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Message from the President



Nepalese Association in Southeast America (NASEA) is again really excited to bring out the second issue of second year's publication "Shangri-La". Again, we got lot of positive and encouraging comments on the last issue as well by our audiences. Every piece of literature was highly appreciated. Though it was delayed in publication, many said Shangi-La shall never cease its publication no matter what. Now, we are publishing a new gift for the Nepali Happy New Year 2072 Vikrama Sambata. Thus, NASEA wishes Nepali Happy New Year to all our Nepalese communities.

Dr. Ram C. Baral
President, NASEA

**Wish You All a Very Happy
and Prosperous
Nepali New Year 2072**

**Executive Committee
Nepalese Association in Southeast
America (NASEA)**

Editorial

Ram Nawami- Celebration of Lord Ram's Birthday

Ram Nawami is the celebration of the Lord Ram's birthday, which falls on the ninth day of Shukla Paksha (full moon side) in the Chaitra month according to the Hindu calendar. On this auspicious occasion, all Hindu devotees go to the temple and worship. In many places, Hindu devotees celebrate the occasion for nine days, and the ninth day is the finale of the celebration. In Nepal and northern India, chariot processions occur in various cities; particularly Ayodhya. There, thousands of people take bath in the sacred river Sarayu, which has special significance during this occasion. In South India, there is a marriage celebration with small statue of Ram and Sita in their homes, and at the end of the day the statue is taken to a procession in the street. It is a tradition that Hindu devotees either fast or restrict to a specific diet according to the Vedic system. All temples are decorated for the celebration based on descriptions from Ramayan, which is read during this time.

Lord Ram is regarded as the seventh incarnation of the god Vishnu who came to the earth as a human being to

bring peace and justice. Ayodhya was the city where Lord Ram was born as the first son of King Dasharath and Queen Kaushalya. Lord Ram is believed to take birth by his own will on the earth when Adharma rules over Dharma. It is believed that he protects all his devotees by destroying the roots of Adharma. It is believed that the god Vishnu decided to incarnate as Ram to

destroy all evils, which was Ravan at that time. During the Navaratri of the month of Chaitra, Rambhajans are recited. The bhajans are full of life stories of Ram at different ages- childhood, youth and adulthood. All of these are very educational to everyone. Lord Ram is also called Maryada Purushottam, which means an ideal, righteous and perfect human being along with the best son, husband and father.

Ayodhya was the symbol of peace and justice at that time. Just to cite an example, it is said that 'Rama Rajya', the reign of Ram, is a rare period of peace and prosperity bestowed by him alone. This festival commemorates Ram and his prosperous, righteous reign.



*Dilip R. Panthee Ph.D.
Asheville, North Carolina*

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Disclaimer:

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NASeA Committee Activity Report

Information Technology (IT) Committee

Shailendra Bajracharya
Chair, NASeA IT Committee

IT Committee has been tirelessly working behind the scene with all other committees directly and indirectly. This committee's role is not limited to providing technical support to other committees. It has been supporting many other areas of NASeA's goal by coming up with various solutions. The main goal of IT committee is to reach out more and more people every day. IT committee has been dedicated to create infrastructure to organize every aspect of information by creating electronic repository of information circulated via email, verbal communication, archived etc.

Here are few tasks accomplished for last few months

1. Helped Joint Convention IT Chair to setup/prepare <http://jointconvention.org/> website to NASeA's hosting for this year for upcoming Joint Convention 2015 in North Carolina.
2. Added page for "NASeA Inventory" under "NASeA Info" menu to list out NASeA property and its current proctor. http://naseaonline.org/?page_id=2715
3. Added/updated page for "Other Donation" under "Donation" menu to list out people's name and their contribution for various NASeA's project. http://naseaonline.org/?page_id=2719
4. Added page to list out all the press releases that were circulated. <http://naseaonline.org/?p=2735>
5. Added page to list out Task Force Committees under committees http://naseaonline.org/?page_id=2560
6. Added Scrolling Text section for "Announcements/News" for easy access to news/upcoming events.
7. Periodic posting of news, announcements, publications on NASeA website, Twitter, via email
8. Updated Financial Report page with 2013 Annual Report http://naseaonline.org/?page_id=72
9. Prepared PowerPoint Presentation for 30th APAC GALA Event
10. Created Graphics Design for NASeA Advertisement for 30th APAC GALA Event Magazine
11. Helped to renew NASeA's annual registration online for this year.

Women and Children Committee

Sujata Dhungel
Raleigh, North Carolina

After joining NASeA in 2013, I felt a need for a committee to address voice of women and children in the community. On August 2014, we formed Women and Children Committee. On November 23rd, 2014 this committee conducted it's initial meeting. Each member of the committee provided their valuable opinions and thoughts regarding scope and vision of the committee. It decided to organize one forum as a startup covering both women and children topics. Month of March was considered to be a best time to organize a first event as "Women's Day" falls on the same month.

In NASeA's history, this is the first time such a committee is formed. So, for us it is like standing on an unoccupied land and think upon where to build a road and where to start. We have to draw it in such a way that future committees can move on easily with our guidelines.

I believe that this forum will help us learn and understand many aspects of life of women and children in the community including issues and concerns they are facing everyday. We can build this as a platform for them to raise their voice and guide and educate them to deal with those situations. Other aspect of the forum would be to share knowledge and accomplishments that women and children in the community has garnered.

We will inform community about the event once the venue is finalized. Currently, we are looking for an event hall to accommodate around 75 people. We are working with Nepal Center of North Carolina (NCNC) to jointly organize the event.

Nepali Community Center Orlando (NCCO) Florida Third AGM Together with Officers Elect 2015-2017 Installation Ceremony.

*John Parajuli
Information Secretary, NCCO*

Nepali Community Center Orlando (NCCO) celebrated its third Annual General Meeting (AGM) along with 16th episode of Triveni Sahitya Sangam (TSS) at Pine Castle Women's Club, Orlando Florida on 18th January 2015. NCCO Founder President Krishna Bilash Pokharel chaired the AGM meeting.

all burst out their laugh loud by sharing their funny jokes. Literature, Poetry and Gazal didn't miss its part too; Nisha Baral, Bikash Devkota, Hari Om Pradhan, Bidhya Raj Subedi, and Srijana Nepal came up with their beautiful poems and Gazal to steal the heart of audiences.



Among the dignitaries called in Dias were INLS Florida Chapter's Former President Dr. Bidya Raj Subedi as the chief guest, Chief Election Commissioner/NASeA Executive Vice President Bimal Nepal, United FNA-FANS President Bikash Devkota, NSA @ UCF President Takat Rawal together and NCCO Director/NOA-FL Chapter Adviser Rajendra Shrestha were among the special guest during the event. More than hundreds individuals and family members gathered during this event. Outgoing Vice President Hari Om Pradhan welcomed all the dignitaries and participants to the event and expressed the importance of Nepali Community center in Orlando, the first of its kind in Florida. Please tour the following link to get the glimpse of the entire event:

<http://dhanphotos.com/phpAlbum/index.php/NCCO-3RD-AGM-ORLANDO-FLORIDA-2015>

Two hours long program ran very smoothly with NCCO business hours and Triveni Sahitya Sangam (TSS) literary and cultural event going side by side which provided life to this event. As always TSS Artists performed their outstanding talents. Musical instrument was performed by Dev Rai presented heart Pounding tune of Nepali Folk song on his Flute (*Bansuri*) which made the evening more magnificent and Chetan Neupane assisted on madal, Crowd were cheering up on solo song performance by John Parajuli, Binu Pathak, Nijananda Malla and group song by Arati Rai, Laxmi Dhakal, Shrijana Dhungana, Ganga maharjan, Sharada Malla, Amita Devkota, Swojan Shrestha, Swojal Shrestha, Kushal Dhakal.

While the audiences were enjoying the singing part of the program, Durga Dhungana, Shiwal Shakya and Chetan Neupane made them

During the NCCO business hours the first immigrant Nepali in Orlando, NCCO Director/NOA-FL Chapter Adviser Rajendra Shrestha recalls his memories of loneliness and today he is proud to be the part of core team in this mission of building a Nepali Community center in Orlando. NSA @ UCF President Takat Rawal expressed the satisfaction towards the progress and expressed that the young generation will be thankful towards the NCCO and wish the mission to build the Nepali community center will be a success. Representing INLS Florida Chapter Regional VP Nagendra Dhakal expressed satisfaction towards NCCO's activities and wished the new elected committee will further promote NCCO towards fulfilling its goals.

Representing Nepalese Association in Southeast America (NASeA) Executive Vice President Bimal Nepal wished NCCO a



success in building first Nepali Community Center in Florida and expressed NASeA's full support and cooperation in keeping our identity alive as Nepali here USA. During the same occasion United FNA-FANS President/Director of Bikash Devkota briefly highlighted the importance of the Nepali community center in Florida

and requests everyone to provide a constructive support and earn the ownership of the community center. President Devkota also thanked NCCO Founding President Krishna Bilash Pokharel for his great contribution towards establishing the 1st Nepali Community Center in Orlando, Florida. Poet Devkota also recited poem during this event.



NCCO Founder/outgoing President Krishna Bilash Pokharel briefly shared the historical accept NCCO from the day it started and all twist and turns his team had to face for the survival of NCCO since its birth. "It was hard to dig seed and grow a plant, but now its turn for another gardener to preserve the plant and make it a tree" - says Mr Pokharel. He further presented the financial report for fiscal year 2013-2015 and put an end to his speech by saying, "During this three year we gave our best for NCCO to bring it to this level and now it's time to open the bridge to new members, give them the opportunity to experience work inside the organization formally as a team and take the responsibility equally, contributing their time and effort for Nepali over here. We wish them good luck" He further added today with everyone's help and support NCCO financially stands strong having almost \$20,000.00 in bank balance. During this occasion President Pokharel in presence of Chief Guest Dr. Bidya Raj Subedi, United FNA-FANS



President Bikash Devkota in cooperation with NCCO Director Bimal Nepal distributed the letter of appreciation to all founders/ outgoing officers of NCCO. During the same occasion President Pokharel recognized Mrs. Anita Thapa 1st place and Mrs. Amita Devkota 2nd place winner of Abikatel Memorial 5K run held in WBP on January 17, 2015.

Highlight of 2nd phase of NCCO AGM:

Chief Election Commissioner Bimal Nepal officially declared the NCCO election 2015-2017 and honored all the elected officers with certificate and delivered the secret oath of office. Commissioner Nepal extended thanks to outgoing President Krishna Bilash Pokharel and the EC team for their trust extended towards him to conduct historical NCCO Election 2015. Furthermore Commissioner Nepal thanked all Nepali community members of Orlando for extending full support in conducting free and fair election. After the oath taking ceremony he congratulated NCCO President elect Dhan Man Thapa Magar and all the officers for their eagerness to serve the organization.

NCCO Executive Committee 2015-2017 Declared Unopposed

President-elect Mr. Dhan Man Thapa Magar
Immediate Past president Krishna Bilsah Pokharel
Vice President-elect Mr. Nija Nanda Malla
General Secretary-elect Mr. Chetan Neupane
Information Secretary-elect Mr. John Parajuli
Treasurer-elect Mr. Swatantra K. Shrestha

Executive Members-elect:

Mrs. Arati Rai
Mr. Ramesh Adhikari
Mr. Siwali Shakya
Ms. Asmita Devkota
Mr. Shankar Gautam

President elect of NCCO Dhan Man Thapa Magar delivered acceptance speech and assured everyone that during his tenure he will provide consistency to all the task initiated by outgoing President Krishna B. Pokharel remarks promising to prove that this team will exceed the standard of work carried out by outgoing team and will be focused on raising maximum fund possible to accomplish mission of NCCO 'To build a community center'. President elect Thapa Magar reinforced his commitment towards Nepali Community in Orlando and shared that his NCCO elected team will support INLS FL Chapter Orlando Regional Pathshala and all Triveni Sahitya Sangam (TSS) activities will continue as a part of NCCO monthly activities.

Chief Guest, Former President INLS FL President Dr. Bidya Raj Subedi addressed the audiences and thanked NCCO outgoing President Krishna Pokharel and his team members for extending the invitation as a chief guest. He appreciated the initiation taken by the founders of NCCO and the Nepali Community in Orlando and all well-wishers of Florida for their commitment to build the 1st Nepali Community center in Orlando, Florida. He acknowledged that the fund raising task initiated by outgoing President Krishna Pokharel and his team members was very impressive during his tenure. Chief Guest Dr. Subedi extending his Congratulations to President elect Dhan Man Thapa Magar and his team members expressed that President Thapa will take NCCO to a different height. Dr. Subedi spellbound the audience with his poem *Nepali Community Center Orlando*.

NCCO Vice President elect/ Coordinator, Triveni Sathitya Sangam (TSS) Nijananda Malla expressing vote of thanks to all participants and reinforce the commitment that Triveni Sahitya Sangam (TSS) monthly episode will be the key literary event of the NCCO. Information Secretary elect John Parajuli was the master of ceremony.

Enhance Small Businesses 2015: NASEA/ANACPA Bi-monthly Professional 2015 Webinar Successfully Completes

Bimal Nepal

*Executive Vice President, NASEA
Chair, External Relations Committee, NASEA*

On behalf of External Relations Committee and Entrepreneurship Committee of Nepalese Association in Southeast America (NASEA), I proudly announce that Nepali American Certified Public Accountants Association (ANACPA) jointly organizing a bi-monthly professional conference call webinar comprising CPAs, business entrepreneurs, attorneys and engineers etc. Honorary Counselor Rishi Dhakal has graciously accepted our invitation to be the chief speaker during this session and will share his entrepreneur experience and expertise which will definitely benefit all the participants.

The Conference call webinar **Enhance Small Businesses 2015** was held on Saturday, March, 7th 2015 at 6:45 PM EST. The webinar opened the door for interested Nepali community members to seek the entrepreneurial information and take a step forward to start their own business.

More than thirty individuals from various region of US joined this Webinar and had the opportunity to get the first hand information from the expertise, highlights of the business laws by business attorney, Business taxes by the CPA, franchise business by the business entrepreneurs. It would help find a smart way to benefit for the business owners and business oriented people. Below is the highlights of the conference call and this informative session:

Topics	Speakers	Minutes	
Attendance	CPA Rajju Bajarcharya	10	6: 45 – 6:55
Welcome by President	Dr Ram Chandra Baral NASEA	3	6:55 – 6:58
Small Business and building Nepali American Entrepreneurship	Lok Tiwari Chair, Entrepreneurship Committee, NASEA/ Senior VP NRN-NCC of USA	5	6:58-7:03
Doing Franchise in USA	Dr. Deepak Shrestha, Business entrepreneur and Engineer	10	7:03 -7:13
Business Laws	Dilli Bhatta, Attorney, NY	10	7:14- 7:24
Business Taxes Issues	Raj Biraj Rijal, CPA, NY	10	7:25 -7:35
Keynote address by Chief Speaker Honorary Consular General, California, USA.	Honorary Counselor Rishi Dhakal	5	7:36 - 7:41
Questions and Answers	All	21	7:42-7:03
Closing Remarks	NASEA's External Relation Committee Chair, Bimal Nepal	2	7:04-8:05

For detailed information please visit www.anacpa.org visit or <http://www.us.nrnaccountants.org/> Contact CPA Aek Kshatry @ 608-509-8075 and <http://naseaonline.org/> NASEA EVP

NASEA-ANMA Joint Convention Historical MOU Signing

Long Live NASEA/ANMA joint partnership!!

Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) is a step closer in signing the official Memorandum of Understanding (MOU) between the two leading regional organizations of USA, reviewing their decade-long joint convention and reinforcing their commitment to organize the incoming joint convention in best serving and representing Nepali community of NASEA-ANMA region and beyond abiding by their By-Laws. We are excited to welcome this day of MOU signing ceremony between NASEA's President Dr. Ram Chandra Baral and ANMA President Sushil Sharma which will take place in Greensboro, North Carolina on Saturday, April 18, 2015.

Long Live NASEA/ANMA joint partnership!!

Historical prospective:

2013:

The concept of signing MOU between NASEA and ANMA leadership regarding organizing the yearly joint convention was initiated in 2013. During this time frame, after series of discussion in the executive committee meeting of both organizations during the period of the then NASEA's President Dr. Sanjeeb Sapkota and ANMA's President Gopendra Bhattari, a draft was proposed but due to some technical reason it never got materialized. The key players to this proposed MOU were both organizations' Executive Members/Advisers/Former Presidents and well wishers together with Dr. Sanjeeb Sapkota, Gopendra Bhattari, Dr. Ram Chandra Baral, Dr. Prahlad Pant, Sharda Jung Thapa, Bimal Nepal and many more.... NASEA/ANMA is always thankful to all our past leaders for initiating the concept of signing the joint MOU to give consistency to the joint convention.

November, 2014:

ANMA President Suhsil Sharma and General Secretary Bharat Kandel have officially proposed to NASEA President Dr. Ram Chandra Baral and officials to have a joint meetings of both NASEA and ANMA officers to evaluate past convention and come up with new guidelines to organize more effective and transparent joint convention during the NASEA's EC meeting. Keeping the spirit of togetherness and to provide the consistency to NASEA/ANMA a decade long partnership, NASEA's President Dr. Ram Chandra Baral and the Executive Committee members were very positive to this proposal.

Both NASEA and ANMA officials agreed to have an official dialogue between their organizations to provide consistency to the decade-long ties of celebrating the joint convention together and furthermore, reinforce the commitment of togetherness with more accountability, financial transparency, and introducing more effective programs involving the youths to best address our common agendas always placing the Nepalese American community first as guided by our By-laws.

December 21, 2014:

NASEA holds a special meeting to address the important Agenda "Evaluation of a decade long NASEA/ANMA joint convention and its future road map."



Bimal Nepal

*Chair, External Relations Committee,
Executive Vice President, NASEA*

President Dr. Ram Chandra Baral led the EC meeting where almost all of NASEA's Former Presidents specially Mr. Shaubhagya Lal Shrestha, Dr. Prakash Malla, Mr. Tek Thapa, Mr. Raja Ghale and Dr. Sanjeeb Sapkota were present at the meeting and shared their experience and provided us their advice/guidelines to open the dialogue between our counterpart ANMA officers to give consistency to decade long partnership of joint convention to be more transparent and productive in best serving our common interest in representing Nepali community of our region.

EC meeting also endorsed the draft MOU proposed during the presidency of NASEA's President Sanjeeb Sapkota and his counterpart ANMA President Gopendra Bhattari in 2013 and officially requested President Dr. Baral and his ANMA counterpart Sushil Sharma to open the discussion on the proposed draft and evaluate and address both organizations' strength and weakness and to propose the MOU 2015.

January, 2015:

NASEA and ANMA Executive committee form a Special Task Committee to evaluate a decade long NASEA/ANMA joint convention. President Dr. Ram Chandra Baral led NASEA team of officers EVP Bimal Nepal, VP Shailendra Bajracharya, General Secretary Dr. Tilak Shrestha and Joint Secretary Ambika Lohani and President Sushil Sharma of ANMA led officers from ANMA team of officers EVP Bala Ghimire, VP Kailash Kayastha, General Secretary Bharat Kandel and Joint Secretary Buna Dahal

During the first meeting of this Special task Committee, a decade long NASEA/ANMA joint convention was thoroughly evaluated by everyone and all team players unanimously passed the need of MOU between the two organization and assigned their organizations General Secretary to work on the NASEA/ANMA proposed MOU draft 2013.

February, 2015:

NASEA General Secretary Dr. Tilak Shrestha and ANMA General Secretary Bharat Kandel with close consultation with the Special

Task Committee members, EC members/Advisers/ Former Presidents of both organizations and thorough proposes the NAsEA/ANMA joint Convention draft 2015. This draft after series of meeting unanimously finalizes and requests both General Secretary to get officially approval from both NAsEA and ANMA Executive Committees

March, 2015:

NAsEA and ANMA Executive Committee members officially pass the Joint convention Memorandum of Understanding (MOU) proposed draft during their Executive meetings and assigns both Presidents Dr. Ram Chandra Baral and Sushil Sharma to move forward in confirming the dates for the official MOU signing ceremony. Both organization comes a step close to finalize the MOU between NAsEA and ANMA joint convention.

April, 2015:

Red Carpet Welcome to all NAsEA/ANMA officers, Former Presidents/ Advisers/Life members and well wishers to witness the official MOU 'Memorandum of Understanding' between ANMA and NAsEA, Signing ceremony between NAsEA's President Dr. Ram Chandra Baral and ANMA President Sushil Sharma. This will take place in Embassy Suites Hotel Greensboro-Airport (NAsEA/ANMA Convention Venue) Greensboro, North Carolina on Saturday, April 18, 2015.

This MOU, once sign will be our historical documentation which will indorse a decade long partnership between NAsEA/ANMA and furthermore guide us to successfully conduct all the incoming joint convention and reinforce NAsEA/ANMA a decade long ties of conducting joint convention to another height.

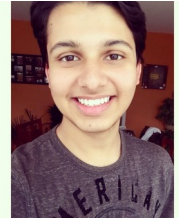
We are proud that the cooperation between ANMA and NAsEA has passed a glorious decade. Of course, we do look forward to serving our Nepalese community in US, in Nepal, and friends of Nepal.

Great to be a part of this historical task team of NAsEA/ANMA joint Convention MOU 2015!

Always for NAsEA/ANMA partnership!

Moving

Jwalanta Panthee
Asheville, North Carolina



I look out my window
And down the street.
The street full of joy,
And memories.

I pack my belongings,
Ready to go.
I trudge towards the teak stairs,
As I say, "No."

My parents wait,
And smile with glee.
"I don't want to go!" I cry.
"Please!"

They're all ready to go,
To start over once more.
A new city! A new house!
My friends, no longer onboard.

It's time to go.
I get in the car,
We drive someplace
So very far.

As I leave my house,
My memories will drown.
How I feel towards this?
A big thumbs-down!

I guess I'll move on
And adjust to the change.
Even if it is,
A little bit strange.

I see a mountain
As big as Everest,
And think to myself,
What about the rest?

Zoom! Goes our car!
As it snakes through a zillion turns.
My delicate stomach,
Begins to churn.

We've reached now
And settled in,
To the new house and town,
Where memories begin.

कोपिला फूलका चिहान



गीता सापकोटा
लरेनशभिल अमेरिका

मंगलबारको दिन
भयो पाकिस्तानको दुर्दिन
चिहानमा फूल चढाएको त देखेको थियो
यहाँ त कोपिला फूल नै चिहान गए
मानवताहिन क्रूरताको पराकाषठा
वर्वर, हिंसक पासविक
तालिबान गद्दार, हृदयहीन
पशुले त भोक मेट्न हत्या गर्छ
डाक्टर रोग मेट्न छुरी चलाउछ
यसले गर्यो सबै उल्लघन
सबै हृदपार गरेर भयो शैतान त्यहा
सैर्यो कोपिला फूल बन्यो एक चिहान

कति सम्झना लास भए
कति विश्वास निरास भए
आँखाका तारा झरेर गए
मनका उज्याला बिनास भए

सबै चकनाचुर माटोमा मिलायो
सुवाश छरेर धर्ति मगमगाउथेयो होला
उज्यलो पारेर आकाश झिलमाउथेयो होला
आमाका आसूका भेल बगायो
बाबाका सपनामा उठेल लाग्यो
सखाप सर्बस बिनास लास बनायो

जनआव्हान



गोमा पराजुली
साउथ क्यारोलिना, कोलम्बिया

गर्दनौ किन कार्य शासक बनी के भन्छ यो खेलले
तर्सिन्छन् निज भाव मौलिक कला पाखण्डको भेषले
भर्दैनौ किन राष्ट्र उन्नति हुने सद्भावना सुन्दर
नेपाली जन देवतासरि बनी नेपाल होस् मन्दिर।

मेरो मन्दिर यो म गर्छु यसको संभार संरक्षण
चोखो भाव म गर्छु अर्पण सदा पग्लिन्छु म तत्क्षण
यस्तै भाव भरी समस्त जन हो आओ चलाओ हलो
हाँस्ने कार्य गरौं प्रसन्न मनले डाँडा र भाटा बलो।

आऊ फाल्न् जुटौं सुशिक्षित बनी हाम्रो पछाँटे पना
गर्नेछन् अनि उच्च ज्ञान बलले अन्योलको सामना
मेरो देश म फुल्नु पर्दछ सधैं यै देशको काखमा
मेरो शक्ति समुन्नति बनिरहोस् सन्तानका साथमा।

बाँचाँला जब आत्मनिर्भर भई आफ्नै गरामा पुगी
फुल्नेछन् अनि सृष्टि सुन्दर कला आफ्नै धरामा बुगी
हाम्रा यौवनको सुगन्ध बटुली चल्नेछ हावाहुरी
घन्केला अनि व्योम गुन्जिने गरी निर्माणको बाँसुरी।

Bicol Clinic Foundation and Their Mission to Support Nepal, the Philippines and Haiti

Bimal Nepal

Executive Vice President, NASeA

Please join me in saluting the Bicol Clinic Foundation (BCF) who has been providing medical care to impoverished areas on a small scale (one village at a time), forming a long-lasting, personal relationship with both the patients and the local authorities. They don't save lives, they aspire to change them.



The BCF Foundation provides excellent care to all their patients, while at the same time offers a hands-on experience and training often unattainable in the U.S. for our volunteers. With the help of generous contribution from donors, they are able to fund teams of medical students, doctors and nurses to participate in clinic rotations in the Philippines, Nepal and Haiti. The BCF Foundation needs our assistance and donations to keep these extraordinary efforts alive. The clinic is run entirely by the goodwill of its supporters.

To keep BCF mission running, on March 8, 2015, the foundation organized a Annual fundraising luncheon at Royal Fiesta, restaurant in Deerfield Beach, FL. For the first time Nepali community leaders were also officially invited. During this event, the United FNA-FANS President Bikash Devkota led Nepali community along with Bimal Nepal, Krishna Shrestha, Dhan Thapa, Krishna B. Pokhrel, Hari Om Pradhan, Ram Thapa, Dev Rai, Chetan Neupane and Binita Devkota. During this occasion, Binita Devkota performed a Nepali folk dance Yo Nepali Shir Uchali... and Devi Rai spellbound the audience while playing flute in the same song.

During this luncheon United FNA-FANS President Bikash Devkota generously donated \$303 collected from United FNA-FANS, INLS Florida-Chapter and NCCO, Florida as a token of

support to the President/Co-Founder of BCF Dr. Mitchell Schuster. On behalf of Nepalese in Florida and President Devkota, I took this moment to salute BCF for their outstanding task in extending helping hands to our beloved motherland Nepal. On behalf of BCF, Dr. Schuster thanked our community in participating and contributing to their mission and expressed that this relationship will flourish. There were more than sixty invites and among them there were good hearted donors who generously donated to keep the BCF mission rolling. This event was well coordinated and cultural presentation from Filipino and Haiti and Nepal touched everyone's heart. Please click the link captured by photo journalist Dhan Thapa to get the glimpse of the event. [http://dhanphotos.com/phpAlbum/index.php/THE-](http://dhanphotos.com/phpAlbum/index.php/THE-BICOL-CLINIC-FOUNDATION)

[BICOL-CLINIC-FOUNDATION](http://dhanphotos.com/phpAlbum/index.php/THE-BICOL-CLINIC-FOUNDATION) .BCF Foundation helping hands to learn and contribute please visit <http://bicolclinic.org/index.php>

Mission Philippines: <http://bicolclinic.org/mission-philippines.php>

Every summer, we gather a team of U.S. medical students, physicians, surgeons, nurses and Nepalese doctors to provide a month long free clinic. On average, we treat around 2,000 patients each trip, the majority being women and children.



Mission Haiti: <http://bicolclinic.org/mission-haiti.php>

Throughout the year, we coordinate small medical groups in Haiti that provide free medical attention in the country's "tent

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डा. गोविन्द केसीको अनसनले दिएका सन्देशहरु

मर्नुभन्दा अगाडी अरुले सम्झने किसिमको पद-चिन्ह कसरी छोड्न सकिन्छ भन्ने प्रश्न गर्दा एक जना गुरुले मलाई भन्नुभएको थियो "पद-चिन्ह त हिलोमा हिंड्नेहरुले छोड्छन् । पद-चिन्ह होइन 'सुवास' छोड्नु पर्छ ता कि यसको वासना टाढा-टाढा अनन्त सम्म फैलियोस् ।" डा. गोविन्द केसीको अनसनले आज तिनी गुरुको बाणी स्मरण गरायो । उनको अनसन र आत्मिक द्रिढताले त्यस्तो गहन प्रश्नको उत्तर दिएको छ, जुन आम मानिसमा स्खलित हुँदै गइरहेको सुबिचार, नैतिकता एवं आदर्श-भावनालाई ब्युताउँन खोजिरहेछ । उनी एक आदर्श बनेकाछन् धेरैको लागि, जुन आदर्श आजभोली दुर्लभ छ । प्रत्यक्ष रुपमा भन्ने हो भने उनको अनसनले ती द्रव्यलोलुपहरुलाई बलियो झापाड हानेको छ जसले आफ्नो कर्तव्यपरायणता, नैतिकता, नियम-कानून छल्दै पैसाको पछाडी दौडिरहेका थिए र छन् । केही अपवाद बाहेक नेपालका सत्तासिन ब्यक्तिहरु यतिसम्म गिरेका छन् कि उनीहरु आफ्नो अख्तियार दुरुपयोग गर्दै आफुले गर्नु (नगर्नु) पर्ने प्रतेक आधिकारिक कार्यको मोल-तोल पैसासँग गर्छन् । सात पुस्तालाई पुग्ने पैसा अनैतिक रुपमा जोडेर आफ्ना भावी सन्ततीहरुलाई अल्छी र अपाङ्ग बनाउन खोज्दैछन् ।

जब नेताहरुले प्रजातन्त्रलाई ठगी खाने भाँडो र राजनैतिक आदर्श बिनाको तन्त्र बनाई ब्यतिगत फाईदाको बारेमा मात्रै सोच्ने काम गर्छन्, तब जनतामा अन्योल ब्याप्त हुन्छ । प्रजातन्त्र, लोकतन्त्र, जनवाद वा अन्य कुनै "तन्त्र" आफैमा केही होइनन् । सबै खालका "तन्त्रहरु" मानिस बाट नै सन्चालित हुन्छन्, चाहे त्यो सोसल क्यापिटालिज्म होस् वा क्रोनी क्यापिटालिज्म, माओवाद, खाओवाद वा जनवाद, जे सुकै होस् । कुनै तन्त्र भन्दा पनि बढी महत्वपूर्ण त यसलाई हाँक्ने चालकहरुको संस्कार, अनुशासन, चरित्र, नैतिकता, आदर्श, प्रतिबद्धता र समझदारी जस्ता तत्वहरु हुन् जसको अभावमा डा. गोविन्द केसी जस्तो निःस्वार्थ, आदर्शवान र निष्ठावान ब्यक्तिले चार-चार पटक अनसन बसेर गरेको सम्झौता बदर वा निस्कृय भयो । मानिसहरुले हातमा अधिकार लिएपछी उनिहरुको बिबेकमा बिक्री लाग्यो भने देशमा बिभिन्न दुर्घटनाहरु हुन्छन्, जस्तो राजतन्त्रको अबसन, मेडिकल माफियाद्वारा प्रभावित सभासदहरुले गरेको 'सिग्नेचर क्याम्पेन' ले ल्याएको नेता र नेत्रित्वप्रति जनताको बित्रिष्णा एवं घिणाभाव र प्रधानमन्त्रीले डा. केसीसँग आफैले गरेको सम्झौताको उल्लङ्घन (र फेरी सच्याउने कार्य) । बिगतमा भएका परिघटनाको आधारमा ग्यारेन्टी दिएर भन्न सकिन्छ कि जब सम्म अनुशासनहीनता, भ्रष्टता, अनुत्तरदायित्व, दण्डहीनता आदीले प्रश्रय पाइरहन्छन् तब सम्म जस्तो सुकै संबिधान आओस् देशमा केही हुनेवाला छैन ।

मानिसको बाल हृदय सफा हुन्छ किनभने उसले वा उनले जीवनमा दाग लाग्ने बातावरण झेल्नु परेको हुँदैन । किशोर र युवावस्थामा प्रवेश गरेपछी मान्छेको मानसिक एवं शारीरिक जीवनमा उतार-चढावहरु आउन शुरु गर्छन् र यही अनुरूप उसको प्रब्रित्ती पनि परिवर्तन हुन्छ । फलतः मानिसले कस्तो जीवन बिताउने भन्ने सिद्धान्तको निर्माण एवं निर्णय गर्छ । यहाँ पैसा केवल एक भ्रमपूर्ण माध्यम बन्छ मान्छेलाई कस्तो मोड दिने भन्नेमा । यदी पैसा वास्तबिक कारक तत्व हुँदो हो त सिमित धन भएका डा. केसीले आफ्नो पैसा गरीबको हीतमा अर्पर जनताको मन जितेको उदाहरण हाम्रो सामु हुँदैनथ्यो, अनि धनी मानिस पनि कुलतमा



डा. बिद्याराज सुबेदी
वेस्ट पाल्म बीच, फ्लोरिडा

लागेर जीवन बर्बाद गरेका वास्तबिक कथाहरु सुन्नुपर्दैनथ्यो ।

मानिसले जीवनमा जुन बिषयलाई बढी महत्व दिएको हुन्छ, त्यो बिषयले उसलाई जीवन भर "ब्रेन वाश" गरेको हुन्छ । तर, हामीले जति सिमित बिषयहरु देखेकाछौं, त्यो मात्रै संसार होइन । मानिस जति देख्छ-भोग्छ त्यसलाई मात्रै मान्यता बनाउँदै त्यो भन्दा परमसुखको अनुसन्धानमा लाग्नुको सट्टा एक चिम्टी सुख-दुःख को वरिपरि घुमिरहनुलाई केवल उसको अल्प-बुद्धी मान्न सकिन्छ । यस्ता सुख-दुःख अतिनै क्षणिक हुन्छन् र मानिसले जति नै उच्च (राजनैतिक वा सामाजिक) ओहदा, सम्पत्ती आदी आर्जन गरे पनि आत्मिक (आन्तरिक) सुखको अनुभूति भने नगर्न सक्छ । जब सम्म आत्म-शुद्धी, निस्वार्थ र सर्वहीताय भावना र व्यवहार मानिसमा आउँदैन, तब सम्म उसले उठाएका मुद्दा वा दिएका सन्देशहरु आम रुपमा अनुमोदित हुँदैनन् वा विश्वास गरिदैन । डा. केसीलाई आम जनताले विश्वास गर्नुको कारण उनको सर्वहीताय चरित्र र आदर्श थियो ।

आज नेपालको संदर्भमा आफ्नो स्व-बिबेक र प्रतिभालाई राजनीतिरूपी भाईरसले आक्रमण गरेको अवस्था छ । आफु भित्रको वास्तबिक र पवित्र सोच, क्षमता, प्रतिभा, सुबिचार, बिबेक, सत्कर्म, अनुशासन, लगनशिलता, प्रतिबद्धता आदी यही भाईरस बाट संक्रमित भएका छन् । नेताका झोले तथा चम्चाहरुले सेतोलाई कालो र कालोलाई सेतो भनिरहेको स्थिति छ । यिनिहरुको आफु भित्र को "स्व" स्खलित हुँदै गैरहेको छ । नेता, कार्यकर्ता र भरोँटेहरुले ब्यक्तिगत स्वार्थसिद्धीको लागि आफ्ना घोषणापत्रबाट बितरिएर सर्वहीताय नभएका अराजनैतिक र असामाजिक एजेन्डाहरुलाई आफ्नो ठगी खाने मुद्दा बनाएका छन् । के यो पनि स्वाभिमानी र सार्थक जीवन हो ? आफु त बिग्रे बिग्रे, यही राजनीतिको भाईरसले स्वास्थ्य, शिक्षा, उद्योग-ब्यापार, पर्यटन र समाजका सबै क्षेत्रमा आक्रान्त बनाइरहेको छ । केही नेताहरु अपवाद होलान्, तर तिनिहरु ओझेलमा छन् । लोभी-पापीहरुको खाने दुनिया पनि अचम्मको छ । धेरै खानेहरुको बिनाश अवश्यभावी छ भन्ने सन्दर्भमा एउटा मननयोग्य कथन सम्झना आयो । एउटा झिंडा मिठाईको भाँडो वरिपरि बसेर गुलियो चुसिरहदा सम्म उ सन्तुष्ट हुन्छ । तर जब त्यही झिंडा बढी गुलियो खाने

लोभमा मिठाईको भाँडो भित्र रहेको गुलियो झोल भित्र पर्छ, तब त्यो त्यहीँ डुबेर मर्छ । त्यसै गरी नेपालमा फैलिएको द्रव्यपिचासीशैलीले पनि पैसाको पछी दौडिने भ्रष्ट ब्यक्तिको अन्ततः स्व-बिनाश गर्नेछ ।

बुद्धले आफ्नो गद्दी छोडेर किन बाहिर निस्कियो भन्ने प्रसंगमा भनेका थिए - "हामी आफ्नो घरमा आगो लागेको खण्डमा के गर्छौं ? सबभन्दा पहिला आँफु घरबाट बाहिर निस्कन्छौं । हो, मैले त्यही गरेँ ।" यसै गरी डा. केसीले पनि सबैत्र आगो लागेको मेडिकल क्षेत्रको अवस्थाबाट बिरक्तिपर आफ्ना दैनिक र नियमित कार्यहरु छोडेर अनसनमा बस्नुपरेको हो ।

समाजमा ज्ञानी र निःस्वार्थ विद्वानहरुले सबैहीताय सामाजिक नियम र सिद्धान्तहरु प्रतिपादन गर्न मार्ग निर्देशन गरेका हुन्छन् । यी नियम र सिद्धान्तहरुलाई राष्ट्र एवं समाज सन्चालन गर्ने कार्यकारी सरकारहरुले सबैहीतायको लागि कार्वान्वयन गराउँछन् । यिनै नियम र सिद्धान्तहरुको आधुनिक रुप राष्ट्रको बिधान र कानुनहरु हुन्, जुन सम्पूर्ण जनताको सेवा र हीतमा लागू एवं कार्वान्वयन गरिन्छ किनभने यसका लागि नागरिकहरुले कर तिरेका हुन्छन् । देशका नियामक (रेगुलेटरी) संस्था र अदालतहरुले यस्ता कानुनहरु बिधि सम्मत लागू भएनभएको (वा अवलम्बन भएनभएको) सुपरिबेक्षण, मुल्याङ्कन गर्दै पुरस्कार-दण्ड सम्बन्धी सुझाव दिई सोही अनुसार 'ल इन्फोर्समेन्ट' गराउँछन् । तर, नियामक संस्था, अदालतहरु तथा 'ल इन्फोर्समेन्ट' जस्ता न्याय कार्वान्वयन गराउने संस्थाहरुनै भ्रष्ट देखिए भने देशका नागरिकहरुमा न्यायको अनुभुति नहुने भएकोले राष्ट्र असफल हुन्छ । अझ महत्वपूर्ण कुरा त के भने देशलाई दूरदृष्टी दिई संबर्दन गर्न कसम खाएका नेताहरुको नेत्रित्व सबैहीताय नभई संकुचित, ब्यक्तिगत, नातावाद, कार्यकर्तावाद, भरोँटेवाद हुनगयो भने राष्ट्र र जनताले ठुलो क्षति ब्यहोर्नुपर्ने हुन्छ । साथै, नेता-पार्टीलाई सल्लाह दिने, पार्टी-सम्बद्ध भएका र पार्टी वरिपरि घुम्ने बिद्वान एवं सल्लाहकारहरु मति भ्रष्ट भई सबैहीताय भन्दा नेतालाई रिझाएर आफ्नो ब्यक्तिगत स्वार्थ-सिद्ध गर्न तिर लागेभने देश दुर्घटना तिर बढ्छ । डा. केसी अनसन बस्नुपरेको मुख्य कारण पनि देशलाई यस्तै दुर्घटनाबाट जोगाउनको लागि हो, जुन ठीक समयमा भएको थियो । देशमा निष्ठा र आदर्शको खडेरी परिरहेको बेला तीन करोड जनताको स्वास्थ्यमा प्रभाव पर्ने गरी संचालित र सन्चालनमा ल्याउन थालिएका केही मेडिकल कलेजहरुको सम्बन्धन रद्द तथा यस्ता बिधी सम्मत नभएका सम्बन्धनको लागि चलखेल गर्ने भ्रष्ट नेता-कर्माचारीलाई कारबाहीको माग राखी गरिएको उनको अनसन सबैहीतायको प्रबल उदाहरण थियो । उनको सत्याग्रहको देखिने रुप दुराचार, भ्रष्टता र दण्डहीनता अन्त्य मागको लागि भए पनि अद्रिष्य र दूरगामी प्रभाव पार्ने आध्यात्मिक सन्देश चाहीँ एउटा आदर्शको पुनर्स्थापना हो जुन सत्य, न्याय, सदाचार, निष्ठा र सबैहीतायको पक्षमा उभिएको छ । हामी सबैले यस्ता साकारात्मक सन्देशहरुलाई तन, मन, र कर्मले अनुसरण गरी अगाडी बढ्यौं भने डा. केसीले फैलाएको 'सुबास' लाई ग्रहण गर्न सक्यौं भन्ने अनुभुति हुनेछ ।

(डा. सुबेदीको यस लेख संग सम्बन्धित अर्को लेख तलको लिन्कमा पढ्नुहोस् : <http://enepalese.com/2015/03/13468.html>)

continued from page 10 (Bicol)—

cities," which are the refuge for many of the 2010 Haitian earthquake victims. Our patients have lost everything and the process of rebuilding is stagnant. We also provide medical care and supplies to a local orphanage in Port au Prince.



Mission Nepal <http://bicolclinic.org/mission-nepal.php>

Each October, we send a small team of U.S. medical students, physicians, surgeons, and nurses to work with our Nepalese colleagues to provide free medical attention at various clinics, hospitals and orphanages.

President, Co-Founder of BCF and Director of Medicine Dr. Mitchell Schuster initially travelled to Nepal in 2002 with group called Helping Hands. Since then, he has forged a strong relationship with his Nepali colleagues, resulting in annual free medical clinics in Nepal as well as recruitment of Nepali doctors for their clinics in the Philippines.

Although one of the most beautiful nations, Nepal is also one of the world's poorest. BCF has established itself as a clinic offering first-world care to those who need it most. Our patients walk for miles up mountain paths to reach their clinic. In addition to providing free medical care in Bandipur and other areas of Nepal, they have built a special relationship with Nepali orphanage. They hope to raise more funds in the future specifically for the orphanage. Our goals are to give these children a chance of education, improved living conditions and good health.

Here please allow me to acknowledge our special gratitude to Dr. Khadga Limbu, Dr. Mitchell Schuster, Ms. Norma Rossner, Ms. Jessica Schuster who introduced Nepali community to BCF and we will support this mission.

Finally, I request you all to spread the news and let us bring more donors Nepali and Non Nepali donors to support BCF mission. We all were proud to attend this event and together this is a perfect way to go above and beyond helping the organizations who are extending helping hands to Nepal.

अनेसास फ्लोरिडा च्याप्टरको पाचौं माहाअधिवेशन

चूडामणि खनाल
मायामी, फ्लोरिडा

अन्तर्राष्ट्रिय नेपाली साहित्य समाज (अनेसास) फ्लोरिडा च्याप्टरको पाचौं माहाअधिवेशन मार्च १, २०१५ आइतबार अमेरिकाको फ्लोरिडा राज्यको ओर्ल्याण्डो शहरमा सम्पन्न भयो । उक्त अधिवेशन च्याप्टरका तत्कालीन अध्यक्ष चूडामणि खनालको सभापतित्वमा सम्पन्न भएको थियो । ओर्ल्याण्डो पाठशालाका बिद्यार्थीहरु, गुरुआमा आरति राई, अमिता देवकोटा, गुरुबा देव राई तथा अन्य अभिभावकज्यूहरुबाट

कार्यकारी सदस्यहरु- डा. राजेन्द्र पौडेल, तुलसी आचार्य, सुनिता श्रेष्ठ, चेतन न्यौपाने, निशा बराल र स्पन्दन मिश्र

नव निर्वाचित च्याप्टर अध्यक्ष श्रीमती मीना शाक्य प्रधानलाई निवर्तमान अध्यक्ष चूडामणि खनालले अनेसास फ्लोरिडा च्याप्टरको स्वर्णीलीपी सरस्वति मुर्तिको प्रतिमा हस्तान्तरण गर्दै वहाको कार्यकालको सफलताको कामना गर्नु भयो।



नेपाली राष्ट्रिय गीत तथा बसुरिको धुन प्रस्तुत गरिएको थियो। डा. चेबन आचार्यले कविशिरोमणि लेखनाथ पौडेलको जीवनीको चर्चा गर्नु भएको थियो।

नेपाली कला, संस्कृति, भाषा र साहित्यको जगेर्ना गर्दै आएको सो संस्थाको आगामी दुई बर्षकालागि नव निर्वाचित कार्यसमिति पदाधिकारीहरुलाई निर्वाचन आयुक्त बिमल नेपाल तथा आयुक्त कृष्ण श्रेष्ठ द्वारा पद तथा गोपनीयताको सपथ गराउनु भएको थियो। ।

आगामी २०१५-१६ को लागि नयाँ कार्यसमितीमा निर्वाचित पदाधिकारीहरु --

अध्यक्ष – मीना शाक्य प्रधान
बरिष्ठ उपाध्यक्ष- अभिजा न्यौपाने
क्षेत्रिय उपाध्यक्षहरु
पूर्णमान श्रेष्ठ (ज्याक्सभिल)
जानुका ढुंगेल खनाल (ट्यम्पा)
डा. चेबन आचार्य (फोर्ट मायर्स)
डा. राजेन्द्र शाक्य (मायामी)
महासचिव-निजानन्द मल्ल
कोषाध्यक्ष- बिना सुब्बा पाण्डे



च्याप्टरका निवर्तमान अध्यक्ष चूडामणि खनालले आफ्नो कार्यकालमा भएका संस्थाका गतिविधि तथा उपलब्धिबारे मन्तव्य व्यक्त गर्दै आफु निर्वाचित भएको बेला गरेका घोसणा बमोजिम अनेसासको वार्षिक कार्यक्रम अनुरूप सम्पूर्ण कार्यक्रमहरु सुचारु रूपले सम्पन्न गर्नुका साथै सन् २०१३ देखि बुद्ध जयन्तिलाई बुद्ध सम्बन्धि निवन्ध प्रतियोगिता संगै अनेसास फ्लोरिडा च्याप्टरले आफ्नो वार्षिक कार्यक्रमको तालिकामा थप गरेको प्रस्ट पार्नु भयो। सोहि अवसरमा निवर्तमान अध्यक्षले आफ्नो कार्यकालका अन्य पदाधिकारीलाई सम्मानपत्र

वितरण गर्नुभएको थियो भने नवनिर्वाचित सभापति मीना शाक्यले संस्थाले भाषा साहित्यलाई प्रवर्द्धन गर्दै अगाडि जाने विचार व्यक्त गर्नुभयो।

कार्यक्रमके अवसरमा नवनिर्वाचित महासचिव निजानन्द मल्लले विदेशी भुमिमा नेपाली कला, संस्कृति, भाषा साहित्यको महत्त्वमाथि प्रकाश पार्नुभएको थियो। कार्यक्रममा जानुका खनालले अनेसास केन्द्रिय सभापति पदम

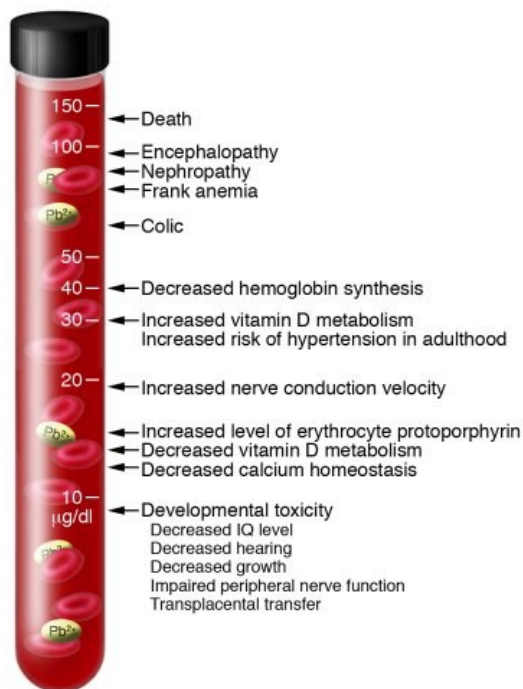
—continued to page 15 (अनेसास)

Beware of Poisonous Lead in Ayurvedic Drugs

The companies that produce and distribute Ayurvedic drugs tend to put lead on several of them as essential component. And Lead is poisonous substance that has serious harmful effect on body and is fatal in higher doses.

Lead has been known as a poisonous metal for over a century. It is a malleable metal that can easily be crushed into fine powder. Several formulations of ayurvedic drugs have been found to have contain lead. There are two broad categories of ayurvedic drugs. One is based on herbs and the other metal and minerals. The latter is known as *Rasa Shastra* in which metals and minerals (known as *bhasmas*) are added to herbs. These metals include lead, gold and silver among other.

The manufacturers of Ayurvedic drug mistakenly believe that the heavy metal such as lead has beneficial effect on human body. In fact there is no organ or system in the body that is not harmed by the exposure of lead. Notably, it damage growing brain, nerves, kidney, lungs and reproductive system. A pregnant woman exposed with lead has adverse effect on the development of various organ systems of baby and it increases the risk of premature birth



and miscarriages.

Few years back the public health agency in New York reported six cases of pregnant women with high level lead in their blood. All six of them were from South Asia and all were taking Ayurvedic drugs for purposes like help their skin, pregnancy or the growing child inside them.

The New York public health agency made an investigation and



Dr. Sanjeeb Sabkota
Atlanta, GA

found different ayurvedic drugs containing lead. Some names of these lead-laden ayurvedic drugs are *Swarna Yukt*, *Garbha Dharak Yog Jambrulin*, *Kankayan Bati (Gulma)*, *Lakshnivilash Ras (Nardiya)*, *Laxman Louha*, *Garbhapal Ras*, *Maha Sudarshhan*, *Ma-hashakti Rasayan*, *Mahayogaraj Guggulu* (enriched with silver), *Pregnita*, *Sorin*, *Pigmento*, *Vasant Kusumar Ras* (with Gold and pearl), *Vatvidhwansan Ras*. The manufacturers of these product include Baidhyanath, Vyas and Dabur and among others.

Lead is measured by analyzing its content in blood. No amount of lead in human blood is safe. It damages the growing brain of children and a long exposure could make them mentally retarded.

Blood lead level unto 10 microgram per deciliter slows children mental growth, reduces their IQ, diminishes their hearing abilities; from 10 to 20 microgram per deciliter causes decrease velocity of nerve conduction and affects vitamin D production, from 21 to 50 causes decreased blood cell production, decreased hemoglobin synthesis, from 50 and up it causes severe severe abdominal pain, damage of kidney, and damage of brain tissue; and level above 100 could potentially kill a person.

People with renders child have defect on his cognitive, mental and behavioral activities, an amount of 20-40 ug/dL causes decreased nerve toxicity, decreased hemoglobin production, an amount of 40 and above cause severe abdominal pain etc and an amount of 50-100 cause damage of kidney,. BLL amount of 100 and over could potentially cause death.

Children and adults with blood lead level of 40 or more microgram per deciliter is a medical emergency and they should immediately receive therapy to flush lead out of body.

Though not all Ayurvedic products has lead on them, many do. The above cases of lead poisoning with ayurvedic products in pregnant woman is only the tip of the iceberg. There are millions who use ayurvedic products.

Lead damages the growing brain of children, and long-term exposure to it could leave them retarded. A higher dose of lead exposure is fatal. But for those industries that manufacture paints, cosmetics,



candies or that process gasoline, lead is too good a component of their final product to discard.

Lead provides a shiny finish when mixed with paint, and the paint industry does not want to discard it easily, no matter how poisonous it is. Similarly, for producers of cosmetics—lipstick and mascara (kajal) in particular—lead provides an attractive look to their products. In the case of petroleum, lead provides a high-octane performance.

Lead in Ayurvedic products, the manufacturers believe, provide the enrichment of the drug. Sadly, it is like adding poison to these ayurvedic products.

The most abundant source of lead exposure to children is via paints that has lead on them. Lead in indoor paints has been banned in most of the countries. It Australia and several western Europe, it was banned in early part of 20th century. In the United States it was banned not until 1978. Children living in houses built prior to 1978 are potentially exposed to lead. There are hundreds of thousands of children in the US who live in the houses built of 1978, and they are potentially exposed to lead.

Dr. Mary Jean Brown, the chief of CDC's lead poisoning prevention branch, has said in one article that consuming home remedies and home medicine that contains lead is more dangerous than other source of lead such as paints.

The government should set up an investigation team to analyze all the Ayurvedic medicine in circulation and examine the lead content on them. Next, it should warn the public about which products are lead-laden and which are not.

A strong public health announcement by local, regional and central health department about the products that contain lead warn them about their adverse effect.

continued from page 13 (अनेसास)—

विश्वकर्मा, च्याप्टरका सस्थापक अध्यक्ष सुन्दर जोशी, च्याप्टरका पूर्व अध्यक्ष डा. बिध्याराज सुबेदी, बोर्ड अफ ट्रस्टीज अध्यक्ष डा. श्याम कार्की, एसोसिएसन अफ नेपाली तराइयन इन अमेरिकाका अध्यक्ष डा. जय प्रकाश साहले प्रेशित गर्नुभएको शुभकामना मन्तव्य पढेर सुनाउनु भएको थियो। प्रमुख अतिथि श्री डिल्लीराज खनालले विभिन्न देश भ्रमणका अवसरमा आफुले गरेको अनुभवको सम्झना गर्दै बिदेशमा रहेका प्रवाशी नेपालीले नेपाली भाषा, साहित्य, संस्कृति तथा कलाको माया गर्नुका साथै त्यसको संरक्षण तथा सम्बर्धनकोलागि धेरै योगदान गरेको चर्चा गर्नु भयो।

सोहि अवसरमा त्रिवेणी साहित्य संगमको १६औं शृंखला कार्यक्रमको पनि आयोजना गरिएको थियो। कार्यक्रममा निजानन्द मल्ल, चूडामणि खनाल,



आरति राई तथा समुहले गीत प्रस्तुत गर्नुभएको थियो भने चवन आचार्य, हरिओम प्रधान, तुलसी आचार्य तथा मीना शाक्य लगायतका कवि कवियत्रीहरूले आ-आफ्नो कविता वाचन गर्नु भएको थियो। सहभागिहरूले कविता, मुक्तक, गित, संगितका माध्यमबाट उपस्थितहरूलाई मनोरञ्जन प्रदान गरिएको थियो ।

अनेसास फ्लोरिडा च्याप्टरले यस क्षेत्रमा नेपाली भाषा साहित्यको जगेर्ना गर्दै स्टेटका विभिन्न शहरमा नेपालीमुलका बालबालिकालाई नेपाली भाषा सिकाउने ध्येयले पाठशाला समेत सञ्चालन गर्दै आएको छ।

कार्यक्रम को अन्त्यमा स्थानिय महानुभावहरूबाट तयार पारिएको स्वादिस्ट रात्री भोज संगै कार्यक्रम बिसर्जन गरिएको थियो।

सो कार्यक्रम दुर्गा ढुंगानाले संचालन गर्नु भएको थियो। कार्यक्रमको बिस्तृत बिवरण फोटो पत्रकार धन थापा मगर (dhanphotos.com/) ले आफ्नो क्यामरामा कैद गर्नु भएको थियो।

<http://dhanphotos.com/phpAlbum/index.php/INLS-CHAPTER-FLORIDA-AGM-ORLANDO-2015>

Maoists and Mandate

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A. Maoists: The reason behind the failure of the 1st CA, possible failure of the 2nd CA, and the current show of strength by Maoists is their wrong interpretation of the '12 point agreements.' Maoists are saying that they are not bound by democratic norms, because their share of power comes from arms, not from ballots. Maoists interpret the agreement as the compromise 'between' democracy and communism, not 'within' democracy.

Maoists make it clear that their insurgency in 1996 is against democracy to impose communism. Since they could not militarily win out right, they were forced to compromise with democratic forces. The interim parliament had 20% unelected Maoists, along with 80% democratically elected parliamentarians. Thus, they claim the Nepalese political structure should reflect similar proportion between communism and democracy. And they are entitled to '20%' share in the governance and the new constitution beyond democratic norm.

They further maintain that their participation in the 2013 election is only tactical, and would not abide by it if it does not benefit them. They still demand their share (20%) as per the '12 points agreement.'

To impress their extra-democratic demand they are willing to destroy our nation by aligning with divisive forces and malign foreign forces; and use terror, at least its threat.

NC, UML and other democratic forces must form a battle line to defend democracy and impress upon Maoists in no uncertain terms:

The '12 points agreement' is about giving them safe landing from being a 'terror organization' to a 'peaceful' political party within democracy.

Today, only relevant people's mandate comes from the 2013 election.

The mandate is for peace, nationalism, prosperity, democracy and pride in our heritage. It also defines the 'Progressive direction.'

The mandate is also against 'Regressive direction', i.e. communism, divisive forces, ethnic frictions, and foreign ideological aggressions.

We have in place peaceful and democratic means for any political and social changes.

We will not tolerate terror, extortion, chanda atanka, Nepal banda, Chakka jam etc.

B. Mandate: In democracy, sovereign people decide through democratic election \ referendum. Any issue, especially important ones, must be peacefully discussed in public. Politicians must put their views, programs, pros and cons to the people. People must have opportunities to listen to different sides of the issue, evaluate and vote. Only such decisions constitute the 'Mandate.'

Any decision without the process does not have the mandate. Mere agreements between political parties, especially with undemocratic and unelected, do not constitute people's mandate. There must be clear people's input.

Any political decision without mandate is imposed, unconstitutional and treason. There is no mandate for 'Republicanism, Secularism and Federalism.' These issues were neither brought by people, nor politicians discussed in the public. They are foreign imposed issues.

1. गणतन्त्र, धर्म निरपेक्षता र संघीयता जनआन्दोलनका एजेन्डा थिएनन्

Annapurna Post, Jan. 7, 2015 www.annapurnapost.com/News.aspx/story/5782

2. Kamal Thapa at Constitution Assembly 2071-10-3 \ Jan. 25, 2015
www.youtube.com/watch?v=UIe6Bz-hMfY

3. मर्यादा नाघेर राजदूतको 'प्रेसक्रिप्शन' - सुरेन्द्र पौडेल

Nagarik, Feb. 9, 2015 www.nagariknews.com/feature-article/story/32812.html

In this critical junction in history, politicians, who swear by democracy but do not honor people's wish, will live in infamy.

4. आत्मनिर्णय कि आत्मविक्रय? शिव प्रकाश

Annapurna Post, Feb. 8, 2015 www.annapurnapost.com/News.aspx/story/7066

C. Referendum: It is democracy, let people decide. There must be peaceful discussions for public awareness and referendum for mandate on these core national issues. If not, they remain imposed, unconstitutional and unacceptable.

1. Democracy or Communism
2. Hindu rastra or Secular state
3. Parliamentary system or Mixed
4. United Nepal or Ethnic federal states

Life Insurance Offers Peace of Mind, Always

In any economy, protecting your personal assets can be a struggle. And in uncertain times, making the correct financial decisions is imperative to create a stable future for you and your family. When making these important decisions, you may find that the purchase of a whole life insurance policy is the best option for you.

When it comes to securing the future of your family, it is important to anticipate. Even if things are comfortable right now, you should realize the possibility of unforeseen events such as an economic downturn or untimely death. Purchasing whole life insurance can be an effective way to adequately secure you and your family's financial future and any life changes that may occur.

Invest in your loved ones

The primary purpose of life insurance is to protect your loved ones in the event of your death. With whole life insurance, your death benefit is guaranteed¹ provided premiums are paid. This product provides long-term protection for those you care about most.

Invest in your future

But whole life insurance is more than just death benefit protection. It also provides tax-deferred cash value that accumulates over time, regardless of the economy. In the event of both known and unknown expenses, it provides a readily available source of funds. And for the long run, it can supplement your retirement income.²

Any kind of financial strategy these days seems fraught with uncertainty, so it's important to consider what vehicles work best for your own circumstances. Life insurance can help you ensure that your family's financial future is protected while also providing an alternate source of funds for everyday needs or unforeseen



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events.

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¹Guarantees backed by the claim-paying ability of the issuer.

²Loans against your policy accrue interest and decrease the death benefit and cash value by the amount of the outstanding loan and interest; withdrawals reduce the available death benefit.

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The Shangri-La Editor

Nepalese Association in Southeast America (NASeA) was established in 1991. Its mission is to promote Nepalese culture and values in the USA, to advocate for human rights, freedom and peace and to serve fellow human beings throughout the world.

11th Annual NASeA/ANMA Joint Convention is being held in High Point, North Carolina from September 4 - 6, 2015.

We look forward to your support in making this convention a huge success!

-NASeA/ANMA Joint Convention Committee
2015

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Request to the readers:

Please give us your feedback to improve the quality of this quarterly publication as far as possible. We are sorry for being late this time for publication of this issue because of technical reasons. Please help us by sending your articles regularly at drpanthee@yahoo.com.