



Memories of Nepal

"LEGEND has it that the Bodhisattva Manjushree drained the lake that once filled the Kathmandu valley and made it habitable. It now boasts a 2000 year old urban civilisation. Dynasties rose to power one after the other, only to be lost in the march of time".

This insightful excerpt is from Nepal – a country that has fascinated me with their wonderful heritage, architecture, culture and hospitable people. After visiting Kathmandu in 2012, I wrote an article about Kathmandu's heritage sights and the recent dreadful tragedy in Nepal has deeply affected many like myself not just for the insoluble loss of life but also the loss of history and culture.

When my husband and I first felt the tremors of the earthquake on the 25th of April, it took us a few minutes to understand that the origin of the quake was in Nepal. But as soon as I knew, my first thoughts were about my friends in Nepal. I eventually managed to place a call to Kathmandu and was informed that although all my friends were alive and safe, they were having to suffer through truly adverse conditions. While the initial panic has subsided, both at a local and international level, the death toll has soared past 7000 and thousands more continue to live without proper food, shelter and medical services. Rescue workers are extending themselves above and beyond their calls of duty to help those in affected

