



Democracy And Civic
Consciousness

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THE RISING NEPAL

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SUPPLEMENT



Impact Of Federalisation On
Healthcare

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Barking Deer: Gentle Creature Of The Wild



Rajesh Dhungana

Despite their adaptability, the species faces severe threats in Nepal, primarily from poaching and habitat loss, as noted in various studies.

The barking deer, scientifically known as *Muntiacus muntjak*, is an attractive inhabitant of the dense tropical and subtropical forests of Nepal. Ratuwa Mriga is a common Nepali term for this animal. Recognised for its shyness, this small, smooth, and beautiful creature has gained its moniker due to its ability to emit continuous barking sounds for up to an hour as an alarm in the face of danger. The term "barking deer" encompasses various species within the Muntiacini tribe of the Cervidae family, known for their distinctive noise.

These adorable creatures play a vital role in the ecosystems and are primarily solitary and crepuscular, displaying peak activity during dawn and dusk. Distributed across national parks, community forests, and hilly regions in Nepal, barking deer's prime habitat occupies a significant portion of the country, as indicated by the Department of Forest Research and Survey (2015). Barking deer, with small unbranched antlers of up to 15 cm make territorial fights using their horns and canines for struggle. Their coat is short, soft and darkens from brown to yellow with its white dorsum. Males are more substantial than females, and they have an inch-long top which curls outside displaying aggressions. They have a lifespan of 20-30 years. They defend themselves from predators but viciously claim their territory.

Despite a declining population, the International Union for Conservation of Nature (IUCN) has categorised the barking deer as "least concerned." This species extends its habitat beyond Nepal, being found in southern Bangladesh, India, Sri Lanka, Pakistan, Cambodia, Vietnam, the Malay Peninsula, Sumatra, the Riau Islands, Belitung, Java, Bali, and Borneo. It represents one of eleven Muntjac species across Asia, part of the well-known genus *Muntiacus*, which includes the Indian muntjac, common muntjac, Formosan muntjac, Chinese muntjac, and others.

Taxonomic studies by Colin Groves and Peter Grubb in the 1990s suggested the existence of distinct species within the red muntjacs. In 2011, further taxonomic research identified three different species in India, including *Muntiacus vaginalis* in some regions of northeast India, Nepal, and



Myanmar. This research also differentiated the red Muntjacs of north-west and central India (*Muntiacus aureus*) and the red Muntjacs of the Western Ghats and Sri Lanka (*Muntiacus malabaricus*) as three distinct species, refining the understanding of the barking deer's taxonomy and distribution.

Habitat and breeding

The barking deer lives in tropics and sub-tropical areas such as deciduous forests, grasslands, savannas, and shrubs, which are also known to survive up the mountains at an altitude of 300 metres above sea level. They prefer to live in thick forests, and their small size combined with a secretive lifestyle contributes effectively to the avoidance of predators. With a good sense of hearing, such deer produce alarm calls upon the detection of perils to enable group flight. They feed on grass, fruits, shoots, and seeds that may occur in the vicinity of forest fringes. Of particular interest are its scavenging tendencies and bark-calls in response to predators. Males create a territory that is discriminated against with scent markers, where territorial fights occur during mating. They have short horns and large canine teeth as their defensive weaponry. If they cannot secure a territory, weaker males fall prey to predators like tigers and leopards. However, during the rut, these boundaries become foggy as males search for receptive females, emphasising the dynamics of barking deer behaviour in relation to environmental change.

The barking deer is polygamous, exhibiting specific breeding seasons varying by region. Breeding



occurs year-round, with peak activity marked by intensified vocalisations from males attracting females. Females reach sexual maturity in their first to second years, cycling every 14 to 21 days with a 2-day estrus. A 6 to 7 month gestation results in single or occasional twin births. Cubs establish territories after 6 months, distinguishing barking deer from other ungulates by lacking a specific breeding season.

Threats

Barking deer face numerous threats, with

primary concern being hunting for their meat and skin, especially on the fringes of agricultural zones where they are perceived as nuisance for causing vegetation damage and stripping tree bark. Their meat's popularity among predatory animals like tigers and leopards further exposes them to hunting pressure. Additionally, human-induced habitat loss and fragmentation contribute to the decline of their once-abundant population. In the central mountainous region of Nepal, barking deer constitute a significant portion of leopard prey, emphasising the impact of these threats on the species.

As per Ashish Neupane, Conservation and Information Officer of Bardia National Park, the barking deer, the most widely distributed deer species in Nepal, spans from the Terai to hilly regions. Recognised as the smallest deer in Bardia and Chitwan National Parks, their distinct vocalisation, akin to a dog's bark, serves as a warning signal against predators.

Despite their adaptability, the species faces severe threats in Nepal, primarily from poaching and habitat loss, as noted in various studies. Legal measures are in place to deter such activities, with Section 26 of the National Parks and Wildlife Protection Act, 2029, imposing fines ranging from 20,000 to 50,000 rupees or imprisonment from 6 months to 1 year for unauthorised hunting and harm to wild animals within designated conservation areas.

(The author is a wildlife photographer. The photos used in this article are by the author himself.)



Gender-Inclusive Energy Sector



Sanju Adhikari

Nepal is one of the richest countries in terms of water resources, with over 6,000 rivers and rivulets running across the country. The country's advantageous feature lies in its steep topography, which provides ample opportunities for hydropower generation. Out of the total potential generation capacity of approximately 83,000 megawatts, about 42,000 megawatts are deemed economically viable. Hydropower plays a predominant role in Nepal's electricity system and economy too. The Nepal Electricity Authority (NEA), a state-owned company, had sole authority for the production, transmission, and distribution of electricity in Nepal before 1912. After the introduction of the Electricity Act 1992 and the Hydropower Policy 2001, the hydropower licences were distributed, and power purchase agreements were signed with private hydropower investors. After the entrance of the private sector into hydropower development, power generation activities significantly increased. As per the study undertaken by the World Bank in 2021, about 90 per cent of the total population has access to electricity in Nepal. This also indicates the space for achievement in making electricity accessible to everyone. The country has prioritised energy production as one



of the most powerful sources of income-exporting power in neighbouring countries.

The total population of Nepal on Census Day (November 25, 2021) was 29,164,578. Of this, the male population was 14,253,551 (48.87 per cent) and that of females, 14,911,027 (51.13 per cent). The sex ratio was 95.59 males per 100 females. According to the detailed census report, the literacy rate of the population aged five years and older is 76.3 per cent: the male literacy rate was 83.6 per cent and female literacy was 69.4 per cent. Women's involvement in economic opportunities is largely limited within domestic

The Hydropower Environment Assessment Manual 2018 ensures the acquisition of gender disintegration data during the Environment Impact Assessment (EIA). It focuses on including gender-related impacts such as employment, marginalisation, SES/SH, impacts due to the influx of migrant workers, crime, trafficking, and loss of livelihood opportunities. The Environment Protection Act 2076 and its Regulation 2077 have provisioned for public hearings and notification in national newspapers in the process of impact assessment. However, it is silent about inclusive participation and the mandatory presence of women's participation in these consultations. In the case of projects financed by international financing institutions (IFIs), due to their mandatory policy for inclusive consultation, a certain number of developers are trying to reach the minimum figure required. Private developers and the NEA significantly ignore the participation of women and vulnerable communities in the promoted project.

The expansion of the electricity supply will result in considerable positive changes in the communities, both male and female. It can bring positive economic changes through better job opportunities, effective health services, and access to education. During hydropower infrastructure development, women can benefit from getting direct employment opportunities and operating small businesses. Job opportunities are created following the construction phase. This will drive positive changes in women and their everyday lives. However, women are deprived of the advantages of power generation, transmission, and distribution projects. The existing socio-cultural dynamics of communities and power relations in households have hindered women from participating actively in the planning and development of power generation projects.

Literacy is considered a major constraint that

hinders women from participating in public meetings. Men are two steps ahead of women because they receive more exposure and opportunities in education and participation. Difficult topography is one of the key factors that creates obstacles for women in participating in consultations and decision-making. Due to the difficult topography, there is a tendency to organise consultation meetings in market centres and accessible locations. In the case of hydropower projects, such centres are generally far from project-affected communities. Public hearings and consultation meetings are generally conducted in market centres and other convenient locations. This has been a limitation for women and the least privileged to travel and attend such programmes.

Existing Social norms, household responsibilities, mobility, and social acceptances are considered other factors creating hindrances to women's participation in public meetings. Women's participation in community meetings is discouraged. Generally, men are considered household heads, and land titles are registered in their names. By virtue of being the household head, man is considered to be a powerful person in decision-making. Patriarchal social structure and household leadership have placed man as the supreme human in the family. So, he is free to make family decisions on his own for the disposal of family properties and resettlement compensations. Men come forward to participate in extra-household and community affairs. This hinders women's participation in public functions. Considering the significance and two-fold impact on women and vulnerable populations in infrastructure development, the nation is getting late to prepare a policy that ensures women's participation in hydropower development.

(The author is professionally a chartered accountant (CA) and writes on sustainable development.)

Resilient South Korea Overcomes Challenges



Om Prakash Ghimire

The 'Global Knowledge Exchange and Development Centre' is a knowledge hub located in Seoul, the capital city of South Korea. Within this centre, Korea's development history is documented and demonstrated in a systematic manner.

During my recent visit to the Industrial Development Hall, one of the three halls of the Centre, a staff member pointed to a chart and said, "Despite the fact that Korea began its industrial development journey much later than the western world, it was able to achieve industrial progress within 50 years. For the western nations, it took nearly 200 years."

This information sparked a curiosity in me to further understand the nation's success in industrial development. Having gained independence in 1945 after 35 years of Japanese colonisation, the Korean Peninsula was divided into North Korea and South Korea. At the time of separation, South Korea lacked industries and factories. Also, it was going through a severe energy crisis, as about 80 per cent of energy sources were located in the North. The severe devastation caused by the Korean War (1950–July 1953) compelled the leadership to focus on addressing the basic needs of the citizens. Overcoming those challenges to realise the dream of a prosperous post-war Korea was necessary, but the leadership had to promptly tackle numerous other prevalent issues.

With the vision of transitioning the agriculture-based economy into an industrial one, thereby paving the way for the country's prosperity, Park Chung-hee, the immediate past president, who ascended to power through a military coup, articulated new goals and strategies for economic development. Aligned with his vision, in the 1960s, Korea formally declared its entry into the industrial era, leading to the establishment of the Korea Trade Promotion Institute and other agencies, along with the enactment of laws to boost exports. The same far-reaching thinking that guided Korea through its struggle to save the lives of its citizens has become the cornerstone of today's prosperous Korea.

Export-oriented policies

Until 1960, South Korea's economy heavily relied on agriculture, which constituted nearly 40 per cent of its industries. As the country was reeling from an acute shortage of energy, the then-Korean government prioritised production of goods



requiring low energy consumption and initiated industrialization. Beginning with heavy machinery production, a long-term plan was devised. As part of that plan, the country adopted the policy of discouraging the assembly of imported parts from Japan. With the enactment of the Comprehensive Automobile Protection Act in 1962, the nation began manufacturing cars. In 1964, the Comprehensive Automobile Development Plan was endorsed, encouraging domestic car production. This plan is considered to be the starting point for Korean automobiles to exert influence on the global market today.

The government focused on energy savings for immediate consumption and creating employment opportunities for the production and export of light industrial goods. The effectiveness of that strategy is evident in the substantial increase in the export of light industrial products. In 1970, Korea's synthetic wig, a niche product, gained widespread popularity in the global market, resulting in a \$94 million export value. This success highlights the prominence of Korea's third-largest export commodity at that time. Moreover, in the 1970s, Korea became the world's third-largest exporter of textiles. According to government statistics, textile exports in 1980 were 283 times higher than those in 1963.

In 1971, Korea's total exports comprised of 72 per cent of light industrial goods. However, signs of a decline in the export of such goods observed in the same decade led the government to shift its focus to the production of deep-seated items such as automobiles, steel, ships, and other heavy-duty products.

To promote long-term benefits for the private sector, the government introduced specific initiatives in 1967, including low-interest loans, land management, targeted manpower training programmes, and assistance in the pre-investment

sector. The government implemented six laws to attract investments in major industries such as automobiles, shipbuilding, and steel production. In 1986, those laws were consolidated under the Industrial Development Act, replacing outdated regulations. This initiative streamlined Korea's industrial development and exports, contributing to a substantial average growth of 16 per cent between 1960 and 1980.

Implemented in 1973, the Automobile Promotion Plan discouraged the production of assembled cars, and in line with this plan, in 1976, the "Pony" car from the "Hyundai" company became the first car exported to Ecuador, opening up the global market for Korean automobiles. The Pony gained immense popularity, selling over 1.5 million cars annually in the American market within the first seven years of its launch. After successfully passing 288 tests, Korea began producing its own Alpha engine in 1991. By 1995, it had become the fifth-largest car-producing country in the world. Today, Korea has established itself as a dominant force in the global car market. In the 1990s, Korea achieved remarkable success in the production and export of ships as well. The industrial development has laid a strong foundation, contributing significantly to its economic growth.

New horizons from crisis

In the second half of the 1990s, the global economic recession observed in many countries, such as America, led to a fall in Korean trade and the economy. Bankrupted major companies and bank interest rates were hiked to 25 per cent. The pace of the buildup of foreign currency reserves slowed alarmingly. To address this situation, a move was undertaken in 1997 where the citizens gave an amount of gold that is equivalent to US\$2. It was through the combined effort of citizen and government action that this momentum played a role in

enabling Korea to transcend the crisis, setting it firmly on a path for further growth.

After the 1990s, Korea achieved notable success in the export business of automobiles, ships, steel, and mobile phones, as well as electrical appliances. Currently, Korea holds a significant 25 per cent share of the global smartphone market.

In 1953, the per capita income of Korea was only \$67. At that time, Korea was one of the most underdeveloped nations in the world. According to government records in 2018, this figure has significantly risen to \$31,350 per person, marking an increase of more than 440 times. Currently, Korea is not only included in the list of developed countries, but it also holds global economic and industrial leadership. Its development model has become a lesson for the world. Koreans assert that today's prosperity was born from a moment of crisis. They take pride in this achievement and consider it a source of national pride.

Even in times of crisis, the leadership that makes sincere efforts for the country's development and wins the trust of the people will receive widespread public support. The lesson to be learned from Korea is that a nation can be built through such a trustworthy partnership.

In 1950, Nepal had an income of \$50 per person, but now it has risen to around \$1,200. However, in 1961, South Korea had a per capita income of \$94, and today it has surged to over \$32,000. This might be one of the reasons behind this level of public trust in the government.

The example of South Korea illustrates that when the state works diligently towards development, it not only achieves progress by breaking barriers and crises but also gains increased trust from its citizens.

(Ghimire serves as a development journalist and social science researcher.)



Democracy And Civic Consciousness



Bibhav Pokhrel

Nepal, a country with about 30 million people, is a democratic and sovereign state. It has gone beyond the governance and constitutional monarchy stages. Despite that, we have suffered bitterly to move away from those systems at the expense of our blood through internal wars and chaos—everything inhuman. It is due to this kind of democracy that, after reaching such an age, we are able to get our own constitution, innumerable infrastructure projects besides civil policies, and so on. The main turning points in the political structure of Nepal are said to be two revolutions: 2046 BS and 2063/63 BS. After World War II, the practice of democracy became global, and Nepal too gained a democratic government for the first time about 73 years ago. Some people still believe that it is not correct to implement a democratic state such as Nepal. The main question regarding the above statement is the literacy rate. Though the literacy rate has risen to around 76 per cent recently, people's consciousness about democracy is still low. Countries like the US and UK claim that their normal people need not know everything regarding their political environment and government because they have evolved way too far to be respectful regarding systems and people.

But for a country like Nepal, it is still an issue to be concerned about. Though we got democracy 73 years ago for the first time, it has always been a concern to protect democracy rather than practice it. Because just after a decade of getting democracy, we faced an autocratic coup, which lasted almost 30 years. After that, we faced an



internal chaotic war from 2052 to 2063 BS, which was a disaster. Then, after facing all this chaos, we got to practice free democracy just about 15 years ago. So, we can still say that it's a new practice for us. Instability has risen so far that we have not yet seen the government last for 5 years. People's concerns are still an issue. Basically, democracy gives us the power to get rid of those negative interferences in government through the medium of elections, which have been taking place almost regularly after 5 years. People's unconsciousness regarding selections has been a problem since we practiced democracy.

Liberty is the most precious gift that democracy offers to a country. The theoretical definition of democracy claims that there will be sustainable peace if there is democracy. But as everyone does, Nepal also has a system to run the administration of the country. If utilised properly, that system is the backbone of a country. But misuse of the system in a democracy leads a country into darkness. Internal diplomacy has been hollow regarding everything because the intellectual power of the people in power seems to be insufficient.

Geopolitically, Nepal is widely recognised as a

vulnerable nation. We are encircled not just by two of the world's largest countries in terms of size but also by major players in global politics. Interference is common, occasionally exceeding acceptable limits. In practical terms, our country's diplomatic influence in international affairs is relatively modest. The two neighbouring giants and some distant major players pursue their own interests in our geography. In fact, here we see these two neighbouring countries almost competing with one another—either providing assistance to Nepal or undertaking major projects within our borders as a form of aid.

Speculatively, the situation of Nepal's geopolitics would have been different if it were located somewhere else, thus providing us with information regarding our global standing and relations.

Civic consciousness is always important for the betterment of a country. There are a lot of issues that can be solved just by raising civic consciousness. Selecting a good government is the main one of them, because once we select the wrong ones for handling the system, there is not even a loophole for a minimum of 5 years to correct our mistake. Civic consciousness can also improve the standards, peace of the state, and personality of individuals.

One other important problem arising in Nepal is the involvement of foreign organisations and NGOs. Although not all of them, some seem to have a personal interest in our nation. By labelling themselves NGOs, they take advantage of a legal gap that allows them to operate without the blessing of their home countries and blindly follow their missions at any price. But it is hard for them to go unnoticed as society becomes more civilised.

Patriotism is closely related to civic consciousness. Today, many people dream of leaving Nepal. However, with the election of an efficient government that can govern the country well and protect our independence from meddling, there would be no necessity to go. This would bring peace, a promising future, and plenty of job opportunities to come here. Regrettably, owing to the lack of civic awareness, the discourse on leaving Nepal is too focused, as no one knows what actions ought to be taken.

It's important for people to understand how democracy works. Higher authorities should implement provisions to educate the public on civic consciousness through various channels, such as media and awareness programmes. Additionally, integrating these topics into the educational syllabus is the most effective way to underscore their importance. This approach ensures that these aspects become ingrained in individuals' subconscious minds, facilitating their implementation in practice.

(The writer is pursuing higher education.)

Impact Of Federalisation On Healthcare



Pallav Bhusal

Nepal has been on a journey of transformation in recent years, wherein the country shifted to a federal system that changed how governance and other services are done. This immense transition has transformed the entire system of health care, provided numerous benefits while posed various drawbacks. Pioneering research being carried out in the Bagmati, Karnali, and Lumbini regions, as well as Kathmandu, contributes much to understanding the complex dynamics between federalisation and healthcare.

The initial results from this research conducted by the Health Systems Research Initiative indicate a positive tendency towards developing Nepal's health system. In the last decades, the country has seen continual development, and this matches the positive trend since federalisation. But in the midst of this positivity, there are serious challenges that require consideration, which makes it an effective study for policymakers as well as stakeholders. One of the main issues highlighted in the research is confusion among different levels of government about their responsibilities. Governance is critical, and the lack of a clearly understood 'division of labour' can impair integrated healthcare services. The research team welcomes the idea of legislation being considered for better clarity and seeks greater transparency as well as efficiency in governance structures within the health system. Inadequate planning and the prevalence of temporary positions within the health workforce are identified as challenges.

Good healthcare depends on a trained and motivated workforce. The study righteously recommends reconsidering staff adjustment procedures, improving hiring transparency, and establishing a complete information system aimed at efficient workforce management. The procurement of medical products and technologies is very important for the effective implementation of health services. The study indicates that local procurement requires simplified control to prevent cases of over- and under-storage. The critical elements of legislation to clarify roles, strengthen data management, and involve experts for quality controls must be taken in order to secure a resilient medical procurement system.

The study brings attention to challenges in healthcare financing, with local governments struggling to fully utilise their budgets. Timely release of funds, along with training for elected representatives on health budgeting, can bridge these gaps and ensure a more efficient allocation of resources.

A glaring challenge lies in the fragmentation of health information systems. To enhance data-driven decision-making, the interoperability of software systems and the implementation of a nationwide electronic patient record system are essential. In service delivery, political influences must be replaced with



evidence-informed decisions and community engagement for inclusive services.

The research team reaffirms the appeal of a participatory and collaborative approach among government levels, healthcare providers, and local communities. By adhering to the needs raised in this study and implementing policy suggestions, Nepal can facilitate a resilient, inclusive health system.

The next decade is pivotal for Nepal's health system, and the Health Sector Strategic Plan 2022–30 presents an opportune moment for decisive action. The research team urges policymakers to heed the findings of this study, considering it a compass guiding us towards a healthcare landscape that is both robust and equitable.

The project is a research collaboration between researchers from Nepal and the UK that received funding through the HSRI. Since 2020, a research team co-led by Professor Simon Rushton of the University of Sheffield, UK, as well as Professor Julie Balen from Canterbury Christ Church University, has begun to study federalism's impact on the Nepali health system.

Their collaborative efforts bring an international perspective to the study, enriching it with diverse insights and expertise. The exchange of knowledge between the academic communities in Nepal and the UK fosters a holistic understanding of the complex interplay between federalization and healthcare dynamics.

The current research investigates the heterogeneous effects of federalisation on health care. It analyses the complex interdependencies of governance structures, human resources development trends, procurement practices, budgetary allocation, and data management. In this regard, the insights that derive from their study are not simply observational but set in stone as a policy guideline and intervention.

The lack of clarity in the division of roles among different government levels emerges as a critical concern. The study recognises the necessity for an explicit 'division of labour' within the healthcare governance structure. It proposes legislative measures to define roles and responsibilities, fostering transparency and efficiency. By addressing this foundational issue, Nepal can establish a governance framework that ensures the seamless operation of healthcare services.

Inadequate planning and the

prevalence of temporary positions within the health workforce represent additional challenges identified by the research. A resilient healthcare system hinges on a skilled and motivated workforce. The study advocates for revisiting staff adjustment processes, enhancing hiring transparency, and establishing a comprehensive data system for effective workforce management. These measures aim to address workforce-related bottlenecks and contribute to the overall improvement of healthcare services.

Efficient procurement of medical products and technologies emerges as a cornerstone of a successful health system. The study emphasises the need for streamlined oversight in local procurement to avoid issues of over- and under-stocking. Legislative measures are recommended to clarify roles, strengthen data management, and engage experts for quality checks in the medical procurement process. This strategic approach ensures the resilience of the medical procurement system, contributing to the overall effectiveness of healthcare delivery.

Addressing financial challenges is crucial for sustaining and enhancing healthcare services. The study sheds light on the struggle of local governments to fully utilise their healthcare budgets. Timely release of funds and targeted training for elected representatives on health budgeting are proposed as measures to bridge these gaps. These interventions aim to ensure a more efficient allocation of resources, thereby maximising the impact of healthcare budgets at the local level.

The fragmentation of health information systems poses a significant challenge to data-driven decision-making. The study advocates for the interoperability of software systems and the implementation of a nationwide electronic patient record system. These technological interventions are crucial for enhancing the accessibility and usability of health data. By replacing political influences with evidence-informed decisions and promoting community engagement in service delivery, Nepal can move towards a more inclusive and responsive healthcare system. As the study underscores the importance of collaboration, it calls for inclusive dialogue and joint efforts between government levels, healthcare professionals, and local communities.

(Bhusal is a journalist at The Rising Nepal)

FUTURE WATCH

(Based on birth names)

January 19th to 25th 2024

- D. N. Lohani



ARIES

You will enjoy pleasant meetings with interesting people. Regular gains will help consolidate your financial position. Hardship will guide you ahead on Tuesday. A health disorder is predicted for Thursday.



TAURUS

Fear and confusion can reside within oneself, but they won't cause much trouble. The expenditure level will rise on Friday. You may have to treat others at your own expense. The second half will contain a recovery phase. Travel is probable.



GEMINI

Income and expenditure will maintain balance. Travel is in store for you. Business-related travel can take place. Study will take a progressive course. The expenditure level will rise tomorrow.



CANCER

Foreign travel is probable. Work will face obstacles. You may even gain a new job. Opponents can attempt to influence business, but their attempts will fail. Job-related problems can arise.



LEO

The work will be completed after causing extra expenses. Philanthropic ventures will advance. Children's education-related expenses will rise. The expenditure level will rise on Thursday.



VIRGO

You may hear unpleasant news during the start. Circumstances will improve tomorrow. With some effort, business will prosper. Love life can face obstacles. One or more concerns will keep bothering you.



LIBRA

Social prestige won't rise. You will find it difficult to complete tasks without a friend's support. With some effort, writing skills will be enhanced. The love life will take a progressive course.



SCORPIO

Work will be completed after hardship. You will find it difficult to control expenses. Handle valuable goods cautiously on Tuesday. Trade and profession will both turn profitable. You will enjoy impressive gains on Thursday. The job will yield lower satisfaction.



SAGITTARIUS

Fear can reside within the self. Relocation can take place. Real estate transactions can occur, though I don't see much gain. With some effort, study will advance. Employees will feel better.



CAPRICORN

Uncertainty can arise. Travel is in store for you. You may have to handle a new assignment, but you will remain less pleased. Business-related travel can occur. Distant friends will cooperate.



AQUARIUS

You will retain partial progress in your obligation. Study will take a progressive course. You may even go abroad to study. Jobs can face instability. A health disorder is predicted for tomorrow.



PISCES

A health disorder is predicted for the mid-portion. Start and end are better. You will retain progress in the academic sector. Health conditions will gradually improve. The expenditure level will rise. Worshipping Devi can provide support.

Masterful Storytelling With Flawless Writing

I had already read all of Jhumpa Lahiri's works before finally delving into her debut novel, "The Namesake." Like every other time, I'm left amazed by her magical craft and her ability to make trivial things appear larger and more important. Jhumpa Lahiri never plots ambitious narratives; all she does is grasp the quotidian and drive the narrative forward seamlessly with her flawless writing. "The Namesake" falls under the same category.

One day, as Ashoke Ganguli travels by train to his grandparents' house, he encounters a man who has travelled to different parts of the world. This man suggests to Ashoke that leaving his land provides an opportunity to see the world from a new perspective. Before this encounter, Ashoke had never considered going to other countries, spending the majority of his years in a foreign land where, in the initial days, he would have to struggle for his identity. Unfortunately, that night, the train derailed, resulting in the deaths of hundreds, including the man who suggested Ashoke go beyond the borders of his country. Ashoke is fortunate enough to survive the disaster, but the years that follow are no less perilous as he stays bedridden, unable to walk or travel. Strangely, a book written by his favorite author, Nikolai Gogol, also survives the chaos. After recovery, Ashoke marries, and then, as the man on the train had suggested, he departs for the US, trying to obliterate the train accident from his mind. However, the images of that horrible night loom in his mind every now and then. When Ashoke and Ashima become parents, they wait for Ashima's grandmother's letter



Sugam Gautam

Book name: The Namesake ,
Written by: Jhumpa Lahiri, Genre:
Fiction, Language: English

bearing the name of the newborn. For some reason, the letter never reaches the mailbox of Ashoke's apartment in the US. The newborn is named, temporarily, after Ashoke's favourite author, Nikolai Gogol. They assume that the grandmother's letter will find them someday, and then they can replace the temporary name with the one on the letter. The temporary name, only used by family members, becomes the official name of the boy as they fail to find the letter. The grandmother, not in good health, eventually dies, disrupting the pattern of her keeping the names of the grandchildren.

The novel showcases the difference between the cultures of India and the US through characters like Ashoke, Ashima, and Gogol. Gogol's younger sister, Sonia, is not emphasised, as the author chooses to drive the narrative through the experiences

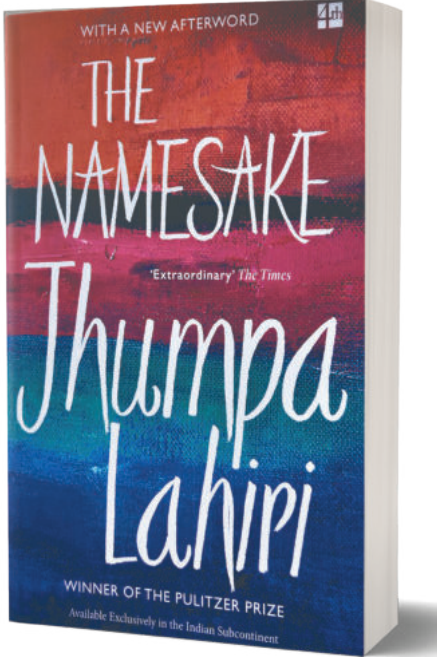
and understandings of Gogol. Gogol is uncomfortable with his name; his classmates in the US, he thinks, have popular and stylish names. When he is occasionally taken to India for Durga Puja, he doesn't connect to the places and relatives in India. He feels like one of those Americans, puzzled by the enormous set of formalities. In the US, his home, on special occasions, is always crowded by his parents' Bengali friends. The closest he ever comes to India is through these people: his father's anticipation for a party to be held in their house and his mother's relentless efforts in the kitchen for days on end. In gatherings, the other children, like him, are always bored and watching TV, leaving the adults among themselves, making them feel more like Indians. A professor at a US-based university, Ashoke, figures out that his son hasn't inherited Indian culture. Ashoke and Ashima never complain to Gogol for not doing certain things like Indian people generally do. When Gogol grows up, he even changes his name to Nikhil. Yet he remains Gogol to his parents and the people he knows as his parents' friends. At the peak of his youth, he makes an American girl his girlfriend. Though his parents show no signs of disapproval, he knows that they don't want him to marry her.

Ashima, a quiet woman, hates having her family members away from the house for too long. Ashoke has been on an educational trip for a long time; Gogol is with his girlfriend's family on vacation; and Sonia is in a different city for studies. And then, suddenly, one day, she is informed about the untimely demise of her husband. The death of his father

transforms Gogol into a thoughtful figure; thereafter, he starts realising the silent love of his father. Some years later, he marries a Bengali girl who has been living in the US. Though the relationship shows some promise, the girl cheats him, and once again, he becomes a single man. By the time he turns thirty-two, he has seen it all: his parents' struggle in the US, the stark distinction between the cultures, the love of his parents, and the most heartbreaking—the death of his father.

The novel evokes a sense of transformation one goes through in life, showing why a person can't forget his roots. Ashima, a widow, sells the US house and plans on dividing her time between India and her children's apartment. Though the love shared between Ashima and Ashoke is not expressive, readers feel a deep connection that binds them together in a foreign pasture. The novel is well-paced, and by the time you finish reading the book, you are transported to a different world, a world of Gogol and his family. It's as if Jhumpa Lahiri stands on the aisle between two cultures, gazing with compassion to discern the tiniest nuances. You just can't forget the characters built by Jhumpa Lahiri. Her writing is a testament to what people describe as meticulous work. The fine details she sketches will keep you engrossed, not wanting to let go of the book. With her masterful storytelling and well-developed characters, Jhumpa Lahiri has certainly given a masterpiece to the literary world—one that will be cherished for ages.

(The author is a writer from Pokhara.)



BOOK REVIEW

Winter Guide For People With Diabetes



Dr. Shashi Sharma

Numerous indoor activities offer opportunities for staying active without leaving your home. These include practicing yoga, climbing stairs, dancing, and even household chores like cleaning the room.

Navigating the winter months with diabetes presents a unique set of challenges as the world transforms into a landscape of snow and cold. Individuals grappling with diabetes must confront various complexities, from managing blood sugar levels in the face of temperature drops to paying extra attention to foot care and safeguarding mental well-being.

The winter season often tempts people to be less active due to the chilly weather and the allure of confronting, indulgent foods. Despite the reluctance to leave the warmth of a cozy bed during the winter, maintaining a sedentary lifestyle can be particularly detrimental, especially for individuals with diabetes. Interestingly, our metabolism tends to function well in the winter, presenting an ideal opportunity to embark on weight-loss efforts during this season. This comprehensive guide aims to empower those with diabetes by providing insights and practical tips to successfully navigate the intricacies of the winter season.

Understanding the impact of winter on diabetes is the foundational step in crafting an effective strategy. The drop in temperature can influence blood circulation, potentially increasing the risk of heart-related complications. Awareness of these challenges lays the groundwork for a tailored approach to managing diabetes during the winter months.

Creating a warm and comfortable environment is crucial for individuals with diabetes, as the cold can exacerbate complications. Maintaining a warm living space by setting the thermostat to at least 18 degrees Celsius in frequently used rooms is essential. Exploring financial assistance options or grants to enhance energy efficiency can further contribute to creating a comfortable and diabetes-friendly environment.

Monitoring blood sugar levels becomes even more critical during the winter. The cold weather can impact blood sugar levels, necessitating more frequent testing. Overcoming challenges such as cold hands during finger-prick testing can be addressed by using hand warmers or holding a warm cup of tea before testing.

Caring for feet in cold conditions is



imperative, as winter demands heightened attention to foot care. Despite the need for layering, daily foot checks remain essential. Individuals with diabetes should exercise caution when using heating devices to prevent burns, especially for those with neuropathy.

Ensuring medication and equipment safety is paramount in the winter. The extreme cold can adversely affect insulin and diabetes testing equipment. Storing insulin at room temperature and keeping testing equipment, as well as insulin pump handsets, in insulated pockets when venturing outdoors becomes a crucial practice.

Prioritising vaccinations is integral to

safeguarding overall health during the winter months. Individuals with diabetes are vulnerable to winter viruses, highlighting the critical importance of staying up to date on flu jabs and COVID boosters.

Mental health and emotional well-being are often overlooked aspects of diabetes management during the winter. The gloom of winter can cast a shadow on mental health, potentially impacting blood sugar levels. Seeking support from healthcare professionals, family, or engaging with online forums is crucial to effectively managing stress and emotional well-being during the colder months.

Addressing the financial aspect of diabetes

management is another key consideration. The cost of living, including energy bills, can pose a formidable challenge for those managing diabetes. Advocating for guaranteed protection against energy disconnection and seeking resources to alleviate financial burdens associated with diabetes care are essential steps towards a more secure winter.

Nutrition plays a pivotal role in blood sugar control, and maintaining a well-balanced diet is paramount. Individuals should be mindful of their alcohol intake, understanding that it can lead to heat loss and dilated blood vessels, contrary to the common perception of providing warmth.

Staying active indoors is crucial for diabetes management, even during the colder months. Engaging in a brief daily exercise routine for a minimum of 30 minutes can enhance your insulin sensitivity, aid in more effective regulation of sugar levels, promote warmth, and potentially boost your mood. Monitoring blood sugar levels, especially for those using insulin, is crucial. During the winter, reduced physical activity may result in inadequate glycemic control, making it essential not to neglect walking even in inclement weather. Numerous indoor activities offer opportunities for staying active without leaving your home. These include practicing yoga, climbing stairs, dancing, and even household chores like cleaning the room.

In conclusion, thriving with diabetes during the winter necessitates a holistic approach that encompasses physical, emotional, and financial well-being. Armed with knowledge and proactive measures, individuals with diabetes can not only overcome the challenges posed by winter but also ensure a season of good health and well-being. Regular communication with health care teams and a strong support network are essential components of a successful winter diabetes management strategy, ensuring a journey through winter that is both comfortable and healthy.

(The author is a consultant physician and Assistant Professor of Internal Medicine at Purbanchal University Teaching Hospital, Gothgaun, Morang.)

TRN CROSSWORD PUZZLE NO. 1774

1	2		3			4		5	
6					7				
8					9		10		11
12	13						14		15
			16						
17					18				

Name
Address
Signature

- Across**
- 1. Abuser
 - 4. Very eager and enthusiastic
 - 6. A serious disagreement
 - 8. Have you read that one?
 - 9. Explosives used as detonator
 - 12. Make extremely annoyed
 - 14. Talk wildly
 - 16. Complying with a request
 - 17. A harmful plan made in secret
 - 18. They collect, dispose ashes
- Down**
- 2. Remote-controlled flying device
 - 3. Soaked tea in water
 - 4. Law
 - 5. Indicate the truth
 - 7. Of extreme force
 - 8. Non-Aligned Movement
 - 10. Damage reputation
 - 11. Intentionally a false statement
 - 12. Declare invalid
 - 15. Place where a meeting is held
 - 16. Make a choice from

Last date of entry:
January 24, 2024

Win a prize of Rs. 600. In case there are more than one correct entry the prize will be split into three sums of Rs. 200 each. The winner will be selected by a lucky draw. Only cuttings (not photo copy) that include the Crossword Puzzle no. will be accepted.

Solutions to TRN Crossword Puzzle No. 1773

- ACROSS:** 1. CANCER 4. CAST 6. FINANCES 8. SNAG 9. ENABLE 12. CRISIS 14. GOAD 16. LEAFLETS 17. STAB 18. ACCORD
- DOWN:** 2. ASIAN 3. CHARGES 4.COS 5. SPILL 7.CHELSEA 8. SEC 10. ANGELIC 11. END 13. ROBOT 15. ACTOR 16. LOB



Rekha Rajopadhyaya
Krishna Chandra Gautam
Sunil Sharma Bhattarai

ALL CORRECT ANSWER

Bal Krishna Shrestha, Damodar Lohani, Radheshyam Shrestha, Archana Devi Shrestha, Surya Shakya, Feroj Rajopadhyaya, Mana Raja Jui,

CREATIVE CORNER



Nirjala Batala, Grade: IV, Pioneers Scholars Academy, Kailali



Ojaswee Aryal, Grade V, Gyan Niketan Secondary School

TRN PUZZLE NUMBER-406

All you have to do is to fill up in the seven boxes below with the numbers in such a way that the sum will be 483 whether you go diagonally, horizontally or vertically. The numbers should be 45 to 93 between. The number should not be used twice.

74	92	54		72
82	51	62		73
90	52	70		81
49	60	78		89
57	68	86		48
65	76	87		56
66	84	46		64

71	80	89	42	51	60	69
79	88	48	50	59	68	70
87	47	49	58	67	76	78
46	55	57	66	75	77	86
54	56	65	74	83	85	45
62	64	73	82	84	44	53
63	72	81	90	43	52	61

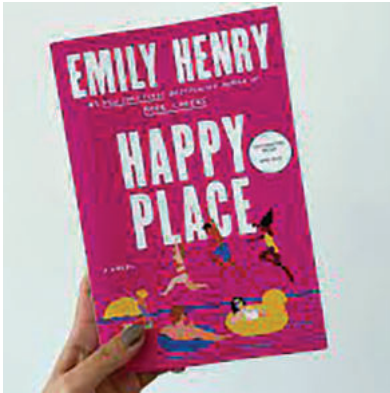
TRN PUZZLE SOLUTION-405

Prepared by: Bishwo Nath Kharel

Friendship Resonance



Kusum Gautam



"Happy Place" is a romantic comedy novel by Emily Henry about two friends, Harriet and Wyn, who pretend to be in a relationship for one week. They have maintained an ideal relationship since their encounter in college—they complement each other harmoniously, like essential seasonings, a delightful combination of sweetness and warmth, or a classic pairing of seafood and bread. However, for the time being, they have chosen not to disclose the reasons behind their decision. Their relationship ended five months ago. Furthermore, they have not yet disclosed this information to their closest companions.

Furthermore, they have not yet disclosed this information to their closest companions. Thus, they find themselves sharing the most spacious bedroom in the Maine cottage, which has been used as their group's annual vacation for the past ten years. During their yearly vacation, they escape from their everyday routines and engage themselves in a week of luxuries, enjoying a large amount of cheese, wine, and seafood. They love the coastal atmosphere alongside those who truly understand them. This year, Harriet and Wyn are intentionally hiding their strong desire for each other. Given that the cottage is now on the market for sale, this upcoming week will be the final opportunity for all of them to spend time together in this location. They are unwilling to cause emotional distress to their friends, so they will act according to expectations. Harriet will represent the determined surgical resident who avoids creating conflicts, whereas Wyn will represent the relaxed and charismatic individual who conceals any vulnerabilities. The strategy appears flawless when observed from a significant distance through a pair of sunglasses streaked with sunscreen. After experiencing years of romantic affection, how challenging could it really be to fake those emotions for just seven days?

Happy Place is not an exception, and I believe it surpasses Book Lovers in quality (although People We Meet on Vacation remains my favorite). The narrative delves beyond an ordinary tale of failed romance, exploring the lengths individuals go to in order to appease others and the evolution of friendships over time. It is an enjoyable and emotionally encouraging book, especially when

it takes place during the summer and you are reading it in the winter. This book celebrates friendship, false dating, and second chances. If you're in your 30s with friends you've known since college or high school, you know the beautiful highs and tragic lows of true friendship. Working hard can be difficult, and life can make it easy to let go. Harriet is unprepared to breakdown with her two best friends, hotshot lawyer Sabrina and down-to-earth farmer Cleo, but it's inevitable. In those moments, individuals you assumed would stay by your side, like additional limbs, start to leave. You find that your long-lasting, ideal fit is now ragged. Your edges look off. Stuff hurts. Honestly, it aches. Henry masterfully writes about the attractive beach village, offsetting Harriet's drama, including her desire to maintain appearances with her ex, Wyn.

So, this is officially my best book by Emily Henry, and it deserves all the love and hope! Emily's writing, particularly her conversations, is truly exceptional. These experiences are guaranteed to immerse you in the core of the narrative, evoking powerful emotions that leave you helpless to take any action. The book is set at a Maine cottage where the people in the story are able to fully immerse themselves in the lobster feast, which proves to be highly suitable for the narrative. The book "Happy Place" is primarily focused on its characters, and Emily deserves praise for her ability to create and grow characters that openly and brutally express their smallest emotions, flaws, and anxieties.

The painful stretching, popping, and breaking of growth as you stumble from college graduation into adulthood, absorbing and transforming lessons. The writing is witty and charming. Emily Henry has a gift for creating dialogue that is both funny and heartwarming. Overall, Happy Place is a delightful novel that will leave you feeling happy and hopeful. It's a perfect book for fans of romantic comedies or anyone who is looking for a feel-good story.

(BBA 1st Semester, Kathmandu University School of Management (KUSOM))