



# NEPAL VISION

A Publication of Nepalese Association of Houston (NAH), A Non-Profit Organization  
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पिजया दशमी  
तथा बिपावली २०७५ को  
हार्दिक मंगलमय शुभकामना





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Tel: 713-773-4348,

Fax: 713-773-1948

Cell: 832-922-0777

email: Dinderamatya@msn.com





## Editorial Board

**Managing Editor:**  
Samir Rawal

**Editorial Team:**  
Ajeet Gorkhali  
Sujan Pandit  
Drona Gautam

**Marketing Team:**  
Madhukar Amatya  
Dinker Amatya  
Gyanswor Shrestha

**Layout Design:**  
Kiran Shrestha  
email:kiranshrestha1959@gmail.com

**Associate Editor (Nepali):**  
Sunita Pahari

**Cover design:**  
Sawana Shrestha

**Contact:**  
**Nepalese Association of Houston (NAH)**  
6776 Southwest Freeway, Suite 450  
Houston, Texas 77074  
Tel: (713) 773- 4348  
Fax: (713) 773- 1948  
Web: www.nahtx.org  
October 2018

### Disclaimer

*The views and opinions, unless otherwise noted, contained herein are those of the authors and do not represent the official statements or views neither of the Nepal Vision or Nepalese Association of Houston.*

### MISSION:

"To serve the Nepali community in Greater Houston Area by bringing them to a common platform under a single umbrella by fostering a congenial environment of friendship, mutual understanding, cooperation & respect, and helping each other during the time of need; while also preserving and promoting our rich cultural heritage as well as providing support to the people of Nepal, as and when possible."  
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## President's Message



Dear all,

First of all, I would like to convey my greetings and good wishes to everyone living in the greater Houston area on the occasion of Vijaya Dashami 2018.

During the new Nepalese Association of Houston (NAH) Executive Committee inaugural day in 2014, I proposed of constructing our own community center 'Nepal Bhawan'. The Nepali Community Center is a reality now as we worked together to make it a success. Thank you all NAH executives, volunteers and all those who helped us financially to achieve this milestone.

As the President of NAH, working for the betterment of Nepalese community living in the greater Houston area has been significant for me in my voluntary career. I could not have asked my NAH presidency with a better group of people than those who are currently serving NAH in the capacity of NAH Executives and Advisors. It has truly been an honor and privilege to lead and work side by side with such a fantastic group of people.

I am proud of the accomplishments we have achieved over the last several years.

- We acquired 8.25 acre of land with a building and a temple of Shree Pashupatinath in Richmond, Texas, in 2017, for our future community and cultural center. This community center will bring Nepalese people and friends of Nepalese people together to retain our culture. It will also help our children and their coming generations to be familiar with our culture and heritage.
- We raised \$185K to help earthquake impaired Nepal in 2015. We took on a number of projects that included rebuilding six schools in various parts of Nepal and an orphanage and building the drinking water system in a school. The projects were undertaken as these were impacted by 2015 Earthquake.
- Organized numerous sports tournaments.
- Organized a blood drive every year in association with Gulf Coast Regional Blood Center; two times a year since 2017.
- Publication of Nepal Vision.
- Helped many Nepalese community members financially due to health reasons, death, victims of flood, etc.
- NAH email list is 1000+ strong. We streamlined the email process

as well as our weekly emails are generating revenues for NAH.

- Leveraged future leaders to lead NAH even further

I strongly believe that what we have achieved in the last several years will make us proud for a long time and our children will thank us for our initiatives.

I would like to thank Nepal Vision editorial committee led by Samir Rawal, NAH Vice President, and advertisement committee for publishing Nepal Vision 2018. I would like to thank Madhukar Amatya, NAH Immediate Past President, and Dinker Amatya, NAH Advisor, for providing all the necessary logistic support to NAH whenever needed. I would also like to thank all our sponsors who have helped us at various occasions in the past and present and I am confident that NAH will continue receiving similar or higher level of support in the coming days. Moreover, I would like to thank all the NAH Executives for their unselfish commitment and dedication towards NAH.

With best wishes,  
Jyoti K Ghimirey  
President NAH



# From the Editor's Desk

Welcome to our 13th edition of Nepal Vision, it's again been a privilege to be given this responsibility of publishing yet another edition of this annual flagship magazine of Nepalese Association of Houston that has been in publication since 2001. I would like to take this opportunity to wish you all our readers a very Happy Vijaya Dashami and Deepawali 2075 and may this auspicious occasion bring joy, health, happiness, wealth, peace and prosperity to you and your entire family.

As you know Nepal Vision is an annual publication of NAH, and despite every effort to publish every year, we still run into various challenges, but thanks to all the article contributors and generous advertisers, we were able to finally publish the magazine. We highly appreciate your contribution without which this edition would not have seen the light of day.

Our culture, heritage, tradition, language, literature are the basic foundation upon which we build our identity. Keeping this into consideration, the main purpose of Nepal Vision is to provide a platform to share our common shared values, propagate harmony and a feeling of togetherness, help foster our rich culture, language, literature, and traditions and ultimately bring unity to the Nepali diaspora spread across geographical boundaries. This is just a small effort in an attempt to attain those bigger goals. Like previous Nepal Vision magazines, authors and poets from around the world, amateur first timers to experienced, from budding writers to professionals have kindly contributed in making publication of this free magazine a reality.

During all these years since the inception of Nepalese Association of Houston, the community has grown

tremendously and together we have celebrated so many festivities, achievements and endured through thick and thin, which speaks volumes of our endurance, perseverance and accomplishments. In times of need and natural catastrophes, whether in Nepal in the aftermath of great earthquake of 2015 or the historic Harvey flooding in 2017 in our own backyards in Houston, the community came together stronger than ever before to help each other out and in raising funds to help those in need. Because of all your valuable support in response to Nepal Earthquake, we were able to raise more than \$180,000.00 which was duly spent in re-building various school projects in Nepal in collaboration with various well-known local charitable organizations. You will be able to read the progress and status reports of all those project details in the article "Houstonians come together for Earthquake in Nepal" by Mr. Madhukar Amatya.

Also last year, we as a community were able to achieve a dream of Houston Nepalese community in acquiring our own Nepali Mandir and a Community Center. In just a matter of 3 months from project feasibility study to acquisition, we were able to raise more than \$350,000.00 from 300 plus donors and more than \$450,000.00 were pledged, is a testimonial in itself on how far we have come along as a community. The details can be read on "Acquisition of Community Center & Shree Pashupatinath Temple in Houston: Challenges and Opportunities Moving Forward" by our Secretary Vishnu Nepal.

Besides, this edition contains a wide variety of articles from novice to experienced writers covering a wide spectrum of genres from science & technology to religious discourses, sports to economics, fictional stories to poems to information and many more, which I hope you will enjoy. We have deliberately kept editing to minimum so as to preserve writer's original thoughts and expression so as to keep it as original as possible. We also humbly request you to be mindful in reading through the articles knowing that we have a variety



of skill set and expertise going into making of these articles.

I would like to once again thank each and every one of you - article contributors, advertisers, editorial team and readers included, from the bottom of my heart for contributing articles to this edition and in providing us with valuable advertisements and support. Also special kudos goes out to Kiran Shrestha and his publishing team for all their help in publishing this magazine.

Last but not least, I'd also like to grab this opportunity to express my gratitude to NAH Executive Committee and the entire community members and friends for giving me the opportunity to serve the community all through these years. I also like to thank my dear family in general, for sparing me some personal time in publication of this and previous magazines and supporting me unconditionally throughout my active voluntary engagement with NAH.

I would like to end it with a following quote by Albert Einstein:

*"Only a life lived in the service to others is worth living."*

Happy Vijaya Dashami and Happy Deepawali 2075 to all!!

**With best regards,**

**Samir Rawal**  
**Managing Editor,**  
**Nepal Vision 2018**  
**Sr. Vice President, Nepalese**  
**Association of Houston**

# यो जीवन



- मुरारी खतिवडा "दीन"

कहिले बोटलको ट्वास्स गन्हाउने मादक पानी जस्तो,  
कहिले जुवाडेको बारबार दाउ फेर्ने बानी जस्तो,  
भर्खर भट्टीबाट बाहिरिदा लड्खडाएका खुट्टा भैं  
घरि बाटोको यो छेउ, घरि बाटोको त्यो छेउ,  
एउटा अन्त्यहिन, गोलमटोल गन्तव्यतर्फ  
लम्किरहेछ, लम्किरहेछ, दौडिरहेछ, अनि चिप्लिरहेछ,  
यो जीवन, एउटा खैराती, हावादारी जीवन ।

कहिले असारमा लाइने टारिखेतको आली जस्तो,  
कहिले जोरगोरुले जोत्ने हलोको फाली जस्तो,  
कहिले खेतको यो गरामा, कहिले बारीको त्यो कान्नामा  
अनवरत नथाकिकन, स्वप्निल विपनीमा, अनि रंगीन सपनीमा  
जोतिरहेछ, खोसिरहेछ, खनिरहेछ, अनि पुरिरहेछ  
आरोह अवरोहहरु, सपना अनि विपनाहरु  
यो जीवन, एउटा बहुलट्टी, बेरंगी जीवन ।

कहिले चार वर्षे बालकको एकोहोरो जिद्दी जस्तो,  
कहिले असी वर्षीय वृद्धको सबै विसर्ने शुद्धी जस्तो  
कहिले अबिर र फूलमाला लाउन विसर्ने बाटोको ढुंगा भैं  
अनि कहिले माभी दाइले किनारा लाउन विसर्ने ढुंगा भैं  
ढलपल ढलपल तालको यो किनारा, त्यो किनारा गरिरहेछ,  
कहिले मन्द हावाको तालमा, कहिले भयानक आँधीको चालमा  
यो जीवन, एउटा बेसहारा, बेवारिसे जीवन ।

कहिले डेमेनसियाको रोगीले दोहर्याईरहने सवाल जस्तो  
कहिले अल्जाइमर्सको विरामीले पुरै विसर्नेको जवाफ  
जस्तो,  
कहिले भित्रिभित्रै धमिरा लागेको सल्लाको बोक्रो भैं,  
अनि कहिले साउने भरीमा पुरै भिजेको पाटको धोक्रो भैं  
भदौरे घाम कुर्दाकुर्दै कुहिने डरले, मक्किने डरले  
क्षितिजमा बादल फाट्दा कि भनेर, घाम लाग्ला कि भनेर,  
आशाका त्यान्द्राहरु जोड्दै, अनिगिन्ति जिजीविषाहरु साँच्दै,  
बाँचिरहेको यो जीवन, लगभग मृत यो जीवन, लगभग मृत  
यो जीवन ॥

# नेपाली महिला

क्यानभास रङ्गिरहेछ  
थुप्रै थुप्रै कल्पना बोकेर  
कलाकारको ब्रस मसीमा चोपिन्छ र  
लत्पतिन्छ क्यानभास भरी  
हामी क्यानभास निरन्तर कला बोकिरहेका छौं  
हामी क्यानभास रंगले पोतिरहेका छौं ।

फूलहरु अलिकति हाँसुन्  
बसन्त आउने आशामा  
हिउँदको सिरिटेले खाने डरमा  
शीतका थोपाहरु रुन्छन्  
हामी फूल बनेर हाँसिरहेका छौं  
हामी शीत बनेर रोइरहेका छौं  
आकाश उस्तै हेरिरहेको छ  
हामी धर्ती भएर बाचिरहेका छौं ।



- सीता शर्मा  
लिवाड, रोल्पा

धर्ती सैनिकको बुटले धुजा धुजा हुन सक्छ  
मृतकहरूको चिहान पनि बन्न सक्छ  
या  
गुराँसको लालीमा फुल्ने पखेरो पनि हुन सक्छ ।

हामी पहाड भएर बाँचिरहेका छौं  
गुराँसको फूल भएर हाँसिरहेका छौं  
त्यो न्यानो घामको अंगालोमा  
चौतारी भएर रहिरहेका छौं  
पहाडको उकाली ओरालीमा  
हो ! हामी धर्तीको जस्तै गौरव बाँचिरहेका छौं ।





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to all my family & friends*



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# Acquisition of Community Center and Shree Pashupatinath Temple in Houston: Challenges and Opportunities Moving Forward

Vishnu Nepal, Secretary, Nepalese Association of Houston (NAH)

*With the more than three years of restless effort, finally the dream of having a place to go for social, cultural and recreational purpose for all people of Nepali origin has been a reality. As many of you know, there were several options of lands to build a community center but not all those options were opportunities; some of them were too big of a project for us, some were more of a liability than asset. With several rounds of discussion and evaluations of pros and cons of existing Shree Pashupatinath temple and associated land with the temple, the Nepalese Association of Houston (NAH) decided to acquire the property located at 14303 FM 762 Rd, Richmond, TX 77469.*



**Figure 1: Location of Shree Pashupatinath Temple and Community Center**

It was a historic milestone for the people of Nepali origin living in Greater Houston because more than 300 Nepalese donated to this cause within a timeframe of 3 months to raise needed \$350,000 to purchase the property. The Land acquisition committee came up with the idea of recognizing the donors based on the amount of donation. Those who donated equal to or more than \$2500 within the timeframe are recognized as the trustees. The plan is to allow the trustees to run the operation of the property by creating a management committee. Below is a list of founding trustees (61) of the temple.

- 1 Ajeet Gorkhali
- 2 Amrit & Tanka Kandel in memory of Dhanapati Kandel
- 3 Anjali Jain
- 4 Anju and Min Bikram Shah
- 5 Arjun & Roshana Pokharel
- 6 Baburam & Gita Gyawali
- 7 Bachcha & Madhu Tiwari
- 8 Bharat & Baijanti Shrestha
- 9 Bharat and Sanjana Joshi
- 10 Bhim Lal Upadhyaya (by Dharma Upadhyaya)
- 11 Bishma & Sharada Marasini
- 12 Bijay & Usha Aryal
- 13 Bijay and Sara Bokhim
- 14 Binay and Rachana Gupta
- 15 Binod & Babita Shrestha
- 16 Birendra Shrestha
- 17 Bishnu Pantha & Pooja Pantha
- 18 Bishwa & Nisha Shrestha
- 19 Chandra Kanta Sharma Family
- 20 Chej Gurung Family
- 21 Chinta & Radhika Kharel
- 22 Deepak and Sunita Khatri
- 23 Deepak Jung Rayamajhi
- 24 Dinesh Gyawali
- 25 Dinker & Iren Amatya
- 26 Dipak & Puja Aryal
- 27 Dr. Keshab Paudel

28 Drona Sumnima Sudin  
Sudisma Gautam  
29 Gyanshor & Shailaja Shrestha  
30 Hem Karki  
31 Hirenya Raj & Ishwori  
Shrestha  
32 Jagdish and Reena Kaphle  
33 Janak & Ena Thapa  
34 Jyoti & Meghna Ghimirey  
35 Kaushal & Pushpa Jha  
36 Krishna & Bidhya Kafle  
37 Lokhari & Saraswati Kandel  
38 Madhukar & Nayana Amatya  
39 Milan Gurung  
40 Mukund Hari & Sabitra  
Gyawali  
41 Narayan & Pabitra Aryal  
42 Niraj & Manrupa Shrestha  
43 Nirmal Shrestha & Bina  
Pradhan Shrestha

44 Paban and Rajani Shrestha  
45 Panthi & Adhikary Family  
46 Pavitra & Prakriti Pathak  
47 Rabin & Kantu Shrestha  
48 Rajendra & Samjhana Baral  
49 Rajendra and Hari Devi (Hema)  
Shrestha  
50 Ram & Yasoda Kunwar  
51 Ramkrishna & Kamala Sapkota  
52 Sachindra, Mira; Samir &  
Samjhana Rawal  
53 Sailesh and Rakhsya  
54 Sarad and Sanju Sigdel  
55 Shesh & Usha Sharma  
56 Shrikrishna & Bhagawati  
Gautam  
57 Subash & Pratistha Poudel  
58 Sujan & Sangita Pandit  
59 Suresh & Sangita Aryal  
60 Vishnu & Kabita Nepal

61 Yagya & Shova Pandey

As of now, a total of 336 individuals have donated a total of \$361,242.00 of the total \$456,591.00 pledged. Our initial target for fund raising was \$500,000.00. A comprehensive list of the donors can be seen at <http://nahtx.org/community-center/pashupatinath-temple/supporters>

This place has already been able to attract people of different walks of life. Now, we have a place to go for socializing, for recreational purpose, for networking, for cultural practices. Many feel a sense of pride and gratefulness standing in the premise.



**Figure 2: October 26, 2017 (Closing of the property)**

The total land area is 8.23 Acres, which is roughly equal to 66 Ropani. In the premise, there is already a Shree Pashupatinath temple built by Nepalese community and another building approximately 6000 Square Feet. In addition, there is a metal building frame, which can be used to build a community center with a usable area of 7,000 SF. All needed utilities are also part of the acquisition.





**Figure 3: Map showing the actual location of the Community Center and Temple**

### Opportunities and Challenges

Given the size of the land and plan to develop the State Highway 99 right across the street, there are various opportunities. Some of the opportunities include developing the Mandir and community center as a hub not only for Nepalese community but also for other populations from the locality as well as people from the entire Greater Houston. One of the ongoing ideas is to develop a shelter-in place in the premise to address the needs during disasters, where culturally sensitive care and services could be provided.

The interim management committee is also dwelling on the idea of providing the space once developed to the communities around the area for sports purpose and as a meeting venue for the local organizations and local communities. There are few interest groups that have already approached the management to discuss these issues.

In the interim, several programs and activities such as Shivaratri, Holi and monthly Abhishek type of events are being held in the premise and we are excited with the participation of not only families but also the young generations in such events. The plan is to allow the facility for cultural events such

as weddings, bratabandha, pasni etc. We also plan to organize events around the cultural events such as Vijay Dashami, Dipawali etc. Individuals can also plan for private *puja*. The intermediate-term plan includes a library, Nepali school for children, traditional culinary training center, soccer field, a walking trail, picnic pavilions, and guest houses (studio type). Also, we have a vision to build a replica of actual Pashupatinath temple but this will require a huge resource so this will be a longer-term plan.

As is true elsewhere, the opportunities come along with the challenges. First and foremost, maintaining the momentum of pride and participation from the Nepalese community is a big challenge. As such, for some Nepalese living in Greater Houston areas, the distance to the temple has been an issue to be able to attend every event. However, with the expansion of SH 99, the distance issue should be of lesser importance.

Fund raising can be another huge challenge as we cannot depend only on the Nepalese community for forever to donate and support the temple and community center for operation and expansion. We must go seek other opportunities to help support the development of

infrastructure that are useful for the community. Expansion of collaboration and partnership to seek unconventional support and resources can be an option to help in this area. As such, the community center is already collaborating with Fort Bend Nepalese Lions club to work on a proposal to establish a cultural center.

Committed leadership to move forward with the practical vision and objectives may also be an issue. As such, in these type of voluntary works, there is a fatigue many people experience. The role of leadership is a key to maintain the commitment from the community leaders to have a continued effort going forward to grow, develop and be inclusive. Inclusion can be in several levels: participation, operation, decision making, decision implementation and monitoring. Feeling of exclusion if perceived by the member of a leadership group may be harmful to the entire institution, which not only causes morale issues but also may cause isolation and eventually an abandonment.

Understanding of these challenges and opportunities should be helpful to all who are interested and encouraged with the acquisition of the property and leading the efforts. Let's come together to make this a place to provide a common place that will promote Nepalese culture and values by providing social, cultural, recreational and community programs, thereby uniting the community, and raising awareness about Nepalese culture in the Greater Houston community.

We are still in the second phase of fund raising. So, if you would like to support, please visit <http://nahtx.org/community-center/pashupatinath-temple/donate-now> and donate whatever amount you can.

# My trip to NEPAL - 15 years later



- Arun Neupane  
Houston, TX

I stuck my nose to the plane window and looked down. We were flying over hills dotted with settlements, wide valleys carved by snaking rivers, and yellow-green paddy fields-all lit up under a beautiful October sun. The vista below me was so magical that it was an effortless transition from the *Pandora* scene in *Avatar 3*, the movie playing on the seatback monitor of Buddha Air Airbus A380 that I was flying on. Then the scenery became flatter, hills gave way to plains. My movie was interrupted by the Captain's voice announcing that we were only twelve minutes from landing at the Nijgadh International Airport. My 15-hour flight from Houston was finally arriving at the destination. And my 15-year absence from Nepal was ending too. The flight attendant walked through the aisle, making sure everybody had their seat belts on. She was halted by one confused passenger from Cambodia waving the immigration form handed earlier: he could not understand why he needed the form because he was only transferring to a Lao Airline at Nijgadh. The plane shook a bit. The landing gear was down. We were on final approach. I craned my neck one more time to look down, eager to drink all I could with my eyes as the *new* Nepal drew closer.

What I saw was amazing. There was a busy multilane highway below me, unlike anything I had seen in Nepal before. A lot of traffic on this highway was container trucks, little rectangles moving like ants in both directions. Paralleling the highway and moving at twice the speed was another surprise - a high-speed train! Light reflected off its silver cars as it took a turn. This was the Nijgadh-KTM expressway that everyone had bragged about, back in Houston. Has this all happened in the last fifteen years? I was awestruck. My fellow passenger next to me, an elderly Vietnamese, sensed the excitement on my face and smiled back. He was on his way to Hanoi. These days, the cheapest flight to Hanoi from Houston was through Nijgadh. Half of Buddha Air's Houston passengers are Southeast Asians. And the plane was full of them - Vietnamese, Burmese, Cambodians. Quite a few of them looked forward to visiting Lumbini, the birthplace of Buddha. "*How far Lumni from cut-moon-do?*", I had been asked by my fellow passenger. "*Not that far*", I had replied. "*Next time I take selfie with Tall Budda*", he said, followed with a big grin and a selfie gesture. The man was pretty talkative for his age.

Like my fellow passenger, I too looked forward to a Lumbini visit this trip. Formerly an obscure little place with unfinished monasteries, Lumbini had firmly established itself as the mecca for Buddhists around the world. A revived three-billion-dollar investment by a Chinese group in 2018 had left the old Lumbini in the dust. Lumbini now boasted the third biggest international airport in Nepal, a Ritz Carlton, and the 7<sup>th</sup> tallest statue of Buddha in the world. The statue, dubbed "Tall Buddha", stood 100 meters tall and reportedly cost 300 million dollars to construct. And it was all worth it. There are taller Buddha statues elsewhere but tourists preferred this one for their Facebook brag tags-especially, the night shot. At nighttime, Tall Buddha was a serious competition to the Statue of Liberty. Centered on the "ying"-shaped body of water that wrapped around a lush garden that formed the "yang", Tall Buddha commanded peace and tranquility like no other manmade structure on earth. The marvel of Tall Buddha was not accomplished by one country or one architect alone: it was a multinational effort on creative cooperation. An American firm had won the bid for the most important portion of the design-the lighting and visual effects. And they did a wonderful job. The body



of the statue was painted gold with the highest rated fluorescence index available at the time. A crescent moon was all that was needed make the statue glow with quiet brilliance at night. For nights when skies were darker, an array of LED track lights hit the statue at sixty degrees angle to maintain optimum lighting. The intensity of the light varied day to day, automatically, as it compensated for what the skies offered that night. Some argued, Tall Buddha should really be viewed from the sky. So it was no surprise that passengers departing Gautam Buddha International Airport had their cameras ready as soon as they fastened their seatbelts for take-off.

Over the years, the Tall Buddha statue had played an important role in advertising the birthplace of Buddha. It had truly assumed the role of a lighthouse of sorts, guiding hordes of practicing Buddhists and curious tourists towards it. These days, Tall Buddha is to Lumbini, as the Leaning Tower is to Pisa. Lumbini and Jerusalem are increasingly heard in the same sentence on conversations on World's holy places-something unheard of back in 2016. There were other attractions surrounding the iconic statue that helped resurrect Lumbini from oblivion. The international airport completed in 2017 made the destination genuinely accessible for the first time: Japanese visitors could fly direct from Osaka, for example. A sprawling hospitality industry catered for all manner of tourists, from Sri Lankans and Koreans to Richard Gere's Hollywood crowd. For the wealthy seeking spirituality in comfort, there was the Ritz. For the rest, there were numerous guest houses and starred hotels.

The three billion dollars also gave Lumbini an infrastructure facelift. One could not find a road with a pothole within 20 miles of Lumbini. On hot Lumbini summers, automated electric cars on tracks ferried pilgrims from monastery to monastery in air conditioned comfort. Lumbini and surrounding sites of significance to Buddha's life was a must see destination for all visitors to Nepal.

Our plane landed at the NIA. A chorus of applause from nearby Nepali passengers marked the occasion. Nijgadh International Airport was designed seventeen years ago to accommodate a jetliner as big as the super jumbo Airbus A380. We had arrived. As we taxied towards the terminal, rows of gates came to sight, jotting out from concourses. I noted a Korean Air jet docked on one. The plane came to a complete stop. Seat belt signs turned off and people got up to grab their overhead luggage. I made it to the exit and paused briefly at the sight of "Gate 21" tunnel ahead of me. At that moment, I felt Nepal had arrived too, to the 21<sup>st</sup> century. A Nepal where you no longer needed to climb down the stairs of a jetliner, hike on the tarmac, and catch the tarmac-to-terminal express in an international airport. That was 15 years ago.

Once inside, I found Nijgadh airport not that different from other international airports. A sign welcoming the visitors hung from the ceiling and featured a gorgeous picture of Anuradha Koirala and Demi Moore smiling together, with mountains in the backdrop. People hurried towards the immigration counters but the "RESTROOMS" sign caught my eyes: I had to check it out. Rolling

my carryon, I pushed open the men's door. A crisp, jasmine-like aroma suddenly blasted my nose. Inside, the aroma filled the space that included spotless urinals and self-flushing W/Cs. Wow! What a surprise! The restroom at our international airport was no longer a suffocation chamber that tested your skills in holding your breath. I could breathe freely. In fact, with eyes closed, you could easily imagine yourself at an entrance to Macy's. After restroom, I hurried towards the immigration, dreading the long lines that would get longer if I got more distracted by the bathroom. But there too, there was relief.

The immigration hall was huge- there were close to 50 counters manned by uniformed immigration officers behind a bright yellow line. The men and women behind the counters were conducting their business with swift dexterity while maintaining a welcoming smile. They appeared much younger than what I was used to before and very friendly. Where did all the public servants that frequently doubled as public "tyrants", go? Gone were the days when you stood on a long line, came up to the counter, and were told, as if you committed a grave crime, that you were missing something. Then you were pointed to in a general direction of where you could find what was missing and if you misunderstood the instruction, that was your problem. Not anymore.

After collecting my luggage, I decided to ditch the shuttle bus to Kathmandu and take the train instead. Nijgadh train station was accessible from within the terminal. How convenient! I got in the train and the train started

moving. As with everything I had encountered in the *new* Nepal so far, the train cars too, belonged to the 21st century. The windows were wide and offered a generous view of scenery outside. The blue upholstery with fine floral pattern that lined the seats was not that different from Amtrak's. And the most noticeable aspect was the speed. You could tell you were on a high-speed train. Trees and occasional telephone poles in the near view blurred past, giving you a headache. I found myself easing my eyes into more distant objects that went by at a tolerable speed. The high-speed electric train that I was travelling on was not originally a part of the fast-track project. It was added later following a tunnel expansion at Thingana, Makwanpur, and an overwhelming demand (and willingness to pay) for a shorter trip to Kathmandu - the train took only 30 minutes. A major high-voltage transmission line completed along the expressway easement in 2020 had made the train project very feasible. Year 2020 was breakthrough year for energy sector in Nepal. As 1,500 megawatts of power and key transmission lines came online, load shedding became a thing of the past. For the first time, the latent demand for electricity started expressing itself and the KTM-Nijgadh high-speed train was one of them. The electric train, along with other things renewable, was largely a product of era that began with the 2016 blockade.

Back in 2016, Nepal had to endure a months-long transit blockade of the southern border that revealed two things: extreme dependence on India and even more extreme dependence on subsidized fossil fuels. When supplies of liquefied

cooking gas trickled to a stop, people resorted to induction heaters and discovered something new—you can cook pretty efficiently with electricity! Biking to work really took off. Especially among Kathmandu youth, as finding petrol became a routine treasure hunt that people got tired of. In 2016, it was well known that Nepal had a niche for electric vehicles—low speed and small range (typical of EVs) was not a problem for its adoption. As early as 2013, six hundred Safa Tempo ferried 100,000 passengers daily in Kathmandu. But the enthusiasm for electric vehicles was not matched by government policies. That changed in 2017. The agony of the blockade was fresh in people's mind and the government of the time was pressured to come up with a solution for the future - it had to appear to do something to stop our disastrous dependence on imported fossil fuels.

So with some fanfare in late 2017, Nepal government enacted the boldest pro-renewables, anti-fossil fuel policy ever. All subsidies to petrol and diesel for private vehicles were scrapped. Import duty for electric vehicles was reduced from 60% to zero and petrol subsidies were transferred to EVs. A string of other announcements quickly followed to help the adoption of electric vehicles. The USAID, eager to build on its success on helping jump start the Safa Tempo, announced a grant to convert all Sajha buses serving the valley to electric vehicles. Nepal Telecom, flush with cash at the time, announced that it would invest in fifteen EV charge stations in the valley. And it did. When electric vehicles became more affordable and petrol-powered ones became

less affordable, the demand for EVs soared. And when load-shedding stopped and electricity became available 24/7 in urban households, the demand was sustained. There was no longer the need to reserve the precious 3-hour electricity for rice cookers only. A car owning household could cook the rice *and* hook the car to a 240-volt power outlet without any stress. It was the Mahindra Reva model that first hit the EV market in Kathmandu, selling 200 cars in 2016 mostly to NGOs and INGOs. Then, a big player in the global EV market, Nissan Leaf, entered the scene, followed by many others including a Nepali Company. Today, sixty percent of private vehicles in Kathmandu streets are electric. An electric light rail system is in the works. And best of all, nobody complains about air pollution anymore. Kids today don't even know that a decade ago, Kathmandu used to be on everyone's list of the most polluted cities in the World.

For the first time in my life, I was looking forward to the pollution-free Kathmandu. I looked out of the window again as the train took a turn. We were approaching the foothills of the Siwalik. Then, in a blink of an eye, everything suddenly went dark outside and the train got noisier. We were barreling down the Thingana-Lalitpur tunnel. The tunnel was long. It must have taken at least a minute or two to get through it. As we came out of the other end, I had to squint my eyes - it was bright again. Paddy fields of Lalitpur and hills surrounding the valley came to view. After 15 years of absence, I was home again. This time bracing myself for more surprises that the *new* Nepal had in store for me...





# Age of TECHNOLOGY and CHILDREN

- Durga Basnet  
Houston, TX



This is the age of technology. Everyone has a cell phone in their hand. The cell phone is now a miniature computer; we take it with us where ever we go. We have advanced from the paper map to GPS. We have spent hours and hours in the internet world exploring thousands of articles and videos on these electronic devices. Everyone is glued to social network more than their family.

When I was a kid; I used to go out and play with friends. Now when kids meet their friends they will open the computer and play the game on it. They are together still playing alone. Social interaction has been very low in this generation. As we are learning that social interaction is necessary for better health, we are ignoring the fact that we are connecting more and more to the electronic gadget than the human being and the surrounding.

Malcolm Gladwell (Outliers) mention about the people of the Roseto Valfortore that lie hundred miles southwest of Rome. The people of this village work in the marble quarries in the surrounding hills. Life was hard, they had to walk four to five miles down the hill in the morning and walk back

home at night. The literacy rate was low. In search of easy, comfortable and better life, they came to the US in 1882. The Rosetans headed to Pennsylvania and bought land on the rocky hillside connected to Bangor. They named the place Roseto.

They started growing vegetables, built schools, restaurants, bars and small shops. It became a self-sufficient small town. In 1950s heart-attack become an epidemic in the United States. It was the leading cause of death in men under age sixty-five. But it was a rare case of heart-attack among the Rosetan under the age of sixty-five. There was no case of peptic ulcer. Dr.Wolf and his team studied their death certificates of the Rosetan. Most of the Rosetan had a natural death. The mystery of their well-being was not the food or exercise. It was a social interaction.

It is important to look beyond the individual. Interaction with family and friends is necessary for mental health as well as our physical health. Closely knit community gives the sense of belongingness. Culture and religion bring the unity in the community. We should teach the children of this generation

about our culture, and religion. Most importantly necessity of interaction with each other.

I remember the first time I and my daughter visited Nepal; she enjoyed the time there. She was amazed to see so many relatives in Nepal. On the way back to the US, she said, "oh my God I have grandparents, cousins, aunts, and uncles, I don't believe it." I can clearly see the spark of happiness in her eyes. She was happy that she belongs to a huge family. I then realized that sense of belongingness is equally important to children and adult. Preserving culture and religion, celebrating festivals together with family and friends create beautiful memories for life. When one Nepali meet another Nepali, they share their memories that create an instant connection between them. This connection is necessary for helping the society when needed. I don't need to mention about the Nepalese community united to help the earthquake victim in Nepal in 2015.

Social media has overwhelmingly consumed the time of children. They are losing their creativity. Parents should monitor the children, how much time the

children are spending in computer and cell phone and what they are watching.

I am not writing against the technology. This is the age of technology, it makes our life easier in various aspect. But we should use it wisely. A human being should be able to control the technology. If technology starts to rule over us, it is time to act. We should let the children use it. When they use this technology, they will think about making it better for the future. I had an opportunity to attend an event for children on Nano technology. This event was organized to expose the children of various age to the new treatment method that is in the lab at this point of time. The aim of the program was to let the children explore to the new scientific development and let them think what they can do next.

Parents are the guide to their children. Help them to improve their communication skill, keep interacting, monitor the use of social media, and help them connect with the community. In the long run, they will be happy, healthy and social individual.



## ‘प्रकट’

### कोपिलाको लागि बालकथा

- रन्जुश्री पराजुली  
हाल यु.एस.ए



सानै भएपनि प्रकट ज्यादै जेहन्दार छ । आफै कम्प्युटर चलाउन जान्दछ । विभिन्न प्रोग्रामहरु ऊ आफै खोल्छ । दुई महिना अगाडि मात्र उसले आफ्नो छैठौं जन्मोत्सव मनाएको हो । त्यो दिन विहान उसले आमासँगै मन्दिर गएर पूजा गर्यो । दिउँसो आमाले नातेदारहरु र साथीहरु बोलाएर घरमा रमाइलो पार्टीको आयोजना गर्नुभएको थियो ।

प्रकट केजी कक्षा सकेर एक कक्षामा पुगेको थियो । अहिले उसको स्कूल विदा छ । त्यसैले उसलाई कम्प्युटरमा गेम खेलन मन गर्छ । अधिल्लो जन्मोत्सवमा फुपूले उसलाई ए,बि,सि,डि थिचेपछि त्यही आवाज आउने र त्यसैको चित्र देखिने केटाकेटीहरुको लागि बनेको सानो ल्यापटप विदेशबाट ल्याइदिएकी थिइन् । त्यसैको किबोर्ड थिचेर उसले क्याट, रयाट, डग आदि शब्दहरु चिन्यो र हिज्जे गर्न पनि जान्यो । त्यही हेरेर लेख्न पनि जान्यो ।

यसपालिको जन्मोत्सवमा उसले काकाबाट एउटा ट्याब्लेट उपहार पाएको छ । त्यो उसको घनिष्ट साथी बनेको छ । उसले युट्युव, नेटफिल्क्स, गुगल सबै चलाउन सक्छ । सानो छोराको कम्प्युटरमा निपुर्णता देखा बुवाआमालाई खुशी पनि लाग्छ र चिन्ता पनि । कोठाभित्र बसेर गेम मात्र खेल्नाले उसको शारीरिक व्यायाम कम हुन्छ भन्ने लाग्छ बुवाआमालाई । स्वस्थ रहनका लागि त्यो पनि आवश्यक हुन्छ ।

प्रकटलाई घरमा माया गरेर सबैले “पचि” भनेर बोलाउँछन् । उसलाई त्यसो भनेको मन पर्छ । कहिलेकाही ऊ हजुरबालाई “आज हामी गेम खेल्ने है” भनेर खेल्न सिकाउँछ । उसलाई “कार रेस” प्रतियोगिता गरेर खेल्न रमाइलो लाग्छ । रातो, पहेँलो, सेतो तीनवटा कार तयार पारेर हजुरबालाई रातो आफूलाई पहेँलो र राम भन्ने काल्पनिक पात्रलाई सेतो कार ठीक पाछ । अनि हजुरबापट्टि फर्किएर आँखा फिम्र्याउदै “हाम्रो मिसले भनेको खेल्दाखेरी पृटेन्ड गर्न हुन्छ रे । त्यसैले मैले पनि रामलाई कल्पनाको साथी बनाएको” भन्यो ।

तीन रडका कारहरुको रेस कम्प्युटरको स्क्रिनमा हुन्थ्यो । हजुरबा खुशी हुँदै वा.. वा.. रातोले जित्यो, हैन हैन सेतोले उछिन्यो भन्नुहुन्थ्यो । हजुरबाले त्यसो भनेको उसलाई रमाइलो लाग्थ्यो । धेरैजसो पहेलो कारलेनै रेस जित्थ्यो । कुनै बेलामात्र ऊ हजुरबालाई जिताउथ्यो अनि “आज तपाईंले कार रेस जित्नुभो भन्थ्यो । सेतो कारलाई उसले कहिले पनि जिताएन । कहिले ऊ हजुरबालाई गुड्ने पाङ्गे सवारी त कहिले उड्ने हवाइजहाजहरु अनि कहिले पानीमा चल्ने साधनहरु देखाउथ्यो । त्यसमा पनि ऊ हजुरवासँग रेस गर्थ्यो ।

प्रकटलाई हजुरबाले बगैंचामा काम गरेको हेर्न रमाइलो लाग्थ्यो । नाति केटो भित्र बसेर उसको व्यायाम पुग्दैन भनेर हजुरबा हातमा कुटो लिएर बिरुवा गोडमेल गर्न लाग्नुहुन्थ्यो । माटो कोट्याउँदा गड्यौला सल्बलाएका देखा प्रकट उत्साहित हुँदै हजुरबालाई प्रश्न माथि प्रश्न गर्थ्यो । वरपर लोखर्के, खरायो, रुखको हाँगामा बसेका चराहरु हेर्न पनि उसलाई रमाइलो लाग्थ्यो ।



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## About VCare Clinics

It is a very well-known fact that medical treatment and health insurance can be very expensive in the United States. Individuals are currently required to have health insurance or face a penalty. Insured and uninsured individuals must still make an appointment for medical care that may not be available for several days, weeks, or months. Therefore, the emergency departments still get inundated with many seeking primary care services. I must say we are very fortunate that we live in Houston, not because Houston has the world's largest medical center, but because we have affordable clinics which accept self-pay and same day walk-in patients. These clinics help to provide affordable clinical services to low income and uninsured families. Yes, you can walk in to see a doctor or dentist and get same day service 6

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days a week. The Texas International Institute of Health Professions (TIIHP), dba VCare Clinics, is a community based healthcare organization that serves the City of Houston as a Non-Profit 501(c)(3) institution. The institution was established in 2012 and currently has three different locations spread in Texas - one in the Dallas (Carrollton) area, one in Houston and another in Pasadena. TIIHP's mission is "to increase access to high quality, integrated primary and behavioral, dental and preventive health care and to provide community education and resources to improve the health literacy and health care for uninsured and underserved, vulnerable populations without an ability to pay" (VCare Clinics' website).

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**Did you know...** skin cancer is the most common type of cancer in the U.S. But...if diagnosed and treated early, skin cancer has a cure rate of 99%.

pediatrics and senior care programs. Special preventive screening programs are designed to serve adult populations who are suffering from chronic diseases, such as diabetes and hypertension. Programs for women are extensive; including gynecological exam, Pap smear, yearly well-woman exam, breast and cervical cancer screening, family planning and yearly well child exams. Since inception, VCare Clinics have served more than 100,000 low income families. In **2016** alone, we served more than **26,000** individuals and families in Greater Houston and Dallas area.

### *Free Medical and Dental Programs*

VCare Clinics offer **free medical and dental services** to individuals and families that are eligible regardless of immigration status. There are no application fees for those seeking to apply for these programs. Co-pay fees are waived for office visits and most of the medical care is provided at no cost to those who qualify. The clinics have free programs for qualifying men, women, and children. Uninsured, low income women may qualify for a free mammogram, ultrasound, yearly well-woman examination and contraceptive services. **Children who are under 22 years of age** and meet income guidelines may qualify for free medical and dental services. **For those who do not qualify for the free programs the consultation fee to see a doctor or dentist is only \$35.** Medical labs and dental procedures are at such a reduced cost that they average at least **50%** cheaper than other area clinics. We have families visiting from Nepal and staying for extended period. They may need to see doctor or seek medical or dental advise. In such situation, instead of getting worried about outrageous medical and dental expenses you may visit one of the Vcare locations for affordable services.



*Dental clinic at Pasadena Location*

## **Community Involvement and Engagement**



*VCare Leadership with NAH EC at the 2016 Soccer Tournament*

VCare Clinics reach out to the community and participate at various events. Recently, the clinic organized a Back to School Health Fair at both locations showing their presence and awareness in the community and providing free immunizations and school supplies. Clinic staff is also participating in community events by setting up booths and doing free health screening throughout the year. This entails providing health education materials and blood pressure and glucose screenings at local Head Start Schools, churches, and apartment complexes. VCare Clinics have prominently participated in several events of the Nepalese Association of Houston (NAH). The

clinics participated in the past three NAH Blood Drives providing free health screenings. VCare Clinics was also a proud sponsor of the 2016 soccer tournament. The following are a few snapshots of VCare Clinics' participation at community events. Please visit one of our locations to see for yourself all the available low cost medical and dental services and take advantage of all the specials the clinics have to offer. You may qualify to get your medical care at no cost! For more information about our clinic programs and contact information, please visit our website: [www.vcareclinics.org](http://www.vcareclinics.org).





VCare participates in a community health fair



VCare staff at an NAH Blood Drive



# A cat who could do magic

By: Reeve Shrestha

Grade: 3

Silverlake Elementary School, Pearland

Once upon a time, there was a cat who could do magic. Her name was Rachel. She had a magic wand. One night, someone took Rachel's wand. It was a dragon who had a worst name. Every year he changed his name so that no one can find him. Whenever he would get a magical object, he would go to his cave as fast as he can to hide the magical object. No one could find the dragon's cave. Only Rachel knew where it was. The very next day, Rachel started on her journey to find the dragon. It was a long way. One had to go across long River Valley, Mountain Range and Dragon World to get to the dragon's cave. Rachel did not care if it was a long way. She went with her friends Annie, Isabella, and Reeve.

First, they went to Long River valley. It was very hard for them

to figure out a way to cross Long River Valley until a bunny named Michelle came over to help them. She knew how to get to every place from Long River Valley. Michelle said, "To cross long river valley, you will have to go to the bridge or swim under the bridge". "Make sure, not to get eaten by crocodile". So, Rachel, Annie, Isabella and Reeve went across the bridge instead.

After that they took the short cut to Mountain Range. Rachel, Reeve, Isabella and Annie did not know the way to get across Mountain Range. They met a snow leopard. It's name was Claire. Claire was kind and told the group, how to get across the Mountain Range. First Claire said, "You may take the short cut on my back". "Thank you" the girls said. Claire said, "You're welcome" and gave them a ride to the tippy top of the Mountain Range. When they

reached to the tippy top of the Mountain Range, the girl said, "Bye" to Claire. The girls found a sled and had a fun time riding on the sled down to the bottom of Mountain Range.

At last, they got to the Dragons' world. When they got to the Dragon's World, they got scared. It was so scary. It had volcano, burnt stuff and dragons. "How are we going to get to the cave from here?" Annie asked. "We just have to find a heart shaped key hole" Rachel said. Soon, they found a heart shaped key hole and put the key through the hole. When the girls open the gate, the dragon was not there. So, they quickly took the wand and magicked back home.

The End



## नेपाल आमा



- रेखा आचार्य

नेपाल आमा, नेपाल आमा म आएँ हेरन  
सुटुक्क कानेखुसीमा बोलेँ, नेपाली भै मन

आमाको काख, हाम्रो छ लाख, स्नेहको बन्धन  
चुटुक्क सानो, मिलेको छानो, पूर्व र पश्चिम

नेपाली हामी चौतर्फी एक उत्तर दक्षिण  
यो माटोमाथि हुर्केको हाम्रो नेपाली जीवन

नेपाल आमा, नेपाल आमा सुटुक्क बोलन  
म कानेखुसी गर्दछु आमा नेपाली बोलन

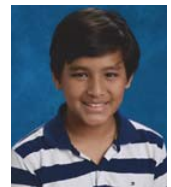
हिमालपारी यो हरियाली सौन्दर्य भरिमा  
क्या राम्रो हाम्रो नेपाल देश श्रष्टाको गरिमा

मायाको खानी संयम बानी चैतन्य धुरीमा  
नेपाल आमा, नेपाल आमा यो विश्व भरीमा ॥

## The place is ...

A country so beautiful and bright  
Has a mountain you can spot from any sight  
An adventure awaits the people who wants to  
have glee  
from the places and plains you want to see  
A full day trip to such an appealing place,  
and you will have a memory that will never erase  
If you are upset, dream of a land  
so little but grand,  
or dream about an independent country to cool off  
some steam,  
but just don't be mean!  
People might flee from its per capita GDP,  
but we can debate that  
lots of clubs are still donating and increasing the  
rate  
You can't think the place is vintage  
because it has a low percentage  
yet you may think

- Shubhay Bikram Thapa  
Grade 7, Tays Jr High, Katy, TX



about the person who was one of the first  
people to make it to the peak of this country's  
mountain and  
was born in the country itself!  
So was I and many other people we all had glee  
and from then we were happy so now we could  
also see...  
WAIT!!!  
Bring your friend Paul, maybe even a football  
no need to stall, and your reason won't fall!  
You can say this country, you can grow tall, and  
then trip and fall  
you can fight and have a brawl, or you can make  
a call  
maybe this country is small, but you don't need  
to crawl  
By now you should know this place is none other  
than, Nepal!

# What Hurricane Harvey taught us?



*- Dr. Rajendra K. Shrestha\*  
Houston, TX*

The wrath of Hurricane Harvey that hit Port Aransas, Texas as a Category 4 Hurricane on August 25, 2017 packed with a 132 mph wind speed was nothing less than astounding. It brought with it miseries, damages and catastrophic devastation of epic proportion.

Hurricane Harvey caused a 1,000-year flood event, which means there is just a 0.1 percent, or one-tenth of a percent, chance of it happening in a given year. In other words, 99.9 percent of time, such exceptionally

rare event will never occur. Much of the damage by Harvey came from incessant downpour that lingered on for several days. Cedar Bayou, on the outskirts of Houston, received 51.99 inches of total rainfall, which is a record for a single storm in the continental United States. At its peak rainfall, one-third of Houston was deluged under water.

Harvey Flooding near Houston downtown area: A picture is worth a thousand words and speaks volumes.

## Harvey Facts

Hurricane Harvey set records in so many arenas, and the aftermath damage statistics are staggering.

It is estimated that a total of about 25 to 30 trillion gallons of water fell during the four days Harvey stalled over the skies of Texas. Now that is a lot of water. Just imagine the biggest waterfall at Niagara Falls, the Horseshoe Falls, emptying onto Texas for nine months; this will be about 20 trillion gallons of water. Twenty trillion gallons of water will





serve the water needs of the entire United States for almost three days, or fill 400 billion bath tubs, able to hold 50 gallons of water. The weight of water caused Houston to sink approximately 2 centimeters. Making landfall three times in six days, Harvey caused \$180 Billion in damage in Texas, according to Texas Governor Greg Abbott.

More than 210,700 homes, including mobile homes, were damaged or destroyed in Texas. It is estimated that 136,000 homes were damaged in Harris County alone, where Houston is located. More than 34,500 people took shelters throughout Texas. At one point, the George R. Brown Convention Center provided shelter for more than 10,000 people. More than 1 million vehicles were damaged in the Gulf Coast area, including 500,000 vehicles belonging to individual owners. Unfortunately, at least 82 people died because of Harvey. And the statistics of the historic devastation goes on and on, causing immense hardship on the victims.

As though the calamities of Harvey was not enough to the Houstonians, the controlled release of water on Aug. 28, 2017 from the Addicks and Barker reservoirs inundated some 3,000 homes near the Addicks and 1,000 homes near the Barker reservoir. Homes and streets in the Katy, Bear Creek, Energy Corridor and Memorial City areas were flooded. The Addicks and Barker reservoirs were designed to prevent flooding in downtown Houston. However, the incessant rain and rising water level could have caused a failure of the dams without the release, according to the Army Corps of Engineers.

### Post-Harvey Check List

Imagine a situation your area is flooded and you had been evacuated. You come home after spending some time at the shelter, or your family or friends, when it is safe to return. You find your home had taken water. In this situation, experts provide post-hurricane advice as follows.

- Take lots of pictures of water marks on the walls inside and out of your home and start assessing damage.
- File insurance claims and claims for government help quickly to get in queue.
- Order a storage container or POD.
- Suck up as much water as possible using a shopvac, bag up debris, wet insulation and ruined items, and stack them outside.
- Save a sample of carpet and pad for the insurance company.
- Take pictures of wet sheetrock, wet carpet, wet furniture, wet book, damaged appliances, or anything you will want to claim.
- After you have gutted as much is needed, like sheetrock, carpets and furniture, crank up the A/C, set up fans and dehumidifier. Spray the exposed studs with bleach as they dry.
- Plastic storage tubs are sturdier than cardboard boxes for storage.
- Work well with the insurance adjuster and be kind to them, as they are normally overworked.

- Since all money comes from FEMA, all flood claims must go through the federal government, regardless of your insurance company. This means it might take months for you to receive the insurance money after the adjuster's visit, calling for a lot of patience on your part.
- Accept help and be grateful. Tell them specifically what you need, for example, candles, sandwiches, contractor bags, or someone to watch the kids, while you clean up or run errands.
- The Harris County Office of Homeland Security & Emergency Management (HCOHSEM) has recently prepared and distributed a recovery guide to help residents affected by Hurricane Harvey. Click on the following links to download the Harvey Recovery Guide: • English <http://bit.ly/2z13iUG> • Spanish <http://bit.ly/2yv8hVO>

### Health and Safety Tips

Here are some health and safety tips.

- It is likely that the water is contaminated with sewage, toxins, or agricultural runoff. Therefore, use boiled or bottled water for cooking, drinking as well as mixing baby formula.
- The Center for Disease Control (CDC) recommends that all the food that have come in contact with flood water must be thrown away, or practice, "when in doubt, throw it out."

- Avoid mosquitos since they are capable of carrying viruses such as West Nile or Zika.
- Thoroughly wash any wounds (cuts and nicks) with clean water and disinfect properly, as flood water may contain bacteria.
- The U.S. Health and Human Services warn that the mold and mildew will continue to grow until removed. Mold spores can cause coughing, asthma attacks and lung infections. Use bleach to disinfect all hard surfaces including counter tops, floors, bathtubs, sinks, etc. Anything such as pillows, mattresses and carpets that cannot be bleached must be thrown away.
- A generator, charcoal grill or camp stove must not be used indoors, as they generate the deadly carbon monoxide fumes. Keep them at least 20 feet away from doors, windows or vents to prevent fumes from entering your home.

### Acts of Kindness

As Harvey flooded streets and homes making some roads impassable, bringing devastation and miseries to the victims, citizens and organizations from all over the country rose and offered help to the flood victims.

Houston Texan Football Star J.J. Watts initiated a fundraiser hitting it to \$37 million. “Mattress Mack” Jim McIngvale opened his stores on Interstate I-45 and Galleria area in Houston to accommodate flood victims. Red Cross and Salvation Army sprung into action to provide shelter and food to flood impacted citizens. “Cajun Navy” from Baton

Rouge, Louisiana, brought their boats, air boats and recreational vehicles to rescue victims from flooded homes and vehicles to bring them to safety. A neurosurgeon from Memorial Hermann Southwest, Dr. Joseph Cochran, used his boat to rescue more than 100 people, until his boat struck a fire hydrant and became inoperable. Celebrities Kevin Hart, Beyonce. Harry Connick Jr. lent support to Hurricane Harvey victims. Neighbors helped neighbors. Strangers provided support to the victims. And the list goes on and on. Hurricane Harvey produced so many heroes, to say the least. This reminds me of the saying, “Every cloud has a silver lining.”

### Final Thoughts

Although the 1,000-year flood event brought by Hurricane Harvey created plenty of suffering, hardships, desperation and devastation to the citizens of Texas, Louisiana, Mississippi, Tennessee and Kentucky, it also taught us great lessons. In the Greater Houston Area, all of us were impacted by the Harvey rain and flood, one way or the other, be it through flooding of homes, vehicles or streets, or destruction of property, or health problems, or road closures. Above all, Harvey helped support augmentation of the human cohesion with strangers helping strangers, neighbors helping neighbors and friends helping friends.

When we saw teenagers canoeing on the streets of our subdivision where we had never seen water before, it raised a red flag. My wife, Hema, and I immediately came home, placed the furniture on the first floor at elevated places and moved to the second floor. Luckily for us, we were high and dry, and did not face the power outage and disruption of water supply. Not

everybody were lucky; many people lost the power or the water supply, or both. For example, in Beaumont, Texas, two substations lost the water pumps due to flooding and people had to do without water supply for a few days.

Harvey gave a new meaning to the word “Volunteerism.” It was heart-warming to witness the citizens from all over the nation coming together, opening their hearts and pouring their support to volunteer in the rescue and relief mission to the flood victims in the Bayou City and all affected areas. People took risk and saved lives of others. It taught people to care for others. A small act of kindness makes a big difference in people’s lives and will go a long way.

It was like Mother Nature was testing the endurance, patience and courage of the people here. Harvey fostered fellow feeling and a sense of community among people that were impacted by it as well as those that were not affected. True to the popular saying “If it does not kill you, it will make you stronger,” Harvey enriched the experience of the citizens making them more resilient and better prepared for such natural disasters. At the end of the Harvey event, the Houstonians came up with the slogan “Houston Strong” and started engaging in the recovery and rebuilding process, and restoring normalcy.

Our record shows that eight Nepalese families in the Greater Houston Area reportedly have been severely impacted by Harvey flooding. Nepalese Association of Houston (NAH) held a fundraiser to help the flood victims.

A teenager enjoys canoeing on one of the streets of our subdivision.



This street had never seen water before.

Disclaimer: The data presented in this article have been acquired from several posts and media coverage, and, hence, may lack the accuracy.

\* *Founding President and Advisor, Nepalese Association of Houston (NAH)*

*Immediate Past President and Fellow, American Society of Nepalese Engineers (ASNEgr)*

*Advisor, International Nepali Literary Society (INLS) Houston Chapter*



## टिसाएको मान्छे

मञ्चको छेवैमा बसिरहेको  
सेतो परेवा  
तर्सिने गरि  
ठुला भयङ्कर गरुङ्गा  
शब्दहरुले हिकोउदै  
तर्साउन उभिएको छ  
एकजना  
रिसाएको मान्छे  
भित्तालाई मागहरु बोकाएर  
आक्रोसित पाइलाहरु  
सडकमा बजारेर  
तिम्रो र मेरोबीच  
रेखा कोर्न तयार  
अर्को एकजना  
रिसाएको मान्छे  
वरिपरि गाउँ जिल्लामा  
अधिपछि टोल बजारमा  
सडकमा सदनमा  
रेडियोमा टिभीमा  
लेखमा पत्रिकामा  
म निर्दोष

मेरा लाचार  
आँखाहरुको अगाडी  
उभिएको छ  
खाली रिसाएको मान्छे  
केवल रिसाएको मान्छे ॥

## सडकका मेरा भाइहरु

मैलो हातले चुरोटको  
ठुटा मागदै  
सिर्जना फुलाउन सक्ने  
ती हातहरु  
फ्याँकिएका प्लास्टिकमा  
लत्पतिदै  
भविष्य खोज्दैछन्  
सडकका मेरा भाइहरु  
आविष्कार र अनुसन्धानले  
भरिएको  
मस्तिष्क माथि  
धुलोले ढाकेको  
शिर कन्याउदै

जीवनलाई ऋण सम्झी  
तिर्दैछन्  
सडकका मेरा भाइहरु  
न सिरकको  
न्यानो थाहा छ  
न नरम ओछ्यानको  
आराम नै  
कागजका बक्साहरुमा  
निद्रा समाउदै  
चिसा रातहरु अँगाल्छन्  
सडकका मेरा भाइहरु  
बिहानै न आमाको माया  
न बाबुको हात समाउदै  
स्कूलको बाटो  
व्यस्त सडकको बीचमा  
अपरिचित  
परिचयको खोजीमा छन्  
सडकका मेरा भाइहरु ॥



- आशिष राज पन्त  
बेलायत





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M.Sc, MBA, CPA, TEXAS SOCIETY OF CERTIFIED PUBLIC ACCOUNTANTS, MEMBER, HOUSTON CHAPTER OF CPAS  
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**EXPERIENCE... MAKES THE DIFFERENCE...**

# SUMMER OF 2017

## ...beginning of lifelong learning

By Aashvi Rauniar,  
8<sup>th</sup> Grade,  
Nolan Ryan Junior High School,  
Pearland, TX

On May 25, 2017 my younger sister, my dad, and I left Houston, TX for our month and half long trip. Our first stop was Bangkok, Thailand. A Buddhist country by large, I visited Ayothya, a ruined city that shows the historical influence of Hinduism in Thai culture. Few visits to popular tourist spots in Bangkok, and to the floating market where boats are used for shopping through markets on river, we were off to Siam Reap in Cambodia. We visited the famous archaeological sites of Bayon, Banteay Srei, Angkor Thom, and Angkor Wat temples. These 12<sup>th</sup> to 14<sup>th</sup> century architectures of palaces and temples were a treat to our eyes. All these sites depicted Hindu and Buddhist tales and deities engraved in massive stones. We were back in Bangkok after Cambodia trip. Following few days we spent visiting famous Buddhist Stupas and other tourist attractions such as Pattaya beach and the famous Sriracha Tiger Zoo where I was able to feed a tiger cub with bottled milk.

Finally, after completing our week long trip to Thailand and Cambodia, we arrived in Kathmandu, the capital of Nepal. My summer in Nepal was a very inspiring one. I learnt a lot about the lifestyle and daily struggles of people in Nepal. I had quite the adventure.

While in Nepal, I did some volunteering with a non-profit organization called Ear Care Nepal

under Dr. Milan Maharjan. Ear Care Nepal is a voluntary based organized located in Patan, Kathmandu. It was established in 2013 to provide prevention of deafness and promotion and conservation of hearing through free screening, consulting, surgery and treatment, and educational and training programs. Since the inception, under the leadership of Dr. Milan Maharjan, the organization has been reaching out to one of the most neglected and financially weak group of Nepali society- mainly young children to educate and resolve hearing as well as ear related problems. Recently, Ear Care Nepal received permission to run hearing screening program covering all government schools in Bhaktapur area. Most of the students in these schools are immigrants in Kathmandu, and have considerable financial challenge to

seek medical attention. I learnt that Nepal has the highest percentage of population with hearing problems, and most of these issues are with school students who normally come from poor families. During my engagement with Ear Care Nepal, we screened close to 450 students. I have learnt that Ear Care Nepal has completed screening close to 200 public schools which include elementary, middle, and high schools run by the government.

Every morning we will meet at Nidant Hospital located in Patan. We will clean and pack up our equipment in two big duffle bags and set our trip to Bhaktapur in a van that was donated to Ear Care Nepal by Indian Embassy. As a team, I went to different schools daily and helped the team with recording their data manually in a log book which included student's name, age, gender, grade, and diagnosis.





Normally, we would have one or two ENT doctors, one or two nurse staff, and three of us who were volunteering including the driver. Besides me, there was a young couple from Spain who had come to Nepal to volunteer with Ear Care Nepal.

During my volunteering, I learnt about different parts of ear, their role in hearing process, and how to take care of ear. For example, if your ear is hurting, you should not put oil in it as it will make the pain worse and cause ear infection. I also learnt about various parts that makes inner and outer ear. I did not know the smallest bone in human body called Stapes is located in the middle of the ear along with two other bones. In our hearing process, sound waves enter the outer ear and travel till it hits the ear drum. The inner cell creates neural signal that is picked by auditory nerve which is connected to brain.

Volunteering at Ear Care Nepal really inspired me and taught me about how lucky some of us are, and how



to be independent. It was also great educational opportunity for me to learn about students and school conditions in Nepal, people of Nepal in general, and most importantly about ear and hearing. For pictures and videos of my volunteering, please visit: <https://www.facebook.com/HopeByAashvi/>. To learn more about Ear Care Nepal, visit their page at <https://www.facebook.com/earcarenepal/>



# CHOOSING A CAREER IN BANKING

- Ajeet Gorkhali  
Houston, TX



A well managed financial system is an integral part of any society that helps prosper the economic activities in the country. A network of global banks and government bodies work together to promote the robust global financial system. In a macro level, banks help facilitate the flow of money by taking the right amount of risk and earning the profits in the process. In general terms, banks work as an intermediary to take the funds from the savers and lend to the borrowers in an effective and efficient manner.

For many readers, a bank is limited to the retail bank that you see in every other block in your city. All you think about is the deposits that you have with the bank, the car loans, mortgage loans and possibly some investments. That is certainly a good start but in the banking world, that part of the bank only generates less than 50% of the total revenue for majority of the global banks. Larger revenue for the bank comes from banking the small and large corporates domestically and internationally.

Banking industry does tend to carry some negative connotation overall. The people who suffered from the last financial crisis of 2008/2009 would have fresh memories of how the financial institutions played a big role in creating the housing bubble and the eventual crash. Furthermore, studies have shown that banking profession is one of the most stressful and relatively less respected professions – thanks to the few

greedy banks and bankers who manipulate the financial systems.

In today's world there are countless numbers of career options. Students go through a difficult time in high school or college while deciding a career path. If you are born in certain cultures, there is a high chance you would have heard that choosing a technical professions like that of a Doctor and Engineer is better for your career. However, you can build a very successful career in business or finance with career in banking, accounting, corporates and of course as an entrepreneur.

For the purpose of this paper, I want to focus in the banking career and the options that you have. First, I would like to explain the three major segments of the bank.

## 1. Retail Banking Segment:

This is your regular brick and mortar type of banks where a banker would help you with your cash transactions, account opening, mortgages and deposits. In most cases, retail banking would also look at the requirements (payments, collections, loans) of small retail businesses. Depending upon the client's net worth, the bank would also assign a dedicated Financial Advisor to look after the client's banking requirements. This segment could be a good place to start your career in banking. A University degree is good to have to excel in the retail banking career, but you do not necessarily need a university degree to start in retail banking.

Potential jobs in retail banking would include customer service officer, relationship manager, mortgage officer, credit officer, back office support, legal department, product development and others. The earning potential in this segment is generally not as high as other segments.

## 2. SME (Small and Medium Enterprises) and Commercial Banking Segment:

This segment in the bank looks after medium sized businesses. This segment would generally look at the business with revenues between USD 10 Mn to USD 1 Bn (this number is highly dependent on the size of the bank). For large multinational banks, USD 1 Bn might fall under commercial banking; whereas for small regional banks, it would fall under corporate banking (described below). In this banking segment, you would be analyzing the client's business and financial statements. Generally, these companies are sole proprietorship, partnership and LLCs. However, in large multinational banks, they would also look at the publicly listed companies under this segment. Most of the requirements would be loans for working capital, line of credit, cash management, investments, foreign exchange and in some instances small capital markets transactions like equity and debt issuances.

The banks would hire students directly from colleges and



universities for training programs. Students would normally go through a year or two years rotational program before they are placed in a specific unit.

### **3. Corporate and Investment Banking segment**

This is the unit tailored towards the large corporates with revenue north of USD 1 Bn. Generally the corporates are large multinational publicly listed companies. The needs of these corporates are very sophisticated. The complexity is multiplied because of the client's operations in large number of countries including the ones where the financial market regulations are very restrictive. The requirements of these corporates are sometimes very large. Thus, multiple banks would form a consortium to underwrite loans worth billions of dollars.

To tailor to the complicated requirements, the bank has various specialized bankers and units to look after various financial products. For example, a transaction banking unit looks after trade finance and cash management, a financial market unit looks after the foreign exchange and hedging, a corporate finance (or Investment banking) unit would look after merger & acquisition and Initial public offerings. These specialized bankers would also largely be applicable to SME segment discussed above.

It is relatively competitive to start your career in this segment of the banking industry. Usually the banks only pick the top tier universities to hire students. Further, if you want to target the investment banking jobs, you would need a top tier university degree, top percentile grades and solid networking skills.

Now that we have looked at three major segments, I would like to touch base on the different jobs within those segments. In general, all three segments would have three distinct roles in the bank.

#### **1. Front office / Sales**

As a front office staff, your job would be to work with client on a daily basis. You would have sales targets to meet as you are always in front of the client selling/advising different products of the bank. This could be a stressful job as you are constantly chasing your sales goal and your total compensation is highly co-related to your performance. You would also be doing your research about the corporate and presenting different solutions. If you are in the sales role for 'corporate and investment banking' segment, you would possibly have to travel domestically and internationally (depending upon clients) for client meetings.

In the retail banking segment you might have hundreds of clients where as in Corporate and Investment Banking you might only be dealing with ten large multinational corporates. Regardless of the number of clients, your job is to convince the client to give you more business. Thus, customer service and interpersonal skills are vital for the sales role.

#### **2. Mid office**

While the front office/sales staffs are meeting clients. We need large number of staff inside the bank to run the bank smoothly. For example, we need to have robust technology, legal department, compliance team, risk management team, product development groups, finance team, AML (anti money laundering) unit and many other functions. In these functions, you will have very limited client interaction. However, this is like the brain of the bank where the banks come up with new products, perform research, manage the bank's risk and monitor many other critical functions to run the banks smoothly. Depending upon the roles, these types of jobs might require some specialized degree or certifications.

These roles might not be facing the clients directly; however, they are always working together with the sales team to offer the best solution to the clients.

### **3. Back Office: Service/Support Functions in the Bank**

Customer service officers, IT support staff, administrative staff, transaction processors and many other employees are very important to service the clients, execute the transactions, and manage internal processes. One needs to be meticulous to details, focused and diligent to take on this job. Small error in processing a transaction could put a bank at a very big risk. Without an efficient and effective back office, all the work done by the front office and mid office would not yield any results. A lot of times, this unit checks whether the transaction execution is done as per the requirements of the bank and the regulators – i.e. this team plays an important role to maintain the system of checks and balances in the bank. Depending on a day, the work pressure can be enormous.

*Note: Many banks have moved some back office jobs to low cost centres like India, Malaysia and Mexico for example.*

**In summary,** a successful bank would need all the functions to work harmoniously. So, regardless of where you choose to work in the bank, it is always advisable to start with an internship to see where your skill sets are best matched. Also, networking and talking to some experienced bankers would always be a great idea to get in the right segment and roles in the bank.

# धर्म र शिक्षा



संकलक  
- कमल मणि पन्थी  
ह्यूस्टन, टेक्स

धर्मको माध्यमबाट मानिसको भावनात्मक स्थितिको परिवर्तन कसरी गर्न सकिन्छ तथा त्यसलाई कसरी माथि उठाउन सकिन्छ भन्नेबारे चर्चा गर्न चाहन्छु ।

संसारमा देखिएको सम्पूर्ण समस्याको एकमात्र कारण हो, मानव मात्रको भावनात्मक स्तर खस्किदै जानु । भावनात्मक स्तर खस्किदै जानुको सट्टा माथि उठ्दै गएको भए विश्वमा जुन समस्या आज देखिइरहेको छ त्यो देखिने थिएन । आज मानव मात्रले जतिपनि कठिनाई भोगिरहेको छ त्यो वास्तविक हैन आफैले पैदा गरेको हो ।

जीवनयापनको सम्बन्धमा किन यतिधेरै समस्या देखिन्छन् ? मनुष्य त बुद्धिमान प्राणी हो, सुशील प्राणी हो, उन्नत प्राणी हो, उसको अगाडि सुख सुविधाको अतुल भण्डार हुनुपर्ने थियो तर पशुको तुलनामा समेत मानव एकदम दुःखी छ । यसको एकमात्र कारण उसको विचारधारा, भावना, दृष्टिकोण आदि निम्नस्तरको हुँदै जानु हो । यदि उसको विचारधारा, भावना तथा दृष्टिकोण उच्च भएको भए अभावग्रस्त अवस्थामा पनि सुख शान्तिको जीवन जिउन सक्ने थियो । भनिन्छ, सुख सुविधा सम्पन्न भए मानिस समुन्नत हुन्छ, सुखी रहन्छ, शान्त रहन्छ तथा आनन्दको जीवन बिताउनसक्छ ।

तर यो कुरा सत्य होइन ।

कैयौं गरिवहरु जोसँग सुखसुविधाको साधन छैन, सम्पत्ति छैन तैपनि सुख आनन्दमा जीवन बिताइरहेका पाउँछौं । अर्कोतर्फ कैयौं धनी जो सम्पूर्ण सुख सुविधाले भरिपूर्ण भएपनि शान्ति खुशी र आनन्दको जीवन बिताउन सकेका छैनन् । यसको एकमात्र कारण हो विचारधारा, दृष्टिकोण तथा भावना उच्च हुनुको सट्टा खस्किदै

जानु । भगवानले जति मलाई उपलब्ध गराएको छ, त्यत्तिपनि नपाएका मानिस यस विश्वमा करोडौं छन् । मलाई भगवानले तिनीहरुभन्दा यति धेरै दिएका छन् । यहि विचार राखेर भएको पाएको चीजबाट सन्तुष्ट हुँदै आफ्नो कर्तव्य कर्ममा अगाडि बढ्दै गएमा जुन सुख र शान्तिपूर्वक जीवनयापन गर्न सकिन्छ त्यो अन्य कतै खोजेर पनि पाइदैन ।

अर्कोतर्फ आफूभन्दा माथिकोलाई मात्र हेरेमा ऊ कहिले सन्तुष्ट हुन सक्दैन । असन्तुष्ट व्यक्तिले कहिले पनि सुख शान्तिपूर्वक पूर्ण जीवन बिताउन सक्दैन । उदाहरणको लागि छाप्रो हुनेले घर खोज्छ, घर हुनेले महल खोज्छ र यस्तै खोज्दाखोज्दै आशान्तिमै उसको जिन्दगी बित्छ उसले कहिले जीवनमा शान्ति पाउन सक्दैन ।

अभावग्रस्त अवस्थामा पनि आफ्नो विचार, दृष्टिकोण तथा भावना उच्चस्तरको भएमा सुख, शान्ति प्राप्त गर्न सकिन्छ । विचार, दृष्टिकोण तथा भावना निम्नस्तरको भएमा जतिसुकै भौतिक सुखसुविधा सम्पन्न भएपनि ऊ कहिले सन्तुष्ट हुन सक्दैन ।

इतिहास साक्षी छ हाम्रा ऋषिमुनि, महर्षि, ब्रह्मर्षि जोसँग कपडाको नाममा एकमात्र लँगौटी, भाँडाको हकमा एकमात्र कमण्डलु, फुसको झुपडी, फुसको ओछ्यान, जमिनमा सुत्नु, घाँसपात तथा कन्दमुल खाएर गुजारा गर्नुपर्ने जस्तो अभावग्रस्त अवस्था थियो, उनीहरु यस्तो अवस्थामापनि कसरी सुख शान्तिपूर्वक रहन्थे होला ? तत्कालीन राजा, महाराजा तथा धनी व्यक्तिहरुबाट प्राप्त सुख सुविधाका साधनलाई समाज कल्याणमा लगाई आफू पूर्ववत् अवस्थामै रमाएर बस्नुबाट थाहा हुन्छ कि आफ्नो विचार, दृष्टिकोण तथा भावना उच्चस्तरको भएमा अभावग्रस्त

अवस्थामा जति सुख शान्ति अन्य कहीं पाइदैन ।

अर्कोतर्फ, रावण आदिसंग के कुराको कमी थियो ? कुबेरलाई जितेको थियो अर्थात ऊ कुबेरभन्दा धनी थियो । ऊसंग विद्याको कमी थिएन जसबाट उसले ब्रम्हाजी तथा देवादिदेव महादेवलाई समेत रिभ्हाएर आफूलाई भौतिक सुख सुविधा सम्पन्न गराउन बाध्य गराएको थियो । यमराजलाई समेत जितेको थियो अर्थात ऊ अजम्बरी थियो । यति बलियो थियो कि कैलाश पर्वतलाई समेत उठाएर फ्याँक्न सक्थ्यो । संसारमा व्याप्त सबै सुख सुविधा सम्पन्न भएतापनि भावना, विचार तथा अरुलाई हेर्ने दृष्टिकोण निम्नस्तरको हुँदा जीवनभर असन्तुष्ट भइ अभावग्रस्त तथा आशान्तिमै उसको जीवनको अन्त्य भएको थियो ।

भूतकालमा यस देवभूमिको इतिहास उच्च कोटीको थियो, समुन्नत थियो, सुखी थियो । यस भूमिमा देवताको बास हुन्थ्यो, यहाँ स्वर्गीय आनन्द थियो । त्यसैले तत्कालीन ऋषि, महर्षि भन्ने गर्थे “स्वर्गादपि गरि यसि ।”

आज सबैको घरठाउँमा धारा, बिजुली, बाटोघाटो, मोटर, रेल, हवाईजहाज, फोन, इन्टरनेट आदि सम्पूर्ण सुखसुविधा सम्पन्न छ । आजको तुलनामा त्यस जमानामा केहि भौतिक सुखसुविधा थिएन तथापि उच्च विचार, दृष्टिकोण तथा भावनाले गर्दा आजको तुलनामा बढी सुखी सम्पन्न तथा शान्तजीवन व्यतित गर्दथे । आजको जस्तो लुटपाट, चोरी, डकैती, व्यभिचार, मर्ने र मार्ने जस्तो कुकार्य हुँदैन थियो । यसको एकमात्र

कारण थियो कि त्यो जमानाको मानिसको विचार र दृष्टिकोण उच्च कोटीको हुन्थ्यो । भावना उच्चस्तरको हुन्थ्यो । जसको परिणाम सबैजना परस्पर स्नेहपूर्वक बस्दथे, एकअर्कामा सहयोग गर्थे, विश्वास गर्थे, एक अर्काप्रति बफादार, संयमित र सदाचारी हुन्थे, मिलिजुली बस्थे । एकअर्कालाई कसरी सहयोग गर्न सकिन्छ भन्ने सबैको सोच हुन्थ्यो । आफूले जतिसुकै दुःख कष्ट उठाएर भएपनि अर्काको भलाई कसरी गर्न सकिन्छ यसमै सबै लागि रहन्थे ।

एकछिन हामी सबै आँखा चिम्लेर कल्पना गरौं तपाईं हामी सबैमा यो विचार आएमा यो संसार कस्तो हुने थियो होला ? यहि कारण थियो त्यस जमानामा मानिसहरु थोरैमा सन्तुष्ट हुन्थे, भौतिक साधनमा दरिद्र भएपनि दुनियाँमा जगतगुरु सरह रहन्थे ।

आज मानिसहरु आफ्नो आम्दानीभन्दा बढी खर्च गर्ने अपेक्षा राख्छन् । फलस्वरूप जति आम्दानी बढेपनि समस्या जहाँको त्यहि रहन्छ । जब समस्या आफ्नो काबुबाहिर रहन्छ, आफ्नो असिमित विचार, दृष्टिकोण र भावनालाई लगाम लगाउन असमर्थ हुन्छ तब दुःख, दरिद्ररूपी रोगले ग्रस्त व्यक्ति आफू सम्पन्न हुँदाहुँदै पनि अशान्तिको दलदलमा फसेर आफ्नो इतिहास आफैले समाप्त गर्दछ । पुरानो परम्पराकाभन्दा आज शहरका हजारौं मानिस आफूलाई आधुनिक प्रगतिको चरम सीमामा पुगेको महसुस गर्दछन् । आजपनि गाउँमा गएर रामायणको कुरा, कृष्ण भागवतको कथा, लोकपरलोकको कुरा, भगवानको कुरा, आत्माको कुरा, तीर्थयात्राको कुरा, पुण्य परमात्माको कुरा, परलोकको कुरा आदि केहि हदसम्म सबैले

बताउन सक्छन् । भलै अन्य कुरा तथा राजनीतिक विषयमा केहि बताउन नसक्नु । यसको एकमात्र कारण विचार, भावना तथा दृष्टिकोणको उच्चता हो । यसैकारण गाउँको जीवन शहरको तुलनामा बढी शान्त तथा समुन्नत छ । लुट, मार, चोरी, डकैती, व्यवचार आदि शहरको तुलनामा गाउँमा धेरै कम छ ।

अन्तमा हामी सबैले अभावग्रस्त अवस्थामा पनि उच्च विचार, दृष्टिकोण र भावना अनुरूप शान्त, समृद्ध र सुखी जीवन जिउने प्रयास गरौं नकि सुखसुविधा सम्पन्न भएर पनि रावण जस्तो अशान्त र असन्तुष्ट जीवनबाट टाढै रहौं ।

**विभिन्न धर्मग्रन्थ, वेद, पुराण आदिको सारबाट संकलित ।**

## An Outlook on Judgement

- Niva Shrestha

High school student in Fremont, California

Now, I am just one person, one teenager, in one country, living one life, so I can't speak for all the people out there, but here is my outlook on judgement. Judgement is unavoidable. Everybody is judging everything at every second. You are judging everything at every second. So when someone promises they won't judge you, they are lying. In fact, they are judging you as they are telling you they won't. It is just a human thing. So, if you are human, then you are judgmental, but it's not a bad thing. It just shows that you are human. Judgement can be both positive and negative. Supposing you saw an antique chair, you may think, "Wow, what a fine chair!" or on the other hand, you may be thinking, "Ew, what a decaying, old chair covered in cobwebs!"

Then again, you could be indifferent to it, and just pass on by. A judgement is basically just an opinion, and as humans, we have opinions. Without them, we would no longer be our own individuals, so we would no longer be humans because singularity is what makes us human.

It is often said that if we were to stop being so judgmental, then all of humanity's problems would disappear, but as I've explained, that's just not possible. Instead, perhaps acceptance is the key. We should accept the fact that everybody judges, and that everybody is entitled to their own opinions. It is our own animosity towards judgement that is stopping us from moving forward. So, if we come to terms with these facts of life, then we are more likely to live life with open arms, in a more peaceful

manner. Acceptance isn't always easy to achieve, but with time and work, we can do it. To help the process along, instead of blurting out your judgements about everything, come to know that you are entitled to your own opinions, but that does not mean you always have to share them. This is particularly if your opinion wouldn't produce anything positive, and instead end up with some negative results. So when you are thinking about sharing an opinion, make sure the net value is positive. Keeping all this in mind, understand that this does not always mean that you should relinquish your opinion because your opinion does matter. This is my outlook on the key to humanity and this is how I believe we could begin the start to a great lifestyle as a human race.



# तथ्यांकमा फिफा विश्वकप



- सुजन पण्डित



आधुनिक खेलकुद महोत्सवहरूमा नगद पुरस्कार राशिले निकै ठूलो महत्व राख्न सुरु भएको छ। विश्वस्तरीय र क्षेत्रीयस्तरका खेलहरूमा हुने ठूलो र कमको व्यापारिक प्रायोजन, विज्ञापन शुल्क, टेलिभिजन प्रसारण अनुमति र टिकट शुल्कहरूबाट संकलन हुने अबौं डलरबाट सहभागी टिम र खेलाडीहरूलाई दिइने पुरस्कार राशिको हिस्सा पनि निरन्तर बढिरहेको छ। यसै सन्दर्भमा हालै रसियामा सम्पन्न फिफा विश्वकप २०१८ मा वितरित पुरस्कार रकमले संसारभरका खेलप्रेमी र संचारकर्मीहरूको ध्यान खिचेको थियो।

विश्व फुटबल महासंघ (फिफा) ले सन् १९३० देखि विश्वस्तरीय फुटबल प्रतियोगिता 'विश्वकप फुटबल' आयोजना गर्न थालेको हो। उरुग्वेको राजधानी शहर मोन्टेभिडियोमा पहिलोपटक आयोजना भएको विश्वकपमा सहभागी र खेल पदाधिकारी सबैको खर्च बेहोर्ने शर्तमा मात्र उरुग्वेले विश्वकप आयोजना गर्न पाएको थियो। त्यो बेला विजेता टोली

तथा खेलाडीलाई च्याम्पियन ट्रफी बाहेक नगद पुरस्कार दिने व्यवस्था थिएन। विश्वकपको एघारौं श्रृंखला सन् १९७८ मा अर्जेन्टिनामा आयोजना हुन्जेलसम्म पनि कुनै नगद पुरस्कारको व्यवस्था फिफाले गरेको थिएन। तर सन् १९८२ मा स्पेनमा आयोजित विश्वकपबाट भने फिफाले 'फिफा वर्ल्डकप ट्रफी'का अतिरिक्त विजेता तथा सहभागी टोलीहरूलाई नगद पुरस्कार समेत दिन सुरु गरेको हो। विश्वकप १९८२ मा विभिन्न विधामा दिइने पुरस्कारका लागि २० मिलियन अर्थात् २ करोड डलर पुरस्कार राशिको व्यवस्था भएको थियो।

फिफाले प्रतियोगितामा स्पान्सर, विज्ञापनदाता, टेलिभिजन प्रसारण अधिकार शुल्क, टिकट बिक्री लगायतबाट बढेको आम्दानीसँगै पुरस्कार राशि पनि बढाउँदै लान थालेको तथ्यांकहरूले देखाउँछ। ३६ वर्ष अघि २० लाख डलरबाट सुरु भएको पुरस्कार राशि विश्वकपको २१ औं श्रृंखलासम्म आइपुग्दा झण्डै ४० गुणा बढेर ७९१

मिलियन डलर अर्थात् ७९ करोड डलर भएको छ। सुरुमा विजेता र उपविजेता देशलाई मात्र दिइने नगद पुरस्कार अहिले विश्वकपमा सहभागी प्रत्येक टोलीले समेत प्राप्त गर्दछन्। विश्वकपमा सहभागी भएर समूह चरणबाटै बाहिरिने देशको फुटबल संघले समेत गत २०१४ को विश्वकप देखि ८ मिलियन अर्थात् ८० लाख डलर नगद पुरस्कार पाउने व्यवस्था फिफाले गरेको छ। सन् २०१४ मा ब्राजिलमा आयोजित विश्वकपमा ३५८ मिलियन डलर अर्थात् ३५ करोड ८० लाख डलर त सहभागी ३२ देशको फुटबल संघलाई उनीहरूको प्रदर्शन अनुरूप दिइने पुरस्कारमा मात्र खर्च भएको थियो। विश्वकप २०१८ मा सहभागी देशहरूलाई उनीहरूको प्रदर्शन अनुरूप दिइने नगद पुरस्कारमा गत विश्वकपमा भन्दा १२ प्रतिशतले वृद्धि गर्दै ४०० मिलियन डलर बनाइएको थियो। यस अन्तर्गत विजेता र उपविजेतालाई दिने पुरस्कारमा तीन मिलियन डलर बढाएर क्रमश ३८ र

२८ मिलियन डलर बनाइयो भने तेस्रो र चौथो हुने टिमलाई दिइने पुरस्कार मा पनि २ मिलियन डलर बढाएर क्रमश २४ र २२ मिलियन डलर बनाइएको थियो। यस अतिरिक्त क्वार्टर फाइनलमा पुग्ने देशहरूले २०१४ मा भन्दा दुई मिलियन डलर बढी अर्थात् १६ मिलियन डलरका दरले नगद पुरस्कार पाएका थिए भने राउण्ड अफ १६ मा पुग्ने टोलीले पनि गत विश्वकपमा भन्दा तीन मिलियन डलर बढी अर्थात् १२ मिलियन डलरका दरले नगद पुरस्कार पाए। समूह चरणबाटै बाहिरिने देशहरूले पनि ८ मिलियन डलर पाए। विश्वकप खेलन छनौट भएका सबै ३२ देशको फुटबल संघलाई खेल तयारीका लागि प्रति देश १.५ मिलियन डलरका दरले दिने व्यवस्था सन् २०१४ को विश्वकप देखि नै हुन थालेको हो।

यस अतिरिक्त फिफाले करिब २०९ मिलियन डलर खेलाडीहरूका सम्बन्धीत फुटबल क्लबहरूलाई खेलाडीहरूले विश्वकपमा दिएको समयको क्षतिपूर्तिका लागि भुक्तानी गरेको छ भने करिब १३४ मिलियन डलर खेलाडीहरूको बीमाका लागि फिफाले खर्च गरेको छ।

यस हिसाबले ३२ सहभागी देशलाई सिधै दिने पुरस्कार बाहेक क्लबलाई दिइने भुक्तानी, खेलाडी बीमा तथा आयोजक मुलुकलाई दिइने केही र कम समेत गरेर फिफाले विश्वकप २०१८ मा पुरस्कार राशिका लागि ७९१ मिलियन डलर अर्थात् ७९ करोड डलर छुट्याएको थियो। यो रकम विश्वकप २०१४ को पुरस्कार रकम ५६४ मिलियन (५६ करोड ४० लाख) डलर भन्दा ४० प्रतिशतले बढी हो। फिफाले गरेको यस्तो बढोत्तरीले विश्वकप फुटबलको रौनकता भन्नु बढ्दै गइरहेको छ।

विश्वकप फुटबलको नगद पुरस्कार राशि सुनेर कति धेरै पुरस्कार दिएको होला जस्तो लागिरहेको बेला युरोपियन च्याम्पियन्स लिगमा २०१७ र २०१८ का लागि दिइएको नगद पुरस्कार सुन्दा धेरैलाई आश्चर्य लाग्नु स्वभाविक नै हो। यो वर्ष च्याम्पियन्स लिग विजेता रियल मेड्रिडले ८९.५ मिलियन पाउण्ड अर्थात् ११८.१४ मिलियन डलर पुरस्कार पाएको थियो। जस मध्ये ५४.२ मिलियन पाउण्ड (७१.५ मिलियन डलर) लिग च्याम्पियन भए बापत पाएको हो भने ३५.३ मिलियन पाउण्ड (४६.५ मिलियन डलर) 'मार्केट पुल'का लागि पाएको थियो। खेल प्रदर्शनका आधार मा पाएकै पुरस्कार रकमलाई मात्र हेर्ने हो भने पनि विश्वकप फुटबलमा च्याम्पियन टिमले पाएको ३८ मिलियन डलर भन्दा युरोपियन च्याम्पियन्स लिग विजेताले यो वर्ष पाएको ७१.५ मिलियन डलर ३३.५ मिलियन बढी हो। सो लिगमा यो वर्ष १.३ बिलियन पाउण्ड अर्थात् १.७२ बिलियन डलर पुरस्कार दिइएको थियो। यस अर्थमा युरोपियन च्याम्पियन्स लिग वर्तमान विश्व खेल महोत्सवहरू मध्ये सबभन्दा ठूलो पुरस्कार राशि भएको खेल उत्सवको रूपमा दर्ज भएको छ। च्याम्पियन्स लिगको कुल पुरस्कार राशि यो वर्ष फिफा विश्वकपको पुरस्कार राशि ७९१ मिलियन डलर भन्दा झण्डै एक हजार मिलियन डलर अर्थात् एक बिलियन डलर नै बढी हो।

विश्व खेल महोत्सवहरूमा आम्दानी र खर्चको अंकमा भएको वृद्धिसंगसंगै खेल प्रविधिमा समेत गुणात्मक विकास भएको छ। विश्वकप २०१८ देखि विश्वकप फुटबलमा गोल लाइन टेक्नोलजी र भिडियो एसिस्टेन्ट रेफ्री (भिएआर)को समेत प्रयोग गरियो। यी अत्याधुनिक प्रविधीको प्रयोगमा समेत फिफाले थप खर्चहरू गरेको

देखिन्छ। भिएआरको प्रयोगले नियमित रेफ्रीका कैयन निर्णयहरू परिवर्तन भए भने कैयन पेनाल्टी निर्णय समेत पछि भिएआरको सहयोगबाट भएका थिए। भिएआरको प्रयोगले खेलमा रेफ्रीबाट भएका विवादास्पद निर्णयहरू सच्चिन मद्दत गरेपनि कतिपय खेल विश्लेषकहरूले भने यसले रेफ्रीको विवेक र निर्णय क्षमता कमजोर बनाएको र फुटबलको 'ओरि जिन्यालिटी'मा बाधा पुऱ्याएको भनेर विरोध समेत गरेको देखियो।

## विश्वकपमा गोल

फुटबल खेलमा गोलको चर्चा भएन भने त फुटबलका बारेमा लेखिने आलेख र समाचारहरू नै पूर्ण हुँदैनन्। यस आलेखमा फुटबलमा हाल दिन थालिएको नगद पुरस्कारका अतिरिक्त फिफा विश्वकपमा भएका गोलहरूका बारेमा पनि चर्चा गरिएको छ।

विश्वकपमा पहिलो गोल गर्ने फ्रान्सका लुसियन लरेन्टको पहिलो गोल समेत गरेर हालसम्म आयोजित २१ वटा संस्करणका विश्वकप फुटबल खेलहरूमा जम्मा २,५४६ गोल भएको रेकर्ड छ। जसमा विश्वकप २०१८ मा भएको ६४ खेलहरूमा भएको १६९ गोल समेत समावेश छ। विश्वकप २०१८ को फ्रान्स र क्रोएसियाबीच भएको फाइनलमा दुवै तर्फ गरेर ६ गोल भएका थिए। विश्वकप इतिहासमा सबैभन्दा बढी गोल भएको विश्वकप भने १९९८ मा फ्रान्समा र २०१४ मा ब्राजिलमा आयोजित विश्वकप हो। यी दुई विश्वकपमा समान १७१ गोल भएका थिए। त्यस पछिको धेरै गोल भएको विश्वकप भने हालै रसियामा सम्पन्न विश्वकप भएको छ। पहिलो विश्वकपमा १३ देशले भाग लिएका थिए र ७० गोल भएको थियो। दोश्रो र तेस्रोमा क्रमश १६ र १५ देशले



*We wish all our Nepalese friends and family a very  
Happy Vijaya Dashami and Deepawali 2075*



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भाग लिएका थिए भने क्रमश ७० र ८४ गोल भएका थिए ।

सन् १९८२ मा स्पेनमा भएको विश्वकपबाट मात्र २४ देशले भाग लिने व्यवस्था मिलाएको फिफाले १९९८ मा फ्रान्समा आयोजित विश्वकपबाट भने ३२ देशको सहभागिता गराउन थालेको हो । फिफाको तथ्यांक अनुसार १९५४ मा स्विजरल्याण्डमा भएको विश्वकप नै म्याच संख्याका आधारमा सबभन्दा बढी औषत गोल ५.३८ गोल प्रति म्याच भएको विश्वकप हो, जहाँ २६ खेलमा १४० गोल भएका थिए । यसैगरी सन् १९९० मा इटलीमा आयोजित विश्वकप हालसम्म कै सबभन्दा कम प्रतिखेल गोल औषत (२.२१) भएको विश्वकप हो जहाँ ५२ खेलमा ११५ गोल भएको थियो । सन् १९६२ विश्वकप अधिका सबै विश्वकपमा औषत गोल ३.६ भन्दा ज्यादा नै रहेको तथ्यांक छ भने १९६२ यताका कुनैपनि विश्वकपमा औषत गोल २.९ भन्दा बढी भएको छैन ।

सन् २००२ को विश्वकपको लागि छनौट खेल अन्तर्गत अष्ट्रेलिया र

अमेरिकन समोआबीचको खेलमा भएको गोल नै हालसम्म विश्व फुटबलमा भएको सबैभन्दा धेरै गोल हो । जहाँ अष्ट्रेलियाले विपक्षी अमेरिकन समोआलाई ३१ गोल हानेको थियो । उक्त खेलमा अष्ट्रेलियन खेलाडी आर्की थम्सन एकलैले १३ गोल हानेका थिए जुन विश्व फुटबल इतिहास मै अहिलेसम्म कुनै खेलाडीले एउटै खेलमा गरेको सबैभन्दा धेरै गोल हो ।

विश्वकप फुटबलमा गोलका अनेकन रेकर्डहरु स्थापित भएका छन् । फ्रान्सका लरेन्स लरेन्ट विश्वकप १९३० मा पहिलो गोल गर्ने खेलाडी हुन् भने विश्वकपका २४ खेल खेल्दै १६ गोल गरेका जर्मन स्ट्राइकर मिरोस्लाभ क्लोज विश्वकपमा सबैभन्दा बढी गोल गर्ने खेलाडी । ब्राजिलका स्टार स्ट्राइकर रोनाल्डोले १९ खेलमा १५ गोल गरेका थिए । वर्तमान विश्व फुटबलका सर्वाधिक चर्चित खेलाडी लियोनल मेस्सीले १९ खेलबाट ६ गोल गरेका छन् भने अर्का चर्चित फुटबलर क्रिष्टियानो रोनाल्डोले १३ खेलबाट ७ गोल गरेका छन् । विश्व फुटबलमा सबैभन्दा सम्मानपूर्वक लिइने नाम

पेलेले ब्राजिलका लागि १४ खेल खेलेर १२ गोल गरेका थिए भने अर्का चर्चित अर्जेन्टेनी भेट्टान फुटबलर डिएगो म्याराडोनाले २१ खेलमा ८ गोल गरेका थिए ।

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स्रोत: फिफा डट कम, विकीपिडिया  
sujan\_pandit@yahoo.com

## कति प्रेमिल र स्वर्गतुल्य फलेवास

- गोविन्द गौतम

मास्को, रूस महासंघ



मेरो प्यारो जन्म थलो फलेवास  
हरपल सपनी र बिपनीमा  
प्रत्येक दुःख र सुखमा  
पीडा भैरहन्छ मलाई तिम्रो सम्झनाले  
भावविह्वल भैदिन्छु यदाकदा बिछोडको  
वेदनाले  
लुकाएर आँशु गहभरि  
छुपाएर व्यथा मनभरि  
बाध्यताले परभूमिमा भासिए पनि  
त्यो अनन्तसम्मका लागि नभएर  
क्षणिक गन्तव्यका लागि थियो  
त्यसैले त मेरो ममता तिम्रीप्रति निस्वार्थ  
र अजम्बरी छ  
हिजोको जस्तै आजपनि उस्तै अक्षुण्ण छ  
मेरा हरेक प्रगतिका पाइलाहरूमा तिम्रो  
प्रतिबिम्ब झल्किन्छ

हो, त्यसैले त समय समयमा परदेशमा  
अनायासै म उदासिन्छु  
तिम्रा पाखापखेराहरू सम्झेर भावनामा  
बहकिदिन्छु  
कहिले लमाए खोलामा र कहिले  
कालीगण्डकीमा पौडेको  
चंदनी र खोराको चौरमा दौडेको  
स्वप्नाले मलाई बिउँझाइदिन्छ  
तत्पश्चात् मेरो मन द्रुत गतिमा  
उराल पर्वत हुँदै धौलागिरि र माछापुछ्रेको  
बीचबाट  
तिम्रै वरिपरि पुग्दछ,  
त्यतिबेला साल र सल्लाको सुसाई  
प्रतिध्वनि बनेर मेरो मनको अन्तस्करणमा  
ठोकिन पुग्छ र  
आभास हुन थाल्छ फर्क आफ्नै गाउँ फर्क

सदासदाका लागि त्यागिदेऊ  
त्यो भौतिक सुख रमाऊ थिनै  
वनपाखाहरूमा  
यी सबै कारणहरूले आज  
सम्पूर्ण साथीभाइहरूको माझ  
मेरो यौवन र ज्ञानको भूमिबाट  
बिना पश्चाताप प्रायश्चित्त गर्नका लागि  
नभएर  
प्रकृतिको वरदान स्वरूप प्राप्त पवित्र  
मन्दिर  
फलेवासको पिछडिएको पीडालाई  
हटाउन  
पुजारीको रुपमा फर्केँदेखु, सदा सदाका  
लागि !!

फलेवास -पर्वत जिल्लाको नगरपालिका  
चंदनी र खोरा - स्थानको नाम ।  
लमाएखोला - स्थानीय खोलाको नाम ।

# अव्यवहारिक मूल्य निर्धारणबाट सताइएका हामी

- विश्वराज अधिकारी



व्यापार व्यवसायमा अहिलेसम्म पनि हाम्रा अनेक धारणाहरू परम्परागत छन् । मुख्यगरी मुनाफाको सन्दर्भमा हाम्रो धारणा पटककै आधुनिक छैन। हामी अहिलेसम्म पनि के विश्वास गर्छौं भने महँगोमा बिक्री गरेर धेरै मुनाफा आर्जन गर्न सकिन्छ । चर्को मूल्य राखेर बिक्री गरेमा छोटो समयमा धेरै मुनाफा आर्जन गर्न सकिन्छ, र यसरी धेरै मुनाफा आर्जन गरेर छोटो समयमा धेरै धनी हुन सकिन्छ ।

यस किसिमको धारणाबाट साना व्यापारी त पीडित छन् नै, ठूला व्यापारीहरू पनि उत्तिकै पीडित छन्। ठूलो पूँजीसहित ठूलो आकारमा कारोबार गर्ने व्यापारीहरू पनि छोटो समयमा धनी हुन खोज्छन् र कुन र कस्तो समयमा आफ्नो वस्तुको मूल्य चर्को तुल्याउन सकिन्छ भन्ने 'मौका'को खोजीमा हरदम तल्लीन रहन्छन् । यो धारणालाई 'भारतीय व्यापारिक परम्परा' ले मलजल दिएको छ, किनभने भारतीय व्यापारीमा पनि यस किसिमको धारणा व्याप्त छ । भारतीय व्यापारीहरूको चिन्तनबाट पनि कम समयमा बढी धनी हुने धारणा गएको छैन ।

पश्चिमी जगत् र खासगरी अमेरिका मा मूल्य निर्धारण र मुनाफाप्रति पृथक दृष्टिकोण छ । पश्चिमी देशहरूमा ती व्यवसायीहरू, जो व्यापारमा लामो समयसम्म रहने

उद्देश्यले सञ्चालित छन्, आफूले बिक्री गर्ने वस्तु एवं सेवाहरूको मूल्य सकेसम्म कम पार्ने प्रयास गर्छन् । यस्तो गर्न उनीहरूलाई दुईवटा स्थितिले बाध्य पार्ने गर्छ । पहिलो, बजारमा बिक्रीका लागि तीव्र प्रतिस्पर्धा भएकोले वस्तुको मूल्य चर्को निर्धारण गरेमा बिक्री हुन नसक्ने र दोस्रो, चर्को मूल्य निर्धारण गरेमा क्रेताको क्रयशक्तिमा ह्रास आएर लामो अवधिसम्म आफ्नो वस्तु बिक्री हुन नसक्ने स्थिति ।

यस आलेखमा चर्को मूल्य निर्धारण गरेमा क्रेताहरूको क्रय शक्तिमा ह्रास आएर लामो अवधिसम्म वस्तु बिक्री हुन नसक्ने स्थितिबारे चर्चा गरिने छ ।

पश्चिमी जगत्मा बिक्रेताहरूले हर दम आफूले बिक्री गर्ने वस्तु एवं सेवाहरूको मूल्य सकेसम्म कम पार्ने प्रयास यस उद्देश्यका साथ गर्छन् । क्रेताहरूको क्रय शक्तिमा ह्रास आएर भने उनीहरू बढी वस्तु खरिद गर्ने स्थितिमा हुन्छन् जसले गर्दा थप वस्तु बिक्री हुने अवस्था सृजना हुन्छ र बजारमा आफ्नो उपस्थितिलाई निरन्तरता दिन सकिन्छ । अर्थात् बजारमा चिर कालसम्म रहन सकिन्छ । यो कारणले उत्पादक एवं बिक्रेताहरू आफूले बिक्री गर्ने वस्तु एवं सेवाको मूल्य कसरी कम पार्न सकिन्छ भन्ने कुरा सोचन प्रतिपल तल्लीन रहन्छन् । अनेक अध्ययन र अनुसन्धान गर्छन् । वस्तु

एवं सेवाको मूल्य कम पार्न उपलब्ध हरसम्भव प्रयास गर्छन्, हरेक सम्भव विकल्पको खोजी गर्छन् ।

आफूले बिक्री गर्ने वस्तुको मूल्य कम पार्नका लागि सस्तोमा सामग्री खरिद गर्ने, सोभै उत्पादकसँग खरिद गर्ने, सञ्चालन लागत कम पार्ने, यातायात लागत कम पार्ने, श्रम बजार बाट सस्तो जनशक्ति भर्ना गर्ने, प्रत्यक्ष मानवीय श्रमको कम प्रयोग गरेर बढी मात्रामा प्रविधि, यन्त्र एवं मेसिनहरूको प्रयोग गर्ने, बिक्रेताको ठाउँमा मेसिन प्रयोग गर्ने जस्ता कार्य गर्छन् ।

हुन पनि बजारमा उत्पादक एवं बिक्रेताहरूसँग दुई विकल्प हुन्छन् ।

१) चर्को मूल्य निर्धारण गरेर, बढी मुनाफा आर्जन गरेर छोटो समयमा बजारबाट पलायन हुने वा

२) सस्तो मूल्य निर्धारण गरेर, कम मुनाफा आर्जन गरेर आफ्नो अस्तित्व दीर्घकालसम्म कायम राख्ने ।

मूल्य कम राखेर, कम मुनाफा लिने तर बढी परिमाणमा बिक्री गरेर बढी मुनाफा हात पार्ने वा मूल्य बढी पारेर, बढी मुनाफा लिने तर थोरै परिणामा थोरै बिक्री गरेर थोरै मुनाफा प्राप्त गर्ने । यी दुई किसिमको अवसर बजारमा हरपल विद्यमान रहन्छ ।



अमेरिकामा सञ्चालित संसारकै सर्वाधिक ठूलो खुला भण्डार वालमार्ट (Walmart) ले मूल्य कम राखेर, कम मुनाफा लिने तर बढी परिमाणमा बिक्री गरेर बढी (वा न्यायोचित) मुनाफा हासिल गर्ने उद्देश्य राखेको पाइन्छ। बजारमा चिरकाल (नित्य) आफ्नो अस्तित्व कायम राख्ने उद्देश्य राखेको पाइन्छ। सस्तोमा सामग्री बिक्री गर्न वालमार्टले अमेरिका मात्र होइन, विश्वभरि नै प्रसिद्धि पाएको छ। तुलनात्मकरूपमा कमजोर आय भएका व्यक्ति (ग्राहक) का लागि वालमार्ट 'प्रिय खरिद भण्डार' हुन पुगेको छ। वालमार्टले वस्तुको मूल्य लक्षित गरेर नै पैसा बचत गरौं, राम्रो गरी बाँचौ (Save money. Live better) भन्ने नारा ग्राहकहरू समक्ष राखेको छ।

प्रतिस्पर्धीहरूको वस्तु एवं सेवाभन्दा आफूले बिक्री गर्ने वस्तु एवं सेवाको मूल्य कम पारेर क्रेताहरूलाई सस्तोमा वस्तु एवं सेवा उपलब्ध गराउने र कमजोर आय भएका व्यक्तिहरूको क्रय शक्ति वृद्धि गरेर उनीहरूले बढी वस्तु एवं सेवा उपभोग गर्न पाउने स्थिति सृजना गर्ने उद्देश्य वालमार्टको प्रमुख लक्ष्य रहेको पाइन्छ।

खुला भण्डार 'वालमार्ट'को कुनै पनि भण्डार (खासगरी सुपर सेन्टर) भित्र प्रवेश गरेपछि घरायसी लगभग सम्पूर्ण सामग्री एउटै छतमुनि घुमेर खरिद गर्न सकिन्छ। तरकारी, फलफूल, मासु र अन्डा, दूध, दही र मखन, बेकरी, औषधी, शृङ्गार सामग्री, अन्य खाद्य वस्तु, लुगाफाटो, जुत्ता, चप्पल, खेलौना, फर्निचर, रेडियो र घडी, मोटर मरम्मत एवं जगेडा पार्टपूजा, सैलुन, बैंकिंग सेवा, रेस्टुरेन्ट,

टेलिभिजन, क्यामरा, स्टेशनरी, विभिन्न पेय आदि घरायसी सामग्रीहरू वालमार्टमा उपलब्ध रहेका हुन्छन्। एउटै स्थलमा घरायसी लगभग सम्पूर्ण सामग्री उपलब्ध गराएर ग्राहकहरूको समय पनि बचत गरिदिने लक्ष्य वालमार्टले राखेको पाइन्छ। यति मात्र होइन, अमेरिकाका अनेक थुप्रै शहरहरूमा सञ्चालित वालमार्टका भण्डारहरूबीच व्यवस्थापन, भवनको भित्री ढाँचा तथा भण्डार एवं वस्तुहरू सजाएर प्रदर्शनका लागि राख्ने तरिका पनि समान रहेको पाइन्छ। अर्थात् कुनै एक शहरको वालमार्टमा कुनै एक वस्तु कुनै एक निर्धारित ठाउँमा राख्ने गरिन्छ भने दोस्रो कुनै शहरको वालमार्टमा पनि उक्त वस्तु त्यही ठाउँमा हुन्छ जहाँ पहिलो कुनै शहरमा राखिएको थियो। अर्थात् वालमार्टका भण्डारहरूबीच, भित्री सजावट पनि समान वा एकै किसिमको पारिएको हुन्छ जसले गर्दा जुनसुकै शहरको वालमार्टमा पुगेपछि खरिद कर्तालाई कुन समान कहाँ पाइन्छ भन्ने कुराको पूर्व ज्ञान हुन्छ जसले गर्दा सामान खोज्न बढी समय लाग्दैन। यसरी वालमार्टमा समय बचत हुने भएकोले क्रेताहरूले थोरै समयमा धेरै वस्तु खरिद गर्न सक्छन्।

अमेरिकाको आरकान्सा राज्यको बेन्टनभिलमा प्रधान कार्यालय रहेको वालमार्टको, अमेरिकामा त हजारौं भण्डार छन् नै, अन्य २८ देशमा पनि यसका भण्डार सञ्चालित छन्। अमेरिका र अन्य देशमा वालमार्टका ११ हजार ७०३ भण्डार छन्। यी विभिन्न भण्डारहरूमा २३ लाख कर्मचारी कार्यरत छन्। अमेरिकी नागरिक साम वाल्टनले आफ्नो निजी लगानीमा एउटा सानो

भण्डारबाट सन् १९६२ मा वालमार्ट स्थापना गरेका थिए। अहिले वालमार्ट संसारको सर्वाधिक ठूलो खुला भण्डार बन्न पुगेको छ। अन्य प्रतिस्पर्धी भण्डारहरूभन्दा वालमार्टले सस्तोमा वस्तु र सेवा छोटो समयमा र प्रायः धेरै कुराहरू एकै छतमुनि उपलब्ध गराउने हुनाले वालमार्ट एउटा लोकप्रिय भण्डार हुन पुगेको छ।

हामी नेपालमा मूल्य कसरी घटाउन सकिन्छ, कसरी सस्तोमा ग्राहकहरूलाई वस्तु उपलब्ध गराउन सकिन्छ, कसरी ग्राहकको क्रयशक्ति वृद्धि गर्न सकिन्छ, कम आय भएकाहरूको जीवन गुजारा कसरी सजिलो पार्न सकिन्छ भन्नेबारे गम्भीर रहेको देखिएका छैनौं। अर्कोतिर छोटो समयमा धेरै मुनाफा गर्ने तर ग्राहकको क्रयशक्तिको वास्ता नगर्ने मनोविज्ञानले व्यापारी समुदाय ग्रसित देखिन्छ। मूल्यबारे नागरिक तहबाट पनि चासो लिएको देखिन्छ। जे कामका लागि पनि सरकारलाई जिम्मेवार देखाउने, आफूले कुनै जिम्मेवारी नलिने संस्कृतिले पनि हामीलाई 'मूल्य विषय' मा गम्भीर हुन दिएको छैन। तर अब वस्तु एवं सेवाहरूको मूल्य कम पारेर ग्राहकहरूको क्रय शक्ति र खासगरी गरिबहरूको क्रय शक्ति कसरी वृद्धि गर्नेबारे 'स्थानीय बहस' हुन आवश्यक छ। यसतर्फ मुख्यगरी स्थानीय सरकारहरूले ध्यान दिन आवश्यक छ।

प्रतीक दैनिकमा प्रकाशितः  
Friday, January 26, 2018

# बालकविता 'रमाइलो हिमाली गाउँ'



- रन्जुश्री पराजुली  
अस्टिन, टेक्सस, यु.एस.ए.

हिमालको फेदमुनि धेरै राम्रो गाउँ  
बस्छु त्यही रमाएर कर्मा मेरो नाउँ  
भाइबैनी साथीसङ्गी रमाएर खेल्छौं  
घुमाउन हामीसँगै याक पनि लान्छौं ।

हजुरआमा भित्र बसि ऊन कात्नुहुन्छ  
हजुरबुबा याक भुवा जम्मा पार्नुहुन्छ  
मेरी आमा याक दूध जम्मा धेरै पार्छिन्  
अँगोनामा दूध पकाइ छुपी घोटी राख्छिन् ।

याक दूध खानाले स्वास्थ्य पोसिलो  
बालक वृद्ध सबैलाई हुन्छ तागतिलो  
पर्यटक आउजाउ हाम्रो गाउँतिर  
हाई हेल्लो नमस्ते गर्छन् चारैतिर ।

अथिति ती पर्यटक रमाएर बस्छन्  
ढिडो दूध दहि मोहि रमाएर खान्छन्  
तातो चिया नुनिलो शोर्पा जाती पिउँछन्  
याक घिउ सुहाउँछ यस्मा मिसाउँछन् ।

शोर्पा गाउँ सफा सुगन्ध स्वास्थ्य हुन्छ राम्रो  
केटाकेटी भन्टाडभुन्दुड दुरुस्त र राम्रो  
जाडो हुन्छ गाउँ सबै हिउँले ढाक्छ  
सानोभाइ बजैसँग रमाइ आगो ताप्छ

जाडो बेला बाक्लो लुगा याक ऊन न्यानो  
बजै आमा बनाउँछिन् लुगा ठूलो सानो  
दोचा बक्खु टोपी सबै याक ऊन राम्रो  
बलियो र टिकाउ हुन्छ धागो औधी चाम्रो ॥

## ग्रयाण्ड क्यानियन



- नम्रता गुरागाई,  
नर्थ क्यारोलाइना  
नेपाली साहित्य समाज, यु.एस.ए.

खोचभित्रको अर्को खोच

खुट्टा कमाउदै आँखाले भ्याएसम्म भित्र हेर्ने

सबैको एउटै सोच

थरथराएको खुट्टालाई आँखाले डोहोर्याएजस्तो

सौन्दर्य हराएका डाँडाहरु आँखैमा बिभाएजस्तो

पातालैपातालको संगम जस्तो

खै कस्तो कस्तो ग्रयाण्ड क्यानियन ।

हरियाली छाप्न परे जासुवाको बोट

मरुभूमिको अर्को ठाउँ छाप्न परे त्यही जासुवाको बोट

सुख्खा हुरीबाट घाटा त उसले सहेकै छ रातदिन

तर,

नाफाको जिन्दगी उभ्याएकैमा जासुवाले गर्व गरेजस्तो

खै कस्तो कस्तो ग्रयाण्ड क्यानियन ।

स्थिर जनजीवनमा हरियालीको गति हारेजस्तो

जितको चिट्ठा त अकैतिर परेछ

मात्र हारैहारको गाँठो परेजस्तो

नपुगुन्जेल एकपटक पुग्नैपर्ने धोको हो ग्रयाण्ड क्यानियन

चुलिन विसिएका पहाडहरुको

अचम्मको पोको हो ग्रयाण्ड क्यानियन ।



नर्थ क्यारोलिना नेपाली साहित्यसमाज, अमेरिका

कोइ छोटा त कोइ लामा  
तर सबै ती एकै जातका  
कति राम्रा चिटिक्क परेका  
चिल्ला देख्दै रहर लाग्दा  
हेर न साथी !  
ऊ त्यो म्यापल पात

हिजोसम्म हावाको सिरसिरमा  
भुलिरहेका फिरफिर गरिकन नाँचै  
देख्छु भुइँभरी आज, जतै त्यतै  
हेर न साथी !  
ऊ त्यो म्यापल पात

अखक्क परेका, कक्रक्क परेका  
रंगी बिरंगी, आकार थरिथरिका  
कोही आलाकाँचा त कोही  
छिप्पिएजस्ता  
बिना पातका यी हाँगा छन् टुहुरा  
हेर न साथी !  
कस्तो ठ्याक्कै मान्छे जस्तै  
ऊ त्यो म्यापल पात

पलायो बसन्तमा पालुवा टुसाउँदै  
आफ्नो माया जालमा रुखलाई बेदै  
शरदमा कति निष्ठुरीए भैं  
जीवनचक्रको भुमरीमा पदै  
हेर न साथी !  
ऊ त्यो म्यापल पात

भरेका यी पात टाँस्न नमिल्ने  
गए यी त अब माटोमै मिल्दै  
बसन्तमा उम्रेका म्यापल पात  
भर्दैछ आज डाली डाली रुवाउँदै  
कहिल्यै नपुरिने घाऊ त्यो पादै  
प्राकृतिक लेखान्तरको पालना गर्दै  
प्रत्येक वर्ष भैं यसपाली नि पालो  
पालो गर्दै  
मनै एकलाएर, वनै एकलाएर भर्दैछ  
जता ततै  
ठ्याक्कै, मान्छेको जुनी जस्तै

भरी जानेलाई के छ ?  
ऊ त भरिदियो तर  
म एक विवश मनुष्य  
यो बखत , एक अशक्त मनुष्य  
उसकै सेरोफेरोमा बाँच्न बानी पर  
को मनुष्य

केवल दर्शक बन्न सिवाय के नै गर्न  
सक्छु ?  
म मुढो भैं एउटा दर्शक भैरहेछु  
म हिँड्ने गोरेटोमा म्यापल पातको  
आदी र अन्त्य हेदै  
हेरन साथी ! म मुढो भैं एउटा  
दर्शक भैरहेछु  
म हिँड्ने गोरेटोमा म्यापल पातको  
आदी र अन्त्य हेदै ॥

## नेपाली छिटमाथि



- उषा पन्थी

आकाशमा नेपाल सिङ्गै छ, स्वच्छ हार  
श्री चन्द्र सूर्य भण्डा फहराई यो अपार  
नेपालीको नेपाल, छेकिनन् यो हिमाल  
संस्कृति देशको भो मुटुभित्रमा नेपाल  
रातो रगत छ तातो मुटुभित्र स्नेह हार  
पलपल जमेर सागर मायाभरि हजार  
मनभित्रबाट पुग्छौं हामी नेपालभित्र  
सौन्दर्य कोटी बाली भूस्वर्गमा पवित्र  
हारेर निहुरिन्नौं हामी नेपाली कैले  
मछौं बरु सपुत भई यै धर्तिमाथि ऐले  
तनमन नेपाल आमा शक्ति  
नेपाली आमा  
शिर नै चढाइ भुक्छौं मात्र  
भूमि उचाली  
पुर्खाहरु अमर छन् इतिहास छ प्रमाण  
सबको रगत छ तातो हामी  
नेपाली प्राण  
नेपाल देश बोकी सहर्ष भेटी शान  
जय जन्मभूमि हाम्रो नेपाली गर्दछ मान  
नेपाली शिरमाथि श्री विश्व कै छ हार  
भलभल सधैं उज्यालो वीरता  
भूमि अपार  
नेपालीको मनैमा भल्क्यो आहा नेपाल  
संकल्प शुद्ध भेटी हृदय चढाउँ सार  
जय जन्मभूमि माता हाम्रो मनै सकार  
मुटुभित्रमा नेपाल हाम्रो मनै नेपाल  
जय जय जय नेपाल नेपालीको निधार  
सिङ्गै नेपाल आमाको विजय भूमि  
श्रृङ्गार ।





# गौरी

(एक आदर्श आमा)



- गंगा लिगल

संस्थापक अध्यक्ष तथा संरक्षक  
अ.ने.सा.स ह्युस्टन च्याप्टर, अमेरिका

सौन्दर्य जीवनको एक स्वच्छ दर्पण हो । सौन्दर्य मिठासपनको पराकाष्ठा हो । यही सौन्दर्यको रसपान गर्न जीवनको यौवन छटपटिई रहेको हुन्छ । केवल दृश्यको रसास्वादनले मानव मन तृप्त हुन सक्दैन । तसर्थ त्यसको स्पर्शको आनन्दको लागि जीवन यत्रतत्र भौतारिईरहेको हुन्छ । यसको वास्तविक प्राप्तिपछि मानव आफूलाई आल्हादित बनाउन सफल हुन्छ ।

यो दृश्य जगतमा मानिस आफूलाई सदा खुशी र सफल हुनमा जीवनलाई प्रयत्नशील राख्दछ । मानव जीवन सुख र दुःख मिश्रित भाँडो हो । सुखै सुख मात्र छ भने जीवन सफल मानिन्न । जहाँ सुख दुःख प्रतिस्पर्धाको रूपमा दगुर्छ त्यहाँ मात्र पाएको सफलताले जीवन सफलीभूत मानिन्छ । यही सुखानुभूति जीवनको चरम लक्ष्य प्राप्तिको केन्द्रबिन्दु हुन्छ ।

आज गौरी धेरै ढिलो मात्र उठिन् । दिन भरि को ढिकी जाँतो, घाँसदाउराले कमलो शरीर थकित भै राति सुतेपछि बिहानीको घाम डाँडातर्फ लाग्दा पो आँखा उघ्रेछ । माहिली र कान्छी साथीहरुको अचानक गौरी गौरीको आवाजले झल्याँस्स ब्यूँझदा धेरै अबेला पो भैसकेको रहेछ । गौरी मुख धोएर

बाहिर निस्कँदा उनकी आमा सेती घर धन्दामा अत्यन्त लीन थिइन् । तिमी साह्रै थाकेकी छौ भनी मैले नउठाएकी गौरी । लौ साथीहरु पनि आए यी...कोदाको रोटी पकाइसकेँ । रोटी अचार खाएर घाँस काट्न जा छिट्टै भन्दै सेतीले कोदाको रोटी गौरीको अगाडि राखिदिइन् । हैन आमा ढिला भैसक्यो पोको पारी लिएर जान्छु, उहाँ खान्छु होला ।

यति भनेपछि पोको पोल्टामा घुसारेर गौरी हिँडिन् । केटीहरुको एक हुल अर्को बाटो भएर गाउँदै आएको देखियो । लगत्तै एक हुल केटाहरु पनि घाँस काट्दै हिँडेको देखियो । केटीहरु जिस्काउँदै गाउन थाले ।

काली पारे दाई कति राम्रो  
ढाकाटोपी काँधैमा गलबन्दी ....

घाँस काट्न छाडेर केटाकेटीहरु सबै सोही गीतमा नाँचगान पो गर्न थाले । सबै रल्लै परे । रमाइलो गर्दागर्दै झमकै साँझ पर्न थालेछ । घाँसको भारी बोकी सबैजना घर फर्के ।

गण्डकी पारीको कालिपारमा जन्मेकी गौरी १४ वर्षकै उमेरमा ठूली हेर्न लायककी भैसकेकी थिइन् । सबैको आँखा तिनीमा गडेको थियो । तिनको

सुन्दरताको वर्णन सुनेर शहरीया केटाहरु निहुँ पारेर जंगल घुम्ने, शिकार खेल्ने निहुँले आउने गर्थे । गाउँमा स्कूल भर्खरै खुल्न थालेको थियो ।

तर गौरीले पढ्ने मौका पाइनन् । आमा धेरै जसो बिरामी हुने । घरधन्दा हेर चाह सबै गर्नुपर्ने, सानी बहिनी गीतालाई स्कूल भर्ना गरिदिएकी थिइन् । त्यसपछि २ वर्षको सानो भाइ थियो । प्रशस्त खेतीपाती गाईवस्तु आमा एकलैले के गर्न सक्नु । खेतीपाती अधियाँमा गरेर पनि घरको काम प्रशस्त । यही जीवनमा रंगीई गौरी आनन्द लिन्थिन् ।

आमाले अब तिम्रो बिहे गर्ने बेला भयो भन्दा गर्दिन तिमी आफैँ गर भन्दै हिँड्थिन् । समय बित्दै गयो । गौरीको जीवनमा यौवनको पदचापले हुन सम्म ओज दर्शाउन थाल्यो जुन कि धान्ने गाह्रो भयो ।

अचानक जंगलमा सुन्दर युवकसँग गौरीको जम्काभेट भयो । यही भेट प्रेमको अन्तिम चुलीमा पुग्न गयो । बिहेको कुरा चल्थ्यो, पुरानो गाउँको प्रथा जातिय विभेदले उनको बिहेमा अड्चन आयो । गौरी क्षेत्री र गगन श्रेष्ठ । यी अड्चनले हुन सम्म बाधा दियो । गौरीलाई आमाले जंगल जान,

पँधेरो जान सबै बन्द गरिदिइन् । तर हुने कुरा भएरै छाड्छ कसैको केही लागेन । पँधेरामा गएको बेला भरेको गाग्री छोडी गौरीलाई गगनले टिपेर लगेछ ।

गाउँभरी हल्ला फैलियो । आमा कति रोइन कति, केही लागेन । भोलिपल्टै गौरी कालिपारे साहुकी बहारी हुन पुगिन् । विवाहको सम्पूर्ण रीति पुरा भयो । सुन्दरी दुलही पाएकोमा सबै खुशीले गद्गद थिए । भन्ने हो भने रातिको जुन भन्दा केही फरक थिएन । अति अनुशासनशील, ज्ञानी केटी पाएकोमा दंगदास थिए । तर विस्तारै जातिय विकृतिपन दर्शाउन थालेकोमा गौरीको मन कता कता अशान्त हुन्थ्यो ।

उनलाई भान्सामा पस्न दिइन्थ्यो, पकाउन नपाइने, भान्सा बाहिर बसेर खानुपर्ने । यो हीन भावले गर्दा गौरी सधैं निन्याउरी हुन्थिन् । तैपनि आफ्नो अनुशासन आदर्शलाई कहिल्यै भुलिन् । मान मर्यादाको क्रमलाई सदा स्थिर राखिन् । बोली वचनमा शान्त स्वभावले व्यवहार गर्ने इत्यादि ।

उनी पढेलेखेकी थिइन् तर समाजमा महिलाको दायित्व कतिको हुन्छ भन्ने धेरै बोध थियो । उनी गाउँको प्रौढ महिला शिक्षामा पढ्न गइन् र केही शिक्षा प्राप्त पनि गरिन् । साथीहरूलाई पढ्नुपर्छ भन्ने हौसला दिन्थिन् । उनी धेरै नपढे पनि एउटा योग्य व्यक्तित्वमा हुने गुण पूर्ण थियो ।

करिब १ वर्षपछि मात्र उनलाई माइतीले भित्र्याए । केही खेती र घडेरी

समेत छोरीलाई सेतीले दान दिइन् । आमा एकलै भाइ बहिनी साना साना त्यसकारण बेला बेलामा आएर सघाउने गर्थिन् । घरमा असल बानी व्यहोराले गर्दा सबैले माया गर्थे तर पुरानो कुप्रथा हटाउन नसकेकोले तिनी साह्रै छटपटिन्थिन् । सम्पत्तिको चाहिँ कमी थिएन । गगनले आफ्नो छुट्टै निजी दोकान पनि चलाएका थिए । त्यसमा गौरी पनि सहभागी भई काम गर्थिन् । गौरी सुन्दर हुनुका साथ धार्मिक आस्था भएकी एक आदर्श नारी थिइन् । पूजा पाठमा संलग्न भै देवी देवताको पाठ गर्नमा ध्यान दिन्थिन् । पढ्न जानेपछि प्राचीन आदर्श नारीहरूको विषयमा पढेर ती गुणलाई आफूमा मनन गर्थिन् ।

विस्तारै घर मात्र नभै समाज र राष्ट्रको पनि सेवा गर्नुपर्छ भन्ने उनको मनमा असल भाव श्रृजना भैसकेको थियो ।

दिन बित्दै गयो अब उनी २ छोरी र १ छोराकी आमा पनि भइन् । अब आफ्नो आदर्शलाई यी सन्तानमा फैलाउन पाए म धन्य हुनेछु भन्ने जागरण आउन थाल्यो ।

गगन भन्थे गौरी तिम्री मेरो प्राण हो । मलाई तिम्रीबाट कहिले अलग नगर है भन्ने गर्थे । तर के गर्ने ? दैव बिडम्बना अचानक गगनको निधन भयो । यो जीवनको पहिलो चोटले गर्दा गौरी इन्तु न चिन्तु भइन् ।

भाका, भूल, दया, क्षमा र ममता केही जान्दैन त्यो

आयो टप्प टिप्पो लग्यो मिति पुग्यो टारेर टर्दैन् त्यो ।

समयको भेलले हुत्याईदियो सुन्दर जीवनलाई ।

अब गौरीको जीवनमा ठूलो बाढी आयो । साना बच्चाहरु, घरको बोभ अब उनी नभएपछि त गौरीलाई हेप्न पो थाले । अंशबन्डा गर्दा पुरा नदिने, भगडा गर्न खोज्ने इत्यादि । तर गौरी शान्त रहिन् । जति पाएकोमा चित्त बुझाई आफ्नो बालबच्चाको जीवन सुधार्न तिर लागिन् ।

तनमनले पढाईतिर लगाएर एउटा आदर्श आमाको भूमिकामा उत्रिन् । उनको हिम्मत र जाँगर, कार्यदक्षता देखेर सबै दंग पर्थे । दुई छोरीलाई एक जना डाक्टर अर्को प्राध्यापक, छोरालाई इञ्जिनियर पढाएर आदर्श आमाको अनुयायी सन्तानको रुपमा दर्शाएर समाजमा ठूलो दक्षताको मूल साकार रुपमा दर्शाइन् ।

बितेका समयलाई पुनर्जागरण गर्ने गौरीले नैतिकता, अनुशासनशीलता, दया, माया, प्रेम जस्ता आदर्शको छाप सन्तानमा अभिषेक गरिन् भने उनीजस्तै सन्तति त्यही गुणले सम्पन्न भए । जसले परिवार र समाजमा छाएका विकृतिलाई हटाउने र परिवार र समाज र राष्ट्रमा स्वच्छन्दताले जीवनयापन गरेर एक आदर्श आमाको आफ्नो दायित्व भविष्यमा सन्ततिले उठाउन सकोस् भन्ने चैतन्य ज्ञान दिइन् । जसलाई सन्ततिले शिरोपर गर्ने अठोट गरे । अनि आफ्नो बाँकी जीवन सन्ततिका साथ आनन्दले बिताइन् ।

*Happy Vijaya Dashami & Deepawali 2075*



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# Nepalese Association of Houston SPORTS COMMITTEE IN ACTION

*- Bijay Bokhim*

NAH Vice President & Sports Coordinator

Soccer is the most popular game in the world including Nepal. The love for soccer and to bring the Nepalese Community together in the greater Houston area, Nepalese Association of Houston Sports Committee (NAH SC) organizes a soccer tournament every year. Power of sport has the ability to bring people together. The annual soccer tournament for some is a chance to meet people and stay active. For others, the tournament feeds their passion for soccer. The


NAH Soccer Championship, sometimes known as NAH Cup, Nepal Day Cup or Dashain Cup, is participated by several teams. The tournament has been formally held since 2010. Since then, the tournament has expanded to 8 teams with a possibility of 10 teams soon.

The tournament is supported and sponsored by local businesses & individuals who think sports are

vital to build a healthy, united & strong community.

With the recent purchase and acquisition of the Pashupatinath Mandir along with 8 acres of land, NAH SC has a dream of building its own soccer field.


Here are few pictures from the NAH Cup Soccer – 2017 and some past ones. The tournament was held at Cullen Park in Houston, Texas.



## NEPALESE ASSOCIATION OF HOUSTON (NAH) PRESENTS NAH CUP SOCCER - 2017

Participating Teams:

1. Three Star FC
2. Everest Warriors FC
3. Bryan College Station
4. South Eagle FC
5. Chandra Surya FC
6. Khukuri FC
7. Pearland FC
8. Dead Runners FC
9. Houston Thunder FC



Volunteer & Sponsorship Opportunities Available

Venues & Dates:

1. Cullen Park Soccer Field #5, 6, & 7 (October 28, November 4 & 11)

Contact: Bijay Bokhim, NAH VP & Sports Coordinator, 281-222-5269, [bbokhim@gmail.com](mailto:bbokhim@gmail.com)  
Deepak Rayamajhi, NAH Executive, Sports Committee, 832-293-8271, [deprayamajhi@hotmail.com](mailto:deprayamajhi@hotmail.com)  
Ajeet Gorkhali, NAH Executive, Sports Committee, 832-441-4304, [agorkhali@hotmail.com](mailto:agorkhali@hotmail.com)

Flyer for NAH Cup Soccer – 2017



NAH Cup Soccer – 2017: Trophies





2017 Soccer Champion: Houston Thunder FC



2017 Champion Houston Thunder FC lifting the trophy



2017 Runner-up: Dead Runners



National Anthem



Spectators & Supporters



NAH Executives & Organizers



# "Houstonians come together for EARTHQUAKE in NEPAL"

Compiled by: Madhukar Amatya (IPP NAH) and NAH EQ Relief Fund Committee Chair  
March 1, 2018

## School Rebuilding Projects in Nepal

The purpose of this report is to present the Progress Report on the Schools Rebuilding Project, funded by Nepalese Association of Houston, Texas, USA (NAH). The report covers from the period from April 2014 to December 2017.

Background: Nepal earthquake of 7.8 magnitude, that struck on 2015 April 25 with Gorkha as its epicenter, killed almost 9,000 people, injured many thousands more, and damaged more than 600,000 structures in Kathmandu and other nearby towns. Two large aftershocks, with magnitudes 6.6 and 6.7, shook the region within one hour of the main quake, and several dozen smaller aftershocks occurred in the region during the succeeding days. On 2015 May 12 an aftershock of 7.3 magnitude that struck some 76 km (47 miles) east-northeast of Kathmandu, claimed more than 100 people dead and nearly 1,900 were injured.



## PRESS RELEASE OF NEPALESE ASSOCIATION OF HOUSTON

April 25, 2015

### THE EARTHQUAKE IN NEPAL

Nepalese Association of Houston (NAH) is deeply saddened by the loss of lives and property in Nepal due to devastating earthquake of 7.9 Richter Scale on April 25, 2015. We express our deepest condolences to all those affected by the earthquake in Nepal including the families of those who died in Nepal and surrounding areas.

Given the difficult geographical terrain and other infrastructural issues in Nepal, it may take few more days to estimate the exact number of casualties and the scope of impact. It is learned so far that there have been loss of more than 1500 lives. Several road closures and impact on other infrastructures have slowed down the rescue effort.

Given the need of help and support to respond to and recover from the disaster, NAH is leading the fund raising effort in Greater Houston Area joining hands with several local associations and agencies including University of Houston Nepalese Students Associations and Gulmi Samaj of Houston. For this purpose, we have set up a donation portal on the association's webpage. We would like to request your financial support so that we can help Nepal to recover from the tragedy.

You can donate using the link <http://www.nepaleseassociationofhouston.org/>

Nepalese Association of Houston (NAH) did a very successful fundraising to help Earthquake victims in Nepal. NAH Earthquake Support Committee would like to provide you with the updates and activities how the relief funds were collected and utilized, in different projects, mainly in reconstruction of the school buildings in Nepal. NAH collected donation through NAH website, individuals and different organizations. NAH and all the members would like to thank you all for your help and support.

## Candle Light Vigil

NAH organized different program on April 27, 2015 at 6776 Southwest Freeway, Houston, TX 77074 to show our solidarity in support of earthquake victims and their families in Nepal:

- Interaction with Congressman Al Green (Representative District 9)
- Media Brief and QA with Congressman, NAH Officers and individuals whose families suffered back in Nepal
- Candle Light Vigil / Moment of Silence



Congressman Al Green  
(Representative District 9)  
Addressing the press and meeting



Candle Light Vigil in NAH Office  
6776 SW Freeway, Houston TX 77074  
April 27, 2015

**First of all, to ensure that the relief funds are used properly, NAH adopted the working guidelines on managing Disaster Relief and Recovery Fund. In NAH Executives meeting held on May 23<sup>rd</sup>, 2015 two committees were formed:**

### Project Identification and Evaluation Committee

- Madhukar Amatya (Lead)
- Bijay Bokhim
- Gyanshor Shrestha
- Rabin Shrestha
- Niraj Shrestha

### Donor Appreciation Committee:

- Samir Rawal (Lead)
- Niraj Shrestha
- Bindra Shrestha
- Linda Amatya
- Sanjeev Rai



## Nepal Earthquake Disaster Relief Fund Concert

Organized by Local Talents of Houston & Friends.

Nepal Earthquake Disaster Relief Fund Concert collected \$6,247.00 on May 8, 2015 at Taj Hall, which was handed over to NAH Earthquake Fund on May 13, 2015.



## Town Hall Meeting

Date: Saturday, July 11, 2015  
Time: 9:30 to 11:30 am  
Venue: Taj Hall (5615 Savoy Dr, Houston, TX 77036)

A town hall meeting was organized to say thank you all the donors and supporters. During this meeting NAH shared its draft vision regarding the utilization of the resources collected by NAH. This meeting

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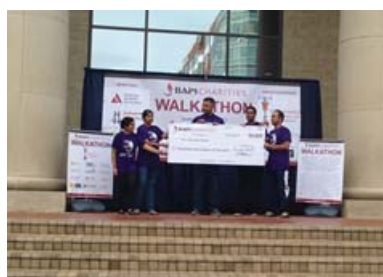
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also provided opportunity for offering suggestions / feedback in terms of mobilization of resources for the rebuilding efforts in Nepal. NAH also handed over the receipts and appreciation letters to the donors and volunteers. It was decided in this meeting that NAH will focus on rebuilding schools damaged or destroyed by earthquake.

## Approved Projects and Partners

The Nepalese Association of Houston has signed a MoU with different non-profit organizations to provide an assistance for

rebuilding damaged schools in earthquake affected districts e.g. Kavre District, Sindhupalchok District, Kathmandu and Lalitpur District.

## Nepal Earthquake Disaster Relief Fund Proposals to NAH-Decisions-Donors Update#2

No	Name of the Project	Location	Proposal from	Total Cost Proposed	Category	Comment	Total Allocated Funds (\$)	Total Disbursed Funds (\$)
1	Kulidada Secondary School	Bhimeswor Municipality, Dolakha	Shanti Education Initiative Nepal (SEI Nepal) <a href="http://santishchool.org/">http://santishchool.org/</a>	\$10,000.00	School buildings	Final	\$10,000.00	\$10,000.00
2	Gyanchachiu L Secondary School	Manikhel VDC, Lalitpur		\$10,000.00	School buildings	Final	\$10,000.00	\$10,000.00
3	Gyan Jyoti L Secondary School	Malta VDC, Lalitpur		\$10,000.00	School buildings	Final	\$10,000.00	\$10,000.00
4	Shree Baikumari Higher Secondary School	Sunaguthi, Lalitpur	Rotary Club Yala	\$20,000.00	School buildings	Not started yet	\$20,000.00	\$0.00
5	Kshamawati Higher Secondary School	Suspa, Dolkha		\$50,000.00	School buildings	Final	\$50,000.00	\$50,000.00
6	Shree Bagdevi Higher Secondary School	Jyami, Kavre		\$30,000.00	School buildings	Final	\$30,000.00	\$30,000.00
7	Shree Raitane Secondary School	Thangpalkot VDC, Sindhupalchok	Committed Nepal <a href="http://www.cminepal.org/">http://www.cminepal.org/</a>	\$869.00	Access to clean drinking	Final	\$869.00	\$869.00
8	Shree Tailuleswori Primary School	Thangpalkot VDC, Sindhupalchok		\$1,239.00	water	Final	\$1,239.00	\$1,239.00
9	Society of Ex-Budhanilkantha Students Nepal	Everest Region (Villages of Phaplu & Thalang)	<a href="http://www.sebsonline.org">www.sebsonline.org</a>	\$4,860.00	Sharing the Warmth (Nyanopan), Blankets, sleeping bags & warm clothes	Final	\$4,860.00	\$4,860.00
10	Paropakar Organization	Bhimsenstha, Paropakar Marga, Kathmandu, Nepal	Paropakar Organization	\$20,000.00	Rebuilding of Orphanage Building	Under Construction	\$20,000.00	\$20,000.00
Total Allocated Funds:							\$156,968.00	\$136,968.00
Total amount collected by NAH:							\$181,645.89	\$181,645.89
Balance <sup>[3]</sup> :							\$24,677.89	\$44,677.89

Approved

Notes:

[1] Transfer of total fund in three (3) installments, at 40%, 30% and 30%. (except # 7, 8 & 9).

[2] NAH will review the status of each phase and decide on the funding for the next.

[3] The balance will either fund the projects under review or any excess costs for the approved projects. Per some of the beneficiaries, the original estimates will increase due to the harsh conditions in Nepal.





## PROJECT 1 : RECONSTRUCTION OF SCHOOL BUILDING

### SHREE BAGDEVI HIGHER SECONDARY SCHOOL

Jyamdi, Kavre District Total allocated NAH Fund: \$30,000.00

**A1. Shree Bagdevi Higher Secondary School**  
Jyamdi Madan Village, Kavre District

- Jyamdi Madan Village, 5 km NE of Dolalghat, 1991 census population - 4467 and 848 houses.
- The Jyamdi HS School, a public school, attracts a large number of students from surrounding villages, densely populated by Tamangs.
- 55 teachers and staff serving around 1000 students from nursery to grade 12.




**Shree Bagdevi Higher Secondary School**  
Major Donor: Nepalese Association of Houston, USA

*Financial Report*

Sl. No.	Description	Amount in USD	Amount in NPR
<b>A. Total Received from NAH</b>		USD 30,000	Nr. 3,213,825
A.1	On 01 January 2018	USD 12,000	Nr. 1,277,745
A.2	On 18 May 2018	USD 9,000	Nr. 958,815
A.3	On 18 November 2018	USD 9,000	Nr. 957,637
<b>B. Total Disbursed by RC Vela</b>		USD 30,000	Nr. 3,162,825
B.1	From NAH Fund	USD 30,000	Nr. 3,162,825
B.2	From RC Vela 10 Fund	USD 2,500	Nr. 265,000
<b>C. Total Fund Raised by School</b>			Nr. 4,405,000
C.1	From District Education Office, Nepal Govt.		Nr. 2,400,000
C.2	From School Committee & Village Community		Nr. 700,000
C.3	From School Reserve Fund		Nr. 1,305,000
<b>D. Total Expenses to Date</b>			Nr. 3,681,825
<b>E. Additional Fund needed for finishing works ground Level Classrooms</b>			Nr. 500,000
<b>F. Additional Fund needed for completing First Floor Classrooms</b>			Nr. 1,400,000
F.1	Contributed by District Edu. Office, Nepal Govt.		Nr. 2,400,000
F.2	Expected from Donors, NAH and RC Vela		Nr. 2,400,000
F.3	Expected from Village Community		Nr. 600,000




*Construction in Progress: Foundation, DPC & Plinth label of  
Shree Bagdevi Higher Secondary School*




*Construction in Progress: 1<sup>st</sup> Floor under construction  
Shree Bagdevi Higher Secondary School*





*Welcome by School Committee Chair*



*Walking to School Building*



*Cheerful Students came to School on Holiday to welcome visiting guests*



*Cheerful Students with Visitors*



*Within School Premise*



*Traditional Welcome by School Staff*



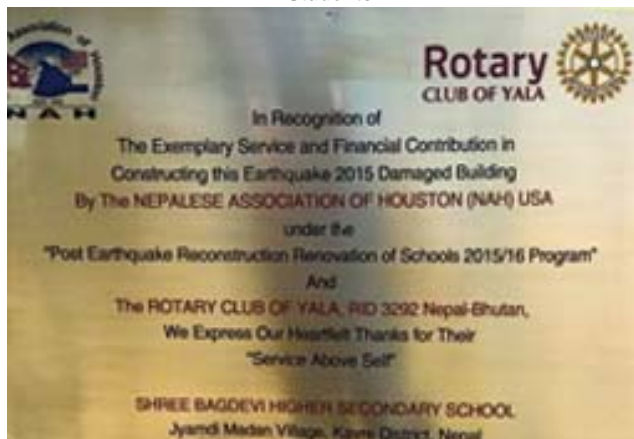
*Inspecting Roof Stabs*



*Visitors with School Teachers, Staff and Students*



*Infront of newly constructed School Building*



*Monument of Partnership on Display*

Construction site visit : NAH & Rotary Club of Yala representatives  
**Shree Bagdevi Higher Secondary School**



*Lush Greenery around the School*



*School Building South Face, Left Part*



*School Building South Face, Right Part*



*School Building and Adjacent Toilets*



*School Building South - West Face*



*Pond converted to Football Field*

### **Completed Building Shree Bagdevi Higher Secondary School**




## PROJECT 2: RECONSTRUCTION OF SCHOOL BUILDING

### KSHAMAWATI HIGHER SECONDARY SCHOOL

Suspa, Dolkha District,



Total allocated NAH FUND: \$50,000.00



The oldest school of Dolkha District from which many prominent scholars, professionals and politicians have emerged. All buildings need reconstruction.

**Kshamawati Higher Secondary School**

Major Donor: Nepalese Association of Houston, USA

Total Cost Estimate	USD 67,100
Established Date	1948; Secondary 1960
Number of Students	450; Boys: 40%; Girls: 60%
Damaged Classrooms	22
Classroom size each	192 Sq. Ft.; 16 Ft x 12 Ft.
Reconstruction Area	4224 Sq. Ft.
Cost @ USD 15/ Sq. Ft.	USD 63,360
Water system	USD 3,740
Windows, Doors, Furniture	Reuse Existing materials

**Note:** Building construction using CSSB (Cement Stabilized Soil Blocks) technology. CSSB making machines from AIT-Thailand will produce blocks from mid August. Foundation work will start in 1<sup>st</sup> week of October after monsoon. \$20,000 received from NAH.

### E: PICTURES OF CONSTRUCTION WORKS.







## PROJECT 3: RECONSTRUCTION OF SCHOOL BUILDING


### SHREE BALKUMARI HIGHER SECONDARY SCHOOL


Sunaguthi, Lalitpur District

Total allocated NAH Fund: \$20,000.00


### A3. Shree Balkumari Higher Secondary School Sunaguthi Village, LSMC

- ▶ Sunaguthi village, 5 km south Lalitpur town. 2011 Census: 10,092 in 2,397 households.  
A popular religious site: Lord Shiva, the Bhringeshwar Temple, built before the Pashupatinath temple.
- ▶ Shree Balkumari Higher Secondary School's one building severely damaged.  
Running short of nine classrooms.
- ▶ Close to School, Bouddha Jana Senior Citizen Day Care Centre.  
An exemplary initiative of RC Yala.






**The Temple of  
Bhringeshwar  
Mahadev**




**Day Care Centre**





**Bouddha Jana Bihar**

## Shree Balkumari Higher Secondary School



**Major Donor: Nepalese Association of Houston, USA**

Total Cost Estimate	USD 25,000
Established Date: Higher Sec. School	BS 2007 (1951); BS 2038 (1982)
Number of Students	Total: 450; Boy: 408; Girl: 608
Damaged Classrooms	4
Classroom size each	300 Sq. Ft. 12.0 Ft. x 15 Ft.
Total Reconstr. Area	1200 Sq. Ft.
Cost @ \$ 20 per Sq. Ft.	USD 24,000
Water & Sanitation	USD 1,000 (Repair only)
Windows, Doors, Furniture	Reuse Existing materials

**Note: School has applied for reconstruction permission from NRA (National Reconstruction Authority), and waiting for the papers.**

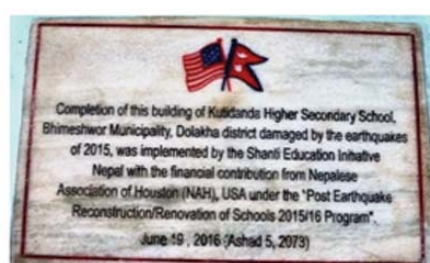
One building labelled RED.  
All students are from farmers' families.

Not started yet. Final stage of design and estimates and getting approval from government office

## SHANTI EDUCATION INITIATIVE NEPAL (SEI NEPAL)

### PROJECT # 4 RECONSTRUCTION OF SCHOOL BUILDING

**KUTIDADA HIGHER SECONDARY SCHOOL**  
 Bhimeshwor Municipality, Dolakha  
 Total allocated NAH Fund: \$10,000.00



Newly built Kutidanda Higher Secondary



## PROJECT # 5 RECONSTRUCTION OF SCHOOL BUILDING GYANCHACHHU L SECONDARY SCHOOL

Manikhel VDC, Lalitpur

Total allocated NAH Fund: \$10,000.00



शान्ति शिक्षा अभियान नेपालले "भूकम्पले क्षतिग्रस्त विद्यालय भवन पुनःनिर्माण मर्मत कार्यक्रम" अन्तर्गत ललितपुर जिल्लाको मानिखेल गाविसमा अवस्थित ज्ञानचक्षु प्राथमिक विद्यालय पुनःनिर्माण गरी मिति २०७३ आषाढ १ गते जिल्ला शिक्षा कार्यालय ललितपुरका सहायक जिल्ला शिक्षा अधिकारी खेमनाथ पोखरेलको प्रमुख आतिथ्यतामा नवनिर्मित भवन उद्घाटन तथा हस्तान्तरण एवं सामाजिक परीक्षण कार्यक्रम सम्पन्न गरेको छ। विनाशकारी महाभूकम्पले क्षतिग्रस्त विद्यालय भवनहरू र विद्यार्थीहरूको दयनीय अवस्थालाई मध्यनजर गर्दै यस संस्थाले 'भूकम्पले क्षतिग्रस्त विद्यालय भवन पुनःनिर्माण मर्मत कार्यक्रम २०७२/०७३ अन्तर्गत दोलखा जिल्लाका ५, काभ्रे जिल्लाका ४, काठमाडौं जिल्लाका ३ र ललितपुरका १० वटा गरी कूल रु. दुई करोड ७५ लाखको लागतमा २२ वटा विद्यालय भवन मर्मत तथा पुनःनिर्माण गर्ने निर्णय गरेको छ।

कार्यक्रममा विद्यालयका विद्यालय व्यवस्थापन समितिका अध्यक्ष सूर्यमान लामाले गत वर्षको विनाशकारी भूकम्पले विद्यालयको लगभग सबै भवनहरू क्षतिग्रस्त भएकोले विद्यालयमा पठनपाठन

गर्न गराउन असहज भएको अवस्थामा विभिन्न संघसंस्थाहरूसँग सहयोग प्राप्त भई अस्थायी कक्षा कोठामा राखी पठनपाठन भईरहेको तर मौसमी परिवर्तन सँगसँगै विभिन्न समस्याहरू आउने गरेको अवस्थामा शान्ति शिक्षा अभियान नेपालले दुई कोठे पक्की भवन निर्माण गरी विद्यालयलाई धेरै राहत मिलेकोमा संस्थालाई धन्यवाद ज्ञापन गरेका थिए।

भूकम्पमा परी विद्यालयका दुई जना विद्यार्थीको मृत्यु भएको र नवनिर्मित भूकम्प प्रतिरोधी भवन बनेपश्चात् अबका दिनहरूमा कसैले पनि अनाहकमा ज्यान गुमाउन नपर्ने विश्वास व्यक्त गरे।

विद्यालयको प्राङ्गणमा आयोजित कार्यक्रममा शान्ति शिक्षा अभियान नेपालका कार्यकारी निर्देशक रचना महर्जनले भवन निर्माणमा लागेको कूल लागत रकम १३,८०,६५९/- खर्च बारे विस्तृत रूपमा समुदाय समक्ष सार्वजनिक परीक्षण प्रतिवेदन पेश गरेकी थिइन्।

यसैगरी शान्ति शिक्षा अभियान नेपालका अध्यक्ष रविन्द्र महर्जनले भूकम्पपछि विद्यालयहरूको भवन क्षतिग्रस्त भई विद्यार्थीहरूलाई असहज वातावरणमा

पठनपाठन गराईरहेको अवस्थामा **नेप्लिज एशोसिएशन अफ ह्युस्टन (एनएएच)**, अमेरिकाको आर्थिक सहयोगमा विद्यालय भवन पुनःनिर्माण गरी पठनपाठन कार्यमा सहयोग गर्न पाएकोमा खुशी व्यक्त गरे।

उनले देशमा हालको जस्तै पुनर्निर्माण कार्यमा ढिलाई भएमा १० लाखभन्दा बढी विद्यार्थीहरू आगामी पाँच वर्षसम्म अस्थायी सिकाई केन्द्रमा पठन पाठन गर्न जटिल अवस्था श्रृजना हुने हुँदा शान्ति शिक्षा अभियानलगायत अन्य संघसंस्थाहरू र समुदाय मिलेर पुनःनिर्माण कार्यमा लाग्न आग्रहसमेत गरेका छन्। आगामी दिनहरूमा सामुदायिक विद्यालयमा गुणस्तरीय शिक्षा प्रदान गर्न आवश्यक शैक्षिक कार्यक्रमहरूमा फर्त संस्थाको सहयोग जारी रहने प्रतिबद्धता व्यक्त गरे।

कार्यक्रममा प्रमुख अतिथि खेमनाथ पोखरेलले भूकम्पले क्षतिग्रस्त भवन पुनःनिर्माण गरी विद्यालयका बालबालिकाहरूलाई पठनपाठन गर्न उपर्युक्त कक्षा कोठाको व्यवस्था र शिक्षक शिक्षिकाहरूलाई अध्यापन गराउन सहज वातावरण श्रृजना भएकोमा धन्यवाद व्यक्त गरे। संस्थाले यसअघि माल्टा, घुसेल, र आश्राडमा भवन हस्तान्तरण गरिसकेको छ।



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Deepawali 2075*

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AND DEEPAWALI  
TO ALL OUR  
NEPALESE COMMUNITY  
IN HOUSTON  
AND  
AROUND THE WORLD !!**

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The pen is in your hands.  
It is your chance to write a beautiful  
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# PROJECT # 6 RECONSTRUCTION OF SCHOOL BUILDING

## GYAN JYOTI SECONDARY SCHOOL

Malta VDC, Lalitpur

Total allocated NAH Fund: \$10,000.00



Mr. Rabindra Maharjan  
briefing the projects to  
NAH board member  
Mr. Samir Rawal



## COMMITTED NEPAL

### PROJECT # 7: ACCESS TO CLEAN DRINKING WATER

Shree Raithane Secondary School

Thangpalkot VDC, Sindhupalchok

Total allocated NAH Fund: \$869.00



Bringing the Smiles Back  
Help Provide Access to Clean Drinking Water  
Sree Raithane Secondary School



Top: Earthquake damage  
Bottom Right: Temporary Learning Center  
Bottom Left: Water taps and toilet before earthquake

## PROJECT # 8: ACCESS TO CLEAN DRINKING WATER

Shree Taltuleswori Primary School

Thang Palkot VDC, Sindhupalchok

Total allocated NAH Fund: \$1,239.00



Bringing the Smiles Back  
Help Provide Access to Clean Drinking Water  
Shree Taltuleswori Primary School



Top: Water tank without water supply  
Bottom Left: Temporary Learning Center  
Bottom Right: Shree Taltuleswori Primary School before earthquake



## SOCIETY OF EX-BUDHANILKANTHA STUDENTS NEPAL

Project # 9: Sharing the Warmth (Nyanopan)  
Blankets, sleeping bags & warm clothes distribution  
EVEREST REGION (VILLAGES OF PHAPLU & THATENG)  
TOTAL ALLOCATED FUND: \$4,800.00



*Dr. Sneedha Mainali & Friends from SEBS Nepal at Everest region: Villages of Phaplu & Thateng*

*March 2016*

## **PAROPAKAR ORGANIZATION**

### **Project # 10: Rebuilding the Orphanage Building Project**

**BHIMSENSTHAN, PAROPAKAR MARG, KATHMANDU NEPAL**

**TOTAL ALLOCATED FUND: \$20,000.00**

Nepalese Association of Houston (NAH) and Paropakar Organization signed a memorandum of Understanding (MoU) on December 4<sup>th</sup> 2017 for Rebuilding Paropakar Orphanage Project, Bhimsensthan, Paropakar Marg, Kathmandu, Nepal

NAH and Paropakar will work closely together to meet the aims of reconstructing a floor (or floors) of Paropakar Orphanage Building, located in Bhimsensthan, Paropakar Marg, Kathmandu.

NAH Vice President and NAH EQ Relief Fund Committee member Mr. Bijay Bokhim visited personally the construction site and signed the MoU.

NAH already disbursed full and final fund (\$20,000.00) to Paropakar Organization.



### **Damages to the interior of Paropakar Orphanage (Boys Hostel) located in Bhimsensthan, Kathmandu, Nepal due to the earthquake in April 2015.**



*Temporary Shelter made post-earthquake to house the orphan children at Paropakar Orphanage in*



*Damaged Paropakar building in the process of being demolished, 2016*





## Appreciation email from Mr. Damber Nepal, Secretary Of Paropakar Organization:

Dear Bijayaji and Friends  
Namaste and Regards

Dear Friends,

Inspiration of your organization had encouraged us to go ahead with the construction works.

We paid for the rebars and bricks which was urgently in need so we had included the bills here. We had planned to display your contributions outside and also inside on the stone tablet. Our complete planning of this building is also included. we will construct it phase wise but this portion will be constructed soon and keep sending you the progress status. If this information is sufficient to send the second installment we would like to humbly request you to do that so that we will promise you to complete is as soon as possible I can promise you every paisa will be used in our construction works and make this organization ever lasting to help needy and poor people of this country. This is my ethics and promise. Trust this organization and trust me as well.

Thank you all for valuable and inspiring contribution for this old nonprofit, nongovernmental and historic organization.

Sincerely yours

Damber Nepali  
Paropakar

Reconstruction activities are still going on at this time. We have attached pictures of school buildings and the projects in Nepal as a result of the relief funds provided by all our donors.

NAH is particularly grateful to Honorable Congressman Mr. Al Green for his help and deep concern for Nepal and Nepali Community in Houston and all over the United States. NAH greatly appreciate his tireless effort to get approval to provide Nepalese Immigrant a Temporary Protected Status (TPS). We are also indebted to our friends, business owners, charities, social organizations and the entire Houston Nepali community for being resolute and responsive to the request to support this noble cause and their efforts in making this Fund-raise program a grand success.

Once again, thank you for your generous support in helping the earthquake victims and their families in Nepal. There is still a long way to go to get back to the normal life. We request that you keep these families in your prayers as they remember their loved ones who lost their lives in the earthquake. We are indeed grateful to you all and may God bless Nepal.

THANK YOU!

# RIDDLES

Compiled by **Arnav Ghimirey**  
8<sup>th</sup> grade student



**1)** If 1=5, 2=10, 3=15, 4=20 what does 5=?

**2)** A man kidnaps a person and takes him to a room. In the room, there is a table with two chairs at each side of the table. There is also a glass of water and a pill on each side of the table. The kidnapper and the person are supposed to take the pill with the glass of water. However, the person is poisoned and the kidnapper is ok. Every time when the kidnapper and every other kidnapped person takes the pill with a glass of water, the other person is poisoned and nothing happens to the kidnapper. How is this possible?

**3)** A student was murdered on the first day of school. When the police came they got 4 people and asked them what they were doing. The science teacher said he was resting at his desk. The gym teacher said he was playing basketball. The custodian said he was just cleaning the floors. The math teacher said she was grading the midterm exams. Who did it?

**4)** Two women order iced tea at a restaurant. When they both get their drinks one of them starts drinking really fast while the other one drinks slowly. Unfortunately, they both do not know that both iced teas are poisoned. However, after a while only one of the ladies dies. How is this possible?

**5)** Two sons and two fathers walk into a store and buy candies costing \$0.50 each. However, in total they only paid \$1.50. How come?

**6)** A man was murdered in his office one day. When the police arrived the chief told his assistant to go and see what happened. After five minutes, his assistant came back and the chief asked him a few questions –

What color were the walls? Assistant replied brown.

What color was the floor? Assistant replied brown.

How did the man die? Assistant replied with a gunshot wound.

What was he doing? Assistant replied reading a book on pages 101 and 102.

Were the windows open? Assistant replied no.

The chief then found out that his assistant did not go to the crime scene at all. How did he know?

**7)** What is the longest word?

**8)** A man is trying to escape from a cell and he has three doors he can take to escape. The first door leads to a room of fire. The second door leads to a room of hungry lions that have not eaten in three years. The third door leads to a room full of

pointy sticks. Which door should he go through?

**9)** A man was found dead in his house with a gun next to him. When the police arrived they found a tape and played it. In the tape the man said he could not live his life anymore and there was a gunshot noise. The police then realized it was a murder. How?

**10)** A bus driver is going one way while the other cars are going the other way. The police officer sees this and does not do anything. Why?

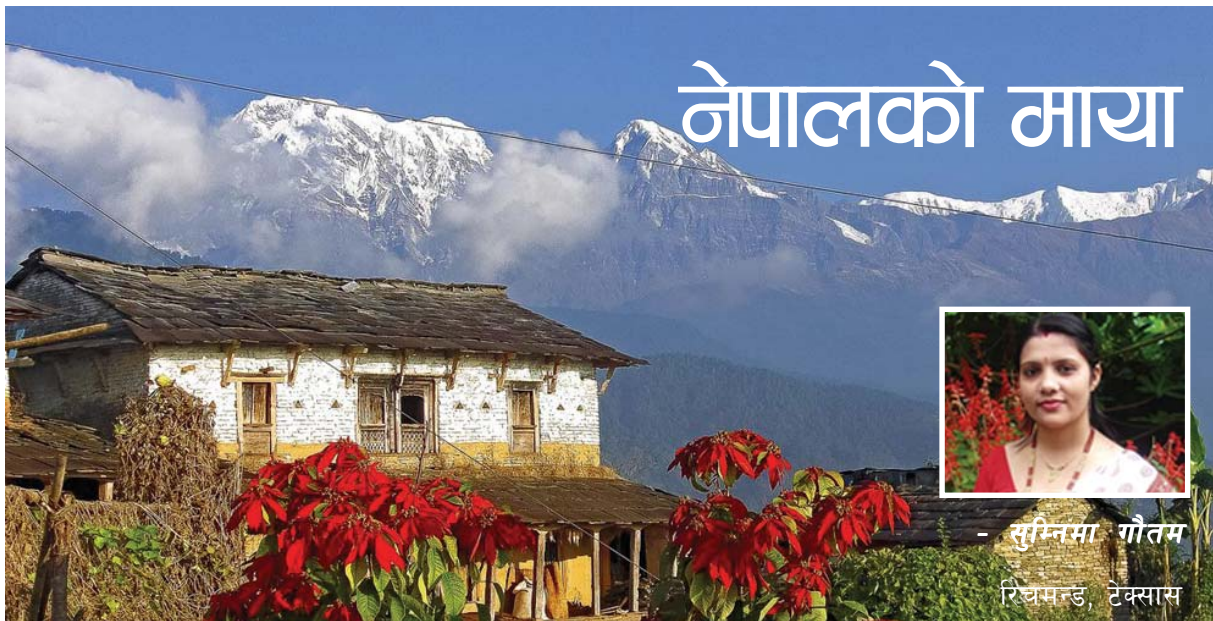
**11)** A blind man usually takes pills every day. One day he gets mixed up with the pills and he mixes two of each red and blue pills. He can only take one red pill and one blue pill. If he takes two same color pills he will die. If he takes neither then also he will die. What can he do to only take one red and one blue?

**12)** John and Sam have some apples. If John gives 4 apples to Sam, he will have two times as much of John. If Sam gives 4 apples to John they will have the same amount. How many apples does each of them have?

**13)** A car turned left on a road. Which tire did not move while turning?

*"See answers on Page 80"*





# नेपालको माया



- सुमिमा गौतम  
रिचमण्ड, टेक्सास

जन्मियौं हुर्कियौं एकै ठाउँमा  
मेटिएका छैनन् तिसना

ती बालपनका ती साथीसङ्गी कहाँ  
सकिन्छ र बिर्सन ।

जति टाढा भएपनि ती  
साथीसङ्गीको यादले सताउँछ

सानातिना कुरामा पनि मलाई  
नेपालको धेरै याद आउँछ ॥

तीजमा बुवाआमा भन्नुहुन्छ छोरी  
माइत आऊ यसपाली

खै मिल्दैन होला आमा भन्छु  
भक्कानिएको मन सम्हाली ।

घरमा जति सुख भएपनि  
माइतीले नै पहिलो स्थान पाउँछ

जति खेर जे गर्दा पनि मलाई  
नेपालको याद धेरै आउँछ ॥

मःम चाउमिन जे खाए पनि मकै  
भट्मासको स्वाद मीठो

बासमतीको भात भन्दा मनपर्छ  
खान मकै फापरको पीठो ।

गुन्द्रुक र मस्यौरा पकाउँदा  
बाहिरसम्म बास्ना छाउँछ

खाना पकाउँदा पनि मलाई  
नेपालको याद धेरै आउँछ ॥

क्रिष्मस, हलोविन जे मनाए पनि  
आफ्नै संस्कृतिको माया

सर्ट, पाइन्ट जे लगाए पनि सारी,  
कुर्था नै छन् दायाँ बाँया ।

आफन्तहरु रमाएका फोटोहरु  
देख्दा आफ्नो एकलोपनले सताउँछ

फेसबुक, टुइटर खोल्दा पनि  
मलाई नेपालको याद धेरै आउँछ ॥

छोराछोरी आइप्याडमा रमाउँदा  
आफु चारी खेलेको सम्झना

स्कूल बस देख्दा आफू हिड्दै  
स्कूल गएको याद ताजै छ मनमा ।

हरेक दिन हरेक साँझ यो मनले  
नेपालको आभास पाउँछ

किनकी प्रत्येक समय मलाई  
नेपालको याद धेरै आउँछ ॥

समाचारहरु पढ्दा पनि नेपाली  
समाचार खोज्छ यो मनले

यति धेरै याद र माया छन् कि  
सक्दैन किन्न कुनै धनले ।

घरका भित्ताहरुमा नेपालको  
सम्झना टाँस्न मन लाउँछ

किनकि हरपल मलाई मेरै  
नेपालको धेरै याद आउँछ ॥

नेपालको धेरै याद आउँछ ॥



# NEPALESE ASSOCIATION OF HOUSTON (NAH)

## Executive Board and Advisors (2016-2018)



President  
**Jyoti K. Ghimirey**  
281-460-6871  
Jghimirey@yahoo.com



Immediate Past President  
**Madhukar G Amatya**  
832-704-6363  
amatya@sbcglobal.net



Sr. Vice President  
**Samir Rawal**  
281-409-2861  
rawals@gmail.com



Vice President  
**Bijay Bokhim**  
713-222-5269  
bbokhim@gmail.com



General Secretary  
**Vishnu P Nepal**  
832-466-4178  
vnepal@gmail.com



Asst. Secretary  
**Drona Gautam**  
832-643-1091  
nissangautam@hotmail.com



Treasurer  
**Rabin Shrestha**  
832-244-8343  
rabinmail@hotmail.com



Asst. Treasurer  
**Bachcha Tiwari**  
281-617-8887  
bachcha\_lichi@yahoo.com





Executive Member  
**Chej Gurung**  
832-526-8750  
grgchej@yahoo.com



Executive Member  
**Janak Thapa**  
713-366-6205  
janakthapa@hotmail.com



Executive Member  
**Prashanti Pandit**  
832-766-3016  
prashanti\_pandit@hotmail.com



Executive Member  
**Suresh Sharma**  
832-818-3588  
ssharma34@me.com



Executive Member  
**Deepak Rayamajhi**  
832-293-8271  
deeprayamajhi@hotmail.com



Executive Member  
**Ajeet Gorkhali**  
832-441-4304  
agorkhali@hotmail.com



Executive Member  
**Chandra K Sharma**  
281-660-0902  
chandra\_sharma34@yahoo.com



Executive Member  
**Ram Kunwar**  
832-691-5990  
kunwarram@yahoo.com



Advisor  
**Dinker Amatya**  
832-922-0777  
dinderamatya@msn.com



Advisor  
**Gyanswor Shrestha**  
832-816-6448  
gyanswor@yahoo.com




Advisor  
**Tara Baral**  
832-260-3545  
tara\_baral@yahoo.com



Advisor  
**Binod Shrestha**  
281-494-7843  
binodshrestha1@yahoo.com



Advisor  
**Dr. Rajendra Shrestha**  
281-376-6382  
kajiamrit@gmail.com



# Summer STEM Camp At UHD



**- Jay Rawal**  
8<sup>th</sup> grade student at HSE

Houston PREP is four-year pre-college enrichment program organized by University of Houston Downtown (UHD), which provides educational opportunities for high ability middle and high school students, allowing for the socially and economically disadvantaged students to enhance their academic backgrounds in STEM fields. The program has been in existence since the summer of 1989. At PREP, students who are high-achievers in science, technology, mathematics, and engineering can prepare for successful careers in those fields. The good part of this learning camp, is that the tuition cost is absolutely free for anyone who gets selected to enter.

The entire summer-camp lasts for about 6 weeks from early June to mid-July, and the classes run from 9:00 am to 2:30 pm which takes place right in downtown at UHD campus. At first thought, spending 6 more weeks in addition to a regular school year seems ridiculously boring and that too studying feels like the last thing that you want to do during the summer, but it gives you university experience at an early age. During the entire 4 years program, students get the opportunity to learn subjects that may not be taught at our grade level in school like Engineering, Logic, Problem Solving, Computer Science, Enrichment, Physics, Linear Algebra,

Statistics, Technical Writing, SAT Preparatory, Robotics, and Research Projects. Most of these subjects require hands-on and minds-on participation.

In order to get into the camp, before attending your first year of PREP, you must first need to have completed the 7<sup>th</sup>, 8<sup>th</sup>, or 9<sup>th</sup> grade of school. The application process requires you to submit your report card, proving that you have an overall A average or higher (B or better if you are enrolled in honors, enrichment, or gifted and talented classes). 1<sup>st</sup> year students are also required to write an essay describing why you want to attend PREP and 2 teacher nomination forms that you must give to your Math and Science/English teacher or a counselor to fill out. The selection process is highly competitive, and only a fraction of those who apply get admitted. The application process ends sometime in April. Also in order to continue the remaining three years, students must maintain good grades during every preceding year at PREP and also throughout their school year.

My first year experience at PREP was a really good learning experience and an enjoyable one due to all the fun things we got to do, and all the things that I got to experience. In Engineering, we learned about laws of motion and structural design by

building cars powered by mousetraps, and structurally sound towers made of nothing but craft sticks. In Logic, we learned about probability and prediction of outcomes in complex situations. In Computer Science, we started off by learning about how the world is connected to the internet, and later on we learned how to program in HTML, CSS, and Java Script. And in Enrichment, we learned about how the E/V Nautilus, the ROV Hercules, and the ROV Argus explore the ocean, and learned about some of the ROV Hercules' tools. We also made an underwater vacuum to demonstrate how the submarine can pick up objects underwater; a "submarine" with neutral buoyancy to help it stay where it is, instead of floating or sinking, and many more hands-on projects. Besides just studying, we also had a fieldtrip to the Houston Museum of Natural Sciences where my entire class got to hang out and have fun outside of the university setting.

Since I really enjoyed my first year at PREP, and learned so many things in Science and Engineering, made so many new friends from different schools, I really recommend the program to aspiring students looking to explore their future careers in STEM.





- **Kavin Nepal**  
7<sup>th</sup> Grade

Tihar is a festival in Nepal celebrated soon after Dashain. Tihar is a five-day Hindu festival. All Hindu ethnic groups celebrate this festival but, with their own variation. Among the Newars, a mixed ethnic group primarily inhabiting the Kathmandu Valley, it is known as Swanti. Among various Madheshi groups it is known as the celebration of Deepawali. The festival is celebrated from Trayodashi of Kartik Krishna to Kartik Shukla Dwitiya every year and usually is celebrated in the fall of each year, a few weeks after Dashain, the most important festival in Nepal.

On the first day of Tihar, crows are worshiped and given food. People leave different food items outside for crows to eat. Crows are considered to carry omens, both good and bad, depending on the situation. People believe the crow gets the messages to the house in the morning, so people worship it to bring good luck upon themselves in the morning.

On the second day of Tihar, kukurs, or dogs, are worshiped and tika is put upon their forehead and flower garland around the neck. People often offer the dog various foods

such as sel roti, a type of bread that is prepared using frying techniques and is usually sweet and round. Generally, male dogs are worshiped. It is said dog can see dangers and deaths coming in the future.

On the third day of Tihar Cows are worshipped in the morning. Cows are worshipped with sesame oil, garlands of flowers and red colors. Wheat flour, sel roti, rice and dal are fed to cows. Disciples try to pass in-between four legs of the cow. The cow is regarded as mother in the Hindu religion, as we grow up drinking her milk and using cows for farming. Some Hindus look to the cow as an incarnation of the Goddess Lakshmi, the goddess of wealth and prosperity and in learning that, one can connect as to why they are held in high regards.

On Govardhan puja the fourth day of Tihar, Goru Tihar, three different kinds of pujas are performed. We perform Goru Puja, or worship Oxen. We also perform Govardhan Puja, which is done by making a hill of govardhan parbat using Cow dung. Cow dung has big importance in Hindu culture. In the old days it was used for everything from light at night (Methane) to polish mud floors of traditional houses. Still

now no Puja is complete without cow dung in Nepali Hindu culture.

On Bhai tikka, the fifth day of Tihar, we celebrate the bond of brothers and sisters, trading blessings of protection and prosperity. Various colors are used such as yellow, green, red, blue and white on forehead of her brothers, to ensure long life from sister to brother. This way, sisters pray to Yamraj for their brother's long life and prosperity. Sisters often offer brothers shaguns, or gifts, of dry fruits especially walnut, hazelnut, fruits and sweets and in return the brothers give their sisters gifts and money. The brothers also put Pancha Rangi Tika, or 5 color tika, to their sisters and bow her on her feet and assure her to protect her till the end of life.

Tihar is a wonderful festival celebrated across Nepal and various parts of the Indian Subcontinent. In Nepal, it is a great festival that only comes second to that of Dashain. Tihar consists of various parts and it is important to ingrain and enunciate these practices and culture to other generations, ensures a vivacious practice that lives on since ancestors to their children.

# Introducing Model Teachers - A Way for Qualitative Improvement in PUBLIC SCHOOLS

- **Rabindra Maharjan**

Founder Chairman  
Shanti Education Initiative Nepal



Public schools are almost dying in Nepal and are in dire need of some resurrection. Public schools are either being slowly closed or that are at the verge of collapse are being merged with the nearby schools in rapid number. The condition of public schools in the urban/ semi-urban areas is even worse and the gap is continuing to widen more than ever. Parents strongly prefer private schools over public schools and they are clearly not admitting their children in the local public schools. Despite government investing nearly 10% of the annual budget in the education sector, the outcome has considerably not been satisfactory in respect to the investment. It's well understood that without good public education, the education system of the nation simply cannot be developed.

Recently with the proclamation of new constitution, the changes being brought in by establishment of the State Government and Local Government has further introduced confusion and chaos in almost every sector, education not being an exception. In spite of this confusion and challenges, Local Government still has shown interest in improving education system in their respective jurisdictions. Public Private Partnership (PPP) model could be a really effective way to improve public education in terms of its system development and quality.

Public sector has been providing good infrastructure and human resources, but in the contrary, is failing to provide quality education. On the other hand, private schools are relatively doing well in effectively providing quality education and achieving good results. Considering this, private sectors can be of some help and could be mobilized in supporting to uplift the standard of public education in general.

Shanti Education Initiative Nepal (SEI Nepal) is planning to introduce "Model Teachers" at public schools in PPP model in the Mahalaxmi Municipality, starting with Shree Bhanodaya Primary School, located in Siddhipur village, in ward number 6 of Mahalaxmi Municipality. Two years ago, this school was almost at the verge of being shut down. Student number reached less than 20 and the government decided to close the school. But, SEI came forward and decided to run the PPP model as a pilot project in this school. Now, within 2 years, the student number reached more than 150 from Nursery to Grade 5. What's more remarkable is that, even more than 30 students have switched from nearby private schools.

To run this model, we provide 2 full time experienced school leaders in one school. Their role is just not only teaching, but also coaching and managing. Besides teaching few

classes, they also provide continuous coaching for existing government staffs. They sit together and collaboratively prepare effective lesson plans, observe classes and provide immediate feedback. Team building is reinforced and the common goal of improving themselves for the overall improvement is laid out through discussions and continuous improvements via self-reflections. This kind of practice is being really effective and has been found as quite helpful in supporting teachers.

The outcomes are slowly being noticed by the local government and is willing to expand in other schools too. There are all together 15 public schools in this municipality. From next year, we are planning to work with more schools. Within few years, we expect to expand this model to many schools of this municipality and come up with an effective measurable impact. Once we have a proven effective model, this system could simply be replicated to include other local and rural municipalities. Already various municipalities have started to inquire about this model and are willing to implement this model in their respective jurisdictions.

However, there are several challenges that we have encountered to run this model successfully. Besides the omnipresent mundane



challenges of dealing with the local government and existing public bureaucracy, garnering and managing financial support for Model Teachers/ School Leaders is another huge challenge. If we could hire, train and sustain these Model Teachers, we can reap immense benefits from them which in turn could be mobilized to resurrect these

struggling public schools. So recruiting Model teachers to work alongside existing teachers can be one better alternative to bring quality education and introduce effective changes at public schools in Nepal. For this objective, SEI Nepal requests all the philanthropic individuals and institutions to support us as you had supported us

in the past in rebuilding schools in the aftermath of the April 2015 earthquake. Many school buildings have already been rebuilt or renovated and now we need your support to recruit these Model Teachers so as to improve the overall quality of education.

## Who's Who ?

**Dr. Bharat Joshi &  
Dr. Sanjana Bhattarai**

Dr. Bharat Joshi and Dr. Sanjana Bhattarai are currently residing in Bellaire, TX since last four years along with their son Sanshuv, who is a junior at DeBakey High School and daughter Aarya, who is in 3rd grade at Horn Elementary School.

Dr. Bharat is originally from Lamjung and grew up in Kathmandu. He completed his MBBS from Bangladesh and obtained an MD in Pediatrics and Adolescent Medicine from B. P. Koirala Institute of Health Sciences, Dharan, Nepal. During his services in Nepal, he had served in several remote district and regional hospitals as well as Bir Hospital and Kanti Children's Hospital in Kathmandu. He was also a teaching faculty at National Academy of Medical Science, Kathmandu.

Dr. Sanjana is from Palpa, and grew up in Kathmandu, attended



St. Mary's High School followed by Kathmandu Valley College. She also did her MBBS from Bangladesh and later served in different hospitals in Nepal.

Both husband and wife came to US and got trained at Louisiana State University, and have been practicing as Family physicians for the last 10 years. Before moving to Houston, they worked in Oklahoma City for five years. Currently, they are working as Assistant Professors at Department of Family and Community Medicine at Baylor College of Medicine where they teach medical students besides clinical work. Additionally, they are both working in Harris Health

System clinic as well. They have been awarded Fellows of American Academy of Family Physicians (FAAFP) back in 2017.

Besides their regular work, they had volunteered in a free, non-profit clinic called Pooja Prathistan in Nepal, which provided free medical services to underserved local communities. The couple has also been involved in improvement of refugee health here in Houston. When not working, they like to spend time with friends and family and love to travel and engage in outdoor activities.

# बल्ल बुझदैछु के रहेछ जीवन !



- बिटु केशी बराल  
ट्युस्टन, टेक्सास

सारभूत सत्य स्वीकार्नु नै सहज पक्ष रहेछ जीवनको । आमा हुँदा र नहुँदाको खालीपन, शून्यता र फरक गहिरोसँग महसूस भयो यो वर्षभरी । किन ? , कसरी ? जस्ता अनुत्तरित प्रश्नहरूले थप पीडा बोक्दो रहेछ । चिन्तन सँगसँगै उब्जिएका अबोध छटपटहरूले कति रात अनिन्द्रा मै बितेको यथार्थ एकातिर थियो । बोध र अबोधको अवस्था कति फरक हुँदो रहेछ ।

हजुरआमा बितेपछि शरीर फ्याँकेर बैठकमा लडिबुडी गर्दै आमा रुनुभएको दृश्य बारम्बार मेरो सामुन्ने खडा भयो जब आमा बितेको खबर मैले पाएँ । उतिबेला निरीह भएर हेरिरहेकी थिएँ आमालाई । यद्यपि ममतामयी हजुर आमा बितेको दुःख मलाई पनि थियो । आमाको त्यो पीडा कस्तो हुँदो रहेछ वाइस वर्षपछि आफ्नी आमा बितेपछि थाहा भयो ।

चार वर्ष भएको थियो आमासँग प्रत्यक्ष भेट नभएको । लामो बिछोड पश्चात अमेरिकामा भेट हुने मिति तय भइसकेको थियो । आमा छोरी दुवै औधी खुशी थियौं । भेट हुन मात्र हप्ता दिन बाँकी हुँदा अकस्मात् आमा बितेको खबर बज्रपात बनेर वर्षियो ममाथि । त्यही वैशाख जसले गत साल निमेष भरमै टप्प टिपेर लग्यो आमालाई । यसैकारण कालो बादलले ढाकेसरि अशान्ति छाईरह्यो वर्षभरी मनमा ।

रोग , शोक र उमेरले आमालाई लगेको भए सायद त्यति असहज हुने थिएन होला । जीवनका कस्ता जटिलत परिस्थिति सँग सजिलै जुध्ने सशक्त जुभारू आमालाई सेकेण्ड भरमै मृत्युले लगेको कुरा किमार्थ पचाउन गाह्रो भयो मलाई ।

जीवनका गुढ रहस्यहरूप्रति एकाएक मेरा कौतुहलहरू, खोजहरू जागृत हुन थाले । उकुसमुकुस हुन्थ्यो कुनैबेला । एकाएक गीत र संगीतप्रति निरस बन्यो हृदय ।

आध्यात्मिकता जुन सुसुप्त अवस्थामा हरेक मानव भित्र हुन्छ म भित्र पनि केहि सलबलाउन थाले जस्तो लाग्यो । यस्तै आन्तरिक ज्ञान र जीवन जगतकाबारे भ्याए सम्म खोजेर सुन्न र पढ्न थाले । कहि कतै पुनर्जन्म सम्बन्धी समाचार र टिप्पणीहरू खोजी खोजी पढे । कुनै न कुनै रूपमा आएर आमा बुबा मसँग कुरा गरे हुन्थ्यो, आभाष दिए हुन्थ्यो भन्ने लाग्थ्यो । तर उहाँलाई मैले सपनामा बाहेक कहिल्यै कतै भेटिन । बडो सावधानीका साथ तयार थिएँ म तर पटककै कुनै केहि महसुस गर्न सकिन ।

एकदिन हिमालयखबरका प्रधान सम्पादक विजय घिमिरे र सम्पादक विकास न्यौपाने ट्युस्टन हाम्रो घर आईपुगनु भयो । महिना दिन अधिको कुरा हो यो । त्यो आगमन साधारण नभएर असाधारण भयो मेरो लागि । ईश्वरलाई सायद अरु केहि मन्जुर थियो । अचानक विजयजीको हातमा रहेको सानो पकेट पुस्तिकामा मेरो नजर पर्यो । हिन्दीमा लेखिएको

थियो “कहाँ है हमारे दिवंगत प्रियजन ?” जिज्ञासावश मैले पुस्तक पढ्न खोजे । हातमा पुस्तक दिदै उहाँले श्री श्री परमहंस योगानन्दजीको अटोबायोग्राफि पढ्ने सुझाव दिनुभयो । कौतुहलतावश सोधें कहाँ पाइन्छ पुस्तक ? “ कुनैपनि नजिकको लाइब्रेरीमा । “ उहाँको उत्तर सहज थियो । तर मेरोलागि भने कठिन । अति उपयोगी र धेरै पढिएको किताब भनेर उहाँले जानकारी गराउदै गर्दा मैले उतिनै खेरी त्यो पुस्तक पढ्ने तय गरिसकेकी थिएँ मनमा ।

लाइब्रेरी गएर पुस्तक पढ्ने समय कहाँ थियो र मसँग ! काममै समय चोरेर त्यो सानो पकेट पुस्तिका पढेपछि मेरो खुलदुली भन बढ्यो । श्री श्री परमहंस योगानन्दजीको अंग्रेजीमा अटोबायोग्राफी र हिंदी भर्सन कथाअमृत पढ्न भन लालायित भएँ । गूगलमा सर्च गरेर हेरें । धन्य भगवान ! खुशीले पुलकित भएँ म । यति गजबको पुस्तक ! पढिर हुँ जस्तो छोड्नै मन नलाग्ने । आजसम्म पढे मध्येको सर्वत्कृष्ट पुस्तक । उपयोगी मात्र होइन, जीवनको गुढ रहस्यलाई उजागर गर्ने अमृत नै पाए जस्तो लाग्यो मलाई कथाअमृत ।

लाग्थ्यो , मृत्युसँगै सबै समाप्त हुन्छ । कथाअमृतको रसस्वादनले मेरो सोच मात्रै परिवर्तन गरेन अपितु जीवनको सुक्ष्म पहेलीको बोध समेत गरायो । नश्वर शरीर त्यागे पछि पनि आत्मा रहने रहेछ । सुषुप्त अवस्थामा, अर्कै



जगतमा । त्यो त्यस्तो जगत जुन हामीले कहिले कल्पना समेत गरेका थिएनौं । पुस्तकको माध्यमबाट प्रकाशको किरण पुन्ज जस्तो त्यस्तो जगतको सयर गर्दा रोमांचित भएँ म । यी यावत कुरा यो छोटो आलेख मार्फत बताउन खोज्नु सायद मेरो धृष्टता हुनेछ । बुझ्न भन्न कठिन । स्वयं पुस्तक नपढेसम्म परम आनन्दको अनुभूति गर्न सकिन्न । कुरा आस्था र विश्वासको हो । पढेपछि मेरा आस्थाहरु स्वतःस्फूर्त जगमगाए । त्यसैले केहि बोधानुभूति बाँड्न उचित सम्भोको मात्र हुँ ।

ज्ञान र विज्ञानको बीचको फरकलाई तार्किक रुपमा गरिएको विश्लेषणले छक्क परे म । सृष्टिमा रहेका यथावत चिजलाई विज्ञानले आविष्कारको नाम दिएको छ । जस्तो न्यूटनको ग्राभिटी सिद्धान्त । पृथ्वीको आकर्षण शक्ति न्यूटनले सिद्धान्त प्रतिपादित गर्नुभन्दा पहिले पनि यथावत थियो, छ र रहिरहनेछ ।

हामी देखिएको र बुझेको मात्र सत्य मान्छौं तर जगत ब्रम्हाण्डमा नदेखिने, नथापाइने कति कुरा छन् जुन शास्वत सत्य छन् ।

पूर्व जन्म, पूर्व कर्म र फलका कुराहरु अहिले बुझ्दै जादाँ आफै आश्चर्यचकित परेकी छु ।

योगानन्दजीको जीवन कथाका यस्ता अनेक सन्दर्भ छन् जुन पढेर जीवन जगतका कतिपय कुरा बुझ्न सकिन्छ । योगको माध्यमबाट जीवन कसरी सार्थक हुन्छ ? उल्लेखित अन्य सन्त, साधु, बाबा र स्वामीजीहरुसँगको भेट प्रसंग अति नै रोमांचित पार्ने खालको छ । हामी किन जन्मियौ ? कहाँ जान्छौं ? कहाँ बस्छौं ? फर्केर आउँछौं की आउँदैनौं ? कहिले आउँछौं ? यी सबै प्रश्नहरुको चित्त बुझ्दो निराकरण पाउनु सामान्य कुरा होइन ।

जीवनमा घट्ने हाम्रा हरेक घटनाहरु बेमतलवका हुँदैनन् । त्यसका पछाडि कुनै न कुनै कारण र रहस्यहरु हुँदा रहेछन् । सतकर्म नै धर्म हो । पुस्तकबाट मैले बुझेको ज्ञानको सार यही हो । योगानन्दजीको जीवनसार कथाअमृत पढेपछि मेरो अशान्त र अधीर मनले ठूलो राहत पाएको महसुस गर्यो जुन जीवनको अति नै महत्वपूर्ण उपलब्धिको रुपमा मैले लिएकी छु । विजयजीले यस अर्थमा ठूलो गुन लाउनुभएको छ मलाई ।

आमाको अचानक मृत्युले जीवनको अर्थप्रति घोल्लिन कर लाग्यो मलाई । के रहेछ त आखिर जीवन ? खाली एक हावाको भोक्का ! सोचन बाध्य भएँ । के सबै बाबुआमाको नियति केवल यति हो, जसले सन्तानलाई माया स्नेह , दुःख पीडा बीच हुर्काउने बढाउने अनि एकाएक छोडेर जानुपर्ने । जन्मेपछि मर्नुपर्ने किन मानिसको नियति बन्यो ? हो मेरा यहि अज्ञानतालाई परम् हंसजीको कथा अमृतले साँच्चै नै अमृत पान गरायो ।

यदि सच्चा हृदयले पुकार गरेमा जन्म जन्मान्तर आफ्ना प्रियजन भेट हुने सम्भावनाले म पुलकित भएँ । आत्मा अजर र अमर रहने कुरा सुनी आँकै हो । तर अन्तरआत्माबाट आत्मसात गरेपछि मलाई यी दिनहरुमा कसो कसो सजिलो भएको छ , शान्ति मिलेको छ । दिवंगत श्रद्धेय आमा र बुबाको आत्मालाई कुनै समयमा , कुनै न कुनै रुपमा , कहाँ न कहाँ भेट हुनेछ भन्ने मलाई दृढ विश्वास छ । उहाँहरु जहाँ र जुनरूपमा हुनुहुन्छ , सन्तोष र शान्ति मिलोस् एउटी छोरीको भगवानसँग अंतर हृदयबाट पुकार र प्रार्थना ।

## "Answers to Riddles"

- 1) 1 (if 1=5, then 5=1).
- 2) The poison is in one of the glasses of water.
- 3) The math teacher because you cannot grade midterm exams on the first day.
- 4) The poison is in the ice. The fast drinker drank the tea quickly before the ice could melt.
- 5) Son, father and grandfather went to a store (2 sons, 2 dads).
- 6) No book will ever have pages 101 and 102 on the same page.
- 7) Smiles - there is a mile between two S.
- 8) The door with hungry lions because they would be dead if they had not eaten in three years.
- 9) If the man committed suicide, he could not have rewound the tape.
- 10) The bus driver is walking.
- 11) He can cut the pills in half and take each half of each pill which would make one red and one blue.
- 12) John-20 Sam-28.
- 13) The spare tire.

# ‘कवि, तिमी काम चाहिं के गर्छौ ?’

‘तिमी कवि त नभए पनि हुन्छ, तट नागरिक चाहिं हुनै पर्छ’

- निकोलाइ नेक्रासोभ, रूसी कवि



- डा. जुगल भुर्तेल

जोसेफ ब्रोदस्कीको जन्म सन् १९४० मा रूसको लेनिनग्राद शहरको एउटा यहूदी परिवारमा भएको थियो । तत्कालीन सोभियत सत्ता नारा त ‘अन्तर्राष्ट्रिय जाति’ निर्माणको दिन्थ्यो तर आफ्ना नागरिकलाई हरेक पाइलामा ‘तिमी कुन जाति को’ भनेर सोधिरहन्थ्यो- पुस्तकालयको फार मदेखि स्कूलको हाजिरी कापीसम्म । जातपातका मामिलामा राज्य सत्ता स्वयं यसरी जिज्ञासु बनेपछि समाजमा असहिष्णुताको अंकुरण त हुने नै भयो । परिणामतः ब्रोदस्की सानै उमेरमा विभेदको शिकार बने । स्कूलमा सहपाठी मात्र होइन, शिक्षकहरूले समेत बारम्बार उनको आत्मसम्मानमा चोट पुर्याइरहेपछि उनी ‘अप्यारा’ विद्यार्थीमा परिणत हुँदै गए र अन्ततः सात कक्षापछि उनले स्कूलै त्यागिदिए । गरीबी र रोगले च्यापेका माता-पितालाई केही आर्थिक सहयोग गर्न सकिन्छ कि भनेर उनले स्थानीय कार खानामा मेसिन चालकको पदमा नोकरी सुरु गरेका थिए । तर सृजनाको अर्कै मुहान फुटाउने छटपटीले अधीर प्रतिभा स्थायी जागिरमा टिक्न सम्भव भएन । उनी कहिले डाक्टर बन्ने धुनमा स्थानीय जेलको मूर्दाघरमा शरीर विज्ञान विशेषज्ञसँग लाश चिरफार गर्न संलग्न भए त कहिले भूगर्भविद्को टोलीमा सहयोगी बनेर साइबेरिया पुगे । यो अस्वाभाविक भट्काइ (सन् १९५६-६३) को क्रममा उनले १३ ठाउँमा काम थाल्दै छोड्दै गरेका थिए ।

सोभियत स्कूलको औपचारिक शिक्षामा कुनै रुचि नभए पनि उनका डायरीका पानाहरू विस्तारै कवितात्मक भावनाले भरिँदै गएका थिए । त्यस जमानाकी प्रसिद्ध रूसी कवयित्री अन्ना अखमातोभाको संगतमा पुगेपछि उनको प्रतिभा झनै तिखारियो । अखमातोभाले सोभियत राजनीतिक दमनका क्रममा आफ्ना पहिला र दोस्रा पति क्रमशः कवि निकोलाइ गुमिलेभ र निकोलाइ पुनिन तथा कवि साथी ओसिप मान्देल्सतामलाई गुमाइसकेकी थिइन् । उनका छोरा लेभ गुमिलेभले स्तालिनको श्रमशिविरमा धेरै वर्ष बिताएका थिए । त्यसैले उनका सृजनामा विद्रोहको स्वाभाविक प्रचुरता हुने नै भयो । अखमातोभा जस्ता विद्रोही कविका रचनाले ब्रोदस्कीलाई कलिलै उमेरमा आकर्षित गर्न थालेका थिए । १७ वर्षको हुँदा नहुँदै स्वयं ब्रोदस्कीका कविता सार्वजनिक भइसकेका थिए । त्यस बेलाको चलन अनुसार, युवा कविहरू विभिन्न सरकारी क्लब, साहित्यिक समूह आदिमा संलग्न भएर साहित्य सृजनाको तालिम लिने र अनुभव साटासाट गर्ने गर्थे । तर ‘साम्यवादी मापदण्ड अनुकूल’ को सृजना गर्न प्रेरित गर्ने त्यस्तो संकुचित वातावरण ब्रोदस्कीको स्वभाव र प्रतिभा अनुकूल थिएन । अखमातोभाहरूकै हौसलाले लेनिनग्रादको ‘इन्टलेक्चुअल अण्डरग्राउण्ड’ मा ब्रोदस्की भित्रको कविले एउटा हैसियत पायो । युवाहरूले निकै मन पराएकोले उनको ख्याति छिट्टै फैलिँदै गयो ।

स्तालिनको मृत्युपछि सोभियत संघमा राजनीतिक दमनको चक्र केही खुकुलो भए पनि उनका उत्तराधिकारी निकिता ख्रुश्चेवको शासनकालमा ‘साम्यवाद ल्याएरै छाड्ने’ कटिबद्धता झन् घनीभूत भएर आएको थियो । त्यो अठोट पूरा गराउन तत्कालीन सर्वोच्च सोभियत (संसद) ले ४ मई, १९६१ मा ‘समाज-उपयोगी कामबाट भाग्ने प्रवृत्ति भएका र परजीवी प्रकृतिको असामाजिक जीवन बिताइरहेका मानिस विरुद्धको अभियानलाई सशक्त पार्ने’ एउटा कानूनी आदेश जारी गर्‍यो । त्यस अनुसार कम्तीमा वर्षको चार महिना ‘काम’ नगर्ने मान्छे अबदेखि ‘अपराधी’ मानिने भयो । त्यस्ता ‘अपराधी’ लाई अधिकतम पाँच वर्ष सजाय तोकिएको त्यो कानून मूलतः केही कामै गर्न नचाहने आवारा, जँड्याहा, गुण्डा र असामाजिक चरित्रका मानिसप्रति लक्षित थियो । ब्रोदस्कीको प्रभावमा परेर लेनिनग्रादका सम्पूर्ण युवा ‘बिग्रिने’त्रासले आत्तिन थालिसकेको सोभियत सत्तालाई त्राण दिन यही कानूनको हतियार बोकेर अग्रसर भए- ब्रोदस्कीका छिमेकी एवं सेवानिवृत्त गुप्तचर (केजीबी) अफिसर याकोब लेनर । उनले ब्रोदस्की जस्ता ‘आवारा’ टाइपका युवकबाट शहरलाई मुक्त पार्ने प्रण गरेका थिए ।

लेनरले २९ नोभेम्बर सन् १९६३ को ‘सन्ध्याकालीन लेनिनग्राद’ मा ‘साहित्यिक सेरोफेरोका कामचोर’ शीर्षकमा ब्रोदस्कीको चर्को निन्दा गर्दै लेख छपाए ।



त्यो लेखमा ब्रोडस्कीले लेखेको ठानिएका केही कविता मात्र उद्धृत गरिएका थिएनन्, उनको लवाई ('मखमली पाइण्ट लाउँछ, हिउँमा पनि टोपी लाउँदैन'), स्वभाव ('अरू युवा साहित्यकारहरू भन्दा आफूलाई धेरै जान्छु 'आफूलाई कविहरूको कवि ठान्ने घमण्डी छ'), साथी-संगीहरू ('उन्मुक्त जीवनका लागि आफ्नी आमालाई त्यागेर हिंडेकी भोलन्यान्स्काया, आमाको तलबमा बाँचेको श्चेइगोल्च, अपराधी गेइखमान, आवारा स्लाभिन्स्की') आदिका बारेमा तीखो आलोचना गरिएको थियो । ब्रोडस्कीको 'राष्ट्रद्रोही' छवि निर्माण गर्न उनले उज्बेकिस्तानमा हवाईजहाज अपहरण गर्न खोजेको काल्पनिक घटना समेत त्यो लेखमा अटाएको थियो । ब्रोडस्की मात्र होइन उनलाई संरक्षण दिनेहरूलाई समेत कारबाहीको माग गर्दै लेनरको आक्रोशपूर्ण लेख यसरी टुङ्गिन्छ- "यति कुरूप छ यो मानिसको अनुहार ! ऊ अन्तसन्त सिकायत, निराशा र अश्लीलताले भरिएका कविता मात्र लेख्दैन, देशद्रोहको योजना समेत बनाउँछ... कुरा प्रष्ट छ, साहित्यको सेरोफेरोमा पन्थिएको यस्तो परजीवीलाई हामीले पुत्पुल्याउन छाड्नुपर्छ... ब्रोडस्की जस्ता मानिसका लागि लेनिनग्रादमा कुनै स्थान हुनुहुँदैन ।"

त्यसपछिका केही दिनसम्म 'सन्ध्याकालीन लेनिनग्राद' मा ब्रोडस्कीको चरित्रमा प्रश्न उठाउँदै उनलाई लेनिनग्रादबाटै धपाउनुपर्ने माग सहितका क्रुद्ध-पाठकका चिट्ठीको बाढी नै आयो । शिक्षक, विद्यार्थी, योड कम्प्युनिष्ट लिगका युवा, मजदूर वा साधारण श्रमजीवी जनताका नाममा लेखिएका ती पत्रमा ब्रोडस्की-प्रवृत्तिप्रति गहिरो वितृष्णा व्यक्त गरिएको हुन्थ्यो। कम्प्युनिष्ट पार्टीको इतिहास विषयका प्रोफेसर स्मिर्नोभले दुःखी हुँदै लेखे, "एकातिर विलक्षण प्रतिभाशाली सोभियत युवा अन्तरिक्षमाथि विजय प्राप्त गर्दै, निस्वार्थ समर्पणका साथ कारखाना र खेतमा श्रम गरेर साम्यवाद निर्माणमा व्यावहारिक योगदान पुर्याइरहेका छन् अर्कातिर अकर्मण्य जीवन बाँचिरहेका

त्यस्ता केही युवापनि छन्, जसलाई आफू बाहेक अरू कसैको मतलब छैन ।"

त्रासजन्य मौनताको संस्कृतिले आक्रान्त समाजमा स्वतन्त्रताको कुरा गर्ने वा स्वतन्त्र जस्तो देखिने मानिसहरू 'खतरनाक' ठानिन्छन् । ख्रुश्चेवको कम्प्युनिष्ट सत्तालाई ब्रोडस्की जस्ता 'साम्यवाद निर्माण' मा अवरोध सृजना गर्ने 'सोभियत मापदण्ड' विपरितका मान्छे चाहिएका थिएनन् तर स्तालिनकालमा जस्तो ब्रोडस्कीलाई 'सिध्याउन' लेनरको त्यो लेख मात्र अलि पर्याप्त थिएन । त्यसैले पाठकका नाममा प्रायोजित प्रतिक्रियाहरू उत्पादन गरिए। अन्ततः नागरिक स्वयंसेवीहरूको दस्ताले उनलाई पक्रिएर प्रहरीलाई बुझायो।

१३ मार्च १९६४ का दिन लेनिनग्राद शहरको देभिन्स्की अदालतमा २४ वर्षीय कवि ब्रोडस्कीको मुद्दामा बहस हुँदै थियो । उनीमाथि युवावर्गमा नकारात्मक प्रभाव पार्ने कविता लेखेको, कामचोर र पराश्रित जीवन बिताएको आरोप थियो। इजलास बाहिरको सूचनापाटीमा टाँसिएको थियो: 'परजीवी ब्रोडस्कीसम्बन्धी मुद्दा'।

तत्कालीन रूसको लोकप्रिय साहित्यिक पत्रिका 'लितेरातुरनाया गाजेता' की पत्रकार एवं साहित्यकार फ्रिदा भिगदोरोभाले इजलासमा भएको बहसको लुकीछिपी टिपोट गरेकी थिइन् । उनको हस्त-लिखित त्यो टिपोट भूमिगत ढंगले प्रकाशित हुँदै विश्वभरि चर्चित भयो र त्यो सोभियत साहित्यमा तत्कालीन कम्प्युनिष्ट सत्ताको प्रभाव, स्वतन्त्र बौद्धिक चिन्तनको संघर्ष, साहस र वेदनाको ऐतिहासिक दस्तावेज बन्न पुग्यो।

(फ्रिदा भिगदोरोभाले इजलासमा लुकीछिपी गरेको टिपोट

त्यही टिपोटको आंशिक भावानुवाद तल दिइएको छ ।

.....

पहिलो पेशी (१८ फेब्रुअरी १९६४)

न्यायाधीश साभेल्येभा: तपाईं के काम गर्नुहुन्छ ?

ब्रोडस्की: कविता लेख्छु अनुवाद गर्छु मलाई लाग्छ...

न्यायाधीश: 'लाग्छ, साग्छ' का कुरा नगर्नुस् ठाडो उभिनुस भित्तामा अडेस नलाग्नुस हामीतिर हेर्नुस् ! सीधा सीधा जवाफ दिनुस तपाईंको कुनै स्थायी काम छ?

ब्रोडस्की: मलाई त यो स्थायी काम नै हो जस्तो लाग्छ ।

न्यायाधीश: प्रष्ट जवाफ दिनुस !

ब्रोडस्की: मैले कविता लेखेको छु । मलाई लाग्छ, तिनको प्रकाशन हुनेछ । म ठान्छु...

न्यायाधीश: तपाईं के 'ठान्नु हुन्छ' हामीलाई कुनै सरोकार छैन। जवाफ दिनुस् तपाईंले किन कहिल्यै काम गर्नु भएन?

ब्रोडस्की: कामै त गरिराखेको थिएँ । म कविता लेख्छेँ ।

न्यायाधीश: हामीलाई कवितासँग कुनै मतलब छैन । हाम्रो सरोकार तपाईंले कुन-कुन संस्थामा आवद्ध भएर के कस्तो काम गर्नुभयो भन्ने हो ।

ब्रोडस्की: मैले प्रकाशकसँग सम्झौता गरेको छु ।

न्यायाधीश: त्यो सम्झौताबाट आउने पैसाले तपाईंलाई बाँच्न पुग्छ ? कुन मितिमा कति रकमका कस्ता सम्झौता भएका छन्, भन्नुस् त !

ब्रोडस्की: ठ्याक्कै सम्भन्ना छैन । सबै सम्झौता मेरा वकीलसँग छन् ।

न्यायाधीश: म तपाईंलाई सोध्दैछु ।

ब्रोडस्की: मस्कोमा मैले अनुवाद गरेका दुईवटा किताब निस्केका छन्.. (नाम बताउँदै)



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न्यायाधीश: तपाईंले कति वर्ष नोकरी गर्नुभयो ?

ब्रोदस्की: लगभग...

न्यायाधीश: हामीलाई 'लगभग'सँग मतलब छैन !

ब्रोदस्की: पाँच वर्ष ।

न्यायाधीश: कहाँकहाँ काम गर्नुभयो ?

ब्रोदस्की: कारखानामा । भौगर्भिक अनुसन्धान टोलीमा सहयोगी...

न्यायाधीश: कारखानामा कति वर्ष काम गर्नुभयो ?

ब्रोदस्की: एक वर्ष ।

न्यायाधीश: के गर्नुभयो ?

ब्रोदस्की: मिलको मेसिन चालक ।

न्यायाधीश: तपाईंको विशेषज्ञता चाहिँ के मा छ ?

ब्रोदस्की: म कवि हुँ । कवि-अनुवादक ।

न्यायाधीश: तपाईंलाई कविको मान्यता कसले दियो ? कविको श्रेणीमा कसले राख्यो ?

ब्रोदस्की: कसैले पनि होइन । मलाई मानव जातिको श्रेणीमा पनि कसले राखेको हो र ?

न्यायाधीश: तपाईंले कवि बन्न कहीं पढ्नु भएको छ ? ...तपाईंले कुनै अध्ययन संस्थानमा अध्ययन गर्नु भयो, जहाँ तालिम दिन्छन्... सिकाउँछन्...?

ब्रोदस्की: पढेर-तालिम लिएर कविता लेख्न सिकिन्छ भन्ने ठान्दिन ।

न्यायाधीश: अनि के गरेर जानिन्छ त ?

ब्रोदस्की: मेरो विचारमा, यो... (अकमकाउँदै)... ईश्वरीय...

न्यायाधीश: अदालतसँग तपाईंको कुनै अनुरोध छ ?

ब्रोदस्की: म जान्न चाहन्छु, मलाई कुन अपराधमा गिरफ्तार गरिएको हो ?

न्यायाधीश: यो प्रश्न हो, अनुरोध होइन

ब्रोदस्की: त्यसो भए मेरो कुनै अनुरोध छैन ।

त्यसपछि ब्रोदस्कीको पक्षबाट बहस गरिरहेकी वकील तोपोरोभाले अधिल्लो वर्ष ब्रोदस्कीलाई मानसिक अस्पतालमा भर्ना गरेर केही दिन उपचार गरिएको जेलमै राख्नुपर्ने गरी ब्रोदस्कीले कुनै ठूलो अपराध नगरेको र लेनिनग्रादमा उनको स्थायी बसोबास भएकोले चाहिएको बेलामा हाजिर हुने गरी उनलाई रिहा गर्न अदालतसमक्ष दलिल गरिन् । ब्रोदस्कीको अनुवादको स्तर मुल्याङ्कनका लागि सरकारी अनुवाद व्यूरोमा पठाउन तथा प्रकाशकहरूसँग भएका सबै सम्झौता र तिनले 'चाँडै काम सक्न' ताकेता गरेका टेलिग्रामलाई समेत प्रमाणको रूपमा लिन पनि उनले अदालतसमक्ष अनुरोध गरिन् ।

त्यस दिनको कारवाही अन्त्य गर्दै अदालतले ब्रोदस्कीलाई कुनै मानसिक रोग लागे-नलागेको र दुर्गम ठाउँमा अनिवार्य श्रम गर्न योग्य रहे नरहेको ठहर गर्न स्थानीय प्रहरीमार्फत स्वास्थ्य परीक्षण गराउने आदेश दिन्छ ।

न्यायाधीश: तपाईंलाई केही भन्नु छ ?

ब्रोदस्की: मेरो एउटा अनुरोध छ, मलाई जेलमा कागज र कलम उपलब्ध गराइयोस् ।

न्यायाधीश: त्यो त प्रहरी अधिकृतसँग माग्नुस् ।

ब्रोदस्की: मैले आग्रह गरेको हो, तर उहाँले अस्वीकार गर्नुभयो । मलाई कागज र कलम दिइयोस् ।

न्यायाधीश (अलि नरम हुँदै) हुन्छ, म भन्दैछु ।

न्यायाधीश साभिल्येभाले इजलासबाट बाहिर निस्कँदै गर्दा, करिडोर र भर्थाडमा ठूलो भीड देखिन् । ब्रोदस्कीको मुद्दाले शहरको साहित्यिक जगतमा राम्रै तरंग ल्याएकोले त्यहाँ ठूलो संख्यामा युवा जम्मा भएका थिए ।

न्यायाधीश: कति धेरै मान्छे ! यति धेरै आउलान् जस्तो त लागेको थिएन !

भीडबाट कोही: कविलाई घरिघरि कठघरामा उभ्याउँदैनन् नि !

न्यायाधीश: हामीलाई के वास्ता-कवि होस् कि जो होस् !

दोस्रो पेशी (१३ मार्च १९६४)

अदालतमा पेश गरिएको स्वास्थ्य परीक्षणको निष्कर्ष: मनोरोगका लक्षण देखिए पनि श्रमयोग्य भएको हुँदा प्रशासकीय कारवाही गर्न मिल्ने ।

बुझ्दै जाँदा ब्रोदस्कीलाई आफ्नो मुद्दा सम्बन्धी कागजात दोस्रो पेशीसम्म पनि हेर्न दिइएको रहेनछ । दोहोर्‍याएर गरेको आग्रहपछि दिइएको आरोपपत्रमा उनले तत्काल पत्ता लगाउँछन् - पृष्ठ १४१, १४३, १५५, २०० र २३४ मा उल्लेख गरिएका कविता उनका होइनन् ।

न्यायाधीश: नागरिक ब्रोदस्की ! सन् १९५६ देखि अहिलेसम्म तपाईंले १३ ठाउँमा काम गरेको देखिन्छ । एक वर्ष कारखानामा काम गरेपछि फेरि ६ महिना त्यसै बस्नुभयो । गर्मी याममा भूगर्भविद्हरूको टोलीमा जानुभयो र फेरि चार महिना काम गर्नु भएन ... (यसैगरी अरू कामको पनि चर्चा गर्दै) अदालतलाई बुझाउनुस् त यसरी हरेक पटक बीचबीचमा काम नगरी पराश्रित जीवन किन बिताउनुभयो ?



ब्रोदस्की: मैले बीचबीचमा पनि काम गरेको छु । म त्यसबेला पनि त्यही काम गर्थेँ, जुन अहिले गर्छु, म कविता लेख्थेँ ।

न्यायाधीश: अर्थात्, तथाकथित कविता लेख्नुभयो ! तर त्यति धेरै पटक काम गर्ने ठाउँ फेरेर तपाईंलाई फाइदा चाहिँ के भयो ?

ब्रोदस्की: मैले १५ वर्षको उमेरदेखि काम गर्न थालेको हुँ । मलाई सबै चिज रोचक लाग्थे । मैले धेरै काम फेरेँ किनकि म जीवन र जगतका बारेमा धेरैभन्दा धेरै बुझ्न चाहन्थेँ ।

न्यायाधीश: अनि मातृभूमिका लागि उपयोगी काम चाहिँ के गर्नुभयो ?

ब्रोदस्की: मैले कविता लेखेँ । यही नै मेरो काम हो । मलाई विश्वास छ... मैले जे लेखेको छु, त्यो आज मात्र होइन भविष्यको पिढीलाई पनि उपयोगी हुनेछ ।

भीडबाट आवाज आउँछ: हेर त ! कत्रो फुर्ति !

अर्को आवाज: ऊ कवि हो । उसले त्यसरी नै सोच्नुपर्छ !

न्यायाधीश: अर्थात्, तपाईंलाई आफ्ना तथाकथित कविताले जनताको हित गर्छ भन्ने लाग्छ?

ब्रोदस्की: तपाईं किन मेरा कवितालाई 'तथाकथित' भन्नुहुन्छ ?

न्यायाधीश: किनकि त्यस बाहेक तिनका बारेमा हाम्रा अन्य कुनै धारणा छैनन् ।

सोरोकिन (सरकारी वकील): तपाईंले भावी पिढीको कुरा गर्नुभयो । के तपाईं आफूलाई आजकाले बुझ्दैनन् भन्ने ठान्नुहुन्छ ?

ब्रोदस्की: मैले त्यसो भनिनँ । मेरा कविताहरू अबै अप्रकाशित छन् र मानिसलाई तिनका बारेमा धेरै थाहा छैन ।

सोरोकिन: तपाईं आफूलाई निकै जिज्ञासु ठान्नुहुन्छ । तर सोभियत सेनामा चाहिँ किन सेवा गर्न चाहनु भएन ?

ब्रोदस्की: मलाई सैन्य सेवाबाट मुक्त गरिएको थियो । नचाहेको होइन, उन्मुक्ति दिइएको । यी फरक कुरा हुन् । मलाई दुई पटक उन्मुक्ति दिइएको थियो । पहिलो पटक पिताको स्वास्थ्यका कारण र अर्को पटक मेरो आफ्नै रोगले गर्दा ।

सोरोकिन: तपाईंको कमाईले जीवन निर्वाह हुन्छ ?

ब्रोदस्की: हुन्छ । जेलमा हुँदा मैले सधैं हरेक दिन मेरो खानपानमा ४० कोपेक (पैसा) खर्च भएको कागजमा हस्ताक्षर गरेको छु । तर म दैनिक ४० कोपेक भन्दा बढी नै कमाउँथेँ ।

सोरोकिन: लुगाफाटो, जुता पनि त लगाउनु पर्छ नि, होइन ?

ब्रोदस्की: मसँग एउटा कोट छ । पुरानो छ, तर अब जस्तो छ त्यस्तै छ । मलाई अर्को चाहिएको छैन ।

तोपोरोभा (ब्रोदस्कीकी वकील) विशेषज्ञहरूले तपाईंका कविताको मूल्याङ्कन गरेका छन् ?

ब्रोदस्की: छन् । चुकोभ्स्की र मार्शाकले मेरो अनुवादको धेरै प्रशंसा गरेका छन् । वास्तवमा, मेरो काम त्यति धेरै प्रशंसायोग्य छैन ।

न्यायाधीश: ल भैगो, ब्रोदस्की, अदालतलाई बताउनुस् एउटा नोकरी र अर्को नोकरीको बीचमा तपाईं केही काम नगरी किन बस्नुभयो ?

ब्रोदस्की: मैले काम गरेको छु । कविता लेखेँ ।

न्यायाधीश: तर यसले तपाईंलाई काम गर्न त बाधा हुँदैनथ्यो नि... ! हेर्नुस, अरू मान्छेहरू पनि त छन्, जो कारखानामा

काम गर्छन् र कविता पनि लेख्छन् । तपाईंलाई त्यसो गर्न केले रोक्थो ?

ब्रोदस्की: तर सबै मानिसहरू एकै किसिमका कहाँ हुन्छन् ! तिनको कपालको रंग, अनुहारको भाव समेत फरक हुन्छ ।

न्यायाधीश: यो तपाईंको आविष्कार होइन, सबैलाई थाहा भएको कुरा हो ! ल भैगो भन्नुस् त, साम्यवाद प्राप्तिको हाम्रो महान् अग्रगामी अभियानमा तपाईंको सहभागितालाई कसरी मूल्याङ्कन गर्ने ?

ब्रोदस्की: साम्यवादको निर्माण गर्नु भनेको कारखानाको मेशिनका अगाडि उभिनु वा खेत जोत्नु मात्र होइन । यो बौद्धिक कर्म पनि हो, जसले...

न्यायाधीश: भयो, भयो... ठूलूला गफ नछाँट्नुस् ! भविष्यमा जीविकोपार्जनका लागि तपाईंले के गर्ने सोच्नुभएको छ ?

ब्रोदस्की: म कविता लेख्न र अनुवाद गर्न चाहन्छु । अब यो कुनै परम्परागत मापदण्डको प्रतिकूल हुन्छ भने म स्थायी जागिरमा भर्ती त होऔंला, तर पनि कविता लेख्न त छाडिदैनँ ।

त्याग्ली (जुरी सदस्य): हाम्रो देशमा सबै काम गर्छन् । तपाईंले चाहिँ त्यति लामो समयसम्म कसरी आवारागर्दी गर्न सक्नुभयो हँ ?

ब्रोदस्की: तपाईं मेरो कामलाई काम मान्नु हुन्न । मैले कविता लेखेँ र म यसलाई काम गरेको मान्छु ।

न्यायाधीश: पत्रिकामा छापिएको तपाईं सम्बन्धी लेख पढेर तपाईं कुनै निष्कर्षमा पुग्नुभयो ?

ब्रोदस्की: लेर्नेरको लेख पूर्णतः कपोलकल्पित छ । मेरो एकमात्र निष्कर्ष यही हो ।

तोपोरोभा (ब्रोदस्कीकी वकील) तपाईंले 'सन्ध्याकालीन लेनिनग्राद' मा छापिएको लेख भ्रामक छ भन्नुभयो । किन ?

ब्रोदस्की: त्यसमा मेरो नाम र थर मात्र सही छ । उमेर पनि गलत लेखिएको छ । त्यहाँ उद्धृत गरिएका कविता समेत मेरा होइनन् । लेखमा जसलाई मेरा साथीहरू भनिएको छ, तिनलाई म राम्ररी चिन्दा पनि चिन्दैनं । त्यस्तो भूटो लेखोटलाई सही मानेर कसरी म कुनै निष्कर्षमा पुग्न सक्छु ?

न्यायाधीशले मुद्दाको पहिलो साक्षी नाताल्या गुरुदिनालाई बोलाउँछन् । ११ वर्षभन्दा माथिका नवोदित कविहरूलाई तालिम दिने, तिनका सृजनाको संग्रह निकाल्न सहयोग गर्ने आदि काम गरिरहेकी गुरुदिना शहरका प्रायः सबै युवा कविहरूको बारेमा आफूलाई राम्रो जानकारी रहेको दाबी गर्छिन् ।

गुरुदिना: मैले ब्रोदस्कीका १९५९ देखि १९६० सम्मका कविता पढेकी छु । ती अझै आलाकाँचै त थिए, तर तिनमा आकर्षक बिम्ब र कल्पनाको प्रयोग भएको भने देखिन्थ्यो । त्यसपछिका उनका सृजनाका बारेमा म अनभिज्ञ रहेकाले सन्ध्याकालीन लेनिनग्रादमा लेनरको लेख छापिएपछि मैले ब्रोदस्कीलाई बोलाएर उनका अनुवादहरूको पाण्डुलिपि मागेकी थिएँ । म साहित्य समालोचक र स्वयं कवि भएको नाताले के विश्वास दिलाउन चाहन्छु भने ब्रोदस्कीले गरेका अनुवाद उच्च व्यावसायिक स्तरका छन् ।

न्यायाधीश: ल भैगो, ब्रोदस्कीका कविताका बारेमा चाहिँ तपाईंको धारणा के छ ?

गुरुदिना: मेरो विचारमा, उनी अत्यन्त प्रतिभाशाली कवि हुन् र आफूलाई व्यावसायिक अनुवादक ठान्नेहरू भन्दा धेरै राम्रा अनुवादक हुन् ... युवा लेखकको मिहिनेतलाई उसले तत्काल कमाएको पैसामा जोख्नुहुँदैन । तरुण लेखक असफल पनि हुन सक्छ, उसले लामो समय लगाएर अर्को नयाँ सृजना गर्नुपर्ने हुन सक्छ । एउटा रमाइलो भनाइ छ- आवारा र युवा कविमा के फरक छ भने, 'आवाराले

काम गर्दैन तर खान्छ, युवा कवि काम चाहिँ गर्छ तर सधैं नखान पनि सक्छ ।'

न्यायाधीश: तपाईंको यो भनाइ हामीलाई मन परेन । हाम्रो देशमा हरेक व्यक्तिले आफ्नो श्रमको उचित प्रतिफल पाउँछ । त्यसैले धेरै काम गरेर थोरै पाउने कुरा असम्भव छ । हामीले युवा कविहरूका लागि भनेर यति धेरै साधन-स्रोत छुट्याएका छौं, अनि तपाईं चाहिँ ती भोकै रहन्छन् भन्नुहुन्छ । किन त्यसो भन्नुभयो ?

गुरुदिना: मैले त्यसो भन्न खोजेको होइन । मैले शुरूमै भनेकी थिएँ कि यो एउटा ठट्टा हो, तर यसमा सत्यको केही अंश अवश्य छ । युवा कविहरूको आम्दानी अत्यन्त अनियमित हुन्छ ।

एफिम एतकिन्द (लेखक संघका सदस्य, गेर्चेन स्मृति शिक्षा-विज्ञान इन्स्टिट्यूटका अध्यापक): म अनुवाद क्षेत्रका नवप्रवेशीलाई तालिम दिने काम गर्छु । त्यसैले मैले धेरै युवा साहित्यकारहरूको अनुवाद पढेको र सुनेको छु । यसै क्रममा एक वर्ष अघि ब्रोदस्कीले अनुवाद गरेको पोल्याण्डका प्रसिद्ध कवि गोजिन्स्कीका कविताहरूको अनुवाद हेर्ने मौका पाएको थिएँ । त्यसको शैलीगत स्पष्टता, गेयात्मकता, आवेग र छन्दको ऊर्जाले ममाथि निकै ठूलो प्रभाव पारे । ब्रोदस्कीले कसैको सहयोग बिना आफ्नै प्रयत्नले पोलिस भाषा सिकेको थाहा पाउँदा म आश्चर्यचकित भएँ ... मैले तुरुन्तै बुझें, मेरो भेट निरन्तर काममा लागि रहने धैर्य भएको असाधारण प्रतिभाशाली व्यक्तिसँग भएको छ... मैले उनीसँग धेरै वार्तालाप गरेको छु र उनको अमेरिकी, बेलायती र पोलिस साहित्यको ज्ञानले मलाई चकित पारेको छ ... मिहिनेत, ज्ञान र प्रतिभाको संयोजन चाहिने हुँदा कविताको अनुवाद साह्रै कठिन काम हो । यो बाटोमा हिँड्ने लेखकले असंख्य असफलताबाट गुज्रिनु पर्छ । भौतिक प्रतिफल त निकै टाढाको विषय हो । कैयौं वर्ष अनुवाद गर्दा पनि एक रुबल (रुपैयाँ) कमाइ नहुन सक्छ ।

यसका लागि कविता र स्वयं कामप्रति निस्वार्थ लगाव चाहिन्छ । ब्रोदस्कीलाई कवि-अनुवादकको हैसियतले काम गर्ने अवसर दिनुपर्छ । मलाई विश्वास छ यो क्षेत्रमा उनको ठूलो भविष्य छ... बाहिर टाँसिएको 'परजीवी ब्रोदस्कीसम्बन्धी मुद्दा' भन्ने सूचनाले मलाई निकै विस्मित तुल्यायो... अदालतमा त्यस्तो वाक्य स्वीकार्य हुन्छ भन्ने सोचेको थिइनँ... उनी जस्तो सिर्जनात्मक प्रतिभा भएको व्यक्तिले चाहँदा आँखामा छारो हाल्न केले रोक्थ्यो? सहजतापूर्वक काम गर्ने वातावरण भएको भए उनले सयौं लाइन अनुवाद गर्न सक्थे । उनले थोरै पैसा कमाउनुको अर्थ उनी परिश्रमी छैनन् भन्ने होइन ।

स्मिर्नोभ (अभियोजन अर्थात् सरकारी पक्षका साक्षी, रक्षागृह प्रमुख): व्यक्तिगत रूपमा म ब्रोदस्कीलाई चिन्दैनं । तर सबै जनताले ब्रोदस्कीकै जस्तो व्यवहार गर्न थाले भने हामीले धेरै कालसम्म साम्यवादको निर्माण गर्न सक्दैनौं । मान्छेको बुद्धि खतरनाक हतियार पनि हो । यहाँ धेरैले उनी अपूर्व प्रतिभाशाली छन् भने, तर कसैले भनेन उनी कस्ता मानिस हुन् । बौद्धिक परिवारमा हुर्किएर पनि उनको शैक्षिक योग्यता सात कक्षा मात्र छ । लौ, यहाँ उपस्थित मान्छेले भनुस् के तिनीहरू सात कक्षा मात्रै पढेको छोरौं चाहन्छन् ? ... उनी प्रतिभाशाली अनुवादक हुन् भनियो, तर किन कसैले भनेन कि उनको दिमाग गोलमाल छ? फेरि ती सोभियत विरोधी कविताका लाइनहरू ? ... उनले आफ्ना थुप्रै विचार बदल्नुपर्छ, अनिवार्य श्रम गर्न लगाएर उनको उपचार गरिनुपर्छ ।

ब्रोदस्की: ...मेरो बारेमा तपाईंलाई यति धेरै कसरी थाहा भयो ?

स्मिर्नोभ: मैले तपाईंको व्यक्तिगत डायरी पढेको छु ... कविता पढेको छु ।

वकील तोपोरोभा: यो मुद्दाका कागजातमा ब्रोदस्कीले नलेखेका केही कविता पनि



परेका छन् । तपाईं त अझ अहिलेसम्म छापीदै नछापिएका कविताका बारेमा कुरा गर्दै हुनुहुन्छ । तपाईंले पढेका कविता उनैले लेखेका हुन् भनेर कसरी विश्वस्त हुन सक्नुहुन्छ ?

स्मिर्नाभः मलाई थाहा छ भनेपछि कुरै सक्तियो नि...

लोगुनोभ (सरकारी पक्षका साक्षी, हेर्मिटेज संग्रहालयका आर्थिक विभागका उपनिर्देशक): म ब्रोदस्कीलाई चिन्दैनं । मैले पहिलो पटक उनलाई यही अदालतमा देखेको हुँ । ब्रोदस्कीको जस्तो जीवन अब स्वीकार्य छैन । उनी जस्तो सन्तान हुने बाबुआमाप्रति मेरो सहानुभूति छ । म के भन्न चाहन्छु भने आफूले जानेको सांस्कृतिक सीपको पूर्ण सदुपयोग र कठोर श्रम गर्नुपर्छ । त्यसबेला मात्र उनले लेखेका कविता वास्तविक कविता हुनेछन् । ब्रोदस्कीले आफ्नो जीवन फेरि शुरू गर्नुपर्छ ।

देनिसोभ (सरकारी पक्षका साक्षी, पाइप ओछ्याउने श्रमिक): म ब्रोदस्कीलाई चिन्दैनं । उनका बारेमा पत्रपत्रिकामा छापीएका समाचारबाट मैले उनलाई चिनेको हुँ । म यो देशको नागरिक र समाजको प्रतिनिधिको रूपमा यहाँ उपस्थित भएको हुँ । उनका बारेमा पढेर मलाई निकै रिस उठेको छ । उनको किताब पढौं भनेर पुस्तकालय गएँ- केही भेटिएन । परिचित साथीहरूलाई सोधेँ- अहँ, कसैले चिन्दैन । हेर्नुस्, म श्रमिक हुँ । मेरो सम्पूर्ण जीवनमा मैले जम्मा दुई पटक जागिर बदलेको छु । ब्रोदस्कीलाई हेर्नुस् त !... के उनी द्वन्द्वात्मक भौतिकवादसँग सहमत छैनन् ? एङ्गल्सका अनुसार- 'श्रमले मानिसको निर्माण गरेको हो ।' तर ब्रोदस्की यो कथनसँग सहमत छैनन् । हुन सक्छ, उनी निकै प्रतिभाशाली होलान्, तर हाम्रै साहित्यमा आफ्नो बाटो किन पहिल्याउन सक्दैनन् ? एउटा श्रमिकको रूपमा म उनको काम गराइबाट पटकै सन्तुष्ट छैन ।

निकोलायभ (सेवानिवृत्त राष्ट्रसेवक): व्यक्तिगत रूपमा म ब्रोदस्कीलाई चिन्दैनं...म एउटा पिता हुँ र आफ्नो व्यक्तिगत अनुभवका आधारमा भन्न सक्छु, कुनै काम नगर्ने छोरो हुनु कति कठिन

कुरा हो... मेरो छोरोले उनका कविताहरू पढेको धेरै चोटि देखेको छु... अहिले ब्रोदस्कीलाई सुन्दै गर्दा आफ्नो छोरो भर्खरै चिनें जस्तो लाग्दछ । मेरो छोरो पनि आफूलाई अपूर्व बुद्धि भएको मनुष्य ठान्छ... कविताको ढाँचा हेर्दा ब्रोदस्की कविता त लेख्न सक्छन् जस्तो लाग्छ । तर ती कविताले अनिष्ट सिवाय केही निम्त्याएनन् । ब्रोदस्की परजीवी मात्र होइनन्, आक्रामक परजीवी हुन् ! उनी जस्ता मान्छेलाई कुनै सहानुभूति नदेखाइ कठोर दण्ड दिनुपर्छ । (हलमा ताली बज्छ) ।

रोमाशोभा (मुखिना विद्यालयमा मार्क्सवाद-लेनिनवादकी शिक्षक): म ब्रोदस्कीलाई व्यक्तिगत रूपमा चिन्दैनं । तर मलाई उनका कथित क्रियाकलापका बारेमा थाहा छ । पुश्किनले भनेका छन्- प्रतिभा भनेको मूलतः परिश्रम हो । तर ब्रोदस्की ? के उनले आफ्ना कवितालाई जनस्तरमा बोधगम्य बनाउन परिश्रम गरेका छन् ? ... यस्तो शायद सोभियत संघमा मात्र सम्भव छ कि न्यायालयले यति कृपापूर्वक कविसँग संवाद गरोस्, यति मित्रतापूर्वक उनलाई पढ भनेर सल्लाह देओस् ! म आफ्नो विद्यालयको पार्टी संगठनको सचिवका नाताले भन्न चाहन्छु, ब्रोदस्की युवावर्गमा नकारात्मक प्रभाव छाड्दछन् ।

अदमोनी (गेर्चेनस्मृति इन्स्टिट्यूटका प्रोफेसर, भाषाविद्, समालोचक, अनुवादक): ब्रोदस्कीमाथि परजीवी भएको आरोपमा मुद्दा चलेको थाहा पाएपछि अदालतलाई केही भन्नु मैले आफ्नो दायित्व सम्झेको छु । तीस वर्ष युवाहरूसँग काम गरेको, उच्च शैक्षिक प्रतिष्ठानमा प्राध्यापन गरेको र धेरै समयदेखि अनुवादकमा संलग्न भएको आधारमा मलाई यो अधिकार छ भन्ने ठान्छु । मेरो उनीसँग व्यक्तिगत चिनजान छैन भने पनि हुन्छ । हामी अभिवादन त गर्छौं, तर आजसम्म दुई वाक्य पनि बोलेका छैनौं । तर विगत एक वर्षदेखि निकै नजिकबाट उनको अनुवादलाई नियालिरहेको छु, किनकि ती सुन्दर र प्रतिभापूर्ण छन् । गोजिन्स्की, फेर्नान्देज (क्युबाली कवि) को

जुन अनुवाद उनले गरेका छन्, त्यसका आधारमा म विश्वासका साथ भन्न सक्छु, त्यसमा ठूलो मिहिनेत परेको छ । त्यसले अनुवादकको असाधारण सीप र संस्कृतिलाई प्रमाणित गर्छ ... जुन कानूनी व्यवस्थाका आधारमा उनी आरोपित भएका छन्, त्यो वास्तवमा थोरै काम गर्नेका विरुद्धमा लक्षित कानून हो, न कि थोरै कमाउनेका विरुद्ध ... त्यसैले ब्रोदस्कीलाई परजीवीको आरोप लगाउनु हास्यास्पद छ । ब्रोदस्की जस्तो कठोर र धेरै मिहिनेत गर्ने मानिस, जसले आफ्नो सीपलाई तिखार्न र उत्कृष्ट साहित्यिक कृतिको सृजना गर्न आफ्ना आवश्यकतालाई सीमित गरेको छ, त्यस्तो मानिसलाई पराश्रितको आरोप लगाउन मिल्दैन ।

न्यायाधीशः तपाईंले के भन्न खोज्नुभएको ? के तपाईंले ४ मईको आदेश पढ्नुभएको छैन ? लाखौं मानिसले मिहिनेत गरे मात्र साम्यवादको निर्माण हुन सक्छ ।

अदमोनीः समाजका लागि लाभदायक हरेक काम आदरणीय हुनु पर्छ ।

(अरु धेरै साक्षीहरूको यस्तै प्रकृतिका बयान यहाँ राखिएको छैन - लेखक)

सरकारी वकिल सोरोकिनः (समापन टिप्पणी गर्दै) हाम्रा महान् जनता साम्यवाद निर्माणमा लागेका छन् । सोभियत संघका नागरिकमा समाज-उपयोगी श्रममा रमाउने विलक्षण विशिष्टता विकसित हुँदैछ । त्यो समाजको मात्र उन्नति हुन्छ, जहाँ अकर्मण्यता छैन । ब्रोदस्कीमा राष्ट्रप्रेमको कुनै भाव नै छैन । 'काम नगर्नेले खान पाउँदैन' भन्ने मुख्य सिद्धान्तलाई उनले बिर्सेका छन् । ब्रोदस्की विगत धेरै वर्षदेखि एउटा परजीवीको जीवन बाँचिरहेका छन्... । ब्रोदस्की कवि नभएर कविता लेख्न प्रयास गरिरहेका मानिस हुन् । उनले भुलिसके कि हाम्रो देशमा हरेक व्यक्तिले काम गर्नु पर्छ, मेशीन, रोट्टी आदिको मूल्य सृजना गर्नुपर्छ । ब्रोदस्कीलाई बल प्रयोग गरेर श्रम गर्न बाध्य बनाउनुपर्छ, शहरबाट बाहिर निकाल्नुपर्छ । उनी-परजीवी, असभ्य, आवारा र फोहोरी विचार भएका मानिस हुन् ... नेक्रासोभ (रूसी

कवि) ले भनेकै छन्, 'तिमी कवि त नभए पनि हुन्छ, तर नागरिक चाहिँ हुनै पर्छ' ब्रोदस्की पक्षले प्रकाशकसँगको सम्झौता, सोभियत लेखक संघको सिफारिश, मानसिक रोगको इतिहास, अभियोजन पक्षले प्रस्तुत गरेका कविता उनका नभएको प्रमाण, विपक्षमा बोल्ने साक्षीहरूले उनलाई नचिनेको र उनका कविता खासै नपढेको, उनका केही 'आपत्तिजनक' ठानिएका कविता अभै अप्रकाशित रहेको र उनी १६ वर्ष हुनु अगावै लेखिएको आदिका आधारमा ब्रोदस्कीलाई सजाय दिन नमिल्ने जिकिर गर्यो ।

तर अदालतको फैसला अनपेक्षित थिएन । फैसलामा भनियो- 'ब्रोदस्कीले धेरै ठाउँ काम गर्दै छाड्दै गरेबाट उनले जानाजान सोभियत नागरिकको समृद्धि सृजना र व्यक्तिगत व्यवस्थापन गर्ने दायित्व पूरा नगरेको प्रमाणित हुन्छ । सन् १९६१ मा राष्ट्रिय सुरक्षा मन्त्रालय र १९६२ मा प्रहरीद्वारा चेतावनी दिए पनि उनले कुनै स्थिर काम नगरी आवारागर्दी र अनैतिक कविता लेख्न र सुनाउन नछाडेको देखिन्छ । युवा कविहरू सम्बन्धी समितिको रिपोर्ट अनुसार उनी कवि होइनन् । 'सन्ध्याकालीन लेनिनग्राद' का पाठकहरूले उनको निन्दा गरेका छन् । यिनै तथ्यहरूका आधारमा अदालत ब्रोदस्कीलाई पाँच वर्षका लागि कुनै सुदूर स्थानमा आन्तरिक निर्वासनमा पठाएर अनिवार्य शारीरिक श्रम गराउने आदेश दिन्छ ।'

अदालतको सुरक्षा गार्ड (ब्रोदस्कीको वकील छेउ गएर): के छ ? हारियो होइन त कामरेड वकील !

(यो बयानको मूल रूसी पाठ: सुदिलिश्ये, फ्रिदा भिगदोरोभा, ओगोन्योव, नं ४९/१९८८ .[www.politnauka.org/library/russia/vigdorova.php](http://www.politnauka.org/library/russia/vigdorova.php) वा <http://polit.ru/article/2004/03/14/brodsky1/> मा उपलब्ध छ)

यावत प्रतिकूलताका बावजूद रूसी सृजनात्मक परम्पराको गौरवलाई बचाइराख्न कटिबद्ध अखमातोभा, भिगदोरोभा, दमित्री शोस्ताकोभिच, येभ्मेनी एभ्तुशेन्को,

सामुइल मार्शाक, कोर्नेइ चुकोभ्सकी, नाताल्या गुरुदिनिना जस्ता स्रष्टाहरूको अथक प्रयासले पाँच वर्षका लागि शहर निकाला गरिएका ब्रोदस्की डेढ वर्षमै लेनिनग्राद फर्किएर आए । फ्रान्सेली दार्शनिक साहित्यकार जाँ-पल सार्त्रले पनि सोभियत सत्तासँगको आफ्नो निकटता ब्रोदस्कीको रिहाइका लागि प्रयोग गरेका थिए । उनको न्यायिक संघर्षलाई लिपीबद्ध गरेर विश्व प्रसिद्ध गराइदिने भिगदोरोभासँग उनको भेट हुन भने लेखिएको रहेनछ । सेप्टेम्बर १९६५ मा रिहा भएर ब्रोदस्की आफ्नो शहर फर्कदा त्यसको एक महीना अघि नै भिगदोरोभाको क्यान्सरले मृत्यु भइसकेको थियो ।

उनको पक्षमा बहस गर्ने गुरुदिनिना, एतकिन्द, आदमोनी आदि सबैका बारेमा अदालतले 'उनीहरूमा वैचारिक जागरण र पार्टीका आदर्शप्रति लगाव नरहेको' कठोर टिप्पणी गरेपछि तिनको जीवनमा ठूलै ग्रहण लाग्यो । गुरुदिनिनालाई उनी आवद्ध सबै साहित्यिक संस्थाबाट हटाइयो, धेरै वर्षसम्म उनका कृतिहरू छापिएनन् । एतकिन्दलाई त कालान्तरमा लेखक संघबाट हटाइएन मात्र, प्रोफेसर पद खोसेर देशै निकाला गरियो ।

ब्रोदस्की लेनिनग्राद फर्किँदा खुरुचेभ सत्ताच्युत भइसकेका थिए, तर पहिले भैं उनका कविता छान्ने अभै कोही थिएन । अनुवाद बापत पाइने अलिअलि पैसा र साथीभाइको सहयोगले गुजारा चलाइराखेका युवा कविका बिद्रोही कविता, तिखा भाषण, आक्रामक प्रस्तुतिहरू सोभियत शासकका लागि भन् भन् टाउको दुखाइको विषय बन्दै गए । अन्ततः उनलाई एकदिन अध्यागमन विभाग बोलाइएर रोज्न लगाइयो: साइबेरियाको श्रम शिविर वा नागरिकता त्यागेर विदेश निर्वासन ! यसरी सन् १९७२ मा विकल्पहीन बनेर ब्रोदस्की मातृभूमि परित्याग गर्न बाध्य र निकै दुःखी हुँदै अमेरिका निर्वासित भए ।

निर्वासन हुनु अघि नै ब्रोदस्की पश्चिमी विश्वमा चिनिइसकेका थिए । अमेरिकामा उनले मिशिगन, कोलम्बिया, येल विश्वविद्यालय, माउन्ट हल ओक

कलेजलगायत थुप्रै उच्चशिक्षा दिने प्रतिष्ठानमा प्राध्यापन मात्र गरेनन् अंग्रेजी भाषामा पनि साहित्य सृजना गरे ।

पुश्किन र दोस्तोएभ्सकी जस्ता महान अग्रजहरूको शहरमा जन्मिएको र 'असल नागरिक' हुन नसकेको आरोपमा आफ्नै देशबाट निकालिएको 'अप्यारो' यहूदी केटो 'परजीवी आवारा', रूसी कवि, अंग्रेजी निबन्धकार हुँदै सन् १९८७ मा साहित्यको नोबेल पुरस्कार विजेता बन्यो । त्यस बेलासम्म उनका कविता विश्वका धेरै भाषामा अनुवाद भइसकेका थिए ।

सोभियत कालमा ब्रोदस्कीले आफ्ना आमाबुबालाई अमेरिका बोलाउने निकै प्रयास गरेका थिए । अमेरिकी कांग्रेस र विदेश मन्त्रालयले समेत निरन्तर पहल गर्दा पनि सोभियत सरकारले उनका मातापितालाई अमेरिका जाने अनुमति दिएन । छोरासँग विछोडिएको ११ वर्षपछि आमाको देहावसान भयो र त्यसको एक वर्षपछि पिताले पनि संसार छाडे । सोभियत संघको पतनपछि सहृदयी मित्रहरूले उनलाई मातृभूमि फर्काउन निकै प्रयास गरे तर उनले घर फर्कने उत्साह देखाएनन् । सन् १९९६ मा हृदयघातबाट स्वयं जोसेफ ब्रोदस्कीको मृत्यु भयो ।

सृजनाको प्रारम्भिक कालमै उनको प्रतिभाको पहिचान गरेकी कवयित्री अन्ना अखमातोभाले भनेकी थिइन्, 'एउटा युग पुश्किनको थियो, शायद अबको युगलाई हामी ब्रोदस्कीको युग भनेर चिन्नेछौं ।'

(नेपालमा समसामयिक राजनीतिक विषयमा कलम चलाउने भुर्तेलले अध्ययन र रोजगारीको सिलसिलामा धेरै वर्ष रुसको राजधानी मस्कोमा बिताएका छन् । पूर्व सोभियत संघ, रुस र मार्क्सवाद-लेनिनवादमार्थिको विमर्श उनको रुचीका विषय हुन् । (Twitter:@JugalBhurltel)

(यो लेखको लामो अंश शिक्षक मासिकको असार २०७३ अंकमा प्रकाशित छ ।)



# अध्याशोबाट उज्यालो तर्फ : मैले सिकेको गीताको ज्ञान

- बिलोल पोखरेल,  
पीएचडी



म हजुरआमाको गीता गायन सुन्दै थिए “ॐ पार्थाय प्रतिबोधिताम भगवताम नारायणेन स्वयम्, व्यासेन ग्रथिताम पुराणमुनिनाम मध्ये महाभारत” वहाँको प्रार्थना जारी छ, अनि मेरो बाल मनोभावमा प्रश्नहरूको ढेरी लागेको छ, चुप लाग्न सकिन, मैले सोधें : हजुरआमा यो के पढेको? हजुर आमा सधैं पूजा गर्नुहुन्थ्यो, म पनि हजुरआमाको प्रिय नाति, मौका खोजेर हजुरआमाको नजिक बसेर उहाँको पाठ सुन्ने गर्थे। “मैले गीता पाठ गरेकी हुँ, एक छिन पर्खी, म पछि फुर्सदमा सम्झाउँछु यसको अर्थ, तब सम्म तँ “जय श्री कृष्ण” भनेर जप गरिराख”। हजुरआमाको प्रातः पूजन पूर्ण भयो अनि मैले फेरि गीताको बारेमा बताउन अनुरोध गरे। हजुरआमा भन्न थाल्नु भयो “यो द्वापर युगमा महाभारतको समयमा साक्षात परब्रह्म परमात्मा श्रीकृष्णले गाउनुभएको अमर शास्त्र वाणीको गीत हो। कलिलो मनले फेरि सोध्यो “हजुरआमा भगवान श्रीकृष्ण गीत गाउथे?” गम्भीर मुद्रामा हजुर आमा भन्न थाल्नुभयो “जब अरुले गाउँछन् ती गीत बन्छन् तर जब स्वयम् भगवान श्रीकृष्णले आफ्नै दिव्य

सुरिलो बंशीको धुनसंग विलय हुँदै मनोहर आवाजमा गाउनुहुन्छ त्यो गीत होइन त्यो गीता बन्दछ, यो ध्वनी सार गवीत शब्दहरूले सुसज्जित छ, यो अमृतमय मूलमन्त्रले प्रभावित छ, यसमा त्रिगुणातित परब्रह्मको एकाकार आदित्य स्वरूपिणि कान्ति छ, अनि यो परब्रह्म परमात्माको मुखारविन्दुबाट प्रस्फुटित वाक्यहरूको समष्टि स्वरूप हो। यी परमात्माका अन्तर्निहित भाव सहितका वाक्यहरू नै किम्वदन्तविमुक्त आत्माहरूलाई सहि बाटो देखाउने अलौकिक ज्ञानेन्द्रीय जस्ता छन् अनि यहि वाक्यहरूको पूर्ण रूप गीता ज्ञान हो।”

मैले लगन साथ हजुरआमाको कुरा सुने, तर मेरो बाल मस्तिष्कमा केहि पनि सुम्केको थिएन। “हजुरआमा यति कठिन शब्दहरूमा यस्तो अप्ठेरो तरि काले हजुरबाले सम्झाएको भैं भनेपछि म कसरी बुझौं?” मैले भने। “ओहो हो हो अब तैले मलाई त्यसै छोड्दैन्स जस्तो छ, लौ सुन अब म तँलाई सजिलो संग सम्झाउँछु, गीता र यसको जन्म को बारेमा।” हजुरआमा भन्न थाल्नु भयो, “तिमेरु लाई त थाहा छँदैछ

अहिले त टेलिभिजनमा आउँछ “महाभारत” किताब पढ्नु पनि पर्दैन, महाभारत एउटा ठूलो युद्ध थियो, हजारौं हजार मानिसहरूको, कैयौं वीर योद्धाहरूको मृत्यु भयो। यो युद्धका प्रमुख दुई पक्ष (महाराजा धृतराष्ट्रका सय पुत्रको जमात “कौरव” तथा धृतराष्ट्रका भाइ पाण्डुका पाँच पुत्रको समूह “पाण्डव” थिए। धृतराष्ट्रका जेठा छोरा दुर्योधनको राज्यमोहको कारणले ऊ जहिले पनि पाण्डवलाई क्षति पुर्याउन चाहन्थ्यो, पाण्डवको हत्या गर्ने कतिपय प्रयास गरेको थियो, दुर्योधनको भाइ दुशाशन तथा मामा शकुनी पनि दुर्योधनको यो पाप कर्ममा सक्रिय सहभागी थिए। राज्य संस्कार तथा पूर्व प्रतिबद्धताका कारण भिष्म पितामह तथा गुरु द्रोणाचार्य आदि जस्ता ओजस्वी पुरुषहरू कौरवका पक्षमा युद्ध गरिरहेका थिए अनि स्वयम् भगवान श्रीकृष्ण पाण्डवको पक्षमा हुनुहुन्थ्यो। भगवान् श्रीकृष्णले महाभारत युद्धमा शस्त्र नउठाउने प्रतिबद्धता गरेको कारणले भगवानले महाभारतमा अर्जुनको सारथीको भूमिका निभाउनु भयो।” “हजुरआमा यो त महाभारत हो, मैले त गीताको बारेमा सोधेको” मैले सोधें अनि हजुर

आमा भन्नुहुन्छ “बाबु ! जसलाई गीताको सम्पूर्ण ज्ञानको अभिरुचि हुन्छ त्यसले महाभारतको बारेमा ज्ञान लिन आवश्यक हुन्छ, किनभने महाभारतको भूमिमा गीता ज्ञानको उदय भएको हो, महाभारतको परिवेश, युद्धको वातावरण, परिवार बन्धुबान्धव समायोजन एवं समन्वय, आपसी मतभेद, आपसी वैरभाव, महाभारतका यी तत्वहरूले नै गीता अध्ययनलाई सार्थक बनाउछ, अनि परिमार्जित गर्छ। महाभारत नहुदो हो त सायद गीता हुदैन थियो होला, अनि गीता नहुदो हो त महाभारतको परिणाम सायद अर्कै हुन्थ्यो होला। महाभारत त्यस युगको एउटा ठुलो आँधी थियो, दुनियाँलाई समाप्त गर्ने ताकत थियो महाभारत, दुनियाँलाई दुर्गति तर्फ धकेली रहेको थियो, अनि ब्रह्मस्वरूप गीता वाणीमा यति तागत थियो कि यसले महाभारत रूपी आँधीको दिशा परिवर्तन गरिदियो अनि महाभारतको परिणाम परिवर्तन गरिदियो।”

भगवान श्रीकृष्ण स्वयम् पूरै महाभारत युद्ध भरि गाण्डिव धनुर्धारी महारथी अर्जुनको सारथी बन्नुभयो। युद्धको पहिलो दिन अर्जुनले उनका सारथी बनेका भगवान श्रीकृष्णलाई रथ युद्ध मैदानको बीचमा लैजान अनुरोध गरे। कुरुक्षेत्रको बीचमा रोकिएको रथबाट अर्जुनले चारैतर्फ हेरे, यद्धमा को को सामेल थिए अनि को को सँग युद्ध गर्नु थियो यसको अध्ययन गर्न थाले, विपक्षमा पितामह भिष्म, गुरु द्रोणाचार्य, गुरुपुत्र अस्वस्थामा, आफ्नै दाजु भाइहरू दुर्योधन दुशाशन र अरु कौरव सबैलाई देखे, अर्जुनले देखे कि त्यहाँ त सबै बन्धुबान्धवहरू आफ्नै आफ्नासँग

लडन तयार थिए, आफ्नाले आफ्नाको नै रगत बगाउन आतुर थिए, यो दृश्यले अर्जुन दिग्भ्रमित भए, सोच्ने सम्झने सामर्थ्य समाप्त भयो, अर्जुन किम्कर्तव्यविमुढ भए, उनको हात गाण्डिव धनुलाई सम्हाल्न नसक्ने अवस्थामा पुग्यो, उनको मस्तिष्क शुन्य भयो, शरीर चिसो हुन थाल्यो, आफन्तहरूलाई मारेर जितेको राज्यको मोह थिएन अर्जुनलाई, त्यसैले रणभूमिका बीचैमा उनले गाण्डिव धनु त्याग गरेर आफ्नै वंशको संहार नगर्ने फैसला गरे। यो समय थियो ठुलो धर्म संकटको, “युद्ध हुने तैयारीका बीचमा महायोद्धाले शस्त्र त्यागनु” अनि यहि धर्म संकटको निवारणको लागि गीता ज्ञानको प्रादुर्भाव भएको हो। कृष्ण( अर्जुन संवादको शैलीमा ग्रथित यो ग्रन्थ अर्जुनका प्रश्नहरूका उत्तरका रूपमा भगवान श्रीकृष्णका मुखार विन्दबाट प्रवाहित अलौकिक, अनुपम, अमूल्य एवं अद्वितीय ज्ञानको सागर हो। भगवान श्रीकृष्णले अर्जुनलाई यद्ध किन जरूरी भयो, पापको किन नष्ट हुनु जरुरि छ, पाप कसले नष्ट गर्दछ र यो कसको जिम्मेदारी हो, द्विविधाको समयमा निर्णयहरू कसरी गर्ने, अविनाशी के हो, ईश्वर तथा नश्वर के हो, मृत्यु के हो, कसको मृत्यु हुन्छ, आत्मा के हो, आत्माको अविनाशी स्वरूप के हो, कर्म के हो, अकर्म के हो, विकर्म अनि सुकर्म के हो, संस्कार, सुसंस्कार तथा कुसंस्कार के हो अनि यसले मानव जीवनमा कसरी प्रभाव पार्दछ, मुक्ति के हो, योग के हो आदि विविध विषयमा ज्ञान प्रदान गर्नुभएको थियो, यहि ज्ञानको अमूल्य खण्ड गीता ज्ञान बनेर आज हाम्रो सामु प्रस्तुत छ।

गीताको आरम्भ अर्जुनको अज्ञानता, अनिश्चितता, किम्कर्तव्यविमुढता तथा निर्णय असक्षमताबाट हुन्छ, यो प्रारम्भलाई अर्जुन विषाढ योग भनिन्छ (गीता अध्याय १)। अठार अध्यायमा विभाजित गीता शाङ्ख्य योग, कर्म योग, जस्ता विभिन्न योगहरूको वर्णन गर्दै १८ औं अध्यायमा मोक्षसन्ध्यास योगको वर्णन गरेर पूर्ण हुन्छ। पहिलो अध्यायको ३१ सौ श्लोकमा अर्जुन भन्छन् “निमित्तानी च पश्यामी विपरितानी केशव, न च श्रेयो (नुपश्यामी हत्वा स्वजनमाहते)। “अर्थात् भगवान, यो सबै त मलाई विपरित भएको जस्तो लाग्दछ, स्वजनलाई नै मारेर आफ्नै कुलको नष्ट गरेर कुनै कल्याण हुन्छ जस्तो मलाई लाग्दैन। पछि गीता कै अठार अध्याय को ७३ औं श्लोकमा अर्जुनले फेरी भनेका छन् “नष्टोः मोहः स्मितिलब्धा त्वत्प्रसादान्मयाच्युतः, स्थितो (समय गतसन्देहः करिष्ये वचनम तव)।” अर्थात् हे अच्युत (श्रीकृष्ण) हजुरको कृपाले मेरो मोह भंग भयो, मलाई आफ्नो कर्तव्यको बोध भयो अब म हजुरले आज्ञा गरे बमोजिमको कार्य (युद्ध) गर्न तैयार छु। महायोद्धा अर्जुनका यिनै दुइ संवाद, पहिलो अज्ञानता रूपी अन्धकारको अवस्था बताउने पहिलो अध्यायको श्लोक र दोश्रो ज्ञानको उज्यालो प्राप्त भएको अवस्था बताउने १८औं अध्यायको श्लोक, यसै बीचमा गीता महाज्ञानको रहस्य छुपेको छ।

अठार अध्यायको यो ग्रन्थ ७०० अलौकिक ज्ञानपुञ्ज श्लोकहरूले सुसज्जित छ। तेरा हजुर वाले राम्ररी वर्णन गर्नुहुन्छ, तरपनि सामान्य मान्छेलाई जानकारी भएका गीताका केहि प्रसिद्ध श्लोकहरू म तँलाई



बताउँछु, यी श्लोकहरुलाई गीताको मूल रहस्य बताउने वाक्यहरु भन्ने गरिन्छ । गीताको अध्याय २ श्लोक २३ मा आत्माको बारेमा वर्णन गर्दै भगवानले भन्नुभएको छ “नैनं छिन्दन्ति शस्त्राणी नैनं दहती पावाकः न चैनं क्लेदयन्त्यापो न शोषयन्ति मारुतः । “अर्थात् आत्मालाई कुनै शस्त्रले काट्न सक्दैन, आगोले जलाउन सक्दैन, पानीले भिजाउन सक्दैन, र पवनले सुकाउन सक्दैन, आत्मा अच्छेद्य, अदाह्य, अक्लेद्य तथा अशोष्य छ, नित्य छ, सर्वव्यापी स्थीर, अचल र सनातन छ । यस्तै गरी भगवानले कर्मयोगको मूल मन्त्र वर्णन गर्दै अर्जुनलाई अध्याय २ को ४७ औं श्लोकमा भन्नु हुन्छ “कर्मन्येवाधिकारस्ते मा फले सु कदाचनः, मा कर्मफलहेतुर्भूर्मा ते संगोक्स्त्ववकर्मणि”, अर्थात् मनुष्यलाई कर्म गर्ने अधिकार प्राप्त छ, तर कर्मफल प्राप्त गर्ने अधिकार प्राप्त छैन, त्यसकारण फल प्राप्त हुँदैन भन्ने निराशा लिएर कर्म गर्न त्यागनु तथा फल प्राप्तिता लागि मात्र कर्म गर्नु दुवै अनुपयुक्त हुन्छन् । भगवान् अगाडि भन्नुहुन्छ कि कर्मफल आशक्तिको त्याग गर्नु तथा सिद्धि या असिद्धि दुवै परिणामलाई समान रूपले ग्रहण गर्ने समतापूर्ण मनोवृत्ति नै कर्मयोग हो । गीताको एउटा अर्को मात्यता “ईश्वर छन् र ईश्वरले प्राणीको रक्षा गर्दछन्” भन्ने पनि हो, अध्याय ४ को ७ र ८ औं श्लोकमा भगवान्ले भन्नुभएको छ ‘यदा यदा हि धर्मस्यः ग्लानिर्भावती भारतः अभ्युत्थान्मधर्मस्य तदात्मानम सृजाम्यहम् । परित्राणाय साधुनाम विनाशाय च दुष्क्रिताम, धर्मसम्स्थापनार्थाय सम्भवामि युगे युगेः।” अर्थात् जबजब धर्मको ह्रास हुन्छ, अधर्मको बाहुल्यतामा वृद्धि हुन्छ

त्यस बेला साधुसन्तको रक्षाको लागि, दुष्ट र अधर्मीको नाश गर्न तथा धर्म स्थापनाको लागि म हरेक युगमा अवतार लिएर पृथ्वीमा आउनेछु । हेर नाति म तेरो हजुरबा जस्तो गरि धेरै गहीरो रूपमा समझाउन त सकिदैन, गीता जस्तो महान ग्रन्थको वर्णन गर्न हजार मुख भएका शेषनागलाई त गाह्रो पर्न सक्छ, भने म एक सामान्य मनुष्यले के वयान गर्न सकूँ, तैपनि मेरो अनुभव र क्षमता अनुसारको वर्णन मैले गरौं

हजुरआमा र उहाँको गीता वर्णन मलाई सधैं याद आउछ, मैले गीतालाई एउटा अनुपम, अमूल्य र अद्वितीय ज्ञानरत्नको रूपमा पाएँ । गीतामा समाहित वैज्ञानिक आधारभूत ज्ञान, दार्शनिक सिद्धान्त, धार्मिक तत्व, नैतिक उपदेश, ज्ञानयोग एवं भक्ति साधनाको महत्व, त्यो द्वारपर युगमा युद्धभूमिको बीच अकर्मण्य भएका अर्जुनलाई मात्र नभई भावी पिढीका हरेक मनुष्यलाई उपयोगी सिद्ध हुन्छ । कर्तव्य अकर्तव्य, सुसंस्कार कुसंस्कार, कर्म अकर्म र विकर्म, बन्धुबान्धव नातागोता, माया र विषयका बिचमा रुमलिएर किमर्कतव्यविमुद्ध भएका अनि मुक्ति नपाई यस संसारमा भटक रहेका हरेक प्राणीलाई यो ग्रन्थ उपयोगीसिद्ध हुन्छ । संसार रुपी यो भवसागरमा मनुष्य पीडा, समवेदना, माया, मोह ईत्यादिले व्याप्त भै कुवृत्ति र वासनातर्फ आकर्षित हुन पुग्छ, कर्मच्युत भएर ईश्वरको भरोसा समेत गर्न छोड्छ, यस्तो बेलामा गीताले एउटा परमगुरु जस्तो गरि मनुष्यलाई पथप्रदर्शन गर्दछ । जुन मनुष्यले यस संसारको भोग विलाशलाई नै आफ्नो जीवनको लक्ष्य बनाएको छ, गीताज्ञानले त्यस्ता व्यक्तिहरुको पनि सांसारिक जीवनको बारेमा ज्ञान वृद्धि गराई सांसारिक बन्धनमा सधैं दुःख

छ, यहाँ अक्षय प्रेमको सुख कहिले प्राप्त हुन सक्दैन, र संसारको यो बन्धनबाट कसरी मुक्ति प्राप्त हुने भन्ने विषयमा मार्ग दर्शन गर्दछ ।

अन्त्यमा गीताज्ञानलाई आजको युगसंग तुलना गर्दै मलाई यस्तो लाग्छ कि यो संसार नै एउटा महाभारत हो । सत्य सनातन छ, अजर अमर छ, तर पनि यो युगमा सत्य धेरै कम छ, सबैको दृष्टिमा आउदैन, सत्य मजबूत हुन्छ तर महाभारतका पाण्डवहरु जस्तै संख्यामा कम देखिन्छ असत्य एवं पाप प्रशस्त छन् । महाभारतका कौरव भैं प्रचुर मात्रामा छन्, मनुष्य दम्भि छन् अनि दुर्व्यवहारी छन् । आजको युगमा पनि कतिपय जानी नजानी गरिएका प्रतिबद्धताका वशमा परेर महाभारतका भिष्म पितामह तथा गुरु द्रोणाचार्य भैं असत्यका पक्षमा लडिरहेका महापुरुषहरु छन् । यो कलियुगको महाभारतमा हरेक मनुष्य आफ्नै जीवनको महायुद्धमा समाहित छ, यसैले आजपनि जसले गीताज्ञानको अनुसरण गर्दछ, त्यसले भगवान् श्रीकृष्णलाई सारथीको रूपमा पाएर यस संसार भव सागरबाट तर्न सक्षम हुन्छ, अनि जसलाई गीताको ज्ञान छैन या जो गीता ज्ञान चाहदैन उसले आजपनि यो संसार रुपी महाभारतबाट विजय प्राप्त गर्न सक्दैन र द्वारपर युगका कौरवहरु भैं नष्ट भएर जान्छ । त्यो युगमा अर्जुनलाई अनि आजको युगमा हामी सबै मनुष्यहरुलाई गीताज्ञान अँध्यारोबाट उज्यालो तर्फ लैजाने एउटा विशुद्ध यात्रा हो ।




## Heartfelt Condolence

Albeit her journey to this world has been very brief, baby Riya has left an indelible and ever lasting impression amongst each of us. She was an angel that just brought joy to all the people around her. She loved playing with her sister and loved sweets and ice-cream. Her beautiful smile and curious nature made her stand out among the kids of her age.

Nepalese Association of Houston (NAH) extends heartfelt condolences and deepest sympathies to parents of Late Riya Shrestha, Mr. Rajendra and Umita Shrestha and her elder sister Reeva. May her departed soul rest in eternal peace in the heavenly abode! May Lord bless her soul and give the family strength and courage to withstand this immense loss.

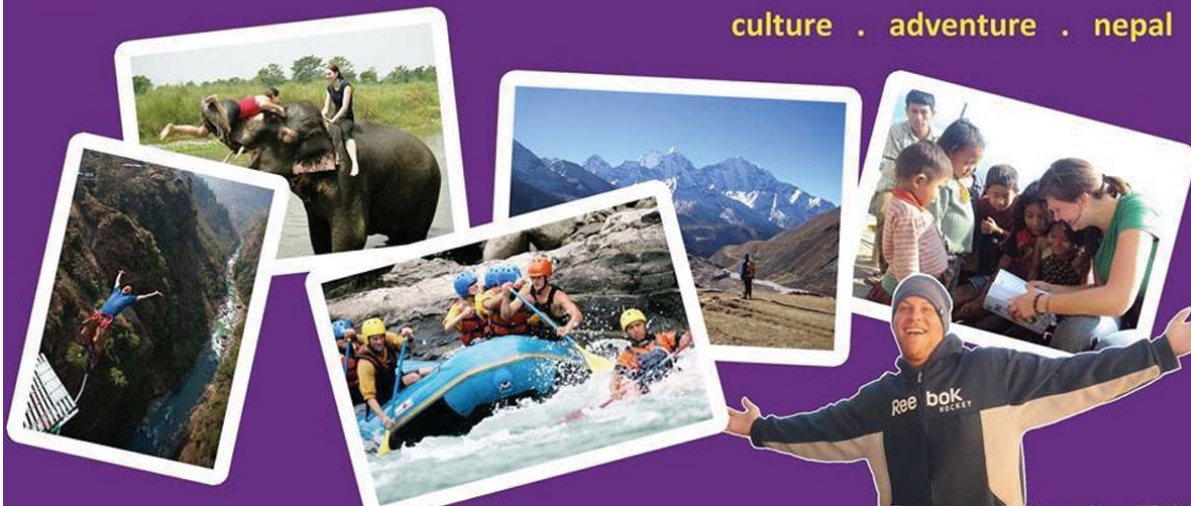
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(July 12, 2013 – July 07, 2018)



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## शुभकामना

आफ्नो उज्ज्वल भविष्यको सपनालाई सफल बनाउन घरपरिवार र मातृभूमि  
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# Nepalese Association of Houston

## *Activities Glimpse*

*New Year 2074 & Nepal Day Celebration* (April 14<sup>th</sup>, 2017)



*NAH Dashain Celebration with Milan Lama & Shila Ale*

(September 23<sup>rd</sup>, 2017)







## Pashupatinath Temple & Community Center Acquisition Celebration (November 12<sup>th</sup>, 2017)







## Holi Celebration at Pashupatinath Temple, Houston TX (March 4<sup>th</sup>, 2018)





## NAH Blood Drive & Free Health Screen (April 8<sup>th</sup>, 2017)









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