

ABAN Newsletter: Year 21, Volume ECM 12, Issue No. 5, Month: June 2021

## Enhancing Emotional Health And Spiritual Wellbeing



Spiritual Guru Mr. L.P. Bhanu Sharma, Life Coach and Founder President of Jeevan Vigyan Foundation presented a very enlightening discourse on the topic virtually on June 20, 2021 to the members and guests.

ABAN president Uttam Prasad Pant welcomed the distinguished guest speaker for the discourse on Spirituality on the auspicious 7<sup>th</sup> International Yoga Day of June 20, and media advisor Hari Thapa briefly introduced the guest speaker as an accomplished Spiritual Leader.



Guest speaker Mr. L. P. Bhanu Sharma thanked for the opportunity to address ABAN members and guests. He stressed on the spiritual wellbeing through creativity. We have to live a creative life, not become the victim of situation and circumstances; and focus on present life, not repent on the past and worry about the future. Each one of us have the ability of creative choices, what we want to achieve. Creative life is an "Inside Out" process and not the other way round. We must not be the victim of circumstances, because our mind and consciousness is our identity that has the potentiality for our creative life.

"We must focus on the "Content of our consciousness" and follow the path of three Yogas:

- 1) Gyan yoga
- 2) Karma yoga and
- 3) Bhakti yoga.

"Gyana" is the thought process to determine what we want to achieve and how we want to live our life. Death is inevitable but we should plan how we live our life, quality of life. Plan your life consciously for your Spiritual health and wellbeing. Life is a creativity, ability to create happiness. We have the ability to focus on what we want to achieve despite several adverse circumstances. Focus on the present and on what we want to achieve. It is possible to achieve with our internal strength. Life is not outside it, but its inside out, being able to create a life we want to live. What is inside will manifest outside. Focus on your "content of consciousness": ability to achieve. A bigger heart creates positive emotions.

"Karma" is to determine what and how to achieve our goal. Outline activities to achieve the objectives of life. The path to success and prosperity is through dedication, which determines our physical health and wellbeing.

"Bhakti" is the relationships we develop that determine our Leadership. Loving and compassionate emotions create Leadership. It enhances our emotional wellbeing. scientific approach to living. Life is a congregation of three phases of Yoga:

- a) Yogabhyas,
- b) Pranayam and
- c) Dhyana



Association of British Alumni in Nepal (ABAN) is a not-for-profit social organization, registered with District Administration office on February 04, 1998 and is affiliated with the British Council. It promoted the interest of the British alumni in Nepal and supports them to contribute to national development.

ABAN also works for cultural and educational exchange between Nepal and Britain.



Mr. L P Bhanu Sharma is a renowned spiritual leader, educator, life and executive coach and social worker. He is also the founding president and Spiritual Guru at Jeevan Vigyan Pratisthan, Nepal- a leading institution in spirituality and leadership.

He is the director at Apex Life school and the principal of Apex College in Nepal. During his spiritual journey, he has guided over 800,000 people in spirituality, success, and meditation in Nepal, India, Myanmar, Malaysia and USA. He is an enlightened mystic, forum leader on leadership, meditation, positive and right living programs.

As an academican and teacher he has taught over 60,000 students. A CA by professional qualification, he received his Chartered Accountancy education from The Institute of Chartered Accountants of India. Currently, he is providing teaching courses on Accounting and Finance to CA, MBA and BBA students for over 15 years now. His literary contribution has seen over 150 published articles covering Management, Spirituality, Yog and Positive Living, Geeta Mahagyan: Commentaries on Geeta.

Yoga and Aarogya is a state of wellbeing, and it originates at home, which is factory for health. Jeevan Vigyan is giving spirituality in 3 process:



- 1) Chakra Vigyan to activate the seven chakras in our body,
- 2) Self discourse (Self Communication) for extraordinary transformation in 9 days program through virtual zoom attended globally, and
- 3) Prosperity consciousness on an Inheritance of Prosperity Model for discourse on overall prosperity.



Transcendental thought (Adhyatma) has creative ability for health and prosperity in life. We have soul which is "Power of Choice" and life is determined by this Choice, not by Chance. "I am the creator of my own creativity" and it can be enhanced by meditation: Dhyan. which is an energizer and a process to empower emotional and spiritual wellbeing.

Jeevan Vigyan is a process of empowerment for spiritual/ emotional wellbeing. It is practiced in 45 countries. It helps create emotional intelligence and prosperity consciousness for an overall development in life.

## BRITISH SUPPORT TO FIGHT CORONA VIRUS IN NEPAL



**May 22:** The United Kingdom sent a military medical and advisory team to Nepal to help the country deal with its Corona Virus crisis. Nepal is reporting thousands of new COVID-19 cases every day and running short of oxygen supplies to treat seriously ill patients. It is not the first time since the outbreak of the coronavirus pandemic in early 2020 that UK Armed Forces have played an [important role in fighting the virus](#) both at home and abroad.

**May 27:** The UK sent 260 ventilators and 2,000 pieces of personal protective equipment, along with two health experts, to Nepal to help the country's fight against COVID-19. A flight departed on 27 May, transporting the ventilators. The health experts will work with the British Embassy in Kathmandu to assess how the UK can further support the Government of Nepal in their response to the pandemic.

Nepal is experiencing a huge surge of COVID-19 infections, and the country's healthcare system is facing an extreme shortage of essential supplies, including oxygen and medical equipment. This package of support has been sent in response from a call for assistance from the Nepalese Government and will help meet Nepal's most pressing needs and save lives. Foreign Secretary Dominic Raab said: "We stand shoulder-to-shoulder with our Nepali friends, and this package of support will save lives and help to meet some of the country's most acute needs". Health and Social Care Secretary, Matt Hancock said: "The worsening situation in Nepal is immensely challenging and we are sending protective and life-saving equipment to keep people safe and support their health system. We will continue to work with the Nepalese government and do all we can to provide further support as needed". Defence Secretary, Ben Wallace MP said: "We have an enduring defence relationship with Nepal and our Armed Forces are determined to do what we can to support them in their ongoing fight against COVID-19". The UK has worked closely with the Government of Nepal during their acute health emergency and has provided a range of support, including:

- funding £180,000 oxygen generation plant at the Nepal Police Hospital to help tackle oxygen shortages. The oxygen plant is saving 150 lives a day
- sending experts to help Nepal's Ministry of Health and Population with epidemiological analysis, and designing warehouses for vaccine storage
- delivering medical equipment and PPE to COVID-19 hotspots in Nepal, including oxygen concentrators and ventilators to hospitals in Banke where there is particular need..

*Invitation*

The Association of British Alumni in Nepal (ABAN)  
cordially invites you to the

**7 Days Yoga and Wellness Program**



By:  
**Er. Karuna Amatya,**  
Instructor of Jeevan Vigyan

**Date:** 8 - 14 Ashad, 2078  
(June 22 - 28, 2021)

**Time:** 5.50 - 7.30 A.M.

Meeting ID: 816 1309 6609

ORGANIZED BY: **ABAN** ASSOCIATION OF BRITISH ALUMNI IN NEPAL



**The Climate Connection: Conversation for Change**

Thursday 3 June 2021 Virtual event on Microsoft Teams



Left to right from top left: Stevie Spring, Chairman of the British Council; Ahmed Yassin, from Banlastic Youth Initiative; Neil Gaiman, award-winning author; Graihagh Jackson, BBC podcast presenter; Christopher Graham, from ELT Footprint; Alok Sharma MP, COP26 President-Designate; Rishika Das Roy, from Oxford Policy Management; and Alison Tickell, from Julie's Bicycle.

**OBITUARY**



Gopal Shakti Pradhan (ABAN ID 429)

10th Executive Committee meeting of ABAN held on 16 June 2021 expressed deep condolence on the untimely sad demise of Life Membership of ABAN Mr. Gopal Shakti Pradhan. May his soul rest in eternal peace.

Mr. Gopal Shakti Pradhan was previously Deputy Director General of the Department of Roads, Government of Nepal. He is remembered for his very lively, friendly and witty character. ABAN has lost forever a very dutiful life member.

**Count on Your Successes of British Education**

ABAN Members and others who have studied in the UK are invited to write about their experience and details on how they were able to contribute to the development of Nepal. For publication, please forward your details to [mahesworbs@gmail.com](mailto:mahesworbs@gmail.com)

What can we do to tackle the climate emergency? What is the role of education, arts and culture in finding climate change solutions? How can we ensure young people's voices are heard? In the lead up to the COP26 summit in November, the British Council brought people around the world together in a global campaign addressing the challenges of climate change.



The Conversation for Change panel was the launch event for the Climate Connection. Stevie Spring CBE, the British Council's Chairman, introduced the online panel discussion. Inspirational panel of speakers - from celebrities and educators, to young climate activists and politicians - as they address the biggest challenge facing the world today:

- **Ahmed Yassin**, Co-founder of Banlastic and environmental activist
- **Alison Tickell**, Founder, Julie's Bicycle
- **Rishika Das Roy**, Urban Policy and Resilience Consultant, Oxford Policy Management in India

COP26 President Alok Sharma MP pre-recorded an opening speech about the UK's ambitions for COP26 and tackling climate change. He highlighted the important role that civil society and young people can play. Graihagh Jackson, presenter of BBC's The Climate Question, moderated the session..

## 9th Executive Committee Meeting of ABAN

President Uttam Prasad Pant welcomed all members to the 9th meeting of 12th ECM on 17 May 2021. The meeting discussed on the Well-beings of members, Articles for the forthcoming ABAN Magazine etc.

In the beginning, President Pant informed about the sad news that Vice President Ms. Padma Vaidya lost her mother on 12 May 2021. All ECM members expressed sorrow on the demise of Ms. Vaidya's mother and the meeting decided send her family condolence message

President Pant informed that his mother suffered from Covid-19 and has recovered well within a short period of time. Past president Maheshwar Bhakta Shrestha said he participated in a 10 days Vipassana meditation and found it very fruitful for physical and mental health. He suggested other members to take part in such program. Advisor Mr. Shanker Poudel and other ECM members shared their experiences and exchanged their views on how we should gain confidence in this Covid19 pandemic.

Prof. Subas K.C. pointed out the need of moral, psychological and other Covid-19 related support of ABAN to the community

and suggested to create a network among members to help increase the feeling of ownership. Other members informed that there are some help groups providing necessary services in difficult situations caused by Covid19 pandemic. The meeting decided to explore the possibility of ABAN providing help to needy people in collaboration with the British Council and/or British Embassy.

The meeting also discussed about articles for forthcoming ABAN magazine. After an intensive discussion it was suggested that ABAN subcommittees are lacking meetings. In this context, the meeting advised all subcommittees to organize their meetings in regular basis and to report the development of their activities to the executive committee.

President Pant informed the meeting that ABAN's media advisor Mr. Hari Thapa is running a Yog Shivar and shared the information about the online yoga program conducted by Jeevan Vigyan Prayogshala, Budhanilkantha. He also shared about the 7 Days Yoga and Wellness program from June 22 for ABAN members and guests. Yoga program helps increase immunity and asked members to join in online.



### WHY Join ABAN?

- Rare opportunity to **network** with fellow ABANians, who also studied in the UK,
- Share expertise gained in the UK for Nepal's development and gain mutual benefits,
- Meet and greet British scholars and authorities for mutual enrichment, and building trust,
- Be in touch with British events, activities and openings for shared happiness.
- Opportunities to serve others who need our help, guidance and network links,
- Identify as a dignified British Scholar,

More people have more reasons to join and be a part of ABAN .

Person having studied in the UK for 12 weeks or more is eligible for membership of ABAN by application together with educational certificate, ID photo and fee. It is never too late to be part of this growing organization.

### New Life Members Joining ABAN from Dec. 2020

1. Mr. Bhubanesh Kumar Pradhan (ID 538) on 27 Dec. 2020
2. Ms. Roma Balami (ID 539) on 27 Dec. 2020
3. Mr. Ram Hari Adhikari (ID540) on 27 Dec. 2020
4. Ms. Sunita Basnet (ID 541) on Jan 24, 2021
5. Dr. Sudha Shrestha (ID 86) on Jan.24, 2021
6. Mr. Satyendra Khadgi (ID 542) on Feb. 2021
7. Mr. Lusan Nakarmi (ID 543) on March 5, 2021

#### Membership Sub-Committee Chair:

Mr. Gobinda Neupane, Mobile: 9851014640  
Email: [neupane.gobinda@gmail.com](mailto:neupane.gobinda@gmail.com)

#### General Secretary:

Mrs. Shiba Devi Kafle, Mobile:9841295472



## ABAN Activity Report 2021

| Month of 2021 | Main Activities  |
|---------------|--|
| January 02    | 23 <sup>rd</sup> Annual General Meeting and Election of 12 <sup>th</sup> Executive Committee |
| January 08    | 1 <sup>st</sup> Introductory Executive Committee Meeting                                     |
| January 16    | 2 <sup>nd</sup> Executive Committee Meeting for Sub Committee formation                      |
| January 24    | 3 <sup>rd</sup> Executive Committee Meeting for ABAN Day Preparation                         |
| February 04   | ABAN Day Celebration   |
| February 13   | 4 <sup>th</sup> Executive Committee Meeting to prepare for meeting with British Council      |
| February 17   | Online meeting with the British Council Country Director Ms. Shahida                         |
| March 05      | 5 <sup>th</sup> Executive Committee Meeting of ABAN  |
| March 17      | 6 <sup>th</sup> Executive Committee Meeting of ABAN  |
| March 25      | 7 <sup>th</sup> Executive Committee Meeting of ABAN  |
| March 27      | Family Picnic at Shivapuri National Park (Postponed)   |
| April 02      | Talk program on Science & Technology by Prof. Dr. Jiba Raj Pokhrel                           |
| April 17      | 8 <sup>th</sup> Executive Committee Meeting. Condolence message to British Embassy           |
| May 17        | 9 <sup>th</sup> Executive Committee Meeting  |
| June 16       | 10 <sup>th</sup> Executive Committee Meeting   |
| June 20       | Talk program on Enhancing Emotional Health And Spiritual Wellbeing                           |

Published by

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