

# TALIM

Vol. 15

July 2005



Special Remembrance  
in Loving Memory of Late Mr. Nagaaki YAMAMOTO



## NEPAL AOTS ALUMNI SOCIETY



# ACTIVITIES OF NAAS 2005 - 2006

(August. 2005 - July 2006)

Activities	2005 Aug.	2005 Sept.	2005 Oct.	2005 Nov.	2005 Dec.	2006 Jan.	2006 Feb.	2006 Mar.	2006 Apr.	2006 May.	2006 Jun.	2006 Jul.	Person In-Charge
<b>1. JASMAN Trainings</b>													
1.1 In House Training	*		*		*		*		*		*		K. Khanal
1.2 Domestic Lecturing Tour (DLT)				*						*			"
<b>2. NACTC Trainings</b>													
2.1 Basic Computer Literacy	*	*	*	*	*	*	*	*	*	*	*	*	M. Bhattarai
2.2 Web Page Development								*	*	*	*		"
2.3 Advance Course on Computer based Graphic Design	*	*	*	*									"
2.4 Job Oriented Training on Computer Hardware										*	*		"
<b>3. Scholarships</b>													
3.1 Alumni Recommended	*	*	*	*	*		*			*	*	*	A. Dali
3.2 CICC		*	*	*			*	*					M. Bhattari
3.3 WNF		*											B. Vaidya
<b>4. Others</b>													
4.1 TALIM Publication												*	R. M. Singh
4.2 16th AGM												*	M. Nakarmi
4.3 NAAS Registration Renewal												*	R. K. Singh
4.4 Bo-nen-kai					*								P. N. Manandhar
4.5 IT Convention												*	M. K. Shrestha
4.6 Finance and Assets Management			*			*			*			*	B. M. Rajbhandari






## Editorial

This 15th volume of TALIM is published and dedicated to Late Nagaaki Yamamoto, 77, past President, Association for Overseas Technical Scholarship who left for his heavenly abode on 19<sup>th</sup> June 2005 in Tokyo, Japan at his home. His funeral was held on 24<sup>th</sup> June 2005. He was with AOTS early from the time of its establishment in 1960, left in 1969 to join UNIDO and again returned to serve AOTS in 1983. He was the President of AOTS from 1993 to 1998 and stayed on as Advisor and Trustee of AOTS until 2001. He is the recipient of a number of prestigious awards from the governments of different parts of the world in recognition of his services and contributions to the development of human resources in those countries. There is no doubt that his vision, dedication and selfless commitment shaped AOTS to successfully institutionalize friendly relationship between Japan and the developing countries through the promotion of human resource development and through the message of world network of friendship. Late Yamamoto san was indeed a great personality and his passing away is a big loss to all alumni societies and the members.

Nepal AOTS Alumni Society would like to remember Late Yamamoto san as a special friend, our mentor and true well wisher. He was a constant guide and source of motivation for us to strive towards our goals. He occupies a special place in our hearts. He will always remain attached to us since "Yamamoto Talim Ghar", the NAAS building, is named after him and also inaugurated by him in December 1995. He loved Nepal and our alumni society very much. NAAS cherishes his visits to Nepal and remembers his wise words to us. No words are enough to pay homage to him. Perhaps our biggest gesture of obeisance for this noble man would be to simply work for world friendship through the goals of NAAS. Thus, we dedicate this issue of TALIM in deference to this great man. May god bless his kind soul.

This 15th issue of TALIM has been published for the 15<sup>th</sup> AGM of NAAS to be held on 29<sup>th</sup> July 2005. As usual, we have presented the regular features. We shall highly appreciate your feedbacks, suggestions and contributions to make TALIM a real quality alumni magazine and a worthy one.

Thank you.

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 Sharing the Learnings of Japanese Style Management	33
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### Cover page

**Clockwise:** Yamamoto Talim Ghar, Koteshwor, Kathmandu, Painting of Mr. Nagaaki Yamamoto, Group photograph of Mr. Yamamoto with executive members of NAAS, Mr. YAMAMOTO during the inauguration of Yamamoto Talim Ghar and Mr. Yamamoto addressing conference.

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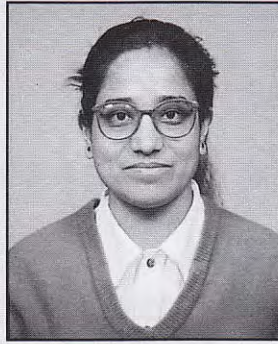
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## MESSAGE FROM THE PRESIDENT

We, Nepal AOTS Alumni Society (NAAS) are very glad to mention that we have been successful in continuously publishing TALIM during our Annual General Meeting every year since 1991.

This 15<sup>th</sup> issue of TALIM is being published on the occasion of the 15<sup>th</sup> Annual General Meeting of NAAS to be held on July 29, 2005.

Here, we should remember late Mr. Nagaaki Yamamoto, the 'mentor' of NAAS, who was always giving emphasis on 'continuity' of the activities – whatever we do, whether small or big. He once wrote on the white board in our training center - "Continuity is most important". We kept his writing unerased on the white board for a long time, and finally engraved it in the hearts of all the members. In this spirit, we are committed in keeping our activities on a continual basis for the contribution of human resource development of Nepal.

This 15<sup>th</sup> issue of TALIM is dedicated to late Mr. Nagaaki Yamamoto. We promise to continue to work & strengthen the ties with other alumni societies of AOTS through the World Network of Friendship (WNF) – the great idea of Yamamoto San.

July 29, 2005

A handwritten signature in dark ink, appearing to read 'Amira Dali'.

---

Amira Dali, President  
Nepal AOTS Alumni Society



*Wishing the grand success of 15<sup>th</sup> AGM*  
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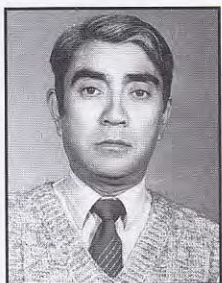


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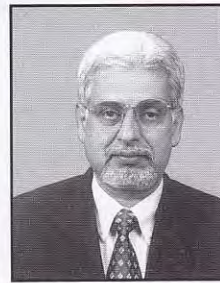
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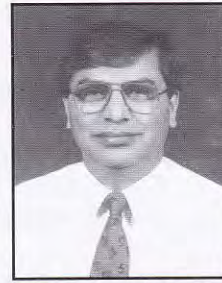
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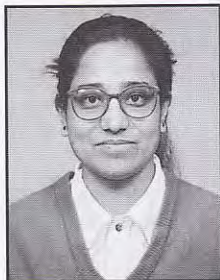
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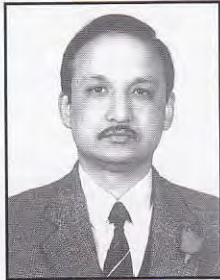
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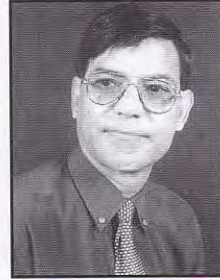
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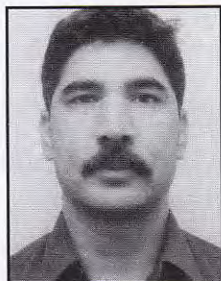
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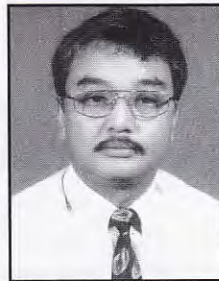
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*Wishing the 15<sup>th</sup> AGM*  
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## ABOUT NEPAL AOTS ALUMNI SOCIETY

Nepal AOTS Alumni Society (NAAS) is a non-government organization of the ex-trainees of the Association for Overseas Technical Scholarship (AOTS), Japan. NAAS was formally established in 1991 with the following objectives:

- Human resource development in management and technical fields in Nepal.
- Conduct various activities in line with its parent AOTS, Japan.

So far, 475 Nepalese have already received training in AOTS, Japan and more than 2,600 have received training in Nepal. NAAS has its own training center, the **YAMAMOTO TALIM GHAR** at Koteshwor, Kathmandu. NAAS VISION 2000 has focused on two specific areas:

- For IT, Nepal AOTS Computer Training Centre (NACTC) is the focal agency.
- For Quality, Nepal AOTS Japanese Style Management Training Centre (JASMAN) is the focal agency.

## THE ASSOCIATION FOR OVERSEAS TECHNICAL SCHOLARSHIP (AOTS)

AOTS was established in Japan in 1959 with the support of Japan's Ministry of Economy, Trade and Industry (METI). Its main objectives are to:

- Promote technical cooperation between Japan and the developing countries for the industrialization and development of developing countries.
- Enhance mutual and friendly relationships between those countries and Japan.
- Support various educational and training activities of alumni associations like NAAS.

Till date, AOTS has trained approximately 1,24,000 persons in Japan from 150 countries and regions. The activities of AOTS are financed by Japanese government subsidy, company contributions, and other sources.

### Nepal AOTS Alumni Society

Yamamoto Talim Ghar

P.O.Box: 20994, Koteshwor, Kathmandu, Nepal.

Tel: 4478467, 4476561, Fax: 977-1-5525417

E-mail: nassytg@mail.com.np, URL: [www.naas.org.np](http://www.naas.org.np)




## World Network of Friendship (WNF) Program

The World Network of Friendship (WNF) was formed with the consensus of all AOTS Alumni Societies during the 5<sup>th</sup> Convention of AOTS Alumni Societies held in Aichi, Japan in September 1997 with an initial fund raised through different sources commenced by a personal contribution of 5 million Yen by former AOTS President Mr. Nagaaki Yamamoto. Earlier to the formation of WNF, there was the Inter Alumni Society Resource Exchange Program. However, the basic guidelines were drawn in the second steering committee meeting held in Dhaka, Bangladesh in November 1998, which was then revised by the WNF Management Committee at the third meeting held in Kuala Lumpur, Malaysia in December 2001.

WNF's mission statement is "The creation of a better world through the ties of friendship and the individuals as well as collective endeavor of our members". To implement this mission, WNF seeks to empower individuals and organizations in developing countries who are committed to the social and economic development of their own communities, based upon a belief in selfhelp and equal-partnership, through human resources development, exchanging information and learning from each other's experiences.

With this entire endeavor, WNF program can be beneficial to the countries in the region and will certainly be an effort to attain the aim stated in the WNF resolution.



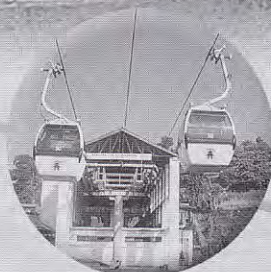
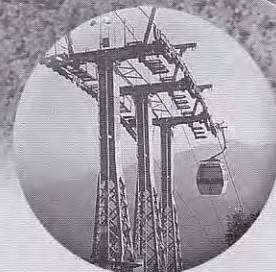
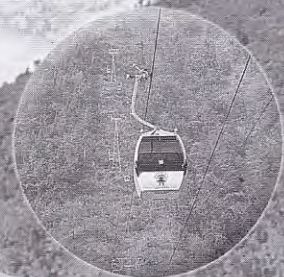
We wish all the success on the  
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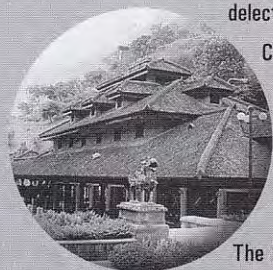
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# Picturesque and Peaceful a Pilgrimage with Pleasure

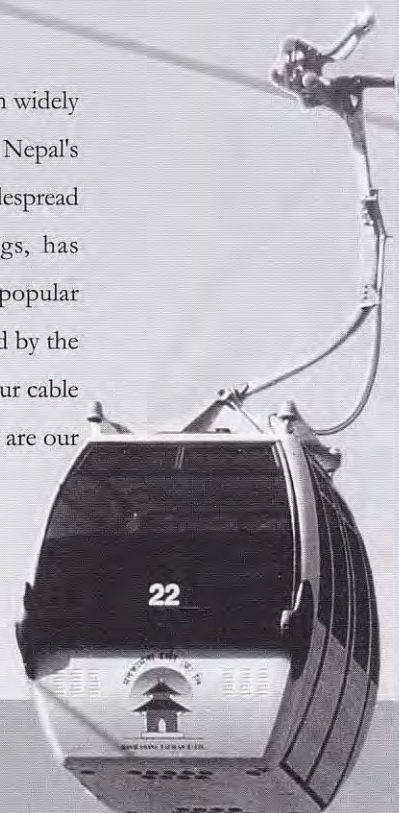


The restaurant at the bottom station premises serves delectable Nepali, Indian and Continental cuisines. A great place to unwind after a trip to the temple.

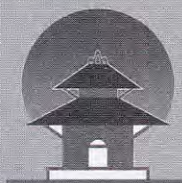


The kiddies games let your kids have more fun while the souvenir shop has items that help to keep your memories alive.

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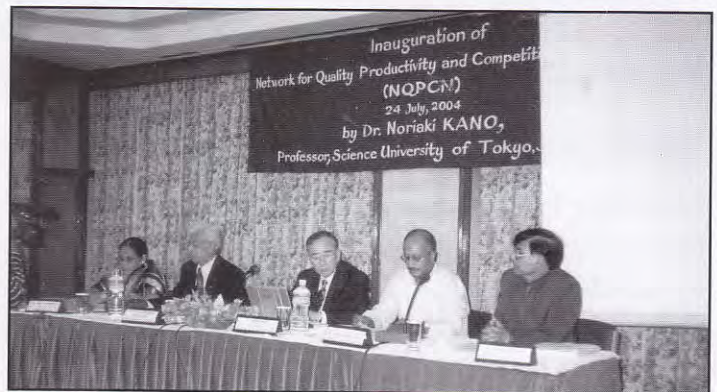
## 14th Annual General Meeting of Nepal AOTS Alumni Society

NAAS held its 14<sup>th</sup> Annual General Meeting on 24<sup>th</sup> July 2004 in Kathmandu. Prior to the AGM proceedings, NAAS elected its new executive body for the period 2004 to 2006. The AGM was attended by Mr. Mikio Ujie, Representative of AOTS, New Delhi Office and Dr. AKM Moazzem Hussain, Representative Officer of AOTS for Bangladesh and Nepal.



## Inauguration of Network for Quality, Productivity and Competitiveness-Nepal

Coinciding with the Third Quality Convention, Prof. Noriaki Kano inaugurated the establishment of Network for Quality, Productivity and Competitiveness-Nepal (NQPCN) on 24<sup>th</sup> July 2004 at Hotel Himalaya, Kathmandu. NQPCN is a forum of professionals and experts established for the promotion of quality, productivity and competitiveness in different fields.



## Third Quality Convention

The Third Quality Convention was held on 24-26 July 2004 in Kathmandu. Resource person from Japan, India and Nepal presented papers in different working sessions. Prof. Noriaki Kano delivered his keynote address during the opening function of the convention, participated by professional and personnel working in the area of quality management.



## First NetDay in Nepal

The first NetDay was celebrated at Shanti Nikunj High School, Maruhiti, Kathmandu on 1<sup>st</sup> January, 2005. NAAS executive members, NAAS IT Committee members as well as the President and Board members of the school and other distinguished guests were present at the inaugural session. NetDay is a drive to connect school children to a brighter future by helping the teachers meet educational goals through the effective use of Educational Technology and Information and Communication Technology (ICT).





## Bo-Nen-Kai Party

On 24<sup>th</sup> December 2004, NAAS organized its annual year-ending party at International Club, Lalitpur. Almost sixty NAAS members along with their families attended the get-together party. Some lucky draw prizes were also distributed during the party.

## Training cum Workshop on "Total Quality Management and ISO 9000"

NAAS and Association for Pharmaceutical Producers of Nepal (APPON) jointly organized a three-day training cum workshop on "Total Quality Management and ISO 9000". Altogether twenty-two participants, mostly senior pharmacists and chemists of Nepalese Pharmaceutical Industries attended the program held at Yamamoto Talim Ghar from 15<sup>th</sup>-17<sup>th</sup> January 2005. The program was conducted by resource person from NAAS.



## Basic Computer Literacy Training Program

Altogether four batches with twenty seven participants have undergone training on Basic Computer Literacy Program conducted by Nepal AOTS Computer Training Center (NACTC). The two-month long BCL program is designed to make fresh participants literate in computer application suitable for office work.



## Computer Training on Advance Graphic Design

A three and half months training program on Advance Graphic Design was conducted by Nepal AOTS Computer Training Center (NACTC) from 22<sup>nd</sup> July to 19<sup>th</sup> October 2004. Five participants completed the training.

## Visit of President of MEIKEN Digital Co. Ltd., Japan

On 13<sup>th</sup> May, 2005, Mr. M. Miyata, President, MEIKEN Digital Co. Ltd., Japan visited NAAS training center and had discussion with EC members on the future activities of NAAS especially concentrating IT related manpower Development.

## CONGRATULATION

Mr. M.R. Ranganathan, President, FAAAI for receiving an award "**Order of the Rising Sun**" from the Emperor of Japan on 29<sup>th</sup> April, 2005. We NAAS family are proud of you.

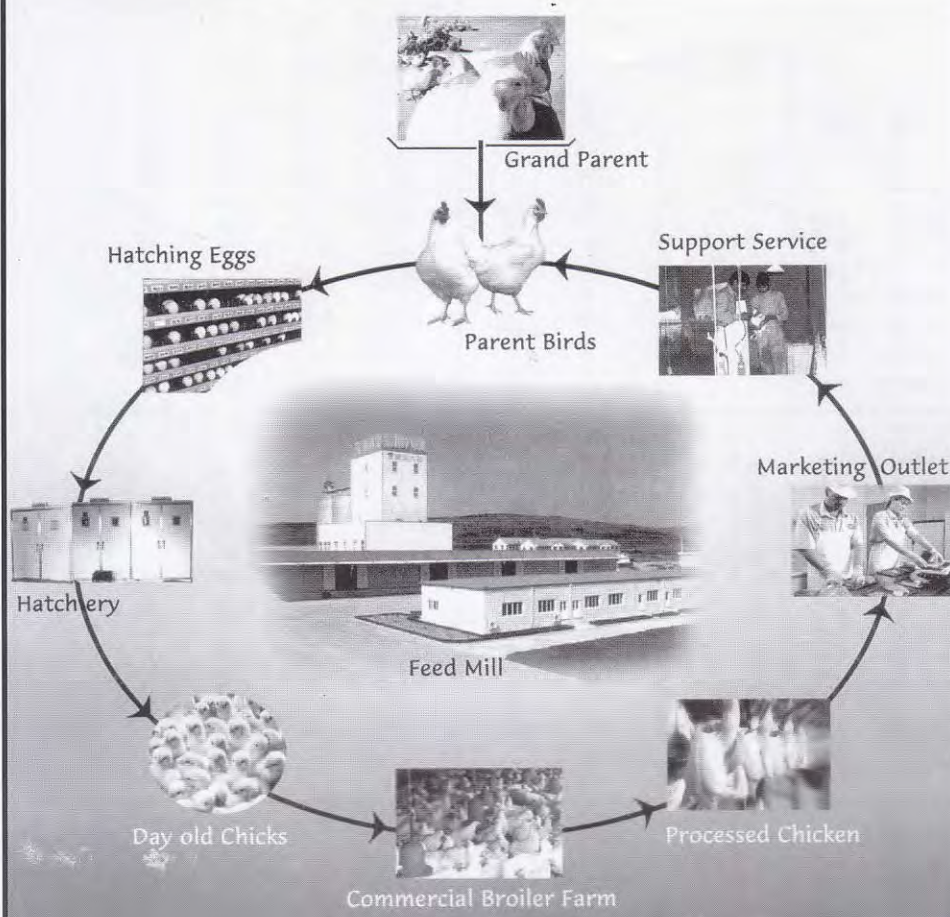
## Formation of Nepal-Japan Golden Jubilee Celebration Committee:

Amira Dali, President	- Coordinator
Prakash Suwal, 1 <sup>st</sup> Vice-President	- Member
Ramesh Man Singh, General Secretary	- Member
Binod Man Rajbhandari, Treasurer	- Member
Madhur K. Shrestha, Exe. Member	- Member
Kishore B. Mathema, Exe. Member	- Member

### Advisors:

Prof. Dinesh Chapagain	- Member
Madhusudan Bhattarai	- Member





## SHREENAGAR AGRO FARM

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Basundhara, Kathmandu, Nepal  
Tel: 977-1-4354892  
Fax: 977-1-4356512  
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**GEMS AGRO** is first and the only integrated livestock company in Kathmandu, Nepal involved in the production of high quality broiler chicken meat and eggs, breeding of healthy piglets, manufacturing of balanced feed and hygienic slaughtering unit. We also provide broiler chicks and feed to the contract farms and return buy back ready live chickens from them.



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**You can make a great difference to us by proving our products' worthiness**

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Fax: 977-1-4356512 Email: gemssangro@info.com.np



## TRAININGS UNDER AOTS JAPAN

S.N.	Name of the Program	Duration	Place of the Training	Name of the Participants	Name of the Participant's Company
1.	The Practical Solution of Quality Related Problems (SPQP)	6 – 17 Sept. 2004	Osaka	Mr. Pradeep Narsing Rayamajhi	Himalayan Bank Ltd.
2.	The Program for Quality Management (PQM-3)	4 – 22 Oct. 2004	Tokyo	Dr. Chhavi Raman Bhattarai Mr. Mukunda Prasad Joshi Mr. Tribeni Man Singh Pradhan	Dairy Development Corporation Royal Nepal Airlines Sewas Consortium Pvt. Ltd.
3.	The Training Course on Solving Human & Organizational Problems (SHOP-2)	27 Oct. – 16 Nov. 2004	Nagoya	Mr. Janardan Dev Pant	Himalayan Bank Ltd.
4.	The Program on Management of Technology (MOT)	10 – 23 Nov. 2004	Tokyo	Mr. Prajwol Jung Pandey	Lomus Pharmaceuticals Pvt. Ltd.
5.	The Program on the Development of the Die & Mold Industry (DDMI-3)	19 Jan. – 1 Feb. 2005	Yokohama	Mr. Shyam Bahadur Singh Dongol	Crystal Products Pvt. Ltd.
6.	The Top Management Seminar for Asian Countries (ACTP)	16 – 22 Feb. 2005	Tokyo	Mr. Bijaya Krishna Shrestha Mr. Bhai Kajee Shrestha Mr. Narayan Govind Halwai	Beltronix Group Machhapuchhre Bank Limited MEH Consultants (P) Ltd.
7.	The Program for Quality Management (PQM-1)	11 – 31 May 2005	Tokyo	Mr. Govinda Gurung	Himalayan Bank Ltd.
8.	The Training Course on Solving Human & Organizational Problems (SHOP)	15 Jun. – 5 Jul. 2005	Osaka	Mr. Mukendra Singh	Deurali – Janta Pharmaceuticals Pvt. Ltd.
9.	The Executive Program on Corporate Management (EPCM)	20 Jun. – 1 Jul. 2005	Tokyo	Mr. Sudhir Babu Khatri	Development Credit Bank
10.	The Program for Business Innovation by Information Technology (BIIT)	21 Jul. – 3 Aug. 2005	Tokyo	Mr. Nagendra Kayastha	MULTI Software Pvt. Ltd.

### CICC Scholarship

1.	Distribution Manufacturing and Financial Management System Course (DMF)	19 Jul. ~ 3 Sept. 2004	Tokyo	Mr. Maheswor Maharjan	IT Nepal P. Ltd.
2.	e_Learning Contents Development Course (ELC)	19 Jul. ~ 3 Sept. 2004	Tokyo	Mr. Akhileshwar Mishra	Kathmandu Engineering College
3.	Bridge System Engineer Training Course (BET)17	Jan. ~ 4 Mar. 2005	Tokyo	Mr. Salin Narshing Shakya	Subhash Printing Press
4.	Open Source Software Standard System Development Course (OSD)	9 May ~ 24 Jun. 2005	Tokyo	Mr. Paras Pradhan	Madan Puraskar Pustakalaya
5.	Open Source Software Solution Integration Course (OSI)	9 May ~ 24 Jun. 2005	Tokyo	Mr. Rabin Kumar Shrestha	Yomari Inc.



## 14th Annual General Meeting

Nepal AOTS Alumni Society held its 14<sup>th</sup> Annual General Meeting at Hotel Himalaya, Kupondole on 24<sup>th</sup> July 2004. Prior to the AGM, the Society had its new executive body elected for the period 2004 to 2006. The AGM was also attended by Mr. Mikio Ujiie, the Representative of AOTS, New Delhi Office and Dr. AKM Moazzem Hussein, Representative Officer of AOTS for Bangladesh and Nepal.

The new executive committee is as follows:

Ms. Amira Dali	President
Mr. Prakash R.S. Suwal	First Vice President
Mr. Kumar P. Khanal	Second Vice President
Mr. Ramesh M. Singh	General Secretary
Mr. Mahesh Nakarmi	Joint Secretary
Mr. Binod M. Rajbhandari	Treasurer
Mr. Pradeep Manandhar	Internal Auditor
Mr. Ashok K. Aryal	Member
Mr. Brajesh Vaidya	Member
Mr. Prakash R. Shrestha	Member
Mr. Jyoti Tandukar	Member
Mr. Kishore B. Mathema	Member
Mr. Madhur Shrestha	Member
Mr. Ashok Manandhar	Member
Mr. Rajiv Pradhan	Member



## Training on "Total Quality Management and ISO 9000" for Pharmaceutical Industry

Training on "Total Quality Management and ISO 9000" was held at Nepal AOTS Training Center, Koteswor from 15<sup>th</sup> to 17<sup>th</sup> January 2005 for senior pharmacists and chemists of the pharmaceutical industry of Nepal. The three-day program was jointly organized by Nepal AOTS Alumni Society (NAAS) and Association for Pharmaceutical Producers of Nepal (APPON). Altogether twenty-one participants from different industries participated in this training.

The following topics were covered during the training:

- Total Quality Management
- Quality Control Circle
- KAIZEN
- 5-S
- QC Tools
- ISO 9000
- Good Manufacturing Practices (GMP)
- Occupational Health and Safety (OHS)

The training was conducted by NAAS member resource person as well as experts from the pharmaceutical industry. The program included an intensive workshop on QC problem solving techniques and 5-S.

The program was inaugurated on 15<sup>th</sup> January 2005, by Ms. Amira Dali, President, NAAS and Mr. Pradeep M. Vaidya, President APPON by jointly lighting the *panas*. Mr. Bhupendra B. Thapa, Chief, Department of Drug Administration (DDA), HMG/N and the chief guest for the closing ceremony gave away certificates to the participants.



## Third Quality Convention

*Kumar P. Khanal*

Nepal AOTS Alumni Society (NAAS) organized the Third Quality Convention at Hotel Himalaya, Kathmandu on 24-26 July, 2004 with the support of Association for Overseas Technical Scholarship (AOTS), Japan and World Network of Friendship (WNF) fund.

The present need of Nepalese enterprises is growth in terms of turnover and profitability focusing on the excellence in products/services. The Third Quality Convention was organized with a theme "Growth and Excellence through Quality" to address such a need especially of the private sector organizations. The objective was to disseminate various concepts/tools of quality management and to identify issues related to quality management in the country. The participants were basically professionals and personnel associated with quality management in the manufacturing and service industries. The presence of Prof. Noriaki Kano,

Science University of Tokyo, an internationally acclaimed quality stalwart, as the keynote speaker made the event momentous. With active participation of professionals from diverse backgrounds, the convention emerged highly interactive leading to constructive and concrete outputs. The outcome of the convention was considered to play a pivotal role in improving quality management in the private sector organizations. An endeavor was made to lobby for inclusion of quality-related clauses in the national policy framework of the government, and also to formulate initiatives for industry-specific quality management programs.

The convention was inaugurated by the chief guest, Dr. Yubraj Khatiwada, Honorable Member, National Planning Commission of His Majesty's Government of Nepal in the presence of various dignitaries, businessmen and guests, resource persons and participants. His Excellency Mr. Zenji Kaminaga,





Ambassador of Japan to Nepal and the guest of honor of the convention, Prof. Noriaki KANO, Mr. Mikio Ujiie, AOTS Representative, New Delhi Office and Mr. Binod B. Shrestha, President, Federation of Nepalese Chambers of Commerce and Industry (FNCCI) were the distinguished guests addressing the opening ceremony. The distinguished guests highlighted the importance of this convention in the context of the country having recently acquired the membership of WTO. In the convention opening ceremony, Prof. Noriaki KANO presented his keynote speech titled "Competitiveness through Quality" wherein he explained how important it was to compete in the market through quality. Prof. KANO was also the first resource to deliver his famous presentation titled "Attractive Quality Creation KANO Model" on the second day of the convention, i.e. 25th July 2004.

The following papers were presented by various resource person in different sessions during the two-day quality convention. Open discussion and question-answer sessions were held after presentation of every working papers.

### ***"Competitiveness through Quality" (Key Note Speech)***

Professor Noriaki KANO, Science University of Tokyo, Tokyo, Japan

### ***"Attractive Quality Creation"***

Professor Noriaki KANO, Science University of Tokyo, Tokyo, Japan

### ***"Quality Management in Global Business Environment"***

Mr. T. S. Gopi, B.Sc. (Engg), FIE, MBA.  
ASA, Kerala, India.

### ***"Prospects and Challenges of Quality Management in Nepal"***

Mr. Hari Bhakta Sharma, CEO and  
Mr. Mani Ratna Shakya, Plant Manager  
Deurali-Janta Pharmaceuticals Pvt. Ltd.,  
Kathmandu

### ***"National Policy for Quality Upliftment: Role of Nepal Bureau of Standard and Metrology"***

Mr. Shree Krishna Shrestha  
Director General, Nepal Bureau of Standard and Metrology/HMGN

### ***"Pro-Socio Behavioral Interventions for Developing Quality Mindset from Early Age"***

Prof. Dinesh Prasad Chapagain  
Dean, School of Engineering,  
Kathmandu University

The pioneer six ISO certified Nepalese companies were presented with acknowledgement certificates by Prof. Kano. On 25<sup>th</sup> July, an exhibition was held in the convention venue where ISO companies showcased their products and services. Another highlight of the convention was the inauguration by Prof. Kano the forum of quality professionals, the Network for Quality, Productivity and Competitiveness of Nepal (NQPCN). In the concluding session of the convention, participants divided into groups drafted the convention resolution and handed it over to the chief guest of the closing ceremony Dr. Yubraj Khatiwada, Member, National Planning Commission and, through him, requested His Majesty's Government for adoption of quality issues in the national sub sector policies.





## NetDay in Nepal

*Prashant Lal Shrestha*

### What is NetDay?

NetDay, started in California in 1996, was conceived as a grassroots drive to help bring elementary and secondary schools onto the Internet using a combination of public volunteers and private contributions that culminated in a single, focused day of activity called NetDay. NetDay's mission is to connect children to a brighter future by helping the teachers meet the educational goals through the effective use of the Educational Technology and Information and Communication Technology (ICT).

NetDay allows schools to install network cabling to central points in the respective schools and enable the schools to connect to the Internet in an economical manner with the help of students, teachers and management board of respective schools, as well as community members and assistance of volunteers with ICT expertise. This effort was expanded nationwide and internationally from 1996. NetDay will increase community participation and exchange of information through the internet.

### Helping schools in using ICT and NetDay

Nepal AOTS Alumni Society (NAAS) in April 2004 decided to launch the first NetDay program in Nepal. With the kind assistance of Mr. Yoshiaki Hayasaka, Senior JICA volunteer, Nepal-Japan IT Promotion Committee of NAAS prepared the proposal for the NetDay project and identified the public schools for participation in the project. Shanti Nikunja High School, Maruhiti, Kathmandu was selected for the pilot project.

Hayasaka San made necessary arrangement with Mitsubishi Electric, Japan and Toyonaka International Friendship Association (TIFA), Japan for donation of 50 Notebook computers for the NetDay project which were transported from Osaka to Kathmandu free of cost in November 2004 with the kind courtesy of Royal Nepal Airlines Corporation (RNAC). After going through a long and tedious process of formalities, through the Ministry of Education and Sports (MOES), Ministry of Population and Environment (MOPE), Ministry of Finance (MOF),

Ministry of Women, Children and Social Welfare (MWCSW) etc., and seeking the assistance of High Level Commission for IT (HLCIT) and the Japanese Embassy in Kathmandu, the computers were finally released with duty exemption in April 2005. Although it seemed hopeless at times, with unrelenting perseverance and efforts of the IT committee members and assistance from a number of well wishers, NAAS ultimately succeeded in getting the computers to pursue its ambitious program.

While the computers remained in the custody of Tribhuvan International Airport, a lot of planning was in progress regarding phasewise distribution of the 50 computers, final selection of appropriate schools to launch the project, and actual preparation for the first NetDay. Also during the period, Memorandum of Understanding (MOU) was signed with the principals of the selected schools and preparations were made to observe the first NetDay in Shanti Nikunj High School on 1<sup>st</sup> January, 2005.

### 1<sup>st</sup> NetDay Celebration

The first NetDay, jointly organized by NAAS and Shanti Nikunj High School, was celebrated as planned at the school on 1<sup>st</sup> January 2005 after a small preparatory workshop the previous day. The NetDay celebration started with the *Namaste Byayam* by the



students of the school. After the welcome address by Principal Ms. Radhadevi Bajracharya, Mr. Prakash Raj Singh Suwal, First Vice-President, NAAS briefly





highlighted about Nepal AOTS Alumni Society and what it stands for. Hayasaka San and Madhur Shrestha, Coordinator of NAAS IT Committee spoke about the preparation for the NetDay program and the modalities to be followed. There was immense participation by the students of Class 10, along with the teachers and other staff of the school. Students were grouped into eight, and were entrusted with specific responsibilities such as network construction, camera documentation, network testing, participant registration and event management for smooth running of the NetDay did their parts. Although the actual computers meant for distribution were yet to be released, the demonstration of internet connectivity at the school was successfully carried out amidst the gathering of students, teachers, community members, NAAS members and volunteers.

In the closing ceremony Mr. Gorakchhya Bahadur Nhuchhen Pradhan, Chairman of School Board thanked all concerned for their efforts in developing Information and Communication Technology (ICT) awareness for the school children. Member of High Level Commission for Information Technology (HLCIT), His Majesty's Government of Nepal, Mr. Dambar B. Khadka expressed his appreciation of the NetDay project and the effort in bringing ICT awareness in the school, where ICT facilities were out of their reach.

## Post NetDay activities

On 2<sup>nd</sup> January, 2005 NAAS provided the web page designing and email, Internet training to a teacher and staff each of the five schools selected for NetDay project. The training program was conducted at Seagate Institute of Technology, Kupondol. The main objective of the training program was to prepare the staff of the school to develop the capabilities of web page designing and make web pages of their respective schools. A video film on the NetDay was prepared highlighting school environment, information about NetDay, *Namaste Byayam*, students working for NetDay, Hayasaka's

interview, the event happening, social gathering, Internet connection, closing program etc. The video was meant to encourage other schools to better organize the NetDay in their schools and involve community and others in the program. After the Notebook computers were finally released from the airport, in a "Thanks Giving Program" on 13<sup>th</sup> April, 2005, H. E. Ambassador of Japan, Mr. T. Hiraoka inaugurated the video program on the 1st NetDay amidst a small gathering of government officials and others involved in the release of the computers, principals of the selected schools, and NAAS members. In the same program, 10 units of Notebook computers were also handed over to Shanti Nikunja High School.

## NetDay at other schools

The 2<sup>nd</sup> NetDay is planned at Kanti Iswori Shishu Vidhyalaya on 22<sup>nd</sup> and 23<sup>rd</sup> July 2005. Subsequent NetDay will be celebrated on 19<sup>th</sup> and 20<sup>th</sup> August 2005, 9<sup>th</sup> and 10<sup>th</sup> September 2005 and 30<sup>th</sup> September and 1<sup>st</sup> October 2005 at Tripadma Higher Secondary School, Kanya Mandir Higher Secondary School and Shanti Shikhasya Mandir Secondary School respectively. NAAS will distribute the Notebook computers at the time of observing the NetDay at the respective schools.





## Business Innovation by Information Technology

*Binod Rajbhandari*  
*Participant of BIIT 2003*

After the inception of personal computer, radical development occurred in the field of information system. Earlier, the simple telephone line, which was used for voice communication only, was later on also used for fax. But the initiation of email system through the same telephone line with the help of personal computer made the globe so small that in no time information could be exchanged across any destination on earth. Consecutively, the introduction of Internet made it easier to access any information made available by the primary source without being sent by the principal. It was therefore, used in many areas i.e. advertisement of the products, services, opportunities, public notice, private notice, on-line chat, on-line education, entertainment etc. It became mandatory for many countries to expose themselves to the Internet. It was a prestige to have a home page for almost all the organizations whether it was government, public, private or an individual. Many big businesses made it their primary medium of business transactions and remarkably by banks even for remittance and for collection of dues.

Looking at the use and importance of Information Technology for Business Innovation, Association for Overseas Technical Scholarship (AOTS) Japan offered a two-week course (BIIT 2003) for business executives and senior managers of developing countries to upgrade their abilities in business innovation using IT, under their regular Human Resource Development program for developing countries. The program was held from 25<sup>th</sup> July to 5<sup>th</sup> August 2003.

After the selection of the twenty three participants from eleven countries, AOTS delivered a case study on Okaimono Net (On-line Supermarket) prepared by Kenichi Hayashi and Tatsuyuki Negi, Waseda Professor. The on-line discussion continued for couple of months before the participants departed from their home country.

The studies were focused on :

Launching On-line supermarket and dealt on :

- two kinds of Business Model- 'dot-com' and 'clicks-and-mortar'
- Okaimono Net fail to become profitable?

By the time the participants left the country, the final conclusion on Okaimono Net case study was ready. The study was handed over to the participants on the very first day of the lecture in Tokyo Kenshu Center (TKC).

The main objectives of this two-week program were to:

- acquaint participants with the strategic use of IT in business and
- to enable participants to establish new management practices using IT effectively

The Key Role players were:

Mr. Kunitoshi Saito	Pre-course Online Coordinator
Professor Tatsuyuki Negoro	Chief Program Coordinator
Mr. Yamamoto	Course Coordinator
Mr. Jun-ichi Ito	Course Assistant
Mr. Masaaki Tanaka	Distance Learning Coordinator

Lectures by different experts were delivered on the following topics:

- Mr. Toshikazu Shoji, JNX Center, Japan Automobile Research Institute on:
  - Japanese Automotive Network Exchange
- Prof. Keiju Matsushima, Masashi University on:
  - The Trends and Perspectives in Management Information Systems



- Prof. Toshio OBI, Waseda University on:
  - Emerging Market for Mobile Internet
- Mr. Masaki Komurasaki, Director, Information Systems and Welfare Division, e-METI on:
  - The trend of Asian and Japanese IT industry and Impact of E-commerce
- Prof. Masahiro Okada, Ph.D. Keio University on:
  - Fundamentals in Strategic Management and the effect of Network Economy
- Ms. Mamiko Narasawa, Business Consultant, ex-president of Ion Visty, Internet supermarket on:
  - Multi-channel Strategies of General Retailers with case study of AEON Shop.com chain.
- Mr. Miyatake, Shinsaibashi Miyatake-Online Umbrella Shop on:
  - Successful E-commerce Business
- Prof. Tatsuyuki Negoro, Waseda University on:
  - Introduction to E-Commerce in Japanese Automobile Industry
  - Information Technology and Corporate Strategy
  - The Information Network "Competition" and "Sharing"

With case study example on Internet Book Store and its comparison between Operation Models and Profit Models, the course comprises of two more case studies of Prof. Masahiro Okada, KEIO

1. Autobytel.com (an Internet car-buying support (ICBS) service firm in US (Web based training discussion)
2. Solelectron (Sony outsource production of electronic equipment) (Class Room Discussion)

Panel Discussion by Video Conference System (on line video conference between Tokyo & Korea) with

- Mr. Kim Jae-ho, Representative Director, Global Information Link Co. Ltd, Korea, on Present Condition and Future of Korean IT and study tour to Toyota Motor Corporation—discussed on Manufacturing System
- Omron Corporation— discussed on e-Procurement
- IBM Japan – discussed on Customer Contact Center & Customer Relationship Management

The whole program was designed with the esteemed idea floating on:

- **Business:** Focus on business field rather than general society
- **Innovation:** Discuss change of management and commerce
- **Information Technology:** Focus of the influence of IT, especially the Internet
- **The Trends and Perspective in Management Information Systems:**
  - Market Innovation through Information Network
  - Market Oriented Product Development using Web
  - Reduce Product Development Cycle Time
  - Drops Operation Costs
  - IT for Concurrent Engineering
  - Quality Management
  - Supply Change Management (SCM)

## Achievements from BIIT Program:

### ⇒ Innovative Knowledge

- ✓ Possibility of business innovations by Information Technology
- ✓ Case studies on the living example of failure & success stories
- ✓ Application of IT at present in Japan
- ✓ Further plan for implementing IT in Japan including e-governance
- ✓ Impact of emerging modern e-Life in Japanese society
- ✓ History & culture of Japan

### ⇒ Tangible prospects of IT in our countries

- ✓ To what extent the prevailing IT facilities in the home country can be of optimal use
- ✓ Small & medium scale model of e-Business can be translated from the success stories and other examples

### ⇒ IT as a whole for Planning & Development of our country

- ✓ Share information among the BIIT participants from 11 various countries and continue on-line discussion.
- ✓ Establishing global friendship among the BIIT group as a community in future.



### Conclusion:

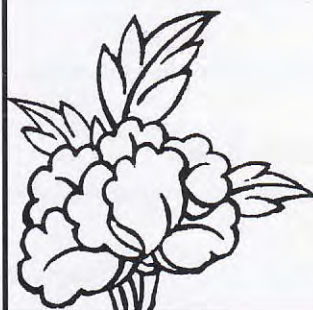
- ⇒ BIIT course had indeed enabled participants to peep into the larger IT horizon.
- ⇒ It made it easier to identify the implication and the present limitation of IT use in the workplace

- ⇒ Can induce others too for optimum use
- ⇒ Necessity to persuade the decision maker to reduce IT facility price for the gross economic benefit of the country

# WISHING THE 15<sup>th</sup> AGM *of* NEPAL AOTS ALUMNI SOCIETY *a grand success*

## Computer Care

Kupondole Height  
(Opp.) Lion's Dental Clinic)  
G.P.O. Box: 10063, Kathmandu  
E-mail: comcare@ntc.net.np  
Phone: 5521984, 5521131  
Fax: 977-1-5547764  
[www.computercare.com.np](http://www.computercare.com.np)



## ATTENTION MEMBERS

NAAS monthly meeting is held every first Monday of every English month at YTG. All members are welcome to attend the meeting and provide valuable suggestions and advice.

Time: 5:30 p.m. (Summer) and 5:00 p.m. (Winter)



# CV of Mr. Nagaaki YAMAMOTO



NAME : **Nagaaki Yamamoto**

Date of Birth : 7 October 1928

- 1952 Graduated from the Faculty of Law, Tokyo University.
- 1952 Joined Kokusaku Pulp Co., Ltd.
- 1960 Left Kokusaku Pulp Co., Ltd.
- 1960 Joined the Association for Overseas Technical Scholarship (AOTS).
- 1969 Left AOTS.
- 1970 Counselor, the Japan Society for the Promotion of the Machine Industry.
- 1970 Left the Japan Society for the Promotion of the Machine Industry.
- 1970 Joined the United Nations Industrial Development Organization (UNIDO) as Industrial Development Officer.
- 1982 Left UNIDO.
- 1983 Returned to AOTS as Director General.
- 1988 Awarded the Anchieta Medal of Merit, by the City Council of Sao Paulo, Brazil.
- 1992 Decorated with the May Order of Merit, by the President of Argentina for services rendered to the development of Argentine Industry.
- 1993 Became President of AOTS (July).
- 1993 Presented with Honorary Citizenship of Dalian City by the People's Government of Dalian City, China, for services rendered to the human resource development of Dalian's industries (October).
- 1994 Awarded the Friendship Prize, by the State Bureau of Foreign Experts of the People's Republic of China for his contribution to Chinese human resource development.
- 1994 Awarded the special medal, by the Ministry of Personnel, People's Republic of China.
- 1995 Awarded the Order of the the Madara Horseman, by the Republic of Bulgaria for his great contribution to the expansion and improvement of Japanese Technical Aid to the Republic of Bulgaria.
- 1997 Awarded the White Magnolia Honour and White Magnolia Honour Medal by the People's Government of Shanghai City, China, for the cooperation he has extended to the city and his enthusiastic support of Shanghai's recent development.
- 1998 Resigned from the post of President of AOTS (November).
- 1998 Became Advisor and Trustee of AOTS (November).
- 1999 Awarded the Order of SETIA MAHKOTA NENGARA, by the Government of Malaysia for his work in the field of technical cooperation between Malaysia and Japan.
- 2000 Resigned from the post of Advisor of AOTS (November).
- 2001 Resigned from the post of Trustee of AOTS (May).
- 2002 Awarded the Scroll of Recognition, by the Minister of Foreign Affairs of Sri Lanka.

\* He has been awarded "Sagarmatha Award" by NAAS on Dec. 8, 1995.



# CONDOLENCE MESSAGES

謹啓 時下益々ご清祥のこととお喜び申し上げます 去る6月19日 父  
山本長 昭 急逝の節はご懇篤なご弔詞を賜り  
芳情まことに有難く厚くお礼申し上げます 願うことなら 早い機会に拝顔賜り  
居心地の良い小さなレストランでお食事と父の愛した  
ワインをお召し上がりいただきながら感謝の気持ちをお伝えすべきところ  
略儀ながら書中を以て謹んでご挨拶申し上げます 敬具

2005年7月  
山本長正（喪主）

Dear Sir,

Thank you for presenting your condolences to my father, Nagaaki Yamamoto, who suddenly passed away on June 19 (Sun) 2005. I wish to find a chance to serve you a glass of wine (plus, of course, a special dinner) at some cozy restaurant in Japan (or anywhere in the world) in the near future to express my gratitude.

Cordially yours,  
Masa (Nagamasa) Yamamoto  
July 2005

山本様

長い間お疲れ様でした。

お別れ会はしせん？

いつまでも私達と一緒にいられていると…… 信じて  
おり。これから活動報告なども定期的に  
させていただきます。今後どおり喜んでいただければ  
とても嬉しいです。  
今後とも ぜん見守って下さい。よろしく願っています。

Ami  
Daki

2005年7月

謹啓 時下益々ご清祥の段慶賀の至りに存じます般当協会山本長昭元理事長死去の節はご鄭重なご弔詞を賜り、ご厚情誠に有難く厚くお礼申し上げます 葬儀・告別式は6月24日

東京都国分寺市東福寺に於いて長男山本長正氏を喪主としてしめやかに執り行われました 祭壇には中川経済産業大臣をはじめ内外関係機関や友人 AOTS同窓会等からの供花 と 世界各地から寄せられた多数の弔電が供えられ 杉浦正健・内閣官房副長官 今津 弘・元朝日 新聞論説副主幹・調査研究室長 クラティラク・AOTSスリランカ同窓会 (JASTECA) 前会長から心のこもった弔辞が述べられましたここに故人の遺徳をたたえ心より哀悼の意を表するとともに故人に寄せられました数々のご支援・ご厚意に心から御礼申し上げます 謹白 2005年7月  
財団法人海外技術者研修協会

Dear Friends,

We would like to thank you for extending your feeling of condolences to the sudden and untimely death of Mr. Nagaaki Yamamoto, the former President of AOTS. The funeral service was held on 24 June at the Tofukuji Temple in Tokyo by his son Mr. Nagamasa Yamamoto and the family. The altar was decorated with the flowers offered by the Minister of Economy, Trade and Industry, and the representatives of related organization in Japan and abroad as well as his friends and the AOTS Alumni Societies. Numbers of condolatory telegrams and messages were also presented to the bereaved family. Passionate memorial addresses were given by Mr. Seiken Sugiura, Deputy Chief Cabinet Secretary, Mr. Hiroshi Imazu, former Director, Center for Research and Analysis of the Asahi Shimbun, and Mr. Bertie Kulatilake, former President of Japan Sri Lanka Technical & Cultural Association (JASTECA). We would like to thank again for your warm words and supports given to our late President, and wish to express our regret over the death of the great man.

May his soul rest in Peace.

July 2005

The Association for Overseas Technical Scholarship (AOTS)





I was quite stunned when I heard the sad message of the demise of our respected Past President AOTS Japan. Our (Nepal AOTS) real guardian and well-wisher is no more with us to guide and protect. I wish the departed soul may rest in peace in the heaven. Though he is no more with us, but we believe his affection and well-wishes to NAAS will always with us to guide & protect in future.

KUMAR P. KHANAL  
2<sup>nd</sup> VICE PRESIDENT, NAAS.

Late Mr. N. Yamamoto was more than just a great person and a leader; he was an inspirer and mentor with magnanimity; whose kind support and inspiration for fostering the HRD related training activities in Nepal through AOTS - Japan will be always remembered.

Although Yamamotosan is physically no more in this planet, yet; YTO of NAAS will be always remembered as an inspiration of late Mr. Yamamoto.

We pray so almighty; may his soul rest peacefully in heavenly abode.

Kishore Bhakti & Mathurans  
Executive member  
Nepal AOTS Alumni Society

Yamamoto jee

You have shown your visionary leadership for human resource development at developing countries through networking the global citizens.

You are, and will be always a messiah of "Continuity" to us.

Dinesh P. Chapagain  
Advisor & former president  
Nepal AOTS Alumni Society

Yamamoto San de I know,

I clearly remember that day, December 21<sup>st</sup>, 1999 at YKC, Yokohama. It was the closing ceremony of our program called Program for Nepalese Entrepreneurs (PNEE - in short) and seated next to me was this elderly gentleman to whom I did not know.

Before the closing ceremony started, we were asked to evaluate our program and describe to our coordinators regarding the positive and negative aspects. This gentleman nicely dressed and in thick glasses was from time to time asking many questions and giving many valuable suggestions. It did not strike to me until the certificate distribution ceremony that the gentleman seated next to me was no other than Mr. N. Yamamoto himself!

I got to visit Yamamoto San many times later on when he visited Nepal on special occasions. He visited my house cultural club on August 3, 1998 along with Kubota sensei and appreciated what we have been doing in Nepal. Everytime I met him, he used to ask me about orchids and whether they had started blooming or not. I know that he is not with us anymore but the plants that he saw small are blooming beautifully, keeping my dreams alive. Every year, when the orchids are in full bloom, I will remember and cherish the time he was with us here in Kathmandu enjoying the plants.

Brijesh Vaidya

Yamamoto San will be remembered as a very dedicated person towards HRD of the LDCs. His guidance towards developing and strengthening our Society, NAAS was extremely valued. Thanks to his vision and guidance NAAS as a brain child of Yamamoto San has with his blessings grown up as a capable institution. Thank you.

M. Bhattarai

Madhusudan BHATTARAI, Advisor, NAAS







With the sad demise of Yamamoto san, NAAS has indeed lost a true friend and well wisher. His vision and commitment strengthened AOTS to what it stands for today. His brainchild – the World Friendship Network – is an excellent example of his creativity and far sightedness. His greatness was matched with equal humbleness. We would like to remember Yamamoto san as a very special friend and a constant source of inspiration to carry on toward the noble goals that NAAS stands for.

I pray that his noble soul rest in eternal peace in the heavenly abode.

*Am Singh*

Ramesh M. Singh  
General Secretary NAAS  
26 June 2005

No one knows where from one came and where will one go. Each one is just a passerby on this earth noticed by few and unnoticed by rest, but very few are noticed by many.

Mr. Nagasaki Yamamoto is one among very few, a saga remembered with due respect and passion in most of the countries. Let us wish for his eternal peace and convey our sincere condolence to the grieved people connected with AOTS by continuing his footsteps ahead ever after.

*Binod Raj Ghadasi*

Asoka Bania

Mr. Nagasaki Yamamoto was a person who should be remembered as a good patron as well as good friend of NAAS.

I remember him well how he simplified our proposal for a loan from AOTS-Japan to construct a training center of our own.

We NAAS delegation to OSAKA center tabled the proposal to him to which he stood up and with a white chalk in his hand wrote some thing in the black board saying "its very simple"

And with his simple planning we made a great success to construct 'YAMAMOTO TALIM GHAR'

We will never forget him as a pillar of AOTS family.

*Asoka Bania*

Purushottan Manandhar

Mr. Nagasaki Yamamoto was not only a personality AOTS – Japan during his lifetime, he had contributed moral support to all of us to establish a Nepal AOTS Alumni Society (NAAS). As a result of his moral support and continuing support to NAAS, we at NAAS was able to develop NAAS to present day status.

His main contribution besides all round support, was a support for establishing our own building and institution to promote in house Human Resources Development in our country.

In order to make his support and contribution memorable to the generation to come, we all at NAAS named this training center as "YAMAMOTO TALIM GHAR" –YAMAMOTO TRAINING HOME

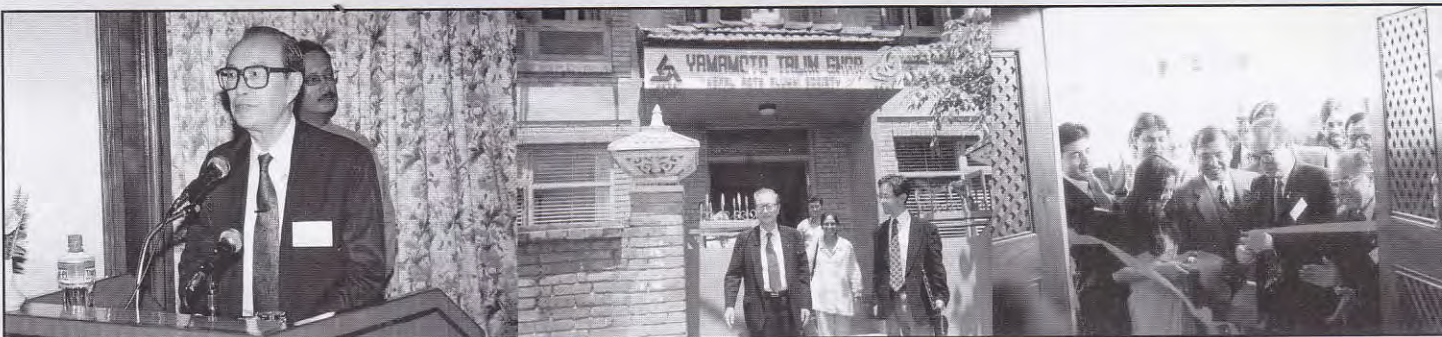
We at NAAS feel greatly touched by his institutional assistance as well as his personal contribution to NAAS as per example – several visits to boost up our morality, donation of few computers to start a computer institute as well as organizing CIC scholarship to our country/NAAS

We all at NAAS feel deeply moved by his demise but we had made how to remember him with this TALIM CHAR

*Purushottan Manandhar*







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General Secretary, NAAS

26 June 2005

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*Purushottan Manandhar*





*Wishing the 15<sup>th</sup> AGM*  
*of*  
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*a grand success*



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and*

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## **NEPAL AOTS ALUMNI SOCIETY**



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## Healing Herbs - Ginger

Prajwal Jung Pandey  
M.Pharm; E.MBA  
Lomus Pharmaceutical Pvt .Ltd



Ginger (*Zingiber officinale*) is used in folk medicine for relief of many ailments, especially nausea, motion sickness, and other gastrointestinal disorders. In particular; ginger is used for morning sickness during the first trimester of pregnancy. It is high in Vitamins A, B complex and C, minerals, calcium, phosphorus, iron, sodium, potassium & magnesium. Ginger rhizomes are also widely used in foods for their medicinal benefits, especially in Asia. For example, Chinese women consume ginger vinegar soup following delivery which provides iron and calcium to the mother.

### Chemical Composition

The major constituents in *Zingiber officinale* are the pungent vanilloids, [6]-gingerol and [6]-paradol. Ginger

contains two other phenolic compounds, shogaols and zingerone in addition to [6]-gingerol. High amounts of iron (54--62 mg/100 g) and calcium (1.0%--1.5%) are found in ginger rhizomes. The antioxidant, antitumor, and anti-inflammatory pharmacologic effects of ginger are mainly due to its pungent constituents (e.g., [6]-gingerol).

### Pharmacology

**Antioxidant Effect:** The antioxidant properties of ginger have been shown in various investigations. The antioxidant activity of *Zingiber officinale* was shown to be as effective as vitamin C in lowering lipid peroxidation in rats by influencing the enzymatic blood level of superoxide dismutase, catalase, and glutathione peroxidase. A number of animal studies have shown that ginger lowers cholesterol levels.

**Anti-tumor Effect:** Ginger is listed among the herbs possessing the highest antitumor activities. The observed evidence from in vitro experiments warrants further investigations into the potential anti-tumor activity of ginger. This antitumor activity was shown to be related to its vanilloids, [6]-gingerol and [6]-paradol. Both compounds were shown to block the epidermal growth factor responsible for cell transformation, thus inhibiting cellular proliferation. Ginger may also produce its antitumor effect by inducing "programmed cell death," also known as apoptosis, in cancer cells. In one study, the cytotoxic effect of [6]-gingerol and [6]-paradol was associated with the induction of apoptosis in human promyelocytic leukemia cells (HL-60). A third mechanism of ginger's antitumor protection is its modification to the



carcinogen-metabolizing enzymes in the liver.

**Anti-inflammatory Effect:** The oleoresin constituents in *Zingiber officinale*, as well as the phenolic substances paradol and shogaol, were shown to possess an inhibitory action on cyclooxygenase-2 (COX-2) enzymatic activity, a mechanism important in controlling the inflammatory process. Another mechanism of ginger as an anti-inflammatory herb was proposed to relate to inhibitory effects on leukotriene and prostaglandin biosynthesis, both of which are important in the inflammatory process.

**Nausea and Emesis:** Some studies have shown that the use of ginger to prevent postoperative nausea and vomiting in women who have undergone gynecological diagnostic lapa-roscopy was not effective. However, another randomized, placebo-controlled, double-blind study involving 60 women who had undergone gynecological surgeries found that the effect of ginger on nausea was similar to that of metoclopramide. Both ginger and metoclopramide significantly lowered the incidence of nausea after surgery compared to the placebo group.

## Precautions

Ginger can enhance the anticoagulant effect of warfarin, leading to an increased risk of bleeding. Ginger use is also contraindicated if the patient suffers from gallstones, due to ginger's cholagogue effect (i.e., it promotes the flow of bile into the intestine).

## The Use of Ginger in Pregnancy

Perhaps ginger is most popular for its antinausea and antiemetic effects in pregnancy. Up to 85% of pregnant women experience nausea in early pregnancy, and some 50% of those with nausea experience vomiting as well. In an extensive review of studies using ginger as an agent to fight morning sickness, it may be beneficial. Although ginger is commonly used for morning sickness during pregnancy, no major safety study on its use has been reported.

## Conclusion

The use of ginger for controlling nausea and vomiting in traditional folk medicine is well documented. It is also used during pregnancy to control morning sickness, but conclusive evidence in the literature concerning the safety of this practice is still lacking. Moreover, an

enhanced anticoagulant effect of warfarin with ginger is a serious drug/herb interaction. The use of ginger under medical supervision in conjunction with chemotherapy or for occasional nausea or motion sickness may produce some benefits, provided the patient is not on anticoagulant medications or pregnant.

Some studies suggest ginger may be beneficial in normalizing blood lipid profiles. The current status for ginger in the U.S. is as a dietary supplement.

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## Open Source

Rabin K. Shrestha

In this present world of Information, Communication and Technology (ICT), we are bound to come across some type of software while doing our jobs in our work place or at home. They have indeed made our life much easier and we are constantly hunting for free software. Thanks to internet, it has made this hunt much easier. However, we are not aware of the licensing terms, *open source sounds like it's free*. Here, the word 'free' comes to mean "free as in free speech" and not "free as in free beer". Open source is not *anti-commercial*.

Following are the basic principles of Open Source.

- Can use the software for any purposes
- Can learn how the software is organized by reading the Source Code
- Can share the software with others
- Can modify the software, and share the improved one with others.

### Root Terminology

"Open source" label came into picture in January 1998 when Netscape released its source code for Navigator as Mozilla. Open-source software has freely available source code, which lets anybody create a new version of the software. Such access to the source code allows anybody to build a package of the software and redistribute or sell it.

Some people have used the term *open source* in reference to any software that has publicly available source code, but not all publicly available source code meets open source standards. The Open Source Definition (OSD), notably, presents an open-source philosophy, and further defines a boundary on the usage, modification and redistribution of open-source software. Software licenses define specific grants or restrictions on usage, modification and redistribution, and several open-source software licenses have qualified within the boundary of the OSD, like the popular GNU General Public License (GPL).

### Open Source Model

In 1997 *Eric S. Raymond* suggested a model for developing Open Source Software (OSS) known as the Bazaar model. In which the development of software is modeled by traditional methodologies to building a *cathedral*, which he described as "a great babbling bazaar of differing agendas and approaches."

In the Cathedral, the roles are clearly defined and the model development takes place in a centralized way. This is an approach for development of Traditional Software Engineering in order to preserve the architectural integrity of a system. However the bazaar model is different, the roles are not clearly defined so Gregorio Robles suggests that software developed using the Bazaar model should exhibit the following patterns:

- **Users should be treated as co-developers.** The users are treated like co-developers and so they should have access to the source code of the software. Furthermore users are encouraged to submit additions to the software, code fixes for the software, bug reports, documentation etc. Having more co-developers increases the rate at which the software evolves. *Linus' law* states that, "Given enough eyeballs all bugs are shallow." This means that if many users view the source code they will eventually find all bugs and suggest how to fix them. Note that some users have advanced programming skills, and furthermore, each user's machine provides an additional testing environment. This new testing environment offers that ability to find and fix a new bug.
- **Early Releases.** The first version of the software should be released as early as possible so as to increase one's chances of finding co-developers early.
- **Frequent Integration.** New code should be integrated as often as possible so as to avoid the overhead of fixing a large number of bugs at the end of the project life cycle. Some Open Source projects have nightly



builds where integration is done automatically on a daily basis.

- **Several Versions.** There should be at least two versions of the software. There should be a buggier version with more features and a more stable version with fewer bugs. The buggy version (also called the development version) is for users who want the advantage of having the latest features. The users can then act as co-developers, reporting bugs and providing bug fixes. The stable version offers the users less bugs or less features.

- **High Modularization.** The general structure of the software should be modular allowing for parallel development.

- **Dynamic decision making structure.** There is a need for a decision making structure, whether formal or informal, that makes strategic decisions depending on changing user requirements and other factors. Most well-known OSS products follow the Bazaar model including Linux, Apache, Netscape, Perl, Source Forge maintains the largest repository of Open Source code and applications available on the Internet.

### Open source vs. closed source

This is the most heated topic in the software market.

Unlike closed source (proprietary development) Open source doesn't charge on individual copies and patent royalty. Some closed source advocates see open source software as damaging to the market of commercial software but this is countered by alternative funding streams such as:

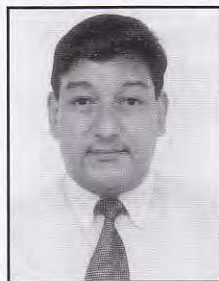
- giving the software for free and instead charge for installation and support
- make the software available as open-source so that people will be more likely to purchase a related product or service you do sell
- cost avoidance/ cost sharing: many developers need a product, so it makes sense to share development costs

Studies about security in open-source software versus closed-source software show that closed-source software have fewer advisories but open-source software usually has less time between flaw discovery and a patch or fix. Advocates of closed source argue that since no one is responsible for open-source software, there is no way to know whether it has been fixed. Open-source advocates argue that since the source code of closed-source software is not available, there is no way to know about bugs that may exist.



The advertisement is split into two main sections. On the left, a black and white photograph shows a woman, a young boy, and a young girl smiling and eating from a large bowl of noodles. The boy is holding a fork with noodles, and the girl is holding a packet of Mayos Instant Noodles. On the right, there is a dark background with the 'mayos' logo in a stylized, cursive font. Below the logo, the words 'Instant Noodles' are written in a smaller, sans-serif font. Below this, there is a small image of a packet of Mayos Instant Noodles. At the bottom right, the text 'Wonderful Mayos Noodles' is written in a decorative, outlined font.





## Sharing the Learnings of Japanese Style Management

Kishor Bhakta Mathema

*"Times change and we must change with them".* We have felt that this saying is rightfully extracted in reality by the Japanese companies to increase their competitive power through meticulous implementation of their indigenous style of management, known worldwide by three-word technique *Japanese style management* – the buzz word of today's corporate environment. I would like to share some of the key things learnt during one such programme that I attended under AOTS.

### Important features of Japanese enterprises and Japanese style management

There are several factors which have contributed to the growth of post-war Japanese economy. Some of them could be cited as follows:

- Japanese people's non-discriminatory social standing.
- Unique philanthropic corporate philosophy for guiding vision-mission approach adopted by Japanese companies for establishment and operation of any scale of business.
- Export-oriented industrial structure.
- Customer-is-right attitude
- Practice of guaranteeing lifetime employment
- Complete enforcement of compulsory education hereby achieving a literacy rate of almost 100% in the Japanese companies.
- Strong team spirit and cohesiveness – a sense of ownership and belonging amongst the employees.
- Small group's ongoing activities – implementing a proposal-system for undertaking continuous improvement with the introduction of statistical tools for Total Quality Control and increased productivity. Hence Japanese industries have the highest level of TQC amongst the world.
- Effective human relationship persists by the management within the organization and encouragement for their voluntary involvement for

the creativity and other innovative exercises.

- Introduction of Total Productive Maintenance (TPM)
- Strong relationship is established between company and their suppliers, and they are highly inspired by win-win concept in transaction.
- Adherence to punctuality and time management
- Adoption of "Do it now" culture

### HR Management

People are treated as precious assets in all Japanese companies and utmost care is given for the welfare of employees in every aspect, thus positively affecting their quality of life and work environment. "Good environment", "Good people" and "Good techniques" inspire the HRD philosophy of the company, so that employees are encouraged to work in a creative environment.

The important features of HRD are:

- Share ideas and involve in planning with team members
- Encourage the team members to be innovative and creative
- Avoid bureaucracy
- Don't stick to one strategy
- Change according to the change in the scenario
- Reborn
- Create own initiative ness to act positively
- Think oneself as a customer
- Encouragement for self-development and growth of subordinates

### Productivity improvement factors

- Punctuality – "Do it now" culture
- Optimize production
- Quality control
- Preventive maintenance –Reduce down time
- Cost consciousness – Control waste of resources
- House keeping and hygiene – Risk-free work





*Wishing the 15<sup>th</sup> AGM*  
*of*  
**NEPAL AOTS ALUMNI SOCIETY**  
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We wish all the success  
on the 15<sup>th</sup> AGM of

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**(NAAS)**



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## My Experience in Japan

*Paras Pradhan  
Madan Puraskar Pustakalaya*

On being selected by Nepal AOTS Alumni Society (NAAS) and Center of the International Cooperation for Computerization (CICC), Tokyo, Japan for the Open Source Standard Software Development (OSD) course, I was very excited about the training to be held from 9<sup>th</sup> May to 24<sup>th</sup> June 2005 as well as the trip to Tokyo. It was altogether a trip of 49 days including traveling.

After reaching Narita airport in Tokyo via Bangkok, I took a Limited Express Train to reach Tokyo Kenshu Center (TKC) at Senju Azuma where CICC and AOTS had arranged for us (including me and participants from other different countries) for the accommodation. I was

was also arranged at the same center, it was very convenient to attend the orientation classes there. The orientation sessions covered Japanese language classes, guide to life in Japan, few technology and course-related lectures and field visits. These sessions were very interesting and helpful for foreign students like us.

The actual training course on Open Source Standard Software Development started from the second week. Therefore, from the second to the seventh week, we commuted to CICC training center which was located in a nice city called Ochanomizu, some 9 km away from Tokyo Kenshu Center. We were provided the commuter train tickets by CICC to use the Tokyo Metro Subway Train. The training OSD course was conducted by Hitachi Information Academy. Three field trips were arranged during the course – Hitachi CGS, Linux World 2005 Expo and InterOp Expo. At Linux World Expo, we got a good opportunity to see people and new technologies from open source communities. Overall, the training program was quite good.



very impressed by the beauty of Tokyo city from the first day itself. Personally, I think people from developing nations should really see this highly developed city. During the first week of our training we had the orientation course at Tokyo Kenshu Center. Since our accommodation

Apart from the training, we really had a very good time at Tokyo. I especially enjoyed visiting the Tokyo International Forum, Tokyo Disneyland, Kamakura and Odaiba etc. So after my seven-week experience in Tokyo, I feel that a developing nation like Nepal can be more developed only if the government management is well organized. Finally, I should say that my Tokyo experience has been like a dream.



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S.No.	Name	Office	Off. Tel.	Res. Tel.	E-mail	Fax
1	Adhakari, Bhola Prasad	Swastika Copy Udyog	021-526094	021-527051	swastika@swastika.brt.wlink.com.np	
2	Amatya, Keshab Man	Nepal Consult P. Ltd.	5524379	4493630	nc@wlink.com.np	
3	Amatya, Lochan Lal	Nepal Telecom	5537475	5524645	lochan@mos.com.np	
4	Amatya, Sanam			5521444		
5	Aryal, Ashok Kumar	Fish Tail Enterprises	4415356	4413507	ashok@aaryal.enet.com.np	4413507
6	Bajaj, Gopal	Deepak Garment Industries	4250018, 4249493	4249493	bajaj@bajaj.wlink.com.np	4249865
7	Bajaj, Narayan	Deepak Garment Industries	4249493, 4249102	4250018	bajaj@bajaj.wlink.com.np	4249865
8	Bajaj, Shrawan	Deepak Garment Industries	4495768, 4488463	4249493	bajaj@bajaj.wlink.com.np	4488463
9	Bajracharya, Indra	Smile Wear	5529219		smilewearkath@hotmail.com	
10	Bajracharya, Rabinda Mananda	NIDC	4228322	4229340	nidc@wlink.com.np	4351654
11	Bajracharya, Ushan	Ci. Bi. Art Treasure	4252555	5524469	treasure@ntc.net.np	4251899
12	Bania, Asoka Man Singh	Sako Engineering & Trading	4227488	4227488	sako@mos.com.np	4223187
13	Bania, Ram Badan Shrestha	Sako Engineering & Trading	4242442	4227488	sako@mos.com.np	4223187
14	Bania, Suraksha Man Singh	Balaju Auto Works (P) Ltd.	4350994	4271090		4242390
15	Bastola, Khem Raj	Maitri Travels & Tours (P) Ltd.	4264080, 4249221		maitri@ntc.net.np	4250990
16	Bhattarai, Chinta Mani	Lumbini Finance & Leasing Co. Ltd.	4423443	4473554	lufil@col.com.np	4425655
17	Bhattarai, Madhusudan	Nepal AOTS Computer Training Center	4478467	4471118	madhusudanbhattarai@hotmail.com	4476561
18	Bhattarai, Manoj Kumar	NIDC	4228322	4428353	nidc@wlink.com.np	
19	Bhurteel, Mrigendra	Tibetan Rugs P. Ltd./ Kathmandu Dying	5534177, 4362131	5536685	nepal_looms@wlink.com.np	5523706
20	Bista, Pradeep Kumar			5524319		
21	Chalise, Raju Nath	Machhapuchhre Bank Limited	4417959	4471118		
22	Chapagain, Dinesh Prasad	Kathmandu University	011-661399	4241658	dineshc@ku.edu.np	
23	Chapagain, Shanti	BISCONS Consulting Firm	4227470	4241658	DINESH@biscons.wlink.com.np	
24	Chhetri, Dhiraj Kumar Karki	Hotel Seema	057-520191	057-520124	seema@mos.com.np	057-520655
25	Dali, Amira	Sanpo International Corporation	5521295	4270763	sanpoktm@mos.com.np	5525417
26	Dali, Durgesh Raj	Royal Nepal Airlines Corporation	4248626	4270763		4225348



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27	Dhoju, Devendra Prasad	Butwal Finance Ltd.	071-544288	071-540691	butwal@finance.btw.wlink.com.np	071-544488
28	Dhungana, Shekhar Prasad	Kathmandu University	5528812	4430974	shekhar_dhungana@hotmail.com	
29	Gautam, Puspa Pani	Podrej Steel Industry	4470818	4370094		
30	Giri, Fadindra Raj	BTC Private Limited	5520187	5520214	btc@ccsl.com.np	5536698
31	Joshi, Bhawani Bhakta	Trans Everest Enterprises Pvt. Ltd.	4224538	4227065	tee@ccsl.com.np	4246173
32	Joshi, Sushiel	Himalayan Bank Ltd.	4250201, 4227749		hbl@hbl.com.np	
33	Jyoti, Padma	Jyoti Group of Companies	4225490, 4226327	4221290	pjyoti@mail.com.np	4226314
34	K. C., Krishna Bahadur	Nanda Battery Industries	071-542775	071-560091	nandabattri@hons.com.np	
35	Kachhipati, Chandra Prasad	Sana Hastakala	5522628	6610401	sanahast@wlink.com.np	5526985
36	Kafle, Tanka Mani	Gorkha Brewery (P) Ltd.	056-520741	056-525815		056-520994
37	Kathayat, Mahesh Singh	National Information Technology Center	4242843	9841210535msk_nitc@nitc.gov.np		4243362
38	Kansakar, Naveen Bir Singh	Bir Singh Auto Centre	4270243, 4276880	4270749	nbs@mos.com.np	
39	Khanal, Bidur Kumar	PEPSI Cola International		4470115		
40	Khanal, Jagan	Everest Adventure Golf Resort		4413137	jagankhanal@hotmail.com	
41	Khanal, Kumar Prasad			4471782	kpk@htp.com.np	
42	Lama, Bakhana Singh	Pooja Fashion Industries Pvt. Ltd.	4491021, 4232858	4373910	singhdan@mos.com.np	4245856
43	Maharjan, Dhruva	Ministry of Physical Planning	5535614	5545628		5535614
44	Maharjan, Kishor Kumar	Himalayan Bank Ltd.	4224787, 4241479	5529275	nblnra@mos.com.np	4240086
45	Malla, Rajendra	New Asiatic International Traders	4222384, 4231107	4472606	mallaraj@wlink.com.np	4494018
46	Malla, Shanta Bahadur	Nepal Lithographing Co.	4351390, 4351399	4227975	caan@infoclub.com.np	4266359
47	Manandhar, Ashok		4223631, 4231502	4251897	manandhar_ashok@hotmail.com	
48	Manandhar, Bijay Bahadur	Lalitpur Finance Co. Ltd.	5536598, 5523850	5533003	bij@wlink.com.np	5531916
49	Manandhar, Pradeep	Blue Chip International (P) Ltd.	4231695, 4231502	4254767	p_manandhar@hotmail.com	
50	Manandhar, Purushottam N.	P. Narayan Motors P. Ltd.	4246454, 4245824	4246454		
51	Maskey, Puskar Nath	Navajeeven Textile P. Ltd.	5526537, 5526552	5524294	maayke@wlink.com.np	5526537
52	Mool, Manohar Das	Kagaj Kothi	4279619	4249490	kagajkothei@wlink.com.np	4280618
53	Mudbhary, Ajaya Kumar	Nepal Wood Preservative Industries	4241182	4253847	mjc@mos.com.np	4220452
54	Mudbhary, Kiran Kumar	Mudbhary & Joshi Construction P. Ltd.	4241182	4270771	mjc@mos.com.np	
55	Nakarmi, Mahesh Kumar	Krisuns Works	4284698	4253625		
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58	Nepal, Prakash Kumar	Industrial Energy Mgmt. Project	4246112	4246112	pknepal@gmail.com	4474802
59	Nepal, Ramesh Prasad	Himalayan Bank Limited	4227749, 4250201	4227749, 4250201	ramesh@espsee.org.np	4222800
60	Pandey, Jyoti Prakash	Bhatbhateni Communication Centre	4413186, 4413375	4413186, 4413375	jyoti@hbl.com.np	4416144
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62	Piya, Barun	Central Finance Co. Ltd.	5522289	5522289	bpiya@wlink.com.np	5523526
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64	Pradhan, Dinesh	Nepal Express Travel Service Pvt. Ltd.	4221277	4221277	kagajkothi@wlink.com.np	4279619
65	Pradhan, Gautam Lal	Trishakti Group	4434003, 4434004	4434003, 4434004	nepalexpress@mail.com.np	4434816
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76	Rajkarnikar, Shant Raj	Nepal Jute Industries	021-522529	4270309	ctravels@mos.com.np	4271439
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83	Shakya, Mani Ratna	Otard International Pte. Ltd.	4413933	4413933	otard@mos.com.np	4435166
84	Shakya, Raju	Deurali-Janta Pharma Pvt. Ltd.	4435167, 4435168	4435167, 4435168	djpl@ccsl.com.np	4416720
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86	Sharma, Himalaya Prasad					



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103	Shrestha, Yogendra Prasad	Nepal Share Markets Co. Ltd.	4267606	4223564	yogen@mail.com.np	4248845
104	Silwal, Subash			5535308	subas5@hothail.com	4224553
105	Singh, Prabendra Lal			4256529	nbn@mail.com.np	5525417
106	Singh, Ram Kumar	Lazimpat Metal Engg. Works	4428506	4415404		
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110	Suwal, Mahendra	Prasuma's Delicatessen (P) Ltd.	4310336, 4310672	4312035	prasuma@ccsl.com.np	4310671
111	Suwal, Prakash Raj Singh	Blue Chip International (P) Ltd.	4231695	4247491	suwalprakash@hotmail.com	
112	Tamang, Dev Raj	Hyonjan Elect. Engg. Fabricator P. Ltd.	4270991, 4284014	4355648	hyonjan@wlink.com.np	4279543
113	Tandukar, Jyoti	Institute of Engineering	5534070	4259059	ijyoti@coremag.net	
114	Thapa, Bhagat Bahadur	NIDC	4228322	4472812	nidc@wlink.com.np	4227428
115	Tuladhar, Indu Ratna	International Motorcycle Spare Parts	4418161	4272038	emailenet@indo.com.np	4242625
116	Tuladhar, Janak Raj	Kathmandu Repair Centre	4226344, 4246518	5523964	csb@ccsl.com.np	4245835



117	Upreti, Prajesh Nath	Nepal Chemical Traders	4415753, 4423197	4415754	ncchem@wlink.com.np	4422387
118	Vaidya, Binod	Institute of Engineering	5532235	4229374	bi_vaidya@hotmail.com	5525417
119	Vaidya, Brajesh	Nepal Biotech Nursery	5591349, 5591377	4271073	nbn@mail.com.np	4242518
120	Vaidya, Ramesh Nanda	Professional Computer System (P) Ltd.	4244626, 4244475	4374082	rameshv2@yahoo.com	4227428
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S.No.	Name	Office	Off. Tel.	Res. Tel.	E-mail	Fax
1	Adhikari, Bimal Prasad	Kathmandu Metropolitan City	4268506	4280818	bimal36@yahoo.com	
2	Adhikari, Shankar Kant	Mount Everest Trading & Service P. Ltd.	4231306	4363421	mets@ccsl.com.np	4218170
3	Adhikari, Sita Ram			4371926		
4	Adhikary, Asha	Himalayan Bank Limited	4425179	4426674	asha@hbl.com.np	4425181
5	Agrawal, Ashwini Kumar	Shakun Tea Industries	4282820	4282820	agrawal_ashwini@hotmail.com	4282830
6	Agrawal, Ratan Lal	Inter-Tech P. Ltd.	071-540147	071-540471		071-543471
7	Aryal, Suman Raj			420357		
8	Bajracharya, Navin Siddhi	IT Himalayan	4416432		navsidhbajra@hotmail.com	4418832
9	Bajracharya, Prakash	Bajra & Bajracharya Enterprises	5524851			
10	Bajracharya, Tri Ratna	Institute of Engineering	5542054	4253565	bajracharya_triratna@hotmail.com	
11	Baskota, Binod	Nepal AOTS Alumni Society	4478467, 4476561	4477305	banskotabinod@hotmail.com	
12	Bhagat, Radhe Shyam	R.S. Bhagat & Ass. Consulting Artitech	6614794	4425247		
13	Bhandari, Keshab	NPEDC	4350522	4495791	keshab@ccsl.com.np	4350530
14	Bhandari, Mukunda Ram	NPEDC	4350567, 4350566	4247062		4350530
15	Bhandari, Narayan Prasad	Nepal Telecom	4226004			
16	Bhandary, Kishore Ram	Royal Drugs Ltd.	4227210	4415563	kishore_rb@hotmail.com	4226116
17	Bhattarai, Achut Raj	Small & Medium Enetrprise Dev. Pjt.	4261750	4435591	bhattaraiarb@hotmail.com	4258535
18	Bhattarai, Chhavi Raman	Dairy Development Corporation	4411710	4351196	crbhattarai@hotmail.com	4417215
19	Bhattarai, Narendra	Nepal Credit and Commercial Bank		4434130		4490824
20	Bhattarai, Raju Dev	Sheela Printers	4418094	4433242	sheelaprints@hotmail.com	
21	Bhattarai, Shashi			4473925	shashibhattarai@yahoo.com	
22	Chapagain, Kishor	Techno Group (P) Ltd.	5549967	4414467	ckisor@hotmail.com	
23	Chaurasia, Hemant Kumar	Computer Point Nepal	4414429	9851060337	info@computerpointnepal.com	4220161
24	Chettri, G. Narayan Bdr.	Time Pharmaceuticals (P) Ltd.	56523804	56527 523	cifrox@wlink.com.np	56520695
25	Dahal, Basu	Himalayan Bank Limited	4225399		hbl@hbl.com.np	
26	Dhakal, Shiromani	Hetauda Cement Industries	057-520020	021-527194	hcliptd@mos.com.np	057-521023



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27	Dhaubhadel, Radha Krishna	Eco Craft Nepal	6612782	6612335	ecocraft@infoclub.com.np	6612782
28	Dongol, Bishnu Dass	Unique Paper Crafts P. Ltd.	4272822		upcraft@wlink.com.np	
29	Dongol, Shyam Bahadur	Crystal Product Pvt. Ltd.	4354039	4428559	dongolshyam@yahoo.com	4354039
30	Ghimire, Kapil Dev	Small Business Promotion Project	4223361	4415473		4223361
31	Ghimire, Pranab	Nepal Industrial Dev. Corporation	4228322	4350198	ghimirepr@hotmail.com	
32	Ghimire, Rajesh Mani	Balaju Yantra Shala Pvt. Ltd.	4350147	4441018	nhec@mos.com.np	4350379
33	Giri, Aju	Nepal Bio-Tech Nursery (Pvt.) Ltd.	5591349	4265168	ajugiri@yahoo.com	5525417
34	Hada, Anil	Super Biscuit Industry		4226463		
35	Hada, Purna Prakash			4270043		
36	Halwai, Narayan Givind	MEH Consultants (P) Ltd.	4477634	5521364		4468969
37	Joshi, Kush Kumar	Nepal Ektrat Engineering Co.	4243436, 4244857		neek@wlink.com.np	4253612
38	Joshi, Mukunda Prasad	Royal Nepal Airlines Corporation	4470767	4270827	mpjoshee@yahoo.com	4470768
39	Joshi, Sabita	Manka Crafts Association	5545033	4242429	sabita_joshi@hotmail.com	
40	Joshi, Surendra Raj	Style Trade Line	4355880, 4388867	4352785	sugan@mos.com.np	4355348
41	Joshi, Tina	CTL Pharmaceuticals P. Ltd.	6610893	4280718	tinajoshii@hotmail.com	
42	K.C., Narayan Bahadur	CTL Pharmaceuticals P. Ltd.	6610893	4354092	narab_kc@hotmail.com	6611617
43	Kachhapati, Bhawati Lal	Panda Cab	9841219225	4497458		
44	Kansakar, Triratna	Himal Cement Company Ltd.	4330184	4422578		4330136
45	Karki, Dasrath	Millennium Marketing Nepal	5521078	5524821		
46	Karmacharya, Chandra K.	Karmacharya Trading	061-525529	61-523016	kbh@mos.com.np	061-521571
47	Karna, Suresh Kumar	Kumari Bank Limited	4232112	5544368	skarna@kbl.com.np	
48	Kejriwal, Anil Kumar	Siddhartha Finance Ltd.	4441702	4477511	ani11@info.com.np	4442968
49	Khanal, Dharma Prasad	Lomus Pharmaceuticals	4354027	4361670	drdpk@mail.com.np	4436395
50	Khanal, Kundan	HTP Communication P. Ltd.	4770772	4471782		
51	Khanal, Sarita Karki	Lomus Pharmaceuticals	4354027	4351861		4436395
52	Kharel, Gourish K.	K-too Health Food Inc.	031-520108	4410647		
53	Khatriwada, Achut	Equipment Maintenance & Service Center	4312008	4372645		4312000
54	Maharjan, Asha Lal	Nepal Telecom	4213944	5526379		
55	Maharjan, Ashok	Palpali Lable Industries	4414772	4414772		4424168
56	Maharjan, Babu Raja	Kathmandu Repairing Center	4246518		csb@ccsl.com.np	



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57	Maharjan, Maheswor	IT Nepal Pvt. Ltd.	4250001	4364232	maheswor@hotmail.com	4436395
58	Maharjan, Mandira	Bhaktapur Ceramics Pvt. Ltd.	6613440	4424540	romiluck@hotmail.com	
59	Maharjan, Suresh			5540101		
60	Manandhar, Leesa	Lomus Pharmaceuticals	4354027, 4420060	4263501	leesamanandhar@hotmail.com	4436395
61	Mathema, Kishor Bhakta	Panchakanya Group	5526551	6630956	kishore@panchakanya.com.np	
62	Mishra, Akhleshwar	Kathmandu Engineering College	9841260075	4417122	akhil_mi@yahoo.com	
63	Murarka, Ashok Kumar	Ilam Tea Producers Pvt. Ltd.	021-523965	021-523965	murarka_brt@wlink.com.np	021-525194
64	Nakarmi, Dibesh Lal	Krisuns Works	4284698	4273177		
65	Nakarmi, Narayan	Radymade Garment Training Center	4256931	4258270		
66	Nyachhyon, Jayan	Himal Tents Pvt. Ltd.	5527202	5526070	jayan@info.com.np	5527167
67	Pandey, Jarman Bahadur	Nepal Stock Exchange Ltd.	4250758	4250758	jepnepal@hotmail.com	
68	Pandey, Prajwal Jung	Lomus Pharmaceuticals Pvt. Ltd.	4420060	4412001	prajwol_p@hotmail.com	4436396
69	Pant, Janardan Dev	Himalayan Bank Ltd.	4243107	4240368	janardan@hotmail.com	4240086
70	Panta, Naresh Dev	World Distribution Nepal Pvt. Ltd.	4263600	4413078	panta_nd@hotmail.com	
71	Panta, Ramesh Prasad	FNCCI	4262218, 4262061	4486601	fncci@mos.com.np	4262007
72	Panthee, Srijana Mishra	Nepal Oil Corporation Ltd.	4266741	4488368	srijanapanthee@hotmail.com	
73	Paudel, Tara Prasad	Gaurav Nepal Engineers (P) Ltd.	56525249	56521949	gaurav_eng@wlink.com.np	56525076
74	Piya, Jiwan Lal	Chirag Foam Ind. Pvt. Ltd.	4430773, 4350384	4420773	piya@ccsl.com.np	4430945
75	Pokharel, Arun	Shangrila Tours (P) Ltd.	4226138, 4226139	4420018	arunp@mos.com.np	4418182
76	Pokhrel, Bijayshwar	CTL Pharmaceuticals P. Ltd.	6610893	4358760	ctlfactory@infoclub.com.np	4266849
77	Pokhrel, Sanjeeb Chandra	Nepal Rubber Udhog Pvt. Ltd.	4221123	4221123		4223145
78	Poudyal, Roshan	CTL Pharmaceuticals P. Ltd.	6610893	4470540	roshpn@hotmail.com	6611617
79	Poudyal, Upendra Keshari	NRB. Mint Dept. Sundhara	4226965	4474144	nrbmint@ntc.net.np	
80	Pradhan, Banshee Ram	Blue Chip International	4256481	4354043		
81	Pradhan, Bhusan Narsingha	Ministry of Land Information & Archive	4477615	4424479	b_pradhan@yahoo.com	4477613
82	Pradhan, Kishor Kumar	Birat Pharma Lab (P) Ltd.	021-527191	021-527144		021-527082
84	Pradhan, Paras	Madan Puraskar Pustakalaya	5521393	9851044172	paras@mpp.org.np	
85	Pradhan, Prabhu Keshar M.	NIDC	4228322	4272650	prabhupradhan@nidc.wlink.com.np	4227428
86	Pradhan, Rabindra	Shiv Shankar Biscuits Ind. Pvt. Ltd.	061-520596	061-520243		



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87	Pradhan, Rajiv Bhakta	BDS	5520943	5560830	rajiv@enet.com.np	5532013
88	Pradhan, Sushil	Professional Computer System P. Ltd.	4244626, 4244475	4225999	sushil_pradhan@hotmail.com	
89	Pradhan, Tribeni Man Singh	Sewa's Consortium (Pvt.) Ltd.	4248007	5526826	tribeni2001@hotmail.com	
90	Pradhanang, Tara Bahadur	Prefab Concrete	4220046	4220046	prefab@infoclub.com.np	
91	Prajapati, Rabin	Bhaktapur Ceramics Pvt. Ltd.	6613440	6611625		
92	Prajapati, Rupesh	Chandeswori Auto Engineering	4485862	011-661671		
93	Rajbhandari, Achyut	Perfect Printing Press	4284265	4278869	variety@wlink.com.np	4278050
94	Rajbhandari, Bhava	Variety Printers	4278869	4284275		
95	Rajbhandari, Rabindra	BRS Infotech learning Pvt. Ltd.	4412580	4782454	kumarib@info.com.np	4418361
96	Rajbhandari, Sohani	Informatic Computer School	5551177	4244886	infoschool@wlink.com.np	
97	Rana, Ashoke S. J. B.	Himalayan Bank Ltd.	4227749	4222245	hbl@hbl.com.np	
98	Rana, Vivek S	AAC Inc	4425322		bibek.rana@acc.com.np	4413038
99	Rayamajhi, Pradeep Narsingh	Himalayan Bank Ltd.	4227749	4358348	pradeep@hbl.com.np	4222800
100	Sangat, Gore Kaji	Nepal Biotech Nursery	5591349	4486839	gksangat@yahoo.com	5553377
101	Satyal, Anil Raj	Nepal Electricity Authority	6610033	4474068	anilsatyal@ntc.net.np	6614626
102	Shah, Vijaya Bahadur			5538644	vbshah@wlink.com.np	
103	Shakya, Salin Narshing	Crystal Image	4245501	5533603	skysalin@yahoo.com	5551905
104	Shakya, Saroj Kumar	Nepal Telecom	5529826	9851042757sarojs@ntc.net.np		5537477
105	Shakya, Surya Bahadur	Shambala Garments (P) Ltd.	5522433	5522433	shambala@wlink.com.np	5522433
106	Sharma, Ashok	Simca Laboratories Pvt. Ltd.	4227868	4414433	simca@wlink.com.np	4251232
107	Sharma, Binita Ganawaly	Himalaya Co-operative Society	981038157	4471596		
108	Sharma, Ghanashyam S.	Yeti Finance Company Ltd.	057-521842	057-523463		
109	Sharma, Ramesh	Sharma & Company Pvt. Ltd.	4260577	4271227	sharmaco@mos.com.np	4260628
110	Sharma, Shiva Kumar	Himal Hydro and General Cons. Ltd.	5535032	5522597	gm@himalhydro.com.np	5550211
111	Sharma, Shyam Sunder	MEH Consultants (P) Ltd.	4477634	4471596	meh@info.com.np	4491387
112	Sherpa, Urgan	Udeco Pvt. Ltd.	5541279, 55411289	5540901	urgen@wlink.com.np	5523870
113	Shrestha, Amar Lal	Doree Printers	4415399	4415399		4412746
114	Shrestha, Bhagawati	Nepal Bio-Tech Nursery	5591349	4355218	nbn@mail.com.np	
115	Shrestha, Bhusan Krishna	Pape Inc. Traders	4246303, 4253404	5533809	pape.inc@mail.com.np	4225524



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116	Shrestha, Bijaya Krishna	Beltronix	4249285	4251576	beltronix@wlink.com.np	4251515
117	Shrestha, Dipendra Lal	Quest Pharmaceuticals P. Ltd.	4240304	4473246	quest@ccsl.com.np	4231028
118	Shrestha, Ganesh Raj	Pashupati Rubber Industries (P) Ltd.	5522157	5524780	ganeshrshrestha@hotmail.com	5527167
119	Shrestha, Geeta	Readymade Garment Train. Center	4256931	4226526		
120	Shrestha, Gopal Krishna	Himal Cement Company Ltd.	4331762, 4331764	5526531	ksgopal@wlink.com.np	4330136
121	Shrestha, Guna Raj	PD Consult	4491475	4229190		
122	Shrestha, Hari Gopal	Hitesh Garments	4221262	4221262		
123	Shrestha, Hari Kishor	Om Hospital & Research Center	4476224	4351172	omhrc@wlink.com.np	4466128
124	Shrestha, Jyoti	Chandra Enterprises Pvt. Ltd.	4245856, 4232858	4720352	singhdan@wlink.com.np	4245856
125	Shrestha, Keshab	Natural History Museum	4271899	4272578		
126	Shrestha, Laxmi Bahadur	Harishidhi Brick & Tile Factory Ltd.	4240698	4418862	nbggroup@mos.com.np	4240665
127	Shrestha, Madhav Narayan	Nepal Water Supply Corporation	4419585, 4411194			
128	Shrestha, Madhur Kumar	Seagate Institute of Technology	5537231	5544450	seagate92@wlink.com.np	
129	Shrestha, Mahendra Gopal	Habitech Nepal Pvt. Ltd.	5521295	4279913	sanpoktm@mos.com.np	5525417
130	Shrestha, Om Prakash	Arniko Nirman Co.	4470307	4487665	arniko@mos.com.np	4487848
131	Shrestha, Opendra Kumar	Sharma & Company Pvt. Ltd.	4261158	4472406		4260628
132	Shrestha, Prajwal	Microtech International (P) Ltd.	4247541	4241951	sprajwal@wlink.com.np	4240469
133	Shrestha, Prashant Lal	Academy of Information Tech. Pvt. Ltd.	4412929	4358883		
134	Shrestha, Rabi K.	CTL Pharmaceuticals P. Ltd.	4252500	5521117		
135	Shrestha, Rabin Kumar	YOMARI Inc. Pvt. Ltd.	5543290	9851045150	rabin.shrestha@yomari.com	5549957
136	Shrestha, Rajan Babu	Aero Care Air Conditioning Service	4474072	4412903		
137	Shrestha, Rajani	Educational Enterprise (P) Ltd.	4223749	4427037	mohanedu@hotmail.com	
138	Shrestha, Rajesh Babu	Chitwan Construction & Engg. Co.	4434690	4421496	rajesh@chitawancoe.com	4434515
139	Shrestha, Raju Babu	Manakamana Darshan P. Ltd.	4434690	4417943		
140	Shrestha, Ratna Lal	Krisuns Works	4284698	4284698		
141	Shrestha, Ratna Man	Shakti Hume Pipe Udhog	4270518	4271438		
142	Shrestha, Ruby Laxmi	National Dairy Development Board	5525400	4491334	kdshr@ccsl.com.np	5532096
143	Shrestha, Sabin	Himalayas Pashmina	5543652	5520517	shrestha_shrestha@hotmail.com	5522485
144	Shrestha, Sabin Lal	High Land Distillery	4231316	5521797		



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145	Shrestha, Sanu Maiya	Nepal Bio-Tech Nursery	5541349		nbn@mail.com.np	4433405
146	Shrestha, Satish Chand	Gems Agro Livestock Industries P. Ltd.	4354892	4413504	saf@info.com.np	4433405
147	Shrestha, Shiva Krishna	Sef-y Consultant	6611545	6611545	shivaks@mos.com.np	6614242
148	Shrestha, Shiva Kumar	Computer Care Pvt. Ltd.	5521131	5532421	shivashrestha@hotmail.com	5547764
149	Shrestha, Suresh	Nepal Auto Mechanical Workshop	4275725	5528821		
150	Shrestha, Umesh	Anupum Foods Pvt. Ltd.	5539012	5522676		5527586
151	Stapith, Hira Ratna			4226774		
152	Sthapit, Ajaya Ratna	New Hotel Crystal Pokhara P. Ltd.	4228011	4228013	ajsthapit@mail.com.np	4228028
153	Subedi, Mukti Nath	Rakhu Bhagwati Const.	4220520	061-520967		
154	Tamang, Ladhuram	Hyonjan Elect. Engg. Fabricator P. Ltd.	4270991, 4284014	4355648	hyonjan@wlink.com.np	4279543
155	Tamang, Suresh	Mother Infant Research Activities	057-520972	9845020852	suekta@hotmail.com	
156	Thapa, Bipin	Academy of Information Tech. Pvt. Ltd.	4412929	5522462	info@intelinstitute.com	
157	Thapa, Umesh	Intel Institute Pvt. Ltd.	4249090	4243944		
158	Todi, Subodh H.	Godawari Marble Industries P. Ltd.	4411187	4412268		4412961
159	Tuladhar, Subarna Das	N.B. Group	4240698	4228444	nbgroupp@mos.com.np	
160	Tuladhar, Ujiwal Bir Singh		4417759	4417755	ujwal12@hotmail.com	
161	Upadhaya, Ganesh Prasad	Wagle Trading Co.	4353136, 4355365	4353136	sugan@mos.com.np	4353348
162	Upadhaya, Sarad Chandra	Janak Education Material Center Ltd.	6610170	4473284		
163	Upreti, Ashok Kumar	Peacock Plasticware Pvt. Ltd.	4354138, 4288339	4355965	aku@ntc.net.np	
164	Upreti, Chinta Mani	Khadya Udhog Ltd.	057-520127			
165	Vaidya, Anand	Vaidya Electronics	4480041	4480041		
166	Vaidya, Pradeep Man	Vijayadeep Pharmaceuticals	5525515	5521448	vaidya@upharma.wlink.com.np	5535367





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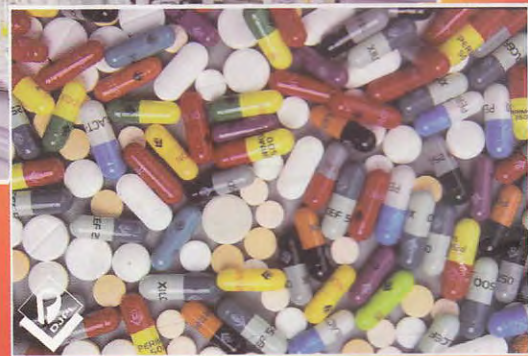


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