

VOICE

ISSUE 3



HEALTH CONNECTS US ALL

Contents

About - Dr. Tempa Sherpa 05

Cover Story 06

New Achievers

Double Universal Crown Directors 08

Universal Crown Directors 11

Crown Directors 21

Diamond Directors 29

Star, Gold, Silver & Bronze Directors 34

Car Achievers 45





HEALTHY LIVING



Dr. Tempa Sherpa

Managing Director, Healthy Living Nepal

Dr. Tempa Sherpa is a prominent leader of Healthy Living Nepal, a well-known established direct-selling company dedicated to promoting health and wellness.

To nurture better lifestyles, Dr. Sherpa has steered the company's initiatives by aligning them with the core values of health to maintain the growth and sustainability of the nation.

Besides, his leadership skills and dedication has helped in transforming the health landscape of the nation and empowering people to lead healthier lives in Nepal.

HEALTH CONNECTS US ALL!

Health connects us all, which means that your health is the foundation of your life. So, if you want yourself healthy, it is important that you need to make sure, you work hard to maintain good health. But the question is how to make our life healthy? Well, everyone knows it but in order to make our life healthy, the first thing you need to do is start consuming healthy food and follow regular exercise. Doing these will help improve your overall well-being and aid you feel better physically and mentally.

To follow a healthy habit, you also need to have strong willpower to meet the target. Below are the points that will help you to understand how you can ensure living a healthy life.

1. Weight Management: This is the first thing that you should do and to have healthy weight management it is important to do regular exercises. Also, you need to follow healthy eating habits as this will help you to avoid excess weight gain. If you are physically active, you can reach your weight loss targets, boost immunity, and increase your energy level. Make sure you do at least 30 minutes of exercise every day and take a balanced diet for proper health management. Along with it, our Veslim range of products are also effective enough to help you manage weight effectively.

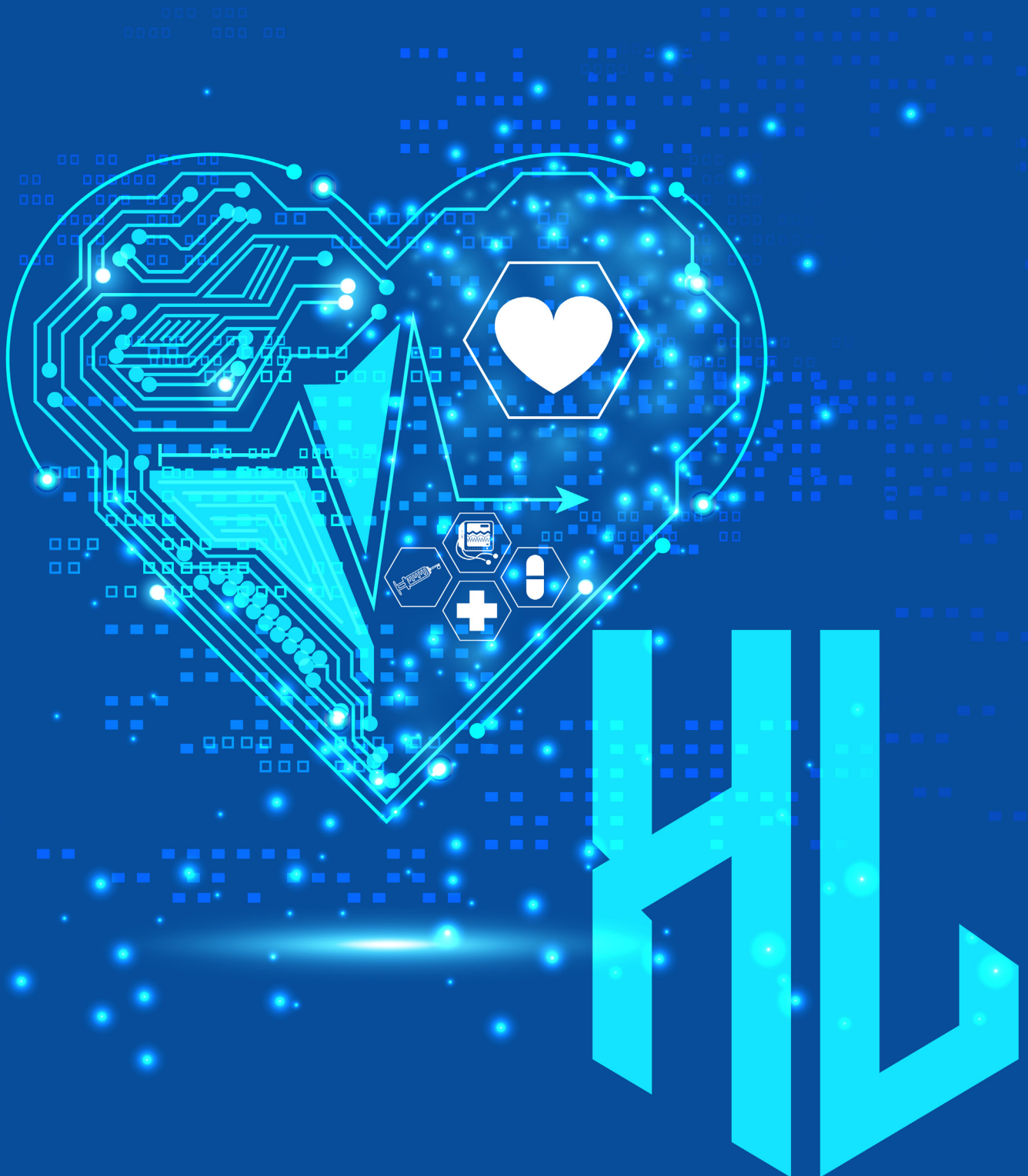
2. Improve Mood: Maintaining a healthy lifestyle will help you have a relaxed mind and let you stay energetic throughout the day. It will also help you to overcome your stress.

3. Prevent Diseases: By following a healthy lifestyle you can also prevent heart diseases, high blood pressure, body pain, etc. To prevent diseases, make sure you always start your day with a healthy breakfast and do regular exercise. This will help increase your metabolic rate and ultimately improve your health condition.

4. Boost Energy: Do you know unhealthy eating causes a lethargic feeling? Yes, it is true, that unhealthy eating can decline your energy level, but by having a balanced healthy diet you can fuel your body to run all functions properly. A healthy diet includes whole grains, lean meats, low-fat dairy products, fruits, and vegetables. Combined with exercise can give you good sleep and help you start a fresh and energetic day.

No matter it can be hard to adopt such habits in daily lifestyle but yet strong willpower can do great. Switch to yoga, try using Ayurvedic solutions, take the right amount of health

supplements to fill the nutrition gap, and use products that are beneficial for overall health. As health connects us all, so with good health, you can shape your career in direct-selling by becoming the living testimony of health and wellth. The road to Wellth, i.e., wealth earned through wellness, is a challenging one, as gaining good health is the key to realising Wellth.



DOUBLE UNIVERSAL CROWN DIRECTOR



OM BAHADUR KHADKA

KATHMANDU, NEPAL

I was once struggling financially, but joining Healthy Living Nepal was the turning point of my life. The direct selling opportunity provided me with a stable income, personal growth, and the chance to uplift my family. I want to thank my mentors for their guidance and my amazing team for their dedication. This business is not just about money; it's about building relationships and helping others achieve their dreams. I owe my success to this platform and will always be grateful. Healthy Living Nepal is truly a life-changing opportunity

DOUBLE UNIVERSAL CROWN DIRECTOR



MENUKA RAI

KATHMANDU, NEPAL

I am delighted to discover that your platform offers the opportunity to earn income without requiring any initial investment. Thank you for providing such a valuable opportunity. I have great respect for your company and the work you are doing.

CARRY YOUR CONFIDENCE

INTRODUCING



NPR: 385 • DP: 350 • PV: 7.29

AVAILABLE NOW

UNIVERSAL CROWN DIRECTOR



PASHUPATI NATH PANDEY

CHITAWAN, NEPAL

I joined Healthy Living Nepal because it offers an incredible opportunity for personal and financial growth while promoting a healthier lifestyle. The high-quality products in health, wellness, and personal care are trustworthy and impactful, making it easy to share them with others. The business model is designed for anyone willing to work hard, providing excellent training, mentorship, and support. Through this journey, I have gained valuable skills like leadership and communication, along with financial independence through passive income and rewards. For anyone seeking a platform that values health, community, and personal growth, HL Nepal is the perfect choice.



Fuel
**YOUR JOINT
HEALTH
AND MOBILITY**

**BUY
NOW**



UNIVERSAL CROWN DIRECTOR



SANCH KUMAR THARU

KAILALI, NEPAL

Before Healthy Living Nepal, I was searching for a way to achieve financial freedom. This platform gave me an opportunity to build a business, develop leadership skills, and help others succeed. The training and support from management have been outstanding. I am forever thankful to my uplines for their encouragement and my hardworking downlines who trust me. Today, I can provide my family with a better life. I can confidently say that my dreams are now my reality, all because of Healthy Living Nepal!

JAGADISH THAKUR

DHANUSHA, NEPAL

Healthy Living Nepal is the best decision of my life! as I found unlimited opportunities here. I have achieved financial stability, personal development, and most importantly, I have built a strong team. I am grateful to my mentors who never gave up on me and my downlines who believed in my leadership. Thanks to this platform, I can now dream bigger and achieve more. The management is truly inspiring, and I'm proud to be a part of this wonderful journey!



UNIVERSAL CROWN DIRECTOR



SITA DHAKAL ADHIKARI

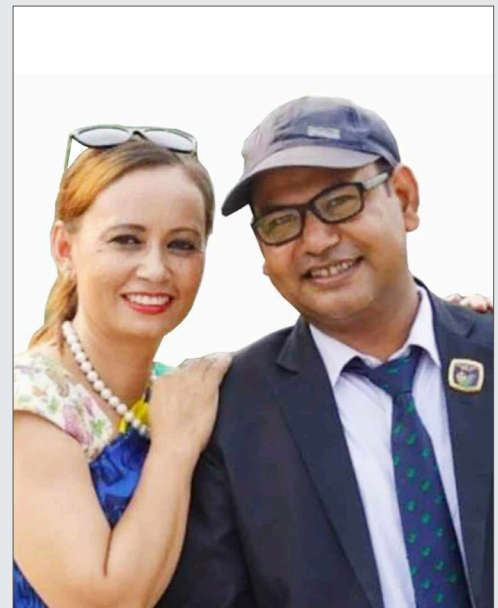
KATHMANDU, NEPAL

I found that Healthy Living Nepal is the only business that does exceptionally well and this business has helped me become successful. My Healthy Living Nepal business has brought good health to my own family along with wealth that was previously unthinkable. In a short period of time I have achieved so much with the Healthy Living Nepal business that was impossible with any other direct selling business. I thank my upline, downlines and the Healthy living Nepal management for their contributions in my success story.

BIR BAHADUR CHHETRI

BUTWAL, NEPAL

I never thought I could become financially independent, but Healthy Living Nepal made it possible. With the direct-selling business, I have earned more than I ever imagined, and I now live a stress-free life. I thank my uplines for pushing me forward and my incredible team for working tirelessly. This company has given me not just income but also confidence, skills, and the power to change my life. I am forever grateful to the management for creating this life-changing platform!



UNIVERSAL CROWN DIRECTOR



RAM BAHADUR MAGAR

KATHMANDU, NEPAL

First of all I would like to say Good Morning to all Healthy Living Nepal families. My name is Ram Bahadur Magar I am from Ramechhap Nepal. I am retired from Singapore Police Force where I served for more than 25 years. I am Universal Crown Director and I am working full time in this platform for two years. In my personal experience this platform is giving me good health, good discipline, good environment, good knowledge, respect under one - roof families along with good income. If you want to succeed in life and become economically independent, you can join HL Nepal. Thank you and wish you wealth!

LAKPA SUMBA SHERPA

KATHMANDU, NEPAL

Healthy Living Nepal gave me the opportunity to transform my life. From struggling financially to achieving economic independence, this journey has been incredible. The management's support and training programs have helped me grow both personally and professionally. My upline guided me, and my downlines motivated me to push harder. Today, I am living my dreams, and I couldn't be more grateful for this platform. This company is not just about business—it's about empowerment. Thank you, Healthy Living Nepal, for giving me a new purpose in life!



UNIVERSAL CROWN DIRECTOR



TEK BAHADUR SHRESTHA

DAMAK, NEPAL

My journey for the Healthy Living Nepal started with a mission to provide the Nepali people the exceptional living standard with health and wealth. To revolutionary transform the lifestyle as modern socialization through Healthy Living Nepal. This industry dramatically can help build economically independent life that I trust. I worked hard to achieve my goal as faster as I can, so that I can show the path to other people. Thank you HL management for this platform. Wish you Wellth.

DAMODAR BHATTARAI

KATHMANDU, NEPAL

Joining Healthy Living Nepal was the best decision I ever made as this has helped achieve financial security and freedom. I thank my upline for believing in me and my team for working together toward success. This business is not just about selling; it's about changing lives. I am grateful to the management for providing such an amazing opportunity. Today, I can provide a better future for my family, and I owe it all to Healthy Living Nepal!



UNIVERSAL CROWN DIRECTOR



BIKASH KC

NEPALGANJ, NEPAL

I always dreamed of being my own boss, and Healthy Living Nepal made it possible. I am now financially stable, confident, and growing every day. The HL management has created a platform that truly empowers people. I appreciate my upline for guiding me and my team for their trust. Because of this opportunity, I have achieved things I never thought were possible. Healthy Living Nepal is a blessing, and I encourage everyone to take advantage of this life-changing opportunity!

SHANTI RAM RAI

KATHMANDU, NEPAL

I am happy with where I am in life right now and am excited about what lies ahead. I had a lot of lofty goals, but I never knew how to achieve them. When Healthy Living entered my life, it made me realise that anything was feasible. Thank you, Healthy Living, for transforming my life!



UNIVERSAL CROWN DIRECTOR



PRALHAD NEUPANE

KATHMANDU, NEPAL

Healthy Living Nepal is more than just a business—it's a movement towards financial freedom and self-growth. I started with nothing but a dream, and today, I stand as a successful entrepreneur. I thank my mentors for their guidance and my downline for their hard work. This platform has given me confidence, leadership skills, and an income that supports my family. I owe my success to the incredible management and the Healthy Living Bangladesh team. Thank you for this wonderful opportunity!

MAHESH BAHADUR SINGH

MAHENDER NAGAR, NEPAL

I came to know about Healthy Living Nepal through my best friend and I got involved with it. Healthy living improved my health and life style. It also enabled me to become the best role model in my locality. I am the biggest fan of Healthy Living Nepal and I am very thankful to all my downlines and upline.



UNIVERSAL CROWN DIRECTOR



BEL PRASAD CHAUDHARY

TIKAPUR, NEPAL

When I joined Healthy Living Nepal, I was very confused about the direct selling industry. But today, I am a firm believer in the power of direct selling because this company has given me an income, confidence, and a purpose. I am grateful to my upline and my dedicated team for making this journey so rewarding. Thank you, Healthy Living Nepal, for everything!



**BUY
TODAY**



Your **overall health matters** to us. Start **taking care** of yourself with

DAILY INTAKE of Vestige Shatavari Max



Introducing Skin Perfecting Vitamin C Serum

Regenerate your skin with the power of Vitamin C

1. Gentle on your skin & gives a soothing effect

2. Refreshes & replenishes skin cells

3. Moisturises and heals your skin from within




MRP NPR: ₹ 2,000 • **DP** NPR: ₹ 1,800 • **PV**: 37.50

AVAILABLE NOW

#BeSkinBeautiful

Search for

 myvestige

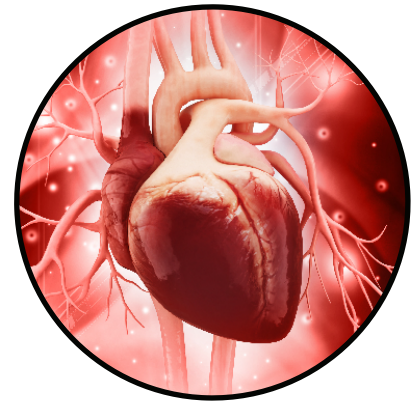


VESTIGE FLAX OIL



*Improves elasticity
of blood arteries*

*Manages
heart diseases*



**BUY
TODAY**



CROWN DIRECTOR |

ACHIEVERS, MARCH 2021 TO DECEMBER 2023



RADHIKA GHIMIRE

I am always thankful to HL Nepal and all its management and also I am really proud as well as fortunate to be here and feeling healthy and wealthy after becoming a part of HL Nepal. It is a good organisation and if everyone can understand the business modules they can easily uplift their life towards economic independence. I really appreciate and respect the mentor as well as all my team for their support and encouragement. Thank you Dr. Tempa Sherpa Sir and HL Management.



BINDIKA SHIWAKOTI

Before finding out about Healthy Living Nepal, I spent eight years working for a global corporation. I thank God for giving me a chance to live a new, fulfilling life through Healthy Living Nepal. I have attained this degree of success as a result of a winning formula involving an outstanding marketing strategy, fantastic products, an extensive education system, and a helpful management group. I am grateful to my mentor for supporting and guiding me during my journey with Healthy Living Nepal.



SARADA PAUDYAL

Healthy Living Nepal is not just a company; it's a life-changing opportunity. I was once struggling with financial instability, but now I am enjoying a steady income and a fulfilling career. The training, support, and mentorship from the management have been exceptional. I thank my upline for guiding me and my team for working alongside me. Today, I live with confidence, knowing that my future is secure. This company has truly transformed my life, and I am forever grateful!



NARENDRA BAHADUR MAHATA

I have been associated with this platform for the last five years. My experience to all the distributors and leaders who are in confusion regarding its system. Healthy Living Nepal has a combination of world class products, great marketing plan and strong management, which makes it a perfect platform for bright future so that everyone can build a good career in a very short period of time by believing, learning, trying and following the system.



DEBITA SHRESTHA

I never imagined that a direct selling business could change my life so dramatically. Thanks to Healthy Living Nepal, I have achieved financial freedom, personal growth, and a network of amazing people. I am thankful to my upline for mentoring me and my team for their dedication. The management has built a system that truly helps people succeed. I can now support my family, travel, and enjoy life without worries. Thank you, Healthy Living Nepal, for this incredible opportunity!



JIVAN SINGH PARIYAR

Healthy Living Nepal gave me the chance to rewrite my future. I was stuck in a job with no growth, but now I am a successful entrepreneur. The support from my uplines, the motivation from my team, and the vision of this company have all contributed to my success. I want to thank the management for building such a strong platform. Today, I live a life of financial independence and personal fulfilment. I am proud to be a part of this journey!



KOPILA SAPKOTA MARASINI

I am living my dream today, thanks to Healthy Living Nepal. When I joined, I had no experience in business, but with the training and mentorship provided, I have built a successful career. My income has grown, my confidence has soared, and my team has become my second family. I am grateful for this opportunity and thankful to the management for creating such a powerful platform. Direct selling has changed my life, and I will always be thankful!



KUL BAHADUR JHEDI MAGAR

Healthy Living Nepal has given me more than just financial stability—it has given me confidence, skills, and a sense of purpose. I am incredibly thankful to my upline for their guidance and my downlines for their dedication. The management has created a business model that truly empowers people. Because of this platform, I am achieving my goals and helping others do the same. Thank you, Healthy Living Nepal, for making dreams come true!



SHAHA ALAM MIYA

Before joining Healthy Living Nepal, I was struggling to make ends meet. This company gave me an opportunity to earn, grow, and build a better future. I am grateful for the incredible support system, the training, and the motivation from my uplines. My team has been amazing, and together, we are achieving success. Thanks to this platform, I have financial freedom and a new sense of confidence. Thank you, Healthy Living Nepal, for making my dreams a reality!



HARI PRASAD RIMAL

Healthy Living Nepal has given me a second chance at life. The management has provided an excellent system that rewards hard work and dedication. I thank my mentors for their guidance and my amazing team for their trust. Today, I am financially independent and living a life I never thought possible. I am proud to be a part of this incredible journey!



DIL BAHADUR MAGAR

I always wanted to provide a better life for my family, and Healthy Living Nepal made it possible. The financial opportunities, the leadership training, and the incredible support from the management have all contributed to my success. My upline inspired me, and my downlines motivate me every day. I am grateful for this platform that has changed my life. Thank you, Healthy Living Nepal, for giving me the confidence to dream big and achieve more!



SITA LAMA

Joining Healthy Living Nepal was the best decision I ever made. The financial independence I have achieved is beyond my expectations. I have met incredible people, gained valuable skills, and built a strong team that I am so proud of. I thank my upline for believing in me and my downlines for their dedication. This company has empowered me to take control of my future. Thank you, Healthy Living Nepal, for creating such a powerful opportunity!



BOSH BAHADUR TAMANG

Healthy Living Nepal has been a blessing in my life. I was searching for a way to improve my financial situation, and this business gave me the opportunity I needed. The management has created a system that truly supports success. I want to thank my upline for their encouragement and my downlines for their hard work. Today, I am living my dream and helping others do the same. I am forever grateful for this platform!



SURENDRA SINGH SAUD

After joining Healthy Living Nepal, I realised the power of this business. It has given me financial stability, confidence, and the ability to support my family. I thank my upline for their guidance and my downlines for their trust in me. The management has done an amazing job of creating a life-changing opportunity. Today, I am proud to be part of this incredible journey. Thank you, HL Nepal and everyone for their support. Thank you and wish you well!



BED BAHADUR SARU

Healthy Living Nepal is a big platform, it helps people live a healthy and prosperous life. Being a distributor of this company, it taught me better education, how to succeed in life and how to grow a big net worth. The big network is made by a big network. I has helped me achieve goals and make a better future for me, my family and my entire team. Thank you Healthy Living Nepal.



GANESH ALE MAGAR

I joined the Healthy Living Company to improve my personal and family's health. Using the products of this company has improved my health a lot. Also, due to the system of this company, I have also benefited financially and am moving forward on the path of financial freedom. Thank you everyone who helped me to join this company and move forward. This is the best place for everyone who wants health and prosperity.

DON'T LET YOUR BODY'S IMMUNITY GO DOWN,

Start using Vestige
Spirulina & Vestige Noni
from TODAY!



<https://ctri.nic.in/Clinicaltrials/showallp.php?mid1=73883&EncHid=&userName=Vestige%20spirulina>
<https://ctri.nic.in/Clinicaltrials/showallp.php?mid1=73875&EncHid=&userName=Vestige%20noni>

Search for

 healthylivingnepal



CROWN DIRECTOR |

ACHIEVERS, MARCH 2021 TO DECEMBER 2023



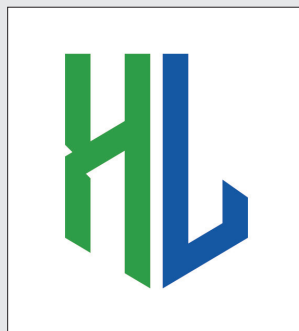
**DEVNARAYAN
CHAUDHARY**

I am an ex- teacher of secondary level and after retiring from this profession, I joined Healthy Living Nepal pvt. Ltd. as is it is the best job that I can find to earn economic freedom. I liked the direct selling business because it gives us good health and good wealth. I learned about it and after properly comprehending the business today I am working as crown director with around 4000 team members. Thank you HL Nepal and Wish you Wellth!



GOVINDA ADHIKARI

Healthy Living Nepal has changed my life in ways I never imagined. Before this, I struggled financially, but today, I am independent and thriving. The management's vision and leadership have made this company a true blessing. I am thankful for my mentors who showed me the way and my team who stood by me. This platform has given me confidence, stability, and a bright future. I will always be grateful for this opportunity!



RAJESH ACHARYA

My name is Rajesh Acharya, and I am Crown Director at HL Nepal, a platform dedicated to promoting health, wellness, and inspiring stories across Nepal. I am reaching out to express my interest in collaborating with Healthy Living Nepal for an upcoming feature in our magazine. Your commitment to promoting healthy lifestyles and well-being aligns perfectly with the mission of our publication. We would love to showcase your initiatives, achievements, and insights in the field of health and wellness. This feature would not only highlight your contributions but also inspire our readers to adopt healthier habits and support our mission.



**RAM NARESH
MAHATO**

I never thought I could achieve financial independence until I joined Healthy Living Nepal. This company has given me the tools, training, and support to build a successful business. My upline guided me, and my team has been my strength. I am grateful for this opportunity that has not only changed my life but also the lives of many others. Thank you, Healthy Living Nepal, for making success possible for everyone!



SANJAY GHIMIRE

Before Healthy Living Nepal, I was looking for my career direction. I made a correct decision and today, I am financially secure and more confident than ever. The support from the management, my mentors, and my team has been incredible. This platform has given me the freedom to dream big and achieve more. I am forever grateful for the opportunity to change my life. Thank you, Healthy Living Nepal, for this incredible journey!



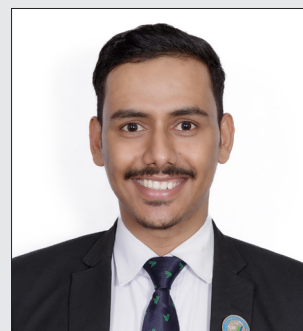
MANISHA RATHI

Success is not final; failure is not fatal: it is the courage to continue that counts. I always wanted to do something 'BIG' in my life and suddenly an opportunity knocked my door, it was "Healthy Living Nepal". It is a direct selling company where we can get financial freedom and most of all it doesn't classify anyone on the basis of age or gender. In fact it is a free to all platform. It provides opportunity to everyone and makes people capable of enhancing their personality. It empowers people to make their own identity. Lastly, I would like to say if you can dream it you can do it . Wishing you good health and wealth.



KRISHNA SAH KANU

Healthy Living Nepal has given me the financial stability I always dreamed of. I am thankful to the management for creating such a powerful platform and to my upline for their unwavering support. My team has been my biggest motivation, and together we are building success. This business is not just about money; it's about personal growth and helping others succeed. I am proud to be part of this amazing journey!



DAYARAM BHATTARAI

Joining Healthy Living Nepal was a turning point in my life. I used to struggle to make ends meet, but now I am financially independent. The management has built an excellent system, and the training programs are top-notch. I thank my upline for their mentorship and my downlines for their trust. Today, I live with confidence and excitement for the future. Thank you, Healthy Living Nepal, for giving me this incredible opportunity!

CROWN DIRECTOR | ACHIEVERS, MARCH 2021 TO DECEMBER 2023



ANJU TIMALSINA

Healthy Living Nepal is not just a business—it's a life-changing opportunity. I have gained financial freedom, personal growth, and an amazing network of people. The management's dedication to our success is truly inspiring. My upline guided me, and my team supported me every step of the way. Because of this platform, I am achieving my dreams and helping others do the same. I am forever grateful to HL Nepal.



KISHAN JAISI KANDEL

I never thought I could achieve so much in such a short time, but Healthy Living Nepal made it possible. This platform has given me financial independence, confidence, and leadership skills. The management's support has been exceptional, and I am thankful for my mentors and my hardworking team. Today, I stand proud, knowing that I have built something meaningful. Thank you, Healthy Living Nepal, for making success accessible to everyone!



JAYA PRASAD RAI

Healthy Living Nepal has transformed my life. I used to live in constant financial stress, but now I enjoy economic independence. The management has provided a platform that helps ordinary people achieve extraordinary success. My upline guided me, and my downlines have inspired me. I wake up every day excited about my future. Thank you, Healthy Living Nepal, for giving me this opportunity to grow and thrive!



ANITA TAMANG

I am forever grateful to Healthy Living Nepal for giving me a chance to fulfill my dreams. Before joining, I was unsure of my future, but now I have financial stability and personal growth. My upline has been my mentor, and my downlines are my motivation. The training and support from the management are unmatched. This company is truly a blessing. Thank you for empowering me and thousands of others!



SURESH SUNAR

I never imagined I could achieve this level of success, but Healthy Living Nepal made it possible. The support from the management, my upline, and my downlines has been incredible. I now have financial independence and a thriving business. This company has changed my life, and I will always be grateful!



BHAGAT SAH

Before joining Healthy Living Nepal, I felt stuck. Today, I am an entrepreneur, earning well and living my dreams. The management's vision and leadership have changed my perspective on success. I am thankful to my upline for the guidance and my team for their dedication. I never imagined I could achieve so much, and I owe it all to this incredible company!



KAMALA KUMARI SHARMA

Healthy Living Nepal gave me hope when I had none. The training and support provided by the management helped me build a thriving business. My upline mentored me every step of the way, and my downlines have become my second family. I now have financial freedom and a purpose in life. I am forever grateful for this opportunity! Thank you and wish you wellth!



OMPRAKASH SHARMA

I feel blessed and grateful being a part of healthy living in Nepal. Everything is possible with hard work and dedication. Healthy living Nepal offers infinite financial resources with flexible time and healthy life. I have been using products of healthy living Nepal, which enhanced my overall health conditions. So, I recommend everyone to use the product of healthy living Nepal. Thank you wish you wellth!

CROWN DIRECTOR | ACHIEVERS, MARCH 2021 TO DECEMBER 2023



MANOJ KUMAR SAH

Joining Healthy Living Nepal has been the best decision of my life. I have built a successful career, met amazing people, and achieved financial freedom. The management has provided outstanding support, and my upline has been my pillars of strength. My team's dedication and hard work inspire me daily. Thank you, Healthy Living Nepal, for making my dreams come true!



SURAJ MAN GURUNG

I have been associated with this Healthy Living Nepal for a long time and it has helped me to come up to this position. I would like to thank all the people for their trust and support. Healthy Living Nepal is one of the businesses that help people live a better life with economic independence. As I have uplifted myself with the help of HL Nepal, now it is my duty to help all my business partners to get the success and to reach the position that we have aimed for. Once again I would like to thank Healthy living Nepal, all the supporters, business partners and the management team.



MINA KUMARI SHRESTHA

Healthy Living Nepal has given me the confidence to dream big. I am now financially secure and helping others achieve the same. The management's guidance and training programs are exceptional. I am thankful to my upline for the mentorship and my downlines for their trust in me. This company has truly changed my life!



ASMITA DHAKAL POUDEL

I was looking for an organisation that can offer me the right platform for economic independence and then I found Healthy Living Nepal. This platform has helped me prove myself as a leader and a winner. I am thankful to God that he created the connection between me and Healthy Living Nepal. I am thankful to my upline for guiding and motivating me. I am also highly obliged to HL management and my downlines for their incessant support all along the way. Thank you wish you wellth.



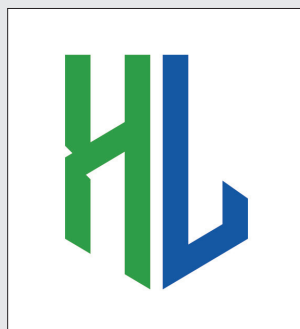
SURAJ DHAKAL

I never thought I could run a successful business, but Healthy Living Nepal made it possible. The support from the management, my upline, and my team has been incredible. I am now financially independent and living life on my terms. I am grateful for this opportunity and will always be thankful for the people who helped me succeed!



ANIL SUYAL

The company gave me an opportunity to prove myself and gave me financial independence. I always wanted to do something big in my life and was constantly in search of a suitable platform. My search came to an end with Healthy Living Nepal. The company gave me an opportunity to prove myself and gave me financial independence, both at a fairly young age. Healthy living Nepal made me into a youth icon, a title I wear proudly. Through youth empowerment seminars, I have also been given multiple chances to show youth that Healthy living Nepal can help young Nepal take their destiny in their own hands. I would like to thank almighty and healthy living Nepal management for helping me live my life king size. Wish You Wellth.



SHANTI RAI

Healthy Living Nepal has empowered me to achieve more than I ever thought possible. The financial freedom I have gained has transformed my life. The management has built a company that truly cares about people's success. My upline and downlines helped me in every sphere and they are the reason today I am in this Crown level. Thank you for this life-changing opportunity!



Sumitra Ranjit

In small investments we are earning good income from this platform. By using the products of Healthy living Nepal we are consuming good products as well as gaining or earning at the same time. The most important thing is Healthy living giving us a bonus while buying their products. We can achieve different levels as well as providing house fund, car fund, travel fund, which make me more attracted towards the company. I have joined my many friends and family in Healthy living. I am grateful to be a part of healthy living and I wish more and more success ahead in the future for Healthy living companies.

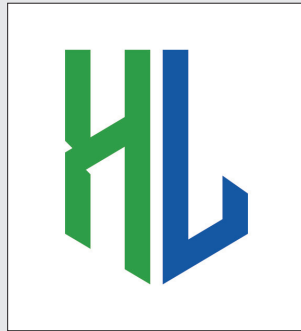
CROWN DIRECTOR |

ACHIEVERS, MARCH 2021 TO DECEMBER 2023



**GAURI SHANKAR
MANDAL**

Before joining Healthy Living Nepal, I had no direction. Now, I have a purpose, financial stability, and a strong team by my side. The management's leadership and vision are truly inspiring. My upline helped me grow, and my downlines have been my biggest supporters. I am forever grateful for this journey!



**KAMALA KUMARI
POKHREL**

Healthy Living Nepal is the reason I can provide a better life for my family. The training, support, and mentorship from the management and my upline helped me build a strong business. My team's dedication motivates me every day. This platform has given me confidence and financial independence. Thank you HL Nepal for all the support!



TIRTHA RAJ SEDHAIN

Products of Healthy Living Nepal are of great quality and effectiveness. My decision to join Healthy Living Nepal was the best one I have ever made. I have achieved remarkable success as a result of Healthy Living Nepal's thorough marketing strategy. I have had the good fortune to connect with like-minded individuals and broaden my perspective. I owe a great deal of gratitude to Healthy Living Nepal for altering my course.



**SHER BAHADUR
SHRESTHA**

I was searching for an opportunity that would allow me to grow, and I found it with Healthy Living Nepal. The management's vision, my mentors' guidance, and my team's hard work have all contributed to my success. Today, I am financially independent and helping others do the same. I will always be thankful for this platform!



**JANUKA DEVI
SHRESTHA**

Healthy Living Nepal has turned my dreams into reality. The financial freedom, personal growth, and friendships I have gained are priceless. I am grateful to everyone for their guidance and my team for their trust. The management has created an amazing system that rewards hard work. Thank you and wish you wellth!



RAKESH CHAND

Before coming to this business, I was working as a waiter in a hotel when an unknown person gave me such a good opportunity. I am very happy. I felt that I should do a lot in life. After joining HL Nepal, I am very confident that I will fulfil all my dreams through this system. I will also work with the people in my system to fulfill their dreams as well. Thank you Wish you Wellth!



Ganoderma enhances the body's ability to **take-in more oxygen***

Buy
Now



Dosage : One capsule, thrice a day.

*http://www.ammmos.com/ganoderma_20_amazing_health



RADHIKA PARAJULI

Healthy Living Nepal has given me the opportunity to create a better future for myself and my family. The management's leadership, the support from my mentors, and my team's dedication have all played a role in my success. I am proud to be part of this journey and look forward to even greater achievements!



DIPAK KUMAR SHRESTHA

First of all I would like to thank our great up line Tempa Sherpa Sir for giving this position today and the quality of life, which has given me the opportunity to do important work to serve others in good health. This company has been able to give an opportunity to all Nepalese to become self-sufficient in their homes and that they can get everything they want in life. I will make myself independent by making him successful through this company. Thank you wish you wellth!



BIRENDRA LAL THARU

Healthy Living Nepal has been a turning point in my life. I have found financial freedom and personal growth that I never thought possible. The management's vision and support are truly inspiring. I thank my mentors for their guidance and my downlines for their trust. This company has given me the opportunity to dream big and achieve more!



UCHIT SINGH

I would like to thank HL Nepal for having grand success in my life. The company gave me right turn and I achieved a lot that I ever thought. It is a platform of success for those who really wants to succeed in life. HL Nepal is a platform though which I have been able to achieve my goals and dreams. I noticed great changes in my life after joining HL Nepal. I would like to thank my downlines and upline for supporting me.



CHHOTE LAL CHAUDHARY

I am forever grateful to Healthy Living Nepal for providing me with a platform to succeed. The training, mentorship, and community spirit here are unmatched. My financial situation has improved drastically, and I am now able to help others achieve the same success. Thank you to my team and the management for making this possible!



PURNA PRASAD SHRESTHA

Before joining Healthy Living Nepal, I struggled to find a stable income. Today, I am financially independent and leading a successful team. The management has built a company that truly cares for its distributors. My mentor guided me every step of the way, and my team has been my motivation. Thank you for this life-changing opportunity and the support. Wish you wellth!



MADHU PRASAD GHIMIRE

I consider myself a lucky person for being able to be a part of Healthy living Nepal Private Limited. I was involved in direct selling business before healthy living Nepal Private limited but I have never found anything like this. Healthy living Nepal is a great company in the sense that it can provide us with a window of opportunity, product, learning and services. It's been 4 years journey of working in this company and it was a very amazing experience till now and in the upcoming future also it will be too. This is the only one platform where our dreams are fulfilled. I would like to say one slogan "You build people, then people build the business". If we believe in ourselves and commit to the highest level like "I will do whatever it takes". We will surely succeed. Passion and persistence are the keys to success in this business. It is a wakeup call for anyone who is willing to leave a comfort zone and change by a taking responsibility, sharing dreams and goals and caring for those who desperately want to take part in this amazing journey to achieve financial freedom and time freedom. Lastly I would like to thank the founder of this company who worked very patiently to bring this company to this level and help us to live our life which we want. Thank you



BALDEV BHATT

Joining Healthy Living Nepal was the best decision I ever made. I have learned so much about leadership, teamwork, and financial success. The management provides endless support, and my mentors have been my biggest inspiration. I am excited about my future and grateful for this opportunity!



KAMESH RAJ KATHARIYA

Thanks to Healthy Living Nepal, I have gained confidence, financial independence, and a network of supportive people. The training and mentorship have helped me become a better leader. I thank my upline for their guidance and my downlines for their trust. This journey has been incredible! Thank you wish you wellth!



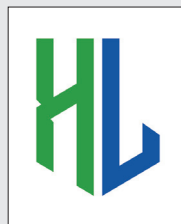
MAN BAHADUR BUDHATHOKI

First of all I would like to thank our great mentor, MD of Healthy Living Nepal Dr. Tempa Sherpa for institutionalising the Direct selling system in Nepal. I am satisfied and happy after being involved in HL Nepal using world class A grade, 100% satisfactory products and getting the opportunity to be involved in an unlimited income plan and showing the way to others. Thank to the management and wsh you wellth!



LAKSHYA SINGH BK

I used to work long hours for a low salary, but Healthy Living Nepal changed my life. I now have the freedom to work on my terms and earn what I deserve. The support from the management, my mentors, and my team has been invaluable. I am forever grateful to HL Nepal and the support.



PUSPARAJ KATHARIYA

First of all I would like to thank God for showing me the path to join Healthy Living Nepal. I have gained confidence, financial independence, and a network of supportive people. The training and mentorship have helped me become a better leader. I thank my upline for their guidance and my downlines for their trust. This journey has been incredible! Thank you wish you wellth!



SEWAK SHRESTHA

Healthy Living Nepal has given me a purpose in life. I am now financially stable, confident, and helping others achieve success. The company's system is designed for growth, and I am thankful to my upline for showing me the way. Thank you for making my dreams come true!



NAJU KHAN

This company is a true blessing. I joined with zero experience, but with proper guidance and training, I have built a successful business. My upline supported me, and my team has been my strength. Thank you, Healthy Living Nepal, for this life-changing break. Wish you wellth!

DIAMOND DIRECTOR | ACHIEVERS, MARCH 2021 TO DECEMBER 2023



RADIKA DARLAMI

Healthy Living Nepal has empowered me to take charge of my future. The financial freedom I have gained is beyond my expectations. I am grateful for my upline for their mentorship and my downlines' dedication. This company is truly transforming lives!



DINESH DHOBİ

I joined Healthy Living Nepal to earn extra income, but it turned into a full-time career. The training and leadership here are outstanding. I am proud of my journey and thankful for the opportunities this company has provided me!



NIRMALA RAYMAJHI

I had no idea that direct selling could change my life until I joined Healthy Living Nepal. The management has created a platform where anyone can succeed. My mentors have guided me, and my team has been my biggest motivation. Thank you everyone for all the support. Wish you wellth!



ROSHAN GURUNG

Healthy Living Nepal has given me financial stability, personal growth, and an amazing team. I never thought I could achieve so much, but this company has proven that with dedication, anything is possible. I am grateful for this life-changing experience!



TIRTHA BAHADUR SHAHI

Joining Healthy Living Nepal has given me the freedom to live the life I always dreamed of. The management, training, and community have been exceptional. My upline supported me every step of the way, and I am grateful for my team's hard work. Thank you HL Nepal and all my team members. Wish you wellth!



DHAN BAHADUR TAMANG

Healthy Living Nepal is a blessing in disguise. I started with small goals, but today, I am achieving things I never thought possible. The management's vision and my team's dedication have helped me reach new heights. I am forever thankful to all. Wish you wellth!



DIKSHYA KHANAL

Before joining Healthy Living Nepal, I was struggling financially. Today, I am proud to say that I have achieved economic independence. The management has created a platform that changes lives. I am forever grateful to my upline for their mentorship and my downlines for their trust. Thank you and wish you wellth!



BUDDHI RAM LAMSAL

Healthy Living Nepal has given me the opportunity to turn my life around. The financial security, personal growth, and supportive network have made all the difference. I thank my mentors for guiding me and my team for believing in me. This company is truly a blessing! Join today to experience the difference.



SAROJ PRASAD YADAV

I never thought I could be an entrepreneur, but Healthy Living Nepal showed me that anything is possible. The management's vision, guidance of my upline, and my team's hard work have led me to success. I am forever grateful for this chance to build a better future!



PUSPA KUMAR BHANDARI

Healthy Living Nepal is more than a business; it is a family. The support system here is incredible. I have achieved financial stability and personal growth beyond my imagination. I thank my mentors and team for making this career a lucrative one. Wish you wellth!



SHARMILA ACHARYA

Joining Healthy Living Nepal has been a life-changing decision. The financial freedom and confidence I have gained are priceless. The management has built an incredible system, and I am thankful for my upline's mentorship and my team's dedication. I am living my dream!



RAM PRASAD RANA

Before this opportunity, I was struggling to make ends meet. Now, I have a successful business and a team that inspires me daily. Healthy Living Nepal has given me the confidence to dream big and achieve more. Thank you for this amazing journey!



SARMILA SHRESTHA

I am grateful to Healthy Living Nepal for giving me the opportunity to create a better life for my family. The training, leadership, and teamwork here are outstanding. My upline guided me, and my team has supported me every step of the way. I am forever thankful to HL Nepal and the management.



SUSMA DHAKAL

Healthy Living Nepal is the platform which provides us both health and wealth as its name to all the people. It has wonderful health supplements which gave amazing results to me and my family. It is the field where we can learn how to improve our health, uplift our life style and become economically independent. I am very thankful to our mentors for providing such a wonderful opportunity.



JAYANTI BANIYA

I had lost hope in achieving financial independence until I joined Healthy Living Nepal. The training, mentorship, and support I have received here have changed my life. I am grateful for my upline, my team, and this incredible opportunity! Wish you wellth!



RANJANA LAMICHANE

Healthy Living Nepal is the best decision I have ever made. I have gained financial freedom, confidence, and a supportive network. My upline has been my mentor, and my downlines have been my inspiration. I am excited about my future, and I thank this company for everything!



MALATI PARIYAR

When I learned about HL Nepal, their marketing plan and their high performing products, I joined without wasting any time. I am sure that this level of success is just the beginning and I am sure I will only continue climbing up the ladder of success. I thank my upline, downlines and HL Nepal management for their encouragement.



ASHISH RAI

I believe in my dream and my dream is to be financially independent with great recognition and an amazing personality, which I feel that I can get from Healthy Living Nepal Pvt Ltd. I started my journey with HL Nepal on July 25, 2022. Building a business from a small village in a mountainous area to a different area of Nepal, made myself accomplish the goal of being economically independent. Now I am holding the prestigious rank of Diamond Director, achieving travel and car fund. I am very grateful to be a part of this beautiful association, which helps me to grow my career very beautifully every year.



LAL PRASAD SHRESTHA

"Healthy living" is a great direct selling platform. Since I joined the company, I have undergone a transformative journey that has not only elevated my professional success but has also contributed significantly to my personal well-being. I have been able to develop new skills, broaden my knowledge, and take on challenging projects that have fueled my career progression. I heard about the company's healthy living from my good friend and tried health supplements. This holistic approach to success has undoubtedly made me a more accomplished and happier individual and I have become a fan of their ways.



LAXMI SHRESTHA

I could not find any stable and reliable platform like Healthy Living Nepal and believe me I realised that being associated with Healthy Living Nepal will give me a wonderful business opportunity. This is when I decided to start my career with Healthy living Nepal. In a few years, I have achieved success that was previously unthinkable in other companies. I thank myupline, downlines and Healthy Living Nepal management for my success. Wish you Wellth!



GYANENDRA ACHARYA

After serving in Indian army for 18 years, I came back and wanted to start something to become economically independent. One day one of my friends suggested me to use supplement of Healthy Living Nepal and I found the products to be very effective. I decided to continue this business as now I am earning good money per month and can live a standard life. Thank you Healthy Living Nepal and the management for all your support. Wish you Wellth!



SAKUNTALA RAI

Before becoming a distributor, it was difficult for me to meet expenses. I thank my upline for introducing me to HL Nepal and giving me this great opportunity. The excellent quality of the products, business plan and management makes me proud of being associated with HL Nepal. I am sure HL Nepal can help me fulfil many more dreams.



KHAMBA RAJ KARKI

Before joining Healthy Living Nepal, I worked different sectors within the country and even worked sometimes abroad, but I couldn't get as much as I wanted. After joining this organisation, I am happy that I can get a good income from this platform and have reached the Diamond Label in a short period of time. In order to be successful, the platform needs to be good and HL Nepal is the best as per my experience. If you want to do something in your life, you should definitely choose Healthy Living Nepal, the only company that fulfills every dream. Thank you and Wish you wellth!



UPENDRA RAY

Healthy Living Nepal changed my life completely! When I joined, I had no financial security, but today, I enjoy economic independence. The opportunity here is unmatched, and the support from the management is incredible. I am grateful for my uplines who guided me and my hardworking downlines who made this journey worthwhile. Thanks to this platform, I have achieved my dreams of a better home and a secure future. Healthy Living Nepal is more than a business—it's a family. Thank you for giving me the confidence to grow!



DURGA DATT BHATT

HL Nepal has given all of us distributors a golden opportunity to create Wellth. The company has the perfect combination of high-quality products, rewarding marketing plan and experienced management. I think anyone can achieve success in HL Nepal by just following the system. Such a simple action is sure to translate into success.



PUNITA KUMARI SAH

I have worked in various direct selling companies but I was not satisfied with my progress in any of those companies. Additionally, it was really hard to sustain that success. After exploring the HL Nepal business plan, I realised the great earning potential they held and started with the company. I thank HL Nepal for giving me a financially secure future.



RITA JIMBA

I was unable to achieve any success previously, which is why I began looking for other avenues of income. Joining HL Nepal was one of the best decisions of my life and I have achieved the gifts of both health and wealth. I thank almighty, my upline and team members for always standing by me. Their support is what got me to this point in my life and I am very grateful for everything.



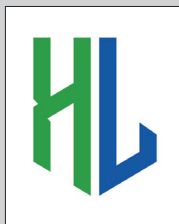
KHADKA BAHADUR DANGI CHHETRI

I am grateful to my respected upline for giving me a strong platform like HL Nepal to fulfil my dreams. The training support system and HL Nepal support system made it possible for me to reach this position. I deeply thank my upline for mentoring me and giving me good advice for furthering my business. Their support has been an integral factor in my success.



KAUSHILA K.C.

HL Nepal has a great management team, excellent marketing plan and quality products to offer. After I joined the company as an independent distributor, all my dreams are gradually coming true. I have a platform on which I can give in my best and a career which I am passionate about. I would like to thank my upline and my downlines for their unconditional support.



SUSMITA RAI

I had a lot of health related problems and I saw positive improvement in my health with a combination of good diet, exercise and taking HL Nepal supplements. I joined HL Nepal to share the benefits with people close to me. After understanding the company's plan, I felt it is the best platform to achieve success. I thank HL Nepal for bringing Wellth in my life and I will continue to spread Wellth for a long time to come.



NABIN THAPA MAGAR

I have been associated with direct selling for a long time and was constantly in search of a reliable company. I joined HL Nepal as an independent distributor since the company has the winning combination of good quality affordable products and rewarding marketing plan. Now, I have achieved tremendous amount of success and I think that this is just the beginning.



SANT RAM RANA

I joined HL Nepal as an independent distributor and have achieved this level of success thanks to a whole lot of factors. The support from my team members, upline and HL Nepal management has helped me to reach this level. I think with proper planning and hard work anyone can achieve success in HL Nepal. I extend my heartfelt wishes to the entire HL Nepal family.



RAJU LAMA

First of all, I would like to thank HL Nepal for manufacturing such wonderful products, which are effective, of high-quality and affordable. The company has given me a life of economic and financial independence. I strongly believe that HL Nepal gives you a chance to fulfil your dreams and offers a platform for you to achieve success. I thank my upline for giving me this unique opportunity and for their constant encouragement.



IMA KUMARI THAPA

I started consuming HL Nepal products and saw an improvement in my quality of life. This motivated me to join the business and share the products with other people. The trainings and guidance from my uplines helped me achieve this level of success. I also got a chance to meet and interact with many new and interesting people. I would like to thank my downlines and HL Nepal management for my success.



MUKESH KARN

I joined HL Nepal as an independent distributor on a part-time basis to earn some extra income. I worked really hard and diligently followed the system and only saw my efforts bear fruit. Now I feel extremely proud about being an entrepreneur and grateful for the benefits this lifestyle has given me. The complete credit for my success goes to HL Nepal products, rewarding marketing plan and my team members.



SHOVA (KC)SHR3STHA

Before joining HL Nepal, I didn't have much knowledge about the direct selling industry. When my upline introduced me to HL Nepal, I was very impressed by their high-quality products and the comprehensive marketing plan. This motivated me to be a part of the company. I thank HL Nepal for giving me an opportunity to fulfil my dreams and ambitions.



KAMALA DANGOL

Healthy Living Nepal has transformed my life as a proud mom of two. I have found strength in embracing time freedom, health, and financial goals. My passion for teamwork, creativity, and helping others drives me to uplift and create positive change through the right platform. I am committed to living authentically, making an impact, and supporting those around me. I am truly grateful for this journey to HL Nepal.



KAMALA RAI

My financial condition was suffering when I heard about HL Nepal for the first time. I decided to join as an independent distributor after I used the products and experienced good results. The informative training seminars and rewarding business plan helped me to reach this level of success. I thank my upline and HL Nepal management for always supporting me.



NANDA KUMARI USUK (LIMBU)

In HL Nepal, I found the perfect system along with high performing products. I joined as an independent distributor because HL Nepal's philosophy of Wellth resonated with me. I have had the privilege of teaching other people about Wellth and offering them a platform to better themselves. I would like to thank my upline, downlines and HL Nepal management for my success.



TIKA K.C.

My dream has been to help people live a life of economic independence and I thank HL Nepal for giving me the opportunity to fulfil this dream. HL Nepal has brought a positive change in the lives of so many people, including myself, and given them financial freedom. I feel proud to be a part of HL Nepal and I will continue spreading Wellth to as many people as I can.



BAL KRISHNA SHRESTHA

The impressive marketing plan and high-quality products motivated me to join HL Nepal. I believed that this would be the platform to help me gain financial independence and this has been proven true. The company has helped me prove myself and strengthened the belief that everyone can become successful by just following the system. I thank my upline and all my downlines for my success.



SADIKSHYA K.C.

I am proud to be a part of healthy living Nepal as it offer opportunities for the individuals to grow personally and professionally. Me as a youth in this company thinks that healthy living has a strong global footprint making it a trusted name worldwide, which provides quality products as they focus on health and wellness, healthy living gives individuals a platform to earn and achieve financial independence. It helps people enhance their skills and confidence through training and support. The best thing that I like about healthy living Nepal is that the company promotes teamwork and help people build strong networks and encourages a healthier and happier lifestyle that is very necessary in today's context.

DIAMOND DIRECTOR | ACHIEVERS, MARCH 2021 TO DECEMBER 2023



PIYARE LAL THARU

Joining HL Nepal as distributor was a life-changing decision for me as this is the right platform for people to do something big in life and also achieve success. HL Nepal's products are very affordable and are of high-quality. I thank HL Nepal for giving me a better life.



Look
Fabulous
Day & Night, anytime!

**Mistral of Milan
Deep Define Kajal (Black)**

(NP35002)

MRP NPR 460 | DP NPR 415 | PV 8.65



STAR DIRECTORS | NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

AAMOD MAHATO
ABISHEK SAPKOTA
AKSHY SADAY
AMALESH KUMAR MANDAL
AMAR MUKHIYA
AMIR MASKI RANA
AMOSH THARU
AMRIT KUMAR SARKI
ASH BAHADUR GHARTI
ASHISH SUNAR

BAIJANATH THAKUR HAJAM
BASANT KUMAR GUPTA
BASANTA THAPA
BHAKTA BAHADUR KHADKA
BHARAT KUMAR DHAKAL
BHIM BAHADUR BASNET
BHIMA DEVI SANGRALAULA
BHOGENRA YADAV
BHUWAN BAHADUR CHAND
BIDHYA THAPA
BIMALA MAGAR
BINDA BISTA
BINDI MAYA ALE
BINITA KUMARI DEVI SAH
BISHNU BHUSAL
BISHNU MAYA SHRESTHA
BISHOWMAYA DAHAL
BIWAS SUNUWAR
BUDDHA RAJ RAI

CHAKRA BAHADUR GHARTI MAGAR
CHAMKALA BAMREL MAGAR
CHANDIKA MANANDHAR
CHANDRA BAHADUR GHARTI
CHANDRA BAHADUR KARKI
CHANDRA K.C
CHANDRABHUSHAN PRASAD GUPTA
CHET RAJ PAHADI
CHHOTELAL THAKUR
CHITRA BAHADUR NEPALI

DALISHA THAPA TAMANG
DEV BAHADUR BISHWAKARMA
DEV BAHADUR SINGH THAKURI

DHAG NARAYAN SHRESTHA
DHARMENDRA KUMAR SAH
DHURBA CHAUDHARY
DIL MAYA BC
DILIP KUMAR BASNET
DIPA RAI
DO PRASAD GURUNG
DURGA KUMARI RAI

ELIZABETH GURUNG

GYAN KUMAR CHAUDHARY

HIKMAT SINGH DHANUK
HIMALAYA KUMAR BUDHATHOKI
HIMAN RAI
HIMMAT GURUNG
HUM BAHADUR THAPA
ISHWORI ADHIKARI

JAHANGIR ANSARI
JAMUNA KANDEL
JAMUNA PANDEY

KABITA KHARAL
KABITA NEUPANE SILWAL
KAJI SHRESTHA
KALAWATI CHAUDHARY
KAMALA GURUNG
KAMALA KANTI PAUDEL
KAMLESH KAHAR
KESHAB PRASAD PHAYAL
KHEM RAJ SHARMA
KHIM RAJ PUN
KHUM KUMARI SHRESTHA
KRISHNA BAHADUR GURUNG
KRISHNA BAHADUR KHATRI
KUMARI DIPA NATH
KUMARI RANA
KUSUM KUMAR DANUWAR

LAL MANE ADAI PUN
LAL MAYA GURUNG
LALAN PRASAD SAH
LOKENDRA PRASAD SAH

MADHURI DEVI SAH
MADHUSUDAN PYAKUREL
MAN BAHADUR RAI
MAN BAHADUR THAPA MAGAR
MANI LAL CHAUDHARY
MANIRAM GAHA
MANJU KUMARI CHHETRI
MANJU SIMKHADA
MANMAYA PARSAI
MD. AQBAL MIYA
MIMINDRA ACHARYA
MINA SHRESTHA
MONIKA RANA MAGAR

NARESH KUMAR MEHTA
NAVARAJ BASTOLA
NAWARAJ SIMKHADA
NEHA PANDAY
NEM KUMARI KHATIWADA
NIKIT KHAN CHAUDHARY
NITESH KUMAR SAH

PABITRA KUMARI MAGAR
PADAM PRASAD BHATTARAI
PADAM BAHADUR THAPA
PADAM KHANAL
PHARMA CHAUDHARY
PRADUMAN KUMAR VERMA
PRAKASH SINGH THAKURI
PUNITA DEVI PAL
PURNA BAHADUR GURUNG

RABINA RAI
RABINDRA SAHANI
RADHE SHYAM SAH
RADHIKA SILWAL
RAJANI PUN
RAKHIMAYA GURUNG
RAM PRAVESH KUSHWAHA
RAMAWTAR KAMAT
RAMESH KUMAR CHAUDHARY
RAMPRASAD GHIMIRE
RINKU DEVI SHUKLA
ROHILA JABEGU RAI

ROSHAN SHRESTHA
ROSHANA KHANAL PANTHI
RUDAL SAH
RUKA ITANI

SABITA MALI
SADANANDA PODAR
SAGAR CHAUDHARY
SAJAN SARDAR
SAMIR ACHARYA
SANGITA BARALI
SANGITA NEPALI
SANJAY SHARMA
SANT RAM RANA
SARASWATI BISHWOKARMA
SAROJ RATHI
SHAKTI KUMAR GHARTI
SHARMILA SHRESTHA
SHILA KHANAL
SHILA KUMARI JOSHI
SHIV PRASAD GAUTAM UPADHYAYA
SHOBHA RAI
SHYAM BAHADUR CHAUDHARY
SHYAM KRISHNA SHRESTHA
SITA KHATRI
SITA SHRESTHA
SONA NEMBANG
SONU TAMANG
SRIJANA SHRESTHA
SUJAN DANGAL
SUJATA CHUDALI
SUJIT KUMAR YADAV
SUNIL KOIRALA
SUNIL KUMAR ADHIKARI
SUNIL KUMAR MAHATO
SUNITA OJHA
SUNITA RAI
SUNITA SHRESTHA
SUNITA THAPA
SUNTALI KUMAL
SURESH MAHATO DHANUK
SURYA NARAYAN CHAUDHARY

TEJ BAHADUR ALE
TIKARAM JAISHI

VEENA KUMARI

YAM NARAYAN SHRESTHA



Did you achieve the level of Diamond Director or above recently?

Here is your chance
to get featured in

VOICE

Upload your photograph
in proper uniform
as shown here:



Men:
Black blazer (optional),
white shirt & tie



Women:
Saree



Women:
Tunic or ethnic wear
(Uniform)

Instructions regarding the photo:

Please consult a professional photographer and get a business portrait clicked.
Kindly ensure, that the photograph:

- Has no children featured
- Is clicked against a plain background
- Is not a photo of a photo/scanned image
- Photograph should be of at least 2MB
- Is in JPEG format

You will receive a link on your registered mobile
number to upload the photo.

If you do not receive, then email your photo to:

info@healthylivingnepal.com

Please note that the photograph:

- Should not be transferred through WhatsApp or other messengers
- Should not be downloaded from social media
- Should not be a screenshot

AASHA SHRESTHA
ABHI GURUNG
ADITYA RANA
AJAY THINGH TAMANG
AKALESH KUMAR MEHTA
AMAR BAHADUR KATHARIYA THARU
AMBIKESH KUMAR KARNA
AMBRITA BHATTARAI
AMRIT POUDEL
AMRITA MAYA MAJHI
AMRITA PANTA
ANAMIKA JHA
ANIL KUMAR CHAUDHARY
ANIL KUMAR NIRLAULA
ANITA BHUJEL
ANITA DEVI MAHATO
ANITA KAFLE
ANURADHA RAI
APSARA CHAULAGAIN
ASHISH POKHREL

BABU RAM PANDEY
BAL KRISHNA ROKA
BAL KUMARI GURUNG
BASANTA BHANDARI
BECHULAL CHAUDHARI
BHABESH KUMAR MAHATO
BHABISARA KUMARI BOHARA
BHARAT PRASAD YADAV
BHARAT SAHU
BHIM LAL SHARMA
BHIMSEN CHAULAGAIN
BHUMIKA SANMANI
BHUNESHWAR PRASAD KUSHWAHA
BIDISHA PANTH
BIJAY KUMAR SAH
BIKASH KUMAR PANDIT
BIMAL BHATTARAI
BIMAL NEPALI
BIMALA OJHA
BINDA KUMARI BHATTARAI DAHAL
BINDU GURUNG
BINDU TAMANG MIJAR
BIPIN ADHIKARI
BIPIN LAWAR
BIR BAHADUR TAMANG
BIRENDRA KUMAR RAI
BISHAL KUMAR SAH
BISHNU KUMARI PULAMI
BISHNU BAHADUR BUDHA
BISHNU BAHADUR KARKI
BISHNU BAHADUR ROKA MAGAR
BISHNU KUMARI BISTA
BISHNU KUMARI GAUCHAN
BISHNU MAYA SHAH
BISHNU SUNAR
BISHOW KUMARI MALLA
BOM MAYA PUN

CHANDRA BAHADUR MARAMTHANI
CHANDRA KALA MAHATO
CHANDRA PRADHAN RANJITKAR

DAMMAR NATH
DAYASARI GHARTI
DEV BAHADUR GALAN TAMANG
DEV LAL MAHATO
DHAN BAHADUR KHADKA
DHAN MAYA TAMANG RAI
DHANAMAYA BHUSAL THAPA
DIL BAHADUR MANGRATI
DILIP KUMAR CHAUDHARY
DILLI RAM HUMAGAIN
DILMAYA RANA
DIPA SHREES RANA
DIPAK CHAUDHARY
DIPAK KUMAR BANTAWA
DIPAK PANGALI
DIPAK THAPA MAGAR
DIWAKAR GIRI
DUDHNATH CHAURASIYA
DURGA PRASAD TAMANG

EKARAJ THAPAMAGAR

GAHENDRA KUMARI CHEMJONG
GAMBHIR BAHADUR CHAND
GANESH BAHADUR THAPA
GANESHPAN SHRESTHA
GANGA ARYAL
GOKARNA GHIMIRE

GOMA ADHIKARI
GURUDEV DAS
GYAN DEVI JASI

HARK BAHADUR GHARTI
HEMANT OLI

ICHHA KUMARI RIZAL
INDIRA LAMICHHANE GHARTI CHHETRI
INDRA BAHADUR VIRKATA THAPA
IRDHASHI JHAKRI
ISHWOR SHRESTHA

JABUNA PANDEY
JANAK B.K
JEENA SHRESTHA
JEEWAN PRAJA
JENI GHIMIRE ADHIKARI
JIBAN KUMAR CHAUDHARY
JIT BAHADUR BUDHA MAGAR
JYOTI AGARWAL

KABI RAJ BHATT
KABITA CHAND
KABITA SHRESTHA
KABITA THAPA PUN
KAILASH BIKRAM SHAHI
KALPANA DEVI KOIRALA
KAMAL GHIMIRE
KAMALA K.C
KAMALA MAJHI
KARUNA OLI K.C.
KEDAR NATH PYAKUREL
KESHAB POUDEL
KHIM BIKRAM SHAHA
KOKILA BHANDARI
KOPIL REGMI
KOPILA RAUT
KRISHNA KUMARI BIST
KRISHNA PRASAD BHATTARI
KRISNA KUMARI SHRESTHA(PARAJULI)
KUL BAHADUR THAPA
KUL BAHADUR BASNET
KUM KUMARI THAPA
KUMAR SHRESTHA
KUMARI LAMA
KUMARI LAXMI BANIYA
KUSHESHWAR PRASAD SINGH RAI

LABA KUMAR RAI
LAHER CHAND BHAGAT
LAL DHARI BAITHA
LAXMAN BHANDARI
LAXMI BHANDARI
LAXMI NEPALI TAMANG
LAXMI SHARMA
LAXMI SHRESTHA
LAXMIKANT CHAUDHARY
LEKH NATH BHATTARAI
LEKH RAJ SHRESTHA
LELINA BHATTARAI
LOKA NATH BASTOLA

MADAN RAJ JOSHI
MADHAV POKHAREL
MAHAMMAD SADAM HUSEN RAY BHAT
MAHENDRA CHAUHAN
MAMATA BASNET
MAN BAHADUR GHARTI
MAN BAHADUR RAI
MAN MAYA LIMBU EKTEN
MANJU DAHAL GHIMIRE
MANOJ KUMAR KURMI
MANOJ KUMAR SAH SONAR
MANU BHUJEL
MENEJAR YADAV
MINA RAI
MINA SHRESTHA
MINU KHADKA KARKI
MOHAN DEVI PRAJAPATI
MOHAN SHRESTHA
MONCHA MAYA TAMANG

NABIN KHADKA
NABINA KUMARI DEUBA
NAINAKALA KHADGI
NAM RAJ RIJAL
NANDA KUMARI THAPA
NANEE CHHOREE SHAKYA
NARAYAN POKHAREL

NARAYAN SHRESTHA
NEELAM RAI
NETRA MAYA THAPA
NIL PRASAD DAHAL
NINA KUMARI LIMBU
NIRAJ SHRESTHA
NIRMALA D SHRESTHA
NIRMALA BHATTARAI
NIRMALA KUNWAR
NISHAN RAI

PABITRA KANDANGWA ANGBUJHANG
PADAM BAHADUR BASNET
PADAM BAHADUR KHATRI
PADAM BAHADUR NEPALI
PADAM BAHADUR SINJALI
PADMA DEVI DHAKAL
PARBATI SUNAR
PARSHURAM RAI
PHUDOMA SHERPA
PRADEEP GUPTA
PRAKASH PANTHI
PRAMOD ADHIKARI
PRATAP SAH
PRAVEEN KUMAR CHAUDHARY
PREM BAHADUR TAMANG
PREM LAL CHAUDHARY
PREM NARAYAN MARASINI
PREM PRAKASH SHARMA
PREM PRASAD RAJBANSHI
PRITI MAYA TAMANG
PUJA DAHAL
PUNITA CHAUDHARY
PUNYA MATA SEWA
PURAN RAM GURAU
PURNA BAHADUR GURUNG
PURNA MAN RAI
PURNIMA PARIYAR
PUSKAL BUDHATHOKI

RABINDRA DAS
RABINDRA SINGH SAUD
RABITA KARKI
RAGHBENDRA SINGH
RAJANI THAPA MAGAR
RAJENDRA PRASAD YADAV
RAJU GHIMIRE
RAM KRIPAL RAY
RAM KUMARI RAI
RAM LAL MALLAH
RAM NARAYAN PASI
RAM PRASAD LODH
RAM PRATAP SINGH RAJPUT
RAMATA RAI
RAMCHANDRA LAMICHHANE
RAMESH KUMAR RAI
RAMILA RAYAMAJHI
RAMSUBHA THARUNI
RANJANA SAPKOTA
REKHA SHRESTHA
RENU KUMARI SINGH
RENU NEPALI
RESHAM PRASAD DHAKAL
RIMA AGRAWAL
RITA DANGAURA
ROMILA LUMBA
ROSAN SHRESTHA
ROSHAN SHRESTHA
RUBAYA NATH KOIRALA
RUDRA GURUNG
RUPAK BANIYA

SABIN KUMAR KHADKA
SABINA DHAMI
SABITA BARAL NEUPANE
SABITRI NAPALI
SALIK RAM JAISEE
SAMJANA KAPRI
SAMJHANA KHARAL
SAMJHANA NEPALI
SAMJHANA PRADHAN
SAMJHANA SHRESTHA
SANGITA THALANG LIMBU
SANJICA RAI
SANJU GURUNG
SANTOSH KUMAR SAH
SAPANA SHRESTHA
SARASWATI GURUNG
SARASWATI PARAJULI(LAMICHHANE)
SARASWOTA GC
SARITA PULAMI MAGAR

SARITA SUNAR BISHWAKARMA
SARITA THAPA
SATYABHAMA MASKEY
SHAKUNTALA YOGI
SHAMBHU PRASAD SHAH
SHANKAR PRASAD TAMOLI
SHANTA BHATTARAI
SHANTA SHARMA
SHARADA KUMARI NEPALI
SHARADA NEPALI
SHARMILA TAMANG
SHILA BISTA THAPA
SHIV MAYA NIRLAULA ADHIKARI
SHIV PRASAD THARU
SHIV RAJ KARKI
SHIVA LAL BHUSAL
SHIVINDRA THAKUR
SHREEMATI TULASI PUN MAGAR
SHYAM KISHORE MAHATO
SINDHU KUMARI
SITA KUMARI SAH
SITA POUDEL
SOBHA KUMARI SAH
SOBITA RIJAL
SOM BAHADUR TAMANG
SOMA SYANGMU SHERPA
SOMAN NEPALI
SRIJANA GURUNG BHANDARI
SRIJANA KHANAL
SUBHASH MEHTA
SUCHANA SHAH
SUJATA PAUDEL
SUJIT JHA
SUMITRA PARAJULI
SUMITRA PUN
SUNIL KUMAR GUPTA
SUNITA DEVI UPADHAYA
SUPRIM SHRESTHA
SURAJ PARIYAR
SURENDRA KALWAR
SURENDRA PRASAD THAKUR
SURYA KUMARI RAI
SUSHAN K.C.
SUSHMA RAM
SUSMITA RAI
SWIKRITI SHREEWASTWA

TAHAL SINGH RANA
TANKA KUMARI DHAKAL
TEJ KUMARI K C
TEK BAHADUR MALLA
THAM BAHADUR SARKI
THIR BAHADUR RAJBANSHI
TIK KUMARI THAPA
TIKA GIRI PURI
TILAK BAHADUR ARYAL
TILAK PUN MAGAR
TRINKA CHAUDHARY

UMESH PANDEY
UNA BAHADUR TAMANG
UTTAR KUMAR RAI

VIJAYA KUMARI SHIVBHAKTI

YUBARAJ DHUNGEL

VESTIGE

PRIME



NEPAL

SUPPORTS HEALTHY HEART



**BUY
TODAY**



Search for



healthylivingnepal



AASHA PUN MAGAR
ABDUL MUSTAFA
AISHWARYA KC
AJITA REGMI
AKASH TAMANG
AKKAL BAHADUR B.K
AKKIL PATHAN
AMALA DEVI
AMBIKA GHIMIRE PYAKUREL
AMIT PRADHAN
AMOON SHRESTHA
AMRITA GARBUJA
AMRITA MALLA THAKURI
ANIL KUMAR SAHANI CHAI
ANIL PANDEY
ANILA KUMARI SAH
ANISHA SHAHI
ANISHU BAIDAR
ANITA DEVI PUN MAGAR
ANITA KARN
ANITA KESHARI
ANITA KUMARI BHATTARAI
ANITA MAHARJAN
ANITA SHRESTHA
ANITA SHRESTHA
ANITA SUBEDI
ANJALI KATWAL DULAL
ANJALI SHRESTHA
ANJANA RAI
ANJANA TAMANG
ANJANI KUMARI GUPTA
ANJEENA PURJA PUN
ANJU KUMARI NEPALI
ANJU RAI
ANJU SHARMA POKHREL
ANNA BAHADUR PUN MAGAR
ANU RAI
ANUSHA BAIDAR
APRANA PAKHRIN
APSARA ADHIKARI
ARJUN RAMTEL
ARJUN UPARKUTI
ARUN CHAUDHARY
ARUN KUMAR CHAUDHARY
ASHA SUBBA
ASHOK KUMAR SAH
ASHOK PRASAD JAYSWAL
ASHTHA KUMARI LAMINI
ASMITA HAMAL SHAHI
ASTHA KHATRI
ATMARAM PHUYAL
AVIGEL HIMDUNG NEPALI
AYUSHA BC

BABHI KUMARI MAHATO
BABITA KHATRI
BABITA MAHARJAN
BAJRANGI MISHRA
BALARAM KHANAL
BANDANA BHANDARI
BARSHA KARKI
BARSHA RAI
BASANTA PANDEY
BASANTI RANA
BECHAN THAKUR
BELMATI K.C.
BHABISARA RANA
BHAGAWATI BHANDARI BHUSAL
BHAGISHWAR CHEMJONG
BHAGWATI TIMALSINA
BHAGYA KUMARI DHAMI
BHAIRAB SARAN ADHIKARI
BHAKTA BAHADUR RAI
BHARAT KUMAR AGRAWAL
BHARATI SHRESTHA
BHAWANI CHAULAGAIN
BHESH BAHADUR ROKA CHHETRI
BHIM BAHADUR SHRESTHA
BHIM KUMAR SHRESTHA
BHIM NARAYAN THARU
BHIM PRAKASH PUN
BHISHAM KHATIWADA
BHOJ RAJ GYAWALI
BHOJ RAJ PANTHI
BHOLA PRASAD ARYAL
BHUPENDRA SHAHI
BHUSAN RAJ GIRI
BIBAI SINGH MOKTAN
BIBEK KAMAT
BIBIKALA RAI
BIDUR TAMANG MOKTAN

BIJAY GURUNG
BIJAY KUMAR KURMI
BIJAYA GAUTAM
BIKASH KALWAR
BIKASH PRASAD MEHATA
BIKASH SHRESTHA
BIKNATH TAMANG
BIKRAM CHAUDHARY
BIKRAM KHATRI
BIMALA ARYAL
BIMALA CHETTRI
BIMALA DEVI BHUJEL
BIMALA DOTEL
BIMALA KHATIWADA
BIMALA NEPALI
BINA GURUNG
BINA LIMBU
BINDIRA SHRESTHA
BINDU SURYABANSI
BINDUKA SHRESTHA
BINITA SAPKOTA
BINOD ADHIKARI
BINOD ADHIKARI
BINOD MAHATO
BIPANA CHAUDHARY
BIR BAHADUR GURUNG
BIR SINGH DHANADI
BIR SINGH SINGH SAWAD
BIRE MAHAR
BIRENDRA THARU
BISHAL KOHAR
BISHAL LAMA
BISHNU GAUTAM KARKI ARYAL
BISHNU KUMARI GURUNG
BISHNU MANI NEPAL
BISHNU MAYA CHHETRI (KUNWAR)
BISHNU MAYA DURA
BISHNU MAYA THAPA
BISHNU PRASAD GAUTAM
BISHWANATH RAUT
BISNU KUMARI RAI
BISPATI THARU KURMI
BOBBY CHAUDHARY
BUDDARAM BAL
BUDDHI RAM CHAUDHARY

CHAMELI CHULYADYO
CHAMPA PAUDEL
CHANDAN KUMAR PRASAD
CHANDRA BAHADUR GURUNG
CHANDRA BAHADUR OLI
CHANDRA BK
CHANDRA CHAUDHARY
CHANDRA KALA POUDEL
CHANDRA LAL CHAUDHARY
CHANDRAKALA SHRESTHA
CHHABILAL SUBEDI
CHHEJI SHERPA
CHIJA KUMARI BUDHATHOKI THAPA
CHIN MAYA GURUNG
CHINI MAYA GURUNG
CHIRANJIBI PARAJULI
CHITRA NIRAULA
CHOLIRAM CHAUDHARY
CHOM MAYA BANSI
CHOODAMANI DAHAL

DAMAN RAJ KAFLE
DAMANTA DAHAL
DAMBAR BAHADUR KARKI
DAMBAR KUMAR NEUPANE
DAMBER PRAKASH LIMBU
DAMODAR KC
DASHARATH GAUTAM
DAYA RAM CHAUDHARY
DEB MAYA GURUNG
DEBENDRA PASWAN
DEEPA BISHWOKARMA
DEEPA SHRESTHA
DEEPAK KUMAR KADEL
DEEPAK SARU
DEORAJ KSHETRI
DEPENDRA SAHU
DEU KUMARI CHAUDHARY
DEUCHAN MAHARA
DEVI CHAUDHARY
DEVI KHADKA
DEVI KUMARI PULAMI
DEWA RAI
DHAN BAHADUR KUMAL
DHAN BAHADUR RAWAT

DHAN BDR THAPA
DHAN KUMARI KHANAL
DHANA KANTI GHIMIRE
DHANKALA OLI
DHARMA RAJ DHAKAL
DHARMATMA PRASAD SHUKLA
DHARMENDRA CHAUDHRY
DIKSHA KHAREL
DIL KUMARI PUN
DIL BAHADUR THAPA
DIL KUMARI KAFLE
DIL KUMARI KUNWAR
DIL KUMARI TUMBAHAMPHE
DIL MAYA RAMJALI MAGAR
DILA THAPA
DILIP KUMAR THARU
DILKUMARI BUDUJA SERPUJA
DILLI MAN KHATRI
DILMAYA GURUNG
DINESH BARAL
DINESH KAPAR
DINESH KUMAR KHADKA
DIPA SUBEDI
DIPAK GHISING
DIPAK KUMAR DAHAL
DIPAK KUMAR SHAHI
DIPAK PRAJAPATI
DIPAN RAI
DIPENDRA KUMAR PUN
DIPENDRA KUMAR YADAV
DIPESH KHADKA
DIVYA BIKRAM JABEGU
DOLMA TAMANG
DURGA ANGDEMBE
DURGA BAHADUR PUN
DURGA DEVI POUDYAL
DURGA KUMARI LAMICHHANE
DURGA LAXMI PRADHANANGA
DURGA PRASAD PAUDEL
DURGA SHAHI
DURGA SHRESTHA
DURYODHAN BASNET

EHTISAMUL HUSSAIN KHAN
EK BAHADUR DAMAI

FUL KUMARI RANA
FUL MAYA MUKTAN

GAGAN ROKAYA
GANESH BAHADUR BHUJ
GANESH BAHADUR KUNWAR
GANESH CHHETRI
GANESH KUMARI RAI
GANESH POKHREL
GANGA ADHIKARI
GANGA LAL SHRESTHA
GANGA LUHAR
GANGA MAYA LIMBU
GANGA SAPKOTA
GAURI GURUNG
GAYATRI GIRI (PURI)
GAYATRI SANGROULA
GIRI RAJ LAMSAL
GITA DEVI
GITA DEVI BANIA BASNET
GITA DHAKAL SHARMA
GITA KUMARI UPADHAYA
GITA RAI
GITA SHRESTHA
GITA TIWARI
GOBINDA BUDHA
GOBINDI AWASTHI
GOMA DEVI SITAULA
GOMA GURUNG
GOPINI SHAH
GOVIND BAHADUR SHUKLA
GOVINDA BAJGAI
GOVINDA MAN SHRESTHA
GOVINDA SEDHAIN
GUNAKAR BHUSAL
GYAN BAHADUR SHRESTHA
GYAN KUMARI CHEMJONG
GYANU MAYA JIMI RAI

HARI BAHADUR BASHYAL
HARI BAHADUR RANA
HARI MAYA SHRESTHA
HARI PRASAD SHARMA
HARI SHARAN GAUTAM
HARILAL HARIJAN

HARINARAYAN YADAV
HARIOM KUMAR CHAUDHARY
HARIRAM BASEL
HARKA BAHADUR BOHARA
HEEMA KUMARI CHAUDHARY
HEM KUMARI B.K
HEM NARAYAN CHAUDHARY
HEM NARAYAN RAJDHAMI
HEMA THALANG
HEMANT KUMAR SUREKA
HEMANTA YONGHANG
HIM KALA THAPA
HIM SINGH OLI
HIRA BAHADUR PUN
HIRA BAHADUR THAPA
HIRA KUMARI KHATRI
HIRAMANI BISTA
HOM BAHADUR GHALE
HOM BAHADUR THAPA
HUM BAHADUR GURUNG
HUM BHADUR BOHARA
HUMA SEN OLI

IMTEYAJ ALAM
INDIRA BHANDARI
INDIRA DAHAL PRASAI
INDIRA KSHETRI DHAMALA
INDIRA RAI
INDRA KALA GAHA
INDRA BAHADUR GURUNG
INDRA BAHADUR SHAHI
INDRA KUMARI GRUNG
INDRA KUMARI KUSHWAHA
INDRA PRASAD PARAJULI
INDRAKALA PUN MAGAR
INDU SHRESTHA
INTAF ALAM
ISALAM MIYA ANSARI
ISHWARA KARKI
ISHWOR SHRESTHA
ISHWORI BC
ISRAIL KHAN
ISWARI BAM

JAGAT BAHADUR SHRESTHA PRADHAN
JAGAT BAHADUR THAPA
JAHENDRA DAGA
JALANDHAR PARSAD
JAMUNA BHATTA
JAMUNA DANGOL
JAMUNA THAPA
JANAK MAHAT
JANAKI JOSHI
JANAKI THAPA
JANARDAN CHAUDHARY
JANARDAN GAJUREL
JANBIR RAI
JANG BAHADUR THAPA
JARMAN KHADKA
JASPAN SHRESTHA
JAY KUMAR CHAUDHARY
JAY PARKASH THAKUR NAU
JAYA BAHADUR CHAND
JAYANTI KHANAL
JEET BAHADUR YADAV
JEEVAN BAHADUR CHAND
JEEVAN POKHREL
JHALAK PRASAD GAUTAM
JHANKAR B.K
JHARNA SHRESTHA
JIT BAHADUR GOMJA
JITENDRA CHAUDHARY
JITENDRA CHAUDHARY
JITENDRA KUMAR YADAV
JODHIRAM THARU
JOGENDRA KUMAR MAHTO
JUNA MIJAR SARKI
JUNA TIWARI
JUNI GHARTI MAGAR

KABITA BUDHATHOKI
KABITA CHAULAGAIN DULAL
KABITA JIMEE
KABITA KHANAL
KABITA SHERPA
KALAM BAHADUR SHAHI
KALAMUDIN ALI ANSARI
KALPANA BISHWAKARMA
KALPANA DAWADI
KALPANA KHANAL
KALPANA KHATRI

KALPANA KUMARI BOHARA REULE
KALPANA LAMA
KALPANA MAHAT
KALPANA RANA THAPA
KALPANA SHARMA
KALPANA SHRESTHA RANA
KALPANA SYANGTAN
KALYAN SHRESTHA
KAMAL GYAWALI
KAMAL PRASAD BARAILI
KAMAL PRASAD BHANDARI
KAMAL PRASAD RAY
KAMAL SINJALI MAGAR
KAMALA BHATTARAI
KAMALA DEVI POUDEL
KAMALA DEVI TIRUWA
KAMALA SHRES RANA
KAMALA SHRESTHA
KAMALA THARU
KANCHAN TAMANG
KAPIL PARIYAR
KARI SAH TELI
KAUSHILA BHATTARAI GHIMIRE
KAUSHILA CHAI
KAUSHILA DEVI KAMI
KAUSILIYA KHANAL
KEDAR PRASAD UPRETY
KESHARA TIWARI
KESHARI DANGOL
KESHAV KUMAR SHRESTHA
KESHAV RAJ PANGYANI
KESHAWATI SEWACHARYA
KHADANANDA PADHYA
KHADGA BAHADUR OLI
KHADKA BAHADUR SHRESTHA
KHAKENDRA LAMA
KHIMA DATTA DEVKOTA
KHOM BAHADUR B.K.
KHUM LAL BUDHATHOKI
KIRAN MIJAR
KM SOFIA BEGUM SHEKH
KOPILA NEPALI
KOSHISH SHRESTHA
KRISHNA BAHADUR GURUNG
KRISHNA BAHADUR GURUNG
KRISHNA BOHARA
KRISHNA DATHEPUTHE
KRISHNA DEV SHRESTHA
KRISHNA KUMAR CHAUDHARY
KRISHNA PRASAD GYAWALI
KRISHNA PRASAD KHANAL
KRISHNA PRASAD KHANAL PHULLEL
KRISHNA SHRESTHA
KRISHNA SUNAR
KRISHNA THARU
KUL BHADUR SHRESTHA
KULMAN RAI
KUMAR BAHADUR KARKI
KUMAR GURUNG
KUMAR RAI
KUMARI PEMI MAGAR (KC)
KUNDAN SHAH
KUSHAL RAJ KANDEL

LACHHI RAM REGMI
LACHHIN KUMARI GURUNG
LAHMU SHERPA
LAL BAHADUR YADAV
LAL MAYA GURUNG
LALI KUMARI JAISI
LALIT GHARTI MAGAR
LAUTAN THARU
LAXMAN PRASAD THARU
LAXMAN SINGH KARKI
LAXMAN YADAV
LAXMEE MAHARJAN
LAXMI BHANDARI
LAXMI BHATTARAI BASYAL
LAXMI DANGAURA
LAXMI DEVI KHANAL
LAXMI GHALAN
LAXMI GURUNG
LAXMI GURUNG
LAXMI KHATRI
LAXMI NEUPANE
LAXMI PACHHAI
LAXMI PAUDEL
LAXMI POUDEL(POKHREL)
LAXMI PUN
LAXMI SIWAKOTI
LAXMI THANET

LEKHNATH BARAL
LEKHNATH POUDEL JAISI
LIL KUMARI RANA
LILANATH BANJARA
LILARAM CHAUDHARY
LOK PRASAD KANDEL
LOK BAHADUR THAPA MAGAR
LOK KUMARI ROKA
LOK NATH TIMSINA
LOK PRASAD NYAUPANE
LOK RAJ PANDEY
LOKENDRA BASNET
LOKENDRA PARKI
LOKENDRA SINGH BOHARA

MADHAV DEVKOTA
MADHU DEVI
MADHU MAYA MALLA
MADHUKAR KHADKA
MAHADEV SYANGTAN
MAHENDRA SHAHI
MAHESH AMGAIN
MAHESH KUMAR YADAV
MAHESH YADAV
MAHIMA SHARMA PANDEY
MAINA THAPA
MAITI DEVI CHAUDHARY
MAITI DEVI CHAUDHARY
MAIYA ARYAL
MAJLUM DARJI
MAMATA SINGH SAHA
MAMTA DEVI THAKUR
MAN BAHADUR KHANAL
MAN BAHADUR PAKHRIN
MAN BAHADUR RASKOTI MAGAR
MAN KUMARI KHATRI
MAN MAYA SHRESTHA
MANIKA JIMEE
MANISHA KUMARI BHUJ
MANISHA PANTHI
MANISHA RAYAMAJHI
MANISHA SUNAR
MANJU AGARWAL
MANJU DEVI MAHATA
MANJU GURUNG
MANJU KUMAL
MANJU KUMARI CHAUDHARY
MANU THAPA
MAUSAM KUMARI MISHRA
MAYA B. K
MAYA DEVI SHRESTHA
MAYA K.C
MAYA RANA
MD RIYAD MANSURI
MD.MUBARAK RAIN
MEENA JAISHI
MEGH RAJ KHIIMCLUNG
MEJ MAN GURUNG
MENUKA KARKI
MENUKA SHRESTHA
MERY GURAU
MILAN GURUNG
MIN BAHADUR BOHARA
MIN RAJ CHAUDHARY
MINA CHAUDHARY
MINA DEVI MADEN (LIMBU)
MINA KUMARI DAS
MINA KUMARI RANA ALE
MINA KUMARI THAPA
MINA RIJAL
MINA SITAULA PRASAI
MINADEVI SUNUWAR
MINGMA SHERPA
MINTU KUMARI CHAUDHARY
MINU LAMA
MINU TAMANG GURUNG
MIRA DEVI SHRESTHA
MITTHU THAPA
MOHAMMAD OMAR FAISAL
MOHAN KUMAR DHARIKAR
MOHAN KUMAR SINJALI MAGAR
MOHAN PRASAD POKHREL
MOHAN TAMANG
MOTIRAM JAISI
MUJIB KHAN
MUKTI PRASAD SHARMA MARASINI
MUNA KUMAR JAYSWAL
MUNA MAHATO
MURSHED ALI

NABIN CHAUDHARY

NABIN KUMAR CHAUDHARY
NABIN KUMAR RAWAL
NABINA CHITRAKAR
NABINA DHAKAL
NABINA SUNAR
NADE LAMA
NAGENDRA PRASAD YADAV
NAMITA KAFLE
NAND DEVI MALLA
NANDA BHANDARI
NANDA KUMARI SAUD KHATRI
NANDANI KUMARI MEHATA
NAR BAHADUR RAI
NAR BAHADUR TAMANG
NARAD MAJHI
NARAYAN DEVI MAHARJAN
NARAYAN PRASAD RIMAL
NARAYAN PRASAD SHRESTHA
NARAYAN SHARMA
NARBAHADUR B.K
NARENDRA KUMAR CHAUDHARY
NARENDRA PRASAD PANDAY
NARESH KUMAR RAJBANSHI
NARESH RAI
NARESH RAIDAS
NARESH SAH TURAHA
NASRULLAH
NAUMATA BUDHA MAGAR
NAVIN MAHARJAN
NAVRAJ NATH YOGI
NAWARAJ MARASINI
NAYARAM BARAL
NEEMU SHERPA
NEHA ADHIKARI
NEHA CHAUDHARY
NETRA BAHADUR BHANDARI
NETRA KUMARI SIGDEL DHAKAL
NEWAL KUMAR THARU
NGADI SHERPA
NIL PRASAD OLI
NIR MAYA SHRESTHA
NIRA SHRESTHA PRADHAN
NIRAJ PUN
NIRAJ SAPKOTA
NIRDOSH SILWAL
NIRENDRA RAJ GIRI
NIRMAL MAJHI
NIRMALA ADHIKARI
NIRMALA BHATTA SIMKHADA
NIRMALA GHALE (LAMA)
NIRMALA KUMARI OLI
NIRMALA SHRESTHA
NIRMALA TAMANG
NIRMALA THAPA
NIRU KC
NISHA CHAUDHARY
NISHANA POKHREL
NITIN B.K
NITU JHA
NORBU TAMANG

OJESH PRADHAN
OM ACHARYA
OM BAHADUR NEPALI
OM PRAKASH CHAUDHARY
OM PRAKASH SAH
OMALA PUN MAGAR

PABITRA GHARTI MAGAR
PABITRA GYAWALI
PABITRA MAJHI
PADAM ADHIKARI
PARBATI BHATTARAI
PARBATI KAFLE
PARBATI KUNWAR (ADHIKARI)
PARBATI SHIWAKOTI
PARINA RAI
PARU KUMARI ALE RAI
PASANG LAMHU SHERPA
PEM LAMU SHERPA
PINGAI TAMANG
PINKI PARIYAR
POKHREL SUSHILA
POONAM SHAHI KHADGI
POONAM SHRESTHA
PRABESH OLI
PRABHA DHITAL
PRABHUSAN PRASAD MANDAL
PRADEEP KUMAR LOHAR
PRAJAL SUNUWAR
PRAKASH GHIMIRE

PRAKASH GHIMIRE
PRAKASH MIJAR
PRAKASH PAUDEL
PRAKASH RAJ POUDEL
PRAKASH THAPA MAGAR
PRAMESHWAR SAH TURHA
PRAMILA KARKI
PRAMILA KHADKA
PRAMILA RAI
PRAMOD KUMAR SAH
PRATIK BHATTARAI
PRATIMA RAI
PREM BAHADUR GURUNG
PREM BASNET
PREM KUMAR SAH
PREMKALA DEVI
PREMMAYA TAMANG
PRINCE GYAWALI
PUNAM GURUNG
PUNAM THAPA
PURNA BAHADUR NEPALI
PURNA BAHADUR PUN
PURNA BAHADUR THAPA
PUSHPA RAI
PUSHPLATA KANTH
PUSPA BUDHA
PUSPA GURUNG
PUSPA JOSHI
PUSPA KALA GIRI
PUSPA SINJALI MAGAR

RABIN THARU
RABINA KHATRI
RADHA KARKI
RADHA KUMARI GURUNG
RADHA KUMARI SHRESTHA
RADHA KUMARI THARU
RADHIKA KHATIWADA
RADHIKA SAMARI PANDEY
RAHUL KUMAR MUKHIYA
RAJ KISHOR MAHATO
RAJ KUMAR BAGALE
RAJ KUMAR KARKI
RAJ KUMAR MAHARJAN
RAJ KUMAR MAHARJAN
RAJ KUMAR PANDIT
RAJ KUMAR RAI
RAJ KUMAR RAUT
RAJ KUMAR SHAH
RAJAN PRASAD SHAH KALWAR
RAJANI GHARTI
RAJANI MAHAT
RAJANI THAPA BUDHA
RAJENDRA KUMAR YADAV
RAJENDRA KUMAR SHRESTHA
RAJESH BHAKTA SHRESTHA
RAJESH KUMAR CHAUDHARY
RAJESH KUMAR PANDIT
RAKESH KUMAR YADAV
RAM BAHADUR SINJALI
RAM BISWASH KUSHWAHA
RAM CHANDRA UPADHYAY PAUDEL
RAM DHYAN KUSHWAHA
RAM DIN CHAUDHARY
RAM JIWAN ADHIKARI
RAM KUMAR KARKI
RAM KUMAR SAH
RAM KUMAR TAMANG
RAM MAYA RAI
RAM NARESH JHA
RAM PRASAD PAUDEL
RAM PRASAD SHIWAKOTI
RAM PRATAP YADAV
RAM SURESH YADAV
RAMA DEVI ANGA SHRESTHA
RAMA KUMARI ROKA
RAMA KUMARI TIMILSINA
RAMA SHRESTHA
RAMCHANDRA CHAUDHARY
RAMCHANDRA NAYAK
RAMDASHI CHAUDHARY
RAMESH KUMAR BHANDARI
RAMESH PATAWARI THARU
RAMESH PRASAD PATEL
RAMESHWAR PRASAD KUSHWAHA
RAMHARI CHUHAN
RAMOD SHA
RAMPRIT KOHAR
RAN BAHADUR GURUNG
RAN BAHADUR PUN
RANIKA ARYAL GHIMIRE

RANJANA RAJTHALA
RANJANA SHRESTHA
RANJIT CHAUHAN
RANJIT KUMAR SAH
RANJITA KUMARI CHAUDHARY
RANJITA SARKI
RANJU DEVI MAHATO
RANJU RAI
RATIRAM CHAUDHARY
RATNA MAYA SHRESTHA
RATNAMAYA SHRESTHA
RAVI SHARMA
REBIKA KARKI
REJINA TAMANG
REKHA ACHARYA
REKHA SHRESTHA
REL BAHADUR SARKI
RENUKA KARKI
RENUKA SUNUWAR
RESHAM BAHADUR THAPA
RESHAM SHRESTHA
RESHMA KANDEL
RESHMA RAI
REWATI PRASAD KAFLE
RINKU KUMARI
RITA B.K
RITA CHAUDHARY
RITA SUNUWAR
ROHIT GUPTA
ROJMERI CHAUDHARY
ROM LAL GIRI
ROSHAN JONGBA TAMANG
RUDRA BAHADUR CHAND
RUDRA BAHADUR OLI
RUDRA KUMARI MAGAR
RUDRA PRASAD KHATIWADA
RUKMANI THAPA MAGAR
RUKMINI THAPALIYA
RUP LAXMI DULAL
RUPA BHATTARAI
RUPA DEVI MAGAR
RUPA DEVI MAHATO
RUPEN WAIBA

SABINA SHREES PUN
SABINA SHRESTHA
SABINA SHRESTHA
SABITA CHEM JONG
SABITRA ARYAL
SABITRA GURUNG
SABITRA PUN MAGAR
SABITRA RANA
SABITRI KUMARI SUBEDI
SABITRI KUMARI THAKUR
SABITRI LUNGELI MAGAR
SACHIN KUMAR B.K
SAID HUSEN
SAJANA ROKKA
SAJANI SHRESTHA
SALMAN KHAN
SAMALI TAMANG
SAMJHANA BHANDARI
SAMJHANA DULAL
SAMRUDIN SHEIKH
SAMUNDRA POUDEL
SANDEEP PUN
SANDESH ARYAL
SANDHYA BOHARA
SANGITA ALE
SANGITA B. K
SANGITA CHAUDHARY
SANGITA KANDEL
SANGITA KUMARI CHAUDHARY
SANGITA MAHAT
SANGITA PUN SHREES
SANIMAYA RAI
SANISH CHEM JONG
SANJAY KUMAR AGRAWAL
SANJAY KUMAR YADAV
SANJEEV KUMAR ADHIKARI
SANJIT KUMAR SAH
SANJU DEVI SAH
SANTOSH KUMAR MANDAL
SANTOSH KUMAR SAH
SANTOSH KUMAR SARDAR
SANTOSH SUNAR
SANTOSH THAPA
SANTOSHI SUBEDI
SANU SHRESTHA
SAPANA CHAUDHARY
SAPANA CHAUDHARY

SAPANA RAI
SARASWATI BHARATI
SARASWATI SHRESTHA
SARASWOTI ADHIKARI
SARASWOTI NIROULA
SARASWOTI SHRESTHA
SARINA TAMANG
SARITA ACHARYA
SARITA BHATTARAI DEVKOTA
SARITA DAHAL
SARITA KUMARI CHAUDHARY
SARITA KUMARI CHAUDHARY
SARITA RAI
SARITA SHRESTHA
SARMILA CHAUDHARY
SARSWATI KHADKA
SARU THAPACHHANTYAL
SASIKALA MAHATO
SATRUDHAN PASMAN
SATYARAM MANDAL
SAYAMNANDAN PRASHAD CHAUDHARI
SEEMA SARRAFF
SHAILENDRA MAHARJAN
SHAKTI PRASAD POKHREL
SHAMBHU KUMAR PODDAR
SHAMBHU RAI
SHANKAR THARU
SHANNON PANDEY
SHANTA DHITAL
SHANTI CHAUDHARY
SHANTI LUNGELI
SHARADA KHANAL
SHARADA KUMARI POKHREL
SHARADA SHRESTHA
SHARMILA GURUNG
SHATRUDHAN RAY
SHER BAHADUR GHARTI MAGAR
SHIBA KUMAR ADHIKARI
SHILA SHRESTHA
SHILA SHRESTHA
SHIVA KUMAR SHRESTHA
SHIVA KUMARI GC
SHIVA RAJ CHAUDHARY
SHIVNATH KAPAR
SHOBHA GHIMIRE ADHIKARI
SHOBHA PAUDEL
SHOBHA SAPKOTA
SHOBHA SHRESTHA
SHOVAKANTA POUDEL
SHRAYA MAGAR
SHREE RAM BHAKTA HIMDUNG
SHRISTI LINGKHM RAI
SHRIYA BUDHA
SHUSMA SHAKYA
SHYAM NATH YADAV
SHYAM BAHADUR TAMANG
SHYAM KUMAR SHRESTHA
SHYAM KUMARI RAI
SHYAM SUNDAR KURMI
SHYAM SUNDR MAHATO
SHYAM SUNUWAR
SIRJANA PANDAY
SIRJANA SIALI
SIRJANA SUBEDI
SITA ARYAL
SITA DEVI ACHARYA
SITA DEVI GHIMIRE
SITA DEVI THARU
SITA KUMARI BARAL PAUDEL
SITA KUMARI CHAUDHARY
SITA KUMARI GURUNG
SITA KUMARI NEUPANE
SITA KUMARI SHRESTHA
SITA LAMA
SITA NEUPANE
SITA SEN GHIMIRE
SITA THAPA
SITAWATI RAJBANSHI
SITU JOSHI (GHIMIRE)
SMRITI PRADHAN
SNEHA SHRESTHA
SOBHA SHRESTHA
SOBHA BHUJEL
SOM KUMARI POKHAREL
SOM PRASAD LIMBU
SONA LAL CHAUDHARY
SONU GURUNG
SREEJANA RAI
SRIJANA BK
SUDODH PASMAN
SUDARSHAN UPRETI

SILVER DIRECTORS

NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

SUDHA KHETAN
SUGRIM KUMAR YADAV
SUJIT SHRESTHA
SUKRA LAXMI SHRESTHA
SUMAN KUMAR
SUMAN RAI
SUMAN RAI
SUMINA SYANGTAN TAMANG
SUMITRA CHAUDHARY
SUMITRA KUMARI
SUMITRA SHRESTHA
SUNAYANA LAXMI MALLA
SUNIL GUPTA
SUNIL HAMAL
SUNIL SUNAR
SUNITA CHAUDHARY
SUNITA DAHAL
SUNITA DHIMAL
SUNITA KUMARI SHRIVASTAV
SUNITA POUDEL
SUNITA THAPA
SUNITA YADAV
SUNMAYA GHARTI MAGAR
SUNMAYA SARU MAGAR
SUNSARI GHARTI MAGAR

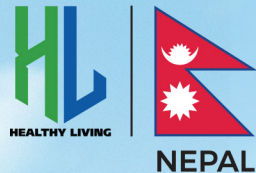
SUPRIYA SHRESTHA
SURAJ THAPA
SURENDRA GIRI
SURENDRA MALLA
SURENDRA PRASAD RATHOUR
SURENDRA SAH
SURESH KARN
SURESH KUMAR CHAUDHARY
SURESH RATNA BAJRACHARYA
SURESH SHRESTHA
SURESHKUMAR CHAUDHARY
SURYA PRASAD SHRESTH
SUSHIL BASTAKOTI
SUSHIL KUMAR THAPA
SUSHIL LAMA
SUSHIL SINGH BK
SUSHIL THAPA
SUSHILA DEVI SARKOTA
SUSHMA KARKEE
SUSHMA RATHI
SUSHMA TAMANG
SUSMA RAI
SUSMIKA KARKI
SUSMITA ACHARYA
SUSMITA KUMARI SAH

SUSMITA POUDEL
SUVA CHANDRA RAI
SUVASH YADAV
TAK BAHADUR MAGAR
TANKA BAHADUR TAMANG THING
TARA DEVI KHATRI (KATUWAL)
TARA LAMA
TARA NATH YOGI
TARA PRASAD SHRESTHA
TASI SHERPA
TEJ NARAYAN MANDAL
TEJENDRA SHRESTHA
TEK KUMARI KAUCHA
TEKENDRA DHUNGANA
TEZKUMARI CHETTRI
THAM NARAYAN SHARMA
THAMAN BAHADUR HISKI
TIKA RAM GAJUREL
TIKA RAM NEUPANE
TIKAMAYA RAI
TIL BIKRAM POUDEL
TIL KUMARI UPADHYAY
TIL MAYA CHAUDHARY
TILAK BAHADUR LUNGWA

TILAK ROKA
TIRTHA BAHADUR GHIMIRE
TRIBENI KUMAR YADAV
TUL BAHADUR THAPA
TUL MAYA THAPA ROKA
TULASI NAYAK
TULSI DEVKOTA
UDIM BAHADUR THAPA DARLAMI
UJAR SINGH SUNUWAR
UJELASARI GHARTI
UMA KUMARI LIMBU
UMESH LUWAR
UMESH YADAV
URMILA KUMARI BHAR
URMILA KUMARI SAH
URMILA LAMA
URMILA THAPA
USHA AGARWAL
USHA KHATRI
USHA KUMARI JHA
UTTAM KUMAR KHADKA
UTTAM RANA
VIJAY PRASAD RAJBANSHI

YAM BAHADUR B.K. PUN
YAM MAYA SHRESTHA
YAMUNA RANA
YASHODA KUMARI SHRESTHA
YUBARAJ MAJHEE
YUGESHWAR SHARMA

Discover
THE Yummy
side of
Healthy Weight Management!



BRONZE DIRECTORS | NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

AAGAN DAS CHAUDHARY
AANAND KUMAR SAH TELI
AARATI SHARMA
AASAWATI DHAMI
AASH NARAYAN MAJHI
AASHA KUMARI YADAV
AASHIK CHAUDHARY
AASHMA BASEL SARKI
AASMAYA BUDHA
ABADHESH KUMAR THAKUR
ABDHESH KUMAR RAY
ABDHESH SAH SONAR
ABDUL LATIF MUSALMAN
ABEE MALLA
ABISHEK DHAKAL
ABTAB LONIYA
ADITI SINGH
ADITYA CHAUDHARY
AEK BAHADUR GURUNG
AGRAJ PYROTHEOLOGY
AINUL ALAM
AJANTI KUMARI THARU
AJAY BISHWAKARMA
AJAY KEWAT
AJAY KUMAR PRAJAPATI
AJAY KUMAR RAM
AJITA DHAKAL
AJITA THAKURI
AJYA KARKI
AKENDRA SHRESTHA
ALINA CHAUDHARY
ALINA TAMRAKAR TULADHAR
ALINA TULADHAR
ALISHA BC
AMAR BAHADUR BUDHA MAGAR
AMAR KUMAR SHAH
AMAR NATH
AMARA MAHARJAN
AMBA KUMARI RANA
AMBAR BAHADUR MAGAR
AMBAR BAHADUR PULAMI
AMBIKA PRASAD GAJUREL
AMBIKA DEVI THAPA
AMBIKA SHRESTHA
AMBIKA SIMKHADA
AMIRI LAL MAHATO
AMMAR BAHADUR THAPA MAGAR
AMRIT BAHADUR GHIMIRE
AMRIT KUMAR RAI
AMRITA BISWOKARMA
AMRITA MALLA KC
AMRITA SHRESTHA
ANAND KUMAR CHAUDHARY
ANIL DARAI
ANIL KHATI
ANIL KUMAR ANAL
ANIL KUMAR MISHRA
ANIL RANA
ANISH BISWAKARMA
ANISH KHAN
ANISHA RAI
ANITA BHATTARAI
ANITA GHIMIRE CHAUREL
ANITA GURUNG
ANITA KUMARI SINHA
ANITA MAHATO (THANAIT)
ANITA MAYA BASNET
ANITA PAUDEL
ANITA RAI
ANITA SINGH RAJPUT
ANITA THARU
ANITA THARU
ANJALI GURUNG
ANJALI KATHARIYA
ANJANA KUMARI SIKDAR
ANJANA RAI
ANJANA RAI
ANJANA THAPA
ANJINA PYATHA
ANJU BAM
ANJU BHANDARI
ANJU DEVI BHATTARAI
ANJU KUMARI RAI
ANJULA THAPA
ANQJ KUMAR DAHAL
ANUMA KOIRALA
ANURADHA CHAUDHARY
ANURADHA YADAV
ANUSHA PUN MAGAR
APSARA MIJAR
APSARA SIWAKOTI

ARATI KUMARI
ARBENDRA RAM
ARBIN SAH
ARBIND KUMAR JHA
ARCHANA GOULI
ARCHANA SHRESTHA
ARITA MAHARJAN
ARJUN BAHADUR DHAKAL
ARJUN BHUSHAL
ARJUN CHAND
ARJUN KEWAT
ARPANA K. C
ARUN KUMAR YADAV
ARUN THAPA
ARYAN THAPA
ASAL MAYA RAI
ASHA CHAUDHARY
ASHA KUMARI SARDAR
ASHA RAM CHAUDHARY
ASHA SHRESTHA
ASHA SHRESTHA
ASHA SHRESTHA
ASHA SHRESTHA
ASHIKA CHAUDHARY
ASHIM BHANDARI
ASHIM KHANAL
ASHOK KUMAR BAJRACHARYA
ASHOK KUMAR KHANAL
ASHOK KUMAR SAH
ASHOK KUMAR SAH
ASHOK RAI
ASMITA KHADKA
ATIULLAH MEYA ANSARI
AVINAYA PAUDEL
AWADH LAL KUSHWAHA

BABA DEVKOTA
BABITA BHATTARAI
BABITA DEVI CHAUDHARY
BABITA DEVI RAY
BABITA KUMARI DEO
BABURAM SHRESTHA
BABURAM THANDAR THARU
BAIJULAL SHAH KANU
BAJRANG SAH SONAR
BAJRANGI KUMAR DAS
BAL GOBIND LODH
BAL KRISHNA KATHAYAT
BAL KUMARI SHILPKAR
BAL MUKUNDA GIRI
BALARAM SARDAR
BALIKA SHARMA CHAUDHARY
BALRAM MANDAL
BANDANA SHAH
BANDANA SHRESTHA
BANDU SINGH RANA
BANSHIDHAR GUPTA
BARSHA RAI
BASANT GHARTI MAGAR
BASANT KUMAR CHAUDHATY
BASANT KUMAR SINGH
BASANTA KUMAR GURUNG
BASANTA PRASAD KARMACHARYA
BASANTI BHAT CHHETRI
BASANTI BHUSAL
BASANTI CHAND
BASANTI THARU
BASUNDHARA RIJAL
BASUNDHARI SHARMA TIWARI
BEDA KUMARI THAPA
BEDANA DHAKAL KAFLE
BEDNIDHI PATHAK
BEL KUMARI PANDEY
BELI MAYA GHISING
BENU GHIMIRE
BET KUMARI HAMAL THAKURI
BHABANA BUDHATHOKI PUN
BHABINDRA ADAI
BHADRA MAYA MAGAR
BHAGAWATI GURUNG
BHAGAWATI GURUNG
BHAGAWATI PARSAD CHAUDHARY
BHAGAWATI THAPA
BHAGMARI PUN MAGAR
BHAGWATI TIMALSINA
BHAKTI KHATI
BHASKAR RAJ GAUTAM
BHAWANI NEUPANE
BHIKHAN DHAMI
BHIM KANT THARU
BHIM KUMARI GAHA SARU

BHIM MAYA MAGAR
BHIM PERSAD UPRETY
BHIM PRASAD DAHAL
BHIM PRASAD POUDEL
BHOJ SIKARMI
BHOJMAN SHRESTHA
BHOLA KUMAR DAS
BHOLA SAH
BHUMA KUMARI THAPA
BHUMI THAPA MAGAR
BHUMIKA PAUDEL
BHUMISARA GHARTI MAGAR
BHUPENDRA KHADKA
BHUPENDRA MANDAL
BIBHA KUMARI MALLIK
BIDHYA GIRI
BIDHYA RIMAL BHATTARAI
BIDHYANAND KUMAR RAM
BIDUR CHAUDHARY
BIJAY KUMAR SAH
BIJAY KUMAR YADAV
BIJENDRA PRASAD MANDAL
BIJU BAHINI SHRESTHA
BIKAL MAYA LIMBU
BIKASH BHATTARAI
BIKASH JOSHI
BIKASH SHARMA
BIKASH SINGH
BIKRAM ACHHAM
BIKRAM PANDAY
BIMAL KUMAR CHAUDHARY
BIMALA BASNET
BIMALA MAHARJAN
BIMALA PUN
BIMALA PUN BASNET
BIMALA RAI
BIMALA RAI
BIMALA RAI
BIMALA SHRESTHA
BIMALA SHRESTHA
BIMALA SIMKHADA RIMAL
BIMALA THAPA ROKAYA
BIMITA SHRESTHA
BINA DEVI JIMEE
BINA GHIMIRE
BINA MAYA GYAWALI
BINDA KUMARI MAHATO
BINDRA DEVI RANA
BINDU CHAUDHARY
BINDU JOSHI
BINDU KUMARI SHAH
BINISA KHADKA
BINITA BARAL
BINITA CHAUDHARY
BINITA DHUNGEL
BINITA KUMARI
BINITA KUMARI MAHATO
BINITA PARIYAR
BINITA SHRESTHA
BINITA SILWAL
BINITA THAIBA
BINJU BASNET
BINJU G.C
BINOD BAHADUR SINGH
BINOD CHAMAR
BINOD GHIMIRE
BINOD GURUNG
BINOD GURUNG
BINOD KATILA
BINOD KC
BINOD KUMAR SHRESTHA
BINOD LAL SAH
BINOD RIJAL
BINOD SIGDEL
BINU MAYA RAI
BIPAL THAPA
BIPANA ROKA MAGAR
BIR BAHADUR GURUNG
BIR BAHADUR LAWATI
BIRAJ GHALAN
BIRBAHADUR DARLAMI
BIRENDRA BAHADUR BAMMA
BIRENDRA KAPAR
BIRENDRA LIMBU
BIRENDRA UPADHYAY
BIRESH KUMAR THAPA
BIRSANA RAJ LIMBU
BISHAL BASNYAT
BISHESWAR KUMAR SAH
BISHIKA PARAJULEE
BISHNU PRASAD PHUYAL

BISHNU ADHIKARI NEUPANE
BISHNU GURUNG
BISHNU GURUNG
BISHNU K.C
BISHNU KHANAL
BISHNU KUMAR PHUDONG
BISHNU KUMAR RAI
BISHNU KUMARI GHARTI MAGAR
BISHNU MAYA BK
BISHNU MAYA RANA
BISHNU PRASAD ADHIKARI
BISHNU PRASAD GHIMIRE
BISHNU PRASAD KAPHLE
BISHNU PRASAD KUSHMI
BISHNU PRASAD SAH
BISHNU RANA
BISHNU SHRESTHA
BISHWANATH RAUT
BISHWOKALYAN SUBEDI
BISHWORAJ CHAUDHARY
BISNU PARSAD PASI
BOM BAHADUR PUN
BRIJULAL SAHU TELI
BUDDHA MAYA SYANGTAN
BUDDHI MAYA BK
BUDDHI MAYA SHRESTHA
BUDDHI MAYA TAMANG SYANGTAN
BUDDHI RAM THARU
BUDDHIMAN RAI
BUDHANI KUMARI CHAUDHARY

CHAKRA BAHADUR CHAUDHARY
CHAKRA BHANDARI
CHAKRADEV PURI
CHAMPA SHRESTHA
CHANDA GURUNG GHALE
CHANDA K.C
CHANDANI NATH (DHAMI)
CHANDANI SHRESTHA
CHANDESHWAR RAM
CHANDRA BAHADUR KARKI
CHANDRA BAHADUR THAPA
CHANDRA HANG LIMBU
CHANDRA KALA CHUDAL
CHANDRA KALA GODAR
CHANDRA KUMAR LIMBU
CHANDRA KUMARI B. C
CHANDRA LUHAR
CHANDRA MAYA LIMBU
CHANDRA PRAKASH CHAUDHARY
CHANDRA PRAKASH KOIRALA
CHANDRAKALA KUMARI
CHANDRAKUMARI NEUPANE BHUSAL
CHANDRAWATI NEPALI (SUNDAS)
CHANDRI MAYA TAMANG
CHANDRIKA DEVI THAKUR
CHETAN SHAHI
CHETNATH DAHAL
CHHAMAYA GURUNG
CHHEMI HANG RAI
CHHORI MAYA SHRESTHA
CHINI MAYA PAKHRIN
CHINTA KUMARI CHAUDHARY
CHITRA BAHADUR THARU
CHITRA DARLAMI (THAPA)
CHUN KUMARI KAFLE
CHUN NARAYAN SHRESTHA
CHUNA MAYA GURUNG
CHUTRA THAPA

DABURA LIMBU
DAM BAHADUR CHAUDHARY
DAMBAR BAHADUR GIRI
DAMBAR BAHADUR NAGARKOTI
DAMBAR BAHADUR OLI
DAMBER BAHADUR ADHIKARI
DAMMAR KUMARI GAUTAM
DAMMAR KUMARI RAJBHANDARI
DAMODAR THAPA
DAN BAHADUR BOHARA
DAN BAHADUR KHATRI CHHETRI
DAN BAHADUR RANA MAGAR
DARP LAL RAJBANSHI
DASHRATH THARU
DAWA FINJO MOKTAN
DAYARAM MAHATO
DEBAKI PANDEY
DEBENDRA JANG MALLA
DEBI SINGH THARU
DEEPA BHANDARI
DEEPAK CHAUDHARY

DEEPAK KHADGI
DEEPAK KUMAR MAHATO
DEEPAK POUDEL
DEEPAK THAPA
DEEPENDRA CHAUDHARY
DEEPAK BAHADUR BOHARA
DESH KUMAR LIMBU
DEV MAYA RAI
DEV MAYA SHRESTHA
DEV NARAYAN CHAUDHARY
DEV NATH GIRI
DEV RAJ DANGAL
DEV SHRESTHA
DEV SUNAR MUKHIYA
DEVAKI NEPALI
DEVENDRA RANA
DEVI BASNET
DEVI GHARTI
DEVI KAFLE
DEVI KUMARI KARKI
DEVI MAYA ALE
DEVI MAYA GURUNG
DEVI MAYA SHRESTHA
DEVI PRASAD OJHA
DEVKA PATHAK
DEVISARA RANA
DEVKRISHNA PRASAD CHAUDHARY
DEVKUMARI KHAWASH
DHAN BAHADUR PUN
DHAN BAHADUR REGMI
DHAN BAHADUR THAPA
DHAN KUMARI MAHATO
DHAN MAYA ACHARYA
DHAN MAYA PAUDYAL SUBEDI
DHAN MAYA RAI
DHAN SHAHA
DHANA MAYA LAMSAL
DHANA MAYA THAPA PULAMI
DHANA RAJ SIJALI
DHANAPATI RIJAL
DHANBIR DANGI
DHANI DATT PANT
DHANI RAM HARIJAN
DHANKUMARI RAI
DHANMANTI DEVI
DHARAM RAJ LAMA
DHARBENDRA PRASAD KUSHWAHA
DHARMENDRA PANJIYAR
DHAULI SAUD
DHIRENDRA CHOUDHARY
DHIRENDR PRASAD KHATIWADA
DHURBA BAHADUR CHAND
DHURBA KHADKA
DHURBA KUMAR BISTA
DHURBA KUMAR SHERSTHA
DHYAN BAHADUR RAI
DIBYAKALA LIMBU
DIKA DEVI DAHAL
DIL BAHADUR THAPA
DIL BAHADUR THAPA
DIL KUMARI GAUTAM
DIL KUMARI MAHATO
DIL KUMARI TAMANG
DIL MAYA THANG LAMA
DILARAM B.C
DILIP KUMAR CHHETRI
DILIP KUMAR DANGAURA
DILIP SAMPURNA
DILIP YOGI
DILLI RAM GURAGIN
DILLIRAM KHAREL
DILMAYA BUDHA
DILMAYA RAI
DILMAYA SUNAR
DINEHS SAHU
DINESH PUN
DINESH RANA
DIPA KHATRI CHHETRI
DIPA PANERU
DIPA PATHAK
DIPA RAI
DIPA RAWAT
DIPAK KUMAR KATHAYAT
DIPAK RIMAL
DIPAK SERALA
DIPAK SUBEDI
DIPENDRA BADAYAK
DIPENDRA SARKI
DIPENDRA SINGH RAWAL
DIPRAJ MALLA
DIVYA BABU NEPAL

BRONZE DIRECTORS | NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

DIYA JOSHI (PRADHAN)
DOL MAYA RANA GHARTI
DOL MAYA THAPA RANA
DOLMA SHERPA
DR. RAM BABU RAMAN JAISWAL
DROPATI KUMARI MANDAL
DURGA BAHADUR OLI
DURGA ADHIKARI
DURGA BHANDARI
DURGA DEVI SHRESTHA
DURGA DEVI SHRESTHA SHERPA
DURGA KOPILA DAHAL
DURGA KUMARI BHANDARI
DURGA KUMARI KHATRI
DURGA KUMARI SHRESTHA
DURGA NANDA CHAUDHARY
DURGA RAI
DURGA THAPA
DURGA TIGELA
DWARIKA DEVI KUNWAR

EKADEB PANDEY
EKTA POUDEL THAPA
ENSAN GHARTI
ESMAT PRAVEEN

FARMILA SHRESTHA
FIDAHUSAIN KHAN
FIROJ PATHAN
FIZONAND SHERPA

GAJENDRA PRASAD CHAUDHARY
GAJENDRA SHA
GAN BAHADUR KHADKA
GAN BAHADUR PUN
GANESH KUMARI LIMBU
GANESH KUMARI SUNAR
GANESH PRASAD NEUPANE
GANESH PRASAD PATHAK
GANGA BAHADUR DAGAMI
GANGA DEVI DHAKAL
GANGA KUMARI NIRAUDEL
GANGA KUMARI POUDEL KUNWAR
GANGA MAYA BAMJAN
GANGA RAI
GANGA SAPKOTA
GANGABATI DEVI SAH
GANGAJALI GADARIYA
GANGARAM GIRI
GANGESHWORI SHAHI
GANJA BAHADUR TAMANG
GAUMATI LIBANG
GAURAV KUMAR KUSHWAHA
GAURAV SHRIWASTAV
GAYATRI DAHAL
GAYATRI KUMARI
GAYATRI RAJBANSHI
GEETANJALI SHARMA
GENARAM THARU
GHANSHYAM AHIR (YADAV)
GHURANI DEVI
GIR BAHADUR CHHETRI
GIRI RAJ SINGJALI THAPA
GIRISWAR CHAPAGAIN
GITA BUDHATHOKI
GITA GURUNG
GITA GURUNG
GITA KUMARI DARJI
GITA KUMARI THAKUR
GITA KUMARI TIMSINA
GITA NEPALI
GITA SHRESTHA
GITA THARU
GOBINDA KHANAL
GOBINDA RANAMAGAR
GOMA D SITAULA
GOMA DAWADI
GOMA KUMARI KATWAL KHATRI
GOMA NEPALI
GOMA SHARMA
GOMA UPRETI
GOPAL KARKI
GOPAL RANABHAT
GOPI DHAMI
GOPILAL LAMA
GORAKH BAHADUR KATHAYAT
GOVINDA BASHYAL
GOVINDA PRASAD CHAULAGAI
GOVINDA PRASAD GHORSAINI
GUJESHWORI ALE
GULSAN KHATUN
GUMAN SHING KHATRI CHHETRI
GYANDEEP GAHA MAGAR
GYANI KUMARI GURUNG

HAM RAJ GHISING
HARI BAHADUR CHAUDHARY
HARI DUMRE
HARI GWAWALI
HARI MAYA SHREESH
HARI PARSAD DEVKOTA
HARI PRASAD POKHREL
HARI SAPHI
HARIHAR SHRESTHA
HARIK RAM CHAUDHARY
HARIKALA THAPA
HARK BAHADUR BAKHARIYA

HARKA BAHADUR MALLA
HARKA BAHADUR THADA MAGAR
HARKA MAYA RAI
HARKA MAYA THAPA
HASTIKA PUN
HATHANRAM CHAUDHARY
HEM RAJ POUDEL
HEMA DEVI CHAUDHARY
HEMANT CHAUDHARY
HEMANTA RAI
HEMLAL BARAL
HIKMAT PRASAD JAISHI
HIMA G.C.
HIMAL RAI
HIMAL SHRESTHA
HIMANTA B K
HIRA KUMAL MUKHIYA
HIRA KUMARI RUCHAL NEPALI
HIRA LAL PANDIT
HIRA OLI PUN
HIRA PRASAD KHAREL
HIRA SARA SARU
HIRAMANI KUMARI DANGAURA
HIRDAY KUMAR CHAUDHARY
HOLI AHIR
HOM NATH ADHIKARI
HOMNATH KHATIWADA
HOU MAYA GURUNG
HUKUM BAHADUR OLI
HUM BAHADUR K.C.
HUMADEVI THADA

IBRAR AHAMAD SHAH
IMA KUMARI KHATRI
IMAMUDDIN MUSALMAN
INDIRA BAJAGAIN
INDIRA GURUNG
INDIRA KHATRI SUBEDI
INDRA BDR YOGI
INDRA CHANDRA MITRUKA
INDRA CHAUDHARY
INDRA KUMAR GUPTA
INDRA MAYA SHRESTHA
INDRA PRASAD BHANDARI
INDRA SINGH
INDRAKALA THING
INDRAMAYA BUDATHOKI
ISHWARA SUBEDI
ISHWARI PRASAD GAUTAM
ISLAM MIYA
ISWORI SHARMA

JADOLAL SAH KANU
JAGANATH RAY
JAGDISH CHAUDHARY
JAGESU CHAUDHARY
JAGU RAM CHAUDHARY
JAMUNA DEVI MAHARJAN
JAMUNA DEVI SITOULA
JAMUNA SHRESTHA
JANAKBAHADUR KARKI
JANAKI SHAH
JANAKI SHARMA
JANARSI DEVI MANDAL
JANGA BAHADUR NEMKUL
JANUKA DEVI SIWAKOTI
JANUKA NEPAL DHAKAL
JANUKA THAPA
JANUKA THAPA
JANUKI SHRESTHA
JASMIN SINGH MAHARJAN
JAY PRAKASH CHAUDHARY
JAYA BAHADUR GURUDHAMI
JAYA BAHADUR LAMA
JAYA GIRI
JAYA RAJ JAISI
JAYANTI YADAV
JEEBAN KUMAR CHAUDHARY
JESHIKA MANANDHAR
JESHME CHAUDHARY
JHAGRU KUMAR SAH
JHAM MAYA SHREES
JIBAN CHAUDHARY
JIBKALA SUNAR
JILANI SHEKH
JINTA KUMARI YADAV
JIT BAHADUR KHADKA
JIT BAHADUR RANA MAGAR
JIT BAHADUR THARU
JITA SHRESTHA
JITENDRA KUMAR KARAN
JITENDRA KUMAR PANDEY
JITENDRA MAHATO DHANUK
JITENDRA RAM
JITU KUMAR SAH
JIVAN BAHADUR RAI
JIVAN KUMAR MAHASHETH
JIWAN PRAJA CHEPANG
JUN KUMARI BUDHA MAGAR
JUNA BHATTARAI (ADHIKARI)
JUNISHA SHRESTHA
JWALA MUKHI THAPA
JYOTI KUMARI SHRESTHA
JYOTI SHAH

KABINDRA RIMAL
KABITA CHAUDHARY

KABITA DEVKOTA
KABITA GURMACHHAN MAGAR
KABITA KUMARI CHAUDHARY
KABITA LAMA
KABITA THAPA
KAJAL THAKURI
KALA BATI KUMARI YADAV
KALICHARAN SAH
KALIKA PANDEY (K.C.)
KALINA BUDHATHOKI CHHETRI
KALIRAM THARU
KALPANA B.K.
KALPANA BIST
KALPANA KARKI KHADKA
KALPANA KARN
KALPANA KHADKA
KALPANA SARU
KALPANA SHARMA
KALPANA TUMRUK LIMBU
KAMAL BAHADUR KHATRI
KAMAL KC

KAMAL NARAYAN CHAUDHARY THARU
KAMAL PARSAD CHALISE
KAMAL RAJ PAUDEL
KAMALA BHANDARI
KAMALA BHATTARAI
KAMALA CHAUHAN
KAMALA DEVI GAUTAM
KAMALA DEVI OLI
KAMALA KHANAL
KAMALA KHATI
KAMALA LIMBU LAMA
KAMALA MAGAR
KAMALA MAYA RANA MAGAR
KAMALA PARAJULI
KAMALA POUDYAL BASNE
KAMALA RAI
KAMALA SHRESTHA
KAMALA SUBEDI
KAMALA THAPA
KAMALADEVI SHRESTHA
KAMALI DEVI
KAMANA BHATT
KAMESHWOR PRASAD CHAUDHARY
KAMLESHWAR PRASAD VERMA
KANCHAN KUMARI YADAV
KANCHAN LUNGWA
KANCHAN RAI
KANDARP RAJ PURI
KANGANA RAI
KAPIL OLI
KARAN RAWAL
KARISHMA RANA
KARMA RAJ CHAUDHARY
KARMA SARI GHARTI MAGAR
KARNA BAHADUR SINGH
KAUSHALYA KUMARI BISHWAKARMA
KEBAL PUN TILJA
KEDAR NATH KAPLE
KEDAR PRASAD LAMICHHANE
KENDRA TAMANG
KES MAYA GURUNG
KESHAB KUMAR THAKUR
KESHAB NEPALI
KESHAR SINGH SAUD
KESHARI MAYA SHRESTHA
KESHAV RAJ PADHYA
KESHAV SHRESTH
KESHAW YADAV

KHADGA BAHADUR BUDHATHOKI
KHADGA BAHADUR TAMANG
KHADKA BAHADUR CHHANTYAL
KHAGENDRA BAHADUR KHADKA
KHAGENDRA BASNET
KHAGENDRA BHATTARAI
KHAGENDRA BHATTARAI
KHAGI PUN
KHEM BAHADUR THARU
KHEM RAJ PANDEY
KHEM SINGH RANA
KHESH RAJ DHUNGANA
KHIDULAL CHAUDHARY
KHILESHWARI DAHAL
KHIM KALA THAPA
KHIM KUMARI THAPA MAGAR
KHIMADEVI BARUWAL
KHOM BAHADUR KATHARIYA
KHUM BAHADUR BIRKATA THAPA
KHUNA KUMARI PANTA
KHURSHID ALAM
KHUSHI RAM CHAUDHARY
KHUSI RAM THARU
KIRAN CHAMLING RAI
KIRAN KUMAR SHRESTHA
KIRAN KUMARI RAUNIYAR
KIRAN MAN SINGH
KIRAN PANDEY
KIRAN PANDEY CHHETRI
KIRAN PARAJULI
KOPILA BAGALE
KOPILA GIRI
KOPILA RAI
KOPILA RANABHAT
KRIPA NEUPANE
KRISHNA BAHADUR GURUNG
KRISHNA BAHADUR KHADKA

KRISHNA BAHADUR GURUNG
KRISHNA GIRI
KRISHNA KUMAR CHAUDHARI
KRISHNA KUMARI KHANAL
KRISHNA LAL MECHE
KRISHNA MAYA LAMA (TAMANG)
KRISHNA MUKTAN
KRISHNA PRASAD BARTAULA
KRISHNA PRASAD BASHYAL
KRISHNA PRASAD PVAKUREL
KRISHNA RAJ PANTA
KRISHNA SYANGTAN
KRISTA PUN
KRITESH ADHIKARI
KULANAND CHAUDHARY
KUMAR AGHARYA
KUMAR RAI
KUMAR SHRESTHA
KUMAR THAPA MAGAR
KUMARI LAMA
KUNTI DEVI CHAUDHARY

LAKSHYA BAHADUR RAI
LAL BAHADUR LAMA
LAL BAHADUR RANA
LAL BAHADUR YONJAN
LAL KUMARI THAPA
LALBABU PRASAD YADAV
LALI KUMARI CHAUDHARY
LALIT BAHADUR SINGH
LALITA BHATTACHARYA THAPA
LALITA DEVI CHAUDHARY
LALITA DEVI GADEREE
LALITA KUMARI SAH
LALITA KUMARI SAH
LALITA MAHATO
LALITA RANA MAGAR
LALWATI THARUNI
LARUBATI DEVI
LAVKUSH JARWAT
LAXMAN BAHADUR CHAND
LAXMAN BASNET
LAXMAN CHAUDHARY
LAXMAN GIRI
LAXMAN NEUPANE
LAXMAN SAHU SUDI
LAXMAN SINGH MAHATA
LAXMI BUDHATHOKI THAPA
LAXMI CHAND
LAXMI DEVI
LAXMI DEVI BHANDARI
LAXMI DEVI NAGAL
LAXMI DEVI SAH
LAXMI GAJUREL NEPAL
LAXMI GHARTI
LAXMI GURUNG
LAXMI KARKI
LAXMI KHADKA
LAXMI KHATRI
LAXMI KUMARI THAPALIYA
LAXMI LIMBO SAMBAHAPHE
LAXMI MAJHI
LAXMI MUKHIYA
LAXMI PRAJA
LAXMI PRASAD CHAULAGAI
LAXMI PRASAD GAUTAM
LAXMI PRASAD KAFLE
LAXMI SADASHANKAR
LAXMI SHARMA
LAXMI SHRESTHA
LAXMI SIGDEL
LAXMI SUNAR
LAXMI TAMANG RAI
LAYAK RAM CHAUDHARY
LAYAK RAM CHAUDHARY
LEK KUMARI THAPA
LEMA GHARTI MAGAR
LILA BAHADUR BISHWOKARMA
LILA BAHADUR SHRESTHA
LILA KUMARI BHATTARAI
LILA KUMARI GURUNG
LILA MAYA MAGAR
LILA RAM CHAUDHARI
LOCHAN THAPA
LOK BAHADUR KUMAL
LOKE BK
LOKMAN MUKTAN
LOP MAYA SHRESTHA
LUMA KUMARI GWAWALI
LUMAKANT SARKI
LUNA THAIBA

MADAN LAL JAISHI
MADAN NEUPANE
MADAN RAM PARKI
MADHAV KOIRALA
MADHU DANGI CHHETRI
MADHUMAYA KUWAR
MAGANI KURMI
MAHABIR PUN
MAHENDRA BAHADUR BRAILI
MAHENDRA PANGYANI
MAHENDRA RAJ SUBEDI
MAHENDRA SHARMA
MAHESH CHAUDHARY
MAHESH KHANAL
MAHESH KUMAR CHAUDHARY

MAHESH KUMAR PANDIT
MAHESH KUMAR PANJIYAR
MAHESH KUMAR THAIBA
MAHESH KUNWAR
MAHESH POUDEL
MAHIMA CHAUDHARY
MAHINDRA BAHADUR KARKI
MAIYA ACHARYA
MALATI DEVI THAPA (THAKURI)
MALATI SHRESTHA
MALTI DAS
MALTI DEVI CHAUDHARY
MAMATA MAGAR
MAMATA RAWAT
MAMATA SINGH
MAMTA DEVI YADAV
MAMTA KUMARI YADAV
MAN BAHADUR BAMREL
MAN BAHADUR BISTA
MAN BAHADUR MAGAR
MAN BAHADUR SHRESTHA
MAN KUMARI BISHOWKARMA
MAN KUMARI LIMBU
MAN KUMARI TAMANG
MAN KUMARI THAPA
MAN KUMARI THAPA
MAN PRASAD GHARTI
MANA MAYA PARIYAR
MANAMAYA TAMANG
MANDA DEVI SAPKOTA
MANDIRA KARKI
MANDIRA KARKI
MANDIRA POUDEL
MANDIRA RAI
MANDUDHARA KHATIWADA
MANGAL SARI GHARTI
MANGAL BISUNKE
MANGAL LOHAR
MANIKA PARIYAR
MANIKAL TAMANG
MANIMA GHIMIRE
MANISHA CHAND BOHORA
MANISHA PUN THAPA
MANISHA SUBBA
MANITA BASTOLA
MANJU BHANDARI
MANJU DEVI PARAJULI
MANJU KUMARI CHAUDHARY
MANJU KUMARI CHAUDHARY
MANJU KUMARI KARNA
MANJU KUNWAR
MANJU PARIYAR
MANJU RAWAT
MANJU SHRESTHA
MANJULA KUMARI SARDAR
MANMAYA SHRESTHA
MANOJ KUMAR CHAUDHARY
MANOJ KUMAR KHATIWADA
MANOJ KUMAR MAHATO
MANOJ KUMAR SAH
MANSA KUMARI PASI
MANSINGH MAHAR
MANTUA PRASAD KALWAR
MARSANG TAMANG
MATRIKA DEVI BIMALI
MAUSAMI SHAH SEN THAKURI
MAUSHAM RAI
MAVIN K.C.
MAYA BHANDARI
MAYA DAHAL
MAYA DEVI SHAH RANA
MAYA KUMARI KHANAL
MAYA MAINALI
MAYA RESHMI
MDALAM MIYA
MEGH NATH DHAKAL
MEGH RAJ PRASAI
MEGHA RAJ BASNET
MEGHA RAJ SHARMA
MEK KUMARI PUN
MENA KUMARI SYANGTAN
MENAKA PANDE
MENUKA BHATTARAI
MENUKA PANDEY
MENUKA SHRESTHA
MENUKA TAMANG
MIGYALBU SHERPA
MILAN DEVI RAI
MILAN DIP DARNAL
MILAN KUMARI RAI
MILAN LAMA
MIN PRASAD KANDEL
MIN RAJ DANGAURA
MINA B.C.
MINA BHANDARI
MINA BHANDARI
MINA CHONGBANG
MINA DAMAI
MINA DEVI ADHIKARI
MINA DEVI KHADKA
MINA KUMARI CHAUDHARY
MINA KUMARI DANGI
MINA KUMARI KHATIWADA
MINA KUMARI MALLA
MINA KUMARI TAMANG GURUNG
MINA PATHAK
MINA RAI

BRONZE DIRECTORS | NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

MINA ROKA
MINA SHERESTHA
MINA SHRESTHA
MINA THAPA
MINGMAR LHAMU LHAMU
MINKETAN CHAUDHARY
MINU KUMARI KAMATI
MINU KUMARI KARN
MIRA BISHWAKARMA SUNAR
MIRA K.C
MIRA PUN
MIRA RANJIT
MIRA SATYAL
MIRA TAMANG
MITHLESH KUMAR SAH
MOHAMMAD ASIF ANSARI
MOHAN KUMAR KARKI
MOHAN KUMAR SHRESTHA
MOHANLAL GIRI
MONIKA AGRAWAL
MOTILAL SUNAR
MOTIM ANSARI
MUKESH KSHETRI
MUKESH MAHATO
MUNA KAUCHA
MUNA KUNWAR
MUNA LIMBU
MUNA SARU
MUSKAN SHERPA LIMBU

NABIN SUNDAR SERMA
NABIN TAMRAKAR
NAGENDRA THAPA MAGAR
NAIMUDDIN KHAN
NAINA KUMARI KHATRI
NAMUNA PUN BUDHA MAGAR
NAND KISHOR PANDIT
NANDA NATH
NANDI KUMARI GHARTI MAGAR
NAR BAHADUR BISWAKARMA
NAR BAHADUR MAHARJAN
NAR BAHADUR MAHATO
NAR BAHADUR OLI
NAR BAHADUR PANDAY
NAR BAHADUR TAMTA
NAR BAHADUR THAPA
NAR BAHADUR THAPA SALAMI
NARA OJHA
NARAYAN BAHADUR CHHETRI
NARAYAN PRASAD ARYAL
NARAYAN PRASAD DHAKAL
NARAYAN PRASAD SUBEDI
NARAYAN SHAH
NARAYAN YONGHANG
NARAYANI TAMANG
NAWARAJ ADHIKARI
NAWARAJ REGMI
NEB BAHADUR KHADKA
NEEMA LAHMU TAMANG
NEHA SHRESTHA
NEJAMUDIN ANSARI
NETRA BAHADUR SUNUWAR
NETRA BAHADUR THAPA
NEWATI NAUNI
NIKITA RATHI DAGA
NILAKANTHA DHAKAL
NILAM KUMARI CHAUDHARY
NILESH LAL SHRESTHA
NIM BAHADUR RANA MAGAR
NIMA DIKI SUNUWAR
NIMA LAMA
NIMMI KUMARI GUPTA
NINA KALA ACHARYA
NIRA BIST
NIRAJ ACHARYA
NIRAJ POUDEL
NIRANJAN PRASAD SHRESTHA
NIRMAL KHANAL
NIRMAL THAPA
NIRMALA BAM
NIRMALA KUMARI CHAUDHARY
NIRMALA KUMARI RAM
NIRMALA KUMARI SHAHI
NIRMALA RAI
NIRMALA RAI
NIRMALA RAI
NIRMALA SHRESTHA(KARMACHARYA
NIRMALA THAPA (PALLI)
NIRU KUSHAWAHA
NISA CHAUDHARY
NISHA GURUNG

NISHA THAKUR
NITA CHAUDHARY
NITU BUDHATHOKI
NOHARI CHAUDHARY
NUKENDRA PRATAP SINGH
NUMA HARI LUITEL

OM BAHADUR ADAI
OM PRAKASH PRASAI
OM PRAKESH UPADHYAY

PABITA KHADKA GC
PABITA NIRAULA
PABITRA BATHA MAGAR
PABITRA BHANDARI
PABITRA BHUJEL
PABITRA KARKI
PABITRA PUDASAINI
PABITRA RANA
PABITRA SHAH
PABITRA SHRESTHA
PADAM KUMARI SHRESTHA
PADAM SINGH ALE MAGAR
PADAM BAHADUR ASTHANI
PADAM BAHADUR AYER
PADAM BAHADUR MANDEL
PADAM BAHADUR SHREESH
PADAM PRASAD CHAUDHARY
PADMA LAMA
PAMFA BHUJEL
PAMPHA KUMARI MAGAR
PANCHA MANI RAI
PANCHA MAYA WAIBA
PANKAJ SHARMA
PANPHUL RANA
PARBAT BANDHU POUDEL
PARBATI DEVI CHAUDHARY
PARBATI DEVI DHANUK
PARBATI GYAWALI
PARBATI KAFLE
PARBATI MAHARJAN
PARBATI RAI
PARBATI SHRESTHA
PARBATI THAPA
PARDIP BHANDARI
PARJIT BOHARA
PARMILA TAMANG
PARTIMA K.C
PARVATI SHRESTHA
PARWATI DEVI JOSHI
PASANG DIKI SHERPA
PASHUPATI KUMARI AYER
PASHUPATI SHAHI
PASHUPATI SHRESTHA
PAWAN DANGOL
PAWAN KUMAR RAW HARIJAN
PAWAN MAHATO KOIRI
PAWAN SUBEDI
PEMBA SHERPA
PHARSE TAMANG
PHIBIKA SOMYANG
PHUL KUMAR SERMA
PHUL MAYA WAIBA
PHULMAYA RAI
PINJU VERMA
PINKI KUMARI
POM LAL JAISI
POOJA BHANDARI
PRABHAT KHADKA
PRABHYAS KAHAR
PRABIN KUMAR BHANDARI
PRABINA TAMANG
PRADIP KHANAL
PRADIP SARDAR
PRAGATI RANA MAGAR
PRAGYA KUMARI DEV
PRAJIL POUDEL
PRAJINA SHRESTHA
PRAKASH PAUDEL
PRAKASH SHARMA
PRAKASH SUNAR
PRALAD PHUYAL
PRAMILA SHRESTHA
PRAMOD KUMAR MAHATO
PRAMOD KUMAR SAH
PRAMOD KUMAR SARDAR
PRATHAM GHARTI MAGAR
PRATIBHA JHA
PRATICHHYA SHARMA
PRATIKA RAI

PRATIMA KUMARI SHAH
PRATIMA PAUDEL
PRAVI DEVI CHAUDHARY
PREM BAHADUR GOLE
PREM KALI RANA
PREM KUMAR GUPTA
PREM KUMAR TAMANG
PREM KUMARI THARU
PREM PRAKASH RANA
PREMI CHAUDHARY
PRIJA SHRESTHA
PRITI KUMARI RAI
PRIYA GURUNG
PRIYANKA KUMARI SAH
PUJA BISHWOKARMA
PUJA DEV
PUJA KUMARI KUNWAR
PUNAM GAHA MAGAR
PUNAM KUMARI SAH
PUNYA PRABHA GAUTAM
PURNA BAHADUR ADHIKARI
PURNA BAHADUR CHAUDHARY
PURNA BAHADUR KHATRI
PURNA BAHADUR KUMAL
PURNA BAHADUR PAKHRIN TAMANG
PURNA BAHADUR THAPA
PURNA DEVI SHRESTHA
PURNA MAYA KHADKA
PURNA PRASAD KHANAL
PURNAKALA KHANAL
PURNI KUMARI MUSARNI
PUSH NATH SINGH
PUSHPA KARKI
PUSPA ADHIKARI
PUSPA BUDHATHOKI
PUSPA BUDJA
PUSPA KHAREL KATUWAL
PUSPA SUNUWAR
PUSTAMA BUDHA MAGAR

RABIN SILWAL
RABINA GHALAN
RABINA LAMA
RABINA LIMBU
RABINA RAYA
RABINDRA CHALAUNE
RABINDRA KUMAR MEHTA
RACHANA KUNWAR
RACHANA SUBBA LIMBU
RADHA KHADKA
RADHA KHATIWADA
RADHA KUMARI NIRAULA
RADHA PAUDEL UPADHAYA
RADHA SUBEDI
RADHA THEBE IWARAM
RADHIKA BALAL
RADHIKA KOIRALA
RADHIKA KUMARI GAUTAM
RADHIKA SHRESTHA
RAGHU THARU
RAHIS PATHAN
RAJ BHAKTA MAHARJAN
RAJ KISHOR MAHATO
RAJ KUMAR BUDHAMAGAR
RAJ KUMAR CHAUDHARY
RAJ KUMAR CHAUDHRY
RAJ KUMAR DANGAURA
RAJ KUMAR RAI
RAJ KUMAR SAH
RAJ KUMAR SHRESTHA
RAJ KUMAR TAMANG
RAJ KUMARI CHAUDHARY
RAJ KUMARI RAI
RAJ SUNDRA SAH
RAJANI GHARTI
RAJANI VIJAYANAND DAHAL
RAJEEV KUMAR CHAUDHARY
RAJENDRA LAL YADAV
RAJENDRA MANANDHAR
RAJENDRA PRASAD ADHIKARI
RAJENDRA PULAMI MAGAR
RAJENDRA RAI
RAJENDRA SHAH TELI
RAJESH B.K.
RAJESH BHANDARI
RAJESH CHAUDHARY
RAJESH KHADGI
RAJESH KUMAR DHIMAL
RAJESH KUMAR KARN
RAJESHA SINGH
RAJIB KUSHWAHA

RAJMATI SAUD
RAKESH KUMAR CHAUDHARY
RAKESH KUMAR AGRAHARI
RAKESH KUMAR MISHRA
RAKESH KUMAR SAH
RAKESH KUMAR SHREEWASTAV
RAKESH LODH
RAM BAHADUR CHAUDHARY
RAM BAHADUR DANGI
RAM BAHADUR MAHATAU
RAM BAHADUR RAI
RAM BAHADUR THAPA
RAM BAHADUR THARU
RAM DAYAL THAKUR
RAM DINESH THAKUR
RAM DULARE THARU
RAM KASHI KUMARI
RAM KISUN CHAUDHARY
RAM KRIPAL SAH
RAM KRISHNA MAGAR
RAM KUMAR CHAUDHARY
RAM LAL MAHATO
RAM MILAN CHAUDHARY
RAM NARESH BADHAI
RAM PARSAD POKHAREL
RAM PRAKASH CHAUDHARY
RAM PRASAD DANGAURA
RAM PRASAD LIMBU
RAM PYARI THAPA
RAM SAGAR MANDAL
RAM SEWAK AHIR
RAM SHYAM
RAMA DEVI SAPKOTA
RAMA KAFLE
RAMA OJHA
RAMAKANT THAKUR
RAMAN BISTA
RAMCHANDAR SAHU
RAMCHANDRA MAHATO DHANUK
RAMCHANDRA NAYAK
RAMDEV MAHATO
RAMDIN CHAUDHARY
RAMESH KARKI
RAMESH KATHARIYA
RAMESH KHADKA
RAMESH KUMAR CHAUDHARY
RAMESH KUMAR SHREEWASTAV
RAMESH KUMAR TIRPATHI
RAMESH LAL RANA
RAMESH NATH
RAMESH PRADHAN
RAMESH YADAV
RAMESHWOR DHIMAL
RAMESWAR KEWAT
RAMILA MAGAR
RAMITA GAMAL
RAMITA PRAJAPATI
RAMITA SHRESTHA
RAMJI BASTOLA
RAMJI PAUDEL
RAMOD KUMAR SAH
RAMPATI CHAUDHARY
RAMPRAKASH YADAV
RAMPYARI THARUNI
RAN MAYA KHATRI
RANADHAR MAINALI
RANESHMAN CHITRAKAR
RANI SAMBAHAMPHE
RANJANA RAJAURE
RANJIT GIRI
RANJIT KUMAR SAH
RANJITA BARAM
RANJITA SHAHI
RASBIHARI MANDAL
RASHMI PRADHAN MANANDHAR
RASMILA DANGOL (MAHARJAN)
RATNA BAHADUR TIMALSINA
RATNA BASAK
RATNA KUMARI RAI
RATNA PRASAD KOIRALA
RATNESHOWAR CHAUDHARY
RAVI CHAUDHARY
RAYASHA DAHAL
REE MAYA RUCHAL
REEMITA SHRESTHA
REENA SHRESTHA
REJINA SHRESTHA
REKHA JAISWAL
REKHA KUMARI MAHATO
REKHA KUMARI SAH HALUWAI
REKHA TAMANG

RENU SHRESTHA
RENUKA REGMI
RENUKA SHRESTHA
RENUKA SHRESTHA
RESHAM BAHADUR K.C
RESHAM BAHADUR KUMAL
RESHEMA KHASAS
REWATI RAI
REWATI SARKI
RIMA DEVI KATHARIYA
RIMA GHARTI MAGAR
RINA MAGAR
RINKI SHRESTHA
RINKU DEVI
RISHI BAHADUR GYAWALI
RISHI KUMAR TRIPATHI
RISHI LAMA
RISTA RAI
RITA ARYAL
RITA BHANDARI
RITA DEVI KHADKA
RITA GAUTAM
RITA GURUNG
RITA GURUNG
RITA KHATRI
RITA KUMARI BASNET SHRESTHA
RITA KUMARI CHAUDHARY
RITA LIMBU WENAM
RITA THARU
RITIK RAJ AGRAWAL
RITU DEVI JHUNJHUNBALA
RITU KUMARI KUNWAR
ROHAN THAPA MAGAR
ROHIT KUMAR KARNATKI
ROHIT SAH
ROJ SHRESTHA
ROJAN CHEMJONG
ROJAN SHRESTHA
ROJINA KHATUN
ROM BAHADUR PULAMI MAGAR
ROSHAN KHATUN
ROSHAN KUMAR RAM
ROSHAN KUMAR SINGH
ROSHAN LAL MAHATO
ROSHANI DANGOL
ROSHANI SHRESTHA
RUBEE KUMARI SINHA
RUBINA ALE
RUBINA BARAL
RUBINA RAI
RUDRA BAHADUR SHREESH
RUDRA BAHADUR SHRESTHA
RUDRA BAHADUR THAPA
RUDRA KOIRALA
RUDRA KUMARI PAUDEL
RUDRA MANI POKHAREL
RUKESH MUNANKARMI
RUKMINI CHAUDHARY
RUKMINI KHANAL
RUMA KHADKA
RUNTI DEVI SAH
RUP BAHADUR SHAHI
RUP KALA SINGH LODH
RUP KUMAR PANDAY CHHETRI
RUP MAYA PUN RANA
RUP SING KHADKA
RUPA BASNET
RUPA RANA
RUPA SUNUWAR
RUPAK GURUNG
RUPAK KUMAR SHRESTHA
RUPNA THARU

SABANA GIRI
SABIN TIMALSINA
SABINA BHANDARI KHANAL
SABINA KHADKA
SABINA PATHAK
SABINA PEMI
SABINA PULAMI MAGAR
SABINA ROKKA
SABINA SHRESTHA
SABINA THAPA
SABIR HUSEN
SABITA GAMAL
SABITA GHIMIREY
SABITA KUMARI SAH
SABITA KUMARI TAMANG
SABITA RAI
SABITA SEDHAIN
SABITA TAMANG

BRONZE DIRECTORS | NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

SABITRA BISTA
SABITRA DEVI ADHIKARI
SABITRA GHIMIRE POKHREL
SABITRA PUN MAGAR
SABITRI MAHARJAN
SACHIN KUMAR SHRIWASTAV
SACHITA KUMARI CHAUDHARY
SADA BRIKSH LOHAR (B.K)
SADDAM HUSAIN BEHANA
SADIKSHA RAMTEL
SADIKSHA SINGH
SADIKSHA THAPA MAGAR
SADRUL HUDA KHAN
SAGAR KUSHWAHA
SAHANAJ BEGAM
SAIYAWAN ALI MUKERI
SAJAN KUMARI MAHATO
SAJANA SHAKYA
SAKUNTALA LIMBU
SALIK RAM SAHU TELI
SALINA KARKI
SALINI MAJHI
SAMA SHAKYA
SAMADHAN SEDHAI
SAMANTI SARU MAGAR
SAMIR KANTA CHAUDHARY
SAMIR PRASAD NIRLA
SAMIR RANA MAGAR
SAMIT SHAKYA
SAMITA LAMICHHANE
SAMITA TAMANG
SAMJHANA BHATTI ADHIKARI
SAMJHANA CHAUDHARY
SAMJHANA DHAKAL
SAMJHANA KARKI RAUT
SAMJHANA MAGAR
SAMJHANA SHRESTHA
SAMJHANA THAPA
SANAULLAH BHAT
SANDEEP KUMAR
SANDESH PANDIT
SANDHYA KUMARI DEV
SANDIP TIWARI
SANESH NATH YOGI
SANGAM RAWAT (BAIRAGI)
SANGEET OLI
SANGHA RATNA BAJRACHARYA
SANGITA BASNET
SANGITA GHARTI MAGAR
SANGITA KUMARI YADAV
SANGITA MAGAR
SANGITA ROKA MAGAR
SANGITA SHRISH
SANGITA SUBEDI
SANI KANCHHI MUKTAN
SANJANA RISHIDEV
SANJAY KUMAR YADAV
SANJAY SHRESTHA
SANJEEV BHUJEL
SANJEEV KUMAR PATEL
SANJIT SHRESTHA
SANJITA RAJAURE
SANJIW KUMAR PRASAD
SANJOG KUMAR CHAUDHARY
SANJU DEVI KANTH
SANJU KUMARI KARKI
SANJU KUMARI RANA MAGAR
SANJULI LAMA
SANJYA RANA
SANTA BAHADUR SHRESTHA
SANTA KUMARI RAI
SANTA KUMARI RAI
SANTA RAI
SANTLAL CHAUDHARY
SANTOSH KUMAR CHAUDHARY
SANTOSH KUMAR KESHARI
SANTOSH KUMAR MANDAL
SANTOSH KUMAR NEPALI
SANTOSH KUMAR SARRAF
SANTOSH KUMAR TRIPATHI
SANTOSH KUMAR YADAV
SANTOSH NATH
SANTOSH POKHREL
SANTOSH SHARMA
SANTOSH SUBBA
SANTRAM KURMI
SANUP PRADHAN
SAPANA GHARTI CHHETRI
SAPANA SHRESTHA
SAPANA THARU
SAPNA KANOJIA

SARA THAPA
SARADA DAHAL
SARADA KARKI
SARADA PANTA SITAULA
SARALA GHAE
SARALA KHADKA
SARASWATI GHIMIRE K.C.
SARASWATI KUMARI KHAREL
SARASWATI MAHATARA CHHETRI
SARASWATI TAMANG
SARASWOTI KHADKA
SARASWOTI KHADKA
SARBINDA GUBHAJU SHRESTHA
SARDA CHAUDHARY
SARDA OLI
SARISHMA ACHARYA
SARISHTI GHARTI CHHETRI THAPA
SARITA DEVI KUSHWAHA
SARITA ACHARYA
SARITA B.K
SARITA GURUNG
SARITA KHANAL
SARITA KUMARI CHAUDHARY
SARITA NEPAL
SARITA NEUPANE PANTA
SARITA NIRALA
SARITA PAUDYAL
SARITA RAI
SARITA RAJBANSHI
SARITA SHRESTHA
SARMILA ACHARYA
SARMILA BUDHATHOKI
SARMILA DARLAMI
SARMILA GURUNG
SARMILA MAJHI
SARMILA RAI
SARMILA SHILPAKAR
SARMILA SHRESTHA
SAROJ KUMAR SAH
SAROJ KUMAR SINGH
SAROJ KUMARI CHAUDHARY
SAROJ SHAH
SAROJ TAMANG
SARSAWATI MAHATO
SARWAN KUMAR THAKUR
SASHANK THAPA
SASHI DHUNGANA
SASHIDHAR BISTA
SATI CHAUDHARY
SATIMAN PUN
SATYANARAYAN SHAH
SAURAV ARYAL
SAVITRI BHUSAL DUMRE
SAYAL RAI
SEEMA ADHIKARI
SER KAURI GURUNG
SESEMI SERENG
SHABNAM AZIM BEGAM
SHAHERYAR KHAN
SHAILENDRA BHAGAT
SHAKUNTALA DEVKOTA BAGALE
SHAKUNTALA PRADHAN
SHAMBHU ADHIKARI
SHAMBHU NATH MANDAL
SHAMBHU PRASAD YADAV
SHAMIM MIYA
SHANI MAYA RAI
SHANITA KUMARI SUNAR
SHANKAR ACHARYA
SHANKAR BHATT
SHANKAR GURUNG
SHANKAR KUMAR SUNUWAR
SHANTA ADHIKARI
SHANTA BAHADUR K.C
SHANTA BANSAL
SHANTA DHAKAL
SHANTA GIRI
SHANTA KATWAL
SHANTA MAGAR
SHANTA RANA BHAT
SHANTI DANGI BASNET
SHANTI GIRI
SHANTI HARIZAN
SHANTI KUMARI DHAMI
SHANTI LAMICHHANE
SHANTI LIMBU
SHANTI NEMBAW
SHANTI RAI TAMANG
SHANTI SUBEDI
SHARADA CHHETRI
SHARADA PAUDEL SUBEDI

SHARADA POUDEL KHADKA
SHARADA UPADHYAY KHANAL
SHARADA WAGLE
SHARDA ACHARYA
SHARMILA DANUWAR
SHARMILA GHIMIRE
SHARMILA PANDIT
SHARMILA PHADERA
SHARWAN KUMAR BALAMPAKI
SHEETAL PODDAR
SHEKH OSHAID ALAM
SHER BAHADHUR NEPALI
SHER BAHADUR BHANDARI
SHER BAHADUR MAHATAU
SHIB BHANDARI
SHIKHA GUPTA
SHIKHA RAM MAHATO
SHIRSHUBA TAMANG
SHIV KUMAR THATHER
SHIV KUMAR YADAV
SHIV NARAYAN CHAUDHARI
SHIV NARAYAN CHAUDHARY
SHIVA BAHADUR THAPA
SHIVA LAL ADHIKARI
SHIVA LAL SHRESTHA
SHIVA PRASAD ADHIKARI
SHIVAHARI DEVKOTA
SHIVALL MARDANIYA
SHIVALL THAPA
SHIWA KUMARI RAI
SHIWANI THAPA MAGAR TAMANG
SHOBHA ADHIKARI (DJPL)
SHOBHA KHANAL
SHOBHITA K C
SHOVA KAYASTHA
SHOVA SHRESTHA
SHRADHA YONGYA
SHREE BAHADUR GURUNG
SHREE CHAMPHA THARUNI
SHREE KANT SINGH
SHREE PRASHAD SHRESTHA
SHREE RAJ SHRESTHA
SHREE RAM GURUNG
SHREEMATI GANGA PUN
SHUBHANARAYAN DHAMI THARU
SHUKRA BAHADUR TAMANG
SHURESH KUMAR DAYAL
SHUSILA RAI
SHUV NARAYAN CHAUDHARY
SHYAM BAHADUR MADEMBA
SHYAM BAHADUR RAI
SHYAM KRISHNA KC
SHYAM KUMAR SHRESTHA
SHYAM KUMAR SUNUWAR
SHYAM KUMAR YADAV
SHYAM KUMARI YASMALI
SHYAM LAMA
SHYAM MAHARJAN
SHYAM RAMTEL
SIDDHA NATH YADAV
SIDDHI GURUNG
SIDDHIRAM PRAJAPATI
SIM KUMARI ALE
SIRJANA BASTAKOTI
SIRJANA CHAUDHARY
SIRJANA KHATRI THAPA
SIRJANA PHUYAL
SISHU KALA BASTOLA
SITA ADHIKARI
SITA BANIYA
SITA BHANDARI
SITA BHANDARI
SITA BHUJEL
SITA BOHARA RAYAMAJHI
SITA CHAUDHARY
SITA DEVI CHAUDHARY
SITA DEVI KAFLE
SITA DEVI MALLA
SITA GURUNG
SITA GURUNG
SITA K.C
SITA KHADKA
SITA KHANAL
SITA KHATIWADA
SITA KUMARI BISHWAKARMA
SITA KUMARI KHADKA
SITA KUMARI KUMAR DANUWAR
SITA KUMARI NEUPANE
SITA LAMICHHANE BANJARA
SITA NEPALI SHAHI

SITA NIROULA
SITA PANDEY
SITA PANTHI SUBEDI
SITA PATIDEWATI BISHWAKARMA
SITA RAI
SITA RANA RAI
SITA SHRESTHA
SITA SUBEDI
SITA THARUNI
SITA TIMILSINA
SITAL KUMAR SAH
SITAL RAI
SITARAM KALIKOTE
SMARIKA MALLA
SMRITI K.C
SNEHA ATAL
SOBITA ACHARYA (KHATRI CHHETRI)
SOM BAHADUR GURUNG
SOM BAHADUR MAJHI
SOM BAHADUR TAMANG
SOM BAHADUR THING
SOM KUMAR ACHARYA
SOM KUMAR MISHRA
SOM KUMARI JOSHI
SOM KUMARI OJHA
SOMIYA KUMARI MAHATO
SOMKALI CHHETRI
SOMRAJ ARYAL
SONAM GURUNG
SONAM SHERPA
SONI SHRESTHA
SONIKA GAUTAM
SONIKA KHANAL
SONU KUMARI AGARWAL
SOPAN RAJ GHIMIRE
SRIJANA KUMARI CHAUDHARY
SRIJANA KUMARI RAMJALI
SRIJANA MASKEY
SRIJANA TIWARI
SRISHTI RAJBHANDARI
SUBARNA GURUNG
SUBARNA LAWATI
SUBAS PULAMI MAGAR
SUBATRA PARAJULI
SUBBA BISWOKRMA
SUBHADRA GAUTAM
SUBHADRA KHADKA
SUBHADRA TAMANG
SUBHASH KUMAR LAMA THING
SUDHA GURUNG
SUDHAN BAHADUR ADHIK
SUDHIR KUMAR KUSHABAWA
SUGAM SHRESTHA
SUJAN GAIRE
SUJAN GURUNG
SUJAN TAMANG
SUJATA GURUNG
SUJITA BUDHA MAGAR
SUJITA SHRESTHA
SUK MAYA TAMANG
SUKMAYA PANDIT
SUKRA RAI
SUKSEN YADAV
SULOCHANA BOUDHACHARYA
SUMAN KUMAR GUPTA
SUMAN MOHARA
SUMINTRA KUMARI SAH
SUMIRA BASNET
SUMIT MAJAKOTI
SUMITA SHARMA
SUMITRA BHUSAL POUDEL
SUMITRA MALLA
SUMITRA PRADHAN
SUMITRA RAI
SUMITRA RAJALI
SUMITRA TAMANG
SUMNIMA CHAUDHARY
SUNAINA ARYAL
SUNANDA NEPALI
SUNAR PRASAD CHAUDHARY
SUNDER ADHIKARI
SUNIL KUMAR SAH
SUNIL PANDEYA
SUNIL RAJ BOGATI
SUNIL SARDAR
SUNITA B.K
SUNITA BUDHA
SUNITA CHAUDHARY
SUNITA GURUNG
SUNITA KUMARI CHAUDHARY
SUNITA KUMARI YADAV

SUNITA MAYA BAL TAMANG
SUNITA PULAMI MAGAR
SUNITA RAI
SUNITA RESHMI MAGAR
SUNITA YADAV
SUNMAYA TAMANG
SUPIN KATHARIYA
SUPRAWATI MAHARJAN
SURAJ BIR SINGH KANSAKAR
SURAJ CHAND
SURAJ MARAMTHANI SUNAR
SURENDRA CHAUDHARY
SURENDRA KAPAR
SURESH RAM
SURJA CHAUDHARY
SURYA BAHADUR CHUDARA
SURYA BOHARA
SURYA KUMARI DARAI
SURYA KUMARI NEMBAW
SURYA PRASAD SAPKOTA
SUSHAMA KUMARI AGRAWAL
SUSHILA ADHIKARI
SUSHILA DHUNGANA
SUSHILA GHORSAINI
SUSHILA K C
SUSHILA NIRALA
SUSHILA PARAJULI
SUSHILA THAPA
SUSHILA TIMILSINA
SUSHMA PARAJULI (ARYAL)
SUSHMA SHRESTHA
SUSHMA THAPA
SUSHMITA THAPA
SUSMA MAJHI
SUSMA NEPAL
SUSMITA KUMARI THAPA MAGAR
SUSMITA ACHARYA
SUSMITA CHEMJONG
SUVANI THAPA
SUWINA SUNUWAR
SWAMINATH CHAUDHARY

TABITA BASNET
TANKA BAHADUR BANIYA
TANKA BAHADUR KHATRI
TANKA PRADHAN
TARA KUMARI DEUJA
TARA KUMARI GURUNG
TARA KUMARI KARN
TARA NATH THAK
TARA PANGYANI KANDEL
TARA PRASAD SHRESTHA
TARADEVI SHRESTHA
TARAK REGMI
TAS BAHADUR GURUNG
TASI TAMANG
TEJ BAHADUR BASNET
TEJ BAHADUR RAI
TEJ BAHADUR RESHMI
TEJ MAYA RAI
TEK MAN D.C
TEK MAYA SHRESTHA
TEK NARAYAN BHUSAL
THARK BAHADUR SHAH
TIKA KUMARI LAMICHHANE
TIKA MAYA BASNET
TIKA MAYA SHRESTHA
TIKARAM BHANDARI
TIKARAM BHAT
TILAK BAHADUR MAGAR
TILAK KUMAR THAPA
TILAMAYA GHIMIRE
TILISARA THAPA
TIRANGA THARU
TIRTHA BAHADUR CHAUDHARY
TIRTHA MAYA BARAILI
TOP MAYA SILWAL
TOYANATH ADIKARI
TULA BAHADUR RAI
TULA RAI
TULARAM GURUNG
TULASA WANEM
TULASI BHUSAL
TULASI RAI
TULSHA THAPA CHEETRI
TULSI BHANDARI
TULSI KUMARI GHARTI

UCHIT NARAYAN CHAUDHARY
UDAY KUMAR YADAV
UDIT NARAYAN CHAUDHARY

BRONZE DIRECTORS

NEW ACHIEVERS, MARCH 2021 TO DECEMBER 2023

UDAY KUMAR YADAV
UDIT NARAYAN CHAUDHARY
UJWAL LIMBU
UMA DAVI SOMAL
UMA DEVI ADHIKARI
UMA THAPA
UMANG RAZ SINGH
UMESH GHIMIRE
UMESH KUMAR SAH KALWAR
UMESH RAM
UMESHWAR NATH GONGAL
UPENDRA NATH KHANAL
URMILA CHALAUNI
URMILA KARKI
URUSHA DAWADI
USHA DEVI SUNUWAR
USHA LAMA

USHA RAI
USHA RAY
USHA TAMANG
USHA THAPA
UTPANNA RAJ BAJRACHARYA
UTSAV SAPKOTA
UTTAM KUMAR RUMBA

VARTIKA KHETAN
VEDBYAS BIMALI
VINOD KUMAR VERMA
VIVEK KUMAR JHA

YADAB BADAL
YAGYA RAJ BOHARA
YAM KUMARI BHUJEL
YAM KUMARI GURUNG
YAM NATH PRASAI

YAMA KUMARI RANA THAPA
YAMKALA SINJALI
YAMUNA RAI
YASHODA SHRESTHA
YASHU MAYA RAI
YASODA KHADKA
YOGITA SINGH
YUBA KUMARI RAI MUKARUNG
YUBRAJ SHRESTHA
YUBRAJ THAKUR
YUVRAJ SHRESTHA



Hyvest *Present*

Ultra range for all your home care solutions

Available Now



Car Achievers

JULY 2021 - OCTOBER 2023



TEMPA SHERPA



PRIYA PAUDYAL



**PASHUPATI NATH
PANDEY**



BIR BAHADUR CHHETRI



SITA LAMA



**SURENDRA SINGH
SAUD**



**BED BAHADUR
SARU**



**GOVINDA RAJ ADHIKARI
& ANJANA PANERU**



**HARI BAHADUR
CHAUDHARY**



**RAM BAHADUR
YADAV**



**DILARAM
CHAUDHARY**



**RAM PRASAD
NEUPANE**

Car Achievers

JULY 2021 - OCTOBER 2023



BIMAL SARU



**TEK BAHADUR
SHRESTHA**



**DAMODAR
BHATTARAI**



OM BAHADUR KHADKA



**MAHESH BAHADUR
SINGH**



**BEL PRASAD
CHAUDHARY**



BIKAS KC



**DINESH BAHADUR
DARJI**



MUKESH SHERSTHA



HEALTHY LIVING

Marketed by:

Healthy Living Nepal Pvt. Ltd.
Ward No-9, Metropolitan City Kathmandu, Nepal
☎ +977-01-4488320 | +977-01-4498661
✉ info@healthylivingnepal.com
🌐 healthylivingnepal.com



Search for  healthylivingnepal.com 