



NEPAL VISION

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विजया दशमीको
हार्दिक मंगलमय शुभकामना



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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." NAH is a Non-Profit Organization - Tax Exempt under Section 501(c) (3) of the IRS Revenue Code, Tax ID # 76-0637 697



President's Message

Dear Friends,

First of all, I would like to convey my best wishes to everyone on the auspicious occasion of Vijaya Dashami 2016.

I am happy to lead Nepalese Association of Houston (NAH) for the second term (2016 – 2018) and I am proud of our member volunteers for their continued support and with 'let's do it' attitude for numerous community activities. We organized various programs about every month to bring friends and friends of Nepal living in the greater Houston area together. NAH organized programs included soccer tournament with the participation by nine teams, two blood drives, a movie show, several talk programs, and cultural programs with 'Suntali Dhurmus' and Rajesh Hamal and team.

We spent the maximum time raising funds to help the victims of 2015 Earthquake in Nepal last year. We raised a record \$181,000. I would especially like to thank US Congressman Al Green (Texas district #9) for helping us to raise this fund. The collected funds have been utilized to reconstruct six schools and a drinking water system in a school in Nepal. Three schools have already been constructed and

handed over to the school management and other three schools are on a near completion stage.

In my first-term inaugural speech, in 2014, I had proposed of constructing our own community center. This proposal is closer to becoming a reality. We are in a process of acquiring a 5.25 acre of land near Katy, Texas. NAH will bring out a detailed plan on building the Pashupatinath temple and a community center very soon.

I would like to thank the editorial team led by Samir Rawal for bringing another edition of Nepal Vision. I would also like to thank Madhukar Amatya (IPP NAH) and Dinker Amatya (Advisor NAH) for providing all the logistics support to conduct various NAH activities. Thank you also goes to all the sponsors who have supported us financially. Thank you to all the NAH Executives and volunteers for their efforts and dedications towards NAH.

Best regards,
Jyoti K Ghimirey

Editorial

From
the
Editor's
Desk



Let me first start by wishing everyone a very happy Vijaya Dashami 2016 and may this auspicious occasion and festival bring joy, health, wealth, peace, prosperity and happiness to all.

On behalf of the Nepalese Association of Houston and Nepal Vision 2016 Editorial Board, it's with great pleasure to present you with the 12th volume of Nepal Vision 2016 magazine. In the same vein, I would like to express my gratitude to all the authors for heeding my call and contributing the articles for publishing Nepal Vision, which has always been a daunting task for NAH and the editorial committee. This year we have decided to do it a little differently by publishing it online only as a cost saving measure.

The purpose of Nepal Vision has always been clear though, to propagate harmony, unity and help foster our rich language, literature, culture, heritage, and Nepali values. Like in previous years, this magazine has also been an example of global collaboration of authors from around the world with the vision of bringing everyone together under the umbrella of Nepal and Nepali.

In this current edition, we have a wide variety of articles from novice to experienced writers covering a wide spectrum of genres from science and technology to economics, children's story to personal

experiences, health advices to articles of informational values, and from poems to gazals. In his article on "Dharma ko goodh rahasya k ho", Kamal Mani Panthi enlightens us with his spiritual discourse on the importance of 'kartabya karma' first mentality. Along the same line, Bilol Phokhrel shares us an interesting article "Aaja maile Ram bheten" on his bitter experience of caste system in Nepal. Namrata Guragain writes a humorous article "From a driver's seat" on her experience of driving to work in America. Bitu KC Baral, former NAH executive and a regular contributor of Nepal Vision shares us a touching story "Prabas ko pida" on her heartbreaking experience of losing her mother while being away in a foreign land and reminds us not to procrastinate in showing love, respect, service and gratitude to our mothers as time doesn't wait. There's an informational health article by Durga Basnet who advises us on the importance of eating healthy and reminds us "You are what you eat"; while Satish Tripathi, P.E. challenges all the expatriates on acknowledging responsibilities towards the motherland even while living in a foreign country.

On economy and finance, Rupendra Shrestha, a regular contributor in Nepali national newspapers, has provided some insight into the realm of inflation via "Nepal's economic growth vs. inflation", whereby the author opines on ways of boosting country's economic growth. Tara Baral, NAH advisor, doesn't shy away in expressing his impartial views on NAH, the importance of unity and urges everyone to shoulder the responsibility of making NAH the "Sajha Chautari" of all Nepalese living in and around Houston. My son Jay Rawal, in his first foray into public writing has finally come up with an article on his Robotics passion after much prodding.

Just recently as of last year as you all know, Nepal had suffered a massive earthquake which devastated the

country to tatters, taking away lives of more than 8,700, injuring more than 22,000, and damaging about half a million homes; an utter destruction of infrastructures including countless numbers of temples, monuments, statues of historical, and cultural importance were turned to rubbles. Rabindra Maharjan, a member of SEBS provides us with an insight to the chilling first hand experience of the 2015 earthquakes in Nepal and how he and his alumni came together to provide relief efforts to the victims. He is also the Chairperson of Shanti Education Initiative Nepal, a non-profit organization with whom NAH has collaborated in rebuilding earthquake damaged schools. He reminds the readers of the efforts still needed in rebuilding to bring the country back to normalcy. Failing to heed the need of the nation in this time of urgency, the author also brings to our attention the consequences, which would be very severe to shoulder for the country.

This unfortunate event also unfolded the weaknesses of our country in so many ways and unveiled how unprepared we were in terms of disaster management. You can read the details on lessons learned from this catastrophe in the article presented by Dr. Rajendra K. Shrestha, a Petroleum Geophysicist by profession. Despite the crisis led by this catastrophic event, it brought people of all races and creeds together to the service of the nation, all united. I couldn't agree more with the author that this sense of national solidarity and act of volunteerism needs to be continued perpetually and not just at the time of crisis only.

For poetry lovers, there are quite of few poems in this edition. Ganga Ligal and Basu Poudel, respectively, President and Secretary of INLS Houston chapter, Rekha Acharya, Usha Panthi, Brianna Shrestha, Ashish Raj Pant from London, UK and Govinda Gautam from Moscow,

Russian Federation have kindly contributed their poems. There's one children's story "Nangriko mamaghar" written by a famous children's writer Ranju Parajuli from Nepal, which our young readers will enjoy. You will also

find here an article on a local Houston based non-profit organization called Daya, by Nasreen Ameen, which was opened with a mission to empower South Asian women and to bring public awareness on domestic violence of women. The organization also provides counselling to women who are victims of domestic abuse.

Our own NAH status report on earthquake fund is being presented in detail by our IPP Madhukar Amatya with breakdowns of NAH funded projects while our Secretary, Vishnu Nepal has provided with a progress report on NAH's achievements and activities over the period of the current term of this NAH executive board.

In the end, I would like to wrap this up by thanking everyone involved in making this Nepal Vision 2016 a success, including article contributors, editorial team, NAH Executive team, and last but not least, you the readers. I would like to reiterate that the publication of this magazine was possible only because of volunteering time by all, so a huge thanks to everyone who contributed. Lastly, special kudos goes out to Mr. Kiran Shrestha and his team from Nepal for their efforts on magazine layout and cover page design in such a short notice.

Let's all continue to pledge support to Nepal in its rebuilding process while keeping the affected families in our thoughts and prayers. Happy Dashain 2016, once again!

Jai Nepal!

With best regards,
Samir Rawal
Managing Editor, Nepal Vision 2016
Vice President, NAH



-Vishnu Nepal
Gen. Secretary
Nepalese Association of Houston

A Quick Review of Activities and Achievements of NAH (2014-2016)

Please see below a brief note on the select events, successes, outputs and some key achievements made by NAH during the 2014-2016 period. The events are presented in chronological order.

Nepali Movie: Talakjung Vs Tulke

Hosted a Nepali movie show (titled "Talakjung Vs Tulke") on January 11, 2015 at AMC Studio 30 at 3PM (2949 Dunvale, Houston, TX 77063). About 250 attended the show.

YWCA Program

NAH participated in the YWCA program on November 20, 2014 where Archana Gurung, a journalist and an activist from Nepal presented her dream work on preventing child bride in Nepal. Archana is in the US in a four month fellowship program awarded to her by U.S. Department of State as she is working to prevent child bride practices in Nepal.

Talk Program with Dr. Kul Chandra Gautam

Nepalese Association of Houston (NAH) organized 'Meet and Greet with Dr. Kul Chandra Gautam' on November 22, 2014, Saturday at Ashiana Restaurant.

Dr. Gautam, is a distinguished international civil servant from Nepal. He was the former Assistant Secretary-General of the United Nations (UN) and Deputy Executive Director of the United Nations Children's Fund (UNICEF), special advisor to the Prime Minister of Nepal on International Affairs and the Peace Process, and Nepal's candidate for President of the 66th UN General Assembly. Over 40 people were present at the event. During the occasion, Dr. Gautam shared his inspiring journey from Amarpur VDC at Gulmi district to Dartmouth College, then to Princeton University and finally to the UN job. He also shared his opinion and observation with regard to changes of Nepal in forty years, as stated by Dr. Gautam 'Six Sins and Seven Virtues of Nepal in forty years'. You can find more information about Dr. Gautam at <http://www.kulgautam.org/>.

NRN Membership Drive

NAH participated in NRN membership drive working with NRN executive to promote membership from Houston area. Information were disseminated via emails and facebook.

Support to Organizations

Donation to Association of Nepali Teraian in America (ANTA) NAH supported (\$500.00) ANTA convention that was held on October 18th, 2014 in Houston.

Support to GulmiSamaj

NAH collaborated with GulmiSamaj for organizing Teej program in 2016.

Support to American Society of Nepalese Engineers

NAH provided support to American Society of Nepalese Engineers' conference that was held in Houston in September 2016.

Sahitya ra Sangit Sangam Program

NAH organized Sahitya ra Sangit Sangam Program featuring two guests- Dr. Tara Nath Sharma and Prem Rana Autari on February 8th, 2015 at Ashiana Restaurant (12610 Briar Forest Drive, Houston, TX 77077). The program was very well attended and all appreciated the efforts of NAH.

Nepal Vision 2016

NAH published the first online publication of Nepal Vision, Volume 12 on October 8th, 2016

Flood Victim Funds handed over to Prime Minister of Nepal

On January 18, 2015, NAH Advisor Gyaneshwor Shrestha, on behalf of Nepalese Association of Houston and GulmiSamaj of Houston, handed over NRS. 160,000 to Prime Minister's Disaster Relief Fund to support the victims of floods and landslides during a program at the Prime Minister's Office in Kathmandu. A total of US\$1600 (including \$500 from GulmiSamaj) was raised in Houston as part of the fundraising conducted during September through November of 2014.

2015 Nepal Earthquake Fund

Immediately after the disastrous earthquake of April 25, 2015 in Nepal, NAH started fund raising to help support the rebuilding efforts in Nepal and was able to collect US\$180,000. Details of breakdown of the utilization of funds can be found at another article in this publication.

Nepali Movie: ReshamFilili

Sunday, August 16, 3 pm, AMC 30, 2949 Dunvale, Houston, TX 77063. Nearly 250 participated in the show.

Town-Hall Meeting

NAH organized a Town-Hall meeting on Saturday, July 11, 2015 at Taj Hall (5615 Savoy Dr, Houston, TX 77036) where we shared our vision for the utilization of resources and collected feedback from the donors and community members. Nearly 80 community members and donors and civic agencies attended the meeting. Congressman Al Green was the chief guest of the meeting.



Workshop on TPS

NAH organized a workshop on TPS with Attorney Girija Gautam on July 26th 2015 at Ashiana Restaurant. Workshop included a detailed presentation by attorney followed by a Q/A session. About 70 participants attended the meeting.

Collaboration with Rotary E-Club of Houston

NAH collaborated with Rotary e-club of Houston to organize a fundraiser on July 16th, 2015 at Lee High School to support Nepal Earthquake victims.

Blood Donation

NAH conducted three blood donation events in the last two years donating nearly 120 pints of blood from 95 individuals.

Free Health Screening

NAH has partnered with VCare to provide free health screening for Nepalese as well as other Houstonians during various events organized by NAH.

Sports Activities

NAH organized annual NAH Dashain Cup Soccer both the years with increased number of

participation in terms of number of teams and supporters on the field. NAH has been using sports activities as a strategy to reach out to younger population.

New Website

NAH created a new website to replace the previous one. The new website (nahtx.org) has more functionalities and is attractive and user friendly.

Social Media

In the last two years, NAH's friends in Facebook increased more than 100% with some of the events reaching to more than 3000 users and more than 2000 likes.

Informing Community

Since 2014, NAH started sending weekly updates through its list serve. Contents include local events, opportunities and information on anything that seems helpful for the Nepali diaspora. The membership on the list serve has also increased nearly 90% in the last two years.

Serving South Asian Families in Crisis: Daya Houston



- Nusrat Ameen

Mission: *Daya supports South Asian women, their children and families who are trying to break the cycle of domestic and sexual violence and reclaim their lives. Daya empowers these women by offering counseling and advocacy, promoting community awareness, and by advocating at the policy level. Daya's approach fosters individual freedom and respect leading to healthy families.*

Daya, Inc. is the primary organization in Houston working specifically with the South Asian community on issues of domestic violence and sexual assault in the Greater Houston Area. Daya was formed in response to a murder-suicide tragedy in Houston wherein a young Indian-American woman shot and killed her violent husband of ten years, three young children and then shot and killed herself. Although this victim was educated, employed and proficient in English, she had not sought help from any organization or individual. Realizing the needs of South Asian women in domestic violence situations, Daya started in 1996 with a few clients. Daya has seen a steady increase in the number of clients seeking domestic violence services. Since 2005, Daya has helped over 2600 clients. In 2015, Daya provided direct services to over 300 clients and responded to over 6400 calls on its helpline.

Daya's focus on holistic direct services is based on the insight that its clients need extended support covering multiple areas of their life in order to address the unique issues related to being a South Asian immigrant in the U.S. Daya's experience with women from the South Asian community suggests that most clients prefer an advocate from their culture who understands the issues particular to South Asian clients. Daya's staff, board and volunteers, as a group, are able to cover all the languages (over 14 major dialects) of South Asia and bridge the regional, cultural and religious differences that exist among South Asians. Daya's staff and volunteers provide counseling; explain legal and immigration laws and information about rights; provide relief assistance and referrals for attorneys, court accompaniment, housing, medical care, education, employment, transportation, clothing, child care and other necessary services. Thus, Daya engages with its clients over the long term, often providing support till the client is able to stand on her own. Additionally, Daya's intervention is based on the model of an 'extended family' that is familiar to South Asian immigrants. Daya's staff invests time upfront to understand the unique background and circumstances of

each client in order to customize and deliver a full range of services based on each client's regional/religious background, acculturation level and immigration status. The clients come to trust Daya which, in turn, empowers them to analyze their options and take the necessary steps including connecting with mainstream agencies such as legal and law enforcement, all the while knowing that Daya is behind them all the way.

Daya is a change making agency. Through its preventive work Daya builds awareness in the community regarding domestic and sexual violence. In the last two years, Daya organized and participated in over 50 education and outreach events. This included presentations to state agencies such as the domestic violence organizations, school districts, public media like radio and television to police departments. Daya has also engaged religious communities to take an active role to denounce domestic violence. These presentations throughout the year educate and bring awareness to the community of the prevalence of domestic violence in the South Asian Community in Houston.

For more information please visit the website at: <http://www.dayahouston.org/>

Eat Right, Stay Healthy and Maintain Weight



- Durga Basnet

Food is necessary to fuel your body and get your system running. Right kind of fuel is needed to keep your body healthy. Wrong choice of food leads to obesity, hypertension, diabetes, heart disease and many more. While choosing correct food makes you feel healthy and better than before.

Losing weight has been a constant battle to many individuals living in a developed country. People try different methods to gain victory over increasing weight. Among those methods, one is dieting or in another word starving in the name of dieting. You don't have to starve yourself to lose weight. Many researchers have concluded that dieting do not help to lose weight. Rebound weight gain is always associated with dieting. Craving of food is increased due to restriction of certain food and starvation. Indulging back to unhealthy diet and lack of exercise increases rate of obesity after dieting.

Eating vegetables and fruits makes you feel full for longer time than eating empty calorie diet. It is easy to lose weight when you feel full. It will lower craving when you are not hungry. But it is necessary to select food

wisely. Get rid of junk food, even diet soda, low fat dairy product, red meat and most importantly processed food.

Digestive system plays vital role in keeping us healthy by regulating our immune system. It contains large number of bacteria, most of them are necessary to keep our gut healthy. Unwanted growth of bacteria disrupt immune system. Eating healthy is important to maintain healthy gut flora (bifidobacteria) that is found in large intestine. These bacteria need nutrition to survive. Eating low fiber and high carb diet have adverse effect on these gut friendly bacteria. These foods are absorbed in small intestine and nothing is left for bacteria that reside in large intestine. Lack of nutrition weaken gut friendly microbiome and are outnumbered by unwanted bacteria that compromise our immune system. Weak immune system is home for various diseases.

People are more aware about food, nutrition and their health nowadays. Availability of cell phone on everyone's hand has made it possible to retrieve information about anything they want to know. The bad news is all the information are not reliable. It is

important to select the correct one from a myriad of articles found in the internet. Here are some easy and healthy way to lose weight.

1. Fish, egg and beans are good source of protein. Protein makes you feel full for longer time and you naturally eat less.
2. Fat is necessary for better function of our body and brain. Sixty five percent of our brain is made of fat. It is needed for neurotransmitter. Extra virgin olive oil, canola oil, sunflower seeds and nuts are good source of anti-inflammatory fat. Fat is digested slowly and reduce craving. Anti-inflammatory fat reduces pain and aches caused by inflammation in our body.
3. Vegetables are super food. It has antioxidant property that remove toxins from the body. It contains high fiber that is not digested completely. This undigested fiber is a good source of nutrition for gut friendly bacteria. Fermented vegetables are good source of bifidobacteria.
4. Alcohol is also healthy. Little red wine has health benefit but adding little more kill microbiome in the intestine. It's

- better not to consume alcohol.
5. Drink adequate water. Drink water before you eat lunch and dinner so that you eat less.

Food to avoid

Red meat is found to be a culprit for causing obesity, cancer and cardiovascular diseases. Red meat contains antibiotic that is enough to kill gut healthy microbiome. It also contains hormones. Pasture fed meat is undoubtedly a better option, if possible. Diet drinks and fat reduced dairy product helps to reduce weight is a complete myth. Nowadays sugar is added in different forms. So, not all food is sugar free

or so called 'diet'. There may be maltose, sucrose, fructose, maple syrup and many more forms of sugar added in the food. The healthy way of choosing food is by selecting the food in the grocery store that you know and you don't need to read labels for its calories and additives. Always eat whole food. Processed food are harmful for your health and wellbeing.

High fiber diet, anti-inflammatory fats, fish, egg, avocados, nuts are some of the super foods that makes you feel full and you naturally eat less. Exercise is another important aspect that needs to be included in everyday life to pre-

vent obesity. Again eighty percent of weight gain is because of unhealthy eating habit. Sugar and junk add junk in your body. Healthy food nourish your body, makes you feel energetic. It is very true, "you are what you eat".

दशै महिमा

हँसिलो मनोकामनामा उदाउ
महाकाल रात्री स्वयं जगमगाउ
नमस्कार गर्दै सबै पाउ पछौं
भवानी मुमाका शरणमा रहन्छौं
विजया दशै हो ठूला चाडभित्र
पूजानै चढाउँ भुकि चित्त भित्र
नवैरात्रीकाली जय शक्ति रुप
घडामा सजाउँ मुमाको स्वरुप
विशर्जन जलै त्यो शिरैमाथि छर्कि
महोत्सव मनाउँ, पाउँ खुसियाली फर्कि
महाँ चंडी दुर्गा मनोकामनामा
फुकाउँ श्रीस्वस्ति दिलै भित्र आमा
परिवार जम्मा भई एकसाथ
जमरा टिका भल्किइ अक्षता त
मुमा, बाबु, बाजेहरुले खुसि भै
दिई आशिषै, शान्ति पाई सुखी भै

विजया दशैमा चढाइ पवित्र
यहि सत्य इच्छा पुगोस हामीभित्र
जय मा नेपाल शिरैमा हिमाल
नेपालीहरुको मनैको पुकार
रहोस् स्वच्छ हाम्रो स्वदेशै श्रिंगार
सुनाएर मनको करुणा पुकार
विजया दशैमा खुसि भै अपार
छ आकाश छाता महाचंडीमाको
दुइ पाइलामा धर्ति खडा भो
कहिले नभुक्ने शिरैमाथि भण्डा
उ हल्लिरह्यो चन्द्र सूर्य अखण्ड
कहाँबाट छोपिन्छ यो विश्वमाथि
शिरै हो नेपाल अहा विश्व व्यापी
मनोकामनामा चढायौं श्रींगार
फुकाइ मनै भो परि पुण्य धार ।



- रेखा आचार्य

ASNEng Houston Chapter Conference 2016

- Nepal Vision Reporter

With the theme of "Advances in Engineering, Science and Technology for Sustainable Development", The American Society of Nepalese Engineers (ASNEng) held its 9th Annual Conference jointly organized with CAN-USA on September 17, 2016 in Humble, Texas, U.S.A. The Conference was attended by approximately 100 participants, including Deputy Chief of Mission with Embassy of Nepal in Washington DC, and professional engineers, academicians, scientists, students, and industry leaders.

The conference kicked off in the morning of Saturday, September 17, 2016 with a welcome note from the Conference General Chair & President of ASNEng Mr Jagannath Ghimire, P.E., and Suresh Ojha, President of CAN-USA. The presidents welcomed the attendees, introduced their respective professional organizations, and highlighted their organizations' scopes, activities and achievements. Dr. Ramesh B. Malla, Technical Chair and Dr. Rabin

Bhattarai, Technical Co-chair provided an overview of the conference program. Rajendra Shrestha, P.E., President of the Greater Houston Chapter of ASNEng and Local Organizing Committee Chair, welcomed the guests and the participants. The invited Guest Speaker, Mr. Jyoti K. Ghimirey, President of Nepalese Association of Houston (NAH) thanked ASNEng for organizing its annual conference in Houston. Special Guest Speaker Mr. Jiban Prakash Shrestha, Deputy Chief of Mission, Embassy of Nepal, from Washington DC presented inaugural remarks and wished a successful conference. The opening program was concluded with vote of thanks from immediate past President Rajendra K. Shrestha, Ph.D. and Thakur Dhakal, P.E. Mr. Subash Paudel, P.E. was the M.C. of the Opening Ceremony.

The theme for the conference was, "Advances in Engineering, Science and Technology for Sustainable Development". The conference featured a plenary session and three regular

sessions with 13 technical presentations. The plenary session had three key note speakers from University of Houston, Texas. The key note speakers, Omprakash Gnawali, Ph.D., Jennifer Vardeman-Winter, Ph.D., and Rakesh Verma, Ph.D. presented "Understanding Disaster Preparedness and Recovery: A Case Study from Nepal Earthquakes of 2015". In addition to the technical presentations, there was a career development discussion presented by Pratishtha Pradhan, D. Eng, P.E. and the program was moderated by Janak Thapa, P.E.

The conference was concluded with a dinner and cultural program at night. The cultural program was moderated by Janak Thapa, P.E..

The conference was hosted by the Greater Houston Chapter of ASNEng and it was a huge success. Special kudos to the Local organizing Committee members such as Rajendra Shrestha, P.E., Subash Paudel, P.E., Govind Upadhyay, P.E., Raju Subedi, P.E., Pradeep Gautam, P.E., Janak Thapa, P.E., Ajaya Dhakal, P.E., and Umesh KC.



ROBOTICS IS FUN

-Jay Rawal,

6th Grade student at Harmony School of Excellence



What does it first come to your mind when you think of Robots and Robotics? I know you are thinking about Transformers or, maybe not. Well by definition, as per *Wikipedia*, "*Robotics is the branch of mechanical engineering, electrical engineering and computer science that deals with the design, construction, operation, and application of robots, as well as computer systems for their control, sensory feedback, and information processing. These technologies deal with automated machines that can take the place of humans in dangerous environments or manufacturing processes, or resemble humans in appearance, behavior, and or cognition. Many of today's robots are inspired by nature, contributing to the field of bio-inspired robotics.*"

The robotics that I'm talking about is building robots from LEGO®, from concept, design to creation and programming them to complete assigned missions. Missions usually consist of finding solutions to current challenges facing today's scientists like: energy, food, waste recycling, automation and etc. using Science, Technology, Engineering and Math (STEM) concepts. In school level robotics, we have to work using a LEGO® MINDSTORMS robot and complete the assigned missions in a certain timeframe.

There are many different versions of robotics competitions that students can participate in depending upon their age groups/ grades. It also depends upon what their school participate in.

- Early Robotics
- Jr. FLL (First Lego League Jr.)
- FLL (First Lego League)
- FTC (First Tech Challenge)
- FRC (First Robotics Competition)

Students can perform different roles in the robotics team such as:

- Builder - These are the main people that design and build the robot and its attachments that do the missions
- Programmer - Programmers are the people that program the robot to move and maneuver its attachments
- Project personnel - The project people are the people that mainly create project topic and slides for presentation, based on team's input

The teams also have a coach(s) and a mentor(s) that guides the team during practice sessions. Participating in robotics is not about just winning or losing, but it's about learning, researching and sharing of ideas and knowledge, working as a team. We need to remember that not everyone has answers or solutions to every problem, so we need to be continually exploring and discovering the solutions as a team. In tournaments, you get to compete with many teams nationally and internationally. You also get to participate in tournaments and celebrate achievements of your hard work. Helping one another is the basic foundation of teamwork, and students should always understand that mutual gain and friendly competition are not two separate goals. As a team, you also need to

abide by FLL/ FTC/ FRC Core Values and also pledge to show and practice Gracious Professionalism®.

I myself have been in robotics since second grade, and have learned a lot of valuable, not just technical, but social skills as well, like working in a team, making friends, discipline, respecting competitors, presentation skills, critical thinking, to name a few. You need a lot of patience and dedication to build robots and also take part in a lot of meetings leading up to the competition. The teams work all year long, and in my case, we meet 3 times, spend a total of about 7 hours a week throughout the school year to participate in a couple of competitions.

In conclusion, Robotics is a good extra-curricular club to join because you get to use STEM concepts, learn how to build, program, and work as a team to complete a project while abiding by the good Core Values of the competitions. This also helps students in creative thinking, solving problems, overcoming obstacles and gaining confidence to effectively use technology. Since there are a vast variety of robotics competitions, you can choose to be in any type you fit in. If your school does not host a robotics team to participate in competition, you can always create a team of your own with a minimum number of four team members.

Sources: Wikipedia, Firstlegoleague.org, firstinspires.org

Lessons Learned from the NEPAL 2015 Earthquakes



- Dr. Rajendra K. Shrestha*

Lessons Learned

The April 25 Earthquake in Nepal, with devastating consequences, has left many lessons for us to learn.

The continuous movement of plates resulting in the continual accumulation of stress along the fault planes puts Nepal in high risk for earthquakes. Therefore, it is better to be prepared for the earthquakes in the future than to be sorry, because it occurs without warning, and we all know this fact very well by now. The Government and people of Nepal can play a key role in achieving that. Nepalese people are known for their complacency. However, adopting a sense of chronic unease and urgency instead of complacency will make a big difference in disaster preparedness and management.

The building collapse during the earthquakes and the aftershocks contributed to the majority of the loss of lives and injuries, proving the saying "Earthquakes don't kill, buildings do." It also demonstrated that the conventional earthquake safety drill of drop, cover and hold did not work this time around. In contrast, those who fled their homes, were able to save their lives.

The crisis led by this catastrophic event brought people together and gave rise to the volunteerism, specifically among the youth. This sense of national solidarity and volunteerism needs to continue perpetually, not only at the time of crisis.

The international community and the Nepali diaspora stepped in and provided immense help in the rescue and relief of earthquake victims and are now engaged in the restoration process.

It also presented the real life example of how important it is to abide by the building safety code and construct earthquake-resistant buildings, although it may cost an additional ten to fifteen percent. The soil condition of the Kathmandu Valley is not amenable to high rise buildings owing to the fact that much of the valley is actually situated on an ancient lake bed. Therefore, getting the geotechnical soil tests performed and soil profile of the site examined prior to construction of a building assumes vital importance. Also, adding floors to buildings, originally designed for fewer floors, does not help in the event of an earthquake. In addition, the vulnerable buildings need to be retrofitted to make them quake resistant.

Post-quake damage assessment of buildings and infrastructures is very important. The volunteers of Nepal Engineers' Association did a commendable job in rapid assessment of building to assess whether they were fit for habitation. The engineers and scientists from worldwide were also involved in similar assessments of buildings and infrastructures in Nepal. American Society of Nepalese Engineers (ASNEng), published the Position Paper "Earthquake Preparedness and Disaster Relief in Nepal" jointly with America Nepal Medical Foundation (ANMF) and Computer Association of Nepal-USA (CAN-USA) containing comprehensive details of disaster management before, during and after the earthquake, on May 1, 2015, which can be perused at http://www.asnengr.org/earthquake_position_paper/.

The primary focus of the 8th American Society of Nepalese Engineers (ASNEng)/ Computer Association of Nepal-USA (CAN-USA), Aug. 29-30, North Brunswick, New Jersey, U.S.A. was "Recovery, restoration and preparedness for the future earthquakes in Nepal." This conference was participated by Nepal Engineers' Association President Er. Dhruba Raj Thapa as an invited speaker.

Nepal could also learn from the earthquake preparedness program in Chile. Chile suffered minimal damage to the buildings and infrastructures and a loss of 13 lives due to the 16 September 2015 earthquake of magnitude 8.3, which is much stronger than the Nepal 25 April earthquake (magnitude 7.8).

The government and citizenry of Nepal have to work together to accomplish the challenging task ahead associated with the restoration, reconstruction and resettlement from the great earthquake in 2015, which might take years of hard work.

Plate Tectonics and Earthquakes

The Indian plate got detached from the Super Continent Gondwana (consisting of the Africa, South America, Australia, Antarctica, Madagascar and India plates) about 120 million years ago and drifted to the north at a rate of 20cm/year, and later collided with the Eurasian plate circa 55 million years back. The Indian plate has been thrusting underneath the Eurasian plate at about 4.5 cm/year since then. In addition to the creation of the Himalayan mountain chain, this phenomenon leads to accumulation of a tremendous amount of stress along the faults (discontinuities in the earth's crust) running roughly east-west in Nepal. Sudden slippage and rupture along these active faults to release the stored stress triggers earthquakes.

Earthquake Seismology can only identify the earthquake prone seismically active regions, but is not able to predict the timing and exact location of the quake. Countless lives could be saved, if only an accurate prediction of earthquake can be made. Since

the earthquakes cannot be predicted, it becomes a paramount necessity to be prepared for one. The April 25 Earthquake and its aftermath

Nepal recently witnessed and experienced the might of colossal tectonic forces resulting in the massive 7.8 magnitude earthquake on April 25, followed by the 7.3 quake on May 12, and the aftershocks continuing to-date. This was the strongest earthquake in the country since the magnitude 8.4 quake in 1934, resulting in a huge loss of lives and property.

More than 8,700 deaths, 22,000 injured and destruction of about half a million homes has been reported due to this natural calamity of unprecedented proportions in this Himalayan nation of unrivaled natural beauty. In addition, seven UNESCO World Heritage Sites of historical, archaeological and cultural significance in the Kathmandu Valley suffered partial or complete destruction. Nepalese people, known for their resilience, are traumatized by these quakes and aftershocks, forcing them to take shelter in open air for an extended period of time.

It could be expected that in the aftermath of a natural calamity of the scale of the April 25 earthquake, the situation will be that of chaos and confusion. Unfortunately, this is what prevailed in Nepal because very little preparedness went into the area of disaster management, which surfaced during the first few weeks of the relief and rescue operation in the form of lack of coordination, solid directives and utter chaotic situation, starting from the Tribhuvan International airport premises, when the relief materials from the governments, non-governmental organizations and agencies from

across the globe started arriving. The one common complaint heard was that Nepal had no command center for disaster management, causing delay in distribution of relief supplies and rescue teams to reach the victims located in far and wide corners of the country near the epicenter. Nevertheless, there are some positives or silver linings about the April 25 Earthquake that are noted as follows.

- The only international airport in Kathmandu was operational and the earthquake did not cause much damage to the highways across the country except the Araniko Highway linking Nepal and China, which suffered landslide related destructions. The banking sector was also open for service during the quake.
- The international media, including BBC and CNN, gave continuous coverage of the disaster spreading the news across the globe, giving people the idea of the scale of the catastrophe Nepal was facing, and sensitizing the general mass about the urgent need for humanitarian aid in Nepal.
- There was no long time interruption in the communication system, so the Nepali diaspora worldwide could keep in touch with their loved ones in Nepal.
- The April 25 earthquake occurred on Saturday around noon. Saturday, being a holiday, the schools, colleges, universities and private and government offices were closed, minimizing human casualties.
- If the earthquake had exceeded an 8.0 magnitude, human casualties and property damage could have attained a much larger proportion.

Earthquake related destructions

When the earth shakes during the earthquake, the saturated soil behaves like a liquid or jelly and loose strength and stiffness in a phenomenon called "liquefaction." Liquefaction affects the foundations by making them weak and thus has a potential for damaging buildings and infrastructures. Liquefaction is also the reason for lateral spreading that creates cracks in the roads, bends the railway tracks and triggers landslides. Since liquefaction is mainly dependent on the soil condition, an examination of the soil profile prior to the building construction will prove to be very helpful.

Earthquakes don't kill, but poorly constructed buildings do. That is exactly what happened during the Great Earthquake. People who fled from their houses survived, those who opted to stay inside lost their lives or got injured. This is contrary to the conventional wisdom that people should drop, cover and hold during the earthquake, according to the earthquake safety drills.

The trend in the Kathmandu Valley has been to initially build two- to three-storey houses, and subsequently add as many floors, and rent out the lower floors. Since the foundation is built for two to three floors, it cannot support the weight of additional floors, and becomes unstable. During an earthquake, such houses tend to develop structural failure and collapse. Most of the high rise apartment buildings in the Kathmandu Valley developed cracks and some became uninhabitable. There is also a constant fear among citizens that the buildings with structural failures belonging to their neighbors are unsafe and could collapse any time over their houses.

The boundary walls surrounding a building are the weakest part of the structures because they lack reinforcement. The wall collapse is also liable to numerous human casualties.

As a result of the aftershocks that continued for a long period, people in Nepal were in a state of intense fear. Some people were afraid to even shut the doors of the bathrooms of their homes because they thought, if the ground rumbled, the doors would jam and would not open. The gates of the houses were stuck because they were distorted due to the earthquake.

The great earthquake also triggered avalanches in the Higher Himalayas and landslides in the mountainous regions. Almost all houses in the Langtang Valley were turned into rubbles. The Kali Gandaki River changed the course, and the glacial lakes were in the brink of bursting and flooding the nearby villages.

Most of the buildings damaged due to the earthquake were poorly constructed with brick and mud mortar with no reinforcement. Although the Nepal National Building Code (Seismic Design of Buildings in Nepal) has been in effect since 1994, it was hardly observed during the construction phase. The penalty for violation of the building code is currently set at Nepalese Rupee 50,000, which is trivial, and it is understood that no penalty has been issued thus far. But the great earthquake is going to bring a seismic change on this issue. The Nepal Government is planning to implement strict enforcement of the building code in new constructions with harsher penalties for its violation.

Some schools in the Kathmandu Valley that were retrofitted, survived the earthquake very well indicating how important it is to retrofit

the vulnerable buildings, be it school, college and university, a hospital, or a UNESCO World Heritage structure, to make them withstand the earthquake tremors without destruction.

Social Impact

The crisis due to the April 25 earthquake also brought illustrious cohesiveness and solidarity among people in Nepal, which was evident in people helping people, be it relatives, neighbors, social workers, or a volunteer from another country. It also gave rise to a sense of volunteerism in the country, specifically in the youth groups, who wholeheartedly participated in the rescue and relief operations as well as in the recovery and reconstruction efforts. This indicates the dawning of a new era of volunteerism in Nepal, which the government should help foster and continue.

The April 25 earthquake brought tremendous hardship to women, children, elderly and disabled people in the affected areas. It also wreaked havoc to the livestock – countless buffaloes, goats, cows and sheep were killed in the quake. The lack of elected representatives in the local areas was deeply felt in the April 25 earthquake. They could have been a great source to mobilize rescue and relief operations in the aftermath of the earthquake and could provide assistance in recovery and reconstruction phase as well.

Most important of all, Nepal lacks a "Disaster Management Policy" to date to bring all government agencies under a single umbrella to effectively coordinate in preparing for a disaster and mitigating its effect.

**President, American Society of Nepalese Engineers (ASNEgr), Founding President, Nepalese Association of Houston (NAH)*

के के हुन् विदेशमा नेपालीहरूको दायित्व ?



- सतिश त्रिपाठी “सार्थक”

घुमन्ते जातिको रुपमा आफ्नो सभ्यता शुरु गरेको मानव जाति विभिन्न प्राकृतिक जटिलता तथा बातावरणमा अनुकूलन हुनको लागि एक ठाउँ बाट अर्को ठाउँमा बसाइ सदै अन्ततः तुलनात्मक रुपमा सुरक्षित स्थानमा सामुहिक बसोबास शुरु गर्छ। संगै रहदा बस्दा मानवको सानो भुण्ड बिस्तारै व्यवस्थित समाज निर्माणमा अग्रसर हुन पुग्यो। साथै यसै गरि विभिन्न सिमानाहरुमा बाधिएर आफ्नो पहिचानलाई निश्चित सिमाना अर्थात् देशको नामले चिनाउन थाल्यो। मानव सभ्यताको शुरु शुरुमा एक ठाउँमा रहँदा बस्दा हासिल गरेको जिवन यापनको शैली अर्को ठाउँमा पुग्दा तथा अरु समूहहरु संग मिलेर बस्दा एक अर्काका शिपहरु साटा साट गर्दै अझ परिस्कृत जिवन यापनको शैली बिकाश गर्दै गयो। जुन कुरालाई व्यवस्थित बनाउन तथा समूह हरूको समुचित व्यवस्थापन गर्न राज्य संचालन संयन्त्र अर्थात् सरकारको गठन हुन पुग्यो। जब देखि मानव समाज निश्चित देशको घेरा भित्र रहन थाल्यो र त्यहीँको भाषा संस्कृतिलाई आफ्नो जिवन यापनको अभिन्न अंग बनाउन थाल्यो तब देखि नै मानिसहरुको पहिचान को मुख्य आधार नै देश हुन पुग्यो। तर विभिन्न अवसरहरुको खोजि निरन्तर गरि रहने मानिसको प्राकृतिक स्वभावले गर्दा आफ्नो गाउँ टोलबाट सहर हुँदै देश भन्दा पनि धेरै पर पर सम्म पुग्ने र उक्त क्रममा केहि फर्कने उतै र केहि उतै बसोबास गर्ने गरेको पाइन्छ। यसरी हेर्दा बसाइ सराई मानव जाति को स्वाभाविक प्रक्रिया नै हो। तर आधुनिक समाजमा बसाइसर

ाइ संगै आउने दायित्व र जिम्मेवारीलाई हामीले कसरि निर्वाह गरिरहेका छौं भन्ने कुरा नै अहिलेको अहम प्रश्न हो। हामि जन्मेको माटोले हामिमा प्राण नभरेको भए तथा जिवन जिउने कला नसिकाएको भए आज हामिले हासिल गरेको पद, प्रतिष्ठा र भोगिरहेको सुविधा कदामी हामीलाई प्राप्त हुने थिएन। तसर्थ जहाँ रहे पनि आफ्नो माटो, भाषा तथा संस्कृतिको बिकाशमा सहयोगी रहनु हाम्रो अहम कर्तव्य हो।

आफ्नो देशको लागि केहि न केहि गरौं भन्ने भावना हामि सबैको हुन्छ नै। तर हामि हाम्रो आफ्नो जिवनका दैनिकीहरु मा यति भुलसकेका छौं कि चाहना हुदा हुदै पनि केहि गर्न सकी रहेका छैनौं। यदि हामि प्रवासमा बस्नेहरुले यो दैनिकी बाट बाहिर निस्केर केहि गर्न कोशिश नगर्ने हो भने हामिलाई “खोला तरेर लौरो बिसैको” वात नलाग्ला भन्न सकिन्न। यसो भनि रहदा हामिले गर्न चाहि के सक्छौ त ? के हुन सक्छ हामीले आफ्नो देश, भाषा, संस्कृति प्रति गर्न सक्ने योगदान ? आउनुहोस यस बारे चर्चा गरौ। विशेषता विदेशमा बसेकाहरुले देशमा आइपुगेर प्राकृतिक प्रकोप तथा बिपत्तिहरुमा आर्थिक तथा अन्य विभिन्न श्रोतहरुको जोहो गरि सहयोग गर्नु प्रमुख कार्य जस्तो भएको छ। हरेक वर्ष जस्तो आउने बाढी पहिरो तथा आगलागीका घटनाको बेला सहयोग जुटाउनु विदेशमा बस्ने नेपालीहरु ले गर्दै आएको अत्यन्तै सरहानिय काम हो। विशेषता अधिल्लो वर्ष नेपालमा गएको महा भुकम्पको बेला प्रवासी नेपालीहरुको भूमिका जति प्रशंसा गरे पनि कम नै

हुन्छ। तर यति मात्र गर्नाले हामि प्रवासी नेपालीको दायित्व पुरा हुदैन। बिपत्तिहरु मा गरिने सहयोगले तत्कालका लागि राहत दिने न हो। तर हाम्रो देशले दिगो बिकाशको निम्ति विभिन्न सहयोगी हात हरू पर्खि राखेको छ। जसको लागि हामीले दिन सक्ने योगदानहरु मध्ये एक भन्नेको पर्यटन क्षेत्र नै हो। भनिन्छ परदेशमा हरेक मान्छे आफ्नो ठाउँ समाजको प्रतिनिधि हुन्छ अझै प्रस्ट रुपमा भन्ने हो भने प्रवासमा रहेका हरेक व्यक्ति त्यस देशका दूतहरु हुन्। २०११ को जनगणनालाई आधार मान्ने हो भने भन्डै ७% अर्थात् करिब १९ लाख जनसंख्या विदेशमा छन्। यदि एक जनाले एक वर्षमा एक जना पर्यटक मात्रै पनि नेपाल पठाउन सक्थे भने भन्डै २० लाख पर्यटकले प्रत्येक वर्ष नेपालको भ्रमण गर्नेछन। यदि हामी हरेकले आफुले चिने जानेकाहरु संग, आफ्ना सहकर्मी विदेशी साथीहरु संग आफ्नो देशका राम्रा कुराहरुको बारेमा चर्चा गर्ने अनि आफ्नो कार्य क्षेत्र तथा आफ्ना सवारी साधनहरुमा नेपालको चिनारी दिने केहि बस्तुहरु राख्ने हो भने पनि यसले नेपालको पर्यटन बिकाशमा ठुलो योगदान दिने छ। यसबाट राज्यले उठाउन सक्ने लाभ असिमित छ। के यति गर्न हामि तयार छौ ? मलाई लाग्छ यति गर्न हामीलाई कुनै अपठ्यारो पर्ने छैन। अर्को हामिले गर्न सक्ने कुरा भन्नेको विदेशमा आफुले जानेको सिकेको ज्ञान र सिपको हस्तान्तरण। हामी सबैलाई थाहा छ नेपालमा बजेटको अभावमा, हुनु पर्ने जति अनुसन्धानको कामहरु हुन सकी रहेको

छैन। जसले गर्दा स्वनिर्मित नया प्रविधिहरु निकै नै सिमित रुपमा मात्रै विकाश भैर हेको छ। जसले गर्दा नया प्रविधि र शिपको लागि हाम्रो जस्तो मुलुकले अरु विकसित देश हरु काइ मुख ताक्न परिरहेको छ। हामी विदेशमा बस्नेहरुले यहाँ हासिल गरेको ज्ञान, शिप र अनुभवलाई कुनै न कुनै तरिकाले नेपालमा हस्तान्तरण गर्न सक्ने हो भने एसले देशको दिगो विकाशमा ठुलो टेवा पुर्याउने छ। हामीहरु धेरैले नेपाल जादा वा जानेहरु संग आफन्त हरुको लागि नया फोन, लुगा, कम्प्युटर हरु त धेरै पठाउँछौ होला। तर हामिले कहिल्यै सिप तथा अनुभव हस्तान्तरणको बारे सोचेका छौ त ? अझ व्यक्तिगत रुपमा भन्दा पनि विभिन्न पेशागत संग संस्था हरु मार्फत प्रविधि तथा अनुभव हस्तान्तरण गर्न सके हाम्रो देशको अर्को पुस्ताले हुभर बाँध जस्तो बाँध नेपालमा नै बनाउन सक्ने थिए। यी त हामीले विदेशमा बसेर देशको लागि गर्न सक्ने केहि अति नै सामान्य कुरा भए। यो भन्दा पनि महत्वपूर्ण कुरा त हामीले आफु र आफ्नै आगामी पुस्ताहरुको लागि गर्नु पर्ने देखिन्छ।

हरेक मान्छेको पहिचान भनेको उसको भाषा, संस्कृति र संस्कार नै हो। यदि मानिसलाई यी कुराहरु बाट अलग्याउने हो भने उ धागो छिनेको चंगा जस्तो हुनेछ। एक छिन सोचौ त, हामीले आफ्नो घर तथा यहाँको समाजमा आफ्नो संस्कृति, संस्कार तथा भाषाको जगेर्ना गर्न नसक्ने हो भने हाम्रा छोरा छोरीहरु ले के सिक्छन ? हामीले आफ्नो भाषा आफ्नै परिवार भित्रै बाट सिकेका हौ। तिहारमा भैलो, दशैं मा टिका, इन्द्र जात्रा, घोडे जात्रा, छठ मनाउन हामीलाई हाम्रै समाजले सिकाएको हो। त्यो नै हाम्रो सभ्यता र संस्कृति हो। हामि संसारको जुन सुकै भाषा बोलौं, जुनसुकै संस्कृतिमा रमाउँ त्यसमा त्यति आत्मियता रहदैन, आफ्नोपना रहदैन जति आफ्नो चाडपर्वहरु मनाउदा आउँछ। के हामीले यो सब आफ्ना सन्ततिहरुलाई दिन सक्छौ ? एउटा बच्चा जन्माउनु भनेको हाम्रो आफ्नो वंश चलाउनु मात्रै होइन सामाजिक परम्परा, संस्कार र भाषाहरुको निरन्तरताको लागि पनि हो। यदि हामीले आफुले आफ्नो समाज तथा पुर्खा बाट पाएको

कुरा आफ्ना सन्ततिहरुमा हस्तान्तरण गर्न सक्दैनौ भने हामीले हाम्रो समाज प्रतिको दायित्व निर्वाह नगरेको ठहर्छ। हामीले हाम्रा सन्ततिलाई हाम्रो समाज बाट छुटाएर सामाजिक दुहुरो बनाएका छौ। यदि समाजले खेल्ने भूमिकाको प्रतिस्थापन हुन सकेन भने हाम्रा सन्ततिहरु लाई हामि पहिचान बिहिन बनाइरहेका हुनेछौ। तसर्थ, विदेशमा बसेका हामीले आफ्नो देशमा छुदा भन्दा अलिक बढी भूमिका आफ्नो भाषा, संस्कृति तथा सम्पदाको जगेर्ना मा लगाउनु पर्ने देखिन्छ। यदि प्रवाशमा नेपाल बलियो हुन सक्थ्यो भने हामी जहाँ भए पनि नेपाली पन कदापि मर्ने छैन। अन्तमा, विदेशमा बसेर सामाजिक संजालहरु मार्फत आफ्नो देशको बारेमा नकारात्मक चित्रण गर्नु भन्दा केहि सकारात्मक प्रयास गरेर देशलाई सहयोग गर्ने तथा आफ्नो भाषा, संस्कृतिको जगेर्नामा लाग्ने हो भने हामिले हाम्रो दायित्व पुरा गरेको ठहर्छ।

Their Everything

By: Brianna Shrestha

I felt.

I felt their hopes, dreams, and wishes,
glow, shine, brighten, sparkle, illuminate,
smile, giggle, laugh, run, jump, play, and fly.

Then, I felt.

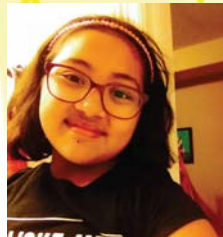
Their hopes, dreams, and wishes,
scream, cry, beg for mercy, crack, rip, crumble,
shatter, break, crushed, destroyed, gone,
DIE.

Except me.

Now, I will fight. Not with bloodlust, but with bravery.

I am their fury.
Their strength.
Voice.

Their EVERYTHING.



LETTER FROM PRESIDENT OBAMA TO NORA

People from around the world with different background, ethnicity, race, religion and age participated in rescue and relief efforts to help the earthquake victims when the 7.8 magnitude earthquake and series of continuous after shock struck most part of Nepal that killed more than 8,000 people, injured more than 21,000 and more than 3.5 million people became homeless. Some involved in direct relief efforts by going to earthquake impacted sites whereas others involved by providing logistics and financials support.

A 10 years old girl, Nora Sharma Shrestha from Katy, Texas, took a different approach and wrote a

Nepal Earthquake April 25, 2015

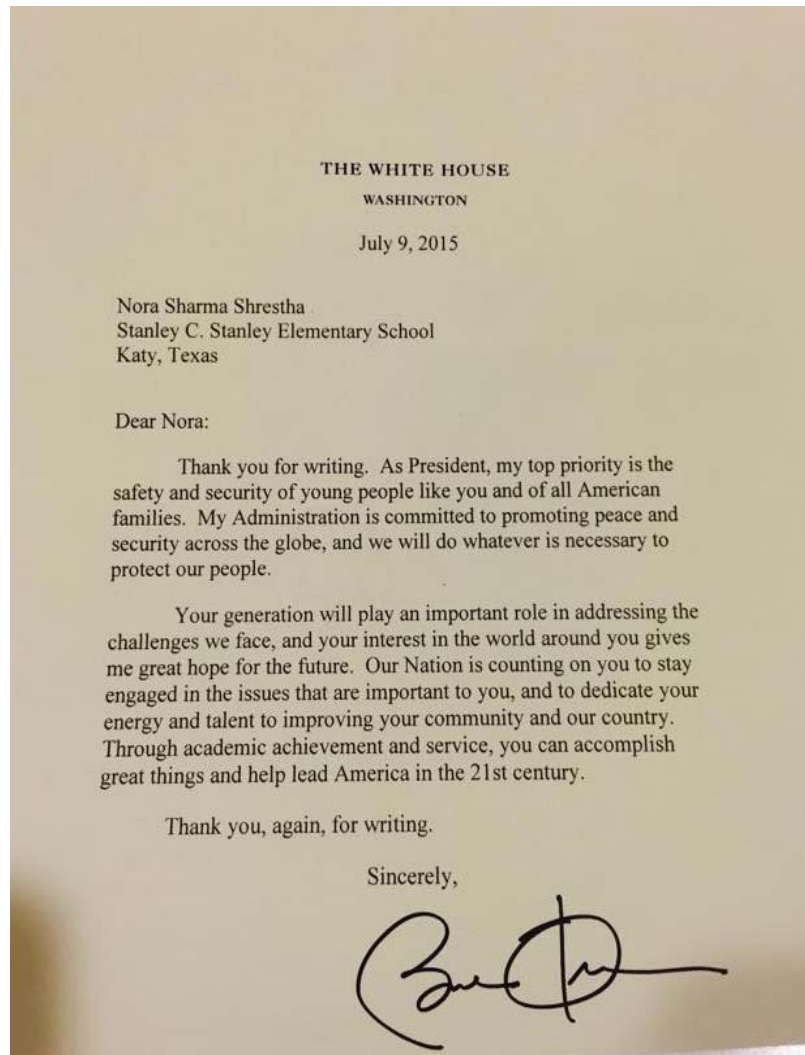


letter to President Obama requesting to help the earthquake victims in Nepal on May 27th 2015 after seeing the devastating news and images in the media. On July 13th 2015, she received a signed letter from President Obama along with photographs and other documents in response to her letter.



About Nora

Nora is a daughter of Niraj Shrestha and Manrupa Sharma Shrestha. She is 11 years old and currently attending 6th grade in Katy, Texas middle school. She has a 5 year old brother, Neil Shrestha, who she loves a lot and enjoys spending time with him. Although, Nora is born and raised in United States, she loves Nepal, Nepalese cultures and traditions. She has been actively participating in cultural and art competition programs organized by Nepalese Association of



Houston (NAH) and received several certificates and awards for reflecting the tradition, cultures and arts of Nepal. Nora is an honor roll student and plays soccer for Albion

Hurricane FC. She loves to dance, listen music and read books. She wants to become a medical scientist when she grows up.



धर्मको गुढ रहस्य के हो ?



संकलक

- कमल मणि पन्थी

विराट ब्रम्ह तथा विशाल परब्रम्ह एउटै कुरा हो । सर्वव्यापी परमेश्वरलाई कुनै शरीर विशेषमा अवस्थित देख्नु ठीक होइन । ऊ त नियम, शक्ति, तथा भावचेतनाको रूपमा कणकणमा समाहित छ । परब्रम्हको यथार्थ सत्ताको रूप यहि हो तर यसलाई प्रत्यक्ष देख्नको लागि अर्जुन, यशोदा, कौशल्या आदिले जस्तै सर्वव्यापी रूपमा हेर्न सक्नु पर्दछ । यो मान्यता परिपक्व हुनेबित्तिकै “आत्मबल सर्वभूलेषु” तथा “वशुधैव कुटुम्बकम्” को श्रद्धा उत्पन्न हुन्छ ।

खाली पूजा मात्र गरेर प्रसाद मात्र चढाएर भगवानको कृपापात्र बनिदैन । केही रुपैयाँको फूल प्रसादको पछि भगवान लाग्दैनन्, भगवान भिखारी छैनन् । म माला चढाउँछु, भेटी चढाउँछु, प्रसाद चढाउँछु, मेरो यो वा त्यो मनोकामना पूरा गरिदेऊ भनेर भगवानको पछि लाग्नेलाई भगवान रुचाउँदैनन् । सुन, चाँदी बहुमूल्य धातुको सट्टा व्यक्तित्वको कणको खजाना चढाएमा मात्र भगवान खुसी हुन्छन् । हामीले हामीभित्रको देवताको विकास गर्न सक्नु पर्छ । यसैको नाम, जप, तप ध्यान तथा यज्ञ हो । “अत्मौ पम्मेत भुतेषु दयां कुर्वन्तु साधवः”

सिद्धान्त अनुरूप “वशुधैव कुटुम्बकम्” को सारलाई जीवनमा उतार्न सकेमा मात्र भगवानको प्रत्यक्ष पूजा गरेको फल प्राप्त हुन सक्छ ।

हामीभित्र एउटा सत्य सुक्ष्म छ, जुन स्थूलभन्दा बढि शक्तिशाली छ । साधारण आँखाले हेर्दा केही देखिन्न खाली खान्छ अनि विभिन्न इन्द्रियहरुबाट फोहोर निकासी रहन्छ । काटेर हेरेमा खाली हाडमासु तथा फोहोर बाहेक केही देखिदैन ।

भित्री आँखाले हेर्न सक्ने हो भने मात्र देख्न सकिन्छ कि यो कति विशाल छ । महर्षि अगस्त्यले समुन्द्र पिडिदिए, ऋषि दधिचीको हाडबाट इन्द्रले बज्र बनाएर राक्षसहरुको संहार गरे, ब्रम्हर्षि विश्वामित्रले नयाँ स्वर्ग बनाई दिए, स्वामी विवेकानन्दले विश्वलाई धर्मको सारतत्व सम्झाएर मन्त्र मुग्ध बनाइ दिए, मिरा वाईले विषलाई पचाइ दिइन । ९६ पाउण्ड मात्र भार भएका ५ फिट २ इन्चका महात्मा गान्धीले तत्कालीन शक्तिशाली “जस्को राज्यमा सूर्य अस्ताउँदैन थियो” लाई घुडा टेक्न बाध्य गराइ भारतबाट भगाएर विश्वलाई अहिंसाको पाठ पढाई दिए,

आदि आदि कैयौं उदाहरणबाट सही तरिकाले भगवानको पूजा गरि शान्ति प्राप्त गरि “वशुधैव कुटुम्बकम्” को सिद्धान्तमा अगाडि बढेमा यो सानो शरीरको तागत कति छ भन्ने कुरा सबैलाई अवगत हुनेछ ।

शरीर स्वस्थ राख्नु मनलाई सन्तुलित बनाउनु तथा मनो विकारबाट बचाउनु अर्थोपार्जनमा इमान्दारीपन हुनु, मिलेर / बाँडेर खाने आचरण विस्तार गर्नु, जस्तासुकै परिस्थितिमा पनि हाँसीहाँसी जीवन बिताउनु । ढल लागेकोलाई उठाउन अनेक दायित्व हाम्रो जीवनसँग जोडिएको छ । यस्तै दुष्प्रवृत्तिहरुको उन्मुलनका लागि जीवन अर्पण गर्नु नै वास्तविक धर्म हो । त्यस्तै व्यक्तिको पूजा मात्र भगवानले स्वीकार गर्नुहुन्छ र त्यस्तालाई मात्र बरदान स्वरूप श्रीसम्पतिले सम्पन्न गराइदिनु हुन्छ । जुन प्राप्त भएपछि पुनः निश्चार्थ भावले परोपकार मै लगाउँछन् । त्यसैले भनिन्छ “परोपकाराय पुण्याय पापाय परपीडनम्” ।

रामले पिताको आज्ञा मान्नु धर्म हो भने प्रल्हादले नमान्नु नै धर्म हो । लक्ष्मणले दाजुको आज्ञा मान्नु धर्म हो

भने विभिषणले दाजुको आज्ञा नमान्नु नै धर्म हो । अर्काकी दुलही अदित्यालाई राम्री देखेर कुभाव राख्ने देवताको पनि राजा ईन्द्रलाई धर्मात्मा भन्ने कि पापी ? डुंगा चड्दा माभीको छोरीबाट मुग्ध भएका परासर र शिवाट जन्मेका व्यासले सम्पूर्ण वेद उपनिषद् आदिमा व्याख्या गर्नुको साथै अठार पुराण, महाभारत, भागवत आदिको रचना गरेर विश्वमा ठूलो योगदान दिए ति परासर ऋषि र व्यासलाई के भन्ने ? उनै व्यासकी माता उनै माभीकी छोरी सत्यवतिले फेरी राजा सान्तनुसंग विवाह गरि चित्राङ्गद र बिचित्र विर्य छोरा जन्माउनेलाई के भन्ने ? तिनै जगत गुरु व्यासले आफ्नो बुहारिहरुबाट धितरास्ट्र, पाण्डव आदि जन्माउनुलाई के भन्ने ? कुन्ती जसको चार पति छन् उनलाई कन्याको रुपमा पुजा गरिन्छ । पाँच पति भएकी द्रौपदिलाई कन्यानै भनिन्छ । गुरुब्रम्हा, गुरुविष्णु, गुरुदेव महेश्वर भनेर गुरुलाई नै मान्नुपर्छ भनि प्रेरणा दिने गीताबाट द्रोणाचार्य आदिलाई मार्ने पाठ पढाउनुलाई के भन्ने ?

येस्तै येस्तै तर्कबाट हामि कतै पनि पुग्न सक्दैनौ । यसर्थ मेरो विचारमा समय, परिस्थिति र तत्कालिन आवश्यकतानुसार व्यक्तिगत स्वार्थलाई पन्छाएर अरु उद्देश्यको लागि गरिएको सम्पूर्ण कर्तव्य कर्मलाई धर्म भनिन्छ । जस्तै सम्पूर्ण ब्रह्माण्डलाई नै भुटो बोल्नु माहापाप हो भनि सत्य बचन बोल्ने प्रेरणा दिने स्वयम् विष्णु भगवानबाट नै युधिष्ठिरबाट भुटो बोल्नु बोलाउनुलाई उद्देश्य राम्रो भएको हुनाले अधर्म मानिदैन ।

यसै सन्दर्भमा कर्तव्य कर्म भन्दा ठूलो भगवानको पूजा पनि हुदैन भन्ने कुरा प्रमाणित गर्न तथा अहंकार नै हाम्रो सबैभन्दा ठूलो सत्रु हो त्यसलाई दमन गर्न नसकेमा राखिस प्रब्रितमा वृद्धि भै जीवन बर्बाद हुने हुनाले आफ्नो सम्पूर्ण भक्तहरुलाई समय समयमा भगवानबाट प्रदान गरिएको ज्ञान मध्ये एउटा उदाहरण प्रस्तुत गर्न चाहन्छु ।

कर्तव्य कर्म भन्दा ठूलो कुरा यस संसारमा अरु कुनै छैन तथा कसैले पनि घमण्ड गर्नु हुँदैन भन्ने कुरा स्थापित गर्नको लागि हाम्रा वैदिक धार्मिक सनातन धर्म ग्रन्थहरुमा यत्र तत्र सर्वत्र व्याप्त छन् । जस मध्ये एउटा रोचक प्रसङ्ग यहाँ म प्रस्तुत गर्न चाहन्छु । स्वयम् भगवान विष्णु बाट नै भगवानको पूजा आराधना भक्ति गर्ने भन्दा कर्तव्य कर्ममा अडिग रहने व्यक्तिको स्थान भगवानको नजरमा उच्च हुन्छ भन्ने प्रमाणित गर्न खोजिनुको साथै म संसारमा ठूलो छु र म भन्दा ठूलो कोहि छैनन् भन्ने घमण्ड गर्नु हुदैन भन्ने कुरा पनि प्रस्तुत प्रसङ्गको पुष्टि गर्दछ ।

एक दिन देवताहरुको पनि ऋषि अर्थात् देवर्षी नारद भगवान विष्णुको सेवामा विष्णु लोक जानु भयो । विष्णु भगवानले देवर्षीलाई देख्ने बित्तिकै येथा योग्य स्वागत सत्कार पछि तपाईं एकछिन येही बस्दै गर्नुस मलाई मेरो प्रथम भक्तले स्मरण गरेको छु म त्यहाँ पुगेर आउछु भनेर जानु भयो ।

आफुलाई सर्वोत्तम नारायण भक्त हुं भनि गौरव गरि आएका देवर्षीलाई उक्त वाक्यले बिचलित तुल्यायो, सरि

र वेष्ठास्य भयो तथा रोम हर्ष हुनथाल्यो । सोचन थाले म भन्दा सर्वश्रेष्ठ भक्त अरु को हुन सक्छ ? म प्रथम भक्त जो सधैं नारायण पाठ गरि रहन्छु हाल उहाको सेवामा आफैं उपस्थित भएकोलाई छोडेर भगवान स्वयं तेस्तो को प्रथम भक्त कहाँ जानु भयो भन्ने सोच विचार गर्दा गर्दै विष्णु भगवान फिर्ता आइसक्नु भएको थाहै भएन ।

भगवानलाई देख्ने बित्तिकै कौतुहलताबस देवर्षीले प्रश्न गर्नु भयो तेस्तो को सर्वश्रेष्ठ भक्त कहाँ पुगेर आउनु भयो? उत्तरमा भगवानबाट प्राप्त ठेगाना अनुसार गएर उक्त व्यक्तिले दुइ-तिन दिनसम्म चौबिसै घण्टा निगरानी गरेपछि रुष्ट हुदै पुन भगवानको सेवामा पुगेर भन्नु भयो जसलाई तपाइले सर्वश्रेष्ठ भक्त भन्नु भयो उसले पुरा एकदिनमा जम्मा दुइ पटक मात्र नारायण जपदो रहेछ । एकपटक राति सुत्ने बेलामा र एक पटक बिहान उठ्ने बित्तिकै बाँकीको समय आफ्नो काममा दत्तचित्त भै कठोर कर्तव्य गर्दो रहेछ । तेस्तो दिनमा दुइ पल्ट मात्र भगवान भज्जने व्यक्ति, म सधैं भगवान भजेर बस्ने व्यक्ति भन्दा कसरि उच्च हुन गयो ?

तेत्रो ठूलो देवर्षी भएर पनि धर्मको गुठ रहस्य नबुझेकोमा देवर्षीलाई आफ्नो प्रश्नको उत्तरको लागि राजर्षी जनक कहाँ जाने सुझाव दिनुभयो ।

तत्कालिन समयमा नेपालको तराइमा अवस्थित जनकपुरमा राजर्षी जनकको सभामा उपस्थित येग्यबल्म्य आदि विद्वानहरु तथा गर्गी आदि विदुसिहरूसंग

सास्त्रथ गर्न संसार भरिबाट विद्वान विदुसीहरु आएर सभा भवन खचाखच हुने गर्दथ्यो । एकदिन उक्त सभामा देवार्शिलाई देखेर यथोचित सत्कार पश्चात त्रिकालदर्शी राजा जनकले देवार्शिलाई भन्नु भयो, तपाईं कहाँबाट आउनु भयो, के कारणले आउनु भयो, किन आउनु भयो सबै मलाई थाहा छ । त्यो व्यक्ति तपाईं भन्दा कसरी प्रथम भक्त भयो भन्ने प्रश्नको जवाफ पाउनु भन्दा अगाडी मैले भनेको एउटा काम पुरा गरेर आउनुहोस ।

देवार्शिले पनि उक्त भनाइ स्वीकार गरि राजा जनकको आदेश अनुसार आफ्नो दुवै हातको हत्केलामा राखिएको तेल भरिएको कचौरा जुन अलिकति हल्लिए मात्र पनि पोखिन सकिने टील पील तेल थियो । उक्त कचौरा हातमा लिएर एक थोपा पनि नपोखिकन जनकपुर सहर घुमेर आउनु पर्ने आदेश थियो ।

केहि समय पश्चात आफ्नो जिम्मेवारीको काम अर्थात् तेसबेला नारदको आफ्नो कर्तव्य कर्म नै थियो, त्यो पुरा गरेर आएको देवार्शिलाई सम्पूर्ण सभाको बिचमा धन्यवाद दिदै स्वागत गर्नु भयो । देवार्शिलाई केवल आफ्नो प्रश्नको उत्तर चाहिएको थियो, राजाको मुहार टोलाएर हेरिरहेका थिए ।

तेतिकैमा राजा जनकले नारादलाई प्रश्न गर्नु भयो । तेलको कचौरा बोकेर गएपछि यहाँ नफर्कुञ्जेलसम्म देवार्शिवता कति पटक भगवान भाज्नु भयो । नारदको उत्तर थियो, एक पटक पनि भजन पाइन, आफ्नो कर्तव्य कर्म जुन तेल पोखिएला भन्ने डरले दत्तचित्त

भई एकाग्रतापूर्वक उक्त काममा लागेको थिएँ ।

अन्त्यमा देवार्शिलाई सम्झाउँदै ब्रम्ह ज्ञानी राजर्षी जनकले भन्नु भयो “ जुन बेला आफ्नो जे कर्तव्य कर्म छ, पाठसाला गएको बेलामा, अफिसमा काम गर्दा, लडाईं गर्दा अर्थात् आफुले गर्नु पर्ने सम्पूर्ण काम गर्दा दायौं बायाँ केहि नसोच्ी एकाग्र चित्त भएर तन, मन, धन सबै बाट सुसम्पन्न गर्न कुनै कसर बाकी नराख्नु नै भगवान भज्नु हो । त्यसैले बिना कर्तव्य कर्म भगवान

भज्ने भन्दा कर्तव्य पथमा लीन भएर कर्म गर्ने व्यक्ति भगवानको नजरमा सर्वश्रेष्ठ भक्त हुन्छ ।

सन्दर्भ:

वेद पुराण तथा विभिन्न धर्म ग्रन्थ आदिको सार बाट संकलित ।

गजल



- वासु पौडेल
हुस्टन , टेक्सास ।

मैले तिमीसंग भेटेको, अस्ति भर्खर जस्तो लाग्छ,
त्यही भेटमा तिम्रो दिल सुटुक्क चोरें, कस्तो लाग्छ ?
पिपलपाते ओठ त्यो, न हेर गाजलु आँखा तरी,
जुनीभरि साथ दिए, हत्केलामा पाल्न, सस्तो लाग्छ ।

चिटिक्क बाटुली कम्बर हेर्दा लाग्छौं स्वर्गकी परी
टपक्क टिपिरे आँखाभित्र, राखूँ राखूँ, यस्तो लाग्छ ।

तर के गर्नु कहिलेकाँही गरिवीले रुनुपर्दा
आँसुसित बगेर तिमी पक्कै जान्छ्यौ कि ! त्यस्तो लाग्छ ।

मेरो दिल चोर्यौ मैले लुटें म अपराधी हूँ प्रिये !
तिम्रो जेलमा हाल यो वासु खुशी हुन्छ, जस्तो लाग्छ ।

"Houstonians come together for Earthquake in Nepal"

- Compiled by: Madhukar Amatya
(IPP NAH)
August 11, 2016



Brick and other debris lining a street in Bhaktapur, Nepal, in the aftermath of the Earthquake

succeeding days. On May 12, 2015, a magnitude-7.3 aftershock struck some 76 km (47 miles) east-north-east of Kathmandu, killing more than 100 people and injuring nearly 1,900.

NAH Press Release on Nepal Earthquake

In the aftermath of this earthquake disaster in Nepal, Nepalese Association of Houston (NAH) immediately rose for action and issued an immediate press release and started joining hands in conducting various fund raisers in association with several local

Nepal earthquake of 2015

A severe earthquake struck near the city of Kathmandu in central Nepal on April 25, 2015. Several thousand people were killed; many thousands more were injured; and more than a half million structures in Kathmandu and other nearby towns were either completely or partially damaged or destroyed. The initial shock, which registered a moment magnitude of 7.8, struck shortly before noon local time (about 06:11 am Greenwich Mean Time). Its epicenter was about 21 miles (34 km) east-southeast of Lamjung and 48 miles (77 km) northwest of Kathmandu, and its focus was 9.3 miles (about 15 km) underground. 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

	Nepalese Association of Houston (NAH) 6776 Southwest Freeway, Suite 450 Houston, Texas 77074, USA Telephone 713-773-4348; Facsimile 713-773-1948 www.nepaleseassociationofhouston.org	
Date: April 26, 2016		
Executive Committee President: Mr. Jyoti K. Ghimirey Immediate Past President: Mr. Madhukar G. Amatya Vice Presidents: Dr. Rupak Rauniyar, Mr. Samir Rawal Secretary: Mr. Vishnu P. Nepal Assistant Secretary: Mr. Drona Gautam Treasurer: Mr. Rabin Shrestha Assistant Treasurer: Chet Gurung Web/Media Coordinator: Mr. Niraj Shrestha Members: Mr. Bjay Bokhim, Mr. Anup Pande, Mr. Deepak Uprety, Mr. Baschha Triwari, Mr. Janak Thapa, Mr. Suresh Sharma, Mrs. Muna Pradyal, Mrs. Prashanti Pandit Board of Trustees Dr. Rajendra K. Shrestha, Mr. Dinkar G. Amatya, Mr. Binod K. Shrestha Advisors Mr. Dinkar G. Amatya, Mr. Binod K. Shrestha, Mr. Tara Baral, Mr. Gyanshor Shrestha	Press Release of Nepalese Association of Houston April 25, 2015 <i>The Earthquake in Nepal</i>	
Purpose To serve the Nepali community in the Greater Houston Area, bring all Nepali brothers and sisters on a common platform under a single umbrella, and create a congenial environment of friendship, fellow feeling, mutual understanding, mutual cooperation and mutual respect to help each other in every possible way at the time of need. To preserve and promote the rich Nepalese cultural, traditional, and historical heritage.	<p>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.</p> <p>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.</p> <p>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.</p>	
<small>NAH is a Non-Profit Organization - Tax Exempt under Section 501(c)(3) of the IRS Revenue Code, Tax ID # 76-0637 697</small>		

Copy of NAH press release that was circulated on April 26, 2015

association and agencies including University of Houston Nepalese Students Association and Gulmi Samaj of Houston.

NAH did a very successful fundraising to help Earthquake victims in Nepal and collected donation in many different ways via NAH website and from individuals and several organizations. Thanks to all your donations and well wishes that NAH had been able to organize such a successful fund raiser to help our countrymen in need. NAH Earthquake Support Committee would like to provide you with the updates on activities on how the relief funds were collected and utilized in Nepal and will continually try to do so on project completions. The funds are utilized in different projects, mainly in reconstruction of the school buildings in Nepal. NAH deeply and whole heartedly expresses gratitude to all its members and the community as a whole, in coming together to support Nepal and its citizens in this time of dire need.

NAH along with its supporters and well-wishers held various programs to fund raise as well as raise public awareness for this catastrophe, some of which are highlighted below.

CANDLE LIGHT VIGIL

NAH organized a separate 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 briefing and question and answer with Congressman, NAH Officers and individuals whose families suffered back in Nepal
- Candle light vigil and moment of silence

NEPAL EARTHQUAKE DISASTER RELIEF FUND CONCERT

Nepal Earthquake Disaster Relief Fund concert was organized by local talents of Houston & friends. The concert conducted at Taj Hall, raised \$6,247.00 on May 8, 2015, which was handed over to NAH Earthquake Fund on May 13, 2015.

Keeping in mind the hard works of so many volunteers and the generosity of the donors, NAH had to ensure that the collected funds are used properly and appropriately and so that every penny is ac-



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



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

counted for, NAH adopted working guidelines on managing Disaster Relief and Recovery Fund. In the NAH Executive meeting held on May 23rd, 2015, two committees were formed to appreciate and recognize the donor individuals and agencies and also to identify projects for funding purposes so that the money is not only used in the most needed areas but used effectively and efficiently as well.

Donor Appreciation Committee:

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

Project Identification and Evaluation Committee

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

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 mainly to appreciate and recognize all the donors and supporters of earthquake relief efforts. During this meeting, NAH shared its draft vision in regards to utilization of the resources collected by NAH. This meeting also provided opportunity for offering suggestions/ feedback in terms of mobilization of resources for rebuilding efforts in Nepal. NAH also handed over the receipts and appreciation letters to donors and volunteers. It was in this meeting that NAH decided that it will focus its resources primarily in rebuilding of schools damaged or destroyed by earthquake.





Selection of NAH Earthquake Reconstruction Projects

NAH Project Identification and Evaluation Committee did spend a lot of time in creating guidelines, criteria and matrix for project selection and even for fund disbursement, so that it reached the needy areas and with maximum

accountability of the disbursed funds. With all the bases in place, NAH started soliciting project proposals for funding, during which period; NAH received a lot of requests. Those projects with the closest match to our require-

ments were short listed after completion of proper due diligence, so that the process of project selection was fair and partial. The finalists were then picked from the short list based on further research and the nature of the projects.

Approved Projects and Partners

Nepal Earthquake Disaster Relief Fund
Proposals Approved by NAH
Projects and Status

Projects and Status																
No	Name of the Project	Location	Proposal from	Total Cost Proposed	Category	Proposed	Status ^[1]									
						By	MOU Signed	1st Installment (40%)		2nd Installment (30%)		3rd Installment (30%)		Comment	Total Allocated Funds	
							(Yes/No)	Amount (\$)	Wired? (Yes/No)	Amount (\$)	Wired? (Yes/No)	Amount (\$)	Wired? (Yes/No)			
1	Kshamawati Higher Secondary School	Suspa, Dolkha		\$67,100.00	School buildings	Madhukar Amatya	Yes	Yes	\$20,000.00	Yes	\$15,000.00	No	\$15,000.00	No	Project started	\$50,000.00
2	Shree Bagdevi Higher Secondary School	Jyamdi, Kavre		\$50,000.00	School buildings		Yes	Yes	\$12,000.00	Yes	\$9,000.00	Yes	\$9,000.00	No	Project started	\$30,000.00
3	Shree Balkumari Higher Secondary School	Sunaguthi, Lalitpur	Rotary Club Yala	\$19,000.00	School buildings		No	No	\$6,000.00	No	\$4,500.00	No	\$4,500.00	No	Need to sign MOU	\$15,000.00
4	Kutidada Secondary School	Bhimeshwar Municipality, Dolakha	Shanti Education Initiative Nepal (SEI Nepal) http://shantischool.org/	\$10,000.00	School buildings	Bijay Bokhim	Yes	Yes	\$4,000.00	Yes	\$3,000.00	Yes	\$3,000.00	No	COMPLETED	\$10,000.00
5	Gyanachhu L. Secondary School	Manikhel VDC, Lalitpur		\$10,000.00	School buildings		Yes	Yes	\$4,000.00	Yes	\$3,000.00	Yes	\$3,000.00	No	COMPLETED	\$10,000.00
6	Gyan Jyoti L. Secondary School	Malta VDC, Lalitpur		\$10,000.00	School buildings		Yes	Yes	\$4,000.00	Yes	\$3,000.00	Yes	\$3,000.00	No	COMPLETED	\$10,000.00
7	Shree Raitane Secondary School	Thangpalkot VDC, Sindhupalchok	Committed Nepal http://www.comnepal.org/	\$869.00	Access to clean drinking Water	Samhita Shah	Yes	Yes	\$869.00	Yes	n/a	n/a	n/a	n/a	COMPLETED	\$869.00
8	Shree Talituleswori Primary School	Thangpalkot VDC, Sindhupalchok		\$1,239.00			Yes	Yes	\$1,239.00	Yes	n/a	n/a	n/a	n/a	COMPLETED	\$1,239.00
9	Society of Ex-Budhanikanta Students Nepal	Everest Region (Villages of Phaplu & Thating)	www.sebsonline.org	\$4,860.00	Sharing the Warmth (Nyanapan), Blankets, sleeping bags & warm clothes	Bijay Bokhim	Yes	Yes	\$4,860.00	Yes	n/a	n/a	n/a	COMPLETED	\$4,860.00	
Total Allocated Funds: \$131,968.00																

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. For some of the beneficiaries, the original estimates will increase due to the harsh conditions in Nepal.

Total Collected Fund:
\$181,645.89

Total Allocated Fund:
\$131,968.00

Already Disbursed Fund:
\$68,968.00



Partner:
ROTARY CLUB OF YALA
Lalitpur, Nepal



**THE GREAT
EARTHQUAKE
2072**

**RELIEF AND
RECOVERY**

**NEPALESE
ASSOCIATION OF
HOUSTON, USA**

Rotary
Club of Yala
Lalitpur, Nepal

Shree Bagdevi Higher Secondary School
Jyamdi, Kavre, Nepal
Reconstruction of School Building
Support: **NEPALESE ASSOCIATION OF HOUSTON, USA**
सहयोग: ह्युसटन नेपाली संघ, अमेरिका

PROJECT 1 :
RECONSTRUCTION OF SCHOOL BUILDING
SHREE BAGDEVI HIGHER SECONDARY SCHOOL
Jyamdi, Kavre District
Total allocated NAH Fund: \$30,000.00

**Construction in
Progress:**

Shree Bagdevi Higher Secondary School

Major Donor: Nepalese Association of Houston, USA

Total Cost Estimate	USD 50,000
Established Date; Higher Sec. School	BS 2007 (1951); BS 2038 (1982)
Number of Students	1000; Boys:45%; Girls:55%
Damaged Classrooms	15
Classroom size each	300 Sq. Ft.; 20 Ft. x 15 Ft.
Total Reconstr. Area	4,500 Sq. Ft.
Cost @ \$ 10 per Sq. Ft.	USD 45,000
Water & Sanitation	USD 5,000 (Repair only)
Windows, Doors, Furniture	Reuse Existing materials

Note: Work in progress.
Roof slab will be completed by 30 July.
\$21,000 received from NAH



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

- ▶ Jyamdi Madan Village, 5 km NE of Ddaighat. 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 a round 1000 students from nursery to grade 12.



Foundation, DPC & Plinth label and 1st Floor under construction of **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

A2. Kshamawati Higher Secondary School Suspa Kshamawati Village, Dolkha District

- ▶ Suspa Kshamawati Village, 150 km from Kathmandu and 15 km from Charikot – Dolkha.
- ▶ The Kshamawati HS School, estd. 1948, through community initiation, is the oldest public school in the district. The school and the whole community has faithfully served people from far and away places and has functioned as a beacon of light in an underprivileged region.
- ▶ 15 teachers and staff serve 450+ students from nursery to grade 12. Majority of students at the school belong to a disadvantaged Thami community.

Kshamawati Higher Secondary School

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

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	100 Sq Ft. 16 Ft x 12 Ft.
Reconstruction Area	4024 Sq. Ft.
Cost @ USD 15/ Sq. Ft.	USD 60,360
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 1st week of October after monsoon. \$20,000 received from NAH.

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 Bhingeshwar Temple, built before the Pashupatinath temple.



The Temple of
Bhingeshwar
Mahadev

- ▶ Shree Balkumari Higher Secondary School's one building severely damaged.

Running short of nine classrooms.

- ▶ Close to School, Buddha Jara Senior Citizen Day Care Centre.

An exemplary initiative of RC Yala.



Day Care Centre



Buddha Jara Bihar

Shree Balkumari Higher Secondary School



Major Donor: Nepalese
Association of Houston, USA



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

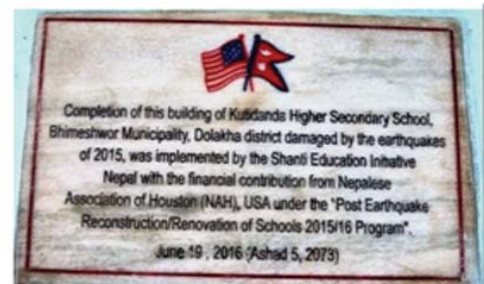
Total Cost Estimate	USD 25000
Established Date of Higher Sec. School	BS 2007 (1951) & BS 2038 (1982)
Number of Students	Total 450: Boys 408 & Girls 608
Damaged Classrooms	4
Classroom size each	300 Sq. Ft. 20 Ft. x 15 Ft.
Total Reconstruct. Area	1200 Sq. Ft.
Cost @ \$20 per Sq. Ft.	USD 24000
Water & Sanitation	USD 1000 (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.

Partner:
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



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



Partner: COMMITTED NEPAL



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



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

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
Shree Taltuleswori Primary School

PROJECT 8: ACCESS TO CLEAN DRINKING WATER
SHREE TALTULESWORI PRIMARY SCHOOL
Thang Palkot VDC, Sindhupalchok
Total allocated NAH Fund: \$1,239.00



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

Partner:

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

Reconstruction activities are still ongoing 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 from Congress to provide Nepalese visitors 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 our request to support this noble

cause and their efforts in making this fundraiser program a grand success.

Once again, NAH would like to thank you for your generous support in helping the earthquake victims and their families in Nepal. There is still a long way to go for people to get back to normal life in Nepal, but let's not forget that we are and will be there in the time of need. We still request that you keep these affected families in your prayers as they remember their loved ones who lost their lives

in the earthquake and are in the process of rebuilding their lives in the wake of this massive tragedy. We are indeed grateful to you all and may God bless Nepal.

THANK YOU!
NAH Earthquake Relief and Recovery Fund Committee

आज मैले राम भेटें



-विलोल पोखरेल

भक्तराज आचार्य भजनमा मस्त थिए रेडियोमा “आज मैले राम देखें, देखें अनि श्याम, रूप दुबैको एउटै रैछ, फरक रैछ नाम, विहानै रेडियो नेपालको धार्मिक कार्यक्रममा। धरान विजयपुरमा तैतिबेला पानीको अभाव नै थियो, विहानै पानी भर्न सबैजना उठ्ने गर्थे। धारामा पानी आउनु अघि नै अलिपर तिनधारे गएर नुहाई चोखो पानी ल्याउने जिम्मा मलाई लगाएको थियो बुढी हजुरआमाले। यो चाडै उठ्ने बानीले गर्दा पनि म सधैं रेडियोको धार्मिक कार्यक्रम सुन्न पाउँथे। एक दिन मैले यो भजन धेरै मन लगाएर सुनेछु होला, मनमा धेरै प्रश्नहरू उब्जिए, यो भजनले त राम श्याम एउटै हो भन्छ, उनीहरू एउटै भए राम चै रामायणमा अनि श्याम चै महाभारतमा किन आएका होलान् त? चैतमा रामनवमीमा राम जन्मने अनि भदौमा कृष्णष्टमिमा श्याम किन जन्मने? राम किन त्रेता युगमा अनि श्याम किन द्वापर युगमा जन्मे, राम कि एउटै पत्नी सिता अनि श्याम कि राधा सहित कैयौं पत्नी किन भए, राम गोरा छन् श्याम किन काला भए, राम धनुर्धारी अनि श्याम किन मुरलीधर भए, रामका भाइ भारत लक्ष्मण शत्रुघ्न अनि श्यामका दाइ बलराम किन भए, राम कि माता कौशल्या श्यामाकी माता यशोधरा किन भईन्, रामका पिता दशरथ श्यामका पिता वाशुदेव किन भए। यो प्रश्नको उत्तर भक्तराजजी संगै सोध्नु पर्ला तर भक्त राजजीले त गाउनु भएको मात्र हो लेख्ने त अरु नै होला, अब भो संकट? अब त्यो भजन पुरै राम्ररी सुन्नु पर्ला बरु अलि तल केहि भनेको छ कि, अब पुरै भजन सुन्ने निर्णय गर्यौं मनले।

अब म भजन पुरै सुन्ने धूनको प्रतिक्षामा लागें। फटाफट टिप्न कापी कलम तैयार थियो। तर भजनको अन्तरा सुनेपछि भन्नु तनाव बढ्यो, बिचमा त भन्नु रामलाई भेटें, मैले भुल्के घाममा श्यामलाई भेटें, मैले जुनको

साँझमा भन्दो रहेछ। सोचे विहान राम बनेर आउने होला बेलुका श्याम बनेर आउने होला, ठिकै छ फेरि सुन्छु राम चै छाती भित्र बसिराखेको भन्छ, अनि श्याम चै मनको ढोका खोलिदिए आउँछ भन्छ, अनि एउटै भए भित्र पनि बाहिर पनि कसरि हुन्छ? तनाव भो अभै सुन्न पर्यो, अब भो! मेरो आँखा वरिपरि बस्नो रैछ राम अरे, अनि मेरो मनको मभेरीमा बोल्दो रैछ श्याम अरे, होइन कस्तो बुझ्ने नसक्ने विडम्बना हो यो? यो भजनको अर्थ न बर्थले मेरो मस्तिस्क भोजन गरिसक्न लागेको थियो, बुढी हजुरआमा पाल्नुभयो। “अब यो उमेरमा कामधाम नगरेर के भजन सुनेर बसिराको नि, लौ पानीको गाग्रो माथि चौकामा लैजा।” अलिकति मन शान्त भो, भजन गर्ने पनि उमेर बेला आउने रहेछ तेसबेला यी राम र श्याम कहाँ जान्छन् थाहा हुने भो। आहा! बुद्धि फुर्यो, अनि बुढी हजुरमाले त अवश्यै देखेको होलानी त यो भजनमा भने जस्तै रामलाई विहान र श्यामलाई साँझमा। अब बुढी आमासंग राम र श्याम हेर्ने भए म पनि।

भोलि पल्ट विहानै बुढी आमा “आदिदेव नमस्तुभ्यम् “ गर्दै दुइ हातको औंला बिचमा भ्याल जस्तो बनाएर सूर्य पटि हेर्न थाल्नु भो, मलाई काम पुग्यो! बुढी आमाले राम देख्नु भो मैले देखिन! अब भो त, दिनभर प्रयास गरेर औंलाको भ्याल बनाएरै छोडें, अनि पर्सिपल्ट घन्टीसम्म पूर्वी धारामा राम खोज्ने प्रयासमा लागिरेहें केहि लागेन। राम आएनन् या मैले देखिन थाहा छैन तर अब बुढी आमालाई चै सोध्नुपर्ला। भजन को एक ठाँउमा “मेरो आँखा वरिपरि बस्नो रैछ राम” भन्दो रहेछ मैले हजुरआमाको आँखा वरिपरि धेरै दिनसम्म हेर्ने प्रयास गरे तर केहि पाइएन अब चै सोच्नै पर्ने भयो, त्यो भजनमा बोलेको कुरा, भूठो त हुनु नपर्ने, नत्र त्यत्रो सरकारी रेडियोले न भन्नु पर्ने!

भोलिपल्ट विहान बुढी हजुरमासंगै पूजा गरुन्जेल बसें। उहाँ सूर्यलाई अर्ध दिन बाहिर आए पछि मैले पनि दुई हातका औंला बाधेर राम हेर्ने कोशिस गरे, अभै दुर्भाग्य!!! सकिन मैले, सोधें हजुरआमालाई “आमा मैले पनि तेसै गरेर औंला बाधेर हेरेको खोइ त राम देखेनन् त?” “कसले भुट्यो एसको दिमाग, औंला बान्दैमा भगवान भेट्ने भए सबैले बान्थे, धर्म गरिस भने एकदिन देख्लास, मैले देख्छा छैन यतिका वर्ष भो धर्म गरेको, तैले अहिले के देख्लास।”

“यो सोमेलालाई पनि यै पूजा गरेकै बेला अनभरिनु पर्ने,” आँगनको पल्लोपाटोमा आइपुगेको सोमे मिजारलाई देखेर हजुरआमा बोल्नुभारैछ, “जा गएर दुई माना चामल र एक माना मुसुरीको दाल लिएर आइज, त्यो मसिनु वासमती होइन नि मोटो कट्कमल चामल ल्याउनु, त्यो सोमेलालाई दिएर सबै सामान लिनु, अनि एई केटा छोलास नि! परैवाट दिनु अनि आँगनमा भित्र पस्न नदिनु नि, म माथि पूजा सकेकै छैन जान्छु “हजुर अलिकति खर्च पनि मागेको थियो, छोरालाई कापी किनिदिन्छु, घरैमा पढ्छ, इस्कुला भर्ना दिएनन्” सोमे बोल्थो तँ मिजार भएर के को छोरा पढाउनु परो, खुरुक्क आरनको काम नसिकाएर जान्ने हुन्छ, तेरो छोराले तेरो काम नसिके हाम्रा छोरा नातिको खुकुरी चक्कु कसले धार लाउछ?” हजुरआमा बोल्दै भित्र पस्नु भयो, म समान लिएर बाहिर आएँ, मैले “सोमे दाई नमस्कार “ भनेको सोमे मिजार डरले काप्दै, “लौ न हजुरले के भनेको एस्तो, अहिले आमाले थाहा पाउनु भयो भने मलाई कहिले यहाँ टेक्नदिनुहुन्न” भन्न थाल्यो।

सोमे मिजार आफ्ना सामान बोकेर बाटो लाग्यो, म फेरी अर्को सोचमा परें, उता यो गोरे राम र काले श्याम एउटै हो भन्छन देख्नु न वार्नु भजनका भरमा टिका र फुल पसाद गर्छन, यता जीउदो जागदो सोमेलाइ आँगनमा पनि टेक्न दिदैनन। अब नयाँ तनाव फेरी मेरो मनमा, सोमेको घर मेरो बार्दलीबाट देखिन्थ्यो, दृष्टि सोमेको घर तिर, अनि चिन्तन सोमेको जात पटि थियो मेरो त्यो दिन।

सोमे र ममा के फरक छ, अलिक उमेर हो, तेस्रो भए मेरो बा र सोमेमा के फरक छ ? सोमे फोहोरी छ, थोत्रे मैलो गनाउने लुगा लगाउछ, तर त्यो त नुहाए भैगो नि ! अनि हाम्रा बा जस्ता धनी भए तेस्को पनि त राम्रो लुगा हुन्थ्यो होला नि त ! अनि फोहोरी छ भनेर नछोएको होला, नछोयेपनि आँगन मै पस्न नदिने ? हाम्रो कुकुर पनि त मभेरीमा बस्छ, अझ बिरालो त चुल्होमा नै पुग्छ, अनि तेस्रो भए सोमे हाम्रो कुकुर र बिरालो भन्दा पनि फोहोरी हो त ? सोमेले त वासमती चामल पनि खान नमिल्ने रहेछ, अनि सोमेको छोराले चैन किन पढ्न नपाउने ? किन स्कुलमा किन भर्ना गर्न नदिएको ? सोमेको छोरा मिजार भएको कारणले आरन मै बस्नु पर्ने ? लौ मेरो दिमाग फुट्ने भयो कति कुरा आएको हो ? पहिले नै राम र श्यामको कुराले दिमाग भारि छ अब सोमेको मुद्दा थपियो। भोलि पल्ट बिहानै गोविन्द सरलाई सोमे सम्बन्धित कुरा सोध्न गएँ, सरले जातपात विरुद्ध कानुन बनेको छ तर धेरैले अझै पालन गर्न बाँकी छ भनेर मेरो कुरो टुङ्गाइदिनुभयो।

फागुनको महिना, शिशिरको आखिरी सबै उजाड सुख्खा, राति नौ बजेको होला हाम्रो घर तल ठुलो आगो देखियो। एकैछिनमा गुहार गुहार सुनिन थाल्यो, केहि मानिसहरुको भागदौडको आभाष भएको थियो, "दशा पनि तेही घरमा लाग्दो रहेछ, जसको हाँडी रिक्तो तेस्कै खेतमा खडेरी, हेर ! उ सोमेको घर डड्यो !" हजुरआमाले भन्नु भयो। भोलिपल्ट सोमे मिजार हाम्रो घरमा आएको थियो, नित्याउरो, बेसहारा वर्षौं नहाँसेको जस्तो, मेरा बाले थोत्रा फाटेका केहि कपडा दिनु भयो, अलिकति कोदो र फापरको पिठो आमाले दिनु भयो, हजुरआमाले "चिन्ता नगर

सोमे, भगवानले सबै ठिक गर्छन" भन्दै आश्वासन दिनु भयो, सय मुरी घाउमा आधा पाउ मल्हम बोकेर सोमे बाटो लाग्यो।

साथीहरुसंग त्यो दिन सोमेको घर गइयो, खरको छाप्रो, चार फुटको पर्खाल र दुईटा माटाका घैला भन्दा बाहेक केहि बाँकी थिएनन्। मैले त ति गोरे राम र काले श्याम अधि नै आएर हजुरआमाले भनेको जस्तो बन्दोबस्त गरेर गैसके होलान भन्ने ठानेको थिए, तर केहि गरेका रहेनछन, हुनत गर्ने भए हिजो आगो लाग्ने बितिककै पानी पार्न पनि त सक्थे भगवान हुन् नि, गजब चरित्र छ, तर तिनीहरु त साँझ र बिहान मात्रै आउछन्, आगो त राती लागेको थियो।

सोमेको अदृश्य पीडा मेरो शरीरले महशुस गर्दै थियो, साहस गरेर सोधें "अब के गर्नु हुन्छ त सोमे दाई ?" "खै क्यानुं बाजे ! गाऊ भरि घुम्दा एकसाताको रासन पनि जोड्न सकिएन अरु के आशा छ र?" उसले जवाफ दियो, मैले सोच्दा त गाउमा एक दुइ घर बाहेक सबै हुने खाने छन्, हामी साथि भाइ मिलेर विजयपुर सांस्कृतिक समाजबाट एउटा कार्यक्रम गर्यौं, भन्डै पन्द्र सय रुपैया जम्मा गरेका थियौं, सुब्बा को तलब ३०० महिना थिएन त्यो बेला १५०० ठुलै कुरा भयो। साहिला तामांग र उसका साथीहरु जंगलबाट घर बनाउने खम्बा, बला, निदालका काठ ल्याउथे हाम्रो अनुरोधमा सोमेलाई आधा पैसामा सबै ल्याइदिए। पुरै गाउबाट हामीले ५० घना बाँस जुटाएर लगिदियौं, मिल्ले जति गाउलेहरुले दिनभरी घर बनाउने काममा सहयोग पुर्याएका थिए। फागुनको आधामा डडेको घर चैतको अन्तमा फेरी खडा भयो. सोमेदाईले मलाई बोलाएर "एसपाली मलाई पनि तिमि बाउन छेत्री जस्तै सत्यनारायणको पूजा गरेर घर सर्न मन छ, तर के गर्नु बाहुन आउदैनन, कामीले सत्यनारायण पूजा गराउन सक्दैन" भन्यो, मैले ठुलो साहस गरेर "तपाईं कसैलाई नभन्ने भए म बाको किताब बोकेर ल्याएर जस्तो सक्छु तेस्रै पुजा गरिदिन्छु हुन्छ ?" भनेर सोधे सोमेले रुन्चे हाँसोबाट आफ्नो डरपूर्ण समर्थन प्रस्तुत गरे।

वैशाख एक गते नयाँ वर्षको दिन २०३४ साल, म चारै बजे बिहान उनको घरमा पुगें आफुले जानेको पूजाको सामान मैले लगिदिँ। मालपुवा अपुंगो उनकै श्रीमतीले बनाइन, जे जे जाने, आतेपाते गरेर भए पनि सत्यनारायणको पूजा सम्पन्न गरेर कलशको रातो (सेतो कपडाले घरको मूलखम्बामा रक्षाकवचको बन्धन गरिदिए। सोमेदाई र उसका परिवार लाइ टिका प्रसाद लगाइदिए, भगवानको प्रसाद हो, भगवानले खान हुन्छ भने मैले किन हुन्दैन भन्दै एउटा मालपुवा अलिकति अपुंगो र एक कप चिया खाएर घरतिर लागें। कुरो थाहा पाएपछि बा र काकाबाट राम धुलाई त पाएको हो तर मलाई भने धेरै आनन्द आएको थियो त्यो दिन। निस्कने बेलामा रेडियो नेपालको धार्मिक कार्यक्रम शुरु भएको थियो, सोमेकि श्रीमती आँशु भारेर हास्दै थिइन्। भक्तराजजी फेरी आए, रेडियोको भजनमा "आज मैले राम भेटें" वातावरणलाई परिवर्तन गर्दै मैले सोमेदाई लाई तपाइले भगवान देख्नु भएको छ भनेर सोधे ? फेरी मैले पूजा त गर्नुहुन्छ होला, तेसैले भगवानको कृपाले नयाँ घर पनि पाउनु भयो भने। भजन संगै थप्पडी बजाउदै सोमेदाई मेरो नजीक आए, "खोइ बाजे हामीले त पूजा पाठ पनि गर्न जानेको छैन, मन्दिरबाट भगवान उठेर आएको पनि देखेको छैन, हाम्रोलागि जसले मिठो बोल्छ तेही राम, जसले दुःख पर्दा सहारा दिन्छ तेही श्याम, हामिलाई त मन्दिरमा छिर्न पनि दिदैनन, तेसैले हाम्रो घरमा आएर जसले हाम्रो आँशु पुस्छ तेही राम, यसरी हाम्रो घरमा राम नआएको भए यो कामीको अहिलेसम्म जीवन के रहन्थ्यो होला र ? बेघरवार टुक्रा टुक्रा भएर सकि सक्थ्यो। त्यसैले जो मेरो घरमा आयो अनि यति सहारा दियो त्यही हो मेरो राम"।

सोमे दाईको भावुकता नसकिने चाल पाएर म बाटो लागें, उनी भने भक्तराजसंगै धून पकड्दै थिए "आज मैले राम भेटें"।

अस्तु असोज १ गते २०७३

Nepalese Association of Houston Sports Committee in Action

Bijay Bokhim – NAH Executive & Sports Coordinator

Nepalese Association of Houston Sports Committee (NAH SC) is an affiliate of NAH. It was formed to create brotherhood, sisterhood, friendship & camaraderie through sports. They say “The Friends That Play Together Stay Together.” People who play together improve communication, reach their health & fitness goals and become friends for life. Above all, sports teach you discipline and to become a team player and respect your opponents.

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, 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 by next year.

The tournament is supported and sponsored by local businesses & individuals who think sports are vital to build a healthy, united & strong community.

With cricket also being popular in Nepal and among the Nepalese in Houston, NAH SC also organized “The Himalayan Cup Cricket Tournament” in 2014.

Here are few pictures from the past tournaments.



NAH Cup Soccer - 2016: Kickoff Meeting with Captains of different teams



NEPALESE ASSOCIATION OF HOUSTON (NAH) PRESENTS NAH CUP SOCCER - 2016

Participating Teams:

1. Chandra Surya FC
2. Creative Nepalese Society FC
3. Dead Runners FC
4. Druk Houston FC
5. Everest Warriors FC
6. Pearland FC
7. South Eagle FC
8. Three Star FC



Volunteer & Sponsorship
Opportunities Available

Kids Soccer Camp

Venues & Dates:

1. Memorial Park Soccer Field #8 (July 30, August 6, 13 & 20) &
2. Cullen Park Soccer Field #7 (August 27 & September 10)

Contact: Bijay Bokhim, NAH Sports Coordinator, 281-222-5269, bbokhim@gmail.com

Flyer for NAH Cup Soccer - 2016



2015 Soccer Champion: Dead Runners FC



2014 Soccer Champion: Druk Houston FC



2013 Soccer Champion: Blue Gurkhas FC



2014 Cricket Champion: Houston Khukuri with USA Cricket Captain Sushil Nadkarni



National Anthem



Final: Blue Gurkha FC vs Druk Houston FC



Trophies



NAH Executives & Organizers



Spectators & Supporters

झडभरको सिटबाट



-नम्रता गुरागाईं
केरी, नर्थ क्यारोलिना

ए छिटो जा.. नै... निदाइसकी क्या हो...? भन्दै अगाडिको सियानालाई आँखा खा ठुला पारिदिउँ मैले । लुकिंग ग्लासबाट बाहिर हेरेको मात्र थिएँ, होण्डाले पछाडिबाट आँखा तर्दैरहेछ । के गर्छस त बा..., तेरा लागि मैले उडन भएन भन्दै मैलेपनि आँखाको जवाफ आँखैले दिएँ । बाहिर निस्केर पाखुरा सुर्कनु पर्ने भए पो त्यसको जिउडाल विचार गर्नु गाडीभित्रबाट गाली गर्नलाई के भो र । ए रातै...झडभरको सिटमा बसेपछि, स्यालपनि बाघ नै हुनुपर्ने ? कस्तो होला यो सिट ? अगाडिको गाडी नगाएसम्म पछाडिकाले केही नाप्न सकिदैन तर पनि सबैले नापुलाभै गर्नुपर्ने...?

अगाडि जान केही चानस पर्लाकि भनेर आँखालाई पल्लो लेनमा लगें । उता फोर्डले म्याराथुनमै भाग लिएजस्तो रहेछ । फोर्डका पछाडि क्याम्प्री, कोरोला, कुपर ज्यान फालेर आएकोले र लेन चेन्ज गर्नलाई आँट आएन । उनिहरु तुफानले हुडकिएको देखा घुटुक थुक निल्दै आफ्नो पालो पर्खेर बिस्तारै जानु बाहेक केही थिएन मेरो । सियानाको स्पीड

लिमिटभन्दा तलको हिडाइले मलाइ मात्र नभएर ...म पछाडि बस्ने सबैलाई रिस उठीसकेको छ तरपनि लेन चेन्ज गर्न उपयुक्त समय नहुन्जेलसम्म उसकै सारमा सबैलाई हिडन करै लागिरहयो । बल्ल बल्ल अर्को लेनमा गाडीहरु पातलो भएकाले होण्डाले ओभरटेक गर्यो । ल ..ल.. जा अर्को स्टप लाइटमा भेटौंला भन्दै पालो पर्खेर बसें म । नभन्दै केहीबेरमा पल्लो लेनका गाडी पातलिए र मैलेपनि स्पीड बढाएँ ।

शहरबाट गाउँ र गाउँबाट शहर हुदै ६० माइलको बाटो डेढघण्टा खर्च गरेर काममा पुगनु र फर्कनु अचेल मेरो दैनिकी भएको छ । शहरमा बाक्लै भएका गाडीहरु गाउँ पुग्दा पातलिन्छन् । कहिले आफुमात्र हुन्छ बाटाभरी भने कहिले नराम्ररी जाममा पर्छु । धेरै बेर टाढा हिडनु पर्दा गएका हरेक मिनेटहरु साँच्चै महत्वपूर्ण हुँदा रहेछन् । काममा पुग्नलाई सबैभन्दा छोटो बाटो हाइवे ४०१ भएकोले मैले त्यही बाटो रोजें जान आउनलाई । एउटामात्र लेन भएको बाटो

भएकोले धेरैजसो आफू अगाडि ठुला गाडी भेटिन्छन् । पसलका सामान बोक्ने ट्रकलाईपनि त्यहि बेला हिडनु पर्ने, खेत जोत्ने ट्र्याक्टरलाई पनि त्यहि बेलै हिडनु पर्ने । तिनहरु दाँया बाँया नलागुन्जेल पंचमीमा पाइला गनेजतिकै हुन्छ । बेलाबेला त साँच्चै भोक चल्छ तर बाटो सबैको साँझा हो उनिहरुले हिडन नपाउने कुरै छैन । बाटामा ५ मिनेट ढिलो हुँदा समयमा काममा पुग्न सकिदैन । कति दिन ट्राफिकले गर्दा ढिलो भयो भन्ने साँच्चै गाह्रो हुँदोरहेछ तरपनि भन्न कर लाग्छ । हाकिमपनि ४५ मिनेट खर्चेर आउने भएकोले उसले बुझेको छ बाटाको समस्या तर सबैले बुझेको हुँदैन । मनमा कुरा खेलाउदै खुल्ला बाटो पाएसम्म छिटो जान कोशिस गर्छु ।

गाउँमै जन्मेर हुर्केर होला शहरबाट गाउँ पस्दा निकै रमाइलो लाग्छ । बाटोभरी मौसमअनुसारको खेती भेटिन्छन् । कतै सुर्ती त कतै कपास, कतै मकै त कतै भटमास खेती देखिन्छन् । ती सबै बालीहरु फस्टाएका देखिन्छन् गाडीबाट । नजिक गएर छाम्ने रहरलाई बाँधेर

मनभित्रै राख्नुपर्छ बाटामा हिँडदा ।
बिना सुचना केही गर्न पाइदैन । पर
बाट सधैं सप्रिएको वाली देख्दा
किसानहरु कहिल्यै फेल हुदैनन
जस्तो लाग्छ । आकाशबाट समयमा
पानी नपर्दा ब्याडको बिउ डढेर
फेल भएका किसान, खेतीको
सिजनमा मल बिउको भाउ बढेर
किन्न नसक्ता फेल भएका किसान,
त्यति गरेरपनि केही गरी लगाएको
वाली सप्रेर राम्रो भइहालेछ भने
बेच्ने बेलामा भाउ घटेर फेल
भएका किसानहरु देखिरहेका
आँखाले सधैं सप्रिएका किसान देख्दा
अचम्म लागेर आउँछ । जिम्मेवार
ओहोदामा बस्नेहरु दुरदर्शी भए भने
किसानलेपनि सुख पाउँछन कि ?
बाटामा गाडी पातलिएका बेला
मनमा कुरा खेल्छन ।

सबै आ-आफ्नै शुरुमा हिँडि राखेकोबेला
पर पुलिसको लाइट बलेको देखियो ।
ला... आज कस्लाई खाजा खायो
पुलिसले भन्दै पर हेरेका आँखालाई
हत्त न पत्त आफ्नो स्पीडमा ल्याएर
ठोक्काएँ । धन्न धेरै कटेको रहेनछ ।
पुलिसलाई देखेपछि अरुलेपनि
गाडीको कान निमोठेर लिमिटमा
आए । नजिकै पुग्दा डजलाई
पुलिसले सोधपुछ गरिराखेको रहेछ ।
त्यस्तो ठुलो विग्रेको भत्केको केही
नदेखिएकोले सायद डजले स्पिडिंगमै
टिकट पाएको होला भन्ने लाग्यो ।
अघि ओभरटेक गरेर जाने होण्डा
फेरी भेटियो । मनमनै अघि बुर्कुसी
मार्याथिस नी... धन्न पुलिसको फेला
परिनस भन्दै बिस्तारो मपनि अघि
लागें । अलि पर पुगेपछि मान्छे न
हो सबै पछि हेर्दै अघि कुददै ।

बाटोमा विभिन्न थरीका गाडी
भेटिरहन्छन । आफ्नै सारमा हिँडि
हेका बेला कहिलेकाहीं दाँया बाँया
मोडिने गाडीले सिग्नल नदिँदा
अचानक ब्रेक लाउनु पर्ने हुन्छ ।
बल्लबल्ल अगाडिको गाडीलाई
जोगाउँदा थुक्क भाते तँलाई जानु
थियो भने अघि नै किन भनिनस
भन्दै गाली पनि गर्छु । कसैकसैले
त हर्न बजाएर त्यसको सातो
खाइदिन्छन । लामो बाटोमा दैनिक
हिँडदा धेरै कुराहरु सिक्नेपनि मैले ।

वेक काउन्टी काटेर हार्नेट
काउन्टीमा जाँदै गर्दा फेरी पुलिसको
बत्ति बलेको देखियो । बत्ती देखेपछि
सबै होसियार भइहाल्यौं । दुर्घटना
भएको रहेछ । एम्बुलेन्स सातै खाने
गरी साइरन बजाउँदै आयो । खुट्टा
थर्न कामे । कसलाई आज दशा
लाग्यो नि यति बिहानै भन्दै आइ
पर्ने नराम्रा कुराहरुले मनमा घर
जमाइहाले । सबै गाडीहरु रोकेर
पुलिस अफिसरहरु किया र
क्राइस्लर भित्रका मान्छेहरुको उदार
काममा जुटेका रहेछन । धन्न यि
दुइ मध्ये एक हुन परेन... फेरी
एकपल्ट खुट्टासंगै शरिर पनि
काम्यो । अलि धेरै नै पछाडि
भएकीले कत्रो चोट लाग्यो देखिन
तर एम्बुलेन्स र पुलिसका गाडीहरु
धेरै देखा ठुलै दुर्घटना भएको
अनुमान गरें । हामीलाई रोकेर
उनिहरु सकेसम्म ति विरामीलाई
चाँडोभन्दा चाँडो अस्पताल लान
चाहन्थे । सबै रोकिएकाले लगेपनि ।
विरामी लगिसकेपछि हामीलाई
बिस्तारै पास हुन दिए । दुर्घटना
भएको ठाउँमा रगतका टाटाहरु

आलै रहेछन । त्यो देखेर शरिर त्यसै
फुलेभै भयो, मन धेरै डरायो ।
मैलेजस्तै छिटै घर फर्कनका लागि
छोराछोरी नउठी तिनिहरुपनि
काममा हिँडेका थिए कि...? अथवा
परिवारका सबै कतै घुम्न पो
निस्किएका थिए कि ...? के भएर
त्यस्तो ठुलो दुर्घटनामा परे होलान
यति बिहानै भन्दै मनमा कुरा खेल्न
थाले । एक मनले निकै भाबुक
बनायो । म किन छोराछोरीसंग
एक शब्दपनि बोल्न नपाइ हिन्छु
सधैं ? केही भयो भने त सकिहाल्यो
नि, के जागीर नै सबैभन्दा ठुलो हो
र ? एक मनले भन्यो । अर्को मनले
सबैकुरा आफ्नो ठाउँमा ठुलै हुन्छ,
तेरालागि परिवार ठुलो हो तर तैले
काम गरेको कम्पनीको लागि तेरो
काम ठुलो हो, नत्र तंलाई किन
उसले तलब दिन्छ...? हिँडदा विचार
गर्नु भयाउरी...पछि पछुताएर केही
हुदैन, तैले जीवनभरी बाँच्नु पर्छ, ५
मिनेट ढिलो भएरपनि केही हुदैन, ५
मिनेट छिटो भएरपनि केही हुदैन,
जीवनको तलमाथि ५ सेकेण्डभित्र
हुन सक्छ, विचार गरेर हिँड, हाब्रो
बाएरमात्र हुन्छ ? भन्दै झपायौं ।
उसले झपाएपछि मपनि ठीक
ठाउँमा आएँ र बिस्तारै अघि लागें ।

आफ्नै सारमा गैराखेको बेला स्कूल
जोन र पहेँलो छाना भएको स्कूल
बस भेटिए । स्कूलको २, ३ किमी
वरिपरिको भागलाई स्कूल जोन
भन्दारहेछन जहाँ स्पीड लिमिट ३५
माइल पर आवर मात्र हुन्छ । स्पीड
लिमिट देखेपछि सबैले स्पीड घटाएर
हिँड्यौं । केही समयपछि स्कूल जोन

त कटयो तर आफू अगाडि स्कूल बस भएकोले उसलाई

ओभरटेक गर्न मिलेन । सबैकुरा आफ्नो स्थानमा उत्तिकै महत्वपुर्ण हुन्छन । स्कूल बसलाई नानीहरु स्कूलमा सकुसल पुरयाउनु महत्वपुर्ण कुरा हुन्छ भने काममा जानेलाई काममा समयमा पुगनु महत्वपुर्ण कुरा हुन्छ तर अगाडि स्कूल बस भेटिएपछि जति नै छिटो जानेलेपनि उसको सारमा नहिडि नहुने भएकोले हामी सबै गाइको बाछो आमसंग पछि लागेजस्तै स्कूल बसका पछिपछि लाग्यौ । उ हिंडे हिडयो, उ बिद्यार्थी चढाउन रोकिए रोकियो । नियम नाघेर जान कसलाई ५०० डलर चिलाएको छ र । बेलाबेला सोच्छु- कानुन बनाउनु भन्दा कानुन पालना गर्नु चाहि ठुलो कुरा रहेछ । कानुन मिच्नेले आंखा अगाडि सजाय पाएपछि सबैलाई मान्न कर लाग्ने रहेछ ।

बाटोमा गइरहदा लिलिडटन आइपुगेछ । त्यहां पुग्दा सधैं इतिहासमा पढेको गोरखाको लिगलिगकोटको याद आउछ । संभनाको इतिहासलाई पल्टाउँदा राजा हुनलागि लिगलिगकोटमा धेरैले धेरैपटक दौडेको थिए तर द्रव्यशाहले मात्र दौडमा जितेर राजा भएको थिए रे । इतिहासमा पढेको कुरालाई ऐले मैले हिडने बाटोमा भेटिएको लिलिडटनले मलाई संझाइरहन्छ । केपफेयर रिभर कटने वित्तिकै आएको सानो बजार लिलिडटन रहेछ । केप फेयर विहान सधैं गांजा लागेर बसेकोजस्तो

देखिन्छ लिलिडटन को छेउमा । रुखका ठुटा जोडेर पारेको धुनी र त्यसले बनाएको कुहिरीमण्डलभै लाग्छ लिलिडटन वरिपरीको आकाश । आंखाले १० फिटभन्दा अगाडि देख्न हम्महम्म पछ्छ । खोलाबाट पानीको बाफ आकाशतिर जाँदै गर्दा बनाएको अध्यारो पनले आजपनि सबैलाई सचेत हुन कर लायो । हरेक गाडीहरुले हतार हतार तातोपनलाई बढाएर अगाडिको सिसा सफा गरे । मैलेपनि गाडीको सिसा पुछ्छे । बजार आएपछि बिस्तारै कुहिरो हराएकोले थोरै मात्र भएपनि आंखालाई सजिलो भयो ।

हरेक साना बजार कटने वित्तिकै बाटाको छेउमा अर्को बजार अथवा शहर पुग्न लाग्ने समय लेखिदिंदा बाटामा हिडने यात्रीलाई धेरै सजिलो हुने रहेछ । बाटाको छेउमा सुचनाबाहेक अरु केही पनि नभेटिने भएकोले हिडने मान्छेलाईपनि कतिखेर आफ्नो गन्तव्यमा पुगिन्छ भन्ने ध्याउन्न नै धेरै हुंदोरहेछ । लिलिडटनको सानो बजार कटेपछि छेउमा अझै मैले २७ माइल जानु पर्ने देखायो । घरी घडी, घरी आफ्नो गती र घरी बाटोको गती हेर्दै म तलतिर लाग्छु । घुम्तीमा भेट भएका साथीजस्ता लाग्छन गाडीहरु । अधि संगै हिडेका मुस्किलले एउटा दुइटा भेटिन्छन । जो जहां भेटिन्छन तिनिहरुलाई नै साथी बनाउदै हिडन अभ्यस्त म अनौठो मान्दिन अचेल ।

काममा जाँदै गर्दा दुइटा नयां सुचना भेटिए । एउटा बाटो मरमत गर्दै गरेको र अर्को बिजुलीको पोल मरमत गर्दै गरेको । स्पीड घटाउनु

पर्ने रे । २ माइल अगाडि नै सुचना पाएकोले यात्रुहरु सबै सचेत हुदै गयौ । नभन्दै मरमत गर्ने ठाउँमा एउटा लेन बन्द भएकोले कामदार हरू गाडीहरु रोकेर पालैपालो सबैलाई पठाइरहेको रहेछन । एकछिन पर्खदा घडीको सुइले चाहिं बुर्कुसी मारिहाल्ने भएकोले अलि प्रेसर बढेजस्तो हुन्छ तर उपाय नभएपछि पर्खिन कर नै लाग्छ, सबैलाई । केही समय पर्खिएपछि अगाडि जाने पालो आयो ।

अब त शहरको निकै नजिक आइसकेछु । स्कूल जोन, स्कूल बस, किसानका खेत जोत्ने ट्रयाक्टर र बाटोका कामहरु सबैलाई भेलदै हिडिरहंदा साच्चै आफुले काम गर्ने अफिस भएको शहर फेयतभिल देखियो । २,४ वटाको अधिपछि भएर हिडिराखेको बेला एकाएक चारतिरका गाडीहरु भेटिएर बाटो भरियो । बाक्लिएका गाडीको भीडभाडमा आफुलाई धेरै सचेत गराउदै हिड्छु । ३ वटा लेनमा कतै खुटटो टेक्ने ठाउँ हुदैन तैपनि लेन चेन्ज गर्नेहरु त्यतिकै भेटिन्छन । त्यस्तै भीडमा फेरी मोटर साइकलहरु कुखुराको भाले जता पायो त्यतै कुदेभै कुद्न खोज्छन । उनिहरुसंग धेरै होसियार हुनु पर्छ । काममा पुग्ने समयका हरेक मिनेटहरु भन धेरै महत्वका हुन्छन सिटी छिरेपछि । पुलिसहरुले पनि आफ्नो जागिर खाइराखेकाले उनिहरुलाई भन विचार गर्नु पर्छ ।

ए... अब त काम गर्ने अफिस नै देखिसक्यो । कसो समयमा नपुगिएला त?

नङ्गीको मामाघर

नङ्गीलाई आफ्नो मामाघरको संभ्रना आइरहन्छ । ऊ सानी हुँदा उनीहरु पनि मामाघर नजिकैको एउटा ठूलो रुखको हाँगोमा लाटो कोसेरो बस्ती भएको ठाँउमा बस्दथे । उनीहरुको गूढघर रुखको टुप्पोमा थियो । त्यहाँ अरु धेरै उनीहरु जस्तै लाटोकोसेरोले पनि गूढ लगाएर बसेका थिए । उनीहरु दिनभरी आफ्नो गूढमा मस्तसँग सुत्दथे अनि राति ठिक त्यसको उल्टो चारा खोज्न जान्थे । उनीहरुको जाति अरु चराहरु भन्दा भिन्न खालको थियो किनभने त्यो जाति राति आँखा देख्दैनन् । त्यसैले अरुको दिन उनीहरुको रात, अरु चराको रात उनीहरुको दिन हुन्छ ।

नङ्गीलाई संभ्रना छ उसको मामाघर ठूलो सेतो घरभित्रको बगैँचाको छेउमा भएका धेरै रुखहरुको मध्येको एउटा रुखमा थियो । त्यो ठूलो सेतो घरलाई उसले “दरबार” भनेको सुनेकी थिई । त्यो दरबारमा असल जातका धेरै रुखहरु थिए । ती रुखहरु मोटा र अग्ला थिए । कोही भने होचा र भ्याम्म परेमा पनि थिए । त्यहाँ फलफूल र फूलविरुवाका पनि अनेक थरी बोट थिए । राती सबै प्राणी जातिले विश्राम गरेपछि वातावरण शान्त हुन्थ्यो । त्यस्तो बेला ती लाटोकोसेरो जाति भने उठेर दरबारको बगैँचा घुम्थे । त्यहाँ भएका अनेकथरी फलफूलहरु रोजिरोजिकन टुङ्गदथे ।

नङ्गीको परिवार र अरु पनि थुप्रै उनीहरुका टोल छिमेकीहरु त्यहाँबाट बसाइँ सरेको पनि धेरै भइसकेको छ । त्यसबेला उ सानीचरी थिई । तर अहिले उसको पनि आफ्नै धेरै बचेराहरु हुर्केर स्वतन्त्र भैसके । ऊ सानी हुँदा एकदिन मध्य रातमा उसको

निद्रा खुल्यो । त्यसबेला उसले तल सडकमा मोटरका ताँती देखी । बाटो हिड्ने मान्छेको पनि सडकमा त्यतिकै लर्को थियो । त्यसबेला उनीहरुको मध्यरात भएपनि मान्छे जातिको भने मध्य दिन थियो । त्यो देखेर नङ्गीलाई “के होला यस्तो” भनेर अचम्म र डर लाग्यो । भोलिपल्ट उसले आफ्नी आमासँग त्यो कुरा भन्दा पो त्यसबेला मान्छे जातिको दिउसो हुन्छ भन्ने कुरा थाहा पाई ।

केही समयपछि नङ्गीको परिवार त्यहाँबाट बसाइँ सरे । बसाइँ सर्नेबेलामा नङ्गीका बुवाले आफन्तहरुसँग “अब यहाँ बस्नु ठिक छैन । मान्छे जातिको चाप बढ्दै गएर यहाँका रुखहरु काटिदैछन् । यहाँ बस्नाले हाम्रो वंशनै मासिने संभावना छ । यहाँको वातावरण पनि हामी बस्न नसक्ने हुँदैछ । त्यसैले ससुराज्यू, जेठानज्यू अनि आत्मीय छिमेकीज्यूहरु सबै मिलेर अन्त कतै बस्न जाऊँ” भन्यो । तर उनीहरुले “आफ्ना पिता-पूर्खाको ठाउँ छोडेर कतै नजाने” भनेपछि उनीहरु कोही अन्तै बसाइँ सर्न गएनन् । नभन्दै नङ्गीहरुले छोडेपछि त्यो ठाउँका ठूला रुखहरु सबै काटिए ।

नङ्गीलाई पुरानो थलोको संभ्रनाले बार बार घचघचाउँथ्यो । आफ्नो पुरानो थलो हेर्ने इच्छा आइरहन्थ्यो । अब त ऊ पाकी चरी भैसकेकी थिई । एकदिन उसले आफ्नो भालेलाई “हिड हामी एकपटक पुरानो थलोतिर घुम्न जाँउ ?” भनी । भाले लाटोकोसेरोलाई पनि पुरानो थलोको याद बेलाभौकामा आइरहन्थ्यो । उसलाई पनि त्यहाँ भएका आफ्ना परिवार इष्टमित्रलाई भेट्न मन लागेको थियो । त्यसैले उसले “हुन्छ” भन्यो ।



- रञ्जुश्री पराजुली

भोलिपल्ट विहान सखारै उनीहरु साथीभाई भेट्न भनेर पुरानो थलोतिर उडे । बाटो छल्लिदै, पत्ता लगाउँदै गरेर बल्ल तल्ल केही दिन पछि त्यहाँ पुगे । त्यो ठाउँ अर्कै जस्तो भैसकेको थियो । सबैभन्दा अग्लो र बूढो रुख जहाँ नङ्गीका बाबुआमा बस्दथे त्यो पनि सुकिसकेको थियो । त्यहाँ पातला केही पुराना, ढल्ने बेला भएका रुख मात्र बाँकी थिए । त्यस्तो वाक्लो, लोभलाग्दो, जङ्गल जस्तो ठाउँमा केही थिएन । हरि यालीको सट्टा अग्ला घरहरु मात्र थिए । पहिले त त्यहाँ सुगा-मैना, मयूर, हरिण जस्ता पशुपंक्षी रमाएर, चरेर बस्थे । आफ्नो पुरानो थलोको त्यो विजोग देख्दा नङ्गीको आँखा रसायो । उसले आफ्नो भालेलाई “यस्तो सुख्खा बन्जर जस्तो ठाउँमा बस्नुभन्दा त आफ्नै हरियो जंगल रमाइलो । हिड जतिसक्दो चाँडो यहाँबाट फर्किऊँ” भन्दै पखेटा फड्काउँदै त्यहाँबाट आफ्नो बस्तिर फर्किए ।

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मैले बुभेको एनएएच



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२००४को अगष्ट महिना हुनुपर्छ ह्युस्टनको अशोका रेष्टुरेण्टमा राजेन्द्र श्रेष्ठजीसंग भेट भयो । म अमेरिका आएको भर्खर एक महिना मात्र हुँदै थियो । मलाई यहाँको नेपाली समुदाय र साथीहरुसंग भेटने रहर ह्युस्टन टेकेपछि नै जाग्न थालेको थियो । मित्र दीपक उप्रेती मार्फत केही साथीहरु संग परिचय गर्ने मौका मिले पनि यहाँको नेपाली समुदायको संस्थागत परिचय भने हुन सकेको थिएन । संयोगले दीपकजी म्यानेजर भएको अशोका रेष्टुरेण्टमै त्यो साँझ राजेन्द्र बरालजीको छोराको पासनीको जमघट रैछ । मेरोलागि त्यो राम्रो अवसर थियो धेरै नेपाली साथी भाईहरु भेट्ने ।

एउटा पातलो शरीर भएका, आँखामा पावरवाला चश्मा लगाएका हेर्दा शालीन देखिने महानुभाव मेरो अधि आएर हात मिलाउदै आफ्नो परिचय दिनु भयो - म राजेन्द्र श्रेष्ठ ।

मैले पनि आफ्नो परिचय दिएँ । त्यसपछि निकैवेर हामी गफियौं । मैले आफ्नो बारेमा बताएँ, उहाँले आफू र ह्युस्टनको नेपाली समुदायको बारेमा बताउनु भयो । त्यहिँ थाहा भयो, नेप्लीज एसोशिएसन अफ ह्युस्टनको राजेन्द्रजी अध्यक्ष हुनुहुँदो रहेछ ।

मेरो धेरै चासो उहाँसंगको भेट पछि पूरा भएको थियो । चाँडै मित्रवत हुने राजेन्द्रजीको बानी मसँग पनि मिले भएर होला हामी नजिक बन्यौं । यो सामिप्यले मलाई नेप्लीज एसोशिएसनसंग नजिक बनायो । एसोशिएसनका हरेक क्रियाकलपमा म सहभागी हुन थालें ।

अरु साथीहरुसंग परिचय बढ्यो । मैले आफ्नो मनभित्र भोगिरहेको नेपालको अभाव त्यहाँको सहभागिताले केहि हदसम्म साम्य पार्ने काम गर्यो ।

२००४ देखि आजसम्म मेरो एनएएच यात्रामा विराम लागेको छैन । राजेन्द्रजीकै अनुरोधमा मैले कार्यकारी सदस्य भएर काम पनि गरें । अबत यो संस्थाको मायाले उम्किन दिँदैन शायद । यतिका वर्ष मैले सयौं साथी कमाएँ यहाँ । ती साथीहरुकै माया र व्यवहारले ह्युस्टन भन्दा बाहिर मन लाग्दैन । दुईचार दिन घुम्न अन्तै निस्के पनि ह्युस्टनले तानी हाल्छ । नेपाल भन्दा बाहिर मैले रोज्नु पर्दा ह्युस्टन नै मेरो प्राथमिकतामा पर्छ ।

म त्यसबेला नेप्लीज एसोशिएसनका कार्यक्रमहरुमा सहभागी हुँदा नेपालीहरुको सहभागिता निकै स्यानो हुन्थ्यो । सबैले सबैलाई चिन्थे । समयको अन्तरालमा ह्युस्टनमा नेपालीहरुको उपस्थिति बाक्लै हुन थाल्यो । शुरु शुरुका दिनहरुमा एकसय, एकसय पचास जम्मा हुन कठिन थियो आज कुनै राम्रो कार्यक्रम हुँदा पाँचसय नेपालीको जमघट हुन्छ ।

यसविचमा मधुकर अमात्य हुँदै एसोशिएसनको नेतृत्व ज्योति घिमिरे सम्म आइपुगेको छ । कार्यसमितिमा सक्रिय एवम् उर्जावान साथीहरु संलग्न छन् । एनएएचको संस्थापनादेखि नै यसमा लागेका साथीहरु अहिले पनि उत्तिकै क्रियाशील देखिन्छन् । एकदुई सामान्य घटना बाहेक यो संस्थाभित्र कसैले कसैप्रति

रातो मुख पारेको थाहा छैन । सबैमा आत्मियता देखेको छु, आफ्नो समुदाय र मातृ भूमीकोलागि केही गरौं भन्ने भावनाले साथीहरु अगसर भएको देख्दा आफूलाई यो संस्थाको सल्लाहकार भएकोमा गर्व अनुभव हुन्छ । हुन त मैले कहिल्यै पनि संस्थाभित्र पदको लोभ राखिन । नेतृत्वमा बस्ने साथीहरुले मलाई कुनै न कुनै अभिभारा दिन्छन्, त्यसलाई म नाँइ भन्न सकिदैन ।

ह्युस्टनको नेपाली समुदाय अहिलेसम्म उदाहरण बनेको छ र यो उदाहरणमा नेप्लीज एसोशिएसन अफ ह्युस्टनको ठूलो भूमिका छ । कसैलाई अप्ठ्यारो पर्दा एसोशिएसनले साथ दिएको छ । संस्थाको सदस्यै नभएकाहरुले पनि त्यस्ता अप्ठ्याराहरुमा सहयोग पाएका छन् । दुर्घटना, अशक्त विमार र मृत्यु जस्ता घटनामा सकेजति सहयोग पुर्याएको अनगिन्ति उदाहरण छन् । गत वर्ष नेपालको महाभूकम्पमा राहत र पुनर्निर्माणमा एनएएचले गरेको योगदान उल्लेख्य छ । अरु समुदायसंग हातेमालो गरेर स्वदेशको पीडामा मल्हम लगाउन एनएएचले त्योबेला खेलेको भूमिकालाई कसैले कम आँकन सक्दैन ।

अमेरिकाका विभिन्न शहरहरुमा हुने कार्यक्रमहरुमा म एनएएचको बारेमा खुलेर बोल्ने गर्छु । २०१४, नेपाल अमेरिका पत्रकार संघको ह्युस्टन अधिवेशनमा सहभागी भएका उत्तर अमेरिकाका नेपाली पत्रकारहरुले यहाँको आत्मियता र समुदायमा देखिएको एकताको मुक्त कण्ठले

प्रशंसा गरेर गए । अरु ठाउँजस्तो यहाँ च्याउ उम्रिए भैं संस्थाहरु देखेनन्, समुदायभित्र कुनै भैं भगडाको संकेत भेटेनन् । नेपालका राजनीतिक दलहरुका भातृ संस्था फेला पारेनन् । कुनै जातीय र क्षेत्रिय रुपमा नेपालीहरु विभाजित भएको देख्न पाएनन् । त्यसैले ती साथीहरु अहिले जहाँ भेट हुँदा पनि ह्युस्टनको कुरा निकालेर यहाँको एकताको तारिफ गर्छन् । आजसम्म एनएएचभित्र नेपालको दलगत राजनीति घुस्न सकेको छैन । जातियता र

क्षेत्रियताले प्वाल पार्न सकेको छैन । एसोशिएसनभित्र यस्ता खाले गतिविधिहरु नहुन् भनेर सबै साथीहरु सचेत छन् । यस्तो सतर्कता हिजोभन्दा आज भन्नु चाहिएको छ । कुनैबेला सल्लुलाएको देखिन्छ, समुदायलाई विभाजित पार्ने मनसायले मसिना स्वरहरु सुनिन्छ । तर तीनले आकार लिन सकेका छैनन् । आजसम्म यस्ता रोगहरुबाट बचेर आएको नेप्लिज एसोशिएसनलाई यहाँका सबै नेपालीको एकमात्र साभा चौतारी बनाउने

दायित्व जति संस्थाका नायकहरुको हुन्छ, त्यति नै समुदायका हरेक सदस्यको पनि छ ।

आउनुहोस् तपाईं हामी सबै हातेमालो गरेर यो संस्थाको गरिमा उच्च राखौं । अन्यथा विदेशका अन्य नेपाली संस्थाहरुजस्तै यसले पनि दुर्गति भोग्नु पर्ला । विश्वास गरौं, हाम्रो प्रयाशले एनएएचको भविष्य सुखद हुनेछ ।

Who's Who

Get to know your community members

Subash and Pratistha Paudel are residents of Cypress, North West Houston area for almost a decade. The couple have been happily married for more than 11 years and they have two kids; 9 yrs old Supreet and 1 yr old Sabanna.

Subash was born in Saipu (a remote village in Ramechhap district), but spent most of his childhood in Subidhanagar, Kathmandu, Nepal. Pratistha was born and raised in Kathmandu, Nepal. Both of them attended Siddhartha Vanasthali High school and obtained Bachelor's degree in Civil Engineering from Institute of Engineering, Pulchowk Campus. They went to Asian Institute of Technology (AIT) in Thailand where Pratistha received Master's in Water Resources in honor roll and Subash received Masters in Structural Engineering in honor roll as well. In AIT, Pratistha was awarded "Hoddaka Prize" for her outstanding academic performance. She also received Mahendra Biddhya Bhusan Kha from the former king of Nepal.

After receiving engineering degrees, the couple worked in Kathmandu for few years. Pratistha came to United States for her doctoral degree at Lamar University in 2004. Subash joined her in the same university to pursue doctoral degree, but later graduated with Masters in Civil Engineering to pursue his professional career in the Houston area in 2006.

Currently, Subash works for Burns and MacDonnell as a Senior Technical Associate, fulfilling his duty as technical lead in various Oil and gas industry projects. He started his career as a Structural Project Engineer and later became a well-known Civil/Structural team leader in the industry. Previously, he worked for Commonwealth Engineers, Cameron, and Worley Parsons. He also served as secretary and treasurer of Structural Engineering Association of Texas (SEAT) from 2007 to 2010. He was nominated for prestigious award "40 Under 40" by Houston Business

Journal in 2009 for his extraordinary accomplishment in a chemical project. Subash is also a founder of SSP Engineering & Consulting LLC, a structural engineering firm specialized in performing challenging structural tasks. Pratistha is currently working as a Supervising Engineer for the City of Houston.

Both Subash and Pratistha are actively involved in social activities as well. Subash is the current Vice President of American Society of Nepalese Engineers- Houston Chapter. The couple established a non-profit organization "Help Nepal Recover" to help rebuild schools damaged by earthquakes in different villages in Ramechhap district. The primary school in Duragaun is already built and construction of school in Saipu village is ongoing. Before the earthquake, they were involved in few road and school projects in remote villages in Nepal. They are also sponsoring a child at OCEED (Orphanage in Nepal) for her schooling.



Nepal's Economic Growth Vs Inflation



- Rupendra Joshi, M.Phil

Founder Principal

Samriddhi College, Tribhuvan University Affiliate

Every country wants a sustainable growth to make her people economically sound. For the proper and perpetual economic growth, the development activities must take place first, without which the economic growth get hinders and the development activities must be backed by sound political system and good business environment. If we see the economic growth rate of the past years, we can conclude that, it is very poor. This is solely because of the unstable political system. In the mean time if we see the inflation rate for the past years, it has exceeded the economic growth rate. When inflation rate exceeds the economic growth rate, then the people of that country is becoming poorer year by year. In this connection, it is quite noteworthy to mention the Ginni Coefficient, which also shows the wide income gap between rich and poor. It is 0.41 in Nepal and is one of the highest in the world. It is the time of the day to revise the monetary policy and economic policy to raise the standard of living of Nepalese people. Unless and until the economic growth beats the inflation rate, none of the Nepalese people will become economically sound excluding the handful of elite group.

Nepal is an agricultural country and most of the people are engaged in agriculture. So, the better method should be adopted for the better production by using scientific and modern technology. This helps to increase the productivity followed by good income and Nepal can become an independent country in food energy.

More and more industry(tourism, hydropower, tea...) should be established by creating congenial business environment .We must give priorities to foreign investors without hampering the national investors. So, FDI (Foreign Direct Investment) should be encouraged to boost up our economy and for the economic upliftment of her people.

There should not be more gap between bank's spread rate and the provision of banking facilities should be provided in rural areas, which we see lack in the present context. NRB (Nepal Rastra Bank) also has given direction to the Nepalese banks to open their branches without taking prior permission from NRB. Farmers should be encouraged and loan with a minimum interest rate should be provided without mortgage.

Brain drain must be stopped by generating employment opportunities in the home country though remittance is greatly helping in increasing GDP of the country. Population growth should be brought to the minimum of 1% or less at least for the next 20 years and general expenditure should be dominated by the development expenditure.

Different methods to check inflation like increasing bank rate, open market operations, increasing minimum cash reserve ratio, balanced budget must be adopted for smoothing the economy of the country. Likewise, it has become very much necessary to follow the proportional tax system in a country where the more tax burden lies to rich

people as compared to equal burden to all people irrespective of the income. At present, the poor and the rich are paying same tax rate to obtain the facilities. It is very wrong to follow this system. Tax bracket should be increased without increasing the tax rate. This system has only benefited the rich. The rich are paying less money as compared to poor in comparison to their income. Nepal's per capita tourist earning is the lowest in South Asia, so, new ideas should be used for more arrival and stay of the tourist by finding new tourist destinations.

Inflation is the sustained increase in the general level of price for goods and services and when it goes up, there is a decline in the purchasing power of money. Inflation makes the purchasing power fall and real return. Inflation decreases the real rate. For example: if nominal rate is 10% and inflation rate is 4% then real rate will be 6%. Here, Nominal interest rate is the growth rate of money, while the real interest rate is the growth of purchasing power. And the investor loses 4% from inflation and do not get return on investment. One is supposed to get Rs. 110 but due to inflation only Rs.106 will be obtained and 4% will be eaten up by inflation as the purchasing power has fallen by 4%. Therefore, if we take some of the aforementioned steps, it might help to maintain the inflation level in average to some extent and help to boost-up the country's economic growth.

प्रवासको पीडा !

- बिटु केसी बराल



अभ्र कति दुखहरु खप्न बाँकी नै होला जीवनमा । सुख प्राप्तिको प्रयासमा दुख पीडासँग सम्भौता गर्दै अघि बढ्छ मान्छे । जीवनका कतिपय दुःखमा समयले मलहम लगाउछ, कतिपय आफैले लगाउनु पर्छ । २०१६ अप्रिलको शनिवार म माथि अनयास ठूलो बज्रपात पर्यो । त्यो चोटको पीडा जीवन पर्यन्त रहने भो । समयले निको पार्छ भन्थे घाउ । तर मेरो घाउ निको हुने होइन ।

आमा सुत्ने कोठा सजाउँदै थिएँ म यहाँ । घरका कुनो काज्चो, बारी बगैँचा सफा गर्दै थिएँ । आमाले लगाउनु होला भनि लुगाहरु मिलाउँदै थिएँ । केवल एउटै मात्र इच्छा जीवनको ! यो गर्ने र त्यो गर्ने आमा आएपछि । हाम्रा एक वर्षदेखिका सपना साकार हुने लाग्दा, खुशीहरु फक्रनै लाग्दा मेरी आमालाई अनायासै टपक्क चूडेर लग्यो त्यो निर्दयी दैवले !

बुश इंटरनेशनल एअरपोर्ट ह्युस्टनमा मेको पहिलो हप्ता आमासँग आलिंगनमा बाँधिएर अमेरिकामा स्वागत गर्ने मेरो ठूलो धोको उहाँको चितासँगै जलेर खरानी भयो ।

शास्वत सत्य हो मृत्यु । अजम्बरी कोहि छैन । एकदिन सबैले यो संसारलाई छोड्ने पर्छ, बाटो एउटै हो ।

यो सत्यलाई जान्दा जान्दै पनि अकस्मात हृदयघातबाट आमाको स्वर्गवास भएको खबरले स्तब्ध भएँ.... ।

मामाघरबाट सप्ताहको निम्तो आएको रहेछ । सधैं भै सजिसजाउ भएर मामाघर जानुभएको, दिउँसोभरी भजन कीर्तनमा सबैसँग भेटघाट, नाचगाँन गर्नुभएको आमाको अकस्मात मृत्युको खबर सुन्दा कस्तो भयो होला !

नानी, तिम्रो घरमा आएपछि डंगरङ्ग लड्छु भुईँमा भन्नुहुन्थ्यो उहाँ । सानो घर जोडेको खुशी हामीलाई भन्दा धेरै थियो उहाँलाई । अमेरिकामा उभिएर ड्यूटी गर्दा मेरो खुट्टा थाक्थ्यो भन्दै गुनाशो गर्थे म कहिले काँहि । त्यो गुनाशोमा आमाको माया अझै धेरै पाउने लालशा पनि हुन्थ्यो । आएपछि तेल लगाई दिन्छु नानी भन्नुहुन्थ्यो उहाँ । उफ ! आमाको ममताको महिमा गरि के साध्य !

बारीको सौख हामी दुवैको । म आएपछि तिमिले बारीको चिन्ता गर्नु पर्दैन, म सब हेरिदिन्छु भन्नुभएको थियो, म दंगदास थिएँ । यतिखेर मेरो घर आँगन, कोठा, बारी बगैँचाले आमाको मात्र भ्रूकुलो दिलाउँ छ । उहाँले यो घर भित्र बाहिर गरेको हेर्ने रहर, उहाँको साथमा, उहाँको काखमा रहने इच्छया, इच्छ्यामै

सिमित भयो । कसरी सम्हालु म आफैलाई मेरी आमा ! कस्तो अपुरो भो जिंदगी, कस्तो अधुरो भो !

पछिल्लो समयमा आएर उहाँको अमेरिका हेर्ने रहर असाध्यै तीव्र भएको थियो । दुवै छोरीलाई अमेरिकामा भेट्ने मन अनि बुवाको स्वर्ग पछिको एक्लोपनले पनि आमाको अमेरिका आउने चाहाना तीव्र भएको हुनुपर्छ । अनि छोरीलाई आमालाई अमेरिका घुमाउने जीवनको एउटै ठूलो धोको ! ठूला ठूला रहर हुन्छ, सपना हुन्छ मानिसका । मेरो जीवनको एउटै सपना पुरा हुनै लाग्दा अधुरै रह्यो सब ।

पखेटा भए उडेर आउँथे भन्नुहुन्थ्यो उहाँ फोनमा कुरा हुँदा । म गह्रौँ मनले आमालाई सांत्वना दिन्थे “सबै प्रकृया पूरा भैसक्यो अब भेट भईहाल्छ नि आमा ।” उहाँ लामो सुस्केरा तान्नु हुन्थ्यो, मलाई भन पीडा हुन्थ्यो । उहाँले सुन्नुहोला भनेर म चाँही सुस्केरा दबाउँथे । एक वर्षदेखिको ग्रिन कार्ड फाइल प्रक्रिया पूरा हुदै थियो । अप्रिल २६मा आमाको अमेरिकी दूतावासमा अन्तर्वार्ता थियो । ह्युस्टन आउने आमाको टिकट बुक भइसकेको थियो । तर नचिताएको भयो अन्तर्वार्ता हुनु एघार दिन अगावै अप्रिल १६ मै आमा बित्तु भयो ! निष्ठुर समयले ठूलो घात गर्‍यो हामीलाई ।

दिदी बहिनी, भाई बुहारी,
साथीहरूले कति बोलाउदा पनि
आमा आई हाल्नु हुन्छ भनेर दशैमा
नेपाल नगएको पछुतोले पछ्याई
रहन्छ । २०१२ मा आमालाई
भेटेको त्यो नै अंतिम भेट बन्यो ।
त्यो भ्रमणबाट फर्केको महिना दिन
पनि नबित्दै बुबालाई पनि
गुमाइसकेको थिएँ ।

आफन्तसँग नहुनु प्रवासमा हुने
सबैले भोग्ने पीडा हो ,तर चार
वर्षकै अन्तरालमा प्रवासमा बसेर
बाबुआमा गुमाउनुको पीडा जुन
मैले भोगे कुनै प्रवासीले भोग्नु
नपरोस !

जीवन दुख सुख , घाम छायाँ ,
उकाली ओरालीको दोसाँध रहेछ ।

मैले मात्र कहाँ हो र ! संसारभर
कतिले आफ्ना आमा बाबु गुमाएका
छन्, प्रियजन गुमाएका छन् ।

मुलुकले महाभूकम्पको मारलाई
खेप्नु पर्यो। बाढि, पहिरो, र सडक
दुर्घटनामा हजारौं नेपालीले आफन्त
गुमाए, बस्ने बास गुमाए, सर्वस्व
गुमाए । कसैले त परिवारका सबै
सदस्य एकैसाथ गुमाए । त्यो पीडा
भोग्नेलाई कस्तो भयो होला ! जे
जस्तो परेपनि सहेर संझ्दै विसर्दै
वाँचुन्जेल वाँच्नेपर्ने जीवनको रीत
रहेछ !

प्रवासको ठूलो मर्म र पीडा नै यही
हो । न आमाको सपना पूरा भयो न
मेरो सपना ! भनेको बेला पुग्न पनि
नसकिने । मातृभूमि र माता दुवैको
काखबाट बंचित हुनुपर्ने । समयले
पर्खेन । मेरो तितो अनुभव यहि
भन्छ । आमालाई गर्न सकिने सेवा
र सत्कार, माया र ममता भोलिलाई
नराख्नुस । तपाइको भोलि मेरो
जस्तो नहोस् !

सगरमाथा देखि उराल पर्वत सम्म !

— गोविन्द गौतम

मस्को, रुस ।



असरल्ल आशाहरूसँगै
सपनै सपनाको संसारमा
आमाबुवाको आकांक्षा र
आफ्ना महत्वाकांक्षाहरूसहित
अपरिपक्वताको गुथरी पहिरिएर
विश्वकै अद्भुत देशमा आए बाट
गन्ने नसकिने अनेकौ वर्षदेखि
रुस, म तिम्रो अवलम्बमा रहेँ
तिम्रै सन्तति सरह भएर रहेँ
त्यसैले त मेरो अन्तरआत्माको केही भाग
तिम्रो माया र नस्ताल्भियाले भरिएको छ !

नेभा नदीको तटमा उसको मन्द बेगसँगै
जारको घर, हाल एर्मिताभको आगन हुँदै
काजान्स्की सबोरको सामिप्यमा पुगेर
फर्कदा कतै बाटो विराएको कुरा
मेरो मानसपटलमा अविस्मरणीय छ !

जीवनका उतार चढावहरूमा यहाँ
कहिले खुशीको सागरमा डुबें
अस्वाभाविक आनन्दको अनुभूति गरें
कहिले उन्नतिको सगरमाथामा चढें
कहिले निराश बनी बेदनाले ब्याकुल बनें
तर पनि मैले तिम्रीलाई रुस,
चुपचाप दोस्रो मातृभूमि स्वीकारिसकेँ !

गाल्या, ओल्या, साशा र मिशाबाट विदा हुँदै
भूगोलको ठूलो देशको आशीर्वाद र ज्ञान लिएर
यो माटोको प्यार र सर्वस्व छोडे

फेरि अहिले म पहिले जस्तै
जन्मभूमि फर्कदै छु अनायासै
सुनौला दिनहरूको स्मरणको भारी
बोकेर
जिवनमा फेरि नयाँ इतिहास कोर्न
भाग्य फैसलालाई स्वीकार्ने
तत्परतामा, तर
शून्य पश्चातापमा
प्रायश्चित गर्नका लागि नभएर
लालीगुराँसको मनोहर वास्ना लिन
भीर पखेराहरूतिर घुमघाम गर्न
साल र सल्लाको सुसाइमा
मुरलीको धुनसँगै राष्ट्रिय गीत गाउन
योजनाहरूको बगैँचाको माली बन्न
प्रबल इच्छा शक्तिसहित
रुस, अब म तिम्रीबाट टाढा हुँदै छु
भावनाले नभएर केवल दुरीको हिसाबले
फेरि भेट हुने नहुने यकिन छैन
तर मलाई पूर्ण विश्वास छ
मं जहाँ गए पनि, जहाँ रहे पनि
तिम्रो र मेरो साइनो कदापि टुट्ने छैन
सपनीमा मेरो मन
सगरमाथाको चुचुरोबाट
उरालपर्वतहरू पार गर्दै
कतै यतै दौडिनेछ !

उभिरहेको जिन्दगी

दिन भरि

स्वाभिमानी शिरमा
गौरवका साथ सजिएको
च्यातिएको टोपी
मेहनतमा लपक्यौ भिजाउदै
सकि नसकी
उचालेर बोकेको
ठुला गरुङ्गो भारी....
डेरा अगाडी रोकिएका
थाकेर गलेका पाइला....
भिन्न

खाली पेट
ढोका तिर
हेरिरहेका भोका
स साना आखाहरू
बाहिर.....

ढकढकक्याउन
हिम्मत खोज्दै
सानो हलुङ्गो
भोला बोकेर
उभिरहेको जिन्दगी ...



आशिष पन्त
लण्डन, युनाईटेड किङ्गडम

हाम्रो बडा दशै



- उषा पन्थी

जय नेपाल शक्तिको पिठ हो देव देविका
नेपाल देशको ठूलो चाड नेपाली को हुँदा
स्वस्ति श्री यन्त्र को पुजा विजया दशमी टिका
नवरात्री कालिदुर्गाको शुभ हो मंगल पुजा
जय नेपालको ज्योति जगमगा ओस् दशै दिशा
ठाडो नेपालीको शिर हाँस्छन् नेपालमा सदा
भण्डै छोर्यो गगन माथि चन्द्रमा सूर्यको ध्वजा
स्नेह गाँसि मुटु भित्र देश सम्मि विदेशमा
विश्वमा छरिएका छौ नेपाली जति कोटिमा
स्वर्ग भन्दा पनि प्यारो हाम्रो देश छ रम्यमा
नौरथामा डुलि हामी शंकरा गहयकालीमा
भुक्त्यौ गणेश पाउमा पुजा गर्दै स्वयंभुमा
भगवती भद्रकालीको दक्षिणैकालि पाउमा
शोभामाको भुकी गथ्यौ विशर्जन श्री घडामहा
अभिषेक तोरणी रातो सुनौलो जमरा टिका
भल्काइ श्री निधारैमा विजया दशमी पुजा
संस्कृति स्वदेशको हामी नविसि गर्दथ्यौ सदा
आमा बाबु र बाजेको गुरुको शुभ आसिस
दाजु भाइ दिदी बहिनी खुसि हुन्थ्यौ मनै भित्र
दक्षिणा खलिमा राखि घर घर डुल्दै गनि गनि
रमाइ आफु आफुमा खुसि हुन्थ्यौ भइ धनि
घरको याद आएर कल्पी यो कल्पना बनि
कता साथीहरु होलान् भनि घुम्छु मनै गमि
विसर्न्तौ हामी स्वदेश चित नेपालमा हुँदा
शाष्टांग जन्म भुमीमा गछौ हामीहरु सदा
रक्त चाप छ आमाको बाबाको सासमा घडि
घुमेको हामी पाउमा स्नेह गाँसेर मनभरि
नवदुर्गा महाकाली सुन नेपालीको प्राण
नविसि स्वदेशको जय गान गछौ सधैंभर

मानव हृदयका स्पन्दन

“जीवन सुन्दर फूल हो
साहित्य यसको सुवास हो
सुवासिय गरिमा त
उच्च सगरमाथा हो
उच्च सगरमाथा हो ।”
म भन्छु,
सत्य अनि सौन्दर्यको मिश्रण
साहित्य हो
त्यसैले त साहित्य चोखो
अनि पारदर्शिमय हुन्छ
जस्मा निश्चलता छ
निर्जलता छ र
यो उदात्त पनि छ ।
सत्य भएकोले यो
चोखो छ
सौन्दर्य भएकोले, यो
मिठो छ
चोखो अनि मिठोको
समिश्रणले, यस्मा
रमणियताको
भक्तिको छ
जस्तै गर्दा
मानव मन मष्तिष्कमा
यसले आनन्द प्रदान गर्दछ
हृदयलाई आल्हादित
बनाउँदछ, अनि
व्यक्तिले जति सक्थो
यस्लाई लिएर हिडन
मन गर्दछ
लेखन अग्रसर हुन्छ
अरुलाई सुनाउन
मन चञ्चल हुन्छ
सुनि दिएमा,
मनमा सहस्त

खुसी व्यक्त गर्दछ
यसरी
यो साहित्य सिर्जनाले
सफल अग्रगामी
भूमिका निभाउन
सफल हुन्छ ।
ज्ञान अति
चोखो मिठो
शब्दको नाम हो
ज्ञान विना
जीवन शून्य छ
ज्ञान हामीले
स सानो वस्तु देखि
ठूलो ठूलो वस्तुबाट पनि
लिन सक्छौं
त्यो सानो गुलावको
फूल किन नहोस्
महाकवि लक्ष्मी प्रसाद
देवकोटाले
“फुल्दो गुलाव वीच
ज्ञान अनेक खुल्छन
उद्यानमा गई बस
सब तत्व खुल्दछ ।”
कति गौण
कति माधुर्यले
ओतप्रोत
वास्तवमा, फक्केको गुलाव
सौन्दर्य प्रतिक
मात्र नभएर
ज्ञानको प्रतिक
पनि हो
केहि छिन घोरिएर
भावुकतावश
गुलाव फूलमा

एकोहोरिएर
हेर्ने हो भने
त्यहा अनन्त ज्ञानको भण्डार
परिपूर्ण छ
त्याग बलिदान
उदारता, निश्चलता
निर्जलता अश कञ्चनता
माधुर्यता, शैत्य
गाम्भीर्भ अनि
रमणियता
अझ त्यसमा झल्कने
मुस्कानले
अनगिन्ती, अविरल
शीतल
जलरूपी खुशीमालीले
अभिषेक गरेको
मान हुन्छ
जस्तै जीवनका
कुविचार कुभावना
र कुसंगतिलाई
निर्मूल गर्दछ
यस्को रहस्यको
अध्ययन द्वारा
सम्पूर्ण अन्धकार
नस्ट पारी
ज्ञानरूपी प्रकाशले
मानवलाई
आदर्श जीवन जिउन
मदत गर्दछ ।
हुनत फुलको जीवन
धेरै क्षणिक हो ।
तर यसबाट प्राप्त ज्ञान
अजम्बरी हो ।
यसबाट ज्ञानको प्यास

मिटोउन सक्नुले
जीवनलाई गरिमामय बनाउनु
ज्ञानको बृढताले आफूमात्र
होइन
मानव जगतलाई नै
कीर्ति वान र अमर बनाउन
सहयोग गर्दछ
फूलले मान्छेलाई
आकर्षित गरेभै
लक्ष्मी प्रसाद फुल भएर
राष्ट्र मात्र नभएर
विश्वलाई नै आकर्षित गर्ने
केन्द्रबिन्दु बनेकाछन्
जस्तै यस्ता अनेकौं
हृदय स्पर्शी, सुवासिय
फुल दिएर
मानव स्पन्दनलाई
आफूतिर आकर्षित गर्न
सफल भएका छन्
सुरक्षा प्रतिक काँडाहरु
गुलावको प्रतिक काँडाहरु
गुलावको उमर कीर्ति संगै
थिनी पनि अमर छन्
किनकी यी दर्द
अपरिहार्यताको नाम हो



- गंगा लिगल

संस्थापक अध्यक्ष
अन्तर्राष्ट्रिय नेपाली साहित्य समाज
ह्युस्टन टेक्सास, अमेरीका

Living with the massive **EARTHQUAKES**

- Rabindra Maharjan
Chairperson
Shanti Education Initiative Nepal



It was one fateful noon on 25th April 2015; the earth shook for about a minute in Kathmandu, where I live with my family. It was difficult to comprehend what had happened when it started, but it soon became very clear that we were experiencing the most intense earthquake that we had ever experienced in our lifetime. After it subsided, our entire family moved out of the house and stayed out in the open. Other people were also out in the open and trying to make sense of it. We grouped together and made a plan to sustain us for the next few days.

I brought out some tents that I had in my home and fixed the tents for my family and some of my neighbor's families. In the meantime, we were

trying to reach out to families and friends, but the phone network was too congested for the calls to go through. And the earthquakes of smaller magnitude to the one that happened at first were going on, putting fear on the minds of the people. People were traumatized because of the quakes and we were also getting reports of many casualties in many areas in Kathmandu and beyond. All different kinds of rumors from various sources were swirling around and we were working hard to figure out what was right and what was not.

After three days of staying with the family, it was time to help the communities that were more affected

than ours. My house was not damaged severely, but it took us a few days to feel comfortable to stay inside. After two days of the earthquake, I met with the members of my school alumni with whom I had worked earlier. We discussed what we could do and had a plan to raise funds, bring in supplies, and survey the areas where we wanted to help. I was assigned as the team leader for the relief project from the Alumni organization Society of Ex-Budhanilkantha Students (SEBS).

Without a delay, everyone got down to work immediately. All of my team members started making calls to acquire information from our contacts in the place where we were going to help – Barabise of Sindhupalchowk



district. After a day's preparation, we headed to Barabise, with some supplies to sustain our stay for a few days. We were supposed to survey the need and formulate a plan to distribute the relief materials that were being brought in from other parts of the country. We reached Barabise at night and had to stay at the temporary shelter prepared for the local people. We started talking with various stakeholders, including government officials and representatives from various village development committees. We tried to set up a process to distribute the relief materials that we were bringing and that others would be bringing so that everyone gets their fair share of the relief materials. The negotiations were at times difficult and went down to the wire. We had to stop the movement of our supplies so that we could put pressure on the relevant stakeholders to agree on a formula for the relief distribution. Finally, the relevant stakeholders came to an agreement and our supplies reached Barabise. The aftershocks shook the entire village on a regular basis with big sounds. We were scared thinking that the whole mountain had fallen on us.

With the help of the security personnel, we distributed the initial relief materials that included 30 tons of rice and 4,500 pieces of tarpaulins to seven village development committees. The materials included rice and tarpaulins, for making temporary shelter and having enough food to feed the people in need. The distribution went smoothly and we were relieved that things went according to the plan. We returned to Kathmandu one week after the earthquakes, distributing materials to the needy.

But some people were not happy with the consensus and had other ideas about relief distribution. And assessing the situation, we had to move our relief materials to Melamchi

in Sindhupalchowk based on the need and demand of the people there. After the people from Barabise promised to follow the earlier consensus, we sent another load of relief materials there. There was a major aftershock around three weeks from the first one that severely affected other parts of the country that were not seriously damaged from the first. We also sent some of the relief materials to Charikot, Dolakha district and other districts based on the need of the people. SEBS was the only charity Organization that published its financial report publicly through national daily newspapers about the incomes and expenses related to the earthquake relief project.

I am also involved in an educational charity. Shanti Education Initiative Nepal. We made a decision soon after the earthquake to raise enough funds to renovate, reconstruct many of our partner schools. We also helped kids staying at temporary learning center in Tundikhel, Kathmandu by organizing arts and craft program. This program helped them to deal with the mental trauma of the earthquakes and we could sense them overcoming the stress of the earthquake. There were around 250 school children of various age groups from 40 schools and 21 districts who have been living in the 600 temporary shelters in Tundikhel, Kathmandu.

Now, we are working with many partner schools to help them rebuild and renovate their damaged school buildings by mobilizing many individuals and organizations worldwide, including the Nepalese Association of Houston, USA. We have completed the renovation of more than 13 schools and are in the process of helping at least another 10 schools. Our way of renovating the schools is to use the already available resources but to have enough reinforcement so that they

are resilient to earthquakes. We are also helping the schools by replacing furniture that were damaged during the earthquakes and are planning to install solar power systems at some schools so that they can use their computers and other devices when the electrical power is not very reliable.

More than 1.1 million school children from over 9,000 damaged schools are still out of permanent classrooms. If they have to wait for the government support, they have to wait for another 7 years. The greatest risk is that, if school children of such a number drop out from the school system, Nepal will lose an entire generation in the long run because of the reason that they had been out of school. The result will be again the rise in criminality and prostitution that Nepal will not have the capacity to face in future and is bound to strain our resources unless taken care of with utmost urgency.

The overall experience was a mixture of frustration, exhilaration and hope. I have tried my best to overcome the frustrating parts of the process and I remain hopeful and optimistic of the future. It has been a great learning experience for me and others involved in the process. The Earthquake has taught us a great lesson of Nepalese Geography. We didn't know where Barpak was, where Bhotang was and where Sunkhani was. The Nepalese community throughout the world had come together along with the international community to face the historic disaster. We are recuperating. We are reconstructing. We are rebuilding our buildings, historic monuments and schools and hospitals. Greater International support is still needed in the near future to rebuild Nepal.



Nepalese Association of Houston

Glimpse of Activities











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KUMARI

Living Goddess of Nepal



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