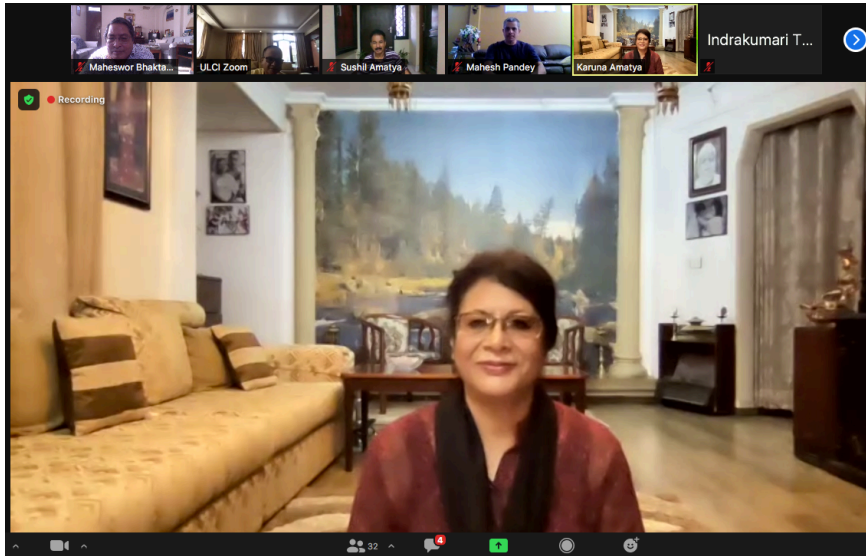


ABAN Newsletter: Year 21, Volume ECM 12, Issue No. 6, Month: July-August 2021

ABAN Goes Spiritual

Yoga and Wellness Program for ABAN



Engineer Karuna Amatya of Jeevan Vigyan Foundation, Kathmandu conducted a week long Yoga and Wellness program specially designed for ABAN members and guests during June 22 -28, 2021 online in zoom platform. The one and half hour program every morning was well attended and very much appreciated by ABAN members, family and guests attending the program.



Yoga is an integrated approach: holistic and scientific approach to Living. It empowers for emotional and spiritual well- being. Access your inner reservoir of divine knowledge, love, affluence, beauty and bliss that exist as seed within each of us.

This highly acclaimed program organized on the auspices of 7th International Yoga Day on June 20, 2021 was aimed at improving the state of wellbeing by practicing guided Yoga, Pranayam and Dhyana (meditation). Yoga Teacher Er. Karuna Amatya explained the purpose of the exercise and guided participants through the yoga practices, breathing techniques and meditation techniques to control our conscious mind, sub-conscious mind and super conscious mind- described as a "Journey towards Self".

Dhyana (meditation) helps to energize the energy centers within the body. It take the mind to different parts of our body, feel the in and out flow of the breath and experience the vibration created by the breath, and activate the feelings inside the mind. In this process, Dhyana helps to open up the third eye to see the inner realities of our body and mind.

Dhyana also helps create a feeling of love and compassion and release of happy hormones in our body. Oxytocin hormone removes stress and give a feeling of happiness. The excitement of achieving our goal, passion or creativity help release Dopamine hormone (also called reward chemical) for happiness and positive thoughts.



Our mind is a factory of creating different thoughts, some 60,000 thoughts in a day, most of which (about 80%) are negative thoughts. In meditation, when we reach a thoughtless state, our pineal glands releases a different kind of hormone called Amritras and Somras (DMT) which give us supreme happiness to keeps our body, mind, heart and emotion healthy.



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.

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:	Time:
8 - 14 Ashad, 2078 (June 22 - 28, 2021)	5.30 - 7.30 A.M.

Meeting ID: 816 1309 6609

ORGANIZED BY

ABAN ASSOCIATION OF BRITISH ALUMNI IN NEPAL



Instructor Er. Karuna Amatya is a renowned Yoga Teacher /Guru in Jeevan Vigyan Foundation Kathmandu

The Jeevan Vigyan is a science based spiritual Foundation, to teache the art and science of living a happy and spiritual life through meditation, yoga, psychological science and management development programs.

Life is the reservoir of infinite knowledge, love, affluence, beauty and mystery that exists as a seed within us. Science (Vigyan) is the body of knowledge that is free from all dogmas, faith assumption and preoccupations. Jeevan Vigyan is the eternal and melodious flow of truthful, simple and liberating knowledge. One of the Foundation's most popular online program is "SwoSambad" attended globally by thousands of participants.

Continued from page 1

Yoga Guru Karuna explained Yoga as a holistic approach towards life. Yoga is a union, integration of healthy body with healthy mind. It is an integration of body and mind, of body and mental feelings, union of energy and intelligence (*Shiva and Shakti*). Yoga is for physical and mental wellbeing, emotional and creative development. Yoga also activates a feeling of global harmony.

On the first day of yoga exercise, Yoga Guru Karuna explained the Sanjivani Yoga Meditation technique, which removes stress hormones and develops happy hormone. It helps for healthy body, mind and feelings, memory power, brain function, cardio-vascular health etc. The technique involves warming up the body, dance as physical activity, laugh loudly to activate energy level and transform it peace and happiness in meditation.

Participants actively followed the guided Sanjivani Yoga, breathing techniques and meditation practices for about 50 minutes, followed by question and answer session with the guru.

ABAN President Uttam Pant writes:

Dear Er. Karuna Amatya,

On behalf of the Association of British Alumni in Nepal, we would like to thank you for your valuable time and guidance in leading the Yoga, Pranayam and Meditation sessions in the 7 days Yoga and Wellness program organized by ABAN from 22 to 28 June 2021. Your commitment and skill as an Instructor for Yoga and Wellness were inspiring to both the organisers and participants. Despite the constraints caused by the virtual nature of our classes due to the Covid-19 Pandemic, your ability to engage participants of different age groups and fitness levels was truly very commendable.

It was an honor to have you deliver this program, and we thank you very much once again for your valuable time and guidance. We look forward to working together again in the future.

With appreciation and best wishes.

Participants Write

08:44 AM of June 27, 2021

Dear Maheswor sir,

Thanks a lot for the information. I am thoroughly enjoying the program. It is very effective. Hope I will get the recording of 7 days so that I can continue the Yoga as per it. Thank you sir once again. My sincere appreciation to Karuna madam as well. Good that ABAN is doing well for the benefits of ABANIANS.

Cheers!

Narayan P. Sharma

sharmanp19@hotmail.com

ABAN TALK: Dr. Dipak Malla on Diabetes



Invitation
The Association of British Alumni in Nepal (ABAN)
cordially invites you to the
TALK PROGRAMME
ON
Diabetes Mellitus An Overview
By:
Dr. Dipak Malla
मधुमेह, थायरोइड तथा हार्मोन विशेषज्ञ
Awaiting your presence eagerly at the Programme!
See you there!
Date: Ashad 12, 2078 (June 26, 2021)
Time: 7.30 - 8.30 A.M.
Meeting ID: 816 1309 6609
zoom

मधुमेह

Diabetes Mellitus An Overview

Dr Dipak Malla
Assistant Professor
National Academy of Medical sciences
मधुमेह, थायरोइड तथा हार्मोन विशेषज्ञ

DIABETES

- रगतमा सुगर बढी भएपछि यो पिसाबबाट पनि निस्कन थाल्दछ। ल्याटिन भाषामा मेलाइटस (**mellitus**) को अर्थ गुलियो र डायबीटिज (**Diabetes**) को अर्थ बाहिर निस्कनु हो।

कस्ता व्यक्तिहरूलाई मधुमेह हुने जोखिम बढी हुन्छ

रगतमा सुगर धेरै कम अर्थात हाइपोग्लाइसेमिया हुने कारणहरू

- १. परिवारमा नजिकको सदस्यमा मधुमेह भएको,
- २. गर्भावस्थामा मधुमेह देखिएको
- ३. आवश्यक भन्दा बढी तौल भएको
- ४. रगतमा बोसोको मात्रा बढी भएको
- ५. उच्च रक्तचाप भएको
- ६. धेरै शारीरिक परिश्रम गर्न नपर्ने जीवन शैली भएको

- मधुमेहमा औषधीहरू, खासगरी सल्फोनिलयुरिया र मेग्लिटिनाइड्स समूहको मधुमेहको खाने औषधी वा इन्सुलिन प्रयोग गर्दा रगतमा सुगर कम हुन सक्ने प्रमुख कारणहरू यस प्रकार छन् :
- इन्सुलिन वा औषधी मात्रा बढी भएमा,
- कम खाना खाएमा वा खाना नखाएमा,
- अपत्याशित रूपले धेरै शारीरिक गतिविधि, खेलकुद, कसरत गरेमा,
- ज्यादा रक्तीको सेवन गरेमा,
- कलेजो वा मिर्गौलामा रोग वा कुनै असर भएमा,

मधुमेहको उपचार

- जीवनशैली उपचारमा शरीरलाई हानि पुऱ्याउने कुराहरू त्याग्ने, स्वस्थ खानपान, नियमित शारीरिक व्यायामको प्रमुख भूमिका हुन आउदछ। यो मधुमेह भएका सबैले आफ्नो स्वास्थ्यलाई ध्यानमा राखेर गर्नुपर्ने कुरामा पर्दछ। त्यसैगरी मधुमेह र मधुमेह रोगबाट हुन सक्ने जटिलताहरूबाट बच्न सुगर, रक्तचाप र द्रिययम उच्चभक्तकगचभ०, रगतमा बोसो र द्रिययम ऋजयभिकतभचर्या० इत्यादि लाई नियन्त्रणमा राख्न अत्यन्त जरुरी छ।

TREATMENT OF DIABETES

- Dietary
- Physical Activity
- Medicines

Continued from page 2

शारीरिक गतिविधिको फाइदाहरु

- मुटुको स्वास्थ्यको लागि व्यायाम अत्यावश्यक छ । शारीरिक गतिविधिको यदि मोटोपना घटाउन नसके पनि रगतमा सुग नियन्त्रणमा ल्याउन भने मद्दत गर्छ । शारीरिक गतिविधि, जस्तो हिंडने, व्यायाम गर्ने वा बाहिरी खेल खेल्ने आदिले शरीरमा हुने फाइदाहरु यस प्रकार हुन्छः
- डु रगतमा सुगरको नियन्त्रण
- डु मधुमेहको रोकथाम
- डु तौल घटाउने

Benefits of Exercise

- उच्चरक्तचाप कम गर्ने,
- मुटु तथा रक्तनलीका रोगहरु (**Cardiovascular diseases – CVD**) कम गर्ने: यसको लागि हरेक दिन (कमसेकम हप्तामा पाँच दिन) पसिना आउने गरी कम्तीमा पनि ३० मिनेट फटाफट हिंडने गर्नु पर्छ ।
- रगतको नरामो बोसोहरु अर्थात लिपिडहरु (**lipids**) एल.डि.एल. (**LDL – Low density lipoprotein**) कोलस्ट्रॉल र ट्राइग्लिसराइड आदि कम गर्नु को साथै रगतको राम्रो बोसो एच.डि.एल. (**HDL – High density lipoprotein**) कोलस्ट्रॉल बढाउने ।
- खिन्नता (**depression**) कम गर्ने,
- क्यान्सर, खासगरी स्तन र टूलो आन्द्राको क्यान्सर हुने खतरा कम गर्ने
- जीवनको गुणात्मक उपयोगिता बढाउने (**improved quality of life**) आदि ।

रगतमा सुगर धेरै कम अर्थात हाइपोग्लाइसेमिया (**Hypoglycemia**) को लक्षणहरु

- भोक लाग्नु
- पसिना आउनु
- हात, शरीर काम्पु
- मुटु छिटो, छिटो धडकिनु
- डर लाग्नु, आत्तिनु
- भट्ट रिसाउने हुनु
- हातखुटा वा मुख भ्रममाउनु
- कमजोर हुनु आदि ।

सन्तुलित आहार



मधुमेह र खाना

चिल्ला तथा गुलियो (घिउ, तेल)

दुध र दुधका पारिकार, माछा मासु, गेडागुडीहरु

तरकारी तथा फलफूल

अन्न तथा अन्नका विभिन्न पारिकारहरु



BRITISH COUNCIL

Education Exchange

Climate change and girls' education
18 August 16.00 BST

#ConnectedByLearning

Free webinar



Chevening Scholarships

Chevening is the UK government's international scholarships programme. Grab this opportunity to study in the UK for one year on a fully funded master's degree. If you have the passion, vision and the skills needed to shape a better world, you might be the next Chevening scholar.

Deadline: 2 November 2021, at 12:00 (GMT)

Ministry of Education, Science and Technology | GEDC | Girls' Education Challenge | UKaid | USAID | THE WORLD BANK

SYMPOSIUM ON "LEARNING DURING AND POST-COVID-19 IN NEPAL"

JULY 22, 2021

Global Education Summit Side Event

#GES2021

Lada Strelkova

ABAN Supports Children Care Club



ABAN Executive members Mr. Uttam Lal Pradhan, Dr. Mandira Shahi and Vice President Mrs. Padma Vaidya visited Children Care Club (CCC) at Pasikot, Budhanilkantha, Kathmandu on August 14, 2021 and handed over 36 medical equipment and supplies to Ms. Rose Pradhan, CCC Chairperson, to set up a Medical Check-up ward at CCC. The charity resource was established by ABAN Honorary Member Dr. Mahodhadhi Pradhan Shrestha and various other Donors.



In the meeting, Ms. Rose Pradhan briefed about the mission and running of the CCC where ABAN delegation promised for continued support and co-operation in future as well. CCC officials thanked ABAN and the Donor for generous support and interest on them.

Children Care Club (CCC) is taking care of 25 children. It provides a safe home, 4 meals per day, health support, education, clothing and other personality development activities.



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

General Secretary:

Mrs. Shiba Devi Kafle, Mobile:9841295472
Email: shibakafle@hotmail.com



ABAN Activity Report 2021

Month of 2021	Main Activities
January 02	23 rd Annual General Meeting and Election of 12 th Executive Committee
January 08	1 st Introductory Executive Committee Meeting
January 16	2 nd Executive Committee Meeting for Sub Committee formation
January 24	3 rd Executive Committee Meeting for ABAN Day Preparation
February 04	ABAN Day Celebration
February 13	4 th 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 th Executive Committee Meeting of ABAN
March 17	6 th Executive Committee Meeting of ABAN
March 25	7 th Executive Committee Meeting of ABAN
March 27	Family Picnic at Shivapuri National Park (Postponed due to Covid-19)
April 02	Talk program on Science & Technology by Prof. Dr. Jiba Raj Pokhrel
April 17	8 th Executive Committee Meeting. Condolence message to British Embassy
May 17	9 th Executive Committee Meeting
June 16	10 th Executive Committee Meeting
June 20	Talk program on Enhancing Emotional Health And Spiritual Wellbeing
June 22 – 28	7 Days Yoga & Wellness Program by Er. Karuna Amatya of Jeevan Vigyan
June 26	Talk program by Dr. Dipak Malla on Diabetics
August 14	Medical support to Children Care Club, Budhanilkantha, Kathmandu

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