

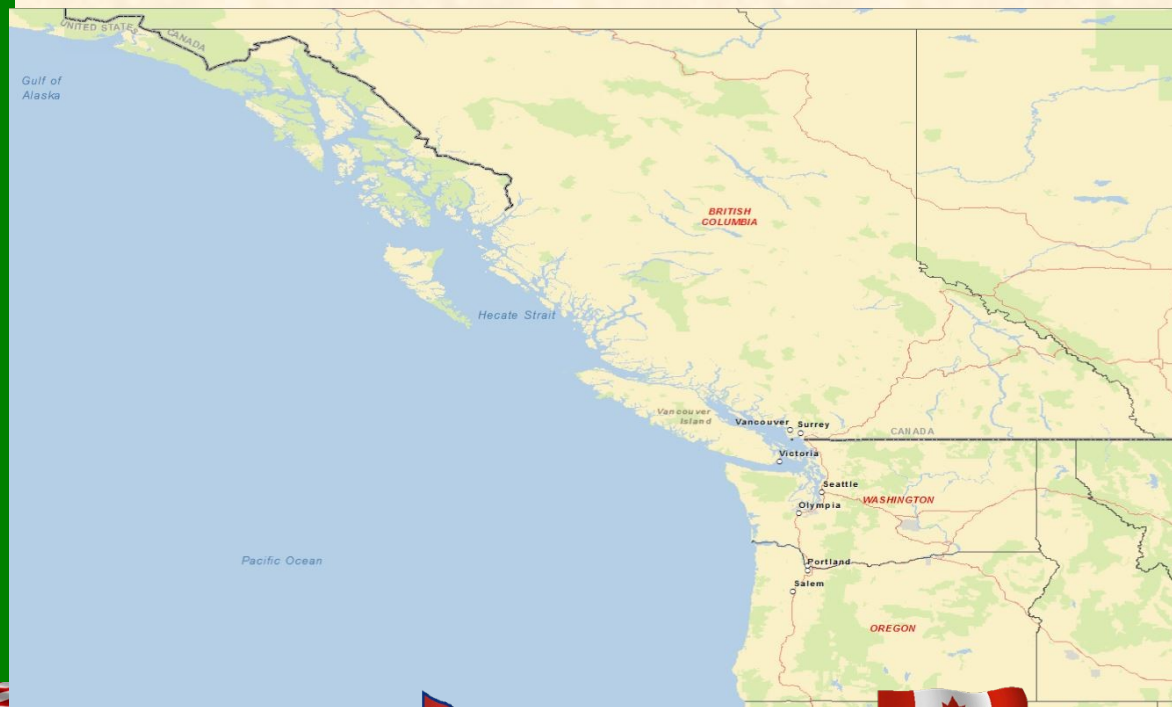
Jamghat

जमघट

September, 2022

Issue 7

An annual publication of Pacific Northwest Nepalese Community



Jamghat | जमघट

Editorial

Thank you for providing us the opportunity to collect, edit and bundle the information and articles together in this volume. Thank you all contributors for providing articles and information at very short notice. We have included all the articles collected within the short deadline.

Non of the articles have gone through the rigorous process of peer review.

All articles and literary creations are copyrighted to their respective authors and they reflect authors own view. The magazine team does not necessarily endorse the opinions so expressed. We, Jamghat organizing committee and editorial board are not responsible for any misleading information if any.

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(British Columbia, Canada)
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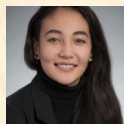
Coordinator:

Pratima Parajuli
(British Columbia, Canada)



Editors:

Shraddha Malla
(Washington, USA)
Laxman Darlamee
(Oregon, USA)



Welcome to BC

Nepal Cultural Society of BC (NCSBC) is hosting 2022 Annual Pacific Northwest Jamghat on September 3 at the Ambleside Park West Vancouver, BC. Nepal Cultural Society of British Columbia (NCSBC) is a community based organization of people of Nepali origin & friends of Nepal in BC, Canada.

NCSBC welcomes all the guests from Oregon, Washington, and our local guests from all around the British Columbia to this Picnic.

We appreciate your participation in all the activities and have fun. Welcome again, thank you and have a memorable fun !



Lower Joffre Lake, September-19, 2021, Photo by Matrika Prasad Koirala



Table of Contents

NCSBC Presidents' Message	4
NSS Presidents' Message	5
NAO Presidents' Message	6
Message from NCSBC Past President	7
Nepal Cultural Society of British Columbia Activities 2021-2022	8-10
Nepal Seattle Society Activities 2021-2022	11-14
Nepali Association of Oregon Activities 2021-2022	15-17
यो कुरै कुरा को कुरा सुनिता दवाडी	18
Changing Gender roles in Nepal Pritha Neupane	19-20
Lip Stick Lady Arya Dhakal	21
Going back to grad school for a mom after a long Interval! Sushila Sharma	22-23
An introduction of Hindu Buddhist Foundation of Canada (HBFC) Madhu Acharya	23
फेरिएको वसन्त (कविता) मोहन कृष्ण श्रेष्ठ	24
भेटे तिमिलाली (गीत) शोभा कान्त गौडेल	25
जीवन (कविता) लिला गुरुङ	25
अल्झिएका रहरहरु (कविता) अमृत बास्तोला	25
Why do we need combined Meditation, Yog and Pranayam ? Amod Koirala	26
मायाको संसार (कविता) सुरज रजितकार	27
गजल अकेला	27
An Introduction to Nepali Literary Society, Canada Dr. Matrika Prasad Koirala	28
परदेश (कविता) राजेन्द्र कार्की	29
Nepal Library Foundation Naresh Koirala	30-32
आमा, तिम्रो छोरो जरुर फर्किन्छ (कविता) Suraj Gautam	33
The Journey of HimSoc Vikas Lama	34
के देवकोटा जन्माउनु सम्भव छ ? कुसुम जवाली र प्रेम देवकोटा	35-37



Message From NCSBC President

Dear BC community members and friends from Washington and Oregon,

We have exciting time ahead. There is a change in the air and positive vibes. Leaving almost 3 years long isolation, lockdowns and stay at home orders in response to COVID -19 Pandemic behind, most of us are finally hopeful that the worst is over and it is now time to come together and have some fun, play and share our ups and downs.



NCSBC Executives

President
Kalyan Thapa

Vice President
Pratima Parajuli

General Secretary
Kumar K.C.

Treasurer
Shreya Subedi

Directors
Prabeen Joshi
Suraj Bartaula

No doubt the impact of the pandemic has been profound in all of us and how we will choose to move forward into the future. It is likely that the new work culture implemented as a result of the pandemic will continue to remain an important part of our work and personal life moving forward. Virtual meetings, working from home and online shopping are trends not likely to disappear. Some amount of hesitation, anxiety and nervousness may remain among us about organizing in person events. While it remains to be seen how these trends and others will continue to impact our communities and businesses, we will continue to look for the opportunities to integrate these changes into our lives and positively impact our communities. We will continue every effort to bring Nepali communities together.

It is my great honour to welcome you all in Vancouver, the beautiful city in British Columbia to participate in annual Pacific Northwest Jamghat 2022 and celebrate and cherish our relationships. Nepal Cultural Society of British Columbia (NCSBC) is extremely happy to host annual Pacific Northwest Jamghat after the two years gaps. In this occasion, I would like to sincerely thank Hindu Buddhist Foundation Canada (HBFC), Himalayan Soccer Club (HimSoc), Nepal Heritage Charity Foundation (NHCF), Nepali Canadian Women Society British Columbia (NCWSBC), Nepali Literary Society, Canada (NLS,Canada), and all the local business partners and donors for their contribution to organise this event. Organizing event like this is not possible without this synergistic effort from all the volunteers, donors and local organizations.

Once again I would like to welcome you all, specially our guests from Washington and Oregon to the Pacific Northwest Jamghat on September 3, 2022 in Ambleside Park in West Vancouver about 50 min drive from the Peace Arch Canada/US border. Last but not least, while you are here in beautiful British Columbia, some of the places you may want to fit in your schedule are; Whistler, Harrison Hot spring, Victoria and many more. I wish you all a wonderful long weekend trip to BC and energise yourself to get back to routine back home.

Sincerely,

Kalyan Thapa
President (2019 -2023), NCSBC
Address: 12351 WinRam Road, Surrey, V3V 3Y4
<http://www.ncsbc.org/>
<https://www.facebook.com/ncsbc.org>
<https://twitter.com/NCSBC>



Message from NSS President



NSS Executives

President

Dashrath Budathoki

Vice President

Saurav Kakshapati

General Secretary

Suraj Gautam

Treasurer

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Board of Directors

Buddhi Jung Kunwar

Kalpna Sharma

Durga Shrestha

Madhab Bhandari

Pramod Devkota

Tara Aryal

Maya Magarati

Madan Karki

Dear Friends of Pacific NW Jamghat,

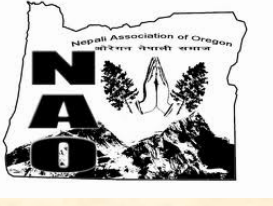
First and foremost, NSS would like to thank NCSBC for planning this event. We are appreciative of the volunteers' tremendous effort, endurance, and commitment to organizing this Jamghat.

We are thrilled and privileged to be present for this Jamghat. We have been cut off from one another because of COVID 19 for almost three years now. The practice of getting together, catching up with old friends, and making new ones at gatherings like this picnic, where we play games, engage in friendly competition, and eat delectable cuisine, has completely stopped. Up until now, we've taken use of this Jamghat as an opportunity to bring us together.

In order to preserve our rich cultural heritage and foster a strong relationship between the three states, we intend to pass down the Jamghat tradition to the next generation.

Finally, NSS would like to thank the visionaries who came up with this idea. Despite our geographical distance from one another, they have brought the three states together so that we can share our experiences and keep in touch. All of this would not be possible without these outstanding pioneers. I hope that this Jamghat would be observed as if it were our own special holiday.

With much love and sincerity,
President,
Dashrath Budathoki
NSS



NAO Executives

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Daya Shakya

Vice President

Laxman Darlami

Secretary

Ganga Sharma

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Message from NAO President

२०२२ नर्थ वेष्ट जमघटको अवसरमा ओरेगन समाजका अध्यक्ष दया शाक्यद्वारा संप्रेषित शुभकामना सन्देश !

कोरोनाको कहरबाट ग्रसित मानव समाजमा देखा परेको विषमता पार गर्दै हुन गईरहेको नर्थ वेष्ट नेपाली जमघट आज २० वर्ष पुरा गरेको शुभ घडीमा यस जमघटसंग सम्बन्धित सम्पूर्ण नेपाली दाजुभाइ तथा दिदी बहिनीहरूमा हार्दिक शुभकामना ब्यक्त गर्दछु । यस भेलाबाट अहिले सम्म पाएका उपलब्धिहरूको लेखाजोखा भविष्यका कर्णधार समाजसेवीहरूले गर्ने नै छन् । आजभन्दा २० वर्षअघि यो पहिलो शुरुवात क्यानाडाबाट नै शुभारम्भ भएको थियो । त्यति बेला ओरेगनबाट भाग लिने चार ब्यक्तित्वहरूको नमन गर्दै उनीहरूप्रति हार्दिक धन्यवाद दिन चाहन्छु- श्री हरि राणाभाट, लक्ष्मण दर्लामी, शुभ शाक्य, सुदीप शाक्य । शुभ र सुदीप पोर्टलैण्डदेखि टाढिए पनि हरि र लक्ष्मण हाल सम्म पोर्टलैण्ड निवासी नै भएर जीविकोपार्जन गरिरहेका छन् ।

यस जमघटबाट आपसमा मित्रता, सहभावना, हरेक क्षेत्रमा कायम रहोस्, जुन उद्देश्यले नयाँ शताब्दी (New Millennium) को शुभारम्भ भएको अवसरमा मनाईएको नव वर्ष समारोहमा राखिएको प्रस्तावको मूर्त रूप २००२ देखि आजसम्म निरन्तर चल्दै आएकोमा तीनै प्रदेशका नेपाली दाजुभाइ दिदी बहिनीहरू धन्यवादका पात्र हुन । यो जमघट सदा सर्वदा कायम रहोस् यही मेरो शुभकामना । यो २०२२ को पालो सम्हाल्ने क्यानाडा समूहलाई विशेष धन्यवाद दिन चाहन्छु । वहाँहरूको धैर्य धारणबाट कोरोनाको कहर पार गर्दै पुनः स्थापित गर्ने प्रयास गर्नु भएकोमा भित्री हृदयबाट आभार ब्यक्त गर्न चाहन्छु ।

भवदीय,

(दया शाक्य)

अध्यक्ष

ओरेगन नेपाली समाज

पोर्टलैण्ड ओरेगन

हाल- जन्मभूमि, नेपाल ।

२०२२ अगष्ट २३



Message From NCSBC Past President

Sheela Sainju Past President: (2017 to 2019)
Nepal Cultural Society of BC (NCSBC)

Namaste and Greetings to everyone,



‘No matter how tough things get, one will do better with a cheerful approach and cheerful people around.’

This typical formula was the key to success of Vancouver. Jamghat Program in 2017. Leadership implies to team effort and team spirit. It involves collective performance and collective responsibilities. During my tenure as President of NCSBC from 2017 to 2019 I got an opportunity to lead and learn leadership qualities.

The Pacific North West Jamghat Picnic in 2017 was probably one of the challenging projects of that year. I recall, in spite of the detail planning for the event, we faced some hardship. We realized, that the food and cutleries would not be enough, as the participation by the members was more than what we had estimated. Participation by the members probably increased due to the pleasant weather of that day. Thus, without wasting time we took immediate action and requested the Chef to look into the matter and take an action. Luckily, the Chef had prepared food at his home for another party for the following day hence we requested him to provide us the food to make up the shortfall. The Chef willingly agreed and brought the food from his home to our picnic. Also, some of the BOD Members drove five kilometers to buy cutleries to make up the shortage. All this we did with great seen less effort so that no one would notice it.

In spite of the difficulties, the event was a remarkable success as more than 300 Nepalese Community members participated showing their enthusiasm and solidarity. Men, Women, Youth and Children from Seattle (Washington USA), Portland (Oregon USA) & Victoria (Canada) performed and showcased their talent and hobbies through sports and cultural activities in our beautiful city Vancouver at Ambleside Park Marine Dr. West. As the host, our organizational goal was to create an atmosphere of unity and friendship at the event, which we were able to achieve.

Finally, all programs at the event ended at 8pm and everyone was preparing to go home. Feeling tired but happy, I took a long breath and remembered what my mother told me in my childhood “you are fortunate in being with people who believe in you and what you are trying to achieve. Your enthusiasm give energy to people in wanting to help by volunteering”. This memory filled my heart with sincere gratitude to all the people who worked hard and passionately to celebrate friendship and fellowship . I thanked everyone for their enthusiastic support and brilliant participation. I also thanked the Universe for giving me the opportunity to lead the event and conclude it in a colorful manner.

There is a saying “**leadership without challenges is like flowers without colors**”



Topi Divas and New Year 2021



NCSBC organized a 2 hour long New Year 2021 greetings program.

NCSBC also had a privilege to exchange greetings and share community updates with H.E. Mr. Bhriugu Dhungana, Nepali Ambassador to Canada.

Taste of Himalayas

Nepalese and Indian cuisine
7115 138 St # Unit 209,
Surrey, BC, V3W 7T9
Phone number:7785642010
Managing director:Bikal Tiwari
Cell: 60461795690

BC Nepali Nurses and Their Journey – March 6, 2021 – Virtual



NCSBC wanted to to establish a network among seasoned, newcomers and new graduate nurses, and be helpful to each other in navigating nursing profession in BC, Canada. The event was opened to all community members. Total 32 attendees both with nursing and non-nursing backgrounds. Attendees were able to talk about their career paths, struggles and benefits of the profession, and interested attendees were able to get their information directly from the sources.

Everest Erosion offers consulting, planning, and project management services for soil erosion and ecosystem repair and damage prevention. For a free consultation complete the contact form below or phone at: Kalyan Thapa Soil Bioengineering Specialist 1-604-803-8256





English Communication Classes in Nepal - Ongoing

NCSBC, HBFC, NLF, and CanED have joined hands with Dr. Parashar Malla and other volunteers to form a English Communication Classes in Nepal. This initiative aims to provide opportunity to the underprivileged children in Nepal to improve their communication English. Currently 3-4 schools in various parts of Nepal are participating in this initiative.

Momo N Wings

(Nepalese cuisine)

115-7322 King George Blvd,
Surrey, BC, Canada

11.30 A.M. to Midnight (Every day)

Ph. no. 604-503-1360

Website: momonwings.ca

Nepali Class – ongoing - Virtual

Nepali Class started virtually from January 11th , 2021. The goal is to continue Nepali language class throughout the academic year, if logistics and volunteers can be managed. Currently the class has 20 students form all age range (6-14). The Nepali book published by NRN has been used as a textbook.



Summer Picnic- June 2022

NCSBC hosted an all-day picnic gathering for the Nepali community of Lower Mainland, and Victoria. Located in Beer Creek Park in Surrey, the day-long event provided lunch, sports, entertainment. The event was free but encouraged voluntary donations from the attendees. Attendees were also encouraged to bring their own mugs, plates, and cutlery in hopes of being eco-friendlier.





Fusion Festival – July 23rd/24th 2022

Over the course of two days, NCSBC participated in organizing another successful year for the Fusion Festival's Nepalese tent. Collaborating with Kathmandu Grill and Bar. The team successfully sold authentic and popular memos and snacks to the festival attendees. Decorations were provided by various team members and volunteers. Many were aptly engaged with the posterboard cut outs inside the tent! Merchandise sold in Tent was provided by various vendors and looked after by volunteers and BOD members. The Nepalese performance was set on early morning of Saturday. The early start mostly brought the Nepali community for the showcase. With a time limit of half an hour, the performers beautifully showcased dances such as Kouda, Newari Dance and Tamang Selo. The other highlight of the performance was the band performance from our Nepali youth which created the engaging atmosphere of unity.






Nepal Seattle Society Activities 2021-2022

Projects:

- 1) NSS WA-DOH COVID-19 Communication and Organizational Stability Project (April- June 2022)
- 2) NSS WA-DOH COVID-19 Communication and Organizational Stability Project (June-March 2022)
- 3) CDC Foundation's Partnering for Vaccine Equity, "The NEYPVAL Project" (Year One) (June-April 2022)

CDC NEYPVAL PROJECT CORE TEAM

CDC NEYPVAL PROJECT CORE TEAM ADVISORS

		
LEEMA PRADHAN Program Manager	RACHIT RAJ SHRESTHA Communications Manager	SHRADDHA MALLA Public Health Officer
		
SHUBHECCHA SHAKYA Financial and Admin Assistant	SAGMA PRAJAPATI Data Analyst	SHIVA SHRESTHA Website Admin

		
DASHARATH BUDHATHOKI President Board of Directors, NSS	SAURAV KAKSHAPATI Vice President Board of Directors, NSS	DR. MAYA MAGARATI, PHD NSS Health Committee Board of Directors, NSS
		
DR. NITIN THAPA, ND NSS Health Committee Nepali Health Board	ROSHAN RAJ SHRESTHA NSS Health Committee Board of Directors, NSS	REECHA THAPA MAGAR Treasurer Board of Directors, NSS

4. DOH Project Spring Forward (April-June 2022)

5. CDC Foundation Partnership Project Year Two (June- June 2023) (In-Progress)

DOH PROJECT SPRING FORWARD CORE TEAM

PROJECT RECOGNITION

Palina Piya,
Program Manager
M.B.A, Project Management





<p>Sophia Kunwar, Communications Manager B.S. Global Trade, Logistic & Supply Chain Management</p> 	<p>Swornima Chitrakar, Community Gardening and Hiking Assistant B.B. Administration in Accounting</p> 
<p>Shraddha Malla, Nepali Health Board Assistant B.S. Public Health-Global Health</p> 	<p>Shubheccha Shakya, Financial and Administrative Assistant Bachelor of Cybersecurity and System Administration</p> 



Dozens of volunteers helped out at the community vaccination clinic for King County's South Asian communities held at the Gurudwara Singh Sabha in Renton on April 25. The team included registrars, interpreters, vaccinators, medical observers, and health navigators fluent in 14 languages, including Hindu, Urdu, Punjabi, Burmese, Bhutanese, and Nepali. More than 400 vaccines were delivered. (PHSKC/Ben Stocking)



King County's Public Health Blog
Published our Partnered Efforts



On the Fields, In the Skies and Over the Airwaves: Teaching Nepali Speakers about COVID-19

CDC Foundation Recognizes NSS as Local ChangeMakers

March 2022





1. Gurudwara Singh Sabha Vaccination Drive (April 2021)
2. Bothell Gurudwara Vaccination Mobile Clinic (May 2021, January 2022)
3. Gift Delivery of 2021 Graduating Students (June 2021)
4. NSS Youth Soccer Camp (June 2021)
5. Free Mo:Mo: Rewarding Young Adults for being Vaccinated (June 2021)
6. Jetty Island: Youth Committee Picnic (July 2021)
7. Nepal Embassy Consular Camp (August 2021)
8. Community Ambassadors Youth Meetup (September 2021)
9. Dashain Cup (September 2021)
10. Pacific Northwest Black Business Coalition: Fall Chili & Hot Cocoa Mixer (October 2021)
11. Columbia Basin College: Vaccination Event (December 2021)
12. Idris Mosque COVID-19 Vaccination Event (January 2022, February 2022)
13. Sanatan Dharm Mandir (March 2022)
14. Tech Literacy Event (March 2022)
15. NSS BCRC SEATTLE FC New Year Cup (March 2022)
16. Gardening 101 with Nil Tilija (May 2022)
17. Spring Yoga with Chandra Gurung (4 sessions) (May-June 2022)
18. Point Defiance Family Hiking in partnership with Nepal Seattle Hiking Community (May 2022)
19. Graduation Picnic Class of 2022 with Youth and Cultural Committee (June 2022)
20. Teneriffe Falls with Nepal Seattle Hiking Community (June 2022)
21. Organic Gardening Tour with Tilth Alliance (June 2022)

Soccer Events Were a Huge Success

<p>NSS Sports Committee Seattle FC Youth Soccer Camp June 2021</p> 	<p>NSS Seattle FC Annual Dashain Cup September 2021</p> 	<p>NSS BCRC Seattle FC Nepali New Year Cup April 2021</p> 
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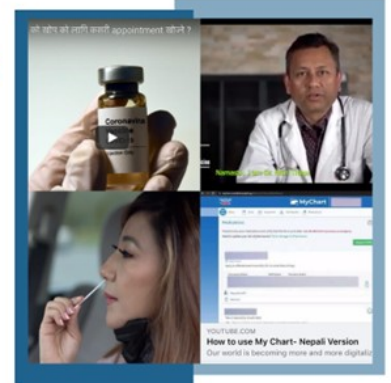
Nepal Seattle Society Activities 2021-2022 cont...

Videos:

1. Virtual New Year Celebration (April 2021)
2. How to Get COVID-19 Vaccine Appointment.
3. Vaccination PSA by Dr. Nitin Thapa
4. Corona Ka Kurakani
5. Kura Manasik Swasthya Ko
6. #Corona_Bhagau
7. HariTalika Teej
8. Dashain Celebration
 - a. Dashain Things
 - b. Animated Dashain Video
 - c. Dr. Arjun Adhikari PSA
 - d. Community Celebration Montage
9. Tihar Celebration
 - a. Youth & Cultural Committee Dance
 - b. Youth & Cultural Committee Celebrating Tihar Things
10. At Home COVID Testing in Nepali
- How to Use Zoom and MyChart in Nepali

Made Informative, Educational Videos

- How to Get a COVID-19 Vaccine Appointment in Nepali ft. Shubhu Shakya
- Get Vaccinated | Video Request By Dr. Nitin Thapa and Rachit Raj Shrestha
- How to use At-Home COVID-19 Testing Kits in Nepali ft. Reena Subba
- How to Use Zoom and My Chart ft. Samek Mulapati, Jyoti Lama and Shubhu Shakya



Fun Stuff:

1. COVID-19 Vaccination Raffle Contest
2. Mental Health Resource Webpage
3. Professional Development Committee Launch
4. Tasveer and NSS Collaborations.
5. Young Professional Program-Leadership Snohomish County
6. Monthly Newsletter Updates
7. Social Media Contest: Dashain Cup 2021
8. Launch of Podcast: Let's Talk #Kura
 - o Episode 1: Pramoj Adhikari, Nurse, Seattle FC
 - o Episode 2: Sav Shrestha, Nepal Rising
 - o Episode 3: Dr. Arjun Adhikari, Priest
 - o Episode 4: Jagadamba Adhikaree, MSW, Senior Social Worker
 - o Episode 5: Soniya Kunwar and Roshani Shiwakoti, Youth and Cultural Committee Leads
9. NSS Health Committee Advisory Board Formation
10. Christmas Celebration Article
11. Holiday Gifts Distribution to Volunteers
12. Organic Gardening in partnership with Tilth Alliance, Zoom Session

Virtual Celebrations Even During the Pandemic



Nepali New Year B.S. 2078



HariTalika Teej, 2021



Dashain, 2021

Advocacy:

1. Letter to Senators and House of Representatives for Relief Aid For Nepal with COVID-19.
2. Sharing of Petition From "The COVID Alliance for Nepal."
3. Sharing of Nepal Rising Organization's COVID Humanitarian Efforts.
4. Sharing of Binaytara Foundation's Annual Northwest Cancer Climb.
5. Vaccine Accessibility to People with Disabilities.
6. Mask Lagau Corona Bhagau Campaign
7. Myths Vs Facts. Campaign
8. Vaccine Update and COVID-19 Mandates Campaign
9. Get Your Flu Shot Campaign
10. COVID At-Home Testing Distribution
11. Supporting Nepali Health Board with KIOCH and KPals Fund Raising: Interaction with Dr. Bhagawan Koirala

Advocated for Nepal

- We wrote letters to 12 State Legislators and their aides
- Shared Petition from "The COVID Alliance For Nepal"
- Shared efforts from Nepal Rising on their humanitarian efforts
- Shared efforts from Binaytara Foundation to host Northwest Cancer Climb



We Worked Hard... But We Also Had FUN



June 2021 Graduation Gift Distribution

July 2021 Free Momo: Young and Vaccinated



June 2021 Vaccination Raffle Contest

September 2021 Community Youth Ambassador Meetup



Provided Resources to Our Community

- We collaborated with Ms. Kripa Upadhyay to provide FREE informational webinars regarding immigration reforms under the Biden Administration
 - o Included "Green Card" pathways for DACA and TPS holders
- We provided a virtual space for NRNA member interaction
- We shared resources like Unemployment Benefits
- We informed the community about Nepal Embassy Consular Services with:
 - o Mr. AC Sherpa Salaka (Honorary Consulate of Nepal) and Mr. Janak Singh (First Secretary of the Nepal Embassy)

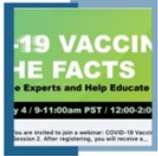




Nepal Seattle Society Activities 2021-2022 cont...

**Answered Questions With Webinars
When Vaccine Was Still Hard to Get**

We collaborated with Seattle and King County Public Health, the WA Department of Health, Health Professionals like Priti Mody-Pan, MPA, MA, Seema Abbasi, MD, Shraddha Kakshapati, Pharm D, RPh, Prakash Thapalia, MD, Maya Magarati, PhD.



1. NRNA Membership Interaction Program
2. COVID-19 Vaccine Rollouts
3. Kripa Upadhyay: Immigration Reforms
4. Vaccination TownHall and Q/A
5. COVID-19 Panel Discussions, Q/A
6. AC Sherpa, Mr. Janak Singh: Consulate Services.
7. Kura Manasik Swasthya Ko
8. Tasveer: Nepali Film Industry
9. COVID Ka KuraKani
10. Culturally Tailored Diabetes Dietary Education Among Nepali and Bhutanese Community with Pramoj Adhikari, DNP- FNP
11. Maternal and Child Nutrition with Nima Sherpa and Nepali Health Board
12. Hypertension with Dr. Seema Prasai, MBBS ECFMG and Nepali Health Board

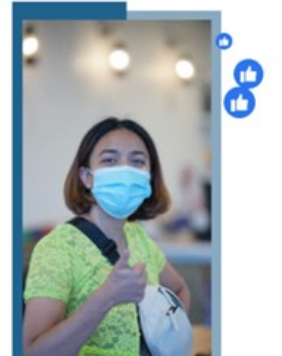
Coming Soon:

1. CDC Foundation Partnership Project Year Two (June- June 2023) (In-Progress): *Watch out for fun engaging activities from a newly hired team!*
2. Deusi-Bhailo and other festivities in-person celebration: *We notify them through social media*
3. New Board of Directors: *To be announced officially in October 2022.*
4. Soccer Events also notified via social media

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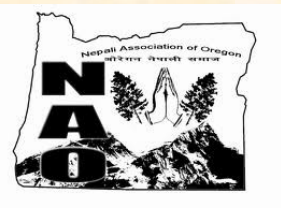
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Nepali Association of Oregon (NAO) Activities

Nepali Association of Oregon elected it's current Executive Committee in October 2021. With CoVID-19 eased NAO brought the community together with the following events and activities.

Education Projects:

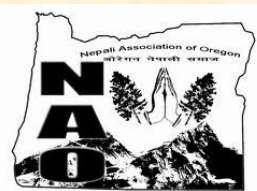
March 12th, 2022 NAO organized an online Education Seminar for High School students who are aiming to pursue college education after high school graduation. The purpose of this seminar was to bring awareness of the college application, college life, financial aid, time management etc on our high school students. NAO brought speakers to talk on this topics before the students and parents during the seminar. NAO had given \$20 gift card to each high school student participant as an incentive. It is an annual program of the NAO.



Prakriti Bhandari of Bal Mandir Madhyamik Vidyalaya, Simikot, Humla received \$100 NAO Nepal Scholarship 2021. She is 8th grade student and she will continue to receive the \$100 scholarship in grade 9th and 10th as well. NAO awards \$100 Nepal Scholarship every year to 15 students each 5 from grade 8th, 9th and 10th. NAO awarded 2021 \$1,000 High School Excellence Award to Ashna Rajbhandari for her outstanding academic achievement and notable community services. NAO has been awarding High School Excellence award since 2010 every for one college bound student from Nepali community in Oregon and SW Washington.



NAO past president and Education Program coordinator Bharat Banskota handed out a laptop to Kantibhairab Gurukul School in Gokarna, Kathmandu in January 2022 in order to support online classes to the students of that school under NAO Nepal school support program. NAO had received the laptop from our community friend Andrew Schaffer.



Nepali Association of Oregon (NAO) Activities cont.,,,

Picnic in a Park:

Oregon Nepali community was waiting for a community picnic for a while. After the COVID-19 restriction lifted, we celebrated a picnic on April 16h this year. It was a new year celebration event in the Cook Park in Tigard. This was a huge success with all the community members coming together.

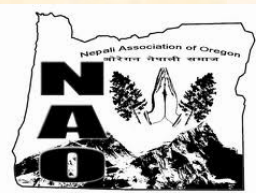


Fund Raising Event to support Children Hospital Project in Nepal:



NAO organized a huge fundraising event on May 21st 2022 in Portland in order to support Children Hospital Project in Nepal as the project is being led by a renowned surgeon Prof. Dr. Bhagawan Koirala. NAO was able to collect and send \$12,101 to the project due to huge support from our good community members.





Nepali Bhasha Pathshala in Portland

NAO is running summer Nepali Bhasha Pathshala for its community children. It started this program early July and will be running until end of August. Both NAO officials and parents are volunteering to make this event successful. Due to the online classes the students from far distance from Portland are also able to benefit from this class. The turnout of this event is very satisfactory. NAO is thinking to continuing this class if all factors support us timely and adequately.



NAO respect its' officials and community members who engaged in community works significantly:

NAO officials paid its respect to Manish Karn by organizing a small farewell event in Beaverton a day before Mr. Karn was moving out to Indiana from Oregon. Mr. Karn served NAO two terms as the treasurer.



Blood Donation Event:

NAO has been organizing blood donation event every year since 2018 as a part of celebrating Nepali Bikram Sambat new year event. This event could not happen in 2020 due to COVID-protocol. This year we organized the event on April 9th in Beaverton. NAO past president Bharat Banskota is leading this event from the beginning.



यो कुरैकुरा को कुरा

यो कुरैकुरा को कुरा...
यो कुरैकुरा को समाजको कुरा...
यस्ता कुरा, उस्ता कुरा,
यस्को कुरा, उस्को कुरा...
खालि कुरै गर्नका लागि गरिने कुरा
कुनै कुरै नभएपनि बन्ने आश्चर्य को कुरा
आफना जति लुकाएर,
अर्काको जति उडाउने कुरा...
आफ्नो आंगको भैंसी नदेख्ने,
अर्काको आंगको भुसुना देख्ने जस्तै जस्तै कुरा
कोही गछ्छन् बांगीएका अनी बटारिएका कुरा,
कोहि गछ्छन् होच्याउने र गिज्याउने कुरा
कुरा गर्दा कुरो बढ्ने,
कुरा नगर्दा कुरै भएन भन्ने कुरा
कहिले कुरै गर्दापनि,
अर्थको अनर्थ लाग्ने कुरा...
यो कुरैकुरा को कविता सुन्दा पनि सुन्नेले,
कठैबरा...
के भएर यस्तो कविता लेख्न परेछ हगि, भन्ने कुरा
कहिल्यै नसक्किने जन्जाल यो...
हामी सबैको तथ्य कुरा...
बेमतलबी अनी बेतुकी कुरा,
यस्तै हो,
कुरैकुराको कुरा...
यो कुरैकुरा को कुरा ॥



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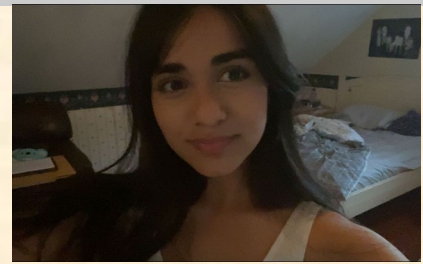
Contact person: **Suresh Shrestha**

Cell: 236-516-2636

सुनिता दवाडी



Pritha Neupane
pritha.neupane@gmail.com
Surrey
British Columbia



Changing Gender roles in Nepal

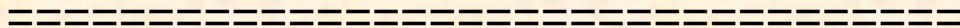
The ongoing discussion of gender roles and their influences on present-day society is known to be a controversial topic to most, especially in Nepal. Throughout history, acts of misogyny have plagued countless decisions and ruined considerable opportunities for so many women. Hinduism, Nepal's most common religion, has always taught to love and treasure our women, but from the way Nepali women have been treated, it seems to teach anything but. Speaking out about harmful stereotypes and expectations can be difficult to do as a female, but throughout the decades, the standards for femininity have slowly been changing and progressing from their original form.

Many factors triggered the change that brought on the new expectations which are placed on women now. Education is a tremendously large contribution to the change if not the largest. Since women have been allowed to learn and grow the same way men had, they've had the opportunity to understand the full extent of how confining and restrictive the attributes of the old gender roles were. Due to more women being educated, there are also more women in positions of power. With men being the sole providers of households for so long, women starting to also materially provide for their homes helped to shift the traditional expectations. In Nepal, it is now more common than ever for women to start working and help pay the bills, at this point it is expected that they also pay. The issue with the thought process though, is that while women work full time and are expected to pay their half, about ninety percent of the homemaking responsibilities are also placed on them. It seems like a step forward for women to be working and paying, which it is, but that leads to women working full time, while also being a full time housewife, and paying their half of the bills. They have double the expectations, and half the benefits. Albeit, not all changes in societal gender norms have a negative impact. Because of women starting to help with payments, they are allowed more jurisdiction on how their household money is used. Being able to make decisions about oneself and finances is a gigantic step towards liberation. In our society, money is power, money is fame. Back when men had full control over their money and their wives, there was nothing women could do to step up and help each other. One can't acquire power without financial freedom, and one can't acquire financial freedom without power, a terribly difficult cycle to break.



Albeit, not all changes in gender roles have a negative impact. In Nepal, the years before, when looking to marry, there has never been an appeal towards working women, everyone wanted a good housewife to take care of the kids. If the women did work, they were expected to quit their jobs after they got married. Now, many families hope to find a working woman for their sons, women who make money. Before, when it was unheard of for Nepali women to participate in making even small decisions, 32.73% of the Nepali parliament consists of women. Nepali women, who were previously so underestimated, now help with the choices that could change their whole country and everyone’s way of life. It is a beautiful thing, to see the years of oppression and discrimination finally being reversed.

Overall, it is shown that education, decision making power, and financial responsibility have had the biggest shifts and repercussions on women throughout the years. They have come such an incredibly long way to become liberated, and although some of these changes add extra weight on our women’s shoulders, progress is still progress. Society is finally beginning to view women as people, and not as a subculture of man. Femininity is starting to be celebrated and loved instead of looked down upon. Notwithstanding that there are ways to go, Nepal is prospering in looking past detrimental expectations and moving forward from past oppressive standards for women.

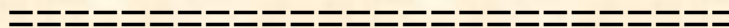


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Lipstick Lady

“Your plane is leaving soon. Go now. Quick!” my mom yelled as I took my luggage and ran to the airport bag checking area. “Alright, bye mom!” I ran. Mom smiled and yelled. “Have a safe trip!”, then afterwards walked away. I arrived inside the plane but as usual, finding my seat was always the hardest. I took a seat but only to find out that it wasn't my seat after all.



Arya Dhakal
Email: dhakalarya3@gmail.com
Grade: Nine

After what felt like months, I finally found my seat, this time for sure. As I took a seat, I saw a woman take the seat next to me. She looked mad and as if she had run away from home. Her appearance made me wonder what kind of person she is. Throughout the whole flight, we didn't talk to each other at all, only until at the end when we were getting off, the woman had announced I stole her favourite lipstick that apparently cost about \$56. “Look. I. did. Not. steal. Anything. Mrs.”, I explained. “Let me see your bag,” the woman said. “Let me look inside and see if my lipstick is there”. She looked inside my bag not finding any sort of lipstick. “See, I told you, there isn't any lipstick here” I responded. The lady then slips a lipstick into my bag, knowing I'm watching. “Check her bag for me! I can't deal with these types of people ugh!”. The lady whines at the flight attendant. I'm frustrated. I want to use my hands, but that would only make it worse. Ugh. This is annoying.

“Did you see that? she just placed it into my bag!”, I said to the flight attendant. “She placed it into your bag. I did not see that. Lady? Did you place it into her bag?” The flight attendant asked. “Why would you ask.” I spoke. I want to leave the plane so badly. I'm losing my mind. “No, I did not! she's lying! why would I place it into her bag” the lady says while side eyeing me. Two policemen walked in, reached for my hand, and said, “Madam, we're going to have to take you with us. You have been accused of stealing Ms. Roger's lipstick”. Oh God! What's wrong with my life? The lady looked at me and smiled. What an accusation!

I felt a pinch on my arm. I opened my eyes and there was a lady eye to eye with me. She looked exactly like the lady I just saw. The frustration I felt re-called me and I slapped the lady. I shook my head. It wasn't actually the lady from the plane. I've actually slapped my sister. “Are you insane?”. Oh no. Was it a dream?

Going back to grad school for a mom after a long Interval!

How am I going to make it work? We women have many jobs between our 20s and 30s. To marry in 20s, to complete school and start a promising career in mid 20s, to get children and raise them in the same age period! Doctors say, 20s to 30s is perfect for reproduction. Employers want young, experienced, smart employees for their company. How is it possible to be young, energetic, and experienced at the same time? Family gives us pressure to have children immediately after our marriage. After having a baby, to make them feel close to mom and considering the psychological well-being of a baby, naturally and emotionally we moms can't put our baby(s) aside. A few months or a year of maternity is not enough. It will take a decade to raise a kid. So, we women cannot choose one from the other: self or family, children or hobbies, and ambition or career. What do you prioritize?



I was married when I was twenty. That time, I was studying the first year of my undergraduate degree. I was one of the luckiest women who could study as much as I could even after marriage. We decided not to have a baby until I finish my masters. It was okay for us because we had only one goal of finishing a master's degree. After two to three years of my marriage, our family and relatives started to suspect our fertility. Their patience was over, and we had to have a baby. We barely become bold to tackle and fight with the stigmas and social pressure. In most of the cases, it's easier to accept things as it is than denying. I became pregnant in the second year of my master's degree. Despite many absences in the class, I had to prepare for the final exam. I became a mom during my thesis writing. I struggled a lot even to complete my thesis. Thank God, I was able to submit it, and secured first division in MA. Then, the 'pause' occurred in my academic career. After completing my masters, I wanted to upgrade my education. I wanted to join MPhil right away, and then PhD. But my husband wanted me to get a job. I got the job as his wish. While I was doing a job and raising my first baby daughter, I was happy, and did not think about having another baby! My husband wished for more. Another baby was born as his wish. He was happy because his wish was fulfilled. I was happy too just because I did not have to be pregnant anymore!

We desired for a better life in a better place. We were becoming more demanding with life. As a result, we both got ready to quit our rewarding jobs. We applied abroad. We were qualified, and Visas were granted. We all moved to Canada with the expectation of having a more prosperous life. The expectations did not turn out that good. It took us a few years to acclimatize to a new culture in new land. The cocktail of fear, anxiety, and struggle --all mixed up, and this made each of us a different person.

My wish did not go away. All my desires and wishes started to tease myself. My dreams did not let me sleep well. I talked with my dreams. They pushed me toward the horizon where I wanted to be, initially. I had yet to go to grad school.

I passed language exams in my second attempt. Then I searched for the programs that would suit my interest, and the program requirements. I was applying for grad school after more than a decade. My academic 'coma' became a problem. My CV was almost blank for the conferences and publications. It was hardly one full page. I pondered upon my CV with regrets. Same thing happened to my degree transcript. Securing the first division in MA was not easy. But that degree did not get recognised well in most of the Canadian universities. With the help of my professors, my first attempt at applying to a Canadian graduate school was done. But the applications did not turn out successful. At least, I knew the drawbacks in the first application.



The following year, with some insightful feedback, I made my applications stronger. I began to make writing a habit. I started writing a journal every day on different topics. I applied for more than ten programs. To secure an admission at any cost, I had to do so. The hardest part was finding professors to write reference letters on behalf of me to support my applications. As there was a decade of interval from my last school, I even had forgotten the names and courses of instructors. How can I make connections with my professors to make them believe that I am passionate to study? This question haunted me numerous times. Writing an SOP (statement of Purpose/Interest) is the most significant part of the application. Finding supervisors was another technical hurdle. Making alignments with the prospective supervisors, convincing them that I can do research under their supervision was also challenging. Despite all these, I was ready to go back to school. However, I kept on believing myself that I would get admission one day and fulfill my wish. Some people also believe that we don't need to go to university or college to learn. But I do still believe in academia where I would explore the world more and find the purpose of being a true human being and an accountable citizen for the countries where I have shared their resources. At grad school, I can be surrounded by leading thinkers in the field of my interest, and I want to make a difference in my family and community.

I was optimistic, positive, and enthusiastic to get an admission. I believed that 2021 would be an awesome year for me and my loved ones. I was also prepared for the estimated ups and downs when I will be studying. My number one goal and resolution for 2021 was going to a grad school of my choice. I wanted to prove to myself and other women that a mom and a wife can accomplish everything she wants in her life. Nothing can stop her from moving on.

I got admissions in three programs and chose the best amongst them. I am not teaching anybody by telling my personal story, nor am I boosting. I believe that moms can not only survive but also thrive at what they wish for. An immigrant mom does not need to end her career simply because she left her country and became a mom. It's clear that she must face the challenges. I too faced them. Challenges are everywhere and in everything! Remember, if you wish to go back to school for a graduate degree it is a challenging and rewarding adventure!

I have not yet told you what was baking inside the class for me! So, stay tuned!

From Sushila Sharma's Personal Diary
Vancouver, Canada
August 17th, 2022



Hindu Buddhist Foundation of Canada (HBFC)
Temple Address: 12351 WinRam Road, Surrey, V3V 3Y4



Hindu Buddhist Foundation of Canada (HBFC) was incorporated under the BC Society Act in 2016 and is registered with Canada Revenue Agency (CRA) as a charity under Income Tax Act. Since its inception, HBFC has been providing life ritual services such as Nwaran Pooja, Bratabandha, Ihi, Wedding, Antesty (last rites) as well as Ghar and Satya Narayan Pooja and cultural services to the community. It has also organized knowledge-sharing talk programs, training in yoga and meditation classes for a healthy and happy life. By providing these services, and direct fund raising, the foundation has been covering its costs as well as building reserves for creating infrastructures to meet growing needs of the community.

Ever since the first Nepali people arrived in BC, there has been a desire for a commonplace that showcases Nepali culture and heritage and serves as a place of gathering and worship. As the number of Nepali immigrants grew, enthusiasm multiplied, and the resolve became stronger. HBFC acquired a property in North Surrey in 2018 and established a temple on the upper floor of the building. The temple houses stone idol of Lord Shiva, a Shiva Linga and a metal statue of Lord Buddha. We also have statues of other deities. We have been using basement for various community meetings, gatherings, and activities. The current temple property has met short term needs of the community, but discussion and planning are underway to move forward with an aim to realize medium term and long-term goals and needs.

We are eager to welcome friends residing in Washington and Oregon states to the temple and look forward to your suggestions and support. If you require ritual services for life events such as Bratabandha, Ihi or Wedding please contact us, and we may be able assist you. Thank you!

Prepared by Madhu Acharya

*** फेरिएको वसन्त ***

ऋतुहरु
गृष्मको राप बनि आए
श्रावणको झरी बनि आए
वर्षाको भेल बनि आए
शरदको सितल बनि आए
चाडबाडको रौनक बनि आए
हेमन्तको सीत बनि आए
शिशिरको पतझर बनि आए
अनि वसन्तको वहार बनि आए।।
ऋतुहरु फेरिदै आए, फेरिदै गए
तर यी
दुई मनको मिलन विन्दु
फेरिएको ऋतुहरु बीच
समयले उछालिएको
पूर्णचन्द्रको ज्वारभाटामा पनि
हातमा हात समाती
काधमा काध मिलाइ
अबछिन्न तैरिएर
अनगिन्ती आरोह अवरोहहरु बीच
शान्त, स्थीर र नीडर
खडा भैरहे।।
यहा
वसन्त हरु धेरै आए
रमाएर आए, रमाएरै गए।
तर यो वसन्त भने
अलि बेग्लै
अलिक फरक नौलो आयाम सहित
अरु विशेष भएर आयो।
लालीगुरास र सुनगाभाका
पच्चिसौ थुगा फूलहरु
गमला भरी सजाएर



अनुहारभरी मुस्कानका
आभा बोकेर आयो।
मन भरी उमङ्गका
कोशेली बोकेर आयो
छातीभरि मायाको
रहर बोकेर आयो
आखाभरी चन्चल
चमक बोकेर आयो
नशालु ओठ भरी मायालु
प्रेम रस बोकेर आयो।।
यो वसन्त
फरक पहिरनमा
विगतका सबै यादहरुलाइ
दिमागको आखीझ्यालहरु
पङ्क्तिबद्धरूप एक माथी अर्को
चाङ्ग लगाइ
नियमित आगमन भन्दा
निकै विशेष
फेरिएर आयो।

मोहन कृष्ण श्रेष्ठ
सरे क्यनडा

भेटे तिमीलाई (गीत)

आधिखोले ढुंगे बगर हिंडे कति चोटी
 फेवा तालमा डुबुल्किं खोज्न हिरामोती
 न्याउली चरी बनैभरि रोइरहेको बेला
 खोजि खोजि हिंडे तिमीलाई गाम्बेसिको मेला।
 खोज्दै हिंडे देउरालीमा गुरासको धारी
 कहिले मादी कहिले आधि कहिले सेती पारि
 झुल्के घामलाई भुइँ कुहिले ढाके जस्तो गरि
 अलप हुन्छ्यौं नजर वाट तिमि घरि घरि।
 ढुङ्गो बरु टुसाउला टुसाइनौ तिमि
 मनभित्र के छ कुन्नि ? खुसाइनौ तिमि
 कस्ता दिनमा नजरले खाएछ नि धोका
 तिम्नो मेरो पिरतीको खुल्दैन कि ढोका ।
 बसन्तमा फक्रिएको मायालुको बान्की
 लुकिछिपी हेर्दै गर्ने अर्के माया छन कि ?
 चौतारी मा एकलै बसी टोलाईरहे हजुर
 क्षितिज पारि झलमल्ल घाम लागेका छन् कि ?

सपनीमा गित यौटा लेखे जस्तो लाग्यो
 तिम्लाई देखि मनमा यौटा रहर पो जाग्यो
 मेरी माया कता छ्यौं निरु विरहको ब्यथा
 जल्दै छ नि बल्दै छ नि मन त् मेरो यता।
 रक्तिम आभा गाला भरि लाली ओठ उस्तै।
 दन्त लहर दारिम जस्ता रुप रंग उस्तै।
 पक्कै पनि तिमिनै हौं सिम्पानी कि नानी
 बोलि उस्तै हासो उस्तै उस्तै आनी बानि
 शिबरात्रि कर्पूटारमा देखे जस्तो लाग्छ
 चैते दशैं बाग्लुङ्गमा भेटे जस्तो लाग्छ
 गलेस्वरको बजार घुमे केलादी को मेला
 बल्ल तल्ल भेटे तिम्लाई आज यति बेला



शोभा कान्त गौडेल

फलेवास पर्वत
 हाल भेनकुभर क्यानाडा

‘जीवन’

जनता भन्दा नेता धेरै,
 गर्ने भन्दा बोल्ने धेरै
 आमदानी भान्दा खर्च धेरै,
 जो जता सुकै मरून
 चाहिएको हाम्रो हैन
 केवल सबै मात्रै मेरै
 सज्जन भन्दा फटाहा धेरै,
 मिलाउने भन्दा भत्काउने धेरै
 इमान्दार कर्मचारी भन्दा
 भ्रष्टचारी धेरै,
 जसले जे सुकै गरुन
 चाहिएको हाम्रो हैन
 केवल सबै मात्रै मेरै

लिला गुरुङ

Dudhpokhari 3, Lamjung
 हाल (Seattle, USA)



विद्यार्थी भन्दा गुरु धेरै
 पढने भन्दा पढाउने धेरै
 सोझा भन्दा चतुर धेरै,
 जसले जे सुकै भनुन
 चाहिएको हाम्रो हैन
 केवल सबै मात्रै मेरै

अल्झिएका रहर

रहरका थुप्रै पोका बोकेर
 नयाँ जीवन खोजेको उ ।
 फूलै फूलको देखी संसार
 झलमल्ल शहर छिरेको उ ॥
 कयौं आफ्नाको साथ छोडेर
 भाग्य जोड्न हिडेको उ ।
 यादहरु बन्धकी राखेर
 खुशी किन्न हिडेको उ ॥
 घाम र पानी सबै सहेर
 हरेक दिन सपना देखेको उ ।
 नसुति कुनै प्रहर
 आधा जिन्दगी सकेको उ ॥
 आजकल, खै छैन उसको खबर
 भिडभाडमै पसेको छ उ ।
 सपना भन्दा यथार्थ महंगो बुझेर
 दौडधुपमै फसेको छ उ ॥
 दिनरात असंख्य ओहरदोहर
 रहरका फूलहरु कुल्चिदै छ उ ।
 सायद, रहर भन्दा जरुरत धेरै भएर
 जिम्मेवारीको गल्लीहरुमा अल्झिरहेछ उ ॥

अमृत बास्तोला

पोखरा, नेपाल
 हाल: ब्रिटिश कोलम्बिया, क्यानडा ।



Why Do We Need Combined Meditation, Yog and Pranayam ?

Long time ago, when Lord Ram was a king of Ayodhya, a lot of his people were suffering from disease and dying early. He was concerned about this and asked his Guru Bashishtha why this was happening. Guru Bashishtha replied that people were not taking care of three layers of their human body. According to Guru Bashishtha, the three layers are ; *Man Maya Kosh*, *Pran Maya Kosh*, and *Anna Maya Kosh*. Meditation takes care of *Man Maya Kosh*, *Pranayam* takes care of *Pran Maya Kosh* and Yogasans help to take care of *Anna Maya Kosh*.

For example, when we have fear about something in our mind, it affects the breathing (Pran) and if we let the thought of fear prolong that will affect our body resulting in some form of inflammation .

1. Meditation- restriction of the fluctuations of the mind

Why Meditation? Our mind is a machine of thoughts. Studies show that an average mind generates thousands and thousands of thoughts per day. Especially in the pandemic situation, the mind generates many more additional thoughts every day – one of those might be due to fear and anxiety, which impurifies our mind. The goal of meditation is to control our mind and purify our thoughts by focusing on a pure and permanent object.

According to Chapter 6, Verse 13 from Shreemad Bhagwat Geeta , the proper body posture to start meditation is to hold one's body ,neck and head in a straight line and stare steadily at the tip of the nose. This helps to maintain focus on an object and be in meditative mode for a longer period of time.

With regular practice of meditation, our focus becomes more concentrated. Meditation helps to cleanse our mind, intellect and body. It is considered as one of the best tools to balance our emotions and provide peace and calmness to our body. The best time to do meditation is early morning when there is less disturbance and more energy in the air.

How to start meditation? The more engaged we keep our five senses, the more focused we become. Guided meditation is a great starting point for someone who is a beginner as it helps to engage more senses to achieve the meditative state.

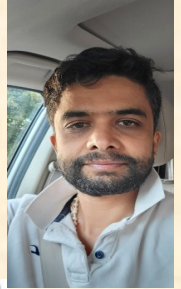
Pranayam- a bridge between the body and the mind

Pranayama is the practice of breath regulation. *Prana* is a life-giving energy. It is one of the major elements of the body and the bodily elements remain worthless without this. It is the *Prana* that gives motion to the bodily parts and everything that happens in the body is activated by *Prana*. Our thoughts, actions, diet, sleep, etc all have intense effects on our *Prana*. An irregular lifestyle depletes Pranic energy. The practice of Pranayama largely contributes in the expansion of *Pranic* energy.

When a person is agitated, his/her breath is fast, disturbed and shallow. When a person is calm, his/her breath is soft and undisturbed. This shows that our emotions control the quality of our breath. So, we can control our mind and emotions by controlling our breath. We often hear the phrase, "take a deep breath!" whenever we are upset over something.

Amod Koirala

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3. Yog- Not Yoga

The craze for Yoga has tremendously increased around the world and has become a big business. But the word "Yoga" does not exist in the Sanskrit language or other Vedic scriptures. The proper word is "Yog" which means "to unite". One of the Vedic scriptures (Garud Puran), describes the meaning of Yog, as the union of the individual soul into the supreme soul. At this juncture, I want to quote an important Verse preached by Lord Krishna to Arjuna in chapter 6 of Geeta " A Yogi is greater than the ascetic, greater than the empiricist and greater than the fruitive worker. Therefore, O Arjun, in all circumstances be a yogi."

Yogasans harmonize the body, mind and emotions. It brings different bodily parts into perfect coordination so that they work for the good of the whole body.

In conclusion, good habits (also called *Shreya* in Sanskrit) are initially difficult to get used to, but becomes very easy to live with it in future. On the other hand, bad habits (also called *Preya* in Sanskrit) are initially easy to get used to but very difficult to get rid of in future. Meditation, *Pranayam* and Yog fall into *Shreya* category that nourishes our mind, pranic energy and body parts. It is an individual's choice to pick *Shreya* or *Preya* in our daily life.



Suraj Ranjitkar
Seattle

मायाको संसार

तिमि, म अनि हाम्रो संसार
सपनाको संसार कदापी होइन यो
आफ्नो कर्म संगै,
एउटा निश्चित परिधिभित्र समेटिएको
नितान्त आफ्नत्व भरिएको संसार
हाम्रो मायाको संसार
जेलिन आउने हल्का दुस्खका झिल्काहरु,
आश्वासनका कृतिम पोकाहरु,
रहरलाई निमित्त्यान्न पार्न लालायित कठोर पलहरु,
आफन्त्वमा गाभिन आउने परचक्रिहरुका आरोपहरु,
प्रगति पथमा वाधा बनि तेर्सिन ती बिरोधका नाराहरु,
यात्रामा तेर्सिन आउने यी यावत अवरोधहरु,
अनि जिन्दगीको यात्रामा उभिन आउने यी क्रमहरु,
जुन क्रमशस् पन्छिदै जाने छ
गन्तब्य पछ्याउदै
निश्चित लक्ष्य बोकी लम्किएको यात्रा
यही मुटुको स्पन्दन स्तब्ध नभए
सम्म त हो जारी रहने
त्यसैले एउटा
आफ्नो पोल्टा भरि गुट्मुटिन आउने
मायाको परिधि भित्र समेटिन सक्ने
सबै अटाउने हाम्रो मायाको संसार ।



गजल

तिमी सुन्छौ भने, भन्छु म एउटा कुरा
सपना बुन्छौ भने, भन्छु म एउटा कुरा
मेरा कमि कमजोरी सबै छाडेर
मलाई स्विकार्छौ भने, भन्छु म एउटा कुरा
मान्छे त गुण र अवगुणले बनेको हुन्छ
मेरा अवगुणलाई तिम्मा गुणले भर्छौ भने, भन्छु म एउटा कुरा
म पिडामा भइ चिच्याई रहदा
तिम्रो हासोले मलम लाउछौ भने, भन्छु म एउटा कुरा
चिन्ता नगर रुन दिन्न म तिमीलाई कहिले
सदै हस्ने बाचा गर्छौ भने, भन्छु म एउटा कुरा
कहिलेकहीं म तिमीसग रिसाउदा
फकाउछौ भने, भन्छु म एउटा कुरा
तिमी सुन्छौ भने, भन्छु म एउटा कुरा
सपना बुन्छौ भने, भन्छु म एउटा कुरा
(अकेला)



Scan me to connect

कार्यकारणी समिति २०२१ -
२०२२अध्यक्ष- प्रेम देवकोटा
उपाध्यक्ष - अनिता गिरी
कोषाध्यक्ष - बीना श्रेष्ठ
महासचिव - डा मारिका प्रसाद
कोइराला

कार्यकारिणी समिति सदस्य-

बालकृष्ण सर्मा
डा मेघराज जवाली
रङ्गीता थपलिया
सुषमा प्रधान
बिरेन्द्र महर्जन
पुजन ढुंगेल कोइराला

सल्लाहाकार समिति-

डा अमर शैजु (टोरन्टो)
डा भिम प्रकास कट्टेल
(कोलोराडो)
मानकाजी 'ज्येना'
राजेन्द्र कार्की
कुसुम जवाली (क्याल्गरी)

संस्था परिचय

Registered Name : Nepali Literary Society,
Canada (Nepali Sahityk Samaj, Canada)नाम नेपालीमा: नेपाली लिटेररि सोसाइटी, क्यानाडा (नेपाली
साहित्यक समाज, क्यानडा)

Registration Date : २०२१ जुन १४ (BC Registry)

Registration Number : S0075032

सन् २००१ देखि क्यानाडाको भियाँकुवर ओरिपरि बसोबास गर्दै
आउनुभएको नेपालीहरूले विभिन्न श्रष्टाहरूको जन्मजयन्ती तथा
स्मर्ती दिवसको उपलक्ष्यमा विभिन्न साहित्यिक कार्यक्रम गर्दै
आएको छ। येस्ता कार्यक्रमहरू लाई नियमित गर्ने हेतुले २०२१ जून
१४ तारिखको दिन यो संस्था बिधिवत रुपमा BC registry मा
दर्ता भएको हो।

यो संस्था ले विधिवत दर्ता हुनु भन्दा पहिले देखिनै प्रतक्ष्य तथा
अनलाइन कार्यकर्म गर्दै आएको छ। अहिले यो संस्थाले हरेक
अंग्रेजी महिनाको दोश्रो शुक्रवार जूम मार्फत साहित्यिक कार्यकर्म गर्दै
आएको छ। एसका अतिरिक्त प्रतक्ष्य साहित्यिक कार्यक्रम पनि गर्दै
आएको छ।

हरेक अंग्रेजी महिनाको दोश्रो सुक्रबार	६.३०	बजे बेलुका	PST Time
हरेक अंग्रेजी महिनाको दोश्रो सुक्रबार	७.३०	बजे बेलुका	MDT Time
हरेक अंग्रेजी महिनाको दोश्रो सुक्रबार	८.३०	बजे बेलुका	CST Time
हरेक अंग्रेजी महिनाको दोश्रो सुक्रबार	९.३०	बजे बेलुका	EDT Time
हरेक अंग्रेजी महिनाको दोश्रो सुक्रबार	पछि को	सनिबार ७ .१५	बजे बिहान
NPT Time (नेपाली समय)			

Prepared by Dr. Matrika Prasad Koirala

परदेश

राजेन्द्र कार्की

रंगीन सपना सजाउन
परदेश पुगेको मान्छे
थाहै नपाइ सपनाभिन्न पुरिदो रहेछ
घण्टा र हप्ता गन्दा गन्दै
मेशिन बन्दो रहेछ
चलेको चलै गर्ने मेशिन
कहिल्यै बन्दै नहुने रहेछ ।

आशाको दियो बालेपछि
निम्न दिनपनि भएन
घरको सिकुवामा चोया काढ्दै
गरेका बाको आशा छ
माइलाले धितो खेत उकास्छ
भर्याङ मुनी जातो घुमाउदै
गरेकी आमाको आशा छ
माइलाले मेरा खुसीका दिन ल्याउछ
सरकारी स्कुलमा पढ्दै गरेका
भाइको आशा छ
दाइले बोडिङ स्कुल पढाउछ ।



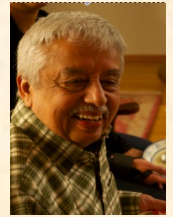
परदेशमा

जति सपना फूल्दो रहेछ
त्यो भन्दा धेरै त असुल्दो रहेछ
परदेश पर्खाल पारीको
हरियो घांस मात्र रहेछ
नसाले पुग्दा सुकिसक्दो रहेछ
हिरो होइन छिचिमिरो बनाएर परदेशले
सम्पति र जवानी मात्र होइन
पुरै जीवन धितो राख्दो रहेछ।
परदेश
नपुग्दा आशा रहेछ
पुगेपछि नसा रहेछ
ढुबेपछि दशा रहेछ
परदेश
आशा हो कि नसा?
नसाको हो कि दशा?



Nepal Library Foundation

Naresh Koirala



Introduction

Nepal does not have a national library policy. Most of Nepali schools and communities do not have a library except for a few established with the support of foreign and local charities. The Nepal Library Foundation, Canada (NLF, Canada) is one of such charities.

NLF, Canada was registered in Canada in 2005 and is dedicated to library development in Nepal. Its mission is to enhance educational opportunities, knowledge horizon and critical thinking skills of young Nepalis through the medium of libraries. For the last eight years NLF, Canada has been working with Nepal Library Foundation, Nepal (NLF, Nepal), a registered Nepali NGO and a sister organization of NLF, Canada. The collaboration has assisted over 230 libraries in Nepal.

The NLF Canada is located in Vancouver, Canada. The NLF Canada operates under the Charity laws of the Federal Government of Canada. All of its directors are volunteers.

NLF Nepal has a central office in Pepsi Cola village in Kathmandu. The members of NLF Nepal elect their directors every two years. All of its directors are volunteers. It has only one paid full-time staff, its General Secretary.

Accomplishments

NLF, Canada partnered with Open Learning Exchange, Nepal from 2009 to 2012 to start Nepal's first digital library, e-pustakalaya. The "e-pustakalaya" is an education-focused free and open digital library. It contains thousands of books, educational videos, audio-books, reference materials, and interactive learning software.

By the end of 2021, the NLF Canada and NLF, Nepal team (NLF) had assisted over 238 schools and communities throughout the country in library development. (see Table 1 and typical photos of NLF established libraries at the end of this article). NLF provides books and computers, installs digital libraries, establishes reading clubs, and provides library management training. It also monitors the use of a newly established library for a period of three years and advises the library steering committee on the library's performance improvement strategies. NLF believes its work to date has benefited over a million people.

In the year 2020, during the COVID lockdown, NLF Nepal started a home library program. This was reported extensively in community newspapers in Nepal and in "Pustakalaya Awaz", Nepal's only magazine dedicated to library development.

NLF's current program includes a campaign to establish libraries in Nepal's prisons. NLF strongly believes if prisons are to be a place not for retribution, but for training prisoners for rehabilitation in the society after their release, a library must be an essential part of the prison facilities.

To date NLF has established three Prison Libraries- in Udaipur; in Baglung and in Dolakha. NLF's goal is to establish a library in every district level prison. Prisons in Mygdi and Dang will soon be added to the list. NRNs have supported the campaign by raising funds (NRs. 600,000 for one library) to establish a library in their home district prison.



Operation

NLF’s work is financially supported by charitable donations from individuals and organizations. A large number of NRNs have financed libraries in their home villages.

NLF provides assistance to both school and community libraries. Anyone can request for assistance. The request can be for a school library or a community library. The decision to offer assistance follows a specific vetting process.

The NLF assesses the request based on the proponent’s credentials, the suitability of the physical infrastructure to house the library, the demography that will benefit from the library and the financial commitment from the proponent. Once this assessment is complete, it verifies the information on the ground.

If the request is found satisfactory, NLF assists. The assistance takes the form of training library owner’s team in library management, book binding, setting up a library steering committee, and a Reading Club. Once the library is up and running, NLF, Nepal monitors the use of the library for a period of three years and provides necessary technical assistance and advisory support.

Depending on the funding available, the library could be a conventional plus digital library, or either conventional or digital only.

Request for support

Current annual operating cost of NLF, Nepal is less than NRs. 1.5 million. This includes NRs. 540,000 for salaries and NRs. 480,000 for office rental and NRs. 100,000 miscellaneous expenses.

The funding support NLF receives from proponents of libraries does not include typically overhead expenses. This has caused significant operating difficulties. In the year 2021 NLF started a campaign to establish an endowment fund, large enough to cover the operating expenses.

NLF is requesting all NRNs to join in its campaign of a library in every village and for setting up an endowment fund that will pay for office rental of NLF, Nepal. NLF, Nepal account is subject to independent auditing every year.

Mr. Naresh Koirala, President, NLF Canada and Mr. Dhan Kumar Shrestha, General Secretary, NLF, Nepal are always available for further discussion on this subject. Their contact details are:

Naresh Koirala

Telephone: (1) 236 514 1647 (Messenger or WhatsApp or Facetime)

E-mail: naresh@nepallibrary.org

NLF Website: www.nepallibrary.org

Contributions can be made by Pay Pal or by sending a cheque drawn in favour of “Nepal Library Foundation. Please send the cheque to the following address:

Nepal Library Foundation
1426 Chamberlain Dr.
North Vancouver, BC
Canada V7K1P6

	School	Community	Total
Projects Completed To Date:			
Physical Library	9	7	16
E-Library	200	6	206
Training/Capacity Building	10	6	16
TOTAL Completed To Date	219	19	238
Projects Underway:			
Physical Library with E-Library		3	3
Physical Library (Dolakha)		1	1
E-Library	30	20	55
TOTAL Projects on Hand	30	24	54

Table1: Number and Type of Libraries Established with NLF Assistance

Outreach to more than 1 million people.

Typical Photos of NLF Established Libraries



Jan Jagriti Madhyamic Bidhayalaya, Salleri, Solukhumbu



Inaguration of a Prison Library in Banglung



Children's Library in Sundari Danda, Kaski



Opening Women's Computer Literacy Program in Udaipur



Reading Club in Session, Phalebas, Parbat



Sutherland School Students who fasted for 24 hours to raise Funds for NLF are breaking their fast



Arya Tara School started by Ani Dolma gets a new Library



Books play magic in young minds

आमा , तिम्नो छोरो जरुर फर्किन्छ

Suraj Gautam Seattle, WA



धेरै दिन भयो आमा,
आजकल हरेक दिन तिमीलाई सपनामा देख्छु
तिमीले मलाई चिसो हुदा ओढाएको ओड्डने सम्झिन्छु
अनि ब्लान्केट को रौप मा टाउको लूकीना खोज्छु,
तर चिसो जान्न आमा,
जाडो कति बढेको यो साल
तिमीलाई त थाहा छ नि मलाई कति छिटो चिसो ले सामन्छ,
आफिन्छु, फर्किन्छु अनि निस्सिस्सन्छु,
अनि त्यो कालो निस्स्पात्ता अघको मा
सुस्तरी कसै ले बोलाए झै लाग्छ
बाबु ..बाबु ..
मा झाल्येशस बियुटिन्छु ..
तर तिमी हुन्नो त्यहाँ
मेरो हर दिन को सपना भएको छ यो,
तर अब पुग्यो मलाई
अब केहि दिन, केहि वर्ष पुख आमा,
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

देखेको छु आमा, तिमी अचेल अलिक गलेकी छौ
तिम्नो तेजिलो मुहार अहिले पहिले जस्तो छैन
Viber को भिडियो मा तिम्नो गोला फुले झै लाग्छ,
सुनको छु अहिले तिमी एकले बगेचा मा हिड दुल गर्न
लौरी को साहारा लिन थालेको छौ रे,
तिमी संगे बगेचा मा दुल्न तिम्नो
छोरो साथ मा छैन,
हो आमा, तिम्नो छोरो परदेशी भयो ..
तर पुग्यो आमा मलाई पुग्यो ..
येतिका समय त कुरे, अब केहि दिन
अब केहि वर्ष पुख आमा
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

तिम्नो लौरी तेही हो नि आमा
जुन लौरी जुन मा सानो हुदा मैले
पर को उत्तिसै को रुख
काटेर हजुर आमा को लागि बनाएको थिए ..
अब त लौरी पनि पुरानो भएर भाचिन लग्यो होला
तिमीलाई थाहा छ नि आमा
सानो मा कविता लेख्दा म मेरो
आमा को बुढेसकाल को लौरी बन्छु भनेर लेख्थे .
ती कविता अजहो पनि तेही सेतो टंक म होला,
जुन तिमीले म जन्मेको बखत मामाघर बाट
सुकैरी बसेर आउदा लेखिकी थियेउ
लौरी त की आमा, आमा तिमी लाई नया लौरो बनैदिन
समेत तिम्नो नजिक छैन,
हो आमा तिम्नो छोरो परदेशी भयो ..
तर पुग्यो आमा मलाई पुग्यो
येतिका समय त कुरे, अब केहि दिन
अब केहि वर्ष पुख आमा
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

तिमीलाई त लाग्दो होला, मैले तिमीलाई बिर्सको छु
तर होइन आमा म त तिम्नो मुटु को तुक्डा हु,
मुटु (मुटु बिना कसरि बाच्न सक्छ र ..
सधै सम्झना आउछ आमा तिम्नो,
भान्छा मा केहि बनाउदा सम्झिन्छु,
बाटो मा कोहि तिमी जस्तै देखे सम्झिन्छु,
बिहान घाम लाग्दा सम्झिन्छु, बेसरी पानि पर्दा
तिमीलाई मलाई छाता ओडाएर स्कूल पुराएको सम्झिन्छु,
धेरै जाडो हुदा तीमिले, आफ्नो कुम्बाल निकाली मलाई ओढाएको सम्झिन्छु
गर्मी ले पसिना पसिना हुदा, तिमीले बनाएको सबैत सम्झिन्छु,
बिहानी घाम लाग्दा सम्झिन्छु, अनि रात मा तारा हेर्दा सम्झिन्छु
मैले परदेश म बिताएका हरेक पल तिमीलाई सम्झको छु

अब भयो आमा
येतिका दिन त पखियेउ, अब केहि दिन
अब केहि वर्ष पुख,
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

थाहा छ आमा, अझ धेरै सम्झना त चाडपर्व म आओने रैछ,
पाके मा साना साना नानी पिङ्ग मा झुलेको देक्दा,
तिमीले मलाई काख मा राखी, लिङ्ग पिङ्ग खेलाएको याद आउछ
त्यो पिङ्ग को झुलाना झुल्दा म तिमीलाई सम्झिन्छु ।
तिमीले डोको नोम्लो लिए, मेरो हात समाती तोरी बारी लग्दा
जासरी खुसीले उफ्रन्थे,
येह को तेलिप हेर्दा मलाई केहि हन्न आमा
ती रंगबरंगी तुलिप को मैदान घुम्दा, म तिमीलाई सम्झिन्छु ।
कति साल को दशे त यसै बित्यो,
दिन - रात भरि काम मै बसेर
अब म तिमी संगे टिका थपि
दशे मनाउना चाहन्छु आमा,
येतिका दिन त पखियेउ, अब केहि दिन
अब केहि वर्ष पुख,
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

धेरै भयो अब त भनेर,
अस्ति को साल जेनेतेन, बिदा मिलाएर सेल पक्काए
ती सेल हरु बनाउदा मेरो हात हरु ले तिमीलाई सम्झिए,
मिठो भएन आमा सेल, सारो न सारो, न चिनी पुगुछ, न घेउ नै
ती नमीठा सेल तोक्दा, मेरो मिठा स्वाद हरु ले तिमीलाई सम्झियी
न दशे को जमरा, न तिहार को देसो भलो,
सबै का आमा संग चिटिक्क परेको फोटो फसेबुक मा हेर्दा,
मेरा आखा हरु ले तिमीलाई सम्झिन्छन ।।
अनि कति दशे-तिहार म त मात्र,
तातो पानि र पाउरोटी खाएर सुतेको छु आमा,
चाडपर्व को दिन पानि मा पाउरोटी चोपर खादा
मेरा परेली हरु तिमीलाई सम्झिन्छन ।।
निन्द्रा लागोस कसरि आमा सुत्न खोज्छु
अनि मेरा खुल्ला सपना ले तिमीलाई सम्झिन्छन
अब पुग्यो आमा, मलाई पुग्यो
येतिका दिन त पखियेउ, अब केहि दिन
अब केहि वर्ष पुख,
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।

अब भयो आमा, धेरै छैन,
तिम्नो छोरो छिटै फर्किन्छ,
मलाई थाहा छ
म नजिक हुने बितिकै तिम्नो आधा बिरामी त
यसै ठिक हुन्छ ।
तिम्नो मुहार यसै चम्किन्छ,
तिम्नो हात गोडा मा तागत त,
मेरा पाइला देखे बितिकै आउछ,
तिमी भन्दैउ नि, तिमी लाई खान न रुचेको खाना
मलाई खुवाए पछि, येतिकै रुच्छा
आमा ती दिन छिटै आउदा छन
तिम्नो परदेशी छोरो, तिमी संगे बसी
तिम्नो हात ले बनाएको मिठो साग र भात खाएर
मस्त संग तिम्नो काख मा निदौना, छिटै आउदेछ
येतिका दिन त कुरे आमा,
अब केहि दिन, केहि वर्ष
अनि तिम्नो छोरो जरुर फर्किन्छ
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।
अब केहि दिन, केहि वर्ष,
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।
हो आमा, तिम्नो छोरो जरुर फर्किन्छ ।।।



The Journey of HimSoc

Vikas Lama



Our Sunday ritual, where community men come together to kick and hang-out, dates back to 1998, when Yeti Kalden Sherpa took his toddler son Yeti Yonden Sherpa to a neighborhood Douglas Park in Vancouver BC to play soccer. The following week Yeti Nima Sherpa was invited, soon Yeti Sharad Sherchan, who was then a co-worker of Yeti Nima Sherpa joined the evening fun. During the summer of 1999 few Tibetan friends joined.

By the year 2001, more Nepali friends joined and we were almost a full team namely Yetis Kalden Sherpa, Nima Sherpa, Sharad Sherchan, Biru Maharjan, Yogendra Shrestha, Prem KC, Srijan Malla, Vikas Lama, Abi Sharma, Rajan Devbhadari, where we mixed up and played with other Asian communities. In the year 2002, we felt the need to play *takka-tuka* within ourselves and soon our small group moved to Prince Edward Park. Long story short, the casual kick-off evolved into a soccer club in 2002 and got the name Himalayan Soccer Club. *HimSoc* word came as a quick loving name for the club. Since then, *HimSoc* has participated in all major tournaments organized by neighboring communities. The first major victory for HimSoc was securing the first place at 2nd Western Canada Regional Nepalese Sports Event (WesCan)-Calgary 2011. WesCan Sports was first organized in the summer of 2010 in Edmonton, AB.

One of the best things happening in *HimSoc* since 2020 has been the rejuvenation of 40+ players who have come out in hoards under the captainship of Yeti Mr. Bimal Puri. Summer of 2021 brought some historical glory to *HimSoc*, it created history by winning the first Danfe Cup in Calgary, AB under 40+ category.

Himalayan Soccer Club (HimSoc), in kind partnership with our umbrella organization of BC, Nepal Cultural Society of BC (NCSBC), successfully organized the **1st Yeti Cup Soccer Tournament** in Langley BC on June 18-19, 2022. Participating teams included all major soccer clubs, namely Danfe Sports Club-Calgary AB, Himalaya-Rocky Sports Club-Edmonton AB, Gorkhali Sports Club-Victoria BC, Vancouver Tibetan FC-Vancouver BC and HimSoc. Yeti Cup was a major sporting event our Nepali community of BC has welcomed after the pandemic mask era! Apart from the usual soccer fanfare and jubilation our soccer boys indulge in, Yeti Cup set the stage and launching pad for BC's first all-girls volleyball club Munaal Sports Club, our sporting girls gave a striking performance with an entertaining exhibition game for all to watch and inspire our community girls.

This week, on September 3 our Open Category Team will be participating at Danfe Soccer Tournament in Calgary and rest of the crew will be playing and coordinating sports, friendly soccer and volleyball tournament at Pacific Northwest Jamghat in Vancouver BC organized by Nepal Cultural Society of BC (NCSBC).

के देवकोटा जन्माउन सम्भव छ ?

कुसुम जवाली र प्रेम देवकोटा



नेपाली साहित्यिक समाज क्यानडा र अन्तराष्ट्रिय साहित्य समाज (अनेशास) को ग्लोबल टिमले विभिन्न विधाका साहित्यिक विधामा प्रशिक्षण थालेको छ। यो प्रशिक्षण सुरु हुनु अघि प्रशिक्षणले श्रष्टा निर्माण गर्छ कि गर्दैन धेरै छलफल नै भएन। स्वाभाविक छ, कुनै पनि खेल खेलन त्यसको नियम जान्ने पर्छ। त्यसका परंपरा र सन्दर्भ बुझ्ने पर्छ। त्यसै गरी श्रृजनात्मकताको सुमधुर खेलका पनि नियम छन्, परंपरा छन्, मिठा अभ्यास छन्। तिनको जानकारी बिना बामे सर्न गाह्रो छ। यो एकप्रकारको स्वयम सिद्ध तथ्य जस्तो भयो गणितको। अर्थात, आधारभुत कुरा सिक्नैपर्छ, सिकाउन सकिन्छ।

नेपाली साहित्यिक समाज क्यानडाको दर्ता हुनुभन्दा दशक अगाडि देखि निरन्तर भ्यानकुवरमा साहित्यिक कार्यक्रम गर्नेगराउने मानकाजी ज्येना र दर्तापछिको अध्यक्षता गर्ने प्रेम देवकोटा दुबैजना इन्जिनिएर थिए। दुबै जनाले डिजाइन पढेका र प्रशिक्षित भएर शीप हासिल गरेका थिए। इन्जिनिएरिंगको डिजाइन र साहित्यको श्रृजनामा खासै भिन्नता छैन। केही कुरा भने अबस्य फरक छ। इन्जिनिएरिंगले तत्कालमा कुनै डिजाइन भौतिक अस्तित्वमा बदल्न सम्भव छरछैन भन्ने कुरालाई जोड दिन्छ। साहित्यिक श्रृजनामा कल्पना मात्र गरे पनि पुग्छ,..यसको दायरा अलि बढी छ।

यसअर्थमा साहित्यमा प्रशिक्षणको आवश्यकता त देखियो नै। तर प्रश्न यहाँ मात्र सकिदैन। त्यत्रो दुख गरेर सिकेर साहित्य लेखेर के फाइदा भन्ने प्रश्न भने जुयुदै छ। साहित्यमै एउटा विशाल उचाइ लिने मान्छे निर्माण गर्नु सम्भव छ तर यो अर्को जटिल कुरा हो। तर चर्चाको मेलो भने प्रशिक्षणको सान्दर्भिकतामा जोडौं।

के सिक्ने, किन सिक्ने ?

के सिक्ने भन्ने कुराका लागि धेरै चर्चा गर्न पर्दैन। जे मन पर्छ,..जुन विधा मन पर्छ त्यही सिक्ने। जुन विधामा आफुलाई अभिव्यक्त गर्न सहज लाग्छ त्यही सिक्ने। तर के सिक्ने जवाफ यति मात्रले पुग्दैन। के पाठकलाई मन पर्न सक्ला भन्ने अनुमान गर्नु पनि लेखककालागि उत्तिकै महत्वको विषय हो। मेरो कुरा पाठकलाई सुन्न मन छैन भन्ने जानेपछि साहित्यका नाममा गनगन गर्नु हुदैन। बरु पाठकलाई के मनपर्छ भनेर घोट्लिनु उपयुक्त हो। मैले लेखेर तयार पारेको कुरा पाठकले मन लागे मात्र पढ्नेहो नत्र केही जोड चल्दैन। यसले आफुले कसका लागि लेखे हो र त्यो पाठकलाई के चाहिएको छ भन्ने बुझ्ने जिम्मा श्रष्टाको हो। संसारमा अहिले प्रविधीका कारण सय भन्दा बढी संसारभरका भाषामा लेखिएका सामग्री ती सबै भाषामा उल्था गरेर समेत पढ्न पाउने अबस्थाको विकास भएको छ। यो अभुतपूर्ण छनोटको अबसर यसभन्दा अगाडी कहिलै उपलब्ध थिएन। एउटै भाषाका एउटै विधामा निस्केका पनि सबै रचना पढ्न एउटा ब्यक्तिका लागि असम्भव हुदै गएको छ। अझ यत्रो सम्भावनाका विचमा आफ्ना रचना विकाउन वा पाठकको नजरमा पार्नकालागि लरतरो मेहनतले हुने कुरै भएन। त्यसैले सिक्ने राम्ररी,..थोरै लेखे र थोरै उत्पादन भएकै आधारमा मुल्य स्थापित गर्ने अर्थशास्त्रीय नियमले काम गराउन सकिन्छ।

के कति सिक्ने ?

कति सिक्ने साहित्यमा भन्ने कुरा म निकै सहज ठान्छु। सिकेर कहिलै सकिदैन भनेपछि सिक्ने कुराको सीमा हुने भएन। त्यसैले आफ्नो आवश्यकतालाइ ध्यान दिएर सिक्ने भन्ने गाइडलाइन बढी प्रभावकारी लाग्छ।

संसारमा हुने अधिकासँ झगडा र मन मुटाव अभिव्यक्तिमा हुने कमि कमजोरीले हुन्छ। परिवार होस् वा अफिसमा अभिव्यक्तिको कारणले सम्बन्धको आधार निर्माण गर्छ। कोसँग कस्तो सम्बन्ध हुन्छ भन्ने कुराको निर्धारण उ सँग गरिने सम्वादको स्तरमा भरपर्छ। हामीले जागिर, ब्यबसाय वा सेवा जे गरेपनि एक नम्बरमा अभिव्यक्ति कस्तो हुनुपर्ने अथवा सम्प्रेषण कस्तो हुनुपर्ने भन्ने हुन्छ।

मानवसंसाधन क्षेत्रका काम गर्नेहरू अभिव्यक्ति कलालाइ महत्वपूर्ण सफलताको मानकको रूपमा हेर्छन्। कुरा नघुमाएर भन्दा जहाँ पनि सफलताको लागी अभिव्यक्ति अर्थात भाषा र साहित्यको मुल भुमिका हुने देखिन्छ।

कुनै पनि प्रविधि वा सीपका लागी पारंगत बन्न पन्ध्र बिस बर्ष योग्य गुरुको सानिध्यतामा सिक्नरपढ्नरअभ्यास गर्नुपर्छ। त्यो पनि आधाजीवन काम गर्ने शीपका लागी। अनि पुरै जीवनकालागी चाहिने अभिव्यक्ति कौशल जसले परिवार, साथी र सामाजिक सम्बन्धको मुल पाटो हो, त्यसका लागी चाहि सिक्नै नपर्नेरु कस्तो अचम्म हो के योरु

मेरो अभिव्यक्ति मिठो हुदा मेरा अनेकौ नबनेका काम सजिलै बन्छन्। अत्यन्त मिठो भाषा हुदा अरुले गर्न नसकेका कुरा गर्न सक्ने हुन्छु। तर मैले मेरो अभिव्यक्तिलाइ कसरी प्रभावकारी बनाउन सकुला भनेर चिन्तन मनन, अध्ययन, अनुभव र प्रशिक्षित चाहि हुनुपर्दैनरु कि म गर्भ बाट जानेर फुत्रुक्क खसेको पृथ्वीमा ?

साहित्य किन सिक्ने ?

हामीले जे पनि मेसिन किन्छौं घरको काम काजका लागी पहिले हामीले त्यसको बारेमा लेखेको कागजात पढ्छौं। उदाहरणका लागी मोटरसाइकिल चलाउन नजानीकन त्यसमा चढेर सैर गर्ने दुष्साहस गरे के होलारु जे पनि आफुले उपयोग गर्न मेसिनको बारेमा हामीले सम्यक ढंगले सिक्न जरूरी छ। नत्र त्यो मेसिनले हानी मात्र गर्छ। हामीसँग मानव जुनीको नामको गजबको अति एडभान्स मेसिन छ। त्यसलाइ बोलेर, लेखेर वा इसाराले पनि चलाउन सकिन्छ। खाममा त्यही मेसिनलाइ के गर्दा राम्ररी चलाउन सकिएला भन्ने अध्ययनलाइ मैले साहित्य भन्ठान्छु।

पश्चिम नेपालको दुरदराजमा एन्जियोमा काम गर्ने एकजना मित्रले सुनाएको किस्सा साहित्यमा पनि मिल्दो जुल्दो छ। पोहरसाल जस्तो चर्पी प्रयोगको लागी शसुल्क तालिम दिएर चर्पी बनाइ दिएछन्। एकबर्ष पछि जाँदा कोही पनि चर्पीमा सौच गर्दा रहेनछन्। उनले सोधेछन्, चर्पीमा सौच नगरेर किन फोहर पारेको बाहिर ? 'बेनिफिसरी' हरूले भनेछन् भत्ता नदिए त हामी मरिगए चर्पी जादैनौं।

हाम्रो साहित्यको सिकाइ पनि झण्डै यस्तै छ। त्यो गाउँ सफा हुदा हुने फाइदाको बारेमा जसरी ती गाउले अनविज्ञ थिए। साहित्यको फाइदा पनि हामीले त्यसैगरी अनिविज्ञ छौं।

साहित्य सिकाइको पाठ्यक्रम ?

हामीले दैनिक रूपमा प्रयोग गर्ने मातृभाषाका समेत ५ हजार जति शब्द प्रयोग गर्दा प्रयाप्त हुन्छ। हुन त नेपाली भाषामा डेढलाख भन्दा बढी शब्द छन् र थपिने क्रम जारी छ। ब्याकरणका संरचना हेर्दा पनि ५ सय भन्दा बढी छैन।

अब आयो सिक्ने कुरामा, नेपाली साहित्यको उम्दा कितावहरू पढ्दा, लेख्दा हामीले एक बर्षमा २ सय जति संरचना त्यो पनि अपठेरो होइन, सबै भन्दा मिठो लागेको संरचना र मिठो लागेको शब्द दिनमा ५ बटाका दरले सिक्नेहो भने एक बर्षमा काम सकिन्छ।

भावको अभिव्यक्तिको शैली भनेको प्रविधि सिक्नु जस्तै हो। भाषा प्रयोगमा दक्षता हुनु भनेको भाषाविद हुन होइन, भाषाको गहिरो ज्ञान भएको राम्रो हो तर पनि भाषाको शिल्प भनेको प्रयोग हो। भाषाको प्रयोगले कसरी जादु गर्छ मान्छेको सोच र ब्यबहारमा भन्ने कुराको कुनै निश्चित सिद्दान्त छैन।

तर जादु गर्नसक्छ भन्ने अनुभवजन्य सत्य हो। त्यसैले भाषाको मिठो पनका लागि चाहिने भनेको जम्मा जम्मीमा भाषाको सामान्य जानकारी र श्रृजनशीलता। भाषाको शुक्ष्म अध्ययन अर्थात भाषाको रूचीपूर्वक निरिक्षण। कुन शब्द को कुन लय, कुन गति र यतिमा बढी शक्ति झंकृत गर्न सक्छ भन्ने कुरा रोचक ढंगले भाषालाइ हेर्ने आखा विकास भयो भने सजिलै पर्गल्न सकिन्छ। भाषाको मिठोपनको आफुले गरेको अनुभुतिलाइ नै फेरि प्रयोग गर्नु हो। कुन शब्दले कहानेर दुख्यो, कुन शब्दले कहानेर जिरिङ्ग गरायो भन्ने थाहा नहुदा शब्दशक्तिको बोध हुदैन। त्यसैले शब्द र भाषाको प्रयोगको शुक्ष्म निरिक्षण गर्नुपर्छ। कुन वाक्य संरचनाले कहानेर आँशु झारिदियो भन्ने कुरा याद गर्दा मात्र पनि भाषाको प्रयोगको स्तर बढाउन सकिन्छ।

यसरी हेर्दा, राम्रा किताव वा अध्ययताहरूको अनुभव र ज्ञानबाट हामीले थुप्रै भावपूर्ण अभिव्यक्तिहरू का बाक्य संरचना बढुल्न सक्छौं। परिवर्तनका पक्षधर आवाजहरू मुखरित गर्न महानन्द सापकोटा देखि युद्ध प्रसाद मिश्रसम्म वा गोविन्द भट्ट देखि रमेश विकल सम्म पढ्ने पर्छ। वियोगका अभिव्यक्ति सिक्न माधव घिमिरे देखि लेखनाथ सम्म पढ्न परो। यसरी लिस्ट बनाउदै जाने हो भने चाही त्यो यात्रा विचैमा हराउँछ, सजिलोको लागि प्रशिक्षण हरू जुन निश्चित तहकालागी भनेर बनाइएको हुन्छ ती उपयोग गर्न सक्दा सजिलो हुनेनै भयो। जो जुन विषयको विज्ञ छ त्यसबाट त्यही विषयमा कुरा सुन्दा त ५ सय वटा किताव पढेको गुदी कुरो पत्ता लाग्ने भयो। यसरी २ सय किताव पढ्ने दर्जन प्रशिक्षण लिने हो भने आधा दशकको साधनाको समकक्षी ज्ञान पाउन सम्भव छ। यसैले एकबर्ष मेहनत गरेर भाषा त्यो पनि जन्मेदेखि बोलेको लाइ बढी प्रभावकारी बनाउने कुरा त जरूरी पनि हो।

प्रयोगजन्य अभ्यास

भाषाको प्रयोग सिक्सिकेर, जान्ने भएपछि मात्र लेख्छु वा प्रयोग गर्छु भन्ने कुरा उति कामकाजी अभ्यास होइन। भाषा चल्दा चल्दै, काम गर्दा गर्दै र बस्दा बस्दै सुधार गर्ने कुरा हो। जस्तो भाषारसाहित्य सिकेर कविता जस्तो मिठो पाराले आमा वा सँग बोल्दा कति प्रभावकारी हुन्थ्यो होला घर भित्रका पलहरू।

अथवा, मिठो प्रेमपूर्ण र भावपूर्ण गजल जस्ता अभिव्यक्ति सिकेर श्रीमति वा प्रेयसीको मन जित्ने कुरा त बहुमुल्य अनुभुतिको कुरो हो। साथीहरूलाई मेसेज लेख्दा वा इमेल लेख्दा होस् अथवा भ्याइस मेसेज छोड्दा मुक्तक जस्तो छोटो र मनछुने सन्देश दिन सके त्यसले अर्को आयाम उघार्छ ब्यक्तित्वको। गुरु वर्ग वा माननीय नाता सम्बन्धहरूमा भक्ति साहित्यको जस्तो नम्रता र सम्मानको अभिव्यक्ति दिन सकियो भने बिद्यार्थी हो भने उसले सफलता पाउछ नै, शिक्षकरप्राध्यापकको नजर केन्द्रित गर्न सक्ने प्रतिभावान बिद्यार्थीले पछि पर्नु परेको छ र ?

कुनै ब्यङ्ग्यकारको शैली समातेर साथीभाइहरूलाई जमघटमा हसाउन रमाइलो गर्न सकियो भने साथीभाइको प्रिय हुन खासै भद्रो हेर्नु पर्दैन। गीत जस्तो सरल र सरस शैलीमा आफ्ना भनाइहरू छरछिमेकमा अभिव्यक्त गर्दा सरलता र सरसताको कति प्रभावकारी काम हुदो हो ?

कुनै निवन्ध जस्तो सुगठित गफगाफ गर्ने शैलीले बौद्धिक ब्यक्तित्व निर्माण त गर्छ नै। अथवा बादविवाद जस्तो तर्कपूर्ण अभिव्यक्ति दिने कुराले अनावश्यक विवाद पनि श्रृजना गर्दैन। विचार विमर्षमा खास गरी वादविवादको शैली नभएर अर्का कुरा सुन्ने र तथ्यले काट्ने शैली र नितान्त बौद्धिक अभ्यासनै हो।

छन्द कविता जस्तो लयबद्ध अभिव्यक्तिले, भनाइले अभिव्यक्ति प्रभावकारी मात्र होइन स्मरणीय पनि पाछै। कथाको शैलीमा इतिहास वा भुगोल पढायो भने विद्यार्थी प्रिय हुने गाह्रो छैन। यावत परिप्रेक्षमा हेर्दा साहित्यको बहुआयामिक र ब्यवहारिक मुल्य छ। त्यसले जीवनमा धेरै सकारात्मक प्रभावको सम्भावना छ। तर जसरी एक मिनेट पनि नभै नहुने अक्सिजनको जति महत्वबोध हामीलाई छैन, त्यसै गरी साहित्यका विधा सिक्ने र जीवनलाई बढी प्रेमिल र उर्जाशील बनाउने कुरामा हामीले प्रयाप्त ध्यान दिएका छैनौं।

यसरी, के भन्न सकिन्छ भने, प्रशिक्षणले बाहिर देवकोटा जन्मन्छ जन्मदैन भन्दा पनि आफुभित्र एउटा अर्को आयामको उपलब्धी चाहि साहित्यको समुचित प्रयोग बाट आउन भने पक्कै सक्छ।

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