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Nepal Center of North Carolina, Inc.

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## SANGALO

ISSUE 23, YEAR 23

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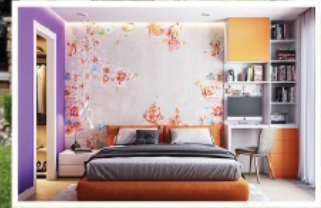
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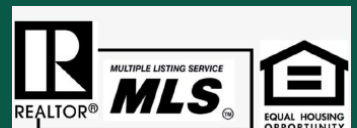
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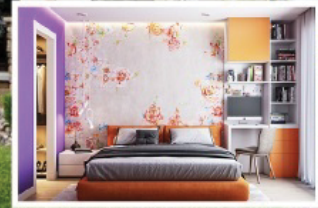
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# SANGALO

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### Computer Design

Shiva Sharma

### NCNC Coordinator

Chet Bhattarai

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# Editorial

The editorial board is pleased to offer you the 23th edition of Sangalo, the official annual publication of Nepal Center of North Carolina (NCNC). The publication highlights activities carried out by NCNC over the past year and conveys its plan for upcoming years. The magazine tells the success stories of Nepalese living in North Carolina (specially, the RTP area), and also provides platform for community members to share their stories, ideas, views, and reviews. In that respect, Sangalo is also a repository of our achievements and a recollection of history written by the Nepalese community in North Carolina. Sangalo also paints a picture of 'mini Nepal', the feeling carried by each immigrant Nepalese and portrays the cultural mosaic that amplifies the very notion of 'unity in diversity'.

In this issue of Sangalo, we are celebrating the achievement of young Nepali entrepreneur couple Raj and Shradha who made headlines as their company Scien-cix was named National Exporter of the Year by Small Business Administration. We hope their story inspires many others to follow their passion. The issue also features our rising stars who will go onto achieve great things in life. The issue also includes articles, memories and experiences shared by our community members.

NCNC is a non-profit organization ac-

tively involved in socio-cultural activities in the vicinity of RTP region since past 23 years. Acknowledgement of Nepalese as 'visible minority' in North Carolina and beyond is the top most priority of the organization and NCNC has been working towards the goal through different activities to promote Nepalese art, language, culture, and tradition. NCNC has been carrying out its activities despite of limited resources; yet, active involvement of its members is the key behind its success. As the inflow of Nepalese to this area has increased substantially in past few years, the number of NCNC members has also gone up significantly. NCNC has been very active in broadening its outreach to address the growing need of community members and bringing everyone under the same umbrella.

It took a village to bring this issue of Sangalo in its current shape and we express our gratitude to NCNC executive committee, writers and contributors, and all the individual and business advertisers who chose to patron Sangalo. Despite our due efforts, there could still be some errors and omissions. We apologize in advance for these shortcomings and expect your valuable suggestions to make Sangalo better in days to come. Finally, the board of editors would like to wish all the community members a very happy Vijaya Dashami & Shuva Dipawali 2023.

# NCNC Executive Committee 2022-2023



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Ram "RP" Poudel



Senior Vice President:  
Shiva Bhattarai



Vice President:  
Chet Bhattarai



Executive Secretary:  
Dr. Bikash Shakya



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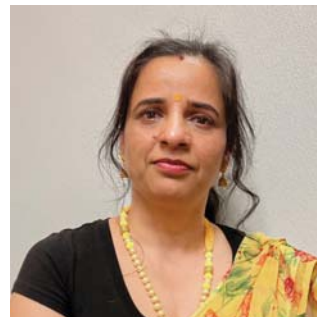
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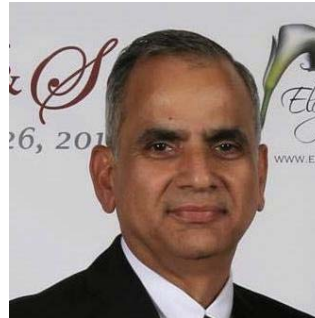
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Mr. Raj Ghimire  
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Mr. Nagendra Neupane  
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Mrs. Sujata Dhungel  
Advisory Board  
(2022-2023)



Mr. Shishir Khanal  
Advisory Board  
(2022-2023)

# President's Message

Respected Community Members,  
On behalf of NCNC, I would like to wish you all a Happy Vijaya Dashami and Deepawali 2080! May Goddesses Durga and Laxmi bless you with happiness, good health, and a prosperous and successful year.

Since 1999, NCNC has focused on preserving our culture, celebrating our festivals, and promoting our language and traditions. Our community has enjoyed the celebration of Dashain, Tihar, Holi, Teej, and other festivals and events annually. Over the years, we have expanded our efforts to lead several community-based programs such as Adopt-A-Highway and Blood Drives. Adopt-A-Highway is a program that helps keep our streets clean and reduces litter through volunteer engagement. Blood Drives, conducted in collaboration with The Blood Connection, help collect much-needed blood in our communities. Our efforts have received recognition in the community. In May of 2018, Wake County joined the Town of Morrisville in honoring NCNC with a proclamation celebrating Nepal Day on the third Saturday of every April.

Our Nepal Day event this year was a great success thanks to the help of our participants, organizing team, and vendors. The NCNC Annual Picnic 2023 was likewise a huge success with over a thousand members in attendance. These events would not have been possible without the involvement of our community leaders and collaborations with local organizations. We also began the NCNC Teen Council last year with the goal of providing a platform for high school students to interact and learn from various professionals, distinguished guest speakers, as well as from each other. The several sessions were centered around academics (SAT/ACT/AP Prep),



career readiness (resume workshops), personal growth, and empowerment of self and others. I am extremely proud of the team and look forward to all the impactful events and activities to come.

NCNC has a significant history, and we believe the establishment of a community center is our next great endeavor. We all have felt a need for our own space for Nepali school, celebrations, events, meetings, etc. We have been working continuously to make this a reality. This will be our largest project and will only be possible with community collaboration. I humbly request all community members to unite for this noble cause.

In recent years, we have seen significant growth in the size of our community. In order to help the newcomers and our younger generations alike, we have created a network where professionals from varying fields have been providing valuable guidance and opportunities. We aim to continue this along with additional programs geared towards mental health and stress management.

I feel honored and humbled to serve as the President of our great organization and vow to continue and expand on the great work we have been doing. I believe our collective experience and dedication will help us preserve our culture and heritage for future generations. Lastly, I would like to thank the former Presidents, Board of Trustees, Advisors, Board of Directors, and community members for their continuous support.

Sincerely,  
Ram 'RP' Poudel  
President, NCNC

# NCNC Current And Past Executive Board Members

## 2000-2001

President: Ishwar Devkota  
Senior Vice President: Dr. Devendra M. Amatya  
Vice President: Annapurna Deo  
Executive Secretary: Dr. Bir Thapa  
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Directors of Board: Madan Risal  
Directors of Board: Janak Marahatta

## 2002-2003

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Directors of Board: Shanti Rajlawat  
Directors of Board: Shree Kanta Gautam  
Directors of Board: Dr. Padam Poudel  
Directors of Board: Bhagabati Neupane

## 2004-2005

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Directors of Board: Madhav Dhakal  
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Directors of Board: Yagya Acharya  
Directors of Board: Srijana Guiliford

## 2006-2007

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Treasurer: Narayan Luitel  
Directors of Board: Parbati Timalcina  
Directors of Board: Krishna "Puja" Shrestha  
Directors of Board: Januka Paudel  
Directors of Board: Bhumishwar Sapkota



Dear Nepalese Community,

I am honored to have the opportunity to thank you on behalf of the Morrisville Town Council for your friendship and contributions to help make North Carolina a great place to live and raise a family. In Morrisville we recognize that our strength is in our diversity, and we value each and every member of our community. We all come from different parts of the United States, and from different parts of the world, and we each bring our own unique perspective and traditions.

The greater Morrisville region is very fortunate to have a large Nepalese community that chooses to devote their time and energy to helping others and building community. From blood drives to litter sweeps to sharing the benefits of Yoga with your neighbors, you have inspired us and many others.

One of our community highlights in the past was the Annual NCNC Nepal Day Parade in Morrisville. Many people, including numerous dignitaries, came out to celebrate with the Nepalese community. Unfortunately, we were unable to enjoy a similar time together this year. We look forward to participating in the parade and festival next year.

We want to thank you for choosing to make your home in North Carolina. Every time you share a smile or conversation with a neighbor, we are a stronger community. Thank you for your continued contributions to the rich tapestry of cultures which has helped Morrisville be a vibrant, welcoming, inclusive community, and great place to raise a family.

All the best,  
TJ Cawley  
Mayor of Morrisville  
on behalf of the Town Council of Morrisville



**Morrisville**  
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Liz Johnson  
Mayor Pro Tem  
Town of Morrisville



October 2023

Dear Nepalese Friends and Members of the Nepal Center of North Carolina,

I would like to extend warm greetings as you celebrate Dashain and Tihar. It has been a pleasure celebrating many special events with you over the years, especially during Dashain and on Nepal Day. I look forward to these events every year!

As Morrisville Mayor Pro Tem, it is an honor and a pleasure to serve the Nepalese community. I am proud that each of you has helped make Morrisville the most welcoming, diverse, and inclusive small town in our nation. We are stronger because of our diversity and the important work done by the members of the Nepal Center of North Carolina.

Thank you for your immense contributions to our community. Your cultural, academic, and economic contributions, have helped make Morrisville the best place to live, work, play and raise a family.

I hope the festival of Dashain showers each of you with blessings of peace, joy, and prosperity. Wishing you happiness during this festival season. Happy Dashain!

Sincerely,

Liz Johnson  
Mayor Pro Tem  
Morrisville, North Carolina







## **Nepal Center of North Carolina**

**October 1, 2023**

My Dear Nepalese Brothers and Sisters,

Last year I attended the musical Alexander Hamilton at the Rodgers Theater in New York City, a moving musical tribute of an immigrant, who would go on to become the nations' ten dollar founding father, serving at the side of President George Washington.

As I look at the growing Nepalese American community in the Triangle Region, I see many Alexander Hamilton's. Americans, like you, who have left their motherland, to take their shot to greatness in North Carolina and the United States of America.

As an elected official in Wake County, I am very proud of the remarkable cultural, economic, and spiritual transformation each of you are bringing to the State of North Carolina. Nepal Day is one of the best celebrations in our town and of course, we value the great community work you do every day.

Your remarkable flight in North Carolina will continue to soar to the greatest of heights. First in Flight Always!

Thank you for coming together, staying together, and working together to inspire us every day and to bring positive change to our region, state and country.

Komal, Sonia, Rayan and I wish each of you a very Happy and Prosperous Dashain and New Year!

Sincerely,

Steve Sandeep. Rao, JD  
Council Member At Large, Town of Morrisville  
<https://www.facebook.com/SteveRaoNC/>  
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*This greeting was paid for by the members of the Morrisville Town Council and Town Attorney Frank Gray.  
No taxpayer funds were used.*

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# Raj & Shradha

## Tale of an Entrepreneur Couple



Bikram Gautam

On January 4, 2004, a 19 years old boy from the foothills of Nepal landed on the US soil in search of his dream – getting a US education and a good paying US job. The decision and emotion to come to this unknown land was mixed with both excitement and anxiety at the time. Upon arrival, he discovered that the airline lost his luggage – those suitcases not only



filled with his personal belongings, but also had high hopes of building his new life in the USA. The airline made every effort to locate and return the suitcases, but all went in vain. The mishap made him disappointed and he felt a sense of lost, nonetheless he started to rebuild his new life – overcoming one challenge at a time. The initial days of adjustment and settlement did not come to him easily, but he went

onto turning each challenge into opportunity. Nineteen years later, Raj K. Bhandari made headlines as his company Sciencix was named National Exporter of the Year by Small Business Administration (SBA), a US government agency that supports entrepreneurs and businesses.

Sciencix – a supplier of high quality HPLC [High Performance Liquid Chromatography] and Mass Spectrometry repair parts – was recently recognized by President Joe Biden and Vice President Kamala Harris as SBA's National Exporter of the Year in the White House during National Small Business Week (April 30 – May 2). For more than 50 years, the SBA has celebrated the National Small Business Week, which recognizes the critical contributions of America's entrepreneurs and small business owners. Since its founding in 1985, Sciencix has manufactured HPLC and mass spectrometry parts, whose uses include drug testing, contamination analysis, pesticide detection, and more. With headquarters in North Carolina and a manufacturing plant in Minnesota, Sciencix's Owner/President Raj Bhandari, Vice President Ranjan Karki, and Director of Global Marketing Lisa Bamford oversee the company's 27-employee team.

With the support of North Carolina's Small



Business and Technology Development Center (SBTDC), a resource partner of the SBA, Sciencix secured \$24,000 in SBA State Trade Expansion Program (STEP) grant funding in 2021. The fund helped the company to cover the costs of attending international trade shows, meeting overseas distributors, and website internationalization. As a result, exports now account for one-third of Sciencix's total sales, representing a 10 percent increase from 2020, the year before securing STEP funding. Today, its products support research laboratories in over one hundred countries, spanning all continents.

Raj's success did not materialize all by his own hard work and dedication,

he attributes much of his success to his business companion and wife, Shradha Paudel who serves as the Advisor/Mentor to the President. Shradha was born and raised in Kathmandu while Raj's upbringing was in Pokhara. Shradha got her Diploma in civil engineering degree from Paschimanchal University in Pokhara, but they have not met each other until Shradha came to the USA in 2005 for her further studies. They got acquainted to each other during school days through a member of local Nepali association. The acquaintance later turned into relationship and the couple got married in 2011. Raj and Shradha live in Cary with their two kids, a seven years old son and a five years old daughter.

Shradha wholeheartedly supported Raj in

each of his endeavor and always encouraged him to do more. Raj recalls the days of his post-graduation study when Shradha was doing all she could to help him earn his PhD in Analytical Chemistry in just four years which normally takes 5-7 years. They both were employees of Sciencix before taking ownership of the company in 2021.

The opportunity first knocked on their door in 2016 when the then owner of the company

offered them a deal to take ownership of the company. Shradha was ready to jump in, Raj said, but he was not ready back then. They remained employees of the company, Raj climbing up the corporate

ladder and becoming president of the company in following years. "Opportunity does not knock twice on your door" goes the old adage, however, with little luck and their hard work, the opportunity came back again in 2021. They snatched it and became owner of Sciencix.

So, what changed in those five years? "Though we were earning good money and living the American life, there was always something lacking within us", Raj responded. The desire to do something different, the passion to stand out, and the wish to help others ultimately led them to path of entrepreneurship. Owning a business has its own risks and rewards, but as long as the appetite to build something on your own does not die, rewards always



outweighs risks. The passion and determination will decide whether someone will sign the front of the check or the back.

Raj and Shradha got the recognition in relatively short amount of time. How the couple has been managing the business with two young kids at home? Raj attributes much of their success to unparalleled chemistry between them. "Shradha is a visionary and helps me make difficult decisions. I have a good knack for how to get things done. She is good at setting the big picture and making plans, I am better at executing and implementing them", Raj said. In other words, they are a perfect mix of left and right sides of a brain – one more analytical, another more artistic. "Shradha has upper hand when it comes to making household decisions", Raj admits as he is often busy in expanding their business.



The couple was the first ever Nepali-Americans to be honored at the White House and receive the national award. With recognition, comes expectations and responsibilities. Raj and Shradha have spoken to a number of media persons in Nepal and shared their future plans. Raj regularly stresses the need for identification and representation. Our identity is often mixed with Indians and other South Asians, but first and foremost, we are Nepali and like to be called Nepali-Americans. "Nepal's unique contributions to the U.S. include its skilled workforce, particularly in sectors such

as healthcare, engineering, and technology," said Raj. "Nepali-Americans offer a work ethic, adaptability, and resilience that is enriching the American society, with diverse perspectives and a spiritual understanding and acceptance of others that is rooted in our cultural heritage."

With a new global platform, Raj initiated and hosted the first-of-its-kind Nepali-American Roundtable Event on May 26, 2023, which was co-hosted by the U.S. SBA and attended by North Carolina dignitaries including senators and mayors, the North Carolina Secretary of State, and Nepali-American small business owners to celebrate and bring awareness to this special and unique community. The event was held at Himalayan Nepali Cuisine, a local authentic restaurant owned and operated by a fellow Nepali-American.

The government dignitaries and SBA officials in attendance were introduced to the spices, flavors, and traditional foods of Nepal followed by an open discussion to share the needs and goals of local Nepali-American business owners and professionals. It is the beginning of what Raj hopes will become a greater movement to give a voice to Nepali-Americans and serve as inspiration for the people of Nepal, especially the young people who, like Raj, have a dream.

"To the young people in Nepal, I want to convey a message of hope, resilience, and the importance of education," said Raj. "Embrace your cultural heritage, be proud of your Nepali

identity, pursue your dreams without fear, and work hard to keep moving forward. Take hold of the truth that your potential is boundless, and your contributions can make a significant impact on the world.”

His contributions are already far-reaching, with research that has been published in the Journal of Analytical Toxicology, Journal of Chromatography, and Analytical Chemistry. In his research, Raj has developed, assessed, and

validated bioanalytical methods and analytical test procedures. He is a member of the Vistage Executive Group, with awards that include the Corporate Leadership Award (2023) and Leaders in Diversity Award (2022) from Triangle Business Journal, Sigma Xi Research Competition, Logue Chemistry and Biochemistry Award, ACS Award Grant for International Year of Chemistry, ORISE Fellowship, and SDSU Travel Award.

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## NCNC New Members List (Sep 1st, 2022-August 31st, 2023)

### Life Members

Amid Paudyal and Nimisha Bhattarai  
Ananta Subedi and Mansa Ghimire  
Anil Chapain and Uma Ghimire  
Anup Bhandari and Ranju Poudel  
Arjun Subedi and Sangita Bhusal  
Ashish Juwa and Pratiksha Juwa  
Avisek Pokhrel & Anupama Sharma Rupakheti  
Bashudev Poudyal and Anima Sharma  
Bhakta Raj Pokharel and Prabha Dahal Pokharel  
Bheshraj Adhikari and Huma Adhikari  
Dadin Pandey and Amal Pandey  
Deepak Dev and Pawan Deo  
Dipak Regmi and Anupa Kadel  
Dipendra Panday and Samjhana Baniya Panday  
Diwakar Dahal and Sweta Khanal  
Durga P. Sapkota & Bhawana Thapa Sapkota  
Ganga Ram Khadkand Jayanti Khadkaa  
Ghanashyam Adhikari and Usha Acharya  
Govinda Koirala and Usha Kaini Sedai  
Hari Sharma and Indira Sharma  
Janak Thapaliya and Sushma Ghimire  
Janga Bhattarai and Kabita Parajuli Bhattarai  
Januka Budhathoki and Rajendra Upreti  
Jib Dhoj Pantha and Kalpana Pantha  
Keshab Paudel and Sangita Paudel

Keshav KC and Smriti KC  
Krishna Bilash Pokharel and Maya Pokharel  
Kul Raj Sedai and Usha Kaini Sedai  
Kumar Thapa and Sangita Thapa  
Laxmi Prasad Dahal and Susila Gautam  
Madan Nepal and Elina Poudyal  
Manoj Kafle and Pabita Kafle  
Niraj Adhikari and Sudi Siwakoti  
Padam Prasad Pandey & Tulasa Bashyal Pandey  
Paurash Singh and Neelu Bijukchhe  
Peshal Bastola and Rekha Bastola  
Pitambar Bashyal and Shanta Subedi  
Prabian Kunwar and Aasha Karki  
Prabina Pandey and Krishna Prasad Silwal  
Pratap Adhikari and Kusum Paudel  
Rabindra Aryal and Sangita Subedi  
Rabindra Joshi and Anju B. Joshi  
Rajan Bhandari and Jamuna Khanal  
Rajendra Aryal and Abala Aryal  
Raju Ghimire and Yashu Karki  
Raju Khanal and Sarada Kumari Lamichhane  
Resham Basnet and Manju Kunwar  
Samundri and Dilip  
Sanjaya Gurung and Sunita Poudyal Gurung

*Continued on pg 59 ...*



# Rising Star

**Aastha Poudel**

*Aastha Poudel graduated from Fuquay Varina High School and is a rising first-year at Yale University. Aastha is passionate about the STEM field and hopes to become a doctor. Throughout her high school years, she has participated in several clubs and extracurriculars such as the Science Club, Future Health Professionals, and Art Club. Aastha has explored mixing the arts and sciences in her courses and looks forward to conducting biomedical/chemistry research at Yale.*



## **Q: Can you tell me about yourself?**

A: I would say I am a very passionate person, and my ultimate goal is to become a doctor. I love STEM sciences, I love art too, so I am a mix of both worlds in that sense.

## **Q: How did you know you wanted to become a doctor?**

A: Well, it was always, in the back of my mind, but after elementary school, I went to this summer camp where we did [bovine] heart dissections. It was the first time ever doing anything anatomy-related in that sense, and I was super excited about it. And when I went home, I was enthralled by it and I kept wanting to look into it more and more. And it kind of snowballed from there.

**Q: After kind of finding out that you have an interest in the medical field, how did that translate in terms of your high school experience?**

A: I found myself gravitating more towards science classes like anatomy and biology. I always found those [classes] super interesting

to dissect how we exist, and that kind of curiosity led me to go further and further into the sciences.

## **Q: What was your favorite class in high school?**

A: Probably, chemistry. It was AP Chemistry, spring semester when we started in-person again. It was my junior year, second semester. It was really rushed, but at the end, after the AP exam, we had a month where we got to do whatever project we wanted to do. And I wanted to make resin out of raw materials. Before in chemistry lab, teachers always guide you on what steps to take for the lab. And in this lab, for the first time I got to decide what I need to do and how the procedure goes and what materials I need and what kind of equipment to use and things like that. And it was just really exciting to have that kind of control over what I was doing in the lab. I think it's a big reason why I want to go further into research, having that experience, it just feels freeing to do things in the lab by yourself.

## **Q: What type of research do you hope to**

**do in the future?**

A: I do like wet lab chemistry, but I'm also thinking biomedical as well; It's a work in progress, and I'm still figuring it out

**Q: Could you tell me more about the extracurriculars that you participated in high school?**

A: The extracurricular that I enjoyed the most/was the most involved in was definitely the Science Club. I had a leadership role as the president of that club. We competed in the regional Science Olympiad and we did a bunch of things and I got to help everybody plan their stuff out. I was also in art club because I love art so that was also super fun, trying to go into the community and find opportunities for art-related things outside of school. And then I also did HOSA, Future Health Professionals, I think it's called now. I participated in medical-related things and heard from guest speakers from around Fuquay and the triangle area and that was super cool too. I think together it was an experience that really shaped me. I don't know where I would be like if I wasn't in those [clubs]. I met a lot of my friends through those; we did a lot of things together through clubs and outside of clubs. So it was really a transformative experience for me.

**Q: What did you learn from having the leadership role for the Science Club?**

A: The biggest thing is to plan ahead and don't wait until the day before. Also, have things in mind that you want to do before you start planning so that it becomes easier to plan. And then, taking feedback from people in the

club is a big thing to see what they want to do instead of just us [club leaders] planning.

**Q: How would you advise high schoolers to go about funding leadership roles in clubs?**

A: Starting off freshman year, earlier in high school, figure out what clubs you would potentially want to do, and then join them. Then, kind of figure out like which ones would you be more interested in, like being more of a part of, and then from there, try and run for the roles, and even if you don't get them the first time, then there's always a second or third chance that you can get those roles.

**Q: Can you tell us more about the Art Club and the community kind of visits that you did?**

A: My senior year I joined as an officer; I was vice president. Basically, what we did was tried to find opportunities outside of this school; for example, there was sidewalk chalk painting outside of the elementary school that we did once. We talked about doing murals outside of the high school, and we worked together with other clubs. For example, they were putting on a play for the Drama Club and they recruited a bunch of people from the Art Club to help paint their sets and do that kind of stuff.

**Q: Did you ever foresee art and science merging together as an interest or were they separate?**

A: I always knew that I really loved art. But I didn't know that it could combine with science in such a way. I talked about resin before; that is a form of art. That was like one of the things

that I was really excited about. I didn't know that a humanity and a science subject could mix together in this kind of way.

**Q: Can you explain what HOSA is and how you got interested in it?**

A: It kind of is like a mix between health education, where you learn more about careers in health, and then volunteer activities that help people in the healthcare field and specific activities like guest speakers. I was Historian [of HOSA], and so I tracked what people did as events because you had to have X number of events to get the certificate or the medal if you wanted one. And that was my role in HOSA. But it really did help me explore more of my interests in healthcare and what fields are like. They had a couple of guest speakers from biomedical engineering, they had biotech people come in. They had blood donation people come in, and it was a lot of trying to get the community of the school together to participate in these things and educate them on everything else.

**Q: What kinds of volunteering did you participate in?**

A: For HOSA, we would help with blood donations, putting up flyers for certain events that we were holding/talks that we were having for certain people to come in. We would make cards for nurses in the general area and cards for kids at St. Jude's and things to get involved with the community of healthcare.

**Q: What was your experience like with the college application process?**

A: It was definitely a lot at once, but I got

through it. I would say that I knew that I was going to have to start early, so I tried to go ahead and have all my basic essays written down and ideas of what I wanted to write about and what schools that I was going to apply to. So, my thing was planning ahead of time and making sure that I didn't rush at the end, even though that happened all the time.

**Q: Did you know that you wanted to attend Yale? What drew you towards this school?**

A: Well, it was definitely at the top of my list. The main thing that I looked for [in colleges] was, first of all, a smaller school, so you could get close to a lot of people, but it's still a bigger community. I think Yale definitely has that with their residential college system, where they separate you into 14 residential colleges, and then that's the group that you stay with for all four years. So, I think I really enjoyed that aspect, but then also I think I like the city that it's surrounded by; there are so many opportunities here that I can take advantage of and explore my passions in. And then there's just so many knowledgeable people that I can ask for advice from and figure out what am I gonna do, how am I gonna do it, all those kinds of things.

**Q: Do you have any advice for undergraduates who are looking for which colleges to apply for/attend?**

A: The biggest piece of advice is to know yourself and what you like (what kind of environment you would do well in, and what kind of environments you don't do well in) and then look for a college that encapsulates those ideas.



It's also helpful to know what kind of major you're leaning towards because some colleges don't have the major that you may want so that's important to look at too. And then I would say the spirit of the school; if the school has any old traditions to unify you as undergrads in the school, since it is important to have that connection.

**Q: What was the scholarship scouting process like? How did you begin it?**

A: I knew I wanted scholarships early on. I don't want to have debt weighing over me when I'm in college, so I thought, I definitely want to go to a school that'll give me a scholarship or get scholarships from outside. I started looking for scholarships early on and then I applied throughout the school year. It's really difficult to make yourself write the essays [for scholarships] at that moment, but you have to do it or else it'll hang over you forever.

**Q: How did you find all of the different scholarships? Did you use a particular website?**

A: So, the College Board's website is pretty useful. And if you opt into College Board's College Search, some scholarships will also email you. There are others; I use FastWeb as a scholarship source for smaller scholarships; I've applied to a couple through them. And then, also looking for local scholarships or something that your parents' companies may give out, that's also helpful. I think local scholarships are the way to go because there's the least amount of competition with those, and so you're more likely to get scholarships in that way.

**Q: How did you balance applying for scholarships with college applications?**

A: The outside-of-college-specific scholarships I would try to do intermittently throughout, and when I was specifically focusing on college applications, I would not worry about those. It was either focusing on the smaller outside-of-college-specific scholarships or the college applications, whether that goes with the scholarship or not (because there are some colleges that when applying, you can check a box and write an extra essay to get that school-specific scholarship if you went to that school). The challenge is that in your senior year, you get all the leadership positions if you want them, you have to focus on college applications, you can't let your grades slip, you have to juggle volunteering hours; it was definitely a challenge, and it was definitely exciting while it was happening.

**Q: Do you have any advice for high school students and young leaders?**

A: My biggest piece of advice is don't be afraid to take a risk and put yourself out there. I know when I was doing clubs and running for leadership positions, I was kind of hesitant to take those steps, but I have really enjoyed who I've become since taking those risks. So don't be afraid to take risks; even if things don't work out the way you want them to, you will be where you need to be in the end. Also, know yourself and your limits, so don't do too much if you know you can't handle it; take it one step at a time.

# Rising Star

*Apurwa Khanal*

*Apurwa Khanal is a first-year student at UNC Chapel Hill, studying computer science with a possible minor in information science or business. During high school, Apurwa participated in the Philosophy Club, Environmental Club, and Science National Honor Society. She worked with Appstract and Appstractify to market the brand and reach potential customers. In the future, Apurwa hopes to gain experience in programming and create a start-up company.*



**Q: Can you briefly introduce yourself?**

A: I am Apurwa Khanal. I am a current freshman at UNC Chapel Hill.

**Q: What are some clubs or extracurricular activities you enjoyed participating in during high school? Why did you enjoy those?**

A: Some clubs I enjoyed participating in high school were the Philosophy Club, Environmental Club, and Science National Honor Society. I liked the Environmental Club since I could help the school with the recycling duties and have fun doing so with a friend. It became less of a chore and more of a fun bonding experience. I also enjoyed the Philosophy Club since we were able to have friendly arguments and discussions to understand each other's viewpoints. One of the most memorable discussions was the debate on whether it was the right choice to drop the nuclear bombs on Nagasaki and Hiroshima if there would have been even more deaths if it had not happened. Discourse like that was what made the club so enjoyable. Finally, The Science National Honor Society was enjoyable because, during the Science

fair, we were allowed to use deductive reasoning and science to figure out a crime scene, which showed how interesting the practical applications of science were. One time, I missed a meeting, and the only way to make up the meeting was to write a blog post about something scientific. In this sort of punishment, however, I found out how much I enjoyed writing educational articles. I chose to write about whale evolution and how the largest animal in the world, the blue whale, came from an ancestor that was the size of a dog. Writing about something I was passionate about really motivated me to write my best for others to understand what I liked and why I liked it.

**Q: What was your favorite course in high school or college? Why?**

A: My favorite course in high school was probably Game Art Design. In that class, we learned how to make both digital and board games. The main reason I enjoyed the class so much was the sheer amount of freedom we had. I was really able to translate my love for drawing and playing games into my own game.

Alongside my friend Kritan, we made this simple dinosaur game about a dinosaur with a jetpack traversing through space, shooting down asteroids, and fighting celestial bodies. We loved our game so much, in fact, that we kept working on the game even after the course ended. Every couple of months, we get a spark of passion and add to the game, little by little.

**Q: Did you have an academic interest in high school? How do these interests translate to where you are now in your education journey?**

A: Academically, I was always interested in Programming. Because of this, I took almost every programming course in my school, even if it wasn't good for my GPA. These interests directly translated to my education journey today since I'm currently studying for a degree in computer science and the courses I took gave me a bit of a head start. I feel incredibly lucky to have had an idea of what I should do so early on since I was able to test the waters and see if this area was fit for me.

**Q: Can you tell us about your time working with Appstract and Appstractify? How did you get involved in these organizations?**

A: Working with Appstract was a good way of seeing change and adapting to it. Appstract's marketing originally was for online businesses. We decided to start marketing with physical businesses as well and had a hard time adapting to that. In turn, we had to try out new strategies to reach our potential

customers.

Appstractify, on the other hand, was a good bonding experience. When we first pitched Appstractify, we were the youngest people in the event. We did not know that we would be outclassed by such a large margin in terms of experience. Even with this, we went on stage and pitched our service, which was AI simplified academic research.

**Q: What are you studying/planning to study in university?**

A: Currently, I am studying computer science and plan to apply to the school of computer science. I have not decided on what I should minor in, but it will either be something interesting in my field such as information science, or it will be something interesting outside my field such as maybe business.

**Q: What was the college application process like?**

A: It was simply written, but stressful to actually do. It was especially difficult for me since I procrastinated a lot. I started writing my CommonApp essay more than a month prior to the application, but after a wave of criticism, I realized I could not express my thoughts well in such a short essay. I kept thinking and thinking of ideas and it was almost too late. On October 13, just a day or two before UNC applications were due, I started writing about my new essay prompt. I barely was able to submit it on time and for a while I thought I would have to apply during regular decision. For any future applicants, please do not do what I did; work ahead



so your stress is spread evenly across months instead of squeezed into a few days.

**Q: How did you decide which colleges you wanted to apply to? Why did you decide on UNC?**

A: I decided on the colleges I wanted to apply to by choosing the ones that were perceived as good for computer science but not too far away from home. That narrowed it down really only three: Duke, UNC Chapel Hill, and NC State. If I did not make these, I would apply to either UNC Charlotte during rolling admissions or go to a Community College and transfer. Of the three colleges, I only got into UNC-Chapel Hill first and got waitlisted at NC State. Given that many people I knew were going to UNC-Chapel Hill and since UNC is known to harbor highly talented out-of-state students as well, I felt that I would meet people who are more talented than me to look up to and learn from.

**Q: What are your career goals?**

A: My career goal is to gain experience in programming through jobs and then hopefully create a start-up company with the knowledge and experience that I gained in the first part of my career.

**Q: Is there any piece of advice would you give to a young reader regarding academics,**

**extracurriculars, applications, etc?**

A: A piece of advice for academics is to take the harder classes, regardless of GPA. I feel that generally this trains you to be better adapted to classes that may give you stress, which will definitely come back in college. As for applications. I would recommend that you start earlier on to see your mistakes and improve before the deadlines hit.

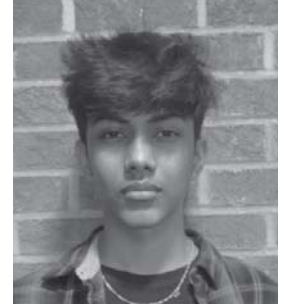
**Q: Any advice to younger readers interested in the computer science/business field?**

A: As for younger readers, I would highly recommend you to take courses in high school for computer science and/or business if they suit your interests. If you are afraid that you may not be good and your GPA will lower if you take such courses, I say you should not worry about GPA that much if your future career is at stake if you do not find out if your future job is a good fit. Now, if you still are worrying about your GPA and want to learn computer science, then I would say to watch videos on YouTube from channels like FreeCodeCamp, use sites such as W3Schools, or any other online source if you feel you can hold yourself accountable in learning them. Even then, if you feel you don't have enough time to work towards something not fit for you, you have the option to join clubs and test the waters for your interests. Just remember there is always an option for you.

# Rising Star

*Kritan Bhurtyal*

*Kritan Bhurtyal graduated from Panther Creek High School and is an incoming first-year at UNC Chapel Hill. Kritan has always been interested in computer science and is pursuing Computer Science and Statistics studies in university. He has done computer science internships and started a finance club in high school. Kritan hopes to build his own startup in the future.*



**Q: Could you tell us a little bit about yourself?**

A: My name is Kritan Bhurtyal. I'm an incoming freshman at UNC Chapel Hill doing computer science and maybe statistics. I went to Panther Creek High School. I was the secretary in the debate club in sophomore year. And then junior year, I did an internship. I started two clubs of mine: the finance club and philosophy club. I also managed an influencer: one of my friends has 1.7 million subscribers on YouTube and he has 1.1 million [subscribers] on TikTok and so on. So I managed his brand deals and such. And then, we started a marketing agency together. Appstract is the marketing agency we started. We worked with companies like Air Baltic, NFL rivals, and some startups in London.

**Q: Did you have any academic interests?**

A: Computer science. I've always been a programmer since the third grade. So on Roblox, you can make games in Roblox Studio. And once my uncle introduced me to coding, I made tons of groups, thousands of people and games on Roblox Studio. And I even made

\$1,000 just from making games for people in the fifth to sixth grade.

**Q: What was your involvement in the finance club?**

A: I was the president; the finance club was called "Wall Street Picks". It was finance, but more catered to fun finance; scams and really engaging events that happened in Wall Street. And that was like the entire basis for the finance club. It was like half lecturing and half of it was just like hanging out.

**Q: What was the process of getting an internship your junior year of high school?**

A: It was the end of junior year, my uncle owned a software company, and so he helped me get the internship. What I did in the internship was make web apps using React and deployed those apps using AWS and Azure. I learned a lot.

**Q: What are your career goals?**

A: I want to build my own startup. I would say I've always been very business oriented.

Even in Roblox, I had my own business. The marketing agency was the first startup I had, right, where we earned a bunch of money. More recently in my senior year, so me and my friends went to UNC's business school where there was a Venture Capitalist Competition. The winner got 500k for 5% of their company. So although we didn't win, we were semi-finalists.

**Q: Can you describe your experience in the Venture Capitalist Competition?**

A: Preparing for the venture capitalist competition, it was pretty stressful. So venture capitalism is like early stage investing in private companies. Let's say I give the idea to someone, then they offer me money for a percentage equity, that is what is called "angel investing" where they come in early. A venture capital is essentially a company that wants to make profit by investing in other people's companies. How the competition worked is we submitted a two minute video and our pitch deck with some written responses on the business plan and other aspects of the company. There is a huge auditorium with hundreds of seats, there's hundreds of people there, and so you have to go for 10 minutes to speak in front of everyone with your slideshow. Five minutes is you presenting the entire slide and then you have five minutes to answer questions.

**Q: For any young person who's interested in entrepreneurship and starting their own business, what kind of advice would you give to them?**

A: I would probably say to start early. You're not really bound by your age, especially when

it comes to things like software. Realistically, instead of making like Roblox games, I could have probably made a real app on the app store when I was younger. So I guess if I had to say one piece of advice, it would be to start young, and be more creative and actually try to make their own games.

**Q: Why did you choose UNC?**

A: It was a pretty tough decision between UNC and State (NC State) because State is usually regarded as better for Computer Science because the engineering school has tons of resources. But I chose UNC because the business school attracts a lot of people from different firms, and I've always wanted to go into finance as a quant (quantitative analyst) or an investment banker. Also, the business school hosts these venture capitalist events, which is honestly one of the reasons I chose UNC. It's also the prestige, I definitely considered that. And I got more scholarship money from UNC as well. So that was also a huge player in my decision.

**Q: Why do you enjoy business, investment banking and other related careers?**

A: There's something so intriguing about business to me. I don't know if it's just business-related jobs like investment banking or creating businesses, but there is something in business that I don't get from anywhere else, a different type of satisfaction. And in the entrepreneurship sense, you're working for yourself and every step you take is directly making yourself better, along with your company. Whereas with companies, even top companies, like Google, Apple, you earn money from them, but you're

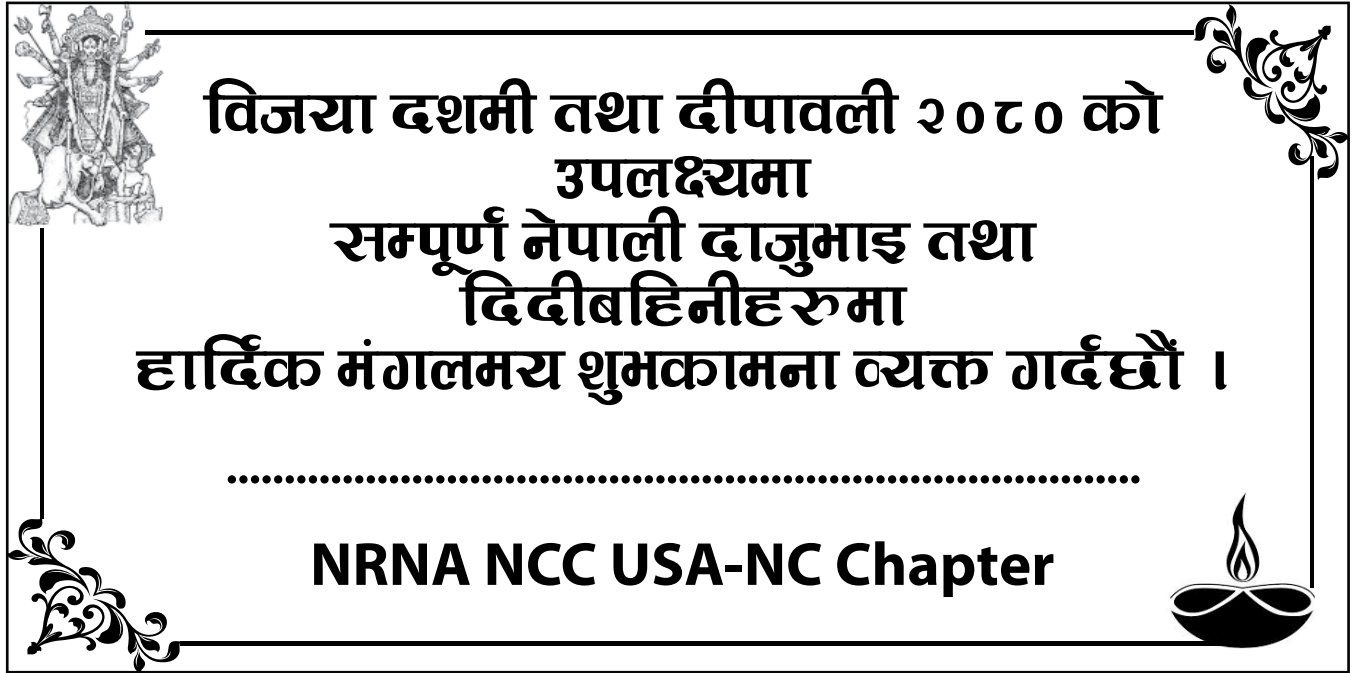


on a small team doing a small thing. Whereas in a startup, you're more involved in the entire business.

**Q: Do you have any advice about the college application process, anything you would have done differently?**

A: The best advice is to start early, because

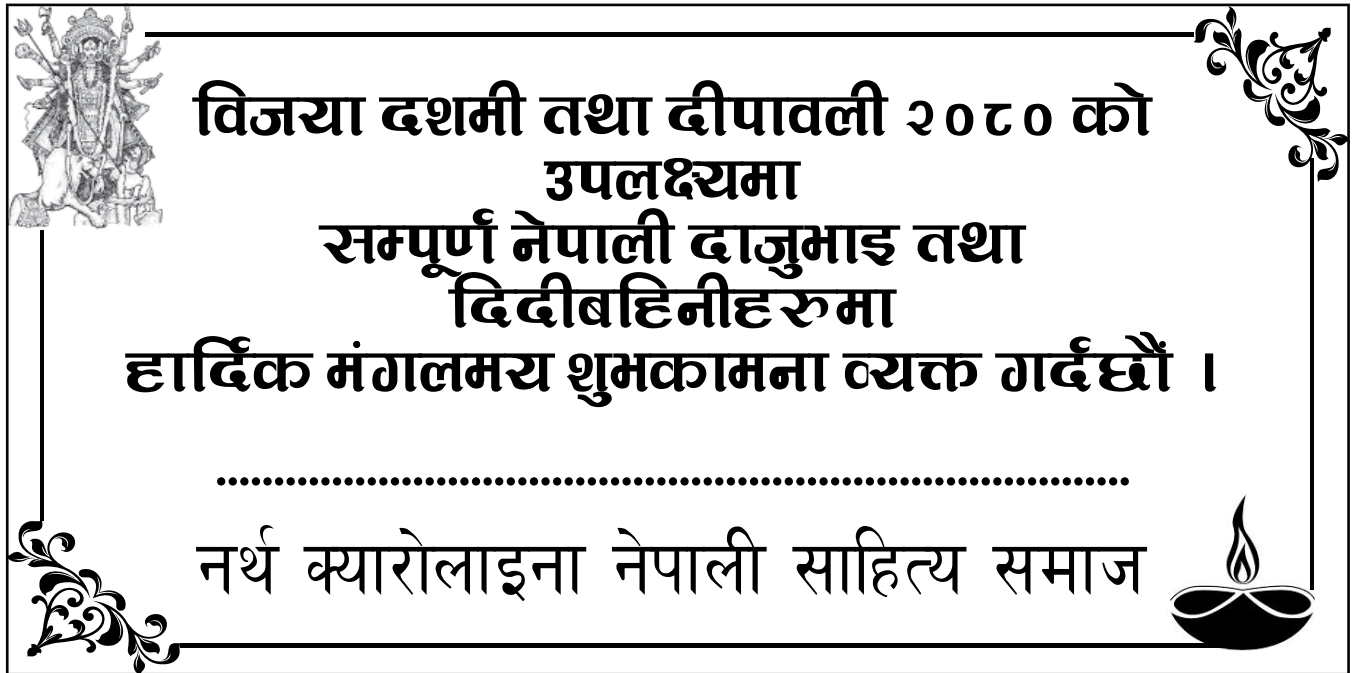

essays are different from other types of things, especially common app essays, because you need to be creative to get into good schools. So I would say it's best that they start relatively early, a couple months earlier than the due date. And I would also say to be really involved, whether that be like clubs or volunteering.



विजया दशमी तथा दीपावली २०८० को  
उपलक्ष्यमा  
सम्पूर्ण नेपाली दाजुमाइ तथा  
दिदीबहिनीहरूमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

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**NRNA NCC USA-NC Chapter**



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नर्थ क्यारोलाइना नेपाली साहित्य समाज



# Rising Star

**Prasun Sapkota**

*Prasun Sapkota graduated from Panther Creek High School and is a rising first-year at UNC Chapel Hill. Prasun is interested in the biomedical field, computer science, and physics. Throughout his high school years, he has founded the Aviation Enthusiasts club, participated in the Biogen and Lemelson-MIT summer program, and completed an internship with Oppti. Prasun looks forward to graduating early and seeing where his interests lead him in biomedicine, computer science, and helping individuals all over the world.*



**Q: What extracurriculars did you participate in during high school and how did you find your interests?**

A: Even when I started high school, I probably knew what I wanted to do. It was either, you know, fall into my dad's footsteps to go into something in biology, biomedical engineering, or something in aerospace or even computer science. And my freshman year, it got cut short due to COVID, so I had to move into online school. During sophomore year, I did a couple of virtual programs. One of the programs that I got to take part of was a Biogen and Lemelson-MIT summer program. That's where I learned a little bit more about biomedical engineering through regenerative diseases as well as neurodegenerative diseases. During my junior year, I took more of a business internship. This was where I was learning to branch out and test new fields, see what I liked; I worked for a nonprofit based in California called Opti, where I was handling a Google Ads budget and then also was part of their marketing team. In junior year, I decided to take both AP classes and dual enrollment. It provided me with the best way to prepare for college, get a good balance into what college workload is like, and

managing my schedule. Also during this time, or all throughout high school, I played football as well, and was a founder of a club called the Aviation Enthusiasts at Panther Creek. Alongside that, I also aided in research at NC A&T. My dad also studies at NC A&T, so I would go out with him on the weekends and look into what it is that he's researching and some of his professors. This further deepened my interest in biomedical engineering.

**Q: You mentioned the Biogen and Lemelson-MIT summer program. How did you learn about this opportunity and get started?**

A: During COVID times, I realized that getting hands-on experience with different opportunities was going to be a challenge. So, I really made it a focus to go out on the web 30 minutes a day, look for opportunities that are helping high school students out with developing their interests. That's how I discovered it [MIT research program]. It's a two week program and it brings information about biotechnology for anybody who may have interest or may not have interest in the field as well. Putting yourself out there is the best way to capitalize on

some of those opportunities.

**Q: How did you get involved with Oppti, the business development internship?**

A: It was an application-based thing; browsing the web and just looking for opportunities was what helped me the most. LinkedIn is a useful tool that other people can recruit you from and for finding those different opportunities. As a business development intern, I had to reach out to multiple schools to attract our program and buy into our subscription. Doing that hard, hands-on work of going to different schools, finding the contact details, reaching out to them, goes to show that no matter how big these corporations look, there's still work that you have to do.

**Q: Do you prefer the science lab setting or the business world?**

A: I stayed with the company [Oppti] for six months and I still like the lab component a little bit more based on what my major is now, but it was definitely a cool experience. I really do urge people to go out and just try new things. Just because your parents tell you, 'STEM, STEM, STEM' doesn't mean you may have your interest in finance or business or law. Always developing that interest is something that will hone in on your skills when you go into real life. I know the expectations that you can feel, especially as a Nepali student, you kind of feel that expectation like, 'hey, my parents will most likely want me to become a doctor or an engineer and whatnot'.

**Q: How did you found your club, Aviation**

**Enthusiasts?**

A: Aviation Enthusiasts was founded by me and my friend; it was really to hone in on my interests in aviation since I was a kid. We had different pilots come out, we had career services come out, air traffic controls; just having different people from RDU come out and join a Google Meet or Zoom to talk about that aviation career choice was something that helped me a lot.

**Q: You mentioned playing football throughout your high school years. Can you tell me about how the sport impacted your life and what it was like balancing sports and academics?**

A: The best thing that I learned was definitely time management. There's a thing called Parkinson's Law: you should optimize your time so that you don't have so much as a schedule that you're overstressing yourself, but you have a schedule so that you're always doing something. That's what I definitely learned through football because I would get off of school at 2:30 and then go straight to practice and not come back home until 5:30. You feel tired, you gotta shower, you gotta eat dinner, and then start your homework. It's definitely a hassle, it's definitely a challenge to say the least. Finding a way to manage my time, balancing my sport life, academic life, social life, is one of the key skills that I learned through football and sports in general. I highly recommend high school students to play a sport, if it's not a sport, join clubs, find your people or find something that is gonna occupy your time.

**Q: Did you have a system set in place to manage your time?**

A: There's 5 minutes, 10 minutes, between the end of class and your next class so you can crank up that time to finish some of your homework or maybe study a couple more concepts for your next test or quiz. One of the challenges through COVID was that during the internship I had at Oppti, I actually had to skip out on [football] practice for 20 minutes. I would make sure that my coach told me the time at 4:30; He'd be like, 'okay, go handle your call,' and having that daily call for 20 minutes, even if I'm in my sweaty [football] gear was one of the things that I will definitely remember.

**Q: Can you describe your college application process?**

A: It's definitely a process that I had a lot of fun with because I felt like answering different prompts, let me learn more about myself. To make [your answers] unique, you have to really dig deep into yourself and really question, 'hey, what did I do? What did I learn? Who am I?' Answering those questions really revitalized my spirit in a sense, made me remember what I'm doing this for, and what my motives are.

**Q: What are you looking forward to doing in college?**

A: This first semester is going to be more about seeing what classes are like, finding myself in some organizations, whether it be biomedical engineering, joining a student union that explores that interest, develops that interest, or playing a sport. In the more academic sense, I do plan to keep reaching out to

professors, building that networking, and then joining. I'm also wanting to apply to this lab research position about eating disorders. That's important to me because growing up I also had an eating disorder, I have bulimia. Finding that lab, and finding that that research topic is something that's being explored at UNC really was a thrill to know

**Q: What would you say is your inspiration, whether it be a professor, family member, what inspires you to keep going?**

A: Definitely family is what comes first. Becoming a first generation student here, first generation American, and then seeing my parents immigrate here (I wasn't born here, and I think a majority of Nepalese people aren't also born here). Putting that constant reminder of your parents, thinking about their hard work, is something that definitely motivates me. Seeing my father work tirelessly and my mother work tirelessly is what inspires me to keep going, knowing that there is a greater good than just yourself. But then also, just a genuine interest is something that should motivate you as well. Sometimes you can't just be dependent on other people. So having a genuine interest and care for what you want, whether it is helping people out, whether it is researching something, whether it's learning something, having a genuine interest that motivates you is something that I think is more important.

**Q: What goal are you striving towards for the future?**

A: Obviously, in front of me is college. I'm coming in with about 52 credits. My plan is



to hopefully graduate in the next three years in biomedicine or computer science. I want to also minor in physics, and I'm not specifically sure what the future holds, but getting a job and then I want to go to Masters school and get something in physics or something that I will also develop an interest in in the next couple of years. Afterwards, traveling the world is a cool idea and helping people because I feel like a genuine interest I do have is helping people. This past summer I actually went to Nepal, and to see the differences in life between America and Nepal made me realize that there's so much that you can do to help; five dollars here may get you a burger, five dollars in Nepal is huge to people, so helping people is something that I feel is one of my goals in the future, whether it be going into a school, donating money there, or doing something humanitarian.

**Q: Do you have any piece of advice that you would like to share with anybody reading this article?**

A: My specific advice would be in high school, as cheesy and as often as you hear it, find yourself, and do stuff that you're passionate about is what's really important because there's going to be those ups and downs, there's going to be times where classes get hard, where academics get hard, and having an ulterior motive is really important, knowing why you're doing it. Balancing that social life, having that fun life, managing the academic life or spiritual life or family life is really important because at the end of the day, if you were only excelling at one thing, you're going to hinder in something else. Balance everything and try to find genuine happiness in what it is that you do.



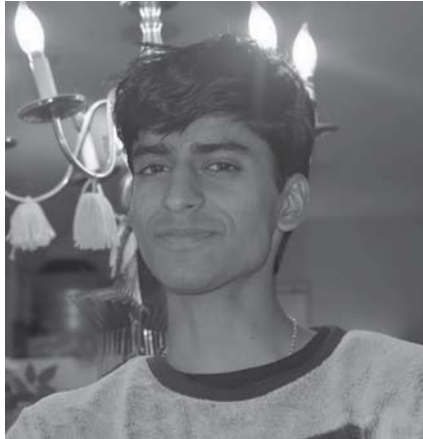
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# SPEF Scholarship Recipient

*Swagat Adhikary*



*Swagat Adhikary is a rising sophomore at UNC Chapel Hill double majoring in Computer Science and Statistics. He is currently participating in research involving programming sound emitters to improve acoustic experiences of AR/VR users. Swagat plans to do an accelerated master's program in statistics and pursue a career in machine learning.*

**Q: Can you tell me about yourself?**

A: I'm a sophomore student here at UNC Chapel Hill, majoring in computer science and statistics. I like playing soccer and, lately, ping-pong.

**Q: Can you tell me more about what your high school experience was like for you?**

A: I tried to maintain all A's and played soccer and tennis. My tech work that I did like outside of school was working at Zebra Robotics, tutoring students in simple robotics and programming.

**Q: How has the tech experience been like in college?**

A: I'm doing research involving AR/VR. My job is to program the sound emitter, which emits rays of sound, so that we can collect data and

feed it into our machine learning model to train it and to improve the acoustic experience for our AR/VR users.

**Q: Can you tell me about your internship at Fidelity Investments? How did you get that internship? What did you do and what did you learn from it?**

A: For internships, you have to apply super early. Last year, I applied pretty early on in the year. And then I got reached out to by a recruiter for a phone screen, and so I did that. I also texted him afterwards on LinkedIn to show that I wanted the job. So, I got that internship. My project was to make a portfolio exchange limit tracker, which tracks how many times a client rebalances their assets. The work might have been very difficult if I didn't have people overlooking what I did and helping me out. I was

collaborating with their professional team and they were helping me out with everything.


**Q: Did your internship make you realize something about what the job force is like?**

A: Yes, I realized how much theory differs from practice.. There are no letter grades when you're doing a job but you still have to make a good impression on all your supervisors. It's less about grading and more about taking genuine responsibility and initiative. My experience also underscored how certain industry trends and practices, especially in Computer Science, evolve much quicker than academic curricula can adapt. You learn a lot more industry-relevant knowledge that isn't always acces-

sible within the confines of a classroom..

**Q: Do you have any advice for someone wanting to do a computer science internship?**


A: I'd say, especially if you're young and lack professional experience, to try to focus on projects. And if you can get unpaid internships, then do those as well because they help build credibility more than solo projects can. If you have a CS club or lab in your high school, then you can certainly do things there, but I see a lot of my computer science or engineering friends do their personal projects and it's inspired by curiosity and it's cool how driven they are. Oh, and also Leetcode. Do that.



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**नेपाली पाठशाला परिवार  
नर्थ क्यारोलाइना**



# How Taekwondo Transformed My Life:

## A Journey of Self-Discovery & Empowerment



- Bidusi Shakya

Taekwondo, a Korean martial art known for its powerful kicks and discipline training, has had a huge impact on my life. The curiosity that it once was to me quickly turned into a passion. I received more help from Taekwondo than I ever could have expected.

I was never the athletic type and was always hesitant to try new things. This led my physical health to plummet and was also the main reason as to why I joined Kim's Yong

In Martial Arts in the first place. My improvement in my physical health was Taekwondo's most visible and obvious benefit. During the training sessions, my Master pushed me to my physical and mental limits, which improved my endurance, flexibility, and strength. Over time, I noticed that my physical health and strength had greatly improved. But, Taekwondo didn't just improve my physical health, it taught me to do things that I never knew my body was capable of.

In addition to its physical advantages, Taekwondo also benefits the mind. Focus and precision are essential components of Taekwondo in order to execute techniques correctly. Ever since I started Taekwondo, my life

started to incorporate this mental discipline. As I continued this journey, I noticed that my ability to focus on school-work, retain cool under pressure, and respond calmly to difficult events had improved.



The improvement in self-confidence was one of the most important results of my Taekwondo journey. From white belt to black belt, everytime I passed a belt test or improved my skills I felt a sense of self-achievement and confidence. The thought that I could set goals and accomplish them through perseverance and hardwork empowered me. This self-confidence carried over into my daily life from the dojang (where we practiced), giving me the feeling that I could take on obstacles head-on.



Taekwondo also taught me useful self-defense techniques. I felt secure in the knowledge that I could defend myself. Even though I hoped to never use these skills outside of the dojang, just knowing them gave me a sense of self-assurance and confidence.

I developed a feeling of discipline and goal-setting through Taekwondo. I had to set and work toward certain goals in order to advance in Taekwondo, such as learning new forms (poomsae), obtaining belts, or participating in competitions. This mentality allowed me to maintain my desire and motivation to fulfill my goals outside of Taekwondo as well.

One of the most fulfilling aspects of learning Taekwondo at Kim's Yong In Martial Arts was the sense of togetherness in the community. My Masters and the people I practice with provide me with a ton of support and encourage

me to never give up on my goals. At Kim's Yong In Martial Arts, we have developed long-lasting friendships, celebrated each other's achievements, and encouraged one another when faced with a challenge. This sense of belonging at Kim's Yong In Martial Arts gave me an experience that I will never forget.

As I continue to reach new heights in Taekwondo, it has had a significant effect on my life that I will never forget. My mentality, physical health, and self-confidence have all increased as a result. Beyond the advantages to my body and mind, Kim's Yong In Martial Arts has given me many friendships that I can always rely on. I am and will be forever grateful for this journey, and I encourage people to try Taekwondo because it can be the route to self-confidence, self-discovery, and personal development that is open to everyone.

## ऋतु



- रीता नेपाल

फूलमाथि भमराको एकछत्र रबाफ थियो।  
भर्ने फूलको प्रतिकारको जबाफ थियो ॥

आमा मुग्लान जादै गरेको नानी पाइला रोक्छे  
थाहा भएर पनि घरमा पैसाको अभाव थियो ॥

मनभित्र लुकाएको ऊ मनैमा नै सिमित भयो

खै माया होकि आखिर समय खराब थियो ॥

बा मरे छोरा किरिया बसेन आमा गुनासो गर्छे  
मेरो छोरोलाई पश्चिम सस्कारको प्रभाव थियो ॥

गरिब बलात्कारीको नाममा कारगार पुगेको छ  
प्रहरीलाई पनि त केश मिलाउन दबाव थियो ॥

# Know Your Money



- Sharad Acharya

Financial system is the backbone of the economy. Its core function is to allow the exchange of funds among its participants, which include lenders, borrowers, and investors. In this article, you will learn about the basics of the financial system and how they relate to your money. In addition, you will learn some basic facts about financial instruments as well as the money cycle: where it comes from and where it goes during activities of an economically active individual. So, let's begin by learning about the core financial system components: institutions, markets, instruments, services and currency.

## Financial Institutions

A financial institution is a company involved in dealing with monetary transactions, such as lending, deposit, currency exchange, and investment. The following are important institution types and their functions.

### Central Bank

Every sovereign country has its central bank, but their mode of operation may be different. In the US, The Federal Reserve system (aka the FED), is the central bank and the center of the financial system, as it controls how much money is available in the market. It does so by decreasing or increasing (including printing new

money) the money circulating in the market. It also sets overnight lending rates, which determine short term interest rates for all loans and savings. Last but not least, it ensures the safety of financial institutions, oversees payment and ensures that settlements happen promptly. The FED has 12 districts that serve various regions. Although individuals may not need to directly interact with the FED, you can learn more about the institution on their website: <https://www.federalreserve.gov/>.

### Retail Bank

The next important component is the retail banking system. A retail bank usually serves as a gateway to the financial system. The main responsibility of a retail bank or credit union is to act as a fiduciary entity: they must care and manage the account holder's money. You should be able to achieve all your financial needs such as direct deposit, bill pay, check writing and transfer features via a retail bank account.

Other important financial institution types include internet banks that operate online only, credit unions that are 'not for profit' and provide services to just their members, brokerage firms that enable stock trading. To learn about additional financial institutions, consult Investope-

dia or Wikipedia articles online.

## Financial Market

A financial market is where trading of various instruments (described later) occurs. There are several types of financial markets, but the most notable are the equity market (aka the stock market) and the debt market (aka the bond market), followed by the money market, capital market, and the futures market.

In the US, equities (aka stocks) are listed in either the New York Stock Exchange (NYSE) or the National Association of Securities Dealers Automated Quotations (NASDAQ). Stocks can either be private or available for public trading, which can raise capital for company expansion and is referred to as listing. For example, Apple's first listing for public trading was on December 12, 1980 at which time the company sold 46 million shares at \$22 each, raising over \$100 million additional capital. At this time, the NYSE has more than 2300 listings, whereas the Nasdaq has more than 3600.

In the US, the primary debt (aka bond) market is either broker-dealer or public auction. Examples of bonds are corporate bonds issued by large US corporations, municipal bonds issued by the state and local government, and treasury bonds issued by the US government. The bonds are also available to trade in the equity market after the auction: however, the secondary market value may be substantially different from the actual value of the bond.

## Financial Instrument

A financial instrument is something with monetary value that is bought or sold in finan-

cial markets. There are two types of financial instruments that everyone should learn about: primary and derivatives. The primary instruments that will be discussed here are bonds and stocks.

## Bonds

Companies issue (or sell) bonds to the public in order to raise funds to finance their future projects. When bonds are sold, a bond buyer is lending money to the company for a fixed amount of time. In return, the company is obliged to pay a coupon (similar to interest), and then return the money when the bond matures. Here is an example:

- In 2023, your local municipality issues a \$200M bond for highway improvement projects. This bond pays 5% coupon and has a maturity of 10 years
- Let's assume you want to invest \$15,000 in this bond. Since each bond price is fixed at \$1000, you can buy 15 such bonds.
- The issuer pays you \$750 per year for the next 9 years.
- The issuer also returns \$15,750 at the end of 10th year.

## Stocks

Stocks are traded via a stock broker through a brokerage account. The US Stock market opens from 9:30AM to 4:00PM, Monday through Fri-



day. Individual users with a brokerage account can trade stocks on a real-time basis. Here is an example:

- AAPL is the ticker symbol for Apple Inc. and it is listed on NASDAQ. Individuals willing to invest this stock need brokerage accounts in firms like Interactive Brokers, Fidelity or Robinhood.
- The right picture shows an image of a real time AAPL quote on 8/28/2023 at 11:30AM, during which it was trading \$178.69 per stock.
- If you want to invest \$10,000, then you can buy 55 AAPL stocks via your brokerage account.

Find more about the equity market: [https://en.wikipedia.org/wiki/Stock\\_market](https://en.wikipedia.org/wiki/Stock_market) or <https://www.investopedia.com/terms/e/equitymarket.asp>

## Derivatives

Derivatives are not directly selling primary financial instruments, but the contract 'derived' from them. An option is an example of a derivative which provides the right to buy or sell an underlying asset(AAPL stock) at a fixed price in a specified timeframe. The image in this section shows the price quote for Option (derived from AAPL stock) on 8/28/2023 at 11:40AM. Trading derivatives involves much more than trading stocks, which is described below.

- The quote is for a derivative named AAPL Sep 29 2023. It is a contract for buying AAPL stock by Sept. 29 (expiration date)
- The table shows six call options with six-strike prices close to the current price.

- If you buy a call option, then you enter a contract to buy the stock before the expiration date.
- You can exercise (but don't have to) the contract. However, if you exercise, the seller (other party) is obliged to sell it at the strike price. If not exercised, the option will expire and it will be worthless.

AAPL Sep 29 2023		32 Days to Expiration (Weeklys)			
Calls	Bid	Ask	Last	High	Low
165.0 Call	15.60	15.75	16.10	16.10	16.10
170.0 Call	11.25	11.40	11.20	11.95	11.15
175.0 Call	7.40	7.50	7.45	8.02	7.25
180.0 Call	4.30	4.35	4.35	4.90	4.20
185.0 Call	2.14	2.16	2.13	2.50	2.09
190.0 Call	0.90	0.91	0.90	1.06	0.88

- Let's assume that from your research, you concluded that the stock price will rise above \$180. So you decide to buy 1 contract (=100 options) of \$180 Call which is listed for sale at \$4.35. So your total cost is  $100 \times 4.35 = \$435$  (plus commission).
- Let's assume that the AAPL price rises to \$192 on Sept 15. Since the option has not yet expired, you can exercise the contract (buy the stock at \$180) and then sell it immediately at market price (\$192) and make  $\$12 \times 100 = \$1200$ . Your initial investment was \$435 which makes your profit  $\$1200 - \$435 = \$765$ .
- On the flip side, let's assume that the AAPL price dropped to \$166 on Sept 29 (expiration date). There is no point to exercise because if you exercise, you have to buy the stock at contract price \$180 which will incur a loss of \$14 per contract (\$1400 loss). In this case you can just let the option expire at 4:00 PM on Sept 29 at which time all the



contract obligations will be worthless. You still lost the initial \$435 but the loss was much smaller if you exercised the contract.

Other important instruments include foreign exchange, commodities, precious metals, and virtual currencies. To learn about these instruments, consult online resources such as Investopedia and Wikipedia.

## Financial Services

Financial services refers to a broad range of activities including personal and corporate finance, banking, trade, and investment insurance. Some key financial services are discussed here in more detail.

## Commercial banking

A retail bank or credit union usually serves as a gateway to the financial system for a person or an organization. In addition to being fiduciary, they provide deposit, loan, transfer and bill pay features which are key to modern trade and commerce. You need to have a relationship (have one or more accounts) with the bank to utilize these services.

## Credit network

Traditional bank functions may be limited by time, duration and location. Credit networks supplement the payment part by making them



available anywhere, anytime. The US market is served by four major networks: Visa, MasterCard, American Express and Discover (logos are shown here). A bank or credit card company can issue a card, which can operate within one of the four networks for fund transfer. For example, if you have a checking account with Chase Bank then:

1. You can ask your bank to issue a Visa debit card backed by your checking account. That means you have access to the money in your checking account via the debit card wherever Visa cards are accepted.

2. You can also apply for a Visa credit card. The credit card can be used within the network, but its working is different from the debit card. It will have a monthly spending limit and interest rate (in case of outstanding balance). You can use the card throughout a given month and pay at the end of the month. One thing you need to be careful of is not to accrue a large balance, because credit card interests are very high and you may end up paying a large interest payment on top of your monthly bill.

## Crypto exchanges

Crypto, or virtual currency, is a new investment class, which is accessed through crypto exchanges. Once you establish an account, these exchanges provide a digital wallet which can be used to send, receive, and spend digital assets and/or convert representative money into digital money and vice versa. Because this is a new asset class and there is a lack of robust rules and regulations, crypto and crypto exchanges are considered to be very risky.

## Investment services

Investment services are probably the next important financial service after banking and credit payment. Almost everyone needs one or more types of investment services to fulfill needs such as saving for retirement, home purchase, college tuition, future emergencies, or even growing wealth. Services like hedge funds, mutual funds, venture capital, private equities and family offices come under this category. Please do enough research before selecting the types of investment services that work best for you.

## Investment Banking

Investment banking pertains to advisory-based financial transactions on behalf of individuals, corporations, and governments. The traditional main function of these banks are traditional corporate finance functions, but a lot has changed in recent days. Asset management, brokerage account, underwriting, and merger and acquisition are some of the key activities. You can find out more about the large investment banks and their activities by visiting this article:

[https://en.wikipedia.org/wiki/List\\_of\\_investment\\_banks](https://en.wikipedia.org/wiki/List_of_investment_banks)

## Currency

Currency is standardization of money in any form, which is in circulation and used as a medium of exchange. Although there are many ways to transfer money from one participant to another, banknotes and coins equivalent are always considered representative money. Idle money is considered ineffective because it

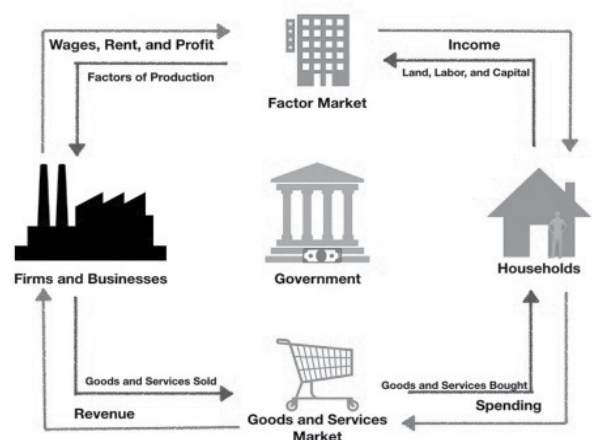
does not grow. That is the reason it is very important to understand the money cycle in a free market economy. Watch this video to get a concise explanation of the money cycle: <https://www.youtube.com/watch?v=JXBlasqu4sM>. Below is a brief description of the money cycle that accompanies the above diagram, which shows the five components in the money cycle: household, goods and services market, firms and businesses, factor market and government. It also shows the direction of money movement (green arrows) and item movement (red arrows).

## Household

A household consists of one or more economically active individuals. In this example,

Mr Sian has some money to spend and decides to buy a new phone. He goes to the local supermarket (Goods and Services Market) and gets a phone, the payment for which is shown by the 'Spending' arrow.

## Goods and Services Market



The Goods and Services Market offers Mr Sian many different phones and accessories. The market does not produce the items it is selling, but does bulk purchase from different

phone manufacturers. The payment received is indicated as the 'Revenue' of the phone manufacturer.

## Firms and Businesses

This includes a specific type of business that actually produces goods. In this example, the phone Mr Sian purchased is manufactured by one of such businesses. A smartphone is a complex piece of equipment that needs hundreds of types of different parts: some of them may be purchased from the Factor Market and the payment is shown as the 'Wages, Rent and Profit' arrow.

## Factor Market

A manufacturer of specialized items will fall in this category. Such a manufacturer may manufacture and supply a specific item. An example of this could be a company producing high quality touch screens which is in very high demand by phone manufacturers. Turns out Mr Sian is a researcher who just sold his research work on manufacturing high quality touch screens to the company and the compensation to Mr Sian is shown by 'Income' arrow.

We can also see the second level of exchange of items. Mr Sian sells his labor to the Factor Market, Factor Market sells specialized products, Firms and Businesses sell finished products to the Goods and Services Market which finally sells to the consumer (Mr. Sian).

## Government

The final component of the money cycle is the government. Federal, state and local governments collect various taxes such as income tax, sales tax, capital gain tax, and property tax. Part of the taxpayers money will fund service projects such as highways and airports for improved transportation, schools and colleges to produce a highly skilled workforce, and police and fire departments for public safety.

## Summary

This article described the US financial systems and some of their components. Knowing about the financial system and money cycle not only makes you better educated but also prepares you to make the right decision for your next big financial activity. First and foremost, you should pay attention to the money cycle that your household is involved in, especially establishing a spending habit following the 50-30-20 rule according to which you must save at least 20% of your take home income. Next comes selecting the right types of investments to go in the right 'bucket' for example, emergency savings should be kept in a bank savings account whereas retirement savings most likely be invested in a high growth mutual fund. The financial knowledge learned in this article should prompt you to gain a deeper understanding of the area you are interested in and achieve your financial goal sooner than later.



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा सम्पूर्ण नेपाली दाजुमाइ तथा  
दिदीबहिनीहरूमा हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

शिव, शारदा शर्मा तथा परिवार, नर्थ क्यारोलाइना



# Betinee Village: Grandparents' love and lifetime memories



*-Manika Chaulagain*

Betinee Village in Okhaldhunga, Nepal, is more than just a geographical location; it is the place where I was raised by my beloved grandparents and it holds a treasure trove of memories that have shaped my life. I'm going to share about my personal experiences and thoughts about growing up in Betinee and the valuable life lessons I learned from my grandparents.

My earliest memories are intertwined with the sights and sounds of Betinee. The lush green hills, terraced fields, and the melodious flow of the Nigale River were the backdrop of my childhood. The orange and pink colors of the sunsets covered the sky, lighting the village with a magical glow. My childhood was brightened up by the smell of wildflowers and the singing of birds. But what truly made Betinee special was the unwavering love and care of my grandparents. My grandparents were the pillars of our family and the village community. They possessed a wealth of wisdom and life experiences that they generously shared with me. From stories of their youth where they had witnessed the changing tides of history to timeless lessons about respect, hard work, and strength, they imparted knowledge that went beyond textbooks. They shared stories

of a time when there was no electricity in our town, and they used oil lamps for light at night. They also talked about our ancestors, giving us a lovely glimpse into our family's history. These stories taught me to value how generations are connected and why it's crucial to protect our cultural traditions.

Growing up in Betinee meant being immersed in a rich mix of culture and tradition. I still remember the celebrations of Dashain and Tihar, where my grandparents played a central role in organizing rituals and gatherings. During these festivals, the entire village came together in harmony. The melodious sounds of traditional instruments and the aroma of delicious food filled the air. I watched in awe as my grandparents led us through difficult rituals, explaining the significance of each step. Their devotion to our traditions taught me the importance of preserving our roots while embracing the modern world.

Growing up in the hillside, I developed a deep bond with nature. My grandparents taught me about when to plant and harvest crops on our stepped fields. I learned to appreciate the beauty of the changing seasons and



the importance of preserving the environment for future generations. My grandparents cared a lot about keeping the environment healthy, even when many people didn't think about it much. They taught me to save rainwater, use things again instead of throwing them away, and do farming in a natural way without chemicals. They said it was our job to take good care of the land, so the people who come after us can enjoy it too.

Betinee, like many rural areas, has its own unique challenges. Getting healthcare or an education was not easy, but my grandparents were like constant guidance and creativity. They showed me that when you face challenges, you can actually learn and become better. They also believed that when a community comes together and supports each other, there's no problem that can't be solved. Their lessons about resilience and the strength of unity continue to guide me in facing life's challenges with a positive attitude .

In times of difficulties, my grandparents were the motivation behind uniting our community and developing an excellent support system for people in need. Their actions spoke volumes about the significance of community bonds, showing me firsthand how crucial it is to stand by one another, particularly when facing

adversity. They didn't just speak but also lived this philosophy. Whether it was supporting a neighbor in building their home after a rain-storm or providing necessities such as food to a family in need during difficult times, my grandparents taught me the understanding that the well-being of our community was tied to our own. As I reflect on my early years in Betinee, I carry forward my grandparents' legacy. Their love, ethics, and lessons have all shaped who I am today. Their love, values, and teachings have become an integral part of who I am today. I am forever grateful for the nurturing environment they provided, teaching me the importance of kindness, hard work, and the enduring power of family.

Betinee Village, where I was raised by my grandparents in the heart of Okhaldhunga, is a place of profound significance in my life. It is a place where the beauty of nature, the richness of culture, and the wisdom of generations converge to shape my character and values. The memories and lessons from Betinee are not just a part of my past but an enduring guidepost for my future. In their love and teachings, my grandparents gifted me with the greatest treasures of all, and Betinee will forever hold a special place in my heart, serving as a reminder of the enduring power of love, wisdom, and the bonds that tie us to our roots.



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा सम्पूर्ण नेपाली दाजुमाइ तथा  
दिदीबहिनीहरुमा हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

**ददिन पाण्डे र परिवार, नर्थ क्यारोलाइना**



# जन्म अधिको त्यो विलिन आवाज



- लक्ष्मीप्रसाद दहाल

आमा, आज धेरै सालपछि  
तपाईंको मुहारमा खुसी देख्दैछु !  
आमा, आज धेरै सालपछि  
तपाईंको शरीरमा जोश देख्दैछु !!

थाहा छ, किनकी तपाईं गर्भवती हुनुभयो,  
तपाईंलाई दुःख दिन शुरू गरे,  
त्यति मात्र होइन नि, ठूलो सपना साकार पार्न  
तपाईं भित्र वास गरेको छु !!  
आमा, आज धेरै सालपछि  
तपाईंको मुहारमा खुसी देख्दैछु !!

तर आमा, समाजको कुरा नसुन्नुहोला है,  
किनकी महिना त्यहाँ छोरा र छोरीको चर्चा हुन्छ !  
हजरुआमा भन्दै हुनुहुन्थ्यो परिवारमा छोरो चाहिन्छ,  
छिमेकीहरू भन्दै थिए, ९ महिना पछि ठूलो भोज खाइन्छ !!

बित्तो समय, ५ महिना आमाको  
दुःख अनि सुखको सपना बुनेर !  
आमा फेरि भस्करन पुगिन्,  
त्यो निर्दोष छोरीको आवाज सुनेर !!

अब त, म अलिक ठूली भएँ नि आमा,  
हजरुहरूले बोलेको सुन्न सक्छु म !  
कसरी अरु ४ महिना यहाँ बिताऊँ,  
तपाईंको त्यो न्यानो काखमा आऊँ भन्ने सपना बुन्न सक्छु  
म !!

आमा, अब हजरुलाई बाबाले अस्पताल लानु हुन्छ रे,  
म छोरा हो कि छोरी, थाहा पाउनु हुन्छ रे !  
आजसम्म धेरै माया गर्नुभयो,  
तर अबदेखि हजरुहरूको माया घट्न सक्छ !  
म छोरी हुँ भन्ने थाहा पाएपछि

पीडा सबै तपाईंलाई हुन्छ अनि,  
बाबा र तपाईंको माया पनि फाट्न सक्छ !!

(अस्पतालमा चेक गरेपछि)  
आमा, जब सुनें बाबा र डाक्टरको कुरा,  
मेरो अलिअलि हल्लिने हात, खुट्टा काम्न थाले !  
डाक्टरलाई यो छोरी मेरो परिवारमा,  
चाहिँदैन भन्नु भो बाले !!

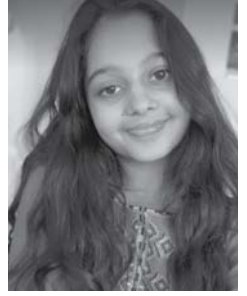
के छोरीलाई चाहिँ संसार देख्नु छैन र ?  
किन अन्धविश्वासको पछि लाग्नु हुन्छ ?  
म चाहिँ तपाईंहरूको सन्तान होइन र ?  
थाहा छ, अब १० दिनपछि, यो संसार छोडेर जाँदैछु !  
छोरालाई प्राथमिकता दिने यो कुण्ठित समाजमा,  
५ महिनाको भएपनि, तपाईंको माया लडिँदैछु !!

ननिदाइकन बित्तो आमाको त्यसपछिका रात,  
आफ्नै श्रीमान् र परिवारले गरे घात !  
आमा बन्ने सपनामा पर्यो ठूलो बज्रपात,  
निर्दोष छोरीसँग मात्र बाँकी रह्यो एक घण्टाको साथ !!

जब आयो अन्तिम आवाज,  
त्यो मासुम छोरीसंगको अन्तिम भेटमा !  
मुटु दरो पाउँ लागिन् आमा,  
डी एण्ड सी सर्जिकल को बेडमा !!

आमा, आमा प्लीज डाक्टरलाई अनुरोध गर्नुहोला,  
कि मलाई गोली अथवा भोल दबाई दिनुहोस् !  
किनकी म सजिलैसंग सन्सार छोड्न सक्छु,  
त्यस्तो डरलाग्दो औजार लगाएर  
मेरा कलिला हात, खुट्टा अनि शरीर काट्दा,  
मलाई सारै दुख्छ आमा, मलाई सारै दुख्छ !  
मेरा कलिला हात, खुट्टा अनि शरीर काट्दा,  
मलाई सारै दुख्छ आमा, मलाई सारै दुख्छ !!

# How did SANSKRIT turn into NEPALI?



- Shine Lamichhane

Sanskrit is the sacred language of Hinduism and is known as the classical language for Hindu philosophy. It's part of the Indo-European language family and came from an older language called Proto-Indo-European. The Vedas, which are ancient Hindu texts from around 1200 to 1500 BCE, were some of the first things written in Sanskrit.

Nepali is an Indo-Aryan language and is related to other languages like Hindi, Gujarati, Bengali, and Marathi. Throughout history, Sanskrit was written in different ways, including the Devanagari script. Nepali has taken some words from other languages, but it's more original than other languages because it uses many words from Sanskrit.

Historians have debated where the people who spoke Sanskrit came from. One idea from Sir William Jones, suggests there might not have been one original language but a mix of words from different languages. In Nepal and nearby areas, new languages developed over time, replacing older ones, including Sanskrit. This idea was suggested over 200 years ago,

and there's good reason to think it's true. It's possible that the many languages we have today developed because languages changed more than people did. Different kinds of people, like travelers, scholars, and warriors, might have contributed to this change.

Another reason Sanskrit changed is because it's complex, with 46 different letters. These letters are organized based on how they sound. Sanskrit has been around for over 3,500 years. The closest language to Vedic Sanskrit, which is found in ancient Hindu texts, is Nuristani, spoken in the faraway Hindu Kush region of northeastern Afghanistan.

Sanskrit hasn't completely disappeared. However, in the 11th century, when India was ruled by Muslim leaders, Sanskrit was replaced with Arabic in some places. This might also have affected how Sanskrit was used in Nepal.

Even though Sanskrit isn't used as much as before, it's still considered one of the oldest languages in the world that's still in use.

# NCNC Teen Council: Nurturing the Next Generation for Success



- Kavya Lamichhane

The NCNC Teen Council serves as a valuable platform for high school students of Nepali origin residing in North Carolina, particularly in the RTP area. In 2022, the council launched its impactful “Youth Empowerment Program”. Both the council and the initiative are led by dedicated high school teens with guidance from advisors Dr. Archana P. Lamichhane and Dr. Bikash Shakya. The primary objective of this initiative is to stimulate critical conversations pertaining to personal development, self-esteem, and goal setting. These dynamic and interactive sessions aim to educate and empower high schoolers, preparing them for college and ultimately contributing to their academic success. The initiative also strives to create opportunities for personal growth, enhanced self-esteem, and effective goal setting through engaging sessions that ignite critical conversations. These

sessions aim to educate and empower high school teens, offering volunteering and project opportunities to bolster their skills, better preparing them for their college education and subsequent academic success.

Last year we had about 35 high school students who joined the Teen Council and actively participated in the Youth Empowerment Program. We welcomed Nepali high schoolers from across the RTP area to these sessions, providing them with an opportunity to socialize with peers while gaining valuable knowledge from each session. The council organized about eight engaging sessions ranging from talk series and interactive sessions addressing topics relevant to youth development, to fostering interaction between high school and college students in the school year 2022/23. The first



session in September 2022 marked the beginning of the Teen Council, and since then we have enjoyed numerous sessions featuring panel discussions with college students, professional speakers and exciting interactive and hands-on activities. Additionally, a featured project last year was the collaboration of the



Teen Council with esteemed institutions like Duke University where we conceptualized and started a “My Buddy Program”. The program allowed high school teens to pair up with Duke undergraduate students on a regular weekly basis and discuss and receive valuable guidance on college applications, SAT/ACT preparation, extracurriculars, clubs, and life advice. Our members who participated in My Buddy program benefitted from weekly mentoring sessions and insightful information on various aspects of being a successful high school student, including colleges, resumes, internships, and more.

Through the various empowerment sessions organized by the Teen council during the last year, we were fortunate to receive professional advice from esteemed individuals such as the CEO of the non-profit organization “Wine to Water” and a professional SAT tutor. Their insights provided focused guidance on SAT/ACT preparation and post-college success. Each session equipped us with more knowledge via the opportunity for interactions with the guest speakers and allowed for engaging discussions and quality information sharing. To gain a different perspective on high school life in the US, we also organized a session where we conversed with Nepali immigrants raised in the US. We explored a wide array of topics related to career and college planning, learning from their experiences and understanding how the American school system functioned during their high school time. Further, as AP Season approached, we also organized an AP discussion panel, featuring our senior Teen Council members and

other high schoolers, with discussions focused on their experiences with AP testing and guidance on test preparation. The panel covered crucial aspects such as AP test preparation, valuable online resources and test practices to use, and how the course credits are viewed and transferred for college credits. In addition, we also organized hands-on sessions such as crafting effective resumes. We got great insights on what to include in our high school resume and how to make our resume attractive and stand out for jobs and internships via our conversation with the HR expert. Further, we also had the opportunity to refine our resume with the help of senior college students and the HR person. Apart from academic focused discussions, we also planned a few social events, including picnics and bowling socials, that provided opportunities for group interaction and bonding in an informal setting.

The NCNC Teen Council’s Empowerment Initiative has provided invaluable learning opportunities for the high schoolers and has also helped bring us together to uplift one another through meaningful interactions and engaging sessions. Looking forward, the NCNC Teen Council is poised for growth and impact, and aiming to reach a broader audience of Nepali high schoolers across the RTP area. The vision includes diverse workshops, mentorship expansion, career exploration opportunities, more community service initiatives, and strategic partnerships with professionals and universities.

(The author was a co-lead of NCNC Teen Council for the school year 2022/23)

# तिमी नआऊ प्रिय



- मधु माधुर्य

शान्त विशाल सागरजस्तै लमतन्न मुद्रामा  
अनन्त समयको सिरक ओढेर सुतेको बेला -  
मलाई एकलो एकलो देखेर  
तिमी नआऊ प्रिय  
मभिन्नको एकान्त बिथोलिन सक्छ  
र फेरि चलन सक्छन् मनका छालहरू

‘सुन्दर/अति सुन्दर’  
तिमी त फूलजस्तै छ्यौः  
तिम्रो सुवासले मेरो निद्रा भाग्न सक्छ  
तिम्रो रंगले मेरो मौनता पगाल्न सक्छ  
तिम्रो रूपले दृश्य बदल्न सक्छ  
तिम्रो स्वरले मभिन्न पराकम्प जान सक्छ

एकलो एकलो देखेर मलाई  
तिमी नआऊ प्रिय

तिमीले मलाई ‘एकलो’ देखेकोबेला  
म आफ्नै भीडभिन्न हुन्छु  
माथिबाट आकाशले स्पर्श गरिरहेको हुन्छ  
मौनताले भलाकुसारी गरिरहेको  
‘सन्नद्ध’ को एकल धुनमा नृत्यमग्न हुन्छु म  
मलाई थाहा हुन्छ -  
“म को हुँ ?”  
मलाई बोध हुन्छ -  
मेरो जीवन-कहानी  
आदिदेखि अन्त्यसम्मको इतिहास  
र मेरो अस्तित्वको सुक्ष्म कारण !

देखेर मलाई एकलो एकलो  
तिमी नआऊ प्रिय

तिम्रो आगमन त  
यो संसारको एक सुन्दर प्रतिनिधि न हो  
फेरि सम्झन पुग्नेछु उही जीवनचर्याः  
एक मुठी सास बचाउन  
एक पाथी पसीना चुहाउँदै  
‘रोबोट’ कुदिरहनु पर्छ

लुछ्राचुँडी र गडबड गडबड  
आरोह-अबरोह भोगिरहनु पर्छ  
असुरक्षा र भोकहरूसँग लडिरहनु पर्छ  
सभ्यताको यो जंगलमा  
‘शान्तिमय सहअस्तित्व’ कुन चराको नाम हो ?

देखेर एकलो एकलो मलाई  
तिमी नआऊ प्रिय

तिम्रो सुन्दरता/मधुरता  
चंचल अधर  
लजालु ओंठ  
चुम्बकीय वैश  
तिम्रो निश्चलता  
यी सबै सबै क्षेप्यास्त्र/संकेत ‘  
फेरि अर्को युद्ध/पर्वको कारण बन्न सक्छ  
आत्माहरूको भ्रुण्ड हताहत हुन सक्छ

किनाराबिनाको समुद्र हुँ  
म

गहिराइबिनाको आकाश हुँ  
मलाई -

अलिखित कविताहरूसँगै  
रम्न दिनु

मनको आगोसँगै  
जम्न दिनु

एक क्वान्टम मेरो अस्तित्वलाई  
रुप र रंगबिना बाँच्न दिनु !

अनन्त दिव्य अनुभूति  
आफैभिन्न साँच्न दिनु !

अनमोल जीवनको रुपरंग भुलेर  
फगत ‘कालो/सेतो’ विस्कन सुकाउँछ

मान्छे  
बिनाअर्थ बाँच्छ, बिनाअर्थ मर्छ

छिचिमिराजस्तै देख्छु मान्छे

मलाई यहाँ कतै आउनु पनि छैन  
मलाई यहाँबाट कतै जानु पनि छैन ।

# A Burning Issue: Tobacco Use in Nepal



- Pratigya Banjade

Tobacco-related illnesses are a significant global health concern, with Nepal alone witnessing over 27,000 deaths annually due to this issue. As per the findings of the Nepal Health Research Council, an estimated 29.8% of adults aged 15–69 in Nepal are tobacco users. This alarming trend is attributed to the widespread and aggressive advertising tactics of the tobacco industry as well as the easy availability of tobacco products. After starting, quitting becomes hard due to the stimulant nicotine, a highly addictive substance that can cause physical dependence and withdrawal symptoms if consumption is stopped. Nicotine addiction is known to be one of the most challenging dependencies to overcome. It is also one of the most common addictions in the world, with millions of people struggling with nicotine addiction every day. When nicotine is introduced into the body, it activates specific areas of the brain that increase dopamine

production, which in turn can cause feelings of pleasure and satisfaction. This is why many people become addicted to nicotine and find it difficult to quit. Nicotine isn't the only chemical found in tobacco products; an estimated 7,000 chemicals are present; at least 69 cause cancer, and many more are toxic. Due to these chemicals, one of the biggest dangers that tobacco has an impact on is health, with studies showing that users are at a higher risk of developing health conditions like heart disease, stroke, and various types of cancer. In a country where the healthcare infrastructure is strained, these health assurances have a significant impact on the population's overall health.

Exposure to smoking, also known as second-hand smoking or passive smoking, can also lead to death and chronic illnesses. Forty-one thousand non-smoking adults and 400 infants die every year because of second-hand smoke. Second-hand smoke also contains more than 7,000 chemicals, including at least 250 harmful and toxic substances, including carbon monoxide, cyanide, formaldehyde, and nitrogen oxides. These chemicals can irritate the air passages, lungs, and eyes and cause coughing, wheezing, and breathing difficul-



ties. Second-hand smoke exposure can also exacerbate existing respiratory conditions like asthma, bronchitis, and COPD, and it can be particularly harmful to children as their lungs are still developing and they breathe more air relative to their body weight. Women are also at a higher risk of dying from chronic obstructive pulmonary disease (COPD) than men. To protect non-smokers from second-hand smoke exposure, measures like smoking restrictions in public places and workplaces should be implemented. These actions can lead to a significant reduction in second-hand smoke exposure and the associated health risks.

In 2015, the Nepalese government passed a mandate to increase the PHW's requirement from 75% to 90%. However, Perfect Blend Pvt. Ltd. filed a petition to the Supreme Court against the government, while a tobacco giant, Surya Pvt. Ltd., backed them in support. In retaliation, Action Nepal filed a countersuit against the tobacco industry. After an eight-year-long battle with over 40 hearings, on August 20, 2022, the Supreme Court of Nepal ruled in favour of public health protection, mandating the tobacco industry to print a 90% pictorial health warning (PHW) on all packaging. The pictures are especially effective in regions where literacy rates are low and numerous languages are used to warn individuals about the risks of tobacco usage. The PHWs often depict gruelling images, which are effective in discouraging people from smoking, as documented by a study conducted on the effectiveness of pictorial health warnings, where

83% of the participants reported that the PHWs scared them. PHWs are one of the measures a nation can take to decrease the rate of deaths caused by tobacco-related diseases.

To take measures against tobacco use, public health and awareness programmes should educate people about the deadly effects of tobacco use and provide information about the health risks associated with smoking and chewing tobacco. Furthermore, implement and enforce bans on smoking in public places, including bars, restaurants, and public transport systems. Such measures can help reduce passive smoking and protect non-smokers from harmful chemicals. The government must consider increasing the tax rate on tobacco products, as the current rate of only 30% is not sufficient to discourage smoking. Increasing the tax on tobacco products can effectively generate revenue for tobacco control programmes that can provide cessation services such as counselling and nicotine replacement therapy. Additionally, collaborative efforts with influential figures like celebrities, community leaders, and social media influencers can raise awareness about the detrimental effects of tobacco use. As well as disseminating information about the hazards of tobacco use to members of our community, volunteering for anti-tobacco programmes can serve as an effective method to decrease the prevalence of tobacco use.





# निहारिकाको द्रौपदी अवशेष र मेरो क्वारेन्टाइन



-शिखर दुलाल

बेलुका विस्तारामा जाने समय हुन लाग्दैथियो, एका एक निकै जाडो भयो, मुटु काँप्यो । शरीरभरि काँडा उम्रिए । तात्तातो मेथी जाउलो खान मन लागेर त्यही खाएको थिएँ । लोकल कुखुराको तातो सुप पनि रहेछ । त्यो पनि एक कचौरा सिनित्त पारेको हुँ । अफिसको काममा पनि खासै धपेडी थिएन आज । अधिपछि भन्दा होलो खुकुलै थियो काम । तर घर आएपछि गर्मीमा घाँस काट्दो भएँ । ठूलो बारी भएकोले भण्डै ४५ मिनेट नै लाग्यो काटिसक्न । धन्न साइड ट्रिम गर्न छोराले सघायो । घाँस काटिसकेर नुहाई धुआई सक्दासकदै ज्वरो आयो । घाँटी पनि खप्प भयो । टाउको बेस्कन दुख्न थाल्यो । पेस्ट कन्ट्रोलका मान्छे मास्क नलगाई आएका थिए ओखति छर्न । संका लाग्यो । तर सोचेँ यति छिटो कहाँ लक्षण देखिन्छ ?

होइन कोरोना, मलाई सामान्य धपेडीको जोरो आएको हो जस्तो लाग्यो ।

तर फेरि पनि मलाई शंकाको बादलले घेर्न छाडेन । फेरी सोचेँ - कतै कोभिडले नै त बनाएन मलाई सिकार ?

केहि दिन यताको सबै कृयाकलाप सरसरती सम्भेँ । कामको दौरानमा पनि कोभिडको लागि अपनाउनु सबै सावधानी अपनाएकै हो । कसैसंग नजिकै भएर बातचित पनि भएकै छैन । मास्क लगाउने, सकेसम्म साबुन पानीले हात धुने, त्यसको लागि अनुकुल नपर्दा सेनिटाईजर लाउने कार्य पनि यथावत छँदैछ । भिडभाडमा गएको छैन । शंका गरिहाल्ने ठाउँ पनि छैन ।

टिभी कोठामा सपरिवार थियौं । म काँपेको देखेर छोराले ब्लाङ्केट ल्याएर ओडाई दियो । मैले ज्याकमा राखेको मास्क मागेँ र लगाएँ । आफू कोरोना संक्रमित भएपनि अरुलाई नसरोस् भन्ने उद्देश्यका साथ ।

तुलसीपत्ता, बेसार, ज्वानो हालेर पानी भकभकी उमाल्न

लगाएँ र तात्तातो पिएँ । शरीरको काम छुट्न कम हुँदैगयो । थर्मसमा तातो पानी रातभरिलाई हाल्न लगाएँ । स्याना दुई टुक्रा अदुवा पनि खसाल्न लगाएँ र लागेँ क्वारेन्टाइन कोठामा ।

यो घरको निर्माण गर्नेले धन्न एउटा कोठालाई क्वारेन्टाइन कोठाकै नामले तयार गरेको छ । आज काम लाग्यो ।

आमा छोरालाई भित्र आउन मनाही गरेँ । आफूलाई चाहिने सरदामहरु थर्मामिटर, अक्सोमिटर र टाइनालोल गोलीको बट्टा अनि निहारिकाको नव प्रकाशित द्रौपदी अवशेष पुस्तक पनि लिएर कोठामा छिरेँ । त्यति भए मलाई दुई दिनलाई मेलो पुग्छ भन्ने अडकलको साथ ।

आमा छोराले केही सारो गारो भयो भने आवाज दिई हाल्नु है भनेर आ-आफ्ना टुडुगामा पसे । आफूलाई निन्द्रा परेन । अनेक कुरा तर्कना खेल थाले मगजमा । साँच्चिकै कोभिड भाइरस नै पसेको भए चैं अब हुन्छ के ? फाइजरको दुइटै डोज भ्याक्सिन लगाई सकेको हुँदा खासै डराईहाल्नु नपर्ने कुरा डाक्टरले बताएका थिए । तर पछिल्लो दिन प्रतिदिन भाईरसले रुप फेर्दै गएको र संक्रमितको संख्या अमेरिकामा पनि ह्वात्तै बढेका समाचारहरु आइरहेका छन् । त्यसैले पनि मन दुक्क हुन सकेन । आफू सुगरले सताइएको ब्यक्ति भएर पनि हो सायद अझ बढी संसकित भएको । दुवै मात्रा भ्याक्सिन लाएका ब्यक्ति कोरोना संक्रमित भएपनि गाह्रो भएर अस्पताल भर्ना भएकाको संख्या न्यून छ भन्ने पढेको कुरा स्मरण गरे । तर जितिनै मन बुझ्ने बाटो खोजे पनि, जति हिम्मत बाँध्न खोजे पनि पूर्णरूपमा त्रास हटेको थिएन । घरभित्र वस्दा पनि मास्क लाउने यो दिन आउँदा मलाई निकै नमज्जा लाग्यो ।

पटक पटक कोल्टो फेर्ने काम भैरह्यो । पटककै निन्द्रा परेन । बत्ति बालेँ र अनि सुरु गरेँ द्रौपदी अवशेष । कतै पढे

को थिएँ यो उपन्यासमा निहारिकाले हिमाली संस्कृति त्यो पनि कर्णालीको सेरोफेरोलाई उजागर गरेकी छन् भनेर । त्यसैले म आफू त्यहाँ नपुगेको भएर पनि त्यहाँको रहनसहन भेषभूषा, संस्कृति बुझ्न उत्सुक थिएँ । बिहान मात्र मेरो हातमा पुस्तक परेको थियो । तर पुस्तकभित्र पस्न भ्याएको थिइन ।

पाना पल्टिदै गए, मलाई पढिरहने उत्साह जागिरह्यो । यो पुस्तक पढि नसकुन्जेल कोभिड टेस्ट नगर्ने निर्णय गरेँ कारण नेगेटिभ आयो भने काममा जान पर्छ । पुस्तक पढ्न समय कुनुपर्छ । पोजेटिभ आए गाह्रो लक्षण नदेखिए पनि तनावको कारण पढ्न नसकिने हो कि भन्ने चिन्ता पर्यो ।

कति भ्याउँछु आज सक्काउँछु भन्ने लाग्यो । विशेषगरी उपन्यासका पात्रहरू ग्यालजेन र दिग्विजयका यात्रा विवरण जस्तो लाग्ने कथाहरू समेटिएका कुराले त्यस हिमाली भेगको जाति, रहन सहन, भेषभूषा, सौन्दर्यताको चाखलाग्दो वर्णन पाउँदा आफैँ पात्र बनेर घुमेभैँ आभाष मिल्यो । कोभिडको क्वारेन्टाइनमा मरिसभिलको एक घरको एक बन्द कोठामा हैन म आफैँ त्यहाँ प्रत्यक्ष हुम्ला यात्रामा भएभैँ लागिरह्थे यो । पढाई बिसाउन रतिभर मन थिएन तर भित्र बत्ति बलेको थाहा पाएर छोरा ढोकामा नक नक गर्दै सोध्न आएछ । -बाबा के भयो ? गारो भयो कि के हो ?

हतपत मास्क लगाएर ढोका आधा खोले । 'मलाई केही भा छैन । किताब पढ्दैछु ।' मैले भने ।

'यस्तो बेला रेस्ट गर्नुपर्छ । भोलि उजेलो भएपछि पढ्दा पनि हुन्छ नि ?' छोरोले अनुरोधकासाथ मायालु स्वरमा सम्झायो ।

म नसुतेको कारण ऊ पनि ननिदाउने होला भन्ने सोचका साथ बत्ति निभाएँ र सुत्ने प्रयास गरेँ । तर दिमागमा भने ग्यालजेन, नोर्बु, पेमा, वाङ्दी, दिग्विजयकै दिनचर्याले घेर्दै थियो ।

उनीहरू संगैको हिमाली यात्रामा निस्किएको थिएँ, कतिखेर निन्द्रा पर्यो थाहै पाइन छु ।

बिहान भएपछि छोरा र श्रीमतीको विशेष अनुरोधमा डाक्टरलाई कल गरेँ । उनैको सल्लाह बमोजिम पिसिआर टेस्ट गर्नुपर्ने भयो । आफैँ एकलै ड्राईभ गरेर गएँ र स्याम्पल दिएर आएँ । परिवारसंग एकै घरमा भएपनि टाढा बस्नु नै थियो, फेरि पसेँ उही कोठामा जहाँ मलाई केहि पृष्ठ बाँकीले

पखिर्नेको थियो ।

फेरि निहारिकाको द्रौपदि अवशेष मार्फत् कर्णाली तिर लागें ।

काममा जान नपरेको यो मौकामा चौका हानें । दुई दिन लगातारको सयरमा खर्लप्यै भ्याएँ । घुम्नु घुम्ने मानसरोवर, लाप्चा, हल्जी गुम्बा पुगें, फर्किँदा यालवाड, किर्मी, धारापुरी हुँदै सिमिकोटमा आइपुग्दा हिमपातले ह्याम्मै छोप्यो ।

साथमा ग्यालजेन र पेमालाई छोड्नै सकिएन ।

उपन्यासका प्रमुख पात्र यिनै दुई भएपनि निहारिकाले हिमाली समुदायको विशेष गरि त्यो भेगको रहन सहन, संस्कृतिलाई भन्न केही नछुटाएभैँ लाग्छ । त्यहाँका हिउँद र वर्षा, ऋतु अनुसार समाजका हरेक सदस्यहरूले भोग्नु पर्ने दुःख पीडालाई उपन्यास मार्फत् उजागर गरेर एकपटक दिग्विजयको रोल खेल्न मलाई पनि उधृत गराएको छ ।

कथामा विविध पात्र स्रोतका माध्यमबाट आमाको भूमिका उजागर गराएर जुनसुकै समाजमा आमा देवी हुन्, आमाहरू सर्वोपरि हुन्, मान्छे मात्रै हैन आमा एक सृजना हुन् भनेर भरनासंग, नदीसंग जोडेर लेखिएका हरफहरूमा आमाको यथार्थता पढ्न पाउँदा मनमा निकै शान्ति मिलेको आभाष भएको पनि छ ।

आफू जन्मिएको हुर्किएको भन्दा अलग संस्कृति अलग परिवेशको कथा लेख्नु आफैँमा पनि चुनौतीपूर्ण कार्य हो । बहुपति विवाह संस्कृतिलाई केन्द्रमा राखेर लेखिएको यस उपन्यासमा त्यस प्रथाको क्रमिक विकास कसरी भयो देखि लिएर त्यसका सकारात्मक-नकारात्मक पक्ष उजागर गरिएको छ । कुनै पनि समुदाय भन्नासाथ जन्म, विवाह र मृत्यु यो तिन संस्कार मुख्य रूपमा आउँछ । संस्कृतिसंग सम्बद्ध भएकोले हुनुपर्छ २२८ पृष्ठको पुस्तकमा सबै संस्कार समेटिएको छ । त्यसको साथसाथै त्यहाँको हर दिन, महिना अनि वर्ष भरिको दैदिनी छ । संवाद स्थानीय छ । सायद प्रथम दृष्टीबिन्दु म पात्रमा लेखिएको हुँदा त्यहाँकै म पात्रलाई भाषा फरक पर्ने हुँदा पनि कथावाचक फरक परिवेशबाट लिएको ।

कथावाचक जसको पुर्खा पहाडबाट भरेर तराई बसो बास बस्छ र हिन्दु धर्म अबलम्बन गर्छ, अरु सबैजसो पात्र हिमाली छन् र बुद्ध धर्ममा आस्था राख्छन् । त्यहाँ एकले अर्काको धर्म र संस्कारमाथि सम्मान दर्साएका छन् । कथा

बाचक आफै पनि नेलु जस्तै पात्र हो । आफू र त्यहाँका नेलु संग तुलना गर्छ ।

धेरै कुरा भनेको छ, धेरै प्रतिक्रियात्मक रूपमा बोलेको छ ।

भट्ट सुन्दा बहु पति प्रथा भन्नासाथ मातृसत्तासँग जोडेर बुझेको थिएँ । तर छेउमै भएको पुरुष सत्ताले या देशको कानूनले यसलाई पूर्णरूपमा मातृसत्ता सुरक्षित गर्न नदिएको कुरा छर्लंग पारिएको छ । अनि देशको भौगोलिक, राजनैतिक, आर्थिक अवस्थाको प्रत्यक्ष र परोक्ष प्रभाव के कसरी छ त्यो प्रस्ट छ ।

पुस्तकको अर्को महत्वपूर्ण पाटो पुरुष मनोविज्ञान हो । एक महिला लेखिका जो बढी मात्रामा नारीका मुद्दामा कलम चलाउँछिन् भनि परिचित छन् -उनले पुरुष मनोविज्ञान कसरी केलाउन सकिने होला ? आमाजस्ती भाउजुलाई पत्नी स्वीकार गर्न नसक्ने ग्यालजन, पेमालाई विवाह गरेर ल्याउने नुर्बु या अविवाहित आमाबाट जन्मिएको नेलु वाङ्गदि, या म पात्र दिग्विजय नै । सबै पुरुषपात्रको मनोविज्ञानलाई यथार्थ र सुन्दर किसिमले प्रस्तुत गरिएको छ । पात्रको आन्तरिक द्वन्द्व त्यति नै उत्कृष्ट छ । उदाहरण -बेचैनी साथ ग्यालजनको प्रतिक्षा गरेर बसेको दिग्विजय आफू पेमा बिरामी भएपछि नजिकिने अवसर पाएपछि ग्यालजनको उपस्थिति उसलाई प्रिय लाग्दैन । त्यसको छटपटी ।

कथामा विद्रोह छ । तर त्यो दोहोरो सम्वादमा भन्दा पात्रको व्यवहारबाट भल्किन्छ । अर्को सुन्दर पक्ष केन्द्रिय पात्र मध्ये एक पात्र पेमा अन्त्यसम्म मौन छ । तर मौनतामा नै पुस्तकका हरेक पानामा पेमा छ । कम बोलेपनि ऊ कम्जोर पात्र होइन ।

फरक संस्कृतिमा लेखिएको पुस्तकमा लेखक हावी नभई विवाद रहित बनाएर समाजमा पस्कन सक्नु लेखकको खुबी हो । आख्यानमा योगमाया हुँदै द्रौपदी अवशेष सम्म पुग्दा लेखकले बिकाश गरेको लेखन कला हुनुपर्छ यो । द्रौपदी अवशेष हरेक घटनाको लाक्षणिक अर्थ फरक छ । सरसर्ती हेर्ने आँखालाई यो ठम्याउन मुस्किल पर्छ । कति ठाउँ दोहोर्याउनु परेको थियो । पढ्दै जाँदा एक दुई ठाउँ फर्किएर दोहोर्याउनु परेको थियो । मानसिक कसरत पनि गर्नुपर्छ । पाठकको रुची, चिन्तन र विद्वता अनुसार यसलाई फरक

फरक स्वादमा ग्रहण हुने कुरा निश्चित छ । लेखिकाले कतै भनेकी छन् -'म अरु कसैको घर भित्र पस्छु भने जुत्ता नै लाएर चोटा कोठा घुम्न सकिदैन । यो द्रौपदी अवशेषको लेखन पनि मेरो लागि त्यस्तै हो । ससम्मान ढोकामा जुत्ता खोलेर त्यहाँ राखिएका सामान जथाभावी नचलाई अबलोकन गरेर, आफूले देखेका कुरा इमान्दारिता साथ लिपीबद्ध गर्नु थियो ।'

लेखिकाले अर्को ठाउँमा भनेकी छन् -'कसैको घर भित्रको अवस्था देखाउनु भनेको त्यो घरको छाना भित्ताहरु उधेनु होइन ।' मुख्य कथा र जोडेर उपकथा भनेकी त छन् तर धेरै लाक्षणिक रूपमा । थर्मोमिटर खसेर फुट्टा पारोले सिसाबाट मुक्ति पाएको कुरा होस् या विकासे पात्रमार्फत पुरानो चुलो फेरेर नया चुलो जोड्ने कुरा होस् । ग्यालजनको बख्खु लाएर दिग्विजय ग्यालजन जस्तो देखिन खोज्नु होस् या आमैले विद्रोहमा जाँतो पिस्नु होस् । घटनाले सिधा अर्थ राखेका छैनन् ।

पुस्तकको अन्त्य पनि उत्तीनै सिम्बोलिक छ । हिउँपातले बाटो छेकिएको छ । यात्रा त्यहीं रोकिएको छ, त्यो अनिश्चितता कहिले सम्मको लागि एकिन छैन । पढी सकेर तमाम प्रश्नहरु ले उत्तर खोजि रहन्छन् ।

समयले साथ दिएसम्म मानसरोवर र कैलासको दर्शन गर्ने निर्हुँमा मलाई पनि चयाछहरा, तुम्लिङखर्क, हलिज गुम्बा, हिल्सा आदि सबै ठाउँलाई नियालेर हेर्ने मन बढेको छ । धन्य निहारिका म जन्मेको देशको मैले अहिलेसम्म थाहा नपाएको हिमाली गाउँको कथा ब्यथा अमेरिकाको नर्थ क्यारोलाइनाको एउटा कोठामा पढ्ने मौका दिएकोमा ।

पुस्तक पढि पनि सक्नु मैले मास्कबाट घर भित्रको लागि मुक्ति पनि पाउनु, एकैचोटी भयो दुवै । पिसिआर टेस्टको नतिजा नेगेटिभ आएको खबरले आज दिउँसै एउटै टेबलमा सपरिवार लन्च गरियो ।

तर म अबै भन्छु, भ्याक्सिन लाएपनि घर बाहिर निसक्दा चैं अबै मास्क लाउन नछोडे कसो होला ?

म त लाउन्या हो क्यार, तमि पनि लाऊ है !

# The Importance of Bratabandha(Upanayana)



- Nirbirodh Timalsina

This summer, I had the wonderful opportunity to travel to Nepal, which I had been eagerly anticipating for a long time. One of the most significant experiences of my trip was undergoing the Bratabandha ceremony, a crucial rite of passage for boys in the Hindu culture. During this time, I gained valuable insights into the Hindu religion and its deep-seated traditions. I was fortunate to have my family guide me through the process, sharing their knowledge and teachings about the ceremony's importance, the necessary steps to perform, and the daily routines that follow. As I completed this significant milestone, I felt a newfound appreciation for the beauty and significance of this ancient culture.



Bratabandha is a crucial ritual in Hindu religious belief that every boy must undergo. It marks the transition to maturity for the boy and is considered an essential Sanskar. According to the Shastras, the date and time for the Upanayana ritual must be carefully chosen and followed. Without undergoing Bratabandha, a boy is believed to be incomplete and may face difficulties in marriage. In fact, males born in the Hindu belief system cannot be married without this ceremony. It is a significant event that holds great importance in the Hindu community.

In preparation for the Bratabandha ceremony, several steps must be taken the day before. These include performing the puja ceremony of the Diyo, Kalash, and Ganesh to establish the Yagya for the following day - a process known as Purwanga Karma. The timing of these puja ceremonies is crucial, as they serve as the foundation for all subsequent rituals. Additionally, Matrika Puja is an essential part of the preparatory process, involving the traditional worship of family gods in the ancestral manner. This involves placing cow dung in seven spots on a wall or door of the home, followed by a sequential design of cow dung in 17 spaces on a



rectangular surface, 10 spaces in the next line, 7 spaces in the following line, and 16 spaces in the final line. Each sequence of cow dung represents a Matrika and is worshiped with each step.

To honor our ancestors and celebrate the Bratabandha ceremony, the next step is the Abhyudayik Shradhha. This ritual follows the Hindu tradition of Shradhha, where we offer to the spirits of our ancestors. As part of the preparation for Bratabandha, the Jutikadivasanam is performed in the same Yagya where the Diyo, Kalash, and Ganesh Puja take place. During this ritual, the boy is prepared for his first head-shaving with a blade. To ensure a successful shave, it is important to have a clean plate with all necessary materials such as blades, scissors, porcupine's spike with white lining, hot and cold water, and ghee. By following these steps, the boy will be ready for the next stage of the Bratabandha ceremony.

On the morning of the Bratabandha, the family begins to prepare for the Puja by gathering the necessary ingredients. While shaving the hair was mandatory in the original ritual, modern times allow for trimming the hair as per one's wish. However, hair still needs to be cut for this process. The next step is the Agni Sthapana, which involves managing the wood arrangement and Yagya space before moving on to other details.

After this, several hours of rituals are necessary for this important ceremony. One crucial step is when the boy is dressed in sage attire

with a tika of Chandan, carrying a bow and arrow on his shoulders, and is ready to embark on his saintly life. He then offers sun water before coming to the main part of the Bratabandha ceremony, the Gayatri Mantra Danam. This involves an offering of puja to the gods around Yagya and Gaudan sankalpa for the mantra process. The boy wears the Janai and ties it on his thumb while the guru whispers the mantra to him covered under a towel, so no one else can hear it. The guru then makes the boy repeat the mantra with each phrase utterance, and it takes three phases of repetition of the mantra. Finally, the boy performs the Havan process with his own hands as signified by the guru.

One of the important parts of the Bratabandha ceremony is the Vikshyadanam. During this ritual, the boy's mother, grandmothers, sisters, aunts, and other relatives should offer an assortment of alms to the boy as he starts his life as a sage. The boy should take the stick given to him by the guru and walk alongside his maternal uncle, asking for alms in the same pattern three times. The collected alms should then be brought back to the Yagya and presented in front of the guru, signifying the boy's life of service to the Gurukul and guru, moving from being a student asking for alms.

After the Upanayana process, the Havan left off is now brought to action. The remaining Charu is offered into the agni while chanting mantras for the Charu Havan. The Medha process is performed, which involves delivering ghee on top of the Charu with a Supadi, ultimately concluding the Havan. To end the

ceremony in a complete form, a Purnapatra is collected in a vessel with rice. Following this, the Dakshina Sankalpa is done for the Guru Brahman, whom the child will have to respect and follow as his guru or a representation of his father's image for the rest of his life.

Doing a Bratabandha is not just a religious ceremony. It is a responsibility for young boys. They have to do certain rituals every morning they wake up, every time they eat and every time they shower, etc. For example, every morning, the boy has to hold his janai (sacred thread) and recite the Gayatri Mantra. He is supposed to do this when sipping a little bit

of water. Every time the boy eats, he should give some food to god, by reciting the Aousani mantra. This shows respect to our dharma. It signifies that the boy did his Bratabandha and still continues to cherish it by doing important prayers throughout the day.

To sum it up, Bratabandha is a significant and intricate ceremony that marks a boy's transition into manhood. In the past, it allowed young men to attend Gurukul, a school located far from their homes, where they learned about life, Veda, and grew into responsible individuals. This tradition holds great importance in Hindu culture, but it is not the only one.

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## Nepal: Our Pride



- Sarina Gautam

Among the grand Himalayan peaks  
A country filled with numerous antiques  
Colorful buildings all around  
The perfect place has been found

You will find  
None of our kind  
The warmest smiles  
In a million miles

Faces lit with smiles so bright  
Welcoming you, day and night  
A community's heart, a love so pure  
Nepal, our homeland, forever a cure

All citizens unite, side by side  
Tonight, we stand with our country's pride

# Home: Nepal



- Prasun Sapkota

High altitude, dry skin, locked knees, and immense thirst describes anyone traveling to their native country, far away from home. An undercurrent of excitement courses through the arid atmosphere as the captain's announcement heralds the final fifteen minutes before landing in Kathmandu, Nepal. Suddenly, the mellow faces turned bright, and a collective shift in posture and demeanor rippled through the passengers. As the 787-800 max touched ground on the beat-up concrete runway in KTM, I felt as though a spirit had entered me, infusing a sense of rejuvenation and a profound connection to my birthland. Little did I know, the next four weeks would be an absolute whirlwind of unforgettable adventures, cultural immersion, and breathtaking experiences, etching memories that would forever be treasured.

As I stepped off the plane in Kathmandu, I was immediately enveloped by a mix of scents – a blend of incense, spices, and the earthy aroma of the city. The humid warmth wraps around you, an immediate sensory introduction. There was a rush evoked in everybody's step as we hurried to the airport terminal. Chaotically, in an urgency to find my grandma, I applied for my visitor visa. As I walked out of the terminal, I was aggressively met by an abundance of taxi drivers in fierce competition to find their next passenger. Further, out of the terminal, I land my eyes on my grandmother, who for a split second only makes eye contact

back. My added height, darker skin tone, funny-looking haircut, and an array of necklaces was unfamiliar to both my grandmother and the garnering curious glances from others. Drawing nearer, my grandmother's eyes light up with recognition and excitement. A warm hug accompanied by tears of joy rekindles the deep affection my grandmother holds for her first grandson. Soon enough, we loaded up the car and were on our way to a relative's home for lunch. My mama navigates the bustling Kathmandu traffic with seamless grace. Through open windows, the lively streets teeming with people, rickshaws, and vibrant markets kindle a swell of pride and delight within me.

Fast forward a week into the trip, I experienced heat, dust, food poisoning, sleep apnea, alcohol abuse, manipulation, and anything that could possibly go wrong. For the first time in my life, I felt helpless. I had traveled to my native country but felt the most homesick ever. My language, however, I couldn't explain myself well enough. My culture, however, I couldn't recall some of the most important rituals. My food, however, I couldn't resist illness. My family, however, missed my parents back home. My expectations and excitement from the beginning of the trip had gone out the window.

As the second week rolled around, a shift in perspective dawned upon me. Viewing the excessive heat to an appreciation of mother nature. Learning overwhelming dust is a result

of the lack of adequate infrastructure. Understanding food poisoning is due to the body having never encountered common bacteria and viruses at a new destination. Realizing alcohol and substance misuse can be tracked to an unfulfilling and unfaithful life, which leads to reliance on momentary dopamine rushes. But, most importantly, learning to turn adversity into positivity is what makes my next two weeks an unforgettable experience.

The third week of my Nepal journey was a captivating blend of adventure and culinary exploration. Traversing through Pokhara presented its share of challenges, yet I elevated the excitement by learning to operate a moped, amplifying my sense of accomplishment and enjoyment. The allure of the majestic mountains and freshwater streams constantly left me in awe and caving into plunging into every inviting stream. The pure mountain air, accompanied by the organic cuisine and untainted mountain spring water, created an unparalleled experience that surpassed any other. Noticing the difference between mass industrially produced red onions in America, and the tiny backyard-grown onions shook me as I helped my grandmother make the traditional "Dal Bhat Tarkari". The spices, quality, love, and care of each crafted meal left me cleaning my plate and savoring every last bite as each unique flavor penetrated my taste buds from a long day of traveling.

As each day seemed to move faster and the departure date crept closer, a profound real-

ization birthed within me. Culture, identity, and family have been a part of my life that has always been missing. Immigrating to the United States at the tender age of six years left me grappling with a web of questions regarding my identity. It was hard deciding between associating myself with a culture I had just begun to get a taste of and adhering to the customs that would frame my future. Growing up in a predominantly white neighborhood, I feared others would regard me as different from "American." Whether it was removing my Dashin tika before being seen in public, or refusing to listen to Nepali music in the car, I suppressed my heritage for the longest time. Furthermore, having little to no family in America also left me deprived of family love. However, experiencing affection from my direct family in Nepal reinforced the importance of love. I realized that no matter how many oceans you traverse or how far apart you are, love from the blood is an extraordinary bond that defies duplication. Seeing the bustling streets of Nepal, where one culture, one language, and one nationality united all of the citizens brought to me how your heritage can never be left behind and how to become prideful of it.

My time in Nepal created unforgettable moments that encapsulate the essence of who I am and who I aspire to be. As I stride ahead in life, the echoes of my home, family, and heritage will resonate, shaping my journey with a pride that is uniquely mine.

Thank you, Nepal.



**विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।**

बालकुमारी, विरोध, आरती हुमागाईं तिमल्सिना तथा परिवार  
नर्थ क्यारोलाइना





# Proactive or Reactive?



- Sauryavi Dhakal

It is absurd to imagine that there could be a prison with a history of just one escape attempt, but such a prison does exist. In Norway's open island jail of Bastoy, inmate rehabilitation is given top priority. There are no fences or any walls stopping the prisoners from simply walking out but the prison provides amenities like a school, workshops, leisure activities, and counseling for drug use and anti-violence. These luxuries keep the prisoners from wanting to escape. This approach to crime is called rehabilitation and it is a proactive measure which is implemented reactively.

My research has led me to the assumption that society should implement a majority of proactive measures while also including some reactive ones to combat crime. Crime is something that has plagued humanity for centuries. Over time, we have developed a couple approaches to deal with it. One way is proactive measures. It is the prevention of crime before it takes place. Another way is reactive measures, where punishments and consequences are enforced for committing crime.

In Urban society, the approach to dealing with crime is a mixture of both components.

Though there are some countries that lean more heavily towards one than the other. Norway for example, leans prominently towards proactive measures. Their main crime strategy is prevention rather than giving harsh punishments. They don't convict just anyone to prison, you have to have done something serious to get jailed and even then, the sentences are extremely short. A Real Step Alliance article states, "While Norway can sentence a criminal for up to 30 years,... More than 60% are less than three months, and almost 90% of sentences are less than a year long." This ensures that people are not just incarcerated for minor things and that saves resources, time, and energy for the prisoners that do need the help and that do need rehabilitation. It wasn't always like this though. In the 1990s, Norway recognized that changes needed to be made to their prison systems. The Real Step Article mentions, "Before Norway's prison reforms in the 1990s, the country had a recidivism rate in the range of 60% - 70%. Today, Norway's recidivism rate based on re-conviction within two years is 20%, the lowest rate in the world." These reforms make sure that the prisoners in Norway lose their liberty but always retain their humanity and dignity. This has been proven to be the

key to their long-term success in keeping their crime rates at an all-time low.

The United States, on the other hand, leans more towards reactive measures. The US views prisoners as inhumane and their harsh prison system proves this. The Infographics video called, The State of American Prisons, states, "With only 5% of the world population, the US has 25% of the world prison population." With this many convicts, the conditions are brutal. Prisoners are placed in cramped spaces that lack fresh air, healthy food, natural light, proper health care, and connection to loved ones. This is a result of the unreasonable rules implemented in this country. For example, in 1994, California voters enacted the "Three Strikes and You're Out" law. This law imposed a life sentence on prisoners for any crime, no matter how small, if they had two previous convictions considered serious or violent. According to an article from Stanford Law School, "Project clients have been given life sentences for offenses including steal-

ing one dollar in loose change from a parked car, possessing less than a gram of narcotics, and attempting to break into a soup kitchen." Laws like these are the reason that the United States has one of the highest incarceration and recidivism rates in the world.

Norway's approach to tackle crime seems to have paid off as they have managed to rank as one of the safest and most peaceful countries in the world. The United States' predominantly reactive system has managed to do the opposite, having one of the highest incarceration rates in the world. Overall, societies should use mostly proactive strategies to maintain low crime rates and rehabilitate convicts.

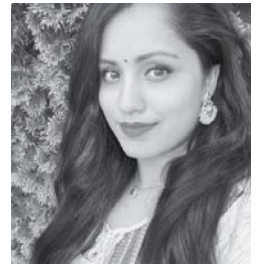
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## दुई मुक्तक



- सविता विष्ट

### १. हाँसो

मुटु दुखिरहन्छ पिडाको खानी छ हजूर !  
दुःखै दुःखले भरिएको कहानी छ हजूर !  
बाहिरी हाँसो देखेर डाहा गर्छन् दुनियाँ,  
आँसु लुकाएर मुस्काउने बानी छ हजूर !!

### २. बिन्ती

भित्री मनको बह मेरो नफुकाउन बिन्ती !  
कमजोर छ मेरो मुटु नदुखाउन बिन्ती !!  
स्वार्थी छ तिम्रो संसार बुभेकी छु मैले हेर,  
सिसा सरी मेरो मनलाई नचुकाउन बिन्ती !!

# Climate Change and why it concerns us



- Aayuska Luitel

Climate change is undoubtedly a topic we have all heard about before, yet still a foreign concept. The United Nations define Climate Change as "long-term shifts in temperatures and weather patterns. These shifts may be natural, such as through variations in the solar cycle." So yes, climate change is a natural phenomenon and not something humans started (actually, we see climate change as far back as the ice age, which was 2.4 million years ago). Still, the problem is that we have rapidly increased climate change ever since the introduction of fossil fuels such as coal, oil, and gas as an energy source. So now, what is supposed to be a natural phenomenon is a worldwide issue.

The effects of climate change include changes to weather, extreme storm or drought, loss of animals, famine, and so much more. This raises concerns mostly in places like Nepal, India, Japan, Madagascar, The Philippines, and

more. These countries are at risk due to excessive pollution, regions (Islands like Japan and The Philippines can be subjected to very severe weather), and poverty. The only way we can help these countries is by doing our part by being more sustainable.

Most Nepali Families are very sustainable because we often use the carpooling system, have our own gardens, and reuse plastic and other recyclable items. Different ways to be sustainable include avoiding food waste, reducing energy consumption, reducing water usage, donating clothes instead of throwing them away, investing in cleaner energy sources (EX. solar panels and electric/hybrid cars), and using fewer plastic items. All of these are straightforward ways to do our part in helping slow down climate change, and even if we are halfway across the world from many of the countries in danger, we can still benefit them by what we are doing.



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौ ।

रविन्द्र, अञ्जु जोशी र परिवार, नर्थ क्यारोलाइना



# विदेशिनेको लर्को कसरी रोक्ने?



- प्रेम शर्मा

केही महिनाको नेपाल बसाईपछि अमेरिका फर्कने क्रममा अध्यागमन कक्षमा नेपाली नागरिकको लाईन लामै देखियो। यस किसिमको लर्को आजमात्र हैन हिजो पनि थियो र भोलि पनि यसरी नै देखिने छ। यसरी बाहिरिने नेपालीहरूमा खासगरी युवा उमेरकाहरूको नै बाहुल्यता थियो। जहाज भित्र नेपाली भाषा नै गुन्जेको थियो, मानौं कि यहाँ नेपालीहरूको जात्रा लागिरहेको छ।

यस्ता फ्लाईटहरू दिनदिनै दर्जनौं हुने गर्छन् र यो फ्लाईट ती मध्ये एक थियो। नेपालबाट हुने अन्तर्राष्ट्रिय उडान मध्ये आधा भन्दा बढी उडानहरूको पहिलो गन्तव्य मध्यपूर्वका एयरपोर्ट नै हुने गर्छन् र यी गन्तव्यमा पुगेपछि यी युवाहरू आफ्नो श्रम बेच खाडी राष्ट्रहरूभित्र प्रवेश गर्छन्। यो प्रकृया नेपाली युवाको दैनिकी नै बन्ने गरेको पाईन्छ।

यसरी युवाहरूको बहिर्गमन किन हुने गरेको छ भन्ने कुरा हरेक नीति निर्मातादेखि सरकार चलाएर बस्ने हरूलाई जानकारी नभएको विषय हैन तापनि यो लर्कोलाई कम गर्न खासै नीतिहरू बन्न सकेको पाईदैन। यी होनहार युवाहरू आफ्नो जहान परिवारसंगै बसेर देशभित्रै रोजगारीमा सकृय हुन पाएको भए यो स्थिति पक्कै आउने थिएन। देश भित्रै रोजगारीका अवसर सिर्जना गर्न सक्ने हो भने दैनिक तवरले विदेशिने युवाहरूको लर्को कम गर्न सकिने थियो, तर यसमा चासो लिने कस्ले हो? यसको सही उत्तर हो सरकार। नेपालमा पनि यो निकाय छ जस्तो लाग्छ, तर यसको अनुभूति नेपालीले गर्न पाएका छैनन्। यो निकाय त देशमा रोजगारीका अवसर जुटाउन तिर भन्दा यिनै विदेशिएका युवाले पठाउने विप्रेषणलाई आफू र आफ्ना कार्यकर्ताको भरण पोषण गर्नमा तल्लीन छ।

यदि रोजगारीका अवसरहरू सिर्जना गर्न चाहने हो भने यहाँ पुँजी, जनशक्ति, बजार जस्ता रोजगारी सृजना गर्न

चाहिने तत्वहरूको अभाव हुने थिएन, तर यहाँ एउटा कुराको अभाव भने अवश्य हुने छ, त्यो हो सरकारको दृष्टि। हाम्रो सरकारसंग केही चिजको कमी छ भने त्यो हो राष्ट्र निर्माण गर्ने भिजन र मिशन। सरकारमा बस्ने नेताहरूको पार्टीमा दर्शन र बिचारको अभाव छ, चुनावमा एकलै लड्ने क्षमता हर एउटा गठबन्धन गर्ने प्रवृत्ति बढ्दो छ, पार्टीभित्र देखा पर्ने नयां बिचार र सोचलाई पाखा लगाउने प्रवृत्ति हावी छ, राजनीति(लाई सेवा हैन पेशा बनाईएको छ, पार्टी र नेतामा रहेका कमी कमजोरीहरूको समीक्षा पटकै गरिदैन, राजनीतिलाई विर्ता र वपौति बनाईएको छ। देशको मार्गदर्शक नीति राजनीतिको यस्तो हालत भएको देशमा युवाहरूको पलायन हुनु के अचम्म भयो र? नेपाल र नेपालीको पिंडा र दर्दलाई आत्मसात गर्न र पिंडा वोध गर्न नसक्नेले चलाएको सरकारबाट देशको समस्या सम्बोधन हुने अपेक्षा कसरी गर्न सकिन्छ र? तैपनि यसरी विदेशिने युवाहरूको लर्को रोक्न नसकिने भने थिएन। यसको लागि सकारात्मक सोच राखेर सत्ता चलाए हुन्थ्यो।

पहिलो यहाँको शिक्षा नीति व्यवहारिक र व्यावसायिक हुनु पर्छ। यसको निम्ति नेपालको विकासको सम्भावनाहरू के लाएर यसमा आधारित शिक्षा नीति माध्यमिक तहको शैक्षिक पाठ्यक्रममा समावेश गरिनुपर्छ। आवश्यकता अनुसार व्यवसायिक तालिम केन्द्र खोली उच्च शिक्षा प्राप्त गर्न नसक्ने युवालाई गहन रूपमा व्यवसायिक तालीम दिन सकिन्छ। यसरी प्राप्त गरेको सीपमूलक प्रमाणपत्रलाई धितो राखी व्यवसायिक ऋण उपलब्ध गराउन सकिन्छ।

देशको उच्च शिक्षालाई विश्वसंग प्रतिस्पर्धा गर्न सक्ने किसिमले स्तरीय बनाउनुपर्ने हुन्छ। हाम्रो अहिलेको उच्च शिक्षाको उत्पादन न त देशभित्र काम लाग्ने किसिमको छ न त विश्वसंग प्रतिस्पर्धा गर्ने किसिमको।

त्यसैगरी हाम्रो शिक्षा कृषिलाई आधुनिकीकरण गरी यसलाई उद्यमको रूपमा अगाडि बढाउने किसिमको हुनु जरूरी छ।

यसको निमित्त आवश्यक नीति तय गरी आन्तरिक र वाट्य लगानीलाई प्रोत्साहन गर्नु पर्छ । यसको परीक्षण विदेशबाट फर्किएका केही युवाहरूले सफलताका साथ सम्पन्न गरेको पाईएको पनि छ । यसमा गरिने लगानीका लागि हामीले गैर आवासीय नेपालीहरूको सहयोग लिन सक्छौं ।

हाम्रो देशका प्रतिभावान युवाहरू स्वदेशमा अडिने आधार नपाएर विदेशतिर पलायन हुन बाध्य छन् । यसैले अब देशको आर्थिक विकासमा मात्र हैन देशको राजनीतिक क्षेत्रमा समेत विदेशिएका युवाहरूको प्रवेश र संलग्नता जरूरी देखिएको छ । हालै नेपालमा भएको उपनिर्वाचनमा स्वर्णिम वाग्लेहरू उपर देखिएको आकर्षणले पनि यसको पुष्टी गर्छ ।

अन्त्यमा हामीले श्रम निर्यात गर्ने वर्तमान नीतिलाई तुरुन्त परिवर्तन गरेर श्रमिकका उत्पादन निर्यात गर्नेतर्फ लागौं भने अहिले त खेत बारीसम्म बाँभो छ, भविष्यमा देश नै बाँभो भएको देख्नुपर्ने दिन धेरै टाढा छैन भन्न सकिन्छ ।

### युवाहरूको पलायनले पार्ने असर र यसको रोकथामका उपायहरू

आफ्ना हाकिमले छोराहरू विदेशमा पढ्दैछन् भन्दा उनको जीवनको इर्ष्या लागेर आउँथ्यो । आफ्ना त बल्ल हाई स्कूलमा पढ्दैछन् भन्ने लागेर आउँथ्यो तरपनि आफूले चिनेकाका सन्तान र सन्तानले चिनेका साथीसंगीहरू विदेशिएको देखेर १२ पास गरेपछि आफ्ना सन्तानमा पनि विदेशको भोक जागे को देखियो ।

यस्तो भोक नजागोस पनि किन? जबकि नेपालको शिक्षा व्यवसायमुखी छैन । फेरि उच्च शिक्षा लिएपछि कसैले पनि सानातिना काममा आँखा नलगाउने, ठूला काम खासै केही नहुने । हुन त काम आफैमा सानो वा ठूलो हुँदैन भनिन्छ तर हाम्रो समाजले काममा विभेद गरेको पाईन्छ । पढे लेखे काले खनजोत गर्न नहुने, खेती किसानी भनेको नपढ्ने वा कम पढ्नेले मात्र गर्ने हो, ज्याला मजदूरी पढे लेखेकाले गर्न नहुने भन्ने सोच समाजमा रहेको पाईन्छ । कुनै बच्चाले पढ्न मन लगाएन भने हलो जोतेर खान्छ भनेर हेलाको शब्द प्रयोग गरेको पाईन्छ ।

फेरि जुनसुकै काम पाए पनि गर्छ भन्नेले सजिलै गरी काम पाउने स्थिति पनि त छैन, ऊ बेरोजगार भएर रहनु पर्ने अवस्था छ ।

शिक्षा क्षेत्रबाट श्रम बजारमा आउने जन शक्तिलाई रो

जगारी दिने स्थितिमा राज्य सक्षम छैन, निजी क्षेत्रले नेपालमा रोजगारी सृजना गरेर श्रम बजार सहज बनाउन सकेको पाईदैन । शिक्षा क्षेत्रको उत्पादन सीमित मात्रामा खपत हुने हुँदा देशभित्र शैक्षिक बेरोजगारी बढ्दो छ । केही विकसित देश उदाहरणको लागि कोरिया र खाडी राष्ट्रहरूले सीमित मात्रामा नेपालबाट श्रम आयात गर्नाले केही बेरोजगारी घटेको छ तर पनि यतिले मात्र नेपालको शैक्षिक बेरोजगारी नियन्त्रण हुन सकेको पाईदैन । फेरि समस्या के छ भने नेपालमा हुने शैक्षिक उत्पादनमा व्यवसायिकताको पक्ष कमजोर छ, त्यसैले नेपालको शैक्षिक जनशक्ति सजिलै विदेशमा पनि खपत हुन सक्दैन । यसैकारण यस्तो जनशक्तिले आफूलाई सीपमूलक बनाउन थप अध्ययनको लागि विदेशिनुको विकल्प छैन ।

यसरी नेपालमा श्रम बजारको सीमितता र वैदेशिक श्रम बजारमा पहुँच हुनका लागि पनि नेपालको शिक्षाको गुण स्तरले नभेट्ने हुँदा थप अध्ययन र रोजगारीका लागि विदेश जानुपर्ने बाध्यताले सन्तानहरू विदेशिने परिस्थिति बन्यो र घर मा आमा बाबुमात्र रहने अवस्था भयो । यसप्रकार सन्तान र आमाबाबु छुट्टिएर लामो समय बस्न नसक्ने परिस्थितिमा कि त सन्तानलाई स्वदेश बोलाउनु पर्यो या आमाबाबु नै सन्तान रहेको देशमा जानु पर्ने भयो । नेपालको शैक्षिक विकासको इतिहास हेर्ने हो भने शिक्षाको उत्पादनलाई श्रम बजारले खपत गर्न सकेको पाईएको छैन र भविष्यमा पनि यसमा सुधार हुने संकेत देखिएको पाईदैन । त्यसैले विदेशमा अध्ययन गरेका र रोजगारी पाएका सन्तानलाई नेपाल बोलाएर बेरोजगारको संख्या थप्नु सिवाय केही हुनेवाला छैन । यस्तो अवस्थामा सन्तानले आमाबाबुलाई पालनपोषण गर्न आफैँ सँग बोलाउने अवस्थाको सृजना हुन पुग्यो ।

यसलाई सतही रूपमा हेर्दा सामान्य लाग्न सक्छ तर परिस्थिति त्यति सामान्य भने देखिँदैन । किनभने यसरी शिक्षित जनशक्तिको पलायनले देशको राजनीतिमा खडेरी पर्दै गएका संकेतहरू देखिएका छन् । राजनीति देशको मूल नीति हो, यसले देशको दिशा निर्देश र सोको मार्ग कोर्ने गर्छ । यसको लागि भिजनरी नेता चाहिन्छ, तर त्यस्तो नेता हुने क्षमता भएको व्यक्तिको पलायनले मुलुकमा राजनेताको शून्यता हुन्छ, नेपालमा हाल देखिएको समस्या त्यही हो ।

जसरी युवाहरूको पलायनले राजनीतिक क्षेत्रमा खडेरी पर्छ त्यसरी नै यो पलायनले देशमा क्षमतावान दक्ष र प्राविधिक जनशक्ति समेतको अभाव हुन जाँदा विकासले मूर्तता पाउन सक्दैन ।

यसरी हुने पलायनले हामीले परम्परादेखि गर्दै आएको कृषि



पेशा समेत संकटमा पर्दा देशको अर्थतन्त्र डामाडोल हुन जान्छ। हाम्रा कृषियोग्य जमीनमा आमोद कमोद नहुँदा बन्जर हुन पुग्छन्, कृषि उत्पादनमा ह्रास आउँछ।

यसरी देखिने समस्यालाई आजको भोलिनै त समाधान गर्न नसकिएला तरपनि यो समस्यालाई समाधान गर्नेतर्फ के ही प्रयासहरू शुरूवात गर्न सके सुरका संकेतहरू देखा पर्न थाल्ने छन्।

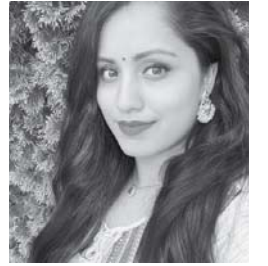
सर्वप्रथम हाम्रो शिक्षा प्रणाली हाम्रै देशलाई चाहिने जनशक्ति उत्पादन हुने किसिमको बनाउनु जरूरी छ। हालको हाम्रो शिक्षा पद्धति प्रमाणपत्रमुखी छ, यो व्यवहारिक छैन। अहिलेको शैक्षिक उत्पादनले हाम्रो खाँचो पनि पूरा गर्न सके

को छैन र विदेशको शिक्षासँग प्रतिस्पर्धा गर्न पनि सकेको छैन। त्यसैले हाम्रा शिक्षाका उत्पादनले देशभित्र पर्याप्त रोजगारी नपाउने मात्र हैन कि विदेशको शिक्षासँग तालमेल गर्न सक्ने स्थिति पनि छैन। यसैले हामीले हाम्रो परिवेश र खाँचोलाई हेरेर पाठ्यक्रम बनाउनु जरूरी देखिएको छ।

युवाहरूको विदेश पलायन रोक्न देशभित्र पर्याप्त मात्रामा रोजगारी सृजना गरेर वर्षेनी नेपाली श्रम बजारमा आउने श्रमीकलाई रोजगारी दिनुपर्ने हुन्छ। यसका लागि आन्तरिक र वैदेशिक लगानीलाई रोजगार मैत्री बनाउन जरूरी देखिन्छ। श्रम बजारका उत्पादनलाई गुणस्तरीय बनाउन सके आन्तरिक र बाह्य बजारमा हाम्रा उत्पादन सहजै बिक्री गर्न सकिन्छ। श्रम निर्यात गर्नुको सट्टा श्रमिकनै निर्यात गर्ने वर्तमान परिपाटीको अन्त्य हुनु जरूरी छ।

## गजल

- सविता विष्ट



अन्याय र अत्याचारमा नपरुन् कोही नारी !  
हत्या हिंसा अकालमा नमरुन् कोही नारी !!

एउटी नारीले अर्की नारीको भावना बुझ्नुपर्छ,  
भेदभाव काही कतै पनि नगरुन कोही नारी !!

शहर केन्द्रित हैन हजूर गाउँमा पनि हेरियोस !  
फूलन नपाई कोपिलामै नभरुन् कोही नारी !!

नारी पुरुष बराबरी व्यवहारमा भल्कियोस,  
चोटै चोटले आँसु सागर नतरुन् कोही नारी !!

कुसस्कार र कुरीतिलाई जरैबाट हटाइयोस !  
घरेलु हिंसामा बसाई नसरुन् कोही नारी !!  
अन्याय र अत्याचारमा नपरुन् कोही नारी !!



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा  
सम्पूर्ण नेपाली दाजुभाइ तथा दिदीबहिनीहरूमा हार्दिक  
मंगलमय शुभकामना व्यक्त गर्दछौं ।

भरत सुवेदी तथा परिवार, नर्थ क्यारोलाईना



# Decolonizing Global Health



- Hishi Ulak

## History

Interwoven threads of history, wars, people, and stories inform society today. Colonization is an overarching thread that still governs how events and perceptions continue to unravel, especially in the realm of healthcare.

Global health is defined as "an area for study, research and practice that places a priority on improving health and achieving equity in health for all people worldwide," (Koplan et al., 2009). In other words, it is a field propelling health equity. However, it was born out of a system that pushed forward health inequalities: colonial medicine. Colonial medicine was practiced in the 19th century in colonies by European colonizers and was used as a tool in imperial conquest to dominate and exploit indigenous populations.

Medicine, extracted from the social and political spheres, is already based in an asymmetric relationship: the ill seeking care from a healer whom they trust. This asymmetry was exacerbated by "colonial physician's violation of th[e] implicit contract between doctor and patient" (Keller). For instance, in the early to mid 1900s, medical campaigns were conducted in sub-Sa-

haran Africa by the French, British, and Belgian colonial governments to manage diseases such as syphilis and malaria (Lowes & Montero, 2021). These campaigns included isolation camps that forced undeveloped novel compounds and medicines on millions of native individuals (Headrick, 2014). These experiments resulted in grave side effects such as blindness and death, and generations later, mistrust in modern medicine: in the late 1900s and even now, individuals living in Cameroon hold fear of vaccination campaigns from the World Health Organization (Feldman-Savelsberg et al., 2000).

Now, colonialism still manifests in several of the ways health projects are conducted.

## My Experiences in Global Health

The summer of 2023, I was part of a program that conducted global health fieldwork in Honduras.

However, in the midst of our own project procedures, there were events that made me skeptical about the field of healthcare in low- and middle-income countries (LMICs). U.S. dental students, who did not know any Spanish, arrived in Honduras to hold a dental brigade,

and administered free dental procedures for any individual who came to a local clinic. There was an overflow of patients that week, waiting in line for cavity fillings, wisdom teeth removals, and more.

Dental students are able to work on patients in the United States as well, but the patient usually acknowledges that they are entering an educational institution and there is a common language amongst the two parties. Executive Order 13166 mandates that all federally-funded healthcare institutions in the United States, including Medicaid and Medicare providers, are required to have interpreters (Civil Rights Division | Executive Order 13166, 2015). This standard is not upheld in healthcare provided by US-based institutions abroad, especially health brigades.

In Honduras, dental students were not fluent in Spanish and thus did not clearly inform patients about the procedure, give directions during it, nor instruct on post-procedure care. Witnessing the skewed power dynamic and speaking with both parties revealed the complex ethical landscape of global health. Students were freed from 'standards' of care but still gained "experience" by operating on patients. Patients sought this care as the best service accessible to them.

The environment harnessed colonial dynamics, an outside organization with more power and resources, coming into a lower-resourced area to provide care on their agendas. In these moments, my mind wandered towards a topic I had heard about before: "decolonizing global

health".

### **Learning about the movement**

In my first introductory global health course, a guest lecturer spoke to the class about the Decolonizing Global Health movement (DGH). This speaker was Yadurshini (Yadu) Raveendran, a current Research Program Leader at the Duke Cancer Institute who kickstarted the DGH movement at Duke during her years as a Masters student in Global Health. Yadu and her peers were among the first to spread the movement's message through DGH panels and outreach. I was able to speak with her again after my experiences in the field about where the movement is now, if "reversing" colonization is possible, and what we can all do to propel equity.

Yadu is originally from Colombo, Sri Lanka, and moved to the U.S. to pursue undergraduate studies. After participating in a global health project in Mumbai, India, she knew she wanted to pursue the field, and thus came to Duke as a Master's student.

However, during her first introductory class in Global Health at Duke, Yadu realized something was amiss: "The professor talked about global health like it was starting from the 21st century, when, to be honest, we've had a long history of exploitation for a long time." After class, in the student lounge, she and her colleagues decided to do something about the incongruity. There was a mention of the term "decolonization", and how it was beginning to gain ground. In their own hands, Yadu and the group sparked momentum in their community: "We wanted to have our own group to read,

discuss, and talk about [health inequity]. And that's how we formed the Duke Decolonizing Global Health Working Group." The Duke Decolonizing Global Health Working Group conducted seminars and conferences supported by universities such as Harvard University and the University of Edinburgh to propel discussion on the frameworks of global health and how programs designed to eliminate health inequities might be perpetuating them in their frameworks.

But what specifically is the DGH movement? It aims to change power imbalances in global health. Currently, it is High Income Countries (HICs) that determine agendas of where money should go and projects should be conducted to help Low- and Middle-income Countries (LMICs). HICs make up the "Global North" that hold purse strings and power. LMICs, as stated in Yadu and her colleagues' paper, are a part of the "Global South": individuals and places that have been oppressed and not pushed up into power alongside players in the Global North (Büyüm et al., 2020). The DGH movement's goal is to bring the Global South towards the power it deserves so that there is no longer a colonialistic relationship between these countries and countries in the Global North.

### **Thinking critically about the movement**

If the Decolonizing Global Health movement is about dismantling the colonial frameworks for health, then why are these conferences being held in the Global North, with affluent universities and organizations? Do individuals in the Global South agree with the movement's goals? Shouldn't they be the ones leading this

movement, not us?

Yadu says,

"When we talk about philosophy, they often say it's a 'rich man topic' because most people around the world have more concerning demands pertaining to their survival. They're just trying to make ends meet, they're just trying to survive, through wars they're going through or poverty. They don't have time to sit down and think about, what does it mean when this white man treats me this way? We, in the Western World, we have a lot of privilege because our basic needs [are met]. So we have time to sit down and think about what more we want out of the planet, what more we want, why we think the way we do, why people are the way they are."

If that is the case, should we wait until all parts of the world are at the same level of income and stability to pursue these topics?

Yadu admits that it's a question she doesn't have an answer to quite yet. But she believes that "if we are centering the voices of those in the Western world, we're doing it wrong."

Yadu also mentions that the movement's use of the term "decolonize" does not match up to what it really means to decolonize:

"Decolonizing means to de-colonize, essentially undo colonization. And so a lot of things we know would not exist. For e.g. capitalism would not exist. And that is a very hard concept for people to understand. It would mean breaking everything they've ever known. It is a larger challenge because it would mean the repatria-

tion of native land, resources, and knowledge. Maybe it's a far-fetched goal that we'll never get to. And so people are more in alignment with the term 'anti-colonialism'."

Thinking about these concepts while continuing to live inside the walls of a capitalistic society is difficult. Phrases such as "lean out" have been used to communicate how countries and people of the Global North need to back out of power structures to allow indigenous people space in power.

### What can we do now?

Knowing what we know, the structural stillness and the need for change, what can we do? Yadu states that even if one is not involved in the global health field, the field's equity principles still exist in every occupation:

"First of all, there is no global health without people. And there's no global health without all the other spaces that we're in. For example, if you are an educator, I want you, as an educator, to think about what you're teaching. What is the curriculum? Whose voice is it centering? If you're an engineer and you're making toilets for another part of the world, is it sustainable? When people first introduced the Western toilet, nobody really used it because they weren't used to it and didn't know how to use it. Think about how you're going to educate folks about your product. If you're working on expanding technology, then your technology should be accessible to everybody. And accessibility does not just mean simply putting it into somebody's hands. It's also offering training, teaching them how to use it and make the most of

it."

Yadu concludes by advising us all to think "about their positionality." "I want people to leave this article reflecting on their positionality in the world, questioning how they live, who is in power, who's pushing the agenda, and how they contribute to this on a larger scale. Essentially, what I'm asking of people is to critically think, because the world as we know it has not always been stagnant; this is due to the people who have questioned it."

Although there will always be more work to be done in global health and other fields, with more schemas to change, let us begin by continuing to question and give power to those who have been continually robbed of it.

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# Human Rights/Equality



- Supreme Timalsina

Hello, my name is Supreme. As you all might know, I have been in Nepali school for several years. I will be talking about Human Rights/Equality. As we know every human has rights such as the right to life, liberty, freedom, slavery, and more. We have our rights as well as kids too. We have the right to live in a safe, comfortable, lovely home.

## How Our Rights Are Being Threatened!

Around the world, many people's rights are being threatened. Some people get robbed and lose all of what they have. Some people don't have anything and live on the streets or in public. These people don't have the right or the things they need to live like us human beings. For example in Africa, not only parents but children also do not have any type of richness. They do not have the right that a kid should have and the proper living as a child.

## Equality For Humans

Many people in the 1900s did not have the rights that they have now. They did not have any type of rights. Black people were judged by their color for more than a thousand years and they were heavily disrespected by the white people. Slavery was a huge issue at the time. Black people were sold and bought like toys at a supermarket. The white people made the black people work for them regardless of what happened. Once a man and woman were married and had kids, the kid was sold off and was raised until the child could work for the white.

This happened for several thousand years.

## The Day Of Happiness

On December 6, 1865, the 13th Amendment abolished slavery. The people rise with joy and they all were now free from the white. The people had the right to be free. Better, in 1963 after the second world war, the Declaration of human rights was established. People now had the right to live free, safely, and with peace. They couldn't be judged by their look, face, clothes, skin, what they have, or richness. The humans that are in this world finally had rights that were fair and equal.

## Until Today

Black people are free and still here in the US joyful for the things they have fought against. Some do not have shelters and are not living in homes. They just live beside gas stations or some other places if they are homeless. There aren't a huge amount of people who have had this happen. They are living the lives that they wish for and they have equality as well as the rights that fulfill their lives.

## Conclusion

People in america have built homeless shelters and more shelters designed for people who dont have homes. Children also need shelters, so people have made shelters for children as well. The government has made shelter all over the US. People are thankful and happy to have a place to live.

# NCNC Financial Report 09/01/2022-09/30/2023

NCNC CASH BOOK 09/01/2022 - 09/30/2023											
2022											
Income				Particular	V.No	Date	Expenditure				
A/C No.1886	A/C No.2082	A/C No.4477	A/C No.1166				A/C No. 1886	A/C No.2082	A/C No.4477	A/C No.1166	
\$90,359.95	\$27,318.42	\$2,645.66	\$14,266.75	Opening Balance							
\$266.00				Donation box in NCNC Picnic	44 A	09/21/22					
				Rest. Depot for Picnic	45	09/12/22	\$657.68				
				Everest Volley Club	46	09/12/22	\$500.00				
\$360.00				T-Shirts Sell from Pooja Nepal	47	09/12/22					
				Zoom Expenses month of Sept	48	09/12/22	\$134.91				
				Bank service charge	49	05/09/22	\$22.02				
				Zoom and projector Screen	50	09/12/22	\$537.68				
\$35.00				Arjun Mainali for Sangalo	51	09/18/22					
				HSNC hall booking for Dashain	52	09/18/22	\$2,300.00				
				Griffing Printing	53	09/25/22	\$5,541.82				
				Zoom Payment	54	10/08/22	\$14.99				
				NC Vibes (international Festival)	55	09/30/22	\$700.00				
\$500.00				Sangalo Collection	56	10/11/22					
\$2,100.00				Dashain Tickets sell	57	10/24/22					
				Bimal Dangi	58	10/23/22	\$1,000.00				
				Sound system for Dashain	59	10/23/22	\$250.00				
				Wristband Purchased for Dashain	60	10/22/22	\$81.44				
\$500.00				HSNC hall booking check return	61	10/31/22					
				Intl festival Rent fee	62	10/30/22	\$78.00				
\$570.00				Tickets sell from Parbati Timilsina	63	10/30/22					
\$370.00				Tickets sell from Shiva Bhattarai	64	10/31/22					
\$100.00				Yogendra pabitra Gautam Sangalo	65	10/31/22					
\$100.00				Dashain Tickets sell Batu sharma	66	11/02/22					
\$100.00				Thakur Muna pant Sangalo	66	11/02/22					
\$1,500.00				Donation from Jitman Basnet	67	11/05/22					
\$200.00				Allmed Clinic	67	11/05/22					
\$151.00				Deusi Vailo Krishna Pokhrel	68	01/05/22					
\$240.00				Tickets sell for Dashain Program	69	11/02/22					
\$650.00				Donation and membership fee	70	10/12/22					
	\$2,267.00			Deusi Vailo Collection	71	10/31/22					
	\$2,694.00			Deusi Vailo Collected Checks	72	10/31/22					
	\$3,388.05			Deusi Vailo Cash and Checks	73	10/31/22					
	\$2,913.00			Deusi Vailo Cash and Checks	74	10/14/22					
\$7,824.00				Intl festival income	75	11/07/22					
\$70.00				Ticket Sell From Rachana	75	11/07/22					
				PostaExpress(Tickets Printing)	76	11/05/22	\$45.00				
				Intl Festival Purchased	76	11/05/22	\$625.77				
				Intl Festival Purchased	77	11/05/22	\$1,458.29				
				Intl Festival Purchased	78	11/07/22	\$231.61				
				Intl Festival Purchased	79	11/12/22	\$516.54				
				Certificates, Frame and Batch	80	11/12/22	\$87.47				
				AA Tickets for Bimal Dangi	81	10/12/22	\$362.20				
				MailChimp and zoom payment	82	11/19/22	\$116.99				
\$175.00				Krishna B Pokhrel Life Mem	83	11/15/22					
\$380.00				Pen Salon for Snagalo and Misc	84	11/16/22					
				Moor & Alphin P LLC	85	11/14/22	\$5,000.00				
				Vickie M Smith	86	11/14/22	\$7,500.00				
				Bhanu Jayanti Venu Book	87	10/31/22	\$85.00				

Continued on pg 80...

# Mount Everest: The Majestic Peak of the Himalayas



- Isan Sapkota

## Introduction:

Mount Everest, standing at a soaring height of 8,848 meters (29,029 feet) above sea level, is the highest point on Earth and a symbol of human determination and endurance. Located in the majestic Himalayan range, on the border between Nepal and Tibet, this iconic mountain has captivated the imagination of explorers, climbers, and nature enthusiasts for centuries. In this writing, we will delve into the geological, cultural, and mountaineering significance of Mount Everest, exploring the allure that continues to draw adventurers from around the globe.

## Geological and Historical Background:

Mount Everest's formation dates back millions of years to the tectonic collision between the Indian and Eurasian plates. The uplift of the Himalayan range resulted from the Indian plate sliding beneath the Eurasian plate, forming this colossal mountain range over an immensely slow geological process.

The mountain was first named "Peak XV" during the Great Trigonometric Survey of India in the 19th century. Later, in 1856, it was renamed "Mount Everest" after Sir George Everest, the

British surveyor-general of India at that time. Despite its British designation, Everest is known as "Sagarmatha" in Nepal and "Chomolungma" in Tibet, reflecting the cultural significance of this sacred peak to the local Sherpa and Tibetan communities.

## Cultural Significance:

For the Sherpa people, who inhabit the Everest region, the mountain holds immense cultural and spiritual value. They regard Everest as a deity and believe it to be the abode of the goddess Miyo Langsangma. Sherpas have been integral to Everest expeditions, providing valuable assistance to climbers and playing an essential role in mountaineering history. Their rich culture, traditions, and warm hospitality have made the region a sought-after destination for trekkers and adventurers.

## Mountaineering History:

The first recorded attempt to climb Everest was by a British reconnaissance team in 1921. The British returned in 1922 and 1924, but it was not until May 29, 1953, when Sir Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa climber, successfully reached the

summit. Their achievement marked a historic milestone in mountaineering and remains a celebrated moment worldwide.

Since then, Everest has become a pilgrimage for mountaineers seeking to conquer the world's highest peak. However, the climb is far from an easy feat. The ascent poses numerous challenges, including extreme altitudes, treacherous weather, and the notorious "Death Zone" above 8,000 meters, where oxygen levels are critically low. Climbers must undergo rigorous training, acclimatization, and meticulous planning before attempting the climb.

### **Environmental Concerns:**

The popularity of Everest expeditions has also brought environmental concerns to the forefront. With increasing numbers of climbers attempting the summit each year, the region faces significant environmental impact.

Problems such as waste accumulation, glacier melting, and the risk of avalanche have raised questions about sustainable mountaineering practices and responsible tourism.

### **Conclusion:**

Mount Everest stands as a testament to human perseverance, a pinnacle of adventure and exploration, and a reminder of our deep connection to nature and culture. Beyond being an awe-inspiring geological wonder, Everest's significance lies in its ability to inspire and challenge individuals to push beyond their limits. As we continue to explore this majestic peak, it is imperative that we do so with the utmost respect for the environment and the local communities, ensuring that future generations can also experience the magnificence of Mount Everest in all its splendor.

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*... Continued from pg 4*

### **(NCNC New Members List)**

Sanju Bhatta Pandey and Chet Raj Pandey  
Santosh Khatiwada & Pritha Paudel Khatiwada  
Santosh Sharma and Bigita Sharma Sayana  
Bhattarai and Kiran Dhakal  
Sharad Marahatta and Kamala Marahatta  
Shree Adhikari and Neeta Sharma Mishra  
Shyambabu KC and Sumitra KC  
Soni Deo and Manish Deo  
Suman Gautam and Manika Pant Gautam  
Suresh Adhikari and Benee Danai  
Uddhab Bhandary and Prakriti Bhandary  
Yuba Raj Kandel and Jyotsna Acharya

### **5 years members**

Avinash Pradhan and Leeza Tandukar  
Peshal Wagle and Goma Belbase  
Rabin Sapkota  
Ramesh Shrestha and Bimala Shrestha

Rakesh Tripathi and Anjana Kadel  
Yam Rasaily and Sonia Rasaily  
Bivek Jha and Arpana Thakur  
Pradeep Dahal and Babita Shrestha

### **Annual Members**

Samjhana Parajuli  
Samjhana Dhungel  
Suresh Pokhrel  
Abin Regmi  
Nitendra Sah  
Uttam Sharma  
Indra Shakya  
Amita Gautam  
Dhanesowr Sharma  
Sagar Neupane

.....  
Life members: 885 (Total as of 1st September, 2023)  
5 Years members: 131 (Total as of 1st Sept., 2023)  
Annual members: 10 (Total as of 1st Sept., 2023)

# हामी सबैको शुभेच्छा, सुखी र सम्पन्न नेपाली समाज निर्माणको ईच्छा

- डाक्टर चिरन्जीवी भट्टराई



कुनै पनि काम यति समयभित्र नै सक्छु भन्ने भएन भने कहिल्यै पनि सकिदैन, त्यही डरले पनि आज सम्झएको बेलामा जे जस्तो हुन्छ यो सानो एउटा लेख लेखिसकेर एनसिएनसिलाई दिने निर्णय गर्ने, किनकि भोलि गरौंला, सकौंला भन्दा मेरा आजसम्म छुटेका जिन्दगीका सयौं कामका अनुभवहरू जति पनि छन्, त्यतातिर अहिले म धेरै जान चाहन्न, अहिले भने म नेपाल सेन्टर अफ नर्थ क्यारोलाईना (एनसिएनसि) लाई दिन खोजेको यही सानो लेख सक्नेतिर जान खोज्दैछु, आजसम्म आइपुग्दा मेरै पनि जीवन भोगाइका धेरै अनुभवहरू छन्, कति सफलताका अनुभवहरू छन्, कति असफलताका अनुभवहरू छन्, यी सबैका जीवनका दुइ पाटाहरू हुन्, कसैले भन्छौं, कसैले भन्दैनौं फरक यति हो, त्यतातिर पनि अहिले म धेरै जान चाहन्न र आज एनसिएनसिलाई सानो लेख के दिने भन्ने बारे सोच्दै गर्दा मलाई एउटा सानो कविता, एउटा सानो मुक्तक र एउटा सानो विषय वस्तु भन्दा पनि मेरो पनि रहँदै बस्दै गर्दा यो समाजप्रति केही दायित्व छ भन्ने भावना नै सबै भन्दा प्रबल पाएँ, सबै भन्दा माथि पाएँ। समय भए, लेख्ने मन लागे कथा कुनै दिन पछि कही लेखौंला, कोने मन लागे कविता कुनै दिन कही कोरौंला, विषय वस्तुका कुनै कुरा भन्ने मन लागे कही भनौंला, आज चाहीं एउटै लेख लेख्नु पर्दा यो समाजप्रति मेरो पनि केही दायित्व छ भन्ने विषय वस्तुमा नै दुई चार शब्दहरू खर्चन मन लाग्यो, नर्थ क्यारोलाईनाको नेपाली समाजमा वर्षौं वर्ष रहँदा बस्दा यो समाजको भलाई र उन्नति प्रगतिप्रति सबैले सक्दो सोच्नु, यो नै सबैको पहिलो सामाजिक कर्तव्य र जिम्मेवारी भन्ने लाग्यो।

यो अर्थमा दुई दशक भन्दा अगाडि स्थापना भएको नर्थ क्यारोलाईनामा बस्ने नेपालीहरूको सबै भन्दा ठूलो सामाजिक सस्था एनसिएनसिले र तपाईं हामीहरू सबैले पनि यहाको नेपाली समाजलाई धेरै गर्न सकिन्छ जस्तो लाग्यो, र नर्थ क्यारोलाईनामा बस्ने नेपालीहरूको भलाईमा। र नर्थ क्यारोलाईना नेपाली समाजको भलाईमा हामी सबैले सक्दो सोच्नु यो हाम्रो कर्तव्य पनि हो, यो अर्थमा पनि

मलाई एउटा कुनै विषय वस्तुको रोचक जानकारी वा कुनै पनि कथा, कविता वा मुक्तक भन्दा पनि यहाँ एउटा दीगो सामाजिक चिन्तनको उठान गर्न मन लाग्यो, अथवा यसलाई सामान्य रूपमा बुझ्दा जसलाई जे कुरामा रुचि छ उसले उही कुरा गर्छ, उसले उही कुरालाई महत्व दिन्छ भने भौं, यो अर्थमा मैले नर्थ क्यारोलाईनामा वर्तमानमा पनि दशौं हजारको संख्यामा नेपालीहरू रहिरहेको र हरेक वर्ष जस्तो नेपालीहरू हजारौं हजारको संख्यामा यहाँ थपिदै गएको सन्दर्भमा समग्र नेपाली समाजको उन्नति र प्रगतिको सन्दर्भमा लाग्छ कि भोलिका नेपाली समाजलाई अरु सुखी र सम्पन्न कसरी बनाउने भन्नेतिर सबै मिलेर सोच्नु अरु जरुरी भैसकेको छ, यो कुरा नै हामीहरूको लागि सबै भन्दा महत्वपूर्ण काम हो भन्ने लाग्यो, मेरो लेखको अलिकति सेरोफेरो त्यसैमा केन्द्रित छ।

हेर्दा, देख्दा, भेट्दा र बाहिर कुरा गर्दा लाग्छ यहाँ अमेरिकामा मान्छेहरू धेरै सुखी छन्, सम्पन्न र खुशी छन्, तर यथार्थता त्यस्तो छैन, यहाँको दुःख नजानिंदो छ, अन्तको जस्तो बाहिरबाट सजिलै नदेखिने छ, यो दुःख र यथार्थता नेपाली समाजमा अरु छ किन कि यो हाम्रो लागि प्रवास हो, र प्रवासको जीवन धेरै फरक हुन्छ, तैपनि अब हामीलाई सधैं यही भनेर भन्ने छुट पनि हुँदैन, वर्षौं वर्ष यहीं बस्दै आएपछि, एक अर्थमा हाम्रा छोरा छोरी र सन्ततिहरूको भविष्य यहीं खोज्नु पर्ने भएपछि भोलिको लागि आज नै सोच्नु पर्ने भएपछि सबैले फरक तरिकाले सोच्नु जरुरि भएको छ, किनकि यो हाम्रो पिता पुर्खाले ठाउँ होइन, किनकि नेपालमा जस्तो हाम्रो पिता पुर्खाले यो गरे हामीले यो पाउनु पर्छ भन्ने पनि यहाँ हामीलाई ठाउँ हुँदैन, अर्थात् यहाँ हामीलाई चाहिने सबै कुरा हाम्रो मिहिनेतले नै आर्जन गर्नुपर्छ।

हो एक अर्थमा अमेरिका संसारकै सुविधा सम्पन्न र धनि देश हो भने अर्को अर्थमा यहाँ पैसा खर्च नगरी केही पनि पाईदैन भन्दा पनि हुन्छ, र यसलाई अवसर नै अवसरको देश पनि भनिन्छ भने अर्को अर्थमा यहाँ एथेष्ट सिप ज्ञान र शिक्षा नहुने हो भने म यो देशको नागरिक हुँ भनेर



मात्र पनि यहाँ त्यति सजिलो छैन, राम्रा राम्रा कामहरु र आकर्षक ठाउँहरु संसारका जहाँ कहिका मान्छेहरु आएर हडपन सक्छन् भने यहीँका नागरिक भन्नेको पनि त्यो काम र ठाउँको लागि चाहिने सिप, योग्यता र क्षमता छैन भने केवल बाँच्नको लागि र परिवार पाल्नको लागि मात्र पनि जस्तो सुकै कठिन काम पनि गर्नु पर्ने बाध्यता हुन्छ, यो कुरा विपेशतः नेपाली समुदायका नयाँ पुस्तालाई हामीले अरु राम्रोसंग बुझाउनु पर्ने हुन्छ, हामी अमेरिकामा बस्ने नेपालीहरुले समग्र अमेरिकी नेपाली समाजको आउने पुस्ताको बारेमा नै गम्भीर रूपमा सोच्नु जरुरि छ ।

एक अर्थमा कतिपयको अमेरिकामा स्थायी रूपमा नै बसाई सरिसकेको अवस्था पनि छ, यो अवस्थामा हामीहरुको आउने पुस्ताहरुलाई यहाँ पनि कसरी अरु सुखी र सम्पन्न बनाउने भनेर सोच्नु अपरिहार्य जस्तै भैसकेको छ, र भोलि मातृभूमि नेपालकै लागि पनि केही गर्नको लागि पनि अमेरिकामा रहेको नेपाली समाज सुखी र सम्पन्न हुँदाको बखत धेरै नै सजिलो हुन्छ, यो अर्थमा पनि अमेरिकी यो अरु सुखी र सम्पन्न बनाउन अपरिहार्य छ । र यहाँ गरि एको कुरा समग्र अमेरिकी समाजकै लागि पनि सान्दर्भिक हुन सक्ला तैपनि मैले मुलतः कुरा गर्न खोजेको भनेको नेपाली समाज नर्थ क्यारोलाईनाकै हो जहाँको समाजमा मै ले डेढ दशक भन्दा बढी समय बिताएको छु, जुन समाज जलाई मैले अलिकति बढी भन्ने अधिकार पनि राख्छु, जुन समाजलाई मैले देढदशक जति नजिकबाट हेरिरहेको छु, अर्थात् आजसम्म आइपुग्दा यो समाजको सुख दुःखलाई धेरै नै नजिकबाट नियाल्ने मौका पाएको छु, समाजको बनावट, केटाकेटी, महिला पुरुष, युवा र प्रौढ सबैलाई एक हदसम्म नजिकबाट चिन्ने मौका पाएको छु, र एक हदसम्म सबैको उन्नति प्रगति र अवस्थासम्म पनि परिचित छु, सामान्यतया अमेरिकामा जुनसुकै काम पनि गर्छु भन्यो भने काम पनि पाइन्छ भन्दा हुन्छ र काम गरेपछि व्यक्तिको वा परिवारको सामान्य गुजारा चल्छ भन्दा हुन्छ, तर यहाँ मैले भन्न खोजेको चाहीं अमेरिकालाई विश्वमा नै अवसर नै अवसरको दे श भनेर चिनिन्छ भने हामी नेपालीहरुले पनि यो अवसर बाट बढी भन्दा बढी फाइदा लिनु पर्छ भन्ने नै हो, र एउटा नेपालीलाई दुख्दा सबै नेपालीलाई दुख्नु पर्छ र एउटा नेपालीले अवसर पाउँदै गर्दा त्यसको जानकारी अरुलाई पनि दिनुपर्छ, त्यस प्रकारको सोच र आनीबानीको विकास गर्दै जानुपर्छ, र यहाँ अमेरिका आइसकेपछि हामी एक एक जनाले भन्दा पनि समग्र नेपाली समाजले नै अरुसँग प्रतिस्पर्धा गर्नपर्छ, मलाई यही लाग्छ, र हामीलाई थाहा भएको कुरा हो की नेपाली समाज अमेरिकामा पछाडि परे

को समाजको रूपमा चिनिन्छ, आर्थिक रूपमा, शैक्षिक रूपमा, र सिप र ज्ञान आर्जनको रूपमा पनि, र हाम्रो संख्या कम भएर भन्नेमात्र होइन कि हामी औसतको हिसाब र हेराईमा पनि धेरै पछाडि छौं, यो अर्थमा पनि समग्र नेपाली समाजलाई अगाडी बढाउन कसरी सकिन्छ भनेर सोच्नु जरुरि भैसकेको छ, धेरै वर्षसम्म रहँदा बस्दा सामान्य गुजाराको स्थिति त सबैको भयो होला, अबका आउंदा दिनहरुमा हाम्रा केटाकेटीहरुलाई, सन्ततिहरुलाई यहाँका सबै क्षेत्रका उच्च र आकर्षक पदमा कसरि पुर्याउन सकिन्छ भनेर पनि अब सोचि ढिला गर्नु हुँदैन, यो अर्थमा मैले विशेष गरि अमेरिकी नेपाली समाजका युवाहरुलाई भन्न चाहें, जो जो यहाँ हाईस्कूल, कलेज पढेका छन्, उनीहरुलाई भन्न चाहें, यो बर्गले आफूसँग असिमित शक्ति, क्षमता र अवसर भएको कुरा भुल्नु हुँदैन, यो बेलामा अलि कति थप मिहिनेतले पनि निकै माथि पुर्याउंछ, निकै फरक पाछु भने, अलिकति हेल्च्याक्रे र अलिखपनाले निकै नै पछाडी पार्न सक्छ, अलिकति राम्रो मान्छेको सल्लाहले, अलिकति राम्रो साथीको संगतले मात्रै पनि जिन्दगीमा सधैं अगाडी बढ्न निकै नै मद्दत पुग्छ, यो कुरालाई कहिल्यै भुल्नु हुँदैन, र अमेरिकामा मिहिनेत गरे, राम्रो सिप ज्ञान आर्जन गर्नसके जीवन धेरै नै सरल हुन्छ, कमाई पनि धेरै नै गर्न सकिन्छ, पढ्ने बेलामा र राम्रोसंग पढ्न सकिएन, जीवनको लागि गरि खाने सीप ज्ञान आर्जन गर्न सकिएन भने जीवन यहाँ धेरै नै कठिन छ, र विश्व भरिका मान्छेले यहाँ आएर राम्रो राम्रो काम गरिरहँदा यहीँको स्थायी वासिन्दा वा नागरिकको रूपमा रहेकाहरुले आफ्नो जीवन धान्नको लागि, जहान परिवार पाल्नको लागि र सामान्य जीवन यापनको लागि पनि कठिन भन्दा कठिन काम सधैं नै वा बर्षौबर्ष गरिरहन पर्यो भने त्यो बेलामा अनुभव र जीवन भोगाईको दुःख शब्दमा वर्णन गर्न सकिँदैन भन्दा पनि हुन्छ । र हो अमेरिकामा सबै प्रकारको काम गर्नुपर्छ, सबै प्रकारको कामलाई यहाँ सम्मान गरिन्छ, र जीवनको दौरानमा वा जिन्दगीको कुनै काल खण्डमा पर यो भने कठिन भन्दा कठिन काम पनि गर्नुपर्छ, कामदेखि आत्तिनु हुँदैन, कुनैपनि कामको दौरानमा जिन्दगीको संयमता गुमाउनु हुँदैन, यसको अर्थ प्रतिस्पर्धात्मक सीप, ज्ञान, शिक्षा आर्जन गरी अगाडी बढ्न रोकिनु पर्छ भन्ने चाहीं कदापि होइन, यसको अर्थ त आफूलाई दिएको काम वा जिम्मेवारी रुचि र इमान्दारपूर्वक सम्पन्न गर्नुपर्छ र जिन्दगीमा अगाडी बढ्न, जिन्दगीलाई अरु सरल र सरस बनाउन सधैं अगाडी बढिरहनुपर्छ भन्ने नै हो । र पढाई, सीप, ज्ञान र धन सम्पत्तिले मात्रै पनि जीवन सोचेजस्तो सुखी त नहुन पनि सक्छ, त्यो अर्को पाटो हो, तर ती कुराहरु आफूलाई कम्तिमा चाहिने जति पनि छैन भने जिन्दगीमा नसोचेको

दुःख पाइन्छ, यो चाहीं सत्य हो, त्यसैले हामी अमेरिकामा बस्दै गर्दा नेपाली अमेरिकी समाजका केटाकेटीहरूप्रति यस कुरामा सधैं एथेस्ट चनाखो हुनुपर्छ, यस अर्थमा कसरी हुन्छ नेपाली समाजका सबै केटाकेटीहरूलाई एक अर्थमा कोही भन्दा कोही कम नहुने बनाउनु पर्छ, यसको लागि आउँदा दिनहरूमा घरपरिवार, साथीभाई, नेपाली समुदायले अरु ध्यान दिनु जरुरी छ, यसको लागि कसरी हुन्छ, के अरु गर्न सकिन्छ, भन्नेमा अमेरिकी नेपाली समाज, अमेरिकी नेपाली समाजका विभिन्न संघ संस्थाहरूले एथेष्ट पहल गर्नुपर्ने देखिन्छ ।

र पढाई, सीप, ज्ञान आर्जन भनेको एउटा प्रेरणा पनि हो, वातावरण, र पुरस्कार र प्रोत्साहन पनि हो, र सैद्धान्तिक रूपमा मान्छेको सिकाई र सिकाईको मनोविज्ञान एउटै हुन्छ मायाले सिकायो भने, तिमीले सिक्न सक्छौं भनेर सिकायो भने, बुझ्ने गरि सिकायो भने, सिक्न नखोज्ने र पढ्न नखोज्ने भनेका अपवाद जस्तै हुन्छन्, र मैले यहाँ अपवादको भन्दा बढी सरलवादको नै कुरा गर्न खोजेको हुनाले यहाँ म अपवादतिर र मिहिनेतको खिलापतिर धेरै जान चाहन्छु र एउटा दुःखको कुरा नै भन्नुपर्छ, हामी यहाँ अमेरिकी नेपाली समाजमा नेपालको योग्यता, सीप, ज्ञान शिक्षालाई हेर्ने हो भने सबै प्रकारका मान्छेहरू छौं, कलेज पढाउने मान्छे हरू छौं, विषय विज्ञ छौं, डाक्टर छौं, इन्जिनियर छौं, लेखक छौं, साहित्यकार छौं, कामको अर्थमा भने नेपालमा जे काम गरेको भएपनि यहाँ आएर त्यही काम गर्न फेरि यहाँ पनि पढ्नुपर्छ, या तोकिएको प्रकृयाहरू सबै पूरा गर्नुपर्छ, यो फरक कुरा हो, तैपनि यसरी पढ्दा यो सफलता पाइन्छ, जीवनमा यसरी हिंड्दा सुख पाइन्छ, यसरी हिंड्दा दुःख पाइन्छ भन्ने त हाम्रो देश र यहाँ दुवै ठाउँमा उही हो नि, दुःख नगरी सुख पाइदैन, पढ्ने बेलामा जति मिहिनेत र दुःख गर्यो पछि जीवनमा त्यति नै सुख हुन्छ भन्ने कुरा त यहाँ पनि त्यही हो, हामीले यति भन्दिए पनि अमेरिकी नेपाली समाजका केटाकेटीहरूलाई धेरै हुन सक्छ र हामीले समय मिल्दा यति भन्न पनि अल्छी मानेउँ र भर्को मानेउँ भने यो अमेरिकी नेपाली समाजप्रतिको बफादारी होइन भन्ने मलाई लाग्छ, र यी कुराहरू समय मिल्दा जसरी पनि भन्न सकिन्छ, यही अर्थमा पनि हो यहाँ व्यक्त गरिएका मेरा दुई चार शब्दहरू हुन् ।

र यसबाट हामीलाई मात्र होइन समग्र अमेरिकालाई पनि फाइदा पुग्छ किनकि अमेरिकाको उद्देश्य संसारमा सबै क्षेत्रमा अमेरिकाले नेतृत्व गरोस् भन्ने छ, जो कोही अमेरिकी होस् त्यसमा कुनै सरोकार छैन, यो अर्थमा पनि हामीले

समग्र अमेरिकी नेपाली समाज नै बर्धाईको पात्र हुने गरि लाग्नु अबको आवश्यकता हो ।

र हिजोको दिनमा हामीलाई अमेरिकामा बाटो चिन्न पनि गार्हो थियो, कुरा गर्नेपनि थोरै थियौं, अहिले त अमेरिकामा कुन बाटो कहाँ जान्छ भनेर सबै चिन्ने भयौं, र हामी संख्यामा पनि अमेरिका भरि गरेर लाखौं लाख भइसक्यौं, यो अर्थमा पनि अमेरिकामा हाम्रो उपस्थिति बलियो भयो भन्ने मात्र होइन कि हामीले समग्र अमेरिकी नेपाली समाजको सुख, शान्ति, उन्नति र प्रगतिको बारेमा अरु धेरै सोच, चिन्तन मनन गर्न जरुरि भैसक्यो, नयाँ पुस्ताको वा आउने पुस्ताको जीवनस्तर क्रमिक रूपले केही सुखी र सम्पन्न त होला, तैपनि समग्र अमेरिकी समाजमा नै प्रतिस्पर्धी बनाउन मात्र नभई दिगो र स्थायी रूपमा जीवन स्तर उकास्न र विश्वकै विद्यार्थीहरूसंग प्रतिस्पर्धी बनाउन पनि समग्र अमेरिकी नेपाली समाज धेरै सजग, सचेत र मिहिनेती हुनु पर्ने भैसक्यो, होइन भने हामी देश विकसित, देश धनि नभएर दुःख पाइयो भनेर यहाँ आएको कुनै दिन देश विकसित भएर, देश धनि भएर पनि हामीलाई केही नहुँदो रहेछ भनेर फेरि गुनासो गर्ने दिन नआउला भन्न सकिदैन, यतातिर पनि प्रयाप्त नसोच्ने हो भने अमेरिकालाई बाटोहरूको देश पनि भनिन्छ, जिन्दगी बाटोमा नै हुने दिन नआउला भन्न सकिदैन, र अमेरिकालाई सपनाको देश भनेर आएको विपना कहिल्यै नहुने गरि जिन्दगी नसकिएला भन्न सकिदैन र हामीलाई त नेपाल थाहा छ, फर्किने बाटो पनि थाहा छ, यता धेरै दुःख भए, आउने नया पुस्तालाई त त्यो स्थिति पनि हुनेछैन, त्यसैले नयाँ पुस्ताको लागि हामीले अरु सोच्नु जरुरि छ, के भनेर हुन्छ, कुन बाटो देखाएर हुन्छ, जीवन सजिलो बनाइदिने गर्नुपर्छ, यसमा मैले देखेको कुरा पहिला घरबाट शुरु गरौं, त्यसपछि समुदायबाट शुरु गरौं, त्यसपछि नेपाली सामाजिक संघ संस्थाबाट शुरु गरौं यसको लागि एनसिएनसिले आउँदा दिनहरूमा अलि फरक तरिकाले सोच्नुपर्ने हुन्छ, अलि गहन तरिकाले सोच्नु पर्ने हुन्छ, हामी नर्थ क्यारोलिनामा कति छौं, हाम्रो साधन श्रोत कति छ, हामीसंग के कस्ता क्षमता, शिक्षा, सीप ज्ञानका मान्छेहरू छन् र समग्र नेपाली समाजको उन्नति, प्रगति र सेवामा के कति समय दिन सक्छन् भनेर अरु बढी खोजिनीति गर्ने बेला आएको छ, मलाई यस्तै लाग्छ, र यसतिर एथेष्ट ध्यान नदिएर, विशेषतः आउँदो पुस्तालाई नेपालीका केटाकेटीहरू संख्यामा जति छन् सबैलाई हाम्रा केटाकेटीहरू पनि यहाँ काही भन्दा कम छैनन् भन्ने नबनाउने हो भने अहिले त होइन तर पछि अरु बुझ्ने भएपछि त्यो पुस्ताले हामीलाई सधैं नै सराप्ने छ, हामीलाई सधैं नै दोषी देख्ने छ, हाम्रो जन्म

भूमी, हाम्रा पिता पूर्खाको त्यो पूण्यभूमी छोडेर यहाँ के को लागि भनेर पुस्तौ पुस्तासम्मले हामीलाई प्रश्न गरिर हने छन्, यदि हामीले उनीहरुलाई कम्तिमा पनि अमेरि की जीवन सरल तरिकाले बाँच्ने शिक्षा, सिप ज्ञान दिएनौ भने र उनीहरुले सामान्य जीवन बाँच्नको लागि मात्र पनि जीवनभरि सधैं नै कठिन संघर्ष गरिरहनु पर्यो भने, र मलाई व्यक्तिगत रुपमा पनि अमेरिकामा दुई चार वर्षको वा जीवनको काल खन्डमा केही समयको कठिन संघर्ष पनि केही होइन भन्ने नै लाग्छ परो भने, तर जीवन जिउनको लागि मात्र अमेरिकीहरुले जिन्दगि भर कठिन संघर्ष नै गरिर हनु पछि भन्ने चाहीं हुनु हुँदैन भन्छु, किनकि अमेरिकामा हामी आउनुको मुख्य उद्देश्य नै ढिलो चाँडो सबैको सुखी, सरल र सुविधा सम्पन्न जीवन नै हो, यो अर्थमा हामीले यो भन्न पनि संकोच मान्नु हुँदैन, र यसको लागि हामी सबै मिलेर कसरी अगाडी बढ्ने भन्नेतिर लाग्न र छलफल, विचार विमर्श गर्न पनि पछि पर्नु हुँदैन ।

यस कार्यमा आउँदा दिनहरुमा अमेरिकी नेपाली समुदायका व्यक्ति, समुदाय र नेपाली संघ संस्थाहरु सबैलाई एथेष्ट सफलता मिलोस् भन्ने पनि शुभ कामना । र अन्त्यमा, बर्तमानमा संसारभरिकै मान्छेहरुको पहिलो उद्देश्य भनेकै सरल र सुखी जीवनको आधार के र कसरी भन्ने नै हुन्छ, र प्रवासमा रहँदा यो चिन्ता हामीलाई अरु बढी हुन्छ, त्यसपछि मात्र अमेरिकामा पनि हाम्रो भाषा, धर्म, कला, संस्कृति र परम्परालाई दिगो संरक्षण र वृद्धि विकास गर्न सकिन्छ, यो कुरालाई हामी सबैले कहिल्यै भुल्नु हुँदैन, यो अर्थमा पनि नर्थ क्यारोलाईनावासी नेपालीहरु सबैलाई एथेष्ट सफलता मिलोस् भन्छु ।

र २०८० सालको विजया दशमी तथा दीपावलीको अवसरमा नर्थ क्यारोलाईनावासी नेपाली दाजु भाइ, दिदि बै नी, आमा बुवा सबैमा हार्दिक मंगलमय शुभ कामना भन्न चाहन्छु ।

## देश बाहिरको देश



- शिव पलाँस

तिमी नै भन  
मैले देश छोडेर आएँ  
कि  
देश बोकेर आएँ ?

प्रवासमा पनि म उसैगरि हिँडेरहेछु  
जसरी म हिँड्थे  
पुतलीसडकको पेटिमा  
लगाएर  
तिनै दौरा, सुरुवाल र टोपी  
उसैगरि बजाईरहेछु  
उतैबाट बोकेर ल्याएको मादल  
र गाइरहेछु उही पुरानो गीत  
रेशम फिरीरी, रेशम फिरीरी

आकासतिर फर्केर हेर्छु  
लाग्छ  
मेरो भन्डामा उदाएका घाम र जून  
मलाई खोज्दै - खोज्दै  
मेरै शीरमाथि आईपुगेछन्

बेलाबेलामा  
गोजीबाट पात्रो भिकेर पल्टाउँछु  
धमिला आँखालाई चस्माभित्र हालेर खोज्छु  
कहाँनिर लेखेको छ ?  
दशैं, तिहार, इद, छठ र ल्होसार  
ए मित्र अब तिमी आफै भन  
म जहाँ पुगें देश त्यहीं पुग्यो कि पुगेन ?  
कि देश भनेको माटो मात्रै हो र ?

# Gender Inequality



- Shreya Dhakal

Gender inequality is a pressing issue that affects women all over the world. Despite progress made in recent years, women still face discrimination and unfair treatment in many aspects of life. Women experience such situations mainly in the workplace and in access to education. It is important for society to recognize the value and contributions of women. Society and its policy makers need to work towards creating a more equitably fair and just society for them.

There have been many women activists who have made significant contributions to improve women's situations. Among them are Susan B. Anthony, who fought for women's voting rights; Malala Yousufzai, who advocated for equal education rights for girls; and Betsy Love, who fought for her rights and became the first married woman to own land. When we examine the women's rights movement, a recurring pattern emerges where women had to fight relentlessly for their rights, never attaining them without struggle. It is unjust that women continue to be treated unequally due to the perception of their inferiority and supposed incapacity for independent thought. The origins of this unfair treatment and various forms of

discrimination can be traced back to Aristotle, the renowned Greek philosopher, who erroneously claimed that women had 31 teeth compared to men's 32, implying their lower status. This assertion has never been substantiated by medical science and stands as an example of historical discriminatory practices.

Men were considered superior to women due to their financial responsibilities, such as paying bills and going to work. They often enjoyed leisure activities like drinking and smoking. In contrast, women were expected to take care of the children, maintain the household, and prepare all three meals. Men anticipated a well-cooked meal upon returning from work. At the age of thirteen, I began to observe these practices consistently and I have been seeing this for the last four years. Whenever I went, women would head to the kitchen to prepare dinner, while men engaged in conversation or indulged in drinks. It was the default expectation that women were "supposed" to work in the kitchen, perform cleaning, and handle traditional "feminine" tasks. These tasks were labeled as such because they were considered menial and not deemed necessary for men to undertake.

My experiences are not confined to my community; they extend beyond its borders. In Nepal, women must contend for their right to education. Their communities and parents often fail to recognize the importance of education. Education serves as the primary avenue for earning respect and honor. Without an education, one's skills and potential are undervalued. In Nepal, the prevailing mindset assumes that girls will marry and assume the responsibility of caring for the entire family, rendering their education unnecessary. While significant progress has been made worldwide, particularly in developing nations, there remains much work to be done. It is imperative that we remain

cognizant of ongoing issues and strive to address them. Education is a fundamental necessity that should be accessible to all, regardless of gender, race, or ethnicity. High-level political positions still see a notable lack of female representation, particularly women of color. Women such as Sonia Sotomayor (the first Hispanic to serve on the U.S. Supreme Court), Kamala Harris, Ruth Bader Ginsburg, and Sandra Day O'Connor, to name just a few, exemplify courage and serve as sources of inspiration for girls of color, demonstrating that they too have the potential to pursue their aspirations. In conclusion, we should collectively raise awareness of gender inequality and work to eradicate it.

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## My Trip to Nepal



- *Suyash Gautam*

*John Griffin Middle School, Fayetteville, NC*

We went on long airplane rides first  
Until I was ready to burst  
First to New York and Doha  
Where I was consumed by awe  
We all started to yawn  
When we went to Mom's house in Chitwan  
Where Uno cards were drawn  
And I moved a pawn

Baglung was Dad's hometown  
Where I could calm down  
After endless rides in the car  
I slept and slept not on par  
One time when I went on a trek  
I climbed and climbed the stairs to heck  
My experience there was quite vast  
Finally, I went back to the US at last



# The Car Ride I Never Expected



- Bidusi Shakya

It all happened on a Thursday morning. I woke up at six in the morning to get ready for a day in Seattle, Washington. We had just arrived in Portland, Oregon a few days ago for a family event. Since Seattle was nearby, my family and I planned to go there as a part of our plan. I ran down the stairs of the Airbnb. Everyone else was already in the car waiting for me! "Hurry up Bidusi!" my mom called as I tie my hair up. "Just a minute!" I replied back. I rushed to the car and took my seat. "Music?" I asked as I catch my breath.

I turned my head to my dad, who was driving. "So, where exactly in Seattle are we going?" I asked. "We're going to so many places! Like Rainier Mountain, Space Needle, Pike Place Market... it's gonna be great! Aja and Aji are gonna love it!" he answered with a big smile on his face. To me, it looked like he was more excited than Aja and Aji, but whatever floats his boat I guess. "Shoot, I missed the exit." my dad mumbled. "I guess we're gonna get 10 extra minutes of this fun long drive!" my mom said in a sarcastic tone. I glanced over at the google maps app that was pulled up on my dad's phone. 4 hours away?! I thought to myself. Well,

I guess we're in for a long ride.

As I scrolled through my playlist, my stomach let out a grumble. That morning, none of us had eaten any breakfast before we left the Airbnb, so we were all starving. My brother giggled hearing the sound. "You must be really hungry for your stomach to growl like that." my mom commented. We stopped by a gas station to get some breakfast and refuel the car. After browsing through the aisles of the gas station, I picked up a bag of jalapeño chips and a corn dog. Not the healthiest brunch ever, but what was I supposed to get from a gas station? I checked the phone again, it read 2 hrs 30 mins. I made my way back to the car and fastened my seatbelt as I put on some of the music that I had downloaded the night before. "Okay everyone, time to hit the road again!" exclaimed my dad.

I looked out the window and saw that we were just about to cross the bridge to Washington. Then, right as my dad was yielding at an exit to cross the border, I heard a loud crashing sound from behind and my entire body jolted forward. My corn dog flew out of my hand as my head fell back and hit the headrest of my seat, leaving me with a headache. What. Just.

Happened. I thought to myself. I felt paralyzed in my seat and was afraid to look behind me. As I looked down at my hands, I saw that they felt cold and were trembling at the same time. I placed my hand on my heart and noticed that my pulse was beating at an abnormally fast pace. "I-is e-everyone okay?" I asked in a shaky voice. "I think we're okay... Aja just hit the back of his head on the seat really hard though." answered Aji. "No, no, I'm okay." said Aja. I turned to face my younger brother, Bidwat, who seemed unphased. I suppose he might be too young to understand what happened. "Are you okay Bidwat? Bidusi, are you okay? Is anyone hurt anywhere?" asked my mom. "It's alright Mamu, we're okay." I replied.

My dad stepped out of the car to see what happened. As the door opened I could hear someone speaking, "Oh my God, I am so sorry, Oh my God." It was the driver who had rear-ended our car. I looked out the window to see him, his wife, and his 1 year old son. At that moment, so many thoughts ran through my head. What if one of us hadn't worn our seat belt? What if we came on another day? What if we hadn't missed the exit? These thoughts ran through my head and haunted me as I sat in the car. Five minutes passed by and the police had arrived. They started asking us questions such as, "Is everyone ok?", "Did you have your

seatbelt on?", "Is this the seat you sat in when the accident occurred?", and "What is your birthdate?". I sat there in disbelief as I listened to cars and trucks whizzing past us. I saw people look at our car in shock as they drove past us. It made me think of the times I looked at other cars after they got into an accident, but this time, our car was the one that was being looked at. After an hour or so, we drove back to the Airbnb as the car was still driveable. For the rest of the day, we were unable to do anything. A whole day of our week in Oregon had been wasted.

If I have learned anything from this experience, it would be that your actions can have a huge impact on the people around you. Even though his actions were unintentional, that driver was able to shatter our plans of visiting Seattle. This trip was expensive, not only in terms of money but everyone in our family had to make sacrifices for this trip. My parents missed a whole week of their work, my brother and I missed one week's worth of valuable education, and my relatives had come all the way from the UK for this trip. In conclusion, it is important to be cautious of your actions because you never know how it could affect someone else.

(The author is an eighth grader at Pine Springs Preparatory Academy, Holly Springs)



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

**NCNC Teen Council, North Carolina**



# Synopsis of chapter 3 of Bhagabat Geeta

(Continued from previous Explanation)



- Mina Sharma

Chapter 3 of Shreemad Bhagavat Gita comprises 43 verses and features a dialogue exclusively between Shree Krishna and Arjuna. In this chapter, Lord Krishna endeavors to elucidate the connections between Karmayoga (the Yoga of action) and Gyanayoga (the Yoga of knowledge). However, greater emphasis is placed on Karmayoga, which is why this chapter is titled Karmayoga, or the Yoga of action.

After learning about knowledge and wisdom in the previous chapter, Arjuna still finds himself in a state of confusion regarding the importance of knowledge versus action. Consequently, he seeks clarification from Shree Krishna, questioning why, if knowledge is superior to action, Lord Krishna advised him to engage in the act of battle. In response, Lord Krishna explains the concept of Karmayoga, the Yoga of action, to dispel Arjuna's confusion. He articulates to Arjuna that one cannot attain perfection in life solely through renunciation or abstaining from work. Running away from work is not a viable option, as it is a natural compulsion and a necessity for maintaining the physical, mental, emotional, and spiritual well-being of the body.

God created humans uniquely different from all other creatures, as they engage in actions with the spirit of sacrifice. Here, 'sacrifice' encompasses selfless activities, helpfulness, understanding, and charitable acts towards those in need, as well as Yagya (यज्ञ). It is often said that the essence of action is to give rather than to receive. God is perpetually present in sacrificial actions and bestows upon individuals' desired outcomes.

Within this material realm, there exist three distinct modes of qualities: the mode of goodness, the mode of passion, and the mode of ignorance. Above these three qualities stands external time, which governs the interplay of these three qualities, known as activity or Karma. The cycle of worldly creation is set in motion by nature and is a path that everyone must follow. All individuals are required to perform their assigned tasks using their bodily senses, free from attachment. This is because only when one fulfills their duties without attachment or expectation can they attain perfection and reach a state of supreme achievement.

Upon achieving perfection, one sets an exemplary standard that others aspire to follow.

Lord Krishna illustrated this concept with the examples of King Janak and Himself. He points out that there is nothing in this world or beyond that requires His action, yet He remains active. This is because if He were to cease His actions, people would emulate Him in all respects, leading to chaos and eventual destruction. Therefore, He advises Arjuna to carry out his duties (such as engaging in battle with his opponents) without attachment and ego, focusing wholeheartedly on the action at hand, free from confusion and stress.

One who believes in the path of performing actions in this manner will undoubtedly attain perfection and eventually become free from the bonds of action, leading to liberation from worldly sorrow and unhappiness. Even if someone considers another person's work to be superior, Lord Krishna advises them to diligently carry out their own assigned duties with complete focus and energy, as success can certainly be achieved through such dedication.

Towards the end of the chapter, Arjuna queries Shree Krishna about why a person sometimes knowingly or unknowingly commits wrongful actions as if they occur automatically. Lord Krishna responds to his inquiry, explain-

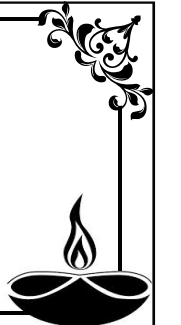
ing that such actions are a result of anger and passion arising within the individual's mind through the senses of the physical body. During these moments, one's knowledge becomes obscured by anger, passion, and desire. Therefore, it is crucial to regard these unnecessary desires as adversaries to knowledge.

In summary, it is said that the senses are higher than the body, the mind is higher than the senses, and even higher than the mind is the intellect. Superior to all of these is the indwelling self. These three factors—senses, mind, and intellect—tend to cloud the path of wisdom. If everyone understands this fact and practices their actions correctly, it is possible to overcome these obstacles by controlling the indwelling self, although it may appear to be challenging. This concludes with the insight that one who follows the path of selfless action can attain perfection and liberation from worldly suffering. It underscores the importance of diligently carrying out one's duties, regardless of others' opinions. Lastly, Lord Krishna explains that wrongful actions arise from anger and passion, which cloud one's knowledge. Therefore, it is essential to recognize and overcome these unnecessary desires to attain true wisdom.

JAY SHREE KRISHNA.



विजया दशमी तथा दीपावली २०८० को उपलक्ष्यमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।  
नविन, नविजा, रिवाना रिमाल र परिवार  
नर्थ क्यारोलाईना



# Dependencies on Internet – a break in social virtue



- Mohan Neupane

## Introduction

The modern world is the world of the Internet. Everyone- young or old, child or adult is totally dependent on the Internet for any sort of intellectual, research, academic, fun, gaming, networking, and all other daily activities. The Internet is a most popular worldwide system of computer networks which is designed to gather information. This invention has now changed the world in terms of business, health systems, education systems, research, communications and almost everything. The way of life people had in the past in terms of communication has been totally changed. People no longer enjoy reading books, watching dramas, and visiting people in-person. The rise of latest digital technologies over the internet like social media, instant messaging and other social networking means have caused those traditional means of communication to downgrade. Thus, the increasing number of online users and internet dependency is significantly impacting our society.

Rise of the Internet, computers and modern information technologies have benefited us from a lot of opportunities. They help us to get rid of redundant tasks and pave the way to be more creative and do intelligent work rather

than doing the physical labor. The internet provides immediate and endless access to the dynamics of knowledge beyond limit. The access of the internet results with higher productivity, quicker workflows, and efficient results. Blank and Dutton's statement (2012) state that "... users find the Internet easier to use, they are more comfortable with it, they are more trusting, and they are able to make more sophisticated and more effective use of different components of the Internet." (p. 136)

So, the development of the Internet has regularly changed the work culture in any industry. People who are against the rise of those Internet and similar technologies always oppose them saying they took the jobs away but this is not always true. Rather, the discovery of the Internet has provided a broader platform with several opportunities. There are numerous jobs available in the market; so to get something that we desire, upskilling for workers is needed to compete and match new technological changes in future. The lower product price because of the automated work process, the vast global job opportunities, artificial intelligence have polished the beauty of the digital world and this is the boon of the Internet.



## **Advantages and Disadvantages of Internet**

The Internet has a lot more advantages than disadvantages if they are utilized properly. This is the best means for all the people to stay in touch with the people all around the world. The spread of the Internet has blurred the cultural and generation gap among the users. They are the source of knowledge and means of entertainment if they are taken properly. The Internet has also become a huge marketplace for the people to earn money. Most of the entrepreneurs are focused on the internet to raise their business and products; so it is possible that we can shop anything we like online these days. The Internet can also be best utilized to share and gain information. This trend of sharing and gaining knowledge from digital means is the biggest contribution of the Internet.

The Internet and information over this digital world are always beneficial to broaden the spectrum of knowledge. They provide us huge opportunities in different ways. The Internet also provides better access to education as every person with a smart phone with internet connection can have all the doors and source of knowledge open and accessible. Information technology and modern computerized systems provides learners more autonomy at research, amplifies productivity and increases the quality of the quests and queries. Researchers also have more ways to acquire their searches, track how and what they find, share and compare their personal knowledge and findings etc. Thus, this has become the most effective and widely used source of knowledge to all age-groups for every genre of research.

Like every other modern technology, the Internet also has several disadvantages if the importance and uses of it is not taken positively. It creates the addiction among the users which is the sole reason for the waste of fruitful time and the main cause of distraction. There is a "hypothesis [...] that the more time a person spends online, the more likely they are to encounter negative events." (p.143) This creates the problems in the socio-cultural lives of human beings. The increasing trends of social media and people's addiction towards it has created a big problem in the internet world as modern people do not pay much attention to positive and negative aspects of social media. If these means are utilized properly, people can learn lots of things from social media but at the same time it can be dangerous if users do not realize s/he is being spoiled from the same. Computers and all the technologies are boon if they are utilized and users control them but same technologies can be bane if those machines control the users.

Cybercrimes and hacktivism are another major issue in the Internet world. Hacking which is very common these days can be defined as the act of intruding on any digital devices and networks without having any authorized access (Helsper E and Reisdorf BC 2013). Hackers, alone or in a group, break into computer systems and intentionally release computer viruses. Their purpose is to steal money and sensitive personal, business, and government information. When hackers jump into the hacked devices, they crash websites, destroy files, and disrupt businesses. The combination

of Hack and Activism coins the word Hacktivism. This is also the act of hacking a website or device to send a social or political message for or against their political achievements. Unlike a cybercriminal who is motivated with personal goals, hacktivists have more specific political intentions. Though the purpose of hacking may differ from the situations, we can relate this as one of the critical disadvantages of the Internet.

Among several downsides of the Internet, data loss and privacy breach are another major cons of Internet. People store all the private and important information on the internet without the proper safety measures. The trend of storing all the information over the cloud has made the lives of many people easier but the lack of adequate knowledge of safety measures, this has caused several damages on different aspects. When people are not aware of the possible data breach, privacy leakage and other several cybercrimes, this results in great devastation. The hackers and other digital criminals intrude into our system unethically and they try to break our software system unknowingly and disperse the viruses in there. They also commit other several illegal activities like making fraud claims, stealing personal information, and damaging the machine. Hackers are prevalent everywhere but if we are more cautious and follow the safety measures, we can minimize the loss.

### **The ethical problem with Internet**

Among different other problems in the Internet, ethical issues are another major problem

with increasing Internet users. Ethics is the behavioral asset of any individual doing the right thing. The foundations of ethics are based on divine command theory and ethical egoism. Ethics, in a broader term, are determined according to the subjective and cultural dogma of any society. The religious sculptures, cultural assets and societal practices establish the ethical principle of that surroundings. What is right and wrong are really taught by our society where we grow up, what religious sculptures we read and what belief systems we build up. If the digital users didn't consider the importance of such ethics, it creates a great havoc in this digital world.

The main ethical problem of such dependencies in the Internet is that it has created a break in our social virtue. People are tending to be more machine oriented and paying less attention to the surroundings and their relatives. The research shows that "young adults are the most highly connected age group, but that does not mean that their Internet uses are homogenous." Hargittai E and Hinnant A (2008) (p. 602). Too much dependency over machines has killed our productivity. Also, the misuse of those technologies increases crimes and terrorism in the society. People tend to be more unethical and that causes vandalism in society.

While using these modern means of social media available over the internet, we are overshadowing the precious gift from our past norms and values. The societal bonds and individual attachment which was being reflected in those days are now overtaken by these

modern means. The addiction of the Internet has caused people to suffer from the emotional depression among the users. Those users with this addiction always feel a continuous need of watching the social media pages in any circumstances.

For example, Helsper E and Reisdorf BC (2013) concluded that there is a certain imbalance in the society created by the invention of the Internet where “relationships between sociodemographic and psychological variables and reasons for disengagement can be observed”. (p. 98) The rise of Computers and technologies along with the Internet have led the world in two different ways side by side. This has been like a boon to those who are utilizing these technologies properly but the misuse of such things has caused so many disadvantages. The Internet and such digital technologies have made possible for anything that we are passionate about but the adverse result is equally possible if we didn't acquire the positive ways of utilizing them. Technology is inseparable from humankind and this is made for making the human lives easier and robust. The emergence of these technological products has advanced our life in multiple ways. Digitalized world has made everything accessible in chips. A Laptop or a palmtop like mobile is sufficient to understand what's going on in the four corners of the world sitting in a small room with the internet. Computers have become an integral part of every human being and we can't even think of modern human lives without a computer. We are benefitting a lot from computers to accomplish our daily jobs

and activities.

Thus, digital division not only divides the nation, but it also creates fragmentation in society and cultural tradition. Not only this, too much dependency over machines kills our productivity. Also, the misuse of those technologies increases crimes and terrorism in the society. People tend to be more unethical. From the Virtual ethical theory, some basic ethical conducts are supposed to be followed by everyone. Ethical behaviors are something intrinsic and they are based on common rational and moral values. Those ethical values should be taken for granted for every human activity. Every rule and condition is not possible to document in the cyber world so those moral codes and values play a dominant role to save this digital world. The techno-world is changing every day so the ethical responsibility of techno-users is expected by the same token.

So, there are some ethical rules of technologies to be followed by every IT user. Some established but more undocumented moral principles are always the governing rule in this industry. From the rule utilitarianism point of view, rules and moral laws are established for maximizing the quality of happiness rather than the quantity on it. This is the very common and widely considered approach in making any ethical decisions. If the work done is for the betterment of the large number of people, this is justified from any utilitarian approach. So, the rise of technologies is also justifiable and they are always intended to improve the quality of human lives and efforts.

## **The possible damages after computer system's failures and errors**

Information over the internet are human-fed content so they are human dependent. The services over the internet are modern intimate friends of everyone. We can't think for a moment without being involved with computers. We rarely think of the dark side of computers but it has so many adverse effects in our life. The "ability to efficiently and effectively find information on the Web" (Second-Level Digital Divide: 2) makes the major difference between advantages and disadvantages of the Internet system. The reliability and the safety of the computers is always a question of never-ending debate. We always have a space to grow for newer technologies by analyzing them from the past. There can be a system failure at any time and such errors occur for many different reasons. Software issues, hardware failures, human error, infrastructural support, dependencies on other servers can cause the system failure. This failure may cause damages beyond imaginations. The improvements are done continuously and there are so many things learned about designing, developing and implementing the new technologies. Software developers and users have learned a lot on the proper utilization for these complex systems. But as always, ethical values always come under consideration to properly use those gadgets. Besides all the efforts and abilities applied, it is not possible to make error-free software. Modern advanced technologies are targeted for providing the safest technologies but assurance of lack of failure and error is impossible.

The results of those errors and failures are massive. We can clearly examine "reasons for digital exclusion follow simple or complex patterns and what the factors are that could explain reasons for disengagement." (P. 97) There are different reasons for those failures and errors but the commonalities among all those failures are "damages" at the end. Poor programming, hardware issues, lack of technical skilled manpower, system error, runtime error, etc are the major reasons behind failures. Sometimes the incorrect decisions and poor management also result in that failure.

## **Reliability in Internet and Machinery: Lesson to learn from The Therac-25**

The dependency and reliability have been increased a lot. The modern world is deeply driven by the tools and the technology built by humankind. These machines and technologies have numerous benefits to minimize human labors and optimize productivity. But computers and technologies are never flawless and "internet literacy is complex and still developing" (Livingstone S and Helsper E 2010) (p. 4). With the increased use of technology in each and every task of human activities, it has increased the level of risks as well. There are equal chances of "the experience of opportunities and risks" (p. 3) from the Internet.

Therac-25, which is a great example of the failure of machines and the Internet's outcome, was a computer-controlled radiation therapy which took innocent lives because the system was poorly developed and it was not properly programmed to handle the adverse situations.

Because of the complete reliability over the machine, patients were given a huge overdose of radiation as shown in the digital window of that machine which was not correct and the consequences of that misinformation was fatal. That false information sometimes made patients get radiation doses that were hundreds of times greater than normal, resulting in death or serious injury [4][5]. This was just an example of such type of failures on machine because of the dependencies, there are multiple other incidents which have occurred frequently because of such belief in the machine and unnecessary dependencies over the internet. Hence the "[t]aking up online opportunities is proving [...] an experience associated with some degree of risk." (Livingstone & Helsper 2010). The aftermath of these failures make humankind think twice about the similar consequences of poorly developed software like Therac-25. We should have a second thought that the internet and its information are not always true. Also, we should have proper attention while testing and developing any sensitive software like this so we can minimize such possible hazards on time. There should be clear and complete instructions to handle such possible failures and warnings should be depicted clearly with proper suggestions. These information and changes should be updated timely over the internet so that all the newness and operation procedures are clear to the users. Timely review and checking, regular monitoring and continuous integration are required to blur the possible errors in any kind of sensitive machines like this. Therac-25 incident was such an exam-

ple of mistakes which made humankind think twice before launching with any new software in the market. This is unethical to implement and oversee any kind of software which is very critical. The root cause of the software failure is poor development and overconfidence of the developers and wrong information displayed via the internet which is not ethical. So, the ethics of net neutrality should be taken into sincere consideration. "Broader understanding of the role of internet literacy in mediating the consequences of internet use" (Livingstone S and Helsper E 2010) is a considerable variable in the Internet world [4].

The way the modern digital world is leaping ahead, it's difficult to control its pace. People totally rely on the Internet and this has become the source of information for everyone. How easy it is to search for information on the internet, this is equally difficult to find the reliability and truth about that information found over the web. We can't easily differentiate the wrong and right information. Nowadays, the internet users don't think about the aftermath of posting wrong information over the web. They don't bother how much it may harm with that falsified information. We need a factual truth to come to the right conclusion but if our source of information itself is not correct, we will be doomed. So, every internet user should have the strength to distinguish the credibility and reliability of the information found on the internet. For this a habit of critical reading, rational thinking and alternative listening is crucially needed. Wikipedia, these days, has become



the sole source of information so we should be ethically responsible for this culture to develop as this is the most commonly used sources of knowledge for all people. Wikipedia is very popular as this is a collaborative task with no cost and this has become a very user-friendly tool for all. So, everyone should be profoundly sincere with the truth, reliability, sensibility, and credibility of the information shared in Wikipedia. Hence, it's not always true that all that information that we find in Wikipedia is always true. So, we have to be selective to figure out what is wrong and right. Wikipedia admins spend a lot of time to filter the correct information, update the latest information and remove the false details. Evaluating the accuracy of Wikipedia information is a challenging task. Mass media and other means of communication over the internet are always focused on mass coverage and cheap popularity instead of the reality and the truthfulness of the information. The latest discovery of computers, phones and fast speed Internet have promoted them a lot.

### **How does the Internet serve our necessity ethically?**

There are certain ethical necessities that every Internet user should be aware of. We can say that the "Internet itself is a Social Contract" (Sayles, Kenneth Wayne 2010). The social contract theory which has been continuously flowing down from several centuries is mostly based upon mutual agreement among the people and their contextual society. This agreement leads all individuals to agree upon common social principles and values sacrificing their own fundamental needs. "[E]ach person that is a part

of the social contract is no better or worse than any other person. Everyone has the same right and power in the whole. Second, each person gives up something to gain the force to preserve his possessions but gains an equivalent in the community." (P. 50)

The rise of technology is mostly dependent upon this principle. Like the constitution of a country is based on this social contract theory, the utilization of technology is dependent on social ethics. The purpose of all those technologies is to simplify human lives. But sometimes the government and those technology leaders act as the pre-set established rules and mechanisms [62] in the name of optimizing the efficiency and profits and keeping basic human services aside. This way, the social contract theory, sometimes, seems to represent a handful people of the society and leave a vast majority apart. But apart from all these pitfalls, the sole purpose of technology is fulfilling the basic human need. It is supposed to make our lives easier by replacing human labor with modern technology and the Internet. It should promote morality, ethical values, and social harmony. As the primitive definition of Democracy, the Internet should work for the people, to the people and should be handled by the people.

The Internet has become the most integral and inseparable part of any human being these days. They are like two sides of the same coin. The decentralized feature of the Internet is the main advantage of it. There is no restriction on the Internet as anyone can utilize the features of the Internet. "Any person, any company, any

government, and any country can participate and interact with the Internet; anyone has the ability to host a website. However, there is no ultimate central authority that controls the information that is available on the Internet or how it is structured, which is why governance is difficult because there is no ultimate authority to provide top-down management." (P. 3)

Our such activities and dependency over machines is threatened intermittently. Hackers are active more than creators, viruses are spared everywhere, identity theft and financial thefts are prevalent everywhere. The internet was invented to make people's lives easier. To some extent, it is doing accordingly. "The Internet is composed of individual entities on many levels: individuals; companies; countries; etc. Classical social contract theory has explored how individuals can form practical communities for survival and governance (p. 4)." Internet is making the world smaller so everyone can reach any corner of the world in no time. However, it is always to keep in mind that overconsumption of anything can be extremely harmful and unhealthy practice. And it is never ethical to intrude the privacy and personal activities of anyone via technology. It is against the virtual ethical theory.

The world of the Internet solely exists with the principle of ethical and moral dogmas. When someone crosses the boundaries of social norms and values, s/he is called unethical. When one is morally good, accepts the universally agreed upon moral norms and values, and respects the social harmony is called ethical. The digital world also survives with this same

universal ethical principle. Ethics travel with individuals and differs from one society to another. But at the same time, there are some universal ethics which are common wherever we go. And ethics from personal life to professional life also differs. You can't have the pre-established orthodox concept of personal ethics exercising in professional life. When one's identity and activity switches from personal to professional, there arises the blurry unethical overlap of ethics. One's individual and social principal are the basic essential factors to distinguish the ethical problem in the cyber world.

### **What Neo-Luddites say about Internet, Technology, and Quality of Life**

Neo-Luddism is a kind of principle which opines against the modern inventions of Internet, Technology, and machines. They are against this intervention of machines in basic human life. Neo-Luddites are the group of people who are tied up together with that principle of Neo-Luddism in the modern age. Neo-Luddite seem to be against technology but they define themselves not as "anti-technology" [3], rather they are against technology which destroys human lives. Unlike Luddites who are against all forms of technology discoveries, neo-Luddites only oppose technology which is more inclined to destroy human lives and disharmonize the society. Hunt-Bull N (2006) questions "[i]f the philosophers of mind cannot figure out what human consciousness is, why imagine that more and more processing power will ever allow us to make the leap to artificial consciousness?" (p.4)

Neo-Luddites who don't like the intervention of modern technologies oppose technological progress thinking that these are harmful to society. They would like to avoid the use of modern technologies which are directly impacting our jobs system and personal privacy.

Those Neo-Luddite have the common shared understanding that new machines and similar discoveries have ruined the beauty of human living. They see very few advantages compared to the damages of the machines and internet. They opine that modern computing technology has ruined lives as people are being less creative and machine dependent. The moral principle of humanity is shadowed by these modern computing technologies. They believe that computers are the root causes for mass unemployment and scarcity of jobs. Computers can never be the reliable replacement of human beings according to them. In their opinion, the Internet and modern technologies are the cause of social vandalism and social disintegrations and they "reduce our choices in other ways and destroy certain options that we used to have [6]". Human souls are dehumanized by those machines and people are becoming self-centered and more isolated within themselves. Our bond with nature is blurred and environmental degradation is caused because of the rise of technologies. The only befitted people from these technologies are corporate businesses and powerful governments. This has become the means to create a demarcation line in the society as modern vs old, skilled vs unskilled, powerful vs powerless etc.

From the Neo-Luddite's point of view, even the use of computers in schools and other academic institutions doesn't help for better outcomes. The trend of using computers and the internet won't help to flourish the talent of the students. That will, instead, degrade the development of social and personal skills and lead the academia to the redundant, pre-established and uniformity in knowledge growth. This kind of dependency over the internet has helped to degrade the innovations and creativity. From all those references, Neo-Luddite's have a belief that the internet and machines are never the alternative solutions to handle the real vital human issues. Though all of these criticisms don't seem to be equally fair, some points are tilted towards the bitter reality of the society. They are endlessly spreading the belief of going against the technology in this modern era as well.

The way technologies and the rise of the Internet have affected society is very crucial from Neo-luddites' perspective. They are very skeptical against any kind of modern types of inventions. However, from Kantian moral theory, respect for other humans and the shared ability of humans among each other is a basic need in the society. Neo-luddites always seem to be the hardliners with the strong negative beliefs against computers and modern technologies. They assume that these growths of newer technologies ruin society.

But it doesn't mean that Neo-luddites are against all technological discoveries. They are

basically opposing the unnatural growth of life-threatening discoveries and those machines which are taking the jobs and livelihoods of those skilled workers from their daily life. They have a fear that machines are ruining their way of life and that makes them synonymous to the haters to technology and innovation of any kind. They always think that computers are the real cause for any social inequity. They think that computers create social disintegration. They break the societal bond, harmony, and peace [6]. The Internet for them is the means for separation in society and that would ultimately lead to inequality, hatred and chaos all around the globe. They assume that the rise of Internet and computer technology is against the Social Contract Theory. The principal of this social contract theory is social harmony, social togetherness, responsibility towards the society and moral and social value. But the Neo Luddite's opinion for the rise of machines and the internet is totally against this principle. Rather these machines and the internet always help to benefit the big and rich people in contemporary society. The increasing problem of joblessness, global warming and degradation of rationality among humans is because of such technological growth according to them.

## Conclusion

In conclusion, the Internet could be the most amazing resource to share and collect the information for us. It could be a good resource for information and learning. We can acquire any kind of information we want in a single click from every corner of the world. This is a great source for the communications and con-

nectivity among us beyond any geographic and demographic boundaries. The Internet is a fertile platform for profound education, limitless entertainment, numerous online services and e-commerce, and social networking. In the meantime, the internet has several disadvantages as this has created a cyber addiction disorder among the users. It has become a breeding ground for hackers and this has created a negative breakthrough in the society. The Internet has abided people with wrong beliefs and they have forgotten the social ethics, political stand, individual manner, and ethical standard. People are more dependent on machines and machines have ruled humanity. The rise of the internet is an increasing challenge for creativity and newness in the modern world. The minimum courtesy of sincereness and understanding of social responsibility are now under the big question as there is an uncontrolled break in such social virtue after the rise of the Internet. The dependencies over the internet these days are so vital and unstoppable that this had already degraded the ethical virtue of the society and this break is still reaching to its apex unless controlled on time.

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NCNC CASH BOOK 09/01/2022 - 09/30/2023										
2022										
Income				Expenditure						
A/C No.1886	A/C No.2082	A/C No.4477	A/C No.1166	Particular	V.No	Date	A/C No. 1886	A/C No.2082	A/C No.4477	A/C No.1166
				Dance Venue Rent (kriti Rakesh)	88	10/19/22	\$500.00			
\$250.00				Postal Exp Donation & RP Sangalo	89	11/19/22				
\$160.00				Pratap and Kushum (Mem Sangalo)	90	11/19/22				
\$75.00				Avinash and Leaza five yrs Mem Fee	91	11/19/22				
\$650.00				Bikash Shakya Membership Fee	92	11/19/22				
				Intl festival Rent and Insurance	93	11/19/22	\$383.00			
				Intl festival Purchase	94	11/19/22	\$134.40			
				Community Center Meeting	95	11/20/22	\$30.74			
\$480.00				Sangalo Collection and tickets sell	96	11/23/22				
\$3,120.75				Transferred from Paypal Account	97	11/23/22				
\$430.00	\$151.00			Dashain Tickets and Deusivailo	98	11/23/22				
\$500.00				Momo Master for Sanagalo	99	11/29/22				
				Paid Nabaraj Parajuli	100	11/30/22	\$1,000.00			
				Paid fro Web Hosting Pad	101	12/05/22	\$19.99			
\$90.00				Tickeks sell Subhakamana sanjha	102	12/05/22				
				Zoom Payment	103	12/09/22	\$14.99			
\$370.00				From Sahitya Samaj/Ishwor Devkota	104					
				S Kuikel for int Fest Samosa purchased	105	12/11/22	\$107.17			
\$111.00				Deusi Bhailo donation Rupa Bhattarai	106	12/14/22				
\$10.84				Amazon Smile	107					
\$125.00				Life member upgraded Bhesh Raj	108					
\$125.00				Life member upgraded Rajendra Aryal	109					
\$370.00				AGM December 17, 2022	110	12/18/22	\$451.40			
\$525.00				Sangalo Collection	111	12/18/22				
				Life membership Fee	112	12/18/22				
				Graphic Design and zoom	113	12/18/22	\$634.00			
				Toner and Drum purchase	114	12/26/22	\$55.49			
	\$200.00			School Registration(P Dhungana)	115	12/28/22				
\$175.00				Life Member fee (P Marahattha)	116	12/28/22				
\$1,843.17				Transferred from Paypal Account	117	12/30/22				
\$951.00				Life mem/Deusi/Sangalo	118	12/31/22				
2023										
				Website maintenance	119	01/01/23	\$657.70			
\$300.00				Lifemember	120	01/09/23				
	\$100.00			Nepali School registration	121	01/09/23				
				Zoom Payment	122	1/9/203	\$14.99			
\$150.00	\$150.00			Lifemember(\$25 on Paypal) School	123	01/09/23				
\$500.00				Manaslu Group(Himalaya Grill)	124	01/09/23				




NCNC CASH BOOK 09/01/2022 - 09/30/2023




2023

Income				Particular	Expenditure					
A/C No.1886	A/C No.2082	A/C No.4477	A/C No.1166		V.No	Date	A/C No. 1886	A/C No.2082	A/C No.4477	A/C No.1166
				Mail chimp	125	01/18/23	\$39.25			
\$950.00				Sangalo Collections	126	01/18/23				
				HSNC for School Rent	127	01/07/23	\$10,880.00			
				Amazon Purchase for School	128	01/25/23	\$934.30			
\$875.00				Life member and Sangalo	129	01/25/23				
\$750.00				Life member and Sangalo	130	01/27/23				
\$11,814.30				Transfer from School Account	131	01/28/23				
				Transfer to Main Account	132	01/28/23		\$11,814.30		
	\$100.00			School registration	133	01/28/23				
\$1,200.00	\$250.00			Sangalo/School/Membership	134	02/04/23				
				Saraswoti puja/Teen Council/ship	135	02/04/23	\$696.88			
\$12,873.63	\$4,244.28			Transferred from paypal	136	02/09/23				
\$425.00	\$7,575.00			Sangalo/School/Membership	137	02/05/23				
				Park Reservation/Books Purchase/zoom	138	02/10/23	\$1,165.99			
\$2,850.00				Earnest money Returned	139	02/11/23				
	\$250.00			School registration	140	02/11/23				
\$7.30		\$35.07	\$11,055.00	Donation/Interest/amazon smile	141	02/11/23				
\$1,875.00				Life member and Sangalo	142	03/05/23				
				Maichimp/ Water Purchased(bhumishor)	143	03/05/23	\$78.97			
				Transfer to Main Account	145	03/03/23		\$700.00		
\$345.00				Sangalo and Life Member	146	03/11/23				
				Zoom Payment/Holi celebration	147	03/08/23	\$221.82			
				Woman day Venue Rent	148	03/11/23	\$300.00			
				Stage Rent for Nepal Day	149	04/15/23	\$1,550.00			
\$700.00				Jitman and Shree hari developers	150	04/22/23				
\$550.00				Dashain and life membership	151	04/26/23				
				American Nepal Helping Society	152	04/26/23		\$233.34		
				Park Reservation/picnic spot	153	04/26/23	\$1,904.00			
				MailChimp/zoom	154	05/17/23	\$82.98			
				Miscellaneous Purchase for Nepal Day	155	05/17/23	\$390.44			
\$305.00				Deposit Returned/ Amazon Smile	156	05/17/23				
\$850.00				Kabab and Curry Multiple Events	157	05/22/23				
\$2,917.00				Nepal day and miscellaneous	158	06/09/23				
				MailChimp/zoom/ NC Vibes	159	07/10/23	\$1,069.23			
\$190.82	\$100.00			School(Yam)/Life mem/ Amazon smile	160	07/12/23				
				Dashain Tihar Hall Reservation	161	08/09/23	\$1,800.00			
				Bhanu Jayanti	162	08/09/23	\$288.68			
\$1,900.00				Sangalo and Donation	163	08/09/23				
\$811.00				Picnic/sangalo/Life member	164	08/20/23				
				Purchased for Picnic	165	08/20/23	\$687.28			
				mailchimp/zoom	166	09/10/23	\$69.23			
				Picnic/lazy days	167	09/10/23	\$91.09			
				picnic 2023	168	09/10/23	\$291.44			
				Picnic/Flags/Mug bills	169	09/10/23	\$1,243.64			
\$4,440.00				Card Connect collection	170	09/10/23				

NCNC CASH BOOK 09/01/2022 - 09/30/2023											
2023											
Income				Expenditure							
A/C No.1886	A/C No.2082	A/C No.4477	A/C No.1166	Particular	V.No	Date	A/C No. 1886	A/C No.2082	A/C No.4477	A/C No.1166	
				Card Connect charges/dbt crd purchase	171	09/10/23	\$167.54				
\$1,770.00				Blood connect/Picnic/ teej from Januka	172	09/10/23					
\$340.00				Don. from JitmanTeej/Monk Khempo	173	09/25/23					
				Paid Monk Khempo/mailchimp	174	09/25/23	\$214.24				
		\$55.48		Interest income Acc 4477	175	09/25/23					
				Miscellaneous for School/teen council	176	09/25/23		\$230.00			
\$33.58				Miscellaneous Donation for Nepal Day	177	09/25/23					
				Total Expenses			\$56,018.28	\$12,977.64	\$0.00	\$0.00	
				Bank Balance			\$110,617.06	\$38,723.11	\$2,736.21	\$25,321.75	
\$168,658.34	\$51,700.75	\$2,736.21	\$25,321.75	Total			\$166,635.34	\$51,700.75	\$2,736.21	\$25,321.75	



**विजया दशमी तथा दीपावली २०८० को  
उपलक्ष्यमा  
सम्पूर्ण नेपाली दाजुभाइ तथा  
दिदीबहिनीहरूमा  
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।  
एनसीएनसी बोर्ड अफ् डिरेक्टरस र  
परिवार, नर्थ क्यारोलाइना**

**Happy Vijaya Dashami  
and Deepawali 2080!  
NCNC Board of Directors and Family**



विजया दशमी तथा दीपावली २०८० को  
उपलक्ष्यमा हार्दिक मंगलमय  
शुभकामना !

आनन्द, सुष्मा घिमिरे र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



बासुदेव भट्ट र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



बटु, पूजा शर्मा र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली २०८० को  
उपलक्ष्यमा हार्दिक मंगलमय  
शुभकामना !

भिम, पार्वती तिमल्सिना र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

भोज, शारदा घिमिरे र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

भूमेश्वर, इन्दिरा सापकोटा र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



भूपेन्द्र अधिकारी र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



विकास शाक्य र परिवार  
नर्थ क्यारोलाइना





विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

चेत, मञ्जु भट्टराई र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



नरेन्द्र, भगवती न्यौपाने र  
परिवार, नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



चिरञ्जिवी भट्टराई र  
परिवार, नर्थ क्यारोलाइना

विजया दशमी तथा दीपावली २०८० को  
उपलक्ष्यमा हार्दिक मंगलमय  
शुभकामना !

दीपेन्द्र बिष्ट र परिवार  
नर्थ क्यारोलाइना







**विजया दशमी तथा दीपावली २०८०  
को उपलक्ष्यमा हार्दिक मंगलमय  
शुभकामना !**

ईश्वर, कमला देवकोटा र परिवार  
नर्थ क्यारोलाइना

**विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !**



कृष्ण, रचना पोखरेल र परिवार  
नर्थ क्यारोलाइना

**विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !**



कुलानन्द शर्मा र परिवार  
नर्थ क्यारोलाइना

**विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !**

माधव, मीरा भट्टराई र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

नारायण, उर्मिला लुइटेल र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

पूजा नेपाल र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



राज, रश्मी घिमिरे र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



आर.पि., अनिता, आभाष,  
आयुग पौडेल,  
नर्थ क्यारोलाइना



विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



शिव भट्टराई र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



श्रीकान्त, लक्ष्मी गौतम  
र परिवार,  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

सुधन थापा र परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

ठाकुर, मुना र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

योगेश, प्रभा पराजुली र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा दीपावली  
२०८० को उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !

विक्रम गौतम र परिवार  
नर्थ क्यारोलाइना



विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



बालकुमार, तिला, रविन्द्र,  
मानिका र चौलागाई परिवार  
नर्थ क्यारोलाइना

विजया दशमी तथा  
दीपावली २०८० को  
उपलक्ष्यमा हार्दिक  
मंगलमय शुभकामना !



बावु, निशा सुवेदी र परिवार  
नर्थ क्यारोलाइना



# NCNC Activities



*Annual Picnic 2023 on 19th August at Jordan Lake. 1000+ participants attended the event.*



*Annual Picnic 2023*



*Annual Blood Drive on 5th August in Cary. Forty six donors donated blood in the event.*



*A spiritual discourse on Life and beyond with Khenpo Vagindrashil was organized on 1st October in Morrisville.*





*We participated in the Lazy Daze Arts and Craft Festival on 26-27th April in Cary.*



*Seventh Nepal Day celebration on 15th April. More than 1200 people participated in the event.*



*Seventh Nepal Day celebration*



*NCNC organized Holi celebration on 5th March in Morrisville. 200+ participants attended the event.*





*Adopt-A-Highway cleanups were organized on each of the four quarters.  
More than 30 volunteers participated in each of the events.*



*Adopt-A-Highway cleanups*



*We celebrated Dashain and Tihar at the NCNC Subhakamana Saanjh 2022 on 23rd October in Morrisville.  
350+ participants attended the event.*



*Dashain and Tihar Subhakamana Saanjh 2022*





*Teej celebration on 15th September in Morrisville. 400+ participants attended the event.*



*Teej celebration*



*Bhanu Jayanti celebrated in collaboration with INLC NC Chapter on 23rd July in Morrisville.*



*Bhanu Jayanti celebration*





*We collected \$11494.05 as Deusi-Bhailo donation from 92 families last year.*



*Deusi-Bhailo*



*We participated in the International Festival in Raleigh on 5-6th November.*



*International Festival Participation*





*We witnessed the proclamation of NCNC Nepal Day (Nepali New Year) by the North Carolina General Assembly on 26th April. House Speaker Tim Moore also honored NCNC at the Gallery during the session.*



*Teen council successfully organized multiple programs under its Youth Empowerment Series initiative.*



*Teen council program*



*Teen council program*



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