

“The Art of Living” Comes to ABAN for Happy Living



Association of British Alumni in Nepal (ABAN) is a not-for-profit social organization affiliated with the British Council, active for the welfare of the Nepalese, who studied in UK and pursue an interest in the socio-economic development of Nepal. ABAN also works for the cultural and educational exchange between Nepal and Britain.

ABAN Vice President and AOL General Secretary Mr. Tulasi Prasad Uprety, together with his spouse Poonam Uprety, a qualified AOL trainer, presented a session on “Happy Living” on January 17, 2016 at the British Council hall. It was a condensed version of the **Art of Living** (AOL) lessons propagated by Sri Sri Ravi Shanker. Both of them led the participants to an exercise of Bhastrika and a short meditation exercise. They also presented on what happiness is and how one could be really happy. Happy living is the outcome of your happiness first and secondly having or creating happiness around.



Sri Sri Ravi Shanker says only if you are happy, you can make others happy.

The key to Happiness is: You should live in the present moment, because the normal tendency of mind is that it either goes to the past or to the future, resulting in regrets and worries respectively.



Sources of Unhappiness:

People, Environment/ Situation and Material things. How to get over Unhappiness and Bring Back Smile?

Strengthen your internal faculties to withstand those external factors. Negative emotions keep passing through our mind and they are out of our control. Try to observe your thoughts, as to how these negative emotions are affecting us. These emotions are not our normal nature. So, we try to get rid of this negative energy.

Five Lessons of the Art of Living

1. Opposite values are complementary to each other,
2. Do not see intentions behind other's mistakes (no blame game),
3. Do not be carried away by others. Must try to control our Thoughts,

4. Accept People and Situation: Don't React, but Respond, and
5. Be in the Present Moment: Forget the past, don't worry about the future (No past regrets and take no future worries)

6. Essence of the Art of Living:

1. Light Jogging or Exercise (Early morning or evening 2 hours after meal)
2. Pranayama in Bajrashan (Ujjayi breath)
3. **Bhastrika in Bajrashan** (normal and forceful breath): 3 rounds 20-40
- 4) **Om . . . three times**

5) Sudarshan Kriya (Science of Rhythmic Breathing) helps a lot in overcoming these problems. It is a powerful breathing technique that transforms life. It harmonizes the whole system by cleansing accumulated stress. It is a purifying action.

..... continued in page 4

Inside This Issue

Page 2 Britain- Nepal 200 Years.

British Council Activities

Page 3 ABAN Inducts 5 new members

Page 4 Calendar of Events 2015 -16



BRITAIN NEPAL 200

Celebration of two centuries of Britain Nepal bilateral relations

The UK-Nepal relationship is a special, unique and historic one. 2016 will mark 200 years of friendship between our two countries. The Bicentenary is a great opportunity to celebrate our excellent and close relationship and our increasingly connected societies. It is estimated that the Nepalese community in the UK comprises of more than 100,000 people and around 40,000 Britons visit Nepal every year, attracted by its rich cultural heritage, beautiful mountains, incredible flora and diverse wildlife.

26 Feb 2016: Celebrating Nepal's success stories in biodiversity conservation

Keynote talks

Director General, Department of National Parks and Wildlife Conservation, Government of Nepal

Professor Jonathan Baillie, Director of Conservation Programmes, Zoological Society of London (ZSL).

Linkages in conservation & social economic wellbeing

The rich biodiversity of Nepal is a tribute to its diverse climate, altitudinal variation and geography. In total 118 ecosystems identified, the country is home to some of the world's most remarkable plant and animal species.

Over the past 40 years the government of Nepal has been at the forefront of conservation in South Asia, with the introduction of effective 'Conservation Areas', and implementation of robust environmental legislation and anti-poaching measures. These initiatives have proven highly successful and in 2011 and 2013 Nepal celebrated zero poaching. However, population growth, exacerbated by climate change, and a period of social and political instability, and recently the April 2015 earthquake, have resulted in increased pressure on habitats and wildlife. Recent conservation successes will be showcased to demonstrate how the strategies utilized in Nepal provide valuable examples for conservation activities across the rest of the subcontinent.

This event celebrates the bicentenary of Nepal–UK relations, characterized by increasing political and economic affiliations and a valuable exchange in culture and science. Presentations will reflect on the history of Anglo–Nepalese collaboration, and explore the socio-economic, political and environmental context for conservation in Nepal. Case studies will describe key conservation programmes, including a species-recovery programme for vultures and gharial. Monitoring and anti-poaching measures for rhinoceros, and the impact of invasive species will also be discussed.

Speakers and Chairs included:

Mr. Charles Allen

Dr. Hem Sagar Baral, Nepal Conservation Programme,

ZSL Professor Jonathan Baillie, Director of Conservation

Dr. Gitanjali Bhattacharya, Programme Manager-South and Central Asia, ZSL

Field Marshall Sir John Capple GCB CBE DL

Iri Gill, Zoological Society of London

Carol Inskipp

Professor Richard Kock, Royal Veterinary College

Nick Lindsay & Nic Masters, Zoological Society of London

Dr. Mark Watson, Royal Botanic Garden Edinburgh



British Council Launches Partner Schools Network in Nepal

British Council organized an event for its partner GCE A Level Schools on 27 January at the Yak and Yeti Hotel to launch the “**Partner Schools Network**” which **involves various initiatives to support school management, teachers and students such as leadership and teacher training**. The Partner Schools Network offers a new kind of relationship with partner schools and for GCE A Level schools attached to the British Council. This initiative involves-

- 1 Course content support- face to face and online trainings
- 2 Generic teacher training which includes classroom management, subject literacy, collaborative learning, integrating ICT into lessons and critical thinking skills
- 3 Self-evaluation for teachers based on three major criteria Knowledge, Skills, Value and Attitudes.
- 4 Follow up and observation

It is a global community for sharing resources, advice on text books, sharing best practices, overcoming challenges and a platform to discuss fresh perspectives across the world.

ABAN President and VP Attend MAN AGM



ABAN President Mr. Maheswor Bhakta Shrestha and Vice President Mr. Tulasi Prasad Uprety participated in the Annual General Meeting of Management Association of Nepal on February 5, 2016 at Hotel Annapurna, Kathmandu with the theme of Reconstruction & Rebuilding of Nepal.

ANAA Invites ABAN President in its AGM

Association of Nepalese Alumni from Australia (ANAA) invited ABAN president Mr. Maheswor B Shrestha in its 17th Annual General Meeting on January 23, 2016 as from like-minded institutions, including KOIKA, AIT, NFA.

Chief Guest HE Ambassador of Australia to Nepal Mr. Gleen White and charter president of ANAA Prof. Dr. Damodar Prasad Pokhrel inaugurated the function by lighting oil lamps.

Founder President of ANAA Dr. Ram Hari

Aryal highlighted ANAA's contributions on the development of Nepal and the varied tasks of cultural exchange, help to old age homes, rescue of earthquake victims, pre-departure briefing to students going to Australia and the concept of ANAA Village Development, assisted by the Australian Embassy. On the occasion, Dr. Kiran Regmi, daughter of national poet Mr. Madhav Prasad Ghimire, was felicitated with “Distinguished Alumni Award” of the University of New England, Australia for her concerted efforts to raise the standard of obstetrics and maternal health in Nepal.

HE Ambassador of Australia to Nepal Mr. Gleen White released ANAA's monthly Newsletter January 2016 (publication supported by the Embassy), appreciated ANAA's senior citizen program, lauded 20 short courses in the Role of Government from the Ministry of Industry including Inclusive Education and asked ANAA to come up with more innovative ideas.





ABAN Inducts Five New Life Members

Life Membership Certificate Handed over

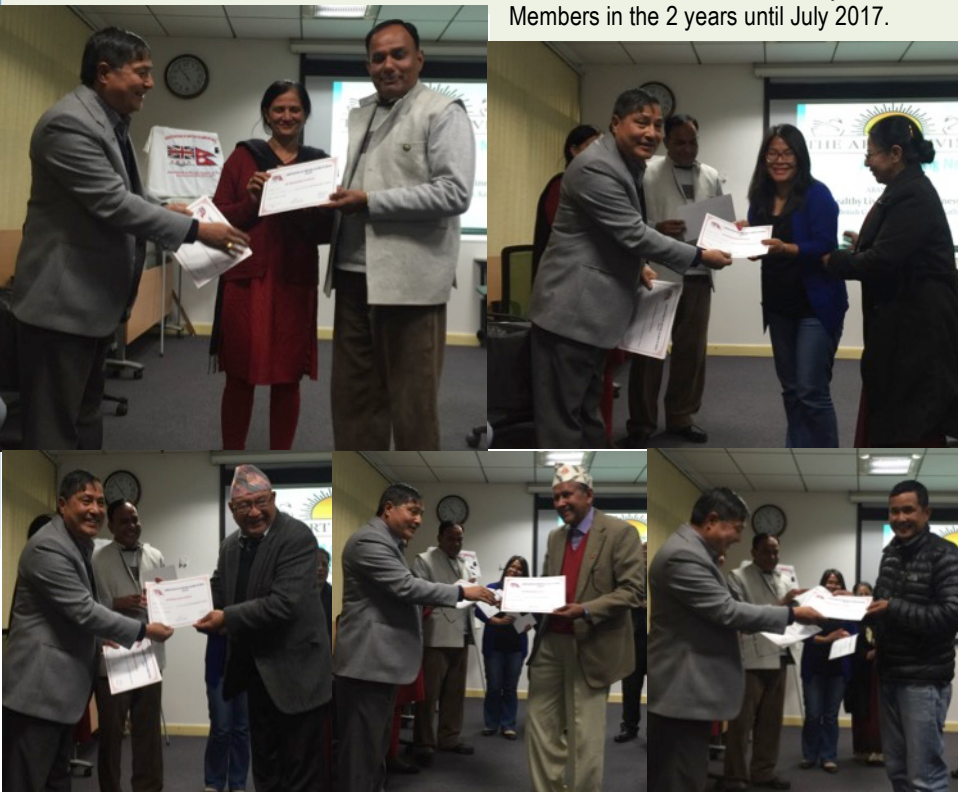
ABAN President Maheswor Bhakta Shrestha handed over Life Membership Certificates to five new life members, who joined the Association since August 2015 onwards on January 17, 2016:

1. Dr. Nastu Sharma (ID 491)
2. Miss Sanjivani Shrestha (ID 492)
3. Mr. Govinda Neupane (ID 493)
4. Mr. Janak Sharma Paudel (ID 494)
5. Mr. Shakti Kumar Golyan (ID 495)

Two Ordinary members: Mr. Punya Prasad Paudel (ID 116) and Dr. Dhruva Acharya (ID 143) have converted themselves to Life member status from September 2015 and January 2016 respectively.

ABAN membership has now reached 400, including 317 Life members and 83 Ordinary members. 7 members have already expired. Among the members, 47 are lady members (18 Ordinary and 29 Life members).

ABAN expects to induct 45 new Life members and convert 20 Ordinary to Life Members in the 2 years until July 2017.



Readers, please Note

- Please attend monthly ABAN Talk program at British Council as per schedule
- Please invite potential new members to share their educational and professional experiences with ABANians. You can also make presentation on topical issue of common interest
- Enjoy fellowship & intellectual discourse.

Log on to www.aban.org.np

New Life Members Joining ABAN, January 2016

1. Dr. Nastu Prasad Sharma (ID 491)
2. Miss Sanjivani Shrestha (ID 492)
3. Punya Prasad Paudel (ID 116 Ord. to Life)
4. Mr. Govinda Neupane (ID 493)
5. Mr. Janak Sharma Paudel (ID 494)
6. Mr. Shakti Kumar Golyan (ID 495)
7. Dr. Dhruva P. Acharya (ID 143 Ord. to Life)

Members are requested to invited eligible friends to join ABAN. Any Life Member or any person can opt to become an **Honorary Member** of ABAN by contributing Rupees one hundred thousand to ABAN fund or such significant contribution. Please contact:

Membership Sub-Committee Chair:

Mr. Tulasi Prasad Upreti, Mobile: 9851035007
Email: t_uprety@yahoo.com

General Secretary

Mr. Uttam Pant, ULCI Dillibazar
Cell: 9851020918 uttampant@hotmail.com

Treasurer:

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.. Continued from page 1 **“The Art of Living” Comes to ABAN**

6) Disha Pranayama

Some benefits AOL participants have stated:

- Reduced stress
- More energy, joy and enthusiasm
- Improved efficiency & productivity
- Greater self-esteem
- Improved interpersonal skills
- Anti-aging or rejuvenating effects.
- Enhanced health & sense of well-being
- Clearer perception and decision-making
- Shining expression and enhanced beauty



Corporate AOL Course Includes:

- **Knowledge** to deal with the daily challenges of life
- **Interactive Exercises**,
- **Yoga**, stretching and relaxation exercises,
- **Meditation** and powerful breathing techniques and
- **Sudarshan Kriya**, a unique breathing technique.

To reap the benefits Art of Living knowledge and learn to practice, join AOL Courses that allows to enter into the depth

To start with, join “Happiness Course” Other courses include Art EXCEL, Bal Chetana, Nava Chetana, courses on Meditation, Yoga, Art of Silence, KYC (Know your child) courses for parents and Teachers, Organic farming etc. Log on to: Art of Living web page and Art of Living Nepal at Facebook



ABAN Calendar of Events 2015-2016

| Month of 2015-16 | Main Activities |
|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2015 April 11 2015 April 13 | Election of 9 th Executive Committee at the British Council 1 st Executive Committee Meeting. ABAN Newsletter 01 issued |
| 2015 August 21 | 2 nd ECM, Takeover and Formation of Sub-committees Publication of ABAN Newsletter No. 02 issue |
| 2015 August 29 | Talk Program on Human Trafficking by Dr. Ruchira Gupta |
| 2015 September September 11 September 22 September 24 | Publication of ABAN Newsletter No. 03 issue Meeting with the British Council Director Dr. Jovan Ilic 3 rd ECM meeting. Presented Audit Reports for 2069-70 and 2070-71 Talk Program by Dr. Tsering on Support to Earthquake victims |
| 2015 October | Publication of ABAN Newsletter No. 04 issue |
| 2015 Nov./Dec. December 17 December 26 | Publication of ABAN Newsletter No. 05 issue 4 th Executive Committee Meet at Dillibazar Visited Old Age Home and supported with food and medicines |
| 2016 January 17 January/ February | Talk Program on Happy Living by Mr. Tulasi Prasad Uprety Publication of ABAN Newsletter No. 06 issue |
| 2016 March/April 2016 April 01 | Publication of Newsletter no.7/ Release Membership Directory 5 th Executive Committee meeting. Handover of Bank accounts Talk program by Dr. Swornim Wagley |
| 2016 May | Executive Committee Meeting/ Publication of Newsletter no.8 Talk program by Dr. Mrigendra Raj Pandey |

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