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Nepal Center of North Carolina, Inc.

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सँगा लो SANGALO

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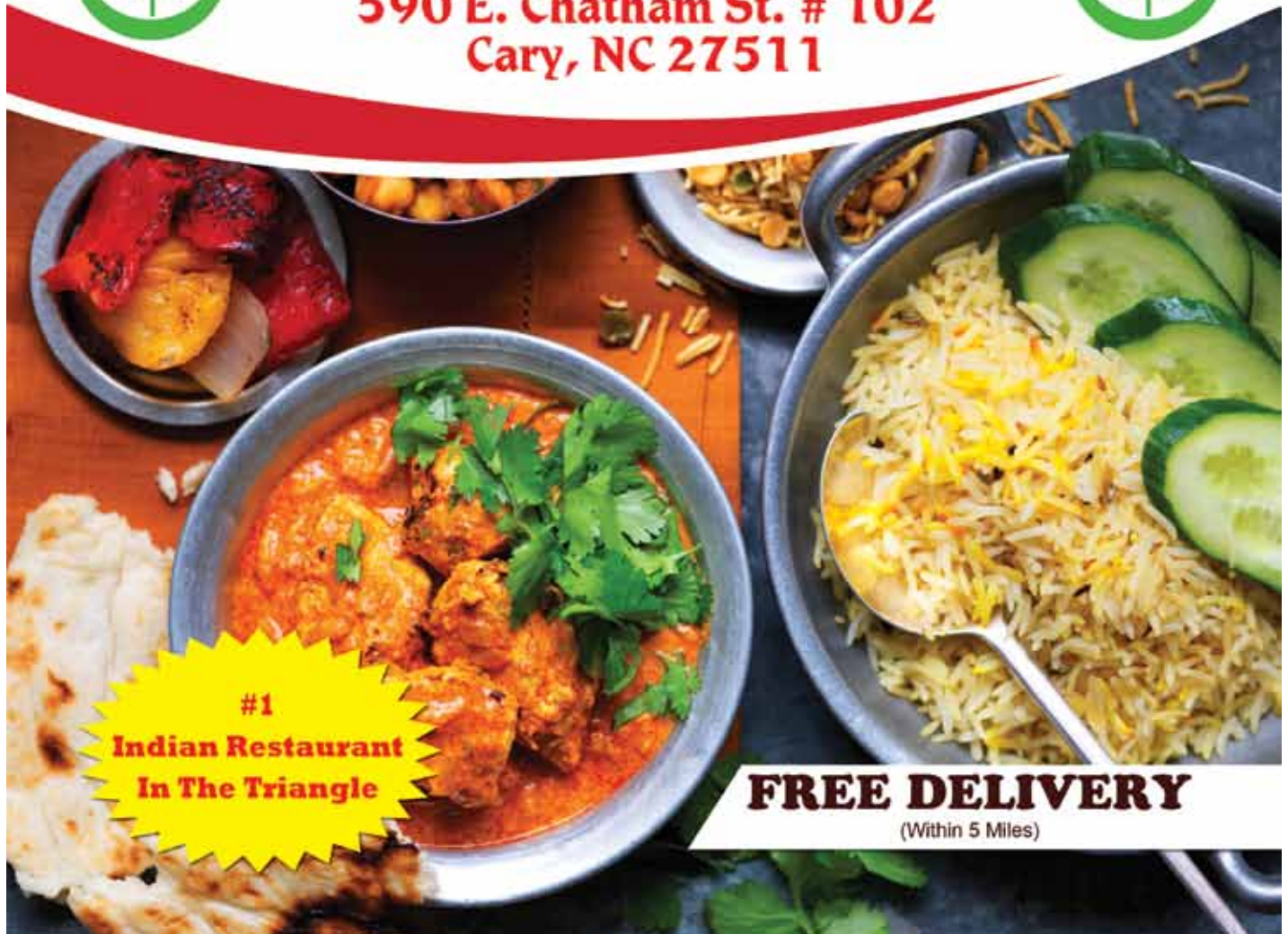


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SANGALO

2021

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Editorial

This year's editorial team is pleased to present you with a new issue of Sangalo. Coronavirus continued to pose challenges in our publication process, but this team managed to overcome them. Like last year, we conducted our editorial meetings and editing activities virtually. A lot of dedication and hard work from many has made this final version possible. We hope you will enjoy reading this issue as much as we enjoyed putting it together.

Sangalo is the annual official publication of the Nepal Center of North Carolina Inc (NCNC). It is published in the Fall before Dashain and carries greetings and best wishes from many families. Like its previous editions, this 21st issue of Sangalo tells our community's stories of activities and achievements in the form of poems, essays, reports, and pictures. It also carries commercials and infomercials from several local businesses that support us financially. Sangalo has grown over the years in size and coverage, representing the expansion of our community in North Carolina. We have traveled so far and arrived in this new, promising land only to realize that our hearts have never left our motherland. While our branches are expanding in America, we

often find our roots further deepening in Nepal. We hope Sangalo will enable us to simultaneously assimilate in this melting pot and maintain our unique cultural identities.

In this issue of Sangalo, you will read about newsmakers, youth leaders, and inspirators. We hope many in our community will benefit from reading essays, articles, and poems on cultures, festivals, religions, patriotism, and history. Inspiring authors from different walks of life are among the contributors to this issue of Sangalo. This issue also carries an account of NCNC's regular activities over the year.

We would like to express our gratitude to everyone whose support has made this magazine possible. In particular, we thank the NCNC executive committee, writers who contributed to this issue, and many sponsors and businesses who sent their greetings and advertisements despite the continuous financial hardship caused by this pandemic.

Finally, the editorial board would like to wish the entire NCNC community and our friends a Very Happy Vijaya Dashami, Deepawali, Mha Puja, and Chhath Parva. May this holiday season fill our lives with joy!

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
Treasurer: Bibhor Rimal
Directors of Board: Pramod Mishra
Directors of Board: Madan Risal
Directors of Board: Janak Marahatta

2002-2003

President: Annapurna Deo
Senior Vice President: N/A
Vice President: Madhav Dhakal
Executive Secretary: Dr. Dasharath Lohar
Treasurer: Kisan Upadhaya
Directors of Board: Danile Goetz
Directors of Board: Shanti Rajlawat
Directors of Board: Shree Kanta Gautam
Directors of Board: Dr. Padam Poudel
Directors of Board: Bhagabati Neupane

2004-2005

President: Ishwar Devkota
Senior Vice President: Nagendra Neupane
Vice President: Madhukar Devkota
Executive Secretary: Dr. Roshan Shrestha
Treasurer: Kisan Upadhaya
Directors of Board: Madhav Dhakal

Directors of Board: Bibhor Rimal
Directors of Board: Yagya Acharya
Directors of Board: Srijana Guiliford

2006-2007

President: Ishwar Devkota
Senior Vice President: Nagendra Neupane
Vice President: Dr. Sushma Pradhan
Executive Secretary: Madhukar Devkota
Treasurer: Lekh Nath Dulal
Directors of Board: Shanti Rajlawat
Directors of Board: Basanta Khadka
Directors of Board: Kisan Upadhaya
Directors of Board: Ravi KC

2008-2009

President: Nagendra Neupane
Senior Vice President: Yagya Acharya
Vice President: Pam Upadhaya
Executive Secretary: Madhukar Devkota
Treasurer: Udhav Karki
Directors of Board: Shanti Rajlawat
Directors of Board: Rabindra K.C
Directors of Board: Shiva Prakash Mishra
Directors of Board: Bhimsen Basnet

2010-2011

President: Arun Dhital
Senior Vice President: Udhav Karki

Vice President: Shree Kanta Gautam
Executive Secretary: Shailendra Devkota
Treasurer: Uttam Sedai
Directors of Board: Dr. Rajesh Subedi
Directors of Board: Basanta Khadka
Directors of Board: Shashi Bhatta
Directors of Board: Prabha Marahatta

2012-2013

President: Shailendra Devkota
Senior Vice President: Udhav Karki
Vice President: Manoj Pradhan
Executive Secretary: Shishir Khanal
Treasurer: Bharat Shrestha
Directors of Board: Madhab Raj Bhattarai
Directors of Board: Deepa Dawadi
Directors of Board: Dr. Chiranjibi Bhattarai
Directors of Board: Rabindra karki

2014-2015

President: Dr. Thakur Karkee
Senior Vice President: Dr. Tika Adhikari
Vice President: Rabindra Karki
Executive Secretary: Dr. Batu Sharma
Treasurer: Sujata Dhungel
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2016-2017

President: Dr. Sushma Pradhan
Senior Vice President: Dr. Batu Sharma
Vice President: Dr. Archana Lamichhane

Executive Secretary: Yam Shrestha
Joint Secretary: Dr. Unnati Ojha
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2018-2019

President: Dr. Batu Sharma
Senior Vice President: Rabindra Karki
Vice President: Ram Poudel
Executive Secretary: Bikram Gautam
Joint Secretary: Kamal Kafle
Treasurer: Bhimsen Basnet
Directors of Board: Padam Bhatta
Directors of Board: Ram Krishna Wagle
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Directors of Board: Shobha Pandey
Directors of Board: Shiva Bhattarai

2020-2021

President: Rabindra Karki
Senior Vice President: Ram Poudel
Vice President: Kamal Kafle
Executive Secretary: Yogendra Gautam
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NCNC Executive Committee 2020-2021



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Rabindra Karki



Senior Vice President:
Ram Poudel



Vice President:
Kamal Kafle



Executive Secretary:
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Prem Kumar Pradhan

President's Message

Dear Community Members,
Namaskar!

On behalf of the NCNC Board of Directors, my family and myself, I would like to wish you all a very Happy Vijaya Dashain and Tihar 2078.

From a family-based small community to a vibrant organization with well over 800 members in its 20-year history, we have come a long way. NCNC has led several significant programs throughout its existence, including Blood-Drive, Adopt-A-Highway, Nepali Pathsala, International Festival, and Nepal Day. Also, NCNC organizes cultural festivals such as Dashain, Tihar, Teej, among many others. NCNC-led programs have helped establish the Nepali community as a visible minority in North Carolina. In recent years, the Nepalese diaspora in the Triangle area has tremendously increased to an estimated 5,000 people. NCNC has done an incredible job of adapting to the influx of new members, but as our growth continues, we will need new strategies to support our community.

The last two years have been extremely difficult for all of us individually and as a community because of the Coronavirus (COVID-19) pandemic. We were unable to execute and implement many of our plans and projects. During the global pandemic, we had to cancel



some of our programs, including the International Festival, Nepal Day, Holi, and Teej. We wish we could have celebrated our festivals and events in person rather than digitally, but the health and safety of our members remained our priority. To fight this global pandemic, NCNC organized COVID -19 Vaccine Camps and also completed a Facebook fundraiser as a COVID -19 relief effort to Nepal and raised significant amount. Through our team effort, we have been able to add over 200 new members to the NCNC Family. We have tried our best to reach out, assist all our community members when they need help the most. We also tried our best to improve governance and transparency by publishing financial statements every quarter to NCNC's website.

Finally, I would want to convey my heartfelt gratitude to all BOD members, Advisors, BOTs, and members of all subcommittees for their unwavering support and dedication over the past two years I will continue to serve the entire community wholeheartedly I would also like to thank all of our community members for giving me opportunity to lead this great organization, Nepal Center of North Carolina Inc. (NCNC), for the 2020-21 term.

Rabindra Karki
President of NCNC

NCNC Board Of Trustee



Mrs. Annapurna Deo, Board of Trustee Chair (2020-2024)

Mrs Annapurna Deo is one of the founders of NCNC. During the initial phase of NCNC establishment Mrs Deo was instrumental. She is the founding vice president 2000-2001 and past president 2002-2003, and the current Board of Trustees 2020-2024. Professionally she is a public policy consultant and a non-attorney mediator. After four years of college study in Tribhuvan University, Mrs. Deo attained Bachelor of Art Cume-Laude and Master of Public Administration from North Carolina Central University, USA. She is a retiree from Duke University where she was the winner of 2009 Algernon Sydney Sullivan Award. Before coming to USA in 1981 she taught in St. Xavier's and St. Mary's High Schools in Kathmandu. Mrs. Deo has a long history of social leadership with Nepali community along with some other local, national and international community affiliations.

Mr. Shreekanta Gautam, Board of Trustee (2020-2024)



My wife and I have been living in North Carolina since 1998. Nepalese community in the triangle region and North Carolina overall has exponentially grown for as far back as 22 years. NCNC has been instrumental in serving the Nepalese community over the years by helping each other during the time of need and also by keeping our Nepalese culture and traditions alive with celebrations of festivals like Teej, Dashain, Desui-Bhailo, and Holi and running Nepali Pathshala for our kids. I have been engaged with numerous social works in different capacities since NCNC's inception in 1999. I want to extend my sincere thanks to all the NCNC Executives(Past and Present) and volunteers for their continuous support, commitment, and dedication in driving NCNC to a greater height.

Mr. Manoj Pradhan, Board of Trustee (2018-2021)



Best wishes to you all on the occasion of Happy Dashain 2077. I came to North Carolina in 1995 as a graduate student at North Carolina State University. Over the years, I have seen the tiny budding community of Nepali blossoms into a very attractive fragrant flower. I am sure this fragrance will keep enriching all the members now and coming days ahead.



Dr. Bal Krishna Sharma, Board of Trustee (2020-2024)

Dr. Bal K. Sharma has served the Nepalese communities in Nepal and the US through various social and charitable organizations for over 25 years. He has helped NCNC for the last 18 years in various capacities, including as Board of Trustee starting on January 1, 2020. Through his charitable works, he inspires the new generation to become good citizens and always find time and resources to help their communities. He holds a Ph.D. in Animal Sciences from the University of Maryland. He has many years of teaching and research experience in both Nepal and the US. He has written a book titled Adjusting to the American Way of Life: Tips for Visitors, Students and Immigrants from Nepal, and has published several research articles in scientific journals. Dr. Sharma's current work involves health care data analysis, research, publications, and reporting.



Mr. Arun Dhital, Board of Trustee (2018-2021)

NCNC's long history, dedicated and able leaderships throughout its period from the inception has made NCNC more vibrant. Yearly celebration of festivals like Dashain, Teej and Educational services such as Nepali school for kids is serving well for the Nepali community to preserve Nepali culture and language amount second Nepali generation. Program like Nepal day, Blood drive and Highway cleanup are noble ways to serve the broader community as well as means to establish Nepali identity. NCNC's desire and the work towards building its own community center and place to convene and worship is yet another exemplary goal. Even though, there has been some concern of NCNC not been able to reach out to younger generation and broader community, I am sure we all can aside our ego, and mend small difference and work for common good of the whole community. My best wishes to all Nepali community members and NCNC leadership team.



विजया दशमी र दीपावली २०७८
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दिदीबहिनीहरूमा
हार्दिक मंगलमय शुभकामना
व्यक्त गर्दछौं ।



नेपाल सेन्टर अफ नर्थ क्यारोलाइना (एन.सी.एन.सी.) परिवार

NCNC Advisory Board



Mrs. Nirjala Rajbhandari, Advisory Board (2020-2021)

I came to the USA in 1991. I had earned Master of Science degree from North Carolina State University. My area of expertise is in genetic engineering and plant tissue culture. I am a proud wife, a mother and a grandmother.

First in Height, First in Flight, Nepal Center of North Carolina. Yes, this is what NCNC is. If we look back from 1999 to 2020, NCNC has spread its wings in all directions in preserving Nepalese culture, heritage, language and literature.

NCNC is finding its way to stand in this melting pot society as Mt. Everest. I am so honored to be the member of this prestigious organization. May goddess Durga bless us strength and courage to cope with Covid-19 outbreak! Stay safe and stay brave!!



Mrs. Neelam Karki, Advisory Board (2020-2021)

Neelam Karki Niharika is an internationally renowned writer of Nepali literature. She became deeply interested in literature at an early age and later left her nursing career to pursue literature fulltime. She has written many famous poems and novels, including the Madan Puraskar winner Yogmaya and the Padmashree Puraskar winner Cheer Haran. Her other works of literature include Maun Jeevan, Niyati Ko Khel, Arki Aimai, among others. She has also won many other awards for her literary works. In the past, she has worked as a radio and TV presenter in Nepal. Some of her popular programs include Sahitya Sansar and TeleHealth. She was born in Palpa, Nepal, and currently resides in Fayetteville, North Carolina, with her husband and two sons.



Mrs. Santwona Khadka, Advisory Board (2020-2021)

I have been living in High Point, North Carolina since 2005. Since the formation of Triad Nepalese Community Center, TNCC, I have been actively involved in our community. I had an impactful time serving as a Board of Directors for TNCC 2015-2017 and also as a President for TNCC 2017-2019. During my Presidency, we held a Mahapuram (Bhagabat Saptaha Puja) in our own Community Center, which was a very successful event. Our center also created Naya Pusta, a social justice youth camp. Thank you very much to the NCNC BOD for choosing me as an advisor during 2020-2022. I love to serve my broader Nepalese community.



Dr. Harishchandra Mahaseth, Advisory Board (2020-2021)

Namaste to everyone of NCNC. For the past several years, our Nepali identity has been exponentially growing, thanks to all the hard work and dedication put into this organization. Many festivals such as Teej, Dashain, and New Year

have helped to preserve our centuries-old tradition coming from Nepal. Your passion, support, and commitment has made our community the wonderful large society it is today. I have been living in NC with my wife, Yogita, and 3 kids, Kashvi, Kavish, and Kayan. Even though it has taken extra work to maintain our spirit with the COVID-19 lockdown in place, you all have given countless moments of time and effort to help NCNC thrive even in difficult times. This COVID-19 pandemic is challenging for all of us, so myself being a physician, I strongly encourage you to take the pandemic very seriously and to please maintain a minimum of the 3 W's- Washing the hands, Wearing masks, and Waiting 6 feet apart. We wish you all a very happy Dashain, Tihar, and Chhath, and stay safe and healthy.



Mr. Krishna Pokhrel, Advisory Board (2020-2021)

I currently reside in Morrisville North Carolina since 2016 with my wife Rachana Pokhrel, two kids Kriti, krish and my parents. I have been in this country since 2004 and I am originally from Arghakhanchi, Nepal.

Education: : Master of Business Administration "MBA" in Business Management - ARU London.

: Financial Services Certified professional form- American College PA.

: Life Underwriter Council Fellow from -American College PA.

Community Involvement & volunteer services: : Advisor of Town of Morrisville NC 2020-2022

: Past Senior Vice President of NRNA NCC of USA, 2015-2017

: Past General Secretary of NRNA NCC of USA, 2013-2015

: Founding Central Member of Nepali Public Relations Committee America. 2007-2009

: Vice President of Ridgewood Nepalese Society New York 2006-2008

: BOD of Ridgewood Nepalese Society New York 2004-2006

Work Profession: : Working at New York Life Insurance Company since 2009 as a Financial Professional.



Mr. Nagendra Neupane, Advisory Board (2020-2021)

Since moving to North Carolina, USA in 1996 from Nepal, I have been involved in NCNC. NCNC was founded in 1999. I served NCNC as vice president for two terms (2004 to 2007) and one term as a president (2008 to 2009.) When I was involved in NCNC, all my family members were also strongly involved and worked with me.

My goal to serve NCNC is to unify all people of Nepali origin under NCNC umbrella and make NCNC better community. I would like to continue to work and especially focus on fund raise and build a community center for NCNC.



Mr. Suman Wosti, Advisory Board (2020-2021)

Mr. Suman Wosti serves in the current Advisory Board of NCNC. Mr. Wosti has been performing social and charitable work through his association with many organizations in the US. He was a founding member of a few local Nepali organizations in Illinois. He has also served NRN and NCNC communities in various capacities.

Mr. Wosti has decades of experience in the aviation industry, including Air France and Korean Air. He currently resides in Morrisville, NC, and owns and operates businesses in North Carolina and Illinois.



Morrisville
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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.

This past year local NCNC volunteers organized a successful vaccination event for the community. Your ongoing efforts to safeguard the health and safety of our residents and your COVID-19 Fund-raiser to provide aid to those back in Nepal this past year is inspirational.

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
Live connected. Live well.

Liz Johnson
Mayor Pro Tem
Town of Morrisville



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 the days when we can all be together again.

As Morrisville Mayor Pro Tem, it is an honor to represent the Nepalese community. I am proud that each of you has helped to make Morrisville the most welcoming, diverse, and inclusive small town. We are stronger because of our diversity and the important work done by 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





**STEVE
RAO**
MORRISVILLE
TOWN COUNCIL



Aug 30, 2021

My Dearest Nepalese brothers and sisters,

Komal, Sonia, Rayan and I are so very grateful to be the beneficiaries, as is the State of North Carolina of the great heart and leadership of our Nepalese community. We wish each of you a very happy Dashain and all the best in the New Year. As I celebrate my decade of service to the Town of Morrisville, I am so very grateful for the friendships I have made with the Nepali community over the years.

Each of you has continued to step up during the Pandemic, helping raise money for Nepal during the Pandemic, hosting vaccination clinics for the community, and of course, staying strong and providing support for the family of Amit Bharati, who died due to Covid 19 complications. You are an everlasting reminder that our light, our love, will always lift us out of the darkness.

Thank you for your support, your friendship, and most importantly, for continuing your Remarkable American Journey in the Research Triangle and the State of North Carolina.

Like the planes that take off RDU Airport, I am confident that this community and the nation of Nepal will continue to soar to the greatest of heights, where there is no limit to your potential. I am confident that we will fly to the greatest heights in the future.

Remember to Vote in the November 2 elections and get your your absentee ballot at <https://www.ncsbe.gov/>. Find your Polling Site at <https://www.wakegov.com/departments-government/board-elections/election-information/polling-places> .Make your vote count in these November municipal elections.

We pray that your friends and family stay safe during the Pandemic and for any families, who have lost loved ones here or back home in Nepal. May God Bless Each of you.

Your Friend and brother always,

Steve S. Rao, Council Member At Large, Town of Morrisville

**This greeting was paid for Steve Rao. No taxpayer funds were used.*

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We are Nepal Center of North Carolina (NCNC)

NCNC is a center for the Nepali community to blend and foster relationships with other communities in North Carolina while maintaining Nepali culture and identity. Founding members of the NCNC realized that a formal organization was required to better serve new Nepali immigrants, students, and travelers to and from here as well as provide an opportunity to extend helping hands to Nepal and around the world. NCNC was thus born in 1999 and was registered as a tax-exempt 501(c)(3) non-profit organization. NCNC's programs and activities throughout the year demonstrate significant contributions to the social and economic well-being of our community here. Members have also served in the US Armed Forces. In recognition of a responsible community organization, the Town of Morrisville, and Wake County have declared a proclamation observing the third Saturday of April as Nepal Day. A similar NC Senatorial Statement was made recognizing the Nepali Community in Wake County. NCNC has also received support from many individuals, organizations, and businesses such as Center for South Asia Studies, Town of Cary, International Focus, Triangle Community Foundation, UNC-Chapel Hill, Rex Hospital, Hindu Society of North Carolina, NCDOT, NC State University, Sujana Parita Educational Foundation

(SPEF) and other local and regional Nepali organizations with a similar purpose.

Ishwor Devkota



NCNC's Motto is "First in Height, First in Flight". Buddha was born in Nepal and Mount Everest is in Nepal. The first part of our motto "First in Height" signifies tall friendship however peaceful in nature – a message from Buddha. The second part "First in Flight" recognizes leadership in innovation in NC and seeks to derive similar inspiration. Our logo has a symbol of shaking hands with flags of Nepal and the US again signifying what NCNC's main objective is - friendship. As we progress, our focus continues to be to provide opportunities for our members to attain their fullest potential and develop better citizenship. Further, one of the important goals of NCNC is to provide a "stage" for our children and youths so that they can compete and perform in the "center stage" in this society as they grow up.

NCNC has hosted various Nepali celebrities from different walks of life such as political leaders, diplomats, poets and writers, spiritual and other prominent personalities for interaction. We have brought nationally acclaimed

drama, movies, Kollywood stars, nationally renowned Comedians, folks-cultural-modern musical artists-celebrities, all to keep our youth interested in Nepal and Nepali, and keep our members connected with Nepal. Here in Wake county NCNC runs a Nepali School for children every Sunday, publishes an annual Newsletter "Sangalo", hosts Nepal Day during the third week of April, participates in a Deusi-Bhailo program in October, conducts annual meetings during Nepali New Year and Dashain Festival. NCNC interacts with other communities by taking part in the International Festival, Lazy Daze, Spring Daze, and similar other festivals. NCNC and SPEF have established an annual scholar-

ship award program for college-bound NCNC community members. NCNC has a highway cleaning program in cooperation with NCDOT, a Blood donation program, sports competitions, and so on. On occasions, NCNC has raised funds for natural calamities in Nepal and elsewhere. "The Run for Nepal" event was organized as a fundraiser and community wellbeing. To maintain relationships with other similar organizations, NCNC has hosted joint conventions where members have the opportunity in a larger crowd to network, perform on stage, and take part in various forums related to Nepal, Nepali, and other developments. NCNC hopes to have its physical building in the future.

Rain-Rain-Rain

Salil Dhakal, Grade 2, White Oak Elementary School



Rain, Rain, Rain
I love rain
Sometimes it ruins my game
Sometimes it's my crops' friend

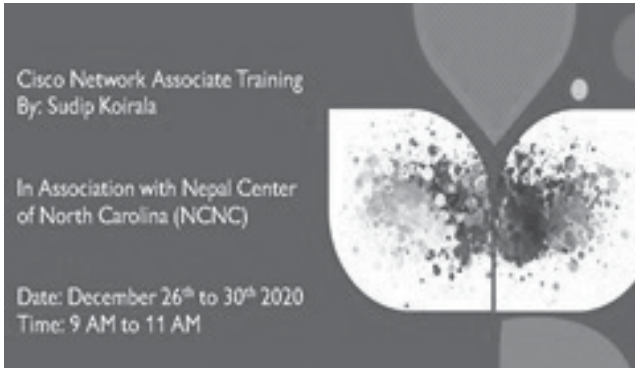
Rain, Rain, Rain
I love playing in puddles it makes
Rain, Rain, Rain
Up goes the umbrella
Rain on the green grass

Rain, Rain, Rain
On the treetop
Little flowers start to bud
And grow, grow, grow

Rain, Rain, Rain
Go away today
I want to play
Come again another day!

NCNC Activities 2021

1. CISCO Networking Course/Training



NCNC coordinated/facilitated free Cisco networking associated course in Dec 2020. The class was held virtually from Dec 22-26 and forty-two (42) community members registered for this course. This course was offered by Sudip Koirala, a Life member of NCNC.

2. International Women's Day Celebrations

NCNC organized a Virtual Interactive International Women's Day Celebrations in March 2014. The theme of the event was Women's Contributions and Challenges.

3. Adopt-A-Highway



NCNC successfully completed 2 events of adopt-a-highway this year. Each quarter of the year, NCNC cleans about 3 miles stretch of Mc-Crimmon Parkway and Louis Stephens Drive in Morrisville. The first event took place on May 9 and the second event took place on August 22.

4. COVID 19 Vaccine Camp



In collaboration with Allmed Clinics in Raleigh, NCNC successfully completed the first and second dose of the COVID-19 vaccine campaign on April 10th and May 1, 2021, respectively.



Both events were held at the Historic Christian Church in Morrisville. Town of Morrisville and other local Nepalese organization's representatives actively participated in making these events a success.

5. Proclamation Handover Event- Nepal Day 2021



On April 17, NCNC held a limited in-person symbolic Nepal Day 2021 Celebration. The program took place in order to execute the handover of the Nepal Day proclamation from the Town of Morrisville and the Wake County to the Nepal Center of North Carolina Inc. (NCNC). The Proclamation by the Town of Morrisville was read and handed over by Mayor Mr. TJ Cawley and the Wake county Letter of Proclamation was read and handed over by the Wake County District 3 Commissioner Ms. Maria Cervania to the President of Nepal Center of North Carolina.

6. COVID 19 Relief Effort for Nepal - Facebook Fundraiser



Nepal Center of North Carolina organized a Facebook Fundraiser as COVID 19 relief effort for Nepal on May 13. A total of \$10,238 was raised from its "Covid-19 Relief Effort for Nepal" Facebook Fundraiser. 167 donors participated in this fundraiser. On 05/24/2021 \$10,173 was wire transferred to Rabi Lamichanne Foundation (<https://rlfnepal.org.np/>) for its COVID 19 impacted patient treatment and management effort [Please note \$65 from the total raised fund was deducted as a wire transfer fee]

7 . Bhanu Jayanti Celebrations

Nepal Center of North Carolina and North Carolina Nepali Literary Society jointly organized a virtual event on July 17 to celebrate 208th Bhanu Jayanti. Students from Nepal School actively participated in the event.

Rising Star Hishi Ulak

In this interview, we talk to Hishi Ulak. She graduated from Northwest Guilford High School and is planning on attending Duke as a biochemistry major. Hishi is the recipient of the Duke Trinity Scholarship. She is also an active member in her community. In this interview, she talks about her experience in high school to eventually getting the Duke Trinity Scholarship.

What is the Duke Trinity Scholarship?

It is a 4 county area scholarship. It is awarded to people in the Guilford county area. It covers room, board, food, and everything else for four years.

Is Duke your dream school?

My uncle and aunt came all the way from Nepal and attended Duke and I visited the campus when I was young. Obviously, the campus is very beautiful. However, more than that Duke is also very diverse. I was looking to attend a campus that has people from all around the world. While state schools like UNC Chapel Hill and NC State are also really great, Duke is my choice. It is a very diverse campus and it has a great STEM program. So, Duke was pretty much the school for me.

What do you believe is the most important factor in college admission?

Well, throughout freshman year, I always thought that grades were the most important.

However, I've realized that that simply isn't true. Grades aren't going to be the breaking point for your college applications. No college is going to reject you for not having the perfect grades. What is really important is to have extracurriculars that show your interest in something.

What helped you to find what you like?

Well for me, when I moved to a new school sophomore year, I joined a lot of new clubs. These clubs really helped me find what was interesting to me and what wasn't. People have always said that you should step out of your comfort zone. However, I think that we should be expanding our comfort zones instead. Expanding my comfort zone is what allowed me to be open to so many new opportunities and find what I love to do.

What would you say to young people who are stressed about their grades?

I would want them to know that grades aren't the most important thing. So much happens in life and while getting straight A's is a wonderful accomplishment, so is making a new friend. Other things in life are always there and your other accomplishments should be valued as well.



What impact does it make if your extracurriculars aren't necessarily related to what your intended major is?

I would tell them not to worry about it too much. There is a section on the Common App that tells you that the extracurriculars do not have to be related to your intended major. I talked to college admission officers about this too and they just want to see that you're challenging yourself and doing whatever interests you.

What clubs were you in?

I did a lot but I'm going to talk about the three main ones that I did. So, I did Science Olympiad, Environmental Club and Service Learning Ambassadors.

How did you participate in Science Olympiad?

The Science Olympiad is something that I've done since 5th grade. I've done everything from being a student and a competitor to a leader. Science Olympiad is a club that has a lot of STEM related events and you typically work with a partner to complete these events. This really taught me how to work with people and participate with them. Then as a leader, it really helped me in the process of having everything come together. Being a leader isn't just about the medals that we earned, it was helping people learn and explore what they wanted.

Can you tell us more about the Environmental Club?

Then, there is the Environmental Club. I started going to the club in my junior year and I became the president in my senior year. So this

club is really about raising awareness about the environment.

Previously, people could ignore the consequences of the environment as everything was sort of invisible. However, now with the fires in Australia and everything that is going on, people are finally paying attention but the worry is that it's already too late. With this club I started something called Plarn. Plarn stands for plastic yarn. What we would do is knit plastic bags and then give these to homeless shelters.

Alright, and what about Service Learning Ambassadors?

Service Learning Ambassadors is actually a club that I started. We helped students with a lot of volunteering. This actually led me to one of the most meaningful opportunities I had. The Leukemia and Lymphoma Society Students of the Year Campaign. My friend and I raised over \$10,000 in funds to help families that were struggling with blood cancers such as leukemia and lymphoma. Service learning brought this opportunity to me and I am so grateful for it.

Why did you choose Biochemistry?

There is so much that we don't know about science. There are these tiny cells that control our body and they are responsible for so many things within our body. We have so much more to learn and I really want to delve into that part of science. Back when I was working with the LLS, they told me about a new treatment that they were trying and it involved cell therapy and that really interested me.

How has the Sangalo impacted you?

I started writing for the Sangalo since I was a little kid. The first poem I wrote back then led to me writing more every single year. The love that I have for writing actually stems from writing articles for the Sangalo and due to this I hope to pursue a columnist position in the Duke Chronicle which is the Duke University Newspaper. I love writing so I hope I can continue pursuing that.

Can you tell us what your college application process was like?

My process started with a blank google document in maybe August. The document was actually blank for a while. Then, I decided to write about something very close to me: Nepal. I talked about the differences between Nepal and America by focusing on transportation.

What about Nepal did you write about?

Once when I was in Nepal, I was on a bus and we were in traffic and the bus driver got out and started eating a mango on the floor. I

was shocked because that's so different from America where everyone is in their own car and in their own lanes. This was the beginning of a very important lesson I was starting to learn: you will get to where you need to go even if you stop and have fun along the way. What really solidified this lesson for me was teaching a class at my grandma's school. If I had been teaching in America I would have set lesson plans. However, at my grandma's school I didn't have any set lesson plans. We sang and danced but even with this we finished our lesson. This served as a lesson for me because it showed me that we could do other things on our journey and still get where we want to be. This was a really important lesson for me because in freshman year I was so focused on my grades and other things that I didn't really enjoy anything. This taught me to slow down and really enjoy the moments along the way instead of just the end result.



विजया दशमी र दीपावली २०७८ को उपलक्ष्यमा
सम्पूर्ण नेपाली दाजुभाइ तथा दिदीबहिनीहरूमा
हादिक मंगलमय शुभकामना
व्यक्त गर्दछौं ।



Happy Vijaya Dashami & Deepawali 2078!

Kulananda Sharma, Realtor, Sunay Realty LLC
Kulscience@yahoo.com | 919-272-0327

Rising Star Manika

Manika is a rising junior at Panther Creek High School. She is very active in the NCNC community. She really enjoys volunteering and helping out in the community. She hopes to major in interior design in the future.

Can you please tell me about your volunteering activities?

I volunteered to help out when NCNC partnered with a hospital to help people have access to the COVID-19 vaccine. I also helped with other NCNC programs such as Nepal Day and Adopt-A-Highway.

How was the experience with COVID Vaccine Volunteering?

Volunteering was really fun and I enjoyed helping people fill out the forms and get their vaccine. However, it was also kind of sad because so many people had died due to COVID.

What is your advice for people who want to volunteer?

At first, it might be difficult and hard. People might be shy at first and that can make it hard. My best advice would be to not be shy because people are very nice and volunteering is a really good experience.

Why do you volunteer?

My parents volunteered and I have been encouraged to volunteer since I was a child. This made me want to continue with volunteering even as I got older.

What is the most enjoyable thing about

volunteering?

I really enjoy interacting with people. Having interaction and being able to help them really makes me proud of myself.

Who is your role model and why?

My mom used to work as a teacher and she used to walk for about three hours just to teach people. She volunteered for many different things and inspires me to keep doing so.

What are your hobbies?

I really enjoy doing creative things. Activities such as drawing and writing poems are really enjoyable. I also enjoy talking to friends and watching movies.

What do you want to do?

I want to major in Interior Design in the future. I feel like it is a major that will allow me to be creative and express myself.

How has Nepali culture been incorporated into other parts of your life?

My teachers have always been interested in learning more about my culture. One of the earliest experiences I have of this interest was with my middle school ELA teacher. She wanted to learn more about my culture and so I explained it to her and I made pani puri and momo for her. There were also other teachers who wanted to learn about Nepali culture and I helped teach them.



Rising Star Pranish Pantha

Pranish Pantha was the valedictorian at Panther Creek. He participated in many extracurriculars in high school and has won several scholarships. This fall, he will be going to UNC Chapel Hill with the intended major of Computer Science. In this interview, he provides insight into the college admission process. He also talks about the process of finding and winning scholarships.

What scholarships did you win?

I won the Chancellors Carolina scholarship which was provided by UNC. They go through all of their college applicants and see who is most fit to earn the scholarship. The winner earns \$10k per year for 4 years. I believe that the essays that I submitted for the scholarship were really strong and that resulted in me getting the scholarship.

I also won the National Merit scholarship. I earned this through achieving a good score on the PSAT. I was a semi-finalist for this scholarship due to my score on the PSAT. After that the process is like a mini college application. They look at your grades and extracurriculars. The extracurriculars section on the application for the scholarship is longer than the one on the actual college application. I actually reused my common app essay for this. Lastly, I won another scholarship through the Local Government Federal Credit Union.

It was a one-time \$5k scholarship.

What was your dream college?

Chapel Hill was one of my top choices but I also got into Georgia Tech, UCLA. I chose UNCCH because of the scholarships and the fact that it was an in-state university.



What extracurriculars did you do at Panther Creek?

I took part in TSA (Technology Student Association). The group gets together and competes in a competition related to tech (Software Development, Animatronics, Robotics). I also started a data science club where we had meetings and we hosted competitions on a platform called Cackle.

What was your involvement in TSA?

I started off as a member, and by senior year became surgeon of arms. I was tasked with planning and running meetings as well.

What did you enjoy most about TSA?

I enjoyed making connections and bonding with people the most.

Did you win any TSA competitions and

awards?

In sophomore year, I participated in the TSA national conference animatronics. In junior year, I participated in a local competition and reached the semi final round for robotics.

What are animatronics?

They are robots that perform functions and are designed to mimic an animal or human. In my first year, we did a lionfish. We did a lot of work with art. In my second year, we did a dinosaur which earned a national award.

What would be your advice for your freshman year self?

I wish I explored more interests and took more technology classes.

What is your advice for the college process?

I would say that it is important to define your resources. There are many resources that exist and guidance counselors are there to help you.

What was your most useful resource?

My most useful resources were my friends. We talked about the process and helped each other a lot.

What do you believe has the most impact in the college process?

The most important factors are grades and then extracurriculars and essays. Personally, test scores are not that important after a threshold.

How did you invest time towards your personal essay?

It was the most important so I spent spaced out time over months to write it: probably 20 hours.

What is your advice to someone starting essays?

I suggest starting early. This is no definite time that you may be done with your essays because of constant revisions. Also, don't be afraid to rewrite.

What about letters of recommendations?

It needs to be acquired online, not in person. Ask someone who you had in person and who knows you outside of class to write the letter. If you are asking someone you interact with online, try to form a connection.

When should a student ask for letters of recommendations?

It depends. If the teacher is usually asked by many students to write letters, ask earlier. If they don't get as many requests, it is okay to ask later.

Do you have any advice about extracurriculars?

During freshman year, I suggest exploring extracurriculars and then narrowing down to see what you want to do for the next few years.

Did you do any community service?

I did a lot of volunteering. Due to COVID, my goal was not to see how many volunteer-

ing projects I can complete, rather it was how much work I can do through the projects I was able to take part in. It is important to focus on

the organization and the work, rather than the number of volunteering hours.

Immigration from an Immigrant's Daughter's View

Shreya Dhakal

What is immigration? Immigration is when a person moves from their home country to another country. The United States experienced major waves of immigration during the colonial era, the first part of the 19th century, and from the 1880s to 1920. There are many reasons why someone may want to immigrate to another country, such as the United States of America. Many immigrants were moving for better opportunities or shelter during a war in their country. While others, such as the Pilgrims in the early 1600s, arrived in search of religious freedom.

Life is not easy as an immigrant. There are many challenges such as the language barrier, housing, raising children, prejudice, cultural differences, transportation, and many more. I also recently went to New York. During my visit, I went to Ellis Island. Ellis Island is a federally owned island in New York Harbor that was once the busiest immigrant inspection station in the United States. From 1892 to 1924, nearly 12 million immigrants arriving at the Port of New York and New Jersey and were processed there under federal law. I also went to the Ellis

Island museum of immigrants. Inside was a room where officials looked at the immigrant's papers and other documents to let them into America. America was a place of everyone's choice.



Many immigrant parents want their kids to learn culture, values, dharma, and language from their home country. But the kid born and raised in a different culture may not always meet their parents' expectations. This creates stress for some families. At our school, teachers tell us to follow our dreams when we grow up, but some immigrant parents may not agree with this view. During their lifetime, they have seen what money does in life and what no money does. But kids just want to follow their dreams and passions and be wild! We know our parents just want the best for us. It is just that we have a different definition of 'the best'. As John F. Kennedy always said, "Everywhere immigrants have enriched and strengthened the fabric of American life."

Rising Star Priyansu Nepal

Priyansu Nepal is a rising junior at Panther Creek high school. She often volunteers with NCNC and helps out at Nepali School. In this interview, Priyansu discusses her own volunteering and encourages others to volunteer as well.

Where have you volunteered?

I volunteer whenever I can at functions and at Nepali School. At Nepali School, I started off teaching Nepali to the students and then taught dance classes. I also teach dance to adults in NCNC . Dance is something that I find very enjoyable so these were really fun for me.

What were the Nepali Classes that you taught?

So, I started off helping as a Teacher's Assistant. I taught kids in lower grades Nepali. I would teach them the alphabet and simple sentences. Then, I also got to teach them dance and this was my favorite thing to teach.

How extensive is your Nepali?

I moved here about six years ago so I can speak and read Nepali. I can also still write simple sentences.

Why do you enjoy dancing so much?

I like dancing and I always enjoyed dancing before I taught it. In Nepal, I danced in school functions often. It was a great first time experi-

ence teaching dance to kids at a Nepali school.

Why did you enjoy teaching kids?

It is exciting to see them pick up on skills with plenty of practice. It's supposed to be a fun activity and seeing them enjoy the classes and get better at dance is amazing.

What involvements do you have with dance?

I have taught a big group of women to dance for an international festival. It was a very fun experience and they all did really amazing. It was extremely enjoyable.

I also participated in Deusi Bhailo which was wonderful because I was able to interact with new people and take part in a Nepali tradition.

What was it like moving to America?

I was not looking forward to it at first and I rather thought it was scary, but it is better now because I have friends here. I didn't know anyone in elementary school and that made it hard to make friends.

What volunteering have you done outside of NCNC?

I volunteered with Key Club in school. It's a volunteering based club which hosts several



community projects that several other high school students take part in.

What other clubs did you do?

I was a part of Nepali club at Panther Creek. I did not do any other clubs besides that because I didn't get the chance to as I was adjusting to freshman year. However, I am planning to partake in some new clubs in my senior year.

What do you do in your free time?

I started doing acrylic painting in seventh grade and it has since been one of my favorite hobbies. I also enjoy talking to people. I had two jobs at one point and I liked working. It also helped me stay engaged with people.

How did you manage two jobs?

It was really fun and I enjoyed it because I enjoy being outside and engaging with people.

What other volunteering experiences do you have?

I volunteered at the Spring festival where a booth is set up and I got the chance to educate people about Nepal.

What/Who inspires you to volunteer? Why do you volunteer?

My parents encourage me to volunteer because they personally want to do volunteering. They encourage my brother to volunteer as well. It's amusing to me to do so because I get to meet new people. I like to volunteer in any way possible. It would make me really proud to make a difference by helping at Nepali School.

What allows you to be a good volunteer?

I believe trying my best allows me to be a

good volunteer. You also have to be willing to do it. My main focus is not to volunteer just to earn hours. Your heart has to want to do it.

What challenges did you face while volunteering?

Managing time with other activities as well as the pandemic was making it harder to truly connect with people through volunteering.

Do you believe that there is a difference between kids born and raised in the US vs born in Nepal and raised in the US?

When moving to America, kids from Nepal may be shy and language barriers between the two groups exist as young Nepali people struggle to communicate in English. Regardless, oftentimes, different friend groups are formed since there are a variety of people in the US.

Who is your role model/person you look up to most?

My brother is my role model because he has always been really outgoing and helpful and I want to be like that. I always try my best to be like him. He establishes positive relations with his friends and I really look up to him because of that. He is very motivated to achieve his goals and that is a quality that I admire.

What is your favorite volunteering activity?

My favorite volunteering activity is teaching women to dance because I could see improvement from them from not knowing much to nailing a long dance on youtube that was ready to be performed in front of a large audience.

Interview: Kavya Tutoring

Tell me more about your organization.

Kavya Tutoring is a non profit organization. We provide educational tutoring opportunities to kids in kindergarten to eighth grade. We provide these tutoring classes once or twice a week, based on the student's needs. The classes are structured to have one tutor teaching three to four kids per session. However, there are also individual classes available upon request. In the individual classes, one tutor teaches one student per session. We provide tutoring on the four core subjects; math, english, science, and social studies. We aim to provide kids with resources that enable them to succeed and flourish in their academic paths.

What is your mission?

Our mission is to provide students with the tools that they need in order to succeed and flourish academically. We understand that there are many challenges that might stop students from getting the resources that they need to be successful academically. In addition, many students are still feeling the effects of the pandemic. This can lead to a huge gap in the learning that has occurred. Our goal is to be there to provide students with the resources that they need.

What is your goal?

Our goal is to eventually be able to help not just kids in the United States but also in devel-

oping countries. Our aim is to provide kids everywhere with the resources they need. Education is the key to changing the world and making it a better place. Everyone needs an education and we hope to be part of the solution that helps provide these kids with education.

Why did you start?

We started because we saw the lack of free tutors available to students. There are times when every student struggles. However, not every family has the resources to afford these tutors. The prices for tutors were extremely high. Seeing this, we wanted to make sure that every child has the resources that they need. No one should be deprived of education or the resources they need to succeed in their educational endeavors.

What inspires you to continue tutoring?

We continuously see how we make an impact on the lives of the kids we help. Often, they are frustrated when they can't solve the problem in the beginning. Being able to work with them and seeing them succeed is a really great experience. Along with that, we see their mind-set often develop from being frustrated with problems to continuously trying new ones and being open to learning difficult concepts. This is a truly magical process and we love to see it.



To anyone looking to volunteer, what advice would you give them?

We would tell them to start volunteering with a cause that they are passionate about. Volunteering can often be seen as a chore. However, doing it for something that you truly care about often makes it a fun activity. We would also encourage them to find at least one thing that they enjoy while volunteering.

For those struggling at school, what would you

tell them? We would tell them to not give up. They should reach out for help if they need it and not be scared to speak up. So many students have questions during class but do not speak up. Speaking up and getting your questions answered is very important. In fact, if you have the question, the chances are very high that at least one other person has the same question. So, don't be afraid to ask for help when you need it.

Confinement

Hishi Ulak

Clink. Clink. Clink. Pots and plates bumped into each other as my grandmother washed them.

In the heavy silence, bathed in sunlight and silence

She took her daily nap, lying on her indifferent mattress.

Occupying space and time, a spoon of besar and a hint of lime,

She wakes, cooks, ponders, repeat,

Living within her own simple beat

Swamping this serenity, this emptiness and peace,

Enters hardships and deaths, from a virus refusing to cease.

The balance between soaring susceptibility and fresh air,

The bloody battle between sitting still and running elsewhere

She weeps for her family, members being countries apart,

But every incoming call is a lifting of her heart.

"Smile," we tell her. "We will visit soon."

Even though that was the same message we had since last June.

My grandma is a lively soul, trapped in the pandemic's cage,

She answers my calls with a grin, while her thoughts wander in sorrow backstage. She wakes, cooks, ponders, and repeats,

She does this again and again, in her confined heart beat.



SPEF Recipient Anushrut

The winner of the Sujan and Parita Education Foundation scholarship this year is Anushrut Neupane. He plans to major in Computer Science at UNC Charlotte where he will be going this fall. He is an active member of the NCNC community. He has volunteered at the NCNC Adopt-A-Highway events and cultural events such as Dashain.

In this interview, he explains what the scholarship is and gives advice to future applicants.

What is the Sujan and Parita Education foundation?

The Sujan and Parita Education foundation, SPEF, is a non-profit organization. It was started by Sujan and Parita Neupane in 2015. Since its establishment, the foundation has provided scholarships in order to help students who are going into college. They have also helped with education in Nepal. They strongly believe that education is necessary to bring about socio-economic change. They have helped children in rural areas of Nepal by distributing supplies for schools as well as devices.

What does the scholarship cover and what are the requirements to apply?

The SPEF scholarship is a one time \$1,500 scholarship. In order to apply, the participant must be a full time undergraduate student

who is either a freshman or sophomore and is a graduate of a U.S. high school. They must be of Nepalese origin and live in NC. An essay will also need to be written. The essay should explain why the student needs the scholarship.



How did you hear about the scholarship?

I heard about the scholarship through my family. It was a really good opportunity so I decided to apply.

Why do you think you won the scholarship?

I think the essay that I wrote was really good. The essay is a big component in winning any scholarship. I am really happy with the essay I wrote and I'm glad that I spent time on it.

What would you tell someone who is trying to win this scholarship?

I would tell them to not worry about their stats and scores. There is nothing they can do to change it at this point. So, they should really focus on their essay and make sure that they are happy with it.

Would you encourage other students to apply for the scholarship?

Yes, I would. Any scholarship that a student can get is really helpful. I also really like this scholarship as it encourages students to keep participating in the community while also do-

ing well academically. Thai scholarship emphasizes volunteering and staying active in the NCNC community. I think that is really helpful as so many kids already volunteer so this scholarship could be a really good opportunity for them.

दल



मनोज मानोज

म गन्हाएको छु
हो, म गन्हाएको छु
तिमीले नाक छोप्यौ ठीकै छ ।
तिमीले घिन मानेर हेर्‍यो, ठीकै छ ।
तिमीले मुन्टो फर्कायो, त्यो पनि ठीकै छ ॥
अनि तिमीले थुक्यौ, सही दिएँ ।
तिमीले घरको फोहर फाल्यौ
त्यो पनि सहिदिएँ ।
तिमीले बेलामौकामा शौचालय बनायो
त्यो पनि त सहि नै दिएँ ॥
तर मलाई थाहा छ, मेरो भविष्य, मेरो गन्तव्य
॥
म बग्दै-बग्दै एक दिन नदीमा मिल्ने छु
त्यो पवित्र नदी,
जहाँ कुनै दिन तिमी नुहाउन आउनेछौ
र जल अर्पण गर्नेछौ तिमी भगवानलाई

अनि गंगाजल भनि पिउने छौ ॥
अभ कुनै एक दिन
म तिम्रै आँगनमा आइपुग्ने छु
कालो घना बादल संगै
हुरी बतास संग हुत्तिदै
घनघोर गीत गाउँदै
र फिर्ता गर्नेछु तिम्रा थुकहरु, शौचहरु
तिम्रा घरभरी, आँगनभरी
बारी र बगैँचा भरी
तिम्रा थुकहरु, तिम्रा शौचहरु ॥
अनि, अनि पो त खुल्ने छ, निलो अनन्त आकाश
लाग्ने छ मधूर घाम
देखिने छ निर्मल र स्पष्ट धरा ॥
अब म पवित्र छु र तिमी ज्ञानी
अब म पवित्र छु र तिमी ज्ञानी ॥

Observation of Nepal and Nepalese community

Gail Carson

It was ten below zero one January morning, 1991, in Boston. A boy named Ram had just landed at Logan Airport, after nearly 24 hours in the air, from Kathmandu. It was comfortable in the heated airport, so the boy didn't want to wear a winter jacket his adoptive mom, Pamela Carson, offered.



They stepped outside to hail a taxicab. The shivering boy said he thought the temperature outside would be the same as inside. Ram quickly put on the jacket, hood and warm gloves.

So began the boy's journey in America, like so many people before and since, coming from Nepal, seeking the American dream.

America's history with Nepal goes back to 1816, when diplomatic relations were first formed, second only to the United Kingdom,

writes Kiran Dutta Tewari, scholar, award-winning educator and co-founder with Pamela Carson of Educate the Children in Nepal.



Tewari notes, "In April 1947, 74 years ago, a 'Commerce and Friendship Agreement' was signed between Nepal and America. After that hundreds of Nepalese students came to America to learn English, and study farming, engineering and medicine."

"At the same time Americans traveled in droves to Nepal ready to volunteer and teach science, public transportation and set up medical clinics. Later in the JFK era, Peace Corps members came, who volunteered in remote districts of Nepal in the early 1960s."

Through the years, trekkers flocked to Nepal's glorious mountainous foothills. Trudi



Juncker of Minnesota was one of those. She recently wrote, "I have visited Nepal seven times. I love its people, its temples, and beautiful mountains. I would love to return."

In time, the early volunteers from the Peace Corps became true cultural ambassadors for America in Nepal. Tewari wrote, "American and



Nepalese culture contributed the best of both cultures to each, people-to-people and government-to-government support, such as during the Great Earthquake of 2015. The people of America sent plane loads of food and medicine. A Cornell University team traveled to a remote village to deliver relief. Educate the Children collected funds to get help for isolated villages. First generation American, Prabhas Pokharel, Harvard grad, flew to Nepal and as a volunteer, set up an entire online complex network to help reach remote villages after the Earthquake, and get relief supplies to them.

Boston author, composer, linguist, Andy Gaus, commented recently about immigration historically and now. "There was a time when Americans had a right to complain that immigrants were taking over the place, namely,

when immigrants from Europe stole the lands traditionally held by Native Americans.

"Since then, we have continued to be a nation of immigrants, speaking a language that is a mishmash of other tongues and eating food that comes from every part of the world. At the same time, we have demonized immigrants at every point in our history. Benjamin Franklin hated walking down the street and seeing all the signs in German, and he considered the German people to be too ruddy-faced to qualify as really white. Irish, Italian, and Chinese immigration also faced both social and legal obstacles. But the truth is that immigration has enriched our country all along and continues to enrich it today."

We all benefit hugely from the Nepalese contributions to our culture especially in medicine, agriculture, cuisine and education. Professor Emerita Kathryn March of Cornell University, winner of the prestigious Tamang Award and author of "If Each Comes Halfway," writes,

"Nepal has profoundly shaped my scholarship, my career and my personal life. I have researched, taught and written about the Sherpa and Tamang peoples of highland Nepal, based on the life stories of 13 Tamang women farmers and it reflects on the many things I learned from them."

Prof. March notes that village woman, who had all lost children, often

knew better how to comfort her than Americans, when March lost her infant, only a few months old.

"I quite possibly know more about the lives

of more of these Nepalese villagers-who-are-like-family than I do about many of my own American family. And I have followed them as ever increasing numbers of my Nepalese "grandchildren" have spread all over the world in search of a better life."

The American Dream appears alive and well for Nepalese Americans. Most of them who live in the Triangle now own their own houses, have excellent jobs in science, computer science, research or medicine. Their children, born in America, are thriving, and embracing America's very diverse, multicultural society, with some offspring heading to top universities... Harvard, Duke, Cornell....and many others earning degrees across the United States. One of those is Jitendra Thapa of Morrisville who got his degree in computer science in St. Cloud, Minnesota, several years ago. He and his wife Sabila Rana recently purchased a house in Morrisville, where they are raising two year old first born, a son, Jayash.

Well respected community leader in North Carolina, Dr. Bal Krishna Sharma, another success story, commented, "We Nepalese Americans consider the United States of America as the home-away-from-home; whereas we carry our birth-country Nepal very close to our hearts."

Many, like Ram Sharan Thapa and his wife, Niruja Thakuri, own their own business, in this case, a tavern in Cary, "BottleDog," which survived the Pandemic with take-out food. They

have gotten very favorable reviews on the New & Observer Food Page.

The Cary couple recently celebrated their oldest child's birthday. Rumina Carson Thapa, born at WakeMed, turned 15 in July. If you ask her, she would identify herself as American, but she happily wore a sari to the party and went to temple that day with her family. Her younger brothers, Roman and Rohan, also born in America, love to play soccer.

That boy, Pamela Carson adopted, shivering outside Logan Airport, 29 years ago, is living the American Dream, has his own house, two cars, his own Cary restaurant business, and serves craft beer. A great chef himself, Ram still loves the delectable Nepalese food cooked in his house daily by Madhu Thakuri. She is his immigrant mother-in-law, now an American citizen, as is her husband, Naresh Thakuri, who works at the tavern. It's a family enterprise. Ram's late mother, this writer's sister, Pamela Carson, would be proud of her son. She once owned a restaurant in Boston, before she began her schools in Nepal for women and children. This story is but one example of the thousands of American-Nepalese success stories. Educate the Children continues its work in Nepal, which Pamela Carson started over 30 years ago.

The Nepalese-American mutual-admiration alliance continues to thrive.

Gail Carson, Award-winning Journalist/Editor, published in the Boston Globe, Dayton (OH) Daily News, South Bend (IN) Tribune, Springfield (MA) Union, and many others.

Retirement Checkup

(Milestones, checklist for retirement planning and execution)

Sharad Acharya
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All economically active individuals have many goals they want to achieve: accumulate wealth, start a business, donate to charities or buy a beach-front property. However, everyone should have one fundamental goal in common: save enough for a comfortable retirement. A comfortable retirement may mean different things to different individuals, but achieving it requires certain rules and discipline. In this article, I'm going to explain some such rules and disciplines meant as a 'checkup' of your retirement portfolio and its planning based on your age group.

Let's begin with a story of 3 investors: Investors A, B, and C. All of them are born in 1970 and plan to retire in 2037(at the age of 67) but the way they are saving for their retirement is very different.

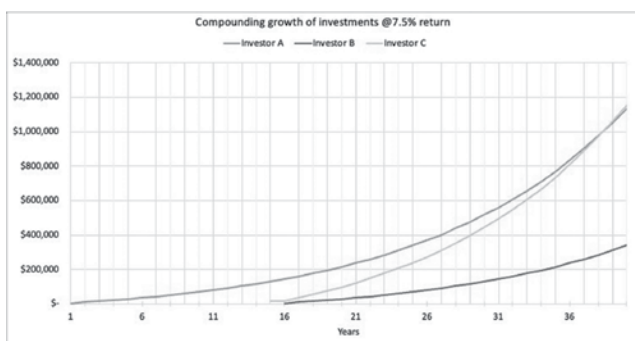


Figure 1: Growth of hypothetical \$5000 annual investment over the period

- Investor A started early in 1998(at the age of

28) which corresponds to Year 1 in the graph above. He consistently saves \$5000 per year.

With this rate, his retirement savings will grow to more than \$1 million by the time he is 67(year 40 in the graph above).

- Investor B however started very late in 2013(at the age of 43) which corresponds to Year 16 in the graph above. If he saves \$5000 per year, then his retirement savings will grow only to a little more than \$300 thousand by 2037.
- Investor C also started late in 2013(also at the age of 43). This corresponds to Year 16 in the graph above. He, however, wants to have at least \$1 million for his retirement. For that, he should be saving \$17,000 per year.

This shows two basic but very important rules of retirement savings: 1) start as early as you can and 2) stay the course. It also shows that making a small change at an early age can have a huge impact later (compare Investor A and Investor C above). In addition to starting early and staying the course, you should be doing many other activities in different stages of your life. It is not possible to list all the activities in this article but I will summarize and discuss them by the decades as shown in the figure

below.

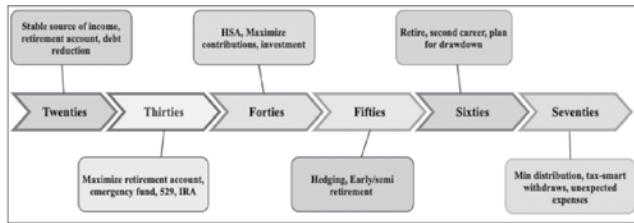


Figure 2: Retirement checklist milestones

This figure shows six different age groups (decades) in the box arrows. The corresponding text box shows the main economic activities that you need to focus on. These are provided for general guidance only and may vary depending on your potential income, expense, and pre and post-tax income you plan to draw at retirement.

The Twenties

While you are still in your twenties, retirement may not be the first thing in your mind. If so, then that needs to change! It is never too early to start saving. As mentioned before starting early and staying the course are the two main factors for your success. By the age of 30, you should have all or most of the things listed here in this order:

1. Secure a job (or business) for a stable source of income.
2. Pay off or reduce debt, especially student debt or high-interest personal loans. Since the recent savings interest rate in the US has been near zero, saving makes less sense if you are paying high interest on your loans.
3. Learn and develop the discipline to fulfill your savings goals before spending even in difficult times such as layoffs or switching jobs.

4. Start a retirement savings account as soon as you have a perpetual source of income.
5. Save, in total, about one time of your annual income for retirement.

The Thirties

In general, your thirties should bring you job stability, few promotions, and salary raise. This should help you pay off most of your debts and strengthen your retirement portfolio. It is very important to note that most retirement plans like 401(k) and 403(b) are qualified tax advantage retirement vehicles offered by employers. Simply put, the monies contributed to these plans come before tax, they grow tax-free but you pay tax when you withdraw them in your retirement. For that reason, you should start a post-tax retirement arrangement such as a Roth IRA. This will allow you to formulate a tax-smart withdrawal in your retirement by pre-tax and post-tax withdrawal. In addition, you should be able to come up with an approximate amount you need in retirement (usually in the range of 60-80% of your annual income.) This number will give you a range at which you would need to save. The range varies depending upon other factors: the number of people you need to support, the cost of living where you plan to retire, and health care costs. By your fortieth birthday, you should have all or most of the following:

1. Maximize your contribution to your main retirement account, at least match the company contribution and some more.
2. Increase your savings horizon by starting post-tax accounts such as Roth IRA.
3. Plan for educational savings accounts, if

applicable. This may not be related to your retirement, but it will impact your available savings if you chose to start an educational savings account.

4. Have a high-level plan for retirement and discuss it with your significant others. For example, you should be able to say "I will retire at the age of 67<or your age> and I need an income of \$5000<or your number> per month in my retirement".
5. Save, in total, about three times your annual income for retirement.

The Forties

This decade should be in the 'cruise control' when it comes to your retirement savings and investments. You might have switched jobs a few times and you now have figured out your career path, but you should make sure that you are contributing the maximum possible in your pre-tax and post-tax retirement accounts. You should be tracking your retirement savings portfolio and making necessary changes based on the market conditions so your money grows at its full potential. By the time of your fiftieth birthday you should have at least most or all of the following:

1. Try to maximize your savings to the IRS limit (\$19500 in 2021)
2. Start a health savings account, if you have not yet done so.
3. Start investing in other kinds of savings such as accounts such as a Brokerage which could prove to have perpetual income.
4. Continue 'tweaking', refining your plan.
5. Your total retirement savings should be six times your current annual income.

The Fifties

In your fifties, there is a lot to consider. On one hand, you can decide to take early retirement after your 55th birthday which allows withdrawing your retirement savings penalty-free. On the other hand, if you decide to continue working, then you can add a catch-up contribution to accelerate your savings rate. By your 60th birthday you should have:

1. Catch up contribution: Since you are already 50 years old, you can contribute more as a 'catch up' contribution:
 - a. \$6,500 catch up on top of \$19,500 regular contribution to your retirement savings(in 2021)
 - b. \$1,000 catch up on top of \$6,000 regular contribution to your Roth IRA(in 2021)
2. A brokerage account for generating perpetual income to supplement your income in retirement.
3. Hedging strategy to lower market risks by investing in different asset classes such as equities, precious metals, commodities, and (now) cryptocurrencies.
4. A firm date and solid plan to support it for your actual retirement.
5. About eight times your current annual income.

The Sixties

The late sixties is when the majority of people retire. You have been saving for several decades and now your retirement goals should be within your sight. When you retire, it will be a huge mental challenge to go from saving to spending. I have heard so many stories from

new retirees about how challenging it is to start drawing from the account you spent all your active life building. Some difficult questions are a) how much should you draw from? b) will there be enough left for me in later years c) will I be able to support my lifestyle? In the early years of retirement, there are a lot to consider but planning and discipline are the keys to success and you should be doing the following:

1. Formulate a drawdown plan. A reasonable plan is to draw 4% of your savings in the current year and let 96% grow for the future. Repeat the process year over year. This will allow you to plan for at least 25 years of your in your retirement
2. Determine if a 4% annual drawdown will support your lifestyle. This is where the range of 60%-80% retirement expense (discussed earlier) becomes important. You must identify your lifestyle and stick with it or you will run out of your funds early.
3. Switch your health insurance to Medicare at the age of 65. However, the costs vary based on your tax bracket. Find out if this is the best option for you by running a cost breakdown here: <https://www.medicare.gov/Pubs/pdf/11579-medicare-costs.pdf>.
4. Start drawing Social Security at 62 but the benefits will be reduced by as much as 30% compared to full retirement age (67) at which the benefits will be 100%.
5. Have about ten times your salary at the age of 67 (or the year you decide to retire.)

The Seventies and Beyond

You are most likely retired by 70. Once in

retirement, the most important task is to manage your retirement fund and live within your capacity. You should consider following in your retirement:

1. Even if you not fully retired (working part-time) when you are 70.5 years, you must start withdrawing required minimum distributions (RMDs) as per this IRS guide: <https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds>
2. If you can wait until 70 to start drawing from Social Security funds then your benefits will increase by 30%. Use the following calculator to check how much less or more you can earn if you decide to withdraw early (in 62 years, up to 30% less), normal (in 67 years), or late (in 70 years, up to 30% more). Here is how to check: <https://www.ssa.gov/OACT/quickcalc/>
3. Formulate a tax-smart withdrawal plan by mixing up the pre-tax and post-tax withdrawals. Your goal should be to pay as little tax as possible when you draw funds from your retirement account.
4. Constantly monitor the fund's drawdown and make necessary adjustments based on current and future growth potential.

Summary

Retirement savings requires you to start as soon as you have a constant source of income, define an attainable goal, and stick with it even in difficult times. It also involves making necessary adjustments to 'weather' ups and downs of wider market conditions and economic cycles. Consistent saving and investing

will even out the ups and downs of the market and will create a nice return in a relatively long period (20+ years). Furthermore, it is one thing to save but it is an entirely different thing to make smart investments by choosing the right kind of diversification based on your risk tolerance. Finally, your retirement saving portfolio deserves your attention more frequently than

you believe--preferably monthly, at least quarterly. You should spend time researching and formulating a good strategy or taking expert advice if you are overwhelmed--even paying a small fee is worth it to bring your portfolio to the right course to successfully attain your retirement goals sooner.

(The author of this article is Sharad Acharya, a software engineer by profession with a background in system engineering and big data analytics. In addition to his MBA degree with a Financial Management focus from NC State University, he has several years of experience in US equity trading, portfolio research, and financial education. He spends his spare time working, researching a topic that intersects the areas of software engineering, data analytics, and financial technology. One of his many goals is to provide unbiased(fiduciary) financial education and advice to community members that is the best for their present situation. Please send your comments about a retirement question in general or this article in particular and he will happily answer!)

कविता

भगवती न्यौपाने



हे मेरी प्रियसी,
मेरो नाउँको सिंदुर पोते अन्तै साट्यौ रे,
आउने जाने गोरेटोनि सबै मेट्यौ रे ।
आँचल गाँठो पारेको थिएँ माया बचाउनलाई,
रगतकै नाता तोडें घरबार बसाउनलाई ।
तिम्रा ती मिठा कुरा बिश्वासमै पिएँ,
सजिएको संसारमा बाँच्ने मनमा थिएँ ।
सुख जीवन चोखो माया गाडै थियो नि,
बासना छर्ने फूलले किन काँडा छर्यो नि ?
मुटु एउटै धडकन एउटै कता ठोक्कियो,

एउटै सास फेर्ने माया किन रोकियो ?
बिश्वास अझै भएको छैन के मा कमि भो,
सधैं चलने ओंठहरु किन रोकियो ?
दिल खोलेर हाँस्ने माया आज हाँसेन,
मेरो नाउँको सिंदुर पोते किन चलेन ?
जगियाको सातै फेरो नाता तोडेउनि,
वकिललाई साथमा राखी डिभोर्स लेख्यौ नि ।
मन मन्दिर साक्षी राखी बिहे गरियो,
डिभोर्सको अक्षरले सबै मेटियो ।

Fame and Fashion of Prabal Gurung

Shreya Kunwar

From his own clothing line in New York Fashion Week to dressing the first lady herself, Prabal Gurung is one of the most recognizable stars in the fashion industry. Many celebrities, including Oprah Winfrey, Demi Moore, and even Catherine, The Duchess of Cambridge, have worn his designs. Through hard work



and dedication, he has become an embodiment of our country, Nepal. Prabal Gurung was the person who got me interested in fashion design, and he continues to impress me with every collection he releases. As a big fan of this incredible designer, I could not pass up this opportunity to tell you about Prabal Gurung.

Prabal Gurung was born in Singapore in 1979

to Nepali parents but grew up in Kathmandu, Nepal. He attended St. Xavier's School in Jawalakhel and earned a Bachelor's degree in Hotel Management.



He decided to begin his career in fashion and moved to one of India's production firms and worked under Manish Arora. While studying at the National Institute of Fashion Technology, he got the chance to work with stylists in London and Melbourne during fashion shows and for international print media. He moved to New York in 1999, where he apprenticed with Donna Karan while attending Parsons School of Design. He won the FIT/Parsons design contest's best designer award only in his first year. He worked for Cynthia Rowley's design team for two years after finishing his study at Parsons. Gurung went on to become the creative director of the Bill Blass fashion business shortly after.

After more than four successful years at Bill Blass, He introduced Prabal Gurung, his own label, during the prestigious New York Fashion Week in 2009. A year later, he debuted his first stage fashion show at Bryant Park in Tents. Many celebrities such as Anne Hathaway, Kerry Washington, Jennifer Lawrence, Zoe Saldana,

Sarah Jessica Parker, Kate Hudson, Scarlett Johanson, January Jones, Amanda Seyfried, Emma Watson, Lady Gaga, Elettra Wiedemann, and Marion Cotillard have worn Prabal Gurung's designs. In 2010, he earned the Ecco Domani Fashion Fund Award and was nominated for the Swarovski Women's Wear Award by the Council of Fashion Designers of America. He was also chosen for the CFDA Fashion Incubator from 2010 to 2012 by renowned retailers, businessmen, designers, and editors. Gurung also came in second place for the Vogue and CFDA Fashion Fund awards. He acquired his US citizenship three years later.

Following his personal life, Prabal Gurung says that he wasn't the brightest student as a child, but whatever he lacked in academics he made up in his creativity. He was super interested in fashion and clothing ever since he was a child. He rose to fame in the fashion industry very quickly and won many awards for



his creations. In 2018, at 'A Conversation with Prabal Gurung' organized by Photo Kathmandu, Gurung disclosed to the public that he is homosexual.

During the time he worked under the supervision of Manish Arora, Gurung garnered a lot of knowledge regarding embroideries, fabrics, and many more. Now, he is very well known as a big contributor to the world of fashion, and he tells us that his love for his craft is what brought him here.

गीत

शिव पलास
क्यारी, नर्थ क्यारोलाइना



ढुङ्गाको हैन यो मेरो देह, हो अन्नपानीको
कुन बेला ढल्लु केही ठेगान छैन यो जिन्दगानीको
हावामै मृत्यु उडेको देख्छु भागेर कहाँ पो जाउँ
पानीमै मृत्यु बगेको देख्छु कसरी पानी खाउँ
रोगको आगो, शोकको आगो चौतर्फी आगो छ

जीवनको नाउँमा चुँडिन बाँकी मसिनो धागो छ
नराम्रो कुनै सपना हो कि, भ्रम अरु केही हो
चिमोटी हेर्छु आँफैलाई तर यथार्थ यही हो
थाहा छैन कैले एक मुठी प्राण छोडेर जाने हो
जन्मेकै भेषमा जानु छ परलोक मर्दा के लाने हो ।

Buddha and Buddhism

Shreni Kunwar

We all have heard of Buddhism before. This religion is practiced by many around the world. But what exactly is Buddhism? Where was the birth of this religion? What does it believe in? Buddhism practices the teachings of Gautama Buddha.

Buddha was born in a royal family in Nepal around 563 BC. As a wealthy and privileged prince, he didn't understand the sufferings in others' lives. When Buddha left his palace, he saw an old man, a sick man, and a dead body. This deeply bothered him, knowing that this eventually would be the fate of every human being. Buddha decided to relinquish his royal life, hoping to find a way to end human suffering. He spent the rest of his life traveling, meditating, and being a beggar. He was still unsatisfied. It was only when he meditated under the Bodhi tree (the tree of awakening) that he achieved enlightenment and felt happiness in his current state.

For the rest of his life, Buddha taught what he learned and experienced meditating to others. After he passed away, his followers kept his teachings alive. This movement is known as Buddhism. People who practice Buddhism are called Buddhists.

Buddhists believe in continuous reincarnation of a being until they live a proper life, which is called Nirvana. Nirvana is the final spiritual goal

in Buddhism. How someone lived their previous life will affect the body they become reincarnated into. This leads to fact that the Buddhists also believe in Karma. Karma is how a person's action in the past, whether good or bad, will affect them in the future. A lot of Buddhists also don't believe in God. Nor do they look up to Buddha as a God, but they worship and respect him.

There are two main types of Buddhism. Mahayana Buddhism emphasizes role models of Bodhisattvas (beings who have achieved enlightenment and have come back to teach humans). Theravada Buddhism believes in a monastic lifestyle and meditation as the way to reach enlightenment. Mahayana Buddhism is a common practice in Tibet, China, Taiwan, Japan, Korea, Mongolia, Vietnam, and Nepal. Theravada Buddhism is common in Cambodia, Laos, Myanmar, Sri Lanka, and Thailand.

Although some countries focus on specific types of Buddhism, all types of Buddhism are practiced everywhere and by everyone. They all have a similar focus on peace throughout all living beings and not harming any living beings. Buddhism has now become one of the most practiced religions throughout the world.



Remembering Bharat Raj Oli

Ishwar Devkota

Bharat was born on March 15, 1987, in a village of Dang in west Nepal. After Bharat completed his initial schooling in his village, his father arranged for him to live with acquaintances in Kathmandu where he completed his high school education. He supported himself through college, working odd jobs. In the meantime, he became an investigative reporter. He took his job so seriously that he even spent nights on the streets of Kathmandu to understand firsthand the lives of street children in Kathmandu.

In May of 2010, he came to the US under the Diversity Visa program. One of the first social events he witnessed here was 'Race for Cure: Susan B. Komen Breast Cancer Annual Fund Raiser of June 10, 2010'. He was so impressed to see 'how people came together for a cause' that he would often mention this during conversations. Like many fellow immigrants, he forged ahead and worked hard, but still fell into trying times. Things did not go smoothly in his personal life either. He struggled but apparently took control of his situation. In 2018, he went to Nepal and got married. He and his wife had their first son a year later. He often went back to Nepal and spent time with his family. Things seemed to be moving in the right direction. However, his frequent and prolonged visits to

Nepal negatively affected his job performance. He was a devoted husband, a loving father, and a dutiful son. With a family to support overseas and his own health challenges, his stress level increased. Then the pandemic arrived. All this had a collective toll on his health. He died on June 6, 2021, at the age of 34, leaving behind his wife, his two-year-old son, his mother, and his siblings, who all live in Nepal. Unfortunately, Bharat lived alone here and was the sole breadwinner of his family. As anyone can imagine, his family has been devastated by his untimely demise, both financially and emotionally.

Nepal Center of North Carolina, Inc. (NCNC), established in 1999 here in Cary, stepped up and helped with counseling Bharat's family members in Nepal. It also coordinated with the hospital, Bharat's family, and the funeral home in completing necessary paperwork. His body was cremated here in North Carolina per his family's wishes. A senior community member performed Bharat's last rites, including lighting the funeral pyre (electric), under the guidance of Pundit Hari Kharel. More than 40 community members attended the service. NCNC organized a fundraising campaign to support Bharat's family and received overwhelming support. More than 900 community members donated over \$50,000 within a short time. With

a modest funeral expense of nearly \$ 2500, the remaining funds were transferred by NCNC to the bank accounts of Bharat's mother (Gita Oli), wife (Chetana Karki), and son (Dijarbh Oli). For many, their donation was simply a way to say goodbye to Bharat and support his family. For others, the donations constitute offerings so that Bharat is free from the cycle of rebirth. This shows that a simple man with a kind demeanor can touch many hearts and leave a lasting impression.

Before his death, Bharat had petitioned with U.S. Citizenship and Immigration Services (USCIS) for his wife and son to move to the US. His petition had been approved, but due to his death, his family will have to seek 'reinstatement'

of the petition should they wish to immigrate to the US. Support and counseling for the family continue as needed.



Ilshwar and Bharat on Race for Cure: June 10, 2010

हाम्रो देश नेपाल



गुन्जना न्यौपाने

प्यारो देश मेरो, कति प्यारो नाम,
हिंङ्नुस् बाबा-आमा, सेवा गर्न जाम ।
कति हिंङ्गे, कति डुले मेरो सानु बाल्यकाल
धरै वर्ष बित्यो बिदेशमा याद भने उतैको ॥
आज भन् याद आयो खेल्दा-खेल्दै आगनमा निदाएको,
त्यति प्यारो जन्मभूमि छोडी आएको,
कति उच्च हिमाल, सगरमाथा सुन्दर नाम
हिंङ्नुस अब सिखर चुम्न उतैतिर जाउँ ॥
हाम्रो गौरव सगरमाथा, गौतम बुद्ध कति राम्रो नाम,
गरे हुन्छ अति सुन्दर, सबै मिली राम्रो काम ॥

हामीले नै हो गर्नुपर्ने, देशको विकास सीप र
जाँगर भएका
आधुनिक सीप, बैज्ञानिक शिक्षा सिक्न विदेश
आएका ॥
हिमालबाट कलकल पानी कति बगिसक्यो
भन्ने छैनौं यो मन पनि बिदेशी भैसक्यो ॥
मुटुभरि माया जन्मभूमि नेपालको
मन छ, जान, सीप लिएर विकास गर्न देशको ॥
आँखाबाट आँसु भर्छ, देशमा नराम्रो भयो भन्दा
आजै हिंङ्गु जस्तो लाग्छ, नेपाल आमा रोएको सुन्दा ॥

Naaga (Snake God) - नाग

२०७८ नाग पन्चमी

Govinda Adhikari

According to Hindu mythology, this universe was created by Lord Brahma. The cosmic world, all forms of lives and all non-living things are created by him. The Vedic philosophy believes that God is omnipresent and every creature in the universe has divine quality. Everything that exists is not exclusive of others. One is related to the other for their coexistence. Brahma very wisely created everything that is required for each other to live or to exist in one way or the other. That is what modern scientists call the ecosystem.

Let's talk about how creation was carried out. Maharshi Mareechi (महर्षि मरीचि) was one of the ten mind-born sons (मानस-पुत्र) of Brahma. Daksha Prajapati was another son of Brahma born from Brahma's right thumb. Daksha Prajapati had one thousand sons and over sixty daughters. The youngest daughter was Sati Devi who later married Lord Shiva. Mareechi had a son named Kashyap (कश्यप), who, in Hindu mythology, is known as a great preceptor. Kashyap married thirteen daughters of Daksha Prajapati. Gods, Adityas, Human race, Fire, all Celestial Bodies, Demons, Marutas, Daityas, Danavas, Gandharvas, Yakshas, Snakes, Nagas, Trees, Creepers, Shrubs Cows, Buffaloes, Aruna, Garuda, Birds and Avian creatures, Horses, Camels, Apsaras etc. were born from different wives of

Kashyap. In this way, the great Sage Kashyapa helped his grandfather Brahma, in the expansion of his creation.



As described above, snakes and Nagas were also children of the great sage Kashyap. Snakes were born from Kashyap's wife Surasa, Nagas were from Krodha and Kadru. Ananta, Vashuki, Takshak, and Nahusha were the important Nagas born from Kadru. In Hinduism, Buddhism and Jainism, the Nāgas are semi-divine deities, or a semi-divine race of half-human half-serpent beings that reside in the netherworld (Patala) and can occasionally take human form. Rituals devoted to these supernatural beings have been taking place throughout south Asia for a long time. They are principally depicted in three forms: wholly human with snakes on the heads and necks, common serpents, or as half-human half-snake beings. Nagas have high and important status in Hindu mythology. They are common and hold cultural significance in the mythological traditions of many South Asian and Southeast Asian cultures.

The Naga's domain is the underground world filled with gems, gold and other earthly trea-

suers called Naga-loka or Patala-loka. They are also often associated with bodies of waters like rivers, lakes, seas, and wells and are guardians of treasure. Their power and venom made them potentially dangerous to humans. However, they often took beneficial and principal character roles in Hindu mythology, such as Shiva is often shown garlanded with Vashuki Naga, Vishnu is sheltered by Seshanaga. The Vasuki, the king of Naga is on the neck of Lord Shiva as a garland. Many around the world are afraid of snakes. Lord Shiva symbolically shows that he is absolutely fearless and immortal, he is beyond death. This also represents the endless cycle of birth, death and rebirth. Snakes shed their skin regularly during their lifetime when the old skin is outgrown. The coil of the snake on the neck of Lord Shiva also represents the past, present and future time in cycle and it signifies that he is beyond time, therefore called Mahakal. Snake also represents the ego that Lord Shiva has controlled.

- Sadguru, a famous philanthropist, spiritual leader, and author- says, 'in north Africa, Mesopotamia, SouthEast Asia, Central Europe that all the goddesses and snakes are always symbolized together. Snakes have a certain sense of perception which even humans do not have. Snakes are able to perceive certain dimensions which human beings are longing/desperate to know. Snakes have no years but use the whole body touching the ground and any fundamental changes even in the slightest manner that happens on this planet a snake will know. Snakes have a very sharp

perception that if there is going to be an earthquake a snake knows it 30 to 40 days ahead of time. It is believed that Naga Lok exists underground that is called nether-world where there is whole society down there, not just snakes, the human beings who belong to the snake clan known as Nagas. Nagas played very important roles in shaping the consciousness in every culture. The great temples of Angkor of Cambodia were built by Naga descendants from India who were deeply associated with snakes even today. 'The gravity which is actually the basis of existence is generated in the two movements- clockwise and anti-clockwise. This essential movement of existence and the snakes are very very directly connected. If you want to know all the secrets of gravity, you have to just talk to a snake. If you learn to listen to him, you know why it's all together. Knowing this secret, Lord Shiva said okey you stay about me, you are smart. Every culture has recognized this one way or the other. The Christian theology says, it is the snake which initiated life on this planet. Somebody who initiated life has to be the agent of the divine.'

The cosmic snakes Shesha, Vashuki, Takshak, Airawata and Karkotaka and the princess Ulupi are all depicted in the Mahabharata. Kaliya poisoned the Yamuna river where he lived. Krishna subdued Kaliya and compelled him to leave the river. As in Hinduism, the Buddhist Naga generally has the form of a great cobra, some of them are capable of using magic powers to trans-

form themselves into a human appearance. The Nagas are believed to live in both Nagaloka and in various parts of the human-inhabited earth. Some of them are water-dwellers, living in streams or the ocean; others are earth-dwellers, living in caves. The snake primarily represents rebirth, death and mortality, due to its casting of skin and being symbolically "reborn". Naag Panchami is an important Hindu festival associated with snake worship which takes place in the Nepali month of Shravana (July–August)-श्रावण शुक्ल पञ्चमी . On this day, Hindus in India and Nepal, carve representations of Nagas on stones and make images on papers and stick them on the main door of their houses. It is believed that if a Naga image is put on the side of the door and worshipped, the house and the family is protected by various ailments, lightning and thunder, fire and other natural calamities. Those who worship them gain knowledge, wealth, and fame. Among some Indians, if a cobra/Naga is accidentally killed, it is burned like a human being; no one would kill one intentionally.

All around the world, different mythologies and cultures have recognized the existence and the importance of serpent god and are associated with them. In Sri Lanka Naga (नागा) people were believed to be an ancient tribe and origins of the country. They are generally being represented as a class of superhumans taking the form of serpents who inhabit a subterranean world. Serpents, or Nagas play a particularly important role in Cambodian mythology. A well-known story explains the emergence of the Khmer people from the union of Indian and indigenous elements, the latter being repre-

sented as Nagas. The beliefs of Nagas have existed for thousands of years in Khmer society, since the Funan Era till nowadays. Naga in the Khmer culture represents rain or a bridge between the human realm and the gods/devas realm, they can transform into half human or fully human. They act as protectors, protecting us from invisible forces, deities, other humans etc. that try to harm us. Furthermore, Cambodian Nagas possess numerological symbolism in the number of their heads. Odd-headed naga symbolized the Male Energy, Infinity, Timelessness, and Immortality. This is because, numerologically, all odd numbers come from One (1). Even-headed nagas are said to be "Female", representing Physicality, Mortality, Temporality and the Earth. Odd headed Nagas are believed to represent Immortality and are carved and used throughout Cambodia.

In Thailand the Naga is a wealthy underworld deity and considered the patronage of water, plays a role in rain control and believed to live in either water bodies or in caves. According to a popular legend, the Mekong River in north-eastern Laos was said to be created by two Naga kings slithering through the area. In Indonesian culture (both Javanese and Balinese), a Naga is depicted as a crowned, giant, magical serpent, sometimes winged. It is similarly derived from the Shiva-Hinduism tradition. Naga in Indonesia is mainly derived and influenced by Indic tradition, combined with the native Animism tradition of sacred serpents and refer to serpent deity, associated with water and fertility. Lao mythology maintains that the Nagas are the protectors of the nation. In Philippines,

Naga is believed to be the cause of eclipses, earthquakes, rains, and wind. In Mesoamerican Religion (It is a group of indigenous religions of Mesoamerica that were prevalent in the pre-Columbian era. Two of the most widely known examples are the Aztec religion and the Mayan religion prevalent from central Mexico down through Central America, including Guatemala, Belize, Honduras, and El Salvador), the Serpents are believed to be the god of wind, priests, merchants, and the link between the earth and the sky.

North American indigenous peoples such as the Hopi (The Hopi are widely known for their spirituality and beliefs rooted in Animism. Animism is the belief in a supernatural power that organizes and animates the material universe) believe in powerful ancestral spirits or deities that can be animals or natural elements who possess the magical power of healing, bringing rainfall, and protecting the people. They give reverence to the rattlesnake as grandfather and king of snakes who is able to give fair winds or cause tempest. The Mapuche group of indigenous inhabitants in South America (Chile and southwestern Argentina), also maintain a Cacique legend of a "Serpent God" living in the waters, which the tribe worshipped by placing gold and silver jewelry into the lake. In Australia, Austronesian Australoid religions describe a huge python, known by a variety of names but universally referred to as the Rainbow Serpent that was said to have created the landscape, embodied the spirit of fresh water, and punished lawbreakers. The Aboriginal peoples in southwest Australia called the serpent 'the

Waugyl', while the Warramunga of the east coast worshipped the mythical snake called Wollungua.

Serpent worship was well known in ancient Europe. The presiding god or spirit of the Roman was in the form of a serpent. In ancient Italy, the name of Marsian goddess was derived from the word for "serpent," and was associated with witches, snakes, and snake-charmers. A snake was kept and fed with milk during rites dedicated to Potrimpus (Potrimpus was a god of seas, earth, grain, and crops in the pagan Baltic, and Prussian mythology), a Prussian god. On the Iberian Peninsula there is evidence that before the introduction of Christianity, and perhaps more strongly before Roman invasions, serpent worship was a standout feature of local religions. To this day there are numerous traces in European popular belief, especially in Germany, of respect for the snake, possibly a survival of ancestor worship. The "house snake" cares for the cows and the children, and its appearance is a signal of death; and the lives of a pair of house snakes are often held to be bound with that of the master and the mistress. Tradition states that one of the Gnostic sects known as the Ophites caused a tame serpent to coil around the sacramental bread, and worshipped it as the representative of the Savior.

In the ancient world serpent worship was popular and universally practiced in Arabia, Persia, Syria, Egypt and in many parts of northern and western Europe. In many other countries not mentioned here, from the very ancient time till today, the Serpents were venerated in

one way or the other, as the god of wind, water, nature, weather and the link between the earth and the sky.

Notable Nagas:

- *Adishesha, on whom Vishnu is in yoga nidra (Ananta shayana)*
- *Vasuki, the king of Nagas and who coils over Lord Shiva's neck and offered to serve as the rope to pull Mount Mandarachal in the Samudra Manthan (Churning of the Ocean of Milk) to release the Amrita (nectar of the immortality).*
- *Kaliya, a snake conquered by Krishna in Yamuna river.*
- *Manasa, the Hindu goddess of Nagas and curer of snake-bite and sister of Vasuki*
- *Takshaka, the tribal king of the Nagas.*
- *Ulupi, a companion of Arjuna in the epic Mahabharata.*
- *Karkotaka, a Naga king in Indian mythology who controls weather, lived in a forest near Nishadha Kingdom and bit Nala at the request of Indra to control the weather.*
- *Mucalinda, a Nāga in Buddhism who protected Gautama Buddha from the elements after his enlightenment.*
- *Padmavati, the Nāgī queen & companion of Dharanendra.*
- *Apalala, Nāga in Buddhist mythology.*
- *Shwe Nabay (Naga Medaw), a goddess or a Nat spirit in Burmese animistic mythology, who is believed to have married a Naga and died from heartbreak after he left her.*
- *Paravataksha, his sword causes earthquakes and his roar causes thunder.*
- *Naga Seri Gumum, who lives in Tasik Chini, a fresh-water lake in Pahang, Malaysia.*
- *Yulong, the Dragon King of the West Sea in the Chinese classical novel Journey to the West, becomes a Naga after completing his journey with Xuanzang.*
- *Bakunawa, a dragon in Philippine mythology that is often represented as a gigantic sea serpent. Nagas are also present in Kapampangan polytheistic beliefs, such as Lakandanum.*
- *Antaboga, the world serpent in Javanese and Balinese mythology of Indonesia, who created the world turtle Bedawang where the world resides on its back.*



Synopsis of chapter 1 of Bhagbat Geeta

Mina Sharma



In the beginning of any Shastra it is customary to relate the following things together;

Subject: Bhagabat Geeta teaching

Recipient : to whom - for Arjun that time and for all mankind from generations to generations

Why: To remove the sadness (Bishad) of Arjun who denied to fight against unrighteousness at the eleventh hour.

Where: Location that is in the battlefield of Kuruchhetra at the place known as Samastha Panchak.

When: around 5062 BC

Chapter 1 of Bhagabat Geeta satisfactorily answers the question why? It was necessary for Lord Krishna to teach Bhagabat Geeta to Arjun. As we all know necessity is the mother of invention, the teaching of Bhagabat Geeta also happens to be necessary for Arjun to get rid of all the sadness, compassion and confusion to protect righteousness (Dharma) for the wellbeing of mankind.

Just like there were so many elements discovered from time to time by different scientists, there needed a system to know every detail of their nature. Therefore we get the Periodic table first given by Mendeleev. Similarly when numerous and numerous living things (plants

and animals) were known, Lineous Pauling gave us the nomenclature system.

Similarly the cause of Bhagabat Geeta teaching

arose in order to remove wrong thinking which came into Arjun's mind at the nick of time when the war between Dharma and Adharma was about to start. Arjun, the main warrior to whom the victory over the unrighteousness was possible, sat down hopelessly throwing the arms on one side and pleaded Shree Krishna not to get involved in the war. Thus this chapter 1 is known as Arjun Bishadyoga

In this chapter there are 47 verses and 3 character speakers

King Dhirtsrastra from Kaurav side (unrighteousness)

Sanjaya, king's private secretary

And Arjun the prince from Pandava side (righteousness)

The first verse starts from king Dhitarasta who asks his secretary Sanjaya to narrate him the situations and strategies of war in the battle field

Sanjaya explains the situation in detail.

There were 7. Regiments Consisting of brave

warriors and great commanders from Pandava side and similar 11 regiments from Kaurav side. These two forces were faced with each other in the east west direction ready to fight each other. The Chronches(Sankhas) were pounded from both sides announcing to begin the war. All of a sudden Arjun asked Shree Krishna to place his magnificent chariot between the two armies to see all those who stood there desirous of war with whom he had to fight . When he saw his uncle, cousins, teachers, elders, friends on the other side, he felt overwhelmed with grief and deep compassion. He got agitated physically and mentally. Emotions prevailed over his duty; he could not think the right way. He thought his victory would be only for sovereignty of state and worldly pleasures which had no meaning at the cost of his dear ones! He could not think logically.He only thought that he was going to do a great sin. This thinking was not appropriate; the war was inevitable since three peace treaty approaches were failed, declined by Kaurav and his opponents. All the three approaches were forwarded by Pandava side to avoid the war.

Those three peace ambassadors were

1: Priest of king Drupad from Pandava side

2: Mahershi Vedvyas from parental sage from both the sides

3: Shree Krishna himself

All the 3 attempts were in vain and war was not avoidable

Therefore it was necessary for Lord Krishna to wipe away all the grief and sadness and confusions of Arjun and make him ready to fight in order to get victory over the evils .

So He preached the teaching of Bhagabat Geeta to Arjun in order to change his decision about war.

To sum up, chapter 1 of Bhagbat Geeta teaches us that wrong thinking in life gives problems, makes people confused and blind folded. One should not think emotionally and should be well aware of the existing situations and environments while making any decisions. If we can not do things right by ourselves, there are teachers, elders and more intelligent people ready for help.

JAY KRISHNA!



**विजया दशमी र दीपावली २०७८ को
उपलक्ष्यमा**

**सम्पूर्ण नेपाली दाजुभाइ तथा
दिदीबहिनीहरूमा**

हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

नेपाली पाठशाला शिक्षक, विद्यार्थी र अभिभावक परिवार, नर्थ क्यारोलाइना



Fantastic Vacation In California!

Supreme Timalsina

Parkside Elementary, 3rd Grade

Summer is my favorite season. This summer, we went to California. It was more fun than I thought. I took two flights to get there. First, we went to the airport with our carry-on bags. Then we went through the security. After that, we went to the boarding area to wait for our flight. I could not wait to board the plane. I was thinking about when they would call our group number for boarding because I was so excited. Our first flight was from RDU to the DFW airport. When the plane was landing, I felt so happy. The airplane was fast, just like in the sky. When I saw the airport, I felt like the plane was small because the airport was so big. The airport was giant, but we finally found the exit.

When we reached our hotel, I was so excited. I turned on the TV right away. There was a coffee maker, so I made some coffee for the first time. My parents ordered pizza for us.

The next day, we ate breakfast and called an uber. The uber drove us from the hotel to the DFW airport. I was happy that I could fly again.

After our plane arrived at the gate, we boarded, and when we opened the window, I saw the airport, but when the plane took off, the view from the sky was way more beautiful. On this flight, we were going straight to California. Then the pilots said the flight would be two hours and fifty-nine minutes. Then we finally arrived at the airport in California. Then we

got out of the airport. When we were outside, we looked for our uncle and aunt. It took a while to find their car because we were at the front, and other cars blocked our view. Then we saw their car. They drove us to their house.

We planned to go to Santa Monica beach. First, we ate some food. Then we headed off to the beach. We played volleyball and hot potato. Then we got a little bit wet in the water. That I thought was different.

Then the next day, we went to Universal Studios in Hollywood. I was extremely excited because that was one of my dream places to visit! The first ride we went on was the tram. We saw how they make movies. That was fun. We thought it was real, but they were all fake. I thought they were professionals.

Then we went to the Harry Potter ride. It was my favorite one. There was a fire-breathing dragon, and it took us around the woods. Then, it took us down to spiders and ghosts. Then we somehow got out of the cave. Then we came back from the window. The ride was called The Forbidden Journey. That ride was amazing! Then we went on a Jurassic World ride. In this ride, the motor took us up. Then, there



was a mosasaur that sprinkled water on us. Then there was a TV News that told us that the raptors had escaped and the Indominus Rex escaped. Then there were a few dinosaurs in the water. Next, there was a sign that said there was a Tyrannosaurus Rex, and there were some raptors. Then at the end of the ride, there was a dinosaur trying to eat us, but we went on a 20-50 feet scary drop.

Next, we went to see the Minions. That ride was fun too. We jumped over a cactus, slid down things, took some minions out, and did more fun stuff during the ride. Then we went to the Transformers ride. It had robot dogfighting and objects turning into transformers. This ride had lots of action. There was a truck, a jet, and other vehicles turning into transformers. The ride was my second favorite ride. I loved Universal Studios!

The next day we went to Sea World. This place was better than I thought! I saw lots of sea animals. In Sea World, there were sharks, fish eels, dolphins, orcas, otters, and more sea animals. We went on a cable car for the first time in my life. When I rode the cable car, I felt so happy. We went to a fake but cool place where there was a battle between a boy and some bad people. This part of Sea World was fun. There were bombs, explosions, and there were more dangerous things, but they were all fake. This place was amazing when I saw it, but this place was quite crowded. We went to this boating place. We rafted on water. On this ride, we got wet, but thankfully there was a dryer. That ride had a small waterfall that dropped water on us. Then we entered a cave that splashed us

with water. This water ride was fun too.

The next day we went to Yosemite National Park. This place had lots of cool-formed rocks. You wouldn't believe this, but it took us eight hours to get there! But it was worth it because we went to the glacier point's waterfall and it was so beautiful that rainbows would appear. On the first day, we looked at the scenes of all the various mountains. That night, we stayed at a hotel near the park. The restaurant was closed, so we bought food from the grocery shop and made food by ourselves. The next day, we went hiking! We hiked for so long. I was tired, but my brother was not. Then we went to the waterfall. We sat down, but there were more rocks to climb. Next, we went to take photos at the waterfall. After we took pictures, we went down the mountain. Then, we stopped and went into a river. We got out of the river in a few minutes and headed back to our car. The hike in total took only hours.

After this, we decided to go home. On the way home, we got hungry, so we stopped at a restaurant to eat. We ate so much food! Next, we went home. We arrived at our house after midnight. In the morning, we got an uber and went to the airport. After the security check, we sat down before our plane arrived. After we arrived in Dallas Fort-Worth, we stayed the night at a hotel. In the morning, we went to the airport and got on our flight. After that, we arrived at Raleigh Durham International Airport! We took a taxi home and arrived safely!!

In conclusion, I had a lot of fun in California. We went to many fun places with our family, and this was like a once-in-a-lifetime trip!

Myths and Legends

Anushrut Neupane



An urban legend is defined by Merriam-Webster as “an often-frightening story or anecdote that is based on hearsay and widely circulated as true”. You have most likely heard of these before. Bigfoot, Loch Ness Monster, Vampires, and Were beasts are some of the most well-known cases of these “Urban Legends”. With the advent of the world wide web, these stories got a chance to be spread around the globe. These stories have long been of interest to me because every one of them serves a purpose, whether that be to explain something that was then unexplainable or to keep people from doing something. Most, if not all, can be categorized into three sections.

Section 1: The (then) unexplained.

Many myths are there to explain something unexplained when it was discovered. The best example of this would be the Loch Ness monster. There was a rather old image of what looked like a giant dinosaur or a sea serpent inside the waters. This was spread all around the internet and accompanied the story of the Loch Ness monster, a huge sea serpent that had crashed many ships and killed many people. We know now that the image was either doctored or a faraway image of an otter. As for the stories, the “monster” the people saw crashing ships and eating crewmates was probably an Oarfish, an

elongated fish that typically lives 600 - 3000 ft under the ocean. Oarfish are known to grow up to 18 ft. They are rarely seen on the surface and the detail about them crashing ships was probably made up by those frightened to see such an enormous creature they had never seen before.

Section 2: The Behavior Bunch.

This is the most common explanation for most of the ghostly or non-human myths. Vampires, Werewolves, and Mermen are created to keep children in check. There are the boogeymen of mythology. If little John is being argumentative and not getting along with other children, his mom might tell him to behave or “You’ll be taken by a werewolf!”. Back when these myths were prevalent, however, nobody knew if Vampires were real, same with Werewolves and Mermen. If a wolf killed a sheep and drank its blood, people took it as a sign a vampire was around and were too scared to think rationally. A werewolf is more than likely a big wolf they saw. Many of these are cases of mass hysteria.

Section 3: The pranks.

There is a particular myth that I feel isn’t talked

about more. The legend of Spring Heeled Jack is from Victorian-era England. A woman was assaulted late at night by something that jumped at her from the shadows, it had claws that felt as "cold and clammy as those of a corpse". When she screamed it fled the scene. The next day, he attacked a different person, this time jumping in front of the carriage they were riding, causing the driver to lose control and crash. This caused the driver to have serious injuries and when people started to gather the figure escaped by jumping over a 9 ft wall all while cackling with high-pitched laughter. Soon after these events, the police started receiving complaints of this "Spring-Heeled Devil".

There were a lot of theories as to what Spring Heeled Jack was, back then he was dubbed a devil from hell itself. Nowadays, it's believed that Jack was a case of mass hysteria and one very adept gymnast. There was a very similar legend in Czechoslovakia. Pěrák, the Spring

Man of Prague was a figure very similar to Spring Heeled Jack in more than just name. They both assaulted people at night, and left as soon as the victim screamed, they both were considered to be malevolent beings but then were turned into legends that fought evil. Pěrák was even featured in cartoons depicting him defeating Nazis!

Urban Legends and Myths are something everyone in their life encounters in some way or other. Local or Global, these legends help us get a glimpse of an era long passed. Legends like Vampires and Werewolves are icons in pop culture still being referenced to this very day. These stories represent our progression as a species. We went from fearing the oceans to exploring and conquering them. We went from barely being able to light the dark to having street lights every 10 steps. These stories are as essential as world history to determine our progression.

गजल

दीपेन्द्र विष्ट

होल्ली-स्प्रिङ्ग, नोर्थ क्यारोलिना



दिन रात केही नसम्झी काम गरेर केनै भो र,
मठ मन्दिर सबै तीर्थधाम गरेर केनै भो र ॥
स्कूल गए क्याम्पस गए टयुसन पनि गएकै हो,
काम नलागे आखिर तथा-नाम गरेर केनै भो र ॥
खानेले देश खाईहाले सोझासाझा भुक्क्याएर,
विरुद्धमा बाटो चक्काजाम, गरेर केनै भो र ॥

सात गयो सर्चालिस त्रिसट्ठी त भर्खरै हो,
सिन्को भाँचन सक्ने होइन छल-छाम गरेर
केनै भो र ॥
थुक्क पापी जिन्दगीमा गर्न केही सकिएन,
यो 'दीप' निभन थालेपछि, फाम गरेर केनै भो र ॥ २ ॥
मठ मन्दिर सबै तीर्थधाम गरेर केनै भो र ॥ २ ॥

रनेक अवे

शिखर दुलाल



ल ल ल नमारिस्यो सर्प । नागलाई पनि माछन् कहीं ? अनिष्ट हुन्छ । उनी कराउँदै थिइन, म लाठो लिएर सर्पका ढाडमा बजाउँदै थिएँ । जति हाने पनि तेस्का पुच्छरमा पनि छुँदो रहेन्छ लौराले । घरकै आडमा स्यानो लुक्ने प्वालमा छिन्थ्यो - थोरै पुच्छरमात्रै देखिने गरि । छोराले एनिमल कन्ट्रोललाई फोन गरिसकेछ । एनिमल कन्ट्रोलले सोधेछ, - घर भित्र छ, कि बारीमा ? भित्र छैन बाहिर बारीमा छ भन्दा - त्यो सर्पको जात बाहिर जंगलतिर नै बस्ने हो, घरभित्र जाँदैन । यदि इन्केस घरभित्र पस्यो भने मात्रै हामीलाई फेरि फोन गर्नु । हामी त्यसलाई घर भित्रवाट पुनः उसकै संसार बारीतिर धपाई दिनेछौं । तर नमार है, मार्न हुन्न । वातावरण ब्यालेन्स गराउन सहयोग पुऱ्याउने कम्युनिटिको एक सदस्य हो सर्प पनि, अरु सप्यै जीव-जन्तु जस्तै । त्यो सर्प लुकेको ठाउँतिर छेउछाउ कोही पनि गएन भने ऊ आफै निस्किएर उसको आफ्नो गन्तव्य तर्फ जानेछ । टोक्ला भनेर डराउनु पर्दैन । उसलाई डर देखायो जिस्क्यायो भने मात्रै आफ्नो प्रतिरक्षाका लागि भ्रम्टने, टोक्ने गर्दछ ।

यसरी राम्रोसँग फोनवाटै सम्झाएपछि छोराले हामी सबैलाई घर भित्र बस्न अनुरोध गर्‍यो र सर्प

लुकेको प्वाल देखिने गरि क्यामरा फर्काएर भिडियो खिचन सेटअप गर्‍यो र ऊ पनि घर भित्रै आयो । लगभग आधा घन्टापछि गएर हेर्दा सर्प थिएन पनि । क्यामरा खोलेर हेर्दा सरक्क निस्किएर घर पछाडिको भांगतिर गएको दृश्य देखियो । यसरी हामीले घर वरिपरि कतै कुनै दिन सर्प देख्यौं भने एनिमल कन्ट्रोलले भने अनुसार सावधानीका साथ सर्पलाई आफ्नो पारिवारिक माहोलमै फर्किने वातावरण बनाई दिनुपर्ने रहेछ ।

अब थाहा भयो नि, नेपालमा सर्प देख्ने वितिकै मारि हाल्नुपर्छ भन्ने कन्सेप्टलाई मगजबाटै भिकेर फाल्नु पर्ने रहेछ । जस्ट इन्केस तपाईं बारीमा काम गर्दा संयोगवश सर्पले ठुङ्गि हाल्यो भने समय र साधन भएसम्म कस्तो खालको सर्पले टोकेको हो ठहर गर्नुपर्छ । नअतालिल्कन सकिन्छ भने सर्पको फोटो खिचन भुल्नु हुँदैन । तुरुन्त अस्पतालमा जाने बन्दोवस्त गरिहाल्नु पर्छ । कति विषालु सर्पले टोकेको हो थाहा पाउन सकिन्न त्यसैले सकभर छिट्टै अस्पताल जाने व्यवस्था गर्नु नै उचित हुनेछ । खदाल दाइ सिकाउँदै हुनुहुन्थ्यो । अचानक घरै

अगाडि एनिमल कन्ट्रोलको गाडी आएर रोकिए । मान्छेहरु फटाफट उत्रिए । छोरा प्रयास पनि फोनमा कुरा गर्दै बाहिर निस्केर उनीहरुतिरै गयो । साथमा उनीहरुलाई लिएर गराजको कुनातर्फ देखायो । एनिमल कन्ट्रोलहरुले गराजबाट

सरकक सर्पका अण्डा हरुलाई नफुटाईकन बच्चा कोरलेर जुमा राख्न दिने भनेर लिएर गए । गर ज र वरिपरि स्नेक अवे भन्ने ओखति किनेर ल्याएर हाल्ने सल्लाह दिएर गए ।

गल्तीमा बाँचेको जीवन



डा.महेन्द्र राज न्यौपाने, एपेक्स, नर्थ क्यारोलिना

हरदिन मलाई मेरा गलतिहरूले सताउँछन्,
हरपल ती क्षणहरूले घरिघरि चिहाउँछन् ।
मैले के सोचेथेँ के भएँ भत्किएको घर सरि भताभुंग,
सपना र लक्ष्यहरू साकार हुने गोरेटाहरू लथालिंग
मेरा बिहानीमा सुन्दर रंग भर्नेहरू,
मेरा लक्ष्यहरूमा सेतु भई डोऱ्याउनेहरू,
भएकी पथभ्रष्ट वा बितर्कमा रूमल्लिनेहरू
सकेनन् तिनीहरूले मलाई अँध्यारोबाट उज्यालोतिर,
अन्धकार औँसीको रातबाट पूर्णमाको जूनतिर ।
म मेरा गलतिहरूका भूमरीको रापमा परिरहिं,
भएनन् कोही शितल छहारी बनी
मन्द बतास छर्नेहरू ।
मेरा गलतीहरूमा ज्वालामुखी भई निस्कन्छन्
नितान्त आफन्तहरू सबै,
भुकम्प र बाढी बनी थर्कन्छन् ती सबै सबै ।
बिजुली बनी चम्कन्छन् मेघ भैं गर्जिन्छन्,

आगोको लप्का भैं दन्किन्छन् ती सबै सबै ।
कहाँ जाउँ छैनन् कोही सहृदयी निकट सहोदरहरू,
छन् त सबै नातपाता कुटुम्ब बनि बस्ने निष्कृत्यहरू ।
मेरा परिश्रमका सारा र
गत पसिना र कष्टहरू पलपल सबै,
खोज्दै जाँदा भेटिएलान् ती गलतीहरूका
हिले दलदलमा भासिएका सबै ।
गए बित्दै तीता समयहरू मेरो हृदयमा बिभ्ने गरी,
बिदा हुँदै गए ती तीखा घटनाहरू
मेरा बाटाका तगरा हुने गरी,
गलती होस् या सही बिदा भए सबै सबै ।
आउँछ समय पर्खदैन फर्कदैन,
तल बगेको खोलो माथि फर्कदैन ।
गलतीहरूमा वर्षौं मेरा समयहरू बरबाद हुँदै गए,
नपर्खने नफर्कने समयलाई म निरिह
निरन्तर नियाल्दै गएँ ।

Our Kids of Tomorrow

Bikash Sapkota

As a millennial parent with a spirited two-year toddler scampering around the house, I often wonder about life of an Alpha Generation and Gen Z, a few years down the road. These two newly sprung buds and their behaviors are a direct product of their interaction with technology and early exposure to the internet. How will digital exposure in their formative years influence their personalities? The constant TikTok snippets, Instagram reels, interaction via Facetime and Snapchat, Q&A with Siri, Alexa and Google, omnipresent social media has surrogated playground activities as well as their inclination towards human interaction and formation of social bonds with another person. While they have unprecedented access to knowledge from a very young age, how will a higher digital literacy impact their social skills?

Alpha Generation and Gen Z are tech savvy, their learning is accustomed for immediate access. Artificial Intelligence enclaves their reality-a Roomba sweeping and mopping the floor, a song of their choice available within seconds via Spotify, a self-driving car is all innate to them. Their life will be massively shaped by interactions with technologies; however, these kids are not aware of doing things another way. They are missing out on valuable life skills, patience being one of them. A simple

surf through volumes of books is a tantalizing battle with their short attention span.

Oldest of the Alpha Generation, the tweens form an interesting population subset. They are a target market, a consumer segment, and even brand influencers. With readily accessible technology and a virtual social circle of their own, these tweens have massive exposure. These kids are experiencing early maturity along with gaining maturity in social, educational, and even commercial aspects. This pre-mature coming of age can have its pros and cons, including some unique challenges. Born in the age of customized clothing and themed birthday parties, these kids already dictate brand interaction and the products that meet their needs. The material endowment will give trend to YOLO (You only live once) and FOMO (fear of missing out) culture. As these trends become more pronounced, as a parent I often mull over its aftermath few years from now.

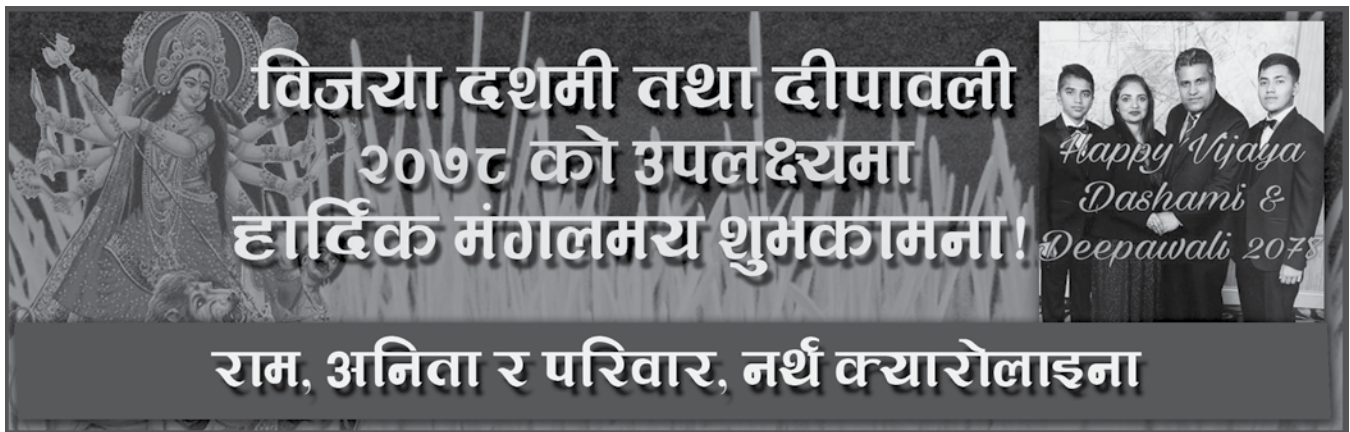
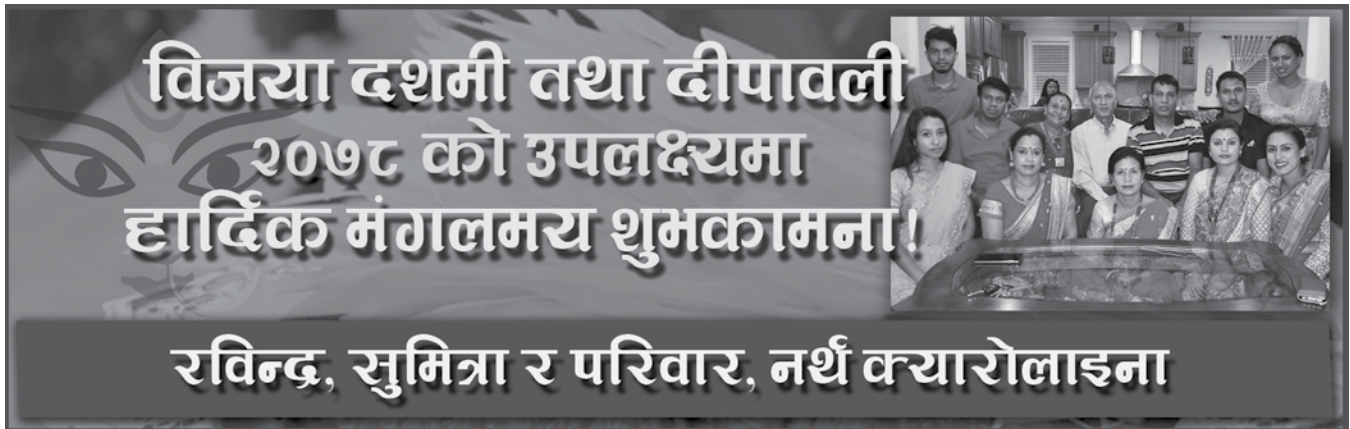
Generation Alpha will end up switching several jobs across distinct careers in virtual reality, blockchain, nanotechnology, and autonomous transport taking center stage. They will build



their careers in emerging fields with majority of these kids pursuing careers options that have not yet existed. They will have to adapt rapidly and continuously develop and retain more skills. Their formal education will start early and last longer. They will be lifelong learners who will have multiple roles across several careers. Since they will receive a more formal education, they will join the workforce late and work longer.

Millennials like me grew up at the junction of two millennia. We have experienced both the traditional and the modern world. Alpha Generation is only familiar with the current world. As VR and digital literacy encroach on our lives,

parents will face many different challenges raising these kids. Each previous generation had different ideas, concepts, and issues that they fiercely tried to protect. As many of us remember Hippie culture was seen as an assault on traditional values by many. Others saw the rise of materialism as something detrimental to the core qualities that make us humane. With a world changing at a fast pace, would you as a parent question oneself more and more about whether we are instilling the appropriate values for your kids? It often crosses my mind if we are navigating through a seismic shift that transcends my generation or if this is an outcome of us enabling them, I guess only time will tell.



The Mysterious Creatures: Aliens

Nirbirodh Timalsina

Alston Ridge Middle School, Grade 7

We see them in movies. They look mysterious and sometimes scary. So, what are they? Aliens!

For thousands of years, aliens have been referred to as small, green creatures that live in a different universe from ours. People have made many different assumptions and skepticisms of who aliens are, where they live, and if they are friendly or not. However, some people even think they don't exist!

Some people claim to have seen UFOs, Unidentified Flying Objects. People believe that aliens have come to Earth in UFOs. The first UFO sighting was in 1639. There was also a project started by a pilot who published a report on nine strange flying objects in 1947 called Project Blue Book. Project Blue Book compiled reports on more than 12,000 UFO sightings from 1952-1969!

When we think we see these objects, our brains could be tricking on us, and we think we see things that are not there. However, there are many people who say they have seen UFOs with evidence. They have shown videos of something strange in the sky that did not look anything like a plane but more like an oval-shaped flying object. There are many videos of US Navy pilots taking these videos and releasing them to the public. The government

says they might not be actual aliens, but they could be inventions from other countries or secret United States government research.



On April 15-2021, a retired US Navy Pilot, Commander David Fravor explained an incident that happened to him. In 2004, off the coast of California, an F-18 Jet Training Mission was taking place, but they were suddenly interrupted by a call on the watchtower. Fravor and his team went 80 miles off the coast of California to check out an unusual thing caught on the radar. When they reached there, they looked down, and there was the water, and right above it, there was a little white tic-tac pointing north-south and going forward-back, left-right. It was bouncing around like a ping pong ball! He said it looked like a giant propane tank. The two jets circled the UFO, but as they got about half a mile of it, the UFO disappeared into thin air. Fravor told the next jet crew what had happened, and they went to get footage of the UFO.

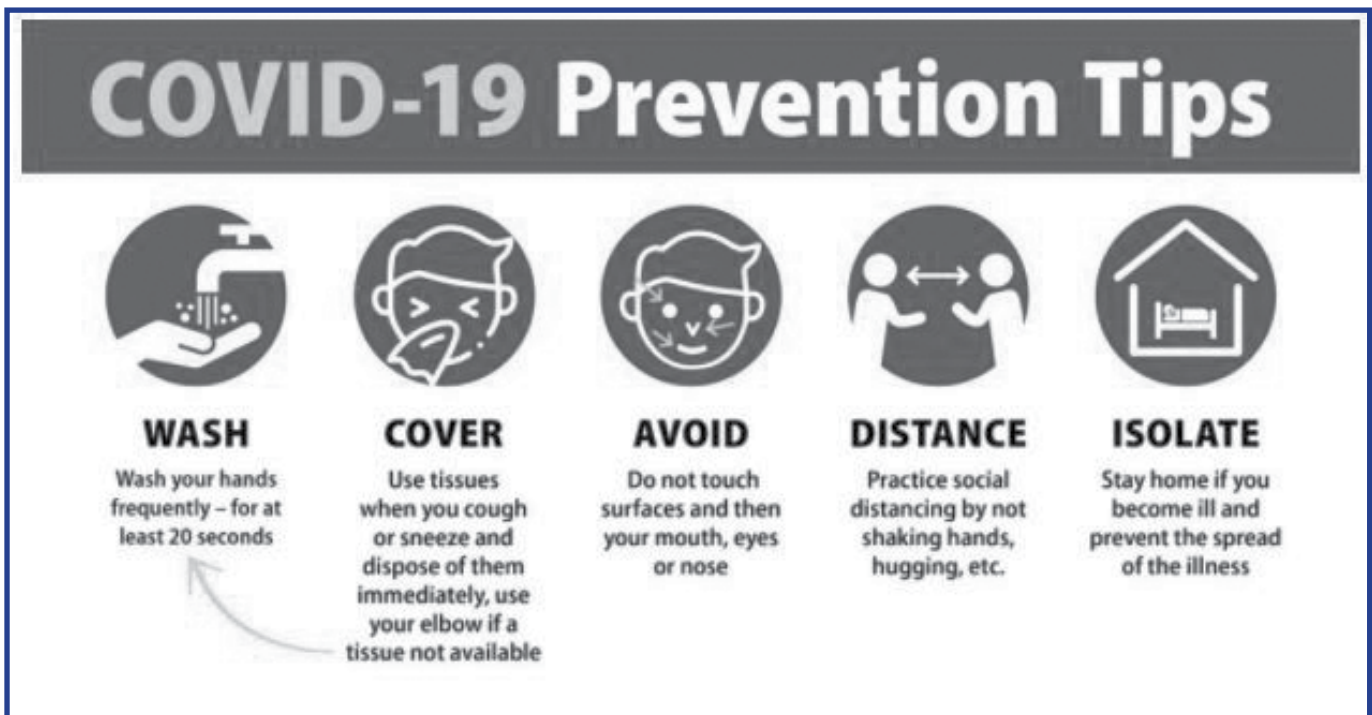
This footage eventually went to the Pentagon and the Department of Defense and the hands of Luis Elizondo, the Former Director of the Advanced Aerospace Threat Identification Program. This program looks at a variety of

encounters with the UAPs (Unidentified Aerial Phenomena) or UFOs as it is more known. He says that they could be anything and not just aliens.

In my opinion, there could be aliens. There are more than millions of other planets, galaxies, universes, etc. We may not be the only alive people. Scientists have found hundreds of different planets where there is water in liquid form. If there is water, there could also be life. Also, some scientists predict that there could be aliens under the surface on Mars. Today, we wonder about other life forms and have tried to find them. Aliens might have been trying the same thing, but they might have built

something that lets them come to our planet. That may be why people have been seeing UFOs over the past decade. We have become more advanced with technology, and the aliens might be too. However, the things that we see in the sky might not be UFOs, and there might be a reasonable explanation for that.

In conclusion, I think that if we ever encounter aliens and if they are friendly, we could learn a lot of things from them and I hope that in the near future, humans can find a way to track and go to aliens. It would be a major discovery for all of mankind, but currently, we have not gotten the technology to find aliens, and to find them, could take a very long time.



COVID-19 Prevention Tips

- WASH**
Wash your hands frequently – for at least 20 seconds
- COVER**
Use tissues when you cough or sneeze and dispose of them immediately, use your elbow if a tissue not available
- AVOID**
Do not touch surfaces and then your mouth, eyes or nose
- DISTANCE**
Practice social distancing by not shaking hands, hugging, etc.
- ISOLATE**
Stay home if you become ill and prevent the spread of the illness

Maintaining Your Wellbeing

Dharma Pantha
Licensed Clinical Mental Health Counselor
Licensed Clinical Addiction Specialist

Each of us is always juggling a handful of roles such as parenting, student, employee, or caretaker. It may be that we are struggling with mental health issues or simply feel overwhelmed by the responsibilities of everyday life. Nevertheless, it seems unimaginable to many of us to take time for ourselves. Sometimes, it can be difficult to take care of yourself, however, there are small things that can be done to make self-care and time for ourselves a little easier.

Accept yourself as you are:

Remember that you are running your race. When you start to compare yourself to others, it is easy to feel inadequate, which makes it difficult to even take the very first step in self-care. Instead, try your best to accept the person you are and where you are in life.

Focus on the basics:

Sometimes it feels impossible to do even the smallest things. One of the most important things you can do is to focus on the building blocks of good self-care, such as showering, taking few deep breaths, eating nutritious food, moving the body, and sleeping well.

Find out what brings joy in your life:

If you are caught up in all your responsibilities—you may not even really know what kind of self-care you need. Take the time to think

about what you can do to feel happy or accomplished and find a way to add it to your schedule.

Practice mindfulness daily:

One of the best ways to make the most of any time you have to take care of yourself is to take a few slow, deep breaths, focus on each of your senses and try to be fully present in everything you do. Mindfulness has the power to help you slow down—even during all the life challenges and responsibilities of life. Understanding mindful awareness (Being aware of here and now), common humanity (You are not alone), and self-kindness (Offering some kind act to yourself) are few starting steps for mindfulness practices.

Set yourself small goals:

Unfortunately, taking time for yourself doesn't work overnight, so set small goals that you want to achieve instead of putting pressure on yourself to immediately establish the perfect self-care routine. Focus on taking a 15-minute walk outside every day or writing for 10 minutes every evening or reading a chapter from your favorite book.

Set yourself limits:



Sometimes, the only way to make time for yourself is to reduce the time or energy you give to other people. If you set limits with people around your time, emotions, and health, it can enable you to devote more time and effort to yourself and your sanity. Remember that you are not alone. Everyone is struggling to make time for themselves, and the ups and downs

of life mean that you need to be flexible and resilient in your routines and the way you plan your time. There will always be people who understand where you are coming from and are willing to help. Ask your friends and family for help if you need to take some time for your mental health.

नेपाल यात्रा

साईन लामिछाने

दुई वर्ष अगाडि म मेरो परिवारसँग नेपाल गएको थिएँ । हामीहरु नेपालमा दुई महिना बस्यौं । नेपाल बस्दा मलाई धेरै रमाइलो लाग्यो । सबैभन्दा पहिला हामी त्रिभुवन विमानस्थलमा अवतरण गर्थौं त्यहाँ हामीलाई लिनको लागि मेरो मामा-माईजु, काका-काकीहरु आउनु भएको थियो । त्यसपछि हामी मामाघर कीर्तिपुर गयौं । भोलीपल्ट बिहानै हामी पशुपतिनाथको दर्शन गर्न गयौं । त्यहाँका बाँदरहरुले हामीले लगेको फूल, प्रसाद खोस्न खोजेका थिए । त्यसपछि एक हप्ता हामी काठमाण्डौंमा नै भेटघाट र घुमफिर गरियो । त्यसपछि हामी चितवनको बस चढ्यौं ।

अर्को दिनदेखि हाम्रो फेरि नातेदारसंगको भेटघाट कार्यक्रम सुरु भयो । हामीले भेटघाटको काम सकेपछि सौराहा हेर्न गयौं । सौराहमा हात्ती चढ्दा धेरै नै रमाइलो लाग्यो । मैले त्यसको साथसाथै गैंडा, गोही, मयूर बाघ पनि देखें ।

त्यसपछि हामी देवघाट, माडी हुँदै लम्जुङ्ग गयौं । हामीले लम्जुङ्गको पहाड पनि चढ्यौं । पहाड चढ्दा रमाइलोको साथै गाह्रो भयो । लम्जुङ्गबाट फर्कदा हामीले मनकामनाको दर्शन गर्थौं । के बुलकार चढ्दा भनै रमाइलो भयो ।

त्यत्तिकैमा हाम्रो फर्किने दिन पनि आइसकेछ । भोलिपल्ट हामी काठमाण्डौंमा जाने माइक्रो चढ्यौं । काठमाण्डौंमा आएपछि अमेरिका ल्याउने सामानहरुको किनमेल गर्थौं । अर्को दिन हामी नरमाइलो मान्दै सबैसंग बिदा भएर विमानस्थल भित्र छिर्च्यौं । मेरो परारको वर्ष नेपाल भ्रमण निकै रमाइलो रह्यो । मेरो मन फेरि कहिले फर्केर जाने भईरहेको छ ।



नेपालको सांस्कृतिक सहिष्णुताको महत्त्व र देश विकासमा दैन

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विषय प्रवेश

नेपाल ऐले सङ्घीयतामा गएर यस पूर्व रहे का पाँच विकास क्षेत्रको ठाउँमा सात प्रदेशमा विभाजन गरिएको छ, तर ती मध्य पाँचको न्वारन भै नाम राखिएको छ, भने दुईको न्वारन हुन र नाम राख्ने काम बाँकी नै रहेको हुँदा एक नम्बर र दुई नम्बर संख्याले मात्र चिनारी गरिएको अवस्था छ। तसर्थ यहाँ बि. सं. २०७२ पूर्व रहेका पाँच विकास क्षेत्रमा आधारित भएर यो लेखमा नेपालाई वर्गीकरण गरी तिनको आर्थिक, सांस्कृतिक तथा सामाजिक महत्त्व दर्शाइएको छ। परापूर्व कालदेखि नेपाल एउटा सनातनी संस्कार युक्त देश हो। संसारमा धेरै कम देशहरूको अस्तित्व हुँदा नेपालको अस्तित्व थियो। विश्वमा जम्मा २९ वटा मात्र देश रहँदा नेपालको अस्तित्व बरकरार थियो भनिन्छ। ऐले विकसित गनिएका देशहरूको नामो निशाना नहुँदा समेत नेपाल सधैं अटल र अमर त छँदै थियो। यो देश एक प्राचिन सनातन धार्मिक तीर्थस्थलको रूपमा अक्षुण्ण रहेको बारे कयौं पौराणिक र वैदिक ग्रन्थहरूमा समेटिएको छ।

एसियामा नेपाल भन्दा पुराना देशहरूमा अफगानिस्तान, इन्डिया, चीन, कोरिया, जापान,

मङ्गोलिया, ओमान र टर्की थिए। यी देशहरूको गणना पनि राष्ट्र निर्माता बडा महाराज पृथ्वी नारायण शाहले बि.सं. १७६८ मा नेपाल एकीकरण पश्चात् नै गणना गरिएको हो। तसर्थ त्यस पूर्वको गणनामा नेपालको अस्तित्व रहँदा भारतको समेत उपस्थिति थिएन। यस तथ्यका जानकारी सहितका प्राचीन नक्साहरू सहितको विवरण विभिन्न सामाजिक माध्यमहरूबाट अध्यावधि प्राप्त गर्न सकिन्छ। यी माथिका ८ देशहरू भन्दा धेरै समय पूर्व नेपाल अस्तित्वमा रहेको प्रमाण थुप्रै वैदिक, धार्मिक एवं पौराणिक संस्कृत ग्रन्थहरूमा लिपिवद्ध भएको पाइन्छ। वैदिक सनातन संस्कृतिमा नेपाल माहात्म्य र हिमवत खण्डमा नेपालको बारेमा विस्तृत विवरण पाइन्छ। त्यसैले नेपाल संसारका थोरै केही औलामा गणना हुने प्राचीन देशहरू मध्ये अवश्य एक देश भएको पुष्टी हुन्छ।

यस्तो महत्त्वपूर्ण र प्राचीन देशलाई ऐले नयाँ नेपाल बनाउने रे? के हो यो नयाँ नेपाल भनेको? यसको क्षेत्रफल बढाउने हो कि, यसमा भएका बाइसे चौबिसे राज्यलाई पृथ्वी नारायण शाहले एकीकरण गरे पूर्वका पुराना राज्यहरू बनाउने हो कि, वा यसको अस्तित्व नामो निमिट्

यान्न पार्ने के हो? त्यसको सही र विश्वासिलो जानकारी कसैले दिएको पाइँदैन । यदि त्यसो नभए हाम्रो प्यारो मातृभूमि नेपाललाई सुविधा सम्पन्न र आधुनिक देश नबनाई हावादारी एजेन्डामा रनभूल पारी जनतालाई छलछाम गर्न कहीं कतै कलुषित भावनाको पक्ष पोषण गर्न पाइँदैन । यहाँ रहेका जैविक विविधता, धार्मिक, सांस्कृतिक सहिष्णुता र प्राकृतिक श्रोत साधनको भरपुर उपयोग गर्न सकेमा संसारका कुनै विकसित देशहरूभन्दा अविकसित हुनुपर्ने कुनै गुन्जाइस नै छैन नेपाललाई । पङ्कितकारले आफुले भ्रमण गरेका नेपालका केही स्थानहरू र नेपाल कति पुरानो र प्राचीन देश हो भन्ने केही वैदिक र पौराणिक तथ्यहरू दिने सानो प्रयास मात्र गरेको हो यस लेखमा ।

के नेपालको प्राचिन पहिचान मेटाउने कार्य संस्थागत रूपमा नै हुन् लागेको हो ?

केही वर्ष पहिले एक अमेरिकी महिलाले नेपालको स्वस्थानी ब्रतका बारेमा गरेको अध्ययनमा स्वस्थानी ब्रत कथा नेपालको मौलिक संस्कृति हो र यो विगत छ सय वर्षदेखि नेपालीहरूले मनाउँदै आएको संस्कृति संस्कार हो भन्ने पुष्टि गरेकी छन् सोही बारेमा विद्यावारिधि गरेर । त्यही खबर पढेसी पङ्कितकारले पनि अफिसमा कार्यरत एक मित्रलाई सोको जानकारी गराउँदा उनले केही वर्ष पहिले सम्मनि रञ्जना लिपिमा भोज पत्रमा लेखिएको “स्वस्थानी ब्रत कथा” आफैले समेत माघ महिनामा धर्मालु

समक्ष वाचन गरेको स्पष्ट जानकारी दिए । यसले नि बुझाउँछ नेपालको संस्कृति अति पुरानो र संसारले गौरव गर्न लायक छ भन्नेमा । ऐले हुँदा हुँदा हाम्रो धार्मिक सहिष्णुताको गलत फाइदा उठाई हाम्रा धार्मिक ग्रन्थहरू र त्यही स्वस्थानी ब्रत कथामा समेत विधर्मिले तोड मोड गरी आयतित संस्कार घुसाएका घटनाहरू जानकारीमा आउन थालेका छन् । यस्ता क्रियाकलापले हाम्रो संस्कृतिलाई नै भ्रष्टीकरण गर्नेसम्मको घृणित काम गर्न ऐले चलखेल भएको बुझ्न अप्ठ्यारो छैन नयाँ नेपालको नाममा । यस्ता गैर सामाजिक हर्कतहरूले निश्चय नि समाजमा विकृतिहरू भित्रिँदै छन् भन्ने नै बुझाउँछन् । यी गैर सामाजिक र गैर सहिष्णुताजन्य गतिविधिलाई मलजल हुनबाट रोक्न सचेत नागरिक जागरूक हुनुपर्ने आवश्यकता देखिन्छ, नेपाल जस्तो सनातनी र सहिष्णु संस्कृति भएको समाजमा ।

ऐले फेरि यसरी नेपालमा भएका अति प्राचीन सम्पदाहरू कि त संरक्षण बिना नाश हुँदैछन् कि त गरिब नेपालीलाई फकाएर संस्कार परि वर्तन गरी मठ, मन्दिर, गुम्बा आदिको ठाउँमा आयातित संस्कारले ठाउँ बनाई हाम्रो आदिम पहिचान मेटाउने कार्य हुँदैछन् देश भरि नै प्रायोजित रूपमा । यसको एक ज्वलन्त उदाहरणको रूपमा वर्तमान सरकार र त्यस पूर्वका २०४६ साल पछिका अधिकांस सरकारहरूले र प्रधानमन्त्री कृष्णप्रसाद भट्टराई र मनमोहन अधिकारी बाहेक प्रायः सबै जसो सरकार प्रमुखहरू प्रत्यक्ष वा परोक्ष त्यस्ता गतिविधिमा संलग्न भएको पाइन्छ । त्यसैको सिलसिलाको पटाक्षेप बि. सं. २०७५

साल मडिसरमा काठमाडौंमा सम्पन्न एसिया प्यासिफिक सम्मेलनमा १५ सय जोडीलाई फादर मुनकी श्रीमती मुनबाट आशीर्वाद प्राप्त भएको र त्यसमा नेपालका थुप्रै राजनीति पार्टीका प्रधानहरू समेतको सहभागिता ती अने कौं गतिविधिमा भएकै हो । यो भन्दा डरलाग्दो विषय के रह्यो भने उक्त सम्मेलनका नेपाली सर्जक जो एक पार्टीमा पन्ध्र वर्षसम्म प्रमुख हुँदा सोही समूहको ब्यानरमा दर्जनौं पटक विदेश सयर गरी अनेकौं व्यक्तिगत लाभ हासिल गरेको पाइयो । त्यसरी त्यो २०७५ सालको काठमाडौं जमघटमा वहालवाला प्रधानमन्त्रीलाई एक लाख अमेरिकी डलरको सम्मान समेत उक्त संस्थाकी प्रमुख श्रीमती मुनले प्रदान गरिन् । त्यो गतिविधिमा नेपालको गौरवशाली पहिचान मेटाउने गरी सरकार संलग्न भएको हुँदा त्यस्ता प्रवृत्तिको मनोबल अरू बढेको देखिन्छ । उक्त कार्यको सामाजिक सञ्जाल, छापाहरू र स्वयं प्रधान मन्त्रीको पार्टीका बहुमत नेताहरूबाट समेत कटु आलोचना भयो र नेपालीहरूले त्यस घटनालाई एक षडयन्त्रका रूपमा लिएका छन् । त्यसका अलावा त्यस्ता गतिविधिको नेपाली जनताले जमेर विरोध गरेकै हुन् त्यस प्रकरण पश्चात् ।

सबैमा बोध हुनु पर्ने देशको

सांस्कृतिक महत्व

त्यसकारण नेपालको प्राचीनतम गौरवलाई अक्षुण्ण राख्नु स्वदेश तथा विदेशमा रहेका प्रत्येक देशभक्त नेपालीको कर्तव्य हुन आउँछ

। यसबाट स्पष्ट हुन्छ नेपाल र नेपालीको पहिचान मेटाउनेको लगन गाँठो संस्थागत रूपमा कतिसम्म कस्सिएको रहेछ त ? तैपनि नेपाल संसारमा भएका थोरै प्राचीनतम देशहरू मध्ये एक महत्वपूर्ण धार्मिक, सांस्कृतिक तथा विभिन्न प्राकृतिक श्रोत र जैविक विविधताले सम्पन्न गौरवशाली देश त हुँदै हो । यहाँ रहेका विभिन्न धार्मिक स्थल, मठ, मन्दिर, नदी, नाला, पहाड, कन्दरा आदि धेरै पवित्र र प्राचीनकालीन श्रोत र साधन हुन् । ऐले आएर यो देशलाई नयाँ नेपाल भनी बलजफती गर्नु यसको प्राचीन पहिचान, सहिष्णुता र अस्तित्व मेटाउने पर्यन्त सिवाय अरू किमार्थ होइन । तसर्थ यहाँ भएका यी प्राचीनतम गौरवशाली स्थलहरूको संरक्षण, पहिचान र प्रचार-प्रसार गरी यिनको महिमा विश्वव्यापी बनाउनु जरुरी देखिन्छ, नेपालीको तर्फबाट भने विदेशमा रहेका नेपालीहरूको अभू बढी भूमिका रहन्छ, मातृ भूमिको सेवामा देश बाहिर रहेर पनि सचेत र समर्पण हुँदा ।

यसै परिप्रेक्ष्यमा नेपालका हरेक क्षेत्रमा रहेका विभिन्न वैदिक तथा ऐतिहासिक स्थलहरूको पहिचान गरी तिनमा त्यही क्षेत्रको धार्मिक पर्यटनका परिक्रमाका शृंखलाहरू तयार गर्दै देशमा धार्मिक र सांस्कृतिक सहिष्णुता कायम गरी ती क्षेत्रको विकास र देशको प्राचीन गौरव बरकरार राख्नु अति आवश्यक र जरुरी देखिन्छ । नेपालमा यस लेखमा सामेल गर्न नसकिएका अन्य थुप्रै सम्पदाहरू रहेको हुँदा यसमा समावेश भएका केही धरोहर तथा स्थानहरूले नेपालको साङ्गो-पाङ्गो परिचय दिने

कार्यको एक लघु प्रयास मात्र हो । नेपालमा यहाँ समावेश गरिएका स्थान र धरोहर बाहेक अन्य धेरै महत्वपूर्ण स्थान र संस्थाहरू रहेका छन्, तिनको संरक्षण र सम्बर्द्धन गरी सोही क्षेत्रहरूको आर्थिक र सामाजिक प्रगतिमा अति विशाल भूमिका रहेको छ भन्ने पनि यसको अर्को उद्देश्य हो । मातृभूमि प्रति अगाध स्नेह र ममता हुँदा हुँदै विभिन्न परिवेशले प्रवासी हुनुभएका र देश विकासमा हरदम साथ रहेका नेपालीहरू सामु यो जानकारी पस्कने लघु प्रयास हो । यस कार्यले नेपालमा रहेका अनन्य सांस्कृतिक तथा प्राकृतिक स्रोतको महत्व सबै नेपालीमा हुनुपर्ने महशुस दर्शाउँछ । यसैक्रममा पूर्व देखि पश्चिमसम्मका पङ्क्तिकारले भ्रमण गरेका र सम्भाव्य त्यस्ता अन्य केही महत्वपूर्ण स्थलहरूको संक्षिप्त विवेचना गर्ने प्रयास गरिएको छ यसै सन्दर्भमा ।

पूर्वाञ्चल क्षेत्रको संस्कृतिक महत्व

यस क्षेत्रमा रहेका विभिन्न संस्कृति धरोहर मध्ये बराह क्षेत्र प्रमुख धाम हो र नेपालमा रहेका चार धाम मध्ये एक प्रमुख धाम हो बराह क्षेत्र धाम । यहि धामलाई केन्द्र बिन्दु मानेर सांस्कृतिक र धार्मिक पर्यटनका अन्य कार्यक्रम समावेश गरेर लागु गर्दा त्यस क्षेत्रको विकासमा राम्रो प्रभाव रहने देखिन्छ । यस कार्यमा यस क्षेत्रमा रहेका धार्मिक स्थानहरूमा भ्रापाका केचना कल, सतासी धाम, अर्जुनधारा, इलामको सानी पाथीभरा, ताप्लेजुङको मुख्य पाथीभरा, धनकुटाको छिन्तांग देवी र विश्रान्ति घाट क्षेत्र, खोटाङको हलेसी महादेव, सिराहाको शम्भुनाथ,

सप्तरीको कंकाली देवी र छिन्नमस्ता देवी, सुनसरीको चतरा धाम, विष्णु पादुका, धरानको बुढा सुब्बा र दन्तकाली देवीको दर्शन सहितको पर्यटनलाई आधार बनाएर कार्यक्रम लागु गर्दा त्यस क्षेत्रको आर्थिक, सामाजिक र संस्कृति उत्थानमा महत्वपूर्ण भूमिका रहन्छ । अहिलेको सङ्घीयतामा नयाँ कार्यक्रम बनाई तिनको सफल कार्यान्वयन गराउन तीन तहका सरकारहरू यस कार्यमा जुटेमा त्यसले महत्वपूर्ण सामाजिक सहिष्णुताको सन्देश दिनुको साथै रोजगारी र स्थानीय आत्मनिर्भरता प्रवर्द्धनमा समेत वृद्धि हुन्छ ।

मध्यमाञ्चल क्षेत्रको संस्कृति महत्व

पाशुपत क्षेत्र अति प्राचीन र महत्वपूर्ण आस्थाको धरोहर हो सनातन संस्कारको र नेपालका प्रमुख चार धाम मध्ये मुख्य धाम पनि यही पाशुपत क्षेत्र धाम नै हो । यही क्षेत्रलाई आधार मानी यसैको समिपमा रहेका अन्य महत्वपूर्ण धरोहरहरू गोकर्णेश्वर तथा उत्तर गया, शाली नदी क्षेत्र, दक्षिणकाली, स्वयम्भूनाथ, चार नारायण क्षेत्रलाई समावेश गरी सोही अनुसार धार्मिक पर्यटनका कार्यक्रम बनाउनु श्रेयस्कर देखिन्छ । काठमाडौँबाट पूर्व हुँदै भक्तपुर, ललितपुर, चाँगुनारायण, डोलेश्वर, पनौती, पलान्चोक भगवती, सिन्धुलीको कुशेश्वर, चरिकोटको भीमेश्वर, कालिन्चोक भगवती, हुँदै पुनः पाशुपत क्षेत्रको परिक्रमाको एउटा सर्किट हुँदै हो । त्यस्तै अर्को सर्किटमा जनकपुरको जानकी मन्दिर, धनुषा धाम, महोत्तरीको जलेश्वर महादेव र राजदेवी, बारा सिम्रौनगढ गढको गढी माई,

वीरगन्जको गहवा माई, चितवन माडीको अयोध्या पुरी, वाल्मिकी आश्रम, देवघाट, नुवाकोटको उत्तर गया बेत्रावती हुँदै, गोसाईं कुण्ड र पुनः पशुपति क्षेत्र, डोलेश्वर, पनौती, कुशेश्वर, सिन्धुली गढी र जनकपुरको परिक्रमा सहितका कार्यक्रम उत्तम देखिन्छ, धार्मिक र सांस्कृतिक पर्यटनका दृष्टिले । यी कार्य गर्नाले सम्पूर्ण हिमवत खण्डलाई आधार मानेर हुने संस्कृति तथा पर्यावरणीय संरक्षणमा समेत ठूलो टेवा प्रदान गर्न सक्छ । यस कार्यले त्यस क्षेत्रको आर्थिक स्तर उकास्नमा र समाजमा चीरशान्ति र सामनजस्य कायम गर्न ज्यादै महत्वपूर्ण योगदान हुने देखिन्छ ।

पश्चिमाञ्चल क्षेत्रको संस्कृति महत्व

चितवन, नवलपुर र तनहुँको त्रिवेणी घाट, देवघाट धामको दर्शन गरी गैँडाकोटको नर्सिङ धाम, मौलाकाली मन्दिर, दिव्यपुरिको शास्वत धाम, भैँसालोटनमा रहेको वाल्मिकी आश्रम, चितवन राष्ट्रिय निकुञ्ज, नवलपरासीको रामग्राम, बुद्धको मावली देवदह, लुम्बिनी, तिलौराकोट दरबार, बुटवलको सिद्धबाबा पाल्पाको भैरव स्थान, पाल्पा र गुल्मीको रुरु क्षेत्र वा ऋषेश्वर धाम, स्याङ्जाको वालिंगमा रहेको छाया क्षेत्रको छांगछांग्दी, पोखराको विन्दवासिनी, सर्लाहीको बुद्ध स्तुपा, बागलुङ कालिका देवी, बेनीको गलेश्वर धाम, दमौलीको व्यास गुफा, भोर्ले टार लम्जुंगको इशानेश्वर महादेव, लम्जुंग कालिका, वेदव्यासको जन्म थलो छाव्दी बराह, मुस्ताङको रुप्से छाँगो, काग बेनी, मुक्ति क्षेत्र र दामोदर कुण्ड आदि हुँदै पुनः गलेश्वर हुँदै र

ईनास कालिका, गोरख कालिका, मनकामना देवी, छिम्केश्वरी हुँदै पुनः देवघाट सहितका पवित्र स्थानहरूको धार्मिक परिक्रमा गर्दा त्यस क्षेत्रको वृहत् धार्मिक तथा सांस्कृतिक ज्ञानको रस स्वादन मात्र हुँदैन बल्की त्यहाँ रहेको सामाजिक तथा सांस्कृतिक सप्तरङ्गीको माला र संस्कार देख्दा कसको मन पुलकित हुँदैन र ? यसरी यस क्षेत्रमा रहेका यी धार्मिक तथा सांस्कृतिक धामहरूको कम्तीमा दुई हप्ता देखि ४ हप्ता सम्मको अवलोकनमा सम्पूर्ण हिमवत खण्डको एक सूक्ष्म धरोहरको जानकारीबाट त्यसमा सम्मिलित हुनेहरूलाई प्राप्त अनुभवले समाजमा शान्ति र स्थिरताको दीर्घकालीन असरले अर्कै अनुभूति प्राप्त हुनमा मद्दत गर्दछ । यस खण्डका मुक्ति क्षेत्र र काली गण्डकीको शीर, दामोदर कुण्डका परिक्रमालाई विशेष कार्यक्रम बनाई आन्तरिक तथा बाह्य पर्यटनका लागि समेत विशेष परिक्रमाका योजनाहरू बनाएर लागू गर्दा जसरी कैलाश मानसरोवरले सम्पूर्ण भारत वर्षलाई आकर्षण गरेको छ, यस क्षेत्रमा रहेका चार धाम मध्येका दुई धामहरू रुरु क्षेत्र धाम र मुक्ति क्षेत्र धामको परिक्रमाले पनि सोही क्षमता राख्ने असिम सम्भावना देखिन्छ ।

मध्य पश्चिमाञ्चल क्षेत्रको संस्कृति महत्व

यस क्षेत्र अन्तर्गत नेपालगन्जको बागेश्वरी क्षेत्र, बर्दिया राष्ट्रिय निकुञ्ज, ठाकुरद्वार, सुर्खेतको काँक्रे विहार, बुढिमाई, प्युठानको स्वर्गद्वारी, सल्यानको छायाँ क्षेत्र, दैलेखको डुंगेश्वर, पञ्च

कोशी क्षेत्र, ज्वाला माई, जुम्ला छुम चौरको संसारमा अग्लो स्थानमा धान हुने स्थान, चन्दन नाथ बाबाले आठौँ शताब्दीमा पहिलो पटक धान रोपेको ठाउँ तातो पानीको लाछो ज्युलो, सिञ्जाको कनक सुन्दरी, पाण्डव गुफा, खस राज्यको दरबार सहितका पुरातात्विक, धार्मिक र ऐतिहासिक क्षेत्र र सम्पदाहरू जस्तै दैलेखको खस भाषा सम्बन्धि पहिलो शिला लेख आदि र ज्वाला माई जस अन्तर्गत शीर्षस्थान, नाभि स्थान, पादुका स्थान र अरू धार्मिक स्थानहरू, दुल्लु र मुगुको रारा ताल आदि मुख्य क्षेत्रहरू पर्दछन्। यस क्षेत्रमा रहेका हाम्रा यस्ता अद्वितीय सांस्कृतिक धरोहरको विकासमा धार्मिक पर्यटनले त्यस क्षेत्रको आर्थिक र सामाजिक विकासमा ज्यादै अहम् भूमिका राख्दछ। यस्ता कार्यले त्यस क्षेत्रको मात्र नभएर पुरा नेपालकै संस्कृति र आर्थिक उत्थानमा धेरै विशाल महत्व राख्दछन्।

सुदूर पश्चिमाञ्चल क्षेत्रको संस्कृति महत्व

यस क्षेत्रमा रहेका कैलालीको घोडाघोडी ताल र गोदावरी क्षेत्र, डडेलधुराको अमरगढी किल्ला, उग्र चण्डी देवी तथा अन्य मन्दिरहरू, डोटीको शैलेश्वरी मन्दिर, खप्तड क्षेत्र, अछामको रामा रोशन क्षेत्र, दार्चुलाको बडिमालिका क्षेत्रका अन्य विभिन्न तीर्थस्थलहरू र गोठाला पानीको निगाला शैनी, पंच देवल, त्रिपूरा सुन्दरी मन्दिर आदि रहेका छन्। ऐले आफ्नै यति प्रचुर मात्रमा रहेका केवल केही सांस्कृतिक धरोहरको मात्र जगेर्ना र विकास मात्र गर्नसके कसैको सामु

पिछिडिएको क्षेत्र विकासमा सहयोग भन्दै हात फिंजाएर भिक्षाटन गर्नुपर्ने अवस्था नेपालको र हने छैन।

के कस्ता आधारभूत संरचनाको विकासले नेपालको सांस्कृतिक महत्व उजागर हुन्छ त ?

नेपालका पाँच विकास क्षेत्रमा रहेका अरू महत्वपूर्ण धार्मिक स्थल, सांस्कृतिक सम्पदाहरूको विकास र प्रवर्द्धन गरेमा नेपाल यस भेगका कुनै देशभन्दा कम विकसित हुनुपर्ने कुनै गुन्जायस नै छैन। नेपालको दाँजोमा यस भेगका विकसित देशमा इन्डिया, चीन, दक्षिण पूर्वी एसिया र अन्यत्रका मानिसहरू समेत यी धार्मिक स्थलहरूको भ्रमण गरी नेपालमा रहेका वास्तविक चार धामहरू बराह क्षेत्र धाम, पाशुपत क्षेत्र धाम, रुरु क्षेत्र धाम र मुक्ति क्षेत्र धाम नै वास्तविक चार धाम रहेको विभिन्न सांस्कृतिक तथा वैदिक ग्रन्थहरूले पुष्टि गरिसकेका छन्। तर नेपालले तिनको सही रूपमा व्यापक प्रचार-प्रसार र जानकारी मात्र दिन नसकेको हो देश विकासको सही गन्तव्य पहिचान गर्न नसक्दा। बर्सेनी लाखौं नेपालीहरू धार्मिक तिर्थाटनमा इन्डियाका विभिन्न यस्तै धार्मिक क्षेत्रको कष्टकर भ्रमणमा जाँदा हण्डर खाएर लुटिनु र ठगिनु परेको यथार्थ कसका सामु लुकेको छ र ? यसका अलावा आफ्नै देशमा रहेका खास र मौलिक चार धामको तीर्थाटनको विकास नगर्दासम्म हाम्रो आर्थिक श्रोत रित्तिनु मात्र नभएर देश विकासले समेत गति नलिनुको

यथार्थ नबुभ्दासम्म यस्तो हण्डर नेपालीले लगातार व्यहोर्नु परि राख्ने हुन्छ । यस्ता कार्यले "गाँठ भी गुमाना बेकुफ भी बन्ना" शिवाय अर्को कुनै उपलब्धि देखिदैन ।

तसर्थ नेपालको प्राचीन गौरव र सभ्यतालाई स्वदेश तथा विदेशमा रहेका नेपालीहरूले नै यिनको महत्वबारे उजागर विभिन्न माध्यमबाट गर्नु पर्ने देखिन्छ । र हाम्रा यस्ता सांस्कृतिक गौरव र पुर्खाको नासोलाई सही सलामत भविष्यमा सन्ततिलाई सुम्पिँदै सामाजिक सद्भाव र आर्थिक विकास पनि गर्नु छ, सम्पदाहरूको सही जनाकारी स्वदेश तथा विदेशमा रहेका नेपालीहरूलाई सक्दो रूपमा पहिचान गराउँदै । यी सम्पूर्ण क्षेत्रमा रहेका प्राचीन धार्मिक र सांस्कृतिक धरोहरको विकासले त्यस क्षेत्रका मानिस बीच धार्मिक र सांस्कृतिक सहिष्णुता बढ्नुको साथै हाम्रो सदियौं देखिको मिलीजुली बस्ने संस्कारमा कसैले खलल पार्न सक्ने अवस्था हुनेछैन । यस्ता कार्यहरूले हाम्रो समन्वयात्मक संस्कृतिमा अझ बढोत्तरी हुन गै सकारात्मक सन्देश अरू क्षेत्रमा समेत फैलिँदै देशभक्तिको भावनामा अझ सुदेढ हुँदै वृद्धि हुनेछ ।

यिनको विकासमा सबभन्दा पहिले त्यहाँ पुग्ने सुविधाजनक यातायातको व्यवस्था र राम्रो वासस्थानको प्रबन्ध हुनु अति आवश्यक पर्दछ । त्यसमा सहभागी पर्यटकहरूलाई बस्ने, खाने, घुम्ने सुविधाजनक अरू गन्तव्यको पहिचान गरी उनीहरूको बसाई लम्ब्याउने व्यवस्था हुनुपर्दछ । स्थानीय रैथाने खानामा जोड दिँदा ग्रामीण स्वावलम्बनमा वृद्धि भै कृषि क्षेत्रको महत्व

उजागर हुँदा रोजगारी सृजना र व्यापार घाटा उल्लेख्यरूपमा कम भै नेपालीको प्रति व्यक्ति आयमा उल्लेख्य सुधार हुनेमा शङ्का नै छैन । यी संस्कृति, कृषि र जैविक विविधताका क्षेत्रको विकासमा यथोचित ध्यान दिएर यस्ता भ्रमणमा आउने पर्यटकलाई खाने, बस्ने, औषधि उपचार, स्वास्थ्य सेवा आदि सुविधा पारदर्शी ढङ्गले व्यवस्था हुन नितान्त आवश्यक हुन्छ । यसको लागि सङ्घीय, राज्य र स्थानीय सरकारले यी क्षेत्रमा भएका प्राचिन मठ, मन्दिर, ताल-तलैया, वन-जङ्गल, तुलनात्मक लाभका स्थानीय कृषि क्षेत्र र अनुपम जैविक विविधता आदि श्रोतको भरपर्दो र दीर्घकालीन संरक्षण गर्ने र नयाँ गन्तव्य पहिचान गरी अल्पकालीन, मध्यकालीन र दीर्घकालीन योजना बनाई शिक्षा, स्वास्थ्य, कृषि, वातावरण आदिको व्यवस्थित विकास गरी आन्तरिक र बाह्य पर्यटक भित्र्याउने काम सुस्पष्टसँग गर्न ढिलो गर्न पटककै हुँदैन ।

साना र समयमा सम्पन्न गर्ने कामको थालनी गर्न सम्बन्धितलाई प्रोत्साहन गर्दै त्यसको सुरुवात आफैले गर्ने नेतृत्वदायी भूमिका निर्वाह गर्ने अग्रपङ्क्तिमा रहनेहरूले र अरू सर्वसाधारणलाई यस्ता कार्यमा अग्रसर गराई व्यापक रूपमा जनसहभागिता जुटाउनुपर्छ । यी सामाजिक काममा नेतृत्व वर्गले सबैलाई दिलैदेखि पारदर्शी तवरले ती कार्यमा अभिप्रेरित गर्न नितान्त आवश्यक छ, देश विकासमा होमिन ।

नेपालमा नेताहरूले केवल ठूला-ठूला असम्भव भाषण मात्र गर्ने होइन, बल्की कामले जनविश्वास जित्नुपर्ने कार्यको थालनी गर्न

अविलम्ब व्यवहारिक रूपमा स्थानीय स्तरमा सम्भव हुने अनेकौं त्यस्ता कार्यको थालनी गर्नुपर्ने हुन्छ। देशका विभिन्न क्षेत्रमा रहेका महत्वपूर्ण सामाजिक तथा सांस्कृतिक सम्पदाहरूको संरक्षण र महत्व दर्साउँदा तराइदेखि हिमालसम्मको संस्कृति र सभ्यतालाई एक-अर्कासंग घुलमिल गराउँदा समाजमा शान्ति तथा अमनचैनको वातावरण सृजना गर्नमा ठूलो योगदान हुनेछ। महत्वपूर्ण यस्ता कार्यले हाम्रो राष्ट्रिय एकता अरू सुदृढ र मजबुत हुनमा सकारात्मक मद्दत पुग्नेछ। देशका विभिन्न क्षेत्रमा रहेका गन्तव्य स्थानमा के र कुन क्षेत्रको विकास कसरी गर्ने भन्नेमा प्राथमिकता तोकी एक, दुई, तिनको क्रममा राखेर योजनाबद्ध तरिकाले काम गरेमा युवाहरूलाई विदेश जान बाध्य पार्ने काम हुन्थेन। यी कार्यले स्वदेशमा रोजगारी सृजना हुँदा विदेशमा गएर निम्न स्तरको काममा रगत पसिना बगाएर कमाएको दुर्लभ विदेशी मुद्रामा नेताहरूले मोजमस्ती गर्ने अवस्था रहने थिएन। तमाम यस्ता सकारात्मक कार्यको थालनी गर्दा देशले नि उत्साहका साथ विकासको गति लिने थियो।

एले देशमा रोजगार सृजना गर्ने ठूला तहका कुनै उद्योगधन्दा नहुँदा पुर्खाले सुम्पेका अद्वितीय सम्पदालाई नै जन उद्योगका रूपमा विकास गर्नाले देश विकासको सहकार्यमा सारा देशवासीको भरपूर मात्रामा सहयोग पाइन्छ। यसको उदाहरणमा जनताले आफ्ना सांस्कृतिक सम्पदाहरू २०७२ सालको महाभूकम्पमा क्षतिग्रस्त हुँदा त्यसपश्चात् बनेका आफ्ना धरो

हरहरूको पुनः निर्माणमा भएको सहभागिताले स्पष्ट गर्दै र ? यसभन्दा बाहेक सरकारले जनतालाई विश्वासमा नलिई गुठी विधेयक २०७६ सालमा संसदमा पेश गर्दाको जनआक्रोश त नेपालीले भोगेकै हो नि। सरकार बाध्य भएर उक्त विधेयक फिर्ता लिनै परेको होइन र ? यसले पुष्टि गर्छ जनता आफ्ना सांस्कृतिक धरो हरको संरक्षण र संवर्द्धनमा कति चनाखो छन् नेपालमा, तिनको होस्टेमा हैसे मात्र गर्ने सानो सहयोगको केवल खाँचो मात्र छ देशमा।

बलिया पाखुरा भएका युवा जति विदेशमा र देश अधिक मात्रामा रेमिट्यान्समा भर पर्नाले हाम्रो पारिवारिक संरचना, संस्कृति र सभ्यतामा अनेक नकारात्मक असर पर्ने अवस्था हुने थिएन यदि पुर्खाले सुम्पेका धार्मिक र सांस्कृतिक धरो हरको जगेर्ना गर्दै स्थानीय रूपमा रोजगार सृजना गरेमा। यसरी आफ्ना क्षेत्रका धरो हर र सम्पदा स्थलहरूको भ्रमणले त्यस भेगका जनताहरू बीच एक आपसमा परिचित भै उनीहरूको सांस्कृतिक, सामाजिक र राष्ट्रिय एकतामा बलियो प्रभाव र जानकारी बढ्ने हुन्छ। यसको साथै आफ्नो क्षेत्रको ऐतिहासिक, भौगोलिक र अन्य वृहत् जानकारी र सद्भावमा वृद्धि हुनेछ। स्कूल कलेजमा पढ्ने छात्र-छात्राहरूमा पनि आफ्नो देशको सम्पूर्ण रीति थिति, रहन सहन, भेष भूषाको राम्रो जानकारी भै उनीहरूमा देशभक्तिपूर्ण भावना अरू उजागर हुनेछ, देश विकासमा आफ्नो योगदानको पहिचान गर्न सजिलो हुनेछ, एक अर्का समुदाय, जाति, भेग र संस्कारमा सहिष्णुता बढ्ने छ। जहाँसम्म

धार्मिक जनहरूको सवाल छ, उनीहरूको पनि देशमा भएका यस्ता अद्वितीय स्थलको दर्शनले ज्ञान, सोचाई र भावनामा सकारात्मक सोचको परिवर्तनले स्थान पाउँछ ।

यी आफ्ना क्षेत्रका प्रकृति, भूगोल, इतिहास, संस्कृति आदिको ज्ञान पश्चात् नेपालका प्रमुख चार धामको यात्राले एकातिर नेपालको राष्ट्रियता सबल हुन्छ भने अर्कातिर आन्तरिक र बाह्य पर्यटनको विकास भै मुद्रा पलायनको स्थितिमा उल्लेख्य सुधार हुन्छ र स्थानीय रूपमा रोजगारि

का नयाँ-नयाँ अवसर खुल्छन्, देशमा विकासको संचार हुन्छ । फलस्वरूप देशमा आर्थिक गतिविधिको बढोत्तरी हुन गै देश विकासमा सकारात्मक सन्देशको प्रभाव द्रुतगतिमा भै देश प्रगति पथमा बढेको आभास सजिलै हुने छ । यस कार्यको वैज्ञानिक अभ्यास र थालनी जति छिटो हुन्छ नेपालको विकास पनि त्यति सन्तुलित रूपमा हुनेमा दुईमत नै रहँदैन ।

Tips To Deal With Anxiety Caused By CORONA VIRUS For Emotional Wellbeing

Compiled by Dharma R Pantha, NCNC Life Member

Take Care Of You

- Tune in how you are feeling
- Take regular breaks from news
- Go for a walk or hike
- Learn and practice meditation each day
- Keep a food journal and plans ways to eat healthy
- Get 8 hours of sleep or take a nap during the day
- Listen to inspirational podcast

Check-In With Others

- While maintaining social distance, use technology to stay connected with people in your life
- Call or video chat a loved one, family member or a friend to check in on them and let them know you care
- Write letter to loved one, letting them know how much they mean to you.
- Take time to connect with old friend via phone or email.

Engage And Connect Wisely

- Video chat your loved one or join for meal
- Review your social media and screen time habits, follow positive people and message
- Create an online photo album and share with your loved ones
- Learn a new hobby, Go online and learn how to paint or make a delicious meal.
- Pull out board games, cards or puzzle

Relax And Reduce Stress

- Listen to your favorite play list
- Weather permitting, work on your garden
- Open that book you have been wanting to read and escape its pages
- Indulge in hot bath
- Catch up on your favorite TV series
- If you find relaxing, tackle that junk drawers, pantry or closet.

अमेरिकाका राष्ट्रपतिसँग भेट

नगेन्द्र न्यौपाने



अमेरिकाका ५० वटा राज्यहरूमध्ये नर्थ क्यारोलाइना एउटा राज्य । त्यही राज्यको राजधानी शहर राले (Raleigh) बाट ५० किलोमिटर पश्चिममा अर्को शहर मरिसभिल (Morrisville) मा बसेको केही समय भयो ।

मरिसभिलसँग जोडिएको अर्को शहर RTP (Research Triangle Park) । वास्तवमा त्यो पार्क नभई औद्योगिक क्षेत्र हो । यहाँ विभिन्न प्रकारका सामग्रीको निर्माण हुनेगर्छ । हवाइजहाजको पंखा र कम्प्युटरको पाटपुर्जादेखि विभिन्न प्रकारको औषधि र तासपत्तिसम्म निर्माण हुन्छ । मरिसभिल र आर.टि.पि. अनोन्याश्रित छन् । दिनभरि आर.टि.पी.मा काम गर्ने बेलुका सुत्न भने मरिसभिलमा नै जाने । धेरैजसो कामदारको निवास मरिसभिलमा नै हुनेगर्छ ।

मेरो निवास नजिकै Fujifilm Diosynth (फुजीफिल्म डायोसिन्ट) नाम गरेको औषधि कम्पनी छ । त्यो कम्पनीको छेउ हुँदै दैनिकजसो म आवत-जावत गर्छु । बिहान-बेलुकाको हिंडाइ (Morning Walk) पनि हुने गर्छ । कम्पनीको छेउ लागेर सधैं हिंडे पनि साथै दैनिक आवत-जावत गरे पनि त्यो कम्पनी अन्तर्राष्ट्रियस्तर को हो भन्ने मलाई थाहा थिएन । नजिकको

जोगी भातमार भनेको जस्तो त्यो बारेमा खासै चासो हुन्थेन तर त्यही कम्पनीको निरीक्षण गर्न अमेरिकन राष्ट्रपति डोनाल्ड ट्रम्प आउँदै छन् भनेपछि मेरो चासो हवातै बढ्छ, म भ्रम्याङ्ग हुन्छु ।

हुन त केही दिन अगाडि त्यो कम्पनीको वरिपरि पुलिसको गाडी आउनेजाने भइरहेको थियो । टि.भी. र रेडियोकर्मीका ट्रक पनि देखिएका थिए । सुकिला-मुकिला व्यक्तिको ओहोर-दोहोर निकै थियो । तर राष्ट्रपति नै आउँदै छन् भन्ने मैले कहिल्यै सोचेको थिइन ।

त्यो कम्पनीका कार्यकारिणी निर्देशक थिए-मार्टिन मिसन (Marin Meeson) । केही दिनअगाडि तिनै मार्टिन मिसनसँग मेरो भेट भएको थियो । त्यो भेट अनौठो परिस्थितिले जुराएको थियो । एकदिन बिहानपख हिंडाइको क्रममा म उनको कम्पनीको आगनमा पुगेछु, त्यही बेला एउटा गाडी म नजिकै रोकियो र त्यो गाडीबाट एक जना व्यक्ति निस्किए र सरासर मैतिर आए । शुरुमा मलाई डर पनि लाग्यो - “यहाँ किन हिंडेको भनेर गाली गर्लाजस्तो लाग्यो

तर म डराउन परेन बरु ती व्यक्ति हंसिलो हुँदै आए र सुस्तरी बोले-

“गुड मर्निङ्ग ।”

“गुड मर्निङ्ग ।” मैले पनि जवाफ फर्काएँ ।

त्यतिबेलासम्म मेरो दकस मरिसकेको थियो । साथै उनी पनि नजिकिँदै आएपछि मेरो साहस बढ्दै गयो र अर्को प्रश्न सोधिहालें- “तपाईं त आज निकै चाँडै पो आउनुभयो त । भर्खर सात पनि बजेको छैन ।”

“हामीहरू एउटा ठूलो प्रोजेक्टमा छौं । त्यो प्रोजेक्ट नसकुन्जेल मेरो यस्तै क्रम चल्यो ।”

तर मैले कुन-कस्तो प्रोजेक्ट भनेर सोधिन् । अमेरिकन कम्पनीहरूमा सधैं एउटा-एउटा प्रोजेक्ट लिएर नै अगाडि बढेका हुन्छन् तर उनी आफैं बोल्दै गए ।

“राष्ट्रपति चुनाव हुनुभन्दा पहिला नै यो प्रोजेक्टलाई सिध्याउनुपरेको छ ।”

अझै पनि मैले प्रोजेक्ट बारेमा सोधिन् । किनकि उनी हतारिएको मुडमा देखिन थालिसकेका थिए । उनी अफिसतिर उक्लिए । म आफ्नो निवासतिर । तर पछि टि.भी.मा अन्तरवार्ता दिइरहेका बेला थाहा भयो उनी त त्यस कम्पनीका कार्यकारिणी निर्देशक पो रहेछन् । उनले राष्ट्रपति ट्रम्पलाई औषधिको बारेमा पनि बताइरहेका थिए ।

अमेरिकाको मेरील्याण्डमा मुख्य कार्यालय भएको यो कम्पनीले कोरोना भाइरसको औषधिको लागि अमेरिकी सरकारबाट १.६ बिलियम डलर (करिब २ खर्ब रुपिया) को बजेट हात पारेको

रहेछ र काम थालिसकेको रहेछ । त्यही औषधीको निरीक्षण भ्रमणको सिलसिलामा राष्ट्रपति ट्रम्प त्यहाँ आउने भएका रहेछन् ।

जुलाई २७, २०२० अर्थात् २०७७ साल श्रावण १२ गतेको ३ बजे राष्ट्रपति त्यहाँ आउने कार्यक्रम थियो, म भने २ बजेदेखि नै टि.भी.को अगाडि बसे -प्रत्यक्ष प्रसारण हेर्न । टेलिभिजनले कहिले एयरपोर्टको दृश्य देखाइरहेको हुन्थ्यो त कहिले औषधि कम्पनी भवन । कहिले म आफैं बसेको निवासको पनि दृश्य टि.भी. देख्थे । एकातिर आकाशमा चिल घुमेझैं हेलिकप्टर घुमिरहनु अर्कोतिर राजमार्ग दुवैतिर यातायात ठप्प हुनु, अनि बेलाबेलामा एम्बुलेन्सको साइरन आउनु वातावरण जति भयावह त्यति नै रमाइलो पनि, अनि जिज्ञासु । कहिलेकाहीं भयावह पनि रमाइलो हुँदोरहेछ । त्यतिबेला मैले नेपालका राष्ट्रपतिको भ्रमणको दृश्य सम्झन पुगें- कहिले काहीं राष्ट्रपतिको भ्रमणको बेला यसो दश मिनेट सडकमा रोकिनपथ्यो भने ट्राफिकलाई कुट्न जाने, हर्न बजाएर हैरान पार्ने अनि राष्ट्रपतिलाई नानाथरिको गाली गर्ने, डाइभरहरूले अमेरिका राष्ट्रपतिको भ्रमण देखे भने के गर्लान् । त्यति लामो राजमार्गमा गाडीको त्यो लस्करले राष्ट्रपतिलाई सडक छोडेको आघा घण्टाभन्दा पनि बढी भएको थियो । तर त्यहाँ न हर्न बजेको छ न नानाथरिको गाली नै ।

टि.भी.मा हेर्दाहेर्दै बडेमानको बोइङ्ग जेट एयर पोर्टमा अवतरण गरेको मात्र थियो- चार-पाँच कालोकोट पाइन्ट लगाएका व्यक्तिहरू बोइङ्गको

मुखै गए र राष्ट्रपतिलाई पर्खेर उभिए । एकैछिनमा बोइङ्गको ढोका खुलेको मात्र थियो राष्ट्रपति हात हल्लाउँदै देखा परे । अनि भय्याङ्ग ओर्लिए । त्यहीबेला टि.भी. प्रसारण गर्‍यो- “अब राष्ट्रपति आधा घण्टामा औषधि कम्पनीमा पुग्नेछन् ।”

औद्योगिक क्षेत्र नजिकै निवास हुनु पहिल्यै देखि उपलब्धीमूलक नै थियो मलाई । अब एयर पोर्टनजिकै हुनु पनि अर्को थपियो । मैले सोफामा बसेर प्रत्यक्ष प्रसारण हेरेर मात्र सन्तोष मानिन र हत्तपत्त यही औषधि कम्पनीतिर नै हिंडिहाले । मनमनै सोचें- राष्ट्रपतिलाई भेटेर छाड्छु । तर मेरो सोचाई एकैछिन धुजाधुजा भएर च्यातियो । केहीअगाडि पुगेको मात्र थिए पुलिसले आफ्नो गाडि सडकको बीच भागमा नै तेर्सो पारेर राखेको रहेछ । त्यही उभिएको पुलिसलाई सोधें- “के यहाँबाट उता हिंड्न नै नपाइने हो ?

“पाइन्छ । गाडी मात्र लैजान नपाइने हो ।” तपाईं जान सक्नुहुन्छ ।

उसको उत्तर पाएपछि म सरासर अगाडि बढ्छु । केही अगाडि पुगेको मात्र छु त्यहाँ त विशाल मानव सागर पो रहेछ । राष्ट्रपतिलाई भेट्न आउनेको ताँती पो रहेछ । कसैको हातमा अमेरिकन झण्डा छ, कसैको हातमा प्लेकार्ड । कसैको समर्थन त कसैको विरोध । औषधि कम्पनी अगाडिको असंख्य भीडलाई देख्दा लाग्थ्यो राष्ट्रपति प्रतिको चासो हो वा भीडभाडको रमाइलो ।

त्यो भीडमा उभिएर म धेरैबेर नै राष्ट्रपतिको

प्रतिक्षा गर्छु । उनको बाटो हेरेर बस्छु । म मात्र होइन, त्यो भीडले निकैबेर नै प्रतिक्षा गर्छ तर राष्ट्रपति देखा परेनन् । हामीहरू आतिन थाल्यौं, थाक्यौं । राष्ट्रपति कता हराए ? पछि थाहा भयो उनले त बाटो परिवर्तन गरेछन् । उत्तरी ढोकाबाट नगई दक्षिणी ढोका लिएछन् । त्यतिबेला म नेपालका क्रान्तिकारी नेतालाई सम्भन्न पुग्छु । आफ्नो बाटोमा प्रदर्शनकारी छन् भन्ने थाहा पाए भने उनीहरू आफ्नो बाटो नै परिवर्तन गर्छन् र भाग्छन् । उनीहरूलाई भीडसँग डर हुन्छ । ढुङ्गामुडाबाट जोगिनु छ । के राष्ट्रपति ट्रम्प पनि भीडबाट भागेका हुन् त ? उनलाई भीडबाट डर छ ?

एकातिर कोरोना भाइरसले हाहाकार मच्चाएको विश्व । अनि केही दिन अगाडि जर्ज फ्लोइड नाम गरेका काला व्यक्तिको हत्याले भद्रगोल भएको अमेरिका । राष्ट्रपति ट्रम्प गलेका थिए । उनको मानसिकता गिरेको थियो । जर्ज फ्लोइडलाई तीनजना गोरा पुलिसको समूहले घाँटी अठ्याएर दिन दहाडै मारेका थिए । त्यो दृश्य विश्वभर नै सार्वजनिक भएको थियो भने राष्ट्रपति ट्रम्पलाई अमेरिकी जनताले च्याउच्याउ पारेका थिए ।

त्यसैले उनले आफ्नो दिशा परिवर्तन गरे । उनलाई भीडसँग डर थियो । तर ट्रम्पले दिशा परिवर्तन गरेपछि त्यो भीडले पनि दिशा परिवर्तन गर्‍यो । उनको दर्शनको लागि जम्मा भएको त्यो भीड पनि दक्षिण ढोकातिर ग्यारग्यार्ती पस्यो । त्यो टन्टलापुर घाम, नमिलेको बाटो, न हातमा

छाता, न पानीको बोतल त्यो लस्कर अगाडि बढे पछि म पनि उनीहरूसँगै मिसिएँ ।

तर दक्षिण ढोकामा पुगेपछि थाहा भयो राष्ट्रपति ट्रम्प किन डराउँथे । दक्षिण ढोकामा त झन् ठूलो भीड पो रहेछ । बरु त्यो भीड देखे पछि म डराएँ । मलाई कायरताले समात्दै ल्यायो त्यस्तो भीड नदेखेको धेरै नै भएकोले होला म आतिन थालें । थरी-थरीका प्लेकार्ड, थरी-थरीका नाराबाजी । न कसैलाई कोरानाको डर छ न चर्को घामको । उनीहरूको ध्यान ट्रम्पको अगाडि उफ्रनु नै थियो । कोही उनलाई गाली गर्दै थिए त कोही स्यावासी ।

त्यतिबेलासम्म ट्रम्प भित्र पसिसकेका थिए, उनलाई औषधि कम्पनीको चासो थियो तर बाहिरी ढोका भने चर्काचर्की । एकातिर कालाहरू "Black Lives Matter" भन्दै चिच्याइरहेका थिए अर्कोतिर गोराहरू "All Lives Matter" भन्दै कालाहरूको विरोध । मचाहिं बीचमा । वातावरण अनौठो थियो अनि रमाइलो पनि ।

केहीवेरपछि राष्ट्रपति ट्रम्प आफ्नो दलबलसहित गेटबाट बाहिर निस्किए । अगाडि-अगाडि चार-पाँचवटा मोटरसाइकल, त्यसपछि कसिलो डिजाइनको गाडी अनि राष्ट्रपतिको गाडी । भिलिक-मिलिक बत्ती चम्काउँदै हाम्रो सामुन्ने आइपुग्यो । त्यहीबेला चर्को नाराबाजी शुरु भइहाल्यो तर म भने केही अगि सरेर दुवै हात उठाएर उनलाई नमस्कार गरें । उनले पनि आफ्नो हात उठाएर मलाई नमस्कार फर्काए

तर उनको नमस्कार मेरो लागि थिएन । मलाई मात्र उनले नमस्कार गरेका थिएनन् । उनको नमस्कार त्यो विशाल भीडलाई थियो । सबैलाई उनले सामूहिक नमस्कार गरेका थिए । तर भीडले नमस्कार फर्काएन बरु चर्को नाराबाजी गरिरह्यो । चिच्याइरह्यो । राष्ट्रपति भीडलाई हात हल्लाउँदै अगाडि बढे तर भीड अभै उभिइरह्यो । त्यहीबेला कालो वर्णकी युवती बाकसभरि पानीको बोतल लिएर मेरो अगाडि आइन् र सोधिन्-

“सरलाई पानी दिऊँ ?”

मैले खुशी हुँदै एक बोतल पानी हातमा लिएँ र उनलाई धन्यवाद दिएँ अनि त्यहाँ उभिइ-उभिई नै पानी पिएँ तर त्यो त पानी थिएन, अमृत थियो । मित्रभावको संकेत थियो । अनि सामूहिक प्रेम । त्यहाँ थुप्रै वैचारिक दुश्मन थिए । एक-आपसमा आकर्षित नारा लगाइरहेका थिए तर प्रेम पनि त्यत्तिकै थियो । भाइचारा थियो । ती काली युवती आफ्नो अगाडि देखिएका सबैलाई पानी बाँड्दै हिंडिरहेकी थिइन् । उनको अगाडि गोरा पनि थिए, काला पनि अनि खैरा पनि । मैले मनमनै सोचें- आखिर काला होस् वा गोरा, महिला होस् वा पुरुष तिर्खा त समान आवश्यक रहेछ, हगि ?

म आफ्नो निवासमा आइपुग्दा टि.भी.को प्रत्यक्ष प्रसारण जारी नै थियो । राष्ट्रपति ट्रम्प बोइङ्ग चढ्ने तरखरै गर्दै थिए । स्थानीय ने ताहरूसाग हात मिलाउँदै थिए । त्यहीबेला टि.भी.ले सूचना दियो ।

“अब राष्ट्रपति ट्रम्प नर्थक्यारोलाइनाबाट फ्लोरिडा जानुहुनेछ, फ्लोरिडाबाट न्युयोर्क र न्युयोर्कबाट वासिङ्गटन डि.सी. । उहाँका रात्रिकालीन खाना न्युयोर्क हुनेछ, भने सुत्नको लागि उहाँ ह्वाइट हाउसमा पुग्नुहुनेछ ।

अहो ! कस्तो व्यस्त कार्यतालिका ! कस्तो हतार ! त्यतिबेला मलाई एउटा इतिहास सम्झना आयो । जतिबेला नेपालमा राजा वीरेन्द्र थिए । उनी प्रत्येक वर्षको हिउँदमा विभिन्न विकास क्षेत्रको भ्रमण गर्थे । उनको हिउँदको दैनिक जीवन राष्ट्रपति ट्रम्पको भन्दा कम थिएन । त्यतिबेलाका नेपालको राष्ट्रियस्तर का दैनिक पत्रिकाको एउटा अनुच्छेदमा लेखेको मेरो दिमागमा आउँछ- “..... राजा वीरेन्द्रको बिहानको खाना काठमाडौं हुनेछ, दिउँसोको रारा तालमा अनि बेलुकाको सुर्खेतमा । मौसुफ सरकारको रात्रिकालीन आराम पनि सुर्खेतमा नै हुनेछ । त्यो दिनचर्यालाई लिएर धेरै पत्रिकाले घुमाउरो पारामा राजा वीरेन्द्रको विलासी जीवन

र मोजमस्तीको नमूना दिए ।

राष्ट्रपति ट्रम्पलाई पनि त्यस्तो आरोप कहाँ नआउने हो र ! उनलाई आरोप लगाउँदा घुमाउरो भाषा चाहिँदैन, शब्द चपाउन पर्दैन । विरोधी पार्टीले सोभै भन्छन् तर उनको बोइङ्ग अमेरिकी आकाशमा दिनहुँ उड्ने गर्छ, अनि त्यो बडेमानको बोइङ्गमा उनी एक्ला यात्री हुन् । उनको बिहानको खाना ह्वाइट हाउसमा हुनेगर्छ, दिउँसोको क्यालिफोर्निया अनि साँझको अलास्कामा । उनलाई विरोधीले के भन्लान् भन्ने डर छैन । किनकि उनको भ्रमण मोज-मस्ती र विलासीको लागि होइन, देश र जनताको लागि हो, विश्वको लागि हो ।

सायद राजा वीरेन्द्रले पनि आफ्नो भ्रमणलाई विलासी नबनाएको भए मोज-मस्तीमा नै दिन नफालेको भए अकालमा मृत्यु हुने थिएन, रारा ताल वरिपरिको मात्र होइन नेपाली जनताको जीवनस्तरमा कायापलट नै हुन्थ्यो ।



**विजया दशमी र दीपावली २०७८ को
उपलक्ष्यमा**

**सम्पूर्ण नेपाली दाजुमाइ तथा
दिदीबहिनीहरूमा**

हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

शिव, शारदा र परिवार, नर्थ क्यारोलाइना



NCNC Financial Report 2021

CASH BOOK 1st January to 31st August 2021

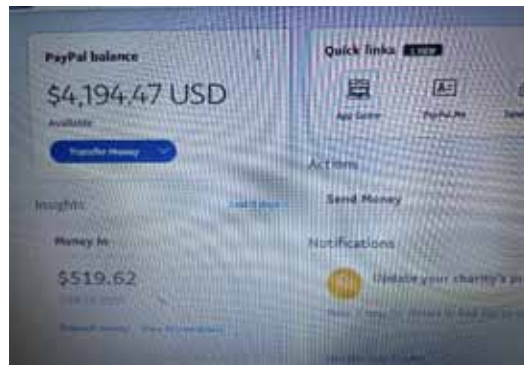
A/C No. 1886	A/C No.2082	A/C No. 4477	A/C No.1166	Particular	V.No	Date	Ch.No.	A/C No. 1886	A/C No.2082	A/C No. 4477	A/C No.1166
78128.39	20938.61	2645.40	14266.75	Opening Balance							
	385.00			School Reg. Fee	1	1/4/2021					
1050.00				Membership Income	2	1/4/2021					
				Zoom Video Communication	3	1/7/2021			14.99		
				America Nepal Helping Soci.	4	1/8/2021	1083		203.61		
				Zoom Video Communication	5	1/15/2021	Card		88.97		
175.00				Membership Income	6	1/21/2021					
	1100.00			Nepali Pathasala Donation	7	1/21/2021					
				Prem Pradhan	8	1/30/2021	1082		45.03		
	25.00			School Reg. Fee	9	2/28/2021					
175.00				Membership Income	10	2/28/2021					
500.00				NCAAT	11	2/28/2021					
				Zoom Video Communication	12	2/28/2021	card		134.91		
350.00				Membership income	13	4/12/2021					
				COVID-19 Vaccines Program	14	4/13/2021	Card	23.55			
				Town of Morrisville	15	4/13/2021	Card	100.00			
				Zoom Video Communication	16	4/13/2021	card		134.91		
				Zoom Video Communication	17	4/16/2021	Card		134.91		
				Prem Pradhan	18	4/16/2021	1084		15.48		
				Khem Joshi	19	4/16/2021	2623	23.55			
				Krishna Pokharel	20	4/16/2021	2624	72.98			
				Restaurent Depot	21	4/21/2021	card	39.74			
				Town of Morrisville	22	4/22/2021	Card	100.00			
175.00				Membership Income	23	5/5/2021					
				Domino's Pizza	24A	5/5/2021	Card	69.19			
				Walmart Covid V. Day Water	24B	5/7/2021	Card	12.00			
200.00				Dorendra and Chirinjibe(D/R)	25	5/7/2021					
100.00				Dil Bhattarai deposit Covid LF	26	5/24/2021					
				Zoom Video Communication	27	6/19/2021	Card		269.82		
5.19				Amazon Smile	28	6/20/2021					
				Send to Nepal Covid 19 Rel.	29	6/21/2021	wire	10173.00			
175.00				Membership Income	30	7/24/2021					
10274.00				Received from Facebook	31	7/24/2021					
				Zoom Video Communication	32	7/26/2021	Card		134.91		
				Picnic Sports Reservation	33	7/26/2021	card	166.00			
				Ananda Ghimire	34	8/2/2021	Zelle		200.00		
				Zoom Video Communication	35	8/7/2021	Card		134.91		
500.00				NCAAT	36	8/9/2021					
				Bank Service charge	37	8/9/2010		80.00			
		0.26		Interest Income	38	8/9/2021					
300.00				Membership Income	39	8/23/2021					
				Mail Chimp	40	8/19/2021	Card	20.99			
				Service Charge	41	8/19/2021		1.75			
75.00				Membership Income	42	8/20/2021	Cash				
95.00				Membership Income	43	8/30/2021	Zelle				
705.00				Membership Income	44	8/31/2021	Zelle				
				Total Expenses				10882.75	1512.45	0.00	0.00
				Bank Balance				82099.83	20936.16	2645.66	14266.75
92982.58	22448.61	2645.66	14266.75	Total				92982.58	22448.61	2645.66	14266.8

Trial Balance up to 31st August 2021 (All Accounts and Paypal)				
S.N.	Particular		Dr Amount	Cr Amount
1	Opening Balance (2020)		117048.13	
	Main A/C 1886	78128.39		
	School A/C 2082	20938.61		
	C D A/C 4477	14266.75		
	Community A/C 1166	2645.40		
	Paypal A/C 4500	1068.98		
2	Income (up to 31st Aug 2021)		19565.45	
	Main A/C 1886	14854.19		
	School A/C 2082	1510.00		
	C D A/C 4477	0.00		
	Community A/C 1166 (Interest)	0.26		
	Paypal A/C 4500	3201.00		
3	Expenses (up to 31st Aug 2021)			12500.71
	Main A/C 1886	10912.75		
	School A/C 2082	1512.45		
	C D A/C 4477	0.00		
	Community A/C 1166	0.00		
	Paypal A/C	75.51		
4	Receivable			0.00
5	Closing Balance up to 31st Aug 2021			124112.87
	Main A/C 1886	82099.83		
	School A/C 2082	20936.16		
	C D A/C 4477	14266.75		
	Community A/C 1166	2645.66		
	Paypal A/N 4500	4164.47		
	TOTAL		136613.58	136613.58

Bank Reconciliation Statement up to 31st Aug 2021			
School A/C 2082			
Balance as per Pass Book(Bank Statement)			21534.75
Less: Late Bharat Oli Fund	598.59		
Balance as per Cash Book			20936.16
NC Main A/C 1886			
Balance as per Pass Book(Bank Statement)			82099.83
Balance as per Cash Book			82099.83
Bank A/C No 4477			
Balance as per Pass Book(Bank Statement)			14266.75
Balance as per Cash Book			14266.75
Bank A/C 1166			
Balance as per Pass Book(Bank Statement)			2645.66
Balance as per Cash Book			2645.66

Paypal A/C Trial Balance 1st Jan to 31st August 2021			
Income	Amount	Expenses	Amount
Opening Balance 31st Dec 2020	1068.98	Paypal Charge	71.54
Nepal School Reg. Fee Income	100.00		
Membership Income	2700.00	Paypal A/C 4500 Balance up to 31st Aug 2021	4198.44
Dobation	401.00		
Total	4269.98	Total	4269.98

PayPal Income 1st January to 31st august 2021						
Date	Name	Membership	Donation	School Reg	Paypal Charge	Net Income
1/1/2021	Kamal Gautam	75.00			1.95	73.05
1/1/2021	Mina Gautam			25.00	0.85	24.15
1/1/2021	Bibak Lal Shrestha			25.00	0.85	24.15
1/3/2021	Sarita Neupane	175.00			4.15	170.85
1/3/2021	Sagar Sharma	175.00			4.15	170.85
1/10/2021	Babu Subadi			25.00	0.85	24.15
1/14/2021	Abdhesh Jha	175.00			4.15	170.85
1/17/2021	Binod Bhatta			25.00	0.85	24.15
2/3/2021	Janesh Devkota	175.00			4.15	170.85
2/6/2021	Narayan Neupane	175.00			4.15	170.85
2/6/2021	Ananapourna Deo		151.00		3.92	147.08
3/7/2021	Nirajan Karki (upgrad)	125.00			3.05	121.95
5/3/2021	Kulananda Sharma		100.00		2.50	97.50
5/31/2021	Ashish Juwa	75.00			1.95	73.05
6/16/2021	Dinesh Siwakoti	175.00			4.15	170.85
6/16/2021	Ajmat Ali	175.00			4.15	170.85
6/18/2021	American Online Foundtion		100.00		0.00	100.00
6/19/2021	Krishna Acharya	175.00			4.15	170.85
7/13/2021	Dorendra Adhikari	75.00			1.95	73.05
7/29/2021	Ritesh Poudel	175.00			4.15	170.85
8/4/2021	Abishes Lamsal	175.00			5.55	169.45
9/10/2021	Prakash Poudel	75.00			1.98	73.02
8/9/2021	Punntu	175.00			3.97	171.03
8/23/2021	Pitambar Paudel	175.00			3.97	171.03
8/29/2021	American Online Foundtion		50.00		0.00	50.00
8/30/2021	Jiba Lamechane	175.00			3.97	171.03
	Total	2700.00	401.00	100.00	75.51	3125.49



NCNC New Members List

As of 1st September 2021, NCNC has 877 active members. Active members include 716 Life Members, 149 Five Years Members, and 12 annual members. Below is the list of new members who Joined NCNC Family after 31st August 2020. Please refer to Sangalo 2020 for the list of active members as of 31st August 2020. The complete list of active members can be found at <http://www.ncnepal.org/members/member-list/>.

Life Members:

1. Dr. Prabhakar Bastola & Binita Lamdari
2. Bhagabati Manandhar Pant
3. Kumud Dhakal & Anita Panthi
4. Sudar Nepal & Sabina Adhikari
5. Milan Prasad Neupane & Nani Maiya Lamsal
6. Niranjan D. Poudyal & Eiti Neupane
7. Govinda Subedi & Sushila Khanal Subedi
8. Buddi Sagar Subedi & Bhuma Subedi
9. Netra P. Dotel & Duraga D. Dhamala
10. Dr. Rupa Bhattarai & Dr. Samundra Neupane
11. Nirajan Aryal & Kalpana Bhandari
12. Nischal Budhathoki & Dibyaswari Thapa
13. Kali Das Dhakal & Kalpana Dhakal
14. Uddhav Balami & Laxmi Balami
15. Niranjan Acharya & Shanta Poudel
16. Dipendra Karki & Asha Karki
17. Sujit Shrestha & Sushmita Shrestha
18. Prabin Gautam & Shalu Gautam
19. Bikash Sapkota & Ramila Century
20. Bigyan Bhattraai & Anjeela Dhungana
21. Niraj Bidari & Garima Thapa
22. Anup Aryal & Aastha Baral
23. Neelima Basnet Neupane & Madan Neupane
24. Shyamji KC & Sunita Karki
25. Birendra Thapa & Kabita Thapa
26. Prem Sharma & Laxmi Sharma
27. Anup Bastakoti & Sumitra Bhandari Bastakoti
28. Sushir Simkhada & Sarita Neupane
29. Sagar Sharma & Aakanchha Sharma
30. Abdhesh Jha & Subha Jha
31. Hari Babu Dhakal & Kapila Jamarkattel Dhakal
32. Janesh Devkota & Shovana Nepal
33. Narayan Nyaupane & Pramila Adhikari
34. Sam Jamso Bhattarai & Samsu Upadhyay Bhattraai
35. Apil Tamang & Pratima Karki
36. Nirajan Karki & Niveeta Sharma
37. Ajmat Ali & Namuna Dura
38. Dinesh Siwakoti & Sabita Baral
39. Prakash Joshi & Ganga Joshi
40. Deependra Bist & Poonam Dhami
41. Ritesh Paudel & Rosha Pokharel
42. Abhishes Lamsal & Anju Giri
43. Madan Pun & Jayanti Magar
44. Hari Pokhrel & Bishnu Pokhrel
45. Jiba Lamichhane & Apsara Gaire
46. Rishi Adhikari & Kalpana Adhikari
47. Sudhan Thapa & Rita Ranabhat
48. Rabin Pokhrel & Dila K Kafle Pokhrel
49. Radhesh Pandit & Shila Pandit
50. Bimal Adhikari & Bishnu Adhikari
51. Dr. Mahendra Raj Neupane & Sonali Neupane
52. Krishna Acharya & Anita Poudel Acharya
53. Pitambar Paudel & Durga Paudel

54. Roshan Baral & Susmita Ghimire

5 Year Members:

1. Kamal P. Gautam & Binju Gautam (2020)
2. Ashish Juwa & Preet Juwa (2021)
3. Dorendra Adhikari & Basanta Poudel Adhikari (2021)
4. Prakash Raj Poudel & Purnima Joshi (2021)
5. Abin Ojha & Shashi K. Adhikari (2021)
6. Prakash Paudel & Purnima Joshi (2021)
7. Prakash Basnet & Shristi Sharma (2021)
8. Bibhuti Timalsina (2021)
9. Raja Timalsina (2021)
10. Bikram Ghimire & Pratiba Subedi Ghimire (2021)
11. Manish Koirala (2021)
12. Anish koirala (2021)
13. Madhav Bhandari & Kamala Bhandari (2021)
14. Shrawan Dip Gautam (2021)
15. Santosh Gautam (2021)

16. Shraddha Gautam (2021)

17. Shyam Prasad Humagain & Sapana Sedai
18. Khimanand Bhandari & Nirmala Bhandari (2021)
19. Raish Bartaula & Rashmi Shrestha (2021)
20. Mandil Shrestha & Kabita Shrestha (2021)
21. Peshal Pokhrel & Tara Sapkota (2021)

1 Year Members:

1. Prabez Bhattarai (2021)
2. Samiksha Tiwari (2021)
3. Sadiksha Tiwari (2021)
4. Sushant Tiwari (2021)
5. Pratik Devkota (2021)
6. Sajal Sanjib Baral (2021)
7. Saman Sanjib Baral (2021)
8. Binaya Aryal & Bimala Adhikari (2021)
9. Ananta Acharya & Neelam Poudel (2021)
10. Ayushma Sharma (2021)

Happiness Chemicals And How To Hack Them

Compiled by Dharma Pantha

Dopamin (The Reward Chemical)

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

Oxytocin (The Love Hormone)

- Playing with dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment

Serotonin (The Mood Stabilizer)

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

Endorphin (The Pain Killer)

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising

When Someone Mentions Nepal

Garisma Shrestha



I don't think of the lush green hills
I don't think of angled terraces
I don't think of the mountains
I don't think of the rivers
I don't think any of it
I don't,

I think
I think of the people around me
Working hard to be heard
Working hard to be seen

I think of the people I grew up with
The people I danced with on stage
I think of the people I
Learned,
Laughed,
Cried
With

I think of the community that supports
I think of the families in it

I think of my grandma
Who has taught me so much
About me
About us
About where it all started

About our culture
Our food

Our stories

I think of my parents
I think of where they grew up
I think of the stories they shared
Stories that connect us all in a
web

I think of my parents
And how they raised me to be
Loud but respectful
Resilient but observing
Strong but warm-hearted
I think of my brothers
Who taught me how to forgive.
A lot.

I think of my teachers
Who told me not to hide?

Most of all, I think of the Nepali people around me

We are all different, but we share
stories of our lives
We are born in countries all over the world
But we learn together
We read together

When someone mentions Nepal:
I think of the people who told me to be proud
I think of the people who make me proud
To be Nepali

My Nepal is the people around me
 My Nepal is my grandma, teachers, family,
 friends, aunties, and uncles

My Nepal is being proud of where you are from
 And who you are

When someone mentions Nepal:
 I think of my Nepal

And where my Nepal started

In my mom's birthplace
 The heart of it all
 In my father's
 Where two of the mightiest rivers connect
 My grandma's birthplace
 An adventurous land, like her

When someone mentions Nepal,
 I wish to share my Nepal with them
 I wish to share to the world, my Nepal.

Some Free/Affordable Community Health Clinic Resource *(Please call before you go to clinic)*

Wake County | Serving: Men/Women

Mariam Clinic, Cary | Ph: (919) 824-4672 |

Details: Mariam Clinic provides free health care to those who are struggling to make ends meet and cannot afford adequate medical care.

Advance Community Health of Southside, Raleigh | Ph: (919) 833-3111

Details: Acute Care (for illness and injury); Chronic Care Management (for Diabetes, High Blood Pressure, etc); Women's Health Services; Referrals; Free Laboratory Services; Mental Health / Psychiatry; Eye examinations

Remarks: Urban Area, Permanent Clinic, Year-Round, Part-Time (open 3 hours per week)

Advance Community Health, Southeast Raleigh | Ph: (336)421-3247

Details/Services: Primary Care, Pediatrics, Dental Services, Pharmacy

Remarks: Urban Area, Permanent Clinic, Year-Round, Full-Time (open 59 hours per week)

Advance Community Health, Apex | Ph: (919)833-3111

Details: Advance Community Health aspires to be a model of affordable healthcare and a trusted partner, building healthy communities, one patient at a time. We connect neighborhoods to the medical services necessary to build bolder futures. Why? Because when it comes to healthy living, every person wants the security of knowing that the provider they choose for their family will assure advanced, compassionate care. The Advance Team believes in meeting people where they are and then supporting their progress on the path to better health. It's our commitment to eliminate barriers and take a more holistic approach to care that sets us apart. It's what allows us to put you at the center of everything we do. When people have access to quality, affordable health care it lifts the entire community.

NCNC 2019 Election

Glimpses and viewpoints from the Election Commissioners

Dr. Narayan Rajbhandari

Dr. Shreekant Adhikari

Mr. Sharad Acharya

Election is a critical part of a community that empowers cordial relationships among members by selecting representatives who can lead the community to fulfill its mission. Mostly, leaders and/or representatives are elected unanimously in social organizations. However, when there are many interested candidates, the best way to elect candidates is by voting.

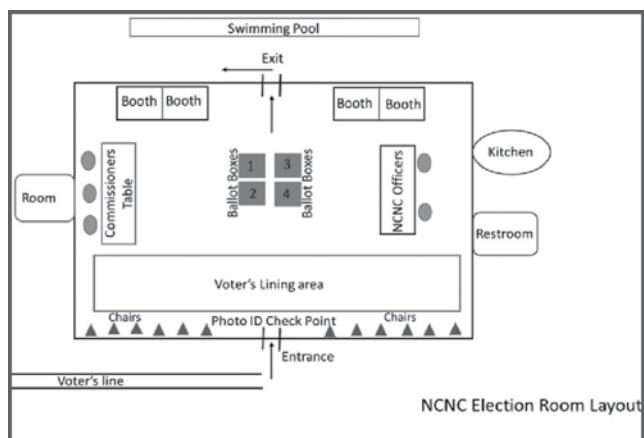
Nepal Center of North Carolina (NCNC) is a nonprofit Nepalese organization residing in North Carolina State. In the history of this organization, December 7th, 2019 stood for the first significant election year to exercise its voting rights as per Article 10 of its bylaws dated April 16, 2016. Since its establishment in 1999, a total of ten elections were conducted, and of which, the last nine elections did not necessitate going through voting procedures to elect candidates as there were no opponents. There

were more candidates than the ballot positions during the tenth election. This paper is, therefore, designed to address the adopted voting procedures during the tenth election and experiences gained for future elections.

On September 19, 2019, the former President of NCNC, Dr. Batu Sharma, and his Board of Directors (BOD) nominated three of us (authors of this article) as election commissioners effective from October 1, 2019 to conduct an election for the tenure period 2019-2021. We wholeheartedly accepted our nomination to serve NCNC and Nepalese community with the best of our knowledge and experiences. To execute a free and fair election process, we reviewed election rules and regulations in the USA and the State of North Carolina. We also reviewed NCNC's previous election procedures. We would like to extend our thanks to the previous election officers/commissioners – Dr. Jaya Raj Joshi, Dr. Harihar Bhattarai, Nagendra Neupane, Hareram Sharma, Shreekant Gautam, Dr. Dipendra Aryal, Sujata Dhungel, Dr. Chandra Giri and their associates– for their election strategies that continued to be helpful to plan this election.

Milestones of NCNC election

Defining chronological events are important for a successful election outcome, especially for





NCNC where the voting system was not experienced until 2019. With this understanding, we designed the following 14 major milestones which can be found following this URL: <https://bit.ly/3j7lgmj>

Call for Nomination

As per the NCNC bylaws, there are some qualifications required for nominating candidates. Considering the requirements, we requested NCNC members to nominate their candidates with respect to the following criteria for the following positions: a) President(1) b) Senior Vice President(1) c) Vice President(1) d) Executive Secretary(1) e) Joint Secretary(1) f) Treasurer(1) and h) Directors of Board(5)

1. Interested members can either self-nominate or nominate other individuals who are dues paying members of NCNC as of September 1, 2019, or who are life members/patrons of NCNC.

2. Nominees must have been a NCNC dues-paying member in good standing for at least two years prior to the election date and have attained the age of 18 years. In the case of the President, the nominee must have served one complete term (2 years) in the BOD.

3. Nominators can send nominations for one or more positions, but the nominee is eligible to compete for only one position. Nominators should provide name of nominator, current mailing address, valid email address, verifiable phone number and member as of September 1, 2019.

4. Nominators should provide position nominated, name of nominee, current mailing address, served one complete term in BOD (For President position only).

5. Nominator must provide a short statement of his nominee in regard to his eligibility for the position.

6. Only nominations sent to the specified email address will be considered by the Election Committee. Any other nomination through social media or personal emails will not be entertained.

7. Nominators are required to deposit a specified amount for each nominee in the NCNC's bank account. Nomination will only be confirmed after the fee is received.

Announcement of Voters' List

As per the NCNC bylaws, a voter list has to be published by screening the formal or eligible





members of the organization was a challenge. We became so fortunate to get full support from the NCNC BOD members. We would like to thank all of them, especially former President Dr. Batu Sharma and General Secretary Bikram Gautam. Because of their tireless effort, we could announce a list of 814 eligible NCNC members as per the NCNC bylaws, Article 10, Section 5.

Validation of voters' list is an important aspect to declare an officially acceptable list. Otherwise, any mistake in the list would bring controversy in nomination. Therefore, we requested the NCNC members to submit any questions/concerns on the accuracy of the published voters' list. Interested readers can have the updated list at <https://bit.ly/3goFEP4> for their information. While planning the voters' listing, we were primarily anticipating preparing a complete checklist, including first name, middle name, last name, date of birth, email address, and contact number. However, due to the lack of information in the NCNC's updated membership database, we could not engage in collecting the anticipated information. These information were necessitated to conduct a

vote by mail as suggested by some of the members. As a result, we could not fulfill the member's demands.

Announcement of Nominated Candidates

The toughest job is to prepare a list of nominated candidates. It looks like a simple one as it is to list down whoever is nominated. But it was not that easy in our case. Some of the candidates made us move heaven and earth.

After receiving nomination, we screened the nominated candidates and respective nominators as per our specified seven norms (above) and found altogether 26 candidates for the election on December 7, 2019. Additionally, we also announced the probable candidates through NCNC communication sites and requested the NCNC members to submit questions/concerns on the accuracy of the nominated candidates within 5-6 days. In response to our request, we received comments, suggesting we review a couple of candidates for their qualifications. We consulted with the corresponding BOD members to examine the candidates' membership status. Later, we found no issues regarding candidates eligibility. Unfortunately, it took us approximately 280





man-hours to figure out their eligibility status. It is, therefore, recommended that the NCNC bylaws be amended with a clear statement on calculating transitioning membership period.

Withdrawal of Nominations

As in previous years' election, we were expecting that 26 candidates would compromise among each other and withdraw their nomination from each position to make the election unanimous and make our life easy from going through all the election hassles. Nevertheless, none of the candidates withdrew their nominations and got ready to mark the election year 2019 as a historical event of NCNC. Then we started tightening our belts further to succeed in the upcoming election processes.

Campaign Procedures

Strictly speaking, the USA is a free country where citizens have freedom of speech. However, when thinking of NCNC's mission, values and principles, it is required to clarify some standards of professional conduct to meet desired behavior in election procedure to foster its growth. Therefore, we announced a campaign policy (Code of Conduct) after reviewing

sister organizations' set of norms, rules, and responsibilities in this regard. Interested readers can find the code of conduct at the NCNC's website - <https://bit.ly/2WcvwBG>.

Appointment of Volunteers

We figured out that we needed some volunteers. We requested at least two volunteers from each presidential candidate to represent during vote counting, eight for organizing elections, and two for organizing food and beverage for election officials. All the volunteers were requested to be present from 9:00 AM until the counting of votes is completed. The name of the volunteers are: Dr. Rishi Bastakoti, Hom Pandey, Dr. Bhoj Raj Gautam, Bhim Timilsina, Bibhuti Timilsina, Ashwin Sharma, Adarsha Acharya, Madhab Bhattarai, Suman Wosti, Dr Sunil Sharma, and Shyam Aryal.

Preparation for Election

December 7, 2019 was confirmed to conduct the NCNC election at Twin Lake Community Center, 1002 Lake Grove Blvd Cary, NC 27519, starting from 9 AM until counting of votes is completed and results are announced. We would like to thank Ashok Khanal for his effort





to book the community center for this election. We organized a couple of face-to-face meetings with the candidates and NCNC BOD, to lay out a master plan. Most importantly, we all agreed on the layout of our election milestones with inclusion of the following action items:

1. In the ballot paper, there is no need to refer to physical addresses associated with candidates' names. However, there should be a small gap between the boxes of candidates' names. The modified ballot paper sample is available to review at: <https://bit.ly/3y5CTbj>.

2. Precaution should be carried on matching the number of ballot papers printed with the number of voters who casted their votes and remaining ballot paper.

3. To accelerate the voting line, two volunteers should first check the voter's name and DOB with his/her identification. If there is an inconsistency, then they should consult with NCNC officials for verification. Only after verification, he/she should be sent to election commissioners for their further checking and approval to vote.

4. If the difference in vote counting between candidates for the same position is less than or equal to 10, and if candidates' representatives

are not satisfied with the result, vote recounting should be initiated for one time only.

5. If vote counting between candidates for the same position is equal, then one-time vote recounting should be initiated. If recounting results are the same, then the winner should be selected by random name drawing process.

6. If any disputes occur in the election process, all candidates, NCNC officials, and election commissioners should jointly solve the disputes without any argument and debate.

7. Vote counting status will be made available on the following web page: <https://bit.ly/3ydg31n>

Voting and Vote Counting

As scheduled voting started at 10:00 AM on December 7, 2019. Regardless of cold and windy winter weather, candidates were busy campaigning outside the community center at the designated areas with beverages, hot tea/coffee, snacks, and music. Likewise, candidates were enthusiastically gathering, discussing, and deciding to vote for their respected candidates. Out of the 814 eligible voters, 635 (78%) votes were casted indicating a great enthusiasm towards community participation. The election





day was well exhibited due to participation of the former and present presidents/representatives of different organizations such as Nepalese Association of

Southeast America (NASeA), Nepal Center of North Carolina (NCNC), Greater Charlotte Nepalese

Association (GCNA), Triad Nepalese Community Center (TNCC), Non Resident Nepali Association

(NRNA)– NC Chapter, Janasamparka Samiti – NC Chapter, Nepa Rhythms, International Nepali Literary Society (INLS)-NC Chapter, North Carolina Nepali Literary Society (NCNLS), and Everest Volleyball Club of North Carolina(EVCNC). Voters were so excited that even 30 seconds prior to closing the door, a few of them managed their busy schedules to get into the room for voting, thereby celebrating the first-time historic election of NCNC.

During the voting period, we performed some legitimate procedures to save from any disputes that might arise during voting process, they are as follows:

1. Before voting started, declaration of agreement between commissioners and presidential

and vice-presidential candidates for assuring that all ballot papers are of the same size, color, and enumeration was signed and documented.

2. During the voting period, four booths and four ballot boxes were arranged as shown in Figure 1 (below). All the eligible voters were requested to bring their personal government issued identification documents or cards showing picture and date of birth for confirming voting status. Volunteers diligently worked hard to maneuver the voting lines and to check their voting status. Once voters got through their screening from volunteers, they were escorted either to NCNC officers' desk for further enquiry on their voting status or to commissioners' desk for further validating their status and to get a ballot paper signed by Chief Commissioner.

3. For vote counting, three tables were assigned. In each table at least two volunteers, one NCNC official and one representative from each presidential candidate were assigned.

4. Votes were counted in the batch of 50 ballots per table.

5. Once counting was completed in all 3 tables the results were tallied and verified.

6. Voting results were updated almost every 90 minutes (or when the results were verified)



through the NCNC 2019 Election website. It took approximately four hours to complete counting all the votes. Final result was announced right after the completion of voting counts. Details of voting scores were posted at <https://bit.ly/3kwpYdZ>.

7. At the end, another declaration of agreement among commissioners, presidential representatives, and NCNC officials was prepared and signed for assuring that all ballot papers were of same size, color, enumeration, and that the elected candidates scored highest voting count to win the 11 seats of NCNCBOD for 2020-2021.

Issues in election process and recommendations

Following were some of the issues raised during the election process:

Although we requested NCNC members not to comment without carrying out any substantial proof/evidence/document, some members were not happy with the request and commented that the commissioners were not following democratic rules. Sometimes it is difficult to understand the true meaning of democracy. Indeed, we all are doing our volunteering services with our best of knowledge and ability to serve our community despite our family life and work engagement. If someone does a little bit of homework to understand circumstances of concern or comments, it would certainly help us to manage our plans.

While developing a ballot paper, an issue was raised by a candidate to add either his nickname or suffix (eg: Jr, Sr, Sir etc) or remove such

suffix from all the candidates. In future, to avoid such controversy, it is recommended to use their legal names in the ballot paper.

Some members raised issues of the online voting system as per the election rule of the USA. Due to our limited resources and poor database system we were unable to do so this time and assured them to request NCNC BOD to include their request for the coming year's election.

We received several anonymous emails and phone calls to get answers right away. Some of them were related to suggestions on voting procedures, and some were related to disqualifying the opponents in regard to not meeting at least two years membership prior to the election date. There were some issues in timing while transitioning from one type of membership to another. It is, therefore, recommended that the NCNC bylaws be amended with a clear statement on calculating transitioning membership period.

Award Ceremony

On December 29th, 2019, we awarded the "Certificate of Winning" to the elected candidates during the annual general meeting (AGM) of NCNC and wished good luck for their tenure. We appreciated the outgoing BODs for their tireless and exceptional dedication and services to the Nepalese Community. We also awarded a "Certificate of Appreciation" to the volunteers for their whole-hearted help to make the 2019 election successful. Likewise, we were also awarded a "Certificate of Appreciation for Outstanding Contribution and Performance

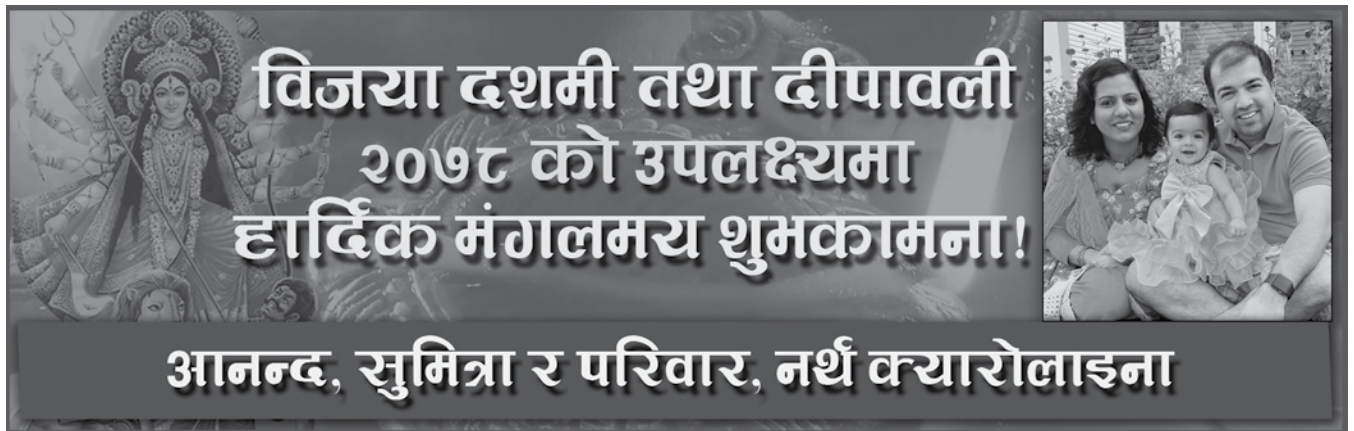
to the Community” by the outgoing President of NCNC.

Conclusion and Acknowledgment

The 2019 NCNC election successfully met all the essential milestones through the democratic process with voters’ equal participation, unbiased assessments, accountability of responsibility with respect to NCNC mission and transparency of decisions. The election could not include mail-in ballots and online voting as demanded by a few voters because of lack of data availability with respect to given authority, resources, and timing. There were some complaints and challenges to interrupt the election, but as a proverb advises “If you were born without wings, do nothing to prevent them from growing” we keep on moving with our knowl-

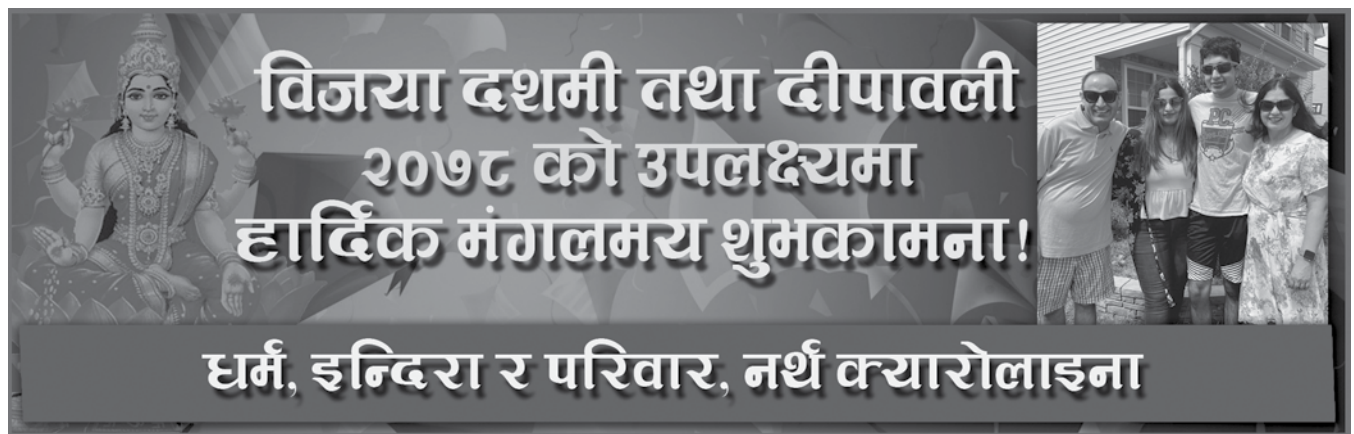
edge, experiences, and resources to make the election without any bad incidents and frauds. This was possible mostly because all three of us had different but complementary skills to each other and we always focused on how we can achieve the goal at hand. Inevitably, the election results were well accepted by the NCNC community, voters, and candidates.

We are fortunate to be commissioners of this historic election of NCNC and proud to make this event successful. Without help and cooperation from NCNC officials, volunteers, voters, and candidates, success of this election would be impossible. We, as the 2019 NCNC election commissioners, would like to sincerely thank them, especially President Dr. Batu Sharma and General Secretary Bikram Gautam, for their enthusiasm, dedication, and cooperation.



विजया दशमी तथा दीपावली
२०२० को उपलक्ष्यमा
हार्दिक मंगलमय शुभकामना!

आनन्द, सुमित्रा र परिवार, नर्थ क्यारोलाइना



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धर्म, इन्दिरा र परिवार, नर्थ क्यारोलाइना

संयुक्त राज्य अमेरिकामा नेपालीहरूको आगमन र बसोबास सम्बन्धी संक्षिप्त इतिहास

डा. बालकृष्ण शर्मा (मरहट्टा), नर्थक्यारोलिना

भूमिका र उद्देश्य:

यो लेखमा संयुक्त राज्य अमेरिकामा गत चार दशक (४० वर्ष) का अवधिमा नेपाली-अमेरिकन समुदाय के कसरी बढ्यो भन्ने कुरा लेखक आफैले (धेरैजसो) यहाँ बस्दा देखेका, भोगेका, सुनेका र गरेका कुराहरू आफुलाई नै प्रतिनिधि पात्र ठानेर लेखेको पाउनु हुनेछ । यो लेखमा प्रस्तुत विषयवस्तु केही गुगल सर्च बाहेक कुनै बृहत् अनुसन्धानको आधार मा लेखेको होइन । यो लेखमा लेखकको प्रस्तुत अनुभव अमेरिकामा बस्ने सबै/धेरै नेपालीहरूले भोगेका परिस्थिति र अनुभवसँग मेल खानुपर्छ भन्ने जरूरी छैन । बरु यो लेखकको व्यक्तिगत जानकारी / बुझाई रहेछ भन्ने ठानेर पढ्नुभएमा बेश होला भनी पाठकहरूमा अनुरोध छ । प्रत्येक दशकमा अमेरिकामा नेपाली समुदायको इतिहास कस्तो थियो भन्ने कुरा आफुभन्दा पछिका दशकमा नेपालबाट आउनुभएका नेपाली दाजु-भाइ, दिदी-बहिनीहरूलाई जानकारी होस् भन्ने उद्देश्यले यो लेख लेखिएको हो ।

यो लेखलाई दशक-दशकमा विभाजन गरी लेखिएको छ । यीमध्ये १९८०-१९९० दशकका

सुरूका १-२ वर्षका लेखकका अनुभव अमेरिकाको साउथ डेकोटा नामक राज्यमा

मास्टर्स डिग्रीको लागि पढ्दाखेरि को हो । यसै दशकको अन्तिम सात वर्षको अनुभव वाशिंगटन डी.सी. नजिकै पर्ने युनिभर्सिटी अफ मेरिल्याण्ड, कलेज पार्क मेरिल्याण्डमा पी.एच.डी. डिग्रीको लागि पढ्दा खेरिको र पछि त्यहीं काम गर्दाका वर्षहरूका हुन् । १९९०-२००० को दशकका अनुभव मिचिगन राज्यमा भएको मिचिगन स्टेट युनिभर्सिटीमा नोकरी/काम गरी बस्दाका हुन् । २००० पछिका १९ वर्षका अनुभव भने हाल बसेको राज्य नर्थ क्यारोलिनामा आई नोकरी/काम गरी बसोबास गरेका अवधिका हुन् । यो लेखको विषयवस्तुके सिलसिलामा उत्कृष्ट योगदान पुर्याएका, नलेखी नहुने लागेका केही व्यक्तिहरूको मात्र नाम उल्लेख गरेको पाउनुहुनेछ, किनकि यो लेख व्यक्तिको बारेमा भन्दा पनि तत्कालीन दशकमा हामी नेपालीहरू के कसरी बस्यौं, दशक-दशकमा कस्तो परिवेश / परिस्थिति थियो र नेपाली-अमेरिकन समुदाय कसरी बढ्दै आएको छ भन्ने उद्देश्य अनुरूप लेखिएको हो ।

१९८०-१९९० को दशक

गुगल सर्चमा फेला परेको लेखका लेखक ओलिभिया मिलरले [https:// www. everyculture.com/multi/Le-Pa/Nepalese-](https://www.everyculture.com/multi/Le-Pa/Nepalese-)

Americans.html मा लेख्नुभए अनुसार १९७५ मा छपन्न (५६) जना नेपालीहरू नेपालबाट अमेरिकामा स्थायी बसोबास गर्नआएका (इमिग्रेट भएका) थिए अनि यो बर्षदेखि १९९६ सम्म नेपालबाट अमेरिकामा बसोबास गर्नआउनेहरूको संख्या प्रति बर्ष १०० भन्दा कमै थियो । उक्त लेखकोआधारमा भन्न सकिन्छ कि यो दशकको सुरुति र अमेरिकाका कुनै-कुनै राज्यहरूमा मात्र, र त्यो पनि औलामा गन्न सकिने संख्यामा मात्र नेपाली हरू थियौं । यी सुरुका वर्षहरूमा आएका हरूमध्ये धेरैजना तात्कालिक नेपाल सरकारले विभिन्न विभागमा सेवारत, अमेरिकामा उच्च शिक्षा हासिल गर्न पठाइएका विशेषज्ञहरू र अरू केही व्यक्तिहरू भने त्रिभुवन विश्वविद्यालयलेउच्च शिक्षा हासिल गर्नका लागि पठाएका प्राध्यापकहरू हुन्थे । प्रायः यी सबैलाई यु.एस. ए.आई.डी.ले स्पोन्सर गरी ल्याएको हुन्थ्यो । बाँकी अरू केही व्यक्तिहरू भने फुलब्राइट्- वा अन्य छात्रवृत्ति पाएर आएका वा अन्य तरिकालेनेपालबाट आई बसेकाहरू थिए ।

स्थायी बसोबास गर्नआएकाहरू परिवारसँगै आएका/बसेका पाइन्थे भने तात्कालिक नेपाल सरकारका कर्मचारीहरू र त्रिभुवन विश्व-विद्यालयका प्राध्यापकहरू मध्ये प्रायः सबैजसो व्यक्तिहरू एकलै (परिवार बिना) अमेरिका आउने चलन थियो । प्रोग्राम-स्पोन्सरले पनि हामी नेपालबाट उच्च शिक्षा हासिल गर्न आउने हरूलाई परिवार ल्याउन हतोत्साहि त गर्ने गर्दथे । यीमध्येबिरलैमात्र परिवार लिएर नेपालबाट आएकाहरू भेटिन्थे । हामी नेपालीहरूलाई

नेपाली तरिकाले घुलमिल गर्न, नेपाली भाषामै देश विकास गर्ने बारे गफ गरी आनन्द लिन नेपालीहरूको नै सङ्गत आवश्यक पर्दछ । त्यसै ले आफ्नो गन्तव्य सहर वा युनिभर्सिटीमा अरू कोही नेपाली भइदि एको खण्डमा सजिलो महसुस हुने कुरा स्वाभाविक थियो । अमेरिकामा नेपालीहरूको संख्या अति नै थोरै भएका कारणले कुनैपनि ठाउँमा जानुपर्दा /पुग्दा सहयोग गरि दिने नेपाली कोही नै नभएको ठाउँमा पुगिन्छ कि भन्ने डर लाग्दथ्यो । यो दशकको सुरुतिर अमेरिकाका बीच भागमा भएका कलेज वा विश्व-विद्यालयहरूमा एक दुई जना नेपाली भेटिए पनि धेरै खुसी लाग्दथ्यो ।

हामी नेपालीहरू सानो संख्यामा भएका कारण अमेरिकाका अरू राज्यमा हुनुहुने विद्यार्थी /साथीहरूसँग नेपाली भाषामा बोल्न/कुरा गर्न सप्ताहको अन्त्यतिर फोन गर्ने चलन थियो ।

सप्ताहका ५ दिनमा (Monday to Friday) सबैको क्लास वा काम हुने हुनाले लामो दूरीको फोन गर्न ठीक होइन जस्तो लाग्दथ्यो । सप्ताहका यी ५ दिनहरूमा काम गर्ने समयमा फोन गर्नु महंगो पनि पर्दथ्यो । त्यो परिस्थिति मा नेपाली भाषामा कहिलेकाहीं मात्र कुरा गर्न पाइने हुँदा नेपाल र आफ्नो घर-परिवारलाई सम्भेर नियास्रो लाग्नु (होम सिक हुनु) स्वाभाविक नै हुने भयो । सुरुका १-२ बर्ष प्रोग्राम स्पोन्सरले वर्षमा एक-दुई पटक अन्तरराष्ट्रिय विद्यार्थीहरूलाई कन्फरेन्सको आयोजना गर्दथ्यो । १९८१ को डिसेम्बरमा वाशिङ्टन डी.सी.मा युएसआईडी लेअ आयोजना गरेको कन्फरेन्समा

गएको बेला कुनै नेपाली त्यो क्षेत्रमा छन् कि, भेट्न पाइन्छ कि भनेर नेपाली राजदूतावासमा फोन गरेको र दूतावासका कर्मचारीले त्यो एरि या (म्यारिल्याण्ड) मा बस्दै आउनुभएका श्री अच्युत श्रेष्ठज्यूको घरमा फोन सम्पर्क गर्नु भनेका र उहाँलाई फोन गर्दा “तुरुन्तै आउनु” भनी निमन्त्रणा गरेको अनि उहाँको घरमा जाँदा दाल-भात खुवाई रमाइलो साँभु बिताएको हिजो जस्तो लाग्दछ ।

नेपालबाट आएका हामी नेपालीहरू साह्रै थोरै संख्यामा हुनाले र छिमेकी राष्ट्र “इण्डिया” बाट आउने विद्यार्थीहरूको संख्या पनि कमै हुनाले दुवै देशबाट आएकाहरू एक-आपसमा मिलिजुली बस्ने र महिनामा एक-दुई पटक नेपाली/इन्डियन खानाको परिकार/स्वादको खाना खानको लागि र नेपाली वा हिन्दी भाषामा गफ-गाफ गर्नको लागि साथीहरूसँग भेट-घाट गर्ने चलन थियो । कलेज वा युनिभर्सिटी वा शहरमा भेट भएका पढ्न आउने प्रायः सबै विद्यार्थीहरू, पढाइ-लेखाइमा मेहनत गर्ने, आफ्नो प्रोग्राम स्पेन्सरले तोकिएको समयमा काम सिध्याउने, जति सक्यो धेरै पैसा बचत गर्ने र नेपाल फर्कनेवातावरण बनाउने काममा नै प्रायः सबैको प्रवृत्ति देखिन्थ्यो ।

यो दशकको अवधि भरि नै क्याम्पस-बाहिर डेरा गरी बस्नका लागि डेरा खोज्नु ज्यादै चुनातीपूर्ण काम हुन्थ्यो । रेन्टल-लिजको बारेमा केही थाहा थिएन । नयाँ र अपरिचित शहर/ठाउँसँग परिचित हुनको लागि शहरको म्याप/नक्सा किनेर साथमा लिने र त्यो नक्सा

हेरेर बाटो खोज्दै पैदल हिंड्ने चलन थियो । स्थानीय यातायात भएको स्थान/शहरमा पुग्नेहरूले बस, ट्याक्सी आदि प्रयोग गर्ने चलन थियो, तर सानो शहरमा पुगेकाहरू भने साइकल किनेर चढ्ने वा पैदल नै हिंड्ने चलन थियो । मोटर-कार किन्नका लागि खर्च धेरै लाग्ने हुनाले मोटर-कार किन्ने अन्तरराष्ट्रिय विद्यार्थी साह्रै थोरै हुने र तिनमा पनि प्रायः सबै नेपालभन्दा धनी देशबाट आएकाहरू हुन्थे ।

भाषिक कठिनाईसँग जुध्नु हामी नेपालीहरूका निम्ति अति नै चुनौतीपूर्ण काम थियो । नेपालबाट आएका धेरैजनालाई इन्डिजस कोर्स लिनुपर्छ भन्ने चलन नै थियो । धेरै जसो कलेज र विश्व-विद्यालयहरूले आफ्ना अन्तरराष्ट्रिय विद्यार्थीका लागि आतिथ्य परिवार (होस्ट फ्यामिली) खोजिदिने प्रयास गर्दथे र ती आतिथ्य परिवारले हामी अन्तरराष्ट्रिय विद्यार्थीहरूलाई आवश्यक परेको बेला धेरै सहयोग गर्ने गर्दथे । यसको अलावा आफ्नो आतिथ्य परिवारबाट अमेरिकी संस्कृतिका बारेमा थुप्रै कुराहरू सिक्ने मौका मिल्दथ्यो । ती आतिथ्य परिवारका सदस्यहरूसँग भेट कुरा-कानी हुँदा हामी नेपालीहरूका निम्ति पनि उनीहरूलाई हाम्रो नेपाल र नेपाली संस्कृतिका बारेमा भन्ने मौका मिल्दथ्यो । उनीहरूले र अन्य अमेरिकन सहपाठी/साथीहरूले नेपालका बारेमा खूब चाखसँग सोध्ने गर्दथे । हामी नेपाल फर्कने भन्ने भएर होला, कहिले पनि जागिर खानको लागि प्रतिस्पर्धीका रूपमा हामी नेपालीहरूलाई हेरेर उनीहरूले ।

बाटोमा वा घरबाट पर कतै पुगेको बेला कसैलाई फोन गर्नुपरेमा फोन बुथमा गई २५ सेन्ट (क्वाटर) फोन मसीनमा हाली फोन गर्नु पर्दथ्यो । तेस्तो फोन बुथमा त्यो एरियाको सर्भिस दिने टेलिफोन कम्पनीले एउटा सेतो रङ्गको फोन नम्बरको किताब (white pages = व्यक्ति वा परिवारहरूको फोन नम्बर) र एउटा पहेंलो रङ्गको फोन नम्बरको किताब (yellow pages = बिजिनेसहरूको फोन नम्बर) ग्राहकहरूको प्रयोग/सुविधाको लागि भुन्ड्याइ दिएका हुन्थे। ती फोन बुकहरूमा फोन नम्बर हेरी फोन -मसीनमा पैसा खसाली फोन गर्ने चलन थियो । नेपालमा खबर आदान-प्रदान गर्न हिजोआजको जस्तो फोनको प्रशस्त सुविधा थिएन । चिठी लेख्ने चलन थियो । अमेरिकाबाट नेपाल चिठी पुग्न केही हप्ता वा महिना लाग्ने हुनाले येरोग्राममा लेखे छिटो पुग्नेहुँदा त्यसमा लेख्नेचलन थियो । नेपालको र घर परिवारको ज्यादैनियास्रो लागेको खण्डमा पुराना चिठी नै पटक-पटक पढ्ने चलन थियो । केही वर्षमै वाशिङ्गटन डी.सी. नजिक मेरिल्याण्ड गइसके पछि थाहा भयो कि वाशिङ्गटन डी.सी. र वरपर अन्तरराष्ट्रिय विद्यार्थीहरू बाहेक अरू केही नेपाली परिवारहरू पनि बसोबास गर्नु हुँदो रहेछ ।

यो दशक सुरु हुनुभन्दा १३ वर्ष पहिले (१९६७ मा) नै वाशिङ्गटन डी.सी. र वरपर बस्नेकेही नेपालीहरू र नेपाल गई फर्केका नेपाल प्रेमी अमेरिकनहरूले नेपाली भाषा, कला, संस्कृति, रीति -रिवाज, चाल-चलनको प्रवर्धन गर्ने र

अमेरिकन हरूबाट नेपालीले र नेपालीहरूबाट अमेरिका कनहरूले सिक्ने उद्देश्यले अमेरिका नेपाल सोसाइटी (America Nepal Society) भन्ने संस्था खोलेका रहेछन् । १९८१-१९९० को दशक ताका त्यो संस्थामा नेपालीहरू र अमेरिकनहरू बराबर जस्तै थिए भन्ने सुनेको हो, तर आफु भने विद्यार्थी नै भएको, त्यति फुर्सद पनि नहुनेहुनाले र आवत-जावतको लागि निजी साधन पनि नभएको, साथै हामी नेपाल फर्कनुपर्ने र नेपाल फर्कने मनस्थिति भएका विद्यार्थीहरू हुनाले त्यतातिर चाख लिने कुरै भएन । केही वर्षपछि थाहा भयो कि यो दशकको सुरुमै १९८२ मा Association of Nepalese in Midwest America (ANMA) भन्ने संस्था मिड-वेस्ट क्षेत्रमा बस्नुहुने केही अग्रजहरूले सुरु गर्नुभएको रहेछ र त्यसको एक वर्षभित्रै (१९८३ मा) अमेरिकाको पूर्वी भागतिर का नेपालीहरूलाई समेटेर पुरै अमेरिका क्षेत्रलाई प्रतिनिधि गर्ने गरी Association या Nepalese in Americas (ANA) भन्ने संस्था डाक्टर हरि शर्माको अगुवाइमा खोलिएको रहेछ । यो ANA को वार्षिक मिटिङ् अमेरिकन युनिभर्सिटीमा हुँदा डाक्टर तुलसी महर्जनलाई ANA को प्रेसिडेण्ट चुनेको दिनमा आफुपनि उपस्थित, सहभागी भएको मिठो परिस्थिति/अनुभवको सम्झना अझ ताजै छ ।

यो दशकताका नेपालको राजदूतावास वाशिङ्गटन डी.सी.ले प्रत्येक वर्ष सबै डी.सी., मेरिल्याण्ड, भर्जिनिया वर-परका नेपाली घर-मुलीहरूलाई दशैं पार्टीमा निमन्त्रना गर्दथ्यो

। उक्त पार्टी राजदूतको निजी निवास (पुरानो निवास) मा हुने गर्दथ्यो र जम्मा-जम्मी ६०-८० जनाको संलग्नता हुन्थ्यो भने एकै साँझ सबैलाई बोलाए पनि ठाउँ पुग्थ्यो । यो दशकको अन्त्यतिर पुग्दा त्यो एरियामा नेपालीहरूको संख्या बढ्दै गएको कारणले र भन्डै २००-३०० नेपालीहरूलाई बोलाउनुपर्ने देखेपछि नेपाली दूतावासले दशैं पार्टी त्यही निवासमा तर दुई पटक, भिन्न-भिन्न मान्छेहरूलाई बोलाउनुपर्ने स्थिति आएकोले, त्यसै गर्दथ्यो ।

नेपालबाट परिवार ल्याउनेहरूको कुरा गर्दा - अमेरिकामा नेपाली भाषा, कला संस्कृतिको कुरा अमेरिकनहरूसँग कुरो गर्दा गरियो । तर आफ्नै परिवार र बाल-बच्चाहरूमा नेपाली भाषा जगेर्ना, प्रवर्धन गर्नुपर्छ भन्नेकुरा यो दशक भरि नै हामी नेपालीहरूलाई लागेको थिएन । बरु हाम्रा बाल-बच्चाहरूले छिट्टै अङ्ग्रेजी भाषा सिकुन् उनीहरूले स्कूलमा राम्रो गर्न सक्नु भन्ने नै हाम्रो प्राथमिकता/मनस्थिति थियो ।

हाम्रा बाल-बच्चाहरूले नेपाली भाषा बिर्सन्छन् कि भन्ने डर नै लागेन । हुन त यतिका दशकसम्म अमेरिकामै बसिएला भन्ने थाहा पनि थिएन । हामीलाई त यो दशकभरि नै जस्तो “हामी आफ्नो कार्यक्रम सिध्याएर नेपाल नै फर्कनेहो” जस्तो मात्र मनमा लागि रहन्थ्यो, जो बस्दै जाँदा, पछि गएर, सत्य साबित भएन ।

१९९०-२००० को दशक

यो दशकको सुरुका एक दुई वर्षसम्म अमेरिकामा ३-४ हजार मात्र नेपालीहरू थियौं

होला भन्दा अत्युक्ति नहोला । अमेरिकाको विकास अनि यहाँको भौतिक सुविधा/सम्पन्नताको कारणले र नयाँ पुस्तालाई नेपालमा भन्दा अमेरिकामा उज्ज्वल भविष्य देखेर हुनुपर्छ, यो दशकको सुरुदेखि नै बितेका दशकमा अमेरिकामा आई नेपाल फर्कनुभएका धेरैबाबु-आमाहरूले र अन्य हजारौं अभिभावकहरूले हाईस्कूल पास गरेका आफ्ना छोरा-छोरीहरूलाई अमेरिकाका विभिन्न कलेज र विश्व-विद्यालयहरूमा स्नातक स्तर (undergraduate level) मै पढाउनको लागि अमेरिका पठाउन थाल्नुभयो । हामीले पनि नेपालबाट “हामीलाई पनि अमेरिकातिरै तान्नुहोस् न” भन्ने साथीहरूलाई यो देश तपाईं हामीलाई भन्दा हाम्रा नयाँ पुस्तालाई राम्रो रहेछ । त्यसैले अब आफु आउन कोशिस गर्नुभन्नुन्दा आफ्ना छोराछोरीहरूलाई उच्च शिक्षाको लागि पठाउनहोस् भन्ने सुभाब दिन थाल्यौं । नेपाल सरकारका र त्रि.वि.वि.का सेवारत कर्मचारी र प्राध्यापकहरू अमेरिका आउनेभन्दा चारवषे कलेज डिग्रीको लागि आउने विद्यार्थी युवा-युवतीहरूको संख्या एकदमै बढ्यो । यो दशकको बीचतिर आइपुग्दा अमेरिकी कलेजहरूले र विश्व-विद्यालयहरूलेपनि अन्तरराष्ट्रिय विद्यार्थीहरू आफ्नो कलेज वा प्रोग्राममा ल्याउनाले उनीहरूको शिक्षा-प्रणाली राम्रो हुने, विविधता आउने भई अमेरिकी विद्यार्थीहरूले पनि अन्तरराष्ट्रिय विद्यार्थीहरूबाट थुप्रै कुराहरू सिक्न सक्ने, विश्व-विद्यालय वा कलेजलाई आर्थिक आम्दानी पनि हुनेआदि फाइदा हुने कुराहरू ध्यानमा राखेर विभिन्न देशबाट (नेपालबाट

समेत) अन्तरराष्ट्रिय विद्यार्थीहरू ठूलो संख्यामा आफ्ना कलेज र विश्व-विद्यालयहरूमा भर्ना दिई ल्याउन थाले । नेपालबाट बढ्दो संख्यामा हाईस्कूल अथवा दुई वर्ष कलेज पूरा गरेका छोरा-छोरीहरूलाई अनेक उपाय खोजेर भएपनि बाबु-आमाहरूले पठाउन थाले । यसो गर्दा स्नातकोत्तरमा आउनेहरूभन्दा चारवर्षे कोर्स (स्नातक स्तर) कै पढाई गर्न धेरैविद्यार्थीहरू अमेरिका आए । यो क्रम प्रायः योदशकभरि नै चलिरह्यो । यो प्रक्रिया चल्दै गर्दा स्नातकोत्तर स्तर (लेबल) मा अमेरिकामा पढ्न आउनेहरूको संख्या भने घटेकोजस्तो लाग्दैनथ्यो ।

कम्प्युटर प्रविधिले र टेलिफोनको सुविधाले गर्दा अमेरिकामा नेपालीहरू आउन धेरै सहज बनाएको कुरा हामी सबैलाई थाहा नै छ । गत दशकको सुरुतिरदेखि बजारमा आएको डेस्कटप कम्प्युटरहरू यो दशकको सुरुमा आइपुग्दा धेरै प्रचलित भएका थिए । ल्यापटप कम्प्युटरहरू पनि बजारमा आउन थालेका थिए ।

आज-कालको जस्तो इन्टरनेटको सुविधा र प्रयोग गर्ने वातावरण भने बनिसकेको थिएन । नेपालबाट उच्च शिक्षा हासिल गर्न अमेरिका आउनु भएका श्री राजपाल सिंहज्यूले University of Minnesota ले सुरु गरेको Gopher Client server भन्ने Platform मा “नेपाल डाइजेष्ट” भन्ने अनलाइन खबर पत्रिका चलाउन/प्रकाशन गर्न सुरु गर्नुभएको थियो । त्यही “नेपाल डाइजेष्ट” मार्फत हामी केही नेपालीहरू एक-अर्कामा पोष्टिङ्ग सेयर गरी विचार/खबर आदान प्रदान गर्दथ्यौं । यो दशकको बीचतिर आइपुग्दा

इन्टरनेटको विकास भयो ।

नेपालमा फोन गर्नको लागि प्रिपेड फोन कार्डहरू सजिलै पाइन् थाल्यो । जसबाट नेपाल र अमेरिकामा खबर आदान प्रदान छिटो-छिटो हुन थाल्यो ।

यो दशकको बीचतिरबाट अमेरिकामा भएका नेपालीहरूले अमेरिकामा छिटो बढ्दो नेपाली-अमेरिकनहरूको खाँचो र उता नेपालमा पनि सहयोग गर्नुपर्ने स्थिति महसुस गरी सामुदायिक रूपमा भेट-घाट गर्न, नेपाली कला, संस्कृतिको प्रवर्धन गर्न र नेपाललाई चिनाउन अनि परेको वेला नेपाललाई सघाउने उद्देश्यले सामाजिक कल्याण जस्ता संस्थाहरू धमाधम खोल्न थालेर प्रत्येक वर्ष वार्षिक भेला र कार्यक्रमहरू चलाउन थाले । यस्ता संस्थाहरूको उद्देश्य सहर वा राज्यका नेपालीहरू एकै स्थानमा जम्मा भएर दशैं, तिहार, छठ, लोसार, नेपाली नयाँ वर्ष आदि मनाउने भन्ने थियो र त्यसै गर्न थालियो । नेपालीहरूको संख्या छिटो बढेका राज्य वा सहर जस्तै क्यालिफोर्निया, न्यूयोर्क, पोर्टल्याण्ड ओरेगन, सिकागो, डेनभर, बोस्टन, टेकसास, फ्लोरिडा, मिन्नेसोटा, नेब्रास्का र अरू केही राज्य र शहरमा सुरु गरिएकोमा, अरू समुदायहरूले पनि त्यस्तै आवश्यकता महसुस गरेको हुनाले यो दशकको अन्त्यसम्म आइपुग्दा धेरै यस्ता संस्थाहरू नेपाली समुदायहरूले खोले । नेपाली समुदायहरूले खोलेका केही नमुना संस्थाहरूको गुगलमा संक्षिप्त खोजी गर्ने हो भने पाइन्छ कि द ग्रेटर बोस्टन नेपाली कम्युनिटी (The Greater Boston Nepali Community (GBNC))

१९८९ मै सुरू भएको रहेछ । नेपालीस असोसिएसन अफ साउथइस्ट अमेरिका (Nepalese Association या Southeast America) १९९१ मा सुरू भएको रहेछ ।

नेपाली असोसिएसन अफ नर्थन क्यालिफोर्निया (Nepalese Association of Northern California) १९९४ मा खोलिएको रहेछ । नेपालीस एण्ड फ्रेंड्स कल्चरल एसोसिएसन (Nepalis and Friends Cultural Association (NAFCA) १९९८ मा सुरू गरिएको रहेछ । अनि हामी बसेको राज्य नर्थ क्यारोलिनाको नेपाल सेन्टर अफ नर्थक्यारोलिना (NCNC) १९९९ मा सुरू भएको भन्ने कुरा थाहा हुन्छ । यसरी नै नेपाललाई सघाउने उद्देश्यले खोलिएका फाउन्डेसनहरू मध्ये केहीको मात्र नमुना दिनुपर्दा सन्फ्रान्सिस्को, क्यालिफोर्नियामा नेपाल युथ फाउन्डेसन १९९० मा सुरू गरिएको, मिन्नेसोटा राज्यमा दर्ता गरिएको, सुरूदेखि नै यो लेखक संलग्न भएको संस्था, इम्पावर नेपाल फाउन्डेसन (Empower Nepal Foundation) १९९६ मा सुरू गरिएको थियो भन्ने कुरा थाहा हुन्छ ।

यो दशकको बीचतिरबाट अमेरिकाले विभिन्न देशहरूबाट डाइभर्सिटी भिसा (डी.भी.भिसा) प्रोग्राम अन्तर्गत डी.भी. विजेताहरूलाई र तिनका परिवार समेतलाई ग्रीन कार्ड दिएर अमेरिका ल्याउन थाल्यो । यो प्रोग्राम अन्तर्गत नेपालबाट प्रत्येक वर्ष नेपाली दाजुभाइ, दिदी-बहिनीहरू र उहाँहरूको परिवारका सदस्यहरू हालसम्म प्रतिवर्ष अमेरिका आउने गरेको कुरा हामी सबै

लाई जानकारी नै छ । ओलिभिया मिलर को पोस्टिंग (<https://www.everyculture.com/multi/Le-Pa/Nepalese-Americans.html>) मा लेखिए अनुसार १९९५ मा ३१२ जना नेपाली डी.भी. भिसा प्रोग्राम अन्तर्गत ग्रीन कार्ड पाई अमेरिका प्रवेश गरेका थिए, अनि १९९८ मा २२६ जना नेपालीहरूले डी.भी. भिसा जितेका थिए । योभन्दा पहिले नै अमेरिकामा बसोबास गर्दै आएका हामी नेपालीहरूले नवआगन्तुक डी.भी. भिसा अन्तर्गत बसाई आएका भाइ-बहिनीहरूलाई र विद्यार्थी भिसामा अमेरिका आएका बाबु-नानीहरूलाई सुरू-सुरूमा नयाँ ठाउँमा स्थापित हुन सजिलो होस् भनी सघाउने र उनीहरूलाई आवश्यक सामान किनमेल गराउन लैजाने र नोकरी/काम खोज्न सघाउने गर्दथ्यौं । हामीले जस्तै विभिन्न राज्यमा भएका अरू नेपालीहरूले नवआगन्तुक नेपालीहरूलाई सघाउँदै, सिकाउँदै, मद्दत गर्ने काम गरे । यो दशकको अन्त्यतिर आइपगुदा अमेरिकाका धेरै राज्यहरूमा नयाँ आउने नेपालीहरूलाई सहयोग गर्न पहिले आएका नेपालीहरू नै जागरूक र सक्षम भैसकेका थिए । ठूलो संख्यामा आएका अन्तरराष्ट्रिय विद्यार्थीहरूलाई सो गर्न सम्भव नभएर पनि होला, अघिको दशकमा लेख्दा उल्लेख गरिएको जस्तो विद्यार्थीहरूको लागि कलेजहरूले चलाएको आतिथ्य प्रोग्रामको आवश्यकता नै नेपालीहरूलाई नपर्ने भयो ।

२०००- २०१० को दशक

यो दशकको सुरूमा २००१ को सेप्टेम्बर

११ तारिखको दिनमा अमेरिकामा देशका शत्रु/उग्रवादीहरूले हमला गरे । यो हमलाको कारणले अमेरिकी सरकारले डी.भी. भिसा अन्तर्गत अरू केही देशबाट आउने/ल्याउनेहरूको संख्या घटाएको थियो र भनिन्छ, कि यो कारणले नेपालबाट डी.भी. भिसा प्रोग्राम अन्तर्गत अमेरिका आउनेहरूको संख्या भने प्रति वर्ष ज्यादै नै ठूलो हुन थाल्यो । उता जन्मभूमि नेपालमा तत्कालीन नेपाल सरकार र माओवादी लडाकुहरूका बीचमा केही वर्ष देखि चलेको जनयुद्ध चरम उत्कर्षमा पुगेको थियो । देशमा भएका धेरै संरचनाहरू ध्वंस बनाइएका थिए । दुवै पक्षबाट मारिनेहरूको संख्या दिन प्रतिदिन बढ्दै थियो । कतिलाई देशभित्र बसेर ज्यान जोगाउन गाह्रो थियो र देशमा तुरुन्तै रोजगारी बढ्ने कुनै अवस्था नदेखेका कारण देशका युवा-युवतीहरूमा देशबाहिर निस्कनेहरूको संख्या हवात्तै बढ्यो ।

नेपाली युवा युवतीहरूले ठूलो संख्यामा विदेशतिर पढ्न जाने भन्दा अमेरिकालाई सबभन्दा बढी प्राथमिकता दिने परिस्थिति हुन गयो । तदनुरूप यो दशकभरि नै नेपालीहरू हजारौंको संख्यामा अमेरिका आउने क्रम हरेक वर्ष बढ्दैगयो ।

नेपालमा चलेको राजनीति क द्वन्द्व (जनयुद्ध) को कारणले वा अन्य कारणले यो दशकभरि नै अरू भिसाको प्रकार लिएर अमेरिकामा आउनेहरू पनि अनेक उपाय अपनाएर अमेरिकामै सधैंको लागि बस्न कोशिस गर्ने भए । यो बाहेक, यस अघिका दशकमा पढ्न आउने

विद्यार्थी हरू धेरैले नेपालमै गई विवाह गरी आफ्ना श्रीमती/श्रीमानहरूलाई अमेरिका ल्याउन सफलता प्राप्त गरे । विद्यार्थी भिसामा, डी.भी. भिसामा र डिपेन्डेन्ट भिसामा समेत गरी नेपालीहरूको आउने क्रम प्रत्येक वर्ष बढ्दै जाँदा अमेरिकामा नेपालीहरूको संख्या हजारौंबाट लगभग लाख-दुई लाखतिर बढ्दै गयो ।

यो दशकभरि नै अमेरिकाका विभिन्न राज्यहरूमा नेपालीहरूको संख्या यति धेरै बढ्यो कि पहिलेका दशकहरूमा नेपाली अमेरिकन समुदायहरूले गर्दै आएका सामाजिक/सामुदायिक योजना र कार्यक्रमहरूले खाँचो पूरा गर्न नसक्ने भए, धेरै नेपाली व्यक्ति, समुदायका धेरै विचार र उद्देश्य भएर होला । अमेरिकामा नेपाली भाषा संस्कृतिको जगेर्ना नहुने र हामी नेपाली समुदायको परिचय र अस्तित्व नै खतरामा पार्ने कुरा मनन गरेर होला अमेरिकाका विभिन्न राज्य र शहरहरूलाई समेटि हेर्ने हो भने सायद सयौंको संख्यामा क्षेत्रीय, वर्गीय व्यावसायिक, र सामुदायिक संस्थाहरू च्याउ उम्रेजस्तो गरी जताततै खुल्न थाले ।

अमेरिकामा नेपाली कला, संस्कृति र भाषाको प्रवर्धन गर्ने विषयमा कुरा गर्दा नेपाली मूलका भुटानी नेपाली दाजुभाइ दिदी-बहिनीहरूले यो दशकदेखि नै गर्नुभएको देनलाई हामीले बिर्सनु हुदैन । अमेरिकाले २००६ सालदेखि यो दशकको अन्त्यसम्म झन्डै ५०,००० (पचास हजार) भुटानी (नेपाली भाषी) हरूलाई अमेरिका ल्याएर प्रायः सबै राज्यहरूमा फिंजाएर बसोबासको व्यवस्था मिलाइदिएको थियो । हाम्रो नेपाल

सेन्टर अफ नर्थ क्यारोलिनाको तर्फबाट सुरू-सुरूमा आएका व्यक्ति र परिवारहरूलाई हामी सबैले सक्दो सहयोग गरेका थियौं । आफ्नो देश भुटान छाड्नु परेर पछि नेपालमा धेरै वर्ष शिविरमा बसेर/यातना भोगेर अमेरिका आएका भए पनि उहाँहरूले छोटो समयमै नेपाली भाषा, कला संस्कृतिका बारेमा धेरै प्रगति गर्नुभएको छ । जुन कुरा हामीले नजिकबाट देखेका छौं । वहाँहरूले गर्दा नेपाल, नेपाली भाषा र नेपाली रीति रिवाजलाई अरू देशका बासिन्दाहरूका बीच चिनाउनका निम्ति मद्दत पुगेको छ ।

अघिल्लो दशकको अन्त्यतिर, अमेरिकाका विभिन्न क्षेत्रीय संस्थाहरूलाई समन्वय गर्ने संगठन खोल्नुपर्यो भन्ने अवधारणा लिएर त्यति बेला ओहायो राज्यमा बस्नुहुने डाक्टर प्रह्लाद पन्तज्यूले Association या Nepalese in Midwest America का अग्रजहरू समेत मि ली नेप्लिज अमेरिकन काउन्सिल (Nepalese American Council (NAC)) भन्ने संस्था दर्ता गर्नुभएको थियो । सो संस्था पूर्णरूपले उद्देश्य-अनुरूप सक्रिय हुनुअघि नै सन् २००३ सालमा त्यसलाई बदर गरी त्यसको सट्टामा ननरेसिडेन्ट नेपाली एसोसिएसन (Non Resident Nepali Association (NRNA)) भन्ने संस्थाको सुरुवात भयो । त्यसको तुरुन्तै जस्तो NRNA ले आफुलाई ग्लोबल NRN भित्र समावेश गर्‍यो र हालसम्म आएर NRNA का च्याप्टरहरू अमेरिकाका प्रायः सबै राज्यहरूमा खुलिसकेका छन् । NRNA को उद्देश्य, योजना, कार्यक्रम र प्रगतिका बारेमा यो लेखमा उल्लेख गरिराख्नु नपर्ला जस्तो लाग्दछ ।

यो दशकको सुरुमै नेपालबाट आएका नेपाली विद्यार्थी बाबु-नानीहरू र अमेरिकामै बसोबास गर्नको लागि आएका र आउने दाजु-भाइ दिदी-बहिनीहरूलाई अमेरिकामा आएर सुरू-सुरूका दिनहरूमा कसरी व्यवस्थित हुने र कसरी अमेरिकी समाजमा घुलमिल हुने भन्ने बिषयमा हामीले एक पुस्तक लेखेका थियौं । त्यो पुस्तक म आफै प्रमुख लेखक भै त्यति बेला मिचिगन राज्यमा बस्नुहुने अनिता अधिकारी ज्यूसँग मिलेर लेखेको थिएँ । र “असोसिएसन अफ नेपालीस इन मिडवेस्ट अमेरिका (ANMA)” को देनका रूपमा पुस्तक छापिएको थियो । जुन पुस्तक पछि आएर NRNA ले नेपालीमा अनुवाद गर्‍यो र नेपाली र अंग्रेजी दुवै भाषामा छपाएको थियो । यो दशकभरि नै हामीले त्यो पुस्तक नेपालीहरूको वार्षिक कन्वेन्सन (Convention) मा बाँड्ने गर्दथ्यौं । यो पुस्तकको ३,५०० प्रति काठमाडौंमा IOM ले हामीसँग मागेर लगी भुटानी शरणार्थीहरूलाई अमेरिका प्रस्थान गर्नु पहिले केही कुरा सिकाउने भनी बाँड्ने र पढ्न लगाउने गरेको थियो ।

यो दशकभर उपरोक्त किताब बाँड्ने बाहेक हामी धेरै सामाजिक अगुवा र विज्ञहरूले देशका विभिन्न भेलाहरूमा नेपालबाट अमेरिका बसोबास गर्न आएकाहरूलाई र समुदायका सबै उपस्थित सदस्यहरूलाई कसरी अमेरिकामा व्यापार/व्यवसाय गर्ने, किन जीवन बीमा र अरू खालका बीमा गर्नु जरुरी हुन्छ, अमेरिकामा हुर्केका बाल-बच्चाहरूलाई नेपाली विचार र मान्यता राख्न चाहने बाबु-आमाहरूले कसरी

कुरा गर्ने भन्ने र नयाँ पुस्तालाई हाम्रो नेपाली मूल्य मान्यता चलनहरू के-के हुन् आदि पनि सिकाउँदै, छलफल गर्दै, धर्म, कला संस्कृति आदि विषयमा अमेरिकामा कसरी संरचना गर्ने भन्ने बारेका कार्यक्रमहरू गर्दै आयौं, जुन कुरा हामी बसेको राज्यको संस्था NCNC ले पनि गरि आएका काम कुराहरू मध्ये पर्दछ ।

२०१०- २०२० को दशक र हालको दशकको सुरुमा

यो दशकको सुरुदेखि नेपालमा गएको २०१५ अप्रैल महिनाको महा-भूकम्पको दिनअघि सम्म गत दशकका कार्यक्रमहरू, प्रक्रियाहरू नैअमेरिकाका प्रायः सबै नेपाली समुदायहरूले गर्दै आएका थिए ।

नयाँ-नयाँ संस्थाहरू खोल्ने प्रक्रिया जारी नै थियो । नयाँ संस्थाहरूको उत्पत्ति संगै नयाँ उद्देश्य र कार्यक्रमहरू बन्दै थिए । अमेरिकामा नेपाली अमेरिकन समुदाय बलियो हुँदैगएको थियो । डी.भी.भिसामा आउनेहरूको संख्या घटेको थिएन । गत दुई दशकका अवधिमा अमेरिका आएर अमेरिकी नागरिकता लिएकाहरूले आफ्ना दाजुभाइ दिदी बहिनीहरूलाई पनि फ्यामिली इमिग्रेसन अन्तर्गत ल्याउन थालेका थिए । यो दशकमा नेपालबाट बाबु-आमाहरूलाई अमेरिका घुम्न ल्याउनेहरूको संख्या एकदमै बढेको थियो ।

नेपालमा २०१५ मा गएको महाभूकम्पको दिन पछि नेपाली अमेरिकन समुदायलाई पनि ठूलो असर पर्यो, /दुःख लाग्यो । आफु

बसेका शहर र राज्यहरूमा नेपाल र नेपालीलाई चि नाउने कार्यहरूमा कमी गरी सबैले नेपालमा भूकम्प पीडितहरूलाई कसरी सघाउन सकिन्छ भन्ने काममा पुरै नेपाली-अमेरिकन समुदाय १-२ वर्षसम्म लाग्यो भनेमा अत्युक्ति नहोला । त्यसरी नै हालैका गत १.५ वर्षका अवधि मा पनि संसारभर फैलिएको कोरोना भाइरस (COVID-19) महामारीले गर्दा नेपाली अमेरिकन समुदायको सामुदायिक योजना र कार्यहरू पहिले कै वेगमा हुन पाएका छैनन् ।

माथि उल्लेख गरिएका दुई घटनाहरू (२०१५ को महाभूकम्पले गर्दा र गत १.५ वर्ष को महामारीका कारण) ले गर्दा कममात्रै सामुदायिक/सामाजिक कामहरू भएका भए पनि यो दशकको पुरै अवधिको र नयाँ दशकको हालसम्मका परिवर्तनहरूलाई मनन/विचार गरेर हेर्दा भन्न सकिन्छ कि सबै नेपालीहरू र नेपाली मूलका सबैलाई प्रतिनिधित्व गर्ने उद्देश्यले खोलिएको गैह्रआवासीय नेपाली संघ (NRN) का च्याप्टर (शाखा) हरू विभिन्न राज्यमा स्थापित भएका छन्, सक्रिय छन् । त्यसरी नै नेपाली साहित्यको प्रयोग, प्रवर्धन र जगेर्ना गर्नका लागि बनेको नेपाली साहित्य समाज (International Nepali Literary Society (INLS)) का पनि धेरै राज्यमा च्याप्टरहरू खोलिएका छन्, स्थानीय र क्षेत्रीय संघ-संस्थाहरू पनि थुप्रै खोलिएका छन् । यी सबै संघसंस्थाहरूले आफ्नो समुदायका सदस्यहरूलाई सघाउनेदेखि अमेरिकामा नेपाली भाषा, कला, संस्कृतिको प्रवर्धन गर्ने उद्देश्य राखेका छन्, अनि त्यसैअनुरूप कार्यक्रमहरू गर्दै

आएका छन् ।

जस्तैकि (नमुनाको लागि) क्यालिफोर्नियाको लस्यन्जेलस सहरमा श्री पशुपति नाथको र भगवान बुद्धको मन्दिर, केन्द्र बनाउन सुरु गरेको पाइन्छ । टेक्सास राज्यको डल्लास सहरमा पुरानो मन्दिर भवनबाट नयाँ स्थानमा लगी श्री पशुपति नाथको र भगवान बुद्धको भव्य मन्दिरका साथै सांस्कृतिक केन्द्र धमाधम बन्दैछ । यो समुदायले नेपाली कार्यक्रमहरू गर्दै आएको धेरैवर्ष भैसक्यो ।

यसोसिअसन अफ नेपालिज इन अमेरिकाज (ANA) ले मेरिल्याण्डमा सुरु गरेको नेप्लिज एजुकेशन एण्ड कल्चरल सेन्टर (NECC) ले उत्तिकै राम्रा कार्यक्रमहरू गर्दै प्रगति गरेको छ । हामी बसेको राज्य नर्थ क्यारोलिनामा हाई पोइन्ट सहरमा सामुदायिक केन्द्र/मन्दिर TNCC को अग्रसरतामा सुरु भैराखेको छ । नर्थ क्यारोलिनाको र्याले शहरको आसपासमा भने यस्तो केन्द्र बनाउन कोसिस जारी छ, तर यो क्षेत्रमा पनि नेपाली पाठशाला चल्दै आएको धेरैवर्ष भैसक्यो । हामी बसेकै शहरहरू भएको वेक काउन्टी र मोरिस्भिल शहरमा स्थानीय सहरले नै मान्यता दिई घोषणा गरेको 'नेपाल डे' प्रत्येक वर्ष नेपाली नयाँ-वर्ष ताका पारेर मनाउने गरिएको छ । यस्तैखालका नेपाललाई चिनाउने कार्यक्रमहरू अमेरिकाका विभिन्न स्थानमा गर्न थालिएको वा सो गर्नेतर्फ स्थानीय समुदायहरूले यत्न गरि रहेको सुनिन्छ ।

यो दशकको सुरुमै नेपालका विभिन्न चाड पर्वहरू नेपालमा जस्तै गरेर नै अमेरिकाका

विभिन्न स्थान र शहरहरू अनि कसैकसैले टोल-टोलमा मनाउने गरेको पनि सुनिन्छ । व्यक्तिगत प्रयासमा थुप्रै नेपाली दाजुभाइ दिदी बहिनीहरूले विभिन्न राज्य र शहरहरूमा नेपाली रेस्टुरेन्ट, नेपाली सामानको पसल र अन्य धेरैव्यवसायहरू खोल्नुभएको छ । यी विभिन्न संघ-संस्थाहरू र नेपालीहरूले चलाएका व्यवसायहरूले आफ्नो आम्दानीको 'व्यवसाय मात्र चलाउाँदैनन्, आफु बसेको शहर वा राज्यमा नेपाल र नेपालीलाई पनि चिनाउने र आवश्यक परेको बेलामा नेपाललाई सघाउनेकाम पनि गरिआएका छन् ।

हालको यो दशकको सुरुको परिस्थिति का बारेमा मैलेधेरैलेखि राख्नुपर्दैन होला । यो दशकको सुरुसम्म आइपुग्दा पनि अमेरिकामा नेपालीहरूको संख्या यति नै छ, भन्न गाह्रो छ, किनकि नेपालबाट आउनुभएका कैयन व्यक्तिहरू नेपाली पासपोर्ट बोकेरै बस्नुभएको छ । कति जनाले आफ्नो भिसा स्ट्याटस परिवर्तन गरिसक्नु भयो भने कोही अभै आधिकारिक स्ट्याटस मिलाउन खोज्दै हुनुहुन्छ । कतिका छोरा-छोरी र नाति नातिना अमेरिकामै जन्मिसके भने यो परिस्थितिमा कसलाई नेपाली भन्ने कसलाई नेपाली-अमेरिकन भन्ने, कसलाई नेपाली मूलका मात्र भन्ने? अमेरिकी सरकार लाई र नेपाली दूतावासलाई पनि यकीन गरी संख्या भन्न गाह्रो छ । यो लेखकको अन्दाजमा हाल नेपाली विद्यार्थीहरू र अन्य नेपाली मूलका नेपालीहरू सबैलाई गन्ने हो भने ६-७ लाखको हाराहारीमा हामी नेपालीहरू अमेरिकामा छौं कि जस्तो लाग्दछ ।

गत चार दशकका अवधिमा अमेरिकामा नेपालीहरूको बढ्दो जनसंख्या, नेपालीहरूले व्यक्तिगत र सामुदायिक रूपमा गरेको उन्नति, प्रगति, सबै नेपालीहरूको नेपाल प्रतिको माया र सहयोगीपनलाई ध्यानमा राखी विचार गर्दा यो भन्न सकिन्छ, कि अमेरिकामा नेपालीहरूको

जनसंख्या अभै बढ्नेछ । नेपालीहरूको अरू बढी व्यक्तिगत र सामुदायिक उन्नति प्रगति हुँदै जाने कुराका साथै हाम्रा नेपाली मूलका नयाँ पुस्ताको अमेरिकामा सफल र सुन्दर भविष्य छ, भन्ने कुरामा म यो लेखक विश्वस्त छु ।

केही मुक्तकहरू



तीर्थराज अधिकारी

कार्यकारी सदस्य, बोर्ड अफ ट्रष्टिज, अनेसास

वसन्तले नयाँ पालुवा लिएको हुन सक्छ,
वेजोड आँधीले खसालीदिएको हुन सक्छ,
भरेको पात भन्दैमा कुल्चेर नहिँड साथी,
डालीमा छँदा शीतल छहारी दिएको हुन सक्छ ।

१

गोधुलिको रमणीय कथा लेख्न सक्दैन मान्छे,
अन्धकारको दुष्प्रभाव छेक्न सक्दैन मान्छे,
भ्रमक साँभ्र नपर्दै मुख छोपेर सुत्यो भने,
आकासका भ्रलमल तारा पनि देख्न सक्दैन मान्छे ।

२

स्थिति बिग्रिएको दरवार कतै मुसा बस्ने दुलो बन्छ,
यदि नदिकै पानी सुक्यो भने नहर पनि कुलो बन्छ,

यस्तै हो राजनीतिको खेल धैर्य गर्नुहोस् नेताजी,
कहिले कहीं मूल प्रवाह भन्दा भङ्गालो नै ठूलो बन्छ ।

३

न पहाडको शिरमा न गुफामा पस्छ, शान्ति,
न वर्षाभै आकाशबाट तल खस्छ, शान्ति,
समुद्रको छाल जस्तो सतही आवरण होइन यो,
मानसिक अटल गहिराइमा बस्छ, शान्ति ।

४

माखा जस्तै हो दुष्ट सुटुक्क भित्र पस्दो रहेछ,
असजिलो पर्दाखेरी उल्टै छुरी धस्दो रहेछ,
माखाको पनि पित्त होइन चित्त खराव हुन्छ साथी,
जहाँ दुखेको घाउ छ, त्यहीं गएर बस्दो रहेछ ।

५

स्मरण दशैंको र जोर्डन लेकको संगम

१ स्मरण दशैंको

(२०७७)

प्रा. शिवहरि मरहट्टा

नेपालीले स्मरण गरिने भेट वार्ता भएनन्
बोल्ने सुन्ने दृढ रुचि महात्रासले देखिएनन् । छोटो
मीठो विधि-विनयले राखिएथ्यो चिनारी सानै आयो
जन नयनका रस्मिभै पुग्छ पारी ! ॥

१

‘संगालो’ को नव कृतिसँगै नृत्य संगीत गर्दै कोरो
नाका कठिन दिनमा स्नेह सद्भाव छर्दै ।
एन.सी.एन.सी. जुम प्रविधिले बाँड्छ आस्था दशैंको
ठूला आयोजन त कसरी गर्न सामर्थ्य कस्को ?

२

संगालोका विषयहरुले मातृभू भक्कक्यायो भाषा-
साहित्यतिर जनमा प्रेरणा थप्न भ्यायो । एन्सीका
ती सुख र दुखमा मित्र बन्ने प्रयास
गर्दै जाँदा स्वजनहरुमा बढ्छ विश्वास आस ॥

३

वार्ता के ती अरु मुलुकका, अम्रिकाभित्र रम्ने
आफ्नै सन्तान पनि भयले फोनमै भेट्नु भन्ने ।
चिल्ला गाडी कति घरघरै, भेट्न संकोच कस्तो
यस्पालीको सबतिर दशैं शून्यमा बिन्दु जस्तो ॥

४

गुड्दै उड्दै कति रहरले जुट्दथे इष्टमित्र
देख्छौं कस्तो भय, भ्रमणको छैन विश्वस्त चित्र ।
कस्ता हुन्थे मधु मिलनका चाडको रूप पैले
लुकदै हेर्न नव प्रविधिमा सानु तस्वीर ऐले ॥

५

२ जोर्डन लेकको संगम

जोर्डन लेककिनार रम्य रसिलो सारै मनोरञ्जक
राज्यैको अतिदर्शनीय रचना मान्छन सबै दर्शक ।
कस्तो शान्त रमाइलो, प्रकृतिको आनन्ददायी घर
जस्मा बाल युवा र वृद्ध वनिता, को दंग पर्दैन र? ॥

१

चिल्ला मार्ग जताततै कतिकति विश्रामका छन् स्थल
चारैतर्फ तलाउका बगलमा देख्छौ घना जंगल ।
लज्जाबोध भएर हो कि रविले दिन्नन् जहाँ दर्शन
गर्मीका दिनमा त पर्यटनमा उत्साह आकर्षण ! ॥

२

छाता, मन्दिरतुल्य छन् कतिकती आकाशचुम्बी कति
देख्छौ सुन्दर वृक्षताँति करले नापेसमानै कति ।
होचा छन् कति भित्र यो विषमता पाहाडजस्तै किन
चल्दैछन् यदि ती यथानियममा कस्को छ निर्देशन ! ॥

३

बुभ्दैनन् कि सिकार उद्यत कुनै छैनन् यहाँ मानिस
भाग्छन् भट्ट चराहरु गगनमा देखेर ती मानिस ।
जो आफ्नै बलमा उडेर नभमा उन्मुक्त छन् के भय
मान्छेका दुइ पाउ-यान कसर बन्थे जहाँ निर्भय ?

४

कोही हेर्न भनेर आउँछ भने यो ठाउँ देखाइने
के गोष्ठी वनभोज के भ्रमणमा यो लेक हो रोजिने ।
बर्खाका दिन लेखनाथ कविका संकल्पका खातिर

सारा तत्व खुलाउने प्रकृतिको उद्यान यो हुन्न र ? ॥

५

आकाशे जल मात्रले यति ठुलो यो ताल के बन्छ र
हेर्दा माथ पुगेर मूल जलको के स्रोत भेटिन्छ र ?
यो पानी नलगेर ती नगरका मेटिन्न तिर्खा पनि
नेपाली कति विज्ञका पनि यहाँ छन् रे क्रिया पावनी ॥

६

यस्तो ठाउँ चुनेर आज छ जहाँ सद्भावको संगम
नाना वाचन भाषण श्रवणमा गर्छौं रसास्वादन ।
यस्ता संगममा रमाउन पुगे सन्ताप अल्पिन्छ रे
भाषा संस्कृति काव्यका रस लिंदा संसार विसिन्छ रे ! ॥

७

पर्देशैबिच हुर्कने शिशहरु जानून् स्वभाषा अनि
पुर्खाका इतिहास संस्कृति तथा माहात्म्य सम्भून् पनि ।
बुझ्ने भैकन पुग्दछन् जब जहाँ नेपालका सन्तति
आफ्ना ती पहिचान राख्न सकिदा आनन्ददायी कति ! ॥

८

पुर्खाका अवदान काव्य कविका सन्देश सम्झाउन
के साहित्य समाज छेक्छ र यहाँ गोष्ठी जयन्ती हुन ।
भाषाको क्षमता विकास नभए साहित्यको चिन्तन
के हुन्थे कविका र काव्य कृतिका व्याख्या र विश्लेषण ?

९

नेपाली सजिलै सिकाउन खुल्यो जो पाठशाला प्रिय
बन्दै गाछ सुनिन्छ उन्नतितिरै बढ्दैछ रे निर्भय ।
चल्दैछन् अरु राज्यका नगरमा भाषा-प्रशिक्षा क्रम
जस्का हार्द मिलापले किन नहुन् साहित्यको संगम ! ॥

१०

कस्तो यो वनभोज शान्त वनमा के कोरना शान्त छ
यात्रा भोजन छन् यथारुचि जहाँ स्वाधीनता प्राप्त छ ।

भेला भोजननिमित्तको तर छ यो साहित्यले प्रेरित
भिन्नै छन् अनुहार रुप सबका, को छैन रे हषित ? ॥

११

यौटा मानिस तालमा यदि डुब्यो, हुन्छन् यहाँ खल्बल,
गाडी लस्कर साथ चञ्चल हुँदै जुट्छन् सुरक्षा दल ।
कस्को अप्रिय के, घट्यो कि घटना षडयन्त्रका जालमा
भन्दै खोजतलास हुन्छ विधिले कर्तव्यका भावमा ॥

१२

स्वतन्त्र-प्रिय अम्रिका मुलुकमा छन् के सुखी जीवन
बन्दीभैँ घरमै असंख्य जनता जीवाणुके कारण ।
शस्त्रैको पनि मानमर्दन गरी यै देशका लाखन
अन्जानै असहाय भैकन पुगे विश्रान्तिका आँगन ॥

१३

सन्चैथे र विवाहनिमित्त घरमा गाथे अमित् भारती
कोरोना अणुजालमा जकडिंदा बेहोस जस्को स्थिति ।
आमासाथ छिट्टै विशषे विधिले क्यारोलिना ल्याइयो
चाँडै सद् उपचारले ठिक हुने आशा भरोसा थियो ॥

१४

कोरोना भयबाट त्रस्त दुनिया बुझ्दै बुझेनन् किन
ठूलो देश वसेर आछु कसले के गर्छ सम्भे किन ।
आई यै बलियो ठुलो मुलुकमा सारा रुवाईकन
लाखौंका उपचारले पनि युवा संसार छाडे किन ?

१५

चिन्ता दुःस्थिति दुःख बिर्सन भने साहित्य संगीतको
चर्चा चिन्तन साधनासरि छ के सत् कर्म संसारको ?
यस्ता हार्दिक भावका मिलनले आत्मीयता चातुरी
बढ्दा आपसमा समाजहितमा बज्जान् नयाँ बाँसुरी ! ॥

१६



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विजया दशमी तथा दीपावली
२०७८ को उपलक्ष्यमा
हार्दिक मंगलमय शुभकामना!

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शिव, निर्मला र परिवार, नर्थ क्यारोलाइना



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विष्णु, विष्णुमाया र परिवार, नर्थ क्यारोलाइना



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बाबुराम, शारदा र परिवार, नर्थ क्यारोलाइना



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हार्दिक मंगलमय शुभकामना!**



बासुदेव, बसन्ती र परिवार, नर्थ क्यारोलाइना



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बट्टु, पूजा र परिवार, नर्थ क्यारोलाइना



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दिल, मेनुका र परिवार, नर्थ क्यारोलाइना



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होम, धनु र परिवार, नर्थ क्यारोलाइना



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ईश्वर, कमला र परिवार, नर्थ क्यारोलाइना



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मानु, अर्मिन्ता र परिवार, नर्थ क्यारोलाइना



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कमल, प्रीति र परिवार, नर्थ क्यारोलाइना



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केशव, इशा र परिवार, नर्थ क्यारोलाइना



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कृष्ण, लक्ष्मी र परिवार, नर्थ क्यारोलाइना



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लक्ष्मी, सुमित्रा र परिवार, नर्थ क्यारोलाइना

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सागर, अञ्जु र परिवार, नर्थ क्यारोलाइना

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श्रीकान्त, लक्ष्मी र परिवार, नर्थ क्यारोलाइना

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खेम, शिक्षा र परिवार, नर्थ क्यारोलाइना

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चिरन्जिवी, सन्ध्या र परिवार, नर्थ क्यारोलाइना



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नगेन्द्र, भगवती र परिवार, नर्थ क्यारोलाइना



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माधव, मीरा र परिवार, नर्थ क्यारोलाइना



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दीपक, मनिशा र परिवार, नर्थ क्यारोलाइना



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