELIVERY SERVICE
For US/Canada & European Countries

Contact
3rd Floor, Wonde Height Building
Teku, Kathmandu 44600 Nepal
Tel : 01 5339942
Person : Kiran Thapa
Mobile : +977-9851067311
Email : kiran.netpack@gmail.com
kiranthapa@netpack.com.np

FAST DELIVERY CUSTOMISED SERVICE

www.netpacklogistic.com

Diamonds are Forever!

Diamonds are, without a doubt, one of the world's most beautiful natural resources.

Exclusive Retailers of diamond jewelries providing at affordable prices, Shree Balaji Diamond (SBD)'s strong presence of over a decade has helped build the trust and faith of customers with consistent delivery of quality diamond jewelry products and services to provide the confidence in purchasing the jewelry.

Established in 1998, SBD offers hallmark diamond jewelry that comes with a unique inscription, assuring that they are world's most carefully selected diamonds. Each diamond undergoes a journey of rigorous selection and some even bear a unique inscription at its heart, which is an assurance that every diamond is beautiful, rare and responsibly sourced.

SBD houses world's largest diamond company Forevermark by De Beers Group. Only less than 1% of world's diamonds are worthy of this inscription of quality and integrity. While Forevermark encompasses the promise

of beautiful, rare and responsibly sourced diamonds, the synergy of these two brands has brought about an ideal collaboration to offer hallmark diamond jewelry.

What are the 4C's of diamonds?

A diamond's quality is determined by the 4C's:

- **Cut:** Quality of angles, proportions, facets, and finishing details
- **Color:** How colorless the diamond is
- **Clarity:** How clean the diamond is of inclusions and blemishes
- **Carat:** The weight of the diamond

These four are key components that impact the beauty and structure of diamond. They dictate diamond's appearance and quality. The four diamond characteristics are graded by professionals on a consistent scale, giving a tool to evaluate diamonds.



SHREE BALAJI DIAMOND

ALL HIMALAYAN AIRLINES PASSENGER TO GET A SPECIAL DISCOUNT OF 20% ON ALL DIAMOND JEWELRY, PLUS GIFTS WORTH RS. 3,000/- ON EVERY PURCHASE.



PLEASE BRING YOUR BOARDING PASS TO AVAIL YOUR DISCOUNT!

NEWROAD | DURBARMARG | PULCHOWK
01-5328353 | 01-4227880 | 01-5536874

+977 9818 768 752
SBD_NEPAL / SBD.LABIM

WWW.SHREEBALAJIDIAMOND.COM.NP

ADD-ON SERVICES

Pre-book them before you fly!



Baggage

Pre-book your excess baggage and get up to 40% off



Seat

Pre-book your seats and travel with comfort



Hot Meal

Pre-book your hot meal and enjoy onboard



Lounge

Pre-book lounge services and experience comfort at airport

For pre-booking, please contact
+977 1 4004110, +977 1 4004000 Extn : 208/209

इन्धन मूल्य वृद्धिले असर नगर्ने एक मात्र स्कुटर

पेट्रोलियम सङ्घट विश्वव्यापी रूपमा चर्चाको विषय बनेको छ । हरेक दिन पेट्रोलियम पदार्थको मूल्यले नयाँ रेकर्ड कायम गरेको देखिन्छ । हालै मात्र, नेपाल आयल निगमले एक हप्ताको अन्तरमा सबै प्रकारका पेट्रोलियम पदार्थको मूल्य वृद्धि गरेको छ । निगमले पेट्रोल, मट्टीतेल, डिजेल र एलपी ग्याँसको नयाँ मूल्य सूची निकालेको छ ।

नियमित रूपमा इन्धनको मूल्यमा आइरहेको अनपेक्षित उतार चढाबले हाम्रो जीवन कष्टकर बन्दै गएको छ । हालै मात्र काठमाडौँ उपत्यकामा पेट्रोलको मूल्य प्रतिलिटर १९९ रुपियाँ पुगेको थियो, मट्टीतेल र डिजेल प्रतिलिटर १९२ रुपियाँ र भान्सामा प्रयोग गरिने एलपी ग्याँसको प्रति सिलिण्डर १८०० रुपियाँ पुगेको थियो ।

कोभिड-१९ को महामारीले मुलुक पहिले नै थलिएको अवस्थामा, इन्धनको मूल्य वृद्धिले वस्तु तथा सेवाको उत्पादन, यातायात र उपभोक्ता मूल्यमा असन्तुलित मुद्रास्फीति निम्त्याएको छ जसको सबैभन्दा धेरै असर सर्वसाधारणलाई पर्न गएको छ ।

समसामयिक परिस्थितिलाई मध्यनजर गर्दा स्थिति अभै विग्रने देखिन्छ ।

पछिल्लो समय पेट्रोलको मूल्यमा भइरहेको अस्वभाविक वृद्धिको कारण स्कुटरप्रति जनमानसको आकर्षण बढ्दो छ । व्यस्त ट्राफिक जाम, साँघुरो सडक, सार्वजनिक यातायातप्रतिको अविश्वास, त्यसमाथि चर्को भाडादरले गर्दा पनि बहुसङ्ख्यक मानिसहरूका लागि स्कुटर पहिलो रोजाई बन्दै गएको छ । स्कुटरप्रति मानिसहरूको यतीविघ्न आकर्षण बढ्नुको मुख्य र एक मात्र कारण भने अन्य सवारीसाधनको तुलनामा अधिकतर माइलेज

प्रदान गर्ने भएकोले नै हो ।

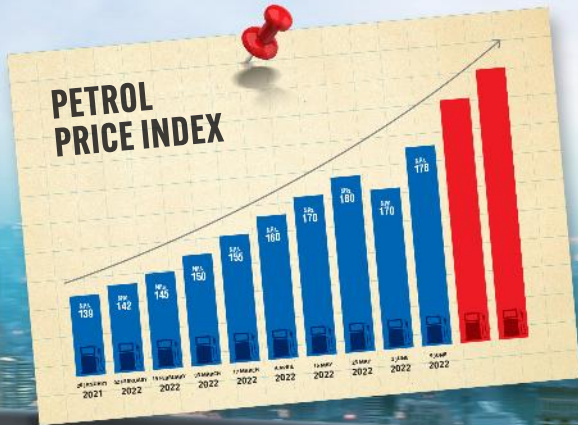
फलस्वरूप, विभिन्न दुई पाङ्गे सवारी साधन उत्पादन गर्ने कम्पनीहरूले सहरी क्षेत्रभित्र वा कम दूरीका लागि मात्र नभएर लामो दूरी र कच्ची बाटोमा समेत उपयुक्त हुने स्कुटरहरू बजारमा ल्याउन सुरु गरिसकेका छन् । त्यसै गरी पेट्रोल मन्दिलाई मध्यनजर गर्दै प्रायः कम्पनीहरू आफ्नो स्कुटरले सबैभन्दा बढी माइलेज प्रदान गर्ने दावी पनि गरिरहेका छन् । तर सही अर्थमा, आजको दिनमा उपभोक्तालाई यी सब अनियमितताबाट राहत प्रदान गर्न सक्ने बजारमा उपलब्ध एकमात्र स्कुटर भनेको यामाहाको रेजेड्आर स्ट्रीट च्याली १२५ एफआई हो, जसले औसतमा प्रति लिटर ५८ किलोमिटरसम्म माइलेज प्रदान गर्न सक्छ ।

रेजेड्आर स्ट्रीट च्याली १२५ एफआई, रेजेड्आर १२५ एफआईको अपग्रेड गरिएको भर्जन हो रेजेड्आर स्ट्रीट च्याली १२५ एफआई, विशेषतः इन्धन मितव्ययिताका लागि तयार पारिएको स्कुटर हो, जुन प्रति लिटर ५८ किलोमिटर प्रदान गर्ने बजारमा एक मात्र स्कुटर हो । यस अल न्यू रेजेड्आर १२५, फ्युल-इन्जेक्टेड(एफआई) १२५ सीसी ब्लू कोर इन्जिनका साथ तयार पारिएको स्कुटर हो ।

बाइक इण्डिया अवार्डबाट २०२१ मा 'स्कुटर अफ दि इयर' जितेको यस रेजेड् आर १२५ एफआईले कम इन्धन खपत गरी अन्य स्कुटरको तुलनामा वर्षको रु. १०,८००० सम्म बचत् गर्दछ ।

"I AM 58 KM/LTR"

UNBELIEVEABLE FUEL EFFICIENCY THAT SAVES MORE THAN **Rs. 1,03,000** IN 3 YEARS



CYENUS **RAYZR**
125 FI **BS-VI**
COMPLIANT

BASE MODEL STARTING FROM
@NRs **2,54,900/-**

The New RayZR 125 FI from Yamaha, is now equipped with the **Connect-X** technology

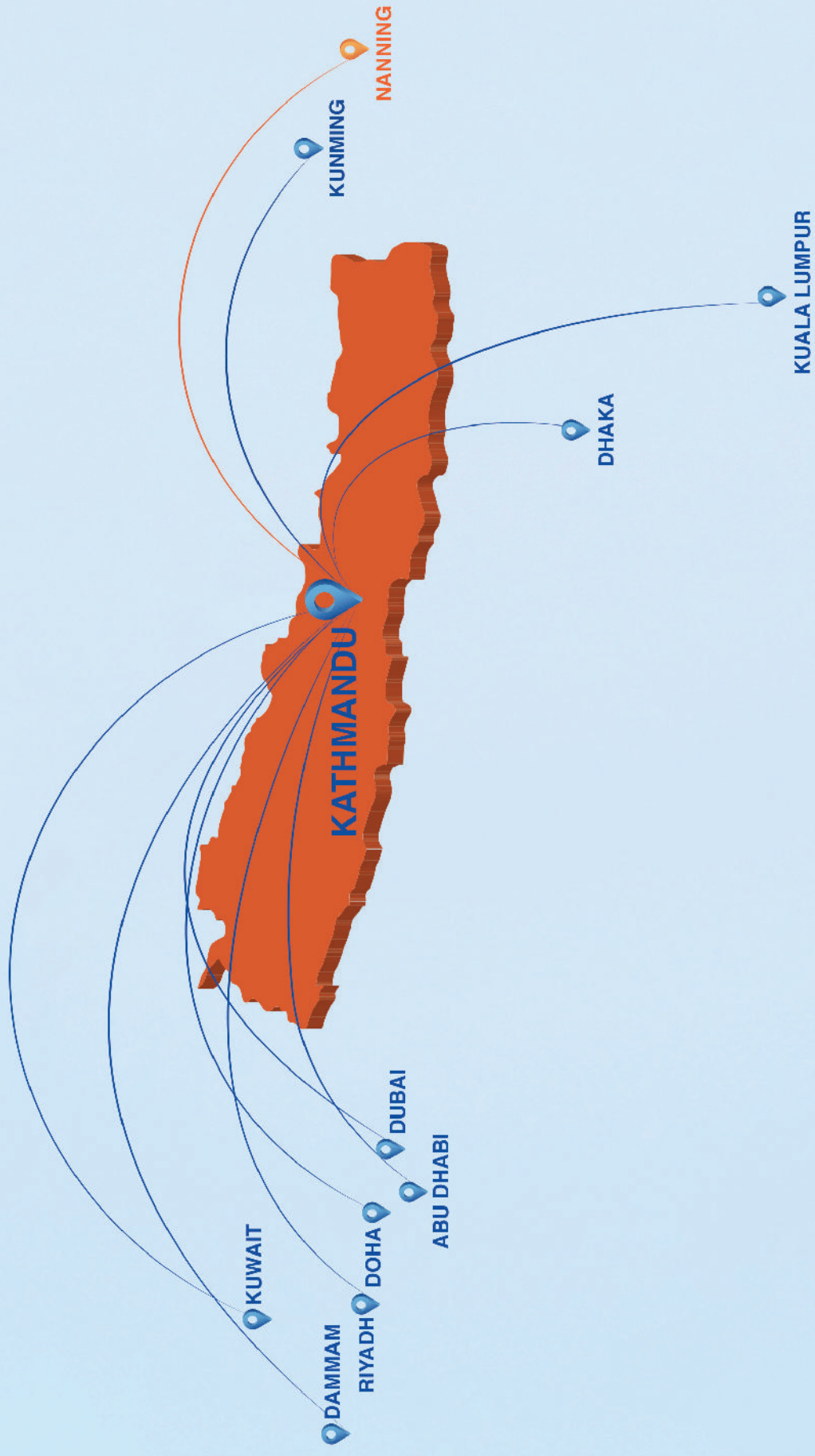


	ANSWER BACK		LOCATE MY VEHICLE		PARKING RECORD		HAZARD		RIDING HISTORY
--	--------------------	--	--------------------------	--	-----------------------	--	---------------	--	-----------------------

*Applicable as an option only in Street Rally variant

*Terms & condition apply

H9 Network



📍 PASSENGERS FLIGHT DESTINATION

📍 CARGO DESTINATION

Kathmandu Sales Office

Gairidhara – 2, Kathmandu, Nepal
Phone: +977 1 4004110, +977 1 4004000
Extn. 206 / 207 / 208
Mobile No: +977 9851245191, + 977 9851128989, +977 9861776482
Email: sales@himalaya-airlines.com

Hello Himalaya Travel & Tourism Llc.

Ground Floor shop No. 09, Souk Al Kabeer Building,
Al Ghubaiba Road, Near Ghubaiba Bus Station, Dubai
Phone: 043550826 Mobile No:0507834231/0567834428
Email: sales.dxb@himalaya-airlines.com
apt.dxb@himalaya-airlines.com

Pelancungan Etonic Sdn. Bhd. (76533-X)

Etonic Travels
Etonic Travels Wisma Paradise, 2nd Floor, 63 - Jalan
Ampang, 50450 Kuala Lumpur, W.P. Kuala Lumpur,
Malaysia.
Phone : +603 2022 1668
Email : sales.kul@himalaya-airlines.com

Himalaya Airlines sales Office, Riyadh

Jareer Street, Al Malaz, Riyadh
Phone: +966 11 2931236
Email: sales.ruh@himalaya-airlines.com
apt.ruh@himalaya-airlines.com

Cleopatra Travels

D-Ringroad, Building no. 51, Doha, Qatar
Phone: +974-4443 5333/4443 9333
Fax: +974-44444010
Email: sales.doha@himalaya-airlines.com

East Coast Oasis

11th Street, Al Souq, 8550, Dammam 32242,
Phone: +966138332300
Email: sales.ksa@himalaya-airlines.com
reservation.ksa@himalaya-airlines.com
apt.dmm@himalaya-airlines.com

SAir Air BD Ltd.

Flat: B4, House: 12, Road: 16/A
Gulshan-1, Dhaka 1212
Phone: +880 9 617600900
Email: sales.dac@himalaya-airlines.com
apt.dac@himalaya-airlines.com

Beijing Representative Office

Room 106, Building 18, Yard 88 Liuxiang Road, Fengtai
District, Beijing
Phone: +86-10-56762021-600; +86-10-56762080-600
Fax: +86-10-56762080-608
Email: zhang.xiaoji@himalaya-airlines.com

Resource Management International

2nd Floor, Office No. 11, Sheikha Sabika Building, Fahad
Al Salem Street, Kuwait City, State of Kuwait
Email: sales.kwi@himalaya-airlines.com



KNOW YOUR BIRTHSTONE!



ARIES

DIAMOND

Aries actually has two remarkable birthstones: diamonds and bloodstone. Diamonds are known to be the hardest of all gemstones and represent beauty and attractiveness.

It is also linked to power and solidity which makes you look different from others. Diamond also helps bring clarity to any personal or professional endeavor. On the other hand, birthstone is considered as a protective stone.



TAURUS

EMERALD

The most remarkable thing about emerald is its color. Emerald stands for eternal and everlasting youth and wisdom. It serves as a good luck charm for Taurans and enhances their physical, mental, emotional and spiritual well-being.

Emeralds also have power to encourage generosity and selflessness, so when worn, Taurans might have the feelings of gratitude and abundance.



GEMINI

PEARL

Pearl is regarded as one of the most sacred gems. It is said to epitomize the duality of the sign of Gemini. Pearls personify life and death, joy and sorrow, sickness and health.

Pearls are also known to help cure diseases of heart, stomach, spleen and intestines. Pearl enhances the best qualities in a Gemini and helps them lead a more balanced life.



CANCER

RUBY

Cancerians are known to be moody and get offended easily, ruby helps them feel more stable, secure and comfortable within their own skin despite the hard shell that covers them.

As fiery as the stone is, it also helps to motivate a Cancerian to be a do-gooder. When it comes to a time between the sheets, rubies provide a boost of sexual energy.



LEO

PERIDOT

The peridot stone has been used as a source of protection against dark and evil entities since the historical times. For lions, the peridot serves as a protector against negative energy while enhancing areas of happiness, love, and prosperity.

Sporting a peridot is an easy way to gain an energy boost that's coupled with feelings of optimism.



VIRGO

BLUE SAPPHIRE

Sapphire is said to be a gem that possesses incredible curative properties, especially headaches, fevers, nosebleeds, eye infections, ulcers, earaches, rheumatism, inflammatory issues, and thyroid complications.

This impressive stone emboldens honesty, inner-peace, positivity, faithfulness, wisdom, and clarity for those who wear the stone. Blue sapphires are often used as a form of protection from negative energy.

Birthstones are very precious possessions for everyone who own them or wishes to have one. It is believed that these stones bring luck, love and stability in our lives. It is also said that such stones reflect one's personality, likings and preferences. Therefore, we bring to you the birthstones that are associated with each zodiac signs. Find yours!



LIBRA

OPAL

Librans are natural born people-pleasers, so they have a hard time saying "no." Wearing the opal can help them keep the balance they covet so that personal interests aren't sacrificed.

Opals are known to bring luck to the wearer. Opal can help them feel more confident about their choices so that they can lead a more fulfilling life. Opals are also believed to help alleviate discomfort associated with eye-related issues and digestive problems while being an overall healer.



SCORPIO

TOPAZ

Scorpions can have problems maintaining relationships when the lines between loyalty issues and superficial disagreements get crossed. Wearing a Topaz (the more orange the better) helps provide clarity.

Sometimes overly emotional and sensitive, this stone can help this sign feel more balanced and calm. It also enhances the natural qualities that are associated with Scorpions, to include intense focus, creativity, and intelligence.



SAGITTARIUS

TURQUOISE

A spiritual mind is the Zenith for the sign of Sagittarius and turquoise has the power to lift such a spirit to the next level. The stone is known for providing mental clarity and spiritual judgment, which helps those under this sign who like to take risks and explore the unknown.

Turquoise also symbolizes friendship and encourages romantic, heartfelt relationships. This purifying stone helps protect against negative energy, but also outdoor stressors such as pollution.



CAPRICORN

GARNET

Sometimes perceived as standoffish and cold, the garnet helps sturdy mountain goats to be more approachable, genuine, and faithful in both their personal and professional relationships by allowing them to gain deeper insight.

It protects against depression and corrupt thoughts yet it also stimulates one's sex drive in a positive manner.



AQUARIUS

AMETHYST

Being an air sign, an Aquarius needs perpetual exterior stimulation to match its attentive mindset. Since Aquarians can become complacent when not engaged in activities that aren't interesting, the Amethyst has a stabilizing effect for both overcharged or aloof tendencies.

The popular song "The Age of Aquarius," encouraged the belief that love, light, and humanity could change the world.



PIECES

AQUAMARINE

Touted as a superb purifier, the aquamarine has incredible balancing qualities from a physical, emotional, and mental standpoint. This is great for Pisceans who tend to be overly sensitive and/or have communication issues.

Aquamarine is also believed to diminish anxiety and boost self-confidence and feelings of happiness.

हिमालयको गन्तव्य विशेष



दमाम

- » साउदी अरेबियाको पाँचौ ठूलो शहर
- » ट्राभल, व्यावसायिक र वित्तीय हब
- » पर्सियन खाडीको लागि साउदी अरेबियाको प्रवेशद्वार
- » राम्रो भोजन र खरीदारी अनुभव
- » सबैभन्दा राम्रो मरुभूमि गन्तव्य मध्ये एक



दुबई

- » युएइका प्रमुख छुट्टी गन्तव्य मध्ये एक
- » विश्वका ठूला मलहरूको घर
- » स्थानीय संस्कृतिका परम्परागत पक्षहरूसँग एक विश्वव्यापी शहरको उत्तम मिश्रण
- » विश्वका प्रमुख एअरलाइन्सहरूद्वारा जोडिएको शहर
- » अद्वितीय जैविक विविधता
- » विश्वव्यापी रूपमा प्रमुख अन्तर्राष्ट्रिय आप्रवासी स्टक



क्वालालम्पुर

- » मलेसियाको सबैभन्दा ठूलो शहर
- » आधुनिक, ऐतिहासिक, धर्मनिरपेक्ष र धार्मिक स्थलहरूको अनुपम मिश्रण
- » पेट्रोनास टि्वन टावर र केएल टावर जस्ता प्रतिष्ठित स्थलचिन्हहरू
- » स्वादिलो खाना र भोजनालयहरू
- » देशको जागिर र व्यापार केन्द्र
- » संसारको सबैभन्दा राम्राइलो छुट्टी गन्तव्य मध्ये एक



दोहा

- » कतारको 'रत्न'
- » विश्वको दोस्रो सुरक्षित शहर
- » २०२१ को लागि 'तेस्रो प्रचलित गन्तव्य' को रूपमा श्रेणीबद्ध
- » मध्य पूर्वको वित्तीय राजधानी
- » शानदार आधुनिक भवनहरू



रियाद

- » साउदी राजधानी
- » साउदीको विगत र भविष्य जोड्ने ठाउँ
- » साउदी अरेबियाको सबैभन्दा अग्लो भवन, किंगडम सेन्टर टावर भएको शहर
- » संसारको सबैभन्दा भव्य र सम्पन्न शहरहरू मध्ये एक
- » अरब संसारको मुटु
- » विश्वका उत्कृष्ट रेस्टुरेण्टहरू



ढाका

- » बंगलादेशको राजधानी र सबैभन्दा ठूलो शहर
- » विश्वको छैटौँ सबैभन्दा धेरै जनसंख्या भएको शहर
- » प्रमुख विश्वव्यापी मुस्लिम बहुल शहर
- » मुगल साम्राज्यको व्यापारिक केन्द्र
- » बंगलादेशमा राजनीतिक, आर्थिक र सांस्कृतिक जीवनको केन्द्र
- » प्रवासीहरूको लागि ऐतिहासिक आकर्षण



कुन्मिङ्ग

- » युनान प्रान्तको सबैभन्दा ठूलो शहर
- » 'अनन्त वसन्तको शहर' भनेर चिनिने शहर
- » चीनको विशेष पर्यटन केन्द्र
- » मानव बसोबासका लागि चीनको सबैभन्दा उपयुक्त महानगर
- » चीनको सबैभन्दा ठूलो फूल बजार
- » लोक कलाका लागि प्रसिद्ध



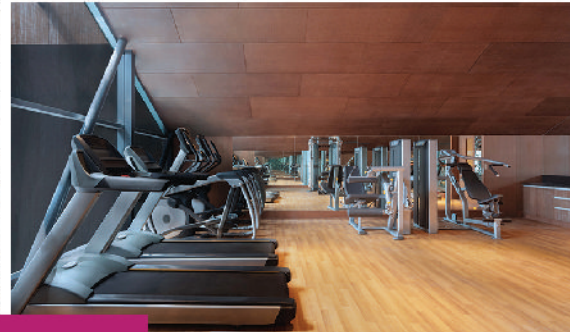
कुवेत

- » खाडी राष्ट्र कुवेतको राजधानी
- » थिएटर परम्पराको लागि परिचित
- » तातो बालुवाका टिब्बाका लागि प्रसिद्ध
- » सुक र पुरानो बजारको लागि लोकप्रिय
- » विश्वको सबैभन्दा ठूलो पेट्रोलियम उद्योगको घर
- » कुवेत टावरहरूको लागि प्रसिद्ध



SMOKING INSIDE THE AIRCRAFT IS STRICTLY PROHIBITED!

विमान भित्र धुम्रपान निषेध गरिएको छ ।



STAY IN STYLE

ALOFT KATHMANDU THAMEL

SCAN ME



Chhaya Devi Complex, Amrit Marg, Thamel, Kathmandu
T. +977 1 5252000 F. +977 1 5252111
www.aloftkathmanduthamel.com

  [aloftkathmandu](#)

nook WXYZ[®] BAR *Akua* Re:charge **Re: fuel**
BY ALOFT[®]

NEPAL'S FIRST DRY HOPPED PILSNER BIER



100% GERMAN MALT

  BARAHSINGHE



क्षोराको खुशी हाम्रो खुशी ।
सन्तुष्ट छौं, क्षोराले हिमालरेमिटबाट
हाम्रो खुशी पठाई दिइरहेको छ ।



पुन्याउँछौं **खुशी**

a product of

HBL



हिमालयन बैंक लिमिटेड

Himalayan Bank Ltd.

www.himalayanbank.com/himalremit

टोल फ्री १६ ६०० १११ ०००

रेमिटान्स सेन्टर, कर्पोरेट अफिस, कमलादी, काठमाण्डौ
फोन: ००९७७-१-४२५०३५४

QR SCAN
FOR MORE
DETAILS.



Follow us on:

- himalremit
- @himalremit
- @himalremit

Khukri®

— SPICED RUM —



PREMIUM SPICED RUM
INFUSED WITH NEPALESE SPICES

www.khukrirum.com



khukrirumnepal



khukrirum

DRINK RESPONSIBLY