

VOICE



ISSUE 1

JUNE 2021

**HEALTH +
HEALTHY LIVING
= THE KEY TO SUCCESS**



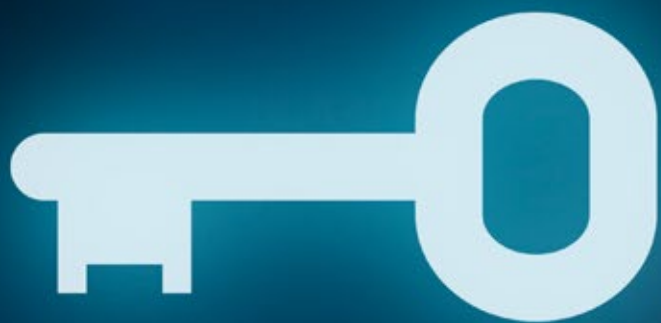
Stepping towards a prospective tomorrow



HEALTHY LIVING

Contents

Cover Story	04
New Achievers	
Double Universal Crown Directors	06
Universal Crown Directors	07
Crown Directors	08
Diamond Directors	10
Star, Gold, Silver & Bronze Directors	12



HEALTH + HEALTHY LIVING = THE KEY TO SUCCESS

We live in times of great upheaval and health has received unprecedented focus due to the raging pandemic and mankind's struggle against it. Health and wellness is taken much seriously at this point in time by people around the world, and preventive wellness has become a trend. In this segment, the business of health supplements, nutraceuticals and Ayurvedic medicines have increased manifold in India vis-à-vis other years.

According to a research¹, it has been found that India had 150 million nutraceutical product consumers in 2014. There are around 10 million people in the super health-conscious category in India. This category has been 75% compliant with the health routine and contributed 18% growth to the nutraceutical category amid the pandemic². With this, the other sections of the population contributed 6% to 10% in the growth of the category in India. This provides a big opportunity for the health supplement and nutraceutical sectors to tap on to add to its growth.

There is an estimate that globally the nutraceuticals industry will grow to become a \$336 billion industry by 2023 at a compound annual growth rate (CAGR) of 8% per annum. The Indian nutraceuticals industry has been, at the same period, growing at a CAGR of 21% and by 2023 it will worth \$11 billion. This will increase India's global market share from 2% in 2019 to 3.5% in 2023³.

According to another study⁴, 67% respondents said they have increased their regular healthcare supplement intake after the pandemic hit them and there has been a general growth in the immunity segment. While in 2019, the immunity product sales proportion was 3.9% in the FMCG portfolio, it increased to 13.5% in 2020⁵. This shows that there is a large opportunity in the sector of health and wellness, particularly in nutraceuticals and health supplements that can ensure financial security and growth for those entering the segment.

In the volatile economic situation caused by the pandemic, people have focused on two essential parts of their lives. Firstly, they want safety of their family in terms of health. This can only come by boosting immunity by following a healthy dietary and lifestyle pattern over a period of time and Healthy Living's world-class products can assist people in enhancing their health and well-being. Secondly, due to the gloomy economic situation, people are searching for secure income opportunities that can help them invest in the future. Due to lack of formal jobs in the economy, the Healthy Living business can provide them with an opportunity to redefine their financial, social and entrepreneurial positions.

¹Nutraceutical and Functional Food Regulations in the United States and Around the World: Second Edition, Bagchi, Debasis, University of Houston

²Impact Of Covid-19 On The Indian Nutraceutical Sector", Inc42 [<https://inc42.com/resources/impact-of-covid-19-on-the-indian-nutraceutical-sector/>]

³Nutraceuticals in India: A game changing opportunity in the healthcare and food industry", The Economic Times, March 6th, 2020 [<https://health.economicstimes.indiatimes.com/news/pharma/nutraceuticals-in-india-a-game-changing-opportunity-in-the-healthcare-and-food-industry/74512687>]

⁴<https://www.statista.com/statistics/1182347/india-dietary-supplement-intake-increase-after-covid-19/>

⁵COVID-19 is pushing Indians to rely on 'immunity-boosting' brands and home remedies", The Economic Times,

[<https://economicstimes.indiatimes.com/industry/cons-products/fmccg/covid-19-is-pushing-indians-to-rely-on-immunity-boosting-brands-and-home-remedies/articleshow/81378428.cms>]

By adhering to the mission of spreading wellness all over through the science of Cellular Nourishment Therapy (CNT), which focuses on strengthening human cells through good food, water and air to build stronger health, aspirants looking to build a successful career can tap on the potential of the nutraceuticals and health supplement markets and cater to the growing needs of the consumers. This will, on the one hand, help to enhance public health, and, on the other, it will bring forth immense financial benefits for the entrepreneurs taking up the Healthy Living business as a career.

To grow amid the pandemic and to transform people's health for better, the magical combination of healthcare and Healthy Living can do wonders. All aspiring entrepreneurs who have been eager to make a difference in the world can take up this astounding opportunity and reshape their destiny according to their will.



DOUBLE UNIVERSAL CROWN DIRECTOR

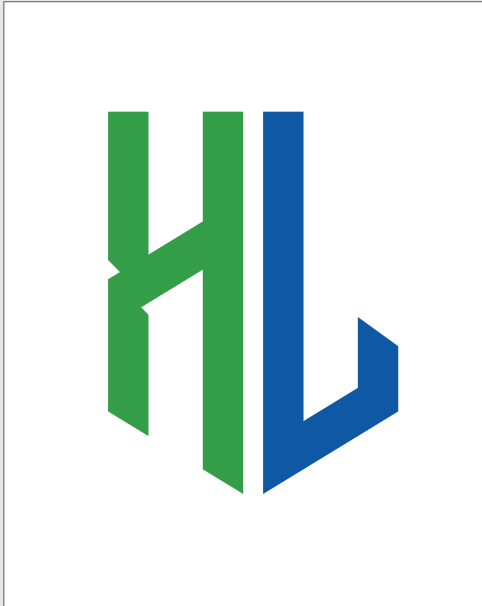


MUKESH SHRESTHA

Baglung, Nepal

Choosing to be a part of the Healthy Living family was a life-changing decision for me. After being associated with this company, my outlook has changed for the better in a short time. I am a part of a group that emphasises health and wellness and I feel great about promoting this cause. I have faith that Healthy Living will never let me down.

UNIVERSAL CROWN DIRECTOR



OCEAN PRADHAN

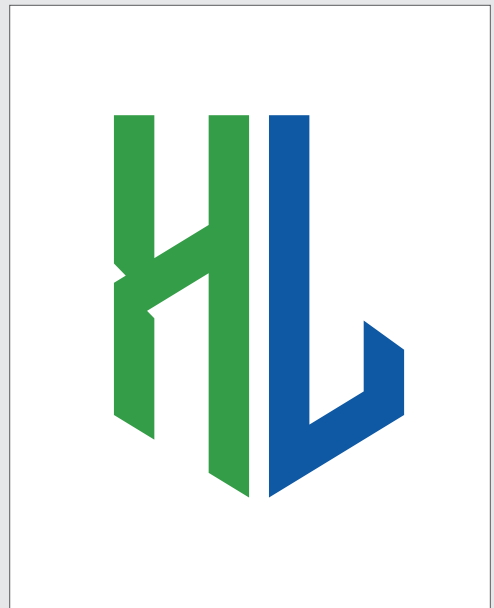
Kathmandu, Nepal

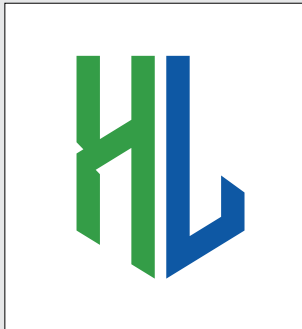
Healthy Living has improved my health and enabled me to become the best version of myself. I heard about Healthy Living through a good friend and tried some of their health supplements. I really liked the products and ended up learning more about this company. I have become a fan of their ways.

KISAN KUMAR SHRESTHA

Palpa, Nepal

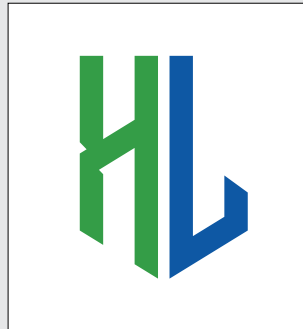
I sincerely thank my team for their support. I attribute my success to them as they have always given me their best and have been encouraging all the way through. My aim from now onwards is to continue rising up the ladder of success and helping my team do the same. Let us continue the march towards a healthier us!





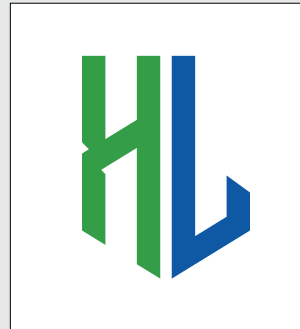
**NIR BAHADUR
SUNUWAR**

I was amazed by the quality of the products first and that's when I became a fan of this company. The philosophy of Healthy Living inspired me to look deeper into wellness and helped me start living a more healthy lifestyle. I feel like my life has turned towards a more meaningful direction at this point. I am deeply grateful to everyone who has supported me so far.



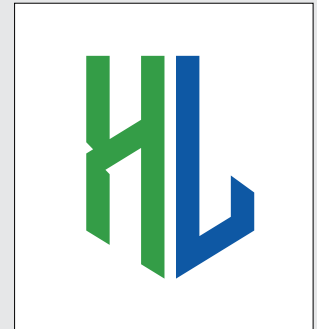
**DIPENDRA
BAJRACHARYA**

I have achieved this level of success in life because of Healthy Living. This organisation and its products have changed the way I look at myself. I am striving to be someone who focuses on their health and wellness and I hope to inspire more people through my actions. Were it not for Healthy Living offering world-class products at affordable prices, none of this would've been possible.



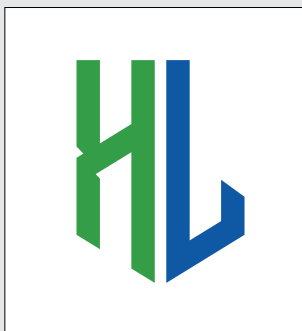
BIKASH KC

Being a member of this community is such a rewarding experience and I credit Healthy Living for starting me off on this path. Now I am in a position where I can guide more people towards a mindful way of living life! Thank you to Healthy Living for helping me achieve this level of respect in society.



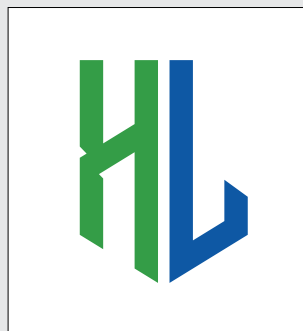
DIPAK MANGRATI

Many thanks to my talented and inspiring friend for introducing me to this platform and encouraging me to make a positive change in my life. The incredible products from this company have helped me improve my health and given me a way to inspire those around me. I am very happy and this is all thanks to this company.



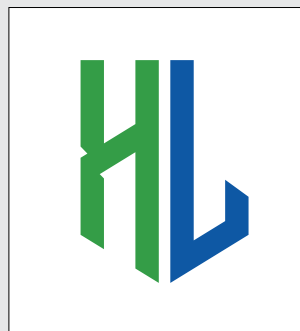
DAMODAR BHATTARAI

I was leading a normal life; however, I was dissatisfied by how stagnant it was. Then Healthy Living came into the picture and showed me a new way to live. This company gave me a new lease on life and offered me a chance to take control of my health. Healthy Living is the perfect combination of products and opportunities and it has changed my life.



**GOPAL PRASAD
SHRESTHA**

I started learning more about Healthy Living out of curiosity and I am now proud to call myself a proper member of this family. This company has given me the tools to make a change in my life while also inspiring others. I also thank my lovely friends and family for always supporting me.



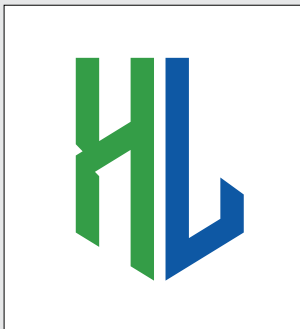
PRATIBHA GAIRHE

Through this platform, I learned that I was a person who could be successful. I joined initially because I wanted to realise my potential but now I am reaping the benefits of the system. Not just that, my mindset is changing and I am focusing on my health more. I feel like a completely new person and I am sure that I can change more lives through this business.



JYOTI UPADHYAY

I give many thanks to my near and dear ones for their support on this journey with Healthy Living. I did not have enough faith in myself when I first learned about Healthy Living, but they encouraged me every step of the way. I dedicate my success to them and hope they will continue with me down this path.



BEL PRASAD
CHAUDHARY

I believe that Healthy Living is a company where people can achieve good health along with success. I am thankful to my dear friend who introduced me to this platform and gave me a chance to turn my dreams into reality. I am currently someone who has become focused on health and I hope to inspire others and show them the joy of a healthy lifestyle.



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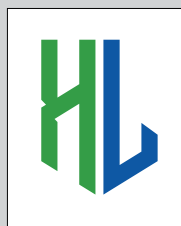
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*<https://www.nutrex-hawaii.com/blogs/learn/spirulina-benefits-to-the-immune-system>



GOPAL PRASAD PRADHAN

Before learning about Healthy Living, I would have never considered myself as someone who was mindful about their overall wellness. I am very grateful to my friends and my family for supporting me throughout this journey and I look forward to what the future with Healthy Living looks like.



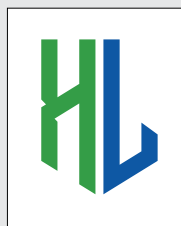
KRITINA MAHARJAN

The constant pressure to meet deadlines and quota destroyed any enthusiasm I had for work but it truly became hopeless when the stress began impacting my health. Healthy Living changed all that and this company, along with its community, has made a positive impact on my life. I am grateful to everyone who stood beside me in my darkest hours.



TOPENDRA TUPHAN RANA

The focus on health has become more important than ever. When I first tried the products from this company, I was really surprised by how much I liked them. Since then, I have made it my mission to introduce more people to this company. I think that this platform can change lives for the better.



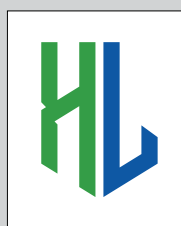
BHIM CHANDRA CHAMLAGAIN

Everything about this company is amazing to me, especially the brilliant products. I thank God for this amazing platform which gives people the chance to change their lives completely. I have a new appreciation for healthy living and it is all thanks to this company.



BIR JUNG GURUNG

This company is the best place for anyone who is looking to start or renew their focus on leading a healthy lifestyle. When I first learned about this company, I was surprised by the range and quality of the products. I highly recommend everyone consume the products; there is so much potential to change your life for the better.



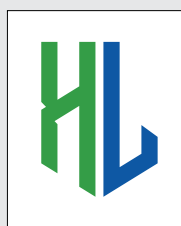
SUMITRA RANJIT

I am always happy to introduce people to this company because I truly believe that the products and the philosophy of healthy living have the potential to change lives. I have changed my life for the better and I am now much happier than I used to be. Thank you to my friend for introducing me to this platform.



INDRA BAHADUR IMBUNG

As a person who has always been looking to better my health, I felt inspired when I found this incredible platform. This company has helped me gain health and wealth. My life has changed for the better and I hope that I can inspire others to do the same.



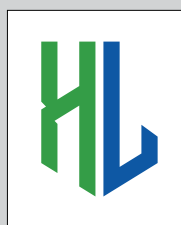
GITA SHRESTHA

What I admire the most about this company are the world-class products. I have seen a lot of unique products which are difficult to find in the market, but now they are easily accessible to people like me. I am very happy that I found this company as I can now motivate my loved ones to focus on their health and find happiness.



MANISHA RATHI

People who have always felt discouraged and never found the drive to focus on their health - don't fear! This platform has the perfect mix of world-class products along with the drive to help everyone enhance the quality of their lives. I am very happy to have found this company.



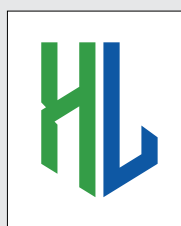
SITA LAMA

I never thought of myself as someone who could achieve all of this. I was scared to dream big but this company showed me that I had the capability to change my life within myself. I am in a position where I can help people and show them the path to a healthier and happier life. I feel so proud to be a part of this company.



SITA DHAKAL

It's only been a little time since I've been working with Healthy Living, but in that time I've gained so much. I have obtained a new perspective on the importance of health and it is truly an eye-opening experience. I thank the members of the Healthy Living community for welcoming me with open arms and giving me a chance to change my life.



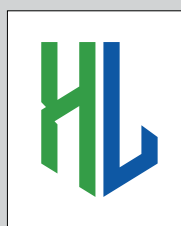
OM PRAKASH SAH

I want to thank my loved ones for supporting me and encouraging me to lead a life filled with health and happiness. Ever since I learned about this platform, I have been continuously amazed by all the new things I have learned. My life is now filled with positivity and good things.



RADHIKA GHIMIRE

I would like to thank my dear friend for changing my life completely by introducing me to this platform. I am happy to say that this business has helped my life take a positive turn. I am happy and healthy and I can't wait to help more people lead a healthy lifestyle.



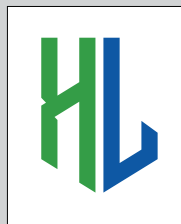
KUL BAHADUR JHEDI MAGAR

I would like to thank my family for their continuous support and to my friends at Healthy Living for helping me understand the value of good health and continued wellness. None of this would have been possible without them. A special thanks to everyone who is a part of this company. I thank them for running this platform where I can meet with like-minded people and also get a range of highly functional products.



KOPILA SAPKOTA MARASINI

Healthy Living has the perfect system with highly effective products and an incredible community. This company has given me the chance to turn my life around and now I can offer the same chance to more people. Healthy Living has given us a golden opportunity to focus on health and wellness, especially in a time where good health is more important than ever.



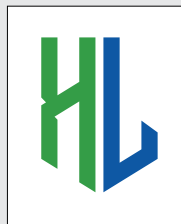
DEBITA SHRESTHA

I thought my life was going to be nothing but failures, but then my friend informed me about Healthy Living and offered me a lifeline. I realised that there was hope for me after all and that I needed to be healthy first and foremost to take back control of my life. Thank you so much to Healthy Living for helping me reclaim my life. I owe everything to this amazing company.



MANI RAJ GURUNG

I have a passion for helping people, but when it came down to making a big difference in the world, I was at a loss and I didn't know how to achieve this. Then Healthy Living came knocking at my door and I found a way to transform people's lives while improving my own. Thank you for offering me this incredible avenue, Healthy Living!



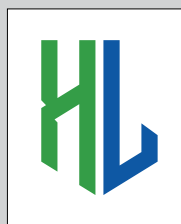
HARI PRASAD RIMAL

This company has shown me that success can come from anywhere and that anyone is capable of changing their life. I have become the best version of myself - more successful, more confident and much happier. I am healthier and I feel like a whole new person. Thank you so much!



PRAMILA PULAMI

After the last year, upon seeing the staggering state of affairs, my family and I realised Healthy Living's worth. I realised that good health and wellness was important, not just for preserving my family, but also for all of humanity. I am proud to say that I can support my loved ones under any circumstances because of the strength and wellness Healthy Living has given me.



MITHLESH PRASAD MANDAL

Healthy Living gave me the strength to strive towards complete self-reliance. Not only am I able to provide for my family, but I am also able to be a confident member of society, thanks to the health I have gained because of this company. I feel privileged to be a part of the Healthy Living family... it has changed my life completely.



PRALHAD NEUPANE

I was initially sceptical of health supplements, but the incredible products offered by Healthy Living changed my mind. I regularly took some supplements, gained better health and, more importantly, I came to realise that I had the potential to make something of myself. Healthy Living gave me the confidence I was lacking and I now hope to help more people discover the importance of health and wellness.

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*<https://www.healthline.com/nutrition/bovine-colostrum>

STAR DIRECTORS | NEW ACHIEVERS, JANUARY - DECEMBER 2020

BARA
Saroj Prasad Yadav

DANG
Bhansu Shrestha
Oba Kumari K.C
Dilaram Chaudhary

JHAPA
Chandra Kala Limbu

KANCHANPUR
Rajesh Rana

KAPILBASTU
Gita Khatri

KATHMANDU
Maya Kumari Gautam
Shanti Ram Rai
Ranju Maya Shrestha
Narayan Dutta Poudel
Ammar Bahadur Singh

KAVREPALANCHOK
Sewak Shrestha
Tika Kumari Humagain

KHOTANG
Umesh Pandey

LALITPUR
Sadhuram Maharjan
Natiya Organic And General Suppliers

LUNGBAHANE
Shambhu Kumar Mahato
Suman Sah

PALPA
Bhog Bahadur Chidi
Bir Bahadur Bucha

Thaneshower Neupane

PANCHTHAR
Luna Rai

RUPANDEHI
Bimal Saru
Bed Bahadur Saru
Sanjay Ghimire

SAPTARI
Chhote Lal Chaudhary

SARLAHI
Ramadhar Mahato

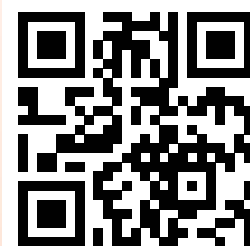


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GOLD DIRECTORS

NEW ACHIEVERS, JANUARY - DECEMBER 2020

ARGHAKHANCHI
Dayaram Bhattarai

BANKE
Naju Khan

BUTWAL
Dharma Raj Paudyal

CHITAWAN
Nirmala Piya Silpakar

DANG
Hari Bahadur Chaudhary
Saraswati Tiwari
Sharada Pun Budha
Bishowmaya Dahal

DHANUSHA
Ranju Devi Sah
Anil Kumar Sah

DHIKURA
Jibaraj Bhattarai

GORKHA
Kap Bahadur Thapa Magar

GULMI
Sarada Paudyal

JHAPA
Dipendra Danuwar

KAILALI
Samir Kumar Chaudhary
Badhu Ram Chaudhary
Ram Milan Rana Tharu
Lakshya Singh Bk
Shyam Bahadur Chaudhary

KATHMANDU
Bhim Lal Kandel
Gauri Shankar Mandal
Rojani Kumar Sunuwar
Bhagwati K.C.
Kiran Kumar Mahara
Keshav Prasad Kandel
Radha Maharjan

Radika Darlami
Rabindra Pathak
Roshan Chand

KAVERPALANCHOK
Jinesh Ratna Shakya
Ram Kumar Humagain
Chandika Manandhar

LALITPUR
Riwaz Bhandary

MAHOTTARI
Surendra Kumar Sah

NEPAL
Karihae Devi Das

PALPA
Bikram Karki
Bishnu Maya Shrestha
Amir Maski Rana

PARBAT
Manju Kumari Chhetri

PARROHA
Gita Sharma

PARSA
Chhotelal Thakur

RAUTAHAT
Sagar Kumar Shah

RUKUMKOT
Jeevan Sari Gharti Magar

RUPANDEHI
Jamuna Kandel
Sher Bahadur Thapa

SAPTARI
Deo Narayan Chaudhary

SARLAHI
Ram Pravesh Kushwaha

Santosh Kumar Mahato
Dip Jyoti Supplement And Care Pvt. Ltd

SIRAHA
Jalandhar Yadav
Lalita Kumari Yadav
Bijay Ray

SUNSARI
Naresh Kumar Mehta

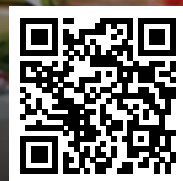
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Kabiram Budhathoki
Manoj Kumar Maurya

BARA

Nagendra Prasad
Sunil Kumar Gupta
Ved Prakash Pandey
Chandrabhusan Prasad Gupta
Suresh Mahato Dhanuk

BARDIYA

Mina Tharu
Amosh Tharu
Samir Acharya

BHAKTAPUR

Aavash Karmacharya

BHALUWANG

Laxmi Budhathoki
Irdhashi Jhaki

BIRATNAGAR

Durga Devi Adhikari

BUTWAL

Sandhya Paudyal
Ambika Lamsal
Rita Kafle

CHABAHI

Anil Suyal
Shikha Tamang

CHITAWAN

Shiva Prasad Ghimire
Janme Jaya Dhakal
Suman Puri
Agandhar Kadel
Dilmaya Paudel
Bimala Neupane

DADELDHURA

Anjani Kumar Singh

DAMAK

Reshma Limbu

DANG

Triiti Raj Regmi

Saurav Jaisi
Lokendra Singh Bairagi
O Prakash Chaudhary
Santaraj Budhathoki
Rajendra Prasad Yadav

DHAKADHAI

Shanti Sharma

DHALKEBAR

Sushmita Sunuwar

DHANUSHA

Rabi Kumar Yadav
Radha Kumari Singh
Kusum Kumari Devi
Sanjila Mandal
Dhanik Lal Sah
Rima Agrawal
Mohani Saran Yadav
Shiv Govind Yadav
Lakhichan Thakur
Dip Narayan Mahara

DHULABARI

Ganga Poudel
Sudhir Thapa Magar

GHORAI

Padam Prasad Bhattarai

GORKHA

Ajay Babu Kadel Chhetri

GULMI

Basudev Poudyal

HANGPANG

Goma Devi Adhikari Aacharya

ILAM

Sakila Rai

JHAPA

Ganga Rana Magar
Uma Sharma Adhikari
Rekha Kafle
Lekh Nath Bhattarai

KAILALI

Prem Raj Khatri
Santosh Raj Upadhaya
Sitapati Kumari Chaudhary

KANCHANPUR

Pratap Singh Mahara
Hari Parshda Rana

KANKARBHITTA

Lok Bahadur Magar

KASKI

Hira Lal Shrestha
Bina Shrestha

Kalpna Shrestha
Rupkala Shrestha

KATHJOR

Narayan Das Shrestha

KATHMANDU

Sharita Dangol
Nitesh Kumar Jha
Ram Kaji Newar
Abhishek Rokaya
Kanchana Karki
Mohan Upreti
Dharmendra Prasad
Matrika Devi Prasai
Sandip Serpali
Prabin Chaudhary
Anisha Chaudhary
Bibek Acharya
Dilli Bahadur Basnet
Sabitra Tiwari
Aashish Pokhrel
Bhim Bahadur Chhetri
Nabina Shrestha
Sabita Thapa
Pramila Tamang
Sita B.K
Prem Lal Shrestha
Safalta Guvaju
Vijay Bikram Shah
Madhab Timilsena
Tapendra Kunwar
Bal Bahadur K.C.

KAVERPALANCHOK

Injita Tamrakar
Shreelaxmi Sudhakar
Roshni Manandhar
Rajula Manandhar
Ajit Pradhan

LALITPUR

Sabina Bajracharya
Sanu Dangol
Rakesh Maharjan
Hiradhan Rai
Surja Maharjan
Saru Maharjan

LAMAHI

Ketar Nath Maurya

LAMJUNG

Dil Maya Gurung

LUNGBAHANE

Rinku Devi Shukla
Kamala Rai
Saugat Paudel
Ranjit Kumar Sah
Ram Bahadur Singh
Ashok Thapa
Shanta Humegain

Buddhi Kumar Shrestha
Ramesh Prasad Lamichhane
Rinku Yadav
Jit Narayan Jha
Manmaya Parsai

MAHOTTARI

Shyam Sundar Singh

MAKAWANPUR

Anju Timalsina

MANANG

Jibika Khatiwada

MORANG

Pinky Bahety

NAWALPARASI

Pradip Gurung
Anjana Basnet
Pabitra Shrestha

NEPAL

Ganga Ram Yadav
Ashik Yadav
Gagande Sah Teli
Raj Kumar B.K
Rajaram Kumar Purbe
Goma Sharma Pathak

OKHALDHUNGA

Pramila Bista
Rabin Sunuwar
Jhanak Sunuwar
Bhim Bahadur Khatri

PALPA

Khim Bikram Shaha
Bhagwati Shrestha
Suresh Kumar B.K.

PARSA

Jay Chandra Kumar Chaurasiya

RAUTAHAT

Sita Pandey
Ajay Kumar Mahato
Naval Kishor Sah
Ram Naresh Mahato
Braj Kishor Das

RUKUM

Renuka Budha

RUKUMKOT

Satye Debi Gharti Magar
Dil Maya Budha
Milan G.M. Gharti

RUPANDEHI

Hari Kala Thapa
Khurum Kumari Shrestha

Parbati Sunar
Rosy Thapa Sunari
Maya Devi Saru
Guni Kala Sammani
Huma Kumari Adhikari
Bishnu Kumari Gauchan
Padam Bahadur Thapa
Sarita Khanal
Ram Bahadur Yadav
Kushal Khanal
Sushil Adhikari
Dipa Jaisi

SAPTARI

Amalesh Kumar Mandal

SARLAHI

Satish Kumar Verma
Sushil Kumar Tiwari
Suresh Prasad Mahato Koiri
Dharmendra Kumar Sah

SHIVANAGAR

Chhathu Prasad Sah

SIMRA

Bhesh Nath Bhattarai

SINDHULI

Usha Karki

SIRAHA

Usha Sah
Dhaniram Mahato
Hareram Saday
Kisanwati Hajamni
Radheshyam Sah
Sanjib Kumar Sah
Jeevan Mahato
Sudhira Yadav
Binod Kumar Shah

SOLUKHUMBU

Rudal Sah

SUNSARI

Anita Karki
Ramala Shrestha
Mina Limbu
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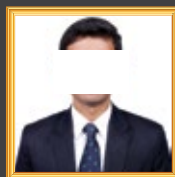


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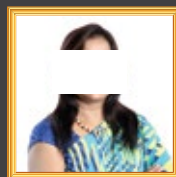
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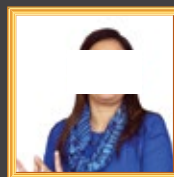
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Praduman Prasad Gupta

ARGHAKHANCHIPunam Gurung
Ashmita Rai**ATAIYA**

Maya Pandey

BAGLUNGMohan Krishna Shrestha
Yam Bahadur Charnakar
Hom Bahadur Thapa**BANKE**Sanjay Verma
Sandip Godiya
Manisha Karki
Tribhuvan Kandu
Rita Chaudhary
Rizwan Ashraf Halwai
Ramanand Tamoli
Jagat Raj Dhungana**BARA**Vinayak Raj Pandey
Resham Pandit
Bishow Prem Tiwari**BARDIYA**Anupa Chaudhary
Dilip Kumar Tharu**BARIYAPUR**

Manoj Kumar Sah Sonar

BAYALPATA

Jaganath Joshi

BHAKTAPURRasmita Rai
Sanjaya Gasi Shrestha
Roshani Pyatha
Srijana Lama**BHALUWANG**

Bhim Prakash Pun

BHOJPURGanesh Ale Magar
Khursid Alam Ansari**BUTWAL**Bimala Ghimire
Kamala Gyawali
Manisha Chhetri
Rita Kumari Basnet Chettri
Laxmi Parajuli
Sharan VK
Kamala Gyawali Ghimire**CHABAHIL**

Shyam Khatri

CHAPAKOT

Rita Kumari Kandel

CHITAWANBalkrishna Dhakal
Sushant Ghimire**CHITWAN**Arjun Kandel
Bikram Chaudhari
Sharada Devi Paudel Gautam
Goma Sapkota**DADELDHURA**Satya Narayan Sah Sudee
Ganesh Bahadur Budhayer**DAILEKH**

Kalpana Dhungana

DAMAK

Ramila Limbu

DANGUrmila Chaudhary
Koshal Ram Chaudhary
Gambhar Chan Roka
Kabir Chaudhary
Dhan Bahadur Rawat
Tola Kumari Oli
Prakash Chaudhary
Ram Prasad Chaudhary
Prakash Subedi
Harish Oli
Aarati Budhathoki K.C**DHADING**Purna Bahadur Tamang
Ishwori Sedhai**DHALKEBAR**

Rukum Shrestha

DHANUSADHAM

Leela Basnet

DHANUSHAAbhinay Prasad Gupta
Pushpa Yadav
Ram Ishwar Yadav
Seema Sarraff
Lal Babu Mahato
Satanam Mahara
Jay Yadav
Bimal Kumar Pandit
Binod Kumar Adhikari
Ram Ratan Mandal
Umesh Sah Kalwar
Sunita Devi
Ravi Kumar Yadav
Premkala Devi
Raj Narayan Labh Karnia**DHULABARI**

Rijesh Adhikari

DOLAKHAAnita Shrestha
Yangji Sherpa**DUDHE**

Bhumeswara Adhikari Dawadi

GHORAHBimal Bhattachari
Rajesh Oli
Susil Basnet**GORKHA**Kriti Thapa Magar
Michael Devkota**GULMI**Bishnu Maya Gyawali
Narayan Marasini**HETAUDA I.A.**

Sushil Baral

ILAM

Saraswati Pulami

JAJARKOT

Krishna Oli

JHAPARam Chandra Rai
Mohammad Tahir
Kopila Rai
Kiran Devi Attal
Laxmi Neupane
Bimala Khatiwada
Sabitra Pokhrel
Radhika Yonghang Limbu
Rajendra Adhikari
Paniya Danuwar**JUMLA**

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Sumitra Rana
Sanju Rana
Ram Rati Rana
Surendra Kumar Chaudhary
Lal Bahadur Bishwokarma
Apsara Chaudhary
Nirmala Kumari Rana
Harikrishna Rana
Dambar Bahadur Newpane
Smriti Paudel
Rewati Kumari Chaudhary**KANCHANPUR**Rabi Chaudhary
Govinda Bajgai**KAPILBASTU**Shiv Pujan Baniya
Topkala Belbase Kc
Pranila Murau
Rajendra Prasad Upadhaya**KASKI**Radha Adhikari
Binod Raj Adhikari
Aditi Shrestha
Manish Baral Chhetri
Sukmaya Gurung
Guru Prasad Baral
Kalpana Thapa Magar
Shobha Bhandari
Indra Kaji Shrestha

Nilam Kumari Shah

KATHMANDUMina Kumari Shrestha
Debendra Rumbali
Prmod Pokhrel
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Minakshi Rajkarnikar
Mahesh Kurmi
Shyam Bahadur Malla
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Yam Bahadur Basnet
Kumar Guvaju
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Naresh Rai
Harilal Harijan
Shanti Manandhar
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Binod Gorkhali
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Shyam Kishore Mahato
Sanu Thapa
Gupta Lama
Kedar Nath Timalisina
Ambika Tuladhar
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Binita Maharjan

Yagya Prasad Bimali

Rima Kumari Giri

Sanjay Ratna Shakya

Sunita Gurung

Ganesh Maya Malli

Kanchan Bhandari

Manju Rajbhandari

Ghanashyam Poudel

Sumitra Subedi

Dambar Bahadur Khatri

Rita Tamang

Bikash Padhaya

Lok Maya Dhakal Pandey

Sangita Bhandari

Lil Bahadur Achhami

Lisha Bajracharya

Ambika Sharma

Menuka Subedi

Dharmendra Maharjan

Roshan Kumar Chaudhary

Raman Kumar Kapari

Rajendra Duwadi

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Sapana Acharya
Ocean Pradhan
Amala Josi
Chandeswori Manandhar
Laxmi Shrestha
Subidya Tripathi
Sangita Tamang
Sunil Tamrakar
Samjhana Lamichhane
Kamala Pahari
Sarita Bajracharya
Muna Kunwar**LALITPUR**Debi Acharya
Binaya Dulal
Jay Kumari Shyangtan
Prakriti Thing
Tirtha Maya Maharjan
Alisha Bajracharya
Rachana Maharjan Nagarkoti
Sapani Lama Rayamajhi
Om Bahadur Sunuwar
Megendra Shrestha
Namita Bajgain**LAMJUNG**Budhiman Shrestha
Chandra Bahadur Gurung
Balaram Poudel
Homnath Poudel**LUMBINI**

Basant Pandey

LUNGBAHANESima Kumari Singh
Sunil Kumar Mahato
Parshuram Kumar Karn
Budhram Yadav
Dimlaya Rana
Kameshwar Mahato
Nanda Kumari Usuk (Limbu)
Manmati Bhatt
Ranjit Kumar Ray
Soni Shrestha
Md.Mubarak Rain
Jodhiram TharuJaya Kishor Sah
Bajju Chaudhary
Ajay Kumar Mahato
Jibachhi Devi
Sunita Devi Mahto
Asheshwar Paswan
Ajay Kumar Singh
Shiv Sati Devi
Bijay Kumar Mandal
Sunita Kumar Mandal
Mahesh Datt Awasthi
Shashi Kumar Sah**MADANPOKHARA**

Ishwor Shrestha

MAHOTTARIOm Prasad Dhrungching
Saheb Nadaf
Prmod Kumar Jha
Prmlesh Kumar Jha
Ram Chandra Ray Yadav
Vijay Kumar Thakur
Raghabendra Kumar Thakur
Punima Nand Jha**MAKAWANPUR**Asmita Bal
Shrisha Gole**MANANG**

Amit Shah

MORANGSaroj Rathi
Manish Aryal
Dhruva Narayan Majhi
Padma Devi Dhakal
Sushma Rathi
David Subba (Limbu)
Alka Dhakal
Puspa Devi Dev
Rojina Acharya**MYAGDI**

Hira Subedi Sharma

NAWALPARASITham Narayan Sharma
Shiva Shankar Sharma
Hira Devi Bhusal
Raju Neupane
Tej Kumar Shrestha
Bhairathi Gautam
Bhim Narayan Tharu**NECHA**

Purushottam Parajuli

NEPALBinay Kumar Mahato
Rakesh Kumar Mochi
Arun Kumar Shah**OKHALDHUNGA**Chowk Bahadur Magar
Sujan Raj Bhattachari
Chandra Prakash Sunwar
Buddha Raj Rai**PALPA**Radha Poudel
Poma Kumari Manandhar
Shova Pathak
Krishna Soti
Krishna Bahadur Saru
Tuk Bahadur Darji
Tika Maya Rana
Shobha Singh Reshmi Magar**PARBAT**Subhadra Sharma
Guma Subedi
Dev Narayan Paudel**PARROHA**

Hom Prasad Poudel

PARSASarmila Karki
Krishna Kumar Patel
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Ram Prabesh Mahato**PASHUPATI**

Hira Shrestha

PYUTHAN

Kabiram Rahumagar

RAMECHHAPKarsili Lama
Babu Kaji Bhandari**RASUWA**

Raj Kumar Bagale

RAUTAHABina Kumari
Durga Prasad Sapkota**ROLPA**Gita Khadka
Smriti Roka Magar**RUKUM**Birendra Kumar Gharti Magar
Madhab K.C**RUKUMKOT**

Kalpana Pun

RUPANDEHIRam Sharan Yadav
Kusum Magar
Rajendra Chaudhary
Hira Pun Thapa
Rama Shah
Rashmi Neupane
Manu Kumari Pandey
Purna Bahadur Gurung
Sabita Shrestha
Yubaraj Majhee
Gita Majhi

Ran Bahadur Pun

Mahesh Gauchan

Do Prasad Gurung

Rakesh Gurung

Rabin Rana

Khangendra Prasad Belbase

Ram Kala B.K.

Krishna Prasad Poudel

Parbati Thapa

Priti Gurung

Tara Devi Gautam

Sita Ghale

Sonu Gurung

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SANISHCHARE

Devi Maya Mishra

SAPTARIMira Devi
Ramesh Kumar Chaudhary
Dinesh Kumar Chaudhary
Amrillal Mandal
Rahul Kumar Yadav**SARLAHI**Rina Kumari Mahto
Raj Kishor Mahato
Dhup Kumar Mahato
Anil Kumar Pandit
Lalendra Prasad Mahato
Roshan Kumar Jha
Ram Bishwas Raut
Ram Biswas Sah**SHIVANAGAR**

Sita Kumari

SIMRA

Anurag Mansuri

SINDHULI

Indra Bahadur Karki

SINDHUPALCHOKShree Bharat Prasad Baidar Shrestha
Lal Bahadur Khadka
Suku Dev Tamang**SIRAHA**Akshy Saday
Bhola Prasad Tharu
Mamta Thakur
Ram Prasad Yadav
Bindeshwar Ram
Prasad Kumar Sah
Arjun Sah
Rubeda Begama
Mohan Yadav**SOLUKHUMBU**Kumar Bahadur Karki
Biggan Sharma
Post Kumar Karki
Dhananjaya Gairhe**SRIKOT**

Ganesh Datt Joshi

SUNSARIBidyandad Yadav
Dharmendra Uranw
Ujjwal Kumar Tamang
Sanzoo Katwal

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Srijana Tamrakar (Guwaju)
Bahdhan Mehta
Md Akram Alam
Punya Prasad Ghimire

SURKHET

Bikash Lamsal
Debendra Pokhrel

Dil Maya Ramjali Magar

SYANGJA

Bijaya Karki Chhetri
Dilip Karki Chhetri

SYANJA

Binita Khand

Kabita Khatri
Yavita Chidi
Binod Rana
Indu Shrestha

TANAHUN

Ilavati Shrestha
Buddhi Ram Lamsal

THADA

Hari Kala Bhattarai

TIKAPUR

Jeevan Gauchan

UDAYAPUR

Ran Kumar Rai

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