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THE RISING NEPAL

ALL BE HAPPY, ALL BE WELL



PHOTO: RSS

Home Minister Sudan Gurung responds to the queries raised by lawmakers at the meeting of the National Assembly in Singha Durbar on Thursday.

'Govt maintains high disaster preparedness'

BY A STAFF REPORTER
Kathmandu, Aug. 6

Home Minister Sudan Gurung has said the government is maintaining a high-level of preparedness to manage and respond to monsoon-induced disasters.

Responding to lawmakers' questions during Thursday's National Assembly meeting, Minister Gurung said more than 26,000 security personnel had been placed on standby nationwide for immediate deployment in disaster emergencies.

He said the government, in coordination with Nepal Telecom, has launched the 1234 toll-free helpline to provide prompt assistance to citizens during disasters. Members of the public can call the number to seek help in emergency situations, he added.

In addition, 197 fire engines, 460 ambulances, 612 rescue boats, 163 excavators, 13 portable bridges and three helicopters are ready for deployment.

He added that the procurement of rescue equipment for security agencies had been prioritised.

Minister Gurung also informed lawmakers that Rs 7.56 billion is currently available in provincial, district and local disaster management funds. These resources will be prioritised for relief, reconstruction and studies of disaster-prone settlements.

The government has already released Rs 76.2 million to District Administration Offices for the purchase of rescue equipment and Rs 14.4 million to 28 districts for the procurement of rescue boats.

He stressed that disaster management is not solely the government's responsibility but a shared obligation of all state mechanisms and civil society, pledging to further strengthen coordination and cooperation among the federal, provincial and local governments to minimise the loss of life and property.

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MPS CALL FOR CONCRETE ACTION

BY A STAFF REPORTER
Kathmandu, Aug. 6

National Assembly members have urged the government to strengthen preparations for monsoon-related disasters, saying effective measures are necessary to minimise human casualties and damage to property.

Speaking during Thursday's National Assembly meeting on a proposal seeking the Home Minister's attention regarding the government's preparedness for monsoon-induced disasters, lawmakers criticised the existing level of preparation and called for stronger disaster management strategies.

Nepali Communist Party (NCP) lawmaker Madan Kumari Shah said Nepal should formulate disaster management plans by learning from countries that have achieved significant progress in early warning systems, preparedness and rescue operations.

She cited Japan's practice of providing disaster education from the school level and Bangladesh's long-term water policy and river management model as examples Nepal could adopt.

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GOVT PLEDGES SUPPORT FOR GEN Z MOVEMENT VICTIMS

BY A STAFF REPORTER
Kathmandu, Aug. 6

Minister for Infrastructure Development Sunil Lamsal on Thursday pledged government support for the physical infrastructure required by the newly established central office of the organisation representing those injured and the families of those killed during the Gen Z movement.

Inaugurating the central office of 'Office of Injured Gen Z' at Babarmahal, Minister Lamsal said the government would continue to work to ensure justice and relief for the families of the martyrs, as well as treatment, education and employment opportunities for those injured in the movement. He added that the government was serious about addressing the concerns raised by the injured.

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Today's Supplement Highlight

Ensure treatment without financial toxicity



'Hello Sarkar' to become integrated grievance management system

BY A STAFF REPORTER
Kathmandu, Aug. 6



The Office of the Prime Minister and Council of Ministers is preparing to upgrade the Hello Sarkar platform into an integrated citizen grievance and service management system to make the handling of public complaints faster, more efficient, transparent and effective.

Krishna Sapkota, Under-Secretary at the Hello Sarkar Section, said a detailed concept paper and implementation plan have been prepared and submitted for discussion.

"The proposal aims to upgrade Hello Sarkar into a unified platform that will manage complaints received through multiple channels, including telephone, the website, Facebook, WhatsApp, Instagram and email," Sapkota said.

Under the proposed system, citizens will be able to lodge complaints directly with the relevant government office through the Hello Sarkar platform and track the progress of action taken.

"If they prefer not to submit complaints directly to the concerned office, the system will automatically forward them to the appropriate authority."

The proposed platform will also allow authorities to monitor progress and provide updates to service recipients through a single integrated system.

According to Sapkota, the government also plans to interconnect government call centres.

Under the proposal, complaints received through the toll-free number 1111 will be automatically transferred to the call centre of the relevant ministry or government agency based on the nature of the complaint.

"If the concerned agency fails to provide the required service, the call will automatically be redirected to Hello Sarkar for further grievance handling," he said. "This is expected to end the need for citizens to repeatedly approach different government offices regarding the same issue."

The upgraded system will also maintain records of previous complaints lodged by individual service recipients and display their current status. Repeated complaints on the same issue submitted by the same individual will be consolidated and managed as a single case.

Sapkota said the government has recently prepared the Citizen Grievance and Integrated Service Management Directive, which proposes integrating grievance management systems across the federal, provincial and local levels.

The directive also proposes fixed timelines for resolving complaints. Emergency complaints should be addressed within 24 hours, highly urgent cases within three days, urgent complaints within seven days and ordinary complaints within 15 days.

Under the proposed mechanism, complainants will receive notifications through the system once their grievances have been resolved. Cases will only be closed after the complainant confirms whether the issue has actually been resolved, ensuring feedback is incorporated into the process.

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Nepal e-attestation system launched

BY A STAFF REPORTER
Kathmandu, Aug. 6

The Department of Consular Services (DoCS) has launched Nepal e-Attestation System (NEATS) to make consular attestation services technology-enabled.

Minister for Foreign Affairs Shisir Khanal launched the new system at a programme organised at the Ministry of Foreign Affairs on Thursday. However, the new online system will be operational from August 17 (Bhadra 1).

Through the new system, service users will be able to submit online applications for consular attestation, track the status of their applications, pay government fees and book appointments for document attestation from anywhere in the world.

Speaking on the occasion, FM Khanal said the digital system had been introduced in line with the government's commitment to making services delivered by the Ministry and its subordinate agencies more accessible, simpler, transparent and efficient.

"I am extremely pleased that the very first decision I took after assuming responsibility for the MoFA has now become a reality. I am confident that this initiative will make a significant contribution towards establishing the Ministry as a model for public service delivery," he said.

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Concept paper on Bill integrating three media laws made public

RSS
Kathmandu, Aug 6

The Ministry of Information and Communications has released a concept paper prepared for drafting the National Communications Bill, aiming to make the mass communication sector timely, integrated and accountable.

The ministry has said that it is moving forward with the necessary preparations with the goal of registering the bill in parliament within this fiscal year.

The concept paper states that a new integrated law is needed to effectively implement the freedom of speech and expression guaranteed by the constitution, the right to communication, and the right to information, while addressing rapid advancements in information technology, the expansion of digital and online media, and the diversification of the broadcasting sector.

For that, a proposal has been made to introduce a single umbrella law to replace the currently prevailing Printing and Publication Act, 2048, the National Broadcasting Act, 2049, and the Act concerning Working Journalists, 2051.

According to the ministry, simply making minor amendments to these acts alone is not enough to meet current needs, so a new unified law is necessary.

The new act aims to make the mass communication sector fair, independent, transparent, respectable, and professional, while further strengthening democratic governance.

It has also been stated that legal grounds will be provided in a timely manner for the institutional development of media organizations, accountability, good governance, and the rights, interests, services, facilities, and protection of working journalists.

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Tetari Khatun: Trapped by debt, wandering around for justice

BY BINAY KARNA
Saptari, (Kalayanpur), Aug. 6

"Where do I go for justice now?"

For 62-year-old Tetari Khatun of Khadak Municipality-9 in Saptari, the question is no longer just a personal plea.

It reflects the anguish of many victims who say they have fallen into the trap of a loan shark and are still struggling to reclaim what they lost.

Despite repaying more than the amount she borrowed, Khatun says she has been unable to recover the house and land she pledged as collateral. Instead, she later discovered that the property had already been transferred to another person's name. Since then, she has been moving from one government office to another, District Administration Office, District Police Office and Area Police Office, hoping someone will finally listen.



Nearly a decade ago, Khatun had borrowed Rs. 200,000 from Madhav Prasad Sah of Rajbiraj-7 to pay for her elder brother's medical treatment. Trusting the lender, she mortgaged her house and one-and-a-half katthas of land and signed several documents.

As her financial situation gradually improved, she says she repaid the loan in instalments, more than Rs. 350,000 in total. Yet, according to her, the collateral documents were never returned.

"I kept asking for my land back, but I was always given one excuse or another," she recalled. When she later checked with the Land Revenue Office, she says she was shocked to learn that the property had already been transferred to someone else.

Speaking to journalists in Rajbiraj on Thursday, Khatun struggled to hold back tears as she narrated her ordeal.

"I lost everything because I trusted them. Please help me get justice," she appealed.

Over the past two years, she says she has filed five complaints with the unfair lending section of the District Police Office and six applications with the District Administration Office's anti-usury unit. However, she alleges that little has happened beyond official correspondence between government offices.

"I have only been submitting applications. Nothing has happened," she said. The lender, however, rejects the allegations.

Madhav Prasad Sah claims the property was not mortgaged against a loan but was legally purchased in the name of his wife, Sabitri Devi Sah, in 2012/13. He further says the property was sold to another buyer in 2019/20.

"In 2024, a complaint accusing me of usury was filed only to defame me," Sah said.

Administrative Officer Mona Jha at the District Administration Office, Saptari, has urged Khatun to remain in contact with the office, saying necessary assistance will be provided.

Yet Khatun's case is far from an isolated one.

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BULLION
(Rs. per tola)

Hallmark Gold	: Rs. 296,000/-
Worked Gold	: NA
Silver	: Rs. 4,570/-

STOCK

NEPSE	: 2,654.15
Total Amount	: 4,622,777,442.29
No. of Share	: 10,804,426

NEPAL, OMAN PUSH TRADE, TOURISM

RSS
Kathmandu, Aug. 6

An Export, Investment, Tourism and Employment promotion programme entitled "Business Interaction and Networking event" was recently organised at Nepal House, Muscat, Oman. The Embassy of Nepal in Muscat had organized the programme.

The event focused on information dissemination related to the opportunities of export from Nepal and investment avenues in Nepal, and establishing connection between the Nepali and Omani businesspersons.

On the occasion, Chargé d'Affaires, Bishesh Kumar Sah shared that Nepal has prioritized Oman as an important partner for exploring the possibilities of trade and investment and expressed his happiness about the first visit of a high-level delegation from Nepal, reads the press release issued by Nepali Embassy in Muscat.

Nepal bears deficit with 128 nations

• Trade surplus with 34 countries too small to offset deficit

BY LAXMAN KAFLE
Kathmandu, Aug. 6



Nepal recorded a trade deficit with 128 of its 162 international trading partners during the fiscal year 2025/26, highlighting the country's continued dependence on imports despite achieving its highest-ever export earnings.

According to the Department of Customs, Nepal's overall trade deficit widened to Rs. 1,781.08 billion during the review period as imports continued to outpace exports.

Although the country maintained trade surpluses with 34 countries, the gains were too small to offset the growing imbalance. Nepal's exports increased by 13.81 per cent to a record Rs. 315.29 billion, while imports rose by 16.20 per cent to Rs. 2,096.37 billion.

India and China remained Nepal's largest contributors to the trade deficit. The trade deficit with India reached Rs. 951.95 billion, with imports from the southern neighbour amounting to Rs. 1,210.60 billion against exports of Rs. 258.65 billion.

India accounted for around 60 per cent of Nepal's total foreign trade, receiving more than 82 per cent of Nepal's exports while supplying nearly 58 per cent of its imports.

Similarly, Nepal's trade deficit with China stood at Rs. 423.35 billion. During the fiscal year, Nepal imported goods worth Rs. 425.24 billion from China but exported only Rs. 1.89 billion.

Among other countries, Argentina recorded Nepal's third-largest trade deficit at Rs. 116.36 billion, as imports totalled Rs. 116.38 billion while exports reached only Rs. 18.5 million.

The country has a trade deficit with the United Arab Emirates amounting to Rs. 50.32 billion. Nepal imported goods worth Rs. 52.16 billion from the UAE while exporting goods worth only Rs. 1.84 billion.

The country also has trade deficits with Indonesia at Rs. 21.92 billion, Australia at Rs. 18.26 billion, Thailand at Rs. 18.32 billion, Brazil at Rs. 17.70 billion, Malaysia at Rs. 15.26 billion, United States of America at Rs. 11.94 billion, Saudi Arabia at Rs. 9.02 billion, Japan at Rs. 7.03 billion and Canada at Rs. 6.47 billion.

Similarly, Nepal recorded trade deficits with Viet Nam at Rs. 8.19 billion, Ukraine at Rs. 8.97 billion, Bangladesh at Rs. 8.66 billion, South Korea at Rs. 5.86 billion, Brunei Darussalam at Rs. 4.69 billion, and the Russian Federation at Rs. 4.15 billion.

Highest trading surplus with Denmark

Despite the overall deficit, the country recorded trade surpluses with 34 countries, including American Samoa, Angola, Antigua and Barbuda, Bahamas, Barbados, Cayman Islands, Colombia, Congo, Croatia, Cyprus, Denmark, Ecuador, Fiji, Georgia, Ghana, Grenada, Iceland, Iraq and Jamaica

Nepal also enjoyed surpluses with Kyrgyzstan, Lebanon, Maldives, Mali, Mauritius, New Caledonia, Niger, Norway, Panama, Romania, Syrian Arab Republic, Seychelles, Turks and Caicos Islands, Yemen and Zambia during the last fiscal year.

Denmark emerged as Nepal's top surplus partner, with a surplus of Rs. 804 million in the last fiscal year 2025/26. The country exported goods worth Rs. 1.02 billion to Denmark while importing goods worth Rs. 216 million.

Norway ranked second, with a trade surplus of Rs. 88 million. During the review period, goods worth Rs. 217 million were exported to Norway while goods worth Rs. 129 million were imported.

The latest trade figures indicate that while Nepal's exports have reached a historic high, the country's import-driven economy continues to witness wider trade gap, underscoring the need to expand export-oriented production and diversify overseas markets.

SAH APPOINTED MD OF NOC

BY A STAFF REPORTER
Kathmandu, Aug. 6

The government has appointed Nagendra Sah as the Managing Director of the Nepal Oil Corporation (NOC), filling the vacant top executive position at the state-owned petroleum supply body.

A meeting of the Council of Ministers held on Wednesday decided to appoint him as the corporation's Managing Director.

Sah was selected through an open competitive recruitment process initiated by the Ministry of Industry, Commerce and Supplies.

The newly appointed Managing Director, Sah, is an experienced official at the NOC.

A native of Nagrain Municipality-3 in Dhanusha, he joined the NOC as a Chartered Accountant (CA) nearly 17 years ago (in March, 2009).

He previously served as the corporation's Deputy Managing Director and also assumed the role of Acting Managing Director.

He retired from the NOC on June 7, 2026.

The post had remained vacant after former Managing Director Chandika Prasad Bhatta's term came to end.

Newly appointed Managing Director Sah said that he would focus on ensuring the smooth supply of petroleum products while making the corporation a profitable institution.

Talking to The Rising Nepal, he said that he would prioritise digitalisation to make the corporation's services more effective, transparent and consumer's friendly during his tenure.

Govt to replace 30-year old Telecom Act

BY A STAFF REPORTER
Kathmandu, Aug. 6

The government has initiated the process of replacing country's three-decade-old Telecommunications Act.

The Ministry of Information and Communication has begun efforts to overhaul the outdated law governing the telecommunications sector.

As part of the process, the Ministry has made public a concept paper prepared for drafting a new Telecommunications Bill.

According to the Ministry, a new law is needed to keep pace with the latest technological developments in the telecommunications sector, promote the adoption and advancement of emerging technologies, and achieve the goals, objectives and programmes outlined in the national telecommunications policy.

The proposed legislation also aims to make telecommunications services more competitive, reliable and accessible, while strengthening the effective regulation of the sector through the Nepal Telecommunications Authority.

Calls for replacing the existing law have been growing in recent years, with stakeholders arguing that many of its provisions have become impractical and are no longer capable of addressing the challenges posed by rapidly evolving technologies.

Telecommunications service providers have also been demanding amendments to the law, arguing that the existing renewal fee of Rs. 20 billion has placed an excessive financial burden on operators.

They have long maintained that licence renewal fees should be determined on the basis of operators' revenue rather than a fixed amount, particularly at a time when the industry is facing declining earnings.

Similarly, apart from a handful of major companies, many internet service providers have also been struggling with various regulatory and operational hurdles. Addressing these challenges is expected to be one of the key objectives of the proposed Telecommunications Act.

KOICA's K-Connect boosts Nepali startups

BY A STAFF REPORTER
Kathmandu, Aug. 6

The Korea International Cooperation Agency (KOICA) hosted "K-Connect: Promoting the Entrepreneurship Ecosystem in Nepal", a landmark initiative held in Kathmandu on Thursday.

The programme aimed to connect entrepreneurs, financial institutions, investors, and development partners across Nepal.

Speaking at the event, Park Tae-Young, Ambassador of the Republic of Korea to Nepal, emphasised that Korea's sustainable development was driven largely by investments in people, stronger institutions, and opportunities for innovation, entrepreneurship, and private sector growth.

Joint Secretary Navaraj Dhakal from the Office of the Prime Minister and Council of Ministers and Joint Secretary Hem Raj Tamang from the Ministry of Youth, Labour and Employment welcomed the initiative, highlighting the importance of entrepreneurship, skills development and job creation for Nepal's economic growth.

They also acknowledged the meaningful development cooperation extended by the government of the Republic of Korea through KOICA. KOICA Country Director Mooheon Kong reaffirmed KOICA's longstanding commitment to supporting entrepreneurship development in Nepal.

He said that, over the years, KOICA has supported entrepreneurship, access to finance and skill development through various projects across different sectors and regions.

During the event, KOICA Deputy Country Director Sujin Yeo stated that K-Connect is about connecting entrepreneurs, financial institutions, investors, mentors, government partners, and development organizations within a growing entrepreneurship ecosystem.

According to a press statement of KOICA, the event brought together beneficiaries from three KOICA-supported projects, government officials, investors, financial institutions, mentors and development partners.

The main goal of the event was to provide a unique platform to enhance access to knowledge, networks, and financing while fostering innovation, shared learning, sustainable business growth, and job creation, read the press statement. The three KOICA-supported



projects represented at K-Connect have already delivered tangible results across Nepal.

Under the Korea Returnee Migrants Reintegration Project, known as K-HaMi Project, more than 15,000 returnee migrant workers have received technical, reintegration, and financial literacy training, with 195 completing dedicated entrepreneurship training.

KOICA is providing USD 2.5 million in interest subsidies to facilitate access to loans for Nepali workers returning from Korea. Approximately 300 Korea Returnee migrant workers are expected to benefit from the programme.

The Climate Smart Agriculture (CSA) project has established 109 climate-smart agribusinesses in the Tarai flood plain, supported over 5,300 beneficiaries with entrepreneurship grants and training, and created 343 green jobs.

Under this project, KOICA has provided USD 1.5 million for Tarai Agribusiness and Enterprise Challenge Fund (TAECF), it said.

In Pokhara, Green Job Creation through Recycling and Upcycling (GCRU) project has developed 115 recycling and upcycling enterprises, trained nearly 11,000 households in waste management, and delivered entrepreneurship training to more than 1,300 people.

Together, these achievements form the foundation on which K-Connect is building a unified entrepreneurship ecosystem for Nepal.

Engineer grows 50-fruit orchard

BY TOPLAL ARYAL
Gulmi, Aug. 6

Fattaman Thapa of Eaksing, of Satyawati Rural Municipality-4 in Gulmi, has transformed his farm into a living classroom by cultivating around 50 varieties of fruit, demonstrating the area's potential for commercial horticulture.

A sub-engineer by profession, Thapa began his career at the then District Development Committee in 2001 before later joining Satyawati Rural Municipality, close to his home. Having more time before and after office hours, as well as on holidays, he decided to devote his spare time to fruit farming.

Thapa said his interest in horticulture developed while travelling to villages during his government service, where he realised the potential for fruit cultivation in the district.

He has planted around 300 dragon fruit plants commercially. Encouraged by good yields from the trial plantation, he now plans to expand cultivation. Dragon fruit currently sells for Rs. 400-500 per kilogram in the market.

His orchard also includes mango, avocado, orange, litchi and many other fruit species. In addition, he has planted 40 mature agarwood trees and around 400 valuable agarwood saplings on previously unused farmland.

The farm has more than 100 avocado trees, although they have yet to reach full production. Looking ahead, Thapa also plans to cultivate macadamia nuts commercially, citing their growing demand and high market value both in Nepal and abroad.



PHOTO: TOPAL ARYAL/TRN

Fattaman Thapa tending his dragon fruit farm at Eaksing of Satyawati Rural Municipality-4, Gulmi.

He has planted 700 banana plants on four ropanis of land and already earns income from the commercial production and sale of dragon fruit, bananas and litchi. Most of the other fruit varieties are currently maintained on a smaller scale for demonstration and trial purposes.

"I want to show people who believe nothing can be grown in the village that fruit farming suited to the local geography is both possible and profitable," Thapa said. "Many farmers cannot afford to experiment with expensive crops, so I want my orchard to serve as a learning centre."

He said the farm has been established with an investment of around Rs. 1 million, made possible through family labour and his own land, and has already demonstrated promising economic potential.

His wife, Chun Maya Thapa, is a teacher at Eaksing Secondary School, while other family members help manage the farm.

Thapa said he plans to devote himself fully to agriculture after retirement and has focused on long-term prosperity by investing in high-value fruit and tree species rather than seeking immediate returns.

According to Sandhya Gyawali, agriculture officer at Satyawati Rural Municipality, Thapa has been actively promoting perennial fruit and spice crops.

Through his integrated farming system, he has successfully combined the cultivation of high-value fruits and spices with beekeeping and livestock farming.

The municipality has also been promoting commercial fruit farming. In the fiscal year 2024/25 alone, more than 83,000 fruit saplings were planted on private, community, cooperative and public land.

Tea and coffee plantations have been developed over the past four years in the Satyawati religious area of Lumpek to promote agro-tourism.

Seasonal fruits, mangoes and litchi have been planted along the Badigad River corridor, while higher elevations are being used for kiwi, pear and other temperate fruits.

The agriculture section of Satyawati Rural Municipality said timur (Sichuan pepper) and seasonal fruit saplings have been planted across Wards 1 to 8, while temperate fruit species such as kiwi, quince, walnut and apple have also been introduced.

Other plantations include orange, lemon, khair, bay leaf, rhododendron, agarwood, large cardamom, avocado and sandalwood.

Capstone Accelerator today

BY A STAFF REPORTER
Kathmandu, Aug. 6

Twenty emerging entrepreneurs selected from across seven cities of the country will gather in Kathmandu on Friday, for the finale of the U.S. Embassy Entrepreneurship Skill Development Programme, 'Capstone Accelerator'.

According to the organiser, the 20 entrepreneurs have been selected from more than 200 entrepreneurs from Nepalgunj, Dhangadhi, Biratnagar, Janakpur, Hetauda, Bhairahawa, and Pokhara.

Director of the International Development Institute (IDI) Roshan Ghimire informed that the programme has provided participants with practical business skills in marketing, storytelling and communication, AI readiness, export orientation, and investment readiness.

As a part of the finale, the entrepreneurs will present their business ideas before an expert panel during an investment and global-market pitching session.

According to the organiser, the session is intended to provide constructing feedback to help participants improve their market positioning, scalability, innovation, export readiness and investment potential.

The event will conclude with the Capstone "Main Street" Showcase, an interactive marketplace inspired by the traditional American Main Street model, where the founders will exhibit their products and services through live demonstrations and interactions with guests.

According to the organiser, the programme aims to help create opportunities for entrepreneurs to receive market feedback, expand professional networks, and explore future collaborations.

Throughout the programme, the 20 finalists benefited from masterclasses, mentoring, and coaching from AmCham Nepal and other American firms.

"Strong economic partnerships are built by investing in people. By equipping emerging Nepali entrepreneurs with the skills, networks, and global perspectives they need to grow, this initiative reinforces the longstanding partnership between the United States and Nepal while creating new opportunities for trade, investment, innovation, and private-sector collaboration," said Mike Harker, Public Affairs Chief at U.S. Embassy Nepal.

The Capstone Accelerator is the final stage of the U.S. Embassy Entrepreneurship Skill Development Programme, supported by U.S. Embassy Nepal and implemented by the International Development Institute (IDI) in partnership with Aadyanta Advisory.

Locals launch campaign to save Susta from river erosion

BY OUR CORRESPONDENT
Parasi, Aug. 6



PHOTO: TRN

Locals of Susta take part in voluntary labour to build a temporary embankment to protect the village from erosion.

As the water level of the Narayani River continues to rise, residents of Susta in West Nawalparasi have launched a voluntary community campaign to protect their village from flooding and riverbank erosion.

With a permanent embankment yet to be built, locals have stepped up the construction of a temporary barrier using their own resources, equipment and labour.

Rabindra Jaiswal, Spokesperson for the Susta Protection Campaign, said the contract process for the permanent embankment had been completed, but construction has been stalled due to objections from the Indian side.

He said the delay in building the embankment in the most vulnerable section has increased the risk of the Narayani River changing its course towards the settlement.

"Although the construction contract has already been awarded, the work could not begin because of objections from the Indian side," he said.

As the river now poses a direct threat to the village, locals are building a temporary embankment with their own resources, machinery and voluntary labour to protect the settlement, he added.

According to him, the river has intensified erosion from the section where embankment construction near Bheldar and the Simal area has remained stalled, prompting residents to unite in efforts to reduce the risk.

Locals are using excavators to move soil and filling nylon crates and sacks with sand and gravel to prevent further erosion. Bamboo, tree branches and wire mesh are also being used to divert the river's flow. Young people, women and senior citizens have been taking part in the voluntary work every day.

While residents hope their efforts will provide immediate protection, they have called on the government to pursue diplomatic talks with India and resume the long-delayed construction of the permanent embankment as a lasting solution.

Continuous rainfall has caused the Narayani River's water level to rise, increasing the risk of erosion. Residents said that although the community effort has provided some temporary relief, there are still fears of heavy loss of life and property if the river swells further.

They have urged the government, the Ministry of Home Affairs and the Ministry of Energy, Water Resources and Irrigation to take immediate diplomatic initiatives with India to restart the stalled embankment project.

Bangladesh Embassy in Kathmandu observes July Mass Uprising Day

BY A STAFF REPORTER
Kathmandu, Aug. 6

Members of the Bangladesh community in Nepal, officials from regional organisations such as the SAARC Secretariat and ICIMOD, representatives of civil society and think tanks, and representatives of Gen Zs in Nepal were present at the event.

Bangladesh Embassy in Kathmandu observed July Mass Uprising Day on Wednesday, commemorating the second anniversary of the historic July Mass Uprising in Bangladesh.

Professor Dr. A S M Amanullah, Vice-Chancellor of the National University of Bangladesh, graced the event as the Chief Guest. Ambassador Md. Golam Sarwar, Secretary General of SAARC, attended the programme as the Special Guest. Members of the Bangladesh community in Nepal, officials from regional organisations such as the SAARC Secretariat and ICIMOD, representatives of civil society and think tanks, and representatives of Gen Zs in Nepal were present at the event, according to a press statement from the Embassy.

In his remarks, the Chief Guest, Professor Amanullah, shared his own experiences from his participation in the July Mass Uprising. He stressed that all stakeholders in society, including political parties, must draw lessons from the historic uprising led by the youth. He emphasised the undisrupted democratic process as a key to building strong institutions and a prosperous Bangladesh under the leadership of Prime Minister Tarique Rahman.

Highlighting the learnings from the Mass Uprising in Bangladesh in July-August 2024, the special guest, Secretary General of SAARC, Ambassador Sarwar emphasised ensuring good governance, people's dignity, rights and economic emancipation. He also stressed effective regional cooperation among the SAARC member States to realise the spirit and aspirations of the July Mass Uprising.

In closing remarks, Ambassador Rahman described the July Mass Uprising as a defining moment in Bangladesh's democratic journey, reflecting the collective aspiration of the people for accountable governance, democratic values, the rule of law, and equal opportunities for all.

Referring to the vision of the current government, he underscored that Bangladesh has embarked on a new chapter of nation-building and development under the "Bangladesh First" policy.

Most multi-year projects in Madhes near completion

BY OUR CORRESPONDENT
Mahottari, Aug. 6

The 32 multi-year development projects being implemented by the Madhes Province Government in Dhanusha are in their final phase, with the majority expected to be completed within the current fiscal year.

According to the Infrastructure Development Office, Janakpurdham, construction work on most of the projects has reached the final stage.

Office Chief Sanjeev Kumar Sah said the One Constituency Road Programme, implemented under the multi-year project framework, is also nearing completion. The programme aims to construct and blacktop five kilometres of road in each electoral constituency.

The office said that construction of a bridge over the Jalad River in Janakpurdham Sub-metropolitan City-1, as well as blacktopping of the Bhiman-Mahangachhi-Kishanpur road in Dhanusha, has already been completed.

The Infrastructure Development Office reported significant progress in road and physical infrastructure development during the fiscal year 2025/26.

According to the office, 57 kilometres of concrete roads were constructed at various locations in Dhanusha, along with 22 culverts. In addition, 22.5 kilometres of roads were gravelled, one kilometre was blacktopped and seven kilometres of roads underwent maintenance during the period.

Sah said that the BP Memorial Hall in Janakpurdham and the Yognarayan Memorial Hall in Sabaila have been completed following sustained efforts.

Likewise, 22 community buildings and two assembly halls have been constructed in different parts of the district.

Under the Janata Housing Programme, 638 of the 796 houses under construction in Dhanusha and Mahottari have been completed. Construction of the remaining houses has been halted as related cases are pending before the court, Sah said.

Similarly, under the Mahendra Narayan Nidhi Housing Scheme for the underprivileged, 71 of the planned 105 houses in Dhanusha have been completed, while the remaining 34 are under construction.

Under the Madan Bhandari Housing Scheme for the underprivileged, 29 of the planned 55 houses in Dhanusha have been completed, with construction of the remaining houses continuing, according to the office.

Beni Hospital expands hemodialysis service

BY THAKUR PRASAD ACHARYA
Myagdi, Aug. 6



PHOTO: TRN

Gandaki Province Minister for Health Laxman Bahadur Pandey inaugurates the expanded hemodialysis service at Provincial Hospital Beni.

Hemodialysis services have been expanded at the Provincial Hospital Beni in Myagdi after the Gandaki Province Ministry of Health provided three additional dialysis machines.

The expanded service was inaugurated on Thursday by Minister for Health Laxman Bahadur Pandey. The expansion is expected to make dialysis services more accessible and convenient for kidney patients in the district.

Speaking at the inauguration, Minister Pandey said the provincial government had supplied the additional machines to ensure timely and easier access to dialysis treatment.

He expressed confidence that the expansion would provide much-needed relief to patients suffering from kidney disease.

He said the number of kidney patients has been increasing in various districts of the province, resulting in long waiting times for dialysis. The provincial government, he added, has prioritised providing dialysis hospitals with the necessary machines, equipment and skilled manpower to improve service delivery.

Pandey also said the government plans to establish a well-equipped hemodialysis service at the provincial level. He added that the provincial government has been prioritising the deployment of skilled health personnel, the supply of medical equipment and the availability of medicines in hospitals under its jurisdiction.

He urged doctors and health workers to continue providing quality healthcare services with patients' needs as the top priority.

Health Ministry secretary Yuva Nidhi Basaula reaffirmed the provincial government's commitment to providing hospitals with the budget, human resources and equipment needed to strengthen healthcare services.

Speaking on the occasion, Beni Municipality Mayor Surat KC, Chief District Officer Rabindra Acharya and Hospital Management Committee Chair Dek Bahadur Baniya stressed the need for continued provincial support to further improve the hospital's services.

Acting Medical Superintendent Dr. Hemanta Bastola said the hospital began providing dialysis services in 2020 with three machines. Over the years, the number of machines has increased to nine through periodic additions.

He said the service, which initially operated from a cramped room, is now being delivered from a larger facility with additional machines and staff, eliminating the need for patients to wait long for treatment.

According to Dr. Bastola, around 40 patients are currently receiving regular hemodialysis at the hospital.

He said the service expansion has also enabled patients on the waiting list to receive treatment more promptly. Other medical services at the hospital have also been improved to make healthcare delivery more effective.

VETERINARY OFFICE STAFF FACE CORRUPTION CHARGES

BY OUR CORRESPONDENT
Saptari, Aug. 6

The Commission for the Investigation of Abuse of Authority (CIAA) has filed a corruption case at the Special Court against the chief of the Veterinary Hospital and Livestock Service Expert Centre in Rajbiraj, Saptari, and a light vehicle driver on charges of accepting a bribe.

According to a statement issued by the CIAA on Wednesday, Office Chief Dr. Ram Pavitra Das and driver Bhogendra Yadav allegedly demanded a 20 per cent commission from vaccinators in return for facilitating the release of remuneration they were legally entitled to receive for completing a vaccination programme.

Acting on a tip-off and complaint, a CIAA team from its Itahari office apprehended the two with the bribe amount.

The investigation found that Dr. Das, in collusion with Yadav, pressured vaccinators to pay at least 20 per cent of the amount due to them as a bribe before their payments would be processed.

Shortage of doctors, medicines hits Humla Hospital

BY OUR CORRESPONDENT
Humla, Aug. 6



Humla District Hospital is facing a severe shortage of doctors and medicines, affecting its ability to provide adequate healthcare services.

The shortage has been attributed to the failure to deploy the required number of medical personnel and inadequate budget allocation for medicines.

Acting Chief Medical Officer at the Health Service Office, Dr. Bhim Bahadur Budha, said the hospital has been struggling due to the provincial government's failure to fill sanctioned medical posts. Although the hospital is supposed to have six medical officers, only two are currently in service.

"The shortage of doctors has made it difficult for the hospital to provide round-the-clock services," Dr. Budha said. At present, the hospital has five doctors in total, including one specialist, one dental surgeon, one doctor appointed under a scholarship contract and two medical officers.

He said the existing workforce is insufficient to cope with the growing number and complexity of patients.

Although the hospital has expanded the range of services it offers, several services cannot be provided because of the shortage of medical personnel. Likewise, of the four sanctioned specialist posts, only one has been filled.

Dr. Budha said creating positions without deploying the required manpower has made it impossible to deliver quality healthcare services. The hospital management had earlier written to the Ministry of Social Development, requesting the deployment of one gynaecologist, one surgeon and two medical officers under the scholarship contract programme. However, no action has been taken so far.

The hospital is also facing a shortage of essential medicines, Dr. Budha said. During the previous fiscal year, the supply of medicines was somehow managed through the initiative and coordination of specialist Dr. Umakanta Tiwari. However, shortages have already begun to emerge early in the current fiscal year.

The hospital is responsible not only for providing medicines to patients across the district but also for supplying medicines to local municipalities. However, inadequate funding has made it increasingly difficult to meet the demand.

The budget allocated for procuring medicines has been reduced from Rs. 1.5 million in the previous fiscal year to Rs. 1 million this year. The hospital is currently relying on its remaining stock, but many medicines that are supposed to be distributed free of charge have already run out.

No new medicines have been procured so far, forcing the hospital to send some patients home without the medicines they need after treatment.

INDIAN YOUTH DROWNS IN TELHA POND NEAR JANAKI TEMPLE

BY OUR CORRESPONDENT
Janakpurdham, Aug. 6

An Indian pilgrim died after drowning in Telha Pond, located near the renowned Janaki Temple.

The deceased has been identified as 20-year-old Adarsh Kumar Jha of Hajipur, Bihar, India, according to Deputy Superintendent of Police (DSP) Madhusudan Neupane, Spokesperson for the District Police Office, Dhanusha. Jha had arrived in Janakpurdham with friends to visit the Janaki Temple.

Police said Jha entered Telha Pond with the intention of swimming after consuming alcohol on Tuesday evening. He reportedly went missing at around 8:40 pm, prompting an immediate response from the police, who, with the assistance of local residents, rescued him from the pond.

He was rushed to the Provincial Hospital in Janakpurdham in a critical condition, but doctors pronounced him dead at around 9:05 pm, police said.

THOUGHT FOR TODAY

Sometimes it's hard to be a woman giving all your love to just one man.
-Tammy Wynette

EDITORIAL

Implement Inked Deal

Over the past few weeks, something extraordinary has gripped Nepal's healthcare sector: a series of strikes by doctors and nurses, threatening to throw hospitals and health care institutions out of gear. First it was Dr. Govinda K.C., who launched his 24th indefinite hunger strike on July 23 in Dhangadhi. After five days, on July 27, he ended his strike following a seven-point agreement with the government. Then, on July 28, came the nationwide strikes by doctors under Nepal Medical Association in solidarity with the doctor at the Narayani Hospital in Birgunj, who sustained life-threatening injuries as a result of attacks by the relatives of a heart patient who died during the course of treatment. The protest was called off with a five-point agreement between the agitating doctors and the government on July 29. Under the agreement, the government has committed to taking concrete steps for legal reforms related to doctor safety.

Then, on July 30, a nurse, Jyoti Ranabhat, resorted to a hunger strike to press the government for fair salaries and benefits, the formation of a task force to review salaries, benefits, and working conditions, among other demands. Featuring prominently among her demands was the implementation of the agreement inked with the Sushila Karki-led government. On August 5, her strike ended after signing a 19-point agreement with the government. What's more, there is still one more ongoing strike: intern doctor Dilli Harijan has been on a hunger strike to death since August 4, demanding the implementation of remuneration, as well as respect for the labour of intern doctors. Many such doctors have expressed solidarity with Harijan. Also included in the demand is the immediate implementation of the report prepared by the task force formed under the chairmanship of the Minister of Education and Sports.

If this sequence of strikes and protests hints at anything, it is that our health care workers are deeply dissatisfied with their working conditions, remuneration, the violence they have to endure, among many other things. To be sure, addressing this long list of demands for reform takes time and requires maximum collaboration from all stakeholders. Efforts by the Ministry of Health and Food Safety or the Ministry of Education and Sports go only so far, with neither having the sole authority to resolve these issues.

That said, we feel that the implementation of the past agreements in their letter and spirit holds a key to change things for the better. As the strikes have called for the execution of past agreements struck with the governments of the day, doing the same makes it unnecessary for many medics to go on strike. Needless to say, when healthcare workers are out on the streets even for a day, the pain and misery it inflicts on patients can be overwhelming.

The COVID-19 pandemic, which has elevated doctors and nurses to the status of life-saving heroes, has also exposed many weaknesses in our health sector: many such caregivers work in poor working conditions, with lots being underpaid and burned out. Despite this, many lost their lives to the pandemic in the line of duty. The best way to honour their sacrifice is to ensure sound working conditions at hospitals that preclude them from coming out on the street in protest, again and again! After all, what's the point of making a deal if the parties to it aren't serious about implementing it? Healthcare workers deserve better.

8-hour Sleep Grows Risk Of Heart Attack

KSENIA EVDOKIMOVA

Individual sleep patterns aren't a direct death sentence for the heart, but forced adaptation to social schedules can trigger vascular accidents, according to neurologist and sleep specialist Irina Zavalko, PhD. In a commentary for Pravda.Ru, the expert analysed data on the relationship between bedtime and the risk of myocardial infarction.

Previously, the journal Sleep Health published the results of a study involving over 4,500 people. Scientists suggested that going to bed too early or too late correlates with an increased risk of myocardial infarction.

According to Zavalko, the sample size of 5,000 people for the population study is small, making it difficult to draw definitive conclusions. The main problem lies not in the chronotype itself (morning or evening), but in sleep deprivation, which often affects "night owls" forced to rise early for work. Furthermore, systematically reducing rest time triggers pathological processes in metabolism and blood vessels.

"Long sleepers often have cardiovascular disease, but this isn't due to the duration of sleep per se, but rather to the fact that they already have other illnesses. The same applies to chronotypes: in the study, the average chronotype, which comprised the majority of the sample, was characteristic of younger participants. And age is a significant risk factor for myocardial infarction: the older a person is, the higher the likelihood of this event," she explained.

The neurologist noted that other underlying factors, including sleep apnea, could have influenced the results. Such pathologies are common in people with an evening chronotype. It's important to consider that chronic nocturnal snoring combined with pauses in breathing places excessive strain on the myocardium.

The expert also emphasized differences in ethnic groups: data obtained from studies of the Chinese population may not be applicable to Europeans or Russians due to genetic factors. An irregular bedtime is considered far more dangerous than a specific bedtime. Constant overwork and chronic stress damage vascular health faster than a late night.

"The late chronotype often suffers from sleep deprivation because they are forced to wake up early, and on weekends they compensate by sleeping longer. This difference between weekday and weekend sleep duration also increases the risk of cardiovascular disease. If a person maintains a regular sleep schedule, it's unclear what mechanisms might influence the heart," the neurologist said.

To maintain good health, it's important to focus on your personal sleep needs. Some people are genetically predisposed to need 9-10 hours of sleep, and this is not a medical condition. However, it's important to understand that interrupted breathing during sleep significantly increases the risk of vascular complications.

The sleep specialist recommended maintaining a stable daily routine, regardless of a natural tendency to rise early or late. Even minimal predictability helps the body allocate resources effectively. A well-established daily routine is a fundamental element in the prevention of many chronic illnesses.

- Pravda.Ru

Myanmar At A Crossroads



Dr. Narad Bharadwaj

The rare public appearance of Myanmar's Nobel laureate Aung San Suu Kyi at a meeting with representatives of the International Committee of the Red Cross (ICRC) last Monday appears to be a calculated stunt staged by the junta leadership rather than a genuine shift toward change. This turn of events has come at a time when the military regime is facing unprecedented international isolation, sweeping economic sanctions and devastating territorial losses to rebels in the ongoing internal conflict. This small act of goodwill, therefore, may hardly be able to rescue the military junta from the deepening crisis it is in.

Aung San Suu Kyi had been in detention at an undisclosed location since the military coup of 2021 when General Min Aung Hlaing overthrew the duly elected government led by the National League of Democracy (NLD). In the aftermath, the military detained thousands of political leaders and party workers, including Suu Kyi. This led to unprecedented protests and civil disobedience throughout the country. In April that year, the lawmakers of the dissolved parliament, youth leaders, and minority ethnic leaders came together and formed the National Unity Government (NUG), creating a parallel administration to oppose military rule. The NUG also formed its own armed wing, the People's Defense Force (PDF). In October 2023, three ethnic rebel armies joined hands to form what they called the Three Brotherhood Alliance and launched a coordinated offensive against the military junta, capturing significant territories previously under government control.

Dissident forces

Initially, Aung San Suu Kyi was handed a 33-year prison term but as the dissident forces gained ground on the battlefield, weakening the hold of the government's military, her term was reduced to 27 years in August 2023. On 3 April 2026, Min Aung Hlaing organised a controlled election and announced a transition to civilian rule, installing himself as the president. Unsurprisingly, this move was quickly exposed by the international media as a 'rebranding of military rule'. Under growing international scrutiny, President Hlaing reduced Suu Kyi's imprisonment to 18 years and 9 months in an amnesty he granted the same month. Recently, he has again signed another order commuting Suu Kyi's remaining prison term into home detention.

The mass disobedience that had started in the wake of the 2021 coup as a peaceful protest has now escalated into a full-blown civil war. The Three Brotherhood Alliance, consisting of the Arakan Army and Taang national Liberation Army and Myanmar National Democratic Alliance Army, has captured considerable territories from government control and has overrun some regional military bases as well. However, the junta still maintains its grip on major cities and critical infrastructure. Lately, there are also reports of the government forces pushing back the advancing rebel forces using sophisticated weapons and air superiority provided to it by Russia and China.

> Given the deep structural fault lines threatening stability, the only viable path for this country is to pursue an inclusive multiparty federal democracy.

Despite this, both belligerents are stuck in a grinding war of attrition with the massive loss of human life and critical infrastructure on both sides. China is reported to be playing a pivotal role in brokering a ceasefire with a view to restoring political stability and protecting its own economic interests. The war has inflicted a devastating blow to Myanmar's national economy and social cohesion. It has divided society, destroyed infrastructures, disrupted agricultural production, severed supply lines and badly disrupted trade and commerce. Law and order has broken down. As hospitals and clinics are targeted by both belligerents, the healthcare system is in a shambles.

According to media reports, 18 million people out of the country's 55 million population are in need of humanitarian assistance. The Myanmar government has been implementing a strict conscription drive to address the shortage of troops. This has triggered a mass migration of youths to neighbouring countries – mostly Bangladesh, Thailand and India -fueling a region-wide migration crisis. Lately, Rohingya refugees are found infiltrating even the Nepal–India border, raising concern for long-term socio-religious equilibrium in Nepali society. International media reports indicate that escalating conflict in Myanmar is turning that country into a drug trade hub. According to the United Nations Office on Drugs and Crime (UNODC), Myanmar has overtaken Afghanistan in the production of opium. Because of domestic instability and economic crisis, it has become the world's largest source of opium.

Quagmire of internal conflict

The ongoing political and economic crises in Myanmar prove that the 2021 military coup was a disastrous blow to this country emerging slowly from decades of international isolation and military rule. The ongoing vents show that it is again sinking deeper in the quagmire of internal conflict, instead of progressing toward democracy and stability. Myanmar is so much isolated from the international community that it is not invited even to the summit meeting of the Association of South East Asian (ASEAN), of which it is also a member.

The entangled ground realities of Myanmar defy a clean and strait solution to the crisis it is facing today. The entrenched military and the fragmented religious, regional and ethnic interest groups continue to clash for dominance. Given the deep structural fault lines threatening stability, the only viable path for this country is to pursue an inclusive multiparty federal democracy. In the present context, Aung San Suu Kyi's profile, her acumen and enlightened vision could be used as a valuable leverage for finding an abiding solution to the conflict which has killed more than 100,000 people and displaced millions.

(Dr. Bharadwaj is a former ambassador and former chairperson of Gorkhapatra Corporation. bharadwajnarad@gmail.com)

Our Shared Humanity Is Sole Religion



Dr. Byanjana Sharma

In early Shrawan or late July, we, the Nepali people, witnessed an unprecedented incident related to two religious communities - Hindu and Muslim - in the Kaptangunj area of Dewangunj, Sunsari. A simple dispute over the use of a DJ loudspeaker by some Hindu people during the early morning to begin their Bol Bam pilgrimage turned into an ugly riot. What was more painful was that the fight between Hindu and Muslim people spread to other neighbouring districts as well. They were unnecessarily involved in all sorts of destructive acts. Consequently, many public and private properties were damaged, many people were injured and until now four young boys have already lost their lives and others are undergoing treatment. This happening shattered all Nepali people who prefer to live, maintaining social harmony, peace and balance in the country.

I had not experienced such kind of unrest in the name of religion in Nepal so far. Because of this, a lot of questions naturally have emerged in my mind. Some of those include: does religion really divide people? Are Muslim people that bad as they are projected? Who will benefit from religious fights? And I tried to search for answers for these questions.

Humanly duties

What is religion in the first place? In my understanding, it is just faith on humanly duties. It basically teaches us to be dutiful, to follow some kind of system and not to harm others for personal gain. I think all religions teach us to be good human beings. Different scholars have defined religion differently. For instance, Paul J. Bradley states that religion usually has to do with man's relationship to the unseen world, to the world of spirits, demons, and gods. A second element common to all religions is the term salvation. All religions seek to help man find meaning in a universe. The word 'salvation' means, basically, health. It means one is saved from disaster, fear, hunger, and a meaningless life or he is saved for hope, love, security, and the fulfillment of purpose.

Similarly, J. Milton Yinger defines religion as a system of beliefs and practices by means of which a group of people struggle with the ultimate problem of human life. One more definition given by Harriet Martineau says that religion is the belief in an ever-living God that is, in a divine mind and will ruling the universe and holding moral relations with mankind. The essence of all religions is summarised by George Bernard Shaw, "There is only one religion, though there are hundreds of versions of it."

According to eastern philosophy, religion is a single path to inner transformation, cosmic harmony and direct experiential realisation. When we turn to Western philosophy, we find that religion is thought to be a system of beliefs, metaphysical claims and moral duties. If we consider all these views on religion, we come to the conclusion that religion talks about the wellbeing of humankind, so it teaches us to unite, not to divide. Whether it is Hinduism, Buddhism, Islam or Christianity, they all share the same ultimate purpose.

> This unfortunate incident taught us a great lesson that we must always respect others' rights; for our enjoyment, we must not disturb them.

When I hear something against Muslims, I remember the year 2001when the Twin Towers of the World Trade Centre in New York City were attacked. At that time, a rush of anger spread all over the world and people started to throw hateful comments towards all Muslim people. At that time, I was in Australia pursuing my master's degree. I had many Muslim friends from Indonesia who were very nice, kind and friendly. One day I found one of my friends crying, sitting at a corner of the classroom. I approached her and inquired what had happened. Then she opened up - she was walking on the street and suddenly she heard a bunch of boys shouting, pointing at her, "Hey! You all Muslims are terrorists! Go back to your country!" It was so mean of those boys who labelled her without knowing her reality. We cannot blame all for one's mistake. It is like labelling the whole family 'criminal' if a family member commits a crime.

Harmony

Although Nepal was declared a secular nation in 2006, we have a long history of living in social harmony. We are a multilingual, multicultural and multireligious society, so we respect and treat all people equally. I wonder who is involved in dividing the unified Nepali people in terms of their religion and encouraging them to trigger a deadly fight. Religious people in the true sense would never invite such situations. There may be a handful of people who instigate an innocent mass to do something stupid and fulfill their vested interests. The general public must be aware of this fact.

Doubtlessly, we must be considerate of each other regardless of being Hindu or Muslim. The Sunsari dispute was triggered by a DJ loudspeaker, and during a peaceful morning when people are having a sound sleep, playing a loudspeaker does not sound good. Clearly, anyone can be irritated in such a situation. The dispute could be ended with a dialogue but somehow it took a wrong direction. This unfortunate incident taught us a great lesson that we must always respect others' rights; for our enjoyment, we must not disturb them. The Nepali people are recognised as nice and friendly people in the world and we should keep that identity forever. Furthermore, we must realise the fact that there is only one religion and it is humanity.

(The author is the director of Vidya Shilpa Academy, Damak, Jhapa.)

50 YEARS AGO

THE RISING NEPAL

August 7, 1976

Flood Relief Grants

Kathmandu, August 6: Flood relief committee has granted three thousand rupees for relief of the flood affected people of Syanja district, reports RSS.

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READER'S MAIL

Promote Religious Tourism



This refers to a news report *'Barahakshetra Dham supporting livelihoods of over 90 families'* published in your daily on Thursday. According to the report, Barahakshetra Dham, located in Barahakshetra Municipality-1 in Sunsari, has emgered not only a centre of religious faith but also an important pillar of the local economy. The pilgrims visiting the famous temple has contributed to grow the economy of the area. More than 90 households have been running a range of business there for decades.

They sell flowers, offerings, garlands and religious materials, while some others operate hotels, snack outlets and guest houses in and around the temple premises. Majority of locals have been engaged in hotel business for generations. They largely rely on the religious tourism promoted by the visiting pilgrims. The local economy remains vibrant throughout the year except for the monsoon period.

Domestic and Indian pilgrims visit Barahakshetra Dham during the major religious festivals. However, the local and provincial government should focus on building basic infrastructure such as road, drinking water and transportation system to ease the flow of visitors. Barahakshetra offers an example that Nepal has a huge potential for spiritual tourism and the concerned authorities must roll out schemes to promote it.

Ramhari Lama
Sunsari

TAILPIECE

One night, Murphy was walking home when, all of a sudden, a thief jumped on him. Murphy and the thief began to wrestle. They rolled about on the ground and Murphy put up a tremendous fight. However, the thief managed to get the better of him and pinned him to the ground.

The thief then went through Murphy's pockets and searched him. All the thief could find on Murphy was 25 cents.

The thief was so surprised at this that he asked Murphy why he had bothered to fight so hard for 25 cents.

"Was that all you wanted?" Murphy replied, "I thought you were after the five hundred dollars I've got in me shoe!"

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On his first day back to work after the birth of his son, Randy's supervisor said, "I understand you have a new youngster at your house?"

Randy glanced around apprehensively, "For heaven's sake, you can't hear him all the way out here, can you?"

Iran in final stage of Hormuz agreement

AP
Iran, Aug. 6



PHOTO: AP

People spend time at a beach as commercial vessels are anchored in the Strait of Hormuz off Bandar Abbas, Iran, Wednesday, Aug. 5, 2026.

Iran says it's in the final stage of drafting an agreement on the Strait of Hormuz waterway with Oman, while two Israeli soldiers have been killed in Lebanon.

Iran's Foreign Ministry spokesperson, Esmail Baghaei, has said an agreement on the Strait of Hormuz with Oman, which lies on the other side of the waterway, is in the "final stage" of drafting. Speaking Wednesday, he said a joint statement will be issued "if certain parties do not obstruct this process," apparently referring to the U.S.

The agreement is likely to be contingent on the U.S. lifting its blockade on Iran's ports.

The strait is crucial to global shipping and energy supplies. Before the war, which began with U.S. and Israeli strikes on Iran in February, around one fifth of the world's oil and natural gas passed through the waterway at the mouth of the Persian Gulf.

On Thursday, all eyes were on the U.S. for the next development.

At least two Greek-controlled ships were hit in the Strait of Hormuz in the past week, while several others reported near misses or warnings from entities claiming to represent Iran's Islamic Revolutionary Guard, according to maritime data company Lloyd's List Intelligence.

The company added that Yemen's Iran-backed Houthi rebels continued to claim attacks on ships in the Red Sea. The claims could not be independently verified.

Vessel traffic through the Strait of Hormuz increased to 84 transits during the week of July 27 to Aug. 2, up from 45 the previous week. But traffic is still far below the more than 700 transits seen in a typical week before the crisis, Lloyd's List said.

"This is one data point. It's not indicative that owners are more confident in the situation," said Bridget Diakun, Maritime Intelligence & Research Director at Lloyd's List Intelligence

Traffic by ships not linked to Iran also increased, rising from 28 transits to 52, driven mainly by the return of gas carriers and container ships, according to Lloyd's List Intelligence.

Two Israeli soldiers were killed and another four were seriously wounded in an explosion in southern Lebanon, the Israeli military said Thursday. The deaths are Israel's first since a shaky truce was implemented in June between Israel and the Iran-backed Lebanese militant group Hezbollah.

The Israeli army launched strikes Wednesday in southern Lebanon in response to what it described as Hezbollah's violation of the ceasefire and issued a call for residents of another village to flee — the first such warning Israel has issued in Lebanon for weeks.

The escalation came as Lebanese and Israeli negotiators met in Rome to discuss implementation of the June deal under which Israeli forces are supposed to withdraw from areas they occupy in southern Lebanon, in exchange for Hezbollah's disarmament.

Israeli prosecutors have charged a settler with the killing of a Palestinian community leader last year in the occupied West Bank.

In an indictment filed in district court, prosecutors accuse Yinon Levi of reckless manslaughter in the death of prominent Palestinian activist Awdah Hathaleen in July 2025. The charge holds a lesser punishment than murder under Israeli law.

The indictment also charges Levi, who lives in the south of the West Bank, with armed trespassing and malicious property damage.

It is extremely rare for Israel to charge settlers with violence against Palestinians. Israeli rights group B'Tselem said the charges against Levi mark the first time since Oct. 7, 2023, that an Israeli has been indicted for the death of a Palestinian in the West Bank.

In that time, the group said, Israeli settlers and soldiers have killed at least 1,100 Palestinians in the territory.

A body of Iraq's top leadership said Thursday that any armed activity outside of state authority after Sept. 30 will be prosecuted under the country's Anti-Terrorism Law, the latest move in a push to bring all weapons under government control.

The statement by the State Administration Coalition comes as several powerful, Iran-backed armed factions, including Kataib Hezbollah and Harakat al-Nujaba, have rejected calls to surrender weapons or dissolve their organizations, saying they remain committed to the "option of resistance."

Saudi Arabia and the U.S. launched strikes on Iraq last week after Riyadh accused Iraqi militias of using drones to attack its oil facilities.

The retaliatory strikes in Iraq hit bases of the Popular Mobilization Forces, a collection of armed groups close to Iran that are officially part of Iraq's security forces but often operate outside of state control.

The war in Sudan is threatening the ancient Meroe pyramids, a UNESCO World Heritage site known for its unique and angular architecture, as preservation efforts have completely halted.

Sudan's deadly conflict, which erupted in April 2023, has destroyed many of the country's historical sites and museums. UNESCO warned in April that cultural and historical sites are under growing threat.

WHO chief warns Ebola outpacing response

AP
Congo, Aug. 6

The world's fastest-growing Ebola outbreak is spreading faster than efforts to fight it, the head of the World Health Organization said on Wednesday during a visit to Congo where some health workers are striking over a lack of pay.

Nearly three months into the outbreak, new cases are doubling in some hot spots, Tedros Adhanom Ghebreyesus said in a post on X after meeting with officials in the capital, Kinshasa. It was the second visit by the WHO director-general to the Central African country since the outbreak was declared in mid-May.

"We all agree that we must urgently and massively scale up all our efforts across all pillars of the response and by all partners," Tedros said.

The outbreak has accounted for 3,874 confirmed cases, including 1,751 deaths, as of Monday, according to the latest data from Congo's Ministry of Health.

In Ituri province, the epicentre of the outbreak, families said many front-line workers have gone on strike, worsening access to healthcare that was already challenged by rebel conflict in one of Congo's most remote and vulnerable areas, its east near the borders of South Sudan, Uganda and Rwanda.

While some workers say they have started receiving payment in the last week for work done since the outbreak began, they are demanding improved wages.

Anicet Baluku, a resident of Bunia, the capital of Ituri, blamed the death of his two brothers from Ebola on the strike. "We urge the authorities to quickly find a solution to prevent other families from experiencing the same tragedy," he told The Associated Press.

The U.S. Department of State said on Wednesday that it will provide an additional $242 million in funding for immediate Ebola response and preparedness efforts in the region and for humanitarian assistance related to the outbreak. Such funding, it said in a statement, has now exceeded $512 million in direct assistance.

The outbreak has eclipsed all previous Ebola outbreaks in its speed of transmission and is the second-largest outbreak on record, behind the 2014-2016 West Africa outbreak that recorded more than 28,000 cases, including over 11,000 deaths.

The Bundibugyo virus that is causing this outbreak has no approved treatment or vaccine, and local officials believe it began in a remote area long before it was declared on May 15.

The outbreak is still "spreading at an alarming and unprecedented rate," the medical charity Doctors Without Borders said on Wednesday, adding: "The response is expanding but is still not reaching communities quickly enough to break transmission chains."

Dr. Jean Kaseya, head of the Africa Centres for Disease and Control, said on Tuesday during a visit to Bunia that contact tracing isn't working, with at least 60% to 70% of new cases coming outside of those being monitored after exposure to patients.

Late detection of cases has been a key contributor to the 45% fatality rate, officials say. Of the 77 most-recent cases reported during a 24-hour period, 44 were fatal, according to the health ministry. At least 717 patients are in isolation while 749 patients have recovered.

Kaseya, who met with Tedros on Wednesday, said Africa CDC is aligning its efforts with responders "around earlier detection, stronger contact tracing, rapid access to quality care and deeper engagement with communities."

Tedros called for action to reach all affected localities, strengthen coordination under the government's leadership and protect health workers.

"Above all, communities must be at the centre of and have ownership of the response," he said.

Myanmar military leader seeks legitimacy

AP
Bangkok, Aug. 6

The head of Myanmar's military-backed government arrived in Thailand on Thursday for an official visit that could serve as a major steppingstone in his effort to win political legitimacy more than five years after seizing power from an elected civilian government.

President Min Aung Hlaing's two-day visit with members of his Cabinet included meetings with Thai Prime Minister Anutin Charnvirakul and other officials at Government House, where several memorandums of understanding were signed covering Myanmar migrant workers, water quality management in rivers shared by the two countries and space technology for Earth observation.

At the meeting with Anutin, Min Aung Hlaing sought to reassure Thailand that his government was restoring stability and steering Myanmar toward democracy.

"Myanmar has now re-established itself on the path to democracy and is moving toward a better future," Min Aung Hlaing said. "As the new government, we have now begun working on national stability, peace, and national reconciliation."

Following the meetings, the two leaders delivered speeches at a Thailand-Myanmar Business Forum.

Anutin said Thailand and Myanmar are ready to "step into the new chapter of economic cooperation that is built upon mutual trust and benefit for the people of the two countries."

Min Aung Hlaing told attendees they could "invest with confidence" in Myanmar's energy, agriculture, manufacturing, healthcare, technology and other sectors

The visit has drawn criticism from activist groups such as Justice For Myanmar, which stated that the trip lends "false legitimacy" to Min Aung Hlaing and the ruling generals.

Min Aung Hlaing took a significant step toward would-be political rehabilitation in April when he was sworn in as president following an election held in phases in December and January. Critics dismissed the polls as a sham designed to consolidate the military's grip on power while ostensibly restoring civilian rule.

The diplomatic outreach is the latest in a series of moves to reengage with countries in the region and the international community after relations became frayed or frosty following Min Aung Hlaing's ousting of Aung San Suu Kyi's government in February 2021 while serving as army chief.

Hiroshima marks 81st atomic bomb anniversary

AP
Tokyo, Aug. 6



PHOTO: AP

Visitors pray in front of the cenotaph dedicated to the victims of the atomic bombing ahead of a ceremony to mark the anniversary of the bombing at the Hiroshima Peace Memorial Park in Hiroshima, western Japan Thursday, Aug. 6, 2026.

Hiroshima on Thursday marked the 81st anniversary of the U.S. atomic bombing of the western Japanese city, with its mayor criticizing major powers for waging wars and urging them to stop justifying the possession of nuclear weapons as a method of deterrence.

"Downplaying the inhumanity of nuclear weapons and accepting the use of force to pursue one's own prosperity risk cycles of violent retaliation that could ultimately result in another Hiroshima or Nagasaki," Mayor Kazumi Matsui said.

Too many political leaders still consider nuclear deterrence a realistic approach and legitimize violence, which "simply pushes a world without nuclear weapons further into the distance," Matsui said in his peace declaration at the ceremony at the Hiroshima Peace Memorial Park. He also called on each citizen to learn lessons from the past and take action.

About 50,000 people, including representatives from some 120 countries and regions including the United States and Iran, were to attend the ceremony. A minute of silence was held while a peace bell rang out at 8:15 a.m., the time when a U.S. B-29 dropped the bomb on the city.

Prime Minister Sanae Takaichi, who attended the memorial for the first time as prime minister, said she will take "a realistic approach" toward achieving a world where nuclear weapons are never used, within the framework of the United Nations' treaty to prevent the spread of nuclear weapons.

This year's ceremony comes at a time of looming speculation that Takaichi's hawkish government, which supports the idea of nuclear deterrence, may ease Japan's postwar three non-nuclear principles when it compiles new security and defence documents later this year.

Takaichi has advocated a review of the principles for a possibility of dropping the third one — of not permitting nuclear weapons to be brought into the country.

PRISM

Snake catcher removes python from car

Australia: An Australian snake catcher responded to a call from a driver who opened their glove compartment and found a large python looking back at them.

Sunshine Coast Snake Catchers 24/7 posted a video to social media showing a reptile wrangler named Summer removing the coastal carpet python a Queensland driver found coiled up in the glove compartment of their car.

Summer noted in the video that the snake appeared to be cozy and warm inside the vehicle.

The snake appeared to have a small injury, so the snake catcher took it to a wildlife hospital for treatment.

Marmot hitches 75-mile road in car

Alberta: An Alberta man said a marmot he found investigating the inside of his garage had apparently stowed away in his car for a 75-mile trip.

Chris Ratzlaff said his child alerted him to the presence of a large rodent in the family's Airdrie garage last week.

"It was hiding in a corner, and at first I thought it was maybe a porcupine, so I left the garage door open for it to leave," Ratzlaff told CTV News. "When it left, we could see that it was a marmot."

He said the marmot had apparently stowed away on a recent 75-mile drive from Kananaskis.

-Agencies

TODAY IN HISTORY

1610 – The First Anglo-Powhatan War begins in colonial Virginia.
1810 – Napoleon annexes Westphalia as part of the First French Empire.
1830 – Louis Philippe becomes the king of the French following abdication of Charles X.
1897 – The first International Congress of Mathematicians is held in Zürich, Switzerland.
1945 – The Red Army invades Japanese-occupied Manchuria.
1960 – South Kasai secedes from the Congo.
1965 – Singapore is expelled from Malaysia.
1973 – Mars 7 is launched from the USSR.
1993 – The Liberal Democratic Party of Japan loses a 38-year hold on national leadership.

Europe heat wave puts major Italian cities on red alert

AP
Rome, Aug. 6



PHOTO: AP

Tourists take shelter as they walk in front of the Rome'a ancient Colosseum, Saturday, Aug. 1, 2026.

Italy placed all of its major cities under the highest heat alert Thursday as a blistering heat wave gripped Europe, setting a national temperature record in Austria, fuelling wildfires in France and disrupting energy and transport systems across the continent.

The extreme weather has pushed temperatures above 40 degrees Celsius (104 Fahrenheit) in several countries, prompting health warnings for millions of people.

Across Europe, authorities are grappling with the consequences of extreme heat: health alerts for millions in Italy, record temperatures in Austria, drought-related disruptions to energy and shipping in Central Europe, and wildfires stretching from France to the Balkans.

Scientists and officials warn that such events are becoming more frequent and intense as the climate warms.

From the Mediterranean to Central Europe, prolonged heat, drought and wildfire conditions are increasingly becoming defining features of summer. The current heat wave has exposed vulnerabilities in public health systems, power generation, transportation networks and tourism infrastructure, forcing governments and businesses to adapt to more frequent periods of extreme weather.

Italy's Health Ministry placed all 27 cities monitored under its national heat surveillance system on red alert Thursday — the first time this year the entire network has been under the highest warning level simultaneously.

The alerts stretch from Trieste in the northeast to Palermo in Sicily and signal a health risk for the entire population, not only vulnerable groups such as older adults and people with chronic illnesses.

Authorities urged residents and tourists to avoid direct sunlight during the hottest hours of the day, remain indoors where possible and drink plenty of water as temperatures in some areas approached 40 C (104 F).

The heat has also forced adjustments at major tourist attractions. The ministries of tourism and culture extended evening opening hours at landmarks including Rome's Colosseum and Pantheon.

Ministers make joint commitment to address farmers' problems

BY A STAFF REPORTER
Kathmandu, Aug. 6



The government has pledged to address farmers' longstanding concerns over the shortage of chemical fertilisers, agricultural market management, and rural infrastructure through stronger coordination among ministries and immediate policy measures.

The commitment was made during a discussion held at the Ministry of Agriculture, Forests and Environment on Thursday, attended by Minister for Information and Communication Dr. Bikram Timilsina, Minister for Agriculture, Forests and Environment Gita Chaudhary, Minister for Industry, Commerce and Supplies Gauri Kumari, lawmakers, and representatives of farmers from Nuwakot, Dhading, Makwanpur, Kavrepalanchowk and other districts.

Farmers raised concerns over the recurring shortage of chemical fertilisers, weak market access, inadequate agricultural infrastructure, and delays in the supply of seeds and other essential inputs. Addressing the meeting, Minister for Information and Communication and House of Representatives member from Nuwakot Constituency-1, Dr. Timilsina, recalled the commitment made during the election to address farmers' problems.

He said that he regularly receives complaints from farmers in his constituency and has been continuously coordinating with the Ministry of Agriculture to resolve them.He said that citizens want immediate results and made it clear that the government does not have the mindset to solve current problems in two to four years.

On the occasion, Industry Minister Gauri Kumari said that while some industries are unable to obtain an adequate supply of agricultural produce, many farmers are struggling to sell their harvest.

She stressed that proper assessment and management of demand and supply could help eliminate both the wastage of agricultural products and shortages in the market.

Similarly, Agriculture Minister Chaudhary said resolving farmers' problems remained one of the government's top priorities.

She said that the government is preparing to review the fertiliser quota allocation system.

According to her, an integrated information system providing daily price updates from 12 vegetable markets has already been launched.

She said that guidelines for establishing a Land Bank are in the final stage of preparation, efforts are underway to make fertiliser distribution more transparent, cold storage facilities will be operated more effectively, and initiatives are being taken to construct additional agricultural roads.

During the discussion, lawmaker Bodh Narayan Shrestha said that the government should take farmers' concerns seriously and focus on resolving them.

Similarly, Dr. Achuttam Lamichhane, a member of the House of Representatives from Nuwakot Constituency-2, said that the government should introduce programmes that increase domestic agricultural production and productivity while directly benefiting farmers.

Member of the House of Representatives from Kavrepalanchowk Constituency-2 Badan Kumar Bhandari said that the government and its subordinate bodies should be more responsible for listening to and resolving the problems of farmers.

Representatives of farmers called for the timely supply of chemical fertilisers, seeds, and other agricultural inputs, improvements in the distribution system, stricter action against black marketing, assurance of quality agricultural inputs, and guaranteed markets and fair prices for agricultural produce.

Tetari Khatun: Trapped by debt...

In recent years, several residents of Saptari, including Om Prakash Chhetri and Sita Chhetri of Rajbiraj, and Sanjeev Mishra of Chhinnamasta Rural Municipality, have reported losing property after falling into similar debt disputes.

Many others continue to queue outside police stations and administrative offices, carrying files thick with applications, hoping that years of paperwork will one day lead to justice.

For Tetari Khatun, every visit to a government office carries the same unanswered question: after repaying the debt, why is she still paying the price?

'Hello Sarkar' to become...

According to Hello Sarkar, once these reforms are implemented, the platform will no longer function merely as a complaint registration centre.

Instead, it is expected to play a broader role in all stages of grievance management, provide the government with a realistic picture of national issues, support evidence-based policy-making through public feedback and contribute to good governance and administrative reform.

Complaints increase by 321% in a year

Hello Sarkar recorded a 321 per cent increase in public complaints during the fiscal year 2025/26 compared to the previous fiscal year.

According to official data, the platform received 69,724 complaints in FY 2025/26, up from 16,568 complaints in FY 2024/25, an increase of 53,156 complaints in a single year.

Sapkota said the sharp rise in complaints following the formation of the current government reflects growing public trust and confidence in the grievance-handling mechanism. He said the increase also indicates that citizens have higher expectations from the government.

Over the past five fiscal years, Hello Sarkar has registered a total of 124,581 complaints. Of these, 69,724 were received in FY 2025/26 alone, accounting for around 56 per cent of all complaints lodged during the five-year period.

Between FY 2021/22 and FY 2024/25, the platform received a combined total of 54,857 complaints, fewer than the number received in the last fiscal year alone.

More than 50,000 complaints in three months

Hello Sarkar has received more than 50,000 complaints over the past three months.

According to the Office of the Prime Minister and Council of Ministers, 50,721 complaints were registered during the period, of which 39,177 have been resolved.

Sapkota said that of the complaints received during the three-month period, 18,542 have been formally closed, while 547 remain unopened.

In addition, 1,642 complaints have been reviewed, 1,327 are in process, 6,056 have been assigned but not yet reviewed, and 2,446 have been categorised as incomplete, irrelevant or unassigned.

The office also reported receiving 50,196 calls through the Hello Sarkar toll-free service during the same period, of which 40,016 were addressed.

In the current fiscal year, from July 17 to August 3 alone, Hello Sarkar received 9,610 complaints, of which 6,601 have already been resolved.

The office noted that these figures do not include complaints received through social media platforms, Viber, WhatsApp, email and other digital channels.

Nepal e-attestation system...

Under the new system, applicants will be able to submit applications online from anywhere in the world, monitor their application status, and, once approval has been granted, pay the required fees online before selecting a convenient date and time to visit the Department.

As the document processing and fee payment can be done online, applicants now only need to visit the department after their application has been approved. It will eliminate the need to queue for long hours or make repeated visits because of minor errors or missing documents.

Minister Khanal said that 112,593 students obtained No Objection Certificates (NOCs) for foreign study during the fiscal year 2023/24, while around 400,000 Nepalis receive labour approvals each year for foreign employment. "These figures demonstrate the rapidly growing demand for consular services," he said.

According to him, the need and importance of consular attestation have grown even further because authenticated documents are essential for Nepalis living abroad, including for family reunification, emergency evacuation, and compensation or insurance claims for families of injured or deceased Nepali nationals.

He also announced that, in the next phase, the Ministry aims to collaborate with the Department of Postal Services to deliver authenticated documents directly to applicants' homes. He further stated that preparations are under way to establish interoperability with government agencies and local authorities responsible for issuing public documents, with the aim of making the authentication process even simpler, faster and more efficient.

Speaking on the occasion, Director General of the DoCS, Durapada Sapkota, said that until now, applicants travelling from remote districts were often forced to return to their local authorities or other government offices even if minor errors or incomplete documentation were identified.

"The NEATS is being launched as a solution to it. It will significantly reduce the time, cost and inconvenience involved for the applicants. It will reduce the work load of the staff at the DoCS as well," she said.

The DoCS has not only developed the online system but has also prepared standardised formats for the language and presentation of public documents issued by government agencies, which have been circulated to the relevant institutions.

MPs call for concrete...

She also urged the government to prepare construction standards based on Nepal's geographical conditions and enforce them strictly.

CPN-UML lawmaker Somnath Parajuli said 81 people had already lost their lives in monsoon-related disasters this year, which is six more than during the same period last year. He stressed the need for concrete government action rather than assurances.

Nepali Congress (NC) chief whip Padam Bahadur Pariyar said that although monsoon disasters occur every year during Nepali months of Jestha and Ashadh, government preparedness and implementation remain weak.

He criticised the tendency of focusing mainly on rescue and response after disasters occur rather than preparing in advance.

Meanwhile, NC lawmaker Geeta Devkota has urged the government to immediately resume and effectively implement the health insurance programme, questioning whether it was being neglected due to concerns that former Health Minister Gagan Kumar Thapa might receive credit for its success.

She asked whether the government was attempting to discontinue the health insurance programme.

She said patients visiting hospitals with health insurance cards were often denied treatment, while hospitals were struggling to receive reimbursement payments from the government.

Devkota urged the government to act as a welfare-oriented state on issues directly connected to citizens' lives rather than remain inactive.

Meanwhile, the NA is scheduled to hold three more meetings during the remaining period of the month of Shrawan, according to an updated calendar released by the Federal Parliament Secretariat.

Apart from Thursday's meeting, the Upper House will convene on Friday, and on August 12 and 13 as per the revised schedule.

The meeting on Friday will hold a theoretical discussion on the Infectious Animal Disease (Control) Bill, 2083.

Similarly, the meeting scheduled for August 12 will discuss the Study Report on Drinking Water, Sanitation and Water Resource Management in Madhes Province, 2083.

The Domestic Air Service Liability Bill, 2083 will also be tabled in the House on the same day.

The NA meeting on August 13 will hold a theoretical discussion on the Domestic Air Service Liability Bill, 2083, which will be presented for consideration following its tabling the previous day.

Govt maintains high disaster...

In a separate response during the NA meeting, Home Minister Gurung said the government remained continuously committed to maintaining peace, public order and security across the country.

In response to the lawmaker's queries, he said the Ministry of Home Affairs was fully dedicated to ensuring peace and security nationwide.

The Home Minister urged lawmakers to exercise equal sensitivity when raising issues of a sensitive nature.

Answering the query of NA member Bishnu Bahadur Biswakarma of Nepali Communist Party (NCP), Minister Gurung said that a detailed investigation into the Nirmala Panta murder case is currently underway.

He also urged lawmakers not to repeatedly raise the matter in the Federal Parliament while the investigation process was ongoing.

However, he added that he was receptive to the lawmakers to discuss such matters with him personally.

In a different context, Minister Gurung said stronger coordination among the federal, provincial and local governments was essential to address mental health issues.

He added that continuous efforts were being made to prevent suicide through the 1166 helpline.

Meanwhile, Minister Gurung admitted that his response to a lawmaker's question regarding the Nirmala Pant case had been delivered in a rather blunt manner. He apologised from the rostrum, acknowledging that his tone may have been inappropriate.

Govt pledges support for Gen Z ...

Speaking also at the programme, Home Minister Sudan Gurung said the government harboured no sense of revenge against anyone and was committed to delivering results through action rather than rhetoric.

"The people and the Gen Z movement did not elect us to make speeches but to work. We have to work, not indulge in rhetoric. Wherever citizens are in distress, I will be there. We hold no grudge against anyone. Judge us by our work and place your trust in us," he said.

The Home Minister also said the government would make no compromise when it came to the interests of those killed or injured during the movement. He said a coordination committee had already been formed to address their concerns.

"The families of the martyrs are in my heart. We will deliver results. We will not compromise on the rights of those who were injured or have lost their limbs. Their problems will be resolved," he said, adding that the government would address the issues of the injured and persons with disabilities through policy measures.

Badal Rai, Chairperson of 'Injured Gen Z Nepal,' demanded guarantees for medical treatment, education, employment and compensation for those injured in the movement. He said many victims continued to suffer and urged the government to respond without delay.

Rai also stressed the need to eliminate corruption, ensure good governance and accelerate the country's development.

The central office was established on Thursday on the premises of the Department of Urban Development and Building Construction in Babarmahal by those injured in the Gen Z movement and the families of the martyrs.

According to the organisation, around 2,700 people were injured during the Gen Z movement.

'Proposed NCC is not a paramilitary force'

BY A STAFF REPORTER
Kathmandu, Aug. 6



Minister for Law, Justice and Parliamentary Affairs Sobita Gautam has clarified that the proposed National Cadet Corps (NCC) is not a paramilitary force, saying the bill is aimed at strengthening students' physical, mental and moral development.

Responding to concerns raised during a theoretical discussion on the National Cadet Corps Bill, 2026 at the House of Representatives' State Affairs and Good Governance Committee on Thursday, Minister Gautam said the proposed corps was intended to promote discipline, patriotism and voluntary service among young people rather than create a military organisation.

"This is not a military force," Gautam said. "The programme is designed for school and higher secondary (Grades 11 and 12) students to help develop them physically and mentally."

She said participants would receive training in moral education, discipline, music, dance, physical fitness, sports, disaster risk reduction and the preservation of cultural heritage.

According to the Minister, the bill seeks to modernise the existing National Cadet Corps Act of 1964, and instill national pride, civic responsibility and a spirit of voluntary service among the younger generation.

However, opposition lawmakers urged the government not to endorse the bill in its current form, arguing that it requires substantial revisions. They expressed concerns over its proposed command structure, accountability mechanisms and provisions related to military-style training.

Leader of the parliamentary party of the main opposition Nepali Congress, Bhishma Raj Angdembe, said the proposed corps appeared to function with a military-style command structure but lacked a clear system of accountability to Parliament or any other state institution.

While the CPN-UML supported the bill in principle, its lawmaker Padma Kumari Aryal said concerns over political misuse and possible encroachment on citizens' rights should be addressed. She said that some proposed provisions resembled those of a paramilitary organisation rather than a public service body.

The bill also drew criticism from within the ruling coalition. Rastriya Swatantra Party lawmakers Surendra Chaudhary and Amaresh Kumar Singh questioned why the proposed organisation would remain under the Nepali Army, with Singh alleging that the legislation reflected an outdated approach that prioritised militarisation over investment in education and health.

Despite the criticism, several ruling party lawmakers defended the proposal, saying the National Cadets Corps would help foster discipline, social harmony and civic responsibility among youth and should not be viewed as a military institution.

'Blue Bus' will address women's safety'

BY A STAFF REPORTER
Kathmandu, Aug. 6

Minister for Women, Children, Gender and Sexual Minorities, and Social Security Sita Badi has said that the government's proposed 'Blue Bus' service is a necessary measure to address women's safety concerns in public transport, not a policy to segregate women and men or a publicity-driven programme.

Responding to lawmakers' queries during Thursday's meeting of the National Assembly, Minister Badi said the service was being introduced to tackle sexual harassment, insecurity, overcrowding and other practical difficulties faced by women while using public transport.

She clarified that the 'Blue Bus' service would not replace the existing public transport system and that women would remain free to use any public transport service.

Minister Badi said equality does not mean treating everyone in exactly the same way, but also providing special protection, facilities and opportunities to those facing greater risks. She said the 'Blue Bus' service has been proposed in line with this constitutional and policy principle.

According to her, the government's long-term goal is not to separate women and men while travelling but to ensure that all citizens can travel safely, comfortably and with dignity on the same public transport system.

She said targeted services to improve women's immediate safety would be implemented alongside long-term reforms to the public transport sector.

Minister Badi said the service is particularly important for pregnant women, mothers travelling with young children, elderly women and women with disabilities, who often face greater difficulties in crowded public vehicles. The initiative aims to ensure their safe mobility and improve access to education, healthcare, employment and other public services.

She said the objective of the 'Blue Bus' service is not to isolate women from public life but to create a safer and more respectful environment that enables them to participate confidently in education, training, employment, healthcare and economic and social activities.

The minister added that the government would regularly review the service's effectiveness, necessity, operation and sustainability and make improvements based on the findings.

She also said the government is working to make public transport safer, more accessible and more accountable through effective enforcement of laws, regular monitoring, gender-sensitivity training for drivers and conductors, public awareness campaigns, and the expansion of technology-based safety measures.

In addition, she said the government has prioritised the installation of CCTV cameras and dashcams in public vehicles, SOS buttons in ride-sharing services, an effective grievance-handling system, and stricter enforcement of laws against gender-based violence in public transport.

Minister Badi said the Blue Bus service is a practical response to the safety risks currently faced by women and a concrete step towards building a safe, gender-friendly, dignified, accessible and inclusive public transport system.

Concept paper on Bill integrating...

The ministry has stated that a new law is also needed to address the requirements seen during the implementation of the Information and Communication Technology Policy and the National Mass Communication Policy, 2073.

The ministry said it is preparing a draft bill to bring topics like archiving of mass media, licensing, regulation, institutional development, production and distribution of television signals, permissions, renewals, and technical monitoring under a single legal framework. It is believed that this will make it easier to legally address the latest developments and technological changes in the communications field.

After the new law is implemented including topics of the concept paper, an integrated law related to mass communication will be established, the professionalism and credibility of the communication sector will be enhanced, the freedom of the press and expression will be protected, the institutional development and good governance of media organizations will be promoted, the management and regulation of online media will become effective, television signals and cable distribution will be organized, and the rights and interests of working journalists will be further secured.

Similarly, the concept paper mentions as the main rationale for the new law the need for clear regulation of digital publishing and broadcasting, a legal framework in line with federal governance, strengthening the professionalism, transparency, and accountability of media, the lack of a clear legal basis for regulating online media, and managing new communication services like OTT (over-the-top).

The concept paper mentions that the proposed bill shall include provisions related to newspapers, online media, broadcasting and frequency management, general communication regulations, the services, conditions, and benefits of working journalists, offenses, penalties and appeals, and the establishment of a journalists' welfare fund.

Archaeological heritage at risk of degeneration

BY OUR CORRESPONDENT
Taulihawa (Kapilvastu), Aug. 6



PHOTO: NARAD KOHAR

The Ashoka Pillar in Gotihawa remains submerged due to monsoon flooding.

The archaeological site of Krakuchhanda Buddha's birthplace is at risk of destruction as the Ashoka Pillar in Gotihawa continues to be submerged by floodwater during the monsoon season.

The site faces this problem every year because there is no proper drainage system to drain water that accumulates around the pillar.

The Ashoka Pillar in Gotihawa, which serves as historical evidence of the birthplace of Krakuchhanda Buddha, is in a neglected condition. As the pillar continues to deteriorate, the archaeological significance of the site is also under threat.

Archaeologists said that excavations in the area have confirmed evidence of human settlement dating back to the 4th century BC.

Local resident Ram Raj Dubey said that at least five feet of water has accumulated around the Ashoka Pillar, causing damage to the monument, while the concerned authorities have shown little interest in addressing the issue.

He said that if the pillar were raised and covered with a protective tin roof, it could be protected from rainwater flooding. "The risk of this important archaeological heritage being destroyed by flooding has increased every year," he said.

Former executive member of the Lumbini Development Trust Rajesh Gyawali said that the birthplace of Krakuchhanda Buddha has been inundated every rainy season.

He stressed that the Lumbini Development Trust, the Department of Archaeology, and Kapilvastu Municipality should work together to conserve the site by immediately managing the accumulated water.

Kapilvastu Municipality Ward - 5 Chairperson Dhiraj Kumar Chaudhary said that protecting the site is beyond the ward's financial capacity and that the Lumbini Development Trust and the Department of Archaeology should take responsibility for its conservation.

Madhav Prasad Acharya, head of the Lumbini Development Trust's Kapilvastu Liaison Office, said that continuous rainfall has caused water to accumulate around the Ashoka Pillar in Gotihawa.

He said the Trust plans to deploy the necessary manpower to drain the water immediately and prevent the pillar from getting submerged. He added that further conservation measures would also be implemented during the current fiscal year.

The existence of the pillar is under threat due to inadequate protection. Of its approximately 11-foot height, only the top one foot remains visible above water level. Because of the lack of proper conservation, this important Buddhist heritage site has repeatedly remained submerged during the rainy season

Preparations complete for Indigenous Peoples Day

BY A STAFF REPORTER
Kathmandu, Aug. 6

Nepal Federation of Indigenous Nationalities (NEFIN) has informed that preparations for the 32nd World Indigenous Peoples Day have been completed.

The Federation organised a press conference in Kathmandu on Thursday and informed that preparations have been completed.

As declared by the United Nations, Indigenous Peoples' Day is celebrated worldwide on August 9 every year.

The Federation is celebrating this year's Indigenous Peoples' Day by organising various programmes across the country, informed Bimal Saru Magar, General Secretary of the Federation.

He said that the current need is to ensure the meaningful participation of indigenous peoples in line with the spirit of inclusive democracy, social justice, and equal opportunities envisioned by the Constitution.

According to him, on the occasion of World Indigenous Peoples Day on 24th Shrawan, indigenous and tribal people from across the country will participate in Bhrikuti Mandap in Kathmandu with their indigenous costumes, musical instruments, cultural tableaus, folk songs, and traditional dances.

The rally will start from Bhrikutimandap and go around the main roads, including Bhadrakali, Shahid Gate, Sundhara, Bir Hospital, and reach the open stage at Tundikhel, where it will culminate in the main ceremony.

The main event is scheduled to be inaugurated by Vice President Ram Sahaya Prasad Yadav.

General Secretary Magar informed that the main event will feature traditional cultural performances by indigenous peoples.

He said that there will be an exhibition with sale and distribution of local dishes, traditional food culture, handicrafts, local products, etc.

The programme will also include a panel discussion with experts on issues, rights, language, culture, identity, and other issues of indigenous peoples.

The federation has stated that it will also organise various programmes throughout the week.

The federation has stated that it is the common responsibility of the nation to protect the language, culture, civilisation, history, traditional knowledge, land and natural resources of indigenous peoples.

The Federation has demanded that the government fully implement the provisions of the constitution, including proportional representation, social justice, equal opportunities, and protection of mother tongue, cultural rights, identity, and respectful participation of indigenous peoples.

Shova promoting folk heritage

BY OUR CORRESPONDENT
Tanahun, Aug. 6



Twenty-five-year-old model Shova Thapa Magar from Tanahun is making a name for herself by acting in Nepali folk music videos.

By performing in songs that reflect Nepal's culture and traditions, she is building her career in the Nepali modelling industry.

She recently appeared in the music videos 'Tito Chha Ki Guliyo' by singer Sanjeev Singh Rana and 'Buki Phool Basayo,' sung by Krishna Kumari Pun and Khem Yonjan. She has also impressed viewers through popular folk songs such as 'Bolimai Jadu,' 'Bolimai Tuna' by Krishna Adhikari and Deepika Bayambu Magar, and 'Jodi Ramro Gurung Ra Magarko.'

At a time when many young people in the entertainment industry are moving abroad in search of better opportunities, she has chosen to stay in her home district and continue her modelling career. Acting is her passion and profession, and she is also skilled in the traditional Kaura dance. She hopes to showcase her talent both in Nepal and abroad.

While working on music videos, she realised that traditional costumes and old jewellery were often difficult to find. This inspired her to become involved in cultural preservation and entrepreneurship.

She now runs a centre in Vyas Municipality-2, Uttarshila Tol, where traditional costumes and jewellery from different ethnic communities, including the Magar, Newar, Gurung, Tamang, Dura, Chhetri, Darai, Bote and Kumal, are collected and sold.

By using her experience in the arts to help preserve Nepal's cultural heritage, she has also created employment for locals.

Grande's video reignites beauty debate

AP
New York, Aug. 6



Talking about beauty can quickly become divisive, particularly when it involves public figures.

In today's hyper-connected world, opinions and criticism spread rapidly. That has once again been evident following the release of singer Ariana Grande's new music video and her latest album, Petal, which reignited public discussion about her slim appearance.

The debate has raised an important question: just because people can comment on someone's appearance, should they? While some viewed the remarks as another example of body-shaming directed at a woman in a society that frequently judges female appearances, others argued they were expressions of genuine concern. Some called for respect for Grande's privacy, whereas others maintained that, given celebrities' influence on young audiences, the discussion was justified.

Grande, 33, has faced scrutiny over her appearance throughout her career. Recent attention has focused on her increasingly prominent bone structure, including her sternum and rib cage.

She has repeatedly rejected suggestions that she is anything other than healthy and has consistently stated that commenting on people's bodies is inappropriate. Her representative told People magazine that she plans to step back from public life after her current tour because of the "endless, ongoing public scrutiny".

Her nearly seven-minute music video also addresses the relentless judgement that often accompanies fame. In one lyric, she sings: "I don't need someone to save me. I'm not a victim."

Experts say the language used when discussing body image matters because its impact extends far beyond celebrities. Johanna Kandel, founder and chief executive of the National Alliance for Eating Disorders, urged people to consider their motives before commenting. "I would just check our intentions behind it," Kandel said. "What is the purpose of it? What is the intent versus the impact?"

Public scrutiny of celebrities is nothing new, and women continue to face disproportionate judgement over their appearance despite years of campaigns promoting body acceptance. The growing use of weight-loss medications, popularised in part by celebrities, has further fuelled conversations about beauty, thinness and health. Some experts fear the increasing number of noticeably slimmer public figures could negatively affect people experiencing body image concerns or eating disorders.

Allison Butler, senior lecturer in communication at the University of Massachusetts Amherst and author of The Judgment of Gender: How Women are Centred and Silenced in Pop Culture, said the polarised debate often oversimplifies complex issues surrounding health and appearance.

Many specialists argue that no one has the right to judge another person's body, whether they are famous or not. Rachel Goldman, psychologist and clinical assistant professor at NYU Grossman School of Medicine, said public discussions about celebrities' bodies reinforce the idea that appearance is open to public judgement and send damaging messages to young people.

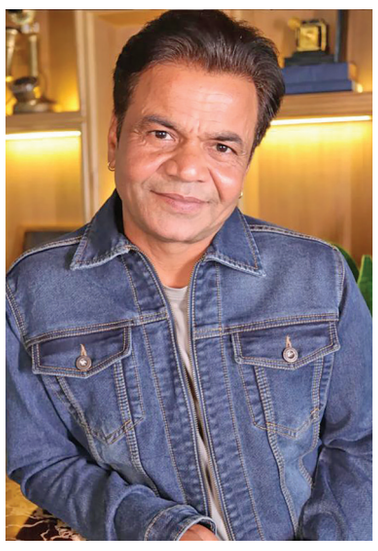
She added that both compliments and criticism can reinforce the belief that a person's worth is determined by their appearance.

While experts acknowledge that eating disorders should not be ignored, they stress that conversations should be approached with empathy rather than criticism. Kandel recalled that when others first raised concerns about her own eating disorder, their words focused on her appearance rather than her wellbeing.

She believes difficult conversations are necessary, but they should be guided by compassion and genuine concern rather than judgement.

Rajpal Yadav's ancestral properties face auction

AGENCIES
New Delhi, Aug. 6



Indian actor Rajpal Yadav is facing fresh financial difficulties after the Central Bank of India issued an attachment notice on his ancestral property in Uttar Pradesh over an unpaid loan of INR 166.1 million.

The bank has warned that if the outstanding amount is not cleared within the given period, the mortgaged properties will be auctioned online on September 9. The properties include Yadav's ancestral house in Kundra village and another property in Shahjahanpur district, with a combined estimated value of around INR 31.9 million.

The loan dates back to 2005, when Yadav borrowed INR 50 million to finance his directorial debut, Ata Pata Lapata, through his production company. The film failed commercially, and the loan remained unpaid. Interest and other charges have since increased the total amount due to INR 166.1 million.

According to reports, several properties belonging to Yadav and his family were mortgaged as security for the loan.

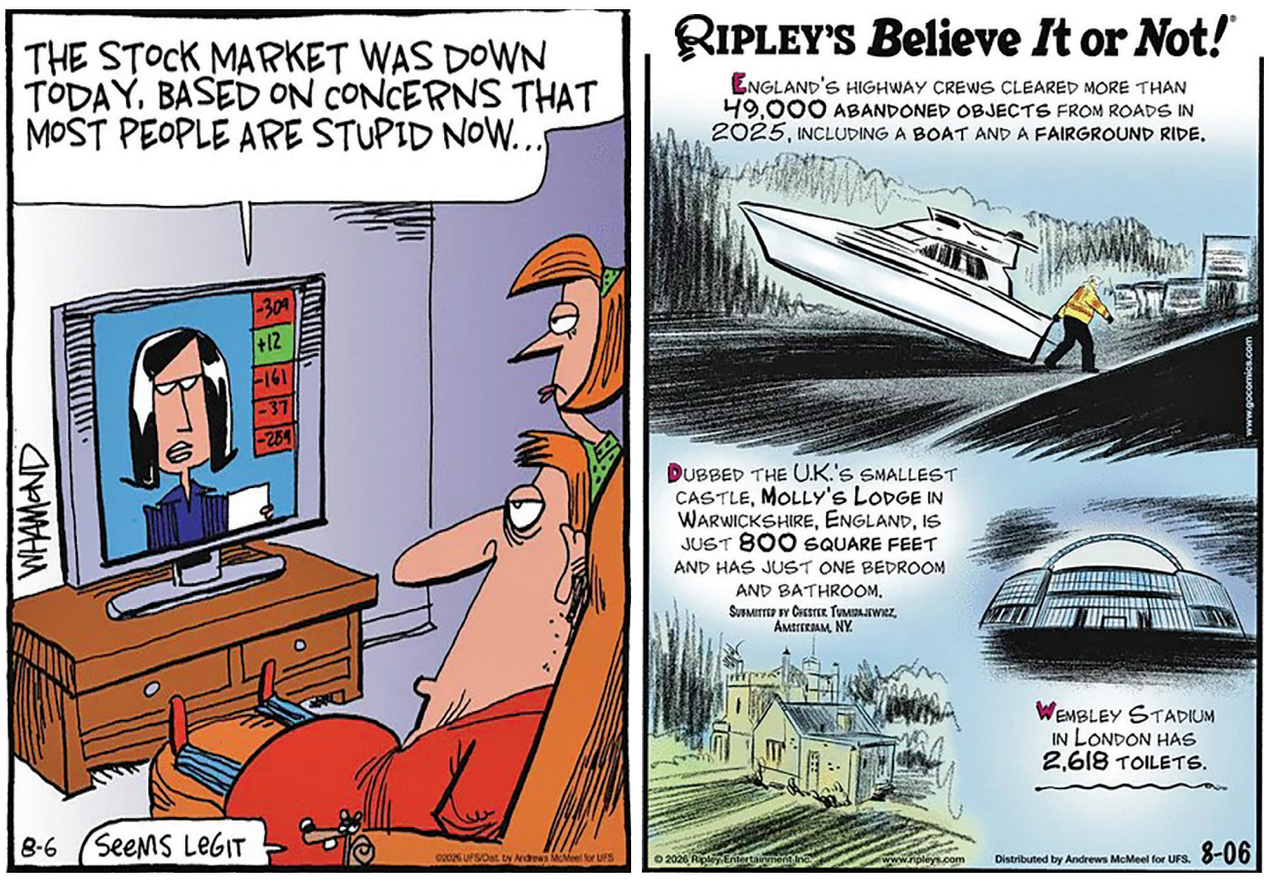
Yadav's elder brother, Shripal Yadav, said discussions with the bank were continuing and expressed confidence that the issue would be settled before any auction takes place.

The financial dispute comes as the actor is also dealing with legal proceedings related to the same loan. In July, the Delhi High Court sentenced him to three months' imprisonment in cheque bounce cases and ordered him to pay compensation. The case has been ongoing since 2018.

Despite his legal and financial challenges, Yadav continues his acting career. He was recently seen in Welcome to the Jungle and is set to appear in Priyadarshan's upcoming film Haiwaan, alongside Akshay Kumar and Saif Ali Khan.

CARTOON

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FIFA backs Infantino but apologises over World Cup investment plan

AP
Rabat, Aug. 6



PHOTO: AP

FIFA president Gianni Infantino, center, speaks to FIFA secretary general Mattias Grafstrom, left, sitting beside president of Moroccan Royal Football Federation Fouzi Lekjaa as they attend a Women's AFCON 2026 soccer match between Malawi and Zambia, in Rabat, Morocco.

FIFA said Wednesday it had apologized for errors made over Gianni Infantino's failed plan to sell stakes in the World Cup and that senior staff in attendance at a crisis meeting in Morocco "reaffirmed their full support" for his presidency.

World soccer's governing body attempted to present a unified front amid the turbulence caused by Infantino's controversial plans, with calls for him to step down.

In a statement, FIFA said Secretary-General Mattias Grafström and members of the management board in attendance in Rabat had given their support to the embattled president.

Referring to the plans to sell profits in the World Cup through a commercial subsidiary called FIFA Forward Enterprise (FFE), the statement said "mistakes made were acknowledged" and that the "process should have been handled differently."

FIFA said a letter had been sent to FIFA Council and member associations apologizing for errors and committed to "ensure they do not happen again."

Grafström's stated support was notable after he distanced himself from Infantino's now abandoned plans in an email to all FIFA staff calling the last week a "sad and reproachable series of events."

FIFA said Infantino had also reaffirmed his support for his secretary general.

World soccer's governing body said the FFE proposal was "now off the table." "There are always lessons to be learned, and FIFA will continue to improve its processes in light of this experience," it said.

'Serious questions'

Earlier Wednesday, the association of European soccer leagues — including the Premier League, La Liga and Serie A — called for governance reform of FIFA. It described the FFE proposal as "dangerous" and said it pointed to deeper concerns about how the governing body operates.

It said it raised "serious questions about FIFA's governance, internal culture and decision-making."

"Now more than ever, FIFA requires governance reform that ensures that all relevant stakeholders have a formal role in decisions that shape the future of our game."

In the statement, European Leagues hit out at the possibility of further expanding the World Cup to 64 teams and said "FIFA must not be allowed to continue taking unilaterally disruptive decisions."

It said that until there was reform it would reject the "expansion or creation" of FIFA competitions.

Portugal and Real Madrid great Luis Figo also called for Infantino to step down, saying he had "debased the office." FIFA denied a British media report suggesting Infantino, in seeking support for his presidency, had offered Morocco the hosting of the final at the 2030 World Cup. Spain, Portugal and Morocco are the main co-hosts for the 2030 edition. Morocco hopes to host the final at the planned 115,000-seat King Hassan II Stadium near Casablanca; Spain has at least two contenders — the home stadiums of Real Madrid and Barcelona.

A FIFA spokesperson said it's "false and misleading to claim the FIFA president has made any promise in relation to hosting the FIFA World Cup 2030 final. A decision will be made by FIFA in due course."

A tumultuous week have raised questions about Infantino's presidency of FIFA ahead of elections in March.

European soccer's governing body UEFA has applied the most intense pressure by voting to boycott the World Cup if Infantino pressed ahead with FFE.

Even after Infantino's climbdown UEFA said it had lost confidence in FIFA's leadership — possibly paving the way for a challenge to his presidency. The governing body for North and Central American and Caribbean soccer (CONCACAF) also said FIFA leadership had "stopped putting football first."

There have also been signs of division within the organization with chief of global football development Arsène Wenger distancing himself from the FFE plans. Infantino's senior adviser Carlos Cordeiro resigned last week and chief operating officer Kevin Lamour said staff were "deceived" by the president's lack of openness.

Infantino is aiming to win a fourth and final term in office at the March elections.

Pakistan end 8-match overseas losing streak



PHOTO: AFP

Kemar Roach (R) of West Indies bowled by Ali Usman (unseen) of Pakistan during the 4th day of the 2nd Test match between West Indies and Pakistan at Queens Park Oval, Port of Spain. The keeper is Mohammad Rizwan (L).

AP
Port of Spain, Aug. 6

Pakistan ended its eight-match losing streak away from home in cricket tests with a resounding eight-wicket victory over the West Indies on Wednesday to level the series.

First innings century-maker Abdullah Shafique and Babar Azam, in his first series since being reappointed as captain, reappointed as captain, led Pakistan to 77-2 with unbeaten knocks of 24 runs each as the visitors achieved victory shortly after lunch on Day 4 of the second test.

Babar knocked off the target by hitting back-to-back sixes against left-arm spinner Jomel Warrican, whose six-wicket haul in the first innings had limited Pakistan's lead to 43 runs.

West Indies won the first test by 90 runs at Tarouba. In the second test, spinners Sajid Khan and Ali Usman utilized favorable conditions on a wearing wicket of Queen's Park Oval to ensure Pakistan remained unbeaten in a test series against the West Indies since 2000.

Pakistan lost the wickets of Imamul-Haq, brilliantly snapped up by Justin Greaves in the slips cordon for 9 in Jayden Seales' first over Wednesday, and Azan Awais was bowled by Shamar Joseph for 18 before Shafique and Babar sealed the win inside four days.

Earlier, West Indies had set up a modest target of 75 runs after it got bowled out for 117 with off-break bowler Sajid (4-32) and left-arm spinner Usman (4-39) sharing eight wickets between them.

Opening batter Brandon King couldn't bat in West Indies' second innings due to a back injury sustained on Day 3 when he ran out Babar with a spectacular direct throw from short cover.

Resuming on 106-3 — only 60 runs ahead — the resistance of West Indies' tailenders ended quickly with Usman picking up the wickets of Kemar Roach and Joseph. Greaves, the last recognized batter, played on to seamer Mohammad Ali's delivery back onto his stumps after adding just two runs to his total as he attempted a cross batted shot, but got a big inside edge.

Pakistan's last test win away from home came against Sri Lanka in 2023 during Babar's first tenure as captain, before Shan Masood led the side for nearly three years during which Pakistan lost 3-0 in Australia; 2-0 in South Africa; and 2-0 in Bangladesh.

Masood was eventually relieved of the captaincy after Pakistan's dismal run in red-ball cricket, but the return of Babar as skipper saw Pakistan losing the first test at Tarouba last week for Pakistan's eighth loss away from home in three years.

England recall Lawrence for Pakistan series

England have recalled Dan Lawrence from two years of Test exile to face Pakistan, with the batsman pencilled in to fill the middle-order vacancy created by the retirement of captain Ben Stokes.

National selector Marcus North, announcing a 16-man squad for the first two matches of the three-Test series on Thursday, confirmed Lawrence would bat at number six.

Jordan Cox, who replaces the injured Jacob Bethell, will bat at number three.

Joe Root leads the side after being appointed for a second stint, with the first Test starting at Headingley on August 19.

Fast bowler Brydon Carse is included after missing the 2-1 series loss to New Zealand because of an injury to his right hand.

Marcus Trescothick will be the hosts' interim head coach before former New Zealand captain Stephen Fleming replaces compatriot Brendon McCullum as England's red-ball supremo.

Former England vice-captain Ollie Pope has also been recalled, having been discarded after a run of low scores during England's 4-1 Ashes series loss in Australia.

Off-spinner Shoaib Bashir has been retained, although it remains to be seen if England will deploy a specialist slow bowler in Leeds.

England have lost seven of their past nine Tests and are without a series win since December 2024.

Pakistan will arrive off the back of drawing a two Test series, 1-1, with the West Indies.

Bhurtel named Nepal Telecom's brand ambassador



BY A STAFF REPORTER
Kathmandu, Aug. 6

Nepali national cricket team opener Kushal Bhurtel has been appointed as the brand ambassador for state-owned telecommunications provider Nepal Telecom.

The agreement was formally signed by Nepal Telecom Managing Director Sangita Pahadi (Aryal) and Bhurtel during a program on Wednesday. The company officially announced the partnership via its social media channels on Thursday.

Welcoming the cricketer to the brand, Nepal Telecom stated that the energy and passion seen on the cricket field would now align with the company's vision. As the nation's primary telecommunications service provider, the company expressed confidence that the collaboration would significantly boost its brand presence.

Horaa Esports gear up for PUBG Mobile World Cup

BY A STAFF REPORTER
Kathmandu, Aug. 6



Nepali gaming outfit Horaa Esports are set to begin their campaign at the PUBG Mobile World Cup, which kicked off in Qiddiya City Grid, Paris, France, on Thursday.

Running from 6 to 16 August as part of the broader Esports World Cup (EWC), the tournament features 32 top-tier teams qualified from across the globe.

The participating teams have been divided into two groups of 16. Group A matches got underway on Thursday, whilst Horaa Esports, drawn in Group B, will begin their fixtures on Friday, 7 August.

Under the tournament format, the top five teams from each group advance directly to the Finals. The teams placing 6th to 13th in each group will then compete in the Survival Stage for the remaining slots. The Finals will see the top 16 teams battle for a top prize of $400,000, drawn from a overall tournament prize pool of $3 million.

The Group Stage runs from 6 to 9 August, followed by the Survival Stage on 11–12 August, concluding with the Finals from 14 to 16 August.

The Nepali roster features Suraj Lama ('No Fear'), Aakash Sotang Rai ('Sky Hora'), Shital Rai ('Sleepy'), Yugen Lama ('Mafia'), Prabesh Gurung ('Haitdami'), and Suprim Adhikari ('Jiggle'). Team owner Sanjan Gautam ('CR7 Hora') has accompanied the squad to France.

Speaking after arriving in Paris on Tuesday, Gurung called on the nation to rally behind the team. "We have come to the EWC as Team Nepal, and we ask for everyone's support, not just as Horaa Esports, but as Nepal," Gurung said. "Our competition is with ourselves. This is a battle between the Horaa Esports of EWC Season 1 and Season 2. We hope to produce a good result and trust everyone will support us."

Horaa Esports earned their berth in Paris following a 12th-place finish at the PUBG Mobile Global Open (PMGO) in May.

This marks Horaa's second appearance at the World Cup, following last year's edition in Riyadh, Saudi Arabia, where they placed ninth and earned over NPR 15 million in prize money.

The Esports World Cup 2026 encompasses 25 events across 24 gaming titles. Earlier in the global event, fellow Nepali competitors DARS Gaming finished 17th out of 23 teams in the Free Fire event, taking home $5,500.

Newcastle appoint Jaissle as new coach

AFP
London, Aug. 6



Newcastle have appointed Matthias Jaissle as their new head coach following Eddie Howe's departure, the English Premier League club announced Wednesday.

The 38-year-old Jaissle, a former Germany Under-21 international, was previously in charge of Saudi side Al-Ahli but has no prior experience of managing a top-flight club.

"It is an incredible honour to become head coach of Newcastle United," said Jaissle. "This is one of the biggest clubs in European football, with a unique history, identity and supporter base, and I am excited to experience that passion and connection first-hand.

"When Newcastle United comes your way, you take notice. The ambition of the club, the vision for the future and the opportunity ahead made this an incredibly compelling place to be. I have followed the club's journey closely in recent years and the progress that has been made is clear for everyone to see."

Jaissle was forced to end his playing career due to injury at the age of 25.

His first managerial job came with Austrian side Liefering, whom he led to a second-placed finish in the second tier, the club's joint best-ever position.

Jaissle took charge at Red Bull Salzburg in 2021, winning successive Austrian titles as well as the Austrian Cup.Jaissle joined Al-Ahli in 2023 and led them to AFC Champions League titles in 2025 and 2026.

Although not a high-profile manager, he is well-known to Newcastle's majority owner, the Saudi Arabia Public Investment Fund, which bought a controlling share in four Pro League clubs, including Al-Ahli, in 2023.

Messi scores twice to set Leagues Cup record

AFP
Miami, Aug. 6

Lionel Messi scored twice on Wednesday to become the Leagues Cup's record goalscorer as Inter Miami beat Atletico San Luis 4-2 at home in the 2026 edition's opening group matches.

Messi, who helped Miami win the 2023 crown in his first weeks with the Florida club, took his tally in the competition for Major League Soccer and Mexican Liga MX sides to a record 14 goals.

David Rodriguez gave San Luis the lead in the fourth minute but Messi equalized seven minutes later.

Venezuelan midfielder Telasco Segovia edged Miami ahead in the 26th minute. Messi struck again just before half-time with Brazilian defender Micael making it 4-1 deep into first-half stoppage time.

Atletico's Rafa Llorente scored a second-half consolation. Other Leagues Cup matches on Wednesday saw Dallas beat Queretaro 2-0 and Leon won 1-0 at Nashville.

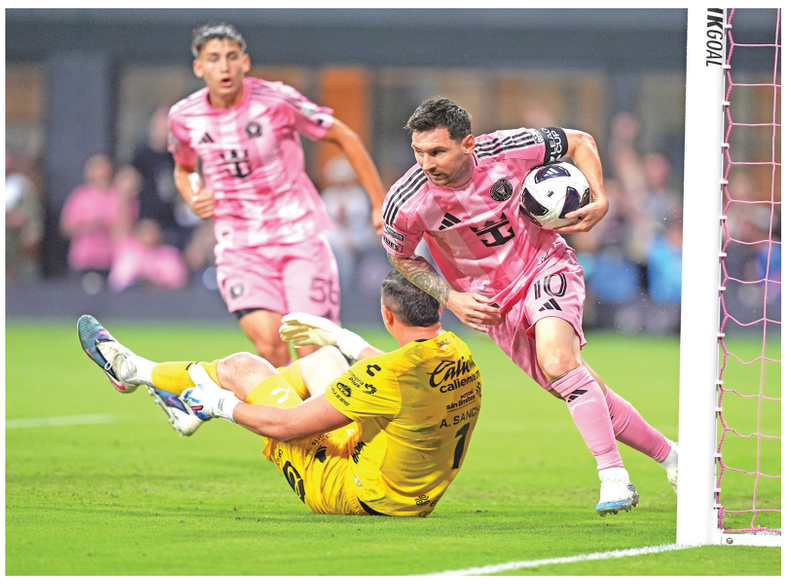


PHOTO: AP

Inter Miami forward Lionel Messi (10) picks up the ball and runs after scoring his side's first goal past Atletico de San Luis goalkeeper Andres Sanchez (1) during the first half of a Leagues Cup soccer match in Miami.

Nepal to face New Zealand A in Darwin One-Day fixture

BY A STAFF REPORTER
Kathmandu, Aug. 6

The Nepali men's national cricket team will play a practice one-day match against New Zealand A following the conclusion of the Top End T20 Series in Darwin, Australia.

New Zealand Cricket confirmed the fixture on Thursday while announcing its squad for the upcoming tournament.

"Following the conclusion of the Top End [series], the 50-over squad will play three matches against South Australia, Tasmania, and Nepal," New Zealand Cricket stated on its website.

According to the schedule, New Zealand A will face South Australia on 2 September and Tasmania on 4 September, before taking on Nepal on 6 September. All three matches are set to take place at the Marrara Oval (Marrara Cricket Ground 2) in Darwin. Both teams will initially compete in the Top End T20 Series, where they have been drawn in separate groups.

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Friday
SUPPLEMENT
Friday, August 7, 2026
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AI Through Diverse Lenses | B



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Financial Burden Outlives Medical Recovery



Dr. Uttam Laudari

A middle-aged man had spent years living with recurring abdominal pain. The attacks often came in the evenings, particularly after meals rich in oil or fat. Like many men, he delayed seeking medical attention while prioritising the needs of his family.

When the pain became too frequent to ignore, he finally sought medical care. He came to the hospital with what seemed like a common and treatable problem. The diagnosis was straightforward: symptomatic gallstone disease.

The recommended treatment was gallbladder removal surgery, one of the most commonly performed and safest abdominal operations worldwide. For the vast majority of patients, it is a routine procedure followed by a short hospital stay and a rapid return to normal life. For his family, however, even a routine operation required careful financial planning.

With limited savings, they borrowed money from relatives and friends, believing the expense would be temporary. They expected that after a few days in hospital he would recover and return home. His postoperative recovery, however, took an unexpected course. His postoperative recovery, however, took an unexpected course because of a rare but recognised complication of gallbladder surgery that required prolonged treatment and referral to specialised hepatobiliary centres.

Subsequent evaluation revealed a previously unrecognised biliary anatomical variation. Such anatomical variations are uncommon and are often difficult—or impossible—to identify reliably before surgery using routine preoperative investigations, even in experienced hands and well-resourced healthcare systems. Instead of returning home after a few days, he required further investigations, intravenous antibiotics, image-guided drainage procedures, and advanced endoscopic evaluation.

As his condition evolved, he was referred to specialised centres where multidisciplinary teams worked together to control the complication and determine the most appropriate timing for definitive reconstruction. The weeks that followed were marked by repeated hospital admissions, imaging studies, drainage procedures, episodes of infection, and periods of intensive care.

Every intervention was undertaken with the goal of restoring his health, but each also brought additional hospital bills, travel expenses, accommodation costs, and loss of income for the family. Nearly three months after the initial operation, once the inflammation had settled and reconstruction was considered appropriate, he underwent a Roux-en-Y hepaticojejunostomy, a highly specialised operation to restore bile drainage. The surgery was successful, and he gradually recovered.

By then, however, the financial burden had become overwhelming. What had begun as a routine operation had evolved into months of treatment across multiple hospitals, requiring repeated investigations, procedures, medications, travel, accommodation, and prolonged absence from work for both the patient and his family. The overall financial burden—including medical expenses, travel, accommodation, and lost income—far exceeded anything they had anticipated. The money borrowed from relatives was eventually exhausted. To continue treatment, the family sold a small piece of land they had carefully preserved for their children's future—a sacrifice representing years of hard work and hope. In the end, the medical teams succeeded in restoring his health. Yet the family's journey did not end with his recovery. They return home carrying the burden of debt, lost income, and the challenge of rebuilding what had been sacrificed along the way. For them, recovery meant far more than healing from an operation. It meant rebuilding their financial security, restoring stability for their family, and finding hope after months of uncertainty.



Photo: AI

> According to World Health Organization data, more than 55 per cent of total health expenditure in Nepal is paid out-of-pocket — among the highest rates in the world. For comparison, the figure is 40 per cent in Sri Lanka, 15 per cent in the United Kingdom, and 12 per cent in Thailand.

Financial burden

There is a term in modern health economics for what happened to this family: financial toxicity. The concept originated in cancer care in the United States, where the astronomical cost of chemotherapy and radiation was found to save patients from cancer while simultaneously pushing them into debt, bankruptcy, and economic ruin.

But financial toxicity is no longer confined to oncology. It describes any serious medical situation in which the direct and indirect costs of treatment overwhelm a family's capacity to cope. The direct costs are visible — they appear on bills, and they are paid at counters. Hospital fees, surgery charges, ICU stays, diagnostic procedures, medications, ambulances, blood, and oxygen. The indirect costs are invisible — they appear nowhere on paper, but they carve deep holes in a family's life. Lost income when the patient cannot work for months.

Lost income when a family member stops working to provide care. Repeated travel costs between home and a distant tertiary hospital. Children pulled out of school. Daily household expenses continue while earnings fall to zero. Informal loans at 30 to 40 per cent interest. And finally — the sale of assets accumulated over a lifetime. Researchers have developed tools such as the Comprehensive Score for Financial Toxicity (COST) to quantify the economic burden of illness on patients and families.

Yet in Nepal, the reality of financial toxicity often extends far beyond what any questionnaire can measure. Patients do not simply pay medical bills. They mortgage land, sell livestock, exhaust lifelong savings, and borrow from relatives, neighbours, and moneylenders. When these options are exhausted, many families face an impossible choice: continue treatment and risk complete financial ruin, or stop treatment altogether. In hospitals across the country, clinicians regularly encounter patients who leave against medical advice (LAMA) as they can no longer afford to stay. Some are taken home from intensive care units. Others abandon treatment midway through a potentially curable illness. In many cases, the decision is driven by financial desperation. The tragedy is that some of these patients might have survived if treatment had continued. Instead, the cost of care becomes a second disease—one that quietly claims lives even when modern medicine still has a chance to save them. That last outcome is the quietest and most devastating form of financial toxicity.

Healthcare insecurity

Nepal's health financing structure makes families extraordinarily vulnerable. According to World Health Organization data, more than 55 per cent of total health expenditure in Nepal is paid out-of-pocket — among the highest rates in the world. For comparison, the figure is 40 per cent in Sri Lanka, 15 per cent in the United Kingdom, and 12 per cent in Thailand. When serious illness strikes a Nepali family, the state does not take the financial burden. Nepal's national health insurance programme is expanding, but its limitations are real and consequential. Complex surgeries and long-term treatment — precisely the kind required after a bile duct injury — frequently fall outside coverage limits. Government hospitals that accept insurance carry waiting lists of months, forcing patients in urgent situations toward private facilities where insurance may not apply.

Documentation requirements and procedural complexity prevent many eligible families from accessing benefits they are theoretically entitled to. The result is a cruel paradox: insurance exists, but it tends to fail exactly when it is needed most. Provincial data reinforces the inequality. Families in Bagmati and Gandaki provinces spend significantly more on healthcare — partly because that is where the tertiary hospitals are located, drawing patients from across the country who must also spend on travel and accommodation costs. In Karnali, spending appears lower — as healthcare is less accessible. Lower spending in this context is not a sign of a healthy system. It is a sign of unmet need.

Policy reform

The solution to financial toxicity is not a single intervention. It requires parallel action across clinical practice, health financing, and policy. Clinically, Nepal's surgical training must evolve. Competency-based assessment, simulation laboratories, mandatory CVS documentation, and regular Safe Surgery continuing education programmes are essential systems that take patient safety seriously. A national bile duct injury registry would, for the first time, give us real data on how often this complication occurs, where, and under what circumstances. On financing, the national health insurance scheme must expand its coverage to include catastrophic surgical complications and their long-term management. A dedicated fund for catastrophic health expenditure — with a simple, accessible application process — would prevent families from having to sell land to pay for surgery gone wrong. Price transparency regulations for government and private hospitals and digital sharing of investigation results between institutions to prevent costly duplication would reduce the financial burden at every stage of care. Most fundamentally, the government needs a clear national referral framework — one that routes straightforward cases to appropriately equipped district and provincial hospitals, reserves tertiary centres for complex cases, and ensures that when a complication like BDI occurs, the patient reaches the right specialist without losing weeks to uncertainty.

Health equity

The man in this story survived. That matters enormously, and it reflects the skill and dedication of the medical teams who cared for him through three months of complications. But survival is not the only measure of a health system's success. A health system must also ask: what did this family lose? What did treatment cost them beyond the physical? How many other families — in how many other hospitals, in how many other districts — are going through the same thing right now, in silence, with no registry recording their experience and no policy designed to protect them? Financial toxicity is not an inevitable consequence of medical complications. It is a consequence of how we have chosen — or failed — to build systems of protection around those complications. Falling ill should not be a financial punishment. However, this is the situation in Nepal, where families have to make direct out-of-pocket payments for more than half of their health care costs. Till people can access health care without the fear of making themselves financially worse off, our health care system is failing us.

(The author is a surgical gastroenterologist.)

Support Breastfeeding For Stronger Society



Ajita Rijal

Breastfeeding is one of the key factors that contribute to a healthy start in a child's life. It is only the natural way of nourishing babies and a major contribution to their physical, psychological and intellectual development. According to the World Health Organisation, the baby is supposed to breastfeed in the first hour after birth, while at the same time the infant is supposed to be exclusively breastfed for six months. This refers to the period when the child should feed on breast milk alone. It is the responsibility of family, workplace, community and a state to promote exclusive breastfeeding among women for six months.

There are many advantages of breast milk for a baby and a mother. Breast milk contains all vital components that promote the formation of immunity, the prevention of diseases, and the proper development of babies.

Breastfeeding lowers the risk of postpartum depression, breast cancer, and ovarian cancer. Moreover, breastfeeding has a positive psychological impact since it creates an attachment between mother and baby and promotes the development of affection.

Nonetheless, numerous mothers, especially working ones, experience significant challenges when it comes to breastfeeding. Resuming work soon after delivering can be extremely challenging for mothers, as they will have to choose between their occupation and the feeding needs of their children.

In Nepal, where women play an important role in the agricultural, industrial, government, and private sectors, this situation is quite common. Despite the increased awareness of the importance of breastfeeding, it is important to remember that awareness alone is not enough in resolving the issue unless there is enough time and financial support available to mothers.

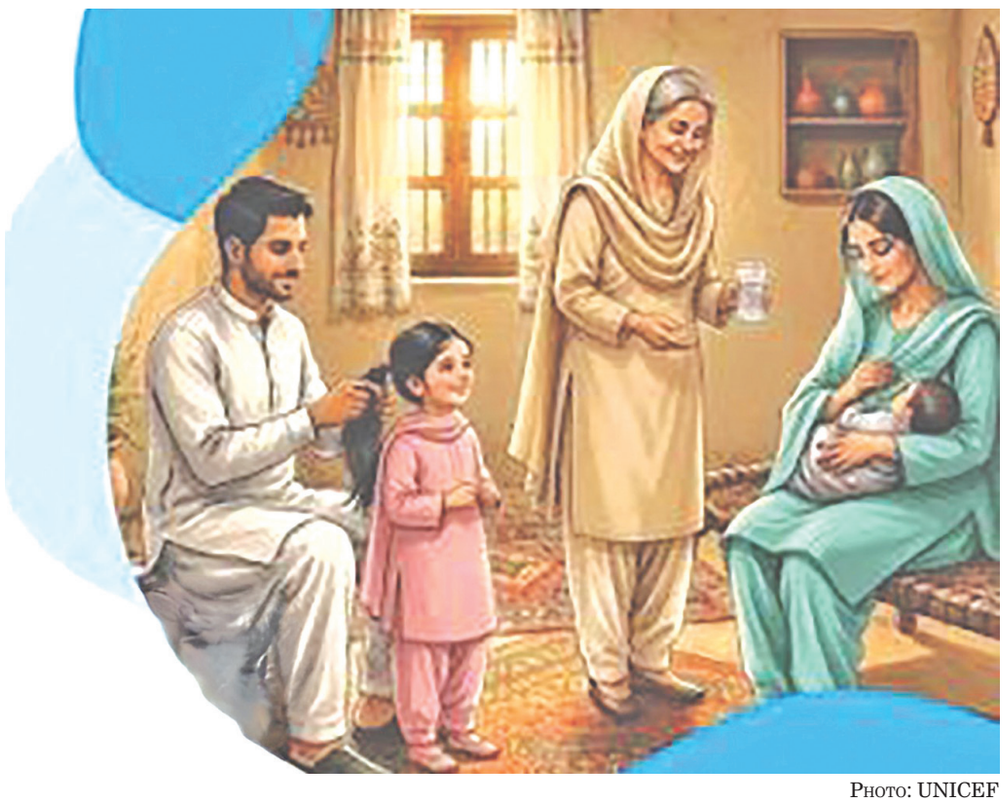


Photo: UNICEF

> The health of today's children decides how strong the nation will be in the future. Mothers should not have the right to sacrifice her child's well-being for the sake of income or employment.

That is why the government should focus on providing six-month paid maternity leave for working mothers. The six-month paid maternity leave would enable mothers to exclusively breastfeed their children without being afraid of getting fired from their job or facing any financial problems due to their absence from work.

Some employers might think that an extended period for maternity leaves will add to the financial burden and decrease the productivity of the workplace. Nonetheless, this view focuses only on the short-term cost without considering the benefits of the long-term period. Well-cared-for kids will require fewer treatments, while well-supported employees will be more loyal to the workplace.

A country that provides support to mothers and kids will end up having healthy workers who are productive. This will help achieve gender equality, as care work is unpaid and performed mainly by women.

Six months of paid maternity leave needs to be coupled with facilities like nursing corners at workplaces, breastfeeding spaces at public places, flexibility at the workplace, and prevention of discrimination against pregnant women and mothers.

The health of today's children decides how strong the nation will be in the future. Mothers should not have the right to sacrifice her child's well-being for the sake of income or employment. Six months' worth of paid maternity leave is a reasonable decision that the country could make in order to make the nation a better place overall. The first week of August is observed as World Breastfeeding Week annually. The week stresses the importance of breastfeeding and urges people collectively to create a conducive environment for new mothers.

(The author is a sub-editor at The Rising Nepal.)

August Universe Unfolds Beautifully



Dr. Rishi Shah

ASTRONOMY

The night skies of this month would provide wonderful opportunities to delve into and understand the indispensable importance and intricacies of planets, stars, constellations and other enigmatic entities that are floating fabulously all over the heavens. Manifesting planet Mercury in the eastern sky shortly before dawn is always irksome and tricky. It could be glimpsed before sun-up briefly in the constellations Gemini (twins) and Cancer (crab) during the month's beginning. It is then lost to solar glare for the rest of the month, as it is in the Sun's vicinity and moving through the constellation Leo (lion). The elusive planet Mercury arrives at its greatest western elongation from the Sun on 02 August. It would be the most overwhelming instance to applaud Mercury since it will be at its loftiest place above the horizon in the morning sky. It would be generally loitering low in the eastern sky just before sunrise. Brightly beaconing, planet Venus can be saluted in the western sky after dusk settles into darkness.

It will slowly sink towards the western horizon after a few hours. It is venturing through the constellation Virgo (maiden) above the bedazzling star Spica (Chitra). The planet Venus reaches its utmost eastern elongation from the Sun on 15 August. This is the most marvellous moment to view Venus since it will be at its most elevated position above the horizon in the evening. Look for the lamplight planet in the western sky after sunset. Red planet Mars will be discernible from matured night till the morning in the eastern sky. It will be marching through constellations Taurus (bull) and Gemini. Mighty planet Jupiter is out of sight this month. It is in imminent proximity to the Sun. It is jovially jolting through the cute constellation Cancer. The complex cum-contraband Beehive cluster would be a jewel in the Cancer.

It is quirkily 600 light-years away. Outstandingly, one thousand stars with sparkling stars are concentrated in the central core, and dimmer ones dramatically describe its halo. Planets Saturn and Neptune could be seen in the eastern sky after sundown. They climb above the southern sky by the middle of the night. They then dip down towards the western horizon and are evanescent by daybreak. They are soaring around the southern section of the rambling constellation Pisces (fishes). The candid circlet asterism can be adulated above them. Planet Neptune and star Al-rescha can be appraised awesomely on the western and eastern sides of Saturn.

Alrescha is a baffling binary star system sparsely 151 light-years away. Planet Uranus can be greeted in the eastern sky from advanced night. It creeps high and fades away from the sky as morning twilight approaches. It is fleeing through the constellation Taurus. Alluring star Aldebaran is appealingly below Uranus. Red giant star Aldebaran marks the imaginary eye of the celestial bull in the zodiac constellation Taurus. It is simply 67 light-years away. Aldebaran has a feeble, faint companion star, Aldebaran-B, revolving around it from a distance of about 680 astronomical units. One astronomical unit (AU) is the mean distance between the Sun and Earth. It measures allegedly 150 million kilometres. It has exhausted hydrogen



> The stars in Perseus are multifold light-years away, while these meteors burn up convincingly 100 kilometres above earth. Prestigious Perseus is a habitat for blinking, bizarre, burnished, multiple-nova-variable star Algol, alias the demon star (perhaps 94 light-years away).

NIGHT SKY IN AUGUST 2026

in its heart-alike hub and is fusing helium in its surrounding shell. It is sizzling hot (3900 degrees Celsius).

The new moon befalls on 12 August, while the full moon (Janai purnima) will transpire on 28 August. This full moon is popularly known as the sturgeon full moon because large sturgeon fish of the big lakes can be easily caught at this time of year. Festivals of Ghanta Karna, Nag Panchmi and Gai Jatra are revered, rejoicing on 11, 17 and 29 August, respectively. A total solar eclipse occurs on 12 August when the moon completely blocks the Sun, revealing the Sun's amazing outer atmosphere, known as the corona. The path of totality will commence in the Arctic Ocean off the northern coast of Russia. It will move across Greenland, Iceland and the Atlantic Ocean before ending in Spain.

A partial solar eclipse will be witnessed from Alaska, Canada, western Africa and the northern United States. A peculiar partial lunar eclipse develops on 28 August when the moon slides through the earth's partial shadow, or penumbra, and only a petit portion of it passes through the darkest shadow, or umbra.

During this type of eclipse a slender segment of the moon will darken as it glides through Earth's shadow. The eclipse will be visible throughout most of North America, Mexico, Central America, South America, the Atlantic Ocean, Europe and Africa. These solar and lunar eclipses are inherent members of Saros series 126 and 138. From Nepal, these two eclipses will not be visible. It is politely warned that one should never, through binoculars or telescopes, gaze at objects neighbouring the Sun. By doing so, onlookers could sadly sustain immediate and permanent blindness.

Considered as one of the dominating number-one meteor showers, Perseids would fascinate meteor lovers with mystical 100 meteors per hour at its peak. It is renowned for displaying numerous scintillating shooting stars that seemingly emanate from the radiant residing in the captivating constellation of Perseus (legendary hero). Its radiant can be traced to an area near the star Eta Persei, rising in the northeast in the tardy evening. It elevates toweringly during morning twilight. The shower runs annually from 17 July to 24 August. Its maximum is on the night of 12 August and predawn hours of 13 August.

This year exceptionally excellent Pseids watching is possible, since no moonlight would interfere with this silent shimmering show. The best perusing could be carried out from the belated evening till the last two hours before day-start when the radiant is highest. One could choose a tenebrous site away from city lights, such as state parks, rural areas or locations with commanding altitude, for enjoying the shower. Meteor speeds to approximately 59 kilometres per second, producing fast, flung flashes. While the acme trice is during 12–13 August, good Persids-activity can be succulently savoured from 10 August to 14 August. Meteor showers crop up when earth traverses through the trail of debris left behind by a comet or asteroid (in special cases). Perseid meteors are basically comet dregs with tiny particles of dust and ice. They are fragile and disintegrate upon entering the atmosphere mere 70 to 100 kilometres above the earth's surface. Almost none of them hit the ground, but if one crashes on earth, it is dubbed a meteorite. Perseid meteors strengthen as late-night dives go into wee hours till before dawn. Coincidently, those lucky ardent fans embracing the beauteous 12 August total solar eclipse could also behold the coruscating Perseids.

Conjuring constellations: Perseus, Andromeda (queen) and Pegasus (winged horse) with the Great Square are above the horizon, with Persid-meteors streaking away from Perseus while peering towards the east-northeast horizon. Perseids radiant can be traced by meteors whizzing backwards to the point near famous Double Cluster dwelling in northern part of Perseus close to charming constellation Cassiopeia (queen), which is easy to locate because it mimics distinctive M or W shape. These two glittering stellar groups stand out as breathtaking open clusters containing supergiant suns. They are whooping 7500 light-years away. Reckoned as deep-sky jewels, the telescopic vista of these favourite magnificent NGC 869 and NGC 884 is just mesmerising.

In ancient Greek star lore, Perseus is the son of deity Zeus and mortal Danae. The Perseids commemorate a time when Zeus visited Danae in a shower of gold. The meteor shower is hailed as honouring the constellation Perseus. The stars in Perseus are multifold light-years away, while these meteors burn up convincingly 100 kilometres above earth. Prestigious Perseus is a habitat for blinking, bizarre, burnished, multiple-nova-variable star Algol, alias the demon star (perhaps 94 light-years away). Milky Way's galactic plane goes through Perseus. Iconic California and Little Dumbbell Nebula inhabit Perseus. The parent comet responsible for the Perseid meteor shower is comet 109P/Swift-Tuttle. It orbits the Sun nominally every 133 years.

Lewis Swift of Marathon, New York, visually discovered it in 1862. Three days later, Horace Tuttle picked it up from Harvard Observatory. Its nucleus is circa 26 kilometres in diameter. The comet returned in 1992, when it was redetected by Japanese astronomer Tsuruhiko Kiuchi. It was last observed in April 1995 when it was 8.6 AU (1.3 billion kilometres) from the Sun. In 2126, it may again be a resplendent naked-eye comet. Comets recorded in 69 BCE and 188 CE may be appearances of this comet.

(Dr. Shah is an academician at NAST and patron of NASO.)

AI Through Diverse Lenses



Sahishnu Poudyal

For the past few weeks, I was involved in a plethora of activities concerning Artificial Intelligence (AI), which allowed me to learn about the topic in relation to the world, region and local level. The events took place in different capacities ranging from being a moderator, panelist, contributor, or just a participant through different forums. Through these events, I got the opportunity to view the field of AI from a variety of angles. From global discussions on issues of AI governance and sovereignty to regional research on gender issues and AI to local discussions on the ethics of AI and women's leadership in AI.

The first event I attended was the "AI Ethics Film Screening and Dialogue Series." The event was co-organized by the Department of Languages and Mass Communication at Kathmandu University and Women for Ethical AI South Asian Chapter on 30 June 2026.

I had the privilege of curating and moderating the panel discussion after the film screening of a documentary titled "Humans in the Loop" that discussed the human aspect of AI. The documentary was about the human stories of AI, the communities whose data are being used to train algorithms and people affected by automated decisions.

This programme brought together individuals who ranged from researchers to AI developers to policymakers, filmmakers, students, and professionals in development. These people discussed various themes including algorithmic bias, data governance, and ethics in AI.

This provided an opportunity for critical dialogue on AI. The discussions focused on accountability and representation of indigenous and marginalized communities. The question that was raised was whether the current governance structures are enough to safeguard vulnerable groups and if indeed technological advancements can be said to be successful without the input of those most impacted. Perhaps, the main strength of this programme was not in providing solutions but posing critical questions about AI.

Nonetheless, the conclusion we arrived at was that AI governance cannot be left to government offices and tech companies. Universities have a vital role to play in creating a platform for discussing the ethical, social, and political impact of new technologies such as AI.

A number of nations in the Global South have begun to utilize AI technologies. At the moment, these nations are dependent on infrastructure, cloud, computing capabilities, foundation models, and regulation standards that are created somewhere else. Being part of the AI ecosystem does not necessarily mean being influential in shaping the future of AI.

At the roundtable discussion, the panelists mentioned the meaning of AI sovereignty in the case of Nepal, India, and Sri Lanka. The misunderstanding



> For an AI ecosystem to be truly trustworthy, it takes sustained effort into research, digital literacy, governance, multilingual databases, participation of people, and organisational capacity building.

about AI sovereignty is usually that it means creating every single model of AI locally and producing the chip locally. In fact, AI sovereignty is not about being self-reliant technologically but rather about having agency and capability to make decisions concerning AI development, deployment, and regulation.

In Nepal, this particular problem is even more pressing. Nepal has multiple languages, cultures, and Indigenous communities. But today's AI has been trained with data that comes from dominant languages and societies globally. If local languages, Indigenous knowledge, and culture will be left out, AI will create outputs that won't recognize the conditions of countries like Nepal. Technology history is the history of technologies created by homogenous communities. As a consequence, the experience of women, Indigenous communities, persons with disabilities, and other disadvantaged groups were consistently ignored during technological development. Here, the AI gives a chance to change the situation.

The discussion also pointed out that technological dependence isn't limited to hardware and software. The development of international standards and regulations without involvement of developing countries will inevitably lead to dependence in its governance. It poses the question of whether AI sovereignty can be reached when countries follow the rules made elsewhere.

Ethical AI calls for governance in order to address the question of at all stages of AI intelligence design, development, deployment, and governance. This means that there should be safeguarding in such a way that women are not just consumers of AI but also contributors in the creation and governance of AI.

Examples of biases coming from algorithms include low levels of accuracy in recognition of women with dark skin tones, minorities, or those from underrepresented groups. Facial recognition algorithms have been found to have lower levels of accuracy when trying to recognize women with dark skin colors. Algorithms used in recruitment tend to reinforce stereotypes about women existing in historical labor force data.

With the increasing involvement of women in research, entrepreneurship, public policies, and education, there is potential for creating an AI environment that embraces diversity right from the start rather than correcting any form of inequality later on.

A single story generates stereotypes where it is partially right as defined by Chimamanda Ngozi Adhichie, a Nigerian writer in her ted talk show called The Danger of a Single Story in the year 2009. AI technologies which are designed by multidisciplinary and diverse groups of people tend to detect biases that remain hidden from the naked eye.

As far as the last engagement is concerned, it was the launch of the book named 'India's AI through Her Lens' which took place on 10 July 2026. This book emphasises women in terms of their experiences, viewpoints, and leadership roles within the world of AI.

All four of these engagements taught me something valuable: discussions around AI technologies are not just for computer scientists and software engineers anymore. They incorporate perspectives from the fields of law, education, journalism, policymaking, economics, philosophy, arts, social sciences, and community members as well. An interdisciplinary approach is precisely what AI needs.

For an AI ecosystem to be truly trustworthy, it takes sustained effort into research, digital literacy, governance, multilingual databases, participation of people, and organisational capacity building.

(Poudyal is a PhD research fellow at Kathmandu University.)

Raga Revives Academic Discourse



Tara Lal Shrestha

Music in the form of ragas filled the air in Kathmandu when an international music festival took place at the Lalitkala Campus, Tribhuvan University, featuring musicians, researchers, students, and listeners from both within and outside Nepal. The festival was special in itself, as it had an excellent academic dimension and a unique forum where music was not only performed but also discussed. Topics such as 'Music as Therapy', 'AI in Music Education', 'Women Experts in Nepali Music', 'Documenting Dalit Music' and 'Dance from a Vernacular Perspective', and 'Intellectual Property Rights and Copyright Issues in Nepal' became widely discussed in papers throughout the entire festival.

Joined by students and colleagues, we observed seniors and juniors in academic and public spaces for the first time in Nepal dedicated to raga music. Presentations and performances blended the theory of raga with praxis. Entering the Lalitkala Campus hall, my preoccupied viewpoint changed. The space felt like a meditation centre; presenters presented their papers like preachers. A devotional ethos was dominant rather than critical conversation. Little space was left for the audience. One female student asked: Does classical music mean religion? As an agnostic, I asked why performances were set at a temple, not a monastery, church, or mosque. One teacher hesitated; another replied, "How well someone performs matters more than religion." If so, classical raga can be secular.

No performers completed their performance within the allocated time. Performance mattered more than time pressure. A presenter from abroad said, "Audiences sometimes cheer as if the performance is over when the performer has only just finished tuning in a raga performance." We needed great patience for the mathematical aesthetics of laya-layakari, setting aside our regular routine for five days. Second, the festival was a platform for diverse outcomes. Post-presentation performances at Ram Mandir, Battisputali, continued till midnight, offering a different texture. Some attendees used the festival for music therapy and psychological well-being. Others used it as a space for critical conversation. One former student of mine, now a raga teacher, brought a group to collectively observe and critically review both presentations and performances, exchanging ideas across generations amidst a question: Why was the post-presentation venue so far away, separating the academic sessions?

The elite history of raga music echoed, but times have changed. Performance venues moved from exclusive royal palaces to the university and public spaces. Nepal's power relations are shifting along the country's complex socio-political structures. Those days of the bhat singer sound like a myth. Yet, the history of the month-long Bagedi music event, held in 1899 and hosted by PM Bir Shamsher Rana, echoed. But the popular PM Balen Shah remained invisible at the 2026 international music festival, where musicologists, academicians, and ethnomusicologists from Nepal and abroad exchanged global and local knowledge.



We explored local and regional musical lineages, aligning indigenous music with a wider context. Students from Kirtipur, including many females, booked cabs home; they cooked late at night. I wondered what aesthetics engaged them so deeply for so long.

I saw music mentors more vibrant than AI. Raga is often seen as outdated and dying, but I felt AI failed to rule raga there. Real performances in the age of reels engaged youth. Gurus of gurus performed; new generations analysed strengths and weaknesses face-to-face. Real mentors outshone reels. The restraint transformed into strength.

Third, the festival provided a platform for those with an affinity for music, arts, and literature to engage in self-reflection from various perspectives. It allowed art autoethnographers to reflect on teaching or learning music through shared experience. As a researcher, I observed the festival autoethnographically—analysing personal experience to understand cultural experience, treating observation as a political, socially just, and conscious act, and using autobiography and ethnography as both process and product. By accommodating epiphanies from insiders and outsiders through aesthetic, evocative storytelling, I convey others' thoughts, emotions, and actions to recreate the experience of this first music festival in Nepali academe with some critical questions.

Art is for all. The festival demystified the idea that the arts are reserved for elites. Non-elites sometimes performed better than elites. Structural dividends do not work when the subalterns speak aesthetically from the margins. Aesthetic experience becomes a central part of the art of living, where music makes the way for happiness. The festival was not just a space of participation and entertainment but also a part of learning and unlearning about everyday singing, listening, and looking into our inner selves. The festival supported positive psychology—not only for academics and practitioners but also for general citizens. Tal Ben-Shahar writes, "Wellbeing art not only elevates our spirits and brings us together, it inspires us to act and heal our communities."

The festival enriched attendees' human flourishing. They internalised humbleness and unlearnt arrogance. Gurus dedicated their presentations and performances to their grand gurus, confessing, "Whatever I am, it's due to my guru." The essence: Respect seniors and motivate juniors. During a discussion in Kirtipur, PhD scholar Balaram Shrestha said, "Raga music can be learnt only at the feet of the guru." For practitioners, gurus are gods. They reiterated, "The more you devote to your guru, the more you refine your raga." But devotion does not mean being non-critical. Listening to religious ragas, I imagined secular raga practitioners.

Enjoying five days of presentations and performances on raga—a first and unique experience—we reviewed it among students and teachers in Kirtipur. We internalised our attachment to raga, actualising our limits. After synthesising learning and unlearning about raga, a mantra echoes: "Raga music endures in a secular society. But who holds it in the age of AI?"

(The author is an assistant professor at the Central Department of English, Tribhuvan University, and he can be reached at taralal.shrestha@cden.tu.edu.np)

> The more you devote to your guru, the more you refine your raga.

FUTURE WATCH

(Based on birth names)

From August 7th to 13th, 2026 - D. N. Lohani

ARIES — Work will be completed after causing extra expenses. Health disorder is predicted. Try to avoid misunderstanding with relatives on Thursday. Try to avoid controversial remarks. Family may not provide adequate support.

TAURUS — An entertaining week is in the store. You will enjoy pleasant meetings during the initial period. Friends will cooperate. Foreign travel is not seen. With some effort, study will prosper. Trade and profession both will turn profitable.

GEMINI — Expenditure level will rise, especially during the initial period. Unnecessary expenses will cause dissatisfaction. Some of you may receive a new business proposal. Hardship will be key to progress.

CANCER — Fear and confusion can reside within the self. Support provided by friends and relatives will guide you ahead. Income and expenditure will maintain balance. Trade and profession both will turn profitable. You may have to undertake a new venture. Hardship will be key to progress.

LEO — A better period has arrived. Expenditure level can rise. Worthless concern can rise. Foreign trade will prosper. The technical line will yield an ordinary return. Watering the sacred fig is a remedy.

VIRGO — Financial status will improve. Support provided by relatives will guide you ahead. Health condition will remain ordinary. Minor injury can occur. Prayer of Lord Ganesh is a remedy. Investment will generate return.

LIBRA — The first two days will comprise challenges. Hardship will generate progress. You will succeed on Sunday and Monday. Expenditure level will rise on Tuesday. Distant friends will cooperate.

SCORPIO — Avoid risky ventures on Monday. The reaming period is better. Financial status will improve. Business will yield some return. The study will take a progressive course.

SAGITTARIUS — Success without struggle is unlikely. You will find it difficult to recover the lent fund. Financial status will remain less favourable. Prayer to the goddess Laxmi will help.

CAPRICORN — Expenditure level will rise. Support provided by a relative can help you gain a new project. Study can send you abroad. Opposite sex will provide good support. Avoid risky ventures on Thursday.

AQUARIUS — The initial two days will make you overcome challenges. You may have to endure a health disorder. Circumstances will improve from Sunday. Opponents can influence business. Students will have to work harder.

PISCES — Income will be lower than expectation. Health disorder is likely to increase medical expenses. Employees will remain displeased with their progress. Business will continue as usual. Travel is likely.

A Treatise On Indian Constitution



Madan Kumar Bhattarai

The Constitution of India, the world's largest document, has attracted thousands of commentaries and hundreds of standard books on its history, origin, basic features and even amendments some of which are of such wider canvas that they can alone claim to be re-writings of the document.

Hailed as a meeting ground of the unwritten constitution of erstwhile colonial power, the United Kingdom, and new innovations in the field to make it quasi-federal, the Indian fundamental law of the land is probably one of the most successful though highly contested, if we go through all developments that took place after coming into force on January 26, 1950.

Gautam Bhatia, a prolific writer, has made a wonderful endeavour to bring out a new book on the subject after three of his popular editions impacted the readers on the pros and cons of the Indian constitution. These works with tell-tale titles are The Transformative Constitution: A Radical Biography in Nine Acts, Unsealed Covers: A Decade of the Constitution, the Courts and the State, and Offend, Shock, or Disturb: Free Speech under the Indian Constitution.

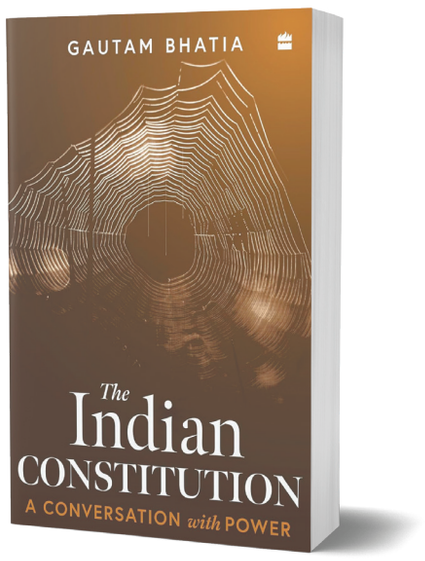
The new title THE INDIAN CONSTITUTION: A CONVERSATION with POWER is itself a loaded adventure as it seeks to study the constitution more as a "power map" than anything else as so many developments have taken place in recent years with fundamental bearing on the future of union-state ties and role of judiciary.

Apart from lucidly depicted Prologue, Interlude and Epilogue, the book is neatly divided into six compact chapters focused on practically all factors to thoroughly dissect the document from the perspective of the exercise of power. Understandably in tune with the author's scheme of analysing the document through the lens of power and also from the prism of recent developments including abrogation of much contested Article 370, the narrative is quite fascinating for both legal experts and commoners.

Six self-explaining chapters are Power Decentralized: Federalism, Power Divided: Parliamentarianism, Power Dispersed: Pluralism, Power Confronted: Institutions, Power Contained: Rights, and Power Unbound: The People respectively. The book is primarily focused on what the enlightened author prefers to call a set of constitutional struggles unleashed within the period, 2019-2024.

In other words, the tenure coincides with the second stint of government headed by Narendra Modi. The discourse basically hinges on four themes, colonial continuity, 'Frankenconstitution' copied from Kim Lane Scheppele's concept of 'Frankenstate', constitutional common sense and constitutional law and politics. Seemingly cautious and indirectly sceptical of the gradually centralizing trends in the execution and implementation of the constitution in the recent period, the book has attempted to make a general critique of various developments that have taken place in the constitutional realm for all these years since the adoption of the constitution by Constituent Assembly (CA).

There are some important takeaways from



the exhaustive treatment the book has made of the constitution from the angle of power in a comparative sense. First and foremost, from Nepal's perspective, we have practically buried six constitutions promulgated in 1948, 1951, 1959, 1962, 1990 and 2007 respectively in the course of promulgation of the seventh and latest constitution in 2015.

We have at the same time made attempts to inject several other 'constitutions' both from inside and outside the country including some statutes with almost the jurisdiction of the constitution. In the case of India, only one constitution is serving the country despite some farfetched amendments to the document at times even robbing some of its basic features incorporated by the framers.

THE INDIAN CONSTITUTION: A CONVERSATION with POWER
Gautam Bhatia
Publishers: HarperCollins Publishers India, Gurugram, 2025
Pages 347
Price: Indian Rs. 599/-

BOOK REVIEW

In India, there were four separate attempts to bring in the new constitution, a process that had started some years before the dawn of independence, even before the decision of the colonial masters to grant dominion status. In terms of constitutional history, these documents are conveniently called M.N. Roy's Constitution, the Gandhian Constitution, the Socialist Party's Constitution and the Hindusthan Constitution.

The second takeaway of the book is the twenty-one-month long rigorous Internal Emergency (June 25, 1975 – March 21, 1977) also called India's "first dictatorship" imposed by Indira Gandhi, the country's third and so far the second longest serving Prime Minister. The draconian measure not only resulted in the suspension of democracy and civil liberties but also led to arrests and imprisonments of almost all top leaders of the opposition and even dissident voices of the ruling party.

While there was no doubt that continuance in power was the primary motive of Mrs. Gandhi in declaring the state of emergency, her enactment of the infamous Forty second Amendment on January 3, 1977 was done by a parliament that had neither any shade of opposition nor moral authority as the lower house of legislature was extended beyond its normal term of five years. This amendment clearly focused on power and, in the words of the author, the move signalled the "shifting of power to the Prime Minister and to the executive-dominated Parliament, away from other institutions".

Though the real target of the amendment was the judiciary possibly suffering irreparable damage, it also brought significant changes in the constitutional structure. The Forty fourth Amendment to the constitution made by the short-lived Janata Party government (1977-1979), tried to halt the centralizing shift but could not fully undo many of the far-reaching amendments.

Indira Gandhi's return to power soon ensured the entrenched belief on the part of the Indian leadership that it is power that mattered whether it applied to real politics or judiciary including the state organs defined and provided by the constitution.

The third and final takeaway of the marvelous book is that irrespective of dissenting voices heard in the Indian legislature since the time of the CA, there are powerful and possibly continuing trends towards centralization of power in most of the organs of the constitution.

In a nutshell, Bhatia has rendered yeomen's service in the task of interpretation of the Indian constitution from the perspective of power, be that related to the centre or states as India is a union of states and not full-fledged federation that we find in the case of the United States or Germany. This is more relevant when the country is again on the verge of some major constitutional amendments. I congratulate Bhatia on his laudable initiative.

(Dr. Bhattarai is a former foreign secretary, ambassador and author. kutniti@gmail.com)

The Lost Wax Legacy



Sambhavi Bashyal



PHOTO: AUTHOR

The stages of the lost wax casting process on display at Patan Museum.

Beyond the bustling courtyards of Patan Durbar Square, the rhythmic work of metal artisans preserves a tradition that is even older than the palace complex itself. The lost wax casting technique, internationally known as cire perdue, is an ancient method of metal casting that has survived for centuries, with its core process largely intact. In Nepali, the entire process has its own name: Dhalne.

The technique begins with a hand-sculpted wax model of the figure to be cast, whether a deity, a ritual object, or a decorative element for a temple or trade. The wax model is encased in layers of clay and left to dry before being fired. The heat melts the wax through a channel left for the purpose, hence the name "lost wax," leaving a hollow clay mould in its place. Molten bronze or brass is then poured into the cavity. Once the metal cools, the clay shell is broken away to reveal the cast figure beneath. What makes each finished piece genuinely one of a kind is that the mould does not survive the process, making every casting unique.

The oldest known examples of this practice are approximately 6,500 years old and are attributed to gold artefacts found at Bulgaria's Varna Necropolis, a burial site in the western industrial zone of Varna.

The same technique, refined independently across millennia and continents, eventually took root in the Kathmandu Valley, where Newar artisans transformed it into something closer to devotion than metallurgy.

Bronze casting in Nepal is generally traced back roughly 1,500 years and reached its peak under the Malla kings, who ruled Patan between the 13th and 18th centuries, as art historian Mary Slusser documents in Nepal Mandala. The Malla kings did not merely commission temple sculptures; they funded entire workshops, establishing the proportions, gestures, and iconographic rules that Newar metalworkers continue to follow today through family lineages.

Casting work in Patan has historically followed hereditary community lines. The Shakya community traditionally oversaw the lost wax casting process itself, while the Tamrakars specialised in shaping copper, bronze, and brass more broadly. The oldest dated metal sculpture from the valley, a standing Buddha now housed at the Cleveland Museum of Art, bears an inscription dating to 591 CE, although most scholars agree that the casting tradition itself likely extends further back into the Licchavi period.

Axel Michaels, an Indologist who conducted fieldwork on casting practices in the Kathmandu Valley in 1982–83, traced much of this technical vocabulary to Indian śilpaśāstra literature. The Mānasāra, likely composed between the fifth and seventh centuries, and the Mānasollāsa, a twelfth-century text from southern India, both prescribe the proportions sculptors were expected to follow, down to the iconography of individual deities. The Viṣṇudharmottara Purāṇa goes even further, describing procedures for both hollow and solid casting using the cire perdue method, a text that Nepali craftsmen knew well.

While this remains fundamentally an oral and embodied craft, with knowledge passed from master to apprentice rather than through written instruction, it would be a mistake to think of it as entirely detached from textual tradition. There is a written backbone that stretches back well over a thousand years.

Despite the introduction of more modern equipment, it would not be wrong to say that the tradition has comparatively declined.

Not everyone agrees, however. Alex Furger, who spent years inside Patan's workshops beginning in 2013, argues in his book The Gilded Buddha that recent decades have brought something closer to a revival than a decline. The arrival of Tibetan refugees, together with growing tourist demand, helped keep the furnaces burning.

Yet revival comes with its own quiet grief. Ratna Jyoti Shakya, a Patan metalworker who contributed a section to Furger's book, writes that prices have risen so high that many local families can no longer afford the very statues their grandparents once commissioned for household shrines. This is troubling because it signals a system quietly losing the very community it was built to serve.

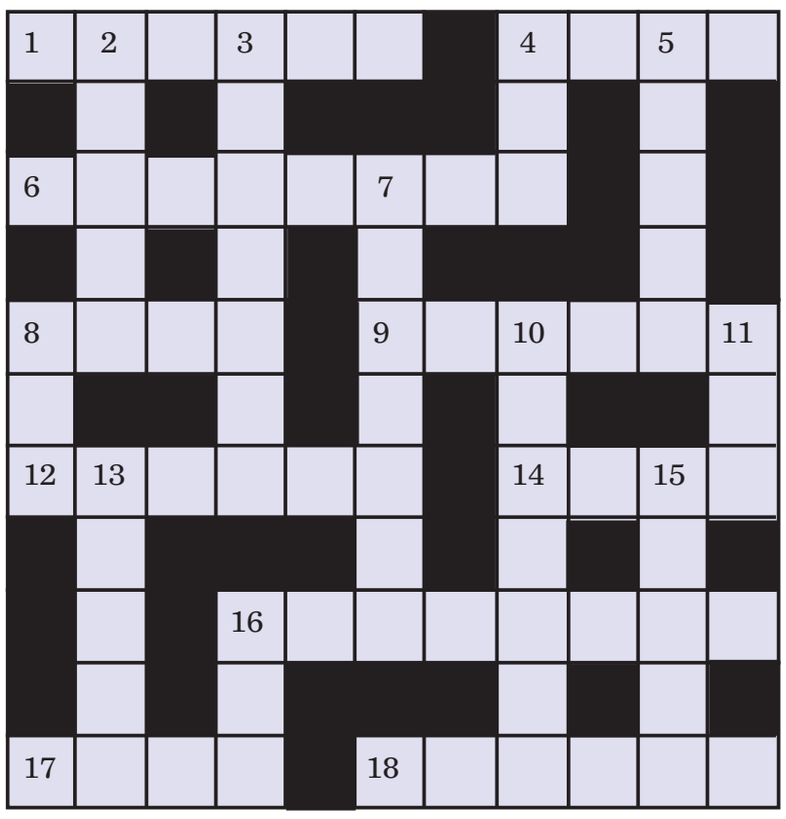
Furger describes the last decade as a revival, and in terms of production, he is not wrong. But a revival that prices out the shrines and families for whom the craft was originally intended cannot be considered a full recovery of the tradition. The trade is changing in other ways as well. Casting knowledge, once guarded almost as a family secret within the Shakya caste, increasingly depends on workers from outside the traditional community simply to meet demand. And what leaves those furnaces, as Shakya writes, usually follows one of three quiet destinies: a piece destined for a temple, one for a family altar, or one packed into a tourist's suitcase.

History makes it clear that the tradition of lost wax casting in Patan has survived because people continued to practise it, generation after generation. Once the last person carrying that knowledge is gone, the tradition ends. That is precisely what makes it so fragile. If it is lost, it will not disappear gradually or gently; it will simply stop.

Nepal has long understood the importance of protecting its temples, manuscripts, and monuments. Its living crafts deserve the same recognition. The artisans who continue to practise them deserve far greater attention than they currently receive, both from institutions and from the wider public who walk past their workshops every day.

(Bashyal is currently an intern at the Patna Museum. She completed her bachelor's degree in History (Honours) from Hindu College, University of Delhi.)

TRN CROSSWORD PUZZLE NO. 1890



Last date of entry:
August 12, 2026

Win a prize of Rs. 600. In case there are more than one correct entry the prize will be split into three sums of Rs. 200 each. The winner will be selected by a lucky draw. Only cuttings (not photo copy) that include the Crossword Puzzle no. will be accepted.

Name: .....

Address: .....

Across

1. To leave a party to join an opposing one
4. Adorably attractive
6. A small hole
8. To cause to move
9. A badly built house
12. Responsibilities
14. Chances that something will happen
16. Likely to change suddenly
17. Other, additional or otherwise
18. A chemical disinfectant

Down

2. To burst out suddenly
3. A short part taken from a speech
4. A signal that tells someone to do something
5. Something made clear without being spoken
7. To swell up
8. Total amount
10. A messenger
11. A positive reply
13. To take advantage of
15. To delay
16. To strive in a competition

Solutions to TRN Crossword Puzzle No. 1889

ACROSS: 1. FOREGO 4. PASS 6. COURTESY 8. EDIT 9. PATENT 12. MINCER 14. URGE 16. PARADIGM 17. HYPE 18. GYRATE

DOWN: 2. OVOID 3. ERRATIC 4. PAY 5. SCORN 7. EMPEROR 8. ELM 10. THUNDER 11. TOE 13. IRONY 15. GIGOT 16. PRE

LUCKY WINNER

Ganga Ram Shrestha, Hyumat tole, KMC 12
Singh Dongol Rabindra, Bhotye Bahal, Kathmandu
Nagin Shrestha, Sanepa

CREATIVE CORNER

Lakes, Ocean And The Bay

Zoya Ranjan

I have been to this amazing place. It has the most beautiful waters, weather, dunes, artworks, wild turkeys, crabs, clams, whales, and much more.

I love swimming and I will never forget, being chest deep in the waters, playing my transverse bamboo flute, standing on pointy and round pebbles poking my feet!

I jumped into blue clear waters from the pier, I pulled our canoe through the shallows, my mom upset the boat and we all fell into the lake and had to look for her iPhone in the waters.

We collected the most wonderful rocks, shells, sand, and water from the ocean. We watched humpback whales breach the waters, my sister took the best photos which she had a solo exhibition of.

We also stood waist deep in water as the waves came crashing in the Atlantic Ocean and one wave knocked me away more than ten feet! I had salt water in my ears, my mouth, and especially burning my eyes. To wash the sale away, we went to the clearest lakes and swam and canoed for hours and hours. I had an unforgettable time.

Someone was fishing and had caught many many squids, almost a minute at a time. There were thorns and berries, and my sister ate the most perfect berry that I wanted to take a picture of. We ate so many berries off the wild bushes.

We tried to fly box kites with Alfred. I found a snail; a family of turkey, huge ones, came to visit us; we found a skeleton of a dolphin that had beached.

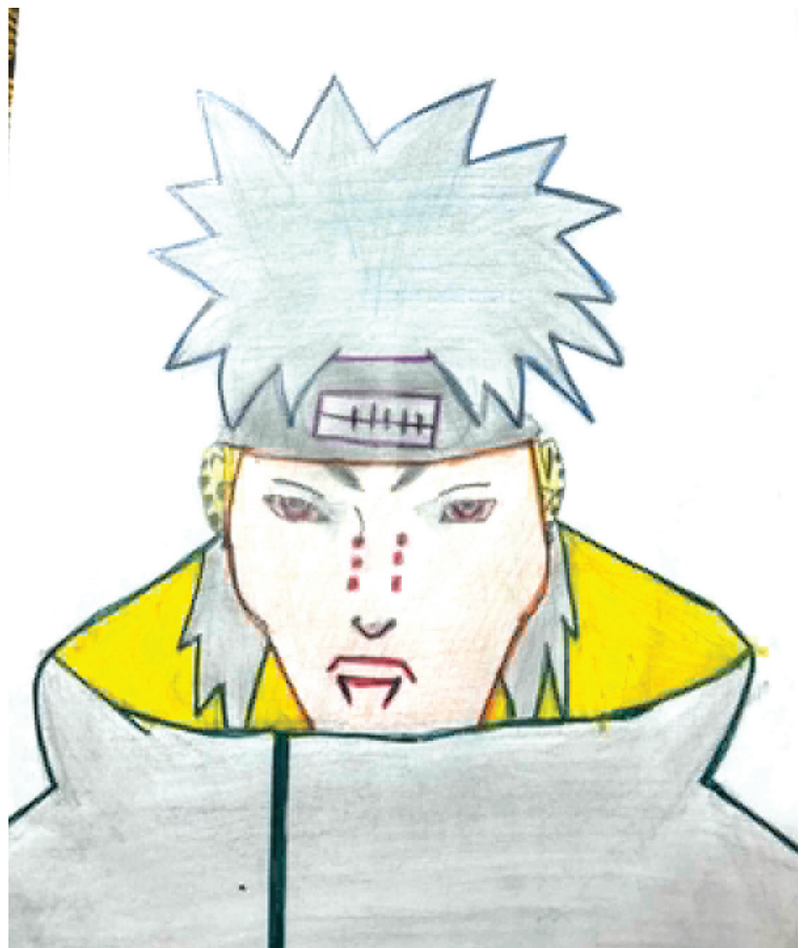
Liza made us lobster and scallops and we went to eat oysters. Lilli sat on the couch and looked out the window because she could not go out as there was an eagle keeping an eye on her. One day, I carried her inside because no one was around and she had gone out.

We watched Superman in a drive-in theater with stars and the moon shining on us. I saw a shooting star go by! We went hiking on the sands. I love going to Cape Cod because it is so much fun there. There are so many different things to do there. I miss Liza and I miss Lilli. I have been writing these stories for my school for a year. I wanted to share some of them with you.

Grade: VII, Windy Hill Elementary School, Chesapeake Beach, USA



Monsoon Kandel, Grade: VI, LRI school



Sushrut Khanal, Grade: IV, Uranite Aksharaa School



Prajwol Wagle, Grade: XII, LRI School

QUIZ OF THE WEEK 56

Prepared by: Bishwo Nath Kharel

Questions	Answers
1. Who is the author of the book Rich Dad, Poor Dad?	
2. Which country started virtual currency?	
3. How many types of vaccines are provided free of charge to children under the National Immunization Program?	
4. Who is the author of the work Urmal?	
5. What is the place where chickens live called?	

LUCKY WINNER

Khagendra Nath, Bagbazar, Kathmandu