



FBPWN

Federation of Business & Professional Women Nepal

FBPWN Newsletter

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Volume 7

The issue is dedicated to the Founder Member Dr. Prof. Miss Shashi Maya Shrestha

Words of The President



Dear Members

We are now in the year 2012. The last year has passed and it seems it went too fast. Many things happened and it was a year with great achievement and as well as sorrow.

We lost our dear friend and founder member Dr. Shashi Maya Shrestha. Many members lost their dear ones.

Our achievement was, we won the best award at the BPW International Congress in Helsinki. We feel proud that the effort and dedication devoted on poverty reduction by socio-economic efforts were recognized. This has given all of us the zeal to go further on to work for those women who are less fortunate than us.

We had visitors from different countries, our partners and donors like Leger Foundation, Canada and consultants from AIDOS to our BSC Project and members of BPW International of different countries. We are also grateful to the European Union that they have taken interest on women development issues.

We do hope that we will be able to continue working with their help.

I do hope that Leger too will be able to continue working with us and helping us.

Friends, I wish all of you the best Health, Happiness and Success in whatever you do and are doing. Work well without selfish motives and you will succeed. Always look at the bright side of things even when there is darkness all around you. Surely, you will get through to the light.

My best wishes to you all.

Long live BPW!

Ambica Shrestha

Excellence Award, First Place Confer to BPW Nepal

The XXVII Congress of International Federation of Business & Professional Women [IFBPW] was held in June this year in Helsinki, Finland. The BPW Nepal President Mrs. Ambica Shrestha was the only Nepali member who could participate in the Congress. During the occasion, she, on behalf of BPW Nepal received "Award Excellent Award First Place" for Poverty Reduction and Women Empowerment through Life Skill Training and Micro Credits Exercise".



In this issue:

Words of the President	1
Excellence Award, First Place confer to BPW Nepal	1
संस्थापक सदस्य डा. प्रा. सुश्री शशिमया श्रेष्ठको संक्षिप्त जीवनी	2
Visits of International Delegates	3
Ambassador's Visits	3
Events/Seminars	4
Participation in National/ International Events	4
भारतको देवभूमी उत्तराखण्ड तीर्थयात्रा स्मरण	5
Hearty Condolence	5
Chapters' Activities	6
PRSEA Project	7
Annual General Meeting	8
BSC Project	8
Felicitation and best wishes	8

संस्थापक सदस्य डा. प्रा. सुश्री शशिमाया श्रेष्ठको संक्षिप्त जीवनी

मंगला कारंजित, महासचिव

जीवनका १५ वर्षहरू लाय्कुचौरमा खेलेरै बिताउनु भएका सुश्री शशिमाया श्रेष्ठ बनेपाको दछुटोल निवासी बुवा सुर्य बहादुर र आमा तुयुमायाका प्रथम सन्तानका रूपमा सन् १९३५ अगष्ट १ का दिन जन्मनु भएको हो। त्यस समयमा छोराले पढ्ने अवसर पाउनु नै दुर्लभ हुने समयमा बनेपा जस्तो ठाउँमा छोरीले पढ्ने वा छोरीलाई पढाउने काम दुबैलाई जघन्य अपराध मानिने हुदाँ शशिमायाले समयमा पढ्न नपाउनु अनौठो भएन। तर बनेपाकै राजदास श्रेष्ठ र तुल्सी मेहर श्रेष्ठको प्रयास र प्रेरणामा हिन्दुस्थान मधुवनीस्थित कस्तुरवा गान्धी महिला आश्रममा पढ्न पठाइएका आठ जना नेपाली चेलीहरूमध्ये वहाँ एक हुनु हुन्थ्यो। यसरी वि.सं. २००४(२००६) सम्मको अध्ययन पछि आश्रमबाट स्वदेश फर्के लगत्तै वहाँले घरेलु विभाग मातहत मनोहरा (भक्तपुर)स्थित “मनगाउँ सेविका विद्यालय” का शिक्षिका भई नारी शिक्षा सेवामा प्रवेश गर्नु भएको थियो।

२००७ सालको क्रान्तिपछि जजस्ले जहाँ जहाँ जुन जुन रूपमा पाए सोहि अनुकूल पढ्न पाइने र पढ्ने गर्न थालेपछि वहाँले पनि २०१२ सालमा आफ्नु २४ वर्षको उमेरमा त्रिभुवन प्रौढ शिक्षा निकेतनबाट प्रवेशिका पास गर्नु भई २०१८ मा स्नातक, २०२२ मा अमेरिकाको स्टेट विश्वविद्यालयबाट स्नातकोत्तर गरी २०३९ मा अमेरिकाकै इलिनोई विश्वविद्यालयबाट विद्यावारिधि प्राप्त गर्नु भयो। सो अवधिमा करिब ११ वर्षसम्म तात्कालीन रत्न राज्य लक्ष्मी गर्ल्स कलेजमा अध्यापन गर्नु भयो। समग्रमा २०१८-२०६३ सम्म विभिन्न शैक्षिक संस्थाहरू र नेपाल सर कारको शिक्षा मन्त्रालय, महिला प्रशिक्षण केन्द्र र सानो ठिमी व्यावसायिक शिक्षा तालिम केन्द्रमा रहि क्षेत्रीय सहायक शिक्षा उपनिर्देशिका रूपमा अति दुर्गम जिल्लाहरूमा सेवा गर्नु भयो भने संयोजक, अध्यक्ष, प्रमुख आदी पदहरूमा रही सेवा गर्नु भएको थियो भने गृहविज्ञान विषयमा विश्वविद्यालय स्तरीय धेरै पाठ्यपुस्तकहरू र असंख्य फुटकर लेखहरू प्रकाशित भए। कृति प्रकाशनमा वहाँले धेरै सफलता प्राप्त गर्नु भएका थियो।

थुप्रै राष्ट्रिय तथा अन्तराष्ट्रिय विद्वत भेलाहरूमा नेपालको अनुभव, सिद्धान्त र आधारहरूलाई कार्यपत्र/की-नोट्सको रूपमा प्रस्तुती गर्नु भएको थियो। त्यसरी भ्रमण गर्नु भएका मुलुकहरूमा भारत, चीन, स्वित्जरल्याण्ड, अमेरिका, अफगानिस्तान, इथोपिया, थाईल्याण्ड, जर्मनी, श्रीलंका, मलेसिया, फिलिपिन्स, इजरायल, दक्षिण कोरिया, पूर्व जर्मनी, सोभियत संघ आदी केहि हुन। सक्रिय व्यवसायिक जीवनमा एकाएक सन् १९९० तिर बज्रपात हुन



स्व. डा. शशिमाया श्रेष्ठ

पुग्यो। वहाँका दुवै मृगौला खराब भेटिए। भारतमा उपचार गरी तंगिन वहाँलाई करिब २ वर्ष लाग्यो। मृगौला रोगबाट वहाँ बच्नु भयो तथापि दैनिक खानाकै सरी औषधि खाइ रहनु पर्ने बाध्यताले भने छोडेन। तर वहाँमा जीवनप्रति नैराश्यता र वितृष्णा कहिल्यै देखिएन। मृगौला फेरेर स्वदेश फिर्नु भएदेखि पद्मकन्या बहुमुखी क्याम्पसमा गृहविज्ञान विषयका प्रोफेसरका रूपमा काम थाल्नु भएको थियो।

आफ्ना विद्यार्थी/चेलीहरू माझ सधै भन्ने गर्नु हुन्थ्यो “अचेतना, अल्सी र स्थिर हुनु समय नआई मर्नु हो। सक्रिय, स्वावलम्बी र सरल हुन सके जीवन वाचन सहज हुन्छ, जीवनलाई भरसकदो सरल बनाउनु पर्छ। काम गर, काम नै पुजा हो, काम छाडी कुरा र पुजाले केहि हुदैन”। वहाँका यी वाक्यहरू आज पनि जागृत र ताजै छन्। यहि भावना र चिन्तनको व्यवहारिक पक्ष नै वहाँको जीवन शैलिमा देखेको छु। म रत्न राज्य लक्ष्मी गर्ल्स कलेजको विद्यार्थी हुँ। मैले जानेको चिनेको हाम्रा श्रद्धेय “शशिमाया मिस” यस्तै हुनुहुन्थ्यो।

डा शशिमायाको सक्रिय व्यवसायिक जीवनको कदर विभिन्न स्तर र समयमा भएका छन्। वहाँ रत्न सेवा पदक, गोरखा दक्षिणवाहुका साथै Rotary International 3292 नेपालको Third District Conference ले गत अप्रिल महिनामा Women of Substance बाट सम्मानित हुनुभएको थियो। तथापि वहाँको जीवन शैलि अति सरल रह्यो। वहाँले सम्पूर्ण रूपले सरल जीवन उच्च विचारका धनी निस्वार्थी गान्धीवादी हुनु हुन्थ्यो। शिक्षा, चेतना र क्षमता विकासको कामलाई सबैभन्दा पवित्र र उच्च मान्नु हुन्थ्यो। तदनु रूप ९ जना सन्तानमा जेठी भएकाले सबै भाई बहिनीहरूको शिक्षा दिक्षा तथा पारिवारीक विकासका सबै क्षेत्रमा निकै पसिना बगाउनु भएको र वहाँकै सक्रियताले वहाँका भाईहरूको समेत गरिमामय राष्ट्रिय पहिचान स्थापित भएको पाइन्छ। वहाँ परिवार मात्र हैन समाजमा

भएका अज्ञानता, अशिक्षा, अचेतना र अभावमा पिल्सेका नेपाली महिलाहरूको सामुहिक हितका लागि आफ्नो व्यापार व्यवसायबाट आर्जेको अनुभव ज्ञान र सीपबाट स्वयमसेवी आधारमा महिला उत्थान र सबलीकरण गराउने हेतुले सन् १९७०को दशक स्थापित यस संस्थाको संस्थापक सदस्यहरूमध्ये एक हुनु हुन्थ्यो भने यस संस्थाको विकासका लागि हरदम सक्रिय रहनु हुन्थ्यो। यस संस्थाका सदस्य दिदी बहिनीहरूलाई वहाँले आत्मिकताका साथ प्रेम गर्नु हुन्थ्यो। अरु जे भएपनि वि.पी.डब्लु.लाई पहिलो स्थान दिनु हुन्थ्यो। महिलाहरूको सर्वांगिक विकासमा विगत चार दशक देखि समर्पित यो संस्था आज जुन रूप र स्तरमा देखा परेको छ, यसमा डा. शशिमायाको सपना र पसिना पनि निकै मिसिएको छ।

डा. शशिमायालाई विगत केहि समय यता कहिले आखाँ, कहिले कान, कहिले निमोनिया आदिले पिरोली रहेपनि प्रत्येक पटक वहाँले ती रोगहरूसित जित्दै आउनु भएको थियो। तर गत केहि हप्ता अघि शौचालयमा लड्नु भई कम्मरको हाडमा लागेको चोटको सघन शल्य उपचार भई रहेको थियो। परि वारजनको असीमित सेवा सुश्रूषा, प्रेम सद्भावना, चिकित्सकहरूको प्रयत्न, तथा वहाँको बलियो मनोबलका बावजुद पनि मृत्युका सन्मुख कसैको केहि लाग्ने रहेनछ भन्ने सावित गरायो। भाई बुहारी र भदाहरूसित बोल्दाबोल्दै आखिर श्रावण ११ गते अपरान्ह ४:३० बजेतिर ८१ वर्षको उमेरमा त्रि.वि.वि. शिक्षण अस्पतालमा वहाँले नश्वर शरिर त्याग्नु भयो। परिवारका अनुसार वहाँले “बाइ” भनी दाँया हात विस्तारै उठाएर जानु भयो। जन्म भएका सबैको मृत्यु हुने पर्छ भन्ने सत्यले पनि हामी सबैलाई भस्काएको छ कि कालसित कसैको केहि लाग्दैन। अब भौतिक रूपले वहाँ हाम्रो माझ हुनु भएन। अब हामीसित दिवंगत आत्मालाई चिरशान्ति र सुखावति भुवन प्राप्तीको कामना गर्नु र वहाँको गुण र योगदानलाई सम्झनु नै वहाँलाई श्रद्धाञ्जली दिनु हुनेछ। यस वाहेक अब हामीले केहि गर्न सक्ने भएनौं। यसर्थ “अनिश्चरावत संखरा” ... लाई मनन गरी प्रत्येक संयोगमा र माउने र वियोगमा दुखित हुने नियमित सत्यलाई आत्मसात गर्दै वहाँको स्वर्गीय आत्माको शान्तिको लागि “सर्वदूर्गतिपरिशोधन धारणी” सामुहिक पाठ गरौं। “ओम नमो भगवते सर्वदूर्गति परिशोधन राजाय, तथागताय अर्हन्ते सम्यक सम्बुद्धाय तद्यथा, ओम शोधन शोधन विशोधन विशोधन सर्वपाप विशोधने, शुद्धे विशुद्धे सर्वकर्मावरण विशोधने स्वाहा ॥” अस्तु

Visits of International Delegates

1. Mr. Norman MacIsaac, Executive Director of Legar Foundation and Ms. Nadira Mallik of Leger Foundation visited FBPWN to review the on-going projects during 3-9 March 2011.
2. Ms. Alison Robey of Canadian International Development Organization (CIDA) has visited the FBPWN office and its project areas in Patan on March 9, 2011.
3. In November 2011 [7 – 9] a team from Leger Foundation headed by the Spokesperson Ms. Marie Demise Peletier, International Program Assistance Ms. Luise Leblanc and Mr. Jone Peletier visited BPW Nepal. On 7th Mrs. Ambica Shrestha briefed about the BPW movement in Nepal and the on-going Poverty Reduction Project supported by the Leger Foundation and on-going EU funded BSC Project activities was also briefed by BSC Project Director Ms. Geeta Shrestha. The team visited PRSEA Project sites in Shaibhu, Thecho on 8th November and Chapali Bhadrakali VDCs on 9th November.
4. A team of two Spanish TV Journalists visited BPW Nepal and its projects in December 15-17, 2011 under their project named “Ambica’s Projects in Nepal”. The Qatar Airways has sponsored their flight. The Team visited Balaju Child Day Care Centre in Balaju Industrial District and Balambu VDC, the “Mushroom Village” projects under Kathmandu Chapter, and Thecho, Shainbhu and Godamchour VDCs under Patan Chapter. The team visited BPW Polytechnic Center and the Business Service Center as well. The documentary on BPW Nepal activities will be aired worldwide through Spanish TV Channels. The team was escorted by Mrs. Ambica Shrestha, President and Vice Presidents Mrs. Kamallesh Rajbhandari and Sarju Baba Shrestha along with Kathmandu Chapter President Ms. Laxmi Keshari Manandhar and a field staff from Patan Chapter.
5. Under BSC Project, Ms. Daniela Columbus, President and Ms. Maralina, Accounting Expert of AIDOs Italy, visited Nepal on 1st May 2011 for 8 days to coordinate BSC project activities. The Executive Committee had a joint meeting on 5th May 2011, with Ms. Daneila, IPM Ms. Gabrialla Cocco, NPA Dr. Bina Pradhan and Project Director Mrs. Geeta Shrestha.
6. Ms. Valentina visited BPW office in connection to BSC Project monitoring/evaluation and had debriefing session with BPW Executive Committee on 27th November.

Ambassadors' Visit

- i] His Excellency, Ambassador Mr. John Tucknott of United Kingdom along with the representative of DFID Ms. Sarah Sanyahumbi and field staff visited BPW Biratnagar Chapter. With this visit, DFID through their working NGO supported to build 19 toilet sheds and distribute 12 piglets to the women group and instructed them to give one piglet of the first litter to another woman in the group. In this way each women in the group will have piglet and generate income from pig raising.
- ii] His Excellency, the Ambassador of USA, Mr. Scott H. Delisi and Madam Delisi accompanied by the Political & Economic Officer visited the BPW's PRSEA sites in Tankisinwari VDC, Biratnagar in March. During the visit an interaction program was held with the women beneficiaries.



Mr. Norman MacIsaac & Ms. Nadira Mallik in a briefing session in FBPWN



Briefing of BPW Nepal activities to Ms. Alison Robey, CIDA by the President

Truth and Ahimsa will never be destroyed! - Gandhi

Events/Seminars

1. Ms. Sakiko Miyajato, an intern student from Okinawa, Japan has successfully accomplished her six month training with BSC project in FBPWN. She worked at Kakani Project site. On 7th March she presented her findings and lessons learned as an university intern and returned homeland on 9th March.
2. On the occasion of 100th International Labour Women Day 2011, an interaction program was held on 11th March at Buddhanagar. Mrs. A. Shrestha chaired the program and Mrs. Kamallesh L. Rajbhandary 1st Vice President welcomed the participants. General Secretary Miss M. Karanjit highlighted on the National Theme – Equal Access of Women to Citizenship Right. Then a sharing session was held on hardship of getting citizenship in mother's name. During the sharing session Ms. Laxmi K. Manandhar raised issues on stagnated women literacy rate in Nepal. Women's literacy rate should also be raised at 50/50 ratio. So there is an urgent need to persuade an equal enrollment of sons and daughters in the schools.

Incorporate efforts like linking literacy with education, life skill and non-traditional vocational training which can help to bring women into mainstream of development process of the country. There is legal provision of issuance of passport or citizenship in the mother's name but the reality is unbelievably different due to traditional mind sets of the bureaucratic system.

3. The Candle Light Ceremony was also held on the same occasion. Mrs. A. Shrestha read out the International President's message and led the Prayer of the Candle Lighting followed by Lighting the Candles. The program was conducted by Mrs. S. Sharma, Treasurer. She shed the lights on critical importance of unity and friendship of women worldwide. For the first time, the Chapters



A moment of Candle Lighting Ceremony in BPW Nepal

4. Ms. Erica Stillo, Asia Coordinator of Leger Foundation visited Nepal for November 13- 19. During the period, a training workshop was conducted on Result Based Management Reporting by her. The workshop was participated by Reproductive Health Network [RHN] Siraha, Saptari and BPW Nepal Chapters - Thimi, Birgunj, Biratnagar, Kathmandu, Banepa, Patan and the Central Committee of BPW Nepal.

Participations in National/International Events:

1. President Mrs. A. Shrestha participated in the XXVII Congress of BPW International held in Helsinki, Finland in June this year. She received the BPW Power to Make a Difference through ACTION 2011: Winner of Excellent Award, First Place in Poverty Reduction and Micro Credit Program for Empowerment of Women in Nepal with a trophy on 20th June in a Festive Gala Dinner Event of the International Congress.
2. The 1st Vice President Mrs. Kamallesh Lata Rajbhandari and Treasurer Mrs. Shanta Sharma attended the one day Micro-Credit Product Mini-market Fair organized by BPW Patan Chapter on 5th February.



Result Based Management Workshop, November 2011

त्यहि मानिस धार्मिक हो जसले अरुका लागि त्याग गर्न सक्छ। गौतम बुद्ध

भारतको देवभूमी उत्तराखण्ड तीर्थयात्रा स्मरण

शान्ता शर्मा, कोषाध्यक्ष

तीर्थ शब्दको धेरै अर्थ लाग्दछ । वैष्णव धर्मावलम्बीहरू तीर्थ भनेको जल प्रसाद गोष्ठी भन्ने गर्दछन् र तीर्थको अर्थ जल नै हुन्छ । तर तीर्थ शब्दलाई धार्मिक स्थल, पवित्र स्थल पुण्यभूमिको रूपमा लिइन्छ । नेपाल र भारतका धेरै धार्मिक स्थलहरूमा यात्रा गर्ने अवसर मैले यस अधि पनि धेरै पटक पाई सकें । तर गत जेष्ठ २, २०६८ (१६ मे, २०११) का दिन बन्नी केदार जाने सुवर्ण अवसर मिल्यो । त्यसको सानो स्मरण प्रस्तुत गर्न गइ रहेको छु । वीरगंज, हरिद्वार हुँदै हाम्रो १६ जनाको टोली २० मे को राती बन्नीधाम पुग्यौ । यसरी यात्राको क्रममा जेष्ठ ४ गते हरिद्वार पुग्यौ । भोलिपल्ट बिहान जेष्ठ ५ गते गंगाको सप्तधारा घाटमा पितृहरूको नाममा जल तर्पण, श्राद्ध र ब्राम्हण भोजन गराउने अवसर मिल्यो । सोहि दिन सांभ्र हरकपौडी । हरिद्वार जहाँ हरिले बन्नी जाने क्रममा स्नान गरेको गंगाको घाटमा जल सेचन पूजा अर्चना गर्ने काम भयो । हरिद्वारको हरेक पौडी घाटमा राती गंगा आरती हुन्छ जुन अद्वितीय आरती मानिन्छ ।

जेष्ठ ६ गते, २०६८ शुक्रवारको विहानै ४ बजे हरिद्वारबाट बन्नीधामका लागि प्रस्थान गरियो । २ वटा टाटा सुमोमा हामी १६ जना प्रस्थान गर्नु । हरिद्वारबाट बन्नीधामको ३२२ कि.मि. पहाडी धुमाउरो उकालो ओरालो बाटो पार गर्नु पनि एउटा चुनौतीपूर्ण यात्रा मानिन्छ । बन्नी पुगेर गाडीबाट ओर्लिपछि सबैलाई पृथ्वी नै थरथर कापेर हल्लिएको महशुस भयो ।

समूद्रतटबाट करिब ११००० (एघार हजार) फीटको उचाइमा अवस्थित बन्नीधाम हिमश्रृंखला नै अलौकिक देखिन्छ । बन्नी केदारलाई भारतको उत्तराञ्चलको उत्तराखण्डलाई नै देवभूमी भनिन्छ । बन्नीधामको चारैतर्फ हिउँका पहाडले घेरिएको र हिउँको काखमा नै विराजमान धाम, नरनारायण पर्वतको बीचमा अवस्थित भव्य मन्दिर हो । यस धामका प्रत्येक पहाड, पथर र कुण्डको आ(आफ्नै) अलौकिक कथाहरू छन् । नर नारायण पहाडको बीचबाट कलकल गर्दै तीक्ष्ण धारा हरहर शब्दको अखण्ड किर्तन गर्दै शलल गर्दै भगवान विष्णु बन्नीनाथको पाउं छुदै अलकनन्दा अनन्त यात्रामा दौडिरहेकी छिन् । पुराणहरूमा अलकनन्दालाई विष्णुगंगा र आदि गंगा पनि भनिन्छ । नर पर्वतलाई श्रीअर्जुनको रूप र नारायण पर्वतलाई श्रीकृष्णको रूप मानिने रहेछ । यसको आफ्नै किम्वदन्ती कथा रहेको छ । हरिद्वारबाट बन्नी जांदा बाटोमा धेरै संगम

तीर्थ स्थल पर्दछन् । जसलाई प्रयाग पनि भनिन्छ । प्रयाग अर्थात दुई वा तीन पवित्र नदीको संगमस्थल हो । हरिद्वार देखिनै यस्ता संगमहरू भेटिन्छन् । तीर्थस्थलको यस सानो स्मरणमा म अहिले नदी संगमको मात्र चर्चा गर्न चाहन्छु ।

- देवप्रयाग हरिद्वारबाट ९३ कि.मी. उत्तर तर्फ भागीरथी र अलकनन्दाको संगम स्थल हो ।
- रुद्र प्रयाग हरिद्वारबाट १७५ कि.मी. उत्तर तर्फ अलकनन्दा र मन्दाकिनी नदीको संगम हो ।
- कर्ण प्रयाग, अलकनन्दा र पिन्दार गंगाको संगम हो ।
- नन्द प्रयाग (अलकनन्दा र मन्दाकिनी नदीको संगम हो ।
- विष्णु प्रयाग (धौलीगंगा र अलकनन्दाको संगम हो ।
- गुप्तकोशी गंगा जहाँ काशी गूत रूपले बगेकी छिन् ।
- उत्तर काशी गंगोत्री यमुनोत्री जांदा बाटोमा पर्दछ । यी दुवै अति पवित्र स्थल मानिन्छ ।

बन्नीधामबाट शलल बग्ने नदी अलकनन्दा र केदारधामबाट शलल बग्ने मन्दाकिनी नदीको संगम नन्दप्रयाग धेरै नै पवित्र तीर्थस्थल मानिन्छ । यी सबै तीर्थस्थलमा हाम्रा पुर्खाहरू बन्नी केदार जांदा श्राद्ध गर्दथे तर आजकल बाटोघाटोको सूविधाको गर्दा मोटर बाटै मात्र प्रणाम गर्न सक्यौ । सबै संगममा बस्दै यात्रा गर्ने मौका मिलेको भए अति नै रमणीय हुने थियो । जलको प्रसंग गर्दा, कुण्डहरूको बयान नगरि रहन सकिदैन ।

बन्नीधाममा तप्तकुण्ड अलौकिक प्राकृतिक तातो पानीको कुण्डहरू छन् । अलकनन्दाको किनारमा तातो पानीको ठूलो गरम कुण्ड छ यसलाई तप्तकुण्ड वा अग्निकुण्ड भनिन्छ । यसलाई गरम पवित्र तीर्थ

मानिन्छ । यसमा स्नान गर्दा हजारौं हजार व्रत गरेको भन्दा बढी पुण्य मिल्दछ भन्छन् । भनिन्छ अग्निदेव स्वयं यस कुण्डमा बस्नु हुन्छ । भक्तभक्ती उम्लेको पानीमा डुबुल्की लाउंदा समेत स्वर्गीय आनन्दको अनुभूति हुन्छ ।

चारैतर्फ हिमशिखरहरूको विचमा यस्तो तप्तकुण्डले प्राकृतिक सन्तुलन मिलाएको छ । बन्नीनाथका प्रत्येक ठाउँको आ(आफ्नो) कथा छन् जस्तै अग्नि ऋषिले नारायण विष्णुसँगै बस्ने इच्छा व्यक्त गर्नु भएपछि नारायणले उक्त ठाउँमा बस्न अनुमति दिनु भएपछि अग्नि तप्तकुण्डको रूपमा अग्निदेव बस्नुभएको भन्ने पौराणिक कथन पाइन्छ । यस कुण्डको व्यवस्था अति सुन्दर ढंगले पुरुष कुण्ड, स्त्री कुण्ड र लुगा धुने धारा मनतातो पानीको व्यवस्था आदि रहेका छन् । अलकनन्दा नदीको बीचमा नारद कुण्ड छ तर त्यहाँ जान सकिदैन । हुनत पहिले केदारधाम गएपछि बन्नी धाम जाने परमपरा रहेको पाइन्छ । शिवको दर्शन पछि विष्णुको दर्शनको महत्व रहेछ तर हाम्रा सहयात्रीहरू शिवजी भन्दा विष्णुलाई बढी मान्ने भएकाले बन्नीधाम नै पहिले गई २ दिन पितृको नाममा तर्पण श्राद्ध र ७ दिन भागवत पुराण लगाइएकोले हामीलाई ९ दिन बन्नीधाम बस्ने सुवर्ण अवसर मिल्यो । प्रत्येक दिन तप्तकुण्डमा स्नान र विष्णु नारायण (बन्नी विशाल)को दर्शन र भागवत कथा सुन्ने अवसर मिल्नु नै तीर्थयात्राको सबैभन्दा ठूलो उपलब्धी हो । जीवनमा यस्तो मौका बारबार आउँदैन । बाँकि अर्को अंकमा ...

Heartfelt Condolences:

We empathize on suddenly demise of... There are no goodbyes for us. Wherever you all are, YOU will always be in our heart...

- Founder Member Dr. Prof. Miss Shashi Maya Bade Shrestha on 27th July. On the 13th day of her passing away, a condolence meeting was held at BPW Nepal Premises which was participated by other Founder Members, Mrs. Ambica Shrestha and Dr. Kanti Giri. President Mrs. A. Shrestha chaired the meeting. The Chapters members from the Kathmandu, Patan, Thimi and Kavre, and the Executive Members/ staff of BPW Nepal attended the meeting. General Secretary Ms. M. Karanjit presented Dr. Shashi's contributions to the development of women and educational sector in Nepal. The meeting observed one minute silence and later mass recitation of the Sarbadurgati Parishodhan Dharini was taken place.
- Executive Member Mrs. Subarna Prajapati Maharjan's father in-law Mr. Babu Kaji Maharjan passed away on 7th June 2011 and a condolence was given to the bereaved family in Patan.

ज्युँदै मय्याको भनि नाउँ कस्को? उद्यम विना बिल्छ काल जस्को । भानुभक्त

Chapter's Activities

BPW Banepa:

Banepa Chapter had conducted a two days Leadership training program in Banepa Municipality Building in April 2011. The program was jointly organized by BPW Banepa and Winner Nepal. 20 women from various walks of life had benefitted. At present, BPW Banepa is conducting 6 months Functional Literacy program for marginalized women.

BPW Birgunj:

Birgunj Chapter celebrated its Silver Jubilee Year this year by conducting different new activity each month for whole year. A Grand Silver Jubilee Concluding Program was held on 10th December under Chief Companionship of Mrs. Ambica Shrestha, BPW Nepal President who honored the Superintendent of Nepal Police Mr. Ramesh Kharel, Sr. Child Specialist Dr. A. Agrawal from Parsa Hospital, Women Entrepreneur Mrs. Madhu Rana for their contributions as socially responsible Police Officer, Doctor, Pioneering Woman Entrepreneur in Parsa District respectively as appreciations of women in Parsa. Certificates and prizes were also distributed to all the participants of the yearlong activities. On the same occasion Ms. M. Karanjit, General Secretary briefed about the "White Ribbon" and distributed the White Ribbons. On 10th December is the concluding day of the 16 days campaign against Violence Against Women [VAW] worldwide.

One of the participants came from Maniyari VDC expressed her salutation to those men from Canada who stood for out rooting the VAW and initiated the White Ribbon Program.

In May 2011 National President and General Secretary visited the Birgunj Chapter to evaluate the Chapter's on-going activities in two VDCs under PRSEA Project. During the period an interaction program was held on institutional development, community

issues, socio-economic status of deprived rural female youths/women, and issues of social engineering of building conducive environment for youth/women to do something better for their own life, family and the community in general.

BPW Biratnagar:

Since its inception in 1997, Biratnagar Chapter is moving forward with the vision of uplifting the under-privileged women communities in Morang District through business and professional women's voluntary services. A child day care center "Bal Bikasha" is being operated since 1999 facilitating the mothers of the children to work for bread earning. Those children belong to poor families where the parents could neither afford baby-sitter nor could stay at home without any earning work.

In April 2011 National President and Treasurer visited the Chapter to inspect and monitor the activities of the Chapter and the PRSEA Project site in order to review and evaluate the project activities. During the period an interaction program was held on 12th April on institutional development and community issues like socio-economic situation, low income rural female youths and women.

BPW Kathmandu:

BPW Kathmandu has launched two literacy programs targeting women in Chalnakhel VDC from March and in Bishnu Devi VDCs from April. Duration of both the literacy classes was for five months. Altogether 48 women got benefitted from the activities. The Kathmandu Chapter has conducted two types of Skill

Training for women in two different VDCs. 17 numbers of women benefitted from a four-day candle making training conducted in Ichangu Narayan VDC in April and thus they got skilled on candle making. Three days food preservation [making Jam/Jelly] training was also conducted in June targeting female young/women of Kirtipur areas. Altogether 14 unemployed women are utilizing their skill on income generating activities in home based enterprises.

BPW Patan:

The Chapter organized one day mini market at Saugal Tole, Patan with the help of the Cottage & Small Scale Industries, Lalitpur and other sponsors/well wishers on 5th February. The event was to create a platform for buyers/producers under micro credit program. The participants were from Dalchoki, Bhattedanda, Kwaklyang, Boharatar, Dandagaun, Thecho, Sainbu, Khokhana, Chapagaun, and few urban women. Almost 2000 peoples visited the 50 stalls of micro-entrepreneur women's products. Participating women were happy on selling all their products which was not expected by them.

BPW Pokhara:

The Chapter this year has celebrated its 26th Anniversary of Establishment in August with chief companionship of the



Computer Training Course in Pokhara.

जति खुम्च्यो उति बन्धन हुन्छ, जति फैल्यो त्यो उति नै मुक्ति, मानवता हो विस्तृत बन्नु, हो पशुता खुम्चिनु चाहिँ । युगकवि सिद्धिचरण श्रेष्ठ

National President Mrs. A Shrestha. The Chapter is continuously conducting computer training courses focusing the female youths with support of the BPW Germany. At present the Chapter is conducting mobile computer classes simultaneously in four different places starting from September. Altogether 80 youths/housewives are benefitted from the training having exposure to use information technology at local level. The mobile computer training program has been supported by Pokhara Sub-metro-municipality, College of Education, Senior Secondary School and Ward No. 10 Area development Committee.

BPW Rajbiraj:

The Chapter has implemented two basic women Literacy Program from July 2010 to March 2011 and January to June 2011. The program has targeted to the most vulnerable and disadvantaged rural communities migrated to municipal and Sankarpura VDC ward no. 1 and 6 13 km away from Rajbiraj municipality. After literacy Rajbiraj launched a six month tailoring course to the literacy graduates from July 2010 to January 2011.

Ten indigenous and untouchable community women now got skilled enough to earn with the skill they have learnt. The other life skill trainings were also conducted from March to May 2011 in Tiladhi Bishariya, Boriya, Banaibiya and Paharipur and that has benefitted 20 unemployed women.

On the occasion of International Women's Day, an interaction program was held on Rights of the Madhesi Women and New Constitution and two prominent personalities in Saptari District - Advocate Ms. Meena Dev and Ms. Aava Setu Singh, Human Rights Activists were honoured and sweets were distributed to children in Atithi Child Welfare Center as well.

BPW Ramechhap:

Since 2010 BPW Ramechhap is providing teaching materials, teachers training, building construction, volunteer teachers management, mobilizing the Child Right Protectors [CRPs] program with support of Child Fund Japan. Scholarship for disadvantaged children through the sponsorships, child

development program, and community development program are under implementation. A School building construction project under The Education for Bright Future is on-going with the support of Child Fund Japan since August 2009 for qualitative school education in Ramechhap District. From May 2010 – May 2011 with the support of Rural Women Creative, Sindhupalchowk District and Canadian Cooperation Office, conducted the capacity building training in strengthening the role of women, dalit, Janajati and Adibasi on constitution formulation, and strengthened the capacity of district and area level networks which are newly formed.

BPW Thimi:

The Chapter has implemented small saving & credit program among community women and has formed a women's cooperative. The Cooperative is supporting in running small shops, vending popcorns, and fresh vegetables. The Chapter is conducting six months' beauty care training for female youths who are potential to run beauty parlor. The Chapter is also coordinating the programs launched by BSC.

Business Service Center [BSC] Project

Business Service Center (BSC) Project is a four years project (2008 – 2012) with technical assistance of the Italian Association for Women in Development (AIDOS) and co-financed by the European Union (EU). The aim of the project is to enhance women's active role in the labor market through upgrading of existing micro enterprise run by women into more viable, self-sustainable and growth-oriented businesses and through creation of new ones. It has business orientation/ counseling/training/business development and business health care support to women led subsistence income generating activities. It has five working areas via Kathmandu, Patan, Bhaktapur, Kirtipur and Nuwakot Districts and the Project is going to end in April 2012. With this project woman owned business enterprises are emerging in the country with new hope and success.

अन्तरराष्ट्रिय स्तुति

(अनुवादक: आ.स. श्रीमती रेवती राजभण्डारी, (२०५० चैत २) संस्थाको स्मारिका, २०५३ मा प्रकाशित)

प्रभु,

हामीमा भएका संकुचित भावना नष्ट भई मन, बचन, र कर्मले
विशालतालाई अंगाल्न सकोस् ।
आफुमा भएका अवगुणहरु खोजी आफैले निर्मूल गर्न सकोस् ।
निश्चार्थ र निष्पक्षले सत्यताको सामना गर्न सकौं ।
सोचेर निर्णय लिने क्षमता देउ र सधैं उदारवादी बन्न सकौं ।
हर सोचाइमा शान्त, स्वच्छ र सभ्य बन्न सकोस् ।
हर काममा सकेसम्म बढी निर्भिक र सरल बन्ने ज्ञान देउ ।
सानै चिजबाट ठूलो उपलब्धि हाँसिल गर्न सकौं,
ठूला उपलब्धि सबका साझा भन्ने भावना जागोस् ।
विशाल मानव हृदय चिन्ने र छुने शक्ति प्राप्त होस् र
दया गर्न कहिले नभुलौं । अस्तु

सबै किसिमको ज्ञानको लक्ष्य चरित्र निर्माणमा हुनु पर्दछ । - गान्धी

Poverty Reduction Through Socio-Economic Activities (PRSEA) Project



Electronics training - Mobile Phone Repairing Course.

The Leger Foundation, Canada supported Poverty Reduction through Socio-Economic Activities (PRSEA) Project was implemented in the year 2011 as well. This one year project has specially focused on the female youths who are school dropout because of poverty and ignorance of the significance of female education, and also the disadvantaged community women as well. The female youths are trained in non-traditional skill like repairing/maintenance of mobile phone, bicycle, sewing machines etc. Such electro-mechanical skill was given to female youths for the first time in Nepalese community of Tarai. The trained youths are now running repair workshops and vending service to the communities, with this skill and urge they are earning income and supporting their families.

The general community women are also given trainings on basic functional and advance literacy, social awareness and life skills i.e. candle and incense sticks making, dress making etc, The women and female youths are trained in organization management, micro saving/ credit practices and women's legal/ political rights, gender equity and social inclusion, public health, water, sanitation and environment. The women made products are now available in local markets in the city shops. The living conditions of the target areas are improving. The project was implemented in four VDCs two each in Morang [Tankisinwari and Hattimuda] and in Parsa District [Maneyari and Bariabirta]. The Biratnagar and Birgunj Chapters of BPW Nepal are coordinating the project.

More than 2000 people are directly benefitted from this project.

Felicitations and Best Wishes!

FBPWN felicitates the National President Mrs. Ambica Shrestha who is recognized with the **“WOMEN OF SUBSISTANCE”** in April 2011 by Rotary International District 3291, Nepal on the occasion of the 3rd District Conference “SANKALPA” and to Ms. Sabita Maharjan, beneficiary of BSC Project activities and owner of Kirtipur Hosiery [“K”] for receiving **FIRST SURYA NEPAL AASHA SOCIAL ENTREPRENEURSHIP AWARD 2011**. She is one of the five others women who received the award.

Annual General Meeting

Annual General Meeting [AGM] was held on 15th September 2011 according to the Constitution. The AGM unanimously decided to confer **First Honorary Membership of BPW Nepal** to Dr. Prof. Beena Pradhan.

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