

TALIM

Vol: 26

August 2017



APPRECIATION

Ambassador of Japan
extends his deepest regards to:
Nepal AOTS Alumni Society

in recognition of its distinguished service in
contributing to the deepening of mutual
understanding and friendship between
Japan and Nepal.

Awarded on 26 August 2016 in Kathmandu,
Ambassador of Japan to Nepal
Masashi Ogawa

Certificate of Appreciation

This is to acknowledge that Nepal AOTS Alumni Society has
acted to promote mutual understanding and improve relations
between Japan and Nepal.

In recognition of your contribution and with the deepest respect, I,
the Ambassador of Japan to Nepal, am honored to confer the certificate
of appreciation.

August 26, 2016

Masashi OGAWA
Ambassador of Japan to Nepal

表彰状

ネパールAOTS同窓会 殿

貴殿はわが国とネパール国
との相互理解及び友好親善に
寄与しその功績顕著なものが
ありますこと深甚なる敬意を
表すことに表彰します

平成二十八年八月二十六日

駐ネパール日本国特命全權大使

小川正史



NEPAL AOTS ALUMNI SOCIETY

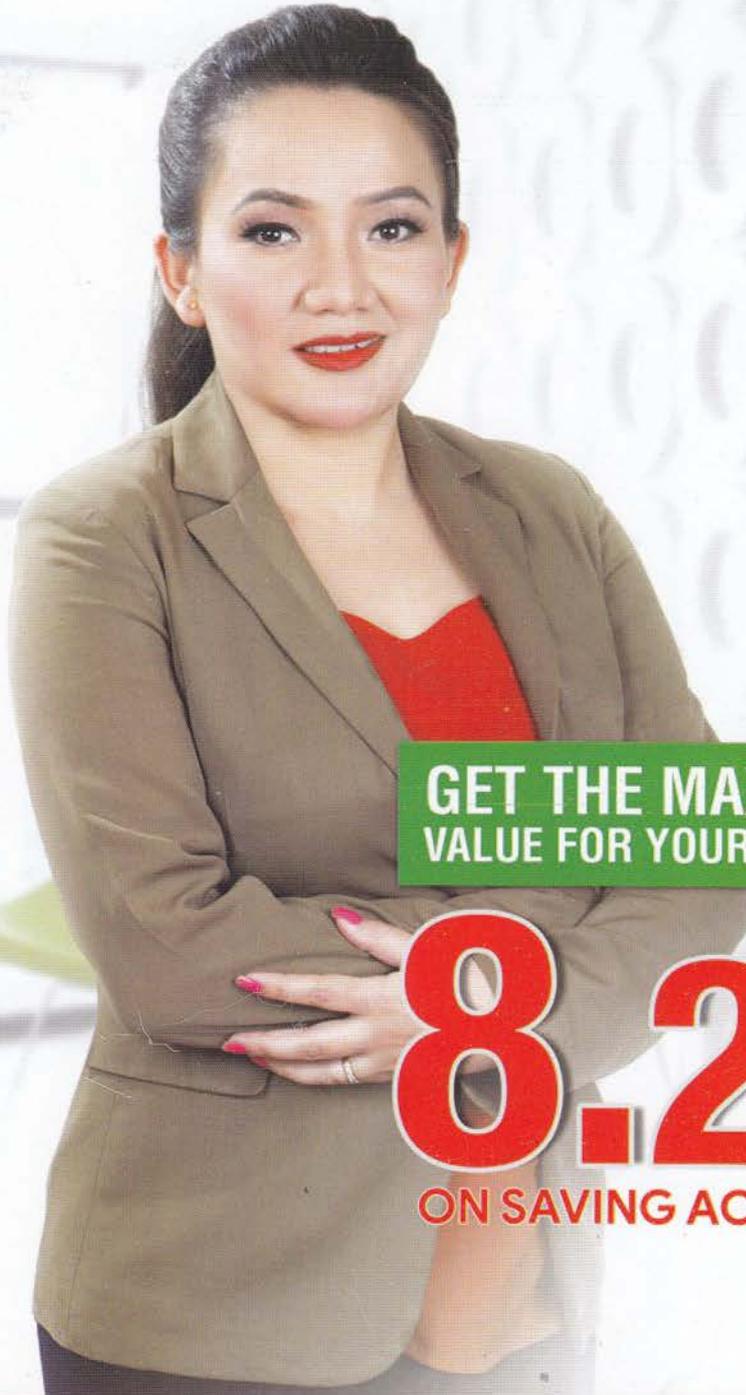
नेपाल बङ्गलादेश बैंक लि.

THE BANK FOR EVERYONE

A Class Financial Institution Licensed by Nepal Rastra Bank.
(Joint Venture with IFIC Bank Limited, Bangladesh)

NEPAL
BANGLADESH
BANK

THE BANK FOR EVERYONE



GET THE MAXIMUM
VALUE FOR YOUR EARNING

8.25%

ON SAVING ACCOUNT

Head Office: Kamaladi, Kathmandu, P.O.Box: 9062, 01-4233780-81-82-83-84-85

www.nbbf.com.np

Live in style ...



BEDROOM ♦ DINING ♦ LIVING ROOM ♦ OFFICE ♦ GARDEN



Home & Office Gallery

FURNITURE LAND STORE

Tripureswor, 4-224797 | Maitighar, 4-266372 | Maharajgunj, 4-016277 | Pokhara, 61-536596

www.furnitureland.com.np

sales@furnitureland.com.np

Best Wishes
to
Nepal AOTS Alumni Society



SHAPING THE NATION
TOWARDS **SELF-SUSTENANCE**

Pioneering :

launch of domestic **cardiovascular, diabetes, neuropsychiatry** and **veterinary products**

Producing technical human resource :

founding **Matrix College** - "A practice based total learning approach"

Industrial-academic collaboration:

Signed MOU with **Kathmandu University** to develop formulation & pharmaceutical technology & manpower

Establishing most advanced research lab :

Nepal Research Foundation (NRF) - the most sophisticated lab to provide analytical services, clinical / biotechnological research

www.npl.com.np



EDITORIAL

Time as explained in Wikipedia is “the continued progress of existence and events that occur from the past through the present to the future”. Corollary to this concept of passage of time, it is quite an inspiring and encouraging affair to brief our members on notional values and tradition gathered by **Nepal AOTS Alumni Society** during the process of its journey since **1991** initiated through the enriched contribution of our pioneer members. Positive outlook of entire members and their collectivism has further reinforced our alumni society to continue its journey with sustainable programs.



It gives us pleasure and pride to inform especially our new and young members concerning the history, legacy and the tradition carried by Nepal AOTS Alumni Society since the year 1991.

Hats off to the dedicated and pious effort of our pioneer members, then **ex-trainees** of the **Association for Overseas Technical Scholarship, Japan** (AOTS, Japan), who formally established **Nepal AOTS in 1991!** This was done with the pious objective of developing human resource in small and medium enterprises (SMEs) of the nation, by promoting awareness on quality, productivity and efficiency, thereby contributing to Nepal’s economic development. The year **1991** is also significant in that the first publication of **TALIM**, the in-house magazine of Nepal AOTS was made, and a feat that has been consistently continued since. This is a fine demonstration of Nepal AOTS’ commitment toward its members through continuity and sustainability. **TALIM** contains relevant information on the activities of the society and knowledgeable articles contributed by members. It gives us immense pride and pleasure to announce that the current **TALIM** issue in your hand is the **26th** volume, also indicating that Nepal AOTS has now completed 26 years of its formal establishment.

Nepal AOTS is equally proud to possess **ownership** of land and building raised through personal contribution of then members. Fixed asset acquisition activity was also personally supported and mentored by then president of AOTS, Japan, late Mr. Nagaaki Yamamoto. To commemorate his rich contribution, Nepal AOTS secretariat building is named “**Yamamoto Talim Ghar**”, (YTG) which houses the secretariat office and the training division since **1995**.

As you probably know, **HIDA** was formed through the **merger** of AOTS and JODC (Japan Overseas Development Corporation) in the year **2012**.

Editorial Board

Kishore Bhakta Mathema
Co-ordinator

MEMBERS

Mahesh Nakarmi
Prashant Lal Shrestha
Prajwal Shrestha

ASSISTED BY
Surya Nakarmi

Printed at
Subhash Printing Press
Nakabahil, Patan
Ph.: 01-5533191

NEPAL AOTS ALUMNI SOCIETY

Yamamoto Talim Ghar, House No.:
1202/39, Kotdevi Marga
(Near Balkumari Bridge)
P. O. Box : 20994, Koteshwor-35,
Kathmandu, Nepal,
Tel.: 015100667, 015100786
Email: naasytg@mail.com.np,
URL : www.naas.org.np



Recently, considering the worldwide popularity of its previous name “AOTS”, HIDA changed its name back to AOTS. A formal announcement was made in June, 2017 to inform all the alumni societies worldwide regarding the name change. However, after this change, the full name of AOTS stands as **the “Association for Overseas Technical Cooperation and Sustainable Partnerships”** embodying the mission **“Live in Harmony Together, Grow Together”** through the development of **“Global Human Connectivity”** in the current period of global instability.

During this year 2017, Nepal AOTS Alumni Society has also undergone restructuring to strengthen its training division. Apart from sending selected candidates for training in AOTS, Japan, the restructured training division will re-explore potential scope for partnering with institutions like FNCCI, CNI and others to conduct Domestic Lecturing Tour programs in various industrial districts, as well as run management/technical training programs, seminars and workshops at YTG itself or elsewhere. The objective of the training division (TD) is capacity building of local SMEs and IT entrepreneurs and their companies to enhance the quality and productivity of their products/services. TD is also mulling over to support small Startup enterprise as well, in their training need requirements.

The training division now needs to capitalize on the opportunities for conducting WNF training programs through exchange of experts and trainees under the umbrella of **South Asian Federation of AOTS Alumni Society (SAFAAS)** to which Nepal AOTS belongs. Beyond SAFAAS we can also explore possibilities of inviting trainers from nations like Thailand, Singapore, Malaysia and Indonesia etc. through the network of respective **AOTS alumni** societies.

Among other programs to be planned in the future is the

Japanese language training. It would be also worthwhile to explore through AOTS, Japan, the possibility to bring interns from Japanese SMEs to Nepal for their business exposure of Nepal, and likewise, to send Nepalese working in SMEs under Japanese investments for their internship in Japan.

This year’s **SAFAAS** convention is going to be held in **Sri Lanka** on coming month of October.

Nepal AOTS takes pleasure to felicitate its best wishes for the success of SAFAAS convention 2017, and believe that this convention will further strengthen the knowledge sharing network ties to bring a fruitful outcome in this region.

Nepal AOTS is equally thankful to former president, HIDA, Mr. Kazuo Kaneko our valuable mentor for his encouraging support and advise who was succeeded by Mr Shinya Kuwayama , the current president of AOTS (HIDA). Mr Kaneko later served as the advisor to HIDA and recently retired. Nepal AOTS wish Mr Kaneko good health, happiness and good days.

Nepal AOTS extends thanks to all advertisement contributors, article writers, members and advisors along with its secretarial staffs, printer and well wishers who supported for this 26th volume of TALIM.

Finally, it is for sure that through the collective effort of our cohesive members, Nepal AOTS endeavors to enrich the moral and ethical business values in the country embodying the mission to **“Live in Harmony Together, Grow Together”** through the development of **“Global Human Connectivity”**.

Best regards and happy reading

Kishore Bhakta Mathema

Coordinator



CONTENTS

Vol. 26

August 2017

Messages

His Excellency Mr. Masashi Ogawa, Ambassador of Japan to Nepal	5
Mr. Shinya Kuwayama, President, AOTS	7
Mr. Akira Kuriyama, General Manager, New Delhi Office AOTS	8
Dr. AKM Moazzem Hussain, Honorary Adviser to AOTS	9
Mr. Mahesh Kumar Nakarmi, President, Nepal AOTS Alumni Society	10

Members

Advisors	11
Executive Committee members	12
Corporate Members	13
Institutional Life Members	13
Honorary Life Members	13
Life Members	56
General Members	60

Introduction

Nepal AOTS Alumni Society	14
The Association for Overseas Technical Scholarship (AOTS)	15
World Network of Friendship (WNF)	15
The Association for Overseas Technical cooperation and Sustainable partnerships (AOTS)	16

Activity Reports

Annual Activities of Nepal AOTS 2016-2017	17
Report – SAFAAS AGM - 2017 at Bangalore, India	24
Report - Free Health Check-Up Camp-2017	27
Report – Prefab House Handover to Health Center, Bhotechaur Camp-2017	28

Articles

Total Quality Management: An introduction	30
A LESSON FOR A LIFE "TIME"	35
Kathmandu To Osaka HIIDA Training and Learnings	36
My Corporate Management Learning at KKC- a lifetime memories	38
QUALITY CONTROL TRAINING COURSE IN OSAKA	43
OCTC Exposure in Japan:	45
Low Carbon Society and Initiatives taken by Japanese Companies	46
Fair Trade for Sustainable Development	50
Knowledge Management in Energy Conservation	54

List of Trainees

Training Under HIDA-AOTS Japan (2016-17)	22
--	----

BlueCross*



Blue Cross Hospital Pvt. Ltd •

To participate in nation's health

Blue Cross Hospital (BCH) was established in 1991 as Polyclinic and Diagnostic center and is transformed into a 24 bedded fully functional hospital with advanced support system and officially we had extended upto 50 bedded with fully equipped materials and trauma service as well....

WE PROVIDE

Investigative Services

- Laboratory (Hematology, Biochemistry, Bacteriology, Serology, Histopathology)
- Imaging (MRI, CT Scan, USG, Digital X-Ray)
- Cardiology (ECG, Holter ECG, ABPM, Echo)
- Endoscopy (Oesophago, Gastro, Duodeno, Cystoscopy, Culposcopy)
- Neurology (EEG, EMG)

Treatment Facilities

- Cabins & General Beds
- ICU with Ventilator
- Modern Operation Theatre
- Surgeries (General / Emergency / Neuro / Ortho / GI / Thoracic)
- Endo-Urology
- Dental
- Laparoscopic Surgery (Gall Bladder, Appendix, Hernia)
- Haemodialysis
- Gynecology and safe abortion
- 24 hrs Emergency & Trauma Services
- Caesarian
- P.F.T
- Memogram

OPD

- Neurology • Eye • ENT • Orthopedics • Cardiology • Chest • Gastroenterology
- GI & Hepato-Biliary • General Medicine • Nephrology • Psychiatry • Oncology
- Dermatology & Venerology • Paediatric

Others

- Emergency & Trauma • Dietician • Physiotherapy • Clinical Psychology • Pharmacy • Ambulance

Blue Cross Pvt. Ltd.

P.O. Box No. 3168, Tripureshwore, Kathmandu, Nepal

(South Gate of National Stadium)

Phone No.: 426 2027/5927/1796, Fax: 426 6027

E-mail: care@bluecross.com.np

URL: www.bluecross.com.np



AMBASSADOR OF JAPAN
PANIPOKHARI
KATHMANDU



जापानी राजदूतको कार्यालय
पानीपोखरी
काठमाडौं

Message from
His Excellency Masashi Ogawa
Ambassador of Japan to Nepal



It gives me great pleasure to congratulate the Nepal AOTS Alumni Society (NAAS) on publishing the 27th issue of TALIM Magazine. I would like to pass on my sincere respect to all the NAAS members who have made tireless efforts.

Since its establishment in 1990, NAAS has been working for economic development in cooperation with business communities in Japan and Nepal. Every year NAAS sends trainees to Japan for training by the Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), and follows up with these trainees after they return to Nepal. In addition, NAAS organizes various programs such as entrepreneurship awareness seminars and symposiums. Thus, we can see NAAS is very active in a wide range of activities.

Last year, 2016, marked the 60th anniversary of the establishment of diplomatic relations between Japan and Nepal. NAAS organized two programs to mark the occasion. One was a seminar on 'the role of Japanese language in strengthening Japan-Nepal relations.' The other was an exhibition on 'semblance of Japan and Nepal.' Such programs are good opportunities for Nepalese people to become familiar with Japanese culture and language.

The Embassy of Japan in Nepal honored NAAS with the Japanese Ambassador's Commendation in August 2016 for making remarkable contributions to economic development in Nepal and Japan-Nepal relations.

Local level elections were held in Nepal on 12th May and 26th June, 2017 after a gap of 20 years. Provincial and federal elections are scheduled to be held shortly. I believe that through the implementation of the new constitution Nepal will take a strong step forward towards economic development. In this context, NAAS will have a prominent role in the economic development of the country, enhancing the relationship between Japan and Nepal.

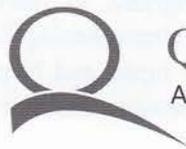
I wish NAAS continued success in the future.

Masashi Ogawa
Ambassador of Japan to Nepal





BEST WISHES FROM



Quest Pharmaceuticals Pvt.Ltd
A WHO-GMP CERTIFIED COMPANY

PAVING A WAY FOR A HEALTHIER NATION WITH

CARDIAC ANTI-DIABETIC DERMA

GENERAL MEDICINE

OUR VISION:

Self sufficiency, innovating for a healthier future, committed to cater to the growing healthcare needs of the nation with excellence in quality & economy

Corporate Office

P.O.Box No. 89, Adarshnagar, Birgunj, Nepal
T: +977-51-524177, 534277
F: +977-51-528162
E: quest.brj@quest.com.np

Marketing Office

Daan Sadan, Teku, Kathmandu, Nepal
T: +977-1-4240304, 4239293
F: +977-1-4231028
E: quest.ktm@quest.com.np

Factory:

Chhatapipara, Bara, Nepal
T: +977-51-580172, 580186
F: +977-51-580172
E: quest.factory@quest.com.np





The Association for Overseas Technical Cooperation and Sustainable Partnerships

30-1, Senju-azuma 1-chome, Adachi-ku, Tokyo 120-8534

Tel: 81-3-3888-8211 Fax: 81-3-3888-8242 E-mail: information-ay@hidajapan.or.jp URL: <http://www.hidajapan.or.jp>

AOTS 17-7-199

18 July 2017

RE: Message from HIDA President

On behalf of the Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), I would like to congratulate you for organizing the 27th Annual General body Meeting (AGM) of the Nepal AOTS Alumni Society (NAAS) on 4 August 2017.

We feel encouraged to see that there has been a steady recovery of such sectors as tourism and construction in the earthquake-torn country; however, one has to acknowledge that the scars of the disaster have been lingering in the minds of many. We hope that the benefit of post-disaster recovery will be felt across the nation.

NAAS has been playing an important role in promoting the friendship between our countries. NAAS was bestowed with yet another honor when Ms. Amira Dali, founder member of NAAS, and General Secretary of Love Green Nepal, received the Japanese Foreign Minister's Commendation last year. We have high admiration for what you all have achieved thus far.

By taking this opportunity, we would like to inform you that our new English name is abbreviated as "AOTS," a reminder of the old days. Our decision of name change was made to proclaim that we are aspiring to take on challenges of new and timely initiatives together with the Alumni Societies, while maintaining the spirit and values dating back to the time of our establishment. We have high hopes for NAAS to join the path of success with us, for NAAS has retained "AOTS" as part of its name since its establishment.

We are pleased that we will be organizing the Program on Corporate Management for Nepal (NPCM) this year as well. The popular program has been participated by senior management and entrepreneurs since FY2009. We would like to express our cordial thanks to the local industrial community, including the Federation of Nepalese Chambers of Commerce and Industry (FNCCI). It is our hope that, after returning home, the program participants will join NAAS and do their share in the development of industries in Nepal.

Another line of activity pursued by NAAS is World Friendship Network (WNF) programs, a platform promoting mutual cooperation among the Alumni Societies. It is particularly welcome that NAAS steps up their efforts to spread the cause of South-South cooperation by hosting three (3) WNF programs for FY2017. We would be grateful if NAAS could continue serving as a hub that coordinates the activities of the Alumni Societies in the region.

We wish you all success and prosperity.

Sincerely yours,

Shinya Kuwayama
President, HIDA



Message

I would like to extend my congratulations on the opening of the 27th Annual General body Meeting (AGM) of the Nepal AOTS Alumni Society (NAAS) on 4 August 2017.



As the local representative of the Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS) in Southeast Asia, I have frequently visited Nepal. Each time, I realize how special the activities of NAAS has been to the nation. Your multiphase effort includes the earthquake relief activities, addressing the immediate needs of the affected communities, and WNF programs, laying the foundation for industrial development. I would like to give all my credit to NAAS for what has been accomplished.

Feeling encouraged by the enthusiasms of NAAS, we have carried out several initiatives exclusively available for Nepalese nationals. From training needs identification to participant recruitment, we have counted on NAAS in all aspects of implementing our initiatives. One also needs to remember that NAAS has been actively engaged in economic exchanges between our two countries. It was showcased by the publication of the “foreign investment guidebook” in 2014. Borrowing the essence of the foresight idea, the Delhi Office organized a presentation attended by Japanese companies interested in making investment in Southeast Asia last year. We hope that all our efforts will bear fruits of success.

栗山 明

Akira Kuriyama

General Manager, New Delhi Office
The Association for Overseas Technical
Cooperation and Sustainable Partnerships (AOTS)



MESSAGE



I am very pleased to know that NAAS is going to hold its 27th AGM on 4 August 2017 and the 26th issue of the TALIM magazine will be published on that day. I have the great pleasure to write a short message on this auspicious occasion.

My connection with NAAS has been for the last 28 years and, in fact, I have been a member of the NAAS Family to witness its development during these long years. The past Presidents of AOTS Late Mr. Nagaaki Yamamoto and others including Mr. Kazuo Kanako gave tremendous support to NAAS and now President Kuwayama is doing the same. I do hope that NAAS will continue to co-exist with AOTS Japan as a trusted friend to support the Human Resources Development efforts in Nepal.

Taking this opportunity I would like to convey congratulations and best wishes to the members of NAAS in general and to the members of the Executive Committee in particular for their dedicated efforts at all times. I would like to meet some of them at the next SAFAAS Convention to be held in Colombo on 27-28 October 2017.

Dr. AKM Moazzem Hussain

Honorary Adviser to AOTS

Activities in Bangladesh and

Adviser of BAAS, CAAS & NAAS.



With a warm greeting to all - Nepal AOTS Alumni Society has completed its 26th year of formal establishment and is entering into its 27th year. With the theme of "Continuity" on "Human Resource Development in Nepal, Nepal AOTS is continuously stepping ahead to develop Nepalese technical skill and human resource in management of SMEs including the IT sector as well, since last 26 years.



"TALIM" magazine - annual publication of vol. no. 26, Nepal AOTS is publishing on the auspicious occasion of its 26 year. This is one of our continuity since last 26 years, with the support and cooperation of all members /colleagues and Corporate & Institutional life members. I like to express my heartfelt thanks to all friends and also congratulate them for their continuity in publishing this magazine since last 26 years.

Two years back, we experienced and suffered terrible disaster due to big earthquakes, which hit eastern and western part of Nepal including the historical cities of Kathmandu valley. We noticed that the earthquake also damaged the building of Rural Community Health Service Center at Bhotchaur. With the helping hands from HIDA (Japan), AOTS TOMONOKAI (Japan), Nepal AOTS member colleagues, and other Alumni Societies BAAS, FAAAI, ABK-AOTS DOSOKAI and JICA volunteer, including Japanese friends from abroad, we have collected some relief fund. We decided to utilize that fund to construct a light structure, one storey prefab house consisting of two rooms for the purpose of X-ray machine operation for Rural Community Health Service Center at Bhotchaur. Recently on june this year, we have handed over that Prefab house with the other subordinate utensils for the operation of their X-ray machine to the Health Center in the presence of His Excellency Ambassador Mr. Masashi Ogawa of Japan in Nepal. I like to sincerely thank to all for their contribution.

As the word "Continuity" in AOTS, like previous year this year also Nepal AOTS have organized a "Health Check-up Camp" for the public in associating with Blue Cross Hospital, Tripureswar. Free distribution of medicine was supported by our members' pharmaceuticals companies' like NPL, CTL, NHC, and DJPL.

Last year, we have successfully celebrated the 25th Anniversary of Nepal AOTS Alumni Society and Establishment of 60th Anniversary of Diplomatic Relationship of Nepal and Japan, with the support and cooperation of you all. I would like to express my sincere thanks to all – High level of Nepal Government, Representative from Japanese Embassy in Nepal, Representative from AOTS/HIDA (Japan), BAAS and others for their kind presence in the program.

I would like to express the gratitude to His Excellency Ambassador of Japan, AOTS (Japan), AOTS New Delhi office, BAAS for their precious wishes for the further development of Nepal AOTS.

Lastly, I would like to thank all the members of publication committee and other committee members for their respective activities which contributed to strengthen Nepal AOTS Alumni Society.

"Let us continue to develop the young leaders for HRD in Nepal".

Best Wishes,

Mahesh Kumar Nakarmi

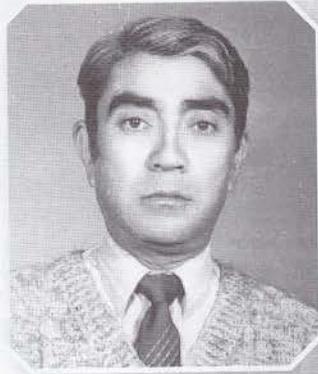
President

Nepal AOTS Alumni Society



Nepal AOTS Alumni Society

Advisors



Mr. Ashoke Man Singh Bania
Advisor



Mr. Madhusudan Bhattarai
Advisor



Prof. Dinesh P. Chapagain
Advisor



Mr. Ramesh P. Nepal
Advisor



Ms. Amira Dali
Advisor



Mr. Prakash Raj Singh Suwal
Advisor



Mr. Ramesh Man Singh
Advisor



Nepal AOTS Alumni Society

Executive Committee Members 2014 – 2016



Mr. Mahesh Kumar Nakarmi
President



Mr. Prashant L. Shrestha
1st Vice President



Mr. Ashok Kumar Aryal
2nd Vice President



Mr. Prajwal Shrestha
General Secretary



Mr. Shiva K. Shrestha
Treasurer



Mr. Narayan Bahadur Thapa
Joint Secretary



Ms. Aju Giri
Internal Auditor



Mr. Kishore Bhakta Mathema
Executive Member



Mr. Mahesh Kumar Gorkhali
Executive Member



Ms. Shanti Laxmi Shakya
Executive Member



Ms. Bindu Shakya
Executive Member



Ms. Shanta B. Koirala
Executive Member



Ms. Nishma Bajracharya
Executive Member



Mr. Sharwan Bajaj
Executive Member



Mr. Shiv Bhushan Lal
Executive Member



Nepal AOTS Alumni Society

Corporate Members

- 1. Nepal Rastra Bank**
P.O. Box 73
Central Office, Baluwatar, Kathmandu
Tel: 4410386 Fax: 4410159
E-mail: nrbitd@ntc.net.np
- 2. Shimizu Corporation**
P.O. Box: 346
Kathmandu Office,
New Baneshwor, Kathmandu
Tel: 4498856,4498857 Fax: 4498867
E-mail: shimz@htp.com.np
- 3. Harisiddhi Brick & Tile Factory Ltd.**
P.O. Box: 476
Harisiddhi, Lalitpur
Tel: 5521178, 5521451, Fax: 5522776
E-mail: hbtbf@infoclub.com.np
- 4. Himalayan Brewery Co. Ltd.**
P.O. Box: 1448
Dhumbarahi, Kathmandu
Tel: 4426211 Fax: 4421088
- 5. Swet Bhairab Power Supply (P) Ltd.**
P.O. Box: 5584
Baluwatar, Kathmandu
Tel: 4425793, Fax: 4440332
E-mail: sbps@infoclub.com.np
- 6. ICTC (Pvt.) Ltd.**
P.O. Box: 660
ICTC Building, Hattisar, Kathmandu
Tel: 4434895, Fax: 4434937
E-mail: ictc@info.com.np
- 7. Nepal Industrial Development Corporation**
P.O. Box: 10
NIDC Building, Durbar Marg
Kathmandu
Tel: 4228322, 4222560, Fax: 4227428
E-mail: nidc@wlink.com.np
- 8. Nepal Ausadhi Limited**
Babar Mahal
Kathmandu
Tel: 4220635, 4221512, Fax: 4226116
- 9. Nepal Electricity Authority**
P.O. Box: 4909
NEA Central Office, Ratna Park, Kathmandu
Tel: 4227725, Fax: 4226673
E-mail: neamd@mos.com.np
- 10. Jyoti Group of Companies**
P.O. Box: 133
Jyoti Bhawan, Kantipath, Kathmandu
Tel: 4225490, 4226327, Fax: 4226314
E-mail: pjyoti@mail.com.np
- 11. Himalayan Bank Limited**
P. O. Box: 20590
Tridevi Marg, Thamel, Kathmandu
Tel: 4227749, 4250201, Fax: 4222800
E-mail: hbl@hbl.com.np

Institutional Life Members

- 1. Pacific Commercial Co. (Pvt.) Ltd.**
P.O. Box: 347
Pacific Building, Putalisadak,
Kathmandu
Tel: 4430525, 4431525, Fax: 4430413
E-mail: pcc@wlink.com.np
- 2. Deepak Garment Industries**
P.O. Box: 1958
New Baneshwor, Kathmandu
Tel: 4495768, Fax: 4488463
E-mail: bajaj@bajaj.wlink.com.np
- 3. Hazama Corporation**
P.O. Box: 4137
TNT Building, Tinkune, Kathmandu
Tel: 4482546, Fax: 4482956
- 4. Nepal Hokkei (Pvt.) Ltd.**
Lumbini, Nepal
Tel: 071-580236, Fax: 071-580126
- 5. Nissaku Co. Ltd.**
P.O. Box: 3753
Nepal Office, Pulchowk, Lalitpur
Tel: 5525979, Fax: 5521812
E-mail: nepal@nkn.wlink.com.np

Honorary Life Member

Mr. Sindhu Nath Pyakurel
Past President, Nepal Bar Association
P. O. Box: 9397, Kha 2-34, Kalikasthan, Kathmandu
Tel: 4412025, 4412759





NEPAL AOTS ALUMNI SOCIETY

Nepal AOTS Alumni Society, a non-governmental organization of the ex-trainees

of the Association for Overseas Technical Scholarship (AOTS), Japan, has been actively involved in promoting human resource development in management and technical fields in Nepal since its formal establishment in 1991. So far, more than 950 Nepalese have received training in AOTS Japan and about 3200 in Nepal. AOTS is a non-profit association established in 1959 with the support of the Japanese Ministry of Economy, Trade and Industry (METI) with the objective of promoting technical cooperation between Japan and the developing countries for the industrialization and development of developing countries. AOTS has been supporting the human resource development efforts of Nepal AOTS. Since its establishment, Nepal AOTS Alumni Society has been engaged in the development of Nepalese human resources in the following ways.

- Nominating appropriate Nepalese candidates for various types of training programs in Japan
- Organizing training/seminar/workshop programs in Nepal with resource persons from Japan and South Asian countries
- Organizing training/seminar/workshop programs in Nepal with Nepalese trainers among the resource pool of Nepal AOTS members and/or other experts
- Inter-alumni cooperation and collaboration under the aegis of the World Network of Friendship (WNF). Exchange of trainers and trainees among other alumni societies in the AOTS network. A brief overview of training programs involved are as follows:

Training in Japan

- Program for Design Management (PDM)
- Program for Practical Operations Management (PPOM)
- Program for Quality Problem Solving (PQPS)
- Practical Solution of Quality-Related Problems (SPQP)
- Executive Program on Production Management

(EPPM)

- Executive Program on Quality Management (EPQM)
- Program on Corporate Management for Nepal (NPCM)
- Quality Control Training Course (QCTC)
- Leadership Program for Executives (EPLD)
- Training Course on Solving Human and Organizational Problems (SHOP)
- Program for Quality Management Promotion (PQMP)
- Production Management Training Course (PMTTC)
- Executive Program for Corporate Management (EPCM)
- Program on the Development of Die and Mold Industry (DDMI)
- Program for Business Innovation by Information Technology (BIIT)
- Program on Quality Management for Bangladesh and Nepal (BNQM)
- Program for Quality Management (PQM)

i) Training in Nepal

- Information Technology Project Management
- Training of Trainers in TQM
- Quality Management training programs for Pharmaceutical industry, Hotel and Tourism Industry, Construction projects, Garment industry, Printing technology, Auto mechanics Productivity Improvements Techniques
- Total Quality Management, Kaizen, 5-S, Quality Circles

ii) Inter-alumni exchange training in South Asian region

- Quality Management in Pharmaceutical Operation
- Information Technology Project Management,
- Training on Ceramics, Auto mechanics, Garment manufacturing, Carpet designing, Wood carving,
- Hotel and tourism management,
- Tissue culture etc.



iv) Collaboration based training program with FNCCI

Since its establishment in 1959, AOTS has been conducting various technical and management training programs in Japan for the people of developing countries and other regions. The total number of participants in past AOTS training programs amounts to almost 155,000 from about 170 developing countries and regions. These former participants are playing very important roles in industry and contributing greatly to the economic development of their respective countries. At the request of former participants of AOTS training

programs as well as the industrial and business circles in developing countries, AOTS has been organizing various training programs.

The .Program on Corporate Management for Nepal. (NPCM) is one of such management training programs,

which is being organized in collaboration with Nepal AOTS and Federation of Nepalese Chambers of Commerce and Industry (FNCCI), Confederation of Nepalese Industries (CNI) and Nepal Chamber Of Commerce (NCC) mainly designed for CEOs and senior executives of SMEs in order to improve the managerial capabilities of corporate executives in Nepal. Since 2009, about 80 Nepalese have participated in the special NPCM program . Likewise, two batches of Nepalese IT professionals recruited under the aegis of FNCCI were trained under AOTS Japan in early last decade.



THE ASSOCIATION FOR OVERSEAS TECHNICAL SCHOLARSHIP (AOTS)

AOTS, was established in 1959 with the support of the Japanese Ministry of Economy, Trade and Industry (METI). Its main purpose is to promote technical cooperation for the industrialization and development of developing countries and enhance

mutual understanding and friendly relations between those countries and Japan. To date, AOTS has trained over 300,500 persons in Japan from nearly 150 countries and regions. In addition, it has organized various training programs outside Japan involving more than 151,000 participants from developing countries.



THE WORLD NETWORK OF FRIENDSHIP (WNF)

The World Network of Friendship (WNF) was formed with the consensus of all AOTS Alumni Societies during the 5th 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 resident 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 the third meeting held in Kuala Lumpur and consecutively

Malaysia in December 2001, Chennai in 2004, Lahore in 2007, and Nepal in December 2011. 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 that are committed to the social and economic development of their own communities, based upon a belief in self help 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



AOTS

THE ASSOCIATION FOR OVERSEAS TECHNICAL COOPERATION AND SUSTAINABLE PARTNERSHIPS

HIDA was formed in April 2012 with the merger of The Association for Overseas Technical Scholarship (AOTS) and Japan Overseas Development Corporation (JODC).

Leveraging the worldwide recognition of AOTS effective July, 2017, HIDA has changed its name back to AOTS.

The full name of AOTS now stands as "The Association for Overseas Technical cooperation and Sustainable partnerships", embodying the mission "Live in Harmony Together, Grow Together," through the development of Global Human Connectivity." in the current period of Global instability.

ODA-funded Program

Training in Japan

- Technical Training
- Management Training
- Training Life in Japan
- Training in Overseas Countries
- Experts Dispatch

Other Programs

- AMEICC Secretariat

New Global Cooperation (NGC)

- NGC Seminars
- HIDA Business Conference Programs
- NGC Newsletter
- NGE Japanese Classes (Japanese)

Japanese Language

- Japanese Language Training Center (JLTC)

HIDA Research Institute (HRI)

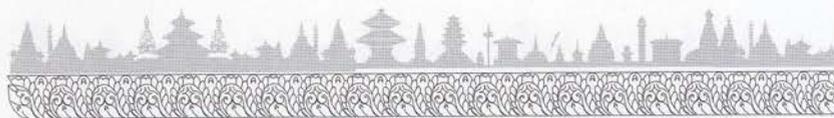
- Global Interface Japan
[Business Information Site]
- Request for former AOTS/HIDA Participants registration
- Invitation to HIDA's Success Story Collection

Training Centers

- Tokyo Kenshu Center
- Kansai Kenshu Center
- General Information about Life in Japan

Public Relations

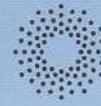
- HIDA Journal
- HIDA E-Newsletter
- Facebook 
- AOTS Alumni Societies
- Others
 - Japan's HRM & IR Information





Islington college
(इसलिंगटन कलेज)

UNIVERSITY PARTNER



**LONDON
METROPOLITAN
UNIVERSITY**

Write your own success story,
be a part of our highly successful alumni community

Our **3500+** alumni around the world



BBA International Business
Finance
Marketing
BA (Hons) Business Administration

BIT Computing
Computer Networking & IT Security
Multimedia Technologies
Bachelor Degree in Information Technology

Islington College

Kamal marg, Kamalpokhari, Kathmandu



info@islington.edu.np



www.facebook.com/islingtoncollege



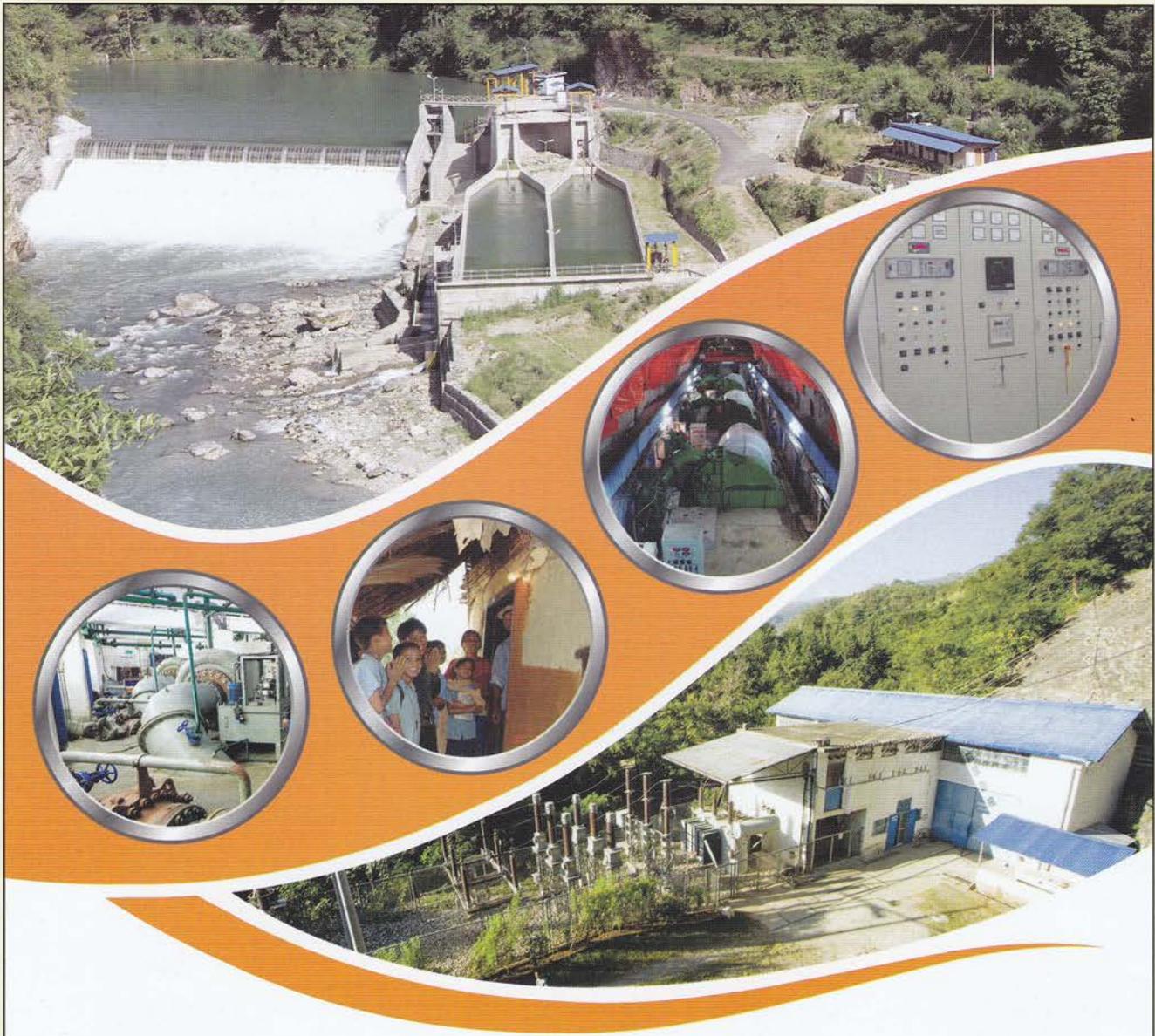
www.islingtoncollege.edu.np



9801022446 | 9801022451



4441200 | 4412929



Promise to change lives for better

PIONEER IN HYDRO POWER DEVELOPMENT, SINCE 1965

- Butwal Power Company (BPC) is one of the leading companies in Nepal's power sector with generation and distribution as its core business areas.
- Incorporated in 1965 as private company, converted into public limited company in 1993 and privatized by the Government of Nepal in 2003.
- BPC has a track record of pioneering multi-faceted capacity building initiatives in hydropower development.
- Through its subsidiary and associate companies, BPC is engaged in development, operation & maintenance of power plants, electricity distribution, consulting, research & engineering of hydropower and infrastructure projects, manufacturing and repair of hydro-mechanical and electro-mechanical equipment for power plants.

MAJOR PROJECTS

- Andhikhola Hydropower Plant 9.4 MW
- Jhimruk Hydropower Plant 12 MW

SUBSIDIARIES, ASSOCIATES & INVESTMENTS

- BPC Services Limited (BPCSL)
- Hydro Consult Engineering Limited (HCEL)
- Nepal Hydro & Electric Limited (NHE)
- Gurans Energy Limited (GEL)
- Hydro Lab Private Limited (HLPL)
- Kabeli Energy Limited (KEL) 37.6MW
- Nyadi Hydropower Limited (NHL) 30 MW
- Khudi Hydropower Limited (KHL) 4 MW
- Himel Power Limited (HPL) 60 MW



BUTWAL POWER COMPANY LIMITED
 P.O.Box. 11728, Gangadevi Marga - 313
 Buddha Nagar, Kathmandu, Nepal
 Tel: 977-1-4781776, 4784026, Fax: 977-1-4780994
 E-mail: info@bpc.com.np



ISO 9001, ISO 14001 and OHSAS 18001 Certified

www.bpc.com.np

Providing digital financial services to
over **3 million** people all over Nepal.



13
Years

61
Banks

2.3M
Customers



Driven by Innovation

F1Soft International Pvt. Ltd.
Hattisar, Kathmandu, Nepal

T: +977 1 4442435 / +977 1 4424743 / +977 1 4424336

E: info@f1soft.com

W: www.f1soft.com

e-Sewa™
 PAY | SEND | RECEIVE

**Your wallet in
 web & mobile device**



Our Services



TopUp &
 Recharge Card



Landline Bill
 Payment



Airline/Bus
 Ticket



Electricity/Water
 Bill Payment



Internet Bill
 Payment



Insurance
 & EMI



Movie
 Ticket



Travel Tickets
 Tour & Hotel



School/College
 Payment



Online Shopping
 Credit Card Bill



Bank
 Deposit



DEMAT
 Account



Download App



Hattisar, Kathmandu, Nepal
 +977-01-4442435, 9868842121
 1660-01-02121 (Toll Free)
www.esewa.com.np

HBL**SUPER PREMIUM SAVINGS**

HBL Super Premium Savings Account offers great returns with loads of facilities.

Features

- ⦿ Prompt and quick banking service through special counter
- ⦿ Minimum Balance of NRs. 1,00,000/-
- ⦿ Unlimited withdrawals and deposits
- ⦿ 50% discounts on all banking services**
- ⦿ Accidental Insurance upto NRs. 5,00,000/-
- ⦿ Deposit Guarantee upto NRs. 2,00,000/-
- ⦿ Internet/SMS Banking Facility
- ⦿ Free ABBS

**Locker, Fund Transfer, Draft, Statement, Cheque Book, Loan Facility & Other Services.

For more information contact your nearest branch.

www.himalayanbank.com

HBL

हिमालयन बैंक लिमिटेड

Himalayan Bank Ltd.**Corporate Office:**

Kamaladi, Kathmandu,

Phone No.: 977-1-4246218/19, 4227749

E-mail: himal@himalayanbank.com



Your security, Our concern

Taking good care
of you wherever
you are.

Overseas Mediclaim & Travel Insurance

provides a reliable & exclusive cover with
the following benefits:

- ✓ Personal accident
- ✓ Medical and emergency expenses
- ✓ Hospital benefits
- ✓ Loss of checked baggage
- ✓ Delay of checked baggage
- ✓ Loss of passport
- ✓ Personal liability

Feel safe
while traveling with
**Overseas Mediclaim &
Travel plans**

For more information contact

Customer Care

☎ 4231788 | 4213015

@ ktm@hgi.com.np



PURE
CASHMERE
DASHMINA
PRODUCTS
MANUFACTURER
& EXPORTER



Himalayan Fabs International

P.O.Box No 334, Kathmandu, Nepal

Tel. 97714601435/ Fax 97716635783, Cell: 9851043599

E-mail : info@himalayanfabs.com, Web: himalayanfabs.com



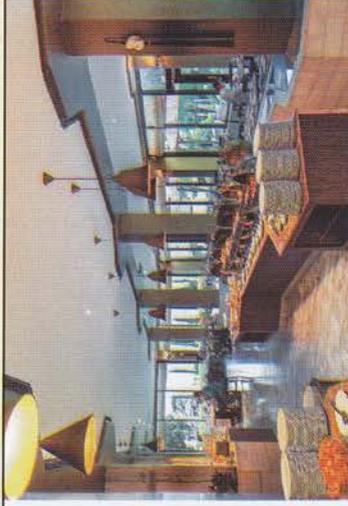
Hotel Himalaya, where east meets west, with newly added Executive Floor offering designer world class luxury and totally renovated and refurbished deluxe rooms.

Hotel Himalaya is all set to offer an experience of a life time...



Hotel Himalaya

A class of its own



Sahid Sukra Marg, Lalitpur, Kathmandu, Nepal
 Tel: +977-1-5523900, Fax: +977-1-5523909
 E-mail: reservation@hotelhimalaya.com.np
www.himalayahotel.com.np

Annual Activities of Nepal AOTS 2016-2017

1. 26th Annual General Body Meeting

Nepal AOTS held its 26th Annual General Body Meeting at Hotel Himalaya, Lalitpur on 29th July, 2016. Altogether there were 75 attendees in the meeting including 59 members and 16 guests.

Mr. Joji Tateishi, Sr. Managing Director, HIDA, Japan was the chief guest in the AGM while Mr. Akira Kuriyama, Representative, HIDA, New Delhi Office and Dr. A.K.M. Moazzem Hussain, Advisor, BAAS, CAAS, and Nepal AOTS also attended the meeting. The General Secretary and the Treasurer presented their respective annual activity report and financial report in the meeting which were discussed and endorsed by the AGM.

The 26th AGM also unanimously elected a new Executive Committee under the leadership of Mr. Mahesh Kumar Nakarmi for the years 2016/17 – 2017/18.

The AGM period was marked with special programs to celebrate 25th Anniversary Nepal AOTS Alumni Society and 60th Anniversary of Diplomatic Relations between Nepal and Japan.

2. Celebration of 25th Anniversary of Nepal AOTS Alumni Society



25th Anniversary of Nepal AOTS was celebrated on Friday, 29 July 2016 by observing various programs throughout the day.

- A special tree plantation program was carried out in the morning of Friday, 29 July 2016 at Lazimpat road, Kantipath in coordination with Lazimpat Club. The event was participated by Mr. Joji Tateishi, Sr. Managing Director, HIDA, Japan, Mr. Akira Kuriyama, Representative, HIDA, New Delhi Office and Dr. A.K.M. Moazzem Hussain, Advisor, BAAS, CAAS, and Nepal AOTS along with Mrs. Hussain, representatives from Embassy of Japan in Nepal, JALTAN, and Nepal AOTS Advisors and members.
- A presentation on Flashback on 25 years of Nepal AOTS was made by Nepal AOTS Adviser Prof. Dinesh Chapagain.
- Special issue of TALIM commemorating 25th Anniversary of Nepal AOTS was launched by Mr. Joji Tateishi, Senior Managing Director, HIDA, Japan.
- The programs and the AGM were followed by special cocktail dinner where Award Committee of Nepal AOTS honored those members of Nepal AOTS who had been relentlessly contributing their service to Nepal AOTS since its inception 25 years back. His Excellency Mr. Masashi Ogawa, Ambassador of Japan to Nepal was the guest of honour. The event was also attended by Mr. Som Lal Subedi, then Chief Secretary, Government of Nepal besides other representatives from FNCCI, Tribhuvan University, Kathmandu University and Nepalese and Japanese associations.



25th Anniversary Celebration Committee formed under the coordinatorship of Advisor Mr. Ramesh Nepal concluded successfully.

3. Celebration of 60th Anniversary of Diplomatic Relations between Nepal and Japan



Similarly, a committee to celebrate 60th Anniversary of Diplomatic Relations between Nepal and Japan was formed under the coordinatorship of Advisor Ms. Amira Dali. 60th Anniversary celebration was observed for two days on 30 - 31 July 2016, with the following major activities:

- Seminar on “Role of Japanese Language Education in Strengthening Japan Nepal Relationship” was carried out jointly in association with Japanese Language Teachers’ Association Nepal (JALTAN).
- The seminar was followed by “Exhibition of Semblance between Japan and Nepal”. The exhibition was inaugurated by Honorable Mr. Kamal Thapa, Dpty. Prime Minister and Minister for External Affairs. The exhibition continued for two days until 31 July, 2016.
- Nepal Japan Night to celebrate the cultures

of both the countries was organized in the evening of 30 July, 2016 with musical and dance programs by the Nepali and Japanese artists. The event was organized in association with JALTAN. Food stalls at the venue provided people with the taste of Nepali and Japanese cuisine.

The 60th Anniversary of Diplomatic Relations between Nepal and Japan was a big success and there was wide participation from Nepal AOTS members and members from other institutions working in the field of Nepal-Japan relations.

4. Ambassador’s Award 2016

Nepal AOTS is privileged to be honored with Ambassador’s Award 2016 by His Excellency Mr. Masashi Ogawa, Ambassador of Japan to Nepal, on 26 August 2016 for its commendable hard work as an alumni of HIDA, Japan in strengthening relationship between Nepal and Japan since 1991.

5. South Asia Federation of HIDA-AOTS Alumni Societies (SAFAAS) AGM, Bangalore, India

Mr. Mahesh Kumar Nakarmi, President, Nepal AOTS represented the society at the Annual General Meeting (AGM) of South Asia Federation of HIDA-AOTS Alumni Societies (SAFAAS) held at Bangalore, India on October 15, 2016.

6. Training Division, Nepal AOTS

Primary objective of Nepal AOTS is Human Resource Development in the country. It has been facilitating in the nomination of participants for management and quality trainings in Japan and SAFAAS countries. For a number of years after its establishment, Nepal AOTS provided management trainings and various other HRD activities in the domestic market through its JASMAN (Japanese Style of Management) committee.

With increased economic and business activities in the country, there is no doubt about the rising demand for superior management training programs in Nepal; and with the belief that Nepal AOTS can make valuable contribution in imparting quality management training programs in Nepal, Training Division has been established to fulfill the core objective of HR Development and to

streamline the training related activities of Nepal AOTS.

Training Division has been formed with the following broad objectives of:

- To contribute to the development of managerial and technical skill of human resources by conducting pertinent and value-added training programs in the country
- To create awareness and disseminate Japanese Style of Management
- To establish business linkage with other similar institutions at home and abroad, particularly with Japan and other SAFAAS countries for the purpose of development and operation of training programs

Training Division also plans to develop value-added training programs for the Nepalese market and also prepare a few in-house trainers among its interested members in Nepal AOTS. Training Division is currently headed by Mr. Prashant Lal Shrestha along with Mr. Shiva Kumar Shrestha, Mr. Kishore Bhakta Mathema, Ms. Nishma Bajracharya and Mr. Shiva Bhushan Lal. A full-time Training Coordinator, Ms. Nisha Bhattarai has also been recruited to carry out the daily operational duties of the Division.

7. Training Programs

i. Training programs under The Overseas Human Resources and Industry Development Association (HIDA), Japan

Altogether 53 participants were selected for different training programs under HIDA, Japan. Nepal AOTS conducted interviews of the applicants and provided orientation training to those selected for the training.

ii Training Programs under World Network Friendship (WNF)

a. Advanced Mobile Application Development (AMAD)

After having successfully conducted Mobile Application Development

Training in 2014, Nepal AOTS conducted 5-days Advanced Mobile Application Development (AMAD) Training at Hotel Yellow Pagoda, Jamal on 17-21 November, 2016. The training program was coordinated by Mr. Narayan Bahadur Thapa, Executive Member, Nepal AOTS. The key resource person for the training was Mr. Zohirul Alam Tiemmoon from Bangladesh, and Mr. Abhinav Dahal from Nepal provide voluntary assistance to the main trainer during the training period.



The program was concluded with a grand success on the fifth day with the presence of Chief guest Mr. Birendra Kumar Mishra, Director General, Department of Information Technology on the closing session. There were altogether 16 participants in this Advanced Mobile Application Training.

b. Workshop on Advertisement Management



Nepal AOTS Alumni Society and Advertising Association of Nepal (AAN) jointly organized a two days "Workshop on BRANDVANCOM - Advertisement



Management” on 9 - 10 February 2017 at Hotel Himalaya with the support of World Network of Friendship (WNF) under The Overseas Human Resource and Industry Development Association (HIDA), Japan and Bangladesh AOTS-HIDA Alumni Society (BAAS). Mr. Syed Apon Ahshan, Vice- President of Bangladesh AOTS HIDA Alumni Society and Director & Chief Belief Officer of Expressions Ltd was the facilitator the workshop.

There were altogether 34 participants in the workshop cum training program from various sectors such as Banks, Industries, Trading, and Pharmaceutical etc. The participants benefitted from the workshop and they shared their own experience related to their field about Advertising, Branding, Product Marketing, Branding & Promotion, Publicity, Marketing Planning, Client Relation etc.

Closing program was organized with the presence of Chief Guest Mr. Shinya Machida, Counsellor and Deputy chief of Mission from Embassy of Japan, Mr. Akira Kuriyama, Representative, HIDA New Delhi Office, Mr. Santosh Shrestha, President, AAN, Mr. Akhilesh Upadhyay, Chief in Editor of Kantipur Media Group and Mr. Mahesh Kumar Nakarmi, President of Nepal AOTS Alumni Society. Mr. Shiva Kumar Shrestha, Treasurer, Nepal AOTS was the coordinator of the workshop cum training programme.

iii. In-house Training Programs



Two half-day Total Quality Management training programs have been conducted at Nepal AOTS Secretariat on 2 June and 9 June 2017 with the primary objective of assessing and developing in-house trainers and training materials. The trainings were conducted by Advisors Mr. Ramesh Nepal and Mr. Ramesh Man Singh. The programs were attended by 10 Nepal AOTS members who also provided feedback for further improvement of the training programs.

8. Bonenkai 2016 Program

Continuing the trend of observing year-end celebration, Bonenkai it was observe on 23 December 2016 at Nepali Chulo, Lazimpat. The program was attended by 78 Nepal AOTS members and 9 guests – a total of 87 attendees. Some cultural shows lit up the program in which all the attendees of the program were provided with free gifts donated by Nepal AOTS member organizations and other well-wishers of Nepal AOTS.

9. Earthquake Relief Committee Activities



Last year, Earthquake Relief Committee of Nepal AOTS had distributed relief materials to earthquake affected areas of Bhotechaur, Sindhupalchowk and Siddhipur, Lalitpur. Significant activity this year of the Earthquake Relief Committee is the construction of pre-fabricated two-room house for operating the X-ray machine at earthquake affected Rural Community Health Service Center at Bhotechaur, Sindhupalchowk.

On 23rd March 2017, Thursday, the completed earth-quake resistant house consisting of two rooms of size 20' x 18' was handed over to the Rural Community Health Service Center by Mr. Mahesh Kumar Nakarmi, President Nepal AOTS and Coordinator of Nepal AOTS Earthquake Relief



Committee, in the presence of His Excellency, The Ambassador of Japan in Nepal, Mr. Masashi Ogawa, Local village representatives and Nepal AOTS members.

The pre-fabricated house for the health center was constructed by Laxmi Interior and Décor under jointly supervision of Nepal AOTS and Health Center with a total cost of approx. Rs. 438,000 from Earthquake Relief Fund of Nepal AOTS. Further assistance of Rs. 70,000 has been provided for maintenance works.

10. Health Camp



A free "Health Check-up Medical Camp" was organized on Saturday, 10th June 2017 at Suryakot, Koteswor Ward No. 2, Kathmandu for the local residents and school /college students. The Camp was organized jointly by Nepal AOTS Alumni Society and Blue Cross Hospital, Tripureswore. A 28 member team of medical and technical members from Hospital including two physicians, two pediatricians, one gynecologist, and one surgeon were there for the program. Free Physical examination along with free blood sugar, Blood Pressure and ECG, and Ultrasound tests were provided by the hospital.

There were more than 358 patients who took the medical service during the health camp. The Camp was successfully organized under the guidance and coordination of Medical Director Dr. Prajwal Man Shrestha and Manager Mrs. Sati Devi Gautam from the hospital side. Nepal

AOTS's member pharmaceutical companies - Nepal Pharmaceutical Ltd., CTL Pharmaceuticals, National Healthcare and Deurali-Janata Pharmaceutical Ltd. provided the necessary medicine to be freely distributed to the patients. The health camp was coordinated by Mr. Ashok Kumar Aryal, Vice President of Nepal AOTS and his team – Mr. Surya Lal Maharjan, Ms. Satidevi Gautam (BCH), Nirmal Chandra Jha (NPL), Devendra P. Pokhrel (NHC), Deependra Pradhan (CTL), Mani R. Shakya (DJPL).

12. TALIM Publication

26th edition of TALIM has been published this year under the publication team led by Executive Committee Member, Mr. Kishore Bhakta Mathema. Nepal AOTS owes gratefulness to Advisor Mr. Ramesh Man Singh and his publication team as they had been continuously taking the responsibility of publishing TALIM annually for the last several years.

13. Intern from HIDA, Japan



Nepal AOTS has coordinated in the placement of Intern Ms. Kyoko Matsuda from Japan at Kathmandu University Dhulikhel Hospital for period of three months (2 Sept to 14 December 2016) where she studied Health Care Waste Management Treatment in hospitals in Nepal. She had further plans to conduct research in HCWM in hospitals in Kathmandu, Chitwan and Nepalgunj.



Training Under HIDA-AOTS Japan (2016-17)

S.N.	Name of the Program	Duration	Training Location	Name of Participants	Name of the Participants Company
1	The Program for Quality Management (PQM)	25 Aug – 6 Sep 2016	Tokyo	Sanjeeta Acharya	Hotel Himalaya
2	The Program on Design Management (PDM)	19 Oct – 1 Nov 2016	Tokyo	Shiva Kumar Bhandari	Deurali-Janta Pharmaceuticals Pvt. Ltd
3	The Production Management Training Program [PMTP]	2 – 15 November 2016	Osaka	Rubina Shrestha	Simca Laboratories Pvt. Ltd.
4	The Program on Information and Communication Technology in Manufacturing Industry (PICT)	23 Nov – 6 Dec 2016	Tokyo	Mr. Bikas S Rauniar Ms. Dibyeshwori Dhar Dali	Interstate Multi-modal transport Pvt. Ltd Digital Age Nepal
5	The Program on Business Innovation [PBI]	17 – 26 January 2017		Sanjeeb Kumar Shrestha Shreeniwas Sharma Paudyal	Citizens Bank International Limited Alternative Technology
6	The Training Course on Solving Human and Organizational Problems (SHOP)	18 – 31 January 2017	Osaka	Mr. Ashok Khadgi	Prabhu Bank Ltd
7	The Quality Control Training Course (QCTC)	23 Feb – 10 March 2017	Osaka,	Ms. Sunita Sangat Mr. Padam Bahadur Thapa	Tilganga institute of Ophthalmology Himalayan fabs international
8	The Program on Corporate Management for Nepal (NPCM)	11-24 January, 2017	Osaka (30)	Mr. Adwait Ratna Tuladhara Mr. Ashish Kumar Lath Mr. Basanta Paudel Mr. Bhola Bahadur Bista Mr. Biraj Shrestha Mr. Bishwo Mohan Adhikari Mr. Chhapi Raj Pant Mr. Deepak Thapaliya Mr. Dilip Kumar Kandu Mr. Dinesh Thakali Mr. Govinda Dahal Mr. Kailash Shrestha Mr. Manoj Khadka Mr. Niraj Man Singh Pradhan Mr. Niranjan Sedai Mr. Nischal Sharma Mr. ram Chandra Lohani Mr. Rupesh Maharjan Ms. Sahara Joshi Mr. Saurabh Shrestha Mr. Saurav Joshi Mr. Sujan Ghimire Mr. Arjun Raj Khaniya Mr. Suman Bishyal Mr. Surendra Bhusan Shrestha Mr. Suresh Raj Maharjan Mr. Surya Prasad Neupane Mr. Yaug Raj Osti Mr. Bhakta Bahadur Hamal Mr. Bishnu Hari Pandey	eSewa FonePay Pvt. Ltd. Ganesh Trading Center Global Agro Products Pvt. Ltd. Civil Bank Ltd. Downtown Housing Co. Pvt. Ltd. Om Development Bank Ltd. Nepal SBI Bank Ltd L. I. Auto Services Pvt. Ltd. Tirupati Balaji Food Products Shangrila Development Bank Ltd. Softy Paper Industry Pvt. Ltd. F1 Soft Pvt. Ltd. Tourism Development Bank Ltd. Himalayan General Insurance Co. Ltd. Shivapuri Paper Product Pvt. Ltd. Metal Cast Pvt. Ltd. Laxmi Intercontinental Pvt. Ltd. Brihat Developers & Builders Pvt. Ltd. Himalayan Bamboo Pvt. Ltd. Nepal Shoes Factory Furniture Land Store Pvt. Ltd. C.E. Construction Pvt. Ltd. NIC Asia Bank Ltd. Kohinoor Metal Udyog Nepal Bangladesh Bank Limited Siddhartha Bank Ltd. Suryakiran Fiber Udhvog Sandwich Home Solution Pvt. Ltd. Sudeep International Pvt. Ltd. Royal Education Foundation



9	The Program for Japanese Corporate Management [PICM]	15 – 28 February 2017	Osaka	Mr. Bimal Daga Mr. Ujaya Shakya Mr. Pankaj Lal Pradhan	NIC Asia Bank Ltd Outreach Nepal Pvt.Ltd Prismark Marketing: An Advertising & Communication Agency
10	The Program for Quality Problem Solving [PQPS]	20 Feb – 3 March 2017	Aichi	Mr. Ananta Sharma	Deurali-Janta Pharmaceuticals Pvt. Ltd
11	Business Study Tour to Learn about Disaster Prevention System and Business Continuity Plan (BCP)	30Jan – 2 Feb, 2017	Tokyo	Mr. Ganesh Prasad Bhetuwal	Swastik Shreebinayak Con. Co. P. Ltd
12	The Training Course on Solving Human and Organizational Problems(SHOP)-2	8-21 February 2017	Osaka	Mr. Devendra Prasad Pokharel Ms. Rita Joshi Pradhan Mr. Nirmal Chandra Jha	National Healthcare Pvt. Ltd. Temple Tiger group. Nepal Pharmaceuticals Laboratory Pvt. Ltd.
13	The Executive Program on Production Management[EPPM]	22 May – 2 June 2017	Aichi	Mr. Pasa Maharjan	Dakshin Barahi Brik Factory
14	The Training Course on Solving Human and Organizational Problems(SHOP)	10 – 23 May 2017	Aichi	Mr. Nirmani Lal Shrestha Ms. Manisha Karn	Ashutosh Travels & Tours Citizens Bank Intl. Limited
15	The Executive Program For Corporate Management (EPCM)	24 July – 4 August 2017	Tokyo	Ms. Padma Tara Tuladhar	Alternative Technology
16	The Logistics Management Training Program [LMTP]	27 July – 9 August 2017	Tokyo	Mr. Kedar Duwadi	Quest Pharmaceutical Pvt. Ltd

WNF Training Program and In House Training Program 2016/2017

Sno	Program Name	Date	Venue / Address.	Total participants
1	Advance Mobile Application Development	November 17-21, 2016	Yellow Pagoda Hotel, Jamal	16 participants
2	Workshop on Advertisement Management	9 – 10 February 2017	Hotel Himalaya, Kuponol	34 participants
3	TQM Training	26th May & 9th June 2017	Yamamoto Talim Ghar	15 participants



Report – SAFAAS AGM - 2017 at Bangalore, India



The representatives from different AAS have attended in the meeting:

On October 15, 2016 Saturday, the Annual General Meeting (AGM) of South Asia Federation of HIDA-AOTS Alumni Society (SAFAAS) was held in Bangalore, India with the agenda as follows:

1. To adopt the minutes of the last Annual General Meeting
2. To receive and consider the Report of the Executive Committee as presented by the General Secretary.
3. To receive and consider the statement of Accounts for the year ended 31st March 2016 and Report of the Auditors thereon.
4. To table and approve the resolutions of which due notice has been given

5. To appoint Auditors
6. Fellowship & Dinner

The President of SAFAAS Mr. Athulla Edirisinghe welcomed all the representatives from the members societies, who have attended for the AGM of SAFAAS 2017.

The Secretary General Mr. Mangala Samrajewa presented the Report of activities for the 2015/2016. After discussion on the report it was approved by the members. And presented the audited financial statement of SAFAAS After clarification, Financial Statement was accepted.



Resolutions Proposed for the SAFAAS Annual
General Meeting on 15th October 2016 at
Bangalore India

01. Business Cooperation Strategy:

It is recommended to,

- i. Creating a Platform for Member Interactions for Business Development by developing a data base and making it available to members of SAFAAS, HIDA-HRI and any other interested party
- ii. Explore possibilities to initiate a B2B Program in Japan or in respective home countries for Japanese Visitors
- iii. Support to Japanese Investors who are already in the region for their Expansion Strategies
- iv. Developing Productive Partnerships Show casing SAFAAS Resources pool
- v. Low Cost Market Penetration through strengths of SAFAAS

02. Promote Cultural Activities and Japanese Management Concepts:

It is recommended to find ways and means to promote Cultural Activities and Japanese Management Concepts in the region and more specifically among SAFFAS members taking the lead from Japan and also to promote cross cultural activities in the SAFAAS countries.

Most of the AAS has been focusing on Training and some on Language Teaching, but only a few carry out cultural activities. We need to look differently at cross cultural activities in the SAFAAS countries.

Some of the proposed activities are,

Japanese Cultural activities or events – Open to public

Inter Cultural activities showcasing event of cultural similarity between Japan and SAFAAS countries

Photo exhibitions and Film festivals etc.,

Language centered Cultural activities.

Japan focused events – not necessarily showcasing any culturally well known events

Innovations

Events in collaboration with Embassy of Japan and any other organization/Institutions that has interest in Japan.

03. HRD Through resources of SAFAAS Alumni Societies:

It is Recommended Strengthening of HRD Through resources of SAFAAS Alumni Societies.

Professional and intellectual resource exchange,

Professional Resources such as consultancy on IT, Lean and providing customer research.

Intellectual Resources as exchange of experts, lectures to develop Business & Training ties on specific fields.

To act as vocational skill development facilitator for training unskilled and semiskilled workforce employable in Japanese companies.

SAFAAS to go beyond the regular 5S, KAIZEN activities and move towards inputs on Manufacturing Productivity, Lean, Business Engineering, Innovation and creativity also as a futuristic lean that is having an increasing demand.

Alumni Societies to provide;

Professional, IT, Lean Customer Research, Exchange of Experts, Lectures to develop business



ties on specific fields, Input on manufacturing, Productivity, lean process engineering, innovation creativity, Intellectual Japanese Management Training etc;.

On receipt of the information, the data will be hosted in SAFAAS website for the interested alumni societies to make use such information and develop their own processors to develop their localized programs for implementation.

04. Development Strategy for Youth Members:

It is recommended Developing Strategy for Youth Members in Alumni Societies including organizing of youth events, Training Programmes and youth member exchange programmes, etc...

Young Leadership Programme will be focused on,

Lean the practical knowledge of "Strategy for Building a Strong Financially Viable and Active Alumni"

Encourage the new / young members to join in the alumni activities actively.

Exchange views and experience with the senior and successful leaders of alumni societies.

Enhance leadership quality of the youth leaders in alumni societies.

Enhance sense of leadership and strengthen the network among the participants.

Join day to day management of alumni activities.

05. Annual Membership Fee :

It is proposed that the Annual Membership fee of ASs to be reduced from current US \$ 200 to US \$ 100 with effect from year 2012/2013 and to carry forward the excess payments of US\$ 100 per year as Annual Membership fees of future years" . However this scheme will be reviewed at the next AGM in 2017.

It is recommended that any AS who does not pay the arrears up to 2015/16 by 31st December 2016 to be suspended from the membership of SAFAAS and HIDA to be informed accordingly. HIDA will be requested not to finance their representative visits in the future for any of the SAFAAS / HIDA meetings until the membership fee with arrears from 2012/2013 is paid back and suspension is removed. It is also decided that the deflating AS to be charged US \$ 100 as membership restoration fee.

06. Executive Board of Management :

It is recommended that,

The Federation shall have, the President of HiDA Japan as its Patron. The Executive Board of Management shall comprise of a President, Senior Vice President, Vice President, Treasurer and one representative from each society not holding office. Office Bearers elected shall hold office from one convention to the next convention.

The Executive Board of Management shall be elected by the AGM during the Convention :

The tenure of the Executive Board of Management shall be from one Convention to next Convention. The President shall nominate the Secretary General from the host Member Society hosting the next Convention. The Immediate Past President, Immediate Past general Secretary, the President of FAAAI and secretary of FAAAI shall be ex-officio Members of the Board.

It is recommended that the office bearers elected at a SAFAAS Convention shall remain as office bearers of SAFAAS Executive Committee for the full term of 2 years, with consent of respective alumni society even in the case of their positions change thereafter in their executive Committee of their respective Alumni Society.

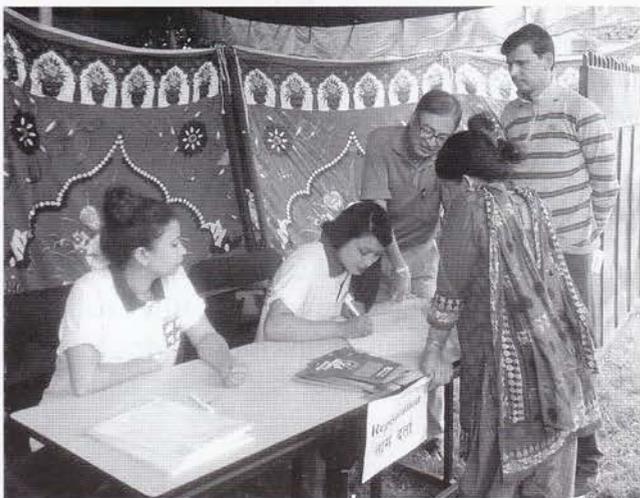


Report - Free Health Check-Up Camp-2017

A free "Health Check-up Camp" was organized at the premise of Nepal AOTS Alumni society, on 10th of June, 2017, Saturday, located at Suryakot, Koteswor , ward no. 32, Kathmandu for the local residents and students. The Camp was jointly organized by Nepal AOTS Alumni Society and Blue Cross Hospital. The hospital team consisting of twenty eight medical and technical personnel including two Physicians, two Pediatricians, one Gynecologist, and one Surgeon were present to serve the patients. Free Physical examination along with pathological test for blood sugar, Blood Pressure, ECG, and Ultrasound were provided by the hospital. The Blue Cross hospital also provided 10% discount on other diagnostic test in their hospital.

There were more than 358 (file recorded) patients who turned up for their health check-up. The camp was planned for registration from morning 8:00 am to 12:00 pm but it lasted till 3:00 pm due to overwhelming participation by the residents for their check up. Health check-up continued constantly from 9:00 am till 4:00 pm.

The Camp was successfully organized under the guidance and coordination of Medical Director Dr.



Prajwal Man Shrestha and Manager Mrs. Sati Devi Gautam from the hospital side.

The medicines prescribed during the health camp were distributed freely after check up. Free distributions of medicines were supported by Nepal AOTS's members' owned pharmaceutical companies - Nepal Pharmaceutical Ltd., CTL Pharmaceuticals, National Healthcare and Deurali-Janata Pharmaceutical Ltd.

The Health Camp program started with a soft opening ceremony, Chief Guest was recently elected Chairperson of ward no. 32 Kathmandu Metropolitan City Mr. Nawaraj Subedi who delivered his short note about the importance of the health care and personal hygiene , next speaker Representative of local Tole Sudhar Samiti expressed regarding the importance of such health camp for local people, which make them aware about their personal health condition. During the session, Dr. Prajwal Man Shrestha Medical Director of Blue Cross Hospital expressed his gratitude to all the participants attaining for their health check up. Before that, Mr. Mahesh Kumar Nakarmi, President, Nepal AOTS Alumni Society extended his warm welcome to all participants and delivered a brief introduction about Nepal AOTS Alumni Society and its activities. This program was also attended by Mr. Naruo Katte, Research officer/Adviser, Japanese Embassy, representing Embassy of Japan.

The health camp was coordinated by Mr. Ashok Kumar Aryal, Vice President of Nepal AOTS Alumni Society supported by the following team of AOTS members– Mr. Surya Lal, Ms. Satidevi Gautam (BCH), Mr. Nirmal Chandra Jha (NPL), Mr. Devendra P. Pokhrel (NHC), Mr. Deependra Pradhan (CTL), and Mr. Mani R. Shakya (DJPL)



Report – Prefab House Handover to Health Center, Bhotechaur Camp-2017



Alumni Society for kind support to build some rooms and to maintain the x-ray machine. Nepal AOTS Earthquake Relief Committee has decided to fabricate two roomed one storey prefab house to operate the X-ray machine system in the health center premise, utilizing the collected fund from different AOTS Alumni Societies from BAAS (Bangladesh), FAAAI & ABK AOTS DOSOKAI (India), AOTS / HIDA (Japan), AOTS TOMONOKAI-HIDA (Japan), Prof. Yuki Ito, JICA Senior Volunteer Mr.

Toshiyuki Kato and other well wisher Japanese friends and Nepal AOTS Alumni Society.

During the Big Earthquakes in Nepal-2072 B.S. (2015 A.D.), the Rural Community Health Service Center at Bhotechaur, of Sindhupalchowk district, about 35 km far, East North side from Kathmandu Metropolitan City, was not spared from damage and the whole building was craked.

Thereby, health center was not able to cater entire service to local people / patients.

Although the center was providing their medical checkup and dispensary from a small house nearby

The center was looking for operating the X-ray machine, but lack of repairing expenses was the hurdle to repair and build the X ray room.

The Health center has requested Nepal AOTS

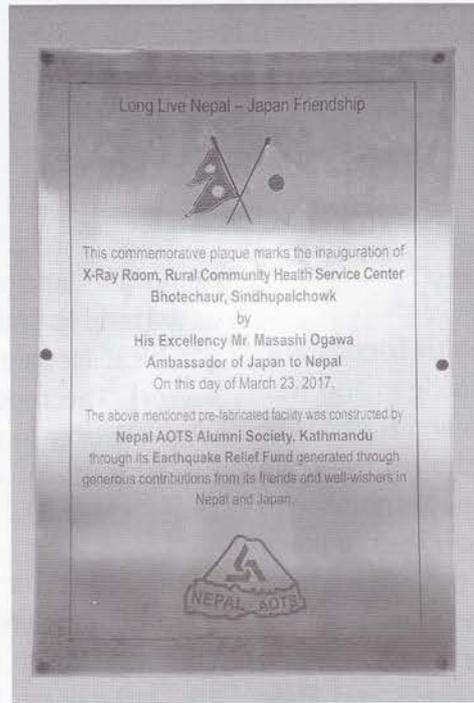
The prefab house was fabricated by Laxmi Interior and Décor under jointly supervision of Nepal AOTS and Health Center. The house was completed by 2073.

On 23rd March 2017 Thursday, the complete well finished two rooms of size 20' x 18' prefab house was handover to the Rural Community Health Service Center at Bhotechaur, Sindhupalchowk for the operation of X-ray machine by Mr. Mahesh Kumar Nakarmi, President Nepal AOTS and Coordinator of Nepal AOTS Earthquake Relief Committee, in the presence of His Excellency Ambassador of Japan in Nepal Mr. Masashi Ogawa, Local village representatives and Nepal AOTS's members.



In handover ceremony program, His Excellency Ambassador Mr. Masashi Ogawa has delivered the speech on the subject of the experience about situation after the Big Earthquake in Nepal, and expressed about the personal interest for supporting and assisting to the Health Center from Embassy side. In the meantime, His Excellency Ambassador has inaugurated new prefab house and observed the damaged building and other amenities of the health center.

During the ceremony, two past presidents of center Mr. Giban Lal Paudyal and Mr. Badri Prashad Chaulagain have shared their past experience about the health center – how they are running and sustaining



since its establishment. Mr. Krishna Prashad Chaulagain delivered the vote of thanks to Embassy of Japan, Nepal AOTS and others for their kind support and cooperation.

Before that, on behalf of Nepal AOTS Alumni Society Mr. Mahesh Kumar Nakarmi, President of Nepal AOTS welcomed His Excellency Ambassador Mr. Masashi Ogawa, Researcher officer Mr. Naruo Katte, EOJ, Mr. Purav Kayesta, EOJ, Mr. Jivan Lal Paudel, Mr. Badri Prashad Chaulagain, past presidents of health center, Mr. Krishna Prashad Chaulagain, President of the health center and other local village representatives and other friends.



INTERSTATE MULTI - MODAL TRANSPORT (Pvt) Ltd.

**INTERNATIONAL FREIGHT FORWARDERS, CONSULTANTS &
TRANSPORT CONTRACTORS, CUSTOMS CLEARING AGENTS**

1st Registered Multi Modal Transport Operator in Nepal

**Shiva Sabitri Sadan, 240 Red Cross Marg-1
Kalimati (KMC Ward No. 13), Kathmandu, Nepal**

Tel.: 977-1-4271473, 4271987, 4283863, Fax: 977-1- 4271570

Email: rauniar@mos.com.np



Total Quality Management: An introduction

Kishore Bhakta Mathema

Internal environment: Harsh reality

Most of us often proudly boast with friends and relatives that in Japan airport is so clean and well managed and streets are so clean and traffic is so well managed but in Nepal...On the contrary, we tend to forget our own behavior pattern unlike in Japan where we refrained to throw even a piece of paper elsewhere other than in trash box where as within two hours of landing in Kathmandu we tend to forget the basic ethic portrayed in Japan and do not hesitate to drop the junks and litter the streets and often tend to break the traffic rule as well, to ease ourselves. Such is our mindset, the set of attitude which has deep rooted in the mind of most of us.

We praise about Japan's work culture and with high hope after we return from trip when we try to replicate some of it in our workplace environment then we feel the heat built due to employees resistance and soon we are discouraged and fail to apply and later we curse the cause of failure due to lack of support and sigh with remark against domestic environment and curse self acclaimed so called national leaders (the Netas) to console ourselves.

To apply three GEN principles and 3M at our workplace in the country we need to probe to find the real cause then we are required to ask WHY? After receiving the answers too when we still probe again with WHY? Probably after 3 WHYS co worker might either lose his temper and tries to manhandle or give us mouthful, such is our work environment in most of the places within the country.

We all know that the Company is an artificial person run by the mindset of live persons (owners

"sahu jee" and employees as we tend to understand in a typical Nepalese private sector). The moot point is why it works in Japan and same pattern does not work in Nepal?



What makes a company or organization unique?

The ingredient factors behind its uniqueness are influenced by its core values, traditions, ethics, beliefs, interactions, work behaviors' and attitude. Those mindset characteristics and personality gradually helps to build the company's culture and good culture attracts talent, impacts employees' happiness, and creates satisfaction and encourages employees' retention and sum of those built in factors affect overall performance of the company to create market share, growth and increased profit.

As understood by me, TQM is a comprehensive process that encompasses wider boundary beyond production engineering, it also embraces spirituality and positive thinking pattern, adaptability to learn and apply, creativity, behavior modification/change and transformation of behavior pattern and skill, commitment with togetherness in approach, self discipline and patience and other so on and so forth soft skills requirements that foster a sense of belongingness and awareness towards the success of given assignments for continuous improvements. The end result is to deliver the product that creates a Wow! effect to its customers that delivers value for money.

For TQM's success in our context require a gradual mental process for transformation of



work practice and behavior and unlike the instant repair process of machine like replacement of worn out spares by new spares, it might not work immediately in our environment. We need to build the mindset of employees first then create awareness to adopt this culture through gradual exposure and training before its application. Regular follow up and communication by the leaders and day in and day out adoption of improvement of process gradually becomes the work culture of the company.

Importance:

Quality, Productivity, growth and job creation in today's context has embraced the wider boundary encompassing beyond the company's environment. Those are the words not limited to the company's managers alone, in the current context it has become the buzzword also expressed by renowned political leaders from the world's economic powerhouse nations. In the previous month, during Indian premier's visit to USA we heard Mr Modi harping the investors to come to India to gain a level playing field and invest and "make "in India and achieve competitive advantage in the global market through Quality, Productivity, growth and job creation. That denotes its significant importance for the nation's prosperity as well thus also morally thrust the companies to achieve those operational results.

For the survival, growth and success the companies in to day's competitive environment should work hard to deliver quality, attain productivity, and achieve growth with increased profit and market share as well and the most important is to provide value to its customers.

TQM is a philosophy, applicable not only within the manufacturing industries alone. It is also applicable in other wide varieties of sector like construction/housing industry and service sectors as well.

Quality & Productivity is the driving force for any business organization to gain competitive advantage in the market. TQM aims to achieve

greater organizational efficiency and quality, lowers operating cost that supports the organization to meet price competency and fulfills consumers needs which helps to attain increased market share.

Consequentially all those interrelated in-house operational output of each function treated with efficiency & quality with internal customer focused approach that seriously monitors and ensure quality and efficiency at each functional stage starting from vision and planning, product design, material purchase, store & logistics management, production, engineering services, quality control aspects, HR & administration, finance & accounts management, sales & marketing , fire safety & disaster management & security services etc support the organization as a whole to achieve quality & productivity with sustainable profit ensuring the company's ongoing success & prosperity.

The managers of today's competitive environment need to be proactive team player and knowledgeable enough to look at the ways & means with creativity to improve the work process and motivate the team to built awareness and develop the workplace practices to attain quality & productivity at each stage of operation. The managers too need to take the leadership to improve their department's workplace culture and deliver qualitative product and services that meet consumer satisfaction.

TQM thus describes a management approach which looks at the company's long term success through customer satisfaction.

In a TQM effort all the team members of an organization involve & participate in continual improvement of the work processes adopting common goal- common language- and common approach to achieve improvement of products & services.

Regular follow up and communication by the leaders and day in and day out adoption of improvement of process becomes the



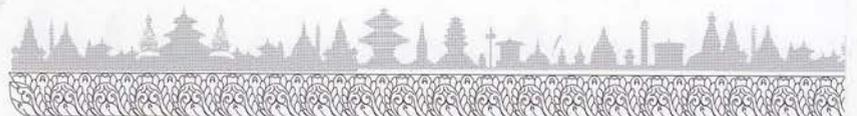
work culture of the company that is agile for improvements and such work spirit empowers the employees which is further reinforced by behavioral modification in work practice (through trainings, awareness built programs etc.) and also by adopting stimuli (tangible/intangible) at times and also by formation of quality circle team as well and those involvement and empowerment activities motivate the human resource for continual improvement in work process. Consequently through adoption of such mindset and work culture the human resource is transformed as precious human asset for the company and the nation.

Principles of TQM:

It is a comprehensive management system with focus on quality & productivity as the main dimension of business. TQM expands beyond statistical process control and embraces wider area of management activities that covers people management, work behavior modification and flawless detailing and monitoring of entire process activities.

1. Focuses on meeting Customers need by providing value to the money spent by customers for buying product/services.
 - Meet customer requirements
 - Understand changing need of today's customers
 - Understand current and future needs
 - Become proactive and plan ahead to develop the product/services that strive to exceed customer expectations
2. Leadership
 - Departmental heads as leader of the represented department need to be positive and proactive for implementing changes for betterment
 - Maintain the internal environment of their departments and involve and empower their members with internal customer focused approach to achieve the common goal.

3. Involvement of people
 - Human Resource of the organization is valuable asset and should be fully utilized through; Awareness built communication, skill uplift trainings, job rotation etc. to meet common goal.
 - Emphasize on team work and empowerment.
 - Involvement also creates a sense of ownership & responsibility towards their job.
 - Customer focused inter related approach for efficiency in inter departmental relationship. Internal customer role of the departments as supplier and buyer related approach while performing/developing process role activity. For example, Production is the customer of raw material/logistics supply department. Similarly, Marketing is the customer of production; Shops & stores in the market are the customers of sales & marketing and main consumers who consume the product is the End Customer.
4. Process approach
 - Related resources and detail work related activities are managed as a work process with common approach for continual improvement
5. System approach with communication for betterment
 - Identify
 - Understand
 - Manage system of interrelated process to improve efficiency and attain common objective
6. Continual improvement
 - Driven by the quest for continual improvement
 - On going improvement in work process in search for higher productivity and quality
7. Decision based on facts & figures
 - Based on analysis of factual data & information



8. Mutually beneficial relationship with supplier
 - Create value for fulfilling customer expectation

TQM beliefs:

1. Customer satisfaction is the measure of Quality
2. Each functional department within the organization is under internal supplier/customer relationship
3. The end users of company's product/services are the external customer
4. Continuous improvement in Quality
5. Analyzing the process of activities (to deliver qualitative product/services) is key element to bring Quality improvement
6. Precise Measurement skill, skilled use of analytical tool and employee involvement with creative and positive mindset & commitment towards the assigned tasks are critical source for Quality improvement idea and innovations and precise implementation to achieve the desired result
7. Sustained TQM is not possible without active and enable leadership of responsible managers at all levels
8. If we do not continuously improve the quality of products/services that we provide to our customers, some other competitor will take over from us and consequence is self explanatory.

Steps of TQM implementation: (Continuous improvement)

1. Obtain MD's (owner/top management's) commitment
2. Educate top level management- to create awareness & commitment
3. Create steering committee
4. Outline the vision, mission statement and guiding principle
5. Prepare a flow diagram of company process
6. Focus on internal/external customer and perform customer survey

7. Consider the employee of the department as an internal/external customer
8. Provide a quality training program (KAIZEN, TQM,5S)
9. Establish quality improvement team
10. Implement process improvements (process improvement team)
11. Use the tools of TQM
12. Know the benefits of TQM

Tools of TQM:

1. Flow chart
 - Denotes major steps in a process-first list the basic steps then below each step list the major sub steps that help to understand the work flow and track movement of people, material and information
2. Cause & effect diagram
 - Denotes cause of a process problem- helps to find the root cause to tackle first and tackle defect/s
3. Control chart
 - Time plots that indicate range of variation built in the system in a particular shift. Determine upper/lower control limit to monitor a process whether it is in statistical control.
 - Crossing the line of UCL/LCL denotes that quality problem exist
4. Histogram
 - Denotes the frequency of occurrence. Width of bar is proportional to the classes into which variable is divided. Height of the bars is proportional to frequencies of occurrence of class
5. Check sheet
 - Structured form to record & analyze data that tabulates process step and observation of defects in particular step/s.
6. Pareto diagram
 - Graphically illustrates relationship of two variables cause & effect



- Pareto charts are series of bars whose height reflect the frequency or impact of problem. The bars are arranged from left to right in descending order of height. The severe problem will always appear on left side of the chart
7. Scatter diagram
 - Helps to determine whether there exist relationship between two quantitative variables represented by x & Y axis.
 8. Run chart
 - Shows variation and trends with time. Provides trends in the process helps to determine if a process is improving or not. It does not use control limits hence cannot tell whether process is stable or not.

Benefits of TQM:

1. Saves the company from incurring high cost otherwise attracted through inefficiency & delivery of poor quality.
 - Prevention of error in process-product, services
 - Prevents the cost of material, non material wastages etc. associated through mistakes, rework, breakdown, inefficiency and variations
2. Appraisal cost
 - Savings through conformance on quality as per standard/specification requirements based on inspection, tests & observations
3. Saves the company from incurring internal failure cost
 - Costs associated with correction of design / specification etc before releasing the semi processed product for next finishing process
4. Saves the company from incurring external failure cost
 - Costs associated with correction of design /specification and further process improvements etc before releasing final product in the market-otherwise product released required to be withdrawn from the market which attracts defamation and reputation damage along with other associated tangible and intangible cost to the

- company and that invites disaster otherwise.
5. Development of trained & empowered employees with polished thinking capacity to resolve the problem/s.

Hurdles in implementing TQM – also explained in internal environment a harsh reality

1. Lack of commitment of owners/top management
2. Lack of mutual trust and blame game culture
3. Negative mindset and trade union hurdle
4. Lack of motivation
5. Lack of education
6. Lack of trainers

Despite those hurdles, if company is serious TQM can still be implemented.

Initially start with strong awareness building campaign which should cover all stake holders (batch wise to start with) citing importance of TQM and its positive effect and its impact on career and self development.

Educate the team on use of statistical tools for correction of work process

Motivational program & training session for changing the mind set of blame game and change resistance.

It is my belief that Subsequent to adoption of series of such in-house awareness campaign and education TQM can be started as a pilot project.

Obviously running such awareness program will initially raise cost of training, where as at the end of the day; company will be able to reap and capitalize the benefits through savings in material waste, leakages, increased productivity and delivery of quality product that fulfills customers' requirements and give value to customers for money spent on buying our products.

At the end of the day, Company will be proudly benefitted to possess trained & motivated human asset who are productive & disciplined and committed to deliver as per set work process without waiting for further instruction of superior. With such employees the company will be proudly regarded by the society as a responsible corporate citizen.



A LESSON FOR A LIFE "TIME"

By: Er. Shiv Bhushan Lal, Rtd. DMD, NT

A million thanks will not be enough to express my gratitude towards Japan in honing my principles in just a single visit. The strong ideals on which Japan is based on, have been an invaluable tutor great enough to impart deep knowledge about life, helping me progress both professionally and personally.

I Shiv Bhushan Lal (ex-DMD, Nepal Telecom), had the great opportunity to visit this nation which creates the perfect balance between nature and technology. I was on a Japanese training program for managers in Information Technology development sector in the year 2003 to learn about "TIME"! Yes, and who better to tell us about TIME than the Japanese themselves. They relate to time in philosophical manner and thereby implying it in their day-to-day lives is simply awe-inspiring.

During our training period, we were taught how things done in time reap rich results. From the grass root worker to the owners(board of directors), each and every member involved in the process of running a company, be it large or small, did their work on TIME! From the dealers to the suppliers, the mechanics to the managers worked in a diligent manner to get their work finished by the final strokes of the clock. This cycle reflected is an essential aspect of our life in the society; what we do impacts others works too. If I submit my work on time, it becomes easier for the next person to do his work, thus enhancing the efficiency and productivity of my company a hundred folds! Every single person was hard-working and their dedication towards punctuality only strengthened them. This exposure changed the way I looked at my "watch", literally so to say. I never took time lightly then on. I also tried to implement this idea in our organization and we experienced excellent results, only because time

was on our side.

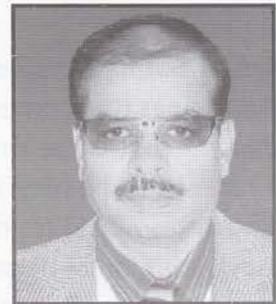
"TIME AND TIDE WAITS FOR NONE!!"

Nothing can be truer when they quote this about the existence of life. Time is a teacher and a healer. Time is golden, it is precious. If wasted, it can never be earned back! It's on a run, continuously and we must run with it in order to have a purpose in life and to fulfil it.

The other very important lesson that I learnt from them was the objective of production! They produced, developed, and invented things or amenities not just for selling it, but there was a purpose behind that too. The purpose was to bring satisfaction to the one who buys it and uses it, in a way similar to the same fulfillment felt by the one who made it and sold it. There are deeper meanings to even the simplest equations that their lives go through every day; physically, mathematically, scientifically, emotionally and psychologically. In this materialistic world, where more and more is never enough, I learnt that more is not only a number but also its worth (quantity vs. quality!). What I give others must please them as much as it pleases me, my soul and my morals.

I only wish to enlighten all whom I come across to pay due respect to time because only then will it respect you. It will bring you glory and strength as it is your greatest mentor.

Peter Senge has stated "People don't resist change. They resist being changed", this fits our present society, but if we are to bring a change it has to begin with us, within our company, within our country.



Kathmandu To Osaka HIIDA Training and Learnings

Sahara Joshi

Sushi. Sumo Wrestlers. Quality Goods... are the first things that comes to my mind when I think of Japan. That is the kind of brand Japan is in itself. I have been hearing about the HIIDA (previously known as AOTS) training in Japan for a long time now. It is kind of personal milestone, as my father was one of the first graduates of this training back in 1994. And more than two decades later getting the same opportunity to attend the HIIDA training was a sort of a feat for me.

Japan is world renowned for its quality of products, its culture and its unique lifestyle. We got to experience all three and much more. This NPCM training, especially organized for the Nepalese professionals was a valuable experience for me, as we got to learn about the meticulous Japanese working culture from the horse's mouth itself. The two-week training program along with the first-hand experience to visit some of the well-established Japanese firms such as the Saraya Co. Ltd, Bankyo Pharmaceuticals, Osaka Shinkin Bank etc and learn about their stories, their way of working from the founders themselves and upper level management of the company was enriching.

While the work ethics of the Japanese remain deep in history, their ideas are spearheading their ways into the most advanced futuristic technologies in the world. The visit to the infamous Toyota Automobile Museum was the prime example of the futuristic ways. The hand looms from the initial days when Toyota was in the textile industry was on display. Starting from textiles, entering into automotive industry and now working in Artificial Intelligence, I could see the seamless monumental transition in that museum itself.

The Japanese working style is uniquely different from the western ideologies that we have been learning about. One of the major lesson I took from this training is how pivotal the role of human resource is to a company's success. In one of our classes, our lecturer had mentioned that Japanese companies 'build people, not companies' and that thought really stuck with me.

The Japanese work ethics revolve upon team work and fostering their in house talent, not only through trainings and monetary incentives but through treating the employees as family. Strengthening the belief and instilling the corporate management philosophy is weaved in their core system. Japanese work culture is as such once you start working for a company, you work at the company lifelong. It sort of becomes your identity.

The core values in the employees are strong towards their workplace that they seldom leave their jobs in prospect of other better opportunities. The recruitment process is done in such a way that employees are appointed with long term employment (until retirement) in mind. The employment security, I believe results in a productive family like environment in the company also contributing to loyalty.

Mr. Yoshiki whose home I stayed at the Aska Village, told me that he and his friends were working at an Insurance company in Osaka for



over 10 years and still continued to do so. Even as we went to the company visits, I found a lot of the employees we talked to had been in the company for a very long time.

The *Ringi* System, is also one of the concept I found very interesting. It is a sort of bottoms up approach where the employees propose important ideas or reforms to their related departments and the departments forward it until it is reached to the high level management in the form of documents to come to a consensus decision of whether to implement or not to implement the idea into their companies.

In one of our company visits in Bankyo Pharmaceuticals Co., we saw the same this play out as the Chairman of the company had put up all displays of the suggestions the employees had made and he had awarded some of the suggestions. In my last group presentation also we discussed the issue of human resource in Nepalese context and how we can effectively implement and modify the Japanese philosophies to suit our situation.

Along with the experience of industry environment we also got to stay with a Japanese family for a night in the form of home stay in the Asuka Village, the ancient capital of Japan. Apart from the general training, the homestay with the Japanese family gave us a sneak peek into their daily lives. I was housed with Mr. Yoshiki and his wife, we cooked our traditional Japanese dinner and ate out dinner while exchanging information about our cultures and sharing our stories.

We also visited the Asuka Village Commercial and Industry Association where they told us of the history of their place and how they were trying revive the tourism industry in the village. We shared some of our experiences of the Nepalese tourism industry and also learnt some of the new innovative ideas they are practicing in the village. The Michimo (small electric car) was one of the

projects that was in place in the village. The small electric car attached with the towns navigation system developed for the tourists to sight see on their own was pretty incredible.

Lastly, coming back home, I hope to instill many of these philosophies into my own organization and also communicate the learnings in my organization. In hindsight this training broadened my world view, taught me a plethora of new lessons regarding my business and how to manage and grow it better. I got to meet new



मेरो भविष्य बचत खाता

6.25%
(दैनिक मौज्जातमा त्रैमासिक ब्याज मुक्तानी)

ब्याज दर

खाता खोल्न आवश्यक न्युनतम मौज्जात	: रु. ५००/-
ब्याज आर्जन गर्न आवश्यक न्युनतम मौज्जात	: रु. १,०००/-
खातावालाको उमेर	: १६ वर्ष पूरा नभएको

विशेषताहरू

- जति पनि रकम राख्न वा भिक्न सकिने
- नि:शुल्क ATM (डेबिट) कार्ड तथा मोबाइल बैंकिङ (Mobile Banking) सेवा
- नि:शुल्क चेक बुक (Check Book)
- नि:शुल्क अन्तरशाखा कारोबार (ABBS)
- माग अनुसार खाताको स्टेटमेण्ट (On Demand Statement)
- नि:शुल्क ब्यालेन्स सर्टिफिकेट (Free of charges issuance of Balance Certificate)
- शैक्षिक कर्जा (Educational Loan) को सेवा शुल्कमा ५० प्रतिशत छुट।
- अभिभावकको खाताबाट यस खातामा रकम ट्रान्सफर गर्न सकिने व्यवस्था

एन.आई.डि.सी. डेभलपमेण्ट बैंक लि.
N.I.D.C. DEVELOPMENT BANK LTD.
Pioneer in development financing >>>

केन्द्रिय कार्यालय: दरबारमार्ग, काठमाडौं
फोन नं.: ४२२८३२२, ४२४८०४०, ४२३०२०८, फ्याक्स नं.: ४२२७४२८, ४२४१२४१

www.nidc.org.np

My Corporate Management Learning at KKC- a lifetime memories

Kailash Shrestha

Knowing others is intelligence. Knowing yourself is true wisdom. Mastering others is Strength.

Mastering yourself is true power. --Lao Tzu.



Travelling is always a temptation, but travelling with an opportunity to gain knowledge and good learning experience is obviously a temptation loaded with excitement, what I felt when I was selected to attend the training program in Japan on corporate management for Nepalese entrepreneurs and managers which was conducted by HIDA-AOTS. Altogether there were 30 participants in my team who were selected for this program.

Nepal AOTS has invited all the selected participants to deliver an orientation program before our departure. The information shared by Nepal AOTS was very valuable and useful to us while in Japan.

During the orientation I was unanimously nominated as the team coordinator to represent all participants, and I was also voluntarily assisted by two other fellow participants (one of them was a bright lady participant, she happened to be the only lady selected for this program) as sub coordinators. Being the team coordinator, I was fully responsible for leading & coordinating all the necessary arrangements for our team of participants who were unknown to me before this event.

Three of us interestingly developed an amicable bond to form a coordinator's team to coordinate, prepare and manage all travel related



affairs as briefed during orientation, including those nitty-gritty affairs although initially appeared trivial to us, yet were equally important and sensitive matters viz. selection of gift items and purchase of souvenirs, route arrangements for the group and bulk purchase of air tickets, visa arrangements and documentation as well including accommodation in Japan with choice of food and maintaining individual behavior as per code of conduct including strict adherence to time schedule etc by all individual members in our group while in KKC during our period of stay in Japan. Such coordination task has lessened the individual's burden, avoided confusions and maintained uniformity in activities and strengthened effectiveness in communication and sustained good rapport with KKC's program coordinator. More than that, the coordinator's function discreetly taught us to understand importance of team, clarity of communication and team work to accomplish any assignments.

We had our best route provided by Singapore Airlines to reach Japan. We decided on the timing to reach KTM airport by ourselves. It was amazing to see everyone arrived at Tribhuvan International Airport at the planned time. The lady coordinator was carrying the heaviest lot, as she was in charge of all the souvenirs. At the boarding counter, we relieved her by distributing the souvenirs. Despite, meeting for only a few times, it was amazing to see that our team had a good sense of bonding. I could already see that during transit in Singapore. While on transit, we received free Wi-Fi coupon with 3 hours' validation. Everybody helped to collect and distribute the coupon. While at transit, the airlines had offered us a \$20 coupon to be well feed for 5 long hours. To maximize effectiveness on everything, we formed a subgroup of 5 persons to manage and coordinate.

It was an early morning landing in Japan and everything seemed to be going smooth. As we were getting ready to head out and picked by



HIDA representative, one of our team member was missing. Some of us waited in the lobby for him while others were busy getting Sim cards for data pack. The missing guy was a male sub coordinator. The reason for his disappearance turned out to be misplacement of his baggage. After verifying with the airlines officer we figured out his baggage was at Australian Airport's baggage cart. Due to this little mishap he was just left out only with the clothes he was wearing then. The airline was generous enough to offer some money as compensation. Yet, shopping at that hour was not possible as we were initially required to check in at KKC first. My clothes could not fit him. But we found some other participants whose size were almost as his. That solved his problem to an extent for the time being.

Initial event was an orientation session as soon as we reached KKC. We had our preliminary checkup done. A VHS video demonstrated rules and regulations to maintain during our stay in KKC were on play. We received a Canteen coupon that covered for our breakfast, lunch and dinner. We received few Yen in cash as compensation for our outing and weekend meals. The first lunch was a self-paid as it was not part of the program.

The next day our training course started. Our classes usually ran from 9:30 am to 16:30 pm followed by an hour of lunch break in between. We often hear time is money, you need to run with time if you chase for money. But in Japanese



society, they value time as generosity of their life. Although 9:30 was the entry time, we were to be 5 minutes early as instructed by our coordinator, Mr Takao NAKA. He used to wait in front the classroom until all the participants arrived. One would feel guilty if they couldn't maintain the 5 minutes' early request.

The first day was an introductory learning on Japanese management style. It was followed by a video presentation on history of excellent SME's of Japan. During our cocktail dinner event, we had also taken a video expressing our views on Japanese culture, food and expectation from our training. Our program coordinator NAKA San was impressed by our video clips and kept on playing it in the class room in the morning before session to materialize that 5 minutes' spare time.

Second day was also a lecture day where we were taught the management philosophy with 5s and Kaizen. On the third day, we did some exercises on problem solving techniques and were taken for Bank visit. The Osaka Shinkin Bank, one of the prominent leaders in community based credit union. We were addressed by the president and higher authorities from the bank.

During the weekend we have personally planned to visit the capital, Tokyo. Although it was not part of the program, we had our personal plan made. Thanks to one of my close friend in Japan we were able to make the trip. Shinkansen, bullet train in Japan was a great experience. It felt like an airplane but with more comfortable seat and legroom and food lovers can enjoy variety of bento box with chilled beer. The journey time was 2 hours 60 minutes. By that, I mean 2 hours 60 minutes precisely. Also to highlight, the traveling cost in Japan is quite expensive. So, I recommend purchasing a 7 days rail pass in

Japan.

Tokyo was to its description. We only had a day and half to move around Tokyo and we had to rush to each place to not miss the others. Shibuya was a special one, where the monument of "Hachiko" is located. Hachiko, is a famous dog is known for his loyalty towards his master. Other places, Tokyo Odaiba cruise, Tokyo city from Ferris Wheel, Tokyo Tower, Sensōji, SkyTree, akihabara electronic market. The whole journey was full of beautiful memories, Ramyum soup was amongst the best. The next day followed a city bus tour. In the afternoon, we took a train and returned back to KKC and our mesmerizing first weekend was over.

This week the course was more focused on practical way of learning management style. The initial lecture was on Leadership and Human resource development for organization activation. Human resources management and their retention is the most sensitive issue in Nepal. In my experience, I felt a huge difference in HRD policies between Japanese and Western society. In Japanese management style, they value seniority and lifetime employment. Whereas, in western society, a person's expertise is valued over seniority. President from B.S Holdings taught us marketing strategy and the conventional measures to fill the basics of it. The next day was a life journey experience to Asuka-Village Commercial and Industry Association



in the NARA Prefecture. They called it a village, but for us it looked more like countryside, just an hour drive from KKC. It was a historic village with unusual carved granite stones. We were divided into groups of 4 to 5 people each and we were to propose various alternative approaches to flourish the tourism industry in the village and upscale the economy. Based on our knowledge of tourism industry in Nepal, we suggested the best alternative approach which I believe they could implement in the best way. Later in the evening, each of the group had a host family welcoming and picking us up to stay in for the night.

I, myself and my friend had the privilege of staying at Yoko Hara, a fine lady with good driving skills. Her house was on the mountains and she had two kids. We played Kendama, classic cup and ball game with the kids. We shared the information on our culture and tradition. She prepared one of the best hotpots for us. We were lucky to have wild boar and deer hunted by her husband in the morning breakfast.

We had a photo shoot ceremony with all the host families, and most of us had developed a nice bonding with them. The emotional scenes were running high, at the time we left village. While sharing our contact details we made sure to invite them to Nepal to witness our traditions, culture and Himalayas.



Mr Takao NAKA, our program coordinator was one of the most compassionate person and a true mentor, I have ever met. He was sensitive, disciplined and at the same time, outgoing with a great sense of humor. He once asked me what do you call hurry up in Nepalese language during an earlier conversation, and we said him "Chito" and it was a tagline for him during the whole tour. Oh yes, whenever I faced him directly, he used to call me oh.... ha..Le'ader !!.

We visited different sites near Nagoya, like Saraya Co., Ltd. Iga plant and Bankyo Pharmaceuticals to learn Management philosophy, Quality Assurance and organization Activation. The president, Nobuo Matsuura shared his bitter and best experiences during his company formation. We left for Nagoya. We stayed at Nagoya that day and the next day we visited Toyoda Looms and Nakanihon Air services for Human Resource development and Project Management skills. We went through Sakichi Toyoda life story and his ambitious journey with innovation to change the society. Robotic musical show in the museum was one heck of technology advancement the country is equipped with. This time, we had a Shinkansen ride from Nagoya to shin Osaka station to reach KKC, managed by HIDA.

Some of us planned for Universal Studio, Osaka next day which was our second weekend. If you ever visit Osaka, you should definitely add USJ in your bucket list. My personal favorite was The Wizarding World of Harry Potter attraction. The whole place is magical and instead of using plastic and concrete real material is used. The Hogsmeade village itself has a real lived-in look and feel, utilizing materials such as artificially aged bricks, real wood, and rusty metals; these additions create a feeling of a living, breathing world rather than a simple attraction.



The final day of the course was a presentation day, where we had mixed group of 6 participants. Our group presented on "Quality Challenges and Product Innovation Due to Frequent Request on Change Control". We successfully portrayed on ongoing sensitive issues facing in the organization for corporate management skills. We received a valuable feedback from our advisor, Mr. Masahiko ARAKAWA on the points we have raise. He was an analytical thinker and produced some novel demos that helped untangle some particularly hard to understand key issues - those ideas have definitely gone into my kit bag.

There is a universal truth we all have to face, whether we want to or not, everything comes to an end. As much as I've looked forward to this day, I have never thought I would dislike endings. We were saying goodbye to everything that was familiar, everything that was comfortable. The final day concluded with certificate distribution ceremonies, followed by small snacks party. The

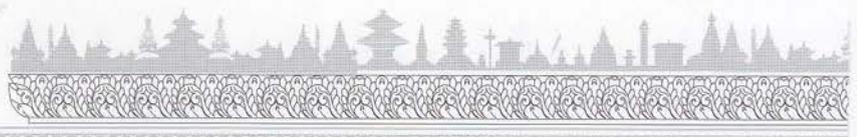
main souvenir presented left them awestruck that they displayed it on their reception desk, whereas the other gifts presented by other groups were on the lobby area.

I asked NAKA San to join us for evening dinner next day, but he denied stating it will hurt and he does not want to cry. Our destined dinner event, with all the group together was never organized in Japan.

You never know what to expect while travelling, but, some do leave you completely blown away. They stay with you forever, and years later you still smile at those fond memories. Additional to the learning from training program, i think the Japanese cultural values imbibed from one generation to another , inherent sense of respect for everyone and everything, the world should look into. You never know when a seemingly minor incident in the country could change your entire attitude towards life.



YELLOW PAGODA HOTEL
Kantipath, Kathmandu, Nepal | +977 1 4227345, 4220041
info@yellowpagoda.com



QUALITY CONTROL TRAINING COURSE IN OSAKA

Sunita Sangat

I was very delighted to get a call from Nepal AOTS Alumni Society hearing the news of my selection for Quality Control Trainings course(QCTC).QCTC conducted by HIDA in Osaka Japan, from 23rd February to 10th March 2017 is a boon for my organization(Tilganga Institute of Ophthalmology). Tilganga is a model organization of our country which has Eye hospital, Fred Hollows Intraocular Lens(FHIOL) Laboratory, Eye bank, Academy for Ophthalmology in the same place. Recently Tilganga and Government of Nepal has signed a deal to make FHIOL laboratory as one of the 'Nation's Pride' industry. In current scenario we are manufacturing four hundred thousand units (4 lakhs unit) of intraocular lens(IOLs) per year. Government of Nepal is helping for the expansion of FHIOL laboratory, by which we will be able to manufacture 15 lakhs unit of lenses per year. FHIOL laboratory is renowned internationally for its high quality lenses. FHIOL laboratory is the first IOL manufacturer in South Asian region to receive MDD 93/42/EEC (CE mark) certification from SGS in United Kingdom. SGS,UK is recognized as the global benchmark in quality and integrity. There are 15 countries on the distribution list, although the lenses have been exported to over 70 countries worldwide. The FHIOL laboratory is the approved supplier for intraocular lenses to Vision 2020 Projects (prevention of curable blindness) and partners worldwide. FHIOL laboratory has its own documented Standard Operating Procedures (SOPs), in-house microbiological testing facility, sterilization facility conforming ISO, compliance to Medical Device Directives and GMP requirements.

During two weeks of training duration I had wonderful opportunity to meet trainees from different countries and share each others cultural practices, and share and learn quality control methodologies and practices. It was certainly

a wonderful opportunity for me to represent my country to attend and participate in discussions in such an international forum represented by participants from various countries of the world .HIDA-AOTS training is very fruitful for my company's laboratory .Training clarified the concepts of quality assurance, total quality management (TQM) more clearly, learnt about the basics of productions systems, daily management, process control. Cause and Effect diagram, Plan Do Check Act (PDCA) cycle, QC circle activities were more clearly understood and carried out efficiently in our organization. Prior to this training we were concerned with only customer's satisfactions and requirements but after this training I learnt that environment and safety are also other important factors of concerns.

I am totally stunned by the punctuality, discipline, politeness of Japanese people. Here I want to share a story.

In Japan after our class ended we three trainees roamed around the city area and did some shopping. After that, while returning to our training Centre, we got confused about the location of street and asked one Japanese gentleman about our centre. He could have just explained us the route where as, it was amazing to believe that he personally walked with us and guided us to reach our centre. Only after reaching the centre that kind gentleman left us.

Once again, during one off day we were searching for an Indian restaurant to have food similar to our taste, we asked about such restaurant to one



Japanese lady, I was so much surprised as she too personally came with us and helped us to locate the restaurant. That kind Japanese lady too left for her destination only after she helped us to reach the restaurant of our choice.

Another good opportunity was an industrial visit to GS Yuasa Corporation and Komatsu Ltd, Osaka plant where we practically observed TQM and QC circle activities. Production Management, technology and automation process of those factories were superb and factories were also too big and large.

After receiving QCTC training from Japan I found a lot of good changes in me and that are of course a positive sign for whole organization. Though the knowledge I gained from Japan cannot be utilized 100 % in the laboratory alone but it is also useful in many ways to enhance the overall efficiency in manufacturing process of the company. Control items, root cause analysis, QC circles activities, were not much activated before the training but after sharing the knowledge with all coworkers, quality control technicians, production technician and now it is more effectively and smoothly run in our laboratory during manufacturing process.

Presentation about QCTC training was shared during our organization's annual training program and I shared important points and features of training.

When we faced many problems during manufacturing process we have QC circle where we make group discussions and share the knowledge that we learnt from training and take a decision with suggestion of senior staff and managers in our FHIOLs laboratory. Upon the occurrence of any problem in manufacturing process first of all problems are identified, root causes of problem are found out and solved by using seven QC tools.

Being an integral part of a non-profitable organization, the IOL laboratory aims to provide intraocular lenses of best quality at an affordable price. Emphasis will always be given for continuous improvement. The laboratory's sole objective is to provide products which are extremely safe and of uncompromised quality. To achieve the objective of our FHIOLs QCTC is very useful to us.

Lastly I would like to extend my gratitude to Nepal AOTS Alumni Society and HIDA for providing me this opportunity.



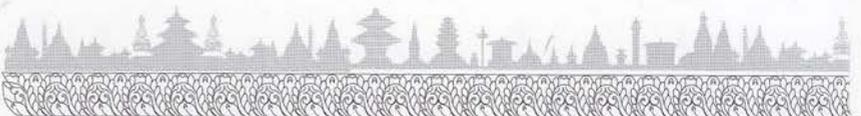
Knit your dreams

Pradhanang Appreals Industry
Manufacturer and Exporter
of Knitwear
Since 1989

Katunje, Srijanagar
Bhaktapur, Nepal
+977 1 6619546
+977 1 6619547

pai@knitwear.com.np

www.knitwear.com.np



QCTC Exposure in Japan:

Padam Bahadur Thapa

I got the chance to attend the training program which was organized by HIDA in Osaka kensai Kensu Center in Japan from February 23 to March 10, 2016.

The Training was focused on Quality control Training Course (QCTC) for entrepreneurs and senior executives of south Asian countries. We were 27 participants from 12 different countries viz. Bangladesh, India, Sri Lanka, Hungary, Malaysia, Thailand, Egypt, Peru, Indonesia, Kenya, Pakistan and Nepal. Participants of the training program were the founder, owners, CEOs and Manager from diversified field of businesses.

During the two weeks of training period, we learnt quite a few things; the course was very interesting and very useful. We had amazing lecturers who had vast knowledge about business expansion and making business stable through quality control and top management. By the 2nd week of the course, we had a site visit to GS Yuasa Corporation-Battery Minami-ku, located in Kyoto city. This company manufactures various kinds of industrial Batteries. There were altogether 14415 employees working in the company. The CEO of the company was very friendly and a wise person. There we got a chance to know how the Battery is completely made following the specific manufacturing processes and the usage of such batteries in various sectors.

In addition, we also visited KOMATSU's-Osaka plant. In this company we were able to know and learn about something new that can be applied to our daily business. KOMATSU is the manufacturer and seller of construction and Mining equipment, Utility equipment, forest machine, Industrial machinery and others. It consists of approx. 2000 people working in this Osaka plant.

Each one knows his/ her responsibility and all do their best to do their jobs right. The company that we visited provides various technical support and helps other company engaged in new business,

both the company were well organized and had their business strategies well planned.

We ended our training with a final presentation based on quality control, problem solving and continuous improvement, QC tools that we learnt during the course. My final presentation was about plausibility of achieving numerical kaizen target, accomplishment of which will lead to energy conservation and other improvements, identifying the cause of problem and its solving technique. Learnt to establish practical action plans to specify how to promote and implement management. The participants were divided into 5 groups and each group gave their presentation in front of the trainers. We basically talked about TQM, QC Circle activities PDCA cycle, QC view point, quality assurance, top management's commitment, process of control and improvement,

The training program provided me with a wonderful opportunity to learn about Quality product, we cannot make quality product by only using high quality raw material as we were thinking and doing earlier. Along with high quality material to make best quality product, we do need Environmental policy, quality of service (delivery), quality of process, quality of work, quality of people, quality of management, quality cost (Appraisal cost) etc are other ingredient factors to make quality.

I had the opportunity to interact with various business people during the training program which will strengthen my global network. Everyone in HIDA were very helpful and courteous.

This exposure in Japan has encouraged me to make quality products to widen the horizon of my business."



Low Carbon Society and Initiatives taken by Japanese Companies

Rubina Shrestha

Introduction: Global Warming

The term global warming refers to the rise in the average temperature of the planet due to the accumulation of green house gases in the atmosphere as a result of various natural and human activities. These green house gases, such as carbon dioxide and methane have tendency to trap the Sun's heat in the Earth's atmosphere, in the phenomenon referred to as the green house effects. Over the past 50 years, the average global temperature has increased at the fastest rate in the recorded history. With the remarkable expansion in the sphere and scale of human activities triggered by globalization, global environmental problems such as climate change and the loss of biological diversity has been considered as a threat to the Earth and mankind.

Causes of Global Warming:

The main causes of global warming can be broadly categorized into two groups:

a) *Natural Causes:* The natural causes that effect global warming are factors such as the solar variation, feedback effect, natural release of methane gas, volcanic eruption etc. These natural causes play a crucial role in regulating the temperature of the planet.

b) *Anthropogenic Causes (Triggered by human):* The anthropogenic causes, on the other hand include several human activities such as fossil fuel burning, deforestation etc. which result in

accumulation of various green house gases in the atmosphere.

Types of Greenhouse Gases:

Greenhouse gases are those that absorb and emit infrared radiation in the wave length range emitted by the Earth. There are several types of green house gases. The major ones are Carbon dioxide, Methane, Dinitrogen monoxide, and Fluorocarbons.

The percentage of greenhouse gases by type to the total emissions by humans is shown in given below pie chart:

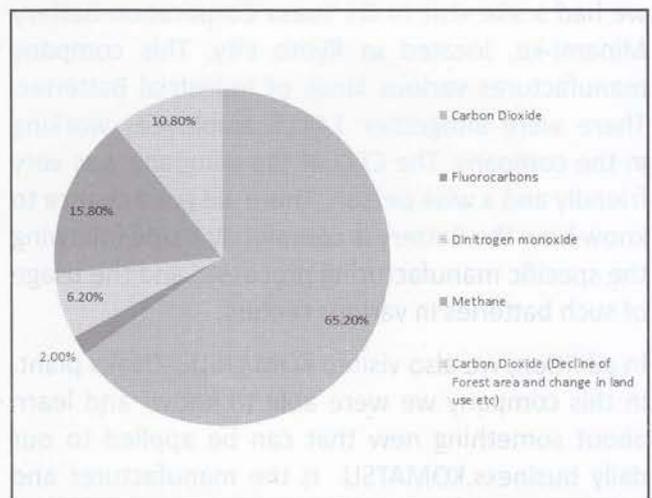


Fig.1. Carbon dioxide conservation values in 2010: prepared based on the 5th assessment report of IPCC (Intergovernmental Panel on Climate Change)

Characteristic of Greenhouse Gases:

Greenhouse gas	Global warming potential values	Properties	Use/Emission source
Carbon dioxide (CO ₂)	1	Major greenhouse gas.	Combustion of fossils fuels, etc.
Methane (CH ₄)	25	Principal component of natural gas. Gaseous state at normal temperature. Highly combustible.	Rice cultivation, intestinal fermentation of livestock animals, landfill disposal of waste, etc.
Dinitrogen monoxide (N ₂ O)	298	The most stable compound among many kinds of nitrogen oxides. Different from other nitrogen oxides (for example nitrogen dioxide) that are hazardous, N ₂ O is non-toxic.	Fuel combustion , industrial process, etc.
Hydrofluorocarbons (HFCs)	1,430, etc.	A fluorocarbon which does not destruct the ozone layer as it contains no chlorine. A powerful greenhouse gas.	Spray, Refrigerant used in the air conditioners and refrigerators, chemical substance manufacturing process, etc
Perfluorocarbons (PFCs)	7390, etc.	A fluorocarbon which contains only carbon and fluorine. A powerful greenhouse gas.	Semiconductor manufacturing process, etc.
Sulfur hexafluoride (SF ₆)	22,800	A fluorocarbon which contains only Sulfur and fluorine. A powerful greenhouse gas.	Electrical insulating materials, etc.
Nitrogen trifluoride (NF ₃)	17,200	A fluorocarbon which contains only nitrogen and fluorine. A powerful greenhouse gas.	Semiconductor manufacturing process, etc.

Table 1. Source: Japan Centre for Climate Change Actions

Future Major Risks due to climate Change:

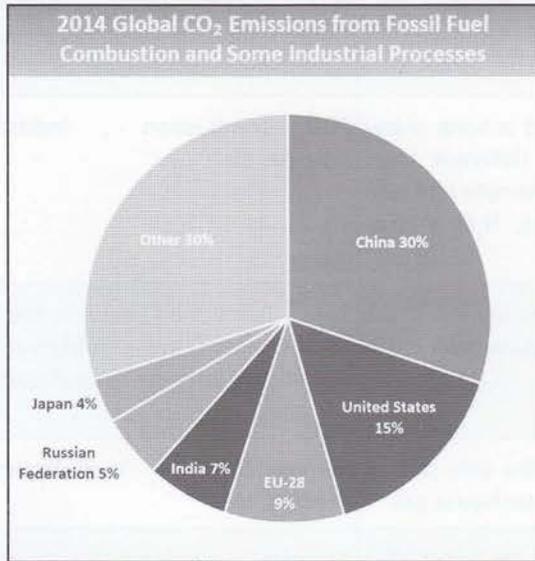
It is estimated that Earth's mean temperature will rise between (1.5 -5.5)°C by 2050 if the input of greenhouse gases continue to rise at the present rate. Even at the lower value, Earth would be warmer than it has been for 10,000 years. With the increase in global temperature, sea water will expand. The polar ice sheets and glaciers will melt resulting in further rise in sea level. Current models indicate that an increase in the atmospheric temperature by 3°C would raise the global sea level by (0.2-1.5) meters over the next 100 years. One meter rise in sea level will inundate low lying areas of cities like Shanghai, Cairo, Bangkok, Sydney, Hamburg and Venice as well as agricultural lowlands and deltas in

Egypt, Bangladesh, India, China, will affect rice productivity.

The global warming will lead to changes in the rainfall pattern in many areas, thereby affecting the distribution of vector borne diseases like malaria, filariasis. Unpredictable weather (sudden hot, cold, wet, or dry spells) and extreme weather events (such as heat waves, floods, and droughts) will become more common. These climate changes affect human health through mechanisms that may be direct and indirect, immediate or delayed. Societies will be hard pressed to prepare for and cope with extreme weather events, especially when these occur on a large scale. The flooding in Pakistan in July 2010 left 160,000 km² under water. 2010 also saw the



hottest summer in Russia for 130 years, leading to forest and grassland fires burning a similar area, contributing too many deaths, and damaging grain crops. The climate change also affects fish and wildlife. Rising stream will likely reduce quality and extent of fresh water salmon habitat thereby damaging marine ecosystem.



Source: Boden, T.A., Marland, G., and Andres, R.J. (2017). National CO₂ Emissions from Fossil-Fuel Burning, Cement Manufacture, and Gas Flaring: 1751-2014, Carbon Dioxide Information Analysis Center, Oak Ridge National Laboratory, U.S. Department of Energy, doi 10.3334/CDIAC/00001_V2017

Draft of Greenhouse Gas Reduction Commitment (COP21) as of December 24, 2015

Countries that submitted drafts (Ranking of GHG emissions)	Main Contents
China (1)	Reducing CO ₂ emissions per unit of GDP by (60-65) % below 2005 levels by 2030. Achieve CO ₂ peak emissions around 2030.
US (2)	(26-28)% reduction in greenhouse gas emission in 2025 (from 2005 levels). Make utmost efforts to achieve 28% reduction.
EU25 Countries (3)	At least 40% cuts in 2030 (from 1990 levels).

India (4)	Reducing the emissions intensity of its GDP by (33-35) % by 2030 (from 2005 levels target gas unknown). Aim to increase non-fossil fuel's share of electricity capacity to about 40% with the help of transfer to technical and international financial support by 2030.
Russia (5)	(25-30) % reduction in 2030 (from 1990 levels) could be a long term target.
Indonesia (6)	29 % reduction in 2030 (compared to the business as usual). Reduction of up to 41 % (compared to the business as usual). If given international support.
Brazil (7)	37 % reduction in 2025 (from 2005 levels). An indicative target of 43 % reduction in 2030 (from 2005 levels).
Japan (8)	26 % reduction in FY 2030 (from FY2013 levels). (25.4 % reduction from FY 2005 levels)

Table2. Source: Global Environmental Affairs Office, Ministry of Economy, Trade and Industry

Towards the Realization of a Low Carbon Society

To achieve mitigation of climate change, it is essential to reduce CO₂ emissions from coal-fired power plants. Different measures can be taken such as preventing wars and conflicts between countries, carbon offset, forest conservation and optimization of land use, reducing waste, promotional of environmental education etc.

Japanese-style Management and Low Carbon Society

The current situation regarding promotion of low carbon in society in Japan is Japan's greenhouse gas emissions account 4% of the global emissions where as The United States and china account for 40% of global emissions. Japan is the highest level of energy efficiency in production in the world. For example, the energy required producing 1 ton of iron in EU, China, US, and Russia, etc. is 1.25 times that of Japan. Share ratio of public transportation to the total transportation modes is high in Japan-



NIBL Travel Services



PLEASE REMEMBER US FOR FOLLOWING FACILITIES:

Foreign Exchange ✿ VISA International Travel Card USD
 Bank Draft / Swift Transfer ✿ Remittance ✿ SEVIS & USCIS Immigration Fee
 Online Processing Fee Payment

थप जानकारीका लागि नेपाल इन्भेस्टमेन्ट बैंक लि.को शाखाहरुमा सम्पर्क गर्नुहोला ।

www.nibl.com.np



नेपाल इन्भेस्टमेन्ट बैंक लि.
NEPAL INVESTMENT BANK LTD.
Truly a Nepali Bank

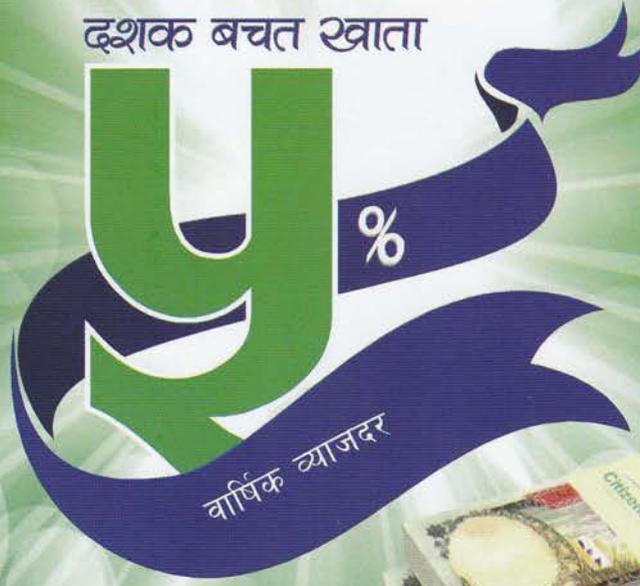
(नेपाल राष्ट्र बैंकबाट "क" वर्गको इजाजत प्राप्त संस्था)
 Durbar Marg, P.O. Box: 3412, Kathmandu, Nepal
 Telephone: (977-1) 4242530, 4228229
 Fax: (977-1) 4226349, 4226927
 E-mail: info@nibl.com.np





वार्षिकोत्वसको उपलक्ष्यमा बचत तथा
लगानीकर्ताको लागि विशेष सुविधा सहितको

सिटिजन्स
दशक बचत खाता



खाताका विशेषताहरू :

- न्यूनतम मौज्दात रु. ५०००/-
- ५८ वटै शाखाहरुबाट नि:शुल्क ABBS सेवा
- नि:शुल्क इन्टरनेट बैंकिङ्ग सेवा
- स्मार्ट बैंकिङ्ग सेवा
- नि:शुल्क VISA DEBIT कार्ड सेवा
(पहिलो वर्षको लागि मात्र)
- लकर सुविधामा ५०% छुट
- नि:शुल्क Demat खाताको सेवा
- ५८ वटै शाखाहरुबाट ASBA सेवा उपलब्ध हुने

Citizens Bank
International Ltd.
सिटिजन्स बैंक इन्टरनेसनल लि.
YOUR PARTNER FOR PROGRESS

मुख्य कार्यालय:

पो ब १९६८१, नारायणहिटी पथ, काठमाडौं, नेपाल, फोन: ९७७ १ ४४२७८४२/४३/२४,
फ्याक्स: ९७७ १ ४४२७०४४ इमेल: info@ctznbank.com, SWIFT: CTZNNPKA

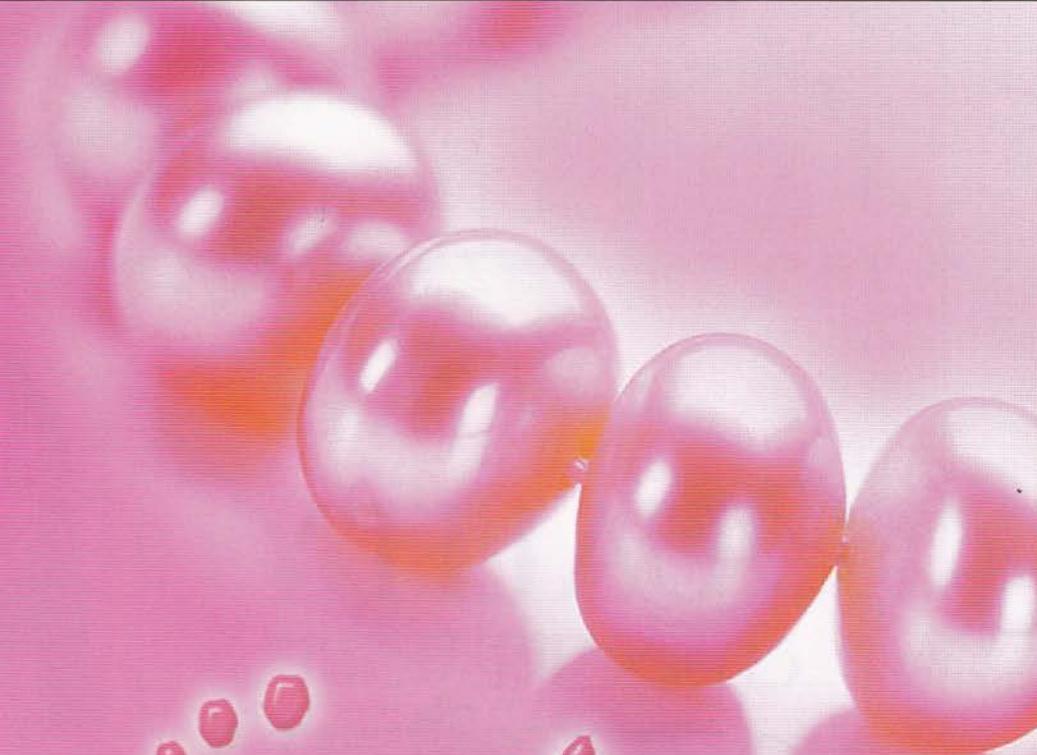
www.ctznbank.com



QUALITY
CHECK पल पलमा
NO सतर्कता
गुणस्तरमा



नेपाल अम्बुजा सिमेन्ट उद्योग प्रा. लि.



सन्राइज
pink
बचतखाता

विशेष खाता नारीहरुका लागि मात्र

यस खाताका विशेषताहरु

- बीमा सुविधा: दुर्घटना - मृत्यु / स्थायी अपाङ्गता
- निःशुल्क एबिबिएस / चेकबुक / ई-बैंकिङ्ग / एसएमएस तथा एकाउन्ट स्टेटमेन्ट
- Safe Deposit Locker मा छुट



सन्राइज बैंक लिमिटेड
SUNRISE BANK LIMITED

RISING TO SERVE

www.sunrisebank.com.np

YOU & US
Together We Can Build

*शर्तहरू लागू हुनेछ ।

(Japan: 46.7 %, US: 22.4%, Germany: 20.7%, France: 16.1%, UK: 13.1%) The cumulative sales of hybrid vehicles (HV) in domestic and overseas markets exceeded approximately 7 million units in September 2014. Plug-in-Hybrid (PHV) and hydrogen fuel cell vehicles have also been developed. Japan has also initiated promotion of photovoltaic power generation systems, introducing of high-efficiency air conditioners and of "cool biz" and "warm biz". Cool biz is an energy saving campaign to encourage workers to dress more casually and to set air conditioner at 28°C where as warm biz means encouraging people to heat their offices and homes no higher than 20°C to conserve energy over the winter. 25 % of the total amount of energy is generated using nuclear energy in Japan, but since March 11, 2011, nuclear power plants have been shut down when the Great East Japan earthquake occurred.

Initiatives to Promote Low Carbonization in Industries

Japan has taken initiatives to promote low carbonization in industries by implementing the followings:

a) *Low carbon office*: Japanese companies have started implementing Building Energy Management System for reduction of power consumption by presetting a demand value. They have also started the concept of Energy-saving Building using LED (Light-emitted diode), solar power lighting system, utilization of underground water, cooling and insulating coat painting, introduction of highly insulated window glass, attachments of light-shielding films to window, etc. The concept of paperless office by promoting Information Technology has been implemented. They have also executed promotion of 3R by introducing EMS (Environmental Management System), ISO 14001, and Eco-Action 21 organized by Ministry of the Environment. "3R" refers to three action guidelines towards reduction of waste and creation of recycling-oriented society.

b) *Production System (Hardware aspects)*: As to the practice of low carbonization, Japanese Companies have enforced introduction of highly-efficient equipment such as boiler, air-conditioner, compressor, manufacturing equipments etc. and utilization of low carbon-energy likely bio-fuel, photovoltaic power generation, natural gas fuel, clean utilization of coal, etc.

c) *Production management system (Software aspects)*: Japan's plays a leading role in system innovation. Introducing different Japanese systems such as 5S that is Seiri (sorting), Seiton (setting in order), Seiso (shining), Seiketsu (standardizing), and Shitsuke (sustaining), TQM (Total Management System), JIT (Just-in-Time), TPM (Total, Productive Maintenance) help in promoting low carbonization in Industries. Similarly, indentifying and reducing 3M that is Muri (unreasonableness), Muda (waste) and Mura (inconsistency) also assist low carbonization in industries.

What we need to do:

Human induced climate change is a reality, and one which threatens our biosphere and the global economy. It also poses a grave threat to our health and survival, and an even greater risk to our children and grandchildren. Urgent action at national and international level is required to minimize emissions of greenhouse gases, while adaptive mechanisms are put in place to deal with those health consequences that are already unavoidable.

Conclusion:

Japan is in an advanced stage of "designing cities" to fight climate change. System innovation effectively changes the traditional thinking, supply chain, and manufacture. By designing the new industrial-urban network, reallocating factories and recycling facilities, green supply chain management, and a series of legislation on waste recycling, a win-win situation of economy and environment achieved.



Fair Trade for Sustainable Development

Chandra Prasad Kachhipati, Chairperson, Fair Trade Group Nepal, Life member Nepal AOTS

Fair Trade is a worldwide organized social movement and market-based approach to provide opportunities to economically disadvantaged and marginalized producers of the South. Fair trade is a tangible contribution to the fight against poverty, climate change and global economic crisis. The world bank reports that more than one billion people still live at or below \$ 1.25 a day. Despite global economic growth the gap between haves and have not is widening. Fair Trade believes that trade must benefit the most vulnerable and deliver sustainable livelihood by developing opportunities especially for small and disadvantaged producers.



Women from Sankhuwasabha spinning the Allo yarn

Fair Trade has been defined as “ a trading partnership based on dialogue, transparency and

respect that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers – especially in countries of the South”



Figure 2 World Fair Trade Organization Logo

Today, More than 5000 fair trade organizations(FTO's) operating in over 75 countries allow millions of small producers in the south of the world ,who are living the life of poverty, unemployment and deprived from basic necessities , to access the market at sustainable conditions and to live with dignity. FTO's work with marginalized producers and workers in the south in order to help them move from a position of vulnerability to security and economic self sufficiency. FTO's are engaged actively in supporting producers, providing market , awareness raising and in campaigning. Currently 110 million artisans, farmers, growers, producers, and supporters driving Fair Trade through cooperatives, networks, brands and businesses with a 100% Fair Trade commitment are delivering more than Euro 4 billion in Fair Trade sales worldwide.



Fair Trade is more than just trading: It highlights the need for change in the rules and practice of conventional trade and shows how a successful business can also put people first.

Fair Trade Chain

Artisans/Farmers/Producers in South: Production.

Producer Groups in South (Micro enterprise, Cooperatives, Clubs) : Production:

FTO's in South (NGO, Trading companies,): Production/Marketing

FTO's in North (Importers, Whole sellers, Retailers): Buying/Marketing

Retail shops/World shops: Retailing

Consumers: Consumption

Most of the Southern FTO's are involved in production and export. Some of them are through retail sales as well. These southern producer FTO's comply with following fair trade principles:

- Creating opportunities for economically disadvantaged producers.
- Transparency and accountability for all stakeholders
- Fair Trading Practices
- Payment of fair price
- Ensuring No child labor or Forced labour
- Commitment to Non Discrimination, Gender equity and women's economic empowerment and freedom of Association
- Ensuring good working conditions
- Providing capacity building
- Promotion of Fair Trade
- Respect for the environment



basket weaving

Principles of Fair Trade



"Poverty reduction through trade forms a key part of the organization's aims. The organization supports marginalized small producers, whether these are independent family businesses, or grouped in associations or co-operatives."

A Case of Fair Trade in Nepal.

Nepal is one of the poorest country of the world . The official figure shows around 23% of the population live below poverty line.The years of insecurity, violence, political instability has brought massive unemployment, scarcity and less economic opportunities. The majority of young people go abroad to work because of lack of opportunities in the country. Industrial development is at very infant stage and fighting with many problems.

The Fair Trade Organizations, though small in



size, have been playing very important role in the sustainable development of the country and providing opportunities to thousand of marginalize and poor producers.

The fair trade initiation in Nepal started in 80's with the establishment of craft based organizations who started giving employment to women and deprived craftsmen. Currently 24 Fair Trade organizations under Fair Trade Group Nepal (National network of Far Trade Organizations) are providing direct employment to 10000 low income producers. More than 35000 individuals are benefitting through Fair Trade activities .Around 35 Northern FTOs are buying crafts ,agro and herbal products from these Nepalese FTOs.



Producers in one of the FTO, Sana Hastakala



A Leprosy affected producer

These FTO's not only are providing opportunities to physically, socially and economically challenged people by involving them in craft production and marketing their products but also by providing producer and community development programs including advance payment, capacity building, Children education, health services etc.,

Concluding

During its history of over 60 years, the Fair Trade movement today has developed into a widespread global movement with recognition on a political and mainstream business level. Fair Trade products are sold in thousands of World-shops or Fair Trade shops, supermarkets and many other sales points in the North and, increasingly, in sales outlets in the Southern hemisphere. The movement is engaged in debates with political decision-makers in the European institutions and international fora on making international trade fairer. And Fair Trade has made mainstream business more aware of its social and environmental responsibility. In short: Fair Trade is becoming increasingly successful but there are still a lot of challenges ahead , which need to be taken up together.



Though fair Trade is growing, Southern producers are still facing many challenges like : Unavailability of quality raw materials, traditional technology, Quality, Lack of market information, delays delivery, lack of design and product development, high price, lack of infra structure, political instability, strikes, power failure, low capacity/ efficiency.etc.

Southern FTOs expect long term relationship from their Northern FTO partners. With Consistence orders , artisans can plan for future, producer groups can build their production capacity and grow their business. Long term fair trade relationship sustain artisan groups and provide a vital source of security during difficult time .

The country and regional fair Trade networks are providing support to its producer member organization in its efforts to market expansion, product development

We highly appreciate the support from Northern FTOs who are helping in buying our fair trade products and at the same time provide us design and market information support . More the fair trade markets expands , more and more marginalized producers are benefitted and positive change occurs in their lives. United, we can bring change to the socio economic conditions of the thousands of needy producers..

Fair Trade is a means for Poverty alleviation, Sustainable development, Women empowerment, Transparency, Natural resource management, Environment preservation and FAIRNESS FOR ALL!!!. But We need Cooperation and Solidarity from Southern and Northern FTOs, Producers and consumers, Exporters and Importers, Policy makers and Government, Net works and Donor Organizations. Together we can reduce poverty and lead to balanced and sustainable economic growth

Computer Care Pvt. Ltd.

Manage IT as a service

Do more through technology

We help organizations drive rapid, progressive change from their IT



Our Services:

- ❖ **Managed IT Services**
 - ✓ Pro-Active Support & Regular Maintenance
 - ✓ IT Security and Antivirus
 - ✓ Monitoring, Asset & Configuration Management
 - ✓ Data Protection
 - ✓ Hardware & Software Procurement

Strategic IT Planning & Consulting

- ❖ Network Cabling & Physical Installation
- ❖ Helpdesk & Technical Support
- ❖ Network Security
- ❖ Cloud Technology
- ❖ Backup and Disaster Recovery Solutions
- ❖ Onsite Field Support



Kupondole Height
 (Opposite NABIL Bank), Lalitpur
 015521984 / 015010641
comcare@ntc.net.np



Knowledge Management in Energy Conservation

Ladhuram Tamang

With the emerging demand for power and growing awareness of the need for environment protection and energy conservation, the complexity in the energy management is increasing and finding it difficult more than ever for the knowledge management on energy to make objective decision for the energy optimization. The load parameters could be identical and somehow relevant to the governing standards and regulations on the basis of laboratory test conditions but the results could differ in the working condition. The load patterns have changed from being linear in the past to non-linear today. Power distribution networks are increasingly subjected to harmonic distortion due to non linear loads e.g. variable drives, soft starters UPS, electronic ballast, servers, and computers and so on. The load patterns are more voltage sensitive now than decades ago and could be a bigger challenges to the utility for supplying the quality power. This indicates that a knowledge management in energy use and conservation is calling for customized solutions than off the self readymade solution. This is where the knowledge management comes into picture. The knowledge management should also provide avenues for finding the application areas, technological improvement, innovation, capacity building, skills enhancement, sharing of information and so on.

The knowledge management in implementing energy conservation activities is very crucial to ensure reliable access to adequate power supply. By using energy efficiently and optimally the same services could be delivered with less energy

and save more than millions worth of energy bills. It is found that almost 30% percent of energy consumed in domestic premises in this country is used unnecessarily or inefficiently. The contribution to the system demand from the domestic use of electricity in Nepal contribute the highest and roughly estimated to 65% from 67% of the demand and as per the NEA's latest report, the cumulative electricity leakage, loss has been reduced to 22.5 % from 27.30% due to the result of knowledge in demand side management and strong commitment made by the decision makers.

Few public and private-sector entities in Nepal, on their own are undertaking a wide range of knowledge management on energy conservation initiatives including indentifying and sharing relevant practices, experiences, and fostering in installing the collaborative technologies. The INGOs, NGOs, FNCCI and some other entities are also found working towards this endeavor for quite some time in acquiring and implementing new techniques, expanding budgets with a need to disseminate knowledge on energy conservation to an increasingly diverse work force, and providing some nourishment for energy-management efforts. However job cuts in a number of organizations and in an era of uncertainty, shrinking budgets and staff reductions, and outgoing employees have put energy-management practice at a high risk despite its ever increasing importance to the sustainability of the company. For examples, a



business house may reduce fee offered to energy consultant or cut the number of training sessions that employees need it for the benefit of their own companies. The organizations can scale back such projects that are not considered essential, often undermining energy-management efforts unlikely to produce an immediate, quantifiable payback. In this way organizations might lose the potential benefits in the long run normally associated with such efforts by having notions that energy management is something that we can live without.

The investment companies might think certification and accreditation lax in this area

from the concerned authority is not worth for the investment. The knowledge and skills accompanying the relevant certification can be instrumental to the work force and helps to have the right decision for the energy conservation program ahead. The implementation of energy management program requires commitment by the highest ranking staff member who should demonstrate the leadership and show the staff that energy management action plan has a strong internal support. The policies and programs should also have the strong backing by the top management at the national, regional levels and local levels as well.

स्वास्थ्य सुरक्षा हाम्रो अभिभारा

हाम्रा उपलब्ध सेवाहरू:

- २४ सै घण्टा एम्बुलेन्स सेवा उपलब्ध
- सुविधा सम्पन्न ICU (Intensive Care Unit) सेवा
- इमरजेन्सी एक्सरे तथा औषधी पसल २४ सै घण्टा खुल्ला रहने
- भिडियो एक्सरे, Endoscopy, Echo, EEG तथा ECG हरूको सेवा
- वरिष्ठ तथा अनुभवी चिकित्सहरू द्वारा:
- मुटु, पेट, छाती, नशा तथा मधुमेह, थाइराईड रोग सम्बन्धी उपचार
- नशा तथा मानसिक एवं छारे (Epilepsy) रोग सम्बन्धी उपचार
- विभिन्न किसिमको शल्यक्रिया (अप्रेसन) सुविधा
- हाडजोर्नीको C-Arm Machine द्वारा अप्रेसन गरिने तथा नशा रोग
- प्रसुती तथा स्त्री रोग सम्बन्धी सम्पूर्ण उपचार सेवा
- नवजात शिशु तथा बालरोग सम्बन्धी सम्पूर्ण उपचार सेवा
- नाक, कान, घाँटी, टाउको तथा इन्डोस्कोपी सर्जरी सेवा
- दन्त तथा मुख रोगसम्बन्धी सम्पूर्ण उपचार सेवा
- छाला तथा कुष्ठ रोग सम्बन्धी सम्पूर्ण उपचार



Shree Bhawani Hospital & Research Center Pvt. Ltd.

श्री भवानी हस्पिटल एण्ड रिसर्च सेन्टर प्रा. लि.

फोन नं. ०५१-५२०२००, ५२०२८६, ५२०२८८

ईमेल: shreebhawanihospital@gmail.com

Link Road, Buspark Area, Birgunj-19, Parsa (Nepal), Tel.: No.: 051-520200/520283/520284



Nepal AOTS Alumni Society

LIST OF LIFE MEMBER

S.No.	Name	Office	Off. Tel.	Res. Tel.	E-mail	Fax	Mobie
1	Adhakari, Bhola Prasad	Swastika Copy Udyog	021-526094	021-527051	swastika@swastika.brt.wlink.com.np		
2	Amatya, Lochan Lal	Nepal Telecom	4210102	5524645	lochan.amatya@ntc.net.np		9851023151
3	Amatya, Sanam			5521444			
4	Aryal, Ashok Kumar	Fish Tail Enterprises		4413507	ashok_aryal@hotmail.com		985112075
5	Bajaj, Gopal	Deepak Garment Industries	4250018, 4249493	4249493	bajaj@bajaj.wlink.com.np	4249865	9851022217
6	Bajaj, Narayan	Deepak Garment Industries	4249493, 4249102	4250018	bajaj@bajaj.wlink.com.np	4249865	9851021478
7	Bajaj, Shrawan	Deepak Garment Industries	4250018, 4244943	4364308	bajajshrawan@gmail.com	4249865	9851004798
8	Bajracharya, Indra	Smile Wear	5529219	5542506	smilewearkath@hotmail.com		9861032565
9	Bajracharya, Rabinda Mananda	NIDC	4228322	4229340	nidc@wlink.com.np	4351654	
10	Bajracharya, Ushan	Ci. Bi. Art Treasure	4252555	5524469	treasure@ntc.net.np	4251899	
11	Bania, Asoka Man Singh	Sako Engineering & Trading	4227488	4227488	sako@mos.com.np	4223187	9721334077
12	Bania, Ram Badan Shrestha	Sako Engineering & Trading	4242442	4227488	sako@mos.com.np	4223187	
13	Bania, Suraksha Man Singh		9803328554	4271090	smsb1@hotmail.com		9860201159
14	Bastola, Khem Raj	Maitri Travels & Tours (P) Ltd.	4264080, 4242221		maitri@ntc.net.np	4250990	
15	Bhattarai, Chinta Mani	Lumbini Finance & Leasing Co. Ltd.	4423443	4473554	lufil@mos.com.np	4425655	9851021438
16	Bhattarai, Madhusudan			4601118	madhusudanbhattarai@hotmail.com	4476561	
17	Bhattarai, Manoj Kumar	Nepal. Industrial Development Corporation	4428353	228322	bhattaraim@gmail.com		
18	Bhurteel, Mrigendra	Tibetan Rugs P. Ltd./ Kathmandu Dying	5534177, 4362131	5536685	nepal_looms@wlink.com.np	5523706	9851092659
19	Bista, Pradeep Kumar			5524319	pradeepbista@hotmail.com		
20	Chalise, Raju Nath	Machhapuchhre Bank Limited	4417959	4471118			
21	Chapagain, Dinesh Prasad	NQPCN	4227470	4241658	dinesh.chapagain@yahoo.com		9851035619
22	Chapagain, Shanti	BISCONS Consulting Firm	4227470	4241658	DINESH@biscons.wlink.com.np		
23	Chhetri, Dhiraj Kumar Karki	Hotel Seema	057-520191	057-520124	seema@mos.com.np	057-520655	9845022571
24	Dali, Amira	Sampo International Corporation	5592859	4270763	sampoktm@mos.com.np	5590857	9851033164
25	Dali, Durgesh Raj	Biotech Nursery Pvt. Ltd	5591349	4270763	durgesh.dali@gmail.com	5590817	
26	Dhoju, Devendra Prasad	Butwal Finance Ltd.	071-544288	071-540691	butwal@finance.btw.wlink.com.np	071-544488	

27	Dhungana, Shekhar Prasad	Kathmandu University	5528812	4430974	shekhar_dhungana@hotmail.com	
28	Gautam, Puspa Pani	Podrej Steel Industry	4470818	4370094		
29	Giri, Fadindra Raj	Labline Traders	4258590	5592756	girinepal@wlink.com.np	4100532
30	Joshi, Bhawani Bhakta	Star Investment Co. Pvt. Ltd.	4239812	4351939	starlmi@wlink.com.np	9841353869
31	Joshi, Sushiel	Himalayan Bank Ltd.	4250201, 4227749		hbl@hbl.com.np	
32	Jyoti, Padma	Jyoti Group of Companies	4252665	4221290	plyoti@mos.com.np	4226314
33	K. C., Krishna Bahadur	Nanda Battery Industries	071-542775	071-560091	nandabattery@hons.com.np	
34	Kachhipati, Chandra Prasad	Sana Hastakala	5522628	6610401	sanahast@wlink.com.np	9851050913
35	Kafle, Tanka Mani	Gorkha Brewery (P) Ltd.	056-520741	056-525815		056-520994
36	Kathayat, Mahesh Singh	Kathmandu Engineering College	4284902	9.841E+09	msk_nitc@nitc.gov.np	4243362
37	Kansakar, Naveen Bir Singh	Bir Singh Auto Centre	4270243, 4276880	4273699	naveen.kansakar@yahoo.com	9851020386
38	Khanal, Bidur Kumar	PEPSI Cola International		4470115		
39	Khanal, Jagan	Sisa Holidays Tours (P) Ltd.	4424973	4370395	jagan@wlink.com.np	
40	Khanal, Kumar Prasad		9841338831	4471782	kumarkhanal@gmail.com	
41	Lama, Bakhana Singh	Pooja Fashion Industries Pvt. Ltd.	4491021, 4464014	4373910	singhdan@mos.com.np	4245856
42	Maharjan, Dhruva	Griha Mantralaya	5535614	5545628		5535614
43	Maharjan, Kishor Kumar	Sunrise Bank Ltd.	4004561	5529275		
44	Malla, Rajendra	New Asiatic International Traders	4222384, 4231107	4472606	mallaraj@wlink.com.np	9851083361
45*	Malla, Shanta Bahadur	BhumiRestro lounge	4412193	5006003	shantamalla@hotmail.com	9851026242
46	Manandhar, Ashok	Information Sysyem Solution	4223631	4251897	manandhar_ashok@hotmail.com	9841218583
47	Manandhar, Bijay Bahadur	Lalitpur Finance Ltd.	5536598, 5523850	5533003	bij@wlink.com.np	5531916
48	Manandhar, Pradeep	EG Shop (P) Ltd.	4231502	4254767	p_manandhar@hotmail.com	9851054007
49	Maskey, Puskar Nath	Navajeeven Textile P. Ltd.	5526537, 5526552	5524294	maayke@wlink.com.np	9851025438
50	Mool, Manohar Das	Kagaj Kothi	4279619	4244126	kagajkothi@wlink.com.np	4280618
51	Mudbhary, Ajaya Kumar	Nepal Wood Preservative Industries	4241182	4253847	mjc@mos.com.np	4220452
52	Mudbhary, Kiran Kumar	Mudbhary & Joshi Construction P. Ltd.	4241182	4270771	mjc@mos.com.np	
53	Nakarmi, Mahesh Kumar	Krisuns Works	4284698	4253625	nakarmi.mahesh@gmail.com	9803032544
54	Nepal, Arati	Nepal Paper Crafts Pvt. Ltd.	4231729	4442866	nepalarati@gmail.com	4413038
55	Nepal, Pradeep Kumar	Nepal Industrial Dev. Corporation	4229418, 4228322		nidc@wlink.com.np	4227428
56	Nepal, Prakash Kumar	Jagadamba Spinning Mills (P) Ltd.	071-621911	021-528912	pknepal@gmail.com	
57	Nepal, Ramesh Prasad	Integrated Methodical Research Centre	9851062933	4470887	rameshnepal2010@yahoo.com	



58	Pandey, Jyoti Prakash	Nepal Investment Bank Ltd.	4228229, 4242530	5536149			4226349	
59	Paneru, Binod Raj	Bhatbhateni Communication Centre	4413186, 4413375	4413186	paneru@wlink.com.np		4416144	9851030548
60	Piya, Barun	Kastamandap Trade Links	4428647, 4438622	4410737	bpiya@wlink.com.np		4411072	9851020131
61	Pradhan, Chandra Man	Central Finance Co. Ltd.	5522289, 5536420	4228270	central@ntc.net.np		5540842	
62	Pradhan, Dinesh	Kagaj Kothi	4246578	4279619	kagajkothi@wlink.com.np			9851033120
63	Pradhan, Gautam Lal			4434816	nepalexpress@mail.com.np			9841208286
64	Pradhan, Gyanendra Lal	Shangri-la Energy Limited	4434003, 4434004	4414579	glp2067@gmail.com		4439319	9851021222
65	Pradhanang, Ballav Bahadur	Modern Packaging Industry	4350983, 4350848	4220144	modpack@wlink.com.np		4223997	9851023035
66	Pradhanang, Sanjeeb	Prefab Concrete Ind. Pvt. Ltd.	6630213, 4240454	4220046	prefab@infoclub.com.np		4223997	9851145878
67	Rajbhandari, Devraj	Arnico Nirman Company P. Ltd.	4474003	4478852	elite@ccsl.com.np		4478853	
68	Rajbhandari, Meena Shrestha	Elite Creation P. Ltd.	4474003	4478852	elite@ccsl.com.np		4478853	
69	Rajbhandari, Sarju	Mercentile Communications Pvt. Ltd.	4240920	4474511	sarju@mos.com.np			
70	Rajbhandari, Sunil	Nanis Fashion	5524113	5524113	sunilraj@wlink.com.np			9851021946
71	Rajbhandari, Ujjal	Himalayan Bank Ltd.	5535556	4221092	ujjal@hbl.com.np		5535554	
72	Rajkarnikar, Ramesh	Krishna Pauroti Pvt. Ltd.	4411452	4415957	shreyas@wlink.com.np		4416218	9851025270
73	Rajkarnikar, Shant Raj	Nebula Fruit Products	4270166	4270309			4271439	9851036872
74	Rijal, Sanjeev	Nepal Jute Industries	9851022856	4411205	ctravels@mos.com.np		4266459	9851022856
75	Sapkota, Durga Lal	Nepal Material Handling Engg.	056-501125					9855055903
76	Shah, Satya Narayan							
77	Shakya, Asta Bahadur	ABC Screen Printing	4278849	4278849				
78	Shakya, Bindu	Hotel Ambassador P. Ltd.	4280808	4287167	Sakya.bindu@gmail.com		4413641	9851022363
79	Shakya, Kiran Narsing	Subash Printing Press	5533191, 5533603	5551905	kiran@gurans.com		5533603	9851044448
80	Shakya, Mani Ratna	Deurail-janta Pharma Pvt. Ltd.	4371061	5532667	djpl@wlink.com.np		4435166	9802088083
81	Shakya, Raju.....	Otard International Pte. Ltd.	4413933	4414378	otard@mos.com.np		4416720	
82	Sharma, Hari Bhakta	Deurail-janta Pharma Pvt. Ltd.	4435167, 4435168	4418297	hari.sharma@deurailjanta.com		4435166	
83	Sharma, Himalaya Prasad	Himali Bakery Co. P. Ltd.	4350848	5521682	himal_sharma@hotmail.com			
84	Shrestha, Bijendra	Pacific Commercial Co. P. Ltd.	4430525	4273771	bijendra@pacific-nepal.com		4430413	9851020755
85	Shrestha, Imojini	Modern Printing Press	4253195	4253195	modprint@infoclub.com.np		4225524	
86	Shrestha, Krishna Mohan	Surya Confectionery P. Ltd.		061-525090				
87	Shrestha, Prabin Krishna	Machhapuchhre Bank Ltd.	9851053859	5533009	prabinksth@hotmail.com			9851053859
88	Shrestha, Prakash Rudra	Nepal Consult P. Ltd.	5523763, 5011534	4411896	pr_shrestha@hotmail.com		5011671	9851031472



89	Shrestha, Pratul Lal	Orbit International Pvt. Ltd.	5524944, 5524844	4265653	orbit@mos.com.np	5526098	
90	Shrestha, Rajoj Man	Central Finance Co. Ltd.	5522289, 5544517	5522289	central@ntc.net.np	5540842	9851020580
91	Shrestha, Radhika Ranjitkar	Quality Printout	4247730	4273838		4240118	
92	Shrestha, Ramesh Bahadur	Ajima Wool Carding & Spinning Udhhyog	4474679	4355395	sematravels@wlink.com.np	4412746	
93	Shrestha, Rohini	Sana Hastakala	4436631	4428640	sanahast@wlink.com.np	5526985	
94	Shrestha, Sanjoj Man	Premier Aluminium Works Pvt. Ltd.	4282838	9.851E+09	sanjoj@infoclub.com.np		9851020746
95	Shrestha, Shashindra	NEBICO Pvt. Ltd	4350541, 4350130	4372346	shashindrashrestha18@gmail.com	4350527	
96	Shrestha, Suman Bahadur	Ace Finance Company Limited	4249396, 4249388	4491176	ace@mos.com.np	4249477	
97	Shrestha, Surendra Bahadur	Balaju udyog	4359086	4351598	balaju_engineering@hotmail.com		9851030879
98	Shrestha, Surendra Das	Balaju Engg. & Structure Works (P) Ltd.	4350302			4354373	
99	Shrestha, Urmila	Sherpa Cooperative Trekking Pvt. Ltd.	4224068	5520466	sherpaco@mos.com.np	4227983	
100	Shrestha, Yogendra Prasad	Nepal Share Markets Co. Ltd.	4267606	4223564	yogen@mail.com.np	4248845	
101	Silwal, Subash			5535308	subas5@hothail.com	4224553	
102	Singh, Prabendra Lal			4256529			
103	Singh, Ram Kumar	Lazimpat Metal Engg. Works	4428506	4415404	lazimpatmetal@gmail.com		9841348663
104	Singh, Ramesh Man	BISCONS	4420865	4244515	ramesh.man.singh@gmail.com		9851075439
105	Subedi, Purushottam	country development bank.	660701/660711	4275324	puru@cdbank.com.np	4271693	9841279728
106	Subedi, Ramesh Prasad	Sharma & Company Pvt. Ltd.	4260210, 4260577	4271226	sharmaco@ntc.net.np	4260628	9851020478
107	Suwal, Mahendra	Prasuma's Delicatessen (P) Ltd.	4310336, 4310672	4312035	prasuma@ccsl.com.np	4310671	
108	Suwal, Prakash Raj Singh		4231695	4247491	suwalprakash@gmail.com		9841280111
109	Tamang, Dev Raj	Hyonjan Elect. Engg. Fabricator P. Ltd.	4364961, 2082298	4366215	hyonjan@wlink.com.np	4350916	9851034322
110	Tandukar, Jyoti	Institute of Engineering	5534070	4363863	jyoti@tandukar.net		9851026199
111	Thapa, Bhagat Bahadur	NIDC	4228322	4472812	nidc@wlink.com.np	4227428	
112	Tuladhar, Indu Ratna	International Motorcycle Spare Parts	4418161	4272038	emailenet@indo.com.np	4242625	
113	Tuladhar, Janak Raj	Kathmandu Repair Centre	5530844/5537418	5523964	csb@ccsl.com.np	4245835	
114	Upreti, Prajesh Nath	Nepal Chemical Traders	4415753, 4423197		ncchem@wlink.com.np	4422387	9851022541
115	Vaidya, Binod	Institute of Engineering	5532235	4229374	bi_vaidya@hotmail.com		
116	Vaidya, Brajesh	Nepal Biotech Nursery (Pvt.) Ltd.	5591349	4271073	nbn@mail.com.np	5591349	9851022541
117	Vaidya, Ramesh Nanda	Professional Computer System (P) Ltd.	4244626, 4244475	4374082	rameshv2@yahoo.com	4242518	
118	Yadav, Shivjee Roy	Nepal Industrial Dev. Corporation	4228322	4480415	shivjeeR@yahoo.com	4227428	9841305328



Nepal AOTS Alumni Society

LIST OF GENERAL MEMBER

S.No.	Name	Office	Off. Tel.	Res. Tel.	E-mail	Fax	Mobile
1	Acharya, Pratyush	Bhoomi Foods Product	5537440	9851088025	acharyapratyush@yahoo.com		
2	Acharya, Puskar	The Comfort Housing Pvt. Ltd.	4440250	5146002	puskar2064@hotmail.com	4439973	9851152359
3	Adhikari, Bimal Prasad	Kathmandu Metropolitan City	4268506	4280818	bimal36@yahoo.com		9840050089
4	Adhikari, Narnath	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	9841293948	naru936@hotmail.com	4375574	
5	Adhikari, Nigam Raj	Wockhardt Limited	5260854	4365461	nigamadhikari@gmail.com	4435166	9851045698
6	Adhikari, Prasad Sohan	Qmed Formulation Pvt. Ltd	4110870	4482076	sohanadhikari@gmail.com	4110824	9851030229
7	Adhikari, Shankar Kant	Mount Everest Trading & Service P. Ltd.	4990036	4363421	cm@mets.com.np	4363421	9851024406
8	Adhikari, Sita Ram			4371926			
9	Adhikary, Asha	Sunrise Bank Ltd.	4444118	4426674	asha.adhikary@sunrisebank.com.np		9851031861
10	Agarawal, Sunil	IND. Pvt. Ltd.	4215075	4215075	asianpacific41@hotmail.com	4230772	9851072050
11	Agrawal, Amit Gupta	SR Drug Laboratories	4223764	4421705	amit@srdrug.net	4222506	9802033840
12	Agrawal, Ashwini Kumar	Shakun Tea Industries	4282820	4282820	ashagra1@gmail.com	4282830	9851020431
13	Agrawal, Deepak Kumar	United Finance Limited	4241648	4428733	deepak_brg@yahoo.com	4241645	9850866981
14	Agrawal, Manish Kumar	H & B Development Bank Ltd.	4222670	051-521241	manish_nepal@hotmail.com	4222882	9855021687
15	Agrawal, Manoj Kumar	WorldLink Communication P. Lts	5523050	5522387	Manoj.agrawal @worklink. Com	5529403	9851027387
16	Agrawal, Ratan Lal	Inter-Tech P. Ltd.	071-540147	071-540471		071-543471	9847034706
17	Agrawal, Shambhu	Bhaskar Herbaceutical Pvt.Ltd	051-525047	051-524001	ed@bhaskarherba.com.np	051-525247	9855020110
18	Amatya, Mahendra Bahadur	Nepal Pharmaceuticals Laboratory	051-528689	051-528701	npl@atcnet.com.np		9855022158
19	Amatya, Robin Man	SAARC Business Association of HBWs	5546809	4280451	robin.note@yahoo.com		9849063684
20	Aryal, Prawin	Jade Consult PvtLtd	4222202	4114388	prawinaryal@gmail.com		9851074619
21	Aryal, Raj Prasadha	Civil Bank Limited		4471601	prasadha28@gmail.com		9851038501
22	Aryal, Srijan	khanepani sasthan		4331903	srijan.aryal@gmail.com	4499897	9851026976
23	Aryal, Surman Raj			4420357			
24	Awale, Asha Kaji			5532427	ashakajiwale@yahoo.com		
25	Bajracharya, Navin Siddhi	IT Himalayn	4416432		navsidhbajra@hotmail.com	4418832	9851010962
26	Bajracharya, Nishma	Nepal Pharmaceuticals Laboratory	5529059	4252663	nishmab@gmail.com	5529434	
27	Bajracharya, Prakash	Bajra & Bajracharya Enterprises	5524851				

28	Bajracharya, Sushil	Himalayan General Insurance	4231788	5201591	sushil@hgi.com.np	4231541	9851051758
29	Bajracharya, Tri Ratna	Institute of Engineering	5542054				9851037988
30	Baniya, Pramod Kaji	Swayambhu Hotels & Apartments Pvt. Ltd.	4033114	4288617	pramod@swayambhuhotels.com	4033305	9851125278
31	Baskota, Binod			4494459	banskotabinod@hotmail.com		9841295166
32	Baskota, Tara Devi	Kanchanjangha Tea Estate	4469503		bktara@hotmail.com	4493303	984142192
33	Basnet, Prabin	NIC Asia Bank Ltd			basnetpravin@hotmail.com		9851100567
34	Basnet, Shova	Zest Laboratories Pvt. Ltd.	6636642		shobhazest@gmail.com		9851055140
35	Bhagat, Santosh Kumar	New A.C.C. Brick Industry P. Ltd.	021-525290		bhagatsku@gmail.com		9852020308
36	Bhagat, Radhe Shyam	R.S. Bhagat & Ass. Consulting Artitech	6614794	4425247			
37	Bhandari, Deepak Kumar	Samudayik Printers	5011215	4911902	deepaksinghbhandari@hotmail.com		9851048003
38	Bhandari, Keshab	NPEDC	4350522	4495791	keshab@ccsl.com.np	4350530	
39	Bhandari, Mukunda Ram			4247062		4350530	
40	Bhandari, Narayan Prasad	Nepal Telecom	4226004				
41	Bhandary, Kishore Ram			4415563	kishore_rb@hotmail.com	4226116	
42	Bhattarai, Achut Raj	Small & Medium Enetrprise Dev. Pjt.	4261750	4435591	bhattarairb@hotmail.com	4258535	
43	Bhattarai, Chhavi Raman			4351196	crbhattarai@hotmail.com	4417215	9841280481
44	Bhattarai, Narendra	Nepal Credit and Commercial Bank		4434130		4490824	
45	Bhattarai, Rajesh Chandra	Nepal Telecom		5534254	rajib@nbe.com.np	4780042	
46	Bhattarai, Raju Dev	Sheela Printers	4418094	4433242	sheelaprints@hotmail.com		
47*	Bhattarai, Rudra Bdr.	Mirag Advertising & Graphics	4426647	4433521	rudrabb@gmail.com	4426964	9851027432
48	Bhattarai, Shashi		4470933	4473925	shashibhattarai@yahoo.com		9851055544
49	Bhattarai, Til Chandra	Pancharatna Group of Poultry Industries	056-570630	056-526384	tilchandra@gmail.com	056-570640	9855055157
50	Bhujel, Nabin	Suryodaya Urja Pvt.Ltd	4379000	4371745	nabin@sdu.com.np nabin.bhujel@yahoo.com	4374496	9851040404
51	Budhathoki, Bd.Sher	Siddhartha Bank Ltd	4442919/20	4374918	sher@sbl.com.np	4442921	9851047917
52	Budhathoki, Chudamani	World Freight Int'l P. Ltd	4416433	6638806	bchudamani@gmail.com	977-1-4415410	9851085075
53	Budhathoki, Sulav	Islington Collage	4420038	5201466	sulav.ocp@gmail.com		9851096763
54	Chalise, Achi Ram	Durga Metal Udhvog.	16207591	4910898	achutchalise@yahoo.com		9851005237
55	Chalise, Dinesh Nath	SILT Consultants (P) Ltd.	4470866	4372229	d.chalise@silt.com.np	4473573	9851023573
56	Chapagain, Kishor	Ministry of finance	4438537	4414467	kchapagain7@gmail.com		9851035820
57	Chapagain, Susil Kumar	The Comfort Housing Pvt. Ltd.	4439360	4890519	susil2065@hotmail.com	4439973	9851049832



58	Chaurasia, Hemant Kumar	Computer Point Nepal	4489825			nphkc@yahoo.com	4220161	9851060337
59	Chettri, G. Narayan Bdr.	Time Pharmaceuticals (P) Ltd.	056-523804	56527523		cifrox@wlink.com.np	56520695	
60	Chhetry, Narayan Mahat	Nepal Telecom	4210428	4782444		narayanmahat@hotmail.com	4210471	9851050642
61	Chitrakar, Sunil	Mahaguthi Craft With A Conscience	5533197, 5532981	5552402		sguthi@mos.com.np	5521493	9851053075
62	Dahal, Basu	Himalayan Bank Limited	4225399			hbl@hbl.com.np		
63	Dali, Amshu	Prakriti Breads	5590817			dali.amshu@gmail.com		9802002517
64	Devkota, Bodh Raj	Citizens bank International ltd.	4169067. ex400	5159295		bodhrj.devkota@gmail.com	4169077	9851101930
65	Dewan, Mahesh	Hotel Pokhara Grande	061-460210	4370774		gm@pokharagrande.com	061-460211	9804177054
66	Dhakal, Bipul			4494096		bipuldhakal@gmail.com	4424336	9801079666
67	Dhakal, Lila Parsad	Kathmandu Upatyaka Khanepani Limited Project imprmentation Directorati	4224986			lilaprasad_dhakal@hotmail.com	4224057	9841277430
68	Dhakal, Madhav	Shree Ram Refine oil production P Ltd	4260810			Madakal50 @yahoo.com	4260809	9802030492
69	Dhakal, Mahesh Sharma	Sidhartha bank	4488780	9851048251		msdhakal@hotmail.com	4444775	9851048251
70	Dhakal, Shiromani	Hetauda Cement Industries	057-520020	021-527194		hcilptd@mos.com.np	057-521023	
71	Dhamala, Kumar	Ecocode Nepal P Ltd	5011116	4026765		kumardai@gmail.com	5011116	9851076265
72	Dhaubhadel, Radha Krishna	Eco Craft Nepal	6612782	6612335		ecocraft@info.com.np	6612782	9851034599
73	Dhungana, Sabita	Akarshan Industries	5545055	4782224		akarshanint@wlink.com.np	4482298	9851051772
74	Dhungel, Suraj	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	5526840		surajdhungel@yahoo.com		9841210418
75	Dongol, Bishnu Dass	Bhaktapur Paper Crafts P. Ltd.	4272822	4272822		dangolbishnuud@gmail.com		9851067062
76	Dongol, Shyam Bahadur	Crystal Product Pvt. Ltd.		4428559		dongolshyam@yahoo.com	4354039	9851011078
77	Gautam, Singh Devi Sati	Blue Cross Hospital Pvt.Ltd	4262027	4439993		sati.singh@bluecross.com.np		9841413395
78	Ghimire, Bishal	Pancharatna Feeds Pvt.Ltd	056-570630			ca.ghimirebisal@gmail.com		9801079627
79	Ghimire, Govinda Prasad	Shova Trishakti Pvt. Ltd.	4102647	4415473		gpg@info.com.np	4223361	9841320865
80	Ghimire, Govinda Prasad	Alternative Herbal Product (P) Ltd.	4102647			gpg@info.com.np		9841320865
81	Ghimire, Kapil Dev	Small Business Promotion Project	4223361				4223361	
82	Ghimire, Pranab			4350198		ghimirepr@hotmail.com		
83	Ghimire, Rajesh Mani	Balaju Yantra Shala Pvt. Ltd.	4350147, 4350894	4413305		nhec@mos.com.np	4350379	9851027014
84	Ghimire, Sudeep	National Casting Industries	057-520189	057-520266		gew@ntc.net.np	057-525266	9851103352
85	Giri, Aju	Nepal Bio-Tech Nursery (Pvt.) Ltd.	5592895	5592756		ajugiri@yahoo.com	5525417	9851090013
86	Giri, Sanjay	Everest Leather Industries Pvt Ltd.	51-522040			giris@wlink.com.np		9851071861



87	Gorkhali, Dipesh	STM Telecom Sanchar Pvt. Ltd.	4445981	4374864	dipesh_gorkhali@hotmail.com	4419366	9841426158
88	Gorkhali, Mahesh Kumar	Nepal Pharmaceuticals Laboratory	5529059, 5529436	4374864	npimkt@wlink.com.np	5529434	9851026190
89	Gorkhali, Niraj	Smart Solutions	4251047	4415095	niraj913@gmail.com		9851065077
90	Gupta, Raj Kumar	Ambuja Cement					9857020252
91	Gurung, Bimal	Upper Tamakoshi Hydroelectric	4420658	4782993	gurung_bimal@yahoo.com	4412569	9851023869
92	Hada, Anil	Super Biscuit Industry		4226463			
93	Hada, Bipin	Himalayan Bank Ltd.	4250201	4276520	bipin.hada@himalayanbank.com	4222800	9841551295
94	Hada, Purna Prakash			4270043			9841348769
95	Hada, Surya Prakash	Bio-gas & Agriculture Equipment Development P. Ltd.	4472246	4480041	sphada@hotmail.com	4472246	
96	Halwai, Narayan Govind	MEH Consultants (P) Ltd.	4477634	5521364		4468969	
97	Joshi, Kush Kumar	Nepal Ektrat Engineering Co.	4243436, 4244857		neek@wlink.com.np	4253612	9851030548
98	Joshi, Lisa	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	4436069	lishajoshi@gmail.com		9851045861
99	Joshi, Madan Lal	Furniture Land Store Pvt. Ltd.	4224797	5536622	madanish@yahoo.com	4100549	9851054368
100	Joshi, Mukunda Prasad	Nepal Airlines Corporation	4470922	4270827	mpjoshee@yahoo.com	4470768	9841219192
101	Joshi, Niran	Furniture Land Store Pvt. Ltd.	5203305	5203305	niran.joshi@ntc.net.np		9851032778
102	Joshi, Raj Sushil	Incentive Tour and Travels Pvt.Ltd	4005043		sushil_rjoshi@gmail.com		9851064269
103	Joshi, Sabita	Manka Crafts Association	5545033	4242429	sabita_joshi@hotmail.com		
104	Joshi, Sisam Pradhanang	Himalayan Bank Limited	4462045	5521747	sisam.joshi@himalayanbank.com	4490064	9851012989
105	Joshi, Surendra Raj	Style Trade Line	4355880, 4388867	4352785	sugan@mos.com.np	4355348	
106	Joshi, Tejus	Smart Solutions	4251047		tj.mykantipur@gmail.com		9803822480
107	Joshi, Tina	CTL Pharmaceuticals P. Ltd.	6610893	4280718	tinajoshi@hotmail.com		
108	Joshi, Upendra das	Nepalconsult (P) Ltd.	5011670	4242429	joshi.upendrajoshi@gmail.com		9841328070
109	K.C., Sangam	Himshree Foods. Pvt. Com	4477440	4477440	sangamkc.78@gmail.com		9851111758
110	K.C., Narayan Bahadur	CTL Pharmaceuticals P. Ltd.	6611617	4354092	narab_kc@hotmail.com	6611617	9841477638
111	Kachhapati, Bhawati Lal		9841219225	4497458			9841219225
112	Kansakar, Tiratna			4422578		4330136	
113	Karki, Ajay Singh	Prasid Pashmina Industry	4262356	4411464	ajayskarki@hotmail.com	4218419	9851024383
114	Karki, Dasrath	D. R. Traders & Suppliers	5542950	5524821	mmkt5@hotmail.com		



115	Karki, Dipinti	Avenues Television P. Ltd.	4227222	4410930	dipintikarki@hotmail.com	4251055	9851098394
116	Karki, Diwas	Civil Bank Limited	4169030		diwas.karki@civilbank.com		9851034909
117	Karki, Mahesh	Machhapuchhre Metal & Machinery Works	061-530607	061-540162	karki_mahesh@hotmail.com	061-527328	9856026402
118	Karki, Sajal	Laxmi Lodge & Hotel	049-421400	049-421400	info@laxmilodge.com	049-421500	98551107819
119	Karki, Uttam	Surya Nepal Pvt. Ltd.	4220658	445680	uttam@snpl.com.np	4227585	9851030815
120	Karmacharya, Bishwo Mohan	Bhote Koshi Power Company	4270027	4620444	bishowkmohan@gmail.com	4273516	9851079549
121	Karmacharya, Chandra K.	Karmacharya Trading	061-525529	61-523016	ck@karmacharyagroup.com.np	061-521571	9856020016
122	Karmacharya, Jaya Bir	Omnic Laboratories Pvt. Ltd.	6540089	5522023	Jayabir61@yahoo.com	6540059	9851056309
123	Karmacharya, Rameshwor	People campus		4770525	r.karmacharya@ntc.net.np	4210199	9851021525
124	Karna, Suresh Kumar	Kumari Bank Limited	4232112	5544368	suresh.karna@kumaribank.com		9851051520
125	Kayastha, Nagendra	MULTI Software (P) Ltd.	5545694	6611090	n.kayastha@unesco_lhe.org	5523103	
126	Kejriwal, Anil Kumar	Siddhartha Finance Ltd.	4441702	4477511	anikejriwal1@gmail.com	4442968	9851072013
127	Khadka, Amin	Tilganga Eye Center	4493775	4496360	amin@tilganga.com.np		9841301710
128	Khadka, Keshab Bikram	Annapura Agro Industries Pvt. Ltd.	071-204500	017-524821	swami_dt@yahoo.com		9851010340
129	Khairgoli, Shrestha Raju P.	Omnic Laboratories Pvt. Ltd.	4266858	6610386	rajuprasadshrestha@yahoo.com	4268081	9851044365
130	Khanal, Dharma Prasad	TU. Memorial Health Science	9851077038	4361670	Dr.dpk.mmhs.edu.np	4436395	9851077038
131	Khanal, Gopal	Asia Publication P. Ltd.	4257462	4355428	asiapublication@hotmail.com	4239190	9851023115
132	Khanal, Jhalak Prasad	Jyoti Bikash Bank Ltd.		4431743	jhalak@viborbank.com		9851025906
133	Khanal, Krishna Prasad	Apollo Offset Press P. Ltd.	4471584	4351915	khanal_krishnap@hotmail.com	4471584	9851027878
134	Khanal, Kundan			4471782	kundan@htp.com.np		
135	Khanal, Niraj	Brihat Investments Pvt. Ltd.			niraj.khanal@gmail.com		9851131130
136	Khanal, Sarita Karki	Lomus Pharmaceuticals	4354027	4351861		4436395	
137	Khanal, Sharad	Asian Pharmaceuticals Pvt. Ltd.	071-522152		khanalbabu@gmail.com	71-523152	9847021819
138	Kharel, Gourish K.	K-too Health Food Inc.	031-520108	4410647			
139	Khatri, Pashupati	Direction Exhibiton & Convention Center	4117102	4117104	pashupait69@gmail.com	4117105	9851117584
140	Khatiwada, Achut	Equipment Maintenance & Service Center	4312008	4372645		4312000	
141	Khatri, Bahadur Arjun	Qmed Formulation Pvt. Ltd	4110870	5639642	arjunkhatri64@gmail.com		9851094656
142	Khatri, Bishnu	New Kantipur Feed Industry	16617309	16540353	ashapuri@wlink.com.np	16614780	9851035473
143	Khatri, Sudhir Babu	Development Credit Bank Ltd.	4231120, 4231490	5525164	sudhir@dcbl.com.np	4231469	9851062820
144	Koirala shrestha Saroja	Nepal Bangaladesh Bank Ltd	4350045	4350512	sarojakoiraala@hotmail.com		9851129959



145	Koirala, Euden	Laxmi Bank	5548375	9851047337	euden.koirala@laxmibank.com	5548376	9851047337
146	Koirala, Shanta Baskota	Kanchanjangha Tea Estate And Research	4469503	9841737074	shantakoirala@hotmail.com	4493303	9851082828
147	Lal, Shiv Bhushan	capital merchant banking & finance	4270059	5534866	Shi_bial@yahoo.com	4270410	9851024866
148	Lohani, Babu Narayan	Reliable Development Bank Ltd	4441836	4352724	nb.lohani@gmail.com	4441870	9851034835
149	Lohani, Puunya Prasad	Jana rashmi	4495388	4480452	pp.lohani@gmail.com		9813003961
150	Maharjan, Asha Lal	Nepal Telecom	4213944	5526379			
151	Maharjan, Ashok	Paipali Lable Industries	4414772	4414772		4424168	
152	Maharjan, Babu Raja	Kathmandu Repairing Center	4246518		csb@ccsl.com.np		
153	Maharjan, Maheswor			4364232	maheswor@gmail.com		9841220624
154	Maharjan, Mandira	Bhaktapur Ceramics Pvt. Ltd.	6613440	4415783			9841620366
155	Maharjan, Suresh			5540101			9841304297
156	Maharjan, Surya Lal		4359516	4428651	suryalalmaharjan@hotmail.com		9841618346
157	Mahato, Chandra Kishor Prasad	National Healthcare P. Ltd.					9855020101
158	Mahato, Radhe Shyam	National Healthcare P. Ltd.	051-528538		pm@nationalhealthcare.com.np ed@nationalhealthcare.com.np	051-533400	9851041371
159	Malla, Naresh Bahadur	Web Printers P. Ltd.	4272969	4221278	sula@mos.com.np	4275611	9851033729
160	Malla, Trilokeshwor	Direction Nepal P.Ltd.	4117101		tmalla@live.com	4117105	9851033729
161	Manadhar, Bandana	Prime Commerical Bank Ltd.	4271191	4233388	bandana.manandhar@pcbi.com.np	4233390	9851014000
162	Manandhar Tara	Prabhu bank Limited	4788500	4380012	tmanandhar@hotmail.com	4780588	9851100970
163	Manandhar, Deepak	Nepalconsult (P) Ltd.	5523763	4259927	dpak_mdr@hotmail.com		9851053609
164	Manandhar, Leesa	Lomus Pharmaceuticals	4354027, 4420060	4263501	leesamanandhar@hotmail.com	4436395	
165	Manandhar, Leesa	Simca Laboratories Pvt. Ltd.	4227868	4263501	leesamanandhar@hotmail.com		9851162078
166	Manandhar, Saroj	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	4480365	saroj.manandhar@deuralijanta.com	4375574	9841409305
167	Manandhar, Sunil	Tilganga Eye Center	4493775		sun_manandhar@hotmail.com	4474937	9841228184
168	Manandhar, Saroj	SSI Education	4265572	4256895	sama_sayami@yahoo.com		9841281457
169	Maskey, Ujwal Raj	FOND P. Ltd.	4429815		umaskey@hotmail.com	4430814	9851042355
170	Maskey, Gopesh Shakti	Vijayadeep Pharmaceuticals	5525515	4471697	gopesh_sm@yahoo.com	5539817	9851059456
171	Mathema, Kishor Bhakta			6630956	mathema_kb@yahoo.com	4478378	9851088225
172	Mishra, Aljaya Kumar	Prudential Finance Co. Ltd.	4446454	4109595	mishra.ajaya@gmail.com	4446453	9851065708



173	Mishra, Akhieshwar	Kathmandu Engineering College	4276130	4417122	akhil_mi@yahoo.com	4272653
174	Murarka, Ashok Kumar	Ilam Tea Producers Pvt. Ltd.	021-523965	021-523965	murarkaorg@wlink.com.np	021-525194
175	Nakarmi, Dibesh Lal	Krisuns Works	4284698	4273177		9741004006
176	Nakarmi, Narayan	Radymade Garment Training Center	4256931	4258270		
177	Neupane, Hom Nath	Nebico Pvt. Ltd.	4350130	9742602950	n_hom@hotmail.com	4350527
178	Neupane, Narayan	Hallmark Infosys Pvt. Ltd.	4242454	4474578	naranneupane@gmail.com	4441998
179	Neupane, Suman		4231007			9851023464
180	Niroula, Yogesh Kumar	Nasa Trading and Consultancy Pvt. Ltd.		23581856	yogesh@aarya.com.np	9841244276
181	Nyachhyon, Jayan	Himal Tents Pvt. Ltd.	5527202	5526070	jayan@info.com.np	5527167
182	Pandey, Jarnan Bahadur			4250758	jepnepal@hotmail.com	
183	Pandey, Prajwal Jun	Lomus Pharmaceuticals Pvt. Ltd.	4436396	4372687	prajwalpandey@lomus.com.np	9851039755
184	Pandey, Pratap Jun	International Leasing & Finance Co. Ltd.	4782010	4412001	pipandey@yahoo.com	9851042001
185	Pandey, Yadav Raj	Prudential Bittiya Sanstha Limited	4445988	4417265	yadavrajpandey@hotmail.com	9851034051
186	Pandeya, Shanker Prasad	Sagarmath Silks	4781300		himal@silks.wlink.com.np	9851027009
187	Pant, Janardan Dew	Himalayan Bank Ltd.	4243107	4240368	janardan@hotmail.com	4240086
188	Panta, Narash Dev	World Distribution Nepal Pvt. Ltd.	4263600	4413078	panta_nd@hotmail.com	
189	Panta, Ramesh Prasad			4486601		
190	Panta, Surrindra Nath	Continental Trading Enterprises Pvt. Ltd.	4650803	4811279	admin@continental.com.np	9851019447
191	Panthee, Srijana Mishra	Nepal Oil Corporation Ltd.	4266741	4488368	srijanapanthee@hotmail.com	
192	Parajuli, Pravin Ram	Nabil Investment Banking Ltd.	4411733/4411604	4412437	pravin.parajuli@nabilbank.com	9801001512
193	Paudel, Tara Prasad	Gaurav Nepal Engineers (P) Ltd.	56525249	56521949	gaurav_eng@wlink.com.np	56525076
194	Piwa, Amalya Min	Nepal Pharmaceuticals Laboratory	5529059	5530681	minopiya@gmail.com	9851076499
195	Piwa, Bharat Narayan	United Packaging Pvt. Ltd.	056-570663	5530681	bhadrapiya@gmail.com	056-528363
196	Piwa, Jiwan Lal	Chirag Foam Ind. Pvt. Ltd.	4430773, 4350384	4420773	piya@ccsl.com.np	4430945
197	Pokharel, Arun	Shangrila Tours (P) Ltd.	4226138, 4226139	4420018	arunp@mos.com.np	4418182
198	Pokharel, Ganesh Raj	Citizens bank International ltd.	4169067	5592881	ganesh@ctznbank.com	4169077
199	Pokharel, Prabin Raj	Global Bank Ltd.	4231198	4485845	prabin.pokharel@globalbank.com.np	9851040107
200	Pokhrel, Bijayshwar	CTL Pharmaceuticals P. Ltd.	6610893	4358760	ctfactory@infoclub.com.np	4266849

201	Pokhrel, Rajib	Premier Finance Co. Ltd.	5521223	4221123	4221123	premierfinance@info.com.cp	5550412	9851021675
202	Pokhrel, Sanjeeb Chandra	Nepal Rubber Udhog Pvt. Ltd.	4221123	4221123	4221123		4223145	
203	Poudel, Nikita	Gopi Krishna FM Radio	4812404			itsmenikita@hotmail.com		9851078080
204	Poudyal, Roshan	CTL Pharmaceuticals P. Ltd.	6610893	4470540	4470540	roshpn@hotmail.com	6611617	
205	Poudyal, Upendra Keshari	NRB. Mint Dept. Sundhara	4226965	4474144	4474144	nrbmint@ntc.net.np		
206	Pradhan Bahadur Deependra	CTL Pharmaceuticals P. Ltd.	6610893	4282500	4282500	deepen63476@gmail.com		9851063476
207	Pradhan, Banshee Ram	Institute of Engineering	4256481	4354043	4354043			
208	Pradhan, Basanti Roshan (Shrestha)	Training Institute For Technical Instruction	66307187	4228270	4228270	brsshrestha@yahoo.com	6630289	9841428052
209	Pradhan, Bhusan Narsingha	Ministry of Land Information & Archive	4477615	4424479	4424479	b_pradhan@yahoo.com	4477613	
210	Pradhan, Gyanendra Bahadur	Medipro Computers P.Ltd.	4246974	5592571	5592571	jeebipradhan@gmail.com		9851021937
211	Pradhan, Kishor Kumar	Birat Pharma Lab (P) Ltd.	021-527191	021-527144	021-527144		021-527082	
212	Pradhan, Mahesh Prasad	Omnic Laboratories Pvt. Ltd.	4436683	5014754	5014754	maheshpradhan@gmail.com	4268081	9851032382
213	Pradhan, Nischal Man Singh	Brihat Investments Pvt. Ltd.	4033303	4286363	4286363	nischalp@hotmail.com	4033305	9802020051
214	Pradhan, Paras	Madan Puraskar Pustakalaya	5521393	9851044172	9851044172	paras@mpp.org.np		
215	Pradhan, Prabhu Keshar M.	NIDC	4228322	4272650	4272650	prabhupradhan@nidc.wlink.com.np	4227428	
216	Pradhan, Pragya	Omnic Laboratories Pvt. Ltd.	6540059	4782880	4782880	pragya_pradhan@hotmail.com	6540059	9841206115
217	Pradhan, Rabindra	Auto in enterprises	4254226	4254226	4254226	rabindrapradhan@hotmail.com		9851015281
218	Pradhan, Raj Surendra	Vally Pellet Pvt.Ltd	57412113	4025799	4025799	surendra.valley@gmail.com srp624@gmail.com	57412584	9851122122
219	Pradhan, Rajiv Bhakta	LOTUS Oppertunities	5530313, 5526660	5560830	5560830	rajiv@enet.com.np	5532013	
220	Pradhan, Rati Bhochhibhoya	Innova IT-Solution				rati_pradhan@hotmail.com		9841254590
221	Pradhan, Sushil	Professional Computer System P. Ltd.	4244626, 4244475	4225999	4225999	sushil_pradhan@hotmail.com		
222	Pradhan, Tribeni Man Singh	Chamati Land Pooling Project	4413102	5526826	5526826	tribeni2001@hotmail.com	4442323	
223	Pradhanang, Ajay Bahadur	Nepal Pharmaceuticals Laboratory	5529436	5525322	5525322	ujjwal@nepotech.com	5529434	9851033261
224	Pradhanang, Bahadur Ujjwal	Smart Solutions						9841888829
225	Pradhanang, Sachindra	Pradhanang Apparels Industry	6615543			sachindrapra@gmail.com		9851009658
226	Pradhanang, Subir Bahadur	FOSS Nepal		5012556	5012556	subirbp@gmail.com		9841268738



227	Pradhanang, Tara Bahadur	Prefab Concrete	4220046	4220046	4220046	4220046	prefab@infoclub.com.np		
228	Pradhananga, Ramendra				4671071		rpradhananga@yahoo.com		9841217037
229	Prajapati, Rabin	Bhaktapur Ceramics Pvt. Ltd.			4415783		rabinpraja@yahoo.com		9851090297 9751090297
230	Prajapati, Rupesh	Chandeswori Auto Engineering	4485862		011-661671				
231	Rajbhandari, Achyut	Perfect Printing Press	4284265		4278869		variety@wlink.com.np	4278050	9851025199
232	Rajbhandari, Ashok Raj	Technology Cconsultancy Services P. Ltd.	4413040		4350137		tcs@tcs.wlink.com.np	4425219	9851037966
233	Rajbhandari, Bhava	Variety Printers	4278869		4284275		varietynepal@gmail.com		9851030156
234	Rajbhandari, Binod Bahadur		9851024440						
235	Rajbhandari, Rabindra	BRS Infotech learning Pvt. Ltd.	4412580		4782454		kumarirb@info.com.np	4418361	9851030644
236	Rajbhandari, Sohani				4244886		sohani_rajbhandary@yahoo.com		9851033040
237	Rajbhandary, Arniko	Nepal Dairy pvt.ltd	5546884		5546884		arniraj@hotmail.com		9851040572
238	Rajbhandary, Purnima	Birat Investment Pvt. Ltd	4282086		4033116		Purnima@biratinvestment.com	4288820	9851037812
239	Rana, Ashoke S. J. B.	Himalayan Bank Ltd.	4227749		4720425		ashok.rana@himalayanbank.com		
240	Rana, Sarbjit	Surya Nepal Pvt. Ltd.	053-520035		051-529264		sarbjit@snpl.com.np	053-520034	9855020662
241	Rana, Vivek S	AAC Inc			4465786		vivek.rana@gmail.com	4413038	9851019881
242	Rauniar, Anand Shah	Interstate Multimodal Transport P.Ltd.	4271473		4274129		rauniar@mos.com.np	4271570	9851035563
243	Rauniyar, Umesh Prasad	Nepal Pharma. Lab. P. Ltd	5529059				umesh.rauniyar@yhot mail.com	5529437	9851083931
244	Rayamajhi, Pradeep Narsingh	Himalayan Bank Ltd.	4227749		4358348		pradeeprayamajhi@himalayanbank.com.np	4222800	9851023462
245	Regmi, Shree Ram	Lomus Pharmaceuticals Pvt Ltd.	4990496		4372903		regmishree@yahoo.com	4436395	9841335016
246	Roongta, Jagdish	National Healthcare P. Ltd.	51-524336, 528537		51-521345		ed@nationalhealthcare.com.np	51-533400	9855022169
247	Sah, Vijay Kumar	Nepal Pharmaceuticals Laboratory	051-521097		9802920032		bjay.sah38@gmail.com	051-5220843	
248	Sangat, Gore Kaji	Love Green Nepal	5592372/5591337		4486839		gksangat@yahoo.com	5553377	9851050727
249	Satyai, Anil Raj				4474068		anilsatyai@hotmail.com		
250	Saud, Binaya Mohan	Subisu Cablenet Pvt.Ltd.	4429616		4473767		binaya@subisu.net.np	4430572	9851043210
251	Sayami, Sidhi Das	Sisa Holidays Tours (P) Ltd.	4424973		4253092		s_sayami@wlink.com.np		
252	Shah, Vijaya Bahadur	King Mahendra Trust	5526571, 5526573		5538644		vbshah@kmtnc.org.np	5526570	
253	Shahi, Praveen	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4375575		4424084		praveenshahi@yahoo.com	4375574	9841235162
254	Shakya, Gautam	GeoSpatial Systems Pvt. Ltd.	5531131		5529008		shakya_gautam@hotmail.com	5531431	9841295741
255	Shakya, Gyan Kumari	swastik Interior					swastik.interior@hotmail.com		9841186778

256	Shakya, Rajesh Kumar	Hitech Valley iNet Pvt. Ltd.	4427336	4426075	rajeshshakya@gmail.com	4417745	9851034585
257	Shakya, Salin Narshing	Crystal Image	4245501	5533603	skysalin@yahoo.com	5551905	9840050107
258	Shakya, Sambhav Ratna	Butwal Power Company Limited	4781776	4673291	ratna.shakya@bpc.com.np	4780994	9851044732
259	Shakya, Saroj Kumar	Nepal Telecom	5530177		saroj.shakya@ntc.net.np	4255457	9851042757
260	Shakya, Shanti Laxmi	Nepal Electricity Authority	4258342	9851054350	shantinea@yahoo.com	4228110	9851054360
261	Shakya, Surya Bahadur	Shambala Garments (P) Ltd.	5522433	5522433	shambala@wlink.com.np	5522433	9851026728
262	Sharma, Ananta	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	4491544	ananta.sharma@deuralijanta.com	4375574	9841491395
263	Sharma, Ashis Kumar				ashishsharma@hotmail.com	4442991	9851046087
264	Sharma, Ashok	Simca Laboratories Pvt. Ltd.	4227868	4414433	simca@wlink.com.np	4251232	9851043557
265	Sharma, Binita Ganawaly	Himalaya Co-operative Society		4471596			981038157
266	Sharma, Ghanashyam S.	Yeti Finance Company Ltd.	057-523806	057-523463	ghanashyam_htd@hotmail.com		9845022806
267	Sharma, Madan	Nepal Telecom	4210435	4471571	madan.sharma@ntc.net.np	4210450	9851075757
268	Sharma, Ramesh	Sharma & Company Pvt. Ltd.	4260577	4271227	sharmaco@mos.com.np	4260628	
269	Sharma, Shiva Kumar	Himal Hydro and General Cons. Ltd.	5535032	5522597	gm@himalhydro.com.np	5550211	
270	Sharma, Shyam Sunder	MEH Consultants (P) Ltd.	4477634	4471596	meh@info.com.np	4491387	
271	Sharma, Umang	Citizen Bank	4433653	4169067	umang.sharma@ctznbank.com		9851094218
272	Sherpa, Dawa	City Carpet Industries	4913058	4499957	mail@citycarpet.com.np		9803041471
273	Sherpa, Urgan	Udeco Pvt. Ltd.	5541279, 5411289	5540901	urgen@wlink.com.np	5523870	
274	Shilakar, Samit Raj	Newakar Enterprises Pvt. Ltd.	4780569	4780569	rajsamit@hotmail.com		9851127255
275	Shilpakar, Anajana	Wood Carving Industries Pvt. Ltd.	5521447	5533366	anjana@woodcarving.com.np	5527730	9851074119
276	Shreejesh, Ghimire	NMB Capital Ltd.	4253016	4244935	shreejesh@gmail.com	4251544	
277	Shrestha Saroj	NIC Asia Bank Ltd	5111177	4650657	sarojshrestha_2@hotmail.com	5111180	9851050813
278	Shrestha, Amar Lal	Doree Printers	4415399		info@nepalprinters.com	4412746	9851059075
279	Shrestha, Anil Prasad	Mancha Confectionery Indurtry	071-542952	071-542909	sagun57@gmail.com	071-438950	9857020325
280	Shrestha, Barun	Nepal Investment Bank	4228229	4495850	Shresthabarun@yahoo.com	5010142	9851035006
281	Shrestha, Beeni	Nepal Oil Corporation Ltd.	4263499		veenishrestha@yahoo.com		9849948044
282	Shrestha, Bhagawati	Nepal Bio-Tech Nursery	5591349	4355218	nbn@mail.com.np		9841883533
283	Shrestha, Bhim Dhoj	Tribhuwan University	4331316	4263659	bhim00@rediffmail.com		9851059075
284	Shrestha, Bhusan Krishna	Pape Inc. Traders	5533009	5533809	bhushankrishnashrestha@		9851096290
285	Shrestha, Bhuwan Krishna	Argus Medi sales	9802035233		bhuwanshrestha@hotmail.com	4266849	9851035233
286	Shrestha, Bijay Bahadur	Snowlion Carpets Pvt. Ltd.	4227130	4431637	bbh@snet.com.np	4225487	9851020415



287	Shrestha, Bijaya Krishna	Beltronix	4251515, 4249285	4251576	4251515	beltronix@wlink.com.np	4251515	
288	Shrestha, Bijesh	Harati Computer Service Pvt. Ltd	4260622	5541735	4260622	bijesh@harati.com.np	4267810	9851040326
289	Shrestha, Deepa	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4375575	4266408	4375575	dreeza.shrestha@gmail.com	4375574	9841351728
290	Shrestha, Degendra Kumar	Down Town Housing Co.P. Ltd.	5000223/224	5013034	5000223/224	degendra@hotmail.com	5000224	9851082125
291	Shrestha, Denis	Advance Poly Clinic	4443386	4370164	4443386	drdenis@apc.com.np		9801088296
292	Shrestha, Devendra Shrestha	CTL Pharmaceuticals P. Ltd.	4228495	5522413	4228495	devens202@gmail.com	4266849	9851037506
293	Shrestha, Dipendra Lal	Quest Pharmaceuticals P. Ltd.	4240304	4473246	4240304	quest@ccsl.com.np	4231028	
294	Shrestha, Ganesh Raj	Pashupati Rubber Industries (P) Ltd.	5522157	5524780	5522157	ganeshshrestha@hotmail.com	5527167	
295	Shrestha, Geeta	Readymade Garment Train. Center	4256931	4226526	4256931			9841847120
296	Shrestha, Gopal Krishna	Himal Cement Company Ltd.	4331762, 4331764	5526531	4331762, 4331764	ksgopal@wlink.com.np	4330136	
297	Shrestha, Guna Raj	PD Consult	4491475	4229190	4491475			
298	Shrestha, Hari Gopal	Hitesh Garments	4221262	4221262	4221262			
299	Shrestha, Hari Kishor	Om Hospital & Research Center	4476224	4351172	4476224	omhrc@wlink.com.np	4466128	
300	Shrestha, Jyoti	Chandra Enterprises Pvt. Ltd.				singhdan@wlink.com.np		
301	Shrestha, Kavi Das Dhaubaji	Niliah Water Treatments	4107031	6631763	4107031	niwat@info.com.np	4107211	9851035870
302	Shrestha, Keshab	Natural History Museum	4271899	4272637	4271899	keshab_shrestha@hotmail.com		
303	Shrestha, kumar prakash	Butwal Power Company Limited	4781776	4281510	4781776	prakash.shrestha@bpc.com.np	4780994	9851025684
304	Shrestha, Laxmi Bahadur	Harishidhi Brick & Tile Factory Ltd.	4240698	4418862	4240698	nbgroup@mos.com.np	4240665	
305	Shrestha, Laxmi Kumari	Delux Interior Design & Consultancy		4314643		interiordesign31@yahoo.com		9841118518
306	Shrestha, Madhav Narayan	Nepal Water Supply Corporation	4419585, 4411194		4419585, 4411194			
307	Shrestha, Madhur Kumar	Seagate Institute of Technology	5537231	5544450	5537231	seagate92@wlink.com.np		9841211123
308	Shrestha, Mahendra Gopal	Nepal Investment Bank Limited	5529895	4279913	5529895	mahendra93m@hotmail.com	5525417	9851033940
309	Shrestha, Maheshwor Prakash	Nepal Investment Bank Limited	4231430	4272052	4231430	maheshwor@nibl.com.np	4229623	9851058430
310	Shrestha, Manoj	NILG Insurance Co.Ltd	4418113	5534370	4418113	manoj.shrestha@nigi.com.np		9851086597
311	Shrestha, Naresh Kumar	Panas Pharmaceuticals Pvt. Ltd.	4491153	4783118	4491153	panas1153@gmail.com	4491153	9851114507
312	Shrestha, Neeraj Man	Nepal Telecom	4220930	5552699	4220930	n_shrestha@yahoo.com	4228888	9851029255
313	Shrestha, Nepal Bhusan	Prime Commerical Bank Ltd.	5533066	4233388	5533066	shresthabhusan@hotmail.com	4233390	9851010653
314	Shrestha, Om Prakash	Arniko Nirman Co.	4470307	4487665	4470307	arniko@mos.com.np	4487848	

315	Shrestha, Opendra Kumar	Sharma & Company Pvt. Ltd.	4261158	4472406			4260628	
316	Shrestha, Pradeep Kumar	Omnica Laboratories Pvt. Ltd.	4266858	5528156	omnica@htp.com.np		4268081	9851025662
317	Shrestha, Prajwal	Microtech International (P) Ltd.	4247541	4241951	prajwal_shrestha@hotmail.com		4240469	9851039626
318	Shrestha, Prakash Man	Harishiddhi Brick & Tile Factory Ltd.	5521451, 5521178	5533225	prakashs_0606@yahoo.com		5522776	9851007377
319	Shrestha, Prashant Lal	Islington Collage	4412929	4359856	prashanta.lalshrestha@gmail.com			9851075058
320	Shrestha, Prashida Man	Clean Energy Development Bank	4671444	4120980	pmskath@hotmail.com		4277013	9851086693
321	Shrestha, Pritam Lal	Sunrise Bank Ltd.	4239470	9851034336	pritam01@yahoo.com		4239451	
322	Shrestha, Rabi K.	CTL Pharmaceuticals P. Ltd.	4252500	5521117	rabikshrestha@hotmail.com			
323	Shrestha, Rabin Kumar				rabin.shrestha@channakya.com		5549957	9851045150
324	Shrestha, Rabin Kumar	Coseli Chhala Jutta Udhog	4354211	4356711	coseli81@yahoo.com		4350866	9851022012
325	Shrestha, Rajan	Hama Iron and Steel Industries Pvt. Ltd.	4261716	4261716	hamasteel@info.com.np		4261686	9851022847
326	Shrestha, Rajan Babu	Aero Care Air Conditioning Service	4474072	4412903				
327	Shrestha, Rajan	Educational Enterprise (P) Ltd.	4223749	4427037	mohanedu@hotmail.com			
328	Shrestha, Rajat	Blue Cross Hospital Pvt.Ltd	4262027	4270245	relation@bluecross.com.np		4266027	9841201811
329	Shrestha, Rajendra Lal	Citizen Bank	4169067		rajendra.shrestha@ctznbank.com		4100577	9851017180
330	Shrestha, Rajesh Babu	Chitwan Construction & Engg. Co.	4434648	4421496	rajesh@chitwancoe.com		4434515	9851020604
331	Shrestha, Raju Babu	Manakamana Darshan P. Ltd.	4434690, 4434825	4417943	chitwancoe@chitwancoe.com.np			
332	Shrestha, Ratna Lal	Krisuns Works	4284698	4284698				
333	Shrestha, Ratna Man	Shakti Hume Pipe Udhog	4270518	4271438				
334	Shrestha, Ratneshwari	Ratna Art	4221090	4254166	ratnaart@htp.com.np			9851052470
335	Shrestha, Rishi Mani	Morang Auto Works	4261160		shrestharishi@yahoo.com			9851096398
336	Shrestha, Ruby Laxmi	National Dairy Development Board	5525400	4491334	kdsr@csl.com.np		5532096	
337	Shrestha, Sabin	Himalayas Pashmina	5543652	5520517	shrestha_shrestha@hotmail.com		5522485	9851032710
338	Shrestha, Sabin Lal	High Land Distillery	4231316	5521797				
339	Shrestha, Sajala Joshi	Simca Laboratories Pvt. Ltd.	6631259	4259221	sajala_joshi@yahoo.com			9851063665
340	Shrestha, Santosh	MARS P. Ltd	4446294	4284073	sentosash@gmail.com		4427109	9851040425
341	Shrestha, Sanu Maiya	Nepal Bio-Tech Nursery	5541349		nbn@mail.com.np			
342	Shrestha, Satish Chand	Shreenagar Agro Farm Pvt. Ltd.	4354892, 4354002	4413504	saf@info.com.np		4433405	9851024812
343	Shrestha, Shiva Krishna	Sef-y Consultant	6611545	6611545	shivaks@mos.com.np		6614242	
344	Shrestha, Shiva Kumar	Computer Care Pvt. Ltd.	5521131	5532421	shivashrestha@hotmail.com		5547764	9851027458



345	Shrestha, Sohan Sunder	Shakti Hume Pipe Udryog Pvt. Ltd.	5529779	9851081312	sohanss@hotmail.com	9851081312
346	Shrestha, Sumit	Himalayan Infastructure Fund Pvt.Ltd	14169088	14169088	sumitshrestha@gmail.com	14169088
347	Shrestha, Sunil Babu	Shivako Construction Pvt. Ltd.	4258493	4220231	sunilbabu@yahoo.com	4254944
348	Shrestha, Surendra Krishna	Balaju Engg. & Structure Works	4350302	4354372	balaju_engineering@hotmail.com	4354373
349	Shrestha, Suresh	GeoSpatial Systems Pvt. Ltd.	5531131	5527757	ssuresh@geosp.com	5531431
350	Shrestha, Suresh	Nepal Auto Mechanical Workshop	4275725	5528821		
351	Shrestha, Tophia	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4435167	4374870	tophashrestha@gmail.com	9841348302
352	Shrestha, Uddhav	Om Shivashakti Press	4226038	4416138	uddhavshrestha@gmail.com	9851031155
353	Shrestha, Umesh	Anupum Foods Pvt. Ltd.	5539012	5522676		5527586
354	Shrestha, Umesh Lal	Quest Pharmaceuticals P. Ltd.	4240304	5524031	umeshshrestha@gmail.com	4231028
355	Shrestha, Uttam Dass	Trikhanda Packers Pvt. Ltd.	057-522828	4781522	trikhanda@ntc.net.np	057-521770
356	Shrestha, Dipam	Tilganga Eye Center	4493775	6631851	dipam.shrestha@tilganga.org	4474937
357	Silwal, Ritesh	global tinau trading pvt.ltd	425284/4262105	071-541159	ritesh_silwal@hotmail.com	9857025844
358	Simha, Reeta	Aama Craft	2171764	4252079	info@aamacraft.com	4383364
359	Singh, Bijay Bir	Gem Plasticrafts Pvt. Ltd.	4354233	4374157	gemplastic@gmail.com	4261907
360	Singh, Charan	Sipradi Trading (P) Ltd.	4311501	4492434	charan.sipradi.com.np	4311510
361	Singh, Mukendra	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4435167	4430340	mukendrasingh2046@gmail.com	4435166
362	Stapith, Hira Ratna			4226774		
363	Sthapit, Ajaya Ratna	New Hotel Crystal Pokhara P. Ltd.	4228011	4228013	ajsthapit@mail.com.np	4228028
364	Sthapit, Bijaya Ratna	Yeti Travels Pvt. Ltd.	4221234	4226079	bijay24@hotmail.com	4226153
365	Subedi, Mukti Nath	Rakhu Bhagwati Const.	4220520	061-520967		
366	Subedi, Nishal	Simca Laboratories Pvt. Ltd.			newsimca@gmail.com	9802052538
367	Subedi, Ram Hari	Gorkha Ayurved Company Pvt. Ltd.	4286875	4357717	RAMHSUBEDI@gmail.com	9851033346
368	Subedi, Sujan			5250979	sujan135@hotmail.com	9851055777
369	Suwal, Bijendra	Nepal Investment Bank	4228229	4419871	bijendra@nibl.com.np	4228927
370	Suwal, Reena Singh	Beltronix	5527999	4244515	reena.beltronix@gmail.com	9841226003
371	Swar, Mahesh	Kantipur Publication Pvt. Ltd	5135030/5135010	4436380	mahesh71227@gmail.com maheshwar@kantipur.com.np	9851071227
372	Tamang, Ladhuram	Hyonjan Elect. Engg. Fabricator P. Ltd.	4364961, 2082298	4355648	hyonjan@gmail.com	9851075980
373	Tamang, Suresh	Mother Infant Research Activities	041-523550	041-523371	suresh@mira.org.np	9841444353
374	Tamrakar, Govinda Man	MEH Consultants (P) Ltd.	4477634	6610234	govinda.tamrakar@mehconsultants.com	9851035743



375	Tandukar, Aasharam	Sky Deals Tours & Travels	4433838	5545425	md@gorkhatravels.com		a98101001091
376	Thapa, Bipin	Academy of Information Tech. Pvt. Ltd.	4412929	5522462			
377	Thapa, Deepak	power solution center	5201137		deepak.thapa@whp.org	4245835	9841288031
378	Thapa, Dibakar	Hulas Remittance Pvt.Ltd	4261313		dibakar.thapa@hulasremittance.com	4252008	9851019972
379	Thapa, Narayan Bahadur	Internet Business Bureau	4482444	9841329102	narayan@ibb.com.np	4435166	9841329102
380	Thapa, Prabhakar Shumsher	Him Electronice P. Ltd	4267760	4004027	Prabhakar@himelectronic.com	4267288	9851136637
381	Thapa, Pravrat	Surya Nepal Pvt. Ltd.	053-520900 Ext.231	053-521382	prabhvat@snpl.com.np		9845021063
382	Thapa, Ramesh	Direction Nepal Pvt. Ltd.	01-4117103	14117102	rameshdelta2@gmail.com	01-4117105	9841937024
383	Thapa, Sabin	Green Tick Nepal Pvt. Ltd.	4101076	4476362	sabinthapa@subisu.net.np		9851090700
384	Thapa, Timila Yami	Institute of Engineering	5534070	5525978	timilathapa@yahoo.com		9841298009
385	Thapa, Umesh	Intel Institute Pvt. Ltd.	4249090	4243944	info@intelinstitute.com		
386	Todi, Subodh H.	Godawari Marble Industries P. Ltd.	4411187	4412268		4412961	
387	Tudladhar, Rasmita	Tiliganga Eye Center	493775	4250510	rasmitatuladhar@hotmail.com		9841564024
388	Tuladhar, Amik	Simca Laboratories Pvt. Ltd.	4227868	4275699	amiktuladhar@hotmail.com	4251232	9801215154 9841290761
389	Tuladhar, Saroj Kaji	Goodwill Finance Limited	4444031	4362441	goodwill@finance.wlink.com.np	4443414	9851023409
390	Tuladhar, Subarna Das	N.B. Group	4240698	4228444	nbgroup@mos.com.np		
391	Tuladhar, Ujjwal Bir Singh		4417759	4417755	ujwal12@hotmail.com		
392	Upadhaya, Dipak Prasad	MEH Consultants (P) Ltd.	4225852		dpupadhayay@gmail.com		9851077584
393	Upadhaya, Durga Prasad	Training Institute For Technical Instruction	6630187		dpu@titi.org.np	6630289	9841533484
394	Upadhaya, Ganes Prasad	Wagle Trading Co.	4353136, 4355365	4353136	sugan@mos.com.np	4353348	9851024136
395	Upadhaya, Sarad Chandra	Janak Education Material Center Ltd.	6610170	4473284			
396	Upreti, Ashok Kumar	Peacock Plasticware Pvt. Ltd.	4288339	4355965	aku@ntc.net.np		
397	Upreti, Chinta Mani	Khadya Udhog Ltd.	057-520127	057-520454	khadya@vianet.com.np		
398	Vaidya, Anand	Vaidya Electronics	4480041	4480041			
399	Vaidya, Pradeep Man	Vijayadeep Pharmaceuticals	5525515	5521448	vaidya@upharma.wlink.com.np	5535367	985125000
400	Vaidya, Vivek Man	Vijayadeep Laboratories Ltd.	5539816	5525515	vivekzzz@hotmail.com	5539817	9851121000
401	Binod Dhakal	Green IT Solution Pvt. Ltd	4273274		dhbinu@gmail.com		9851065050
402	Archariya, Sanjeeta	Hotel Himalaya	5161340		sanjeeta@hotmail.com		9803172512
403	Chudal, Jayandra	Bisal Cement	4477460		jayandra@bisalceement.com		9851036734
404	Bhandari, Shiva Kumar	Deurali-Janta Pharmaceuticals Pvt. Ltd.	082-561058		bhandarishiva11@gmail.com		9847827869



We wish all the best
on publication of
26th issue of TALIM magazine

Makers of

ACIRAB

Rabeprazole 10/20 mg Tablets

ALLORIC

Allopurinol 100/300 mg Tablets

CODOMOL

Codeine phosphate 10 mg + Paracetamol 500 mg
Tablet

CORTILONE

Prednisolone 2.5/5/10/20/30/40 mg Tablets

DIGICARD

Digoxin 0.25 mg Scored Tablet

ELYTE

Oral Rehydration Salts Sachet

FURANTIN

Nitrofurantoin 50/100 mg Tablets

GAT

Tinidazole 250/500/1000 mg Tablets

GLUCUT

Metformin 500/850/SR500/SR850/SR1000 mg
Tablets

HYOSPAN /

HYOSPAN FORTE

Hyoscine Butylbromide 10/20 mg Tablets

KOFTAB / KOFTAB-D

Cough Expectorant Tablet/ Cough Suppressant
Tablet

METHAPRED

Methylprednisolone 2/4/6/8/16/32 mg Tablets

MOVEX

Aceclofenac 100 mg Tablet

OMNIVIT

Multivitamin and antioxidant Vit. A, C, E with Folic
acid Capsule

PANOLASE

Pancreatin 192 mg + Hemicellulase 50 mg + Bile
extract 25 mg Tablet

SAMLOD

S-Amlodipine 2.5/5 mg Tablets

TELARBI

Telmisartan 20/40/80 mg Tablets



Omnic Laboratories Pvt. Ltd.

Email: omnica@htp.com.np

Website: www.omniclab.com, www.omnica.com.np





उच्च स्तरीय निर्माण कार्य गर्नु परेमा साथै निर्माण कार्यको लागि आवश्यक स्काभेटर, JCB, टिपर लगायत सम्पूर्ण उपकरणहरूको लागि हामीलाई सम्झनुहोस् ।



गणेश प्रसाद भेटवाल
प्रबन्ध निर्देशक
मो.: ९८५१२६७२६७



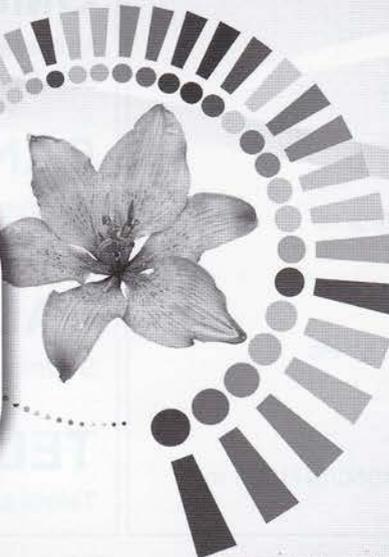
“ख” वर्गको इजाजत प्राप्त निर्माण कम्पनी

स्वस्तिक श्री विनायक कन्स्ट्रक्सन कम्पनी प्रा. लि.

हेटौडा, मकवानपुर, फोन: ०५७-५२३६३१, फ्याक्स: ००६७७ ५७ ५२०५६१

"Complete Printing Solution"

स्तरीय मुद्रणको लागि हामीलाई सम्झनुहोस्



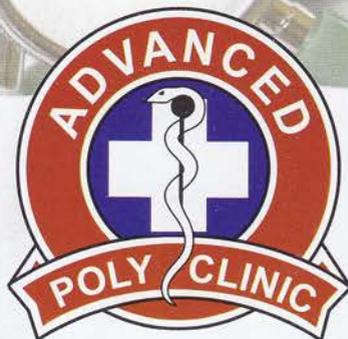
Nakabahil-16, Lalitpur, Ph.: 5533191



Subhash Printing Press
सुभाष प्रिन्टिङ प्रेस



DON'T WAIT FOR A
HEART ATTACK
TO VISIT A DOCTOR
YOU MIGHT NEVER MAKE IT



Personalized Medical Care
ISO 9001 Certified

**PREVENTIVE
HEALTH CARE
SAVES LIFE**

Advanced Poly Clinic

Lazimpat, Ktm, Tel:4443386, 4431078

www.apc.com.np / e-mail: info@apc.com.np



HOTEL AMBASSADOR
BY ACE HOTELS

NOW
OPEN

your
quiet
room
IN THE CITY



The Best
Located hotel
IN NAGARKOT



FOR RESERVATIONS PLEASE CONTACT US AT: SALES AND RESERVATION OFFICE
ADDRESS: HOTEL AMBASSADOR BY ACE HOTELS, LAZIMPAT | TEL: +977-1-4410432, 4442726, 9801321201
info@clubhimalaya.com.np | www.clubhimalaya.com | info@ambassador.com.np | www.ambassadornepal.com



Best Wishes to

**NEPAL
AOTS
ALUMNI
SOCIETY**

*For Commemoration
of 27 Years*

From the Maker of

NIKO

Paracetamol

Coming Soon...

**For the 1st Time
from Nepalese
Pharma Company**

Lyophilized Products

**National
Healthcare**

Website: www.nationalhealthcare.com.np