

सागत

SAUGAT



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Editorial

Observing festivals and other important events is one of the most important activities of New Zealand Nepal Society (NZNS). This is an attempt of NZNS that our community, particularly our upcoming generations remain well connected with our culture and roots. Thus such festivals push us to fulfil our responsibility to preserve our tradition and culture. NZNS wants our young and adults to cherish our cultural heritage. Every year the celebrations have become more attractive by including large number of Nepalese as well as members of other community. In recent years more and more international students from Nepal have come to New Zealand to pursue their academic excellence. They have become our large section of not only audience but also active participants in the programmes. This has enabled us to interact with them where we are able to learn recent development in the field of music, art and social life in Nepal. It was interesting to observe that many Nepalese international students were participants in elite dance and song competition held in Christmas and New Year programme in Auckland. Some of them even bagged significant prizes. Well done

and congratulations.

NZNS believes that celebrating any religious or other important events of national significance is a part of cultural celebration. Therefore, in Nepal we witness people other than Hindu celebrate Dashain-Tihar, Holi, Teej and many other festivals together with Hindus peacefully. There will be probably more than Buddhists celebrating Buddha Jayanti. Christmas has become an important part of Nepalese celebration. Particularly big cities are illuminated with lights. Many people are in party mood during Christmas irrespective of their religious faith. Nepalese thus maintain religious harmony in the society by considering days of religious significance as a celebration of rich tradition and cultural heritage. Many countries in the world which are gripped by religious conflicts can learn useful lessons from Nepal to bring back peace and harmony in their society. NZNS has also been attempting to introduce Nepalese in New Zealand as peace loving and tolerant people by celebrating many festivals in different occasions.

Happy New Year 2074.

Editorial Board



Binod Bhaukaji



Balaram Khanal



Rabin Bhuj

नयाँ वर्ष २०७४ को हार्दिक मंगलमय शुभकामना

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Acting President



Binod Bhaukajee
Secretary



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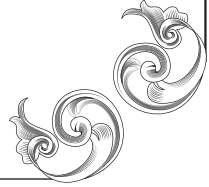
Message from Patron, NZNS

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 2024. Namaste!

Lady June Hillary

Patron

NZ Nepal Society, Auckland



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MESSAGE

On behalf of New Zealand Nepal Society I would like to wish all Nepalese living in New Zealand and overseas a Happy and Prosperous New Year 2074. I would also like to extend special thanks to you all who have contributed your valuable time, energy and resources to the society in order to organise all the wonderful events over the past years. Particularly, I would like to mention the Elite Talent Show which was held at Mount Albert War Memorial Hall in Auckland on 18th December 2016. It was a great success with your support. Thank you for your support by being there to encourage the participants. My great thanks goes to the sponsors who sponsored air tickets and accommodation for the winners. Teej, Dashain and Tihar celebrations were other main events which were celebrated successfully with members' support.

I also take this opportunity to thank Lion Foundation for supplying funds for office rentals, annual sports trophies, and a printer. Similarly, Mt. Wellington Foundation deserves sincere thanks for their grant towards Badminton Court hire. In addition I would like to thank newly established New Zealand Nepal Chamber of commerce, Eco Travel, Pradhan & Associates, Everest Dine, ANZ Lincoln and other respected business owners for sponsoring The Elite Talent Show. Thanks also goes to Mr Laxman Paudel for his sponsorship and effort of maintaining NZNS website. NZNS communication would have been incomplete without Mr Bishal Gauli's support to run NZNS website and updating email accounts. Many thanks to Mr. Gauli for his availability whenever NZNS needed him. Mr Dipendra KC had been instrumental to apply for and acquire fund from different charity organisations to support NZNS activities. Thanks for his initiative to do a difficult part of raising fund to smoothly run NZNS activities with much needed financial backings. The wonderful society members are the key to the success of NZNS. Nobody could imagine the successful implementation of NZNS activities without their direct or indirect involvement in its activities.

I thank the editorial board for their efforts to bring out Saugat volume 11.

Lastly, I would like to thank our Patron and Consular General, Lady June Hillary, for her constant and unwavering support.

Warmest regards to you all

Dinesh Khadka

Acting President
New Zealand Nepal Society Inc.



Message on the Occasion of the Nepalese New Year from Michael Wood MP

Namaste!

Warmest congratulations and best wishes on the occasion of the Nepalese New Year celebrations on 8 April 2017.

The ascent of Mount Everest on 29 May 1953 by Sir Edmund Hillary and Tenzing Norgay forever established a unique bond between the people of Nepal and New Zealand, resulting in close ties between the two countries on many levels – trade, tourism, academic and professional fields, and more.

The number of Nepalese living in New Zealand has steadily increased since that time, and there are now over 6,000 in Auckland alone.

I want to acknowledge especially today the work of the New Zealand Nepal Society.

Established as a non-profit organisation in 1995, with Sir Ed as its patron, the Society carries out a range of activities promoting the Nepalese traditions and culture in New Zealand, organising events to promote the well-being of its members, and working hard with other community groups to foster harmony and peace in New Zealand.

The Society in recent times has also made a strong contribution towards raising funds for the victims of natural disasters, and particularly towards the devastating earthquake which struck Nepal two years ago.

Good luck for your forthcoming 2074 New Year Celebrations! I look forward to seeing you on the 8th of April.



Michael Wood
MP for Mt Roskill
Labour Spokesperson for Ethnic Communities



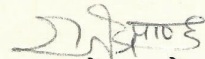
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शुभकामना सन्देश

न्यूजिल्याण्ड नेपाल समाज (New Zealand Nepal Society NZNS) ले नेपाली नयाँ वर्षको अवसर पारी “सौगात” प्रकाशनमा ल्याउन लागेको जानकारी पाउँदा म अत्यन्त हर्षित छु । यस्तो सराहनीय कार्यका लागि यस न्यूजिल्याण्ड नेपाल समाजका सम्पूर्ण पदाधिकारी तथा सहयोगी सहभागी सबै प्रति म हार्दिक आभार व्यक्त गर्न चाहन्छु ।

प्रथम सगरमाथा आरोही स्व. सर एडमण्ड हिलारीको संरक्षकत्वमा स्थापित यस न्यूजिल्याण्ड नेपाल समाज गैहनाफा मूलक संस्थाका रूपमा लामो समयदेखि दुई देश बीचको सम्बन्ध अझ मजबुत बनाउने कार्यमा क्रियाशील रहेको छ । समाजले वार्षिक रूपमा प्रकाशन गर्दै आएको ‘सौगात’ पत्रिकाले आफ्नो प्रकाशन मार्फत समुदायमा भएका विविध गतिविधीलाई समेट्नुका साथै विदेशी भूमीमा नेपाली भाषा, साहित्य, संस्कृति, नेपालीपन तथा पहिचानलाई जोगाइराख्न अत्यन्त महत्वपूर्ण योगदान दिएको छ ।

अन्त्यमा “सौगात” प्रकाशनका लागि न्यूजिल्याण्ड नेपाल समाजलाई हार्दिक धन्यवाद सहित आगामी दिनमा पनि नेपाल न्यूजिल्याण्ड बीच जनस्तरमा रहँदै आएको सम्बन्धलाई अझ प्रगाढ बनाउँदै लैजान निरन्तर सफलता मिलोस् भन्ने शुभकामना व्यक्त गर्न चाहन्छु ।


राजेन्द्र पाण्डे

कार्यवाहक राजदूत

Secretary's Report



Namaskar,

New Zealand Nepal Society (NZNS) would like to wish a happy, prosperous and peaceful New Year 2074 to all Nepalese living in New Zealand, Nepal and in every corner of the world.

NZNS is delighted to publish yet another brand new issue of Saugat volume 11. The articles included in it have covered various areas of our community. We hope you find the materials presented are useful and entertaining.

Annual Report

This is the first annual report of current NZNS executive committee (EC). This EC was formed in July 2016. Therefore, this report covers nine months. These nine months have been a milestone for our community to achieve an identity as proud Nepalese. NZNS

feels fortunate to have many dignitaries who attended its programmes. Those include politicians from local to national level, social workers, cultural activists and mountaineers. Consequently, introducing ourselves as the people of a country with rich culture and heritage. Moreover, NZNS has been successful to promote active participations of Nepalese and Nepalese organisations from all over New Zealand in its events. It is worth mentioning that this has disseminated our community an exceptionally positive message. NZNS is pleased to write that it has received very positive feedback from our community members in regards to how its activities are planned and carried out. All of its activities are driven by a theme "unity is strength". Nevertheless, we admit the fact that there were some areas where we could improve in future programmes. NZNS executive Committee

would like to apologise to everyone for the holes we left unsealed and it will be our priority not to let them happen again.

NZNS received resignations from its president Manohar Lal Shrestha and two of its members Laxman Shrestha and Prabha Upreti in January 2017 due to their personal circumstances. Their resignations were accepted by the executive committee (EC). The EC extended sincere thanks to them for their valuable contributions to NZNS in their short period of tenures. The EC decided to designate its vice president Dinesh Khadka as acting president and also the committee appointed Yugesh Sedhain and Darshan Pradhan as members.

Now, I would like to take this opportunity to present a brief report about NZNS activities.

1. Events

NZNS is an oldest organisation in New Zealand which commenced to celebrate various programmes on the occasion of different festivals and events. This tradition was continued by this current EC by celebrating Teej, Dashain and Tihar. New Year 2017 was celebrated a bit earlier last year together with Christmas. NZNS considered to celebrate these two auspicious occasions together simply because it wished to start something new and entertaining. Therefore, it held a Nepali Elite Dance and Song Competition. This marked the first ever in New Zealand where the participants were from all over New Zealand. NZNS believes this event had been very successful. A lot of requests had been received to organise similar events in the future. This event would not have been that successful without the sincere support of our community members. Most importantly the support of judges was praiseworthy. They deserve special thanks for being so efficient in their judgment that nobody raised a question about their impartiality. What a beautiful performance by our young performers. The audience were spellbound by their voice and dance steps. You all were the stars. Congratulations to the winners. Whoever were

not able to win- do not worry. More events are coming in the future. Keep practising. You will be the winners.

NZNS was very privileged to be able to welcome honourable Minister of Foreign Affairs Dr Prakash Saran Mahat in November 2016. The day occupies a special significance as the meeting was organised flawlessly in a short notice of the arrival of honourable minister to New Zealand. Similarly, this is the second time where NZNS was able to bring Nepalese in one platform together from different parts of New Zealand who belong to various organisations. This is another example of NZNS attempt to unite Nepalese and show our strength for the betterment of our community.

The participation by NZNS in the flag hoist ceremony held by Auckland Council provided us an opportunity to demonstrate our important place in New Zealand Society.

2. Annual sports event

The annual sport events were completed successfully in different venues. Thanks to umpires, whose

impartial judgment were crucial to boost the enthusiasm of the players. Also NZNS played a decisive role to support Khukuri Football Club and Tenzing Hillary Football tournament in Te Puke. Congratulations to the winners of the sport events.

Thank you.

Binod Bhaukajee
Secretary





Event Summary

ELITE TALENT SHOW 2016

Archana Shrestha

New Zealand Nepal Society Inc was proud to host the first ever Nepali singing and dancing competition – **“Elite Talent Show”** in New Zealand on 16th December 2016 at Mt. Albert War memorial Hall, Auckland together with the Christmas and New Years celebration. This event was organised with an aim to recognise and provide exposure of the Nepalese talents and bring highly motivated, dedicated and talented artists from various parts of New Zealand together in one platform.

We had a total of 16 contestants from Auckland, Tauranga, Hamilton, Rotorua, Te Puke and Matamata. The contestants were from various age groups, the youngest to compete was a 12 yr. old young girl from Matamata. There were 8 dances and 8 songs altogether competing for the top three position in each category followed by 4 guest performances. All four guests' performances were amazing – added cherry on the top to the evening. All performances were unique encompassing various traditional and modern styles. All of our exclusive dancers and singers did extremely well. They were all fabulous and full of energy. The event was attended by over 350 audiences.

The competition was judged by panel of 3 independent judges. Mr. Ashish Ramakrishan, Mrs Bidya Teke and Ms. Natasha Bali. A splendid

performance given by one of the judges Ms Bali was a befitting end to the show.

The winners in Dancing And Singing Category simultaneously. MS Sadikshya Malla and Saran Chettri walked away with tickets and accommodation for 2 to Queenstown, 1st Runner up Ramila Thapa & Tashi Lama walked away with tickets and accommodation for 2 to Christchurch and 2nd runner up Alisha Poudel & Rajan Gurung won \$200.00 each.

We are very gratified to the sponsors ECO Travels, NZ Nepal Chamber of Commerce, Pradhan and Associates, ANZ Lincoln, Everest Dine and of course MYNTV Australia for giving us an opportunity to live broadcast the entire event through Facebook. Over 5000 viewers have watched the show online. Also thanks goes to PaknSave Beauty Care Henderson for spot Prizes. The event would not have been a success without all of your support and we wish this will continue to grow for our future events.

This was just **“THE BEGINNING....”** as NZNS hopes to provide a forum for cultural exchange among different generation of Nepalese spread around New Zealand by making this an annual event.

We can not wait for our next competition end of this year.





Statement of Intent

Jyoti Aryal

This piece of travel writing aims to provide a glimpse of Kathmandu Valley and hopes to encourage the readers to explore and experience the mystical city of beautiful chaos.

Despite living in this land for years and knowing every street, every corner, returning back home feels like going on an unprepared adventure. Excitement and nervousness are neighbouring me and it feels beautiful. The flight attendant announces, "we have 45 minutes to land in Kathmandu, Nepal." The stiffness in my entire body from the 13 hours ride in the disagreeable seat is forgotten. The look on the traveller's face styles from a monotonous to a gleeful one. It leaves me with contentment that these outlanders are delighted on the idea of being in close proximity with my spirited Motherland, utterly foreign of the pupil-dilating experience they soon will be bestowed with in my chaotically alluring land.

The fluorescent sun blazes against my window. However, I leave the curtain half-open as the current of excitement is too prodigious, even the blinding luminance of the sun leaves me with comfort of home. Gradually, the diaphanous yet fierce cloud beats the glaring sun, thoroughly reminding me of my hometown's exquisite imperfections. The medieval pagoda temples, mysterious hidden kingdoms and artistic heritage. Century old dome-shaped stupa monuments and peaceful uplifting monasteries crowned with golden spire and painted all-seeing eyes of Buddha. Pigeons galore all over the city. Multistory brick houses ornamented with elaborately carved wooden door and windows, which has its own story to tell. Hundreds of shrines, large and small, hidden by overflowing marigold flowers. Hobbit-sized craft shops filled with hand-made religious statues, paintings and jewellery. All of these unite to make my hometown spellbinding.

As the plane leaves the cloud, Mother Goddess 'Sagarmatha' reveals herself. Halo-white, adorned with tiaras of powdery snow on her heaven-touching apex and a smile as wide as a hope. She soars lordly. My heart pounds out of sync and stutters for a moment. Her grace captivates everyone as we watch breathlessly, soaked in her spirited beauty. The scorching sun shines on the majestic mountain peaks but the mighty abode of Trimurti doesn't

surrender to the gigantic nuclear furnace, reminding me of the fierce resolve of Nepali. I see my people in the firm mountains; strong and still, with much love, warmth and dignity. Woven from hundreds of flowers, we remain as one garland, carrying the pride of Gurkhas and the knowledge of peace shone upon us by Gautam Buddha. We remain indivisible and immovable like the mountain, preserving Motherland's sovereignty. Sagarmatha has inherited her soothing yet striking nature to Nepali.

We descend from the Himalayas to the Kathmandu Valley. The dizzyingly high, lush green hills of the Valley nestles beneath the barren, snow-capped Himalayas. The spiritual sense this celestial city possesses is enchanting. The clashing and tinkling of the bells. Religious chorals by the faithful.

The smoke of daily prayer fire hanging over the city. The spinning of the prayer wheels. The sweet fragrance of burning butter lamp mixed with incense and marigold flowers that scents the entire city. Striking street arts revealing ancient culture of Nepal. Huge and ponderous chariot carrying images of gods and goddess. Locals following the chariot, dancing intoxicatedly. Festivals celebrating the victory of Mother Durga over forces of evil. As the city lightens up purely with lamps and lanterns, locals whirl to celebrate the shakti of Mother Durga. With its mystical culture and spirit much intoxicating, Kathmandu remains a world apart.

In this glorious land, happiness soars from the children's laughter playing under trees with pebbles and mud, utterly unknown of the materialistic world. It radiates from the warmth and hospitality of the locals. It lies in the unyielding faith and strength in brotherhood. This celestial city has more temples than houses, more gods and goddesses than the people that live here and more festivals than the days in the year. It drapes a shawl of nature's unending wealth and carries a melting pot of diverse races, numerous languages and religions. As long as one is here, this city will impart both paradisaical and exasperating experience, so the best thing one can do is to surrender to the beautiful chaos of this exhausting yet magically exhilarating city.





सङ्कट

दिनेश अधिकारी

शरीर मात्रै मेरो हो
जीवन त मैले
अरुहरुबाटै प्राप्त गरेको छु !

उभिन्छु – माटोमा
र, माटोमै हात जोतेर
आफूलाई पाल्दै आएको छु
नसामा छु –प्रवाहित पानी
म पानीकै अमृत पिउँछु
र, आफूलाई तन्दुरुस्त बनाउँछु
घाँटी मात्रै छ मसँग
बतासको सास फेर्छु
र, बताससँगै सुसेली काड्दै रमाउँछु
म माथि टाँगिएको छ नीलो आकाश
आकाशको छातीमा
सपनाका बुट्टेदार चङ्गाहरु उडाउँछु
उज्यालो त
सधैंको उत्सव हो मेरोलागि

उज्यालोले नुहाउँछु
र, मनभरि उज्यालितै
किरण भएर
आफूलाई सबैतिर फिजाउँछु

तर उफ
मलाई जीवन दिनेहरु
जताततै
सङ्कटमा छन् यसवेला !

मान्छेलाई माया गर्छु भन्दै
ए, संसार हाँकिरहेका मान्छेहरु !
के तिमीलाई थाहा छ –
धेरै दिन भयो
यही पीडाले म
न हाँस्न सकेको छु न निदाउँछु !

dhadhikari@gmail.com

(श्री अधिकारी मदन पुरस्कार विजेता प्रशिद्ध गीतकार हुनुहुन्छ)

गजल

नदुखेको कपाल नदुखाए'नि हुन्थ्यो
बेकार मा सवाल नउठाए'नि हुन्थ्यो
जाँदा जाँदै पनि मेरो यो दिल तोडी
सम्झनाको रूमाल नपठाए'नि हुन्थ्यो
थिएँ संतुष्ट म तरकारीको झोल मै
रहरको यो दाल नपकाए'नि हुन्थ्यो

खोज्न तिम्ले यो मुलुकको निकास
बिदेशी दलाल नझिकाए'नि हुन्थ्यो
नदुखेको कपाल नदुखाए'नि हुन्थ्यो
बेकारमा सवाल नउठाए'नि हुन्थ्यो ।

- ज्ञानुवाकर पौडेल

(श्री पौडेल प्रशिद्ध गजलकार हुनुहुन्छ)

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हुरी बतास आइ सक्यो,
आउन अब बाँकी के छ ?
फुर्सद मा लुटेउ सबै,
सगरमाथा बाँकी के छ??

भोको पेट लिएर,
भोको भन्दै बिदेशमा,
नेपाल लुट्ने सोसकहरु,
बताउ लुट्ने बाँकी के छ ??

अन्धकार मा मुछिएको,
नेपालका पिडाहरु,
उज्यालो मा बस्नेहरु,
अन्धकार मा बाँकी के छ ???

स्वर्ग जस्तो मेरो देश,
पलै पलै परि सक्यो,
अब के छ फुटाउन,
सगरमाथा भन्दा के छ??

मत एउटा नेपाली हुं,
नेपाल सोची बाची राखु,
बिदेशिन परेपनि,
स्वच्छ नेपाल सोची राखु,
सगरमाथा जस्तो सोची राखु!!!!!!



कोहि हैकु

पशुपति कर्माचार्य

देश डुब्दैछ
अनैतिक नग्नता
गरीबी काल

हंग सरकार
कहिलेसम्म होला
खरीद बिक्री

बर्षाको याम
बादलको गर्जन
भ्यागुता हांसो

यो गणतन्त्र
हा हा मै बित्यो दिन
खतरा घन्टी

प्रदेश खाका
जिल्लाको विभाजन
गलामा पासो

विदेशी भूमि
दिन रात बेचैन
चेली चित्कार

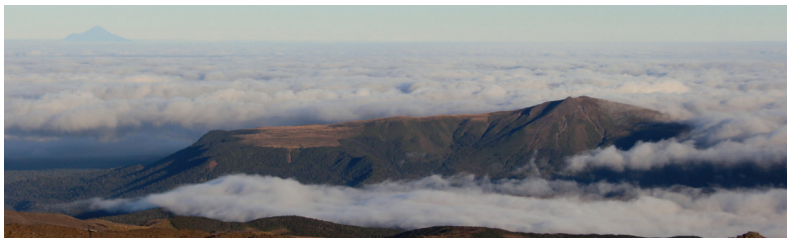
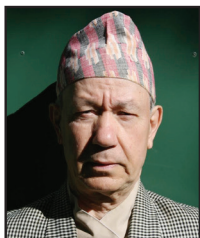
सूर्य चन्द्रको
काख मुनि बसेकी
हारेकी रानी

लेंदुपहरु
छ्यास्छ्यास्ति देशमा
नमक हराम

फूल र कांडा
सत्य र असत्यको
मिठो संगम

म प्रेम गर्छु
शालीन मृत्युलाइ
परखेर थाकेँ

एसियामा है
शक्तिको वायुयान
बिस्तारै सदैँ



Walking to Mt Hauhungatahi

Dr. Mahendra Giri

Back in January 1997 I went to Whakapapa for a week's holiday with a group of people having common interest in conservation. Some were connected with Green Peace, some with Forest and Bird Society and some were naturalists on their own right.

The lodge of Forest and Bird Society was booked for the group of seven people in multiple bunked rooms which were reasonably comfortable. The lodge is conveniently located in Whakapapa area with easy access to shopping, restaurants and other amenities at a walking distance. The location is on Rehua Place off Bruce Road but is only about three km from Iwikau village where the ski field begins.

On Jan 8th Wednesday, after getting through shower and breakfast I talked with my companions about the day's venture. Programme was to do an explorative walk to Mt Hauhungatahi. I decided to participate and accompany Nick, Jan and her husband Peter on this walk. The walk would take approximately 5/6 hours. This area is not normally visited by common tourists but we were interested to check out the environment surrounding it. Nick offered to drive up to Erua station near State High Way 4 from where the walking trail to our destination started.

Hauhungatahi (1521 m/ 4990 ft) is an eroded volcano, located 7 miles west of Mt Ruapehu and it is one of the oldest volcanoes of North Island (Picture 1), much older than Mt Ruapehu itself. It lies in the south western part of Tongariro National Park. It covers an area of 8,498 hectares (33 sq mi) has been managed as a Wilderness Area since 1966.

We followed the old trail from the west side starting near Erua Station. Continuing on remnants of an old trail through relatively thick bush about 20 minute's gentle descend we had to cross a stream and several boggy areas within the bush. Everyone else crossed the stream with boots on but I had to take my boots and socks off because I could not keep going with wet boots on my leg. That would have given me leg

pain later. Thereafter, relatively steep ascend started through the bush, scrub, flax and tree ferns among several other overgrown shrubs and trees, then a short steep climb to reach the bush line at about 1,200 metres to the edge where the bush ends and scrubby and Tussock grass began. This length of walk took about an hour.

Slightly easier walk continued eastward to the true summit but took more than one hour, longer than it appeared in the beginning. On the way, the ground cover is dominated by red tussock and mountain daisy here and there which limited the process of soil erosion to some extent. Other vegetation seen in the bush is listed by other members of the team to report scientifically later. There are a few references about the vegetation of the area if searched. As we walked toward the summit we could see the stunning views all around us. The summit is a relaxing place with cool air and provides panoramic views of neighbouring peaks throughout the park including Ruapehu, Ngauruhoe and Tongariro and as far as Mt Taranaki in the far west on a clear day.

As all members slowly gathered at the summit each one found place to rest. We had some chit-chat while having light lunch we had carried with us. We looked around and took photos. Then it was time to get back.

Returning through the gentle slope was not bad and took less than an hour up to the edge from where the track descended through the bush and finally after crossing the stream in about half an hour we were back at the car park. Then from there it was only 20 minutes drive to our lodge at Whakapapa.

This was an amazing walk to see and feel nature and natural beauty of portion of Central North Island. There were no visitors other than our team at that time. Therefore we were free to enjoy serenity of environment and walk on. It was such a rewarding experience of walking and exploring flora and fauna of an area in the middle of North Island where people seldom visit.

Dear Sister

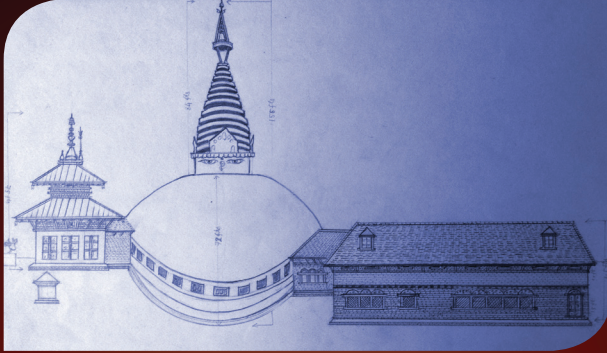


Richa Thapa

Making someone happy must be a work of art
and I believe I am no artist
I don't paint, I don't make people laugh
Mine is completely different from how your heart is
the one thing you'd rather me do
are the things I'm running from and to,
So here's a poem of gratitude
with a hope to bring a smile on you.

Unusual it is to wonder,
how I'm always the one needing your back
Unnatural it is to wonder,
how there are so many things that you don't but I lack
Time and again,
I get stuck between hope and doubt
Time and again,
I get lost and obscured into the crowd
time and again, time and again
You've prayed with me and for me
and for that I'm forever indebted to you
so if my tomorrow shows an inspired and aspired being
know this that being is all that you've related me to
but I'll never learn to love selflessly the way you do
even though you are here,
and I'm well guided,

I'll hold my resentments for the world
in the hopes we'll very well hide it
I didn't see the light
I didn't see beyond my sore sight
I couldn't seem to reconcile,
I couldn't really help but contemplate
and when it seemed such a waste
to even take a breath
you climbed my heights, conquered my fears
took my hands and shouldered my tears.
So I'll say it out loud when I can
without the kind of your instincts,
without the kind of your plan
I'm so unknown of what to and not to say
even though I want to but I can't despise you,
the more I try, the more I become your portrait,
more like you
so for all the better things you're off to
and you are wilfully teaching me too
I know, it seems hard sometimes
but you won't give up on me,
For I'll grow, continuing to make mistakes,
but I promise I won't stop learning.
For I'll show, you being you has taught me
Self-esteem is true life earning.



चक्र परमहंस योग सेवा न्यूजिल्याण्ड परिवार
नव बर्ष २०७४ 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 ।



विद्युतिय पुस्तकालय र आजको आवश्यकता

चक्र बहादुर थापा

नेपालमा परम्परागत संस्कृत शिक्षा संचालनमा हुँदाहुँदै २००७ साल सम्म शिक्षामा सिमित व्यक्तिको मात्र पहुँच पुगेको थियो । जब नेपालमा प्रजातन्त्रको उदय संगै विभिन्न स्कुल तथा क्याम्पसहरू खुल्न थाले त्यस पछि भने केहि मातामा भएपनि जनतमा शिक्षाको पहुँच हुन थाल्यो । आज एक्काइसौँ शताब्दीको अन्त्यतिर आइपुग्दा नेपालको पुरानो शिक्षा प्रणाली नै प्रभावकारी हुँदै गर्दा शिक्षा निति नै गुणस्तरिय र प्रभावकारि भएन भन्ने गुनासो पनि नआएको होइन । करिब ६० ÷ ७० वर्ष पहिला एउटा कालो पाटीमा सेतो ढुङ्गाले खुल्ला आकाशमुनी बाह्रखरी सिकेर समयसँगै वर्तमान समयमा आइपुग्दा प्रविधिको माध्यमबाट विश्वलाई नै एकैठाउँबाट नियाल्न सकिने भइसकेको छ । विगतमा आर्थिक अवस्था कमजोर भएका र सिमान्तकृत वर्गका मानिसहरू पढ्न लेख्न पाएका थिएनन् । एक त आवश्यकता अनुसार किताब कपी तथा शैक्षिक संस्थाहरू खुलेका थिएनन् भने अर्कोतर्फ बजारमुखी शैक्षिक पद्धतिको पनि विकास भइरहेको थियो । जुन परिवार सम्पन्न थियो त्यही परिवारका सदस्यलाई मात्र सहज रुपमा पढ्ने वातावरण हुन्थ्यो । पढ्न पर्छ भन्ने मान्यता भएको तर आर्थिक, सामाजिक तथा भौगोलीक कारणले गर्दा शिक्षा बाट बन्चित हुने पनि एक पक्ष थेरै नै थियो । झण्डै तीन दशक पछि को समयमा आएर सुचना संचार प्रविधिको विश्वव्यापी रुपमा आएको

परिवर्तनले नेपालमा नै उत्पादीत दक्ष जनशक्तिले विश्वका सम्पन्न देशहरूमा विशिष्ट श्रेणीहरूको हिस्सा ओगटेको छ । प्रविधिले गर्दा आज मानव संसाधन तथा विकास निर्माणको काममा पनि उच्च प्रतिस्पर्धा भइरहेको छ । नेपालमा सुचना प्रविधिको व्यापक प्रयोग भइरहेको अवस्थामा विश्वको विकसीत मुलुकमा जस्तै नेपालमा पनि उपलब्ध श्रोत र साधन प्रयोग गरी शैक्षिक पद्धतिलाई अझै प्रतिस्पर्धात्मक बनाउन सकिन्छ भन्ने सोच राखी विद्युतिय पुस्तकालयको आवश्यकता महशुस गरिएको हो । अर्को तर्फ वर्तमान समयलाई दुरुपयोग गर्दै गुणस्तरिय शिक्षाको नाममा विभिन्न प्रविधि परिचालित गरि व्यापक कमाउ धन्दा नभएको पनि होइन तर केहि केहि यस्ता सामाजिक सेवाभावबाट उत्तेरीत भएका व्यक्ति तथा संस्थाले समाजमा मार्गदर्शकको रुपमा काम गरिरहेका छन् । शिक्षामा सबैको पहुँच, समता, गुणस्तर र व्यवस्थापनका क्षेत्रमा विद्यमान विविध विषयमा समस्या तथा चुनौतीलाई सम्बोधन गर्नको लागि विद्युतिय पुस्तकालय अपरिहार्य रहेको छ । सबैको पहुँच हुने गरी सरकारी, सामुदायिक एंवम निजि लगानीलाई समेत प्रोत्साहन गर्दै एकिकृत शिक्षा प्रणालीको रुपमा रुपान्तरित गराउँदै विभिन्न विज्ञहरूको ज्ञान, सिप र क्षमतालाई एक आपसमा हस्तान्तरण र समायोजन गर्दै आधुनिक प्रविधिबाट विद्यार्थी तथा अभिभावकको ज्ञान तथा ब्यक्तित्व विकासमा

मुख्य भूमिका विद्युतीय पुस्तकालयले खेल्नुपर्ने हुन्छ । विद्युतिय पुस्तकालय शिक्षाकेन्द्रित पुस्तकालय हो । यसमा दस्तावेज, किताब, पत्रपत्रिका, अडियो, भिडियो लगायत साझा शिक्षा ई-पाटीद्वारा निर्मित राष्ट्रिय पाठ्यक्रममा आधारित अन्तरक्रियात्मक ई-पाठ क्रियाकलाप समेत समावेश गरिएका छन् । नेपालको शिक्षा प्रणालीलाई आधुनिकरण गराउदै विश्वव्यापी प्रतिस्पर्धात्मक बनाउन एनआरएन अन्तराष्ट्रिय इलाइबेरी कार्यदलले नेपालको ७५ जिल्लामा नेपाल लाइबेरी फाउन्डेसन संग मिलेर विद्युतिय पुस्तकालय (इलाइबेरी) संचालनमा ल्याउदै छ । दशौ हजार भन्दा बढी पुस्तकहरु भएको र कक्षा १ देखी ८ सम्म नेपाल शिक्षा विभागको पाठ्य सामाग्री सहित बिद्यार्थी को ब्यक्तित्व विकास मा सहयोग हुने साथै पाठकले आवश्यक सामाग्री भए श्रब्य दृष्य माध्यम वाट डाउनलोड, प्रिन्ट तथा कपी गरी व्यक्तिगत रुपमा घरमा लगी सुरक्षित गर्न सकिने र भाषा कला, सन्दर्भ सामाग्री, सामान्य शैक्षिक सामाग्री , कोष सम्बन्धी सामाग्री , शिक्षण समर्थन सामाग्री र पत्रपत्रिका लगायत धेरै भन्दा धेरै आवश्यक पाठ्य सामाग्री हुने विद्युतिय पुस्तकालयको अवधारण ल्याएको छ । इलाइबेरी को प्रयोगले पठन पाठनमा सजिलो गराउदै प्रभावकारी ढंगले बिद्यार्थीको अन्तर निहित प्रतिभालाई प्रस्फुटन गराउन सहयोगी हुने छ । सामान्य भौतिक पुस्तकालयमा जस्तै देखिने ई-पुस्तकालयका विभिन्न कक्षहरुमा प्रवेश गरेर प्रयोगकर्ताले आफ्नो रुची अनुसारका सामग्रीहरुमा पहुँच राख्न सक्दछन् । ब्राउजिङ, सर्चिङ, र लिङ्किङ जस्ता सुविधाहरु भएको ई-पुस्तकालयमा प्रयोगकर्ताले आफूलाई चाहिएको श्रब्य दृश्य सामग्रीको शिर्षक, लेखक वा सम्बन्धित शब्दावली अनुसार खोज गर्न सकिने हुँदा अन्वेषणकर्ताहरुका लागि समेत उपयोगी हुनेछ । हाल सम्म म्याग्दी प्रवासी नेपाली संघ मोनाको सक्रियतामा म्याग्दी, पाल्पा, गुल्मी दोलखा, पर्वत, बागलुङ्ग, धनकुटा र अर्धखोँचि लगाएत अन्य जिल्लामा पनि विद्युतिय पुस्तकालय संचालनमा आइरहेका छन । नेपालमा सूचना प्रविधिले फड्को मारिरहेको अवस्थामा शिक्षालाई अन्तराष्ट्रिय करण गर्न विद्युतिय पुस्तकालय सहयोगी हुनेछ । विद्यार्थीहरुमा पढ्ने संस्कृतिको विकास गरी स्व:अध्ययन, स्वतन्त्र चिन्तन र स्वतन्त्र अन्वेषणको परिपाटीलाई प्रोत्साहित गर्नका लागि पनि इलाइबेरी आवश्य रहेको छ । यसले बिभिन्न व्यक्तिवाट रचित रचनाहरु तथा खोजमुलक हर्लुलाई बढीभन्दा बढी पाठकसम्म पुर्‍याई पाठकहरुलाई बढीभन्दा बढी सामग्रीहरुमा पहुँच दिलाएर पढ्ने संस्कृतिको विकास गर्न मद्दत गर्छ । पुस्तकालयमा भएका सामग्रीहरु शैक्षिक प्रयोजनका लागि इन्टरनेटको प्रयोग नगरि जोसुकै बेला पनि निशुल्क पढ्न, हेर्न र सुन्न सकिने छ जसले गर्दा पाठकको स्मरण शक्तिमा सहज हुनेछ । विद्युतिय पुस्तकालयमा नेपालको सूचना तथा सञ्चान र प्रविधिको प्रयोग गरि गुणस्तरीय

शिक्षा र समान पहुँचका निमित्त शैक्षिक प्रणाली सुधारमा महत्वपूर्ण भूमिका खेल्नेछ । त्यसैले आजको आवश्यकता भनेको पुरानो शिक्षा प्रणालीलाई परिकृत र परिमार्जित गर्दै उपलब्ध श्रोत र साधनको उचित प्रयोग गरि पाठको निहित क्षमतालाई बिकास गरि अन्तराष्ट्रिय स्तरको शिक्षा प्रणालीको बिकास गराउनु हो । लेखक एनआरएनए न्यूजिल्याडका पूर्व अध्यक्ष, एनआरएनए इलाइबेरी कार्यदल सदस्य तथा म्याग्दी विद्युतिय पुस्तकालय कार्यदल संयोजक हुनुहुन्छ ।

मुक्तक

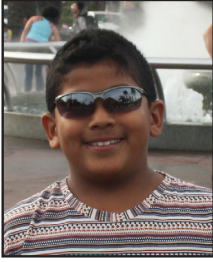
कोही ज्यादै प्रसिद्ध छन् यहाँ कसैको निकै नाम छ
कोही धेरै सम्मानित छन् यहाँ कोही साह्रै बदनाम छ
उदाएको सूर्यलाई पो नमस्कार गर्दा रहेछन् यहाँ
सबैले- कोही साह्रै चर्चित यहाँ कोही चाहिँ किन
गुमनाम छ ?

दुख्यो जिन्दगी यो फाटेको मन सिउन नजान्दा उल्लो
भेल पनि आँसुको यो मैले पिउन नजान्दा सहँदा
सहँदा चोट यो हरेक दिनको
मैले, खै के भनूँ भक्तियो बाँध पनि मेरो धैर्यको
जिउन नजान्दा !

भ्रष्टाचारीहरुलाई अब जेलमा सडाउनेछौं भन्थे
घर घरमा ग्याँसको पाईपलाइन पुर्याउनेछौं भन्थे खै
के गरे नेताले त झन् देशलाई बर्बाद पो पारे - यो
देशलाई अर्को न्यूजिल्याण्ड बनाउनेछौं भन्थे ।

- त्रिपुरा पौडेल रेग्मी

(श्रीमती पौडेल नेपाली साहित्यकाशमा परिचित
कवयित्री हुनुहुन्छ)



Bullies

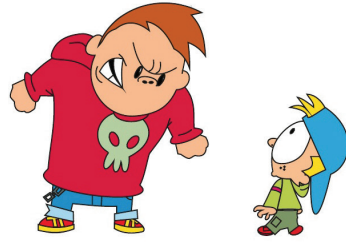
Aaron Bhujju

Hey kid give me your lunch money! Is this what you hear everyday. That most likely means you're

being bullied, if not sorry I can't help you there. I despise bullying. Simply because we don't speak up, the attacker does not get the consequences they deserve. I strongly believe that if we give bullies major consequences then bullying will decrease in schools.

Most people have to put up with people like Mr. Burns from the Simpsons but for a good change people have started to fight back against cruel bullies. Here are some examples of bullying. Physical bullying: when the bully/ies hurt you. Verbal bullying; when the bullies hurt with words, I know it may not seem like much but it hurts mentally. Social bullying: when the bullies spread gossip about you or say you can't play with us because you're too smart, What? Etcetera. Emotional bullying: when the bullies hit the heart. They say mean about your family and you. Last but not least Cyber bullying: when someone bullies you online. So you always have to be safe with what you do on the internet! So many face this problem everyday but none of us care in fact most people choose to just ignore people even when the person is being brutally beaten up. Most people are verbally abused but are too scared to tell anyone about their problems but there is no point in being shy about matters like this because the people step up the more, bullying will lessen all around the world.

Bullying is one of the problems that happens a lot in New Zealand. It mostly happens because of jealousy. Whether it's just about a new game that someone has or a totally new device. Someone wants it but the only two ways to get it is to a. Buy one or b. Steal one and most choose b even though most of them know it's the wrong decision. So they either have to be set straight or know that from then on to never do that. Have any of you



been bullied? Do you know that over 160,000 kids stay home so they don't get bullied at school! Did you know that approximately 3.2 million, students are victims of bullying per year! And 1 in 10 students drop out of school because of repeated bullying. So how many people are put through this while some people are just relaxing in a chair next to their pool at home without a care in the world about what's going to happen to them at school. When it's the weekends people are still worrying about what's going to happen the next day and the day after and the day after that on an on and on.

Some adults say, "They are just being kids, they will get over it!" and "it builds character and makes them stronger. They can deal with it themselves." When in reality the weakness with this statement is that the bullying breaks us and rips us apart mentally and we are always terrified of what's going to happen next.

What can we do about this issue? For starters it is too easy to turn a blind eye to bullying. You don't need to be a hero. Just report what you have seen. Don't let them hurt and harass us physically and emotionally any more. But before I finish let me ask you this are you going to go back to school or work and fight or argue with your friends over some stupid matter or are you going to be fair, caring and nice?

Now you see how bullying affects the world so take a stand against bullies so we can end this nonsense.

Don't let people push you around just because they are older than you or sportier or so called smarter. I don't think smart people would be bullies right? Well stand up for yourselves and be kind and caring towards others.

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The more international I become- the more I feel the Nepali in me.

Muna Dhakal

Nepal-Japan 2009.

"India Nepal ek hi toh hai na" seven years back one of my Indian seniors had

proclaimed the above statement. It is no surprise that we still get to hear this from geographically outdated people. I vividly remember the fight I had with her after her proclamation.

I was a Nepalese kid studying in an Indian International school in Japan. That's too much of diversity in a sentence. That's exactly how I felt in my early days. The truth that I wasn't one of the majorities had strengthen my love towards Nepal. But in the four years that followed, my experience in a Nepalese-Japanese-Indian society had drastically changed my opinion towards Nepal.

To say I was a hard core patriotic person since my childhood would be a lie. As a child like every other friend of mine I was too busy playing "bhadakuti" and catching up with Indian daily soaps with my aunts. Other than the number of zones and districts, I hadn't learnt anything about Nepal that kindled curiosity in little me.

When it came to defending myself and Nepal at an international level, I had nothing but my *"love"* for Nepal which too was momentary.

As years passed by in Japan, ignorance and skepticism started to fill the gaps in my knowledge about Nepal. My struggle to adapt in school due to differences in accent and teaching system had slowly accumulated anger towards Nepal in me. Having not seen much of Nepal and the vague comments heard from other Nepalese added to my anger.

Japan-Nepal 2013.

Inspired by Robert frost's *"the road not taken"*, I decided to move back to Nepal and do my last two years of high school there. Looking back- that was the best decision of my life. Living and studying in Kathmandu was a completely different experience. The busy and competitive population

wasn't in my imagination. Even though I studied and lived abroad, my colleagues were no less than me when it came to knowing about the world and the events going around, rather I was the stupid one. Along with the constant update with the world, they knew about Nepal. They felt connected.

The two years in Nepal were an eye opener for me. The unity among the people despite the cultural and economical differences was truly astounding. I felt like an outsider in a surprisingly harmonic society. Seeing the mesmerising valleys, the modern yet archaic places which proudly held our victorious history and meeting those incredibly charming people, I saw the world beyond what Kathmandu held for me.

Looking back at my own evolution alongside Nepal, I feel that it wasn't completely my fault that I had a very judgemental opinion about the country. Throughout the years, I had only heard complaints from Nepalese- *"the people are like this"* ***"the government is like this/that"*** ***"the educational system is bad."*** But in those two years in Nepal, I only saw the dedication and initiative of Nepalese to bring a change. To my immense surprise, I saw myself trying my best to be the part of the movement. Rather than reflex criticism, there was this unstoppable urge inside me to set everything right. To help a little bit more.

I could see my internal metamorphism. I finally knew what patriotism felt like. I finally found my identification and boldly knew what I represented. I knew I had to soar higher but taking my roots with me. I finally knew I was in love with Nepal. That love which ***"always protects, always trusts, always hopes, always preserves."***

When we say **"Nepal"** what exactly do we mean? Does it only refer to the land which holds 26 million people? What would the land alone mean if no one lived there?

So, pointing out Nepal's flaws actually means we are pointing out our own flaws.

नयाँ बर्ष २०७४ को हार्दिक मंगलमय शुभकामना



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I know the reality about Nepal is harsh. But criticism is not the answer to it.

Nepal-New Zealand 2015.

The old yet golden relationship between Nepal and New Zealand is majestic. Their curiosity to know more about Nepal's geography and culture fills me with guilt at times. Like Bhanu bhakta once wrote *"ghasi daridra tara buddhi katro Ma Bhanu Bhakta bhaekana kina yesto."* I feel the same way. Being a Nepalese, I should be the one more interested in Nepal's geography and culture than the kiwis.

It feels sad to see our culture and tradition subtly fading away. It feels sad to see the ignorance towards the country among many Nepalese residing in and outside Nepal.

We all are a citizen of the global world. But let's not forget it is the diversity among every country which makes a global world. As Madhav Parsad wrote:

*"dashain ra tihar ramailo hamro chutka ra khyali le
hridaya hamro jurmurauchha jetha ko jhyaali le
baisako taal maa nachaula kaha madalai narahe"
"Nepali hami rahula kaha Nepal lai narahe?"*

Let's not confuse ignorance with modernity. To be patriotic doesn't mean boycotting western culture. What I am saying is if you haven't taken out a minute to research about the country than you have no right to criticise about it when asked by others. Let's not be judgemental and exclaim *"Nepalese literature is outdated"* when you haven't touched any Madan Puraskar winning novels (seto dharti being my favourite) or the soulful works by legendary writers like Mahakavi Devkota, Madhav P Ghimire and many more. Don't say *"I don't think there is any good female writer in Nepal"* when you haven't read any works by Parijat. Let's not say *"People in Nepal are so lazy and don't work towards change"* when you haven't seen a farmer's daily hard work to sustain the family. Let's not say *"there is nothing to visit in Nepal"* when you haven't visited those out-of-the-world places. Let's remember we are also NEPALI before criticising Nepal.

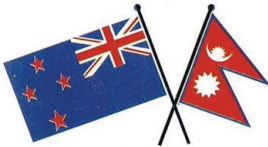
Let's pass on our beautiful cultures to our future generation before we run out of *"Madals"*.

नयाँ वर्ष २०७४

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भुटानका नेपाली न्यूजिल्याण्डमा

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पाचौँ पुस्ता अगाडि या १८०० शताब्दी तिर नेपाल (गोर्खा) का तत्कालीन राजा राम शाह र भुटानका तत्कालीन धर्म गुरु साबडुङ नावाङनामगेलबीज तामा पत्न गरेर करिब ४२ घर जति नेपालीहरूलाई नेपालको पूर्वबाट भुटान लगेको इतिहास छ। यो बाहेक १६०० शताब्दी तिर देखि नै केही मानिसहरू नेपालबाट कामको खोजीमा भुटान गएको इतिहास पनि भेटिन्छ।

नेपालीहरू कृषि, विशेष गरेर खेतीपातीमा दखल राख्छन्, सक्षम र मेहनती छन भन्ने कुरा बुझेर भुटानका तत्का लीन धर्म गुरु साबडुङ नावाङनामगेलले हामीलाई भुटान लगेको कुरा आज त्यहाँको लहलहाँउदो खेत-बारी, सुन्तला बगान, अलैंची बारी र बाँदर लड्ने भीरमा बनाएका मोटर गुड्ने गोरैटाहरूले बताउँछन्।

यसरी घनघोर जङ्गललाई फाँडेर सुन्दर गाउँ-बस्ती अनि भुटानलाई विश्वमा कृषि प्रधान देश भनेर चिनाउने नेपाली जातिलाई १९९० सालमा बिभिन्न षडयन्त्र र आरोप लगाएर देशबाट निकाल्ने नीति अगाडि सारेको थियो। त्यस मध्ये जब सरकारले बहु जाति, बहु भाषी, बहु धार्मिक र बहु संस्कृति भएको देशमा 'एक देश, एक मानिस (जाति)' भन्ने नीति अगाडि ल्यायो त्यही नै आन्दोलनको प्रमुख कारण बन्यो। नबनोस पनि कसरी? मुठ्ठी भर मानिसले पूजा देशलाई नै उसको बाहु बलको भरमा आफ्नो संस्कार लादछ भने को चुप लागेर बस्न सक्छ र? त्यसमा पनि संसारमा कहिल्यै नझुक्ने जाति बीर नेपाली।

विशेष गरेर नेपालमा २०४६ सालमा पंचायत सरकार बिरुद्ध चलेको जनआन्दोलनको प्रभाव भुटानमा पनि पुगेको देखिन्छ। यसै प्रभावले भुटानमा निरङ्कुश राजतन्त्रको चपेटामा परेका मानिसहरूले मानव अधिकार र प्रजातन्त्रका निम्ति आवाज उठाएका थिए। भरखरै दार्जीलिङ, सिक्किम, कालेबुङ अनि नेपालमा नेपालीहरूले परिवर्तनका निम्ति देखाएको बलिदान र त्याग देखी अन्तालिएको भुटान सरकार आफूले युगौँदेखि ठाडाएर राखेको निरङ्कुशताको पर्खाल तोडेर आफ्नै दरबार प्रवेश गरेको जनआवाजले नतलने कुरै थिएन। एक एक सडकमा निरङ्कुशताको पर्दाफास गर्दै मानव अधिकार र प्रजातन्त्रको बिगुल बज्दा आत्तिको भुटान सरकार जनताको माग सम्बोधन गर्ने भन्दा पनि आफ्नो बर्चस्व जोगाउन भारतको सहयोग र इशारामा बिभिन्न जनता मार अभियान अगाडि सार्न थाल्यो। फलस्वरूप

कैयँलाई बिना कारण जेल मा हाल्यो, अमानवीय व्यवहार गरेर मार्यो। अझ भङ्ग बनायो। अन्ततः घर बारी हडपेर देशबाट निस्कन बाध्य बनायो। यसरी एकतान्त्रीक निरङ्कुश भुटान सरकारको ज्यादति र दमन सहन नसकेर १९९० सालदेखि भुटानमा रहने नेपाली जाति र अरू केही अन्य जातिहरू भुटान छोडेर नेपाल र भारतमा शरण लिन बाध्य भएका थिए। भुटानको चिसो हावापानीमा बस्ने मानिसहरू अचनक बैशाख-जेठमा उम्लिएको पूर्वी नेपाल स्थित कन्काइमाईको बगरमा आइपुग्दा कति सास्ती भोगे होलान त्यो सजिलै अनमान गर्न सकिन्छ। यतिसम्म कि एक दिनमा १८- २० जनाको मलामी जाने मानिसहरू अझै हामीसँग जीवितै छन्। पछि मानिसहरूलाई झाप्याको बेलडाँगी १,२,३, खुदुनाबारी, गोलधाप, टिमाई र मोरडको पथरी गरी सात शिविरमा राखे पछि सहज भएको थियो।

लगभग दश -पन्ध्र बर्षसम्म आफ्नो देश भुटान फर्केर जाने प्रयास गरे पनि भुटान सरकारले कान डाडो नपारे पछि अन्ततः UNHCR ले ल्याएको विकल्प स्वीकार गर्न बाध्य भएका थिए भुटानीहरू। हुन त शरणार्थी समस्या समाधान निम्ति स्वदेश फिर्ता, स्थानीयकरण र तेस्रो मूलुक पुनर्वास गरी तीनवटा विकल्प ल्याए पनि तेस्रो मूलुक पुनर्वासको ढोकामाल खुलाइएको छ। अरू ढोका नखुलाए पछि तेस्रो मूलुक पुनर्वास नै धेरैको रोजाई भएको हो। अझै पनि भुटान फर्केर जाने या पुर्खाको देश नेपालमा नै बस्न चाहने मानिसहरूको सङ्ख्या पनि कम छैन। तेस्रो मूलुक पुनर्वास प्रक्रियामा जान ईच्छा गर्नेहरूलाई अमेरिका, क्यानाडा, बेलायत, डेन्मार्क, नेदरल्याण्ड, नर्वे, अष्ट्रेलिया र न्यूजिल्याण्ड गरी जम्मा आठवटा देशमा पुनर्वास गराइदैंछ।

यसै क्रममा २००८ मार्च ०८मा भुटानी शरणार्थी शिविरबाट १० परिवारका चालिस जना मानिसहरूलाई न्यूजिल्याण्ड उडाइएको थियो। आज यो सङ्ख्या बढेर करीब ३०० घर जति पुगेको छ भने जनसङ्ख्या १२०० नाघेको छ। विशेष गरेर न्यूजिल्याण्डको पाल्मेस्टन/नर्थफिल्डमा ठूलो सङ्ख्या छ। त्यस्तै क्रमशः नेलसन र क्राइस्टचर्चमा पनि केही परिवारको बसोबास छ। केही समय यता अकल्याण्ड, वेलिङ्टन र डनेडिनमा पनि फाट्टफुट्ट भुटानी नेपालीहरूले आफ्नो नयाँ जीवन शुरुवात गर्ने जमर्को गरेका छन्।

नयाँ वर्ष २०७४ को हार्दिक मंगलमय शुभकामना

Best wishes on the occasion of New Year 2074!

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Khukuri Football Club - An Introduction

Kreepa Shrestha Rai

The year was 2006. A few young Nepali boys dreamed of starting a football club which would bring together like-minded young people who loved playing football. Eleven years and a lot of hard work later, that dream has turned into a reality, and how! Khukuri Football Club is now a well-established football team with their own legion of fans. And they have given all their supporters big reasons to cheer.

They are a part of the Auckland Sunday Football Association (ASFA). They take part in the Sunday League every year from April to September while the season lasts. They started at Division Six, and have steadily worked their way up the ranks. This April, they will join the League in the Second Division. They have also been a part of a multitude of other tournaments such as the Ethnic Football Tournament and the Chinese Cup. Perhaps, the most important tournament that they take part in annually is the one that brings different Nepali teams from across New Zealand together to compete against each other. Formally known as the NANI Cup, and now renamed the Tenzing-Hillary Cup, I can say with pride and happiness (as a die-hard Khukuri fan) that Khukuri Football Club won the trophy for the third time in a row earlier this year. The Khukuri boys played with passion and calm professionalism and were very well-deserved winners of the tournament. While this tournament obviously brings out the competitive nature of players and supporters alike, it is also a platform that encourages cohesiveness and sportsmanship in the entire Nepali community in New Zealand.

While playing football is obviously their primary priority, the club also places a lot of importance on community-building and bringing people together. The team was involved in raising funds for the devastating earthquake which took place in Nepal in 2014. They have also organised



various events such as Youth Night, fundraisers and the screening of Nepali films. The club also volunteers during community events to help in the successful and smooth running of programmes. Khukuri Football Club is passionate about teaching young people about the sport and encouraging them to be more active. The club will be involved in mentoring young children in the future- they hope to instil in them a sense of youthful purpose driven by passion and love for the game of football.

As a long-time supporter of Khukuri Football Club, the one thing that stands out for me when I think of the team is their passion and love for the game and their team. They practice with fervour, even in extreme weather conditions and play with all they have got during games. It is this love for the game and for each other as a team which has brought them so much success and adulation.

With brand new personalised jerseys (big thanks to their official sponsor Eagle Eye Cleaning), I'm sure the team is raring to go – to play more tournaments, to win more trophies and most importantly, to inspire and support each other through it all. Jai Khukuri!

नयाँ बर्ष २०७४ को पावन उपलक्ष्यमा
व्युजिल्याण्ड तथा बिदेशमा रहनु भएका
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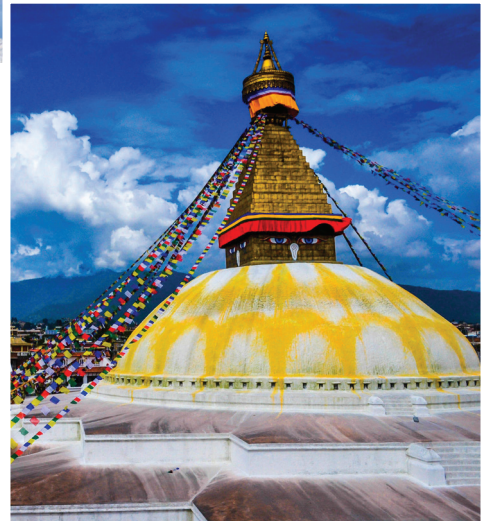
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Time in Nepal

Divyanshu Khadka



It was a long journey but we finally made it to Nepal. The airport was crazy because three flights had just arrived so there were like over 100's and 100's of people. Once we got our luggage we spend over half an hour just trying to find a luggage trolley. When we found a trolley we went outside to find my uncle. Me, mamu and dada search for my uncle but couldn't find him then after 5 or so minutes our uncle found us. He looked so different I couldn't even recognize him. Once we arrived at the place we were staying at our relatives greeted us and then we went to sleep. In the morning we ate jerry and bread for breakfast in was pretty good. The next couple of days were just going to place, meeting family and friends and getting ready for dada's bratbandh. On the third to last day we moved to our friends apartment because the bratbandh place was just a 5 minutes walk down the road. The next day was dada's first pooja. It took about 2 hour after that we got ready for the big pooja then we went to sleep. The next day was dada really bratbandh pooja.

Everyone thought that it would of lasted only 2 hour but it lasted for 5 painfully hours. But it was cool dada's hair got shaved of and he had to wear a funny looking costume. After that it was the after party where we danced and ate all night long. I dance so hard that I didn't feel like eating anything. The night was awesome. The next morning we left to go back to New Zealand, I was really sad because we had to leave our family but I couldn't stay there forever, and that come to the end of my amazing journey in Nepal. I can't wait until we go back and have my bratbandh.

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श्री परमात्मने नमः बृद्धावस्था

सामान्यतया मानव जीवनलाई २ भागमा विभाजन गरि एको छ । १ पुर्वाद्ध २ उत्तराद्ध जिवनको पहिलो भागलाई जन्म देखि ५० वर्ष सम्म लिइन्छ भने दोश्रो भागलाई ५१ वर्ष देखि १०० वर्ष सम्म वा मृत्यु सम्म लाई भनिन्छ । त्यसैगरी हाम्रो ऋषिमुनिहरूले मानवजीवनलाई ४ अवस्थामा विभाजन गरेको पाइन्छ १) बाल्यावस्था २) किशोरावस्था ३) तरुणावस्था वा प्रौढावस्था ४) वृद्धावस्था जन्मदेखि १० वर्ष सम्म बाल्यावस्था यस अवस्थामा आमा, बुवा, दाई, दिदि हरु तथा मान्यजनको भायाँ मोहमा हुर्किन्छ, यो जीवन ५ वर्ष सम्म केही कठिनाई भएपनि बालकलाई सबैले मायाँ गर्ने भएको ले रमाइलै मानिन्छ। त्यसपछि पठनपाठन, विद्यालय जानु आउनु, साथिभाइ हाँसखेल गर्न पाइन्छ, अरु कुनै चिन्ता रहदैन रमाइलै हुन्छ । त्यसपछि शुरुहुन्छ किशोरावस्था यो अवस्थामा बालकले सामान्य लेख पढ्गर्न जनीसके को हुन्छ उमेर पनि परिपक्व हुदै जाँदा अघाडीको सो च सुरु भै सकेको हुन्छ , सामाजिक रहनसहन, वातावरण हावापानी वारे बुझ्न थाल्छ, कल्पना शक्ति विकसित हुदै जान्छ, पुराना अनुभवहरु नभएको हुदा उस्लाई कुनै चिन्चा हुदैन उ रमाइलै संग अघाडी बढी रहन्छ । उसको उमेर लाई हाम्रा ऋषिमुनिहरूले गुरु कुलमा बसेर ब्रम्हचार्यमा रहि विद्योपार्जन गर्ने गुरुहरुको सेवा गरी वहाहरु को आसिर्वाद पाई पढिसकेर घर फर्किने चलन थियो । यसै युगमा भगवान श्री कृष्ण पनि गुरुकुलमा गई विद्या आर्जनगरी फर्किनु भएको भियो । १० देखि २५ वर्ष सम्मलाई किशोरावस्था भनिएको छ, याहाँ आई पुग्दा मानिसको योवन पूर्ण भै सकेकोहुन्छ र वद्याआर्जन पनि सम्पन्न भएको हुन्छ । यस पछि शुरु हुन्छ प्रौढावस्था यो उमेरलाईनै मानवजीवनको महत्वपूर्ण उमेर मानिन्छ

यसै अवस्थालाई हाम्रा ऋषिमुनीहरूले गृहस्थाश्रम भने का छन् । यो अवस्थामा पुगेपछि विहाह गरि ,दाम्पत्य जीवन विताउँदै सन्तान उत्पादन गर्ने, खेतीपाति, वन्द व्यापार, राज सेवा, समाज सेवा,आदि कर्म गरेर गृहस्थजीवन निर्वाह गर्दै गृहस्थ को धर्म पालन गर्नुपर्छ । यो अवस्था सम्म आइपुग्दा मानिसको पुर्वाद्धि जीवन भनिन्छ र यो जीवन करिब ५०/६० वर्ष वितिसके को हुन्छ तर पनि चिन्ता भने कमै हुन्छ । यस उमेरमा मानिस सम्पति कमाउने, मोज मस्ति गर्ने संसारको भै भव मा रमाउने आफ्ना सन्तानको पठनपाठन, विवाह आदि कर्म गराउँदै मा मात्र रहन्छ संसारी मायामा भुलि रहेको हुन्छ । यसले भविष्यको वारे सोच्ने अवसर नै गुमाइरहेको हुन्छ । यै उमेरमा हो आफू स्वतन्त्ररुपले र माउने आफ्नो कर्तव्य बोध गरी तिर्थाटन गर्ने, माता पिता, हजुर आमा हजुरबुवा वा अन्य वृद्धाहरुको सेवागर्न, गाउँ सेवा, समाजसेवा, राष्ट्र सेवा जस्ता सेवा मूलक कामहरु गर्ने, आफ्नो उन्नती प्रगति गर्ने अवस्था भने को यहि हो । यस्ता कर्तव्यनिष्ठ कामहरु गर्दा गर्दै थाहै नपाई वृद्ध अवस्था सुरु हुन्छ । यो अवस्था भनेको आफ्ना सन्ततिहरु पनि व्यस्क भै विवाह आदि कार्य सम्पन्न गरी आफ्ना आफ्ना व्यवहारमा लागि सकेका हुन्छन् । देश प्रदे शमै आफ्नो कार्य कुशलतामा तल्लिन हुदाँ आफू घरमा एकलै परिन्छ । सज्जन छोरा छोरी भईदिए भने त बेला बखतमा हेरचाह सन्ध विसन्ध खबर आदानप्रदान हुन्छ, मूर्ख छोरा छोरी भै दिए भने आफू सगँ भएको सम्पत्ती पनि बर्बाद गरी वृद्धा आमा बुवालाई छोडी दिन्छन् । छर छिमेक आफूहरु पनि बुढा बुढी लाई कसैले वास्ता गर्दै नन् । उनीहरुको चाहना हुन्छ, आफन्तहरुसगँ बसेर दुख सुखका गफगरी आत्म सन्तोष गर्ने तर कसलाई

हार्दिक शुभकामना

नव वर्ष २०७४ सालको पावन अवसरमा देश तथा बिदेशमा रहनु भएका सम्पूर्ण नेपाली को सुख, शान्ति, तथा समृद्धिको लागि हार्दिक मंगलमय शुभकामना व्यक्त गर्दछु । नयाँ वर्षको आगमनले हामीमा आपसी सदभाव तथा उत्तरदायित्व बहन गर्ने उर्जा प्रदान गरोस एवम सकारात्मक सोचका साथ हाम्रो जन्मभूमीको आर्थिक समृद्धिको लागि कार्य गर्ने प्रेरणा मिलोस भनी शुभकामना व्यक्त गर्दछु ।



चक्र बहादुर थापा

एनआरएनए एनसिसि न्यूजिल्याण्ड सल्लाहकार
तथा एनआरएनए आईसिसि पब्लिक पुस्तकालय कार्यदल सदस्य

फूसत हुन्छ र बुढाबुढी सगँ वसेर बेमतलबका गफ गर्न अझै कति ठाउँमा त दुई जना श्रीमान श्रीमती मा पनि चित्त नबुझी अलग अलग वसेको देखिन्छ । अलग बस्नु पर्दा जिवन कति खल्लो लाग्छ । त्यसमाथि वृद्ध हुदै गए पछि विविध रोगहरुले पनि आक्रमण गर्छन् त्यसको लागि औषधभी उपचार पनि गर्दै गर्नु पर्ने हुन्छ । आफू सक्कम हुदाँ त आफैँ गलान असक्त भएपछि कल्ले गरि दिने कहाली लाग्दो भविष्य देखेर बुढा बुढीहरु अतासिन थाल्छन् । उनीहरुको रोदन, क्रन्दन, दुख कल्ले हेरि दिने कल्ले बुझिदिने । आफ्ना वाल्यकाल देखि हाल सम्मका अनुभवहरु सम्झी सम्झी दुख मान्नु शिवाय के ही हुदैन । भोक लागेको बेला मुख लाग्दो खाना, जाडो हुदाँ न्यानो कपडा, विमार हुदाँ औषधी उपचार, अल्छी लाग्दा अलमलिने बाटो / रमाइला क्षणहरु, मनोरञ्जन कहाँबाट पाउने । सुनिन्छ देश विदेश विकसित देशहरुमा त यस्ता वृद्धाहरुको लागि वृद्धाश्रमको व्यवस्था गरि एको हुन्छ भन्छन् के त्यस्ता व्यवस्था छैन । हाम्रो ने पालमा पनि ठाउँ ठाउँमा यस्ता खाले बुद्धाश्रमछन् तर

पनि स्रोत, साधन को अभावमा वृद्धाहरुको आवश्यकता अनुसार त्यति उपयोगी भएको देखिदैन त्यहि पनि थोरै मात्र भएकोले सुलभ छैन । वृद्धाहरुलाई उपकार गरी उनिहरुलाई आफ्ना सन्तानले सरंषण दिन नसकेपनि सरकारी, गैह्र सरकारी निकायहरु सघं संस्थाहरु तथा समग्र समाजले पनि केही नगरी हेरी मात्र रहने हो भने दुखी वृद्धाहरुको आसुँले सराप्ने छ र हामी, हाम्रो देश हाम्रो समाज, उपकार मूलक संघ संस्थाहरु हाम्रो राष्ट्र कहिल्यै उभो लाग्न सक्ने छैनन् । त्यसैले उल्लेखित सवै मिलेर ठाउँ ठाउँमा वृद्ध सेवा केन्द्रहरु खोलेर वृद्धाहरुको सेवामाग्नै वेला आएको छ । सक्कम वृद्धहरुलाई पनि त्यसमा सलग्न गराई उनिहरुको जीवन यापन सरल सुलभ पारी यस संसारबाट हसाउँदै परालोक तर्फ पठाउन सकियो भने हामी सबैको कल्याण हुनेछ ।

वासुदेव दाहाल

विराटनगर १

इमेल: dahalbasudeb@yahoo.com

सठदर्भ नारी दिवसको

-मीना पौडेल

आमा हुन् ममता र प्यार घरकी
श्रृंगारकी सागर !
आमा छिन् घरमा भने घर भयो
आमा बिना अन्धो छ!!
पत्नी आलोक हुन् समस्त घर
की दृश्य र बिम्बै पनि !!
छोरी लक्ष्मीसामन हुन्
घरकी सौभाग्य राम्रो पनि ॥

आमा कै दिलको कृपा पाए हुदी
संसार यो चलछ रे !
आमाकै महिमा अपार घरमा
आलोक सरि बल्दछरे ॥

आमा सृष्टि विधा सन्तानहरु
कि संसार चिनाउने ॥
आमा कै ममता बोकेर जगमा
फर्कन्छ रे सन्तति ॥

नारी हुन् भूमि पहिली जननी
संसार की रक्षक ।

नारी छैन भने झुटा छ जग यो
टिक्तैन केही तब ॥
नारी आलोक हुन् समस्त घर को
सौभाग्य ठान्ने गरी ॥
नारी सृष्टिविधा हुन् भनेर
सबले सम्मान गर्ने गरौं ॥

नयाँ वर्ष २०८४ को हार्दिक
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घरमा टिकीझोल परेर
स्वास्ती कुट्ने श्रीमानले
My sweet Heart भनेर फोटो पोस्ट गर्न मिले
त्यही फोटोमा अरुले Like र Comment गर्दै
Wow, How beautiful Couple !! भन्न मिले
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !

श्रीमानको घर तिरका सबै मान्छेलाई
कुकुर सरह सम्झिने
तर

माइती गाउँको भुस्याहा कुकुर लाई
प्यारो गर्दै पपी भन्दै मुइ खाने
माइतिलाई माल आफ्ना सम्झिने
श्रीमानका “हाम्रीहरु”
त्यसै हेर्दा बनझाँक्री जस्ता
अनी

मेकअपमा हेर्दा असाध्यै “राम्रीहरु”
सबै सबै अटने !
ए मोरी के गर्दै छेस हूँ !? भन्दा पनि पन्ने
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !

श्रीमानलाई “मेरो बाबा” पनि भन्न मिले
मुड चले “मेरो राजा” पनि भन्न मिले
श्रीमतिलाई “मम्मी” भन्दै पोस्ट गर्न पनि मिले
अनी बाहिर बाहिर अरुका “बाबा” र “मम्मीहरु” हेर्दै
लाइक र कमेन्टहरु कोर्न मिले
मेसो मिले घर घरको सम्बन्ध फोर्न मिले
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !

आफ्नै जन्मदिन याद नहुने म जस्ताहरुलाई
तीन चार दिन अघि देखी
जन्म दिनको याद गराउने
बिहे गरेको दिन भुलेलाई
एनिभर्सरी भन्दै बात गराउने
नक्कली दुनियाँको नक्कली साथी
चिन्नु न जान्नु फ्रेन्डलिस्टमा भराउने
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !

श्रीमान श्रीमतिको बेडमै पुगेर सम्बन्ध तोडिदिने
चिन्नु न जान्नुका सँग नक्कली सम्बन्ध जोडीदिने
कसैका घर घर फुटाइदिने,
कसैका घर जुटाइदिने
रुखमा चढेर घाँस झाड्दै गरेको श्रीमती
अर्कै सँग लुटाइदिने
बिदेश गएको श्रीमानको सपना

शिशु जस्तै झर्यामझरुम फुटाइदिने
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !

खाँदै गर्दा फेसबुक
डाइलेट जाँदै गर्दा फेसबुक
सुत्दा फेसबुक,
उट्दा फेसबुक
काममा फेसबुक
जाममा फेसबुक

कही कतै लाममा बस्यो लाममा फेसबुक
रिसाउँदा फेसबुक
खुसाउँदा फेसबुक
केही पाए पनि फेसबुक
केही लाए पनि फेसबुक

सुँगुरको जस्तो थुतुनो देखाउने सेल्फी पनि फेसबुक
चाहिने नचाहिने लेखाउने पनि फेसबुक
जुकेरबर्ग तिमीले बनाउनु बनाएछौ फेसबुक !
तिम्रो त्यो बयान म गरँ कसोरी ?
फेसबुक छोड्नु भन्छु म तर छोड्नु कसोरी ??

- रामप्रसाद खनाल
From USA

नाङ्गै नाच्छन कलाकार, नाङ्गै रुचाउँछन दर्शक
नाङ्गै वालाको खोजीछ, जता पनि भरसक !
न त नाङ्गै गाइन्छ आफु, न त नाङ्गै चाहिन्छ !
कली युगमा सत्ययुग खोजी कहाँ पाइन्छ ??
गायक गायिका गाउँथे पहिला, दर्शक आसुँ पुछ्दथे
गीतबाटै सन्देश जान्थ्यो, दर्शक सन्देश बुज्दथे
आजकलका दर्शक पनि नाङ्गै रोज्न थाल्याछन
गाउने नाङ्गै कलाकारले नाङ्गो कला बाल्याछन !
सेल्फी सिठी हुटिड मागछन मँचमा पुग्न पाछैन !
कलाकार र दर्शकलाईनै कला के हो थाछैन !!
लोकगीत र दोहोरी गीतनि फोहोरी नै बनाए !
दाँके पलकारलाई भनी सुपर स्टार बनाए !!
नयाँ नेपाल नयाँ चलन क्रान्तिकारी संस्कृती !
सबै भए नाङ्गै नाङ्गै कसले मान्छ विकृति !!!??

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Nepal Rhino Cricket Club (Auckland)



Cricket in Nepal started just over two decades ago. Regardless of its late arrival, the achievements and success stories of Nepali team demonstrates that cricket as a sport in Nepal has come a long way.

Even with a short history, it has become a household sports in Nepal. And the best way to experience the atmosphere of back home here in Auckland is by gathering a bunch of Nepali sports fanatics and playing the sports you enjoy the most, which for us is Cricket. The feeling of home is the main driving force behind our enthusiasm and vigor that we show in our every game which is helping us accumulate victory after victory.

We are Nepal Rhino Cricket Club Auckland and this is our story.

Nepal Rhino Cricket Club is a hospitable and friendly Nepali cricket club which has been around for last few years in Auckland. We started by gathering few people and playing backyard cricket. Soon after that, we found more people interested in the game. So we mustered up the courage and dreamt big. That was the inception of Nepal Rhino Cricket Club. The team is made up of cricket lovers and players originally from Nepal living in Auckland of all abilities. Our zeal for the game and support from friends, family and social community has been leading us to victories and our club is climbing the progress ladder in a rapid pace. The club thrives on a great friendly atmosphere with lots of humor and banter.



The main purpose of our club is to facilitate every Nepalese youth in Auckland with an opportunity to live their passion. Even if we can make a single person involve in what they love, we would honestly think that we have accomplished our purpose.

Right now we have registered our club as a society and have been playing wonderful cricket in Auckland Business Cricket League. The games are usually held at Auckland domain. The club has reached the semi-final of the current league which further displays the commitment and hard work we pour into the club. We are confident in our abilities and aware of our weaknesses. We are constantly seeking to improve, yet mentally and physically prepared to cross any hurdle to our way to the top. Apart from the league, we often play friendly matches with the teams we are in contact with.

As with any new initiative, our beginnings were tough. The challenges whether it be financial, time management for working individuals, injuries or any unforeseen troubles keeps hassling us time and again. But we have a good number of active members in our club and ongoing support directly and indirectly from our Nepalese Community inside and outside Auckland, which has been a constant source of our undying dedication and effort. Above all, we have the best supporters who every week turn up on Saturday to cheer us on. If any of you are interested, you are kindly welcome.

Hope our story inspired you to do something similar in the field of sport you are interested in, or take a chance to exhibit your cricket skills at Nepal Rhino Cricket Club. Our arms are open to any cricket lovers.

नव वर्ष २०७४ को
मंगलमय शुभकामना



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telling it LIKE IT IS

Green Acres' new website helps potential franchisees work out what they want

⇒ 'I take my hat off to anyone who is self-employed,' says Mitchell Cooper. This may not be what you would expect to hear from the franchise sales manager for Green Acres but, as Mitchell explains, it's his job to tell it like it is. 'For anyone used to a regular wage or salary, being their own boss can be tough, particularly over those first two years. That's why people who come to us must truly want to own and run their own business – not just be looking to buy a job.'

'At Green Acres we make the transition easier by providing comprehensive training, ongoing assistance and guaranteed weekly work, and the guarantee is realistically based on long-term objectives, not weekly or monthly top-ups. While a new franchisee may have a target of \$1500 turnover per week, they must get their heads around the fact that there will be good, bad and brilliant weeks – the income roller coaster,' Mitchell says frankly. 'No franchisee has ever told me they haven't achieved their first two years' income objective, but there are always ups and downs along the way. We'd rather they understood that from the very start.'

seven services

Established in 1991, Green Acres is one of the country's first and most successful home-grown service franchises. Today it has over 650 franchisees nationwide serving 70,000-plus customers across seven different services:

- Lawn & Garden
- Commercial Cleaning
- Home Cleaning
- Pool Valet
- Ironing
- Car Valet
- Carpet Care & Pest Control

'That gives us a lot of marketing power, of course, but our franchisees also benefit from strong alliances with suppliers such as ANZ, Vodafone, Bunnings, Xero, Z Energy, The Service Company and Rothbury Insurance Brokers,' Mitchell explains. 'Green Acres has won 15 franchise awards over time, including two in the 2014/15 Westpac New Zealand Franchise Awards. And part of maintaining that advantage for our franchisees and customers is ongoing innovation.'



Potential franchisees can learn more from Green Acres' fresh new website

find out the facts

One example of this is the new website joingreenacres.co.nz, which is specifically aimed at potential franchisees. 'These days, people prefer to do a lot of their investigation into business opportunities online. We've therefore built a dedicated website based on

research and franchisee input that takes a potential franchisee 70 percent of the way to making their decision. It means that when they come to us, they are properly informed and able to ask the really hard questions.'

The new website includes information, answers to frequently-asked questions, videos and even a *Design Your Own Business* calculator. 'Green Acres is a very flexible business, so start-up costs range between \$23,000 and \$52,000 depending on the initial income target you choose. For most people, that's between \$600 and \$2000 per week,' Mitchell explains.

'Franchisees also need additional capital for a suitable vehicle. To make it easy, we created a super-smart, easy-to-use and completely confidential calculator. It helps you work out what to invest and what hours you'll need to work in order to get the level of income you desire.'


'You don't have to sign on and reveal lots of personal information about yourself to use joingreenacres.co.nz – everything you need to know is up-front and accessible. We don't hide anything because we believe in what we have to offer, and our track record proves that it works. Our weekly royalty and brand levy fees are fixed so you won't be penalised for earning more money.'

The website also provides details of funding options (up to 70 percent on a business loan) and the comprehensive equipment package for each service, which includes everything from mowers to iPads. This package is included in the initial investment.

a business, not a job

'Whichever Green Acres franchise you choose, our success-proven training shows you how to work efficiently and effectively,' says Mitchell. 'It also teaches the vital skills of client communication, customer care, time management and business management. Our state-of-the-art technology enables you to stay in control of your business while keeping paperwork to a bare minimum. It means you can focus on doing what makes you money.'

Unlike many franchises, Green Acres is not territory-based. 'Each franchisee receives business development and operational support from a local master franchisee, whose role is to help you grow,' Mitchell explains. 'This local focus is one of the major factors in our franchisees' success. But individual franchisees aren't restricted to a specific suburb or area, so if you have a multi-site client who wants you to take on all their work, you can do it if you choose. It really is a business opportunity – not a job.'

'We have opportunities throughout the country right now. If you have a genuine ambition to run your own Lawn & Garden or Home Cleaning business, or any of our other services, you know what to do: go to www.joingreenacres.co.nz, watch the videos, try the calculator then contact me. I want the *hard* questions!' 



The *Design Your Own Business* calculator allows anyone to work out how to create the income they desire


advertiser info



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P 0800 692 643
mitchell@greenacres.co.nz



Let us know about Cholesterol

Dr. Nirmal Rimal

We all might have heard about Cholesterol. It is considered as one of the major contributing factors for non-communicable disease as having abnormal level of cholesterol is a risk factor for heart attack and

stroke. From the health perspective, let us discuss about the cholesterol in some details

Some facts related to cholesterol

- In 54% of people admitted to hospital with a heart attack have high cholesterol
- Many people are unaware they have high cholesterol. The only way to find out is to have a blood test
- Nearly 90% of patients with coronary heart disease have some form of lipid disorder. Increased levels of LDL as well as decreased level of HDL have all been associated with an increase risk of premature vascular disease.
- According to Heart Foundation New Zealand there are 172,000 people living with heart disease which is one in twenty adults. Out of the total deaths, 33% of deaths annually are caused by cardiovascular disease. It is the leading cause of death in New Zealand and includes heart, stroke and blood vessel disease.
- In every 90 minutes a New Zealander dies from heart disease. Many of these deaths are premature and preventable.

What is Cholesterol?

Cholesterol is a type of fat that circulates in our blood and our body needs some cholesterol to function properly. Our liver produces all the cholesterol a person needs. Cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. When we eat a diet high in saturated and trans fats, our liver produces more cholesterol. When there is high cholesterol in our blood (hypercholesterolemia) it speeds up the process of atherosclerosis (hardening of blood vessels) which can increase the risk of heart disease or stroke. Hardening and narrowing of the arteries -- silently and slowly blocks arteries, putting blood flow at risk.

Types of Cholesterol

There is only one type of cholesterol, but it is carried in the blood by special proteins called lipoproteins.

Lipoproteins are really what are measured to find out how much cholesterol is present in the blood. There are mainly two types of lipoproteins that are related to cardiovascular health:

- Low-density Lipoproteins (LDL). It is also known as "bad" cholesterol. The role of LDL in the body is to transport cholesterol to all organs for use in building cells. LDL is like a large 'dump truck', and dumps cholesterol in the artery walls. This makes your blood vessels narrow.
- High-density Lipoproteins (HDL). It is also known as "good" cholesterol. HDL cholesterol is like a 'pick up' truck that picks up and transports cholesterol from the blood stream to the liver, which gets rid of it. The role of HDL in the body is to carry extra cholesterol away from the arteries to the liver which breaks it down and removes it from your body. If you have more of this type of cholesterol you may have a lower risk of heart disease or stroke.

When we have a high amount of (LDL) circulating in our blood, it gets deposited in the walls of the blood vessels. These deposits narrow the blood vessels and make it difficult for enough blood to flow through our arteries. When the narrowing becomes severe enough oxygen cannot reach our heart and brain which can lead to a heart attack or stroke. A clot in a narrowed artery can cause a heart attack or stroke. So, a high level of LDL is bad for our health.

HDL removes fat from the deposits in the blood vessel and delivers to the liver and other organs where it is metabolized to less harmful elements. HDL does exactly the opposite of the LDL. Therefore, a high level of good cholesterol (HDL) is good for our health.

What is Triglycerides?

Triglycerides are the most common form of fat found in our body. The role of triglycerides is to store and transport fat in the blood. Extra energy from food and alcohol that our body does not need is changed to triglycerides. High triglycerides contribute to atherosclerosis, which increases the risk of heart attack and stroke. Extremely high levels of triglycerides can also cause inflammation of the pancreas.

What causes high Cholesterol?

We don't always know what causes high cholesterol. Most abnormalities are caused by multiple factors and reflect the effects of unclear inherited genetic influences coupled with diet, activity, smoking, alcohol use and co-morbid conditions such as obesity and diabetes mellitus.

For some people, their liver makes too much cholesterol. This condition often runs in families, which means that a close blood relative (such as a parent) may have it as well. For those people, no matter how much they modify their diet, they may still have high cholesterol.

These are the risk factors which may increase the level of bad cholesterol in our body:

- **Dietary habit:** Eating food those are high in cholesterol like red meat or whole milk dairy products.
- **Smoking:** Smoking damages the blood vessel where fatty deposits accumulate and makes the blood vessel narrowed. Smoking also lowers your HDL (good cholesterol).
- **Sedentary lifestyle:** Regular exercise helps to increase HDL (good cholesterol) but lack of exercise does the opposite and increases the LDL (bad cholesterol).
- **Obesity:** Large waist circumference increases the risk of high cholesterol.
- **Diabetes:** Having high blood sugar may contribute to increasing LDL (bad cholesterol) and decreasing HDL (good cholesterol).
- **Excessive alcohol consumption:** Increases triglyceride level in the blood.
- **Genetic:** Having family history of high cholesterol may increase the risk

What are the symptoms of high cholesterol level?

High cholesterol level does not show any symptoms on its own so many people are unaware they have it. So a person may not even know having a high LDL or triglyceride levels. But having high cholesterol levels increases persons risk of having heart attack or stroke. The only way to find out is to have a blood test.

Are you aware of your cholesterol level?

It is very important to know your own cholesterol level. This is to find out if we need to do something about our cholesterol levels which can be done by visiting our doctor or nurse and have a medical check-up. In the health check-up if we ask for heart and diabetes check, the doctor, nurse or health professional will discuss about the individuals ideal cholesterol levels, taking into account his/her overall risk of having a heart attack or stroke.

Increased cholesterol levels are often identified during routine screening of cardiovascular problems. If an individual have any symptoms of heart disease, diabetes or kidney disorders, the person should regularly check their cholesterol levels as well. Doctor will usually check for triglyceride levels as part of the

cholesterol test (also called the Lipid panel or Lipid profile). Knowing individuals cholesterol levels helps the doctor to assess their overall heart health and see if any lifestyle changes or other treatment is needed

The doctor will measure person's blood pressure, weight and make an assessment of the risk of developing cardiovascular problems as well based on history, physical examination and laboratory findings of the individual.

All adults aged 20 years and older can undergo screening for hypercholesterolemia and the screening is best performed with a lipid profile (total cholesterol, LDL cholesterol, HDL cholesterol and triglyceride).

What is lipid profile?

The cholesterol blood test result will give levels of:

- high-density lipoprotein (HDL) cholesterol – 'good cholesterol'
- low-density lipoprotein (LDL) cholesterol – 'bad cholesterol'
- triglycerides
- total cholesterol: This is the total amount of cholesterol in your blood.
- total cholesterol/HDL ratio. This is a calculation used to figure out person's risk of stroke and heart attack. The lower the number, the lower persons risk.

These make up the 'blood lipid profile' – lipids are just another name for the fatty substances in the body and bloodstream. Individual's cholesterol test results is interpreted in relationship to person's age, sex and general health profile. Cholesterol is measured in millimoles per litre (mmol/L). According to the New Zealand guidelines an ideal lipid profile is:

- total cholesterol less than 4 mmol/L *
- LDL cholesterol less than 2.0 mmol/L *
- HDL cholesterol greater than 1 mmol/L
- total cholesterol/HDL ratio less than 4
- triglycerides less than 1.7 mmol/L.

* Note: Lower targets are appropriate for people who have heart disease, diabetes or kidney disease. Check with your doctor what your target level should be.

These cholesterol results are not interpreted on their own – your doctor will take other heart risk factors into account as well. If your cholesterol level is high, you should have regular check-ups every three to six months, depending on the results and your doctor's advice.

Is a cholesterol test useful?

A cholesterol test is not used to diagnose a disease. Instead, measuring cholesterol and knowing the

levels of these lipids provides important information on person's health and their long-term risk of heart disease and stroke. Together with other cardiovascular risk factors (such as blood pressure and body weight), cholesterol results can give the doctor an overall picture of the person's health. It is also useful if the blood test results are not within normal limits, this 'early warning' allows the person to make lifestyle changes and consider treatments to lower their future risk of heart attack and stroke. Making changes on the advice of health professionals can greatly alter the individual's risk.

It is very important to have cardiovascular risk assessment for staying healthy. For Indo-Asian people generally the recommended age to offer assessment is age 35 years for men and age 45 years for women. Person who wants to have the risk assessment should consult their doctor for details.

Management of High Cholesterol

Management of high cholesterol is based on the levels of cholesterol in the person's body and other factors that might increase the risk of a heart disease, the specific treatment may vary. However, there are two approaches to treating high cholesterol:

1. Lifestyle modification:

Lifestyle modification is always essential to keep a healthy balance of cholesterol in the body. That include addressing the risk factors:

- Stopping smoking and reducing the amount of alcohol the person drink
- Diet: eating high fiber diet like whole grains, fruits, and vegetables. Limiting total amount of meat, egg yolks. Choosing fish and poultry more often than red meat
- Engaging in regular physical activity which increases good cholesterol. The aim is for a minimum of 30 minutes of moderate-intensity physical activity on most days of the week.
- Maintaining a healthy weight

These choices can lower the risk of heart attack and stroke.

2. Medications:

Medical professional will prescribe specific medication depends on various factors including the persons individual risk factors, age, current health and possible side effects. Standards of care for high cholesterol is LDL cholesterol lowering therapy that lowers the risk of CHD related deaths, morbidity and revascularization procedures in hypercholesterolemia patients. Therefore, Identification and management of high LDL cholesterol is very important. Statins, Bile salt binding resins, Fibrate, Niacin and omega fatty acids

supplements are some of the common choices.

All patients requiring cholesterol treatments should implement a diet restricted in total and saturated fat intake. Moderate exercise and weight reduction is also recommended.

Prevention and control of high cholesterol:

Our cholesterol levels start to rise from age 20. High cholesterol is more common in men who:

- Eat a lot of saturated fats
- Are overweight
- Are inactive
- Smoke cigarettes
- High cholesterol can be hereditary. If someone in the persons family has high cholesterol, you have a higher chance of developing it.

Adapting a healthy lifestyle such as eating a healthy diet and daily exercise, regular health check up with cardiovascular screening, complying with the treatment regimen and regular follow up are some of the ways to prevent and control high cholesterol in individuals body.

The Heart Foundation's nine steps to eating for a healthy heart

1. Enjoy three meals a day, selecting from dishes that encourage you to eat plant foods and fish, and with little or no dairy fat, meat fat or deep-fried foods.
2. Choose fruits and/or vegetables at every meal and for most snacks.
3. Select whole grains, whole-grain breads or high-fibre breakfast cereals, in place of white bread and low-fibre varieties at most meals and snacks.
4. Include fish or dried peas, beans and soy products, or a small serving of lean meat or skinned poultry, at one or two meals each day.
5. Choose low-fat milk, low-fat milk products, soy or legume products every day.
6. Use nuts, seeds, avocado, oils or margarine instead of animal and coconut fats.
7. Drink plenty of fluids each day, particularly water, and limit sugar-sweetened drinks and alcohol.
8. Use only small amounts of sugar or salt (if any) when cooking and preparing meals, snacks or drinks. Choose ready-prepared foods low in saturated fat, sugar and sodium.
9. Mostly avoid or rarely include butter, deep-fried and fatty foods; and only occasionally choose sweet bakery products or pastries (www.heartfoundation.org.nz).





My Camping Experiences

Sourav Dhungel

When I hear we're going camping I literally blow up with

excitement, camping is so fun I meet all my friends and family members. It's like a big sleepover in a tent! Every year in January my family and I go camping with some of our family friends. It's always really fun, we go swimming, have water fights and we play cricket and football. At night we gather together in big gazebos and play games like charades and mafia.

My first camp was at Omana Beach Camp in Coromandel, I was only 5 years old I was really scared because one of the shows I used to watch the most would talk about Pink foot! Pink foot is a big monster with a pink foot and when you go camping he kidnaps you. So I refused to go but my parents got me in the car. At night we were roasting marshmallows and my sister said "Hey look it's Pink foot!". "Ahhhhh" I screamed as I almost cried. The next day I woke up and my dad took me too the long drop toilet and I cried and I didn't go on it because I thought I was going to fall in the hole of poo. Some how my dad made me sit down.

The next year we went to Awhitu Campsite in Manukau Heights, I don't really remember anything special that we did but it was a lot of fun.

The year after that we went to Kai Iwi Lake Campgrounds near Dargaville and it was one of the best camping experiences ever. All of my friends and their families came there and it was soooo fun. That was where I learned

how to float on my back. There were hot water showers, flush toilets and a freshwater lake where we went kayaking. It was just amazing.

The year after that we went to Uretiti Campgrounds close to Whangarei and was really fun, we went to this cave filled with water and we all got soaked, we also visited an oil refinery for a site tour and it was very informative.

We usually go camping in January but because in 2016 January we were going to USA, my family planned a camp in December 2015 so we wouldn't miss out. It was really fun we went to Waikawau Campgrounds in Northern Coromandel. My sister made a video and it really good. It was so much fun, We went on a one and a half hour walk up a mountain and it was really fun, and tiring. (One and a half hours up and down so it all adds up to three hours).

The latest camping was at Wentworth Valley Campgrounds in Whangamata, it was so fun we went on an hour walk to a beautiful waterfall. I didn't get to go to the bottom because my dad said the road was too steep. Almost every year we go to a campsite with a beach next to it, well this year we didn't. This year we went next to a very shallow river and a waterfall so we had to drive to the beach.

These are all of my camping experiences and they were all amazing. I hope now you are looking forward to going camping as well.



फटाहा

गोपालमान ५।६ वर्षको केटी थियो । उसको उमेरका साथीहरूमा ऊ बाटो थियो । गोपालमानलाई उसको बाबुले बाह्रपै मेलामा लग्छु भनेको थियो । उसको ३-४ जना साथीहरू मेलामा गएका थिए । उनीहरूको धक्कालाई गोपालमानले सहन सकेको थिएन । उसको बाबुले मेलामा लग्छु भनेको छ भनेर उसले पनि शान देखाएको थियो ।

“ए गोपाल, खोइ तिमी बाले तिमीलाई बाह्रपै मेलामा लगेको ?” ईश्वरचाले भन्यो । “पानी परेकोले नगएको ।” गोपालमानले गर्वका साथ जवाफ दियो । त्यसदिन गोपालमानको बाबु बाह्रपै मेलामा गएको थियो । गोपालमानले बाबुसँग जान खुब जोड गरेको थियो । बाबुचाहिले पानी परेको छ, हायतचा (क्याप) किनेर ल्याइ दिउला भनेर पाँच-दश पैसा दिई गएका थिए ।

“बा आउनुभएको छैन ?” भनी गोपालमानले आमालाई सोध्यो । “खोई आज फर्किन्छु भनेर जानु भएको साँझ परिसक्यो फर्कने हो वा होईन” भनिन् । गोपालमान झ्यालमा बसी आफ्नो बाबुको बाटो हेर्दै ऊ झ्यालमै निदायो ।

भोलीपल्ट एकाबिहानै उठेनबित्तिकै आमालाई सोध्यो “बा आउनुभएको छैन ?” “बा आइपुग्नु भएको छैन । हिजै फर्किन्छु भन्नु भएको।” आमाले भनिन् ।

गोपालमान हायतचा नल्याइदेल कि भनेर भातै नखाई रुन थाल्यो । आमाले सम्झाई भनिन्, मेलामा हायतचा नपाएर शहरतिर जानुभयो

होला । हायतचा पक्का ल्याईदिनुहुनेछ । गोपालमान भात खाएर खुशीले उफ्री उफ्री बाहिर गयो ।

गोपालमानको एक ज्यानको साथी ईश्वरचा थियो । ती दुबै सँगै हिड्नुल गर्दथे । दुवैको उमेर करिब ४-५ वर्षको थियो । “खोई तिमीलाई हायतचा ल्याईदिएको ?” हिलोमा खेल्दा खेल्दै ईश्वरचाले सोध्यो । “बा नै फर्किनुभएको छैन ।” गोपालमानले जवाफ दियो । त्यो दिन पनि गोपालमानको बाबु फर्केन ।

तेस्रो दिन पनि गोपालमान भातै नखाई बाबु फर्केला भनेर घर नजिकैको पाटिमा बसिरहेको थियो । गोपालमानको बाबु आफ्नो घरनजिक पुगेको गोपालमानको साथीहरूले देखे । उसका साथीहरू झटपट आइ गोपालमानलाई उसका बाबु आइपुगेको खबर सुनाए । बाबु आइपुगेको खबर सुनेर खुशीले गर्दगर्द भई घरतिर गयो । “बा हायतचा खोई, लगाई हेरौ ?” गोपालमानले सोध्यो । छोराको मुखबाट हायतचाको कुरा सुनी बाबुचाहिको मुख कालोनिनो भयो । एकछिनसम्म केही पनि बोल्न सकेन । गोपालमानको बाबुले केही नभनेको देखी उसले हायतचा नल्याएको सम्झियो र उसका साथीहरूको सामु मरेतुल्य हुने सम्झन पुग्यो । केही बेरपछि केही पनि नबोलिकन गोपालमान बाहिर गयो । त्यसबेला ऊ गम्भिर देखिन्थ्यो । सबै उसका साथीहरूले “खोई, तिमी बाले हायतचा ल्याइदिएको ?” भनेर सोधे । गोपालमानले जवाफ दियो, “हो, मेरो बाले मलाई छकायो (ढाट्यो) । तिमीहरूसँग घमण्ड गरेको सबै मेख मारिदियो । अबदेखि म आफ्नो बाको नाम फटाहा राख्छु ।”

- लक्ष्मणसुन्दर सँजू

शुभकामना

नयां वर्ष २०७४ को शुभ अवसरमा न्यूजिल्याण्ड नेपाल सोसाइटीले सौगात पत्रिका प्रकाशन गर्न लागेकोमा हार्दिक शुभकामना व्यक्त गर्न चाहन्छु । विगतमा झै यस अंकले पनि नेपाली वाङ्मयलाई उपयोगी सेवा दिन सकेछ भन्ने कामनाका साथ नयां वर्ष २०७४ को उपलक्षमा न्यूजिल्याण्डवासी तथा विश्वभरका नेपालीहरूमा सुस्वास्थ्य र उत्तरोत्तर प्रगतिको लागि हार्दिक कामना गर्न चाहन्छौं ।

नेपाल न्यूजिल्याण्ड साहित्य समाज



Freshman Year

Ayush Bhandari

You look around, trying to spot a known face.

Only to realise, that you are in an unfamiliar place.

You see the rulers of this area look down on you with disgrace.

You and your people feel as if you're not welcome here.

Your social status is nowhere near as big as you had expected it to appear.

You are inevitably at the bottom of this five-year long social chain.

Further proving you aren't as big as you claim.

This of course is just a pessimistic mindset that one fail to avoid.

Leaving all victims in a void of loneliness.

You are however aware that time is the only cure to this mess.

A whole year has almost passed by this point.

Junior exams are coming up and you are trying your hardest not to disappoint.

There will always be the 'reassuring' words of the seniors that the tests are much easier than it seems.

But, you know better, knowing not to slack off, even in your wildest dreams.

It's the day of your reports arrival -you stress.

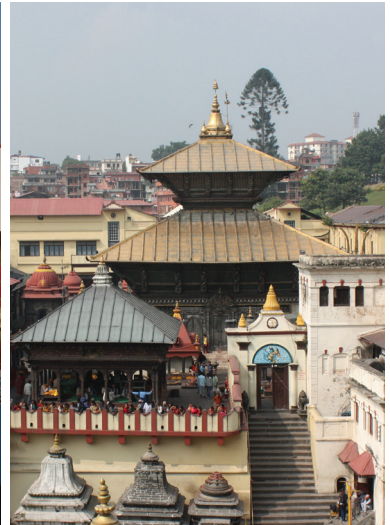
Turns out your life isn't a mess.

You did your best and practically aced all of your tests.

It seems like the negative mindset caused fear.

Those symptoms become undeniably clear.

It is obvious that you were in your freshman year.



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Your business could be in different stages of its life cycle. Some of you would have started your self-employment in the past 2 years or so and therefore your income may not be what it should be, since the business did not reach its potential.

Some of the businesses may have achieved its full potential, but could not have delivered huge profit/income due to one-off marketing expense or some capital expenditure to the business.

Especially if your business is a manufacturing business, then you need to wait for a few months to recover the costs you have paid now and you may have working capital issues. These are a few examples one can come across if you are self-employed.

It is a great time for the self-employed to prepare what had happened in the previous financial year and prepare your company's financial statements as quickly as possible. The first thing the bank requests is whether we had recent financials for the business before they look at possible finance either to buy your first home or an investment property or you would like to inject some funds to your business.

Preparation is the key. You will have more chance of getting finance to fund your projects, if you have your financials ready and you know other critical numbers in your business are in your fingertips. Prepare a business plan with your accountant's help for the next financial year. Your projections for the next financial year will paint a good picture for the lender, to assess your application form for finance.

What happens if self-employed clients do not have the above? It is not an end of the road. There are some secondary lenders who will be in a position to finance your projects and the costs associated with it are not that high, when you compare with normal interest rates given by trading banks. The additional costs are well justified to secondary lenders for the risk taken by secondary lenders to fund your project. If you have necessary equity with your home, then secondary lenders will assist you with financing options, with their normal lending criteria.

Going to a secondary lender is only a stop gap arrangement, until you get your financials in order so that we can refinance your loans from secondary lender to a trading bank at the earliest possible.

This option is available for only self-employed clients and if you would like to venture into getting more information on the above, please arrange for a call back.

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रस पनि नभएको सुष्क झन् एकराते ॥

भ्रमर रसिक हुन्छन् वासनाका पियारा ।
ढक मक सुमनै का पलका मद्य-धारा ॥
सुरुक सुरुक तान्छन् मस्त आस्वाद लिन्छन् ।
रसमय कविता ती गुञ्जना बाट दिन्छन् ॥

सुमन त गमलामा माथि अट्टालिकामा ।
गुपचुप भमराको दृष्टिको दुरतामा ॥
फगत पवन लुक्दै जोडने हो कपोल ।
मधुकर मधु चाख्नै पाउदैनन् अमोल ॥

घर गगन छुने छन् छैन बारी कराँसा ।
मधुकर रस खोज्छन् पाउनेछन् निराशा ॥
कुसुमित लहराको झाँड देखिन्न काहीं ।
विविध रङ भरेका नक्कली जाहि ताही ॥

गृह परिसर सुखवा, दीर्घिका पाइदैनन् ।
अपगत अप देखी अप्सरा आउदैनन् ॥
सुमन रस नपाई भुङ्गले गाउदैनन् ।
युवति सुम नदेखी भुङ्ग नै घाउदैनन् ॥

गगन पर उडेको पुष्पको त्यो पराग ।
धरणि सुत बनेका भुङ्गमा जान्न राग ॥

धन पति कति सारो निर्दयी बन्न सक्छन् ।
भ्रमर-युवकलाई दूरजा भन्न सक्छन् ॥

मधुब्रत ब्रत गर्छन् वासना पाउदैनन् ।
श्रम, भरदिन गर्ने रासनै पाउदैनन् ॥
कठिनतम तपस्या खेर जाँदो रहेछ ।
प्रभु-पद पछि लागे लक्ष्य मिल्दो रहेछ ॥

नगर भर खुला भो मद्य-शाला कि बार ।
युवक युवति गर्छन् देहको कारबार ॥
प्रणय पद पदै मा मात्र भो हार्द छैन ।
नर पशु सँग केही भिन्नता नै हुदैन ॥

अवयव सब खोली हाटमा राखिएको ।
विनिमय हुनजान्छ मूल्यमा तोकिएको ॥
प्रगति अगति केहो बार भित्रै वितण्डा ।
किन किन किन भन्दै गाडिएको छ झण्डा ॥

क्षणिक रउस पूरा गर्दछन् प्रीत हुन्न ।
पछि पछि बुझ्दा हुन् मातले जीत हुन्न ॥
कतिपय भमराले हाटका फूल भित्र ।
द्रव रस नहुनाले सुँग छोडे विचित्र ॥

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यिनसँग नगरे है न्याय मा छेडखान ।
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Achievements



- **Anubhav Bahadur Thapa**
Winner- Cricket World Performance of the week, UK. 6th September 2016
- **Sourav Dhungel**
Received trophy and certificate from UNSW Global, Australia, for scoring highest score in 2016 Digital technologies, Year 4 in International Competitions and Assessments for School (ICAS), New Zealand and Pacific region.
- **Rajshree Khadka**
Received National Certificate in Hairdressing Practice
- **Aaron Bhuju**
Awarded the rank 1 Kyu in Kyokushin Karate

केहि दुके कविताहरु

-विनोद भौकाजी

जति नै कमाउ जति नै पद बनाउ
आखिरमा हो त तिमी नै कतै नहराउ ।
####

जमीन छोड्नु भनेको आधार छोड्नु हो
आधार छोडी उड्नु भनेको बिग्रनु हो ।
####

जस्तो सोच्यो जिन्दगीमा त्यस्तो कतै हुन्न
माथिको आकाश त म कदापि छुँदैन छुन्न ।
####

कसरी बनाउं म घर जगै त भत्काइ सक्यौ
के आशा गरं म तिमीबाट सबै त लुटी सक्यौ ।

आकाश त कहाँ हो कहाँ अन्त्य नै छैन
हामी त यहाँ पाहुना हौं सधैँलाई हैन ।
####

थाहा छैन हामीलाई को आयो को गयो
सम्झन्छौं उसलाई जसले केही गर्‍यो ।
####

धराशयी बनाउछं भन्ने जान्दा-जान्दै अभिमानले
किन गुमाउछन यहाँ स्वविवेक कैयौं मानिसले ।
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Under 15

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1st runner up: Sourav Dhungel

2nd runner up: Aaron Bhuj

Women:

Winner: Neera Pant

1st runner up: Jagamaya Shrestha Ranjit

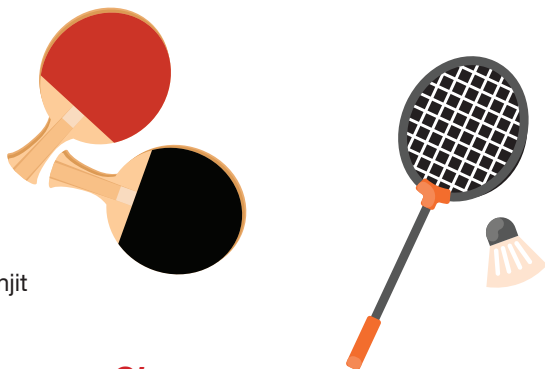
2nd runner up: Priyangu Dhungel

Men:

Winner: Sameer Khanal

1st runner up: Surya Tamang

2nd runner up: Rohan ???



Chess:

Under 15

Winner: Sourav Dhungel

1st runner up: Divyanshu Khadka

Adult:

Winner: Dipendra KC

1st runner up: Dinesh Khadka

Badminton:

Under 15: Single

Winner: Ayush Bhandari

1st runner up: Florian Pant

2nd runner up: Sourav Dhungel

Women: Single

Winner: Sonia Gurung

1st runner up: Salina Dhungel

2nd runner up: Priyangu Dhungel

Men: Single

Winner: Chandra Gurung

1st runner up: Suman Dhungel

2nd runner up: Shaurya Bhattarai

Carrom Board:

Under 15:

Winner: Manit KC / Sourav Dhungel

1st runner up:

Anurodh Thapa / Divyanshu Khadka

Women:

Winner: Priyanka Ulak / Sabina Ranjitkar

1st runner up:

Susma Thapa / Archana Bhuj

Double:

Winner: Chandra Gurung / Sajju Nepal

1st runner up:

Dinesh Acharya / Laxman Paudel

Men:

Winner: Bikram Phuyal / Gaurav Khanal

1st runner up:

Balram Khanal / Sujana Gurung

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Historical Background of Bhutanese Refugees and their Re-settlement in New Zealand

Dr Jagamaya Shrestha-Ranjit

A significant number of people have been

displaced from their country of origin and become refugees, mostly due to armed conflicts, political violence and human rights abuse. Refugees' traumatic past and uncertain future, together with complex health needs, present significant challenges for resettlement in their host country. Bhutanese refugees are Bhutanese citizens of Nepali origin. Their Nepali ancestors had migrated from eastern Nepal to southern Bhutan in late 18th to early 19th century (Hutt, 2003). This article provides a brief background of the journey of Bhutanese refugees from Bhutan to refugee camps in Nepal and to resettlement in New Zealand.

Like Nepal, Bhutan is a small landlocked country situated between India and China. According to the latest available data, Bhutan's total population was 774,830 in 2015 (World Bank, 2016). Bhutan can be divided into three broad ethno-linguistic groups: the Ngalong from the West, the Sharchhop from the East, and the Lhotshampa of the South (Hutt, 1996). There are also some other smaller ethnic groups within Bhutan. The Ngalong, who are descendants from Tibetan immigrants are politically and culturally dominant in Bhutan; and their language (Dzongkha) is considered the national language. The Ngalongs (including the King of Bhutan), the central Bhutanese and the Sharchhops mostly practise Buddhism, which is supported by the State. The Buddhist communities of Bhutan are known collectively as 'Drukpas' and they make up the majority of the population of Bhutan (Hutt, 1996).

The Lhotsampas (people of the south) are descendants from Nepali immigrants who speak the Nepali language and mostly follow the Hindu religion (Hutt, 2003). Although there are no trustworthy census data available, more than one third of Bhutan's population is estimated to be Nepali-Bhutanese (Muggah, 2005). In the 18th and 19th centuries, the Government of Bhutan recruited people from Nepal to cultivate land (Hutt, 2003). The successive generations of Nepali migrants cleared the forests, formed agricultural communities and became Bhutan's main producers of food. They produced cash crops such as oranges and cardamom and paid taxes (in cash) from the early years (even before the Bhutanese monarchy was established in 1907); hence, the Lhotsampas contributed to a significant proportion of the gross domestic product and the national economy of Bhutan (Hutt, 2003).

As there was no unified political system in Bhutan until the 1950s, different systems of administration were maintained in different parts of the country. Therefore, in the south, Lhotshampas (Nepali-Bhutanese) maintained their socio-political system and retained their distinctive Nepali language, culture and mainly Hindu religion, although they had lived in Bhutan for up to five generations. In the early 1950s, the whole of Bhutan was brought under a single administrative system and, in 1958, Bhutan granted citizenship to Lhotshampas. Since then, Lhotshampas entered government service in increasing numbers and began to play an important role in public life and politics of Bhutan (Hutt, 2003).



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Lhotshampas coexisted peacefully with other ethnic groups in Bhutan until the mid-1980s. However, in the late 1980s, Lhotshampas' increasing success and their democratic claims and values were perceived as a threat by the Bhutanese Government (Hutt, 2005). The Government therefore initiated a campaign known as 'One country, one people' or 'Bhutanisation'. In 1985, the Bhutanese Government passed a new Citizenship Act that denied many Lhotshampa their citizenship rights. As stated by Hutt (2003), the new policy forced many Lhotshampas to 'un-become citizens'. Discriminatory policies followed whereby Nepali dress, language and the right to sell cash crops became illegal for Lhotshampas (Hutt, 2003). The Nepali-Bhutanese were denied basic services, including access to health care, education and employment. In 1990, public demonstrations against the new policies took place. In response, the Bhutanese Government branded all those who took part in such protests as anti-nationals and arrested, imprisoned without trial and tortured many Lhotshampas. Bhutanese officials used various measures to frighten the Lhotsampas into leaving the country. As an example, they organised evictions and land confiscation under the pretext of voluntary migration and demolished many Lhotsampas's houses (Muggah, 2005). During 1991–1992, more than 100,000 Lhotsampas fled or were forced to leave Bhutan (Hutt, 2005). Neighboring India did not permit the refugees to set up refugee camps. Rather, the Indian Government transferred the refugees by truckloads to Nepal. It is important to note that under the 1951 UN Convention, India (as a signatory of the Convention) had obligations to provide the Lhotsampas with protection and assistance or the option for resettlement (Muggah, 2005).

Bhutanese refugees spent more than 18 years in refugee camps in eastern Nepal (Hutt, 2005). The United Nations High Commissioner for Refugees (UNHCR) tried to find a permanent

solution for the Bhutanese problem in Nepal. However, its attempts to obtain agreement for their repatriation to Bhutan failed, and the Nepali Government opposed local integration. Most refugee leaders also opposed local integration (Hutt, 2003). Therefore, in 2007, the UNHCR announced a strategy to support third-country resettlement for Bhutanese refugees (Gurung, 2007). The Bhutanese refugees' third country resettlement journey began in 2008 and as of November 2015, 100,000 Bhutanese refugees have resettled in eight different countries (Shrestha, 2015); with the largest number in the United States (84,819), followed by Canada (6,500), Australia (5,554), New Zealand (1,002), Denmark (874), Norway (566), the United Kingdom (358) and the Netherlands (327). According to the UNHCR (2013), the acceptance of Bhutanese refugees by resettlement countries is the highest in the world – at 99.4% of total submissions.

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न्युजिल्यान्ड नेपाल च्याम्बर अफ कमर्स

नयाँ वर्ष २०७४
को हार्दिक
मंगलमय
शुभकामना
ब्यक्त गर्दछौ ।



**New Zealand Nepal
Chamber of Commerce**



कपासको बोट

विद्या सापकोटा

सायद ! सबै घाउका औषधी हुँदैनन् र
सबै विरामी निको हुन सक्दैनन् । यस्तै के
ही रोग लागेको छ उसलाई । हुन त रो
गिने उमेरमै छे उ तथापि यो उमेरले

लगाएको रोग नभएर किस्मतले दिएको व्यथा पो हो क्यार । किस्मतले नि कसै
लाई त व्यथा मात्र दिन जानेको हुँदो रहेछ कि ? उवाउँदो सूर्यलाई नमन गर्दै
‘अंधारिई ऊ । ‘मम्म ! अलिकति किनमेल बाँकी छ । साक्षी र म गएर आउँछौं
नि ल ?’ बुहारी परेवाट चिच्याई ।

‘आजकाल कालजमाना राम्रो छैन, बेलेमा फर्कनु’ चकटी लान्दै स्वीकृति दिई
उसले । दुस्रक वस्न मात्र के भ्याएकी थिई, चारा खोज्दै गरेका परेवा आँगनबाट
भर्नु उडे । वाई-वाई ... भैसी कराउन लाग्यो । बाख्का चिचिलाहरूले म्या-म्या
गाउन सुरु गरे, दाम्को चुडालुला भै गईको बाच्छो नाच्न थाल्यो । यो सब देखेर
पनि अचान्न बगिरहन सकिन ऊ । निदाउन लागेका अधमरा खुडाहरू उचाँलाई
धन्नासरीतर लागे । पराइको बैना लागि सकेका ती वस्तुबाट उसलाई देखेर चुप
भए । सकिनसकी परालको माचमा हात लगाउन लागी ऊ । पराल अँगालोमा
हैन, पाँजोमा पनि हैन, त्यान्द्रामा आयो । कसरी तागतविहीन हुँदै गइरहेको छ
शरीर । आँखाहरूले रुम मन गरे ।

के सुख र खुसी एकैसाथ आउन सक्दैनन् ? के विना बलिदान यो प्राप्त गर्न
सकिदैन ? फर्केर दुस्रक बस्दै आफैलाई सोधी उसले । नजरहरू एउटा छेपारो
तिर तेर्सिए । जुन सामुनेको कपासको बोटमा निस्किकी खेल्नरहेको थियो । त्यो
कहिले गमक फुलेको हाँगामा पुगेर पुलक हर्‍यो । कहिले पिउरी टिपिसकिएको
खपटामा टुङ्गियो त कहिले भर्खर लागेका कोपिला हल्लाउँदै हिँडियो । छेपारो
को मुख खेलमा केही बेर अल्फिस्कपेछि बोटमै आइपुगी ऊ । लटरम्म कोपिला
बोकेर तरुनी मुस्कान दिन लागेको त्यो बोटले उसलाई आफ्नो यौवनवय याद
दिलायो । ऊ सोच पुगी, के ऊ पनि त्यस्तै गमक थिई ? के पो हुनु ? यौवन
थाहँ नपाई पराइ पाउमा जो वजारिएकी थिई । ट्याक्कै हजुरआमाको उमेरकी
महिलाकी बुहारी र काकाको उमेरको पुरुषकी पत्नीको रूपमा । अफ अकी एक
सदस्य पनि थिइन् घरमा दिदी नाताकी ‘सौता’ ।

त्यसघरमा उसलाई सबैभन्दा मन पर्ने पात्र पनि तिनी थिइन् । अरुसँग खास
लगाव थिएन । जोसँग नाता जोडेर त्यस घरमा भित्रिएकी थिई उसतिर त मनै
सकिदैनथ्यो । अगाडि पर्ने हिम्मत हुँदैनथ्यो । सासू मुखै फोरेर भनिन्थु, ‘के हो
कान्छी ! लोनेको सम्मुख पर्दा-नपर्दै तेरो मुखमा किन ग्रहण लाग्छ ? तँलाई त
हामोले छोरो पार्इदिनका लागि ल्याएका हौं ।’

सासूका कर्कश आवाजले भाउलेन छुटाउँथ्यो । रिसभन्दा धेरै डरले कक्रक परेर
भिन्न भए बाहिर र बाहिर भए भिन्न लाग्थी ऊ । भुतभुताय यावत रहन्थ्यो
सासूको, ‘हे हाम्रो कर्म, छोरो त के छोरी पनि नपार्इदिने भई ।’

के भनेकी होलिन् यी सासूले ? रिसै उठे पनि मर्यादा नामको टेपले मुख
टाँडलिन्थ्यो टपक ।

यस्ता बखतमा उसलाई आफ्नो माइतीको खूब याद आउँथ्यो तर तत्कालै मन
गचुड्गो पनि भैहाल्थ्यो । तिनले त भन्नु आफ्नी छोरीको चाहना बुझ्नु जरुरी नै
सम्भवन । खान-लाउन मनय पुरेने सम्पत्ति छँदै छ, सौता भएर के भो त भनेर
पाखा लगाइदि । त्यो घरमा त ल्याइएकी नै ऊ जेठीको दोषमुक्त गर्न थियो ।
अरु के अपेक्षा गर्न सकिन्थ्यो ? आफूलाई फुल्याउन खोज्थी ऊ-तै यही घर
की होस् ।’

पति समकदार नै थिए, आफै रिफिन नसक्नुमा कसलाई के दोष ?

रिस र डरले एकतमासको बनेकी उसलाई देखेर दिदी फकाउन आइहालिन्
। मानी उनको बेगो थियो, ‘कान्छी यो घर तिप्रो हो । यो खान्दानलाई गति
दिने जिम्मेवारी तिप्रै हो ।’ तिनको कुराले त भन्नु उसका कन्सिरीका रौ तातेर
आउँथे, ‘जो काम आफू गर्न सकिन त्यो मेरो हो भन्दछे’ मुखले भने केही यो
विन्दथी ।

बिहे गर्दा सोह मात्र लागेकी ऊ । गाउँसामाजमा भने छिपिएकी केटीको दर्जामा
पर्थी । ऊसँगै आँमिएका छर्राछमेकका बाँहनीहरूका घरमा तोतेबोली सुनिन
थालिसकेको थियो । ऊ भने घरमै रमन पनि सकिरहेकी थिइन । कुनि किन
बपीसम्म पनि ऊभित्रको तुफान शान्त भइरहेको थिएन । थाहा थिएन ऊ आफै
लाई, आखिर के चाहन्थी ऊ ? आफै अचम्मिन् थिई, किन रिस मात्र उठिर
हन्थ्यो ? त्यही अचम्ममा थप एक अचम्म जोडिएर आयो त्यसैतक । दिदी रछ
यानमा एकोहोरो बाँदै थिइन् । पिढीमा गजक परेर बसेकी सासूका आँखा
उसका पतिरति फर्के । पति अफ गच्छ्दै लजाए ।

‘के तमामा हो यी आमाछोराको ? उता दिदीको बाक्काकी चलिआछ । यिनीहरू
भने मुस्कुराउँदै छन् ।’ अलमलमै पानीको अम्बोरा बोकेर दिदीसामु पुगी ऊ ।
तर दिदीको अनुहारमा पनि पीडा भन्दा सन्तुष्ट ज्वादा पोतिएको थियो ।
मुख खोकल्दै बोलिन् उनी, ‘कान्छी धन्त तिप्रो लच्छिन, अब हाम्रो कुलको र
क्षा हुने भयो ।’

अरूको खुसीमा किन रमाउन सक्दैन मान्छे ? केही पल अधिसम्म दिदीको
विसन्चोले आकान्त पारिरहेको थियो, अब त्यही दिदीको खुसीमा खुसी हुन
सकिन ऊ । एकाएक असुरक्षाको भावना उत्पन्न हुन लाग्यो । विक्लुल शून्य
भावले पतिरति हेरी उसले । फुल लागेका तिलचामले जुँगामा ताउ लगाउँदै
आमासँग गाँस्दै थिए ती । ‘त्यो प्रफुल्ल लोने मानिस आफ्नो लोने हो र
अहिले बच्चा पाउन लागेकी चाहिँ आफू नभएर अरू नै कोही हो ।’ उसलाई
बडो नमिठो लागेर आयो । आफूले वाय्तावश निवाँह गरेकी स्त्रीधर्म वाहेक
त्यस्तो सम्मोहन त ऊभित्र कहिल्यै पलाएकै थिएन ।

छटपटिदै आँगनको छेउ हुँदै दैलाँभित्र छिरी ऊ । वार्दलीभर डोरी टाँगेर मकैका
भुत्ता फुड्काइएका थिए । दशैमा चटक परेर लिपिएको घर अकै उज्यालो दे
खिन्थ्यो । आँखाहरूले घरका चोटाकोठा, कुनाभित्त सवैतिर छापा मान्न सुरु गरे
। किनकिन मन कमाल भएर आयो । लान लाग्यो कि, यस घरमा अब आफू
ना दिन सकिए । एकातिर मनको खरबारीमा डहेलो सल्कन लाग्यो । अर्कोतिर
त्यो घर, घरका मान्छे, यहाँसम्म कि वस्तुभाउ, खेतवारी एकएक चिजप्रति मोह
जागृत हुन पुग्यो । त्यत्तिकै पिलपिलाउन लागी ऊ ।

रनु पनि त सजिलो भएन । गाउँको एकनाले घर जो केही आउनजान सक्थ्यो

। कसैले देखिहाले के भन्नु ? रनाको कारण नै थिएन । खुसक डोको वो
केर निकल्यो ऊ । माइतीमा भै वन जाने चलन थिएन । पुग्दो जग्गाजमिन
थियो घाँसडाउराका लागि । गोडाहरू पुछारको पाटोमा पुगेर रोकिए । भक्के
अमिलोको केही दाना मुखमा हालेर फुर्तीका साथ हँसिया चलाउन लागी ऊ
सन्ध्या-सन्ध्या । पीडाको अथाह सागरमा डुब्दा त जाँगेर हराउनुपर्ने हो तर
उल्टो भयो त्यतवेला । एकैछिनमा डोको भरियो । यो नै पहिलो पटक हुँदो हो
उसले त्यस घरको लागि जाँगेरपूर्वक काम गरेको ।

धेरै कुरा पहिलोपटक भइरहेका थिए । घाँसको भारी विसाउने लाग्दा सासूले
धन्यभाव विसाइन ‘तँ साच्चै लच्छिनकी रहिछस् कान्छी । बिहे गरेको नौ
वर्षपछि जेठीको कोख भरियो, कुलले हाम्रो मौका पायो ।’

ऊ बोलिन् । सासू नै बोलिन् ‘अब तेरो पालो ।’
उसलाई यो पटक सासूसँग हैन आफूसँग रिस उठ्यो ।

साँफ पन लागेको थियो । सधै भै दिदी गाव्वा बोकेर गाई भएँतिर लागिन्,
पति भैसी भाएँतिर । राम्ररी पगान जाँदिन भनेर दुहुने काम गर्न गरेकी थिइन
उसले । चारो पनि हुँदैनथ्यो । कुनि किन यस पटक पुलक हेर्न मन लाग्यो ।

दुई पतिपत्नी एकअर्काका सम्मुख आ-आफ्नै काममा निमग्न थिए । घ्यार-घ्यार
‘दुधका सिक्काले गाव्वामा परेको सुनिन लाग्यो । यहाँ यति मोहक दोहरी पनि
हुँदो रहेछ । त्यत्तिकै लोभिँऊ ।’

Happy New Year 2074

NEPALI NEW YEAR

नव बर्ष २०७४ साल को अवसरमा सम्पूर्ण ग्राहक
महानुभावहरुमा सुस्वास्थ्य, दिर्घायु र उत्तरोत्तर
प्रगतिको हार्दिक मंगलमय शुभ कामना व्यक्त
गर्दछौ ।



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त्यस दिन त्यो घर खुसीले व्याप्त थियो । ऊ भने घोर निराशामा जर्किएकी थिई । उसले बारम्बार आफैलाई सोचेकी पनि थिई, 'कान्छी तँलाई के भयो ? हिजोसम्म दिक्क लाग्ने यो घर, त्यो बूढो पति । यिनैलाई छोड्नुपर्ना भनेर किन आतिरहेकी छस् ?' तर हडबड अझै बढ्दै जान्थ्यो । आफैप्रति दोषभाव उजागर हुन लाग्थ्यो । सानो छँदा आफ्नो पुतली खोसेर अरू कसैले खेल्दा मन दुख्ने भैं दुखिरहेकी थिई ऊ ।

साविक समयमा खानपनि भयो । पति र सासू खाएर बरण्डामा उक्लिसकेपछि मन नलागेरै दुई गाँस च्यापी उसले । धन्दा सकिइसकेपछि चोर आँखा फाल्दै आफ्नो ओझ्यानतिर सोफिई । आमासँग गफ गर्दै पति हुक्का तानिरहेका थिए । कुनि किन उसलाई लाग्यो त्यस बखत हुक्का पनि अझै गरी गडगडाइरहे को थियो । 'मलाई बूढो भनेर वेवास्ता गरेकी होइनौ ?' खिसिक्क परिरही ऊ । केही बेरमा पति भित्रिए । मुटुको दर्याघ्नो ढकढक गर्न लाग्यो । सुत्नुअघि सासू र पतिको गोडामा तेल लगाउनु नियमित कर्तव्य हुन्थ्यो । दिदी पतिलाई ढो गरेर आमालाई तेल लगाउन गइन् । ऊ सासूलाई ढोगेर पतिलाई । तेल यसरी रगडी जस्तो कि ऊ प्रार्थना गरिरहन्छ, 'म हजुरकै हुँ । मलाई यो घरबाट नपठाउनुस् ।'

'के भनेको कान्छी, तिमीलाई कसले किन कहाँ पठाउँछ ?' मनमनैको कामना मुखबाटै निस्किएछ पतिले भक्ककाइले भल्यासम्म पायो । निःशब्द गोडामै भुलिरह्यो ऊ । के-के खोजिरहेजस्ता चम्किलो दृष्टि गाड्दै विस्तारै बोले उनी, 'ज्यानमा आराम छैन जस्तो छ, भयो सुत ।' पुलुक्क हेदै तेलको दिउरी बाटुमनि राखी उसले । थाकेकी थिई ऊ तनले, मनले । लुटुक्क परेर सुत्थे । पतिका लामा-लामा ओलाहरू उसका कपालका फेदफेदसम्म रिड्दै रह्ये ।

उदाउँदो प्रभात प्रेमोदयको विहानी थियो । सारा संसार नै सुन्दर लाय्दथ्यो उसलाई । लाजगी पाएथ्यो मनले, शरीरले । त्यसपछिका दिनहरूमा कसैका प्रति केही गुनासो रहेन । न त पतिसँगका नियमित कर्तव्यमा कुनै सिकसिक, दिगदिग लाग्यो । उक्तो अमिलो न अमिलो तमाखु गन्हाउने मुख पनि गुनाएजस्तो लागेन । वरु कहिलेकाहीँ मनको कुना द्रवित हुन्थ्यो । इध्याजस्तो केही फुल्कन्थ्यो । दिदीका तीन-तीनवटा बच्चा भइसक्दा पनि उसको कोख रि ताको रितै थियो । दिदी सहनशील थिइन् । उसका कमजोरीमा पनि रिसाउन्न थिइन् । आफूले जन्माएका सन्तान पनि उसैको लच्छिलले भनिरहन्थ्यन् । पति पनि निम्रै सन्तान त हुन् भनिरहन्थे । सासू कहिले सम्झार्छन्, कहिले हर्काथिन् । बुढ्यौली यस्तै रहेर रहेछ, आजकाल उसलाई लान लागेको छ ।

बुढ्यौली, ऊ आफै पनि बूढी भइसकेकी थिई । घाँटी पक्कप सुकेर आयो । 'बाबु ! ए महेश' वजार निस्किएकी वुहारी आइपुगेकी थिइन । नाति केटो अल्लाहिदै हुँदा हो कतै ? को बोल्नु ?

गन्ने नै हो भने त एघार जनाको परिवार उसको तर घरमा बस्ने तीन जना । आउँदो चौविस घण्टाको लागि तीन नै कायम, त्यसपछि दुई । दुईमा एक ऊ, अर्को नाति केटो । केटो परको नातेदार । नातेदार हुनु र आफ्नै हुनु फरक कुरा रहेछ । आफ्नालाई चडकन नै लगाए पनि केही बेरमै आमा भन्दै काखमा लडिबुडी गर्न आउँछन् । अर्कालाई जबरजस्ती आफ्नो बनायो, खोचे थापेर हैरान ।

गन्नानाउँदै भान्छातिर लागी ऊ । भान्छाको खाली कुनोले मन भरिदियो । आफू ना सबै छोछोछो सम्फन लागी ऊ । तिनलाई जन्माउँदा र हुर्काउँदाका कठिनाई सम्फनमा आए । उसबाट सन्तान नहुने पक्कापक्की जस्तै भइसके को थियो । पतिका अंश आफ्नै हो भनेर उसले पनि मन बुझाइसकेकी थिई । अब अरू सन्तान किन चाहियो र ? भन्ने भइसकेपछि जीउ भारी भइदियो । जुम्ल्याहा सन्तान जन्मिए । घरमा पाँच केटाकेटी भए ।

खुसी भनिदै जाँदा दुखले पस्ने वाटो खोज्ने रहेछ कि ? ठूला बच्चाहरू स्कूल जान थालेका थिए, साना रगरगर हिँड्न् । यस्तैमा एकाएक बच्चाका बाबु अलिमिए । तिनी बखेर हुनु त के थियो, घरमा साडेसाती चल लायो । जग्गाफर्म भएर के गर्नु ? गर्ने मान्छे कोही थिएन । दिदी पहिलेदेखि रोगी । लोभनेमान्छे को सहाराविना आठ जनाको सास धान्नु मात्र पनि सानो कुरा थिएन । फन्कालजमाना अनुसार तिनीहरूलाई अक्षर पनि चिनाउँदै पथ्यो ।

जसोतसो छोराछोरीका खुट्टा के लाग्न लागेका थिए, घरको मियो लुलो भयो । छोराको पिरलो खप्न नसकेर सासू गइन् । थलिदै एगकी दिदीले पनि वाटो तताइन् । त्यसपछि त उसको हालत स्वस्थानीकी गोमा बाह्रमणिको जस्तो भयो । गोमाका त एक नवराज थिए, उसका त पाँच । तथापि उसले हिमन्त हारिन । बच्चाहरू हुकँदै गए । बुभुफकी पनि हुँदै थिए ।

भाय पनि बलियै लिएर आएका रहेछन् ब्यार, जेठो छोराको निधारमा बत्ती बल्यो । डिम्भी पथ्यो उसलाई । एउटी लाचार आमाका लागि यो भन्दा ठूलो कुरा अरू के हुन्थ्यो ? छोरो अमेरिका पुर्यो ।

छोरो लामो यात्रामा गइसकेपछि घरमा अभावका दिन छोटिन लागे । भाइबहिनीका पढाइले पनि गति पायो । उसको मेहनतको, काखपोट्लाको तारि फले गाउँठाउँ भर्दिने गयो । सँगसँगै उभित्रको खालीपन पनि भर्दिने गयो । जेठो को विदेशयात्रा सँगसँगै कोपिलाहरू बोट छाडेर भान्ने एउटा नमिठो चलन जो बाँसिकेथ्यो । कमशः उसका सबै सन्तानले विदेशी नागरिकता प्राप्त गरे । स्वभावतः वुहारीहरू पनि उतै गए ।

सम्पन्ताको सुख, सुख भएर पनि सुख भइरहन नसक्ने रहेछ । आउँदा दिनहरूको कल्पनाले व्याकुल बनायो उसलाई । शान्त रित्ति थियो आकाश । त्यतातिर फर्कँदा उसको मनमा फन्क हलचल भयो, 'थाहा छैन कहिले फर्कने हुन् वचेराहरू आफ्नो गुँड सम्फेर ?' अत्यास वोक्दै देवताको खोपीतिर लागी ऊ । दियो बाल्दै घन्टी बजाई टिड-टिड ।

'खाली नभएर पनि खाली र भरिएर पनि रितिएको आफ्नो जिव्जगीका साथी यिनै त हुने होलान्' दीपको उज्यालोले खडा गरिदिएको गाग्री, अम्बरा, गिलासका विचित्रका छयाँतिर हल्ले सोची उसले ।

बुहारी वजारबाट फर्केर भान्छामा लागिसकेकी थिई । नमिठो हाइ काड्दै वुहारी छिछु आइपुगी ऊ । बोल्नु मन नभएर हैन नसकेर अंगेनाको छेउमा टस्किई चुपचाप ।

मनमा डुब्न चढ्दै थियो । एक मन कठोरतासाथ भन्थ्यो, बाँकी रहेकी एउटी वुहारी यसलाई पनि जाने अनुमति दिनु आफैमा सुखंता हो । जसरी होस्, यसलाई रोक्नुपर्छ । तुरुल्लै अर्को मन पग्लिएर आउँथ्यो । लोभनेसँगको एक महिने साथको आधारमा ऊसँगै बसी त रहेकी थिई सम्फना । यो उमेरमा लोभनेसँग टाडिएर कसरी बसोस् यो ? कसरी मन अड्याइरहेकी होली ? तीन वर्षको लामो प्रयासपछि छोरोले आफूसँगै लैजाने प्रवृत्त मिलाएको छ, त्यसमा भाँजो हाल्ने कुरा सोचे मात्र पनि पाग लाग्छ । उसको पनि चाहना त छोरावुहारी साथै रहनु भन्ने हो । 'बल्ले ठाउँ छोडेर मात्र....' मन धरमर भइरहन्थ्यो । फेरि वन लाग्थ्यो आँखा पलिलि.... ।

'मम्मी ! हजुर भन्नुहुन्छ भने म जान । हजुरको छोरा छिटोहिलो फर्कहाल्नु हुन्छ नि ।' बूढी सासू लुब्दै बगेको देखेर होला वुहारी मायालाग्दी देखिई । त्यही टिठलाग्दो अनुहारमा आफ्नो यौवनको प्रतिविम्ब देखी उसले । उमेरमा भोगेको वियोगको खिल बाहिरसम्म आयो ।

'कतै यो छोरो पनि बाबुगोता गइदियो भने ?' नचाहँदा-नचाहँदै आएको ख्यालले हातगोडा लुला भएर आए । निधारका मुजाहरू अथाह पिडाले गुजुमुजु परे । थाहा भएन, एकै ठाउँमा गुडिक्कका सासूवुहारी कहिले छुट्ने, कसरी छुट्ने ? यति थाहा भयो, त्यस घरमा दीप जल्न छाडेन । आँगनको डिल्लैमा त थियो कपासको बोट । उसैले त पिउरी टिपेर काल्ने गरेकी थिई । त्यो फुल्दै जान्थ्यो, टिपिँदै जान्थ्यो । त्यो नै त सुख-दुखको साथी र साथी थियो उसको । दिक्क लाग्दा कुनै पति पीडित पत्नीले मृतपूव प्रेमीको खुईलइसकेको तस्विर हेरे भैं फलकक रवो फिकिइसकिएको खवटातिर चिचाउँथी ऊ । र सन्तानको यादले आक्रान्त हुँदा त्यसकै कोपिलासँग रमाउँथी । तुलना गरिरहन मन लाग्थ्यो उसलाई 'आफ्नो र त्यो खपटाको', 'दीपको उज्यालो र सन्तानको मुस्कानको ।' आखिर ! प्रेम भन्ने रूपान्तरण हुने तत्व न रहेछ । नत्र पति खुसी हुँदा पत्नी किन खुसी हुन्छ ? बच्चाको खुसीमा बाबुआमा किन आँसु लुकाउँछे ? आखिर ऊ एउटी आमा, सन्तानको मुस्कानमा नै त बन्धक छ उसको शीतलता । तिनै ले त बाँच्ने हुन् उसको वैश, उसको यौवन ।



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A Horror Travel Experience

Dilu Rimal

It is a story of the year 2010. Me and my two other Kiwi friends made a plan to go to Nepal for a month holiday from our work. My main purpose of visit was to meet my family and friends. It was the first time visit to Nepal for my other friends. I was quite healthy at that time. As the preparation for the travel we had our travel vaccination from our GPs. After completion of travel vaccine we were inquiring about travel insurance, had no idea where and how to get it from. I was trying to find out if any of our friends from work had bought the travel insurance. One friend shared her experience about how difficult it was and took a long time to claim her insurance when she was sick and had treatment overseas. The other one said: she found much easier to deal with Southern Cross Travel Insurance (SCTI). As per her advice we also decided to go with SCTI. Then we applied online and paid NZ \$ 90.00 per head for it.

In 10 October 2010, we left NZ for Nepal flying through Singapore Airline. We travelled by taxi reserved from Kathmandu to Narayangadh. We went to my eldest brother's house Bara Ghare, Lanku where his house+ Boarding School "Glorious Academy" is located. We were hosted by my brother and sis-in law during most of the time when we were in Chitwan. I met all my family members and friends there. At the same time my son was already there as he left NZ a month earlier than me. With the help of his cousins/ my brothers) luckily his wedding event was also organized. He got married, later for the wedding ceremony my daughter also arrived from NZ and her dad from USA. Whole family with two foreign friends attended the wedding ceremony. After that event we went to visit some touristic sites – Chitwan National Park Sauraha, Lord Buddha's Birth

Place Lumbini, Manakamana, Gorkha Darbar. We also went to meet my parents in Gorkha Sour Pani. The last visit that we made was Pokhara just before Bhai Tika 2 days left only. We all were very happy and excited mostly my two friends. Our plan was to celebrated bhai tika and come back to Kathmandu to stay and see some sites nearer to the city for about a week before our departure on 12/12/2010. We also had wedding reception plan for our son and daughter in law fixed for 11/12/2010 at Hotel Clarion at Man Bhawan just close to our house. Most of the guests were already invited. The invitation cards were dispatched/posted. The night we arrived back to my brother's place from Pokhara I fell sick. It was only 2 weeks after my son's wedding. I was already exhausted with hectic schedule within short period of time. I was also coughing a bit due to the pollution as well. It started with severe body ache and high fever at that night. One of my friend was giving me an oil massage and assuring me that I will be Okay with some rest. My condition was getting worse with pain and feeling restless. I said to them my friends please listen to me. If I was in Gorkha at this time I wouldn't ask you to take me to the hospital but I know that I am living so close to such big hospitals and don't want to die at home without treatment. I remember well what I said. Immediately, they called my brother and sister in law. I was taken to Narayani Samudaik Hospital at about 1230am at night. Doctor examined me and commenced on IV antibiotics then blood test and chest X ray was done. I also asked my son to ring Insurance Company NZ (had a small card with me with insurance policy number and Phone numbers to contact) and informed them about my health condition. I spent that night in hospital. Next day early morning, doctor received the results and referred me to Chitwan



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Hospital for further treatment. At the moment I was taken in Emergency Department when one of the doctors read the referral letter he advised my family to take me to Teaching Hospital as soon as possible because I already had kidney failure needing urgent renal dialysis. It was just a day before bhai tika almost hard to get an ambulance. Suddenly my brother noticed his close friend who was running ambulance service at Chitwan was passing through the door of ED. He grabbed him and requested to take me urgently to Kathmandu. As he was also planning to go to Kathmandu to get bhai tika blessing from his sister who was in Kathmandu agreed with my brother. I do remember how I reached to Naubise and cried and said: "malai gaharo bhayo" I suffered with shortness of breath then ambulance driver put me on oxygen then I can't remember anything after that except with a fake memory in an occasion in bhai tika day. My sister in law was holding my hand asking to put tika on my brother's forehead saying didi aja bhai tika ho bhai lai tika lagaidinus hai? but can't remember whether I did or not I got collapsed again. I was treated in Tribuvan University Teaching Hospital in ICU for 5 weeks later referred to Bangkok International hospital with the help of Southern Cross Insurance Company. I was air lifted by a Neuro Team including a doctor. 2x nurses, 1 x paramedics accompanied with my husband and my son. I found myself in the hospital bed at Bangkok International Hospital when I woke up after 6 weeks. I have no idea what happened to me, where I was for last 6 weeks. I felt like I went to bed last night and just woke up next day in the morning. But later on my brain always kept questioning me where was I then for the last 6 weeks when I knew that I got my consciousness back. Now I believe the meaning of incarnation in Hindu religion that I never believed it before. I got a new life. After 6 weeks of treatment again I was referred to Auckland hospital. I stayed in ICU in ACH for 2 weeks. ACH referred me to Auckland Rehab A+ for further long term rehab for nutrition and physiotherapy. At the end on 4 months leaving

NZ I was so relieved to be back to my own place called home.

First of all, I was very fortunate to have such a dedicated family who took care of me from their end. I also realized that if my husband was not able to afford for my treatment, I doubt I will be here telling my stories. Commitment and full support of hospital staff team Hospital Director, doctors, nurses and the ward clerk of TUTH was invaluable. I have never seen such a loyal, honest and dedicated doctors and nurses team which I saw in Bangkok International Hospital. They were stand by for me at my site all the times. Insurance company played an important role for the completion of my treatment. Staff had been very cooperative and helpful to guide for the record of expenses. When I was discharged home the company reimbursed all the expenses that were spent for the treatment without asking single question. Even I was able to pay my mortgage which was on hold for 6 months when I was away sick. I sent an appreciation/thank you letter to the SCTI letter when completed all the procedure. Overall I had a good impression with SCTI.

Last but not the least, all the friends who prayed for me with their mind and heart, to bring my life back alive indeed a powerful pray with positive outcome.

Finally, I am greatly indebted to all those who gave me a new life to be together with my family today. I learnt from this incident that even though it is costly it is very important to buy travel insurance whenever we plan to travel overseas.

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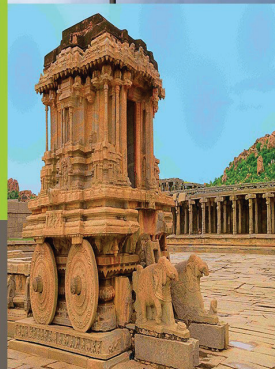
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