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END

A Quarterly Publication of Nepalese Association In Southeast America (NASEA)

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Message from the NASEA President



I am delighted to convey my new year's greeting as the President of Nepalese Association in Southeast America (NASEA) to all Nepalese living in Southeast USA. It is indeed an honor to lead such an organization with high regards among all Nepalese community in the US and abroad. As the President, I understand that there are so many important things to do to heighten the goal of NASEA, particularly for the promotion and establishment of Nepalese culture in the US. For the achievement of this goal, we have taken some initiatives by forming working committees, which have already begun their smooth functioning now. I would like to thank the leaders of each working committee. Some of the initial progress of those committees are highlighted in this issue of Shangri-La. I am particularly excited on the return of "Shrangri-La" under the leadership of

Dr. Dilip Panthee and his team, which will help not only to convey the message or status of activities of NASEA Executive, and working committees across but also promote the culture and heritage among Nepalese communities. I am incredibly delighted to see its return in its quarterly form. While we are away from our motherland, it is imperative to move ahead with hands-on-hand whenever it is necessary, particularly at the time of natural disasters. As a President of NASEA, we are fully aware of that, and I would like to stress that we have taken some initiatives by establishing 'Emergency Management Fund (EMF)' to provide help in the shortest time possible when it is necessary. We also expect that our support reaches to the people in need in our motherland. With this, we hope that our effort is institutionalized and we can help the needy people promptly. I hope that we will develop and expand the EMF further in the days to come. Best wishes, and a happy new year BS 2075 to you all!

Madhav Dhakal, President, NASEA



**Nepalese Association
In Southeast America**


**Madhav Dhakal, NC
President**


**Ambika Lohani Sharma, GA
Vice-President**


**Krishna Shrestha, FL
General Secretary**


**Mohan Bista, GA
Joint-Secretary**


**Nirmal Paudel, PhD, NC
Treasurer**

नासा समितिको तर्फबाट स्वदेश तथा विदेशमा बस्नु हुने सम्पूर्ण नेपालीहरुमा नयाँ वर्ष २०७५ सालको हार्दिक मंगलमय शुभकामना !

Happy New Year 2075 B.S.!

**Nepalese Association In Southeast America (NASEA)
Executive Committee
2017-2019**


**Manoj Jha, PhD, NC
Executive Member**


**Bishal Bharati, NC
Executive Member**


**Arun Shrestha, PhD, NC
Executive Member**


**Manish Shakya, NC
Executive Member**


**Bhim P. Timalsina, NC
Executive Member**


**Chet Bhattarai, NC
Executive Member**


**Pammi Dhungana Parajuli, NC
Executive Member**


**Krishna R. Devkota, GA
Executive Member**


**Prashim Poudyal, NC
Executive Member**


**Binita KC, PhD, TN
Executive Member**


**Binaya Aryal, NC
Executive Member**


**Suman Silwal, PhD, AL
Executive Member**


**Thakur B. Karki, PhD, NC
Executive Member**


**Namita Ghimire, GA
Executive Member**


**Rama Dhungel Ghimire, GA
Executive Member**

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<http://naseaonline.org>
 Facebook:
<https://www.facebook.com/pages/NASEA/1587069598248750?ref=ts>

Editorial

King Vikramaditya and Our Calendar System



Dilip R. Panthee, PhD
Asheville, North Carolina

Welcome to new year Bikram sambat (BS) 2075! The new year is celebrated in different countries in their ways. The essence is to welcome the new days ahead and wish for the best with great excitement. With this, we have our new year coming starting from the middle of April. Nepalese Association in Southeast America (NASeA) decided to continue publishing Shangri-La starting on this auspicious occasion. We wish you all a happy, peaceful and prosperous new year.

There are several calendar systems in existence in the world. Among them, we follow BS, which is about 57 years ahead of the Gregorian calendar. The first month - Baishakh sometimes begins in the middle of the April. This system is used in Nepal and parts of India. All calendar systems are grouped into five groups including solar (e.g., Roman calendar), lunar (e.g., Islamic calendar), lunisolar (e.g., Chinese calendar), seasonal (e.g., Inuit calendar) and fixed days (e.g., Gregorian calendar). BS and Nepal sambat are the examples of the lunar calendar system. BS was started by the legendary king Vikramaditya of ancient India with his capital in Ujjain, of 18 kingdoms. He is characterized as an ideal king, known for his generosity, courage, and patronage of scholars. Some legends describe him as a liberator of India from invaders, identified as Shakas. There is conflicting information about Shakas - who invaded north-western India and oppressed the Hindus. According to one source, he came to the Almansura city whereas based on another source, he was a non-Hindu who came from the west. King Vikramaditya not only defeated him but also killed him in the Karur region, located between Multan and the castle of Loni, India. The astronomers and other people started using this date as the beginning of a new era. This era is identified as BS after the ninth century. When Persian scholar Al-Biruni (973-1048 AD) visited India. He learned that the Indians used five eras: Sri Harsha, Vikramaditya (57 BCE), Shaka (78 CE), Vallabha and Gupta. The Vikramaditya era was used in southern and western India, which was the dominant ones among those. Gradually, BS replaced other systems. Still, it is common to write 'Shree Shaka Shambat' meaning they are trying to address both eras. While the BS was started 57 BC, it was officially recognized in the ninth century, and it was official calendar system of Nepal only from BS 1958 by Ranas.

Publication Committee (Editorial Board)

Dr. Dilip R. Panthee, Chair
Ambika Lohani Sharma, Co-Chair
Dr. Binita KC, Member
Kiran Manike, Member
Dr. Shankar Parajuli, Member

Disclaimer:

Articles published in the Shangri-La are the personal thought of the Authors. The Publication committee is not responsible for its content.

NASEA Committee Activities Report

The Proposed Goals/Objectives of NASEA (2017-2019)

Krishna Shrestha
General Secretary, NASEA

NASEA is a non-profit organization oriented towards community services to preserve and maintain Nepali culture, tradition, language, and arts. NASEA has worked in partnership with local government bodies in the US. During this tenure (2017-2019), NASEA has set following goals:

1. Nepal Day Parade - We support our mission "to preserve and promote Nepalese culture and values" in the international arena, to support this mission statement, an exhibition of our native culture, traditions, festivals, costumes and overall Nepalese environment in front of international arena is very important. In collaboration with two cities of North Carolina, Morrisville, and Charlotte, NASEA is celebrating "Nepal Day" on third Saturday of April as recognized by Morrisville town council. This year, we are celebrating Nepal Day on 21st April, 2018 in Morrisville in partnership with NCNC and TNCC. We are planning to exhibit 100 cultural items of historical and cultural importance.
2. Establishment of "Emergency Aid Fund": NASEA has been helping people in the event of a natural disaster in Nepal and in the US in ad hoc basis. However, we never established an "Emergency Aid Fund" solely dedicated to disaster emergencies. To serve this purpose, NASEA Board has decided to deposit 10% of collected fund any charity collection to establish an Emergency Aid Fund.
3. Expanding the "Adopt-a-highway" program in other states of NASEA: "Adopt-a-highway" is a written contract with Department of Transportation (DOT) to clean two miles of a highway on a quarterly basis. To date, NCNC (NC) and NAF (FL) are implementing this program. Such voluntary work exhibits our strong presence and builds public relation with the local government. We plan to expand this program at least in two more states out of GA, SC, and AL.
4. Sports Tournament: We are working to organize at least one more interstate sports tournament other than the tournament being held during the joint convention.
5. With collaboration and coordination continuing to work with other local, regional, and national organizations.

Literary Committee Program

Binita KC, Ph.D.
Chair, Literary Committee

NASEA's Literary committee consist of 9 members representing different states:

1. Binita KC, Ph.D., Knoxville, TN (chair)
2. Bharati Gautam, Jacksonville, FL
3. Ambika Lohani Sharma, Atlanta GA
4. Krishna Shrestha, FL
5. Kiran Manike, Atlanta, GA
6. Gita Kadel, NC
7. anuka Dhungel Khanal, Tampa, FL
8. Tika Ram Poudyal, KY
9. Nirmala Sharma, Knoxville, TN

On January 20th, 2018, literary committee jointly organized a literature program with International Nepali Literary Society (INLS), Georgia chapter on the auspicious occasion of Saraswati Puja. The

program was held in Atlanta GA. Lyricist and poet Mr. Gyanandra Gadai was invited as a chief guest of the program.

The program was chaired by INLS Georgia Chapter president Mr. Chetnath Ghimire, Hon. Tourism Ambassador of Nepal to Atlanta, USA, Mr. Raja Ghale, NASEA Vice-President Ms. Ambika Lohani Sharma, NASEA literary committee chair Dr. Binita KC, NRN Georgia Chapter president Mr. Surya Lamsal, World Hindu Organization America president Mr. Kiran Shrestha. Mr. Kiran Manike, INLS Georgia chapter secretary, conducted the program.

Mr. Gyanandra Gadai was recognized for his significant contributions to the Nepali literature. He captivated the audience by reciting his songs and poems. The participants recited poems accompanied by a short cultural program.

The literary committee is committed to preserve and promote Nepali literature in the United States and around the world. In future, we plan to organize literature programs on a regular basis and in coordination with INLS state chapters.



NASeA's Finance Report

Nirmal Paudel, PhD
Treasurer, NASeA

Dear Community Member,

The executive committee board meeting held on Dec 30, 2017, had unanimously decided to form finance committee of five members proposed by NASeA Treasurer Dr. Nirmal Paudel per the NASeA's bylaws Article XI Para 4. Also as per the above mentioned bylaws clause to meet the criteria of overlapping tenure of finance committee in two consecutive NASeA's executive committees, the board had decided to end the tenure of this committee at the end of January 2020.

NASeA's Finance Committee (2017-19)

1. Mr. Rabindra Karki, Chair
2. Mr. Dipak Ranabhat, Member
3. Mr. Baburam Sharma, Member
4. Mr. Madhav Dhakal, ex officio Member, NASeA President
5. Dr. Nirmal Paudel, ex officio Member, NASeA Treasurer

Our executive committee would also like to thank all our former treasurers, chairs and members of this committee including Mr. Bimal Nepal, Mr. Pashupati Neupane, Mr. Ramjee Koirala, Mr. Kumar Bhandari, and Mrs. Sakina Shrestha for their help and support through this committee.

Treasurer Report:

First and foremost, I would like to thank you all the community members and well-wishers who has given me the responsibility to serve as a Treasurer of this proud organization for 2017-2019. As a treasurer, I am happy to inform you that in this short time period, we have done couple of very successful fund-raise campaigns. Both of these campaigns were co-ordinated by Cultural Committee Chair Mr. Bishal Bharati.

The first one was to support our legendary pop singer Mr. Om Bikram Bista who was going through the very difficult health situation and was in the process to transplant his kidneys. The campaign was kicked-off with a Facebook live musical program by NASeA Cultural Committee under the

leadership of its chair Mr. Bishal Bharati. Fifty generous donors graciously contributed to this campaign a total sum of \$2,653.01. The complete donor list has been published in NASeA website. After PayPal fees and 10% contribution to NASeA Emergency Fund, we have already handover the check of \$2,332.00 to Mr. Bista. Our entire community wishes him a speedy recovery.

The second campaign was "One for One" (One Blanket for One) to raise the fund to support the cold victim in the Terai region of Nepal. The total of \$3,108.55 was collected from forty two generous donors. The total of \$3,000.00 has been distributed to two Nepalese organizations "Jhapa Baal Sanjaal" and "Sano Prayash Sanjaal" who help to distribute 630 warm blankets to the victims locally in the Eastern Terai region of Nepal. Cultural committee chair Mr. Bishal Bharati has contributed his significant time to volunteer to file the tax and contribute the professional fee to this campaign.

| Expenses Details (as of 04/13/2018) | Amount |
|-------------------------------------|-----------------|
| Pashupati Neupane (for UPS service) | \$33.6 |
| Nirmal Paudel (for UPS service) | \$10.62 |
| Bishal Bharati (Camera Stand) | \$95.97 |
| Total Expenses | \$140.19 |

NOTE: The program conducted by Literary Committee and Women & Children Committee were self-sustained without any contribution from NASeA finance.

Emergency Management Fund:

For the first time in the history of NASeA, the executive board of NASeA has decided to establish the Emergency Management Fund under the chairmanship of NASeA President Mr. Madhav Dhakal. The committee consist of the following members:

1. Mr. Madhav Dhakal, NC – Chair
2. Dr. Nirmal Paudel, NC – Member
3. Mr. Bishal Bharati, NC – Member
4. Mr. Dev Bhandari, NC – Member

NASeA Balance During the Handover (as of 10/31/2017)

| Bank Account Name/Institution | Balance Amount |
|-------------------------------|--------------------|
| Capital One (Saving) | \$43,007.61 |
| Bank of America (Checking) | \$28,904.15 |
| PayPal (NASeA) | \$0 |
| Total Balance | \$71,911.76 |

Detail of Emergency Fund:

| | |
|---------------------------------------|-----------------|
| NASeA EMS Fund from One for One | \$203.75 |
| NASeA EMS Fund from Om Bikram Support | \$259.10 |
| Donation to Late Rupesh Upreti family | -\$300.00 |
| Net Available Balance | \$162.85 |

International Women's Day 2018 Celebration

Rama Ghimire
Chair, Women and Children's Committee

On March 10, NAsEA and NAG jointly organized this year's International Women's Day celebration in Atlanta, GA with significant public participation. This program was chaired by Rama Ghimire with the presence of community leaders from different organizations including NAsEA Vice President Ambika Lohani, NAsEA executive member Namita Ghimire, Vice president of NAG Mr. Kumar KC, Secretary of NAG Mr. Pranaya Rana, president NRNA GA chapter Mr. Surya Lamsal, president World Hindu Mahasang Kiran Shrestha and NRNA Bishwo Subba. The program was moderated by Secretary of NRNA-GA chapter Iccha Bastola.

NAsEA Vice President, Ambika Lohani welcomed the audience on behalf of NAsEA. NAG Vice President, Kumar KC, NRNA-GA Chapter President



Surya Lamsal and Didi Bahini Samuha – Babita Thapa, all expressed their views and showed solidarity with the current women-related social movement.

Guest speakers Dr. Amrita Regmi shared how her life was shaped by her mother and grandmother to make her stronger, and she emphasized women responsibility to shape the future with the theme

"Time is now." Prof. Dr. Carolina Bourdeux, Georgia State University, and Ms. Cindy Zilden, Health Care Advocate shared their experience and views on the



health care systems and its accessibility relating to women's health. The program was moderated by Iccha Bastola and Pranaya Rana. Several local artists performed cultural dances and songs to entertain the audience. The program



was held at Himalayan spice Restaurant, and Account Tech CPA provided snacks to the participants.

The mission of this program was to celebrate the achievements. Four women who led and contributed to the community inspired and promoted the wellbeing of women and Nepali culture were recognized in the program. Ms. Ambika Lohani, Ms. Rama Ghimire, and Ms.



Namita Ghimire handed over the certificate of recognition to Ms. Sita Ghimire, Ms. Sushma Barakoti, and Ms. Sabita Shrestha. Ms. Neelam Karki Niharika was unable to come to attend the program.

She was recognized in a separate program, which was held in North Carolina on March 11th by NRNA and T N C C, where the certificate was handed over by NAsEA executive member Dr. Thakur Karkee.



...contd' from International Women's Day...

Sita Ghimire Mainali was recognized for her valuable volunteer service and outstanding leadership that she has shown by establishing Nepalese association in north Alabama (NANA) in 2008, which was officially registered in 2015 as 501(C) organization at the state of Alabama. She and her leadership had raised more than \$25,000.00 and contributed to building a school through Geetanjali music concert fundraising event jointly organized by NANA and the University of Alabama at Huntsville, and the other local community. Under her leadership, the association repaired and replaced corrugated roofing for 82 houses and paid NRs 10,000 each for 5 family members to recover their situation to the earthquake victims in the ranibari kabhre district. A new three classrooms school building was built amounting to NRs 1.2 million at Kalinag Higher Secondary School, Sunkhani, Charikot, Dolakha district Nepal.



Sita Ghimire Mainali

Sushma Barakoti was recognized for her valuable contribution and dedicated service to empower women, immigrant, and refugee community. She has devoted her career being a catalyst to women's empowerment in the US and her native country Nepal. At present Sushma works as an Executive Director at the Refugee Women's Network, a GA based non-profit organization that inspires and equips refugee and immigrant women to become leaders in their homes, profession, and communities through education and advocacy. As a social entrepreneur, Sushma founded Sunavworld which provides social, economic empowerment to more than 500 women in Nepal and Atlanta.



Sushma Barakoti

Sabita Shrestha was recognized for her dedication to Nepali school to promote and preserve Nepali language and culture. Sabita Shrestha has volunteered to Nepali school for many years at different capacity, including as a coordinator. Her dedication and contribution, along with the Nepali school community, has been instrumental in promoting Nepali literacy and culture to a new generation of Nepalese children in Atlanta, Georgia.



Sabita Shrestha

in Atlanta, Georgia.

Neelam Karki Niharika was recognized for her invaluable contribution to inspiring women through her literary writings. Her writing skills have added a new dimension and continue to enrich Nepali literature. Her themes such as male-dominated society, caste, class, poverty, corruption, and tyranny has triggered intellectual debate among the



Neelam Karki Niharika

Nepalese people and is providing impetus to on-going changes in the country. She has been writing on the issues related to sexual and gender minority. Author Neelam Karki Niharika illustrated women's obligations, societal norms and stigmas from her inner mind in her book Kagajma Dastakhat. Her latest book is Yogmaya, where she writes about a child widow who struggled all her life and fought against superstitious social belief for the betterment of society.

Congratulations to all the ladies who received the recognition and thank you to Atlanta Nepali community for your participation to make this event a grand success.

संचार समिति

बिनय अर्याल
संयोजक, संचार समिति

संयोजक - बिनय अर्याल
सदस्य - बिजय थापा (इनेप्लिज डट कम)
सदस्य - होम लम्साल (प्रतिनिधि नागरिक दैनिक)

यस समितीको लक्ष एवं कार्यक्रम NASEA क्षेत्र का नेपाली हरु लाई यस संस्थाको गतिविधि हरुलाई जानकारी गराउनुका साथै नेपाली हरुको कला सस्कृती तथा प्रतिभा लाई सम्रक्षण गर्न यस क्षेत्रमा रहेका नेपालीहरुको बिचमा समन्वय कारी भूमिका खेल्दै हरेक महिना को एक पटक जानकारी मुलक अन्तर क्रिया कार्यक्रम संचालन गरिने छ । मासिक कार्यक्रम अन्तर्गत पहिलो कार्यक्रम सम्पन्न भईसकेको छ ।

नासा सांस्कृतिक समितिको रिपोर्ट

बिशाल भारती
संयोजक, सांस्कृतिक समिति

आज भन्दा करिब ५ महिना अगाडी जुन साथ, माया अनि बिस्वासकोसाथ मेरो उमेद्वारीलाई बिना प्रचार प्रसार पनि आफ्नो अमूल्य मत् प्रदानगरेर अतिथ्याधिक मत्का साथ बिजयी गराउने अमेरिकाको दचिन पुर्बी १५वटा राज्यहरुमा बसोबास गर्नुहुने सम्पूर्ण नेपाली मनहरुलाई एउटाजिम्मेवार संस्थाको बोर्ड मेम्बरको हैसियतले आजको दिन सम्म केकस्ता कार्य सो को जानकारी यहाहरुलाई दिन आवस्यक रहेको महसुसगदै "मेरो १५० दिनको प्रगति बिबरण" तपाईहरु माझ जस्ताको तेस्तैप्रस्तुत गर्दै छु !

१. नेपाली पपसम्राट ओम बिक्रम बिस्तीको उपचारको लागि नेपाल कै नामी ५ वटा अनलाइन मिडियाहरुलाई एउट आगनमा राखेर दोश्रो फेकेबुक फुन्नेसिङ प्रोग्राम गरेर केवल ४५ मिनेतको प्रोग्राममा \$ २६०० उठाएर प्रदान गर्न सफल भएको

२. नेपाली कला संस्कृति, गीत संगीतको जगेर्ना अनि सम्बर्द्धन प्रबर्द्धनगरेर दोश्रो पुस्तामा पनि जागरण लियानु पर्चा भन्ने उदेश्यले नेपालकाखियाती प्राप्त कलाकार शिव परियारको सांगीतिक साँझ आयोजना गरेरसभ्य भव्य रुपमा गर्न सफल भै सबै नेपालभासी भुटानी दाजुभाइ, दिदिबहिनि तथा नेपालीहरुलाई एउतै थलोमा बाँधेर एकता बढ गर्न सफलभएको

३. शितलहरले पुर्बी तराइमा दर्जनौ मानिसहरुको ज्यान लिइरहेकोबेला र अमेरिकाबाट

कुनै पनि नेपाली संघ संस्थाहरु सहयोगको निम्तिनजुटेको अवस्थामा मेरो नेतृत्वमा "घरदेश शितलहर चलेको छ, परदेशमा सहयोगको लागि नासा जुटेको छ, कार्यक्रम वन फर वनअभियान चलाएर पुर्बी तराइको अत्यन्तै शितलहर प्रभावित जिल्लाशैतहट, पर्सा सुनसरी हुँदै झापा सम्म गरेर पाँच चरणमा ६३० जना निम्नवर्गका असक्त, ब्रिद, बालबालिकाहरुलाई नियानो कम्बल वितरण गर्नसफल भएको !

४. नर्थ केयरोलिना होली स्पिङ्ग निवासी कियान्सर पीडित कृष्ण मानन्धरको अवस्थालाई सहयोगको लागि सबै अमेरिकाबासी नेपालीहरुलाई सहयोगको अपिल गरी गो फन्द अकाउन्ट लाई बस्ते गरी आफ्नो सक्रियतामा पनि लगभग \$४०० उठाएर प्रदान गर्न सफल भएको

५. गत महिना कार दुर्घटनामा जियान गुमाएका एक नेपालीको निरन्तरसत्य तथ्य समाचार सम्प्रेषण अनि फुलोअप गरेर नासाको आपतकालीनकोष बाट प्रदान गरिएको र केहि सहयोगी मनहरुबाट उठेको जम्मा रकम\$५०० मृतकका परिवारलाई प्रदान गर्न सफल भएको ! एस। नासा संस्थाको इतिहासमा खोलिएको पहिलो आपतकालीन कोषमादुई लोकप्रिय कार्यक्रम गरेर \$४६१ यस कोषमा पहिलो रकम जम्मा गर्नसकेको !



Membership Drive Committee Report

Thakur Karkee, Ph.D.
Membership Drive Committee

Membership drive committee consists of following members:

1. Thakur Karkee, Ph.D., Chair
2. Mr. Bhim Timilsina
3. Mr. Tara P Pun
4. Mr. Basanta Khadka
5. Chooda Khanal, Ph.D
6. Mr. Satish C Gupta
7. Mrs. Bidhya Gurung

The main highlights of the committee activities are:

Women's day celebration: We participated in Women's day celebration on March 11 organized by NRN USA and NCNC Inc. Dr. Lauren Leve, Associate Professor, Department of Religious Studies UNC and Ms. Seema Kak, Client Service Manager, Kiran Inc. were the keynote speaker of the event the speakers discussed gender-based violence and women empowerment. The event was presided by Mr. BP Pokharel, President, NRN North Carolina Chapter. Mrs. Radha Poudel, NRN USA Vice President and Mrs. Neelam Karki (Niharika) also spoke at the event. During the event, Mrs. Neelam Karki (Niharika) was recognized for her contributions in empowering Nepalese women around the world.

Preparation for Nepal Day celebration: We are communicating with Dr. Batu Sharma, Mr. Rabindra Karki, and NAsEA general Secretary Mr. Krishna Shrestha regarding Nepal Day celebration at Morrisville, North Carolina, and NAsEA's involvement. We hope this event will be of significance to showcase Nepalese cultures and traditions and beneficial for a second-generation Nepalese child.

Membership drive-NAsEA will print a tri-fold flyer introducing NAsEA and her major activities. We will take the flyer with membership form to every local event and encourage people to get NAsEA membership and get involved in the community activities.

साहित्य

नयाँ वर्ष २०७५ सँग



गोमा प्रान्जली
अल्बानी, न्यूयोर्क

ढाल्दै फेर्दै अगतिला सबै अन्ध संस्कारलाई
आऊ चोखो मनुज मनको चेतना द्वीप बल्दै
हाँस्छन् बैज्ञानिक सिप जडे अन्नका दिव्य दाना
आऊ औधोगिक प्रगतिले फेर्ने छाना र नाना !

१

चल्दा नौलो कदम घरमै क्रान्ति उद्घोष हुन्छ
बाँच्छन् भोका गरिब जनता रोजगारी थपिन्छ
भ्रष्टचारी शठ मनुजको दाँत भाँचेर फाल
जिम्मा लेऊ प्रिय धरति यो सभ्यताले उचाल!

२

छोऊ प्यारो नवकिरण भै सभ्यता जग्मगाओस्
नौलो आध्यात्मिक प्रगतिले सिर्जना मग्मगाओस्
छोड्दै हिंसा नव धरति यो हर्षले मुस्कुराओस्
सिङ्गै धर्ती रसमय बनोस् शान्ति सद्भाव छाओस्!

३

नौलो आशा नव किरणको वर्ष भै फर्क आऊ
पछौं तिम्रै प्रिय शरणमा काखभित्रै लुकाऊ
धर्तीप्रिमी नवयुवकले पुष्प माधुर्य छर्लान्
खट्लान् जम्मै सपुत घरमै रत्न वर्षेर झर्लान् !

४

चोखो माया अमरपुरको प्यार बोकेर आऊ
धर्तीलाई सुखसयलको हार सौगात ल्याऊ
नेपाली झन्झन झनन त्यो गीत झैँ गुन्नुनाऊ
बाह्रै मैना पुलकित हुने गीत लेखेर ल्याऊ !

५

नयाँ वर्ष



गिता कँडेल
नर्थ क्यारोलिना

फागुन चैत मा भुईँ भरी झरेका पात हरुलाई पन्छाउँदै
बैशाख मा भर्खर पालुवा लाग्न लागेका फूलहरु संगै
माया को मिठो बतास संगै खुसीयाली बोकेर रंगिन दिनहरुलाई अझ
रंगिन बनाउँदै आयोस् नयाँ वर्ष।

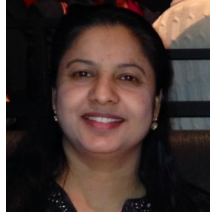
घर देखि टाढा भए पनि मनको डोरी कसिलो होस्
मायाले ति सारा दुखहरु बिर्सी खुसी का बहार लिएर
मनमा उत्साह उमंग र प्रगतिका बाटा हरु पछ्याउँदै
नयाँ योजना संगै हासोहरु लिइ आयोस् नयाँ वर्ष।

भाईचाराको भाव सहिष्णुता सद्भावले सधैँ भरि
बाँधिँएर परिवारमा नेपाली हुनु को गर्व सहित
पहिचान र अस्तित्व लाई आत्मासाथ गरेर
नेपाली नेपाली बिच नयाँ नाता गास्दै, जोडिदै
आफ्नो पहिचानलाई सगरमाथा जस्तै उठाई
बिहानी संगै सबैको आँगन मा आयोस् नयाँ वर्ष।

हिउँद याममा पारी हिमालमा टलक्क टल्किदै
सेतै फुर्फुर उडिरहेका हिउँका फूलहरु लाई न्यानो पारेर
पारी बनमा राता र पहेला लालुपाते र मौसमी फूलको
मिठो सुगन्ध लाई मनै भरि लिएर कोहिलीको मिठो आवाज
बने सुनुसुनु लाग्ने भाकाहरु लाई पोल्दा भरि भरेर
मायाका गितहरु गुनगुनाउँदै आयोस् नयाँ वर्ष।

शुभकामना सबै लाई बसन्तका पालुवा संगै
कल्कलाउदा जोस र जागर लाई दरो बनाई
उन्नतिका बाटाहरुमा पाइलाहरु अघि बढाउँदै
घर आँगनीमा मायाका फूलहरु मगमग फूले सरी
न्यानोपन बाड्दै सबैमा, माया र स्नेहमा रमाउँदै
नेपाल भित्र अनि बाहिर जहाँ जहाँ हामी नेपाली छौं
सबैका रहर चाहना पुरा गर्दै आयोस् नयाँ वर्ष

नयाँ बर्ष



सरिता पुन्धी
नर्थ क्यारालिना

हिउ भइ हिमालमा सुन्दरता ल्याउ
पगलिएर शिखर देखी सागर मा जाउ
बिशाल यो धरतीमा बस्ती बनी आउ
जिवनमा सधै भरी सजिवता ल्याउ
जोस बनी आउ अनि जागर फैलाउ
श्वासथ्य बनी आउ समृद्धी फैलाउ
झर्ना बनी आउ यहाँ संगीत फैलाउ
बुद्ध बनी आउ अनि शान्ति फैलाउ
मुस्कान बनी नेपालीको मुहारमा छाउ
आउ नया बर्ष आउ खुशीयाली ल्याउ ।

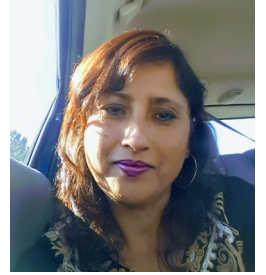
गजल



निर्मला शर्मा
टेनेसी

आज फेरि सम्झें मैले यो ज्यानको हार भयो
मिठो बोली हिजो आज मुटु रेट्ने धार भयो
खोला तरें जङ्गल तरें संगम सम्म पुग्छु भनी
बहार थियो पहिले जीवन आज फेरि झार भयो
टाढा पुग्थ्यो भावना यो टोलाएर सम्झनामा
कल्पनाको सिखर यो पखालरुपी बार भयो
बात मीठो साथ मीठो लागिन्थ्यो पहिले पहिले
कुत्रिकिन त्यही साथ अब मलाई भार भयो
बाध्यता त होइन भन्दा मुस्काउथेँ टोलाएर
मुस्कानको तरेली त्यो आज जली खार भयो

लघुकथा: किरा



रन्जु मार्ग
अभिडि, टेक्सास

+ 'ए डल्ले, ल हिड बेसी ।'
- किन र बा ?
+ त्यहाँ हामीले धान रोपेका छौं ।
- 'धान भनेको के हो बा ?' आठ बर्षिय छोरा डल्लेको जिज्ञाशा बढ्छ ।
+ 'सेतो चामल क्या 'बाबु झर्किदै भन्छन ।
- 'सेतो चामल कस्तो हुन्छ बा ?'
+ अस्ति क्या त हजुरआमाको श्रादमा खाएको सेतो भात बिर्सिस ?
- 'ए, त्यो सेतो ढेडो ?
+ सेतो ढेडो होइन मोरा ! भात हो भात !
डल्ले एकछिन घोलिन्छ । ऊ सम्झिन्छ अस्ति खाएको भातको स्वाद !
- बा, त्यस्तो भात सधै श्रादमा पकाउने हो ?
+ धत मोरा, ! के भन्छ ? भए त सधै नै पकाए नि हुन्छ ।
- अनि किन त आमाले पकाउनु हुन्न सधै ?
+ नकरा, जा गोठबाट डोरी - नाम्लो लिएर आइजो ।
डल्ले बाबुले भने जस्तै डोरी - नाम्लो लिएर आउछ र बाबुको अगाडी राखिदिदै भन्छ -
- बा, अब हामी धान लिन जाने हो ?
+ ल, हिड ।
बा अघि अघि लाग्छन डल्ले बा 'को पछि पछि लाग्छ ।
केहीछिन मै दुवै खेतमा पुग्छन । बा 'ले आफु र छोराको लागि भारी कस्छन ।
- बा ?
+ किन फेरी ?
- धान खै त ? किन हामीले यो पराल मात्र लैजान लागेको ?
+ गाई - बस्तुले खान्छन नि ।
- अनि धान खै त ?
बा केहि बोल्दैनन ।
- त्यहि धानबाट सेतो भात बन्छ भनेको होइन ?
डल्लेको मन शान्त भएको छैन ।
- भन्नुस न बा 'धान खै त ?
+ 'धान त सबै किराले खाएछ बाबु ' ! खिन्न हुदै बा 'ले भन्छन ।
- त्यो किरा कहा बस्छ बा ?
+ त्यो किरा ठुलो घरमा बस्छ बाबु

नारी



राजा घले
एटलाण्टा, जर्जीया

घरको उज्यालो बत्ति हौ, किन कि तिमी नारी हौ ।
जीवनको अथाह शक्ति हौ, किन कि तिमी नारी हौ
धर्ति हौ तिमी, जसले आकाशको अर्थ बोकेको छ
तिम्रो सहनशीलताले, कैयौं आंधी हुरी रोकेको छ ।

तिम्रो आगमनले हरेक घरमा, खुशिको लहर छाएको छ
तिम्रो ममताको आँचलमा, सन्तानले जीवन पाएको छ
ठूली हौ या तिमी सानी हौ, सबैको आँखाकि नानी हौ
आमा, बैनी वा प्रेयसी हौ, अवश्य ममताकी खानी हौ ।

मोरिसभिल नेपाल दिन को भव्य सफलताको शुभकामना!



-नासा परिवार

हाम्रा पाँच शत्रुहरु



डा. विधाराज सुवेदी
वेष्ट पाम विच, फ्लोरिडा

एक - इर्ष्या

उस्को मात्र भयो भएन नी मेरो भन्दै ठुलो खल्वल
आकाश झर्दै बरु किचेर त्यो मरोस् ल्याई ठुलो हल्वल।
आफ्नो छैन उचाई त्यो तर सधै होच्याई अर्को नर
इर्ष्याले मन हुन्छ भारी जसको रोगी त्यो हो केवल॥

दुई - लोभ / मोह

म खाँउ, मै लाँउ भनिकन सधै अर्थ जोडने
चुलिएको पैसा झन् झन् अहो, के हो गरने?
जति जोड्यो उती जोडु जोडु हुने अन्धो धनको
बरु प्राणै जाओस्, अमर धनहोस् लोभी मनको॥

तीन - क्रोध

कारण सानो परेपनि छ उस्को पारा चढेको झन
यस्को औषधि केही छैन, तर लौ हार्यो त्यो दुर्योधन।
जस्ले क्रोधविषे जित्यो सब यहाँ हार्ने छ सारा धन
जस्ले क्रोध गर्यो नियन्त्रण सदा जित्नेछ सवको मन॥

चार - घमण्ड / अहंकार

कोही छैन कही छैन जति छु म यहाँ मै हुँनी जात्रे भनी
सिक्नुको मतलब लिदैँन विचरो सानु म हुन्छु भनी।
विद्वान मानिस हुन् सिकेर गर्ने दिनरात् जीवनभर सदा
अहंकारी सधै अधोगति तिरै लम्किन्छ नि सर्वदा॥

पाँच - घृणा

जति सम्झ्यो उत्ती बढी बढी त्यहाँ दुर्गुणहरु
मथेरै त्यो भ्याउने, नदेखी रत्ति भर सद्गुणहरु।
घृणाको भारी हो मन भरी लिनु दुर्गुणहरु
यो बानी लौ त्यागौं प्रेम सित लिउँ सद्गुणहरु॥

नारी



विश्व पोखरेल
टेनेसी

गएको साता मानीएको बिस्वोब्यापी नारी दिवस को उपलक्ष्य मा समस्त महिला वर्गलाई अर्पित गर्दै एउटा सानो सोच:

"यत्र नार्यस्तु पुज्यन्ते रमन्ते तत्र देवता ।
यत्रैतास्तु न पुज्यन्ते सर्वस्त्रफला क्रिया ॥ "

"जहाँ जहाँ नारीहरु पुजिन्छन् त्यहाँ पुरमात्मा हर्षित हुन्छन् ।
जहाँ जहाँ नारीको सम्मान छैन त्यहाँ सर्वस्व व्यर्थ हुन्छ ॥ "

नौ महिना आफ्नै शरीर सिंचेर
श्रीष्टि को शुरुवात गर्छिन् नारी ;
ममता को न्यानो कोमलता ले
पुर्छिन् दुखको भारि ॥

नारी शक्ति बिना यो बिश्वो नै शक्ति बिहिन ;
समानता र अधिकार को संघर्ष को लामो कथालाई
लत्याउने नारीकै साहाय्य महान ॥
आमा, छोरी, दिदीबैनी, र गृहलक्ष्मी संग ;
समाज बराबर मात्र हैन, सर्वस्व को उच्च बनि
इतिहास को पाना मा लगाऊ सुवर्ण को रंग ॥

आमाको न्यानो सप्कोले पुछिएका यी अग्ला निधार हरु
छोरी को चंचलता ले रमाएका यी आगन हरु
जिबन संगिनी ले अंगालेका अटल भबिष्य हरु
दिदि बहिनि ले रंगाएका मायाका इन्द्रेणी हरु ;
जिबन घरको अमृत्य नारी
तिमि बिना साच्चै नै व्यर्थ छ परमात्मा का श्रीष्टि हरु ॥

"उपध्दयन दशाचार्य आचार्यना सन्त पिता ;
शहंसर तु पित्रि मत गौरबेनतिरिच्यते ॥ "

" दस आचार्य बराबर एक सन्त
सय सन्त बराबर एक पिता
हजार पिता बराबर एक माता"

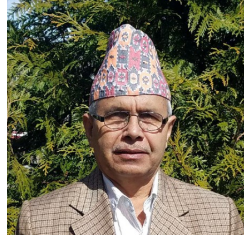
अस्पष्ट खोज



अम्बिका लोहनी
एटलाण्टा, जर्जीया

मुस्कुराई रहेछ सूर्य
वादलको घुम्तो मुनि
खन्ड खन्ड छ बादल
सूर्यको त्यो तेजले
उन्मत् भएको मौसमलाई
प्रचन्ड तापले तताईरहेछ
पोल्दैन् त्यो तापले
ताती सकेको मात्रै हैन
जलिरहेछ यो हृदय
निभाएर काम पनि त छैन
जल्नेको जलाईमा
धिउको थपाई
दन्काउने साधन हो
साधनलाई साधना गरेर
परिभाषाको खोजीमा तडपनछ
पीडाको अनुभूति
साधनमा हुदैन्
सन्कालु त्यो भुवा भित्र
लुकेको वास्तविकतालाई
चिहाएर हेर्न रहर त लाग्छ
तर, डर र त्रासमा मुटुको धड्कन बढदछ
स्पर्सको अनुभूति नभएको त होइन
मान्दै मान्दैन् यो मन
वारम्बार घोरिहन्छ, तडपाइरहनछ
कति मिठो छ त्यो तडपन र पिडा
जानी नजानी चिहाउछ
टाढेबाट भए पनि नियालिरहेछ
मलाई नै सिर्फ मलाई
त्यो खुम्चिएको मुखले गिजाउछ
कति सम्झदो हो चन्चलतालाई
अंग प्रतेङ्ग नचाउने त्यो नटखट
पर्खाइमा आँखा बिछाई रहेछ
सिमा रेखामा रेखित
आशा गरेर निराशामा रमाउछ
गर्दैन् कसैको सम्झनालाई
बिसने बानि बसालेर
बारम्बार मुकुण्डो उचालिन्छ र मुर्छा पर्छ
लगाएको ख्वापा छनिकताको लागि रहेछ
बुझलाई समयको साथ चाहिदो रहेछ
तेर मान्दै मान्दैन्
दन्दन दन्किएको छ ज्वाला
निभाउने प्रयासको बाबजुत पनि
सेलाएर राहक भएपछी
येसको अस्तित्वो मेटिने नै छ
बगरको किनारामा थुप्रिएको राहक
विभूतिमा परिणत हुदैन्
वस्तुको मूल्य बजारमा
तोलमोल गरेर खरिदो छ
तर परिभाषाको ठेटतालाई बुझ्न
म भौतारिदो छु, भौतारिदो छु !!!

पहिचान र संस्कार



टीकाराम पौड्याल
केन्टाकी लेक्जिन्टन

माया हुन्छ भित्री मुटुमा देखाउन सकिन्न ल्यो,
छातीको बेदना देखाउने मेसिन खोजेर भेटिन्न ल्यो,
माताको ममता सन्तान प्रतिको चाटुतैमा देखिन्छ की,
वावुको बलिदान बगाको पसीना नापेर सकिन्छ की ॥१॥

गाला मुख जोडी सम्मान हुदैन झाक हाल्दा के हुन्छ र,
आत्मियता त्योही सम्मान सवमा दश अम्ली जोडी गर,
संस्कृति सभ्यता नेपालीहरुको राम्रो थियो शुन्दर,
विदेशी सभ्यता अगाली सकेछन ऐलेकहा ल्यो छर ॥२॥

मातापिता पूजनीय भेटिए शीर झुक्ने चलन थियो,
सकिन्छ शीरले नसके हातले पाउं छुने संस्कार थियो,
ऐलेता सवैले हाईभन्दै गालामा चम्बन गर्न थालेछन्,
नमस्कार दण्डवत हराउदै गयो विध्वानले खाएछन ॥३॥

मातापिता पूजनीय गुरुदेव जतिछन पूर्वज
जती, पाऊलागी शीरले आषिक लिन सक्छमी थिए सन्तती,
कस्तो चलन यो आज देखियो सभ्यता कस्तो भयो,
आफ्ना सन्ततीलाई सिकाउने कुरा इतिहास वन्देगयो ॥४॥

पश्चिमी सभ्यता अगाले सवले पूर्वीय मर्दै गयो,
डाडाका जूनघाम वावुआमालाई वृद्धाश्रम खोजे भयो,
हाडनाता दूधको भार छुटाई सभ्यता कस्तो होला,
पूर्वीय सभ्यता नछाडी कसैले संस्कार विसिएला ॥५॥

आफ्ना सन्ततीलाई सिकाउन छोडे केगर्छन तिनले पछी,
कूलपितृ आफन्ती विसरे सवथोक विगाछन आफ्नो मती,
भाइभाई वन्धुबान्धव चेली कुटुम्ब होलान पछी,
पशुके जीवनी कूलपितृ नभएको सन्तान होलान पछी ॥६॥

आफ्नु व्यस्तताको पावन्दी मिलाई पूर्वज भेटाउनु,
आफू पुरा झुकी सन्तानहरुलाई ढोगभेट सिकाउनु,
नाती आफ्नैको खुलेर सवथोक चिनारी गराउनु,
आफ्नू धर्मकेही गरेर पूजापाठ संस्कार सिकाउनु ॥७॥

जातजाती जेहौं स्वधर्म अगालौ पुर्खाको वरदान हो,
संसारमा जहाँरहु नेपाली हामी हो गौरवगरी देशको,
जन्म्या हक्या वढ्या स्वदेशी माटाको भारलाग्न नेपालको,
आफ्नु भेषभुषा झल्काउन खोजी पहिचान नेपालीको ॥८॥

॥समाप्त॥

म भित्रको "म"



डा. बिनिता के. सी.
टेनेसी

पतै पाईन
कसैको काख,
कसैको साथ, र
कसैको ममतामा
रितिन पुगेछु,

बिहानीले सीतलाई
नदीले छाललाई
धरतीले माटोलाई
परिचय मागेको क्षण,
मोनालिसाका
मुस्कानहरुमा कैद
म भित्रको "म" लाई
बुझ्दाएर
अस्थित्वको कठघरामा
पेस गर्दैछु,

परालको थुप्रोमा
साहसका
सियोहरु खोजेर
सपनाका
पहाडहरु सिउँदैछु,

कसैको काख, कसै को साथ, र कसैको ममतामा
आनगिन्ति दीपहरु बालिसके
आज
मात्र "म" नाम को दीप बाल्दैछु,
कोखमा ढुकढुकी जन्माइसके
आज छातीमा
"म" नाम को ढुकढुकी खोज्दैछु

आकासमा उडुं
वा
धरती मा घस्रिउँ
हिमाल झैं अग्लिउँ
वा
हीऊ झैं पग्लिउँ
मेरो खुसी

मलाई गुमनाम सहरको
गुमनाम गल्लीमा
स्वाभिमानी हस्ताक्षर गर्नुछ

त्येसैले,
भो चाहिदैन
बेली र चमेलीको बासना
मलाई सुनगाभाको संघर्षले छुन्छ
भो चाहिदैन बंशको डोरी
"म" भित्रको घाम झुल्किदिए पुग्छ ।

कविता



किरण मानिके,
एटलाण्टा, जर्जिया

फलदछ बिषै बिषवृक्षमा, सप्रेरै फुलेनी फुलझै गरी
न त्यो लालीगुराँस हो नहो मखमली सुनोखरी
जो सक्दैसक्दै न अमृत बन्न, उही रोजरोज बिष छर्दछ
जो खुशी अरुको देखेर जल्छ, त्यही जलनले स्वयम् मर्दछ ॥

अरुको टोपी यस्तो र उस्तो, थाहो हुन्न आफ्नो धोती फुस्केको
हलक्क हस्की विकाशो मल्ले, थाहो हुन्न आफ्नो गुदी खुस्केको
झुठको खेती गरेर एक झुठ, ढाक्न सयझुठ बोल्ने गर्दछ
जो खुशी अरुको देखेर जल्छ, त्यही जलनले स्वयम् मर्दछ ॥

भरी देख्योकी रिताउन आतुर, रिता कठै भोर्न जान्दैन
मिलीबसे भुल्काउन आतुर, भुल्के कतै जोर्न जान्दैन
हराभरा सर्लक्क देख्योकी, फुकेर छाडा डियोझै चर्दछ
जो खुशी अरुको देखेर जल्छ, त्यही जलनले स्वयम् मर्दछ ॥

हो बुँद शीतझै घामले सुक्छ, भुक्नदेउ पछाडी जति भुक्छभुक्छ
सक्दै न पुग्न त्यो तिम्रो परिधि, हेरेर माथी आफैलाई थुक्छ
न धर्म हुन्छ न मर्म यीनको, काटेर जरा मलजल छर्दछ
जो खुशी अरुको देखेर जल्छ, त्यही जलनले स्वयम् मर्दछ ॥

शुभकामना



जानुका ढुंगेल खनाल
ट्याम्पा, फ्लोरिडा

पुरा कार्यकालको शुभकामना सहित
प्रथम महिला रास्ट्रपति श्री विद्यादेवी भण्डारी ज्यू मा समर्पित

तिमीले पिएका हर आँसुका धाराहरु आगोका ज्वाला भै दन्किरहुन,
पति वियोगका हर पलहरु पाइले पिच्छे अगाडी बढ्न लम्किरहुन !
तिमि सफल आमा अनि सफल नारी, देशको लागि सधैं लडिरहुनु,
बाधा-अड्चन जति नै भएनी देशलाई बिकासको गतिमा बढाई रहनु !!

बैदेशिक नीति, सन्धि सम्झौता समय अनुकूल संसोधन गरिरहुनु,
नाका-डाका जसले जता दुख दिन्छन तिनलाई हटाउन अघि सरीरहुनु !
हिंसा, हत्या, बेरोजगारी घटाउन सधैं लागि परिरहु तिमि,
खान लाउन नपाएकाहरुलाई पेट पाल्ने उपाय सिकाइरहु तिमि !!

अरिगालको गोलोमा पस्नु जस्तो चर्को पद पायौ तिमिले;
नारीहरुको ममता मयी तर कडा भन्दा कडा छानो छाँयो तिमिले !
परि आउछ भने देश बचाउन सेना परिचालन गरिदेउ तिमि
जननेता तथा अजेय नायक बनि राष्ट्रको सेवा गरिदेउ तिमि !!!!

**नेपाली नयाँ वर्ष २०७५ को
उपलक्ष्यमा नेपाली जर्जिया समिति
(Nepalese Association of
Georgia) को तर्फबाट सम्पूर्णमा
सुस्वास्थ्य, उन्नति तथा उत्तरोत्तर
प्रगतिको हार्दिक मंगलमय
शुभकामना !**

**नेपाली नयाँ वर्ष २०७५ को
उपलक्ष्यमा नेपाल सेन्टर अफ नर्थ
क्यारोलाइना (Nepal Center of
North Carolina) को तर्फबाट
सम्पूर्णमा सुस्वास्थ्य, उन्नति तथा
उत्तरोत्तर प्रगतिको हार्दिक
मंगलमय शुभकामना !**

काम गरेर देखा सरकार



शिव सुवेदी
एटलाण्टा, जर्जीया

काम गरेर देखा सरकार
कानुनको शासन लेखा सरकार।
गाँउका झुपडीहरु र शहरका गरीब वस्तीमा
आशाको दियो बलेको छ,
अब तेल थप्ने काम तेरो हो सरकार।

नारा र भाषण सुनिए धेरै
झण्डा लिएर उफ्रीयो धेरै,
टायरहरु धेरै बलिसके
जनताका नमनाडी गलीसके।
काम गरेर देखा सरकार
कानुनको शासन लेखा सरकार।

भ्रष्टहरुले खोक्रो बनाए
सज्जनहरुले टाउको कनाए,
ब्युरीक्रेसी पुरानै खिया परेको
खै त राम्रो काम गरेको?
काम गरेर देखा सरकार
कानुनको शासन लेखा सरकार।

कानुन व्यवस्था चुस्त दुरुस्त
कमजोर हैन सब तन्दुरुस्त
काम गरेर होऊन काजी
अनि बल्ल जन्ता हुनेछन् राजी।
काम गरेर देखा सरकार
कानुनको शासन लेखा सरकार।

जाँगर छैन दोष अरुलाई
यसरी कति दिन् चल्छ बरीलै
पौरखी पुर्खाका सन्तति हामी
कसम खाउ माटोलाई छापी
नगरौ अबर पाखुरी चलाऔं
मानो रोपेर मुरी फलाऔं।
लौ काम गरी देखाउन जनता
ब्युझन ब्युझ, ब्युझ ए अबत।

कता कता देखेको जस्तो



सृजना अर्याल नेपाल

दुखै नगरी पदेन सदस्य पाए जस्तो
- स्वतः संस्थाको फर्स्ट लेडी (प्रथम महिला) बनिने रहेछ
केहि नगरी त्यत्तिकै बधाई पाइने
रहेछ
सम्बोधन औपचारिकता जस्तो लाग्ने रहेछ
प्राथमिकतामा परेको भ्रम मात्र हुने रहेछ

त्यस्ता "फुर्सदिला" समाज सेवीहरुलाई जसै पाईदैन
समाजसेवामा
--भनि जति नै अर्थ्याएपनी
कानमा बतास नलाग्ने रहेछ जति नै सुनाए पनि
सुन्या नसुन्यै, बुझ्या नबुझ्यै गर्ने बानी बसिसकेपछि
असर नपर्ने रहेछ केहि जति नै घुर्क्याएपनि पनि

श्रीमान् जति लाई भने
समाजको भरकम भारी कहिल्यै नपुग्ने
श्रीमती जति लाई भने
श्रीमानको (व्यापार) घरबार दुवै धानी दिनु पर्ने

फेरि, श्रीमान् जतिलाई पुग्ने पर्ने कनभेन्शन आदिमा उडेर होस् वा गुडेर
सबै बाधा ब्यबधान छोडी
भएपनि एकलै, श्रीमती जति लाई छोडेर
सबै बचन तोडी

केहि गरेपनि सुख नपाइने; कहिले बोल्दा विवादमा परिने
त कहिले नबोल्दा अप्ठ्यारोमा परिने
एक त, घुम्न नपाईने मन लागेको ठाउँमा मन लागेको बेला
त्यसमाथि फेरि, केहि नभएको जस्तो भान गर्नुपर्ने कोहि बेला

यता परिवारको भने समय खोटिदै जाने
अनि, उता भने अनावश्यक खर्च बढ्दै जाने
त्यति मात्र कहाँ हो र, समाज सेवाको यात्रामा अधिकतम समय त
मनमुटावमै बिट्ने रहेछ
रात भरि करायो दक्षिणा हरायो भने जस्तो पो रहेछ

कहिले काहीं त, झगडा गर्न समेत फुर्सद नमिल्ने रहेछ --
प्रश्नको जवाफ तीन दिन सम्म पनि नपाएपछि टेक्स्ट मै कुरा गर्नु
पर्ने अवस्था सम्म आउँदो रहेछ
तर अचम्म! अरुलाई फोन गर्न र फेसबुकमा हराउन जति
पनि समय निक्लिने रहेछ
हुँदा हुँदा त, संगै बसेर खान पनि साईत जुराउनु पर्ने भएपछि
आफ्नै स्वामीज्यूलाई समेत कता कता देखेको जस्तो पो लाग्न
थाल्ने रहेछ

Science and Health

How to Plant: NFT Chamber Edition

Aquaponics is the newfound most efficient way to farm. Aquaponics is a system of agriculture that eliminates the need for soil and incorporates water conservation. The system



contains three different methods for growing plants that are connected to fish tanks and the water flows in circulation from the fish tanks to the growing beds and back to the fish tanks. Fish excretion contains ammonia which is then turned into nitrite with the help of bacteria through nitrification, and this makes the water a nutrient

-rich solution for plants to grow with. There are three different methods to grow plants within the aquaponics system.



The first is the ebb and flow tanks which resemble traditional farming the most. A container is filled with some rocky medium such as clay rocks, and the tank is periodically flooded and drained.



The second method is the deep-water chamber which grows plants on a polystyrene raft which is suspended over a pool of

nutrient-rich water. There are three different forms of growing plants within the aquaponics system which are all intertwined with large fish tanks.



Prisha Sharma
Atlanta, Georgia

The NFT chamber is the third and final way, and it stands for Nutrient Film Technique. It is a very simple



system, and it works by distributing a shallow stream of nutrient-rich water through a gutter in which plants are planted in. It is suited best for small leafy greens such as microgreens. First, you must cut burlap into small rectangles that coincide with the measurements of the gutter. Next, you soaked the burlap in water and placed it in the NFT chamber, and afterward, you sprinkled the microgreen seeds onto the burlap. Within a week, you can see your little microgreen babies sprouting. Be sure to avoid placing your gutter perfectly flat at 180 degrees because it will become difficult for the stream to flow smoothly through the chamber. The solution is to place your gutter with a slight slope, so the water flows through with ease. Now you have learned a bit about aquaponics and how to use an NFT Chamber go out try it for yourself.

Please give us your feedback to improve the quality of this quarterly publication as far as possible. Please help us by sending your articles regularly at naseapublication@gmail.com.

Hormones in Our Chicken: A Myth!

"Antibiotics-free," "hormone-free," "this leg quarter is large because poultry people give hormones to chickens," "let's not buy large chicken thighs that have hormone." These are some of the perceptions that we often hear among the consumers in the United States grocery stores. Many times I run into consumers who ask me: "so you are a poultry scientist, do you give hormones to chickens and that is why they are bigger?" Many of us in the poultry field hear the same question with increasing frequency: "Why do you put hormones in the feed to make chickens grow so big and fast?"

Hormones are never used in poultry production either in broilers or egg-layers. The truth is no hormones have been allowed in poultry production for more than 50 years. Hormone use in poultry production was banned in the United States in the 1950s. Moreover, it is illegal in any poultry operation to use hormones. As US poultry market is driven by the consumer, any thoughts and concerns from consumers are well-addressed. Moreover, the poultry industry is very easily driven by the people. For instance, California has already moved into the antibiotics-free and raising poultry with antibiotics at all is prohibited in the state. Such movement was initiated by a group of farmers and ranchers that are local public. Chickens are only allowed to use antibiotics when they are sick.

There is no difference between chickens labeled as hormone-free and those that do not carry any label. The label such as "hormone-free," "no-added hormone," raised without hormone" is just to create the wrong perception that the rest of the chicken in our grocery store is with hormones. In simple word, this is just a marketing idea.

What are the reasons for the rapid growth of chickens?

The first reason is the improvement in poultry genetics as time evolved. The primary breeder company such as Aviagen, Ross, Cobb have been selecting best birds for growth and performance. The possibility of such a rapid transformation in chickens is due to the shorter lifespan of chicken (usually 30-35 days) allowing them to make bigger strides in a shorter period. The improvement in cattle and beef is slower due to a longer lifespan. As simple as that! The second reason is nutrition-related. Poultry nutritionist has figured out the exact dietary formulation that is necessary for optimal growth of chickens. The proportion of macronutrients such as energy, protein and fat and micronutrients such as vitamins and minerals are well-balanced in the modern chicken diet. Such tailored nutrition has helped chickens to grow well.



Pratima Adhikari, PhD
Assistant Professor, Mississippi State University,
Poultry Science

Another reason behind such enhanced growth is the excellent management of chicken's housing and environment including ventilation, lighting, temperature, air quality, feeder, and drinker.

So what the poultry industry should do?

Providing factual information to the public is the most. There should be mass awareness to the public against the labels that have been used in the grocery markets. The public should be taught to pay attention towards the false information against the chicken hormone. The poultry industry should vocal more and explore the ways on how to educate the consumers. Not only added hormones are illegal, but added hormones are also simply not needed. Since chickens hormones are not produced commercially, it is expensive for any poultry operation to deal with it. This makes no sense from a business standpoint. Administrations of hormone is extremely difficult and inefficient. We are talking about thousands of chickens in a chicken house and giving them an individual hormone injection!

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**नेपाली नयाँ वर्ष २०७५ को
उपलक्ष्यमा नेपाल साउथ
क्यारोलाइना नेपाली समिती (South
Carolina Association of Nepa-
lese) को तर्फबाट सम्पूर्णमा
सुस्वास्थ्य, उन्नति तथा उत्तरोत्तर
प्रगतिको हार्दिक मंगलमय
शुभकामना !**

Sleeping Beliefs and Truths

Have tossing and turning become a recurring bedtime routine that deprives you of much needed sleep? Alternatively, do you keep waking up in the middle of the night and glaring at the ticking clock in angst? Have you been short of sleep and as you stepped into your office, wished you could take a 10-minute nap? Well, you are not alone, and all hope is not lost. We all want to sleep better, though it seems elusive at times.

What sleeplessness does to you

Inadequate sleep destabilizes your health and impairs your ability to carry out daily activities. It also translates to tiredness, inability to concentrate, irritability, increased stress and dampened work performance. Fewer than six hours of sleep a night increases appetite, which is 7.5 times more likely to cause obesity. Moreover, short sleepers are 2.5 times more likely to become diabetic compared to those who get adequate sleep.

An awry night can result in compromised immunity, depression, diabetes, heart disease, early dementia and even death. In fact, a week of sleeping only 4-5 hours a night leads to cognitive impairment equivalent to a blood alcohol level of 1 percent. Overall, sleep deprivation leads to decreased quality of life and is a strong predictor of drug abuse, anxiety, and depression.

Physiologically, poor sleep can continuously activate the sympathetic nervous system, causing high blood pressure, heart attack, and untimely death. Sometimes, lack of sleep may be a precursor of depression.

While we have all experienced bouts of sleep deprivation at one point or another in your lives, there's no point in resigning ourselves to insomnia. Similarly, many of us believe in the notion that people who sleep less are hard workers and in effect, are perpetually productive. Is that the reality? Far from it. Sleep deprivation is not a hallmark of hard work and dedication.

All in a good night's sleep

Sleeping longer is perceived as a sign of weakness in some circles, although emergent studies suggest that high performers have healthy sleeping habits. Adequate and proper quality sleep releases tension, replenishes the body, refreshes the mind and heightens energy levels, improves memory and reduces negative emotions. It also fortifies our immune system, encourages healthy cell division, boosts metabolism, increases physical energy and improves brain function. Our endocrine system functions better by optimizing insulin secretion when we have a proper night's sleep.



Dr. Manoj Bhattarai
Nephrologist and Geriatrician
Palm Beach, Florida

Sleep efficiency positively impacts a student's or athlete's performance. A cheetah makes a great analogy, as it is renowned for running at 60 miles per hour, yet sleeps up to 18 hours a day. International companies such as Ben & Jerry's, The Huffington Post, Zappos, and Nike have realized the relevance of sleep hygiene and its correlation to work performance by introducing nap rooms for their employees to take a snooze. Initially, some employees regarded catching a wink in the workplace with skepticism but over time, embraced the idea.

Understanding the sleep-wake cycle

Melatonin, a natural hormone secreted by a pineal gland in our brains, is responsible for inducing sleep and regulating the sleep-wake cycle. As darkness falls, the body secretes melatonin, thereby helping us bed down. Artificial blue light emitted from smartphones, laptops, computers and TV screens suppresses melatonin production and disrupts the natural sleep-wake rhythm. It is best to avoid activities such as writing emails, reading news and watching movies at least 1 hour before going to bed. Similarly placing smartphones and tablets close to your head at night can disrupt sleep quality through constant alerts and the urge to check notifications.

How long should you sleep?

Well, there are no hard and fast rules for the number of hours you should hit the sack. However, the genetic makeup and age have a bearing on sleep. On average, 7 to 8 hours of good quality sleep are adequate for adults. Children need more sleep while older people sleep fewer hours and experience less quality sleep.

A few dos and don'ts

Suffice it to say; quality is more important than quantity. Otherwise, you may wake up feeling tired even after nine or ten hours of sleep. Efficient sleep is when you are 'really' sleeping. Sleep is divided into two states: quiet sleep (NREM) and deep active sleep (REM). Both run in alternate cycles, every 90 minutes on average, five to six times a night. REM sleep plays a key role in overcoming difficult or traumatic events. A good way to get adequate REM sleep is to try to limit the snooze button.

...Contd' from Sleeping Beliefs ...

Eating fat (long-burning fuel for your mind and body) at dinner improves your sleep quality by providing a stable stream of energy. Eating fish or krill oil at night produces serotonin that promotes feelings of happiness and lowers stress hormones that can interfere with sleep. Eating carbs cause fluctuations in blood sugar, which impairs sleep and makes it harder to nod off. Amino acids like tryptophan in proteins can facilitate beneficial sleep, while alcohol can induce sleep but decreases sleep quality by causing fragmentation and early wakefulness. Try and avoid caffeinated products towards the latter half of the day.

A warm water shower, mindful meditation, soothing music, lower room temperature- say 68 degrees Fahrenheit- and completely blacking out the room before going to bed have been shown to optimize the sleep schedule. In the same vein, lavender scents or valerian root oil can boost sleep quality by slowing the heart rate, decreasing blood pressure and lowering skin temperature. Sleeping and waking up regularly at the same time of the day; using the bed only for sleep as opposed to eating, watching television; avoiding daytime naps; and exercising regularly all seem to help. Relaxation and acupuncture therapy can help you sleep better by releasing melatonin and reducing anxiety. If nothing seems to work, then seek medical attention so that you can try alternative formulations available.

All in all, high-quality sleep is integral to work performance, health, emotional well being and healthy relationships. Ideally, when you effectively catch your forty winks, you are more likely to live a healthier and happier life.

**नेपाली नयाँ वर्ष २०७५ को
उपलक्ष्यमा नेपाली फ्लोरिडा
समिति (Nepalese Association of
Florida) को तर्फबाट सम्पूर्णमा
सुस्वास्थ्य, उन्नति तथा उत्तरोत्तर
प्रगतिको हार्दिक मंगलमय
शुभकामना !**

**नेपाली नयाँ वर्ष २०७५ को उपलक्ष्यमा
नेपाली नर्थ अलावामा समिति
(Nepalese Association in North
Alabama) को तर्फबाट सम्पूर्णमा
सुस्वास्थ्य, उन्नति तथा उत्तरोत्तर
प्रगतिको हार्दिक मंगलमय
शुभकामना !**

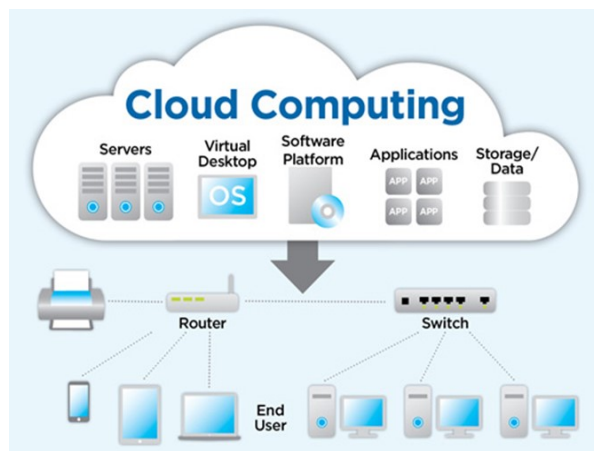
**नेपाली नयाँ वर्ष २०७५ को उपलक्ष्यमा
नेपाली सांस्कृतिक समिति
एटलाण्टा, जर्जीया
(Nepali Cultural Center)को
तर्फबाट सम्पूर्णमा सुस्वास्थ्य, उन्नति
तथा उत्तरोत्तर प्रगतिको हार्दिक
मंगलमय शुभकामना !**

**नेपाली नयाँ वर्ष २०७५ को उपलक्ष्यमा
Triad Nepalese Community
Center (TNCC) को तर्फबाट
सम्पूर्णमा सुस्वास्थ्य, उन्नति तथा
उत्तरोत्तर प्रगतिको हार्दिक मंगलमय
शुभकामना !**

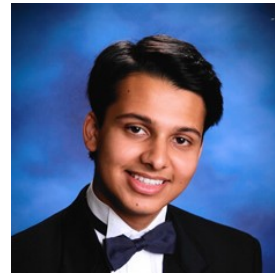
Cloud Computing: From Desktop to Database

In Brief:

- Many universities and companies are reluctant to switch their service platforms to an internet based server from the traditional desktop locations due to potential security risks.
- However, cloud computing offers safer, cheaper, and more efficient methods to analyze and store data that ultimately affect the productivity of its users.
- It is crucial to adopt the practice of cloud computing to keep up with the rapid pace of research and development in the world.



The concept of the “cloud” came far before cloud computing. The practice of plugging into a network and utilizing it is similar to how the first telephones operated. People would call into an operator and then be directed towards whom they wanted to talk with. This is just how a cloud system works. People log into the cloud and save their data on it. When they are finished with their work, they disconnect from the server, but everything is still stored and secure, ready for when they plug back in. Cloud computing is a new means of technology which favors data analysis and storage on internet servers compared to conventional, local methods. Though this new practice has caught on with many companies and universities, some are still reluctant to adapt this technology arguing possible security and server vulnerabilities. The benefits of cloud computing, such as low operating costs along with ease of use and flexibility of data storage, far outweigh the risks associated with it. In cloud computing, large servers or databases are located on the “cloud.” The cloud refers to an internet server where all the computational processes and storage takes place. The diagram below shows how data and services travel to and from this site to the user.



Jwalanta Pathee
Asheville, NC

Head in the Clouds

In cloud computing, the host company plays a very vital part. In a journal article published in Springer Dr. Qi Zhang, a professor at the University of Waterloo, explains that the role a company plays can be divided into two main categories: the infrastructure provider and service provider. When a company is playing the infrastructure provider part, it manages the platform and resources on the server end and makes sure that all the technical components are operating smoothly. On the service provider end, the corporation focuses more on the user experience aspect and determines the best way to deliver the technology. Let us use Google as an example. Google is one of the biggest technology companies in the world that already has a huge infrastructure which houses some services people use every day. Colin Carson, a writer for Heshmore, reports that Google estimates it has approximately 10-15 exabytes of data in its servers. To get a sense as to how much data this is, an average computer has 500 gigabytes worth of storage. This means that Google is handling over 30 million personal computers worth of information, and that number is only growing. Also, millions of users all around the world rely on Google for individual and professional needs, giving Google the analytics and user input as to what is being positively adapted and what is not preferred by clients.

By utilizing this framework, and being the service provider on the operating end, Google has been hugely successful in being one of the largest cloud computing companies. They have the startup

needed, but more importantly, they have the user base that is crucial in determining the success of the technology. In a way this means Google, and other companies have a monopoly on the technology. However, this is a positive monopoly, one that will ultimately benefit the user.

...Contd' from Cloud Computing: From ...

Some might argue that having one corporation behind the workings of the cloud limits options and forces consumers to adopt that companies' services. Though this is true to an extent, this also means that there will be consistency and compatibility with the technology wherever it is implemented. This benefits the user in that there will not be a learning curve when using cloud computing on a computer versus a mobile device and everything will sync adequately and efficiently across all platforms.

Second Coming of the Cloud

The history of cloud computing runs parallel to the history of the internet. Cloud computing is not a new breakthrough. Ever since the introduction of the World Wide Web in 1991, people have been using the cloud without even knowing it. The recent developments that have been made in the field are the second part of cloud computing. Professor V. Rajaraman at the Indian Institute of Science in Bangalore, brings up this point in a paper published in *Springer* in 2014. Whenever one sends an email using Gmail or Yahoo Mail, the message is being sent via an internet server. The computer is only being used as a host to access it. If you have a smartphone, your whole user experience is regulated by cloud computing. All of your messages, emails, notes, and other applications are synced and backed up so that they are accessible from any location, over multiple devices; meaning if your device breaks or gets stolen, all of your data is still retrievable some way or another.

With all new ideas, there is always opposition. This applies to cloud computing also. Those managing small start-ups have almost felt pressured to adopt this technology to users without having the enterprise to handle it. Iordanis Kavathatsopoulos from the Swedish Department of Information Technology writes in SIGCAS Computers & Society that if a company does not have the infrastructure to control the massive amounts of data and computing, is when cloud-based computing can go wrong.

Servers can become unresponsive and even crash, unable to handle the sheer size and magnitude of the data that it is processing. Server issues are very serious, and though they can occur with cloud computing, there are ways around it. For starters, most cloud software comes with an autosave feature. Instead of the old style save button, everything that you input will be periodically saved by the computer. This means that even if problems do arise, your data will still be backed up and accessible when everything is operating properly. Server issues can also be prevented by staying up to date with the latest software and bug fixes. This too is usually done automatically by the computer, and the user can rest assured that the technology will be working correctly whenever it is needed.

Beside server issues security is a big concern for those who are skeptical about cloud computing. News of celebrities and politicians having their data breached by hackers seems to be nonstop. In an article written for the International Journal of

Computer Applications, Dr. Manish Potey mentions that hackers do not have to steal data necessarily, they can also just access and manipulate it to be used in their favor. These hacks, similar to the possible server issues, can also be prevented. New security measures such as two-factor authentication can be implemented so that the users' identity has to be verified in a secure, and fast way. This encryption uses another means to contact the account holder, to verify that it is indeed them trying to access their account. For example, if a hacker has obtained someone's password and is trying to log in, two-factor authentication sends a request to the account holder by some other means. Usually, SMS, push notification, or email, trying to verify that the user is indeed the one trying to log in.

Beyond the Cloud

Cloud computing has many other advantages besides security and efficiency. There are environmental and fiscal benefits that come with being a cloud user. Since everything is internet based, the hardware involved is greatly reduced on the user's end. There are no more flash drives or big bulky hard disks needed to process data which has a huge, positive impact on the Earth. Even the energy needed to power these server farms can be generated through green methods. In fact, Apple has reached 100% renewable energy across all of its data centers as reported in Yevgeniy Sverdlik's article for Data Center Dynamics. Cloud services are also relatively inexpensive and most of the time even free up to a certain size. If you want more, and even unlimited storage, it usually equates to just pennies a month, far cheaper than spending hundreds of dollars on disks that will become outdated and full in a matter of months. Cloud computing is a remarkable technology that will continue to change how data is processed in the world. Those who are reluctant to make the switch to cloud-based computing are missing out on being a part of a very crucial point in the development of the world. It is vital that this practice is adopted by all for the innovation and advancement of our future.

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Miscellaneous Report

My Experience in Visiting Nepal

During the summer in 2017, I traveled to Nepal with my sister Jenisha Khanal. We reached Kathmandu, the capital of Nepal, on June 14, 2017 at 10:45 pm. I was so excited to meet my relatives because it has been four years since I have not seen them and they probably missed me a lot for four years! Nepal, I think, is one of the best countries in the planet, because there are many places to visit there and it has a lot of mountains and rivers you might like.

For me, my experience in Nepal was so much fun. There are many fun places to visit, for example, Kathmandu, Pashupati Nath Temple, Pokhara, Bhotekoshi, Jhapa, Ilam, and Panchthar. I and my sister went to some of our relatives' houses and fortunately, they also have Wi-Fi. I simply can't imagine how we can live without internet in this age. I stayed at their places for one whole week. We played some card games and it was really fun. In Kathmandu, there are stores just like in America where you can buy anything you want such as food, water, clothes, etc. The city is big and developed. I wish we had little better roads.

A few days later, we traveled to Bhotekoshi, which is located about 44 miles from Kathmandu. We traveled by bus which took a bit more than two hours to get there. We went up the mountain, and it was really cool. We traveled there, because my sister was planning to do bungee jumping. Just in case you didn't know, bungee jumping is when you are on a bridge that is 500 feet above the Bhotekoshi River and you jump all the way down to the river and it's really scary! When I crossed the bridge, I was super scared, because when I looked down, it was a long way down. When my sister was about to jump, everyone started cheering for her. The brave girl jumped freely in the air. Another place near Kathmandu is Bhaktapur. This is where my cousin sister used to live in Nepal. Their house is a bit strange, but cool. We visited Changu Narayan Temple while visiting Bhaktapur.

On July 6, 2017, we went to Jhapa, which is near the edges of Nepal if you are looking on a map. In Jhapa, it was different – way different than Kathmandu. We went to my grandma's house. There were goats, buffalos, and cows in our house in Jhapa. This kind of reminds me of a farm with zoo animals compared to America. It is such a nice place where you can grow all vegetables, rice, and other grains that you need. How great it is when you grow organic everything you need. I can't even imagine that here in America. Some of my relatives live there too. We have noticed that some of our neighbors' houses do not have basic needs and they are poor. It was a sad part of my visit.



Rohan Khanal
Tampa, Florida

On July 20, 2017, we went to Chokmagu, a village in Panchthar on the mountains. This is where my mom's mom lives. We went to visit her for a week and we also played some card games, just like in Kathmandu. I had a really fun time there too. The weather was so good in the mountains and I really liked the landscape there. The only thing I missed in Chokmagu was the internet. There was no wifi. Meanwhile, summer was almost over so we had to say goodbye to all my relatives and leave. I felt bad for everyone – hoping they won't forget me. I had a really fun time visiting Nepal over the summer. Most of my relatives who live in Kathmandu, Jhapa, Panchthar and other parts of Nepal care about me a lot and they love me so much.

To sum up, Nepal is one of the best countries I have ever visited. I actually live in America where my parents are but some of my family members are still in Nepal. I can't decide which I like most: Nepal or America, but I think I like both countries. In Nepal, majority of people are poor and they have no access of good drinking water, good toilets and shelters and that's not good. In America, there are plenty of good homes and communities and people can afford jobs to earn money and become successful in life. But, America also has some problems such as less family interaction and gun violence. Nepal is really peaceful. People are so kind and eager to extend hands when other people need help. That's so nice. Looks like every place has some good things and some bad things.

Finally, I would like to mention that family members are like planets – We all know that there's 9 planets in the Milky Way Galaxy (before planet Pluto unexcited) right? Some planets are far apart from each other but that doesn't mean they will separate from each other forever. The force of gravity will ALWAYS keep each planet together no matter what happens to them. Same thing for family – My relatives and grandparents live in Nepal, but that doesn't mean we should just forget about them and live our own life. No matter how far apart we are separated and what happens to the people I love and care about, the force of love keeps them and us together, no matter what.

सन्दर्भ नारी दिवसको

नेपलिज असोसियसन इन साउथईस्ट अमेरिका (NASeA) र नेपलिज असोसियसन अफ जर्जियाको संयुक्त आयोजनामा अन्तराष्ट्रिय नारी दिवस जर्जियाको एटलान्टामा मार्च १० मा भव्यतापूर्वक सम्पन्न भयो । अन्तराष्ट्रिय नारी दिवसको इतिहास हेर्ने हो भने यसमा विभिन्न संघर्षशील महिलाहरूको योगदान रहेको छ । धेरै उपलब्धिहरू हासिल भएका छन् । यध्यपी अझै थुप्रै चुनौतिहरू छन् । यसै गरी लैंगिक समानता, महिला अधिकार, लैंगिक हिंसा जस्ता सवालहरू यत्र तत्र छन् । विभिन्न सामाजिक संरचना मूल्य र मान्यता अनुसार यी सवालहरू फरक छन् । कतिपय सामाजिक मूल्य र मान्यताहरूमा हिंसा दमन र थिचोमिचो पनि सामान्य हिसाबले स्वीकार्य जस्ता देखिन्छन् ।

बिकसित देशमा होस् या अबिकसित देशमा होस्, महिलाको जीवन अरुबाट सन्चालित भएको जस्तो छ । सरसर्ती हेर्ने हो भने पनि महिला सुरुमा बाबुबाट, तेसपछि पतिबाट अनि छोराको चाहनाबाट र निर्देशनबाट निर्देशित हुन्छन् । यो अझ बढी अबिकसित देशमा छर्लङ्ग देखिन्छ । साथै महिलाको जीवन घरभित्र र घर बाहिरका संस्कार र संस्कृतिबाट प्रभावित छन् । फलस्वरूप महिलाहरू जानेर या नजानेर शाशित र दमित छन् । यो सामाजिक संरचना र मान्यताले गर्दा अझै पनि कतिपय महिला आत्मविश्वास, निर्णय प्रक्रिया, सहभागिता र आय आर्जनको अवसरमा पछि परेका छन् ।

यो एक हिसाबले बिस्वव्यापी समस्या हो । ठाउँ र संस्कृति अनुसार समस्याको परिकार मात्रै फरक छ । बिकसित देशका तथ्यांक हेर्ने हो भने पछिल्लो समयमा महिलाहरूले पुरुषहरूले भन्दा बढी स्नातक पास गरेको देखिन्छ तर पनि कामको समानता हेर्ने हो भने, सामान्यतया महिलाहरू तल्लो तह या निर्णय र निती नियम निर्माण गर्नु नपर्ने पदमा देखिन्छन् । साथै पुरुषले नै बढी आय गरेको देखिन्छ । उही काम गर्ने हरेक पुरुषले १ डलर कमाउदा महिलाले ७९ सेन्टस कमाउछन् । अझै पनि महिलाको कमाईलाई परिवारको दोश्रो आयको रूपमा हेरेको नकार्न सकिदैन ।

अहिलेको परीप्रेक्ष्यमा हेर्ने हो भने चाहे बिकासइत देशमा होस् चाहे अबिकसित देशमा होस्, महिलाहरू सेक्सुअल हरश्मनेत देखी बलात्कृत हुँदा सम्म पनि बाहिर ल्याउने कि नल्याउने भनेर दोधारमा अल्मलिनु परेको छ । यदि बाहिर आएको खन्डमा आफैलाई पो दोशी ठहर्याउने होकी भन्ने त्रासले आफू भित्रै पिल्स्योउने गरेको पाईन्छ ।

महिला सम्बन्धी नारा र महिलालाई चेतना मुलक समाएको हिसाबले सन् २०१७ साल निकै उल्लेखनीय रह्यो । अमेरिकामा # MeToo (मपनि) अभियान सनसनी चर्चामा फैलियो । तेसै गरेर अरु देशक महिलाहरूले पनि आफूमाथि भएको दुरब्यवहार अगाडी ल्याउने लहर चलाए । यी लहरहरूले महिलाका सवाललाई अझै सशक्त रुपमा अगाडी ल्याएको छ र संसार भर यसले एकप्रकारको एक्कबद्धता बढाएको छ ।

सन् २०१८ को अभियानले अझै सशक्त भूमिकाको अपेक्का गरेको छ । #PressForProgress (प्रगतिका लागि दबाब) र # Push for gender parity (लैंगिक समानताका लागि दबाब) जस्ता नाराले धेरै भूमिका खेलेका छन् । आशा गरौ - सबै मिलि हामी यस रुपान्तरका लागि केहि गर्न सकौ ।



रमा घिमिरे
लिज्बर्ग, जर्जीया

यो सवाल मेरो मात्रै होइन । तपाइको मात्रै पनि होइन । यो त सोचाईको अनि चिन्तनको कुरा हो, ब्यवहारमा ल्याउने कुरा हो र सबै मिलि सहकार्य गर्नुपर्ने सवाल हो । यो सवाल न पुरुष बिरुद्धको हो न त अरुकसै प्रति वक्तिगत रुपमा लक्छत सवाल हो । यो त सह-अस्तित्वको लागि सहकार्य गर्नु पर्ने सवाल हो । यो त मानसिकता बदल्नु पर्ने सवाल हो ।

नेपालको परिप्रेक्ष्यमा हेर्ने हो भने छोरा र छोरीमा शिक्षाको अवसरमा असमानता त छदैछ, अझै पनि महिलाहरू र बिद्यालय गएका बालिकाहरू बोक्सीको आरोपमा जन प्रतिनिधि अगाडी पिटिनु पर्ने भयावहक अवस्था छ । लामो संघर्ष पछि आमाको नामबाट नगरकितता पाउने अधिकार संबिधानले दिने भएपनि, अझै समाज आमा र नारीलाई सुरक्षा दिन चुकेको जस्तो भान हुन्छ । वास्तवमा समस्याहरू निकै जटिल छन् । अर्कातिर सकारात्मक पक्ष हेर्ने हो भने पहिलो महिला रास्ट्रपतिको रुपमा बिद्या भण्डारी हुनुहुन्छ । अधिल्लो कार्यकालमा महिला सभामूख र महिला प्रधान न्यायधिस हुनुहुन्थ्यो । यी राजनैतिक परिवर्तनले सामाजिक र ब्यवहारिक परिवर्तनमा उतार्नु नै आजको समयको मुख्य माग हो ।

यो समय हामीले आफूले आफैलाई पुनरावलोकन गर्नु पर्ने बेला हो । सुरुवात त आफैबाट गर्नुपर्ने हुन्छ । परिवर्तनका लागि संघर्ष गर्ने, शहदत प्राप्त गर्ने र सामुहिक स्वार्थलाई महत्वो दिएर अगाडि बढनु नै बुद्धिमानी देखिन्छ । अन्तराष्ट्रिय नारी दिवसले आजको समस्यामा छलफल गर्ने त छदैछ, यो समयले आजसम्मको उपलब्धीको उत्सव मनाउने प्रेरणा पनि दिन्छ । तेहि हेतुले अन्तराष्ट्रिय नारी दिवस मनाउने क्रममा नेपलिज असोसियसन इन साउथईस्ट अमेरिकाले आयोजना गरेको कार्यक्रममा महिलाहरूलाई सम्मान गरेको थियो । यस वर्ष दक्षिण पुर्ब अमेरिकाका विभिन्न राज्यमा बस्ने नेपाली समुदयेका लागि योगदान पुर्‍याउने प्रतिनिधि महिलाहरूलाई सम्मान गर्ने कार्यक्रम राखेका छौ । जसमा सीता घिमिरे मैनाली, सुष्मा बाराकोटी, नीलम कार्की निहारिका र सबिता श्रेष्ठलाई सम्मान गर्न पाउदा खुशी लागेको छ । उहाहरूलाई नेपलिज असोसियसन इन साउथईस्ट अमेरिकाको तर्फबाट हार्दिक बधाई छ ।

महिलाको हक हितको सवाल मार्च ८ मा मात्र कुरा गरेर सकिने सवाल छैन । यो त सुरुवात हो, प्रगति र रुपान्तरणको लागि एउटा अनन्त अभियान हो । समानता मुलक समाजको लागि एउटा प्रयास हो ।

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