



Report on 25,000 Megawatts in 20 Years: Missing the Bigger “Downstream” Pictures?

By Santa Bahadur Pun

A. Background

Nepal’s power sector is in utter shambles, reeling under an unprecedented 14 hours of load shedding per day with more to come in the months and years ahead. The UCPN-Maoist led government with the CPN-UML administered Ministry of Water Resources on Mangsir 18, 2065 constituted a 15 member Task Force¹ to formulate the 10,000 MW of Hydropower Development in 10 Years. The same government on Poush 9, 2065 declared National Electricity Crisis and launched an ambitious 35 Point (later increased to 38 Points) National Electricity Crisis Eradication Plan. Barely nine months later, with the change of guard from a coalition led by UCPN-Maoists to one led by the CPN-UML, the Nepali Congress (NC) party held the important Water Resources portfolio, and broke up the Ministry into the Ministry of Energy and Ministry of Irrigation. Adding to the previous government’s plan for 10,000 MW over ten Years, the new government also constituted on Bhadra 10, 2066 a 12 member Task Force² to formulate a plan for 25,000 MW hydropower development over 20 Years.

¹ Consisting of SN Poudel (former WECS Secretary) as Coordinator, LN Bhattarai as member-secretary, RL Kayastha, Dr. G Nepal, B Pradhan, LMS Bhandari, S Upadhyay, Dr. LP Devkota, GL Pradhan, AK Upadhyay, AR Pande, AK Karki, SB Malla, UK Shrestha and Dr. SN Mishra.

² With Kishore Thapa (sitting WECS Secretary) as Coordinator, BR Regmi as member-secretary, AK Upadhyay, SR Lakaul, AK Karki, SB

The following are excerpts from the conclusive abstract in the report titled *25,000 MW in 20 Years*:

“Thus, within the twenty year period (2010 – 2029) including the Pancheshwar, Karnali Chisapani and Saptakoshi multipurpose projects, total electricity generation of 37,628 MW is possible. If these three large projects are excluded, then still 20,354 MW of electricity generation is possible in the coming twenty years.” – page jha (in Nepali)

*“This Report justifies the fact that, though 25,000 MW of electricity generation in the coming twenty years is **very optimistic, it is not impossible.**” – page ga (in Nepali)*

*“If Nepal’s hydropower is developed properly then this region’s prevailing uncertainty and mistrust would all disappear and like the South-East Asian country **Laos**, the South African country **Lesotho** and the South American country **Brazil**, Nepal can also become the **‘hydropower centre’ of South Asia.**” – page gha (in Nepali)*

(Continued on page 2)

Malla, Dr. J Jha, LMS Bhandari, GL Pradhan, Dr. S Shah, Dr. GR Pokharel and Dr. G Nepal.

Dear Readers,

Welcome to the July newsletter!

Since the founding of CAN-USA - a US registered non-profit organization - in 2007, our newsletter has been a hallmark channel for sharing non-political information related to academic and non-academic topics of interest for the developing world - Nepal in particular.

Our reader-base consists of the Nepali Diaspora as well as government, NGOs, private organizations and the student community. It is a growing base and the reader-feedback has been positive and encouraging. We thank our readers for their support and are happy to continue the publication schedule bringing you this July newsletter.

In this release, we have packaged articles on a variety of topics written by professionals and practitioners in areas of their interest and expertise. No one article is alike, and yet collectively the articles present a unified case for sharing information. For that, join us in extending a big thank you to our contributing writers and advertisers!

We would also love to hear from you on making this publication a continuing success.

Enjoy the newsletter!

*Warm Regards,
Newsletter Editorial Team (CAN-USA)*

*(Report on 25,000 Megawatts in 20 Years ...,
continued from page 1)*

Thus, despite accounting for such large multipurpose projects as Pancheshwar, Karnali Chisapani and Saptakoshi, the Report claims that 37,628 MW of hydropower development is “not impossible” within the coming 20 years. The Report highlights the hydropower achievements of Laos, Lesotho and Brazil. One needs to recognize that Laos and Thailand conduct power trading on the basis of a mere MOU rather than an agreement that permits 3,000 MW of trading between the two countries. Similarly, South Africa not only conducts power trading with Lesotho but also, more importantly, pays for water stored in Lesotho. Strangely, Nepal, instead of being bracketed with the land-locked and hydropower rich Paraguay, is put on the same pedestal as the South American giant Brazil. Analysts believe that Paraguay was given a raw deal by Brazil on the 12,600 MW Itaipu hydropower project, till recently³ the world’s largest hydropower plant. While the Report does deal extensively with such spurious items as transmission lines, alternate energy and climate change, it scrupulously refrains from dealing with the downstream benefits from these huge multipurpose projects. For reasons that have not been made clear, the Task Force abstained from outlining Nepal’s strategy on downstream benefits. This article attempts to analyze the Task Force’s Report in the context of the 1996 Mahakali Treaty that became effective on June 5, 1997 when the two countries exchanged⁴ the instruments of ratification.

³ Now overtaken by China’s 22,500 MW Three Gorges Project. Itaipu has in 2007 added two more 700 MW units making its total installed capacity of 14,000 MW.

⁴ DN Dhungel & SB Pun. *The Nepal-India Water Resources Relationship: Challenges*. 2009. Springer. Holland.

B. Water in 1996 Mahakali Treaty:

i) Article 3 of the Mahakali Treaty:

The Article 3 states “...both the Parties agree that they have **equal entitlement** in the utilization of the waters of the Mahakali River **without prejudice to their respective existing consumptive uses** ...” Nepal’s acquiescence to this clause has been a blunder in the Mahakali Treaty. The 1954 (*revised 1966*) Kosi Treaty and the 1959 (*amended 1964*) Gandak Treaty do not suffer from such a damaging clause. With the canal networks built since the colonial British time of 1920, India has huge “*existing consumptive uses*”. In fact, India has already officially claimed 326 cumecs (*Sarada* canal’s maximum capacity) as her existing consumptive uses⁵ when the minimum average flow of Mahakali River is only 136 cumecs.

At the Joint Session of the two Houses of Parliament on the Mahakali Treaty ratification on September 20, 1996, the then CPN-UML General Secretary MK Nepal called Water Resources Minister Pashupati SJB Rana’s interpretation of Mahakali Treaty’s Article 3 faulty. Minister Rana had informed the House that Nepal and India will each be entitled to half the water of the Mahakali river *after* deducting their “respective existing consumptive uses.” MK Nepal wanted Minister Rana to take back his interpretation and declare instead that Nepal and India would be entitled to equal amounts of water from the Mahakali river⁶. In his reply Minister Rana restated that equal entitlement to all the Mahakali waters was the government’s stand and that anything presented earlier contrary to this would be inadmissible.

⁵ In addition, India has also claimed the existing consumptive uses of Lower Sarada, 160 km downstream of the Sarada / Banbasa barrage.

⁶ A very important interpretation of General Secretary MK Nepal but one is not sure about India’s interpretation.

Nepal and India have agreed that after the Pancheshwar dam is built, the average flow⁷ from the dam would be 582 cumecs. The two countries, however, have yet to agree on water sharing downstream from the dam. On the sharing of 582 cumecs, is it going to be “*equal entitlement*” meaning 291 cumecs each? Or, to cater to India’s claim of 326 cumecs of “*existing uses*” the extra 35 cumecs will be taken away from Nepal’s portion leaving Nepal with just 256 cumecs? This is MK Nepal’s interpretation. Or still, should India’s claim of 326 cumecs be subtracted from the total flow and the remainder be subjected to the 50-50 share? If so, this would reduce Nepal’s share to only 128 cumecs! The correct interpretation needs to be clearly brought to light by the two governments.

ii) Letters of Exchange: Furthermore, item 3 (b) of the Letters of Exchange on the Mahakali Treaty states: “*It is understood that Paragraph 3 of Article 3 of the Treaty precludes the claim, in any form, by either Party on the unutilized portion of the shares of the waters of the Mahakali River ...*” Thus whatever be Nepal’s portion of water (whether 128 or 256 cumecs at the Pancheshwar dam), Nepal would be precluded from making claims, in any form, on the unutilized portion of her own share of waters. Since this is incorporated in the Pancheshwar multipurpose project, would this precedent be replicated in other multi-purpose projects like Saptakoshi and Karnali Chisapani? The Task Force – 2066 Report skillfully skirts this vital issue of national importance.

C. Electricity in 1996 Mahakali Treaty:

i) Clause 4 of Article 3 of Mahakali Treaty: This clause states “A portion of Nepal’s share of energy *shall be sold* to India. The quantum of such energy and *its price shall be mutually agreed upon* between the Parties.” Both Prime Minister Deuba and Minister Rana reiterated

⁷ Publication of MOWR/HMGN on Mahakali Treaty, dated Kartik 29, 2053.

that this clause forces India to buy Nepal's power. If one is to read this clause carefully, one gets the impression that it is Nepal that is forced to sell her portion of energy to India. Nepal has no option to sell her energy to whichever countries she wishes through the much talked about SAARC grid. Besides, the price of energy would have to be mutually agreed upon and so far there has been no inkling of what India would be ready to offer. Yet, our government does not hesitate to reel out astronomical export revenue numbers from Pancheshwar for Nepal: Rs 21 arab per annum by Pashupati SJB Rana in 1996, Rs 1.20 kharab, or about 6 times as high a number, by KP Sharma (Oli) in 1996, and Rs 45.88 arabs in 2010 by former Prime Minister MK Nepal.

ii) Letters of Exchange: Item 3 (a) of the Letters of Exchange on the Mahakali Treaty states: "While assessing the benefits from the Project during the preparation of the DPR, net power benefit shall be assessed on the benefit of, inter alia, savings in costs to the beneficiaries as compared with the *relevant alternatives available.*" The then Prime Minister Deuba in his 2053 Bhadra 26 reply to MK Nepal's letter of Bhadra 25, 2053 categorically stressed that "The treaty's provision ... forces India to buy Nepal's power. This is automatic and clear! Saving in costs of energy as compared with generation from *other alternative sources (like thermal plant, gas turbine etc.) excluding hydropower* will be the basis for determining electricity price. This is called the avoided cost principle on which the government is clear." The clear presumption of the government was that, with over 66% of India's power generation thermal based, the Government of India's interpretation would be the same as theirs. However, RR Iyer, former Water Resources Secretary in the Government of India, argued⁸ that thermal and gas plants "*need not be assumed to be the only alternatives available.*" The Report, while recommending the

development of Saptakoshi and Karnali Chisapani multi-purpose projects, studiously avoids the issue of formulating the principle of electricity pricing.

D. Medium Sized Storage Projects:

Both for the purpose of regional development and electrical balance, the Report has proposed medium storage projects for each development region: *Tamor* (380 MW) in the east, *Budhi Gandaki* (600 MW) in the central, *Kali Gandaki* (660 MW) in the western and *Nalsyagugad* (400 MW) in the far west. Despite stressing the need for these medium storage projects, the Report avoids the issue of downstream benefits. Take, for instance, the 600 MW *Budhi Gandaki* that the government initially pursued bilaterally with India, then adopted global competitive bidding, and finally as a dire necessity on an MOU basis. The dam has a live storage⁹ of 2.8 billion cubic meters of water. *Budhi Gandaki* and *Kali Gandaki* are the two major storages for the Gandak Barrage with its associated Eastern and Western Canals that irrigate 18.5 lakh hectares in the States of Bihar and UP. The 260.5 meter high Tehri Dam in Uttaranchal Pradesh has a similar live storage of 2.6 billion cubic meters of water. Besides irrigating 8.74 lakh hectares of land in UP, Tehri provides valuable drinking water to 40 lakh people in Delhi and 30 lakh people in the towns and villages of UP. Because of such advantages, the issue of downstream benefits from these medium sized storage projects (*totaling 2,040 MW*) must be mulled and discussed between the two countries.

One school of thought argues that, as Nepal's existing power system is dominated by run-of-river (ROR) projects, storage projects like *Budhi Gandaki* have become a dire necessity now. The other school, fully agreeing with that argument, adds that the issue of downstream benefits must be discussed with the downstream beneficiary, India, sooner rather than later. In

⁸ Iyer RR, *Delay and Drift on the Mahakali*, June 2001 Himal South Asian.

⁹ Niaz Ahmed, *Budhi Gandaki Storage Hydroelectric Project*, Vidyut Bhadra 2067.

the meantime, according to this approach, Nepal's immediate strategy must focus on building smaller storage power plants upstream from the existing ROR power plants, in particular the 144 MW *Kaligandaki* and the 139 MW (69 MW lower plus 70 MW middle) *Marsyangdi*. When the generation from these plants drops to about one-third of the installed capacity during the critical dry season, the upstream storages would help to increase generation to full plant capacity, at least during the evening system peak. Our policymakers are, however, barking up the wrong tree. With the Asian Development Bank assistance, they are gunning for the 127 MW *Upper Seti* storage scheme that has no power plants¹⁰ of consequence downstream. The Task Force 2066¹¹ fails to outline such critical strategic thinking.

E. Final Word:

It would indeed be a folly on Nepal's part to try to develop 37,628 MW of hydropower within the next twenty years without arriving at an agreement with India on the downstream benefit issues. A perusal of the 1996 Mahakali Treaty, with *Pancheshwar* multipurpose project as its flagship, reveals two major flaws. One is Nepal's acquiescence to the clause "... without prejudice to their respective existing consumptive uses ..." and the other appears in the Letters of Exchange, "... precludes the claim, in any form, by either Party on the unutilized portion of the shares of the waters..." Would these adverse clauses find a way into other multi-purpose projects as well such as *Budhi Gandaki*, *Saptakoshi* and *Karnali Chisapani*? Also, on the issue of "mutually agreed" price of

electricity, the Mahakali Treaty's reference to "...compared with the relevant alternatives available" needs a mutually satisfactory interpretation.

The *Task Force 2066* aims to make Nepal the "Hydropower Centre" of South Asia. This writer humbly begs to differ with this statement. With its GDP growth galloping towards the double digit figure, India's appetite for energy would undoubtedly keep increasing. But so would their per capita consumption of freshwater with the rapidly burgeoning middle class. Hydropower can be replaced by other alternatives such as coal, oil, gas, nuclear, wind, tidal, and solar. But freshwater has no possibility for replacement. Nepal's nine large and medium rivers contribute an astounding 72 percent of the flow of the Ganges during the critical dry season. The Ganges basin supports 42 percent of India's population which stands at 1.21 billion according to the 2011 census. Hence, Nepal is the "Hydro Tank" of South Asia. South Asian policymakers should concede this fact. Once this is agreed, there should be no problem in making Nepal the "hydropower centre" of South Asia. In the meantime, however, let us all face the stark reality and concentrate on how to mitigate our 14 hours of load shedding a day!

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¹⁰ Though the 15 MW Gandak powerhouse is there, its annual generation is an insignificant 0.41% to the integrated Nepal system. Instead of renovating this power house through ADB loan, a wiser investment would have been a storage project on the Kaligandaki in Mustang.

¹¹ Actually, this concept of storages upstream from existing ROR power plants was mooted by Gyanendra Lal Pradhan at a talk program. Though Mr. Pradhan was a member of the 12 man Task Force – 2066, such strategies failed to find a place in the Report.

Internet Safety for Children

By Anshu Basnyat

The Internet can be a wonderful resource for children. It can help them to research school reports, communicate with teachers and peers, and play interactive, educational games. Any child who is old enough to punch in a few letters on the keyboard can literally access the entire world in the comfort of their home. While the Internet is a wonderful resource for learning, it is also full of dangers ranging from inappropriate content to cyber-stalkers lurking in chat rooms or social networking sites. The Internet presents with many challenging issues that parents never had to grapple with before.

For parents, supervising your kids on the Internet is a delicate and necessary task. The Internet has become a blessing and a curse, if you will. On one hand, you want to encourage your children to use the Internet to develop, communicate, and recreate all the while shielding them from very real dangers it comes with. The danger can range from cyber to physical and needs to be monitored carefully. For parents who may not be tech savvy, it can be a daunting task to supervise and provide appropriate guidance for kids. To make matters worse, children these days use the Internet as if it were a simple toy. It comes effortlessly to them, and this dumbfounds the parents and results in lack of adequate monitoring. Prince Basnyat, an Information Technology (IT) professional and university professor in the IT field, states that parents need to be able to navigate effortlessly, understand totally, and deal effectively all the contours, challenges, and peril that the entire package of Internet brings for their kids. It is up to parents to make sure the good outweighs the bad when it comes to Internet use by their children.

Monitoring children's Internet usage can seem overwhelming to a parent who lacks technology skills. However, it can be achieved with some

willingness and diligence. The first step is for parents to become educated about the Internet. Professor Basnyat outlines three broad categories that the dangers fall into. They are referred as the 3 C's: Content (pornography, racist content, inaccurate information), Contact (threatening e-mails and other cyber bullying, strangers in chat rooms, social networking sites like Facebook), and Commerce (the blur between advertising & legitimate content, invasions of privacy & SPAM).

The second step is for parents to understand the different ways children use the Internet. Parents typically use it for e-mails and for research, whereas young people use it to interactively chat, Instant Messaging (IM), music, games, TV shows, and movies. It is important to be involved in our children's online activities, validate their skills, and learn from them. One common way parents and children seem to use the Internet today is using social networking sites like Facebook, Twitter, MySpace, Friendster, etc. This avenue allows for people to stay connected with their loved ones, but also poses safety risks when people share information that may seem harmless until predators get hold of it (e.g. vacation time & spots, kids' pictures, venting about the workplace, political views, etc). I am reminded of one incident someone shared with me about a couple they knew who posted their vacation time on a social networking site and their babysitter, who was supposedly a "friend" of theirs, arranged a robbery of their home while they were vacationing. It is one of those things in life you can not imagine happening to you until it does.

The third step is for parents to understand and explain the difference between knowledge and wisdom to their children. Knowledge refers to when children pick up technology quickly and

make good use of it whereas wisdom comes from understanding how to behave in a virtual world. Helping your children understand the context is key when technology is constantly bombarding us with new, important safety issues which children may not see. Above all, parents acting for their children as a model of appropriate Internet usage can play a pivotal role in sending home the message.

Tips to avoid potential pitfalls:

- Place the computer in a common area (e.g. family room) so parents can easily monitor
- Choose products with parental controls (e.g. games with recommended age)
- Each IM product asks you to fill out a profile of yourself. Be sure not to include private information such as phone number and address or school name.
- Never click on unknown or suspicious hyperlinks
- Never accept files (via e-mails, IM, downloading, etc.), or send them to people that you do not know
- Never open any e-mails that look suspicious such as not knowing who the sender is
- Keep IM address secret in chat rooms
- Monitor your child's Internet browsing habits regularly
- Never provide personal information in social networking sites such as date of births, social security numbers, phone numbers, home address, etc.
- Refrain from posting information that seem harmless, but can be used against you in some way or another (political views, negative comments about the workplace, vacation time and spots, children's pictures, etc.)
- Be selective in who you allow to be your "friends" in social networking sites.
- Remember always that every one of us is vulnerable in cyberspace, so take precaution and then enjoy technology!

Author Profile:



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Lead Acid Battery in ICT: Time to Manage the Toxin

By Samana D. Ghimire and Amod K. Pokhrel

The world has taken a forward stride in recent years with technology and innovation. Globalization through transfer of technology is revolutionizing everyone's life today. Nepal, a developing country, shows itself as a prime example of this motif. Just a decade ago, less than 2% of households in Nepal had access to telephones. Today, approximately 38% of Nepalese carry cell phones. The first computer was introduced in 1971 and cell phones were far out of reach then. By the year 2003, there were already 1,555,300 computers in use and the government of Nepal has further emphasized the need to promote information and communication technologies (ICT) in every sector of development, including education. For example, in its tenth five-year plan (2002-2007), the government has set a goal *"to expand education suitable to the modern world by utilizing computer literacy at all levels of education and teach the subjects related to information and communication technology in the schools"*.

Despite planned improvements, Nepal is struggling to meet the demand for electricity. The 4 to 18 hours per day load shedding – heaviest during winter months – in Kathmandu has left approximately three million valley-people with no other choice than to look for alternative energy to operate ICT devices. Often these devices are run through uninterrupted power supply (UPS) or lead acid battery (LAB). In the case of rural areas, not connected to the electric grid, the ICT devices including computers solely run on LABs. Although cell phones and computers have helped in communication and solar panels in providing for everyday basic electric need, the continuous rise in demand of these devices, and LABs to run them has raised serious concern about the

explosion of e-waste in Nepal. Since Nepal does not have small or large-scale collection and environmentally sound recycling facility to manage the end-of-life electronics or LABs, these e-wastes are generally disposed of or recycled improperly. If the current practice of improper disposal of e-waste continues then it could substantially degrade the environment and negatively impact the health of children -- the target market for computer and other ICT devices. Because of high usage and strong on-going demand of lead-acid powered equipments, it is important to build awareness on how to properly dispose of used LABs and the potential consequences we face if we do not reckon with reality.

Lead is one of the soft malleable metals and has a shiny chrome-silver luster when it is melted into liquid. It is used in a wide variety of products including construction materials, paints, jewelries and different materials used in cell phones, computers and solar panels. The LAB, invented in 1859 by French physicist Gaston Planté, consists of lead plates and diluted sulphuric acid that uses reversible chemical reaction to store energy. Among items that make use of lead or LAB are heavily used electronics in our day-to-day life, such as:

- **Computers:** Nepal used to receive most of its computers through international donations and many of them were based on phased-out technology such as CRT (Cathode Ray Tube) monitors. CRT monitors used in computers have lead -- up to 2.2 kilograms each in some cases.
- **Solar panels:** There are three common LABs used in solar applications today: Flooded Gel, and AGM (Absorption Glass Mat). Deka is one of the companies that make these

batteries. The flooded batteries are low-maintenance, cheaper and thus popular in Nepal. Data shows on an average that 67% of the flooded battery weight to be that of lead.

- **Cell phones:** Since new cell phones are introduced in the market all the time, the average cell phone life is about 18 months for a consumer. This results in a lot of old phones that have to be disposed of. Cell phone coatings often constitute lead. The batteries for them were originally made of nickel and cadmium but could alternatively contain lithium and toxic lead. One cell phone could approximately contain 0.40 grams of lead. Additionally, cell phones need cell towers that also have a need for lead batteries to provide backup power.

The LAB's popularity comes from its ability to maintain a relatively large power-to-weight ratio, relatively low production cost, and close-loop (use and recycle) life cycle. In developed countries, there are close-loop life cycle protocols for LABs. For example, in the U.S., about 99% of the LABs are recycled to avoid poisonous lead from leaking back in to the environment (air, soil or water). Considering the plethora of LABs in Nepal, proper protocol needs to be formulated and implemented to avert health hazards.

No matter how lead is transferred into the environment, the increased levels of lead in the human body is called lead poisoning and it can affect several organs including the heart, bones, kidneys, reproductive and nervous systems. Lead inhibits the much needed oxygen and calcium transports and alters nerve transmission in the brain. Long-term lead exposure in children could have serious health hazards such as decreased growth, hyperactivity, learning disabilities, lower IQs, impaired hearing and even brain damage. Other common symptoms of chronic over exposure include loss of appetite, metallic taste in the mouth, anxiety, constipation, nausea, pallor,

excessive tiredness, weakness, insomnia, headache, nervous irritability, muscle and joint pain. Even though lead absorption greatly varies among people, the gastrointestinal tracts of adults typically absorb about 10-15% of ingested lead while pregnant women and children absorb about 50%. Furthermore, adults excrete approximately 99% of the lead consumed, whereas children excrete only about 32% leaving them as the most vulnerable age group to lead poisoning. In view of this, there are compelling facts suggesting that the future generation of Nepal's population is at greater risk of lead poisoning. However, the Nepal government policies on lead regulation seem to be elusive if not absent.

Even our neighboring country China has long been struggling with lead poisoning. Since 2008, China has faced more than a dozen major lead poisoning incidents. Recently, the Human Rights Group has pitched in and started investigating four of the affected provinces – Henan, Hubei, Yunnan and Shaanxi – after more than 600 people including 103 children were sickened by lead poisoning. Fortunately, there has not been such a big lead poisoning incident reported in Nepal yet. However, the data published by DFTQC (Department of Food Technology and Quality Control) on Annual Bulletin 2056-2062 showed that lead contamination was found in 41.14% of food samples they analyzed during that period. If the analysis were to be done today, the number would be much higher given the increased use of LAB powered equipments since then. Also, this analysis is only focused on ingestible things. Analysis on lead exposure through inhalation and dermal contact has yet to be done, and its results could be equally dismal, if not more.

According to Alternative Energy Promotion Center (AEPC), at present there is no policy regulating the handling of used LAB. Such negligence from the government shall not go unnoticed given the increasingly dangerous environment we are living in. First and foremost, it is very important for everyone to

be aware of lead content around them. Being vigilant and adopting the basic everyday sanitation habits like washing hands and wearing lead shields when working in close proximity of lead-based equipments can help prevent the exposure to a certain extent. Focusing on preventative care, a diet rich in calcium and iron can also help protect kids and adults from absorbing lead.

Second, a proper protocol needs to be in place to recycle the used LABs and other equipments containing them. The suppliers of the new replacement LABs should properly remove the old ones for recycling. Typically, the LAB is broken down into 3 parts during recycling: plastic, lead and electrolyte. Old plastic cases and covers are crushed into plastic pellets, which can then be used to make new cases and covers. Lead from the battery grids, posts and terminals are melted to make new grids. And finally, diluted sulfuric acid is neutralized, processed and converted into sodium sulfate crystals to make new glass, textiles and detergents. Electrolyte can also be neutralized and sent to a water treatment plant for chemical treatment for possible reuse.

Currently, Nepal does not have any proper regulations for battery recycling, management of scrap computers or end-of-life electronics. However, time is running out and there is an urgent need to draft formal policies to manage e-waste and used LABs. One potential policy initiative could be that the government asks the producers/sellers of electronic products (including LABs) to take responsibility for the later recovery and recycling of their products. Government, NGOs and the corporate responsibility body of the Chamber of Commerce could then closely monitor the implementation progress. Similarly, the government can join hands with producers/sellers and establish collection points/centers in various parts of the country. As a short-term strategy, the government must

continue educating the public about lead content in electronic products including LABs, the potential exposure of lead from improper disposal methods and the health consequences from such practices. As the saying goes, prevention is always a better step than cure.

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Author Profiles *(continued from page 10):*



Amod K. Pokhrel holds Master of Science and Ph.D. from UC Berkeley. He is experienced in policy development and advocacy, teaching and research in Public Health, Public Policy and Environmental Health related issues. Currently, he is a post-doctoral Research Fellow in the department of Environmental Health Sciences of UC Berkeley, where he is studying the relationship of indoor air pollution and childhood pneumonia of children in Nepal. He is also conducting research on “Environmental and Occupational Impacts of Lead from Battery Manufacturing and Recycling Process” and “Lead-based Paint in Developing Countries”. He can be contacted at amodpokhrel@yahoo.com.



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Him Tech, Inc. has been mainly established to provide IT Staffing service to all Nepalese professionals across the United States. We invite all the professionals from across the USA regardless of their working status whether you are on CPF, OPT, H1b, Permanent Residents, Or Non Resident Nepalese.

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About The Company: Him Tech, Inc. was founded in 2011 by Mr. Raj Sarraf and two other partners with a vision to provide IT consulting placement and online IT training services to serve the Nepalese communities across the United States. The core mission of Him Tech is to help Nepalese professionals who are struggling in the U.S. despite their talent and expertise. Our mission is socially conscious for our community and its members, and is premised on the principle: Innovation through and for the Nepalese community.

As a service provider, Himtech is focused on servicing the market needs of IT Professionals from Nepal.



About the Founder: Mr. Sarraf is the President, CTO & Sr. Recruiter at Him Tech. He holds a Computer Engineering degree from Tribhuvan University and an MBA from University of Bridgeport, Connecticut. Prior to starting his company, he worked as a System Business Analyst for 3 years serving fortune 500 companies like Verizon, Charter, Synchronoss and New Breed Logistics (one of the largest privately held logistics company in North Carolina). He also worked for couple years as a professional Information Technology recruiter. He has been living in U.S. for 6 years. His detailed profile can be viewed in LinkedIn at <http://www.linkedin.com/in/rajsarraf>. He can be reached at raj.sarraf@himtechinc.com.

Compassion and Consumption

By Duncan Maru

A 60 year old gentleman came to Bayalpata Hospital describing several months of lower back pain. A large proportion of adult patients who come to Bayalpata Hospital describe back pain. It is significantly challenging to determine which of these patients have a problem that we can actually help with medical therapy. Because almost all of our patients do difficult manual labor and because we see more than one hundred patients every day, many of these patients can only have a brief examination and a prescription for painkillers. Patients have real symptoms; medical knowledge unfortunately rarely can approximate reality. This patient was different.



Chest X-Ray showing likely tuberculosis in the upper lung fields, worse on the right.

Dr. Bikash Gauchan, Bayalpata's Hospital medical director and the patient's treating physician asked some more questions. In addition to back pain, the patient described intermittent fevers for the last several months. On chest examination, he had abnormal finding in the upper lung fields, worse on the right. As such, Dr. Bikash was concerned about tuberculosis. A chest x-ray in fact revealed bilateral apical opacities, consistent with his assessment. Films of the lower back suggested Pott's disease (tuberculosis of the spine).



X-ray of the lower back from the side showing TB of the back.

Having a likely diagnosis, Dr. Bikash wanted to test the patient's sputum, but unfortunately our laboratory is operating at minimal capacity since a staff member is away. Hopefully in a few days we will get that done; in the meantime, Dr. Bikash decided to initiate him on an anti-tuberculosis regimen. Treatment of TB is well studied and a cure is very much possible. Yet in settings like ours, delivering high-quality tuberculosis treatment is challenging. Treatment regimens have significant side effects, and patients' lives are quite busy and complex. He lives relatively close, only about one hour's walk from the hospital. Throughout Nepal, the location for provision of anti-tuberculosis medicine, through Directly Observed Therapy (DOT) or otherwise, is through the health system's infrastructure of hospitals, primary health centers, health posts (small clinics), and sub-health posts (smaller clinics). Since we are the closest health institution to his home, we are the providers of his anti-tuberculosis medicines.

Dr. Bikash calmly sat him down and discussed his diagnosis treatment, and how he would need to walk to the hospital to receive his medicines. He reassured him that he would get better. They discussed, and the patient was receptive, to the notion of DOT given that he felt he would receive better care and that the walk was not too long (an hour-long walk is perceived very differently in Achham than elsewhere). Dr. Bikash counseled him on the side effects, and he discussed with him about quit smoking. Our HIV counselor was not available for the next few days, but he would provide an HIV test when he returns. He told the patient and our registration helper Huijalji that he could bypass the one hundred-deep registration line to come in, take the medicines, and head back. In a healthcare setting where so many interactions are overly rushed, where

patients are often disempowered, and where there is just no time for counseling, I was moved by Dr. Bikash's gentle and patient manner.

We do not currently have a female community health volunteer (FCHV) in his village, although within the next few months we will be expanding there. At that time, hopefully she will assist in our endeavor for a cure for this gentleman. The FCHV program is found throughout Nepal and forms a cornerstone of public health in rural areas, but its potential is far from maximized currently. As part of our overall mission to strengthen the public sector, we have hired community health workers who supervise the FCHVs, refer patients, and help to train them. While per government mandate, the FCHVs are strictly volunteers, we provide the FCHVs a financial incentive for their work with us. As we expand the program, we hope to be able to provide adherence support and direct treatment to patients such as this gentleman.

So, our system is far from perfect; our timeliness in getting this patient an HIV test, a sputum examination, and a village-level outreach worker is far from optimal. I do not know if we will cure this man. Yet I was struck by the compassion of Dr. Bikash's approach to his care. It was a reminder to me that, even with highly protocolized, disease-specific programs such as those for tuberculosis, necessary to get cures out on a large scale, the fundamental experience of patients is based upon their interactions with their providers. I can safely say that, at least for this gentleman at the start of receiving difficult medicines for a terrifying diagnosis, we have provided him a moment of solace and compassion.

Author Profile: Duncan Maru is the Co-founder and President of Nyaya health a non-profit organization based in the United States and it collaborates with the Ministry of Health and Population to operate the Bayalpata Hospital in Achham in the Far-Western Region of Nepal.

This essay tells the story of treating a patient at the hospital.



Bayalpata Hospital in Achham is operated by Nyaya Health and the Ministry of Health of Nepal

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The Dixits Inspire a Positive Outlook for Nepal

CAN-USA Kurakani Series: An Engaging Evening with Mr. Kanak Mani Dixit & Dr. Shanta Dixit

Reported by Sapana Shakya and Sujit Thapa

Dr. Shanta Dixit and Mr. Kanak Mani Dixit spoke about their work in Nepal at a “Kurakani” event on Thursday, April 28th 2011, in Mountain View, California. The event was organized by the Computer Association of Nepal-USA (CAN-USA) for the San Francisco Bay Area Nepali community.

CAN-USA invited the Dixits to its monthly “Kurakani” series where the couple provided an engaging and inspiring talk on the current educational, cultural, and societal changes taking place in Nepal.



Dr. Dixit, Founder and Director of the progressive Rato Bangala School in Kathmandu, has been passionately involved in “creating an environment that cultivates individuals who want to learn and grow into cooperative, loving, confident and concerned global citizens”. She shared her experience working in the education sector in Nepal and provided her perspective on



the partnership between the public and private school models in creating meaningful solutions to improve the quality of education.

In her talk, Dr. Dixit highlighted the launch of the ambitious "Dailekh School Project". By working collaboratively with the Department of Education, Dr. Dixit has aspired to create exemplary schools with a "student-centered learning and empowerment of all members of the School community". She highlighted how the quality of education at village schools has improved by using appropriate strategies and innovative training methods, and by creating an



alliance with the government and the community. Dr. Shanta Dixit said that working with Nepal’s Department of Education on a district wide training program for government schools has been encouraging.

She shared her vision of transplanting similar models to other remote district schools in Nepal. The audience gathered that even in the most remote corner of Nepal, John Dewey’s principle of experiential learning can be applied to accomplish outstanding results with

sufficient faith and an ability to forge strategic partnerships.



Mr. Dixit, a journalist, editor and civil-rights activist, is recognized in Nepal and throughout South Asia as a voice for pluralism and democracy. He rendered an equally inspiring talk. Under the Himal Association umbrella, Mr. Dixit has been a voice for South Asian filmmaking -- both fiction and non-fiction -- with the Film South Asia Festival. Mr. Dixit shared his love for non-fiction filmmaking and the documentary's importance and growth in shaping Nepal's civil society. He also touched upon the significance of Nepali documentary in not just depicting the



events of the past few decades but for providing an analysis of politics and its impact on the citizens of Nepal. Mr. Dixit also shared

his passion for a few not so popular, but important arenas nonetheless for the growth of the country: an archival institution and investment in public transportation.

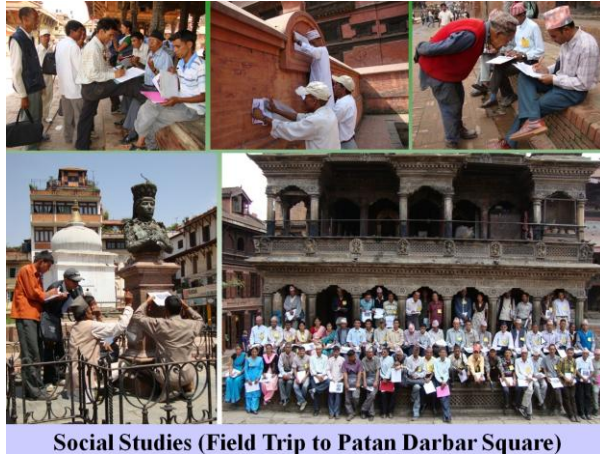
Mr. Dixit said he was optimistic that Nepal's next-generation of educated, politically and socially conscious youth would play a strong role in societal transformation for the better. Listening to his passionate belief in civil society's role in strengthening democracy, the audience got a palpable sense of positive developments in Nepal and a hope that peaceful democracy would be achievable in the long run.

This highly engaging talk program was well attended by professionals, entrepreneurs and students from the Bay Area Nepali community. During the "Kurakani" session, many audience members

talked about gaining insight into the positive developments taking place in Nepal.



Many were equally inspired by the Dixits' zeal in creating meaningful changes back home. Some of the attendees also gathered that if one has a valid idea, it is possible to work with the Nepali government and finally, that it is essential to create a solid link between Nepal and the US, to channel the Nepali diaspora's energy and philanthropy towards Nepal's growth and development.



Social Studies (Field Trip to Patan Darbar Square)



Since 2007, CAN-USA (www.CAN-USA.org), a 501(c) 3 non-profit organization, committed to professional growth of its members, has been organizing a monthly “Kurakani” talk series to connect both professionals/intellectuals and organizations working towards Nepal’s progress. It has also advocated the technological progress of Nepal with a vision to utilize the creativity and talent of its members and the broader American community to develop technology-rich solutions to address some of Nepal's challenges.

Reporter Profiles:

Sujit Thapa is a team leader and a senior engineer at Cisco Systems, where he leads a functional group on cross-functional collaborative projects to develop Cisco's flagship platform, the Catalyst 6500 -- the most widely deployed network switch on the planet.

He is a former President of Nepal Association of Northern California (NANC) from 2002-2004, where he embarked on endeavors to introduce innovative programs and to increase visibility for NANC by building collaboration with other organizations, such as the World Affairs Council, the Asia Society, READ, and other non-profits. Currently, he is a CAN-USA executive board member, where he is leading the career development program, and also helps out on CAN-USA's rebranding/marketing effort as well as the "Kurakani" talk series program. He is also engaged in leadership roles in non-profit organizations and has worked on several projects to create a positive impact back home in Nepal, where he has been involved to support the victims of the 2006 people's revolt, to help build libraries and computer facilities, and to empower the Nepali youth via social awareness programs. He can be reached at sujit.thapa@gmail.com.

Sapana Sakya is Media Fund Director at the Center for Asian American Media where she manages CPB funding initiatives and supports independent filmmakers. Sapana’s background is in independent documentary and journalism. She produced and directed, “Daughters of Everest”, an award winning film about the first Nepali women’s Everest expedition. Her other works include “Oklahoma Home”, about two Filipino doctors living and working in rural Oklahoma, part of the series, “Searching for Asian America”. She also produced and directed, “Red White Blue November” a portrait of a Hmong American family from Fresno, California. She can be reached at sapsakya@yahoo.com.

Sahayeta.org Brings Himalayan Youth Summit to Oakland

By Team Sahayeta

Sahayeta.org is a community-focused 501 (c) 3 Himalayan diaspora organization based in the San Francisco Bay Area. For the past few years, the organization has promoted the right to healthy community development in the San Francisco Bay Area for over three years. In that time they have built a strong network for Nepalese, Bhutanese and Tibetan students and refugees.

Taking care of personal health is rarely a high priority for recent immigrants; and even once settled in, the financial pressures and fast-paced lifestyles continue to smother its importance. With that in mind, Sahayeta.org has made free health care provisions to the Bay Area Himalayan community one of its major efforts since its founding.

Sahayeta.org has personally met and provided comprehensive medical care, including general care, pediatrics, optometry, clinical psychology, dentistry and physical therapy to over 300 individuals. Though the majority of the served community members have never seen a health provider before, Sahayeta.org is best known not for only its medical care, but its “style” of service.

According to Nurse Practitioner and Sahayeta.org President, Nisha Thapa, “There are limits of the ‘White Coat Syndrome’; a term which refers to a healthcare system that often loses sight of actual individuals while focusing almost solely on isolated medical conditions.

Sahayeta.org goes beyond these limits by integrating group health education with cultural activity. Instead of a typical waiting room’s outdated magazines and TV reruns, medical

care seekers pass the time by watching live performances: traditional folk dance, music, and comical/educational theater, and all of this is accompanied by traditional Nepali food.

Sahayeta.org has not accomplished this level of community care alone. Key partners include Samuel Merritt University, the Davis Street Family Resource Center, the Tibetan Health Committee, Narika.org, and countless others.

CAN-USA, another partner, will be a key contributor in Sahayeta.org’s next big event on August 20 at Samuel Merritt University in Oakland. Though healthcare and disaster response have always been a part of its vision, the organization is beginning to reach out to its younger sisters and brothers. The goal for this event is to bring together our youth and introduce them to community leaders, entrepreneurs, entertainers and accomplished scientists with whom they can identify.

While the event will be punctuated with career workshops and motivational talks about their futures, the hope is that the youth will share their own interests and talents, but most of all, have fun and learn. In fact, there is plenty of opportunity for recreation and entertainment in the day’s schedule which includes a fashion show, talent show and DJ night.

Please help Sahayeta.org spread the word about the upcoming Himalayan Youth Summit. Invitations are extended not only to youth between the ages of 13 and 30, but also young professionals seeking to network and discuss career opportunities. If you, or someone you know, loves to sing, please consider auditioning for the singing contest! If you have a flair for making videos, do consider submitting a short

documentary depicting “What it means to be a Nepali/Tibetan/Bhutanese American” for the video challenge! Or if you do not have such artistic disposition, let us know what you can bring to the audience for the non artistic challenge. Among other things, Sahayeta.org is providing a platform; make the most of it. Prizes will be awarded to the winner and include cash prize of up to \$500 and gift certificates for your favorite Bay Area Himalayan restaurants and gift shops.

Sahayeta.org was founded by Nisha Thapa. She is also the President of the organization which provides free primary health care services to uninsured Himalayan communities in the Bay Area. Nisha is a board certified Family Nurse Practitioner and currently works at Alliance Medical Group. She has been recognized by California Senate and California Congressional district for her outstanding work at Davis Street Family Resource Center. She is also one of the key members for U.S. Nepali Disaster Preparedness Task Force. She is actively involved in raising funds for various organizations such as Operational Medicine Institute, Nepal Youth Opportunity Foundation, Children’s Medical Aid Foundation and Wind horse Foundation. Nisha is dedicated to working in the public health arena locally and globally. She has reached out to communities in Nepal, Laos, India and Burma.

For more information about Sahayeta please contact nishathapa82@gmail.com or visit www.sahayeta.org.

Author Profile: Adam Sgrenci -- a member of Team Sahayeta -- prepared this article.



“Junk foods and unhealthy lifestyle” - Comedy skit during the first kickoff, free networking and fundraiser effort in GG Park



Spreading the message to youth to “Get Involved” during the Youth Forum, ANA 2008



Poster encouraging patients to avoid drinking carbonated drinks displayed in the annual health screenings



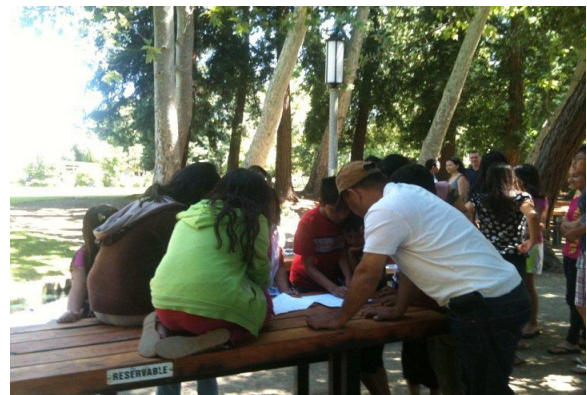
“The body builder used excessive protein in diet, the bad cholesterol and the victim heart” – another comedy skit by Sahayetans in the waiting area in the 3rd PHS



Sahayeta nurse explaining the effects of sugar to patients in the waiting area during the 3rd PHS



Nepali Youth outreach for the Himalayan Youth Summit at Sunnyvale. A heartening response from an amazing young group.



Power of Networking for Capacity Building A Report on CAN-USA's Networking Efforts

By Prabudhda Dahal

Members of CAN-USA have been extremely busy and the year 2011 so far has been very productive. In addition to the tasks and projects in hand, there have been several occasions where CAN-USA has been invited to make presentations and participate in local and regional interaction programs.

On April 10, 2011, I had the privilege to represent CAN-USA in one of the interaction programs organized by Non-Resident Nepalis (NRN) National Coordination Council (NCC) USA in Washington DC. NRN NCC had invited CAN-USA to take part in the Capacity Building of Nepal interaction program as an organization active and leading in several fronts. Other invited guest speakers included Ambassador Scott H. DeLisi (US Ambassador to Nepal), Ambassador Dr. Shankar P. Sharma (Nepalese Ambassador to US) and Mitul Desai (Senior Adviser to Assistant Secretary Robert Blake of the US Department of State). Several other professional organizations also participated in the interaction program.

At the program, CAN-USA also organized a forum at the July 3rd annual convention of The Association of Nepalis in the Americas (ANA) in Chantilly, VA. I was one of the panelists of the program with other distinguished panelists, including Dr. Shankar P Sharma (Nepalese Ambassador to US), Simon Dhungana (ANA President and CAN-USA board member) and Durga Bhurtel (Attorney and CAN-USA board member and General Counsel).

On both occasions, CAN-USA's presentation introduced the organization to the participants as a network of professionals from various fields of expertise who had come together for the overall Information, Communications and

Technologies (ICT) development of Nepal, as well as for their professional growth. The visions and initiatives that CAN-USA has been working on, such as Disaster Preparedness, Tele-medicine and Knowledge Sharing were presented to the participants.

With the premise that Nepal has been falling behind in the entire modern development continuum, I intended to build a strong case for professionals to come together and act collectively for the development of Nepal. There are several individuals in the U.S. and spread across the globe that have interest in doing something good for Nepal. Likewise, there are equal if not more individuals who have a desire to contribute but due to personal or professional limitations are not in a position to actively participate as much as they would like to. Many of the interested individuals think that the small amount of time or resource they have available may not be meaningful enough to make a difference. To make a further point, one of the most limiting factors is having the right platform or avenue where an individual's contribution can make that difference. Citing an example of the classic Nepali proverb "Thopa Thopa Mile Samundra Banchha", CAN-USA presented itself as a bucket where these "Thopa" could come together to generate greater synergy and impact toward making a positive difference. In a similar vein, I provided examples of several other professional organizations – e.g., American Society of Nepalese Engineers (ASNEng) and America Nepal Medical Foundation (ANMA). To close out on what I intended to convey, I requested individuals to choose an organization that best fits their interest and volunteer when and where they can.

CAN-USA's leading role in galvanizing professionals and creating a joint effort with other organizations such as ASNEng and ANMF on active initiatives namely Disaster Preparedness were applauded by panelists and members of other organizations present at the interaction program. Both the DP and Knowledge Sharing initiatives attracted special attention and interest from several participants. These programs have helped us network with many professionals and on several occasions connected us with great minds and people.

To view news coverage of the interaction programs, please visit:

<http://www.nepalnews.com/archive/2011/apr/apr11/news15.php>

<http://www.onlinekhabar.com/2011/07/05/70063.html>

Author Profile:

Prabudhda Dahal is the Vice-President (East Region) of CAN-USA. He is also a Senior Resource Planning Analyst at Hancock Forest Management, Charlotte, North Carolina. He can be reached at prabdahal@gmail.com or at 704-951-PRAB.



ANA July 3, 2011



NRN-NCC April 10, 2011

CAN-USA: What We Do...

CAN-USA seeks to utilize the skills and resources of both the Nepali Diaspora and the broader American Community to augment the professional development experience of its members. It also aspires to support tangible goals by providing solutions for social, economic and technical progress in the developing world, particularly in Nepal. Our organization is affiliated with several non-profit organizations in the U.S. as well as government offices and aid organizations in Nepal. Through the support of our members and from our extended networks, we are able to chart and track the progress of our success.

There are several ways to participate with our organization. Our membership structure has always consisted of individuals of various backgrounds. It is not necessary to be a Nepali, American or South Asian to become a CAN-USA member and support the organization. Our journey began in 2007 with the help of volunteers that believed in non-profit organizational values built around innovative thinking and who ensured those ideas lived to their full potential. Those who believed in our value system but had constraints to volunteer their time provided donations to encourage our efforts. The combined contributions from both sources helped shape our focus and what we continue to accomplish. Our ongoing activities are briefly described on the next page.

In continuing this journey we are happy to receive your ideas to either individually leverage or synergistically band them to direct CAN-USA further ahead to generate results that all of us can take pride in. Please visit the CAN-USA website (www.can-usa.org) and consider becoming a member. We value your contribution and are optimistic that you will consider the option.

CAN-USA Membership Information:

You can fill out an online application (www.can-usa.org) or send an email expressing your interest. We will respond to you promptly. The annual membership period runs from May through April and is structured as follows:

- Students: \$10
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Summary of Ongoing Activities

Annual Technical Development Conferences:

Since its inception in 2007/2008, CAN-USA has been holding a technical development conference on an annual basis, assembling leading world researchers, members of private industries, and the Nepali Diaspora on topics pertinent to challenges faced by developing nations, particularly Nepal. This year the 4th Annual Development Conference will be jointly held with the American Society of Nepalese Engineers (ASNEng) in Houston Texas on July 9-10, 2011. The theme of the conference is Engineering, Science, and Technology for Sustainable Development of a Developing Country. Please plan on actively participating in this conference. The details of the conference are available in:

<http://asnengr.org/asne-24.htm>.

Disaster Preparedness Initiative:

Kathmandu is due for a magnitude 8.0 earthquake that is expected to devastate the city. Since 2008, CAN-USA has highlighted the dangers of the impact an earthquake of this magnitude will create. Due to CAN-USA's leadership on this topic, a joint initiative has been launched by the America Nepal Medical Foundation (ANMF), American Society of Nepalese Engineers (ASNEng) and CAN-USA to help Nepal prepare for this event. CAN-USA has specifically focused on providing information regarding Kathmandu's fragile telecommunication infrastructure, as well as the need for a robust disaster telecommunication infrastructure. Prabhuddha Dahal, a senior member of the CAN-USA Disaster Preparedness (DP) Committee, gave a presentation to the U.S. Ambassador and members of the U.S. State Department highlighting the activities of the CAN-USA DP team. The U.S. State Department was appreciative of the work CAN-USA has already

done in this regard. CAN-USA has also become an official affiliate of the Disaster Management Initiative (DMI) of Carnegie Mellon University with the hopes of leveraging the research of the DMI towards preparation efforts in Nepal. If you can help in the analysis or development of elements of disaster telecommunications for Nepal, please contact:

disaster.preparedness@can.usa.org.

Career Development and Mentorship:

Since 2009, CAN-USA has conducted three successful career development programs to guide students and professionals in the Nepali Diaspora community in the United States. During the July 2009 convention of The Association of Nepalis in Americas (ANA) in the San Francisco Bay Area, CAN-USA collaborated with Nepal Ko Yuwa (NKY) - a platform for Nepali Youth - to launch its first career management event. This brought together an outstanding group of entrepreneurs, graduate school students and highly successful professionals to showcase their success stories in a presentation and interactive workshop session. Another successful program was conducted during the July ANA 2010 conference in Boston. On September 26th, 2010, CAN-USA in collaboration with NKY organized a successful workshop on ways to start and succeed in small business enterprises in the United States. Hosted in the heart of the Silicon Valley, this event was geared to provide expert advice and guidance to the Nepali Diaspora seeking to jump-start or switch their careers to the small business world. Experts from ANewAmerica organization provided insights and strategic tools to start and expand a small business, while the University of California - Santa Cruz Extension's program coordinator shared information on relevant training certifications pertaining to business and technology. This highly interactive program also featured

successful entrepreneurs from the Nepali community who shared their inspiring stories and meaningful experiences.

Currently, CAN-USA is partnering with Sahayeta to bring a career development and mentorship program to the youth of Nepali, Tibetan and Bhutanese communities in the San Francisco Bay Area. The program will involve accomplished speakers and comprise of a presentation and an interactive workshop on effective resume writing, on successful college applications and on career networking and interview strategies. CAN-USA envisions building upon this workshop by providing career mentorship program to coach and counsel interested youths. In the future, CAN-USA plans to bring these workshops to communities across the United States and ultimately in Nepal, to guide youth on GRE/GMAT exam preparations, graduate school applications and job interview techniques.

Professional Networking:

CAN-USA organizes a monthly “Kurakani” talk series to connect professionals, intellectuals and organizations throughout the U.S. to share business leads and information on career change and augmentation. There have been several meaningful networking events in the recent past. On October 28, 2010, Sandeep Giri, CEO of Gham Power, highlighted the State and Scope of Solar in Nepal to Address Country’s Energy crisis. During the January 25th, 2011 Kurakani, Dr. Manoj Kanskar, VP of R&D at Alfalight talked about Launching Distance Learning in Nepal. During the April 28th, 2011 event, Dr. Shanta Dixit and Mr. Kanak Mani Dixit spoke about their work in Nepal and gave an engaging and inspiring talk on the current educational, cultural and societal changes taking place in Nepal. On June 30th, 2011, Dr. Milton Chen, CEO of www.VSee.com, shared his entrepreneurial journey with the audience.

Newsletter:

Since the founding of CAN–USA in 2007, the bi-annual newsletter has been a hallmark channel for information sharing. Considering the range of topics published in the past, the newsletter is growing as a mature communications platform for students, professionals and practitioners to be heard and gain exposure by sharing researched topics and ideas that can be read by our global reader-base.

Recently, the CAN-USA Board endorsed the Newsletter policy designed to provide publication guidance to the editorial team. A sneak peek of future activities includes a revamp of our logo once the CAN-USA rebranding project is formally completed. Also, adding to the publication content, we will continue to provide an update on current and new activities of CAN-USA. This will be informative and provide transparency in what we do.

These and other improvement opportunities will be seminal to support enhancement of the next version (Newsletter 2.0) of our publication.

For your reference, this and the past Newsletters can be directly accessed from www.can-usa.org.

Tele-medicine:

In 2011-2012, the Tele-medicine Team has planned to conduct a study on "Status of Tele-medicine Program in Nepal: Gap and Need". There is optimism that this study will help to identify and prioritize the needs, and assist to formulate future Tele-medicine programs / projects in Nepal in coordination with CAN-USA and other interested partners.

CAN-USA Executive Board Members

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<i>Jagdish Pandey</i>	<i>Sandeep Puri</i>	

Former President: *Bineet Sharma (2008-2010)*

Working Committees / Groups:

Career Management and Mentorship	<i>Nabin Khakal, Pradeep Khanal, Sapana Sharma, Sujit Thapa (Chair)</i>
Disaster Preparedness Joint Initiative	<i>Amod Pokhrel, Arun Dhital, Ashish Hada, Bijay Niraula, Bineet Sharma, Jagdish Pandey, Kiran Gautam, Nabin Khanal, Nisha Thapa, Prab Dahal, Pradeep Khanal, Rob Rowlands, Sushma Dahal, Suresh Ojha (Chair)</i>
Editorial Board	<i>Ankeeta Sharma, Bineet Sharma, Jagdish Pandey (Chair), Dr. Mukti Upadhyay, Nabin Khanal, Pradeep Khanal, Shradha Thapa, Suresh Ojha</i>
Membership Drive / Fund Raising	<i>Nisha Thapa (Chair), Paras M. Upadhyay</i>
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Re-branding / Name Change	<i>Amod Pokhrel, Bijay Niraula, Bineet Sharma, Jagdish Pandey, Nabin Acharya (Chair), Nisha Thapa, Pradeep Khanal, Sujit Thapa</i>
Steering Committee Members of ANMF / ASNEng / CAN-USA Disaster Preparedness Joint Initiative	<i>Bineet Sharma, Nabin Khanal, Nisha Thapa, Suresh Ojha</i>
Tele-medicine	<i>Amod Pokhrel (Chair), Nisha Thapa, Samana Ghimire</i>