

TALIM

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NEPAL AOTS ALUMNI SOCIETY





FORMIN[®] बाजे मन्नुहुन्छ

निमोनिया र कोभिड-१९ निमोनिया: के छ फरक ?

निमोनिया भन्नाले फोक्सोमा हुने विभिन्न प्रकारको भाइरस, ब्याक्टेरिया अथवा फंगसका कारण हुने संक्रमणलाई बुझिन्छ जसमा फोक्सो भित्र हुने स-साना हावाका थैली (air sac) मा अत्यधिक मात्रामा पानी वा पीप भरिन्छ जसले गर्दा श्वास फेर्न कठिन हुन्छ। यस्तै फोक्सोको एउटा समस्या हो कोभिड-१९ निमोनिया जुन नोबेल कोरोना भाइरसको संक्रमणले निम्त्याउँछ। यसलाई मुरुमा नोबेल कोरोना भाइरस संक्रमित निमोनिया भनिएको थियो तर विश्व स्वास्थ्य संगठन (WHO) ले त्यो नामलाई परिवर्तन गरी कोभिड-१९ राख्यो।

खतरामा को-को ?

कोभिड-१९ निमोनिया जो-कोहीलाई पनि हुन सक्छ यद्यपि, ६५ वर्ष उमेर भन्दा माथिका व्यक्तिहरूमा र दीर्घ रोग, जस्तै:

- दम
- फोक्सोको रोग
- उच्च रक्तचाप
- मुटुको रोग
- मधुमेह
- कलेजोको रोग
- मृगौलाको रोग र, - अत्यधिक मोटोपन भएका व्यक्तिहरूमा ज्यानको खतराको उच्च सम्भावना रहने गर्दछ। यसका अतिरिक्त, रोग प्रतिरोधात्मक क्षमता कम भएका मानिसहरू, चुरोट सेवन गर्नेहरू, क्यान्सरको उपचार गरिरहेकाहरू र अन्न प्रत्यारोपण गरेका बिरामीहरू पनि उच्च खतरामा रहने गर्दछन्।

कोभिड-१९ बाट निको भएका बिरामीमा पुनः संक्रमणको सम्भावना

साधारणतया, कुनै भाइरस संक्रमण पश्चात शरीरमा त्यस भाइरस प्रति आजीवन प्रतिरक्षाको विकास हुने गर्दछ। तर, कोभिड-१९ मा एकपल्ट कोरोना भाइरस संक्रमित बिरामीमा पुनः संक्रमण देखिएको छ र, केहि बिरामीमा पहिलो संक्रमणमा सामान्य लक्षण देखिएपनि पुनः संक्रमणमा अस्पतालमा भर्ना भइ उपचार गर्नुपरेको अवस्था पनि छ तसर्थ, कोभिड-१९ को पुनः संक्रमणको जोखिम पनि रहेको हुँदा आफु सतर्क हुनु नै बुद्धिमानी हुन्छ।

पहिलो वा दोस्रो संक्रमण पश्चात फोक्सोमा जटिलता उत्पन्न हुने सम्भावना भएको हुँदा अनिवार्य रूपमा चिकित्सकको परामर्श लिन जरुरी छ।

कोभिड-१९ भएका बिरामीमा निमोनिया पनि हुने सम्भावना

प्रायः १५% कोभिड-१९ संक्रमित बिरामीको अवस्था गम्भीर रहेको पाइएको छ र ती मध्य ५% बिरामीलाई भेन्टिलेटरमा राखि अक्सिजन दिनुपरेको छ। नोबेल कोरोना भाइरसले फोक्सो भित्रका स-साना हावाका थैली बन्दै कोशिकाहरूमा हानी पुऱ्याई श्वास फेर्न अप्ठेरो बनाउँछ जुन निमोनिया हुँदा देखिन्छ। तसर्थ, कोभिड-१९ का गम्भीर संक्रमितहरूमा निमोनिया पनि देखिने हुँदा त्यस्तो अवस्थालाई कोभिड-१९ निमोनिया भनिएको हो।

कोभिड-१९ निमोनियाको उपचार कसरी गर्न सकिन्छ ?

निमोनियामा प्राय बिरामीलाई भेन्टिलेटरमा राखी अक्सिजन प्रदान गरी उपचार गरिन्छ जसले श्वास फेर्न सहज बनाउँछ, अन्य IV fluids हरू मार्फत शरीरमा तरल पदार्थको कमीको पूर्ति पनि गरिन्छ। कोभिड-१९ को उपचारमा विभिन्न देशमा सम्भावित औषधिहरूको अनुसन्धान भैरहेको छ।

कोभिड-१९ निमोनिया निको हुन लाग्ने समय

पूर्ण रूपमा कोभिड-१९ बाट निको हुन लाग्ने समय सबैलाई एक समान हुँदैन। सामान्य लक्षण देखिएको अवस्थामा बिरामीलाई पूर्ण निको हुन औसतमा २ हप्ता लाग्दछ भने, कोभिड-१९ निमोनिया लागेको अवस्था जसमा फोक्सोको क्षतिको कारण अक्सिजन बेरापी दिनुपर्दछ, त्यस्ता बिरामीलाई पूर्णतया निको हुन ८ हप्ता (२ महिना) सम्म पनि लाग्न सक्छ।

- WebMD : Coronavirus and Pneumonia
- The Lancet Infectious Diseases, Oct. 12 2020
- BBC News 1st May by James Gallagher

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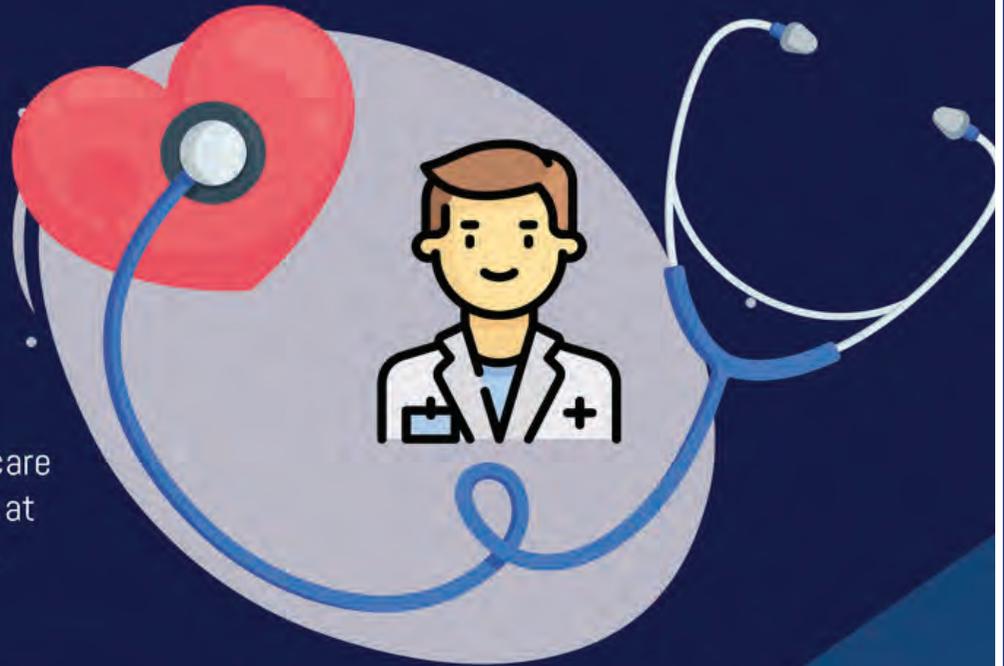
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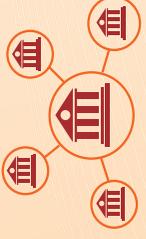
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Recent months have seen COVID-19 transmute from a devastating regional epidemic into a true global pandemic. In this immensely perplexing period, continents, countries, cities have surged through an apocalypse. National economies, societies-cultures, politics-legislations, and the demographics of whole continents are changing; healthcare and research funding priorities are taking the front seat. Travel has reduced, formats of training, education and meetings have changed. Governments, health forces have been tackling it to the best of their capabilities. Virtual technologies, smaller targeted meetings, and increased use of online platforms have been embraced.



All public events are cancelled, all celebrations postponed and academias are closed fearing the spread of the virus. We are now guided by evidence and science, not hype. Few months down the line, life has profoundly changed. The intonations of today are 'stay at home, stay safe', 'wash your hands' and 'social distancing'.

Regular social life and work has come to a standstill. The attention now is on prevention, chiefly with a vaccine still not in sight. On the other hand, the pandemic has stimulated world-wide cooperation and teamwork, made us conscious of the vainness of fighting among ourselves and pacified our antagonistic predispositions making us more methodical in our thinking and lifestyle. The greatest life lesson pandemic taught us is humanity, to look out for those who could not, to do our part in making their lives a little bit easy. We pray to the almighty for the situation to improve and normality to be reinstated.

We admire Japan's approach in handling this task at hand which has been democratic, maintaining the separation of powers and calling on people to support and recognize their 'individual responsibility'. It has also been possible due to their stronger health system, better welfare support, and cooperative citizens. Both Nepal and Japan have systems in place to handle disasters which were used in efforts to prevent the spread of COVID-19. We wish to attain the same sort of balance to bring our lives back on track in the near future.

Time to look at the positives among all these anomalous circumstances. With everybody's hard work and effort, we are able to publish our Annual Souvenir the "TALIM" magazine in its digital form which is also our 29th issue.

I proudly inform you that the past year saw 10 regular AOTS Training programs at AOTS, Japan where 13 participants joined in different courses. These training programs were held from July 2019 to March 2020. The programs concentrated on leadership, training, project management, business innovation, human and organizational problems and quality management to name a few. Although 1 NGC meeting was cancelled due to sudden Covid-19 outbreak.

There were 2 WNF Training Programs conducted outside of Kathmandu Valley. One in Bhairawaha (Nov 2019) and other one in Chitwan (Feb 2020) with approximately 30 participants each. The participants were trained on TQM and 5S & Kaizen respectively.

With great enthusiasm, our eight Executive Committee Members and Advisor attended the 10th World Convention of AOTS Alumni Societies held at Tokyo Kenshu Center, Tokyo, Japan from 31 July – 2 August 2019. Alongside this, meeting with alumni society by AOTS, Japan; WNF Management Committee meeting and other meetings of mutual interest with other alumni societies were held. Four members of the team attended a two-day post-convention training program on 5S whereas other members held productive meetings with ICOSA, Japan.

The Nepal AOTS team also seized this chance to visit Japanese companies such as Ibasei Ltd. and its related companies at Hitachi, Ibaraki, and NISSAN Motor Co. at Yokohama to witness their

manufacturing and quality management practices which has been appreciated world-wide.

Nepal AOTS also observed BonNenKai 2019 celebration at Hotel Crowne Imperial, Ravi Bhawan on 20 December, 2019. The celebration was attended by guests from Embassy of Japan, JICA Nepal, Nepal Japan associations besides Nepal AOTS members and their families. Nepal AOTS had been consistently working towards its other social and networking activities with other Nepal Japan associations operational in Nepal.

Owing to the Covid-19 outbreak, regular training and other activities have been largely affected since there was countrywide lockdown from March 2020. Even in these exasperating times, Nepal AOTS has regularly conducted its regular Executive Committee meetings through online medium using Zoom. Nepal AOTS had postponed its Annual General meeting which was scheduled to be held on July 2020; however it is being planned to be held online very soon (date to be fixed). Just like the whole country Nepal AOTS is also moving towards the new normalcy to attain its organizational goals.

On behalf of AOTS, I would like to express my sincere admiration for the amazing efforts put by all involved in the publication of TALIM this year. We appreciate everything that has been done over the past several years into making this souvenir what it has become. The endless hours that every member has spent and the professionalism they have shown has motivated the entire AOTS team immensely.

We take pride in the hard work and dedication to making every critical program and activity a great success. As always, we are ever eager to go the extra mile. Thank you once again for all your contributions.

Writers are responsible for their articles - Editorial Board

"Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."

- Buddha

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MESSAGE

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Message from
His Excellency Masamichi Saigo
Ambassador of Japan to Nepal



I am honored to be given this opportunity to congratulate the Nepal AOTS Alumni Society on the publication of the 29th issue of its TALIM Magazine. This magazine reports on the ongoing efforts of Nepal AOTS in 2020. I applaud the members of the Society for their contribution.

Japan and Nepal established diplomatic relations in 1956 and our friendship has grown and has been enriched over the years. Japan's new era "Reiwa" commenced last year. The inception of the era was attended by Nepal's President, Ms. Bidhya Devi Bhandari. She visited Tokyo to attend the Ceremonies of the Accession to the Throne of His Majesty the Emperor and exchanged views with Mr. ABE Shinzo, Prime Minister for strengthening bilateral relations. Her visit was followed by a visit by Mr. NAKAYAMA Norihiro, Parliamentary Vice-Minister for Foreign Affairs to Kathmandu in January 2020. In addition to these high-level exchanges, there has been a number of business-to-business exchanges to date.

The COVID-19 outbreak and spread, however, have made it difficult to carry out normal business activities and to visit each other. The Japanese Government has announced a "New Lifestyle" to cope with the COVID-19 situation and has laid down three basic manners. Within these, everyone is expected to possess a proper understanding to protect themselves and others from this global infectious disease by avoiding the 3 Cs: Closed spaces, Crowded places and Close-contact settings. Needless to say, life in the midst of a spreading virus continues to be challenging, and we have to adopt, adjust, and think creatively to survive this situation. I strongly believe that we can come up with suitable ideas and ways of working with the AOTS's motto, "Live in Harmony Together, Grow Together" even under these challenging circumstances.

I am confident that Nepal AOTS will continue to fulfill its vital role in providing trainings and organizing seminars on human resource development and empower itself while serving as a solid bridge of friendship between Japan and Nepal. I believe that the efforts of Nepal AOTS will elevate Nepal's business community to the next level of a win-win relationship between the two countries.

Masamichi Saigo
Ambassador of Japan to Nepal

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November 20, 2020

On behalf of the Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), I would like to congratulate you for organizing the 30th Annual General body Meeting (AGM) of the Nepal AOTS Alumni Society (NAAS) on 4 December 2020.

AOTS training in Japan has been provided for 1,200 Nepalese engineers, managers and executives, while our seminars in Nepal have been attended by 1,700 local personnel. It is pleased that those with experience of AOTS training now lead the path of the nation's recovery from the 2015 earthquake.

With COVID-19 still sweeping the world, most of AOTS Alumni Societies are forced to suspend their activities. However, the proved resilience of NAAS keeps them moving forward. Not only organizing two webinars in FY2020 to carry the torch of WNF programs, NAAS has been instrumental in creating a Database of resource persons for ease of faculty identification. We admire your ingenuity and adaptability, critical to stay engaged in the current environment.

Needless to say, the AOTS will remain committed to provide all necessary assistance to ensure the success of NAAS in your mission of social and economic development.

We wish you all success and prosperity.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'S. Kuwayama', written over a light blue horizontal line.

Shinya Kuwayama

President

The Association for Overseas Technical Cooperation
and Sustainable Partnerships (AOTS)



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MESSAGE



I would like to extend my congratulations on the opening of the 30th Annual General body Meeting (AGM) of the Nepal AOTS Alumni Society (NAAS) on 4 December 2020, and this 29th Issue of your "TALIM" magazine.

As the General Manager of the New Delhi Office of the Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), I am serving with responsibility for AOTS's activities in South Asian countries. Let me express my admiration and respect for NAAS's commitment toward human resources development with various activities organized by themselves as well as in collaborations with AOTS. By sharing the experiences with NAAS and noticing their continuous efforts and sincere dedication to their activities, I realized that such activities of NAAS have laid the foundation for industrial development in Nepal as well as more friendly relationship with Japan.

Being the representative of AOTS in this South Asia region, I also have been trying to create more activities in this region, feeling encouraged by the enthusiasms and continuous efforts of NAAS in their activities, such as holding cultural events, sending the participants to the program in Japan, and many more. Now that AOTS has more than 61 years history, having being motivated by such a strong alumni society, AOTS is ever more determined to expand our mutual collaborations encompassing all aspects of human resources development, cultural exchanges and friendship promotion around the globe. On my personal front, I also cannot stop thinking about visiting Nepal, a famous tourism destination blessed with beautiful mountain sceneries, and meeting such nice people in Nepal, always making me feel welcomed with the warm hospitality.

Since the beginning of this year, the Covid-19 has been hitting the world severely and we have been having a hard time, being affected by the limited movement and activities of people globally and domestically. But keeping the mission of ours in common, I believe, NAAS and AOTS will survive from this hardship, and we can become even stronger after experiencing these unprecedented challenges, by finding new opportunities and approaches to achieving our missions.

It would be the test for our future prosperity to cooperate even tighter with the unchanged AOTS spirits and our sustainable partnerships. Always looking forward to visiting Nepal and working together with you, NAAS!

神田 久史

Hisashi Kanda
General Manager, New Delhi Office
The Association for Overseas Technical
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रु. २०,००० सम्म / १५० वटा दिवा
ओ.पि.डि सुविधा / उपचार सेवा

चाडपर्व अफर

- वार्षिक लकर शुल्कमा ५०% छुट (पहिलो वर्षको लागि)
- कर्जा प्रक्रिया शुल्कमा विशेष छुट
- निःशुल्क डेबिटकार्ड (पहिलो वर्षको लागि)
- निःशुल्क मोबाईल बैंकिङ्ग (पहिलो वर्षको लागि)
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MESSAGE



I am very pleased to know that NAAS will hold the 30th AGM (web-based) on 4th December, 2020 and the 29th issue of the TALIM will be published on that milestone occasion for which I am delighted to write this humble message.

At first, I would like to extend my heart-felt sympathy to those NAAS members who are affected in any manner due to the Covid-19 pandemic and I pray for them so that they can return to the normal life very soon.

Secondly, I would like to congratulate NAAS for moving ahead with some activities even during the current difficult time along with financial crisis. The cooperation and support of AOTS is very much limited during FY 2020, but NAAS has been trying to survive with its strong will force and scanty resources. My heart and soul is always with NAAS as it was during the last 30 years.

The age group of me and my wife is rather dangerous these days, but we are still surviving due to your good wishes and the grace of God. We do hope to see you again in Nepal when the situation will improve. Please accept our love and best wishes.

A handwritten signature in black ink that reads "Moazzem Hussain". The signature is written in a cursive style with a long, sweeping underline.

(Dr. AKM Moazzem Hussain)
Adviser of BAAS,
CAAS & NAAS;
Honorary Adviser
to AOTS Activities
in Bangladesh

उपचार खर्च अब **Citizen Life** ले गर्छ



नेपालमै पहिलो पटक
५० लाख सम्मको उपचार खर्च
मात्र रु.२० प्रति दिनमा २० घातक रोगहरुका लागि

विशेषताहरु

रोग लागेको प्रमाणित भए पछि बिल बिना नै उपचार खर्च प्रदान गरिने
बीमाइ रकम: रु. ५०,००० देखि रु. ५०,००,००० सम्म
सिटिजन लाइफको सबै योजनासँग उपलब्ध

नेपालमा हरेक वर्ष केहि घातक रोगहरुका कारण मृत्यु हुनेको संख्या

मुटु सम्बन्धी रोग	४६,००४
क्यान्सर	१०,६४०
मृगौला सम्बन्धी रोग	४,३३७

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MESSAGE

Namaskar and Warm Greetings to all the readers!

I am Mahesh Kumar Nakarmi, President of Nepal AOTS Alumni Society.



Nepal AOTS Alumni Society (NAAS) was established in 1989 A.D. with the theme of Human Resource Development (HRD) in the private sector organizations in Nepal, especially in technical and management field. It has already completed 29th year of its establishment and is entering into its 30th year.

You have in your hand our 29th volume of 'TALIM'. We published it on the special occasion of our 30th Annual General Meeting. Publication of 'TALIM' is one of our regular activities giving continuity from last 29 years.

Since last March, we all are suffering due to the pandemic COVID-19. Even in this difficult situation, effort of our hard working and cohesive executive members and support of our members are the major driving forces to give continuity to the publication of TALIM. I take this opportunity to thank to all concerned from the bottom of my heart.

TALIM gives all the previews of our activities what we have achieved and what we plan to do in future. Nepal AOTS is always committed to work on Human Resource Development complying the AOTS, Japan's motto of "Co-Existence and Growing Together" through human resources development and global human connectivity "The Connections Between People across Borders", which are very much significant to Nepal in current situation.

I humbly would like to request all the readers to suggest us for any improvement in our regular publication TALIM in the coming days.

Mahesh Kumar Nakarmi
President,
Nepal AOTS Alumni Society

Date: December 4, 2020

NEPAL AOTS ALUMNI SOCIETY

A D V I S O R S



Mr. Ashok Man Singh Bania



Mr. Madhusudan Bhattarai



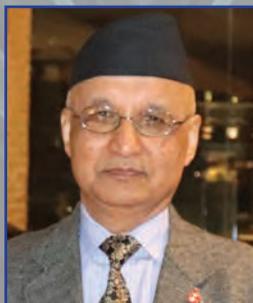
Prof. Dinesh Chapagain



Mr. Ramesh Prasad Nepal



Ms. Amira Dali



Mr. Prakash Raj Singh Suwal



Mr. Ramesh Man Singh

NEPAL AOTS ALUMNI SOCIETY

EXECUTIVE COMMITTEE MEMBERS 2018-2020



Mr. Mahesh Kumar Nakarmi
President



Mr. Prashant Lal Shrestha
Vice President



Mr. Ashok Kumar Aryal
Vice President



Mr. Prajwal Shrestha
General Secretary



Mr. Shiva Kumar Shrestha
Treasurer



Mr. Narayan Thapa
Joint Secretary



Mr. Kishore Bhakta Mathema
Internal Auditor



Ms. Nishma Bajracharya
Executive Member



Mr. Mahesh Kumar Gorkhali
Executive Member



Ms. Shanta Baskota Koirala
Executive Member



Mr. Shiv Bhushan Lal
Executive Member



Mr. Mukunda Prasad Joshi
Executive Member



Mr. Mahesh Swar
Executive Member



Ms. Aju Giri
Executive Member



Mr. Saroj Shrestha
Executive Member

‘रोग लाग्ने नदिनु, प्रयत्न तपाईंको
केही भए, उपचारमा साथ दिने वाचा हाम्रो’



रु. ५० लाख सम्म

घातक रोगहरूको उपचार खर्च#



फोक्सो सम्बन्धि रोग



पार्किन्सन्स रोग



क्यान्सर



पूर्ण अन्धोपन



कोमा



महाधमनी शल्यक्रिया



पहिलो हृदयघात



चेष्ट सिप्टिजि



उच्च रक्तचाप



बोन म्यारो प्रत्यारोपण



अल्जाइमर



मस्तिष्कघात



मल्टिपल स्क्लेरोसिस



तेश्रो डिपिमा-पोलेको



मृगौला विफलता



कलेजा विफलता



अंग पक्षघात



मृगौला प्रत्यारोपण



प्यानक्रिया प्रत्यारोपण



मुटुका भन्जहरूको मर्मत

शतहक लागू हुनेछ



नेपाल लाइफ
इन्स्योरेन्स कं. लि.

किनकि जीवन अमूल्य छ...



MR. PRAJWAL SHRESTHA

General Secretary
Nepal AOTS Alumni Society



Annual Activity Report of Nepal AOTS Alumni Society

As we all know, the whole world has been severely impacted by Covid-19 pandemic, seriously limiting our mobility and normal activities. The world has not seen a global crisis of this scale in recent history. As the pandemic continued to spread rapidly across the world, many countries went into lockdown. Nepal also went into a complete lock down in March 2020 for a period of 3 months and again in July 2020 for a month. Though the country has opened gradually to minimize the economic damage, the coming winter season poses no lesser challenge.

In such a scenario, the regular activities of Nepal AOTS have been seriously curtailed, especially after the lockdown in March 2020; and it has strived to continue with some of its regular activities wherever possible in the following months. Because of the strict regulation to avoid in person contact, some of the activities after March 2020 has been limited to online mode only and it will continue to be so for a few more months until the pandemic subsides. In this regard, the 30th AGM of Nepal AOTS is also being conducted via online platform for the first time.

Major activities of Nepal AOTS for 2019/20.

1. 29TH ANNUAL GENERAL BODY MEETING

Nepal AOTS held its 29th Annual General Body Meeting at Hotel Himalaya, Lalitpur on 26 July 2019. The General Secretary's Annual Activity Report and the Treasurer's Financial Report were presented on the occasion, and the reports were unanimously endorsed by the AGM after the floor discussion. Mr. Hisashi Kanda, General Manager, New Delhi Office, and the chief guest for the occasion, appreciated the activities of Nepal AOTS and offered valuable insights for further development of its activities.

The formal AGM program was followed by an evening session which was attended by various dignitaries and guests from the Government of



Nepal, Embassy of Japan to Nepal, JICA Nepal Office, representatives from Nepal Japan Societies, and guests from private sector organizations.

2. MEETINGS AND OTHER BUSINESS

The following are the formal meetings carried out to plan and execute the activities of Nepal AOTS on a regular basis throughout the year 2019/2020

Monthly Meetings	8
Executive Committee Meetings	16
Special Executive Committee Meetings	1

Some of the monthly meetings were impacted by the pandemic and other public holidays. However, It has been made sure that every Executive Committee meeting is carried out on a monthly basis. Such meetings have been carried out using Zoom platform since April 2020 due to the lockdown and risks associated with the Covid-19 pandemic. One such online meeting was carried out with Mr. Hisashi Kanda, General Manager, AOTS New Delhi Office, on 12 September 2020 to discuss matters related to training programs for Nepal AOTS.

Nepal AOTS activities are carried out through various committees and separate meetings are conducted by such committees. Nepal AOTS activities are carried out through committees such as Asset Management Committee, Digital Media and Publication Committee, Training Division and WNF Committee, Social Activities and Relief Committee etc.



3. TALIM PUBLICATION

29th edition of TALIM has been published this year on the occasion of 30th AGM of Nepal AOTS. This annual publication of Nepal AOTS was managed by the TALIM Publication Committee led by its Coordinator and Executive Committee member Mr. Shiv Bhushan Lal. Nepal AOTS owes its gratitude to timely advice and support provided its advisors, and special thanks goes to the well-wishers of Nepal AOTS, and various other organizations which supported the publication of the magazine by providing articles and advertisements.

4. 10TH WORLD CONVENTION OF AOTS ALUMNI SOCIETIES

President of Nepal AOTS, Mr. Mahesh Kumar Nakarmi, as the representative of the alumni society, led the delegation of seven Executive Members of Nepal AOTS along with spouse of the Treasurer as an Accompanying person to participate in the 10th World Convention of AOTS Alumni Societies held at Tokyo Kenshu Center, Tokyo, Japan from 1 – 2 August 2019. The attendees were:

- i. **Mr. Mahesh Kumar Nakarmi**
President/Representative
- ii. **Ms. Amira Dali**
Advisor/Delegate
- iii. **Mr. Prashant Lal Shrestha**
1st Vice President/Delegate
- iv. **Mr. Prajwal Shrestha**
General Secretary/Delegate
- v. **Mr. Shiva Kumar Shrestha**
Treasurer/Delegate
- vi. **Mr. Narayan Bahadur Thapa**
Joint Secretary/Delegate
- vii. **Ms. Nishma Bajracharya**
Executive Member/Delegate
- viii. **Ms. Shanta Koirala Baskota**
Executive Member/Delegate
- ix. **Ms. Sarita Shrestha**
Accompanying Person

The trip to Japan was filled with various meetings, trainings and factory visits before and after the 10th World Convention with participation of some or all the attendees from Nepal AOTS in various programs as summarized below:

30 July

- Meeting with the officials of Center of the International Cooperation for Computerization (CICC) to discuss the prospects of collaboration between Nepal AOTS and CICC in the areas of Information Technology
- Meeting with AOTS, Japan team led by AOTS Director of the Board, Mr. Takeshi Ichikawa, AOTS Senior Manager, New Global Cooperation Group, Mr. Akira Kuriyama and General Manager, AOTS New Delhi Office, Mr. Hisashi Kanda during the session titled Meetings with each Alumni Society by AOTS, Japan to discuss the planned activities of Nepal AOTS and future cooperation from AOTS, Japan

31 July

- Visited Hitachi City, Ibaraki Prefecture to observe and learn Japanese manufacturing practice at Ibasei Ltd. and its factories; Department of Mechanical Systems Engineering, Ibaraki University, and HITACHI Ltd., one of the main clients of Ibasei Ltd. The one-day program was hosted by Dr. Norio Kikuchi, CEO, Ibasei Ltd., Japan
- The AOTS's 60th Anniversary Symposium and The AOTS's 60th Anniversary Ceremony
- Workshop on "Become a transformational Leader – Learning from 2030 SDGs Game" organized at Tokyo Kenshu Center
- The AOTS's 60th Anniversary Reception" at Daiichi Hotel, Tokyo

1 August

- The 10th World Convention of AOTS Alumni Societies Opening Ceremony/General Assembly
- Group Discussions



2 August

- SAFAAS Regional Convention Committee for Drafting Tokyo Resolution
- Exchange Event/Networking (Sub-event)
- Closing General Assembly



3 August

- Meeting with the officials of The International Cooperation Organization for Small and Medium Enterprises in Asia (ICOSA), Japan
- Meeting with the officials at 3A Corporation, a Japanese Language publishing company

3 - 4 August

- A two-days training program titled The Seminar on Accelerating 5S Activities organized at Tokyo Kenshu Center

5 August

- Factory Visit at Nissan Oppama Plant, Kanagawa Meeting with Dr. Balaram Shrestha, Honorary Representative of Tokyo Nepal Chamber of Commerce, Nepal; Vice President Japan Nepal Business Chamber of Commerce, Japan

6 August

- Meeting with the executives of Japan Information Technology Service Industry Association (JISA)



- Meeting with Mr. Yashumi Suzuki, General Manager, AOTS Japan was also held on the sidelines of the 10th World Convention to discuss about areas of future cooperation. Informal meetings were also carried out with representatives and delegates from other AOTS Alumni Societies from different parts of the world.

5. TRAINING PROGRAMS

All forms of training programs, one of the core activities of Nepal AOTS, were severely impacted by Covid-19 pandemic, especially after February 2020. Many of the planned and/or confirmed training, whether they be overseas trainings programs in Japan, WNF funded training programs or domestic lecturing tours, all of them had to be cancelled owing to the risks due to the pandemic.

The training programs are now being envisaged to be conducted online until the risks due to Covid-19 are contained.

a. Training Programs at The Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), Japan

The overseas training at AOTS, Japan were being carried out smoothly till February 2020 when the dispatch of the trainees to Japan were stopped due to the pandemic. Till that period only 13 participants could undergo the training in Japan while one NGC Training Program (Program on Toyota Way of Management for Company-wide Operational Improvement [X576-2], 16 –21 March 2020) for which a participant was already confirmed had to be cancelled due to Covid-19 outbreak.

S.No.	Program	Date	Number of Participants
1	The Executive Program for Corporate Management [EPCM]	10 -23 July 2019	1
2	The Program for Quality Management [PQM]	4 - 17 September 2019	1
3	The Program for Quality Problem Solving [PQPS]	16 – 27 September 2019	1
4	The Program on Eco Business Innovation [TEBI]	3 – 16 October 2019	2
5	The Leadership Development Training Program [LDTP]	3 – 14 September 2019	1
6	The Training Program on Program & Project Management [PPTP]	7 –20 November 2019	1
7	The Program on Information and Communication Technology in Manufacturing Industry [PICT]	27 November–10 December 2019	1

S.No.	Program	Date	Number of Participants
8	The Training Course on Solving Human and Organizational Problems [SHOP]	4-17 December 2019	3
9	The Program on Business Innovation and Organization Development [BIOD]	15 - 28 January 2020	1
10	The Program for Japanese Corporate Management [PJCM]	18 February – 4 March 2020	1

All the participants of the overseas training program at AOTS, Japan were provided with formal orientation program before their departure to Japan.

b. Online Training Programs by AOTS, Japan

AOTS, Japan has started to conduct a series of AOTS Webinar programs subsidized by Japanese Government in absence of overseas training program conducted with in person participation in Japan due to global pandemic. Accordingly, the following AOTS Webinar programs have been finalized for the month of December 2020.

- Corporate Revitalization by Practical Actions [OROP04], for the South Asia Middle East Africa & Europe on 8 December 2020.
- Organization development in VUCA (Volatile, Uncertain, Complex and Ambiguous) situations [ORBIOD1] for developing countries on 17 December 2020
- Business Innovation Utilizing AI/IoT [OROP02] for South Asia Africa & Europe on 22 December 2020.

c. WNF Training Programs

- Two WNF (World Network of Friendship) Training programs were conducted during the period. Both training programs were conducted outside of Kathmandu valley with the concept of decentralizing the training programs for the larger benefit of the organizations and industries in those areas.

S.No.	Training Program	Date	Location	No. of Participants	Resource Person
1	Total Quality Management	28 - 30 November 2019	Bhairahawa (Lumbini)	30	Ms. Shakunthala (Sri Lanka)
2	5S & Kaizen	23-25 February 2020	Chitwan	27	Mr. C. K. Bulakh (India)

Nepal AOTS is planning to organize two online training programs, one each in December 2020 and January 2021 funded by WNF. The training programs are



- Developing COVID - 19 Resiliency among the Small and Medium Industries
 - Challenges and Opportunities brought by the Pandemic COVID – 19
- 17 participants representing Nepal AOTS attended the WNF Training Program titled Online Training Program on “Monozukuri Wa Hitozukuri” organized by ABK – AOTS Dosokai, Tamilnadu Center and approved by AOTS, Japan for AOTS Alumni Associations / Societies (AAS) in SAFAAS Region and their members. The training was conducted in two parts. Part I was executed from November 2 - 6 2020 and Part II was executed from November 9 - 13 2020.

d. Domestic Training Program

Nepal AOTS Alumni Society (Nepal AOTS) organized a Training cum Workshop Program on “Improving Productivity Through 5 S and Kaizen” at Tilganga Institute of Ophthalmology, Kathmandu, Nepal



from February 22 - 23, 2020. The training program was jointly organized with Tilganga Institute of Ophthalmology and the Resource Person was Mr. Chandrashekhar Krishnaji Bulakh from Pune, India.

e. Other Training Programs

Two members from Nepal AOTS Executive Committee attended the web Seminar “TPS (Toyota Production System) Practice Dojo” organized by Consulting Division, Hirayama Co. Ltd., Japan on 14 September 2020.

6. ICOSA WEB SEMINAR SERIES

International Cooperation Organization for Small and Medium Enterprises in Asia (ICOSA) has been conducting a series of web seminars related to presentation and discussion of pertinent issues

in the region. Members of Nepal AOTS have been regularly attending those web seminars while members of Nepal AOTS members also made their presentations on two of those occasions.



Mr. Hari Bhakta Sharma, Executive Director, Deurali Janta Pharmaceuticals Pvt. Ltd. (DJPL) made a presentation titled “Our Experience in Nepal During

Covid-19 Pandemics” in the 5th ICOSA web seminar organized on 12 September 2020.



Similarly, Ms. Amira Dali, MD, Nepal Biotech Nursery Pvt. Ltd., N. A. Three Business Services Pvt. Ltd. and Advisor to Nepal AOTS made a presentation on “Possibility of Collaboration between Nepalese Human Resources and SMEs ” in the 7th ICOSA web seminar organized on 23 November 2020.

The presentations were very useful and informative with good participation and appreciation from the audience.

Nepal AOTS is looking forward to welcoming the officials of ICOSA in Nepal as soon as the situation becomes conducive for international travel. Their previous plan to visit Nepal in November/December of 2020 had to be postponed due to the Covid-19 pandemic.

7. PRESENTATION BY MR. TOSHIYUKI KATO

The AOTS’s New Global Cooperation Department, Japan organized an online seminar on “Overview of Nepal IT Industry” on 25 August 2020. Mr. Toshiyuki Kato, who was in Nepal from 2014-2015 as Sr. JICA Volunteer at Nepal AOTS, was the key speaker of the program which was attended by around 100 participants, mainly from Japan. Mr. Mahesh Nakarmi, President, Nepal AOTS, gave the opening remarks during the seminar.

8. PARTICIPATION IN VARIOUS OTHER ONLINE TRAINING PROGRAMS

Members of Nepal AOTS have been actively participating in other learning platforms such as Learning and Sharing Program (LSP) conducted monthly by Network for Quality, Productivity and Competitiveness – Nepal.

9. BONENKAI 2019 PROGRAM

Year-end celebration program, Bonenkai, was organized by Nepal AOTS at Hotel Corwne Imperial, Ravi Bhawan on 20 December 2019. Guests from Embassy of Japan, JICA Nepal, Nepal Japan associations and various other guests besides Nepal AOTS members and their families attended the function.



10. MEMBERSHIP DATABASE UPDATE

Nepal AOTS has started to update its database about the contact information and professional engagements of the ex-trainees of AOTS training programs. In this connection, database of approximately five hundred and fifty Life members and General members have been updated along with the drive to renew their membership at the alumni society. Nepal AOTS is making efforts to get in touch with many others who could not be contacted because of the changes in their contact information details.

Year 2020 has been a challenging year indeed, and so will be, at least the first half of 2021. Though we missed our regular activities and in person socializing, the pandemic has also offered new opportunities, mainly in the form of online connectivity. Though things are bound to get back to normal, we believe we’ll and we should continue to use the benefits of these online platforms.

During the AGM 2020, Nepal AOTS is going to elect a new Executive Committee for 2020-2022. The new Executive Committee will also need all the necessary support and cooperation from its general members and stakeholders – internal and external, for further growth of the alumni society.

In this connection, Nepal AOTS is thankful to all the well-wishers who have supported the society directly and indirectly throughout the years.



PRASHANT LAL SHRESTHA

Head, Training Division
Vice President



Report from Nepal AOTS Training Division

The Primary objective of Nepal AOTS Alumni Society (Nepal AOTS) is Human Resource Development for the country. Nepal AOTS 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 and IT Committee. With increased economic and business activities in the country, there is no doubt about the rising demand for skilled Human Resources in Nepal. Our belief that Nepal AOTS can make valuable contribution in imparting quality management training programs in Nepal, **Training Division** of Nepal AOTS Alumni Society has been established on March 2017 with the main objective of **HR Development**, primarily in alignment with (but not limited to) *Japanese Approach to Management* to impart trainings and conduct related activities of the highest standard and to streamline the training related activities of Nepal AOTS.

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

1. To contribute to the development of managerial and technical skill of human resources by conducting pertinent and value-added training programs in the country
2. To create awareness and disseminate Japanese Style of Management
3. 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

4. To provide consultancy in Japanese Style Management, Kaizen, 5 'S', Total Quality Management, Toyota Production System
5. To develop the trainer from its member base

To fulfil the above objective Training Division accomplished different meetings, training programs, events and visits last fiscal year 2076 ~ 2077 and current fiscal year 2077 ~ 2078 and attended Online Training Programs and Online Seminars, meetings up to November, 2020 (Mangsir 2077). The Training Programs (Physical Attendance and Online) and visits mostly focus on the objectives 1, 2, 3 and 5. This fiscal year due the COVID – 19 pandemic we were not able to fulfil the objective 4 i.e. To provide the consultancy in Japanese Style Management, Kaizen, 5 'S', Total Quality Management, Toyota Production System but we are in continues contact with our client through Telecommunications and Online meetings.

Nepal AOTS started the fiscal year 2076 ~ 2077 with the objectives 1, 3 and 5 by attending 60th AOTS Anniversary Events and 10th World Convention of AOTS Alumni Societies from August 01 ~ August 02, 2019 organized by The Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), Japan at Tokyo Kenshu Center (TKC), Tokyo, Japan. Total of Nine (9) Nepal





AOTS Delegates including Nepal AOTS Advisor Ms. Amira Dali, President Mr. Mahesh Kumar Nakarmi, Vice President Mr. Prashant Lal Shrestha, General Secretary Mr. Prajwal Shrestha, Joint Secretary Mr. Narayan Bahadur Thapa, Treasurer Mr. Shiva Kumar Shrestha, Executive Members Ms. Nishma Bajracharya; Ms. Shanta Baskota Koirala and Spouse of Nepal AOTS Treasurer Ms. Sarita Shrestha attended the 60th AOTS Anniversary Events and 10th World Convention of AOTS Alumni Societies. All Nepal AOTS Delegates left for Japan by July 29, 2019 and returned to Nepal by August 10, 2019. Nepal AOTS Delegates attended different programs during their stay in Tokyo.

On July 30, 2019 Nepal AOTS Delegates Mr. Prashant Lal Shrestha, Mr. Prajwal Shrestha and Mr. Narayan Bahadur Thapa had a meeting with Center of the International Cooperation for Computerization (CICC) headed by Executive Director Mr. Koichiro Urabe, General Manager Mr. Hirohiko Shiaku and Deputy General Manager Ms. Hiroko Kawabata. The purpose of the meeting was to renew linkage between Nepal AOTS and CICC and to have collaboration between Nepal AOTS and CICC for the Information and Communication Technology Training Programs and to bridge Nepalese IT Companies and Japanese IT Companies.

In the evening of July 30, 2019, Nepal AOTS Delegates led Mr. Mahesh Kumar Nakarmi with Ms.

Amira Dali, Mr. Prashant Lal Shrestha, Mr. Prajwal Shrestha and Mr. Narayan Bahadur Thapa had one to one meeting with AOTS Japan team led by AOTS Director of the Board Mr. Takeshi Ichikawa, AOTS Senior Manager – New Global Cooperation Group Mr. Akira Kuriyama and General Manager AOTS New Delhi Office Mr. Hisashi Kanda. The purpose of the meeting was to discuss the new ventures in training, AOTS Internship and NGC programs.

On July 31, 2019 Nepal AOTS Delegates headed by Ms. Amira Dali with Mr. Prashant Lal Shrestha, Mr. Prajwal Shrestha, Mr. Narayan Bahadur Thapa, Mr. Shiva Kumar Shrestha and his spouse visited ibasei Ltd at Hitachi City, Ibaraki Prefecture. ibasei manufacture general rotating electric machines such as motors, generators, and accessories under an integrated system. Nepal AOTS Delegate had their factory tour and discussed about their projects in Nepal and mutual cooperation between Nepal AOTS and ibasei. Ibasei is installing “Cappa”, a small hydroelectric generator that can be carried by two adults and can generate electricity simply by putting it in the stream of water in a river or waterway in Nepal.

During that visit Nepal AOTS Delegates also visited the Department of Mechanical Systems Engineering, Ibaraki University where ibasei is working with the University students for efficient and cost effective design of “Cappa”.



Nepal AOTS Delegates Ms. Nishma Bajracharya and Ms. Shanta Baskota Koirala attended the “Become a transformational Leader – Learning from 2030 SDGs Game” Workshop at TKC on July 31, 2019. This workshop offered a unique experience of learning the essence of SDGs through game.

Similarly Nepal AOTS Delegate Mr. Mahesh Kumar Nakarmi joined “The AOTS 60th Years Anniversary Symposium” and “The AOTS 60th Years Anniversary Ceremony” on July 31, 2019.

In the evening of July 31, 2019, Nepal AOTS Delegates headed by President with Vice President and General Secretary attended “The AOTS 60th Years Anniversary Reception” at Daiichi Hotel. The reception was attended by delegates from all AOTS Alumni societies and guest from AOTS Japan. It was a good opportunity for Nepal AOTS to have interaction with delegates from AOTS Alumni



Societies also to meet the current AOTS President Mr. Shinya Kuwayama and Past President Kazuo Kaneko.

On August 1, 2019, Nepal AOTS Delegates attended the 10th World Convention of the AOTS Alumni Societies. The World Convention was attended by more than 300 Delegates from 73 Alumni Societies from 44 Countries. World Convention discusses on Report from each Alumni Society, Regional cooperation Collaboration with AOTS activities.

For these 4 different groups were divided and independent group discussed and prepared their group outcome. The groups were

- Group A – Improvement of AAS Management Activities
- Group B – Strengthening of Cooperation among AOTS ex-participants, AASs and AOTS
- Group C – Support from AOTS and cooperation among AASs in context of the business of Japanese Language Education
- Group D – New joint initiatives by the AOTS and AASs

On August 2, 2019, Nepal AOTS Delegates joined their Regional Convention “South Asian Federation of AOTS Alumni Societies (SAFAAS)” During the SAFAAS all the AASs presented their activity reports. SAFAAS delegates discussed on “AOTS e learning Japanese language classes”, “Inter - Alumnus Business Collaborations”, “SAFAAS - International Innovative QC Teams convention”, “Formation of Regional Federation of AOTS Alumni Societies” of SAFAAS and was reflected in the AOTS Convention Resolution. SAFAAS delegates agreed that ABK AOTS Dosokai – Tamilnadu Center will host the 2021 SAFAAS Convention and AOTS – HIDA Alumni Association Lahore, Pakistan will host the 2023 SAFAAS Convention. SAFAAS Convention also agreed to nominate Mr. Narayan Bahadur Thapa, Joint Secretary Nepal AOTS for WNF Management Committee from SAFAAS Region.

During these days Nepal AOTS Delegates had interaction with AOTS Japan Program Directors, Staffs, and AOTS Alumni Societies Delegates from different Countries.

On August 2, 2019 “Tokyo Resolution” was declared and the Convention was officially closed. In the evening of August 2, 2019 AOTS Japan organized the Farewell party at TKC. Nepal AOTS Delegates along with other Delegates attended the party.



Mr. Prashant Lal Shrestha, Mr. Prajwal Shrestha, Ms. Nishma Bajracharya and Ms. Shanta Baskota Koirala attended “The Seminar on Accelerating 5S Activities” held at AOTS Tokyo Kenshu Center (TKC) from August 3, 2019 to August 4, 2019. This seminar featured current topics affecting Japanese companies, especially in the 5S fields and also provides an opportunity for participants to exchange their work experiences and challenging issues they are facing at work. Prof. Shin Oomori, College of Economics, Nihon University lectured on “Practical based Management in Japan.” There were 2 country case presentation on 5S implementation. On the last day participants had an opportunity to visit Ohsato Sogokanri Co. Ltd, a company that has been implementing 5S in their office works.



On August 3, 2019 Nepal AOTS Delegates Ms. Amira Dali, Mr. Mahesh Kumar Nakarmi and Mr. Narayan Bahadur Thapa had a meeting with The International Cooperation Organization for Small and Medium Enterprises in Asia (ICOSA) lead by President Prof. Dr. Naohiro Kurose, Secretary General Mr. Masafumi Sato and other Executives. They discussed the mutual cooperation and ICOSA's Seminar in November 2020. But due to COVID – 19 the ICOSA's Seminar in November 2020 has been postponed.

On August 5, 2019, Nepal AOTS Delegates Ms. Amira Dali, Mr. Mahesh Kumar Nakarmi, Mr.

Prashant Lal Shrestha, Mr. Prajwal Shrestha, Mr. Narayan Bahadur Thapa, Ms. Nishma Bajracharya and Ms. Shanta Baskota Koirala visited Nissan Oppama Plant. Nepal AOTS Delegates had interaction with Nissan Senior Manager Mr. Tomoko Ohishi and Senior Engineer Mr. Hideya



Kinoshita regarding their implementation of 5S and Quality Circle Activities at their Oppama Plant and had an opportunity to tour their production site with explanation on how their quality production is executed.

In the evening of August 5, 2019 Nepal AOTS Delegates had meeting with Dr. Balam Shrestha at his office at Ryogoku, Sumida-ku, Tokyo. Dr. Balam is an International Attorney and is helping Nepal AOTS to distribute the guide book prepared and published by Nepal AOTS with the title “Foreign Investment Guidebook” in Japanese Language targeting Japanese Companies to invest in Nepal.

On August 6, 2019, Nepal AOTS Delegates Mr. Prashant Lal Shrestha and Mr. Narayan Bahadur Thapa had a meeting with Japan Information Technology Service Industry Association (JISA) Vice Chairman Mr. Toshio Iwamoto, President Mr. Ichiro Kowaki, Vice President Ms. Junko Kawauchi and Mr. Hidemi Yamamoto. Meeting focus on collaboration of Nepalese IT Companies with Japanese IT Companies.





Nepal AOTS Alumni Society (Nepal AOTS) conducted the WNF Training cum Workshop Program on **“Organizational Excellence Through Total Quality Management (TQM)”** from November 28 – 30, 2019 at Dreamland Gold Resort, Manigram, Rupandehi, Nepal. The training program was jointly organized by Nepal AOTS Alumni Society and Global Public Company P. Ltd. with the support from World Network of Friendship (WNF) under The Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), Japan in association with Japan Sri Lanka Technical and Cultural Association (JASTECA), Colombo, Sri Lanka. This three days training program had



30 participants from 22 different Industries and Services sector organizations.

Program started with a small informal session having self-introduction, brief outline about the program, discussion about the schedule on first day. During the workshop cum training program, participants learnt Concepts of TQM, Quality Foundation, Way of Management, Tools for Solving methodology (8D/7QC tools / new 7 QC tools),



SOP, KAIZEN, Poka Yoke, Improving problem solving capability (CFT, QIP & Quality Circle), TQM Way Forward- Policy management and daily work management and lastly preparing TQM road map.

The training methodology used for the training cum workshop were Lectures, Case Study, Group Discussion and Group Presentation. Similarly, Mr. Ramesh Prasad Nepal, Past President and Advisor, Nepal AOTS took one session on TQM and ISO.

All participants were happy having chance to learn about TQM concepts, Kaizen, SOP and problem solving tools. After completing the program, participants showed their interest to learn to have training programs on TQM at their organizations for their staffs. As an outcome of participants' feedback, we, Nepal AOTS are also thinking about organizing such type of program in near future as well with the support AOTS Japan as usual.

Certificates were distributed by Ms. Goonetilleke and Mr. Nepal to all the participants the training program. During the Closing Ceremony. Speaking on the Closing Ceremony the participant representatives thanked to Resource Persons Ms. Goonetilleke and Mr. Nepal for their deliberation, for sharing their knowledge and Nepal AOTS for conducting this training program. Speaking on the closing ceremony Ms. Goonetilleke, Resource Person, thanked to AOTS Japan, JASTECA and Nepal AOTS for creating such opportunity. She



said that she was happy to be back in Nepal for this training program and will be even happy when the participant's organizations will implement and take part in the 5 S Competitions. Mr. Nepal, Resource Person and Advisor Nepal AOTS spoke about implementing the knowledge gain during this training program and Nepal AOTS is there to support whenever help needed.

Mr. Gautam Bhusal, Managing Director, Global Public Company P. Ltd. thanked the resource persons, Nepal AOTS and the participants for the time and participation in the training program. Mr. Bhusal also handed over the Token of Love to Resource Persons Ms. Goonetilleke and Mr. Nepal and to the Mr. Prashant Lal Shrestha, Vice President, Nepal AOTS. Mr. Raj Kumar Gupta,



Program Coordinator informed that they were ready to collaborate with Nepal AOTS for further training programs and this time due to seasons of marriage, they were not successful in gathering 40 participants. Mr. Shrestha expressed his view about the importance of training and his involvement with Nepal AOTS to promote training to private organizations to implement Japanese Style Management. He also informed that Nepal AOTS has pool of Nepalese Resource Persons. These Resource Persons have been conducting training programs for the interested organizations at their premises for their staffs. He thanked both the Resource Persons, Mr. Bhusal, Mr Gupta for their initiation to conduct the training program here in Rupandehi. He also thanked all participants and



requested them to implement the learning from the training in their organization and assured that Nepal AOTS will help them if they face any problem during implementation. He also requested them to support Nepal AOTS activities in building Human Capital for Nepal.

Nepal AOTS Alumni Society (Nepal AOTS) conducted the Workshop Cum Training Program on **“Improving Productivity Through 5 S and Kaizen”** at Tilganga Institute of Ophthalmology, Gaushala, Kathmandu, Nepal from February 22, 2020 to February 23, 2020. Nepal AOTS Alumni Society and Tilganga Institute of Ophthalmology jointly organized this training program. The Resource Person was Mr. Chandrashekhar Krishnaji Bulakh from Pune, India. This two days training program had 32 participants from Tilganga Institute of Ophthalmology.

Nepal AOTS Alumni Society (Nepal AOTS) conducted the WNF Training cum Workshop Program on **“Organizational Improving Pharmaceutical Productivity Through 5S and Kaizen”** at Hotel Royal Century, Bharatpur Height, Chitwan, Nepal from February 23 – 25, 2020. Nepal AOTS Alumni Society and Association of Pharmaceutical Producers of Nepal (APPON) Quality Circle with the support from World Network of Friendship (WNF) under The Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS), Japan in association with Federation of AOTS Alumni Association of India (FAAAI), New Delhi, India jointly organized this training program. This three days training program had 27 participants all



from the pharmaceuticals Industries.

Federation of AOTS Alumni Association of India (FAAAI), New Delhi, India recommended the Resource Person Mr. Chandrashekhhar Krishnaji Bulakh from Pune, India. Mr. Bulakh holds BE (Mech.). He is Registered QMS 2000 Principal Auditor, IRCA, U.K., certified Quality Engineer RW TUV, Germany, certified auditor MS14000. He was selected by APO Japan to attend three months 'management consultancy course at The Netherlands in 1983 and again for six weeks 'Quality improvement' training at Tokyo, Japan in



1996. He has over 30 years' experience in training & consultancy. He has written books in regional language on Quality circles, 5-S principles & ISO 9001-2015

Program started with a small informal session having self-introduction, brief outline about the program, discussion about the schedule on first day. During the workshop cum training program, participants learnt Introduction to 5 S, Quality, productivity and 5S Lecture, Meaning of Seiri, Seiton, Seiso, Seiketsu, Shitsuke and 5 S Implementation steps, Sustaining 5 S, 5 minutes 5S, 5S Audit and Monitoring, Concepts and meaning of Kaizen, 3 M (Muda, Mura, Muri), Methods and tools of Kaizen Implementation, Kaizen Principles, Seven Wastes, Organizing Kaizen event, Gemba walk and lastly identifying a problem in their workplace and plan for solving using 5 S and Kaizen. The training methodology used for the training cum workshop were Lectures, Case Study, Group Discussion and Group Presentation.

All participants were happy having chance to learn



about 5 S Concepts and Concept of Kaizen. After completing the program, participants showed their interest to implement 5 S and Kaizen at their organizations. As an outcome of participants' feedback, we, Nepal AOTS are also thinking about organizing such type of program in near future as well with the support AOTS Japan as usual.

Closing Ceremony was organized on the last day (February 25, 2020). Speaking on the Closing Ceremony the participant representatives thanked to Resource Persons Mr. Bulakh for his deliberation, for sharing their knowledge and Nepal AOTS and APPON Quality Circle for conducting this training program. Speaking on the closing ceremony Mr. Bulakh, Resource Person, thanked to AOTS Japan, FAAA and Nepal AOTS for creating such opportunity. He said that he was happy to be in Nepal for the first time and conducting this training program and will be even happy when the participant's organizations will implement and take part in the 5 S Competitions. Mr. Mahesh



Kumar Nakarmi, President Nepal AOTS spoke about Nepal AOTS activities and collaborating with APPON for the development of Human Resource for the Pharmaceutical industries. He expressed his view about the importance of training and his involvement with Nepal AOTS to promote training to private organizations to implement Japanese Style Management. He also informed that Nepal AOTS

has pool of Nepalese Resource Persons. These Resource Persons have been conducting training programs for the interested organizations at their premises for their staffs. He thanked the Resource Persons Mr. Bulakh, Mr Pawan Dahal, Program Coordinator and Coordinator APPON Quality Circle for his initiation to conduct the training program here in Chitwan. He also thanked all participants and requested them to implement the learning from the training in their organization. He also assured that Nepal AOTS is always there to help them if they face any problem during implementation. He also requested them to support Nepal AOTS activities in



building Human Capital for Nepal.

Mr. G Narayan B. Chhetri (KC), President APPON thanked the resource persons, Nepal AOTS and the participants for the time and participation in the training program. He said, he is also AOTS Alumni and when the request was there for the organizing this training program, he happily approved this. He informed that APPON is always ready to collaborate with Nepal AOTS for further training programs.

During the Closing Ceremony Certificates were distributed by Mr. Bulkah, Mr. Chhetri and Mr. Nakarmi to all the participants the training program. After taking group photo the closing ceremony was concluded.



From March 24, 2020 onwards Government of Nepal placed Nepal on Lockdown due to COVID – 19 pandemic. All offices, hotels, restaurants were closed and even peoples were not allowed to come out of their houses except for some of the organizations and their staffs. Due to this Nepal AOTS were unable to provide training programs and onsite consultancy in Japanese Style Management, Kaizen, 5 'S', Total Quality Management to SitaRam Gokul Milks Kathmandu Pvt. Ltd. but have been constant touch with Telecommunication and now are planning to have Online Consultancy till the

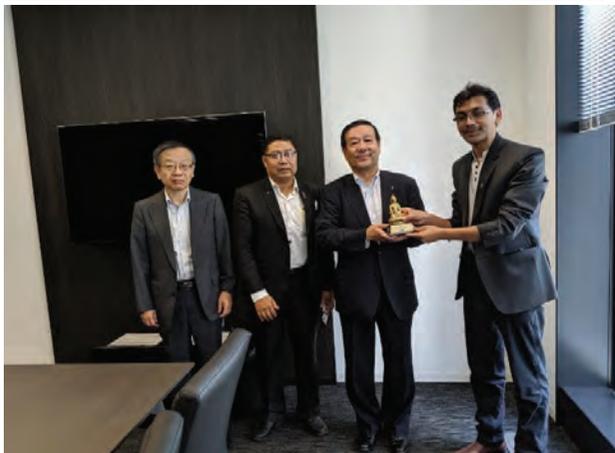


lockdown and no of cases in high alert state and will have visits when the COVID – 19 cases decreases will be under control. Similarly Nepal AOTS is also planning to conduct online training sessions and seminars.

Nepal AOTS Advisors, Executives and members have been attending series of Online Seminar (Webinar) organized by The International Cooperation Organization for Small and Medium Enterprises in Asia (ICOSA). On September 12, 2020 Mr. Hari Bhakta Sharma, Executive Director, Deurali Janta Pharmaceuticals Pvt. Ltd. (DJPL), Immediate Past President of the Confederation of Nepalese Industries (CNI) and Nepal AOTS Member was one of the panellist for the 5th ICOSA Web Seminar on "Asian SMEs' Approach to COVID-19". Similarly on November 23, 2020 Ms. Amira Dali, Managing Directors, Nepal Biotech Nursery Pvt. Ltd., N. A. Three Business Services Pvt. Ltd., Advisor Nepal AOTS delivered a lecture for 7th Web Seminar on the "Possibility of collaboration between Nepalese

human resources and SMEs “(Presentation in Japanese).

On August 25, 2020, Nepal AOTS President Mr. Mahesh Kumar Nakarmi gave opening remarks to



Secretary Mr. Prajwal Shrestha and Joint Secretary Mr. Narayan Bahadur Thapa attended the seminar on behalf of Nepal AOTS to support Mr. Kato if any queries related to Nepal IT Industry.

Nepal AOTS President Mr. Mahesh Kumar Nakarmi and Vice President Mr. Prashant Lal Shrestha attended the Web Seminar “TPS (Toyota Production System) Practice Dojo” organized by Consulting Division, Hirayama Co. Ltd., Japan. Nepal AOTS is planning to partner with Hirayama Co through AOTS, Japan.

Similarly 17 person attended representing Nepal AOTS for the Online Training Program on “Monozukuri Wa Hitozukuri” organized by ABK – AOTS Dosokai, Tamilnadu Center and sponsored by World Network of Friendship (WNF) and approved by AOTS for AOTS Alumni Associations / Societies (AAS) in SAFAAS Region and their members. The



the participants of online AOTS NGC Seminar on “Overview of Nepal IT Industry” presented by Mr. Toshiyuki Kato, organized by The Association for Overseas Technical Cooperation and Sustainable Partnerships [AOTS] New Global Cooperation Department. There were around 100 participants of Japanese IT Companies. Nepal AOTS President Mahesh Kumar Nakarmi, Advisor Ms. Amira Dali, Vice President Mr. Prashant Lal Shrestha, General

training was divided into two parts. Part – I was executed from November 2, 2020 to November 6, 2020 and Part – II was executed from November 9, 2020 to November 13, 2020. There were four Resource Persons namely Mr. M. R. Ranganathan, Mr. R Mukundan, Dr. R. Balakrishnan and Mr. B. Palanippan.

Nepal AOTS is planning to organize two WNF Online Seminar in the month of December and January 2020 namely “Developing COVID – 19 Resiliency among the Small and Medium Industries” and “Challenges and Opportunities brought by the Pandemic COVID – 19”.

Similarly AOTS Japan is also organizing series of Online Seminars and Training Programs. Nepal AOTS will be recommending participants for those Seminar or Training Programs. AAS of SAFAAS Regions are also organizing Online Seminars / Training Programs and Nepal AOTS will also be nominating participants for those Seminars / Training Programs.





MR. KISHORE BHAKTA MATHEMA

Internal Auditor and Training Coordinator
Nepal AOTS Alumni Society



Pillars of Visual Workplace

5s is a system of lean management, propogated by Japanese industrial engineers. This is popularly understood as Japanese style management, which intends to reduce waste and optimize productivity and achieve consistnt operational result and increase in work efficiency

The best part is that the management team of the Japanese companies has succeeded to make it part of every employees daily work habit and constant repetition of such habit has transformed to work culture in Japan.

Japan's success in international economic sphere as one of the largest manufacturer and exporter and the world's third largest economy (after USA and China) is also an indicator of importance on quality emphasised by the Japanese manufacturers. Consequently Japan is seen today as the worldwide symbol of quality.

5S is a system to reduce waste and optimize productivity, maintaining an orderly workplace and using visual cues to achieve consistent operational results 5S is also known as five pillars of visual workplace.

The 5S system is a good starting point for all improvement efforts aiming to drive out waste from the manufacturing process, and ultimately improve the company's profitability by improving products and services, and lowering costs.

STRENGTHS OF 5S:

- Improve work condition
- Reduce waste
- Reduce downtime
- Optimize space
- Optimize inventory
- Promotes safety
- Lowers cost
- Improves team work and morale

The 5 S techniques or system consists of five steps of work process which are as follows.

STEP 1 – Seiri- Clearing up

STEP 2 – Seiton- Arranging/organizing

STEP 3 – Seiso- Super Cleaning and inspection / Housekeeping

STEP 4 – Seiketsu- Standardizing

STEP 5 – Shitsuke- Training & discipline

STEP 1 – SEIRI- CLEARING UP:

Eliminating waste- dealing with leakages –Take action at source: Reach at the root of the problem and eliminate it completely

In short first process of seiri technique is clearing up with major cleaning operation, sorting out necessary items and unnecessary items - what items are needed, what to do with broken items, sort useless tools and valuable tools that are rarely used, where to store useful and much needed items based on frequency of usage and identify place to store rarely used items, how to store-

readily available when needed, and stick to rules. The team to decide on broken /unusable items and wastages (fix or throw? send to value yard for resale) and decide on unnecessary items and ways to get rid of clutter and dirt and reach to source of clutter to eliminate and save space.

Dispose and destroy unusable wastages no longer required.

Set value yard area with measurement level- to dispose saleable waste items and generate value from throwable items

STEP 2- SEITON- ORDERLINESS:

Keep items in good order and designate a place for all items that remain in work area.

Put all items in their designated location in order -as “place for everthing and everything in its place” for this process we need to maximise the effort to reduce and eliminate wase. To follow the process that is required to maximize efficiency reducing the unnecessary movements and efforts and avoid waste of time in searching for the right tool.

Place the shadow boards for all essential tools. Place all Items in its designated place and stored as per frquency of use. All bins of storage items are properly labeled signifying part no, description, storage location with stock and minimum/maximum stocks level and reorder level.

If workplace is not organized then to produce different products in small quantity leads to logistics challenge, space constrain and waste creation.

Functional storage:-Organize the work place - Prevent time loss to locate tools & items

- Fix the layout of shelves for tools and equipment with name. Readily available when required
- Fix the storage place -Demarcation and labelling of place
- Fix the storage method- - place for everything and everything in its place
- Fix storage rules

Decide appropriate location to store tools & equipments and make storage space

- Get rid of unnecessary items

- Decide proper storage layout-classification of necessary items for storage
- Consider safe working- ergonomoy -minimize bending, reaching, twisting for items
- Identification of tool & equipment (with name)- shadow boards for essential tools

VISUALIZATION OF THE WORKPLACE.

- Set appropriate method how items will be stored-classification of items
- Clearly signify name of items and storage place- painting of floors etc to determine gang ways
- Easy storage and easy take out-parts bins to be labeled with part number, part description, recommended minimum and maximum quantities.
- To minimize waste of time in locating the tools and items and maximise efficiency
- Set everything in proper place for quick retrieval and storage.-Each location to be labeled –name, ID no, colour coding, painted line etc. for easy identification.
- Visual control methods-Positions of corridors, aisles and storage place clearly marked
 - : Direction boards-Shadow boards
 - : Painted lines on floor
 - : Floor marking for location of machine & equipment

STICK TO RULES

- Daily control/monitor the stocks- prevent shortages –minimum level and reorder level to fix and maintain based on lead time.
- For easy access at the time of need and easy return using the efficient process - Can see, Can take and can return-if item is in use, indicate the name of the user-Time returned -Items to store as per shape, or as per item number -helps to notice missing items.
- Constant refining of procedures
- Training the employees for procedures and measurement of system efficiency for comparison for improvements of the first 2 S.

Checkpoints: To reduce mistakes, lesser searching time and safe environment

- Tools divided into “Regular” and “specialized use”
- Pallets stacked to proper height
- Any storage of items around fire extinguishers
- Any protrusion,depression ,cracks and obstacles on floor
- Position of main corridors,aisles and storage place clearly marked

In short seiton technique helps to decide the method and ways things are to be placed.

STEP 3: SEISO: KEEP THINGS CLEAN AND IN GOOD WORKING ORDER- HOUSEKEEPING

Creating a spotless workplace: Super Cleaning in form of inspection

By cleaning it means removing everything that is not required to be there in the work place and maintain workplace in the best possible condition by constant checking and “cleaning” it is careful checking to detect any flaw in equipment and work process and to get rid of waste and foreign matters.

We have to note that any dirt or waste is the source of inefficiency, faulty products and even accidents.

Thorough Cleaning procedure thereby is the preventive measure to keep the factory in good shape. Operators should clean their area and equipment at the end of each shift. This will detect the abnormalities like oil and lubricant leakages, burnt out cables, dirty sensors, loose belts and nuts etc.

This helps to reduce waste and take preemitive action to prevent accident and improve operators’ safety and efficiency.

Seiso consists of cleaning the workplace and make it shine. As per 5 S norms, everyone from operator to manager have to clean. It would be a good idea to assign area of the workplace to group of persons for cleaning. No area should be left uncleaned. Everyone should see their workplace area through the eyes of visitor and make it clean enough to create good impression.

Cleaning can be segregated into following stages:

- i. Major cleaning –to find source of dirt at workplace,common area and equipment
- ii. Cleaning of workplace-cleaning by area / equipment –to spot potential problem in equipment before it enlarges. Preventing defects
- iii. Implement improvements- find ways to speed the cleaning process and reach nook and corners and all difficult to reach area of equipment
- iv. Rules for maintenance –safety and product quality

Preventing defects by cleaning and checking machines, tightness of equipment, jigs and tools

This group effort if done on a regular basis preferably daily then apart from cleanliness it will also create awareness on safety, preventive maintenance and enhance product quality.

In short, **seiso** technique is cleaning for care and primary maintenance of equipment and workplace. Daily cleaning process and inspection helps to detect abnormalities and prevent accidents as well as looks after the condition of machine and ensure its fitness.

STEP 4: SEIKETSU: STANDARDIZED CLEAN UP – MAINTAINING A GOOD ENVIRONMENT AND HYGIENE.

This fourth step of 5 S -**Standardizing** is the important step in 5 S and involves the development of standard operating system and standardization for maintaining previous mentioned first 3 steps of 5 S ie, seiri (clearing up), seiton (PEEP) Seiso (Cleaning & housekeeping) as a routine process.

Standardizing is the key to efficiency to achieve productive working environment.

In this step, work instruction, checklist, standard work procedures and visual management are developed with colour coding and standard colours for surrounding areas and machine space are used. Photos of the area as per standards of 5S configuration are displayed in the earmarked places of shopfloor to easily detect and identify any non-conformance.

Visual management is an integral area of Seiketsu. This provides uniform standard of labelling, colour coding, and indication of operating condition and warning. For visual identification color coding and standardized coloring of pipelines and gang way is made. Employees are required to be trained to detect abnormalities and correct recurrence of such abnormalities.

To define the standards of work process that employees must measure and maintain cleanliness. This encompasses from personal tidiness and hygiene of employees to environmental (noise, vibration, heat, pollution) cleanliness and hygiene.

Visual control –observation control points - revealing malfunctions of first three steps of 5S through standardized 5 S activities through labels and signals, Limit indicators

So that even a layman can understand what the situation is.

STANDARDIZING-I: SPOTTING THE MALFUNCTION

- To Create SOPs, for cleaning schedule, preventive maintenance procedure, location chart, color coding, visual management etc.

VISUAL CONTROL:

- : Locate crucial checkpoints
- : Identify area of Malfunction
- : To notice nature of malfunction
- : Action required- probing the root cause

STANDARDIZING-II: OBSERVATION CONTROL POINTS

- : Labels
- : Limit indicators
- : Increased visibility

This is done by developing standardized working methods -SOPs. It can also be considered as a tool of organizing and cleanliness. The 5S system saves waste of time and reduces the walking distances and most importantly increases safety. Implementing the system into the working environment -enables the opportunity for continuous improvement (application of Kaizen) and prevent double handling/ repetition.

Standardize helps to do right thing, in the right way, all the time.

STEP 5: SHITSUKE

Training & discipline to sustain 5S- Follow the rules and make it a way of life with commitment.

This last step of 5S determines discipline. It denotes commitment to maintain orderliness and follow previous steps 4 S as a way of life. The emphasis of Shitsuke is on behaviour modification with commitment to eliminate bad habits and practice good habits. This will foster spirit of voluntarily observe cleanliness and orderliness at all times without any compulsion from management.

This is concerned with methods for developing habits of efficiency and safety. One can think of ways to provide visual reminders of checking and cleaning responsibilities.

Required to prepare 5S calendar- daily checking marker-Responsibility check sheet,

Using 5Ws and 2H techniques

- Why-the purpose
- What-idea of implementation
- Where-place
- When-time
- Who –Person incharge
- How- procedures
- How much- Budget

Important points for Step 5 are- to develop complete visual control- involving worker in production of standard documents and check sheets.

Experienced staffs to train the newcomers on 5 S not only by giving manual to them and to read to understand but train them by practical example and later observe them as they try themselves.

Continuity of training is the key to success and having standardized document will help the process to grow smoothly. Train them on individual maintenance skill, assembly techniques and housekeeping

It is important to note the followings

: Set ones own target –and learn to develop such habits one will not forget

- Some companies has designated STAR TEAM- to honour the team that met or exceeded the set goals

Thus this last activity of 5 S that is training and discipline is for developing good habit in order to sustain 5 S activities at the workplace and make the plant a great place to work as felt by employees.

: Target area generally to be covered by 5 S in a plant: All objects in a building are covered by 4 S.

- what are to be processed – raw materials, work in process, finished goods
- Generated in processing- leftover material ,wastages, defectives, scraps
- Production process- machines, equipments, material handling equipments, jigs and tools, metal dies, storing boxes/ shelves, work tables, tool bench and other installations.
- Consumables – Oil & lubricants, waste cloth, hand wiping rags, work globes and other materials
- Office equipments etc.

It is important to have the continuous education and field training about maintaining the standards.

When there are changes due to new equipment, new process, new product and new work rules, it is essential to make change in previous standards and requirement to provide training and to follow work pattern as per new standards.

Properly planned and executed 5 S tools will improve working environment, increase in teamwork/spirit, Increases productivity level, reduces material

wastages-processing wastages and production waste, drops market rejection, increases Workplace safety and increases employees morale.

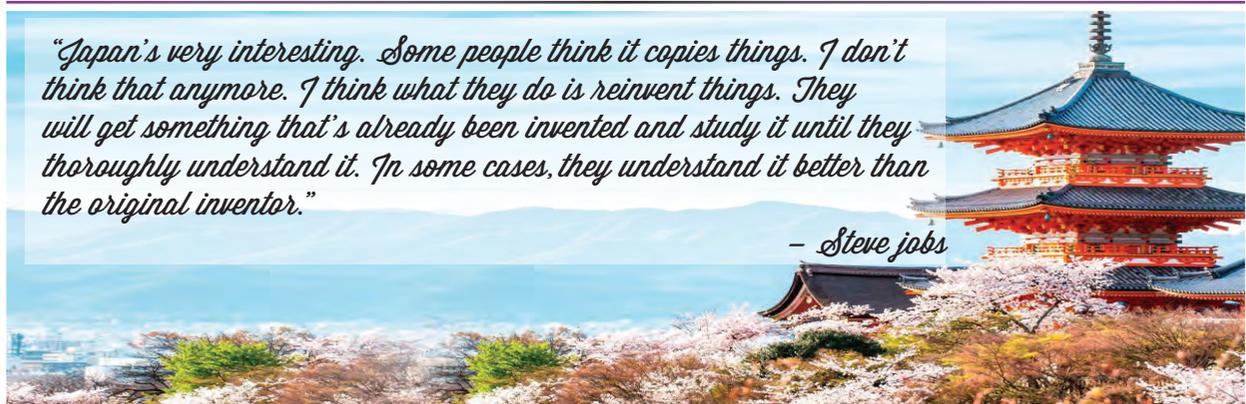
For comparison of result -Take photographs of the status before and after the implementation and assess the difference in each step of 5S.

Last but not the least; the point to note is that, 5S is a program for continuous improvement.

Nepalese managers, influenced by the positive spirit “if Japan can why not Nepal ”? Emphasise on 5S for betterment -no doubt this chain reaction certainly drives Nepalese SMEs towards path of prosperity.

**KISHORE BHAKTA MATHEMA
BRIEF INTRODUCTION**

- Post graduate degree in management
- Work Experience in diversified field of industries representing the followings
- Manufacturing sector under MNCs, and Public Ltd Company (Surya Tobacco, Hoechst Nepal, Harisiddhi Brick)
- Hotel and travel trade industry under promoters’ family management (Dwarikas hotel, Kathmandu Travels)
- Shopping mall industry under Real Estate sector. (CTC Mall under Civil Homes)
- Other short assignments- Insurance (non life) industry, Steel industry, and Distillery industry



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२० सेकेण्डको लडाइ

Pamacare मात्रै हैन, तपाईंसँग उपलब्ध कुनैपनि ह्यान्डवाश वा साबुनले हरेक चोटी २० सेकेण्डसम्म हात धुनु भनेको कोरोनाभाइरस विरुद्ध लडनु हो ।





The Program For Quality Management

'The Land of Rising Sun', a very popular quote that we frequently come across in quiz or GK during our school days. And Wow! I was so excited and delighted to go to this land, Japan, the land of culture, tradition, people, technology and advancement, through AOTS Nepal for training program – "The Program for Quality Management, PQM".

'The Program for Quality Management' was held in Tokyo city, AOTS Tokyo Kenshu Center (TKC) from 20th August to 31st August, 2018. The major objective of this program was to promote TQM (Total Quality Management) that aims to enhance the customer satisfaction through improvement of quality of products and services. There were 23 participants in total, all in senior positions, from different developing countries. We were 2 of us from Nepal. The training was mainly conducted by Dr. Noriaki Kano; who is the world authority on TQM, the founder of Kano Model and The house of TQM and winner of many awards like Deming Prize, etc. The other main faculty member who conducted our training was Mr. Yukihiro Ando, TQM Consultant and lecturer who gives practical, enjoyable lectures. We were very fortunate to have such qualified and experienced lecturers and we thank them for their guidance and help.

The first day of the program started with an Orientation and a short Opening ceremony,

proceeding with the lecture from Dr. Kano on Core of TQM and Concept of Quality Assurance. That evening we had a group discussion on the Challenge report that each one of us had to prepare prior coming to Japan for the training. Here we discussed about the current challenges and difficulties that we faced in our work place in quality management activities. We received guidance, tips and advices from different experts there.

The following days were very interesting and knowledgeable as we got to learn the elements of TQM management by policy, daily management, quality assurance and quality improvement. Not just through workshops and lectures, we even got to visit several Japanese companies where we observed their production process that helped us gain practical knowledge and understanding of the thorough implementation and application of the TQM elements. We got the opportunity to visit big Japanese companies like, Hitachi, Toyota, Komatsu, Sekisui Heim Industry Co. Ltd. (a house construction company), Meidoh Co. Ltd., and St. Luke's International Hospital. Among all these visits, I found the visit to Hitachi very interesting as they not just took us through their plant operation areas and gave us a presentation for better understanding but also demonstrated through a role play by their QC team that was based on their practical problems and how they deal and overcome

those sorts of problems. . Further, our batch was very fortunate to have an opportunity to visit and observe the implementation of TQM and Daily Management in the service sector, which the previous batches did not have. We visited St. Luke's International Hospital where we got to observe how they deliver quality service through implementation of TQM elements.

The two weeks of program was learning by fun, and so the time passed very fast. In the week ends and on days when the classes ended early, we planned for city tours, did shopping, visited the temples and shrines, climbed the Tokyo tower and even went for a day long cruise in Sumida river. We did not miss a single chance to travel through the Tokyo city and tried to know more about it. I had great companions from Srilanka, Macedonia, Egypt, Indonesia and Sudan. We mostly travelled together.

We had incredible time at Dr. Kano's House party on 25th Aug, Saturday evening. It was totally new experience to observe the Japanese life style, their traditional rooms, Japanese food and their cultural dance.

In the final day of the program, we had our individual presentation on the quality related problems in our organization and how we would implement the TQM elements to resolve those problems. The program ended with the closing ceremony on the same day and certification distribution.

This program has given me a great exposure and knowledge regarding the Total Quality Management, QC circle, Daily Management and Policy Management. Hence I extend my gratitude to Nepal AOTS society and HIDA for giving me this opportunity.



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MR. SAROJ BARAL

Quality Manager

Jaima Laxmi Techno Center Pvt. Ltd.



Training Experience in Japan

First of all, I would like to thank our Executive Director of Laxmi Group, Mr. Niranjana Shrestha, for giving me the opportunity to learn from PQM Training in Tokyo Kenshu Center, Japan. I am extremely grateful to AOTS Nepal, AOTS Japan and especially Dr. Noriaki Kano and Mr. Yukihiro Ando for providing the opportunity, resources material and wonderful lectures during intensive training program. Finally I apologize all other unnamed who helped me in various ways to have a good training.

TRAINING: PROGRAM FOR QUALITY MANAGEMENT [PQM]

It is the mid-level training for introduction, implementation and promotion for the Total Quality Management [TQM], is an approach to success through continuous improvement, originated in Japan.

BACKGROUND:

There were 24 participants from 10 different countries. Training was organized in Tokyo Kensu Center, Tokyo, Japan.

Sn	Country	No of Participants	Trainers:
1	Argentina	1	Dr. Noriaki Kano Program Director
2	Bangladesh	1	
3	Egypt	2	
4	Indonesia	3	Mr. Yukihiro Ando TQM Consultant
5	Mexico	2	
6	Nepal	1	Guest Lecturers: Mr. Yoshiaki YAMADA Dr. Takenori TAKAHASHI Dr. Watalu YAMAMOTO Dr. Masataka SANO
7	North Macedonia	1	
8	Pakistan	7	
9	Sudan	1	
10	Thailand	5	
	Total	24	

LECTURE:

Lecturers explained the framework and characteristics of TQM activities originated in Japan and also explain us with cultural aspects of TQM.

Then we were introduced to the major TQM elements such as management by policy, daily management, quality assurance and quality improvement.

Not only through lectures but also through visiting several Japanese companies and observing practical examples, to gain further understanding about the promotion of TQM, from introduction to thorough implementation, and the application of the major TQM elements.

Also learned about the role of top management in TQM promotion and leadership and discuss the human aspects of TQM such as empowerment, recognition, personnel policies and effects on employees.

As a wrap-up of the course, we made presentations about our action plans and our own role after coming back to our own companies. We made several group discussions based on pre-work reports which was submitted by the course starting day, and receive advices from the faculty.

After the group discussions, we revised our pre-work report and draft an action plan, which suit our own work environment, by applying what we learnt about TQM introduction and promotion activities from the lectures and company visits. Then we made an action plan as practical and concrete/specific as possible. The results of the group discussions was presented on the last day of the course. A typical daily schedule was 3-hour morning session and a 3-hour afternoon session. Some evening sessions were also organized for group discussion other activities.

VISITS:

Hitachi Automotive Systems, Ltd. Sawa Plant - Examples of QC Circle Activities

Komatsu Ltd., Ibaraki Plant - Example of TQM Promotion

Sekisui Heim Industry Co., Ltd.- Examples of Quality Assurance

Toyota Motor Corporation - Examples of TQM Promotion

MEIDOH Co., Ltd. - Deming Grand Prize Winner

St. Luke's International Hospital - Quality Improvement Activities in Service sector

LEARNING:

After the Training Program for Quality Management, I learn that for the difficult type problems systematic approach is necessary such as QC story. For the analysis of the problem sufficient data related to the problem is necessary, if not available, we need to collect data again. Insufficient observation may cause difficulties and misunderstanding during analysis of the problem. After finding the "real" cause, countermeasures should be appropriately applied (Immediate remedy and prevention of recurrence. After the implementation of the action we need to verify the effect of the countermeasures applied. Final step of the problem solving is standardization of the countermeasures to make the prevention of recurrence of the problem.

Total Quality Management (TQM) is a management concept of achieving the best possible results from

business inputs and operations. Most companies use TQM to improve customer value and to increase the sales and profitability from goods and services.

For the successful implementation of TQM in our organization a proper steps should be followed. It starts from the commitment of the owner or top management of the company. The second step in TPM implementation is involvement of all, from worker to top executive. Then the upper level management should be trained about the TQM, and after that we need to form a steering committee as well as the quality control circle (QCC) on the shop floor (Gemba in Japanese). Mission and vision statement must be written and displayed every-where. These must be the guiding rules to all employees. Quality training programs should be provided at regular interval of time. Focus should be made on the Owner/ customer requirements which can be collected in the form of survey, complaints or feedback. Quality control tools and techniques should be used for TQM implementation.

Total quality management is a management's approach towards the quality; it can be in regard to products, customer satisfaction and employee's satisfaction. TQM talks about the satisfaction of customer, supplier, employees etc. and it requires continuous improvement. If the workers of an organization are efficiently working then their morale will go up. TQM works effectively if the organization works in a family manner.



FIGURE 1 MR. ANDO, MR. BARAL AND DR. KANO

ER. SHIV BHUSHAN LAL

Executive Member
Nepal AOTS Alumni Society



Application of 5s in life

“Getting organized is a sign of self-respect.” - Gabrielle Bernstein

Life has been a long run of learning, applying, managing and disseminating. As an employee of Nepal telecom, I have spent quite a considerable amount of time as Project Manager working with various national and international organisations all across the globe. It provided me an opportunity to learn about different organisational management techniques that are practiced.

5S is a component of Lean Thinking business methodology which preaches about changing the way actions are organised to bring more benefits thereby reducing waste. One of them that struck my chord was 5S, applied efficiently in Japan. Theoretically, 5S is a workplace organisation method that was developed in Japan as part of “Just In Time” manufacturing. It forms and preserves an ordered, clean, benign and high-performance workplace through 5 phases. It got me thinking of how the 5s could be used not only in workplace but in our everyday life.

Let us recapitulate a little about what 5S really is.



1. SEIRI (SORT)

Basically it means to sort out what is necessary from the unnecessary.

It is important to know if the item is useful now or in the coming days. A cluttered place is an eye sore as we know, so I have made it a habit to sort out everything in my home. Some people use labels or bags or bins to sort things. This enables us to help us donate various things which might be of use to other people and not to us. There are things which need to be stored for future use and others which can come in handy and need to be kept close. Every month end my family helps in sorting the rooms and kitchen for a smooth month ahead.

2. SEITON (SET IN ORDER)

Living in a hostel and also in a transferrable job has helped me to imbibe orderliness. Being orderly is to keep looked-for items in the exact place so that they can be immediately reached for and retrieved. This helps me to find the things I am looking for in a matter of seconds. Things can be put in an order, for instance the handy items can be kept in front of the less used things. So you see we set a place for all objects and set it in our minds whether it be on a shelf or box or container. This ensures that everything is kept in its proper place. This comes in use mostly in our kitchens where we label our spices and grocery articles. We organise the kitchen machineries on the shelves or countertops as per our requirements. Also, the same can be seen while organising our medicine cabinet or drawers, where paracetamol, balms, saline, ointments, ORD can be kept in front and others behind. This helps us to make a quick list before our trip to the grocery store every weekend.

3. SEISO (SHINE/STRAIGHTEN)

Not only our eyes and teeth but our place of stay must keep shining. After using our study table, or counter tops in kitchen or centre table in our living room, do we make sure that they are left tidy for our next use? We must be in the habit of cleaning all our rooms including washrooms, work areas and equipment which were used by us. This ensures that our area of use is hygienic and germ free at all times. To wash all utensils and clean the basin in the kitchen, to scrub the tiles and flush area in the washroom, to de-clutter our bed rooms is as essential for healthy living as washing our hands daily.

4. SEIKETSU (STANDARDIZE)

Since we as a family have been practicing the above for a long time, all the members are well aware of the process and thus it has been standardized. This has empowered us to get positive results when practised repeatedly. When we cultivate a standard for cleaning and organizing, it warrants the development of confirmation systems. Everyone is expected to do the same and keep up to it. This ensures un-biased behaviour and finest results.

5. SHITSUKE (SUSTAIN)

What is life without discipline? If there is no discipline, life will cease to exist. We do what we are expected to do, we follow a routine and live upto it to avoid or tackle any disruptions. Discipline helps to make a habit of maintaining time-honoured processes. When we are methodical, we are perseverant and our endeavour is towards achieving improvement.

We respect the standards set and live by it with honesty and dedication. It builds an innate sense of responsibility.

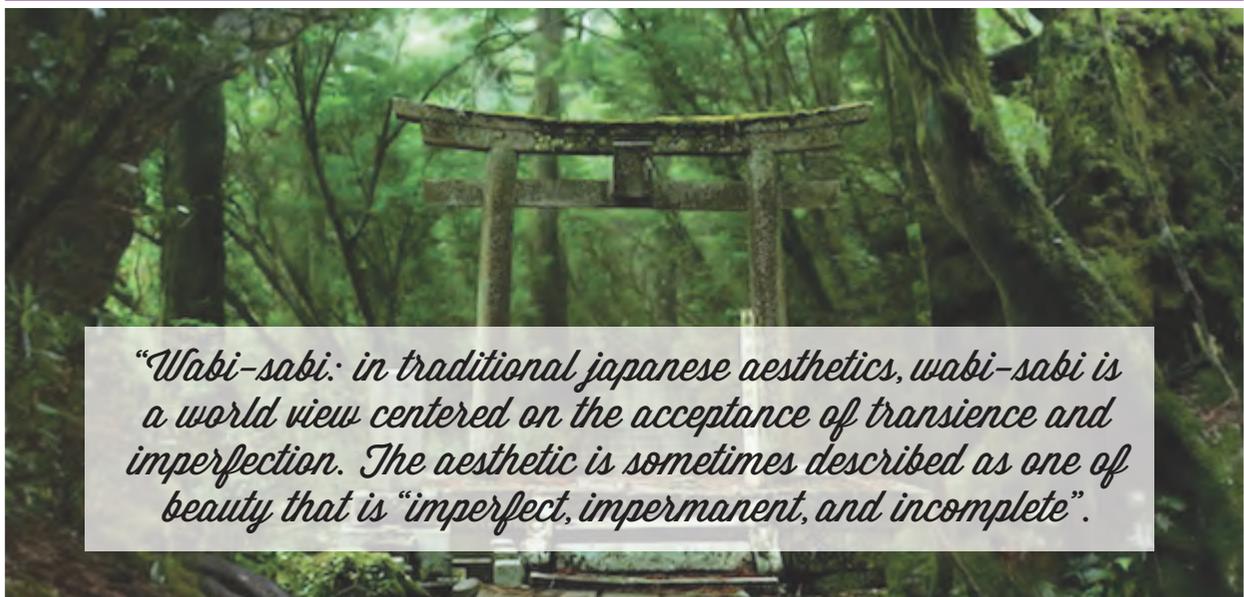
Sustaining means doing things regularly, washing dishes post cooking, folding blankets and arranging pillows after waking up, switching off lights and fans when not in use, put the boxes and equipment back in place after each use. We can start by taking the help of stick-ons where we can write our to-do list and follow it. This is an easy way to inculcate discipline in children where they get a star or sweet after finishing each of their chores for the day.

Doing these things on a daily, weekly and monthly basis helps us to remove unwanted objects or bring in new machines for achieving faster results thereby helping us stay ahead of time.

Ultimately it is all about repeating the process. By using the 5s, we achieve clean and safe environment, we become efficient and more work becomes more productive when we learn to decrease waste.

Although many more examples can be cited from not only our houses but pharmacies, super markets, clinics, I chose to write about our homes which is our temple. There are plenty of ways to apply 5s to your lives and become more successful and resourceful.

Always remember: “With organisation, comes empowerment.” –Lynda Peterson.



“Wabi-sabi: in traditional Japanese aesthetics, wabi-sabi is a world view centered on the acceptance of transience and imperfection. The aesthetic is sometimes described as one of beauty that is “imperfect, impermanent, and incomplete”.

SUNIL PRASAD GORKHALI
Himalayan Bank Limited
Head
Province 3



SAMIR ACHARYA
Himalayan Bank Limited
Head
Human Resource Department



Article for Nepal AOTS Journal

Eco business can be described as creating or doing business where firms producing goods and services capable of preventing, limiting or correcting environmental damage such as the pollution of water, air, soil as well as waste and noise-related problems. They include clean technologies where pollution and raw material use is being minimized. Eco Business directly or indirectly reduces environmental loads on society and at the same time maximize profits to the stakeholders.

The banking sector has a significant role in the economic development of a country. Importance of finance in developing more environment friendly technologies which address concerns regarding the environmental protection is now a growing concern. If the bank facilitates financing of projects in areas of renewable and clean tech, it helps to develop the technology and bring down the cost. This must be the core values of commercial banks towards bringing environmental sustainability for its customers and overall citizens.

The term Green Banking is a new concept in Nepal. It has shifted the profit maximization goal of banks to 'planet, people and profit goal'. The concept of "**Green Banking**" will be mutually beneficial to the banks, industries and the economy. Apart from maximizing shareholders value, businesses have responsibility towards the society in general. Financial sector, being in charge of all kinds of commercial transactions, has more responsibility to steer the economy in a sustainable way. A conventional bank becomes a green bank by directing its core operations towards the betterment of the environment. It means formulating banking

strategies which will ensure substantial economic development and promoting environmental-friendly practices as well.

Couples of years back, issues related to environment were hardly relevant to financial sectors. However, at the current times banks have been viewed as contributing to pollution through their operations and increasing emission of carbon dioxide via using lighting, air conditioning, electronic equipment, high paper wastage and financing environment polluting projects. The internal carbon footprint can be reduced through the use of renewable energy, automation and other measures. On the other hand, banks can reduce external carbon emission by financing projects and companies that are working for pollution reduction and adopting green technologies. Providing loans to firms that have concern for environment would ensure proper utilization of natural resources. Adopting green banking policies are directly beneficial for the banks as well.

The most important step towards this objective is while providing loans. Any entrepreneur would think of green environment only when banks will restrict loans to businesses which might cause environmental degradation. Banks can deny loans to businesses that aim high profits by degrading the environment. The nature of business and its impact on the environment should be carefully considered before approving business loans. On the other hand, banks can offer low-interest loans to businesses that are environment friendly. In this way, banks can play a key role in promoting secondary source of energy like solar energy or bio gas energy.

Next, banks can provide preference to green properties like homes equipped with solar energy, rain water harvesting facility, and properties with better environmental surroundings, for collateral. And they should give secondary preferences, if at all, to properties such as polluting factory, or buildings emitting harmful waste in the environment.

In terms of internal contribution, banks should restrict for using of carbon emitting machines, fans, energy inefficient bulbs, should be discouraged. Also, minimizing paper usage and promoting use of electronic transactions through rapid use of ATM cards, debit cards or other vending machines can help in being a green bank.

Further, banks should develop products targeting customer which can encourage of minimizing environmental hazards. Like launching Green Savings Account by providing higher interest rate,

waiver of fees and charges by only issuing ATMs but not cheque books. Similarly, launching Green Loan for Home Improvements to the customers by providing low interest loans to customers for purchasing solar equipments and Power savings equipment.

Moreover, as part of their corporate social responsibility (CSR), banks can invest in building and maintaining parks, gardens and forests in and around cities. They can adopt tree plantation as a means to mark their important achievements. This would help in inspiring other business ventures to adopt similar strategies.

Attended Course : The Program on Eco Business Innovation (TEBI)
 Held on : 3-16 October 2019.
 Held at : Osaka Japan.

“A company will get nowhere if all of the thinking is left to management.”
 - Mr Akio Morita

The advertisement shows a variety of dairy products from Sitaram Gokul Milk Co. Ltd. arranged on a white circular platform. The products include bottles of 'SITARAM' brand milk, packets of 'PANEER' (cottage cheese), 'बटर' (butter), and 'PEDA'. The background is a vibrant green landscape with rolling hills and several black and white cows grazing in a field. A logo for 'SITARAM' is visible in the top right corner of the image.

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SHILU ARYAL



My learning from Japan visit

I have had an opportunity to attend a training program on Japanese Corporate Management at Osaka from Feb 2019 to 8 Mar 2019. The program covered the corporate management perspective of the Japanese Companies.

This was my first visit to Japan and apart from the insightful learning at AOTS, I was very much amazed as to how organizational citizenship played an important role in the success of the companies in Japan. Of the companies we visited, every employee was found to be so loyal towards their company that they literally owned the company from within. The morning ritual of cleaning the company premises and the every morning oath taking time was something to learn from. Employee were found to be caring and worked in collaboration with their coworkers. They believed in team work and were found to be very much action and result oriented. They took the Company's vision and mission earnestly and lived by it and with it every day.

Another important learning from my visit was the "Keeping Clean" culture. Keeping clean was not only limited to the Companies we visited, the same was seen being replicated in the entire streets and the places where we visited.

I found the Japanese people very humble and with pleasing nature. They were found very helpful and ready to help others in need. My experience with the people with whom I interacted including the

Mason who was building the road nearby AOTS, the taxi driver, the store keepers was very good even though they knew very less English and I knew very less Japanese.

After my return back home and joining office, a formal Knowledge and Experience sharing session was organized by the HR department for the entire Banks' head of departments and my subordinates. The session was very interactive and I was able to disseminate maximum possible learning that I had internalized. Since then, I have earnestly adopted the 5 'S' culture which has been initiated from my very own chamber and Department. One of the important highlights of the program was the participation of trainees from various countries including India, Bangladesh, Pakistan, Sri Lanka, Thailand, Indonesia, Philippines, Sudan, Egypt, Mexico, Argentina, Turkey and Macedonia. It was a good exposure in terms of knowing culture of various countries around the globe, knowledge sharing and making friends with them. The knowledge sharing still continues as we are all connected through various Social media platforms.

Japan – a country with highest innovation in terms of technology and development coupled with culture and heritage is what a developing country like ours should learn from and work towards it for a better Nepal moving forward.

Thank you



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An Overview of Training Program BIOD 'Business Innovation and Organization Development'

The day was 14th Jan. 2020, I stepped for the first time in Japan at 6:30 AM .It was the time for the sun to rise and shine in the country of sunrise. After completing immigration formalities; it was exciting for me to explore the country of sunrise and its people. I took Metro Train to my destination from 'Kansai Airport', just in few minutes the train came out from the terminal building. The dream comes true when the metro went out of terminal and I was able to see shine of the sun of a new day and beauty of the country was just adorable, there are no words for it.

I was there in JAPAN as a trainee to participate in BIOD 'Business Innovation and Organization

Development' training program which was organized by AOTS Society (Association for Overseas Technical Cooperation and Sustainable Partnership) which was for 15 days. I was the one to represent my country Nepal. It was great opportunity for me to learn from Japanese experts, who were renowned in the World for Business and Organization development trainings. Through AOTS Japan Government is supporting entrepreneurs of least developed and developing countries to improve their business and technical expertise, this will help to increase entrepreneurship, employment and productivity of those countries. Total 17 business professionals came for the training from various part of the world. This training has played a vital

SUSTAINABLE DEVELOPMENT GOALS



role by becoming a bridge for me to connect with different experts of various fields from different part of the Globe. As well as, I would like to thank my organization Tilganga Institute of Ophthalmology, Nepal AOTS Alumni Society and AOTS Japan for this opportunity. It might be a dream for many people to get the opportunity to join this training, I was the fortunate one; who got this opportunity.

I reached to Kansai Kenshu Centre of AOTS, Osaka just day before the training starts. It was great feeling to see amazing culture of greeting and polite behavior from Japanese people. In every meeting or crossing they used greet by saying 'Ohayogozaimasu and Arigatou gozaimasu' and by bowing their head.

First day, we entered to classroom at before 9:30AM, some participants were late. We were instructed under Ms. Narita San. First learning from course coordinator Ms. Narita San was that we should 'Just in Time' not 'Just on Time'. Meaning was clear, that we need to reach the venue before scheduled time that is 'Just in Time'. It was great to see and



learn the real value of time and punctuality in Japan. After completing some formalities, our first session was for 3 days and resource person of the training was Dr. Yamanaka Toshiyuki, President of Global Dynamics Co. Ltd. Mr. Yamanaka is global trainer for business executives and delivered professional training to the people of more than 100 countries. We were taught about Role of Business leader, Mindset and vision, Creating innovative Business Plan, Innovators DNA, Innovation, Six Dimensions of leadership, Sustainable Development Goal of the



United Nations, keys of Innovative Business Plan etc. In this session, we played very impactful 2030 SDG Games, this game taught us how we can plan innovative business to support 'Sustainable Development Goals' of the 'United Nations'.

Second session of the training 'Organization Development' was delivered by Ms. Okubo Kaori, Co-Founder of Global Dynamics Co. Ltd. We were taught about Goals of Organization Development, Basic Ideas of Organization Development, Management Shift, Diagnostic Organization Development, The Johari Window, Characteristics of a Strong Organization, OD Interventions, Productivity and process losses, Business ship Model, Team Work, Case study of 'TESSAI', OD Values, Theory X and Y Management Model, Effective Leadership/Followership, Distinguishing Technical Problem and Adaptive Challenges, Conversation, System Thinking, Change Agent, Problem Solving approach to Change, Dialogic OD, 4D Cycle, Basic Ideas of AI, Identifying the Strategic Topic, Team's Strength, Positive Core, Vision of the Team, Reflection etc.

During the 15 days training program, we went for educational tour to Astellas Pharma Inc., US Corporation, Center of Garage, Toyota Motor Corporation, Toyota Ecoful Town, Osaka Innovation Hub. The tour was very impactful; we learned about Japanese Corporate Management System, Working modality and productivity of Japanese people.

On the final day, we all the trainees divided in groups having 4 members in each group and



assigned to prepare innovative business proposal with ground rule to make different than other's business. It should be innovative idea which should be suitable for society, country and the World; that needs to be address, support maximum goals of 'Sustainable Development Goals of the United Nations'. I lead one of the group and prepared and gave presentation over need, utilization and production project of 'Mini Hydropower Generator' in Nepal. I prepared power point presentation of 20 slides and presented mine and my team members thoughts in front of trainers and the concept of the project was appreciated by the team.

It was a great experience of learning new and innovative things with Japanese experts. Also, came to know many things about Japanese Management System, success story of Japan and ideas of 'Business Innovation and Organization Development'. It was a great pleasure to deal with many other participants and instructors throughout the world.

Thanks

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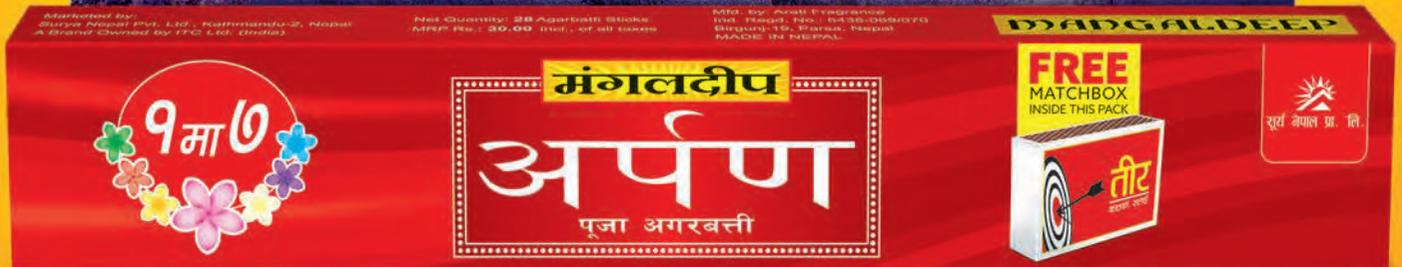


सूर्य नेपाल प्रा. लि.



मंगलदीप

पूजा अगरबत्ती





A Memory of a SHOP Training Course in Japan

In the winter of 2003, I had the opportunity to go to Japan for a three-week training “Solving Human and Organizational Problems [SHOP] course. Although it has been 17 years, I have tried to refresh some of the great memories. I was, of course, excited when the trip to the new country, Japan was confirmed. I went to the Japanese Embassy to apply for a visa. After receiving the application, the counter staff asked me to come the next day. I went there holding a file in my hand with a formal attire hoping that it was an interview, but my visa was approved already. It was because my application packet had an official invitation letter from Association of Overseas Technical Scholarships [AOTS] that was funded by the Ministry of Economy, Trade and Industries [METI], Japan Government. During those days, it was tough to get a visa to Japan, while my passport also had a record of being to some European countries which perhaps eased the process.

Before leaving, then-President Ms. Amira Dali provided a brief introduction and orientation at the office of Nepal AOTS Alumni Association [NAAS]. In late November, I travelled through Bangkok and reached to the Chubu Kansu Center (CKC), located in the Aichi prefecture of central Japan. Most of the training courses conducted there focus on industrial production, quality improvement and capacity building of employees. The SHOP course was represented by participants from more than 20 countries who were engaged in various disciplines but mostly in industrial production/management,

especially human resources. Maybe very few, including myself, represented the NGO/social development sector and a few were from media. My colleagues were from many countries from Czech Republic [Europe], Iran, Mongolia and Ghana [West Africa] to Nepal, India, Bangladesh, Pakistan, Sri Lanka [South Asia]; Thailand and Vietnam in the East Asia.

Overall, the training was very interactive and practical-based. Firstly, a brief Japanese cultural and linguistic orientation was conducted. I still remember the counting goes “Ichi, Ni, San, Shi...” In Japanese which is close to Tamang and/or Tibetan language as well. With the expanded international network and cultural awareness, I gained many new knowledge and skills through this training. I got to learn about key concepts of human resources, the Japanese style of management, total quality improvement and also learned Japanese culture and observed development/technological advancement up close. Some theories developed by Japanese experts such as Kaizen [continuous improvement] and Kanban [tactically oriented approach to reduce waste and increase efficiency] discussed. Linguistically some of the instructors spoke English, but others took it with a bilingual interpreter, but they were very friendly and experienced.

Similarly, I was very excited to study and observe Japan’s modern development, the transportation and communication systems; social security and human resources management and overall

management, which got accomplished through this training. I believe the tidiness and punctuality, the hospitality and the humbleness are the hallmarks of the Japanese people. The public services, schools, hospitals, market places, parking etc. were so managed. However, sweetened beverages and cigarettes were also sold and distributed through the vending machines, which might increase the risk and misuse of tobacco products. In the Makahiti area near the CKC, I observed some farmers cultivating crops and vegetables, but they were using personal protective equipment, including gloves, boots and hats.

As we learned, we got to know that the city of Nagoya was famous for its various technical and industrial productions, especially motor cars. The head office of Toyota Motor Corporations and various assembly plants also located around and millions of employees were employed there. As part of the field visits, we were able to observe an assembly plant, where it took around two hours to build/assemble a new car, including all the safety checks and test ride.

During the course, we went on a trip to Tokyo for a few days. For this, we travelled from Nagoya

to Tokyo on the Shinkansen [a high-speed bullet train]. What a pleasant and comfortable ride to run at a very high speed even without shacking a cup of tea? It was almost impossible to describe the geographical beauty of Mt. Fuji and other places seen on the ride. In Tokyo, we also visited the Disneyland, Tokyo Tower, and Asakusa Temple, the historical Goddess of mercy. The 60th-floor view from the Sunshine city was incredible. We also went for some shopping in Akihabara. At the same time, we also visited and observed the NEC [Former Nippon Electric Company] in Minato city and Asahi Beer Company in Sumida city of Tokyo.

During this time, I also had some new experiences. It was not easy to understand the Japanese language within a few days—most works done by mechanically or electronically, from giving the plate in the kitchen to purchasing the train tickets from the machine. But all the instructions were in Japanese language. Staff used to appear immediately after pressing the 'Press for Assistance' button, but language was again the issue. Since he did not understand Nepali or English, and I was unable to speak Japanese. Similarly, it was tough for me to know the exact price of the goods in the store.





In the meantime, I met a friend of mine, Takumi-san [Mr. Kato] and his family and spent one night with them. It was also significantly important for social and cultural exchange. I found that every house had a beautiful garden, bonsai trees, and a shrine. It was probably many Japanese families followed the Shinto, Japan's indigenous religion and as a nature religion which culturally resonates with the Tibetan and Bon [Old Tamang] traditions. I still remember the Japanese food in the evening and the traditional way of making tea the Kato family served. Mr. Kato also showed me his community temples, parks, community buildings and where older adults were engaged in indoor activities. We were/are the members/hosts of Servas International, an international social organization that promotes international networks of host and travelers. Servas aims to help build world peace, goodwill and understanding by providing opportunities for personal contacts among people of different cultures, backgrounds and nationalities. Last year, he also visited Nepal, after a few days of trekking in the Khumbu / Mt. Everest area, he met with me and my family in Kathmandu before returning to Japan.

Eventually, some of us also planned and travelled to Kyoto one day at our own expense, where we could

visit Rokuonji [Golden] Temple and other historical temples, enjoyed the greenery and bought some gift items. The weather in Japan was freezing. However, while flying back at the airport in Nagoya, it heavily snowing. However, after a few hours, when we arrived in Bangkok, it was too humid. Upon my return to Nepal, I immediately joined the Nepal AOTS Alumni Association [NAAS]. However, after a few years, I went to the United States, for my study, so I could not be very active locally.

In my life, I have attended some training courses in other countries, but this course in Japan is a very nostalgic and memorable, in terms of learning key concepts of human resources and organizational management but also to be exposed with Japanese culture and technological advancements. I would like to recognize and acknowledge the funding support from AOTS/METI and record my sincere thanks to CKC administrators, staff and the instructors for giving me this unique opportunity.

NOTE:

Dr. Tamang has been working as a Senior Research Coordinator in Nick Simons Institute who also serves as the Nepal Country Advisor for Give2Asia.

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The Program for Quality Problem Solving2 [PQPS2]

First of all, I would like to thank our company (DJPL) Executive Director for giving me the opportunity to attend AOTs Training in Japan. I am extremely grateful to AOTS, Lecturers-AOTS and NEPAL AOTS for providing the opportunity and resources materials to work on this training.

I was very delighted on getting this opportunity of attending training program in Japan- the place of continual quality improvement concerning each and every particular/matter. In today's competitive world, continuous improvement is very imperative.

The program was designed for the developing countries with an aim to strengthen and improve the problem-solving abilities of supervisors or managers of companies in regard to improving quality. The objective of the program was to focus on practical understanding of each step in Qc stories, ensuring appropriate ways of utilising QC problem solving methods, ensuring participants improve their own ability to resolve quality problems and to lead and promote problem-solving activities in their workplaces.

It's quite obvious to have an expectation from the training and I do have the expectation. I had expectations of gaining insights on my capabilities as well as getting acquainted with new ideas, QC tools and techniques. I believed this training would open up wide-networking opportunities for us.

My expectations were not only met, they were exceeded. Before this training, I had no depth idea what QC tools really do. I knew they help make work visualization easier by making graph or some

diagram but I had no idea in what way. I thoroughly enjoyed the class. I didn't know it was going to be as fun as it was however. The training information was valuable, interesting and gave the opportunity to learn many issues in regards to quality problem solving procedures. Thanks to all the excellent lecturers and experienced internationalization professionals. As a researcher who needs to do some research in the future, I find it was a very enriching experience for me. These tools help not only solve complicated problems, but also to identify opportunities for improvement.

I will describe briefly below some elements in the training attended. The content of the program included:

1. Theoretical lectures and many practices about useful technique and methods for each step in problem solving.
2. Combined exercises of techniques and methods for advanced problem –solving.
3. Actual experience of problem-solving steps through exercises using actual case studies- visiting in sites (Company visit).

The training was well attended by participants from 8 different countries. They are from Thailand, Bangladesh, Nepal, India, Srilanka, Pakistan, Sudan and Mexico. Total of 20 participants were present.

The program was started formally with an orientation and opening ceremony by Program Director, Mr. Yukihiro Ando followed by our Course Coordinator, Mr. Takeshi Minamitani. The program on the first

day was led by Mr. Yukihiro Ando, TQM consultant. He presented the overview of the program and Principles of TQM. He explained about QC story, the importance of Problem Solving Activities and its approaches and ways to implement for the “problem solving/task achievement /Improvement.”

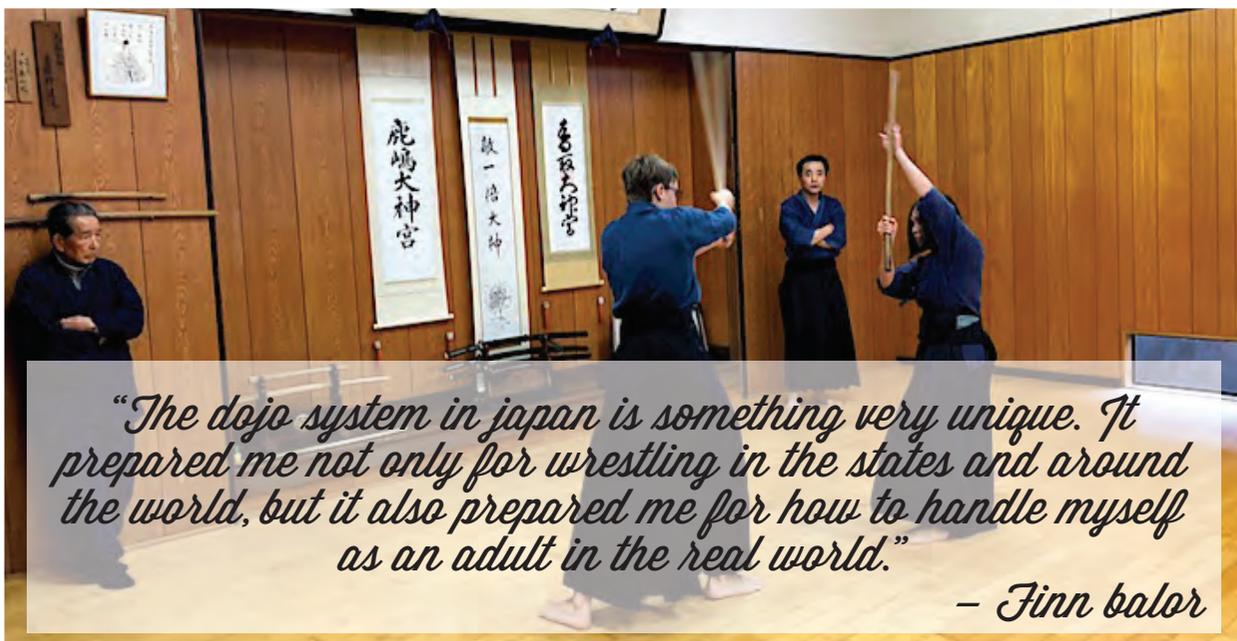
Similarly the other days of training were accomplished by- Introduction, understanding, utilization and interpretation of the QC tools for quality problem solving followed by interactive group exercises. QC tools introduced were Check sheets, Pareto diagram, Cause and Effect diagram, Control charts, Histograms, Scatter diagram and Data stratification. The training emphasized understanding and identifying the problems in the workplace and focused in the logical flow in each step of the problem-solving type. Also the training focused on the combination of approaches that provide better understanding of problem than either approach alone. For example, combination of histogram and control chart, histogram and scatter diagram. Training focused on how one can apply QC tools as a corrective and preventive measure to avoid mistakes and improve product/service quality. Also focused on how to interpret whether a process is stable or not and measure the effectiveness of implemented solutions.

Besides lectures and practices, we had company visit to most renowned companies that are practicing excellent quality activities-“Nissan Motors Corporation” Yokohama plant for QC Circle Activity and “Maruwa Electronics & Chemicals Co. Ltd” for Problem solving case study. They demonstrated the use of quality problem solving tools -if the problem calls for the identification of factors that influence an outcome, to what extent can people put up with something, when focus is to demonstrate change for quality assurance and continual improvement.

On the last day of training, there was a special lecture on Advanced Quality Improvement Theory, delivered by Dr. Noriaki Kano, the most prominent figures in the TQM field.

At the end of training, all participants filled out a training evaluation sheet, the analysis of which affirmed the success of the course. The Training was formally closed by President, AOTS with certificate awarding ceremony.

*The Program for Quality Problem Solving2 [PQPS2]
Date : 18 Feb-1 March, 2019
Training Venue and Accommodation:
AOTS Tokyo Kenshu Centre (TKC)
Tokyo, JAPAN*



MR. RAJENDRA CHAPAGAIN
CEO, Creative Press Pvt. Ltd.



COVID 19

A brief discussion

C OVID 19 has affected every sphere of human life across the globe. This is a brutal humanitarian crisis in modern era, because no geography area where human being exists is untouched by its impact. It has put every human activity of normal business on hold and holding back people to go forward in the shadow of fear. So it is attributed worst ever crisis of 21st century. Its long term and short term consequences are obvious which are not easy to digest. Surely, Year 2020 will be remembered a year of tragic for long time. The unimaginable chaos and anxiety which are prevailing everywhere eventually creating social and economic disorder. During the pandemics we saw exodus of migration in the street to complete journey to home with bare foot holding their kids in one side and belongings in another side was a pathetic scene. This pandemic caused significant number of human tragedy till now moreover it is still unknown how many people will perish their precious life in days to come. Losing the loved one, get termination letter from office, shut down the factory, stalled development works, no office no college limit the travel and follow the strict regulation has become regular phenomena of every single person of this planet.

We Nepali went through strict lock down from 23rd March 2020 for two months and more where very few Covid19 cases had reported with no death. We stayed home believing big tsunami on the way and can hit us sooner than later. Fortunately nothing had happened in that direction, we took long breath expecting there will be no other wave of pandemics and we will not suffer further. After two month of strict lock down government announced some

relaxation though situation turn toward worse and prohibition order probably stricter than lock down had been in place in the month of August which lasted couple of weeks. However, the growth in virus spreading increased day by day because background to spreading the virus is already done because of lack of good governance. That is why casualty and no of infected people were not come under control. Instead it moved up in V shape breaking everyday record in following day which was worrisome and disgusting. During that time asymptomatic patients existed in large number which posed threat to vulnerable age of people who were already at high risk.

Now this has been almost three month the prohibition order is revoked and most of areas are opened to resume activity. To open up activities are prerequisite to normalize the life because most popular festival of Nepalese fall in October to November which should have let it go with great care of pandemics . It is of course not because of we were better off than we were four month ago. Even today must of sector is reopened We should bear in mind that possible economic disaster should be minimized and let economic activities as usual as possible.

Every day news bulletin of Health Ministry at 4.00PM is like ghost coming in front of one thanks god now it is reduced to two days in a week. Besides that the national capital Kathmandu which covers 40 % economic activities of the country has become epicenter of corona caused severe economic damage. Which still shows no sign of control. Moreover as cold season is approaching it

is great fear of transmission in the mass and we should get ready for it and the question is are we?

In fact our administration is seen incompetence to tackle the problem by not doing enough work in spite of plenty of time in hand just after Wuhan outbreak in China rather they engaged in unholy and unethical practices to make money. We could have bring better situation under control but administration always choose to extend indiscriminate extension of lock down in earlier days and pushed people in further crisis.

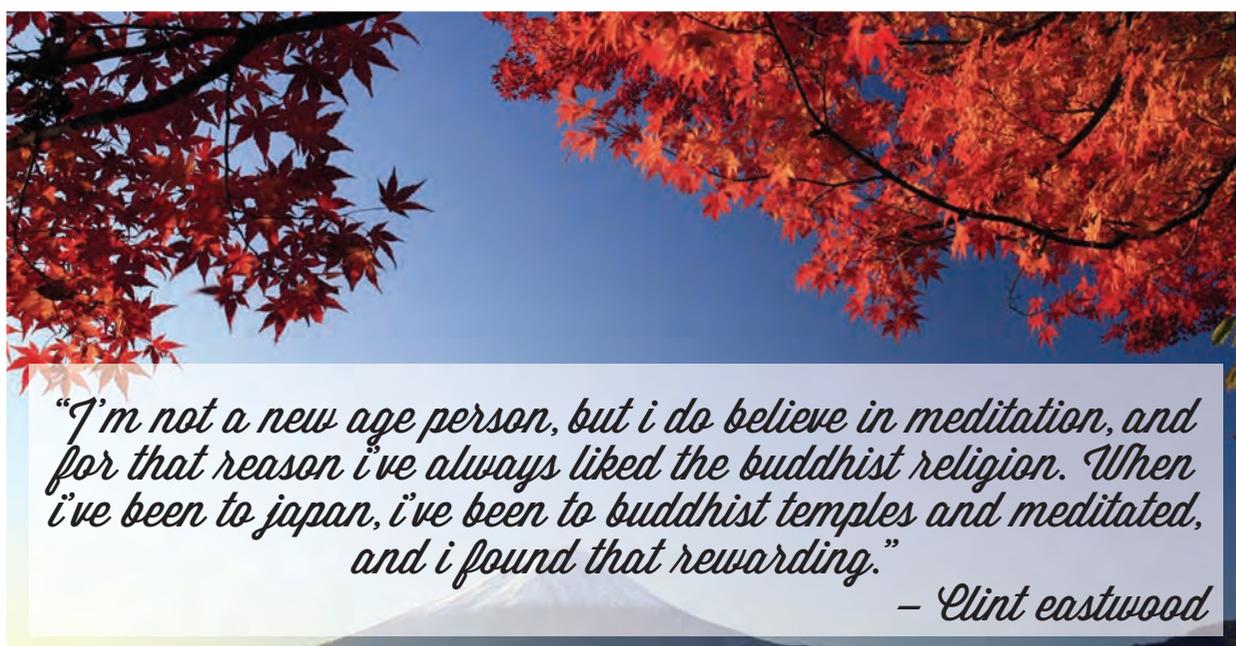
We could have been better place than we are today had there any coordinated plan of action in place unfortunately that never had happened they are example of missed opportunity but there is still gray line to come out of this crisis. Follow the health guidelines, Let the economy fully reopen. Allow normal activities which are irony to survive from possible economic disaster. Revival of economy is prerequisite to revive society so let it be flourish let the people come back to work. Let's not haphazardly call lock down. It is profoundly proven that indiscriminate lock down dragged economy in big hole. We have to come out of this sooner than later.

Yes we have to bear in mind that corona is everywhere, there is high risk of transmission so always maintain physical distances, wash your hand and wear the mask separate the elderly people from younger people do no hug them maintain physical distance. Some good news are in in horizon which is a ray of hope that vaccine are in place by the end of year or early of next year but mass vaccination is far reaching from today date because this is not going to end soon we have to learn to live with corona and mantra is only preventive.

To conclude, we acknowledge this is a world of innovation and invention no challenge are unmet by human being. Scientists who are in race to introduce the vaccine making remarkable success in their endeavour. Wish they will get ultimate success and people of the world get victory with invisible enemies.

The Executive program on production management (EPPM)

17th-31st January 2018
Nagoya, Japan



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74	Prakash Rudra Shrestha	Nepal Consult P. Ltd.	5520153 5180170	4411896	pr_shrestha@hotmail.com		9851031472	116 / 1996
75	Pratul Lal Shrestha	Orbit International Pvt. Ltd.	5524944 5524844	4265653	orbit@mos.com.np	5526098		194 / 1999
76	Purusottam Subedi	Prime Commercial Bank Limited	049-411089	4275324	purusottam.subedi@pcbl.com.np subedipur@gmail.com		9841279728	185 / 1999
77	Puskar Nath Maskey	Navajeeven Textile P. Ltd.	5526537 5526552	5524294	maayke@wlink.com.np	5526537	9851025438	154 / 1997
78	Puspa Pani Gautam	Podrej Steel Industry	4470818	4370094				210 2000
79	Rabinda Mananda Bajracharya	NIDC	4228322	42299340	nidc@wlink.com.np	4351654		200 / 1999
80	Radhika Ranjitkar Shrestha	Quality Printout	4247730	4273838		4240118		
81	Rajendra Malla	Nepal Chamber of Commerce / Manang Air Pvt / Prabhu Insurance	5199220 4230947	9851083361	rmalla1962@gmail.com		9851083361	19 / 1989
82	Rajoj Man Shrestha	Central Finance Co. Ltd.	5522289 5544517	5522289	central@ntc.net.np	5540842	9851020580	181 / 1999
83	Raju Nath Chalise	Machhapuchhre Bank Limited	4417959	4471118				184 / 1999
84	Raju Shakya	Otard International Pte. Ltd.	4413933	4414378	otard@mos.com.np	4416720		
85	Ram Badan Shrestha Bania	Sako Engineering & Trading	4242442	4227488	sako@mos.com.np	4223187	9813385485	92 / 1995
86	Ram Kumar Singh	Lazimpat Engg. Works	4428506	4415404	lazimpatmetal@gmail.com		9841348663	161 / 1998
87	Ramesh Bahadur Shrestha			4355395	shrestha_home@yahoo.com		9851071133	
88	Ramesh Man Singh			5453849	ramesh.man.singh@gmail.com		9851075439	109 / 1995
89	Ramesh Nanda Vaidya	Professional Computer System (P) Ltd.	4244626 4244475	4374082	rameshv2@yahoo.com	4242518		207 / 2000
90	Ramesh Prasad Nepal	Integrated Methodical Research Centre	4474802	4474802	imrca2005@gmail.com		9851062933	Jan-89
91	Ramesh Prasad Subedi			4271226	subedirp@yahoo.com		9851020478	131 / 1996
92	Ramesh Rajkamkar	Krishna Puroti Pvt. Ltd.	4411452	4443062	shreyas@wlink.com.np		9851025270	
93	Rohini Shrestha	Sana Hastakala	4436631	4428640	sanahast@wlink.com.np	5526985		195 / 1999
94	Sanam Amatya			5521444	saneem3@yahoo.com		9867068909	53 / 1993
95	Sanjeeb Pradhanang	Prefab Concrete Ind. Pvt. Ltd.	4240454	4240854	sanjeebdai1@gmail.com prefab@infoclub.com.np	4223997	9851145878	
96	Sanjeev Rijal	Nepal Jute Industries	9851022856	4411205	ctravels@mos.com.np	4266459	9851022856	76 / 1995
97	Sanjo Man Shrestha	Premier Aluminium Works Pvt. Ltd.	5218838	9851020746	sanjoj@infoclub.com.np		9851020746	104 / 1995

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99	Satya Narayan Shah							127 / 1996
100	Shant Raj Rejkarikar	Nebula Fruit Products	5370166	5370309	info@nebulafuit.com		9851036872	1999
101	Shanta Bahadur Malla	Bhumi Restro lounge	4412193	5006003	shantamalla@hotmail.com	4266359	9851026242	122 / 1996
102	Shanti Chapagain			5905547	shantichapagain50@gmail.com		9841890903	170 / 1998
103	Shashindra Shrestha	NEBICO Pvt. Ltd	4350541 4350130	4372346	shashindrashrestha18@gmail.com	4350527		78 / 1995
104	Shekhar Prasad Dhungana	Kathmandu University	5528812	4430974	shekhar_dhungana@hotmail.com			199 / 1999
105	Shivjee Roy Yadav	Bhawani Ply Wood Industries	4422257	4480415	shivjeer@yahoo.com		9841305328 9801059782	123 / 1996
106	Shrawan Bajaj	Deepak Garment Industries / Himal Engineering Consultancy	4443039	4364308	bajajshrawan@gmail.com bajajshrawan@gmail.com	4249865	9851004798	
107	Subash Silwal			5535308		4224553		213 / 2000
108	Suman Bahadur Shrestha	Ace Finance Company Limited	4249396 4249388	4491176	subas5@hotmail.com	4249477		
109	Sunil Rajbhandari	Highland Pashmina	5524113	5524113	sunilrajbandari61@gmail.com ace@mos.com.np		9851021946	
110	Suraksha Man Singh Bania			4271090	smsb1@hotmail.com		9860201159	87 / 1995
111	Surendra Das Shrestha	Balaju Engg. & Structure Works (P) Ltd	4359086	4351598	balaju_engineering@hotmail.com		9851030879	182 / 1999
112	Surendra Bahadur Shrestha	.Balaju udyog	4350302			4354373		162 / 1998
113	Sushiel Joshi	Himalayan Bank Ltd.	4250201 4227749		hb@hbl.com.np			212 / 2000
114	Tanka Mani Kafle	Gorkha Brewery (P) Ltd.	056-520741	056-525815		056-520994		173 / 1999
115	Ujjal Rajbhandari	Himalayan Bank Ltd.	5435556	4221092	ujjal@hbl.com.np	5535554		
116	Urmila Shrestha	Sherpa Cooperative Trekking Pvt. Ltd.	4224068	5520466	sherpaco@mos.com.np	4227983		
117	Ushan Bajracharya	Ci. Bi. Art Treasure	4252555	5524469	treasure@ntc.net.np	4251899		211 / 2000
118	Yogendra Prasad Shrestha	Nepal Share Markets Co. Ltd.	4267606	4223564	yogen@mail.com.np	4248845		186 / 1999

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2	Aasharam Tandukar	Yoso International Pvt. Ltd.	5545425	4786105	connect2aasha@hotmail.com		9801001091 9867436946	497 / 2013
3	Abhaya Shrestha	Till Ganga	4474937	046-530051	avaystha@gmail.com		9841025838	666 / PMTP_2018
4	Achut Khatiwada	Equipment Maintenance & Service Center	4312008	4372645		4312000		284 - 2004
5	Achut Raj Bhattarai	Small & Medium Enetprise Dev. Pjt.	4261750	4435591	bhattaraiaarb@hotmail.com	4258535		292 /2004
6	Achut Ram Chalise	Durga Metal Udhyog		4910898	achutchalise@yahoo.com		9851005237	438 / 2011
7	Achyut Rajbhandari	Perfect Printing Press	4284265	4278869	variety@wlink.com.np	4278050		261 - 2003
8	Ajaya Kumar Mishra	United Finance Limited	4241648 * 134	4109595	mishra-ajaya@gmail.com	4241645	9851065708	511 / 2014
9	Ajay Bahadur Pradhanang	Nepal Pharmaceuticals Laboratory	5529436	5525322	fhajay@gmail.com	5529434	9851033261	379 / 2008
10	Ajay Kumar Pandey	Kishan Pipe Products Pvt Ltd.	77-8480188	5533050	ejay.panday@bimalspark.com		9851111155	616 / NPCM 2018
11	Ajay Singh Karki	Prasid Pashmina Industry	4262356	4411464	ajayskarki@hotmail.com	4218419	9851024383	453 / 2011
12	Ajaya Ratna Sthapit	New Hotel Crystal Pokhara P. Ltd.	5904311	4228013	ajsthapit@mail.com.np	4228028		80 / 1995
13	Aju Giri	Love Green Nepal	5592895	5592756	giraju@yahoo.com	5525417	9851090013	269 - 2003
14	Akhileshwar Mishra	Pulchok Engineering College	4276130	4417122	akhileshwar@ioe.edu.np	4272653	9851108671	311 /2004
15	Amar Ghimire	Hi-Tech Developers Pvt. Ltd.	056-525682	056-524390	aanranwala@gmail.com md@hitechpvt.com		9855059460	631
16	Amar Lal Shrestha	Doree Printers	4415399		info@nepalprinters.com	4412746		
17	Amik Tuladhar	Simca Laboratories Pvt. Ltd.	4227868	4275699	amiktuladhar@hotmail.com	4251232	9801215154 9841290761	538 / 2015
18	Amin Khadka	Tilganga Eye Center	4493775	4496360	amin@tilganga.com.np		9841301710	422 / 2010
19	Amit Gupta Agrawal	SR Drug Laboratories	4223764	4439699	amit@sdrug.net smsamit@gmail.com		9802033840	499 / 2013
20	Amshu Dali	Prakriti Breads	5590817	4270763	dali.amshu@gmail.com amshu@tbwanepal.com		9802002517	556 / 2016 X543
21	Anajana Shilpakar	Wood Carving Industries Pvt. Ltd.		5533366	anjana@woodcarving.com.np unjana@gmail.com	5527730	9801030448	393 - 2002
22	Anand Shah Rauniyar	Interstate Multimodal Transport PLtd.	4271473	4274129	rauniar@mos.com.np	4271570	9851035569	439 /2011
23	Anand Vaidya	Vaidya Electronics	4480041	4480041				198 / 1999
24	Ananta Sharma	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	4491544	ananta.sharma@deuralijanta.com	4375574	9841491395 / 9802088159	399 /2009

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26	Anil Kumar Kejriwal	Siddhartha Finance Ltd.	4441702	4477511	anilkejriwal1@gmail.com	4442968	9851072013	298 /2004
27	Anil Prasad Shrestha	Muncha Confectionery Indurtry	071-544950	071-542909	sagun57@gmail.com		9857020325	462 /2011
28	Anil Raj Satyal			4474068	anilsatya@hotmail.com			281 - 2004
29	Ankit Paudel	Gaurav Nepal Engineers Pvt. Ltd.	056-524149	056-521949	poudeiankit@gmail.com		9855081949	634
30	Anmol Pradhan	Himalayan pole Ind. Pvt. Ltd.			mr.annolpradhan@gmail.com		9852027067	617
31	Anuj Kumar Shrestha	3C Restro Café	5598823		anujte@yahoo.com		9801025460	670 / NPCM_1st Batch
32	Arjun Bahadur Khatri	Omed Formulation Pvt .Ltd	4155163 4155166	5639642	arjunkhatri64@gmail.com		9851094656	543 / 2016 NPCM
33	Arniko Rajbhandary	Nepal Dairy pvt.ltd	5546884	5546884	arniraj@hotmail.com		9851040572	514 /2014
34	Arun Pokharel	Shangrila Tours (P) Ltd.	4226138 4226139	4420018	arunp@mos.com.np	4418182		135 / 1996
35	Asha Adhikary			4426674			9851031861	299 / 2004
36	Asha Kaji Awale			5532427	ashakajiwale@yahoo.com			354 / 2007
37	Asha Lal Maharjan	Nepal Telecom	4213944	5526379	ashishharma@hotmail.com	4442991	9851046087	72 / 1994
38	Ashis Kumar Sharma				ashishharma@hotmail.com			428 / 2010
39	Ashok Kumar Murarka	Ilam Tea Producers Pvt. Ltd.	021-523965	021-523965	murarkaorg@wlink.com.np	021-525194		305 /2004
40	Ashok Kumar Upreti	Peacock Plasticware Pvt. Ltd.	4355952	4355965	akunp1@gmail.com		9851166685	255 - 2003
41	Ashok Maharjan	Palpali Lable Industries	4414772	4414772		4424168		105 /1995
42	Ashok Raj Rajbhandari			4950137	tcs@tcs.wlink.com.np ashokrajbhandari@gmail.com	4425219	9851037966	367 / 2004
43	Ashok Sharma	Simca Laboratories Pvt. Ltd.	5904868	4400528	simca@mos.com.np	4251232	9851043557	290-2004
44	Ashoke S. J. B. Rana	Himalayan Bank Ltd.	4227749	4720425	ashok.rana@himalayanbank.com			106 / 1995
45	Ashwini Kumar Agrawal	Shakun Tea Industries	4282830	4275739	ashagra1@gmail.com		9851020431	267 - 2003
46	Bal Kishan Gurung	Surya Nepal Pvt. Ltd.	01-4248260/270	14353230	bala@snpl.com.np		9851023787	680/LDTP-2019
47	Bandana Manadhar	Prime Commerical Bank Ltd.	4423215	4271191	bandana.manadhar@pcbl.com.np	4233390	9851114000	423 /2010
48	Barun Shrestha	Nepal Investment Bank	4228229	4495850	Shresthabarun@yahoo.com	5010142	9851035006	452 / 2011
49	Basanta Paudel	Global Agro Product Pvt. Ltd.	56571820	4374430	basantapaudel956@gmail.com		9851060956	570 / NPCM 2017
50	Basanti Roshan (Shrestha) Pradhan	Training Institute For Technical Instruction	66307187	4228270	brsshrestha@yahoo.com brsshrestha@gmail.com	6630289	9841428052	410 /2009
51	Basu Dahal	Himalayan Bank Limited	4225399		hb@hbl.com.np			
52	Beeni Shrestha	Nepal Oil Corporation Ltd.	4263499		veenishrestha@yahoo.com		9849948044	534/ 2015

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54	Bhagawati Shrestha	Nepal Bio-Tech Nursery	5591349	4355218	nbn@mail.com.np		9841883533	232 / 2002
55	Bhava Rajbandari	Variety Printers	4278869		varietynepal@gmail.com		9851030156	257 - 2002
56	Bhawati Lal Kachhapati		9841219225	4497458			9841219225	55 / 1993
57	Bhim Dhoj Shrestha	Tribhuvan University	4331316	4263659	bhim00@gmail.com		9851059075	350 / 2006
58	Bhola Bahadur Bista	Civil Bank Limited	4720712	4169037	bhola.bista@civilbank.com.np bholabb@gmail.com		9851046423	573 / NPCM 2017
59	Bhusan Krishna Shrestha	Pape Inc. Traders	5533009	5533809	bhushankrishnashrestha@		9851096290	147 / 1997
60	Bhusan Narsingha Pradhan	Ministry of Land Information & Archive	4477615	4424479	b._pradhan@yahoo.com	4477613		300 / 2004
61	Bhusan Nepal Shrestha	Prime Commercial Bank Ltd.		5533066	shresthabhusan@hotmail.com bhushan.shrestha@pcbl.com.np		9851010653	424 / 2010
62	Bhuwan Krishna Shrestha	Argus Medi sales	14388869		bhuwanshrestha@hotmail.com argusmedisales@gmail.com		9802035233	434 / 2010
63	Bijay Bahadur Shrestha	Snowlion investment Pvt. Ltd.	4227130	4431637	bbh@snet.com.np	4225487	9851020415	377 / 2008
64	Bijay Bir Singh	Gem Plastics Pvt. Ltd.	4384768		gemplastic2@gmail.com bijay.1269@gmail.com		9851036525	333 / 2005
65	Bijay Gurung	Deurali - Janta Pharmaceuticals Pvt. Ltd.	4435167	4432610	bgurung2@gmail.com		9841242324	641 / SHOP 2018
66	Bijay Maharjan	Deurali - Janta Pharmaceuticals Pvt. Ltd.	4435167	4388960	mbijay@gmail.com		9802058145	643 / LMTP 2018
67	Bijaya Krishna Shrestha	Beltronix	4249285	4251576	beltronix@gmail.com		9851021077	323 / 2005
68	Bijaya Ratna Sthapit	sherpa advance gear p.lit	4443638	4226079	bijay24@hotmail.com bijay.sthapit@gmail.com		9851103456	419 / 2010
69	Bijayshwar Pokhrel	Global references laboratories pvt. Ltd	4621202	4358760	globaldrbg@gmail.com bijayshwarpokharel@yahoo.com		9851061039	272 - 2003
70	Bijendra Suwal	Nepal Investment Bank	4228229	4421785	bijendra@nibl.com.np bijendrasuwal64@gmail.com	4228927	9851046008	347 / 2004
71	Bijesh Shrestha	Harati Computer Service Pvt. Ltd	4260622	5541735	bijesh@harati.com.np	4267810	9851040326	459 / 2011
72	Bikas S. Rauniyar	Interstate Multimodal Transport P.Ltd.	4271473		brauniar@gmail.com	4271570	9851038614	565 / 2016 PICT
73	Bikash Palikhe	kumari Marketing Pvt. Ltd.	71547769		bikashpalikhe@kumarimpl.com.np bikashpalikhe@gmail.com		9857025077	618
74	Bimal Daga			4890438	bimal.daga7@hotmail.com		9851070117	567 / 2017 PJCM
75	Bimal Gurung	Upper Tamakoshi Hydroelectric	4420658	4782993	gurung_bimal@yahoo.com	4412569	9851023869	478 / 2012
76	Bimal Prasad Adhikari	Kathmandu Metropolitan City	4268506	4280818	bimal36@yahoo.com			294 / 2004
77	Binaya Mohan Saud	Subisu Cablenet Pvt.Ltd.	4429616	4473767	binaya@subisu.net.np	4430572	9851043210	451 / 2011
78	Binit Lohia	Magnus Pharma Pvt. Ltd	051-531886	051-523162	vint.lohia@magnuspharma.com.np		9855021146	671 / NPCM_ 2013

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79	Binita Ganawaly Sharma	Himalaya Co-operative Society		4471596			981038157	266 -2003
80	Binod Bahadur Rajbhandari		9851024440					100 / 1995
81	Binod Banskota	MEH consultan pvt ltd.	4477634	4494459	banskotabinod@gmail.com		9841295166	240 / 2002
82	Binod Dhakal	Green IT Solution Pvt. Ltd		5237624	dhbinu@gmail.com binod@greenit.com.np dhbinu@ntc.net.np		9851065050	558 / 2016 EPCM
83	Binod Ranjit	Nepal Bangladesh Bank Ltd.	4782767	5905709	binod.ranjit@nbbi.com.np binodranjit@ymail.com		9851035784	588
84	Bipin Hada	Himalayan Bank Ltd.	4250201	4379101	bipin.hada@himalayanbank.com bipinhada@gmail.com		9841551295	421 /2010
85	Bipin Thapa	Academy of Information Tech. Pvt. Ltd.	4412929	5522462				233 / 2002
86	Bipul Dhakal			4494096	bipuldhakal@gmail.com	4424336	9801079666	468 / 2012
87	Bishal Ghimire	Pancharatna Feeds Pvt.Ltd	056-570630		ca.ghimirebisal@gmail.com		9801079627	523 / 2015
88	Bishnu Dass Dongol	Bhaktapur Paper Crafts P. Ltd.	4272822	4272822	dangolbishnuod@gmail.com		9851067062	244 - 2002
89	Bishnu Khatri	New Kantipur Feed Industry	16617309	16540353	aushuldeluxe@gmail.com ashapurhathery@hotmail.com	16614780	9851035473	442 /2011
90	Bishwo Mohan Karmacharya	Bhote Koshi Power Company	4270027	4620444	bishowkmohan@gmail.com bishowmohan@gmail.com	4273516	9851035473	491 / 2013
91	Bodh Raj Devkota	Citizens bank International ltd.	4169067ex400	5159295	bodhraj.devkota@gmail.com	4169077	9851101930	515/ 2014
92	Chandani K.C	Nimbus Holdings Pvt.Ltd	01-4467794		chandani.kc@nimbusnepal.com chandani.rb709@gmail.com		9848906335	683 / 2019 SHOP
93	Chandra K. Karmacharya	Karmacharya Group	061 521571	061 411688	ckkarmacharya44@gmail.com		9856020016	
94	Chandra Kishor Prasad Mahato	National Healthcare P. Ltd.					9855020101	383 /2008
95	Charan Singh	Sipradi Trading (P) Ltd.	4311501	4492434	charan.sipradi.com.np	4311510	9851052988	345 / 2006
96	Chhavi Raman Bhattarai			4351196	crbhattarai@hotmail.com		9841280481	314 /2004
97	Chinta Mani Uprety	Khadya Udhog Ltd.	057-520127	057-520454	khadya@vianet.com.np			251 - 2002
98	Chudamani Budhathoki	World Freight Int'l P. Ltd	4416433	6638806	bchudamani@gmail.com	977-1-4415410	9851085075	457 /2011
99	Dasrath Karki	D. R. Traders & Suppliers	5153000	5191231	dasrathkarki@hotmail.com		9841549999	214 / 2000
100	Dawa Sherpa	City Carpet Industries	4913058	4499957	mail@citycarpet.com.np		9803041471	411 / 2010
101	Deepa Shrestha	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4375575	4266408	dreeza.shrestha@gmail.com	4375574	9841351728	516 / 2014
102	Deepak Kumar Agrawal	United Finance Limited	4241648	4428733	deepak_brg@yahoo.com	4241645	9851086981	484 / 2012

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103	Deepak Kumar Bhandari	Samudayik Printers	5011215	4911902	deepaksinghbhandari@hotmail.com		9851048003	431 / 2010
104	Deepak Manandhar		5523763	4259927	dpak_mdr@hotmail.com		9851053609	357 /2007
105	Deepak Raj Giri	Times Motors Pvt. Ltd.	5187151	9801063303	itsmedeepakrajiri@gmail.com		9801063303	632
106	Deepak Thapa	power solution center	5201137	5201137	deepak.thapa@wfp.org powerthapa@gmail.com		9841288031	
107	Deependra Bahadur Pradhan	CTL Pharmaceuticals P. Ltd.	6610893	4282500	deepen63476@gmail.com		9851063476	537/ 2015
108	Degendra Kumar Shrestha	harmony colony Pvt. Ltd	15191563	5013034	harmonycolony2018@gmail.com degenendra@hotmail.com		9851082125	446 / 2011
109	Denis Shrestha	Advance Poly Clinic	4443386	4370164	drdenis@apc.com.np		9801088296	417 /2010
110	Devendra Bartaula	Ecogreen Fibers Ind. Pvt. Ltd.	057-526790	057-526790	devendra.bartaula@gmail.com egfibers.info@gmail.com		9851030833	635
111	Devendra Shrestha	CTL Pharmaceuticals P. Ltd.	4228495	5539116	devens202@gmail.com	4266849	9851037506	409 /2010
112	Dharma Prasad Khanal	Manamohan Memorial institute of Health Science	4030780 81/82/83 *216/222		drdharmakhanal@gmail.com dpk@mnhhs.edu.np	4030785	9851077038	279 - 2003
113	Dibakar Thapa	Hulas Remittance Pvt.Ltd	4261313		dibakar.thapa@hulasremittance.com dibakarhapa@gmail.com		9851019972	526 / 2015
114	Dibesh Lal Nakarmi	The comfort Selt and Craft pvt.ltd	6201006	4273177	nakarmidds@yahoo.com nakarmidds@gmail.com		9741004006	230 / 2002
115	Dibyswory Dhar Dali	Digital Age Nepal Pvt.Ltd	4277540		dibyadali@outlook.com dibya.dali@digitalagenepal.com		9841338915	578 / PICT 2017
116	Dinesh Nath Chalise	SMEC International Australia		4372229	d.chalise@hotmail.com		9851023573	362 / 2007
117	Dipak Khatri	Mukteshwori Beverage Pvt. Ltd.	057-520122	027-589280	dipak_900@yahoo.com		9851168916	640 / NPCM 2018
118	Dipak Prasad Upadhaya	MEH Consultants (P) Ltd.		4490246	dpupadhaya@gmail.com dpupadhaya@yahoo.com		9851077584	392 - 2002
119	Dipam Shrestha	Tilganga Eye Center	4493775	6631851	dipam.shrestha@tilganga.org	4474937		517 / 2014
120	Dipendra Lal Shrestha	Quest Pharmaceuticals P. Ltd.	4240304	4473246	quest@ccsl.com.np	4231028		280 - 2004
121	Dipesh Gorkhali	STM Telecom Sanchar Pvt. Ltd.	4445981	4374864	dipesh_gorkhali@hotmail.com	4419366	9841426158	394 / 2009
122	Dipinti Karki	Avenues Television P. Ltd.	4227222	4410930	dipintikarki@hotmail.com	4251055	9851098394	412 / 2010
123	Diwas Aryal	Deurali-Janta Pharmaceuticals Pvt.Ltd	4018777		diwasharya@gmail.com		9841172140	655 / LMTP-2_ 2017
124	Diwas Karki	Nabil Bank Limited	4169030		diwas.karki@nabilbank.com		9851034909	545 / 2016 NPCM
125	Durga Prasad Upadhaya	Training Institute For Technical Instruction			durgaupadhaya1961@gmail.com durga_upadhaya@yahoo.com		9841533484	398 /2009
126	Euden Koirala	Water Aid			eudenkoirala@wateraid.org eudie_sahsa@hatmail.com		9851047332	456 / 2011

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127	G. Narayan Bdr. Chettri	Time Pharmaceuticals (P) Ltd.	056-523804	56527523	cifrox@wlink.com.np	56520695		291 /2004
128	Ganesh Prasad Bhetuwal	Swastik Shreebinayak Construction Company Pvt. Ltd	057-523931	057-525267	swastiksbcpl@gmail.com		9851167267	566/ 2017 BCP
129	Ganesh Prasad Upadhaya			4411828			9851024136	85 /1995
130	Ganesh Raj Pokharel	Citizens bank International ltd.	4441882	5592881	ganesh@ctznbank.com ganeshrajpokhare@yahoo.com		98510811725	480 / 2012
131	Ganesh Raj Shrestha	Pashupati Rubber Industries (P) Ltd.	5522157	5524780	ganeshshrestha@hotmail.com	5527167		287-2004
132	Gautam Shakya	GeoSpatial Systems Pvt. Ltd.	5531131	5529008	gautam@geosp.com shakya_gautam@hotmail.com		9841295741	481 / 2012
133	Geeta Shrestha	Readymade Garment Train. Center	4256931	4226526			9841847120	209 / 2000
134	Ghanashyam S. Sharma	Yeti Finance Company Ltd.	057-523463	057-523806	ghanashyamhtd@gmail.com		9845022806	250 - 2002
135	Gita Tamrakar	Everest Art Paper	5592553	5003512	eap.gita011@gmail.com gtamrakar08@gmail.com		9841741554	647 / NPCM 2017
136	Gokama Prasad Sitaula	Nepal Telecom			gokarna.sitaula@ntc.net.np gokarnasitaula@gmail.com		9851046295	664 / TEBI_2018
137	Gopal Khanal	Nepal Mega College	5903973	4355428	asiapublication@hotmail.com gkxhanal@gmail.com		9851023115	441 /2011
138	Gopal Krishna Shrestha	Himal Cement Company Ltd.	4331762 4331764	5526531	ksgopal@wlink.com.np	4330136		163 / 1998
139	Gopesh Shakti Maskey	Vijayadeep Pharmaceuticals	5525515	4471697	gopesh_sm@yahoo.com	5539817	9851059456	401 / 2009
140	Gourish K. Kharel	K-too Health Food Inc.	031-520108	4410647				196 /1999
141	Govind Narayan Halwai	MEH Consultants (P) Ltd.	4477634	5521364		4468969		322 /2005
142	Govinda Man Tamrakar	MEH Consultants (P) Ltd.	4477634	6610234	govinda.tamrakar123@gmail.com		9851035743	355 / 2007
143	Govinda Prasad Ghimire	Shova Trishakti Pvt. Ltd.	4102647		gpg@info.com.np	4223361	9841320865	404 /2009
144	Govinda Prasad Ghimire	Altemative Herbal Product (P) Ltd.	4102647		gpg@info.com.np		9841320865	65 / 1993
145	Guna Raj Shrestha	PD Consult	4491475	4229190				224 / 2001
146	Gyan Kumari Shakya	swastik interior			swastik.interior@hotmail.com		9841186778	500 / 2012
147	Gyanendra Bahadur Pradhan	Medipro Computers P.Ltd.	4246974	5592571	jeebipradhan@gmail.com		9851021937	509 / 2014
148	Gyanendra Prasad Dahal	Mega Shoe Industries Pvt. Ltd.	4363465		gyanendradahal0@gmail.com		9851135562	589
149	Gyani Prasad Uprety			4362962	ugyani@gmail.com		9851077362	607 /NPCM 2017
150	Hari Gopal Shrestha	Hitesh Garments	4221262	4221262				219 / 2000
151	Hari Kishor Shrestha	Om Hospital & Research Center	4476224	4351172	omhrc@wlink.com.np	4466128		248 -2002
152	Hemant Kumar Chaurasia	Computer Point Nepal	4233117		nphkc@yahoo.com		9851060337	288-2004
153	Hira Ratna Stapith			4226774				25 / 1989
154	Hom Nath Neupane	Nebico Pvt. Ltd.	4350130	9742602950	n_hom@hotmail.com	4350527	9742602950	420 /2010

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155	Indra Prasad Sapkota	Laxmi Int'l Pvt. Ltd.	4433780	4389926	indra@iaxmihyundai.com ipsap2001@gmail.com		9851056287	619
156	Isha Shrestha	Nilgiri Khola Hydropower Company Ltd			ishashrestha@hifi.com.np		9851238690	646 / EPCM 2018
157	Iswar Prasad Gautam	Surya Nepal Pvt. Ltd.	4248260	4376594	iswar.gautam@snpl.com.np iswar.gautam@gmail.com		9851014896	590 / NPCM
158	Jagadish Chandra Bhatt	Gangotri Group	099-520397	099-520660	jagdishmission20@yahoo.com jagdishmission20@gmail.com		9848729393	630
159	Jagdish Roongta	National Healthcare P. Ltd.	51-524336 528537	51-521345	ed@nationalhealthcare.com.np	51-533400	9855022169	330 /2005
160	Janardan Dev Pant	Himalayan Bank Ltd.	4243107	5140205	janardan@hotmail.com	4240086		317 / 2004
161	Jerman Bahadur Pandey			4250758	jepnepal@hotmail.com			240 - 2002
162	Jaya Bir Karmacharya	Omnicia Laboratories Pvt. Ltd.	6540089	5014988	jayabir61@yahoo.com jayabir61@gmail.com		9851056309	
163	Jayan Nyachhyon	Himal Tents Pvt. Ltd.	5527202	5590495	jayan75@gmail.com		9851073409	309 /2004
164	Jayendra Bahadur Rawal	NIC Asia Bank	5111177		jayendra.rawal@nicasiabank.com jsaarab@gmail.com		9851231332	660 / BIOD_2018
165	Jayandra Chudal	AAC Light Brick	4477460		jayandra@lightbrick.com.np		9851036734	560 / 2016 CMPE
166	Jhalak Prasad Khanal			4431743	jhalakpd.khanal@gmail.com		9851025906	433 / 2010
167	Jiwan Lal Pliya	Chirag Foam Ind. Pvt. Ltd.	4430773 4350384	4420773	piya@ccsl.com.np	4430945		107 / 1995
168	Jyoti Shrestha	Chandra Enterprises Pvt. Ltd.			singhdan@wlink.com.np			120 /1996
169	Kailash Shrestha	Logica beans pvt. Ltd	4434586		kailash@logicabeans.com kailash@f1soft.com		9801079999	571 / NPCM 2017
170	Kapil Dev Ghimire	Small Business Promotion Project	4223361	4415473		4223361		77 / 1995
171	Kavi Das Dhaubaji Shrestha	Niliah Water Treatments	4107031	6631763	niwat.kavi@gmail.com		9851035870	489 / 2012
172	Kedar Duwadi	Quest Pharmaceutical Pvt.Ltd			kedar.duwadi@yahoo.com		9851087613	651 / LMTP 2017
173	Kedar Lal Shrestha	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4018777	5147165	kedar.shrestha@deuralijanta.com kedar.shrestha2009@gmail.com		9802088002	585 / NPCM - 2015
174	Keshab Bhandari	NPEDC	4350522	4495791	keshab@ccsl.com.np	4350530		
175	Keshab Bikram Khadka	Annapura Agro Industries Pvt. Ltd.	071-204500	017-524821	swami_dt@yahoo.com		9851010340	383 /2008
176	Keshab Shrestha	Natural History Museum	4271899	4272637	keshab_shrestha@hotmail.com			75 / 1994
177	Khilendra Paudel	IME Ltd.	4217600	4420911	khilendra@imeremit.com.np pauwelkiris@gmail.com		9802032400	620
178	Kiran Joshi	Soltee Hotel	4272206	5549789	kjoshi@soaltee.com.np kiranajupa@gmail.com		9841270584	663 / PPTP_2018

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179	Kiroj Rajbanshi	Deurali - Janta Pharmaceuticals Pvt. Ltd.	4018777		jorikrb@gmail.com		9841510311	644 / EPPM 2018
180	Kishor Bhakta Mathema			6630956	mathema_kb@yahoo.com		9851088225	136 / 1996
181	Kishor Chapagain	Pricesolutation pvt. Ltd	15261910	4414467	kcchapagain7@gmail.com pyshor@solutions.net		9851035820	285 - 2004
182	Kishor Kumar Pradhan	Birat Pharma Lab (P) Ltd.	021-527191	021-417344		021-527082		140 / 1996
183	Kishore Ram Bhandary			4415563	kishore_rb@hotmail.com	4226116		38 / 1991
184	Krishna Prasad Khanal	Apollo Offset Press P. Ltd.	4471584	4351915	khanal_krishnap@hotmail.com krishnaP_khanal@hotmail.com		9851027878	432 / 2010
185	Kumar Dhamala	Ecocode Nepal P Ltd	5261016	4026429	kumardai@gmail.com ecodenepal@ntc.net.np		9851076265	477 / 2012
186	Kundan Khanal			4471782	kundan@htp.com.np			252 -2002
187	Kush Kumar Joshi	Nepal Ektrat Engineering Company	4243436 4244857		kush@neek-transformer.com		9851020836	
188	Ladhuram Tamang	Hyonjan Elect. Engg. Fabricator P. Ltd.	4364961 4365320	9851075980	hyonjan@gmail.com	4360916	9851075980	124 / 1996
189	Laxmi Bahadur Shrestha	Harishiddhi Brick & Tile Factory Ltd.	4240698	4418862	nbgroup@mos.com.np	4240665		81 /1995
190	Laxmi Kumari Shrestha	Delux Interior Design & Consultancy		4314269	interiordesign31@yahoo.com		9841118518	501 / 2012
191	Leesa Manandhar	Lomus Pharmaceuticals	4420060			4436395		222 / 2001
192	Leesa Manandhar	Simca Laboratories Pvt. Ltd.		4263501	liisa.manandhar@gmail.com		9851162078	504 / 2013
193	Lila Parsad Dhakal	Kathmandu Upatyaka Khanepani Limited Project impronementation Directorati	5705086		lilaprasad_dhakal@hotmail.com	4224057	9841277430	482 / 2012
194	Lisa Joshi	FHI360	4418377	4436069	lishajoshi@gmail.com		9851045861	486 / 2012
195	Madan Lal Joshi	Furniture Land Store Pvt. Ltd.	4224797	5536622	madanish@yahoo.com madanishhusa@gmail.com	4100549	9851054368	507/ 2014
196	Madan Sharma	Nepal Telecom	4210435	4471571	madan.sharma@ntc.net.np	4210450	9851075757	352 / 2007
197	Madhav Dhakal	Shree Ram Refine oil production P Ltd	4260810	4154886	Madakal50@yahoo.com mdhaka50@gmail.com	4260809	9802030492	470 /2012
198	Madhav Narayan Shrestha	Nepal Water Supply Corporation	4411194					91 / 1995
199	Madhav Prasad Neupane	Hetauda Sandesh National Daily	57522237	57524236	mrmhdetauda@gmail.com htd.sandesh@gmail.com		9855067236	621
200	Madhur Kumar Shrestha	Seagate Institute of Technology	5437231	5544450	seagate92@wlink.com.np		9841211123	277 -2003
201	Mahendra Gopal Shrestha	Love Green Nepal	5592895		mahendra93m@hotmail.com mahendra93m@gmail.com	5525417	9851033940	303 /2004
202	Maresh Dewan	Hotel Pawan Palace Lumbini		4370114	ceo@pawanhotels.com.np		9804177054	429 / 2010

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203	Maresh Kariki	Himshree KC Group of PSA Industries and Trading P. Ltd.	061-530607	061-540162	kariki_maresh@hotmail.com himshree_psa@gmail.com		9856026402	436 / 2010
204	Maresh Kumar Gorkhali	Nepal Pharmaceuticals Laboratory Pvt. Ltd	5529059 5529436	4374864	npimkt@wlink.com.np maresh_gorkhali@hotmail.com	5529434	9851026190	371 / 2007
205	Maresh Prasad Pradhan	Omnicia Laboratories Pvt. Ltd.	4436683	5014754	mareshpradhan@gmail.com	4268081	9851032382	361 / 2007
206	Maresh Sharma Dhakal	Global IIME Bank Limited	422867	9851048251	mareshdhakal2014@gmail.com msdhakal@hotmail.com		9851048251	458 / 2011
207	Maresh Swar	Kantipur Publication Pvt. Ltd	5135030 5135010	4436380	mareshswar@kantipur.com.np maresh71227@gmail.com		9851071227	530 / 2015 NPCM
208	Mareshwor Prakash Shrestha	Himalayan Infrastructure Fund Limited	4169088	4034652	mareshps100@gmail.com		9851058430	369 / 2007
209	Mareshwor Maharjan	IT Business Service Pvt. Ltd.	4419067	4364232	mareshwor@gmail.com		9841220624	312 / 2004
210	Mandira Maharjan	Bhaktapur Ceramics Pvt. Ltd. Nepal Terracotta Pvt.Ltd	6613440	4415783	mandiramaha35@yahoo.com		9841620366	237 - 2002
211	Manish Kumar Agrawal	Daksha Investment pvt.Ltd	9855021687	051-521241	manish_nepal@hotmail.com	4222882	9855021687	460 / 2011
212	Manisha Karn	Citizen Bank International Ltd	5204308	5250836	manisha@ctznbank.com manishambe@gmail.com		9841360541	584 / SHOP- 2017
213	Manjul Prasad Joshi	Fusemachine Nepal Pvt. Ltd	4168530	4270827	mpioshee07@gmail.com manjul.joshi04@gmail.com		9841219192	673 / NAHRP_2019
214	Manoj Dhodari	Ochrid Resort Pvt. Ltd.	057-520429	057-523360	manoj_dhodari@hotmail.com			639
215	Manoj Kumar Agrawal	WorldLink Communication P. Lts	5523050	5183087	Manoj.agrawal@worklink.com	5529403	9802027387	473 / 2012
216	Manoj Kumar Das	Manoj Gas Udyog Pvt. Ltd.			manojgas@gmail.com		9855024828	591
217	Manoj Shrestha	NLG Insurance Co.Ltd	4418113	5534370	manoj_shrestha@nlgi.com.np shresthakm2014@gmail.com		9851086597	533/ 2015
218	Minoo Amatya Piya	Nepal Pharmaceuticals Laboratory	5529059	5151753	minoopiya@gmail.com	5529434	9851076499	382 / 2008
219	Mukendra Singh	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4435167	4430340	mukendrasingh2046@gmail.com	4435166	9851027064	327 / 2005
220	Mukti Nath Subedi	Rakhu Bhagwati Const.	4220520	061-520967				141 / 1996
221	Mukunda Chaulagain	Fred Hollows Intra Ocular Lens Laboratory, Tilganga Institute of Ophthalmology	4493775	5580719	mukumike13@gmail.com mukunda.chaulagain@tilganga.org		9849122038	614 / OCTC-2_2017
222	Mukunda Prasad Joshi	Fusemachine Nepal Pvt. Ltd	4168530	4270827	mpioshee@yahoo.com mpioshee@gmail.com		9851108433	316 / 2004

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223	Mukunda Prasad Lamichhane	Prabhu Bank Ltd.	4478500 *ext 214	4153718	mukunda.lamichhane@prabhubank.com mukunp@gmail.com		9851152450	592
224	Mukunda Ram Bhandari			4247062		4350530		Mar-89
225	Muna Sharma	Sarthak Concret Pvt. Ltd	5538575	6615202	munasharma220@gmail.com		985111912	659 / LDTP_2018
226	Nabin Bhujel	Suryodaya Urja Pvt.Ltd	4379000	4371745	nabin@sdu.com.np nabin.bhujel@yahoo.com	4374496	9851040404	529 / 2015
227	Nagendra Kayastha	MULTI Software (P) Ltd.	5545694	6611090	n.kayastha@unesco_ihe.org	5523103		329 /2005
228	Narayan Babu Lohani	Reliable Nepal Life Insurance	4423618 4423630	4352724	nb.lohani@gmail.com narayan@reliablelife.com.np		9851034835	548 / 2016 NPCM
229	Narayan Bahadur K.C.	Cist College			narab_kc@hotmail.com		9841477638	306 /2004
230	Narayan Bahadur Thapa	Internet Business Bureau	4482444	9841329102	narayan@ibb.com.np	4435166	9851229102	485 / 2012
231	Narayan Mahat Chhetry	Genesis International Technology Nepal Pvt.ltd.	5100630	4782444	narayan.chhetri@genesismepal.com mahatnarayan@hotmail.com		9851050642	364 / 2007
232	Narayan Nakarmi	Radymade Garment Training Center	4256931	4258270				175 / 1999
233	Narayan Neupane	Hallmark Infosys Pvt. Ltd.	4242454		naranneupane@gmail.com	4441998	9851110497	498 /2013
234	Narayan Prakash Bhujju	Machhapuchhre Bank Ltd.	4428556	4006504	narayan.bhujju@mbi.com.np nbhujju@gmail.com		9851078555	593
235	Narayan Prasad Bhandari	Nepal Telecom	4226004					69 / 1994
236	Narendra Bhattarai	Nepal Credit and Commercial Bank		4434130		4490824		97 / 1995
237	Naresh Bahadur Malla	Web Printers P. Ltd.	5372969	4221278	sula@mos.com.np	4275611	9851033729	386 /2008
238	Naresh Dev Panta			4413078	panta_nd@hotmail.com			242 -2002
239	Naresh Kumar Shrestha	Panas Pharmaceuticals Pvt. Ltd.	4491153	5242367	panas1153@gmail.com naresh1180@hotmail.com		9851114507	408 / 2010
240	Narnath Adhikari	vega Pharmaceutical pvt. Ltd	4102825 26/27	9841293948	naru936@hotmail.com naru936@gmail.com	4375574	9841293948	454 /2011
241	Naveen Prakash Adhikari	Tiliganga Eye Center	9851275330	14493775	naveen.adhikari@tilganga.org npadhikari76@gmail.com	4474937	9851275330	685 / 2019 BIOD
242	Navin kumar Thapa	Fred Hollows Intra Ocular Lens Laboratory, Tilganga Institute of Ophthalmology	4493775	4383764	navkr37@hotmail.com		9841461738	613/ PQPS-2_2017
243	Navin Siddhi Bajracharya	IT Himalayan	4416432	9851010962	navsidhbajra@hotmail.com		9851010962	271 - 2003
244	Neeraj Man Shrestha	Nepal Telecom	4220930	5552699	n_shrestha@yahoo.com	4228888	9851029255	342 /2006
245	Nigam Raj Adhikari	Deurali - Janta Pharmaceuticals Pvt. Ltd.	5260854	4365461	nigamadhikari@gmail.com	4435166	9851045698	557 / 2016 PBI
246	Nikesh Dwa	Mid Town Galleria Pvt. Ltd.	61530885	61520558	nikeshdwa@midtown.com.np nikeshdwa@gmail.com		9856035558	622

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247	Nikita Poudel	Gopi Krishna FM Radio	4812404		itsmenikita@hotmail.com		9851078080	413 /2010
248	Niraj Gorkhali	Smart Solutions	4251047	4415095	niraj913@gmail.com		9851065077	430 / 2010
249	Niraj Khanal	Brihat Investments Pvt. Ltd.			niraj.khanal@gmail.com		9851131130	546 / 2016 NPCM
250	Niraj Man Singh	Himalaya General Insurance Co.Ltd	5245090 91/92/93 94/95/96	4218566	niraj@hgi.com.np nirajpradhan71@gmail.com	4245099	9851111691	568 / NPCM 2017
251	Niraj Subedi	Jawalakhel Group of industries P .Ltd	5522010	5573769	niraj.subedi@jginepal.com	5522494	9851030958	675/EPCM-2019
252	Niran Joshi	Pecon Pvt. Ltd	5200795	5203305	niran.joshi@pecon.com.np		9851032778	531/ 2015
253	Nirmal Chandra Jha	Nepal Pharmaceuticals Laboratory	5529059	6204608	nirmal3135@gmail.com		9851088760	581 / SHOP-2 2017
254	Nirmani Lal Shrestha	Ashutosh Travels & Tours	4224655	4359126	nirmani@ashutoshtravels.com nirmanilal123@gmail.com		9851061266	649 / SHOP 2017
255	Nischal Man Singh Pradhan	Brihat Investments Pvt. Ltd.	4033303	4286363	nischalp@hotmail.com	4033305		493 / 2013
256	Nishal Subedi		5245090		yadu55@hotmail.com newsimca@gmail.com		9818889487	550 / 2016 PMTP
257	Nishesh Shakya	Institute for Professional Training & Management Nepal			nishesh235@gmail.com		9841531682	656 / PCT_2017
258	Nishma Bajracharya	Nepal Pharmaceuticals Laboratory Pvt. Ltd	5529059	4252663	nishmab@gmail.com	5529434	9851054688	490 / 2013
259	Om Prakash Shrestha	Amiko Nirman Co.	4470307	4487665	arniko@mos.com.np	4487848		320 /2005
260	Opendra Kumar Shrestha	Sharma & Company Pvt. Ltd.	4261158	4472406		4260628		262 -2003
261	Padam Bahadur Thapa	Himalayan Fabs International	4601435	6635783	info@himalayanfabs.com		9851043599	582 / OCTC - 2017
262	Padma Tara Tudiadhar	Alternative Technology	4387977	4363863	padma@explorug.net padmatara@gmail.com		9851200513	650 / EPCM 2017
263	Padmaja Pradhan	Green Bamboo Creation Pvt. Ltd			padmajapradhan6@gmail.com		9841280544	658 / PQM_2018
264	Pankaj Lal Pradhan	Prismark Marketing	5114026	5114026	pankaj@prismark.com.np pradhanpankaj@gmail.com		9851039619	579 / PJCM 2017
265	Paras Pradhan	Madan Puraskar Pustakalaya	5521393	9851044172	paras@mpp.org.np			326 /2005
266	Pasa Maharjan	Dakshin Barahi Brik Factory			pasa2pasa@gmail.com		9851092502/ 9843867586	648 / EPPM 2017
267	Pashupati Khartri	Event Sansar	4168484		pashupati69@gmail.com info@eventsansar.com	4117105	9851117584	495 /2013
268	Piyush Sharma Humagain	Aadee Remedies Pvt. Ltd	5203973	4106051	piyush.bb@gmail.com		9851065855	657 / PQM_2018
269	Prabhakar Shumsher Thapa	Him Electronics P Ltd	4267760	4004027	himelec@gmail.com.com prabhakar@golchhagroup.com.np	4267288	9851136637	471 /2012
270	Prabhu Keshar M. Pradhan	NIDC	4228322	4272650	prabhupradhan@nidc.wimk.com.np	4227428		160 /1998

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271	Prabin Basnet	Kamana Sewa Bikash Bank	4440115/116	4108913	basnetpravin@hotmail.com prabin.basnet@kamanasewabank.com	4440134	9851100567	549 / 2016 NPCM
272	Prabin Raj Pokharel	Louis berger inc usa	9801140107	4485845	prabin.pokharel@gmail.com prabin.pokharel@wfp.com		9801140107	397 / 2004
273	Pradeep Kumar Shrestha	Omnica Laboratories Pvt. Ltd.	4266858	5528156	pradeepshrestha528@gmail.com omnica@htp.com.np	4268081	9851025662	343 / 2006
274	Pradeep Man Vaidya	Vijayadeep Laboratories Limited	5525515	5539817	vijaydeep53@gmail.com vijaydeep@yahoo.com		9851025000	218 / 2000
275	Pradeep Narsingh Rayamajhi			4358348	prayamajhi1@gmail.com	4222800	9851023462	313/2004
276	Pragya Pradhan	Omnica Laboratories Pvt. Ltd.	6540059	4782880	pragyapradhan@hotmail.com	6540059	9841206115	467 /2012
277	Prajwal Jung Pandey	Lomus Pharmaceuticals Pvt. Ltd.	4436396	4372687	prajwalpandey@lomus.com.np prajwaljungpandey@gmail.com	4436395	9851039755	318 /2004
278	Prajwal Shrestha	The British college	5970003	5114114 4241951	prajwal_shrestha@hotmail.com prajwal.shrstth@gmail.com		9851039626	259 -2003
279	Prakash Bajracharya	Bajra & Bajracharya Enterprises	5524851		pikesh.bajra@gmail.com			133 / 1996
280	Prakash kumar Shrestha	Butwal Power Company Limited	4781776	4281510	prakash.shrestha@bpc.com.np prakash.triija@yahoo.com.np		9851025684	519 / 2015
281	Prakash Man Shrestha	Harishiddhi Brick & Tile Factory Ltd.	5521451 5521178	5533225	prakashs_0606@yahoo.com	5522776	9851007377	375 /2007
282	Pramod Kajji Baniya	Swayambhu Hotels & Apartments Pvt. Ltd.	4033114	4288617	pramod@swayambuhotels.com	4033305	9851125278	508 / 2014
283	Pramod Metha	Nepal Pharmaceuticals Laboratory	051-521097		pramodmanar@gmail.com		9855038938	677/PQPS-2019
284	Pranab Ghimire			4350198	ghimirepr@hotmail.com			227 / 2001
285	Prashant Dugar	Pine Overseas Pvt. Ltd.	4230441	4441718	prashant.dugar@pineoverseas.com.np prashantdugar@gmail.com		9802026482	623
286	Prashant Lal Shrestha	Islington Collage	4412929	4359856	prashant.lalshrestha@gmail.com		9851075058	234 / 2002
287	Prashida Man Shrestha	Sino Hydro Sagarmatha Power Company	4376664	47209802	pmskath@hotmail.com		9851086693	479 / 2012
288	Prasidha Raj Aryal	Civil Bank Limited	4251015	4471601	prasadha28@gmail.com		9851038501	528 / 2015
289	Pratap Jung Pandey	Kailash Helicopter Services pvt. Ltd	9851042001	4412001	pipandey@yahoo.com		9851042001	444 /2011
290	Prathana Rajbhandari Vaidya	Brihat Developers & Builder Pvt. Ltd.	4033076	4436936	prathana@brihatinvestments.com		9841484411 / 9801203703	624
291	Pratyush Acharya	Bhoomi Foods Product	5537440	5005197	acharyapratyush@yahoo.com acharyapratyush024@gmail.com		9851088025	405 / 2010
292	Pravat Thapa			053-521382	Prabhatthapa@gmail.com		9845021063	360 / 2007

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293	Praveen Shahi	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4375575	4424084	praveenshah@yahoo.com praveen.shahi@deuralijanta.com		9841235162	396 / 2002
294	Pravin Raman Parajuli	Nabil Investment Banking Ltd.	4411733 4411604	4412437	pravin.parajuli@nabilbank.com		9801001512	513 /2014
295	Pravin Aryal	Jade Consult PvtLtd	4222202	4114388	pravinarya@gmail.com		9851074619	521 / 2015
296	Pritam Lal Shrestha	Sunrise Bank Ltd.	4004560	9851034336	pritam01@yahoo.com pritam.shrestha@sunrisebank.com.np		9851034336	391 / 2004
297	Promod Mehet	Nepal Pharmaceutical Pvt. Ltd.	051-52-1097	9855038938	promodmanar@gmail.com		9855038938	677 / 2019 PQPS
298	Punya Prasad Lohani	JANA Rashmi	4495388	4480452	pplohani@gmail.com		9813003961	474 /2012
299	Purna Prakash Hada			4270043			9841348769	61 / 1993
300	Purnima Rajbhandary	Birat Investment Pvt. Ltd	4033303	4033116	purnima@biratinvestment.com		9851037812	476 / 2012
301	Puskar Acharya	Lovely Business link Pvt.ltd	6612420	5146002	puskar2064@hotmail.com		9851152359	520 / 2015
302	Rabi K. Shrestha	CTL Pharmaceuticals P. Ltd.	4252500		rabikshrestha@hotmail.com		9801224221	245 -2002
303	Rabin Kumar Shrestha	channakya software	4111264		rabin.shrestha@channakya.com		9851045150	325 /2005
304	Rabin Kumar Shrestha	Coseli Chhala Jutta Udhog	4359766	4354211	coseli81@yahoo.com rabincoseli@gmail.com		9851022012	440 /2011
305	Rabin Prajapati	Bhaktapur Ceramics Pvt. Ltd. Nepal Terracotta Pvt.Ltd.	4415783	4415783	rabinprajapati@yahoo.com rabinprajapati70@gmail.com		9851090297 9801090297	236 - 2002
306	Rabindra Pradhan	Auto in enterprises	4254226	4254226	rabindrapradhan@hotmail.com		9851015281	249 -2002
307	Rabindra Rajbhandari	RAJMS Company	5260999	5260432	rabindra@rajms.com rabindra.rajbhandari13@gmail.com		9851030644	278 - 2003
308	Radha Krishna Dhaubhadel	Eco Craft Nepal	6612782	6612335	rkdhau@gmail.com	6612782	9851034599	289-2004
309	Radhe Shyam Bhagat	R.S. Bhagat & Ass. Consulting Artitech	6614794	4425247				139 / 1996
310	Radhe Shyam Mahato	National Healthcare P. Ltd.	051-528538	4438821	dm@nationalhealthcare.com.np ed@nationalhealthcare.com.np stat@nationalhealthcare.com.np	051-533400	9851041371	336 /2006
311	Raj Kumar Gupta	Ambuja Cement	071-412018	071-522180	jar2035@gmail.com raj@nepalambujacement.com		9857020252/ 9807575397	2012/
312	Raja Babu Maharjan	Kathmandu Repairing Center	4246518		csb@ccsi.com.np			197 / 1999
313	Rajan Babu Shrestha	Aero Care Air Conditioning Service	4474072	4412903				128 /1996
314	Rajan Shrestha	Hama Iron and Steel Industries Pvt. Ltd.	4261716	4261716	hamasteel@info.com.np	4261686	9851022847	363 / 2007

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315	Rajani Shrestha	Educational Enterprise (P) Ltd.	4223749	4427037	mohanedu@hotmail.com			296 /2004
316	Rajat Shrestha	Blue Cross Hospital Pvt.Ltd	4262027	4270245	rajat.shrestha@bluecross.com.np relation@bluecross.com.np rajatshrestha@gmail.com		9841201811	483 / 2012
317	Rajendra Chapagain	Creative Press P Ltd	4419084	4489053	chapagainraj@gmail.com		9851035974	612 EPPM-2_ 2017
318	Rajendra Lal Shrestha	Citizen Bank	4427842	4271358	rajendra.shrestha@ctznbank.com rajshrestha12@gmail.com		9851017180	553 / 2016 SHOP
319	Rajesh Babu Shrestha	Chitwan Construction & Engg. Co.	4434648	4421496	rajesh@chitawancoe.com.np	4434515	9851020604	263 - 2003
320	Rajesh Chandra Bhattarai	Nepal Telecom		5534254	rajib@nbe.com.np	4780042		353 / 2007
321	Rajesh Kumar Agrawal	Kanchanjunga Cement Udhog Pvt. Ltd.	023-545707	023-540737	kanchanjunga75@yahoo.com		9852673986	633
322	Rajesh Kumar Shakya	Hitech Valley iNet Pvt. Ltd.	4427336	4426075	rajeshshakya@gmail.com	4417745	9851034585	346 / 2006
323	Rajesh Mani Ghimire	Balaju Yantra Shala Pvt. Ltd.	4350147 4350894		nhec@mos.com.np bysnepal@gmail.com	4350379	9851027014	274 - 2003
324	Rajib Pokhrel	guards enterprises pvt.ltd	9851021675	9851021675	rajivpokhrel@gmail.com		9851021675	402 /2009
325	Rajiv Bhakta Pradhan	LOTUS Opportunities	5530313 5526660	5560830	rajiv@enet.com.np	5532013		270 - 2003
326	Raju Babu Shrestha	Manakamana Darshan P. Ltd.	4434690 4434825	4417943	chitwoncoe@chitwoncoe.com.np			
327	Raju Dev Bhattarai	Sheela Printers	4418094	4433242	sheelaprints@hotmail.com			283 -2004
328	Raju P. Shrestha Khairgoli	Omnic Laboratories Pvt. Ltd.	4436663 4415108	5146149	rajuprasadsrestha@yahoo.com spraju62@gmail.com		9851044365	380 /2008
329	Raju Poudel	Arghakhanchi Cement Pvt. Ltd.	4102143	4257670	raju@acplnepal.com ca.rajpoudel@gmail.com		9857015081	594
330	Ram Banshee Pradhan	Institute of Engineering	4256481	5901339				110 / 1995
331	Ram Chandra Lohani	Laxmi Intercontinental Pvt. Ltd	4433780	9851140331	rolohani@gmail.com		9851140331	608 / NPCM 2016
332	Ram Hari Subedi	Gorkha Ayurved Company Pvt. Ltd.	4286875	4357717	ramhsubedi@gmail.com		9851033346	445 /2011
333	Ramendra Pradhanang			4671071	rpradhananga@yahoo.com		9841217037	426 / 2010
334	Ramesh Bista	Deurail - Janta Pharmaceuticals Pvt. Ltd.	4435167	5560193	aarogyam@deurailjanta.com		9802088003	637
335	Ramesh Prasad Panta			4486601				275 -2003
336	Ramesh Sharma	Sharma & Company Pvt. Ltd.	4673002 3/4/5	5237672	sharmaco@mos.com.np sharmacoramesh@gmail.com	4670683	9851106538	273 - 2003
337	Ramesh Thapa	Direction Nepal Pvt. Ltd.	01-4117103	14117102	rameshdelta2@gmail.com	01-4117105	9841937024	450 /2011
338	Rameshwor Karmacharya	People campus	4215412 4215590	4770525	r.karmacharya77@gmail.com		9851021525	348 / 2006

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339	Rashmi Pant	Prabhu Bank	4788500		rashmi.pant@prabhubank.com		9851103597	642 / SHOP 2018
340	Rasmita Tudiadhar	Tiliganga Eye Center	493775	5904345	rasmittatudiadhar@hotmail.com		9841564024	505 /2013
341	Ratan Lal Agrawal	Inter-Tech P. Ltd.	071-540147	071-540471	ratan@intertech.com.np	071-543471	9847034706	217 / 2000
342	Rati Bhochhibhoya Pradhan	Muskan Home Of Hope	9841254590	9841254590	rati.pradhan@hotmail.com rati.bhochhibhoya@gmail.com		9841254590	466 / 2011
343	Ratna Lal Shrestha		4271438	4271438			9851101750	113 / 1996
344	Ratna Man Shrestha	Shakti Hume Pipe Udhogy	4270518	4271438				113 / 1996
345	Ratna Sambhav Shakya		4673291	4673291	ratna.shakya@bpc.com.np ratna.shakya525@gmail.com		9851044732	541 / 2016 NPCM
346	Ratneshwari Shrestha	Ratna Silver Craft	4221090	4254166	ratnaart@live.com		9851052470	373 /2007
347	Reena Singh Suwal	Beltronix	5527999	4244515	reena.beltronix@gmail.com		98412226003	384 /2008
348	Reeta Simha	Aama Craft	4251170	4252079	info@aaamacraft.com reeta.simha@gmail.com		9851025629	338 / 2006
349	Rishi Mani Shrestha	Morang Auto Works	4261160		shrestharishi@yahoo.com		9851096398	337 /2006
350	Rita J. Pradhan	Temple Tiger Group of Companies	4225657	4282500	ritajpradhan@gmail.com		9851139310 9841339310	586 / SHOP-2 2017
351	Ritesh Mehar Shrestha	Global Merchants and Logistics Pvt.Ltd.	5904552		ritesh@gmlicargo.com riteshmshrestha@gmail.com		9851032561	595
352	Ritesh Silwal	Global Timau Trading Pvt.Ltd	9857025844	071-541159	ritesh_silwal@hotmail.com		9857025844	502 / 2013
353	Robin Man Amatya	SAAPRC Business Association of HBWs	5546809	4280451	robin.note@yahoo.com robin@sabah.org		9849063684	510 / 2014
354	Rohit Karki	Pathivara Concrete Ind. Pvt. Ltd.	025-580899	025-583481	rohit.karki@pathivaragroup.com.np rht.krki@gmail.com		9851110570	625
355	Roshan Malla	Citizens Bank International Ltd.	4427842		roshan.malla@ctznbank.com		9851159988	603
356	Roshan Poudyal		6610893	4470540	roshpn@hotmail.com	6611617		307 /2004
357	Rubina Shrestha	Simca Laboratories Pvt. Ltd.	6632209		rubi.na9@hotmail.com		9841885420	563 / 2016 PMTP
358	Ruby Laxmi Shrestha	National Dairy Development Board	5525400	4491334	kushr@ccsl.com.np	5532096		108 / 1995
359	Rudra Bahadur Bhattarai	Mirage Advertising & Graphics	4426647	4433521	rudrabb@gmail.com miragead83@gmail.com		9851027432	475 / 2012
360	Rupesh Krishna Shrestha	Subarna Match Factory Pvt. Ltd.	56570215	4286769	matchsubarna@gmail.com rups_chris@hotmail.com		9851026304	596
361	Rupesh Prajapati	Chandeswori Auto Engineering	4485862	011-661671				208 / 2000
362	Sabin Lal Shrestha	High Land Distillery	5904316	5521797				119 /1996

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363	Sabin Shrestha	Himalayas Pashmina	5543652	5520517	shrestha_shrestha@hotmail.com shresthasabin@gmail.com	5522485	9851032710	268 - 2003
364	Sabin Thapa	Green Tick Nepal Pvt. Ltd.	4101076	15244362	sabinthapa@subisu.net.np sabin@gti.com.np		9851090700	463 /2011
365	Sabita Dhungana	Akarshan Industries	5545055	4782224	sabitaakarsha@gmail.com	9851051772	339 2006	in meeting
366	Sabita Joshi	Manka Crafts Association	5545033	4242429	sabita_joshi@hotmail.com			264 - 2003
367	Sachindra Pradhanang	Pradhanang Apparels Industry	6615543	14417071	sachindrapra@gmail.com		9851009658	552 / 2016 QCTC
368	Sagar Poudyal	Civil Bank Ltd.	4251015 4251087	5553213	sagar.poudyal@civilbank.com.np sagar.poudyal@gmail.com		9851049352	610/ PBI 2017
369	Sajal Karki	Laxmi Lodge & Hotel	049-421400	049-421400	sajalsir400@gmail.com		9851107879	464 /2011
370	Sajala Joshi Shrestha	Simca Laboratories Pvt. Ltd.	6612742	4259221 5114097	sajala_joshi@yahoo.com sajalajoshi@hotmail.com		9851063665	385 /2008
371	Salin Narshing Shakya	Crystal Image	4245501	5533603	skysalin@yahoo.com	5551905	9840050107	324 /2005
372	Salvi Shrestha	Fusemachine Nepal Pvt. Ltd	4168530		salvi.shrestha@gmail.com		9813079436	674/ NAHRP_2019
373	Samir Acharya	Himalayan Bank Limited	4229949		samir.acharya@himalayanbank.com samir47266@gmail.com	4222800	9851047266	678/TEBI-2019
374	Samit Raj Shilakar	Global IIME Bank Ltd.		9851127255	rajsamit@hotmail.com		9851127255	512 / 2014
375	Sangam K.C.	Himshree Foods. Pvt. Com	4477440	4477440	sangamkc.78@gmail.com		9851111758	406 / 2010
376	Sangita Kadariya	Shikhar Shoe Industries Pvt. Ltd.	4388342	4380409	sangitakadariya@gmail.com		9801120224	597
377	Sanjay Giri	Everest Leather Industries Pvt Ltd.	051-523988	5215765	giris4@yahoo.com giris4@hotmail.com		9851071861	414 /2010
378	Sanjeeb Chandra Pokhrel	Nepal Rubber Udhog Pvt. Ltd.	4221123	4221123		4223145		134 / 1996
379	Sanjeeta Archarya	Aloft Kathmandu	5252000	5161340	sanjeeta@hotmail.com sanjeetaacharya@gmail.com		9803172512	559 / 2016 PQM
380	Santosh Kumar Bhagat	New A.C.C. Brick Industry P. Ltd.	021-515290	021 5170235	bhagatsku@gmail.com		9852020308	461 /2011
381	Santosh Shrestha	MARS P Ltd	4446294	4284073	sentosash@gmail.com	4427109	9851040425	472 / 2012
382	Sanu Maitya Shrestha	Nepal Bio-Tech Nursery	5541349		nbn@mail.com.np			231 / 2002
383	Sarad Chandra Upadhaya	Janak Education Material Center Ltd.	6610170	4473284				60 /1993
384	Sarbajit Rana	Surya Nepal Pvt. Ltd.	053-520035	051-529264	sarbjit@snpl.com.np	053-520034	9855020662	387 / 2008
385	Sarita Karki Khanal	Lomus Pharmaceuticals	4354027	4351861		4436395		223 / 2001
386	Saroj Baral	Jaima Laxmi Techo center P .Ltd	61-530566		sarojbaral@gmail.com		9856024524	676/ PQM-2019
387	Saroj Kaji Tudladhar	Goodwill Finance Limited	4444039	5905441	saroj@goodwill.net.np	4443414	9851023409	370 /2007
388	Saroj Kumar Shakya	Nepal Telecom	5537463	5530177	saroj.shakya@ntc.net.np		9851042757	301 /2004

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389	Saroj Manandhar	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4375575 *115	4822365 4822474	saroj.manandhar@deuralijanta.com sarojananda@gmail.com		9841409305	335 /2005
390	Saroj Manandhar	Miracle Interface P. Ltd.	5261891	4350607	sama_sayami@yahoo.com saroj.manandhar@gmail.com		9841281457	358 / 2007
391	Saroj Shrestha	Sunrise Bank Ltd.		4650657	saroshrestha_2@hotmail.com bluwahaleincpltd@gmail.com		9851050813	535/ 2015
392	Saroja Shrestha Koirala	Nepal Bangladesh Bank ltd	4240348	4350043	sarojakoiralala@hotmail.com saroja.koirala@nbbi.com.np		9851129959	518 / 2014
393	Sati Devi Singh Gautam	Blue Cross Hospital Pvt.Ltd	4262027	4439993	sati.singh@bluecross.com.np		9841413395	532/ 2015
394	Satish Chand Shrestha	Shreenagar Agro Farm Pvt. Ltd.	4354892 4354002	4413504	saf@info.com.np	4433405	9851024812	286-2004
395	Satish Kumar Karn	Jaulakhel Group of industries P. Ltd	61-530566	6633529	satish.karn@jinepal.com satishkarn@hotmail.com	5522494	9801061347	682 / 2019 SHOP
396	Saurabh Shrestha	Nepal Shoes Factory	4249261	4388404	saurabh_sshrestha@yahoo.com		9863633809	572 / NPCM 2017
397	Saurav Joshi	Furniture Land Store Pvt. Ltd.	4224797		sauravjoshi@hotmail.com		9801140234	575 / NPCM 2017
398	Shambhu Agrawal	Bhaskar Herbaceutical Pvt. Ltd	051-418047	051-524001	ed@bhaskarherba.com.np		9855020110	522 / 2015
399	Shankar Kant Adhikari	Mount Everest Trading & Service P. Ltd.	4990036	4363421	cm@mets.com.np	4363421	9851024406	276 - 2003
400	Shanker Prasad Pandeya	Sagamath Silks	4781300	4107095	himal.silks@gmail.com	4781303	9851027009	407 / 2010
401	Shanta Baskota Koirala	Kanchanjanga Tea Estate And Research	4469503	9841737074	shantakoiralala@hotmail.com shantakoiralala48@gmail.com	4493303	9851082828	418 /2010
402	Shanti Laxmi Shakya	Board of Director Chilime Hydro Power Company		4417745	shantinea@yahoo.com shantinea@gmail.com		9851054360	374 /2007
403	Sharad Khanal	Sopan Pharmaceuticals Ltd.	4671212		khanalbabu@gmail.com	9847021819	427 /2010	no ans
404	Sharda Rana	Sipradi Trading	4101645		sharda.rana@sipradi.com.np ranashrd@gmail.com		9801058802	661 / IR & HRM_2016
405	Shashi Bhattarai	Knowledge Holding International pvt.ltd.		4443485	shashibhattarai@yahoo.com shashibhattarai@gmail.com		9851055544	225 / 2001
406	Sheela Pradhan	Mars Advertising and Research Pvt. Ltd.	4437145 4439782		sentosash@gmail.com		9841319040	626
407	Sher Bahadur Budhathoki	Siddhartha Bank Limited	4442919/20	4374918	sher@sbi.com.np	9851047917	525 / 2015	no ans
408	Shilu Aryal	Civil Bank Limited	4251015	4416727	shilu.aryal@civilbank.com.np	44169036	9841252032	667 / PJCM_2018
409	Shiromani Dhakal	Hetauda Cement Industries	057-520020	021-527194	hcilptd@mos.com.np	057-521023		
410	Shisir Panchhai		9801090159		pachhai.shishir@gmail.com		9801090159	627
411	Shiv Bhushan Lal	Nepal Telecom	5184266	5184266	shi_blal@yahoo.com		9851024866	365 - 2007
412	Shiva Krishna Shrestha	Sef-y Consultant	6611545	6611545	shivaks@mos.com.np	6614242		297 /2004

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413	Shiva Kumar Bhandari	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4018777		bhandarishiva11@gmail.com	9847827869	561 / 2016 PDM	not connt
414	Shiva Kumar Sharma	Himal Hydro and General Cons. Ltd.	5535032	5522597	gm@himalhydro.com.np	5550211		310/2004
415	Shiva Kumar Shrestha	Computer Care Pvt. Ltd.	5010641 5521984	5532421	shivashrestha@hotmail.com	5547764	9851027458	258 - 2003
416	Shova Basnet	Zest Laboratories Pvt. Ltd.	6634037		shobhazest@gmail.com shobha@zestlab.com.np		9851055140	503 /2013
417	Shova Khanal	Deurali-Janta Pharmaceuticals Pvt.Ltd	435167	4374660	shovavenue@gmail.com		9841774861	668 / QCTC_2018
418	Shree Ram Regmi	Lomus Pharmaceuticals Pvt Ltd.	4990496	4017233	regmishree335016@gmail.com	4436395	9841335016	415 / 2010
419	Shreejesh Ghimire	NMB Capital Ltd.	4253016	4244935	shreejesh@gmail.com	4251544		494 /2013
420	Shreeniwas Sharma	Alternative Technology		4387977	shree220@gmail.com		9851211912	569 / PBI 2017
421	Shrijana Rana Pandey	NIBL	4005058	4410816	spandeyrana@gmail.com		9841305002	662 / PPTP_2018
422	Shyam Bahadur Dongol	Crystal Product Pvt. Ltd.		4428559	shyamdongol@gmail.com		9851011078	321 /2005
423	Shyam Sunder Sharma	MEH Consultants (P) Ltd.	4477634	4471596	shyam.binita@gmail.com shyam.sharma@mehconsultants.com	9851024557	265 -2003	no ans
424	Sidhi Das Sayami	Sisa Holidays Tours (P) Ltd.	9823266496	9851032349	sidhisayami@gmail.com			90 / 1994
425	Sisam Pradhanang Joshi	Himalayan Bank Limited	4462045	4227749	sisam.joshi@himalayanbank.com	9851012989	400 - 2009	no ans
426	Sita Ram Adhikari			4371926	adhikarisitar@gmail.com	9861230203	254 - 2003	
427	Sohan Prasad Adhikari	Qmed Formulation Pvt .Ltd	4155166 4155163	4482076	sohanadhikari@gmail.com sohanadhikari@yahoo.com		9851030229	524 / 2015 NPCM
428	Sohan Sunder Shrestha	Shakti Hume Pipe Udhyog Pvt. Ltd.	5529779	9851081312	sohanss@hotmail.com sohan.shrestha8@gmail.com		9851081312	381 / 2008
429	Sohani Rajbhandary			15572268	sohani_rajbhandary@yahoo.com		9851033040	253 -2003
430	Srijan Aryal	khanepani sasthan		4331903	srijan.aryal@gmail.com	4499897	9851026976	372 /2007
431	Srijana Mishra Panthee	Nepal Oil Corporation Ltd.	4266741	4488388	srijanapanthee@hotmail.com			293 /2004
432	Subarna Das Tudiadhar	N.B. Group	4240698	4228444	nbgroup@mos.com.np			216 / 2000
433	Subash Sharma	F1soft International Pvt. Ltd.	4442435 4424743	9801079860	subash@f1soft.com subashsharma@gmail.com		9801079860	652 / LDTP 2017
434	Subash Vaidya	Aabhassh Saving & Credit Coopreative	011-661120 011-664665		subashv03@gmail.com subaash_vaidya@hotmail.com		9851066337	598
435	Subhas Sapkota	eSewa Fonepay Pvt. Ltd.			charteredsbhas@gmail.com	9851089839	653 / LDTP 2017	no bussy
436	Subir Bahadur Pradhanang	FOSS Nepal		5012556	subirbp@gmail.com		9841268738	341 / 2006

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437	Subodh H. Todi	Godawari Marble Industries P. Ltd.	4411187	4412268		4412961		
438	Sudeep Ghimire	National Casting Industries	057-412189	057-520266	gew@ntc.net.np sudeepsuchet@gmail.com		9851103352	496 / 2013
439	Sudhir Babu Khatri			5525164			9851062820	328 /2005
440	Sugen Shakya	Prabhu Bank Ltd.			sugen.shakya@prabhubank.com		9851162364	628 / NCM
441	Sujan Ghimire	CE Construction Pvt. Ltd.	4243120		sujan@ce-construction.com		9801133333	574 / NPCM 2017
442	Sujan Subedi			5250979	sujan135@hotmail.com sujan135@yahoo.com		9851055777	547 / 2016 NPCM
443	Sulav Budhathoki	Islington Collage	4420038	5201466	sulav.ocp@gmail.com		9851096763	359 / 2007
444	Suman Acharya	Civil Bank Ltd.	4169033	5146059	suman_acharya@hotmail.com suman.acharya@civibank.com.np		98511111411	599 / NPCM 2017
445	Suman Kumar Thapa Magar	Pioneer Developers & Builders Pvt. Ltd.		5214012	thapamagar35060@gmail.com		9851007939	600 / NPCM 2017
446	Suman Neupane		4231007	4474578		4231057	9851023464	344 / 2006
447	Suman Raj Aryal			4420357				148 /1997
448	Sumanta Lal Batas	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4435167		sumantabatas@gmail.com sumanta_batas1@hotmail.com		9802088168 9816667251	564 / 2016 NPCM
449	Sumit Shrestha	Himalayan Infrastructure Fund Pvt.Ltd	14169088	14169088	sumitshrestha@gmail.com	14169088	980101117	539 / 2015
450	Sunil Agarawal	IND. Pvt. Ltd.	4100008	4100008	asianpacific41@hotmail.com	9851072050	437 / 2010	no ans
451	Sunil Babu Shrestha	Nepal Academy Science and Technology	9851084015	4220231	sunilbabushrestha@gmail.com	9851084015	356 / 2007	not connt
452	Sunil Chitrakar	Mahaguthi Craft With A Conscience	5533197 5532981	5552402	sguthi@mos.com.np	5521493	9851053075	378 /2008
453	Sunil kumar Khetan	Himal Impex			himalimpex@gmail.com		9855022113	562 / 2016 NPCM
454	Sunil Manandhar	Tilganga Eye Center	4493775		sun_manandhar@hotmail.com	4474937	9841228184	403 / 2009
455	Sunil Prasad Gorkhali	Himalayan Bank Limited	4250201	4431721	sunil.gorkhali@himalayanbank.com sunilgorkhali27@gmail.com	4222800	9851048348	679 / FEBI-2019
456	Sunita Sangat	Tilganga Eye Center	4493775		shooneeta@hotmail.com sangatsunita@gmail.com	9841744852	583 / QCTC - 2017	bussy
457	Sunita Shakya	Deurali-Janta Pharmaceuticals Pvt.Ltd	4371061		sunita95@gmail.com		9841415465	669 / PQPS2_2018
458	Suraj Bhakta Poudel	Deurali - Janta Pharmaceuticals Pvt. Ltd.	01-4435167		surajpoude1007@gmail.com		9802088686	672 / NGX / X566_2019
459	Suraj Dhungel	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4371061	5526840	surajdhungel@yahoo.com		9841210418	551 / 2016 PQPS
460	Suraj Upreti	SR Steel Industries Pvt. Ltd.	071-521727	071-521727	info.srecg@gmail.com		9857022211	601

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461	Surendra Krishna Shrestha	Tricon MetalWorks /Trikon Beverage Industries	4365103	4350302			9851032283	376 /2007
462	Surendra Nath Panta	Continental Trading Enterprises Pvt. Ltd.	4650803	4811279	admin@continental.com.np		9851019447	449 /2011
463	Surendra Nath Panta	contech Pvt. Ltd	01-4433117	01-4811279	snpant.sp@gmail.com	4433178	9851019447	615/PPMIL_2017
464	Surendra Raj Joshi	Style Trade Line	4355880 4388867	4352785	sugan@mos.com.np	4355348		86 / 19995
465	Surendra Raj Pradhan	Vally Pellet Pvt.Ltd	57412113	4025799	surendra.valley@gmail.com srp624@gmail.com	57412584	9851122122	527 / 2015
466	Suresh Kumar Karna			9851051520	sureshk.karna@gmail.com		9851051520	319 / 2005
467	Suresh Mahajan			5540101	suresh.mh.rjn.6@gmail.com		9841304297	145 / 1997
468	Suresh Pandey	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4435167	9849800369	s.pandey230@gmail.com		9849800369	604
469	Suresh Shrestha	GeoSpatial Systems Pvt. Ltd.	5531131	5527757	ssuresh@geosp.com geospsuresh@gmail.com		9851040894	228 / 2001
470	Suresh Shrestha	Nepal Auto Mechanical Workshop	4275725	5188121				165 / 1998
471	Suresh Tamang	Mother Infant Research Activities	041-523550	041-523371	suekta@gmail.com	9851246479 9841444353	308 /2004	no ans
472	Suridh Das Shrestha	Home Furnishers Pvt. Ltd.	9851162809	4411013	suridhdas@gmail.com		9851162809	606
473	Surya Bahadur Shakya	Shambala Trading House	5522433	5522433	sshambala@yahoo.com sshambala@gmail.com.com		9851026728	164 /1998
474	Surya Bahadur Tamang	Nepal Infrastructure bank Limited.	4780203	4440646	surya.tamang@hotmail.com surya.tamang@mifrabank.com		9851103443	611/ PBI 2017
475	Surya Lal Maharjan			4428651	suryalalmaharjan@hotmail.com		9841618346	332 /2005
476	Surya Prakash Hada	Bio-gas & Agriculture Equipment Development P. Ltd.	4472246	4480041	sphada@hotmail.com	4472246		390 /2008
477	Sushil Bajracharya	Himalayan General Insurance	5245090 91/92/93 94/95/96	5201591	sushil@hgi.com.np		9851051758	542 / 2016 NPCM
478	Sushil Pradhan	Professional Computer System P. Ltd.	4244626 4244475	4225999	sushil_pradhan@hotmail.com		9851075070	229 / 2002
479	Sushil Raj Joshi	Incentive Tour and Travels Pvt.Ltd	4005043		sushil.rjoshi@gmail.com		9851064269	554 / 2016 PDM
480	Susil Kumar Chapagain				susil2065@hotmail.com		9851049832	492 / 2013
481	Suyog Krishna Shrestha	MRB @ Associates	4243532		suyogkrishnashrestha@gmail.com		9841333173	681/PPTP-2019
482	Tara Bahadur Pradhanang	Prefab Concrete	4220046	4220046	prefab@infoclub.com.np			93 / 1995
483	Tara Devi Baskota	Kanchanjangha Tea Estate	4469503		bkttara@hotmail.com	4493303	9841462192	395 /2002
484	Tara Manandhar	Prime Bank Limited	4423432	5159012	tmanandhar@hotmail.com tara.manandhar@gmail.com	9851100970	536 / 2015	no ans

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485	Tara Prasad Paudel	Gaurav Nepal Engineers (P) Ltd.	56525249	56521949	gaurav_eng@wlink.com.np	56525076		282 - 2004
486	Tejus Joshi	Smart Solutions	4251047	4390714	tj.mykantipur@gmail.com		9803822480	555 / 2016 PDM
487	Til Chandra Bhattarai	Pancharatna Group of Poultry Industries	056-570630	056-526384	tilchandra@gmail.com	056-570640	9855055157	487 / 2012
488	Timila Yami	Design co Nepal software company	9841298009	9841298009	timilayamithapa@gmail.com		9841298009	368 /2007
489	Tina Joshi	CTL Pharmaceuticals P. Ltd.	6610893	4280718	tinajoshi@hotmail.com			256 - 2003
490	Tophia Shrestha	Deurali-Janta Pharmaceuticals Pvt. Ltd.	4018777	4374870	tophashrestha@gmail.com qa@deuralijanta.com.np		9841348302	506 /2013
491	Tri Ratna Bajracharya	Institute of Engineering	5542054	4038204	triratna@ioe.edu.np trbajracharya@gmail.com		9851037988	226 / 2001
492	Tribeni Man Singh Pradhan	Chamati Land Pooling Project	4413102	5526826	tribeni2001@hotmail.com	4442323		315 /2004
493	Trilokeshwor Malla	Direction Nepal PLtd.	4117101		tmalla@live.com	4117105	9851033729	448 / 2011
494	Tirratna Kansakar			4422578		4330136		
495	Triveni Mishra Karna	Till Ganga	4493775	071-524042	trivene@gmail.com		9841488252	665 / PQPS2_2018
496	Uddhav Shrestha	Om Shivashakti Press	4226038	4416138	uddhavshrestha@gmail.com		9851031155	447 / 2011
497	Ujjaya Shakya	Outreach Nepal	5534331		shakya@gmail.com		9851034891	580 / PUCM 2017
498	Ujwal Bir Singh Tudladhar		4417759	4417755	ujwal12@hotmail.com			235 / 2002
499	Ujwal Bahadur Pradhanang	Smart Solutions	4251047		ujwal@nepotech.com ujwalp@gmail.com		9841888829	540 / 2016 EPCM
500	Ujwal Chauлагain	Makawanpur Media Pvt. Ltd.	57524088	57524088	hetaudafm@gmail.com utsargainternational@gmail.com		9855067627	602
501	Ujwal Raj Maskey	FOND P. Ltd.	4429815		umaskey@hotmail.com	4430814	9851042355	334 /2005
502	Ujwol Manandhar	Nepal Investment Bank	4005058*381	4256848	ujwol.manandhar@gmail.com ujwol.manandhar@gmail.com		9851074532	609/ PICT 2017
503	Umang Sharma	Citizen Bank	4427842/43/24	4169067	umang.sharma@ctznbank.com	4427044	9851094218	544 / 2016 NPCM
504	Umesh Lal Shrestha	Quest Pharmaceuticals P. Ltd.	4240304	5524031	umeshshrestha@gmail.com	4231028	9801027550	455 /2011
505	Umesh Prasad Rauniyar	Primel Pharma. Lab. P. Ltd			umeshrauniyar@hotmail.com umeshrauniyar41@gmail.com		9851083931	469 /2012
506	Umesh Shrestha	Anupum Foods Pvt. Ltd.	5539012	5522676		5527586		126 /1995
507	UmeshThapa	Intel Institute Pvt. Ltd.	4249090	4243944	info@intelinstitute.com			295 /2004
508	Upendra das Joshi	Nepalconsult (P) Ltd.	5011670	4242429	upendrajoshi@gmail.com		9841328070	351 /2004
509	Upendra Keshari Poudyal	NRB. Mint Dept. Sundhara	4226965	4474144	nrbmint@ntc.net.np			144 / 1996
510	Urgen Sherpa	Udeco Pvt. Ltd.	5541279 5411289	5540901	urgen@wlink.com.np	5523870		304 /2004

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511	Uttam Dass Shrestha	Ruchi Supplier		9813358374	steveuttam@gmail.com		9851089936	340 /2006
512	Uttam Karki	Surya Nepal Pvt. Ltd.	4220658	445680	uttam@snpl.com.np ukarki72@gmail.com	4227585	9851030815	416 / 2010
513	Vijay Kumar Sah	Nepal Pharmaceuticals Laboratory	051-521097		bjay.sah38@gmail.com	051-5220843	9802920032	488 / 2012
514	Vijaya Bahadur Shah	King Mahendra Trust	5526571 5526573	5538644	vbshah@kmtnc.org.np	5526570		243 -2002
515	Vishal Phuyal	Sahara Packaging Pvt. Ltd.	5113173	4443852	saharapackaging360@gmail.com phuyalvushal@gmail.com		9851043885	629
516	Vivek Agrawal	Shakun Chiya Udhyog	4282820	9810263878	vivek03@gmail.com		9810263878	645 /EPPM 2 2017
517	Vivek Man Vaidya	Vijayadeep Laboratories Ltd.	5539816	5525515	vivekz@hotmail.com	5539817	9851121000	443 /2011
518	Vivek Pradhan	Agro Engineering P Ltd	071-542179	542179	Vivekpradhan78@yahoo.com	071-545256	9857025858	684 / 2019 npcm
519	Vivek S Rana	AAC Inc		01 446 5786	vivek.ranas@gmail.com	4413038	9851019881	260 - 2003
520	Yadav Prasad Bhandari	Rupandehi Chamber of Ind.	071-546054	071-547795	yadavbhandaributwal@gmail.com		9857028955	638
521	Yadav Raj Pandey	Economic Saving and Credit cooperative Limited	14436796	4417265	yadavrajpandey@gmail.com	4446453	9851034051	349 / 2006
522	Yogesh Kumar Niroula	Nasa Trading and Consultancy Pvt. Ltd.		23581856	yogesh@nasa.com.np		9841244276	465 /2011
523	Yub Raj Guragain	Civil Bank Limited	9851150200	5211303	yubraj.guragain@civilbank.com.np		9851150200	654 / PUCM 2018



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