





# मैले देखेको एक सय नवौं विश्व सम्पदा: लिण्डाउ शहर

सुरेन्द्र ढकाल

बोडेन जे (तालमा) सिंगै मध्यान्ह कृज विहार गर्दा दिनको साढे १ वजेको थियो। बाँकी समय ताल नजिकै रहेका जर्मन शहर अवलोकन गर्ने क्रममा हामी लिण्डाउतिर लाग्यौं। त्यहाँ एक रेष्टुराँ पिठोले बनेको कचौरामा सिमीको भोल (सुप) खाने भनेर म लगायत मसँगै रहेका मेरा गेस्ट फेमेलीका सदस्यहरु सबैले त्यही कुरा मगायौं। खाइ सक्दा दिनको सवा दुई जस्तो भएको थियो। तत्पश्चात हामी लिण्डाउ शहर अवलोकन गर्नतर्फ लाग्यौं।

**लिण्डाउ**  
बोडेन जेको किनारमा अवस्थित लिण्डाउ शहर जर्मनीको पूर्व दक्षिणी सघीय राज्य वभेरिया (बायर्न) राज्यमा पर्दो रहेछ। यसको पूर्वी सिमानाले अष्ट्रियाको भोरालवेर्ग राज्यको ब्रेगेन्ज भन्ने शहरलाई छोएको रहेछ। यो सांस्कृतिक शहर प्राकृतिक तथा सांस्कृतिक रूप दुवैले सुन्दर हुनुको कारण यो तालको टापुको रूपमा अवस्थित भएको कारणले रहेछ। लिण्डाउ शहर युरोपभरी नाम चलेको नमए तापनि यो जर्मन पर्यटन

आकर्षण स्थलभित्रै पर्ने रहेछ। तर गृष्म ऋतुमा मात्रै नभै जाडो याममा पनि उत्तिकै पर्यटकहरु मनोरञ्जनपूर्ण दिनहरु बिताउन त्यहाँ जाँदा रहेछन्। यो शहर पुरानो तर धेरै सुन्दर भएको र स्थानीय खाना तथा हस्तकला बजारको लागि प्रख्यात पनि रहेछ। काठका फ्रेममा बनाइएका ससाना मध्यकालिन घरहरु निकै सुन्दर र मनमोहक रहेछन्। सानो शहर भएको हुँदा पैदलै शहर अवलोकन गर्ने थुप्रै हुँदा रहेछन र कोही कोही साइकल भाडामा लिएर पनि शहर अवलोकन गर्दा रहेछन्। यहाँको दर्शनीय स्थलहरुमा त्यहाँको बन्दरगाह लाइट हाउस र सिंहको शालिक, सन १९८० मा बनेको स्टेफान चर्च, सेन्ट पिटर चर्च, क्राइस्टकी आमा मारियाको गुम्बा, म्युजियम हाउस च्जुम काभाञ्जन, टाउन हल, थिएटर र बगैचा र पार्कहरु पर्दा रहेछन।

**लाइट हाउस**  
लाइट हाउस बोडेनजेको बन्दरगाहमा ठडिएको टावर जस्तो देखिदो रहेछ। यो ३३ मिटर अग्लो र २४ मिटर गोलाइको

रहेछ। यसको अगाडि मोहोडाको भित्तामा चालु अवस्थामा टाँसिएको एउटा घडी पनि रहेछ। यसको निर्माण सन १८५३ देखि लिएर १८५६ को अवधीमा भएको रहेछ। समुद्र भएर आउने जहाजी वेडालाई धेरै परवाट बन्दरगाह प्रवेशको उज्यालो संकेत देखाउने अग्लो स्थान (Mole) को रूपमा यस लाइट हाउसमा अक्टोबर ४, १८५६ पहिलो पटक तेल प्रयोग गरी राँको बालिएको रहेछ। पछि त्यस प्रयोजनको लागि मट्टितेल र ग्यास प्रयोग गर्न थालिएको रहेछ। पछि सन १९३६ मा आएर विद्युतवाट बल्ने प्रणाली जडान गरिएकोमा सन १९९० देखि सो बाल्ने कार्यलाई अटोमेटिक बनाइएको रहेछ। हरेक ३ सेकेण्डमा सो विजुली गोलाकार हुँदै बल्दो रहेछ। बोडेन जे तालको वरिपरि पाइने वनस्पती तथा प्राणीहरुवारे जान्न चाहनेहरु र तालको फोटो खिच्न पर्यटकहरु त्यो लायट हाउसमा पुग्दा रहेछन्। हामीले पनि त्यहाँवाट तालको दृश्यावलोकन गर्‍यौं। त्यसै गरी बन्दरगाहको अर्कोपट्टि रहेको विशाल सिंहको मूर्ति पनि हेर्‍यौं।



बन्दरगाहमा रहेको लाइट हाउस



लाइट हाउस बल्ने टुप्पा



लाइट हाउसको अर्कोपट्टिको सिंहको मूर्ति



लाइट हाउससम्म पुग्ने पुल



सहरको भित्री भागको नहर



तालको छेउमा रहेको विशाल सिंहको मूर्ति



लिण्डाउको बन्दरगाह



लिण्डाउको रेस्टुराँमा लोकल पाउरोटीले बनेको भाँडामा सुप खाँदै सुरेन्द्र अप्रिल १९९० मा







# शब्दचित्रमा उर्मिला जोशी

1. NAME : Mrs. Urmila Joshi
2. DATE OF BIRTH : 1<sup>st</sup> October 1945
3. ADDRESS : 112- Kuponhole, Lalitpur-1, GPO 4385
4. PHONE NO : : 00977-1-5554842 @, 00977-9841-292-101(cell phone)
5. EMAIL : joshi\_urmila@yahoo.com
6. EDUCATION : M.Sc. in Botany with specialization in Genetics from Patna University, India Further Study in Food Technology from CFTRI Mysore, India
8. PRESENT STATUS : Involved in different organizations

## 9. TRAININGS:

### Abroad

1. "Nuclear Technique in Pesticide Research", Thailand, November to December 1983, sponsored by FAO/IAEA
2. "Food Contaminants Monitoring Programme", India, May 5 to June 27, 1980 with reference to Pesticide Residues
3. "Environmental Contaminant Analysis in Food", CFTRI, Mysore, India, September 1978 to March 1979, Field of



Study: Pesticide residues, mycotoxin, heavy metals and microbiology, sponsored by FAO

4. "Food Packaging", organized by FAO in India, July to September 1974

### Home

1. Skill Development
2. Human Resource Management
3. Development Administration
4. Quality Management
5. Hazard Analysis and Critical Control Point
6. Processing of Dairy Products and Quality Control

## 10. WORK EXPERIENCE:

**2010 – 2013:** Visiting Consultant in Food Quality, ENPHO,  
**2012 – 2013:** Team Leader and Coordinator in project Status of Public Laboratories supported by Ministry of Science and technology and Environment.

**2013– 2015:** Food Science Specialist in project Organic Certification supported by PACT (Project for Agriculture Commercialization and Trade), Nepal  
**2008-2010 :** Contact Person for ENPHO in the project "Food Security in the Kathmandu Valley/ Validation and Quality Control of Methods for Pesticide Analysis" joint effort of ENPHO & TU in Nepal and BOKU & LVA in Austria.

**2007- 2008:** Environmental Analysis Manager  
**2004-2007:** Programme Coordinator, Solar Water Disinfection project (SODIS), EAWAG/ENPHO.

**2003 -2004:** Advisor on Food Safety and Public Health and Chief, Department of Public Health, Kathmandu Metropolitan City (KMC).

**1992- 2003:** Chief, Food Inspection Services, Quality Control and Standardization Division, Department of Food Technology and Quality Control, HMG Ministry of Agriculture and Cooperatives Member of Pesticide Technical Committee under the Pesticide Act.

**1983-1992:** Public Analyst and Member Secretary of Standard Fixing Committee under the Food Act.

**1980- 1984:** Involved in FAO Project Food Contaminants Monitoring Programme in South Asian Countries India, Nepal, Sri Lanka and Pakistan.

**1972 -1983:** Food Research Officer, Food Research Section, Analysis of various food commodities (microbiological and chemical).

**1971-1972:** Senior Food Inspector in Food Research Laboratory monitoring and supervising of Food Inspectors in Various Techniques of food sampling and Inspecting and let them know about Food Laws/Regulations including the control systems

**1968-1971:** Lecturer in Tri-Chandra Campus and Padma Kanya Campus

## 11. SEMINARS/WORKSHOPS :

- Sub regional workshop on the Trade and Environment Dimensions in the Food and Food processing Industries in South Asia held in Colombo, Sri Lanka from 6-7 September 2006

- Regional Training Workshop on Environment in the WTO held in Dhaka, Bangladesh from 29-31 December 2005
- Conference on Sustainable Development: Bridging the Research/Policy gaps in the Southern context held in Islamabad, Pakistan from 11-13 December 2003
- Seminar on Quality Control of processed Food (Asian Productivity Organization) held in the Republic of China from 8-14 May 2002
- International Food Conference (IFCON-93) held in Mysore, India from September 1993
- Meeting attended on Codex Alimentarius Commission jointly organized by FAO/WHO held in Malaysia, 1992
- Regional Workshop on the Street Foods held in Malaysia on January 1992
- Workshop on Management of Food Control Programme held in Thailand on May 1988
- Inter-Country Workshop on Food Inspection Techniques held on Sri Lanka on December 1985
- Several Workshops and Seminars at home country

## 12. PAPER PRESENTATION AND PUBLICATION

- Food Safety Issues in Nepal presented in national seminar Nutrition Today a Challenge between Malnutrition and Obesity organized by NEGAAS ( Nepal German Academic Association) from 10 -12 April 2016
- Role of Local Government on Food Safety and Quality Standard Monitoring and Further Improvements Required" presented in Officers Training of Local Agencies on SPS and Food Safety organized by Department of Food Technology and Quality Control, March 13-23, 2006
- The "Point of Use Drinking Water Treatment Option-SODIS (Solar Water Disinfection)" presented in "International Conference on Women and Water" held at Dehradun, India, Feb 24-28, 2005
- "CODEX & Situation in Nepal" presented in National Workshop on CODEX Awareness, Kathmandu, organized by Pro-Public Nepal and VOICE India on Jan 8, 2004
- "Role of CODEX in Food Standardization" presented in the seminar organized by Department of Food Technology and Quality Control on June 5, 2003
- "Safe Food and Consumers" presented in Consumer Protection Seminar Organized by Department of Commerce under the Ministry of Industry, Commerce and Supplies, Feb 9, 2003
- "Working Paper on Food Safety presented in Consumer Protection Seminar organized by SEWA, Nepal on the occasion of International Consumer Day, May 15, 2002
- "Safe Food for Food Security and role of women in Food Security" presented in the seminar on Food Security organized jointly by the United Mission to Nepal and SAWTEE, Nepal, Nov 21-23, 2001
- "Pesticides and Food Security: Strategies in the context of Pesticide Residue Monitoring", paper presented in the Plant Protection Seminar organized by Plant Protection Division, Department of Agriculture and Cooperatives, June 13-14, 2000
- "Ensuring Food Safety in Kathmandu Valley" paper presented at the workshop on Integrated Strategy for Food Security Improvements in the Kathmandu valley organized



by ENPHO, ICA, Nepal and University of Agricultural Sciences, Austria, April 30-May 1, 2000

- "Ecological Distribution of Organochlorinated Pesticide Residues in Food Grains of Nepal", paper presented in National Seminar organized by Chemical Society, Kathmandu, June 10, 1999
- "An Observation of the Food Act and Regulations with Reference to Recent Changes", paper presented in Food, Hygiene and Safety Workshop organized by Kathmandu Metropolitan City, June 1998
- "Food Supply and the Question of Food Quality", paper

presented in the seminar on "Role of Consumer Associations and Media people in the context of Liberalization", organized by Consumer Protection Forum (Pro-Public), 1995 (2053B.S.)

- "The situation of Food Hygiene and Food Safety in Nepal", Workshop on Assessment Training Needs in Food Quality Development, Kathmandu, 1994
  - "Issues on Safety of Quality Milk and Milk Products", Workshop organized by Agro Enterprises Center (AEC), 1994
  - "Good Agriculture Practice for Ensuring Food Safety", paper presented in the workshop organized by Nutrition Development Programme, Central Food Research Laboratory, 1944 (Poush 2051)
  - "The Importance of Safe Food Handling Practices and Quality Control Measures to Ensure Against Nutrient Losses and Health Hazards", organized by ANZDEC Ltd, December 1990 (Registration, Regulation and use of Pesticides- Nepal and ADB/UNDP Project)
  - "Safe Food through Food Legislation, Fair Handling and Consumer Education", Journal of Quality Standard, Vol.13, July 1993
  - Legislative Measures in Food Control System", 3<sup>rd</sup> National Seminar on Food Industries and Food Technology, July 1993
  - "Street Foods of Nepal", Workshop in Street Food of Asia, Organized by FAO in Malaysia, January 1993
  - "Food Quality Control Legislative Measures and Promotion of Safe Food Handling Practices through Consumer Education", workshop on Nutrition, 1993 (2050)
  - "Current Status of Food Control in Nepal", one day inter-agency seminar held in May 1989
  - "Pesticide Use and Their Effect on Man and Environment", workshop on Nutrition, 1989
  - "Monitoring of DDT Residues in Food Articles of Nepal", National Conference on Science and Technology organized by RONAST, April 2<sup>nd</sup>, 1988
  - "Trends of DDT Residues in Rice and Wheat of Nepal", 2<sup>nd</sup> National Seminar on Food Industry and Food Technology, January 1987
  - "Food Adulteration and Contamination problems in Nepal", 1<sup>st</sup> National Seminar on Food Safety organized by HMG/WHO, September 1985
  - "DDT Residues in Food Commodities of Nepal", presented in the First National Seminar on Food Industry and Food Technology, April 1984
  - "The Effect of Certain Decontaminating Agents in the Removal of Malathion, Dimethoate, Lindane and Sevin on Grapes", Journal of Institute of Science and Technology, Vol. 4, 1981
- ## 13. AFFILIATIONS:
- President, Founder and Life member of Women in Science and Technology (WIST) Nepal
  - Vice President in South Asian Watch on Trade, Economics and (SAWTEE)
  - Board Member in ENPHO (Environment and Public Health Organization)
  - Vice President and Founder Member, People's Cooperatives for Food and Dairy Technology Society Limited
  - Life Member, Nepal Food Scientists and Technologists Association (NEFOSTA)
  - Member of the Board of Directors in Life Giving and Life Saving Society (LALS)
  - Member of Subject Committee, Purbanchal University (PU)
  - Executive Member of National Consumer Forum (NCF)
  - Executive Member, Pro Public

बाढीपीडितहरूको जोखिम  
दिनानुदिन बढ्दै गइरहेको  
हुँदा विकासको नाममा विनाश  
निम्त्याउने गरी डोजरको  
प्रयोग नगरौं । सकेसम्म  
मानवीय स्रोत साधन प्रयोग  
गरी रोजगारी समेत  
सिर्जना गरौं



नेपाल सरकार

सञ्चार तथा सूचना प्रविधि मन्त्रालय  
सूचना तथा प्रसारण विभाग

