

ISSUE : 16

APRIL 2023

NAMASTE

2080



Editorial Notice

First and foremost, I'd like to thank all the readers of this years Namaste Magazine and wish everyone a happy new year. This marks the 16th edition of the magazine and hope that you all enjoy the amazing stories, poems, and more that have been submitted.

Editorial Team



Dr. Bipulendra Adhikari



Imas Neupane



Shailesh Karmacharya



Amit Bhandari



Roshit Bothra

Cover Photo Artist



Amulya Nepal

Magzine Designer



Imas Neupane

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President's Message

नमस्कार कियोरा

सर्वप्रथम त यस संस्थामा आवद्ध रहनु भएको सम्पूर्ण सदस्यहरू तथा हामीलाई माया गर्नुहुने सबैजनाप्रति समर्पित हुँदै बि.सं. २०८० साल नेपाल न्युजिलेण्ड फ्रेन्डसिप सोसाइटी साथै हाम्रो सम्पूर्ण कार्य समितिको तर्फबाट हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छौं ।



Ashok Kumar Shrestha
President

बि.सं. २०७९ विश्वव्यापि कोरोना महामारीको लासबाट विस्तारै मुक्ति हुँदै भर्खर तडिग्रदै रहेको वर्ष रह्यो । हाम्रो कार्यकाल सुरु हुँदै पनि मनमा डर द्विविधा बाँकि नै थियो । कसरी हाम्रो कार्यकाल सुरु गर्ने होला भनेर हाम्रो जुझारू टिमले व्यापक छलफल गरी “नेपाल भनेको चार जात छत्तीस वर्णको साझा फुलबारी हो” हाम्रो सोसाइटीले पनि सबै समुदायहरूलाई उत्तिकै सम्मान तथा कला संस्कृतिहरूको जगेर्ना गर्नु पर्दछ भन्ने उद्देश्य सहित नयाँ कार्यक्रम “वृहत नेपाली सामुदायिक साँझ” बाट कार्यकाल सुरु गरेका थियौं । त्यस कार्यक्रमले सबै समुदायहरूले अपनत्व लिएको हामीले महसुस गरेका छौं र कार्यक्रम पश्चात व्यापक सकारात्मक प्रतिक्रिया पाएका थियौं ।

हामीसँग नियमित चलिरहेका कार्यहरू ब्याटमिन्टनलाई अझै कसरी धेरै भन्दा धेरै सदस्यहरूलाई समावेश गर्न सकिन्छ भन्ने हेतुले शुल्क घटाउनु साथै प्रशिक्षक राखेर नयाँ खेलाडीहरू र विशेष गरि महिलाहरू लाई प्राथमिकता दिएका छौं । त्यसको लागी अमुल्य समय प्रदान गर्नुहुने प्रशिक्षक बिबेक जिशी र अभूतपूर्वक समय दिएर ब्याटमिन्टन व्यवस्थित बनाउनु हुने रिबु ढकाल प्रति नतमस्तक छु ।

हाम्रो नियमित चलिरहेको तर उपस्थिती कम हुँदै जाँदा योगा कक्षालाई परिवर्तन गरि जुम्बा क्लास गरि धेरै जना सदस्यहरूले आफ्नो स्वास्थ्यलाई स्वस्थ राख्नु भएको महसुस गरेका छौं । यसै वर्षबाट रंगहरूको पर्व फागू पूर्णिमाको पनि नयाँ सुरुवात गरेका छौं । महिलाहरूको लागी स्विमिङ्ग क्लास पनि सुरुवात गरेका छौं ।

यसै वर्स वर्षौंदेख्को सपनालाई साकार पारेर कडा अभ्यास मार्फत् हामीले तेन्जिङ हिलारी कप विजेता बनि ट्रफि प्राप्त गरी सोसाइटीको नामलाई उँचो बनाईदिनु हुने क्याप्टेन सुवास राई लगायत सम्पूर्ण खेलाडीहरू र व्यवस्थापक प्रति बधाई तथा सम्मान व्यक्त गर्न चाहन्छु ।

यसै वर्ष नेपाल न्युजिलेण्ड फ्रेन्डसिप सोसाइटी कप सुरु भएको थियो र क्रिकेट कपमा धेरै भन्दा धेरैको सहभागिता जनाई दिनु भएकोमा सबैलाई धन्यवाद ज्ञापन गर्दछु । साथै विजेता टोलीलाई बधाई दिन चाहन्छु ।

हामीलाई अमुल्य समय दिनु भई हाम्रो नमस्ते रेडियो कार्यक्रम नियमित रुपमा संचालन गरिरहनु भएका बिनोद पराजुली र नेपाली कक्षा संचालन गरिदु हुने शिक्षक शिक्षिकाहरू प्रति धन्यवाद व्यक्त गर्न चाहन्छु ।

दर्शै-तिहार पिकनिकमा आफ्नो समय दिनु भएर सहयोग गर्नुहुने सबैजना प्रति आभार व्यक्त गर्दछु । हाम्रो नमस्ते पत्रिकाको १६ औं प्रकाशन गर्न महत्वपूर्ण समय र योगदान दिनुहुने सम्पादकीय मण्डलमा आभार प्रकट गर्दछु ।

सोसाइटीको तर्फबाट हाम्रा दाताहरूलाई कृतज्ञता व्यक्त गर्न चाहन्छु: COGS (आन्तरिक मामिला मन्त्रालय), क्राईस्टचर्च सिटी काउन्सिल, मिनिस्ट्री अफ ईथनिक कम्युनिटी, राटा फाउन्डेसन र मेनल्यान्ड फाउन्डेसन लगायतका संस्थाहरूको सहयोगले गर्दा हाम्रा विभिन्न कार्यक्रमहरू संचालन गर्न सहयोग पुगेको सबैमा अवगत नै छ । साथै वृहत्तर नेपाली जनता एवं क्राईस्टचर्च क्षेत्रमा आफुलाई नेपाली संस्कृतिसँग जोड्न मन पराउने सबैको हितमा काम गर्दै एउटा संस्थाको रुपमा बढ्दै जाँदा यी संस्थाहरूबाट सहयोग बढ्दै जानेमा हामी आशावादी छौं ।

अन्तमा, यो सन्देश पढ्नको लागी समय निकाल्नु भएकोमा धन्यवाद व्यक्त गर्दछु । हाम्रो कार्यसमिति हामी आफैमा निपूर्ण छैनौं, हामीबाट गल्लि कमजोरी भएका हुन सक्छन् । हामी सधैं हजुरहरूको सहि सल्लाह सुझावको अपेक्षा गर्दछौं र ती कमजोरीहरू सुधार गर्दै अघि बढ्ने प्रण गर्दछौं ।

धन्यवाद

अशोक कुमार श्रेष्ठ

Namaskar and Kia Ora to all!

First of all, the NNZFSC Executive Team would like to express our best wishes to all the members on the occasion of Nepali new year 2080 B.S. and thank everyone in the community who are devoted to this organization and have supported to us thus far.

B.S.2079 has been a year where the society as a whole has slowly begun to rid its fear of the COVID-19 pandemic. With this in mind, our approach from the beginning of this year has still always been to ensure the safety of our friends and family.

Nepal is a multi-ethnic and multilingual country. There are different cultures behind our caste and place. We organized various programs this year which are summarized below: Nepali multiethnic cultural program, celebrated for the very first time with the aim of uniting all Nepali ethnic groups and multilinguals Supported Nepal United in the Tenzing Hillary Cup, during which they attained great success, winning the THC cup and making us all proud.

Organized the very first NNZFSC cricket cup.

Continued a yearly Dashain picnic program and Tihar celebration with kids' deusi-bhailo.

Took all Nepali class kids to Willow Bank reserve to encourage the kids' participation in Nepali class Facilitated those who participated in the City-to-Surf program Encouraged all the women, youths, and beginner players to play badminton by organizing a professional training session on every Sunday.

Another successful endeavor to our community was the introduction of our regular Zumba and swimming lessons that we have incorporated this year.

Finally, the commencement of our colorful festival "Holi" celebration is another big achievement of this year.

I would like to thank all our volunteers and supporters for the successful completion of the above-mentioned programs. Also, I would not forget to thank Namaste Nepal radio for the relentless continuation of their program which is now marker it's 17th year. I am also extremely grateful to the Namaste magazine editorial team for their time and contribution in publishing the 16th AC Edition.

On behalf of NNZFSC, I would like to express our gratitude to our donors: COGS (Ministry of Home Affairs), Christchurch City Council, Office of Ethnic Communities, Rata Foundations, New Zealand Lotteries Commission, and Mainland Foundations for their generous support which has helped us financially carry out our various activities throughout the year. We hope for the continued support of these organizations as we continue to grow a society that works for the benefit of other Nepali people. The rest of the executives and I are eternally grateful for the opportunities that have arisen due to your support.

At last, I would like to thank all the readers for your valuable time in reading this message. We will continue to grow and improve as a society at an accelerated pace, with all our friends and family by our sides. Please do not hesitate to ever reach out for any advice, concerns, or feedback.

Sincerest regards,
Ashok Kumar Shrestha



Photo: Nepali kids



Willow Bank trip

Executive Committee 2022-2024



Ashok Kumar Shrestha
President



Mahesh Dhama
Vice President



Dr. Narayan Nepal
Secretary



Amulya Nepal
Treasurer



Rajesh Khatri
Member



Dr. Deepak Chouhan
Member



Parampara Koirala
Member



Shristy Sapkota
Member



Priya Upadhyay
Member



Santosh Sapkota
Member



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शुभकामना

सर्वप्रथम त नेपाली नव वर्ष २०८० को पावन अवसरमा नेपाल न्यूजिल्याण्ड फ्रेण्डशिप सोसाइटी अफ क्यान्टबरीको 'नमस्ते' मेगेजिनलाई निरन्तर समाजको दर्पणको रूपमा काम गरेकोमा हार्दिक बधाई तथा शुभकामना व्यक्त गर्न चाहन्छु।

यसै अवसरमा उक्त मेगेजिन मार्फत न्यूजिल्याण्ड, नेपाल लगायत स्वदेश तथा विदेशमा रहनुभएका सम्पूर्ण नेपालीमा नयाँ वर्ष २०८० को शुभकामना व्यक्त गर्दै सबैको सुस्वास्थ्य, दीर्घायु र समृद्धिको कामना गर्दछु। यसका साथै नववर्षको यो नुतन घडीले हामीलाई थप सहिष्णु, विवेकवान् र धैर्यवान् बन्ने प्रेरणा देओस् र नव वर्षको यो उमंग र खुसियाली बर्षभर नै कायम भइराखोस् भन्ने इच्छा व्यक्त गर्दछु।



नेपाली अवैतनिक वाणिज्यदूत अकल्याण्ड न्यूजिल्याण्डवासी नेपालीहरुको हकहितमा कार्य गर्न सदैव तत्पर रहेको र नेपाली समाजलाई उच्च राख्न नेपाल न्यूजिल्याण्ड फ्रेण्डशिप सोसाइटी अफ क्यान्टबरीसँग सहकार्य गर्दै अघि बढ्ने प्रतिवद्धता रहेको पनि जानकारी गराउन चाहन्छु।

धन्यवाद।

दिनेश खड्का
नेपाली अवैतनिक वाणिज्यदूत, अकल्याण्ड
२६/०३/२०२३

📍 Level 1, 123 Manukau Road, Epsom, Auckland
📦 P.O. Box: 14685, Panmure, Auckland 1741
☎ 0800NEPAL 1 | Emergency: +64 272908036

🌐 www.nepalconsulateauckland.co.nz
✉ info@nepalconsulateauckland.co.nz



Honorary Consulate of Nepal Tauranga New Zealand



शुभकामना सन्देश

नेपाल न्युजिल्याण्ड फ्रेन्डशिप सोसाइटीबाट बिगत का बर्ष हरुमा जस्तै यस बर्ष पनि “नमस्ते” वार्षिक अंक प्रकाशन हुन लगेको जानकारी पाउदा मलाई अत्यन्त खुशी लागेको छ। मलाई विश्वास छ एस नमस्ते पत्रीकाले हामी सम्पूर्ण न्युजिल्याण्ड निवासी नेपाली जन समुदाय लाई आफ्नो देस र समाज प्रती निरन्तर प्रतिबद्ध भै निरन्तर अगाडि बढ्न प्रेरणा दिने छ भन्ने पूर्ण विश्वास लिएको छु।

नेपाली कला र संस्कृति प्रबर्धन गर्ने उदेश्यले नेपाल न्युजिल्याण्ड फ्रेन्डशिप सोसाइटी वाट नयाँ बर्ष २०८० को उपलक्ष्य मा प्रकासित नमस्ते पत्रीका मार्फत न्युजिल्याण्ड लगायत विश्वका कुना कुनामा छरिएर रहनुभएका सम्पूर्ण नेपाली बुवा, आमा, दाजु, भाई तथा दिदी बहिनीहरुमा नयाँ बर्ष २०८० सालको सुखद उपलक्ष्यमा सुख, शान्ति, समृद्धि एवं उत्तरोत्तर प्रगतिको लागि हार्दिक शुभकामना व्यक्त गर्दछु। साथै न्युजिल्याण्डमा बसोबास गर्ने नेपालीहरुमा दैनिक रूपमा आइपर्ने विविध समस्याहरुलाई सहज र छरितो रूपमा समाधान गर्न नेपाली अवैतनिक वाणिज्यदूतावास यहाँहरू माँझ तत्पर रहेको सहर्स जानकारी गराऊदछु।

आत्मा राम खनाल
अवैतनिक वाणिज्यदुत न्युजिल्याण्ड

Highlights of Society activities 2022/23

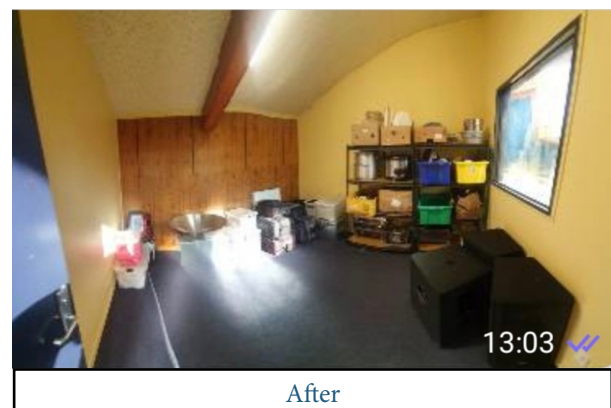
- By Ex-com team

New executive committee was formally announced on the 12th of June 2022 during the Annual General meeting followed by CANBAT victory celebration. In the last one year, Excom team has performed various activities, as such some of the highlights are presented below.

1. NNZFSC Fendalton Storage Room Maintenance:

As all our members are aware of that we have been storing the NNZFSC community stuffs in Fendalton Community Centre from the establishment of community. It is very essential to clean up and maintain the storeroom properly. Therefore, as a very first task of newly elected team, we decided to manage community materials in a tidy and organized manner. We have implemented the **5S** programme (**Sort, Set in Order, Shine, Standardize and Sustain**) to achieve our goal.

Cleaning up storeroom, arranging goods neatly, then stored in the shelf with their appropriate location have resolved space issue and has been convenient to use goods whenever required. This will also save the time and energy of general members whoever want to use these items. In addition, we have kept some fragrance spray bottles to keep room free from a bad smell. The photos taken before and after the hall cleaning are shown below.

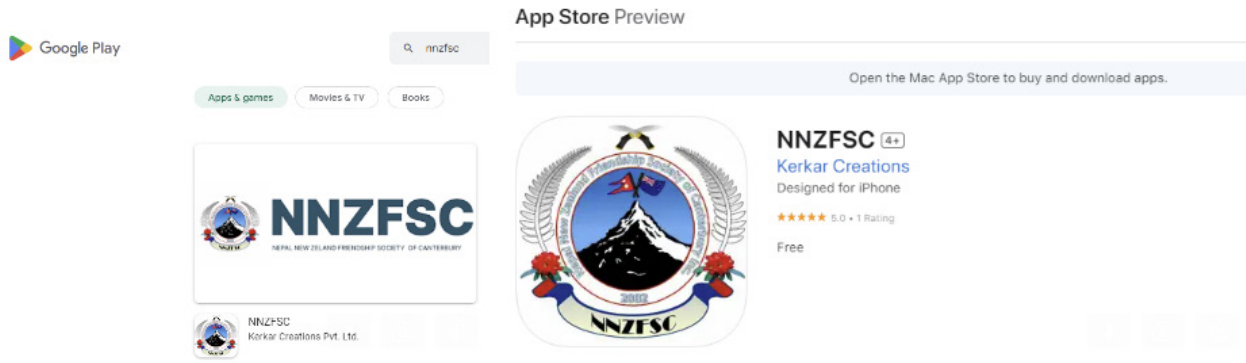


Furthermore, we have now allocated different areas for different items such as kitchen area for only kitchen items, cultural goods area for cultural item store, sport section for all the sport gears, musical item store area for all musical instruments. Likewise, we are in the process of keeping track of all the stored items and their use by community members. Finally, we encourage to all community members to keep the items in their respective locations when the items are restored.

2. NNZFSC Website rebuild and NNZFSC App

An updated website and the NNZFSC App have been created to manage Society's activities (such as communication, society events information, membership application etc.) more user friendly. A rotating flag of Nepal and New Zealand is among the many interesting features added to the website. Furthermore, using the app - we can track membership applications and updates, receive notifications of Society events, and process invoices quickly.

The app has been made available on both the Android and iOS platforms, as shown below, in consideration of the variety of users.



NNZFSC Mobile Application

3. Dashain Picnic:

Dashain or Bada Dashain also referred as “Vijaya Dashami” in Sanskrit is the major festival celebrated in Nepal and in places where Nepalese reside, which could be any part of the world.

Similarly, we Nepalese people in Canterbury specifically that residing in Christchurch celebrated this festival by organizing a picnic ‘Ban Bhoj’ on 8th October 2022. This event was one of the many events successfully organized by NNZFSC partnering with all wider members of the society.

The venue for the picnic was: Hanmer spring’ one of the renowned destinations to unwind & relax. The Journey from Christchurch to Hanmer spring was approximately two & half hours, which was done in bus. Two buses load full of people with all the positive vibes & energy made the 2.5 hr journey fun & entertaining. We officially started the event by taking the blessing and tika from some senior members of the family. Being miles away from our home county and our family, we all were together in bringing the cultural and traditional essence of the festival to that event.

Additionally, there was events such as ‘changa chet’-where all the kids, adults and seniors from the society were seen enjoying. Tug of war was another event that happened on the day. Face painting, dancing and other cultural activities were running alongside.

Never the less, none of the event is fulfilled without the mouth-watering Nepali cuisine. This time, we focused on bringing different flavours to the cuisine, it was mutually agreed to cook the food on the venue by the members of the community. As expected, everyone came along to bring their expertise and it turned out we be the best mouth-watering food which was equally enjoyed by all members of the society.

The common motive of celebrating these festivals by organizing events like this is solely to keep our tradition & culture deep rooted within us. Coming together as a society and sharing the major festival together gives us the hope & power to witness how closely we all are knitted as a society and how we can bring the best from this and pass it to our younger generation. Focusing on our Kids and younger generation the event was organized in a way where they had an opportunity to witness, learn about their culture in a most fun and eventful manner.

4. Tihar:

Tihar or Deepwali (the festival of light) is undoubtedly the second biggest festival for Nepalese. To celebrate the festival together with the community members, NNZFSC organised Tihar programme on 23 October, 2022. Students from Nepali class sang, dance and performed Dheusi Bhailo programme. Furthermore, all who attended the Tihar program took photos in nicely decorated frame and enjoyed delicious food.



Dashain Picnic, 2022

5. Teej:

As usual, NNZFC team has organized another favourite cultural programme- Teej on August 27 2022. Teej, short for Hartalika Teej, is a Hindu festival celebrated by women in all over Nepal. During Teej- Women wear in red, the bridal colour, sing and dance in the streets and in temples, worshipping Lord Shiva and his spouse Pravati. Married women pray for good health and prosperity of their husbands, while unmarried women pray to find a good healthy husband.





Photos: Teej Programme, 2022

6. Holi

Festival of colors “Holi” is known as “Phagu Purnima”. During this festival, people exchange different smear color powders with their friends and family members while exchanging greetings, harmony, happiness, and wishing them “Happy Holi”. The color powders used in the festivals have their own meaning as yellow is believed as Lord Bishnu & Lord Krishna’s favourite color, blue as a symbol of war, red as the symbol of power and good fortune whereas Lord Ganesh loved all the colors. This festival is said to be a celebration of the triumph of good over evil. It symbolizes the exuberance of life. It is a day of forgiveness, friendliness, oneness and equality.

Therefore, NNZFSC organised vibrant festival of Colours- Holi on the 12th of March 2023 for the first time to unite our Nepalese community to embrace love and blessings to each other. From toddlers to teenagers and adults to our parents from overseas, we all enjoyed putting colors to each other and sharing love.

The potluck food were delicious and added spices to our event. Kids enjoyed playing in the park and everyone had fun shaking their body to Nepali music. It was a fun filled event and seemed to be continue the Holi celebration in coming years with added vibes and menu.



Photos: Holi Celebration, 2023

7. Swimming:

Women's swimming is thriving as part of society's initiatives for NNZFSC women. This happens weekly in Wharenui Swimming pool on Saturdays. Every week, more girls and women are joining swimming, with the eagerness to learn and develop their skills.

With time, we have seen women’s swimming is experiencing positive growth and development, helped by the efforts of the coach who has been providing one-on-one tips for various women who are at various levels. These sessions are a great example of women empowering each other in the society and encouraging them to go outside their comfort zone. Not only this, these sessions provide a break to many mothers - giving them a chance to spend their time focusing on themselves.



Weekly Women’s Swimmig Session

8. Zumba:

Society’s run zumba class has been a great example of social and mental wellness for various age groups in the Nepalese community. This happens every Wednesday at Te Hapua - Halswell Community Centre.

One of the great things about this Zumba class is that it is led by a trained and certified instructor. She is skilled at leading groups of people through the various dance moves and exercises that make up a Zumba workout. In addition to the physical benefits of Zumba, there are also many social benefits. It provides an opportunity for people to socialise and connect with others who share a common interest in fitness and wellness. This encourages members to stay motivated and on track with their fitness goals.

Overall, society run Zumba classes are an excellent way to promote fitness, wellness, and a sense of belonging within members of the society. They offer a fun and engaging way to stay in shape, while also providing an opportunity for people to connect with others. All the participants are enjoying the dance routines. The instructor has added new music and steps to keep the classes fresh and challenging. Overall, attendance remains steady and feedback from participants has been positive. Society encourages more members of NNZFSC to join and make the most of these classes.



Weekly Zumba Session

9. Nepali Class, Kids football and outdoor activities

Nepali class has been shifted to Fendalton community center from Rangiruru School on 5th march 2023. Class is happening every Sunday 10 to 12 pm. There are around 25 students come for the class and there are two teachers kindly volunteering for the class.

Society also facilitates Nepali class kids to go for external/outdoor activities. As such, the students are taken to explore the nature and wild animals in Willowbank Wildlife Reserve on the 25th of March 2023 with the support from wonderful parents volunteer.

Similarly, NNZFSC also facilitate kid's football for young Nepal kids (both girls and boys) with the help of amazing Nepal United Football Club volunteers. Kids Football happens every Sunday afternoon after the Nepali class.

Photos from Nepali class, KIDS outdoor activities and kids football are shared on the following page.



Kids in Nepali Class



Kids football with support from Nepal United FC

10. NNZFSC Cricket Tournament

On January 15, 2023, the first-ever NNZFSC cricket cup was successfully concluded. Team Koru, the Khaptads, the Destroyers, and the Century Hitters were the four teams vying for the trophy. Throughout the event, every team shown excellent performance, outstanding sportsmanship, and tenacity. A hearty round of applause goes out to the wonderful crowd who came to encourage and support our players. NNZFSC team like to express gratitude to Ribu Dhakal, Rishav Dhakal, and Abhisekh Chand for taking on the role of umpire. Finally, a big congratulations to Team Koru for taking home the trophy and for their outstanding performance.



NNZFSC Cricket Tournament 2023 Captains



NNZFSC Cricket Tournament 2023
Winning Team - Team Koru

11. Nepalese multi-cultural ethnic programme

As we all know, Nepal is renowned for its cultural and ethnic diversity throughout the world. According Ministry of Foreign Affairs (Government of Nepal), there are 126 caste/ethnic groups in Nepal whereas 123 languages spoken as mother tongue (Census, 2011). These ethnic groups are dispersed throughout Nepal in three major regions i.e. Terai (flat area), Mountain and Himalayan.

NNZFC team has realised that there is some form of representation of these ethnic cast and culture of Nepal around the magnificent Canterbury region of New Zealand. As such, to showcase NNZFSC celebrated first of its kind Multicultural Ethnic Event with a theme “Unity in Diversity” in Christchurch, New Zealand on July 25th, 2022.

During the programme, eleven different cultural performances were presented which includes

- Nepali Traditional dance
- Sudur Paschim cultural dance
- Tamu Dhi cultural dance
- Marwadi culture dance
- Tamang culture dance
- Tharu cultural dance
- Magar cultural dance
- Newah Guthi cultural dance
- Kirat cultural dance
- Sherpa cultural dance and
- Group performance by NNZFSC executive team

The programme was a huge success which can be evident by the number of people (more than 300 people) participate in the event. With the delicious food served just before the multicultural event provided icing on the cake. The glimpse of the event are captured in the photos below.





Photos: Nepalese multi-cultural ethnic programme, 2022

12. Kids Cultural Fest

On 11th September, Sunday, NNZFC participated on the Selwyn Cultural Fest where the event celebrate diversity of various ethnicity within many cultures around Canterbury. There were two performances by NNZFC on the event; a group and a solo performance. These were kids aged from 6-11 years old. Both of the performances were so beautifully executed by the kids. People who came and individually complemented kids on how “their performance brought a big smile to everyone”.



Photos: Selywn Cultural Fest

Similarly, Nepalese kids participated in Selwyn Diwali 2022 held on 13th November, 2022 at Lincoln Event Centre. Kudos to Parampara Koirala for her relentless effort in training these little awesome boys.

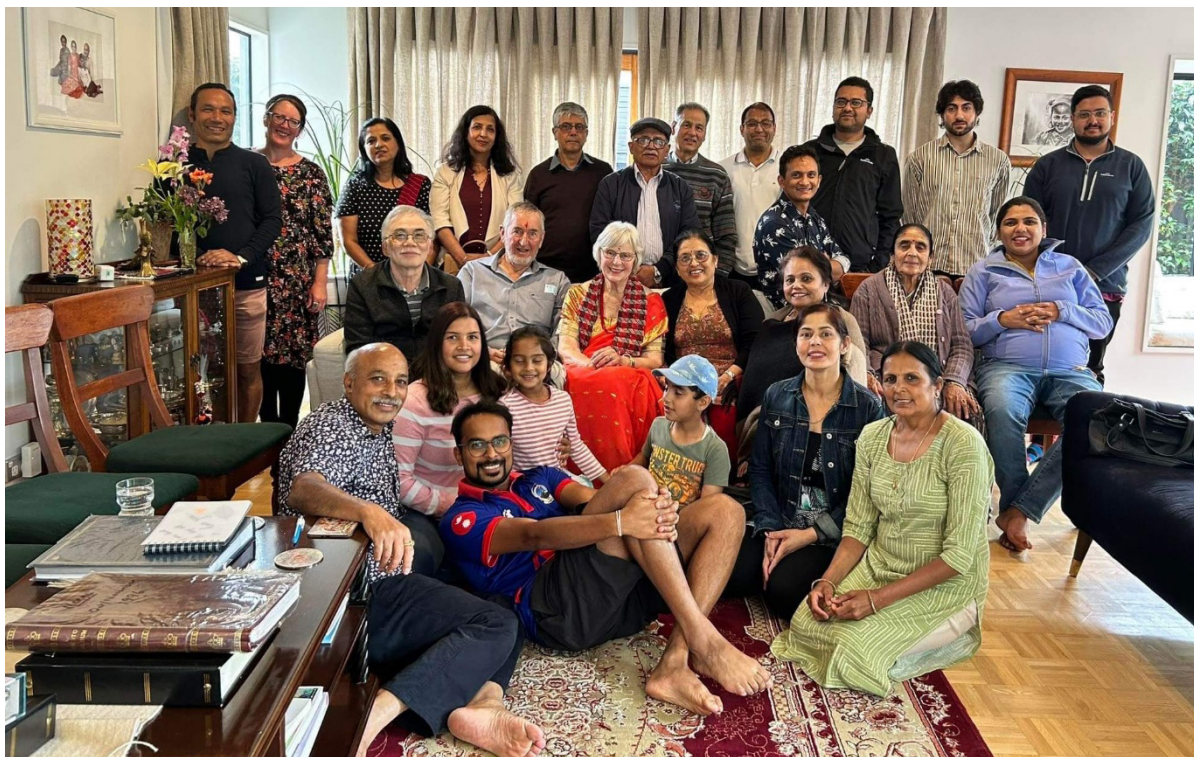




Photos: Selywn Diwali 2022 - Cultural Program

13. Other:

On 28th January, 2023, NNZFSC handed a certificate of appreciation to the founding president Ms. Jillian Ruth Lemon for her exceptional contributions to the organisation since its inception at Mr. Jitendra Bothara resident. Society representative Mr. Narayan Nepal and Mr. Deepak Chouhan wished her much love and joy in her life. Many community members who worked/shared life together with Ms. Jillian were present during the program.



With Ms. Jillian Ruth Lemon (Founding President of NNZFSC)

English Articles

My trip to Spain

- Kamal Prasad Shrestha

My first trip to Spain started on April 2nd, 2019, and concluded on June 8th, 2019. It takes about 27 hours to travel from Auckland to Spain, with layovers in San Francisco and Washington DC. Now, Air New Zealand operates a direct flight once a week, making the journey easier. Before I set foot in Spain, I held a different opinion of the country. In 1981, I went to the Netherlands for my postgraduate course in photogrammetry, and I found that the majority of Dutch people understand English, so I had no problem communicating with them. During that time, I also had the chance to travel to Germany, Switzerland, the United Kingdom, and a few other countries, but not Spain. Even in those countries, I did not face any problems communicating with people. As a result, I had the impression that Spain would be less developed compared to the other countries I visited. However, to my surprise, I found Spain to be one of the most culturally rich and prosperous countries in Europe.

Because Spanish is the most widely spoken language in Spain, we experienced problems communicating with people. Additionally, the Spanish use the same script as in English. Madrid, the capital of Spain, is considered the second-largest city in Europe after Berlin. We had difficulties communicating with people in all places, including supermarkets, as English is not commonly spoken in Spain. Despite these challenges, during our ten-week visit, my wife and I explored various places in Spain, including Madrid, Toledo, and several other locations.



Alcala de Henares & Royal Palace de Aranjuez

The Museo Nacional del Prado is a world-class museum with a collection of over 8,000 paintings and 700 sculptures, including many masterpieces that rival those of the famous Louvre Museum in Paris. The museum displays about 2,300 pieces in more than 100 rooms on three floors. Another must-visit attraction in Madrid is the Buen Retiro Park, located in the heart of the city. This park covers over 125 hectares and offers a peaceful escape from the bustling city. Originally created for the Count-Duke of Olivares in the 17th century, it features various gardens and tree-lined paths. Although it was once owned by the Spanish royal family, it has been a public park since the 19th century. Visitors can enter through the main entrance at the Plaza de Independencia and explore the enchanting La Rosaleda (Rose Garden), the Andalusian-style Jardines de Cecilio Rodríguez, and the Palacio de Cristal (Crystal Palace), a splendid cast-iron and glass pavilion built in 1887 that presents exhibitions of contemporary art. The park also has outdoor cafés, a puppet theater (Teatro de Títeres), and an observatory built in 1790 for stargazing.





Toledo, located 72 km from Madrid, is another culturally rich city. It is an ancient city built on a hill overlooking the plains of Castilla-La Mancha in Central Spain. As the capital of the region, Toledo is known for its medieval Arab, Jewish, and Christian monuments within its walled old city. The city was also home to the Mannerist painter El Greco. The Moorish Bisagra Gate and Sol Gate, which feature the Mudejar style, open into the old quarter where the lively Plaza de Zocodover is located. To reach the top, one can take an escalator from the car park.



Toledo



Toledo

I would like to acknowledge all those who contributed to establishing the enriched culture of Spain. Their hard work will keep their culture alive for several centuries to come. My short visit to Spain helped me learn much about its culture. Although I do not know how all the works were done, the way of life and culture is a wonderful example of civilization that existed in the world many years ago.

Value of Time

If you want to know value of a year
Ask a student who just failed his exam.

If you want to know the value of month
Ask a mother who has just given birth to a baby.

If you want to know the value of day
Ask a labourer who has been working in the sun.

If you want to know the value of minute
Ask a lover who has been waiting for his love.

If you want to know the value of second
Ask a player who just scored a goal.



Rajesh Khatri

What is Three Water Reform?

Everyone who lives in New Zealand has the right to safe, affordable and reliable drinking water. Similarly, resilient wastewater and stormwater networks that meet the environmental and cultural needs are the basic requirements for advanced societies. Together- Drinking water, wastewater and Stormwater services are referred to as “three waters”. Three water systems are very critical to public health and the surrounding environment.



Dr. Deepak Chouhan

In August 2016, a serious water contamination event (outbreak of gastroenteritis) occurred at Havelock North, town in North Island, New Zealand, that raised a red alarm in the three water performances. As a result, the Government established an inquiry into the Havelock North Drinking water incident and later a detailed report was released. The findings of the review raised system-wide questions about the effectiveness of the regulatory regime for the three waters, and the capability and sustainability of water service providers. Therefore, in July 2020 the Government announced the Three Water Reforms Programme to improve the regulation and service delivery arrangements of drinking water, wastewater and stormwater – the three waters – to better support New Zealand’s environment, health, and safety.

The Three Waters Reform Programme has four key outcomes:

- ▶ safe, reliable drinking water
- ▶ better environmental performance of wastewater and stormwater services
- ▶ efficient, sustainable, resilient and accountable multi-regional water and sewage services
- ▶ making it affordable for future generations

The Government’s Three Waters Reform programme is proposing to shift the current 67 Council-owned and operated three waters services into four new publically-owned entities to own and maintain three waters assets and manage the future delivery of these services.

Three water reform programmes led to establishment of the Crown entity and new water services regulator- *Taumata Arowai* (took over from the Ministry of Health). On 15th November 2021, *Taumata Arowai* became the drinking water regulator to give strong focus on the safety of New Zealand’s drinking water. In 2024, it will assume responsibility for wastewater and stormwater networks, becoming the three waters regulator for Aotearoa.

Three water reform programmes led to establishment of the Crown entity and new water services regulator- *Taumata Arowai* (took over from the Ministry of Health). On 15th November 2021, *Taumata Arowai* became the drinking water regulator to give strong focus on the safety of New Zealand’s drinking water. In 2024, it will assume responsibility for wastewater and stormwater networks, becoming the three waters regulator for Aotearoa.

Addendum: On the 13th of April, the government announced that three waters has been expanded to ten entities. The updated picture has been provided on the following page.

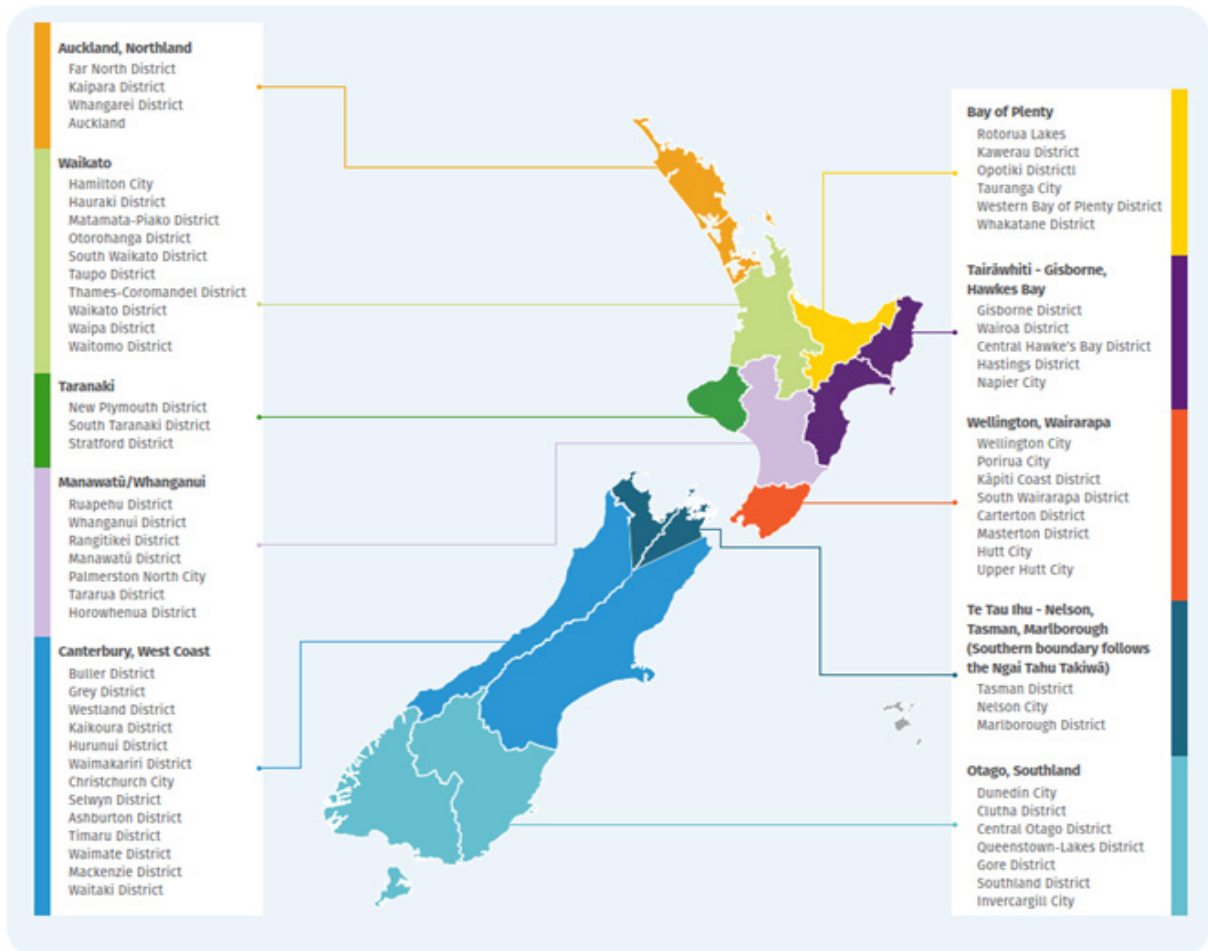


Image: The 10 entities announced by government

2022-2023 NNZFSC Badminton

Integrated Activities

NNZFSC Integrated Activities has seen an increase in numbers again this year. One of the major challenges over the past year has been catering for this growth while dealing with budget restrictions and having to cope with recent increase to the cost structure of our regular venue. This means that we have the challenging task of exploring alternative options that can cater for the purpose of our “integrated” activities by combining the long-term sustainable needs of the Nepali language class and badminton. My thanks go to all the members who have patiently coped with the “transition phase”. For now, the structure of the Integrated Activities is as follows:

- ▶ Nepali class at Fendalton Community Centre: Sunday mornings (10am to 12pm)
- ▶ Regular badminton venue is still TBC (to be finalised within the month of publishing)

The above is a significant shift in our structure from the past, and I wish to address some concerns that have been raised by several members. Firstly, yes, separating language class and badminton is not the ideal scenario, and many argue it does not fit in with the purpose of “integrated” activities. While I advocate for badminton and language class to always be together, there are many restrictions to work around. For example, language class needs to be held at a central location and at a time that does not clash with common weekend activities for kids (e.g., Saturday morning sport). There are also major challenges in finding venues with both the badminton and class facilities that can cater to such needs (e.g., it seems even four courts is not enough at times).

Secondly, separating Nepali class at Fendalton does come with an advantage. There are now two courts available at Fendalton for the kids to freely use. In the past, the kids would often compete with the adults for court space, seldom leaving them opportunities to play. The new structure allows for the kids to freely play, further promoting the future growth of NNZFSC badminton.

Finally, there is still progress being made in several other areas for Integrated Activities. We are now integrating several social sessions with other clubs to widen our experience and challenge stronger opponents. We have also incorporated training for beginners, particularly encouraging women, during the Sunday badminton sessions. These are positive developments.

Overall, there is plenty happening around the community with regards to sport and general well-being, with badminton as a major avenue. Every member is encouraged to join if they have an interested to play; we can cater all levels from beginners (first-timers) to experienced players. These sessions are a great way to both socialise and exercise!

2022 NNZFSC Annual Badminton Doubles Tournament

A tradition which begun in 2019 is the NNZFSC Badminton Tournament – an annual weekend event where a doubles badminton tournament is held among NNZFSC members. This year we had another great turnout with 34 players participating. For the first time this year, we separated the competition into defined grades. Each with their own perpetual trophy to keep for a year and engrave the winners’ names:

- ▶ A-Grade: Sagarmatha division (for the more serious players, and for those wishing to play in CANBAT)
- ▶ B-grade: Aoraki division (for the stronger beginner players)
- ▶ C-grade: Annapurna division (encouraging beginners, kids, and women to play with a reduced focus on competition)

We also allowed players to form their own doubles pairings and register to whichever grade they preferred to play. This is a change from previous years where pairings were assigned to balance out the teams as much as possible. This change reflects not only the growing number of players (especially new players), but also reflects how rapidly many of our members are improving.

| Annapurna Division Teams |
|------------------------------------|
| Yamuna Yadav* Bhagwan Yadav |
| Sirjana Shrestha* Jitendra Bothara |
| Tulsa Kunwar Robin Kunwar |
| Parampara Koirala* Yashu Dhakal |
| Indu Kafle* Salina Dhakal |

| Aoraki Division Teams |
|----------------------------------|
| Anil Dhakal Kiran Khadka |
| Binod Parajuli Basanta Adhikari |
| Sujan Kafle Prakash Aryal |
| Indu Kafle* Sirjana Shrestha* |
| Parampara Koirala* Yamuna Yadav* |

| Sagarmatha Division Teams |
|------------------------------------|
| Iros Neupane Rajesh Khatri |
| Imas Neupane Saurav Shrestha |
| Ram Sharma Rajeeb Shrestha |
| Aakrista Dahal Mahesh Dhami |
| Ish Neupane Sulav Paudel** |
| Narayan Nepal Ashok Shrestha |
| Deepak Chouhan Roshit Bothara |
| Bishal Dahal Subodh Dhakal |
| Amit Bhandari Shailesh Karmacharya |

* Playing in both Annapurna and Aoraki
 ** Substituted on day 1

Day 1 consisted of 1-set round robin matches (first to 21 points) where each team within a division played all other teams. The final rankings from the round robin matches are shown in the team list above. Based on the results, teams began play-offs (quarterfinals, semi-finals, and finals). These elimination matches, held on the afternoon of Day 1 and throughout Day 2, were best-of-3-sets, first to 21 points. The results of the elimination matches are shown below. The day ended with an award ceremony where the runner-ups received a silver medal, and the winners received a gold medal and a trophy.



Overall, the tournament this year was successful and very enjoyable for everyone. A big congratulations for all the winners of the divisions. A huge thanks for the volunteers who, due to their tireless effort, made this tournament a success. The effort and sportsmanship of the players are also greatly appreciated, in addition to the supporters who provided great energy throughout the weekend.

As we are confident that this annual event will continue to grow into a festive occasion that everyone marks in their calendars as a highlight of their year; we have already begun planning for the 2023 NNZFSC Annual Doubles Badminton Tournament, which is to be held over the weekend of 26-27 August. Mark these dates in your calendar!

CANBAT 2022

The Canterbury Auckland Nepalese BAdminton Tournament (CANBAT) was introduced in 2021 as a running competition between the badminton players within Auckland and Canterbury in an ongoing effort to connect the two biggest regions in terms of Nepalese population in New Zealand to create a fun, inter-regional competition, and provide an opportunity to bring together many people as possible for socialization and networking. This tradition was again a major highlight in the past year.

With a 21–16 loss of the inaugural tournament in 2021, held in Christchurch, a major focus for many was to win back the title in 2022. To make it even more challenging, CANBAT 2022 was held in Auckland, giving the opponents a home-ground advantage. However, after months of preparation, the Canterbury team successfully regained the CANBAT trophy with a comfortable victory of 27–10. It was a great reward for the hard work that many players had put into their game.



Although only about 40-50 players participated in the tournament, the associated social functions brought together a much larger number of people from both communities (including families and friends of the players), fostering opportunities for interaction in a social setting. It was a wonderful opportunity for community members to share ideas, issues, and progress made regarding our culture and tradition, ultimately helping develop our capacity to work together for the betterment of our ethnic group.

Ongoing and Future in NNZFSC Badminton

One of the major efforts moving forward for NNZFSC badminton sessions are increased focus on inclusiveness in the badminton games during integrated activities and mid-week Thursday sessions. We are in a phase where we will be going through introspection on how to proceed in creating a harmonious and respectful environment. Encouragement for beginner, younger, and female players should always be a priority, as they are the ones leading the future of badminton growth in the community, and consequently, growth of the society's overall vision for health, well-being, and increased connection within the community.

There is always a place for competition. There is always excitement to see higher level competition in the NNZFSC Annual Tournament, and the Canterbury team is in focused training for CANBAT 2023, which is being held a few weeks from the time of writing this article. These are great opportunities to test and hone your skill. Special shoutout and best of luck to the players participating in CANBAT 2023!

Overall, there are several exciting things happening in the NNZFSC badminton space, and I hope we can bring our entire community along. I look forward to seeing you in some of our sessions!

Ribu Dhakal
NNZFSC Badminton Coordinator

Food Quality and Safety

Overview

Food quality and safety have been major concerns in the food industry. While food quality and safety are somewhat under the control of commercial decision-makers, food safety issues still pose a serious and immediate risk to human health and are therefore non-negotiable. Unsafe food may contain a variety of pathogens such as bacteria, viruses, harmful parasites, and chemical materials.



Mahesh Dhami

According to the World Health Organization (WHO), unsafe food consumption has triggered over 200 diseases, ranging from diarrhea to cancer. An estimated 600 million people, which is about one in ten people worldwide, fall ill, and 420,000 die each year due to unsafe food (WHO, 2017).

People should be aware of current challenges in the food industry without compromising food quality and safety. Some of these factors may include the demand for fresh and minimally processed food, concerns about food additives or preservatives, and globalized food packaging and supply chains. Consumers have the right to expect that the foods they purchase and consume will be safe and of high quality. They also have the right to voice their opinions about the food control procedures, standards, and activities that governments and industry use to ensure that the food supply meets these characteristics.

Food industry's view of food control

The food industry takes a broad view of the term food control, which includes a large number of factors such as:

- ▶ **Food Safety** - setting standards for toxicological and microbiological hazards, and establishing procedures and practices to ensure that the standards are achieved.
- ▶ **Nutrition** - maintaining nutrient levels in food ingredients and formulating foods with nutritional profiles that contributes to consumer interest in healthy diets.
- ▶ **Food quality** - providing sensory characteristics such as taste, aroma, deliciousness, and appearance.
- ▶ **Value** - providing characteristics of consumer utility and economic advantage, involving attributes such as convenience, packaging, and shelf-life (Used by date).

Consumer awareness and communication

Although food industries have implemented food safety control programs, consumers should still be vigilant in order to ensure that they consume healthy and fresh foods. Despite the fact that food safety controls have been put in place by food manufacturers, numerous foodborne illness outbreaks have been observed around the world after consumption of different foods. These outbreaks have been noticed in meat and meat products, chicken, milk, fruits, and salads (such as the recent lettuce outbreak). Therefore, consumers should be aware of the food products they purchase, such as checking the product's shelf life before purchasing, analyzing whether the food is safe for direct consumption or requires washing before consumption, and ensuring that it is not physically damaged or altered.

On the other hand, communication is a vital part of ensuring safe food consumption. An important means of communication in food is product labeling, which refers to information that appears on the product package or that accompanies it at the point of purchase. Labeling enables consumers to make informed decisions and is intended for careful reading and understanding. It identifies the manufacturer and provides instructions for safe and effective use of the product, as well as information about contents, ingredients, allergens, health and safety features, preparation, storage, and shelf life.

Labeling and advertising provide information about the health benefits of food products, which are important and effective means of communication with consumers about diet. Thus, consumers should read labels carefully before purchasing products. In addition, consumers should frequently take the initiative to communicate with manufacturers and ask questions about product information they have seen in advertising or labeling or because of their experience in using the item. Consumer communication with manufacturers should be so frequent and important that most manufacturers have consumer affairs departments headed by a company officer to provide appropriate attention to this function.

The four dimensions of wellbeing

If you look at me, I am a young blood
I work at all the dirt, water and the sweaty mud
They say I am the important pillar of the growing nation
And I am always fed and tangled with the world's information

I am always expected to be healthy and better
Because the world is mine to take care for the later
I am not expected to make any kind of blunder
Or else the growing children will look at me with wonder

What everyone does not get it in their head
Is that no matter what, I am not perfectly made
I can get tired sometimes, I need some rest
If you get this, then only I can perform at my best

I too desire to be an overall fit lad
I too do not want to be or look bad
I want people to give me support and love
I too want to be happy and enough

My family and community look upon at me
Believe and hope in their eyes is all I can see
I wish to do great things for their best
For that my mental health shouldn't be at test

I care about the physical wellbeing, family and community
I care about the Sense of Self and Spirituality
I care about the mental and emotional health
For I see, above all, these are the real wealth



Hanku Gautam Dhungel

My journey towards healing

Hi, it's me again, the crazy lady who loves to talk about mental health. My journey started a long time ago, in fact it started in April 2010, when our lovely Baba who people always remembered as a person who loved his life, a person who always had a smile on his face, and someone who everyone could count on, left us to go to a place where he could be in peace. Things came crashing down when we learnt through Nepalese media that he was no more, that he had chosen to leave us, his lovely wife, 3 girls, siblings and so many other people behind him just the way his own mum had done around the same age.



Dikshya Bhurtel

It pains me to think that he did not have anyone he could talk to about his problems; he did not feel like he could talk to his wife, who he had spent almost 25 years of his life with, and it was easier for him to just leave. We were a happy family who were looking forward to building a new house that better suited our needs, we were excited to be celebrating their 25th Wedding anniversary where he wanted to remarry Mamu since Baba always felt that they did not do it right the first time. There were so many hopes and dreams of my older sister doing well in her MBA degree and finally marrying to her teenage sweetheart, me going for a Bachelor's in Nursing in New Zealand, and my younger sister going to India for her BBA on a Presidential Scholarship. All three of us still pursued our dreams, but it was not the same with one parent missing in our lives.

My mental health has been a downhill battle ever since, but even more-so lately where I have been feeling lost about myself. I don't recognise myself anymore, I am empty despite having a lovely husband, two lovely kids, a wonderful puppy, a stable roof over my head, a job I am passionate about, and most importantly, Mamu, my sisters and beautiful nieces and nephew. But things are not the same, I struggle everyday with this fatigue which is too stubborn to let me be. It haunts me every single day and it's painful, both mentally and physically, to get out of bed, it's painful to try and be there for my family and my clients who rely on me for the betterment of their lives. But I have made a promise to myself and my loved ones that I will fight this battle and come out stronger on the other side. I owe it to Mamu, my sisters, Rajiv, kids, and all my loved ones that I work towards healing myself. I have been in therapy for over six months now and on antidepressants for 4 months and it's helping, but I really need to heal from within, so I don't leave this world like my Baba or Mua (Baba's Mua) did because I don't want my kids to go through the same trauma that I have been through.

I have been through other traumas as well in my life that I do not wish to elaborate here, but I am working with my therapist to heal from within and be a better, not bitter version of myself. This year I decided to cut ties with people that don't bring me joy and I think it has been best decision I have made for myself. Because this year, for me, I come first. I am sorry if in a big gathering, I don't come and say hi or Namaste, since my social battery may be empty at that point. I get anxious in big crowd, unlike my husband who is a people's person and loves social gatherings. This year I am telling myself that it's okay to be an introvert, it's okay to only have friends that I can count on one hand, and it's okay not to be okay and I am definitely not sorry for this. I have all I need in my life, and do not wish for anything more than to heal from within, and I am doing everything possible to make this happen.

I hope I am creating an environment for my kids and everyone around me where they can talk about not being okay and that's it's okay to feel your feelings. Mental health should be something that people can talk about and not hide; it should not be such a taboo subject that people would rather rot on the inside than express themselves.

I am teaching my kids that it's good to have boundaries and say no to a hug, a touch, or a kiss if they are not comfortable with it. I am teaching them it's okay not to share their special toys with anyone if they don't want to, if people get upset, it's not my kids' fault that they have set healthy boundaries for themselves which totally goes against our Nepali upbringing. I want to break this cycle and dump it, so it does not continue with my children. I choose to be a safe place for them.

When I started taking antidepressants, my husband and mum were really worried that I would get used to it and wanted me to talk to my therapist and GP before I started taking them to see if I could avoid taking them. It took a lot for them to understand that I am taking supplements for my brain since there is a chemical imbalance in my system, and that medication would help me balance the chemicals rather than cause any harm. I don't blame them

for taking their time to understand as it's how we all, as Nepalese, have been brought up. Funnily enough, I was prescribed Iron supplements the very next day for Iron deficiency and got no questions about why I was taking them. We take painkillers when we are pain, put harmful chemicals through our body to kill harmful cells if we have cancer, and take antibiotics for infections; you can see where I am going with this. Then why should we be ashamed to take antidepressants to balance our chemicals where something is not right with our brain?

Sorry for such a long piece but this had to be said. It's not fair to anyone to lose a love one to a battle with mental health and I definitely refuse to lose this battle. I am too precious to myself to do that.

My Journey with Nepal United FC

Football has always been my passion & motivation. It didn't stop even after coming to New Zealand. My journey with Nepal United FC started from 2014 when I first arrived in New Zealand.



Back then the Nepalese Team of Christchurch used to be known as Gorkhali FC.

I still feel very nostalgic when thinking back to my first experience with the team. I contacted Gorkhali FC via Facebook and got to know that the team trained in Jelly park. On my first day, I took a bus and had to walk to Jelly park to meet and train with the team. Afterwards, Bipin kindly dropped me back home.

With Gorkhali FC, I participated in Summer Leagues, Winter Leagues, Diwali Cups, Global Football Festivals, Nani cup, and THC. The best highlight of my time with Gorkhali FC was in



“Talent without hardwork is nothing”

- Cristiano Ronaldo

2017, when we went to THC because we were able to win the Shield Cup.

Sadly, back then, we were actually struggling to get enough players to keep on participating in tournaments and Leagues. Everyone had their own family and work commitments, so Football wasn't in the list of important priorities for everyone. Thus, players decided to disband the club after THC 2017 in Te Puke. I remember we didn't play football for a couple of months before we reassembled the Gorkhali FC. I, along with other core members, decided to continue the club because of our passion and love for Gorkhali FC and football.

The team appreciated all my hard work and commitment. Thus, I was elected as the new captain of the team and to lead the club. I was also an executive member of NNZFSC at that time when Saurav Gautam, member of the club & executive member of NNZFSC, proposed an idea to organize THC 2018 in Christchurch. So, with the overwhelming support of NNZFSC, we managed to organize THC at the Christchurch Football Center which was well received and appreciated by all participating teams.

Due to the success of THC, we started to get more and more people interested to join our club. That is when Prakash Gautam dai suggested to rebrand and reform the team with new found vigor and strength. We decided to rename our club to Nepal united FC. Our club logo was designed by Nawam Karki, a member of the club.



Tenzing Hillary Cup, 2023, Hamilton

This year our team travelled to Hamilton to participate in THC with lots of vigor and strength. We had some new faces among our old ones.



I have been participating in THC before it was even renamed to THC; back when it was known as the Nani Cup.

My first experience in THC was when it was held in BOP in 2015. Back then I was at Te Puke due to work. Thus, I participated as a player of NABOP. Next time was in 2017, when it was held in Te puke. This time I was already a core player of Nepal United FC. As I said before, we even won the Shield Cup.

After that I participated in THC 2018 which was organized by us in Christchurch. I was elected as the Captain by the team to lead Nepal United FC. Personally, the THC cup started to feel like a big & important tournament to me after we made it into such a grand event, uplifting the standard of the whole THC. Therefore, I wanted to win THC at least once. I feel like it's the same for every team that participates. The next time I participated in THC was in Auckland 2019, as a team captain of Nepal United FC.

THC 2020 was a special tournament for me because all the hardwork and commitment started to bear fruits. We had a really strong team and reached all the way to the finals, only to lose in penaltys.

In THC 2021, we were knocked out of quarter finals by the defending champions. That year we were 3rd in the tournament. After that year, Covid shook the world and I, along with everyone else, wasn't able to participate in THC 2022 as it was cancelled.

But this year it was a different challenge for myself to participate, because of my new born twins who were just 9 months old and too young to travel. I was uncertain whether to travel with the team alone, or to travel with my family. My wife, Ranu, has always been there supporting me , giving me the motivation and grit I need.

I had great help from Sonia baini, who has always been there helping look after my twins, and Ram Dai and Naina Bhauju, who extended their hands to support us during our stay in Hamilton. There are no words to describe how much I have appreciated their support and only with such support, was I able to focus my mind back to THC.

This year as always, I worked hard to gather the team, which was also our strongest team ever. All the boys in the team were well behaved and disciplined, which makes me proud to be leading them year after year.

This year as I said, our team was very strong. Each and every player had the hunger to win it this time. That is why our very first game of the tournament, we beat the defending champions 4 to 1 goals. I was very proud to see that the boys were still disciplined and focused after the win.

Unfortunately, I got injured in the third game. Thus, I could not participate in next games. But the way the boys played, I felt like they were playing for my sake. The Final was like a rollercoaster for me as I was watching from outside. We went down 2 to 0, but everyone in the game played with such determination and focus that it moved me to tears. With sheer will power and perseverance, we were able to over turn our situation and achieved a deserving comeback win. It was a very special moment for me because that day one of my dreams was fulfilled and I cried tears of joy.

Climate Change Adaptation: Community Successes

The impact of Climate Change in the twenty-first century is visibly observed and experienced by the global populace in different parts of the world. Young generations born this century are facing its impact; these “natural accidents” are the results of industrialisation in “developed countries”, exploitation of natural resources, challenges to livelihood challenges, and many other causes that started from previous centuries. There is no doubt that the impact of Climate Change will be high unless drastic measures are taken, especially addressing the 1.5°C warming limit as per the Paris Agreement, 2015. New Zealand has been always concerned about the survival of penguins in Antarctica from global warming. Devastation from the recent tropical Cyclone Gabrielle in the North Island in February 2023 is another example of climate change affecting society, and the community.

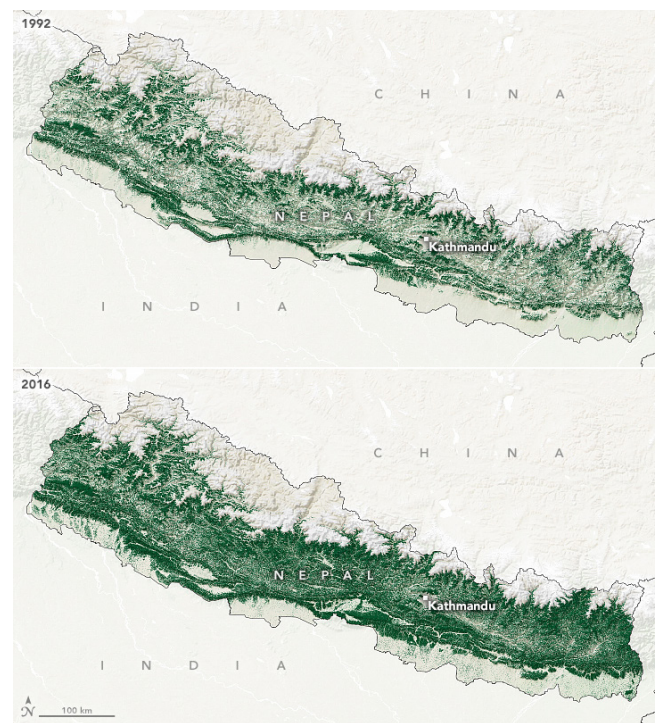
Awareness and concerns towards the Climate Change mitigation are mixed, both in developed, and developing countries. Whereas economic demand is the priority of developed countries, many poor countries are simply struggling to survive, at the cost of natural resources, particularly forests. “Green and Clean” New Zealand faced Cyclone Gabrielle, the biggest storm after 1850¹. The clean and green landscape was inconceivably eroded in some parts of Hawke’s Bay². While natural disasters from Climate Change are globally escalating, countries are also coming forward to mitigate the Climate Change impact, though it is slow with few resources.

Over time, some countries like Nepal have successfully increased tree coverage across the country. A recent study of NASA Earth Observatory³ showed the forest coverage of Nepal almost doubled between 1992 and 2016. The present forest area of Nepal is 44.74% of the total land. Generating awareness, and establishing ownership and management of the forest with community groups is the key factor to increasing forest area and sustainably utilizing the forest products. Advent of community forestry started from the early 1970’s, with changes in forest policies and regulatory support for community managed forests. Nepal was able to double its forest coverage by empowering the local community in sustainable forest management, organisational and financial management, and technical services. There are now 8.5 million people involved in community forest management and its shared benefits. However, contribution to livelihood improvements is still limited as it only covers the local use of the forest products such as fuelwood and fodder. Commercialisation of these resources, alongside sustainable forest management, is the way ahead to increase the income for the beneficiaries and develop the community as a whole. Though community managed forests are protected locally, government owned (national forests) are in poor conditions with regeneration and stocking issues.

Overall, the forests and aquatic ecosystems are highly



Manohar Shrestha



vulnerable and there is an urgent need to implement adaptive Climate Change mitigation measures. Nepal is a model country for community based sustainable forest management across the world, especially to our neighbouring countries. The forest areas of India are also increasing, however, forests in the Himalayas are still facing deforestation due to forest management issues. These trends are gradually being adopted, especially the empowerment of local communities in forest management alongside organisational and financial management.

Manipur State is one of the seven sister states of North-East India where Nagas and Kukis are the main ethnic communities. North-East States of India are now overwhelmingly involved in the community based sustainable forest management.

The problems and issues related to forests and forest products are almost similar in the Himalayan ranges. There are no alternatives to address Climate Change mitigation measures without involving local communities. The local communities must be empowered and equipped to contribute and adapt to Climate Change. A political will and well thought out commitments only strengthen this process.

In New Zealand, local communities should be aware of the forest harvesting process in their vicinity, regarding post harvesting measures to conserve soil. Construction of “wind-rows” along the contours provide a way to utilise the forest residues and aids soil conservation.



Sources:

1. NIWA
2. Twitter 21 February 2023: Marnie Prickett (Photo)
3. <https://earthobservatory.nasa.gov/images/150937/how-nepal-regenerated-its-forests>, 2023 (Also graphics)

The revolutionary AI language model, ChatGPT

Artificial intelligence development follows technological advancements (AI). ChatGPT stands out as one of the most outstanding AI language models out there right now. A potent tool for natural language processing, ChatGPT was created by OpenAI and is based on the GPT-3.5 architecture.

ChatGPT can produce human-like answers in response to text instructions. It functions by learning from a vast corpus of material, which enables it to grasp linguistic, and contextual nuance. ChatGPT's remarkable processing capability enables it to produce responses that are frequently hard to tell apart from human ones.

ChatGPT has a plethora of potential uses. It can deliver precise and convincing answers to a variety of enquiries, from customer service bots to language translation tools. Even creative tasks like coming up with poems or composing stories can be accomplished with it.

The capacity of ChatGPT to fluidly carry on a conversation is one of its special advantages. ChatGPT can recall prior exchanges and answer in a way that makes sense within the context of the overall conversation, unlike other chatbots that often find it difficult to understand the context of a conversation.

Although ChatGPT is a remarkable piece of AI technology, it is not without flaws. It has limits and biases, just like all AI language models. Yet as research goes on, we may anticipate that ChatGPT and other AI language models will become increasingly more advanced and precise.

ChatGPT stands out as a formidable tool that has the ability to completely change the way we communicate, as we continue to incorporate AI technology into our daily lives. ChatGPT is a useful tool, whether you use it for creative writing or customer service.


In conclusion, ChatGPT is a remarkable AI language model that could revolutionise how humans communicate. It is a useful tool for a variety of applications because to its capacity to provide human-like responses and carry on conversations effortlessly. We may anticipate that ChatGPT and other AI language models will get progressively more complex and precise as technology develops.

Here is the URL to access ChatGPT: <https://chat.openai.com/chat>




Dr. Narayan Nepal
Head of Faculty
School of Technology
Yoobee College of Creative
Innovation


ChatGPT



Examples



Capabilities




Limitations

| | | |
|--|--|---|
| "Explain quantum computing in simple terms" → | Remembers what user said earlier in the conversation | May occasionally generate incorrect information |
| "Got any creative ideas for a 10 year old's birthday?" → | Allows user to provide follow-up corrections | May occasionally produce harmful instructions or biased content |
| "How do I make an HTTP request in Javascript?" → | Trained to decline inappropriate requests | Limited knowledge of world and events after 2021 |

Nepal New Zealand Friendship Society Canterbury," "NNZMSC,"

ChatGPT_Mar_14_Version. Free Research Preview. Our goal is to make AI systems more natural and safe to interact with. Your feedback will help us improve.

NE Nepal New Zealand Friendship Society Canterbury," "NNZMSC,"





The Nepal New Zealand Friendship Society Canterbury (NNZMSC) is a non-profit organization based in Canterbury, New Zealand. The society aims to promote and strengthen the friendship and cultural ties between Nepal and New Zealand by organizing various social, cultural, and educational activities.

The NNZMSC provides a platform for people interested in Nepalese culture to connect and engage with the local Nepalese community. The society organizes events such as Nepalese cultural festivals, food festivals, and other social and community events.

The NNZMSC also offers various services to its members, including Nepalese language classes, support for new migrants, and networking opportunities for Nepalese professionals.

Overall, the NNZMSC is dedicated to promoting and fostering strong ties between the people of Nepal and New Zealand.

🔄 Regenerate response

|

ChatGPT_Mar_14_Version. Free Research Preview. Our goal is to make AI systems more natural and safe to interact with. Your feedback will help us improve.

WE DID IT TEAM, WE DID IT!!!

- Gyanendra Pradhan

These were the words that came out of me when my team, the Nepali United FC won the Tenzing Hillary Cup (THC) 2023, last month! It was years of dedication, training and planning. After 7 years of participating, we came in 3rd position three times and twice we were heart-breaking runners up and now, finally, WE DID IT- WE WON!!!

This year we had something special happening in the background though. On the way to Hamilton, where the THC was held this year, every one of us had the self-belief that this year we had some of the strongest players ever. We had the best forwards, midfielders, defenders, goalies and subs.

However, this year we also had to go through more challenges to make our team strong. Our regular players were injured, so we were not sure if we could even make up a team this year. We thought we would just go and participate without the thought of being able to win, as initially we didn't have enough funding to cover all costs, we didn't have enough players to travel to Hamilton and with the pandemic, there were lots of hurdles to go through. However, the management team (myself included) did a brainstorm and came up with a plan together to search for more sponsors and sell raffle tickets. We knew that Nepal New Zealand Friendship Society Canterbury (NNZFSC) was always there to support us and back us financially.

First of all, we booked tickets which were paid for by players. Then we booked accommodation, then, at the last minute, booked vans to travel from Auckland to Hamilton. Then we just had to find funds to pay for all the extra food. Fortunately we had a successful fundraising selling raffle tickets, so we managed to cover all costs. (We would like to thank you all from the bottom of our hearts for your generous support. We would certainly not have been able to do it without it!)

At the THC, when we had our team talk before every game, our strong messages to pass on to players were:

Focus on our own game.

Focus on one game at a time.

Do not give up until the very end.

If you watched all the games at the THC, you may have felt that these strong messages played a vital part in our successful games, and especially in the final game, where we were losing by 2-0 but we came out winners at extra time, with the final score being 4-3. We felt it was one of the best final games in THC history and it was a thriller down to the last second of the game! I can still hear that final whistle. It was the best whistle I had heard in my whole life!

Every one of us believed and supported each other with the fact that THIS was the year we were going to lift that trophy!

And WE DID IT TEAM! YESSSS.... WE DID IT!!!

We did it for our families, for the community, for our fans and supporters. IT WAS A GREAT FEELING!

The highlight for me this year was the amount of support from other teams, and from our fans and even some ex-players who are now living out of New Zealand.



I would like to give a huge thank you to the NNZFSC, Small Business Accounting, Kathmandu Momo, THC organisers, THC committee, Hamilton Nepalese Society, and all sponsors and volunteers, and family members, partners, friends and fans for all their support, without which we would not have been able to bring home this glorious trophy!

Jay Mahakali Aayo United Nepali !!!

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Newah Guthi in New Zealand

- Baburaja Maharjan
Founding Coordinator – Newah Guthi New Zealand Inc

Nepal is a culturally rich country, which has 131 known languages according to a recent statement released by the Language Commission of Nepal. Among them, one of the prominent languages is Nepal Bhasa (often called Newari). It has its own scripts, essence, and identity. Nepal Bhasa is widely spoken in the Kathmandu Valley and other district headquarters of Nepal. The people who speak Nepal Bhasa are mainly referred to as Newah.

Origin of Newah – Kathmandu Valley

No doubt, the core place of the Newah people is the Kathmandu Valley. Because of their expertise in business, they have migrated to different district headquarters including the Tibet Autonomous Region of China, Darjeeling, and Sikkim areas of India.

Newah people are found engaged in farming, business, industries, house and temple constructions, wood carving, metal carving, and stone carving too. The Newah people are known as highly skilled and educated inhabitants of Nepal.

NASA (USA) scientists have revealed that the Kathmandu Valley was submerged in the geological era from 2.8 million years until 10,000 years ago. Japanese scientists, after a long geological survey, came to the conclusion that the water from the Kathmandu Valley was drained by a number of earthquakes. It has been proven that the Himalayan belt has many geological fault lines. These faults in the Himalayas, namely the Main Boundary Thrust (MBT), Main Central Thrust (MCT), and the Himalayan Frontal Thrust (HFT), run along the Himalayan Ranges.

Source: - https://eoimages.gsfc.nasa.gov/images/imagerecords/47000/47287/iss025e13115_lrg.jpg



November 9, 2010

JPEG

Background of Newah Guthi in New Zealand

The people from Nepal began to migrate to New Zealand since 1968, but it was nominal. After 2010, many Nepalese loved New Zealand for study, work, and their livelihood. As the Newah people realized the need for an organization for the collective effort in promoting culture, language, and identity, they started brainstorming and formed an organizing body. A constitution draft committee was formed with Dr. Bhola Pradhan, Mr. Baburaja Maharjan, Dr. Nabin Ranjit, Mr. Shailesh Karmacharya, and Mr. Kishor Chitrakar.

After drafting the constitution of Newah Guthi New Zealand and the process of registration with the Office of the Incorporated Societies, it was finally registered on the 11th day of June 2018.



South Island Newah Guthi purchased from Nepal

North and South Island Newah Activities

Since the formal registration of the Guthi, Newah people have been actively participating in mha-puja celebration, Yomari punhi celebration, holi festivals, Newah Class, fund-raising activities, supporting WNO activities, and financial help in Lok Sahitya Building in Lalitpur. The land was donated by the centenarian cultural expert Dr. Satya Mohan Joshi.

Present Executive

Miss Ledina Dangol has been leading Newah Guthi New Zealand since 2021 as the coordinator of the Guthi, and the treasurer is Ms. Supriya Dangol. The Executive members are Dipendra Maharjan, Kishor Chitrakar, Rajan Shrestha, Binod Maharjan, Ashmita Maskey, Padam Malla, Anjila Manandhar, Kishor Maharjan, and Baburaja Maharjan.

A total of 83 forms have been submitted for membership, and the total membership count is approximately 192. It is estimated that the total Newah population in New Zealand is approximately 1500.

The Newah people have started to promote their language, culture, and identity in New Zealand and still have a long way to go to achieve their objectives.



Newah people gathering in Auckland



Newah people gathering in South Island – Photo Courtesy Shailesh Karmacharya

A Pleasant Surprise: Finding a Piece of Nepal in Fiji

During my recent visit to Fiji (March 2023), I had the pleasure of meeting an unexpected acquaintance - a Nepalese uncle wearing a traditional Nepali *topi* with the emblem of Nepal on it. The encounter was surprising, as I had not expected to find anyone from my home country in Fiji. But the friendly man, named Abhaya, quickly put me at ease.

I was there for a conference- Pacific Week of Agriculture and Forestry (PWAFF). I saw him the first day at his booth and was curious to learn more about him. I approached him and found out that his grandfathers had immigrated to Fiji during the 1960s and 70s and had established themselves there.

When I told him I was from Nepal, he was overjoyed and even more so when I mentioned I was from Pokhara. He informed me that his forefathers had lived near Begnas Lake, and we immediately connected over our shared experiences of the area.

Despite his broken Nepali, Abhaya was enthusiastic to speak with me in my native language. He introduced me to his daughter and the other staff members who were present, and I felt like I was among family. As an entomologist, I mentioned to Abhaya that I could help with any pest problems he was having on his farm. He was quick to take me up on the offer and invited me to his farm for a look. Throughout our conversation, Abhaya was warm and welcoming, and his friendly demeanour left me with a good feeling. Every time we crossed paths, he would wave and smile.



Meeting a Nepali descendent (Abhaya) in Fiji

It was fascinating to learn about the Nepalese community in Fiji and how they have adapted to their new surroundings while still maintaining their cultural identity. He told me that they used to have 60-70 Nepalese families in Nadi living close by but now have spread to all parts of the country.

My encounter with Abhaya made me explore more about the history of Nepalese diaspora in Fiji. I quickly found out that the Nepalese community in Fiji has a long and interesting history that dates back to the late 19th century when British colonial authorities brought Indian indentured labourers to work on the sugarcane plantations. Among these labourers were some Nepalese, who were mainly recruited from the hilly regions. While the majority of Nepalese workers were recruited between 1879 and 1916, there were small numbers of Nepalese immigrants who arrived in Fiji prior to this period.

The first Nepalese labourers seems to have arrived in Fiji in 1884, and by 1916, there were more than 6,000. Many of these early Nepalese migrants faced difficult conditions and were subjected to discrimination and exploitation by plantation owners and colonial authorities.

One notable early leader within the Nepalese community in Fiji was Nar Bahadur Karmacharya. He was one of the first Nepalese immigrants to arrive in Fiji, and became a prominent community leader. He worked to improve the conditions for Nepalese labourers on the sugarcane plantations and also helped to establish the Nepalese Association of Fiji.

Over time, the Nepalese community in Fiji grew in size and became more established. Many of the early Nepalese immigrants in Fiji eventually became permanent residents or citizens of the country, and they were able to contribute to the economic and social development of Fiji. Today, the Nepalese community in Fiji continues to be an important part of the country's cultural and economic life. According to the most recent census data from Fiji, which was conducted in 2017, the Nepalese community in Fiji numbered 13,631. This represents about 1.5% of Fiji's total population. The Nepalese community in Fiji is predominantly Hindu, with a smaller number of Buddhists and Christians. They are concentrated in the western part of Fiji, where most of the sugarcane plantations are located.

My meeting with Abhaya reminded me of the resilience and adaptability of the Nepalese diaspora, who have made significant contributions to Fiji's economy, culture, and society. I am grateful for the opportunity to have met person like him who reminded me of the strong bonds that connect Nepalese people, regardless of where they are in the world.

The Bonzai tree



George Mulligan

In a cafe down the road from me
 on a little table sits a bonzai tree.
 from a well tendered garden it does not shoot,
 no nutrient rich soil to put down root.
 but it sits that little Bonzai tree
 in a cup more used for drinking tea.

It sits in that teacup all alone,
 on an island of pebbles, microrock and stone.
 What little nourishment that tree must get
 a harsh environment for a tree and yet,
 that bonzai tree lives and that bonzai tree thrives,
 in the strangest environment, that bonzai survives.

I take heart in that bonzai tree,
 it's presence in that cup there, inspires me.
 Many of us have faced trials long and hard,
 by addiction, society, rejection been scarred.

Many of us do not get the nutrients humans need,
 friendship, support, encouragement they'll succeed.
 many face ill health, unemployment and fear,
 in yet like that bonzai they still grow, they're still here.

So as you move forward in the midst of your strife,
 remember that bonzai, the tenacity of life.
 Despite all the knockbacks addiction or pain,
 you are all overcomers, you will get up again.
 You are all true survivors, and like that bonzai tree,
 your strength and your courage they inspire me.

Investment in Business and its Starting Approaches



Dr Bhubaneswor Dhakal

Starting a business can be both rewarding and challenging. People with profit-making businesses have generally earned more than those with jobs in private, government, or other sectors. They earn profits not only by selling their products, but also by increasing the value of their invested assets. The knowledge, network, and confidence gained from the initial business can motivate the owners to expand, or start, other promising business activities. In terms of intangible benefits, the investors are supreme decision-makers and hold complete control over their own destinies. They also provide other people opportunities to earn a living and support their families. In addition, the business can be leveraged for local development. That is both social and economic contributions to society and the nation. But running a successful business requires facing many problems or challenges including making strategic decisions and the provisioning of investment capital.

Sources of motivation and confidence

Most humans learn and get inspiration from social environments. These imitating behaviours resulted in some communities of people running trade and non-agricultural businesses in the private sector, and others working for the government and private companies. Social networks provide people support not only in their needs, but also with knowledge and confidence to be involved in a business. Nowadays, formal education plays a crucial role in motivating or demotivating people from running their own businesses and their choice in businesses. Some people interested in running their own businesses often work for others first, to learn what they can, before starting their own businesses. Those individuals need to learn the holistic strategic and operation procedures whilst working a specific job. Nowadays, there are many sources that present educational opportunities and materials to learn about businesses.

The following are the main steps to provide a firm foundation and start a successful business.

- ▶ **Choice of business alternatives:** It is essential to identify the type of business to pursue. This decision is typically driven by a passion or interest for a particular product or service, or by identifying a gap in the market. A business providing unique products or services can be successful. Instead of providing services similar to other businesses, only providing for a particular segment of customers. The choice provides special gains by securing property rights. In addition to doing market research, it is wise to get ideas from people in these businesses and related sectors, that have little competing interests on those potential business alternatives. A viable business idea must be sustainable even through tough business seasons.
- ▶ **Business Plan:** Developing a business plan is essential for long-term success and growth. A well-structured plan should act as a roadmap for the coming months and years. A plan also helps business owners stay on track and provides potential partners and investors with the confidence they need to invest in the business. It includes detailing the business goals, target audience, marketing strategy, financial projections, and other important details for the mid-to-long-term. The business plan also specifies marketing strategies to reach the target audience and promote products or services. It is not wise to disclose all strategic plans in a document, but they should be considered while working. Educational support and materials are widely available to help make pragmatic business plans.
- ▶ **Risk minimization strategy:** It is essential to be patient and realistic. Avoid putting all your eggs in one basket by diversifying your product or service offerings, starting small, and gradually growing as demand increases. Be open to feedback and willing to adapt your business model to changing market conditions. Finally, businesses takes time and effort to be adequately profitable.
- ▶ **Funding:** The scale and nature of the business determine how much funding it will need to start, and which sources to get it from. Details of funding sources and approaches to financing are explained in the next section.
- ▶ **Legal Structure:** Businesses can be run with different legal structures. The needs of the business, including financial constraints, determine the structure. Common legal structures include sole proprietorship, partnership, franchise, limited liability companies, and corporations.

- ▶ **Licenses and Permits:** A license give the owner legal security to operate the business and get support from formal organizations. It also provides opportunities to work together on common problems.
- ▶ **Human Resources:** Skilled and knowledgeable labourers are key resources to make the business successful. Getting the right labourers requires a motivating environment. In the current political context, the hiring policy should be compliant with labour laws. Hiring labour from the local community can provide social support in time of social crises.
- ▶ **Technology:** The use of appropriate technology and equipment helps to produce quality products and services, and increases the number of customers. It also increases business efficiency and reduces the labour requirements. Financial conditions and the probability of radical innovation are some of the key points to consider when making the choice for method (renting or buying), when it comes to procuring the technology and equipment needed. Businesses can grow over time. Scalability is another important consideration to determine the technology. This requires having the right processes and systems in place to support growth.

Entrepreneurs need to consider their options carefully and choose a source of financing that best suits their needs and goals. They should also have a solid business plan in place and be prepared to pitch their idea to potential investors or lenders. There are several potential sources of financing available to start and accelerate a personal business. Here are some common ones:

- ▶ **Personal savings:** Using personal savings is a common way for entrepreneurs to finance their businesses. Bootstrapped businesses reinvest early startup revenue to operate the business, rather than seeking external sources of funding. By using their own money, entrepreneurs retain complete control of their business and avoid taking on debt.
- ▶ **Friends and family:** Many entrepreneurs turn to friends and family members for financing. This can be an effective way to get a small amount of money quickly, but it's important to set clear terms and repayment plans to avoid damaging relationships.
- ▶ **Crowdfunding:** Crowdfunding platforms like Kickstarter and Indiegogo allow entrepreneurs to raise money from a large number of individuals. This can be a great way to raise capital and test the market for a new product or service.
- ▶ **Business loans:** Entrepreneurs can also apply for business loans from banks or other financial institutions. These loans typically require collateral and a strong credit history, but they can provide the necessary funds to start or grow a business. Some agencies consider business assets or projects as collateral to issue loans.
- ▶ **Angel investors:** Angel investors are wealthy individuals who invest in early-stage companies in exchange for equity. They can provide significant amounts of capital and valuable expertise, but entrepreneurs may need to give up some control over their businesses.
- ▶ **Venture capital:** Venture capital firms invest in high-growth companies that have the potential for significant returns. They typically invest large amounts of money and take an equity stake in the company, but they also provide valuable guidance and connections.
- ▶ **Government grants and loans:** Many governments offer grants and loans to small businesses, particularly those in certain industries or regions. These can be a great source of funding, but they often come with strict eligibility criteria and reporting requirements.

Based on support intentions, there are mainly two kinds of funding: Incubators and accelerators. The first one is for startup founders, especially those starting a business for the first time. Entrepreneurs get support to build their businesses. The funds help in developing a business plan, website, and producing minimum viable products. They also provide founders mentorship, funding, and networking connections. Support for expediting growth is also possible. The findings provide support on flexible schedules. For example, Callaghan Innovation fund is the New Zealand government scheme to provide assistance to start up a businesses with building, scaling, and funding. Work and Income New Zealand can give some financial and other support, to create self-employment with your own business. Accelerators offer guidance, support, and limited funding in exchange for equity after starting a business. Their support offers help for upscaling, stimulating innovation, and expediting growth on a shorter schedule than incubator ones. International corporate bodies and collaborating national bodies generally provide such support.

In conclusion, having invested in a business has many benefits and management challenges. Starting a business requires careful planning, passion, and patience. It is essential to identify a unique idea, conduct thorough market research, protect your intellectual property, and develop a flexible business plan that can adapt to changing market conditions. Additionally, it is wise to start small, diversify your offerings, and be open to feedback. There are many

sources of support and funding to start and upscale the business. While it may be challenging, starting your own business can also be rewarding, allowing you to pursue your passions and take control of your financial future.

Sources of the presented ideas:

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Heroes



George Mulligan

When most people think of heroes they think of Superman in his cape,
or stealthy ninja warrior kinds, about to make a great escape.

Multi talented people, superb at all they do,
who's skill sets are enormous, whos weaknesses are few.

But these Hollywood made macho men aren't real heroes to me,
if everything comes easy, you can't show tenacity.

But it's those who in the frontlines, face struggles everyday.
who face obstacles and problems, but push through anyway.

It is those who suffer burnout, feel weaker every mile,
who feel lethargy and exhaustion, but push through with a smile,
those who haven't had it easy but in spite of how they felt,
have made lemonades from lemons, defying the cards they've been dealt.

Thinking of that definition, I am very pleased to say,
that my life has been truly blessed, I meet with heroes everyday.

So to those unnamed heroes who rescue with their destiny,
thankyou for the inspiration, for been the kind of hero that I so long to be.

Unprecedented weather events in New Zealand



Dr. Mahendra Giri

Preamble:

- ▶ New Zealand was struck with unprecedented weather events that devastated the northern part as the New Year began.
- ▶ Our thoughts are with those communities who are affected. May they have enough courage to withstand the difficult time and recover from their loss!
- ▶ To all those who lost their life unduly, we wish their souls to rest in peace.
- ▶ Our appreciation and thanks to the volunteers who selflessly and relentlessly worked with affected families in the community.
- ▶ We should learn from such events and stick together to fight such natural and man-made disasters, as and when they happen.

Regarding the weather in New Zealand in January/February 2023: Floods and cyclone Gabrielle

There was a warning as early as 22nd January about an unusual “subtropical disturbance” that could bring rain to the North Island and this was reiterated by the Met-Service on 26th January.

On 27th January, at about 5 pm, I was walking towards my car, just 5 minutes away. I was completely drenched in just one minute. Later, I came to know that some of the streets were like rivulets. From 10 pm, the news started reporting how heavy the rain was and floods were reported everywhere. In the morning news, there was chaos and inundation of floodwater at many places.

Auckland airport received record-breaking rainfall of 320mm in a single day. The International terminal was flooded. Napier had its third wettest month since records began, received over six times its normal rainfall. The highest single-day rainfall was 316mm, recorded at Tūtira in Hawke’s Bay on 13th February.

How it developed: “El Niño and La Niña are climatic patterns in the Pacific Ocean that can affect weather worldwide”, (refer to: <https://oceanservice.noaa.gov/facts/ninonina.html>) and are broadly responsible for many of the unusual weather patterns around the world. The rain on 27th January was caused by an ocean-atmosphere state led by La Niña. And of course, behind it is the increasing influence of climate change due to global warming.

Cyclone Gabrielle hit the northern region of the North Island on 12th February and then battered the east coast. There were warnings in place, broadcast through TV news and the NZ Weekend Herald (11th February) about the category three cyclone Gabrielle with estimated figures of how many homes were at risk. Accordingly, evacuation centres were prepared and publicly informed about it.

It was the wettest summer on record for several major centres. Northland, Auckland, Coromandel, Gisborne, Bay of Plenty (Napier, Pukatapu, Esk Valley), and Waikato had declared a state of emergency.

Widespread devastation:

“What is clear is that the devastation is widespread and has taken its toll beyond property and livelihoods,” PM Chris Hipkins said. Energy Minister Megan Woods said 564 households in Auckland were accessing emergency accommodation; elsewhere, it was not yet known how many would be displaced long-term. Minister Woods further mentioned the widespread impact on electricity: “since yesterday, 60,000 households had power restored, but 160,000 homes were still without power,” and that there were still 60,000 homes in Hawke’s Bay without power. Back-to-back natural calamities of heavy rain and cyclones had compounded effects in many places. It was likely the worst deluge in many people’s lives as they witnessed the horrible widespread devastation.

Aftermath

I was shocked to hear on 28th January about a missing volunteer firefighter presumed dead in a Bethel flood. I watched the terrifying morning news of flooding, houses, schools, and roads deluged with torrential rain,

disrupting communication and rendering some communities unreachable to receive help. A landslip occurred in Remuera, affecting a residential building. Another landslide washed debris from landslides and fallen trees into rivers, inundating banks and even breaking some strong bridges in Coromandel, disrupting communication. Many communities became isolated and lost power. News media have been the sources of information for these horrific events. Hundreds of people trapped by floodwater, slips, and fallen trees had to be rescued from their homes, workplaces, and cars. Drinking water and wastewater were also severely impacted. A large slip came very close to Clive and Helen Foster's home on Taurau Valley Rd near Gisborne, and they expect to live in their caravan for a year, for example. Unfortunately, both events culminated in widespread destruction and the loss of 11 lives, with a long and costly recovery (estimated 8 Billion) ahead. The Hazchem problem in the industrial area of Awatoto in Napier has not been solved to date.

National Emergency: On January 28th, Auckland declared a State of Emergency, for which the Mayor was criticized in public for the delayed decision. Minister for Emergency Management, Kieran McAnulty, signed the declaration extending the state of national emergency on February 20th.

Recovery Process: Looking at the scale of widespread devastation, quick recovery was unthinkable. Immediate help for temporary accommodation, water, and food was organized where needed. The following link gives some glimpses of the problem: <https://www.reuters.com/business/environment/cyclone-gabrielle-death-toll-rises-five-recovery-starts-2023-02-15/>

By February 16th, five people had died, and more than 9,000 were displaced. The management had timely provided immediate relief, short-term help, and planned for rebuilding in the long term. Here is a pertinent question for some locations: should we rebuild in the same risky floodplains or relocate to other safer places?

Remote and isolated communities

Road slips, broken bridges, power cuts, and contamination of drinking water were problems faced by isolated families and communities. They couldn't communicate their whereabouts, which created unnecessary tension. In the beginning, there was a long list of missing people, but slowly the police sorted this out as communication improved. Surveillance flights were constantly being undertaken to survey the damage and identify those who may have been isolated.

Help available, and help each other:

Emma Clark-Dow reported on February 2nd, 2023, that more than 1,300 volunteers "mucked in" for "The Big Clean Up" in West Auckland. Besides the Ministry of Social Development, the National Emergency Management Agency, the local City Council, and the Red Cross had been working with volunteer organizations to help needy people.

They worked through government funds, the New Zealand Disaster Fund, raised by volunteering organizations: <https://volunteeringauckland.org.nz/news/cyclone-gabrielle-2023-do-you-need-help-can-you-help>.

The above link, under the title "Cyclone Gabrielle 2023 - Do you Need Help? Can you help? 22nd February 2023 | Article," gives an extensive list of volunteering organizations.

Civil Defence Centres were opened across affected regions for those who needed to evacuate and couldn't stay with friends or whānau. One had to take with one any essential items that one might need, including medication, warm clothing, and baby items: <https://www.civildefence.govt.nz/find-your-civil-defence-group/> Besides this, many corporate offices have their trusts through which they coordinate and donate funds. As the Prime Minister mentioned, many countries offered donations, but it is not clear how many did.

Farmers, growers, and whanua Māori owners significantly affected by Cyclone Gabrielle can get support to kick-start recovery efforts. Funding is available for farmers and growers to undertake urgent repair work, including fencing, and clearing silt to save trees and vines. A total of 51\$ million was then available after the Government boosted funding by 26\$ million.

The government has announced \$11.5 million in funding for community providers and NGOs helping people during Cyclone Gabrielle and the recent floods (on February 13th, 2023).

"There's no one-size-fits-all approach," PM on February 2nd, 2023.

The Government has announced an additional quarter-billion dollars for relief efforts as Grant Robertson is appointed as the Cyclone Recovery Minister. The figures provided to 1News showed \$28.4m has been paid out to 57,000 people so far. Civil Defence payments helped cover the cost of temporary accommodation, food, clothing, lost income, and other items that might have been destroyed.

Resilient people, a proud country and a united front

New Zealand is consistently ranked as one of the happiest countries in the world. Kiwis are known for their sociability, friendliness, and innovative spirit. They value kindness, tolerance, and friendship, and are committed to supporting their neighbours and those in need. They are also fiercely patriotic and take great pride in their ability to handle crises such as the COVID-19 pandemic, ongoing flooding, and recent cyclone devastation, which speaks to their remarkable resilience.

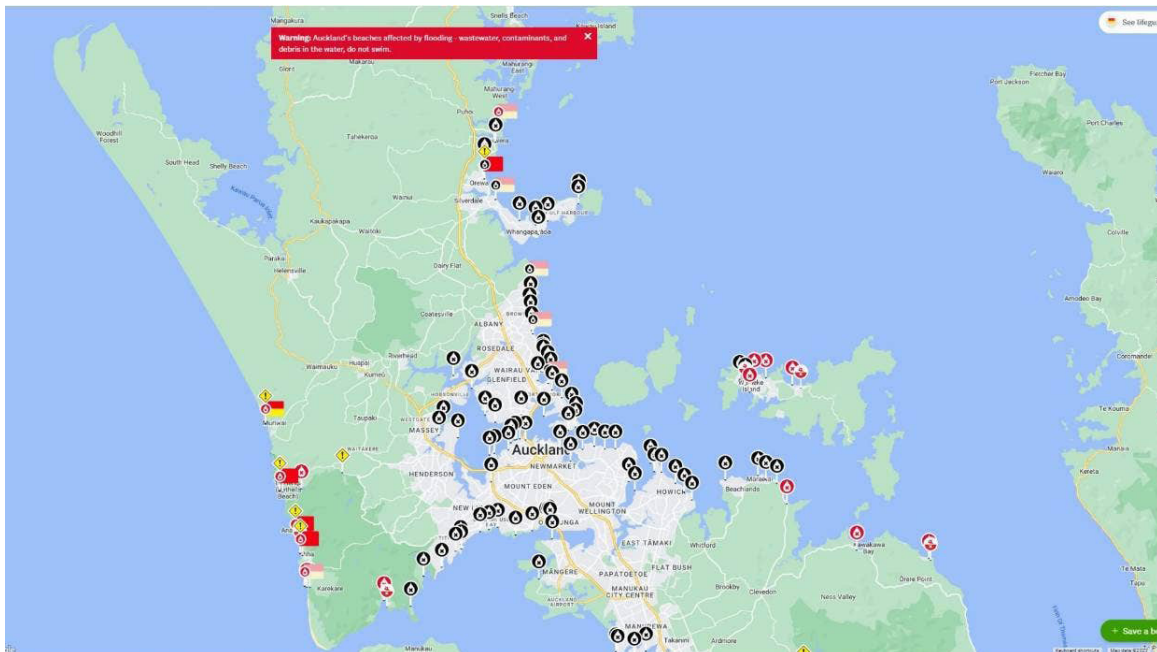
As the world faces the looming threat of war and the increasingly visible effects of global warming and climate change, Kiwis are better prepared than many others due to their commitment to protecting the environment. While the future may hold many challenges, Kiwis are a united and resilient people who have been trained and experienced in coping with both foreseen and unforeseen crises. They are sure to emerge victorious from any challenge that comes their way.



1. Daylight on Saturday revealed the extent to the damage caused by flooding and landslides on Friday night.



2. A devastating slip at Karekare on Auckland’s west coast after weeks of heavy rain and the effects of Cyclone Gabrielle. Photo



3. A screenshot from Safeswim on 2nd February shows blacked-out beaches all over Auckland.



4. Satellite view of cyclone Gabrielle over New Zealand North.



5. Flooding in the town of Wairoa [Photo HB Civil Defence Emergency Management Group]



6. The Gladstone Road Bridge in Gisborne was clogged with tree debris after the recent cyclone. Photo Gisborne District Council

Coming Home and Going out

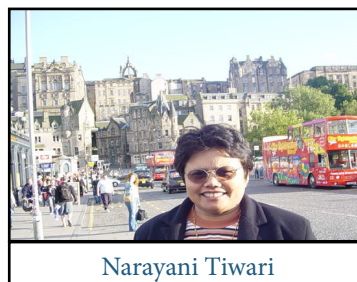
Home is always happy to remember
 Hometown is always enjoyable to visit
 Family is always warm to be together
 Friends back home are sweet to meet

We always come home when we get time
 We go out for our enjoyable time
 Going out and doing some things on race
 No matter nature or the historical place

Everyone thinks it is nice to be out
 Relaxing and having fun is no doubt
 Coming back home feels like heaven there
 Hugging, kissing and sharing emotion is fare

Some still want to go out forever
 Some like to be home moreover
 Me, I like to stay home all the time
 Cooking, cleaning, eating is habit of mine

Some people like go out the village
 Some still counting of moving their millage
 Walking, running, biking is more fun for them
 Although it takes away from home time.



Narayani Tiwari

Unleashing the Power of Perseverance: Nepal United's Journey to Victory in the Tenzing Hillary Cup Football Tournament

- Nepal United Management Committee



THE CHAMPION TEAM

From Left (Standing): Niraj, Manish, Andaz, Sabin, Jeevan, Ankit, Salil, Rico, Santosh, Marli, Subash

From Left (Kneeling): Povin, Yubraj, Nissan, Naresh, Hem, Gyan dai, Lokendra, Santosh, Suniel, JayRam

Missing: Sarun, Bipin, Nawam

Victory is never easy, especially when battling through tough competition, and that is exactly what Nepal United experienced. After seven years of hard work, determination, and zeal, they have proven that anything is possible with time, effort, persistence, and a strong team spirit. The team recently won the Tenzing Hillary Cup (THC) Football Tournament held in Hamilton, New Zealand from February 4th-5th, 2023, demonstrating their phenomenal gameplay and teamwork.



That magical moment of holding the THC champions trophy

The Tenzing Hillary Cup (THC) Football Tournament, named after Tenzing Norgay Sherpa and Sir Edmund Hillary, is one of the most prestigious Nepalese football tournaments in New Zealand; offering a platform for Nepalese football teams based in New Zealand from all walks of life, to come together and compete in the spirit of football. Teams from across the country participate in the hopes of making a name for themselves and representing their local Nepalese diaspora.



Victorious team being welcomed by NNZFSC, Bhaju Group and well-wishers at CHC Airport

Under the management of Gyan dai, coaching of Jivan Ranabhat, and captainship of Subash Rai and Hem Gelal (in the final), Nepal United left everyone in awe with their exceptional gameplay and astounding comebacks. They did so without losing a single game in the tournament.



Mates Proud to be holding the trophy and medals after an incredible journey

The first game was against the defending champion, Team Lhotshampa. The match was intense, with both teams exhibiting their prowess, but Nepal United beat the defending champion comprehensively with a 4-1 win. Niraj scored a hat-trick, and Salil scored one. As the tournament progressed, Nepal United showcased some exceptional performances, both on the attacking and defensive front. Niraj basnet, a former Nepalese national player, was

sharp and precise as striker, while Sarun and Hem in the midfield, and Salil and Marli in the defense solidified the team's position in their half.



Let's keep celebrating and striving for more victories! Thank you NNZFSC.

Their second game was against Manuwatu FC, which was a surprisingly tough opponent. But Nepal United was in no mood to let the opposition have their way. Playing with a vision, they made their way to a tough win, with a scoreline of 1-0. The valuable goal was scored by Niraj again.

Their following match against the Mt 8848 was a walk in the park for Nepal United, as they emerged victorious with another dominating scoreline of 4-0. All goals were scored by Niraj. The last game of the group stage was with Gorkhali FC, which Nepal United won 1-0. The goal was scored by their evergreen winger Santosh Shahi.

The team continued their impressive run of form in the semifinals as they proved just enough for their opponents, Khukuri FC, winning against them with a 2-1 victory. Niraj and Yuvaraj scored the necessary goals, while the defense kept them in the game, ensuring the 1 goal lead.

The Championship win was the best moment for Nepal United. In a tense and hard-fought match, Nepal United emerged victorious against the defending champion, winning the tournament with a 4-3 scoreline. Nepal United was 2-0 down in the halftime. With inspiring performances from Niraj and co in the second half, and a last minute equalizer from Niraj in the dying seconds of the match, the match went into extra time which Nepal United won 4-3. The final match was a reflection of Nepal United's morale and team spirit, with every player trying their best to secure the trophy and come out on top.

The victory meant a lot for Nepal United and the Nepalese diaspora of Christchurch, who had worked hard for the moment after 7 years of drought, without tasting success. And, it couldn't have come at a better time. This victory is not only a milestone for the team but for the Nepalese diaspora of Christchurch, who have worked tirelessly for this moment.



Nothing beats the feeling of winning a championship! Cheers to NUFC.

Nepal United's inspirational captain, Subash Rai, who was injured in the semi-finals but continued to lead the team from the sideline in the final, was ecstatic with the team's performance. He praised the team's togetherness, spirit, and hard work, proving that with unity, anything is possible.

In a world where individual recognition is often given more weightage than teamwork, Nepal United has shown that the real victor in team sports is the spirit of unity and support from the community. The Nepal New Zealand Friendship Society's sustained support, along with the team's undying faith in each other, sheer determination, and unity, helped them achieve this exceptional victory.

Undoubtedly, Niraj Basnet was the standout player of the tournament, earning the coveted golden boot and golden ball for being the highest scorer and best player respectively. He has been Nepal United's most valuable player, elevating the team's performance and quality to the next level within just one year of joining the club.

Nepal United's victory not only lifted the trophy, but it also lifted the spirit of sportsmanship and unity, inspiring others to work towards a common goal of harmony and brotherhood. The team has set an example for teams everywhere that want to achieve greatness. It exhibits the power of teamwork, determination, and spirit that can conquer all challenges.

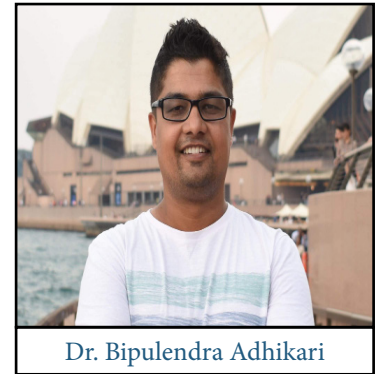
The team's manager, management, players, coaches, society, and fans can take pride in their triumph, knowing that they have inspired others to follow in their footsteps. With this victory, Nepal United has undoubtedly stamped their authority on the game and shown that anything is achievable through persistence, commitment, hard work, and teamwork.

Nepal United's victory in the Tenzing Hillary Football Tournament is a testament to the team's hard work, dedication, and unity. It is an inspiration to those who aspire to greatness, a celebration of teamwork, and a demonstration of the power of the human spirit. Congratulations to the entire Nepal United family on their historic victory, and may they continue to inspire others to reach for their dreams.



Sometimes it's hard to put into words the emotions one feels when the team achieve something great. A moment of pure joy, relief, and gratitude

Keeping New Zealand Economy Alive: Is Resetting Immigration A Solution?



Dr. Bipulendra Adhikari

After struggling to find a pacifier for my baby boy in response to his midnight scream, I found it difficult to go back to sleep. As a result, I decided to scroll through my social media feed for a while. Little did I know that this activity would last for around three hours, eventually leading to me writing this piece. While scrolling through my feed, a story on RNZ caught my eye. Economist Shamubeel Eaqub argued that opening doors for more immigrants may not be the solution to the ongoing staff crunch across multiple businesses. This is particularly relevant, as a recent survey among 540 businesses showed that 90% are struggling to fill staff vacancies. This leads to the question: what is the panacea for all businesses struggling to keep New Zealand's economy afloat?

Multiple reports argue that New Zealand needs to be more vigilant, as the country continues to experience weak economic growth since the start of the COVID-19 pandemic. The decline in exports is ongoing, with major contributors such as meat and dairy falling heavily due to reduced overseas demand. Trade is a significant part of the New Zealand economy, contributing 60% of the GDP, with markets spanning to China, Europe, and the Americas. The rising living costs and interest rates have already slowed internal spending, and limitations on international trade will further worsen the situation.

During an informal conversation at a program with me, an immigration manager shared Immigration New Zealand's struggle with visa backlogs stretching back to the pre-COVID era. These visa backlogs are slowing down new approvals, leading to staff shortages in almost all businesses. Although there is a high rate of visa approvals, these are mostly related to seasonal workers rather than permanent ones. Staff shortages are so common that notices can be seen in almost every supermarket. Eaqub argues against opening the immigration door despite staff shortages, as it would create more demand in the market, which goes against Prime Minister Chris Hipkins' assurances to Auckland businesses. The Prime Minister assured Auckland businesses that loosening immigration settings could be a possibility to address staff shortages.

The immigration officials often refer to "finding the right balance" between immigration settings and local workforce participation to alleviate staff shortages. However, in the context of New Zealand, it is essential to have an open conversation on immigration, especially when countries like Canada and Australia are streamlining their immigration processes to attract immigrants. Although this year's general elections may not be the appropriate time to discuss immigration settings, it remains a hot topic for voters and political parties. The recent one-off resident visa provided relief to migrants struggling to settle in the country, but it only scratches the surface of the staff shortages faced by industries such as agriculture and healthcare, which heavily rely on immigrants. While it is a well-known fact that the agriculture and health sectors provide visa guarantees to migrants who would otherwise have to leave the country, it remains a topic that needs further discussion.

As a migrant, I welcome the government's decision to provide a one-off resident visa, but it is important to consider the other side of the coin. Some businesses may now face staff shortages as workers are no longer required to be tied to a specific visa. It is crucial to question if the government has a plan B in place to address the staff shortages that sectors such as healthcare and agriculture are likely to face. The lack of staff in various sectors could lead to poor economic growth, which would ultimately impact the country's overall well-being.

In conclusion, staff shortages have become a significant challenge for businesses across New Zealand, and it is crucial to find solutions to address this issue. While immigration has been a contentious topic, finding the right balance between encouraging local workers and welcoming immigrants is necessary to keep the economy afloat. The recent one-off resident visa was a welcome move, but it is only a temporary solution to the ongoing problem. The government needs to work closely with businesses and industry experts to develop a sustainable long-term plan that addresses the staff shortages and supports economic growth. Ultimately, it is in everyone's interest to keep the New Zealand economy thriving, and resetting immigration policies may be a crucial step towards achieving this goal.

I really don't have a heading for this

This is very difficult for me to write right now; in fact, my hands are shaking. How do we keep our children safe in this world? I try to stay in this bubble where I don't watch or listen to the news from around the world as it's too depressing. My family in Nepal does not keep me updated on what's going on in the country but I have some idea about few things here and there.

One thing that has been really affecting me lately is the recent high profile sexual assault cases that happened. When the first one came out, I did not think much of it as I do not watch any Nepali movie or listen to any new Nepali songs (just happy with the "old is gold" ones ☺). And I knew the news would be triggering to me, so I blissfully stayed in my bubble. But unfortunately, with the 2nd case, no matter how much I tried to stay in my bubble, it managed to burst my bubble and affect me.

I am a cricket fan, have grown up watching and playing the sport and when the Nepalese Cricket team were here for World Cup qualifiers in 2014, I made it a mission to watch every match they played, take photos, and update the world on how they were performing even while playing with the local school team. I absolutely loved every minute of it when I was fangirling the players, while respecting everyone's boundaries. So, when the news came out of a national cricketer assaulting a minor, I did not want to believe it at first. I desperately wanted it to be a fake news and of course in my true "preserve myself" fashion, stayed away from the news, but this has still managed to affect me deeply. I don't know if the allegations are true or not, but I think it is about time a country like Nepal received proper education regarding these topics. I think we all should take this as a teachable moment and learn something from it.

I spent the first 20 years of my life in Nepal and have experienced first-hand how the Nepalese society continues to fail our children when it comes to any sexual health education. There is no curriculum in schools focused on the subject and parents will never talk to their children about it, as it is such a taboo subject. We learn about these things from movies, YouTube channels and social media which, trust me, is not the best source to be getting this information from. We watched heroes relentlessly harassing the heroine in movies and believed that was love. We watched movies where justice was served to a rapist by compelling him to marry his victim and believed that them falling in love was so cute. We watched that being assaulted was the victim's fault because she was asking for it by wearing revealing clothes, by going out to parties, and drinking and letting her abuser escort her home. We were made to believe that talking about, or reporting any assault would get us into trouble, as it would have been our fault that we talked to the abuser and if it came out in the society, it would bring shame to our family and we or our sisters would never find a decent man to be married off to. Somehow being cornered by a grown ass man as a child would be our fault as we did not know how to say no. But we were never taught how to say no, we were encouraged to go sit on a stranger's lap, give them cuddles and kisses; as if we did not do that, we would be deemed rude and antisocial. Grown ass men would call us their girlfriend and we were supposed to take that as a complement. We were never taught how wrong all this was, we were never taught about consent, never told how to be safe, never given an environment where we could come and talk to a trusted adult that these things made us uncomfortable because our society knew no better. We were told not to get intimate with our boyfriends before getting married or even forbidden to date, but never taught how to keep ourselves safe if someone groped us from behind or someone tried to force us to be intimate with them. We were never taught how to keep ourselves safe if we wanted to get intimate with someone.

Girls in Nepal still get married off to men double their age and that's not even questioned. Yes, there is a legal age for getting married, but do these parents or the men get reported to the authorities when this happens? A woman will get laughed at if she reports to anyone that she was assaulted by her husband, she will be told to keep quiet as it will bring shame to the family. My grandparents were married when my grandmother was barely 8 years old, and this was seen as normal. She was taunted by the society when she did not get pregnant immediately after hitting puberty and was questioned if she was infertile. Our parents grew up witnessing this, so there was no knowledge about consent, and there still isn't any education around it. A girl does not know who to go to if she gets groped by a stranger while getting on a crowded bus, or if a man sitting next to her starts masturbating looking at her, because our mothers never talked to about it or reassured us that we could come to them if anything like this happened. People never understand what kind of mental toll these incidents can have on a naive child, and these are just a few examples of things that we were made to believe are normal while growing up. We are taught that men will be



Dikshya Bhurtel

men, and they can do as they please instead of educating them that what they are doing is inappropriate. I hope to raise my children better and give them an environment where they can come and talk to me about anything, and I hope that I can give them enough skills to help them stay safe in any situation. I have always taught my children that it's good to say no and if you do not want to cuddle someone, it's your choice as it's your body. They can come to me or their baba if someone makes them uncomfortable, and we will make sure that the situation gets dealt with appropriately. My children will never be dictated on what they can wear, never be body shamed or be bullied into anything as they have their parents by their sides. My daughter will never be told "oh it looked like you don't have any tights on under your skirt" or "you showing your tummy in your crop top is inappropriate as my daughters may learn this from you" by a creepy uncle. My kids will be able to push away any creep that tries to get too close to them while dancing, and not feel ashamed to call that creep out and create a scene as they will always have their parents supporting them. And lastly, I hope to raise my children in a way that they will never touch anyone without their consent and respect boundaries, as that is what a decent human being should be doing.

Respectfully,
Dikshya

City2Surf Run

- Yashu Dhakal

With not much experience and having only ran three times with my dad (2k, 5k, and 8k previously), I ran the City2surf course on the 19th of March 2023. That day there were a few of us who had lined up to run, some running 12km and others 6km. There was me, my Baba, Chandra, Saurav, Sudesh, and Tara Ba at the 12km starting line.

Baba & I went on the bus to the city and got ready for the run. We walked for a bit to the square where hundreds of people were gathered around the starting line. We went to line up and it was very crowded. 'HONK' blared the horn. We were off. Wait a sec, not so fast. It took a few seconds just to get out of the crowd, but eventually, we got out. That's when we were off running. The first 2-3k was fine, but when we approached the 4k mark, my legs started to burn. At least it felt like that. There was a water station there for the runners to get a boost. That really helped me. Around 5k, I started to feel like giving up. But baba told me to keep going, even when it was hard. I thought about how I shouldn't give up. I was already half done and there was no point giving up. 6k was near and I saw a lot of people lining up to start their run. That was when the 6k runners were about to start. Baba pointed out that Amulya uncle, Prativa Aunty, Ba, Sammy, Arush, Neetu Aunty, and Sudesh uncle were cheering us and wanting to start their run. Now at this point, I couldn't stop. 3...2...1... and the horn blared for the 6k line up. Hundreds of people came rushing out and that's where the fun began. Firefighters, young children, and retired people; everyone there was eager to do their 6k run. To be honest, at some points it was so crowded that we had to take small shortcuts to get through. At 10k there were two people wearing costumes and vibing up with music to boost the morale of the tired runners. We ran along the Avon River, under the tunnel, across the bridge; we were nearly there! That's when I told Baba, "Once we reach the 1k sign, we should increase our speed". I saw the 1k sign and I surely did increase my speed. After a while I saw a lot of cars parking and an alleyway with a lot of people cheering, that's when I sprinted. I saw a big sign saying "FINISH LINE". I heard a voice screaming 'YASHU' I could tell whose voice that was. Abu was with Ava (my younger sister), and I was so happy to see them. Crossing the line felt so good, relieving, and satisfying. It felt like I accomplished something big. I went to hug Abu and Ava. We were waiting for Baba to arrive. Every runner got a certificate; mine's hanging on my wall right now.

I want to say thank you to the NNZFSC society for the food and drinks that were provided. Also, a big thank you to the supporters who were cheering me along the way, and for my parents who gave me the motivation to do this run. Even though my legs hurt, the pain will go away, but this experience will always be with me forever.



Kamal Prasad Shrestha
 President(NCCNZI)
 & Past President, NZNS(2000-2006)

7th Multi-Ethnic Dance Festival 2021 and Nepalese Culture



The Nepalese Cultural Centre New Zealand Inc. (NCCNZI) is proud to host the 7th Multi-Ethnic Dance Festival 2023 on September 2023. As we all are aware that the NCCNZI was established with an objective to promote Nepalese Culture and establish a strong link with all ethnic communities in New Zealand to strengthen multi-culturalism in New Zealand. The festivals are not only helping to understand each other and acting as a catalyst to establish strong relation with all ethnic communities, but also, spreading Nepalese culture in New Zealand.

The NCCNZI already showcase the culture of more than 50 ethnic communities from 38 countries of origin in last six annual festivals, which was started from 2016. As announced earlier, the Centre will try to cover all ethnic countries, about 216 by 2035.

The **7th Multi Ethnic Dance Festival 2023** on Saturday, 23th September 2023 at Victory Convention Centre, 98 Beaumont St., Freemans Bay, Auckland 1010 will include about 40 ethnic Communities from about 25 Countries of origin. The NCCNZI will make effort to improve the festival by requesting all ethnic communities to provide quality groups and also other information about their culture. Also, this year, the NCCNZI will make effort to make a difference from the previous festivals by including some songs from Nepalese and other ethnic groups including Bollywood artists.

Also on this occasion we are also publishing a 2nd edition of “The Culture NZ” magazine. The NCCNZI is requesting everyone to provide the articles about their culture for inclusion in the magazine.

The 7th Multi-Ethnic Dance Festival 2023 will make effort to showcase many cultures and leave a deep affectionate mark in the heart of many people. We feel that it would be more effective if the festival can fulfill the requirements of all ethnic communities and establish a strong relationship between various ethnic communities. Also, The Centre will make effort to approach other ethnic Communities to join hand in fulfilling this mission. This objective will not only help to know each other, but also play a vital role in maintaining harmony and peace in this country.

The NCCNZI would like to acknowledge to all ethnic communities in Auckland and outside for their assistance to organize the festival. Without their support we would not had achieved it. We wish that slowly this activity will be transferred to other ethnic group for continuation. Therefore, we should encourage all ethnic communities to join hand with us for further improvements and gaining ideas to run the event.

Nepali Articles

अनुराग

सायदै कुनै दिन हुन्थे, जुन उकुस मुकुस बिना गुञ्जन्थे। परिवारको खाँचो टार्न दिनभर घोटिनु त दैनिकी sampattनै थियो। यस अतिरिक्त बिहानै थोला झोला बोकेर मुसलो धुवाँ छोड्ने टेम्पो चढेर पढाउन जानु अनि नियमित १०-५को सरकारी जागीर सिध्याएर पुनः पढाउने काम पछि अबेर बासस्थान पुगु कम्ति थकानयुक्त हुन्थ्यो र! यति गर्दा पनि सधैं अभावले गिज्याई रहन्थ्यो। सोच्थेँ- एकदिन होइन दुई दिन होइन यसरी कति दिन गुजारा गर्ने होला। अनेक विकल्प बारे सोच्दा कहिलेकाहीं त टाउको फुट्लाझैँ हुन्थ्यो। यसै क्रममा विदेशिनुलाई उत्तम विकल्प सम्झी लालाबाला एवम् सम्पती र उज्यालो भविष्यका लागि तीन दशकभन्दा अघि समुद्रपार हानिएको थिएँ।



वनोद भौकाजी

अभावले अलस तलस जीवनलाई एउटा निकास मिल्छ भन्ने अपेक्षा साँच्चै हामी दुई जोडी लामो समयसम्म गन्थन गरि रहन्थ्यौँ। हामीलाई अब जीवन सार्थक हुन्छ कि भन्ने झिनो अनूभूति हुन थालेको थियो। अब आयन्दा समस्याहरूको चाङ्ग कम हुँदै जाला भन्ने भरोसाले वर्षौँदेखि सुन्न नसकेका रातहरू शान्त र सुखदायक बन्दै गएका थिए। बच्चाहरूले अध्ययनमा उत्कृष्ट नतीजा ल्याउँदै आफूले उच्च शिक्षा आर्जन गरे पश्चात् अपेक्षाकृत कार्यजीवन अगाडि बढाई रहेका छन्। अनि पारिवारिक बन्धनमा बाँधिँएर बालबच्चाका धनी पनि भई सकेका छन्।

मेरो परिवारसहित विदेशिनु पर्ने निर्णय सही थियो थिएन यसमा सबैको समान विचार नहुनु आश्चर्य होईन। वैयक्तिक स्वतन्त्रता मान्दै यसलाई यहाँ छोडौँ। विदेशिए पछि विशेषतः सपत्नी स्वदेश आउने जाने क्रम वर्ष बिराउँदै जारी रह्यो। विदेशमा बस्ने अरुलाई स्वदेशप्रति को प्रेम र लगाव कस्तो हुन्छ त्यो विषय व्यक्ति पिच्छे फरक होला। तर मलाई भने “चेलीलाई माईतीको कुकुर पनि प्यारो हुन्छ” भनेझैँ नेपालको सन्दर्भ आउना साथ भित्तैदेखि मन रोमाञ्चित हुन्छ। त्यहाँ दुख्दा त्यसको चौगुणा यहाँ दुख्छ। स्वदेशको बेथितिले मनै रुन्छ। सबैरे काममा निस्केकी वा पढ्न निस्केकी छोरी/बहिनी कहिल्यै नफर्कने गरी गायव हुँदा पीडित परिवारसंगै मेरो आँसु पनि थामिन्न।

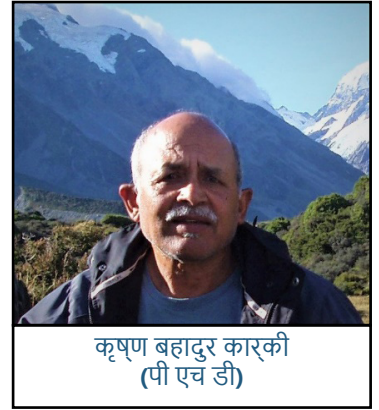
वर्ष बित्दै गए। विदेशमै जन्मिएकी कहिल्यै नेपाल नगएकी एक नातिनीलाई विश्व मानचित्रमा पटकपटक नेपाल देखाएको छु। प्रत्येक पटक रोमाञ्चित हुँदै नक्सामा नेपाल नियाल्थी। नेपाल घुम्न जान ज्यादै आतुर बन्थी। नभन्दै एक दिन सपरिवार स्वदेश उती। हवाई अड्डा टेक्ना साथ सामुने हिमाल देखिन्। अवाक! हेरेको हेरै यै भईन्। केही दिनमै पदयात्रामा गइन्। थुप्रै गाउँका कुनाकाप्चा घुमिन्। कैयन् उकाली चढिन् ओराली झरिन्। उपत्यका अनि तराईका फाँटमा दगुरिन्॥ तरेली परेका हिमश्रृङ्खला एवम् अग्ला हाँचा रङ्गिन पहाडहरू नियालिन्। एकै सासमा भन्थिन्- कहिलेकाँही साथी, परिवार, छिमेकी, पुस्तक एवम् संचार माध्यमले उल्लेख गर्ने ‘स्वर्गरूपी कल्पनाको संसारको’ तिनले साक्षात्कार गरिन् रे।

मिलवत् र नम्र व्यवहारकै कारण छोटो समयमा नै स्थानीयसंग नजिकिईन्, विचार आदानप्रदान गरिन्, समयमा- विविध कुरा देखिन्, भोगिन् र सिकिन्। त्यसपछि मलाई पटक पटक सोध्न थालिन्- हामी किन विदेशिएका? स्वदेश प्रति किन यति वितृष्णा? नेपालीको मिलवत् व्यवहार छ। यो भूस्वर्गमा के कमी थियो र छ?

हामी विदेशिनु पूर्वको हाम्रो र मुलुकको अवस्थाको चित्रण र वर्णन पश्चात् नातिनीले आफ्नो धारणा बनाउन थालिन्। र, दृढ भईन्- उनी अब कहाँ जान चाहिन्। केवल स्वदेशमै बस्ने ईच्छा जाहेर गरेकी छिन्। सीमान्तकृतको जीवन देखेर असहज भएकी छिन्। अब यिनैको जीवन उकासे सपना बुनेकी छिन्।

मानिसको शरीरमा आवश्यक सुक्ष्म तत्वहरू

हामी खाना त खान्छौं। किन? हृष्टपुष्ट हुन को लागि। हामीलाई थाहा छ खाना खाएपछि हामी तन्दुरुस्त हुन्छौं र सबै किसिमको कामको लागि सक्षम हुन्छौं। भोक लाग्छ र जे पायो त्यहीनै खान्छौं। कुनै बेला त हामीलाई अर्को कुनै विकल्प नै हुँदैन। समयमा खाना खान नपाएमा हामीलाई थाहा छ पेटमा अम्लियपन बढेर जान्छ र पछि निक्कै ठुलो रोगले ग्रस्त पर्दछ। त्यसैले हामी खान्छौं। हामीले खाएको सबै खाना पेटमा गएपछि विभिन्न प्रकारका इन्जाइमले रगतमा मिलाउञ्छन र हाम्रो शरीरको विभिन्न अंगमा पुग्दछ। बिकसित देशहरूमा खाना धेरै खाएर समस्या छ भने अल्पविकसित देशहरूमा खाना कम भएर समस्या छ।



कृष्ण बहादुर कार्की
(पी एच डी)

हामी खाने खानामा ति पोषण तत्वहरू त हुन्छन, ति सबै कहाँ बाट आउछन भन्ने पनि अलिकति जानकारी लिनु बेस होला। बालिनाली, बोटबिरुवाहरू जमिनमा हुर्कनछन, फुल्छन र फल्छन। तिन्लेपनि हामीले जस्तै खाद्यपदार्थहरू लिन्छन र उनीहरूको जरा फेद, हाँगा बिंगा, पात, फुल र फल मा बिरुवाको आफ्नो आन्तरिक प्रक्रिया द्वारा पुराउञ्छन र ति फलको उचित बिकास हुन्छ। ई तत्वहरू कमिभएमा फलको उचित बिकास हुन पक्कैदैन र फलको गुणस्तरमा ह्रास अक्छ। यस्ता तत्वहरू कमि भएको बोट बिरुवाको फल वा अन्नपातमा आधारित मानव /पशुपन्क्षि हरुमा पनि तिनै तत्व हरुको कमि भई कुपोषणको शिकार बन्न पुग्दछन।

अब अलिकति ति तत्वहरू के के हुन् भन्ने बिषयमा पनि जानकारी लिउं। पृथ्वीमा पाइने ९० तत्वहरू मध्य बिरुवालाई १८ तत्वहरू मात्र आवश्यक पर्दछ तर मानव/ पशु पन्क्षिलाई त्यो भन्दा बढी आवश्यक पर्दछन। ति तत्वहरूलाई सजिलोको लागि तिनभागमा विभाजन गरिएको छ।

मानव शरीर लाई आवश्यक तत्वहरू :

१. ४ खम्बा तत्वहरू (९६%) तिनीहरू, अक्सिजन (O), कार्बन(C), हाइड्रोजन (H) र नाइट्रोजन (N);
२. प्रमुख तत्वहरू (३. ५%) -क्याल्सियम (Ca), फोस्फोरस (P), पोट्यासियम (K), सल्फर (S), सोडियम (Na), क्लोरिन (Cl) र म्याग्नेसियम (Mg);
३. सुक्ष्म तत्वहरू (०.५%) – बोरान (B), क्रोमोइयम (Cr), कोबल्ट (Co), कपर (Cu), फ्लोरिन (F), आयोडिन (I), आइरन (Fe), म्याङ्गनिज (Mn), मोलिब्डिनम (Mo), सिलेनियम (Se), सिलिकन (Si), भ्यानाडियम (V), टिन (Sn) र जिंक (Zn)।

माथि उल्लेख गरिएका तत्वहरू मध्य यहाँ म तेश्रो समूह, सुक्ष्मतत्वहरूको मात्र जानकारी गराउंछु किन भने अन्य दुइ समूहका तत्वहरू बिरुवामा /बालिनालीमा कमि देखिय तुरुन्तै परिपूर्ति गरिने हुँदा मानव/ पशु पन्क्षिमा खासै कमि हुँदैन। तर सुक्ष्मतत्वहरूको कमि ले खासगरी मानिसलाई कम्जोर र डरलाग्दो रोगको शिकार बनाएको पनि पाईएको छ।

सुक्ष्म तत्वहरू नामैले जनाउञ्छकि यि तत्वहरू अतिनै काम मात्रामा जीव जन्तुलाई आवश्यक पर्दछ। तर नभई पनि हुँदैन। इनिहरू खासगरी जिब्जन्तु को विभिन्न अंगमा गएर इन्जाइम बनाऊँछन् र एक अर्काका परिपुरक पनि हुन्छन। फलाम (Fe)को कमीले रक्त अल्पता भएर धेरै मानिसको ज्यान गएको पनि हामीले सुनेकाछौं। समयमानै परिपूर्ति गर्न सकेमा बिरामी बाँच्न सक्ने पनि हाम्रा सामु छन्। आयोडिन (I) को कमीले गलगण्ड भएको त हामीले सुने देखेका छौं र आयोडिनको परिपूर्तिले केहि मात्रामा भएपनि निको भएको पनि हामीलाई थाहा छ। आयोडिनको कमीले गर्दा मानिस बालबालिका देखिने मन्द दिमाग भएको हुन्छ। यि सबै सुक्ष्म तत्वहरू बिभिन्न प्रकारको इन्जाइममा अवयव (ingredient) भएर त्यो इन्जाइमको क्रियाकलापमा भाग लिन्छन र अन्य पोषण तत्वा हरुको अवशोषितहुनमा मद्दत गर्दछन। जस्तै कापर (तामा -Cu) आफै तन्तु (Cell) मा पुगेर तिनीहरूलाई बलियो बन्नमा मद्दत गर्दछ र दुध उत्पादन गर्ने जिब्जन्तु लाई दुध उत्पादन बढाऊँछ साथै रगतमा फलाम (Fe) समतुल गर्न मद्दत गर्दछ। यि सबै सुक्ष्मा तत्वहरूले जीव जन्तुमा विभिन्न प्रकारको रोगहरु संग लड्ने क्षमतामा वृद्धि गर्दछ। कति तत्वहरू त सिधै औषधिको रूप मा पनि प्रयोग गरिएका छन्। जस्तै Se को नेपालमा बाख्रा भएको अनुसन्धान बाट माटोमा यसको कमि हुनाको कारणले बाख्राको प्रजननमा भएको कमि यसको बाख्राको दानाको रूपमा दिँदा प्रजनन उच्च भएको पाईएको छ। आजकल Se को प्रयोगले HIV AIDS लागेको बिरामीको जिवन लम्बिएको पाईएको छ। हुनत क्याल्सियम र फोस्फोरसले हाम्रो शरीरको हाडको बिकासमा मद्दत पुर्याऊँछ त्यसमा बोरानले पनि त्यतिकै महत्वपूर्ण काम गरेको हुन्छ। यसले मानिसमा बनेको हाड लाइ खीइन बाट (degeneration र osteogenesis) रोक्दछ। यदि बोरानको कमि भएमा हाडको वृद्धि रोकिन्छ। बोरानले शरीरबाट क्याल्सियम क्षति हुन बाट रोक्दछ। त्यस्तै गरि जिंकको कमीले बालबालिका को बढ्नमा कमि आउछ (Stunted Growth)। जिंकको कमि भएमा सुत्केरी आमाहरूको बच्चाहरूलाई आवश्यक दुध को कमि हुनजान्छ। यसकारण औषधिको रूपमा परिपूर्ति गरिन्छार नानीको आमाको प्रसस्त दुध आउँछ।

हामीले खाएको खाना पचाउन amylase, protease, and lipase नामका इन्जाइम आवश्यक पर्दछ। यी इन्जाइमहरू यिनै सुक्ष्म तत्वहरूका साथै अन्य अत्यावश्यक तत्वहरू मिलेर बन्दछन् र हाम्रो खाना पाचन हुन्छ। यसको लागि स्वच्छ खानेकुरा खानु आवश्यक हुन्छ।

आजकल बढी उब्जा लिने किसानहरूको उद्देश्य अनुरूप प्रसस्त मलखाद त्यसमा पनि नाइट्रोजन, फोस्फोरस र पोट्यास नै प्रमुख र धेरै मात्रामा प्रयोग गरिएको हुन्छ र अन्य तत्वहरूको त्यति वास्ता गरिएको हुन्दैन। बढी मात्रामा प्रयोग गरिएका यी तीन मुख्य तत्वहरूले माटोमा भौगर्भिक रूपमा बिह्यमान ति सुक्ष्म तत्वहरू स्तुशेर आफ्नो उपयोगको लागि लिने भएकाले माटोमा निमिटान्ना परेका हुन्छन्। फलस्वरूप खाद्यपानहरूमा सुक्ष्मत्वहरूको कमि भएको हुन्छ। यी तत्वहरू अन्नबालीको लागि प्रयोग गरियो भनेपनि तुरुन्तै नतिजा नदेखिने हुन्छ, तर फलफूल तथा तरकारीमा प्रयोग गर्दा तुरुन्तै असर देखिन्छ। र किसानहरूले तरकारीमा धेरै जसो सुक्ष्म तत्व हरु पनि प्रयोग गरेका हुन्छन्। त्यसैले पनि बैज्ञानिकहरू र पोषण विज्ञहरू स्वस्थ रहन तरकारी र फलफूल धेरै खानुपर्दछ भनेको हुनुपर्दछ। यसोभएर सकिन्छ भने हामीले तरकारी आफ्नै करेसाबारीमा राम्रो मलजल गरि लगाउँ, उब्जाउँ र सन्तुलित भोजन गरौ।

लघु कथा

मेरो भाई बिष्णु सडक दुर्घटनामा परेछ, अचेत अवस्थामा पुलिसले ऑलइंडिया मेडिकल हस्पिटलमा पुराएको थाहा पाएँ। हतार हतार हस्पिटलपुगेँ, आपतकालीन वार्डको गेट बाहिर स्टेचरमा सुताएर लाबारिस राखिएको रहेछ, मान्छे अचेत थियो, हातखुट्टा चल्दैनथेँ।

दर्ताभयो, डाक्टरले सिटिस्क्यान गर्ने पुर्जी बनाएर मलाई दिए, म पुर्जी समातेर स्टेचर धकेल्दै थिए, मेरो काधमा कसैले हातराख्यो, मैले पुर्लुक्क पछाडी हेरेँ, भन्यो, "म रस्तोगी हू", बिष्णुको मालिकको साथी, मलाई उसले रेखदेखको लागि पठाएको हो, चिन्ता नगर म तेरोसाथ छु, "उसले सान्त्वना दियो"।

सतह छोडीसकेको शरीरले लौरोको सहारा पायो। रोइरहेको मन केहि थामियो।

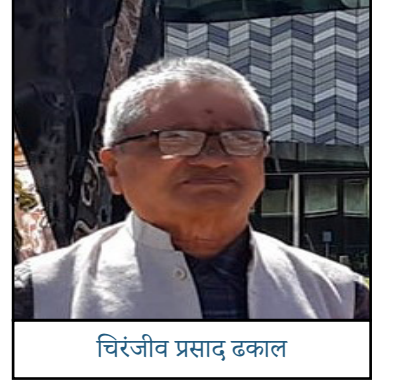
उसैले स्टेचर धकेल्दै लग्यो, सिटिस्क्यान गरायो, डाक्टरसंग कुरागर्यो रिपोर्टलियो, स्थितिबुज्यो, छिटो भन्दा छिटो अप्रेसन गर्न आग्रह गर्यो। डाक्टरले स्थिति गम्भिर भएको बताए, अप्रेसन भन्दा पहिले लगाउनु पर्ने केहि इन्जेक्सन ल्याउन भनेर नर्सले पर्चा दिइन्। मेरो होसले काम गरिरहेको थिएन, रस्तोगीले मलाई साथ दिईरहेको थियो, उ पनि मसंग हस्पिटलको हाता भित्र भएको दबाईको दुकानमा गयो, दबाई एउटा माल भेटियो अरु अन्तै बाट ल्याउन पर्ने भयो। कहाँ पाहिन्छ, कतिपर्छ भनेर मैले सोधेँ, महिन्द्रा हस्पिटलमा पाइने र दुइहजार जति पर्ने दुकानले बतायो, गोजी छामेँ सायद त्यो भन्दा धेरै थिएन। कति टाढा पर्छ? जाने रिक्शामा कि टेम्पुमा? बुज्दै थिएँ। 'चिन्ता नले, मेरो स्कुटरछ तँ यो दबाई लगेर दिंदैगर काम चल्दैगर्छ, मैले महिन्द्रा देखेको छु, भर्खरै लिएर आउछु, ल्यादे पैसा र पर्चा' उसले भन्यो। उ दबाईलिन गयो म अप्रेसन थेटको बाहिरपुगेँ ल्याएको दबाईदिँएँ अरु आधा घण्टामा आइपुगेँ बताएँ, केहि बेरमा नर्सले सोधिन "दबाई आयो" मैले भने "आउदै छ"। अप्रेसन गर्न तयारी भैसकेको र इन्जेक्सन नआएर रोकिएको जानकारी पाएँ, दुइ घण्टा बित्यो, तीन घण्टा बित्यो रस्तोगी आएन।



युबराज भण्डारी

आत्मा

आत्मा र परमात्मा विश्वासमा निर्भर हुने एउटै वस्तु हो । आफ्नै अनुभव र विश्वासले आत्मा र परमात्मा लाई जान्न सकिन्छ ।कसैले प्रमाणदिएर यही हो आत्मा भन्न सक्दैन तापनि धेरैकुरा विश्वासमा आधारित हुन्छन । कयौँवस्तुका प्रमाण दिन वा देखाउन सकिँदैन तर उसकोप्रभाव बाट अनुभव गर्न सकिन्छ । हावा देख्न नसके पनि अनुभव बाट प्रमाण दिन सकिन्छ तर मन र बुद्धि आत्मा जस्तैहो प्रमाण दिनसकिँदैन । अनुभवकालागि ज्ञान आवश्यक हुन्छ ।ज्ञान पनि सम्बन्धित ब्यक्ति (गुरु) बाट वा अध्ययनबाट प्राप्त हुन्छ । श्रीमद्भगवद्गीताविश्वका कैयौँ भाषामा अनुवादित छ ।आफ्नो भाषामा यसको अध्ययन र मनन्ले धेरै हृद सम्म आत्मालाई बुझ्नसकिन्छ ।त्यसैमा पनिसनातनि हरुले अध्ययन गर्न र घरपरीवारलाई जानकारी गराउन आवश्यक छ ।किनभने यो उनको संस्कृतिको आधारहो ।



चिरंजीव प्रसाद ढकाल

इन्द्रियाणि परान्याहु रिन्द्रियेभ्यो परम मन ।
मसस्तुपराबुद्धिर्योबुद्धे परतस्तुसः ॥गीता३/४२

अर्थात जडपदार्थ भन्दा इन्द्रिय, ईन्द्रिय भन्दा मन,मन भन्दा बुद्धि श्रेष्ठ हुन्छ,बुद्धि भन्दा पनि श्रेष्ठ आत्मा हुन्छ भनिएको छ ।यसआत्मालाई जान्न आवश्यक हुन्छ ।आखिर केहो त आत्मा ?

श्रीमद्भगवद् गीतामा आत्मा लाई धेरै प्रकारले ब्याख्या गरिएको छ द्वितीय अध्यायमा साँख्ययोग यसैको ब्याख्या हो ।सत्यको मात्रभूत,वर्तमान,र भविष्य सम्म अस्तित्व हुन्छ,यो नै आत्मा हो ।धेरैले आत्मा लाई धेरै किसिमले ब्याख्या गर्दछन,आत्माले परमात्माकोअंशकारूपमा शरीरमा रहेर प्राणीलाई जीवन्तता दिन्छ ।श्रीमद्भगवद्गीतामा” नैनंछिन्दन्ति शस्त्राणि नैनंदहति पावक । नचैनं क्लेदयान्तापोनशोषयति मारुत ॥, भनिएको छ ।अर्थात हतियारले काट्न नसकिने ,आगोले डढाउन न सक्ने पानीले भिजाउन नसक्ने,हावाले सुकाउननसक्ने वस्तु आत्मा हो ।

ईशावाशय उपनिषदको निम्न श्लोकमा “आत्म तत्व अनेक स्वरूपमा रहने भएकाले मनले र इन्द्रियले भेट्न सक्दैनन्,अन्य कुनै गतिशीललेपनि भेट्न सक्दैनन्,उसको उपस्थिति रहेसम्म प्राणिमा वायुले कार्य गरिरहन्छ,अर्थात जिवित रहन्छ ।यसले छोडना साथ उ निष्प्राण हुन्छ ।

“अनेजदेकम मनसो जवीयो नैनदेवा आप्रुवन पूर्वमर्षत ।
तद्भावन्तो न्याननेति तिष्ठतंमिल्यो मां तरिश्चा दधाति ॥”

मानव शरीर पाँचकोषले बनेको छ भनिन्छ ।प्रथम अन्नमयकोष अर्थात अन्नले बनेको स्थूल शरीर हो,दोश्रो प्राणमयकोष जसलाई ईन्द्रियको युग्मज मानिन्छ,तेश्रो मनोमयकोष अर्थात मन चौथो

विज्ञानमय कोष अर्थात बुद्धिको तह,यहाँ शुद्ध बुद्धि प्रज्ञा हुन्छ भने अशुद्ध बुद्धिचित्त भनिन्छ । पाचौँ आनन्दमयकोष ,यसलाई आत्मा भन्दछन् ।

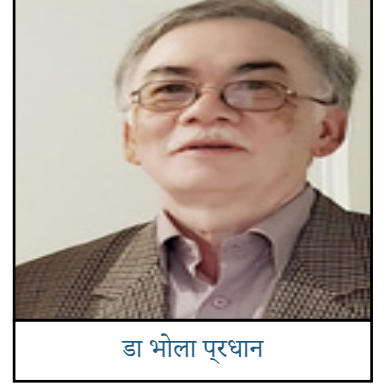
यसलाई अर्को तरिकाले बुझ्दा विविध कोष वा पंच तत्व पृथ्वी,जल,तेज,वायु,आकाश बाट प्रकृतिले जीवको सृजना गरे पनि परमात्माबाट आत्मा प्राप्त हुन्छ ।प्रकृति पनि परमात्माकै श्रृजना हो तापनि आत्माको सम्पर्कमा आए पछि जीव,जीवात्मा हुन्छ । शरीरमा आत्मा साक्षी भावले रहन्छ,सम्पूर्ण कार्य जीवात्माले गर्दछ ।अष्टाबक्र गीतामा सम्पूर्ण सृष्टि आत्ममय छ ,आत्मा बाहेक अरुकेहि छैन ,परमात्माबाट प्रदत्त आत्मालेमात्र सबै वस्तुको सृजन हुन्छभनिएकोछ ।

“देह,ईन्द्रिय,प्राण,मन,र अहंकार आदि सम्पूर्ण विषय अहं(म) प्रत्ययको आधारमा कुनै नित्य पदार्थ जो जाग्रत अवस्थाको साक्षी भएरपञ्चकोष देखि स्वतंत्रहुन्छ,जसले स्वयंलाई देख्छ जसलाई अरुले देख्न सक्दैन ,जसको प्रकाशले सारा जगत प्रकाशित हुन्छ ,जसकोसानिध्यले देह,

ईन्द्रिय,मन, र बुद्धिले कार्य गर्छन,जसको प्रेणाले वाक आदि ईन्द्रिय हरू चलायमान हुन्छन,
जो नजन्मन्छ नमर्छनै ,घट्ने बढ्नेपनि हुँदैन ,जसमा कुनैविकार हुँदैन त्यो नै आत्मा हो ।” विवेक चुडामणिमा आदिशंकराचार्यले लेख्नु भएकोछ ।

यसरि आत्मा(म) को सामान्य जानकारी हुन आवश्यक छ ।अस्तु

निमन्त्रणामा आरयसभिपी (RSVP)



डा भोला प्रधान

समाजमा आफन्त वा साथीहरूको परिवारमा विभिन्न किसिमको कार्यक्रमहरू भईराखेको हुन्छ । यस्ता कार्यक्रमहरूमा साथीभाई ईस्टमिलहरूलाई सहभागी गराउन निमन्त्रणा पठाइ बोलाउने चलन कालान्तरदेखि चलिआएको छ । अंग्रेजीको कलिनस डिकसेरीले निमन्त्रणा भनेको लिखित वा मौखिकरूपमा कसैलाई कुनै समारोह वा कार्यक्रममा उपस्थित हुन अनुरोध गर्ने प्रक्रिया हो भन्ने उल्लेख छ ।

धेरै जनालाई मौखिक निमन्त्रणा गर्न गाह्रो पर्ने हुँदा लिखित निमन्त्रणा गर्ने तरिकानै धेरै चलनमा आएको देखिन्छ । लिखित निमन्त्रणा पठाउँदा निमन्त्रणा कार्डको पुछारतिर 'आ र यस् भि पि' (RSVP) लेखने चलन देखिन्छ । ब्रिटेनिका डिकसेरीका अनुसार RSVP वा R.S.V.P. निमन्त्रित व्यक्ति उपस्थित हुन सक्ने नसक्ने जवाफ दिनुहोला भन्ने जनाउँछ । क्यामब्रिज डिकसेरी का अनुसार RSVP फ्रान्सेलि भाषामा "repondez s'il vous plait" हो जसको माने अंग्रेजीमा "please reply" भन्ने हुन्छ । विकिपेडियाका (Wikipedia) अनुसार इस्वी सम्वत् १८४५ तिर RSVP को प्रयोग सुरु भएको बुझिन्छ । कुनै पनि कार्यक्रम, समारोह आदि सञ्चालन गर्दा व्यवस्थापनमा सहयोग पुग्ने हिसाबले सुरु गरिएको RSVP लेखे चलन सन् १९०० तिर आएर फ्रान्समा यसलाई समय सान्दर्भिक नभएको भनेर rsvp को सट्टा यति तारिख भित्र जवाफ दिनुहोला भनेर लेखिन थालिएको रहेछ । फ्रान्सका एक राजा विलियम नर्म्यानले इण्डियाण्डमाथि विजय गरे पछि फ्रान्सेली भाषाका कतिपय शब्दहरू समेत RSVP लेखने चलन इङ्गल्याण्डमा सुरु भएको र यहाँ बाट अमेरीका समेत संसारका अरु मुलुकहरूमा सरेको रहेछ । ThoughtCo Team का अनुसार RSVP लेखिएको निमन्त्रणा पाय पछि उपस्थिति हुन सक्ने नसकिने जे भएपनि जवाफ दिन पर्ने हुन्छ भनेर etiquette experts को भनाइ भएको कुरा उल्लेख गरेको छ ।

ठाउँ र परिस्थिति हेरेर RSVP ले कहिलेकहिं निमन्त्रणा कार्ड बाहेक अन्य कुरा पनि जनाउने रहेछ । जस्तै अस्ट्रेलियामा तन्नेरीहरूको डेटिङ साइट तथा न्युजिल्याण्डमा सिनियरहरूको डेटिङ साइट पनि RSVP ले जनाउँदो रहेछ । त्यस्तै संयुक्त राज्य अमेरीका मा विभिन्न स्वयम् सेवक संस्थाहरूले RSVP नाम जोडेर संस्था चलाएको Butler County Kansas को वेभसाइटमा उल्लेख छ । प्रविधी को बिकास को साथ साथै निमन्त्रणा पठाउने तौर तरिकामा पनि बदलाव हुन थालेको रहेछ । पहिले पहिले नेपालका कुनै समुदायमा सुपारी दिएर पनि आफन्तहरूलाई निम्याउने चलन थियो भने इलेक्ट्रोनिक माध्यमको बिकासको साथ साथै डिजिटल निमन्त्रणा इमेलमा समावेश गरेर पठाउने शुरुआत १९८० को दशकमा सुरु भएको जस्तो लाग्छ । आजकल मेसेञ्जर वा भाइबर जस्ता सन्चारका विद्युतिय माध्यममा डिजिटल निमन्त्रणा कार्ड पठाउने चलन निकै चल्तिमा छ । अझ फेसबुक जस्ता सामाजिक सञ्जाल पनि निमन्त्रणा पठाउने एक प्रचलित माध्यम भएको छ ।

डिजिटल निमन्त्रणाकार्डमा पनि RSVP लेखिएको देखिन्छ भने फेसबुक जस्ता सामाजिक सञ्जालमा निमन्त्रणा गरिनुपर्ने व्यक्तिहरूको समूह मिलाएर निमन्त्रणा गरिन्छ र यसरी ग्रुप बनाएर गरिने निमन्त्रणमा जान सकिने नसकिने जनाउने कोठा नै हुन्छ । अब आएर Outlook जस्तो इमेल आदान प्रदान गरिने एपमा पनि RSVP जनाउने प्रावधान सुरु गरिएको छ रे ।

RSVP लेखे व्यवहारिक उपयोगिता देखेर होला यसको प्रयोग प्रायः संसार भरि सबै जनसमुहमा चलिआएको छ ।

हामी प्रवासमा बसे नेपाली समुदायमा पनि यसको प्रयोग सबैजसो निमन्त्रणाको चलन चल्तिमा आएको पाउँछौं । डिजिटल, हार्डकपि वा सामाजिक संजाल सबैजसो निमन्त्रणामा कुनै न कुनै रूपमा राखिने RSVP प्रयोग गरेर निमन्त्रण गर्ने व्यक्तिले खाने र बसे ठाउँको व्यवस्था गर्न सजिलो हुने हिसाब ले लेखने गरिएको त प्राय हामी सबैलाई थाहा भएकै हो । तर पनि हामीहरू मध्ये कति जनाले यतातिर ध्यान दिएको जस्तो लाग्दैन । निमन्त्रणा गरिएको ठाउँ मा जाने नजाने आ-आफ्नु बिचार र पायकको कुरो हो । निमन्त्रणा गर्ने व्यक्ती वा संस्थाले आ-आफ्नो कार्यक्रम अनुसार बजेट छुट्याएको हुन्छ । निमन्त्रणा गरिएका व्यक्तिहरू आर यश भि पि को जवाफ नदिकन बोलाईएको ठाउँमा नजादाँ निमन्त्रककोको खर्च व्यर्थमा खेरजाने मात्र नभै आपस मा स्नेह, दोस्ती तथा प्रेम भाव पनि शिथिलता ल्याइदिने सम्भावना हुन्छ । यसैले निमन्त्रणा गर्ने व्यक्ती जो जस्तो भएनी आर एस भिपी मा एस (yes) या नो (no) भनेर जवाफ दिने वानी बसालौं ।

व्यस्त व्यक्तिहरूले आ-आफ्नो क्यालेण्डरमा लेखेर अरु कमिटमेन्ट नगरोस भनेर वा अरु मित्तहरूले त्यहि समयमा आफ्नो कार्यक्रम नराखुन भनेर धेरै समय पहिले देखि पठाइएको निमन्त्रणमा कुनै न कुनै रूपमा निमन्त्रकले सम्पर्क गरेर आर यश भि पि को जवाफ लिनु सान्दर्भिक हुन्छ । यस्तो गरेर सकारात्मक जवाफ पाएर पनि पाहुना नआइ पुग्नु चाहिँ दुःखदायी हुन्छ ।

कथा: शर्करा



महेन्द्र पौडेल
सिडनी, अष्ट्रेलिया

“ल हेर खुलै पो छ !

के गर्नु..., कति भन्नु यस लाई...!?

समिरा ! ए समिरा!! . . . बोल्ने भए पो!?” समिरा की आमा फतफताई रहिन् ।

“हैन के भएको आजकल का छँडुलीहरु लाई ?

केही कुरा को हेक्के गर्दैन् ।

...! यसरी खुलै छोड्ने हो त ? ... सुनिनस् ? ... हरे ...!?”

समिरा भने अर्के दुनिया मा थिई कि ! चर्कदै गरेको आमा को आवाज ले शायद उसको ताना टुट्यो ।

उसले आफ्नै जीउ मा एक पटक नजर दौडाई र कपडा तानतुन पारेर सजे झैं गरी ।

“हेर् त यो चिनी को भाँडो ! ठेलमठेल कमिला छन् । गुलियो मा मर्ने चीज लाई एति सजिलो बनाई दिएपछि के हुन्छ? कम से कम बिको त लगाउन सम्झनु पर्छ!” उसकी आमा ले समस्या को गाँठो फोड्न् ।

समिरा ले आमा को बोली सुनेकी हो कि हैन कुन्नि? तर ऊ एकाएक हिक्का छोडेर रुन थाली ।

“लौ, के भयो? किन रुन्छे यो तेसरी? मैले के भनें र रुनु पर्ने हँ?” चुल्हो मा बसालेको चिया तेसै छाडेर उनी छोरी छेउ आइन् । उनले सशंकित हुँदै समिरा लाई हेरिन् र नजिकै बसेर सुमसुमाइन् ।

बडो बल गरेर समिरा ले बोली फोरी - “आमा! शर्करा त बाँच्दिन कि क्या हो?”

एक हप्ता देखि जीवन र मरण को दोसाँध मा अस्पताल को शैया मा लडिरहेकी उसकी सहेली शर्करा उसको दिमाग मा घुमिरहेकी रहिछ ।

“के गर्छस् त बाबै! हुने हुनामी टारेर टर्दैन् भन्छन् । बिचरा को स्थिति अझै बिग्रैदै गएको छ भन्ने सुन्छु ।” उसकी आमा ले थपिन् - “तिमीहरु पनि हामीले भनेको टेरदैन् !?”

“उसको लवाइ ले हो त आमा?? उसको जीउ मा ...” भयङ्कर को भूकम्प ले तरंगित जमीन झैं भएको आफ्नो गला लाई नियन्त्रण गर्ने असफल प्रयत्न गर्दै समिरा ले वाक्य पूरा गर्न खोजी - “उसको जीउ मा... उसको जीउ मा तेसरी कमिला लागेका ...?”

समिरा को प्रश्न ले उसकी आमा स्तब्ध बनिन् । उनको पनि अचानक भक्कानो फुट्ला जस्तो भयो । उनी जुरुक्क उठिन् । रुञ्चे अनुहार छेल्दै भान्छा पुगिन् । चुल्हो मा बसालेको पानी उम्लिरहेको थियो । उनले कमिला ले भरिएको चिनी को भाँडो अनायास उम्लिएको पानी मा चुर्लुम्मै डुबाई दिईन् । निमेष भर मै कमिलाहरु चियापत्ती झैं पानी मा निष्प्राण तैरिए । उनलाई अल्लि राहत मिल्यो ।

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उता, शर्करा का सामुहिक बलात्कारीहरु भने अझै फुर्र थिए – हात मा चास्नी-पाल बोकेर अरू थुप्रै शर्कराहरु डुबाउन ।

हारजित

किताब, कापी ,कम्प्यूटर , क्याल्कुलेटर सब थोक वर पर छरपष्ट पारेकी परीले भोलिको अन्तर विद्यालय गणित प्रतियोगिताको तयारीका लागि कुनै कसर बाँकी राखेकी थिईनन् । पछिल्लो दुई हप्तादेखि दिनरात एक गरेर यो प्रतियोगिता जित्नु नै यतिबेला उनको उद्देश्य बनेको थियो । चार बर्षको सानै उमेरमा आमा गुमाएकी परीले होस् सम्हालेदेखि नै आफ्नो बाबालाई आँखाअगाडि पाएकी थिईन् ।



इन्दु काफ्ले

प्रतिष्ठित कम्पनीका मालिक उनका पिता आकाश एक सफल व्यवसायी थिए । बुद्धिमान, बहुप्रतिभाशाली चर्चित व्यक्तिकी छोरी हुन पाउँदा परीलाई निकै गर्व लाग्थ्यो । बाबाको नामलाई अगाडि बढाउनुपर्ने र उनी पनि त्यस्तै नै हुनुपर्छ भन्ने घर परिवार छर-छिमेकको सोचबाट भने उनलाई केही दबाब महसुस हुन्थ्यो र भित्रभित्रै गाल्ने गर्थ्यो ।

प्रतियोगिताको दिन, विद्यालय हिँड्ने बेलामा उनकी फुपूले दही र चिनी खुवाउँदै भनिन् प्रतियोगितामा राम्रो गरेर जितेर परिवारको इज्जत राख्नु है । परिले टाउको हल्लाएर हस् भनिन् र विद्यालयतर्फ लागिन् । बेलुका ढोकाको घन्टी बज्यो, हतारिँदै फुपूले ढोका खोलिन् । परीको निराश अनि मलिन अनुहार देखे बित्तिकै उनलाई अडकल भैहाल्यो परीले राम्रो गर्न सकिनन् भनेर । प्रथम द्वितीय तृतीय केही भइँनौ हातको प्रमाणपत्र तान्दै हेरिन् र भनिन् केवल सहभागिताको प्रमाणपत्र, बाबाको इज्जत माटोमा मिलाउने भइ यो केटीले । टेलिभिजन र मोबाइलमा मात्रै ध्यान हुन्छ आजकलका केटाकेटीको खोइ के गर्छन् भविष्यमा ? पहिल्यै दुखेको मन फुपूले यति सब भनी सक्दा सम्हाल्न नसकी आफ्नो कोठामा दौडिएर गईन् र धेरैबेरसम्म ढोका थुनेर रोएर बसिन् ।

भाई आकाश घरभित्र छिर्न नपाउँदै दिदीले दिउँसोको सबै कुरा बेलिबिस्तार लगाए पछि आकाशको मन खिन्न भयो र उसले भन्यो हजुरको उपस्थितिले उनलाई केही हौसला मिल्ला कि भनेर हजुरलाई बोलाएको त कुरा उल्टो पो परेछ यहाँ निर । यस्तो हतोत्साहित बोलीले उनको बाल मस्तिष्क कति बिथोलियो होला? लौ मैले त राम्रै गरेको जस्तो लागेको थियो तिमिहरूकालागी ,म भएर तिमिहरूलाई यति अप्ठ्यारो पर्ने भएपछि म भोलि विहानै निस्कन्छु भन्दै दिदी मुर्मुरिँदै भित्र छिरिन् ।

छोरीको कोठा तर्फ जाँदै बन्द ढोका ढक्ढकाउँदै खोल्न लगाए, बाबाको बोली सुनेपछि दौडदै आएर ढोका खोलिदिइन् उनले, धेरैबेरसम्म बाबाको छातीमा टाँसिएर रोइरहिन् । छोरीलाई यति दुःखी देखेर आकाशको आँशु पनि थामिएनन् । बाबा, तयारी त मैले राम्रो गरेकी थिएँ केही बाँकी राखेकी थिइन तर स्टेजमा पुग्नेबित्तिकै मेरो दिमाग खाली भयो म अलमल्ल परें र केही सोच्नै सकिन र मैले हार्नु पर्यो ।यो पहिलोपटक भएको होइन मलाई स्टेजमा पुग्नेबित्तिकै धेरै पटक यस्तो भएको छ । मलाई माफ गरिदिनुहोस् बाबा मैले हजुरको इज्जत धान्न सकिन, म हजुर जस्तो टपर बन्न सकिन बाबा । छोरीका यस्ता कुराहरूले आकाश स्तब्ध भयो , यतिखेर उसले आफ्नी श्रीमतीलाई पनि निकै सम्झियो, सुरुची भइँदिएको भए आज मैले छोरीलाई यति दुःखी देख्नुपर्ने थिएन । आँफु अलिकति सम्हालिएर उसले छोरीलाई सम्झाउने कोसिस गर्न लाग्यो । छोरी तिम्लाई कस्ले भन्यो म सधैं जित्छु भनेर त्यस्तो होइन मैले पनि कती पल्ट हारेको छु, म सानो छँदा कैयौँपटक म पनि विभिन्न प्रतियोगितामा भागलिने गर्दथेँ कहिले जित हुन्थ्यो त कहिले हार । धेरै पल्ट जित हाँसिल नहुँदा म पनि तिमि जस्तै निराश बनेको थिएँ र अब देखिन् कहिले पनि यस्ता प्रतियोगितामा भाग लिने छैन भनेर हात उठाएको थिएँ तर त्यतिबेला मेरी आमाले मलाई धेरै सम्झाउनुभयो हौसला अनि प्रेरणा दिनुभयो , हिँड्ने मान्छे लड्दछ पटक-पटक लडेर जो फेरी हिँड्दछ एकदिन उसले आफ्नो गन्तव्य भेटाउँछ तर एकचोटी लडेपछि जो उठ्न डराउँछ त्यो हारको बाटो हो भनेर । मेहनत कोशिश र धैर्यतालाई जसले निरन्तरता दिन सक्छ कुनै न कुनै रूपमा जित उसको सामु हुन्छ । त्यही कुरालाई मैले आत्मसाथ गर्दै आएँ र अझै गरिरहन्छु र यही कुरा म तिमिलाई पनि सम्झाउन चाहन्छु जीवनमा आउने हरेक परिक्षा मा सधैं भाग लिनु पर्दछ प्रथम स्थान हाँसिल गर्नु सबैथोक होइन बरु हारलाई सफलताको सिंढी मान्नु ठूलो कुरा हो र यही सत्य हो । बाबाका यस्ताकुरा सुनेपछि परीलाई उनको मन मस्तिष्कको ठूलो बोझ हल्का भएको भान भयो र लामो सास फेर्दै उनले बाबालाई हेरिन् मिठो मुस्कान दिइन् ।

बुद्ध र मन

भगवान् बुद्ध को खोजी मा, बुद्धत्व प्राप्त गर्ने धेय ले शरीर भिन्न को मन, उडेर कता हो कता पुग्यो। विस्तारै पृथ्वी को भू-मण्डल माथी अकासिदै गयो। अकासिदै जाँदा, मन ले मन जस्तै अरू थुप्रै मन हरू पनि भेट्यो। गिलथिल भएजस्तो भू-मण्डल मा चलमल गरिरहेका मन हरू केवल एकहोरो पृथ्वी तिर हेरिरहेका थिए। तर किन? मन लाई जान्न मन लाग्यो। अकासिदै गरेको मन पनि उनीहरू सँग मिसियो। थाहा पायो, शरीर छाडेर आएका मन हरू फेरि पृथ्वी मा जान खोजेका रहेछन्। उनीहरू को नगिज पुग्दा, उनीहरू छटपटाए को र उकुस मुकुस भएको अनुभव गर्यो तेसले। मन केही असहज मान्दै आफ्नो गन्तव्य तिर लाग्यो।



सुगीता

अनन्त मन का खोजी मा हिँडेझै त्यो मन आज कसैको खोजी मा हिँड्दै थियो। अकासिँदै जाँदा केही धीरता र संयंता का साथ रहेका अरू थुप्रा मन हरू देख्यो। तर उनीहरू पनि पुनः धर्ती मा नै जान खोजेका रहेछन्। मन को विश्लेषक बनेको मन ले के विश्लेषण खोजेको छ, थाहा छैन, फेरि त्यो ठाउँ छोडेर अन्तै कतै चङ्गियो।

मन डुलाई को भावना लाई केन्द्रीभूत गर्दै ऊ अझै माथि जाँदै थियो। ऊ झिलिमिल्ल चन्द्र किरण को प्रकाश मा ठोकिन पुग्यो। चन्द्रकिरण को प्रकाश भिन्न घेरिएर रहेका मन हरू देख्यो। ऋषिमुनि हरू का तह को मन हरू को जमघट होकि? मन ले अनुमान लगायो। ती मन हरू पनि पृथ्वी मा नै जान खोजेका देखिन्थे। तर उनीहरू कसैको आदेश को पर्खाइमा थिए। मन अझै चोरिँदै थियो, र तिरमिराएको आँखा मिचिँदै मन ले अनुमान लगायो कि तेहाँ त ज्ञानी, ध्यानी र दानी महापुरुष हरू को भेला पो रहेछ। उनीहरू तेहाँ सय दुई सय वर्ष, जति पनि धीरता का साथ बस सक्ने रहेछन्।

मन त अझै अकासिदै थियो। अर्को तह मा हीरा रंगिन प्रकाश का पुञ्जहरू, सूर्यकान्त मणि का भाँती छिरलिए का थिए। मन ले तेहाँ पनि अन्दाज लगायो। तेहाँ त बेला मौका मा भगवान का केहि अंश पाएर जन्मेका महापुरुष हरू को नगन्य माता मा मन हरू थिए।

गोडा मा पाङ्ग्रा लगाएर गुडिरहेझै मन वायु उडान को पाङ्ग्रा बनिरहेको थियो। मन ले वायु उडान पाङ्ग्रा लाई आँधी को बेग सरह अकाशी रह्यो। मन ले अब खप्न नसक्ने थुप्रै रंगिन आगा का ज्वाला हरू को सामना गर्न परिरहेको थियो। आगा का ज्वाला हरू अनेक रत्न हरूले विभूषित थिए। उक्त रत्न का राप हरूले गर्दा तेहाँ के छ, ठम्याउन मुश्किल परिरहेको थियो। तर अचम्म आगा का मुशला भने पृथ्वी तिर ताकिएका थिए। चारै तिर को आग्नेय को भयावह दृश्य ले गर्दा आदी शक्ति हो कि? मन को अनुमान तेस्तो थियो। आगा का झिल्का सँग अलमलिए को मन ले अझै सोचिँदै थियो, कतै एसले बम्हाण्डै पो धानेर बसेको छ कि? यो शक्ति पृथ्वी मा गयो भने..... कि पृथ्वी ध्वस्त हुनेछ, कि त नयाँ युग को जन्म? यानी “अवतार” मनले सोच्यो सायद यो नै “परब्रम्ह” हो, बुद्धत्व हो। मन ले एसै एसै बुद्धत्व प्राप्त गरेझैँ जुरुक्क उठ्यो र भगवान बुद्ध को ज्ञानमय सागर मा डुब्र पुग्यो।

Nepali Poems

निष्ठुरी हुरी

- श्रीधर वस्न्यात

ए जोड जोडले चलने हुरी
 तँ कति निष्ठुरी थिईस
 कस्तो तेरो चुरी फुरी
 फर्कि फर्को आइरहिस
 आकाशलाई थर्काई थर्काई
 हामीलाई तर्साइ रहिस ।
 कस्तो तेरो वेग, कस्तो तेज गति
 रोक्रे थेग्न कसैले नसक्रे
 जल जमीन सारा ठाउँमा
 लथालिन्ग पारी हिडिस ।
 न त रुख भनिस, न त घर
 पशुपक्षीका बास गुँड सबै भत्काई
 अहिले कता पुगिस?
 न त बहिर हिड्न दिइस
 भित्रै मात्रै बस्दा पनि
 'हुईं हुईं' को आवाजले
 थर्काउनु थर्काइस ।
 बोट विरुवा
 पाखै पारिस
 पालुवा लागेका हाँगा मुना
 निर्ममता संग ठनकै भाँचिस
 के के उडाइस कहाँपुर्याउस
 बाहिर भएका चाचा नाना
 कतै नभेट्ने बनाइस ।
 फनफनि घुम्दै, ए दुष्ट हुरी
 हाम्रा सामू कहिल्यै नआएस
 ताण्डव गर्दै फेरि कहिल्यै ननाचेस ।

नेपाल

- ओम बस्न्यात

पानी हो अमृत, पिउन पाउँ
 स्वर्ग हो नेपाल, जिउन पाउँ
 मुहान बचाउँ, हिमाल बचाउँ
 नेपाल सजाउ, प्रकृति बचाउँ
 नानी हो आँखा, संझी बचाउँ
 नेपाल हो प्राण, मुटुमा सजाउँ

दुःख पछिको सुख, घेरै मीठो हो
 पसिना बगाउँ, सुखकै लागी हो
 साथीलाई मद्दत, गुणको लागी हो
 देश को माया, नुनको सोझो हो

शान्ति खोज्ने जतिछन्, एकान्त खोज्दछन्
 ध्यान चिन्तन कर्ताहरू, नेपाल रोज्दछन्
 नेपालीहरू जहिलेनि नेपाल सम्झिन्छन्
 मातृभूमि टाढै हुदानि, आफु भित्रै पाउँछन्
 तिक्खर स्वाद, नेपाली खानामा
 लय मिल्ने, नेपाली गानामा
 लबाई मिल्ने, स्वदेशी पोसाकमा
 नाचन मिल्ने, नेपाली मादलमा ।

जीवन कहाँ छ ?



महेन्द्र पौडेल
सिडनी, अष्ट्रेलिया

चेतनामा छ, अचेतनामा छ?
जडता या चलायमान हुनुमा छ?
कि आडम्बर र छलछाममा या
क्यै सास फुकी कहीं चलनुमा छ?
साँच्चै, जीवन कहाँ छ?
देख्छु,
जब उम्रन्छ, हुर्कन्छ कतै
एउटा सानो विरुवा
थप्दै जान्छ अनगिन्ती हाँगाबिँगाहरू
फराकिलो पाछै आफ्नै आधार स्तम्भहरू
र बन्छ
विशाल सुन्दर जीवन्त
एक परिपूर्ण वृक्ष ।
फेरि देख्छु,
जन्मन्छ, हुर्कन्छ
मान्छे पनि कतै
छिमलन थाल्छ अनि ऊ, चेतनाका हाँगाहरू
उधेल्लै जान्छ आफ्नै आधारका जराहरू
डढाउँछ स्मृतिका हरिया पत्ताहरू
र बन्छ फगत
एक निखलो मूढो ॥
दिग्भ्रमित बबुरो म
नियालिरहेको छु आज,
त्यो जड मानिएको वृक्षको विस्तृत वृत्तिकालाई
त्यो सचेत भनिएको मनुष्यको खुम्चंदो मनुष्यतालाई
र, सोधिरहेको छु यो प्रश्न
साँच्चै, जीवन कहाँ छ?
फेरि सोध्छु,
ए स्वकथित मान्छे,
जीवन तँमा छ?

अब मसाल बाल्नै पर्छ



डा. वीरेन्द्र केसी
अध्यक्ष, नेपाली साहित्य समाज
न्युजिल्यान्ड

आफ्नै आमालाई तीर हान्न तैनाथ शिखण्डीहरू
आफ्नै आमाको अस्मिता व्यापार गर्न तल्लिन पाखण्डीहरू
अझै शान्तिका परेवा उडाउन लामबद्ध उनै खुनीहरू
सधैँ ओझेलमा बुद्ध र शालिनताका ध्वनिहरू
श्रमिकहरू तर्तरी पसिना चुहाउने तर भोकै सुले
मुठीभर मालिकहरू बुट बजारने अनि लुट्ने
धनीलाई सब थोक गरिबलाई गाई न गोठ
खै कहाँ हटेको छ निरंकुशता र सामन्तको भूत
खै कहाँ छ आलोचना गर्न मात्र पनि छुट
आफ्नै मातृभूमिलाई वध गर्नेहरूलाई टिपेर फाल्न नपाइने
आफ्नै माटोमा मौलाएका ऐजेरुहरू उखेलेर बाल्न नपाइने
लाखौँ तरुणहरू विवशतामा जकडिएर पर हुत्तिएका
सर्पझैँ शासकहरू सिंहासनको सुखमा मात्तिएका
दुष्टलाई शासककै साथ
नारीलाई दिनमै रात
न्याय कहिल्यै नबुझ्ने
अन्याय कहिल्यै ननिदाउने
देवालयमै दैत्यको ताण्डव
न राम देख्छु न कृष्ण पाण्डव
भो अब यो कालो रात ढाल्नै पर्छ
हो अब हाम्रा हातमा मसाल बाल्नै पर्छ ।

मलाई म बन्न सघाउ



अशोक काफ्ले

कथा बन्नलाई लेखिनै पर्छ र?
खुशी मुहारमा देखिनै पर्छ र?
कसैको खुशी कसैको व्यथा होला
रित्तो पाना, कसैको कथा होला

म हिड्न खोज्दा दौडी भन्छन्
दौडिन सिक्छु पौडी भन्छन्
किन सुनु संसारको गन्धन?
किन स्विकार गरुं यो बन्धन?

मेरो साथी म आफैं हैन र?
एकलै मेरो अस्तित्व छैन र?
म एकलै संसार जितेर देखाउँछु
एउटा बेग्लै कथा लेखाउँछु

खुला आकाशमा मलाई रम्न देउ
कहिले पग्लिन, कहिले जम्न देउ
बिराउँछु होला बरु बाटो देखाउ
मलाई केवल 'म' बन्न सघाउ

छलफलमा जुत



पशुपति किरमाचार्य

लडाई बन्दगरी छल फलमा जुत
साना देशहरु अरुको लै लैमा
चम्कनु नहुदो रहेछ
हेर्दा हेर्दै देश भग्नावशेषमा परिणत भो
केहि गर्न सकेन, न कोहि आए
भन्दै थिए सुरक्षामा खतरा छ
सदस्यता नबन कसैको
आखिर जाई लाग्यो
त्यति सारो नगर्नु पर्ने थियो
शक्तिको उन्माद निरन्तर हमला बोल्यो
धेरै धन- जनको क्षेति भो
लाखौं जनताहरु बिस्थापित भो
शान्ति प्रयास असफल भो
चीनको शान्ति प्रयास आएको छ
त्यो पनि सफल हुने कम आशा छ
कहिले सम्म लडिरहने
हतियारको सहयोगले झन् अस्थिर बढछ
शान्तिको विकल्प छैन
अबिलम्ब लडाई बन्ध गरि
छलफलमा जुत

महाभारत संक्षेप

तेजस्वी राजा कुरुका वंश कौरव पाण्डव,
लडेको कथा कहन्छ गीता हिन्दुको गौरव ।

लेखक यस्का वेदव्यास थिए काव्य यो धार्मिक,
इतिहासभित्र दर्शन अहो अनुपम मार्मिक ।

मुकाम थियो हस्तिनापुर सब राम्रो मान्दथे,
राजाले सारा जनता आफ्नै सन्तानझैँ ठान्दथे ।

थे कुरुवंशी शान्तनु राजा उनैको कालमा,
रोपियो उसै युद्धको बिउ लेख्दै छु सारमा ।

शान्तनु राजा घुम्रलाई एक दिन बाहिर निस्केछन्,
केही पर पुग्दा सुन्दरी एउटी कन्यालाई भेटेछन् ।

ती कन्या देख्दा मोहित भई भुत्तुक्क भएछन्,
परिचय दिई म राजा भनी तिमि को सोधेछन् ।

ती कन्या भन्छिन् ब्रह्माकी छोरी गंगा हो मेरो नाम,
बिहे त गर्छु तर छन् शर्त पहिला म बताऊँ ।

हे राजा सुन नभुल्नु कैंले गरूँला बिहे म,
चाहे जे गरूँ त्यसमाथि प्रश्न गर्दैनौ भने त ।

गंगाको शर्त राजाले सुने स्वीकारे खुसीले,
बिहे नि भयो गंगाले छोरा जन्माइन् क्रमैले ।

छोराको बाबा हुँदामा राजा खुसीले फुलेका,
गद्गद थिए दरबारमा सबै हर्षले झुलेका ।



डा. वीरेन्द्र केसी
अध्यक्ष, नेपाली साहित्य समाज
न्युजिल्यान्ड

राजाको खुसी हरायो छोरा गंगाले उठाइन्,
निष्ठुरी बनी लगेर पर नदीमा बगाइन् ।

गंगाको शर्त सम्झेर राजा चुप बसे यत्तिकै,
पहिलो सन्तान नदीमा बग्यो जन्मनेबित्तिकै ।

जन्मियो दोस्रो छोरा त्यो पनि बगाइन् गंगाले,
हेरेर बसे विवश राजा निरीह प्रजाले ।

रोकिनन् अझै बगाइरहिन् गंगाले छोरालाई,
पहिलो दोस्रो गरेर जन्म दिएका सातै भाइ ।

अति नै भयो हेरेर यस्तो म बस सक्दिनँ,
गर्दछन् अठोट राजाले अब नबोली बस्दिनँ ।

गंगाले जब आठौँलाई पनि लैजान्छिन् बगाउन,
दौडेर त्यहीँ पुग्दछन् राजा गंगालाई फर्काउन ।

आमा हौ कस्ती दानव जस्ती यस्तो के गरेकी,
राजाले भन्छन्- हे गंगा रैछ्यौ मातृत्व मरेकी ।

राजाको रिस सेलाउँदै गंगा राजालाई बताउँछिन्,
किन यो गरौँ लौ सुन भनी कारण सुनाउँछिन् ।

यी सबले श्राप पाएका थिए पहिलो जुनीमा,
जिन्दगीभरि झेल्लाई दुःख जन्मने धर्तिमा ।

गरेकी थिएँ मैले नि वाचा आमा भै जन्माउने,
जन्मदा साथै सबैलाई मुक्ति आफैले दिलाउने ।

त्यसैले सबलाई बगाडिदिँ जन्मनेबित्तिकै,
गरिनँ राजा मैले जे गरँ नबुझी यत्तिकै ।

तिमीले बरु तोड्दियौ आफैँ गरेको वाचा नै,
त्यसैले जान्छु छोडेर तिमी सधैँलाई आज नै ।

यो आठौँ छोरा लैजान्छु साथै बस्दिनँ एकै छिन,
नाम राखँ मैले देवव्रत यस्को फर्काउँला एक दिन ।

भनेर यति राजालाई छोडी गंगा त गै गइन्,
हेरी नै रहे राजाले गंगा अलप भै गइन् ।

वियोगमा व्याकुल भएका राजा फर्किए दरबार,
जे जसै चल्यो राज्यको काज देश र सरकार ।

घडीको सुई घुमी नै रह्यो सम्झना सँगाली,
न दिन भन्यो न रात भन्यो निमेष नरोकी ।

गंगाले वाचा गरेझैँ सोह्र वर्षको छोरालाई,
फर्काइदिइन् धर्तिमा आई एक दिन राजालाई ।

बढेको छोरो पढेको ज्ञानी बल र सिपको,
देखेर राजा खसाए आँसु खुसी र हर्षको ।

दरबारमा बल्ल उदायो घाम छोराको फिर्तिले,
हरा र भरा खेत र गह्रा रङ फेङ्गयो धर्तिले ।

युवराज हुने देखेर गुण राजाले छोरालाई,
घोषणा गरे युवराज भनी सुनाए सभालाई ।

एक दिन राजा घुम्लाई भनी जंगलमा निस्कन्छन्,
केही पर पुग्दा एकान्त ठाउँमा एक कन्या भेट्दछन् ।

राजाले आफ्नो परिचय दिई सोध्दछन् कन्यालाई,
हे कन्या को हौ के नाम गरी बोलाऊँ तिमीलाई ।

राजाको प्रश्न सुनेर कन्या लजाउँदै हेर्दछिन्,
मुस्काउँदै थोरै दासराज पुत्री सत्यवती भन्छिन् ।

अलौकिक त्यस्ती सुन्दरी देखी लोभिँदै राजाले,
चाहन्छु गर्न तिमीलाई बिहे भन्न पो थाले रे ।

ती कन्या भन्छिन् मसँग बिहे गर्नलाई तिमीले,
मेरो हात माग्नु पर्दछ भेट बाबालाई पहिले ।

गएर राजा दासराज भेटी कन्या ती माग्दछन्,
दासराज छोरी दिनलाई शर्त अनौठो राख्दछन् ।

दासराज भन्छन् छोरी म दिन्छु गरेमा यो वाचा,
यिनको सन्तान बनाउन राजा प्रतिज्ञा गर्छौँ ता ।

त्यो शर्त आयो राजाको सामु पहाड जस्तो भै,
घरमा थिए देवव्रत जेठा युवराज पहिले नै ।

राजाले भने यो शर्त पूरा म गर्न सक्दिनँ,
खोसेर देवव्रतको भाग्य म बिहे गर्दिनँ ।

निराश बनी खाली हात राजा दरबार फर्किए,
छोराले देखे बाबाको मुख मलिनो तर्सिए ।

खुसी नै सारा हराए जस्ता शान्तनु पिरले,
दुब्लाउँदै गए अव्यक्त व्यथा मनको दर्दले ।

हरेक दिन उदास उस्तै सुधार हुँदैन,
उपाय सय्यौँ गर्दा नि कुनै खुसीले छुँदैन ।

ती कन्याबिना बाबालाई जिउन अठेरो देखेर,
देवव्रत भन्छन् दासराजसँग घरमै पुगेर ।

बाबाका लागि छोरी देऊ तिम्री म गद्दी छोड्दछु,
पिताको सुख खुसीका निम्ति म सबै त्याग्दछु ।

सुनेर देवव्रतको बिन्ती दासराज अगाडि,
आशङ्का गर्छन् हे युवराज बिहेको पछाडि ।

सन्तानको मोह जागेर आउला युवराज बनाउन,
कल्पेला मन कसरी रोक्छौ मलाई बताऊ न ।

दासराजको शङ्का नहटाई कन्या बाबालाई नमिल्ने,
बुझेर उनी प्रतिज्ञा गर्छन् विवाह नगर्ने ।

पालन गर्छु म ब्रह्मचर्य विवाह गर्दिनँ ।
सुखका सारा सपना त्याग्छु लोभमा पर्दिनँ ।

कठोर देवव्रतको प्रण पछाडि गएर,
प्रसिद्ध भयो जगमा भीष्म प्रतिज्ञा भनेर ।

प्रतिज्ञापछि फेरियो नाम ती देवव्रतको,
प्रसिद्ध पितामह ती भीष्म कौरव वंशको ।

प्रतिज्ञाबाट सन्तुष्ट दासराजले छोरी ती,
लगाए जिम्मा भीष्मका साथ लिएर गए ती ।

आजन्म ब्रह्मचर्यमा बस्ने प्रतिज्ञा छोराको,
सुनेर चित्त दुखाए मान्दै राजाले नमिठो ।

प्रजाको मन जितेका थिए ती देवव्रतले,
सुनेर सारा निराश भए राज्यको पिरले ।

आफूलाई दोषी ठानेर राजा निराश भए झन्,
दिनानुदिन निर्बल भयो राजाको तन मन ।

समय बित्यो दिन र साल जन्मिए एक छोरा,
चित्रांगद नाम राखियो उनको हेर्दैमा खुब प्यारा ।

केही सालपछि दरबारमा दोस्रो जन्मियो एक छोरा,
विचित्रवीर्य राखियो नाम उस्तै नै खुब प्यारा ।

शान्तनु राजा पिरमा थिए पिर नै रोग भो,
अन्तिम घडी छट्पटीसँगै पछुतो बढ्दै गो ।

भीष्मको हातमा दुई छोरा दिँदै राजा त गै गए,
बालक तिनी गुमाई बाबु टुहुरा भै गए ।

केही वर्षपछि चित्तांगद बसे राजाको आसनमा,
दुर्भाग्य कस्तो बिहे नि नभै मृत्यु भो केही दिनमा ।

त्यसपछि राजा बन्ने भो पालो विचित्रवीर्यको,
उनको नि कुनै सन्तान नभई चाँडै नै मृत्यु भो ।

विचित्रवीर्यका दुई पत्नी अम्बिका अम्बालिका,
विधवा भए बेहाल भए फूल मालीबिनाका ।

ती सत्यवती आमाको हाल बिहाल त्यो बेला,
पति नि गए छोरा नि गए राज कस्ले गर्दला ।

बढाउन वंश चलाउन राज अब म के गरँ,
सोचमा उनी डुबेकै बेला कोही भन्छ पाउ परँ ।

नियाली हेरिन् ती आफ्नै छोरा व्यास पो रहेछन्,
अपठेरो पर्दा आमालाई भेट्न साथ दिन आएछन् ।

व्यासलाई जन्म दिएकी थिइन् विवाहपूर्व नै,
पराशर ऋषि साथमा हुँदा सम्भोग उहिल्यै ।

छोरालाई अघि देखेर आमा यो आज्ञा गर्दछिन्,
रमण गर बुहारी साथ हे छोरा भन्दछिन् ।

यो कुरुवंश भएको नाश म देख्न सकिदिनँ,
योभन्दा अर्को उपाय छोरा म केही देखिदिनँ ।

बुहारीलाई मनाइन् फेरि ती सत्यवतीले,
अगाडि बढे ती व्यास पनि पवित्र मनले ।

बुहारी दुई एक दासीसँग सहवास गरेर,
व्यासले दिए सन्तान तीन एक-एक गरेर ।

अम्बिकाबाट ती धृतराष्ट्र जेठा भै जन्मिए,
अम्बालिकाका पाण्डु र विदुर दासीका पुत्र थे ।

हुर्किए बढे ती तीनै भाइ ठूला नि भैगए,
शासन कस्ले गर्दला भन्ने पीर पर गैगए ।

धृतले बिहे गरेका थिए पत्नी थिन् गान्धारी,
पाण्डुका थिए श्रीमती दुई ती कुन्ती र माद्री ।

ती धृतराष्ट्र दाइ नै थिए पाण्डु त थिए भाइ,
दाइ जन्मै अन्धा हुँदामा शासन आयो नि भाइलाई ।

भाइले शासन गरेको दाइ सहन्थे कसरी,
त्यो राज्य फिर्ता लिनलाई थाले जालझेल बेसरी ।

एक पटक पाण्डु दुई पत्नीसँग वनमा गएछन्,
रानीका लागि मृगलाई ताकी तीर पनि हानेछन् ।

दुर्भाग्य त्यो तीर लागेर किन्दम ऋषि पो मरेछन्,
ती मर्नु पैले पाण्डुलाई ठूलो सराप दिएछन् ।

पत्नीलाई माया गर्दै थैं मैले तीर हान्यौ तिमीले,
तिमी नि मर्नु मायाले पत्नी छुनेछौ जहिले ।

त्यो सराप गड्यो पाण्डुको दिलमै घाइते भयो मन,
अँध्यारो भयो जगत सारा अँध्यारै रनवन ।

फर्किए राजा दरबार अनि घटना सुनाए,
भेलामा जो थे सबैले एउटै निचोड बताए ।

राजाले जानी गरेका होइनन् तै पनि दोष भो,
राजकाज उनले त्याग्यु नै पर्छ निर्णय यही हो ।

सबैको सल्लाह पाण्डुले सुने छोड्दिए शासन,
घुमेर आयो धृतराष्ट्रलाई राजाको आसन ।

त्यो बेलासम्म पाण्डुका कुनै सन्तान थिएनन्,
ऋषिको श्राप पाइसकेपछि झन् हुने भएनन् ।

सन्तानबिना कसरी चल्ला राज्यको शासन,
पीरमा पाण्डु कुन्तीलाई भन्छन् शून्य भो आँगन ।

पाण्डुका कुरा सुनेर कुन्ती भन्दछिन् हे राजा,
हजुरसँग एउटा वरदान बताउँछु म आज ।

दुर्वासाबाट वरदान मैले पाएकी छु एउटा,
सक्तछु बन्न सन्तानकी आमा डाकेर देउता ।

सुनेर खुसी पाण्डुको आज्ञा पाएर कुन्तीले,
बोलाइन् धर्म, वायु र इन्द्र सन्तानको चाहले ।

तीन देवबाट युधिष्ठिर, भीम, अर्जुन क्रमशः,
जन्माइदिइन् कुन्तीले छोरा धन्य भो जगत ।

कुन्तीले दिइन् माद्रीलाई पनि पाएको वरदान,
त्यै मन्त्रबाट माद्रीले भेटिन् अश्विनीकुमार ।

जन्मिए नकुल-सहदेव उता माद्रीको कोखमा,
यसरी आए पाँच भाइ पाण्डव यो हाम्रो लोकमा ।

विवाह अघि कुन्तीले जन्म दिएकी कर्णलाई,
गनिन्नन् उनी पाण्डवभित्त यो जान्नु दाजुभाइ ।

सोच्यथे धृतराष्ट्रले पाण्डु भन्दा नि पहिले,
म छोरा पाऊँ, गान्धारी बनिन् गर्भिणी त्यसैले ।

गर्भ त रह्यो जन्मेनन् सन्तान दुई वर्ष भैगयो,
गान्धारीलाई दिनहुँ ठूलो क्रोधले सतायो ।

रिसले उनले पेटमा आप्मनो हिराईन् आफैँले,
र, मांसपिण्ड झरेको तल बुझेर व्यासले ।

तुरुन्तै आई वेदव्यास भन्छन् अप्रिय यो भयो,
गर्नु त केही पश्यो नि अब जे भयो भै गयो ।

गान्धारी बनाऊ एक सय कुण्ड वेदव्यास भन्दछन्,
ती हरेक कुण्ड घिउले भर वेदव्यास थपदछन् ।

गान्धारी भन्छिन्- मलाई एउटी छोरी नि चाहिन्छ,
व्यासले भन्छन्- थप एक कुण्ड अवश्य पाइन्छ ।

व्यासले छर्के मन्त्रेर जल त्यो मांसपिण्डमा,
त्यो फुटी बन्यो एक सय एक टुक्रा राख्दिए कुण्डमा ।

दुई वर्षपछि सय कुण्डबाट सय भाइ जन्मिए,
ती भाइहरु सबै नै मिली कौरव कहलिए ।

दुर्योधनदेखि दुःशासन हुँदै मुयुत्सु सयौँमा,
दुशाला मात्र एक छोरी जन्मिन् दाजुभाइ कैयौँमा ।

धृतराष्ट्र राजा राज गरिरहे हस्तिनापुरमा,
पाण्डवलाई दिए त्यो इन्द्रप्रस्थ दबाउने सुरमा ।

पाण्डव भन्थे- राज्यको भूमि बढाइदेऊ हामीलाई,
कौरव कहाँ सुन्थे र आवाज राज दिन्थे सजिलै ।

तानातान भयो राज्यको बाँडफाँड गहिरियो झगडा,
मिलाउने नाममा सारियो अधि पासाको लफडा ।

शकुनि मामा पासाको खेल गरेर झेल भो,
युधिष्ठिर हारे भाइ र पत्नी सर्वस्व राज्य त्यो ।

खेलको शर्त अनुसार पाण्डव गएर वनमा,
बिताए तेह्र कठोर वर्ष ईख नलिई मनमा ।

फर्केर पाण्डव राज्यमा आफ्नो अधिकार माग्दछन्,
कौरवहरु एक इन्चै दिन अस्वीकार गर्दछन् ।

युधिष्ठिर भन्छन् झगडा गर्नु ठीक होइन भाइभाइमा,
पाँचै गाउँ मात्र देऊ मिली बसौँ आपसी दाइभाइमा ।

शान्तिदूत बनी आएर कृष्ण सम्झाउन खोज्दछन्,
अधर्मी कौरव पाण्डवलाई हेपी झगडा रोज्दछन् ।

कृष्णकै कौशल असफल भयो झगडा रोकलाई,
राज्यकै लागि युद्धमै उत्रे आपसी दाजुभाइ ।

अर्जुन हेर्छन् कौरवतिर सब आफ्नै देख्दछन्,
कसरी मारुन् आफन्त गुरु कदम रोक्दछन् ।

बालापन जस्को काखमा बित्यो ती भीष्म पितालाई,
कसरी माहँ द्रोण ती गुरु छातीमा तीर चलाई ।

म दैत्य होइन आफन्तै काटी नुहाउने रगतले,
हुँदैन कृष्ण यो मबाट के भन्ला जगत्ले ।

अलमलमा अर्जुन परेको देखी कृष्णले सम्झाउँछन्,
कर्तव्य आखिर गर्नु नै पछि भनेर मनाउँछन् ।

निर्वस्त्र पार्दा छोरी र चेली हेरेर जो बस्छन्,
ती आफ्ना हुन्नन् विरोधी मोर्चा भित्र जो पस्दछन् ।

अर्जुनलाई कृष्णले दिए कर्तव्य शिक्षा नै,
अमर छ हाम्रो सामुमा सधैं भगवद्गीता भै ।

शुरु भो युद्ध पाण्डवलाई कृष्णको साथ थ्यो,
कौरवका साथ ती द्रोणसँगै भीष्मको हात थ्यो ।

मादैँ नै गए पाण्डवहरु नजिक आउँछन् जो,
मारिए भीष्म अर्जुनबाट कौरवलाई भारी भो ।

मारिए द्रोण धृष्टद्युम्नबाट दुर्योधन भीमबाट,
लौ सुनिश्चित भयो पाण्डवहरुको विजय अब त ।

अठार दिनको लडाइँमा पाण्डव कौरवलाई हराई,
र, गर्न थाले हस्तिनापुरमा युधिष्ठिर रजाइँ ।

ताक्राले आफ्नै कुलबन्धु हारे अधर्मी कौरव,
सत्य नछोड्दा पाण्डव बने धर्मकै गौरव ।

नेपाल बनाउने हो भने

हे भारत सरकार
नेपाललाई कम्तिमा पनि
१० वर्ष पूर्ण नाकाबन्दी लगाई देऊ!!

नेपालीहरू धेरै अल्क्षी भए
खाध्यन्न तिमीबाटै आयत
लत्ता कपडा तिमीबाटै आयत
कालिगडहरू तिमीबाटै आयत
इन्धन तिमी बाटै आयत
हुँदा हुँदा रिती रिवाज पनि !!

बहुत गाली गर्छन तिमीलाई
अलिकति केहीमात्र गरिदियो भने
बहुत राष्ट्रवादी छन नेपालीहरू!!
तिम्रो बिरोध तिमीले नै पठाएको
ईन्धनको प्रयोग गरेर गर्छन!

सबैलाई देश भने अमेरिका, यूरोप
र अस्ट्रेलिया जस्तो चाहिएको छ
तर ति देश कसरी सम्पन्न भए
कसैलाई मतलव छैन
तर आफूभने रातौ रात सपन्न हुनु छ!!

घरभित्र धूलो मैलो देख्यो कि सफा गर्छन
तर घर बाट १ कदम बाहिर निस्कियो भने
दुर्घन्ड छ र पनि नाक थुनेर हिड्छन
सडकमा खाल्टो छ भने छलेर हिड्छन
अनि सरकार लाई धारेहात लगाएर गाली गर्छन
तर आफूले भने केही गर्दैनन!!

त्यसैले नेपाललाई विकास भएको हेर्न चाहन्छौ भने
असल मिलि हौ भने, नेपालीहरूलाई
मेहनत के हो भन्न सिकाउनको लागी
भारत सरकार १० वर्ष पूर्ण नाकाबन्दी लगाई देऊ!!!!



अशोक कुमार श्रेष्ठ

बिदेश को यात्रा



गम्भीर सिंह नाम धामी

नेपाल देशको सुदुर पश्चिम अन्तिम जिल्ला दार्चुला मेरो घर
परिचय दिन्छु गम्भीर सिंह नाम धामी हो मेरो थर
नेपाली दाजु, दिदी र बहिनी नमस्कार सबैमा
दुई शब्द लेख्न मैले नि पाए यो न्युजिल्यान्डमा
पुस्तक छाप्रे खबर भन्यो बुहारी र छोरा
जानेको कुरा लेखिदिँ हजुर यो आफ्नै पाराले
उन्नासी साल कार्तिक महिना एघार गतेमा
घरबाट हिँडे बिदेशको यात्रा श्रीमती साथैमा
जहाजको यात्रा भो पन्ध्र घन्टा अत्यास गुनियो
सबैको माया भगवानको कृपा भएर पुगियो
यात्राको घडी भैराब्दा खेरि कतिखेर पुग्ने भो
छोरा र बुहारी, नातिनी लाई कतिखेर देख्ने हो
भगवानको कृपा मैगलै भयो बिदेशमा पुगुन्जेल
अत्यासै लाग्यो नेपालको दशा बिदेशमा देखुन्जेल
बिकाशको गति कति हो कति कोइ छैन बेरोजगार
बेरोजगारी भए काम खोजीदिन्छ न्युजिल्यान्ड सरकार
नेपाली सरकार बुद्धिमान होउ बखेडा नझिक
बिकासको गति ल्याउने हो भने बिदेशको ज्ञान सिक
नेपालीहरु धेरै भेटे बिदेश मा आएर
झन राम्रो लाग्यो गुनिलो कुरा मायालु बोली बिदेश मा पाएर
पशुपतिनाथ सुरक्षा गरून् नेपाली सबैलाई
यत्तिनै लेख्दै कलम रोक्छु बिदा पाऊँ आज लाई ॥

अब म राजनीति गर्छु



हिमांशु ढुंगेल

अब म राजनीति गर्छु
धर्म र संस्कृतिको नाश गर्छु ।
देश बेच्छु, पैसा कमाउँछु
हो, अब म राजनीति गर्छु ।

नयाँ नयाँ शिक्षा नीति ल्याउँछु
सबै सरकारी विद्यालय बन्द गराउँछु ।
अंग्रेजी पाठ्यक्रमको विकास गर्छु
नेपाली भाषा लेख्न त के,
बोल्नै नजान्ने नयाँ पुस्ताको उत्पादन गर्छु
हो, म अब राजनीति गर्छु ।

अर्को चुनावमा भोट मात्र
म तपाईंहरूको घर घरमा आउँछु ।
चौतारीमा उभिएर भाषण गर्छु
भाषणमा दिवा सपना बाँड्छु ।
नारामा चै देशको खुब विकास गर्छु
हो, म अब राजनीति गर्छु ।

मैले चुनाव जित्ने पछि
किनकी म तपाईंहरूको गाउँ गाउँमा आउँछु ।
आसे, पासे र झोलेको बथान लिएर आउँछु
चुनाव भरी पैसाको खोलो बगाउँछु ।
भोट दिनेलाइ मासु र भात खुवाउँछु
नदिनेको कंचटमा बन्दुक तेर्स्याउँछु
साम, दाम, दण्ड, भेद सबै लगाएर चुनाव त जित्छु, जित्छु ।
हो, म अब राजनीति गर्छु ।

असारले छोडेको असार



निष्प्रभ सजी

भफ्रीमा भिजेर

असारको गर्भ बोक्र लालायित
पफँट र टारीहरूले
भर्याड हुँदै कोही उक्लिन्छन् कि भन्दै
बषौँदेखि कुरिरहेका
कौसीका रिता भकारीहरूले
कहिलेकाहीं
अक्कल भफक्कुल देखिने
दाँत पफक्लीएको बृद्ध जस्तै
बिँड पफक्लुएको बुढो कोदाली
प्वालै प्वाल परेको पछ्यौरा जस्तै
धुरीमा भफण्डुएको
पुरानो स्याखुलाई
दोष थुपारिरहेका छन्
मानौँ
तिनैले ओल सकेन्न
असारका सपनाहरूलाई
तिनैले खोसिन सकेनन्
असारका आवश्यकताहरूलाई

बाँझा गर्हाहरूले
बाँझा खेतहरूले
कान्लामा विसाउँदै
आलीमा सुस्ताउँदै
सोधीरहेका छन्
घाँस उम्रिएर
बाटै होइनन् कि झैँ लाग्ने बाटाहरूलाई
तेरै बाटो हुँदै ओर्लिएको थियो असार
किन पफिर्कएन ?
सुनसान गाउँले
रुइँदै, भिज्दै र चुहिँदै
सोधिरेका छन्
तेही टारीमाथिको
अजंगको पहाडलाई

हेर्नु उचाइबाट
कतै शहरमा रुमलिएको छ कि असार ?

आफ्नै मनलाई चट्टान बनाएर
पहाड चुपचाप छ
मन दुख्छ कि भनेर गाउँको
मन दुख्छ कि भनेर खेतको

अभागी पहाडले
नदेखेको कहाँ हो र ?
असारले
भफेलामा
पुरानो नागरिकता
र नयाँ राहदानी कोचेर
बाँभफे सपना रोप्न
शहर पनि छोडिसक्यो

पहाड न हो
झुकेर रोक सक्दैन
पहिरो जस्तै बगेर जाने असारहरूलाई
तन्किएर छेक सक्दैन
बादल जस्तै उडेर जाने असारहरूलाई

दर्शक हुनुको मजा

जिन्दगी लेख्दिने हिम्मत गरें भनेँ !

हजुर के भन्नुहुन्छ?

थाहा छ ! भन्नुहुन्छ,

कवि बहकिएछ ।

थोरै बहकिने मन भयो आज,

अलिकति खोतल्न मन लाग्यो,

फूल बिझेर खिल पल्टिएको यो जिन्दगीलाई ॥

भोक्ता बनेर लेख्न गाह्रो छ,

दर्शक बनी अटाउन खोज्दैछु अक्षरहरुमा

दुखेको जीन्दगी,

थाहा छ,

म मान्छे हुँ, मान्छे अरुको दुःखमा सितिमिति रूँदै न

र मलाई अरु रनु छैन !

भक्तिएको जिन्दगीको मानचित्र,

मनको कलमले म जोड्न खोजिरहेछु,

र जान्दछु,

यो बहकाउ भन्दा बढी केही होइन ॥

बालापनमा नचाहेरै छुटेका हातहरु,

दुई थोपा आशुको जडानले जोडिदिउँ,

सुन्दर देखियो मेरो जिन्दगीको मानचित्रमा,

खुल्यो वचनको आकाश !

जीवन नामले दिएका अनमोल उपहारका डिब्बाहरु,

मुटुभित्रको सुनामी,

अबरुद्ध गला,

भिजेका परेली,

ठेस लागेर उफ्रिएका नङ्ग

काडा कसरी भन्नु आफ्नैले दिएका,

फूल बिझेर सैन पल्टिएको अन्तस्करण

र यी सबैलाई फिका फिका पारेर

औंला ठड्याउँदै उदाएको बाध्यात्मक मौनता,

यो आफ्नै भोगाइ हो भन्ने बिर्सिएर,

दर्शक मात्र भएर हेर्दाको मजा,

आहा!! आहा!! म लेख्न सक्दिन !

तर,

जरुर लेख्न सक्छु,

एक पटक मेरै लागि भए पनि

यो अभ्यास गर्दिनुहोस् र मुस्कुराईदिनुहोस

मेरा प्रिय पाठक बृन्द !!



नमिता दवाडी