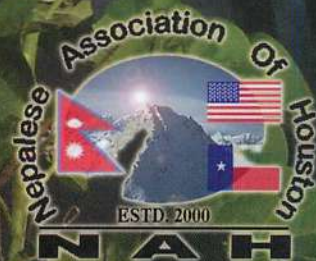




NEPAL VISION

A publication of Nepalese Association of Houston (NAH), A Non-Profit Organization
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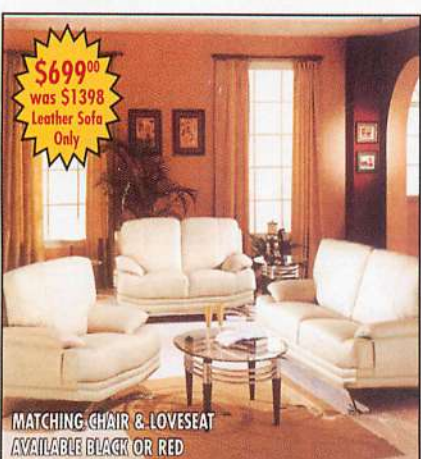


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Editor's DESK

'Change is the only thing that is constant'. Everything is always changing, the weather changes, lives change, careers change, governments change. Large or small change is all around us. Actually in a sense we can find comfort in the notion that change is the only thing that is here to stay, no matter what, we can assume that change will come.

Nepal is going through a period of change. The future is still unclear; things are always going haywire, promises are being made and broken all the time, but we can find solace in the fact that things will change, it has no other choice but to change. And sometimes to bring about a drastic change a drastic revolution is needed; a revolution that we are experiencing right now. It is a difficult period, but one that was bound to come. We can only hope that this period of change will lead our country towards the path of development, a path that will build an economically and politically strong Nepal.

Obviously our lives are changing as well, in the article "Brain drain or Brain gain" a young student is contemplating his choice to come to the U.S. and continue his study in medicine and change his life, and hopefully the lives of people that may receive medical treatment from him in the future. Similarly an article about Laser Eye Surgery provides us with the information on some of the technological changes happening in the Optometry field.

On a more personal level we can see someone changing from just an individual concerned with themselves and their success to a more conscious world citizen in the article "Contribution on its own right". We also experience the pain and agony that change sometimes brings by reading "Yo maya ho"; we see a person changing from someone very deeply in love to someone very devastated by a broken heart and then again into someone trying to move on and mend their broken heart.

So, good or bad, change keeps us moving, keeps us looking ahead. We hope that you enjoy this issue of Nepal Vision and embrace any changes in the magazine and any changes that life may be throwing your way.



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President's MESSAGE



“*Gotong Royong*” is a beautiful concept in Indonesian and Malay societies which stands for “carrying or lifting a heavy burden together.” It is the spirit of helping each other for the upliftment and betterment of the entire community. That is exactly what we did this year and in the past. We came together and rendered help to our community in the hour of need, and made a difference. Together, we shared and experienced it all: the moments of glory and joy, as well as the moments of sadness and grief. The Nepalis and friends of Nepal from North America came on board, assembled together on a common platform, and achieved a common goal: serving the humanity.

It was all about coming together, time and again: be it helping the children affected by the South Asia Tsunami that struck parts of South and Southeast Asia (NAH Tsunami Relief Fund), or providing financial assistance to 15 Nepali students in Texas and Louisiana affected by the hurricanes Katrina and Rita (NAH Katrina-Rita Relief Fund), or providing financial and moral support to the Nepali student, late Arbind Bhattarai, who was diagnosed with Lymphoma cancer (Help Arbind Fund). Nepalis and friends of Nepal from all over the world poured their support and best wishes for his speedy recovery. Soon after financially assisting late Arbind with

\$11,640, a second round of fund collection was initiated and a check in the amount of \$5,000 was presented to Arbind's mother Guddy Bhattarai on Oct. 7, 2006 during the NAH Bada Dashain celebration in Houston. Unfortunately, despite an all out efforts by everyone including his family members, friends and the Houston Nepali Community, Arbind Bhattarai passed away on Nov. 22, 2006. His funeral services and last rites, as arranged by NAH, were performed on Nov. 27, 2006 at Garden Oaks Funeral Home in Houston. On behalf of NAH, I extend deepest heartfelt condolences to the family and friends of late Arbind Bhattarai and pray for the eternal peace of his soul in the heavenly abode. I also extend grateful appreciations to all Nepali brothers and sisters and friends of Nepal for overwhelmingly supporting the NAH "Help Arbind Fund" and providing their good wishes and love to late Arbind Bhattarai.

The Houston Nepali Community was then devastated and deeply saddened by the untimely loss of four Nepali students Amrit Dhital, 21, Subash Gurung, 20, Pralad Gurung, 22, and Pukar Acharya, 21, in a road accident on Jan. 6, 2006. The Nepali community came together, once again, and participated in the funeral service in Van, Texas on Jan. 9, as well as the memorial service in San Jacinto College on Feb. 23. The expenses for the funeral services, death certificates, and shipment of their personal belongings to Nepal were duly covered by the "NAH Amrit, Pukar, Subash, Pralad Funeral Fund." In addition, financial assistance with the remaining balance from that fund was provided to Hari Dhital, father of late Amrit Dhital, in consideration of his financial need at that time. Of late, the settlement of the lawsuit between the insurance company and families of deceased students has resulted in distribution of a substantial remuneration to their families. I had the opportunity to meet with the family members of late Subash Gurung, late Pralad Gurung and late Amrit Dhital on Oct. 27, 2006 in Kathmandu, Nepal.

In order to ease the hardships faced by the Houston Nepali community in such emergency situations, NAH has set up the "NAH Emergency Fund," and has raised \$5,724.97 to date.

It is also gratifying to note that five widowed single women from Dang area of Nepal received skills training and equipment in tailoring through the "Maoist Victim Relief Fund" and have become self sustained entrepreneurs.

Nepalese Association of Houston (NAH) joined hands with Radha Krishna Organization to build the landmark, pagoda style Shree Pashupatinath temple in Houston. NAH also coordinated the opening ceremony on Feb. 26, 2006 on the occasion of Maha Shivaratri. The Houston Nepali community now meets each month at the temple for Abhishek / Puja, followed by the dinner and is planning to celebrate the first anniversary in February 2007, in a big way.

I had the opportunity to participate in the Nepa Pasa Pucha Amerikaye (NPPA) 14th Annual Meeting in Maryland (Nov. 5, 2005) as a guest speaker. Later, I also had the honor of editing the 15th Anniversary Issue of NPPA's publication "Dabu" in the capacity of Editor-in-Chief, published and distributed on Oct. 28, 2006, on the occasion of the 15th Annual Meeting and "Bhintuna" celebration.

I had the opportunity to interact and share my NAH experience with the Nepali community in Calgary, Canada, in Sept. 2006. We also represented NAH at the "Artistry of India and Nepal" photo exhibition / reception organized by Chase Bank and the City of Houston on May 16, 2006.

We appreciate the continued support and financial assistance received from our friends from Rocky Mountain Friends of Nepal (RMFN) Denver, Colorado, Nepal Seattle Society (NSS), Seattle, Washington, and Nepali Community in Vancouver, Vancouver, Canada.

Halliburton Foundation and Exxon Mobil Foundation supported NAH by contributing \$400 and \$1,000, in recognition of the volunteer services of Rajendra Shrestha and Bharat Bhakta Shrestha, respectively. We highly appreciate their kind consideration and community involvement.

In recognition of its remarkable achievements, NAH received a "Letter of Appreciation" from the former Nepalese Ambassador His Excellency Mr. Kedar Bhakta Shrestha. The complete letter is published in this issue.

It gives me great pleasure and privilege to extend deep appreciations, on behalf of NAH, for your invaluable time, undivided attention and unflinching support. Please continue to provide your support through active participation and involvement in all of its activities, because NAH belongs to you - all of you. After all, you should do something beyond yourself, shouldn't you?

Finally, it is a pleasure to appreciate the tireless efforts of the editorial committee, the authors, and the marketing and advertising committee, and the contributors of advertisements for bringing out this New Year 2007 issue of Nepal Vision.

On behalf of NAH, we wish you, your family and loved ones a very Happy New Year filled with good health, prosperity, peace, harmony and plenty of rewards!

Best regards,

Dr. Rajendra K. Shrestha
www.houstonnepalese.org



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Letter of Appreciation

I am glad to know that the Nepalese Association of Huston (NAH) has been very actively engaged in organizing various community activities in promoting the interests and welfare of the Nepalese nationals living in that area. By encouraging and facilitating the community members to observe and celebrate some of the main national festivals of Nepal such as Bada Dashain, Laxmi Puja, Maha Shivaratri etc., NAH has made a very commendable contribution in preserving and promoting the traditional culture and heritage of Nepal in the USA. The periodic publication of *Nepal Vision* by NAH also deserves our appreciation as it provides an important forum for the expression of views and opinions by the community members as well as working as an effective means of intra-community communications.

I am also equally impressed by the generosity with which NAH has dedicated itself to the cause of broader humanitarian services in the previous year. It has done an exemplary service by providing assistance to the victims of natural disasters such as the Tsunami and hurricanes Katrina and Rita. Also, by creating the Maoist Victim Relief Fund and the Help Arbind Fund, NAH has not only committed itself to a great humanitarian cause, but it has, I believe, also provided an inspiration for other Nepali organizations to undertake similar initiatives as well.

Indeed, the tireless efforts of Dr. Rajendra Shrestha, the President of NAH, and his dedicated team deserve our deep appreciation for what the Association has been able to achieve under his active leadership and guidance.

Finally, as the Nepali New Year is stepping in, I wish you all a very Happy, Healthy and Prosperous New Year 2063 B.S.

Kedar Bhakta Shrestha
Ambassador

13 April 2006

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on its own right

- Chetana Baskota

Last time I checked all my friends and I have been in the right track to a successful life. Most of them have finished their college education; have very good jobs considering that most of them just graduated. I will be graduating soon too. All of us worked our way through college, at times actually I have had two jobs and school full time. None of us have shied away from hard work, and perseverance. But don't get me wrong, we are not all work and no play, far from it. We have been known to say, "I am ready to party like a rock star". And have stayed out partying and laughing till wee hours of the night.

Actually all in all life has been good, but sometimes it feels like something is missing. Specially a very close friend of mine and I feel like we have everything good in life but we are not doing much to give back. Especially after hurricane Katrina in New Orleans we witnessed how horrible and devastating life can be and how important it was to do something in the community we live in. We first started collecting all of our old clothes and donating it, and then we went to the Reliant Stadium to volunteer. Despite this we didn't feel as if we had done enough. We wanted to do more; we wanted to do something in a larger scale.

In our search for "global help" as we like to call it, my friend stumbled upon an organization called Oxfam America. Oxfam America is part of an organization that was originally formed in Britain. According to the official Oxfam America website, "in 1942, a group of Quaker intellectuals, social activists, and Oxford academics formed the Oxford Committee for Famine Relief in response to the plight of refugees in Greece. After the war, Oxfam (a name derived from its postal code abbreviation) continued its work, sending materials and financial aid to groups aiding the poor throughout Europe. As the situation in Europe improved, Oxfam's attention shifted to the needs of people in developing countries.

Twenty-eight years later, a group of volunteers founded Oxfam America in 1970 in response to the

humanitarian crisis created by the fight for independence in Bangladesh. Oxfam Great Britain provided a loan for the group and, at first, Oxfam America funneled funds exclusively through Oxfam Great Britain. Originally located in Washington, DC, Oxfam America relocated to Boston in 1973'. Today, Oxfam America is a non-profit organization that works to end global poverty through saving lives, strengthening communities, and campaigning for change."

After some consideration we decided this would be the perfect organization for us to assist. And our scheming minds came up with a master plan that would allow us to raise money for Oxfam, while to enjoying doing so. Throw a party of course. We could invite all of our friends, advertise the party at our jobs and school and try to get as many people as we possibly could find, and ask people for a donation of at least \$10.00 or more. We figured this would work out great, most people that go out to downtown Houston already pay that amount or more, so they should have no problem with paying \$10.00 for a good cause.

The ideas and planning were great, but our biggest obstacle was finding a venue for the party. We knew we could not possibly have it at one of our places of residence; we did not want the hassle of cleaning up after. And we were positive that if we tried to rent out one of the bars or lounges it would end up costing us a lot of money. Money that we were trying to raise for the organization would be spent. Well even this was nothing that our ever popular and resourceful circle of friends could not overcome.

As it goes, someone knew someone who knew someone else that could possibly talk to someone that managed a certain location that we may like. Thus our networking landed us at a restaurant/bar called Beso. We picked a night that we decided would be perfect and little by little our plans started coming into action, we started discussing what type of music we wanted, one of our friends designed a flyer that we could circulate amongst people, we needed to decide how we were going

to collect the money from the people, and everything else that might become an issue that night.

The night finally came around; we must have done a good job of advertising it because the place was packed. People were everywhere; there was barely any space to stand. Everyone seemed to be having a good time. Plenty of "oh my god" and "did you see", stories that we were going to talk about for days were made that night. All in all the night was a total success, we made around \$2500 that night, so apparently we had around 250 people in that tiny space.

After everything was over, we were pretty satisfied with ourselves. None of us would have been able to donate \$2500.00 to the organization on our own, but when we all got together and put a little bit of effort and a whole lot of partying and fun into it, we were able to raise a good amount of money for the Organization. Almost all of my friends are from developing or underdeveloped countries, so when we organized this fund raising party, we hoped that with our actions we were helping our countries; even if it would probably be in the most minute and indirect way.

Life is so fast paced here in the U.S., miss a step and you are so far behind that it seems it will take you forever to catch up. There is so much pressure to succeed, to make as much money as you possibly can and work so hard that everything and everybody takes a second place to your work and responsibilities to it. We are all so consumed by what we can do for ourselves, what promotion we can get today, how much of a raise we can get today, what newer and up graded cell phone and car we can get today. We are so tangled in this web of pressure and success that we forget to stop and look at the world around us. We do not see the underprivileged children and families living well under the poverty lines, we overlook the thousands of people that cannot go to the hospital to take care of their illness, we ignore everything that does not directly impact us or our daily lives.

I can honestly say that I am one; I am one of us that has not seen, overlooked and ignored everything around me. I am so caught up with my life, my success, and my happiness that I have failed my responsibility to mankind. I am so busy working towards my success that I forget that there are people that go hungry everyday, that success is not even in their vocabulary when food and shelter seem so far of reach. I am sure our little fund raising party has not put any dent in the hardships of the world. We have not done all that we could and still can. But it was a beginning, it was a step in the right direction, maybe we will save the world, \$10.00 and one party at a time.

Man above

DEATH



Man's dying of just one death
Cannot kill man
Man's moving from one body
Into another does not mean death

Man is not just
A handful of dust
To throw away into the river
Man is a soul divine always above
death

Man is the most beautiful
Creation of god
Death cannot destroy man
Death cannot demolish man

Death is too little to hold man
Death cannot control man
Death cannot conquer man
Man is always above death

- Late. Dhurba K. Deep

New look at LUKLA

Lukla is more than trekking lodges attached to an airstrip as this year's Dumjee festival showed

- SAGUN S LAWOTI in LUKLA

The deep drone of Tibetan horns reverberated across the Bhote Kosi valley and Lukla's mist-covered pine forests as the gateway to Khumbu marked the start of its annual Dumjee festival last week.

Monks clad in reds and yellows danced in harmony to the sound of cymbals and drums at Kemgon Monastery—proving to all present that Lukla is more than just a place where trekkers wait for their plane.

Indeed, even for locals Lukla is a transit stop. Most people only pass through Lukla on their way up the valley to Namche, Tengboche and Everest Base Camp. It is only when you're stuck in Lukla for a few days because the clouds close the airport that you get to explore and discover that it is more than just a runway.

Luckily, our flight was cancelled two days in a row. Otherwise we'd never have seen the cultural side of the town that grew after Sir Edmund Hillary carved a sloping runway out of a mountainside at nearly 3,000m.

Dumjee is the Sherpa festival to drive away evil spirits. Music, dance, food and drinks coupled with sacred rituals, traditional and hilarious dances herald the beginning of the festival. Things start slowly as families gather and when the Nepte Rimpoche flies in from Kathmandu to preside over the fiesta the tempo of performances and rituals accelerates to reach a crescendo of sounds and sights on the last day.

Dumjee is the celebration of the birth anniversary of Guru Rimpoche Padmasambhav. Dawa Phuti Sherpa of the Lukla monastery says its message is to pray for peace and order in the world, and given Nepal's own problems, the festival has added significance.

The festival also serves to reinforce clan bonds and friendship ties between highland communities. Some trekked from villages a day's walk away and the better off chartered helicopters to get into Lukla in time for the prayers. Some Kathmandu-based ambassadors were also on hand to witness the festivities.

Dumjee festivals are also observed in other places in the Khumbu such as Khumjung, Namche, Thame and Phortse. But it is Lukla and the Solu region where Dumjee has more significance. "Unlike other parts of the region,



Photo: Kiran Panday

we in Lukla observe the festival a month before other places," says AG Sherpa, chairperson of the festival organising committee. Lukla's Dumjee was last week and the rest of the Khumbu celebrates it next month.

There are solo and group dances in the monastery courtyard in the course of the five-day fiesta depicting different deities in varying moods. Led by head priest Nawang Lopsang, the monks also performed a *hom* to keep evil spirits away.

Finally, the Rimpoche blesses the crowd indicating that the festival is drawing to a close for this year, and hopefully the evil spirits have heeded the warning.

(This article was previously published on Nepali Times, Issue # 302)



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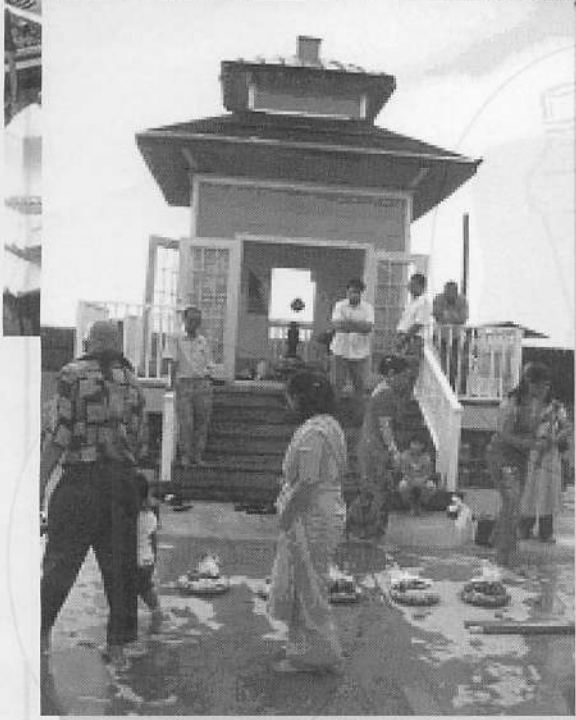
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Shree PASHUPATINATH

**Temple in Houston, Texas, USA
on the occasion of
Maharshivaratri**

The tireless efforts of the volunteers from Nepali and Gujarati communities (members of Shree Radha Krishna Organization and Nepalese Association of Houston) to construct the pagoda-style temple of Shree Pashupatinath in Houston was completed and formally opened for worship on the occasion of Mahashivaratri on Sunday, Feb. 26, 2006. The Shivalinga was brought to Houston from Bhaktapur, Nepal. Besides being a landmark temple in the west, Shree Pashupatinath Mandir in Houston is the first temple of its kind where Hindu Gods Radha Krishna and Shiva co-reside.

The opening ceremony of Shree Pashupatinath Mandir in Houston was attended by Shree Acharya 108 Tahal Kishor Maharaj, also known as Guruji. Guruji, a native of Nepal, received his education and high priesthood in India. The Pashupatinath temple in

Houston was created as a result of Guruji's dedicated vision of building a place of worship for god Shiva in the West.

The celebration was marked by a 108 Maha Rudra Yagna and 1008 Bel Patra Abhishek performed by Pujahari Pravin Pandya under Guruji's guidance.

Devotees from the USA and UK attended the temple in a festive mood to be a part of the celebration. On that occasion, Dr. Rajendra Shrestha, President of Nepalese Association of Houston, and coordinator of the event presented an account of Shree Pashupatinath in Nepal and the forward plan for phase 2 construction of the temple. This project sets a commendable example of well coordinated efforts amongst the people of two different national origins bound by a common cultural heritage.

TO DO MARKET

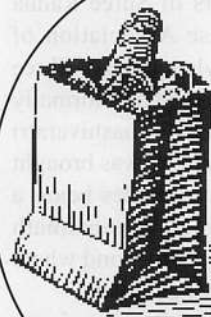


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Brain Drain or BRAIN GAIN

I am sure life's uncertainties are not unique only to me, we have all been bewildered with the possibilities it offers, yet our experiences are exclusively ours, and we are the ones that live with our choices. I am an aspiring medical doctor who graduated from Nepal and practiced in Nepal for two years. But I am ambitious in my profession, so here I am, in the U.S. for future studies.

My future plans were always met by sarcastic remarks such as "oh, just another example of brain drain" by most people in Nepal.

I am fully aware that Nepal is in dire need of medical services; yet, like other professionals, us doctors are leaving the country. It is selfish in a sense, but whenever I visualize the possible positive future I am more focused towards my goal of completing an advanced training in the United States.

As a professional, I would be able to do many things right now in Nepal. But, if I receive an advanced training in a highly competitive setting, I will be able to do so much more. I will have the opportunity to face the current problems of Nepal with greater knowledge and increased skills, as well as more patient-friendly manners which can be appropriately applied in Nepal. The training and advanced resources available here will allow me to excel at my profession while building leadership qualities.

The network which I hope to establish during my stay in the U.S. would definitely be beneficial for the health system of Nepal. By working towards creating a common umbrella to gather human pool of like minded people along with the financial, I foresee a significant positive step in the philanthropic arena as well. Furthermore, although I may be undertaking the training as a single candidate, I look forward to sharing my knowledge and skills and making it available to other medical personnel who may not have been presented with the opportunity otherwise.

The flow of medical professionals to U.S. from Nepal has tremendously increased lately. After 10 to 15 years of vigorous training and sound financial standing, even if a small fraction of the professionals decide to contribute to the benefit of the Nepalese health system, a positive change can be expected.

It is quite normal to have doubts about one's future commitment. The question: "Is it brain drain or brain gain?" lingers in my mind. I choose to see it as an eventual brain gain, for I will be using my skills towards enhancing the medical field in Nepal. My vision of the future is slowly forming despite the fact that I am not

completely sure of the exact details. Brain gain has been working well for India and China recently; it should not be such a distant possibility for Nepal either. The belief that your efforts could bring about a huge improvement to the system, would most likely incline you to do the same. It is like changing the paradigm one brick at a time.

(Amit is a medical professional who is currently pursuing his further studies and training in USA)

- Amit Kandel



३ मुक्तकहरू

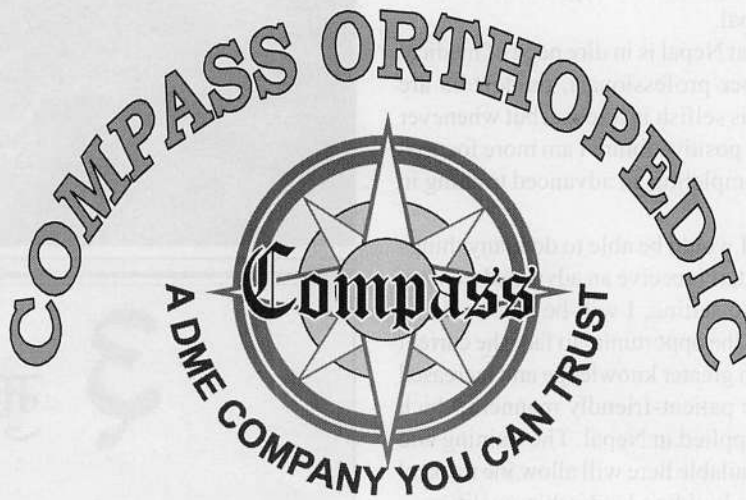
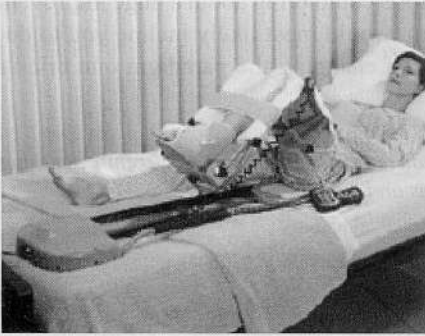
—किशोर पहाडी

१ आकाशहरू जहाँबाट हेर्दा पनि किन नीला नीला छन्
चन्द्र तारा लुकामारी खेलछन्, देखिँदा चहकिला छन्
छिन छिनमै आकार बदलिने बादल चाहिँ सर्वाङ्ग नाङ्गो
बादलहरू किन त्यत्ति, त्यत्ति धेरै उताउला छन्

२ जो मान्छे मान्छे जस्तो छैन, उनीहरू पृथ्वीमा नआए
हुन्थ्यो
जो जो गन्तीमा आउँदैनन्, उनीहरूलाई युगले नचाए हुन्थ्यो
बरु स्वप्नसंसारको भकारीमा, परिश्रमको धान राखिँला
हो बादल जस्तै नयाँ नयाँ आकार, बदलिँरहन पाए हुन्थ्यो

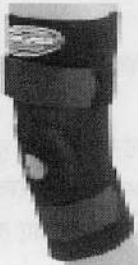
३ तिम्रो आँखा किन चुप छ एउटा कालो पोखरी जस्तो
आँसुको के मूल्य र बेमोल छ साउने भरि जस्तो
ओठ निश्चल, मुस्कान निश्चल गतिको आवश्यकता छ
नशाको मदले चट्टान फुटाउँदै उडा एक चरी जस्तो

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Nepalese Association of Houston Activities

April 2005 - December 2006

Dr. Rajendra K. Shrestha

The purpose of Nepalese Association of Houston (NAH), a non-profit organization, tax exempt under the IRS section 501(c)(3), is to serve the Nepali Community in the Greater Houston area, bring all Nepali brothers and sisters on a common platform and create a congenial environment of friendship, fellow-feeling and mutual respect to help each other at the time of need, as well as to share the joys and sorrows of life. It also strives to preserve and foster the rich Nepali cultural, traditional and historical heritage. Please visit the NAH Web site www.houstonnepalese.org for details about this association and its activities.

"Service to mankind is service to God." A majority of activities of Nepalese Association of Houston (NAH) this year and in the past revolved around this motto. On behalf of NAH, we are ever so grateful to Nepalis and friends of Nepal from across the globe for actively participating and contributing generously and whole-heartedly to the success of these activities.

The NAH Tsunami Relief Fund helped the children affected by the South Asia Tsunami that struck Indonesia, Sri Lanka, Thailand and India on Dec. 26, 2004. A check in the amount of \$1,708 was donated to the UNICEF Regional office in Houston, Texas to which ExxonMobil matched \$250.

NAH financially supported 15 Nepali students pursuing studies at Lamar University, Texas and University of New Orleans, Louisiana, affected by Hurricanes Katrina and Rita with \$3,000 from the "NAH Katrina-Rita Relief Fund." Our friends from Rocky Mountain Friends of Nepal (RMFN), Denver, Colorado, contributed \$826 to this fund.

Late Arbind Bhattarai, a Nepali student from Houston, was diagnosed with Lymphoma cancer in Oct. 2005. NAH provided Arbind the much needed moral support and helped him financially (\$16,640) from the "Help Arbind Fund." Unfortunately, despite an all out efforts by everyone including his family members, friends and the Houston Nepali Community, Arbind Bhattarai passed away on Nov.

22, 2006. His funeral services and last rites, as arranged by NAH, were performed on Nov. 27, 2006 at Garden Oaks Funeral Home in Houston. On behalf of NAH, we extend heartfelt sympathies to the family and friends of late Arbind Bhattarai and pray for the eternal peace of his soul in the heavenly abode. We also extend grateful appreciations to all Nepali brothers and sisters and friends of Nepal for overwhelmingly supporting the NAH "Help Arbind Fund" and providing their invaluable good wishes and love to late Arbind Bhattarai.

On Friday, Jan. 6, 2006, four young and promising Nepali students, Amrit Dhital, 21, Subash Gurung, 20, Pralad Gurung, 22, and Pukar Acharya, 21, lost their lives in a road accident when their car was hit head on by a car driven by Betty Langford, 72, of Missouri City, Texas, on US Highway 79, in Texas. Subash, Amrit and Pralad were students at San Jacinto College in Houston, while Pukar was pursuing his studies at University of Texas in Tyler, Texas. The Nepali community in Houston participated in the funeral service in Van, Texas, on Jan. 9, as well as the memorial service to pay tribute to the deceased students at San Jacinto College in Houston on Feb. 23. An amount of \$9,322.24 collected for the "Amrit, Pukar, Subash, Pralad Funeral Fund" was utilized to pay for the funeral services, death certificates, faxes and shipment of their personal belongings to Nepal. In addition, financial assistance was provided to Hari Dhital, father of late Amrit Dhital, with \$1,636.66 from the fund, based on his financial need at that time. The Nepali Community in Vancouver, Canada, helped with Canadian \$500 to this fund.

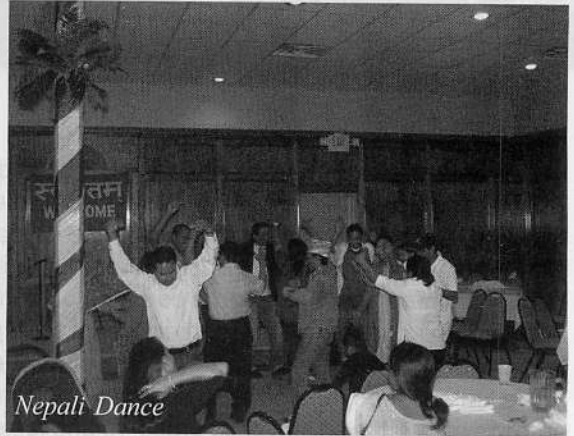
NAH is proud to help five single women: Sabitri Nepali, Soontali Bka, Nilu Poudel, Pabitra Nepali and Deepa Bka from Dang, Nepal, become self-sustained by transforming them to entrepreneurs by providing skills training in tailoring and the required equipment and rental (\$2,270) from the "NAH Maoist Victim Relief Fund."

Glimpse of

Nepalese Association of Houston



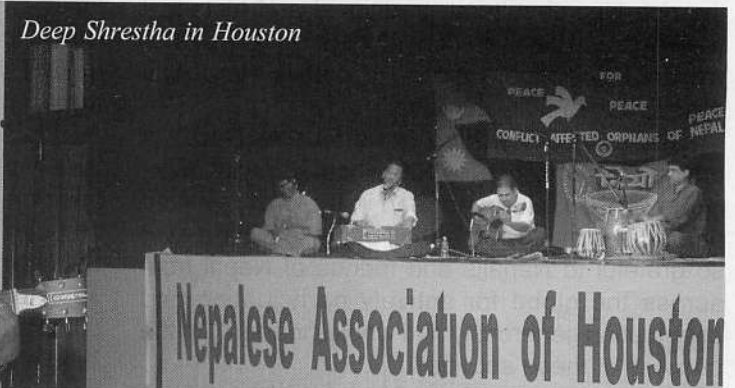
Bhajan at RadhaKrishna Temple



Nepali Dance



Deep Shrestha in Houston



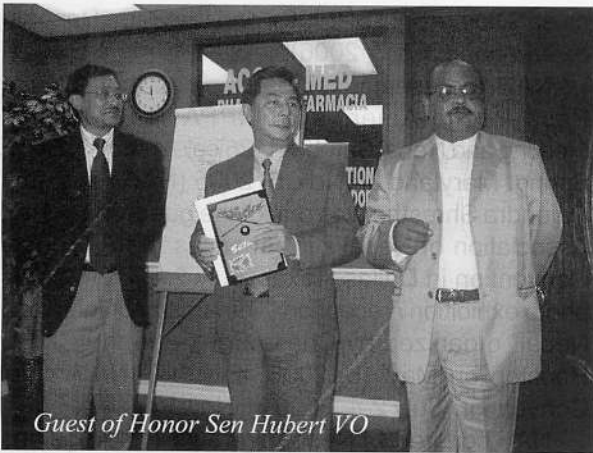
Nepalese Association of Houston



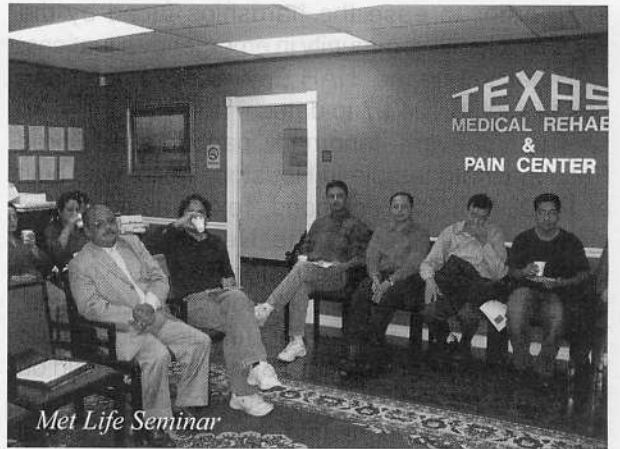
Maha Shivaratri 2006



President and First Lady



Guest of Honor Sen Hubert VO



Met Life Seminar



Houston Nite NAH Dashain Party



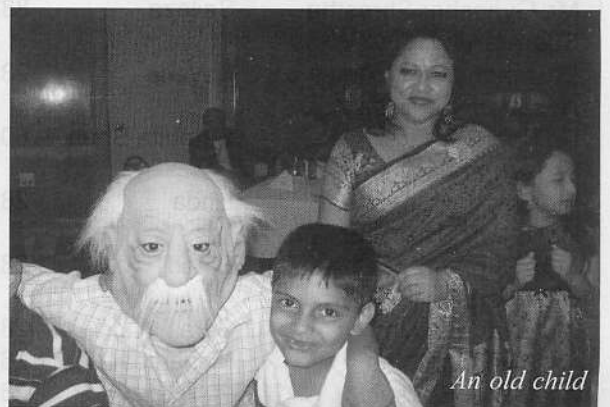
Harish Mathema in Houston



Prayers



Dr. Bekh B. Thapa at NAH Talk Program



An old child

In order to ease the hardships faced by the Houston Nepali community in emergency situations, NAH has set up the "NAH Emergency Fund," and has raised \$5,724.97 to date.

The first ever – landmark, pagoda style Shree Pashupatinath temple in Houston, Texas was built at 14303 FM 762, Richmond, Texas, as a result of close coordination of the Nepali and Indian Communities representing Radha Krishna Organization and Nepalese Association of Houston. The opening ceremony of this temple, coordinated by NAH President Rajendra Shrestha, was held on Feb. 26, 2006, on the holiest occasion of Maha Shivaratri. We appreciate the support of Gopal Mainali from Fair Fax, Virginia, for providing the architectural design of the temple. The Houston Nepali community now meets each month at the temple for Abhishek / Puja followed by discourses, bhajans and the dinner.

NAH published "Nepal Vision" in July 2005 featuring remarkable interviews from the former Nepalese Ambassador Mr. Kedar Bhakta Shrestha and the US Ambassador to Nepal Mr. James F. Moriarty, among other interesting articles.

NAH organized Bada Dashain (Oct. 15, 2005), going away dinner for NAH Secretary Pradhuma Shrestha and his wife Sangina Shrestha (Oct. 22, 2005), Laxmi Puja / Deepawali at Shree Krishna Pranami Mandir (Oct. 30, 2005), annual Picnic and Charity Fundraiser for Arbind Bhattarai in George Bush Park (Nov. 27, 2005), New Year 2063 B.S.

celebration (April 15, 2006), and the Bada Dashain celebration (Oct. 7, 2006).

NAH representatives participated in the Nepa Pasa Pucha Amerikaye (NPPA) 14th Annual Meeting and Nepal Sambat 1126 celebration in Silver Spring, Maryland on Nov. 5, 2005 (NAH President Rajendra Shrestha was one of the guest speakers), Association of Nepalis in Americas (ANA) Annual Convention in Dallas, Texas, July 2 – 4, 2005, the photo exhibition / reception "The Artistry of India and Nepal" organized by Chase Bank and the City of Houston on May 16, 2006, and the ANA Annual Convention, July 2-4, 2006, in New York.

NAH honored 14 Nepali high school, college and university graduates by conducting a pooja at Shree Pashupatinath Mandir on June 25, 2006.

NAH also organized "Ramjham Saanjh" on Sept. 2, 2006 featuring Harish Mathema, Raju Lama, Shreejan Tamrakar as well as the local musicians/singers at Shahnai Restaurant with success.

In recognition of its outstanding achievements, NAH received a "Letter of Appreciation" from the former Nepalese Ambassador Mr. Kedar Bhakta Shrestha, which is published in this issue.

NAH President Rajendra Shrestha had the honor of editing the 15th Anniversary Issue of "Dabu" – a publication of Nepa Pasa Pucha Amerikaye (NPPA) in the capacity of Editor-in-Chief, published and distributed in October 2006, on the occasion of the 15th annual meeting and New Year Nepal Sambat 1127 celebration.

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NAH deeply appreciates Halliburton Foundation and Exxon Mobil Foundation for providing \$400 and \$1,000, respectively, in recognition of voluntary services of Rajendra Shrestha (NAH President) and Bharat Bhakta Shrestha (NAH Advisor), our friends from Rocky Mountain Friends of Nepal (RMFN), Nepal Seattle Society (NSS) and Nepali Community in Vancouver, Canada for their generous financial

contributions, Ashish Shrestha for timely update of the NAH web site www.houstonnepalese.org and Houston provider Management Services (Madhukar G. Amatya and Dinker G. Amatya) for providing the meeting hall along with coffee.

- *Nirmal Shrestha*



MADHUKAR GOVINDA AMATYA

Who's Who

- Born in Mangal Bazar, Lalitpur as the eldest son of Mr. Purna Govinda Amatya and Mrs. Nir Laxmi Amatya
- Completed his education:
 - Post Graduate Diploma in Sanitary Engineering from International Institute of Infrastructural, Hydraulic and Environmental Engineering (IHE), Delft, The Netherlands (1996)
 - Masters of Science in Civil Engineering from Vinnitsky Polytechnical Institute, Ukraine (1985), Honor
 - Intermediate in Civil Engineering from Institute of Engineering of Tribhuvan University (1978)
 - Intermediate in Science from Amrit Science College (1976)
 - School Leaving Certificate from Shree Machindra Institute High School (1974)
- Started his career as a Civil Overseer in Water Supply and Sewerage Board of Kathmandu, Nepal

and moved up in his career taking various roles and responsibilities including: Assistant Manager in Nepal Water Supply Corporation, Branch Chiefs in Dharan, Bhaktapur, Banepa & Panauti; Project Manager in BP Koirala Hospital Water Supply Project, Dharan, to name a few.

- Currently serving as a President of Compass Orthopedic Technologies and Products, Inc. in Houston for last 7 years.
- Trained in Sewage Works and Waste Water Management, trainer includes Japan International Cooperation Agency (JICA) in Tokyo, Japan.
- Currently the General Secretary of Nepalese Association of Houston
- Has interests in Soccer and is the life member of Three Star Club of Lalitpur, Nepal
- Loves to travel and has traveled most of the countries in Europe and Asia
- Very Involved in Social organizations. The involvement includes various responsibilities such as of Executive Vice President of Nepal Junior Chamber International (1998), General Legal Council of Nepal Junior Chamber (1997), President of Patan Jaycees (1993), Vice President of NAH (2002-2004), Member of the Advisor Committee of NAH (2004-2006)
- Is happily married to Nayana Amatya and has one son Nadeem and a daughter Ayasha

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QUALITY ASSURANCE

Our Biomedical equipment maintenance programs are designed to meet or exceed Manufacturer, State, NFPA, FDA, OSHA, HCFA and JCAHO requirements.

Additional Services:

- All Equipment available for sale or rental.
- Factory Authorized Pulmonetic Systems Service centre. (Including Warranty Service)
- Manufacturer Certified Service for:
 - NPB LP6+, LP10, LP20 portable Ventilators
 - Respironics PLV 100, PLV 102 Ventilators
 - Aequitron 9500/ 9550 Apnea Monitors
- On- line maintenance history included with all service provided
- **Guaranteed Quick turn- around at a priceless than the manufacturer**
- CPM's available for rent (Knee, Shoulder, Ankle, Hand, Finger, Toe)

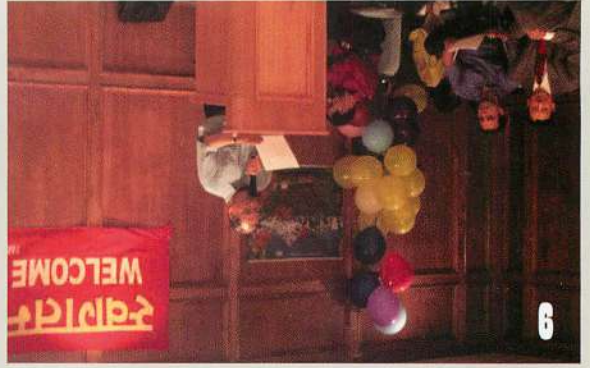
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Houston, Texas
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Nepal Vision / 2007

Phone: 713-983-8860

Fax: 713-983-8861

Toll free: 877-579-0137



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CAUGHT ON CAMERA

NAH Festive gathering Activities





- 1 Memorial Service for late Amrit, Pukar, Pralad and Subash (Feb. 23, 2006)
- 2 NAH President addressing NIPPPA
- 3 NAH Executive Committee 2006-08
- 4 NAH Picnic Group Photo, Nov. 2005
- 5 Naba Barsha 2063 Celebration
- 6 NAH Picnic Volleyball Competition
- 7 Students congregate and Dashain Party
- 8 Young Nepalis having a great time
- 9 Bharat Shrestha reading the message from Nepal Ambassador to the US



- 10 Group Dance at the Dashain Party
- 11 Family Guest Group at the Dashain Party
- 12 "Help Arbind Fund" Check Presentation
- 13 A folk dance recital
- 14 Dashain 2005 Group Photo
- 15 Ashish Shrestha being honored
- 16 Dashain Party 2005
- 17 Narayan Bhattarai, Rajendra Shrestha, Arbind Bhattarai and Cuddy Bhattarai

USMED-EQUIP

Moveable Medical Equipment Rentals, Sales, and Service List

Respiratory Therapy Equipment

- Ventilators: Pulmonetics, Respironics, Nellcor Puritan Bennett
- Oxygen Concentrators: Respironics, NPB, Invacare, Devillbiss
- Pulse Oximeters: Nellcor Puritan Bennett
- BiPap Units: Respironics



Critical Care Equipment

- Continuous Passive Motion (CPM) Machines: Artromot, Breg, Danninger, Kinetec
- Infusion pumps/Syringe pumps/PCA Pumps/Feeding Pumps: Alaris, Baxter, Sabretek, Imed, Medfusion, Sherwood (Kangaroo)
- Sequential Compression Devices: Kendall, Plexipulse
- Phototherapy: Ohmeda, Olympic Medical
- Suction Units: MIA, Bunn, Gomco
- Cold Therapy Units: Seabrook, Incare, Gaymar, CSZ, Breg



Monitoring Equipment

- Apnea Monitors: Aequitron, Healthdyne
- Pulse Oximeters: Nellcor Puritan Bennett, BCI
- Vital Signs Monitors: Critikon



Disposables

- Pulmonetic Ventilator Circuits and Accessories
- Walkers
- Crutches
- Canes
- Raised Toilet Seats
- CPM Kits
- Breg Pain Pumps/ Polar Care Units



If you do not see a specific item or have other questions, please call us at (877)579-0137

यो माया हो

-निर्मल श्रेष्ठ

म भन्छु यो माया हो । तिनीहरू, अर्थात् गाउँलेहरू भन्छन्- यो बहुलट्टी हो, विशुद्ध बहुलट्टी । तर पनि म प्रतिवाद गर्दिन, पक्कै गर्दिन । जहाँ तर्कको शुरुवात हुन्छ, त्यहाँ मायाको अन्त हुन्छ । जहाँ तर्कको अन्त हुन्छ, त्यहाँबाट शुरुवात हुन्छ मायाको । माया तर्क भन्दा माथि छ । इन्द्रियहरू भन्दा पर मस्तिस्क, मस्तिस्क भन्दा पर बुद्धि छ, बुद्धि भन्दा पर आत्मा छ, आत्मा भन्दा पर यो अव्यक्त परब्रम्ह छ । अनि यो परब्रम्ह भन्दा पनि पर छ माया । एकादेशका उपनिषदका रिचाहरूमा भैं । के थाहा गाउँलेहरूलाई ?

त्यो जे थियो माया थियो, र त्यो जे थियो बस मायाको लागी थियो-

- मैले रित्याएका बकाडीका बोटलहरू ।
- मैले निखयाइएका बियरका क्यानहरू ।
- मैले उडाएका चुरोटका धुवाँहरू ।
- र मैले गाएका अधुरा प्रेम गीतहरू ।

उ सुन्दर छे- लामा खुट्टाहरू, कटारीजस्तै धारिलो नयन, कन्चट वरिपरि थाम्न खोज्दा खोज्दै पनि नथामिएर निस्किएका मन्द हाँसोहरू । ईर्ष्यालु छन् गाउँलेहरू । उसलाई देखेर तिनीले पनि घुटुक्क थुक ननिलेका त हैन्न् । रेस्टुराँको म्यानेजर भन्ने गथर्याँ- त्यस्तो पहराको सुन्तला घारीमा कहाँबाट बम फलेछ । म डिशवासरको कुनाहरूबाट चुपचाप नियाल्थेँ । अनि डिशवासरको कुनामा एउटा माया भ्यागिन्थ्यो ।

उ जे थिई- एउटा अनुभूति थिई । एकजोडी बक्षहरू भन्दा पर, एकजोडी नितम्बहरू भन्दा टाढा । डिशवासरबाट निस्कदै गरेको चाइनिज प्लेटजस्तै तातो र टल्किंदो । म डिशवासरको कुनाबाट नियाल्थेँ- उसलाई र उसले छाडेका मुस्कानहरूलाई, उसले घुमाएका आँखाहरूलाई र उसले गुनगुनाएका सुसेलीका धुनहरूलाई । अति गरम छ यो शहर र यसमा उ थपिएपछि गर्मी बर्षन बिहिन हुन्छ ।

हाफ्रो परिचयको कुन कुनामा यो मन चिप्लियो थाहै भएन । यो बहुलट्टी, अर्थात् माया, जब मेरो आँखा अगाडी देखा पर्यो उ कसैको बाहुमा सपना देख्दै थिई । यो नितान्त नौलो शहरमा उ थिई, म थिएँ र त्यो थियो । मलाई म र उ हुनुको मात्रै अहसास थियो, तर त्यो कहाँबाट थपियो थाहै

भएन । तब मलाई अहसास भयो त्यसको हुनुको । अब शहरमा उ थिई, म थिएँ र त्यो थियो र एउटा प्रतिबद्धता बिहिन माया थियो ।

एउटा चिसो रात थियो, एउटा जमघट थियो । सिडिमा भ्याउरे घन्किदै थियो- डाईभर दाईलाई छ सलाम माया छपक्कै जाउँ बरु रेलैमा । उ म तिर हेरर मुसुक्क मुस्कुराई । कन्चट वरिपरि थाम्न खोज्दा खोज्दै पनि नथामिएको हाँसो बिस्तारै खुस्कियो । उसले मुस्कुराउँदै भनि- दाई साँच्चै फस्ट न हकि डाईभरसंग ? यो उसको मायाको मौन ऐलान थियो । मैले नबुज्दा नबुज्दै पनि बुझेँ । अचानकै, जमघट निस्पट्ट अध्यारो भएर आयो । भ्याउरेका हरेक शब्दहरूको अर्थ स्पष्ट भएर आयो । भ्याउरेका हरेक शब्दहरू रोपियो सुईराहरूभै- मेरो मनभित्र । बियरको बोटलसंगै मेरा हातहरू कक्कक जमे । चुरोटका खिरिला धुँवाहरू मेरो हातबाट सिलिङ्सम्म पुगे बिसर्जित भए- मेरो मन जस्तै ।

तिनिहरूले भने म कति मुर्ख छु । तर म के पो गर्न सक्छु र । यो मन बिस्तारै पगिलयो । यति जोडसंग गएको आँधिलाई म कहाँ रोक्न सक्छु र । मैले प्रयास गरेकै हु । म यहाँबाट त्यति टाढासम्म सरे जहाँबाट उसको एक नजर पनि नहोस् । शहरको अर्को कुनासम्म जहाँबाट उसका लामा आँलाहरूले मेरा दिमागका तारहरूलाई भन्काउन नसकुन् । यति अथक प्रयासका बाबजुद पनि उ मेरो दिमागमा बजिरहि-पायड पेपरका एकादेशका धुनहरूभै । उ धुनहरू बजाउँदै गई, म पछ्याउँदै गएँ उसका धुनहरूलाई हेम्लिनका बालकहरूभै ।

आजकल उ अकसर त्यसको गाडीमा देखिन्छे र म मेरो गाडीको प्यासेन्जर सिटमा नियाल्छु । मैले पनि आँट गरेरै यो मनलाई मौसमनै फुकाएको भए सायद उ यहाँ हुने थिई । तेरो टाऊको जचाउने बेला भएको छ, गाउँलेहरू भन्छन्- टाऊको ठिकपार्ने बेला भएको छ तेरो । म कामबाट फर्के पछि लखतरान शिरानीमा पल्टिएर जाऊ- मेरो टाऊको । मलाई ट्याक्कै थाहा छ कहाँ अड्केको छ मेरो टाऊको । म मेरो टाऊको छाम्छु र भेटिन्छ- डिशवासरबाट भर्खरै निस्किएको तातो चाईनाको प्लेट जस्तै चेहरा- एक सय एक डिग्रि तातो । त्यो बहुलट्टी थियो तर पनि त्यो जे थियो माया थियो, र त्यो जे थियो बस मायाको लागी थियो ।

गाउँलेहरू फलाक्दै गए- फलामले फलाम काट्छ । फालाफाल छन् खैरिहरू । अनि जेनि आई- ढोका भित्र, मन भित्र । उसले एक दिन जेनिसंग घुम्दै भेटाए पछि चिसो आँखा मिल्काएर गएकि थिई । यो कुनै रहर थिएन मेरो । धुर्त गाउँलेहरूको चाल थियो । मायाको खडेरीमा बाँच्ने एक

सय एक तरिका मध्येको तरिका नम्बर एक । म भनै निसास्सिदै थिए । धुर्त मान्छेहरूको धुर्त चालले यो सरल जिन्दगीलाई कठिनताको उपल्लो कुना सम्म पुर्याउँछ ।

एक दिन जेनिले भनि- यति राम्री छे यो, राम्रै केटा भेटाउँदो हो । अनि मलाई जबरजस्ति यो नामर्दताको खोलबाट बाहिर निस्कन करै लाग्यो । म कुनै आँटको मान्छे त थिईन, तर यो मन च्यापिएर किताबको बिच राखिएको सुक्खा फुलहरू भैं भई सकेको थियो । यो भन्दा च्यापिन्न थियो मन ।

डिशबासरको यहि कुनामा फेरि मन साटियो । मलाई त्यसलाई सताउन मन लागेको त होइन, तर मैले आफुलाई सताउने हद पार गरिसकेको थिए । त्यसको पनि सपना थियो होला मेरो जस्तै । त्यसको पनि मेरै जस्तो थियो होला मन, कमलो । यत्रो निसास्सिदो शहरमा एकली केटी देखेर सायद त्यसलाई माया जागेको थियो । त्यो धोका थियो तर पनि त्यो जे थियो माया थियो, र त्यो जे थियो बस मायाको लागी थियो ।

एक दिन अचानकै कलेज सिद्धियो । अब समय नै समय थियो मसंग । मलाई उसको लागी ग्रीशरी गर्नु थियो, मलाई उसलाई मुभी थिएटरमा लैजानु थियो । एउटा प्रोफेशनल काम खोज्नु थियो, तर मसंग त्यो भन्दा धेरै महत्वपूर्ण काम थियो । उसलाई खुसी राख्नु थियो । यो जिन्दगीको सार्थकता नै त खुसी हुनु हो । दिनहरू खुशीसंग बित्दै थियो । एक दिन मैले बुनेका खुशीका जालोहरूमा उसले सानो प्वाल हाली । खोज्ने हैन साच्चैको काम ? अनि मलाई थाहा भयो- मैले हेरेका सारा कामहरू साँच्चैको थिएन । जेनतेन सिद्ध्याएको कलेज, काम खोज्न आफैमा अर्को काम थियो । अनि गाउँलेहरू भने - यो भागछे तँलाई छाडेर एक दिन । जसरी एक दिन त्यसलाई छाडेर भागेकी थिई ।

उ बुद्धिमान थिई- त्यसैले राम्रो काम पाई । उ कामसंगै टाढा शहरमा गई ।

गाउँलेहरूले भने- आईमाईले कपाल छाडेर घरबाट निस्किएको राम्रो शंकेत होईन । उसको कपाल लामो छ छहरा जस्तो र मलाई उसले कपाल छाडेको औधि मन पर्छ । गाउँलेहरूले भने- आईमाईले यो शंकालु मुस्कान मुस्कुराउँदै घरबाट निस्किएको राम्रो शंकेत होईन । मलाई उसको मुस्कुराहट औधि मन पर्छ । उसले घर छाड्दै गर्दा मैले उसको पिडालाई महसुस गरेको थिएँ । गाउँलेहरू भन्छन्- संगै बसे पछि कुकुर पनि मालिक जस्तै भएर आउँछ । सायद, उसको त्यो अनुहारमा देखिएको पिडा

उसको नभएर, उसको अनुहारमा मेरो पिडाको प्रतिबिम्ब थियो । म आँखा चिमम गरेर बास्तबिकतालाई नकार्दै थिएँ । त्यो मुखता थियो तर पनि त्यो जे थियो माया थियो, र त्यो बस मायाको लागी थियो ।

उ कामसंगै टाढाको शहरमा गई । म मेरो आँखाले देख्न सकिदैन उसलाई तर मनको आँखामा उ अझै पनि ओभानै छे । लाग्छ, म अझै उसलाई हातहरू फैलाएर छुन सक्छु । त्यहाँ मेरो अनुपस्थितिमा म जस्तै कोहि उपस्थिति होला । अब सायद, म जस्तै कोहि उसको क्युबिकलबाट गुज्रदै उसको मुस्कान चियाउँदै होला । अब सायद, म जस्तै कोहि उसको क्युबिकलबाट गुज्रदै उसको बटारेका नयन चियाउँदै होला । अब सायद, म जस्तै कोहि क्युबिकलबाट गुज्रदै उसले सुसेलेका धुनहरू सुन्दै होला ।

म सायद अझै पनि त्यहि रेस्टुराँमा काम गर्दै हुन्थे होला । त्यहाँको हरेक कामहरू कण्ठस्थ आउँछ- कखराजस्तै । तर अब यो डिशबासरको छेउमा बसेर उसलाई नसोज्न असाध्यै गाह्रो भएर आउँछ । यहाँका हरेक ईटाहरूमा उसको पाईलाको डाम छ । यहाँको हरेक प्लेटहरूमा उ मुस्कुराउँछे । अनि यहाँको हरक बटुकीहरू हाँसल्नु मेरो बिचरापनमा । त्यसैले मैले एक दिन निर्णय गरे- अब यो रेस्टुराँ मेरो मनकोलागी हानिकारक छ ।

तिनीहरूले भने म कति मुख छु । तर म के नै पो गर्न सक्छु र । मेरो मुखता तिनीहरूले भने जस्तो पनि होइन । तार्किक बिद्धताको क्षेत्रबाट बाहिर छ माया, त्यो गाउँलेहरू बुझ्दैनन् । यो हाडवे टेन, अमेरिकाको सबैभन्दा ब्यस्त राजमार्ग हो । ह्युस्टन टेक्ससको सबैभन्दा ठूलो शहर हो । मलाई पनि थाहा छ- म भास्सीइ सकेको छु- उठ्नै नसक्ने गरेर ।

म नाईट शिफ्टमा काम गर्छु यो सुनसान ग्याँस स्टेसनमा । जोडा जोडीहरू हाँसे अंकमाल गर्दै आउँछन् । लामा खुट्टाहरू, एक अर्काका काधमा अढेस लगाएर उभिएका जोडीहरू । अनि उ अचानकै देखा पर्छे यिनीहरूको माझ । रात भलमल्ल भएर आउँछ । म पनि कुनै दिन यसरीनै उभिएको थिए र सायद कुनै क्लकले मलाई पनि हेरेर यसरीनै सपना देख्यो होला । म पनि कुनै दिन यसरीनै उभिएको थिए लामा खुट्टाहरूले थामेका काधमा । यो मधुरो स्मृति चहकिलो चेहराहरूको प्रकाशमा दुर भरभुमिको मिराजजस्तै फेरी फेरी देखा पर्दै बिलाउँछ ।

त्यो जे थियो माया थियो, र त्यो जे थियो बस मायाको लागी थियो-

- मैले रित्याएका बकार्डीका बोटलहरू ।
- मैले निखयाइएका बियरका क्यानहरू ।

- मैले उडाएका चुरोटका धुवाँहरू ।
- र मैले गाएका अधुरा प्रेम गीतहरू ।

उ बुद्धिमान थिई- त्यसैले राम्रो काम पाई । उ कामसंगै टाढा शहरमा गई । उसले भनेको थिई- म सबै कुरो मिले पछि कल गर्छु । अनि हामीसंगै बिताउँला बाँकी जिन्दगी ।

उ गए पछि एक झप्को पनि निन्द्रा पर्दैन मेरो आँखामा । म छलंग काट्छु रातहरू- यो ग्यास स्टेसनमा । यो अनिदो रातहरूमा उ भेट्न आउँछे मलाई मेरो सपनाको दिलहरूमा । मेरो निन्द्रा बिहिनता मेरो लगनशिलता भएको छ । मेरो यो लगनशिलताले गर्दा मेरो भरखरै प्रोमोशन भएको छ- एसिस्टेन्ट म्यानेजरको पोस्टमा । मैले सायदै सोचेको थिए- म सायद यति चाँडै यति प्रगति गर्छु भनेर । अनि यो सबै उसको र उसको मायाको उपहार हो मलाई ।

- मैले रित्याएका बकाडीका बोटलहरू ।
- मैले निखयाइएका बियरका क्यानहरू ।
- मैले उडाएका चुरोटका धुवाँहरू ।
- र मैले गाएका अधुरा प्रेम गीतहरू ।

छाता

पानी पर्दा, घाम लाग्दा, बिहेमा
छाताहरू ओढिन्छन्

छिमेकीसँग रिण लिएको होस्
या समुन्द्र पारीबाट अनुदान पाएको
रैथाने होस् या आयातीत
शिरमाथि ओढेको बेला
छाताहरूको टाउको उभिण्डो हुन्छन् ।

ईतिहासको यो घडिमा
छाता ओढ्नेहरू हो
होसियार !

उभिण्डा टाउका उभिण्डा आँखा, र
उभिण्डा दिमाग भएको छाताहरूले
तिमीहरूको कस्तो सुरक्षा देलान् ?

- विक्रम सुब्बा, काठमाण्डौ, नेपाल

गजल

पिल्सीएरै भएपनि विवशतामा बाँचिरहे
भोक निन्द्रा हराएनी आशाहरू साँचिरहे ।

बल्फिएर दुखिरहयो मनभिन्नका चोटहरू
आँशु बनि रगत बग्यो आँखा पुच्छदै हाँसिरहे ।

पिल्सीएरै भए
जहाँ टेक्यो पहिरो जान्छ लक्ष्यविहिन पाइला मेरो
जिन्दगीको रंगमन्वमा तरपनि नाचिरहे ।

पिल्सीएरै भए
अन्धकारको भुमरोमा जिवन डुबिसक्दा सम्म
सज्यालोको खोजीगर्न अध्यारीमै बाँचिरहे ।

पिल्सीएरै भए
कोपिलामै भरिसके हाँसो खुसी स्तर मेरो
इच्छा र चाहनाको माला अझै गाँसिरहे ।

पिल्सीएरै भए
डडेलाँले उजाड पार्यो मनभिन्नका हरियाली
खरानी समेटेर छातीभिन्न टाँसिरहे ।

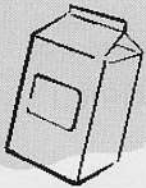
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बुझेरुक्हरू भन्ने गर्थे जिउ रहे घिउ पिउला
आँशुहरू पिउँदा पिउँदै म त हजुर आतीगए ।

पिल्सीएरै भए
चिता भन्दा चर्को आगो जलीरहेछ छातीभिन्न
ढुकढुकी छामेर बाँच्ने आशा साँचिरहे ।

पिल्सीएरै भए

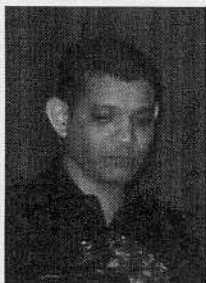
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पदमकन्या क्याम्पस, काठमाडौं, नेपाल

योगको परिचय

आज विश्वभर योग शब्दको चर्चा, परिचर्चा, व्याख्या र परिभाषा व्यापक रूपले चलिरहेको छ। प्रायजसो आजको आधुनिक युगमा योगलाई स्वस्थ तन्दुरुस्त राख्ने व्यायामको रूपमा पनि लिइएको पाइन्छ। योगको अर्थ र यसको अभ्यासको तरिकाको ज्ञान विना नै यो आज चर्चित बनेको छ। वास्तवमा योग त्यो ध्यान हो ज सले हाम्रो बाह्य शरीरका प्रत्येक तन्तु र छिद्रहरूलाई उचित संरक्षण गराउदै हामीलाई ब्रह्मत्वसूग जोड्छ। यसरी योगको अर्थ जोड्नु भन्ने पनि बुझिन्छ। यसलाई योगदर्शन पनि भन्न सकिन्छ। कुनै पनि बाहिरी पदार्थको वास्तविकता थाहा पाउनका लागि त्यस

(पदार्थ) लाई देख्नु, बुझ्नुपर्छ। त्यस्तै कुरा अर्थात् आत्मापरात्माबारे थाहा पाउनको लागि ज्ञानदृष्टिको आवश्यक छ। योग दर्शनले ज्ञान दृष्टि खुलाउँछ। प्राचीन कालमा विभिन्न आचार्यहरूले ज्ञान दर्शनले ज्ञान दृष्टिबोधका लागि ठूला ग्रन्थहरूको रचना गरे। तीनै महान् आचार्यहरूमध्येका एक महर्षी आचार्य व्यासजीले योग दर्शनलाई व्याख्या गरेर 'योग भाष्य' रचना गरे। त्यस योग दर्शनलाई अरु पछिका ऋषिमुनीहरूले आ-आफ्ना तरिकाले व्याख्या गरे। त्यही दर्शनलाई पातञ्जली ऋषिले सरल तरिकाले व्याख्या गरेर योग सूत्रको रूपमा तयार पारे जुन आज विश्वभरि नै 'पातञ्जलि योग' को नामले चर्चित तथा प्रचलित छ। यसरी पातञ्जली ऋषिले

योगको सम्पूर्ण पक्षलाई सरल सूत्रद्वारा व्याख्या गरी योगबारे आफ्नो धारणा यसरी व्याख्या गरे 'योगश्चित्त वृत्ति निरोध' अर्थात् योग भनेको चित्तवृत्ति निरोध हुनु हो।

योगबाट फाइदा

मानव मन अति नै चञ्चल हुन्छ। यो विजुली र हावाभन्दा पनि बेगवान हुन्छ। निरन्तर उडिरहेको मनलाई योगको अभ्यासले स्थिर राख्छ। प्राचीनकालमा ऋषिमुनीहरूले योग दर्शनकै सहायताले सम्पूर्ण इन्द्रियहरूमाथि विजय प्राप्त गर्दथे। योगको अभ्यासले अन्न, पानी, हावा विना प्राणलाई नियन्त्रणमा राखेर समाधिष्ट हुन्थे। योग कुनबेला, कहाँबाट र कोद्वारा उत्पन्न भयो भन्ने प्रमाण प्राप्त भएको छैन। मानव सृष्टिभन्दा पनि पहिलेदेखि नै यो विश्व ब्रह्माण्डमा रहूँदै आएको सनातन धर्मको एक अङ्ग हो। त्यसैले यो सनातन धर्मको सबैभन्दा प्राचीन र महत्वपूर्ण साक्षा सम्मति पनि हो। योगले चित्तशुद्धि बनाई परमप्रभुको साक्षातकार गराउँदछ। आजको एक्काइशौं शताब्दीको युग विसंगतिपूर्ण छ। एकातिर आज विलासी जीवन पराकाष्ठाका पुगेको छ भने अर्कोतिर विकृति र विसंगतिले विकराल रूप लिएको छ। आज विश्वका सम्पूर्ण मानव जाति एक न एक कुराले अशान्त तथा चञ्चल भइ मानसिक रूपमा अस्वस्थ भएका छन्। उनीहरूको मानसिकतामा विक्षिप्तताका छरिएको छ। यस्तो सदा सर्वदा चञ्चल र विक्षिप्त रहने मानव मनको नियन्त्रण केवल योग साधनाले मात्र गर्न सक्दछ। जो व्यक्ति योग साधनारत हुन्छ ऊ यो संसारको सम्पूर्ण दुःखद्वारा मोक्षप्राप्ति गर्दै परब्रह्म प्राप्त गर्दछ। योग साधनाको प्रभावले गर्दा ऊ चारैतिर स्वच्छ र सुन्दर देख्दछ। उसको मानसिकताबाट पनि नकारात्मक सोच हराउँछ, यसलाई मानसिक तथा शारीरिक औषधिको रूपमा पनि लिन सकिन्छ। योगले नसा, मुटु, दम, मधुमेह, उच्च रक्तचाप जस्ता जटिल रोगहरू निर्मुल भएका प्रमाणहरू हामीसूग असंख्य छन्। योग हाम्रो लागि अन्न पानी जतिकै आवश्यक छ। दक्ष र निपूर्ण नहोइन्जेल योग अभ्यास गुरुको निगरानीमा गर्नुपर्छ। यो साधना बच्चादेखि बुढासम्मका व्यक्तिले गर्न सक्छन्। पातञ्जली ऋषिद्वारा प्रतिपादित योग साधना एउटा पूर्ण वैज्ञानिक पद्धति भएकोले यसद्वारा अत्यन्त जटिल रोगहरूबाट मुक्ति पाई चित्त शान्ति हुन गई समाधि प्राप्त गर्न सकिन्छ। तर, आज कतैकतै योगको वास्तविकतामा

भ्रम सिर्जना भएको पनि पाइन्छ। पातञ्जलीको अष्टाङ्ग योगको महिमा र उपयोगितालाई बिर्सेर आज आसनहरूको मात्र बढी प्रचार प्रसार भएको छ। यसले योगबारे भ्रम सिर्जना गरेको छ। तर वास्तवमा हामीले पातञ्जली ऋषिद्वारा प्रतिपादित योगको प्रचार प्रसार गर्नु आवश्यक छ। किनभने योगको अभ्यास उल्टो भयो भने परिणाम पनि भयावह हुन पुग्छ। यो कुरा सबैले बुझ्नु आवश्यक छ।

उपनिषद्हरूमा प्राणलाई ब्रह्म मानिएको छ। प्राण शरीरको कणकणमा व्याप्त छ। मानव शरीर निष्कृय भएको बेला अर्थात् सुतेको बेलामा पनि प्राण शक्ति क्रियाशील रहेको हुन्छ। जबसम्म प्राण शक्ति चलिरहन्छ तबसम्म प्राणीहरूको जीवन रहिरहन्छ। प्राण शक्तिले काम गर्न छोडेपछि मानव शरीर मृत हुन्छ। ब्रह्माण्डमा प्राण सबैभन्दा शक्तिशाली र आवश्यक जीवत तत्व हो। प्राण विना जीवन चल्दैन। प्राणको अदृश्य शक्तिले यो विश्वको सञ्चालन भएको छ। आकाश, अन्तरीक्ष आदि तीन लोकमा जे जति छ त्यो प्राणकै वशमा छ। त्यसैले यो जगतमा कल्याण गरेको छ।

योगमा स्वासप्रश्वासको महत्व

वायु अर्थात् स्वास नै प्राण हो। यसको प्रमुख द्वार नाक हो। नाकबाट लिइने र छोड्ने स्वासप्रश्वास नै जीवनको आधार हो। स्वास नै प्रणायामको आधार हो। योग, प्रणायाम र समाधि हिन्दू दर्शनका अभिन्न अंग हुन्। यिनको अभ्यासले परमगति प्राप्त हुन्छ भन्ने कुरा माथि नै भनिसकियो। योगको मूल आधार प्राण हो भन्ने कुराको ज्ञान हामीलाई छैन। हाम्रो शरीरको फोक्सोमा ७ करोड ३० लाख छिद्र (प्वाल) हरू छन्। ती सबै हाम्रा लागि आवश्यक छन्। हामीले नाकबाट फालेको हावा अर्थात् सासले स्वासप्रश्वास प्रक्रियालाई सञ्चालन गर्दछ। त्यसैले हाम्रो फोक्सोलाई स्वस्थ अवस्थामा राख्दछ। तर हामीलाई यस विषयमा राम्रो ज्ञान नभएका कारणले स्वास प्रश्वास क्रियामा सचेत हुँदैनौं जसले गर्दा भित्रका करोडौं छिद्रहरू मध्ये आधा जति निस्क्रिय हुन पुग्दछन् र बाँकी आधाले मात्र सो प्रक्रिया सञ्चालन गर्छ जुन पर्याप्त हुँदैन। रोगको उपचारको लागि डाक्टरले दिएको औषधिको आधा मात्राको सवेनले विरामी स्वस्थ नभए भँडै अपुरो स्वासप्रश्वास प्रक्रियाले हामी दिनदिनै रोगी बन्दै जान्छौं। यस्तो अपुरो

स्वासप्रश्वास प्रक्रियाले हामी भित्र दम, मधुमेह, उच्च रक्तचाप, मानसिक तनाव जस्ता रोग उत्पन्न हुन्छ। यसको लागि कुन अङ्गलाई कुन तरिकाको स्वास प्रश्वासले ठीक पार्छ भन्ने राम्रो ज्ञान प्राप्त गरे सोही अनुसार प्रणायाम गर्नुपर्छ। प्रणायाममा सबैभन्दा महत्वपूर्ण पक्ष स्वासप्रश्वास नै हो। त्यसैले ब्रह्मसन या पद्मासनमा (पलेटी कसेर) बस्ने अनि चार पाँच पटक ऊँ कार बाहिर आवाज आउनेगरी (अ..... ऊ म.....) जप्ने। त्यसपछि सोही आसनबाट मन्द गतिले सास भित्र तान्ने र सोही गतिले बाहिर फ्याक्ने, सास भित्र तान्दा 'स्व' भन्ने आवाज आउछ। त्यसको अर्थ भगवान हो भने सास बाहिर फ्याक्दा 'हम' आवाज आउछ। त्यसको अर्थ राक्षस तत्वलाई बाहिर फ्याकेको हो। यसरी योग-प्रणायाम दर्शनको स्वास प्रश्वास प्रक्रियाबाट हाम्रो शरीरभित्रका कृतत्वलाई बाहिर फ्याक्ने र परब्रह्मलाई आफूभित्र समाहित गर्ने अभ्यास गर्दछौं। यसबाट हामीलाई प्रणायामबाट नै ब्रह्मप्राप्ति हुन्छ भन्ने ज्ञान बढ्छ। आगोमा राखेको फलाम पगाल्न खलूतीद्वारा चाहिँदो हावाको चाप आगोमा फ्याक्नु पर्दछ अनि मात्र त्यो पलिएको फलामद्वारा चाहिएको आकारको वस्तु बनाउन सकिन्छ। त्यसैले स्वासप्रश्वास प्रक्रिया ठीक भए मात्र हाम्रो शरीरले ब्रह्मको पहिचान गर्न सक्छ। स्वास प्रश्वास क्रियारूपी बाटोको आस्रय लिएर नै यो मानव मन देहगत आन्तरिक जगत हुँदै साधकलाई दीव्यताको अनुभूति गराउछ। यसैका लागि प्राचीन ऋषिमुनीहरूले प्रणायाम को सुरुवात गरेका हुन्। प्रणायाम मा हजारौं विधिहरू छन् बिस्तारै तिनमा अभ्यस्त हुँदै जानुपर्छ।

प्रणायाम के हो ?

यो दर्शनले 'तास्मिन् सति स्वासप्रश्वास योगतिर्विद्धे प्रणायाम (योग दर्शन २/४९) अर्थात् आसनको सिद्धि भएपछि स्वासप्रश्वासको गतिलाई रोक्नु प्रणायाम हो भनेको छ। प्रणायाम गर्दा भित्र तान्ने स्वासलाई पूरक भनिन्छ। स्वासलाई बाहिर फ्याक्नेलाई रेचक र स्वासलाई भित्रै रोकेर राख्नु कुम्भक र बाहिर रोकेर राख्नुलाई बाह्यक कुम्भक भनिन्छ। प्रणायाम गर्दा नियमित रूपमा विधिपूर्वक रेचक, कुम्भक आदि विधिहरूको प्रयोग गर्नुपर्छ। यसले हाम्रो बुद्धिलाई वैज्ञानिकतातिर डोच्याउछ भने हृदयलाई अध्यात्मिकतातिर। प्रणायामको विधि उल्टोपाल्टो भयो

भने नतिजा पनि त्यस्तै हुने हुनाले यसमा ध्यान पुऱ्याउनु पर्छ । सास लिने र छोड्ने विधिहरूमा सिद्धि प्राप्त गरेपछि त्यो केवल बाँच्नको लागि सास फेरेको मात्र नभई त्यसबाट एउटा दिव्य शक्ति आफूभित्र जागृत भएको बोध हुन्छ । त्यही दिव्य शक्ति नै जीवन शक्ति हो । त्यसैबाट 'परमशक्ति' अर्थात् 'ईश्वर' प्राप्त हुन्छ । जसबाट हामी प्राण र मनको घनिष्ठ सम्बन्ध रहेछ भन्ने कुरा पनि बुझ्दछौ । प्रणायाम गर्नाले मानव मनभित्र रहेका असत्य, अविद्या, तमस आदिको अन्त्य हुन्छ । मन शुद्ध भएपछि एकाग्रता स्वयम् जागृत भई समाधितर्फ उन्मुख भइन्छ । यसै अर्थले सनातन धर्ममा प्रणायामलाई एउटा अति आवश्यक नित्य कर्मको रूपमा मान्यता दिइएको छ ।

योगका नियमहरू

प्रणायामका केही आफ्ना नियमहरू छन् । प्रणायामकर्ताले ती नियमहरूको पालना गर्नुपर्छ । सबैभन्दा पनि प्रणायाम गर्ने ठाउँ शुद्ध, सफा र दुर्गन्धरहित हुनुपर्छ । ध्वनि र वायु प्रदूषण भएको ठाउँमा प्रणायाम गर्न हुँदैन । प्रणायाम गर्नुको लागि एउटा सफा आसनको आवश्यक पर्छ जस्तै बाक्लो तौलिया वा तन्ना, कृत्रिम वस्तु जस्तै नाइलन, प्लाष्टिक आदिको प्रयोग नगर्नु राम्रो हुन्छ । बजासन या पदमासनमा बस्नुपर्छ । प्रणायाम गर्नुभन्दा चार/पाँच घन्टा अगाडि खाना खाएको हुनुपर्छ । वा खाना खाएको चार/पाँच घन्टा नभइ गर्नुहुन्न । प्रणायाम गर्ने शुभ समय बिहान हो । शुरुमा विस्तारै गर्नुपर्छ । यो क्रमलाई विस्तारै बढाउँदै लानुपर्छ । सास सधैँ नाकबाट मात्रै लिनुपर्छ । मनलाई शान्त र स्थिर राख्नुपर्छ । प्रणायाम गर्दा थकाई लाग्यो भने यो क्रम रोकेर चार/पाँच पटक लामो सास तानेर आराम गर्नुपर्छ । या केहीवेर शवासनमा बस्नुपर्छ । प्रणायाम संयमतापूर्वक गर्नुपर्छ र प्रणायाम गरिसकेपछि कम्तिमा पनि आधा घन्टा जति नुहाउन, खान आदि हुँदैन ।

Facts:

Did you KNOW



- 1. Golf the only sport played on the moon - on 6 February 1971 Alan Shepard hit a golf ball.
- 2. The first credit card was issued in 1951.
- 3. The Oscar Awards were held twice in 1930.

The Poet

*This mind is wrapped with active imaginations
As it tries to tuck the head in and hide under a
blanket of alphabets
Expecting constructions to enter those walls
Where one bears talent, tension, stupidity and
everything all together.*

*The tongue speaks only one language,
And that is of unspoken verses.
The eyes see, seek, observe and pretend.
The ears listen through a filter of tunes.*

*The wrapper blindfolds a poet,
Also widens the vision of the blank.
We are pushed to write by the situations and
conditions
Or rather we push ourselves to write
By pushing each other.*

*The poet is a lyrical machine
That can feel and express emotions
But within its own limits.*

*The poet is a warrior of words
With the pen as his prime weapon
Who indulges in the struggle for fineness.*

*The poet is a wanderer of time,
And a killer of waste.
He is a wonder of hearts,
A designer of delight to the intellect.*

*His poetry is a candid puzzle;
A fountain of knowledge,
For subjects hide behind objects.
The poet is the self's vision and ability.*

*He plays with the objects of imagination
Which is one of the most powerful elements of
all existence.*

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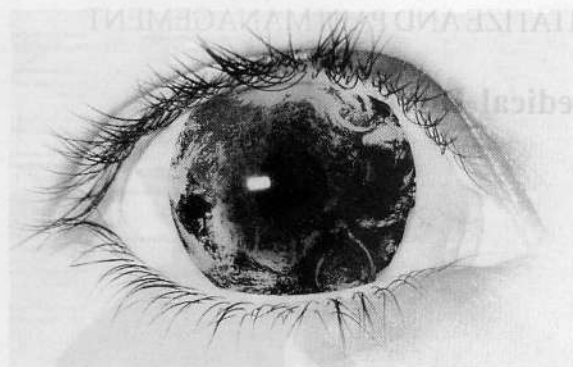
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EXPERIENCE MAKES THE DIFFERENCE

Laser Eye Surgery: a brief view



- Milan Poudel

For Maria everything was a blur. Without her contacts or glasses she couldn't distinguish her friends, scenes on the television, the star at night and the world at large. Then in December 1998, the 42 year old Michigan resident had eye surgery, and all that changed. Maria underwent refractive eye surgery, an elective procedure intended to correct common eye disorders such as hyperopia (far sightedness), myopia (near sightedness) and astigmatism. Due to the improved laser technology, laser refractive correction is fast becoming the most technologically advanced method available.

What is laser surgery? What methods are available? Is it worth it?

From its invention in 1960, LASER (Light Amplification by Stimulated Emission) has been widely used in medicine, including ophthalmology. One of the early uses of laser in ophthalmology is in con-focal laser microscopy which allows the detection of early stages of retinal alternations. The first indication of the laser treatment was given by the detachment of the retina. This kind of surgery has turned into a well established tool, but it represents only a minor part of today's ophthalmic laser procedures. Today, ophthalmic lasers offer non invasive and painless surgery. First successful studies on refractive corneal was reported by using a diamond knife. In the beginning of 1980, a novel method was developed, which is actually done by removing a part of the tissue with a laser. The surgical technique is called radial keratectomy (RK). After that several techniques were developed.

The most used and successful techniques are discussed next.

Photo refractive keratectomy

Photo refractive keratectomy (PRK) is one of the most readily available and the oldest established techniques for refractive surgery. In myopic eyes, the refractive power of the

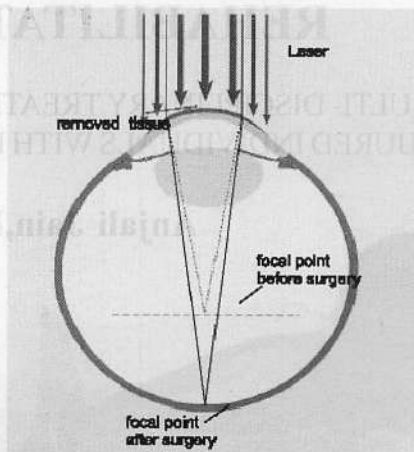


Fig (1) Photo refractive keratectomy (PRK)

cornea and the lens is too strong in relation to the length of the eyeball. In this case the corneal surface is flattened by ablation of corneal tissue in the center, in order to reduce its refractive power. On the other hand, the cornea of hyperopic eye, where the refractive power is too low, the surface is steepened by removing most of the tissue at the edge of the cornea. The principle of the technique is shown in the figure (1).

By shaping the corneal surface in a certain degree on different axis refractive errors like astigmatism can be corrected. According to the amount of the refractive error, the superficial layer (e.g. 10 μ m) of the cornea is removed. In the older techniques, before laser treatments were used, a 70 μ m thick superficial cell layer, the so called epithelium of the cornea was removed mechanically. However, this method inevitably led to undesired side effects such as scar formation.

Laser In Situ Keratomileusis (LASIK)

Laser in situ keratomileusis, so called LASIK was developed to overcome the strong wound healing effect of PRK. In this procedure, a flap of 160-180 microns thickness is cut by a mechanical knife, the so called micro-keratome in the anterior part of the cornea, next the flap is folded back to expose the stroma, and later the flap is folded back down. The anterior layer of the cornea is preserved, unlike in PRK, in which Bowman's layer is burned away by the laser and doesn't grow back. Additionally, post operative pain is less as compared to PRK, as well as lower incidence of dry eyes, hazing and scarring. Healing time is much faster than RK and PRK. The surgery corrects myopia, hyperopia and astigmatism but cannot fix presbyopia. LASIK has

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been in existence since 1988. However this treatment isn't without wound healing complications either.

Femtosecond LASIK

By using the shortest and intense pulse laser so called femto-second laser scientist have modified the LASIK technique that depends on the process called photo-disruption. Femto-second photo-disruption offers the new possibility to perform a refractive surgical operation by preparing an intrastromal lenticule (a thin layer of the cornea) analogue to the LASIK without using mechanical knife. Femto-second LASIK is performed in four consecutive steps.

In the first step, a cut is made parallel to the surface in the cornea, fig 2(a). This is done by placing the microscopic gas bubbles which evolves after laser induced optical breakdown, adjacent to each other. Next, a second cut is created almost parallel to the first one, preparing a so called lenticule between them, fig 2 (b). Its thickness and form has to be determined by the grade of myopia or hyperopia.

In the third step, the anterior flap can be opened and the lenticels is extracted fig. 2(c). Finally, the flap is then repositioned, figure 2(d)

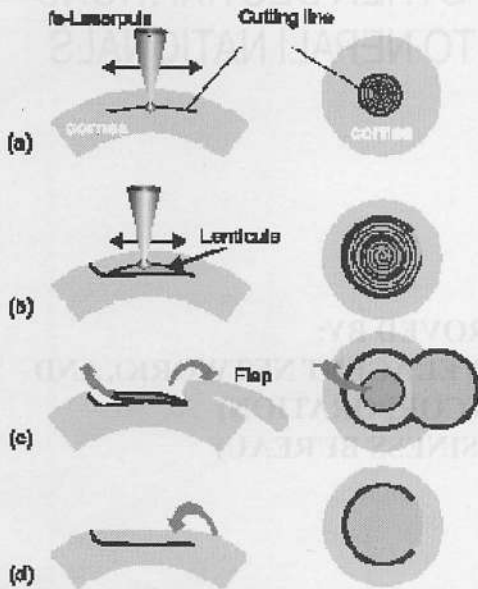


Fig (2) fs LASIK

There are currently only two groups working in the development of the femto-second LASIK techniques. One of the groups at the University of Michigan-Ann Arbor recently treated the human eye successfully for the first time. The other group is at the University

Hannover, Germany. Here we have treated hundreds of pig eyes and several live rabbits to make sure it was ready for human treatments. This technique still has shortcoming and side effects and needs to be perfected.

Since mechanical knife is not used in the surgical procedure, the side effect on this technique is far less than the normal LASIK and PRK techniques. In the coming future, Fs LASIK certainly will be the best refractive surgical technique.

(Author was involved in the development of fs LASIK technique and is affiliated with Laser medicine group of Laser center Hannover , at the University of Hannover, Germany and now at the Physics department of Texas A& M university, College station, TX. Comments can be directed to mpoude1@physics.tamu.edu)

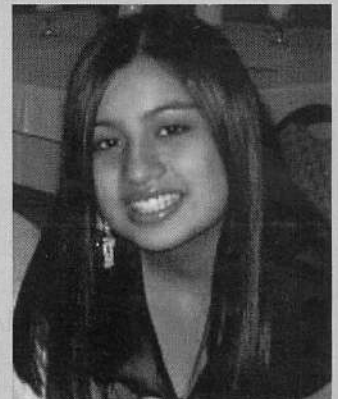
The Love of a Family

-Ayasha Amatya

Family is something you cherish and love
Throughout your whole life, you turn to them.
Let your love fly and soar like a dove
For it is the growth of a strong, sturdy stem.

A love that is so indescribable
Has many obstacles in the way.
Deep down you know it is inevitable
It gets stronger day by day.

There is no greater feeling than the love of
your family,
It's like a gust of cold air against your face.
They will always show you the way to reality
No matter the distance or the space.



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Bandipur

An idyllic retreat

While driving from the capital Kathmandu to the resort city of Pokhara, you can break the journey at a number of places to call on towns that are not only picturesque but also have a sense of history and tradition no matter where you go.

- Bijaya Lal Shrestha

Once such town is Bandipur, an ancient Newar settlement that has also been dubbed as a natural view tower. Occupying as it does a ridge 1,030 m high just above Dumre - midway on the eight kilometers drive along the Prithvi Highway - Bandipur offers contrasting scenery in one snap - stunning views of 8,000 m peaks to the north, while way below the Marshyangdi Valley that is less than 500 m in altitude.

Life in Bandipur revolves around Bandipur Bazaar, a motley of compact town dwellings with open-fronted shops lining either side of a street that runs east to west along the top of the hill. An aura of bygone era permeates the air with charming Newar houses with ornate doorways, latticed windows and roofs of tin or slate overlooking the street. There is a covered verandah that extends all along the stone-paved street.

The town owes its grandeur to the Newars who settled here in the early 19th century from Bhaktapur in the Kathmandu Valley to set up a trading post on the trade route between India and Tibet. When they came - together with their trading skills - the Newars also brought with them their rich cultural heritage and architecture that have given Bandipur its character.

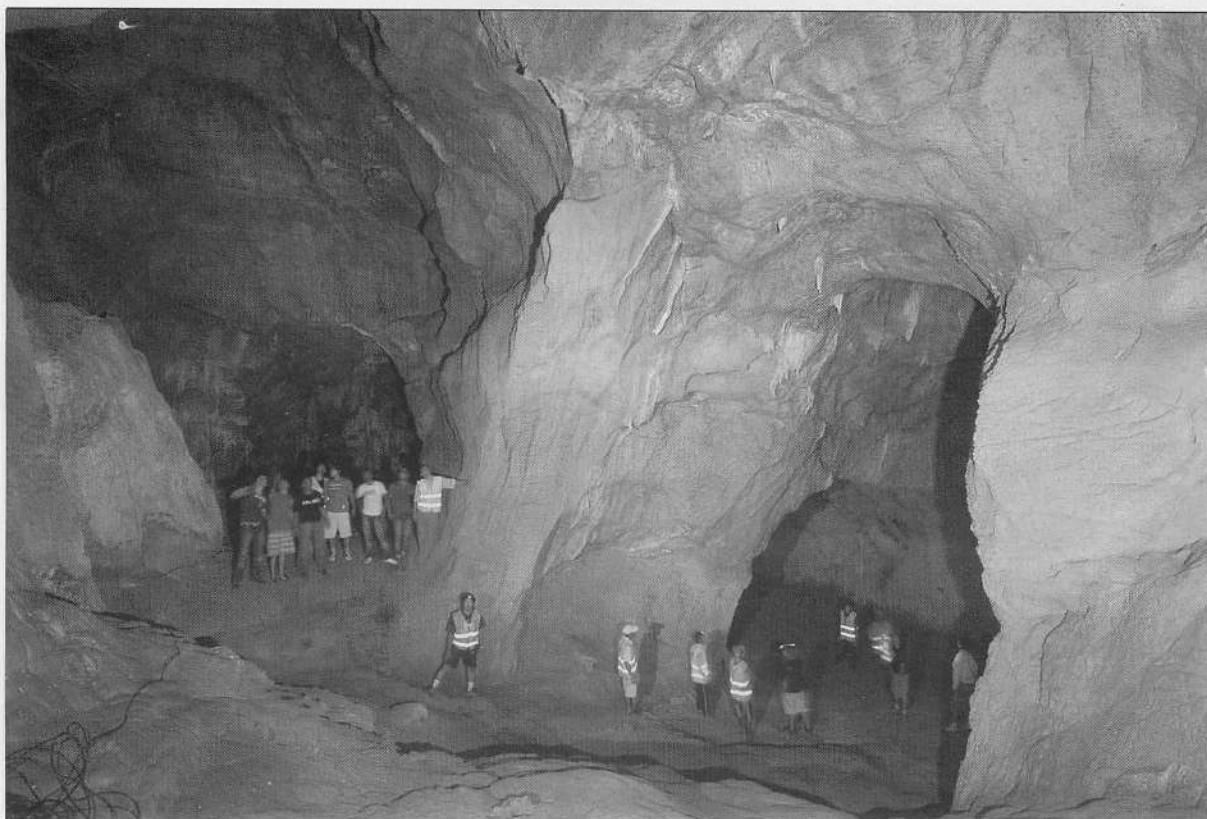
From what was originally a simple Magar village, Bandipur soon became a boomtown. From dawn to dusk, long lines of porters plodded through the street of the main bazaar, carrying everything from calico, brocade and kerosene to factory goods from British India to head for the Himalayan passes in the north. While returning

from Tibet, they brought musk pods, herbs and animal skins.

Bandipur is a great place for the adventurer. Easy trails crisscross the hills to reach out to impressive caves, hilltop shrines and forts, and vantage points that reward you with spectacular scenery of the mountains and the surroundings. At the northern end of the main bazaar is Tundikhel, a large field that offers 180-degree panoramic views of the Himalayan ramparts to the north and the Marshyangdi Valley down below. Also visible from here are the legendary Gorkha Place and the famous Manakamana Peak.

On a hill just above the main bazaar are the ruins of the Gadhi - an ancient fort - dating from the time of Mukunda Sen who ruled Palpa to the southwest in the 16th century. Because of its location, stunning views of the Himalaya can be had from here.

Numerous caves, often having religious significance for the locals, dot the hillsides of Bandipur, but it is to see the Siddha Cave - the largest not only Nepal but the whole of South Asia - that large numbers of visitors flock here. Discovered only in 1987, the cave, situated just above the cliff of Bimalnagar, is rich in stalagmites and stalactites. Another popular cave is Patalidwar, or Gateway to Hell, which is also known by the name Gateway to Heaven. Located two hours' walk through a jungle from Siddha Cave, a visit to the cave is said to wash away all the sins of one's ancestors and bring them salvation.



As with all other Newar towns, Bandipur has its fair share of temples and festivals. By far, the most revered temple here is that of Khadga Devi, which contains no idol but a sword - a gift of Lord Shiva to Mukunda Sen. The sword is said to wield immense power and is, therefore, wrapped in layers and layers of cloth as death is inevitable to anyone who sees the dagger in its naked form. The temple is open to the public once a year during the Hindu festival of Dasain. Unlike other temples built in pagoda style, the Khadga Devi Temple resembles an ordinary building, except for the filial.

The Bindhebasini Temple is located in the main bazaar. Enshrined here is the goddess of Bindhebasini together with other goddesses. During the New Year celebrations in April, the image of Bindhebasini is placed on a chariot and pulled through the streets of the town. Other important places of worship in Bandipur are the Mahalaxmi and Narayan temples.

The Newars of Bandipur observe festivals similar to the ones celebrated in Bhaktapur from where they originally came. They include the Bisket Jatra, Putali Choy, Sithi Nakha, Ghanta Karna, Gai Jatra, Bagh Jatra, Yomari Punhi, Shiva Ratri, Holi as well as Dasain and Tihar. The Magars on their part mark the full moon day of Baisakh Purnima in April, during which unmarried daughters perform the Ghatu dance.

With its rich cultural heritage, vantage points, unspoiled landscapes and imposing caves, Bandipur is a fun place to go caving, paragliding, rock climbing or

hiking. And its seclusion - until now that is - makes it just the idyllic retreat for those trying to escape from their highly stressed out lives.

www.bandipur-tourism.com

FAST FACTS

Location: 143 km to the west of Kathmandu, 73 km to the south of Pokhara.

Altitude: 1,030 m

Climate: 12-33 degrees celsius in the summer, 2-21 degrees in the winter, monsoon lasts from June to September (heavy downpours)

Places to see: Siddha Cave, Mukundeswari, Patalidwar, Tundikhel, Gadhi

Accommodation: Standard resort hotels and lodges

Getting there: Upon reaching Dumre-midway on the highway between Kathmandu and Pokhara-drive right up to Bandipur Bazaar. Notice the temperature drop as one climbs up the road. For the adventurous, retrace the old caravan trail from Dumre which ends at Tundikhel- a two-hour hike up a flight of stone steps. A five-minute walk from here leads you to the heart of Bandipur, its bazaar.

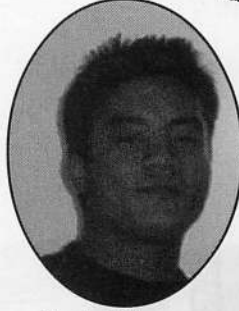
Courtesy: Himalayan Travel Trade Journal



Amrit Dhital



Subash Gurung



Pralad Gurung



Pukar Acharya

Nepalese Association of Houston (NAH) extends Deepest Sympathies and Heartfelt Condolences to the Family and Friends of late Amrit Dhital, Pukar Acharya, Pralad Gurung and Subash Gurung. Amrit, Pukar, Pralad and Subash will be in our hearts and minds - Always. May the departed souls rest in eternal peace in their heavenly abodes!

Amrit Dhital, 21, Subash Gurung, 20, Pralad Gurung, 22, Pukar Acharya, 21, lost their precious lives in a road accident shortly after 1:00 p.m. in Leon County, Texas, on Friday, January 6, 2006, when their car was hit head-on by Betty Langford's Jaguar while she attempted to pass another vehicle. Their funeral ceremony, performed by Nepali and Indian priests, was held in Van, Texas, on Jan. 9, 2006. A Memorial Service to pay tribute to Amrit, Pukar, Pralad and Subash was organized at San Jacinto College in Houston on Feb. 23, 2006. Subash Gurung, Pralad Gurung and Amrit Dhital were students at San Jacinto College, Houston, Texas, while Pukar Acharya was a student at the University of Texas, Tyler, Texas.

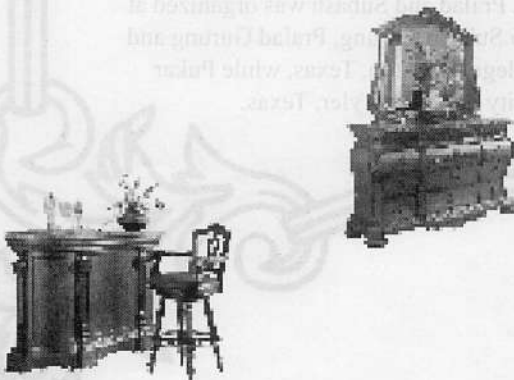
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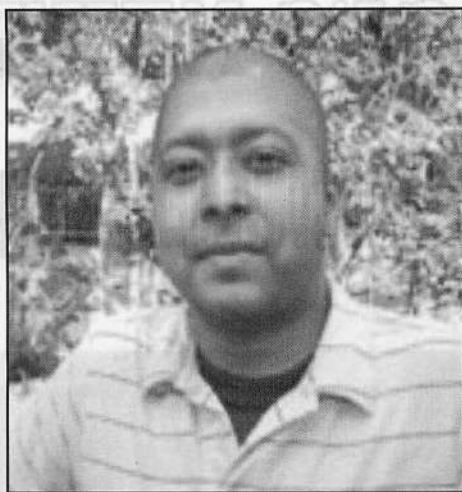
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Arbind Bhattarai (1983-2006)

On behalf of Nepalese Association of Houston (NAH), we extend deepest, heartfelt sympathies to Arbind's family and loved ones. May God grant them the strength, courage and patience to cope with this immense bereavement!

Late Arbind Bhattarai was a very courageous, brave person - a fighter. He for ever kept his hope alive and never gave up fighting until the last moment of his life.

We would like to thank his roommates and friends, Suraj Shrestha, Niraj Shrestha, Rachana Shahi, Rupak Shrestha and Prabha Giri - to name a few, for their time, devotion and love they had shown for their friend, the one and only: Arbind Bhattarai. Thanks are also due to Sakar Bhusal for taking the lead in setting up and updating the "HelpArbind.com" web site and Ashish Shrestha for updating the NAH web site.

We extend grateful appreciations to all Nepali brothers and sisters and friends of Nepal from across the world for pouring their overwhelming, invaluable support, good wishes, and love to late Arbind Bhattarai through the NAH "Help Arbind Fund" as well as all the Nepali websites that helped us by kindly placing help Arbind.com link in their web sites.

We pray for the eternal peace for late Arbind Bhattarai.
He will be sorely missed!

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यस धरतीमा
नबिसिने संगितको
धून बनेर ।

प्रकृतिमा महक फैलाउँदै
नव युगको नव प्रभात बनेर
मानव हृदय हर्षित बनाउँदै
यस धरतीमा मुस्कान हरेर

पवन सरि आउ तिमी
यस धरतीमा
नव युगको
नव प्रभात बनेर ।

आउ तिमी सूर्यको प्रकाश सँगै
धरतीमा प्रज्वलित दियो बनेर
युग युगको सपना साकार गर्ने
मधुमय संगितको लय बनेर

पवन सरि आउ तिमी
यस धरतीमा
मधुमय संगितको
लय बनेर ।

देशमा विकृति छाइसकेछ
आमाको मुहारमा मलिनता छाएछ,
एकतामा आँच आईसकेछ,
भाइ भाइमा आत्मीयता छरेछ,

तसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
आत्मीय एकताको
मुहान बनेर ।

भ्रातृत्वको चोखो प्रेम हरायो
भ्रातृत्वका मर्यादा विलायो
राष्ट्रिय संस्कृति घरायसी बनायो
जन जीवनमा पतभङ्ग आयो
तसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
राष्ट्रिय संस्कृतिको
संरक्षक भएर ।

बाल जीवन कोपिलैमा निमोठिए
कर्णाधार युवाहरु लापता भए
युवा नारीहरुका सिन्दुर पुछिए
बृद्ध बृद्धाहरु शाकै शोकमा हुने
तसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
नेपाली मागको
शक्तिको स्रोत बनेर ।

ऐसेलु काफल रस विहीन भएछ
प्रकृतिले गुरासमा रंग चढाउन
विसेछ,
कोइली त लाटोकोसेरो पो भएछ,
लताहरु नङ्गिएर डाम्लो पो भएछ,

तसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
ऋतुहरुमा
बसन्त बनेर ।

खेत वारी सबै बाँभो भएछ
आषाढमा किसान रोइ हिडेछ
खरियान सबै खालि भएछ,
मंसिरको भकारी माग्ने भाँडो
पो भएछ,
तसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
पूर्णताको प्रतिक बनेर ।

प्रकृतिमा पतभङ्ग क्षणिक
हुन्थ्यो
बसन्तको आगमनले भागि
जान्थ्यो
धरतीमै अपशगुनको पतभङ्ग
लाग्यो
अस्त व्यस्त भै मानव मूल्य
हरायोतसर्थ,
पवन सरि आउ तिमी
यस धरतीमा
मानवताको मूल्य लिएर ।

Calendar 2007

विक्रम सम्वत् २०६३-६४

2007 पौष/माघ २०६३ JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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2007 माघ/फागुण २०६३ FEBRUARY

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2007 फागुण/चैत्र २०६३ MARCH

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2007 चैत्र २०६३/वैशाख २०६४ APRIL

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2007 वैशाख/जेष्ठ २०६४ MAY

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2007 जेष्ठ/आषाढ २०६४ JUNE

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2007 आषाढ/श्रावण २०६४

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
१७	१८	१९	२०	२१	२२	२३
१	२	३	४	५	६	७
२४	२५	२६	२७	२८	२९	३०
८	९	१०	११	१२	१३	१४
३१	३२	१	२	३	४	५
१५	१६	१७	१८	१९	२०	२१
६	७	८	९	१०	११	१२
२२	२३	२४	२५	२६	२७	२८
१३	१४	१५				
२९	३०	३१				

2007 श्रावण/भाद्र २०६४

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
			१६	१७	१८	१९
			१	२	३	४
२०	२१	२२	२३	२४	२५	२६
५	६	७	८	९	१०	११
२७	२८	२९	३०	३१	३२	१
१२	१३	१४	१५	१६	१७	१८
२	३	४	५	६	७	८
१९	२०	२१	२२	२३	२४	२५
९	१०	११	१२	१३	१४	
२६	२७	२८	२९	३०	३१	

2007 भाद्र/आश्विन २०६४

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
१३						१५
३०						१
१६	१७	१८	१९	२०	२१	२२
२	३	४	५	६	७	८
२३	२४	२५	२६	२७	२८	२९
९	१०	११	१२	१३	१४	१५
३०	३१	१	२	३	४	५
१६	१७	१८	१९	२०	२१	२२
६	७	८	९	१०	११	१२
२३	२४	२५	२६	२७	२८	२९

2007 आश्विन/कार्तिक २०६४

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	१४	१५	१६	१७	१८	१९
	१	२	३	४	५	६
२०	२१	२२	२३	२४	२५	२६
७	८	९	१०	११	१२	१३
२७	२८	२९	३०	१	२	३
१४	१५	१६	१७	१८	१९	२०
४	५	६	७	८	९	१०
२१	२२	२३	२४	२५	२६	२७
११	१२	१३	१४			
२८	२९	३०	३१			

2007 कार्तिक/मंसिर २०६४

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				१५	१६	१७
				१	२	३
१८	१९	२०	२१	२२	२३	२४
४	५	६	७	८	९	१०
२५	२६	२७	२८	२९	३०	१
११	१२	१३	१४	१५	१६	१७
२	३	४	५	६	७	८
१८	१९	२०	२१	२२	२३	२४
९	१०	११	१२	१३	१४	
२५	२६	२७	२८	२९	३०	

2007 मंसिर/पौष २०६४

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
१५	१६					१५
३०	३१					१
१६	१७	१८	१९	२०	२१	२२
२	३	४	५	६	७	८
२३	२४	२५	२६	२७	२८	२९
९	१०	११	१२	१३	१४	१५
१	२	३	४	५	६	७
१६	१७	१८	१९	२०	२१	२२
८	९	१०	११	१२	१३	१४
२३	२४	२५	२६	२७	२८	२९

वैशाख: १ गते नववर्ष, ३० गते बुद्ध जयन्ती आषाढ: २३ गते श्री ५ महाराजाधिराज सरकारको शुभजन्मोत्सव श्रावण: २५ गते जनै पूर्णिमा ३० कृष्ण अष्टमी आश्विन: ७ गते घटस्थापना, १३-२० सम्म वडा टुक्रै कार्तिक: ४-७ गते सम्म तिहार २३ गते संविधान दिवस फाल्गुन: ७ गते प्रजातन्त्र दिवस, ४ गते महाशिवरात्रि १९ गते फागुपूर्णिमा चैत्र: १३ गते राम नवमी

नव वर्ष २०६४ को
हार्दिक मंगलमय शुभ-कामना ।

Happy New Year

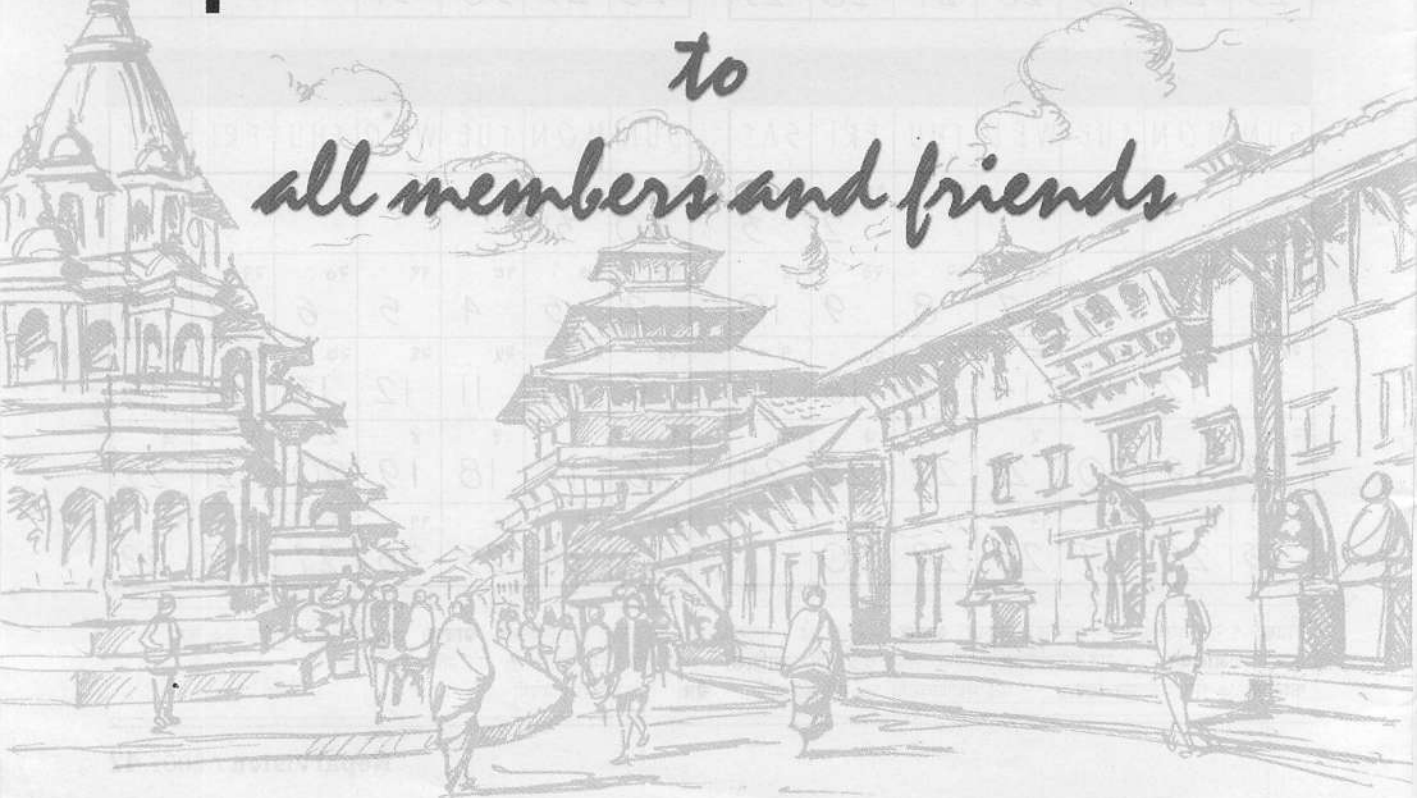
2064

from

Nepalese Association of Houston

to

all members and friends

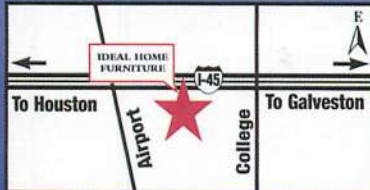


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5PC QUEEN SIZE BEDROOM SET -
HEADBOARD, DRESSER, MIRROR, NIGHTSTAND
1 LAMP ALSO AVAILABLE FULL SIZE



\$399⁰⁰
was \$799

5PC QUEEN SIZE BEDROOM SET -
HEADBOARD, DRESSER, MIRROR, NIGHTSTAND
1 LAMP ALSO AVAILABLE FULL



\$799⁰⁰
was \$1699

6PC QUEEN SIZE BEDROOM SET -
HEADBOARD, FOOTBOARD, DRESSER,
MIRROR, NIGHTSTAND, RAIL



ASHLEY

\$599⁰⁰
was \$1098

QUEEN SIZE BED,
HEADBOARD, FOOTBOARD, RAIL



\$899⁰⁰
was \$1699

6PC QUEEN SIZE BEDROOM SET - HEADBOARD, FOOTBOARD,
RAIL, DRESSER, MIRROR AND NIGHTSTAND
ALSO AVAILABLE CHERRY



**SOLID WOOD
CHERRY**

\$999⁰⁰
was \$1749

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TWIN SET \$89
FULL SET \$119
QUEEN SET \$179

2 YEAR LIMITED WARRANTY



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BED SET \$899**

**SOLID
WOOD**

WITH MATTRESSES. WAS \$1398.



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FIRM 2.0



TWIN CAPTAIN BED \$399
WITH MATTRESS
WAS \$599

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WOOD**

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