

सौगात SAUGAT



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Please Contact:

DIPENDRA KC

CHARTERED ACCOUNTANT

(BBA, LLB, MBA, GRAD. DIP. - COMMERCE)

Mobile: 021-188 5419

Email: dipenkca@xtra.co.nz

Web: www.kcaccounts.com

67 Magma Crescent, Stonefields
Auckland 1072, New Zealand



Editorial

HAPPY NEW YEAR AND BUOYANT SILVER JUBILEE

The New Zealand Nepal Society would like to wish you a Happy New Year 2077 Bikram Sambat to all Nepalese readers living in New Zealand and abroad as well as to all the communities worldwide. Let us come together and celebrate Nepali New Year to share our joy and wish each other peace, prosperity and good health.

People move either from one place to another within their own country and/or other country for many reasons. One possibility is people are looking for new opportunities for themselves and/or for their children. Migrating can be a difficult time especially when you find yourself isolated from familiarity. Communication is an essential requirement when assimilating into a new environment and country, as humans our link to others and the wider community is one aspect of survival. New immigrants also have the challenge of adapting to new cultures; languages and laws as well as maintaining their own. These challenges proved to correlate what Nepalese migrants experienced in the early nineties identifying these issues are common to all immigrants. However, time is lapsing with its own fast pace and we are settling and assimilating in New Zealand as our own second home, country. A few Nepali families started to immigrate to New Zealand predominantly in early nineties. Soon after they landed here, they felt the inevitability to be united under one organisation, to bring all Nepalese together. The outcome was the 1995 establishment of the New Zealand Nepal Society Inc (NZNS), with the principal purpose of preserving and promoting Nepali culture, tradition and strengthening the bilateral ties between Nepal and New Zealand. Thus, we are celebrating silver jubilee of the establishment of NZNS this year.

Since its formation, NZNS has been holding various platforms aimed at strengthening the Nepalese community within New Zealand. The programmes are focused on art, culture, language, music, literature, sports and recreation such as picnic, movie shows, sport tournaments, cultural expression, music competition and many more. Nepalese community in Auckland and other cities of New Zealand are thankful to the leadership of NZNS, who spared their time to serve our community despite their struggle to lead their professional and family life throughout these twenty-five years. Moreover, the volunteers deserve our recommendation and gratitude for their selfless service to various activities run by NZNS. They occupy a special place in our heart.

Our community leaders are effortlessly attempting to find a way out to procure a land to build a Nepali Community Hall. However, they are hopeful that this dream will soon be a reality. Our community leaders alone are unable to achieve this project without your help. Hence, we encourage each of you to support and assist leaders in any way you can towards the construction of a Nepali community hall in Auckland.

Once again, Happy New Year 2077 B. S.

नयाँ वर्ष २०७७ 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.

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Rabin Bhujju



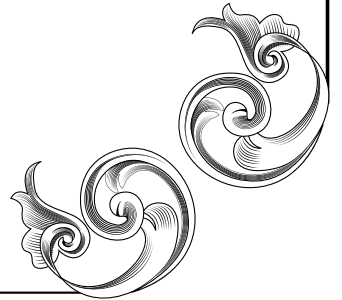
Message from Patron, NZNS

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 2077. **Namaste!**

Lady June Hillary

Patron

NZ Nepal Society, Auckland



NEW ZEALAND NEPAL SOCIETY INC.

Physical Address:

Ferndale House, 830 New North Road, Mt. Albert, Auckland

nznepalsociety.co.nz

Editorial Board

Please note that the contents of this magazine were finalised for printing prior to the COVID-19 pandemic. Therefore, the contents are valid till that time. Apologies for any inconvenience caused to the readers



Binod Bhaukajee



Sanjay Shanti Subedi



JP Uddhav Adhikari



PRESIDENT'S MESSAGE

As we wrap up 2076 B.S., on behalf of the 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 various pathways for us to explore as a community.

Here are just a few highlights from the last twelve months - organised a programme to honour three key women community leaders during the Teej celebration, for their contributions to Nepal and the Nepalese community in New Zealand. This year's Dashain Festival celebrations were once again marked by a monumental event, where we managed to get two of the top artists from Nepal to come over and perform. The hilarious comedian Sandeep Chhetri and the lyrical genius Sugam Pokharel. Further building on the relations that we established in last year's event. This event was jointly organised by the NZNS, NRNA and NNZFSC, without everyone's hard work and collaboration it would not have been possible.

Our annual nationwide Futsal tournament was held at AUT Millennium sports complex, which yielded a total of 18 teams, the largest of its kind so far, which continues to symbolise the importance of sports in our community.

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. An organisation such as ourselves 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, we as a country and the world are starting to see unprecedented changes. With the emergence of the Coronavirus (COVID-19) in New Zealand, we have gotten through these unprecedented times of the nationwide lockdown which I am very proud of. This had severe implications on not just our mental well-being but also the economy. During this dire time, I would like to urge everyone to look after one another and follow whatever guidelines the government will implement during this time. Stay vigilant and provide support in whatever form necessary.

Once again, thank you for being with us, and for your uninterrupted support. Best wishes for a very healthy and prosperous new year 2077 B.S.

Prime Minister

MP for Mt Albert

Minister for Arts, Culture & Heritage

Minister for Child Poverty Reduction

Minister for National Security & Intelligence



Namaste and Naya bara ka subhakamana, and kia ora koutou katoa,

I would like to share my warmest wishes to everyone celebrating the Nepali New Year 2077, according to the Bikrami calendar. I hope you are able to welcome in the new year with friends and family, and I look forward to seeing all the celebrations across Aotearoa New Zealand

Nepal and New Zealand have enjoyed a long friendship, one strengthened in 1953 when Tenzing Norgay and Sir Edmund Hillary reached the summit of Mt Everest. We've also supported each other through the 2011 and 2015 earthquakes, and have a long-standing bilateral relationship, with strong trade ties and support for education and community leadership initiatives.

Here at home, we've welcomed a growing community of Nepalis across New Zealand. I would like to thank the New Zealand Nepal Society for all their work to support and promote Nepali culture, language and literature here in Aotearoa. This work helps us to build a multicultural society, where everyone feels like they belong and can contribute.

I wish everyone a happy Nepalese New Year, and all the very best for the year ahead.

Phēri bhēṭaulā and ka kite anō!

Rt Hon Jacinda Ardern
Prime Minister of New Zealand





प्रधानमन्त्री



काठमाडौं, नेपाल

शुभकामना

न्यूजिल्याण्ड नेपाल समाजले आफ्नो रजत जयन्तिको अवसरमा 'सौगात' नामक स्मारिका प्रकाशन गर्ने लागेको खबरले मलाई खुशी लागेको छ। सर्वप्रथम 'सौगात' प्रकाशनको सफलताका लागि न्यूजिल्याण्ड नेपाल समाजलाई हार्दिक शुभकामना व्यक्त गर्दछु।

समाजले आफ्नो रजत जयन्तिको सन्दर्भमा भिजिट नेपाल २०२० लाई प्रवर्द्धन गर्ने आयोजना गरेको नेपाल महोत्सवको पनि भव्य सफलताको कामना गर्दछु। तपाईंहरूको यस कार्यले नेपाल भ्रमण वर्ष सन् २०२० को सफलतामा सहयोग पुग्नेछ भन्ने मैले विश्वास लिएको छु।

रोजगार वा अध्ययनको शिलशिलामा प्रवासमा रहनु भएका नेपालीको पनि आफ्नो जन्मभूमिको विकास र प्रगतिप्रति अहं दायित्व हुन्छ। प्रवासमा रहेका नेपालीलाई संगठित गर्ने, उनीहरूले प्राप्त गरेको सीप, शिक्षा, पूँजी र प्रविधिलाई हस्तान्तरण गरी स्वदेशमा प्रवर्द्धनको वातावरण निर्माण गर्ने दायित्व निर्वाह गर्नु तपाईंहरूको कर्तव्य हुनेछ। यस दिशामा तपाईंहरू अग्रसर हुनुहुनेछ भन्ने मैले आशा लिएको छु। लामो राजनीतिक संक्रमणको अन्त्य गरि गठन भएको वर्तमान सरकार स्वदेशमै उन्नत रोजगारी सिर्जना गर्ने र राष्ट्रिय अर्थतन्त्रलाई बलियो बनाउने विकास र समृद्धिको दिशामा अग्रसर छ।

विगत लामो समयमा हाम्रो समय अधिकार प्राप्तिको संघर्षमा व्यतीत भयो। अब हामीले राजनीतिक वा अन्य कुनै अधिकारका लागि संघर्षमा समय बिताउनु पर्ने छैन। अबका हाम्रा सबै पाइला विकास र समृद्धितर्फ अभिमुख भएका छन्। प्रवासमा रहेको हाम्रो श्रम शक्तिलाई पनि उच्चमशीलताको माध्यमबाट स्वदेशमै आकर्षित गर्ने हाम्रो लक्ष्य छ। अर्थात् 'समृद्ध नेपाल-सुखी नेपाली' हाम्रो राष्ट्रिय आकांक्षा र गन्तव्य बनेको छ। राष्ट्रको यस आकांक्षा पूरा गर्न तपाईंहरूले पनि आफ्नो ठाउँबाट रचनात्मक भूमिका खेल्नु हुनेछ भन्ने मैले विश्वास लिएको छु।

अन्त्यमा, नेपाल महोत्सवको भव्य सफलता तथा स्मारिका शिक्षाप्रद, पठनीय र संग्रहणीय रहोस् भन्ने कामना गर्दछु। यस काममा जुट्नु भएका समाजका पदाधिकारीलाई धन्यवाद भन्न चाहन्छु।

७ पुस, २०७६

केपी शर्मा ओली

Hon Simon Bridges
Leader of the Opposition



Namaskar,

It is my pleasure to join the Nepalese community in celebrating the beginning of the year 2077 in the Bikram Sambat Calendar.

New Zealand and Nepal have a proud history of friendship, forged from the incredible achievement of Tenzing Norgay and Sir Edmund Hillary scaling the summit of Sargarmāthā/Mount Everest for the first time.

Since this remarkable achievement there has been a strong ongoing relationship between Nepal and New Zealand. This relationship is seeing the Nepalese community in New Zealand continue to grow.

New Zealand and Nepal are there for each other in both light and dark times. At the time of the devastating 2015 earthquake in Nepal we sent volunteers and financial aid to support the Nepalese community that similarly supported us when we dealt with the Christchurch earthquakes years before.

I'm proud to recognise the strong friendship between our people, and I acknowledge the growing number of Nepalese-Kiwis who contribute to our country.

Thank you for your contribution to New Zealand, and have a happy New Year.

Kind regards

A handwritten signature in blue ink, appearing to read 'S Bridges', with a stylized flourish at the end.

Hon Simon Bridges
Leader of the National Party

24 February 2020

A message from Auckland Mayor Phil Goff

Namaskar! It is my great pleasure to wish you all a very happy Nepali New Year for 2020, and to welcome the Nepal Festival at Aotea Square on 4 April.

Nepal and New Zealand have shared a special bond for more than 60 years, ever since Tenzing Norgay and Edmund Hillary became the first to reach the summit of Everest on 29 May 1953.

In the years since Tenzing and Sir Edmund's achievement, the relationship between our two nations has grown deeper. My thanks to the small but growing Nepalese population in Auckland for the contribution you make to the vibrancy and economic success of our city.

Congratulations to the New Zealand Nepal Society on its Silver Jubilee this year, and my sincere thanks for your work in promoting Nepali culture, language and literature, as well as the bilateral relationship between our countries. You play an important role in increasing the diversity that helps to make our city a world-class place to live.

Once again, happy Nepali New Year. I look forward to seeing you at the Nepal Festival and enjoying its celebration of Nepali food, music, dance, art and culture.



Phil Goff
MAYOR OF AUCKLAND



Michael Wood

MP for Mt Roskill



Wednesday 19th February 2020

Namaste! It is my pleasure to wish everyone a very happy Nepali New Year 2077 and to acknowledge the annual publication of *Saugat*.

This year is also the silver jubilee of the New Zealand Nepal Society, a community organisation that has done so much to support the Kiwi-Nepalese community, promote Nepali culture and language in New Zealand, and to build bridges across different communities. Well done to President Dinesh Khadka and everyone at NZNS who have worked to create such a successful and dynamic community organisation.

I am also very excited about the approaching Nepal Festival, to be held in Aotea Square on Sunday 4 April. Last year saw the Festival held for the first time and it was a great success. I enjoyed attending along with around 10,000 people to experience Nepali food, culture, and performance. This year I am sure that it will be an even bigger success.

In 2020 I understand that NZNS will also be focussed on promoting Nepal as a tourist destination. With Nepal's outstanding natural beauty and the strong bonds between our two countries, I am sure that this promotion will be a great success.

Through the achievement of Tenzing Norgay and Sir Edmund in scaling Sagarmatha/Mt Everest in 1953, a strong bond has grown between New Zealand and Nepal. Our countries and our people are firm friends, and it is appropriate at the time of Nepalese New Year to acknowledge the growing numbers of Nepalese Kiwis for your contribution to our country.

I thank the Nepalese Society for their ongoing work to support the Kiwi Nepalese community and to celebrate important cultural events. I wish everyone a happy Nepali New Year and look forward to seeing you at forthcoming community events.

Yours Sincerely

Michael Wood, MP for Mt Roskill | Chief Government Whip



Parliamentary office

☎ 04 817 8755
✉ michael.wood@parliament.govt.nz
📍 Parliament Buildings,
Private Bag 16 888
Wellington 6160

🌐 /mwoodnz

Electorate office

☎ 09 624 2278
✉ michael.wood@parliament.govt.nz
📍 559 Mt Albert Road, Three Kings,
Auckland 1023

🐦 @michaelwoodnz

Authorised by Michael Wood, Parliament Buildings, Wellington





Ambassador



नेपाली राजदूतावास Embassy of Nepal

Canberra, Australia

शुभकामना

न्यूजिल्याण्ड नेपाल समाज (New Zealand Nepal Society, NZNS) ले नेपाली नयाँ वर्षको अवसर पारेर वार्षिक रूपमा प्रकाशन गर्ने "सौगात" पत्रिकाको आगामी अङ्क प्रकाशन गर्न लागेको थाहा पाउँदा खुशी लागेको छ । "सौगात" लाई अझ परिस्कृत र विशेष बनाउँदै नियमित रूपमा प्रकाशन गर्ने कार्य गरेकोमा न्यूजिल्याण्ड नेपाल समाजका अध्यक्षलगायत सम्पूर्ण टिमलाई म मेरो व्यक्तिगत र नेपाली राजदूतावास, क्यानबेराको तर्फबाट हार्दिक धन्यवाद तथा शुभकामना व्यक्त गर्दछु ।

पहिलो सगरमाथा आरोही, सर एडमण्ड हिलारीको संरक्षकत्वमा स्थापित यस न्यूजिल्याण्ड नेपाल समाजले नेपाल र न्यूजिल्याण्डबीचको सम्बन्धलाई अझ सुमधुर र प्रगाढ बनाउन महत्वपूर्ण योगदान गर्नुका साथै नेपाल महोत्सव एवं तीज, दशैंजस्ता अवसरमा साँस्कृतिक कार्यक्रम आयोजना गरी न्यूजिल्याण्डबासीहरू माझ नेपालको कला, साहित्य र संस्कृतिलाई चिनाउने काम गरेकोमा यस समाज र यसका स्थापना कालदेखि हालसम्मका प्रतिनिधिहरूलाई विशेष धन्यवाद दिन चाहन्छु । "सौगात" पत्रिकाले नेपाली र अङ्ग्रेजी साहित्यमा कलम चलाउने सर्जकका लागि एउटा प्लेटफर्म उपलब्ध गराउनुका साथै न्यूजिल्याण्ड तथा वरपर छरिएर रहनुभएका सम्पूर्ण नेपालीहरूलाई साहित्यको माध्यमबाट जोड्न सफल भएको छ । साथै, यस प्रकारको प्रकाशनले नेपाल र नेपाली भाषा-साहित्यप्रति रूचि सिर्जना गरी नयाँ पुस्तामा नेपाली भाषाको हस्तान्तरण गर्न मद्दत पुग्ने अपेक्षा गर्दछु । विगतको अङ्कमा प्रकाशित दोस्रो पुस्ताका नेपाली भाइबहिनीहरूको सिर्जना देख्दा मलाई अत्यन्त खुशी लागेको छ र यस अङ्कमा पनि दोस्रो पुस्ताका नेपालीहरूलाई लेख उन्साहित गर्नुका साथै उनीहरूका लेख रचनाका लागि उचित स्थान दिन पनि विशेष अनुरोध गर्दछु ।

यसै अवसरमा अध्ययन, रोजगार, व्यापार-व्यवसाय तथा विभिन्न कामविशेषले न्यूजिल्याण्डमा रहनुभएका सम्पूर्ण नेपाली दाजुभाइ तथा दिदीबहिनीहरूलाई यसै पत्रिकामार्फत नयाँ वर्ष २०७७ को हार्दिक शुभकामना व्यक्त गर्दछु । अन्त्यमा, नेपाल र न्यूजिल्याण्डबीचको सम्बन्ध विस्तारमा यस समाजले अझ प्रभावकारी भूमिका खेल्न सकोस् भन्ने शुभकामनासमेत व्यक्त गर्दछु ।

महेशराज दाहाल



04 April 2020

Dinesh Khadka
President
New Zealand Nepal Society

Namaste,

I would like to take this opportunity on behalf of New Zealand Police to acknowledge the Nepali New Year 2077 Bikram Sambat.

We wish you all the very best for your celebrations in April and especially in light of the auspicious 25 year silver jubilee of New Zealand Nepal Society. We wish you an extremely happy New Year and hope that you can take some time out of your busy lives to celebrate with friends and family.

Naya Barsako Subhakamana (नयाँ बर्षको शुभकामना!)

Kindest regards

Jessica Phuang 潘 QSM
Ethnic Responsiveness Manager
Tāmaki Makaurau
Private Bag 92002
Auckland 1142

M +64 21 1920935

E Jessica.phuang@police.govt.nz

Namaste, tena koutou and happy new year greetings to all our Nepali friends in New Zealand,

Almost 67 years ago, two small countries were unexpectedly joined together when Tenzing Norgay and Sir Edmund Hillary became the very first humans to stand on the 'top of the world'. Famously, Sir Ed observed that 'it is not the mountain we conquer but ourselves!'

All Nepalese and all New Zealanders know the story of how he dedicated the rest of his life to supporting the growth and prosperity of people in the Everest region and the bond between our two countries remains very strong. In those early days Sir Ed worked side by side with other volunteers to build schools and hospitals himself. Today the Himalayan Trust works closely with trusted local partners to deliver health care, education and infrastructure projects.

Last year the Trust was thrilled to receive a multi-million dollar grant from the New Zealand Government's Ministry of Foreign Affairs and Trade. This will support a significant education programme over the next 5 years and it represents a major commitment to Nepal on behalf of the people of Aoteroa New Zealand. The Trust is also working hard to deliver health care and safe and secure drinking water to a number of remote villages. We are able to do this through the amazing and continuing financial support we receive from members of the public.

I would like to acknowledge the New Zealand Nepal Society Inc (NZNS) who were founded to preserve and promote Nepali culture, language, literature and the bilateral relationship between New Zealand and Nepal. I congratulate them on their 2020 Silver Jubilee.

The commitment of the Trust to fulfilling Sir Ed's vision remains as strong as ever; as does our warmth and affection for our Nepalese friends. It is with this spirit in mind that we wish you a successful Nepal Cultural Festival and a very happy Nepali New Year.

Regards,

John Loof

General Manager - Himalayan Trust NZ

Tel: 021 663 435

Himalayantrust.org



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11th Feb 2020

On behalf of Bhartiya Samaj Charitable Trust and Roopa Aur Aap Charitable Trust we would like to extend heartiest congratulations to New Zealand Nepal Society Incorporated on the occasion of Nepali New Year 2077 Bikram Sambat and their Silver Jubilee celebrations. It has been a wonderful journey for Nepal society over 25 years to showcase the Nepalese culture in Aotearoa's diverse community. It gives us immense pleasure to be associated with Nepal Society and Mr Dinesh Khadka who is doing a commendable work in the community preserving and promoting Nepali culture thereby forming the bilateral relationship between New Zealand and Nepal.

Bhartiya Samaj Charitable Trust and New Zealand Nepal Society works closely together and we are proud to be associated with them. Once again congratulating Nepal Society for doing great work towards strengthening Nepalese Kiwi relationship.

Wishing every success in all their future endeavours.

Warm regards



Jeet Suchdev QSM JP





Message from the Founding President of the New Zealand Nepal Society (1995-1998) - Jog Limbu

On the occasion of the 25th anniversary of New Zealand Nepal Society (NZNS), it gives me immense pleasure to extend my warmest congratulations and best wishes to the society and its members.

The anniversary is a time to reflect and cherish memories of past years and renew commitments for future growth and prosperity of the society.

NZNS was founded on the 30th of August 1995 under the incorporation act by a handful of newly migrated Nepalese families, residing in Auckland under the patronage of Sir Edmund Hillary. Since then, the society has grown exponentially and now represents over ten thousand Nepalese in Auckland.

The main objectives of this society are to promote mutual cooperation between Nepalese people on matters of common concern, develop harmony and understanding among members and other ethnic groups, promote educational, sporting and social activities, preserve our Nepalese social and cultural heritage and liaise with governmental bodies.

As like any new immigrant, Nepali community had to endure several challenges on all fronts such as language, employment, housing, access to local services, cultural indifference, prejudices and isolation common to migrants across the globe. Against all challenges Nepalese people and societies, have reached to this stage being supportive and encouraging to each other and now able to make positive contributions to New Zealand's society.

Having Sir Edmund Hillary as a patron along with his wife June Hillary was a great honour and inspiration to the society which had provided the much-needed impetus to achieve our success.

Sir Edmund Hillary was the first person to conquer Mount Everest on May 29, 1953, along with fellow climber Sherpa Tensing Norgay. In lieu of his friendship with Tenzing and the Sherpa people, Hillary had founded the Himalayan Trust, and help build schools, hospitals and transportation hubs in Nepal. He will always live on in our hearts.

NZNS has also provided a forum to connect our second-generation Nepalese to both Nepal and New Zealand and serve both nations proudly and achieve excellence in their respective field.

NZ is a lucky country and values very high the cultural diversity with its spirit of "giving people a fair go". We remain grateful to NZ for giving an opportunity to be part of this great nation.

After living in Auckland for 10 years, my family moved to Australia in 2000 and now resides in Melbourne. Despite the distance, we have been keeping in constant touch with the NZNS and get regular updates on the society's progress. I'd also like to add we are proud supporters of the All Blacks!

In 2013, the Government of Victoria's - Victoria Multicultural Commission (VMC) - awarded me with the "Victoria's Multicultural Excellence Awards for Meritorious Service" for outstanding voluntary contributions to Victoria's Nepalese community and the broader Australian society. I would like to credit this award to NZNS as well as it has helped me become a true volunteer for the community.

Once again, congratulations on the wonderful journey of success and milestone achievement over the last 25 years. I wish the society great success in their future endeavours and hope that it reaches new heights in the years to come.

Thank you.



Secretary's Report

Namaste,

NZNS takes this opportunity to wish everyone who celebrates new year on the month of April a healthy and safe new year. Before we proceed further we would like to thank our editorial committee and all creatives out there without whose help this magazine would not have been complete.

Annual Report

This is the second and last year for the current executive committee and we all believe we had been able to achieve our internal goals that we had set as a team. The key goals that we as a team was to create the organisation's visibility in both digital and real world.

How do we measure our success?

Digital Footprints:

- Facebook - increased from 2700 to 4,900
- Instagram - opened an account, nearly 300 followers
- Nepalese Language Class - The invitation has gone to the bigger audience to come and join weekly Nepali language class.

Community Footprints

- The community and its members are now invited in every key event.
- The community has successfully able to build a bridge with other communities mainly Indian and Chinese.

Other Initiatives

- Introduction of Mail Chimp, Gmail third party mass mail application.
- Introduction of the membership card to the members which has a lot of potential to grow.



Events:

1. The executive committee successfully organised following events with few changes which were well accepted by bigger Nepalese diaspora in NZ.
2. Teej - This year we gave a continuity to Naari Shakti award which we started in 2018 of recognising contributions and achievements by Nepalese women based in NZ.
3. Dashain - This year we celebrated Dashain with popular and well-accepted artists from Nepal - Sugam Pokharel and Sandip Chhetri
4. Tihar
5. Annual Sports
6. Christmas In the Park
7. Nepal Festival (Day)

Overall, the tenure of executive committee was successful which would not have been possible without continuous support and guidance from our advisors and members. All this would not have been possible without a true leadership under president Dinesh Khadka who guided team very well with the support and advise from our vice-president Binod Bhaukajee including other ex-com members. We would

also like to thank each and every volunteer especially sports club in Auckland for always being supportive in every community event. I will also take this opportunity to extend our heartfelt thanks to Nepalese entrepreneurs and other corporate sponsors who are not only directly supporting this magazine by having their ad but also donating at their own capacity whenever we need one.

Lastly, our thank goes to our editorial team and shout out to our amazing talented creative designer Rabin Bhujju for their contribution to publish this year's magazine.

I know, I have missed hundred other names which is beyond the capacity of this magazine to publish all those names, your contributions and efforts are always appreciated and valued.

Stay safe and look after each other.

Thanks,
Prayash
Secretary | New Zealand Nepal Society Ex-Com
(18-20)



NEW ZEALAND NEPAL SOCIETY: EVOLUTION OF AN EFFICIENT SOCIAL ORGANISATION



Manohar Shrestha

Background

With globalization and an instinct and various reasons for social improvement, communities respond to change and opportunities with efforts to make things happen in their favour. Nepal has not been spared in the trend for people to leave their settled area and country to explore and realize worldwide opportunities. With the ascent of Mt Everest by Sir Edmund Hilary and Tenzing Norgay in 1953, New Zealand is in the heart of every Nepali who is well familiar with the country and Kiwi compassion. Yet Nepali settlement in New Zealand only started in the 1960s and gradually increased from the 1980s. With increasing demand for a variety of skills and experience in New Zealand since the onset of the 21st century, migration has expanded, including from Nepal. Statistics indicate that one third of Nepalis (in New Zealand) reside in Auckland.

Settling into any new environment needs adjustment: for many Nepali families and

individuals, choosing New Zealand as the country of abode was very challenging but the people did meet the challenges and gradually settled into their new lives. However the people also felt a need for a community organization with

common interest and purpose to provide support for families and to keep the sense of "Nepali" with its culture and traditions. The Nepali community established the Auckland based New Zealand Nepal Society (NZNS) (Incorporated) in 1995 with stated purpose "coordinate and cooperate between among the people from Nepalis descent living for matters of common concerns such as preserving Nepalis social and cultural heritage, and promote harmony and understanding among all members and other ethnic groups in New Zealand and promote educational, environmental and social services within New Zealand and in Nepal". There is no doubt that the New Zealand Nepal Society, with more than a quarter of a century in the country, are amalgamated socially and economically with Kiwi life. The NZNS is recognised as contributing to unification of Nepali culture and values within integration to Kiwi elegance. This was the first such socio/community organization in the country; with increased settlement of Nepalis there are now a number of such charitable organizations in major cities of New Zealand.

This paper aims to provide insight into the Nepali community and the role played by NZNS into contributing to community harmony with the enhancement of Nepali culture and traditions and a platform for common purpose.

NZNS at a Glance

Established 30 August 1995
Organisation Charitable Trust

Patron Late Sir Edmund Hillary
Present Patron Lady June Hillary
Present President Dinesh Khadka

Present membership nearly 500 families
Web: <http://www.nznepalsociety.co.nz/>





Pictures of cultural activities 2019

Unity in Diversity

With the patronage of Sir Edmund Hillary, the NZNS is a charitable organisation which began as, in the beginning an incorporated society. With the rich culture, traditions and social harmony, it was tough and a challenge to Nepali community without such blending. Having settlement in New Zealand of various ethnicity from different parts of Nepal, NZNS played a greater role as a “melting pot”, for unity in diversity. Indeed, no doubt that the voluntary services of the society members supported the Nepali individuals, in need.

As Nepal is not unknown to New Zealanders, their interest, passion and attitude made it less difficult/ easier for the Nepali community to settle and adopt a new environment.

Preserving Cultural Heritage and Traditions

Colourful culture and traditions are integral parts of Nepali community and such extravaganzas may follow Nepal's seasonality, which is opposite to New Zealand. Community members have adapted well to maintaining home country traditions while celebrating in different circumstances.

Cultural programs such as Dashain and Tihar celebrations are integral parts of the society and have been celebrated since the beginning through dedicated efforts of the Executive Committee and volunteer Society members. These celebrations promote community harmonization, offering Nepali cuisines and exhibits of Nepali handicrafts and are enjoyed by not only Nepalis but also other New Zealanders

With progress of time in the Kiwi environment, other community celebrations have evolved, including participation in Waitangi day, both Nepali



and Gregorian New year, Teej (especially for women) and the Farmers Auckland Christmas parade.

Funding is a challenge and money has been raised with generous contributions from various organizations and through membership, which makes events successful. Events are organized by efficiently mobilising the resources by the Executive Committee and have been for the past 25 years .

Society members are highly blended and participate in cross-cultural activities with other communities considerably supported by Society members, so the populace is highly exposed to various Nepali and international ethnicities. Even when integrating into New Zealand society, Nepalis are able to preserve their ethnic languages and cultural diversity.

Given to Kiwi life adaptation it is noteworthy that many Nepalis celebrate two birthdays- one following the lunar calendar based on astrological paper prepared at birth and the other, the Gregorian calendar. The young generation obviously is tempted to this tradition.

Entrepreneurial and Economic Contribution

The majority of Nepali residents in New Zealand are in their prime when they arrive. One third of Nepalis live in Auckland while others with vision and diligence have sought opportunities from north to south. They live in almost all climatic zones and engage in various academic and professional employment and entrepreneurship including, environment, accounting, medicine, engineering, biosecurity, IT, hospitality, tourism, farming, and others. It should be noted that higher qualifications among Nepalis are well above the national New Zealand average and that they and their professional and entrepreneurial skills actively contribute to New Zealand's economy and development. With their higher percentage of high education Nepalis have been able to integrate into New Zealand society and there is no doubt that with second generation they make positive social and economic contributions. But they are also an asset to Nepal.

Being Kiwi and Third Generation

New now young Kiwis (millennials) are in a Kiwi-style workforce, often quite different from a traditional setting, but extensively contributing to society in management, resource outsourcing and networking and productivity with the additional of cultural values and performance. Their innovative and proactive contributions will only strengthen society. Currently around only 13.5% of Nepalis were born in New

Zealand, but the number of third generation is growing so the demographic and formal qualifications of the Nepali community is also evolving .

To promote an environment conducive to positive development of young people various indoor and outdoor sports and activities for cognitive development are regularly organized by the Society and include annual competitions. While recognition by the Society offers prestige within the Nepali community some young Nepali are also achieving academically and at sport in the international arena as well.

Nepali youth are keen to develop skills and knowledge for their specific interests and the number of students choosing New Zealand as a destination to receive quality education is increasing annually. For many, the Society is the focal point for information regarding the New Zealand based institutions, education and qualifications offered, financial information, New Zealand lifestyle, job opportunities and others.

Environment and Social

Adaption to climate change is a central focus for the Society and climate friendly behaviours by members are promoted. These include adopting minimal wastage of food and utilities and recycling products. Regular tree planting in coordination with respective Councils, stream cleaning and other environmental actions are always at the forefront of the Society

Having a central organization, such as the Society provides for the community, plays a vital role in being able to meet the needs of members, from family celebrations to bereavements. The Society is a communication network and resource mobilization centre for the benefit of members. Examples of services include: regular blood donation, security, welfare, health, Nepali language and musical lessons. Additional activities include a Nepali vernacular souvenir publication, Nepali calendar, Nepal earthquake donation campaign and regular programs organised/published for the wellbeing of the members. The Society is also a contact point for various agencies such as New Zealand Police, and other welfare organisations.

Tourism and Nepal Day

Both New Zealand and Nepal are tourist hubs for mountain tourism and international visitors and New Zealand's experience and hospitality industry can contribute to further development of tourism in Nepal. Nonetheless, the Society plays a vital role in promoting Nepal tourism through providing information and handicraft during Everest night, Nepal Day celebrations and elite night dance competitions. To some extent, although New Zealanders are aware of Nepal, more promotion for it as a destination country is necessary to get the visitors because the market is very competitive. Having Nepali in the community enables a vital role to promote the country.

Visit Nepal is one of the such important campaign of Nepal. Having the Nepali community in New Zealand to involve with some promotional materials is unproductive unless the travel agencies are targeted with some facilities and promotional supports. This will also contribute to assess the incoming tourists in Nepal from this region.

With organizational strengthening and capable leadership of the Executive Committees, the Society can be involved as an important player in daily New Zealand society. The huge 2019 success of Nepal Day celebration in New Zealand's iconic venue, Auckland's Aotea Square, is expected to repeat in April 2020. The Society is able to



sponsor eminent Nepali singers and music bands which attract significant visitors, not only promoting tourism for Nepal, but also the organising capacity of the Society.

NZNS: A Diligent and Strong Organisation

Members of the NZNS are proud to be with the Society and feel it a prestige organization. Compared to its initial capacity and resources the organization is now a strong entity, efficiently and effectively able to carry out its roles and services with a key social role in New Zealand society. All members are voluntary and contribute to support local and community services.

Spending capacity of the Society has jumped more than five-fold in recent years through organising various events and mobilising resources.

Having experience and commitments in the community welfare, the Society has proven capacity to organise and manage the Society and large events.

The NZNS has proved its capacity to organise and manage the Society and large events through its experience, commitments to community welfare and its achievements.

However, it must also maintain continued connectivity of families and members while undertaking events of any extent. As an autonomous charitable organization in New Zealand it should also consider result-oriented programs instead of/as well as guided/ sponsored programs of Nepali government and NGOs.

The New Zealand Nepal Society is a diligent organization with highly enthusiastic and devoted members with proven result oriented programs and services.

Let's keep our Nepali community connectivity (<https://www.keanewzealand.com>)



Figure 1:
Five-year
Expenditure
(figures
rounded)

Expenditure by Year		
Year	Expenditure	
	Yearly	Five-Yearly
2000	3,300	
2001	4,100	
2002	13,350	
2003	14,700	
2004	8,700	
2005	8,700	52,850
2006	7,000	
2007	13,900	
2008	10,300	
2009	3,400	
2010	10,400	45,000
2011	4,200	
2012	9,100	
2013	13,300	
2014	10,900	
2015	12,100	49,600
2016	15,600	
2017	22,500	
2018	32,700	
2019	143,900	214,700



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Following success of our award winning
cuisine and warmest Nepalese hospitality
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continue with same footmark here in
Auckland.

We are passionate and proud of our foods
and services we deliver. We have made
every effort to select and combine the very
finest ingredients so that our customer can
enjoy a delicious high quality meal every
time.

Please do remember us for all Nepalese
dish like Mo Mo, Choila, Sekuwa, Sadheko
Chicken, Thakali Thali, Goat Curry etc.

We also offer Private parties and Function,
Outdoor Catering, Birthday and Weddings.

Nepalese Constitution and Environment Protection: A bird's eye view.



Bishnu Prasad Regmi

“Constitution had provided an important provision that the State shall give priority to the protection of the environment and also to the prevention of its further damage due to physical development activities”

Coming up to the date, we have witnessed the implementation of six constitutions in seven decades. Each constitution has its own political nature. Beside the political nature, environmental issue has been entered as a fundamental right in to the Constitution of Nepal. While tracing the constitutional history, environmental issues emerged in Nepal after the commencement of the Constitution of Kingdom of Nepal, 1990. Therefore, the author, in this article, tries to make a brief review of the constitutional and legal aspects of environmental protection in Nepal.

While considering on the Constitution of Nepal, 1958, there is no such word which indicates the environmental protection. The Constitution of Nepal, 1962, in its 3rd amendment, stated that the natural resources and heritage of Nepal shall be mobilized justifiably on the basis of equality, to be useful and beneficial for the balanced development among the people of all regions of Kingdom of Nepal. However, it was not

explicitly spelled out about the environmental protection. Still, we can assume that this statement was a guiding principle for wise use of natural resources in balancing the development of all regions of the Kingdom.

In the constitutional history of Nepal, the Constitution of the Kingdom of Nepal, 1990 was the first constitution which directed the government for paying necessary attention to the protection of environment and wise use of natural resources available within the territory. The Constitution, in its Article 26 (3) stated that the State shall pursue a policy of mobilizing the natural resources and heritage of the country in a manner which might be useful and beneficial to the interest of the nation.

Furthermore, Article 26 (4) of the said Constitution had provided an important provision that the State shall give priority to the protection of the environment and also to the prevention of its further damage due to physical development activities by increasing the awareness of the general public about environmental cleanness, and the State shall also make arrangements for the special protection of the rare wildlife, the forest and the vegetation. Since it was inserted under the heading of State Policy which could not be enforceable in the court, it contributed less in the development of environmental law in the country.

The Interim Constitution of Nepal, 2007 which came into force on 15 January, 2007, had provided the rights regarding environment and health. It is stated that every person has the right to live in a clean environment. This was the first constitution, which came out with right to clean environment as fundamental rights. Article 35 (5) of the said Constitution had a provision that the State shall make necessary arrangements to maintain the natural environment. It, further states that the State shall give priority to special protection of the environment, and rare wildlife and prevent further damage due to physical development activities, by increasing awareness of the general public about environmental cleanness. Provisions shall be made for the protection of the forest, vegetation and biodiversity,

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their sustainable use and for equitable distribution of the benefits derived from them.

The present constitution i.e. Constitution of Nepal drafted and promulgated by the Constituent Assembly and commenced on 20 September, 2015, has a provision of clean environment as a fundamental right of the citizen. In article 30 of this constitution it is stated that every citizen shall have the right to live in a clean and healthy environment. It is also attentive on the compensation in Clause (2) of the article 30 stating that the victim shall have the right to obtain compensation, in accordance with law, for any injury caused from environmental pollution or degradation. But, in Clause (3), it is explicitly stated that this article shall not be deemed to prevent the making of necessary legal provisions for a proper balance between the environment and development, in development works of the nations. Owing the fact that there is a debate on Right to Environment versus Right to Development, the above mentioned provision has given a gray area for the risks of environmental degradation because it allows to the parliament or the government to make a legal provision which can obstruct in preventing environmental degradation.

However, according to the article 51 (g) of the Constitution of Nepal, the government shall pursue the policy relating to protection, promotion and use of natural resources on the basis of sustainable way and the benefits from the natural resources shall be distributed in an equitable manner to the local people. Besides, the constitution has endorsed the polluter pay principle, principle of sustainable development,

principle of prior information as well through its state policies. Thus, the constitution of Nepal is considered a progressive document towards protecting environment.

Apprising the aforesaid different constitutional provisions made in different period of time, some constitutional responsibilities and duties have been vested upon the state and other persons for safeguarding the environment against its further damage due to physical development activities. These constitutional provisions refer that the State should pay the attention towards constituting environmental protection mechanism to maintain the environmental balance.

Nepalese judiciary, especially the Supreme Court of Nepal, has been playing a creative role regarding the environmental protection through its decisions. It seems that judicial role towards the environmental protection is positive. The Court has given many significant judgments in favor of right to clean environment of the people. Most of the cases are related with the environmental protection, protection of cultural heritage, pollution control, etc. In a case (Narayan Prasad Devkota Vs Prime Minister and Office of the Prime Minister Secretariat and others, decided on 2010/08/06 A.D.), the Court states that pollution free environment is the fundamental rights of the citizens. Keeping in the mind of the current situation of environmental degradation, the state should not be kept silent. State should actively manage effective law and order and other necessary administrative arrangements for the protection of environment. The cause of environmental pollution is awful social-economic policy of the state. The court also did not find that the government authority has fulfilled their responsibility towards the environmental protection. Similarly, the Court ordered the government to make necessary amendments on existing environmental laws.

To execute the constitutional provisions and to protect the fundamental rights of the citizens in terms of right to clean environment, the government has enacted several laws. In this connection, Environmental Protection Act, 2019 and Forest Act, 2019 have been enacted and came into force since October 19 and October 22, 2019 respectively.

To conclude, as mentioned in the Schedule-5, 6, 7, and 8 of the Constitution of Nepal, the federal, provincial and local governments are equally responsible and liable for protecting environment. Making of popular constitutional and legal provisions is not sufficient and it does not give any meaning and solution without proper implementation. Correspondingly, a single effort of a citizen or an institution or an activist or even a court's judgment can do nothing until and unless providing effective and practical environmental education, training programs, and other activities relating to environment in the local level through local bodies. Subsequently, an integrated effort from all governments, bodies and agencies as well as academic and private sectors is essential to protect environment and to guarantee right to clean and healthy environment for not only the human and animals but also for all flora and fauna.





NEPALESE CULTURAL CENTRE NEW ZEALAND INC. (NCCNZI)

5TH MULTI-ETHNIC DANCE FESTIVAL 2020

IN AUCKLAND

The Nepalese Cultural Centre New Zealand Inc. was established in 2008 with the objective of promoting Nepali Culture in New Zealand by providing information about Nepal and Nepali Culture to interested New Zealanders. To achieve the goal, the NCCNZI has been engaging itself in organizing various activities since its inception.

The NCCNZI is determined to establish a strong link with all ethnic communities in New Zealand. This will not only help to understand each other, but also help to spread rich Nepali culture in New Zealand and get to know other cultures as well. The Multi-Ethnic Dance Festival has proved itself as a powerful means in this path. New Zealand is a most ethnically diverse country in the World. It is, therefore, important to maintain its ethnic diversities by launching several culture related programmes, like multi-cultural festivals, conferences, seminars, language classes and similar other activities. In response to the positive feedback to the last four multi-ethnic dance festivals by other communities, NCCNZI is encouraged to hold the festival in wider scale. Therefore, we have chosen Victory Convention Centre in central Auckland as a venue for fifth Multi-Ethnic Dance Festival to accommodate more participants and audience. With the participation of 38 ethnic communities from twenty countries of origin in the fourth Multi-Ethnic Dance Festival, which is almost double in size than the third one, the festival proved to have magnetic effect to attract over sixteen hundred audiences. The Cultural stalls from Chile, Colombia, India, Nepal, Tanzania and Thailand were the point of attractions to many audiences. Altogether twenty one countries including Chile, China, Colombia, Cook Islands, Croatia, Fiji, India, Myanmar, Nepal, New Zealand, Philippines, Russia, Samoa, South Korea, Sri Lanka, Tanzania, Thailand, Tonga, United Kingdom and Vietnam took part in the 4th Multi-Ethnic Dance Festival. Assyria and Bangladesh withdrew from participation at the last moment due to their unavoidable circumstances. The dance presentations were outstanding and able to exhibit their rich cultures. NCCNZI sincerely acknowledge all ethnic communities for their contributions to successfully conclude the festival. Our heartiest thanks to you all

funding agencies including Foundation North, Office of Ethnic Communities and Community Organization Grants (Lottery Grant Commission), for their valuable financial support. Similarly, the generous sponsors deserve thanks for their support. We are also indebted to dedicated members of advisory Committee, members of Organizing Committee and volunteers for their continuous advice and selfless backing. Despite our effort to publicize the event in greater Auckland and in other cities, lack of funding for advertisement gridlocked our determinations. In future, we will initiate necessary action to generate more resources for advertisement.

The 5th Multi Ethnic Dance Festival 2020 on Saturday, 26th September 2020 will include about 35 ethnic Communities from 25 Countries of origin. The NCCNZI will make effort to elevate the standard of the performances by committing more time to liaise with all participating ethnic groups. This time, there will be no cultural

stalls, but effort will be made to cover more food stalls from many ethnic communities.

Nepalese Cultural Centre New Zealand Inc. (NCCNZI)

The NCCNZI would like to thank to all ethnic communities in Auckland and outside for their assistance to organize the festival. Without your support we would not have accomplished our goal in this large scale. Gradually, this type of ethnic activity needs to be organized jointly by multiple ethnic communities for its continuation. Therefore, we encourage all ethnic communities to join hand with us for further improvements and gaining ideas to organize such events.

NCCNZI believes that such cultural events have a long term effect in the society to promote and celebrate culture, tradition and belief of diverse communities. Hence, such events must be planned and presented with great efforts, care and skills. In this way, we can win the hearts of innumerable people and establish a strong relationship among various ethnic communities. With this in mind the NCCNZI has been organizing festivals and other activities. The NCCNZI has plans to link all ethnic communities in New Zealand by 2026. The

Centre would like to urge all ethnic communities to join hand in fulfilling this mission. This objective will not only help to know each other, but also play a pivotal role in maintaining harmony and peace in this country.

Our special thanks are due to Nepal New Zealand Society Inc. for all supports to organize these events.

Please come and enjoy the 5th Multi Ethnic Dance Festival 2020 on Saturday, 26th September 2020 at Victory Convention Centre, Auckland

न्यूजिल्याण्ड नेपाल सोसाइटी र सौगातलाइ शुभकामना

प्रा . पीताम्बर शर्मा दाहाल

न्यूजिल्याण्ड नेपाल सोसाइटी स्थापना भएको २५ वर्ष भएको छ । बिभिन्न समयमा बिभिन्न प्रयोजनले न्यूजिल्याण्ड पुगेर बसेका उत्साही नेपाली बन्धुहरुको सामुहिक प्रयासबाट स्थापना भएको र यस संस्थाले त्यहाँका नेपालीका बीचमा सद्भाव मात्रै कायम गरेको छैनन् अपितु न्यूजिल्याण्डमा रहेर वा स्थानीय मौलिक सक्रिय अनेक भाषा भाषी र उनीहरुका संस्कृतिसंग नेपाल र नेपालीत्वको परिचय र सम्बन्ध बढाउने काम गरेको छ । त्यहाँ सक्रिय रहेका अनेक सामाजिक ,सांस्कृतिक संस्थाहरुसंग सद्भावपूर्ण गाढा सम्बन्ध समेत कायम गरेको छ । न्यू जिल्याण्डको सरकारी स्तरमा पनि यस संस्थाको गौरवपूर्ण मान्यता प्राप्त छ । यो हामी नेपालीका लागि गौरवपूर्ण बिषय हो ।

ई. २००६ देखि लगातार दुई अवधि त्यस संस्थाको उपाध्यक्ष र कार्यवाहक अध्यक्ष भएर सेवा गर्ने अवसर मैले पनि पाएको थिएँ । त्यस अवधिको अध्यक्ष श्री मनोहरलाल श्रेष्ठ जी योग्य, इमान्दार , उत्साही र जाँगरिलो व्यक्ति हुनुहुन्थ्यो र हामी दुवैको बीचमा सहयोगात्मक सम्बन्ध रहन गएको बिषय सम्झना गर्दछु ।

त्यस अवधिमा संस्थाको कार्यालयको स्थायी व्यवस्था मिलाउने देखि लिएर पहिलो पटक भव्यतम रुपमा नेपाल दिवस समारोह सम्पन्न भएको ऐतिहासिक महत्वको बिषय छदैछ । त्यस समारोहमा न्यूजिल्याण्ड सरकारका मन्त्रीहरु ,सांसदहरु, बुद्धिजीविहरुका साथै नेपालका परम सद्भावक सर एडमण्ड हिलारीको सक्रिय सहभागिता उल्लेख्य छ । त्यसको सगौरव सुमधुर सम्झना गर्दछु ।

न्यूजिल्याण्ड नेपाल सोसाइटी ले २५ वर्षे जवानी प्राप्त गरेकोमा म हर्षले गर्दछु । यसै उपलक्ष्यमा सोसाइटीको प्रकाशन सौगातको विशेषांक निस्कन लागेकोमा असीम खुसी भएको छु ।

यो संस्था जन्माउने देखि लिएर यसलाई हुर्काउने बिभिन्न अवधिमा नेतृत्व गर्ने साथीहरुलाई उहाँहरुको योगदानप्रति हार्दिक प्रशंसा गर्दै न्यूजिल्याण्ड नेपाल सोसाइटीले उत्तरोत्तर प्रगति गर्दै स्थायित्व प्राप्त गरेको र यसको प्रकाशन सौगातले न्यूजिल्याण्डमा रहेका नेपाली प्रतिभालाई चम्काउँदै जाओस् भन्ने हार्दिक शुभकामना व्यक्त गर्दछु ।

धन्यवाद

NZ NEPAL CHAMBER OF COMMERCE INCORPORATED

New Zealand Nepal Chamber of Commerce Incorporated was established on 18 November 2016. It was later officially inaugurated by erstwhile honourable Foreign Minister of Nepal Dr. Prakash Sharan Mahat. This is a nonprofit organization and therefore, monetary gain is not its goal.

This organization provides a platform for successful network for Nepalese businesses operating in wider New Zealand. The main aim of NZNCC is to foster business relationship among organizations within New Zealand and Nepal. Furthermore, we as an organization are attempting to provide a common ground for NZ Nepalese businesses who are seeking help and information to sustain themselves in New Zealand.

Nepalese are known as Gorkhas all over the world and are praised for their prowess and courage. NZNCC would like to showcase to the world that Nepalese not only possess courage but also mental aptitude. Also, we want the world to know that Nepalese have skills to do business efficiently.

The purposes of the NZNCC are;

- a. Promote Nepalese business in New Zealand and (where applicable) outside New Zealand

- b. Promote New Zealand business or Investments in Nepal and (where applicable) outside Nepal
- c. Promote co-operation and understanding among Nepalese businesses and non- Nepalese businesses in New Zealand
- d. Provide assistance and guidance to its members in relation to operating businesses in New Zealand; and
- e. undertake anything necessary to accommodate the above purposes.

Benefits of joining this organization

- Networking opportunity and a chance to create new relationship such as joint investment with other business people in Nepalese Community
- Trying to be collective voice and be heard such as initiation to have Double Tax Agreement between New Zealand and Nepal
- Chambers may conduct conferences, seminars, webinars and in such an instance would provide discounted rate for members
- Members may get business discounts, savings on restaurant, and have informal knowledge sharing. We are looking at all the options at this stage. Members also have an opportunity to promote their own discount or savings offers to other fellow chamber members.
- Share of skills between business owner here in New Zealand back home Nepal in horticulture industry and dairy farming

Chamber is proud to have sponsored Elite Show in Auckland, Joint celebration of Dashain Festival with New Zealand Nepal Society in Oct. 2018, Tenjing Hillary soccer tournament in Te Puke (2017), Christchurch (2018) and Auckland (2019) and Badminton tournament in Auckland (2018).

Who can be members?

Any Nepalese business person who has registered GST with Inland Revenue Department in New Zealand.

Chamber's contact details are as follows.

Email: nznepalchamberofcommerce@gmail.com

www.nznepalchambers.co.nz

- Written by Dipendra KC, current president of the NZ Nepal Chamber of Commerce Inc. Dipendra KC is a chartered Accountant, who runs an accounting public practice in Auckland

A Visit To Beautiful Taudaha, In The Advent Of Tourism Year 2020

Taudaha is a beautiful natural lake in a serene environment in the outskirts of Kathmandu valley. It is a little lake well protected by local conservationists and environmentalists in conjunction with local people. Taudaha, literally means Serpent abode. In Nepali Dahan means a lake.

Located south to Chovar hill, about 25 km from Kathmandu city centre, on slopping field above Bagmati River, now included within Kirtipur Municipality, ward 6, on Dhakhin Kali Road, Taudaha is recreated to a small beautiful lake with a lot of added attractions for recreational purpose for the people of Kathmandu. I heard a lot about the improvement made in recent years, decorating the surrounding environment, which was necessary for its protection, anyway, at the same time making it more enticing to the visitors. I visited the place on Saturday, 16 November 019 in the morning.

As we approached the location, I saw a space for parking for limited cars. Others could park along the narrow Dhakhin Kali

road on both sides, and were charged for parking there, although I did not see any sign posted in the area. We descended through a cemented steps, towards the lake, I could notice the closeness of other private homes and businesses to the rim of the lake; many were attached to the path. Along the walking path there were road side vendors of mostly fish food (Rs 20 /NZD0.25/pack), vegetables and fruits as well. They were covering the walking space, making it more congested.

Old mythology refers the ancient time, when the valley of Kathmandu used to be a big lake. Then, Manjushree (in another version Ne Muni) cut the Chovar hill on the south to let the water flow out. The water lodged in larger ditches made ponds and lakes. In Times, people started settling on dry land. Taudaha is one of such lakes. Therefore it became the remnant of the greater lake. It is said that it used to be a Kingdom of Serpents. The local people build an underwater palace for The Naagraja, Karkot (The Serpent King) and Naagrani (Serpent Queen), studded with jewels and precious stone. The Serpent king was also very pleased, and ruled his kingdom. He also provided protection to the humans living around the lake on the condition that the tranquillity of the water abode should never be disturbed. For that reason the locals do not swim or fish there.

Some fifty years ago, Taudaha was very popular site for shooting birds in the area and fishing in the lake among many enthusiasts, while others enjoyed picnic around the lake. The area was resting station for many migratory birds (Great cormorant, ruddy shelduck, Northern shoveler, Mallard duck, and other ducks, Gadwall, Euracian coot, Northern pintail and common teal). A lot of other fauna; different species of fish (Pic 1 Plate), frogs, lizards, snakes, field mouse, Jackals, are also found in the



Dr. Mahindra Giri



Pic. 1 Motor bike Park near the Dhakhin Kali Road



Pic. 2 Beautiful wayway around the lake



Pic. 3 Feeding fish of the lake



Pic. 4 A symbolic Nagraj by the side of walkway



Pic. 5 M Giri near the tree island on the lake; with Chandragiri range behind



Pic. 6 A restaurant by the side of walk way

area. Most of the green areas on the west side have been taken over by residential and business houses, now.

Taudaha area has developed with the development of Kathmandu valley and its nearby areas. It is on Dhakhin Kali road, which is going to be a major highway with fast lanes to reach Hetauda on one side, and on the other the proposed Nijgad International Airport.

For these reasons, the residential and commercial houses have increased at or near Taudaha, especially near the road side. The local residents have formed a management committee to look after socio-cultural and environmental well-being of Taudaha. They have done an excellent job of cleaning, beautifying and preserving the heritage of natural environment. The lake itself was increased in size by digging and levelling some areas, with an old tree preserved in a tiny island on northern side of the lake. Demarking and giving a definite shape to the lake by constructing a beautiful undulating walkway around the lake. However, I did see, there were rooms for improvement in and around the lake. The closeness of residences, grocery stores, tea stalls and restaurants to the rim of the lake tend to litter the lake area. I saw drainage flowing into the lake, which is not desirable. Some unwanted weeds must be removed from the shallow water to give more space

for over populated fish. The management may consider raising fund to buy out some attached houses to increase greenery around the lake.

A package of seeing Chandragiri (at 2520 m) and the "Nature day walk to Taudaha" is offered by many online agencies. It is a 10 hour's walk. Taudaha is very important for some tourists and the residents of Kathmandu. Accordingly, the local residents have done excellent job of managing and improving the environment of this important natural heritage.

Top 5 Tips To Know Before Selling Your Home



Thinking of selling? Then it's time to roll up sleeves and get to work. These 5 tips will provide you the best possible return on time and money invested when it comes to sell your home.

1. Understand the market

To know out a little bit more about the market, look at sold properties, ask for a free property appraisal or speak to a salesperson. Your salesperson has local and market knowledge to help you get a good idea of what your property is worth today.

2. Repair & Renovation

Now is the time to fix all of those nagging things that you just lived with.

Inside the house, look for things

like stained ceilings, missing tile, broken windows and doors, heavily scratched floors and other signs of neglect.

Outside, look for broken or missing shingles, patio pavers and tuckpointing. If you have a deck, check for cracks in floor boards and loose railings. Make a list of everything you see and then decide which things you're going to tackle.

And see that retro orange wallpaper over there that you love or are so used to that you forgot it's there? You may want to think about painting it a colour that will appeal to more people.

Major and costly renovations like bathroom upgrades can be a great way to make your home more appealing to buyers. But make sure you aren't overcapitalising and that you'll be able to make your money back.

Ask your salesperson for advice or more information about renovations and repairs.

3. Think about first impressions

Before a buyer enters your home, they've already formed an opinion based on what they've seen from the road. Take a walk out to the kerb and think about anything that could potentially turn buyers off.

Freshly cut lawns, a well cared for garden or hedge, clean paintwork on the house exterior and water blasted concrete and fences make a



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huge difference and will make the buyer want to step inside.

4. Declutter and clean

Firstly, take out everything you absolutely don't need for daily life. Now take out some more. When you visit a show-home the first thing you notice is that they have a ridiculously small amount of furniture, but they do that on purpose. The more you take out of a room, the bigger it will feel to a prospective buyer. Leave prints and paintings on the wall (and a few personal photos to make it feel homely), but clear any surfaces like the tops of bookcases, the front of your fridge, the entire kitchen bench and dining tables, desks etc.

Hire a storage unit if you need to, and feel free to use your garage for storage. As long as buyers can walk into your garage and see how big it is, it's ok to fill it with boxes and some furniture. A garage is a garage for most people.

Now you can dress for success! Borrow nice furniture from friends and family if you can, invest in new curtains if needed, and buy a new shower curtain if

you have one. New duvet covers are essential – keep it simple and neutral.

How clean does your home need to be?

When you are about to sell your home you need to clean as if the local health and safety inspector is coming for a visit. Buyers will poke around and inspect every nook and cranny so your usual Sunday afternoon whip-around really will not do.

5. Staging

If the property is empty, invest in the services of a home staging company to present your property at its absolute best. With nicely presented, well-placed furniture buyers find it easier to picture themselves living in your home. That means they are more likely to develop an emotional connection to your property which will have a positive impact on the price they are prepared to pay. Empty houses feel cold and unwelcoming. If staging your home gets you just 1 extra offer, that added competition should help you recoup your investment and a whole lot more.

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40 AMAZING FACTS ABOUT NEPAL

Nepal, is a landlocked country in South Asia sandwiched between India and China - the two dominant land masses and national powers. Nepal manages to retain a culture that is distinctly its own. There is a lot more in Nepal than Mt Everest and the Himalayas; from Endangered wildlife to sacred cows, from mustard seeds to the Abominable Snowman-Yeti.

Nepal is the perfect place to visit whether you are travelling with family or with your friends. There are a lot of activities such as wildlife exploration, trekking, biking etc. For mountaineers, rock climbers and adventure loving people, Nepal is an ideal tourist destination due to its unique geographical diversity. It is the destination for rafting, paragliding, bungee jumping, zip flying, kayaking, mountain climbing, and other various activities. Nepal is always great for family adventures keeping everyone fully engaged. The weather of Nepal is cool and there is great variation in culture and religions in Nepal making it more colourful and attractive. Besides, the country is rich in animal and bird species along with beautiful lakes. Due to diversity in culture, the young ones can also learn a lot about ethnicity and multiculturalism.

Below are 40 amazing facts about this amazing country that will surprise and fascinate you.

1. With an estimated population of 26.4 million, it is 48th largest country by population and 93rd largest country by area.
2. 8 out of 10 of the world's highest mountains are found within the relatively small 143,000 km² that Nepal occupies. 1. Mount Everest - 8848 m 2. Kanchenjunga - 8586 m 3. Lhotse - 8516 m 4. Makalu - 8481 m 5. Cho Oyu - 8201 m 6. Dhaulagiri I - 8167 m 7. Manaslu - 8156 m 8. Annapurna I - 8091 m
3. The 2nd Deepest Canyon in the world Kali Gandaki canyon at 4,375 meters is Nepal. This canyon is formed by the Kali Gandaki River located across the Himalayas between the largest summits on the planet, both over 8,000 meters high, which are Annapurna and Dhaulagiri.
4. Nepal is renowned for the presence of Gurkha soldiers. They have successfully protected the country and their fighting ability has proven to be impressive over the years. The Fearsome Gurkhas are serving in special units of the armed forces of the United Kingdom and India. They are also known for weapons such as the Khukri, which was used in the Anglo-Nepalese War, as well as in the First and Second World Wars.
5. Nepal is the only country with a non-rectangular flag. It is made of two triangles. The flag is a simplified combination of two single pennons (or pennants), known as a double pennon. The colours symbolize the national flower of Nepal, bravery, harmony and peace. The flag also features a sun and crescent moon. The crescent moon symbolizes the calmness and purity of spirit of the people of Nepal, and the sun represents their resolve.
6. Namaste is the standard greeting in Nepal. It can mean Hello, Goodbye, Thank You but translates to "I salute the God in you." People put their palms together and then bow their forehead and say "Namaste."
7. Nepali time is 45 minutes off of the Coordinated Universal Time. The time in Nepal is based off of Mt Everest, and not the time zone lines.
8. Hinduism is the most practised religion in Nepal; the place is, however, under the strong influence of Buddha due to many stupas around. Islam and Christianity are also practised by some people and in this way, there is a great religious diversity in Nepal. You can learn more about the multiculturalism and customs of the region.
9. Cows are sacred in the Hindu religion and cannot be killed. Once a cow stops providing milk they are often released, and the community is responsible for feeding her. Cows roam all over Nepal, even in the busy city of Kathmandu. Many people have water buffalo for milk, manure and meat. Since cows are sacred, so is their manure. It is common practice to clean the home with water and cow manure, to clean and bless it at the same time.
10. The Annapurna circuit is among the best hiking routes in the world. On the Thorung La pass, it covers approximately 160-230 kilometers with 5,416 altitudes and also it touches the Tibetan plateau edge. The trip is not easy, and it takes many days to complete this breath-taking view of Himalaya's mountainous ranges.
11. Nepali is the chief or official language. There are many ethnic groups in Nepal, and they speak hundreds of different languages. Not accents, but languages. Sometimes Nepalese can't communicate with each other as they speak different languages.
12. Nepal has the only living goddess in the world, the Kumari. Kumari means virgin in Nepali and is the tradition of worshiping young pre-pubescent girls as manifestations of the divine female energy in Hindu religious traditions. The somewhat controversial tradition sees a young girl taken from her parents, with their consent, to live as the Royal Kumari in a temple palace in the Nepalese capital, Kathmandu. After coming of age following several years in isolation, she rejoins society and is replaced.
13. The "dark age" of Nepal occurred around 600s to 1200s when Kashmir and Tibet tried to invade the country. The strategic location, however, ensured the kingdom's survival.

14. The Bikram Sambat was introduced during the 9th century and is used to date. It is 67 years, eight and a half months ahead of the Gregorian calendar.
15. Nepal does not celebrate Independence Day as it has never been colonized till date.
16. Nepal was defeated by East India Company in an expansion attempt, thus giving rise to the Sugauli treaty, which made Nepal's borders as it is today.
17. Nepal is home to the 70 million-year-old Himalaya mountains range that separates Asia's Tibetan plateau from the Indian subcontinent.
18. Sir Edmund Hillary from New Zealand and Tenzing Norgay Sherpa were the first people to scale the highest point on earth, Mt. Everest. The mythical yeti – or abominable snowman – is said to inhabit the Nepali Himalayas. There have been multiple alleged sightings of the yeti over the years from various sources including the legendary mountaineers Reinhold Messner, Sir Edmund Hillary and Tenzing Norgay. However, there has never been any definitive proof of its existence.
19. Nepal is home to the highest lake on earth, the Tilicho which you will see across Annapurna circuit trekking. There are more than 200 lakes in Nepal with a beautiful glacier origin. These lakes present a stunning view with vivid shades of blue. The world's highest freshwater system of lakes known as Goyko lakes are most recommended. Nepal is also home to the deepest lake on earth, the SheyPhoksundo.
20. Karnali river is the longest river in Nepal.
21. Nepal is alive geologically, as the Indo Australian plate under Nepal is still moving, it will travel 1500 kilometers into Asia in the next 10 million years.
22. Chitwan, situated in Nepal is the world's tallest grassland. The diverse national parks of Chitwan and Bardia encompass lowland tropical jungles and grasslands and Nepal shelters a rich variety of wildlife.
23. Nepal offers hot tropical conditions to bone-chilling artic-level cold in just a variation of 100 kilometers.
24. Nepal is home to a huge flora and fauna species. 5980 flowering plant species are found in Nepal. And home to 870 different species of birds, making it a home of eight percent of bird species of the world. more than the continents of North Africa and Europe combined.
25. Nepal is home to 650 different species of butterflies including the largest moth in the world.
26. Nepal is home to the snow leopard, red panda, one-horned rhino, which are all endangered
27. The Elephant polo game originated from Nepal.
28. Nepal is the second-largest source of water in the world.
29. Conservation efforts in Nepal are increasing steadily, making it possible to increase the population of endangered animals and improving tourism.
30. Nepal is home to one of the largest concentrations of the Royal Bengal Tigers. It has the second-highest concentration of one-horned rhino.
31. Nepal is home to the largest herd of Swamp deer on earth.
32. Turning the map of Nepal clockwise will give you the replica of the map of Portugal. They both have similar rectangular territory.
33. The capital of Nepal, Kathmandu as previously a huge lake full of floating lotuses. This fact has been scientifically proven to be true, meaning that Kathmandu is full of alluvial soil.
34. Kathmandu is the most populated city in Nepal.
35. Nepal provides shelter to over 30 species of large wild animals and approximately 180 species of mammals. The rhinoceros, tigers, crocodiles, snow leopard, red panda, Himalayan black deer, and many other beasts are found Nepal's jungles.
36. UNESCO has listed four world heritage sites inside Nepal. While the natural world heritage sites include Chitwan National Park and Sagarmatha National park which is located in Nepal. Besides, the UNESCO has listed the birthplace of Lord Buddha -LUMBINI as cultural world heritage sites.
37. Nepali citizen Kami Rita Sherpa holds the record for the highest number of Everest summits. He reached the summit for the 23rd and 24th time in May 2019 at the age of 49, after making his first ascent in 1994. (Source: Washington Post)
38. In 2017, Lonely Planet crowned travel destination Nepal as world's 'best value destination'. On a similar mandate, in the same year, it also placed Nepal on the 5th position on the 'top 10 countries to visit'.
39. Nepal is the only country with altitudinal variation that ranges from 59 meters to 8848 meters. Nepal holds some of the most extreme places on the earth such as the highest lake on the earth (Tilicho 4800 meters), the highest valley on earth (Arun valley), the deepest gorges (1200 meter)
40. Nepal's national colour is red and it is very well known among many of the world's countries to represent a strong and united nation.

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Compiled by Archana Shrestha

Nepali children growing up in New Zealand: Expectation and reality

Dr Chandra Sharma Poudyal
NRNA New Zealand SKI team member

There has been lots of research on the way parents especially from Asian countries expect their children to grow up in the Western countries. This has become a topic of interest and debate as we see the example of popular book, Tiger Mom. Tiger mom is a popular book written by American Chinese author, Amy Chau, about strict parenting that most Asian parents still keen to follow even when they grow their children in western countries such as USA, Australia and New Zealand. This book has been a subject of debate for different reasons which I am not going to discuss here. Coming to New Zealand and getting opportunity to interact with most Nepali parents raising their children here inspired me to write this piece.

I came to New Zealand as a PhD student. I did my research on the educational issues in my home country Nepal. Although my research was confined to educational setting of Nepal, I could not remain aloof from the educational environment of New Zealand in different ways. One way is being a PhD student in education, I most often come across people from my community comparing New Zealand education system with that of Nepal. Some of them even went far enough to state that New Zealand education system is the worst one they have even had. But it was quite contradictory when it comes to knowing why they are here in New Zealand. Most of them says that it is for the future of their children they are here and working hard. My question is if we think the education system here is not good enough where do we see their children future?

One of the arguments for the education system being not good is that school does not give our children homework as Nepali schools does. Most of the time children especially going to primary and intermediate schools are playing instead of studying. I don't think education is only confined to providing books related knowledge. Children learn many social and survival skills from games. Many researches have shown that children learn better from play. For example, a research conducted by Lego Foundation in the year 2017 suggests that learning through play happens in a joyful, meaningful and socially interactive experience. This is hard to induce in the mind of most Nepali parents as we come from the culture where academic grade is taken as a sign of their prestige. I am most often accused of trying to make my children 'yutha chap' common Nepali term used for illiterate people. My boys love football and I always encourage them to play despite many controversies behind this. This does not mean they are not good at their studies, but I feel that playing football refreshes their mind when they get into their study.

I don't understand our people reasons for being controversial in their thinking about academic performance in school. Most of us still seems to be running after A/A plus grade in schools and feel proud only when our children achieved A/A plus in schools. I still find most Nepali parents in New Zealand want their children to be doctors and engineers. I agree that it is a good idea if our children are really interested into becoming doctors or engineers, but not a good idea to force children if they really don't want to be. Why are we trying to impose our unfulfilled desire to our children? Let them grow up in the way they like and be a good citizen of nation. By saying this I don't mean to say that we should let our children do whatever they like. They are not mature enough to make decision about their future. I completely agree with this thinking. My suggestion here is let us know what our children interest is and let their interest grow up with our support. Being illiterate my parents never forced me to become doctors or engineers, but my situation forced me study science in the intermediate and bachelor level after which I realised that it was not my interest, so I have to move to management degree and consequently be an educationist. So even if we can force our children to do what we like they may do this in the beginning for the sake of their parents but consequently a time will come when they will decide what they really want.

I was really moved by the participants interest in the recent Tenzing Hillary Cup 2020 held in the Bay of Plenty. It was wonderful event uniting Nepali community across New Zealand. This is a living example of how games can teach social skills to children and how games can unite community. To conclude what I am intending to argue here is that there is no harm in being strict with our children and disciplining them so that they grow up to be a better person. But I believe that we should not be imposing our wish to our children. We should be letting them speak up their interest with us. Instead of forcing our children to do what we like them to do, support them in their dream and letting them enjoy their study with games. At least they don't need to worry about going to gym as it has become an intergral part of our life. Most importantly our children are away from modern technology like online and video games.



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WHY SOME SUCCEED AND SOME DON'T

A lot of studies have gone into finding the answer to the above question. Let us discuss some of the feelings and recent research findings to answer the question.

In today's densely populated, fast paced and busy world, one has hardly any time to think about oneself, and continues on the regular track of life; "Education, Training, getting a job, and building career". This is what most people are taught, and it seems to be the logical trajectory for a successful career. In the urban setting, one has to deal with a lot faster pace in the hustle and bustle of city, but pattern and objective remain similar everywhere, that is, to lead a meaningful life.

However, some cool reliefs have been provided by the recent development in Science and Technology, which took us to Mars, the development of computers and automation; Agro-forestry, and Food technology (tissue culture to cloning and genetic modification, which ensure feeding the growing population) and many more. Whereas, tons of seed was required to sow a sizable field earlier, now through tissue culture only a handful is enough for the same area. Transportation is so easy that one can go round the earth in

less than 24 hours. The pace of such development has been amazingly fast. Due to these developments, the world has virtually shrunk, in size, for all practical purposes.

Who are responsible for all these developments? It just takes a few minutes to find out through the internet search. I visited Berkeley campus, University of California; MIT and Harvard September 1995, at that time www was fairly new and was a hot topic to discuss. People also talked about Information super highways. Now, it is so common that it is difficult to live without using WWW or similar search engines.

As a kid, I heard my mother telling stories from Hindu mythology, that Gods had power to communicate through meditation, telepathy, and could travel by air by themselves or on flying- chariots. It is all written in the sacred books (ex: Ramayana). Now, amazingly, all of them are coming true through, researches of science and Technological; an individual can fly (Jetpack, prototype), flying car (many Prototypes), the drones (unmanned aircraft), which are being perfected. We have good roads, sophisticated cars, trains, airplanes, computers, mobiles,



Pic. 1 Bill Gates, owner of Microsoft Inc.

and can quickly cure many of the dreadful diseases (example - stem cell technology).

All these developments are happening because hundreds of dedicated people are continuing to marvel in their field of studies/works, and achieving extraordinary successes. They are not limited to any one geographical area, but can be found in different parts of the world. It makes one wonder, however, why they achieved such excellence, and contributed immensely to their society to make this world a better place to live in, while others could not do as much, and still others failed.

In the 19th century, Carl Marx was the proponent of modern socialistic movement. Recently, Mahatma Gandhi, who fought with British Empire solely with the principle of "Non-violence movement", Nelson Mandela followed suit, and succeeded in his purpose to gain independence for his

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Pic. 2 Tony Robbins

country. More recently, Steve Job (Apple Inc.) and Bill Gate (Microsoft Inc.), who dedicated their lives to produce operating systems of computers (Mac and Window, respectively), which has revolutionised modern life and activities.

What is common among these great people from mythological to modern times? I think it is the passion and the goal they set, and relentlessly and diligently pursued to achieve their goals, and succeeded. There are many more people, in this world, who wished, followed through, and dedicated their lives for their "Mission", and succeeded with flying colours to demonstrate to the world that "Anyone can emulate their methods, and achieved success".

Anthony Robbins (Tony) has commanded respect of many, due to his values, which he created by dint of his passion, belief and hard work. Born in a poor family, lived with his mother and other two siblings, in a chaotic and disturbed family situation. He restrains himself from stranding in the situation. He is a self-studied and self-made man, who acquired so much knowledge, which he disseminated to literally millions of people, who needed his help. He proved that, "God helps those who help themselves" and not the hype "You wish and the God will fulfil".



Pic. 3 Sir Edmond Hillary at home, in May 2007

So, why some succeed and others don't? Back in early eighties, I had learnt that the road to success is through 5Ds: Determination (Decision), Devotion, Dedication, Diligence and Discipline. I believed 5Ds provided good explanation. If we check this against any of above mentioned personalities, it is a good fit. I thought this would often be supplemented by "Talent", "Genius" and "Intellectual ability". With 5Ds, anyone could persevere through any gruelling task, and achieve the goal.

However, in recent days, as a result of more research, one teacher, turned into Psychologist, Dr. Angela Duckworth has come up with a short but accurate explanation of "Why some people succeed, while others don't". It is explained by the word "Grit". Gritty people always succeed. What, then, "Grit" is? It is defined as "The Power of Passion and Perseverance". It is a long term goal that gritty people passionately, relentlessly and persistently follow to achieve. This has very little to do with talent, being genius or intellectual or even having higher IQ. Angela, in her book (Grit: The Power of Passion/2016), has discussed this in detail, in a very convincing manner, and with a lot of examples in every step of the way. She has answered different possible questions

about Grit, and explained how we can grow grit in us, and in our children. I think, this is very important information for the human development, and all should know about it.

Having read Dr Duckworth's book, we, now, see through biographies of many successful personalities, how they have followed through their passion, be it in studies, training, sports, music, science and technological researches, social services, and even in politics, knowingly or unknowingly, relentlessly persevering, and never giving up their passion, achieved their goals. They contributed significantly for the benefit of human society. Thus, they have made this world a little better place for everybody, a little more comfort, eat a little better food, and live a little longer. Late Sir Edmund Hillary, who first conquered Mt Everest (1952), provides similar example of 'gritty' person.

The future is more challenging; and more intriguingly complex. Sharing a tiny earth with more than 7.6 billion people is not easy in a futuristic global perspective. However, thanks to recent developments, there are means of coping with some of these predicaments, and more such reliefs will be coming as more gritty people will continue to work harder to address upcoming issues. Therefore, it is for gritty parents to prepare for grittier children with a vision and passion, and perseverance to work towards achieving what their passion is, according to timeline, and at the same time, fighting with associated everyday problems.

These days, the formulae for success, and realising goal and achievement, are "Ready- made" for those, who want to follow the trajectory set by their chosen "Role models". All they need is to have an imagination, passion to accomplish it, persistent perseverance, and enduring efforts to reach the goal. That is gritty.



Sugam Pokhrel & Sandeep Chetri performing during Dashain festival 2019



How and Why to Apply for a Home Loan Pre-Approval

The New Zealand housing market is getting busier every day, and the news all around is talking about how median prices are on the rise. These frightening forecasts can be off-putting at first, but there's still hope for finding your first home in NZ. In fact, getting a mortgage and working with a mortgage adviser are great ways to buy a house anywhere across the country.

There are a lot of active buyers in the market right now, and many of the biggest properties are being snatched up. However, for everyday Kiwi families, applying for a mortgage pre-approval can give you an edge up and allow you to secure your property without delay.

Here's everything you need to know about getting a mortgage pre-approval so you're ready to buy.

Why Should I Get Pre-Approved?

Technically speaking, there is no hard rule saying you have to get home loan pre-approval. That said, when your home loan is sorted before you start searching for a home, it opens up several exciting doors.

Pre-approval is basically an indication where the bank is saying how much you'll be able to borrow up front subject to certain conditions, letting you go to house sales with a clear idea of exactly how much you can ultimately spend. It gives you a price range to work off and saves you time looking at housing options outside of your budget.

Additionally, as a peace of mind, having a pre-approved mortgage lets you make a conditional offer on the home you want without waiting – which could lead to you missing out to another buyer. For all the potential headache and stress that it saves, we think a home loan pre-approval is key.

How Can I Get Started?

Come talk to one of our friendly team to engage with our mortgage services. We're here to take you through the process and make it as smooth as possible. Some of the things we'll touch on with you include:

Reviewing Finances

This is where we consider your typical expenses against your income and how much you could reasonably afford to pay back against a mortgage.

Look at the Different Types of Home Loans and other Options

As a first home buyer, the mortgage world can be very new game for you. There are few basic things you need to know about mortgages to begin with e.g. types of mortgages, their unique benefits and features e.g. Fixed, floating rate and others, the current interest rate and more. We'll discuss different options with you so that you can start digesting that information and start working on some numbers in the meantime so that you can make informed decision down the line what product mix suits your financial needs and circumstances.

Fill in the Pre-Approval Application

We'll help you fill out your pre-approval application to ensure that the information you submit is correct and which bank's lending policy it potentially is going to fit in.

At the end of the day, a mortgage pre-approval is all about peace of mind when you need it the most. Contact our team whenever you're ready, and we'll help you get into your dream home without unnecessary delay.



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कुमुदप्रसाद शर्मा

मरेको भोलिपल्ट दुई दिन भन्छन्, समय बित्नलाई कति नै बेर लाग्दो रहेछ र ! ल हेर्नुस् त ! कति छिटो उमाकान्त बाजेको बुढिया बितेको पनि तेह्र दिन भैसकेछ । ढुकुर ढुकुरीको जोडी जस्ता थिए, बिचरा बुढा मान्छे एकलो जस्तो भए अब । अफिसबाट आएर चिया पिउँदै थिएँ म, उनले बुढाप्रति सहानुभूति राख्दै भनिन् । उनको कुरा मलाई त्यति चित्त बुझिरहेको थिएन, फरक मत राख्दै भने- त्यस्तो कहाँ हुन्छ र ! घरमा उनका छोरा, बुहारी, नाति नातिना छँदैछन् नि ! सबै सगोलमै छन् क्यारे ! एउटी छोरी त हो विदेशमा भएकी । गर्ली नि उसले पनि फोन बेला बेलामा; बुढिया नभएपछि उनको सम्झना नआओस् भनेर सबैले ख्याल पनि अलि बढ्दै राखिहाल्छन् नि । 'कठैबरि' र 'बिचरा' भनेर तिमीहरू उनलाई झन् कमजोर बनाइदिन्छौ कया ! जसरी पनि बुढाले अब नयाँ परिस्थितिसँग सम्झौता गर्नेपर्छ, यसो नगरेर हुन्छ र ? मेरो शब्द भुईँमा झर्न नपाउँदै उनले भनिन् - जे भने नि “केटाकेटीको आमा नमरून्, बुढाको श्रीमती नमरून्” भन्छन्, त्यसै त भनेको होइन होला नि; मैले पनि देखेकोछु थुप्रै एकल बृद्धहरूको अवस्था ।

मैले भने- पहिले जस्तो कहाँ छ र अहिले लाटी ! टेलिभिजन र इन्टरनेटको जमाना छ, घरमै बसेर विभिन्न च्यानलको माध्यमबाट मन बहलाउने कार्यक्रम हेर्न पाइन्छ, आस्था, संस्कार जस्ता धार्मिक च्यानलहरू छन्, उता यु ट्युबमा पनि धार्मिक कुराहरू, भजन, मनोरञ्जनका जति पनि कार्यक्रम हेर्न सकिन्छ; मन भुलाउन र बहलाउने थुप्रै कुरा छन् । अझ सामाजिक, धार्मिक कार्यक्रममा सरिक भए पनि भयो, उहाँ जस्ता थुप्रै मानिस त्यतैतिर लागेका पनि छन् । साँच्चै, कोही कोही त त्यो आत्मज्ञान प्रचार संघले प्रवचनको कार्यक्रम नियमित रूपमा चलाएको छ रे; त्यता पनि जाँदा रहेछन्, कोही ॐ शान्ति तिर, कोही भजन कीर्तनमा पनि लाग्छन् क्यारे । यिनले एकदमै सजिलो पो बनाइदिएको छ त समय बिताउन एकल पुरुषहरूलाई पनि ।

तपाईंको कुरा पनि गलतै हो त भन्दिन म, तर पनि हेर्नुस् न ! हाम्रो विहे भएको कति भयो ? जाबो दस वर्ष त भयो नि हैन ? तपाईं कति परनिर्भर भइसकनुभएको छ, सोच्नु भएको छ कहिल्यै

?भो... भो फुर्ती लगाउनु पर्दैन तपाईंले धेरै; त्यहीं कोठामा भएको गञ्जी, मोजा अनि कटु त फेलापार्न सक्नुहुन्न; मलाई नै गुहार्नु हुन्छ; हो कि होइन भन्नुस् त ? उहाँहरूको त विवाह भएकै पनि पचास वर्ष जति भयो रे; विहे गरेर घर आउँदा बुढियाले खेल्ने पुतली र भाँडाकुटी पनि सँगै ल्याएकी रे, फेरि बुढिया घरमै साह्रै रत्तिएकी रे, माइती टाढा पनि थियो रे, त्यति लामो अवधिमा जम्माजम्मी एकवर्ष जति पनि माइती बसिनन् रे, घरमै रमाएर बसिन् रे । अनि त ! मान्छेले आफूलाई नपर्दासम्म हो के ! तपाईंले जस्तो सोच्ने । त्यो टेलिभिजन अनि इण्टरनेट भन्या पनि तेस्तै हो, त्यो खोल्न, चलाउन, भन्या जस्तो कार्यक्रम निकाल्न आफू पनि त त्यसमा निपुण हुनु पर्यो नि ! हामीले नै पनि टीभी चलाउन, मोबाइल चलाउन पर्दा कहिलेकाहीँ केटाकेटीलाई गुहार्नु पर्ने हुन्छ ! त्यो त अझ निर्जिव हो, अनि त्यसले अरूको मनको कुरा कहाँ बुझ्छ र, ढंग त आफ्नै चाहियो नि हैन र ? फेरि ल भैहाल्यो, चलाउनै पनि जान्यो रे लौ ! शान्त मन्, हाँसिखुसि हुँदा चाहिँ हो त्यो, त्यसमा रमाउन सकिएला पनि, तर, विछोडको वेदना, शून्यता, असन्तोष, उदासी, र खिन्नताले भरिएको मनलाई के ती मध्ये कुनैले एकाग्र हुन देला र ? खै ! मलाई त देला जस्तो लाग्दैन । वास्तवमा श्रीमान्को मनको कुरा आफैं बुझिदिएर उनको आवश्यकता पूरा गरिदिने क्षमता या खूबी हुन्छ केवल श्रीमतीमा । खै ! तपाईंले पनि मलाई अहिलेसम्म राम्ररी जान्न र बुझ्न सक्नुभएको जस्तो लागेन । म र अरूमा कुनै फरकनै देख्न सक्नुभएन भने त म के भनौं खै ! माया, प्रेम, स्नेह, भक्ति, त्याग र आदर्शले समर्पित भएर श्रद्धा पूर्वक गरिने सेवा या खयाल र बाध्यताले पूरा गरिने जिम्मेवारीमा धेरै फरक हुन्छ, यो कुरा तपाईं मान्नुस् या नमान्नुस् ।

यस्ता अवस्थाका पुरुषहरूको मन अत्यन्त सम्वेदनशील हुन्छ, अरुले गरेको, भनेको कुराले उनीहरूको मनलाई नराम्ररी छुने रहेछ । त्यसैले हामीले चित्त नबुझेको कुरा उनीहरूको अगाडि जतिसुकै सानो स्वरले गरेपनि हाम्रो मुखाकृति हाउभाउले सबैकुरा थाहा पाउने रहेछन् । आफ्नो स्वभाव अहङ्कार या अझ भनौं स्वाभिमानले गर्दा हो कि के हो उनीहरू आफ्नो पीडा



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अरुलाई शेयर गर्दैन् गरिदिए त बरु अलिकति हलुका महसुस हुन्थ्यो होला नि, खै गर्दैन् ! हुनसक्छ यी फरक स्वभाव नै महिला र पुरुषको आ-आफ्नै चिनारी नै पनि । यिनका ठाउँमा महिला भए आफूजस्तै अरुसँग आफ्ना मनका कुरा, डाहा, पीडा, भावना अनि आवश्यकता अरुलाई शेयर गरेर पनि मन हलुका पार्थे होलान् । अझ एकै परिवारमा पनि महिलाहरु पुरुषहरुको तुलनामा बढी घुलमिल भएर बस्न सक्छन् । पुरुषहरु बरु बिगतमा हराउँछन् भित्र भित्रै मक्मक्किन्छन् जस्तै उनीहरुलाई झन्झन् पीडा माथि पीडा थपिरहेको हुन्छ । तर उनीहरु आफ्नो मनको कुरा खोल्दै खोल्दैन् शायद प्रकृतिले नै उनीहरुलाई यस्तो बनाएको हुनुपर्छ ।

एकल महिलालाई राज्यले पनि यसो हेर्ने गरेको छ, राज्यले भत्ता दिन्छ उनीहरुलाई, विहे गर्न प्रोत्साहित गर्छ तर पुरुषलाई त कतै केही पनि छैन । तपाईंले त उनका परिवार छन् भनेर सजिलैसँग भन्नु भयो, तर उनका छोराछोरी, बुहारी, नातिनातिना सधैं बुढाकै छेउछाउमा बसिरहन भ्याउँदा पनि भ्याउँदैन्; उनको पनि आफ्नो जिम्मेवारी हुन्छ, भविष्यको चिन्ता हुन्छ अनि उनले मात्र के गरुन त ! हो, कहिलेकाहीँ केहिछिन् साथैमा बस्लान् पनि, तर के यो सधैंभरि सम्भव छ त ? छैन नि ! हो, तपाईंको बुवा आमाभन्दा चाँडै बिलु भयो, त्यसैले तपाईंलाई यस्तो कुराको अनुभव छैन; मैले त मेरो असी वर्षको हजुर बुवा अनि त्यही सेरोफेरोको बुवा एकलो हुँदाको अवस्था एकदमै नजिकबाट देखेको छु । त्यसैले भो ! छोड्दिनुस् यस्ता कुरा, म तर्कमा भन्दा यथार्थमा विश्वास गर्छु किनभने मलाई त प्रत्यक्षै छ नि, आफ्नै माइतीको !

आमा बिलु हुँदा म भरखरै एस.एल.सी.पास भएर प्लस टु मा पढ्दै थिएँ । बुवा जागिरबाट अवकाश हुनु भएको पनि दश वर्षजति भइसकेको थियो । विस्तारै बुवालाई विभिन्न रोगले गाँज्न लाग्यो । तेतिज्जेलसम्म त उहाँ तपाईंले भनेजस्तै हिँडडुल गर्ने, सामाजिक काममा सरिक हुने गर्नु हुन्थ्यो, उहाँलाई फुर्सदिलो कहिल्यै देखिएन । सुगर र प्रेशरको समस्या त पहिलेदेखि छँदै थियो, थप भएको नयाँ रोगको कारण बिस्तारै उहाँको हिँडडुल कम हुँदै गयो । यता मेरो विहेको कुरा पनि चलिरहेको थियो उता दाइहरु सपरिवार अष्ट्रेलिया जाने प्रक्रिया पनि जोडतोडले चलिरहेको थियो । भन्न त भन्नु भएको थिएन घरमा कसैलाई, तर प्रकृया भने लगभग अन्तीम चरणमा पुगेको जस्तो बुझिन्थ्यो । त्यसपछि मैले विवाह गर्ने विचार छोडिदिँँ, केवल बुवाको हेरविचारको लागि । घरको यो वातावरणले बुवाको रोगलाई झन् मलजल गर्यो । दाजु सपरिवार विदेशिनु भएपछि त उहाँ कहिले टोलाइरहने, कहिले बरबर आँसु खसालिरहने गर्न थाल्नु भयो,

बोलीचाली ख्वात्तै घट्यो । हुन त बेलाबेलामा दाजु भाउजूले टेलिफोन गरिरहनु हुन्थ्यो, सञ्चो सुबिस्ता खर्चबर्च बारे सोधिरहनु हुन्थ्यो तर यी सब देखावटी मात्र रहेछन् । बुवाको हकमा त यस्तो झन् खाटा परेको घाउ कोट्याएर नुन चुक दलेसरी हुन पुग्यो । उहाँ थला पर्नुभएको थाहा पाएपछि हालचाल बुझ्न भनी बरु कहिले काहीँ आफन्त र छरछिमेकीहरु घरमा आउँथे तर फर्कदा ति मध्ये कसै कसैले त ढोकासम्म पनि पुग्न पाउँदा नपाउँदै यस्तो बिजोगले बाँच्नुभन्दा त बरु गइदिए हुने भनेर आपसमा कुरा गर्दै जान्थे । त्यो बेला एउटी छोरी जो आफ्नो सबै स्वार्थलाई लत्याई आफ्नो पिताजीको सेवामा लागेकी छे उसलाई कस्तो लाग्दो हो अनुमान गर्न सक्नु हुन्छ तपाईं ?

बुवाको कोठामा टेलिभिजन रेडियो आदि नभएको पनि कहाँ हो र ! उहाँले त्यसमा कुनै पनि दिलचस्पी दिनु भए पो ! यो भजन कीर्तन धर्मकर्म भन्ने कुरा पनि उमेर छँदा मात्र रहेछ, अझ तपाईंले एउटा कुरा भन्न छुटाउनु भयो- 'योगा' ! यसले त तन र मनलाई समेत स्वस्थ राख्छ भन्छन् नि ! तर सबै कुरामा मनै मेरेर गइसकेपछि त खै.....! एउटा कुरामा चाहिँ उहाँको दिल दिमाग हर हमेसा सजग भएर बसेको रहेछ; त्यो हो मेरो विवाह । त्यसैले मलाई विवाह गर्न कर गरिरहनु हुन्थ्यो, त्यतिखेर भने म विवाह गर्ने कि नगर्ने भन्ने ठूलो धर्मसङ्कटमा परें । विहे नगर्ने विचारमा अडिग रहँँ भने यो अवस्थामा पुगेको बुवाको मन कसरी दुखाउँ ? गर्छु भन्नु भने बुवाको भविष्यको तस्वीर सचित्र आफ्नो सामुने आउँथ्यो । विस्तारै बुवाको विमारी, आमासँगको विछोड र दाईको विदेश पलायनको चोट पीडाले उहाँलाई ओच्छ्यानै पार्यो, उहाँलाई एकछिन पनि छोड्न हुने अवस्था भएन, त्यसपछि मैले पढाइ चटक्कै छोडिदिँँ । लगभग पक्का पक्की जस्तै भएको जागीरको कुरा पनि सेलाएर गयो, अनि विवाहको कुरा पनि तत्कालको लागि लगभग हराएर गयो ।

सबै तपाईंले भनेको जस्तै कहाँ हुने रहेछ र ! न उहाँले आफ्नो कठिनाई मलाई शेयर गरेर, उहाँको आवश्यकता बताइदिएर त्यसको हल खोज्ने अवसर मलाई दिनु भयो, न त आफ्नो मनलाई नै हलुका पार्न सक्नु भयो । कहिलेकाहीँ उहाँलाई भेट्न आउने मान्छेसँग यसको विहे गरिदिन पाँँ भने चैनसँग मर्ने थिएँ भन्नुहुन्थ्यो रे ।

अब बुवाको अन्तिम घडि आयो भन्ने भएपछि उहाँलाई आर्यघाट पुर्याउने सल्लाह भयो । घरबाट उहाँलाई सबै भएर आर्यघाट लिएर गएपछि उहाँको देहावसान भएको खबर पर्खेर बसे घरमा एकली म मात्र थिएँ । बुवाको हालखबर सोध्नको लागि बज्रे टेलिफोन र मोबाइलको घण्टीले पनि बेला बेलामा मलाई

खङ्ग्रङ्ङ पारिदिन्थ्यो । छरछिमेकीहरु आएका थिए, केही बेर बसे पनि, तर उनीहरु हाम्रो दुखमा साथ दिन नभई रमिता हेर्न मात्र आएका रहेछन् । जब आर्यघाटबाट बुवा स्वर्गबास हुनु भएको खबर आयो, त्यतिखेर मेरो पीडा र वेदनामा सहानुभूति दिनेसम्म पनि कोही थिएन घरमा ।

अहिले मलाई बुवा बिबु भएको घटनाले भन्दा उहाँ जिउँदो छँदा तड्पिएको, खुइय्यको सुस्केरा हालेको, टोलाएर बसेको, आँखाबाट बरबर आँसु निकालेको अनि आर्यघाटमा जीवनको अन्तिम घडीमा सासले आमाको नाम लिएको भन्ने घटनाले बेला बेलामा पीडा दिन्छ । एक्लोपन कतिसम्म पीडादायी हुने रहेछ भन्ने यसरी अनुभव गरेँ मैले । बुवाको हर दुःख र पीडामा

हरदम म संगसँगै छु नि ! पढाइ छाडें, जागिरको लोभ गरिनँ, उहाँकै रेखदेखको लागि भनेर उहाँ छउञ्जेल विहे पनि गरिनँ, मैले त्यति गर्दा गर्दै पनि के बुवालाई तेस्ले कुनै राहत मिल्यो त ? खै ! मलाई त मिल्यो जस्तो लाग्दैन । बरु आमा छँदाखेरी कहिलेकाहीँ बुवा आमाको झगडा पथ्यो; कति दिन त बोलचालै पनि बन्द हुन्थ्यो, पछि फेरी मिल्नु हुन्थ्यो, अहिले आएर यसो सम्झँदा त त्यस्तो एक्लोपनभन्दा त बरु त्यो झगडै पो ठीक रहेछ कि त जस्तो लाग्छ । खै ! तपाईँ लोग्ने मानिस भएर पनि यति सामान्य कुरा पनि बुझ्न सक्नु भएन त !

मेरो वर्तमान



पशुपति कर्मचार्य

निल्ल र ओकल्ल
नसकेको मेरो वर्तमान
बिहानै प्रकाशसित
ठक्कर खाँदै मेरो कोठाभित्र
हतार-हतार पसी
मलाई ब्युँझाउन पुग्छ ।

म झल्याँस्स ब्युँझन्छु
र सोच्छु

मेरो पीडा शुरु भई सकेको हुन्छ
दिनभरि म अभावहरुसित लड्छु
राती पीडाहरु अंगाली पल्टिन्छु
पीडा अभाव हो
अभाव गरीबी
गरीबी हार
पीडा, अभाव र गरीबीको
एउटा तमसुक वर्तमान
जो ऋणी भै जान्छ सधैं ।

कविता

बुझेर माया लाऊ

अरुण कार्की, हेमिल्टन ।

मलाई सम्झने मायालु मुटुले,
अरुलाई नसम्झी देऊ ।
मेरो मायालु धड्कनले,
अरुलाई नधडकी देऊ ।

मैले चाहेको पवित्र फूललाई,
मलाई नै चुम्न देऊ ।
तिम्रो यौवन फैलाई,
भमरा नबटुली देऊ ।

सबैको चुमाई मायालु हुन्न,
घृणा र स्वार्थ पनि हुन्छ ।
पवित्र माया दिन्छु भन्नेमा,
धोका र कपट पनि हुन्छन् ।

सम्झेर माया दिनेलाई देऊ,
बुझेर माया लाऊ ।
लाएर फेरि पछुताउन नपरोस्,
आँसुको घुट्का पिउन नपरोस् ।

गीत

जिन्दगी

नगेन्द्र ढकाल

यो जिन्दगी कठिन-कठिन भईदिन्छ
जब कल्पना-भोगाईको दूरी बढिदिन्छ ।
स्वच्छन्द यो मनले भन्छ उड्नु बादलसंग
बेईमानी त्यो पवन उल्टै पानी बनिदिन्छ ।

रातलाई कति हतार भेट्न बिहानीसंग
उस्तै हतार भेट्न बिहानीलाई साँझसंग
किन रोकिँदैन दिनहरु कसैको सुखमा
कट्दैनन् न त छिट्-छिटै रातहरु दुःखमा ।

बगेका अनमोल आँशुले खुशी खोजिरहन्छ
लड्दै उठ्दै पीडाहरुमा खुशी अल्झिरहन्छ
झुक्याउँछ समयले हिड्दा हिड्दैको बाटो
समथल बाटो मोडेर लैजान्छ भिर-पखेराहरुमा ।

आमा

प्रियाले भन्छिन मेरो ज्यान उनको त्यो माया जान्दछु
मेरो यो शरीर मेरै हो भन्ने पनि म मान्दछु
माने नि यो ज्यान उनको हो भनी ईश्वर स्वयंले
मेरा हर अङ्ग आमाकै अंश सत्य त्यो ठान्दछु

डा. वीरेन्द्र के सी
उपाध्यक्ष,
नेपाली साहित्य समाज
न्युजिल्याण्ड

पत्नीले जस्तो लागेको घाउ पतिले धुदैनन्
हजारौं भिडले जितेको वेला जयजय गाए नि
आमाले जस्तो निःस्वार्थ माया दिने कोही हुदैनन्

सुखको सहर छ आकाशपारि स्वर्गको नाउमा
भनेर मानिस त्यहि पुग्न खोज्छन् ईश्वरको गाउँमा
पुगे नि त्यहाँ बादलभित्र खुशी त्यहाँ पाइन्छ
खुशी त यहि मिल्दछ आमा-बाबाका पाउमा

हाँसदा साथ हाँस्ने सबैले रुदा यी आखा छुदैनन्
मरेर जादा छोरीभै छोरा पिरमा हुदैनन्
रुन त रोलान् दाजुभाईहरु चिताछेउ एक छिन
जिवनभर सम्झी आमाको जस्तो वावा नै रुदैनन्

लघुकथा

भ्रम

नेपालको कुनै एक शहरमा सुलोचना र
बिपना अति नै मिल्ने साथी बस्दथे ।
बिपनाको र सुलोचनाको घर पनि सङ्गै
थियो । बिपनाको घरमा केही कर्मचार
ीहरू भाडामा बस्थे । त्यस मध्ये सागर
नामको एक जना इन्जिनियर बस्दथे ।
सुलोचनाको स्वभाव जोसंग पनि हाँसेर
बोल्ने खालको थियो । भाइटीकाको दिन
विहानै सुलोचना बिपनाको घरमा गएको
थिई । त्यहाँ तिनले इन्जिनियर सागर
लाई देखेर छक्क पडै सोधी “ओहो !
हजुर यस्तो ठूलो चाड तिहारमा पनि घर
जानु भएन ?” सागरले भन्यो “गड्गन” ।
उसले फेरि सोधी “किन नि ?” जवाफ
आयो “दिदीबहिनी नभएर” । सागरले
यति भन्दा भन्दै सुलोचनाको आँखाबाट
आँसु खसिसकेको थियो । किनकि,

मीना पौडेल, अक्ल्याण्ड

उसका दुबै दाजुहरू वैदेशिक रोजगारका लागि विदेशिएका थिए र उसको हात
खाली थियो । हरे ! कस्तो विडम्बना कतै हात खाली कतै निधार खाली । उसले सो
ची, आखिर म पनि त दिदीबहिनी सरह नै हुँ नि भन्दै मनमा कुरा खेलाउँदै केही
नबोली त्यहाँबाट निस्की ।

तिहार लगतै सागरको अन्यत्र सरुवा भएछ । उसको सट्टामा सरुवा भई आएका
शरद त्यहीँ बिपनाको घरमा भाडामा बस्न थाले । शरदकी श्रीमती प्रभा र बिपना
खुबै मिल्थे । जे कुरा पनि एक अर्कालाई सुनाउथे । बिपनाले प्रभालाई दिदी भन्थी ।
समय बित्न कति बेर लाग्थ्यो र । शरदको पनि सरुवा भयो । एक दिन प्रभाले
बिपनालाई भनिन् “बिपना हाम्रो त सरुवा भयो नि, अब त हामी जान्छौं” । बिपना
ले भनी, “हो र ? म त हजुर जानु भएको हेर्न सक्दिन होला, त्यसैले त्यो दिन अन्तै
भाग्नु पर्ला ।” “ओहो ! तिमी म जाँदा यसो भन्छ्यौ, आफूले मन पराएको मान्छे
जाँदा त भन् कति रोयौ होला नि हैन ? हाहाहा !!” बिपनाले हाँस्दै भनी ।
प्रभाको कुरा नबुझेर अन्योलताको भावमा बिपनाले सोध्छे – “मन पराएको मान्छे ?
दिदी कुरा बुझिन नि मैले ।” प्रभाले दरिलो आवाजमा उत्तर फर्काउँदै
भनिन्, “सागर जाँदा तिमी रोयौ रे नि त ।” अनि बिपनाले टाउकोमा हात लगाउँदै
भनी “हरे भगवान ! मान्छे कतिसम्म भ्रममा बाँच्दो रहेछ ।”



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सम्मोहनमा म



नमिता दवाडी

म पनि तिमी जस्तै थिएँ ,
तिम्रा र मेरा आदर्श उस्तै -उस्तै लाग्थ्यो मलाई ,
जतिखेर म पनि ,तिमी जस्तै ,
एक पाखे छाप्रो मुनि उत्तानो परेर,
छानाका प्वालहरूबाट तारा गनिरहन्थेँ
म पनि तिमी जस्तै थिएँ,
जतिखेर म पनि तिमी जस्तै,
भत्किएको चुलोमा,
बाँसको खपैँचाले आफ्नो आहुति दिँदै छोडेको ,
थोरै राप र प्रकाशमा,
दिनभरको भोक ढिडोको डल्लो सँग सुलुक्न निल्थेँ ।

रातभरि भोको पेट लिएर,
मात्र गुन्द्रीको बिछ्यौनामा,
घुँडो र मुन्दो एकै ठाउँमा जोतेर,
जाडो संग पौठेजोरी खेलिरहँदा,
गनेँ इतिहासका पानाहरु,
अनि फेरि देखेँ सपना क्रान्तीको,
धनी, गरिब, ठूला -साना, तल्लो जात माथ्लो जात,
सब बराबरी भएको,
बिउँझिएपछि सपनाबाट,
लिएँ बाटो क्रान्तीको,
सोचेँ सपना यो पूरा गरुँ ।

हेर,
क्रान्तीको यो बाटोमा,
कतिका सिन्दूर पुछिए यी हात बाट,
कति टुहुरा बने,
कति अशक्त बने,
भाचिदिए कतिका बुढेसकालका लट्ठीहरु यी हातहरुले,
थुक्क हातहरु हो, तिमी पापी हातहरु !!!
उतिनै बेला किन झरेनन् कुष्ठ रोगले ।

जब रङ्गिए यी हात रगतले,
म, मै रहिन,
बिसिँदिँ मैले सपना क्रान्तीको ,
मेरा पछौटे हरुलाई थाहा सम्म भएन,
लागिरहे मेरो पछि -पछि,

होमिरहे,
होमिइरहे त्यो भीषण नरसंहारमा ।

रगतमा होलि खेलेर नरमुण्डको माला लगाए पछि,
म पूरै हिप्रोटाइज्ड (सम्मोहित) भएको छु,
म मात्र देख्न सक्छु मुर्कुट्टाहरु मेरो अघि नाचिरहेका,
अनि मात्र सुन्न सक्छु संगीत मिठो चित्कारको
अब सुन्दैनन् यी कानहरु, मन्दिरका कुनै ध्वनिहरु,
बन्द गर बजाउन मन्दिरका पट्यार लाग्दा घण्टीहरु ।

अब नकुर्ल सडक पेटीमा लिएर नारा,
तिम्रा उपेक्षा अनि अपेक्षाका,
पूरै बहिरो भएको छु,
ब्यर्थ खर्च नगर तिम्रो समय अनि सामर्थ्यको ।

बर सक्छौ भने,
यी अभावका सिँढीहरु चढेर ,
अन्धकार भविष्यका दरार छेउछाउमा,
छामछुम गर्दै,
आउ मेरो सानिध्यमा !
आउ सङ्गै नाचौँ एकैनास
यी स्वचालित हिप्रोटिजमका (सम्मोहन) सङ्गीतमा
उनै मुर्कुट्टा सँग !!!

अनि फेरि तिमी र म उस्तै हुनेछौँ ,
मानवता बिहिन, संवेदनाहीन,
तिनै हाम्रा छेउ नाच्ने मुर्कुट्टा जस्तै
आहा!!! मुर्कुट्टा भएपछि हामी,
तर्साइ रहुँला बाँकी संसारलाई,
मानव संवेदनाहरुमा पिडा अनि वेदनाका किला ठोकेर,
आहा!! कति रमाइलो होला ,
त्यो मुर्कुट्टे नाचले सबको सातो खान!!

आहा अब त म पनि मुर्कुट्टा,
तिमी पनि मुर्कुट्टा ,
हामी मुर्कुट्टा,
आहा हामी मुर्कुट्टा!!!!



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देश आज बर्बादी को तगारोमा छ

- सुमित्रा प्रधान

देश आज बर्बादी को तगारोमा छ
डुब्र लागेको घाम भएको छ
युद्ध को बाजा देशभरी बजेको छ
देश खस्किएको खोली को बगरमा छ
देश आज बर्बादी को तगारोमा छ ।

आज मानव अस्तित्व नै जोखिममा छ
मानवता त उहिलै हराईसक्यो
किल्चिसक्यो, सिद्धिसक्यो
खोक्रो शरीर पनि लोप हुने हाराहारीमा छ
देश आज बर्बादी को तगारोमा छ ॥

देशका गल्लीहरु आज
मान्छेको रगतले रङ्गिएको छ
एक अर्कालाई मर्न मर्न
आज सबै तम्तयार छ
बिद्रोहको जुलुस प्रत्येक गल्ली
अनि सहरमा मडारिएको छ
देश आज बर्बादीको तगारोमा छ ।
देशको इज्जतको लिलामी
बजारमा आज हजार- हजारमा छ
देश लुट्न त नेता नै तस्सिन्छन्,
बचाउन खोज्ने बरु कारागारमा छन्
देश आज बर्बादीको तगारोमा छ ॥

ईश्वर प्रार्थना

ईश्वर दिनुहुन्छ सबकुरा हामीलाई, हामी पनि त केही दिन सिकौं
प्रभुबाट हामीले जे पायौं, वितरण त्यसको गर्न सिकौं १

हावा प्रकाश हामी पाउँछौ, बादलबाट मिल्छ पानी
बदलामा केही दिएनौ भने, हामी हुन्छौं बेइमानी
त्यसै दुःख भोगिरहेछौं, दुःखलाई भगाउन सिकौं
ईश्वर दिनुहुन्छ सबकुरा हामीलाई, हामी पनि त केही दिन सिकौं २

तातो धरतीमा पथिकलाई, रुख दिन्छन छाहारी
आफ्नै फल आफै नखाई, जीवन जसले सफल बनायो
दशांश पहिले प्रभुलाई चढाई, बाँकी आफू जोहो गरौं
ईश्वर दिनुहुन्छ सबै कुरा हामीलाई, हामी पनि त केही दिन सिकौं ३

मानव जीवन दुर्लभ छ, यसलाई हामी मल रहित बनाउँ
फक्रेको फूलले सुगन्ध दिन्छ, हामी पनि त्यस्तै बन्न सिकौं
जीवन तप सेवा सुमिरन वाट, प्रभुलाई अर्पित गर्न सिकौं
ईश्वर दिनुहुन्छ सबकुरा हामीलाई, हामी पनि त केही दिन सिकौं ४

असत् होईन यो प्रभुमय जीवन, छैन यो दुःखदायी
मन मस्तिकलाई सही दिशा दिऊँ, तव बन्न सक्छ सुखदायी
'जन' लाई प्रभु सबकुरा दिन्छन, तर 'जन' बन्न सिकौं
ईश्वर दिनुहुन्छ सबकुरा हामीलाई, हामी पनि त केही दिन सिकौं ५

भावार्थ अनुवादक : श्याम गोपाल मधिकर्मी
स्रोत : स्वदर्शन ई पत्रिका डिसेम्बर २०१९ - फेब्रुअरी २०२०

सौन्दर्य

मोहन आचार्य

हेराईमा के छ, मुस्कानमा के छ?
म भन्न सक्छु, त्यो मनमा के छ ।

नेपथ्यको बगैँचा नि फिक्का देखियो,
बगैँचामा बसन्त छ, तिम्रो यौवनमा के छ?

सुन्दरताको प्रतीक खोजि रहेछ दुनियाँ,
तिम्रो अघि लाग्छ त्यो, जाबो गुलाबमा के छ?

एक नजरमै लट्ठाई दियौ यसरी मलाई,
नसा आँखामा छ तिम्रो, शराबमा के छ?

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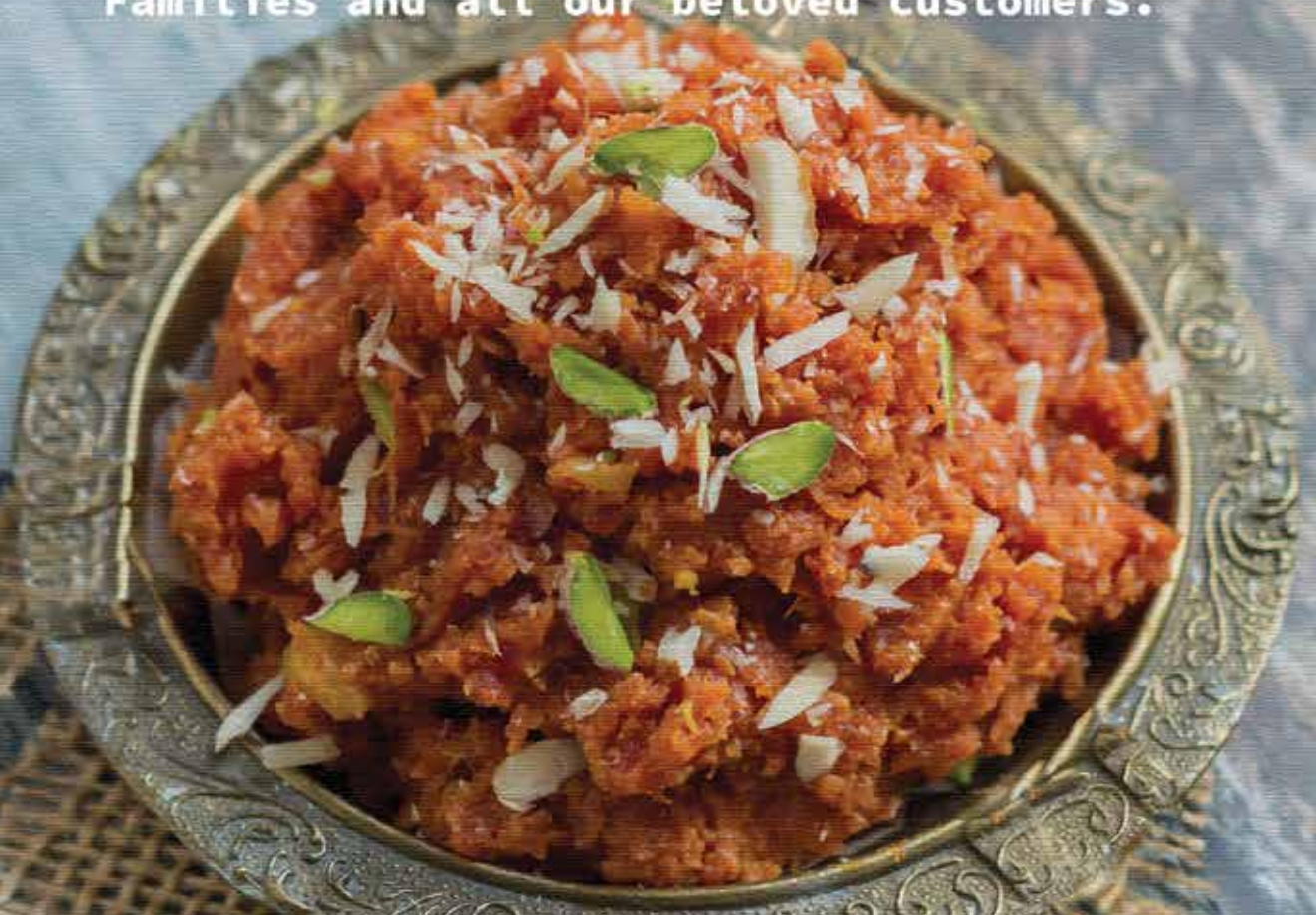
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नेवारहरूको महान चाड

म्हःपूजा



- विजय सागर

नेवारी भाषामा म्हः शब्दको अर्थ हुन्छ शरीर । पूजा शब्दले पवित्र पूजा कार्यलाई नै जनाउँदछ । अर्थात म्हःपूजा शब्दले साधारण अर्थमा शरीरको पूजा जनाउँदछ ।

नेवार समुदायले कार्तिक शुक्ल प्रतिपदाको पवित्र दिनको विहान सूर्योदय हुनासाथ नयाँसाल नेपाल संवत्लाई हर्षोल्लासकासाथ स्वागत गरी मनाउँदछन् । साँझ आ-आफ्नो घरको फराकिलो ठाउँमा परिवारका सबै सदस्यहरू जेष्ठताक्रम अनुसार पूर्व मुख फर्काएर 'म्हःपूजा' गर्दछन् ।

अरू कुनै जात जातिका समुदायले म्हःपूजा गर्दैनन् तर नेवार समुदायले मात्र किन गर्छन् त? यो जिज्ञासा उठ्नु स्वभाविकै हो । किंवदन्ती अनुसार -

(१) राजा राघवदेवको पालामा शंखधर साख्वा नामका एक नेवार प्रजाले

राजाको स्वीकृती लिएर नेपाल उपत्यकाका सबै जनताहरूको ऋण चुक्ता गरी दिए । अनि कार्तिक शुक्ल प्रतिपदाको अति पवित्र दिनमा (वि.सं. १३६ कार्तिक शुक्ल प्रतिपदा विहिवार तदनुसार ई.सं. ८७९ अक्टोबर २० विहिवार) राजा राघवदेवबाट नेपालमा नयाँ नेपाल संवत्को घोषणा गराए । देशमा नयाँ संवत् चलाइएको खुशीयालीमा सारा प्रजाहरूले म्हःपूजा गरेर मनाइएको थियो । त्यो खुशीयालीको परम्परा नेवार समुदायले ज्यूँदो रूपमा मनाउँदै आईरहेका छन् ।

(२) धेरै वर्ष पहिले नेपाल उपत्यकामा ठूला आगलागी भई धेरै जनधनको नोक्सान भयो । देवी देवताहरूको भाकल गरे । आगलागी शान्त भएपछि कार्तिक शुक्ल प्रतिपदाको पवित्र विहान भाकल अनुसार खुशीयाली साथ देवी देवताहरूको पूजा गरी साँझ सबै जनताहरूले 'म्हःपूजा' गरी खुशीयाली मनाए ! जो परम्परागत रूपमा नेवार समुदायमा म्हःपूजा गर्ने प्रचलन रहँदै आएको छ ।

(३) परापूर्वकालमा नेपाल उपत्यकामा महामारी रोग फैलिएर जनताहरू भकाभक कालको मुखमा जान थाले । त्यसबेला राजा जनता सबै मिली महामारी शान्त पारिदिन देवी देवताहरूको भाकल गरे । केही समय पछि महामारी रोग शान्त भयो । भाकल अनुसार सबै मिलेर कार्तिक शुक्ल प्रतिपदाको पवित्र दिन विहान देवी देवताहरूको पूजा - आज गरी साँझ म्हःपूजा गरी खुशीयाली मनाए । त्यही खुशीयाली नेवार समुदायले आजसम्म म्हःपूजा गरी मनाउँदै आईरहेका छन् ।

यी भए किंवदन्ती । तर नेवार समुदायले म्हःपूजा मनाउनु भित्र आफ्नै दर्शन छ । सर्वप्रथम त मान्छेले आफूले आफूलाई चिन्न सक्नु पर्दछ । आफूले आफूलाई नचिन्दा

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सम्म मान्छेले अरू कसैलाई पनि चिन्न सक्दैन ।

मान्छेमा जब दया, माया, करुणा र स्नेह लबालब भरिएको हुन्छ त्यो बेला मान्छे भगवान्को रूपमा हुन्छ ।

जुनबेला मान्छे रिस, राग, द्वेष र प्रतिशोधको भावनाले ग्रस्त भएको हुन्छ त्यो बेला मान्छे दुष्ट अर्थात् राक्षशको रूपमा प्रस्तुत भएको हुन्छ ।

मान्छे जब दया, माया, करुणा र स्नेह तथा रिस, राग, द्वेष र प्रतिशोधका भावनाहरूलाई आफ्नो काबुमा राखेर मानवीय भावना अनुरूप कार्य गरिरहेको हुन्छ त्यो बेला मान्छे मान्छेहरू माभक्त असल मान्छे भएर प्रस्तुत भई रहेको हुन्छ ।

यसकारण मान्छेले आफूमा निहित मानवीय सद्गुणलाई सधैं आफूमा जोगाई राख्नको निम्ति मान्छे भित्र रहेको चेतनालाई राक्षशी प्रवृत्तिमा

ढल्किन नदिन प्रत्येक वर्ष म्हःपूजा गर्ने गरेर सजग गराउँदै आईरहेको हो ।

नेवार समुदायले म्हःपूजा गर्दा प्रत्येक सदस्यको अगाडि एउटा मण्डल हुन्छ । मण्डलमा बालिएको खुलुङ्ताः (विशेष प्रकारको लामो तेल बत्ती) राखेर प्रकाशमय गरिएको हुन्छ । मण्डल मान्छेको स्थूल शरीरको प्रतिक हो । मण्डलको बीचमा पाँच वटा साना साना गोलाकार मण्डल बनाइएका हुन्छन् । यी साना साना गोलाकार मण्डलहरू पञ्चतत्वका प्रतिक हुन् - पृथ्वी, जल, वायु, तेज र आकाश । अर्थात् मान्छेको शरीर पञ्चतत्वको मिश्रणबाट बनेको हुन्छ । यी सबै तत्व आफैमा शक्तिमान छन् । यस्ता शक्तिमान पञ्चतत्व मिलेर शरीरमा चेतनतत्वको श्रृष्टि भएको हुन्छ । जब शरीरको चेतनतत्वले शरीर छाड्छ तब शरीर मुर्दामा परिणत हुन्छ ।

जबसम्म शरीर रहन्छ तबसम्म चेतन तत्व मार्फत समाजको भलाई खातिर उत्प्रेरणा गरि रहन नेवार समुदायले म्हःपूजाको प्रचलन चलाएका हुन् । म्हःपूजा कहिले देखि शुरू भयो यो खोजको विषय हो ।

तर म्हःपूजाले जसरी आफूलाई चिनेर समाजको हितको कार्य गर्न पवित्र सन्देश दिई रहेको हुन्छ त्यो अनुकरणीय छ ।

अन्तमा,

नेवारीमा एउटा अति प्रचलित गीत छ -

थःत थःम्ह म्हमसिया अति दुःख सिल रे !

अर्थात् आफूले आफैलाई नचिनेर अति दुःख पाइयो रे !

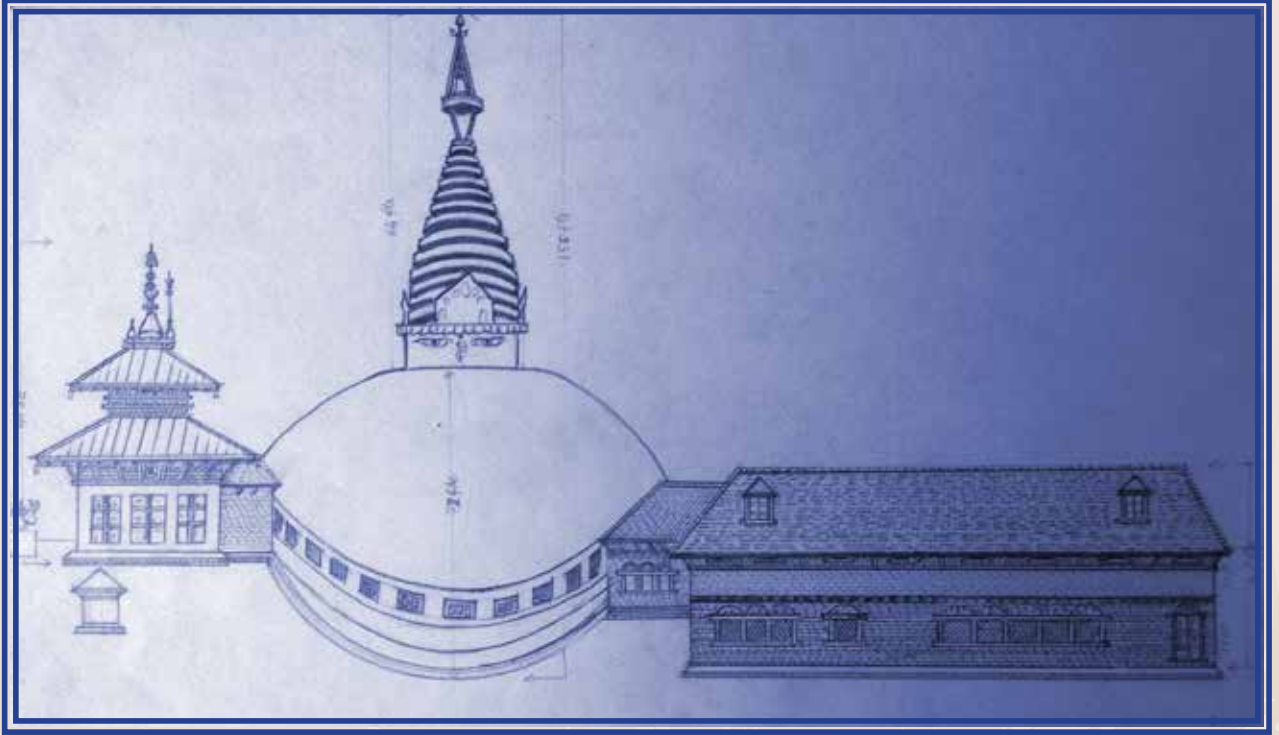
भैरहवा २०७५

नयाँ वर्ष २०७७ को पावन उपलक्ष्यमा
व्युजिल्याउड तथा बिदेशमा रहनु भएका
समस्त नेपालीहरूमा
हार्दिक मंगलमय शुभकामना



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**चक्र परमहंस योग सेवा न्यूजिल्याण्ड परिवार
नव बर्ष २०७७ 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 ।**

पुस्तक र म



सञ्जय शान्ति सुवेदी

नदीमा भरेको पात वा हावामा उडेको भुवा जस्तै बन्दो हो, पुस्तक र अध्ययन बिनाको मानिसको जिन्दगानी। निष्प्राण र अचेतन वस्तुहरु भैं गन्तव्यहीन यात्रामा दगुर्नु सिवाय के होला जीवनको तात्पर्य ? ठूलो भकुण्डोमा राखिएको कमिलालाई भकुण्डो नै सम्म लाग्दो हो या त कुपमण्डूक (कुवाको भ्यागुतो) समान बिन्दो हो जिन्दगी। सूर्यको प्रकाशका राप र तापका लागि तमिस्रने लहराहरुभैं जीवले पनि आफ्नो जुनीको पथ नजानिंदो तवरले लम्किरहेका हुन्छन्। पहाडको मुन्तिर सूर्य लुक्दै गएको थाहा पाएर जनवारहरु आफ्नो बासस्थान फर्किन्छन्। मरभूमीमा पानीको स्रोत डोहोर्नुको बाटो नै उत्तम दिशा होला। आधुनिक मानव जीवनमा मानिसले जीवनको गोरेटोमा आफ्नो लक्ष्य प्राप्तिका निम्ति अज्ञानताको अँध्यारोलाई पुस्तक र ज्ञानले प्रकाश छुदैं अधि लम्कने गर्दछ।

सबै पुस्तकले मार्ग प्रदर्शन गर्दछन् भन्ने पनि होइन तथापि जीवनको पथ प्रदर्शन गर्न गुरु र पुस्तकले भन्दा धेरै अरु कसैले नसक्ला। केही पुस्तक जसले जीवनको सोचाई नै बदल्न मेरा लागि कोशेदुङ्गा प्रमाणित भए। ती पुस्तकहरु सम्झन चाहन्छु; विचार विज्ञान (खप्तड स्वामी), श्रीमद् भागवत गीता, द टाओ अफ फिजिक्स (The Tao of Physics, फिट्रोज काप्रा), दर्शनशास्त्रको प्रारम्भिक अध्ययन, थेसिस अन फयरबाख (Thesis on Feuerbach, कार्ल मार्क्स), हाउ टु वीन फ्रेंडस् एण्ड इन्फ्लुएन्स पिपल (How to win friends & influence people, डेल कार्निगी)। अध्यात्म, भौतिकशास्त्र, भौतिकवाद, द्वन्द्ववाद, दर्शन, साहित्य र राजनीतिक विषयमा उल्लिखित पुस्तकहरुले जीवनको मार्गचित्र कोर्न महत्वपूर्ण भूमिका खेलेका छन्। या भनौं यी पुस्तकहरु बिना म पनि हावाको भुवाभैं हुन्थेँ होला। प्रविधिक युगको उदय सङ्गै अन्य प्रिन्ट मिडिया र डिजिटल प्रतिहरुले पुस्तकको आवश्यकतालाई साँघुरिएको जस्तो देखिए तापनि पुस्तकहरु अन्य सबै प्रकारका सामग्री भन्दा उच्चकोटीमा दरिएको पाइन्छ। हर पुस्तकले पाठकलाई केही न केही ज्ञान प्रदान गरेको नै हुन्छ। पुस्तकको प्रकार वा विद्याले पुस्तक कुन किसिमको हो त्यो

निर्धारण गर्दछ। धेरै हदसम्म पाठकको रुचि र विद्यमान चेतनाले एकै विषयलाई पनि कसरी ग्रहण गर्ने वा पुस्तकको विभिन्न विषयलाई ग्रहण गर्ने कुरालाई असर पुर्याउला। “परेर वा पढेर सिक्ने” हाम्रो पुरातन समय देखिनै चलिआएको मान्यता पनि छ। पुस्तक पढेर र अरुका गल्तीहरुबाट सिक्नु पर्दछ भन्ने मेरो व्यक्तिगत मान्यता हो। अरुको प्रगति गरेको देखेर इश्वरहित ढङ्गले सिक्नु पनि महत्वपूर्ण कला हो।

उमेरले भर्खर तेह्र छोएको थियो। पिताजीका पुराना पुस्तकमा मेरो नजर परे। मनोविज्ञान, भूगोल र कानूनका पुस्तकमा मेरो किमार्थ पनि मन गएन तर खै किन हो अध्यात्म र दर्शन तथा भाषा, साहित्य र व्याकरणले भने नजानिंदो तवरले मलाई आकर्षित गरिसकेको थियो। राम्रो रचना मिठो नेपाली (कृष्ण प्र. पराजुली) ले मेरो नेपाली भाषा व्याकरणको जग नै मजबुत बनाईदिएको छ। ब्रह्म, दीर्घ, व्यञ्जन, निपात, वर्णविन्यास, शब्दनिर्माण र वाक्यनिर्माणमा रहेका नियमहरुले भाषा शुद्ध बनाउँदछ। संयोगले एक दिन किताबहरुको थाकबाट एक महत्वपूर्ण पुस्तक फेला पर्यो। मेरा तन-मनका तरङ्ग त्यस पुस्तकप्रति चुम्बकीय ढङ्गले आकर्षित भएभैं अनुभूति भयो। खप्तड स्वामीद्वारा लेखिएको उक्त “विचार विज्ञान” पुस्तकले मेरो पूरै सोच्ने तरिका नै परिवर्तन गरिदियो। पूरै किताब लगातार दुई पटक पढें। कलिलो दिमागले सबै बुझ्न असाध्य मुश्किल थियो। तथापि, “मन”लाई यति चित्त बुझ्ने गरी व्याख्या गरेको कहल्यै पढेको थिईन। सानैदेखि चञ्चल र जिज्ञासु स्वभाव भएको किशोरलाई त्यो पुस्तकले धेरै अघाडिएको भान गरायो। कथा, कविता, चलचित्र र पत्र-पत्रिकामा सुझाउनेहरुले “मन-मुटुको कुरा सुन्न” अनि निर्णय लिनु भनेको त सुनेको थिए तर “मन” भनेको के हो, कहाँ हुन्छ थाहा थिएन। “ठोस भन्दा तरल, तरल भन्दा वायु, वायु भन्दा तरङ्ग र तरङ्ग भन्दा पनि विचार शक्तिशाली हुन्छ। विचार मस्तिष्कका उत्पन्न भएर ‘मन’मा खेल्छ।” यस्तो गुह्य ज्ञानलाई सरल भाषामा बुझाइएको थियो। विचारको वेग कति तीव्र छ, मैले कल्पना पनि गरेको थिईन। माइक्रो सेकेण्डमा हाम्रो विचारले पृथ्वीलाई कैयौं परिक्रमा गर्न सक्दछ जुन ध्वनी र प्रकाशको गतिभन्दा पनि तीव्र छ। मस्तिष्कमा उत्पन्न हुने विचारहरु बुझ्न त्यति नै कठीन छ जति ती विचारहरु खेल्ने ‘मन’लाई बुझ्न छ।

भापाको दमकमा आठ वर्षको बसोबासको क्रममा माध्यमिक स्तरको पढाई सकेर म हानिएर काठमाडौं नेपाल साईन्स क्याम्पस र पद्मोदय विद्यालयमा विज्ञान संकाय पढ्ने दौरानमा मैले भारतीय दूतावासको भारतीय लाईब्रेरीको सदस्यता लिइसकेको थिएँ। स्वाभाविक रुपमा त्यहाँ पाठ्यक्रमका पुस्तकहरु बाहेक पनि अन्य धेरै विद्याका पुस्तक पाईन्थ्यो। मलाई के कुराले आश्चर्य बनायो भने त्यहाँ अङ्ग्रेजीमा अनुवादित संस्कृतका साहित्य/व्याकरण सिद्धान्तका पुस्तकहरु पनि संग्रहित थिए। जर्मन मूलका म्याक्स मुलरले अनुवाद गरेका धेरै पुस्तकहरु पुस्तकालयमा भेटिन्थे। भूकूटीमण्डपको पब्लिक लाईब्रेरी पनि धाउँथे। क्याम्पसको शुल्क तिर्न, मन परेका किताब किन्न र सामाजिक संघ-संस्थाको सदस्यता शुल्क तिर्न भए पनि मैले कमाउनु पर्छ भन्ने लाग्यो। होम ट्युसन पढाउने क्रममा उक्त घरमा भक्तिवेदान्त स्वामी प्रभुपदद्वारा लिखित तथा इस्कोन (ISKON) द्वारा प्रकाशित “द टिचिङ्ग अफ लर्ड चैतन्य” पुस्तक पढ्ने मौका मिल्यो। “हरे कृष्ण मुभमेन्ट” को रुपमा पनि चिनिने इस्कोनले सनातन हिन्दू धर्मका कौनै पुस्तकहरु विभिन्न भाषामा अनुवाद तथा प्रकाशन गर्दो रहेछ। २०६२ सालको कृष्ण जन्माष्टमीको आसपासमा श्रीमद्भागवत गीता हातमा परिसकेको थियो। कण्ठस्थ पार्नु भन्दा पनि गुदी बुझ्न मैले हर प्रयास गरें। नेपालीमा अनुवादित यथारूप भनिएको इस्कोनद्वारा प्रकाशित उक्त पुस्तकमा सरल रुपमा व्याख्या पनि गरिएको छ। साहित्य र जीवन दर्शनका दृष्टिले उक्त पुस्तक अहिलेसम्म कै उत्कृष्ट रचना लागेको थियो। भक्तियोग र कर्मयोगका बारेमा उल्लिखित हर हरफहरुले नयाँ चेतनाको अभ्युदय गराएको थियो। “मन एव मनुष्याणां कारणं बन्धमोक्षयोः। बन्धाय विषयासक्तं मुक्त्यै निर्विषयं स्मृतम् ॥ अर्थात् मानिसको बन्धन र मोक्षकको कारण नै मन हो र वासना-विषयको आशक्तिले बन्धन र आशक्ति मुक्त रहे मोक्ष प्राप्त हुनेछ। “यस्तो अन्य धेरै उदाहरणहरु छन् जसले ज्ञानचक्षु खोलेका थिए। भौतिकशास्त्र र गणितमा रुचि भए तापनि जीवविज्ञानमा कहिल्यै ध्यान लगाउन सकिन। जीवित वस्तुहरुको भन्दा पनि “सजिवता”को बारेमा रहेका मेरो जिज्ञासालाई जीवविज्ञानले मेटाउन सक्दैन भन्ने मान्यतामा भासिएको

थिएँ । रसायनशास्त्रको विशेषतः कार्बन, हाईड्रोजन, अक्सिजन, फोस्फोरस र नाईट्रोजन मिलेर सजीव वस्तु डीएनए बन्ने प्रक्रिया साँढे आश्चर्यचकित लागी रहन्थ्यो । यो त चामत्कारिक घटना हो किन कि निर्जीव रासायनिक वस्तुहरुबाट सजीव वस्तु बन्न सक्दो रहेछ । तर, मनको जिज्ञासा कहाँ रोकिदो रहेछ र । जीवित मानवको शरिरबाट त्यस्तो के गुण छुटेर जान्छ जसको अनुपस्थितिमा ऊ मुर्दा बन्दछ ? न त मेरो मनले शान्ति पाउन सक्दथ्यो न त केही उत्तर नै । इस्कोनद्वारा प्रकाशित “कन्सियसनेस द मिसिङ लिङ्क

(Consciousness: The Missing Link) पुस्तकबाट पनि शतप्रतिशत मन हर्षित भएन ।

अङ्ग्रेजी र संस्कृतमा कमजोर भएकाले सबै पुस्तक पढ्न सक्ने अवस्था पनि थिएन । नेपाली र अङ्ग्रेजी शब्दकोषको सहारा महत्वपूर्ण हुन्थ्यो । पार्ट टायम जागिरको कमाईको हिस्सा डेस्कटप र फोनमा महङ्गो इन्टरनेट चलाउन खर्च हुन्थ्यो । “चेतना” (Consciousness) का विषयमा अभूतपूर्व ध्यान आकृष्ट भएको थियो । एक जना महानुभावबाट फ्रिट्जोफ क्याप्राको “द वेब अफ आइफ” -The web of Life-A new synthesis of mind & matter, Fitroj Capra हातमा पर्यो । यसमा क्लिष्ट विषयलाई पनि सरलीकृत ढङ्गले प्रस्तुत गरिएको छ । लगत्तै, फ्रिट्जोफका धेरै पुस्तक मध्ये सर्वाधिक चर्चित पुस्तक An Exploration of the Parallels Between Modern Physics and Eastern Mysticism पढेँ । अध्यात्म र भौतिकता बीचको अति मधुरो रेखालाई केलाउँदै लेखिएका यी दुई पुस्तकले मेरो मथिङ्गल नै हल्लाईदियो । राम राज रेग्मीद्वारा लेखिएको “पूर्वीय दर्शनमा भौतिकवाद” पुस्तकले मलाई चावार्क लगायतका पूर्वीय भौतिकवादी दार्शनिक बारे सामान्य जग बसाई सकेको थियो । द टावो अफ फिजिक्समा उल्लेख गरिएका शब्दहरु मध्ये द्वन्द्ववाद, भौतिकवाद, चेतना, कार्ल मार्क्स जस्ता शब्दहरु मस्तिष्कमा जरा बसेका थिए । शब्दहरुलाई खोतल्दै गएँ । सरसर्ती “गुगल सर्च” गर्दा सतही कुराहरु भने पक्कै थाहा भयो । काठमाडौँ पब्लिक लाईब्रेरी टहलँदै गर्दा रुसी लेखिका एलिसा को नेपाली अनुवादित पुस्तक “दर्शनशास्त्रको प्रारम्भिक अध्ययन” पुस्तकमा आँखा गए । द्वन्द्ववाद र ऐतिहासिक भौतिकवादमा मूलभुत सैद्धान्तिक विषयहरुमा व्याख्या गरेको रहेछ । द्वन्द्वात्मक भौतिकवादका तीन नियम १. परस्पर विरोधीबीच एकता र सङ्घर्ष, २. परिमाणबाट गुणमा परिवर्तन तथा ३. निषेधको निषेध ; यी साँच्चिकै गम्भीर विषयवस्तु थिए । वस्तु र चेतनालाई अपूर्व ढङ्गले व्याख्या गरिएको थियो ।

सिक्दै, विकसित हुँदै र त्यो गुण ग्रहण गर्दै भविष्यमा फेरि पनि सिकने र गुणात्मक रुपमा उच्च स्तरमा विकसित हुने मानव सभ्यताको एउटा अचुक सिद्धान्त पेश गरिएको थियो । जगतको वस्तुगत विश्लेषण, वर्ग, श्रम र सामाजिक आर्थिक परस्पर अन्तरक्रियाबाट नै समाजको विकास हुने कुरामा पनि जोड दिइएको थियो । सम्पत्ति, राज्य, सत्ता र शक्तिको उत्पत्तिका बारेमा त लोभलाग्दो ज्ञान हासिल भयो । अर्को महत्वपूर्ण कुरा, यो पुस्तकले अरु धेरै पुस्तक अध्ययन गर्न कर लगायो, रुचि बढायो ।

६२ र ६३ सालको जनआन्दोलन सफिसकेको थियो । ठूला ठूला राजनीतिक शब्दावली पनि आम नागरिकका लागि सामान्य लागिस्केको थियो । राजनीतिक कार्यकर्ताले मात्र नभई आम जनताले पनि गद्दौ शब्दहरु प्रयोग गर्न थालिसकेका थिए । लोकतन्त्र, गणतन्त्र, सङ्घीयता, सामन्तवाद, पूँजीवाद, समाजवाद, स्वयत्तता, सत्ता, इत्यादि शब्दहरु जनस्तरमा बोलीचालीमा प्रशस्तै भेटिन्थे । जनआन्दोलनमा मुख्य, निर्णायक र नेतृत्व भूमिका खेल्ने वामपन्थी पार्टीहरुका समर्थक बुद्धिजीवीका त दैनन्दिन पत्रिकामा तात्कालिक विषय, अर्थात् व्यवस्था परिवर्तनमा लेखहरु प्रकाशन हुन्थे । वर्ग सङ्घर्ष, राज्यको पुनर्संरचना, आत्मनिर्णयको अधिकार, समानुपातिक समवेशिता, अग्राधिकार लगायतका विषयका आलेखहरु बुझ्न सम्बन्धित पुस्तक नै पल्टाउनु पर्ने अवस्था थियो । राजनीतिक दर्शन र सिद्धान्त, विशेष गरी वामपन्थी दर्शन सम्बन्धी भने यथासक्य पुस्तकहरु बजारमा उपलब्ध थिए । देशको परिस्थिति र मस्तिष्कको जिज्ञासाले मार्क्सवादका किताबहरुबाट ध्यान विचलित गर्न सक्ने अवस्था थिएन । धेरै मित्रहरुले “कम्युनिष्ट पार्टीको घोषणापत्र” सबैभन्दा उत्कृष्ट भने तापनि मलाई भने कार्ल मार्क्सको “थेसिस अन फोयरबाख (Thesis on Feuerbach)” का ११ वटा बुँदाहरुले मन लोभ्याउँथ्यो । मलाई राजनीति भन्दा पनि राजनीतिक दर्शनप्रति रुचि बढेको थियो । “संसारलाई धेरैले व्याख्या गरिसके, मुख्य कुरा परिवर्तन गर्नु हो” लगायत अन्य बुँदाहरुले हामीले कल्पना वा मनगढन्ते सोचहरु भन्दा पनि यस संसारमा व्यावहारिक एवं सान्दर्भिक परिवर्तन गर्न उद्बलित गराउँछन् । मनको भोक मार्न मार्क्स, एङ्गल्स, लेनिन र नेपाली वामपन्थी आन्दोलनका पुस्तकहरु पढ्नुपरेको थियो । फुर्सदको समयमा कहिले केशर पुस्तकालय, कहिले काठमाडौँ पब्लिक लाईब्रेरी, कहिले भारतीय पुस्तकालय त कहिले त्रि-चन्द्र लाईब्रेरी धाउने लत बसेको थियो । त्रि-चन्द्र क्यापस पुस्तकालयका प्रमुख लाईब्रेरियन अति सरल, सहयोगी तथा केही गरौँ भन्ने हुटुहुटी पालेको व्यक्ति हुनुहुन्थ्यो । बेला मौकामा उहाँसँग हुने भेटघाटले भन्ने पढ्न हौसाउँथ्यो । स्नातक अध्ययन गर्ने क्रममा विज्ञान संकाय अन्तर्गत भौतिकशास्त्रको अध्ययन गरे तापनि त्रि चन्द्र क्याम्पसमा शुल्क निजी क्याम्पसको जस्तो चर्को थिएन । पार्ट टायम कमाई वाट आउने रू ३५०० प्राय पुस्तक किन्नमै सकिन्थ्यो । तथापि समय र पैसाको कमीले कार्ल मार्क्सको “पूँजी (Das Capital)” का सबै अङ्कहरु पूरा पढ्न नपाएकोमा पछुतो लागिरहेको छ ।

आख्यानप्रति भने खासै रुचि नभए पनि २०७६ साल तिर जागीरको सिलसिलामा पोखरा गएपछि आख्यानहरु पनि फाट्ट फुट्ट पढ्न सुरु गरेको थिएँ । अङ्ग्रेजी उपन्यासहरु पढ्न भन्नु जटिल थियो । मित्रहरुले सुझाएको खण्डमा नेपालीमा अनुवादित अङ्ग्रेजी पुस्तकहरु पनि अब्बल भुक्कल पढ्थे । हर्मन हेशद्वारा लेखिएको र विमल कुमार सुवेदीले अनुवाद गर्नुभएको “सिद्धार्थ” राम्रो लाग्यो । जस्टिन गारडरको “सो फीज वर्ल्ड - Sophie's World (a novel about The History of Philosophy)” उपन्यासले अङ्ग्रेजी पुस्तकप्रति पनि ध्यान नतानेको होइन । चेतन भगतका “श्री मिस्टेक अफ माई लाईफ, (The 3 Mistakes of My Life)”, फाईभ पोइन्ट सोमवान, (Five Point Someone)” र “वान नाईट इन कल सेन्टर, (One Night in Call Centre) पुस्तकहरु सरल अङ्ग्रेजी भाषा र युवापिढीलाई आकर्षण गर्ने खालका थिए । पाउलो कोह्लेको “द अलकेमिस्ट (The Alchemist)” र “इलेभेन मिनुट्स (Eleven Minutes)”ले त आख्यानप्रतिको नयाँ नशा नै पैदा गर्यो । ग्याण्डम रिडर्स सोसाईटी, पोखरामा मासिक रुपमा पुस्तकहरुको विमर्श तथा परिचर्चा कार्यक्रम हुँदो रहेछ । मित्र सुवास मल्लको सत्सङ्गतले त्यहाँसम्म डोर्याएको थियो । नयनराज पाण्डेको “लू” दक्षिणी सिमाका नेपालीहरुले पाएको दुःखका बारेमा लेखिएको उपन्यास माथि परिचर्चा कार्यक्रममा नयनराज नै पाल्नुभएको थियो । “लू” ले नेपाली उपन्यासहरु पनि पढ्नु ठिक हो कि भन्ने चेत भरिदिएको थियो । आध्यात्मिक दर्शन, भौतिक विज्ञान, भौतिकवादी द्वन्द्ववाद र नेपाली साहित्यका गीति कविता गजलका साथसाथै नेपाली आख्यानले अध्ययनको घेरा फराकिलो बनाईदियो । पोखरा पर्यटकीय रुपले मात्र धनी रहेनछ, साहित्यिक, साङ्गितिक, सांस्कृतिक र नैतिक पराम्पराले पनि वैभवशाली रहेछ । नेपाल प्रज्ञा प्रतिष्ठान, साभ्ना प्रकाशन र काठमाडौँमा हुने पुस्तक मेला र प्रदर्शनीमा मौका मिलाएर किताब किन्ने र फुर्सदमा पढ्ने अवसर मिलिरह्यो । जागिरसङ्गै बिहानी सत्रमा फार्मसी पढ्न सुरु गरेपछि पछिल्ला वर्षहरुमा अन्य पुस्तक भन्दा पनि जागिर र फार्मसीकै पाठ्यपुस्तकमा धेरै समय बित्न थाल्यो । त्रि चन्द्र क्याम्पसले बसाएको जग पोखराको ५ वर्षे बसाईले भन्नु दब्रो बनायो । अध्ययनको दायरा बढ्ने मात्र नभएर स्थानीय श्रष्टा तथा लेखकसँगको साक्षात्कार र अध्ययनशील समाजमा अन्तर्घुलन हुँदै जाँदा नयाँ उर्जा पलाउनु स्वाभाविकै थियो । पृथ्वीनारायण क्याम्पस, पोखरा विश्वविद्यालयमा भेट हुँदा होस् वा स्थानीय संस्थाहरुले आयोजना गर्ने नियमित कार्यक्रमहरुमा मित्रहरुबाट तेर्सिने “कुन किताब पढ्दै

हुनुहुन्छ ?“ प्रश्नमा अवाक हुनु नपरोस भनेर पनि नयाँ नयाँ किताब पढ्नु त स्वाभाविक नै थियो । गहन अध्ययन गर्न परिस्थित अनुकूल नभएकाले पत्र पत्रिकाका अलावा महान व्यक्तित्वहरुको जीवनी मेरा लागि सबैभन्दा सहज अध्ययन सामग्री हुन्थे । नेपाली भाषामा लेखिएका र बजारमा पनि सर्वशुलभ पाइने भएकाले पढ्न सजिलो थियो । साथीहरुबीच साटासाट पनि गरिन्थ्यो । प्रेरणादायी, नेतृत्वकला तथा व्यक्तित्व विकासका किताबहरु पनि बजार मा पाइन्थे तर ती भने कि अङ्ग्रेजीमा हुन्थे वा त महङ्गो । अङ्ग्रेजी भाषामा लेखिएको शिव खेराको “यु क्यान वीन,(You Can Win)” र हयारी लोर्यानको “ हाउ टू डेभलप सुपर पावर मेमोरी, (How to develop Super Power Memory) तथा हिन्दी भाषामा छापिएको श्री श्री रविशंकर को “मौन कि गुञ्ज” लगायत ने पाली थुप्रै यस्ता पुस्तकहरु लाभदायक थिए । रो बर्ट कियोसाकीको “रिच ड्याड, पुवर ड्याड, Rich Dad Poor Dad)” अर्को पढ्न लायक पुस्तक थियो । व्यक्तित्व विकास र लिडरशिप कार्यशालाहरु, जागिरका क्रमका “सेल्स ट्रेनिङ

(Sales Training)” र विभिन्न सामाजिक संस्थाहरुमा सक्रिय सहभागी हुँदा यस विधाका पुस्तकको उच्च महत्व हुँदो रहेछ । यम क्रममा सर्वप्रथम ई-बुक (E-Book) भनिने किताबका ईलोकट्रोनिक प्रतिहरुको बारेमा थाहा भयो । सम्भवत मैले पढेका ई-बुकहरु मध्ये सुरु सुरुका पुस्तकहरुमा निल न्याक्ह्यामको SPIN SELLING र डेल कार्नेगीको “हाउ टू वीन फ्रेंड्स एण्ड इन्फ्लुएन्स पिपल (How to win friends & influence people)” पर्दछन् । कार्नेगीको पुस्तक अहिलेसम्म पढेका पुस्तकहरु मध्ये सबैभन्दा उपयोगी साबित भयो । यसको प्रकाशित प्रति किनेर फेरि पढें । आवश्यकता अनुसार धेरै पटक अझै पनि पल्टाउने गर्छु । कार्नेगीले उक्त पुस्तक सरल भाषामा ट्रेनिङ पद्धति पुस्तिका’ भै तयार पारेका छन् । उनले पुस्तकमा आम मानिससँग सामञ्जस्य रुपमा अन्तर्गुलित हुन ३ बुँदा, अन्य मानिसलाई आफूप्रति आकर्षित पार्ने ६ बुँदा, अरुको मन जित्ने १२ तरिका, सकारात्मक संवादका लागि ९ सुत्रहरु तथा सुखमय पारिवारिक वादसंवादमा महत्वपूर्ण ७ सल्लाहहरु पेश गरेका छन् ।

स्नातकोत्तर अध्ययनका लागि न्यूजिल्याण्ड आएपछिका पछिल्लो ४ वर्ष फरक परिवेशमा बित्न बाध्य भएका छन् । यहाँ दैनन्दिन मानसिक रुपमा थकित हुनु पर्ने कारणले जिन्दगीको छुट्टै प्राथमिकता हुंदो रहेछ । कमाउनु र जोगाउनुको खेला नेपालमा पनि हुन्थ्यो तर ऋण तिर्नु र भिसा नवीकरण गर्ने पिर लोले हर रातको एक तिहाई निद्रा खाई दिँदोरहेछ । सुख दुखका अरु मापकहरु खासै सान्दर्भिक हुँदो रहेनछ । नेपाली भाषा र साहित्यप्रतिको मोह यो देशमा मेटाउन त नसक्नुला तर प्रयत्न पक्कै रहनेछ । साथै नेपाली पुस्तकहरु संकलन गर्ने, तथ्यांक निकालेर आवश्यकता अनुसार साटासाट गरेर पढ्ने क्रम न्यूजिल्याण्डमा पनि अगाडि बढ्दैछ । निकट भविष्यमा न्यूजिल्याण्डबाटै प्रकाशित नेपाली पुस्तक पढ्न पाइनेछ, भन्नेमा आशावादी छु । उहाँ नेपाली साहित्य समाज न्यूजिल्याण्डका अध्यक्ष तथा गैर आवासीय नेपाली सघ भाषा, साहित्य, संस्कृति तथा सम्पदा प्रवर्द्धन समिति का सदस्य हुनुहुन्छ।



Pictures of cultural activities 2019



Gorkha Kitchen

Ethnic Nepalese & Indian Cuisine

For Bookings & Takeaways contact us on

📍 262 West Coast Road, Glen Eden, Auckland

☎ (09) 813 4546

📍 Gorkha Eastern Beach - 1 Eastern Beach Rd, Bucklands Beach

☎ (09) 533 1020

<http://gorkhakitchen.co.nz/>

Happy New Year 2077

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.

You can order online from us by clicking the ORDER ONLINE button that you can find on our website and we will deliver our delicious food directly to your front door. We look forward to serving you.





पिताम्बर शर्मा दाहाल

याच्या (माग्ने)

(शार्दुल वकिरीडति छन्द)

माग्नेका पनि रूप वा तह हुने के माग्ने को सँग
थाप्रे वर्तन के हुने र कसरी हो माग्नेको ढँड ॥
माग्नेको तह भेद हुन्छ उसकोव्यक्तित्व देखे पछि
सम्पन्न पनि माग्दछन् विधि नहो के गर्नु लेखे पछि ॥

दर्जा वा पद माग्ने कति हुने, अच्का थरी ज्ञानका-
भोका छन्, गुरुका समक्ष विनयी, माग्छन् कुरा ज्ञानका ।
भन्दैनन् तिनलाइ याचक कुनै बेग्लै छ उक्तो कथा ।
माग्ने शब्द बताउँदो छ तनहा मर्मन्त भेदी व्यथा ॥

जो आफू सँग छैन, किन्तु नभई चल्दैन वार्ता कतै ।
के गर्ने, कसरी जुगाड गर्ने आधार खोज्दा कतै ।
अच्का का सँग लाज घीन न भनी हातै पसारी लिए ।
त्यस्तो कर्म विशेष आप्त जनले माग्ने सु संज्ञा दिए ॥

भोको पेट भएर जीवन कसै निर्वाह का खातिर ।
काम्दो लुगलुग देहले अलि अडी गोडा अझै अस्थिर ॥
पादैँ, माग्छ पसारदैँ कर कतै हल्लाउँदैँ नै शिर ।
अच्काको घर आँगनीकि अथवा पुग्छन् कराँसा तिर ॥

नाझो देह, लगाउने ललहरी भोटो कि चोलो धुजा ।
किङ्किङ्गै सव देखिने करड का केसा र छाला मुजा ॥
माग्छन्, खान मिले प्रसन्न मनले थोरै भएता पनि ।
पाएमा खुस भै लिएर करमा खानिछन् पुरा पात नि ॥

यी माग्छन् विचरा निराश्रय भई पाइन्छ को आशमा ।
पाए गाँस चलाउँछा कि रजनी बिल्ला यसै वासमा ॥
भन्दै बान्दनमा टुसुक्क बसदा दुत्कार्दछन् दुर्जन ।
पेटी वास, समेत दिन्न जसले सोही हुने सज्जन ॥

कैले पादप फेदमा गुटुमुटी ढुङ्गा सिरानी गरी ।
कैले मार्ग किनारमा कुकुरका साथै गुडुल्की परी ॥
आफ्नो वास गरेर गाढ निदमा बिल्ले हुँदा यामिनी ।
शय्याको पनि छैन लालस बरा निद्रै हुने कामिनी य ।

चौतारी बस पार्कमा सहरका छेडा कुना ठाउँमा
व्यापारी स्थळ हाटमा, घरघरै सामन्तका गाउँमा ।
आशाले धनवानका महलमा मिला कि केही भनी य
पुग्दाछन् विचरा गरीव निमुखा घुम्दै मगन्ते बनी ॥

खाली हात हुने, कुनै दिन भन्ने, कैले जुठो गाँसले ।
चल्ने जीवन चक्र चाल छ यही बोल्छन् शनै सासले ।
कस्तो लौ अपमान दैव किन हो यो पक्ष पाती पन
निर्धाको अपराध के हुन गयो यो दण्ड दिन्छौ किन ?

अच्का एक थरी रुमाल भुइँमा थापेर माग्छन् बरा
घुम्ने तागत हुन्न जे जति भयो खाद्यान्न, पैसा, धरा ॥
खुट्टा हुन्न घिसारदैँ सकसले कङ्काल नै वासमा
पुग्छन्, नाम छ माग्ने किन भन्ने बाँच्छन् सधै आशमा ॥

खेताला भइदिन्छ याचक कतै अकै महासेठको
पारी अङ्ग विकामको सडकमा राखी दिए भेटको -
बेला, तोकि दियो, लियो रकम जो जम्मा भएको सवै
यस्ता क्रूर र धूर्त शोषक सधैं होलान् कि हट्लान् कवै ॥

माइने क्षत्र समेत यी पिशुनले छोड्दै न छोड्ने भए ।
आफ्नो आज्ञाको उपय यिनले याच्या बनाए हरे
भोला ती सरसाँउदा शिशु कठै अन्धाङ्गका पारिए
त्यो अक्को अपराध कर्म दुगुना गर्दै यिनैले गए ॥

पक्का याचकको कहाँ घर हुने ? टुङ्गो कहाँ वासको ।
माइनेको न त देश हुन्छ डुलने झोला भिरी आशको -
साँचे चिन्तन हुन्न, जेजति भयो, सम्पूर्ण ताजा न हो
विज्ञानी, कवि, सन्त, याचक सवैको विश्व साझा न हो ॥

माइने क्षत्र समेत हुन्न हृदको के माग्ने को सँग
को सम्पन्न विपन्न को? विवश छन् मगछन् मिले जो सँग
लज्जा हुन्न, हुदैन आड ढकनी, गर्ने त थाड्ने न हो
अक्काको दुख दर्द वा असजिलो बुझ्दैन माइने नहो ॥

दर्जा वा पद माग्ने कति हुने, अक्का थरी ज्ञानका-
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भोको पेट भएर जीवन कसै निर्वाह का खातिर ।
काम्दो लुगलुग देहले अलि अडी गोडा अझै अस्थिर ॥

पादैँ, मागछ पसारदै कर कठै हल्लाउँदै नै शिर ।
अक्काको घर आँगनीकि अथवा पुगछन् कराँसा तिर ॥

नाङ्गो देह, लगाउने ललहरी भोटो कि चोलो धुजा ।
किङ्किङ्गै सव देखिने करड का केसा र छाला मुजा ॥
मागछन्, खान मिले प्रसन्न मनले थोरै भएता पनि ।
पाएमा खुस भै लिएर करमा खानिछन् पुरा पात नि ॥

यी मागछन् विचरा निराश्रय भई पाइन्छ को आशमा ।
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खाली हात हुने, कुनै दिन भन्ने, कैले जुठो गाँसले ।
चल्ने जीवन चक्र चाल छ यही बोल्छन् शनै सासले ।
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नेपाली साहित्य समाज न्युजिल्याण्ड



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BABU RAJA MAHARJAN



SHREEDHAR BASNYAT

नेपाली भाषा, साहित्य एवं वाङ्मयप्रतिको मोह तथा जिम्मेवारीलाई महसुस गर्दै २०७३ सालमा न्युजिल्याण्डमा पनि नेपाली साहित्यिक समाजको स्थापना भएको हो । आफ्नो भाषा र संस्कृतिको संरक्षण मात्र नभएर नेपालीहरूको पातलो घनत्व बीच, पाठक र श्रोताविहिन स्रष्टाहरूको मनोबललाई उचो बनाउँदै नेपाली भाषा र साहित्यलाई पोषित गर्न कुनै न कुनै साहित्यिक संस्थाको आवश्यकता थियो । विभिन्न अन्य नेपाली समुदायका संस्थाहरूले पनि यो जिम्मेवारीलाई भरथेग गरिरहेका थिए र त्यो क्रम जारी नै छ । अकल्याण्डका संस्थाहरू न्युजिल्याण्ड नेपाल समाज तथा नेपालीज कल्चरल सेन्टरद्वारा त नेपाली कक्षा सञ्चालन भइरहेको छ । अकल्याण्डमा न्युजिल्याण्ड नेपाल एसोसिएसनले रेडियो प्लानेटमा नेपाली कार्यक्रम प्रसारण गरिरहेको छ भने क्राइसचर्च लगायतका स्थानीय रेडियोमा पनि नेपाली आवाज सुनिन थालिसकेको छ । नेपाली भाषी भुटानी

महानुभावहरूले भन् सक्रिय रूपमा नेपाली भाषा र साहित्यलाई धेरै समयदेखि नै टेवा पुर्याउँदै आइरहनु भएकोछ ।

अकल्याण्डमा विभिन्न साहित्यिक कार्यक्रम गर्दै नेपाली भाषाका सृजना र साहित्य लेखनलाई यस समाजले प्रोत्साहन तथा मञ्च प्रदान गरिआएको छ । संस्थापक/निवर्तमान अध्यक्ष श्री पशुपति कर्माचार्यज्यूले केही समय अगाडि नयाँ कार्यसमितिलाई जिम्मेवारी हस्तन्तरण गर्नुभएको छ । सर्वसम्मतिले श्री सञ्जय शान्ति सुवेदी अध्यक्षको जिम्मेवारीमा चयन हुनुभयो भने उपाध्यक्षमा डा. वीरेन्द्र केसी, सचिवमा सुमित्रा पाठक तथा सदस्यहरूमा मनोज प्रसाई, मोहन आचार्य तथा नगेन्द्र आचार्य मनोनित हुनुभएको छ । केही सदस्यहरू तथा कोषाध्यक्ष भने अझै रिक्त रहेको छ ।

सल्लाहकारहरूमा पशुपति कर्माचार्य, कमल प्रसाद श्रेष्ठ, उद्धव अधिकारी, बाबुराजा महर्जन तथा श्रीधर बस्न्यात हुनुहुन्छ । साउथ आईल्याण्ड मा पनि सक्रिय

गतिविधि अधि बढाउन डा. वीरेन्द्र केसीको संयोजकत्वमा क्षेत्रीय समिति विस्तार हुनेमा आशावादी छौ ।

जनवरी १२, २०२०मा अकल्याण्डमा प्रसिद्ध अग्रज कवि तथा गीतकार श्री दिनेश अधिकारीको प्रमुख आतिथ्यतामा साहित्यिक एवं सम्मान कार्यक्रम सम्पन्न गरेका छौ । “नेपाली साहित्य वाङ्मय सम्मान २०२०”ले प्रथम पटक श्री दिनेश अधिकारीलाई सम्मान गर्ने सुअवर पनि मिलेकोमा हामी हर्षित छौ । सहयोगी तथा उदार हृदय भएका महानुभावहरूले गर्नु भएको अपार माया र सहयोगले हामीलाई हौसाएको छ । साहित्यको क्षेत्रमा केही गरौं भन्ने हुटुहुटीलाई मलजल मिलेको छ । करिब ७० दर्शक/श्रोताको उपस्थितिमा आयोजित उक्त कार्यक्रममा श्री दिनेश अधिकारी बाहेक दर्जन स्थानीय स्रस्टाहरूले पनि आफ्ना रचना प्रस्तुत गर्नु भएको थियो । दिनेश अधिकारी कै शब्दमा श्रृङ्गारिएका केही गीतहरूमा स्थानीय कलाकारहरूले सांगीतिक प्रस्तुति एवं नृत्य पनि प्रस्तुत गर्नु भएको थियो । संस्थाले फेसबुक मार्फत नियमित मासिक “फेसबुक लाइभ ” साहित्यिक कार्यक्रम गर्ने योजना बनाएको छ । साथै, त्रैमासिक रुपमा पत्रिका प्रकाशन गर्ने तथा भौतिक उपस्थितिमा पनि सान्दर्भिक कार्यक्रम गर्ने तर्जुमा गरेको छ । आशा गरौ छिट्टै साहित्यिक गोष्ठी, कार्यशाला र प्रतियोगिता पनि आयोजना गर्न सकिनेछ । अन्य संस्थाहरूले अहिलेसम्म गर्दै आउनुभएको योगदान, सहयोग र साथ भविष्यमा पनि मिल्ने कुरामा हामी विश्वस्त छौ ।

यस नेपाली साहित्यिक समाज अकल्याण्ड स्थित न्युजिल्याण्ड नेपाल समाजलाई यसको २५औं वार्षिकोत्सवको उपलक्ष्यका बधाई ज्ञापन गर्दछ । यहाँसम्म आइपुग्दा न्युजिल्याण्ड नेपाल समाजले सिङ्गो नेपाली समुदायलाई एकताबद्ध बनाई समग्र नेपाली समुदायको नै परिचय, पहिचान र सामूहिक श्रीबृद्धिमा अतुलनीय योगदान गरेको छ । आज सम्म



आउने क्रममा सौगातको पहिलोदेखि यो १३ औं अङ्कले न्युजिल्याण्डमा रहेका नेपालीहरूको इतिहास संग्रहित गर्ने काम मात्र नभएर आ-आफ्ना मनमा गुम्सिएका कुराहरू पोख्न, लेख्ने बानीको विकास गर्न तथा आम न्युजिल्याण्डबासी नेपालीहरूलाई सुसुचित गर्न महत्वपूर्ण योगदान पनि गरेको छ । न्युजिल्याण्ड नेपाल समाज, सम्पादक मण्डल लगायत सम्पूर्ण सम्बन्धित सबैलाई १३औं अङ्क प्रकाशनको शुभकामना पनि व्यक्त गर्न चाहन्छौ । हामी आशावादी छौ, नेपाली भाषा, साहित्य र वाङ्मयमा अभिरुचि हुने सम्पूर्ण महानुभावहरूसँग सहकार्य गरेर अगाडि बढ्ने अवसर अवश्य मिल्नेछ । सम्पूर्ण न्युजिल्याण्डबासी नेपालीहरूमा साहित्यिक समाज न्युजिल्याण्ड नयाँ वर्ष २०७७ सालको पनि हार्दिक मंगलमय शुभकामना व्यक्त गर्दछ । लोकाः समस्ताः सुखिनो भवन्तु ।

थप जानकारीका लागि सम्पर्कः

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ईमेल : nepali.sahitya.nz@gmail.com



अन्तर्वार्ता

प्रसिद्ध कवि तथा गीतकार आदणिय दिनेश अधिकारी, अग्रज देखि अनुज स्रष्टाहरू तथा पाठकहरूले रुचाइएको व्यक्तित्व हुनुहुन्छ । नेपाली संगित र साहित्यको भण्डारमा असंख्य कालजयी गीत र कविताहरू दिन सफल लोकप्रिय कवि तथा गीतकार अधिकारी मदन पुरस्कार, रत्नश्री स्वर्ण पदक, छिन्नलता गीत पुरस्कार, सुप्रबल गोरखादक्षिणबाहु लगायत इत्यादि सम्मानबाट सम्मानित हुनुहुन्छ भने केही समय अगाडि नेपाली साहित्य समाज न्यूजिल्याण्डले अकल्याण्डमा एक कार्यक्रम आयोजना गरी “न्यूजिल्याण्ड नेपाली वाङ्मय सम्मान २०२०”ले सम्मान पनि गरेको थियो । उक्त कार्यक्रम, नेपाली साहित्य तथा न्यूजिल्याण्ड भ्रमणका सेरोफेरोमा “सौगात”का लागि सञ्जय शान्ति सुवेदीले लिनुभएको अन्तर्वार्ता :

प्रश्न: नेपाली साहित्यको विशेषतः कविता र गीतका क्षेत्रमा कसरी लगाव बढ्यो र यसै क्षेत्रमा समर्पित भएर लाग्ने निर्णयमा तपाईं कहिले पुग्नुभयो?

मेरो घरमा पठनपाठनको वातावरण थियो । मेरा पिताजी नन्दनहरि र दाजुहरू पनि साहित्य लेखन र पठनमा रुचि राख्नु हुन्थ्यो । घरमा, त्यसैले साहित्यिक पुस्तक र पत्रपत्रिकाहरू हुन्थे । मैले पनि पढ्न थाले र यतातिर रुचि बढ्दै गयो ।

२०३२ सालदेखि नै मेरा कविता/गीतहरू छापिन थालेका हुन् । तथापि म त्यही क्षेत्रमा अघि बढ्छु भन्ने अठोट लिइसकेको अवस्था थिएन । म, समेत अभियन्ता रहेको वाक स्वतन्त्रताको पक्षमा उर्लिसकेको “२०३६ सालको सडक कविता क्रान्ति” र त्यस लगत्तै साथीहरूले मिलेर २०३७ सालमा मेरो कवितासङ्ग्रह अन्तरका छिटाहरू” छापिदिनु भनेपछि भने कविताको बाटो लाई मैले आफ्ना बाटो ठान्न थालेको हुं ।

प्रश्न: नेपाली बहुसंख्यक अग्रज तथा अनुज सङ्गीतकर्मी एवं श्रष्टाहरूसँग काम गरिसक्नुभएको छ । तपाईंका के कस्ता विशेषता वा प्रतिभाले यो सम्भव भएको ठान्नुहुन्छ ?

उत्तर: म आफ्ना अग्रजहरूलाई अत्यन्तै श्रद्धा र अनुजहरूलाई माया गर्छु । यो मेरो स्वभाव हो । हामी अहिले हिँडिरहेको बाटो अग्रजले बनाइ दिनु भएको हो । हामीले त्यसलाई अलिकति बढायौं, अलिकति चौडा बनायौं । अनुज पुस्ताले यसलाई राजमार्ग बनाउनु छ । म उहाँहरूमा यो क्षेत्रको भविष्य देख्छु । यो एउटा पाटो भयो । अर्को पाटो

भनेको मेरो लेखन हो । लेखनमा मैले कहिल्यै सम्झौता गरिँन । ईमानदार भएर जीवन र जगतलाई उधिनी रहँ । सकेसम्म आफ्नो लेखनबाट “संवाद” मा नयाँपन दिने कोशिश गरिरहँ । अग्रज वा अनुज पुस्ताले यसै कारण पनि मलाई माया गर्नु भएको हो कि भन्ठान्छु ।

प्रश्न: शैली, बिशेषता र कालखण्डका आधारमा नेपाली गीति लेखन क्षेत्रलाई विभाजित गरिँदा आफुलाई कहाँ पाउनुहुन्छ?

उत्तर: तीसको सुरुवातबाट छापिन थालेका मेरा गीतहरू त्यही दशकको अन्त्यतिरबाट रेकर्ड भई आउन थालेका हुन् र अहिले पनि लेखन र रेकर्डिङमा निरन्तरता छ । स्वतन्त्र रुपमा लेख्दा गीत लेखन मेरालागि साहित्य हो । त्यसैले मलाई लाग्छ, मेरा गीतहरू गाईए गीत हुन् , नगाईए कविताका रुपमा पूर्ण छन् । सिर्जनाको क्षेत्र नै यस्तो हो अरुभन्दा पृथक हुन सकिएन भने परिचय नै बन्दैन । त्यसैले मेरो प्रयाश पनि त्यसै तर्फ केन्द्रित रह्यो । तपाईंले जिज्ञासा राख्नु भए जस्तो मेरो स्थान छ भन्ने कुरा चाहिँ आम श्रोता, पाठक, समालोचकहरूले मूल्यांकन गर्ने विषय हो । मैले भन्ने कुरा केही छैन ।

प्रश्न: नेपाली भाषा-साहित्यको भण्डारलाई गुणात्मक र परिणात्मक रुपमा समृद्ध बनाउन नयाँ सर्जकहरूको भूमिकालाई तपाईं कसरी हेर्नु हुन्छ?

उत्तर: सबै स्रष्टा साहित्यकार एवम् कलाकारहरूले आफ्नो समयमा आफूले सकेको योगदान गर्दै आएका छन् । आजको “नयाँ” भोलि पुरानो हुन्छ । म अनुभव गरिरहेको छु वर्तमानमा क्रियाशील धेरै स्रष्टाहरू समर्पणको भावले भाषा-साहित्यको सेवा गरिरहनु भएको छ । भाषा मर्यो भने हामी बाँचेका हुँदैनौं भन्ने सत्यलाई हामी सबैले आत्मसात गर्नु पर्छ । वर्तमानमा क्रियाशील सर्जकहरूको भूमिका आफ्नो भाषा-साहित्यको संरक्षण, सम्बर्धन र विकासको सन्दर्भमा अत्यन्तै महत्वपूर्ण छ । हो यो क्षेत्र अर्थोपनर्जनको भन्दा पनि सेवाको क्षेत्र हो भन्ने सत्यलाई स्वीकार गर्नु अत्यन्तै आवश्यक छ ।

प्रश्न: नेपाली भाषालाई शैक्षिक क्षेत्रमा पनि कम महत्व दिन थालिएको छ । पत्र-पत्रिका र सरकारी कार्यालयबाट प्रकाशित सामग्रीहरूमा नेपाली भाषाको व्याकरण, वर्णविन्यास र सामान्य भाषिक मान्यतालाई व्यापक उपेक्षा गरी नेपाली भाषालाई नै कमजोर बनाउने अवस्था सृजना भएको छ । यस

विषयमा तपाईंको राय के छ?

उत्तर: तपाईंले ठीक भन्नु भयो । यता केही समयदेखि सुधार को नाममा नेपाली भाषालाई अपाङ्ग बनाउने चलखेल शुरु भएको महसुस भएको छ । आफ्नो भाषा भएन भने संस्कृति आफ्नो हुँदैन र संस्कृति नभएको देश “देश”को रूपमा पूर्ण हुँदैन । त्यसैले केही कुत्सित तत्वहरू भाषा बिगान उद्यत नभएका होईनन् । तर, बौद्धिक समूह त्यत्तिकै जागरुक पनि छ । फलस्वरूप केही दुस्प्रयाशहरू बिफल पनि भए, हुँदैछन् । परिवर्तनका नाममा भाषा-संस्कृति परिवर्तन गर्न खोज्नु आफ्नो पहिचान मेटिने गरी आफैँले आफ्नो अनुहारमा कालो दल्नु हो ।

देश, संक्रमणको अवस्था पार गर्ने लागेको परिस्थितिमा छ । संक्रमणको अवस्थामा सबैले मौका खोज्छन् । अब हामी त्यस अवस्थामा छैनौं । विद्यालय, सरकारी कार्यलय मात्र होईन “नेपाली” पहिचान बोकेका संसारभरिका हामी सबै यस दिशातर्फ सक्रिय हुनुपर्दछ र यसरी बेला-बेलामा देखा पर्ने कुत्सित तत्वका बिरुद्ध खबरदारी पनि गरिरहनु पर्छ ।

प्रश्न: नेपालीहरूको ठूलो हिस्सा, विशेषतः युवा विद्यार्थीहरू प्रवासमा सङ्घर्षरत हुनुहुन्छ । केही देशहरूमा नेपालीहरूको तेस्रो पुस्ता हुकिरहेको छ । विदेशमा रहेर पनि नेपाली भाषा-साहित्यलाई पोषित गर्न र भावी सन्ततिलाई यसतर्फ आकर्षित गराईराख्न के गर्नु पर्ला ?

उत्तर: सबैभन्दा पहिले त आफैँले आफ्नो पहिचान जोगाउँदै यसको उपादेयता र महत्वका बारेमा पछिल्लो पुस्तालाई यसतर्फ आकर्षित गर्न आवश्यक छ । भाषा विद्यालयहरूको सञ्चालन, साहित्यिक र सांगीतिक एवम सांस्कृतिक कार्यक्रमहरूको सञ्चालन यसका थप उपायहरू हुन सक्छन् । नेपाल सरकारको भूमिका पनि यस सन्दर्भमा अपरिहार्य छ । मलाई लाग्छ, विदेशमा बस्ने प्रत्येक नेपालीले आफ्नो छातिभित्र एउटा सिङ्गो देश बोकेर बस्नु भएको छ । आफ्नो भाषा, भेषभूषा, चाडपर्व मान्दै गर्दा संस्कृतिको आवरणमा देश बिस्तार गरिरहनु भएको छ ।

पहिलो पुस्तामा त भावनाले पनि काम गर्छ । तर दोस्रो, तेस्रो हुँदै जाने पुस्ताका लागि भने अभिभावक, विदेशमा रहेका नेपाली समाज र मातृदेशले पनि अहिल्यैदेखि सजगता अपनाउँदै काम गर्न र परिणाममुखी कामका लागि कार्यक्रम तर्जुमा गर्दै जान जरुरी भैसकेको छ ।

नेपाली साहित्य समाज, अन्तराष्ट्रिय नेपाली साहित्य समाज, नेपाली कला, साहित्य तथा संस्कृति प्रतिष्ठान, कलाकार संघ जस्ता केही संस्थाहरू भाषा साहित्यको सेवामा क्रियाशील छन् । यी संस्थाहरूलाई १२२ वटा कार्यक्रम गर्न नै हम्मे हम्मे पर्छ ।

समय व्यवस्थापन र कमजोर आर्थिक हैसियत यसका मुख्य समस्याहरू हुन् । फेरि पनि यो सक्रियता र यो प्रयाशको प्रशंसा गर्ने पर्छ । विदेशमा हामी “विचार” भन्दा पनि “नेपाली” हुनुको एकतामा गोलबद्ध हुने हो भने अहिले भइरहेको प्रयाशले थप गति लिन सक्छ जस्तो पनि मलाई लागेको छ । आशा गरौं, समयले हामीलाई समस्यासँग जुध्न सक्षम बनाउने छ ।

प्रश्न: अमेरिका, युरोप, अस्ट्रेलिया लगायतका देशहरू घुमिसक्नु भएको छ । भर्खरै न्यूजिल्याण्ड भ्रमणको क्रममा तपाईंको प्रमुख आतिथ्यतामा साहित्यिक एवं सम्मान कार्यक्रम सम्पन्न भयो । न्यूजिल्याण्डमा नेपाली साहित्यको अवस्थाको विषयमा कस्तो अनुभूति रह्यो ?

उत्तर: सबैभन्दा पहिले त मलाई निम्त्याएर साहित्यिक कार्यक्रम आयोजना गर्नु भई मप्रति देखाउनु भएको स्नेह र सदभावका लागि नेपाली साहित्य समाज, न्यूजिल्याण्डका अध्यक्षका हैसियतमा तपाईं, नेपाली साहित्य समाज, न्यूजिल्याण्ड परिवार, र अक्ल्याण्डबासी नेपाली समुदायप्रति हार्दिक आभार प्रकट गर्दछु ।

न्यूजिल्याण्डको कूल जनसंख्या नै कम रहेको, त्यसमाथि पनि छरिएर रहेको कारण नेपाली समुदाय पनि छरिएको अवस्थामा हुँदाहुँदै पनि बिगत केही वर्ष अगाडिदेखि नै साहित्यिक पत्रिका प्रकाशन हुँदै आएको, बीचमा केही समय शिथिल जस्तो अनुभव गरिएको, नेपाली साहित्य समाजको सक्रियता बढेको, न्यूजिल्याण्डका साहित्यकार हरूसँगको सम्बन्ध बिस्तार हुँदै गएको, साहित्यिक मात्र नभएर सांगीतिक प्रतिभाहरू पनि त्यहाँ रहनु-बस्नु भएको कारण केही गरौं भन्ने हुटहुटी भएको कारण न्यूजील्याण्ड र खासगरी अक्ल्याण्डमा साहित्यिक वातावरण रहेको अनुभव गरें । तुलानात्मक रूपमा नेपाली साहित्य समाज न्यूजिल्याण्ड भन्दा आर्थिक हैसियत बलियो भएको गैह्र आवासीय नेपाली संघ र अन्य नेपाली समाजहरूले आफ्नै ठानेर आर्थिक भरथेग गर्ने हो भने भविष्य अभै सुन्दर देख्छु । यस बाहेक भूटानी नेपाली समुदायले पनि नेपाली साहित्य-संस्कृति क्षेत्रमा काम गरिरहेका छन् । नेपाली साहित्य समाज अक्ल्याण्डबाट बिस्तारित हुँदै न्यूजिल्याण्डभरि फैलियोस् । अहिलेलाई यही कामना गर्दछु ।

प्रश्न: नेपाली गीतकार वा सङ्गीतकारहरू सधैं छायाँमा नै परेका छन् । नीतिगत रूपमा औपचारिकता पूरा गरे जस्तो देखिए पनि लेखकप्रति सम्मानको संस्कृति विकसित हुन सकेको देखिँदैन । यो समस्याको हल पत्ता लगाउन हामीले सकेनौं कि जानेनौं?

उत्तर: अन्तराष्ट्रिय रुपमा गरेको संभौताको आभारमा नेपालमा प्रतिलिपि अधिकार ऐन छ र यसले सर्जकलाई “नाम” र “दाम” पाउने अधिकारको प्रत्याभूति दिएको छ । फेरि पनि अवस्था तपाईंले भन्नु भएजस्तो दिक्क लाग्दो नै छ । गीत अनि संगीतको सन्दर्भमा गीतकार र संगीतकार सर्जक हुन् र आफ्नो सिर्जनामाथि आफ्नो जीवनभर र मरेपछि ५० वर्षसम्म पनि उनीहरूको अधिकार रहन्छ । तर “परफर्मिड आर्टिष्ट” को रुपमा रहेका गायक-गायिका नै सबैतिर हाबी भएको अवस्था छ । यसका लागि ऐन कार्यन्वयनका सन्दर्भमा सरकार वा राज्यको उदासिनता एकातिर खड्कन्छ भने अर्कोतिर “मिडियाले” यो मर्मलाई आत्मसात नगरेको कारण पनि परिस्थिति सुधिन नसकेको हो । रोयल्टी संकलन समाज त छ तर त्यसको क्रियाकलाप सन्तोषजनक छैन । फेरि पनि आशा राखौं (भएको कानूनको कार्यान्वयन सँगसँगै यस्तो गुनासो गर्ने अवस्थाको अन्त्य हुनेछ । स्रोताहरूले गीतकार र संगीतकारको खोजी गर्न थाल्नु भयो भने पनि यो विकृति फाटेर जानेछ । पर्दा अगाडि आउनेले पर्दा पछाडि बसेका गीतकार अनि संगीतकारको योगदानको सम्मान गर्न सिक्नु पर्नेछ ।

प्रश्न: तपाईंका साथै गीतहरू चर्चित छन् । ती मध्ये स्वर सम्राट नारायण गोपालले पनि मन पराउनु भएको “यो सम्झने मन छु म बिसूँ कसोरी ?” पनि एक हो र यो गीत नसुन्ने नेपाली बिरलै होलान् । यसको सिर्जना पछाडिको सम्झना वा सन्दर्भ बारे केही भनि दिनुहुन्छ कि ?

उत्तर: यो गीत मैले २०४० सालमा लेखेको हुँ । कलेजमा प्रणय (पिरती) मा परेका साथीहरू बीच यदाकदा त्यो सम्बन्ध खल्बलिएपछि “मलाई बिसिंदेऊ” भनेको कुरा सुनिन्थ्यो । त्यस कुरा सुन्दा कसरी बिसन सकिएला भन्ने मलाई लाग्थ्यो । त्यही पृष्ठभूमिमा मैले यो गीत लेखेको हुँ । २०४१ सालमा म जागिरको सिलसिलामा बैतडी खटिएँ । बैतडी जानु अघि नारायणगोपाल दाइलाई भेट्दाँ “राम्रो गीत लेखेपछि पठाइदेऊ है” भन्नुभएको थियो । त्यसैले यो गीत मैले हुलाकबाट २०४१ सालमा नारायण दाइलाई पठाएँ । पछि २०४३ सालतिर दाइले गीत चाहियो भन्नु भयो । मैले हुलाकबाट एउटा गीत पठाएको सम्झाएँ । दाइले, “ए! त्यसो भए मसँग हुनुपर्छ” भन्नुभयो । बीचमा सम्पर्क भएन । पछि थाहा पाएँ- यो गीत रेकर्ड भएछ । २०४४ सालमा प्रकाशनमा आएको नारायणगोपालको “ गीति यात्रा” (भाग एक) मा यो गीत पहिलो पटक संग्रहित भएको हो ।

प्रश्न: “निधारमा लर्काएर सप्तरङ्गी टीका” बोलको गीत नबजिकन कुनै नेपालीको घरआगनमा तिहार नै आउँदैन । यस्तो कालजयी गीत सृजना गर्दाका क्षणको सम्झना बताइदिनुस् न !

उत्तर: यो गीत २०४६ सालमा निर्मित ठूलो पर्दाको नेपाली कथानक चलचित्र “विजय-पराजय”का लागि मैले लेखेको हुँ । ठूलो पर्दाको चलचित्रका लागि लेखेको यो नै मेरो पहिलो गीत हो । शम्भुजित बाँस्कोटाको संगीतमा हेमलताले यो गीत गाउनु भएको हो । चलचित्रमा “सिच्युएसन” विचारेर यो गीत लेखेको भए पनि तिहारको सांस्कृतिक पक्षलाई उजागर गर्नुपर्छ भन्ने गीत लेख्ने अवस्थामा यो गीतको सृजना भएको हो । संगीत गर्दा पनि म साथमै थिएँ । छलफल गरेरै संगीत सृजना गर्नुभएको हो शम्भुजित बाँस्कोटाले । राजेन्द्र सलभ चलचित्र निर्देशक हुनुहुन्थ्यो ।

खुसी लाग्छ, यसैपाली पनि मलाई विभिन्न देशहरूबाट ५ र ७ वटा भिडियो प्राप्त भएथ्यो र ती भिडियाहरूमा के देखिन्थ्यो वा सुनिन्थ्यो भने (पृष्ठभूमिमा यो गीत “प्ले “ गरेर दिदी-बहिनीहरूले दाजु-भाइलाई तिहारको टीको लगाइरहनुभएको थियो । श्रोता वा दर्शकले दिनुभएको यो मायाका लागि आभारी छु ।

प्रश्न: सेवा निवृत्त जीवन बिताई रहनु भएको छ, भविष्यका लागि सृजनाका कस्ता योजनाहरू बुन्नु भएको छ?

उत्तर: पढ्ने, लेख्ने, साहित्यिक एवं सांगीतिक कार्यक्रममा सहभागी हुने र पारिवारिक जीवन बिताउने सोच छ । अरु त खासै केही छैन । कविता र गीत लेखिरहेकै छु । बस् ।

प्रश्न: सुस्वास्थ्य तथा सुखद पारिवारिक, सामाजिक एवं साहित्यिक जीवनका लागि शुभकामना व्यक्त गर्दै अन्त्यमा सोध्न छुटेका वा तपाईंको मनमा लागेका केही कुराहरू बताइदिनुहुन्छ कि ?

उत्तर: हार्दिक धन्यवाद । गत जनवरी २०२० मा न्यूजिल्याण्ड पुग्दा न्यूजिल्याण्डबासी नेपाली दाजुभाइ तथा दिदीबहिनीहरूबाट पाएको स्नेह सदैव सम्झिरहनेछु । सञ्जय भाइ, तपाईंप्रति त आभारी छैँछु । तपाईंमार्फत सबैमा धन्यवाद ज्ञापन गर्दछु । साहित्य-संगीतको क्षेत्रमा तपाईंहरूले गरिरहनुभएको प्रयाश प्रशंसनीय छ । मबाट हुन सक्ने सहयोगका लागि प्रतिवद्धता पनि व्यक्त गर्दछु । अझ के भन्नु? फेरि पनि धन्यवाद नै भन्छु ।



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कथा

चिडिमर

सुलभ भारती

तिमीले कहिले सुगा पालेका छौ ? पिजडा भित्र आफ्ना खुम्चिएर लत्रेका पखेटाहरूका सुदै गरे का नसाका नदिहरूमा, स्वाशको कमीले छट्ट पटाइरहेका भुरा सिद्धेहरू जस्तै उकुस मुकुस लट्पट्टिरहेका प्वाँखको पखाई भोगेका छौ ?

उसो त मैले पनि भोगेको छैन तर महसुस गर्न सक्छु । मेरो शैशव काल धनी थियो, लड्डुको नैवेद्य थियो, पेडाको दिन हुन्थ्यो । मेरो गोजीमा अटस-मटस गुच्चा हुन्थे । त्यो गुच्चाको भारले मेरो तन्कने इंजार भएको सुरुवाल लतार्थ्यो । एउटा हातले सुरुवाल समात्थ्यो अर्को हातमा गुलेली, सट्ट सिगान तान्थ्यो फेरि निस्कन्थ्यो, सट्ट सिगान तान्थ्यो फेरि निस्कन्थ्यो । मेरो नाकको प्वाल हुँदै दुइ धर्कै रातो छाला पाछिएको हुन्थ्यो । मेरो भोटोको दाहिने हात कट्कटिएको हुन्थ्यो । म फोहोरी म ढट्टुवा, म बदमाश म अट्टेरी ।

त्यो दिन समय प्रतिकूल थियो । नैवेद्यको भन्दा कुरा मीठोको थियो । मेरो हातमा पहिलो पटक गुलेली परेको थियो । न मैले त्यो भन्दा पहिले कहिले गुलेली खेलेको थिएँ न कुनै बचेरा रुवाएको थिएँ । मिमिरे बिहानीका शीतका थोपाहरूले भिजाएका काउली र बन्दाका बोटहरू पनि लाथ्यो यसै फल्दा रहेछन ।

मैले यति खेरसम्म धेरै भंगेरा, धेरै धोबी धेरै फिस्टे उडाइसकेको थिएँ । मलाई यस्तो लाग्न थालिसकेको थियो कि मैले कहिले नितिन दाइ जस्तो चरा भर्न सकिदैन । नितिन दाइको ताक ताकमा चोट हुन्थ्यो । ऊ बर्केनाको बोटमा बाज ताक्ने साधक । उसको पनि मेरै हाल भएको हुनु पर्छ । उसलाई पनि मर्मले पछारेर रुवाएको हुनु पर्छ । ऊ पनि रिसाएको हुन सक्छ ।

मैले अकस्मात फुलेका काउलीहरू माझ एउटा भंगेरालाई देखे । त्यो भंगेरा आफ्नो थुनोने माटोमा आफ्नो आहारा कोतर्दै थियो । मैले नितिन दाइले जस्तै गुलेली तन्काएँ, आँखा चिम्लेर निसाना फेकें । भुक्क आवाज आयो पुक्लुक्क के लड्यो । म दौडिएर त्यहाँ गएँ । मेरो मट्टु धड्धड गदैँथ्यो । मेरो करुणा आँसुको भेल बन्दै गयो । त्यो भंगेरा बाँच्छ कि जस्तै गदैँ सास तान्दैथ्यो, तान्दैथ्यो, रोकियो । मै ले जोडले त्यसलाई हल्लाउँदै ब्युझाउन खोजें । यो के भयो ? मैले आफ्नो बलले भ्याएसम्म जोड्जोडले त्यसलाई कैयौं चोटी आकाशमा हुयाइदिएँ । उ त्यसै गरी कयौं चोटी जमिनमै झर्‍यो ।

यो मैले के गरे ? यो मैले के गरे ? हुन सक्छ यदि दुःखपूर्ण घटनाले मलाई जीवनको यो खेल र वास्तविकताको अनुभूति गरायो ।

“मलाई आत्मसात गर्न गाह्रो थियो, तर रिसाउन सजिलो र मैले त्यो परिस्थितिलाई जितिदिने” तर भावको भुमरिमा रिसलाई एक क्षण भुलेर भए पनि एउटा सानो खाल्टो खनेर त्यो भंगेरालाई त्यहि पुरि दिएँ । मेरो बाल मस्तिष्कले त्यतिखेर के सोच्यो मलाई थाहा छैन । अहिले दशकौं बितिसक्यो । म चिडिमर मैले कयौं शिकार खेलें, तर त्यो भंगेराको याद मलाई अझै आइ रहन्छ । मेरो आँखामा त्यसको अनुनयी अनुहार अझै पनि गढेको छ । मैले त्यसलाई पुरि दिएँ आफ्नो निश्चल भावनालाई बली दिएँ । म मेरो जीवनको अन्तिम क्षणमा त्यसलाई अवश्य सम्झने छु ।

Jokes



There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

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Table Tennis

Under 15

Winner: Sourav Dhungel

1st runner up: Divyanshu Khadka

2nd runner up: Manit KC

Sourav Dhungel - 1st in Table Tennis U15

Third time in a row

Mens Double:

Winner: Dave Khadka / Sushant Lama

Runner up: Bikash Thapa / Sourav Dhungel

Men:

Winner: Kiran Oli

1st runner up: Susant Lama

2nd runner up: Sourav Dhungel

Badminton:

Under 15:

Winner: Sourav Dhungel

1st runner up: Manit KC

2nd runner up: Dave Khadka

Sourav Dhungel - 1st in Badminton Single U15 -

Third time in a row

Women: Single

Winner: Sushila Bhattarai

1st runner up: Prachi Roy Saru

Men: Single

Winner: Shaurya Bhattarai

1st runner up: Suwesh Ranjitkar

Dipendra KC - 1st in Badminton Doubles - Third time in a row

Double:

Winner: Dipendra KC / Ranjan Pant

1st runner up: Balaram Khanal / Shaurya Bhattarai

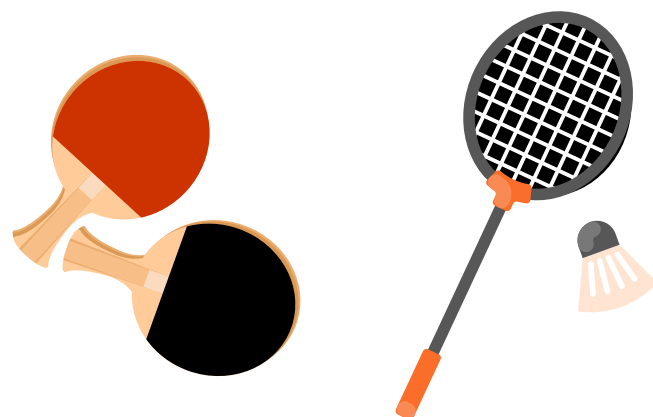
Shaurya Bhattarai - 1st in Badminton Single - Third time in a row

Chess:

Under 15

Winner: Sourav Dhungel

1st runner up: Pratyush Khatiwada



Adult:

Winner: Sourav Dhungel

1st runner up: Pratyush Khatiwada

Carrom Board:

Under 15:

Winner: Aaron Shrestha / Manit KC

1st runner up:

Dave Khadka / Sagar Dhakal

Manit KC - 1st in Carrom Board Double U15 - Third time in a row

Women:

Winner: Hashina Shrestha / Priyangu Dhungel

1st runner up: Mina Paudel / Bibha Shrestha

Men:

Winner: Bhim Bahadur Kami / Rokesh Maskey

1st runner up: Bhup Narayan GM / Indu Shrestha

Futsal:

Adult:

Winner: Nepal United (Christchurch)

1st runner up: Gurkha FC

2nd runner up: FC Khukuri

Fair play award: Sherpa FC (Wellington)

Achievements

Congratualations



Roshan Khadka,

Completed PhD in chemistry from the University of Auckland. His PhD research on "**Development of novel biosensor device using insects smell receptors**" produced several awards, patents and high impact papers in renowned scientific journals. Currently he is working as a Postdoctoral Scientist at the New Zealand Institute for Plant & Food Research Limited.



Aaron Bhuju

Congratulations to Aaron Bhuju for his achievements in the Head Of Harbour Rowing Regatta at Lake Pupuke in the North Shore.

His achievements were as follows:

- 1st in U15 Quad
- 1st in U18 Novice Quad
- 2nd in U15 Octuple Sculls



Ujwal Bastakoti

PhD - Environmental Science
Auckland University of Technology
Auckland, New Zealand



Wedding Bells 2019-2020 Congratualations Mr & Mrs



❀ Rojina Bashyat & Graham

❀ Ankita Poudyal & Sahil Khan

❀ Darshan Pradhan & Kavya Shrestha

❀ Poonam Thaguna & Kaushal Joshi



Sourav Dhungel

My American Holiday

January 2020

The wait was finally over. Three months of waiting and it was finally time. It was 4am, we were awake and ready to go. The flight from Auckland to Brisbane was short but I couldn't imagine how bored I would be for 13 hours from Brisbane to Los Angeles. But as we got on the plane to L.A, my problem had found a solution; a screen.

Transit in L.A.

Landing in L.A we had no time to waste, my mum, my sister and I went straight to the passport check. After waiting in line for about half an hour for the digital passport scan, we waited another half hour for the physical check. Then we picked up our bags and waited in yet another line to get to customs. After all that, finally, it was time to go to the gate. Almost immediately after arriving at the gate, it was time for take-off.

Settling In

It felt like no time until we arrived in Austin (probably because I was asleep). Hopping off the plane, we were so happy to finally be at our final destination. In Austin we were staying at my uncle's house (mama-ghar) in Round Rock. A large part of my mum's side of the family lives in Austin. My grandparents, my uncle and aunty, my two younger cousin sisters and younger cousin brothers; who happen to be twins. Unfortunately, my dad had to come a week later because of work. Over the next week, we took a few walks to the park, went shopping a few times and just got to catch

up with my massive family in Austin. Walking around there were so many little, everyday things that I found really cool -like yellow school buses', fire hydrants and squirrels- because I'd only ever seen them in T.V. shows.

Exploring Texas

It was finally the weekend, road trip time! We got up early on Saturday morning ready to head to Dallas - a three-hour drive from home - to explore some more of Texas.

First place we went was to visit more relatives, then we went to downtown Dallas, spent a few hours there. We went to the place you have to go to in Dallas, Pioneer Plaza. Where there was an enormous group of longhorns (A breed of cattle) which you could climb and take pictures with. After that we were back on our way home. That weekend we were going to an outlet mall, but not just any outlet mall. It was San Marcos, with more than 240 stores and taking up a monster 93000 square meters. Obviously, we didn't get to all of the stores, but we bought lots of clothes. It was another week until we did anything particularly interesting. On Friday my dad arrived. We showed him around.

Then the next morning it was straight back to road trips! This time we were going to Houston. The one and only place we went to in Houston was NASA. One of the main attractions of this Houston Space Centre was the Apollo Control Room, where the famous Apollo 11 -that landed on the moon- was controlled. Another big part of the space centre was the Orion Training facility. This was where new, younger astronauts got trained to go into space.

After the long ride home, I was straight in bed. Only two more days until our next big trip.

Orlando, Florida

Our flight was early in the morning again so we had to wake up early. There wasn't much to do at the airport, just get through security and get on the plane. The flight was only like two hours which didn't feel like much after having been on a plane for so long on the way here. Landing in Orlando, we called an uber and went to Icon Park. There was a Ferris Wheel, there were restaurants, it was really cool.

Then we went to Ripley's Believe it Or Not. A museum for strange and unusual things, people, animals and much more. Like we say a scale model of the tallest man ever, standing at 8' 11", that 2.71 meters.

After a sleep at the hotel we were ready for Disney World, Magic Kingdom. We had a fast pass which meant we could skip certain lines for certain rides which was really useful. By far my favourite ride was Space Mountain. It felt like you were actually going through space. It was awesome. Then it was time for 'Happily Ever After' the firework show that we had all been waiting for. It was magical. There were so many movie references so many fireworks and so many people.

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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 !!!

When we got back to the hotel, I was straight to bed, ready for Universal Studios the next day. I was so excited, there were so many massive roller coasters and my sister and I went on all of them. But there was one in particular that I thought was the best. It was called Hollywood Rip Ride Rockit. You got to choose a song to listen to as you drop straight down 51 meters! 167 feet! It was crazy. One sleep later we were in the airport on our way back to Austin.

Arriving back in Texas, there was one major place left to visit... San Antonio. Famous for the San Antonio Riverwalk it was a must for the whole family. At night, the lights dangling

from the trees light up the entire city, creating a rich atmosphere. We took a boat ride through the river and got a chance to see the countless shops and restaurants. After seeing it all, we sat down to eat at the Riverwalk's first Mexican restaurant. Then with a full stomach, I dragged myself to the car and napped through the car ride home. It was only a couple of days until it was back to Auckland.

Stuck in Brisbane

The flight from Austin to L.A. and L.A. to Brisbane were fine but the flight back home to Auckland was the problem. We arrived in Brisbane at around 6 am and we were prepared for a four-hour transit. Then, when it came time to take off, there was a problem. There was something wrong with the plane and it couldn't be fixed. On top of that Auckland's runway had unscheduled maintenance which delayed our flight until 11:30 pm. The airline gave us a hotel to stay in for the day. After sleeping the day, we had dinner and we were back at the airport. We arrived in Auckland at about 5:45 am. I was so looking forward for my first day of year 8, I went to school that morning, 3 hours after landing at Auckland.

My American holiday had come to an end, and I couldn't have asked for anything more. I got to meet my family, explore Texas, and Florida and got to go to two of the most spectacular theme parks. Best holiday ever!

The art of procrastination



Lennart Pant

Procrastination was a pretty rare thing back in the day when people worked hard to get their job done on time but nowadays it's different. In the 21st century, kids are different, they are not as hard working as the older generations. They are mostly distracted by the technologies and other facilities around them, for example youtube, netflix and social media etc. Procrastination is when you have something due like an assignment for the school and the due date is let's say next Friday and today is Wednesday a week before, then most of the old

generation student would have finished it as soon as possible, but procrastinators see they have a bunch of time and would not finish the work and just do other things and get distracted. They will not do the work until one or two days before the due date (or if you're a real legend when the teacher is collecting it in). Adults never procrastinate because they have a different mindset, and would not be distracted like kids easily.

Procrastination is a very annoying feature to have. For example how I'm writing this article one day before I have to give this in. It's not fun because I have many other things I want to do but I'm stuck here doing this, which sucks. In reality, procrastination is not a good habit. It's like eating chocolate, but it's not chocolate. So to cut it short procrastination is a weird thing to have, it started to develop when lots of technologies like smart phones started to come out. Now kids are doing their homework at unreasonable times like a period before the class the homework is due. So I recommend before you look at that notification on Instagram you think twice of what you are about to do.

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Bartabandha

Divyanshu Dave Khadka



Bratabandh is usually done by Nepalese males of the Hindu culture to confirm they are of age to take on ethical responsibility like being able to take family responsibility, get married etc. During the Bratabandh ceremony, different types of sacred rituals are performed, each of which symbolizes different things.

On the 27th of January, I was fortunate enough to participate in my very own Bratabandh ceremony; the whole experience was enlightening and unique. The day before my Bratabandh was when the actual first of the rituals began, my face and hair was painted with a mixture of turmeric and yoghurt then my hair was tied in little knots with some strings. Lastly, I slept wearing a yellow headband on my head (which itched quite a lot) ready for the events that were going to take place the following morning.

I woke up the next morning excited and anxious for my



Bratabandh ceremony. The ceremony started with my hair being shaved off; this represented the cleansing from my old way of living, then I took a shower to clean my body and changed into a clothing piece called a dhoti. The first time I saw my head, I surprisingly liked it, it felt peculiar to touch, but it was kind of pleasant.

The ceremony was about eight and a half hours long mostly filled with the pandit reciting prayers and performing various rituals with my family and me. It was quite interesting to see the pandits doing all sorts of stuff, but by the end of it, my family and I were all hungry. The pandits performed all the rituals and prayers under something called a Jaggya, the Jaggya was made with four corners which consisted of bamboo sticks stuck into the ground and decorations like streamers and other cultural things were put around it, the middle of the Jaggya had an Agnikunda and around it was everything the pandits needed to complete the ceremony.





One of the most essential rituals/part of the Bratabandh ceremony was the janai; the janai is made out of three strands (folded in half) of cotton string which symbolizes purity of thought, words and actions. Upon receiving my janai the pandit recited a particular mantra to me which only the pandit and I are allowed to know. The pandit also gave me something called a Rudraksha mala which was made from 108 beads and said I needed to recite the mantra 108 times (one time for every bead) each morning for at least three weeks



so that I would remember the mantra for life.

After receiving my Janai, I changed into a bright orange piece of clothing called a mekhla and had to go around asking all the guests present for vikshya. They would mostly give me uncooked rice, fruits and other things. My uncles walked behind me carrying a basket where all the vikshya would go and by the end of it we had changed the basket four times because it got so full.

After I went around asking everyone for vikshya, I changed into my traditional Nepalese outfit called Daura-Suruwal. And with this, the long ceremony finally came to an end.

My Bratabandh experience had been quite an adventure, I wasn't sure what I was doing half the time, but it still was very memorable. The preparations for this ceremony took a tremendous amount of time, we had to get bamboo trees, banana leaves, make red umbrellas, make the Jaggya and that's not even half the list. But the Bratabandh ceremony only happens once in your life, so I'm lucky to have had such a successful one. Still, I'm proud to say that I am now officially a man, with a bold as head of course.

Word List

Bratabandh	Sacred thread ceremony.
Dhoti	Loose piece of clothing wrapped around lower part of body.
Pandit	Priest.
Jaggya	Place where rituals are done.
Agnikunda	Fireplace located in the middle of the jaggya.
Janai	Thread made from 6 cotton strings.
Rudraksha	Seed used in prayer beads in Hinduism.
Mekhla	Bright orange loose clothing.
Vikshhya	Donation.
Daura-Suruwal	Traditional Nepalese clothing for males.



Now Showing in the Haunted Cinema

Pratyush Khatiwada

The three friends take off down the red hallway. With each step, another kernel of popped corn bounces out of the bags they grip every so tightly. They run past the flashing lights of the movie ads, showing only a bunch of horror movies. The three boys' footsteps sound like a crowd's, their excited voices are repeated by ghosts that aren't there.

The friends duck into a rather empty cinema, which is as cold as ice, the only other people sharing their circumstances being an obese man in his middle years and an elderly woman. Down the steps the boys run, tempting the stairs to catch their feet. They slide into one of the rows and take the seats right in the middle. As they wait for the lights to dim and the screen to awaken from its sleep, the boys goof around spilling popcorn everywhere. They really haven't the slightest idea of what a scene is about to unfold.

Eventually, the movie starts. The three boys are full of excitement as they get ready to watch their first ever horror film. As they settle into their seats, stuffing

popcorn into their mouths, they feel a sense of fear that hangs in the air. Assuring themselves that it was just part of the cinema, they clutch the armrests and continue watching. But with every minute that ticks by, the cinema hall seems to get colder. And colder. And colder. It feels like there are a thousand ghosts that surround them. Screaming. Their voices shrill, their eyes maniacal.

Creeped out, the boys try to make a run for the exit, but as they turn the corner for the door, a clown steps in front of them. Its hysterical grin provokes screams as the three kids turn on their heels and run for the fire exit.

Suddenly, everything calms down. The only sound they hear is the shallow breathing of each other. As one of the boys grabs for the doorknob of the fire exit, a ghost white hand appears out of the shadows and grabs his wrist. Screams. A man steps out of the darkness. Deathly pale skin, long fingernails, pitch-black hair and fangs. More screams.

The three kids run out towards the screen in utter and total panic.

In the cinema hall stands a clown, a vampire and a dozen ghosts. Exact replicas from the movie. On the screen, all the characters have disappeared. The obese man, who had been watching the film alongside the boys was nowhere to be seen and the elderly lady's face had morphed into one of a devilish demon. Screams fill the air and a cold gust of wind blows from nowhere.

By now, the kids are going mad. There's nowhere to run, nowhere to hide, from the fiendish monsters that surround them. Unnatural, illogical beings that had only existed in stories until now, right in front of their very own eyes.

The cinema hall seems to enlarge as the monsters advance. They feel small and weak in front of the villains' towering forms. Just as they feel like it's the end, the world starts to spin. Spinning and turning, it goes black.

The three friends wake up to meet the red carpet of the cinema staring back at them. They get up in haste, remembering what had happened. It was dark, all the lights were off. The entrance was closed and locked for the night. The only way to get out was the fire exit inside the cinema hall...



Meditation

Mani KC

Happiness, Strength, success, relaxation, and wisdom are the things that meditation provides you. The power of meditation is unlimited because it helps you to know yourself and be more grounded and if you know yourself no one can stop you from achieving your goals.

Now, let me define meditation - it is an extreme form of concentration of the mind on one thing and detaching yourself from the outside world. It is an ancient practice that helps you to eliminate jealousy, aversion, and clinginess.

Now let me explain why meditation is good for us and its impact on our lives and our surroundings and how it can be life-changing. It calms and refreshes your mind and body and improves

your concentration. Also, it gives more energy to our body cells and helps to heal any kind of wounds faster. Additionally, it also helps to decrease anxiety, develop intuition, and improves emotional stability.

Now you know what meditation is and its advantages. There are different types of medication techniques. However, I will briefly explain the meditation technique that I am familiar with called vipassana. It is an ancient technique of meditation, which was introduced by Gautam Buddha 2500 years ago. Today it is widely practiced all over the world. This meditation technique helps you to observe your body sensations objectively and more equanimous, which makes you calmer and composed.

Interesting facts about meditation

500 million people do meditation in the world
 95 percent of anger is reduced by practicing Meditation
 Meditation reduces your chances of having cancer by 55 percent
 69 percent get better marks in studies by doing meditation

All in all, by practicing meditation your mind becomes sharper and you can reflect on your daily activities in a better way. Moreover, when you are happy you can bring happiness in your family which in turn helps to make a positive contribution to society.

Jokes



Teacher: "Kids, what does the chicken give you?"

Student: "Meat!"

Teacher: "Very good! Now what does the pig give you?"

Student: "Bacon!"

Teacher: "Great! And what does the fat cow give you?"

Student: "Homework!"

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face

About Bowel Cancer

Nirmal Rimal MBBS, MMed, PhD



The rates of non-communicable diseases which include cancer, heart disease, stroke, diabetes and chronic respiratory conditions are increasing rapidly world-wide.

Cancer is the second leading cause of death globally, and is responsible for an estimated 9.6 million deaths in 2018. Globally, about 1 in 6 deaths is due to cancer.

What is cancer? Cancer is a generic term for a large group of diseases that can affect any part of the body. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs, the latter process is referred to as metastasizing. Metastases are a major cause of death from cancer.

Let us know about one of the common cancers, "Bowel Cancer", also known as colorectal cancer or colon cancer – is any cancer that affects the colon (large bowel) and rectum (back passage).

Colorectal cancer is the third most common cancer worldwide. The incidence is higher in Western industrialized countries. Although the incidence of colorectal cancer in adult age 50 years or older is declining largely due to screening colonoscopy, the incidence among young adults (age 20-49 years) has increased over



the last few decades.

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. Around 3000 New Zealanders are diagnosed with bowel cancer every year and more than 1200 die from it. There may be no warning signs that bowel cancer is developing.

Bowel cancer is quite common and some of the symptoms may be quite vague. It is very important to catch it early. This way, it can be treated successfully.

Common signs and symptoms of bowel cancer may include:

.Blood in your bowel motion, which is bleeding from your bottom and /or blood in your stool which may be seen in the pan or toilet paper

A change in your bowel habit that continues for several weeks (lasting for 3 weeks).This may be going to the toilet more often than usual, having loose motion and diarrhoea. Others experience constipation-unusual hard stool and a feeling that your bowel doesn't empty completely.

Extensive tiredness for no obvious reason e.g. falling behind friends when you go for a walk. Any excessive unexplainable tiredness could be early symptom of bowel cancer. If there is unexplained weight loss more than 5kg over 2-3 months, then it is a matter of concern to see your doctor.

Another common symptom is a pain or lump in your tummy experienced over 2-3 weeks. If you experience lump in your tummy with no obvious reason for the first time, then consider seeing your doctor.

Unexplained weight loss. Losing weight in a short period of time and there is no obvious reason.

Any of these early signs or conditions or combination of these conditions need medical attention. These signs and symptoms may not be serious and are often caused by other conditions, it is important to get them checked by your doctor to exclude serious cause.

What are the risk factors: Bowel cancer is seen more frequently in people with risk factors such as: age >50 years, physical inactivity, obesity, diet with increased red meat and decreased fiber, personal history of polyps and, inflammatory bowel diseases. .Bowel cancer is also seen more frequently in people

with hereditary syndromes such as Lynch syndrome and familial adenomatous polyposis (FAP)

Diagnosis is based on clinical presentation: the most common symptoms include blood in stool, abdominal pain, change in bowel habits, and obstruction. Patient can rarely present with perforation, peritonitis, and fever. Any unexplained iron deficiency anemia should be evaluated with upper and lower endoscopy to evaluate for a gastro-intestinal tract cancer. Colorectal carcinomas are also identified through screening colonoscopy.

Diagnostic testing which are helpful to reach a diagnosis are:

- A thorough family history must be obtained to rule out a hereditary cancer syndrome especially in younger (<50yrs) patients
- Diagnosis is typically made through colonoscopy with biopsy
- CT scan of abdomen and pelvis
- Additional studies include blood test for serum carcinoembryonic antigen (CEA) levels

Treatment: People who are diagnosed with bowel cancer, and receive treatment when it is at an early stage, have a 90 percent chance of long term survival. If there is a delay in diagnosis and treatment and the cancer becomes more advanced, then it is difficult to cure. If the disease is localized, it will be treated with surgical resection with or without adjuvant chemotherapy. If the disease is advanced like unresectable metastatic disease, then it is treated with combination palliative chemotherapy

National Bowel Screening Programme:

The free national bowel screening programme (NBSP) is for men and women aged 60-74. It saves lives by detecting bowel cancer early, when it can often be successfully treated. This is important as there may be no warning signs that bowel cancer is developing. Early detection benefits patients and their families and reduce treatment costs.

In bowel screening, eligible people will be offered a screening test called a faecal immunochemical test (FIT), to check tiny traces of blood in their bowel motion. The presence of blood can be an early warning sign that something is wrong with their bowel. A positive test means that a certain amount of blood was found in the sample and the participant will be offered a diagnostic test, usually a colonoscopy, to determine why the blood is present. Blood in a bowel motion doesn't necessarily mean someone has bowel cancer. Small amounts of blood are most commonly caused by minor conditions such as hemorrhoids (piles).

What is colonoscopy? A colonoscopy is the most common test used to check the bowel. It involves a specially trained doctor/health professional putting a thin tube into the anus to inspect the entire length of the large bowel. The tube has a very small camera to the end. If polyps are found they will usually be removed and sent to a laboratory for testing. Removing polyps is generally painless. Colonoscopy will usually detect significant polyps and at least 95 out of 100 cancers.

Is colonoscopy risky? Colonoscopy is considered a safe procedure with few risks and is generally straightforward for most people. However, there is a very small risk that the

colonoscopy procedure itself, or removal of polyp, will cause serious bleeding or damage to the bowel and further treatment may be required.

What can I do to reduce my risk of bowel cancer?

Although the exact causes of bowel cancer are still uncertain, lifestyle factors may contribute to the development of bowel cancer. You may lower your risk by making healthy lifestyle choices:

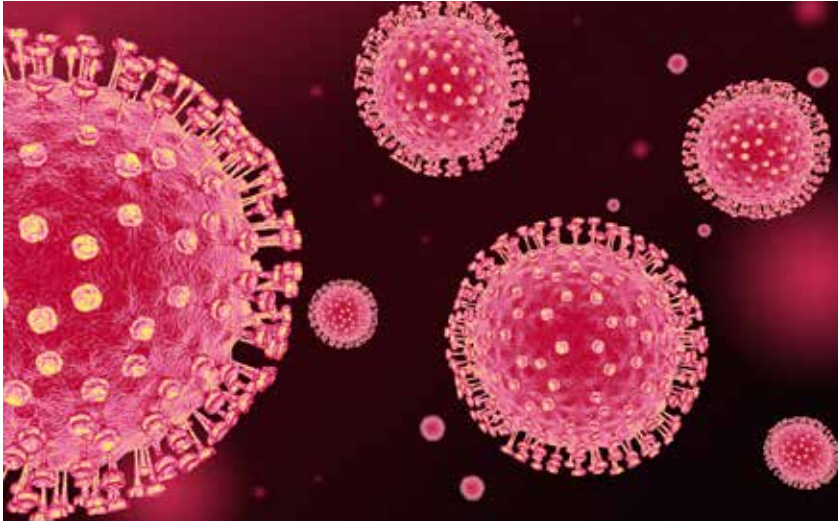
Here are some healthy lifestyle advices for reducing your risk of bowel cancer and other non communicable diseases (NCD)

- Maintain a healthy body weight
- Be physically active for at least 30 mins on most days of the week
- Eat plenty of vegetables and fruits.
- Choose wholemeal and wholegrain breads, cereals or grain products
- Choose food low in salt, sugar and fat
- If drinking alcohol, do so in moderation
- Be smoke free-get help from your GP or Quitline (0800778778) can help if needed
- Seek and participate in health screening programme

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Novel Coronavirus (2019-nCoV)



*Dr. Apurwa Shrestha,
MBBS*

Coronaviruses (CoV) are a large family of viruses that cause diseases ranging from common cold to more serious diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (2019-nCoV) is the latest coronavirus strain discovered. The 2019–20 coronavirus outbreak is an ongoing outbreak of coronavirus disease 2019 (COVID-19) that has spread to multiple regions of the world[1]. It is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) virus, and this first case of pneumonia of unknown origin was identified in Wuhan, Hubei province, China in early December 2019[2]. The pathogen has been identified as a novel enveloped RNA beta-coronavirus. The patients with the infection were reported in hospitals as well as in family settings. Recently the World Health Organization (WHO) declared coronavirus disease 2019(Covid-19) an international public health emergency. Public health responses have included travel restrictions, quarantines,

about travel to regions where the disease occurs, including New Zealand, the United States, Canada and the United Kingdom.

As of 29 February 2020, more than 86,000 cases in 64 territories were confirmed, of which 8,000 were classified as serious. At least 2900 deaths have been linked to the epidemic, with more than 100 deaths in other countries mostly in mainland China. More than 39,000 infected cases were recuperated. There is a very high risk of it spreading further. Several countries have begun to enforce their safeguards and screening for travelers coming from Wuhan City. Imported cases of Chinese patient transported from Thailand, Japan, Singapore, Vietnam, France, the United States and other countries were registered. Many cases had access to a large market for seafood and animals in Wuhan (Huanan Seafood Wholesale Market)[4].

The primary mode of transmission is human-to-human transmission via respiratory droplets that are formed when people exhale (such as coughing or sneezing). The virus passes primarily from one person to another through respiratory droplets produced during coughing or sneezing (similar to influenza) from the airways. Such droplets, like tables, telephones and chairs, fall on surfaces[5, 6]. People can catch the coronavirus if they touch a virus-contaminated surface, and then touch their eyes, nose, or mouth [7-9]. Usually, the estimated time-frame between exposure and onset of symptoms is two to fourteen days (2 weeks), with symptoms that may include fever, cough, and difficulty breathing[4, 10]. A person is considered at risk of COVID-19, if they have travelled within the previous fourteen days to an area with ongoing community transmission or have had close contact with an infected person. Initially, most infected people showed clinical symptoms, often described as flu-like symptoms such as fever, coughing, difficulty breathing, fatigue and myalgia. Additional development may result in severe pneumonia, acute respiratory distress, sepsis, septic shock, and death. Some of those infected may be asymptomatic and returning test results that confirm infection but do not show clinical symptoms[1, 6]. Individuals who have close contact with confirmed infected patients should also be closely monitored and tested to rule out infection. There is currently

no vaccine or specific antiviral treatment, however ongoing research is underway. The purpose of the interventions is to manage symptoms and supportive therapy.

Several test protocols for SARS-CoV-2 have been published by WHO. Reliable laboratory diagnosis is among the key goals for facilitating public health interventions. Testing uses real time reverse transcription polymerase chain reaction (RT-PCR). Signs of pneumonia that precede confirmed SARS-CoV-2 by RT-PCR. It is commonly used in acute respiratory infection for the identification of causative viruses from respiratory secretions or blood. In general, results are available in a few hours to days[3]. Imaging reports of viral pneumonias are varied and correlate with other infectious and inflammatory lung diseases. Viruses in the same viral family share a similar pathogenesis; therefore, in immunocompetent patients, CT may help to identify distinguishing patterns and features. An alternative diagnostic approach is based on clinical presentation such as searching for COVID-19 visual signature patterns in lung CT scans[8]. Chest CT is a key component of the diagnostic work-up for suspected infected patients. Ground-glass opacities are found in most patients, and consolidation in some of them is observed[2]. As new cases are identified, other pulmonary CT imaging manifestation in this patient population can arise as potential points of discernment. There's no specific antiviral treatment for COVID-19. COVID-19 people should receive medical care to help relieve symptoms. Treatment for severe cases should include treatment to maintain vital organ's functions. People who think they could have been exposed to COVID-19 will immediately contact their healthcare provider.

The 2019-nCoV is an emerging pathogen which is a reportable disease of category I that should be identified immediately by necessity. Since 2019-nCoV prevention vaccine (COVID-19) currently does not exist, the best way to prevent disease is to avoid exposure to that virus. To reduce the likelihood of becoming infected, health organizations recommend preventive measures that include keeping a distance from sick people; frequently washing your hands with soap and water for at least 20 seconds, especially after going to the toilet; before eating; and after blowing your nose, coughing or sneezing; not touching your eyes, nose or mouth with unwashed hands; practising good respiratory hygiene and monitoring and self-isolation for two weeks, if a person is suspected of having contracted the disease[5]. Coronavirus-borne droplets only stay in the air for a short time. They can stay viable and contagious on a metal, glass or plastic surface for up to nine days at room temperature. Disinfection of surfaces is possible with substances such as 62–71% ethanol applied for one minute. Those who may have already been infected are advised to stay at home except for medical care, contact a health care provider before visiting, wear a face mask (especially in public), cover coughs and sneezes with a tissue, wash hands frequently with soap and water, and avoid sharing household items with others. Contact tracing is an effective tool for health authorities to identify the source and avoid further transmission of an infection. Nose rinsing, mouthwash gargling and garlic eating are not useful. It is advised that individuals who may be infected wear a surgical mask. Face masks can limit the volume and traveling distance of dispersed expiratory droplets when talking, sneezing, and coughing[4]. Place the mask carefully to cover the mouth and nose and make sure that there are no gaps between the mask and your face. Remove the mask from behind (do not touch the front of the mask); immediately dump it in a closed bin; clean hands with alcohol-based hand rub or soap and water. It is better to wear respirators at least as protective as NIOSH-certified N95 masks. No specific antiviral medication is available, although development efforts are under way. Attempts to alleviate the symptoms may include taking

regular cold medicines, drinking water, and rest. It may require oxygen therapy, intravenous fluids, and breathing assistance, depending on the severity of the disease[9]. To control this current outbreak of Novel Coronavirus (2019-nCoV), worldwide public health programs are currently updating and evolving on a daily basis. Our safety, that is our precautions and preventions are in our hand. Stay safe, stay protected and let us fight against this novel coronavirus (2019-nCoV) with unity.

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*Dr. Arati Ranabhat Pandey
GP, Auckland*

Women Health: Let's talk about Hormones

“ **Hormones are often referred as ‘chemical messengers’ of the body, released from the source organ to guide other bodily systems to function on specific manners** ”

The maternal instinct as nature intended is a blessing for women, it has given the caring, kind and loving intuition which defines what a mother is. Over the life time a female goes through various roles as we always hear- daughter, sister, wife, mother and grandmother, so does body's hormones.

Hormones are often referred as ‘chemical messengers’ of the body, released from the source organ to guide other bodily systems to function on specific manners. There is always a very fine balance which maintains the optimal health and wellbeing. In this article, we will observe this delicate balance in age specific timeline and explore the effects in its dysfunction.

Menarche

With the increase in various hormones in the body mainly- Estrogen and Progesterone, a young girl may start to have periods, this is known as Menarche, which often occurs between the age of 9 years to

15 years; various factors including genetic, environmental, lifestyle etc can be attributed. It would be advisable to seek medical attention, if occurs earlier or later than this age.

Menstruation

Once established the periods are usually considered normal if it occurs at regular intervals between 21 days to 35 days and last between 2 days and 7 days. There are some important conditions as outlined below, which are common and may cause significant disruption to daily activities, thus knowledge of managing these may be beneficial in avoiding pain, poor health or worries.

1. Premenstrual syndrome-

Also known as premenstrual tension often presents with physical and psychological symptoms- moodiness, irritability, headaches, abdominal bloating, and sore breasts etc. few days prior to menstruation and improves after the onset of periods. These could be managed with good lifestyle modifications- healthy diet, good hydration, exercise and if required vitamin B6 (pyridoxine).

More severe form known as PMMD (premenstrual dysphoric disorder) can be distressing, hence, a medical advice should be sought and often an antidepressant medication may provide some benefit.

2. Dysmenorrhoea / Painful Periods-

This is very common in younger people up to the age of 20, often due to anovulatory cycles and presence of high prostaglandin levels, these may have dull aching to severe cramping pain. Understanding these are normal part of the cycle and adopting a healthy lifestyle may be help to manage these, if required then taking simple analgesics like paracetamol or ibuprofen

would help, Vitamin B1 (Thiamine) has some evidence as well; however, if severe enough a stronger anti-inflammatory medicine that counteract the effects of prostaglandins or hormone-pill prescribed by your doctor may be required.

If the period pain starts for the first time, after 3-4 years of relatively pain-free cycles, then a medical advice is recommended.

3. Midcycle pain-

Occasionally, young females may experience pain around midcycle, which may be mild or in some cases require medical attention to rule out other causes of abdominal pain, these are caused by ovulation and if simple pain killers do not help, often a medical advice should be sought.

4. Oligomenorrhoea and Amenorrhoea-

The periods which occur once in 6 weeks to 6 months is known as oligomenorrhoea, if this is absent for more than 6 months and pregnancy has been ruled out, it is known as Amenorrhoea.

Either of the above conditions needs a medical evaluation to look in to potential causes. Other factors that may be associated are- low body weight, poor food intake/eating disorder, stress, excessive exercise etc.

5. Menorrhagia-

This refers to heavy bleeding and also too frequent periods, this can cause significant poor quality of life, low iron and blood count resulting in tiredness and various other ailment. Commonly hormones are implicated and thus a medical evaluation is recommended, treating with hormone-pill is initial approach and if indicated further assessment is done by your doctor.

Menopause

Over the years the main hormones responsible for maintaining period and reproductive health decline, the cessation of the periods for over 1 year is known as menopause. The age this occurs varies between individuals usually around 45 to 55 years, which is influenced by probably genetic, environmental, lifestyle factors. In addition, the changes do occur months or years before actual menopause, this period is often termed as perimenopause where various menstrual irregularities occur as discussed above.

The common symptoms of menopause include the following:

- Period changes such as light or heavy periods with irregular cycles.
- Hot flushes, these are sensation of heat, usually face and neck or may involve whole body, this can be mild and intermittent to distressing. These are often accompanied by sweating, palpitations, headaches, sleep problems etc. These can start many years prior and may continue even after period ends.
- Psychological and emotional issues such as irritability, mood changes, tiredness, anxiety and depression may occur.
- Genital changes due to low estrogen hormone may lead to dryness, recurrent infections including urinary tract infections.
- Bone thinning and risk of osteoporosis increases as estrogen is often protective against bones.

Nevertheless, it is important to understand this is a natural process that females go through. However, the severity of symptoms varies from one to another, for some it may be hardly noticeable but for others it can be severe and distressing.

Adopting a healthy lifestyle with good diet, regular exercises, stress management and relaxation, avoiding alcohol, drugs and smoking, is often helpful in managing some of these symptoms. Moreover, some natural therapy such as black cohosh containing preparations, evening primrose oil capsules has been used with variable results.

If these symptoms are severe and causes significant disruption to daily life then consider a medical review. Based on individual situation your doctor may recommend HRT (Hormone Replacement therapy), which are probably the most effective therapy, however, risks and benefits should be clearly weighed and have a clear plan on duration of use and monitoring.

The hormones play a vital role in health and wellbeing, this dynamic process determines a different stages of life, different physical and emotional changes that occur, hence, it is important for women to understand and feel confident about their health and equally important for her family to understand these changes. This is what nature intended and there should be no shame, stigma or taboo for these entirely normal occurrence in ones lifetime.

Author is a General Practitioner in Auckland with special interest in female, children's health and appearance medicine.

The Success of Nepalese Community-led Wellbeing Project 2019: An Overview

The World Health Organisation's concept of health is holistic that encompasses mental, physical, social, emotional and spiritual wellbeing. Lifestyle changes due to resettlement in a new country can impact on health and wellbeing of minority migrant population. Some of the key concerns among Asian populations in New Zealand include high prevalence of diabetes, hypertension, and cardiovascular diseases. Nepalese population is increasing in New Zealand. However, it appears that no study has been conducted specifically to explore the



Dr Jagamaya Shrestha-Ranjit
Ms Muna Dhakal
Ms Sabita Bhandari
Ms Sushma Phuyal

perspectives of Nepalese in regards to maintaining their health and wellbeing in New Zealand. The purpose of this project was to examine feasibility for a community-led project to develop and implement a culturally and linguistically effective health promotion programme for minority Asian migrant community in New Zealand. This project was supported by Auckland University of Technology, the Faculty of Health and Environmental Sciences Research Development Fund 2019.

This project was co-designed, implemented and evaluated in partnership with:

Community Wellbeing Research Team	Community Wellbeing Advisory Group	Community Wellbeing Research Participants
<ul style="list-style-type: none"> - Two academics from Auckland University of Technology (AUT). - Three research team members from Nepalese community, who were employed by AUT for the duration of this project. 	<p>Eight members</p> <ul style="list-style-type: none"> - Two representatives (one male & one female) from each of the four main Nepalese community organisations in Auckland. 	<p>Stage I 30 Nepalese women</p> <p>Stage II 21 Nepalese women</p>

This feasibility project focused on co-design and implementation of a socio-culturally and linguistically appropriate group exercise programme for promoting health and wellbeing of Nepalese women living in the Auckland region. This community-based participatory project focused on a strength model rather than a deficit model. Hence, it explored and drew on existing human and

material resources within Nepalese community when possible for sustainability of the programme. For example, three research team members from Nepali community were employed to facilitate the research process including the group exercise sessions. Similarly, many Nepalese community members volunteered to support this project activities.

This project was conducted in two stages. In the first stage, four focus group discussions were carried out with 30 Nepalese women aged 19–68 years. The aim of the focus group discussions was to hear Nepalese women's voice (their views and perspectives) in regards to design and implementation of a group exercise programme that could promote their health and wellbeing. Based on the common findings of the group discussions, a group exercise programmes was co-designed in partnership with Nepalese community members. In the stage



This project aligns with the actions areas and the strategies of the Ottawa Charter for Health Promotion, which defines health promotion as the process of enabling people to increase control over, and to improve their health.



This project supports the current New Zealand Health Strategy, which has greater focus on engaging people in order to better understand their health needs and to co-design health services to address those needs.

Project Timeline

Project Activities	Duration	May – November 2019							
	Month	May	June	July	Aug	Sept	Oct	Nov	Dec
Community consultation meeting									
Ethics approval for stage I									
Focus group discussions									
Project co-design workshop									
Co-design of a group exercise programme									
Ethics approval for stage II									
Implementation of exercise programme									
Ethics approval for project evaluation									
Evaluation of the project feasibility									
Dissemination of the project findings									

two of this study, the group exercise programme was implemented for eight weeks (24 days) and then evaluated for its feasibility. 21 Nepalese women aged 24–66 years participated in the group exercise programme. The exercise package included singing, dancing/Zumba in Nepali songs, walking, yoga, meditation, information sharing/health education sessions, and socialisation activities.

The group exercise programme found to be feasible and effective in promoting overall wellbeing of Nepalese women. Some of the highlights of this project are, Nepalese community support and encouragement to continue the programme; Nepalese women's willingness to take ownership/leadership and to self-fund for the continuation of the wellbeing programme; strengths of community wellbeing research team; and expansion of Nepalese women's

wellbeing network. The findings of this project form basis for future strategies to co-design and implementation of culture-specific community-based and community-led programmes that could contribute to promote health and wellbeing among ethnically minority communities in New Zealand.

Rotary HOSPICE NEPAL

A FAIRFIELD ROTARY CLUB PROJECT



Overview

Hospice Nepal grew out of the vision of four friends in the year 2000. The friends hired four beds in a local hospital, and each sponsored and paid for a patient and the cost of their bed. After a short time, the number of beds increased to six owing to the demand. Eventually, the friends leased a small building to continue their work. Today, it is a leading hospice and palliative care centre in Nepal, which allows terminally ill patients to die with dignity.



Hospice Nepal's goal is to provide patients at the end of their lives, their family members and other significant people with state-of-the-art palliative care and supportive services 24 hours a day, seven days a week, both at home and in a facility-based setting. A clinically directed interdisciplinary team consisting of patients, families, professionals and volunteers to provide physical, social, spiritual and emotional care for the patients;

- Throughout the duration of the disease;
- Mainly in the last stages of an illness;
- During the dying process; and
- At the bereavement period.

Dealing with dying and death is hard on hospice staff. Since opening their nine-bed facility, Hospice Nepal has seen roughly a hundred deaths a year. "It's difficult, no matter how hard we care, we can't save our patients. It's not like other medical fields, where you get to see them get better and leave," says Sanu Maiya Rana, the head nurse at Hospice Nepal.

The Challenge

Funding is always a challenge. Hospice Nepal runs on public donations, and one may say, the smell of an oily rag, charging only for medication and oxygen if patients can afford it. If they cannot, then treatment is provided to the patients at no cost.

However, by the time most patients arrive at Hospice Nepal they have usually exhausted all of their financial resources on chemotherapy and other forms of treatments and medications.

The Need

Hospice Nepal desperately needs a new building, it needs more beds, and facilities for pediatric care for children, as none currently exist in Nepal. The Doctors, nursing staff and volunteers have struggled for many years and have achieved so much. Imagine, what could be achieved given better resources, access and support to more modern training facilities and equipment.

The Future

The aim in the future is to build a 24-bed hospice surrounded by a small garden where patients can take a walk and relax with nature. The ultimate goal is to make the patient and their relatives as comfortable as possible by medication for their physical comfort, and by providing for their spiritual and mental comfort in a peaceful, homelike atmosphere.

In the grounds of the hospice, we hope to build a small guesthouse for patient's relatives, so they too can live comfortably whilst taking care of their loved one. To meet the patients and relatives spiritual needs, we would like to provide a small meditation hall, temple and stupa.

Training Centre

The development of palliative care in Nepal was based on the recognition by a group of Nepali oncologists of a profound and unmet public health need, that of the symptomatic care of people living with advanced disease.

It has also become apparent that home-based care programs are very appropriate in the cultural, social, and economic environment of Nepal.

There are many people living in rural areas who would benefit from palliative care but lack access to these services. A program of education has recently been developed by the Nepal Palliative Care Group to train medical professionals and volunteers who will develop palliative care in regional and local centers.

The creation of a National Palliative Care Training Centre will consolidate these advances, making the benefits of these services more widely available to a greater number of people and communities. Progress in palliative care services and policies reflects the ongoing dedication and compassion of the medical professionals in the country toward improving quality of life for people living with advanced cancer and/or HIV/AIDS.

Hospice Nepal and the Nepal Palliative Care Group, and others are committed to working in collaboration, in particular with the government, toward building capacity, and sustainability.

This short overview of Hospice Nepal formed part of a presentation given to Fairfield Rotary by one of its members, Dr. Stuart Brown, a Rotarian and palliative care specialist based at the Waikato Hospital in Hamilton. At the end of his thought provoking presentation, we asked; "How can we make a difference"

The Fairfield Rotary club is now actively seeking the help and support of Rotary club in New Zealand to help create this much needed Hospice and Palliative Care Training Centre.

For further information please contact - nepal@xtra.co.nz or Telephone: +64 (0)21 328 084



Understanding of Healthcare System of New Zealand: Migrant's Aspect



JP Dr. Ramil Adhikari

The New Zealand (NZ) public healthcare system provides its citizen and permanent residents access to a free or heavily subsidised hospital care & emergency treatment. No doubt, to be able to access

public healthcare, expatriates need to have permanent residency status in New Zealand. Health and disability services in New Zealand are delivered by a wide network of organisations and people though it seems complex to understand. All of them have their role in working with others across the system to achieve better health for New Zealanders. There are several ways to access New Zealand's healthcare services, depending on what sort of help we need.

Healthcare System of New Zealand

Medical Emergency:

Approach to local hospital

Call Ambulance: Ambulance is either free or cost small amount depends on regional council.

For instance; Welling ton Ambulance service is free.

Non - Emergency:

Register yourself in your local medical centre

Contact GP (General Physician)

Medicine:

Prescribed Medicine:

Medical Doctor provides you prescription for medicine that you can use

Counter medicine:

Can take from Pharmacy by yourself for the medicine like everyday pain killers like as paracetamol.

We need to be aware in some condition or in some people, these type counter drugs can be harmful or fatal too.

Cost:

- If you are eligible, NZ government has provided a heavily subsidised or free health care service.
- Always get clear information before any appointment.

Other healthcare services:

When anyone suffers through the accident, Accident Compensation Corporation (ACC) will support for any treatment process which covers all residents, visitors, students & work- permit holders.

Insurance from Nepal or any other South Asian Country:

It is valid and the conditions are mentioned in the policy document. People need to read them carefully. Some issues had been raised in this matter for international students in the past. Thus, it is advised that you understand the conditions before you should use the insurance as need arises. Also, do not go after any myth and all we need a good explanation. In NZ, you won't be able to see medical specialist without GP referral. This is the contrast for our international students or visitors especially from South East Asia where specialist are available directly to the patient/ clients. Dental care is free in NZ for the children under 18 & Maternity service/ care is free for residents. It's our duty to ask for the eligibility of maternity care. Usually, the local district health board (DHB) is very good on communicating when you ask the query for the same. The child healthcare service provision from birth till 5 years is free and facilitated by Tamaraki Ora or Well Child.

New Zealand has excellent Health- line service which is free of cost for ant health advice through the telephone. Also, Ministry of Health (MOH) has diverse programmes for minimising or preventing the addiction like Alcohol, Drugs, Gambling etcetera and is mostly free service. The other alternatives of health care service like Ayurveda, herbal treatment are not under the coverage of standard healthcare service but Acupuncture is covered by Accident Compensation Corporation.

[Reference: Ministry of Health & Ministry of Business, Innovation & employment]

(JP Dr. Ramil Adhikari, Public Health Officer by profession, is also Co- Chair of Public Health Association - Wellington. He also serves as Justice of Peace and is president of The Nepalese Society of Wellington. His articles are published in Nepali, English and Dutch languages)



**A little fun
economics to lighten
up your day**

Wife to her Accountant husband:

what is inflation?

Husband: Earlier you were 36-24-36. But now you are 48-40-48.

Though you have everything bigger than before, your value has become less than before.

This is INFLATION .

Accountancy fact:

What is the difference between Liability & Asset?

A drunk friend is liability.

But, A drunk Girlfriend is an Asset.

Shingles - A painful ailment



Binod Bhaukajee*

“ **In New Zealand 1 in 3 New Zealanders experience this painful disease in their lifetime** ”

Overview

Shingles (also called herpes zoster) is a painful blistering skin rash caused by the same varicella-zoster virus as chickenpox. It can affect anyone who has previously had chickenpox. This virus lies inactive in nerve tissue near spinal cord and brain. They occur when virus becomes reactivated years later and is more common in older people (3) or during immunosuppression. In other words, the immune system holds the virus in check. The shingle virus is transmitted to another person by the fluid from blisters (3). Shingles is not life-threatening. Vaccine can prevent occurrence and minimise pain (2). In New Zealand shingles vaccine is funded for people who are 65 years old (4). Shingles is occasionally mistaken for a symptom of problems relating to the heart, lungs or kidneys. Moreover, shingles pain is experienced by some people even without developing the rash (6).

Signs and symptoms of shingles include three phases:

1. Unilateral pain, tingling, numbness, or burning for 2-3 days before the rash appears.

2. Red group of painful small fluid-filled patches appear forming stripes around the trunk, chest, and/or abdomen. They may erupt on the face, ears and around eyes and mouth.
3. In this third phase blisters break open in 10-15 days, where small dry ulcers are formed. They are itchy and may leave some discolouration.

The pain may last 3-5 weeks. Some people have fever, headache, sensitivity to light and fatigue. It will take approximately between two and six weeks to heal (1).

Risk factors

In New Zealand 1 in 3 New Zealanders experience this painful disease in their lifetime (4).

1. Persons of all ages can get shingles who have ever had chickenpox. However, it is very common in people older than 50.
2. Persons with immunosuppression due to chemotherapy, HIV infection, lymphoma, myeloma, leukaemia, radiotherapy, COPD, diabetes mellitus and certain other diseases (5).

Treatment options

1. Take anti-viral medications, pain killers and topical analgesics as prescribed by your doctor. These medications are very effective soon after the rash appears
2. Take adequate rest and eat healthy diet
3. Be careful of potential fall due to weakness
4. Applying cool washcloth to blisters to alleviate pain and dry the blisters
5. Go for light exercises like stretching or short walk. Stay stress free.
6. Avoid eating and drinking food and drink with a lot of sugar. Try to eat orange and yellow food, green leafy vegetables, dairy products, eggs and chicken (1).

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Nursing Management

1. Airborne and contact precautions are maintained until lesions are dry and crusted.
2. Educate patients with the understanding of the disease condition and treatment plan.
3. Administer anti-viral medication and analgesics as prescribed.
4. Ensure client does not feel any discomfort from the lesions.
5. Apply non-adherent dressing to cover the rash and keep it dry, if required.
6. Apply cold compression to relieve from itchiness (5).

Conclusions

Shingles is a viral infection. It is not potentially fatal. It can be treated with anti-viral medications and pain can be alleviated with pain killer and topical(ointment) medications.

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*BN (NZ), MBA (Nepal) & M.Sc. Adm. Sciences (Germany)



Pictures of Teej festival 2019



Pictures of various activities of NZNS 2019



Pictures of various activities of NZNS 2019



Supreme Business Award of The Year 2018



**Best Young Entrepreneur
of The Year Award**



**Raman Ranchhod
Commemoration Award**



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-
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Excellence in Strategy & Planning
Best Employer of Choice
Best Medium-sized Business
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-

CONTACT: 31 East Tamaki Road, Level 1 Papatoetoe, Auckland 2025

Tel: 09 279 9439, 02102417161

EMAIL: Raj: raj@legalassociates.co.nz | Ashima: ashima@legalassociates.co.nz

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