

## The Game Changer Initiative of "FMN-FMA" FUTURIST MOTHERS OF NEPAL

हुनेवाला आमाहरुबाट मात्रै नेपाल तथा विश्वको को समृद्धि सम्भव छ!

“ BE THE ONE,Who makes the Difference - Be a Responsible FMN - Be a Light - Be the First One “

" We shall have to begin with Children & Futurist Mothers (हुनेवाला आमाहरु )” - Mahatma Gandhi

(Children means- early First Nano-Second moment of Pregnancy(Fetus) & Pre-Pregnancy Preparedness of a Futurist Mother! )

(Socio- Economic Status ,Mental,Physical ,Biological, Psychological Health & Financial Freedom of a Futurist Mother matters a lot)

"Be The One Who Makes The Difference !, "Be the Change -Be a Light - Be The First One " - Gandhi

“माहात्मा गान्धी” ले अहिलेको जटिल समस्याको समाधान धेरै पहिला नै बताउनु भएको छ ,तल बर्णन गरिएको नेपाल तथा Asia को Problem (Root Cause ) & Solving को Game Changer को रुपमा आएको हो यो Initiative Project -"FUTURIST MOTHERS OF Asia & NEPAL - हुनेवाला आमाहरुले मात्रै Asia तथा नेपालको समृद्धि सम्भव छ!  
The Game Changer Initiative by - Futurist Mothers of Asia & FMN Nepal -FMN-FMA

*The bitter truth is that Nature has given extra Power to Women (Mother) together with a Sincere & Serious Natural Responsibility. A Futurist Mother is like Soil (जननी माटो ). Scientifically,Soil means the best fertile Soil in which quality seeds yield into the best quality crops & quality Seeds again & the same Quality Seeds are responsible for the best quality offsprings.*

यदि माटोलाइ कुनै पनि समस्या छ भने त्यस माटो बाट expected outcomes पाउन सम्भव हुदैन ,त्यसरी नै हुनेवाला Futurist Mothers लाइ Physically ,Mentally ,Biologically Psychologically ,Financially लगायत समग्ररूपले Prepared नहुदै हाम्रा दिदीबहिनीहरु,छोरी ,बुहारीहरुबाट अभावै -अभाव (Crisis ) अवस्थामा ( Without Any Family Planning ) ,without Preparedness & Accidentally नै कर्णधार बालबालिकाहरु जन्मिने हो भने ,हुनेवाला Futurist Mother हरूबाट Expected ,Healthiest, Constructive कर्णधार बालबालिकाहरु जन्मिन सम्भव छैन ,

-Medical Science अनि Life Science ले यहि भन्छ! Quality Seed & Preparedness to Soil Matters,Hence Preparedness of Futurist Mothers matters a lot ,This is fact of Science !

Quality Product को लागि जसरि माटोको Preparedness ,Proper Planning को अपरिहार्यता छ ,त्यसरी नै हुनेवाला आमाहरु Futurist Mother हरूको Complete Preparedness ( Physical,Biological,Mental & Psychological Health , Financial Freedom -Socio-Economical लगायत ) को अपरिहार्यता छ , यसको लागि हुनेवाला आमाहरु स्वयम र हुनेवाला Father हरू लगायत सबै Stakeholder हरू Responsible हुनु पर्ने देखिन्छ, सुन्दा तितो लागे पनि सत्य यहि हो कि हुनेवाला आमाहरु अलिक बढी नै Sincere /Responsible हुन् पर्ने देखिन्छ,

जिल्ला अदालत तथा सर्वोच्च अदालतको तथ्यांक देख्दा समबन्ध-बिच्छेद Divorce को बढ्दो क्रम Exponential देखिन्छ, अर्थात् बचा जन्मिने भ्रुण अवस्था देखि नौ महिने गर्भ लगायत सुत्केरी बेदना अनि Breast Feeding तथा तोते बोलीको पहिलो पाठशाला अनि Schooling गराउने पहिलो Teacher समेतको जिम्मेवारी Nature ले Futurist Mothers लाइ नै बोकाएको छ ( केहि अपवाद बाहेक) ,अबको हुनेवाला आमाहरुले यो तितो यथार्थ स्वीकार्नु नै पर्छ कि Divorce अब एकदमै नै Common भैसकेको छ ,अदालतको तथ्यांकले नै यो कुराको संकेत गरेको छ ,अर्थात् Pregnancy देखि बचा जन्माउने,हुर्काउने ,बचाको शिक्षा लगायत सम्पूर्ण जिम्मेवारी naturally नै आमाको एकलो काँधमा हुन्छ ,यसमा चाहेर नि अरुले केहि गर्न सकिदैन Nature ले नै यो Extra Responsibility तथा Extra Power Women लाइ मात्रै सुम्पेको छ ,केटाले चाहेर पनि Breastfeeding गराउन सम्भव छैन, त्यसैले त कानुनले समेत बचालाई नाबालिक हुदा सम्म आमालाई नै अधिकार दिएको छ र अधिकार संगै चुनौतिपूर्ण जिम्मेवारी पनि Nature ले Women लाइ एकलै बोकाएको छ ,यो सुन्दा नराम्रो लागे पनि तितो यथार्थ हो तसर्थ Futurist Mother हरुले यो कुरा गम्भिरता पुर्बक विचार गर्नु पर्ने देखिन्छ र Financial Freedom अनि Preparedness नै नभई blindly accidentally unprepared Mother हुनु भनेको जिन्दगि भरि आफु र आफूबाट त्यसरी जन्मिने बचाहरुको बिजोग गर्नु हो, यो तितो यर्थात गम्भिरतापुर्बक मनन गरि आजै देखि Financial Freedom को लागि आफ्नो Entrepreneurship Start-Up को बिउ रोप्न अपरिहार्य छ ,बचा पहिले जन्माउनु भन्दा नि आफ्नो Start Up पहिला जन्माउनु बुद्धिमानी ! बचा पाउनु भन्दा कमसेकम ६/७ साल अघि नै आफ्नो Entrepreneurship Start-Up जन्माउनु र यसरी पहिला Financial Freedom मार्फत Prepared Mother बनेर एउटा Role Model Mother बन्नु नै जीवन सफल हुनु हो ,सबैले हुनेवाला Futurist Mother हरुलाइ Support सहयोग गर्नुपर्छ,यसमा कुनै दुइ मत छैन ,यही उदेश्यका साथ FMN को यो Initiative को सुरुवात गरिएको हो /

Futurist Mothers are more responsible for their Financial Freedom and for their Physical, Biological, Mental, Psychological, Socio-Economic Health & Fitness before they get pregnant accidentally or without Preparedness and without Family Planning. यदि हुनेवाला Futurist Mother हरु Complete Preparedness नै नभई नभई accidentally Pregnant हुदै Unprepared Mother बन्दै जाने हो भने माथि भनिएको समस्याहरुको सामाधान कहिले हुने छैन ,बरु दिन पर दिन अवस्था भयावह हुदै जानेछ,

अर्को एउटा नया ट्रेन्ड त झनै डरलाग्दो छ, Nepal लगायत सबै Asian Countries हरुमा - हुने वाला Futurist Mother हरु स्वदेशमै Pregnant भए पनि बचाको जन्मिने समय नजिक पुग्दा विदेश जाने प्रचलन ! कृपया कसैलाई Hurt गर्ने Intention होइन ,Problem defining को उदेश्यको लागि मात्रै यो उदाहरण दिइएको हो , यस्तै यस्तै अन्य धेरै कुराहरु छन् ,जुन Directly हुनेवाला Futurist Mother हरुलाइ अलिक बढी नै जिम्मेवार हुनु पर्ने तितो यथार्थ एकातिर हो भने हुनेवाला Futurist Mother हरुलाई आफ्नै देशमै Financial Freedom gain गर्दै एउटा Complete Responsible Futurist Mother बन्ने प्रक्रियामा हुनेवाला आमाहरुलाइ सबै सरोकारवालाले Support गर्न तथा त्यस्तो बाताबरण निर्माण गर्न उत्तिकै अपरिहार्य आवश्यकता हो ,तर पनि हुनेवाला Futurist Mother हरु यो तितो सत्यमा सहमत हुनु पर्ने नै देखिन्छ कि Financial Freedom प्राप्त गर्दै Physically, mentally biologically, psychologically आफुलाई Fit & Healthy बनाउनु पर्ने प्रमुख जिम्मेवारी त स्वयम् हुनेवाला आमाहरुकै हो नि ! अरुले त सहयोग गर्ने न हो ,

Financial Freedom is not possible without Entrepreneurship,Job Seeking Career बाट मात्रै Financial Freedom सम्भव छैन ,यो तितो यथार्थ हो ,Job Seeking को भरमा मा मात्रै बस्ने हो भने घुस खाने बाध्यता हुन्छ नै अनि अर्को तितो सत्य कुरा के हो भने लाखौ Graduate हरु Pass Out हुन्छन every year but नेपाल को job Market मा कति नै Job Create हुन्छ र ? Total Pass Out को १ प्रतिशत लाइ नि पुग्ने गरि Job Vacancy खुल्दैन अनि Job Seeking मा नै 100 % Pass Out हरुको Mindset छ ,Job Creating मा कोहि पनि न लाग्ने हो भने Job आफै create हुने होइन नि,Therefore every youth & mainly Women Youth should think, rethink & begin their start-up without delaying as it might take at least 5 years for any

start-up. पहिला पढाई, डिग्री मात्रै फटाफट पुरा गर्छु अनि मात्रै पछि Start Up वा अहिले अझै बेला नै भएको छैन भन्दै दुध खाने बचा नै छु भन्ने भ्रमबाट मुक्त भइ आफ्नो Entrepreneurship शुरु गर्नु बुद्धिमानी हो ,

Business Entrepreneurship को लागि कुनै Degree ले रोकतैन यसको लागि Degree भन्दा नि Business Skill अनि Will Power (इच्छाशक्ति ) तथा Business Plan को Draft मुख्य कुरा हो ! "Doing Business is nothing other than selling your Business Plan & executing your Business Plan". Doing Business is nothing other than addressing the challenges." Doing business is nothing other than solving any problem or defining problem or identifying problem accurately. According to Alibaba Founder & Bill Gates - " If you solve any one problem of this world you become a Billionaire "

नेपालका youth Graduate हरुको मुख्य कमजोरी नै के हो भने कसै संग Proper Drafted Business Plan नै हुदैन अनि अन्दाजी यो र त्यो चुनौतीले गर्दा भन्छन ,be honest yourself and ask yourself ,do you have a draft of your Business Plan yet ? If you are a Female Graduate or Undergraduate or Postgraduate You should take it seriously because you do not have freedom like Males,as Females have to bear with some extra responsibilities of pregnancy ,birthing ,breastfeeding ,babysitting & Medical Science tells that every Female has a deadline of 30 to 32 years of age,It means that Females are required to achieve their financial freedom before the age of 30. Therefore it is essential for every Futurist Mother that They should start up their entrepreneurship by 20 or earlier so that their start up can have more than 5 years. "Learning by Entrepreneurship is the best method of Learning " Entrepreneurship & Study should be side by side (आफ्नो उद्धमको बिज रोप्दै Start Up लाइ संगै बढाउँदै कमाउँदै पढ्दै गर्नु बुद्धिमानी हो खास गरि Futurist Mother's/ Youth Women हरुको लागि )

त्यसै भनिएको होइन नि - जननी जन्म भूमिश्च ..... स्वर्गादपि गरियेसी .....

"जापानको जन त्यो देशको धन ,चाइना को जन त्यो देशको धन ..... " जुनसुकै बिकसित देशहरुले आफ्नो देशको जनशक्तिलाई नै capitalize गरेरै धनि अनि बिकसित भएका हुन् ,यसमा कुनै शंका छैन ,तर अल्प-विकसित अरु बाकि Asian Countries तथा नेपालको तितो यथार्थ ठिक बिपरित छ , दिन पर दिन देशको युवा जनशक्ति देश नै खाली गरेर जाने क्रम एउटा समस्या त छदै थियो त्यसमाथि डरलाग्दो चिन्ता यो थपिएको छ कि हुनेवाला Futurist Mothers - आमाहरु समेत अब यो देश भटाभट छोड्दै बिदेशमै सुत्केरी हुने नया प्रचलनले यो देश कुनै बिन्दुमा पुगेर जनशक्ति बिहिन देश हुने त होइन ? भन्ने चिन्ता समय छदै गरिएन भन्ने नेपालको अस्तित्व माथि नै संकट हुने देखिन्छ,परिकल्पना मात्रै गरम त ,युवा जनशक्ति अनि हुनेवाला आमाहरु बिहिन देशको पुनर्निर्माण अनि सम्बृद्धि कसरि होला र ?

एकातिर एउटा सिंगो Generation नै wrong Teaching Method अनि Wrong Learning Method को शिकार हुदै जुन शिक्षाको लागि ऋण बोकेको छ त्यहि ऋण चुक्ता गर्न को लागि बिदेशिन बाध्य छन् युवाहरु भने अर्को तिर देशलाई चाहिने कर्णधार को जन्म दिने Futurist Mothers- हुनेवाला आमाहरु समेत देश खाली गर्ने होडबाजी नै चलेको छ , यसको लागि सबै जना उत्तिकै जिम्मेवार छन् , तैपनि Problem Solving को सिधान्तलाई मान्ने हो भने यस्तो जटिल समस्याको समाधान तब हुन्छ ,जब Problem accurately define, Identify गर्दै Root Cause finding अनि त्यहि Root Cause लाइ solve गर्न सकियो भने मात्रै Problem solve हुन्छ, Problem Solving को बिश्वब्यापी मान्यतालाई मान्ने हो भने -

"The person who face the problem they only know how to address the problem " if you fail to diagnose the problem accurately you not only fail to solve the problem but you create new problems and make the main problem more complicated" Therefore Futurist Mothers are responsible stakeholders and therefore we all need to help Futurist Mothers towards their preparedness & Financial Freedom !

The bitter truth is that nature has given extra power to women (mother) together with a sincere and serious natural responsibility. A futurist mother is like a soil. Scientifically, soil means the best fertile soil in which quality seeds get yielded into the best crops and quality seeds again and the same quality seeds are responsible for the best quality offsprings.

If there is a problem in the soil, we cannot get expected product from the soil, likewise if a futurist mother has any problem related to biological, physical, mental, psychological and financial problems then she will be ill prepared for motherhood. Similarly, this unplanned, unpreparedness and accidental conception of a fetus leads to unhappiness and destruction along with we cannot expect the healthiest and constructive nation builders.

Medical science and life science says quality seed and preparedness to soil matters. Hence, the preparedness & Financial Freedom of Futurist Mothers matters a lot.

महात्मा गान्धी ले त्यसै भनेका होइनन् नि - “ We shall have to begin with Children & Futurist Mothers “ यसको बारेमा माथि नै चर्चा भैसक्यो ,अर्थात् यो तितो सत्य हो कि नेपाल लगायत प्रायः सबै एसियन देशहरुको प्रायः सबै समस्या को Root Cause Mother ,Father ( Parents ) अनि Teachers ( मास्टर ) संग जोडिन पुग्छ ,किन कि पहिलो शिक्षक स्वयम् आमा नै हुन् भने दोश्रो शिक्षक School College University का मास्टर हरु हुन् , कुनै पनि युवा जनशक्तिको विकाशको क्रम उसको भ्रुण अवस्था देखि नै आमा को कोख रुपी Classroom बाट शुरु हुन्छ ,जसको पहिलो शिक्षक जन्म दिने आमा नै हुन् , पहिलो पाठशाला अनि शिक्षक रुपी आमा ले गिलो माटो जस्तै आफ्नो सन्तानलाई जुन आकार दिन चाहन्छिन बचा ढल्किने त्यतै हो ,यसरि जन्मिएको बचा आफ्नो आमाले देखाएको सपना तिरै motivated हुदै जान्छ ,यो Human Nature नै हो ,यसलाई आधार मान्ने हो भने एउटा Root Cause आमा संग यसरि जोडीन्छ, अर्थात् आमा ले यदि चाहन्छिन कि उनीबाट जन्मिएको युवा देशमै शंघर्ष गरोस भने त्यो युवा पक्कै पनि आमाबाट motivated हुन्छ नै ,तर यदि आमाकै सपना यो छ कि उनीबाट जन्मिएको बचा विदेश जाओस भने यसरि पनि Futurist Mothers संग जोडिन्छ Root Cause .

Medical Science बाट प्रमणित भैसकेको कुरा हो कि “Futurist Mothers -हुनेवाला आमाले आफ्नो भावी सन्तानको बारेमा जे परिकल्पना गर्छिन भ्रुण अवस्था देखि नै त्यो हुर्कदै गरेको भ्रुणमा Mother को सपना अनि परिकल्पना को भूमिका रहन्छ,यसरि हुनेवाला Futurist Mothers संग जोडिन्छ Root Cause !

कुनै पनि Student को बा-आमाले यदि चाहे भने त्यो Student जरुर Learning by doing Method ,Learning by Making Mistakes Method ,Learning by Mentorship ,Learn to Earn जस्तो उपयुक्त Learning Method मा बिद्यार्थी लाइ लैजान सकिन्छ तर यदि बा-आमा ले नै Learning by doing Method बाट पढाई बिग्रिन्छ ,Masters Degree नगरेसम्म कुनै काम गर्नु हुन्न पढाई बिग्रिन्छ भन्दै रोक्छ भने त कसैको केहि लाग्दैन , यसरि पनि Root Cause बा-आमा संग जोडिन्छ ,काम नै नलाग्ने गरि degree को लागि बिसौ - पचासौ लाख सम्म ऋण अनि Risk उठाउन बा -आमा तयार हुन्छन तर केहि उधम व्यवसाय गर्छु भन्दै एउटा युवाले त्यहि बा-आमा संग १ / २ लाख को पुजी माग्दा ,मान्दैनन यो देसका बा -आमा ,यति सानो Risk उठाउन मान्दैनन बा - आमाहरु र अन्तोगत्वा त्यो युवा बाध्य भएर विदेशिन्छ ,अझै धेरै छन् यस्ता थुप्रै कारण हरु जुन बा-आमा संग नै जोडिन्छ ,

## समाधान के त ?? What are Possible Solutions ??

जे नहुनु पर्ने थियो त्यो त एक पुस्ता त्यसको शिकार हुदै देश नै पुरै खाली भैसक्यो ,यो पुस्ताले अब Accept गरुम ,तर अर्को नया generation को बारेमा अहिले देखिनै चिन्ता गरुम , अर्थात् अर्को नया पुस्ताको जन्म दिने भनेकै Futurist Mothers - हुनेवाला आमाहरु नै हुन् जो अहिले डिप्लोमा +2 ,Undergraduate ,Graduate , Postgraduate गर्दैछन ,यी हुनेवाला Futurist Mothers हरुलाई माथि भनेको जस्तो बाताबरण निर्माण गरुम सबैले अनि हुनेवाला Futurist Mothers हरुले पनि self realize गरुन , Awareness Program , Supporting -Mentorship ,Entrepreneurship-job Placement

अनि Family Planning बारेमा चेतना ,Financial Freedom gain ( आफ्नो खुटा मा नउभिएसम्म Unplanned बिहेबारी अनि Accidentally Pregnant लगायत Physical Health ,Mental Biological ,Psychological Health को साथै Financial Freedom को बारेमा चेतना जगाउन एकदमै जरुरि छ सबै युवा हरुमा र खास गरि हुनेवाला बा अनि हुनेवाला आमाहरुमा - The Most Effective Awareness is PEER to PEER Method !

## Learning Method -

के हो सहि **Learning Method** ,के हो गलत **Learning Method** ?

नेपालका **Student** हरुले **Teacher** हरुको **Teaching Method** नै सहि छैन भनेर **Teacher** को **Wrong Teaching Method** लाइ दोष दिन्छन तर तीतो सत्य यो पनि हो कि **Student** भनेको **Learner** हो अनि **Learner** को पनि **Learning Method** हुन्छ र सहि **Learning Method** लागु नगर्दा नेपालका **Graduate ,Undergraduates ,Postgraduates** सबैसंग **Degree** चाही हुन्छ तर काम लाग्ने शिप हुदैन ,अर्थात् सहि **Learning Method** लागु हुने हो भने **FMN** हरुले **Financial Freedom** प्राप्त गर्दै **Preparedness** सम्भव छ,

यदि कसैलाई साइकल चलाउने शिप होस् भन्ने चाहन्छ भने उसले लड्दै पड्दै घाउ खरोच लाग्दै **Learning by Doing & Learning by Mistakes & Learning by Mentorship Method** प्रयोग गरि गर्यो भने छिटै नै साइकल चलाउन सक्ने हुन्छ तर ,यसरि लड्दै पड्दै चोटपटक लाग्दै नगरी साइकल को **Seminar , Workshop , गोष्ठी ,Club ,ToastMaster Club** के -के -के **College of Driving Science** को यो र त्यो **Degree** जे जे भए नि साचिकै साइकल चलाउने शिप उसलाई जिन्दगि भरि यो **Wrong Method of Learning** बाट हुदै हुदैन , अनि डिग्री हुन्छ, यो र त्यो कलब को **Certificate** हुन्छ तर बेरोजगार नै रहन्छ भोकै मर्छ,

जसले जे सुकै भनोस,तर यो कुरा निश्चित छ कि यो देश दिन पर दिन बेरोजगारी ले भरिदै जान्छ अनि बाध्यताले सबै युवाहरु देश नै खाली गर्दै बिदिशिन्छन , यसको **Root Cause** हो , **Students** हरु ले **Learning by Doing ,Learning by Making Mistakes , Learning by Mentorship ' Method Apply** गर्न नमान्नु , अनि युवा उमेरमै **Comfort** खोज्नु **Struggle** अनि **Risk** उठाउन नचाहने **Wrong Attitude** ! **FMN** हरु **Comfort Zone** मा रमाउनु !

## PAYING THE PRICE FOR SUCCESS & ACHIEVING YOUR DREAM CAREER !

👛 **Success Comes at a Price: Investing in Your Dreams and Paying the Price for Achievement** 🤝💡

☀️ It's often said that there's no such thing as a free lunch, and when it comes to success, this rings true. Achieving your dreams and reaching new heights requires more than just talent or luck—it demands dedication, hard work, and a willingness to pay the price. Let's delve into the concept of paying the price for success and the rewards that await those who are willing to invest in their dreams.

👉 Success is not an overnight phenomenon but a result of consistent effort, perseverance, and sacrifices made along the way. It requires investing your time, energy, and resources to hone your skills, expand your knowledge, and push beyond your comfort zone. Each step forward comes with a price tag, demanding your commitment and determination. 💡

🌱 Paying the price means embracing delayed gratification. It means saying "no" to short-term indulgences and distractions in favor of long-term goals. It may involve sacrificing leisure time, social activities, or instant gratification in order to put in the necessary work to achieve your aspirations. It requires discipline, focus, and a steadfast belief in the bigger picture. 🌱



☀️ Paying the price is not just about the external investments but also about the internal growth and personal development required for success. It means facing your fears, embracing failures as learning opportunities, and continuously improving yourself. It's about investing in self-reflection, seeking feedback, and adapting to the ever-changing landscape of your industry. The price you pay is the dedication to your own growth and improvement. 💡

✨ However, it's important to remember that the price you pay for success is not an insurmountable burden but an investment in yourself and your future. The rewards that come from paying this price are immeasurable. They include personal fulfillment, professional achievements, and the satisfaction of knowing that you gave your best to achieve your financial Freedom & to accomplish your dreams. 🏆

👛 So, embrace the price you must pay for success. Embrace the challenges, the sacrifices, and the hard work. Embrace the growth, the resilience, and the determination that comes from investing in yourself and your aspirations. The road may be demanding, but the journey itself holds the power to transform you and bring you closer to the success you desire. 💪

Destination Certainty & Clarity नगरी भौतारिएको यात्रा गर्दा मान्छे कहिले पनि गन्तव्यमा पुग्दैन , Mountaineering Guide बेगरको एकलो कोहि पनि सजिलै अनि तोकिएको समय भित्र Sagarmatha चढ्न सक्तैन ,त्यस्तै नै Career को Journey पनि हो , Career र Profession उस्तै उस्तै कुरा होइन , almost all youths misunderstand that Career भनेको Profession नै हो भनेर!

**Career** भनेको जसको लागि पनि सिर्फ 2 वटा **option** मात्र हुने हो ,चाहे त्यो **American** नै किन न होस् , गरिब होस् या धनि सबै को आगाडी यहि २ **Career Options** छ ,

**They are -**

**1. Self Employed - Business /Entrepreneurship - Job Creator Career**

**2. Employee /Job ,नोकरी - Job Seeking Career**

अनि यो र त्यो degree or subject पढ्नु भनेको यहि 2 वटा career को लागि fit /capable ,qualified ,skilled or professional अनि Preparedness हुनु हो अझै अर्को important कुरा ,Everyone has the same dream /same need/ requirement of their Life ( यो भ्रम हो कि सबै को dream different हुन्छ भनेर ) ! सबै को Dream त्यहि नै हो Financial Freedom gain गर्ने , यो Financial Freedom प्राप्तिको लागि नै हो यो वा त्यो डिग्री पढ्ने सबैले ,तर बाटो गलत भयो भने गन्तव्यमा पुग्न गाह्रो हुन्छ वा धेरै ढिलो हुन्छ तसर्थ सहि बाटो Career हो Job Creating Career (Entrepreneurship - उद्धमशिलाता ) !

**Every Human ( It's our Human Nature ) has a dream of -**

1. Total Freedom 2. Financial Freedom 3. एउटा सपनाको महल होस् 4. एउटा सपनाको गाडी होस्
5. Banak Balance होस् 6. गाँस बाँस कपास को समस्या नहोस् 7. आफुलाई जन्माउने हुर्काउने वा आमालाई सेवा गर्न सकियोस,बिमर पर्दा राम्रो hospital म उपचार गर्न सकियोस,आफूबाट जन्मिने बालबचालाई केहि कमि नहोस ,यस्तै यस्तै

...

- हेर्दा खेरि धेरै लामो List देखिन्छ , but the bitter truth is that its only one that is - 'Financial Freedom'
- No Freedom can be expected without Financial Freedom ! any doubt ?
- Paisa को यो (era) युगमा सबै आवश्यकता ,सपनाहरु Paisa - बाट मात्रै पुरा हुन्छ, which is obvious & not bad ! It means that , Main requirement & Life Dream of every one is the 'Financial Freedom' ,Financial Freedom achieve हुनु नै Life को Dream /Destination achieve हुनु हो यो युगमा ,So we can generalize that Destination ( Dream Career ) of our Life is the Financial Freedom !

- हो , यहि Financial Freedom रुपी गन्तब्यमा पुग्न को लागि माथि भनेको २ Career Options छन् ,जसको पनि अगाडी - १. Self Employee ( Job Creator ) -Business - Entrepreneurship -Industrialist - Binod Chaudhary ,ZuckerBerg ,Alibaba ,Tata Birla and so on
- २. Employee ( Job Seeker ) - Job नोकरी
- Life को Destination ( Dream ) भनेको Financial Freedom हो भने Self Employee or Employee भनेको त्यो Financial Freedom Achieve गर्ने 2 options हो ( Path /channel ) हो ,यो र त्यो degree भनेको Tool हो , यो 2 Career Option मध्ये # 2 Employee ( job Seeker ) को path बाट जाने नेपाल जस्तो देशमा यो # 2 Option of Career is realistically not going to help anyone to achieve Financial Freedom. केहि समय अगाडी News मा आएको थाहै छ होला - Gold Medalist पर्यटन मन्त्रालयको सह सचिव सरकारी Job वाला को अखित्यार ले समातेको घुस काण्ड ,यानी Job Salary ले Financial Freedom भएँन ,Even Banker Anil Shah did not get his Financial Freedom through job ,He was into business /self employee ( Share Market Trading )from his very early stage and job in Bank was his side work
- यो र त्यो degree पढ्नु भनेको कुनै Profession मा लागेर job seeking गर्ने हो भनेर हो -Career option # 2 Self Employee बाट Financial Freedom achieve गर्नको लागि यो र त्यो degree हुनु पर्छ भन्ने नै छैन ,यसको मतलब यो होइन कि पढ्नु नै हुन्न भनेर , पढाई र गराई both लाइ बराबरी प्राथमिकता ( Priority ) दिनु पर्यो !
- आफ्नो आफ्नो choice हो कि 2 options of Career मध्ये कुन option बाट Life को Dream ( Financial Freedom) achieve गर्ने ,

**Hence , Every Human Capital has 2 options of choices for their Career -**

**Option 1 - Job Skills and go through Employee - Job seeking Career )**

**Option 2- Business Skills ( Self Employee /Entrepreneurship ) - Job Creator Career**

(If you will remain interested , I will explain the detail & fact that Job Skills & Business Skills ( Entrepreneurship Skills ) are not different its the same Skills i.e. 'Resources Capitalization Skills ' !

No Matter . what study or Degree or Major /Specialization one is doing but what important is that knowledge of Resources Capitalization ! फरक यति हो कि Job गर्दा अर्काको Business चलाउनु पर्छ अनि आफ्नो Business गर्दा आफ्नै Risk , But the skill is the same and that is the " Business Skills ! अर्थात् job कै लागि पनि Business Skills हुन अपरिहार्य छ नत्र बेरोजगारी भै भोकै मरिन्छ , पाएको job समेतबाट निकालिन्छ यदि Business Skill छैन भने )

विचार गरम त अब , Business Skill भनेकै Job Skill हो रहेछ अनि सबै जना भ्रममा परेर Business बाट टाढा भागेर कसरि हुन्छ त, job Skills or Business Skills or Employability Skills ?? अनि Employability Skills छैन भने तपाईं बेरोजगार नभए को हुन्छ ?

**Business Skills / Job Skills ( Employability Skills ) -**

1. Capital / Investment / Fund Managing & Capitalization Skill- ( Capital /Investment Challenge Addressing Skill )
2. HR & Resources Managing & Capitalization Skill - ( HR & Other Resources Challenge Addressing Skill )
3. PR / Marketing-Digital Marketing /Branding Promotion / FMCG skill ( Market Challenge Addressing Skill )
4. Business Plan / SWOT Analysis Skill ( Business Plan Drafting & Executing 'Challenge Addressing )
- 5.Digital Skills - ( Digital Marketing , Digital Content ,Digital Infrastructure type of Challenge Addressing )

These skills are Essential Skills , These Business skills are also Job skills ,in the lack of these business / Job Skills one can not get a job nor can get a promotion Nor can success in business .Hence these skills are essential for Career Seekers !

It's obvious that we all want Total Freedom and Total Freedom happens only when one can get Financial Freedom. Financial Freedom comes by doing your own Business & to do business or job above said skills are essential ! Can you agree on it ? If Yes , Do you have these 5 business / job / Employability skills ?

**If No, why are you not prioritizing to gain these skills ?**

# Rethink the importance of Business Skills -

" Learning by Doing , Learning by Making Mistakes ,Learn to Earn ( Not Earn to Learn ) , Learning By Entrepreneurship, Learning by Mentorship " सहि Learning Method लागु गर्नु भनेकै Revolution हुनु हो !

यसकै प्रयास स्वरूप यो "FMA -Futurist Mothers of Asia & FMN - Futurist Mothers of Nepal -" Game Changer Initiative को तर्फबाट हामीले थालनी गरिसकेका छौ , हुनेवाला आमाहरु - Futurist Mothers हरु जुटौं अनि एकले अर्कालाई "PEER to PEER " method बाट चेतना फैलाम अनि प्रेरित गरम Financial Freedom को लागि , Job Skills ,Entrepreneurship , Mentorship , Learning By Doing , Learning by Making Mistakes, Learn to Earn ( Not earn to Learn ) ,Employability Job Skills & Business Skills को लागि !

No Freedom can be expected without Financial Freedom ! Hence the Financial Freedom is the Key for preparedness of any Futurist Mother of Nepal. Financial Freedom can be achieved only if the Futurist Mothers have Employability Job Skills or Business Skills plus seed money ,support and Mentorship required as well as an environment for struggling in own MotherLand

नेपाल लगायत एसियन देशहरुको को Sustainable Tourism अनि Natural Resources हरु Capitalize भएकै छैन ,Ready to Sale तयारी अवस्थामा रहेको Family HomeStay ,FarmStay,Community HomeStay हरु बिकेकै छैन ,यदि FMN हरुले आफ्नो Family अनि Community को खेर गैराखेको Natural Resources हरुको अधिकतम सदुपयोग गर्दै Sustainable Tourism (HomeStay ,Farm Stay ,Community HomeStay ) दिगो पर्यटन -दिगो कृषि (Sustainable Agriculture -Sustainable Tourism ) व्यवसाय Entrepreneurship मा लाग्ने हो भने घरमै बसी बसी Dollar कमाउन सम्भव छ र यसले Financial Freedom सम्भव छ ,यसको लागि कुनै लगानी को जरुरत पनि छैन किन भने HomeStay ,Farm Stay को लागि Already हामी सबै संग Ready to Sale घरहरु अनि Family Farm हरु छन , साथै Digital Marketing Skill ,Digital Skill हुने हरुले नबिकेका HomeStay ,FarmStay ,Community HomeStay लाई Digital Marketing गरेर देशकै अर्थतन्त्रमा योगदान पुर्याउने अनि आफ्नो Financial Freedom समेत प्राप्त गर्न सकिन्छ .FMN ले आफ्नो आम्दानीको लागि आफु पनि HomeStay संचालन गर्दै आएको छ भने देशभरिकै नबिकेका Homestay,FarmStay,Community Homestay हरुको Marketing ,Promotion ,Branding गर्दै आएको छ र यस पर्यटन व्यवसायमा लाग्न चाहने जो कोहीलाई सबै किसिमको सहयोग समेत प्रदान गर्दछ , **Tourism helps flow Consumers & encourage Consumers in consuming Goods & Services. Therefore Tourism is the key for every sector.Visit this website for more information - [www.sastnepal.com](http://www.sastnepal.com)**

## Modelity & Operation of FMA & FMN ( Futurist Mothers of Asia & Nepal - हुनेवाला आमाहरु ) –

यस Game Changer Initiative 'FMN ' लाई एउटा Self-Sustainable NGO ( Not for dividend sharing-Non Profit ) Organization & Social Enterprise को Model मा संस्थापना तथा संचालन ( Operation ) हुने गरि यसका Visionary Founder तथा Co-Founders of FMN हरुको leadership अनि Mentorship बाट यहासम्म आइपुगेको छ,Pre-Launching Phase का सम्पूर्ण पूर्व तयारीहरु जस्तै - R&D ,Survey ,Verification ,Justification ,Panel Discussion ,Brainstorming,Thesis -Antithesis ,हुदै Concept Note Drafting ,Executive Summary सहितको Project Plan /Business Plan Drafting जस्ता महत्वपूर्ण कार्यहरु गर्दै , बिगत १०/१२ बर्ष देखि Visionary Founder ले लामो समय लगाएर तथा प्रयाप्त समयको अध्ययन (Research) ,अनुभव (Real Life Experiences ) ,Thesis -Antithesis अनि Justification तथा Survey को निष्कर्षबाट FMN को संस्थापना तथा संचालन - Operation को यो Phase सम्म पुगेको छ , यस Operational अनि Launching Phase सम्मको सम्पूर्ण संचालन खर्च तथा अन्य खर्च लगानी सबै Founder Visionary बाट स्थापित Company तथा Social Enterprise हरुको आफ्नै श्रोत साधनबाट CSR को रुपमा योगदान स्वरूप हुदै आएको छ/ SAF Tech - SAF IT , SAF Nepal , EcoHomeStay Nepal , SAF -Sustainable Agriculture & Sustainable Family Farming प्रोजेक्ट -Nepal -SCBT (Sustainable Community Based Tourism ) UNWTO- Erasmus + , Nepal VOLUNTEERS ,UFC, UNFAO-SDGS17 ( Sustainable Agriculture & Family Farming)समेतको CSR ( Corporate Social Responsibility ) अन्तर्गत SAF Group ले यस FMN लाई एउटा Game Changer Initiative को रुपमा अगाडी बढाउँदै ल्याएको छ ,FMN मार्फत मुख्यतः 'Peer to Peer Approach मार्फत हुनेवाला आमाहरुको Preparedness को लागि निम्न बमोजिमका Support /Opportunity हरु प्रदान गर्दै FMN हरुलाई देश निर्माणको लागि एकजुट हुनको लागि आहवान गर्दछ ,FMN को संचालन खर्चको लागि FMN का Founder ,Co-Founders तथा FMN Members हरुले Income Generative Projects हरु संचालन गरि FMN लाई Self-Sustainable मोडेलमा एउटा नमुना NGO तथा Social Enterprise को रुपमा अगाडी बढाएका छौ ,आउनुहोस सबै जना एकजुट भै देश निर्माण गर्ने Game Changer Initiative FMN ( Futurist Mothers of Nepal ) मा सहकार्य गर्दै अगाडी बढौ ,

### Our Core Objectives & Set Goals :

- 1.To contribute towards Preparedness of Futurist Mothers of Nepal ( FMNs )
- 2.to Contribute towards UN SDGS ( United Nations Sustainable Development Goals )
3. To Create More Jobs & Contribute towards reduction of All Types of Poverty & towards Social Entrepreneurship
4. To Contribute towards Education,Children,Parental Education,Environment ,Public Health & Climate Change



5. To Contribute towards Sustainable Family Farming ( Sustainable Agriculture UNFAO ) & Marketing of Farmers
6. To Contribute Towards Sustainable Tourism ( UN-Erasmus+ SCBT - Sustainable & Community Based Tourism )
- 7.To Contribute Towards 'Cleaner,Greener ,Digital & More Sustainable Organic Nepal & Marketing of Homestays
8. Towards - Livelihood ,Resources Capitalization ,Green,Forest,Conservation,Wildlives & Natural Resource Management
9. To Contribute Towards Production Employable Human Capital through FMN School of Employability Skills & Mentorship
10. To Contribute Towards Youth Empowering ,Family Farmers Empowering ,Entrepreneurship & Women Empowering

**Note - \* A Preparedness of Futurist Mothers means The Mothers Who is sound with their Physical Health ,Biological Health,Psychological Health & Financially Sound ( Financial Freedom ) before she becomes a Mother.**

**Vision - We envision creating jobs and contributing towards achieving United Nations Sustainable Development Goals (UN SDGS-17)-Ending all types of Poverty,Zero Food Hunger, Employability Skills ,Livelihood, Conservation, Climate-Change, Sustainability,SCBT (Sustainable Community Based Tourism), Sustainable Agriculture & Sustainable Family Farming -SAF & all interlinked Sustainable Development Goals (SDGS17).FMN & FMA aims to contribute towards preparedness of Futurist Mothers of Nepal for their Financial Freedom,Entrepreneurship,Job Skills & Employability Skills.**

**Mission - “ Cleaner ,Greener ,Digital & More Sustainable Organic Nepal “**

**Operation of FMN & FMA - FMN & FMA- Futurist Mothers of Asia को संचालन -**

FMN को Vision ,Mission ,Objectives ,Concept Note ,Executive Summary ,Business Plan ,Project Plan ,Strategic Plan ,Operational Plan तथा FMN को बिधान ,प्रबन्धपत्र ,नियमावली Laws ByLaws ,Organogram बमोजिम यसको संचालन गर्नको लागि FMN को Vision ,Concept Note संग सहमत हुने जो कोहि पनि FMN & FMA को Member भैं Accountable ,Responsible रहने गरि Authorized हुन सक्छन ,FMN or FMA को Executive Role को लागि FMN को Qualified & Eligible Co-Founders हरुको AGM बाट BOD को गठन हुनेछ र सोहि BOD तथा FMN & FMA को Trustee Visionary Founder को संयुक्त Steering Committee ले FMN को संचालन रेखदेख गर्नेगरी अगाडी बढेको छ ,पछी आवश्यकता अनुसार FMN को AGM हरु ले समय सापेक्ष निर्यण बिधि नियमहरु को तर्जुमा गर्दै जानेछ, FMN को AGM मा Voting Right कार्यकारी अधिकार Qualified & Eligible FMN FMA Co-Founders लाइ मात्रै हुनेछ ,

**Type of Membership -**

1. Co-Founder Membership ( Executive Role )
2. General Membership - Volunteer Role
- 3.LifeTime Membership - Honorary
4. FMN Ambassador - Recognition
- 5.Honorary & Advisory Membership

**HOW TO GET INVOLVED ? Opportunity to get involved as one of the Co-Founder of FMN & FMA -**

If you remain interested you can get involved in FMN & FMA in the Key Role of one of the 'Co-Founder of FMN.

**FMN लाइ self-Sustainable बनाउन का लागि गरिने बिबिध उधम तथा Income generating Projects - idea to generate income for FMN are like this**

1. FMN Co- Founders ,Members will get training of Digital Marketing by SAF IT & EcoHomestay Nepal ,hence FMN .members will generate income for FMN & for themselves too through digital marketing of Homestay ,Hotels ,Tour trekking ,Venue of All around Nepal.

2. Also SAF IT supports FMN Members for IT skill Training such as Web Design , Graphic Design , Auto CAD Design and we believe that these Digital skills help FMN generate income for themselves as well as certain % for FMN too .

3.FMN will run its own Homestays at its physical Office and its Partners Homestay ,FarmStay ,WellnessHome ,Research & Study Center to generate income for making FMN a self- Sustainable Social Enterprise

4.FMN's another source of Fund will be grant from UN FAO Family Farming (Sustainable Agriculture ) Project ,UNWTO Erasmus+ Sustainable Tourism Project and Sustainable Architecture Projects and so on.

5.FMN another source of Fund will be from selling various Trainings, Consultancy , Services & E-Commerce ' Eco Bazaar '

**Ecohomestay Nepal ,SAF Nepal & SAF Tech - SAF IT are supporting FMN for its physical office Space at Sanepal & also to build virtual office ( website ) of FMN**

**Key Benefits & Career Opportunities of the Co-Founders of FMN ( Futurist Mothers of Nepal ) :-**

1.Our approach is PEER to PEER ,which means New Co-Founder get Peer to Peer Mentorship & all needed support to drive & shape their career towards their financial freedom through either of 'Entrepreneurship as well as Employable Skills & Job placement as per demand of Individuals.

2.The Method applied is" Learning by doing ,Learning by making mistakes , Learn to Earn ( Not Earn to Learn ) ,Learning by Mentorship.

3.Co-Founders of FMN are the Change Maker ,The Role Model and Recognized as The 'Public Figure' hence FMN Co-Founders are Ambassadors of FMN and They are responsible Leaders of FMN,Therefore They are provided training and Mentorship of Leadership as well as all required Entrepreneurship Skills & Employable Business & Job Skills .

4. They get opportunity to attend and represent FMN & on behalf of FMN, The Co-Founders get opportunity of International Training -Workshop - Seminars, Visit , Scholarship ,Rewards ,Assistantship ,OJT ,Internship and Opportunity of Traveling Nationally as well as Internationally .

5.Co-Founders can play their role in Hybrid Mode of Working (Hybrid means combination of Physical office hours and Virtual online Remote -work from Home.We cooperate as per the availability of Individuals. There are many other benefits and opportunities which shall be explained to you during orientation online or you shall be invited at our Physical office Sanepa Lalitpur,Kathmandu Nepal.

### **Are You now willing for Entrepreneurship but you can not start up just because of challenges ??**

We would like to interact with you in detail so that we can understand all your skills,strengths,areas of interest ,experiences ,lessons learnt , your challenges which stop you to start up ,scope & opportunity you have seen ,your business Plan ,your dream career and so on.

***which option of career is your choice for lifelong? There are only 2 options of career.-***

***1. job seeking career***

***2. Job creating career (entrepreneurship)***

***We appreciate job creators & youth entrepreneurs & we offer all types of support to Start-Ups & dreamers in entrepreneurship -job creating Career.Even We encourage & teach you to dream & dream bigger ! If you give us the list of your challenges we give you the address of all your challenges which have been stopping you to start-up. " Doing business is nothing other than turning challenge into business opportunity ,Doing business is nothing other than solving any one problem of the world or at least define any problem accurately ,Doing business is nothing other than selling & executing your Business Plan & executing your capitalization Plan , do you have a draft of your business Plan yet ? if No Please realize this is your greatest weakness ! Do not worry We can help you for everything !***

***Here are some examples of our impact and our supported entrepreneurs -***

***1.Women Entrepreneurs Namrata & Her friends Project - <https://ecohomestaynepal.com>***

***2.Mr.Amrit ,Namrata ,Binaya & Friends IT Entrepreneurs - <https://safnepalit.com>***

***3.Mr Saroj & Friends in Media & Film Entrepreneurship - <https://livenepalmedia.com>***

***4. Homestay Booking Platform - Homestay Nepal - <https://homestaybookingnepal.com>***

***# Ms.Smriti Parajuli - FMN & ..... Consultant***

***5. Concept Note on FMN-FMA -Paying the Price for Success & investing for your Dream Career-  
<https://docs.google.com/document/d/1c1L0MAwiP9wzf0RPfVtQdrSKaRQchQ6wwTYFDvpCKI/edit?usp=sharing>***

***6. Career Scope & Entrepreneurship in Agro-Forestry ,Community Forest,Natural Resources ,Conservation & Livelihood,Sustainable Agriculture ,Environment ,Public Health & Medical Tourism ,Food Technology & Agribusiness ,SDGs & Social Work ,IT & Digital Marketing ,Business***

**Development-BI & Cooperative ,Travel ,Tourism & Hospitality Management, Development Studies & Non Profit Social Entrepreneurship ,Homestay Tourism & SCBT-Sustainable Community Tourism -**  
<https://youtu.be/vO7Nw5GR5AI>

**7. जसलाई जति छिटो पैसा चाहिन्छ उ त्यति नै दरिद्र हुन्छ - Definition of Job Seeker & Entrepreneurs ( Business Person ) -**

<https://www.facebook.com/reel/650663129807893?s=yWDuG2&fs=e&mibextid=Nif5oz>

**8. What is Job seeking - नोकरी से कभी भुखे मरेगा नही लेकिन, नोकरी से कभी अमिर ( Financial Freedom ) बनेगा नही ??** <https://www.facebook.com/reel/222550510667646?s=yWDuG2&fs=e>

**Note - \* A Preparedness of FMN means The Mothers Who is sound with their Physical Health ,Biological Health,Psychological Health & Financially Sound ( Financial Freedom ) before she becomes a Mother.**

**Vision - We envision creating jobs and contributing towards achieving United Nations Sustainable Development Goals (UN SDGS-17)-Ending all types of Poverty,Zero Food Hunger, Employability Skills ,Livelihood, Conservation, Climate-Change, Sustainability,SCBT (Sustainable Community Based Tourism), Sustainable Agriculture & Sustainable Family Farming -SAF & all interlinked Sustainable Development Goals (SDGS17).FMN & FMA aims to contribute towards preparedness of Futurist Mothers of Nepal for their Financial Freedom,Entrepreneurship,Job Skills & Employability Skills.**

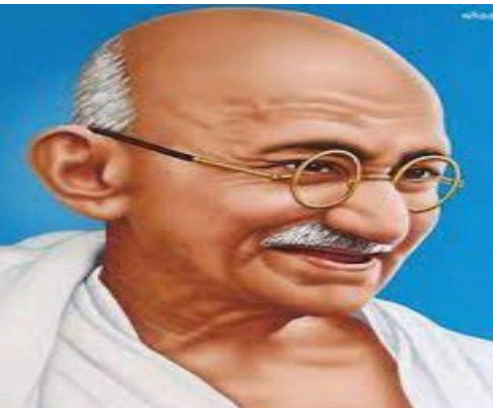
**Mission - “ Cleaner ,Greener ,Digital & More Sustainable Organic Nepal “**

**Are you ready for the Change ? Are you ready to be a Light ? Are you ready to be a responsible FMN ? Are you ready to let the Change begin from you ?? If yes ,Please read the concept note and then proceed.**

**"Be the First One -Be the Change - Be a Responsible FMN - Be a Light “ - Let the Change begin from You !**

**FUTURIST MOTHERS OF NEPAL- हुनेवाला आमाहरुबाट मात्रै नेपालको पुनर्निर्माण सम्भव छ!**

**" We shall have to begin with Children & Futurist Mothers (हुनेवाला आमाहरु )” ! - Mahatma Gandhi**  
**(Children means- The Very First Nano-Second moment of Pregnancy & Pre-Pregnancy Preparedness of a Futurist Mother! )**  
**(Socio Economic Status ,Mental,Physical ,Biological, Psychological Health & Financial Freedom of a Futurist Mother matters a lot)**



**- Mahatma Gandhi**

**"Be The One Who Makes The Difference ! , "Be the Change -Be a Light - Be The First One" - Gandhi**

