

# NBC-UK BULLETIN

## OUR COMMUNITY, OUR VOICE



Nepalese British Community - UK  
[www.nbc-uk.org](http://www.nbc-uk.org)  
[info@nbc-uk.org](mailto:info@nbc-uk.org)

 [NepaleseBritishCommunityUK](https://www.facebook.com/NepaleseBritishCommunityUK)



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## GREETINGS FROM NEPALESE EMBASSY LONDON



AMBASSADOR



नेपाली राजदूतावास  
EMBASSY OF NEPAL,  
LONDON, U.K.

### Message

I am glad to learn that Nepalese British Community-UK is going to publish its Quarterly Magazine called NBC-UK Bulletin.

I would like to congratulate Nepalese British Community-UK for the publication of the Quarterly Magazine including the activities of the organization, useful information, and current issues, among others. I wish this magazine will be successful in disseminating pertinent information to the Nepali community residing in the United Kingdom.

Taking this opportunity, I would like to extend my best wishes for the good health happiness and continued progress of the Nepali sisters and brothers living in the United Kingdom on the happy occasion of Nepali New Year 2078. I wish Nepalese British Community-UK all success.

Lokdarshan Regmi

9th April 2021

EMBASSY OF NEPAL, 12A KENSINGTON PALACE GARDENS, LONDON, W84QU  
Tel.:+44-02072291594



**Rajendra Ojha**  
Co-ordinator  
NBC - UK



## CO-ORDINATOR'S CORNER

It is with great pleasure in mentioning that our esteemed Charity Organisation, Nepalese British Community UK (NBC-UK) has been able to publish our very first edition of 'NBC-UK Bulletin'. This is not only a moment of happiness but also a moment of pride that we have been able to voice our news and activities as well as current affairs and many more in building a prosperous, healthy and strongly bonded community.

We have made ourselves well aware to include wider members, personnel and their families to have their views, expressions and creations in the bulletin and will continue to do so in future. As an organisation, we strive in empowering our community. Therefore, we would like to request you to come forward and contact us if you have an article worthy of publishing in our bulletin.

In order to create a broader and stronger community, we welcome new members to our organisation where a well-established platform will allow members to thrive as we believe - 'everyone deserves to live lively' for their social, physical and mental well-being.

As a co-ordinator of our organisation, I would like to express my sincere gratitude to NBC-UK family, proud supporters, various stakeholders and a very special mention to entire 'NBC-UK Bulletin' Team. You are all worthy of an applause!

Finally, on the auspicious occasion of Nepalese New Year 2078 B.S., I wish you all A Happy New Year and a prosperous life ahead.

Jay NBC-UK !

## NBC-UK FAMILY

### Patrons

Mr. Kamal Paudel	Mr. Ganga Bahadur Rana	Mr. Kamal Raj Khanal
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### Executive Committee

Mr. Rajendra Ojha – Co-ordinator	Mr. Rabindra Adhikari – Secretary	Mr. Khem Raj Joshi – Treasurer
Mr. Milan Ghimire	Mr. Samir Nath Pyakuryal	Mr. Ram Sundar Shah
Mr. Basanta Nepal	Mr. Lekh Nath Ghimire	Mrs. Bhagabati Ranabhat
Mrs. Tej Maya Regmi Sigdel	Mr. Churamani Regmi	Mr. Rishi Khanal
Mr. Prasun Rana	Mr. Suman Chandra Gurung	Mrs. Muna Paudel
Mr. Kiran Adhikari	Mr. Prabhu Ram Neupane	Mr. Sanjeev Ghimire
Mr. Kul Prasad Sigdel	Mr. Damodar Acharya	Mr. Suraj Karki
Dr. Jagan Karki	Mr. Deependra Lamichhane	Mr. Bhan Bahadur Chand
Mr. Hari Bhandari		

### Advisory team

Mr. Atmaram Dahal	Mr. Basu Lamichhane	Mr. Hari Bhakta Neupane
Mr. Krishna Timalsena	Mr. Kul Acharya	Mr. Kul Prasad Aryal
Mr. Mahesh Dahal	Mr. Rajkumar Tripathi	Mr. Ram Sharan Simkhada
Mr. Shiva Sainju	Dr. Shyam Chand	

## Members & Life Members

NBC-UK appeal to our existing members and life members to introduce and welcome new friends to our organisation as we believe that united, we stand stronger while empowering our community. We are pleased to mention that 49 Life Members and 161 General Members totaling 210 Members comprise of NBC-UK.

### Life Members:

1. Anil Lamichhane
2. Arjun Khanal
3. Basanta Nepal
4. Basudev Lamichhane
5. Bhagabati Ranabhat
6. Bhim Bashyal
7. Bhola Nath Paneru
8. Binesh Kharel
9. Churamani Regmi
10. Damodar Acharya
11. Dasharath Bashyal
12. Deepen Lamichhane
13. Dilip Paudel
14. Dr Jagan Karki
15. Dr. Khem Joshi
16. Ganga Bahadur Rana
17. Gopal Ale
18. Hari Bhakta Neupane
19. Hari Pokhrel
20. Kamal Paudel
21. Kamal Raj Khanal
22. Keshab Poudel
23. Khem Raj Joshi
24. Kiran Adhikari
25. Krishna Prasad Timalsena
26. Kul Aryal
27. Kul Prasad Sigdel
28. Lekh Nath Ghimire
29. Milan Ghimire
30. Min Darlami
31. Mina Ghimire
32. Muna Paudel
33. Nir Bhagabati Rai Galeja
34. Prabhuram Neupane
35. Prasun Rana
36. Prem Bahadur Baniya
37. Raj Kumar Tripathi
38. Rajendra Ojha
39. Ram Prasad Pandey
40. Ram Sharan Simkhada
41. Ram Sundar Shah
42. Rishi Khanal
43. Samir Nath Pyakuryal
44. Sanjeev Ghimire
45. Shrijana Sharma-Pyakurel
46. Suman Chandra Gurung
47. Suraj Karki
48. Tej Maya Regmi Sigdel
49. Yadu Aryal

Please visit [www.nbc-uk.org](http://www.nbc-uk.org) for full membership details

## VOICE OF SECRETARY

For those of you who personally do not know me yet, my name is Rabindra Adhikari. I was born in Thansing -4, Nuwakot, Nepal and grew up in the village. I have been living in Harrow/Northolt since 2005. I came to know about Nepalese British Community -UK (NBC-UK) in 2015 and became a member



of this esteemed charity organisation. In the first few years, I was not actively involved with the organisation but I gradually leaned towards this organisation and started enjoying its various activities. I am proud to mention that I was elected as secretary for this organisation in January 2021 and since then, I have been working together with you, building a better society. I will give my best efforts for this organisation and for our community to promote our organisational values and motto.

Let me move down the line by saying, charity does not come from money, it comes from a good heart. So, let's join hands together to support our community, friends, and family whenever they need us. I am so happy that we can publish our Quarterly Bulletin and I am proud to be a part of the Bulletin Team. NBC-UK aims to provide a comprehensive insight about this organisation's activities, current issues, various articles/creations as well as helpful information to the members, well-wishers, and the broader community.

Power in unity lets us work together to build a better Nepalese community in the United Kingdom. Therefore, we would like to urge you to join us and help us empower our community.

Finally, A Happy New Year 2078 B.S. to you all !

**Rabindra Adhikari**  
Secretary - NBC-UK

## EVENTS

### CURRENT EVENTS

<b>ZUMBA HEALTH &amp; WELLBEING</b> 1 Hour Session	Every Thursday & Sunday 9AM to 10AM (UK Time)
<b>YOGA &amp; PHYSICAL FITNESS</b> (Your Physical Mental Wellbeing) 1 & Half Hour Session	Every Saturday & Sunday 8:30AM to 10AM (UK Time)

### FORTHCOMING EVENT(S)

<b>NBC-UK BLOOD DONATION</b> Yearly Blood Donation Programme	Event Date : Thursday, 20 May 2021 Location : Brunel University Uxbridge UB8 3PH
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## PATRON'S CORNER

### बेलायत

मा नेपालका विभिन्न संस्था जन्मिने र जन्माउने प्रकृया जारी नै छ। आजसम्म करिब ३०० भन्दा बढी संस्थाहरु रहेको अनुमान गर्न सकिन्छ।

२००५ पछि लण्डनको ह्यारो र नर्थहोल्ड एरियामा नेपालीको बसाई सरे क्रम तीव्र रुपमा भैरहेको थियो। म आफु रेमिटेन्स व्यवसायमा भएको र संघ संस्थाको कार्यक्रममा जाने अनि आफुले सकेको सहयोग गर्ने गरेको थिएँ। त्यसै क्रममा लाग्थ्योकि यो भेकमा पनि एउटा नेपालीहरुको संस्था भएको भए यस क्षेत्रका साथीभाई भेटघाट गर्न र हाम्रो संस्कृति, परम्परालाई सजैले संगै मिलेर मनाउन पाइन्थ्यो भन्ने लाग्थ्यो। त्यसै क्रममा मैले यो कुरा गंगा बहादुर राना दाई, कमल खनाल जी र राम सुन्दर शाह जी लाई एकदिन साउथ ह्यारो स्टार पब (हाल बन्द भयो) मा बोलाएर कुरा राखेँ। उहाँहरुले विचार ठिक छ तर गठन गर्नको लागि आ-आफूले चिनेको यो क्षेत्र वरपर बस्ने साथीहरुलाई बोलाएर कुरा गरौंन भन्नुभो। त्यसपछि हामीले त्यसै गथौं र करिव २२ जना मेरो अफिस Pentax House, South Harrow मा मार्च ६ तारिक २०१० का दिन जम्मा भयौं। त्यसमध्ये, अहिलेका कोओर्डिनेटर राजेन्द्र ओझा लगायत शिशीर अर्याल, समीरनाथ प्याकुर्याल, शिव तिमिल्सिना, विज्ञान प्रसाई, मिलन घिमिरे, बसन्त नेपाल लगायतका साथीहरुको छलफलमा संस्थाको नामकरण "नेपलिज ब्रिटिश कम्युनिटी यूके (NBC-UK) गर्दै विधान, लोगो बनाउने भनेर शिशीर अर्यालको संयोजकत्वमा जिम्मेवारी दिइयो भने त्यसको कोओर्डिनेटर को जिम्मा मलाई दिइयो। तर म आफू भने कोओर्डिनेटर बन्न नचाहँदा नचाहँदै पनि साथीहरुको अनुरोधलाई स्वीकार्न कर लाग्यो।

अध्यक्ष प्रणालीमा जाँदा यूकेको धेरै संघ-संस्थामा पदको विवाद देखिएकोले हामी त्यसभन्दा अलि भिन्न प्रकारले जान चाहन्थ्यौं। त्यसैले विधान बनाउँदा सबै साथीहरुको सल्लाहमा अध्यक्ष नराखी सबैलाई कार्यसमिति सदस्यमा मनोनयन गर्ने र त्यही सदस्यमध्येबाट Main Co-Ordinator र Task Co-Ordinator हरु छान्ने भनी विधानमा राखियो। यो एक प्रकारले भन्दा यूकेको Parliament System जस्तै हो। आज एघार वर्ष पुगीसक्दा पनि पदीय विवाद नदेखिनुको पछाडि सबै कार्यसमिति सदस्यको भूमिका बराबर भएकोले हुन सक्छ। साथै भूमिका र उद्देश्य पनि अलि फरक हुनुपर्छ है भन्ने धेरै साथीहरुको भनाई थियो। त्यही अनुसार हामीले शुरुमै नेपालमा भएका नेपालीहरुलाई सर-सहयोग गर्न, बेलायतमा नेपालीहरुको हक अधिकार स्थापित गर्नको लागि NRNA, ONF, NPCC, GWS लगायत विभिन्न जिल्लाका, जात-जातिका, समुदायका संस्थाहरु छुन् तर यूकेमा नेपालीहरुलाई सहयोग गर्ने, सल्लाह, सुझाव दिने संस्था नभएको हुँदा यसको मूख्य आदर्श बेलायतबासी नेपालीलाई प्राथमिकतामा राख्नुपर्छ भन्ने थियो। तर पछि गएर भावनामा बढे गथौं र बेलायत भन्दा नेपाललाई नै धेरै प्राथमिकता दियोँ।

तथापि यूकेमा पनि हाम्रा कार्यक्रमहरु कम छैनन्। एन.बि.सी. यूके लाई



हामी क्रमश यूकेको हरेक ठाउँमा पुर्‍याएर यहाँको लोकल कम्युनिटी र हाम्रो आफ्नै सन्ततिहरूसंग घुलमिल गराउने सोच अनुसार काम गर्दै आइरहेका छौं र कति सफल भयौं, आउँदा दिनहरुले पक्कै पनि मुल्यांकन गर्ने नै छ। मलाई आशा छ, एन.बि.सी. यूकेले बेलायतमा हरेक ६ महिनामा रक्तदान गरेर यो देशको भार चुकाएको छ भने आफूले सकेको आर्थिक सहयोग गरेर नेपाललाई मातृभूमि प्रतिको दायित्व पनि निभाएको छ। संस्थाको टि-शर्ट लगाएर म्याराथन दौडेर "Health is Wealth" भन्ने संदेश दिन सफल भएको छ। ५ वर्षको बाबु निबोध रेग्मीले ५ किलोमिटर दौडेर च्यारिटी उठाएर नेपालको चेपांग बच्चाहरुलाई सहयोग गरेको छ।

पूर्व कोओर्डिनेटर गंगा बहादुर राना, कमल राज खनाल, मिलन घिमिरे हुँदै आज राजेन्द्र ओझाको नेतृत्वसम्म आईपुग्दा संस्था एक स्थापित च्यारिटीमूलक संस्थाको रुपमा स्थापना भएको देख्न पाउँदा अत्यन्तै गर्वको महसुस भैरहेको छ। संस्थापक कोओर्डिनेटरको तर्फबाट यो संस्थालाई अगाडि बढाउने क्रममा ज-जसले जे-जति योगदान गर्नुभयो, म सबैप्रति आभार व्यक्त गर्न चाहन्छु।

अन्त्यमा, आउँदै गरेको नेपाली नयाँ वर्ष २०७८ को शुभ उपलक्ष्यमा सम्पूर्णमा हार्दिक शुभकामना व्यक्त गर्दै एन.बि.सी. यूके को उत्तरोत्तर प्रगतिको कामना व्यक्त गर्दछु।

**कमल पौडेल**  
संरक्षक, संस्थापक कोओर्डिनेटर  
एन.बि.सी. यूके

## EVENTS | JAN - MARCH 2021

# Mental Health & Wellbeing Awareness Program

**N**BC-UK successfully organised a Mental Health awareness interaction program on the 24th of January 2021. The two-hour long "Mental Health & Wellbeing Awareness Program" was commenced virtually and live-streamed from various media globally.

Mental health issues were soaring due to varying circumstances of lifestyle, economy, and various issues in the United Kingdom because of ongoing global pandemic and national lockdown.

The aim of the program was to raise awareness and provide basic information regarding mental health to all the community members.

A panel of Mental Health experts from the United Kingdom and outside Nepal were invited to provide specialized and reliable information. Panelists in-

cluding Dr. Prem Rai, Consultant, Psychiatrist, NHS Foundation Trust, Northamptonshire; Dr. Manorma Bhattarai, Older Adult Consultant Psychiatrist, Hull Integrated Team for Older People; Dr. Deoman Gurung, Psychiatrist, MBBS, MCRPsych, UK along with a popular writer and mental health expert Dr. Bijaya Gyawali, Clinical Psychologist, Japan International Support Program (JISP) from Japan provided their voluntary service.

The program was coordinated by Dr. Jagan Karki and well supported by Rajendra Ojha, Rabindra Adhikari and Mr. Churamani Regmi. More than 200 participants along with journalists, community leaders took part in the program directly along with over 8,000 viewers worldwide benefited from the live streaming of the program.

The program was started with a welcome speech from the Co-ordinator, Mr. Rajendra Ojha who highlighted the need of a healthy and engaging community to serve everyone better. After individual presentations from the panelists, participants were given the opportunity to ask questions related to the matter of their concerns. The program was concluded by the Founding Co-ordinator and the patron of the organisation, Mr. Kamal Paudel with a vote of thanks to all participants, panelists and the organisers of the program.

**Dr. Jagan Karki**  
News & Media Co-ordinator  
NBC-UK



## BISHESH MANORANJAN - 2021

**O**n the auspicious occasion of the 11th Anniversary of NBC-UK, we organised a unique entertainment programme, "Bishesh Manoranjan 2021", on Saturday, the 6th of March 2021. The event was streamed through Zoom Video conferencing. The motive of the programme was to uplift our members and well-wishers' confidence and equip them with much-needed happiness as we all were suffering from almost a year-long doomed COVID lockdown.

Well-known radio presenter with a pleasant voice, Ms Rupa Rana of BFBS Gurkha Radio UK hosted the event which comprised of a welcome speech from the Co-ordinator, Mr Rajendra Ojha, an introduction of NBC-UK and its activities on a PowerPoint presentation along with performances from various renowned artists from Nepal and the UK.

Artists from Nepal included a famous musician, lyricist and singer, Mr Basanta Sapkota, a promising talented singer, Miss Eleena Chauhan, an evergreen singer, Mr Raj Sigdel, a legendary comedian, Mr Manoj Gaurel, a well-known and versatile comedian, Mr Jitu Nepal (Mundre) and a very renowned young poet, Mr Nawaraj Parajuli.

Various local artists also accompanied us from the UK comprising a famous song and gazal writer, Mr Nripesh Upreti; a gazal writer and composer, Mr Ramesh Kayastha; a rhyming poet, Mr Phadindra Bhattarai; a poet and gazal writer, Mrs Manju Bhandari Kharel; a poet, gazal writer and journalist, Mr Narayan Gaunle; a flutist, Mrs Raphi Shrestha and a very talented famous singer and musician, Mr Ashish Raaz.

The event had a remarkable presence and was marked a success as around 12,000 audiences were watching live steaming through almost dozens of different news and channels including NBC-UK's own Facebook page.

All the members of the executive committee of NBC-UK, especially Mr Rajendra Ojha, Mr Rabindra Adhikari, Mr Churamani Regmi and Dr Jagan Karki provided valuable contributions to make the event a resounding success.

NBC-UK and its Cultural department would like to thank all the artists from Nepal and the UK for their invaluable contribution and participation. My sincere gratitude goes to all our members and well-wishers who invested their valuable two-and-half hours to the program; without you, we could not have had the event. I would also like to thank all the journalists who helped us reach our well-wishers and members. And finally, we are also indebted to our sponsors who provided a much needed financial support for the event.

We hope that you all enjoyed the program then and we promise to deliver similar entertaining cultural events in the future.

Thank you !

**Kiran Adhikari**  
Cultural Co-ordinator  
NBC-UK



## EVENTS | JAN - MARCH 2021

## अथ योगानुशासनम् ॥

## १. योग के हो?

योग अर्थात् योग भनेको अनुशासन हो। यदि हामी अनुशासनबद्ध भएर योग गर्यौं भने नै यसबाट धेरै फाइदा लिन सकौं।

योग एउटा विज्ञान हो, जीवन शैली हो। योग आज भन्दा पाँच हजार वर्ष भन्दा पनि पहिले देखि नै चलिआएको अति उन्नत र वैज्ञानिक पद्धति हो जसले व्याक्तिको तथा मानव समाजको समग्र विकासमा सहयोग पुर्याउँछ। योगलाई उपचार पद्धति भन्दा पनि हुन्छ। यहि पद्धतिलाई महर्षि पतञ्जलीले सूत्र बद्ध गरेर हामी माझ ल्याएका हुन्। योगलाई वेद, उपनिषद, गीता, पुराण आदि पौराणिक ग्रन्थहरूमा पनि उल्लेख भएको पाइन्छ।

सामान्य अर्थमा योग भनेको अनुशासित भएर संयमपूर्वक साधना गर्दै आत्मालाई परमात्मासँग जोड्ने माध्यम हो। यसैबाट वैराग्यपूर्ण समाधिको आनन्द प्राप्त गर्नु हो। जुन आनन्द प्राप्त गरे पनि अरु प्राप्त गर्नु पनि केही बाँकी रहँदैन। सो परामानन्द प्राप्त गर्नको लागि महर्षि पतञ्जलीले आष्टाङ्गिक योगको मार्ग देखाएका छन्।

## २. योगमा के-कति विधिहरू छन् ?

यमनियमासनप्राणायामप्रत्यहारधारणाध्यानसमाधयोऽष्टावङ्गानि।

यम, नियम, असन, प्राणायाम, प्रत्यहार, धारणा, ध्यान र समाधि।

योगको साधनमा यी आठ विधि अपनाईन्छन्। तर पनि आजको समयमा केही आसन र प्राणायामलाई मात्र योग भन्ने भ्रम छ।

## ३. के योग कुनै चिकित्सा पद्धति हो कि ?

यद्यपि योग एउटा पूर्ण चिकित्सा पद्धति हो जुन शारीरिक मात्र नभएर मानसिक तथा आध्यात्मिकता सँग पनि उत्तिकै जोडिएको छ। तर पनि योग विभिन्न रोगहरू निको पार्न तथा रोगहरू नै नलागोस् भनेर शरीरलाई सशक्त रोग निरोधक बनाउनमा उपयोगी छ।

## ४. योग आसनबाट हुने फाइदाहरू के-के छन् ?

## अ) शारीरिक लाभ:

क) शरीरलाई सुडोल बनाउँछ, मांसपेशीहरू स्वास्थ्य बनाउँछ, शरीरमा लचकता प्रदान गर्दछ।

ख) कोलेस्टेरलको मात्रा, मोटोपना, मधुमेह, फोक्सोको समस्या, हड्डी तथा जोर्नीमा हुने समस्या, रक्त सञ्चार, रक्तचाप तथा शरीरका भित्री बाहिरी अङ्गहरूको कार्यलाई सुव्यवस्थित पार्छ।

ग) हाम्रो पाचन, सक्त संचर, अस्थिपञ्जर, स्वासप्रश्वास, पाचन, स्न्यायु तथा मांसपेशी प्रणालीलाई चुस्त दुरुस्त राख्दछ।

घ) शरीर उर्जाशील बन्दछ।

ङ) जोर्नीहरू मजबुत हुन्छन्।

च) मुटु स्वास्थ्य रहन्छ जसको कारण शरीरमा राम्रो रक्त संचार हुन्छ। रक्त संचार राम्रो भयो भने रगतले शरीरको प्रत्येक कोशिकाहरूमा प्राणवायु अर्थात् अक्सीजन पुर्याउँछ। शरीरको प्रत्येक कोशिकाहरूमा राम्रो अक्सीजन पुग्यो भने ती अङ्गहरूले पूर्ण क्षमतामा काम गर्न सक्छन् अनि हाम्रो शरीर पनि पूर्ण स्वास्थ्य रहन्छ।

छ) तनाव कम हुन्छ साथै निदान हुँन्छ।

ज) दिमागमा रक्त संचार व्यवस्थित हुनुका साथै त्यहाँ हुने समस्याहरू ठीक हुन्छन्।

झ) हाम्रो स्वास्थ्य राम्रो भए पछि हाम्रो जीवन स्तर तथा जीवनको शैलीमा सुधार आउँछ।

Atmaram Dahal  
Yoga Instructor  
Advisor - NBC-UK



Krishna Acharya  
Yoga Instructor



Suraj Karki  
Fitness Instructor  
Sports Co-ordinator  
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## आ) आध्यात्मिक लाभ:

क: आत्मबोध गराउँछ, सधैं जीवन प्रति जागरूक बनउँछ।

ख: आत्मा तथा परमात्मासँगको योग अर्थात् मीलनलाई एकाकार गराउँछ।

ग: आत्म संयम, अनुशासन तथा आफ्नो मन तथा चित्त सधैं आफ्नो अधिनमा राख्न सकिन्छ। लोभ, मोह, ईर्ष्या, क्रोध जस्ता शत्रुबाट टाढै राख्छ।

घ: जब शरीर, मन तथा चित्त एउटै धारमा आउँछ त्यसपछि हामीले परम आनन्दको अनुभूति गर्न सक्छौं।

## ५. यस्तै, प्राणायामबाट हुने फाइदाहरू के छन् ?

क) रोगसँग लड्ने क्षमताको विकाश।

ख) शरीरमा भएका विशाक्त तत्वलाई बाहिर निकाल्छ।

ग) मन शान्त तथा आनन्दको अनुभव गर्छ।

घ) आन्तरिक अङ्गहरूको व्यायाम हुन्छ।

ङ) यसले शरीरमा भएका रोगका लक्षण ठीक पार्छ साथै समग्रमा शरीर सञ्चालनको प्रणालीलाई ठीक बनाउँछ।

च) बुढ्यौलीपनालाई ढिलो गराउँछ, शरीरलाई उर्जाशील बनाउँछ, अनुहारमा चमकता, तेज तथा शान्त भाव बढाउँछ।

छ) प्राणायामले जीवनमा नैतिकता, करुणा, दया, रचनात्मकता तथा सकारात्मता बढाउँछ।

ज) शरीरमा असल हर्मोनको बृद्धि हुन्छ।

विस्तृत जानकारीको लागि एन. बी. सी. -यु.के., कोडेक-यु.के., पशुपतिनाथ मन्दिर, बर्मिङ्घम तथा योग नेपाली ग्रुप, यु.के. द्वारा संयुक्त रूपमा शनिवार र आईतबार बिहान ८:३० बजे देखि १० बजे सम्म संचालित योग तथा फिटनेस कक्षामा सामेल हुनुहुन बिनम्र आग्रह गर्दछौं।

योग गरौं, निरोगी बनौं। गतिशीलता नै जीवन हो। #अडियोक्सिडियो।

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःख भाग्भवेत् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

## EVENTS | JAN - MARCH 2021


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**P**hysical and Mental well-being; along with social life within our communities has become uncertain due to ongoing situation created by this pandemic. The proverb "Health is Wealth", at no time in our lives has this truism proven more correct than during the COVID-19 pandemic.

Throughout the lockdowns, we were constantly being reminded about our ethnicity being at high-risk group. Surveys have also revealed that 60% of working women have struggled emotionally and mentally during the lockdowns. Furthermore, there has also been a steep rise in domestic violence as well as in poor mental health and well-being.

The options we constantly pondered about was what to do to overcome such an overwhelming unprecedented situation. It was a challenging time considering the government's imposed lockdowns and various restrictions in place.

Then, during this period, a leadership and executive committee change took place in NBC-UK as early as in January 2021. We galvanised together and discussed

in considerable lengths about alleviating the impact of COVID-19 in our community. As a result, we came up with an idea of Zumba and Fitness session and instantly coordinated an hour-long program twice a week starting from 24<sup>th</sup> January 2021. Now, the rest is history.

I believe this social-distancing-friendly exercise is going from strength to strength. We have a lot of fun during the energetic Zumba classes and is serving as a great morale booster to our community members. Furthermore, it has served as a platform to all the participants to interact amongst during this difficult period. We have been receiving positive feedback from the participants and their families about the real impact it has made in their physical and mental wellbeing.

This is an ongoing event currently running every Thursday and Sunday mornings from 09:00 to 10:00 and if you are interested to join, we are more than happy to welcome you. Let's dance in style!

Together we can defeat this pandemic.

Finally, on behalf of women & welfare Department, I would like to thank our active and engaging Co-ordinator, Mr Rajendra Ojha; Secretary, Mr Rabindra Adhikari; Treasurer, Mr Khem Raj Joshi; IT Department Co-ordinator, Mr Churamani Regmi; as well as Event Co-ordinator, Mrs Anju Regmi Sigdel and all the executive committee friends, participants and instructors.

**Mrs. Muna Poudel**  
Women & Welfare Co-Ordinator  
NBC-UK





## EVENTS | JAN - MARCH 2021

### DHARAN RUN - 2021

**D**haran Run Group (Samuha), a not-for-profit charity organisation was founded back in 2011 by non other than Nepal Run UK Co-ordinator, a veteran marathon runner, as well NBC-UK's own member and Northolt, UK resident, Mr Santosh Rai. The Group organises a 3.5 km weekly run as well as a large scale 10 km mega running event once a year in February.

The charm of yearly organised 10 km run pioneered by Newa Foundation Charity Trust is hugely popular in the city of Dharan, Nepal. The event attracts more than 5,000 runners from throughout Nepal, India, Bangladesh, Hong Kong and the United Kingdom while tens of thousands of spectators line up in the streets of Dharan broadening their chests with pride and smiles.

This year's 9<sup>th</sup> edition Prabhu Bank- Dharan 10K run was held on Saturday, 20<sup>th</sup> February 2021. Due to global pandemic and social distancing restrictions, only elite 150 runners were allowed to take part in the event. Mr

Gajendra Rai clinched the first place in 32 minutes 21 seconds in open male category while Miss Santoshi Shrestha grabbed first position in female category in 38 minutes 10 seconds. So many distinguished people including Dharan Mayor, Minister, MPs, Police chief as well as celebrity

artists, famous K2 mountaineers including Nirmal Purja etc. were present at the event.

NBC-UK feel proud and privileged to support Dharan Run 10K where numerous NBC-UK hoarding boards and logos were amply visible throughout the route as well as NBC-UK's logo was printed on runners' T-shirts and medals.

NBC-UK would like to express its sincere gratitude to Mr Santosh Rai and organising committee of Dharan Run 10K for allowing us to be amongst respectful and worthy supporters of the event and NBC-UK will continuously lend a helping hand for organising a successful event in the future.



## NEPAL RUN

**I**n order to minimise the impact of COVID-19 and various government restrictions, NBC-UK and Nepal Run UK jointly coordinated a virtual running event, "StayFitBeatThePandemic" during the month of February 2021. The event was organised to promote physical as well as mental health and well-being in various communities in the UK and abroad.

The risk of physical and mental problem due to reduced physical activities during national lockdown caused by the COVID-19 pandemic was astonishing and truly overwhelming to wider population. As a result, the #StayFitBeatThePandemic fitness campaign was jointly launched and NBC-UK feel privileged to be part of a successful campaign where our organisation's name was printed on certificates and medals distributed to all the participants.

The participants were asked to register for a virtual running event and

complete the preferred distance during the month. A total of 428 runners from all age groups registered and took part in the event marking it a successful campaign to bring fitness awareness amongst members and well-wishers. A veteran runner and Nepal Run UK Co-ordinator, Mr Santosh Rai and NBC-UK Co-ordinator, Mr Rajendra Ojha were leading figures as well as Mr Atmaram Dahal, Mr Pandav Mahato, Dr Jagan Karki, Mr Rabindra Adhikari, Mr Churamani Regmi, Mrs Anju Regmi Sigdel, Mr Udesch Dewan, Mrs Nilu Dewan Rai, Mr Samir Nath Pyakuryal, Mr Sanjeev Ghimire, Mr Shiva Sainju, Mr Prakash Thapa, Mr Kiran Adhikari, Mr Bhola Paneru, Mrs Sunita Ojha, Mrs Indira Regmi, Mr Madhav Parajuli, Mr Shishir Aryal, Mr Dinesh Thapa, Mr Rakesh Maharjan and many more contributed significantly to mark the event a grand success.

We would like to thank all the participants, volunteers, various communities and personnel for taking an active role in coordinating the event and expect similar assistance in the future.



## EXPERT'S CORNER

## Spring Budget 2021

**O**n Wednesday, 3rd of March 2021, Mr. Rishi Sunak, Chancellor of Exchequer announced Spring Budget 2021. The budget extended furlough, self-employed support, business grants, loans, and VAT cuts which in total carried a total fiscal support to over £407 billion.

As per the Chancellor, this Budget tends to meet with a three-part plan to protect the jobs and livelihoods of the British people. Firstly, the Government will continue doing whatever it takes to support the British people and businesses through this moment of crisis. Secondly, once the nation is on the way to economic and social recovery, it will need to address fixing the public finances. Thirdly, with this Budget, the Government begins the work of building nation's future economy.

Let us analyse what can different persons take away from this Budget.

**Individual:**

As an individual, depending upon your employment and self-employment status, you may benefit from extended furlough, self-employment support, business grants, loans, increased Universal Credit, decreased Stamp Duty Land Tax and VAT cuts. Personal Allowance of £12,570 will be frozen from 1st April 2021 till 31st March 2026. Income Tax, Capital Gains Tax and Inheritance Tax rates will remain as they are.

**Entities paying corporation tax:**

As a company, you may benefit from extended furlough, business grants, loans, decreased Stamp Duty Land Tax and VAT cuts. Moreover, corporation tax rate is changing from 19% to 25% with effective from 1st

April 2023. Companies making profits less than £50,000 per accounting period will still be taxed at 19%. The profit in between £50,000 to £250,000 will be subject to marginal relief and once the profit exceeds more than £250,000, the tax rate will be 25%. In addition to the above, there will be a super deduction of 130% of the expenses incurred to purchase new qualifying plant and machinery if purchased within a time window of 1st April 2021 to 31st March 2023. Enhanced deduction of 50% will be in place for special new assets purchased during the aforesaid period. Government grants and tax reliefs have been extended, and any increase in taxes has been phased in to begin from 1st April 2023 after UK economy begins to gradually recover in accordance with the forecast of Office for Budget Responsibility.

As taxes are changing and expected to change in future due to pandemic until the Government's borrowings will be brought into acceptably low level, it is worth engaging yourselves with your accountant and tax advisors well in advance and plan your overall taxes in such a way that your hard-earned money is well protected.

As an NBC-UK member, you can enjoy free consultation in relation to accounting and taxation matters.

**Mr. Samir N Pyakuryal**  
Executive Member - NBC-UK

Accountant / Tax Advisor  
SNP Plus Ltd



## EXPERT'S CORNER

# STAMP DUTY HOLIDAY

# AND MORTGAGE GUARANTEE SCHEME



**N**amaste everyone !

Without a doubt, Property & Mortgage is the currently most talked topic within Nepalese communities in the UK. We have a fantastic hardworking first generation who have already settled in the UK and are looking to buy a 2nd /3rd home or investment properties. We also have an exciting new generation who have finished their studies, are working as professionals and wanting to get onto the property ladder with or without support from their family.

We must be proud of both generations on how quickly we have adapted in the British property industry and have become an important part of the British economy. This is a vast and vibrant industry in the UK and so there are some changes needed due to of the world economy, some changes needed due to the government rules and regulations and some changes needed as a result of pandemics such COVID-19.

Today, I am going to provide essential information on i) Stamp Duty Holiday and ii) new government support Mortgage Guarantee Scheme.

### i). Stamp Duty Holiday:

To minimize the risk of the UK going into recession and keeping property industry floating after a nationwide lockdown because of COVID-19, the UK government is offering a stamp duty holiday (Nil Rate Band – ie. No stamp duty) for properties of up to £500,000 for residential buyers and home movers until 30th of June 2021. From 1st of July to until 30th of September 2021, the nil rate band applies to property price up to £250,000 only. All Stamp Duty Land Tax (SDLT) return to the pre-covid standard term from 1st of October 2021 which means we have to start paying stamp duty tax for anything more than £125,000 from October 2021. To put it simply, you currently do not have to pay stamp duty if you buy or move your residential home up to £500,000. But for home movers, if you are keeping your current residential property (Let to Buy situation) then, you need to pay 3% stamp duty now and if you sale your current residential property within 3 year period, you can claim for refund of your paid stamp duty land tax. A 3% stamp duty applies if you buy 2nd home or buy to let property up to £500,000 and complete the purchase before 30th of June 2021. Anything above £500,000 property value, SDLT will be calculated as per original terms. For up-to-date rates etc, please go through the details at Stamp Duty Land Tax section of GOV.UK site.

### ii). Mortgage Guarantee Scheme

(Commonly used as a 5% deposit mortgage): The UK Government have always committed its support to new homebuyers through different schemes. In the recent past, Help to Buy, Right to Buy etc were the schemes designed either for new build properties or for ex-council properties where prospective buyers had been living at those properties. There was mortgage available from certain lenders before the pandemic in less than 10% deposit. Suddenly, after the COVID-19 & nationwide lockdown, there are no mortgage lenders available for those who are looking to buy properties with 5-10% deposit. Because of higher deposit requirements, many prospective buyers have not been able to secure a purchase simply, because they have not got large sum of deposits available. To address this issue, the UK government have announced to provide guarantee of certain amount to Mortgage Lenders (Banks) when they are offering a high Loan to Value (LTV) mortgage to creditworthy working customers and this scheme supports to both old and new properties.

Mainly, below conditions apply to qualify in this Mortgage Guarantee Scheme:

- Residential Mortgage (Not Second home or BTL)
- Max property value up to £600,000
- Loan to Value between 91% -95% (Deposit from 5% to 9%)
- Purchase within the specific date from April 2021 to December 2022
- Capital repayment mortgage (no interest only payment allowed)
- Creditworthy Individuals.

To clarify the matter, we generally have an assumption that you simply need to put only 5% of deposits and you get a required mortgage from a bank. But, in reality, there will be extra requirements; one needs to have a sound credit record and a good affordability compared to higher deposit mortgage. This scheme will be more suitable to those individuals who have a good regular income(s) but less deposit available.

(Please note this is a generic information not an advice)

**Mr. Rishi Khanal**  
Executive Member - NBC-UK  
Mortgage & Protection Adviser  
Mortgage Matters (Hayes)



## EXPERT'S CORNER



### COVID Vaccine

#### What is COVID-19 virus?

Novel Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus which was believed to have been originated first in Wuhan, China in 2019. However, the endemic coronavirus infection was first identified around 1960, while till date various seven coronavirus infections are identified. Four coronavirus infections (HCoV-229E, HCoV-OC43, HCoV-NL63 and HCoV-HKU1) were endemic which causes mild illness involving immune-compromised systems, common colds and flu like symptoms. However, two coronaviruses infection SARS-CoV and MERS-CoV emerged in 2002-03 and 2012-13 respectively were epidemic which causes the lethal acute respiratory infections in humans and flue like illness. COVID-19 sadly became pandemic killing hundreds of thousands and affecting global economy.

#### Process of developing vaccine?

The world was able to develop COVID-19 vaccines so quickly because of years of previous research on related viruses and faster ways to manufacture vaccines, enormous funding that allowed firms to run multiple trials in parallel. Also, regulators were moving more quickly than normal. We have witnessed vaccine development speedily in relation to current COVID vaccine which was only possible when there is a true global emergency, multinational collaboration and sufficient resources.

Numerous virus related researches e.g. SARS, MERS, EBOLA has enriched the emergency development of this vaccine for this pandemic. Conventional vaccines development process contain viral proteins or disabled forms

of the virus itself, which stimulate the body's immune defences against infection by a live virus e.g. Mumps, Measles, Rubella etc. Gene vaccines are a new approach to immunization in which, rather than a live or inactivated organism (or a subunit thereof), one or more genes that encode proteins of the pathogen are delivered. The goal of this approach is to generate immunity.

Once the mRNA (messenger ribonucleic acid) which is a protein based molecule gets inside our cells, our bodies produce protein which acts as the antigen — the foreign molecule that triggers an immune response. The vaccines made by Pfizer and BioNTech and by the US pharmaceutical company Moderna both use mRNA.

Oxford AstraZeneca which has been widely used in UK is made from a weakened version of a common cold virus (known as an adenovirus) from chimpanzees. It has been modified to look more like coronavirus - although it can't cause illness. Once injected, it teaches the body's immune system how to fight the real virus, should it need to.

Unlike Pfizer's jab - which has to be kept at an extremely cold temperature (-70C) - the Oxford vaccine can be stored in a normal fridge. This makes it much easier to distribute. It is also relatively cheaper to develop and administer. These are two vaccine commonly used in UK currently, however, few more vaccines are in the pipeline. The Pfizer/BioNTech vaccine trials were carried out in the United States, Europe, Turkey, South Africa, and South America. Participants included 9.6% black/African,

26.1% Hispanic/Latino and 3.4% Asian The Oxford/AstraZeneca vaccine trials were carried out in Brazil, South Africa and the UK. Amongst participants, approximately 79% were white/Caucasian, 8% black/African American, 4% native American and 4% Asian, and 22% of participants were Hispanic.

#### How was the vaccine approved?

The COVID-19 vaccination was approved by the Medicines and Healthcare products Regulatory Agency (MHRA), the official UK regulator, like all other medicines and devices.

#### What are the possible side effects?

- Like all medicines, vaccines can cause side effects.
- Most side effects are mild or moderate, tend to be less common in older people, and go away within a few days.
- If side effects such as pain and/or fever are troublesome, they can be treated by medicines for pain and fever such as paracetamol. Common side effects may affect more than 1 in 10 people
- Having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine
- Feeling tired Headache
- General aches, or mild flu like symptoms

Although feeling feverish is not uncommon for two to three days, a high temperature is unusual.

If symptoms become more severe, it is always wise to contact your GP and seek other professional help including hospital visit. Since Covid vaccines are new, it takes years of studies to establish its long-term effect which is unknown at this stage.

*(Author is advisor of NBC-UK, past president of Nepalese Nurses Association UK, and Chairperson of Nursing and Residential Care Home Forum Brent)*



**Mr. Basu Lamichhane**  
Advisor - NBC-UK

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## GAMES & QUIZES

See the answers at the end of this bulletin.

**SUDOKU :1**      **Level : Easy**

8		9	3				2
	9						4
7	2	1			9	6	
2							9
	6						7
	7		6				5
	2	7		8	4		6
	3				5		
5			6	2			8

### QUIZ QUESTIONS

- Which creature has three hearts and 9 brains ?
- What was the first football made of?
- Which country is the most visited in the whole world?
- What is the longest English word without a vowel?
- What is the average height of a male and female from Nepal?
- What is the largest and deepest ocean in the world?

### गाउँखाने कथा

- काठको ठिनीमिनी, फलामको डोर, अघि हिड्ने राम-लक्ष्मण, पछि हिड्ने चोर, के हो?
- छोड छोड बुढी म अघी जान्छु, के हो?
- एउटी आमाको बत्तीस छोरा, आमालाई कुट्छन सधै मोरा, के हो?
- आउँछ जान्छ पखँदैँन, कहील्यै पनी फर्कँदैँन, के हो?
- चाँदीको ठेकी, सुनको खोल, के हो?
- घरतीर जाँदा बनतीर मुख, बनतीर जाँदा घरतीर मुख, के हो?

## CREATIVE CORNER

### Little Butterfly

What can fly  
With its wings  
Fly so high  
Little Butterfly !

Some fly in Night  
Some fly in Day  
With its wings Light  
Little Butterfly !!

They can fly fast  
Day and Night  
Sometime first sometime last  
Little Butterfly !!!

Different colours & patterns  
Flying in the sky

Wondering in the gardens  
Little Butterfly !!!!



**Daria Khanal**

Year 3

Rosedale Primary school  
Hayes, London

### Dear Dragon

In the Night !  
Dragon come to Fight !!  
They fly all about !  
They can come in house  
and out !!  
They can breath Fire !  
They are always in rush  
never get tired !!



**Dravya Khanal**

Year 1

Rosedale Primary school  
Hayes, London

## आमा

आमा भन्ने शब्दै सम्झी, दुक्क मुटु फुल्छ ।  
बिगतका ती पलहरु, वरिपरी डुल्छ ॥

बिहानको चार बजे, जाँतो कराउँथ्यो ।  
पाँच बजे ढिकी कुट्न, लुँडि सघाउँथ्यो ॥

झिसमिसमा कुँढो पानि, दुहुन बाहान सकी ।  
ऊठ बाबु भन्नुहुन्थ्यो, चिया पाके पछी ॥

दाऊरा घाँस, मेला पात, सबै आफैँ भ्याउने ।  
मनमा लिई पढ्नु पर्छ, भनेर कराउने ॥

न त चप्पल, न त पन्जा, लज्जावती काँडा ।  
सुत्ने बेला ग्यार बज्थ्यो, माइदा काला भाँडा ॥

हेरेक दिन यसैगरी, बर्षौँ बर्ष बिते ।  
छोरा छोरी हुके बढे, शहर विदेश निस्के ॥

दुःख माथि पिडा थपी, बस्छिन मझेरीमा ।  
दोबाटोमा बत्ति बाली, हेर्छिन अँधेरीमा ॥

छोरा छोरी बिदेशमा, घरजम गरी बस्छन् ।  
अक्कल झुक्कल मौका मिल्दा, धन्न फोन गर्छन ॥

रुन्छिन आमा भन्छिन फोनमा, यो दर्शौँमा आऊ ।  
बुहारी र नातिलाई, मेरो मुख देखाऊ ॥

कसोगरी ब्यक्त गरोस्, त्यो छोराले पनि ।  
स्कूल बिदा हुनेछैन, यो दर्शौँमा भनी ॥

बिदेशमा भिजिसके, बुहारी र नाती ।  
ऊनको लागि नेपाल भन्दा, बिदेश भो जाती ॥

विन्टरमा युरोप जाने, समर डिज्-निल्याण्ड ।  
यसैगरी बसौँ बित्यो, गईन मदरल्याण्ड ॥

बुढी भईन अहिले उनी, छैन काम काज ।  
बल्ल बल्ल ऊठी बाल्छिन्, एउटा बत्ति साँझ ॥

म-र्या छैन आश ऊनको, आऊँछ छोरो भन्छिन् ।  
दर्शौँ आउन कति महिना, कति दिन छ गन्छिन् ॥

बाबु-आमा छोडी यता, विदेश बस्नु पर्दा ।  
यो मन मेरो अती दुख्छ, सँधैँ साँझ पर्दा ॥

मुटु जली मनमनै, एउटा कसम खान्छु ।  
कि त येतै ल्याई राख्छु, कि त आफैँ जान्छु ॥

सी. रेग्मी, लण्डन  
डिसेम्बर २३, २०१५



## CREATIVE CORNER

### Dreamland

As I run through the clouds,  
 My frown turns upside down,  
 Rainbows and sunshine fall on my face,  
 Whilst I run all the way to space,  
 I meet all the admired legends,  
 This is just as good as heaven,  
 I hop on the magic bus,  
 Don't get mad and come on and join us,  
 It's sunny up in the sky,

And I go to ride higher and high,  
 However now it is boring,  
 And then I realise it's morning,  
 I start to scream,  
 And then I wake up, it was all a dream

Krishna Adhikari  
 Year- 7  
 Upton Court Grammar School  
 Slough, England



### Withered Love

Thy beautiful blue eyes, staring right back at me,  
 My cheeks flash red, of timidness and embarrassment.  
 Sweat drowning me, like a tsunami as I look at thee,  
 Soft skin like the sun, glowing full of merriment.  
 Jet black hair, long and silky,  
 Smooth like cervelat, fine like a Summer's day.  
 I love you; I love you; if I tell you it is risky,  
 My heart rests within you, it shall not go away.  
 But if only you had said yes,  
 But if only you had given me a chance.  
 What did I do incorrect? What did I not express?  
 Your beauty had put me in an illusion, your beauty had put me in a trance.  
 Now my emotions have scattered, flown away like a pure dove,  
 This is the feeling I now possess; it is called Withered Love.

Oscar Ojha  
 Year- 8  
 Upton Court Grammar School  
 Slough, England





## CREATIVE CORNER

### Beyond the storm

Thundering waves washing from all directions sprayed the ship with salty, freezing water, as the tumultuous sea caused it to violently rock from side to side. The wind seemed to wail in a piercing, unbearable tone allowing no escape from its tortured anguish. The sail strained under the incredible force of the storm, shivering uncontrollably, ready to come undone at any second. This was like no storm that had come before this monstrous force of nature. A sense of dread filled him knowing there was little to no chance of him making it out of this alive. The ship continued to rock aggressively as the sea threw it around carelessly as a child might discard a toy that it is bored with. The hopelessness that overwhelmed the Captain could not be overcome. The sound of wood splintering, wind pounding the sail and the cries of the sea filled his senses and added to his fear.

But then, he saw a light, a small glimmer of hope. Among the inky darkness that engulfed him, he saw a jewel of light. This was enough for him. This was all it took for him to not give up. Immediately, his feelings of defeat, dread and danger left him and he attempted to steer the ship through the taunting stormy weather. The waves and winds were unrelenting but were no match for his determination. Sheets of rain continued to fall, almost rendering the Captain unable to see directly in front of him but he could still see the tiny source of light that he used as a guide, that fuelled him with the hope he needed to continue and that gradually, painstakingly slowly got larger.



And then it happened. The glowing warmth of the sun shone on him as he emerged from the icy, fatal grip of the storm. Exhaustion overcame him but he felt complete and utter delight and relief. He no longer had to fear for his life and contemplate a life or death situation that seemed to favour death. He had beaten the odds and come out of the other side with only hope, determination and perseverance in the face of danger and struggle. The now, calm sea comforted him with the warm embrace of the sun. He let the serenity wash over him as he recovered from facing impending doom. Thinking about how he considered giving up made him shiver. Realising that he was safe and unharmed he couldn't help but smile to himself as he looked out to the horizon and felt the enormity of the world.

**This article was written in an instant essay competition when Taaj was in Year-7 @ Upton Court Grammar School. This article had won the 1st Price awarded by his school.**

**Taaj Ojha, Year –11  
Upton Court Grammar School  
Slough, England**



## CELEBRATIONS | NBC-UK BIRTHDAY WISHES

NBC-UK Wishes Ms Susmita Sigdel with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Susmita!

Susmita has donated £25 to NBC-UK for its charitable work. Thank you for your generosity.



NBC-UK Wishes Ms Shamika Pyakuryal with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Shamika!

NBC-UK would like to thank Pyakuryal family for their donation of £25 on her special day.



NBC-UK Wishes Mr Sanjeev Ghimire with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Sanjeev!

Mr Ghimire has donated £25 to NBC-UK for its charitable work. Thank you for your generosity.



NBC-UK Wishes Mr Churamani Regmi with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Churamani!

Mr Regmi has donated £25 to NBC-UK for its charitable work. Thank you for your generosity.



NBC-UK Wishes Mr Mission Paudel with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Mission!

NBC-UK would like to thank Paudel Family for their donation of £25 on his special day.



NBC-UK Wishes Mr Oscar Ojha with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Oscar!

Ojha Family has donated £25 to NBC-UK on his special day. Thank you for your generosity.



NBC-UK Wishes Mr Kul Prasad Sigdel with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Mr Sigdel!

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NBC-UK Wishes Mr Dravya Khanal with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Dravya!

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NBC-UK Wishes Ms Aditi Gurung with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Aditi!

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NBC-UK Wishes Ms Eva Ghimire with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Eva!

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## CELEBRATIONS | NBC-UK BIRTHDAY WISHES

NBC-UK Wishes Ms Sharmila Lamichhane with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Sharmila!

Sharmila has donated £25 to NBC-UK for its charitable work. Thank you for your generosity.



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### Happy Birthday Mr Khanal!

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NBC-UK Wishes Mr Taaj Ojha with a bunch of good health, success, prosperity and a very long life.

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NBC-UK Wishes Mr Mahin Ghimire with a bunch of good health, success, prosperity and a very long life.

### Happy Birthday Mahin!

Ghimire family has donated £25 to NBC-UK on this day. Thank you for your generosity.



## CONDOLENCES

### हार्दिक श्रदान्जली तथा समवेदना !



स्व. रूवमा ओझा



हाम्रो संस्था नेपालीज ब्रिटीश कम्युनिटी-युके (NBC-UK) का को-ओर्डिनेटर श्री राजेन्द्र ओझा ज्यू की ममतामयी आमा रूवमा ओझा को असामयिक निधन भएको खबरले NBC-UK परिवारलाई स्तब्ध र शोकाकुल बनाएको छ । यस दुःखद र शोकाकुल घडिमा NBC-UK परिवार मृत आत्माको चीर शान्तिको कामना गर्दै हार्दिक श्रदान्जली अर्पण गर्दछ । साथै सम्पूर्ण शोक सन्तप्त परिवार प्रति हार्दिक समवेदना प्रकट गर्दछौं ।

धन्यवाद

रविन्द्र अधिकारी (सचिब)  
तथा NBC-UK परिवार



### हार्दिक श्रदान्जली तथा समवेदना !



हाम्रो संस्था नेपालीज ब्रिटीश कम्युनिटी-युके (NBC-UK) का पूर्व सदस्य श्री पुरुषोत्तम कुइकेल शर्मा की ममतामयी आमा मुक्तमाया कुइकेल को ९२ वर्षको उमेरमा असामयिक निधन भएको खबरले NBC-UK परिवारलाई स्तब्ध र शोकाकुल बनाएको छ । यस दुःखद र शोकाकुल घडिमा NBC-UK परिवार मृत आत्माको चीर शान्तिको कामना गर्दै हार्दिक श्रदान्जली अर्पण गर्दछ । साथै सम्पूर्ण शोक सन्तप्त परिवार प्रति हार्दिक समवेदना प्रकट गर्दछौं ।



धन्यवाद

राजेन्द्र ओझा (अध्यक्ष)  
तथा NBC-UK परिवार



### हार्दिक श्रदान्जली तथा समवेदना !



स्व. गोपाल आचार्य



हाम्रो यस गरिमामय संस्था नेपालीज ब्रिटीश कम्युनिटी-युके (NBC-UK) का एक अति नै मिलनसार अनि द्वितीय सदस्य तण्डनको इल्थहाम निलामी श्री गोपाल आचार्य को असामयिक निधन भएको खबरले NBC-UK परिवारलाई स्तब्ध र शोकाकुल बनाएको छ । यस दुःखद र शोकाकुल घडिमा NBC-UK परिवार मृत आत्माको चीर शान्तिको कामना गर्दै हार्दिक श्रदान्जली अर्पण गर्दछ । साथै सम्पूर्ण शोक सन्तप्त परिवार प्रति हार्दिक समवेदना प्रकट गर्दछौं ।



धन्यवाद

NBC-UK परिवार



# COMMUNITY INFO

## Travel Information

### A. Can you travel abroad from UK for holidays ?

It is illegal to travel abroad from the UK for holidays. Follow current COVID-19 rules where you live: England, Scotland, Wales and Northern Ireland.

In England, you must have a [permitted reason to travel abroad](#) and complete the declaration form

### B. Are you travelling abroad from the UK?

1. Check the latest coronavirus travel restrictions going to UK govt website: <https://www.gov.uk/travel-abroad>
2. Complete travel declaration form for international travel to confirm that you have a reasonable excuse to travel abroad. <https://www.gov.uk/guidance/coronavirus-covid-19-declaration-form-for-international-travel>
3. [Check if you need a negative test result to enter your destination or if you need to quarantine upon arrival](#)
4. [Get a coronavirus negative PCR test](#) 72 hours before boarding a flight
5. Check if you need to complete International Traveller (ie COVID-19 Crisis Management Center (CCMC) Form. For instance in Nepal's case, you need to fill it up online and take a printed copy along with you. <https://ccmc.gov.np/>

### C. Are you returning to the UK from Green Listed countries e.g. Nepal, India, Turkey etc.?

1. [Check if the country you are travelling from is on the banned list due to coronavirus](#)
2. [Book a PCR COVID-19 test, 72 hours prior to your flight](#)
3. [How and where to quarantine when you arrive in England](#)
4. [Book a compulsory Day-2 and Day-8 tests prior to departure](#)
5. [Complete a passenger locator form](#) prior to departure

### D. Are you returning to the UK from RED Listed travel ban countries e.g. Bangladesh, Pakistan, Oman, Qatar etc.?

1. [Check if the country you are travelling from is on the banned list due to coronavirus](#)
2. [Book a PCR test, 72 hours prior to your flight](#)
3. [Book a compulsory Day-2 and Day-8 tests prior to departure](#) unless your job means you are exempt
4. [How and where to quarantine when you arrive in England](#). While returning from Red Zone countries, you must book a 10-day hotel stay from the government approved hotel list in advance before boarding your flight. Failing to provide pre-approved accommodation can result in denial of boarding a flight. <https://quarantinehotelbookings.ctmportal.co.uk/>
5. [Complete a passenger locator form](#) prior to departure. You must complete this form online 48 hours before you arrive in the UK.

### E. Are there any Job exemptions and allowed enter to the UK?

Some people are exempt from the red list restrictions because of the work they are doing. Find out about [which jobs are exempt and the conditions that apply](#).

### F. Do you need support during quarantine?

Quarantining may be difficult, frustrating or lonely, but there are things that you can do to help make staying at home easier.

NHS Volunteer Responders are also available if:

- you need help collecting shopping or medication
- you would like a friendly chat

Call 0808 196 3646 (8am to 8pm) to arrange support. You can arrange one-off support, or schedule more regular help while you are quarantining.

**G. For any travel situation:** please get your passport ready, check your visa requirement, Travel Insurance and check with local Embassy/Consular Dept. if possible.

Further useful information can be found on:

<https://www.gov.uk/provide-journey-contact-details-before-travel-uk>

<https://travel-declaration.dft.gov.uk/>

<https://quarantinehotelbookings.ctmportal.co.uk/>

<https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england>

# ANSWERS TO GAMES & QUIZES

8	4	6	9	3	7	1	5	2
3	1	9	6	2	5	8	4	7
7	5	2	1	8	4	9	6	3
2	8	5	7	1	3	6	9	4
4	6	3	8	5	9	2	7	1
9	7	1	2	4	6	3	8	5
1	2	7	5	9	8	4	3	6
6	3	8	4	7	1	5	2	9
5	9	4	3	6	2	7	1	8

**QUIZ ANSWERS**

1	Octopus
2	A pig's bladder
3	France (89 millions visitors)
4	Rhythms
5	Male - '5'4"; Fe - 4' 11"
6	The Pacific Ocean

**आइसबर्ग कसो उतरहरू**

१	ठूलो जीवको
२	नौरो
३	जीवो र दाँत
४	समय
५	केरा
६	बन्धारी

**SOLVED**      **SUDOKU : 1**

## PLEASE COMMENT

**DO YOU HAVE ANY COMMENTS, SUGGESTIONS OR RECOMMENDATIONS FOR OUR BULLETINS?**

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