

# Namaste



# नमस्ते

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नेपाल न्यूजिल्याण्ड मैत्री समाज क्यान्टरवरीको वार्षिक प्रकाशन  
Annual Newsletter of Nepal New Zealand Friendship Society of Canterbury Inc.



## Executive Committee Members 2012/13 (from left to right)

Shrawan Bhandary, Bishal Dahal, Kishor Kafle, Salil Bhattarai, Ishworee Neupane, Bhola Pradhan, Gyanendra Pradhan, Shalu Dhakal, Salina Dhakal, Pratistha Dhakal, Nisha Gyawali



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# **Annual Newsletter of Nepal New Zealand Friendship Society of Canterbury Inc.**

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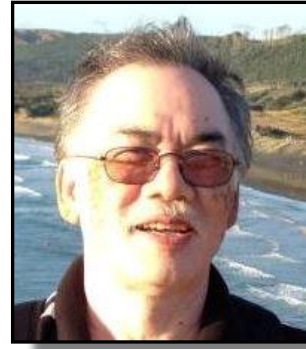
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## President's message



Nepal New Zealand Friendship Society Canterbury Inc (NNZFS) is 11 years old from the day it was registered on 19 December 2002. During its inception since 1995, it has been bringing all the Nepalese Communities and Families interested in Nepal and Nepalese in a close network. It has given a sense of belonging and a platform to the families living here permanently, to the students who are here temporarily or those who like to link themselves to Nepal and Nepalese.

Celebration of main Nepali festivals like Dashain and Tihar, celebration of Nepali New Year, FM Nepali program, Nepali class to the children and Sports are some of its main activities. In order to carry out these activities, members of the Society have given their valuable time and efforts. I take this opportunity to extend my sincere appreciation to them.

We have been assisted by Christchurch City Council, **Rotary Club**, New Zealand Lottery Commission, and Mainland Foundation by providing financial and logistic supports. In this occasion, on behalf of the Society I would like to express our gratitude to them and also thank all the volunteer members who have made this event a success.

Nepali calendar **is** also known as Bikram (Vikram) Sambat was initiated by one Indian Emperor named Vikramaditya. It is based on both the sun and the moon: a solar year is divided into 12 lunar months. A lunar month is 29 days 5 hours 48 minutes and 46 seconds (BAPS Swaminarayan Sanstha). Nepali calendar is approximately 56 years 8 months and 15 days ahead of the Gregorian calendar (International calendar). Unlike in the International calendar, the days of the months in the Bikram Sambat calendar vary from 29 days to 32 days and therefore the exact day of Nepalese New Year may vary which we can say falls in the middle of April. This year the Nepali New Year falls to day in April 14. I take this occasion to express best of my wishes to all the friends and families in New Zealand and specially those living in Canterbury - Happy New Year 2070.

Thank you all.

Dr. Bhola Pradhan

President

## Kia Ora and Namaste!

**Happy New Year 2070 to you all!**

**“May this year bring you happiness and charm in your life”**

The editorial board likes to thank all our members who made this issue of ***Namaste Newsletter*** publication possible. Great thanks to all who generously submitted their article for this publication. The articles were diverse in nature and it was a pleasure to read your articles. We enjoyed reading your experiences and it took us everywhere from sea level to Everest base camp and to the sacred places you lived and cherished your life.

Also, we would like to thank you all for motivating the writers and your family members to submit the article and sharing your ideas. The editorial team wants to express our gratitude to you for providing us the event pictures and event descriptions throughout the year 2069.

Editorial Team



## The Goddess and the Giant

By HJ Poudel



Let the tale  
Be told of woe  
Of summers long  
And dry and slow  
Like the breath  
Of a sleeping crone  
Poverty came  
And undertook  
To afford misery  
To all it sought  
The valley lay  
Under a burning sun  
The food of many  
Was now for  
One

Thakali knew  
The time had come  
To profess that his  
Magic  
Was negligent  
A mighty Goddess  
Was needed now  
To solve the problems  
Of his region  
The holy men  
Undertook  
A journey  
To the land of ice  
Where fearsome giants  
Roared and retired  
To caves of murky  
Dank depths  
The home of Taleju  
Bhavani

It was there trembling  
In their robes  
They bowed and smiled  
And muttered prayers  
The Goddess rose  
To her full height  
Her eyes shining  
Like hematite  
She  
graciously acquiesced  
And with her Lakhe  
Came to their sword

This monster's  
gargantuan suit  
Of golden clothe  
Tied with a blood red  
sash  
Rang out with  
The strangest sound  
A thousand bells  
Made from the metal  
Shaped by Godly hands  
The villagers hearts  
Froze in terror  
As through the dark  
night  
Echoed the music  
Of Tingri

The Goddess calmed  
The blighted souls  
With only words  
That Deities know  
And soon the skies  
Were full of cloud  
And the much needed  
rains  
Drenched the town

Taleju Bhavani  
Bestowed upon  
The King  
A beautiful sword  
To lift all drought  
And with few words  
She was soon away  
Over the hills  
Into the frozen  
Plains  
Alas the gentle giant  
Stayed in that place  
To oversee that  
The enchantment  
remained  
And still to this very  
Day  
People remember  
Majipa Lakhe



## “NEVER SAY GOODBYE TO THE KHUMBU”

-Michael Scutt



In 1953 in London and during all the Everest hype I remember my father saying that I should plan one day to go to “Everest Base Camp”. I was 13 years old at the time and Base Camp and Everest had that romantic sort of ring about it! As an avid reader I was already quite familiar with the story of the epic climbs of Mallory and the British in the 1920’s expeditions and then the death of Mallory and Irvine. Base Camp is on the Khumbu glacier at 5100m just above the few lodges at Gorak Shep and under Mt Kalapatthar 5545m. I didn’t know it then, but one can’t see Everest from Base Camp.

I have been to Nepal 8 times and in Mid March 2011 I went for the 9<sup>th</sup> time.

### **Why do I keep going back? This is my brief story**

Carol, my partner and I had booked to go to Nepal in September 2001, but the tragic massacre of the Royal family and ensuing unrest in June of that year meant we put our trip on hold. I couldn’t get the thought of our trek in Nepal out of my mind having got so close to realising a dream. So in 2002 (when I was 62 years old) I made my first trek to Nepal. Only a small 9 day trek in the Annapurna region just above the second largest city in Nepal – Pokhara and the beautiful Lake Phewa. I had to conquer many demons on this trek, such as the plain truth about whether I could physically cope with the walking and altitude? Abject terror (not fear!) of heights would quickly grip me. These included trails with steep drops on one side and of course swing bridges. I was so affected by seeing the happy children in the



villages as we walked through, the men threshing wheat as they did in Biblical times, ploughing fields with an ox and wooden furrow, the prayer flags at the top of ridges, seeing children playing volleyball with a worn, flat ball. I was told by a Headmaster of a primary school they used pencils “so we can rub out and use the paper again!!” And of course the magnificent mountains – Annapurna 1 and 4 and the “Fishtail Mountain” Machhapuchhre - but I

really wanted to see Everest.

So in the following year 2003, I returned on my own to do the comparatively short 9 day trek to Tengboche Monastery in the Khumbu and on the route to Everest with an international trekking company. This time, as I remember, there were 5 swing bridges each way. Truly I had to “feel the fear and do it anyway”. I was quite pleased with my physical condition in coping with the walking and the altitude (up to 3890m). My first view of Everest at dawn on the 4<sup>th</sup> day of trek from above Namche Bazaar will never be forgotten. Two days later at Tengboche Monastery while waiting for dawn I was set up with my camera at about

5.30am. I wanted to take pictures of the sunrise on Everest. I was not disappointed!! It was a magnificent sight.

I can especially remember talking to other trekkers who were descending from exotic sounding "Base Camp" and quizzed them on how tough the walk was. Some had made it with difficulty – blisters – headaches - nosebleeds and of course the Khumbu Cough! Others had gotten Altitude Sickness (as had 2 of our tour on the Namche Hill –a hard 3hrs trek up from the Dudh Koshi River to Namche Bazaar) these trekkers had to turn back, quite disappointed. There were also some who couldn't stop talking about the experience!! So I asked my guide Ananta, "Do you think I could make Base Camp?" one more time. He said, "Certainly". Little did he realise how that one word would affect me from that day, Oct 15<sup>th</sup> 2003, right up to today. Since then I have been back to that same region, the Khumbu, each year since. I will be back again for my 9<sup>th</sup> trek on March 14<sup>th</sup> 2011.

In 2004 I walked up the Khumbu Valley to Base Camp 5100m and Kallapattar 5545m and had the most incredible view of Nuptse and of course that imposing triangle of Black rock jutting up into the air called Everest or Sagarmatha (Sagar means Sky and Matha means Crown – Crown of the Sky) as I now choose to call her. This time I was basically on my own with a guide, Basanta Simkhada from Adventure Mountain Club in Kathmandu whose Director Mr BN Dhalkal (known to the favoured as BN) and the rest of the boys who work there have become personal friends



The sights were incredible, the trek certainly not a holiday, but what an experience? I would go as far as saying it was a life changing experience for me.

Basanta introduced me to Kopila aged 29, his step sister who has a little jewellery store in Thamel the tourist centre of Kathmandu. I also met Manita Thapa aged 26 who seemed to do everything in the Adventure Mountain Club office. These 2 ladies worked a "normal" 12 hr day 6 days a week to extend their knowledge, skills and provide for their extended families.

All three of these friends - Basanta, Kopila and Manita, did me the ultimate honour of inviting me to their various houses (really just one or two rooms they rented) for dinner with their families. BN is a highly intelligent, extremely hardworking and very successful businessman. I was invited a few years ago to the family home to celebrate the Dashain Festival where on the 10<sup>th</sup> day of Festivities they have the Tika Ceremony, where the rice and vermilion powder is made into a paste and applied to the forehead.

It is a great honour to be brought into a family and be involved in this very personal time. It was another memory as BN's very elderly parents applied the Tika to my forehead. On each subsequent trek I have met so many people with this incredible hardworking, humble yet considerate nature.



By now I was totally addicted to see more and more of the humble yet proud people I had met. Yet every trip brought me into close contact with new, marvellous people of all sorts. After my 2003 trek with an International trekking company I have always made my own arrangements as far as guides and porters are concerned. Using the locals with their knowledge and vastly lower costs is more effective. Also, I can personally reward the people I am directly in contact with.

It was about 2005 that I was first introduced to Kiran Khadgi, Chairman of the Board of Directors of the Kumbheshwor Technical School which is located in Lalitpur.

Here is poverty like I've never seen. Most mothers are so malnourished there is no breast milk and no fresh milk or food available to these people. The school caters for babies in a crèche right up to 14/15 year olds. They also have a carpet manufacturing facility, using wool spun on site with their own looms, their own designs, patterns and dyes etc. The carpets are sold all over the world. Boys from about 15 –18yrs are given 1 chance to learn the trade of cabinet making and carpentry skills. One misdemeanour and their career is over! They make all the furniture for the school and other places. With help from Rotary Whangarei I have provided funds for a library and some books for the school. Carol and I are "Friends of Kumbheshwor" for an Annual Sub. These are the only ways the school gets funds to cover their costs. I have a circle of friends here in Whangarei who knit dozens of beanies, scarves and mittens. I distribute these on the trails when I trek.

The flight from Kathmandu to Lukla of only about 30 – 45mins is an experience in itself. Not for the fainthearted!! Lukla Airport has been renamed Tenzing-Hillary Airport. It was originally built by Sir Ed in 1964 and was only tarsealed in late 1990's. The single runway is 460 m long, 20 m wide and has a 12% gradient. The altitude of the airport is 2,800 m. It is called a STOL Airport. This stands for Short Take Off and Landing and Visual Only Airport.

On one's first flight to Lukla, the view is breathtaking. Soon after takeoff a line of snowy mountain peaks appear on the left of the aircraft. You will get to know these, up close and personal, over the next 2 weeks as Thamserku, Kantega, and Cholatse. Of course, Everest is also sitting there waiting for you!! As your little aircraft weaves between the 3000 - 4000m foothills of the real mountains amongst all the thermals this involves, you will suddenly see through the cockpit window a thin black strip seemingly heading into the mountain ahead.



You then realise "Hey! That's the runway!!!!"

I have done that flight 7 times now and it is fun watching other passengers' expressions as we land. Many a prayer is being said to all our various deities!!

It is a mad house as soon as you land and jump down from

your plane with army personnel blowing whistles incessantly as you are ushered off the tarmac. Then passengers waiting to depart can get aboard within the 15mins or so allowed before the plane takes off again! Then it's a "get a porter time" - choosing from about 100 clamouring young men all eager for your money-A true culture shock. It is quite emotional for me on all of the last 6 visits to see the excited Nanda my porter. He is usually jumping up and down waving a pale yellow scarf that is given by Nepalese to respected friends as a welcome. He gives me a new one each year.

The routine is the same each time – we have a hot drink at Mr Dawa's (known to all as Mr Lukla!) Himalaya Lodge directly above the airport. As the boys get the bags ready I know I am nearly on my way. I don't wait for the boys as I always like to walk on my own for the first 30 mins or so. It always seems such an emotional time for me as I walk through Lukla Township and soon out on to the trail.

I am finally on my way; this is what I have trained for, and now I am here - away from traffic, horns, bells etc. I am now in a different world and seemingly all on my own. Soon, in about 12 – 15 mins, and round a couple of bends, even the noise of planes landing and taking off can't be heard. Only the sounds of crows, maybe some Dzopkyos (cross between a yak and a cow) bells, and the incredible "sounds of silence" with magnificent mountains all round you. After 20 mins or so, I hear the comforting tread of my guide as he catches up with me. He will walk by my side and even just behind me all the way. He always knows my state of health at any given time.

There are 3 valleys in the Khumbu Region:

- 1) The Gokyo Valley with the massive Ngozumpa Glacier and beautiful Cho Oyu
- 2) The central main and most walked Khumbu Valley with the Khumbu Glacier – which takes you to "Base Camp" and
- 3) The Chhukking Valley has the most stunning walk from Dingboche as you carry on behind Ama Dablam along the incredible ice wall right round to the majesty of Lhotse and Nuptse.

Each has its own charm, stunning scenery and marvellous people. The biggest advantage of travelling "privately" with your own guide and porter is that you make your own itinerary and change it if necessary as you go! Nanda usually goes ahead after morning tea on a 4 hr day or after lunch on a 6 – 8hr day to get a room for me at our destination for the night. Ngawang and I stroll (for him) along taking pictures, talking to locals and maybe even a drink in a house on the trail –for a small fee of course! It is through these encounters that the real Nepal is discovered and the lasting memories created and recorded. This is only possible with a small group.

Gokyo provides a view of Sagamatha from 2 vantage points – first from the little brown hill Gokyo Ri 5320m above Gokyo's 3<sup>rd</sup> Lake, and secondly from Gokyo 5<sup>th</sup> Lake 5430m at the

end of a walk of about 9kms each way. Alongside the Ngozumpa Glacier almost to the foot of Cho Oyu and a staggering view (weather permitting) of the biggest portion of the Everest massif without use of crampons, ropes etc.

I have spectacular pictures of sunset on Everest, Nuptse and Makalu from Gokyo Ri. The walk up to Gokyo from Namche and Khumjung where Hillary built the first school is awesome.

Right next door is the village of Kunde where Hillary built the first Hospital. The walk is dotted with little clumps of lodges where one should make the time to stop even for a hot lemon, grape drink - or even go and a chat with the locals. The interaction with the locals gives the best value for NZ\$1.00 you can get! The trail along the Khumbu Glacier and to Gorak Shep (5100m) and then on to Base Camp is the most popular trail. Because of the number of people one loses the beautiful solitude and quiet I have experienced and loved on the other 2 treks. Having said this, the trail from Dughla up and through the awesome Thorak pass with its hundreds of memorials to those who have perished in that region – almost a “cathedral” in the open with Ama Dablam and Thamserku down the valley, Cholatse and Tawoche towering above you and Pumori beckoning, is pure adrenalin. Then as you walk on towards Lobuche with Nuptse getting bigger and bigger on the right as you cross and recross the moraine of the Glacier is also spectacular.



However, my favourite is next!



From Dingboche where it is usual to spend an acclimatisation day (extra day/night for every 1000m rise in altitude is the rule) I walk straight ahead towards Island Peak, the most climbed



peak in the Himalayas and the small clump of lodges at Chhukking (4890m).

The trail is gradual but rugged and desolate and changes year to year with avalanches and rock falls each year providing a new challenge to guides and trekkers alike. As we cannot see Everest from this valley it is certainly the least popular with trekkers, but the absolutely stunning ice wall behind Ama Dablam just stretches on and on. It is almost impossible to believe that “someone” has not actually carved those incredible ice designs. To stand on Chhukking Ri at 5630m or even the 5500m mark the highest I’ve been, will remain imprinted on my memory, far more than the walk up to Base Camp.

Chhukking Tse (5835m) has beaten me twice so that is where I want to go this time. To gaze in absolute awe at the Nuptse Rampart “hanging” above you and then Lhotse to the right is so huge yet seems so close

On all these tracks there are White Water Rivers roaring past you, sometimes under you as at Phunki Tenga as well as all the water operated prayer wheels at the bottom of the 2hour climb to Tengboche Monastery. Or at the “High Bridge” 70m above the Junction of the Dudh Koshi and Bhote Koshi at the bottom of the Namche climb, which, even though I have crossed it many times, still gets the adrenalin pumping. How can one describe the spectacular “First view of Everest” half way up the Namche Climb through the gap in the trees? Or at the end of a 6 hrs slog seeing the remarkably large village of Dingboche nestling in a dip at 4410m.

Words cannot describe these spots adequately. How about sunset or sunrise on Everest, with Nuptse on “fire”? The many peaks are glowing in the most brilliant moonlight imaginable. Even the stars shine out. It is exciting to meet people from all over the world plus your own country, and compare notes.

When you look back at pictures or videos from these treks however it is the people who impress and remain. With quite low cost video cameras now available, you can capture the shouts and calls of yak drivers, the yak bells as they lumber along, the roaring rivers, and the laughter and chat of people of all nationalities, make this unforgettable viewing later at home.

I always have a cry on the way home – first as we leave Namche as that Village (swells to about 4000 people in the high season) Capital of the Sherpa country is truly “in the

mountains” and then when I bid farewell to Nanda at Lukla airport. The title of my story was a banner that I saw as I left Namche Bazaar on my first visit. It said “NEVER SAY GOODBYE TO THE KHUMBU”. So true.

Finally the special people!

I have mentioned a few who live in Kathmandu but here are some of the people of the mountains that are ever in my thoughts:

**Maya** - owner, manager, receptionist, accountant, maitre d’ of the Namche Hotel.

**Raju** – from cook to owner of Internet café, Foreign Exchange and first ATM in Namche.



**Dorje** – Owns a trekking shop near the Namche Hotel, also card sharp extraordinaire!!

**Kami and his wife Dorma** – They treat me as Honorary Grandfather and often email me with all sorts of problems. Kami looked after Carol in the township when she had to stay behind in 2006 with a torn cartilage as I went on to Gokyo.

**There is the porter (don’t know his name)** on the trail 2 years ago to Thame from Namche. He was carrying 110kgs which included 9 steel tents and covers. He had walked for 15 hrs in 2 days since leaving Lukla the morning before and still had 4 hours to go.

**There is little 5 year old Nima** who gave me a bunch of little flowers on the trail and on speaking with her mother found she was deaf and dumb from birth. I see her picture everyday on my Screensaver.

There are many, many others.

**Finally there are the boys who literally have made my dreams come true. The Guides and maybe more important the porters.**

**I have had 3 guides over my 9 treks Basanta Simkhada, Krishna Bhatta** – a handsome Brahmin who always chatted to the passing girls, but was incredible getting Carol up to Namche and then down to Lukla with a torn cartilage in her left knee, **Ngawang Ang Sherpa at 35 older than the others** – Last 3 years has looked after me.



This is his recent email re my upcoming trek and says it all for me:

***My dear Micheal Baje Namaste,!!***

***How are you???***

***Thank very much for your e-mail, I'm waiting for you for the trekking,***

***Thank you how is Bajou Carole???. Nanda getting ready for the trekking to***

*Yes Baje I have still that tripod, if need I will bring that tripod, camera going good*

*Yes baje we will have dinner in my restaurant no problem any time we are ready for Dinner,*

*Ngawang*

Lastly but certainly not least there is my porter, **Nanda**. This young man I have employed him since 2004 has stayed with me in all the really tough parts of the trail and has in parts pushed me up the track!! He offered to carry Carol in '06 when he heard she was hurt!

Do you maybe get some feeling of why I go back and back and back???

I will finish with the words of the Banner mentioned above

**"Never say Goodbye to the Khumbu"**

+++++

" On behalf of Nepalese Community in Mid and Southern Canterbury, I would like to wish all the Nepalese friends in New Zealand a very happy, healthy and prosperous New Year 2070"

Ashok Shrestha  
President  
Waimate, New Zealand

## संस्मरण

### एउटा भयानक मृत्युको मुखबाट उम्कन सफल हुँदा...

सूदन राज पन्थी



एक दिन अगाडि मात्र मेरी ममतामयी आमाको चौरासी पूजा सकेर आफ्नो पूर्व निर्धारित कार्यक्रम सन्चालन गर्न म र मेरा WHO का अन्य दुई साथीहरू कार्यालयको गाडीमा कार्यक्रमस्थल पोखराको लागि यात्रारत थियौं । मलेखु नगर पुग्दा झाँझर लक्ष्मण दाइले खाना त्यतै खाएर जाने सल्लाह माग्नुभयो । मलाई भने लक्ष्मण दाइको सो आग्रहले कताकता अफठेरो महसुस भयो । दुई वर्ष अगाडि मलेखुमा घटेको घटनाको चीसो संझनाले एक पटक मुटु चसक्क चस्कन पुग्यो ।

मानव जीवन दुःख र सुखको संगम भएकोले जीवन जिउने क्रमका विभिन्न आरोह र अवरोहरूमा सुख सँग रमाउनु मात्र पाईदैन अपितु दुःख सँग पनि पाँठे जोरी खेल्दै जानुपर्छ भन्ने तथ्यबाट म बाल्यकालदेखि नै अनभिज्ञ थिईन । विगतमा मेरा जीवनमा घटेका विभिन्न खाले परिघटना तथा दुर्घटनाहरूको आज पर्यन्त सुखद तथा दुःखद दुवै खाले अनुभूतिहरूको बोध भईरहन्छ । मेरा जीवनमा घटेका कैयन दुर्घटनाहरूले मलाई मेरो मृत्युको मुखसम्म पुऱ्याए पनि फर्किन सफल भएका कैयौं उदाहरण पनि छन् । यसै सन्दर्भमा बालकै छँदा मेरो कोमल शरीरमा कालो अरिङ्गालका बथानले जीउ भरी छापिएर टोकदा पनि बल्लबल्ल बाँचेको उदाहरण होस् वा आँपको रुखको टूप्पाबाट खसेर बेहोस भएर पनि मृत्युको मुखबाट बल्लबल्ल उम्किएको यथार्थ नै किन नहोस ती सबै मेरा लागि विस्मयकारी र दुःखद थिए नै । म बालककालबाट युवा अवस्थामा पदार्पण गर्दा समेत यस्ता दुर्घटनाहरूले मेरा जीवनमा पिछा गर्न छोडेनन् । ती मध्ये मेरो बिहे पश्चात खानेपानी कार्यालय दाङमा सेवारत रहदा एउटै हात दुई ठाउँबाट तथा खुट्टा समेत भाँच्चिने गरी भएको जीप दुर्घटनामा परी म कसरी बाँचे होला आज सम्म पनि आश्चर्य लाग्छ । त्यसबेला पूरापूर तीन महिना बेड रेस्ट गर्दा नम्रताले गरेको सेवाले मलाई आज पनि भाव विह्वल बनाउँछ ।

यी उल्लेखित केही दुर्घटनाहरू त केही उदाहरण मात्र हुन् यस्ता खाले विभिन्न दुर्घटनाहरूले मेरो जीवनमा धेरै सताईरहेका हुँदा साँच्चै भन्नु पर्दा म दुर्घटनासँग अभ्यस्त भईसकेको मान्छे जस्तो लाग्छ । तर पनि किन हो कुन्नि मलेखु देख्ने तथा सम्झने वित्तिकै मलाई जीवनमा बेग्लै खालको पीडा बोध हुन्छ, जुन पीडा मेरो मुटुमा कहिले नमेटिने घाऊ बन्यो नै । दुई वर्ष अगाडिको कुरा हो यस्तै खाले तर पारिवारिक यात्राका चार जना यात्रीहरू यहीं काठमाडौँबाट प्रस्थान गरेको यात्रामा मलेखुमा खाजा खाईवरी करीव तीन चार सय मीटर अगाडि के लागेका थियौं हाम्रो यात्रामा आएको भयंकर दुर्घटनामा ती चारयात्रीहरू मध्ये एक जना (मेरो आदरणीय ससुरा) लाई हामीले सधैंको लागि गुमाउनु परेको थियो भने अन्य चाँही जीवन र मरणको दोसाधमा पुगेर फर्किन सफल भयौं । मानव

जीवनमा घटने घटनाहरूमध्ये यो जस्तो अत्यन्त भयानक र भयावह घटना सायद कसैको जीवनमा घट्छ होला ।

तिहारको मुखैमा भएको म, मेरा सासु-ससुरा र चालक सहित ४ जना यात्री सहितको अत्यन्त रमाईलो त्यो काठमाडौं- चितवन यात्रा अचानक त्यस्तो दुःखान्तकारी भयानक घटना बन्न पुग्यो । दुर्घटना पछि खै कति समय पछि होस आयो म यकिन गर्न त सकिन अलि-अलि होस आए जस्तो भएको अवस्थामा आफुलाई राजमार्गको सामुदायिक उपचार केन्द्रमा पाए । तर पनि सुरुमा आफुलाई कहाँ छु, के भएको हो भन्ने चाँही ठम्याउन सकेको थिइन । त्यहाँको कोलाहल र हल्लाखल्लामा करीब १० - १५ मिनेट पछि मात्र मैले आफू कोसँग कहाँ हिडेको संझो जस्तो लाग्छ । मेरो मानसपटलमा हाम्रो अगाडि झ्याप्प अर्को कुनै गाडि आए जस्तो लागेको मात्र याद आएको थियो दुर्घटना पो भएको रहेछ भन्ने मलाई त्यति खेर मात्र भान भयो । पछि मात्र त्यो भयानक दुर्घटनाबाट सिर्जित परिणतिको अपार पीडाबाट बेलाबेलामा मेरी सासुको मुखबाट सुनिने चित्कार तथा वेदनाका स्वरहरू तथा लामो समय सम्मै होस गुमाउन बाध्य मेरा ससुरालाई होसमा ल्याउन होला कसैले चिच्याई चिच्याई उहाँको नाम उच्चारण गरी बोलाई रहेको त्यो क्षण भुल्न भने मलाई सायद गाहै पर्ला जीवनभर ।

आफ्नो असीम पीडा बीच पनि उपचार केन्द्रमा भएका स्वास्थ्यकर्मीलाई मैले आफुहरूलाई यथासिद्ध उपचार काठमाडौं लैजान याचना गरिरहेको थिए । मेरो एक जना भान्जी ज्वाइं आर्मीमा जागिरे भएकोले उहाँलाई भनेर हेलिकप्टर मगाउन पनि अनुरोध गरे जस्तो लाग्छ । हेलिकप्टरको पनि कुरा भएछ तर लामो समय लाग्ने भएपछि एम्बुलेन्समै काठमाडौं लैजाने बिकल्प रोजिए पश्चात ४ वटा छुट्टाछुट्टै एम्बुलेन्समा हामी चार जना अर्थात म, मम्मी, बुवा र झाईभरलाई काठमाडौं लगियो । म त्यतिखेर एम्बुलेन्समा एकलै भएको जस्तो लाग्छ । होस पनि थियो । बेलाबेलामा कताकता अफ्टेरो महशुस हुन्थ्यो । टाउकोबाट रगत बगेर जताततै भिजेको थियो । त्यही बीचमा कसैले फोन आयो भनेर मलाई फोन उठाउन पनि दिए तर फेरि मलाई बोल्न गाह्रो हुने अनुमान गरी ठीकै छ भनेर राखिदिए । सायद त्यो फोन मेरी धर्मपत्नी नम्रताको हुनुपर्छ जस्तो लाग्छ ।

मलाई दुर्घटनास्थलबाट बी एण्ड बी हस्पिटलमा लगिएछ । त्यहाँ पुग्दा मेरा अतालिका आफ्ना नातेदार र साथीभाइहरूको ठूलो भिड थियो । मलाई तुरुन्त ईमर्जेन्सीमा लगियो । एकजना भानिज दाइ अङ्गालो हाल्दै रुनुभयो तर मैले दाइ ठिकै छ, जे भए पनि बाँचियो भन्दै जिन्दगीमा हिवल चेयरको सहाराले बाँचन नपरे भगवानले दया गरेको मान्नुपर्छ भनेर सम्झाए पनि । उपचारको क्रममा धेरै खाले परीक्षणहरू चलेछन् । कम्मर तलको हाड फुटेको र जोर्नी फुत्कीएको भन्ने भो । घाँटीको डिस्क सरेकोले तुरुन्त अप्रेसन गर्नुपर्छ पनि भनिएछ । निधारको घाऊमा टाका लगाउन नमिलेकोले प्लाष्टिक सर्जरी गनुपर्ने भएकोले १ - २ दिनमा सर्जरी गर्ने तयारी पनि थाहा पाएँ । दुर्घटना भएको २ - ३ दिन सम्म मलाई राम्रैसँग होस भएको जस्तो लाग्छ । सायद दोश्रो दिन होला, अफिसियल कामको सिलसिलामा पोखरा जान बुक गरेको मेरो हवाई टिकट रद्द गर्न एकजना साथीलाई भन्न समेत

भ्याएको थिएँ । आमालाई १० - १२ दिन त हो त्यस पछि त ठीक भएर आईहालिन्छ नि भनेर संझाएको पनि राम्रैसंग याद छ ।

जनतालाई मृत्युको मुखबाट जोगाउन भरमग्दुर प्रयास गर्ने, नाफा भन्दा सेवा भावबाट प्रेरित भनी विज्ञापन दिने तथा अत्यन्त सुविधा सम्पन्न तथा आधुनिक भनिने राजधानीका बी एण्ड बी जस्ता अस्पताल समेतमा भएका अधिकांस गैरजिम्मेवार तथा नराम्रा व्यवहारहरूले मेरा र मेरा शुभचिन्तकहरूको मनमा लागेको ठेसबाट नेपालका अस्पताल प्रति नै वितृष्णा फैलिएको छ । एकदिन बेहोसीको हालतमा मैले आफूमा जोडिएको पाईप थुती दिएछु, त्यस पछि त्यहाका डाक्टर नर्सले मलाई नराम्ररी हप्काए, सासै फेर्न नसक्ने अबस्थामा लामो लामो सास तान् भन्दै भेन्टिलेटर थुतेर सास्ती दिए । म जस्तो सिकिस्त विरामीलाई राम्ररी नहेर्ने बरु त्यहाँको छाती रोगविशेषज्ञले आफ्ना विद्यार्थीहरूलाई पढाउँदा मलाई पाठ्य साधनको रूपमा प्रयोग गरी मेरै अगाडि मेरो हालत विग्रदै गएको बयान दिने जस्ता कुराहरू कुनै पनि अस्पताल तथा स्वास्थ्यकर्मीहरूको नैतिकता तथा स्वाभिमान भित्र पर्छ जस्तो मलाई लाग्दैन । यस्तै किसिमका अस्पतालको लापरबाहीको कारण आफु सँगै राखेका आई सी यु मा राखेका ७ विरामीमध्ये ५ ले देखादेख्दै मृत्युवरण गरे । त्यहाँका यस्तै असह्य ब्यबहारबाट छटपटिएर होला मलाई अर्को अस्पतालमा सार्नु भनेर लेखेका बेदनायुक्त लिखतहरू ठीक भएपछि एकदिन नम्रताले मलाई देखाइन पनि । त्यति मात्र कहाँ हो र एकदिन त अस्पतालका संस्थापक भनिने बरिष्ठ डाक्टरहरूले नै मान्छे कहाँ मर्दैन र अमेरिका अस्पतालमा पनि दिनदिनै मानिस मरिनै रहेका छन् । मैले मेरै भान्जीलाई त बचाउन सकिन, यही अस्पतालमा उपचार गर्दा गर्दै मरिन भनेर घुमाउरो पाराले नम्रतालाई तिम्रो श्रीमानको अब आशा मारे हुन्छ भन्ने दुष्प्रयास गरेछन् । त्यो सुन्दा नम्रताको हालत कस्तो भए होला । आफ्नो बुबालाई गुमाउनु परेको एक हप्ता नपुग्दै श्रीमानको हालत त्यहाँ सम्म पुगेको बेहोर्नु परेर पनि हिम्मत हारिनछन् उनले र त्यो अस्पतालबाट निकालेर अर्को राम्रो ठाउँमा पुर्याउने अठोट गरेर सबैलाई हार गुहार गरेको गरे गरिछन् र अन्त्यमा त्यहाँबाट नभिक अस्पताल सारिएछ । हुन त त्यो अस्पताल सार्ने दिन ज्यादै नै कठिन, चुनौतीपूर्ण थियो रे मेरा सबै शुभचिन्तकहरूलाई । भेन्टिलेटरको बिरामीलाई विशेष खालको ब्याट्रीबाट संचालित उपकरण जडित एम्बुलेन्सबाट आधा घण्टा भित्र सारी सक्नुपर्ने रे नभए ब्याट्रीले थाम्न नसक्ने रे । सधै ट्रफिक जाम हुने काठमाण्डौका सडक, सायद मेरो यसरी तत्काल नमर्नु लेखेको रहेछ भन्नुपर्यो, कतै पनि रोकिएन रे एम्बुलेन्स ।

त्यसो त सोही अस्पतालमा रहँदा आफन्त तथा साथीभाइहरूले दर्शाएको माया तथा मेरो शिघ्र स्वास्थ्य लाभका कामनाका खतहरूले दुर्घटना तथा अस्पतालको लापरबाहीबाट सिर्जित मेरा तन तथा मनमा लागेका गहिरो घाउहरूमा शितलता दिएको तथा बाँच्नलाई उत्साहित गरेकै हो।

मलाई त्यति बेला श्रृंखलाबद्ध रूपमा दुस्वप्ना (Nightmare) जस्तै भ्रान्ती (Hallucination) हुँदो रहेछ । Hallucination हुँदा असक्त ब्यक्तिले असक्त नै भएर अती नै नरामा भ्रान्तीमा घुमिन्दो रहेछ ।

भ्रान्तीको अवस्था मै दुर्घटनाका शिकार हामी बुवा, मम्मी र म सबलाई कहिले कुन अस्पताल र कहिले कुन अस्पताल सार्ने र घुमाउने क्रम चलिरहेको देखें । त्यतिखेरको त्यो परिस्थतिको बेदना र चित्कारका ज्वारभाटाहरूसँगै बितेका हाम्रा ती पलहरूको म यहाँ शब्दमा व्यक्त गर्न असमर्थ छु । पछि नर्भिक अस्पतालको सिफारिसमा दिल्लीको मेदान्ता अस्पतालबाट एअर एम्बुलेन्स झीकाइएछ । त्यो दिन अलिक राम्रो भने पनि भ्रान्ती कायमै रहेछ । त्यसैले एअर एम्बुलेन्स पनि अष्ट्रेलिया, मुम्बई हुँदै कताकता ईण्डिया पुगेको देखेछु । मलाई उक्त सुविधा सम्पन्न हवाई जहाजको बेडमा डाक्टरहरूको साथमा लगिदैं थियो तर पनि मैले प्लेनमै एम्बुलेन्स र मलाई एम्बुलेन्सको डिकीमा राखेर लगिरहेको जस्तो लाग्दथ्यो, मेरो सेवामा खटिरहेका सेतो बस्त्रधारी डाक्टर तथा नर्सहरूलाई पेस्तोल तथा मखुण्डोधारी डाँकु देख्दथें म । मेदान्ता पुगेर पनि लगातारको Hallucination बाट अतिनै कष्टप्रद दिनहरू बित्ने क्रममा एकदिन त मेरो मृत्यू नै भयो भनेर कपडा खोलिदिए पछि म मरेको छैन भनेर चिच्याई-चिच्याई भन्न खोजेको तर आवाज नआएका ती पीडादायक क्षणहरूको म कसरी बर्णन गरूँ ? दिल्लीको अस्पतालमा, कुनै एक स्वास्थ्यकर्मीले, “यस्तो हालतमा आएर हामीलाई यत्रो विधि दुःख दिने ? यस्ताले त बरु आत्महत्या गरे हुन्छ” भन्दै मलाई पिटेको सम्मको थियो । पछि सम्म पनि साँच्चिकै लागेका ती दृश्य पनि भ्रान्ती नै रहेछ भन्ने निकै पछि मात्र थाहा पाए । शायद बी एण्ड बी अस्पतालमा मलाई दिएको सास्ती, अत्यन्त अमानवीय तथा गैर जिम्मेवार व्यवहारले मेरो मानसिक सम्बेदनामा असर गरी डाक्टर प्रति दृष्टिकोण भ्रान्तीमा समेत भयो होला जस्तो लाग्दछ । भ्रान्तीको क्रम मै अप्रेसन भएपछि आवाज आउने नआउने परीक्षण भए पछि अव आवाज नआउने नै भो भनेर नम्रतालाई हातको ईसाराले समेत भनेछु ।

जब अलि सुधार हुँदै आयो फेरि सुस्त सुस्त लेख्न थालेछु । लेख्दा धेरै जसो मेरो श्रीमतीलाई बोलाईदिनु भन्थे रे मैले । डा.किरण भान्जा बंगलादेशबाट आउने भन्ने सुनेर कहिले आउने हो भनेर सोध्ने आदि पनि गरेछु । किरण भान्जाले मलाई आत्मवल बढाउन ठूलो सहयोग गरे । दिल्लीमा पनि राम्रो नराम्रो आसा- निरासाका लहरहरू चलिरहेनै एकतमासले । अव त अलि बिसेक भयो भनेर म र मेरा आफन्तहरू खुशी भएको केही समय पछि नै फेरि अर्को समस्या आयो मेरो शरीरमा । Pneumothorax को पूनः समस्या आए पछि फेरि निरासाको बादल मडारियो । Pneumothorax त्यस्तो प्रकारको समस्या हो, जसमा फोक्सोका सानासाना कोठाहरू नै प्वाट्प्वाट् फुटेर अक्सिजन लिक हुंदोरहेछ । उपचारको क्रम सकियो अव सबै औषधिले ठिक हुन्छ भनेर बसेका सबैलाई यो समस्याले साह्रै दुःखी बनायो पूनः एकपल्ट । अन्ततः फेरि फोक्सोको मेजर शल्यक्रिया गर्नुपर्ने भयो र गरियो पनि । मेरो शरीरमा जोडिएको ड्रेन पाईपबाट रगत मात्र होईन यसरी Pneumothorax को कारण लिक भएको अक्सिजन बगी ड्रेनव्याग नै भरिएको आफ्नै आँखाले देखे पछि मैले अव बाँच्ने आस मारेको थिए । तैपनि भान्जा डा.किरणबाट हामीलाई ढाडस दिने काम निरन्तर भयो ।

जब बिसेक हुँदै गए पछि नर्मल वार्डमा सारियो विस्तारै बाँच्ने आसा पनि पलाउँदै गयो । नम्रताले विस्तारै कहानी बताउँदै पनि गईन् । नेपालमा घटेका घटना, साथीभाइले गरेको चिन्ता, सहयोग र सेवा

आदि ईत्यादि । खर्चको कुरा सोध्दा चुक्ता भई सक्यो सुर्ता लिनु पर्देन तथा बुवा मम्मीको स्वास्थ्य पनि सुधारोन्मुख छ भनेर ढाँटिन् । सधैं राम्रा कुरा मात्र सुनाईन् । उनको आफ्नो बुवाको मृत्यू भईसकेको त्यो अवस्थामा पनि मेरो त्यो अवस्थामा पीडा नदिन उनले आफ्नो असीम पीडा लुकाउन सफल भएकी थिईन् । मलाई उपचारार्थ दिल्लीको मेदान्त अस्पतालमा एअर एम्बुलेन्समा लिएर आएको भन्ने साँच्चिकै थाहा पाए पछि मलाई नडाँटेर भन्दा खर्चको बारेका ठूलो आश्चर्य र केही चिन्ता लागेको थियो । सो भन्दा अगाडि गिरिजा प्रसाद कोईरालालाई मात्र उपचारार्थ एअर एम्बुलेन्समा सिंगापुर लगिएको थाहा पाएको थिए । एअर एम्बुलेन्समा बिरामी बोक्दा कति खर्च लाग्छ भन्ने यकिन थाहा नपाए पनि त्यतिखेर त्यत्रो सरकारी ढुकुटी रित्याएर कोईरालालाई बिदेश लगेको भनी आएका बिरोध र टिका टिप्पणीले मेरो खर्च कहाँबाट र कसरी भए होला भनेर चिन्ता लागेकोले मैले श्रीमतीलाई बिषेशतः खर्चको बारे सोधिरहन्थे । श्रीमतीले खर्च जुटिसकेकोले त्यस्को चिन्ता नगर्न अनुरोध गर्दै दाजुभाइहरूले घटना घटे पछि एक रात नछोडेको, एकजना भान्जाले मेरो उपचारको लागि आवश्यक भएमा आफ्नो घर बेचिदिन तयार भएको, अर्का एकजना दाइ नाता पर्ने महानुभावले म बाँच्ने हो भने आफूले प्राण नै दिन तयार भएको बताएको आदि ईत्यादी कुरा सुन्दा मन विभोर हुन्थ्यो । मेरा लागि यी कुरा सुन्दा हर्षका आँसु पनि आउँथे ।

मेदान्त अस्पतालमा डाक्टर र नर्सहरूले गरेको सेवा र दर्शाएको सद्भाव पनि मेरा लागि अविष्मरणीय छन् । मेरो शल्यक्रिया गर्ने डाक्टरले पनि तपाईं जस्तो बिरामीको उपचार गर्न पाउनु हाम्रो शौभाग्य हो भन्दथे । उनीहरूको प्रयास त छँदै थियो नै तैपनि मेरो आत्मबलको कारण म बाँच्न सफल भएको सुनाउँथे । मैले भ्रान्तिको अवसरमा बर्बराएको कुराहरूको आधारमा म सरकारी जागिर खाने मान्छे, पीएच. डी. गरेको मान्छे आदि भनेर सम्बोधन र सम्मान गर्थे पनि । त्यहाँका डाक्टर र नर्सहरू मेरो अवस्था बिग्रदा हामी भन्दा चिन्तित हुन्थे भने मेरो अवस्था सुध्दा हामी भन्दा पनि खुशी हुन्थे । एउटै बिषय पढेका एउटै डिग्री तथा एउटै वस्त्रधारी स्वास्थ्यकर्मीमा पनि कस्तो आकास पातालको फरक बी एण्ड बी र मेदान्तको । बी एण्ड बी मा डाक्टर र नर्सहरूलाई हेर्ने दृष्टिकोण ठ्याक्कै उल्टो बनाई दियो त्यहाँको व्यवहारले । अस्पतालमा मेरो क्षणक्षणमा पिसाव आईरहने समस्या भएको थियो । यति सम्म कि कतिपय अवस्थामा थाहै नपाई बेड नै निथुक्क हुनपुग्थ्यो । म पिसाव आउने केही संकोच तथा केही डरले सूप खान पनि अस्विकार गर्थे बेला बेला । नर्सहरूले यो कुरा बुझेर उनीहरू मलाई सम्झाउथे । उनीहरूले आफ्नो ड्युटी नै त्यस्तो भएकोले त्यसमा अन्यथा नलिन आग्रह गर्थे । एउटा बच्चालाई आमाले गर्ने सेवा भन्दा बढी स्नेहपूर्ण सेवा गर्दथे मलाई । डीसेम्बर २५, क्रिस्मश डे को दिन एकजना नर्सले त मेरो जीवनको लागि प्रार्थना गरी डाक्टरको आँखा छली प्रसाद समेत खुवाईन पनि । यी सबै मैले कहिले नबिसने स्मरणीय कुराहरू हुन् । यस्ता कारणले होला आज पनि मेरो जीवनमा खेलवाड गर्ने बी एण्ड बीको छेउछाउ पुग्दा भयानक नर्क पुग्नु लागेको आभास हुन्छ भने मेदान्त पुग्दा स्वर्ग पुगेको जस्तो र त्यहाँका डाक्टर नर्सहरू भगवान जस्ता लाग्छन् ।

दिल्लीबाट डिस्चार्ज भई काठमाडौं आउँदा केही सीमित व्यक्तिलाई मात्र खबर गरिएको थियो तर पनि मलाई भेट्न एअरपोर्टमा आएका आफन्त र शुभचिन्तकका भीड तथा ती भीडहरूका आँखाबाट छचल्किएका आँसु देखा दुर्घटना भएको क्रमको यो समयावधि भरी मै पहिलो पटक म यति भाव-विह्वल भएर रोएको थिए । मेरो रोदन र आँखामा आँसु देखेर एक जना दाइले तिमीलाई गाहो हुन्छ सुदन आफूलाई सम्हाल भनेर सम्झाउनु भएको थियो । मैले आफूलाई गाहो भएको नभई मेरा लागि यति धेरैजनाको यत्रो समर्पण संज्ञेर हर्षका आँसु आएको बताएको थिए ।

मेरो शिघ्र स्वास्थ्यलाभको कामना गर्नको लागि फिलिपिन्समा त प्रेयर टिमहरू नै गठन भयो रे अनि म निको नहुन्जेल प्रार्थना पनि चलेछ । धेरै समय मेरो आवाज आएको थिएन, ईसाराले कुरा हुन्थ्यो । जब आवाज आयो, अनि मेदान्तबाट मैले मेरो कार्यालयमा कार्यरत दाइलाई फोन गरेर कुरा गर्ने क्रममा मेरा एकजना मित्र पनि त्यही हुनु हुँदोरहेछ, मैले उहाँसँग पनि टेलिफोनवार्ता गरें । मसँगको भलाकुसारी पछि आफ्नो कार्यक्षमा खुशीले उफ्रदै गएर आफ्ना सहकर्मीहरूसँग उहाँले मैले त आज स्वर्गमा कुरा गरे भनेर अत्यन्तै प्रशन्नता व्यक्त गर्नुभएछ । मलाई दिल्ली लैजादै गरेको बखत मेरो लागि WHO को जागिरको मनमनै कामना समेत गरेका तथा पछि सो पदमा विज्ञापन हुँदा आफुले आवेदन नै नदिएका उनै साथी पछि म छनौट हुँदा अत्यधिक खुशी व्यक्त गर्दै आफ्नो कामना पूरा भएको बताएका थिए । साथीको लागि यति कामना र त्याग गर्ने मेरा ती साथीको मेरा लागि गरेको त्याग र समर्पण कमैले बिश्वास गर्लान् । म बी एण्ड बी मै भएको बखत मेरै कार्यालयका सहकर्मी (जो काठमाण्डौं बाहिर थिए) तथा मेरा शुभचिन्तकले आफ्नी श्रीमतीलाई टेलिफोन गरी नियमितरूपमा अस्पताल जान र प्रत्येक पटक खाली हात नभई एक दुई लाख बोकेर जान सल्लाह समेत दिनुभएको रहेछ । कहिले व्रत नबस्ने उहाँले मेरो लागि कठोर ब्रत पनि बस्नु भएछ । यसै सन्दर्भमा न्यूजिल्याण्डमा रहेका मेरा साथीहरूले पनि मेरा लागि केही कसर बाँकि राखेनन् । त्यहाँ न्यूजिल्याण्डमा पनि मेरा लागि पूजा-प्रार्थना गर्ने मृत्युञ्जयस्त्रोत्र पाठ गर्ने जस्ता कामहरू भएछन् । त्यहीँबाट पनि हरेक दिन नै मेरो चिन्ता गर्दै । साथीहरू पालैसँग मलाई भेट्न घर पनि आउनुभयो । न्यूजिल्याण्डबाट मलाई भेट्न नेपाल आउनेहरूको लिष्ट बनाउँदा लामो हुन्छ बरु नआएका शायदै होलान् । उहाँहरूको म प्रतिको सद्भाव र माया प्रति पनि अत्यन्त ऋणी छु ।

यसरी जिन्दगीमा भएका विभिन्न दुर्घटनाहरू मध्ये मेरा आफन्त समेत गुमाउँन बाध्य भएको तथा मलाई पनि कालको मुखैसम्म पुर्याउन सफल भएको यो भयानक दुर्घटनाले मेरा आफ्नै तथा आफन्त जनमा दिएको पीडाको लेखाजोखा त हुन सक्तैन नै तैपनि मैले भोगेका ती घटनाहरूले मेरो जीवनमा नयाँ मोड लिए झैं लाग्छ । यो दुर्घटनाले मेरा लागि समर्पण गर्ने यत्रो अपार जनसागर भएको ज्ञात भयो । तिनै साथीहरूको कामना तथा सद्भावले नै मृत्यूको मुखमा पुगेको तथा बी एण्ड बी ले लगभग मृतक घोषणा गरिसकेको मैले फेरि पूनःजीवन पाई पूर्ववत रूपमा यस संसारमा क्रियाशील रहन पाएको छु । दुखःको त्यो घडीमा मलाई हरतरहले साथ दिने साथीभाइ तथा शुभचिन्तकहरूका लहरले मेरो बाँकी जीवन जिउने मार्ग अझ फराकिलो भएको महशुस हुन्छ । मलाई जस्तो यस्तो विपत्ती कसैलाई नपरोस् भन्ने कामना समेत गर्दछु ।

# Hot Summer Sun

Selina Karmacharya



I remember slapping on sticky sunscreen on my arms as I ran to swim in the ocean

I remember hopping over boiling hot sand as I tried to make sand castles hoping they wouldn't fall in the strong wind

I remember the ice-cream melting all over my hands

I remember the cold water splashing on to my feet

I remember the seagulls squawking in the air

I remember the kites floating in the wind

I remember the meat sizzling on the barbeque

That's why summer is the best season in the world!!!!

+++++

## Shubhakamana



On behalf of the *Nepalese Association in (Te Puke) New Zealand Inc.*, we would like to congratulate the *Nepal New Zealand Friendship Society*, Christchurch, for their annual publication, "**Namaste Newsletter**".

We would also like to extend our warmest and best wishes to all Nepalese residing within Christchurch for a joyful New Year 2070. This is an opportunity for friends and family to celebrate national unity and goodwill in Nepal, and for all Nepalese everywhere in the world to gather and exchange good wishes.

We hope that many of the dreams of Nepal and the Nepalese people will be fulfilled in 2070.

May the New Year inspire us all to contribute more towards our homeland!

May this New Year bring joy and happiness to each Nepali household both in Nepal and abroad!

Nepalese Association in Te Puke  
Te Puke Community Hub  
31 Commerce Lane  
Te Puke 3153, New Zealand

## **Help Nepal Network and its Campaign to Raise NRs. 10 Crore**

**Raj Maharjan**

**Coordinator, Help Nepal Network (HeNN) New Zealand**



### **About HeNN**

Established in 1999, Help Nepal Network (HeNN) is the largest charitable network of Nepalis. It has well-established network with active country chapters in fourteen different countries, including in New Zealand since 2011.

HeNN's efforts are by Nepali for Nepal. Rather than seeking help from foreign donors, it encourages Nepalis throughout the world to provide assistance to fellow Nepalis back home. HeNN's main areas of assistance are health, education and disaster relief. Until now it has completed more than a hundred projects. Those projects include schools, health posts, libraries and supporting communities during disasters such as fire, flood and cold snap.

HeNN encourages Nepalis to practice "practical philanthropy" by encouraging contributing a small part of their earnings. This is reflected in its slogan, "One Dollar a Month". Parting a dollar a month will hardly have any impact on a person's living. However, a dollar from hundreds of thousands when combined would allow HeNN to do support significant works in Nepal.

Nepalis living overseas just like you and I contribute to HeNN's funds through "a dollar a month". One hundred percent of the funds thus collected are utilised in supporting community development projects in Nepal. All of its administrative costs of running office in Kathmandu are borne by an Administrative Endowment Fund (also known as Trust Fund) that was set up by funds collected from generous Nepali donors. All committee members in Kathmandu and those in various country chapters including coordinators are volunteers.

HeNN is increasingly recognised around the globe today as an excellent example of what and how Nepalis themselves can do for the greater good of fellow Nepalis. Further information about HeNN, its activities and audited accounts may be viewed at its website [www.helpnepal.net](http://www.helpnepal.net).

HeNN wishes to ingrain the spirit of philanthropy among Nepali individuals and institutions. It wants to spread the message that if Nepalis unite in their effort, they can bring positive change in Nepal. HeNN ignites the positive change by its charitable means.

**NRs. 100 million (10 Crore) Charitable Endowment Fund**

With a motto of “Nepalis for Nepal”, HeNN in 2012 launched an ambitious fund raise campaign to raise NRs. 10 crore in five years. Fund thus collected is intended to go into a Trust Fund that will be utilised to continually support various projects in Nepal.

Until now in less than a year, about 1.5 crore has already been raised. From its past experience, HeNN is confident that there are a large number of generous Nepalis throughout the world who would support its fund raising campaign. Donations of one lakh rupees each by a thousand Nepalis, or fifty thousand rupees by two thousand Nepalis or even thousand rupees by hundred thousand Nepalis does not seem too far-fetched.

HeNN’s all fourteen country chapters are actively supporting this ongoing Endowment Fund campaign by organizing various activities. Successful campaigns in South Korea and Europe has already raised significant amount of money contributing to the Rs. 1.5 crore already raised.

### **Campaign in New Zealand**

NeNN New Zealand is currently running a nation-wide campaign to assist HeNN achieve its goal of raising 10 crore for the Project Endowment Fund by 2017.

HeNN NZ is working closely with organisations in New Zealand in its bid to successfully run an efficient and effective fund raising campaign. The support so far from the following organisations has been outstanding.

- Community of Nepalese in New Zealand, Waimate
- Khukuri Football Club, Auckland
- NANI, Te Puke
- Nepal New Zealand Friendship Society of Canterbury
- Nepal New Zealand Society, Auckland
- New Zealand Nepalese Association, Auckland
- Non Resident Nepali Association New Zealand

HeNN NZ is inviting Mr. Rabindra Mishra, founding chairperson of HeNN, Editor BBC Nepali and author of Nepali books *Bhumadhya Rekha* and *Khana Pugoss Dina Pugoss*, in June 2013 for a series of interaction programs at various locations in New Zealand. The interaction programs will act as a forum to discuss about HeNN and the ongoing campaign for the Endowment Fund. HeNN NZ’s fund raising campaign will officially conclude after those interaction programs.

## HeNN NZ's appeal

HeNN NZ appeals to Nepalis throughout New Zealand for your kind support to the ongoing fund raising campaign for the 10 crore Charitable Endowment Fund.

HeNN NZ believes that although we are a small community in number, Nepalis in New Zealand have big hearts. We invite all Nepali to participate in our interaction programs in June 2013. Details of the program in your city will be communicated closer to the date of the program. Until then you may contact Raj Maharjan, one of the coordinators HeNN NZ, at 09 833 4616 or 021 022 310 75 or email him at [henn.nz064@gmail.com](mailto:henn.nz064@gmail.com).

Please remember that your small donation will go a long way! It can secure a brighter future for a child in remote Nepal by providing him education in the local school. Your few dollars can assist a mother safely deliver a child in a rural health post. These are only examples. We can make a positive impact in Nepal if those of us overseas come together with united effort. Let that united effort this time be your support to HeNN NZ in its fund raising campaign.

We will soon formally approach you for your support.



धेरै छ गर्नु स्वदेशको सेवा नेपाली बन्नलाई  
शीर ठाडो पारी नेपाली भन्ने म नै हुँ भन्नलाई

*-स्व. गोपाल योञ्जन*

# बिदेशको पीडा

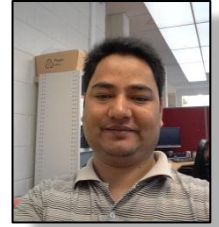
राजेश ढकाल



आज किन बल्झ्यो मेरो मन् भित्र को घाउ  
साह्रै धेरै याद आयो मलाई मेरो ठाउँ।  
याद आए भाई बैनी घर र आमा बाउ  
जन्मी हुर्की खेलेका ती डाँडा खोला गाउँ॥  
आफन्त झैं छिमेकी ती यहाँ कहाँ पाउँ  
त्यस्ता मिल्ने साथीभाई कहाँ बाट ल्याउँ।  
कुन् साइत् मा राख्न पुगें बिदेश मा पाउ  
बिरानो भो आफ्नै देश आफ्नो गाउँ ठाउँ॥  
त्यस ताका त्यस्तै थियो देश र घर को हाउ  
घर धान्न गाह्रो थियो महंगो थ्यो भाउ।  
ब्याज लिन पठाउँथ्यो हरेक मैना साहु  
साढे साती दशा अनि त्यस् माथि को राहु॥  
सबै चिन्तित् त्यै सोच ले के खवाउँ के लाउँ  
युवा हरू खोज्दै थिए विदेशिने दाउ।  
आफ्नो पनि मौका आयो सब ले भने "जाउ"  
दंग परी "हन्छ" भने जङ्गा मार्दै ताउ॥  
बुझें बल्ल पर्देश् आई खासै छैन फाउ  
जति दुःख गरे पनि दिगो हुन्न पाउ।  
घर् परिवार् सबै बिर्सी कामै मात्र धाउ  
यस्तो श्रम् ले देश् मै पनि तिथ्यो ब्याज् र साउँ॥  
बिदेश मा जुनी बित्यो मन् ले भन्छ जाउँ  
गरौं केहि उँभो लान आफ्नो देश को नाउँ।  
पिज्जा भन्दा मीठो मानी आफ्नै गुन्द्रूक खाउँ  
रक् र र्याप् को हल्ला छोडी आफ्नै लोक गीत गाउँ॥  
गह भरी आँसु झारी भेट्दा रुन्छिन् माउ  
जैले पनि फोन् मा भन्छिन् घर फर्की आउ।  
कुनै जडी छ कि कतै ठिक् पार्ने यो घाउ  
फुत्तै चढी जान्थेँ आजै पाए दिव्य नाउ॥

## A glimpse of NNZFS activities during 2069

-Salil Bhattarai



I do not know if you agree with the saying "TIME FLIES". But time definitely drives, if it does not fly!!! It has already been one year since we celebrated New Year 2069 at Templeton!!! Christchurch has been relatively calm during the last 12 months although we were constantly reminded about the ferocity of Mother Nature by smaller jolts every now and then. We hope the year 2069 was truly enjoyable and rewarding to you. Let us have a look at the activities of Nepal New Zealand Friendship Society of Canterbury during the year 2069.

**New Year 2069:** We welcomed 2069 by gathering at Templeton Community Hall on 14 April 2012. Over 150 members and guests gathered and enjoyed traditional Nepali food and cultural performances. We got to see how talented our kids and some adult members are. They just needed a platform to show their talents!!! Thanks heaps to all performers and volunteers. Some of us created minor tremors on the floor of Templeton hall by showing our hidden talents in singing and dancing even after the closing of the formal programme.



**AGM:** We met at the Maori hall of Lincoln University to elect the Society's new executive committee on 6 May 2012. There were not many people interested in being one of the executives and we had to push our members hard to convince them to take up the leadership role. Finally, we succeeded in electing (or rather selecting) executive committee for the year 2012/2013. Thanks a lot to election committee comprising three Bs i.e. Binaya Sharma, Bhola Pradhan and Bhoj Khanal. We would like to see our members to be more upfront in raising up their hands for leadership role in future.



**Mid-winter Potluck:** We gathered at the Lincoln Event Centre on Friday, 13 July for mid-winter potluck where we got a chance to catch up with everyone and enjoy some hot Nepalese food prepared by experienced hands of our lady members (forgive me gentlemen, if you had any role in cooking!!). We also had the pleasure of the company of guests from Australia.

**Teej:** The Lincoln Event Centre went colourful on 15 September!!! Nepali ladies celebrated Teej on that day with a great fanfare.



Male members were also very happy to enjoy the mouth-watering dishes and watch some rhythmic steps on Teej songs.

**Nepal Night-Fund Raising Event for Samata School:** We supported NRN-New Zealand in their fund raising effort for Samata School in Nepal. The programme at Templeton community hall on 8<sup>th</sup> September generated more than 7,000 dollars for the education of underprivileged children in Nepal.



**Dashain Planning:** We gathered at Maori hall of Lincoln University on 28 September to discuss and plan upcoming Dashain festival. The meeting decided to allocate roles pertaining to shopping, foods, games and tika preparation.

**Dashain:** Being far away from Nepal, we often miss Nepali festivals. Dashain is of course a major one among them. We celebrated Dashain on 27 October at Harvard Community Lounge. Fortunately, we had some senior visitors from Nepal who offered tika and blessings to everyone. We enjoyed tasty Nepali food and also participated in various games. Thanks everyone for your contribution in various roles.



**Tihar:** Again, we celebrated Tihar, the festival of light and colour, on 18 November at Harvard Community Lounge. We got to taste Sel Roti and many more tasty foods. We sang Deusi and Bhailo. We took this opportunity to farewell Kalyan Malla and Shital Malla and welcome Jitendra Bothara. Mr Malla finished his study and returned back to Nepal. We wish



Mr and Mrs Malla a rewarding career and a happy life ahead.

**Sports:** Sports continued to be one of the major activities of our Society. We secured a



dedicated funding for sports this year from Mainland Foundation that enabled us to procure new sports gears. There was a married versus unmarried football match. We also participated in global football festival during 23 to 24 February 2013. Performance of the Nepali team was amazing!!! We did not concede more than one goal to

any team and had a tie with Fiji Indians, the winner of the tournament!!!

**Potluck to Welcome New Members:** We planned a potluck gathering for Christmas/New year but that did not materialise due to the unavailability of a venue. But better late than never, we gathered on 26 January to catch up with everyone. We took this opportunity to welcome Jitendra Bothara and family, and Man Thapa and family. We also had an opportunity to meet some visitors from Nepal (Top Lal Gyawali and Tika Gyawali) and Australia (Deepak and Seema Joshi). We wished newcomers a pleasant stay and hope the visitors enjoyed their Christchurch visit.

**Namaste Nepal Radio Programme:** We have been running Namaste Nepal radio programme every Monday from 8.00 to 8.30 pm on Plains FM 96.9. Thanks to Mr Roshan Rijal for hosting this programme in its formative years and Mr Binod Parajuli for volunteering to be a host this year. Please tune in to Plains FM 96.9 every Monday at 8.00 pm.



**Culture Galore:** As we had always done in the past, we participated in the Culture Galore 2013. This was organized by Christchurch City Council on 9 March 2013. It was a great opportunity to promote our culture and raise some fund for the society by selling the traditional Nepalese food. Thanks to Sneha for her wonderful performance and volunteers for cooking food and taking care of the stall. Nepalese food turned out to be very popular and was sold out quickly.



**Nepali Language Class:** Nepali language class aims at imparting Nepali language skill and orienting Nepalese culture to our kids and interested kiwis. The class was decided to be continued but to be moved from Lincoln to Christchurch (Waimairi hall) due to change in the ratio of students from Lincoln and Christchurch. Thanks to Alina/Ulia Gurung, Nisha Gyawali and Yashoda Malla for volunteering as a teacher. Thanks also to Manju Neupane for filling up as the teacher when the regular teachers took leave. We strongly urge parents to send their kids to Nepali language class as few grown up kids have graduated and we have dwindling new enrolments.

Thank you everyone for your role and contribution in NNZFS activities during 2069. NNZFS would like to wish you all a very happy and prosperous new year 2070!!!

## GLOBAL FOOTBALL FESTIVAL 2013

Gyanendra Pradhan



The Global football festival was held on 23 - 24 February, 2013 at Avonhead Park. We had been preparing for this festival for quite some time; practicing every Sunday. Before the festival we had a friendly game with Solomon Islands. We lost 2 games by 6-1 and 6-3 but we won against Korea by 1-3. That was a great boost for the team. I was a bit worried about what the result was going to bring this year as at the last few festivals we lost by big goal differences.

On Saturday 23 February, we had the first game vs the Sangam India team. Lost by 1-0 we were all disappointed. We were all disappointed to lose by 1-0. We played well but somehow a goal slipped through. We had to win this game to go to the second round because no way we would be winning last game vs Fiji Indian because they were the champions last year. However, on the Second game vs Somalia, they didn't show up. For our Last game vs Fiji Indian, we had planned to put good players on for the first half and then the second half we would have a rest and bring all the players who didn't get the chance to play but the game plan changed because we scored a goal in 20 minutes the scorer was Keshav Bhai. The game plan now changed as we had to retain the lead. If we beat the Fiji team we would be guaranteed for the quarter final because Fiji beat the Sangam Indian team by 7-0. We kept our defence tight and our goalie saved more than 5 goals. Just 10 minutes before the end of the game the referee rewarded a penalty kick to Fiji because I fouled a Fiji player inside the D box. They scored a penalty goal and the result was a draw. This was one of the best games we had played so far. All players were happy with the results. We held our heads high.

Sunday was the bowl final game. The first game was vs Zimbabwe. However unfortunately they also didn't turn up. It was a shame because we were itching to play that game after our draw against Fiji. We were feeling pretty positive about our team, players and game plan. So at the bowl final we ended up playing against Solomon Islands. As the previous two games were friendly, we were ready to take on the Solomons. We played pretty well against those guys as we only lost by one goal. Later we all watched the final game between the Fiji Indians and CHCH Cavalier. Fiji won by 3-1. At the end of the festival there was a prize giving and our team won coach of the tournament. It was a great honour for us because after 10 years of participation, this was the first trophy we had won. We all felt like winners during the football festival this year.

As a team we had a great time this festival. It was nice weather; we had good players, and great supporters. We had a BBQ both days and used a big heavy duty gazebo which was funded by our society and the MAINLAND FOUNDATION. The Mainland Foundation also sponsored us to buy new team jersey sets this year. Dharma Aunty, Bodh Kumari Gelal Bhauju and Saroj Gelal cooked some yummy curry andaachar. Dhan Khatri ji sponsored chicken sausages for us.

**Player name list:** Alok, Bipin, Keshav, Bikram, Ashok, Bishalrai, Bablu, Dave, Tim, Zabed, Zaki, Muzib, Binod, Indra, Kamal, Rahul, Tshring & Gyanendra.

**The supporters were:** Roshan, Buddhi Bhai, Saurab, Bishnu, Rajesh ji, Shalu Bhauju, Munu, Chantelle, Nicki, Christine, Sagar, Raj, Bishal Dahal, Madan Gautam and all the well-wishers via Facebook. We look forward to playing again next year.

## ‘नमस्ते-नेपालको भित्री कुरा’

▪ बिनोदपराजुली

क्यान्टवेरी क्षेत्रको एक मात्र सामुदायिक रेडियो प्लेन्स एफ.एम आफैले प्रसारणको पच्चीसौं वर्ष पुरा गर्दा सो स्टेशन मार्फत नमस्ते-नेपालको प्रसारण सुरु गरेको पनि झन्डै सात वर्ष पुरा भएको छ । रेडियो प्रसारको आधारभूत उदेश्य-लक्षित समुदायका लागि सूचना, सन्देश र मनोरञ्जन प्रदान गर्नु नै हो । तर प्रविधिको प्रयाप्त सुबिधाहरु उपभोग गर्न सक्षम हुने स्थान र समयमा सूचना, सन्देश

र मनोरञ्जनका लागि तोकिएको रेडियो र कार्यक्रमको पट्यारलाग्दो प्रतिक्षा गर्नु पर्ने बाध्यता भने स्रोताहरुलाई रहँदैन ।

सहज ईन्टरनेट सुबिधा र माध्यमहरुको पहुँच भित्र रहँदा इच्छाएको स्थान र समयमा जुनसुकै वेबसाईटहरु हेर्न सकिन्छ भने देश-बिदेशका खबरहरु



नमस्ते-नेपालको रेकर्डिङ गर्दै गर्दाको एक दृश्य

थाहा पाउन मात्र होइन, स्वदेशमा रहेका आफ्ना-आफन्त र साथीसंगीहरूसँग पनि नियमित रुपमा संपर्कमा रहन खासै मेहनत लगाउनु पर्दैन ।

यति हुँदा हुँदै पनि बिसन नहुने पक्ष भनेको पहिचान को हो । जहाँ रहे पनि जँहा गए पनि सबैलाई आफ्नो उपस्थिती र पहिचान अरुले बुझेको जानेको होस् भन्ने चाहना हुन्छ । क्राईष्टचर्च बासी नेपाली समुदायव्दारा सन्चालित रेडियो कार्यक्रम नमस्ते-नेपाल हामी सबैको पहिचानको माध्यम पनि हो । पूर्णतया: सामुदायिक रेडियोको रुपमा पच्चिस बर्ष देखी सेवारत प्लेन्स एफ.एममा नमस्ते-नेपाल सहित अन्य एक दर्जन भाषाका रेडियो कार्यक्रम प्रसारण हुँदै आएका छन । नेपाल र नेपालीका बारेमा सुन्दै नसुनेका र बिरलै सुनेका ति समुदायहरुका लागि नमस्ते-नेपाल आफैमा पहिचान बनेको छ । प्लेन्स एफ.एमको साझेदार र प्रायोजकका रुपमा कार्यरत ब्यक्ति र संघ-सस्थाहरुलाई क्राईष्टचर्चमा नेपाली समुदायको

उपस्थिती र गतिबिधिका बारेमा जानकारी हुन सजिलो बनाएको छ । तर यहाँ नमस्ते-नेपालको उत्पादनका क्रममा हुने प्राविधिकपक्षहरूका बारेमा जानकारी दिने प्रयास गर्दैछु ।

प्रत्येक सोमबार साँझ ८.०० बजे प्रसारण हुने नमस्ते-नेपाल एउटा प्रसारण हुनु अघि नै रेकर्डिङ गरिएको कार्यक्रम हो । प्लेन्स एफ.एममा प्रत्यक्ष प्रसारणको सुबिधा पनि छ । सुरुवातका केही कार्यक्रमहरू प्रत्यक्ष प्रसारण गरिएका थिए । प्रसारण हुने दिन र समय भन्दा अघि कार्यक्रमका लागि आवश्यक सामाग्री जुटाएर रेकर्डिङका लागि उपलब्ध समयमा स्टुडियोमा गई कार्यक्रम तयार पारिन्छ । रेकर्डिङका लागि आवश्यक सम्पूर्ण प्राविधिक पक्षका बारेमा जानकारी हुनु त अनिवार्यनै हुन्छ भने रेकर्डिङका क्रममा साना-तीना प्राविधिक समस्या सधैं जसो भोग्नुपर्ने हुन्छ । जसले कार्यक्रमको उत्पादनमा बढी समय खर्चिनुपर्छ ।

नमस्ते नेपालको निर्धारित कार्यक्रम अवधी २५ मिनेट मात्र हो तर कहिले-काँही मीठो गीत पुरै बजाउने र धेरै प्रसारण समाग्री समेटने लोभ गर्दा कार्यक्रम २७ मिनेटसम्म लम्बिन्छ । रेडियो कार्यक्रम उत्पादन तथा प्रसारणको सम्पूर्ण प्राविधिक पक्षको जिम्मेवारी लिई संलग्न हुन पाउनु आफैमा चुनौती र रमाइलो कुरा हो । सोमवार बेलुका ८ बजे प्रसारण हुने भएकाले कार्यक्रम रेकर्डिङ गरी सोही दिनको ४ बजेसम्म तयार पारी सक्नुपर्छ । नमस्ते-नेपालका धेरै जसो कार्यक्रमको रेकर्डिङ शनिवार वा आईतवारमा तयार पारिन्छ । तर अपठ्यारो त कति वेला हुन्छ भने क्रिस्मस, नयाँ-वर्ष, इस्टर लगायत लामो विदा परेको बेलामा अति नै कम समयमा एकै पटक धेरै भागहरू तयार पारेर बुजाउनु पर्ने हुन्छ । यसै पनि अपेक्षाकृत भन्दा थोरै नियमित स्रोता भएकाले पनि एकपछि अर्को भागमा उही कार्यक्रम र उस्तै खालका गीत-संगीत र प्रसारण सामाग्री दोहोर्याउँदा स्रोताहरूको संख्या थप साघुरीन सक्छ । त्यसैले अघिल्ला कार्यक्रममा बजेका गीत-संगीत र सामाग्री दोहोर्याउने रहर नहुँदा-नहुँदै पनि कहिले काहि रेकर्डिङ स्टुडियो संग सम्बन्धित प्राविधिक समस्याले गर्दा मुस्किलले केही कार्यक्रम दोहोरिन हुन गएका छन् ।

स्टुडियोमा बसेर कार्यक्रमका लागि गीत छनौट गर्नु पनि रमाइलो र दुबिधा दुवै एकै साथ हुने गर्छ । हामीसँग भएका गीतहरू कति त धेरै नै पुरानो भइसकेका छन्, जुन कहिलेकाही बजाउँदा रमाइलै हुन्छ । त्यसैले पछिल्ला समयमा नयाँ-नयाँ गीतहरू पनि समावेश गरिदै आएको छ । तीन देखी चार मिनेट सम्मका सबै किसिम सुर-ताल र मिठास भएका गीत समावेश गर्दा सुनमा सुगन्ध भए जस्तो हुन्छ । गीत छनौट, रेकर्डिङको क्रममा समय खर्चिनु पर्ने प्रमुख कारण हो । कार्यक्रमको क्रममा बोलिने रेडियो सामाग्रीलाई चार भाग बनाएर अलग अलग रेकर्डिङ गरिन्छ । ति मध्य हरेक भागको लागि मिलेर सम्भव भएसम्म प्रसंग अनुसारको गीतहरू बजाउने प्रयास गरिन्छ । स्रोताहरूलाई सधैं गुणस्तरिय कार्यक्रम

प्रस्तुत गर्ने रहरले गर्दा पनि रेकर्डिङमा हुने आवाजको लेवल मिलाउनुपर्ने, बोलिएका बिषयमा शब्द-वाक्य थपघट गर्नुपर्ने वा चित्त बुझ्दो नभए पछि केही भागको दोहोर्याएर रेकर्डिङ गर्छौं । आफन्त भेटघाटका लागि आउनुभएका तथा नेपाली समुदायभित्र कै व्यक्तिहरूसँग नयाँ-बर्ष, दर्शन, साँस्कृतिक मेला वा अन्य अवसरमा गरिने अन्तरवार्ता र कुराकानीलाई प्रसारण सामाग्रीको रुपमा कार्यक्रममा समावेश गरिदै आएको छ । त्यस्तै नेपाली पात्रो अनुसार विभिन्न समयमा पर्ने नेपाली चाड-पर्व तथा प्रमुख दिवस सम्बन्धि प्रसंगहरु अनि बेला-बेलामा नेपाल र नेपाली सम्बन्धि उत्साहजनक जानकारी र पत्याउन अलि गार्हो पर्ने सबै खाले बिषय कार्यक्रमका सामग्रीको रुपमा प्रसारण हुँदै आएका छन् ।

हरेक भागको रेकर्डिङ लगत्तै सम्पादन गरिन्छ । गल्ती भएका छन कि भन्दै पटक-पटक सुनेर अन्तिममा मुख्य कार्यक्रम बनाउनु अघि गल्तीहरु सुधार गर्नुपर्छ । सबै चार भागको सम्पादन सकिए पछि, ति भागहरुलाई गीत संगै मल्ट्री-ट्रयाक बिधीमा राखेर मुख्य कार्यक्रम तयार पारिन्छ । स्टेशनलाई उपयुक्त हुने तरिकाले पनि कहिले-काँही कार्यक्रम बनाउनु पर्ने जिम्मेवारीमा रहन्छ । लामो बिदाको समय पर्दा क्रिस्मस र नयाँ-वर्ष २०१३ को बेलामा एकै पटक चार-चार वटा कार्यक्रम बनाउँदाको क्षण पनि सम्झना गर्न लायकहरु मध्ये एक हो ।

फरक रहन-सहन बोली-चालीमा हुकिदै बढेका नयाँ पुस्ताहरुलाई समेत नेपाली भाषा र संगीतका बारेमा जानकार बनाई राख्न हप्तामा एक दिनको मात्र पच्चिस मिनेट समय छट्याउनु हुन सम्पूर्णलाई हाम्रो अनुरोध छ । युवा पुस्तालाई सहभागी बनाउदै बेलुकाको फुर्सदिलो समयलाई आफ्नो पारिवारिक समय "फेमिली-टाईम" बनाउनु भएमा नमस्ते नेपालमा हाम्रो संलग्नता रप्रयासले न्याय पाउने विश्वास लिएको छु ।



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# The Science of Life

## Iros Neupane



Buzzzzz!

The Sound of the bee buzzing through the air, the sweet scent of the honey collected by the bees was enough for the zoologist.

Boom!

The shockwave signalled another failure.

The scientist with another loss, another failure and another waste of money.

The zoologist also wanted something better something that smelled of life, meaning and purpose. The scientist wished something would just happen a miracle maybe. The scientist and the zoologist thought to try it the next day.

The next morning when he woke up the scientist quickly grabbed his lab-coat and ran so did the zoologist.

When they were running they banged into each other.

“Sorry” they both said

“Are you a scientist” she asked

“Who are you” the scientist said

“Yes” he said

“A zoologist” said

The Scientist then thought that she can give him some info

He asked the zoologist if she could help him.

The zoologist then thought the same thing.

She agreed to help if he would help her

The scientist agreed.

They went to the scientist’s lab. He wanted to make something that could heal cuts and mend bones. The zoologist then thought of an idea.

She cut herself with a knife and dropped the blood on the glass bottle then added some water. The water was now red then she went to her zoo and got a bone from a dead animal and dropped it on the red water.

The bone dissolved then they tested to see if it worked by dropping a drop of the Healing Ointment (as they called it) on the cut on the zoologist.

The cut closed and she felt energy come back to her.

It Worked!

Then the scientist had to help the zoologist. He remembered a mixture he had done in high school that was harmless but smelled like the best thing you smelled x 5

It was called H<sub>2</sub>O<sub>9</sub>. It was made by adding water (H<sub>2</sub>O) and a chemical (9)

She smelled it and it smelled great.

Later on the scientist became famous by selling the Healing Ointment for lots of money. He then bought something to give to the zoologist. So he asked her to come to his house.

Then when she came he gave her the bag and inside it was a diamond ring

Then the scientist said "Will you marry me?"

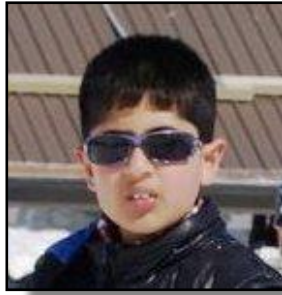
The zoologist had to say yes.

6 years later they had two kids the girls name was science and the boy's name was life.

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# QBasic

Imas Neupane



## Introduction to QBasic

QBasic is a popular high level program involving BASIC. BASIC stands for Beginners All Purpose Symbolic Instruction Code. There are many programs that utilize BASIC coding, and one of them is QBasic. Other versions include GWBASIC, BASICA and Turbo BASIC.

## Why QBasic:

QBasic has a lot of features that the other alternatives don't have, such as:

1. QBasic is easy to learn and understand
2. It's a full screen editor which checks syntax errors (The most annoying kind!!!)
3. It has a pull-down menus with full debugging facilities (It can easily help you!!!)
4. It's a multi-file and multi-window editing program. In which you can create, run, edit, debug and execute the program, all without having to keep on switching programs or reopen them (Saves you so much time)

5. It provides online help if you're really stuck
6. You can use both mouse and keyboard to drive menu structures (Not just with the keyboard)
7. It allows functions or procedures to be defined in a program (It has an easy to understand, step by step procedure so if you make a mistake it'll auto correct or show you where the mistake is)
8. It provides a facility for adding and removing statements (You can easily remove any statements to make the program suit you!!!)

## When did QBasic come about?

QBasic was developed by Microsoft in 1985. Microsoft made their own version of BASIC with their MS-DOS 5.0 operating system.

## How do I create my own computer program with QBasic?

To tell you would take too much space so here's the download link for my explanation:

Download link: <http://adf.ly/KLmGz>

For more info on QBasic:  
<http://en.wikipedia.org/wiki/QBasic>

For info on how to create your own program: <http://adf.ly/Kavdx>

# Crazy House

**Pramudita Bhattarai**



There is the house  
On the street  
Where the upstairs is down  
And the downstairs is up

The people who live there  
Stand on their heads  
And sleep on the ceiling  
And can't reach their beds

The floor is the roof  
The roof is the floor  
And they climb up a ladder  
To go through the door

The downstairs is up  
The upstairs is down  
Since 20 tornadoes  
Blew into the town

+++++

## Message from New Zealand Nepal Society Inc.

This is a matter of immense pleasure to all Nepali residing in New Zealand that Nepal New Zealand Friendship Society, Canterbury is publishing Namaste Newsletter on the eve of Nepali New Year 2070. I would like to take this opportunity to wish all Nepali residing in New Zealand, Nepal and all over the world a very happy, healthy, peaceful and prosperous new year.

I would like to thank the Executive Committee of Nepal New Zealand Friendship Society, Canterbury and Editorial Board of Namaste Newsletter for taking this new initiative. I am confident that this Newsletter will succeed in enriching its reader with interesting and valuable information about various cultural and social aspects of Nepal and New Zealand with different activities of Nepali residing in New Zealand.

New Zealand Nepal Society since its establishment in 1995 is working for the common interests of Nepali residing in New Zealand with an objective of preserving social and cultural heritage of Nepal. We promote harmony and understanding among Nepalese and other ethnic groups in New Zealand. Together we can build a harmonious and vibrant Nepali community in New Zealand.

Once again Happy New Year 2070!

Uddhav Prasad Adhikary, JP  
President  
New Zealand Nepal Society Inc.  
Auckland, New Zealand



# गजल

## अशोक काफले

करुणा को गीत गाउँ छ आमाको आँखा ले  
आँशु सँग मित लाउँछ आमा को आँखा ले

को छ र संसारमा आमा भन्दा शक्तिशाली  
आफ्नै मुटु देख्न पाउँछ आमाको आँखा ले

चाहे संसार एकातिर, रुवाउन तम्सियोस्  
रोएका लाई हसाउँछ, आमा को आँखा ले ।

रात दिन पहरा दिई, भोक निन्द्रा नभनी  
सारा सृष्टि सुताउँछ, आमा को आँखा ले ।

समुन्द्र पार जब मेरी आमा लाई सम्झन्छु  
मिठो लोरी सुनाउँछ, आमा को आँखाले ।



New Zealand  
Nepalese  
Association Inc.

" On behalf of New Zealand Nepalese Association I would like to wish all Nepalese residing in New Zealand a very happy, healthy and prosperous new year 2070 B.S."

Bedendra Adhikari  
President  
New Zealand Nepalese Association  
Auckland  
New Zealand

# My Teacher

**Jitendra Bothara**



Here I share a storey of my childhood in Nepal, which has largely shaped my life, my thoughts, and my beliefs. I may have been a 12-year old boy, studying in year 6 in that time. This storey shares my experience on how we decide about somebody based on some erroneous observation and how we go wrong, and then regret it for the rest of our life or learn from that experience.

In those days, schooling was very different than we have today. Corporal punishment was very common in schools. Sometimes, I believe our teachers were too innovative in finding excuses and new methods for punishment. The goal was to maximise the pain – both emotional and physical. Reason for being punished could be anything. The punishments ranged from canning, slapping, putting a pencil in between fingers and rolling it hard, or humiliation. It was terrible. Being punished was scary. And simple rule was: success of a teacher was how scary he could be to his students.

However, the more interesting thing was, we would never tell our parents about the punishment at school as it was commonly accepted that the teachers were always right. There were always a chance of being punished again

by our parents if they knew we had been canned at school, rather than expecting a few words of sympathy from them. It was normal.

I was in general a smart boy in my class. I usually came first. I would do my home assignments in time. I believed the teachers loved me a lot. Sometimes I think, I was treated a little special, maybe a little pampered as well. I now realise that being pampered is never good. Anyway, I enjoyed that special status and my classmates envied me. Being envied gave me immense pleasure. It gave me a sense of being something different. May be it is human nature. Over the time I become a bit of proud of myself, may be little sadist as well. I felt superior seeing my classmates being canned and crying.

One day, our maths teacher was taking our class. He was one of the strictest teachers in the school– I would say the scariest one. All the students were scared of him, even his shadow brought chills. When he was in class, it would be dead silence.

One day, he asked one of the students to solve a problem, who had not done his home assignment that day. This student had no clue what to do. Our teacher's punishment was five canes. The student was asked to come forward

with an open palm to get the canning. The boy was shaking and crying even before being punished. He knew what was coming next, I was smiling at him. I could hear the hissing sound of the cane. The boy's trousers were wet as he urinated due to the pain and I was still smiling- a cruel smile. The teacher saw me smiling and I immediately sensed he was not happy.

When he was to leave the class, he asked me to come to his office during lunch break. I got a sense that today is my day. It was more than an hour for the break. I did not know what to expect and trust me it is terrible to wait for the unexpected, particularly an unknown punishment. Anyway, I had to go. My feet would not move. I was practically dragging myself. My colleagues were looking at me. This was their turn to laugh. My heart was beating high and I could feel the skin on my palms being stripped off by a green bamboo cane. I had no words to express what was happening. After this punishment, my pride, and my special status would be all gone. The shame would be unspeakable. I was shaking with imagination of something which was unthinkable to me just a couple of hours ago.

The teacher was in the office. I looked at him, keeping my eyes low. Struggling

with the guilt and dying of shame. I was waiting for the teacher's order to open my palm to receive at least ten canes –I was shaking with the expected pain and shame. My throat was dry, and I was short of breath.

But to my surprise, the teacher asked me to sit next to him. He softly put his hand on my shoulder. Was I dreaming? He softly spoke "Jitendra you will harvest tomorrow what you sow today." I was totally astounded. He further added, "Jitendra, learn to feel others' pain." There were no further words. My emotions were flowing and tears were running down. I do not have words to express my emotions on what happened next.

More than three and a half decades of my life have passed after this event. But those two sentences which are the most important asset of my life, always keep reminding me of my teacher and the greatest gift he gave me.

The moral of the story is, don't judge anybody at face value, and look at them beyond that. The human is one of the most complex animal nature has ever built.

This is my tribute to my teacher.

## My trip to Nepal

Vivek Adhikari



Today was the big day it was the day I was going to Nepal. Our suitcase was very heavy we could bring 60 kg luggage we thought just one of the bags was 60 kg because it was so heavy. Dad dropped us off at the airport. We said “Bye-bye” to Dad and went inside. We collected our boarding pass on Emirates Airlines and then went through the security. The gate finally opened and we went in our plane. The plane was massive; we saw the business class seats WOW. We sat on our seats and the plane was about to get to the runway the plane ran faster than Usan Bolt then we lifted off like a rocket. WOW I could see all of New Zealand. We got to Australia we did not know what to do next. We asked some people and they said go to the international transfer. Finally we reached Kathmandu, Nepal.

In Kathmandu, I saw my nephew Sahil and my Niece Gunja. We also went to Kathmandu Mall and I bought some movies. We went on my brother’s motorbike and the wind went to my face and up. So the wind was pushing my hair up I rode on the motorbike for an hour so now my hair stays up.

On the next day we took a night bus to Lahan that’s where I live. We went up and up the hill I could see all of Kathmandu it looked awesome. We got to Lahan early we were supposed to get to Lahan at 5am but we got there at 2am. Luckily we had our own house very close so we went there and slept there. In the morning we waited for another bus to Bhagwanpur we got there and then we went to Abhay Nagar. This is my Mum’s village. I saw everybody including my two best friends cum cousins. First, we played cricket. I got 40 runs in one over. It seems impossible but first ball I got 10 runs no fours no sixes just running then just sixes. After that we watched a movie it was awesome.

The next day was a big day it was the day of the marriage. Christian weddings and Hindu weddings are very different because Christian wedding lasts no more than 6 hours. But Hindu weddings lasts 3 days and I mean 72 hours but the main part is just all night. So at night we sat in the car then we drove to the wedding. When we got I was half asleep I didn’t see much of the wedding but I did see my new Aunty. I had a talk with her and then we went back. I also saw when they walked around the big **mandap** and people throw flowers on their heads.

After the wedding it was getting really boring in the village so here’s a summary of what happened every day 1.Wake up have some milk. 2. Play cricket or rugby 3. Have lunch and tickle my two cousins. 4. Watch a movie with my cousins. 5. Write my diary and go to sleep. It was finally getting awesome when we went back to Kathmandu.

In Kathmandu, the first day my brother told us (my nephew Sahil, my niece Prena and I) not to wake every body up or I’ll chase you down the street and leave you there (*He was just joking he*

would never do that). So we woke up in the morning and we brushed our teeth and we got my iPod and put on a song called wake up skipped it to the part that said wake up put it to full volume and pressed play. He jumped up like a kangaroo and was mad with us the whole day. When Sahil and Gunja (or you can call her Prena) went to school, my mum, Uucle, Vinay (my brother) and I went to the Zoo in Lalitpur. It was awesome we saw a huge python, some awesome birds, we also saw a Golden Pheasant and a Silver Pheasant. I got to see piranha fish too when you go near to the fish tank they come trying to eat you. I saw some cool monkeys and they were fighting like Batman and the joker.

The next day we went to Swayambhu, a place all the way at the top of a hill you can see most of Kathmandu. Swayambhu is actually a place to pray to god, and it's like a God's place. There were also lots of monkeys. I had a Sprite bottle with me but a monkey came and snatched it off me and started drinking some Sprite. He was holding it with two hands like a human and was drinking it like a real human it was soooo funny. Then it was time to go home I was a bit sad. Mum gave my brother 500 rupees for good luck (70rupees=1\$ NZ) we got to NZ it felt sad.



*Monkeys turned into Men, now if you drink Sprite, Men will turn into Monkeys.*

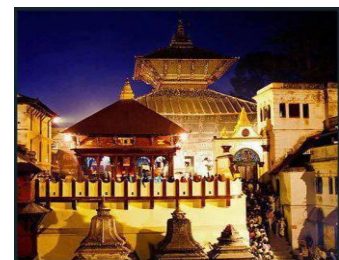
## NEPAL NEWZEALAND FRIENDSHIP (WAIKATO) SOCIETY INC.



*Happy New Year (Baisakh-1<sup>st</sup>.2070)*

**14.04.2013**

*Wishing you all the best on behalf of the Waikato Nepalese Society  
for Nepali new years of 2070.*



## मेरो न्यूजिल्याण्ड अनुभव

टोपलाल जवाली

न्यूजिल्याण्ड कस्तो होला त भन्ने कौतुहलता, जिज्ञासा अनि उत्सुकता बोकी झापाको चन्द्रगढीबाट प्रस्थान गर्दै पौष ७ गते हाम्रो प्रथम पाईला क्राईष्टचर्चमा पर्छ ।

क्राइष्टचर्चको वातावरणले हामीलाई अरु उत्साहित बनाउँछ । अरु नयाँ नयाँ ठाउँहरु हेर्न उत्प्रेरित गर्दछ । ज्वाईं पारस र छोरी निशाले पनि हामीलाई नयाँ नयाँ ठाउँहरुको अवलोकन गराउन सक्रियता देखाई रहेका हुन्छन् ।

यसै क्रममा हामी न्यूजिल्याण्ड का चर्चित स्थानहरुको अवलोकन गर्दै यहाँ र नेपालको तुलना गर्छौं । नेपालमा विश्वको अग्लो सगरमाथा लगायत कन्चनजंघा, गौरीशंकर, अन्नपूर्ण जस्ता ख्याति प्राप्त हिमशिखरहरु; राराताल, फोकसुन्डोताल लगायत अन्य थुप्रै तालहरु हुँदा हुँदै पनि त्यहाँसम्म पुग्ने राजमार्ग र अन्य पूर्वाधार नहुँदा यी ठाउँको उचित मुल्याङ्कन नभएको जस्तो लाग्छ।

हिमाल देखि तराई सम्मको भौगोलिक वनावट तथा समतल फाँट सम्म वगने ठूला ठूला नदीहरु, बिभिन्न वन्यजन्तु सहितका आरक्षण क्षेत्रहरु, प्राचिन धार्मिक मठमन्दिरहरु र त्यसमा अंकित



काष्ठकला, चित्रकलाका वेजोड नमूनाहरु हुँदाहुँदै पनि राजनैतिक अस्थिरताकाकारणले विकास गर्न सकेका छैनौं ।

यदि हाम्रा राजनैतिक व्यक्तित्वहरु इमान्दार र गम्भिर भई दिने हो भने र दातृराष्ट्रको आर्थिक सहयोगको दुरुपयोग रोक्ने र गैर आवासिय नेपाली (N.R.N.) का सम्पूर्ण सदस्यहरु आफ्नो मातृभूमिको विकासका लागि सक्रिय रूपमा एक हुने हो भने निश्चित रूपमा दस बर्ष भित्र हामीले पनि नेपाललाई अरु देशको तुलनामा पुर्याउने थियोँ होला भन्दै Ashburton, Geraldine, Lake Tekapo, Twizel, Omarama, Lake Hawea, Wanaka, Queenstown, Milford Sound, Dunedin, Gore, Te Anau, Lumsden लगायत थुप्रै शहरहरु र पर्यटकिय क्षेत्रहरुको अवलोकन गर्यौं ।

Akaroa जाने क्रममा Fielding Beach नजिकै एउटा ढुङ्गाको संग्रहालय अवलोकन गर्दै गर्दा कान्तिपुरको खबर सम्झीन पुगेँ जसमा भनिएको थियो “पश्चिम नेपालमा बहुमूल्य पत्थरका खानिहरु

उत्खनन गरी डोकोका डोको बहुमूल्य पत्थरहरु भारततिर निकासी गरिदैंछ तर सरकार वेखवर छ” भन्ने समाचार संझना भयो।

यिनै अवलोकन अनुभवका आधारमा न्यूजिल्याण्डबाट सिकने पर्ने केहि कुराहरु यहाँ उल्लेख गर्न खोजिएको छ । यि कुराहरुको बिषयमा नेपालमा पनि कानून निर्माण नभएका होईनन् तर यसको पालना गरिदैन । तैपनि अनुशरण गर्ने पर्ने केहि सकारात्मक कुराहरु यहाँ प्राथमिकताको आधारमा उल्लेख गर्न चाहन्छु । (१) अनुशासन; (२) जमिनको भौगोलिक वनावट अनुसारको उपयोग तथा वन जंगललाई पर्यटकीय क्षेत्रका रूपमा प्रयोग, ससाना खोला तथा झरनाहरुलाई पनि पार्कको रूपमा विकास; (३) एक अर्कामा विश्वासको वातावरण; (४) सबै नागरिकहरुमा ईमान्दारिता; (५) श्रम गर्न लाज नमान्नु (६) जतिसुकै वृद्ध भएपनि काम गर्नु पर्छ भन्ने धारणा; (७) नागरिकहरुमा वेरोजगार भत्ता स्वीकार गर्न हिनताबोध हुनु; (८) कानूनको अक्षरस पालना; (९) फोहर मैलाको व्यवस्थापन; (१०) पर्यावरण र बातावरणको संरक्षण; (११) ट्राफिक नियमको ब्यवस्थापना तथा पालना आदि ईत्यादी ।

यहाँका जनतामा आफ्ना सन्ततिको भन्दा आफ्नो राष्ट्रप्रति वढि मायाँ एवं जिम्मेवारी बोध भएको जस्तो अनुभुति मैले गरें । बाबु

आमा जतिसुकै आर्थिक दृष्टीकोणले सम्पन्न भएपनि छोराछोरीको उमेर पुगेपछि गृहत्याग गरी आफै आत्मनिर्भर हुने प्रयास गर्नु मेरो दृष्टिकोणमा सकारात्मक भएपनि बृद्ध आमा बाबुले छोराछोरी जिवितै रहेको अवस्थामा पनि आफ्नो मृत्युपश्चात आफ्नो सम्पत्ति सरकारलाई लिखित रूपमा दिन सक्ने अर्थात स्वविवेकिय अधिकार बृद्धहरुले प्रयोग गर्न सक्ने जस्ता नितान्त नौला कुराको अनुभव महसुस गरें। एकातिर यस्तो व्यबस्थाले अकुत सम्पति आर्जन गर्न मानिस मानिसको बिचमा भईरहेको होडबाजीलाई निरुत्साहित बनाउँदछ भने अर्कातिर आफ्ना सन्तान प्रतिको उत्तरदायीत्व निर्वाह नगरिएको हो कि जस्तो नेपालीहरुलाई लाग्नु स्वभाबिकै ठान्दछु ।

नेपालीहरुका केहि सकारात्मक पक्षहरु मैले भन्नुपर्दा: वावु आमाले जहिले पनि छोराछोरीलाई आफ्ना दुई आँखाका नानि सम्झनु, छोराछोरीको पिडालाई आफ्नो पिडा सम्झनु, आफ्ना सन्ततिको उज्वल भविष्यको कामना गरी रहनु तथा आफ्नो सन्तानको लागि संसार त्याग्न सक्नु । त्यस्तै छोरा छोरीले पनि यदा कदा बाहेक आमा बाबुलाई भगवानको रूपमा मान्नु, वावु आमा जिवित रहनुजेल तथाअसक्त अवस्थामा पनि स्याहार गर्नु। बाबु आमाको देहान्त पश्चात पनि अन्त्येष्टि कार्यदेखि लिएर धर्म र परम्परा अनुसार कठोर भन्दा कठोर काजकृया गरि प्रत्येक बर्ष पितृहरुको मोक्ष प्राप्तहोस भनि

वैकुण्ठवासको कामना गर्दै जानु, आफन्त आफन्त बिच भावनात्मक सम्बन्ध विकसित गर्दै जानु, एक आपसमा सहयोग र सद्भाव कायम राख्दै जानु । हाम्रा धार्मिक परम्परा र सस्कारहरूमा पनि बैज्ञानिक तथ्य र आधारहरू छन् जसको अन्वेषण र अनुसन्धान गरी हाम्रा सामू पस्किने विद्वानहरूको हामीलाई खाँचो छ ।

बौद्धिक विकास तथा कामका सिलसिलामा नेपालबाट न्यूजिल्याण्डका विभिन्न शहरहरूमा आई बसोबास गर्नु हुने व्यक्तित्वहरूको सक्रियतामा बैधानिक रूपमा Nepal New Zealand Friendship Society (NNZFS) नामक संस्था क्रियासिल रहेछ जसको उदेश्य क्राईष्टचर्च र लिंकन क्षेत्रमा वसोवास गर्ने सबै नेपालीहरूलाई एकताबद्ध बनाई नेपालको धार्मिक, सांस्कृतिक पर्वहरूलाई निरन्तर रूपले मनाउदै जानु, भावनात्मक सम्बन्धको विकास गर्दै जानु, नेपालीका छोराछोरीलाई आफ्ना संस्था मार्फत नेपाली भाषामा पठन पाठन गराउनु, नेपाली F.M. सन्चालन गर्नु, नयाँ साथीहरूलाई स्वागत गर्नु र स्थानान्तरण भैजाने साथीहरूलाई विदाई गर्न खेलकुद मनोरन्जन र नाचगान जस्ता रचनात्मक कार्यहरू संचालन गरी नेपाली नेपाली बिच भावनात्मक एकता कायम राख्नु जस्ता उदेश्य बोकेको यस संस्थाले २०१३ जनवरी २६ (२०६९ साल पुष १३ गते) Lincoln Event Center मा आयोजित रात्री

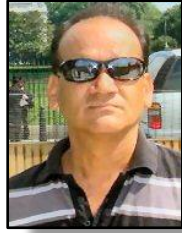
भोजमा हामीलाई समेत सहभागी गराउनु भएकोमा सम्पूर्ण सदस्यज्यूहरूलाई हार्दिक धन्यवाद ज्ञापन गर्दछौं ।

क्राईष्टचर्च निवासी नेपाली दाजुभाई तथा दिदी बहिनीहरूको अपार माया र स्नेहलाई हृदयमा राखी एउटा बेग्लै किसिमको अनुभव र अनुभूति बोकी हामी नेपाल फर्कौं ।

अन्त्यमा नेपालबाट न्यूजिल्याण्ड आई बसोवास गर्नु हुने सम्पूर्ण सदस्य ज्यूहरूको स्वास्थ्य एवम् दिर्घायुको लागि भगवानसंग हार्दिक प्रार्थना गर्दछौं । हामीलाई न्यूजिल्याण्ड भ्रमण गराउने छोरी निशा र आफ्नो अध्ययनको महत्वपूर्ण समयमा पनि हामीलाई प्राथमिकता दिनु हुने हाम्रा ज्वाइ श्री पारस आचार्य ज्यूलाई प्रत्येक कदममा सफलतै सफलता मिलोस भन्ने हाम्रो हार्दिक मंगलमय शुभकामना छ ।

## **A Good Year Wish for my Motherland**

Bijaya Regmi



The other day, as I was driving to work, I started thinking of our preparations to celebrate the forthcoming Nepali New Year Bikram Sambat 2070. I realised time was flying and another year was knocking on our collective doors. Have I made productive use of 2069? I began to make a mental picture of my ups and downs, achievements and failures and loss and gains. It was important to determine whether 2069, on an average, had been a good or bad year for me. In the end, I came to the conclusion that most of my disappointments were the results of things happening miles away at my home country. They were the things going on in my country of birth, the country where I have my roots, relatives and friends.

My personal achievements and failures were of no importance, in comparison to that of my country, thus I came to a conclusion that I did not have a good year. How can I declare that 2069 has been a good year when friends, family and fellow countrymen are jobless, and are migrating in hopes of better future? How does one have a good year when we hear stories of death of innocent countrymen due to Nepal's bad roads, and when incidents of violence against women continue to rise? It would be naive to declare 2069 a good year when inflation has been rampant and families are struggling to maintain their lifestyle,

or to educate their children and to get proper healthcare. Most of all it would be childish to declare 2069 a good year when an elected constituent assembly declares that it is unable to provide a constitution to the people of Nepal. For the above mentioned reasons and many more, 2069 was not a good year.

If I were still a child and visiting Pashupatinath temple on a new year's day, my prayer to God would be simple and direct: Please make Nepal a better nation. Make her leaders selfless so that when they discharge their duties, illegal enrichment, bribery and corruption stop. Selfless leaders will have just one goal in mind and that is to make a positive difference in the lives of all Nepalis. We, however, cannot just blame the leaders and run away from our duties to the nation. The responsibility of building our nation must not be left in the hands of leaders alone. Every citizen has to fulfill his/her responsibility and it does not end with ticking a box during the elections. So, I would also ask the lord to instill in the citizens the spirit of duty to the country.

New Year is a time of hope. So I hope Nepal will successfully conduct constitution assembly election in 2070 and Nepalis will elect those they wish to lead them into the future. They will have their say on who governs them and how they are governed. Their choice will define and shape the country for future generations. Therefore, this year will help bring a renewal in spirit and new expectations to the people of Nepal about future progress.

Happy Nepali New Year 2070 and all the best to my motherland-Nepal.

## संस्मरण

भुवनेश्वोर ढकाल



केही वर्ष बिदेशी जीवन बिताएको अन्तराल पछि गत वर्षको दशैँमा म नेपालमा भएका परिवार त आफन्तलाई भेट्न जाँदा आफू जन्मेको हुर्केको गाउँ ठाउँकोविकाश हेर्ने अवसर मिलेको थियो । मानिसको सोचाई वा मानसिकता र व्यवहारमा गहिरो असर पार्ने कुराहरु जीवनवस्थाको चरण अनुसार फरक हुन्छन् भन्ने जीवनवस्था सिद्धान्तमा उल्लेख भए जस्तै मेरो त्यसभेटघाटको क्रममा घटेको घटना र अनुभवले मेरो सोचाईमा केहि असर पारेको छ । ती क्षणहरुको संस्मरण शब्दकोमाध्यमबाट यस लेखमा राख्ने प्रयास गरेको छु ।

न्यूजिल्याण्डबाट काठमाण्डौ पुगे पछि एक हप्ता आफ्नो दाँत बनाउने र केही आफन्तलाई भेट्ने कामा सके पछि म आफ्ना बा आमा र अरु परिवार बस्नु भएको ठाउँ भोटेवडार वलिथुम लम्जुङ लागे । दशैँको समय भएर नियमित टिकट पाउन नसके पछि भतिजाले भोटेवडार सम्म पुग्ने रिजर्भ बसको टिकट लिइदिएको थियो । दशैँको बस अभावको बेला धेरै यात्रूले जान खोजे पछि बस मालिकले सीट भन्दा बढीको टिकट काटी दिएछ । म सीतापाइलाबाट चड्दा मेरो सीटमा अरु कोही बसी सकेकोले म उभिनेमा परें । जब कलंकीबाट बस लम्जुङ हिँड्यो मैले त्यस बसमा चढेका कोही यात्रूहरूलाई चिन्छु कि भनेर अगाडी पछाडी नियालेर हेरें । म संगै हिँडेकी भतिजी बुहारी बाहेक कसैलाई पनि चिन्न सकिन । तर ति बसमा चढेका प्रायः व्यक्तिहरूले मैले चिने जानेका मानिसहरू र गाउँ ठाउँको कुरा गर्थे । ति भतिजी बुहारी पनि म जन्मे हुर्केको गाउँ-ठाउँको लागी नयाँ भएकोले उनले ति व्यक्तिहरूलाई चिन्ने कुरै भएन र मैले उनी संग सोध्ने प्रयास पनि गरिन । मैले मनमनै सोचे की म आफू हुर्केको समाजका लागी पुरै अपरिचित भैसकेको छु ।

म उभिएकै दायँ पट्टि बस्ने एकजना दाइको केहिबेर कुरा सुने पछि कता कता उहाँको आवाज र अनुहार परिचित लाग्यो । तर उहाँ यही ब्यक्ति हो भनेर ठम्याउन सकिन । त्यो दाइको परिचय लिने उदेश्यले उहाँले कुरा गरेको एक जना व्यक्तिको बारेमा जिज्ञासा राख्दै त्यो व्यक्ति अहिले कहाँ हुनुहुन्छ भनेर उहाँ संग सोधें । उहाँले उत्तर दिनु भयोकी त्यो व्यक्ति उहाँको कान्छो भाइ हुनुहुन्थ्यो र उहाँ जागिर छोडेर गाउँमा नै बस्छ । अनि उहाँको कुरा सुने पछि मलाई शरम लाग्यो किनकी उहाँ मेरो पल्लो गाउँको दाइ हुनुहुन्थ्यो । उहाँसंग स्कूल छुट्टीको बेलामा फाँटमा र पारी बनमा धेरै वर्ष संगै गाईवस्तु चराउँथे ।

जब मेरो परिचय दिएको कुरा पछाडी पट्टिको एकजना केटाले सुनेको थियो उ उठेर काका तपाईं यो सीटमा बस्नुहोस हामी पछाडीको सीटमा मिलेर बस्छौं भनेर सीट छोडी दियो, म अलमलमा परें । तैपनि "हुन्छ" भनेर सीटमा बसें । मलाई जान्न मन लाग्यो की त्यो केटाले किन सीट छोड्यो र उ को हो । ति दाइले झटपट भनिदिनु भयो की उ हेडमास्टर रघुनाथको नाती हो । तब मैले थाहा

पाए की उ मेरो साथीको छोरा रहेछ । यो घटनाले मलाई सिकायो की गाउँलेको लागि अपरिचित हुँदा यति फरक पर्दा रहेछ ।

जब बसले काठमाडौंको नागढुंगा कट्यो म कौतुहलसंग वरपरका बनपाखा र पानीका धाराहरू हेर्न लागें जहाँ म बिकासे कार्यकर्ता बनेर गाउँले गाई बाखा चराउने ठाउँमा बिरुवा रोप्ने र गाउँलेलाई खानेपानी घर घरमा ल्याउन सहयोग गरेको थिए । मेरो जीवनका प्रमुख पश्चातापका घटना मध्ये ति गाउँलेहरूले पुस्तौं देखि बस्तुबाखा चराउने पाखामा तारबार लगाएर रुख रोप्न लगाउनु भएको छ, जुन बेला मैले जागीरको जीम्बेवारी पूरा गरेको थिएँ । जब ति पाखामा बोट बिरुवा रोपिए र चरिचरन प्रतिवन्ध लगाईयो बिचरा गाउँलेका स्थानिय रोजगारी र आम्दानीका श्रोत सयौं गाईबाखा बेचन वाध्य भए । ति पाखाहरू अहिले पुरै रुखले ढाकी सकेछन् र ति रुखको सेपले भूइका घाँस उम्रने अवस्था पनि छैन । जहाँबाट गाउँले नियमित पाउने भनेको फाईदा २-३ बर्षमा ३-४ भारी दाउरा हो । वन क्षेत्रमा १९७० देखी २००० को दशक सम्म काम गर्ने प्रायः सबैले यस किसिमको बिबादस्पदी बिकासे काम गरेका छन् । कसैले यसलाई जीवनको राम्रो कामको रुपमा लिन्छन् भने कसैले पश्चातापको रुपमा । त्यो राम्रो वा नराम्रो भन्ने कुरा आफ्नो सोच्ने क्षमता र व्यक्तिगत रुपमा केलाई महत्तो दिने भन्ने कुरामा भर पर्ने हो, मैले यसलाई पश्चातापको रुपमा लिएर आफ्नो बिद्धावारीधी पनि सामूदायीक बनपाखाको व्यवस्थापना कस्तो किसीमले गर्दा गाउँलेको लागि आम रोजगारी र आर्थिक असमानता कम हुन्छ भन्ने बिषयमा गर्ने । म आफ्नो अध्ययन सके पनि र नेपालमा नबसेपनि त्यस बिषयमा अनौपचारिक रुपमा लागीरहेछुँ, तैपनि त्यो पश्चाताप बेला बखत बल्झिरहेको छ ।

त्यसदिनको यात्रा भर मैले आफ्नो परिचयमा आफ्नो दाजु, बुवा, भाइ र भतिजा भातिजीहरूको परिचय दिन्दै दिनुपर्यो। ति परिचय दिन्दा मलाई लाग्यो की म जन्मे हुर्केको ठाउँमा मेरो अस्तित्व बाँकी रहेनछ, प्रायः सबै अपरिचित भएछन् ।

म त्यस दिन बेलुका बेशीको घरमा, जहाँ कान्छो भाइको परिवार र बुवा आमा बस्नुहुन्छ, त्यहाँ रात बिताएँ। अर्को दिन गाउँ तिर लागें । उकालो लाग्दा पहिले आफू हिंडेका बाटा, धान परालका भारी बिसाउने बिसौना र चौताराहरू र बाटा वरपरका बन बुट्टाहरू सबै बिराना लागे । म विद्यार्थी हुँदा वस्तु चराउने पाखामा अहिले वन बिकाश गर्ने भनेर चरी चरण प्रतिवन्ध लगाएको रहेछ, म आफू रुख चढेर बांदर खेदने गरेका वर पिपल र चिलाउनेका रुखहरू हेरें, ति रुखहरू देख्दा पहिले म कसरी चढेँ हुँला भन्ने लाग्यो । आड ढक्क फूलेर आयो । हात खुट्टा फूत्केको भए मेरो अहिलेको हालत के हुन्थ्यो होला भनी सोचें, मेरो दाजु अझै त्यो भन्दा ठुला रुखमा चढ्नु हुन्छ । म गाउँ घरमै बशेको भए मेरो लागि तीरुखहरू अझै डरलाग्दा हुँदैनथे होला ।

म बेशीबाट आधा घण्टाको उकालो चढे पछी म जन्मे हुर्केको घरमा पुगें जहाँ मेरो दाजु-भाउजु बस्नुभएको छ । त्यो घरमा पुगे पछी मलाई सपना जस्तो लाग्यो । म हुर्केको घर भित्र दाजु-भाउजुले खासै परिवर्तन गर्नुभएको रहेनछ, चुला चौका मझेरी गोरेटो र अगेना जस्ताको तस्तै

रहेछन् । मैले मूल ओख्यानको डिलमा बसेर खाना खाएँ जहाँ म बच्चा हुँदा पनि खाना खाएको थिएँ । आँगनको डिलमा उभिएर पहिले र अहिले त्यो गाउँ ठाउँमा के फरक भएछ भनेर बारीपारीका गाउँ हेरेँ । हरियाली केही बढेको भए पनि अगाडी बग्ने मर्स्याङ्दी नदी र उत्तर पट्टि देखिने हिमचूली हेर्दा खासै परिवर्तन भए जस्तो लागेन । तर नियालेर हेर्दा नागबेली परेका मोटरका बाटाहरू सबै गाउँमा देखिन्थे, जुन मैले बाल्यकालमा कल्पना गरेको थिईन ।

म आफू पाँच कक्षा सम्म पढेको स्कूल र गाउँमा भएका परिवर्तन हेर्न, गाउँ हेर्न हिँडेँ । बाटामा थुप्रै नयाँ पुस्तालाई देखेँ तर उनीहरूले मलाई चिनेनन्, मैले पनि चिनिन । मेरो भतिजाले यो फलानाको छोरी र उ फलानाको छोरो भनेर चिनायो । मलाई लाग्यो की त्यो जन्मे हुर्केको समाज साच्चिकै बिरानो भएछ ।

जब म आफू पढेको स्कूलमा पूर्ण, म दंग परेँ यो अर्थमा की त्यहाँ धेरै भवनहरू बनेका रहेछन् । म पढ्दा त्यो स्कूलको भवन नै पहीरोले लगेर स्याउलाले छाएको छाप्रोमा पढेको थिए । स्कूलको स्तर बढेर हाईस्कूल बनिसकेछ । मलाई भतिज र एक जना मास्टर भाईले वर परका डाँडाक स्कूल देखाएर भनेकी अहिले लम्जुडमा हरेक १ घण्टाको दूरीमा एउटा हाईस्कूल स्थापना भएको छन् । फेरि प्राय सबै स्कूलमा कम्प्युटरको चलाउन सिकाउने पनि सुबिधा उपलब्ध छ रे । गाउँमा आर्थिकस्तर बढेको पनि थाहा लाग्यो । कुराको सिलसिलामा थाहा पाएँ की प्राय सबै घरमा कम्तिमा पनि एउटा मोबाइल छ, अनि काठमाण्डौँ जस्तो बिजुलीको लोडसेडिङले खासै असर परेको छैन गाउँमा प्रायः जसो बिजुली आउँछ । हरेक घरघरमा पानीको धारा पुगेको रहेछ । बिरामी पर्दा पनि बिरामी बोकाउन आवश्यक परे प्राय जसो महिनामा एम्बुलेन्स गाउँको डाँडामा नै लीन आउँछ छ रे । यी कुराहरू सुन्दा मलाई आफू बिदेशमा बस्दा पत्रिकामा खाली झै-झगडाको मात्रै कुराहरू पढेको अतिरन्जित कुरा मात्रै हो कि भन्ने लाग्यो । मलाई लाग्यो कि देशमा बिद्यमान बिभिन्न समस्याहरूका बावजुद पनि देशमा प्रगती हुन भने छोडेको रहेनछ । भविष्यमा आउने परिस्थितीले जीवनलाई कहाँ पुर्याउंछ थाहा छैन तर मा जन्मे हुर्केको ठाउँको बिकासहरू देख्दा मनमनै सोचेँ की म आफ्नो बुढेसकाल त्यहि गाउँ ठाउँमा गएर बिताउने छु । उमेर छदाँ जन्मे हुर्केको समाजलाई केही गर्न नसके पनि बिदेशमा देखे सिकेका अनुभवको आधारमा बुढेसकालमा केही उल्लेखनिय काम गरेर देखाउने धोको छ । जब म फर्केर आफू जन्मे हुर्केको ठाउँमा गएर बस्नेछुँ, त्यो बिरानो बनेको समाज फेरि चिरपरिचित हुन्छ भन्ने आसा लिएको छु । मेरो मनोकांक्षा पुर्याउन भाग्यले साथ दिओस् भनी भगवानसगँ प्रार्थना गर्दछु ।

## आत्मा-शान्ति

अशोक कुमार श्रेष्ठ



मानिसलाई कुनै ठाउँ पुग्दा होस् या कुनै काम गर्दा सन्तुस्टी मिल्यो भने त्यहाँ आत्माले शान्ति पाइने रहेछ । यो मेरो जीवन यात्रामा भएको अनुभव हो । काम ठूलो गर्ने पर्ने भन्ने हुन्छ तर गर्दै जाँदा सानो भन्दा सानोले पनि मेरो जीवनमा त्यत्रो ठूलो अनुभूति पाएको छू अर्थात् आत्मा शान्तिको अनुभव पाएको छु ।

पचासको दशक तिर मेरी प्यारी बैनीको बिबाह हुने पक्का भयो । बैनीले घर नजिकको केटालाई मन पराए पछि परिवारिक सल्लाह गरि घरजम गरिदिने निर्णय गरियो । हुने वाला ज्वाइँ र हाम्रो घर नजिकै भएको कारण मन्दिरबाट बैबाहिक कार्यक्रम गरिदिने निर्णय गर्यो । तर कहाँ बाट गर्ने भनी सोचन थाल्यो , त्यो बेला बिहाको लगन भएको हुँदा मन्दिरहरुमा पनि अग्रिम सूचना दिनलाई बृद्धको लागि घरबाट निस्किए । चार पाँच ठाउँमा हेर्न गए तर कोही ठाउँमा अग्रिम बुकिंग भइ सकेको थियो भने कतै आफैलाई चित्त बुझेन । अन्तमा अकला मन्दिर जहाँ मर्स्याङ्गिदि जलबिधुत आयोजना बने पछि ताल बनेर पुगिए पछि दिशा पारेर बनाईको सानो तर नाउँ मात्रको मन्दिर भेटे तर बर पिपलको रुख भएको हुँदा शान्त र सुन्दर वातावरण थियो । खासै मान्छेहरु दर्शन गर्न नआउने हुँदा अलि फोहोर थियो । तर पनि त्यो ठाउँ मलाई निकै मन पर्यो । राजमार्ग बाट नजिकै भएको हुँदा हामीलाई सर समान ल्याउन पनि सजिलो हुने इस्ट मित्रहरुलाई पनि आउन सजिलो हुने भएकोले त्यहि ठाउँ उपयुक्त हुने निर्णय गरि घर फर्केर परिवार सँग राय सल्लाह गरे पछि त्यहि ठाउँ बाट बैनीको शुभकार्य गर्ने निर्णय गरियो ।

शुभकार्य गर्ने दिन र स्थल पक्का भएपछि निमन्त्रण पत्र छापेर इस्ट मित्रहरुलाई वितरण गरे पछिपो कहाँ कुन ठाउँ र कसरी पुग्न सकिन्छ भनेर सोधपुछ हुन थाले पछि बल्लपो मनमा इस्टमित्र हरुलाई कसरी सजिलोगरि पत्ता लगाउन सजिलो होस् भनेर सोचन थाले । अनि आफूले जानेको कामको सदुपयोगगरि एउटा साईनबोर्ड राख्ने विचार आयो र तुरुन्त मन्दिरको नाम र जाने बाटो भनेर लगेर राखे र दुइ चारजना कामगर्ने मानिस लिएर गए अनि सर सफाई गर्दै गर्दा त्यो मन्दिरको पुजारी संग भलाकुसारी गर्ने अवसर प्राप्त भयो । अनि उहाँले भन्नु भयो यहाँ त खासै मान्छेहरुपनि आउदैन किनकि यो दिशा पारेर बनाईएको मन्दिर हो खास त पारी हो तर हिडेर जाँदा टाढा हुने हुँदा कोहि कोहि मात्र आउने अनि तपाईंहरुले गर्ने शुभकार्य नै पहिलो र ठूलो कार्य हुनेछ भनेर भन्नु भयो र मलाई पनि एकदमै खुशी लाग्ने कुरा बताउनु भयो । मलाई पनि खुशी लाग्यो उहाँको कुरा सुनेर र उत्साही हुँदै फर्के ।

चार पाँच दिन पछि त त्यो दिन पनि आइ हाल्यो र त्यो साईनबोर्डले गर्दा सबैजनालाई सजिलो भएछ ठाउँ पत्ता लगाउन । कार्यक्रम एकदमै राम्रो भयो अनि त्यो ठाउँलाई पनि सबैजनाले राम्रोभनि प्रसंसा गर्नु भयो । तर त्यो ठाउँमा पुग्नु भन्ने खेतको डिल दिलै जानु पर्ने भएको हुँदा रोड बाट 5 मिनेट भए पनि गारो भएको र म आफैलाई लागेको कुरा सबैको मुख बाट सुनियो । अनि मनमा लागि रह्यो यो ठाउँलाई मैले केहि गर्ने पर्छ भनि सोच बनाए । एउटा प्रतिज्ञा गरे कुनै दिन यहाँ सजिलो गरि आइपुग्ने बाटो बनाउने तर त्यति बेला मेरो सामर्थ्य थिएन र पनि अठोट भन्ने बनाएको थिए ।

जब बिबाह सम्पन्न भयो त्यस पछि त्यस ठाउँको बासिन्दालाई निकै प्रभाव परेछ , साईनबोर्ड भएपछि अहो यहाँ त मन्दिरपो रहेछ भनेर मानिसहरु दर्शनगर्न अलि टाढा टाढाको मानिसहरुपनि आउन थालेछन र त्यो भन्दा पनि राजमार्गमा पर्ने हुँदा भारतीय पर्यटकहरु बस रोकी मन्दिरको दर्शन गर्न जान थाले पछि स्थानीय बजार अलि चयालमान हुन थालेछ । अनि स्थानीय बासीहरु यहाँ हामिले केहि गर्नु पर्छ भन्ने सल्लाह गरेछन । त्यस पछि त मपनि परदेशतिर लागे । साईनबोर्ड पुरानो भएछ अनि स्थानीयबासीले नै मज्जाको सिमेन्टको गेट बनाएछन र कुनै कलाकारलाई बोलाएर मज्जाले ठूलो टाढा बाटै देख्ने गरि मन्दिरको नाम लेखेछन । बाटोको बारेमा सर सल्लाह गरेछन मैले पुजारीलाई यो ठाउँमा कुनै काम गर्नु परे मलाई सधै खबर गर्नु भनि भनेको हुँदा मलाई खबर गर्नु भयो र चन्दा उठाई दिनु भनेर एउटा रसिद बुक पठाउनु भयो । हामी नेपालीहरुमा चन्दाभन्ने बित्तिकै के किन भनेर सोधे पछि मलाई बिश्वास नगरे जस्तो लागे पछि अरुलाई मुखै खोलिन पनि र मलाई विवाद गरि रहनपनि मन लागेन । दुई चार जनाले केहि सहयोग गर्नु भयो र मैले मेरो बुवालाई भने यहाँ अलिकति पैसा उठेको छ म पनि अलि थपेर पठाई दिन्छु तर यो पैसा उहाँहरुलाई नदिनु बरु कति आउँछ डुंगा झारी दिनु अनि उहाँहरुलाई दबाब पर्छ कि बाटो बनाउन । नभन्दै हुन पनि त्यस्तै भएछ र सबै मिलेर बाटो बनाउनु भएछ । पछि महायज्ञ गरेर मन्दिर पनि बनाएछन् । मन्दिर बनाउन पनि सहयोग माग्नु भयो आफुले सकेको सहयोग गरे ।

अन्तमा भन्न खोजेको के हो भने सानो कुराले पनि त्यत्रो प्रभाव पार्दो रहेछ , आज त्यो ठाउँमा म जहिले जाँदा पनि पुग्ने प्रयास गर्छु । पुजारी बाबालाई भेट्छु उहाँले मलाई सधै आशिर्वाद दिनुहुन्छ अनि भन्नु हुन्छ तपाईंले गर्दा यहाँ यस्तो भयो भन्नु हुन्छ र मलाई सबैलाई चिनाऊछु भन्नु हुन्छ त्यो मन्दिरको सदस्यहरुलाई तर मलाई आफै चिनाई राख्न मन लाग्दैन । तर पनि जब म त्यो ठाउँमा पुग्छु मेरो मन खुशी अनि शान्ति भएको पाऊछु । यदि तपाईंहरुले पनि कुनै पुण्यकाम गर्छु भन्ने सोची राख्नु भएको छ भने हेल्प नेपाल संस्थाको संस्थापक रबिन्द्र मिश्रज्यू न्युजिल्याण्डमा आउने जुन महिनामा आउने कार्यक्रम छ उहाँहरु परोपकारी काम गर्नु हुन्छ । उहाँ आउँदा सकेको सहयोग गरौ ।

## नेपाल नाइट – एक परिचय

चक्र थापा,

अध्यक्ष, एनआरएन न्यूजिल्याण्ड



गैर-आवाशीय नेपाली संघ (एनआरएन) न्यूजिल्याण्डको आयोजनामा नेपाल नाईट कार्यक्रम न्यूजिल्याण्डका विभिन्न शहरमा भैरहेका छन्। यो कार्यक्रम समता स्कूल ( Bamboo School) को सहयोगार्थ भएको हामी सबैलाई सर्बबिदितै छ। समता स्कूलको बारेमा भन्नुपर्दा नेपालका कम आय भएका परिवारका बालबालिका, सडक बालबालिका र टूहुराटूहुरी (सिमान्तकृत बालबालिका) हरूलाई महिनाको रु१००मा कक्षा १ देखि बि.बि.एस सम्मको पढाई स्तरीय रुपमा गराइन्छ। यो स्कूलले देश प्रति नैतिकवान र कर्तव्यपरायण शिक्षामा बिशेष जोड दिन्छ।

सन् २००९ मा त्रिभुवन श्रेष्ठ, डा. भोला प्रधान र म एनआरएन ग्लोबल सम्मेलनमा न्यूजिल्याण्डबाट सहभागि भएको थियोँ। त्यति बेला प्रत्यक्ष रुपमा उत्तम संजेल, मदन राई, आनी छोइड डोल्मा र पुष्प बस्नेत उपस्थित भएको र विजय कुमारले संचालन गरेको नेपालको होनहार समाजसेवीको कार्यक्रम हेर्न र उहाँहरुलाई भेट्ने अबसर मिल्यो। त्यति बेलानै उत्तम संजेलले स्थापना गरेको समतास्कूलको बारेमा हामीले नजिकबाट बुझ्नेअवसर पाएका थियो। उहाँ यो स्कुललाई नेपालको ७५ वटा जिल्लामा विस्तार गर्ने उद्देश्य रहेको पाइयो। यो अहिले १९ वटा भन्दा बढी र हालसालै गोर्खा जिल्लामा नयाँ बन्दै गरेको अबगत गराउन चाहन्छु। एनआरएनका संस्थापक उपेन्द्र महतोबाट तराईका जिल्लामा ७ वटा स्कूल बनाउने घोषणा गर्नु भएको छ। त्यस्तै एनआरएन रसियाले सिन्धुपाल्चोकमा समता स्कूल स्थापना गरेको छ। जहाँबाट धेरै बालिकाहरु बेचबिखन हुने हुनाले त्यसलाई रोक्नको लागि मद्दत पुगोस भन्ने हेतुले यो स्कुल स्थापना भएको रहेछ जसले धेरै नै यस्मा सहयोग पुर्याएको रहेछ।

यस्तै स्कुलको बिबिध विशेषतालाई मध्ये नजर राख्दै एनआरएन न्यूजिल्याण्डले एउटा कुनै दुर्गम जिल्लामा समता स्कूल निर्माणको लागि न्यूजिल्याण्डको हरेक ठाउँमा बसोबास नेपालीहरु र त्यहाँ भएका नेपाली समाज मार्फत नेपाल नाईट गरि बिद्यालय स्थापनाको लागि कोष संकलन कार्य जारी छ।

यसको लागि सर्बप्रथम एनआरएन न्यूजिल्याण्डले वैमति (Waimate) नेपाली समाजसंग छलफल गरि वैमतिको इक्वा हलमा मनाउने निर्णय गर्यो। हाम्रो पहिलो कार्यक्रम थियो, त्यसैले वैमति समाजका साथीहरु र क्राईष्टचर्चका साथीहरुको अथक सहायताले यो कार्यक्रम भव्यपूर्वक सम्पन्न भयो। यस सफलताले गर्दा अन्य ठाउँमा यो कार्यक्रम गर्न धेरै नै हौसला मिल्यो।

यसै उर्जाले गर्दा तुरुन्तै इन्भरकारगिल (Invercargill) मा पनि तुरुन्तै कार्यक्रम गरियो जहाँ कार्यक्रम सफलताको साथै राम्रो रकम संकलन गर्न पनि सफल भयो। त्यसै गरी सबै नेपालीहरुको सहयोग स्वरुप क्राईष्टचर्च, वालिंगटन, अकल्याण्डमा पनि कार्यक्रम सम्पन्न गरियो। यसरी सबै ठाउँका मित्रहरुको अन्तरहृदय देखि नेपाली भएर नेपालीको लागि केहि गर्नुपर्छ भन्ने उत्कट अभिलाषाले गर्दा कार्यक्रम सफल

भयो र त्यहाँ सबै मित्रहरुमा सहयोगको भावना स्वतः स्फुर्त झल्किएको देखिन्थ्यो | जुन हरेक क्षेत्रमा चाहे त्यो हल श्रृगार होस्, चाहे खाना प्रबन्ध होस्, प्राविधिक होस्, सांस्कृतिक नाच प्रदर्शनको सवालमा होस्, हरेक क्षेत्रमा उत्साहजनक प्रस्तुति देखिन्थ्यो| यस्तै सबै सिर्जनशील उर्जाबाट हामीले धेरै नै रकम संकलन गर्न समर्थ भएका छौं |

यहि सिलसिलामा एनआरएन न्यूजिल्याण्डले लगत्तै ह्यामिल्टन (Hamilton), टि पुके (Te Puke), पल्मर्सटन नर्थ (Palmerston North) र आशवर्तन (Ashburton) मा कार्यक्रम गर्नको लागि कसरी, कहिले गर्ने भन्ने कुराको छलफल गरिन्दैछ |

यसरी एनआरएन को मूलमन्त्र “नेपालीको लागि नेपाली” भन्ने नारालाई आत्मसात गर्दै न्यूजिल्याण्ड बासी नेपालीहरुले सहयोग गर्नु भएको छ, जुन साह्रै सराहनीय छ | यसले हामीले पनि नेपालको कुनै दुर्गम जिल्लामा सिमान्तकृत बालबालिकालाई एउटा स्कूल स्थापनार्थ सहयोग पुग्नेछ भन्ने बिश्वास छ | शिक्षा भनेको मूल जरो हो जसले कलिला बालबालिकालाई सहि बाटो देखाउछ | त्यसैले शिक्षारूपी जरोमा पानी राखेमा सबै स्वस्छ, स्वस्थ, र कर्णधार बालबालिका उत्पादन गर्न मद्दत गरिरहेका छौं |

यस्तो पवित्र कार्य गर्न सहयोग गर्ने सम्पूर्ण न्यूजिल्याण्डबासी नेपालीहरुलाई एनआरएन न्यूजिल्याण्ड र मेरो तर्फबाट हृदयदेखि मुरीमुरी धन्यवाद |



**Non-Resident Nepali Association (NRNA),  
New Zealand  
wishes you  
a very happy and prosperous Nepali New Year 2070 VS  
Term 2011-13 National Co-ordination Committee:**



<b>Chakra Thapa</b>	<b>President</b>
<b>Lok Nath Poudel</b>	<b>Vice President</b>
<b>Shrawan Bhandary</b>	<b>Vice President</b>
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