



Yeti Viewpoints



2015



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keep traveling...

Yeti Viewpoints

(Volume 11, Number 1, 2015)

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Editorial

Re-building Nepal after Great Earthquake 2015: Potential Help from Nepalese Diaspora

Nepal was struck by two great earthquakes of 7.8 and 7.3 magnitudes on the Richter scale, on April 25, 2015 and May 12, 2015, respectively. This caused a significant amount of damage on human life, properties, cultural heritages, environmental resources, but most importantly, it has caused a great deal of emotional damage. It has claimed almost 9,000 human lives, caused more than 25,000 injuries and affected almost one-third of the total population in 15 districts. With the destruction of more than 500 temples throughout the nation, international cultural heritage sites, monuments, including *Dharahara*, historical palaces and buildings of national pride, we have lost national treasures. Nepal has historical challenge to restore these losses to the original state. We believe that, except for the human lives lost, it is possible to restore these losses. If these places of historical importance are reconstructed in a timely manner, it will help revive our tourism industry which is one of the major sources of revenue for our nation. Now the question is, how can Nepalese Diaspora contribute rebuild Nepal?

Contrary to the initial expectation, there were relatively less human casualties and property damage in the Kathmandu valley and the extent of loss was much more severe in other districts, where the area is more rural. The obvious reason was that building codes were not in place or were not enforced in the rural areas. Therefore, in order to avoid any possible future natural disaster damage like this in the country, there should be very stringent building codes in place and they should be implemented effectively throughout the country. The standards of such safety codes for public and private buildings may be different. While the Nepal government has already realized and started working in this direction, Nepali experts in this area throughout the world can provide their constructive input to make it more scientific.

When relief and rescue operation were being conducted, it became more challenging for the government to provide help in a timely manner because of the scattered nature of the settlements. We believe that this disaster should be a turning point to change our settlement style even in the villages so that the required services are provided in time. Settlement clusters should be developed by conducting a detailed geological study with all basic needs including health, education, transportation, drinking water, communication, security, business districts, parks and recreation, and other facilities met. If there are other

components to be included while developing the cluster communities, those should be considered.

Agriculture is the major backbone of rural economies. Agriculture and agro-based industries should be developed to revive the economy based on the agro-ecological suitability. Agriculture experts working here in the USA and other countries are willing to contribute towards making an effective plan and its effective implementation at ground level in the long run. If the Nepal government is willing to capture the interest of these experts, we are always ready to help our nation by developing the relevant projects.

When our national monuments, historical palaces, and world heritage sites located in Kathmandu are reconstructed with the latest building safety code, it will help promote tourism. We can contribute in developing the building code as well as promoting tourism. Publicity of these places in an attractive way in the USA, or wherever live, helps ultimately to increase the amount tourist in Nepal, hence helping to develop the national economy.

Nepalese Medical experts living in the USA and other parts of the world responded within a week when the Great Earthquake of 2015 struck Nepal. They were so fast in taking necessary measures. The relief operation was intensified as time progressed. These teams have still continued their humanitarian operations and plan to continue on going. These teams not only can provide their input on strategic planning at the health sector, but also its implementation when and where needed.

Finally, all Nepalese communities were involved in raising funds and willing to support their country when the nation was in great pain due to the natural disaster. Just from USA, there is about \$1,000,000 of financial support from such communities. They want to continue such support in the national rebuilding process. More importantly, Nepalese experts in various fields including Agriculture, Business Management, Computer Science, Engineering, Medical Science, Tourism and other areas can provide their expert knowledge for the development of the nation whenever necessary. It is not where you live that makes you Nepali; it is the unconditional love towards the nation that makes you a true Nepali. We love Nepal and we are Nepali wherever we live throughout the world! We want to help rebuild our nation!

KATHMANDU
NEPAL*The Prime Minister***Message**

It gives me immense pleasure to know that the Nepalese Association in Southeast America (NASEA) and the Association of Nepalese in Midwest America (ANMA) are jointly bringing out a magazine "Yeti Viewpoints 2015" on the occasion of joint convention to be held on 4th-6th September, 2015 in Triad, North Carolina, USA .

The theme "**Help us Rebuild Nepal: Save the Lost at Any Cost**" reflects the needs of the post earthquake Nepal. It is encouraging to note that Nepalese citizens and friends from around the globe are coming together to help rebuild Nepal with great enthusiasm. The generous support they have been providing to their fellow people back home in the wake up of April 2015 earthquake victims has been praiseworthy. This inspires us to make the optimum utilization of the resources for the benefit of the people and the nation. Our aim is to make a peaceful, stable and prosperous Nepal within an overall framework of democratic polity.

As we remain engaged to complete the process of having a democratic constitution promulgated through the Constituent Assembly, it is encouraging to note the close interest shown by Nepali people living around the world. The congregations of all Nepalese in the form of such associations, I am sure, will help enhance the understanding of the historic democratic transformation underway in Nepal and contribute towards expediting the process of economic development which is so essential to sustain the democratic stability in the country.

I believe both associations have been playing important role to promote Nepalese culture and unity in the USA which is a land of vast opportunities. Nepalese Associations in USA have truly enhanced co-ordination, co-operation, support and sharing of opportunities among the Nepalese for the betterment of members, nonmembers and other stakeholders.

I wish all the best for grand success of the 11th NASEA/ANMA joint convention 2015 and its souvenir publication "Yeti Viewpoints 2015".

Jaya Nepal!

23 August 2014,

Sushil Koirala
Sushil Koirala



EMBASSY OF NEPAL

2131 LEROY PLACE N.W.
WASHINGTON, D.C. 20008

August 25, 2015

MESSAGE

I am delighted to appreciate the joint efforts made by Nepalese organizations - Nepalese Association in Southeast America (NASEA), the Association of Nepalese in Midwest America (ANMA) and the Triad Nepalese Community Center. I am also pleased to know that the joint convention is also being organized and the convention's theme is very appropriate at the present context - **"Help us Rebuild Nepal", Save the Lost at Any Cost"**.

Additionally, it is also a major milestone of publishing a magazine **"Yeti Viewpoints"** annually during the convention, which will help promoting Nepal's tourism, trade, culture, and heritage.

I hope the NASEA/ANMA 11th Joint Convention from 4th September to 6th September in the Triad Area of North Carolina hosted by Triad Nepalese Community Center at High Point will bring a lot of happiness and friendship among us and becomes a productive one.

I wish for the success of the 11th NASEA/ANMA Joint Convention 2015 and its publication **"Yeti ViewPoints"**.

A handwritten signature in black ink, appearing to read 'Arjun Karki', written over a horizontal line.

(Dr. Arjun Kumar Karki)
Ambassador



CITY OF HIGH POINT
NORTH CAROLINA

WILLIAM S. BENCINI, JR.
MAYOR

A CORDIAL WELCOME TO THE....

NASeA/ANMA Joint Convention 2015

On behalf of the citizens of High Point, it is my great pleasure to extend a warm and cordial welcome to those attending the NASeA/ANMA Joint Convention 2015. As you visit the Triad community and gather at the Embassy Suites in Greensboro, NC, the weekend of September 4-6 with the theme "Help us to Rebuild Nepal! Save the Lost at any Cost," I hope you will be able to experience the many recreational and cultural opportunities available.

I understand that the Triad Nepalese Community of North Carolina is hosting this joint convention to provide a platform for serving, sharing and supporting the needs of the Nepalese community in North Carolina as well as preserving and promoting the rich culture and heritage in this great nation of diversity.

I extend to each and every one of you my most sincere best wishes for a successful event.

With kindest regards,

William S. Bencini, Jr., Mayor
City of High Point



P.O. BOX 230, 211 SOUTH HAMILTON STREET, HIGH POINT, N.C. 27261 336.883.3289, FAX 336.883.3052, TDD 336.883.8517



Namaste All

Many conventions have served the purpose to act as a converging point for Nepalese community's, culture, and family. With these motives in mind, I believe it is imperative to include our joint efforts to

“Rebuild Nepal, at any cost.”

Our team has worked relentlessly to make this the most meaningful convention for us yet, costing them much time an effort, a cost that will undoubtedly not be of waste.

The Triad Nepalese Community Center is beyond excited to welcome our brothers and sisters across the country to our new found home, and are excited to present our hard work and dedication to the Joint Convention.

It is my pleasure to be the first of many to welcome you to the NASEA/ANMA Join Convention 2015, hosted by TNCC in the historic and thriving Greensboro/ High Point , North Carolina.

We have all chosen to bind together to celebrate our heritage and culture. This year, we come together to personify our love on a more intimate and direct level as, we rebuild our Motherland.

Thank you for your time and I Look forward to spending the weekend with you..



Madhav Dhakal
Chairperson
NASEA/ANMA Joint Convention 2015
Greensboro/High Point NC
336 471 4709
www.jointconvention.org
"Help us rebuild Nepal !
Save the lost at any cost"

Message about the Annual NASEA/ANMA Joint Convention 2015 from NASEA President

Namaskar!

Exceptionally, this convention will be focused upon Nepal's earthquake disaster to rebuild it valiantly. Therefore, after so much thoughts and serious considerations, we have chosen the theme for this convention: *Help us to Rebuild Nepal! Save the Lost at Any Cost.*

Together we can unite as Nepalese, bonding together and striving for a better purpose. We have felt the aftershocks from thousands of miles away and we are committed to transit our focus to 'Rebuilding Nepal.' Together we will help those that have lost everything and rebuild. We believe that we can be the initial spark that keeps the valiant effort continuing for more than simply a few weeks. Disasters of this magnitude come by once in a blue moon. However, an opportunity to give back in the same grandiose way comes by just as rarely. Let us this convention as a tool to unite us all and give back to rebuild Nepal. As we continue forward with our new founded goal and objectives, we would like to thank everyone for helping rebuild our goals so that we may rebuild our Nepal.

Again, we are highly excited to invite all friends and family to this Annual Convention not just for meet and greet only but to synergize our energy to rebuild Nepal. As we are entering into 11th Joint Convention of NASEA/ANMA along with TNCC, we are improving our upcoming convention more uniqueness, newness, advanced guidelines, budgeting, higher qualities, higher level of professionalism, and scientific management with new legacies with many more varieties of sessions to make most profitable to all.

There are two valid reasons of delay on this year's convention. One is the working on the Memorandum of Understanding (MOU) and its successful accomplishment between among NASEA, ANMA, and TNCC. Another reason is unexpected earthquake disasters and we all got affected. However, we are moving forward up and beyond valiantly.

We are very pleased to be able to lobby on behalf of the Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) Joint Convention Committee. We have completed a decade long Joint Conventions between NASEA and ANMA. Now, we are moving forward strongly with more new events to welcome all of you to the 11th NASEA/ANMA Convention 2015, which takes place on the labor-day weekend, (September 4th to September 6th) at Embassy Suites, Greensboro, NC, hosted by Triad Nepalese Community Center (TNCC), North Carolina.

After a long research and efforts for the best deal, we have signed and confirmed Embassy Suites Hotel, and their spacious conference rooms more than able to accommodate



our needed numbers with several free amenities such as free classy break fasts, free Happy Hour beverages, free Internet wall to wall and top to bottom, free shuttles to and from airport, tax exemption, no service charges, etc. Also, this hotel is highly convenient for highways and byways.

We have very attractive activities such as various kinds of sessions about up to the date cutting edge information for the benefits of our Nepalese diaspora. We will re-evaluate all the past ten years of conventions and sessions and provide the best and most important sessions. Some of the most important are: Plenary Session (Welcome Session), Health and Wellness Session, Literary Session, Musical Concert, Cultural Programs, Immigration Laws, NRN Session, Nepal forum, Sports, Children Session, Youth Session, Women's Session, Essay Competition, Blood Drive, Social Service Session, Welfare Session, and several other Nepalese Organizations' Sessions, General Meetings, NASEA Executive Committee's Election, and so forth.

Our sessions shall be solely to the needs and interests of our participants more effective than the past conventions. In the event that an off campus venue is used, rest assured it will be in close proximity of the Embassy Suites. Airport is just by 2 miles away from the convention hotel. Though by name this is sponsored by NASEA/ANMA and hosted by TNCC, we are not looking to exclude ourselves from any of our Nepali brothers and sisters. We welcome all Nepalese world globally to become participants, but I would like to emphasize the importance of addressing real issues concerning our people.

We have worked tirelessly and persistently to please all aspects and I am confident in the direction we have taken.

See you soon!

Sincerely,

Dr. Ram C. Baral
President, Nepalese Association in Southeast America
803-719-1428

Dear convention participants

Greetings!

With a great pleasure, I would like to welcome you to visit the pages of annual joint convention journal 'Yeti Viewpoint'. This is not just an ordinary journal; it carries the reflection of various activities and spirit of Nepalese diaspora through news, views and literature.

On behalf of the board of Association of Nepalese in Midwest America (ANMA) executive committee and entire ANMA families of the Midwest Region of USA, I would like to pay tribute to the people of our motherland Nepal who were directly affected by the devastating earthquake that occurred on 25th April, 2015 and thereafter in Nepal. It has badly destroyed infrastructures and livelihoods with approximately 9000 persons perished and approximately 23000 injured. In this sudden catastrophe and its great loss, we pray and express our strong solidarity to the worldwide effort of rebuilding Nepal.

We welcome you to NASEA/ ANMA annual joint convention 2015 in the city of Highpoint North Carolina. Exciting programs are planned for delegates and guests that will allow everyone to experience our uniqueness. From the opening ceremony and reception to the various forums, Concert/DJ to the dinner, you will renew old friendships and make new friends from around the United States. The convention will feature insightful speakers from a diverse cross section of the professions and media representing all aspects of life of Nepali community.

ANMA has kept its substantial history through its commitment to the community work. Our success are the reflection of the long history, principle of teamwork and example of hard working of ANMA seniors who brought this wonderful organization 34 years ago to the community. We thank our former Presidents and executive committee members for their commitments and continue support to us. Your participation in a gathering like this encourages us to work more for the community. We all feel proud to be the member of this organization and we firmly believe that your suggestions, feedbacks and direct participation have been instrumental in shaping the future of ANMA.

Togetherness brings strengths and with the strength we can serve the community better and provide more opportunities to our community members. With this principle, ANMA has started its partnership with Nepalese Association in Southeast America (NASEA) 11 years ago and we are continuing this tradition. This year we have signed a Memorandum of Understanding (MOU) between ANMA and NASEA to strengthen its tie and enhance our friendship to the distinct elevation. ANMA/NASEA partnership has been an outstanding example to all.

Organizing joint convention has been one of the most important activities that ANMA is involved each year. The



11th joint convention organized by ANMA/NASEA hosted by Triad Nepalese Community (TNCC) is also happens to be the 34th ANMA convention. We continue doing this because we believe such conventions have provided opportunities for all Nepalese and friends of Nepal to be familiar with various Nepalese cultural and social activities, and shares expertise with the communities. Joint convention has served as an alley of meeting friends and share ideas.

I would like to take this opportunity to thank my executive committee members and ANMA Co-chairs involved in this community effort. I firmly say that you have fully accomplished your commitment to the community work. Without your full support & hard effort, we would not have been reached to this outstanding phase of the convention. Special thank goes out to Joint Convention Chairman Mr. Madhav Dhakal, Joint convention secretary Mr. Prashim Poudyal, NASEA president Dr. Ram Baral and his executive team, NASEA co-chairs, Chairs and members of different committees, member of TNCC and NCNC for their joint effort to bring this convention to an outstanding phase. We salute your commitment to the community and selfless work. It proves that teamwork never fails and outcomes are always excellent.

I personally thank you all very much for your immeasurable & impeccable support and hope to receive such a help in future as well. Working together, we can be stronger than today and better for tomorrow.

We look forward to meeting each and every one of you during these three days and thank you for helping us to make this convention such a success. May you have a wonderful time during this convention and we hope to see you in next convention.

Sincerely,
Sushil Raj Sharma
President, ANMA



08/23/2015

Dear all,
Greetings



On behalf of Triad Nepalese Community Center (TNCC) Board of Directors, I would like to extend my warmest welcome to all members of NASEA, ANMA, TNCC, other organizations and friends of Nepal to the 11th NASEA/ANMA Joint Convention 2015. As a host community, it is our great privilege to host the Joint Convention here in the Triad area during the Labor Day weekend Sep.4-6, 2015. To support Nepal aftermath of devastating earthquakes of April 25th & May 12th 2015, it is our moral and solemn responsibility to show our solidarity and volunteerism. In this context, we have set our 2015 Convention theme as “Help us to Rebuild Nepal: Save the Lost at Any Cost” and devote the convention to rebuild Nepal.

In addition to be the host of this remarkable Convention in Greensboro-High Point, TNCC itself has its own future plan to build Nepalese Heritage Center of North Carolinas (NHCC) in High Point North Carolina. TNCC highly appreciates any kind of

cooperation and support for this cause. We aimed to build this Center not only to serve Nepalese community in North Carolina but will serve in the entire Nepalese communities and other diverse population as well.

As we gathered to celebrate this important event, we should highly appreciate all the organizations, convention committees and individual volunteers for their valuable contributions to make this Convention a grand success. I wish you all the best and comfortable stay in North Carolina.

Sincerely
Narayan Khadka
President, TNCC
Co-Chair NASEA/ANMA Joint Convention 2015

Triad Nepalese Community Center (TNCC)
3519 Imperial Drive
High Point, NC 27265

Publications and Advertising Committee of 11th NASEA/ANMA Joint Convention

Mr. Ritesh Adhikari, Member
Mrs. Susma Dhakal, Member
Dr. Samir Guragain, Chair
Mr. Choodamani Khanal, Member
Mr. Buddha Ratna Maharjan, Member
Dr. Dilip Panthee, Member

Thank you all for your contributions.

Disclaimer: Articles published in the Yeti Viewpoints are the personal thought of the Authors. The Publication committee is not responsible for its content.

NASeA-ANMA Joint Convention 2015

Program Agenda



LOCATION
Embassy Suites by Hilton
204 Centerport Dr.
Greensboro, NC 27409
Phone: (336) 668-4535



REGISTRATION HOURS
Friday, September 4 6:00PM-8:00PM
Saturday, September 5 8:00AM-5:00PM
Sunday, September 6 8:00AM-1:00PM

REGISTRATION

Our registration desk is happy to answer any questions you may have during the convention. The Registration Desk is located in the Pre-Convention Area (take left after the entrance). Your full meeting registration includes Welcome Reception, All Programs and Sessions (except movie night and concert), both Luncheon and Dinner on Sept. 5 and 6. For any question on registration, please contact Mr. Thakur Karki (tkarki_n@yahoo.com; 919-710-1053).

Separate Tickets (Free for children under 10):

Friday Movie Night 7:30PM: "Ajhai Pani" (Cost: \$10 per person)

Saturday Concert Program (Cost: \$20 per person)

Sunday Movie 4:00PM: "Tulashi" (Cost: \$10 per person)

GENERAL INFORMATION

NAME BADGES

Please wear your name badge at all times when you are attending functions within the conference hotel. This badge informs us that you are a registered conference attendee and it will allow you access into meetings and meal functions. Remove your badge outside the hotel.

ELECTRONIC DEVICES

As a courtesy to your colleagues, please turn off or silence all electronic devices during sessions, workshops, and plenary addresses.

PROGRAM TIMES

Each program will run within allocated times. Program coordinators are responsible for executing (moderating) the program from start to end. We will have "**Time Keeper Marshalls**" (with their badges) who will have authority to stop the program instantly at the assigned end time if not completed within the allocated time. We apologize in advance for any inconvenience that may cause.

FRIDAY, SEPTEMBER 4

TIME	VENUE	EVENT	CO-ORDINATOR
6:00PM-8:00PM	Pre-Convention Area	Registration	Thakur Karkee 919-710-1053
6:00PM-8:00PM	Timberlake	Social Hour (Refreshments/Cash Bar)	Triad Nepalese Community Center (TNCC)
7:30PM-10:00PM	Salon A-D	Movie Night: AJHAI PANI	Raj Acharya 484-554-2724

SATURDAY, SEPTEMBER 5

TIME	VENUE	EVENT	CO-ORDINATOR
7:00AM-9:00AM	Meet outside hotel entrance	Nature Walk: along High Point City Lake and forest trails	Saubhagya Silwal 281-380-0416
7:00AM-8:00AM	Meet outside hotel entrance	Walk & Run: Stay healthy	Basanta Khadka 336-471-7638
7:00AM-8:00AM	Salon F&G	Puja	
8:00AM-5:00PM	Pre-Convention Area	Registration	Thakur Karkee 919-710-1053
8:00AM-5:00PM	Detail on page 4	Sports	Ritesh Poudyal 919-902-3741
8:00AM-9:00AM	Salon E	Forum: Business challenges, opportunities and risks	Sanu Babu Silwal 347-403-4994
8:00AM-9:00AM	Salon F&G	Seminar: GONEPAL Mobile Apps	Shankar Parajuli 803-381-6313
9:00AM-10:00AM	Salon E	Seminar: Dharma and Tantra	Tilak Shrestha 256-970-9112
9:00AM-10:00AM	Salon F&G	Seminar: How to run your NOT FOR PROF-IT organizations effectively	Kiran (Ron) Sitoula
10:00AM-12:00PM	Salon A-C	Children's Corner: Cartoon movie, Onsite essay, Games, Puzzle and Legos, etc.	Sujata Dhungel, Sashi Bhatta 402-312-5864
10:00AM-11:00AM	Salon F&G	Seminar: Preventing and mitigating the workplace violence	Roger Adhikari Raja Ghale
10:00AM-11:00AM	Salon D	Seminar: Yeuti Mala Nepal (One Garland: Nepali)	Deepak S Bajagain 646-861-9262
11:00AM-12:00PM	Salon E	Live Video Seminar: Nepal wireless project	Tek Thapa and Tara Pun 678-488-4292
11:00AM-12:00PM	Salon D	Forum: Nepali Pathshala - Challenges and Prospects	Saubhagya Silwal 281-380-0416
12:00PM-1:30PM	Timberlake	Lunch	Roshan Shrestha 336-491-7764
1:30PM-3:30PM	Salon A-D	Youth Talent Show	Shailendra Bajracharya 404-800-5614
1:30PM-3:30PM	Salon F&G	Town Hall Meeting: NRN-USA Integration, Unification, and Advocacy: National Issues such as TPS and Dual Citizenship	Radha Paudel, Gobinda Shrestha, Rewoti Adhikari RP: 917-325-6396
2:00PM-4:00PM	Salon E	Panel: Donate Blood - Save Lives	Ghanshyam Bhatt 615-944-2034
3:00PM-5:00PM	Board Room 224	Discussion: Potential role of agricultural experts in ag. development in Nepal	Khushi Tiwari Dilip Panthee
3:30PM-5:00PM	Salon D	Seminar: Post-earthquake short- and long-term health problems in Nepal	Archana Lamichhane 919-397-1750
3:30PM-4:45PM	Salon A-C	Youth Forum: Children growing up in multi-cultural society	Ambika Lohani, Rama Ghimire 678-549-7338
4:45PM-6:00PM	Salon A-C	Musical: Stage drama and Teej related songs and dance	Radha Poudel 917-325-6396

Yeti Viewpoints

4:00PM-5:30PM	Salon E	Reunion: Society of Ex-Budhanilkantha Students - North America (SEBS- NA)	Kiran (Ron) Sitoula
4:00PM-5:00PM	Salon F&G	Forum: The effective role of media in current situation	Shiva Bista 443-927-6456
5:00PM-5:30PM	Salon D	Documentary: Bhagyele Bache-kaharu: Miracle Survivals in Nepal Earthquake	Shiva Bista 443-927-6456
5:00PM-5:30PM	Salon F&G	Documentary: Yarsagumba – The Himalayan Viagra	Kemika Bhandari 410-299-1299
5:00PM-6:00PM	At the hotel entrance	Visit: Community Center in High Point (Nepali Heritage Center of Carolinas)	Basanta Khadka 336-471-7638
5:30PM-6:00PM	BREAK		
6:00PM-8:00PM	Timberlake	Dinner	Roshan Shrestha 336-491-7764
7:30PM-11:00PM	Salon A-G	Concert	Bishal Bharati and Nagen Sotang 910-538-0053
11:00PM-1:00AM	Salon A-G	DJ	DJ Gorkhali 240-353-2731

SUNDAY, SEPTEMBER 6

Note: Election - “Board Room 224” 9:00AM-5:00PM]

TIME	VENUE	EVENT	CO-ORDINATOR
7:00AM-9:00AM	Meet outside hotel entrance	Nature Walk: along High Point City Lake and forest trails	Saubhagya Silwal 281-380-0416
7:00AM-8:00AM	Salon F&G	Puja	
8:00AM-1:00PM	Pre-Convention Area	Registration	Thakur Karkee 919-710-1053
8:00AM-5:00PM	Detail on page 4	Sports	Ritesh Poudyal 919-902-3741
8:00AM-9:00AM	Salon C	Forum: Nepalese Community Centers – Challenges and Prospects	Narayan Khadka 336-707-0592
8:00AM-9:00AM	Salon D	Seminar: Rebuilding Rainaskot: Innovation and tradition	Natasha Wozniak 646-339-6955
8:00AM-9:00AM	Salon E	Seminar: How to include culture & heritage of Nepal in formal education	Madan Acharya
9:00AM-9:30AM	BREAK		
9:30AM-12:00PM	Salon A-G	Opening Ceremony	Prashim Poudyal 757-333-1094
12:00PM-1:30PM	Timberlake	Lunch	Roshan Shrestha 336-491-7764
12:45PM-2:30PM	Salon D	Children’s Program: Art/drawing competition, Jeopardy/quiz, games, etc.	Sujata Dhungel, Shobha Khanal 402-312-5864
1:00PM-5:30PM	At the parking (Outside E,F,G)	Blood Donation Drive: TNCC-BDA	Bandana Khadka 336-707-0592
1:30PM-5:00PM	Pre-Convention Area	Health Camp: Screening for blood pressure, diabetes, and cholesterol	Sanjeeb Sapkota, Madan Upreti 678-557-8389
1:30PM-4:30PM	Salon A-C	Literary Program and Poetry Competition	Manoj Pradhan 919-244-4535
2:30PM-3:30PM	Salon D	Children’s Play: Grasshopper on the Road (by children of TNCC Nepali Pathshala)	Saubhagya Silwal 281-380-0416

3:30PM-4:30PM	Salon D	Fashion: Fashion show	Bibhor Rimal 336-456-7839
2:30PM-4:00PM	Salon F&G	Seminar: Improving lifestyle for health and well being	Archana Lamichhane 919-397-1750
4:30PM-5:30PM	Salon A-C	Forum: Sports and Tourism	Sita Pandey 646-702-4494
4:00PM-6:00PM	Salon F&G	“Movie: TULASHI	Richa Ghimire 443-400-9273
4:30PM-6:00PM	Salon D	Forum: Role of Presidents/leaders of state/ students/community organizations in NAsEA/ANMA region	Bimal Nepal, Narayan Khadka 561-704-5579
4:30PM-5:30PM	Salon E	ANMA AGM	Sushil Sharma 859-227-8716
5:30PM-6:00PM	BREAK		
6:00PM-7:00PM	Salon D	NAsEA AGM	Ram Baral 803-719-1428
6:00PM-8:00PM	Timberlake	Dinner	Roshan Shrestha 336-491-7764
7:30PM-11:00PM	Salon A-G	Cultural Programs	Krish Ghimire 704-806-4552
11:00PM-1:00AM	Salon A-G	DJ	DJ Gorkhali 240-353-2731

SPORTS PROGRAM

Ritesh Poudyal (919-902-3741); Roshan Bhandari (970-310-9268)

EVENT	SATURDAY	SUNDAY	VENUE
Soccer	9:00AM-12:00PM 4:00PM-7PM	9:00AM-12:00PM	Ivey M. Redman Sports Complex 788 Beeson Road, Kernersville, NC Triad Park (9652 W Market St, Kernersville)
Indoor Volleyball	2:00PM-6:00PM	9:00AM-12:00PM	Kernersville Parks & Recreation 125 E Bodenhamer St., Kernersville, NC
Basketball	9:00AM-12:00PM 2:00PM-5PM	9:00AM-12:00PM	Leonard Recreation Center 6324 Ballinger Rd, Greensboro, NC
Table Tennis	2:00PM-5PM		Nepali Heritage Center of Carolinas 3519 Imperial Dr., High Point, NC

YOUTH PROGRAMS

DAY	TIME	VENUE	EVENT	CO-ORDINATOR
Saturday	10:00AM-12:00PM	Salon A-C	Children’s Corner: Cartoon movie, Onsite essay, Games, Puzzle and Legos, etc.	Sujata Dhungel, Sashi Bhatta 402-312-5864
	1:30PM-3:30PM	Salon A-D	Youth Talent Show	Shailendra Bajracharya 404-800-5614
	3:30PM-4:45PM	Salon A-C	Youth Forum: Children growing up in multicultural society	Ambika Lohani Rama Ghimire
Sunday	12:45PM-2:30PM	Salon D	Children’s Program: Art/drawing competition, Jeopardy/quiz, games, etc.	Sujata Dhungel, Shobha 402-312-5864
	2:30PM-3:30PM	Salon D	Children’s Play: Grasshopper on the Road (by children of TNCC Nepali Pathshala)	Saubhagya Silwal 281-380-0416



Nepalese Association In Southeast America (NASEA)

Executive Committee 2013-2015

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			 Dipendra Lamichane Executive Member	



Executive Committee 2014-2016

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Dear NAsEA/ANMA Members,
Namaskar!

On behalf of TNCC Fund-raising Committee, I would like to request for your support in our goal of establishing Nepali Heritage Center (NHCC) in High Point, North Carolina. We want this Heritage Center to be a pride of all the Nepalese not just in the Triad but also the Carolinas (Triangle, Greater Charlotte), South Carolina and neighboring NAsEA/ANMA regions. We envision a bright future for NHCC with tremendous amount of work and dedication lies ahead of us. TNCC has always sensed a need of a heritage center because with a physical existence of a location, community members, with a feeling of ownership, can come together with higher motivation to unite and work in harmony for the community benefit. TNCC believes that such heritage center will provide a



stronger force to establish a long -term unity among its members.

A heritage center will provide a venue where cultural activities and festivals can be celebrated. Such center will be a home for various community services like



Nepali Cultural and Language School, Information Center for lawful immigrants to get help in becoming productive community members, guidance center for anyone trying lawfully obtain naturalized citizenship, etc. The center will also be educational spot for anyone interested in Nepali art, culture and history. A sports and recreational facility may also be established in such center.

Just recently TNCC's dream started coming true as it successfully raised enough fund and purchased a property located at 3519 Imperial Drive, High Point, NC at a cost of \$40,600. TNCC has named it as **Nepali Heritage Center of Carolinas (NHCC)**. The property housed an old YMCA swimming pool, which has been backfilled at a cost of \$23,000 all raised from community donation. TNCC is now on next stage to raise anticipated amount of \$300,000 for building NHCC facility building (model building is shown in the picture) on the property.

We urge you to support (morally as well as financially) our goal of successfully establishing NHCC in the High Point, North Carolina. Please donate by sending check to:

TNCC,

3519 Imperial Dr.,

High Point, NC 27265

or PayPal by visiting the website at www.nctncc.org.

Sincerely,

Basanta Khadka

Chairman

Fundraising Committee, TNCC

Past President, TNCC

3608 Shadow Ridge Drive

High Point, NC 27265

336 471 7638 (Cell)

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Psn}sg]; d:ofsf]; dfwg lgsfng ; lsb6 t/ kOf]of c?df e/
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Wofg lbgkb5 . clxn]f]lj klQsf] d5f]nf ug{/ xfd] ylt/x]
का समस्या समाधान गर्न यतिखेर हाम्रानिम्ति ' औषधमात्र होइन औषधी
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cf6tl/s zlQm g}kdV P] +g0ff6s xf]. jlx/sf]zlQm t ; xof]l
dfq xf]. aflx/sf]; xof] sg kof]hgsf lgl0t s; /L lng]< e6g]
lj ifodf klg :ki6 xg' h?/L 5 . clxn]Ddsf] cEof; nf0{
gkndf ; Gtint lj sf; gePsf] tYo kl6 ePsf] 5 .
o; nf0{ g; Rofpg] xf] eg] elj iodf 7hf] b36gf xg ; S5 .

; 3lotfsf] cfrTo kl6f0 ePsf] 5 t/ o; nf0{ आफ्नो cg'sh
kof] ug{ ; s6f] eg]; 3lotf g} k]ofkbs xg] ; Defj gf klg
b]vPsf] 5 . o:t} l56f] :yfglo ; /sf/sf] u7g gug] xf] eg]
gj lgdf]sf]ultdf lgs}7hf]cj /f]v cfpq]lglZrt 5 .

c?sf] dvtSg] afgl / lj bzdf /dfpg] hlj gz]ln]
xfdlnf0{slxNo}klg dfly nh66 . lj utdf klg gkfnl hgtfsf]
gfddf yk}; xfof cfof]. clxn]klg w} ; xfof cfpq]; s6 t
ldn]f] t 5 t/ o; n]j x' wos kl8t hgtfsf] hlj gdf s3l /
fxt lb65 cyj f lj utdf em] hgtfsf gfddf 6f7af7fsf] g}
xfnldxfn sfod x65 < e6g] lj ifodf clxn] g} s; h] s3l
e6g ; Sb6 . clxn] Dd xfd] lj sf; sf] ultnf0{ x6f]zx/ahf/ /
zx/f]dv updf s3l /fd] 3/ / lrlnf uf8lx? sb]klg ufpsf]
vf; } lj sf; ePsf] 5g . ufdl0f] :tlx? vfnl e}x6f 5g\ . of]
lj sf; sf] df6h xfof . o; nf0{ ; Rofpg' kb5 . o; } lbzdf
j fXo; xof] slbt xgkb5 .

eŠDksf]t/𑖦 ; ft ; db|kf/L



-; lgn 9°𑖦

clk𑖦 @%, @)!% sf lbg Psf laxfg}k𑖦gdf s𑖦l d} 𑖦 cfPsf] cfef; eof] t/ laxfglkvsf]ld7f]lg6b] Tofu} d} 𑖦 k9g] hfu/ rn}sf]lyPg. km]l klg csf[d] 𑖦n]306l xfof] Pp6f cfv𑖦 p3f/] o; f]k𑖦gsf]bzg u/𑖦 Ps nf0g k9g]lalCEfs}d6'lr; f]eof]/ h?Ss p7] ; a} d} 𑖦 shfpg yfn} d} hdf n]vPsf] lyof] "gk𑖦ndf ; ahgfnf0{ 7ls 5<" gk𑖦ndf ev{ } uPsf] l] gfzsf/L eŠDkn] ; f/f ; 𑖦f/ :tAw agfPsf]/x5. t?𑖦t gk𑖦ndf cfk𑖦tx? nf0{ ; Dks{ ug] k𑖦f; x? c; km eP. dg emg emg q; t xg yfNof] w}𑖦}sf] k𑖦f; k15 ef0a/af/f ; Dks{ eof.] eujfgsf] s[kn] ; ahgfsf] ; szntfsf]va/ k𑖦kt eof.]dg s𑖦l xnsf t eof] t/ To; kfs[ts k𑖦fkn] u/𑖦f lilt / cem}7hf] laklQkf] cfpgk𑖦ls eg] dgdf cg𑖦 s/fsf]ābb eg]sfodg]lyof].

la:tf})0𑖦6/g𑖦df ; dfrf/ kmng yfNof] s𑖦x ; lx tYo ; lxt t s𑖦x ldYof ; lx s]x]e𑖦g]tYo shfpg ; Sg]ahf lyPg olt ahf ; a} hgf cf-cfkm𑖦f alC / laj}𑖦n] EofPsf] ug{ tlk/ lyP. x}nf / ; Dod lbgx?sf] sld t lyPg Toxf+t/ klg ca s] ug]elg cGofndf kg] s𑖦fng] / cfQgk?g}w}lyP, h𑖦 To; a] nfsf] cj:yfnf0{x}𑖦 s𑖦g}cfZr6 d𑖦g} kg] s/f lyPg. xhf/𑖦- lhjgsf] c𑖦to clg Pltxf] ; s ; Dkbfsf] l] gfz, laBino clg wg; DklQsf] gfzn] ubf{ gk𑖦n / gk𑖦nlsf] lxt rfxg] ; a𑖦f] dg /fPsf]lyof]

b𑖦zdf uPsf]eŠDk / k/sDksf]ef]ts geP klg dfg] ; s t/𑖦 lab𑖦zdf klg t?𑖦t km𑖦nof] o; l] gfzsf/L k𑖦fkn] dg gblMfpg] ; fobg}sf]x k𑖦f; L gk𑖦n lyP x𑖦fhgXo; kfs[ts k𑖦f kn] ; 𑖦f/e/L 5l/P/ a; 𑖦f gk𑖦nlnf0{ Psh6 eP/ cf]gf] dft𑖦ldnf0{ ; xofu u/f𑖦e𑖦g]ef]gf klg hfut u/for] xg t o; clw klg To]ef]gf gePsf]t x𑖦𑖦g, t/ o; n]Pstf cem alnof] agof] lab𑖦zdf /x] klg cf]gf] dft𑖦ld k𑖦tsf] dfof / ; Ddfgsf] /fxglo pbfx/Of x]of] lab𑖦zdf /xg' a𑖦lotf x] t/ gk𑖦n cdf ; a𑖦f]d6' leq]l5g𑖦e𑖦g]k𑖦f𑖦f klg x]of]

eŠDksf] t/𑖦n] k𑖦f; lx? alr l] jfb ; hgf ug{ eg] r𑖦s𑖦g. t/ plgx?n]u/𑖦f] ; Sd𑖦f]cu𑖦8l of]gu6og}d𑖦g' k5{ lxhf] ; Dd Ps eP/ /fxt ; fdfu𑖦 tyf gub ; sng ug{ ; km ePsfx?;

cfh ; sInt /sd s; /L / sxf+lgf; f ug] e𑖦g] l] jfbdf clNemP. gk𑖦nlsf] /fhg]ts cj:yf / b𑖦zdf ePsf l] s[tsf sf/Of s; 𑖦f] s; } d𑖦ly l] Zj f; g} /xg 5f]8 ; Sof] s; 𑖦f] OR5f /fxt cfk𑖦t ePsf lt/ hfcf] 𑖦e𑖦g] s; 𑖦f]OR5f cf]gf] ufp+𑖦f lhNndf hfcf] 𑖦e𑖦g] s; 𑖦f]cf]gf]ldqa/sf] ; 𑖦yft/ hfcf] 𑖦e𑖦g] / s𑖦x ; /sf/ tk𑖦(hfcf] 𑖦e𑖦g]b]vP. cfv/ ; a} sf]OR5fnf0{ ; d𑖦𑖦f, p𑖦Z𑖦o t Pp6}b]v𑖦5, gk𑖦n / gk𑖦nlsf] nflu. km] of] l] jfb lsg t< s𑖦f𑖦-7f𑖦𑖦f o; lsl; dsf] l] jfbfsf sf/Ofn] ; sInt /sd lgsf; fg}xg; s𑖦f] 5g. slt 7f𑖦𑖦f t k𑖦t:k𑖦f𑖦f]cfef; klg efof] s𑖦g ; 𑖦yf jf AolQm] w}] /sd ; sng ug{ ; km eP, s𑖦g ; 𑖦yf jf AolQm] w} /fxtsf]sfd u/] clb 0{ofbl. km] a𑖦sf] hdfgf eP/ klg x] nf ; fob. s𑖦g]lbg km] xfdl gk𑖦n eŠDk uP nuQ}h:t}Ps x]e𑖦g]ef]gf k𑖦s}cfpg𑖦 e𑖦g]nflu5. c𑖦tj f𑖦tj f To] /sd gk𑖦n / gk𑖦nls} lxtsf] lgldQ vr𑖦g𑖦 e𑖦g] l] Zj f; ug{ ; lsg5.

x/𑖦 b𑖦zsf]c𑖦t/𑖦i6𑖦 cfly𑖦 sf/f]f/sf]cf-cf]g]lgod x𑖦5. cfdfsf] dfofn] x] ls cfj 𑖦zdf cfP/ x] eŠDkcfP nuQ}w}] t1/sfaf6 /sd lgsf; f ul/Psf] k𑖦Of] l] le𑖦g ; 3; 𑖦y; 𑖦sf] s/fsgldf s; 𑖦klg sfglg ; Nnxf lnPsf]eg] kfgp ; lPg. o; n] ubf{ ; Sd{ ubf{ ub𑖦 klg sfg𑖦 l] kl/t\ sfo/𑖦f] eg] ; d:of gc𑖦pnf e𑖦g ; lsg. cfdfsf] ; jf ubf{ ef]n sfg𑖦 pln3gsf] cf/fkdf s𑖦x klg gk/f] 𑖦e𑖦g] ; ah𑖦0{ z𑖦} R5f 5.

clxn]gk𑖦ndf /fxt sfo{ ; d𑖦kt e0{kglgdf𑖦fsf]cj:yf 5 / kglgdf𑖦f e𑖦g] la1Qss} nfd] ; dofnf0{ a𑖦n𑖦' k5{ s𑖦g} klg ; 𑖦y d𑖦k𑖦t /sd lgsf; f ubf{ of] s/fdf 𑖦ofg k/fpg' kg] x𑖦5. bzs b0{ bzs nflu ; Sg] ; f] sfo𑖦f] nflu ; t\ k𑖦tzt ; d𑖦h; j] l ePsf] ; 𑖦yfnf0{l] Zj f; ug{ klg ux] x𑖦5, cfv/ plgx?nf0{klg lbg 5fs t 6fg}k5{ slt lbg ; Dd l] gf c𑖦bfgl :j o+} s e0{kglgdf𑖦f sfodf nflu /xg ; S5g𑖦 w}] k𑖦z; lgs vr{ePsf ; 𑖦yfnf0{t l] Zj f; ug{af6𑖦}b]v𑖦𑖦g, x𑖦𑖦6l b𑖦z o; sf]l; "f]pbfx/Of 5. c𑖦tj f𑖦tj f ; /sf/ afx𑖦sf las𑖦k e𑖦g ux]𑖦g}5. k𑖦fgd𑖦l /fxt sf]fnf0{l] Zj f; gug] 𑖦f0{klg b𑖦f lbg ldN𑖦g lsgls To; sf]gfdg}clj Zj f; nf]5. t/ To; sf]af/𑖦f /fd] clloog u/] kirft\l] Zj f; h𑖦l eg] cj Z𑖦 ; S5.

cu]hdf la cl𑖦6ldl:6s -be optimistic) e𑖦g] u5𑖦g] g] k𑖦ndf klxn] klg Pglhcf] -𑖦𑖦0) / cf0Pglhcf] -𑖦𑖦0_ gePsf t x𑖦𑖦𑖦g\klxn] klg l] b𑖦zaf6 ; xofu gc𑖦Psf x𑖦𑖦𑖦g\klxn] klg k𑖦f; lx?df gk𑖦n cfd𑖦 k𑖦t dfof gePsf] x𑖦𑖦g. t/ eŠDksf] t/𑖦n] eg] k𑖦s} s𑖦x kl/ t𑖦g c𑖦pnf, b𑖦zelOm cem alnof] ag𑖦pnf, / ; f𑖦r𑖦g}gk𑖦nlsf] kglgdf𑖦f x𑖦fhf e𑖦g] cfzf ug{ ; lsg5, k𑖦y𑖦f ug{ ; lsg5.



सान्दर्भिकता बौद्ध शिक्षाको

नमो तस्स भगवतो अरहतो सम्मासम्बुद्धस

बुद्ध धर्म लाई विभिन्न विद्वानहरूले आफ्नै ढंग ले बयान गरेको पाइन्छ ! मेरो बुझाईमा यसलाई धर्म को रुपमा भन्दापनि बुद्धशिक्षा को रुपमा अंगिकार गर्नु श्रेयस्कर हुन्छ ! यो एउटा यस्तो शिक्षा, जसले मिथ्या आचरण र गलत धारणा बाट अलग रहेर यथार्थपरक, सारयुक्त र अर्थपूर्ण जीवनयापन गर्न मार्गनिर्देश गर्दछ !

बुद्ध शिक्षा मा अतित र अनागत (भविष्य) भन्दा वर्तमान जीवनलाई प्रार्थमिकता दिदै सरल तथा सादा जीवन अनि उच्च विचार र कर्म मा विश्वास गर्न प्रेरित गर्दछ ! यस शिक्षा को मूल मर्म अनुसार “अत्तही अत्तनो नाथओ” अर्थात् आफ्नो मालिक आफै हो भन्ने हो ! हाम्रो राम्रा र नराम्रा कामहरूले नै त्यसको फलको अनुभूति गराउदछ ! राम्रो रोपे राम्रो फल्छ, नराम्रो रोपे नराम्रै फल्छ ! राम्रो सोच र राम्रो विचार को प्रतिफल जहिले पनि राम्रो नै हुन्छ ! यसैले यस शिक्षा मा परनिर्भर हुन नहुने अर्थात् अरुको भरोसामा बस्न नहुने र आफ्नो सुमार्ग आफै पहिल्याउन अभिप्रेरित गर्दछ !

बुद्ध शिक्षा “बहुजनहिताय र बहुजन सुखाय ” को मूल मन्त्र लाई व्याप्त गर्ने दिशामा निर्दिष्ट छ ! यस शिक्षामा जातीय विभेदतिर नलागी स्वकर्म र स्वविश्वास मा अडिग रहेर दक्षता को उपयोग गर्न मार्गनिर्देश गर्दछ ! यस शिक्षामा भनिएको छ

“ न जच्चा वासलो होती, न जच्चा होती ब्रम्हानो,
कमन्ना सत्तो होती, न जच्चा होती ब्रम्हानो “

अर्थात् कुनै व्यक्ति जातले निच हुदैन न कि जातले उच्चा नै, व्यक्ति कर्म ले निच र उच्च हुन्छ ! राम्रो कर्म गर्ने मान्छे जुनसुकै जातको भए पनि उच्च हुन्छ र नराम्रो कर्म गर्ने मानिस निच हुन्छ ! यो सोच महाकवि लक्ष्मीप्रसाद देवकोटा को उत्कृष्ट रचना “मुनामदन” मा पनि व्याख्या गरेको पाइन्छ – जहाँ उल्लेख छ “ छेत्रीको छोरो यो पाउ छुन्छ धिनले छुदैन, मानिस ठुलो दिल ले हुन्छ, जातले हुदैन !

यिनै उत्कृष्ट विचार र धारणा हरूले गर्दा नै बौद्ध शिक्षा अतिनै लोकप्रिय हुदै विश्वव्यापी बन्दैगएको छ र यसलाई बैज्ञानिक शिक्षा को रुपमा व्याख्या गरेको पाइन्छ ! यो यौटा यस्तो शिक्षा जसलाई जुनसुकै जाती तप्का, र धर्म का मानिस ले पनि ग्रहण गर्दै आफ्नो जीवन सरल र सफल अनि



डा. राजेन्द्र शाक्य
वेस्टन, फ्लोरिडा

सुखमय बनाउन सक्दछन ! यो मात्रै एउटा यस्तो शिक्षा हो जसलाई ग्रहण गर्न बौद्ध नै हुनुपर्छ भन्ने जरुरी छैन, चाहे हिन्दु, मुस्लिम, क्रिस्चियन जो कोहि ले पनि मनन र अनुसरण गर्दै आफ्नो सुखपूर्ण जीवन का गोरेटो हरू कोर्न सक्दछन ! वास्तवमै भन्नु पर्दा बुद्ध शिक्षा यौटा जीवन जिउने कला हो जसले सुखमय जीवन को ग्यारेन्टी गर्दछ !

बुद्ध शिक्षा को मेरुदण्ड को रुपमा रहेको पंचशीलका हरेक बुदाहरु ले जीवन दर्शन लाई मार्गनिर्देश गर्दछ जस अनुसार:

पाणातिपाता वेरमणि सिंछ्हापदम समदियामी !

(अर्थात्: मैले प्राणी घात नगर्ने शिक्षा राम्रोसंग पालना (ग्रहण) गर्छु !)

अदिन्नादाना वेरमणि सिंछ्हापदम समदियामी !

(अर्थात्: मैले चोरी नगर्ने शिक्षा राम्रोसंग पालना (ग्रहण) गर्छु !)

कामेसु मिच्छाचारा वेरमणि सिंछ्हापदम समदियामी !

(अर्थात्: मैले परपुरुष वा परस्त्रीगमन नगर्ने शिक्षा राम्रोसंग पालना (ग्रहण) गर्छु !)

मुसावादा वेरमणि सिंछ्हापदम समदियामी !

(अर्थात्: मैले झुठ नबोल्ने शिक्षा राम्रोसंग पालना (ग्रहण) गर्छु !)

सुरा-मेरेय-मज्ज –पमदथाना वेरमणि सिंछ्हापदम समदियामी !

(अर्थात्: मैले रक्सी जाड आदि मादकपदार्थ नखाने शिक्षा राम्रोसंग पालना (ग्रहण) गर्छु !)

यीनै पंचशीलको पालना गर्दै सत्कर्म, सतविचार र सदभाव बाट मानव जीवन सार्थक र सफल हुन्छ भन्ने कुरामा कुनै शंका छैन !

“भवतु सब्ब मङ्गलम”

तिन मुक्तक



डा. चवन आचार्य
फोर्ट मायर्स, फ्लोरिडा

भन्दे मैले

बुझेउ मैले गाडी फेरे वहा भन्दे मैले
बुझेउ मैले साडी फेरे वहा भन्दे मैले
फेर्ने भन्ने सुन्दै जादा वहा वर्षा भयो
भुझेउ मैले साथी फेरे स्वाहा भन्दे मैले

टाडा

काँडा बनि घोचिदिन्छौ हुन खोजे टाडा
डाँडा बनि रोकिदिन्छौ हुन खोजे टाडा
मेरो दुंगो नजिक छैन तिम्ले बुझ्या खैत
जति टाडा माया गाडा हुन देउ टाडा

देब्रे दाहिने

भेद भाव अरु हैन मानिस आफै गर्छः
खान, लेख सधै मान्छे दाहिने भर पर्छ
देब्रे किन खुट्टा हैन? फुटबल छुन पाउछ ?
भलिबल हाप्नु परे दाहिने हात नि आउछ

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Dr. Ram Chandra and Kusum Baral
Columbia, SC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Sushil Raj Sharma and Family
Lexington, KY

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Dr. Ramjee & Ambika Lohani Sharma
Georgia

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Soven & Bobby Shrivastav and Family
Lewisville,, NC

The Earthquake that struck our hearts



Sukrity Dhungel

In this unfortunate situation

Devastation, devastation, a complete and utter destruction

A hashtag on twitter "Pray 4 Nepal",
A picture post on Facebook

One week was all,
One week with packed temples,
Trends and hashtags 24/7,

One week of taking over,
Taking over CNN,
Taking over all women and men

What is this madness,
This chaos from devastation
When you expect horrible things,
You expect to see them on T.V.

What is this nightmare,
This dreadful situation
It feels that we can wake,
Wake up from this state of bewilderment

We know we know, eight-thousand deaths,
Thousands injured, thousands without a bed
We know, we know, there are children without blankets
But what do we give to those now without parents

A donation here, a donation there
A new house here, a new house there
But what do we give to those,
Those who have lost their arms and legs,

Caitlyn Jenner, church shootings, gay marriage,
Just to name a few
Bottom line is,
Our hearts may pause,
Pause for a moment to mourn.
But time goes on,
And we must carry on,
Even in a time of sorrow.

We carry on, with our daily lives,
But how about those who lost their strive,
Their strive and hope to want to survive,
Survive through this nauseating situation

How does one move on,
When there is nowhere to go at all,
Nowhere to run to,
Nowhere to hide,
How does one move on,
When one is living in this calamity
Day in and day out

Kathmandu's Ailing Environment

-by Dr. Saubhagya Silwal



There may be quite a few among us who have had the experience of going back home to Nepal in a long time and get a culture shock of lifetime by witnessing both favorable and unfavorable changes. Anyone who would visit Kathmandu these days will first notice the air and water contamination— the two life threatening elements— at a dire state. Needless to say, the main causes are high population density, mismanagement of household and industrial waste, and overburden on Kathmandu's ailing infrastructure, just to name a few. One may argue that this is a typical third-world problem and that things are not going to change regardless of number and intensity of "Alarm Bells". However, ignored and exasperated environmental problems like ours make our own survival questionable, not to mention degrading ecological health. Therefore, it is crucial that this issue is given a serious thought, discussed, and resolution sought among ourselves.

People who are born and brought up in Kathmandu a few decades ago are well aware of the pristine natural beauty of the historic city, a city of abundant cultural heritage. The city that had it all in terms of nature- view of the majestic Himalayas, mountains and rivers.

However, it is striking what a few decades can do to a city overwhelmed not only by rapid and uncontrolled

urbanization, but also being the only city where people seek education, employment, government services and safe living (specially by Maoist & Great Earthquake displaced people). If you happen to land in Kathmandu after a long time, first thing you have to encounter is heavy traffic, and black sooty emissions left by those cars and buses. The heavy vehicular exhaust by 20, 30 year old cars, in combination with usual haze, results in eye-burning, unbreathable and choking smog. It is estimated that there are one million registered vehicles, mostly 2 & 3 wheelers, in Kathmandu. Personal generators that are used to compensate the load shedding hours to fuel the heavy demand for power is another source of noise and air pollution. Being a valley, Kathmandu traps the pollution closer to the ground by inversion, further worsening the pollution. According to Yale's 2014 Environmental Performance Index (EPI), Kathmandu valley's air quality ranks 177th out of 178 countries surveyed. No wonder there is a dramatic rise in respiratory illnesses, not to mention the adverse effect on ecological health. Cities around the world have limited vehicles from the road along with stricter emission measures to tackle similar air pollution. Most places in Kathmandu are within walking distance, so limiting vehicles in the city is one of the solutions that the city can impose to improve air quality.

Manipulating and changing our natural surroundings for our convenience- to reap the benefits and make it suitable for us to live- is nothing new. This has been continuing since the beginning of civilization. What is important to note here is that until a few decades ago even in cities and rural areas, people in Nepal have been living sustainably very close to the nature with minimal impact on their environment. They used whatever they had available around them. Consequently, people didn't and still don't have concept of "trash" as whatever they used were assimilated by nature or decomposed over short period of time. But rise in living standards increased the use of man-made materials, resulting in scattering of trash everywhere. Compounding the situation is lack of environmental awareness along with lack of proper trash disposal and recycling systems. In absence of the permanent dumping site, those collected by local government is often either left at street corners or thrown away on the banks of rivers further worsening the situation. Direct sewage outlet and industrial runoff to the rivers add to the problem. This makes one wonder, how can the government and educated people turn a blind eye to such a disastrous practice? Lakes and rivers are the lifeblood of human society; they



Picture is worth a thousand words: Clockwise from top left, trash disposal on the bank of Bagmati River (top left & right), Kalimati in haze, bike parking in Bashantapur, sewage outlet on Bishnumati (bottom left).

are the barometers of our own health. People's health undoubtedly suffers when our ignorance about our natural surrounding reaches its peak. Apart from providing drinking water, ecologically well managed rivers have numerous potential benefits, e.g. by beautifying a city, providing sanctuary for living things and a place of recreation for its people.

People of Kathmandu are obviously aware of water and air pollution that plagues them. There is a huge public outcry in media every day demanding government action to curb environmental degradation. Whether it is lack of funding, technical knowhow or simply unwillingness, the chronic problem of inaction in a third world country like ours is not going to change overnight. It is in the hands of more than 80% educated people of Kathmandu to bring any change if and when necessary. It's in their hands to decide whether they want to fight for their right to live in a clean environment. If only people put their mind to it, clean air, water and even green spaces along the Bagmati and Bishnumati is not a farfetched dream. And diasporas like us have the obligation and responsibility to guide people with technical expertise and action plan, and urge the concerned authorities to effectively implement policies, so we won't end up leaving a huge burden to our environment and most importantly to our coming generations.

Temporary Protected Status (TPS)

Bimal Nepal
Executive Vice President
NASeA

U.S. Secretary of Homeland Security, Jeh Johnson: Designate Nepal for Temporary Protected Status (TPS)"

Congratulations to all Presidents, Community Leaders, Journalists, Nepali and Non-Nepali Community members, well wishers and the activist who tirelessly worked around the world for your true dedication and support to rally behind this TPS petition and finally it has been approved by USCIS.

Important of all please join me extending our special gratitude to US President Obama, the House/Senators representatives in the Capitols, our constituents representatives and all friends and well-wishers of Nepal without whom this historical TPS grant to Nepal would not have been possible.



sible.

Great News: Victory-TPS is Approved!

June, 23. 2015 – Department of Homeland Security releases the news that the DHS has signed and approved Temporary Protective Status for Nepal.

Here are the highlights of the announcement:

Dear Stakeholder,



Due to the magnitude 7.8 earthquake on April 25, Secretary of Homeland Security Jeh Johnson designated Nepal for TPS for 18 months, effective **June 24, 2015** through **December 24, 2016**. Eligible nationals of Nepal (and people without nationality who last habitually resided in Nepal) may apply for TPS during the 180-day registration period. The period began **June 24, 2015**, and ends on **December 21, 2015**. Applicants must have continuously resided in the United States since June 24, 2015, and meet other eligibility requirements. Those who are approved for TPS may obtain an Employment Authorization Document (EAD) and will not be removed from the United States during the time period that TPS is granted.

The eligibility requirements are fully described in the [Federal Register](#) notice and at uscis.gov/tps.



Respected Presidents, Community Leaders and well-wishers now it is our duty to effectively communicate Temporary Protective Status (TPS) for Nepal to all Nepali origin people here in US.

Good Luck to all undocumented Nepali due to TPS grant now we all can travel to Nepal and get the temporary working status to work here in USA to support your families back home that got affected by the recent catastrophic earthquake that left thousands of life loss/ injured and unprecedented damages.

In all over US various National/Regional/State/Student organizations and community leaders have been organizing Conference call/Webinar, Workshop and Seminars in presence of legal expertise and important of all in most

of the region USCIS personals also facilitated the workshop.

Still we have to do better job in effectively communicate the TPS Grant to Nepali citizens, Students, Visitors and most important of all to Nepali origin undocumented community members who can benefit from this historical TPS grant provided Nepal. TPS Grant eligibility criteria for each individual is based upon their current status of residency in US so it is highly recommendable you all to consult for legal advice or visit nearby USCIS offices.

TPS Grant to Nepali Community is a historical achievement and will help so many Nepali origin undocumented people to travel to Nepal and get the temporary working status to work in USA.

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Bimal Nepal and Srijana Nepal
Life member, NASEA

Wishing Nepalese Association in Southeast America (NASEA) and
Association of Nepalese in Midwest America (ANMA)
a grand success for their Joint Convention in
Greensboro, highpoint North Carolina
September 4 - 6, 2015
Shailendra Bajracharya & Sushma Shrestha
Marietta, Georgia

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Choodamani, Sarita Khanal and Family
Miami, Florida

Dear friends, family and well-wishers,

On behalf of my family, I would like to express my deepest gratitude for my Ph.D. graduation party that was held on 8/15/2015 at the Himalayan Spice Restaurant in Atlanta, Georgia. I am very grateful for those who took the time to organize and come to the party. My sincere thanks for the gifts, cards and well-wishes and beautiful photos posted on facebook. My special thanks to Mr & Mrs. Girwan Pandey who sent out the invitations, organized the party venue, prepared the slide show and moderated the party activities. Thank you all a gain for celebrating this milestone achievement in my life.

Dr. Hari Dhungana

पिडा यो मनको



९० वर्ष पुगिसकेको वृद्ध बुवा नेपालमा
आफु यो विदेशी माटोमा
आँखा राम्रोसंग देख्नु हुन्न रे बुवा
खुट्टा राम्रोसंग टेक्नु हुन्न रे बुवा
स्मरण शक्ति भने ताजै छ
फोनमा सधैं सोध्नु हुन्छ
"बाबु तिमी कहिले आउने नेपाल ?
अनायास भन्ने गर्छु, भनिदिन्छु
अब चाँडै आउँछु बुवा, पीर नलितु होला
यो "चाँडो" कहिले हो कुनै थाहा छैन
मैले सत्य बोलेँ या झुट त्यो पनि थाहा छैन ।

हरेक चोटि बुवासंगको फोन वार्तामा
बुवाको प्रश्न उही "कहिले आउँछौ घर?"
मेरो जवाफ पनि सधैं उही "अब चाँडै आउँछु.."
यो क्रम चलेको वर्षौं भैसक्यो
कहिलेकाहीं सोच्छु,
कति दिन यो उमेरमा पनि बुवालाई
ढाँटिरहुँ नजानिँदो किसिमले ?
सुखका निम्ति दुखका पलहरु
साटीरहुँ नजानिँदो किसिमले ?
यो ढंटाइ पनि रह्र होइन यो त बाध्यता हो,
हांसी हांसी भोग्नु पर्ने हामीजस्ताको पिडा हो
समय रोकिँदैन, आफ्नै रफ्तारमा चलिरहेछ

मान्छेको जिन्दगी पनि समयसितै गलिरहेछ ।

यहि समयको फेरोमा मडारिएर
महा भुकम्प आयो यसपालि
घर ढल्यो सबै सबैको मन जल्यो
गाउँ घर भयो सबै खाली
यो आपतको बेला मेरो आशमा बसे होलान कति साथी
यो संकट को बेला केहिले भरोशा राखे होलान म माथि
आफु भने चाँडै आउने आश्वासन दिँदै बसेको छु
इच्छा हुँदा हुँदै पनि यो मन मारेर बिबशतामा बाँचेको छु ।
यो आपत विपदको बेला
पिडित बन्धुबान्धवसंग दुख साट्न नपाउँदा
आफु भने मरेतुल्य भएर पनि बाहिर हाँसेको छु ।

आजसम्म धेरै चोटि चाँडै आउँछु भनि ढाँटे पनि
पुजनीय बुवा
आदरणीय मातृभूमि
श्रद्धेय मान्यजन र प्रिय साथीभाइहरु
यसपल्टको दर्शमा चाहिँ
नढाँटिकनै आउँछु
आशिर्वाद र टिका थाप्र
कुरा नसाटिकनै आउँछु
र, यो परदेशीको नदेखिने पिडा सुनाउँछु ।

-राजा घले

हाल एटलान्टा, अमेरिका

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

RAJA GHALE AND BIDHYA GURUNG



मिती: अक्टोबर १७, २०१४

लेखिएको स्थान: केरी, नर्थ क्यारोलिना

प्यारो बाबु नविन शूभाशिर्वाद!

हामी यहाँ सञ्चै छौ। त्यहाँ तिमीहरूलाई कस्तो छ? आशा छ, तिमीहरू सबैलाई आरामै छ। बुवाले चिट्ठी लेख्ने भए लेख म फोटो खिचेर कम्प्युटर बाट आजै पठाइदिन्छु भन्नु भएकोले यो चिट्ठी हतारमा लेख्दैछु। तिमीसँग भोली शनिबार फोनमा कुरा गरौंला।

यो चिट्ठी वास्तवमा मैले तिमीलाई भन्दा पनि निर्वाणलाई लेखेकी हुँ। म अङ्ग्रेजिमा लेख्न नजान्ने उस्तै नेपालीमा लेखेको नबुझ्ने भएकोले तिमीले पुरै चिट्ठी पढेर सुनाइदिनु उस्तै अनि आवश्यक परेका ठाउँमा अङ्ग्रेजिमा उल्ट्या पनि गरिदिनु है।

-तिम्रो सदा भलो चाहने,
आमा

प्यारो बाबु निर्वाण,
धेरै धेरै आशिर्वाद!

हामी यहाँ सञ्चै छौ। त्यहाँ तिमीहरूलाई कस्तो छ? आशा छ, तिमीहरू सबैलाई आरामै छ। चारवटा प्लेन चढेपछि बल्ल हिँजो बिहान काठमाडौँ अडपुगियो। थर्काई ज्यादै लागेको छ शायद एक दुई दिनमा ठीक हुन्छ होला। त्यहाबाट हिँडेदेखि नै तिम्रो अनुहार आँखा भरी आइरह्यो। खै किन हो कत्ती कुरा भन्न मन लागेको थियो, लागेको थियो तिमीसँग तर प्रायः सबै मनमै अडिक्छु। कहिले र कसरी मनका कुरा तिमीसँग बाँडौं भनी सोच्दा यो कागजमा लेखेर पठाउने निर्णय गरे बाबा।

मेरो बाबु, तिमी अमेरिका जानु अघि तिमी म सँगै मेरो खाटमा सुत्ने गर्थ्यौं। मैले भनेका कथा सुन्दै निदाउथ्यौ। तिम्रि ममीले भात खुवाउंदा खाँदैन थियौ र भन्ने गर्थ्यौ "हजुरआमाले खुवाए मात्र खान्छु"। अनि दौडदै मेरो कोठामा आउथ्यौ। हरेक शनिबार पशुपति नाथ गएर आउँदा तिमीलाई मनपर्ने जेरी स्वारी ल्याउंथे गौशाला चोकको मिठाइ पसलबाट। अनि आगनमा गएर आफ्ना साथीहरूलाई सुनाउने गर्थ्यौ, "मलाई मेरो आमा कत्ती धेरै मन पर्छ।" तिमी मसँगै टिभी हेर्थ्यौ, खेल्थ्यौ अनि ममी ड्याडिले ल्याइदिएको चकलेट मलाई नवाँडी खाँदैन

थियौ। मेरो बाबु! तिम्रो सातौ जन्मदिन मनाएपछि भोली पल्टै तिमी ममी ड्याडी सँग अमेरिका गयौ। जाने बेलामा आमा पनि हिँड्नुभन्ने थियौ। म भने तिमीसँगको बिछोड सहन नसकी मुन्टो फर्काएर रुँदै थिएँ। मैले म अल्ली पछी आउँछु बाबा तिमी जादै गर अहिले भनेको थिएँ।

तिमीहरू गएपछि घर सारै शुन्य भयो निर्वाण। कहिले अमेरिका गएर तिमीहरूलाई भेटौं जस्तै भयो। कहिले तिमीलाई काखमा राखौं जस्तै हुन्थ्यो। तिमीलाई भेट्न दिन गन्दै-गन्दै चार वर्ष कटाएँ। चार वर्ष पछी म पनि अमेरिका आउन पाउने भएँ। अनि दंग परे। मेरो निर्वाणलाई भेट्न, मेरो नातिलाई भेट्न। मलाई अमेरिकाका ठुला ठुला घर, अनि मोटर गाडी हेर्ने रहर थिएन। मलाई त पहिला नेपालमा हुँदा जस्तै मेरो नातीसँग घुल्लिम गरेर बस्ने रहर थियो। तर सबै कुरा सोचे जस्तो कहाँ हुँदोरहेछ र? तिमी हुर्केर ठुलो एघार वर्षको भएछौ। स्कूलबाट आएपछी "आमा खाजा खान्छु भोक लाग्यो" भनिदिने हुन्थ्यो जस्तो लाग्थ्यो तर तिमी नबोली आँफै फ्रिज र प्यान्टीबाट खाजा झिकेर खाँदै धेरै जसो कम्प्युटरमा खेली बस्थ्यौ भने कहिले काँही टिभी हेर्ने बस्थ्यौ। न कहिल्यै "आमा कस्तो लागिआख्याछ हजुरलाई अमेरिका भनेर नै सोध्यौ न कहिल्यै आमा कथा सुनाउनुस् न नै भन्यौ। उमेरको फरकले गर्दा यस्तो भएको हो भनौ भने पल्लो घरमा तिमी सँगैको तिम्रो साथी रवि अहिले पनि हजुरबा हजुरआमाकोसँगै लुटुपुटु भएर बसेको देखिन्छ।

त्यहाँ, तिम्रा ड्याडी ममिको मिहेनत र परिश्रमले जिवनस्तर उकासिएको देखेर मनमा शान्ती त लाग्यो तर कहिले काही तिमीले अङ्ग्रेजी उच्चारणमा बोलेका टुटे फुटेका वाक्य ले मनमा काउकुती लगाइरहन्थे। तिनै काउकुतीसँग भएपनि तिमी नजिकिएको आभास त गर्दथे। तिमीले बोलेको सुन्ने गाह्रो, त्यसमाथी अङ्ग्रेजिमा बोलिदिदा त कुरै बुझिदैन थिए। त्यती बेला मलाई अमेरिका बोझ हुन्थ्यो। घाँटिमा केही अडिक्छु भन्ने हुन्थ्यो। श्वास फेर्न गाह्रो भए झैं हुन्थ्यो। मेरो नाती मसँग टाढा भए झैं हुन्थ्यो। नेपाल र अमेरिका बिचको पुल कहिले नजोडीने भयो भने जस्तै लाग्थ्यो। म दुई चार अक्षर सम्म चिनेकी, ६-७ कक्षा सम्म मात्र पढेकी, मान्छेले कसरी तिम्रा कुरा बुझौं? कसरी मेरो नातिको मनको भाव बुझौं? कसरी मेरा मनका कुरा बाँडौं?

बाबु निर्वाण, मैले सुन्ने गरेको थिए, त्यहाँ नेपाली पढाईन्छ रे कता हो कुन्नी। तिमीलाई पढ्न मन नलागे पनि मलाई सम्झेर नेपाली पढिदेउ छोर। जहाँ तिम्रि हजुरआमा हजुरबुवा बसेका छन् त्यस ठाउँको बारेमा, त्यहाँ बोलिने भाषा र रहन सहन को कुरा पढाईन्छ अरे त्यस कक्षामा। आशा छ तिम्रा कर्तव्यनिश्ठ ड्याडी ममिले यस बिषयलाई अरु कुरा जत्तिकै प्राथमिकता दिएर मेरो बाबुलाई सहयोग गर्नेछन्। अनि म अब दुई वर्षपछी आउँदा मेरो नाती मसँग नेपालीमा कुरा गर्नेछ। टिभीमा आएका कुरालाई नेपालीमा मलाई बुझाईदिने छ। छिमेकिले अङ्ग्रेजिमा बोलेका कुरा मलाई नेपालीमा बुझाईदिने छ। अनि म मेरो मुटुको टुक्रा जस्तो नातिलाई आफ्ना संस्कार सम्बन्धी कथा फेरी सुनाउन पाउनेछु। मेरो नाती मसँग पहिले जस्तै घुल्लिम गर्नेछ।

उही,
तिमीलाई धेरै माया गर्ने हजुरआमा,
सुजाता

Like many other South Asian women, I do not consider my hair to be just an emblem of beauty but of also vitality. Having lived in North Carolina for over a decade, I have observed that hair is also an important fixation within American culture. This article serves as an exploration into the culture of hair salons in the American South.

Formaldehyde and Hand-Soap



Phoebe Pradhan

A professional hairdresser hasn't flung a pair of razor-sharp shears within a two mile radius of my dainty head since I was thirteen –mostly due to my indifference towards staying trendy and to my mother's insistence of saving money- but the mention of hair salons always seems to elicit olfactory memories of the faint scent of formaldehyde, Dial hand-soap, and the curious aroma of people. Although many years have elapsed since my last visit, it appears that no matter which hair salon someone goes to, the fundamentals are always consistent; the atmosphere is always slightly damp but inviting, a pungent blend of bleach and hairspray permeates throughout the facility, and some form of cheesy, relaxing music streams. This notion certainly held true when I broke my seven-year hiatus from the hair salon scene and stepped foot inside of Salon 135.

Franklin Station

An inattentive passerby can easily overlook Salon 135, a hair parlor nestled on East Franklin Street in the picturesque town of Chapel Hill, North Carolina, due to its seamless integration amongst the quaint crimson and black-bricked enclave. The district itself emanates an old-world charm reminiscent of the heydays of Industrial Europe with its hazy lighting emitting a soft radiance upon the walls, casting an ethereal glow along the waifish black-railed staircase tucked away like sleeping giant in the corner. Stepping foot inside of the alcove is

equivalent to being transported away from the bustle of 21st century living to a world filled with classic glamour and stillness.

However, the interior of Salon 135 provides an abrupt, but albeit not unpleasant, departure from the enchantment of its gothic exterior due to its more upbeat and southern aura. As I walked into the salon, I was immediately drawn to the receptionist, who was a bespectacled middle-aged woman with shoulder-length brunette hair and a smile that felt like home. She somehow managed to look like she could pass off as anyone's mom and flawlessly acted the part too. In fact, upon entering the salon, the woman greeted me with a welcoming, drawn-out "hey there darling" in her distinctly southern drawl while fixing the strap on her pastel-toned floral apron. I, slightly taken aback by her overt friendliness, mumbled a "good afternoon" and proceeded to amble over to a row of bulky white shelves littered with color-coordinated hair products ranging from Paul Mitchell shampoo to John Frida hairspray to a pot-pourri of relaxers that swallowed up the entire front wall. Off to the very right of the armada of shelves, overlooking an extensive, white-rimmed window resided a cozy nook that provided me a clear view of Franklin Street. I took a seat and listened to the soothingly unremarkable music piping through unseen speakers while observing the interpersonal interactions taking place around me. Throughout the course of my observation, I could not help but to wonder why modern Americans invest so much money and energy just to sit in a cold, uncomfortable chair for a task that they could carry out on their own.

It Takes Root in Childhood

Even before children are sentient enough to tie their own shoes, they are exposed to the relationship between the quality of their hair and how their community perceives them via one of the most unassuming sources- storybooks. For instance, in the time-honored tale of Goldilocks and the Three Bears, the protagonist isn't even permitted a name- she's only addressed by the physiognomies of her hair. The young protagonist's persona echoes the qualities of her golden sun-kissed tresses- cheery, caring, confident and inclined to get *tangled* up in a few of life's kinks. It might be helpful to think of the relationship between hair and personality like a pathetic fallacy, except in terms of aesthetics. Also, another notorious children's tale that exhibits the link between hair and identity in Western society is the follicle-blessed Rapunzel who is an adolescent restrained by the austere enclosure of an exorbitant, mor-

bid tower. Despite her bleak circumstances, Rapunzel maintains an unyielding sense of perseverance and buoyancy-characteristics that are mirrored by her lengthy, golden tresses, which have presumably not faced the wrath of a pair of shears since her imprisonment. Thus, both of these stories reinforce the culturally -inbred notion that you *are* your hair.

This sentiment helps explain why Americans shell out anywhere from twenty to two hundred dollars in efforts to simply maintain their current hairstyle or to completely transform their tresses at parlors like Salon 135. However, having an attractive haircut is not just a matter of *taking care* of oneself, it is also a matter of *defining* oneself in the eyes of others. Therefore, hair salons ultimately serve as a place for clients to strengthen their individuality. However, a trip to the hair salon bears larger significance than simply building up one's sense of self due to the highly social nature of this interface. For instance, I noticed that clients would often engage in full-fledged conversations with their hairdresser. Not just trivial conversations about the weather or new music but also discuss family life and how so-and-so at the office got so-and-so in trouble.

The Storytellers

Although the routine procedure of washing and cutting hair appears intolerably monotonous, a raw human element manifests itself in the *course* of the action. Oftentimes, the client and hairdresser engage in conversations that may start off trivial but often escalate to more personal topics such as children, personal relationships, and even deeply emotional medical conditions. For instance, while I sat on the plush, black pleather futon in the salon's designated waiting area, I observed a buoyant, cherubic young woman around her early to mid-thirties with honey blonde highlights speckling her brunette hair slip into a solemn tone as she confessed to her attentive hair dresser that she was struggling to salvage her marriage with her husband, whom she had known since grade-school.

The undeniable emotion bursting from the seams of that moment of vulnerability juxtaposed the guarded, brief interactions that people, particularly women, often maintain in modern America. Oftentimes we, as individuals, manage to spare a few seconds to bid one another fleeting glances and promptly proceed to swiftly look away, revealing absolutely nothing sentient about ourselves except for trivial details such as if we prefer to drink Starbucks or Caribou Coffee at 3:02 pm on overcast days. Sure, we may pass by a friend or a co-worker on the street and oh-so-generously dish out a half-hearted wave of acknowledgement, but very rarely do we actually stop and reveal worthwhile facets of our existence to others- *especially* to strangers.

If lifetimes manifested themselves as musical scores, these ephemeral moments of contact serve as the notes, with digressions of meaningful interaction every few lines. And yet, we continue to lug around our plights and our pleasures until the sheer weight of all the words we fail to say and all the emotions we choose to conceal overwhelm us with its behemoth mass. That is, at least, until we push aside our iron curtains and open our mouths, permitting a torrent of tales to pour out and for a moment we feel less weary and we feel less frail and we feel less inaudible because someone- *anyone*-- finally hears us.

Thus, hair salons are not simply a place where an individual goes to sustain the quality of his or her hair, it also serves as a shelter in which the average person can tell *their* stories about *their* life and thus make more survivable the task of not only existing but of surviving in a world that, more often than not, appears mundane and lifeless like a limp rag. It functions as a cesspool in which varying identities congeal and fester, infecting each other with small-talk and accounts of their daily lives all in the twenty-five to fifty minutes required to bleach a full head of hair. We tell our stories in order to help strangers understand us better and in order to better understand ourselves without the pressures of coercion.

It is a deliberate and often liberating course of action that can only take place if we act not as simple entities but as *people*. In a sense, we are all versions of Rapunzel – locked away behind our formidable towers that take the shape of common plights of life such as stress at home to anxiety at work. All the while, we wait for liberation, when in reality, we are the *only* miracles of our own existence. Just as Rapunzel let down her hair in order to facilitate her escape, we too must let down our walls because we are our own novels –the best depictions of our meta-physical matter, and only by allowing ourselves to be read, can we truly be free. Thus, a hair salon is an archive bursting with volumes and volumes of novels penned by everyday authors who tell their tales in order to assuage the anguish of living.

This is what a hair salon provides for its clients – a place for self-expression, a place to self-exploration, and a place away from the pressures of daily life. The importance of self-narratives is perfectly captured by the American novelist Joan Didion who once affirmed that we tell each other stories in order to survive, and in this survival, our stories are penned. Therefore, in order to perpetuate ourselves- our existence- we must continue to tell our stories regardless of where this course of action takes place. The next time you find yourself at a hair salon or any other quotidian facility, remember that everyone has a story to tell. All you need to do is ask.

Yeti Viewpoints

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Narayan Khadka and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Madhav Dhakal and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Prashim Poudyal and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Bibhor Rimal and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Nagen Sotang and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Bishal Bharati and Family
High Point, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Dr. Samir & Anisha Guragain
Winston-Salem, NC

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, September 4-6, 2015.

Basanta Khadka and Family
High Point, NC

मानवता



श्रेष्ठमा पराजुली

विपत्ति भित्रीं गदा बज्जैनन् वाद्यवादन
प्राण रक्षा गरौं भन्ने फेला पर्देनन् साधन
जे जस्तो पर्छ त्यै भोग्न बाध्य हुन्छन् सबैथरि
कोपर्ने गर्दछन् त्यस्ता विपत्तिले सधैं भरि !

!

जे भयो भैगयो आउ उद्धार कार्यमा जुटौं
पैले उद्धार होस् दोस्रो निर्माण कार्यमा जुटौं
जे जे हुन् सभ्यता हाम्रा यो राष्ट्रका धरोहर
पुनःनिर्माणमा लागौं शिल्पकारी सिकन्दर !

@

मान्छेको दुःखमा मान्छे नलागे लाग्छ को भन
सहयोगी बनौं हामी स्वधन्य बन्छ जीवन
अन्नदान गरौं सवदो निस्वार्थी भावले सदा
अर्थदान गरौं आफ्नो गच्छे हेरेर सर्वदा !

३

सवदैनीं अर्थ-अन्नादि दान गर्न भने पनि
कर्मदान गरौं वोखो भत्केका गाउँमा पुगी
दैवी प्रकोपले गर्दा सन्तस्त बन्छ मन्दिर
परोपकारका निम्ती खट्नुपर्छ निरन्तर !

४

जे हाम्रो सभ्यता हो त्यो पुनःनिर्माण गर्नु छ
नेपाली पन रक्षार्थ सभ्यताले सिंगार्नु छ
के हाम्रो मनमा छैन भावनाको समुन्दर
चाहेमा बन्छ यो राष्ट्र भावना भन्दा सुन्दर !

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बिपत्ती राष्ट्रको देख्दा को हारन सक्छ लौ भन
देखेर कष्ट आखिरी धर्किन्छ मान्छेको मन
बाँची कोमलता थप्दै मानवता जगाउँदै
सबै पीडितका मन्मा आशादीप जलाउँदै !

६

ख्याक



मनोज प्रधान

म सानो छँदा
हजुरमाले भन्नुहुन्थ्यो
छिँडीमा नजाउ
छिँडीको भरयाँग मुनि
ख्याक छ
जस्तो
छिँडी चड्छ खेरी
पैतला समातेर लडाउँछ

माथिमात्र
बसीराख बाबु
त्यहाँ ख्याकहरु छैनन्
छिँडी उक्लिँदा मात्र छन्
छिँडी चढ्छ खेरी मात्र छन्

आज
म ठूलो छँदा
थाहा पाएँ
जिंदगीको हरेक छिँडीहरुमा
ख्याकै ख्याक रहेछन्
ख्याकै ख्याक रहेछन्

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Sabita Upreti

Founder and Chief Director,

Special School for Disable and Rehabilitation Center (SSDRC)

sf7df8f). cl6hd ePsf jfnjflnsfx?nf0{ Joj xf/fkoful lzlf lb0{kl/jf/ tyf ; dfhd c? JolOm ; /x kg/yfkgf u/fpg]xth]yflkt "ljzlf :sh tyf kg/yfkgf -SSDRC- slob" Ps ux ; /sf/l tyf ux gkndhs ; fdlhs ; :yfxf]hg @)** ; fn rødf lhnf kzf ; g sfof nodf btf / ; dfhslof0f kl/fbdf cfj 4tf e0 lg/tt ; jf/t 5 . cl6hd ePsf afnaflnsfx? ; fwf/Of nlyk9 ug/ bgs sfok? -h:tf] cfkgf] :ofxf/ ; f/ s; sf] ; xofu gln0{cfkm}ug{ ; Sg] . agfpgsf nflu jfnjflnsfx?sf] lfdtfd clej l4 u/f0 pglx?nf0 { ; dfhd ; fwf/Of Jolm ; /x xs clwsf/ ; lxt kg/yfkgf u/fpg] pbzon]of] ; yfysf] :yfkgf ul/Psf]xf] . xfn of] ; yfysf] ; yfks tyf sf0sf/l lgbz s of] ; dflhs cleofit ; latf pkl gtlj df sf7df08f] sf]k/fgf] ; gfdln kl ; lsfhdf ; fmg xb)cf0/xsf]5 .

lzlf klkt ug(kfpg ; a)afnaflnsfx?sf]g}lu\$ clwsf/ xf] . cl6hd ePsf afnaflnsfx?n]gkndf eg]lzlf]Joj :yf ; xh9wn]klkt xg g ; ls/xsf] / clwsf0 ; o:tf afnaflnsfx? sf7df ygf / afw/ /v]sf] cj :yf 5 . ljzlf lzlf]sf] ; ljwf pknw u/fpg g ; Sgfn] sltko ljwfnof?sf]cl6hd ePsf afnaflnsfx?nf0{egf]lng lxlxsfp5g\ . olb egf]ln0{xfn]klg ckfEtdf jftf/Of gxf] ; ljzlf x/rfx gxf] ; Pp6]slfdd w]}jif[latfpgkgf] . lgoldt pkrf/ tyf yfkl gxf]xbf To:tf afnaflnsfx?sf emggs/fds c ; / kl/xsf]x65 . Ps]kpf/sf] ckfEtf ePsf ; a)afnaflnsfx?sf]cj :yf ; dt Psdf ; sf]xbg . w]} afnaflnsfx? z?df ; fwf/Of ljwfnof ; dfong xg ; Sbgg\ . o:tf afnaflnsfx?sf]ljzlf x/rfxsf ; fy tfnd lbnf0 ; fwf/Of ljwfnof k7fpg' kg]x65 . sltko afnaflnsfx? ; fwf/Of ljwfnof hfg]g ; Sg] x65g\ . pglx?sf]ljwfnof lzlf ljzlf ljwfnof d]lat5 . o ; /L ckfEtf ePsf]afnaflnsfx?nf0{Lzlf kbfg ug6f nflu pglx?df ePsf km/s vnsf ; d:of / rbf]lx?sf]klxrf g/ y/ lrgsf] ; dfwg ug6f lgdtl ljzlf :shsf] ; -rfng ul/Psf ; lj tf atp]5g\ .

xfn o ; :yfdf \$) hgf cl6hd :k\$6d l8:c8{ -ASD- ljzlf]tf ePsf]afnaflnsfx?n] ; jf klkt ul//xsf]5g\ :yfkgf nly xfn ; Dd ^) hgf ljle6 ckfEtf ePsf afnaflnsfx?nf0{ljzlf lzlf / ljle6 yf]klx?4f/f kg/yfkgf u/f0: s\$] / To: dlo#} hgfnf0 ; fwf/Of k9g ; Sg]agfP/ k7fPsf]5 eg] ; o hgf e6f a9l la/fdix?nf0{lkmlhofy]fkl ; jf kbfg zfl/l/s ?kdf ; an u/f0: s\$] 5 . xfn o ; slobh]! jif[pd] kluf]lsz]f]lsz]f]lx?nf0{ ; dfh tyf 3/ kl/jf/df ; xh ?kdf kg/yfkgf nflu 6]fkluf]e6g]xth] l ; kdhs tfnd kl ; -rfng ub}cfPsf]5 . ljle6 ljwfsf lj1x?sf] k/fdzdf ; -rfnt o ; slobh]cl6hd ; Da6wdf bzJofkl?kdf hgr]gf dhs sf0sdx? ; dt ; fmg ub}cf0/xsf]5 eg] ; fdlhs ; Gfn km] as ; sf0k,ef0e/ / 606/ dfkm] ljbzdf /xsf]gkfnlx?nf0{ ; dt cl6hd ; r]gf u/fpg]sf0e0/xsf]5 . xfn o ; :yfdf % hgf lsz]f/lx? s[6nsf]uxgf / kmlas kl6E tfnd lnP/ cfldge{ xg]sddf 5g\ eg] loglx?nf0{lgso elj iodef olx ; :yfdf g]/fhuf/l lbg]nlo / xsf]pkl]n]atf0g .

bhfvsf]u]ldf e]udf hlgdP/ xlsPsl @ (alif0 ; latf pkl]n] gkfn ; /sf/n] ; dt ; ? ug]g ; s\$]cl6hd ePsf afnaflnsfx?sf] lzlf / kg:yfkgf ul/ phj n elj iosf]vfhdf cxf]f ; 3if[ul//xsf] l5g .

ckf^tf e6g]lalts}l5 l5 / b/b/ ug] ; dfhnf0{ rbf]l lbb}3/df lj jxsf]s/f rnb cfkmt ; E bfof]lbg]k]f klnx g]dfu/ / s]x k]f cfkm]6psdf C0sf]ef/L af]fob ; dfhj6 l858Psf afnaflnsfsf] elj iodef e]f]b/ ; fdlhs ; :yf ; ? u/\$; latfsf] ; :yfdf clxn]sf]

df] ; s # nfv e6f a9l vr{ xg] u/\$f] 5 . :yfdf clxn]@\$ hgf sdf/f/L /xsf] 5g\ h ; df ^ hgf 8fS6/ tyf yf]fki6x? afnaflnsfsf] pkrf/df tllng /xsf] 5g\ . xfn ; Dd ; /sf/l tyf sg]8fg/ x?af6 lgoldt ; xofu kPsl 5gg\ . bz tyf ljbzdf /xsf] s j] x d g s f / l JoOm]x? / :yfx?sf] OR5fn] u/\$f]lemf]Ps k6s] ; xofu tyf slx cly\$?kdf ; lfd cleef]ssf] ; xofu / af6l C0f lnP/ pgl]n] of] ; :yf ; fmg ul//xsf] 5g\ ; :yfsf]cly\$ cejnf0{dlogh/ u/] ANMA n]klg o ; aif[Ps xhf/ 8n/ ; xofu u/\$f]lyof] . Pp6f 3/df w]}hgf sdfpg]xbfE 3/ rnfpg / 3/sf] ; b:onf0{ldnfP/ / fvg slt sl7g x65 eg] lgoldt cly\$; ft lagf Pp6f laz4 ; fdlhs ; :yf rnfpg ldx dly r]gdf cej ePsf cl6hd afnaflnsfx? ; E sfid ug] / ; /sf/sf]klxrfgdf gk/sf] sf/Of :ki6 lglt gxbf ; latfn]s ; /L of] ; :yfsf]nflu bv, lk8f / ; 3if[u/\$f]xhf e6g]s/f hf]sf]n]klg cgdg nufpg ; S5 . ; lhnf]sfid / ; dfh ; jf t hf]sf]n]klg u/\$f]g]5g\ ; latfn] hg sd/f]hsl 5g ldf hf]sf]x ; w thgf ug] ; lsbg\ c? e6f kys / Psbd]rgf]tkof {5 . ol ; a rbf]lsf]af]ht kl pgl ; w]d:sf0/xsf] x65g\ . pgsf] ; :yfsf]x/\$ sf]sf]le0fdf nlyPsf]g]5 /x/n] sfid u/f] xf] ; jf u/f] .

/fhwglf Roip ; /L vhsf :shlr Pp6f gnf] :shsf]?kdf :yfkgf ePsf]ljzlf :sh tyf kg/yfkgf slobf /xsf]afnaflnsfnf0{s ; / L ; dfho lhagdf l0fpg ; ls65 e6g]lrdt / ; jfdf tllng pgl sdf/f/lx?sf] ; fy lbg /ft]vl6P/ afnaflnsfsf]v ; l vfh /xsf] x65g\ . ; lj tfsf]ldx0tn]bz ljbzdf g]rlrt agsf]o ; :yjf6 / fhwgl]dfq ge0{k] ; dt l bly klzrd dxfsnlsf afnaflnsf] ; dt gof]lh6bul kPsf 5g\ . clOm/Om lqmfsnfks tfnd ; fy c6o l ; kdhs tfnd / ljle6 lsl ; dsf]y]fklaf/afnaflnsfnf0{ ; km kg /yfkgf ub}cfPsf]o ; shkl cleef]s klg lgs}v ; l ePsf 5g\ . o ; :ym] # jif]lv l# jif] ; Ddsf cl6hd :k\$6/ l8:c8{ cj :yfsf]afnaflnsfx?nf0{af]4s lfdtfsf]cfw/df lzlf ; jf kbfg ub} {cfPsf]5 . cl6hd :k\$6/ l8:c8{ ePsf afnaflnsfsf]nflu vgf, vhf nufot oftfof]sf] ; ljwf / lklhofy]fkl, cskzgn yf]kl, l:kr yf]kl, klfy]fkl Pj +lgoldt :j:Yo kl/lf0sf] ; dt ljzlf Joj :yf ul/ Psf] o ; :sh cl6hd ePsf]afnaflnsfsf]nflu 566} klxrfgsf] ; fy :yflkt ; :yfsf]?kdf cfs]f]t agb}uPsf]5 .

lbgf]lbg o ; :yfdf cl6hd afnaflnsfsf]rfk a9klg ; ft ; fwg / e]f]s k]w/sf]cejf]sf]sf/Of \$) hgf e6f a9l afnaflnsfnf0{/fvg g ; s\$] / o ; :yfdf /fvg]7hf]cfz lnP/ cfPsf cleef]snf0{lg/fz agfP/ k7fpg' kb[cf]g]dg bv]sf]s/f ; latf atp]5g\

; ft / ; fwgn]EofP; Dd w]} ; Wofdf cl6hd ePsf afnaflnsfx?nf0{ ; jf kbfg ug]nlo /xsf] / ; :yfsf]lgoldt cly\$; xofu / ; ft gePsf]sf/Of pMn]vt ; jf kfofpg g ; ls/xsf] ; latfsf]egf0{5 . cly\$ cej sf sf/Of ; :yfsf]ultj]lwx? c ; xh agsf]h] ; :ymf0{l83 \$fng ?kdf lgoldt ; ftaf6 ; fmg ug6f]lgld0 SSDRC k/fksf/L clfosf]sf] ; dt :yfkgf ul/Psf]5 . o ; sf]df @ s/fB kofpg] nlo /xsf]pkl]sf]hfgsf/L lb0g . SSDRC h:tf ; :yfsf]nflu e8df ; dt 3/ gk]f0g]kfo{xfn]klg afnaflnsf dlo gxf] tyf rsf]ef8f Joxf]g]kg]sf/Ofn]ubf ; lj tf ; :yfsf]cf'g]hluf / ejg lgdf]sf]nflu ; xofu xft tyf lgoldt vr]sf]nflu btf]sf] vfhdf l5g\ h:sf]nflu cly\$; xofu h6f0 ; xofu ug] bz tyf ljbzdf / xsf] ; 3 ; :yf tyf dgsf/L JoOm]x?df cg/fw u/\$f] 5g\ .



तीज पर्वलाई फर्केर हेर्दा



हाम्रा नारी स्वदेश र बिदेशमा जति छन्
थिचिएका मिचिएका नारी कति छन् ?
सौभाग्यले रंगिएको दम्पतिलाई जिउन
लामो आयु सुख उनै शिव दिउन् ।

नेपाली महिलाहरुको सबैभन्दा ठुलो पर्वको रुपमा मनाइंदै आएको पर्व तीज हो । जन्मेर हुर्किएको घर छाडेर छोरी पतिका घर गएपछि आफ्ना बाबा- आमा दाजुभाइ तथा दिदिबहिनीहरु र साथी सहेलीहरूसंग भेटघाट गर्ने क्रममा तीजको महत्व बढ्दै आएको पाइन्छ । भाद्रशुक्ल द्वितीया देखि पंचमीसम्मको चार दिन (दरखाने दिन, हरितालिका, गणेशचौथी ऋषिपंचमीका नामबाट) यो चाड विशेषगरी हिन्दु नारीहरुले महत्वका साथ मनाउने गर्दछन् ।

यो चाडलाई धार्मिक रुपबाट पनि हेरिएको छ । हिन्दु धार्मिक ग्रन्थ अनुसार राजा हिमालय पर्वतकी छोरी पार्वतीले भाद्र शुक्ल तृतीयाको दिन तीजको ब्रतबसेर ब्रतका प्रभावले शिवजीलाई पति पाइन् । त्यसै बेला देखि हिन्दु बिवाहित नारीहरु पतिको लामो आयूसंगै आफ्नो सौभाग्य प्राप्तिका लागि तीजको ब्रतबस्ने गर्दछन् । अविवाहित नारीहरु भने आफुले चिताएको जस्तो असल र राम्रो बर प्राप्त गर्नका लागि यो ब्रत बस्ने गर्दछन् । यो पर्वमा भगवानको पुजा आरधना गरिने हुँदा छोरी- चेलीहरुले बडो हर्षोल्लासका साथ भगवानका भक्ति भावका गीत गाउने र नाच्ने गर्छन् ।

पौराणिक कालदेखि मानिंदै आएको यो चाड समयको गतिसंगै ब्रत बस्ने र गीत गाउने प्रक्रियामा भने परिवर्तन आएको पाइन्छ । आज भन्दा ४०-५० वर्ष पहिले इश्वरीय शक्ति प्रति अगाध श्रद्धा र भक्ति भाव देखाउँदै यसरी भक्ति- भजनको रुपमा तीजका गीतहरु गाइने गरेको पाइन्छ ।

कदमको बोटमा बसेका कृष्ण जी,

भैंमा झर कृष्णजी तिमि बिना पूजा भएन ।

त्यसपछि भने तत्कालिन समयको सामाजिक संरचनामा महिलाहरुले स्थिति अनुसार तीजका गीतहरुमा आफूमाथि परेको पिर- मर्का र दुखेसाहरु यसरी व्यक्त गर्ने गरेको पाइन्छ ।

दिनभरी काम गर्यो सासु ज्युको खटन, आँसु संग पिउँछु मैले
रुखो बचन ।

सालघारिमा हेर्दा खेरि सालको पात बरर, माइती देश हेर्दा
खेरि आँसु धरर ।

स्थान, समय र व्यक्तिका चरित्र पनि त्यसबेलाका गीतहरुमा
प्रशस्तै देख्न पाइन्छन् ।

झ्यालमा बासी किन रुन्छ्यौ मैयाँ, सल्ल्यानी शाहुलाई दिम्ला
बरिलै ।

सल्ल्यानी शाहुलाई निकै धनी देख्यौ ? श्रीफुला ल्याउँछ पुराना ।

३५-३६ को आन्दोलन अगाडी सम्म तीज पर्वमा गाइने गीतहरुले महिलाहरुका सुख- दुखको प्रतिनिधित्व गर्ने गरेको पाइन्छ । त्यसपछिको समाजमा भने चेतनाको बिकाशसंगै तीजका गीतमा पनि परिवर्तन आयो । समाज परिवर्तनको हुंकार बोकेर क्रान्तिकारी भावनाले ओत-प्रोत हुँदै पंचायती व्यवस्थाको बिरुद्धमा लड्न र जुध्न सक्ने जनमत तयार भयो । दिदिबहिनीहरुले नै राजनैतिक पार्टीहरुको अगुवाई गर्दै यस्ता गीत गाउन थाले ।

दैला मुनि फुल फुल्यो चाँरी गाईले खाने छ, पंचायती
व्यवस्थाको पैरो जानेछ ।

कि त भने सरकार खाने रासन दिलाई दे , कि त भने सरकार
गोली पिलाई दे ।

यस पछि २०४६ सालको जन आन्दोलन भन्दा पछिका गीतहरू भने कतै बाम मोर्चाका कतै नेपाली कांग्रेसका गीतहरू, जुन गीतहरूले राजनैतिक पार्टीहरूको कमि कमजोरीलाई कोट्याउनु भन्दा आफ्ना पार्टीलाई ढाकछोप गर्नमा मात्रै सिमित रहे। तीजका कोसेलीहरू अधिकांश पुरुषहरूको कृतिको रूपमा निस्कन लागे। जसले गर्दा तीजका गीतहरू शैली र छन्द बाट बाहिरिन पुगी गाउँन पनि अप्ठेरो हुन थाल्यो। गीत छोरि चेलीका मर्मलाई बोक्र नसक्न भए। राजनैतिक रुपबाट तीजका-- गीतमा बढी आक्रमण हुन थालेपछि दिदीबहिनी र समाजमा फरक राजनैतिक विचारका कारण फुट आउन थाल्यो। आँगन जोडिएका घरहरूमा दुई थरिका गीत गाइने भए। तीजका गीतहरूमा सुख-दुखका स्वरहरूले एकरूपता पाउन छाड्यो।

यसपछि केही दिदी बहिनीहरूले पश्चिमी सभ्यतामा देखिएका विकृत विषयलाई गीतमा प्रस्तुत गर्न थाले। क्यासेटका चक्का घर, घर बज्ने थाले, सुन्दर चुराले सजिएका नाडीको थपडी नचाहिने भयो। मादल मुजुरा र घुंगुरा नचाहिने भयो। हाल आएर तीजका गीत र नाच अनि हाम्रो तीजको संस्कारिक परम्परा दिदीबहिनीहरूको हातबाट पुरै कलाकार त व्यापारीको हातमा पुगेको छ। तीजका लय छाडिए। बजार हेरेर गीत बनाईन थालियो। रत्यौलीमा गाइने जस्ता गीत र कलाकारका अर्धनग्न नाचले प्राथमिकता पाउन थाले।

हुन त अझै दिदीबहिनीहरूले तीजमा माइत जाने, दर खाने, सौभाग्यका हरियो – रातो, साडीमा सजिएर मन्दिर जाने, आफ्ना गीत गाउने पनि गरेका छन्। तर पनि समाजमा चाड मनाउनेका नाउँमा गहना कपडाको प्रदर्शनी र भोज भतेरले पाउने स्थान बढेको छ। मागेर होस् वा घर खेत बेचेर होस् महंगा गहना र कपडा लगाउने पर्ने, ऋण काडे भएपनि महिनौं सम्म घरमा पार्टी गर्ने पर्ने जस्ता विकृतबाट हामी बच्न सकेमा मात्र सही अर्थमा हाम्रा चाडहरूले निरन्तरता पाउने छन्।

राधा पौडेल

महिला कोअर्डिनेटर

एन आर एन अमेरिका।

मेरो देश का निम्ती।



गीता कंडेल

नरोउ मेरी नेपाल आमा तिमीलाई फेरी हसाउने छौं।
तिम्रा ति उजाडिएका बस्ती हरु फेरी नया बसाउने छौं।
विपत्ति आएको छ देश मा नोक्सान पनि भाछ थोरै धेरै।
तर चिन्ता नगर तिम्रा ति सुख्खा पाखाहरु फेरी रसाउने छौं।

धरहरा ढल्यो कैयौं एतिहासिक धरोहर हरु पनि ढले ॥
तर नेपाली सान ढलेन आँट छ यो मुटु भित्र अझ उचाइमा पुर्याउने छौं।
कति बिनाश भाछ थाहा छैन तर एक छौ हामी नेपाली ॥
हात मा हात राखेर नयाँ अनि सभ्य नेपाल बनाउने छौं।

साना तिना थक्का हरु टेर्ने छाड्यो यो मुटु ले ॥
अमेरीका युरोप नहोला तर हरियाली नेपाल सजाउने छौं।
आउ हे युवा अब पालो आएको छ देश का निम्ती केही गर्ने ॥
जस्तो सुकै विपत्ति आए पनि हामी हाम्रो देश बचाउने छौं।

नरोउ मेरी नेपाल आमा तिमी लाई फेरी हसाउने छौं।
तिम्रा ति उजाडिएका बस्ती हरु फेरी नयाँ बसाउने छौं।

Yeti Viewpoints

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Lamicchane
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Prakash and Anju Malla

Patan Durbar Square

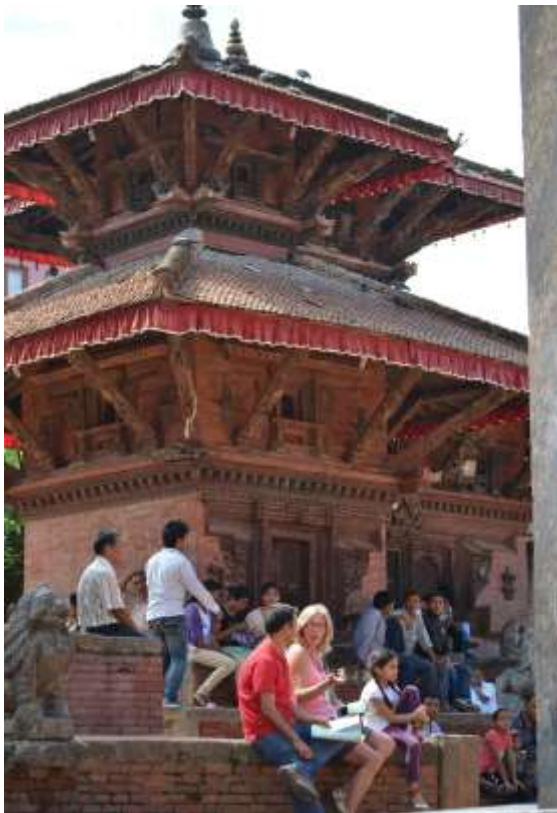
By: Trisha Chapagain
2nd Grade student
Coral Park Elementary School,
Miami, FL

Patan Durbar Square was heavily damaged by a major earthquake on 25th April 2015. I remember that I was there sitting on the statue of an elephant two years ago. Lots of people were sitting around talking and some having tea. It was a very busy place. Two American friends came with us to Nepal and they really liked the temples and statues. They said it was their favorite place in Nepal. With them, I was enjoying the temples and palaces on one sunny day. I could have gotten killed if the earthquake came earlier. I am very sad that many people died because of the earthquake.

Many temples went down easily because they were very old. One named Vishwanath temple was built in 1627 during the reign of Siddhinarashimbha Malla. This temple is dedicated to the god Shiva. The temples are decorated with lots of wood carvings and guarded by two stone elephants in the front entrance.

Krishna temple is the most important temple in Patan Durbar Square. It is built in Shikhara style but it is unique in its own way. The temple was built in 1637 by the same king Siddharashimbha Malla. Patan Durbar Square has three main courtyards: Mulchok, Sundari Chok, and Narayan Chok. This is the layout of the palace.

The recent earthquake in Nepal was very powerful. It destroyed most of the temples there. I played in Patan Durbar Square and enjoyed walking on the red bricks around the temples. It was so much fun. Now it is so sad to see most of it gone. I just wish the earthquake never came because I liked they it was before. It makes me feel unhappy because it is not going to be the same when I visit next time.



The Nepal Earthquake: Our Youngsters' Perception

"The earthquake killed many kids of my age, and I felt really bad for them."

"Pain, terror and agony is what comes to mind..."

"Standing here watching the news, I felt like I couldn't do anything."

"My lovely and beautiful country Nepal is suffering now."

These were the few of the many sentiments expressed by our children in this year's writing contest regarding their response to the devastating earthquake that had wreaked havoc in Nepal. However, what the earthquake could not tear down was the love and affection that we have for our beloved country.

Essay after essay, paragraph after paragraph, and line after line, children demonstrated their love, anger, and fear for Nepal. Many of these children were born miles and miles away from Nepal, having grown up in North America, yet these youngsters still expressed their deep-rooted love for our homeland. Therefore, we as a Nepali community should be very proud of our children's upbringing and their continued love and support for Nepal - a nation whom many of them have not directly encountered.

The goal of this year's essay contest was to see how the earthquake had affected Nepalese children growing up in North America. We wanted to observe how much knowledge participating children have about the extent of the earthquakes destruction in Nepal along with the extent of awareness regarding Nepal's great heritage and historical monuments. One after another, each child displayed their knowledge and feelings in meaningful words, sentences, and paragraphs.



Dr. Sushama Pradhan

In the following excerpt an elementary school child conveys his feelings *"It was hard hearing about the destruction...and seeing the media coverage only made it harder"*.

Here, a 7th grader expresses her emotions *"The buildings that held memories, the temples built on ancient time, the houses that held beloved relatives, collapsed. It was like a nightmare that became a reality."*

Additionally, another middle school child expresses his feelings here *"This natural disaster took more than just lives- it also took a huge toll on the country's culture..."*

Essays were not only just full of emotion, agony, and sadness that had been provoked by the earthquake- many essays also had glimpses of hope, courage, and rigidity to fight the damage and rebuild from ruins. For example, a high school student conveyed *"We will move forward from these heartbreaking events with our head held high"*

Entry Levels/ Titles	Winners	Prize	Sponsors	Judging Committee Members
High School Rebuilding the Lost Heritage	1 st – Deepali Singh 2 nd – Paras Khatri 3 rd – Prisha Sharma	\$300 \$100 \$50	Dr. Prakash Malla (Atlanta, GA) -1 st Dr. Bhaskar Raj Dawadi (Clearwater, FL) 2 nd /3 rd	Dr. Lalita Joshi Dr. Ramjee Sharma Dr. Kamal Mani Baral Mrs. Srijana Sharma
Middle School Devastated by the Earthquake	1 st – Aakriti KC 2 nd – Subodh Shakya 3 rd – Hishi Ulak	\$100 \$75 \$50	Dr. Sanjeeb & Mrs. Sabina Sapkota, (Lawrenceville, GA)	Mr. Krishna Shrestha Dr. Archana Lamichhane Mr. Jyoti Vaidya Ms. Pratigya Marhatta
Elementary School Lost Heritage of Nepal	1 st – Parker Khatri 2 nd – Saugat Shrestha 3 rd – Kavya Lamichhane	\$100 \$75 \$50	Mr. Madhav & Mrs. Sita Mainali (Huntsville, AL)	Mr. Pranaya Rana Ms. Simran Khadka Ms. Sambida Pradhan

for we can say that we did not let the earthquake defeat us.” High school students came with many ideas, visions and plans, both long term and short term, about rebuilding Nepal. One high school student wrote *“My micro and macro policy plans have the potential to create the rebirth of Nepal.”*

“Help Us Rebuild Nepal! Save The Lost At Any Cost!” This is the theme of NASEA/ANMA’s Joint Convention, 2015. Coinciding with this theme, we had given writing topics related to the Nepal earthquake. As chairperson of the student writing contest committee, I would like to thank all the participating children who took time out of their summer vacation to express their feelings, knowledge, and thoughts in this year’s writing contest. Once again, congratulations to all the winners and thanks to all the participants. Brief information of the 9th NASEA/ANMA writing contest is provided below.

I am very grateful to Dr. Ram Chandra Baral, President of NASEA; Mr. Sushil Sharma, President of ANMA; and Mr. Madhav Dhakal, Joint Convention Chair for their continuous support and dedication. I would also like to offer my sincere thanks to the prize sponsors Dr. Prakash Malla, Dr. Bhaskar Raj Dawadi, Dr. Sanjeeb Sapkota and Mrs. Sabina Sapkota, Mr. Madhav Mainali, and Mrs. Sita Mainali for their generous financial support. Without these sponsorships, this program would have not been able to step into its 9th year. Additionally, I would like to thank NASEA and ANMA for understanding the immense value and implication of this contest. Last but not least, thanks to all of my essay committee members.

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Dr. Sushma Pradhan and Family
North Carolina

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Janak Magar and Family
Hendersonville NC

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Dr. Nar Kaji Gurung and Family

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Buddha, Karuna, Karson and Kashish Maharjan
Lexington, KY

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Dr. DILIP AND SARITA PANTHEE

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SANJEEB AND SABINA SAPKOTA

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SHARAD K ACHARYA & FAMILY

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KAILASH KAYASTH & FAMILY

Dharahara Show & Tell

Parker Khatri

Category: Elementary
Rank: First

paraskhatri99@gmail.com

Green Hope Elementary- 4th Grade

Nepal is a country with a rich past containing many historic buildings, landmarks, and ancient temples. Unfortunately on April 25th, 2015, a destructive earthquake hit Nepal, killing more than 9000 people, and injuring more than 23,000 others. It was hard hearing about the destruction and loss occurring in Nepal from family members, and seeing the media coverage only made it harder. I had gone to Nepal last summer, where I visited many joyful places like temples, monuments, and museums. Seeing the devastating changes broke my heart, especially when I saw what the earthquake did to landmarks that held incredible historic value.

Last summer, I visited many places in Nepal, but my favorite out of all of them was the Dharahara, also known as the Bhimsen Tower, the proud monument of the Kathmandu Valley. It is located in Sundhara, Kathmandu. We were

fortunate enough to get a chance to climb up to the observation deck and view the entire valley from its eighth story. It was a very exciting experience, similar to the Washington Monument in Washington DC. The Dharahara is 203 feet tall, and was constructed in 1832 by Bhimsen Thapa, the first Prime Minister of Nepal. The Dharahara has a very interesting history. In 1834, it survived an earthquake but was severely damaged. It was repaired quickly



This is a picture of my older brother, mom, and I from our trip to the Dharahara last year

after that, and was used as a military watch tower because of its central location in the capital city. The Dharahara

was one of my favorite monuments in Nepal because of its optimistic symbolism, showing how resilient and strong the people of Nepal are. If you have ever visited it, you would have found it to be a unique experience unlike most modern structures; there were no elevators in the Dharahara! To get to the eighth floor observation deck, you would have to climb 213 stairs that went up in a spiral. This is because of the antique styling of the tower, which was ingeniously designed before elevators or escalators were invented! It might've been a bit tiring, but the view from the top made it well worth it. You could see all of Kathmandu valley from there, and it was exhilarating when you experience the strong winds blowing at that height.

Tragically, the Dharahara was completely destroyed in the recent earthquake that struck our homeland. Only the base is left now, as the rest of it has collapsed. Even



(Shown above) My older brother, dad, and I on the observation deck of the Dharahara.

though this was a catastrophe, I know that we as Nepali people will persevere through this just like we did back in the earthquake of 1834. I am sure that our abilities will lead us to reinvent the historic landmarks that we lost, and to make it even better for future generations to come. I can't wait to see what will come next!

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Collapse of Tower (Dharahara) due to Earthquake in Nepal and wish to rebuild it at same spot for Nepalese Identity

Category: Elementary

Rank: Second

Saugat Shrestha

Grade 5

South Olive Elementary
West Palm Beach, Florida
sgtshrestha58@gmail.com



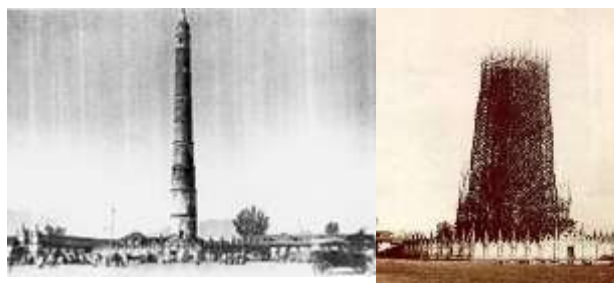
Dharahara was a very significant and fabulous landmark in Nepal. Dharahara, also called Bhimsen Tower, was a nine story [203 ft] tower at the center of Sundhara in Nepal. It had a spiral staircase containing 213 steps and a 17 feet bronze mast on the roof. The eighth floor held a circular balcony for a panoramic view of Kathmandu valley for observers. But, the whole tower collapsed on April 25, 2015 because of the massive 7.8 Richter? scale earthquake that killed about 180 people in its rubble. The first Dharahara tower was built in 1824 and was 11 stories high. Second Dharahara was also built by Bhimsen Thapa, former Prime Minister of Nepal, for his niece, Queen Lalit Tripura Sundari. From the day it was built, Dharahara has always been the tallest building in Nepal. But a decade after construction, both Dharahara towers suffered a massive earthquake in 1834. During this earthquake both towers survived, but the first Bhimsen's Tower suffered severe damage. Then, again in 1934, another earthquake completely destroyed the first tower and 9 of the second tower's 11 stories. Then, the former Prime minister of Nepal, Juddha Shumsher JBR rebuilt it. This time this tower also served as a military watchtower and to blow



bugles to call soldiers to assemble.

Dharahara before and after Earthquake of 25 April 2015

The architecture of Dharahara was designed in both Mughal (combining Indian, Islamic and Persian styles)



and European styles. It resembled an Islamic dome on top with a statue of Hindu god Shiva on the roof. This shows that Dharahara was an important cultural and



religious symbol.

Dharahara before 1934 Earthquake (left), under Construction of Dharahara (Right)

Me and My Brother in front of Dharahara in June 2014.

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Show and Tell: Dharahara, A Lost Heritage of Nepal

Category: Elementary
Rank: Third

Kavya S. Lamichhane

Grade: 3

Triangle Math and Science
Academy, Cary, NC

archudipu@gmail.com



Hello, my name is Kavya Lamichhane. I am a rising third grader at Triangle Math and Science Academy. For my essay, I am going to write about the DHARAHARA tower.

My grandparents and parents are from Nepal. I visited Nepal two times when I was small. I slightly remember my mom showing me the **Dharahara** when we were in Kathmandu. When the recent earthquake hit Nepal on April 25th, 2015, the historic buildings were collapsed. The **Dharahara** tower also fell down and I was very sad to hear about the loss. That's why I decided to write about this landmark.

Now I will walk you through the historical values of the **Dharahara** tower. **Dharahara** is also called Bhimsen tower because it was built by Nepal's Prime Minister Bhimsen Thapa in the year 1832. It was a nine stories and

2,030 ft tall. The tower was recognized by UNESCO. The tower has 213 spiral staircases and has a balcony on the eight floor. The roof has a bronze mast on the top. It was the tallest building back then in Nepal.

Dharahara was constructed as a military watch tower. When it was built it was 11 stories tall. On January 15th, 1934 an earthquake hit Nepal. Only two stories out of 11 were left. The Prime Minister Juddha Shumser Rana rebuilt the tower to nine stories.

Dharahara tower was designed in Mughal and European styles. On the top of the tower is lord Shiva. The tower was a touristic place and was opened to the public in 2005, two years before I was born.

The earthquake at noon on April 25th, 2015 destroyed the **Dharahara** and only the base remains. About 200 people got trapped during the collapse. I also watched the news of the earthquake on Nepal News channels. I felt very sorry and sad for the people in Nepal. I also felt sad because I won't be able to see the historic icons anymore. I even compare before and after pictures of **Dharahara**. I hope we can work together to rebuild historic places including **Dharahara**. I would love to visit these places when I visit Nepal next time.



Dharahara: Before and After Earthquake of April 25, 2015

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Sarala Pandey and family

Devastated by the Earthquake

Category: Middle
Rank: First

-Aakriti KC



Looking up in the afternoon sky my eyes widened as I saw the monumental building in front of my own eyes. Even though the Sundhara was filled with tourist, locals, and street vendors, my eyes could only focus on the 9 story building in front of me. I raced in front of my family wanting to climb the majestic tower. After paying the 400 rupee entrance fee, I excitedly ran, not wanting to wait any longer. After climbing the 213 spiraling stairs, I burst through the doorway which led to the circular balcony. Awed by the panoramic view of the Kathmandu valley, only one word crossed my mind; magnificent. Soon I was broken from my trance by my mom saying it was time to go. Just when we were about to begin the descent down, a small temple caught our eye. After paying our respects to the Hindu deity, Shiva, we finally descended down. With one last look at the gleaming tower, we walked into the center of Sundhara, soon being engulfed by the immense crowd.

“Powerful Earthquake hits Nepal!” that was the headline CNN provided us with on that devastating morning. A 7.8 magnitude earthquake had hit Nepal. It rocked the already weak country with a devastating force on Saturday April 25th, 2015. The earthquake and its aftershocks have turned one of the world’s most scenic regions into a panorama of devastation, killing and injuring thousands.

This did not only affect the people living in this region, it also affected the cultural history. Several pagodas on Kathmandu durbar square, and an UNESCO world heritage site collapsed. The Manakamana temple in Gorkha was also destroyed. The northern side of Janaki Mandir in Janakpur was reported to have been damaged. Several temples, including Kasthamandap, Panchtale temple, the top levels of the nine-story Basantapur Durbar, the Dasa Avtar temple and two devals located behind the Shiva Parvati temple were demolished by the quake. Some other monuments, including the Kumari Temple and the Taleju Bhawani Temple partially collapsed. Among these was the dharahara tower, built in 1832. The collapse of this building alone killed at least 180 people.

The results after the earthquake are very disheartening. The dharahara, which stood nine stories tall, was ruined to the base; it’s now reduced to nothing but rubble. The fence surrounding the structure was demolished at

some points; the paint is also chipping of the building. The durbar square, which held many years of cultural and historical information, is also in nothing but wreckage.

I personally liked the location of the Dharahara tower prior to the earthquake. Although the square could be very crowded, it was in the center which provided easy admittance to locals, tourists, and street vendors. In other words the location was picture-perfect for this monument.

One thing that is concerning is the materials used to build the dharahara. The dharahara was constructed using traditional materials like Vajra – Surki (Brick dust), Chuna (Lime), Mas (Black lentil) and Chaku (Caramel) -were used, which holds its strength see years of its survival and existence. Even though these materials are said to last years of survival, if we used products more common now, we could create a stronger base which would provide more support to the building. One thing that also we should change is the staircase. Because the dharahara is not built from the ground onward it doesn’t have the support other buildings may have had. The staircase puts it at an elevation which makes it more prone to destruction when a natural disaster strikes. By changing the elevation we could make a stronger base which is important in bigger buildings like the dharahara.

By rebuilding demolished memorials we can ensure that our heritage will be passed down for generations to come. We have to act now so our children and their children can see our cultures enriched history. If we can rebuild our beautiful country it will not only show us, it will show the entire world that we, as Nepalese, can accomplish anything we desire to do. It will show them that with our humble, caring hearts we can rebuild our country. And in the words of our national anthem; Jai Nepal!!

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Devastated by the Earthquake

Category: Middle
Rank: Second

Subodh Shakya



Kathmandu Durbar Square, also known as Basantapur Durbar Square, is one of three Durbars in the Kathmandu Valley. Though there are no written scriptures about the construction of the square, Sankhardev is still credited for the construction of the palaces. The known history starts when King Ratna Malla chose Basantapur Durbar Square for the Malla dynasty to stay. The old temple history started when Ma-



hendra Malla built the temples of Jagannath, Kotilingeswara Mahadev, Mahendreswara, and the Taleju Temple. In my visit to Nepal I remember the

Taleju by the triple roof, which is a Newari style of architecture. Malla dynasty ruled for centuries until Prithvi Narayan Shah started his conquest march through the Kathmandu Valley including the Basantapur Durbar Square. He personally chose the Basantapur palace for his Shah dynasty to rule. They continued their rule until they moved in 1896 to the Narayan Hiti Palace.

In my visits to Nepal I have went the Basantapur Durbar Square before and after the April 25th (Baishakh 12th) earthquake. I still remember the different people visited the Square. There were people from other countries such as the US, Australia, and many other countries. What I loved the most was that there were many people from Nepal coming to visit the Square. This showed how much Nepalese citizens cared about the Basantapur Durbar Square and its rich history. I walked around the square with my cousins, brother, my parents and had one of the best times of my life. As we walked, my parents would tell me about the history behind the different temples and buildings. There were museums in the square such as the King Tribuvan Memorial Museum and the Mahendra Museum. The Tribuvan Memorial Museum was made by the Rana dynasty to honor the revolt against the Rana dynas-

ty. When I heard about this, I was very surprised, and it made me laugh. Walking around and seeing all the beautiful monuments I felt so proud of my country. I sat there astonished how a developing country such as Nepal could build such great structures and maintain them very well.

On April 25th (Baishakh 12th) we woke up and heard about the earthquake that took place in Nepal. We tried calling our family but weren't able to contact them. Watching the news didn't raise our hopes as it only showed the destruction of historic locations such as the Dhararhara, Manakamana, Basantapur, Patan, and Bhaktapur Durbar Square. Every moment we refreshed the CNN page and saw the rising death toll, we lost even more hope. Through all this terrible struggle we finally got in contact with my nini (aunt). We got the news that our family was fine and nobody suffered any injuries. Standing there watching the news, I felt like I couldn't do anything. My mind didn't work at all through the weekend. I could only think of the number of lives lost and how much more there could be. Our family just sat on the couch with our eyes glued to the T.V screen and nobody was able to do any work. Once I learned that nothing happened to our family, I thought about the damage dealt to

the places I visited during my previous trips to Nepal.



I was very disappointed to hear about all the destruction to the Square. Some of my favorites such as the Hanuman Dhoka and many other temples

have been reduced to rubble. These monuments made Basantapur Durbar Square was one of the most ideal places of my visit to Nepal. I felt like nothing could replace how the square was built. If the square is rebuilt it will be very beautiful, but it won't hold the history it used to have. The earthquake has also given a chance to rebuild Nepal in a better way such as building material for houses. Stronger material and support can lower the casualties in any future natural disaster. Houses also need to be placed in an organized way so there won't be a domino effect of destruction. All in all, the earthquake has had a very powerful effect on Nepal in some ways for the good and in some ways for the bad.

Devastated by the Earthquake

Category: Middle

Rank: Third

Hishi Ulak

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Bhaktapur is known as “The Place of Devotees” and “The Cultural Gem” and surrounded by great temples, old heritage sites and historic monuments. Bhaktapur is eight miles away from capital city of Katmandu and a place full of history, until the day of April 25th, 2015. Everything was normal, people going to their jobs and tourists exploring Bhaktapur’s Durbar square when everyone felt strong vibrations under their feet. It happened all at once, people saw dust coming from all direction and buildings that looked like they would fall in any second. People heard noises that sounded like massive stones dropping high up from the sky. The buildings that held memories, the temples built on ancient time, the houses that held beloved relatives, collapsed. It was like a nightmare that became a reality.



The earthquake has destroyed physical and emotional feelings. After the heart breaking earthquake, all people could see were piles of debris once alive and standing, but now left on the ground like bumps of trash. The earthquake left Bhaktapur in ruins, and not many people have much hope in Nepal, and don’t know what’s going to happen next. After the earthquake, I went to Nepal, and before the plane landed I saw beautiful green land and hills, but when we disembarked all that I mostly saw was debris. In Nepal, every time that my family and I went outside was danger. When I walked through the tiny cramped pathways in between structure that were close to each other, my mom and I would get scared that the two buildings would collapse on top of us if there was an earthquake. Throughout the trip in Nepal I heard the word “Bhūkampa” several times which translates to quake. Bhaktapur now has many homeless people since the earthquake destroyed many houses along its path. Bhaktapur has lost or damaged temples and statues that were old and represented something from the past, like The Fasi Deva temple, the Chardham temple and the 17th century Vatsala Durga Temple. Nepal may look bad on the outside, but there’s still some hope brewing on the inside.

Bhaktapur was in a damaged state after the earthquakes and aftershocks with cracked buildings and piles of debris

accumulating every day. When people threw broken pieces of buildings and houses to the heap of rocks, dust would blow in all directions causing people to bring their masks closer to their selves. The earthquake has caused people to start wearing masks to block their selves from the pollution. Bhaktapur is a very old city in Nepal and before the big force of nature that pulled everything apart. It had old buildings that weren’t in good shape, now that the earthquake has struck, it is giving Bhaktapur another chance to rebuild the old buildings. The earthquake is both a good and miserable experience for Nepal.

Bhaktapur has many buildings bundled together, and if another earthquake strikes, the buildings will not withstand any further. So when people start to rebuild, people should rebuild the buildings farther apart from each other. Some roads like aisle about two and half feet wide, and if another earthquake causes buildings to collapse on top of each other, it would be close to impossible to rescue people trapped inside of the rubble due to narrow road. People should realize that they need to extend the space between houses so people can be safe from any more natural disasters. The roads should be wider so ambulances can move smoothly and get to certain places in time if there was an emergency.

Even through the tough times, the people in Nepal are still smiling and are cheerful for what they have. Though the earthquake has brought Nepal to suffer, it has also made Nepalese stronger to face difficult problems. People in Nepal are working together, joining hands, to face this disaster together. The earthquake has made opportunities for Bhaktapur to start over with better roads, better buildings, and a better place. People in Nepal are still going through rubble and starting to rebuild even though aftershocks are still occurring, they want Nepal to be a better country to live in, and they’re making the best out of every day.

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Rebuilding the Lost Heritage

Category: High School

Rank: First

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Heritage is defined as valued objects and qualities that have been passed down from previous generations. It can be tangible or intangible, however, heritage doesn't just end there. Heritage is the identity of our country. Heritage is what makes us what we are. It uniquely reflects our traditional activities and development of human civilization throughout the past. Although the tragic Earthquake on April 25, 2015, may have shaken the Nepal and destroyed many of our monuments, it hasn't taken away our heritage completely. We therefore should preserve what we have left and rebuild it to again in a way that can withstand many more years to come and pass it down to future generation which reflects the hardship Nepalese went through to protect what has been passed down to them from centuries ago.

Kathmandu Valley is a place to seven of the UNESCO's world heritage site: Kathmandu, Patan and Bhaktapur Durbar Squares, Swayambhunath, Boudhanath, Pashupatinath temple and Changu Narayan. Sadly, it was one of the most affected places with many historic monuments during the earthquake in 2015. Out of the seven UNESCO's world heritage sites, the durbar squares and Swayambhunath suffered the most critical damage, along with the civic icon, Bhimsen Tower (Dharahara) which got completely destroyed and was left to rubbles. Therefore, it's imperative that we start the restoration process as soon as possible.

Our first and foremost priority should be to visit these historic monuments and keep the area clean and off limit to the residents. Then our short-term priority should be to start a recovery process team. Then the recovery team should clear up the rubbles and accumulate intact pieces which are culturally important. For example, the "gajur" of the temples or the intricate, traditional wooden windows are few things that could be preserved from the site. These items then must be secured safely in a museum until the restoration process could be started.

Our short-term priority should also be to create awareness committee about the importance saving our heritage in Nepalese public. This would motivate the public to take measures towards protecting the heritage sites. Alongside, we should create fundraising programs as well, because although there are several fundraising programs, we need

one specifically geared towards protecting the heritage sites in Nepal. We should also garner resources nationally and internationally, and ask for help from bigger organizations such as United Nations. Organizations like UNESCO and India and China are few countries who are willing to partake in Nepalese effort to rebuild Nepal.

We must also realize the importance of budget to advance the restoration process. Realistically, fundraising alone isn't enough to accomplish the goal of complete restoration, therefore we need a long term agenda of accumulating income to process through the restoration. Therefore, our main focus should be on rebuilding Nepal's economy.

The earthquake has left Nepal's economy shattered. One of the things that played a critical role in Nepal's economy was tourism. "The World Travel and Tourism Council reports that the industry contributed 8.9% to Nepal's gross domestic product in 2014, supporting 1.1 million jobs. Before the earthquake, Nepal was the 26th fastest-growing tourism economy out of 188 countries." (What can tourists do to help Nepal Economy, n.d.) Foreigners from different countries came to visit Nepal to observe these beautiful ancient monuments, however due to the recent earthquake, many visitors are shying away from visiting the country. Therefore, once we've made the area safe and clean, we should also work on gaining back the lost tourists and strengthen Nepal's financial condition.

Furthermore, we should realistically start the recovery process, which means, once we accumulate enough gains, we should start from restoring sites which are the least damaged and can be restored in short span of time rather than trying to rebuild all the damaged monuments at once. Therefore, we should start restoration step by step as we gain financial support nationally and internationally, restoring the buildings which were heavily damaged and destroyed.

Bhimsen tower (Dharahara) is one of the monuments that suffered the most during the earthquake. Dharahara, originally 11 stories tall built in 1834, was the tallest building in Nepal and had already gone through restoration process after the earthquake hit Nepal in 1934. It was restored to 9 stories tall. The earthquake this year, 2015, totally collapsed the building and only the base has remained intact.

This sets up a prime example as to why we need build a better infrastructure, as Nepal is one of the world's most earthquake-prone region, and is still experiencing after-shocks. Therefore, we need an infrastructure that can withstand difficulties to come using sturdier, and modern

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Rebuilding the Lost Heritage

Category: High School
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April 25th, 2015, was the day our world was shaken. A devastating earthquake with a magnitude of 7.9 on the Richter scale struck Nepal, destroying landscapes and obliterating buildings. Over 9000 people were killed and 23,000 others were injured. Its epicenter was located in the Gorkha region northwest of Kathmandu, radiating up and outwards from its hypocenter nearly 15 km under the earth's surface. The catastrophe's aftershocks reached a magnitude of 6.7, resulting in further destruction of homes, buildings, landmarks, and monuments, all of which were the heart of our country's heritage. Nepal is now accumulating help from other countries and international organizations, planning frantically to repair the damage done to its population and its infrastructure. If I were the head policy maker for the rebuilding efforts of Nepal, I would use this unfortunate tragedy as an opportunity to rebuild a better Nepal that is well prepared to withstand similar adversities in the future. My plan would have two priority levels: 1.) Micro policy, which would include short term goals to provide basic sustenance needs, including the rebuilding of facilities for the physical well-being of the population and 2.) Macro policy, which would include the long-term goals of delineating the logistics needed to rebuild and preserve our nation's heritage and infrastructure for centuries yet to come.

Within the micro policy, my plan would initiate prompt and intense rebuilding efforts inclusive of financial rehabilitation, debris cleanup, and workforce development. The initial step would be to gather funds, through grants or loans from foreign governments and international organizations such as banks and monetary commissions, including but not limited to the Asian Development bank, the World Bank, various non-government organizations, and the other international communities dealing with humanitarian services and/or disaster relief. With these funds, Nepal's government would be able to bolster its direct aid to the general population to help them get on the road to recovery, because people are the most important factor to any successful rebuilding effort. As finances are stabilized, the debris will be cleaned up and unstable, hazardous structures will be secured. Because countless homes, businesses, and public buildings lay in ruin, my plan includes the creation of factories for brick, cement,

processed wood, and other construction materials. With these factories, we can provide jobs to people who have lost everything; enabling stimulation of consumer activity and the economy as the rebuilding begins. Programs to teach skills required for carpentry and specialized construction would have to be funded, because most homes and every historic building and temple in Nepal are intertwined with intricate construction techniques such as the use of *Tundals* (intricately decorated hand carved panels of wood that are used to enhance the appearance of temples) and *Jhingati* (special clay tiles used on roofs). Nepali architecture consists of unique materials and design techniques which have been passed down through generations, and must continue to be used to rebuild the legacy of our forefathers.

My macro policy would enable the hiring of engineers and architects to analyze and duplicate the architecture of ruined temples, allowing us to preserve the unique cultural traits that were developed by our ancestors. While my plan maintains the appearance of the original structures, the inner workings of the classic construction would be replaced with stronger, cutting-edge materials to prevent a repeat of the recent calamity. For example, the Dhara-hara Monument was reduced to rubble because of its antiquated 19th century construction. To rebuild it, engineers would construct an earthquake-proof base with a stronger superstructure, ensuring its durability even in the most horrendous natural disasters. Applying this new method to the destroyed and damaged monuments, temples, and buildings would not only ensure the preservation of Nepal's rich heritage but also the safety of our future generations.

As we continue to implement the rebirth of Nepal's economy and culture, we must develop a massive modernization of the country's infrastructure to maintain what we have rebuilt from the disasters of 2015. A vastly improved and dynamic economy would be created by the new infrastructure because more people would have jobs, especially in engineering/architectural fields. As this thriving field of work increases, more companies will emerge to compete for a stronghold in this industry. Therefore, similar to the United States' free-enterprise system, Nepal's government could contract the private sector to create roads, highways, bridges, tunnels, and other major public services. This system would drastically improve transportation in Nepal and would in turn greatly improve our country's potential for tourism as well. With increased revenue flowing in, companies could implement other public facilities such as restrooms and drinking fountains, thus benefiting the public with

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Rebuilding the Lost Heritage

Category: High School
Rank: Third

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Nepal's heritage was one filled with ancient shrines, beautiful pagodas, and lovely kind people. Tourists from all around the world came to our small nation and became captivated by our thriving culture. The recent events of the Gorkha earthquake that occurred on April 25, 2015 have wiped out much of those distinctive qualities. The abrupt situation caused panic all throughout the country and made worldwide international news. All our hearts sunk as we saw these beautiful historical sites tumbling down and innocent lives being taken. As distressing as it is, now is not the time to wallow in sadness. Now is the time to take the next step as we make a comeback. Our new buildings must be safer and able to endure damage that may be caused by future earthquakes. It is also crucial that we prevent any epidemic diseases from rising to the surface. There is a lot of work to be done however it is not impossible and in later years we will look back at these tragic times as a learning experience to prevent from happening again.

Nepal's horrendous first earthquake struck with the magnitude of 7.8 on April 25th. Shortly after, another earthquake with the magnitude of 7.2 followed on May 12th. The earthquakes caused terribly violent aftershocks and landslides that wiped out homes and left people buried alive. The result was the obliteration of beautiful hundred year old historical shrines and pagodas that now have been left to nothing but stumps on the ground. Not to mention the loss of thousands of lives and the destruction of nearly half a million homes, mostly in rural areas without easy access to essential medical care. The cities that were once occupied with booming bazars and crazy traffic is now left to not much but debris covered streets.

The primary cause of damage and deaths came about due to collapsed buildings. The buildings were knocked down because they were not equipped to handle such violent shakings caused by the earthquake. Most Nepali constructions are built with brick and are held together with mortar. These kinds of structures can only withstand vertical weight but with the lateral force that an earthquake causes they will come crashing down like a house of cards. Earthquakes have been occurring often throughout the years and they are no alien concept to Nepali people so it should be a no brainer that the establishments should be built earthquake proof. The structures should be constructed lower to the ground and with lighter material as

to not fatally harm people if to crumble down. There is also a technique used by engineers called base isolation that effectively minimizes earthquake damage to buildings. Base isolation is when the base foundation of a building is not fixed directly to the ground but rather there are flexible bearings or pads known as base isolators that separate the base of the building from the ground. They work in similar in a way as car suspenders do; when you are driving through a rough patch on a road the car suspenders prevent you from being violently jerked around in your car. The base isolators absorb much of the sideways motion that the earthquake causes leaving minimalized damage to the building. It is essential to have methods that protect the citizens from dangerous situations and that reduce damage to the buildings in locations that are earthquake prone like Nepal.

Disease epidemics tail after natural disasters so the next cause of concern would be preventing an outbreak of an infectious disease. There are still people who are being found under rubble and streets to be cleaned so it may seem that sanitation shouldn't be a big priority however the absence of clean food and water may trigger bigger complications. A tragic case of this was Haiti's major epidemic of cholera after their 2010 earthquake. Cholera is a bacterial disease caused by unclean water and causes watery diarrhea, vomiting, and leg cramps. The rapid loss of bodily fluids leads to dehydration and shock and without proper care it could bring about death within hours. Sanitation does not seem like much of a concern because people are just happy that they made it out alive however it seems like they could be at risk of yet another deadly occurrence if there were to be an epidemic of an infectious disease. The only way around this is improving the delivery of primary health care, clean water, and educating the general public of adequate hygiene. The last thing needed now is for our survivors to be troubled with a viral disease especially when it could all be preventable if action is taken early.

We will move forward from these heartbreaking events with our head held high for we can say that we did not let the earthquake defeat us. We lost a lot of good soldiers and buildings out in the battlefield but we will win this war. We are strong resilient Nepali people and we shall carry out our precious heritage for many generations to come. This is not the end of the story but merely a beginning of a new and better chapter for the story will only get better from here on out. There is an old saying that an arrow can only be shot forward by pulling it backward. Setbacks will not stop us but rather help us soften our rough edges. The more a stone is struck with sandpaper the polished it will be.

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“Remainings” of Rebuilding the Lost Heritage

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conveniences that are desperately needed. This cycle of positivity would increase tourism and in-country profits from other related industries, consequently boosting the economy and the lifestyle of our people.

The only downside to this system of industrial evolution would be the increase of environmental pollution with the influx of factories and vehicles. But the raw power of the recent earthquake offers a ray of hope. The violent tremor set off major landslides everywhere, creating treacherous masses of loose earth. One solution would be to plant trees in the landslides that are soil rich, keeping the topsoil packed securely so that more landslides will not occur. The growth of trees will also purify the air, maintaining the balance of nature against the carbon emissions of factories and vehicles. Nepal has forever been known for its natural beauty, and this addition would only preserve and enhance this heritage of splendor that has been ours for hundreds of years.

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materials without losing the touch of its originality, of its heritage. We should reinstate an infrastructure that still provides respect for the original material. We should reuse the original items we’ve accumulated from the destruction site if it’s reusable. We should reinstate an infrastructure that exists harmoniously between the original piece and the modern materials.

Another long term agenda is to take better care of these monuments once they’re restored. The area should be kept clean and should go under regular inspection to conserve the heritages. Collective efforts should be made by the people by organizing different sorts of volunteering groups to help conserve our cultural heritage.

These are one of the many ways Nepal can rebuild its lost heritage and hand down its cultural heritage to the future generations with pride. Although the monuments may not be the exact same original piece, it’ll still reflect the hard work, the dedication of the Nepalese to rebuild its pride, and will show the contribution of our period to the building; and it itself will shine through and become a cultural heritage for the many more future generations to come.

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My micro and macro policy plans have the potential to create the rebirth of Nepal. What defines us as Nepali is not just our citizenship or skin color, but rather the remarkable culture our ancestors have passed down to us. To rebuild the lost Nepali heritage for our future generations, the restoring of Nepal must be done in an efficient, sustainable, and effective way. I believe the ideas I proposed would function to accomplish exactly that.

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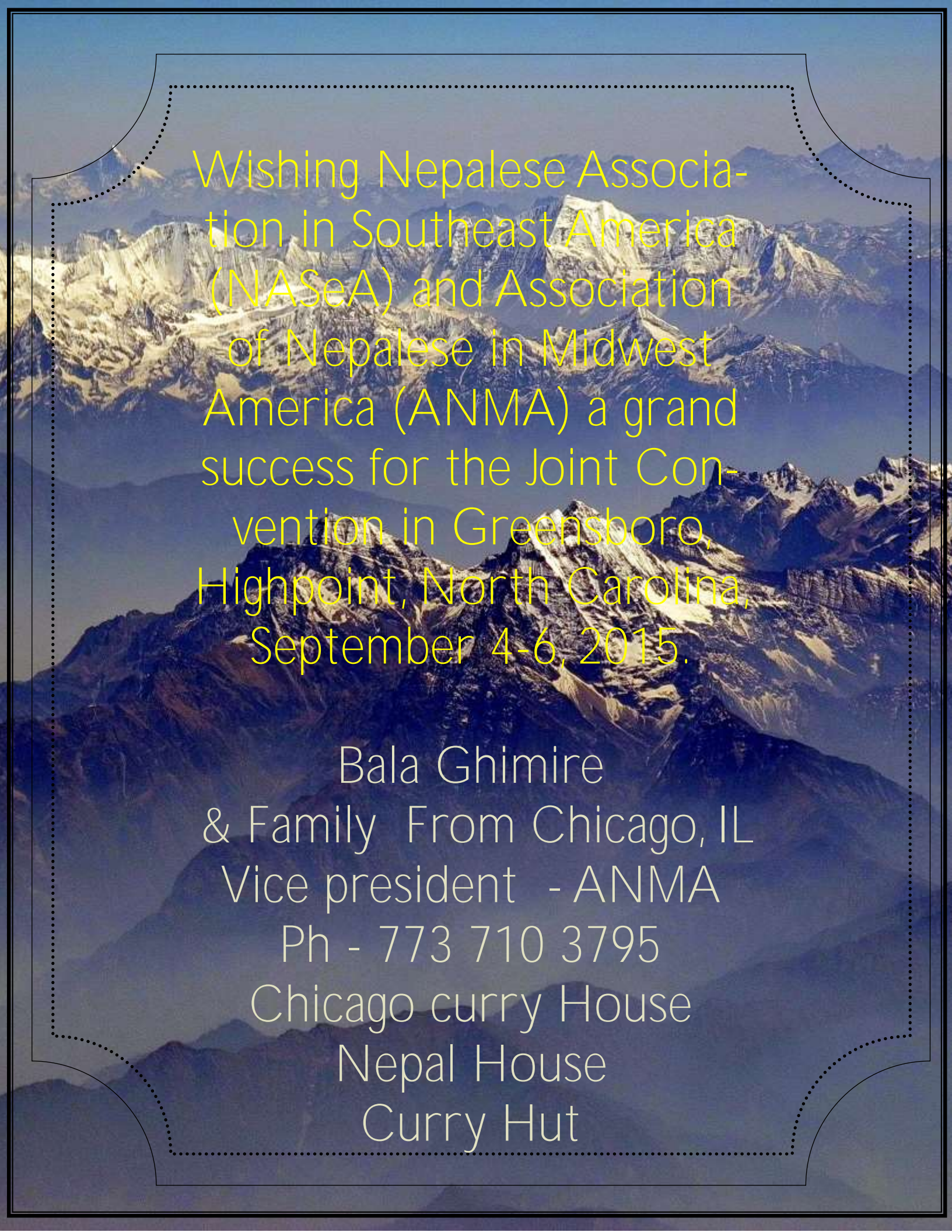
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