

NEPAL HORTICULTURE SOCIETY (NHS)



POCKET DIARY 2076 BS

OFFICE ADDRESS:

NEPAL HORTICULTURE SOCIETY

Lalitpur, Nepal

E-mail: nepalesehorticulture@gmail.com

Website: www.horticulturenepal.com

HAPPY NEW YEAR 2076

*May this year bring you
Peace, Progress and Prosperity*



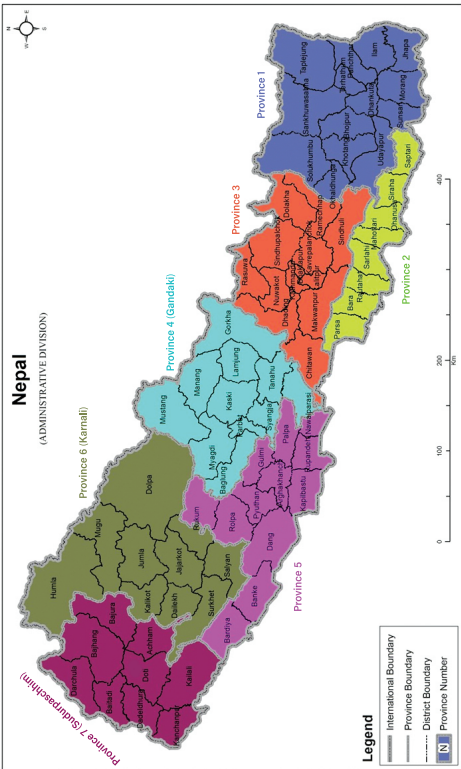
NEPAL HORTICULTURE SOCIETY

Lalitpur, Nepal

E-mail: nepalesehorticulture@gmail.com

Website: www.horticulturenepal.com

MAP OF NEPAL WITH FEDERAL STRUCTURE



The administrative boundary are as per the Nepal Gazette Volume 66, Number 58, Part 4 dated 10th March 2017 published by Ministry of Federal Affairs and Local Development.
The administrative boundary are not verified in the field

Map Published By : National Geographic Information Infrastructure Division, Survey Department

PERSONAL INFORMATION



Name:

Home Address:

Telephone No:

Mobile No:

Email:

License No:

Blood Group:

Passport No:

Citizenship No:

OFFICE INFORMATION

Office Name:

Office Address:

Telephone No:

Fax No:

Email:

Website:

IN CASE OF EMERGENCY, PLEASE CONTACT

Name:

Address:

Telephone No:

Mobile No:

Email:



BACKGROUND

Nepal Horticulture Society is an independent non-governmental organization that holds together all horticulturists working in diverse field of horticulture including private horticulture related business. The main purpose of this organization is to promote and encourage national interest in horticulture. The society was established in 1990 with the following specific objectives:

OBJECTIVES

- To enhance public awareness towards the importance of horticulture,
- To promote and develop linkages with horticulture related national and international institutions/organizations/societies,
- To advise governmental and non-governmental organizations in horticulture/ agriculture policy reforms, planning and execution of horticulture development programmes,
- To encourage and recognize professional horticulturists for their contribution and dedication in developing horticulture sector in Nepal
- To create conducive environment for the development of horticulture in Nepal,
- To develop a strong work ethic in horticulture,
- To promote horticulture as an integral part of environmental conservation activity and economic growth.

ACTIVITIES

- Dissemination of technology through its various publications, workshop proceedings etc.,
- Establishment of linkages with different agencies involved in horticulture,

- Arrangements of awards and scholarships to encourage and recognize horticulturists,
- Organization of seminar/workshops on horticulture,
- Collection and publication of profiles of professional horticulturists,
- Consultancy services.

EDITORIAL BOARD

1. Editor in Chief Prof. Dr. Shanta Man Shakya
2. Associate Editor Dr. Puspa Raj Paudel
3. Editor member Dr. Umed Pun
4. Editor member Dr. Umesh Acharya
5. Editor member Dr. Kishor Dahal
6. Editor member Mr. Arun Kafle
7. Editor member Secretary Mr. Padma Nath Atreya

MEMBERS

There are 358 members classified as life member, general member and co members from various institutions such as DoA, NARC, T.U, A.F.U, IAAS, ADBIN, AIC, SEAN, NGOs, INGOs, and free lancers.

FINANCIAL RESOURCES

- Grants from national and international donor agencies and governments,
- Membership fees,
- Funds obtained from consultancy services,
- Sales of publications, advertisement and etc.

Manuscript Submission

Manuscript could be submitted at e-mail: nepalesehort.journal@gmail.com

EXECUTIVE COMMITTEE MEMBER [2019-2021]

PRESIDENT:

Mr. Indra Raj Pandey

Mobile : 9841305232

Email : pandeyindraraj1947@gmail.com



VICE PRESIDENT:

Prof. Dr. Arjun Kumar Shrestha

Mobile : 9855052791

Email : arjun_arkita@yahoo.com



GENERAL SECRETARY:

Mr. Rajendra Koirala

Mobile : 9855051884

Email : rajendrakrl@gmail.com



SECRETARY:

Mr. Padma Nath Atreya

Mobile : 9851161952

Email : atreyapadma@gmail.com



TREASURER:

Mr. Sanjay Dhimal

Mobile : 9841313634

Email : sanjaydhimal2012@gmail.com



MEMBER:

Dr. Giridhari Subedi

Mobile : 9858320547

Email : girisubedi2003@yahoo.com



MEMBER:

Dr. Puspa Raj Poudel

Mobile : 9851133584

Email : poudelpuspa@yahoo.com



MEMBER:

Dr. Bishnu Prasad Chapagain

Mobile : 9851100095

Email : bishnu.bgu@gmail.com



MEMBER:

Mr. Arun Khanal

Mobile : 9851222990

Email : arunkhanaloom@gmail.com



Past Presidents of Nepal Horticulture Society

S.N.	Name of the President	Peroid	ExCom
1	Mr. Trilokya Nath Shrestha, PhD	Dec. 11, 1990 to Feb. 20, 1995	First
2	Mr. Shiva Bahadur Nepali Pradhan	Feb. 21, 1995 to Jan. 20, 1998	Second
3	Mr. Padma Prasad Shrestha	Jan. 21, 1998 to May 17, 2001	Third
4	Mr. Bhairab Raj Kaini	May 18, 2001 to Apr. 18, 2004	Fourth
5	Mr. Krishna Bahadur Shrestha, PhD	Apr. 19, 2004 to Jan. 18, 2007	Fifth
6	Mr. Ram Badal Shah	Jan. 19, 2007 to Dec. 18, 2009	Sixth
7	Prof. Mr. Gyan Kumar Shrestha, PhD	Dec. 19, 2009 to Apr. 18, 2013	Seventh
8	Mr. Mohan Bahadur Thapa	Apr. 19, 2013 to Apr. 11, 2016	Eighth
9	Mr. Umed Kumar Pun, PhD	Apr. 12, 2016 to Feb. 09, 2019	Ninth

NEPAL HORTICULTURE SOCIETY

Name List of Life Members

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
1	Aaita Singh Gurung		9845363789
2	Aashish Pandey	aashishpandey1028@gmail.com	9846111535
3	Ajambar Rai, PhD	ajambar_rai@yahoo.com	01-5250132
4	Ajaya Adhikari	adhikari.ajaya@gmail.com	9846529532
5	Amar Bahadur Pun	poon_amar@yahoo.com	9847036061
6	Amit Khanal	agstdamit@gmail.com	9855069867

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
7	Ananda Phuyal	anandaphuyal@gmail.com	9841558999
8	Ananta Bahadur Shrestha, PhD	ashrestha@bellsouth.net	1-478-279-2694
9	Anil Kumar Acharya	acharyanilku@gmail.com	9841714554
10	Anjesh Shrestha		
11	Apekshya Parajuli	apekshya.parajuli@gmail.com	9860821030
12	Arjun Babu Neupane		9846074668
13	Arjun Kumar Shrestha, PhD	arjun_arkita@yahoo.com	9845045791
14	Arjun Subedi	subedi.arjun2007@gmail.com	9845195435
15	Arun Kafle	kaflearun8@gmail.com	9849929224
16	Arun Khanal	arunkhanaloom@gmail.com	9851222990
17	Ashmita Bajagain	bajagainasmita@gmail.com	9843600850
18	Ashmita Karki	ashmita.karki012@gmail.com	9849895610
19	Astha Tuladhar	horticulture.astha@gmail.com	+81-9066452325
20	Avishekh pokhrel	pokhrelabi@gmail.com	9842145810
21	Babu Kaji Bhomi		01-6610738
22	Badri Prasad Paudel	paudelbadri0@gmail.com	9845195467
23	Bala Krishna Adhikari	adhikari_bks41@yahoo.com	9856034866
24	Banik Raj Kafle		9854035583
25	Basant Kumar Shrestha		9846047039
26	Basant Vickram Thapa	bvt_thapa@yahoo.com	9851153215
27	Basudev Subedi	suvedibasuu@gmail.com	9851119246
28	Bhaba Prasad Tripathi, PhD	tripathibhabaprasadtripathi@gmail.com	9851097394
29	Bhairab Raj Kaini	bhairabr@gmail.com	9851092357
30	Bhawani Pandey	pandey.bhawani@gmail.com	9848420858

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
31	Bharat Bahadur Acharya	bharatbahaduracharya@yahoo.com	9845110284
32	Bharat Kumar Poudyal, PhD	poudyal_bharat@yahoo.com	510-798-9885
33	Bhim Bahadur Khatri, PhD	bhim-khatri@hotmail.com	01-4282095
34	Bhola Kumar Shrestha	bholashrestha1962@gmail.com	9841224605
35	Bidya Pandey	bidyapandey2004@yahoo.com	9841613505
36	Bijay Raj Pokharel	bijpok@hotmail.com	9841589696
37	Bijendra Kumar Pradhan	bizenpradhan@gmail.com	9867207657
38	Bikash Khanal	bikaskhanal@gmail.com	9849753692
39	Binesh Man Sakha	bmsakha@gmail.com	01-4784663
40	Bishal Shrestha	bshrestha@afu.edu.np	9855053803
41	Bishnu Kumar Dhital, PhD	bkdhital@wlink.com.np	9741130986
42	Bishnu Prasad Bhattarai, PhD	bishnu.horti@gmail.com	9841469239
43	Bishnu Prasad Chapagain, PhD	bishnu.bgu@gmail.com	9851100095
44	Bishwanath Parajuli		9846064306
45	Biva Chapagain	bivachapagain12@gmail.com	9845219522
46	Bom Bahadur Thapa	bomthapa@gmail.com	9843217644
47	Buddhi Prakash Sharma Adhikari, PhD	bpsharma068@gmail.com	9841355750
48	Buddhi Raj Dhakal		9851019298
49	Buddhi Ratna Sherchan		01-4493245
50	Chandra Bahadur Gurung	gurungchandrabadur@yahoo.com	056-581263
51	Chandra Man Shrestha	chandrashrestha700@gmail.com	9844154482

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
52	Chhatra Bahadur Tamang		
53	Chiranjivi Regmi, PhD	cregmi@hotmail.com	9803020294
54	Chut Raj Gurung	cr_gurung54@yahoo.com	9841352756
55	Damodar Pandey		9749504641
56	Danda Pani Khanal	khanaldandapani@hotmail.com	9841325893
57	Debraj Adhikari	adhikari.debraj@gmail.com	9855082177
58	Deepa Singh Shrestha	dees_shrestha@hotmail.com	9849189955
59	Deepak Poudel	poudel_d@hotmail.com	9841140002
60	Deepak Mani Pokhrel, PhD	deepakmpokhrel@yahoo.com	9841398829
61	Deependra Paneru	dpkpaneru2@gmail.com	9843418185
62	Deva Raj Khanal	khanaldevaraj@gmail.com	9849296310
63	Devendra Kumar Saraf	devksaraf@yahoo.com	
64	Devi Bahadur Thapa Chhetry		061-527306
65	Dhan Bahadur Thapa	dbtmagar@yahoo.com	9841219734
66	Dharma Maharjan		9851013530
67	Dharma Prasad Devkota	dpdevkota@yahoo.com	9841752559
68	Dhruba Raj Bhattarai, PhD	raj01dhruba@yahoo.com	01-4358035
69	Dil Bahadur Bista		9848802399
70	Dilip Raj Panthee	drpanthee@yahoo.com	828-280-8494
71	Dilli Ram Baral	baral_dilliram@hotmail.com	9851094890
72	Dinesh Prasad Sapkota	sapudinesh@yahoo.com	9841948030
73	Dipak Bhattarai	bhattarai.dipak87@gmail.com	9851217253
74	Dol Raj Pandey	drkripa123@gmail.com	9847092837
75	Drona Raj Kafle	kafledrona@yahoo.com	9841609524

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
76	Durga Mani Gautam, PhD	durgagautam2013@gmail.com	9845153015
77	Durga Prasad Acharya	drgacharya@yahoo.com	9845111452
78	Durga Prasad Pandit	durgap6512@yahoo.com	9841619800
79	Eak Prasad Simkhada	simkhada_eps@hotmail.com	9741047904
80	Fuleshwor Singh	fuleshwor_singh@hotmail.com	031-520729
81	Gajendra Sen Niroula	niroulags@hotmail.com	01-6633280
82	Ganesh Bhattarai	ganeshbhattarai@gmail.com	9845084273
83	Ganesh Kumar Shrestha	gshre@yahoo.com	9841352538
84	Ganpati Pandey	pandeyg@hotmail.com	9841661452
85	Ghanashyam Chaudhary	gchaudhary06@gmail.com	9848423994
86	Giri Dhari Subedi, PhD	girisubedi2003@yahoo.com	9858320547
87	Girish Kumar Mishra		9848025120
88	Gokarna Raj Aryal	gokarnaaryal@hotmail.com	01-4115678
89	Gopal Prasad Shrestha	gopalpshrestha@yahoo.com	9843454579
90	Gopi Upreti	gopiupreti@hotmail.com	01-4487058
91	Govinda Raj Koirala		9846149558
92	Gyan Kumar Shrestha, PhD	gyankshrestha@yahoo.com	9841328188
93	Gyan Prasad Rai	gprasadrai@hotmail.com	9841562138
94	Hari Bahadur K.C., PhD	kchari2002@gmail.com	9841401287
95	Hari Prasad Gurung	hp_gurung@yahoo.com	9841235537
96	Hari Prasad Subedi		
97	Harsha Hang Rai	harshang.rai17@gmail.com	9817955531
98	Hom Nath Regmi	youhom@hotmail.com	
99	Indra Raj Pandey	pandeyindraraj1947@gmail.com	9841305232

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
100	Ishwori Prasad Gautam	ishworigautam@gmail.com	9841390170
101	Janardan Khadka, PhD	khadka_j@yahoo.com	9841593098
102	Janjit Adhikari	janamannvjay@gmail.com	9842912144
103	Januka Dahal	janukadahal51@gmail.com	9849998524
104	Jit Baral	jitbaral@gmail.com	530 297 3332
105	Kalika Prasad Koirala	kalikakoirala@yahoo.com	9845029276
106	Kalyani Mishra Tripathi, PhD	kmishra @afu.edu.np	9855065137
107	Kaushal Kumar Poudel	kaushalpdl@gmail.com	9851191803
108	Kedar Budhathoki		9841307324
109	Keshab Adhikari	zzadhikari@yahoo.com	9841269906
110	Keshab Kumar Dahal	kdahal75@gmail.com	9842059568
111	Keshav Dutta Dawadi	keshav.dawadi@gmail.com	9855060818
112	Khagendra Prasad Sharma	khagsaru@yahoo.com	9804619782
113	Khem Joshi		
114	Kiran Sigdel	kiransigdel1@hotmail.com	9841558039
115	Kishor Chandra Dahal, PhD	dahalkcc@gmail.com	9845046069
116	Kishor Man Shrestha	shresthakishorman@yahoo.com	9847023913
117	Krishna Dev Joshi, PhD	kdjoshi.np@gmail.com	9851038564
118	Krishna Poudel	krishnapoudel08@gmail.com	9845081252
119	Krishna Poudel	poudelkrishna421@gmail.com	9847016830
120	Krishna Prasad Paudel	krishnaurm1962@gmail.com	9851126836
121	Krishna Prasad Paudyal, PhD	kppaudyal12@gmail.com	9841355987
122	Krishna Sapkota	ekrishnasapkota@gmail.com	9857632320

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
123	Kumar Mani Dahal	panbari2@yahoo.com	9851222955
124	Kumar Pun Magar	kumarpunmagar04@gmail.com	9867777562
125	Lakshman Pun, PhD	laksh_148@yahoo.com	01-5001274
126	Lekha Nath Acharya	lekhanacharya@yahoo.com	9841113570
127	Lok Nath Deoju		01-4479425
128	Lok Nath Devkota	loknathd@hotmail.com	9851106482
129	Madan Kumar Rai	ratanchha2@gmail.com	9841746555
130	Madan Kumar Shrestha		9846045510
131	Madhav Prasad Khanal	madhavgkhanal@yahoo.com	9841396387
132	Madhu Sudhan Ghale, PhD	ghalemadhu@yahoo.com	9841354649
133	Mahendra Prasad Chaudhary		
134	Mahendra Prasad Khanal, PhD (G)	khanal.mp@gmail.com	9851205297
135	Mahendra Man Shrestha	mmsstha@yahoo.com	9841373384
136	Mahendra Raj Kaudal	kaudalmr@yahoo.com	9841421677
137	Maheshwor Lamichhane		9845063563
138	Manahar Kadariaya	rahakam@gmail.com	9856043320
139	Manoj Basnet	manoj@iaas.edu.np	9851167691
140	Manoj Kaphle	manokafz@gmail.com	9851161790
141	Mohan Bahadur Thapa	mbthapa2009@gmail.com	9849248644
142	Moti Lal Yadav		
143	Mukunda Ranjit, PhD	great@info.com.np	01-4473550
144	Nabaraj Upreti		096-420175
145	Narayan Kafle	narankaphle@gmail.com	9857032270
146	Narayan Prasad Ghimire		9841879372

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
147	Narendra Paneru	npk.paneru@gmail.com	9868462534
148	Nirajan Bhandari	iaasnirajan@gmail.com	9842458980
149	Nirmala Acharya	acharyanirmala2016@gmail.com	9846784832
150	Padam Prasad Adhikari	padamadhikari04@gmail.com	9852680967
151	Padma Prasad Shrestha		9842122811
152	Padma Nath Atreya	atreypadma@gmail.com	9851161952
153	Padma Prasad Shrestha	shresthapadam@yahoo.com	9818294067
154	Prabin Poudel	poudelprb@gmail.com	9858051678
155	Pradeep Bhandari	pradip.bhandari2052@gmail.com	9845671916
156	Pradeep Raj Rokaya, PhD		
157	Pragya Poudel	pragyapoudel.62@gmail.com	9845604879
158	Prahlad Kumar Thapa, PhD	pkthapa@wlink.com.np	9851105441
159	Prakash Duwadi		
160	Prakash Gyawali	prakashgyawali1992@gmail.com	9841470434
161	Pramila Wagle	pramilawagle@gmail.com	9841902459
162	Punya Raj Angdembe	agrilimbupunya@gmail.com	9818351389
163	Purushottam Pd. Khatiwada	khatiwadapp@gmail.com	9841288217
164	Pushpa Kumar Shrestha		9841110895
165	Puspa Raj Poudel, PhD	poudelpuspa@yahoo.com	9851133584
166	Rabindra Kaji Thapa	rkthapa96@gmail.com	9841581698
167	Rabindra Nath Chaube, PhD	rabindra_chaube@yahoo.com	9804411701

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
168	Rahul Pandey	rp23665@gmail.com	9847943794
169	Raj Narayan Ray	rajnayaranray122@gmail.com	9851132910
170	Rajendra Koirala	rajendrakrl@gmail.com	9855051884
171	Rajendra Nath Adhikari	rajendrasq@gmail.com	9841857803
172	Rajendra Prasad Shrestha	rps@aforda.wlink.com.np	9841225560
173	Rajesh Kumar K.C.	rajeshkc@yahoo.com	01-4495606
174	Raju Raj Pandey, PhD	rajupandey@gmail.com	9851018636
175	Ram Badal Shah	sara-bachat@yahoo.com	041-520757
176	Ram Bahadur K.C.	rbkc05@gmail.com	9846020019
177	Ram Bahadur Shrestha	rbshrestha_2000@yahoo.com	01-5546717
178	Ram Chandra Bhusal, PhD	bhusalrc_dr@yahoo.com	9851158988
179	Ram Lakhan Mandal		9749502788
180	Ram Lal Shrestha	citrus@ntc.net.np	
181	Ram Prakash Sah		9841545733
182	Ram Prakash Yadav	ramprakashy557@gmail.com	9816238877
183	Ram Prasad Thapalya	ram.p.thapalia@hotmail.com	9841914043
184	Rama Nand Kurmi	rnkurmi@yahoo.com	9847053418
185	Ramananda Prasad Gupta	gupta.ramananda@gmail.com	9851029566
186	Ramesh Upreti	upreti.ramesh5@gmail.com	9848637386
187	Ramila Dhakal	ramila.dhakal3@gmail.com	9845070844
188	Ramita Manandhar, PhD	ramitaman@yahoo.com	9849550550
189	Ramji Devkota		9846121688
190	Ranjana Mishra	ranjanamishrajha@gmail.com	9841586625
191	Ratna Dhwoj Shahi	shahi.ratna@yahoo.com	9841377189

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
192	Ravi Kiran Adhikari	adhikari.ravikiran@gmail.com	9841193733
193	Reeti Singh	reeti_singh@hotmail.com	9841385123
194	Rishi Raj Adhikari, PhD	riahia@gmail.com	9851154491
195	Rudra Prasad Devkota	rudevko@gmail.com	9841272113
196	Sabita Kumari Joshi	agrisabse20@gmail.com	9851213031
197	Sagar Prasad Kandel	kandelsagar20@gmail.com	9861170650
198	Salu Maharjan	salumarjan24@gmail.com	9860013984
199	Samid Ahamad Khan, PhD	samid2025@gmail.com	9848023989
200	Sandesh Dhital	sandeshdhital@gmail.com	9818837633
201	Sandhya Neupane	sandhyahimal2068@gmail.com	9849690426
202	Sangeeta Manandhar	bs_netex@hotmail.com,	01-5560753
203	Sanjana Thakur	tsanjana1994@gmail.com	9841424757
204	Sanjay Dhimal	sanjaydhimal2012@gmail.com	9841313634
205	Sanjeet Adhikari		
206	Sarita Paudel	sareetapdl@gmail.com	9845707323
207	Sarkal Jyakhwo	circlejax@gmail.com	9843104127
208	Sewa Pandey	sewanpandey@gmail.com	9867207658
209	Shambhu Prasad Dhakal	shambhuprasaddhakal@gmail.com	9841381412
210	Shanta Karki, PhD	shantakyoto@gmail.com	9840595449
211	Shanta Man Shakya, PhD	santa_shakya06@yahoo.com	9845064381
212	Shekhar Pathak	shekharpathak2075@gmail.com	9841643388
213	Shiva Bahadur Nepali Pradhan	sss@vianet.com.np	01-5523387
214	Shova Sharma	shova.srijana@gmail.com	9849422410
215	Shyam Prasad Dhakal	tpsdhakal1@yahoo.com	9851235687

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
216	Shyam Prasad Ghimire	ghimireaspee@gmail.com	9855060917
217	Srijana Dhungana	sirjudhungana@gmail.com	984539759
218	Sudhir Shrestha	sudhirshresth@gmail.com	9841550481
219	Sudip Devkota	sudip.devkota@nepal.gov.np	9851217528
220	Sujan Subedi	suzsubedi@gmail.com	9845360357
221	Sujata Poudel	sujatapoudel40@gmail.com	9846648630
222	Sumitra Timalsina	sumi.timi.1122@gmail.com	9843673138
223	Sumnima Dhakal	summi.dhakal8@gmail.com	9843655784
224	Sunil Kumar Regmi	regmisunil@wlink.com.np	01-4471067
225	Suraj Bahadur Thapa	thapa_suroj@hotmail.com	01-4427375
226	Suraj Raj Poudel	suraj_rp@hotmail.com	
227	Surath Babu Aryal	babu1949@hotmail.com	9841340251
228	Surendra Lal Shrestha, PhD	shsurendra@hotmail.com	9849245146
229	Surendra Prasad Rijal	surendraprijal@gmail.com	9841406829
230	Suresh Bhakta Shrestha	sureshbhaktas@gmail.com	9851050073
231	Suresh Kumar Verma	sureshverma50@hotmail.com	9841247860
232	Suresh Prasad Sharma		9741148947
233	Suresh Shrestha	saisuresh007@hotmail.com	01-4472832
234	Surya Narayan Yadav		
235	Surya Prasad Baral	spbaral@hotmail.com	9841548284
236	Surya Prasad Paudel	suryapaudel4@gmail.com	9851172188
237	Sushma Ghimire	susmaghimiray@gmail.com	9846280701
238	Tara Bahadur Bhujel		9844026440
239	Tara Lal Lama	tarallama@gmail.com	9849487387
240	Tara Sharma		
241	Tika Ram Chapagain	chapagain_70@hotmail.com	9842070693

S. N.	Name of Life Member	Contact Details	
		e-mail	Cell No.
242	Tikaram Dhakal		
243	Tirtha Raj Devkota	tirthadevkota22@gmail.com	9843151567
244	Trilokya Nath Shrestha, PhD	shresthatn@hotmail.com	9841334789
245	Tul Bahadur Poon, PhD	chetpun2002@yahoo.co.in	9848141989
246	Uma Nath Bhandari		9845025212
247	Umed Kumar Pun, PhD	umedpun@gmail.com	9851003113
248	Umesh K. Acharya, PhD	umeshach@gmail.com	9851174457
249	Umesh Timilsina	umeshtimilsina7@gmail.com	9841616499
250	Ved Prakash Paudel		9847633732
251	Yagya Raj Joshi	yagyaraj70@hotmail.com	9841341718
252	Yam Kumari Shrestha	yambhos@yahoo.com	9841614257
253	Yama Raj Pandey	yrajpandey@yahoo.com	9746006539
254	Yogesh Hari Shrestha, PhD	yogesh@ntc.net.np	9841214313
255	Yub Raj Pandey	yrpandey1965@gmail.com	9841606944

बैशाख २०७६ Apr/May 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 14	@ 15	# 16	\$ 17	% 18	^ 19	& 20
* 21	(22	! 23	!! 24	!@ 25	!# 26	!\$ 27
!% 28	!^ 29	!& 30	!* 1	!(2	@ 3	@! 4
@@ 5	@# 6	@\$ 7	@% 8	@^ 9	@& 10	@* 11
@(12	#) 13	#! 14				

जेष्ठ २०७६ May/June 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
			! 15	@ 16	# 17	\$ 18
% 19	^ 20	& 21	* 22	(23	! 24	!! 25
!@ 26	!# 27	!\$ 28	!% 29	!^ 30	!& 31	!* 1
!(2	@ 3	@! 4	@@ 5	@# 6	@\$ 7	@% 8
@^ 9	@& 10	@* 11	@(12	#) 13	#! 14	#@ 15

आषाढ २०७६ Jun/July 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 16	@ 17	# 18	\$ 19	% 20	^ 21	& 22
* 23	(24	! 25	!! 26	!@ 27	!# 28	!\$ 29
!% 30	!^ 1	!& 2	!* 3	!(4	@ 5	@! 6
@@ 7	@# 8	@\$ 9	@% 10	@^ 11	@& 12	@* 13
@(14	#) 15	#! 16				

श्रावण २०७६ July/Aug 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
			! 17	@ 18	# 19	\$ 20
% 21	^ 22	& 23	* 24	(25	! 26	!! 27
!@ 28	!# 29	!\$ 30	!% 31	!^ 1	!& 2	!* 3
!(4	@ 5	@! 6	@@ 7	@# 8	@\$ 9	@% 10
@^ 11	@& 12	@* 13	@(14	#) 15	#! 16	#@ 17

माद्र २०७६ Aug/Sep 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 18	@ 19	# 20	\$ 21	% 22	^ 23	& 24
* 25	(26	! 27	!! 28	!@ 29	!# 30	!\$ 31
!% 1	!^ 2	!& 3	!* 4	!(5	@ 6	@! 7
@@ 8	@# 9	@\$ 10	@% 11	@^ 12	@& 13	@* 14
@(15	#) 16	#! 17				

आश्विन २०७६ Sep/Oct 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
			! 18	@ 19	# 20	\$ 21
% 22	^ 23	& 24	* 25	(26	! 27	!! 28
!@ 29	!# 30	!\$ 1	!% 2	!^ 3	!& 4	!* 5
!(6	@ 7	@! 8	@@ 9	@# 10	@\$ 11	@% 12
@^ 13	@& 14	@* 15	@(16	#) 17		

कार्तिक २०७६ Oct/Nov 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
					!	@
					18	19
#	\$	%	^	&	*	(
20	21	22	23	24	25	26
!)	!!	!@	!#	!\$!%	!^
27	28	29	30	31	1	2
!&	!*	!(@	@!	@@	@#
3	4	5	6	7	8	9
@\$	@%	@^	@&	@*	@(#)
10	11	12	13	14	15	16

मंसिर २०७६ Nov/Dec 2019

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
!	@	#	\$	%	^	&
17	18	19	20	21	22	23
*	(!)	!!	!@	!#	!\$
24	25	26	27	28	29	30
!%	!^	!&	!*	!(@	@!
1	2	3	4	5	6	7
@@	@#	@\$	@%	@^	@&	@*
8	9	10	11	12	13	14
@(#)					
15	16					

पौष २०७६ Dec 2019/Jan 2020

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
		!	@	#	\$	%
		17	18	19	20	21
^	&	*	(!)	!!	!@
22	23	24	25	26	27	28
!#	!\$!%	!^	!&	!*	!(
29	30	31	1	2	3	4
@)	@!	@@	@#	@\$	@%	@^
5	6	7	8	9	10	11
@&	@*	@(
12	13	14				

माघ २०७६ Jan/Feb 2020

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
				!	@	#
				15	16	17
%	^	&	*	(!)	!!
19	20	21	22	23	24	25
!@	!#	!\$!%	!^	!&	!*
26	27	28	29	30	31	1
!(@)	@!	@@	@#	@\$	@%
2	3	4	5	6	7	8
@^	@&	@*	@(
9	10	11	12			

फाल्गुन २०७६ Feb/Mar 2020

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
				!	@	#
				13	14	15
\$	%	^	&	*	(!)
16	17	18	19	20	21	22
!!	!@	!#	!\$!%	!^	!&
23	24	25	26	27	28	29
!*	!(@)	@!	@@	@#	@\$
1	2	3	4	5	6	7
@%	@^	@&	@*	@(#)	
8	9	10	11	12	13	

चैत्र २०७६ Mar/Apr 2020

आदत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
					#)	!
					12	14
@	#	\$	%	^	&	*
15	16	17	18	19	20	21
(!)	!!	!@	!#	!\$!%
22	23	24	25	26	27	28
!^	!&	!*	!(@)	@!	@@
29	30	31	1	2	3	4
@#	@\$	@%	@^	@&	@*	@(
5	6	7	8	9	10	11

बैशाख २०७६

Apr/May 2019

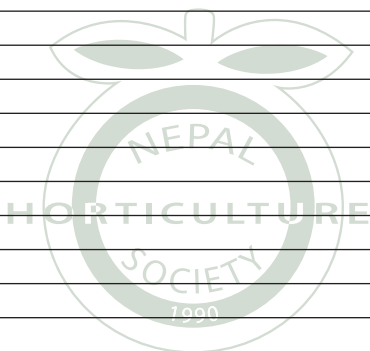
आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 14	@ 15	# 16	\$ 17	% 18	^ 19	& 20
* 21	(22	!) 23	!! 24	!@ 25	!# 26	!\$ 27
!% 28	!^ 29	!& 30	!* 1	!(2	@) 3	@! 4
@@ 5	@# 6	@\$ 7	@% 8	@^ 9	@& 10	@* 11
@(12	#) 13	#! 14	१ नव वर्ष २०७६ १८ अन्तराष्ट्रिय श्रमिक दिवस २१ माता तिर्थ औसी, आमाको मुख हेर्ने			



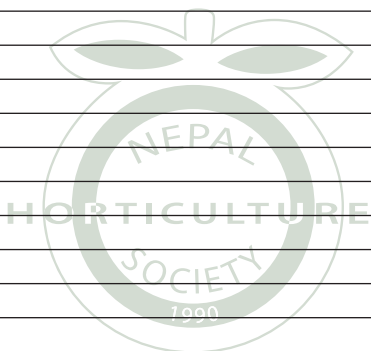
जेष्ठ २०७६

May/June 2019

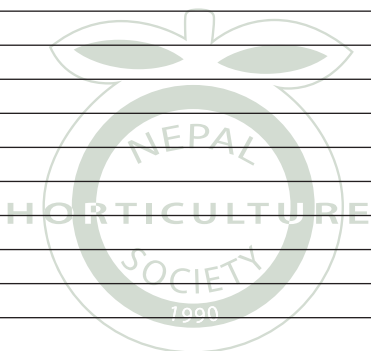
आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
४ बुद्ध जयन्ती, उमौली पर्व १५ गणतन्त्र दिवस			!	@	#	\$
			15	16	17	18
%	^	&	*	(!)	!!
19	20	21	22	23	24	25
!@	!#	!\$!%	!^	!&	!*
26	27	28	29	30	31	1
!(@)	@!	@@	@#	@\$	@%
2	3	4	5	6	7	8
@^	@&	@*	@(#)	#!	#@
9	10	11	12	13	14	15



आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 16	@ 17	# 18	\$ 19	% 20	^ 21	& 22
* 23	(24	!) 25	!! 26	!@ 27	!# 28	!\$ 29
!% 30	!^ 1	!& 2	!* 3	!(4	@) 5	@! 6
@@ 7	@# 8	@\$ 9	@% 10	@^ 11	@& 12	@* 13
@(14	#) 15	#! 16	१५ दक्षिणउरा खाने दिन २९ मालु जयन्ती ३१ गुरु पूर्णिमा			



आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
१ साउने सहक्रावित १५ सिर र्खाने दिन २० नाग पंचमी ३० जनै पूर्णिमा, रक्षा बन्धन ३१ गाई जात्रा (अपत्यका विदा)			!	@	#	\$
			17	18	19	20
%	^	&	*	(!)	!!
21	22	23	24	25	26	27
!@	!#	!\$!%	!^	!&	!*
28	29	30	31	1	2	3
!(@)	@!	@@	@#	@\$	@%
4	5	6	7	8	9	10
@^	@&	@*	@(#)	#!	#@
11	12	13	14	15	16	17

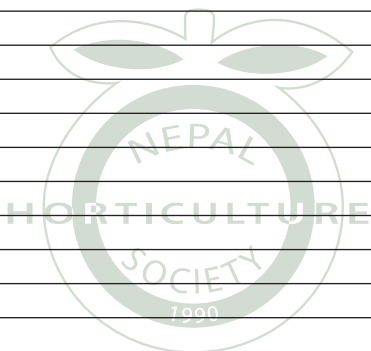




आश्विन २०७६

Sep/Oct 2019

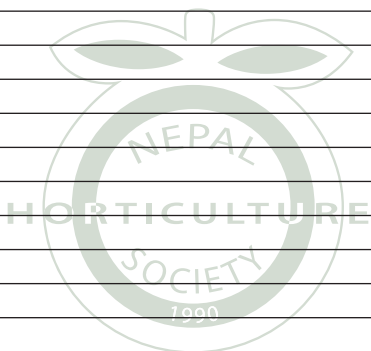
आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
१ विश्वकर्मा पूजा १२ घटस्थापना १२ महाअष्टमी २१ बिजया दशमी, दशैको टिका २२ पापाकुशा एकादशी	३ संविधान दिवस १८ फूलपाती २० महानवमी २६ कोजाग्रत पूर्णिमा		!	@	#	\$
			18	19	20	21
%	^	&	*	(!)	!!
22	23	24	25	26	27	28
!@	!#	!\$!%	!^	!&	!*
29	30	1	2	3	4	5
!(@)	@!	@@	@#	@\$	@%
6	7	8	9	10	11	12
@^	@&	@*	@(#)		
13	14	15	16	17		



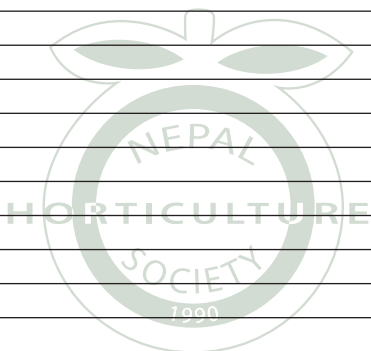
कार्तिक २०७६

Oct/Nov 2019

आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT	
९ काग तिहार ११ महः पूजा १६ छठ पर्व					१० कुकुर तिहार, लक्ष्मी पूजा, दिपावली १२ गोवर्धन पूजा, आई टिका	! 18	@ 19
# 20	\$ 21	% 22	^ 23	& 24	* 25	(26	
!) 27	!! 28	!@ 29	!# 30	!\$ 31	!% 1	!^ 2	
!& 3	!* 4	!(5	@) 6	@! 7	@@ 8	@# 9	
@\$ 10	@% 11	@^ 12	@& 13	@* 14	@(15	#) 16	

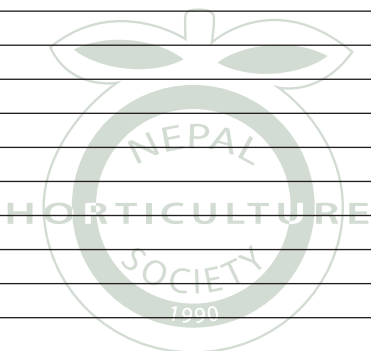


आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
! 17	@ 18	# 19	\$ 20	% 21	^ 22	& 23
* 24	(25	!) 26	!! 27	!@ 28	!# 29	!\$ 30
!% 1	!^ 2	!& 3	!* 4	!(5	@) 6	@! 7
@@ 8	@# 9	@\$ 10	@% 11	@^ 12	@& 13	@* 14
@(15	#) 16	२६ उद्यौली पर्व, सोमरी पुकिह				



पौष २०७६ Dec 2019/Jan 2020

आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
		!	@	#	\$	%
		17	18	19	20	21
^	&	*	(!)	!!	!@
22	23	24	25	26	27	28
!#	!\$!%	!^	!&	!*	!(
29	30	31	1	2	3	4
@)	@!	@@	@#	@\$	@%	@^
5	6	7	8	9	10	11
@&	@*	@(१ क्रिसमस-डे ११ तोल ल्होसार १५ तमु ल्होसार २५ श्री स्वस्थानी व्रत प्रारम्भ २७ पृथ्वी जयन्ती			
12	13	14				



माघ २०७६

Jan/Feb 2020

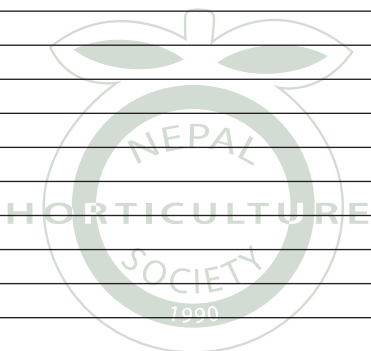
आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
१ माघे संक्रान्ति ११ सोनम् ल्होसार १६ सरस्वती पूजा, सहिद दिवस २६ श्री स्वस्थानी व्रत समाप्ती			! 15	@ 16	# 17	\$ 18
% 19	^ 20	& 21	* 22	(23	!) 24	!! 25
!@ 26	!# 27	!\$ 28	!% 29	!^ 30	!& 31	!* 1
!(2	@) 3	@! 4	@@ 5	@# 6	@\$ 7	@% 8
@^ 9	@& 10	@* 11	@(12			



फाल्गुन २०७६

Feb/Mar 2020

आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT	
७ प्रजातन्त्र दिवस १२ उद्यालपो ल्होसार २६ फागु पूर्णिमा (पहाडी जिल्ला विदा) २७ फागु पूर्णिमा (तराइ विदा)				९ महा शिवरात्री २५ अन्तर्राष्ट्रिय नारी दिवस	!	@	#
				13	14	15	
\$	%	^	&	*	(!)	
16	17	18	19	20	21	22	
!!	!@	!#	!\$!%	!^	!&	
23	24	25	26	27	28	29	
!*	!(@)	@!	@@	@#	@\$	
1	2	3	4	5	6	7	
@%	@^	@&	@*	@(#)		
8	9	10	11	12	13		



चैत्र २०७६

Mar/Apr 2020

आइत SUN	सोम MON	मंगल TUE	बुध WED	बिहि THUR	शुक्र FRI	शनि SAT
------------	------------	-------------	------------	--------------	--------------	------------

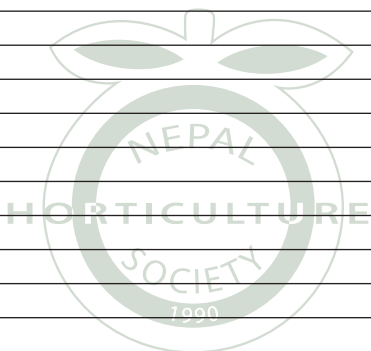
#) 12	११ छोडे जात्रा (अपत्यका विदा) १९ चैते दशैं २० राम नवमी					! 14
----------	--	--	--	--	--	---------

@ 15	# 16	\$ 17	% 18	^ 19	& 20	* 21
---------	---------	----------	---------	---------	---------	---------

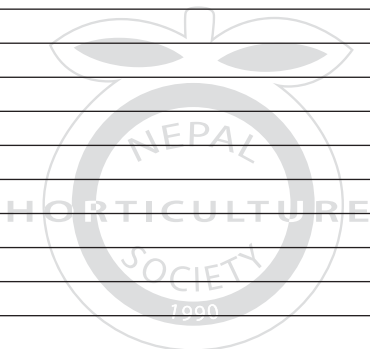
(22	!) 23	!! 24	!@ 25	!# 26	!\$ 27	!% 28
---------	----------	----------	----------	----------	-----------	----------

!^ 29	!& 30	!* 31	!(1	@) 2	@! 3	@@ 4
----------	----------	----------	---------	---------	---------	---------

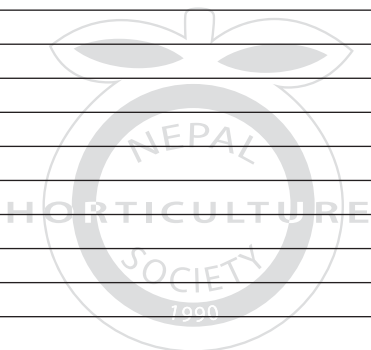
@# 5	@\$ 6	@% 7	@^ 8	@& 9	@* 10	@(11
---------	----------	---------	---------	---------	----------	----------



Notes



Notes



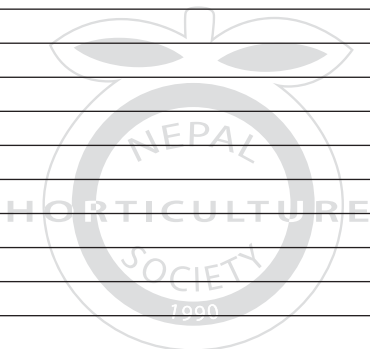
Notes



Notes



Notes



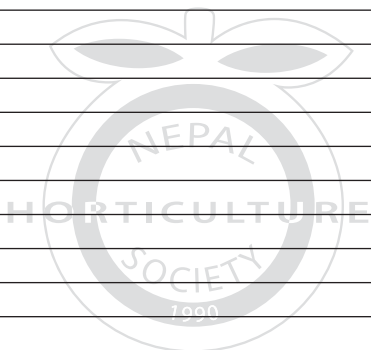
Notes



Notes



Notes



Notes



Notes

