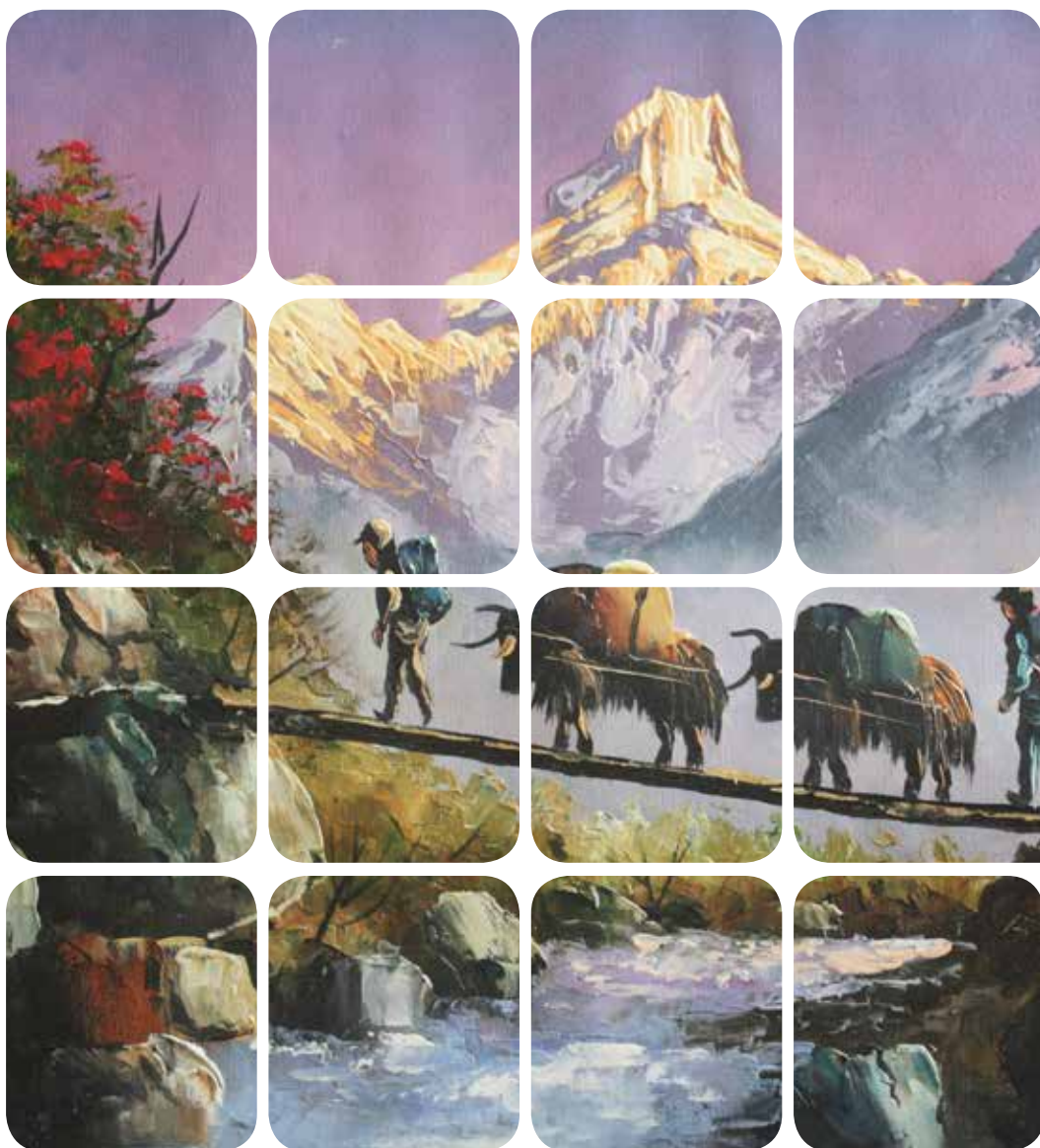


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Editorial

LET US JOIN HANDS TOGETHER

The founders of New Zealand Nepal Society (NZNS) in 1995 had a wider vision of uniting all Nepalese living in New Zealand and implementing activities for the well being of our community. More than that, they had anticipated that we have a place which we can call our own, a place to meet often to share our thoughts and organise programmes to entertain, as well as disseminate current information of interest to the community. We are thankful to those who have established NZNS with a dream to serve our community. Furthermore, we are also grateful to those who have led NZNS with a selfless attitude for more than two decades.

The achievement of NZNS to be able to gain recognition from wider communities in New Zealand is plausible. It has been one of the leading successful non-profit organisations in New Zealand. However, our dream of building our own community hall is still far from our sight. Many of our community leaders have shared their views on various occasions that time is gradually elapsing for us to own a Nepali Community Hall. We believe in optimism, which is a belief that leads to accomplishment. We have never lost our hope of having a Nepalese Community Hall. Only our serious commitment to infuse our life with action can pave the way to attain our genuine goal.

Let us pledge on the 24th anniversary of NZNS that we unite together and create an atmosphere of 'United We Win!' Nepalese have grown over the years, they now have financial strength, which can produce substantial results for our community, such as the purchase of land and ultimately erect a typical Nepali Community Hall. Our younger as well as future generations will appreciate our efforts, which we leave behind as our eternal legacy. Are we ready to start an encouraging project, which does not look impossible but achievable!

Words of condemnation and condolence

NZNS condemns any act of senseless violence, no matter what the reason. The recent Christchurch killings in two mosques cannot be justified by any means. The event that occurred is greatly unfortunate, it is very tragic. We wish to express our profound condolences to the affected families and wish for the speedy recovery of injured victims. Similarly, NZ police deserves an endless word of praise for acting so quickly, halting the possibility of further killings.

HAPPY NEW YEAR 2019 TO ALL READERS.

नयाँ वर्ष २०७८ को हार्दिक मंगलमय शुभकामना

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Disclaimer

Any opinion expressed or implied in this publication are solely those of the authors and do not necessarily represent those of the New Zealand Nepal Society Inc. We apologise any inadvertent omission or errors.



Message from Patron, NZNS

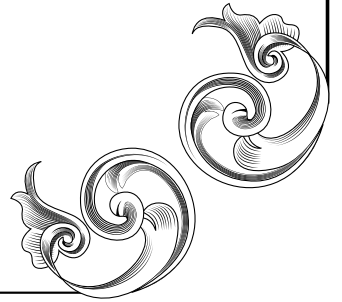
As Patron of New Zealand Nepal Society I would like to send to you all my very best wishes for your success and good health for the New year 2076.

Namaste!

Lady June Hillary

Patron

NZ Nepal Society, Auckland



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PRESIDENT'S MESSAGE

As we wrap up 2075 B.S., on behalf of New Zealand Nepal Society Inc.(NZNS) I would like to thank you all for your support and contributions to our society, and for helping us to achieve and set new milestones for our community. This year brought exciting changes, new challenges and opened up various pathways for us to explore as a community. It was a thrill to experience. Here are just a few highlights from the last 12 months:

- Organised a programme to honour three Nepalese women community leaders during Teez celebration.
- Dashain Festival celebrations were marked by a monumental event, where we managed to get the top artists from Nepal to come over and perform. The dance moves of Priyanka Karki, the laughter of Jitu Nepal & the soulful voice of Neetesh Jung Kunwar kept us all entertained for a never before seen event here in New Zealand.
- Perhaps one of the most important events to take place in our society's history was the successfully organised first-time outdoor Nepal Festival at Aotea Square. This event showcased our culture and food to over 9,000 people, who attended the event. It displayed the strong links that Nepal has with New Zealand and showcased just how important this is.

I am so thankful to every one of our members and supporters for your contributions, whether that be time, talent or treasure.

I encourage any prospective members receiving this message to resolve to "do good" by joining the NZNS family. The organisation like us can offer you the opportunity to make a real difference both locally and internationally.

I would like to use this opportunity to thank all NZNS members, all well-wishers of NZNS, sponsors and funding organisations such as Lottery Grant Commission, Ethnic Communities Development Fund, COGS, Mt Wellington Foundation Ltd, Lion Foundation and Foundation North for their generous support. The NZNS activities would not have been implemented without their support.

Just before I conclude, I would like to express my condolences on behalf of our community to everyone affected by the terrible tragedy that happened in Christchurch on the 15th of March 2019. NZNS would like to reassure New Zealand Muslim community that we stand with you against any type of violence. New Zealand has a diverse range of culture that makes it unique, but it does not mean that it should be exploited and harmed in any form. I would like everyone to stay calm and show as much support as you can to the people around you.

Once again, thank you for being with us, and for your uninterrupted support. Best wishes for a very healthy and prosperous new year 2076 B.S.



प्रधानमन्त्री

काठमाडौं, नेपाल

शुभकामना

नयुजिल्याण्ड नेपाल समाजले नयाँ वर्षको अवसरमा 'सौगात' नामक पत्रिका प्रकाशन गर्न लागेको धाहा पाउँदा मलाई खुसी लागेको छ। हरेक वर्ष भैं यस वर्ष पनि पर्यटन, आर्थिक, सामाजिक, साहित्यिक, कूटनीतिक र स्वास्थ्य जस्ता विविध विषयलाई समेटेर जानकारी मुलक पत्रिका प्रकाशन गर्न लागेकोमा प्रथमतः म समाजलाई सफलताको शुभकामना व्यक्त गर्दछु।

सन् १९९५ देखि न्युजिल्याण्डमा बसोवास गर्दै आएका नेपालीहरुबीच आपसी सहयोग प्रवर्द्धन गर्ने, नेपालका सामाजिक तथा सांस्कृतिक धरोहरको संरक्षण गर्ने र विभिन्न समयमा प्राकृतिक प्रकोपजस्ता दुःखद घटनाहरुमा समाजले गर्दै आएको सहयोगका कार्यहरु प्रशंसनीय छन्। भविष्यमा पनि आफ्नो जन्मभूमि, आफ्नो संस्कृति र त्यसको विकासमा समाजले अझ प्रभावकारी रुपमा योगदान गर्नेछ भन्ने विश्वास लिएको छु।

हाम्रो लामो समय अधिकार प्राप्तिमा लागि हुने संघर्षमा वित्यो। अब हामीले अधिकार प्राप्तिमा लागि संघर्ष गर्नुपर्ने समय सकिएको छ। संक्रमणकालीन राजनीतिको अन्त्यपछि अहिले नेपाल विकास र समृद्धिको दिशातर्फ अग्रसर छ। हामी यतिबेला 'समृद्ध नेपाल-सुखी नेपाली'को राष्ट्रिय गन्तव्य निर्धारण गरी अघि बढेका छौं। यो अभियान सरकारको मात्र होइन, स्वदेश तथा विदेशमा बस्ने तमाम नेपालीको साझा अभियान हो। ससलाई सफल पार्न तपाईंहरुको पनि सहयोग चाहिन्छ। त्यसतर्फ अग्रसर रहन म समाजमा आवद्ध सबै सदस्यहरुमा आह्वान गर्दछु।

अन्त्यमा, समाजले प्रकाशन गर्न लागेको 'सौगात'ले त्यहाँ बस्ने नेपालीका लागि ज्ञानवर्द्धक खुराक पस्कन सकोस् भन्ने पुनः शुभकामना व्यक्त गर्दछु।

के.पी. शर्मा ओली

३० जनवरी २०१९

(१६ माघ, २०७५)

Namaskar

It is my pleasure to join the Nepalese community in celebrating the Year 2076 CE in the Bikram Sambat Calendar.

New Zealand has a proud history of friendship with Nepal. Our two countries started on a special journey on 29 May 1953 when Tenzing Norgay and Sir Edmund Hillary scaled the summit of Sargarmāthā/Mount Everest for the first time. Sir Edmund Hillary went on to become increasingly connected with Nepal, including being appointed as New Zealand's Ambassador to Nepal from 1985 to 1989.

Since the scaling of Mount Everest a strong bond has formed between our two countries.

Like close friends, New Zealand and Nepal are there for each other during good and bad times. The devastating 2015 earthquake in Nepal was a particularly dark time, with thousands of people killed.

In the days following the tragedy New Zealand pledged its support, Kiwis volunteered to help communities and financial aid was provided. The 2015 earthquake reminded New Zealanders of the Christchurch earthquakes which had occurred only 4 years earlier, and the Nepalese community was there to help and support us during that time too.

Our two countries are firm friends, and it is appropriate to recognise the warm and friendly relationship between our people and the growing number of Nepalese Kiwis who contribute to our country, at the time of Nepalese New Year.

I want to thank the New Zealand Nepalese Society for their ongoing work in supporting the Kiwi Nepalese community. I wish everyone a happy New Year and I look forward to seeing you at the celebrations.

Hon Simon Bridges



Leader of the Opposition



Namaskar! It is with great pleasure that I wish everyone a very happy Nepalese New Year and Everest Day 2019.

The strong friendship shared between New Zealand and Nepal has endured and flourished over the almost 70 years since the historic ascent of Sagarmāthā/Mt Everest by two of our own on 29 May 1953. This iconic feat has become known around the world, but more importantly was the impetus for our two nations to begin a dialogue and a partnership that would bring great things to us all.

New Zealand's diverse community is one of its most precious assets, and the growing Nepalese population now numbering close to 20,000 is part of this rich cultural fabric. Organisations like the New Zealand Nepal Society not only bring together those individuals of common heritage to preserve and celebrate what they share, but also foster greater harmony and understanding among all of New Zealand's communities.

The great adventure of those famed sons of our respective countries, Tenzing Norgay and Sir Edmund Hilary, was the result of their incredible ambition to explore, to understand, and to overcome challenges that had seemed impossible.

Their achievement was only the beginning, as the true legacy of their friendship was to be their humanitarian work. Tenzing and Sir Edmund started work that changed the lives of countless Nepalese, who were able to pursue new opportunities thanks to the development of education, healthcare and infrastructure in their communities. New Zealand and Nepal have also forged strong partnerships in trade, tourism, academia and business.

Michael Wood

Parliamentary Under-Secretary to the Minister for Ethnic Communities



It is appropriate at the time of Nepalese New Year and Everest Day to acknowledge our Nepalese Kiwis for your contribution to our country.

I thank the New Zealand Nepal Society for its ongoing work to support the Kiwi Nepalese community and to create opportunities for us all to join in celebration of important cultural events. I wish everyone a happy Nepalese New Year and Everest Day, and am sorry that this year I was unable to personally attend to join with you in this commemoration, although I know that my Labour colleagues will greatly enjoy the event.

Michael Wood

MP for Mt Roskill

Parliamentary Under-Secretary to the Minister for Ethnic Communities



नेपाली राजदूतावास
Embassy of Nepal
Canberra, Australia

शुभकामना

न्यूजिल्याण्ड नेपाल समाज (New Zealand Nepal Society, NZNS) ले विगत वर्षहरूदेखि प्रकाशन गर्दै आएको सूचनामूलक एवम् मनोरञ्जनात्मक साहित्यिक पत्रिका "सौगात" को १३औं अङ्क नेपाली नयाँ वर्ष २०७६ को उपहारस्वरूप पाठकहरूमाझ पस्कन लागेकोमा अत्यन्त खुशी लागेको छ । यस कार्यका लागि मेरो व्यक्तिगत र नेपाली राजदूतावास, क्यानबेराको तर्फबाट यस समाजप्रति हार्दिक धन्यवाद व्यक्त गर्दछु ।

नेपाल महोत्सव २०१८ लगायतका विभिन्न कार्यक्रम आयोजना गरी नेपाल र न्यूजिल्याण्डबीच रहिआएको सुमधुर सम्बन्ध विस्तार र प्रवर्द्धनमा महत्त्वपूर्ण भूमिका खेलि रहेको पुरानो/ऐतिहासिक संस्था न्यूजिल्याण्ड नेपाल समाजद्वारा हरेक नयाँ वर्षको अवसरमा निरन्तर रूपमा हुने "सौगात" प्रकाशनले मातृभूमिबाट टाढा रहेर पनि आफ्नो माटो र नेपाली भाषा, साहित्य, कला, संस्कृति तथा नेपाली पहिचानको संरक्षणहेतु यस समाजको योगदान र लगावलाई प्रतिबिम्बित गरेको छ, भन्ने मलाई लागेको छ । विगतका अङ्कहरूजस्तै यो अङ्क पनि न्यूजिल्याण्ड तथा वरपर छरिएर रहनुभएका सम्पूर्ण नेपालीहरूलाई भावनात्मक रूपमा एक-अर्काको अझ नजिक ल्याउन सफल हुनेछ भन्ने मैले विश्वास लिएको छु । साथै, यस प्रकारको प्रकाशनले नेपाल र नेपाली भाषा-साहित्यप्रति रूचि एवम् लगाव सिर्जना गरी नयाँ पुस्तामा नेपाली भाषाको हस्तान्तरण गर्न मद्दत पुग्ने अपेक्षा गर्दछु ।

अन्त्यमा, अध्ययन, रोजगार, व्यापार-व्यवसाय तथा विभिन्न कामविशेषले न्यूजिल्याण्ड तथा प्रशान्त क्षेत्रमा रहनुबस्नुहुने सम्पूर्ण नेपाली दाजुभाइ दिदीबहिनीहरूलाई यसै पत्रिकामार्फत नयाँ वर्ष २०७६ को अवसरमा सुख, शान्ति एवम् समृद्धिको हार्दिक शुभकामना व्यक्त गर्दै न्यूजिल्याण्ड नेपाल समाजको निरन्तर सफलताको कामना गर्दछु ।

दुरपदा सापकोटा
कार्यवाहक राजदूत



On behalf of the New Zealand Police I would like to wish the Nepalese community in New Zealand, your families and friends back home in Nepal and around the world a very Happy Nepalese New Year 2076.

Our two countries have a long history where Sir Edmund Percival Hillary from New Zealand and Nepalese Sherpa mountaineer Tenzing Norgay were the first people confirmed to have reached the summit of Mount Everest. Also Lady June Hillary is and has been a Patron of the New Zealand Nepal Society for many years. This relationship has created a strong bond between our two countries New Zealand and Nepal.

*We are so pleased to be able to acknowledge and celebrate your culture in our wonderfully diverse Country. It is important that we acknowledge this diversity as we want everyone in New Zealand to **be safe and feel safe** in working together within our communities to achieve our mission of being the safest country.*

Lastly I would also like to take this opportunity to reach out to the Nepalese community to join the New Zealand Police as a career and make a difference in our community.

Karyn Malthus
District Commander
Auckland City District

Auckland DHQ

Cnr Cook and Vincent Street. Private Bag 92 002, Auckland 1142, New Zealand.
Telephone: 09 302 6400. www.police.govt.nz

Secretary's Report



Namaskar/Kia Ora/Greetings,

NZNS takes this opportunity to wish all Nepalese living in New Zealand, Nepal and abroad a healthy and prosperous New Year. Once again NZNS has published Saugat volume 13 on the occasion of New Year 2076 B.S. (Bikram Sambat). Hopefully, you will find it interesting and engaging like the rest of the year.

Annual Report

This is the first year for the current executive committee and I am equally proud to be part of such an energetic team. Having said that, our precedent committee members were instrumental in organising activities successfully in the last two years. Their guidance and suggestions have helped us in executing some of our annual programmes in a slightly new format. I would also like to thank our seniors whose expertise have given us extra backing to try something new. As a community organisation, we always work with various stakeholders to promote our cultural and rich heritage which is our main objective. When we work towards our main objective we always think about how closely we can work in tandem with other ethnic communities to exchange cultural values and ideas.





Events

We understand how important our annual events are, not because it brings us together as a community but most importantly it becomes a platform for artists to showcase their talents, and opportunity for other ethnic communities to get a glimpse of our cultural values. Any initiative wouldn't have been possible without participation and help from its core members - we would like to take this opportunity to thank each one of you for being with us. A big thank you to our donors, sponsors, local boards, politicians and well-wishers who have been the big source of support both financially and morally.

Lastly, I am quite glad to have such a young talent around us who always come up with creative ideas to promote our values. To give those creative ideas a new shape we thought we will present events with some tweaks and twists while continuing the tradition of celebration intact.

Teej Festival - We as an organisation have always been vocal about empowering women thus we thought why not celebrate by recognizing the work they have done in their respective field. We started by recognizing four women from our community which opened a new thread of discussion - the discussion about how can give this a continuation. The team will come up with more updates prior to the next Teej event - stay tuned!

Dashain Festival - We all know how important the word Dashain has in Nepalese's heart. Being the biggest and longest festival the team came up with an idea of making it bigger and grander. We executed the idea by bringing three sought after artists from Nepal, each one pioneer in their own field starting comedy, dance, and music - the biggest Dashain package Nepalese community in Auckland had witnessed.

Tihar Festival - We are really sorry for breaking the tradition by not celebrating deusi & bhailo programme which we usually do during the Tihar festival. The main reason behind that was the bandwidth issue, with so many big events in our plate we simply couldn't organise Tihar programme one for you. We hope each one of you will understand and are with us.

Sports Festival - With the help of volunteers and support of young sports clubs like Football Club Khukuri, Gurkha Football Club and Nepal Rhino Cricket Club, we were successfully able to organise one-month long sports festival. The main objective of the sports festival is to promote individual well-being and of course provide a platform to encourage sportsmanship among young generations.

Nepal Festival - We branded this biennial event as a Nepal Festival which we have been organising previously in various indoor venues. But for the first time, we thought we will bring this to the New Zealanders in an outdoor venue and we chose Aotea Square. Our decision was supported by 9,000 attendees, wherein they had the entire day to experience the Nepalese food, art, and culture which was the three things we wanted to present through the event. The event has been a huge source of inspiration for the team and entire community and it has opened a new dialogue on how we can make it more effective and engaging in coming years - we are open to suggestions. Please feel free to drop your feedback/ideas in our official facebook page NZNEPALSOCIETY

Christmas In The Park - We are a firm believer of a multicultural community which is why we celebrate Christmas with the same spirit as our fellow Christian community does. This year we hosted our Christmas picnic at Cornwall Park wherein we had our continuing ritual of Santa Claus bringing gifts and wishes to our young generations and also the team officially thanked every member for their ongoing support and contribution as this event is our last in 2018 calendar. Additionally, we also clubbed sports festival prize distribution ceremony with Christmas event which was again due to some minor changes in the format of the event.

Before I extend my heartiest thank you to each one of you, I would like to end my annual report with a quote by Helen Keller - "Alone we can do so little, together we can do so much."

Dhanyabaad/Kia Ora/Thanks,

Prayash
Joint Secretary

Past / Current List of Executive Committe of NZNS

New Zealand Nepal Friendship society

29 July, 1995 to 1997

S.NO.	Post	Name	Remarks
1	President	Mr Jog Limbu	
2	Vice president	Mr Krishna Bahadur Malla	
3	Secretary	Mr Yuva Raj Adhikary/ Mr Babu Raja Maharjan	Mr Maharjan from 20th January 1996
4	Treasurer	Mr Binod Parajuli/Mr Manohar Tiwari	Mr Manohar from 1996
5	Member	Mr Dhruba Karki	
6	Member	Mr Gyanendra Basnet/ Dr Bhola Pradhan	Dr Bhola from October1996
7	Member	Mrs Vidya Basnet/Mr Bikash P. Koirala/ Mr Kiran Karki	Mr Koirala from 07 Oct.1995, Mr Kiran Karki from October 1996

1997-1998

S.NO.	Post	Name	Remarks
1	President	Mr Jog Limbu	
2	Vice president	Mr Krishna Bahadur Malla	
3	Secretary	Mr Babu Raja Maharjan	
4	Joint Secretary	Dr Amir Ratna Shrestha	
5	Treasurer	Mr Manohar Tiwari	
6	Member	Dr Bhupendra Gurung	
	Member	Mrs Dil Kumari Rimal	
7	Member	Mr Kamal Shrestha	
	Member	Mrs Shanta Bhattu	

Everest Kiwi association

1996-1998

S.NO.	Post	Name	Remarks
1	President	Dr Girish Regmi/ Dr Nirmala Giri	Dr Nirmala from 26/10/1997
2	Vice president	Mr Yuva Raj Adhikary	
	Vice President	Mr Ramesh Upadhyaya	
3	General Secretary	Dr Sushil Kumar Regmi	
	Secretary	Dr Nirmala Giri	Vacant from 26/10/1997
5	Treasurer	Mr Raju Ranjit	
6	Member	Mr. Uddhav Adhikary	
7	Member	Dr Sanat Dhungel	

Everest Kiwi Association amalgamated to New Zealand Nepal Friendship Society and named as New Zealand Nepal Society.



1998-1999

S.NO	Post	Name	Remarks
1	President	Mr Tara Prasad Adhikary	
2	Vice president	Dr. Daya Nidhi Pankaj	
3	Secretary	Vacant	
4	Joint Secretary	Mrs Rachana Shrestha	
5	Treasurer	Mr Sundar Pradhan	
6	Member	Mr Ashok Acharya	
7	Member	Mr Kamal Prasad Shrestha	
8	Member	Mr Rajan Khatri	
9	Member	Mrs Shanta Bhattu	

1999-2000

S. No	Post	Name	Remarks
1	President	Mr Udayananda Bajracharya	
2	Vice president	Mrs Janaki Giri	
3	Secretary	Mr R.K. Karki	
4	Joint Secretary	Mr Bikash Koirala	
5	Treasurer	Mrs Dil Kumari Rimal	
6	Member	Mr Ajit Thapa	
7	Member	Mr Binod Parajuli	
8	Member	Mr Devendra Wagle	
9	Member	Mr O B Khanal	

2000-2001

S. No	Post	Name	Remarks
1	President	Mr Kamal Prasad Shrestha	
2	Vice president	Mrs Kiran Bhandari	
3	Secretary	Mr Radha Krishna Karki	
4	Joint Secretary	Mr Uddhav Prasad Adhikary	
5	Treasurer	Mrs Dil Kumari Rimal	
6	Member	Mr Ram Prasad Subedi	
7	Member	Mrs Ruby Pandey	
8	Member	Mr Shreedhar Basnyat	
9	Member	Mr Uttam Pradhan	

2001-2002

S. No	Post	Name	Remarks
1	President	Mr Kamal Prasad Shrestha	
2	Vice president	Mr Pradip Baisyet	
3	Secretary	Mr Uddhav Prasad Adhikary	
4	Joint Secretary	Mr Bijay Pant	
5	Treasurer	Mr Nirmal KC	
6	Member	Mrs Bimala Pokhrel	
7	Member	Mr Bhuban Poudel	
8	Member	Mr Chakra B. Chand	
9	Member	Mrs Daisy Shrestha	

2002- 2003

S. No	Post	Name	Remarks
1	President	Mr Kamal Prasad Shrestha	
2	Vice president	Mr Pradip Baisyet	
3	Secretary	Mr Uddhav Prasad Adhikary	
4	Joint Secretary	Mrs Lila Devkota	
5	Treasurer	Ms Samjhana Adhikary	
6	Member	Mr Bljay Regmi	
7	Member	Mr Bhola Shrestha	
8	Member	Mr Bedendra Adhikari	
9	Member	Mrs Janaki Giri	

2003-2005

S. No	Post	Name	Remarks
1	President	Mr Kamal Prasad Shrestha	
2	Vice president	Mr Pradip Baisyet	
3	Secretary	Mr R.K. Karki	
4	Joint Secretary	Mr Indra Pokhrel	
5	Treasurer	Mrs Mina Paudel	
6	Member	Mr Dinesh Acharya	
7	Member	Mrs Lalita Aryal	
8	Member	Mr Praveen Man Shrestha	
9	Member	Mr Uttam Pradhan	

2005-2007

S. No	Post	Name	Remarks
1	President	Mr Kamal Prasad Shrestha	
2	Vice president	Mr Pradip Baisyet	
3	Secretary	Mr Laxman Paudel	
4	Joint Secretary	Mr Dinesh Acharya	
5	Treasurer	Mr Indra Prasad Pokhrel	
6	Member	Mr Dinesh Khadka	
7	Member	Dr. Nirjala Giri	
8	Member	Ms Prapti Gautam	
9	Member	Mr Shailesh Vaidya	

The Committee resigned on 6th March 2006. And adhoc committee formed of Indra Gyawali, Shyam Madhikarmy and Prapti Gautam to elect new committee

2006-2008

S. No	Post	Name	Remarks
1	President	Mr Manohar Lal Shrestha	
2	Vice president	Mr Pitambar Dahal	
3	Secretary	Mr Giri Raj Kattel	
4	Joint Secretary	Mr Dinesh Khadka	
5	Treasurer	Mrs Achala Adhikary	
6	Member	Mrs Janaki Giri	
7	Member	Mr Madan Shrestha	
8	Member	Mr Pratik Shrestha	
9	Member	Mrs Sheila Gyawali	

2008-2010

S. No	Post	Name	Remarks
1	President	Dr. Mahendra Giri	
2	Vice president	Mr Pitambar Dahal	
3	Secretary	Mr Laxman Paudel	
4	Joint Secretary	Mrs Shantwona Baidya	
5	Treasurer	Mr Dipendra KC	
6	Member	Mr Akash Gyawali	
7	Member	Mr Kavi Maharjan	
8	Member	Mr Robin Rimal	
9	Member	Mr Shaurya Bhattarai	

2010-2012

S. No	Post	Name	Remarks
1	President	Mrs Shanta Bhattu	
2	Vice president	Mrs Jagamaya Shrestha Ranjit	
3	Secretary	Mrs Leena Gautam	
4	Joint Secretary	Mrs Meena Adhikari Bhattarai	
5	Treasurer	Mrs Achala Adhikary	
6	Member	Mr Shaurya Bhattarai	
7	Member	Mrs Sajana Thapa	
8	Member	Mrs Sabina Ranjitkar	
9	Member	Mr Tanka Gautam/ Uttam Pradhan	Mr Uttam Pradhan Since Nov 2010

2012-2014

S. No	Post	Name	Remarks
1	President	Mr Uddhav Prasad Adhikary, J.P.	
2	Vice president	Dr. Nabin Ranjit	
3	Secretary	Dr. Santosh Bhandari	
4	Joint Secretary	Mr Nitesh Linkha Rai	
5	Treasurer	Mrs Bimala Pokhrel	
6	Member	Mr Amit Sapkota	
7	Member	Mr Ananda Dhungel	
8	Member	Mrs Priyangu Dhungel	
9	Member	Mrs Sabina Ranjitkar	

2014-2016

S. No	Post	Name	Remarks
1	President	Mr Uddhav Adhikary, J.P.	
2	Vice president	Dr. Nabin Ranjit	
3	Secretary	Dr. Santosh Bhandari	
4	Joint Secretary	Mr Daya Gautam	
5	Treasurer	Mr Indra Pokhrel	
6	Member	Dr. Achyut Aryal	
7	Member	Mr Balram Khanal	
8	Member	Mr Binod Acharya	
9	Member	Mrs Priyangu Dhungel	

2016-2018

S. No	Post	Name	Remarks
1	President	Mr Manohar Shrestha/Mr Dinesh Khadka	Mr Dinesh Khadka (2017-18)
2	Vice president	Mr Dinesh Khadka /Mr Balram Khanal	Mr Balram Khanal (2017-18)
3	Secretary	Mr Binod Bhaukajae	
4	Joint Secretary	Mrs Archana Shrestha	
5	Treasurer	Mr Indra Pokhrel	
6	Member	Dr. Prabha Upreti /Mr Darshan Pradhan	Mr Pradhan for 2017-18
7	Member	Mrs Pritika Shrestha	
8	Member	Mr Sujana Gurung	
9	Member	Mr Lakshman Shrestha/ Mr Yugesh Shedhai	Mr Shedhai for 2017-18

2018-2020

S. No	Post	Name	Remarks
1	President	Mr Dinesh Khadka	
2	Vice president	Mr Binod Bhaukajee	
3	Secretary	Dr. Achyut Aryal	Resigned on November 2018
4	Joint Secretary	Mr Prayash Chhetri	
5	Treasurer	Mr Yugesh Sedhai	
6	Member	Mr Kamal Lamgade	
7	Member	Mr Mohan Khanal	
8	Member	Mrs Sujata Kandel	
9	Member	Mrs Umita Basnet	



पशुपति कर्माचार्य

मुक्तक

माया र ममताको खानि हौ आमा तिमी
प्रेम र सद्भावका पुजारी हौ आमा तिमी
शाश्वत ईश्वरको जीवित मूर्ति हौ आमा तिमी
सृष्टि चक्रको दयालु सागर हौ आमा तिमी /

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म नदीमा आँसु देख्छु
माटोको सुगन्ध सुन्छु
देशको विरही गीतमा
जीवनको दुःख गाउँछु /

केही हाईकु

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सरकार हाई

तिनै अङ्ग
भ्रष्टको दल-दलमा
सुनको डल्ला

निर्मला हत्या
देशै उठेर पनि
दोषी मिलेन

घूस हेभन
कानूनको बेथिति
नाङ्गो जनता

जात र भात
द्वेष र घृणा
विकास रोयो

Office of Hon. Consulate of Nepal in New Zealand

Namaste, Kia ora

It is with pleasure we offer special New Year greetings to the Nepalese community in New Zealand. It is always a pleasure and honour to work with the community and continue that link that was originally created by Sir Ed Hillary.

At this time of great upheaval after the Christchurch massacre it is more important than ever for the Nepalese community to remain united and strong.

It is vital that you use this united strength going forward.

**Very best wishes for the 2076 New Year and lets
all make it a special one.**

Best Wishes

Peter Gibbs



Pictures of cultural activities 2018

The Fourth Multi Ethnic Dance Festival 2019



Kamal Prasad Shrestha
President

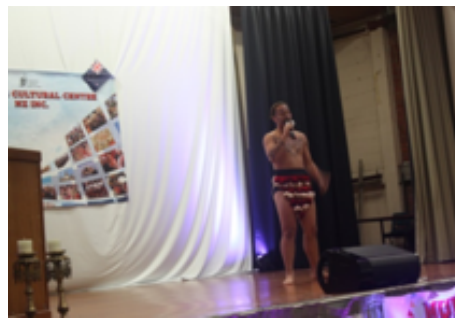
Nepalese Cultural Centre New Zealand Inc.

The Nepalese Cultural Centre New Zealand Inc. was established in 2008 with the objective of promoting Nepalese Culture in New Zealand by providing information about Nepal and Nepalese Culture to interested Kiwis. Also, to achieve the goal, the Centre will be the point of contact for all to exchange information about Nepalese culture. We, of Nepalese origin have realized the utmost need for our integration in to New Zealand Society by raising our awareness about New Zealand and its people on one side and making other individuals and community groups aware of our presence, commitments and capabilities. In the past ten years, the Centre was engaged in organizing various activities including 3 hour workshop about Nepalese culture, run language classes and organise dance festivals.

Past Multi – Ethnic Dance Festivals

The Centre started first Ethnic Dance Festival in 2016. The festival was organized with an objective to link various ethnic communities in Auckland ***“The multi Ethnic dance festival organized by Nepalese Cultural Centre on 23 July 2016 was a grand celebration of colour, music and dance that kept 150 + audiences spell bound”***. This is a remark made by the Office of Ethnic Communities on July 2016 Issue. Held in the Mount Eden War Memorial Hall in Auckland, three hour event was a grand gala showcasing New Zealand's cultural diversity in its richness

Erstwhile Hon. Consulate General of Nepal, Lady June Hillary was the chief guests and more than 500 witnessed the event. Altogether Twelve Ethnic groups including Maori, Indian, Bangladesh, Chinese, South Korean, Assyrian, Spanish, Dalmatian, Nepalese, Taiwanese, Cook Island and Tamil took part in the festival.



The Second Multi Ethnic dance Festival 2017 was organized on 4th November 2017 at Dorothy Winstone Centre, Auckland Girls Grammar School at Freemans Bay. Eleven ethnic communities including, Assyrian, Bangladeshi, Indian, Burundi,

Chinese, Fillipinos, Nepalese, South Korean, Indonesian, Mangaorngo and Taiwanese group took part in the festival.

Hon. Michael Wood, MP for Mt. Roskill and Associate Minister for Ethnic Communities and

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erstwhile Hon. Consulate General to Nepal, Lady June Hillary were the Chief Guests of Honours. About 500 people witnessed the event.

The Third Multi-Ethnic Dance Festival 2018 was organized on 25th August 2018 at Te Atatu Peninsula Community Centre at Te Atatu. Celebrating unity in diversity of ethnicity & cultures that makes New Zealand Thrive is a further step ahead in this event. The festival was able to win the hearts of more than 1000 including artists. Five food stalls from China, Nepal and Saudi Arabia served various ethnic foods.

Hon. Phil Twyford, Hon. Minister for Housing and Urban Development, Hon. Michael Wood, Associate Minister for Ethnic Communities and erstwhile Consulate General to Nepal, Lady June were the Chief Guests of the festival. Several distinguished guests also witnessed the festival.

The dance festival will be organise this year were Nepalese, Indian, Bhutanese, Chinese, Filipino, Korean, Pacifica, Russian, Eritrean, Saudi Arabian, Chilean and Tuvaluian are expected to demonstrate their typical dances.

Introduction about 4th Multi Ethnic Dance Festival 2019

It has been proposed to organize **4th Multi-Ethnic Dance Festival 2019 on 9th November 2019 at Victory Convention Centre** at 98 Beaumont St., Freemans Bay West, Auckland 1010 from 12 noon to 10pm. The Event includes dances, cultural stalls and food stalls from all participating ethnic groups. Specially, dances by our rich diversified ethnic communities will thrill audience. Thus this event will be a milestone to uplift undanstanding of each others culture and bring them much closer.

By covering the event with more media, including TV, radio, local papers, community notice boards and many others, we expect to fill in 2400 seats in the auditorium. Also, 326 car parks will be available to the visitors.

Conclusion

Thanks to Auckland Council and other agencies for supporting to organise such events. As we know, New Zealand is a most ethnically diverse country on the Earth. It is therefore, important to maintain its ethnic diversities by launching several related programs, like multicultural festivals, conferences, seminars and other activities related to multi-culturalism. With the responses received from last three years's events from various ethnic communities, we are inspired to organize in the wider scale. Therefore, we have chosen Victory Convention Centre at Auckland down town. We are appealing all participants to come out with some new ideas to make this festival more colorful and effective. Each participating community will have a stall to include their souvenir display and food. The event will start at 12.00 noon with Inaugural function A couple of dance will be included at the beginning. The actual Cultural (Dances) part will begin at 6.00 pm only.



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NEPAL

in Pictures



Nepal government has already announced to organize **'Visit Nepal Year 2020'**. The government aims to attract two million foreign tourists by 2020. The number may look overambitious but we can contribute from our side to make it happen. I request all the Nepalese people living in New Zealand to spread the word about the event with friends, neighbors, colleagues etc. and tell them about our country. And of course, all the Nepalese parents who have not been to Nepal for a long time, please plan to visit with your children. Let's visit Nepal in 2020. Let's make it a grand success and enjoy the beauty of our motherland.

Compiled by - *Bhuvan Tripathi*





दुई दिने बस यात्राको अविस्मरणीय सम्झना



गोपाल पौडेल
नेपाली भाषी भूटानी

आफ्नो गाउँ-घर, पाखा-पखेरु तथा देउराली भन्ज्यांग छोडेर शरणार्थी शिविर हुँदै न्यूजिलैण्ड आइपुगेको पनि दश वर्ष भइसकेछ।

हिजो अस्ति जस्तो लाग्छ आफ्नै खेतमा बाउसे गरेको, बाखाका पाठाहरुसँग बारीका पाटामा लुकामारी खेलेको। गाँउलेहरुसँग हो मा हो मिलाउँदै वन पाखा चहारेको। थाहै नपाई समयले निक्कै डाँडो काटिसकेछ। आफ्नो देश छोडेको माल होइन शरणार्थी शिविरमा विताएका तिता तर सम्झन लायकका क्षणहरु पनि छिट्टै पुराना हुन थालिसकेछन्।

नेपालबाट राजा राम शाहसँग ताम्रपत्र गरेर भूटानमा लगिएका नेपाली भाषी भूटानीहरुले भूटानमा प्रजातन्त्र र मानवअधिकार वहाली हुनुपर्छ भनेकै कारण शरणार्थी हुनु परेको थियो भने कहिल्यै कल्पनासम्म नगरेको देशमा पुनर्वास गराइँदा हाम्रो भविष्य कस्तो होला भनेर सोच्न कति कठीन हुन्छ भन्ने कुरा जो-कोहीले अनुमान गर्न सक्छ।

International Organisation of Migration (आई. ओ. एम)को झोलामा आफ्ना कागजपत्र र परम्पराका केही आस्थाहरु बोकेर न्यूजिलैण्ड उडिएको थियो। मठ-मन्दिर, ईष्ट-मित्र एवम् छर-छिमेक त छोडिए छोडिए अब यही पोको पारेर लगेको मनको आस्थाले ठाउँ पाउला कि नपाउला भनेर मनमा एक प्रकारको चिन्ता लागिरहेको थियो।

मान्छेलाई आफ्नो गाउँ-घर छोडेर हिँड्दा सबैभन्दा बढी आफ्नो धर्म कर्म, भाषा,

परम्पराको चिन्ता हुँदो रहेछ। हामीलाई पनि यस कुराले अतिनै सताएको थियो। तर जब न्यूजिलैण्ड टेकियो अनि न्यूजिलैण्डमा बिभिन्न मठ-मन्दिरहरु छन भन्ने यथार्थ थाहा पाउँदा हामी सबैको मुहारमा एक प्रकारको खुसी छाएको थियो। त्यही बेलादेखि नै कुनै समय मिलाएर विशेष गरेर अक्ल्याण्डमा रहेका सबै मन्दिरहरु घुमौंला भन्ने भावना आउन थालिसकेको थियो। “तँ चिता म पुर्याइदिन्छु” भन्नु हुन्छ रे भगवानले भने जस्तै हामी केही साथीहरु 'नेपलिज कल्चरल सेन्टर न्यूजिलैण्ड', व्द्वारा २५ अगष्ट २०१८ मा आयोजना गरिएको मल्टी इथनिक डान्स फेस्टिवलमा भाग लिएर घर फर्कदै गर्दा यस विषयमा छलफल भएको थियो। सबै साथीहरुको बिचार मिलेपछि हामीले यस कामलाई निरन्तरता दियौं। सुरुमा हामीले आफ्नै आमाबुबा र केही मिल्ने परिवारका आमाबुबा मात्र लैजाने सल्लाह गरेपनि पछि यसले ठूलो रुप लियो। एकदुई जना गर्दागर्दै हामीसँग जाने मान्छेहरुको सङ्ख्या पचास नाघे भएपछि हामीलाई एक प्रकारको जिम्मेवारी थपिएको थियो। एक दुईजना परिवार मिलाएर हिँड्न त गाह्रो हुन्छ भने चालीस पचासजना मानिसहरु, त्यसमा पनि बिभिन्न उमेर, सोच तथा स्वास्थ्य समस्या भएका बुढापाका मान्छेहरु लिएर हिँड्नु भनेको एक चुनौतीपूर्ण कार्य थियो। त्यसको अलावा त्यो कार्य सम्पन्न गर्दा लाग्ने खर्च, गाडी, बस्ने-खाने सम्पूर्ण व्यवस्था गर्नु भनेको चानचुने कुरो थिएन। यसका लागि न्यूनतम पनि आठ दश हजार लाग्न सक्थ्यो। हामीले सबै रकम व्यहोर्न सक्ने कुरा पनि थिएन। सबै सामाजिक भक्तावाला आमाबुबाहरुसँग ठूलो रकम माग्ने कुरा पनि भएन। अन्ततः हामीले प्रायोजक खोज्ने निर्णय गर्यौं।

यही क्रममा हामीले अक्ल्याण्डमा खाना बस्न मिलाउन सक्ने एकदमै भरपर्दो मान्छे भेटाउन थियो। पछि बाल चिमिरेज्यूको सहयोगले गणेश लिंखा दाइसँग मोबाइलमा नै हाम्रो योजना बारे छलफल हुनुको साथै वहाँहरुबाट प्राप्त हुन सक्ने सहयोगका विषयमा पनि गम्भीर बातचित भयो। उहाँको सकारात्मक प्रतिक्रिया पाएपछि फुरुङ्ग हुँदै साथीहरुलाई यो शुभ खबर सुनाउँदा वहाँहरु अति हर्षित हुनु भएको थियो। पछि यो कामलाई निरन्तरता दिने जिम्मा बाल चिमिरेज्यूलाई सुम्पिदै म लगायत अर्भिन्द राई, नरेश भट्टराई र गीता बास्तोला चाहिँ प्रायोजक खोज्ने, बस मिलाउने, जाने मान्छेहरुको नाम लिस्ट तयार पार्ने, बाटामा चाहिने आवश्यक कुराहरु मिलाउने काममा लाग्यौं।

हामी सबैको अथक प्रयासबाट फेब्रुअरी एक तरिख २०१९का दिन राती ९:३० बजे हाम्रो बस अठ्चालीस जना यात्रुहरु बोकेर अक्ल्याण्ड प्रस्थान गरेको थियो। बाटोमा रमाइलो गर्दै लगभग बिहानको ५ बजेतिर हाम्रो बस हेमिल्टन पुगेका थियो। दुई घण्टाजति यहाँ आराम गरिसकेपछि हामी हामीलाई दिईएको समय र ठेगाना अनुसार माटाउ मराईमा बिहान ठीक आठ बजे पुगेका थियौं। हामी पुग्ने बित्तिकै हामीलाई स्वागत गर्न चक्र परमहंस योग सेवाका आदरणीय सदस्यज्यूहरु र माटाउ मराईका परिवारहरु पर्खेर बसिरहनु भएको रहेछ। हामीलाई नेपाली परम्परा अनुसार निधारमा टिका लगाउँदै हातमा फुल दिदै स्वागत गरिएको थियो। त्यस पछि तुरुन्त माटाउ मराईका परिवारहरुले माओरी संस्कार अनुसार हाका गरेर स्वागत गर्नुभएको थियो। नेपाली परम्परा अनुसार स्वागत गर्दा हर्षको बादलसँग उडेको

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मन माओरीको हाकाले स्याल जस्तै दुलो भित्र लुकेको थियो। तर जब डण्ठा राखेर हारेमाई भन्दै हरियो पात दिएर स्वागत गरियो तब सबैको अनुहारमा फेरि कान्ति छाएको थियो। स्वागत कार्यक्रम समाप्त हुने वित्तिकै कोही फोटो खिच्न थाले, कोही नुहाई धुवाईतिर लागे कोही भने बिहानको नास्तातिर लागे। हाम्रा लागि चक्र परमहंस योग सेवाका दाजु-दिदीहरूले साह्रै दुःख गर्नुभएको रहेछ। पुरी सब्जी खानेलाई पुरी सब्जी, दही चिउरा खानेलाई दही चिउरा, फलफूल खानेलाई फलफूल। अचारमा अचार। पुरी पनि नरम न नरम। चिउरा भुटेर उस्तै चुरम चुरम। चिया कफी खानेलाई चिया कफी। मानौ हामी पाँच तारे होटलमा बिहानको ब्रेक फस्ट गरिरहेका छौं। सबैजना आफूलाई मन पर्ने चीज छानी छानी खाइराख्नु भएको थियो। कोही कोही यति मीठो खाने कुरा एकाबिहानै कसले बनायो होला भनेर एक आपासमा कुरा गर्दै हुनुहुन्थ्यो। कति जना आमाबुबाहरूले नास्ता खाँदै गर्दा मलाई पनि यही कुरा कानमा खुसुक्क सोध्नु भएको थियो भने कति जनाले बाटोमा सोध्नु भएको थियो। जब उहाँहरूले यो खर्च चक्र परमहंस योग सेवाको तर्फबाट हो भन्ने कुरा थाहा पाउनु भयो तब “यत्नो खर्च उहाँहरूलाई माल गराउनु हुँदैन” भन्दै हुनुहुन्थ्यो। मैले जबाफमा “यो त कास्टिड माल हो फिल्म आउन बाँकी नै छ” भनेपछि उहाँहरू मज्जाले हाँस्नु भएको थियो। कोही कोही भने “यत्नो ऋण कहिले तिरिसक्ने हो” भनेर लामो सास तान्दै हुनुहुन्थ्यो। एक जना आमा भन्दै हुनुहुन्थ्यो “हाम्रा भगवान चाहिँ उहाँहरू नै हुनुभयो।”

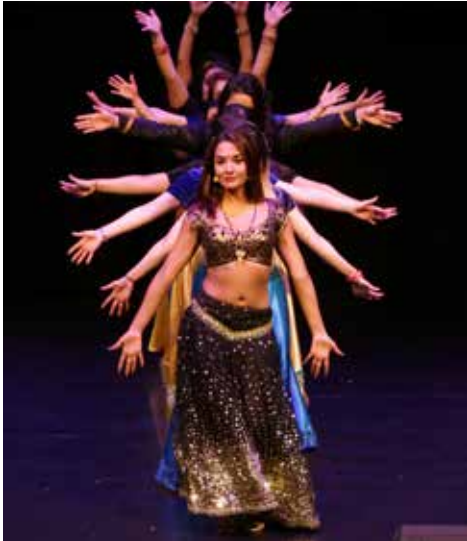
बिहानको नास्ता लिइसकेपछि हामी पापाटोएटोएमा रहेको स्वामीनाराण मन्दिरको दर्शन गर्न त्यस तर्फ लाग्यौ। स्वामीनाराण मन्दिरमा हाम्रो धुमधाम स्वागत गरियो। मन्दिरको दर्शन गर्नका साथै भजन-कीर्तन सकेपछि प्रसाद लिएर

हाम्रो यात्रा भारतीय मन्दिर तिर सोझियो। भारतीय मन्दिरको दर्शन गरिसकेपछि हाम्रो बस श्रीराम मन्दिर तिर हुँइकियो। श्रीराम मन्दिरमा पनि हाम्रो भव्य स्वागत गरिएको थियो। यहाँ लगभग एक घण्टा जति भजन कीर्तन गरिसके पछि हामीलाई त्यहीं दिउँसोको भोजन खान तल्लो तलामा लगियो। सबै जनाले भगवानको प्रसाद सम्झदै शुद्ध शाकाहारी भोजनको मज्जा लियौं। त्यस पछि हामी न्यूजिलैण्ड नेपाली सोसाइटीद्वारा आयोजन गरिएको तेञ्जिड हिल्लरी कप हेर्न क्रुम पार्क गएका थियौं। भाग्यवस हाम्रै टिम ड्रुक एफ सी र अक्ल्याण्डको अर्को टिमबीच खेल शुरु हुन लागेको रहेछ। चारैतिर बसेर मज्जाले फुटबल हेरियो। आफ्नै आमाबुबाहरू दर्शकको रूपमा पाएर खेलाडी भाइहरू पूर्ण जोशका साथ खेल खेलिरहेका थिए भने आमाबुबाहरू पनि खेलाडीहरूलाई हौसला दिन जोडसँग हुटिड गरिरहेका थिए। खेल दुई दुई गोल भएर बराबरीमा टुङ्गियो। हामी पनि भाइबहिनीहरूसँग बिदा मागेर हरे कृष्ण मन्दिरको दर्शनार्थ त्यस तर्फ लाग्यौं। हरे कृष्ण मन्दिरको दर्शन पछि स्काई टावर र सिटी सेन्टरको अवलोकन गर्दै मराइमा फर्केका थियौं।

मराई आइपुग्दा लगभग बेलुकाको ६ बजेको थियो। हाम्रो सपूर्ण बेलुकाको खाना बनीसकेको रहेछ। सबैजनाले खाना खाइसकेपछि गणेश दाइले भजन शुरु गर्नु भयो। दिनभरि घुमेकाले सबै जना गले जस्तो देखिनु हुन्थ्यो तर जब मादल झ्यालीसँगै भजन कीर्तन गुन्जिन थाल्यो तब प्रायः सबैजना उठेर कोही गाउन थाले कोही नाच्न थाले कोही ताली बजाउन। हेर्दाहेर्दै त्यहाँको वातावरण नै अर्कै भयो। हामी सँगसँगै माटाउ मराईका परिवारहरूले पनि मीठा गीतहरू गाएका थिए। भजन कीर्तनको सुमधुर वातावरणमा हामीलाई चक्र परमहंस योग सेवाका आदरणीय सदस्यज्यूहरू र माटाउ मराईका परिवारहरूले औपचारिकरूपमा स्वगत गर्नुभएको थियो भने हामीले पनि धन्यवाद स्वरूप ढाकाको टोपी, ढाकाको शल अनि भूतानबाट मगाएको खादा ओढाएर सम्मान गरेका थियौं। यत्तिकैमा रात धेरै छिप्सिकेको थियो तसर्थ बिदा भएर हामी सबै सुत्न गयौं। न्यूजिलैण्डमा आएर पहिलो पल्ट यति धेरै मान्छे सँगै सुतेका थियौं। कति रमाइलो। कोही घुर्ने, कोही गुनुनु गफ गर्ने, कोही भित्र बाहिर हिडीरहने, कोही मस्त निदाउने। तर जसले जे गरे पनि रमाइलो हुने।

भोलिपल्ट बिहानको नास्ता पनि चक्र परमहंस योग सेवाका सदस्यज्यूहरूले नै तयार गर्नु भएको रहेछ। नास्ता खाइसकेपछि बिदाबारीको कार्यक्रम सुरु भयो। शुरुमा त वास्तै भएको थिएन तर बिदाइका हात मिलाउन थालेपछि एक्कासी नरमाइलो लाग्न थाल्यो। अनि पो थाहा भयो सम्बन्ध सुमधुर हुन थालेछ। कोही हात मिलाउदै थिए। कोही अङ्कमाल गर्दै थिए। कोही हाँस्दै थिए। कोही रँदै थिए। अन्ततः हाँसो र आँसु दुबै लिएर हामी बिदा भयौं। बाटोमा पर्ने बुद्धिस्ट मन्दिरको दर्शन गरेर टाउरङ्गा लाग्यौं। बाटोमा देखिने सुन्दर तथा रमाइला दृश्यहरू अवलोकन गर्दै हामी ठीक दिउँसो २ बजे टाउरङ्गा आइपुगेका थियौं। मित खेम अर्यालज्यूको रेस्टुरेन्टमा मीठो खाना खाइसकेपछि तीन बजे हामी रोटोरुवा हुँदै टाउपो तर्फ लाग्यौं। लगभग साढे पाँच बजे हामी टाउपो आइपुगेका थियौं। केही क्षण टाउपोमा बिश्राम गरेर हामी डेजार्ट रोडको चिसो हावा खाँदै पाल्मेसर्टन नर्थ तर्फ हुँइकिएका थियौं। लगभग बेलुका नौ बजेतिर फिल्लिड आइपुगेका थियौं भने दश बजेतिर हाम्रो सम्पूर्ण यात्रा सकुशल सम्पन्न भएको थियो। हाम्रो दुई दिने यात्रामा प्रत्यक्ष अप्रत्यक्ष सहयोग गरिदिनुहुने सम्पूर्ण सहयोगी मनहरूमा आयोजकको तर्फबाट नमन गर्न चाहन्छु। साथै आगामी दिनहरूमा हाम्रो सम्बन्ध अझ निकट एवम् प्रगाढ बन्दै एक अर्काको परिपूरक बन्न सक्तियोस्। अस्तु।





Priyanka Karki and Jeetu Nepal in Auckland, 2018

Walking Around Basel and Swiss Alps



Pic 1 At the Viewing Deck (Selfie)

Basel is a northern city of Switzerland, bordering with France on the north-west, and Germany on the north-east. It is comparatively bigger than Hamilton of New Zealand in population. In many ways, it is a typical European city with lots of green parks and old churches. The picturesque Rhein flowing in the middle of the city is special. My wife and I visited Basel in last September as tourists, and of course, to meet my son and his in-laws. My aim was to visit Schilthorn (2970 m) and walking around Basel. As I arrived in Basel, I started planning for my Alps trip by checking the cost and weather report. One can buy a package on line as well, but I bought mine from the Railway station.

I chose a good day to travel, and the destination was Schilthorn. At 7 am, I left Basel for Stechelberg via: Zurich-Bern-Interlaken-Lauterbrunnen. From Stechelberg I took the cable car (CC). The first stop was Gimmelwald (Mureen). The next stop was Birg (2700 m), where there was adequate facilities to see around. Recently, they have added a Glass corridor, "Thrill walk" over a deep cliff, which is quite exciting to walk along.

Then, from Birg to Schilthorn was another 10 minutes CC ride. This is a hill-top platform with 360 degree views of Burnese Alps (Pic 1) with several high peaks and valleys. There is Gloria restaurant on the top. The whole complex is related to Agent 007, because the famous James Bond movie "On Her Majesty's Secret Service" was shot there. The management has cashed the hype "007" to attract and entertain tourists (Pic 2). As an option, one can also walk up to this place through a walking trail. The whole place is snow covered in winter.

There is an interesting story on three peaks, left side behind Schilthorn Deck (Pic 2). The blakish peak on left is Eiger, the demon, who was eying on Jungfrau (maiden) on far right, and, then Monch came in the middle to protect Jungfrau (Pic 3). After a lot of excitement and a little rest I came down to Gimmelwald, and went out to see Mureen, a beautiful scenic village with some prepossessing hotels (Pic 4). I walked for 20 minutes. I took lots of photos to share with family and friends. Then, I returned to Basel by the



Dr. Mahindra Giri

same route. I reached home before 8pm. I was amazed by the ease of communication by train, bus, cable cars, so fast and well connected.

I wanted to explore walking routes in Basel, and as expected, there were many interesting walking routes within the city.

I noticed that all these walkways were very much used; they weren't crowded, because the walkers were evenly distributed over a day - early morning to late evening. I saw singles, couples, in smaller groups of walkers, joggers, and bikers. All happily used the road without disturbing each other. There are zebra crossings (here Yellow), where, even trams would allow the pedestrians to cross it first. These walkways are well maintained and clean, beautified, at places, by flowers of different colours. The slow but steady flow of bluish-green Rhine gave a very peaceful ambience to the walkers along its banks.



Pic 2. Schilthorn (2970 m) with Gloria on the top. Had 360 degree views.

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I was staying in an apartment, from where, the Rhein looked stunningly beautiful. One could just sit, and watch on for hours without any boredom (Pic 5). I planned my walk along the portion of river, which I could see from the apartment, between two bridges, "MittereRheinbrücke" and "Dreirosenbrücke", which were connected by "Unter Rhein weg" on the other side, and "Rheinweg" on this side. The bridge "JohanniterBrücke" was in the middle, and I walked pass under it. The length of the circuit would be roughly 4 km. I walked this circuit in about one hour. Beside the scenery, the passing boats and ships were also lovely to watch. One can see many steeples of old churches from the bridge.

Despite many recreational activities (swimming, kayaking, canoeing, water skiing and boating), commercial boating, smaller cruising ships and barge hauling goods, the environment was calm and quiet, and very pleasant. The gentle flow of bluish-green Rhein was enjoyable. The unusually hot summer, had its toll on the Rhein as well, indicated by reduced depth of water.

Then, I came to know about a straight and longer walk along on this side of Rhein, in continuation of "Rheinweg". I checked on the map, which seemed quite straight forward. The destination was a small park, Rhein Park, on Germany side.

My walk started from "MittereRheinbrücke". Walking down the stair to "DreiKuenig Weg" near "Basel Schifflande AG", walking for 800 m northward, I came to "Rheinweg", which



Pic 3. The 3 peaks are clear here. One with some cloud above the cable is Jungfrau (3466 m)

is wide, and used for vehicles as well. This passes under "JohanniterBrücke", and there is a beautiful facility of outdoor swimming in Rhein, and basking on the deck with bar and lunch kiosk. Right after this, there is Cruise ship terminal, where they pick up passengers for breakfast, lunch and dinner cruises.

The 'Rheinweg', then, passes under the "Dreirosenbrücke" (double story bridge), and continues to become "Elsasserrheinweg", which is newly renovated and widened. This continues for 10-12 minutes, and French area of Huningue starts. The path continues, and meets different streets, "Quai de la Bridget du Languedoc", "Rue Moser", then, it becomes "Quai du Rhin". It continues for a few minutes, and goes round a small family park, then crosses a canal, and becomes "Quai de la Republique" until a strong steel arched bridge, "Dreilanderbrücke", comes (Pic. 6). It is large enough for



Pic 4. A typical hotel in Swiss Alps (Mureen).

pedestrians, walkers, joggers and bikers, so that they don't bump into each other. It is elevated, about 3 metres from the ground. There is concrete stair to climb, while bikers, wheel-chairs and pram can take elevator. On other side (Germany), there is a long ramp, which continues to Hauptstrasse" (mainroad). This is shopping area, with a big - multi story mall as well. This is "Weil am Rhein", a German township. I walked in the mall for a few minutes, and returned home through the same path.

I must admit, though, this was a unique experience. I was in the middle of Europe, and in about an hour I had crossed borders of three prominent countries. The pleasant part is, that there were no marked barriers; no stoppage; no search; and no question asked. How convenient. The area is bound by similar culture, language and economic standard. It is amazing to see how beautifully they co-existed for centuries, almost unaffected by wars and political problems. It took two hour for me to walk both ways, which would be about 10 km. I needed no preparations and nothing to take but camera. I enjoyed every moment of it.



Pic 5. the view of Rhein from the Apartment.



Pic 6. Dreilanderbrücke connecting French with German areas.



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लङ्काका राजा रावण हिमालय क्षेत्रका वन जंगल तिर घुमी रहे का थिए । अचानक उनका आँखाहरु एक अपूर्व सुन्दरी तपस्विनीमा पुगेर अड्के । कालो मृगका छलाले शरीर ढाकेकी, शिरमा लामा जटा भएकी ती सुन्दरी तपस्याको प्रभावले देवी जस्तै उज्याली थिइन् । सुन्दरी तपस्विनीको रूप देखेर रावण कामोत्तेजित भए ।

तपस्विनीको नजिक पुगेर आफू लङ्काको राजा रावण भएको पहिचान दिए । रावणले तपस्विनीका परिचय मागे । प्रत्युत्तरमा तपस्विनीले भनिन् -“बृहस्पतिका पुत्र प्रतिदिन वेदाभ्यास गर्ने ब्रह्मर्षि श्री कुशध्वजकी छोरी हुँ म मेरो नाम वेदवती हो । म ठूली भए पछि - देवता, गन्धर्व, यक्ष, राक्षस एवं नागहरु पनि मेरा पिताजीसंग आएर मलाई माग्न थाले । तर मेरा पिताजी चाहन्थे मेरो विवाह तीनै लोकका स्वामी भगवान् विष्णुसंग होस । यस यथार्थबाट रिसाएका शम्भु नामका दैत्य राजले मेरा पिताजीको हत्या गरी दियो । पतिको हत्या सहन नसकी मेरी माता मेरा पिताजीको चिताको ज्वालामा जलेर भष्म भइन् । त्यसबेला देखि मैले पनि पिताजीको इच्छा अनुरूप भगवान् विष्णु पति पाउन तपस्या गरी रहेकी छु ।”

सुन्दरी तपस्विनीको उत्तर सुनेर रावणले

अट्टहास गर्दै भने -“को हो त्यो विष्णु? मेरो सामुनै कुनै देव, दैत्य, किन्नरको तुलना हुन सक्दैन । त्यसकारण मलाई पति वरण गर र संसारको सुख भोग गर । विष्णु प्रतिको मोह त्याग ।”

रावणको कुराले क्रोधमा उत्तेजित भएकी तपस्विनीले रावणको प्रस्तावलाई ठाडै अस्वीकार गर्दै भनिन् -“म भगवान् विष्णु सिवाय अरुलाई पति स्वीकार गर्न सकिदैन ।”

तपस्विनीको यस्तो अप्रिय वचन सुनी रावणले तपस्विनीको चुल्हो समातेर आफूतिर ताने । तर तपस्विनीले आफ्नो हातलाई तरवारमा परिणत गरी शिरबाट चुल्हो अलग्याई दिइन् । अनि रिसको आवेगमा औंला ठड्याउँदै रावणलाई भनिन् -“अब यो शरीर जोगाएर राख्नुको कुनै औचित्य छैन ।” त्यस पछि तपस्विनीले चिता तयार पारेर त्यसमा अग्नि प्रज्वलित गरी फेरि रावणतिर फर्केर भनिन् -“नीच पापिष्ठ रावण अर्को जन्ममा म तेरो मृत्युको कारण बनेर जन्मने छु”- भन्दै अग्नि प्रज्वलित चितामा हाम फालिन् ।

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उनै तपस्विनी वेदवती मिथिलाका राजा जनकले जनताको निम्ति हलो जोत्दा सीता (जमिनमा परेको हलोको डोव) मा अवतीर्ण भएकी थिइन् ।

पछि जनकनन्दिनी सीताको विवाह अयोध्या नरेश दशरथका जेष्ठ सुपुत्र भगवान् विष्णुका अवतार रामसंग भयो । रामलाई वनवास हुँदा रामसंग सीता र लक्ष्मण पनि संगै गए ।

वनवासमा रावणले छल पूर्वक सीताको अपहरण गरेर लङ्का पुऱ्याए । रावण प्रति अपहरित सीताको अति घृणा देखेर महाबली महापाश्र्वले रावणलाई जबरजस्ती गर्न सल्लाह दिए । सीता माथि जबरजस्ती गर्नेसल्लाहको सन्दर्भमा रावणले एउटा गोप्यता खोल्दै भने -

“एक पल्ट मैले अत्यन्तै उज्यालो शरीर भएकी पुञ्जिकस्थला नामकी अप्सरा जो पितामह ब्रह्माको भवन तिर जादै थिइन् । मैले बाटैमा समातेर उसलाई निर्वस्त्र पारेर उपभोग गरें । त्यस पछि अप्सरा रूँदै ब्रह्माजीको भवन भित्र गइन् । अप्सराबाट सबै कुरा थाहा पाए पछि पितामह ब्रह्माजी म प्रति अत्यन्तै क्रुद्ध भएर मलाई श्राप दिए - “आज देखि तैले कुनै स्त्री माथि बलपूर्वक समागम गरिस भने तेरो टाउको फुटेर सय टुक्रा हुनेछन् ।”

ब्रह्माजीको यही श्रापले मैले सीता माथि जबरजस्ती गर्न पनि सकिदैन ।

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बलत्कारकै कारण रावणलाई नलकूबर को श्राप परेको प्रसङ्ग यस प्रकार छ - एक पटक रावण स्वर्गमाथि अधिपत्य जमाउन आफ्ना सेनाका दलबल सहित कैलाश पर्वतमा विश्राम गरिरहेका थिए । पूर्णिमाको चहचह जून अनि मध्यरत रावण विश्राम गरिरहेका थिए । तर रावण निदाएका थिएनन् । त्यही बेला श्रृंगार पटारले सजिएकी अति रूपवती अप्सरा रम्भा त्यही बाटो भएर कतै जादै थिइन् । रम्भाको रूप लावण्य देखेर रावणमा काम भावना जागृत भयो । बाटो हिंड्दै गरेकी रम्भाको बाटो छेकेर हात समाउँदै रावणले आफ्नो परिचय दिदै सोधे - “देवी यो मध्यरतमा तिमी कहाँ कसको निम्ति यसरी सजधज भएर हिंडी रहेकी छ्यौ? को भाग्यमानी हो त्यो? तिमीलाई देखेर म कामोत्तेजनाले पागल हुन लागि रहेको छु । आऊ शिलामा बसेर यो आनन्दमय रातको आनन्द लुटौं ।”

रावणको कुरा सुनेर रम्भाले डरले थर थराउँदै भनिन् - “तपाईं त मेरो पिता समान हुनुहुन्छ । यथार्थमा तपाईं मेरो ससुरा पर्नु हुन्छ । किन भने - म आजको यो रात तपाईंका दाजु कुवेरका छोरा नलकूबरसंग भेटन जाँदैछु । त्यस नातले म तपाईंकी बुहारी हुँ विन्ती मलाई छाडी दिनु होस ।”

रावणले रम्भालाई मसक्क समातेर अट्टाहास गर्दै भने - “रम्भा तिम्रो कुरा मलाई ठीक लागेन । देवलोकमा अप्सरहरुका पति हुँदैनन् ।” अनि रम्भालाई रावणले नजिकैको शिलामा लगेर बलत्कार गरे ।

बलत्कार पछि सारा उजाडिएको रंग रूप लिएर रूँदै रूँदै रम्भा आफूलाई पखि रहेका नलकूबर समिप पुगिन् । घटनाको सारा वृत्तान्त सहित रावणद्वारा आफू बलत्कार भएको यथार्थ पनि बताइन् ।

घटना सुनेपछि रिसले थर् थर् काँदै रम्भालाई अंगालोमा लिएर नलकूबरले कमण्डलबाट जल हातमा लिएर पापी रावणलाई यस्तो श्राप दिए - “रम्भा तिम्रो इच्छा वेगरा रावणले तिमी माथि बलपूर्वक अत्याचार गर्‍यो । अतः आजदेखि दुष्ट रावणले कुनै पनि युवतीसंग युवतीको सहमति बिना समागम गर्न सक्ने छैन । यदि कामातुर भएर उसलाई नरूचाउने युवती माथि उसले बलत्कार गर्‍यो भने तत्काल उसको टाउको फुटेर सात टुक्रा हुने छन् ।”

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जनकनन्दिनी सीताकै कारण रामद्वारा रावणको वध भयो । सबै देवी देवताहरुको अनुरोध र अग्नि परीक्षा अनि अग्निदेव स्वयं प्रकट भएर सीताको पवित्रताको वयान गरेपछि सीतालाई रामले स्वीकार गरेर लङ्काबाट अयोध्या फर्के ।

अयोध्या फर्के पछि राजा भएका रामले लोक अपवादको कारण भन्दै रानी सीतालाई परित्याग गरी जंगल पठाए । जंगलमा ऋषि वाल्मीकीले जनकनन्दिनी सीतालाई आफ्नो आश्रममा आश्रय दिए ।

वाल्मीकी आश्रममा सीताबाट लव र कुशको जन्म भयो ।

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अयोध्यामा राजा रामको महायज्ञमा महर्षि वाल्मीकी साथ आएका लव र कुशले सुमधुर स्वरमा रामायण गाएर सुनाए । मन्त्रमुग्ध भएर रामायण सुनेका राजा रामलाई लव र कुश दुवै आफ्नै छोराहरु भएको ज्ञान भयो ।

महर्षि वाल्मीकीलाई अनुरोध गरी सीतालाई जनसभामा बोलाएर राजा रामले भने - “पहिला अग्नि परीक्षामा सफल भएर सीतालाई लङ्काबाट साथ लिएर आएको थिएँ । अयोध्या फर्के पछि लोक अपवादको कारण मैले सीतालाई परित्याग गरेको थिएँ । तर यस विशाल जनसमूहमा सीताले आफ्नो पवित्रताको प्रमाण दिन सकिछन भने म जनकनन्दिनी सीतालाई पुनः स्वीकार गर्न तयार छु ।”

रामको यस प्रकारको भनाई सुनेपछि तपस्विनी भेषधारी सीताले दुवै हात जोडेर दृष्टि र अनुहार भुँईँ तिर पारेर प्रार्थना गरिन् -

“मैले श्रीरघुनाथलाई बाहेक कुनै अर्को पुरुषको (स्पर्शको कुरा त परै रहोस) मनले चिन्तन पनि गर्दिन । यदि यो सत्य हो भने भगवती पृथ्वीदेवी मलाई आफ्नो काखमा शरण देउ”

विदेहकुमारी सीताको यस प्रकारको प्रार्थना सुन्ना साथ सीता नजिकको जमिन चिरा परेर पृथ्वीतलबाट एउटा अद्भुतको सिंहासन प्रकट भयो जो धेरै सुन्दर र ठूलो थियो । सिंहासनको साथै धरती माता पनि प्रकट भएर जनकनन्दिनी सीतालाई आफ्नो दुवै हातले अंगालोमा लिएर स्वागत एवं अभिनन्दन गर्दै सिंहासनमा बसालिन् । सिंहासनमा बसेर जब धरती माता सहित सीता रसातलमा प्रवेश गर्न लागिन् तब आकाशबाट पुष्प वर्षा हुन थाल्यो ।

मर्यादापुरुषोत्तम रामले यो अलौकिक दृष्य हेरिरहे । जनकनन्दिनी सीता धरतीको गर्भमा समाहित भई सकेपछि आसु चुहाउँदै वेहोस भएर ढले ।

भैरहवा

२०७५.१०.२१



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कुमुदप्रसाद शर्मा

“सर ! मलाई चिन्नुभो?” कसैले मलाई नजिकै आएर एकदमै सुपरिचितले झैँ गरी सोध्यो । मैले निकैबेर उसलाई ठम्याउने असफल प्रयास गरेँ र आफ्नो असमर्थता व्यक्त गरेँ । “म मिठाराम हुँ नि सर, कस्तो नचिन्नु भएको! धेरै वर्ष पहिले अख्तियारमा मेरो भ्रष्टाचार मुद्दाको छानविन हजुरले नै गर्नुभएको थियो नि !...म...मालपोत कार्यालयमा थिएँ त्यतिखेर...” “...ए..अ..अँ हो, अब सम्झ्ने मैले, बल्ल सम्झ्ने !..अनि के भयो त हँ, त्यो तपाईंको केस?” जिज्ञासा राख्दै मैले सोधेथेँ ।

अवकाश हुनु अघि म अख्तियारमै कार्यरत थिएँ । उसको मुद्दा अनुसन्धान गर्न मलाई नै तोकिएको थियो । हुन पनि उसको केस त्यतिखेरको सर्वाधिक चर्चा र जन चासोको विषय थियो । अथक प्रयास हुँदाहुँदै पनि त्यो केसमा संलग्न “ठूला माछा” सम्म अनुसन्धान पुग्न सकेको थिएन । त्यतिखेरै मलाई आशङ्का थियो कि उसले जानी जानी कसैलाई बचाउन खोज्दैछ । उसको त्यति बेलिविस्तार सुने पछि उसलाई चिन्न मलाई त्यति गार्हो परेन । वास्तवमा उसको अनुहार उमेरभन्दा धेरै पाकेको र डडेको जस्तो कालो भएको देख्दा ऊ निकै बिरामी वा पियङ्कड भएछ क्यारे भन्ने मैले सहज अनुमान गरेँ । यसकारण पनि उसलाई मैले झलक देख्ने बित्तिकै चिन्न नसक्नु स्वाभाविकै थियो ।

मैले गरेको छानविनको आधारमा नै उसका विरुद्ध अदालतमा मुद्दा चलाइएकोले पक्कै पनि म प्रति उसको कुनै न कुनै असन्तुष्टि, गुनासो या पूर्वाग्रह छ कि जस्तो लागेको थियो । तर ऊसँग को पन्ध्र बीस मिनेटको कुराकानीमा मैले त्यस किसिमको कुनै पनि छनक पाउँन । वास्तवमा म आफ्नै कामको हतारोमा थिएँ । तर पनि किन हो कुनै मैले उसको आग्रहलाई त्यत्तिकै टार्न सकिँन । रत्नपार्क स्थित गणेशमान बाटिका छेउको पेटीमा उभिपेरै करिब एकघण्टा जतिमा उसले धाराप्रवाहले आफ्नो कुरा सिद्धयायो ।

निम्न मध्यम वर्गीय परिवारमा जन्मेको मिठारामको बाल्यकाल राम्रो लगाउने मीठो खाने रहैरमा बिते । जसोतसो आई.ए.सम्म पास त भयो । तर पढाईलाई त्योभन्दा अगाडि लैजान उसको घरको आर्थिक अवस्था नै तगारो बन्यो । त्यतिञ्जेलसम्म मा ऊ एक छोरा र एक छोरीको बाबु भइसकेको थियो । बाल्यकालको आफ्नो अधुरो रह्र आफ्नो छोराछोरी मार्फत पूरा गर्ने र आफ्नी श्रीमतीलाई अरूका श्रीमतीभन्दा कम सुख सयलमा नराख्ने अठोटका साथ उसले जागीर खाने मनःस्थिति बनायो । लगत्तै भएको खरिदार पदको विज्ञापनमा फाराम भरी परीक्षा दियो । पहिलो पटकमा नै लोकसेवा उत्तीर्ण भएर उसको पदस्थापन मालपोत कार्यालय काठमाडौँमा भयो ।

आफ्नो पढाई आई. ए. भन्दा अगाडि लान नसके पनि विद्यालय र कलेजमा ऊ जेहेन्दार विद्यार्थीमा गनिएको थियो । कार्यालयमा पनि छोटो समयमा नै प्रशासन सम्बन्धी सबै विषयमा राम्रो ज्ञान हासिल गर्यो । फलस्वरूप आफूलाई सो अड्डाको नभई नहुने कर्मचारीको रूपमा स्थापित गर्यो । यसै समयमा उसको सम्पर्क भू माफिया, जग्गा दलाल, मन सफा नभएका हाकीम र त्यस्तै प्रकृतिका राजनीतिक नेताहरूसँग पनि भयो । मैले थाहा पाएसम्म उसको छोरी भरखरै एम.बी. बी.एस. पढ्ने तरखरमा थिई भने छोरा चाहिँ भरखर प्रवीणता प्रमाणपत्र तहमा अध्ययनरत थियो ।

कुराकानीको क्रममा उसले उमेरका कारण आफू अलि बढी महत्वाकाङ्क्षी भएको र “काममा पोख्त छु” भन्ने एक किसिमको अहङ्कार विकास भएको कुरालाई स्वीकार गर्यो । आफ्नो यसै कमजोरीलाई अरुले भरपूर रूपमा दुरुपयोग गरेको र आफू दिन दिनै भ्रष्टाचारको दलदलमा फस्दै गएको कुरा सिलसिलेवार आफूमा रूपमा उसले यसरी बतायो “माफिया र दलालहरूले आफ्नो काम गराउन मलाई भनेको बेला भनेकै कार्यालयमा काजमा सरुवा गराउने गर्थे, माथि माथिसम्म उनीहरूकै लिङ्क थियो । सबै किसिमको माहोल उनीहरूकै पक्षमा थियो । आफ्नो काम पूरा भएपछि मलाई फेरि मेरै रुचिको अड्डामा सरुवा गरिदिन्थे । दिन त मलाई पनि केही दिन्थे तर उनीहरूले पाएको तुलनामा जर्ती जतिमात्र हात पर्थ्यो । म आज यो मुलुककै सबैभन्दा ठूलो भ्रष्टाचारी जस्तो भएको छु । आफ्ना साला-साली अनि जेठान, जेठी सासू र अन्य नातेदारको नाममा अबैँ रुपियाँ बराबरको हजारौँ रोपनी सरकारी-सार्वजनिक पर्ती जग्गा कुम्ल्याउनेहरू स्वच्छ छविका कहलिका छन् । तिनै मानिसहरू ठूलो राजनीतिक अनि प्रशासनिक ओहोदामा पुगेका छन्, अहिले पनि बोलवाला उनैको छ ।”

“हजुर त भन्नु होला अनुसन्धान हुँदा तिनीहरूलाई किन नपोलेको त भनेर! तर मेरो वेदना कसले बुझिदिने र सर! बारम्बार मेरा बूढा-बूढी भएका बा-आमा, श्रीमती र छोरा-छोरीलाई आएर धम्की दिन्थे अनि मलाई पनि धम्काई रहन्थे । रातदिन कहिले टेलिफोनबाट त कहिले चिठी मार्फत, घरि घरमा त घरि अड्डामा मानिस पठाएर मारिदिने, बेपत्ता पारिदिनेसम्म का धम्की अहोरात्र सुन्नु पर्थ्यो, घरमा सधैंको रुवाबासी ।”

“सबै कसूर सकार्नु बरु मुद्दा चलेपछि हारजितमा सहयोग गरूँला भनेका थिए । जब अप्ठेरो समय आयो सबैले साथ छोडे । हजुरले धेरै सम्झाउनु भएको पनि हो त्यतिखेर । म यस्तो हालतमा थिएँ- डुब्रु त यसै उसै थियो नै, हारजितमा सहयोग गर्छु भनेकोले अलिकति बरु त्यागतिर आशा थियो त्यसैले पनि उनीहरूलाई बचाउनमा नै बल गरियो । अहिले म कहाँ कोही आउँदैनन्, तिनै दलाल, माफिया, हाकीम र नेताहरू पनि नचिने झैँ गर्छन् । जो मलाई हिजो धेरै महत्त्व दिन्थे । सँगै खाई खेली हुर्केका साथीभाइ मलाई देखेर पनि मुण्टो अर्कोतिर बढाउँछन् । सम्पत्ति भएर मात्र के गर्नु सर! अहिले आएर सबै आफन्त, साथी-भाइ र इष्टमित्रहरू गुमाएर आफू नितान्त एक्लो र खोक्रो भएको महसूस गर्दैछु ।”

“आफूले श्रीमती तथा छोराछोरी भनियो । भविष्यका लागि भनेर केही गरियो पनि । उजुरी नै परिसकेपछि शुरु शुरुमा त अरूलाई परिवन्दमा परेको भनेर टारियो, मुद्दा चलि सकेपछि पनि अदालतबाट सफाई हुन्छ भनियो । ऐले अदालतको फैसलाको प्रतीक्षा गरिरहेको छु । श्रीमतीले अलिकति बुझी दिन्छिन्की भन्ने लागेको थियो, तिनी पनि सबैको सधैंको घोचपेच र दुर्वचनको पीडाले गर्दा विस्मृतिको बेथाले थलिएकी छिन्, के गर्नु! मलाई नै चिन्दिनन् । कति दुःखले छोरीलाई डाक्टर बनाएको थिएँ । वीर अस्पतालमा काम गर्थिन् । सबै राम्रै थियो । क-कसले के के सुनाए, यो पीडा सहन नसकेर विदेशिइन् । छोरो पनि यू.एन. को नोकरीमा विदेशमा नै छ । केही महीना अधिसम्म कहिलेकाही टेलिफोनमा कुरा हुन्थ्यो । अहिले त्यो सम्पर्क पनि लगभग टुटे सरह छ । उताबाट फोन कहिल्यै आउँदैन, यताबाट गरेको फोन सितिमिति उठ्दै उठ्दैन । उठिहाले पनि अहिले काममा व्यस्त छु । पछि म आफैँ गरौँला भन्छ । तर कहिले फोन गरेन । कुरा हुँदा पनि सोधेको कुराको जवाफ मात्र दिन्छन् यसो औपचारिकता पूरा गर्छन् भनी न! सुन्छु – “अव नेपाल फर्कदैनौ” भन्थे रे ।”

“आफूले जोडेको जग्गामा पनि सुकुम्बासीले छाप्रो हाले रे भन्ने सुन्छु, हेर्न गएको पनि छैन, केका लागि जानु! जसका लागि जोडिदिएको हो, उनीहरू नै टाडिपछि!” उसले एकपटक लामो खुड्क्यो सुस्केरा लियो र थप्यो – “खान लाउन, छोरा छोरी पढाउन पुर्खौली सम्पत्तिले पुगेकै थियो, त्यस अतिरिक्त सानो ठूलो जे भएपनि सरकारी जागिर थियो । समाजमा आफ्नो एक किसिमको मर्यादा थियो । म त अहिले न मर्नु न बाँच्नुको स्थितिमा पुगेको छु सर! न म खुलेर हाँस सक्छु कसैसँग, न खुलेर बोल्न नै । मेला, तीर्थ, भेला, जमघट कतै पनि सरिक हुने हिम्मत छैन ममा । कसैले कसैसँग कुरा गरेको देखे भने मेरै कुरा गरेको, कोही हाँस्यो भने मेरै व्यंग्य उडाएको हो कि जस्तो लाग्छ । घरमा पनि कोही नआए हुन्थ्यो जस्तो लाग्छ, परिवार र समाजबाट बहिष्कृत जीवन त अत्यन्त कष्टकर हुने रहेछ, यसरी बाँच्नु पनि के बाँच्नु !” यति भन्दै शायद उसले त आफ्नो मनको भारी बिसावो होला, तर मेरो मनमा भने यौटा गहुँगो भारी थमाई दियो ।

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OUR RELATION WITH REALITY

Compiled by *Shyam Madhikarmy*

The universe has been existing since aeons and it is going to exist for many millions of years, whereas the perception of this world by individuals is varying. This apparently perpetual existence of the universe makes us believe that the spiritual being must be eternal. If it has a beginning and an end, it will be the basis of eternal experience. Brahman must be eternal. Then alone can there be justification for our eternal aspiration for perfection. We have a yearning to be perfect; nobody wishes to be imperfect in any way. There is a longing to become complete in every way, in knowledge, power and experience of happiness. Everybody wants to have the utmost possible knowledge, the greatest power and consequently, the greatest freedom and happiness.

We want to exist for ever. Who wants to die? There is a desire in everyone to live forever, eternally; all have a dread of death. One wants to be the most intelligent being, filled with cosmic consciousness, and wants to be fully free unrestricted by the things of this world. We want

unlimited bliss. We have an aspiration for Satchidananda. We want to have an eternal experience of existence-absolute, an eternal experience and absolute knowledge, absolute bliss and absolute power. We want everything complete and infinite. And according to the analysis that we have made, infinite bliss or infinite knowledge would be impossible unless we intimately relate ourselves with the spiritual being, with the infinite. In other words, we must become the infinite.

To know the infinite is to become the infinite, and we cannot know it through the senses. For the moment we look at it through the senses, it would appear like the world. After all what is this world? This world itself is God. God is not somewhere outside the world. But He is not seen, not recognised. He is recognised in a wrong way. We think He is the body, He is the matter, He is space, He is time, He is the gross world. No. This is not correct perception. Human perception does not correspond to Reality. Reality consists in the experience of chit, knowledge uncontracted. This is the only thing that is eternal, and when it is objectified and looked at through the mind and the senses, it becomes the physical universe.

So, the purpose of Yoga is to withdraw the mind from objective perception and centre it in chit. It is the resting of the seer in his own Self. Now, in this world the consciousness is in a state of tension. It is moving outside in search of pleasure. It has to be brought back from this fruitless quest and made to rest in itself. Only when it rests in itself there is experience of pleasure. Pleasure is not the result of contact of a person with an object. It is the result of the cessation of desire. As long as a desired object is not possessed, there is unrest, but when the desire is quenched, there is happiness. Happiness has not come from the object. It has come from the extinction of the particular form of the mind which was moving outside in search of peace. Therefore, bliss is in the heart of consciousness. It is everywhere, because without it no perception is possible. (Source: Essence of Vedanta by Swami Sivananda, <http://www.dlshq.org/books/es293.htm#relation>)

नयाँ बर्ष २०७६ को पावन उपलक्ष्यमा
व्युजिल्याउड तथा बिदेशमा रहनु भएका
समस्त नेपालीहरुमा
हार्दिक मंगलमय शुभकामना



Nepalese
Cultural
Centre NZ Inc.

WISH THIS NEW YEAR BRINGS
FOR YOU LOTS OF JOY,
HAPPINESS, GOOD HEALTH
AND INDEED WEALTH.
HAVE A GREAT YEAR 2076.



**NEPALESE ASSOCIATION IN BAY OF PLENTY
NEW ZEALAND INCORPORATED**



Khukuri

Roshani Gyawali

'Khukuri'

'What? Is that a name of the football club you play for?' I asked Amit, the very first time I heard the name. I was bewildered. The name rolled off my tongue like a marble rolling around the floor. I could not get it out of my head, 'Khukuri'-a symbol for bravery; the name was marvelous and very wisely chosen.

The first time I watched the team play was in April 2018.

The sky was painted blue with patches of grey. The drizzling rain had soaked the ground. It was everything from sweet caramel to the kind of hearty brown that gives a frisson of joy inside. Kissed by the rain and glistening, the wet ground was cold under foot. Stepping off the path and into the shaggy grass, I could feel the squelch of the mud. I took a seat on a bench opposite of the ground.

The full football squad dressed up in a black jersey walked into the football field and

started warming up for the game. Seeing them on the ground, I reminisced my school days. I had a strong inclination toward sports ever since I was child.

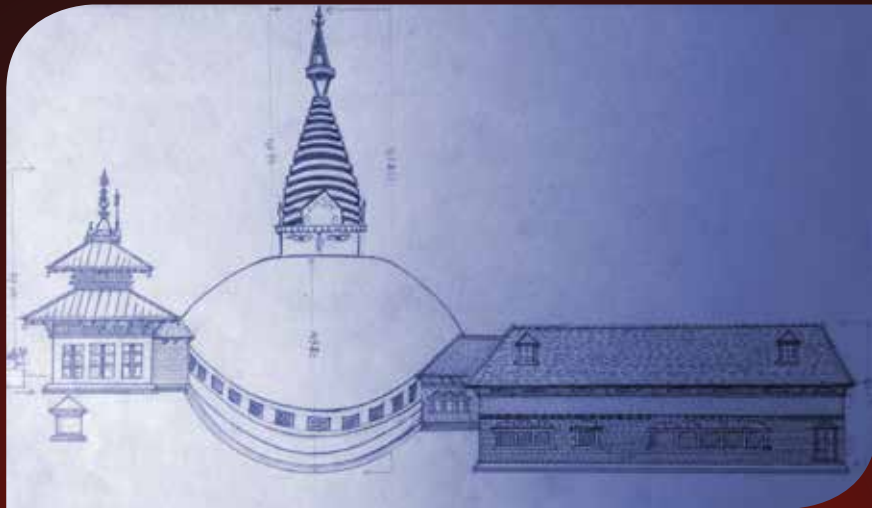
The loud blow of the whistle by the referee startled me.

The boys had lined up with their heads held high to defeat the opponent team. As the match started, the sky slowly started to clear and the sun showed up. A sheen of sweat covered their back the first few minutes of hard play, glistening in the afternoon sun. The way it highlighted the contour of their muscle reminded me of what a powerhouse they are. They had been exhaustively trained to perform at their peak physically and mentally, and it showed.

I was so enchanted by the game that my eyeballs were glued on the ball that rolled from one corner to the other. With every passing minute, the game got more intense and as the match progressed on to the second half the crowd started cheering even louder to support their team. The well-coordinated game from the Khukuri team ignited a spark of hope and a ray of sunshine for all those people who had stood there to support them.

I was not sure if the game could have been any better but I was definitely optimistic about the outcome.





चक्र परमहंस योग सेवा न्यूजिल्याण्ड परिवार
नव बर्ष २०७६ को सुखद अवसरमा न्यूजिल्याण्डवासी
तथा विश्वका हरेक कुनामा रहनु भएका नेपाली
दिदी-बहिनी तथा दाजु-भाइहरुमा हार्दिक मङ्गलमय
शुभकामना व्यक्त गर्न चाहन्छ ।

चक्र परमहंस योग सेवाले अक्ल्याण्डमा एक नेपाली
सामुदायिक भवन र साथमा श्री पशुपतिनाथ र
श्री स्वयम्भूनाथको मन्दिर निर्माण गर्ने पुनीत उद्देश्य
लिएको छ । यस लक्ष हासिल गर्न यस योग सेवा
न्यूजिल्याण्डमा र विश्वभर नै छरिएर रहनु भएका
नेपालीका साथै अन्य दाताहरुको सहयोगको
अपेक्षा गर्दछ ।



शैलेश कर्मचार्य

को हौ तिमी?

को हौ तिमी?

मेरो हरेक श्वासमा तिमी नै छौ,
मेरो सोचमा तिमी नै छौ
लाग्छ मेरो रगतको कण कणमा तिमी नै छौ

को हौ तिमी?

आँखा चिम्लिन्छु, नजरमा तिमी नै हुन्छौ
कोल्टो फेर्छु, निश्वासमा लाग्छ तिमी नै छौ

के दोष थियो मेरो

कि

तिमी ममा समाहित भयौ
तिम्रो हरेक कदममा मैले साथ दिए
तिम्रो दुःखमा आँसु पुछी दिए
तिम्रो खुशियालीमा रमाई दिए

तिमीले जे भन्यौ त्यही गरिदिए
तिमीले जे भन्यौ त्यही बनिदिए

के दोष थियो मेरो?

मेरो पूजा थियौ तिमी

मेरो आराधना थियौ तिमी

मेरो नजरको तारा थियौ तिमी
सब थोक थियौ मेरो तिमी
मेरो साथी, मेरो माया
मेरो प्रेरणा, मेरो छायाँ

एक हुरी

सारा सपना चकनाचुर भए
न मैले रोक्न सके, न समयले

थाहा छ

मलाई थाहा छ

तिमी छैनौं यहाँ

तर पनि

मेरो हरेक श्वासमा तिमी नै छौ,

मेरो सोचमा, मेरो तन्द्रामा

मेरो रगतमा, मेरो स्मरणमा

तिमी नै तिमी छौ,

को हौ तिमी?

भनन को हौ तिमी?



नयाँ वर्ष २०७६
को हार्दिक

मंगलमय शुभकामना



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INDRA POKHREL

GANESH LINKHA

BHAKTA SIWAHANG

RAM RAI



'Gastric' a Nepalese 'National' illness!

Dr. Prabhu Pandey (Kiran)
GP, Auckland.

The title seems rather unusual, however, this came about in a banter - someone asked me, what are the indicators of Nepali nationality? Among some others one that stood out in terms of health was "**gastric**"; most commonly referred by Nepalese as an illness although a misnomer (gastric means stomach) - what we mean is **Dyspepsia**. This perhaps was an interesting way of portraying the significant prevalence of this condition in the Nepalese population.

Dyspepsia is a very common condition worldwide, moreover, it seems every other person suffers from it in our community. It may cause trivial symptoms for some, on the other hand, it can cause significant health distress, and poor quality of life and occasionally have serious health consequence as a result.

In this article, there is a brief synopsis of symptoms, preventive measures, awareness of worrying signs and some treatment strategies.

Dyspepsia

This term is used to describe the upper gastrointestinal symptoms, which may include discomfort, bloating, reflux, pain etc. Globally, the prevalence of uninvestigated dyspepsia varies between 7% - 45%, depending on definition used and geographical location. (1)

The prevalence in Nepal among other seems staggering, In one study in Khumbu region the presence of bacteria (H. Pylori) which can result in this condition was 70.5 %.(2)

There is no data on cost associated with this illness in Nepal, however, the overall costs to the health service associated with managing dyspepsia are considerable, estimated to be over \$18 billion per annum in the United States of America (USA).(3)

Symptoms

The symptoms may or may not relate with the food intake. Commonly, people experience-

- Abdominal discomfort
- Bloating, burping
- Acid Reflux 'heartburn'
- Nausea and vomiting
- Metallic/ acidic taste in mouth
- Dry cough mostly at night
- Pain in the stomach and back
- Generally poor digestive health

Other potentially serious symptoms may be-

- Fullness of stomach and early satiety
- Dysphagia (hard to swallow food)
- Weight loss
- vomiting blood or material like ground coffee
- Passing very dark stool (like 'tar')

Causes

The gastritis is caused by inflammation of inner lining of the food pipe and stomach, perpetuated by excessive acid production.

There are various factors that play a role in this condition which may include-lifestyle, diet, environmental factors such as bacterial infections and some anatomical defects.

The anatomical factors may be hiatus hernia, poor food pipe motility, incompetence of sphincter at the junction of food pipe (esophagus) and stomach.

The environmental factors may be associated to geographical location (most developing nations) where prevalence of bacteria called *Helicobacter pylori* is high which directly relates to low socioeconomic status, poor sanitation, overcrowding etc.

Lifestyle factors may include –

Infrequent meal times, followed by heavy meals

Excessive spicy and greasy food

High caffeine intake

Alcohol

Smoking

Other health issues may contribute as well-

Serious illness/ trauma/burns



नयाँ वर्ष २०७६ को हार्दिक मंगलमय शुभकामना
BEST WISHES ON THE OCCASION OF NEW YEAR 2075!



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Namaste, word itself is greeting to our valued customers .Warm hospitality, love and care to our customers is our motto. We use authentic Indian herbs and spices from Indian spices traders. We use fresh veges and meats (Halal) from local market. Our chefs are experienced who can provide your taste with mixing right ingredients in right proportion with love and care .It helps to create the full flavours and mouth-watering tastes .

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Auckland, 2013, New Zealand

Extreme stress / overwork/ anxiety

Pregnancy

Pain and use of anti-inflammatory medications such as ibuprofen, aspirin etc.

Risks associated with prolonged symptoms can be serious enough to cause -

Peptic ulcers and cause perforation of the gut

Bleeding from the ulcers

Gastric and esophageal cancers

Prevention and Management

The delicate balance of food and the gut need to be considered, as discussed above various lifestyle factors that contribute should be minimized in order to restore health and wellbeing.

Approaches such as good eating habits such as frequent small meals, avoiding spicy and heavy food, minimizing alcohol, smoking and caffeine intake can be very effective. In addition, adopt healthy lifestyle, exercise, maintaining healthy weight would be beneficial.

Mild episodes of gastritis, reflux maybe self-limiting without the need for treatment.

Commonly, there are various home remedies which has been used for generations- drinking milk, using herbal and ayurvedic preparations and easily available OTC (over the counter from pharmacy or supermarkets) antacids such as Mylanta, Gaviscon, quickeze etc, can alleviate the symptoms.

However, if the symptoms are recurrent and affects daily activities then it is advisable to get a medical review and medications such as omeprazole, Ranitidine etc. can reduce the acid production in the stomach and promote healing. If this has not provided enough relief further testing for bacteria (H. Pylori) is undertaken, which is now commonly done on a stool sample. For a positive result, treatment with combinations of antibiotics and acid suppressing medications for 1 week can effectively eradicate this infection and promote healing and avoiding long term consequences.

If symptoms are severe, distressing and recurrent or have any of these high risk features seek urgent medical review - Onset after the age of 40 or older, abdominal fullness, difficulty swallowing, weight loss or signs of bleeding such as dark vomitus or black stools. (4) These symptoms may be related to ulcers, bleeding or cancer, which needs further investigations such as an endoscopy.

Dyspepsia is common, hence the above remark about nationality, however, there are effective ways of managing this including preventive measures and treatment as discussed. If this is affecting you and compromising your quality of life do seek medical help and ditch this indicator of nationality; a birth certificate or a passport might suffice!

References:

1. Mahadeva S, Goh KL. Epidemiology of functional dyspepsia: a global perspective. *World J Gastroenterol*. 2006;12(17):2661-6.
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4. <https://bpac.org.nz/bpj/2011/february/dyspepsia.aspx>

**Wish this new year brings for you
lots of joy, happiness, good health
and indeed wealth.**

Have a great year 2076.



**Mid Canterbury Nepalese
Association Inc Ashburton**

नयाँ वर्ष २०७६ सालको आगमन सँगै
हामी सबै नेपाली बिच मैत्री भावना र
एकाता अझै प्रगाढ बनोस । मातृभूमी
नेपालमा सुशासन, सुव्यवस्था, आर्थिक
उन्नति एवम् स्थायी शान्ति सुरक्षा कायम
होस् । नयाँ वर्षको अवसरमा स्वदेश तथा
बिदेशमा रहनु हुने सम्पूर्ण
आफन्तजन, साथीभाई तथा शुभचिन्तक
हरुमा सुख, शान्ति, सम्बृद्धि तथा
दिर्घायुको हार्दिक मंगलमय शुभकामना
ब्यक्त गर्दछु।



लोकनाथ पौडेल
सह संयोजक
ओसियाना क्षेत्र
गैर आवासीय नेपाली संघ





DINESH KHADKA

joined Green Acres back in 2004 as a cleaning franchisee and we recently asked him why he chose Green Acres and what it takes to be a franchisee over the last 15 years.

“ In 2019 I have over twenty employees working for me and the freedom that comes with hard work and building a business. ”

“Fifteen years ago I was looking to start my own business and a franchise was one of the options I looked at. I didn't just look at Green Acres but a number of other cleaning franchises to see what they have on offer. I wanted a commercial cleaning business that would give me freedom, be my own boss along with the opportunity to grow and be as big as I wanted to be.

In 2019 I have over twenty employees working for me and the freedom that comes with hard work and building a business.

What I liked most about Green Acres was that I could be my own boss and not be penalised by getting my own customers.

I pay a fixed weekly royalty and that way I know what my costs are each week. Everything I earn over and above the weekly turnover what I bought into is profit as i don't pay additional royalties. This along with a strong health and safety system in place and full support from the franchise support manager was the reason I joined.

The things to look for when buying a business for me was I needed to see the after-sales service. Other companies were selling the business at a low price, but they don't look after Sub-franchise after selling the business. You need to make sure of these sort of things before buying the business."



**If you are interested in being your own boss
and finding out more call 0800 803 200
or go to www.greenacres.co.nz**

Achievements

Congratulations



Prashanna Khwaounjoo

For completing PhD in Biomedical Engineering, Auckland Bioengineering Institute, University of Auckland

Title: Cardiac Fibrosis and Ventricular Arrhythmogenesis: Unravelling the influence of fibrosis on electrical dysfunction in the development of heart failure



Sanjaya Marasini, Optometrist

For completing PhD in Ophthalmology from the University of Auckland. He has practised for over 6 years in Nepal and the Maldives before coming to New Zealand.



Dinesh Kharel

For being selected in the official squad of Auckland U17 Cricket.



Ankita Poudyal

For receiving Falling Walls - Young Innovator Award in Science and Technology for her research and presentation on Nano Technology for Air Filter Held in Berlin, Germany.



Sourav Dhungel

For receiving three of school top academic award at Mt. Roskill Primary School, "Top Student overall" and a scholarship towards his intermediate studies. Awards were:

- Dr Giti Talebi cup -best creative and talented thinker award
- Jean Courtenay cup -Leadership Qualities award
- Bas Barriball cup - Top Student overall

Winner of Auckland regional Tournament of Minds, also represented Auckland In National Tournament of minds in Wellington in 2018.

Awarded ThreeKings United Football Club, 10/11th grade 'Player of the year' 2018.



Roshit Bothara, MBChB (current)

For receiving Teaching Innovation Award 2018, An Association for Medical Education Europe (AMEE) Conference, Switzerland, August 2018

Undergraduate Student Award, Australia New Zealand Association for Health Professional Education (ANZAHPE) Conference, Australia, July 2018

University of Otago Student Leadership Award 2018



Wedding Bells

2018-2019

Congratualations Mr & Mrs



❁ Pujan Bhattu & Lahana Shrestha

❁ Sujan Gurung & Meena Gurung

❁ Ayush Adhikary & Sushma Phuyal

❁ Sudip Basnet & Salesha KC

❁ Prabhat Shrestha & Shistata Shrestha

❁ Yogish Shrestha & Reeru Shakya

❁ Shammy Madhikarmy & Shreesh Basnyat

❁ Mohan Khanal & Rupa Thapa

❁ Samjhana Kadel & Bikram Phuyal

❁ Rohan Shrestha & Dibya Shrestha

❁ Sonia Gurung & Bhoomi Raj Gurung

❁ Sachin Panthee & Gita Bhattarai

❁ Amit Sapkota & Roshani Gyawali

❁ Nabin Paudel & Priyanca Ulak



Pictures of cultural activities and Nepal festival 2018



SPORTS FESTIVAL 2018 WINNERS



Table Tennis

Under 15

Winner: Sourav Dungal

1st runner up: Divyanshu Khadka

2nd runner up: Anurodh Thapa

Mens Double:

Winner: Jeetan Thapa / Khim Pun

1st runner up: Bishal Kafle / Kiran Oli

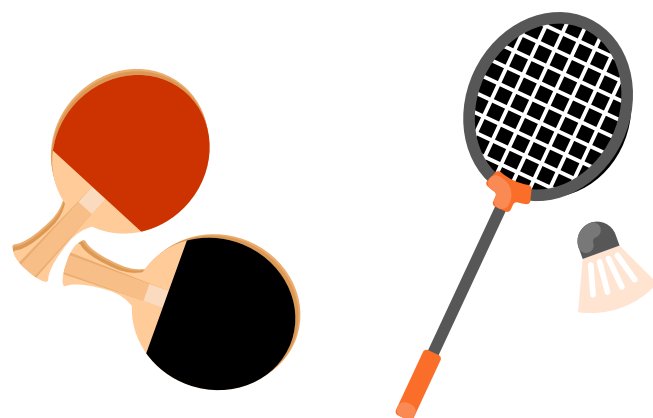
2nd runner up: Sourav Dhungel / Ayush Bhandari

Men:

Winner: Kiran Oli

1st runner up: Susant Lama

2nd runner up: Nixon Sherchan



Badminton:

Under 15: Single

Winner: Sourav Dhungel

1st runner up: Manit KC

2nd runner up: Aaron Bhuju

Women: Single

Winner: Sushila Bhattarai

1st runner up: Prachi Roy Saru

Men: Single

Winner: Shaurya Bhattarai

1st runner up: Dipendra KC

2nd runner up: Dr. Nirmal Rimal

Double:

Winner: Dipendra KC / Shaurya Bhattarai

1st runner up: Madan Shrestha / Atul Acharya

Chess:

Under 15

Winner: Manit KC

1st runner up: Pratyush Khatiwada

Adult:

Winner: Dipendra KC

1st runner up: Suman Dhungel

Carrom Board:

Under 15:

Winner: Manit KC / Arpit Aryal

1st runner up:

Aaron Shrestha / Kamal Kharel

Women:

Winner: Rupa Thapa / Sushma Phuyal

1st runner up: Mina Paudel / Noriko Tamrakar

Men:

Winner: Pramod Devkota / Indu Shrestha

1st runner up: Ganesh Bajgain / Bikram Phuyal

Futsal:

Under 15:

Participation award for U15 players

Adult:

Winner: Gurkha Regiment 01

1st runner up: Jetha Ko Team (FC Khukuri)

2nd runner up: Maila Ko Team (FC Khukuri)

Plate Champion: Gurkha Regiment A

Indian Restaurant

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“

From all the staff at Curry Village we would like to wish everyone a wonderful Nepali New Year, we hope that it is filled with joy and success. We hope to see you all soon !!!



मैले नचाहेरै पनि

जीबराज घिमिरे

मैले नचाहेरै पनि सूर्य उदाउनेछ
घामको न्यानो चिप्लिएर बस्तीहरू
रङ्गिनेछन
राति फेरि चन्द्रमा देखिनेछ
ताराहरू टिलपिल टिलपिल गर्नेछन

मैले नहेरे पनि
बसन्तमा पालुवाहरू टुसाउनेछन
चराहरूले गाउनेछन
काफल पाक्यो र कुक्कुहरू
कुर्लनेछन

मैले नसुने पनि जंगलको बीचमा
सानो खोल्सीको कलकल
बिहानको लालीमा हिमालको शिरमा
पोतेको हेर्न
आकाश फेरि उघ्रनेछ

तिमी छैनौ र त म भन्दैछु
समय अडिने छैन बिश्वास गर

बगैंचामा पुतलीहरूको फिरफिर उस्तै
उत्तिकै हुनेछ
समुद्रको छाती चिर्दै
वायु बेगमा बत्तिएको मोटरबोटमा
एकअर्कामा टाँसिएका दुइ मुटुहरू
पानीको छालमा उछिट्टिएर
किनारा हराउन पनि सक्छ

भन्छौ नि म फेरि आउछु भनेर
नहुन सक्छ

के थाहा भोलि के हुन्छ
प्रातः भ्रमणबाट नफर्केको
आफ्नो प्रियतमको पर्खाइमा
सिङ्गो युग बित्न सक्छ

सांझ घर फर्कने मान्छेले
बाटो बिर्सन सक्छ
चाहेको हुँदैन नचाहेको हुनसक्छ
तिमीले नचाहेरै पनि
तिम्रो मान्छे अर्कै हुन सक्छ
तिम्रो संझनाबाट पनि
सदाका लागि मेटिन सक्छ

अनि,
दिनभरि अर्कैसंग रल्लिएको लोभ
राति आएर तिम्रै अझालोमा निदाउन
सक्छ

भो गफ नगर
तिमीले जोगाएर राखेको जिन्दगीभरिको
कमाइ
रातारात कागजको खोस्टो हुन सक्छ

हुन त जे पनि सक्छ
तर नहुन पनि सक्छ
जिन्दगीभरि आफ्नो भनेको सन्तान
भोलि तिम्रो नहुन सक्छ
माया गरेकी छोरी कलेजोको टुक्रा
तिमीलाई थाहै नदिइ अरु कसैकी
हुनसक्छे

छोडी देऊ यस्ता कुरा

रातिसंगै सुतेको परिवार
उज्यालो नहुँदै
बिछोडिन सक्छ

घरको नामोनिसान मेटिन सक्छ
तिमी बच्चौ भने
बिहान च्युँडोमा हाथ राखेर अखिभौं
खुम्च्याउँदै
लख काटिरहेका हुन्छौ कि तिम्रो प्यारो
बस्ती ठयाक्कै
यहिनेर थियो भनेर

मान या नमान सबैथोक हुनसक्छ
एकै क्षण पछि तिमी नहुन सक्छौ
म नहुन सक्छु

बिस्म्यौ त्यो भयानक भूकम्प
तिमीलाई कुनै आभास थियो
कि तिम्रा प्रियजनहरू बिछोडिनेछन भनेर
?

.....मैले नचाहेरै पनि रातो घामलाई
निधारमा टाँसेर आकाश भोलि फेरि
ब्युझ्नेछ
र जीवन सलबलाउने छ यथावत |

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How to Manage Pain

By Aastha Bhaukajee

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What is pain?

The World Health Organisation defines pain as “an unpleasant sensory or emotional experience associated with actual or potential tissue damage”. It can be the body’s response to an external stimuli such as touching hot water, or it can be a symptom of an underlying condition such as arthritis. In general, pain is the body’s way to signal that something is not quite right and action must be taken to relieve the pain to avoid further tissue damage. Pain is complex because there may also be psychological component. The perception of pain differs from person to person. Potentially, living with chronic pain can lead to anxiety. Pain can be broken down in a number of ways to gain better understanding and determine the most appropriate treatment.

Acute vs chronic pain

Acute pain has a sudden onset and is usually caused by injury. Chronic pain is on-going, can persist for months or years and is normally associated with an underlying condition.

Nociceptive vs neuropathic pain

Nociceptive pain usually occurs due to skin, muscle or bone damage resulting in inflammation. Chemical or thermal damage can also lead to nociceptive pain. Neuropathic pain results from damage or disease of the peripheral and central nervous systems. These may include diabetes, trauma, pain following stroke, spinal cord injury or nerve damage following shingles.

Medications used to relieve pain

The selection of medication should be based on the highest likelihood of gaining pain relief with the

lowest likelihood of side effects. Understanding the different classes of pain relievers allows for increased benefits of treatment. (1)

Paracetamol

Paracetamol is considered to be a first line treatment for pain that is mild to moderate in severity. It is also a very useful medicine for fever. Paracetamol works by inhibiting the formation of prostaglandins (compound in the body responsible for inflammation, pain or fever). It is well tolerated and side effects are rare.

It is a very safe medicine if the appropriate dose is followed. Taking a higher than recommended dose can cause liver damage. Paracetamol is also a component in many cold and flu tablets and drinks. Therefore, it is important to not double up on paracetamol. For example, if you take regular paracetamol for chronic pain, be wary about taking a cold and flu medication which may also contain paracetamol.

You may also be recommended to take a smaller dose of paracetamol if you have a higher risk of liver damage. These could be due to factors such as fasting, dehydration, poor nutrition, high alcohol intake, drug interactions or underlying liver dysfunction. (2)

NSAIDs

Non-steroidal anti-inflammatories or NSAIDs is a class of medicine usually recommended for mild to moderate pain, especially if there is an inflammatory component involved with the pain. NSAIDs include medicines such as ibuprofen, diclofenac, naproxen and celecoxib. Combining one of these medicines with paracetamol may lead to better pain relief. However, two NSAIDs should not be taken together.

Generally one should only take an NSAIDs in lowest effective dose for the shortest duration possible. This is due to its side effects such as gastrointestinal disturbances including peptic ulcers, cardiovascular risk and kidney injury. Ibuprofen is usually the first choice of NSAIDs as it has fewer adverse effects than other NSAIDs.

NSAIDs should be taken with food or milk to reduce an upset stomach. NSAIDs also come in slow release forms like diclofenac which allows you to take it less frequently (twice daily compared to three times a day) as it is effective for longer period. It can also be taken alongside a gastro protective medicine such as omeprazole to reduce stomach acid and thereby reducing the chances of getting a peptic ulcer.

NSAIDs can cause water and sodium retention in the body with longer term use. This may increase blood pressure and cause fluid build up. Therefore, caution is required when taking this class of medicine, if you suffer from heart disease, hypertension or renal problems. (3)

Weak opioids

Weak opioid such as codeine can be used if pain persists with the other two classes of medicines. Codeine is metabolised by the liver into morphine. Opioid works by increasing analgesic feeling and increasing tolerance of pain.

Codeine combined with paracetamol provides better pain relief. There is a combination product containing paracetamol 500mg and codeine 8mg that is funded by the government for those eligible for subsidised healthcare. Codeine by itself is a prescription-only medicine in New Zealand (NZ).

It is important to be aware that various factors can influence the dose that is recommended. For example, the elderly may eliminate codeine more slowly





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than younger adults. Therefore, they may be more susceptible to the side effect of codeine, especially respiratory depression. Other common side effects include drowsiness, constipation and faecal impaction. Tolerance can increase with prolonged use (may need higher dose for the same level of pain relief). Hence, addiction is an issue with opioids. (1)

Note: Stronger opioids such as morphine and oxycodone are controlled medicines and may be recommended and prescribed for severe pain by a registered doctor.

Tramadol

Tramadol is a prescription only medication, indicated for the relief of moderate-to-severe pain. It is a synthetic analgesic with opioid-like effects.

The advantages of tramadol are that it causes lesser sedative and respiratory effects and there is lower risk of constipation in comparison to opioids. However, many are unable to tolerate tramadol due to side effects such as nausea, vomiting, sweating, dizziness, tremors, headaches and in some cases delirium and hallucinations.

There are also quite a few interactions with other medications, which you must get the doctor or pharmacist to check before beginning a tramadol. (1)

Neuropathic pain

Complete pain relief may not be possible with neuropathic pain but there are some medicines that may be sufficient to reduce pain to a tolerable level. These medications include a class of antidepressants (such as amitriptyline) or a class of antiepileptic medicines (such as gabapentin).

These are prescription only medicines to be prescribed by a registered doctor. The doctor may choose a treatment based on the adverse effect profile, interactions with existing therapy, and other diseases. (4)

Topical treatments

Rubbing or massaging a painful site with gels or creams is often soothing and may help with pain. These topical treatments could be used in conjunction with oral medications. One of the most common topical pain reliefs used in NZ is Voltaren, which contains the NSAID, diclofenac and is available in a gel form. Topical NSAIDs are absorbed into the body at a lesser extent, therefore side effects are less common.

Another one also available in NZ is Zostrix, which contains an extract from hot chilli peppers, capsaicin. This has some evidence of efficacy in neuropathic pain. These are available in the 0.025% and 0.075% Zostrix cream forms. You may feel a burning sensation when you first use it but this should resolve with continued use.

Voltaren Emugel and Zostrix can be purchased from a pharmacy. Zostrix 0.025% is also funded in some cases for osteoarthritis. Zostrix 0.075% is funded in some cases for post-herpetic neuralgia or diabetic peripheral neuropathy. The doctor will need to prescribe and apply for funding, if appropriate. (4)

Non-pharmacological methods to relieve pain

The non-pharmacological treatments may also be just in conjunction with pharmacological therapy. Non-pharmacological therapies such as exercise and physical therapy have been proven by research to be effective for pain relief.

Other methods for pain relief may include chiropractor, acupuncture, Transcutaneous Electrical Nerve Stimulation (TENS) and heat/cold therapy. (5)

Complementary medicines

Complementary treatment approaches usually consider the underlying cause of pain. For example, you could take a good quality fish oil to reduce joint stiffness (caused by arthritis). Moreover, curcumin, key ingredient in turmeric, may help to reduce inflammation and pain.

It is best to consult a qualified healthcare professional before taking any medicines. Pharmacists are often the first point of access to healthcare and advice as they are easy to access and generally provide free consultations.

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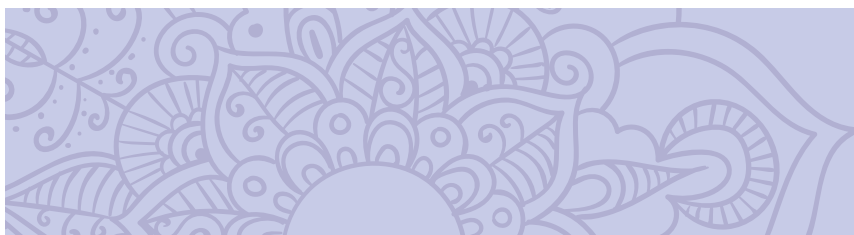
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यै कोठा, जसमा हिजो हृदयकी रानी सुतेकी थिइन् ।
यै शय्या, उनले जहाँ प्रणयको प्याला भरेकी थिइन् ॥
अर्धोन्मीलित नेत्र ली घरिघरी “द्यौता” र “द्यौता” भनी ।
यौटा नीरस वृक्षमा भरिदिइन् नौलाख सञ्जीवनी ॥

०

ढुङ्गामा पनि प्राण टम्म भरियो त्यो स्नेहिलो स्पर्शले
आफुमै म अटाउनै कठिन भो उन्मादिलो हर्षले
त्यो प्यारो मृदु सम्झना हृदयमा साँचेर राख्नेछु म
त्यै प्यारो स्मृतिको सुधा-रस पिई दीर्घायु बाँच्नेछु म

०

गाऊँ खै कुन शब्दमा म महिमा ? रिक्तो छु भण्डार नै
सट्टामा दिन सक्नु के ? प्रणयिनी अर्पन्छु यो जीवनै
तिम्रै नाम जपीजपी हरघडी गर्दो छु आराधना
हे देवी म “तिमी, तिमी अनि तिमी पाऊँ पुनर्जन्ममा”

०००

(१५ असार २०७५)



नयाँ वर्ष

—भवानी खतिवडा

(१८४९२३९८७३)

उदाउँथ्यो नयाँ वर्ष, वैशाखे पालुवासरि
वसन्तका सबै रङ पोखिन्थे आँगनीभरि
रवि त्यो रङ चोरेर नौला किरण छर्दथे
पहिरी हरिया जामा लहरा-रूख रम्यथे

मन्द वायुसँगै बास्ना फूलको मग्मगाउँथ्यो
नयाँ अङ्कुर फेरेर सृष्टि यो जग्मगाउँथ्यो
कोइली कुञ्जमा डुल्दै प्रीतिका गीत गाउँथे
त्यही सङ्गीतमा रम्यै जुरेली नाच्न आउँथे ।

हाम्रा धर्म र संस्कार चाडबाड-परम्परा
देखेर पर्दथे मक्ख सारा सृष्टि चराचर
पश्चिमी सभ्यता आयो भ्राङ्गिएर सबैतिर
कठ्याङ्ग्रियो नयाँ वर्ष तुषारोभिन्न आखिर ।

आफ्नै सुगन्ध विसरेर कस्तूरीभौ डुली वन
अर्काको रीतमा रम्यौ आफ्नोपन भुलीकन
बाक्लियो कसरी हावा पराईका प्रभावको
यक्षप्रश्न हजारौं छन् जवाफ दिनसक्छ को ?

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मनाऔं न नयाँ वर्ष ऋतुराज वसन्तमा ।

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(गैरीगाडा, तीनकुने, काठमाडौं)

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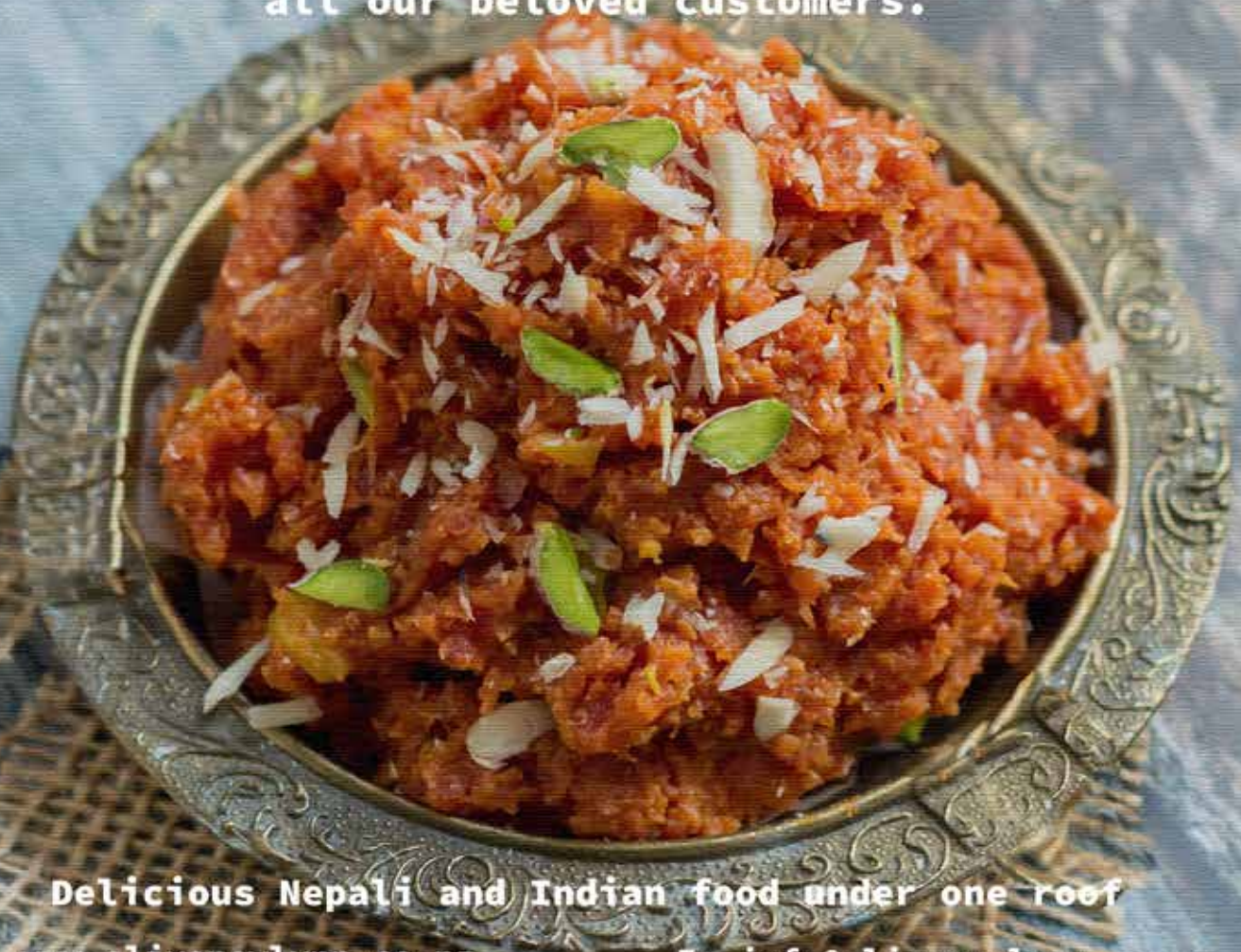
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नेपालमा आजभोली सबैभन्दा बढी प्रयोग हुने शब्द हो युवा । राजनीतिक सभामा होस वा सामाजिक जमघट वा चियागफ सबैतिर युवाका विषयले स्थान पाउँछन् । सञ्चार माध्यमबाट प्रकाशित र प्रसारित हुने समाचार तथा आलेखमा कही न कतै युवाका विषय समेटिएका हुन्छन् । युवा र रोजगारी अहिले सबै भन्दा बढी गफ गर्ने विषय बनेको छ । चिया पसलदेखि सिंहदरवारसम्म हुने बहसमा युवाका मुद्दाले प्रवेश पाउँछन् । सबैतिर बहस भए पनि किन युवा राज्यको प्राथमिकतामा पर्न सकेनन् यो भने गम्भीर विषय बनेको छ । युवाहरु स्पष्ट मार्ग निर्देशको अभावमा भौतारिरहेका छन् । अधिकांश नेपाली युवा सुन्दर सपना बोकेर विदेशीएका छन् । औपचारिक एवं अनौपचारिक माध्यमबाट भारत तथा तेस्रो मुलुकमा रोजगारीका लागि जाने युवाको संख्या ४० लाख बढी छ । सरकारी तथ्यांक अनुसार प्रतिदिन सरदर १५ सयको हाराहारीमा नेपाली बैदेशिक रोजगारीको सिलसिलामा बाहिरिन्छन् । रेमिट्यान्स राज्यको अर्थतन्त्रको मेरुदण्ड भएको छ । तत्काललाई हेर्दा यो अवस्था सामान्य जस्तो लागे पनि कालान्तरमा यसले निकै भयावह स्थिति सृजना गर्ने कुरामा

कुनै शंका छैन । कुल जनसंख्याको ४० प्रतिशत हिस्सा ओगटेका युवाहरु आफ्नो उर्जावान समय विदेशी भुमीमा श्रम र पसिना बगाएर विताएका छन् । आज नेपाली युवाहरुले कतार, दुबई र मलेसियालाई समृद्ध बनाइरहेका छन् । संसारका विकशित देशहरुको इतिहास हेर्ने हो भने युवाहरुको श्रम र पसिनाबाट नै समृद्धि हासिल गरेका छन् । हामी भने युवाहरुलाई बाहिर राखेर समृद्धिको कुरा गरिरहेका छौं । जवसम्म विकासको मूलप्रवाहमा युवाहरुलाई प्रत्यक्ष सहभागि गराउन सकिदैन तबसम्म मुलुक समृद्धिको दिशामा अघि बढ्न सक्दैन । एसियामा विकासको मोडेलको चर्चा गर्दा जापान, चीन, सिंगापुर, दक्षिण कोरिया, मलेसियाको अग्र पंक्तिमा आउँछन् । ती सबै मुलुकहरुले दुई दशकको अवधिमा आफूलाई विकसित देशको सूचीमा पुर्‍याए । त्यसका लागि उनीहरुले युवा जनशक्तिलाई स्वदेशमै विकास निर्माणका काममा परिचालन गरी समृद्धि हासिल गरेका हुन् । नेपाल सरकारले भने बैदेशिक रोजगारीलाई नै प्रवर्द्धन गरिरहेको छ । जसबाट हाम्रो सामाजिक, आर्थिक संरचनाहरुमा व्यापक परिवर्तन आएको छ । बैदेशिक रोजगारीलाई बैकल्पिक व्यवस्थाको रुपमा लिई स्वदेशमै रोजगारीका अवसरहरु सृजना गर्न सकिने भने हाम्रो पुस्ता अझै पछाडि पर्ने निश्चित छ । रेमिट्यान्सले क्षणिक लाभ दिए पनि दूरगामी रुपमा परनिर्भरता भन्नै बढाउँछ ।

युवा चलायमान जनशक्ति हो । यसले स्वाभाविक रुपमै अवसरको खोजी गरिरहेकै हुन्छ । उपयुक्त अवसरको खोजीमा भौतारिरहेको युवा जहाँ अवसर देख्छ, त्यहीं जान्छ । आज नेपालमा रोजगारीको सम्भावना नभएकै कारण युवा विदेशीएका छन् । स्वदेशमै रोजगारीका अवसर सृजना हुने हो भने अधिकांश युवा विदेशिने थिएनन् । आज नेपाली युवाहरुको पहिलो गन्तव्य मलेसिया, कतार, साउदी अरब र दुबई हुने गरेको छ । त्यसैगरी दक्षिण कोरिया जाने युवाको संख्या पनि त्यतिनै बढी छ । प्रतिवर्ष कोरियन भाषा परीक्षामा लाखौ युवा सहभागी हुने गरेको तथ्यले पनि कारियाको आकर्षण बढेको देखाउँदछ । अध्ययनका लागि जापान, अस्ट्रेलिया, युरोप, अमेरिका क्यानाडा जाने युवाहरुको प्राथमिकता पनि रोजगारी नै हो । रोजगारी र अवसरको खोजीमा मुलुकबाट बौद्धिक पलायन अझै बढ्दै गएको छ । सरसर्ति हेर्दा आम युवाको प्राथमिकता र रोजाई विदेश नै हुने गरेको छ ।





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बैदेशिक रोजगारीले पारिवारिक र राष्ट्रिय अर्थतन्त्रमा निकै ठूलो प्रभाव पारेको देखिन्छ । विश्व बैंकको वार्षिक प्रतिबर्धन अनुसार सन् २०१७ मा नेपालको कुल ग्राहस्थ्य उत्पादनमा २८.४ प्रतिशत रेमिट्यान्सले योगदान पुऱ्याएको छ । राष्ट्रिय अर्थतन्त्रमा रेमिट्यान्सको योगदान पुऱ्याउने दक्षिण एसियामा

नेपाल पहिलो मुलुक हो भने विश्वव्यापी रुपमा ताजकिस्थान पछि नेपाल हो । रेमिट्यान्सले परिवारको आर्थिक अवस्था भने विस्तारै माथि उठ्दै गएको छ । विदेशबाट पठाएको रकमले बालबालिकाको शिक्षामा राम्रो प्रभाव पारेको छ । तर अरु क्षेत्रमा भएको लगानी हेर्ने हो भने उत्पादनशील काममा भन्दा अनुत्पादक क्षेत्रमा लगानी बढ्दो छ । रेमिट्यान्सले तत्काल मुलुकको अर्थतन्त्र चलायमान भए पनि कालान्तरमा यसले ठूलो समस्या सृजना गर्नेछ । विश्व बैंकको २०१७ को सर्वेक्षण अनुसार सबै भन्दा बढी कुल ग्राहस्थ्य उत्पादनमा टंगोले ३४.२ प्रतिशत, ताजकिस्थानले ३१.६ र लाइबेरियाले २६.९ प्रतिशतले रेमिट्यान्सको योगदान देखिन्छ । तर ती सबै देशहरु विकासमा पछाडि परेका छन् । विश्वमा कुनैपनि मुलुकले रेमिट्यान्सको कारणबाट समृद्धि हासिल गरेको छैन । सबै विकसित मुलुकको इतिहास हेर्ने हो भने आफ्नै स्रोत, साधन र जनशक्तिलाई प्रभावकारी परिचालन गरेर नै समृद्धि हासिल गरेका छन् । त्यसैले अब हामीले कुन बाटो अंगाल्ने परनिर्भरता कि आत्मनिर्भरता समयमै यस तर्फ ध्यान दिनु जरुरी छ ।

आर्थिक सर्वेक्षणले नेपाली अर्थतन्त्रमा उच्च गरिबी, न्यून आर्थिक बृद्धिदर, आर्थिक असमानता र बेरोजगारीलाई मुख्य चुनौतिको रुपमा औल्याएको छ । युवा बेरोजगारी ठूलो समस्याको रुपमा देखिएको छ । त्यसलाई सम्बोधन गर्न सरकारले युवा रोजगारीका सम्बन्धमा केही नयाँ कार्यक्रम पनि सार्वजनिक गरेको छ । आ.ब. ०७५/७६ को बजेट मार्फत सरकार मुलुक भित्र थप रोजगारी सिर्जना गरी नेपाली युवाहरुलाई बैदेशिक रोजगारीमा जान नपर्ने अवस्था बनाउन ३ अर्ब १० करोडको प्रधानमन्त्री रोजगार कार्यक्रम अधि सारेको छ । त्यसैगरी हरेक प्रदेशमा रोजगार सूचना केन्द्र स्थापना गर्न, समान कामका लागि समान ज्याला प्रदान गर्ने, उच्च शिक्षा हासिल गरेका युवाहरुलाई व्यवसायमा आकर्षित गर्न शैक्षिक प्रमाणपत्रको धितोमा ५ प्रतिशत व्याज अनुदानमा रु ७ लाख सम्म ऋण उपलब्ध गराउने, साथै स्वदेशमा रोजगारीका प्रर्याप्त अवसर तथा छनौट उपलब्ध नभएसम्म अल्पकालिन रणनीतिको रुपमा बैदेशिक रोजगारीको अवसर उपयोग गर्ने नीति लिएको छ । साथै प्रत्येक प्रदेशमा बैदेशिक रोजगार सेवा कार्यालय स्थापना गरी श्रम स्वीकृतिलाई सहज बनाउने, विदेशबाट फर्केका युवाहरुलाई सम्बन्धित व्यवसाय सञ्चालन गर्न परियोजनामा आधारित रु १० लाख सम्मको ऋण उपलब्ध गराउने योजना अगाडी सारेको छ । भट्ट हेर्दा निकै आर्कषक लाग्ने यी कार्यक्रम स्पष्ट मापदण्ड नहुँदा कार्यान्वयनमा भने निकै जटिलता छ ।

बैदेशिक रोजगारीलाई व्यवस्थित गर्दै स्वदेशमै रोजगारीका नयाँ सम्भावनाहरु खोजी गर्नु सहज पक्कै छैन । मुलुकको दुई तिहाई कृषिमा आश्रित श्रम शक्ति अझैपनि निर्वाहमुखी नै छ । राज्यले लगानीको वातावरण र प्रतिफको सुनिश्चिता गर्न सकेको छैन । जसले गर्दा बैदेशिक लगानी भित्रिन सकिरहेको छैन । पहिले स्थापना भएका उद्योगहरु बन्द हुदैँ गएका छन् भने नयाँ उद्योगधन्दा स्थापना हुने संकेत देखिएको छैन । मुलुक भित्र रोजगारी प्रबर्द्धन र उद्यमशीलता





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Happy New Year 2076

Nepali New Year !!!

From everybody at Gorkha Kitchen we would like to wish all nepali families and our customers a very Happy New Year. We hope this year is filled with joy and excitement and that you have luck with everything that you will set out to do.

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विकासका निम्ति क्रियाशिल रहेका कोषहरु परिणाममुखी नतिजा दिन सकेका छैनन्। सरकारले गरिबी निवारण कोष, युवा तथा साना व्यवसायी स्वरोजगार कोष, कर्मचारी सञ्चय कोष, नागरिक लगानी कोष, सामाजिक सुरक्षा कोष लगायतका सबै कोषहरु एकीकृत गरी राज्यको एउटै संरचना मार्फत लगानी गर्ने र ठूलो संख्यामा रोजगारी सृजना गर्ने वातावरण बनाउन सकेको छैन। तालिम प्रदायक सबै सस्थाहरुलाई सिटिइभिटी अर्न्तगत आवद्ध गरी सिपमूलक तालिम सञ्चालन गर्न सकेको छैन भने युवा लक्षित कार्यक्रमलाई एकीकृत गरी युवा तथा खेलकुद मन्त्रालय र राष्ट्रिय युवा परिषद मार्फत सञ्चालन गर्न सकेको छैन।

मुलुकमा लगानी मैत्री वातावरण नहुनाले रोजगारीका अवसरहरु न्यून हुँदै गएका छन् भने युवा बेरोजगारी बढेको छ। शिक्षित युवा बेरोजगारी बढ्नु, मुलुकमा पर्याप्त रोजगारीका अवसरहरु सृजना हुन नसक्नु, सीप विकास र रोजगारी बीच तालमेल नहुनु र देश विकासमा आवश्यक पर्ने श्रमशक्ति बाहिरिनु टडकारो समस्याको रुपमा रहेको छ। जसले गर्दा आज विकास निर्माणका काममा श्रमिक मजदुरहरुको अभाव हुन थालेको छ। विशेष गरी नेपालमा श्रम संस्कृतिको अभाव छ भने श्रमको सम्मान पनि छैन। कामलाई सानो र ठूलो भनेर विभेद गरिन्छ। मुलुक निर्माणको यस महाअभियानमा युवाहरुलाई विकासको साभेदार

बनाउनु पर्दछ। विकासमा युवाहरुको साभेदारीले नै समृद्धिमा टेवा पुऱ्याउँदछ। सरकारले युवा रोजगारीको नयाँ अवसरका लागि तत्काल कृषि र पर्यटनमा नै लगानी बढाउन आवश्यक छ। कृषिमा युवाको आकर्षण बढाउन व्यवसायिक कृषिमा जोड दिनुपर्दछ। जसका लागि युवालाई ज्ञान, सीप, पूँजी र प्रविधि हस्तान्तरण गर्नुपर्दछ। कृषि व्यवसाय शुरु गर्ने युवालाई राजस्व छुट दिने। कृषि उत्पादनको बजारीकरणमा सहयोग गर्ने। कृषि बीमा तथा अनुदानको व्यवस्था गर्ने। विदेशबाट फर्केर आएका युवाहरुलाई उनीहरुको सीपको आधारमा व्यवसायी कर्जा उपलब्ध गराउने। सो कर्जा बापतको व्याज मिनाहा गर्ने। कृषिमा अनुसन्धान गर्न चाहने युवाहरुलाई अध्ययन तथा अनुसन्धान रकम उपलब्ध गराउने जसले गर्दा कृषि व्यवसायमा युवाको आकर्षण बढ्छ। त्यसैगरी पर्यटन व्यवसाय पनि युवाका लागि अर्को विकल्प हुनसक्छ। पर्यटन गाइडका लागि तालीम। होमस्टेका लागि अनुदान सहयोग। साहसिक खेलहरुको प्रवर्द्धन, नयाँ पर्यटकीय गन्तव्यको खोजी। इको टुरिजममा जोड। पर्यटकका लागि सुरक्षित वातावरण निर्माण गरी पर्यटकीय हव बनाउने। जसबाट ठूलो मात्रामा रोजगारीको अवसर सृजना गरी वार्षिक लाखौं युवालाई स्वदेशमै रोजगारी दिने वातावरण निर्माण हुन्छ। समयमै वैदेशिक रोजगारीको परनिर्भरता कम गर्न सकिने भने भविष्यमा यसले भयावह स्थिति सृजना गर्दछ। युवाहरुको उर्जाशील समय र सीप विदेशी भूमीमा खर्चेर समृद्ध नेपालको परिकल्पना गर्नु दिवास्वप्न हो।

देशको कूल जनसंख्याको ठूलो हिस्सा ओगटेको युवा वर्गको समुचित विकास, परिचालन र सहभागितामा नै मुलुकको आर्थिक - सामाजिक समुन्नति निर्भर रहन्छ। पूँजी र प्रविधिको साथसाथै युवा शक्तिलाई समयको गतिसँगै परिचालन गर्न सकेमा विकासले गति लिन सक्दछ। सरकारले युवामैत्री लगानीको वातावरण श्रृजना गर्नुपर्छ। त्यसैगरी युवा रोजगारीका लागि तत्कालीन, मध्यकालीन र दीर्घकालीन योजना र कार्यक्रम तय गर्नुपर्दछ। देशका युवालाई सबै प्रकारले सक्षम बनाउने दिशा तर्फ सरकारको ध्यान केन्द्रित हुन आवश्यक छ। युवामा लगानी गर्ने देशहरुले नै आज विश्वलाई नेतृत्व गरिरहेका छन्। युवालाई सबल बनाई देश विकासमा लगाउन सके मात्र यो देशको मुहार फेरिन सक्छ। युवालाई उठाउन सके मात्र समाज उठ्छ, युवालाई जगाउन सके मात्र समाज परिवर्तन र मुलुक समृद्ध हुन्छ। युवालाई बाहिर राखेर समृद्धि सम्भव छैन।

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लेखक राष्ट्रिय युवा गैर सरकारी संस्था महासंघ नेपालका केन्द्रीय अध्यक्ष हुन।





श्रीमान सगरमाथाज्यू लाई आग्रह

- मानकाजी 'ज्येना' भ्यानकुवर, क्यानाडा

श्रीमान सगरमाथाज्यूलाई मेरो विनम्र आग्रह छ,
कि तपाईंले दक्षिणतिर वसाइ सार्ने विचार तु गर्नु पर्छ ।
किनकि, यहाँ रातरहे अग्राख पलाए भन्ने डर छ,
भलै, वेला कुवेला गोरु पनि ब्याउने गर्छ ॥

सधैं एउटै ठाउँमा वस्दा पटयार लाग्यो होला,
भन उत्तरी भेगको चिसोले सर्दीनै लाग्यो होला।
तसर्थ, तपाईं दक्षिणतिर तु, वसाइ सार्नुस्,
अनि, मजाले घाम ताप्नुस्, जीउभरी मालिस गर्नुस् ॥
यसो गर्दा—

दक्षिणतिरको खुलाबाट नेपाल वच्नेछ,
अनि, स्वतः उत्तरतिर खुला हुन जानेछ ।

जसले गर्दा सदियौदेखि आजसम्म—

दक्षिणतिर मात्र ढल्कीराखेको परराष्ट्र नीति अब सन्तुलित
हुन पुग्नेछ,
नेपाल र नेपालीले, कतै नगई, स्वतः परिवर्तन पाउनेछ ।

उत्तर र दक्षिणको तुलना गरी, राम्रो कुन छान्न
पाउनेछ ॥

तपाईंले सुभ्र वुभ्र राम्ररी पुर्‍याउनु भो भने,
भन राम्रो नीति लागू हुनेछ, त्यो के भने,
एउटाले घुर्की देखाए, अर्कातिर फर्किन पाउने गरी,
तपाइ गजधम्म अडिग बसी दिनुस् यसरी ।
कि तपाईंलाई चलाउन हल्लाउन नसकोस् ।
वरु उनीहरु आफै हल्लियोस्, मच्चियोस् र अन्ततः
थच्चियोस् ॥

बस —

यसो गर्दा परराष्ट्र नीति सन्तुलितमा सन्तुलित
बरु नेपालले चाहे नाकाबन्दी लगाउन सक्नेछ,
अन्ततः यसरी पासा पल्टिनेछ,
नेपाली को स्वाभिमान हवातै बढनेछ,
नेपालको सार्वभौम सत्ता अन्ततः जोगिनेछ ।





Painted by Dr Ram Kumar Bhaukajee
Nepal Earthquake April 2015, Durbarsquare, Basantapur



भरिया

- प्रकाश सुवेदि

शोक अनि भोकले ग्रस्त
 काठमाडौंको कुनै गल्लीमा बसेर
 चाउरिएको थकित अनुहारको खोंचहरुबाट
 दुःख अनि पीडाका सयौं
 बागमती र बिष्णुमती बगाउदै
 स्वयम् आफ्नै जीवन रक्षाको भिख माग्दै गरेको
 टोपीको भरमा
 स्वाभिमानको कुनै अवशेष जोगाउने प्रयत्न गर्दै
 सुरुवाल र कमिजमा टालेका डोबहरुसंगै
 आफ्नो जीवन भोगाइका छेदहरुलाई
 उदाङ्ग पार्दै
 कट्कटिएको मयलको कालो सेरोफेरो भित्र

हर्ष र उमंगको
 इन्द्रेनी खोज्दै
 फुटेर पट्पटी चिरा परेका पैतलाहरुलाई
 खिइंदै गरेका
 सस्ता रबरका चप्पलले धान्दै
 घिसाउँदै गरेको आफ्नो जीवन
 अनि मेटिंदै गरेको आस्तित्वलाई
 एक घुट्की थुक
 र एउटा लामो सासको भरमा
 बचाउने बहाना बुन्दै
 शून्य आकाशतिर हेरेर
 टोलाईरहेको छ
 एक जना बूढो भरिया ॥

न्यूजिल्याण्ड नेप्लिज एसोसिएसन सम्पूर्ण दाजुभाइ तथा दिदी
 बहिनीहरुमा नव वर्ष वि सं २०७६ को आगमनलाई सहर्ष
 स्वागत गर्दै सुख, शान्ति र सम्वृद्धिको कामना गर्दछ /



New Zealand Nepalese Association Inc.
 Auckland, New Zealand





Peter Gibbs returns to Nepal...

Peter Gibbs returned to Nepal in May 2018, Peter writes...

It was very special to return to Nepal in May 2018, the visit was timed to coincide with a special function at the British Embassy to celebrate the climb of Sir Ed Hillary. This was a very entertaining evening out, however the real highlight for me was to open the new classroom block at Taman Danda School.

This was a project initiated by the Nepal Association Bay of

Plenty (NABOP). Under the guidance of Ramesh Gurung a fund was set up after the devastating earthquake. It was decided to hold the funds raised while a worthwhile, long term project was found.

Eventually Tamman Danda, situated in a remote part of the Ghorka region was identified as an ideal project. The end result is a permanent 6 classroom block completed to new earthquake standards to provide classrooms for the senior school.

I felt honoured to visit the school and open the classroom block, knowing that it will provide adequate education for many students for many years to come. It was also heartening to cut the ribbon on the sign showing the support from NABOP in this remote corner of Nepal.

Well done Bay Of Plenty it has proved to be a great use of the funds raised





सोझो मन

– विनोद भौकाजी

नलेखुं भन्छु बिझाउने गरी तिमीलाई यो मन मान्दैन,
छलकपट गर्न पटकै सोझो मेरो यो मन मान्दैन/

पवित्र कर्म यहाँ केवल दुनियाँलाई देखाउन मात्र गरिंदैन,
गर्दै जाऊ सकेको कर्म तिम्रो खुसी कहिल्यै रित्तिंदैन/

छिमेकमा बिकृति देख्दा कोमल मन बुझाउन सकिंदैन,
तलदेखि-माथिसम्म एकैचोटी परिवर्तन ल्याऊ भन्दिन/

ईश्वर त खोजी-खोजी खुसी मान्दै त्यसै कहाँ आउनु हुन्छ,
जसले दुःखी ओठमा हाँसो छर्दै आफूलाई तिलाञ्जली दिन्छ/

माफ गर- सोझो मेरो मन तिकडमको भाषा बुझ्दैन,
अस्थिर अनि अशान्त आदत यो मनले स्वीकार्दैन/

नम्र हुनु भनेको तिमी निर्बल हुनु कदापि हुँदै होइन,
आदर गर्नु भनेको झुक्नु भनेको बिल्कुल हुँदै होइन/

जमीन मुनि जरा भित्रैसम्म नगढी रुख बलियो हुँदैन,
जति छलाङ्ग लगाए पनि तिमीले आधार बिर्सनु हुँदैन/

नलेखुं भन्छु बिझाउने गरी तिमीलाई यो मन मान्दैन,
छलकपट गर्न पटकै सोझो मेरो यो मन मान्दैन/

अरुको लागि आफ्नो स्वार्थ त्याग्दा कहिल्यै घाटा हुँदैन,
सेवा गर्दा अरुको कदापि नाफा-नोक्सानको हिसाब
राखिंदैन/

शेरेले एउटी केटीलाई | Love You भनेछ ।

केटीले एक झापड हानेर भनी : "के भनिस् ?"

शेरे(कँदै) : जब सुन्दै सुनिनस् भने झापड
किन हानिस् ?"



एउटा बच्चा धेरै बेर देखी एउटा ढोका बाहिरको घन्टीको
बटन थिच्ने कोशीस गर्दै थियो तर सकिरहेको थिएन ।
एउटा बुढा मान्छेले यो देखेछ र बच्चाको अगाडि आएर
सोधेछ ।

बुढा : बाबु, तिमी के गर्दै छौ ?

बच्चा : अंकल, यो घन्टी बजाउन चाहन्छु ।

बुढा(घन्टीको बटन थिच्दै) : ल बाबु मैले बजाइदिए, अब
के गर्नु ?

बच्चा : अब भागौं....





The Landform Cycle

*Divyanshu Dave Khadka
Macleans College, year 10 student*

Over millions of years, NZ has developed a diverse landscape. These land features can be found all around New Zealand from the 90-mile beach in the North to the Southern Alps in the South. Weathering, erosion, transportation, and deposition have all made NZ's unique land features. The landscape is continually changing making NZ a special place to live and visit in.

Weathering is the process of breaking down rocks by the weather and by the action of animals and plants. An example of this is the Waitomo caves in the North Island. The Waitomo caves were formed millions of years ago by a type of weathering called chemical weathering; chemical weathering is when chemicals gradually eat away at rocks. Waitomo caves started to form 30 million years ago as water seeped into the cracks in the rocks, widening channels because the water is a bit acidic which

eventually created the Waitomo Caves. Weathering over a period of time can create amazing things.

Erosion is the process of wearing down rocks, and how water, gravity, and wind carry away particles broken down by the process of weathering. An example of erosion is the Milford Sounds in the South. During the most recent Ice Age, Milford Sounds was a glacier, and all of the mountains around it were underwater. The glacier created crevices that ran down the side of the mountain, pushing rocks to one side or the other. When it was time for the glacier to melt, it left it with what we know today. Just like weathering, erosion can create wonderful places for everybody to enjoy.

Transportation is the movement of sediment from eroded material like rock. An example of a landform that has been transported is the Waikato River in the North Island near Hamilton. The Waikato River was formed 1800 years ago from the debris created from a volcano, which changed the direction of many rivers connected to the channel; this eventually leads to the creation of the Waikato River. Transportation with the help of others can create fascinating places.

Deposition is when eroded material has been carried to a particular place and dropped. An example of this is the Canterbury plains in the South Island. The Canterbury plains were formed a long time ago when it was a glacier; the glacier would carry eroded material down it, and it was laid up in the plains; this process kept happening until it became a flat place of land. Deposition can make tremendous things.

Weathering, erosion, transportation, and deposition change the landform all around the world, not just NZ, to something marvelous. Without these four types of landform changes and the landform cycle, the world would be an entirely different place.

My Experience of Rowing



Aaron Bhaju
Year 10 Student of Westlake Boys High School



Some things are hard for people to understand. Like how anyone could be proud of nasty, hard, yellow calluses that turn hands into hunks of leather. Then there are machines from a torture chamber – why would anyone want to erg as much as we do? Running, lifting weights, erging (which, by the way, an erg is a rowing machine), and basically enduring hell...all for a sport. At the end of practice, we're covered in sweat. Rowing is a sport where you win by sitting on your rear and going backwards...you get to see the people you're beating rather than a finish line (which is something quite dignifying). Rowing is a sport for which you have to work your butt off and it's like nothing else.

It confuses people as to why someone would put themselves through such intense pain. And sometimes it's even hard for me to understand. Once in a while I wonder why I row. Then I realize that I don't know what I'd do if I didn't row, maybe football. Rowing has taught me more about myself and about life than anything else of which I can think. It has shown me how far I am willing to push myself, where my breaking point is, and it has taught me how to push myself past that breaking point, through my walls – physical and mental. Rowing has shown me that I can endure so much more than I think is possible, it sets expectations for me and teaches me how to meet those expectations. Rowing has revealed my strengths and

weaknesses and most of all, my character. A rower's character (along with mental strength) shines through during those middle 1000 meters of a 2000 metre sprint test, through that wall where your brain says, "No, you can't," but your body keeps going, and mind you, that body pulls harder.

More than anything though, it's the people you row with which makes rowing such an amazing sport. Your crew is your family; the boathouse is your second home. It's those people for whom you are willing to push yourself past the brink of insanity, through those thick walls of pain; those people with whom you fight to gain length on another boat's bow ball that make it all worth the suffering. You see, rowing pulls people together, they share your fears and tears, your pain and glory. In the end your rowing squad is a group of lifelong friends and through all the pain you'll discover how amazing rowing is and that's what is important.





The Reminiscence

Pratyush Khatiwada

I still clearly remember the day back in 2012 in Biratnagar - the morning, so peaceful and quiet. The birds chirping, the fresh morning air, and the warm light of the early morning sun. But, that day, I was feeling extra sleepy (and I mean way more than usual and usual is unusual for a normal human being) so I just stayed in bed. But after a while, I could hear my mum calling me downstairs for breakfast and she was getting really impatient. So slowly, I dragged myself out of bed, eyelids half closed, body leaning against the cold brick wall.

I took one slow step at a time, reaching for the ground beneath my feet every time. I got to the stairs and reached out for the handrail but completely missed it and bonked my sleepy head against the wall. Dazed, I fell backwards, landing on my posterior. I stood up and this time found the handrail and slowly began to trudge downstairs.

I lumbered down the corridor down to a series of doors. Sleepily, I entered one. I found myself in a bedroom, Wrong door, I thought to myself. As I was about to leave, I saw something. It was long, slimy, and had no arms or legs. That was just about enough to wake me up. I leapt onto a bed so the snake couldn't get to me. I curled up in a tight ball and watched the snake with frightful eyes. The snake started to move around. It looked like it would come towards me. I completely froze and I closed my eyes, I just couldn't bear to look.

I then heard the sound of my mum coming into the room. I didn't want to look, but I just had to. Slowly, I opened up my fingers so I could take a tiny peek. I still could see the snake rattling and rustling against the cold marble floor and coming towards me. Fortunately, nothing bad had yet happened. My mum quickly told me that she was going to be right back, I assumed with help. So I shut my eyes and cuddled myself as I waited for help.

I didn't how much time had passed, seconds, minutes, or even hours. All I knew was that a snake was in the same room as I was. As I lay still on the bed, the snake was jittering around. A four-year-old kid doesn't really have any bravery. I'd been holding it in. But now I just couldn't. I screamed. As if on queue, help arrived. My mum, my dad and my granddad worked together to get that snake out.

Thinking about it now, just makes me smile. That snake wouldn't scare me a bit now. Okay, maybe it would. Just watching a documentary about black mamba on TV reminded me of what an incident that had been. I didn't step a foot inside that room for a month! Phew! Thank god that there are no snakes in here.



स्वप्निल जिन्दगी

- नमिता दवाडी

भर्खरै कोपिलाबाट फुल्दै गरेकी तिमी,
मार्सी खेतमा झुले झैं लज्जाले झुल्दै गरेकी तिमी,
शृंगार अनि प्रेमले खुल्दै गरेकी तिमी ।

सपना सजाउनु मीठा -मीठा रहर बोकेका,
सिकु पाठ पनि अनुभवबाट जीवनमा भोगेका ।

जन्म कहाँ भयो, सुदूर गाउँ या बस्तीमा के फरक पर्छ?
जब तिमी जीवन बुझ्छौं दुई पाखे छाप्रो अनि महल दुवैको ।

हुक्यो- बढ्यो अनि पढ्यो कहाँ के फरक पर्छ?
जब तिमी साक्षी छौ, महल, बोर्डिङ र छानो बिनाको
सरकारी स्कूलको ।

जीवन कस्तो भोग्यो के फरक पर्छ?
जब तिमी अनुभवी छौ मीठा रहर जीवनको अनि पिएको विष
दुवैको ।

यी सबैले त तिमीलाई पत्थर बनाएको छ,
जुध्न सक्छौ जति नै ठूलो आँधिबेहरी विरुद्ध ।

झरीले रुझाउँदै तिमिलाई बानी परिसकेको छ,
आँधिले बगाउँदै तिमिलाई जरा गडिसकेको छ ।

अब लम्क अडिग पाइला हर प्रगतिको
तिमीलाई धेरै धेरै शुभकामना स्वप्निल जिन्दगीको ।

नयाँ बर्ष २०७६ (वि. स.) को पावन अवसरमा नेपाल न्युजिल्यान्ड फ्रेन्डसिप सोसाइटी
क्याण्टरवरिका तर्फबाट न्युजिल्यान्ड भित्र र बाहिर छरिएर रहनु भएका आफ्ना सम्पूर्ण मित
महानुभावहरु र शुभ चिन्तकहरुमा हार्दिक मंगलमय शुभ कामना व्यक्त गर्दछौं । प्रेम, शान्ति,
सद्भाव र खुसी मानव जीवनका अन्तरवस्तुहरु हुन जसले विश्व शान्तिर भाईचाराको महत्वलाई
क्षितिजसम्म पुर्याएर असंख्य जीवनका पलहरुलाई अझ सार्थक, रङ्गमय र उत्कृष्ट बनाउदछ ।
नयाँ बर्ष २०७६ ले हामी सबैमा यिनै कुराहरुको प्रत्याभूति दिन सकोस भन्ने हार्दिक कामना गर्दछौं ।



नेपाल न्युजिल्यान्ड फ्रेन्डसिप सोसाइटी क्याण्टरवरि





The idea of existence?

Muna Dhakal

She laid down on her bed transfixed by the view outside her window.

For it wasn't the weather nor the view on its own, it was the subtle ways in which one scenario culminated into another, which fascinated her.

Like a stage ready to engulf its audience, the window would put a show tailored especially for her. It was in these moments where her chattering mind, anticipations, customized day dreams and repentances, all went to a deep sleep.

She gazed outside with mindfulness, with no interpretations of her own.

She was the witness of many departures and arrivals in that portrait hung.

The view remained motionless for days gone by. That permanency however, was always short-lived.

Years had passed by, day in and out, she would lay down.

There laid no philosophies nor any talks, the simple act of submerging with the view was liberating for her.

In her stillness, she was an observer of lives around.

The cycle of existence seemed so explicit When viewed away from.

Ambiguity around substantiality of the view Aroused in her

In that very moment, she felt her existence.

It felt great to not know the future of something Yet be content in the uncertainty.



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wishes everyone
a happy and
prosperous
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Vins Grover
027 556 8484



Manoj Singhal
021 987 499

Are you at a CROSSROADS between Renting Vs Buying a house? Confused?

We discussed this with the experts –Vins Grover & Manoj Singhal at Finance Matters. Below is our discussion with them which will help you simplify the confusion.

Team Finance Matters says

Looking at the scenario with Auckland, you could think that renting wins against buying a property, but we do not think so! Both the situations have their pros & cons, but we still think it is worth choosing to buy than to rent.

The biggest reason is “**Why pay someone else's mortgage? Pay your own instead**”.

Other strong reasons to buy your own property are

- Buying your own house is a pride. Your lifestyle changes and your family will be happier in your own home.
- Historically the house prices have increased in New Zealand so you can repay your home loan and build bigger equity over a period. The increased house price will give you sense of stability and security.

- Since you are not paying for your landlord's mortgage, any capital appreciation in the property can help you in your retirement planning.
- And, at the end when you leave this world, you can pass on the property as a generational legacy to your kids.

Is this a right time to buy a property?

Yes, it is. Because;

- Reserve Bank is promoting Owner Occupiers.
- Mortgage rates are historic low.
- Banks are supporting 90% loan to value ratio (LVR) applications. Property prices are stable in Auckland at last and the market has changed from seller's market to buyer's market.
- Rents are increasing everyday so buying your own home will never be a bad decision.

Looking at all these points it clearly indicates – This is a good time to buy.

How can Finance Matters help our community here?

We strongly believe that our Nepalese community is very hard working and family oriented. They have migrated to this country, leaving behind their loved ones only because they want to be their pride and achieve something for them.

Owning your own house is a BIG proud to yourself and your family back home.

We at Finance Matters strongly acknowledge this and will help you achieve this big proud for you. We will plan you towards buying your first home and helping you towards Mortgage Freedom.

Together we can **WIN** this journey for you.

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Reflect on journey with Falling Walls Lab Finale 2018

Ankita Poudyal

As I was landing in Berlin, I could see the whole city clad in orange and red hue of autumn. My excitement had already begun, as it is my favourite season of the year and in New Zealand, most trees stay green throughout the year. I had arrived one day before our 4-day program, with a very bad jetlag of flying 25 hours from Auckland. Germany had always been on my To-Go list so I could not afford wasting any time resting back at the hotel. I went on a walking tour the same day and immediately fell in love with the history and beauty of the city.

I met most of the other finalists the next day at the coaching session. I realized that I was not there just to prove myself but in fact to represent New Zealand, my institution-Auckland University of Technology and my home country Nepal. I felt proud, happy, excited and nervous all at the same time. There were students from undergraduate level, PhD candidates like myself, postdocs, surgeons, entrepreneurs and experienced researchers, all

competing together. Falling Walls had organized group activities and a reception dinner so that participants could know each other and by the end of that day, we had become less like competitors, and more like friends. On the second day of the program, we went on a science excursion to a very famous technology Park "Aldershof" where we got in touch with leading scientists and representatives from both funding organizations and research institutions. We also went on guided tours to various research institutes at Aldershof. In the evening, we were invited to attend Berlin Science Prize where two great scientists (both of whose work I have followed since I started my study of science) were awarded for their ground breaking research. It was surreal to see them on stage being acknowledged and appreciated for their contribution to the society.

On the third day was the Falling Walls Lab finale, which was held at Pariser Platz in front of the Brandenburg Gate and live streamed for audiences all over the world. It was a perfect venue, right at the heart of Berlin. The jury was chaired by former astronaut, Claudie Haignere with 18 members all of high calibre, including the Chairman of Nobel Foundation. I was scheduled to present later in the day, as I was the 77th to present. I sat down and listened to my fellow finalists who pitched their wall-breaking research in their own field. Few of them had already been acknowledged by the Forbes magazine and many of them were certain to break the walls of various problems in future. My nervousness gradually started fading because I was already feeling proud to be a part of the finale and an audience to such brilliant presentations.

That day I was breaking the wall of inefficient filters and I had 3 minutes to explain my research in the best way possible. Most commercial filters that claim high removal of pollutants are made thick and compact but they block the air-flow. However, making them thinner would mean inefficiency in capturing particles, specially the nano-sized ones that can penetrate deeper into our lungs. I presented on how we can combine nanotechnology with an innovative surface modification technique to make filters that

न्युजिल्यान्ड नेपाल च्याम्बर अफ कमर्स

नयाँ वर्ष २०७६
को हार्दिक
मंगलमय
शुभकामना
ब्यक्त गर्दछौ ।



**New Zealand Nepal
Chamber of Commerce**

can provide the best of both the capture and good flow. After 100th presentation, it was time for the jury to announce the top three names who would be awarded the coveted title of “Young Innovator of the Year”. I could sense that everyone in the room had already felt like winners, sitting there and witnessing human intelligence, innovations, diversity of research and cultures coming together at one place. When I heard my name announced as the third place winner, I remember feeling so numb. When I

was on stage receiving the award, I could only think of my family watching me live back home in Nepal, my friends back in NZ who had been rooting for me and just feeling proud that I represented New Zealand and my home country Nepal, the best way I could.

The next day, the top three winners got a chance to present their pitch at the Falling Walls Conference along with leading scientists and researchers from top institutions such as MIT, Harvard University, University of Cambridge, Max Planck Society and many more.

When I was on stage at the conference, I looked at the elite audience in front me and I felt so grateful to be a part of that community and so glad to be acknowledged for my work at such a global platform. I am immensely thankful to Falling Walls for carrying out this feat every year of bringing everyone together to celebrate science, business, art, politics and all kinds of research.



नयाँ वर्षको पावन अवसर मा सबैमा नयाँ आशा, उत्साह अनि उमंग पलाओस्,
निरन्तर सफलताले शिखर चुमिरहोस्, हिम्मत अठोट र आत्मबिश्वास जागोस्, सुख,
शान्ति, सुस्वास्थ्य, समृद्धि तथा उत्तरोत्तर प्रगति होस् भन्ने आकांक्षाका साथमा सम्पुर्ण
नेपालीहरूमा आत्मियता अझै प्रगाढ बढ्दै जाओस् । हामी Waikato निवासी
नेपालीको सबैमा यही हार्दिक मङ्गलमय शुभकामना ।

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प्रजातन्त्रको शिखरिणी यात्रा

- प्रह्लाद पोख्रेल

छन्द : शिखरिणी

१ जता हामी जान्छौं अनुसरण गर्लिन् शिखरिणी
जहाा हामी खान्छौं अनुगमन गर्लिन् शिखरिणी
जहाा हामी बस्छौं नजर अर्भ देलिन् शिखरिणी
यिनै वाणी-देवी स्फुरणसित आऊन् शिखरिणी ।

२ कतै पानी पर्दा सरस जल पार्छिन् शिखरिणी
दिई न्यानो माया किरण तल भार्छिन् शिखरिणी
चिसो हावा चल्दा सरररर हम्केर धरणी
नदी बग्दा साथै सलललल बग्छिन् शिखरिणी

३ थियौ प्यारी मेरी मगज-मुटु ढाक्ने शिखरिणी
तिमी प्यारी बन्दा कलम कति हुन्थ्यो चिर ऋणी
गयौ टाढा टाढा असहज बनेको छ हृदय
व्यथा बल्भ्यो गाढा प्रिय शिखरिणी खै त उदय ?

४ सधैं देख्दा आफ्नै वरिवरि नराम्रा गतिविधि
तिमी टाढा भागी किन मन दुखायौ यतिविधि
खनेकै हौं खैरो सुभ्र न बुभ्र अस्तित्व नगनी
जमे हाम्रा सारा मगज-मुटु चल्दै न धमनी ।

५ तिमी बन्दा साथै स्वपरिचय आफ्नो पनि थियो
तिमी लाग्यौ अन्तै अपरिचय पो ठिङ्ग उभियो
भयो नौलो भाषा अपरिचित आश्चर्यचकित
निराशा वाणीमा अरुचिमय उल्लासरहित ।

६ न तिम्रो मायामा रुचिकर कुनै काव्य रचियो
न तिम्रो रक्षामा क्षणभर कुनै काम गरियो
सबै खेद्नै लाग्यौ अनवरत उल्टै शिखरिणी ।
त्यसैले भो तिम्रो तन र मन साँच्चै विरहिणी ।

७ तिमी आस्था बोल्थ्यौ समय पनि उत्प्रेरक थियो
सबै भन्थे- तिम्रो परिचय सधैं उज्ज्वल दियो
निभायौं हामीले झलमल बलेको जब दियो
खरानी भो ऊर्जा अभिलषित यात्रा छिरलियो

८ कहाँ तिम्रो ज्योति प्रखरतम जाज्ज्वल्यमयको
नदेखी अन्धोभ्रै स्वर पनि चिनेनौं समयको
न तिम्रो त्यो वाणी मधुर लय सुन्ने स्थिति भयो
गयो हाम्रो ऊर्जामय समय सितै पर गयो ।

९ उभिन्डो बानीले पलपल पिरोल्यौं तर पनि
क्षमाशाली बन्दै श्रमसित सजाऊ न सपनी
सबै नेपालीका मन र मुटु पारी अर्भ ऋणी
तिमी आऊ, टाढा परपर नजाऊ शिखरिणी ।

फागुन ७



Health Screening

Dr. Nirmal Rimal



Health and wellbeing play a pivotal role in our life. There is a saying that “**health is wealth**”. We may look apparently healthy but may have higher risk factor or early stage of disease. Screening programme is designed to find out risk factors or early stage of disease in an individual.

According to **WHO** “Screening” is the process of identifying healthy people who may be at increased risk of disease or condition. ...“**Screening**” refers to the use of simple tests across an apparently healthy population in order to identify individuals who have risk factors or early stages of disease, but do not yet have symptoms (WHO).

Screening therefore, is a way of finding out if people are at higher risk of a health problem, so that early treatment can be offered or information given to help them make **informed decisions** (a decision based on facts or information).

Kiwis don't typically have **annual medical check-ups** like in USA, Japan and some other parts of the world. However, it is important to visit your doctor if you have symptoms you're concerned about so that you can also take advantage of a range of health checks, tests and vaccines that are available to help you stay healthy.

In New Zealand, the **National Screening Unit (NSU)** under the Ministry of Health provides health screening programmes. The NSU is responsible for the safety, effectiveness and quality of organised screening programmes. The NSU is responsible for national coordination of the following screening programmes.

1. **National Bowel Screening Programme**- screens people for bowel cancer

New Zealand has one of the highest bowel cancer rates in the world. **Bowel cancer** is the second highest cause of cancer death in New Zealand, but it can be treated successfully if it is detected and treated early. In 2011, 3030 people were diagnosed with bowel cancer and 1191 died from the disease.

The National Bowel Screening Programme is for **men and women aged 60 to 74 years**. It aims to save lives by finding bowel cancer at an early stage when it can often be successfully treated. Many district health boards already provide free tests to those aged 60-74 under the national bowel-screening programme. The programme is being rolled out gradually across the country. It is expected that all the DHBs will join the program by 2021.

The two-yearly test involves **screening for blood in bowel motions**. If you have a positive result, you might be referred for a colonoscopy to investigate further. Eligible participants will be contacted once their DHB joins the programme.

2. **Breast Screen Aotearoa**-screens women for breast cancer

Breast cancer is the most common cancer affecting Kiwi women.



Breast cancer is New Zealand's third most common cancer and accounts for more than 600 deaths every year. Breast Screen Aotearoa is New Zealand's free national breast screening programme for **women aged between 45 and 69**.

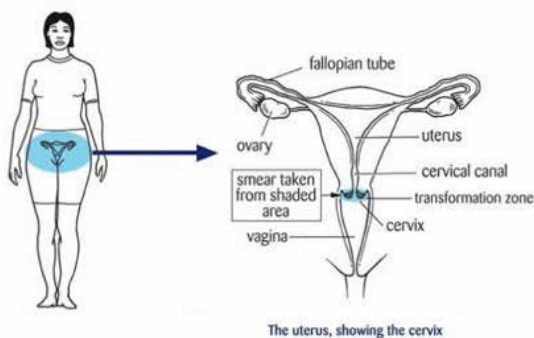
Mammograms are provided at clinics and mobile units throughout New Zealand. Regular mammograms can save lives by finding breast cancer early, before it spreads. You are more likely to survive breast cancer, if it is found early and is still small. Mammograms can show changes inside a breast before they can be felt. While some cancers develop quite slowly over years, others can grow more quickly. It's important to find any cancer as early as possible before it spreads.

That's why it's important to get a regular mammogram every 2 years– it gives you the best chance of picking up any changes. You just need to sign up to get an appointment time. (<https://www.timetoscreen.nz/breast-screening/sign-up/>)

Regular mammograms: If you're a woman aged 45-69, you're eligible for a free two-yearly mammogram through Breast Screen Aotearoa. Younger women with a family history of breast cancer may also be eligible. You should be invited to join the programme when you turn 45 – contact BreastScreen Aotearoa if you haven't done yet.

Checking for symptoms: Even if you're having regular mammograms, watch out for changes in your breasts. If you find something, don't wait for your next mammogram – see your doctor soon.

3. National Cervical Screening Programme— screens women for abnormal changes to cells on the cervix
In New Zealand, about 160 women develop **cervical cancer** each year – and about 50 die from it. However, cervical cancer is one of the easiest cancers to prevent – as long as we detect the cell changes that cause it, early. And guess what? New Zealand has one of the **best cervical screening programmes** in the world to help you.



All New Zealand women aged 20-69 are eligible for a free three-yearly smear test for cervical cancer. The **National Cervical Screening Programme (NCSP)** will be changing the recommended starting age for cervical screening from 20 to 25 years in 2019. The test itself is also changing. Instead of screening for abnormal cell changes, the test will initially screen for the human papilloma virus (HPV), which causes most cases of cervical cancer.

Most cervical cancers develop from an infection – **called HPV**, or the human papillomavirus – that almost everybody is exposed to if they have had sex. But with **regular smear tests** (every 3 years) we can detect it and get onto it, before it becomes cancer.

Early treatment is highly successful since the national screening programme started; the number of women who die of cervical cancer has dropped by nearly two thirds. And if every woman you know got tested

regularly, the number could drop even lower.

4. Newborn Metabolic Screening Programme– screens newborn babies for certain metabolic disorders
Newborn metabolic screening is a free test that screens for over 20 rare but potentially serious conditions that can make your baby very sick. Finding out early that your baby has a condition means that treatment can start quickly, before your baby becomes sick.

The screening test is done when your baby is 48 hours (2 days) old or as soon as possible after this – it can be done in hospital or at home. The screening test is also called the 'heel prick', 'Guthrie' or 'PKU' test. Your midwife will collect a small amount of blood from your baby's heel onto a blood spot card.

5. Universal Newborn Hearing Screening Programme– screens newborn babies for hearing loss

Newborn hearing screening is a safe and simple check to find out if your baby hears well. The screen is designed to pick up moderate to profound hearing loss. Hearing screening is usually done before you and your baby go home from hospital. However, it can also be completed at your local health clinic or hospital outpatients' clinic.

Ideally, your baby will be screened within the first few days of birth and screening should be completed by the time your baby is 1 month old. However, your baby can be screened up until they are 3 months old. Soft cups will be placed on your baby's ears and soft clicking sounds played through the cups. A computer will show how your baby's ears respond to the sounds.

These screening tests are both free. If the results show that your baby has an increased chance of having a metabolic disorder or hearing loss, further testing will be offered. It is your decision to have your baby screened. The Ministry of Health strongly recommends both screening tests for your baby.

Other Health Screenings: and Personal Health Checks

It is recommended that all people have regular personal health checks so that your care provider can discuss with you how to keep yourself healthy throughout your life.

These health checks usually include:

- talking to you about current health issues, symptoms you may have, reviewing past medical problems and discussing significant family medical problems. In addition, it also includes reviewing general lifestyle issues like diet, exercise, smoking and alcohol taking behavior.
- Health checks usually involves some blood test and in some cases further special test like a chest X ray.

Usually the frequency of these medical tests suggested are 1 medical before 30 years, at least 2 medicals in your 30s, every 2 years in your 40s and yearly over 50. However, depending upon the circumstances doctors may suggest having a medical test more frequently.

There are routine health screenings which are done to assess your general health and to look for signs of health problems. Your primary care doctor/general practitioner (GP) can ensure you are up to date with routine vaccinations and screening examinations.

1. Cardiovascular risk assessment

Your doctor uses a range of measures to calculate your risk of developing cardiovascular disease and diabetes. These include your **blood pressure, cholesterol and blood-sugar levels**. They'll also take

your family history and assess **risk factors** such as smoking, obesity, diabetes and previous high blood pressure.

Men aged 45-plus and women aged 55-plus should have a cardiovascular risk assessment every five years. Those of Māori, Pasifika or **Indo-Asian descent** or with a family history of heart disease or diabetes should **start 10 years earlier**.

If you have a risk score of 10% or higher, your doctor will recommend lifestyle changes, such as getting more exercise and eating better. You might also be prescribed medication to help lower your blood pressure.

2. Skin cancer checks

Check your skin every three months and see your doctor if you notice a new skin lesion or a mole or freckle that's changed. If you're fair skinned, you work or spend a lot of time outdoors or you have a lot of moles or a family history of skin cancer, talk to your GP about whether you need to have regular skin checks at their surgery.

3. Prostate cancer checks

Screening men without symptoms for prostate cancer is not currently recommended in New Zealand. If you're a man aged 50 or more, talk to your GP about whether you should have a digital examination and a blood test to measure your levels of prostate-specific antigen (PSA), which may indicate you have a prostate tumour. Have the conversation when you're 40 if your father or brother has had prostate cancer.

4. Obesity/weight

Check weight annually if Body Mass Index (BMI) is within normal range. Do more frequently, if you are participating in a weight loss management program.

Talk to your Doctor or nurse about maintaining a healthy weight.

5. Blood Pressure Screening

Check annually, if blood pressure is less than 120/80. Check more frequently if higher.

6. Testicular Cancer

No formal screening programme in New Zealand but it is recommended that men 20-30 years old check themselves for lumps in the testicles.

7. Vision/Glaucoma Screening

Glaucoma New Zealand recommends that everyone has an eye examination by the age of 45 then every 5 years after that until age 60, and three-yearly after that. Those with risk factors for glaucoma such as a family history of glaucoma or steroid use should be examined earlier. An optometrist will do this.

Retinopathy eye check every two years is recommended for diabetics. See your GP for a referral.

8. Audiology/Hearing Test

As needed.

9. Dental Exam

Annually (or as required if full dentures). A dentist will assist you with this.

10. Osteoporosis

A **DEXA** (dual energy X-ray absorptiometry) scan is used to check the strength of your bones, by using X-ray equipment and a computer to measure bone density. Generally, the more dense the bone, with less air spaces, the stronger it is, and the less likely it is to break or fracture.

A DEXA scan is recommended for:

- All women who are at or are experiencing or have experienced menopause, women with a family history of osteoporosis

- Women athletes who do not menstruate due to excessive exercise
- Men or women who have taken corticosteroid drugs for long periods
- Men or women with abnormalities of the vertebrae or evidence of weakened bones
- Men or women with primary hyperparathyroidism (a condition where the parathyroid glands in the neck are overactive)

Discuss this with your GP.

11. Mental Health

If you have a **mood and memory** concerns discuss with your doctor or nurse.

To sum-up health screening and regular checks are very important to stay healthy as well as keeping your ongoing health problems (if any) under control and getting information/advice on healthy life style choices. You should consider taking advantage of available free screening programmes.

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