



WIST

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Editorial

जडीवुटीको विकास एवं प्रवर्द्धन

अपार जैविक विविधता तथा मनोरम दृश्यहरूको भण्डार भएतापनि नेपालले संरक्षणको क्षेत्रमा अति गम्भीर चुनौतीहरूको सामना गर्नुपरिरहेको तथ्य निर्विवाद छ। निरन्तर बृद्धि भइरहेको जनसंख्या, जनसंख्याको बढ्दो चाप तथा वन जंगलमा अत्याधिक निर्भरता र कृषिको निम्ति गरिएको वन फडानीको कारणले उच्चस्तरीय प्राकृतिक वन तथा वन्यजन्तुको बासस्थान विनाश हुन गएको छ।

भौगोलिक एवं पर्यावरणीय विविधताको फलस्वरूप उपलब्ध जैविक विविधता नेपालका लागि वरदान सिद्ध भएको छ। नेपाल दुर्लभ एवं बहुमूल्य जडीवुटीको उद्गम स्थल भएको तथ्य विभिन्न शोध, खोज तथा अनुसन्धानबाट उजागर भएका छन्। प्राकृतिक रूपमा पाईने यस्ता अमूल्य जडीवुटीहरूको खोज एवं संरक्षण गरी अप्राकृतिक दोहनलाई निरुन्साहित गर्दै त्यस्ता जडीवुटीहरूको संवर्द्धन एवं प्रशोधन गरी व्यवसायिकरणतर्फ पाईला चाल्नु आजको अपरिहार्य आवश्यकता भईसकेको छ। विश्वका अनेकन देशहरू प्राकृतिक स्रोतको व्यवसायिकरणका विषयमा जागरुक भईसकेका छन् र प्राकृतिक रूपमा पाईने यस्ता अमूल्य सम्पदा एवं त्यसका उत्पादनको पेटेन्ट राइटको माध्यमबाट आर्थिक उन्नतितर्फ कदम चाली सकेका छन्। हाम्रो देशमा पाईने बहुमूल्य जडीवुटी स्रोतको व्यवसायिक विकास र बजारीकरणले आर्थिक क्रान्तितर्फ उन्मुख नेपाललाई समृद्ध बनाउनेमा महत्वपूर्ण भूमिका खेल्न सक्छ।

नेपाल सरकारले जडीवुटीको विकास एवं प्रवर्द्धनका क्षेत्रमा सरकारी तथा गैर सरकारी क्षेत्रका माध्यमबाट कार्य गरीरहेको छ तथापी अधिकांश जडीवुटी अप्रशोधित रूपमा निकासी भइरहेका छन्। यसले आर्थिक नाफा नोक्सानको संतुलनलाई मिलाउन सकेको छैन त्यसैले जडीवुटी खेती तथा प्रशोधन प्रविधि विकासतर्फ सरकार, संकलनकर्ता प्रशोधक तथा निर्यातकर्ताका साथै उद्योगीहरू संगठित भई लाग्नुको विकल्प छैन। यसले देशमा उद्योगको विकास, रोजगारीको सृजना भई आर्थिक उन्नति हुनुको साथै प्राकृतिक रूपमा रहेका सम्पदाको संरक्षणका साथै दिगो सदुपयोग भई वातावरणको संतुलन कायम रहने कुरा निर्विवाद छ।

Training on Food Safety and Quick Test of Food Adultration by Test Kit



Resource persons and guests

WIST organized one day training on Food Safety and Quick Test of Food Adultration by Test Kit on 7th Baisakh, 2071 in Mahankal VDC Kathmandu for the members of Swasthani Mahila Samuha (SMS). Ms. Devaki Shrestha, the Vice president, of WIST who is also a member of SMS, coordinated to conduct the training.

The main objective of the training was to empower the women group by upgrading their knowledge on a proven package of food safety and on use of food test kit, and enhancing women's confidence in food handling in various steps of the food chain such as food supply, consumption and safe storage etc.

Ms. Sandhya Karmacharya, the General Secretary of WIST, designed the training course. DFTQC provided test kit, mobile van, posters and pamphlets for information dissemination among the participants and community in the VDC, along with three resource persons Mr. Pramod Paudel, Mr. Santosh Dahal and Ms. Smita Gurung for demonstrating test kit on the request of WIST for technical support.

The Chairperson and the treasurer of SMS, Ms. Pabitra Pandey and Ms. Rhishi Bhandari mobilized the members for participating in the training and managed the training venue in the meeting hall of Jagannath Temple, Ward no. 4 Hattigauda. Some

local guests from the VDC were invited for the inauguration of the training program.

The training was conducted with a brief program on registration and inauguration by the chief guest Ms. Subhadra Koirala, the Women Development Coordinator of Mahakal VDC and also the *swastibachan* by the pundit of Jagannath Temple. There were 50 women and 5 male participants in the training.

Ms. Sandhya Karmacharya, was the key resource person. Padma Vaidya, the joint secretary and Rama Shrestha, the executive member of WIST helped out to motivate the trainers.

The participants brought the food materials for testing while some items were purchased by WIST. The hand outs, leaflets, fliers, pamphlets and posters were distributed to the participants. One of the participants



Training Participants

brought a jar of honey for test. It was not possible to test the honey with the test kit in the mobile van. So the staff of DFTQC took it for laboratory test in the office. The resource persons from DFTQC addressed the issues of food adulteration in the market and demonstrated the methods to test the quality of some selected food stuff with test kit such as milk, ghee, sweets, salt, vegetable ghee, black gram, and the vegetable pointed gourd (parwal).

WIST and SMS are thankful to the resource person for conducting

the sessions without remuneration. The training management is also grateful to the Director General of DFTQC, Ms. Jeevan Prabha Lama for providing technical support to the training and to Jagannath Temple Management Committee for providing the venue at free of cost. The cost of the training materials, refreshment and other logistics was borne by WIST.

The chief guests and participants extended their thanks to WIST and SMS for organizing fruitful training and requested such trainings in the future too.

Introducing the Women Scientists of Nepal and their views

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Experience:

Ms. Sushma Upadhyay joined as Assistant Scientific Officer in the former Royal Drug Research Laboratory in 1982. She has ten years district level experience in the Food and Food Products Analysis as well as in Food Processing. She has experience of analysis of Mines and Ores, Drinking water, Potable water and Waste water. In 1999, she became Laboratory Chief of Ground Water Division, Department of Irrigation. In 2004- Acting Chief of Central Food Laboratory, DFTQC and Chief of Pollution Control and Monitoring Division, Ministry of Environment. During her tenure in Ministry of Environment, POPs Pesticides from Nepal has been safely disposed. She has also involved in preparing MSP for disposal of BHC, one of the POPs Pesticide. Presently, Ms. Upadhyay Sushma is the Deputy Director General of Department of Plant Resources and her major duties are to prepare annual program, procurement planning, execution, monitoring and evaluation along with personnel and general administration. Her training on Advance Management and Development and other in-house and abroad job related training. She has represented Nepal in many workshops abroad.

She has published research papers in scientific journals of NAST and Department of Botany, TU, Nepal.

She has participated in the national and international conferences and workshops related to her profession.

She has travelled to India, Japan, United Kingdom, Sweden, Thailand, and Malaysia. Sri Lanka, China Germany and Singapore She is the member of professional organizations - Women in Science and Technology (WIST), Nepal Chemical Society (NCS), etc.

Her views on Women in Science and Technology

WIST should allow young Scientists and Technologists to work for rural women to bring about changes in their livelihood in terms of financial as well as social status by uplifting their knowledge and skill.

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Master of Science (Chemistry), Tribhuvan University, Nepal, 1981- 82

Experience:

Ms. Rita Pandey joined as Assistance Scientific Officer in the former Royal Drug Research Laboratory in 1982. She became the Chief of the laboratory in 1999 and her job extended to general administration, laboratory management and phytochemical research. In 2002, she completed her Masters Dissertation on: *A Phytochemical Study of Some Nepalese Liverworts* in the University of Glasgow, UK, and then she got involved in the research activities in the Medicinal plant.

Presently, Ms. Rita Pandey is the Deputy Director General of Food Technology and Quality Control (DFTQC) and her major duties are to prepare annual program, procurement planning, execution, monitoring and evaluation along with personnel and general administration. Her training on Advance Management and Development, Report Writing, Project Preparation and Analysis, study skills and even girl's scout became a great input to carry on her present responsibilities.

She has published research papers in scientific journals of Phytochemistry, Chemical Abstract and scientific bulletins in Nepal.

She has participated in the national and international conferences and workshops related to her profession. She has travelled to India, U.A.E., France, United Kingdom, United States of America, Thailand, and Malaysia. Sri Lanka, Vietnam Singapore, and China. She is the member of professional organizations - women in science and technology (WIST), Association of British Alumni in Nepal (ABAN), Nepal Chemical Society (NCS), Nepal Pharmaceutical Association (NPA) and the Advisor of Nepal Tourism and Service centre Pvt. Ltd.

Her views on Women in Science and Technology

In this time of globalization, under the aegis of free market economy, at times, the production of goods, particularly food items, are found to compromise quality and are produced with a sole motive of profit making. One should never compromise on food products sold in the market which are detrimental to one's health and well-being. Thus, the role of women in science and technology, especially as duty-bearers, is to ensure that only quality food products are available in the market and producers maintain required standards without fail. Similarly, it is imperative to raise awareness amongst consumers to demand quality and express grievances when standards are not met to the concerned authorities.

जडीबुटी : प्रकृतिको अमूल्य उपहार

श्रीमती सुषमा उपाध्याय

प्रकृतिमा उपलब्ध असंख्य वनस्पतिहरू मध्ये औषधीमा उपयोगी प्रजातिहरूलाई जडीबुटी भनिन्छ। प्राचीन समयदेखि नै मानिसहरूले विभिन्न रोगको उपचार गर्न विभिन्न जडीबुटीहरू प्रयोग गर्दै आईरहेका छन्। जडीबुटीहरू मानिसका आधारभूत आवश्यकता पुरा गर्न जति अपरिहार्य छन् पर्यावरणीय सन्तुलन कायम राख्न पनि त्यत्तिकै आवश्यक छन्। रासायनिक एवं कृत्रिम वस्तुहरूभन्दा प्रकृतिप्रदत्त जडीबुटीजन्य औषधी तथा अन्य उपभोग्य वस्तुहरू मानव स्वास्थ्यका लागि बढी हितकर हुने तथ्य आधुनिक वैज्ञानिक अनुसन्धान समेतवाट पुष्टि भएको हुदा अचेल विश्वकै सचेत नागरिक एवं वैज्ञानिकहरू यस्ता प्राकृतिक वरदानतर्फ आकृष्ट भएका छन्।

वर्तमान विश्वमा जडीबुटीको प्रयोग दिन प्रतिदिन बढ्दै गईरहेको छ। विभिन्न रोगहरूको रोकथामका लागि जडीबुटी तथा अन्य वनस्पतिको प्रयोग गर्न थालिएको छ। अबुर्द (क्यान्सर) तथा मुटुको रोगजस्ता भयङ्कर रोगहरूको उपचारको लागि पनि जडीबुटी नै विशेष महत्वपूर्ण मानिएको छ। श्रुङ्गारका सामाग्रीहरू जस्तै: साबुन, स्याम्पो, तेल, अत्तर, विभिन्न किमहरू पनि यिनै जडीबुटीद्वारा बनाईन्छ। यसरी हामीले प्रयोग गर्ने औषधी तथा जडीबुटीहरूको माग बढ्दै गएको छ। नेपालमा पाईने अनेकन जडीबुटीमध्ये चिराईतो, कूटकी, जटामसी, पाँचऔंले, यासाँगुम्बा, कुरिलो, सर्पगन्धा, लौठसल्ला आदिले अन्तर्राष्ट्रिय बजार लिने क्रम दिनानुदिन बढ्दै छ। मानव स्वास्थ्यमा अत्यन्तै महत्वपूर्ण भूमिका खेल्ने हुदा जडीबुटी एवं गैरकाष्ठ वन पैदावारसँग सम्बन्धित वनस्पतिक प्रजातिहरूको महत्व अत्यन्तै उच्च रहेको तथ्य निर्विवाद छ। यहाँ औषधिय गुण भएका केही महत्वपूर्ण रुख प्रजाती को वनस्पति बारे संक्षेप मा प्रस्तुत गरिएको छ।

अमला:-

अमला नेपालमा तराईदेखि २७०० मीटर अग्लो पहाडसम्म पाइन्छ। यसको रुख ५ देखि १५ मीटरसम्म अग्लो हुन्छ। यसको वनस्पतिक नाम "कायलेन्थस एमबालिका" हो र यसलाई अंग्रेजीमा "इण्डियन गूजबेरी" भन्दछन्।

यसको फल औषधिय गुणयुक्त हुन्छ। यसको फलमा भिटामिन "सी" प्रचुर मात्रामा पाईन्छ र यसलाई एउटा महत्वपूर्ण टोनिकको रूपमा प्रयोग गरिन्छ। यसको गुडी मुख्य रूपमा च्यवनप्रास, त्रिफला र अचार एवं मुरब्बा बनाउनमा प्रयोग गरिन्छ। यसको तेल कपालमा लगाउन, कपाल रंगाउने रंग बनाउन शैम्पु बनाउन तथा दन्तमजन बनाउनमा प्रयोग गरिन्छ।

कडीपत्ता :-

यसको वनस्पतिक नाम "मौरया कोयनी" हो र अंग्रेजी नाम "करी लिफ" हो। यो एउटा सानो भुम्म परेको रुख प्रजातीको वनस्पति हो। यसको पात तथा बोका औषधीको रूपमा प्रयोग गरिन्छ। यसको पात छलामा हुने विमिरा एवं फोकाहरूमा, छाला ताच्छिएको अथवा चोटपटक लागेको र कोत्रेकोमा लगाउन प्रयोग गरिन्छ। यसको पातलाई खास गरि नुनिलो खाद्य पदार्थ जस्तै कढी, सोल्डर, पोंगल इत्यादि बनाउदा फोरनको रूपमा प्रयोग गरिन्छ।

जामुन:-

यसको वनस्पतिक नाम "साइजियम कुमीनी" हो र यसलाई अंग्रेजीमा "ब्लैक प्लम" भनिन्छ। यो नेपालको तराई तथा मध्य तराई क्षेत्रमा प्रशस्त मात्रामा पाइन्छ। यसको रुख १०० फिटसम्म अग्लो हुन्छ र फल गोलाकार भन्दा रंग, निलो रंगको हुन्छ। जामुनको फलको चूर्ण मधुमेह (चिनी) को रोगमा प्रयोग गरिन्छ। यसको फलको रस गुन्ली अथवा चूर्ण र रुखको बोकाको ब्याथ/काढाँ पेटको विकार रोगका लागि लाभदायक मानिन्छ।

बेल:-

यसको वनस्पतिक नाम "ऐगल मारमिलोस कारिया एक्स राक्सन" हो। यो नेपालको पूर्व पश्चिम तराई तथा १२०० मीटरसम्मको शुष्क पहाडी स्थानमा पाइन्छ। यसको जरा ज्वरोको उपचारमा प्रयोग गरिन्छ। यसको फलको गुडी अतिसार, आँउ, शुक्र दुर्बलता, वमन, सुनिएको शमन गर्नमा लाभदायक हुन्छ। कब्जियतको अचुक औषधीको रूपमा पनि प्रयोग गरिन्छ। यसमा एल्कलायड्स, कार्बोहाइड्रेट, प्रोटिन, टेनिन आयरन, क्याल्सियम, मैग्निसियम तथा पोटासियमहरू प्रशस्त मात्रामा पाइने भएकोले बच्चाहरूलाई टोनिकको रूपमा दिदा लाभदायक हुन्छ।

चुत्रो:-

यसको वनस्पतिक नाम "बर्बेरिस एरिष्टाटा" (Berbetis aristata) हो र यसलाई संस्कृतमा "दारुहल्दी" र नेवारीमा "मरप्यासी" भनिन्छ। यो नेपालको महाभारत पर्वत श्रृंखलामा समुद्री सतहभन्दा १९०० मीटरदेखि ३००० मीटर उचाईको खुल्ला पाखोमा पाइन्छ। यसका फुलहरू पहिलो र भुप्पा-भुप्पामा फुलेको पाइन्छ। एउटै फुलमा भाले र पोथी दुवै पाइन्छ। आयुर्वेद पद्धति अनुसार यसको जरा र बोका पाकेको घाउ, खटिरा, श्वेत प्रदर, आँखाको रोग, कमलपित्त र ज्वरो शान्त गर्नमा प्रयोग गरिन्छ। पानीमा बाक्लो गरी पकाएको भोल रसोत अथवा रसान्जनको नामले प्रख्यात छ।

तेजपात:-

यसको वैज्ञानिक नाम "सिन्नामोमम तमाला" (Cinnomomum Tamala Nees and Eberm) हो। यसलाई संस्कृतमा बहुगंध, विज्जुला, तमलापत्र आदि नामले चिनिन्छ। यो नेपालको महाभारत पर्वतीय श्रृंखलामा समुद्र सतहभन्दा १०० मीटरदेखि २५०० मीटरको उचाई क्षेत्रमा जंगलको रूपमा पाइन्छ। नेपालमा यस रुखको पातलाई तेजपात र बोकालाई दालचीनी भनिन्छ। तेजपात र दालचीनीको स्वाद सुवासिलो र मिठो हुन्छ त्यसैले धेरैजसो यसको उपयोग मसलाको रूपमा गरिन्छ। तेजपात र दालचीनीलाई खाद्य पदार्थमा सुगन्धित पार्न र भोक जगाउने उत्प्रेरकका रूपमा प्रयोग गरि यसलाई वायु समन गर्न र वाकवाक अथवा वमनको रोकथाममा पनि प्रयोग गरिन्छ। यसको पात तथा बोकाबाट निकालिएको तेल दाँतको औषधीको रूपमा प्रयोग हुन्छ।

खयर:-

यसको वैज्ञानिक नाम "एकासिया क्याटेचु" (Acacia catechu Willd) हो। यसलाई संस्कृतमा "खडिर" भनिन्छ। यो एक मझौला कदको रुख हो। खयर नेपालको मधेश, तराई र पहाडी दुनहरूको नदीका किनारामा पाईन्छ। आयुर्वेदीय पद्धति अनुसार खयर अनेक रोगहरूमा उपयोग गरिन्छ। पाचनशक्ति बढाउन र अतिसारलाई निकै फाइदा गर्छ। घाउ, खटिरा, बाथ तथा मर्केको जोनीहरूमा यसको लेप लगाउदा लाभदायी हुन्छ। यसको लेप बनाउनका लागि साना साना टुक्रा पारेको काठको बोका छोडाएर भित्री रातो रंगको भागलाई माटाको भाँडामा पानीसँग १२ घण्टा उमालेको बाक्लो भोललाई काठको वाकसमा खन्याई चिसो पारिन्छ। यसरी तयार गरिएको खयर वा कत्थालाई आवश्यकता अनुसार प्रयोग गर्न सकिन्छ।

टिमुर:-

यसको वैज्ञानिक नाम जान्थोजाइलम अर्मेटम (Zanthoxylum Armatum DC) हो। संस्कृतमा यसलाई तुम्बुरु, तीक्ष्णफल, तीक्ष्णपत्र र तीक्ष्णवल्क भनिन्छ। तामाङ्ग भाषामा पुमो र नेवारीमा टेबु भनिन्छ। टिमुरको बोट काढैकाढा भएको हुन्छ र नेपालमा महाभारत श्रृंखलाको १२०० देखि २५०० मीटर सम्मको उचाईको खुल्ला पाखामा पाइन्छ। यसको फलको स्वाद तितोपना लिएको पीरो र जिब्रो पपराउने हुन्छ। यसको प्रयोग वायुशमन गर्न प्रयोग गरिन्छ। दाँत दुखेको बेला टिमुरको गेडा दुखेको दाँतको तल राखेर च्यापी राखेमा दाँतको दुखाई कम हुन्छ। यसको प्रयोग ज्वरो निको पार्न, अजीर्ण र हैजामा तथा तागत प्रदान गर्न पनि प्रयोग गरिन्छ। यसलाई

माछ मानं विषको रूपमा पनि प्रयोग गरिन्छ । पृथ्वीमा रहेका सम्पूर्ण जीवजन्तु, वनस्पति, जमीन, पानी, हावा, ताप, प्रकाश, आकाश आदि प्राकृतिक तत्वहरु र मानव निर्मित

सम्पूर्ण पदार्थ एवं परिस्थिति हाम्रो पर्यावरण वा वातावरणका अभिन्न अंग हुन् । स्वस्थ जीवनका लागि अनुकूल अर्थात् स्वस्थ र सन्तुलित वातावरण आवश्यक पर्ने भएकोले

त्यसका निम्न व्यक्तिगत एवं सामूहिक रूपमा हामी सधैं प्रयत्नशील रहनुपर्दछ । यसकालागी हामी सबैले कम्तीमा पनि योटा जीवोपयोगी वृक्ष अनिवाय रूपमा रोप्नु पर्दछ ।

WIST Activities

- WIST president Ms. Urmilla Joshi and Joint secretary Padma Vaidya attended the Science Day on Aswin 1, 2070 organized by the ministry of Science and Technology (MOST). Ms Urmilla Joshi was also a member of the organizing committee on the behalf of WIST.
- WIST President Ms. Urmilla Joshi and Sandhya Karmacharya the general secretary attended the Inter-country Workshop on Food Safety and Nutrition in Bhadra 20 - 21, 2071 organized by DFTQC and NEFOSTA.
- Dr. Kumudini Bajracharya, general member of the WIST and Associate Professor of Department of Botany, Amrit Science Campus delivered a talk program on *Vulnerable Air Quality of Kathmandu Valley -- A threat to human health of the valley dwellers* on 27th of Bhadra, 2070 in the Department of Food Technology and Quality Control (DFTQC), Babarmahal.
- On 17th of Ashwin 2070, Dr. Geeta Rajbhandary a member of WIST and professor of Amrit Science Campus gave a talk on *Biological Air Pollution - Prevalence and their role in human life* in the same venue.
- One day training program on *Food safety and Food quality* was held on 7th of Baisakh 2071 at Hattigauda, ward 4 of Mahankal VDC in Kathmandu in coordination with the local women's group, Swasthani Mahila Samuh and technical support of DFTQC.
- A book, *Chemical compositions of Ficus religiosa a sacred Fig*, written by Professor Dr. Roshani Maiya Shrestha, an executive member of WIST was published by Labbert Academi publishing company Germany. The book is available at.
- Ms. Sandhya Karmacharya published an article *Khanekura Swchcha Rakhne Upaya* in Nari, Kantipur publications on Chaitra, 2070.

Congratulations

• WIST congratulates Prof. Dr. Anjana Singh (Maharjan) for her selection in the executive committee representing Nepal in the Special Committee of Science and Engineering (WISE), Association of Academies and Societies of Sciences in Asia (AASSA). This special committee is having 11 members of AASSA representing 9 countries.

Annual General Meeting

19th Annual General Meeting of the WIST was held on Ashad 28, 2070 at the meeting hall of the Department of Plant Resources. The meeting was chaired by Dr. Surya Laxmi Maskey, the Chairperson of WIST. She welcomed all the participants. The Chief Guest was Dr. Kayo Devi Yami, Honorable Chairman of Public Service Commission, former General Secretary and also life member of WIST. Dr. Kayo delivered a remarkable speech on the occasion. Ms. Devaki Shrestha, the General Secretary and Chandra Shakya, the Treasurer, presented annual progress report and financial statement respectively while the vice-president Ms. Urmilla Joshi, extended the vote of thanks to the participants. Forty eight (48) WIST members participated in the annual meeting. The former President and present Advisor of WIST, Dr. Keshari Laxmi Manandhar addressed the meeting and gave many suggestions to make WIST a viable, active and dynamic organization. Similarly, Dr. Surya Laxmi Maskey, president of WIST, highlighted the WIST program and called upon younger generation to come up with innovative Programs to empower the women scientists and WIST.

A new executive committee was formed according to the WIST regulations. Ms. Urmilla Joshi was elected unanimously as the Chairperson while Ms. Devaki Shrestha became the Vice - Chairperson. Ms. Sandhya Karmacharya was newly elected to the post of General Secretary and Ms. Padma Vaidya continued to the post of Joint Secretary. Ms. Sushma Upadhyay Dr. Roshani Maiya Gajurel, Ms. Rama Shrestha and Ms. Roshani

Shrestha also continued to be the members of executive committee while Ms. Roshana Shakya was elected as a new member in the newly formed Executive Committee.

Donations

WIST is grateful to Dr. Keshari Laxmi Manandhar, founder and life member, advisor and former President of WIST who was very kind to contribute Rs. 50,000. in cash for "Achheya Kosh" (Permanent Fund) on the day of Annual General Meeting.

Similarly, the contribution by the other members namely, Dr. Kayo Yami, Ms. Jayashree Malla Amatya, Ms. Dibya Laxmi Bajracharya, Dr. Suman Subedi, Ms. Sunhari Shrestha, Ms. Roshana Shakya, Ms. Sandhya Karmacharya and Dr. Roshani Shrestha Gajurel is highly appreciated. Initially, when the fund was created most of the then executive members and some of the members had contributed. They are Ms. Ram Badan Pradhan, Dr. Keshari Laxmi Manandhar, Ms. Urmilla Joshi, Dr. Surya Laxmi Joshi, Ms. Nayan Tara, Ms. Jaya Laxmi Bhuju, Ms. Devaki Shrestha, Ms. Chandra Shakya, Ms. Roshani Shrestha, Ms. Padma Vaidya, Dr. Rejina Byanju, Ms. Sushma Upadhyay, Ms. Rama Shrestha and the general members namely Ms. Sunhari Shrestha, Dr. Kumudini Shakya and Ms. Rose Shrestha.

Membership

Total Members of the WIST: 445
Membership fee:

Entrance : Rs. 50/-
General Members: Rs. 150/-
Asso. Members : Rs. 300/-
Life Members : Rs. 2000/-

WIST is compiling and upgrading the CV/Biodata of Women Scientists and Technologists of Nepal. Please fill in the format and help in upgrading its publication. WIST also invites the project proposals on research and development from the women scientists. Please contact Ms. Urmilla Joshi or Ms. Sandhya Karmacharya for further information.

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