

## Product Information

DXN Civattino  
Coffee

## Local Activities

DXN Malaysia  
seminars and  
trainings

## Success Story

CA-Jamal  
Saleh Ahmed  
& Nevin S.M.  
Hasanain

## Health Information

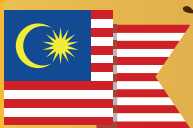
Be healthy in a fast  
paced society



*Congratulations!*

**Jamal Saleh Ahmed &  
Nevin S.M. Hasanain**

NEW CA OF MALAYSIA





### Good Morning DXN!

2018 has been a good year for us. Since our establishment in 1993, we have been dynamically and strategically working hard to ensure that our business will keep on getting bigger and better from time to time. Thanks to the vigorous effort and support by the entire DXN family, DXN is now at a level that is on par with other big companies.

Through the DXN family's hard work and persistence, we have seen an increase of sales in 2018. More than 25% of difference was recorded, when compared to the sales in 2017. This is why, up to when this message was penned, DXN has almost 8 million members worldwide and the number is increasing daily.

As part of our expansion plans, we will be setting up an integrated cultivation and processing plant for Spirulina and Ganoderma based nutraceutical products in Siddipet, India as the result of the MOU signed on 4th September 2018. The project is expected to start its commercial production in 9 to 12 months of land allotment and necessary approvals. The manufacturing unit will be constructed over 46 acres modelled on DXN's manufacturing facility in Malaysia. Aside from expanding the production base, the project is also intended to empower the local farmers to grow Spirulina and Ganoderma, leading to higher income for the farmers with an assured buy-back agreement.

With the commitment to provide the best and the slogan "One World, One Beauty", DXN is introducing the DXN Korea Cosmetics Series. From December 2018 onwards, the cosmetics series consisting of DXN Gempyuri, DXN M Miracle and DXN Mask Pack, will be launched, starting in Europe, then gradually proceeding to other regions. Korea is undeniably known as a major hub for the skin care and cosmetics technology. Hence, DXN can adapt and incorporate the expertise, experience and technology from Korea into this new line of cosmetics series. Our future plans include the setting up of a beauty academy with professional certified beauticians to train interested individuals to become professional beauticians that will later be able to start their own business by becoming mobile beauticians or starting their own beauty centre. Also to strengthen the DXN brand and meet the needs of the market, DXN has introduced a wide range of new products in 2018, under the Food & Beverages Series and Health Food Supplement Series.

With DXN, you are on the right path to success, and you can easily achieve your dreams and goals through our global opportunities. The key is to work hard, be persistent and have faith in the system. 29 Crown Ambassadors have achieved the top status in DXN, in the past 25 years of DXN's inception, proving that success is within everyone's grasp. Let their inspiring journey of success motivate and move you to embark on your very own journey to develop a strong business.

With the many achievements in 2018, here's looking forward to a bright future. May 2019 bring us all good fortune. Wishing all of you a HAPPY NEW YEAR!

Thank you.

“SEE YOU AT THE TOP 我们顶峰见!”  
JUMPA ANDA DI PUNCAK KEJAYAAN”

# HAPPY NEW YEAR 2019! 2019年 新年快乐! SELAMAT TAHUN BAHARU 2019!

### 早安德信!

挥别灿烂辉煌的2018, 我们即将迎接充满希望的2019. 自1993年成立以来, 我们一直勇于挑战各个战略性扩展, 以确保事业蓬勃发展. 非常感激德信家族的积极参与和支持, 让今日的德信成功与其他大企业处于同一水平。

通过德信家族的辛勤与坚持信念, 我们乐见2018年的销售额有所增长. 与2017年的销售额相比, 我们达到高于25%的销售成长. 落笔于这献词时, 德信于全球已拥有多达800万人口的会员, 而会员人数乃持续每日增长。

根据2018年9月4日签署的谅解备忘录, 其中扩展计划的一部分, 我们将在印度西德迪佩建立一个螺旋藻和灵芝营养产品的综合种植和加工厂. 该项目经过土地分配及必要的批准后, 预计将在9至12个月内开始生产. 制造单位将以马来西亚的德信制造工厂做为蓝本, 并且建造一个大于46英亩的工厂. 除了扩大生产基地, 该项目也旨在赋予当地的农民种植螺旋藻及灵芝, 并且提供有保证的回购协议, 而为他们带来更高的收入。

随着德信的坚信对于提供最佳产品与服务的承诺, 我们将于“一个世界, 一个美丽”的口号, 推出了全新的韩国化妆品系组成的, 德信Gempyuri, 德信M Miracle 及德信面膜. 它将于12月2018开始发布, 首先上市于欧洲, 随后逐渐上市至其他区域. 韩国的皮肤护理和化妆品技术, 一直保有最前卫的引领时尚是无可否认的. 因此, 德信可以将其专业知识、经验及技术融入至新系列的化妆产品中. 此外, 德信也计划在将来创办一间拥有专业认证的美容学院, 以提拔更多对美容感兴趣的人才, 更借此机会锻炼出更多的专业的美容师. 无论是跻身自由职业化妆师或自创美容中心, 我们都希望能为市场栽培世界级的专业美容化妆师. 除了新系列的化妆产品, 德信也在2018年推出了一系列的新健康饮食产品, 于强化德信品牌剑满足个市场的需求。

跟随德信, 以迈向成功之路坚持不懈的心态证明成功在每个人的掌握之中而会员人数仍每日持续增长. 德信成立25年内, 创造了29位德信皇冠大使的最高的荣誉, 这也证明了成功终究掌握于你手中. 就让他们们的成功之旅激发您强大的业务, 并踏上自己的成功之道。

德信于2018年再次迎来丰收之年, 我们期待来年业务继续蒸蒸日上. 但愿2019年为我们带来好运. 在此恭祝大家新年快乐!

谢谢。

### Selamat Pagi DXN!

Tahun 2018 merupakan tahun yang baik untuk kita semua. Sejak penubuhan pada tahun 1993, kita secara dinamik dan strategik telah bekerja keras bagi memastikan perniagaan ini akan terus berkembang dengan lebih pesat dari semasa ke semasa. Dan berkat usaha serta sokongan yang tidak berbelah bagi oleh seluruh keluarga DXN, kita kini setaraf dengan syarikat-syarikat besar yang lain.

Dengan kerja keras dan kecekan keluarga DXN, kita telah mencatatkan peningkatan dalam jualan bagi tahun 2018. Lebih dari 25% perbezaan telah dicatatkan, berbanding dengan jualan pada tahun 2017. Ini adalah salah satu sebab mengapa sehingga mesej ini ditulis, DXN telah mempunyai hampir 8 juta ahli di seluruh dunia dan angka ini semakin meningkat saban hari.

Sebagai sebahagian daripada pelan pengembangan DXN, satu pusat pembiakan dan pemrosesan berintegrasi untuk Spirulina dan Ganoderma bagi produk berasaskan nutraseutikal akan dibangunkan di Siddipet, India, hasil dari perjanjian yang telah ditandatangani pada 4 September 2018. Projek tersebut dijangka akan memulakan penghasilan komersial dalam 9 ke 12 bulan selepas mendapat tanah dan kebenaran yang diperlukan. Pusat penghasilan akan dibina di atas tanah seluas 46 hektar, mengikut model kemudahan pusat penghasilan DXN yang berada di Malaysia. Selain daripada mengembangkan pusat penghasilan, projek ini juga bertujuan untuk memperkasakan lagi petani tempatan untuk mengusahakan Spirulina dan Ganoderma, yang akan dapat membantu petani-petani bagi menambahkan pendapatan dengan jaminan beli balik.

Dengan komitmen untuk memberikan yang terbaik dan dengan slogan "Satu Dunia, Satu Kecantikan", DXN memperkenalkan Siri Kosmetik Korea DXN. Bermula dari Disember 2018, siri kosmetik yang terdiri daripada Gempyuri DXN, M Miracle DXN dan Pek Masker DXN, akan dilancarkan bermula di Eropah, dan kemudiannya ke lain-lain benua. Tidak dapat dinafikan, Korea dikenali sebagai pusat utama bagi teknologi penjagaan kulit dan kosmetik. Oleh itu, DXN boleh mengadaptasi dan menggabungkan kemahiran, pengalaman dan teknologi dari Korea ke dalam siri kosmetik yang baharu ini. Perancangan masa depan kami adalah untuk mengadakan akademi kecantikan dengan jurusolek bertauliah sebagai jurulatih untuk melatih mereka yang berminat untuk menjadi seorang jurusolek bertauliah yang akan membolehkan mereka untuk memulakan perniagaan berasaskan kecantikan mereka sendiri. Juga untuk mengukuhkan jenama DXN dan memenuhi keperluan pasaran, DXN telah memperkenalkan pelbagai jenis produk baharu pada tahun 2018, di bawah Siri Makanan & Minuman serta Siri Makanan Kesihatan.

Dengan DXN, anda kini berada di landasan yang tepat untuk menuju kejayaan, dan anda boleh mencapai cita-cita serta impian anda dengan mudah melalui peluang global kami. Kuncinya adalah bekerja keras, gigih berusaha dan percaya dengan sistem. 29 orang Duta Mahkota telah mencapai status tertinggi dalam DXN sejak 25 tahun penubuhannya, membuktikan bahawa kejayaan boleh dicapai oleh semua. Biarkan kisah kejayaan mereka memotivasikan anda untuk memberikan anda semangat untuk mengembangkan perniagaan anda sendiri.

Dengan pencapaian pada tahun 2018, kami berharap untuk masa depan yang lebih cerah. Semoga tahun 2019 membawa lebih banyak kebaikan. SELAMAT TAHUN BAHARU!

Terima Kasih

拿督林孝仁博士  
DATO' DR. LIM SIOW JIN

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**Published By** : DXN Marketing Sdn. Bhd. (283904)(A.J.L 93432) (A Wholly Owned Subsidiary of DXN Holdings Bhd.)

**Printed By** : Golden Hill Press Sdn. Bhd. No. A-G-02 & A-G-03, Blok A, Jalan Bangau 11, Puchong Jaya, 47100 Puchong Selangor, Malaysia.





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**JAMAL SALEH AHMED & NEVIN S.M. HASANAIN**  
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(KUALA LUMPUR)



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**SAGEN KUMAR KHAWAS**  
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**CHANDRAMANI GHIMIRE**  
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**MAYA TAMANG**  
(NEGERI SEMBILAN)

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(SELANGOR)

**NABARAJ SHRESTHA**  
(NEGERI SEMBILAN)





# STAR RUBY (August, September & October 2018)



## MALAYSIA

AABID BOUOYOUN  
 ALI SALEH ABDULLAH  
 ALISHA RAI  
 ALY IBRAHIM ISMAIL MAHMOUD  
 AMAR BAHADUR PHUDONG  
 AMAR SING RAI  
 ANIL RAI  
 ASINA DEVI UPRETI  
 BAHADUR GURUNG  
 BASUDEV RAI  
 BEL BAHADUR KHATRI  
 BHIM BAHADUR LAMICHHANE  
 BIKAS GURUNG  
 BIKASH SHRESTHA  
 BIKRAM PUN  
 BIR BAHADUR TAMANG  
 BISHNU BUDHATHOKI  
 BISHNU THAPA  
 BUDDHI KUMARITHAPA  
 CELESTINA @ OLAGET  
 CHAI JOON FAN  
 CHANDRA BAHADURTHAPA MAGAR  
 CHANDRA PRASAD KATTEL  
 CHHIRING DORJE TAMANG  
 CHONG HAN YIN  
 CHUNCHUN PRASAD CHAUDHARY  
 DASHARATH RUPAKHETI  
 DEBAKA GHIMIRE  
 DEV BAHADUR SARU  
 DEVI KUMARI  
 DHAN BAHADUR MAGAR  
 DIL BAHADUR KHAWAS  
 DIL BAHADUR RANA MAGAR  
 DILLI BAHADUR K.C  
 DINESH BUDHATHOKI  
 DINESH KUMAR MANDAL  
 DURGA BAHADUR BHATTARAI  
 EDWIN AUGUSTINE A/L FRANCIS  
 FAUZI B ALI

GAN EI LEEN  
 GHAN BIKRAM ALE  
 GHANENDRA CHAUDHARY  
 GITA DEVI CHAUDHARY  
 GOH JOO HEANG  
 GOVIND BAHADUR KHATRI  
 HARESHWARA RUBAN A/L  
 SUBRAMANIAM  
 HIM BAHADUR OLI  
 IMAD KHADOUR ISMAEIL SALIMA  
 JHARENDRA BHANDARI  
 KALI TAMANG  
 KALPANA KARKI  
 KAMAL BAHADURTHAPA  
 KAMAL GURUNG  
 KAMALA RAI  
 KAMI KANCHHA  
 KARMA KUMARI BUDHA  
 KARNA BAHADUR BK  
 KARNA BAHADUR BK  
 KAVITA KAUR  
 KHAGESWAR PADHYA  
 KHALED MOHAMMAD BA MARHUL  
 KHEM BK  
 KHIM BAHADURTHAPA  
 KOGILA DEVI A/P KANNUSAMY  
 KRISHNA KUMARI DANGI  
 KULDEVI JOSHI SHRESTHA  
 LAURA BONDOC AGUSTIN  
 LAXMI PRASAD GHIMIRE  
 LEE SEONG CHOON  
 LEONG SUENTECK  
 LOH CHEN NA  
 MAN BAHADUR TAMANG  
 MAN SINGH RANA  
 MANISHA DANGI  
 MANSINGH THAGUNNA  
 MINA JIBOU  
 MINA SUJAKHU  
 MITRALAL GURUNG  
 MOHAMAD KHEIRELINE  
 EL SABEH AYOUN

MOHANCHANDTHAKURI  
 MOHD SUBHI BIN ISMAIL  
 MOSTAFA ABDULKAREEM  
 MUGA GIRI  
 MUHAMAD HAFIZ BIN AB GHANI  
 MUNA AHMED ABDULLAH BA SURRAH  
 MUNIAMAH A/P VUNGADASAMY  
 MYINT NAING OO  
 NABIN KARKI  
 NAR BAHADUR GURUNG  
 NARENDRA PRASAD PHUYAL  
 NARIMAYA SINJALI  
 NAWARAJ KINGRING  
 NIMA DORJE THING  
 NORAZLINA BT SHAMSUDDIN  
 OOI EAM KHOON  
 PERVISHA KESEVAN  
 PRAJWAL RAI  
 PRAMOD KUMARYADAV  
 PREM BAHADUR GHALAN  
 PREM DANTA NEMBAANG  
 PURNA PRASAD POKHAREL  
 PUSHPA LAL ADHIKARI  
 RABINDRA MAHATO  
 RAHMANI RAOUF  
 RAJBALI MUKHIYA BIN  
 RAJU PARIYAR  
 RAM KUMAR RAI  
 RAM NARAYAN CHAUDHARY  
 RAMESH ADHIKARI  
 RAMESH KUMAR MAHATO  
 RAMESH WAGLE  
 RASHMI BUDHA  
 RIMAYA KINGRING MAGAR  
 ROHITMAN NAGARKOTI  
 ROJ BAHADUR KARKI  
 ROSLINA BT NGAH  
 RUDRA PRASAD ADHIKARI  
 SAMIR BESSAOUD

SAMIRA ELBASRI  
 SANJIV POUDEL  
 SANU BABU RUMBA  
 SARITA RAI  
 SAROJA A/P IRULAPPAN  
 SHANKER DEVI POUDEL  
 SHARDA PARAJULI  
 SHER BAHADUR LIMBU  
 SHIBA PAUDEL  
 SHUBO  
 SIM BAHADUR ROKA MAGAR  
 SIYARAM MAHATO  
 SIYARAM MANDAL  
 SUBASH TAMANG  
 SUSHL GURUNG  
 TAMANG DIPAK  
 TAMANG PREM  
 TAREK ISLAM  
 TERNINDER SINGH  
 TIKA BANIIYA  
 TOP BAHADUR PUN  
 UBRAJ TAMANG  
 VALA ELATIYE EIDA  
 VALENTINE TENG NYEN LEE  
 WAFU ALI AHMED AL-FAKIH  
 WOKIL BAHADUR RAI  
 YAM BAHADUR GURUNG  
 YAM KUMAR SUHANG  
 YAM PRASAD RIJAL  
 YASHWO RAJ LAMA  
 YUB RAJ THING  
 YUBA RAJ BISHWOKARMA  
 YUVRAJ KHATRI



## HONG KONG

JAVA ARMANDOTINIO  
 LAM KAI KWONG  
 SO MIU  
 SHUM HAU CHING, ALEX

BASU CHAUDHARI  
 BASUDEV KURMI RAUT  
 BAVANI A/P SUNDRAM  
 BECHAN KHATRI CHHETRI  
 BECHAN YADAV  
 BED BAHADUR MAGAR  
 BED BAHADUR SUNUWAR  
 BEGAM BK  
 BESSAOUD ABDELHADI  
 BHADAR BAHADUR RANA  
 BHADRA KUMARI RAI  
 BHADRA BAHADUR RANA  
 BHAGEERATH MANDEL  
 BHAGIRAM GIRI  
 BHAGWAN DAS KALWAR  
 BHAISHOR BHATTA RAJ  
 BHAJURA RANA  
 BHAKTA BAHADUR BK  
 BHAKTA BAHADUR MAJHI  
 BHAKTA BAHADUR ROKA  
 BHAKTI LAMICHHANE  
 BHAN DATTA RANA  
 BHANU KAHAH  
 BHARAI ALE  
 BHARAT BISTA  
 BHARAT RAJBANSHI  
 BHARAT TAMANG  
 BHARATHI A/P NAIDOO  
 BISHNU HARI GHIMIRE  
 BHAWANI MAGAR  
 BHEGRAJ BISTA  
 BHESH KUMARI KARKI  
 BHESH NARAYAN MAHATO  
 BHIM BAHADUR CHENTEL  
 BHIM BAHADUR MAGAR  
 BHIM BAHADUR NEPALI  
 BHIM BAHADUR NIROULA  
 BHIM KUMAR RAI  
 BHIM MAYA GURUNG  
 BHIM NARAYAN CHAUDHARY  
 BHIMRAJ LAMICHHANE  
 BHIMSINTHAPA  
 BHISHM JHANKRI MAGAR  
 BHIVINDRA KUMAR JIREL  
 BHOJ BAHADUR KAMCHA  
 BHOJENDRA KUNWAR  
 BHOLA PASHWAN  
 BHUBAN DANGI  
 BHUBAN KC  
 BHUMA PUN  
 BHUPAL URANW  
 BHUPENDRA BISTA  
 BHUPENDRA GURUNG  
 BHUPENDRA MAGAR  
 BHUPI SHERCHAN RAI  
 BHUWAN KUMARI KHAKA SWAR  
 BHUWAN SHRESTHA  
 BIBAK ADHIKARI  
 BIBI MAYA WAIBA  
 BIBI RAJ RAI  
 BIBITRA JIMBA  
 BIDHIYANAND SARDAR  
 BIGAN PARSAD KALUWAR  
 BIJAY BAHADUR THAPA  
 BIJAY CHAUDHARY  
 BIJAY KUMAR MAHATO  
 BIJAY KUMAR SAH  
 BIJAY TAMANG  
 BIJAYA BHUSAL  
 BIJAYA KUMAR SHRESTHA  
 BIJAYA RAI  
 BIJAYA THAPA MAYAR  
 BIJESH CHAUDHARY  
 BIJULA GC  
 BIKASH DOTEL  
 BIKASH MAHATO  
 BIKASH RAI  
 BIKASH TAMANG  
 BIKESH POKHREL  
 BIKKI KUMAR DAS  
 BIKRAM ANGDEMBE  
 BIKRAM BABU AALE  
 BIKRAM SUBEDI  
 BIMA KUMARI SHAHI MALLA  
 BIMALA BARTOLA  
 BIMALA KUMARI SHRESTHA  
 BHANDARI  
 BIMALA OLI  
 BIMALA OLI WAGLE  
 BIMALA REGMI BIDARI  
 BIMALITAMANG  
 BIMAN SING BHOMJAN  
 BINA GHALAN  
 BINOD PUN  
 BINOD B.K  
 BINOD BASNET  
 BINOD BHATTARAI  
 BINOD BK  
 BINOD GHIMIRE  
 BINOD MAHATO  
 BINOD TAMANG

BINODYADAV  
 BIPLAB DAHAL  
 BIPLAB GOLE  
 BIR BAHADUR ALE  
 BIR BAHADUR GURUNG  
 BIR BAHADUR JHEDI  
 BIR BAHADUR KHATRI  
 BIR BAHADUR MAL  
 BIR BAHADUR MALLA  
 BIR BAHADUR SINGTAN  
 BIR BAHADUR TAMANG  
 BIR BAHADUR TAMANG  
 BIR BAHADUR THAPA  
 BIR BAHADUR THAPA  
 BIR SINGH MAHARA  
 BIRENDRA BK  
 BIRENDRA CHANDTHAKURI  
 BIRENDRA LIMBU  
 BIRENDRA NEMBAANG  
 BIRJIT KC  
 BIRKAM DANGI  
 BIRKHA BAHADUR BASNET  
 BISHAL GHARTI MAGAR  
 BISHAL RAI  
 BISHAL RAI  
 BISHNU BAHADUR KAMI  
 BISHNU BAHADUR KATUWAL  
 BISHNU HARI GHIMIRE  
 BISHNU KUMAR GOMBO  
 BISHNU KUMARI TAMANG  
 BISHNU NARAYAN CHAUDHARY  
 BISHNU PAL LONIYA  
 BISHNU PANTHI  
 BISHNU PRASADTIWARI  
 BISHOR RAI  
 BISHWA RAI  
 BISNU ADHIKARI  
 BISNU KUMAR CHAUDHARY  
 BONAVENTURE BRIXIUS  
 ANAK PATRICK  
 BOUCHRA EL YASMINE  
 BRANDY IAN AK PORIN  
 BRENDA PHUA  
 BRIGIE ANOD MARZAN  
 BRIJMOHAN LODH  
 BUDDHA LAL DONG  
 BUDDHA LAMA  
 BUDDHI BAHADUR ADHIKARI  
 BUDDHI BAHADUR GHISING  
 BUDDHI BAHADUR ROKA MAGAR  
 BUDDHI BAHADUR SHRESTHA  
 BUDDHI MAN KHATRI  
 BUDDHI MAYA TAMANG  
 BUDDI RAM CHAUDHARY  
 BUDHI BAHADUR BISHWAKARMA  
 BULBUL ABUL HASEM  
 CHAKRA BAHADUR PARIYAR  
 CHAKRA BAHADUR ROKA KSHETRI  
 CHAKRA BHUJEL  
 CHAKRA G C  
 CHAN MOK LI  
 CHAN YAU IAN  
 CHANDAN KUMAR MUKHIYA  
 CHANDRA BAHADUR GURUNG  
 CHANDRA BAHADUR MAHATO  
 CHANDRA BAHADUR RAI MAGAR  
 CHANDRA BAHADURTHAPA  
 CHANDRA BC  
 CHANDRA KUMAR MAGAR  
 CHANDRA KUMAR MAHATO  
 CHANDRA KUMAR SHRESTHA  
 CHANDRA LAL NYASUR  
 CHANDRA MAL  
 CHANDRADIP MAHATO  
 CHANDRASEGARAN A/L  
 NADARAJEN  
 CHANDRE BUDHA  
 CHANTA BAHADUR GAUTAM  
 CHANU MIAH  
 CHATRA BAHADURTHAPA  
 CHEAH SOOK CHING  
 CHEE SINYU  
 CHEONG FOONG KIEW  
 CHET BAHADUR GAHA  
 CHET BAHADUR KHADKA  
 CHEW EWE KIM  
 CHHABI LAL DANGI  
 CHHABI LAL THAPA MAGAR  
 CHHABILAL BUDHA  
 CHHAM BAHADUR SHREES  
 CHHAM MAYA GHARTI  
 CHHAM SARA SARU  
 CHHETRA BAHADUR BK  
 CHHETRIYAM BAHADUR POUDEL  
 CHIN BAHADUR SHAHI  
 CHIN KAJI SHRESTHA  
 CHINI MAYA LUNGELI MAGAR  
 CHIRANJIBI MANDAL  
 CHITRA KUMARI MALLA

CHOKTA TAMANG  
 CHOL BAHADUR MAGAR  
 CHONG CHUN HING  
 CHONG HAN YIN  
 CHONG SUET LI  
 CHRISTOPHER DAVID MELAI  
 CHUAH SHI MING  
 CHUDAMANI BUDHATHOKI  
 CHUN BAHADUR RANA MAGAR  
 CHUNG PEI XIN ESTHER  
 CHUNG SUIT MOOI  
 CHYANGBATAMANG  
 CLAIRE LEEYONG QI  
 COULIBALY KALIFA  
 DAIMOND RAI  
 DAISHWARI A/P MURIGAYAH  
 DAL BAHADUR CHAULAGAIN  
 DAL BAHADUR GHARTI  
 DAL BAHADUR JIREL  
 DAL BAHADUR KATHAYAT  
 DALMATA CHANDA  
 DAMAR NARAYAN YADAV  
 DAMBAR BAHADUR KHADKA  
 DAMBAR BAHADUR MAGAR  
 DAMBAR BAHADUR TAMANG  
 DAMBAR THAPA MAGAR  
 DAMMAR RAJ BHARATI  
 DAN BAHADUR AUJI  
 DAN BAHADUR SOTI MAGAR  
 DAN SINGH DHAMI  
 DAO THI OANH  
 DARJITIKA RAM  
 DARSUBHA GAHA MAGAR  
 DEB BAHADUR DHAMI  
 DEB RAJ BASTOLA  
 DEEP KUMAR LIMBU  
 DEEPAK BAHADUR BASNET  
 DEEPAK BISWOKARMA  
 DEEPAK DAMAI  
 DEEPAK GAUTAM  
 DEEPAK KARKI  
 DEEPAK PANDAY  
 DEMBELE ISSIAKA  
 DENI GURUNG  
 DESH KUMAR MAGAR  
 DEUKALATAMANG  
 DEV BAHADUR BUDHA MAGAR  
 DEV BAHADUR KSHITRITHAPA  
 DEV KUMARI PHUDONG  
 DEVENDRA BAHADUR KARKI  
 DEVENDRA JAGARI  
 DEVENDRA PARIWAR  
 DEVI OLI  
 DEVITAMANG  
 DEVIKA RAI  
 DEVRAJ CHAUDHARY  
 DEVRAJ PUN MAGAR  
 DEWANAND MANDAL  
 DHAG BAHADUR ROKA  
 DHAN BAHADUR DAMAI  
 DHAN BAHADUR GURUNG  
 DHAN BAHADUR KUMAL  
 DHAN BAHADUR KUMAL  
 DHAN BAHADUR PACHE MAGAR  
 DHAN BAHADUR THAPA  
 DHAN BAHADUR THAPA  
 DHAN KUMARI PURJA (PUN)  
 DHAN LAL GURUNG  
 DHAN MAYA GHALE  
 DHAN MAYA MAGAR  
 DHAN SINGH SITOLI  
 DHANA MAYA LAMA  
 DHANA RANA  
 DHANESH KUMARTHING  
 DHANESH TAMANG  
 DHANI RAM BHATTARAI  
 DHANJU MAYA TAMANG  
 DHANKUMAR SUHANG  
 DHANSARI DANGI  
 DHANU MAYA BK  
 DHARI MAYA GURUNG  
 DHATA NANDA KUMAL  
 DHIR BAHADUR BOHORA  
 DHIRAJ MAGAR  
 DHIRAJ RAI  
 DHIRAJ RAI  
 DHIRENDRA BAHADUR BASNET  
 DHIRENDRA KUMAR MANDAL  
 DHUNDI RAJ NEPAL  
 DHUNIYA ALAHAM  
 DHURBA BC  
 DHURBA BHUSAL  
 DHURGA BAHADUR MAGAR  
 DIK BAHADUR CHEPANG  
 DIK BAHADUR LIMBU  
 DIK KUMAR RAI  
 DIL BAHADUR BHUJEL  
 DIL BAHADUR BK  
 DIL BAHADUR BK  
 DIL BAHADUR BURJA MAGAR  
 DIL BAHADUR DONG

DIL BAHADUR FAL MAGAR  
 DIL BAHADUR KAWAR  
 DIL BAHADUR MAGAR  
 DIL BAHADUR RANA MAGAR  
 DIL BAHADUR ROKKA  
 DIL BAHADUR SHAH  
 DIL BAHADUR TAMANG  
 DIL CHANDRA BUDHA  
 DIL KUMAR RAI  
 DIL KUMARI RAI  
 DIL MAYA KC  
 DIL MAYA TAMANG  
 DIL MUKTAN  
 DILIP KUMAR LAMA  
 DILIP PRADHAN  
 DILLI RAM LIMBU  
 DILLIRAM GIRI  
 DINESH BHATTARAI  
 DINESH BK  
 DINESH BK  
 DINESH CHAUDHARY  
 DINESH KAWAR  
 DINESH KUMAR CHAUDHARY  
 DINESH KUMAR RAI  
 DINESH SAHANI  
 DINESH THAPA  
 DINESWARI A/P SANTHIRA SEGARAN  
 DIP LAL PRAJA  
 DIPAK BAHADUR BK  
 DIPAK BAHADUR HAMAR  
 DIPAK KUMAR YADAV  
 DIPAK MAGAR  
 DIPAK PANDEY  
 DEB BAHADUR DHAMI  
 DIPAK RAJ SUBEDI  
 DIPAK RAM  
 DIPAK RANA  
 DIPENDRA CHAUDHARY  
 DIPENDRA DHAMALA JAISHI  
 DIPENDRA KHADKA  
 DIPESH GOLE  
 DIRGH BAHADUR BALAYAR  
 DIV BAHADUR RAI  
 DOLMA GHALAN  
 DOMAN KUMAR RAI  
 DOR BAHADUR KUMAL  
 DOR BAHADUR MC  
 DUDA BAHADUR PURJA PUN  
 DURGA BAHADUR BHATTARAI  
 DURGA BATALA  
 DURGA GIRI  
 DURGA KUMARI KHADKA  
 DURGA KUMARI MAGAR  
 DURGA KUMARI SHARMA  
 DURGA MANI SUBEDI  
 DURGA PRASAD ACHARYA  
 DURGA PRASAD GHIMIRE  
 DURGESH MANSING GHARTI  
 E KIM  
 ECHHA LAMICHHANE  
 EKA RAJ PANTHA  
 EKRAJ SHRESTHA  
 EL OTMANI SARA  
 EL KACEMI HANANE  
 EL YALLEI LEMRABOTT  
 ELENORAYER ANBALAGAN  
 ELENSIA ANAK DAOK  
 ELISABETH DEVI INDRIANI  
 ELIZABETH REBEKAH SOON KIM HUA  
 ELKASSIMI ELHACHEM  
 EMAN AHMED AL-SALAMI  
 EMRAN HOSSAIN  
 ENBHA JOOTHY A/P RENU  
 ESSADIA CHRAA  
 ETIDAL TARCHICHI  
 FADHEL SHAKER BATOR HAMZAH  
 FADHILA ABDULLAH AL SAIBAN  
 FADIMA MAHAMED MAHAMUD  
 FAISAL KHIDER MOHAMED ALI MERAFA  
 FARAH ADIBAH BINTI AB GHANI  
 FARAH KAMALEDDIN  
 FATEMA ALI OMAR MAHMUD  
 FATEMA HSEN ALALWAN  
 FATHA BAHADUR ROKA MAGAR  
 FATHIMAH ALHASSHIM  
 FATIMA ER-RAHMOUNI  
 FATIMA KALLOUCH  
 FATIMA SAEED MOHAMMED BAZARAH  
 FATIMAH BINTI OTHMAN  
 FATIMAH BINTI SAFII  
 FATNA BAHANNI  
 FAUZIATU ALI  
 FAWZIA ABDEL HAFEZ ABD. AZIZ  
 FERIYA CHAUDHARY  
 FIRAS H MOHAMMED  
 FITRIANI  
 FLORA GARCIA CADAYONA  
 FRANCISTING CHAI SOON  
 FUL MAYA TAMANG  
 FULBA TAMANG



## MALAYSIA

AABEL BRYAN CHIN EE MING  
 AANAND KUMAR MANDAL  
 AANANDA KUMARI OLI  
 AARTI SHARMA  
 AASHA NEPALI  
 ABD RAHIM BIN OMRAN  
 ABDALLAH MOHAMED ADEN  
 ABDERRAHMAN EL FATIHI  
 ABDUL AZIZ BIN HAMZAH  
 ABDUL NAJEEB  
 ABDULAZIZ MOHAMMAD MORAYA  
 ABDULLAHI ALI DAHIR  
 ABDULLWAHID ABDALLA DAHIR  
 ABDULRAHMAN FADHEL SHAKER  
 HAMZAH  
 AGAND KUMAR YADAV  
 AHAMAD ALI MUSALMAN  
 AHLAM ALI QASEM ALQLAH  
 AHMAD ARIF ABDUL NASIR BIN ARIFIN  
 AHMED ALBABA KRI  
 AHMED ALI FATAHI  
 AHMED MOHAMMED AHMED AL-HADDAR  
 AIDA BINTI SUANDI  
 AIT MOKHTAR ABDELKARIM  
 AITA MAN GURUNG  
 AITA RAM TAMANG  
 AITA SING SYANGIAN  
 AITE TAMANG  
 AITI MAYA TAMANG  
 AJALUDIN ANSARI  
 AJAY BHUSAL  
 AJAY JHENDI MAGAR  
 AJAY KUMAR MAHATO  
 AJAY KUMAR SAH  
 AJAY MAHATO  
 AJAY SHAH  
 AJAYKUMAR SINGH

AKASH GHARTIN  
 AL MAMUN MIAZI  
 ALI ALI NAJL AL-SHAMMRY  
 ALI BIN MOHAMAD ALI SHAH  
 ALI KARAMA GUMAAN AL-KATHERI  
 ALI SLEEM ABOU GHNEIM  
 ALIA AZIZAH  
 ALKANA TAMANG  
 ALSUNAID, RASHID SAMI A  
 AMAR BAHADURTHOKAR  
 AMAR RAJ PUN  
 AMAR SINTAN  
 AMAR THAPA  
 AMAT ARAZQA ABDULRAHMAN  
 AHMED ALOADHI  
 AMER AHMED SALMAN  
 AMILAL RAJBANSHI  
 AMINA HASHI AHMED  
 AMINUL  
 AMIRUL FARHAN B MOHD MUHSIN  
 AMITA BYANJU  
 AMITA CHAUDHARY  
 AMMAR BAHADUR CHAND  
 AMRIT ADHIKARI  
 AMRIT BUDHA  
 AMRIT LAMA  
 ANA JAVIER ULIBAS  
 ANARUL HAK  
 ANASS BELGHARD  
 ANDREW NG YIN MIN  
 ANEALLZAVET A/P STEPHEN  
 ANG NOON SIN  
 ANGELO RAFFAELE SIEGEL  
 ANIL DAS THARU  
 ANIL DHIMAL  
 ANIL KC  
 ANIL KUMAR RAI  
 ANIL KUMAR SAH

ANIL KUMARTHAKUR LOHAR  
 ANIL MAGAR  
 ANIL MAKAJU SHRESTHA  
 ANIL PARBI  
 ANISH LUITEL  
 ANISH THAPA  
 ANITA ADHIKARI  
 ANITA BISHWAKARMA  
 ANITA KUMARI CHAND  
 ANITA MAGAR  
 ANITA OLI  
 ANITA POYONG  
 ANITA SIAGIAN  
 ANJAN WAIBA  
 ANJU GHISING  
 ANJU MAHATO  
 ANKALA BARAM  
 ANKITA SILAWAL  
 ANOMAL RANA MAGAR  
 ANSARI MD MAFUJ  
 ANUP GYAWALI  
 ANUPAMA CHAND  
 APAR KC  
 APSARA MAGAR  
 ARISJEYARAJ A/L KARUPPIAH  
 ARJUN KUMAL  
 ARJUN KUMAR RAM  
 ARJUN ROKA  
 ARJUN SOMAI  
 ARJUN SUNAR  
 ARJUN THAKUR  
 ARPAN CHAUDHARY  
 ARSHAD  
 ARUN KUMAR SAH  
 ASHOK KOIRALA  
 ASHOK RAJBANSHI  
 ASHOK SHRESTHA  
 ASIA HASSAN KHALID

ASMAA EL OTMANI  
 ASMAH BINTI ISMAIL  
 ASMITA ADHIKARI  
 ASMITA LAMSAL  
 ASMITA RAI  
 ASRAF MD  
 ASRAFUL ISLAM  
 ASS KUMAR RAI  
 AWADEATHA A/P RAMASAMY  
 BABIN LIMBU  
 BABU BAHADUR GHALAN  
 BABU RAJA LAMA  
 BABURAM PAUDEL  
 BADHI MAYA KHAPAGI  
 BAHADUR GURUNG  
 BAIDHYANATH MANATO  
 BAL BAHADUR BHANDARA  
 BAL BAHADUR GHARTI  
 BAL BAHADUR MUKHIYA  
 BAL BAHADUR SARKI  
 BAL BAHADUR THAPA  
 BAL BAHADUR THAPA  
 BAL KRISHNA BARAL  
 BAL KUMAR BHUJEL  
 BAL KUMARI BISWAKARMA  
 BALIKA DEVI PANDE  
 BALIKA OLI  
 BALIRAM MANDAL  
 BAMB DAQUODA  
 BAN PADAM BAHADUR  
 BANTAWA RAI RENUKA  
 BARUN KUMAR THAPA  
 BASANT BHANDARI  
 BASANTA BELBASE  
 BASANTA BISTA  
 BASANTI MAGAR  
 BASEL RAJ KUMAR  
 BASNET GOPI BAHADUR  
 BASNET LILADHAR

ASMAA EL OTMANI  
 ASMAH BINTI ISMAIL  
 ASMITA ADHIKARI  
 ASMITA LAMSAL  
 ASMITA RAI  
 ASRAF MD  
 ASRAFUL ISLAM  
 ASS KUMAR RAI  
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 BABURAM PAUDEL  
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 BASNET LILADHAR

ASMAA EL OTMANI  
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 ASRAFUL ISLAM  
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 BABU RAJA LAMA  
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 BAL BAHADUR THAPA  
 BAL KRISHNA BARAL  
 BAL KUMAR BHUJEL  
 BAL KUMARI BISWAKARMA  
 BALIKA DEVI PANDE  
 BALIKA OLI  
 BALIRAM MANDAL  
 BAMB DAQUODA  
 BAN PADAM BAHADUR  
 BANTAWA RAI RENUKA  
 BARUN KUMAR THAPA  
 BASANT BHANDARI  
 BASANTA BELBASE  
 BASANTA BISTA  
 BASANTI MAGAR  
 BASEL RAJ KUMAR  
 BASNET GOPI BAHADUR  
 BASNET LILADHAR

ASMAA EL OTMANI  
 ASMAH BINTI ISMAIL  
 ASMITA ADHIKARI  
 ASMITA LAMSAL  
 ASMITA RAI  
 ASRAF MD  
 ASRAFUL ISLAM  
 ASS KUMAR RAI  
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 BABU BAHADUR GHALAN  
 BABU RAJA LAMA  
 BABURAM PAUDEL  
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 BAHADUR GURUNG  
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 BAL BAHADUR GHARTI  
 BAL BAHADUR MUKHIYA  
 BAL BAHADUR SARKI  
 BAL BAHADUR THAPA  
 BAL BAHADUR THAPA  
 BAL KRISHNA BARAL  
 BAL KUMAR BHUJEL  
 BAL KUMARI BISWAKARMA  
 BALIKA DEVI PANDE  
 BALIKA OLI  
 BALIRAM MANDAL  
 BAMB DAQUODA  
 BAN PADAM BAHADUR  
 BANTAWA RAI RENUKA  
 BARUN KUMAR THAPA  
 BASANT BHANDARI  
 BASANTA BELBASE  
 BASANTA BISTA  
 BASANTI MAGAR  
 BASEL RAJ KUMAR  
 BASNET GOPI BAHADUR  
 BASNET LILADHAR

ASMAA EL OTMANI  
 ASMAH BINTI ISMAIL  
 ASMITA ADHIKARI  
 ASMITA LAMSAL  
 ASMITA RAI  
 ASRAF MD  
 ASRAFUL ISLAM  
 ASS KUMAR RAI  
 AWADEATHA A/P RAMASAMY  
 BABIN LIMBU  
 BABU BAHADUR GHALAN  
 BABU RAJA LAMA  
 BABURAM PAUDEL  
 BADHI MAYA KHAPAGI  
 BAHADUR GURUNG  
 BAIDHYANATH MANATO  
 BAL BAHADUR BHANDARA  
 BAL BAHADUR GHARTI  
 BAL BAHADUR MUKHIYA  
 BAL BAHADUR SARKI  
 BAL BAHADUR THAPA  
 BAL BAHADUR THAPA  
 BAL KRISHNA BARAL  
 BAL KUMAR BHUJEL  
 BAL KUMARI BISWAKARMA  
 BALIKA DEVI PANDE  
 BALIKA OLI  
 BALIRAM MANDAL  
 BAMB DAQUODA  
 BAN PADAM BAHADUR  
 BANTAWA RAI RENUKA  
 BARUN KUMAR THAPA  
 BASANT BHANDARI  
 BASANTA BELBASE  
 BASANTA BISTA  
 BASANTI MAGAR  
 BASEL RAJ KUMAR  
 BASNET GOPI BAHADUR  
 BASNET LILADHAR



FURBA SHRPA  
 GAGAN SING WAIBA  
 GAGANDEV RAM  
 GAMBIR BAHADUR  
 GAMBIR GURUNG  
 GAME NARAYAN CHAUDHARY  
 GAN JUNE YIN  
 GAN SHENYIN  
 GANESH BAHADUR BULUN  
 GANESH BAHADUR GURUNG  
 GANESH BAHADUR OLI  
 GANESH BK  
 GANESH KUMAR SAH  
 GANESH LO  
 GANESH NEPALI  
 GANESH PARIYAR  
 GANESH PUJARA  
 GANGA BAHADUR HISKI  
 GANGA BAHADUR MAGAR  
 GANGA BAHADUR SUNAR  
 GANGA GHARI  
 GANGA KUMARITHAPA  
 GANGA MAYA BASNET  
 GANGA RAI  
 GHAN SHYAM GIRI  
 GHANA SHYAM PANDEY  
 GHANSHYAM KHANAL  
 GHASSANYASSIN ALMONJED  
 GIM BAHADUR KHATRI  
 GINA YONG KIA YING  
 GIRA RAWAT OLI  
 GIRIJA LAMICHHANE  
 GIRJA SOMAI  
 GIT BAHADUR MAGAR  
 GITA CHAPAGAIN  
 GITA DEVI ADHIKARITHAPA  
 GITA GODAR  
 GITA PANDEY KC  
 GITA RAI  
 GITA SHRESTHA  
 GITATHAPA ADHIKARI  
 GOBIND CHAUBE  
 GOBIND KUMAR SAH  
 GOBINDA BK  
 GOBINDA KUWAR  
 GOBINDA RAI  
 GOBINDA SINGHTHAGUNNA  
 GOHYEN LIN  
 GOKUL OLI  
 GOMA DEVI BISHWAKARMA  
 GOMA PUN MAGAR  
 GOP BAHADURTHAPA CHHETRI  
 GOPAL BAHADUR GHARTI  
 GOPAL BAHADUR TAMANG  
 GOPAL BARAL  
 GOPAL BASNET  
 GOPAL GIRI  
 GOPAL GURUNG  
 GOPAL KHADKA  
 GOPAL KUMAR MAGER  
 GOPAL LIMBU  
 GOPAL RAJ BANSHI  
 GOPAL RAJ SUBEDI  
 GOPAL SHRESTHA  
 GOTAM DEBNATH  
 GOVIND BAHADUR BUDHATHOKI  
 GOVIND BAHADUR NAKAL  
 GOVIND KEWAT  
 GOVINDA KC  
 GOVINDA KURUMBANG  
 GOVINDA RAJ LAMSAL  
 GOVINDA SAPKOTA  
 GUNA DEV CHAUDHARY  
 GUNASEKARAN A/L KANNIAPPAN  
 GURUNG TUK BAHADUR  
 GYAN BAHADUR SHRESTHA  
 GYANENDAR BISTA  
 GYANENDRA BAJGAIN  
 GYANENDRA GIRI  
 GYANENDRA HANGSARUMBA  
 GYANENDRA PRASAD GHIMIRE  
 HABIB  
 HALIMA ELOUAKIFI  
 HAMID ABID JAFAR  
 HANA ABDI HASSAN  
 HANIYAH ALI JABER  
 HANS KUMAR MAHATO  
 HARE RAM CHAUDHARY  
 HARI BAHADUR CHAUDHARY  
 HARI BAHADUR KATHAYAT  
 HARI BAHADUR RANA MAGAR  
 HARI POUDEL SHARMA  
 HARI PRASAD REGMI  
 HARI PRASHAD RIJAL  
 HARI SHARAN GHIMIRE  
 HARIRANA CHAUDHARY  
 HARIS  
 HARISH JAGARI  
 HARK BAHADUR BUDHATHOKI

HARKA MAYA PULAMI MAGAR  
 HASAN SUMON  
 HASMAT ANSARI  
 HASNA ISMAILI  
 HASNAOUI HAKIMA  
 HASSAN ALI  
 HASTA BAHADUR KAMI  
 HAWA ALSEDIQ ABDALLAH  
 HAZLIANA BT MOHAMED SIS  
 HEE CHOON FONG  
 HEM BAHADUR ALE  
 HEM BAHADUR BUDHATHOKI  
 HEM BAHADUR RAYAMAJHI  
 HEM KUMAR RAI  
 HEM LAL MISHRA  
 HEM PRASAD POKHAREL  
 HEM RAJ KHATRI  
 HEM RAJ RAI  
 HEMANI KHATRI  
 HEMANT PUN  
 HEMANTA OLI  
 HEMAL NEUPANE  
 HIEW SOOK FUI  
 HILDER AK JOHNY  
 HIM BAHADUR SHAHI  
 HIMA KUMARI BASNET  
 HIMAL BUDHA MAGAR  
 HIMAL KAMI  
 HIMAL SING RAI  
 HIRA BAHADUR BISHWAKARMA  
 HIRA RAWAT OLI  
 HIRA SINGH SAUD  
 HIRALAL SUNAR  
 HOH YIN KWAN  
 HOM BAHADUR BK  
 HOM BAHADUR MAGAR  
 HOM BAHADUR NEPALI DHANUKI  
 HOM BAHADUR SINJALI  
 HOMI SARA GYALANG  
 HOSSAIN MD SADDAM  
 HUKUM KC  
 HUM BAHADUR GHARTI  
 IBRAHIM FADHEL SHAKER HAMZAH  
 IBTihal AHMED ABED  
 ICHCHHA KALA RAI  
 IMAM SING BUDHA  
 INDIRA DEVI CHAPAGAIN  
 INDR BAHADUR RANA  
 INDR BAHADUR BASNET  
 INDR BAHADUR DANGI  
 INDR BAHADUR DHITAL  
 INDR BAHADUR GURUNG  
 INDR BAHADUR KHATRI  
 INDR BAHADUR LAMA  
 INDR BAHADUR PAKHRIN  
 INDR BAHADUR SARKI  
 INDR BAHADUR SUCHIKAR  
 INDR BOGATI  
 INDR KUMAR SHRESTHA  
 INDR KUMAR MALL  
 INDR PRASAD PAHADI  
 INDRAJEET SUNAR  
 IP GUGANESI A/P POOPATHI  
 IRAMA ABDIRAHIM AHMED  
 ISHWAR SUNUWAR  
 ISHWARI KHADKA  
 ISHWARI SRIS  
 ISHWOR PURI  
 ISHWORTHAPA  
 ISMAIL BIN BAKAR  
 ISWAR MAN RAI  
 IZATI BT WAN ISMAIL  
 JAG MOHAN CHAUDHARY  
 JAGAT BAHADUR RANA  
 JAGESWAR KUMAR MAHATO  
 JAHIRUL ISLAM  
 JAIDEVRAJ A/L JOGINDER SINGH  
 JALAPA KUMARI LUNGELI  
 JALSHA CHEPANG  
 JAMA ALI ABDI  
 JAMAL HOSSAIN  
 JAMAN SINGH BADAL  
 JAMUNA MAGAR  
 JANAK PUN  
 JANAK PUN  
 JANAK SINGH BADAL  
 JANAKA CHHETRI  
 JANARDAN PRASAO MALLAH  
 JANE LEE WERN HUI  
 JANGA BAHADUR GHARTI  
 JANGA BAHADUR KARKI  
 JANGA BAHADUR RAI  
 JASNI B KURNAIN  
 JASRIL  
 JAY BAHADURTHAPA  
 JAYA BAHADUR DEVKOTA  
 JAYA BAHADURTHAPA  
 JAYA MALA A/P RAMALINGAM  
 JAYA RAM GAJUREL

JAYALALSHAH  
 JAYMAN MUKTAN  
 JAYNATH MAHATO  
 JAYRAJ RAI  
 JAYRAM CHAUDHARY  
 JAYRAM TIMSINA  
 JEANNETTE BERLANDINO CONCHA  
 JEEBAN MOKTAN  
 JEET BAHADUR DIMDUNG  
 JEET BAHADUR TAMANG  
 JEEVAN ADHIKARI  
 JEEVAN KC  
 JEEVAN MAGAR  
 JEYANTHI A/P NALLATAMBY  
 JHA NARENDRA KUMAR  
 JHABILAL PAIJA  
 JHANAK BAHADUR BASNET  
 JHARNA PUN  
 JHUPLAL KHADKA  
 JIBANTAMANG  
 JIBRAJ BUDHATHOKI  
 JIKUTIN BIN NULI  
 JIMBA BIRBAHADUR  
 JIMBA PRAMILA  
 JIT BAHADUR GHARTI  
 JIT BAHADUR PAKHRIN  
 JITENDRA RAI  
 JIWAN LIMBU  
 JOCELYN SALINAS SERGUINO  
 JOGASINGH  
 JOGEENDAR KUMAR DAS  
 JOHN AK JAYANG  
 JOSEFINA NDAPANDA AWALA  
 JOSEPHINE A/P MARIYADASS  
 JOSHIKARAN CHAUDHARY  
 JOTI SHAHI  
 JUGESH BISHWOKARMA  
 JUNA KUMARI SHREESH  
 JUSTIN LO JUI LING  
 JUVY HERMONES FIGURACION  
 JYOTI KARKI  
 K.LETCHUMY A/P KALASIGARAM  
 KABIR MAN MAGAR  
 KABIR PRASAD GHARTI  
 KABITA ALE MAGAR  
 KABITA PARIYAR  
 KABITATAMANG  
 KAILASAM A/L RAJAGOPAL  
 KAILASH BHANDARI  
 KAILASH PRASAD CHHETRI  
 KAILU SARDAR  
 KALA DEVI A/P RAMAN  
 KALIMAYA TAMANG  
 KALPANA PARAJULI  
 KAMAL BAHADUR BASNET  
 KAMAL BISHWAKARMA  
 KAMAL DANGAURA  
 KAMAL GHARTI MAGAR  
 KAMAL JIREL  
 KAMAL PRASAD BHUDHA  
 KAMAL PRASAD NEUPANE  
 KAMAL RANA MAGAR  
 KAMALA BHANDARI  
 KAMALA CHHETRI  
 KAMALA KC  
 KAMALA KHADKA  
 KAMALA KUMARI CHETTRI  
 KAMALA KUMARI RAI  
 KAMALATHEVY  
 KAMAN SING RAI  
 KAMAN SING TAMANG  
 KAMI OPOI LAL  
 KAMLESHYADAV  
 KAMRUL MD ISLAM  
 KANCHHA MAN MUKTAN  
 KANCHHI GURUNG  
 KANCHHI LAMA  
 KANCHHI MAYA SYANGTAN WAIBA  
 KANCHI MAYA TAMANG  
 KANIKAMARY A/P A S THOMAS  
 KANU BIKES SAH  
 KAPIL DEV PRASAD KEWAT  
 KAPIL KUMAR KHATRI  
 KAPIL MAHARJAN  
 KAREEMAH BINTI HAJI ISMAIL  
 KARNA BAHADUR KAMI  
 KARU MAYA TAMANG  
 KARUNA DANUWAR  
 KASHI RAM KAMI  
 KAVTHAMI A/P K. TAMIL MARAN  
 KAYET  
 KC RAM BAHADUR  
 KEDAR NATHAN GUPTA  
 KEDAR PRASAD ADHIKARI  
 KEDAR PRASAD PUDASAINI  
 KERK SEW  
 KESH BAHADUR GYAWALI  
 KESHAB K C  
 KESHAB PRASAD POKHREL

KESHAR BAHADUR THAPA  
 KESHAR BAHADUR KHADKA  
 KESHAR MANTHEENGH  
 KESHAR RAJBANSHI  
 KESHARYOGI  
 KEWATRI NATHYOGI  
 KHADGA BAHADUR BASNET  
 KHADGA RAJ RAI  
 KHADIJETOU JEUDA  
 KHADKA BAHADUR BISHOKARMA  
 KHAGENDRA BUDHA  
 KHAGENDRA CHAUHAN  
 KHAGESHWAR KARKI  
 KHALID ADEN ALI  
 KHAMA NATHAN A/L KERISHENAN  
 KHAMBAHOSE KHATRI  
 KHATERA NEIKZAAD  
 LAUREN AGUSTIN ESPIRITU  
 KHATRI HARI BAHADUR  
 KHAWAS SUNIL  
 KHEM BAHADUR THING  
 KHEM NARAYAN SHARMA  
 KHEM RAJ KC  
 KHEM RAJ MAGAR  
 KHET BAHADURTHAPA MAGAR  
 KHIKSHYA THAPALIYA  
 KHIL BAHADUR RAI  
 KHIM KHATRI  
 KHIM PRAKASH KAMI  
 KHMAM WANTANKI  
 KHUM BAHADUR DARAI  
 KHURSAID SAI  
 KIEW BOON SIEW  
 KIRAN RANA MAGAR  
 KISAN SUNAR  
 KISHOR KHADKA  
 KISHOR LIMBU  
 KISUNDEV MAHATO  
 KOHAR BEERENDRA  
 KOK GOH WAI  
 KOK HON FAH  
 KOK PIN PIN  
 KOKILAVANI A/P JEGANATHAN  
 KOPILA GIRI  
 KOPILA PANT  
 KRANTI KUMARYADAV  
 KRIPANAND SAH  
 KRIPARAM CHAUDHARY  
 KRISHALA THAPA  
 KRISHANA KUMAR  
 KRISHNA BAHADUR B.C.  
 KRISHNA BAHADUR BHUJEL  
 KRISHNA BAHADUR HAMAL  
 KRISHNA BAHADUR KC  
 KRISHNA BAHADUR KUMAL  
 KRISHNA BAHADUR SAUD  
 KRISHNA BASNET  
 KRISHNA GIRI  
 KRISHNA KUMAR GHISING  
 KRISHNA KUMAR PUN  
 KRISHNA KUMAR THAPA KSHETRI  
 KRISHNA KUMARI SUNUWAR  
 KRISHNA NAYAK  
 KRISHNA PRASAD DAHAL  
 KRISHNA PRASAD KHATIWADA  
 KRISNA VENI BALAKRISHNAN  
 KRITA BAHADUR KARKI  
 KUA KEE HO  
 KUBER OLI  
 KUL BAHADUR GAHA MAGAR  
 KUL BAHADUR GARTI MAGAR  
 KUL BAHADUR JOGI  
 KUL PRASAD KAFLE  
 KUL PRASAD SAHUTHOKI  
 KULARAJ BHATTARAI  
 KUMAR BAHADUR NEPALI  
 KUMAR BHANDARI  
 KUMAR DANGOL  
 KUMAR DANUWAR AJAP  
 KUMAR DONG  
 KUMAR RAI  
 KUMAR SING TIMBA  
 KUMARTAMANG  
 KUMARTHAPA  
 KUMARAN A/L K.APPUKUTTI  
 KUMARAN A/L NEVETHANKRISHNAN  
 KUMARI DEVI MAHATO  
 KUSHAL MANGRATI  
 L. VALLIAMAH  
 LABIN KULUNG  
 LADMAYA BUDHA  
 LAI WEI HONG  
 LAILA G. ORPILLA  
 LAJJWATI DURA  
 LAKPA YANGDI SHERPA  
 LAL BABU RAYADAV  
 LAL BAHADUR BAGALE MAGAR  
 LAL BAHADUR GHARTI  
 LAL BAHADUR LIMBU

LAL BAHADUR PULAMI  
 LAL BAHADUR PUN MAGAR  
 LAL BAHADUR ROKA  
 LAL BAHADUR SHAHI  
 LAL BAHADUR SHREES  
 LAL BAHADUR SOMAI MAGAR  
 LAL BAHADUR THAPA  
 LAL BAHADUR YONJAN  
 LAL CHANDRA GAHATRAJ  
 LAL KANCHHA DONG  
 LAL MOTI LIMBU  
 LALIT BAHADUR BIST  
 LALIT NARAYAN CHAUDHARY  
 LALITA KAMI  
 LALITA RAI  
 LALMATITHAPA  
 LAUREN AGUSTIN ESPIRITU  
 LAXMAN CHAUDHARY  
 LAXMAN LUNGBA  
 LAXMAN SINGH  
 LAXMAN TIMILSENA  
 LAXMI BASNET  
 LAXMI BK  
 LAXMI BOHARA  
 LAXMI DEVI BOGATI  
 LAXMI DEVKOTA  
 LAXMI LUNGELI MAGAR  
 LAXMI MAHATO  
 LAXMI MAYA TAMANG  
 LAXMI MUSHAR  
 LAXMI RAI  
 LAXMI REULE  
 LEE ENG SIN  
 LEE KAM MENG  
 LEELA A/P APPUDURAI  
 LEKH BAHADUR GURUNG  
 LEONG HUNG YIN  
 LHAKPA DOHA SHERPA  
 LIEW HAN ENG  
 LIEW KIM LUAN  
 LIEW KOON YING  
 LILA BAHADURTHAPA  
 LILE BAIJALI  
 LIM DOW SENG  
 LIM MOK SANG  
 LIM TIOW KEONG  
 LIMBU MANITA  
 KRISHALA THAPA  
 LING CHEK HUI  
 LOH CHEN NA  
 LOK BAHADUR ALE  
 LOK BAHADUR B.K.  
 LOK BAHADUR LIMBU  
 LOK BAHADUR PUN  
 LOK BAHADURTHAPA  
 LOK MAYA MAHATO  
 LOKENDRA SINGH MAHATA  
 LOKENDRA TAMANG  
 LOKMAN HOSSAIN  
 LOKNATH KHAWAS BHUJEL  
 LULAT BISHTA  
 M.SIDAIO  
 MACHINDRA RAI  
 MADAN BAHADURTHAPA  
 MADAN KHAPANGI  
 MADAN PAUDYAL  
 MADAN RAM  
 MADAN TAMANG  
 MADAV RAI  
 MADHAV RIMAL  
 MADHAVI A/P MAYAPPAN  
 MADHU KUMARI GURUNG  
 MADHUKAR BUDHA MAGAR  
 MAGAR UMA KUMARI  
 MAHADEV PARIYAR  
 MAHADEV PASMAN  
 MAHADEV THAKUR HAJAM  
 MAHARA JAYNATH  
 MAHATO SHIV CHARAN  
 MAHENDRA BAHADUR BHANDARI  
 MAHENDRA MUKHIYA  
 MAHENDRA PUN MAGAR  
 MAHESH BAL  
 MAHESH KUMAR PAUDEL  
 MAHESH RAI  
 MAILA GURUNG  
 MAKAR DHOJ THARU  
 MALIKA MALAIKHAF  
 MAMA MOHAMED VALL BOUNA  
 MAMATA PUN MAGAR  
 MAMINDRA HANGSARUMBA  
 MAN BAHADUR  
 MAN BAHADUR BITALU  
 MAN BAHADUR BUDHA  
 MAN BAHADUR GURUNA  
 MAN BAHADUR GURUNG  
 MAN BAHADUR KUMAL  
 MAN BAHADUR SYNGTAN  
 MAN BAHADUR BAL  
 MAN KUMAR KAMI  
 MAN MAYA SUNAR

MAN PRASAD SUNAR  
 MANOJ DASH  
 MANDAL SAROJ KUMAR  
 MANDEV ALE  
 MANDIRA PATHAK  
 MANDIRA PATHAK  
 MANGAL BAHADUR ROKA  
 MANI KUMAR RAI  
 MANISH BHATTARAI  
 MANISH KHADKA  
 MANISHA BK  
 MANISHA DANGI  
 MANISHA DHUNKEL  
 MANISHA KUMARI SINGTAN  
 MANOHAR PANDEY  
 MANOJ KUMAR LIMBU  
 MANOYADAV  
 MANSING OLI  
 MANSOUR MOHAMED TOOM  
 MOHAMED  
 MANTA LAL THARU  
 NABIN KUMAR YADAV  
 MANU SOMAI MAGAR  
 MARIAN ABDIRAHIM AHMED  
 MARINA ANAK KICHEN  
 MAUSAM RAI  
 MAYA DEVI NEUPANE  
 MAYA KHAPUNG  
 MD AKKASUDDIN  
 MD IBRAHIM GAZI  
 MD MONTU ALI  
 MD NZRUL ISLAM  
 MD RAKIB HASSAN  
 MD ROKE HOSSAIN  
 MD SAHADAT HOSSIN  
 MD SALIM MIA  
 MD SORWAR ALAM  
 MD. RASEL KHAN  
 MD.NAZRUL ISLAM  
 MEGH BAHADUR ALE MAGAR  
 MEGH BAHADUR LAMA  
 MEGHRAT OLI  
 MEKHA BAHADUR GURUNG  
 MEKHA NARAYAN SHRESTHA  
 MEN GHALE  
 MENGHALAL KHADKA  
 MENRAJ BASNET  
 MENUKA ADHIKARI  
 MENUKA RAI  
 MENUKA SHRESTHA  
 META DINESH KUMAR  
 MIKMARTAMANG  
 MILAN BISTA  
 MILAN CHHETRI  
 MILAN GADTAULA  
 MILANTAMANG  
 MILAN UPERKOTI  
 MIN BAHADUR CHHANTELL  
 MIN KUMARI RANA  
 MIN KUMARI SUNUWAR  
 MIN RAJ GAUTAM  
 MINA BHARTI GIRI  
 MINDAWA SHERPA  
 MIRA GURUNG  
 MIRA JHATI MAGAR  
 MITHILA DEVI  
 MITHU SUNAR  
 MITHUN KUMAR CHAUDHARY  
 MITRALAL POUDEL  
 MNOJ KUMAR MAHATO  
 MOHAMAD B BADROL  
 MOHAMAD NASIR B HUSIN  
 MOHAMAD ZULFIQAR B NOOR ALI  
 MOHAMMAD ABDULLAH  
 MOHAMMAD FARUK  
 MOHAMMAD SURUJJAMAN  
 MOHAMMD IFTAKER ALAM  
 MOHAMMED ALI KHALED ALRADHY  
 MOHAMMED GAMIL SALLAM  
 MOHAN BAHADUR KUMAL  
 MOHAN BAHADUR RAUT  
 MOHAN CHAMAR  
 MOHAN LAL DANGI  
 MOHAN SAMSOHANG  
 MOHAN SHING LAMA  
 MOHANA SUNDARAM A/L MANIAM  
 MOHANPUN  
 MOHD AKABAR B MOHD RAFIG  
 MOHD EDY BIN KASIM  
 MOHD NOR RASHID B KAMARUDDIN  
 MOHD RAMLI B MOHD BAKI  
 MOHD. NAZRIE B IBRAHIM  
 MOLAHU LOADH  
 MOLINA POLONGI  
 MONA HOUSSEIN RAMADAN  
 MOUHAMED  
 MONA HUSSEIN ALSAYED  
 MOHAMED  
 MONICA NG MOY LEE  
 MOTALEB

MOTI BUDHATHOKI  
 MOTILAL BISHWAKARMA  
 MOUSA ABDO HASAN AL-FAKIH  
 MR SUPENDRA GHISING  
 MUHA ABDI GAHNUG  
 MUHAIMIN B SHAMSUDDIN  
 MUHAMMAD AFIQ  
 MUHAMMAD ASYRAFF BIN ABDUL RAHMAN  
 MUHAMMAD SALEH B JAMADI  
 MUKESH ACHARYA  
 MUKESH GHARTI MAGAR  
 MUKTI NATH DAHAL  
 MUM BAHADUR PUN  
 MUNA DEVI RAI  
 MUNA GURUNG  
 MUNA RAUT (THAPA)  
 MUNA SALMAN HANDAG  
 MUSKAN THAPA MAGAR  
 MUWIANDY A/L KRISHNAN  
 NABIN KHADKA  
 NABIN KUMAR YADAV  
 NABIN MAHATARA CHHETRI  
 NABIN RAI  
 NABINA BHOLAN  
 NABINA GURUNG  
 NABRAJ GHARTI MAGAR  
 NADIA IBRAHIM ABDU  
 NAHIDAH IBRAHIM HAMDADI  
 NAJMA IBRAHIM MOHAMMED  
 NAKUL RAJ GIRI  
 NAM RAJ NEUPANE  
 NAMENDRA RAM  
 NAND LAL MANDAL  
 NANDA KUMAR PUN MAGAR  
 NANDA KUMAR RAI  
 NANDA KUMARITHAPA  
 NANDU MAHATO  
 NANDU SURU MAGAR  
 NANI KUMARI RAI  
 NANTHA KUMAR  
 NAR BAHADUR BADHI  
 NAR BAHADUR OLI  
 NAR BAHADUR SUNAR  
 NAR PRASAD PHAGO  
 NARAYAN NEUPANE  
 NARAYAN BAHADUR PURBACHANE  
 NARAYAN BASNET  
 NARAYAN BHUSAL  
 NARAYAN BK  
 NARAYAN DAT DEVKOTA  
 NARAYAN NAGARKOTI  
 NARAYAN PRASAD ACHARYA  
 NARAYAN PRASAD SARMA  
 NARAYAN SINGH GHALAN  
 NARAYAN SUBEDI  
 NARENDRA BAHADUR KC  
 NARENDRA LIMBU  
 NARENDRA RAI  
 NARENDRA RANA  
 NARESH KUMAR RAI  
 NARMAYA KUMAL  
 NASEER AHMED  
 NAVIN BHANDARI  
 NAWARAJ PURI  
 NAYANDRA BAHADUR KHADKA  
 NETRA BAHADUR SHRESTHA  
 NETRA MANI ACHARYA  
 NETRA PRASAD PYAKUREL  
 NGAMAN TAMANG  
 NIKESH KATWAL  
 NIL BAHADUR PACHABHAIYA  
 NILAM RAI  
 NIM BAHADUR KHADKA  
 NIM BAHADUR PUN  
 NIM LAL BHANDARI  
 NIMTENJU SHERPA  
 NINGBA TAMANG  
 NIR MAYA THAPA  
 NIR PRASHAD ADHIKARI  
 NIR SANKAR GALAN  
 NIRAJ ADHIKARI  
 NIRAJ THAKUR LOHAR  
 NIRAJAN CHANEL  
 NIRAJAN CHAUDHARY  
 NIRANJAN MAHATO  
 NIRANJAN NEUPANE  
 NIRMALA B.K  
 NIRMALA BHANDARI  
 NIRMALA GHARTI MAGAR  
 NIRMALA GHARTHI  
 NIRMALA SUNUWAR  
 NIROULA THAMARAJ  
 NISA DARJEE  
 NISHA ADHIKAR  
 NISHA ADHIKARI  
 NISHA BARAILI  
 NISHA TAMANG  
 NITESH KUMAR CHAUDHARY  
 NITYADEV KC

NOOLD BIN JANITIUS  
 NOOR AZMA BT AHMAD  
 NOOR RASYIDAH BINTI MUJAHID  
 NORLELA BINTI BRAHIM  
 NORMA BINTI ISMAIL  
 NOUREDDINE AZALI  
 NUMITA MAHATO  
 NUR SOLEHAH BT IBRAHIM  
 NURMAIZAN BINI HAMRI  
 NURMAL A/L KALIMUTHU  
 OBAIDA ABO ARABI  
 OLI SHOUBHA DEVI  
 OM BAHADUR DAMAI  
 OM BAHADUR LIMBU  
 OM KUMAR ADHIKARI  
 OM MATITHAPA  
 OM MAYA NARAYAN SHRESTHA  
 OM NARAYAN SEBUJA PUN  
 OM PRAKASH THARU  
 OM PRAKASH DANGI  
 OM RAJ BAL  
 OMA MAYA CHAPAGAI  
 OMAHDI RKIA  
 OMNATH ADHIKARI  
 OOI CHENG KOOI  
 OSAMA EDDIN SAAD  
 OUILY BACHIR  
 PABAM PAUDEL  
 PABAN SHRESTHA  
 PABINDRA BAHADUR SHAHI  
 PABITA OLI  
 PABITRA BOHARA  
 PABITRA BUDHATHOKI  
 PABITRA GHIMIRE  
 PABITRA KHADKA BOHARA  
 PABITRA SUBEDI  
 PADAM BAHADUR DHAMI  
 PADAM BAHADUR RAI  
 PADAM LAL THAPA  
 PAKHRIN GANGA LAL  
 PALSANG LAMA  
 PANCHA MAYA TAMANG  
 PANDIAN A/L SENGKOTAYAN  
 PARASHWAR UPADHYAY  
 PARASU RAM THAPA  
 PARASWOR NEUPANE  
 PARBATA GHIMIRE SAPKOTA  
 PARBATI THAPA  
 PARBATI GHARTI MAGAR  
 PARBATI KUMARI GIRI  
 PARBATI OLI  
 PARBATI RAI  
 PARDEEP GIRI  
 PARI MAYA SUNUWAR  
 PARIBARTAN BK  
 PARIKSHA LAMICHHANE  
 PARIYAR GANESH  
 PARKASH OLI  
 PARKESH OLI  
 PARSHU RAM CHAUDHARY  
 PARSURAM KHADKA  
 PASANG SHERPA  
 PASHANG CHHOKI SHERPA  
 PASHUPATI NATH CHAI  
 PASHUPATI PANDEY  
 PASUPATI DEVI SWAR  
 PASWAN ABHISHEK  
 PATEL NIRAJ KUMAR  
 PATIRAM CHAUDHARY  
 PATMAVATHI A/P NAGALINGAM  
 PAUSH LAL MAJHI  
 PAVITHRA A/P ARUJUAN  
 PAVITRA DHAMI  
 PAWAN KUMAR BARAI  
 PAWAN MAHARA  
 PEMBA TAMANG  
 PHADINDRA SHRESTHA  
 PHAN VANNAK  
 PHANENDRA OLI  
 PHARK BAHADUR BUDHA  
 PHATTA BAHADUR BHANDARI  
 PHUL MAYA TAMANG  
 PHULGEN KUMAR YADAV  
 POMRAJ GURUNG  
 POOZA BASNET  
 POSHLALTAJPURIYA  
 PRABIN KHATRI  
 PRADEEP RIJAL  
 PRADEEP SHRESTHA  
 PRADIPA RAI  
 PRAKASH PUN MAGAR  
 PRAKASH BUDHATHOKI  
 PRAKASH KHADKA  
 PRAKASH LIMBU  
 PRAKASH RAI  
 PRAKASH RAI  
 PRAKASH RAMAULI  
 PRAKASH SARKI  
 PRAKON A/L WEE CHIAN  
 PRAMILA RAI



PRAMILA RAI  
PRAMILA SHRESTHA  
PRAMOD KUMAR MAHATO  
PRASAD A/L SANGGU  
PRASANT KUNWAR  
PRASHAD BK  
PRASHANT DANGI  
PRATAP SAPKOTA  
PRATIMA PAUDEL  
PREETI SHRESTHA  
PREM BAHADUR BUDHA  
PREM BAHADUR GOLE  
PREM BAHADUR KAMI  
PREM BAHADUR KHADKA  
PREM BAHADUR MAGAR  
PREM BAHADUR NEPALI  
PREM BAHADUR RANA  
PREM BAHADUR TAMANG  
PREM BAHADUR THAPA  
PREM CHAUDHARY  
PREM CHAUDHARY  
PREM KUMAR RAI  
PREM MAYA SHRESTHA  
PREM PRAKASH KHADKA  
PREM PRAKASH OLI  
PREM SINGH DHAMI  
PREM SINGH THAGUNNA  
PREMLAL MAHATO  
PREMLAL RAI  
PRITAM RAI  
PRITHAVI RAI  
PRITHBI BAHADUR GHISING  
PRITHIVI BHANDARI  
PRIYANKA KUMARI CHAUDHARY  
PRIYANKA PAUDEL  
PUJA MUKTAN  
PUN INDU  
PUNAM GUBHAJU  
PUNARDIP RAI  
PURANATHANAPAKIAM A/P  
PL KARY  
PURNA BAHADUR GHURUNGE  
PURNA BAHADUR K.C.  
PURNA BAHADUR KHADKA  
PURNA BAHADUR RIJAL  
PURNA BAHADUR THAPA  
PURNA JYOTI PUN  
PURNA MANI RAI  
PURNA MAYA MAGAR  
PURNA PARSHAD PAUDEL  
PURNAMALA PUN  
PURNI GURUNG  
PURNIMA BUDHA MAGAR  
PURNIMA THAPA  
PUSKAL SHINGH DHANADI  
PUSKAR PARIYAR  
PUSPA DEVI DEVKOTA  
PUSPA PARAJULI  
PUSPA PUN MAGAR  
PUSTA KUMAR SHRESTHA  
PUVENESWARY A/P RAJENDRAN  
PYAR SING MUKTANG  
R NADUNCHEZHIAN A/L  
RAJOO  
RABIN LAMICHHANE  
RABIN LAWATI  
RABIN TAMANG  
RABINA BK  
RABINA KARKI GIRI  
RABINA MANANDHAR  
RABINA SHAHI  
RABINDRA KUMAR MANDAL  
RACHIDA ZAIM  
RADEN BIN MOHD  
RADHA KRISHNA SHARMA  
RADHIKA OLI PUN  
RAI BHOJ KUMAR  
RAI JAGAT SING  
RAI MOHAN  
RAJ KUMAR CHAUDHARI  
RAJ KUMAR KHAWAS  
RAJ KUMAR MAHATO  
RAJ KUMAR MAHATO  
RAJ KUMAR PAL  
RAJ KUMAR RAI  
RAJ KUMAR RAI  
RAJA BABU PRASAD KALWAR  
RAJA GHALE  
RAJA PUN  
RAJA RETHINAM A/L MURUTTEY  
RAJALETCHEMY A/P RAJRETNAM  
RAJAN BUDHATHOKI  
RAJAN PAHADI  
RAJANI CHAUDHARY  
RAJENDRA RAHU MAGAR  
RAJESH KHATRI  
RAJINDRA MALLAH  
RAJIV KUMAR  
RAJKUMAR BK

RAJLAL SHAH  
RAJMAN CHAUDHARY  
RAJOO A SIRVATHAM  
RAJU BK  
RAJU DAMAI  
RAJU JHAKRI MAGAR  
RAJU LAL KAHAR  
RAJU OLI  
RAJU SAHANI  
RAJU THAKURI  
RAJVIR SINGH A/L PRANMEET  
SINGH  
RAJYASWORI PRAJAPATI  
RAKESH A/L BASKER  
RAKIB  
RAM AKBAL YADAV  
RAM BAHADUR RAI  
RAM BAHADUR BHATTARAI  
RAM BAHADUR BK  
RAM BAHADUR DANGI  
RAM BAHADUR GURUNG  
RAM BAHADUR KHADKA  
RAM BAHADUR LO  
RAM BAHADUR NEPALI  
RAM BAHADUR SHAH  
RAM BAHADUR SINJALI  
RAM BAHADUR SUNUWAR  
RAM BAHADUR TAMANG  
RAM BAHADUR THING  
RAM CHANDRA MAJHI  
RAM CHANDRA NEPALI  
RAM CHANDRAYADAV  
RAM DHANILAL  
RAM DILIP KUMAR  
RAM GANGA TAMANG  
RAM GOPAL THARU  
RAM HARI KC  
RAM KISUN MEHTA  
RAM KUMAR DANUWAR  
RAM KUMAR RAI  
RAM KUMAR RAM  
RAM LAKHAN RAM  
RAM MANDAL  
RAM MILAN KHATIK  
RAM NAGENDRA  
RAM NAND BK  
RAM NARAYAN MAHATO  
RAM NARAYAN MAHATO  
RAM PRASAD BHATTARI  
RAM PUKAR CHAUDHARY  
RAM RATAN CHAUDHARY  
RAM SHANKAR THARU  
RAM TAMANG  
RAM TAMANG  
RAMA CHANDRA RAO A/L  
SUPARMANIAM  
RAMA SUNUWAR  
RAMANAND CHAUDHARY  
RAMBIR YADAV  
RAMESAH GURAGAIN  
RAMESH BISHWAKARMA  
RAMESH BK  
RAMESH CHAND  
RAMESH DAMAI  
RAMESH GODAR  
RAMESH KUMAR NEPAL  
RAMESH KUMAR SHARDAR  
RAMESH KUMAR SHRESTHA  
RAMESH MALLA  
RAMESH PARIYAR  
RAMESH PATEL  
RAMESH RAI  
RAMESH ROKA KSHETRI  
RAMESH TAMANG  
RAMESHWAR PANDIT KUMHAL  
RAMESWARAN A/L GOPAL  
RAMGOPAL A/L RAJANRAM  
RAMILA RAI  
RAMJI RAI  
RAMKUMAR SAPKOTA  
RAMLAL MAHATO  
RAMLAL PARIYAR  
RAMLI A/L REGIN  
RAMSHARAN NYAUPANE  
RAMSHARAN UPRETI  
RAMSHIV PRASAD YADAV  
RAMSINGH CHAUAN  
RAMU KUMAR SHARAF  
RAN BAHADUR MAGAR  
RAN BAHADUR THAPA  
RANA BAHADUR CHEJUNG LIMBU  
RANA PRASAD OLI  
RANJAM BOX  
RANJANA GURMATHAN  
RANJAY KUMAR YADAV  
RANJIT KUMAR CHAUDHARY  
RANJIT MANDAL  
RANJIT RAM  
RANJITA RAI  
RANUKA THAPA

RASENDRA KUMAR GYANDRIS  
RASILA GURUNG  
RASILA RAUT  
RASIMA BINTI BABA  
RASPAL KAUR A/P NACHHATTAR  
RATAN BAHADUR KHATRI  
RATNA BAHADUR SHRESTHA  
RAUT ARUN KUMAR  
RAVANJIT SINGH A/L SARBAN SINGH  
RAVINDRAN A/L PERISAMY  
RAY YADAV MAHESH  
REBIKA ADHIKARI  
REDOUANE LAALAM  
REENA PRADHAN  
REGBAHADUR PUN MAGAR  
REKHA DEVI TAMANG  
RENUGAH A/P KRISHNAN  
RENUKA BASNET  
RENUKA RAI  
RESAM DAMAI  
RESHAM RAJ SUBEDI  
REWATI PRASAD SAPKOTA  
RICK BAHADUR BAKBAL MAGAR  
RIDHI LAMA  
RIKESH SHAHI  
RIKHI DHAN RAI  
RIM BAHADUR PUN  
RINA KHOJAWR  
RIPBAHADUR RAYA  
RISHI RAJ PARIYAR  
RISHIKAPUR BANTHA  
RITA BISHWAKARMA  
RITA CHANARA BK  
RITA GIRI  
RITA KUMARI THAPA  
RITA SHARMA  
RITA THAPA  
RITA THAPA  
RITADEVI SHAH  
ROBEI ABDENOUR SAAD  
ROBIN TAMANG  
ROHIT DONG  
ROHIT KUMAR KARKI  
ROHIT SHARMA  
ROHIT TAMANG  
ROJJ TAMANG  
ROJUNA NEWPANE  
ROMAN RAI  
ROMAN RAI  
ROMI LAMA  
ROSEMARIE MANALO RESURRECCION  
ROSHAN ALE MAGAR  
ROSHAN BAHADUR BAYAMBU MAGAR  
ROSHAN ITANI  
ROSHAN KAFLE  
ROSHAN RAI  
ROSHAN RAI  
ROSHAN RANA MAGAR  
ROSYIDAH HARAHAP  
ROSZAINI B ZAINAL  
ROYANI IDA  
RUBANAHWATHI A/P SRIHARAN  
RUDRA BAHADUR POUDEL  
RUDRA BAHADUR THAPA  
RUK BAHADUR RAI MAGAR  
RUKMAN BAN  
RUM BAHADUR PALLI  
RUPA KUMARI JARGA MAGAR  
RUPAK SHRESTHA  
RUPESH NEPALI  
RUPNARAYAN DARJI  
RUPNARAYAN MAHATO  
S. SARASA A/P SIKKANAN  
SABIN RAI  
SABINA GIRI  
SABINA SHRESTHA  
SABITA ADHIKARI  
SABITA POKHREL PANTHI  
SABITA RAI  
SABITA THAPA  
SABITRA POUDEL  
SABITRI MAGAR  
SADAN RAI  
SADDAVE MOHAMED EL MOUSTAPHA  
SAGAM LAL LAWATI  
SAGAR NALBO  
SAGAR PUN MAGAR  
SAGAR TAMANG  
SAGER RANA MAGAR  
SAGOR MIA  
SAH ARUN KUMAR  
SAH BAL KISHOR  
SAHANI PHUL SODH  
SAHAR ABDO OTHMAN  
SAHU DIPESH  
SAIF ISMAEL ABOOD AL-DULAIMI  
SAIFUL RIDZUAN BIN MOHD LATIF  
SAIMULLA MIYA  
SAJAN TAMANG  
SAJIB MIA

SAKHAM BAHADUR MOKTAN  
SALIK RAM POUDEL  
SALMA AKTER  
SAMAHAJARA  
SAMINA RAI  
SAMIR GURUNG  
SAMIRA SAMRAN  
SAMIYA MUSA JIBLIL  
SAMJHANA PANTA KHATRI  
SAMJHANA SHRESTHA RAWAT  
SAMJHANA TAMANG  
SAMODH KUMAR MAHATO  
SAMPAL CHRISTY ANTHONY  
SAMPIT YADAV  
SAMSER GOLE  
SAMSIAH BT MOHD ZAID  
SAN BAHADUR ROKA  
SAN FAKIR ANSARI  
SANCHA LAL GOLE  
SANCHITAMANG  
SANG DOMA SHERPA  
SANGARE BADRA ALI  
SANIYA GHIMIRE  
SANJAY BASTOLA  
SANJAY KUMAR KAMAT  
SANJAY KUMAR RAUT  
SANJAY KUMAR SAH  
SANJAY KUMAR YADAV  
SANJAY MAHATO  
SANJAYA MADEMBA LIMBU  
SANJID RAI  
SANJIP BHUJEL  
SANJIP KUMAR YADAV  
SANJIP MAHARA  
SANJU KUMAR CHAUDHARY  
SANNY SUBBA  
SANTA BAHADUR BUDHA  
SANTA BAHADUR LAMICHHANE  
SANTA KHATRI  
SANTARAJ CHAUDHARY  
SANTI KERUNG  
SANTOSH ACHARYA  
SANTOSH DHAKAL  
SANTOSH JIREL  
SANTOSH KUMAR DAS  
SANTOSH KUMAR MAHATO  
SANTOSH KUMAR SARDAR  
SANTOSH KUMAR YADAV  
SANTOSH MANDAL KHATBE  
SANTOSH NEMBANG  
SANTOSH RAI  
SANTOSH RAI  
SANTOSH ROKA  
SANTOSH TAMANG  
SANTOSHI THAPA MAGAR  
SANWA LIMBU MAHENDRA  
SAPANA BUDHA MAGAR  
SAPKOTA BINOD  
SARA A.M ALASHOAR  
SARASVATHI A/P THANGAVELOO  
SARASWATI PRASAD RAJBANSHI  
SARAVANAN A/L MUNUSAMY  
SARBAN CHAUDHARY  
SARDA POKHREL  
SARIFAH BTE RUKIMON  
SARITA DEVI KHAWAS  
SARITA DEWAN  
SARITA KC  
SARITA KUMARI BANIIYA  
SARITA KUMARI LUNGBA  
SARITA RAWAL (THAPA)  
SARITA TAMANG  
SARKI BAL BAHADUR  
SARMILA GHISING MAGAR  
SARMILA MUKTAN  
SARMILA SUNAR  
SAROJ CHAUDHARY  
SAROJ KHATIK  
SAROJ MAHATO SUDI  
SAROJ NEPALI  
SAROJ PARIYAR  
SAROJ RAJ UPADHYAYA  
SARSWATTI TRIPATHI  
SARU BAHADUR MAGAR  
SARU DEU SING  
SASHANK BHATTARAI  
SASIKUMAR A/L KRISHNASAMY  
SATIMIN BIN ASRAN  
SAUBHAGYA GAUTAM  
SAYEM GAZI  
SENTIL A/L VNARASIMMAN  
SER BAHADUR DHARIKAR  
SHAHABUD DIN  
SHAHADOT HOSSAN  
SHAHYAM BAHADUR  
SHAILEDRA KUMAR RAI  
SHAKTI KIRAN BC  
SHAMBU PRASAD SAH  
SHAMJANA TAMANG  
SHANKAR BAHADUR BIST

SHANKAR BAHADUR KATWAL  
SHANKAR PARIYAR  
SHANKAR PUN  
SHANTA POUDEL  
SHANTI GURUNG  
SHANTI KISAN  
SHANTI KUMARI PULAMI MAGAR  
SHARADA WAGLE SAPKOTA  
SHARISHMA YOUNJAN  
SHASILA BASNET  
SHAURAV KUMAR CHAUDHARY  
SHELKU TAMANG THAPA  
SHER BAHADUR BC  
SHER BAHADUR BUDHA  
SHER BAHADUR GURUNG  
SHER BAHADUR SOMI MAGAR  
SHIKHAR PUN MAGAE  
SHIRL PHANG MEI HONG  
SHIV KUMAR CHAUDHARI  
SHIV KUMAR MANDAL  
SHIV KUMAR SAH  
SHIVA NANDA THAKUR  
SHIVA PRASAD SIMKHADA  
SHIVAKANT MAHATO  
SHIVALAL BHUSAL  
SHOBHA BK  
SHOBHA GHIMIRE  
SHOBHA RAI  
SHOBHARAM BISTA  
SHOM BAHADUR TAMANG  
SHOVA SARMA LAMICHHANE  
SHRAWAN MANDAL  
SHREE DHARYOGI  
SHREE KANTA BAGALE TAMANG  
SHREE KUMAR YAKHA  
SHREEBHAGWAN SAHTELI  
SHREERAM KUNWAR  
SHREERAM NAU  
SHRESTHA GANGA BAHADUR  
SHRIJANA LIMBU  
SHUHAIDA HANIM BINTI MOHAMAD  
SUHANE  
SHUSAN RAI  
SHUSHILA KHADKA  
SHYAM BABU CHAUDHARY  
SHYAM BAHADUR BK  
SHYAM BAHADUR MAJHI  
SHYAM KUMAR SAPHI  
SHYAM NARAYAN MAHATO  
SHYAM SUNDAR MAHATO  
SHYAM SUNDAR YADAV  
SHYAM YADAV  
SHYAMA BAHADUR TAMANG  
SHYAMSOWAR MU  
SICIDA MHAMUD MAHAMED  
SIKINDRA MAHATO KOIRI  
SIKINDRA PASWAN  
SILEN SINDU LIMBU  
SIM MOH KWOK  
SIM SIEWTIANG  
SIM YU JUN  
SIM YU SHAN  
SINGNE TAMANG  
SIRIS KARKI  
SIRKAJITAMANG  
SITA BHUSAL  
SITA DEVI SHRESTHA  
SITA GHALE  
SITA KUMARI CHAAD  
SITA MAYA GURUNG  
SITA RAWAL  
SITA SHARMA  
SITA SHARMA  
SITAL CHAUDHARY  
SITAL SHERPA  
SITI FATIMAH BT MUHD RADZI  
SITORANG LISENSIH  
SIVAGURU A/L RAJAGURU  
SIYARAM YADAV  
SK SUMON B MOHAMMAD  
KAIUMUDDIN  
SOBHA BAHADUR KUMAL  
SOBHA KHANAL  
SOM BAHADUR MUKHIYA  
SOM BAHADUR TAMANG  
SOM LAL LAMA  
SOM PRASAD SHRESTHA  
SOMRAJ GURUNG  
SONAM LAMA  
SONI SHERPA  
SONI TAMANG  
SOO SIEW WAH  
SOORYAKUMARA A/L C.APPLANAIDU  
SORPUTI SHERPA  
SOUHAIL ABDELLATIF  
SOUMIA BATAL  
SOVA SHRESTHA  
SRIERAM CHAUDHARY  
SRIJANA RAI

SRIJANA TAMANG  
SUBASTHAMSUHANG  
SUBASH GURUNG  
SUBASH MAINALI  
SUBASH RAMTEL  
SUBBA RAI  
SUBBA SHRESTHA  
SUBINA GHIMIRE  
SUBINDRA THAPA  
SUBINDRA THOKAR  
SUBRAMANIAN A/L NARAYANASAMY  
SUDHIR KUMAR KHADKA  
SUGRIM RAI  
SUHA ABDULA YUSOH  
SUHAIMI BIN ALI HANAFIAH  
SUHARDI B SUKIMAN  
SUJAN BHUSAL  
SUJAN DURA  
SUJAN DUWAL  
SUJIT RAM  
SUK DIKI SHERPA  
SUKADEV RIJAL MAGAR  
SUKANYAA A/P MARIAPPAN  
SUKARDI BIN SOGA  
SUKLAL BK  
SUKRA BAHADUR GHALAN  
SUKRET KUMAR CHOUDHARY  
SUKU KUMARI BOMJAN  
SUKU MAYA TAMANG  
SUMAN BAMJAN  
SUMAN BUDHA MAGAR  
SUMAN GHISING  
SUMAN SAMBAHAMPHE  
SUMAN SHARAMA  
SUMAN TAMANG  
SUMAN THAPA MAGAR  
SUMAN THAPA MAGAR  
SUMAYA HASSAN MOALIM  
SUMAYA MOHAMED AHMED SHARIF  
SUMINA TAMANG  
SUMITRA ACHARYA  
SUMITRA KARKI  
SUMITRA LAMA  
SUMITRA THAPA  
SUNDAR ROKA  
SUNDARAJOO A/L SUBRAMANIAM  
SUNIL DHIMAL  
SUNIL GHIMIRE  
SUNIL KHADKA  
SUNIL KUWAR  
SUNIL YADAV  
SUNITA BHOMJAN  
SUNITA GHARTI MAGAR  
SUNITA KUMARI LUNGBA  
SUNITA NEUPANE  
SUNITA SHAH  
SUNITA THOKAR  
SUNUWAR SUKRARAJ  
SUPPALTAMANG  
SUPPARAMANIAM A/L IRULAPPAN  
SURAJ GURUNG  
SURAJ GURUNG  
SURAJ KHAWAS  
SURAJ PRASAD MANDAL  
SURAJ SUNDASH NEPALI  
SURENDRA BAHADUR SAUD  
SURENDRA HJARA  
SURENDRA PRASAD CHAUDHARY  
SURENDRA PRASAD GHIMIRE  
SURENDRA SAHANI  
SURENDRATHARU  
SURENDRA YADAV  
SURESH DEVKOTA  
SURESH KUMAR YADAV  
SURESH RAI  
SURESH REGMI  
SURESH TAMANG  
SURESH THAPA  
SURESH YOGI  
SURYA BAHADUR CHAUDHARY  
SURYA BAHADUR RUMBA  
SURYA MAYA LAMA  
SURYA NARAYAN CHAUDHARY  
SURYAMAYA GURUNG  
SUSHIL KUMAR MAHATO  
SUSI MARDIANA SIGALINGGING  
SUSIL BASNET  
SUSIL POUDEL  
SUSIL SENTANG  
SUSMI NEPAL  
SUTARMAN B MURO SATIMIN  
SUZANA BINTI MOHD SAINI  
SYAHIDA BINTI CHE ISMAIL  
SYED SHIHAB BIN SYED ABD RAHMAN  
TAERI BT WASNALI NAISINA  
TAK BAHADUR BANTHA  
TAL BAHADUR BHATTRAI  
TAMANG LAL BIR  
TAMANG SANKHA MAYA

TAN SI HAN  
TAN SOH LAN  
TAP BAHADUR KAMI  
TAPTA BAHADUR BOHARA  
TARA BAHADUR DARJI  
TARA BAHADUR TAMANG  
TARA DEBI RANA MAGAR  
TARA DEVI TAMANG  
TARA LIMBU  
TARA RANA MAGAR  
TARJAM MIYA  
TEG BAHADUR ANGDEMBERE  
TEH CHA BOR  
TEHNEE A/P SHANMUGAM  
TEJ BAHADUR ALE MAGAR  
TEJ BAHADUR RUMBA  
TEJENDRA PRAKASH HAMAL  
TEK BAHADUR KHATRIO  
TEK BAHADUR ROKA  
TEK BAHADUR TAMANG  
TEK LAL BAN  
TEKENDRA KHADKA  
TEKMAN ROKA  
TEJING BARAL  
TERILAL MAHARA  
TERIAH RACHID  
THAKUR BAHDUR BOHORA  
THAMIL CHELVAN A/L VALYKAM  
THAN BAHADUR BARAGHARE  
THAPA INDRA BAHADUR  
THAPA MAN BAHADUR  
THARU CHAUDHARY SAROJ KUMAR  
THEBE BEL KUMAR  
THINAGARAN A/L TARMALINGAM  
THIR BAHADUR SHAHI  
THONGKHUN PHON-N  
TIKA DEVI RAI  
TIKA PUNMAGAR  
TIKA RAM RAJ  
TIKARAM CHAUDHARY  
TIKARAM LIMBU  
TIL BAHADUR GHARTI MAGAR  
TIL BAHADUR OLI  
TILAK BAHADUR RAI  
TILAK BAHADUR ALE MAGAR  
TILAK BAHADUR PAUDEL  
TILAK BK  
TILAK TAMATO  
TIN NARAYAN SHRESTHA  
TINAM HANG LIMBU  
TIRTHA BAHADUR BHATARAI  
TIRTHA BAHADUR MAGAR  
TIRTHA BAHADUR WAIBA  
TOL BAHADUR ALE  
TOP BAHADUR GHIMIRE  
TOP BAHADUR KHADKA  
TOP BAHADUR SURYABANSHI  
TOP KUMARI BASNET  
TOPENDRA BHANDARI  
TRAN THI QUYEN  
TUL BAHADUR GURUNG  
TULA RAM SUNAR  
TULASHA KHATIWADA  
TULASI KATUWAL  
TULCA KC  
TULISA KHOJAWR  
TULSI RAM DANGI  
TURKADEVI A/P MADHARAN  
UDAY KUMAR MOKTAM  
UDAYA KANDEL  
UDAYA SHANKAR CHAUDHARY  
UDHAV RAJ PATHAK  
UJARU LAL RAJBANSHI  
UMA KHAN  
UMA POKHREL  
UMATHAPA  
UMAKANTA POUDEL  
UMESH ADHIKARI  
UMESH BAITHA  
UMESH BK  
UMESH KUMAR MANDAL  
UMESH MAGAR  
UMESH PUN MAGAR  
UMESH RAI  
UMESH THAPA MAGAR  
UNIQUE TAMANG  
UPAN SHRESTHA  
UPENDRA KHADKA  
UPENDRA LIMBU  
URMILA LAMA  
URMILA SHARMA  
UTAM TAMANG  
UTHAI KUMAR A/L RETCHNA KUMAR  
UTSAV BIR SING TULADHAR  
UTTAM BAHADUR GOLE  
VESMAN BAIJALI  
VIDHYA A/P MANA MOHAN  
VIM BAHADUR MAGAR  
VIRANRAJ A/L GOVINDARAJ

VISHALYANJAN  
VOTHILAI  
WAN FAIZAH MURSYDAH  
BT WAN JUSOH  
WAN FARIDAH WAN JUSOH  
WARSEH  
WAYLA SING RAI  
WONG CHUN FATT  
YAGYA BAHADUR THAPA  
YAGYA PHUYAL  
YAGYA RAJ BASNET  
YAK RAJ PUN  
YAM BAHADUR ALE  
YAM BAHADUR RANA  
YAM BAHADUR SUNUWAR MUKHIYA  
YAMBU HANG SALTEN RAI  
YAMUNA RAI  
YANGJI PASANG SHREPHA  
YANUS RAI  
YATNA BAHADUR POUDEL  
YEAP LEE AIK  
YENI VALLY PARDEDE  
YENI YULIAWATI  
YEONG HUI PENG (JULIA)  
YEW CHUN JIE  
YOG RAJ BK  
YOGAKUMARI A/P SANKAR  
YONG KUI LAN  
YOUSIF ATALLA YOUSIF  
YOUSUF  
YUGARAJ GAUDEL  
YULI ROHMIYATI  
YUOM YOEUNG  
ZAHEER SALMAN  
ZAID ABDULRIDHA ALQURAIISHI  
ZAINAB AHMED ZAKI ALMEHDHAR  
ZAMZAM AHMED ISMAIL  
ZENaida PINZONTAJIMA  
ZINA SAADEDDIN  
ZOUBEIDA ICHEMKHOU OUMAROU  
ZULAIHA  
ZULKIFLEE MAESA



SARASWATI RAI  
ALBANO GERALDINE  
CHAN TAI HOI  
CHAN CHI BUN  
CHAN CHI FAI  
CHAN LAI LAI  
CHAN MEI MEI  
CHAN SHUI CHU  
CHAN WING KIN  
CHAN YU CHUN  
FUNG HOI CHUN ANTHONY  
HO KAN HOI  
KUNG KING YIN  
LAM WINGTAI  
LAM MEIYEE  
LAW SO CHEN, AGNES  
LEUNG CHI WAI  
LEUNG CHI WAI  
LEUNG KA WING  
LI YAT HUNG  
LI NGAI YAT LEUNG  
LIGAYA FELONIA  
LIMBU WANEM KUMAR INDRA  
SUBBA RABINA  
TONG BELLA WOON JING  
TONG KWAI WAH ALAN  
TSOI CHUN YUAN  
WAI LING CHAN  
WONG KIT  
WONG MARLYN BURCE  
WONG SHUN HEUNG  
WONG YUK CHING



# DXN 德信 Kopi CIVATTINO Coffee 咖啡 DXN

Coffee is one of the most popular beverages in the world, and the world consumption of coffee is difficult to gauge due to the constant increase in coffee consumption trend. Coffee's success as a beverage undoubtedly owes to both its aroma and ability to bring sensory pleasure. Hence, billions of people worldwide have greeted their morning with the aroma of freshly brewed coffee for a chirpy and energetic day.

In line with the increasing coffee consumption trend, there are many brands that have been developed and DXN too is among one of them. DXN has manufactured various types of coffee products since 2004, and you may experience different roast and freshness of the coffee from these products.

咖啡是世上最受欢迎的饮品之一。由于咖啡饮者人数不断持续增加，导致咖啡的消费率难以估计。咖啡之所以能成为最受欢迎的饮品，无疑归功于它的香气及拥有愉悦感官的能力。因此，全球数十亿人都以香浓的咖啡迎接美好的早晨，以及开启精力充沛的一天。

随着咖啡消费量的上升趋势，许多品牌，包括德信也陆续地发展于咖啡业务。自2004年以来，德信已生产了多种咖啡产品，让您体验各种不同烘焙法及持有新鲜度的咖啡。

Kopi adalah salah satu minuman yang terkenal di dunia. Trend pengambilan kopi yang semakin meningkat saban hari telah menyebabkan jumlah pengambilannya sukar untuk dianggarkan. Kejayaan kopi sebagai minuman yang terkenal disebabkan oleh aroma dan keupayaannya untuk memberikan kepuasan kepada deria. Oleh demikian, berjuta penduduk dunia telah memulakan masa pagi mereka dengan lebih ceria dan bertenaga.

Sejajar dengan trend pengambilan kopi yang semakin meningkat, pelbagai jenama kopi telah diperkenalkan termasuklah DXN. DXN telah menghasilkan pelbagai jenis kopi sejak tahun 2004 khususnya untuk anda merasai pengalaman minuman kopi yang berbeza daripada produk-produk ini.



Recently, there is another unique coffee product that was introduced by DXN which is DXN Civattino Coffee, a civet coffee. Have you ever heard about civet coffee? Civet coffee is a type of coffee that is made from undigested coffee beans which were excreted whole in the droppings (excrement/ poop) of the Asian palm civet (cat). It is recognized as the world's most expensive coffee due to the uncommon method of producing and the "special" nature of the coffee.



Kebelakangan ini, DXN telah memperkenalkan sejenis kopi luak yang unik, iaitu Kopi Civattino DXN. Pernahkah anda mendengar tentang kopi luak? Kopi luak adalah sejenis kopi yang dihasilkan daripada biji kopi yang tidak dicerna dengan bahan buangan Asian palm civet (musang). Keunikan dalam penyediaan dan ciri "semula jadi" yang terdapat pada kopi tersebut telah menjadikannya sebagai kopi yang termahal di dunia.

Kopi Civattino DXN amat berbeza daripada kopi luak lain yang terdapat di pasaran kerana ia diproses tanpa melibatkan haiwan. Sebaliknya, ia diperbuat daripada 100% biji kopi yang diperam dalam keadaan yang menyerupai saluran penghadaman seekor musang. Ianya mempunyai aroma yang menyenangkan selain dapat memberikan sensasi dan rasa yang halus dan sederhana.

Tambahan pula, Kopi Civattino DXN diformulasi tanpa gula dan krimer. Ia mengandungi kurang kafein dan kalori berbanding serbuk kopi lain yang berada di pasaran. Anda boleh menambah gula atau susu mengikut selera tanpa perlu risau tentang kemanisan kopi tersebut. Oleh itu, kopi ini merupakan pilihan yang ideal bagi semua lapisan masyarakat.

Untuk menyediakan Kopi Civattino DXN secara mudah dan bijak, anda boleh menggunakan Espresso Kettle DXN. Dengan hanya SATU sentuhan pada Mod pilihan, anda boleh menikmati kopi panas yang penuh dengan aroma sambil melakukan kerja-kerja yang lain. Bagi anda yang selalu aktif dengan aktiviti luar, anda juga boleh menuangkan Kopi Civattino DXN ke dalam OTG Mug DXN supaya anda boleh menikmati kopi semasa berada di luar.

DXN Civattino Coffee is different from other civet coffee in the market as it is an animal-free civet coffee which is made from 100% premium fermented coffee beans, which were fermented in the same environment as in a civet's digestive tract. It has a satisfying deep pleasant aroma besides giving mouthful sensation of a smooth and mild flavour.



In addition, DXN Civattino Coffee is free from sugar and creamer, has less caffeine and calories compared to other instant coffee powder in the market. This allows you to add sugar, cream or milk for your preferable flavour without worrying about the sweetness of the coffee. Hence, it is an ideal choice for people from all walks of life.

For convenient and smart way, you may prepare the DXN Civattino Coffee by using DXN Espresso Kettle. With only ONE touch on the selected Mode, you may enjoy your aromatic hot coffee while you are busy with other aspects of your life. If you would like to have coffee on the go, you may pour DXN Civattino Coffee into DXN OTG Mug too.

近年来，德信推出了一种独特的麝香猫咖啡产品-德信Civattino咖啡。您是否对麝香猫咖啡有所耳闻呢？麝香猫咖啡是一种取自亚洲棕榈果子狸（猫）排泄物（猫屎/排便）中未消化的咖啡豆而制成的咖啡。凭着不寻常的生产方法与其特殊性质，它被公认为世界上最昂贵的咖啡。

德信Civattino咖啡不同于市场上的麝香猫咖啡，因为它是不涉及动物而制成的麝香猫咖啡。德信Civattino咖啡是以类似麝香猫消化道的环境发酵而成的100%优质发酵咖啡豆。除了深刻宜人的咖啡芳香，它也给您带来顺滑与淡淡的口感，绝对能够满足您的味蕾和享受。

此外，德信Civattino咖啡也不含糖分和奶精。相较于市场上的速溶咖啡粉，它仅含有少量的咖啡因及低热量。这让您可以根据您的喜好来添加糖、奶油或牛奶，无忧地调配您喜欢的口味。因此，它绝对是各行业人士的理想选择。

您可以选用德信浓缩萃取壶以方便及快捷的方式来冲调德信Civattino咖啡。只需一键触控于所选模式，您就能在忙碌于其他事务之余，享受浓郁芳香的热咖啡。如果您想随时随地都能享用咖啡，您也可以将冲调好的德信Civattino咖啡倒入德信OTG保温杯中一起携带出门。

**Kick start your day or recharge after lunch with a cup of DXN coffee; will definitely boost your energy for the long day ahead!**

以一杯德信咖啡迎接您美好的早晨或饭后来杯暖乎乎的德信咖啡，一定会让您有个充满乐趣与活力的一天！

**Secawan kopi pastinya dapat membangkitkan tenaga untuk memulakan hari anda untuk sentiasa aktif sepanjang hari.**







## SUCCESS STORY JAMAL SALEH AHMED & NEVIN S.M. HASANAIN



CROWN AMBASSADOR

### Good Morning DXN!

My name is Jamal Almassadi Abu Anasi, from Yemen. I worked in Abu Dhabi, UAE as a policeman, with few thousands Derhams as salary. You know when you are an employee, especially a policeman, more pressure and headache will be loaded in your life. I was an ambitious young man, who keep on thinking all the time on how I can improve my life, especially when I was away from my country and entire family. I am a very simple man, love people and always enjoy sharing my knowledge and life experiences with others.

My journey in DXN starts humbly, 13 years ago, through my cousin, Mr. Ahmad Almasadi, when he traveled from Alshariqa to Abu Dhabi, and he came to my house explaining to me about DXN business and products. Actually, I understand and accepted his explanation, but I was not really believing. But after I started using Ganozhi Toothpaste, my gums were no more bleeding, and that was when everything changed.

I started to learn more about Ganoderma and all DXN products but still could not accept the idea of doing DXN as a business to generate income. I clearly remember the

seminar held in DXN Abu Dhabi by CA Dr. Vasupal from India, who spent more than 10 years teaching economics. He never became a millionaire nor his students, until he was introduced to DXN. He managed to achieve success with hundreds of his students and that shocked me. I insisted to meet him after the seminar and asked more regarding his income. When he shared to me, I got so inspired and decided to be successful in DXN and travel with Dr. Vasupal on TSIP to Swiss that time.

I achieved the Star Diamond status within 1 year and became the first Arab Star Diamond that time. I quit my job as a policeman after my bonus became triple of my salary. I started doing DXN business full time. I enjoy every moment in DXN. It is a great country, I learned lots of lessons that changed my life. Due to residency issues, I moved from UAE to stay in Malaysia where no one knows me. I told my mother that, all the people here will know me very soon. Alhamdulillah, I have achieved the top rank in DXN which is the "Crown Ambassador" this year.

I am thankful to Allah that DXN was put in my way. Thank you to Dato' Dr. Lim for such a great opportunity that have changed the life of people in promoting health, wealth and true happiness. I am also thankful to my great team in more than 60 countries. I have fulfilled my dream to become Crown Ambassador and financially free man and it is not impossible to get here. You too can do it and the opportunity is up for you to grab. You need to have patience, persistence, and hard work to carry this business seriously, and lead your team to achieve success.

Thank you!

“SEE YOU  
AT THE  
TOP”

### 早安德信!

我来自也门, 名叫 Jamal Almassadi Abu Anasi, 是一位警官, 工作于阿联酋并每月领取几千迪拉姆的工资。生活上的压力及烦恼往往成为了人身最大的武器。身为警方人员的我, 需面对的压力更是非凡。我是一个雄心勃勃的青年, 每当出国公差或离开家人时, 一直都顾虑着如何改善并提高生活素质。我为人简单, 喜欢社交也很简乐于分享我的生活知识及经历。

13年前, 经过表兄 Ahmad Almasadi 先生的推荐下, 我与德信的旅程正式开始了。当时, 他从夏尔迦来到了阿布扎比, 并前来我家探访, 同时为我解说有关德信的企业知识及产品简介。我对当时的解说表示理解及认同, 但依然对它持有疑心。使用德信 Ganozhi 灵芝保健牙膏一段日子后, 我发现牙龈不再出血了, 就在此时, 我对德信的看法也有所改变。

我开始对灵芝及德信产品进一步的了解, 但乃是无法接受以德信为企业收入的想法。来自印度的皇冠大使, Vasupal 博士于德信阿布扎比举办的研讨会, 让我留下了深刻的印象。他利用了十多年的心血辅导经济学, 但本身及众多的学生当中, 无有一人成功成为百万富翁。直到加入德信后, 他成功带领着上百人的团队取得成就。这让我感到非常震惊, 也因如此, 我坚持于研讨会结束后与他相见, 并询问有关他的收入。经分享后, 我感到激励并决定于德信取得成就, 励志与 Vasupal 博士一起实现旅游研讨会奖励, 环游瑞士。

一年内, 我终于取得成就, 并当上了当时阿拉伯唯一的钻石明星。随着业务的进展, 我的分红也逐渐飙升。以我警官人员的工资相比下, 它已超出了3倍。因此, 我决定辞去警官的职位, 并以德信为全职业务。我很享受与德信的旅程, 它不但教会我很多人生哲理, 也让我的生活有了美丽的转折。由于民主身份的问题, 我唯有从阿联酋搬迁至陌生的马来西亚。然而, 我很自信的告诉我母亲, 有朝一日, 我一定会成名, 让所有人都记得我。感谢天主, 今年我终于踏上了“皇冠大使”的宝座。

我很感谢天主引导我至德信之旅。感谢拿督林博士创造了如此美好的机会, 让人们获得健康, 财富与真正的幸福。此外, 我也很感谢来自60多个国家的优秀团队。如今, 我已实现了皇冠大使的梦想也从而获得了经济自由。这证明了我的付出都是值得的。想要达成目标, 您需要认真的对此业务给予耐心, 毅力和努力, 这将会带领你的团队取得成就。

谢谢。

我們頂峰見!



### Selamat Pagi DXN!

Saya Jamal Almassadi Abu Anasi, berasal dari Yaman. Saya berkerja di Abu Dhabi sebagai seorang anggota polis dengan gaji sebanyak beberapa ribu Dirham. Apabila anda adalah seorang pekerja, terutamanya seorang anggota polis, lebih banyak tekanan yang perlu anda hadapi. Saya merupakan seorang yang bercita-cita, yang sentiasa berfikir mengenai cara untuk memperbaiki taraf kehidupan saya, terutamanya apabila saya berada jauh dari kampung halaman dan keluarga. Saya seorang yang ringkas, suka bergaul dan gemar berkongsi ilmu dan pengalaman hidup saya dengan orang lain.

Perjalanan saya dalam DXN bermula secara kecil-kecilan, 13 tahun yang lalu, melalui sepupu saya iaitu En. Ahmad Almasadi, apabila beliau datang ke Abu Dhabi dari Alshariqa, dan ke rumah saya untuk menjelaskan kepada saya mengenai perniagaan DXN dan produk-produknya. Sebenarnya, saya memahami dan menerima penjelasan yang telah beliau berikan, tetapi saya tidak begitu memercayainya. Tetapi setelah saya menggunakan Ubat Gigi Ganozhi, gusi saya tidak lagi berdarah dan perkara ini telah mengubah segala-galanya.

Saya mula mempelajari dengan lebih mendalam mengenai selok-belok Ganoderma dan produk-produk DXN tetapi masih tidak dapat memercayai bahawa perniagaan DXN boleh membantu menjana pendapatan. Saya masih ingat lagi sebuah seminar yang telah diadakan di DXN Abu Dhabi oleh Duta Mahkota DR. Vasupal dari India, yang telah lebih 10 tahun mengajar mata pelajaran Ekonomi. Beliau mahupun pelajarannya tidak pernah menjadi seorang jutawan, sehinggalah beliau diperkenalkan kepada DXN. Beliau telah berjaya mencapai kejayaan dengan beratus pelajarannya dan ia telah mengejutkan saya. Saya berkeras untuk berjumpa beliau sebaik sahaja seminar tersebut tamat untuk bertanyakan mengenai pendapatannya.

Apabila beliau berkongsi kepada saya, saya sangat bersemangat dan mengambil keputusan untuk mencapai kejayaan dengan DXN dan mengikut Dr. Vasupal ke TSIP di Switzerland pada ketika itu.

Saya telah berjaya mencapai status Berlian Bintang dalam tempoh setahun dan menjadi Berlian Bintang Arab pertama pada ketika itu. Saya berhenti dari menjadi seorang anggota polis selepas bonus saya mencecah tiga kali ganda lebih banyak berbanding gaji bulanan saya. Saya mula menjalankan perniagaan DXN secara sepenuh masa. Saya menikmati setiap saat dengan DXN. Ianya merupakan satu perjalanan yang hebat, saya telah mempelajari pelbagai perkara yang telah mengubah kehidupan saya. Disebabkan oleh masalah dengan negara mastautin, saya telah berpindah dari UAE ke Malaysia di mana tiada seorang pun yang mengenali saya. Saya berkata kepada ibu saya bahawa tidak lama lagi, semua orang di sini akan mengenali saya. Alhamdulillah, saya telah berjaya mencapai status tertinggi dalam DXN iaitu "Duta Mahkota" pada tahun ini.

Saya amat bersyukur kepada Allah kerana telah dipertemukan dengan DXN. Terima kasih kepada Dato' Dr. Lim atas peluang yang hebat yang telah mengubah kehidupan ramai orang dalam mendapatkan kesihatan yang baik, kekayaan dan kebahagiaan sebenar. Saya juga amat berterima kasih kepada pasukan hebat saya yang berada di lebih 60 buah negara. Saya telah berjaya mengecapi impian saya untuk menjadi seorang Duta Mahkota dan bebas dari segi kewangan, dan tidak mustahil juga untuk anda mencapainya. Anda juga boleh melakukannya dan peluang terbuka luas untuk anda. Anda perlu mempunyai kesabaran, kegigihan, dan kerja keras untuk menjalankan perniagaan ini secara serius, dan ini akan membawa anda kepada kejayaan.

Terima kasih!

“JUMPA ANDA  
DI PUNCAK KEJAYAAN”



# ONE DXN ONE FAMILY

## DXN MALAYSIA 25<sup>TH</sup> ANNIVERSARY AND RECOGNITION 2018





# BE HEALTHY IN A FAST PACED SOCIETY

在忙碌的生活节奏里保持身心健康  
Kekal sihat dalam zaman yang serba pantas



Living on the go seems to be the norm nowadays. In today's fast-paced society, people are finding it harder to eat healthy meals on a regular basis, as people are looking for fast, easy, but good-tasting food to fit their busy lifestyle. Furthermore, food industries are making use of social media and advanced technology in creating food delivery services, breakfast bars, instant food and frozen dinners to make it easier for everyone to have their meals within minutes.

It is well-evidenced that living a fast-paced life has decreased our physical activity level and eventually will increase the occurrence of diabetes, health diseases, obesity, stress, etc. Therefore, in order to fit into this fast-paced society but still maintain a healthy body, eating healthy with a well-planned nutritious meal must be our top priority.

忙碌的生活如今已成为一种常态。快节奏的生活是当今社会面对健康饮食习惯的困扰。正因为人们都在寻找快速、方便即美味的食物，以适应繁忙的生活方式。此外，饮食行业也正频繁利用社交媒体、先进技术及食品配送服务创造出营养早餐棒、即食食品及冷冻食品，让消费者一般都能在几分钟内就餐。

繁忙的生活明显降低了人体的活动水平，继而造成了如糖尿病、健康疾病、肥胖及压力等的发病率持续升高。因此，想要在快节奏的社会里拥有一个健康的身体，健康饮食与精心策划的营养餐，务必成为我们的日常首要任务。

Mempunyai kehidupan yang sibuk adalah lumrah kepada setiap manusia pada hari ini. Dalam zaman yang serba pantas ini, ramai yang menghadapi masalah dengan pemakanan yang sihat, kerana ramai yang mencari makanan yang cepat, mudah, tetapi sedap untuk disesuaikan dengan gaya hidup mereka yang sibuk. Tambahan pula, industri makanan kini menggunakan media sosial dan teknologi yang terkini untuk menyediakan perkhidmatan penghantaran makanan, bar sarapan, makanan segera dan makan malam sejuk beku bagi menjimatkan masa dalam penyediaan makanan.

Kehidupan yang sibuk ini juga menyebabkan kita semakin kurang bersenam dan ini telah mengakibatkan peningkatan jumlah penghidap kencing manis, masalah kesihatan, obesiti, tekanan, dan lain-lain. Oleh itu, untuk menyesuaikan diri dengan keadaan kehidupan sekarang tetapi masih mengekalkan kesihatan yang baik, pemakanan yang sihat dan berkhasiat adalah amat penting.



## Healthier meals / drinks for fast-paced lives

为忙碌的生活提供更健康的膳食 / 饮料

### Makanan / minuman yang sihat

It's always good to prepare our own meals in order to know the ingredients and nutrient content of the food you eat. However, lack of preparation time has limited the interest and opportunity of preparing our own meals. To have a healthy meal in this busy lifestyle, convenient food preparations or the "grab and go" concept will definitely be a good choice for us.

自备的饭食总比在外进来的好，因您不仅可以对食材有更深的了解，也可以从中得知所摄取的营养价值。然而，漫长的制备时间往往限制了个人对准备饭菜的兴趣与机会。为了在繁忙生活中享有一顿健康的美食，简易的套餐或“即吃食品”的概念绝对是当今社会的最佳选择。

Penyediaan makanan sendiri adalah satu langkah yang bijak, memandangkan anda mengetahui mengenai bahan-bahan dan khasiat yang terkandung dalam makanan anda. Walau bagaimanapun, kesuntukan masa untuk menyediakan makanan merupakan salah satu punca ramai orang tidak menyediakan makanan sendiri. Bagi menyediakan makanan yang sihat dalam kehidupan yang penuh tanggungjawab, konsep penyediaan makanan yang mudah dan cepat adalah pilihan yang terbaik.

## Here are some tips for eating healthy that won't put you behind schedule :

以下是一些健康即不耽误您日程的饮食提示：

Berikut adalah beberapa saranan untuk makan secara sihat dengan cara yang mudah dan cepat :

### 1. Choosing healthy instant food, noodles and snacks.



It is undeniable that most people have the preconceived notion that instant noodles are unhealthy. However, instant noodles can also make a healthy meal if we choose noodles made from natural ingredients, products with low trans fat, low saturated fat, low sodium levels and noodles made with the oil-free drying process. In addition, instead of just wheat, adding spinach, pumpkin, Spirulina or Ganoderma in the noodle base will not only increase the nutrient level of the noodle, but will also surely give you a unique and delicious aroma and taste.

None of us can live without taking any snacks. To eat healthier, instead of chips or fries, you may go for healthy snacks such as fruits, nuts, healthy candies, etc. which may provide you with both energy and health benefits at the same time.

### 选择健康的即食食品、面条与零食。

无可否认，多数人都把速食面归类为不健康食品。然而，选用由天然成分制成的面条、低反式脂肪、低脂肪酸、低钠及无油干燥制成的面条也可以成为健康的一餐。此外，除了小麦，在面条上加入菠菜、南瓜、螺旋藻或灵芝，不仅可以提高面条的营养价值，亦能带来独特且美味的味道。

人们对零食的诱惑是无法抗拒的。为了更健康的膳食，您可以选择较健康，并能同时为您提供能量及健康益处的零食以取代薯条或薯片，例如水果、坚果、健康果糖等。

### Pilih makanan segera, mi dan snek yang sihat.

Tidak dapat dinafikan, kebanyakan orang menganggap bahawa mi segera adalah makanan tidak sihat. Walau bagaimanapun, mi segera juga boleh menjadi makanan yang sihat jika kita memilih mi yang diperbuat daripada bahan-bahan semula jadi, rendah dengan lemak trans, lemak tepu, garam dan mi yang dihasilkan melalui proses pengeringan tanpa minyak. Tambahan lagi, selain dari gandum, bayam, labu, Spirulina atau Ganoderma yang ditambahkan dalam campuran mi bukan sahaja dapat meningkatkan khasiat kepada mi, ianya juga dapat memberikan rasa yang unik dan aroma dan rasa yang menyelerakan.

Sudah menjadi kebiasaan kepada kita untuk makan snek. Untuk makan snek secara sihat, selain dari keropok atau kentang goreng, kita boleh memilih untuk makan snek yang sihat seperti buah-buahan, kacang, gula-gula yang sihat dan lain-lain lagi makanan yang boleh membekalkan anda dengan tenaga dan memberi faedah kepada kesihatan dalam masa yang sama.

### 2. Grab and go healthy drinks.

Various types of beverages have been marketed with high levels of sugar and colouring. Put aside those unhealthy carbonated drinks and sweetened beverages and grab some ready-to-drink healthy beverages such as Aloe vera juice, kombucha, fermented drinks or fruit juices that have low sugar contents but are high in health benefits.

### 便利装健康饮品。

如今，市面上拥有各种类型的饮品，但多数含有高糖分及着色剂。与其消费于不健康的碳酸饮品及高糖分饮品，您可以选择健康且具有高营养价值的即喝饮品，如芦荟汁、红茶菌、发酵饮品或低糖分饮品。

### Minuman sihat yang mudah.

Pelbagai jenis minuman yang terdapat di pasaran yang mengandungi kadar gula yang tinggi dan pewarna. Ketepikan minuman berkarbonat dan minuman manis, dan minum minuman yang sihat seperti jus Aloe vera, kombucha, minuman tertapai atau jus buah-buahan yang rendah kandungan gulanya tetapi kaya dengan khasiat.



### 3. Use healthy oils.

Salad with low calories, high fiber and easy preparation is a good choice of healthy food in a fast-paced lifestyle. Prepare your salad with healthier oil such as virgin coconut oil, palm oil, or olive oil, and add some corns, cherry tomatoes, or goji berries for extra colour and crunch.

### 使用健康的油。

在繁忙的生活中，低卡路里及高纤维的易制沙拉，绝对是良好的健康食品选择。在准备沙拉的同时可配上更健康的油，例如初榨椰子油、棕榈油、橄榄油，并加入一些玉米、樱桃番茄或枸杞，将为您的沙拉添加色彩与香脆感。

### Gunakan minyak yang sihat.

Salad yang rendah kalori, tinggi dengan serat dan mudah disediakan adalah pilihan makanan yang baik bagi mereka yang mempunyai gaya hidup yang sibuk. Sediakan salad anda dengan minyak yang lebih sihat seperti minyak kelapa dara, minyak sawit, atau minyak zaitun, dan tambahkan sedikit jagung, tomato ceri, atau buah goji untuk warna dan kerangupan.

### 4. Convenient cooking tools.

Having the right cooking tool may help in saving time and energy. Pressure cookers, smart and multifunctional cooking pots are tools that are regrettably underutilized by many. With these cooking tools, it is not only fast and easy to prepare the food, but it is also extremely healthy. You may put everything into these pots and let it cook while you keep yourselves updated on other aspects of your life.

### 便利的烹饪工具。

拥有恰当的烹饪工具有助于节省时间及体力。但令人遗憾的是许多人至今未能充分使用具有独特功能的气压锅、智能锅或多功能烹饪锅。这些烹饪工具不仅让您快速简单地准备膳食，也能做出丰盛又健康的一餐。您只需将所有食材放入锅内，让它自行操作，并利用等待的时间专注于其他事项。

### Peralatan memasak yang mudah.

Mempunyai peralatan yang sesuai mungkin boleh membantu anda menjimatkan masa dan tenaga. Periuk tekanan, periuk serbaguna adalah antara peralatan yang kurang digunakan oleh kebanyakan orang. Dengan peralatan memasak yang mudah, penyediaan makanan bukan sahaja menjadi cepat dan mudah, tetapi ianya juga sihat. Anda boleh memasakkan pelbagai jenis bahan ke dalam periuk ini dan biarkan ianya masak sementara anda melakukan aktiviti lain.

The key to being healthy is finding balance in your life. To maintain a healthy regime, it is important to enjoy some moderate exercise such as a minimum of 20 minutes of exercise, at least 3 days a week. You may also choose some simple exercises like walking to your office or using the staircase instead of escalator or lift; small actions that could change your life into a much slower pace. Making change not only involves changing the food you eat, but changing your thought patterns that got you to where you are, and also removing bad habits from your life. Hence, it's all in your mind to live healthy in this fast-paced society!

人体健康的关键在于您于生活中寻求平衡点。想要保持一个健康制度，适度的运动是非常重要的，如坚持每周至少3日，每次不低于20分钟的锻炼。此外，您也可以选择一些较简单的运动，例如步行上班、选择使用楼梯而非自动扶梯或电梯等。小小的动作将改变您的生活节奏。这些变化不仅涉及于改变您的饮食习惯，也应涉及您的思维以协助达成目标，并为生活中的恶习做出改变。因此，想要在忙碌的社会中活出健康，一切从心开始！

Langkah penting untuk mengekalkan kesihatan adalah mencari keseimbangan dalam hidup. Untuk mengekalkan rutin yang sihat, kita perlu bersenam sekurang-kurangnya 20 minit bagi setiap sesi, 3 kali dalam seminggu. Anda juga boleh melakukan senaman yang ringkas seperti berjalan ke pejabat atau menggunakan tangga dan bukannya eskalator atau lif; tindakan mudah yang mungkin boleh meredakan kesibukan anda. Berubah bukan sahaja dengan cara pemakanan anda, tetapi mengubah corak pemikiran anda, dan juga menyingkirkan tabiat tidak baik daripada hidup anda. Untuk hidup dengan sihat dalam zaman yang serba pantas ini, segalanya bermula dengan anda.

Be healthy! Be Fit!  
保持良好健康，打造完美身段。  
Sihat! Cergas!



4 DAYS 3 NIGHTS (QSA)

NTSI 2019  
KUALA LUMPUR,  
MALAYSIA

120,000 POINTS

Promo Period :  
FROM 1<sup>ST</sup> JANUARY 2018 –  
31<sup>ST</sup> DECEMBER 2018

5 DAYS 4 NIGHTS (QSD)

ITSI 2019  
SIAM REAP,  
CAMBODIA

380,000 POINTS

Promo Period :  
FROM 1<sup>ST</sup> JANUARY 2018 –  
31<sup>ST</sup> DECEMBER 2018



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