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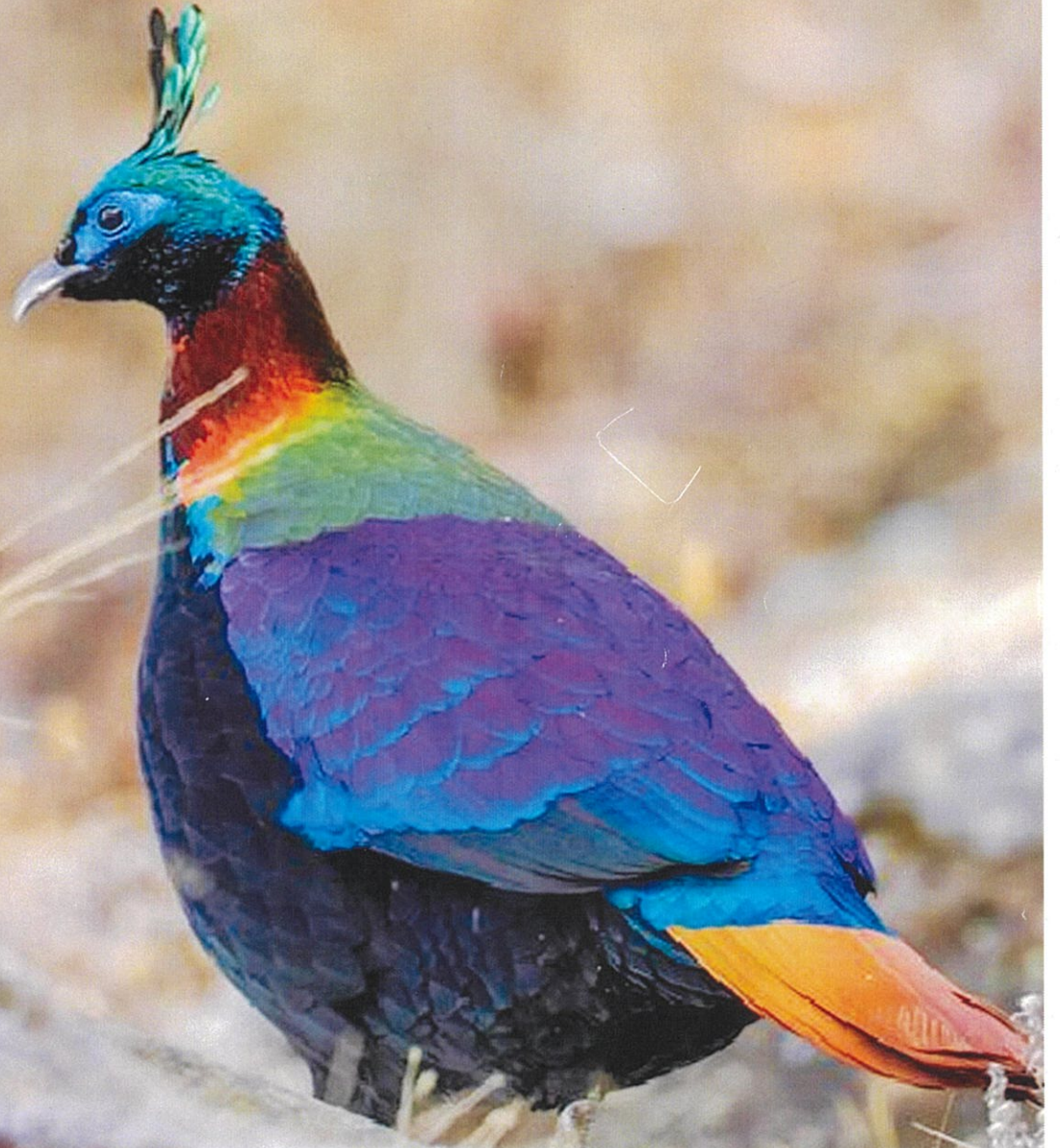
APRIL 2017

NAMASTE



ISSUE 10

नमस्ते



**Annual Publication of
Nepal New Zealand Friendship Society of
Canterbury Inc.
(NNZFSC)**

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हार्दिक मंगलमय शुभकामना
ब्यक्त गर्दछौ ।



**New Zealand Nepal
Chamber of Commerce**

President's Message

Namaste and Kia Ora

Nepali population in Canterbury region has increased significantly and is undergoing a remarkable demographic change especially in last few years with the increase numbers of students in their twenties. With this rapid demographic transformation of Nepalese population, it was time for us to think outside the box in order to remain contextual, be inclusive and address the new challenges and it was the time for younger generation to step up and drive the society.

Past year has been a busy year full of challenges, excitement and new achievements. We undertook projects/events like Kalo Pothi Movie, Youth Night and Loot 2 Movie which were not been undertaken before in Canterbury and executed them successfully. Winter Potluck, Teej Program, Dashain & Tihar programs and NNZFC Panthi Cup Cricket are other successful events. Your participation and feedback on all these events has always been exciting and encouraging which motivates the Executive Committee to keep moving forward.

Our focus going forward needs to be on sustainability along with successful events. Among our ongoing events are Nepali Language Class, Namaste Nepal Radio program, Women's Fitness programs and Sporting activities. We have successfully integrated Nepali language Class, Women's Fitness & Badminton together and they are running smoother than ever before (every Sundays 5:00 PM -7:00 PM) and are running sustainably. The integrated activities are running well as one activity supports another and vice versa. Integrated activities have now developed as one stop shop for all the families and provide a common platform for all our participating members to meet, greet and engage with each other at least once a week. If you are reading this and not yet a member or haven't renewed your membership, now is the right time to do so and be a part and engage with wider Nepalese family in Canterbury.

I would also like to congratulate NNZFC Football Team members who travelled to Te-Puke and participated in Tenzing Hillary Cup for the first time and were Plate Champions. Not only this we also received the awards for the best player and the highest scorer of the tournament.

The Christchurch City Council, New Zealand Lottery Commission, Ethnic Communities Development Fund and Mainland Football Foundation provided us with the financial grants to run our events and activities. I would like to thank all the donor agencies on behalf of our Society. I would also like to thank all of our loyal sponsors for your ongoing support. This year, we are also coming to 10 year anniversaries for Nepali Language Class, Namaste Nepal Radio program and Namaste Magazine. Without your support and volunteer efforts, this would not have been possible. I big thank you to all the volunteers who have been involved directly or indirectly over the past years with our Society and all the volunteers for all the efforts we have put in.

Thank you to all the members of our society for your participation in all the events over the years. Your participation has made us bigger better and stronger over the past years and your support, trust and suggestions to the Executive Committee is priceless. Last but not the least, I would like to take this opportunity to thank all the Executive Committee Members for all the efforts and support I have received over the last year. Thank you TEAM!!!!

I wish you a Happy New Year 2074 and may this year bring all the success and joy to our lives.



Sincerely Yours

Sagar Pandey

President

Nepal New Zealand Friendship Society of Canterbury Inc

Editorial Note

Happy New Year 2074 B.S.

**“The secret of change is to focus all your energy, not on fighting the old, but on building the new”
– Socrates**

This is the special issue of “Namaste” Annual publication of “Nepal New Zealand Friendship Society of Canterbury Inc.” Namaste Magazine has reached its 10th Anniversary this year. On this special issue, we would like to take this opportunity to thank all the members of society, past editorial teams, graphic designers involved in all the issues, volunteers who contributed articles, poems, songs and shared the knowledge and experience throughout this journey.

This year’s edition focuses on number of new changes in the layout of the magazine. In this edition we have tried to make magazine more visual, followed by some thematic articles that benefit all the new migrants of Nepalese diaspora. Editorial committee has explored to the best of our knowledge, to out-source the articles from various experts such as; immigration advisors, education providers (lecturers/tutors), international students experience, some of the health and wellbeing challenges of Nepalese migrants in New Zealand, guideline for C.V preparation, and many more.

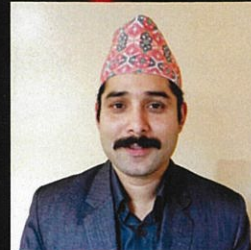
While accommodating these changes, we have ensured to highlight the originality of our publication that reflects various social and cultural activities of Nepalese societies in New Zealand. We would like to express our gratitude for all those individuals who have helped us gather the information, provided their individual experience, consistently guided us and motivated to continue the publication. On behalf of NNZFCSC, we would like to express our appreciation to all our generous sponsors. Without your continuous support we would not have been able to reach this milestone. We look forward for your continued support in future and wish your business achieve sustainable growth in days ahead.

Out with the old, in with the new: may you be happy the whole year through. Happy New Year 2074 B.S.



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10th

ANNIVERSARY ISSUE

Celebrating **10** *Years*
of
Success

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Namaste Nepal Radio

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New Zealand is one of the preferred destinations for most migrants. World-class education with an optimum balance of work and lifestyle, this country provides quality living

-Gaurav Soni

Senior Licensed Immigration Adviser

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at affordable costs compared to the Western countries. Over the past few years, the country has seen an exponential growth of migrants coming to enhance their careers.



Immigration New Zealand is the government organization that offers migrants with visa to remain lawful in the country. With the increase in population, INZ is more careful about the visas issued to applicants. Immigration comes up with various policies to keep migration level under control.

Most of the migrants come to New Zealand on a study visa, to pursue higher qualification. They then move on to work visa, where they aim to secure a job which matches the course they study. After gaining a couple of years' experience working in the industry, applicants can apply for residency which allows an indefinite stay in the country. Although the process seems relatively simple, there is a lot of ambiguity in understanding the various categories under which one can apply for a visa as below:

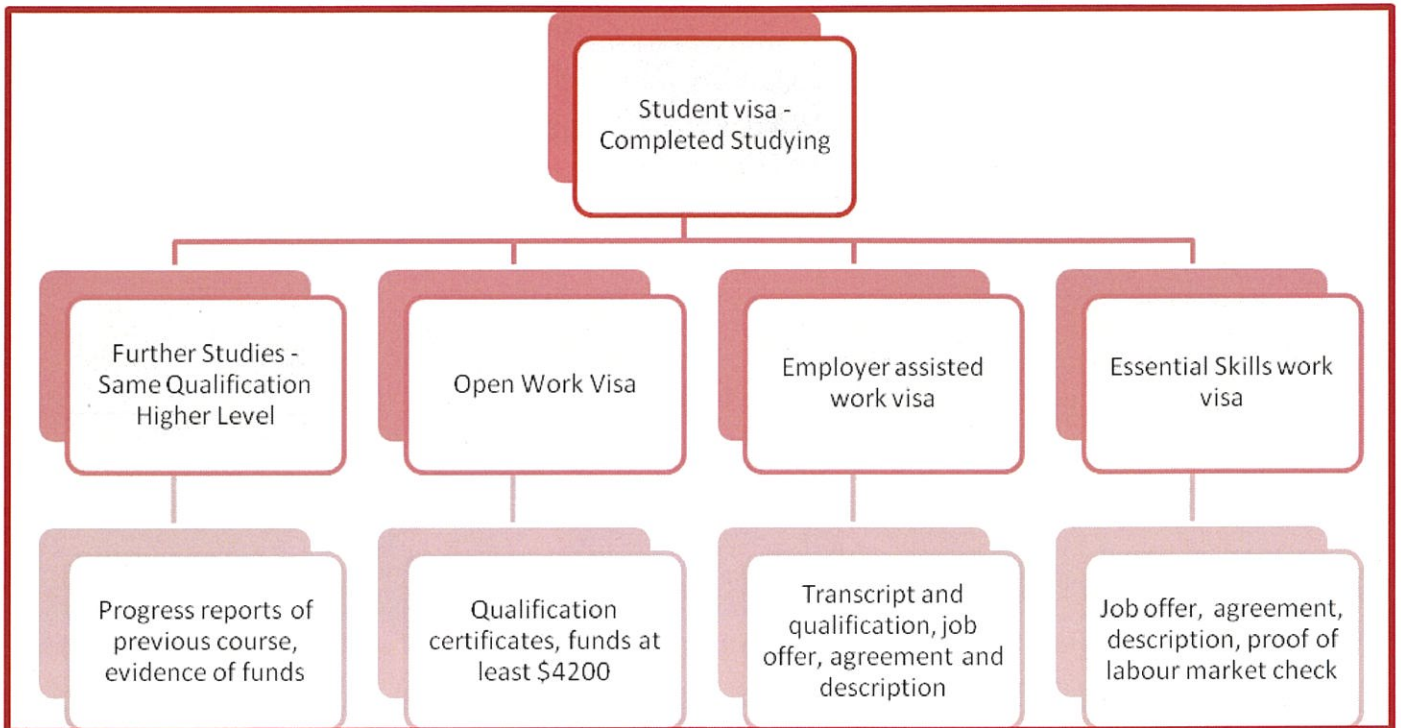


Fig: Options after Study Visa

For example, there are certain rules under which applicants can apply for open work visa after successfully completing their studies. The open work visa is granted for a duration of one year, and the purpose is to provide time for the applicant to find a relevant job in their chosen sector. As the name suggests, open work visa entitles applicants to work under any employer in any region within New Zealand.

After the open work visa, applicants have a choice between employer assisted work visa and essential skills work visa. While both categories of work visa require the employer to support the application, the requirements are different in each case. To further simplify, the essential skills work visa requires employers to advertise the role and conduct a labor market check to ensure that there are no suitable New Zealanders to take up the role. The employer assisted work visa, on the other hand, requires applicants to prove that the job they have secured substantially matches with the course they have studied. Other than this, there are other categories such as work to residence and partnership which can also be considered.

In recent times, there was a change in skilled migrant category residence applications, where the number of points required to qualify for an invitation to apply increased from 140 to 160. Coupled with this, the mandatory English requirement has led to lot of applicants being filtered out.

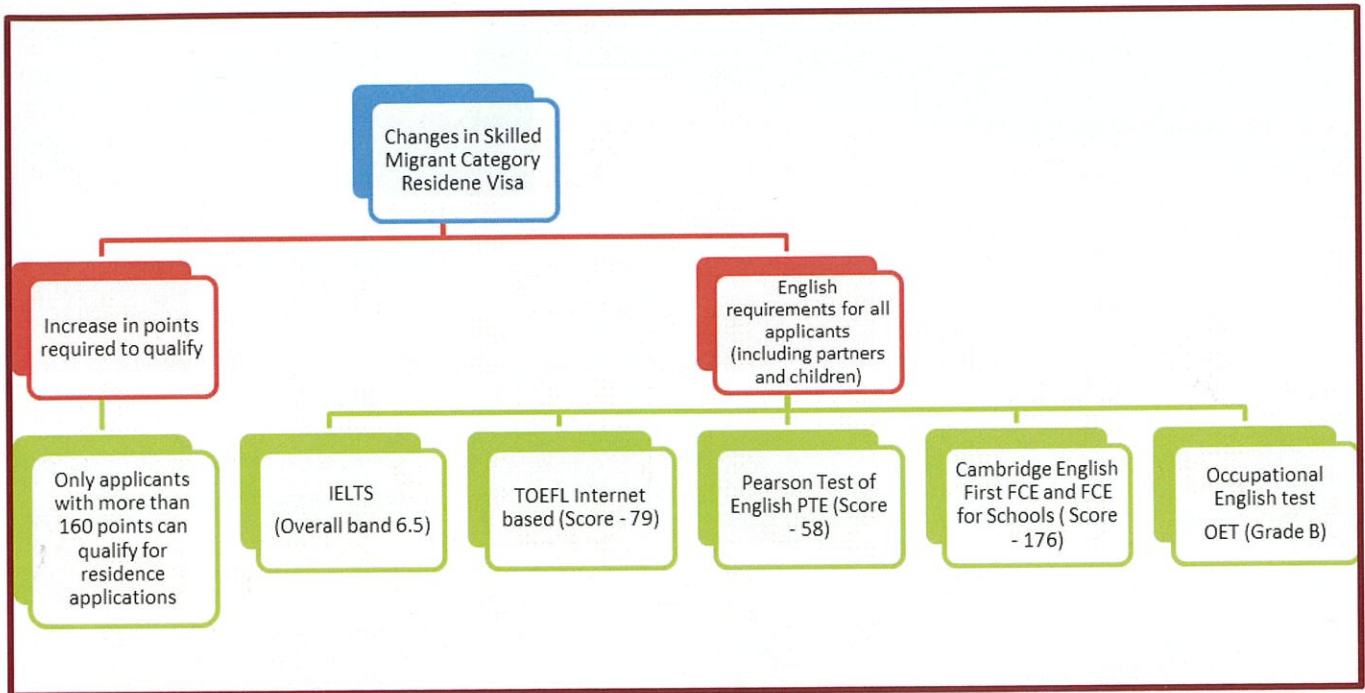


Fig : Changes to residence visa applications

It is very important that the application be made under the correct category, otherwise applications can be declined. With stricter policies coming to force every day, Immigration is extremely cautious about granting visa to applicants. It is here that immigration advisers can help with their expertise on the subject. The advisers are constantly updated on immigration policies and regularly attend seminars that keep them on track with the changes in regulations.

The process of applying for a visa is quite daunting. It is time consuming and should be followed correctly so that applications can be approved. It is always better to take professional services when it comes to life changing decisions such as this. Contact us today, to discuss more about the options you can pursue.

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Preparing a Curriculum Vitae (CV)

What is a CV?

A curriculum vitae is a summary of your personal, educational and work history. It is designed to interest a potential employer in interviewing you. The style of CV can vary depending on the stage in your life/career, the type of employer or job vacancy, whether you are canvassing or applying for a known vacancy and if applying for a job in different countries.

In general the most preferred style of CV in New Zealand is a combination of reverse chronological (date ordered) and functional (skills) information, which allows you to arrange the most relevant facts in easy-to-follow and targeted sections. Some employers have particular requirements, so follow their instructions carefully. Below are three easy steps to writing an effective CV.

Step one: Target your CV

Research the employer

Research the employer(s) and the industry(s) you are interested in. What do they consider important? What are their values? What type of people work for them? What might interest them?

- Use any sources of information you can find, including websites, press articles, personal contacts, industry forums etc. See page 14.
- Find out if the employer has any specific requirements or preference in regard to your CV format and order of information on it.

Understand the position description

- If you are applying for a specific position, go through the job description and highlight any qualifications, skills, experience and personal attributes the employer mentions. You need to give examples of where you have demonstrated these in your CV.
- If you're not applying for a specific position, think about what skills, experience and personal attributes the employer is likely to want, based on all the information you have been able to find out about them.

Match yourself to the job

Brainstorm how your key skills, experience, qualifications and personal attributes fit what the employer is looking for. Prioritise the list and use examples from your work, study, voluntary work, community involvement, interests or personal life (e.g. family commitments) to illustrate your suitability.

Identify 'scannable' words

- Employers may scan your CV as an image and use computer software to create a text file from it, even when you send a paper copy. Whether you've sent a paper or electronic version of your CV, employers may use artificial intelligence software to 'read' the text and extract key words and information.
- A scannable CV can contain the same information as your standard CV, but there are two important points to consider:
 - a scannable CV has to have facts for the artificial intelligence to extract. The more skills and facts you provide, the more opportunities you'll have for your skills to match available positions (getting 'hits');
 - Make sure you use the same words as the employer when describing your skills and experience as the software may look for those key words. For example, if the advertisement says 'excellent people skills', your CV should have a heading 'People skills' not 'Interpersonal Skills' or 'Getting on with other people'.
- If you're posting a paper copy of your CV, it needs to be good quality, with no unusual formatting or graphics, with dark ink on white paper to make it easy for the computer to distinguish the words.
- For in-depth information and examples of scannable keyword CV's, see Resumes in Cyberspace by Pat Criscito or E-Resumes by Susan Britton Whitcomb and Pat Kendall. We also hold copies of a DVD called 'Selection Success in one'. All of these are available on loan at Careers, Internships & Employment. *Acknowledgment: CAREERROADS 2000 The Directory to Job, Resume and Career Management Sites on the Web.*

Step two: Content of your CV

Personal details

- Write your name and term-time home addresses if different. If you are using two addresses give dates you will be at each one.
- Include your landline and/or mobile telephone number(s).
- Include your email address.
- Indicate whether you are a New Zealand citizen, Permanent Resident or hold a valid New Zealand Work Permit.
- Information relating to age, gender, marital status, religion and health need not be listed for a New Zealand CV.

Career objective (optional)

- If you wish to include a career objective, place it near the beginning of your CV.
- Make sure it is short and specific to the particular organisation you are approaching.
- Alternatively you may title this section 'Profile' and give a brief summary of your most relevant strengths, skills and experience for the position.

Education & qualifications

- Include your degree indicating major subject(s), thesis or project title. You can write this in brief and state 'See Academic Transcript attached' and/or include your grades in the body of your CV.
- Write the name of the institution you are studying at and the year dates. Include information on when you are expecting to graduate and available to commence employment.
- Include secondary school details if relevant. In some cases employers require these. It is not necessary to include copies of certificates and awards from school.
- List any other qualifications or training courses that you have completed and/or are working towards.
- If you are including qualifications gained overseas you should include a brief explanation of them, including whether they have been recognised by the New Zealand Qualifications Authority and/or New Zealand Immigration for employment purposes in New Zealand.
- Show the information in reverse chronological order i.e. most recent information first.

Society is weird. They ask you to be yourself and yet they judge you for it.

Achievements

- Mention positions of responsibility you have held, such as Class Representative, captain or coach of a team, or any special awards received.
- If you have many school, university and/or any other achievements, consider dividing them into four categories: cultural, sports, leadership (positions of responsibility) and academic (awards).
- If you are a job seeker who has had family commitments while studying you may want to include these in this section.

Work Experience

- Write the job title, name of employer, location and period of employment (e.g. Nov 2012 – Feb 2013).
- List your most recent position first, and then continue in reverse chronological order.
- Provide a brief description of the responsibilities/tasks of the position. Use action verbs to describe these (see page 30).
- Note the relevant skills you developed and achievements/accomplishments you gained while working for each employer.
- Suggest and interpret how your work experience relates to the employer's activities. Note any special projects or tasks you completed and responsibilities you had.
- Consider dividing this section into 'Relevant Work Experience' or 'Other Work Experience'.

Key skills/competencies & attributes

- Identify the key skills/competencies an employer is looking for in the position description. Put these as headings. Use examples to illustrate your skills, experience and personal attributes, giving an employer a context to understand where you have gained or demonstrated these. Order your skills/competencies and attributes by relevance to the job.
- If you choose to give examples of the application of your skills and attributes in both your Work and Key Skills sections, take care to avoid simply repeating the same information.
- Use the STAR principle in writing a skill or competency. That is, think of:
 - A Situation and/or Task you have done.
 - The Action steps you took in that situation and/or task.
 - The Result/outcome.



- For example: 'Researched, prepared and delivered a presentation to over 50 students in a management course. Received positive feedback from lecturer and classmates. Achieved an A grade.'

Interests

- Include your interests – sports, cultural groups, hobbies and volunteer work.
- List any clubs or societies you belong to.
- Interests describe aspects of your personality to an employer and highlight your skill development relevant to the workplace (for example, team skills or leadership potential).
- Provide enough detail for the employer to understand the extent of your interest.

Referees

- List two or three referees. For example, these can be a current or previous employer, a university staff member, or a sports coach.

- Your referees should know you well enough to support you in your job applications.
- List your referees' names, position or relationship to you, addresses, email addresses and telephone numbers on your CV and/or application form.
- Generally, do not attach written references to your application unless the employer has specifically asked for them. However, you can attach one written reference if you think that will 'add value' to your application. Draw the employer's attention to it in your cover letter.
- Always obtain your referees' consent before giving their name and contact details. Offer your referees a copy of your CV and discuss it with them. A copy of the job description and/or advertisement for any position you are applying to is also useful background for referees.

At a job interview: "What are your strengths?"

"I'm an optimist and a positive thinker."

"Can you give me an example?"

"Yes, when do I start?"

Step three: Presentation of your CV

Impact

- The aim of the CV is to get you an interview. You will have about 30 seconds of the employer's time to make an impact. This means your CV must gain the employer's attention immediately.
- Effective CV's are targeted to the specific employer you are sending it to. This means adjusting it for each application. Create a database/master CV that includes a range of skills/competencies, attributes and experiences from which you can then select the most relevant examples for inclusion in your CV for a particular position.

Format/layout

- The design, layout, order and style in which you present your information in your CV is for you to decide, unless the employer has specified any particular guidelines.
- Length of a CV can vary – aim to be as concise as possible. Typically no more than 2–3 pages in length is appropriate in New Zealand.
- Allow plenty of 'white space' on each page, so the CV looks professional, easy to read and not crowded.
- Use clearly defined (bold) headings and subheadings to make it easy for the employer to find the information they're looking for. Keep headings consistent in font style and size throughout.
- Make sure your CV is typed and looks professional. Use white paper to print your CV on as most employers photocopy CV's to give to interview panellists.
- If posting, don't bind your CV but staple the top left-hand corner of the pages together. This enables the employer to easily photocopy your CV if required.
- Typically, employers are asking for CVs to be sent electronically. This can include sending your CV as an attachment to an email or attaching it to an online application form via a link on a web page. Make sure your file is in the format the employer has requested, and that the file name includes your name e.g. 'FredJohnsonCV.docx' rather than simply 'CV.docx'.
- Your cover letter and CV are two halves of the one application so there should be consistency in their format and font.

Checklist – before you send cover letter and CV

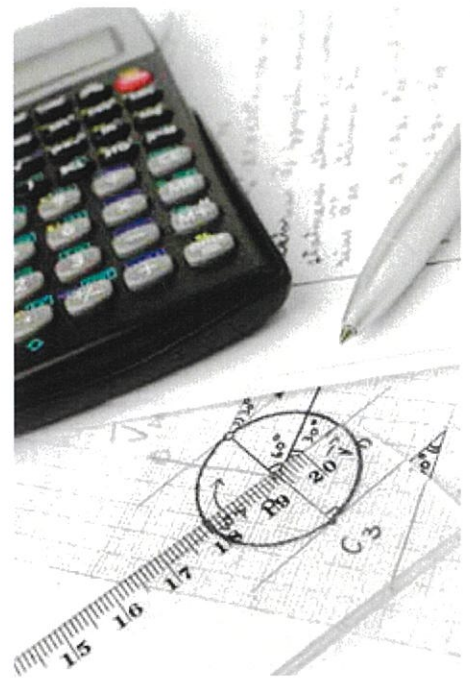
- Have you demonstrated how your skills, qualifications, experience and personal attributes match the 5–6 main points the employer is looking for, with examples?
- Have you included all the relevant sections the employer has requested and/or that you think are relevant?
- Have you made clear what is unique about you? What makes you stand out from other people?
- In your cover letter, have you been specific about why you want this job, and why you are interested in working for this employer? Have you demonstrated that you have thought about the job, the organisation and the industry and identified the fit with your own aspirations?
- Have you asked someone else to read through your cover letter and CV? Do they give the impression you want to make to the employer?

Content tips

- Present information in order of relevance to the employer. For example, if previous work experience is not particularly relevant to the employer or the position, put your key skills section before your work experience.
- Make sure your cover letter and CV complement each other. Remove any unnecessary repetition.
- Make sure your unique attributes are clear.
- Use the Action Verb List (see page 30) to minimise word repetition.

Check over and proof read

- Check grammar and spelling very carefully. Don't rely on computer 'spell checks' to pick up all errors.
- Ask someone else to check it over, as you can often miss your own spelling and grammatical mistakes.
- Attend a Careers, Internships & Employment Express Appointment and get your CV checked.



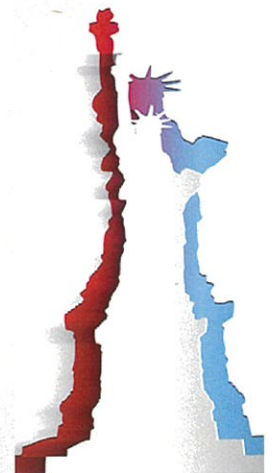
Tip: Develop a database / master CV containing sections for each of your skills with examples of where you've demonstrated those skills, then copy and paste the relevant sections into each new customised CV as appropriate.

Tip: Employers who recruit through Student & Graduate Recruitment often require full course details on your CV, and/or a photocopy of your academic transcript.

Tip: You have 30 seconds to make the right impression with an employer – use it well to gain their attention and interest immediately, highlighting your suitability and 'points of difference'.

“... to immigrate is to make an entrepreneurial act. It's to uproot yourself and perhaps your family and take a risk”

—Columnist George Will



Hints for specific situations

Academia

Academic CVs need extra sections covering your academic achievements, research and teaching interests, publications, conference attendance and presentations. An academic CV may not need to include a key skills section. Ask for our handout *Planning a Career in Academia*.

Adult students – changing career direction

- Review your work experience and the requirements of the job you're applying for, and decide how much detail to put in. Don't include details of education or work experience from more than 10 years ago, unless it is directly relevant to the position you are applying for.
- The main rule still applies – you need to make it obvious to the employer that you have the key skills and experience for the position. If your work experience is recent and relevant to the position, you may want to prioritise that section and include relevant skills within your description of the work experience. If you're looking to change direction and your work experience is not directly relevant to the position, prioritise your relevant skills section and keep your work experience short and concise.

Engineering

- Put details of your engineering experience immediately after your education details and achievements, perhaps in a separate section to your other work experience. Any work you have done as required by your degree can be counted as relevant engineering work experience, along with any additional engineering work experience you have done.
- Engineering employers want graduates with strong written and oral communication skills, as well as engineering expertise. Your CV and cover letter are your opportunity to show the effectiveness of your written communication skills.

Source:

Careers, Internship & Employment

University of Canterbury

www.canterbury.ac.nz/careers

Tip: Posting e-résumés on the web is a popular job search technique. This allows employers to access your information and contact you without you having to search for every vacancy. For a comprehensive guide to preparing an e-résumé, visit seek.co.nz or www.damngood.com/jobseekers/tips.html or www.eresumes.com

Government

- Government departments often ask for evidence that you possess specific competencies, which they specify in the job description. You must provide a detailed answer for each competency, highlighting how you possess the skills and experience they are looking for.
- When describing examples of where you have demonstrated a particular competency, use the STAR principle: outline the Situation/Task, describe the Actions you took and finish by mentioning the Result (see page 21).

Graphic design or 'creative' roles

- If being visually creative is a large part of the job you're applying for, be creative in the appearance of your CV in your use of colour, fonts, space, graphics etc.
- The information must still be clear, easy to read and logically presented. The CV must also photocopy well, so make sure any colours used don't cause information to disappear after photocopying (e.g. text on a bright background might not be legible after photocopying).
- Your CV is a showcase for your design skills – think about what impression you want to give.

Law

- Law firms frequently want to see a full academic history, including full university and high school results. Include the results in reverse chronological order in your CV and attach a copy of your university academic transcript as well. Check if the employer has asked for certified copies of transcripts – these need to be signed by a solicitor or Justice of the Peace.
- Law employers may also want to see written school references/testimonials and test results. Make sure you provide exactly what the employer has asked for.
- Although grades are important, law firms may be looking for a history of solid, not necessarily outstanding, achievement, and a good culture fit. They often want people who are enthusiastic and energetic, well-rounded and with a balanced lifestyle, so also include details of your achievements, hobbies and interests.
- Make sure there are no mistakes and the CV flows well – lawyers have to be careful, accurate, pay attention to detail and communicate effectively. Does your CV illustrate your ability to do this?

Marketing, sales, advertising

- Jobs in these areas require you to be persuasive. Your CV and cover letter are examples of your ability to market yourself – use the skills you've learned in your degree, as well as your innate abilities, to show how effectively you can present yourself.



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Dipendra Ghimire

IT Programme leader
PhD Candidate
Aspire2 International



Now a day many Nepalese students are interested in coming to New Zealand to study different programs. There are different factors students need to be aware before and after they come to New Zealand. These factors include choosing the right program, choosing the right place to study, and gaining some skill before coming to New Zealand. After coming to New Zealand students should learn to explore the different options they have after completing the course.

it's a good to have someone you know when you are going to another part of the world

While choosing the program, students' needs to be aware of the education system of New Zealand. The education system in New is a three-tier model which includes primary and intermediate schools, followed by secondary schools (high schools) and tertiary education at universities and polytechnics. Tertiary education in New Zealand is provided by universities, institutes of technology and polytechnics, private training establishments and industry training organizations. Most of the student from overseas come to University or Polytechnics or private colleges. Students need to explore the difference among this and choose the best level of education. The universities qualification clearly defines as Bachelor, Masters, and PhD. Whereas most of the qualification from polytechnics have a level of their qualification such as level 5, level 6, Diploma in computing level 7. However, the fee structure at the universities is quite higher with compared to the polytechnics. The following figure provides the overview of the education system in NZ.

LEVEL	QUALIFICATION TYPES
10	Doctoral Degree
9	Master's Degree
8	Postgraduate Diplomas and Certificates, Bachelor Honours Degree
7	Bachelor's Degree, Graduate Diplomas and Certificates
6	Diplomas
5	
4	
3	Certificates
2	
1	

Choosing the right program depends on different reasons. Some of the students are found to be choosing the subjects because of their parents. And some students may have heard from friends who are already in New Zealand. There are some students who choose the program because of their interest and skill they already have back home. From my experience, it is wise to collect data from friends who are already here to get some idea. However, it will be important to choose the program that you already have some background knowledge. Almost all the Students who come to New Zealand go through the Consultancy. This process is helpful to get some advice and get all the documents right. The Consultancy also suggest different college and programs. When the Consultancy

makes suggestions on courses, a student should not blindly accept the suggestion. They need to explore the information in details. For this, they can use different sources. Every Education providers in New Zealand have got their own websites. Students should go to the website and find out about the college and the program they offer.

When choosing the college and courses students should also be looking at the location. Again, most of the student choose the location because they have got friends or relatives. In my view, it's a good to have someone you know when you are going to another part of the world. However, most of the students come here to study, get the job in their own field and settle here in New Zealand. For this student also need to explore about the place they going to and the opportunities they may have in their related areas.

Before coming to New Zealand students also need to prepare for some skill such as driving and cooking. A student can learn some other skill so that when after they come to New Zealand they will be able to get some part-time jobs while they are studying.

During the study period, most of the students work in different areas. However, some of the students do work and start looking for the opportunities they can get after the completion of their study at the same time. These students are prepared for different situations. In my opinion, Student needs to do some work while they are a student to manage daily expenses however, we also need to think about the future opportunities available after the completion of the study.

For this, we need to make more connection to the related industry. This can be done through friends, taking parts in different events organized by such industries. For example, if students are studying IT they can get involved in programs organized by the IT professional such as ITP, Canterbury software Cluster. Most of this event are free for the students. Connecting with more people from your subject area will help in getting future opportunities.

According to the immigration New Zealand website, people who have completed New Zealand qualification can apply for a visa to work in New Zealand. If the visa is granted then they are eligible to work for any employer in NZ. The following table obtained from Immigration New Zealand website summarizes the acceptable qualification for Post study visa (Job Search Visa)

- a bachelor's degree (level 7) or higher qualification that involved a single course in New Zealand of 30 weeks or more
- a level 4 – 6 qualification that involved a single course in New Zealand of 60 weeks or more
- two or more level 4 – 6 qualifications that each involved 30 weeks or more of study in New Zealand, where the level of the last qualification is higher than the first
- a National Certificate (Level 4) or New Zealand Certificate (Level 4) relevant to an occupation on Part B or C of our 'List of Skilled Occupations' that involved a single course in New Zealand of 60 weeks or more.

If the student gets work in their related field or job that is listed in skill list then a person can file express of Interest for residency (given that the total points is 160 or more).

Rajkumar BK a current student shared his experience, *I am an international student from Nepal. I am studying Diploma in computing level 5 and 6. I have been in New Zealand since 2016. It has been almost one year. I got awesome experience being international student. I got lot of opportunities to learn new and practical education in here. Basically, I was very much shy person to talk with other people but now a day I can give long presentation in front of Audience. I also increase my computer knowledge and experience. I got different working experience and life style. I enjoy the natural beauty and life in New Zealand. I think I made a right choice by coming to New Zealand. New Zealand is a beautiful country with lots of opportunities.*

And Another student Amit Sapkota said:

“When I first came to New Zealand it was all very confusing. I didn't know anyone here before. I slowly started understanding how to get things. The first thing you want as an international student is a Job. You will meet different kinds of people many will encourage you but there are equally discouraging people. I was terrified at first as I found out, it was difficult to get a job, but after that even though life isn't very smooth I am quite happy to be where I am. I work, go to college that's the schedule I follow every week. Beside that New Zealand has wonderful place to visit so whenever I feel bored and have free time, I just get out of my house and you shouldn't go very far to be at the beautiful and peaceful place, New Zealand is naturally gifted.

But yes, as an international student you might struggle at first. The good thing is since we are already prepared in our mind that I am able to counter any challenges in my way, a debate we won in our mind way back before coming here is the key. You have to be mentally strong and that thing has helped me today, whatever may be the situations, the right mindset will help counter it. At least it has worked for me and now that has given me ample amount of time to focus on my career further and hope to make it big with hard work and right opportunity”.



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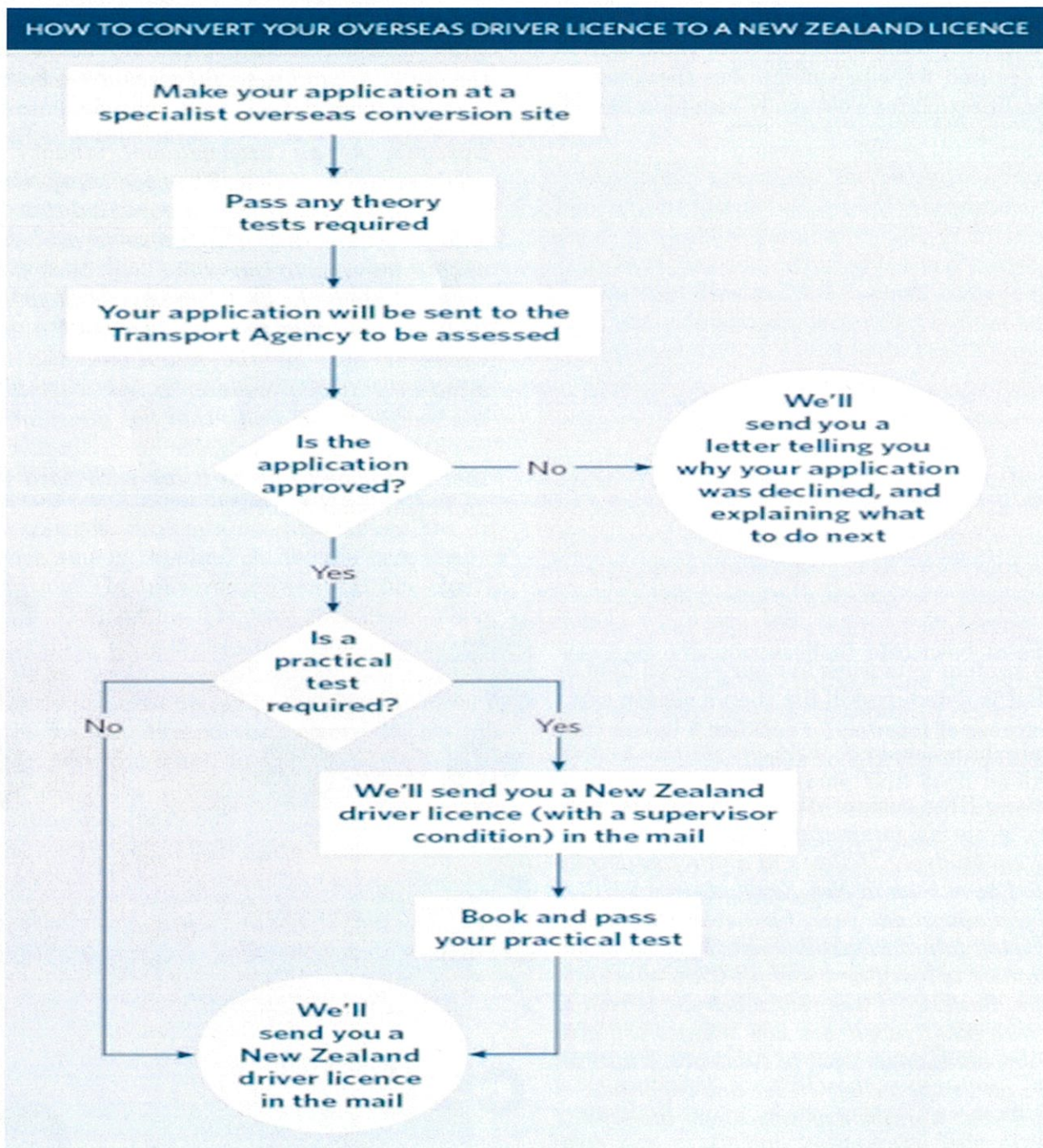
How to convert your Nepalese Driving Licence

Compiled by Saurab Gautam

Namaste, We all have been through, if not someone we know have been through the process of getting New Zealand Full driver licence.

Hereby, we have compiled some important steps and brief information on how to obtain New Zealand Driving licence by converting overseas driving licence.

From 1 August 2016, the Transport Agency is strengthening the requirements when converting an overseas driver licence to a New Zealand driver licence.



Note: "NO" at the end of flow chart (left) does not applies to Nepalese licence conversion.

To convert your overseas driver licence to a New Zealand driver licence, you must apply at a specialist overseas conversion site

AA Riccarton Road
126 Riccarton Road Riccarton Christchurch Freephone: 0800 500 444
AA Shirley
Units 3 114 Marshland Road Shirley Christchurch Freephone: 0800 500 444
AA Sydenham
Cnr Brougham and Buchan Streets Sydenham Christchurch Freephone: 0800 500 444
VTNZ Jipcho Road
Jipcho Road Sockburn Christchurch Phone: 03 343 3454

Next Step:

You will need to:

- fill out an application form available in the site;
- present evidence of your identity a. Your passport b. Your overseas Driving Licence (and a translation if it is not in English)
- prove your eyesight meets the required standard; which will be done by the agent on site
- provide a medical certificate (if required)
- let the agent take your photo and signature

You will have to pass a theory and practical tests. You will also have to pay the following test fees.

	Application fee	Theory test fee	Practical test fee	Total
Any full licence class	\$52.10	\$45.70	\$59.90	\$157.70

¹ If you are applying to convert more than one class of licence at the same time, you pay only one application fee.

² If you miss your test time or your test is failed or terminated, you must pay another test fee when you rebook. You will not have to pay another application fee.

These are the minimum ages you must be before getting each type of driver licence detailed on the table below:

Class	Minimum age (years)
Car	
Learner licence	16
Restricted licence	16 ½
Full licence (without an approved course certificate)	18
Full licence (with an approved course certificate)	17 ½
Motorcycle	
Learner licence	16
Restricted licence	16 ½
Full licence (without an approved CBTA course certificate)	18
Full licence (with an approved CBTA course certificate)	17 ½

Acceptable translation documents

If your driver licence isn't in English you must provide an accurate English translation when you are driving and when you want to convert your overseas licence to a New Zealand licence. The translation must be provided by:

- an NZ Transport Agency authorised translation service, or


Approved translators /Canterbury	
<p>AS Translation Services Annie Li-an Shih 32A Peer Street, Upper Riccarton, Christchurch Phone: 03 348 8813 Mobile: 021 0576787 Email: asfanyi66@gmail.com</p>	<p>East West Promotions Ltd 17A Balgay Street, Upper Riccarton , Christchurch 8041 Phone: 03 348 2006 Mobile: 021 2352265 Email: ewp@extra.co.nz</p>
<p>In Other Words Translation Services Andrea Cuadra Christchurch Mobile: 021 025 76277 Email: inotherwordstranslations@hotmail.com sembrandopalabras@hotmail.com</p>	<p>Kiwi Translation Josiah Beach PO Box 12075, Christchurch 8242 Mobile: 027 286 1669 Email: info@kiwitranslation.com Website: kiwitranslation.com</p>
<p>Languedoc Olga Korlevic, Christchurch Mobile: 021 2582208 Email: contacts@languedoc.co.nz Website: www.languedoc.co.nz</p>	<p>Little Kiwi Linguist Sydenham, Christchurch Mobile: 021 034 4112 Email: littlekiwilinguist@outlook.com Website: littlekiwilinguist.com</p>
<p>MLT Translation Centre PO Box 2765, Christchurch, Unit 9 Carlton Mews, 21 Bealey Avenue, Christchurch Phone: 03 377 1227 Email: translate@mlt.co.nz</p>	<p>Monumental Translations International Adriana Mendonca, Christchurch Mobile: 021 02465445 Email: contact@monumental.co.nz Website: www.monumental.co.nz Portuguese, French and Spanish translations only</p>
<p>Polaris Translation & Interpreting Marcella Selwyn Christchurch Phone: 09 815 0401 Mobile: 027 413 1721 Email: polaristranslations@orcon.net.nz</p>	<p>Spanish Communications Ltd 9 Blencathra Place, Westmorland, Christchurch Phone: 03 339 0057 Mobile: 022 4275 475 Email: info@spanish.kiwi Website: www.spanish.kiwi</p>
<p>The Translation Service Department of Internal Affairs, Level 1 BNZ Centre, 120 Hereford Street, Christchurch 8011 Mobile: 0800 872 675 Email: translate@dia.govt.nz Website: www.translate.govt.nz</p>	<p>Transnational NZ Ltd 35B Riccarton Road, Riccarton, Christchurch00 Phone: 03 337 4410 Freephone: 0800 000 339 Mobile: 021 056 3918 Fax: 03 281 7401 Email: enquiries@transnational-ltd.co.nz Website: www.transnational-ltd.co.nz transnational@extra.co.nz</p>

Source: www.nzta.govt.nz

BURGER STATION
PREMIUM QUALITY 100% LOCAL BURGER

3/249 stanmore road richmond
Christchurch

GHALE BAKERY
Suku Ghale
0212927919 / 0211306048
ghale.bakery@gmail.com
8 Wrothy St Ilam Christchurch



Health Risks of Nepali Immigrants in New Zealand



Bhubaneswor Dhakal

The lifestyle and other daily practices of Nepalese immigrants in New Zealand are different to that of their home country, Nepal. Nepalese immigrants have adapted to the New Zealand sociocultural systems helping them to blend in and contribute. The changes have helped Nepalese to gain social inclusion and acceptability, build close relationships and strengthen their cohesiveness as part of the wider New Zealand society. Nepalese migrants are also expected to be healthier in New Zealand. However, the changes in the lifestyle and daily practices have led to a shift in their risk and incidence of other illnesses. The Nepalese people were more likely to be exposed to communicable and acute illnesses and less likely to the chronic non-communicable ones in Nepal, but the environment in New Zealand has made their health risks to be the other-way round. The Nepalese migrants require understanding of the environments and health risks which can be helpful to treat or manage the problems in time.

People are increasingly engaged in computers, phones, reading and televisions which have reduced their time available for physical activity

Lifestyle

The lifestyle of most Nepalese migrants has changed considerably after migration. Most migrants living in the mountain regions or rural areas with poor transportation facilities could not manage their daily lives without substantial physical activities. For such migrants, the activities have been substantially decreased in New Zealand due to increased accessibility and dependency on motor vehicles. Researches proved that people with low physical activities suffer from slowly developing chronic diseases (mental and heart related illnesses). It implies that the Nepalese migrants require involving actively in physical exercises and health fitness.

Nepalese immigrants have been facing different sociocultural environment in New Zealand. Physical exercise need was almost met by daily works and other household activities in Nepal. In New Zealand, most people remain physically active only at work time. Some jobs provide little physical activity. Nepalese parents have double roles, caretaker and job-holders, which have led to time constraints leading to reduced physical exercise. Researches show that women are more likely to be suffered from heart and diabetes disease than men. However, the involvement of the Nepalese women, even without children is very low in physical fitness activities. People are increasingly engaged in computers, phones, reading and televisions which have reduced their time available for physical activity. Nepalese children involves far less in sport and physical activity than European families. They are culturally less oriented to physical activities and sports. A by-product of this is that children are more likely to spend time on their phone even when visiting their Nepalese family friends. We must encourage our children to develop their motivation in physical activities and sports.

Many Nepalese migrants in New Zealand work afternoon and night shifts. The change in working time has affected their eating and sleeping habits. The change in the life routines affects the natural body clock which increases stresses on the normal functionality of our body system. It increases body weight. Studies shows that the night shift workers have a relative higher risk of colitis, gastroduodenitis and peptic ulcer, chronic fatigue, anxiety, depression, hypertension, and ischemic heart diseases.

Our Nepalese families frequently involve in social gatherings to overcome the feeling of isolation from families, friends and relatives in Nepal. Social gatherings with rich, abundant and delicious food is a norm. A positive effect of this is that our society is cohesive and united, we help one another and feel connected. A negative effect is that we are eating more, drinking more and staying

Dietary pattern

Nepalese migrants in New Zealand have increased affordability and access to diverse sources of foods or nutrients. It is not just the frequency of meals that have increased but also the amount and overall nutrition intake. The consumption of dairy products, meat and fruits has noticeably increased. Theoretically, Nepali migrants have shifted from undernourished condition to well-nourished conditions. Migrants usually lived with their extended family where diverse food items were prepared to meet needs and tastes of different members. However, most migrants in New Zealand are individuals or couples who are more likely to eat easy to cook food items and less likely to make diverse, balanced items. Nepalese migrants come from a background of eating organic products with low fat and sugar foods. In New Zealand, they have started eating fatty, sugary and high nitrogen load foods. The dietary change has increased body weight and bad cholesterol level which has increased their risk of suffering diabetes and cardiovascular diseases. Lifestyle changes to mediate these risks needs to be centred not just on dietary changes, but also on other lifestyle factors such as exercise.

Diet quality

Nepalese migrants in New Zealand have increased consumption of processed and preserved foods. These foods are chemically processed with a lot of refined ingredients and artificial substances. The food companies use great quantities of artificial sugars to improve the taste of their products. The foods contain less essential nutrients such as vitamins and minerals which are essential for maintaining our body systems. Food companies also add ingredients which stimulate people's brain to eat the food more. These ingredients result in addiction and overconsumption. The junk foods are prepared with various kinds of chemicals to avoid rotting and maintain colour, texture, and flavour. Researches show that regular consumption of the chemicals harms the gastrointestinal tracts and digestive processes. More importantly, the consumption of the food reduces consumption of grain, nutritious fresh products and other fibre rich foods. The fibres



play crucial roles in the gastrointestinal tract to maintain the digestive process, reduce constipation and strengthen our internal immune defence system. The fibre content also slows down the digestion process, eases a desire of frequently eating and reduces calories or fat



intake. The diet quality issue implies that immigrants require thinking on the po-

tential risk of fast-foods before eating.

Other factors

Other factors have also increased the migrants' risk of new health problems. The new socioeconomic environments and isolation from culture and family have increased psychological and emotional stresses on the immigrants. Financial and job problems have also aggravated the mental stresses of many people. The people often eat, smoke or drink excessively to cope with these stresses. The factors have worsened their health problems.

Despite the accessibility to medical services and facility, migrant populations seek health and medical services less than the mainstream New Zealanders. The case is also common in our Nepalese society. Affordability to healthcare is a major factor in the delayed access to care. Many Nepali migrants work on minimum wage, and a visit to a general practitioner can become a costly affair. Inadequate information about health policies and opportunities has also made problem to many people to utilise some health services and facilities in New Zealand.

In conclusion, Nepali people have been migrated to New Zealand for better lives. However, they have been exposed to the risk of many non-communicable chronic diseases from many sources. The communicable diseases could be easily cured or treated but the chronic disease make lifelong suffering if not effectively treated or managed in time. The Nepalese immigrant requires doing serious changes in lifestyles, diet qualities and dietary patterns to manage health and reduce the risk of being lifelong ill.

Flashback 2073 (B.S.)

New year-2073

Nepali New Year-2073 was celebrated on 16th April 2016 at North New Brighton community Centre, New Brighton. It was a fun filled event with plenty of cultural performances and Traditional Nepalese food. Annual General Meeting was held on the day along with the election of new Executive Committee members and Namaste magazine was also published.



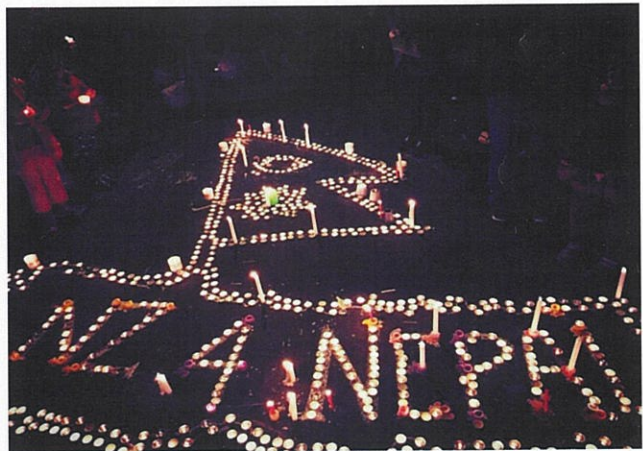
Group photo of New Ex. Com members with senior members of the Society



Members enjoying various Cultural Performances

Candle Light Vigil

On the 25th April 2015, Nepal was hit by a devastating earthquake measuring Magnitude 7.8 earthquake. The earthquake and the associated aftershocks resulted in massive destruction. Approximately 9,000 people were killed and over 23,000 people were injured. Many of us lost our near or dears. To remember and commemorate the difficult time that Nepal suffered during and after the Nepal Earthquake 2015, NNZFSC organised a Candlelight Vigil on 25th April 2016 at Latimer Square, Christchurch. This is to show support and solidarity to all the victims and provides our community members an opportunity to come together and helps strengthen the feeling of unity and solidarity creating a stronger Nepali Community.



Winter Sports Pot luck

Winter Sports Pot luck was organised on 16th July 2016 at Aranui Wainoni Community Center. This event provided all the members an opportunity to participate on different sporting activities like Carry Your Partner, Tug of War (married vs unmarried –male & female), Egg Throwing Competition, 3 Legged race, Kabaddi, Married vs Unmarried Football etc. This was a fun filled day and more than 200 members participated in the event. NNZFSC organised a shuttle service to transport the football players and members from the venue to the field and back. Married Football Team created a history by winning the game for the first time in 14 years.



Carry Your Partner



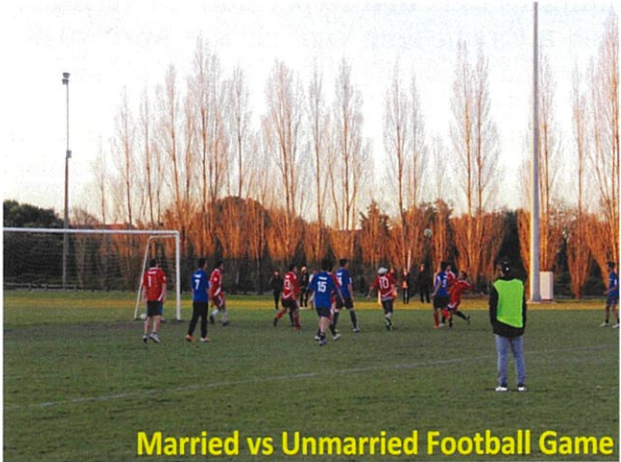
3 Legged Race



Tug of War



Egg Catching Competition



Married vs Unmarried Football Game



Women's Kabaddi

NNZFSC Teejko Lahara Aayo Barilai 2073

“NNZFSC Teejko Lahara Aayo Barilai 2073” was celebrated on 3rd September, 2016 at Harvard Community Lounge. Teej is a special Nepalese cultural identity and is very special festival for all the Nepalese women. This event provided an opportunity for all the Nepalese women from Canterbury region to come together and celebrate the festival and express themselves by singing and dancing. Special highlight of this event was the dance competition which all the members thoroughly enjoyed.





Certificates handed to Participating Teams



Certificates handed to Participating Teams



Certificates handed to Participating Teams

Kalo Pothi Movie



NNZFSC Ex. Com members present on the day

“Kalo Pothi” Nepali movie was screened in Christchurch on 17th September 2016 at Lincoln University. This was the first ever screening of Nepali movie in South Island and approximately 230 people enjoyed the multi award winning movie. This was a unique venture and an opportunity for different experience for all the members of the society.



Members ready to enjoy the Movie

Dashain Mela & Tihar-2073



Dashain & Tihar -2073 were celebrated on 15th and 29th October 2016 at Aranui Wainoni Community Center and Fendalton Community Center respectively. Dashain program was themed as mela and the event was named “Dashain Me-la”. Members enjoyed Langur Burja, Changa Chet, Chocolate Wheel, Taas, Tail the Donkey and various

other fun filled activities along with delicious Nepalese cuisine. Special AGM was also held on the day. Tihar was celebrated with Deusi Bhailo, singing and dancing along with delicious homemade Nepalese food items.



Santa Parade-2016

NNZFSC participated on Annual Santa Parade last year for the very first time on 4th December. This was an opportunity for us to showcase the Nepalese culture, traditional dresses and preserve Nepalese identity in New Zealand. Special attractions of this event were the Lakhe Dance and Swoyambhunath Stupa mounted on the trailer with traditional prayer flags along with members with traditional Nepalese dresses.



NNZFSC Panthi Cup Cricket-2016

NNZFSC organised Panthi Cup Cricket Tournament-2016 on 15th January 2017 at Hansen park, Opawa. Panthi Cup was started on 2009 and the trophy was donated by Sudan Panthi in the memory of his late father. Nepali Rhinos, Gorkhali Warriors and Sagarmatha Legends participated in the last year's tournament and Gorkhali Warriors won the tournament. Certificates were handed to winning and participating teams, man of the matches and match officials after the games. Man of the matches received a free entry to the Youth Night event.



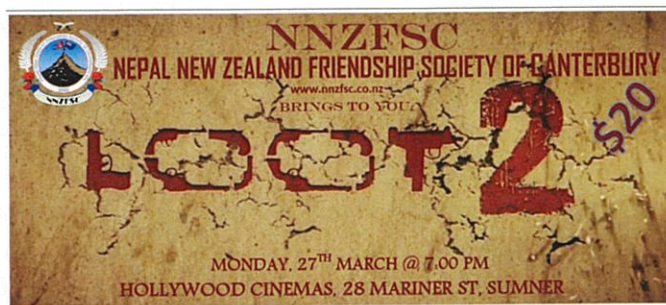
Nepali YUWA Saanjh

Nepali Yuwa Saanjh was organised by NNZFSC on 25th February 2016 at Club 604, Woolston. Youth night was the first event in Christchurch of its kind with live performances, floor dancing and a lot of interaction and fun. This event provided an opportunity for all the Nepalese living in Christchurch to come together and opened the door for new migrants to be a part of the wider Nepalese Community allowing them to meet the Nepalese living in New Zealand and develop a feeling of connectedness and belongingness. This feeling of connectedness and belongingness makes the Nepalese community stronger and sustainable.



Loot-2 Movie

“Loot-2” Nepali movie was screened in Christchurch on 26th & 27th March 2017 at Hollywood Cinema, Sumner. Approximately 180 people enjoyed the Nepali Blockbuster movie between the two screenings. This was a second event of its kind and the opportunity of watching a Nepali movie in cinema theatre in Christchurch was priceless.

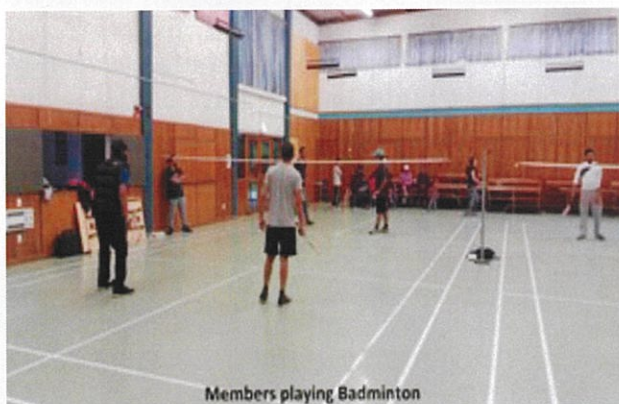


Integrated Activities



Nepali Language Class students enjoying Meena Cartoon

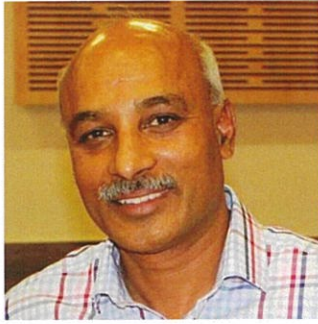
Nepali Language Class, Namaste Nepal Radio program, Women’s Fitness programs and Sporting activities are among NNZFSO’s ongoing events. Before all these activities were running on different times and venues which at times resulted on lesser participation. NNZFSO has successfully integrated Nepali Language Class, Women’s Dance and Fitness & Badminton together and are running smoother than ever before (every Sundays 5:00 PM -7:00 PM) and are running sustainably as one activity supports another and vice versa. **“Integrated Activities”** is based on the model of sustainability along with successful events. Integrated activities have now developed as one stop shop for all the families and provide a common platform for all our participating members to meet, greet and engage with each other at least once a week.



Members playing Badminton



Sneha Bothara / Jitendra Bothara (translation of a Nepali oral story)



This is a very old story. Many millennium ago the Creator was busy creating the world. He decided to allow 40 years of age each to the human, ox (bull), donkey and owl.

As with the wise nature of the Creator, he decided to run a quarterly review, and thus summoned the animals to appear for interview and discussion.

First, he beckoned the human and, asked about his worldly views and his thoughts on his life expectancy. As in line with human nature, the human expressed that 40 years is far too short for him to achieve all his aspirations. The human exclaimed, "10 years have already passed merely growing up, I only have 30 years left. I have so much to do, and so much to see."

Next, the Ox was called for the review. The Creator repeated the same question, "Tell me Ox, what are your thoughts on how long you shall live?" The ox thought back to his life so far and reflected that the human made him do far too much and also didn't treat him very well and thus the 40 years would be too long. He pleaded to the Creator, "Please, I beg you to give me a shorter age. I do not wish to endure this for 40 years." The kind Creator thus granted the Ox a mere 20 years of life. The Creator now had a surplus of 20 years of age and so he requested one of the creatures to take it. The human leapt at the opportunity excitedly exclaimed that he would be honoured to take it. Thus, the Creator granted him 20 more years. Now the human had 60 years of age.

Then came the donkey's turn. The same questions were repeated once again to which the donkey replied, "I have much work to do from dawn to dusk and to add to that no one has any empathy or appreciation for my hard work for I am a mere donkey. I am joked about and made a fool of. I don't even get very good

food. Please, I do not wish to live at all." The Creator calming persuaded him that it would be alright and convinced him to accept 20 years of age. The Creator again had a surplus of 20 years. He asked who would like to take that. The human again bounded and accepted the 20 years. Now, the human had 80 years of age. The human was ecstatic.

Then came the owl's turn. The Creator looked at the questionnaire and repeated the same questions to the owl. The owl thought that he did not have a very meaningful life. He could not see nor hear. They had no fun and human mocked his name. So, he begged to the Creator not to give him any age at all. However, to maintain the diversity in the world, the Creator decided to continue the owl's life. The God somehow managed to convince the owl to take 20 years. The Creator was again in trouble. What was he supposed to do with the extra 20 years he had left? He again asked who would like to take that 20 years. The human came as a rescuer and accepted the surplus 20 years for him. The human was extremely happy. He now had five times more age than the other animals.

In retrospect, after achieving 100 years or so of life - five times more than that of his compatriots - what has the human ultimately achieved? The first forty years of human life are extremely productive; full of innovations and achievements; filled with excitement and joy. In the next 20 years of life, the human lives as an ox. They work very hard, but their productivity is reduced. They must carry too many burdens and the worries of life begin replacing the joy of life. The next 20 years human lives as a donkey. No meaningful activity, no innovation, very little excitement or joy. He cannot do much either. His health is deteriorating, but he still tries to occupy space. Others think he is useless. Then comes Owl period. By 80, his body parts start giving up. He cannot remember or think. He encounters many illnesses and diseases. He cannot hear, see or speak properly.

The moral of the story is beautifully portrayed in the movie Anand, in the quote:

"Babu Mushoy! Zindagi badi honi chahiye! Lambi nahin!"

"Life should be big! Not long!" – Anand Saigal

Message from New Zealand Nepal Society Inc.

First of all, New Zealand Nepal Society Inc. (NZNS) would like to wish all Nepalese living in New Zealand, Nepal and abroad a very happy New Year 2074 B.S. May the New Year bring you and your family greater heights of success, peace and prosperity.

NZNS is pleased to know that Nepal New Zealand Friendship Society of Canterbury Inc. (NNZFSC) is publishing its annual publication of "Namaste magazine". We wish a successful launch of the magazine and believe that it has treasure of information about Nepalese organisations in New Zealand for all the readers like Nepalese as well as for the members of other communities.



NZNS was established in Auckland in August 1995 with the objectives:

1. To promote mutual support and cooperation between individuals of Nepalese descent on matters of common concern in NZ,
2. To promote harmony and understanding among all members and other ethnic groups, promote educational, sporting and social activities,
3. To provide community services and liaise with government and non-governmental bodies,
4. To promote and preserve Nepalese social and cultural heritage.

In order to meet these objectives NZNS has been organising various significant events of Nepalese as well as NZ calendar since its inception. Irrespective of country of origin any one can come and participate actively in the programmes run by NZNS to promote its objectives.

NZNS welcomes any person of Nepalese descent residing in NZ over the age of 18 years shall be entitled for ordinary membership. Similarly, any person who has made significant contribution for the cultural, social and economic development of the Nepalese community will be eligible for Honorary membership. In addition, any person residing in NZ over the age of 18 years and who has interest in Nepal and Nepalese culture will be eligible for Associate membership.

Patron: Lady June Hillary

The current executive committee:

Name	Position	Contact
Dinesh Khadka	Acting president	027 290 8036
Binod Bhaukajee	Secretary	021 159 4259
Archana Bhuju (Shrestha)	Joint Secretary	021 704 409
Indra Pokhrel	Treasurer	027 247 2850
Pritika Gauli (Shrestha)	Member	022 106 5142
Sujan Gurung	Member	021 023 22986
Darshan Pradhan	Member	
Yugesh Sedhain	Member	027 705 0827

Physical Address:

Ferndale House,
830 New North Road, Mt Albert, Auckland.

Mailing Address:

C/o HFNZ
PO Box 41062, St Lukes, Mt Albert, Auckland

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Nepal Rhino Cricket Club (Auckland)



which is helping us accumulate victory after victory.

We are Nepal Rhino Cricket Club Auckland and this is our story.

Nepal Rhino Cricket Club is a hospitable and friendly Nepali cricket club, which has been around for last few years in Auckland. We started to play cricket by gathering few people and playing backyard cricket. Soon after that, we found more people interested in the game. So we mustered up the courage and dreamt visualize big. That was the inception of Nepal Rhino Cricket Club. The team is made up of cricket lovers and players originally from Nepal living in Auckland of all abilities aptitudes. Our zeal for the game and support from friends, family and social community has been leading us to victories and our club is climbing the progress ladder in a rapid pace. The club thrives on a great friendly atmosphere with lots of humor and banter.

The main purpose of our club is to facilitate every Nepalese youth in Auckland with an opportunity to live their passion. Even if we can make a single person involve in what they love, we would honestly think that we have accomplished our purpose.

Right now we have registered our club as a society and have been playing wonderful cricket in Auckland Business Cricket League. The games are usually held at Auckland domain. The club has reached the semi-final of the current league which further displays the commitment and hard work we pour into the club. We are confident in our abilities and aware of our weaknesses. We are constantly seeking to improve, yet mentally and physically prepared to cross any hurdle to our way to the top. Apart from the league, we often play friendly matches with the teams

Cricket in Nepal started just over two decades ago. Regardless of its late arrival, the achievements and success story of Nepali National Cricket team demonstrates that cricket as a sport in Nepal has come a long way.

Even with a short history, it has become a household sports in Nepal. And the best way to experience the atmosphere of back home here in Auckland is by gathering a bunch of Nepali sports fanatics and playing the sports you enjoy the most, which for us is Cricket. The feeling of home is the main driving force behind our enthusiasm and vigor that we show in our every game

we are in contact with.

As with any new initiative, our beginnings were tough. The challenges whether it be financial, time management for working individuals, injuries or any unforeseen troubles keeps hassling us time and again. But nevertheless, we have a good number of active members in our club and ongoing support directly and indirectly from our Nepalese Community inside and outside Auckland, which has been a constant source of our undying dedication and effort. Above all, we have the best supporters who every week turn up on Saturday to cheer us on. If you are in Auckland and are interested to watch our game, you are kindly welcome.

Hope our story inspired you to do something similar in the field of sport you are interested in, or take a chance to exhibit your cricket skills at Nepal Rhino Cricket Club. Our arms are open to any cricket lovers.





New Zealand Nepalese Association (NZNA) was established in 2006 with the objectives of enhancing mutual co-operation among people of Nepalese origin and friends of Nepal. It also intends to preserve and promote Nepalese identity and culture in New Zealand through multi-cultural activities and that to maintain harmonious relations with other ethnic communities in New Zealand.

NZNA works hand-in-hand with various Nepali and non-Nepali organisations such as Nepali community organisations in New Zealand, businesses, sport clubs, Auckland Council and religious organisations.

Along with the contributions and donations from its members, NZNA receives financial support from various donor organisations such as the Lion Foundation, The Trust Charity Foundation, Department of Internal Affairs and Auckland Council.

NZNA has carried out a variety of activities from celebrating traditional festivals to interaction programs. A few of its main activities are outlined in brief below:

Hamro Chautari Radio Program in Nepali Language:

NZNA initiated a radio programme in Nepali language, *Hamro Chautari* in Auckland since 19 Jan 2007 which is aired from Planet FM 104.6 every Friday 6.50 to 7.20pm. The programme is aimed to entertain, inform and help preserve Nepali language and culture in New Zealand. The programme is continually airing for the last 11 years.

Ramailo Sanjh Cultural Program:

Ramailo Saanjh is the iconic Nepali cultural event being organised every two year on the occasion of Nepali New Year. It has been a platform for Nepali performers from within Auckland and wider New Zealand.

In 2015 the event was named "*Sahayog Sanjh*" and a donation of over \$10,000 raised was handed over to the Red Cross New Zealand for supporting earthquake victims.

This year's *Ramailo Sanjh* is being held on 22 April 2017 at Dorothy Winston Centre Auckland to support "Dhurmus Suntali Foundation", a non profit organisation working for earthquake victims and in the areas of sanitation and education for poor people. Similar to the previous programs, this year's event is being sponsored by local businesses including Westpac New Zealand. The program is being supported by local community organisations, including the Nepal New Zealand Friendship Society of Canterbury.

Celebration of Nepali Festivals and Culture:

From its beginning NZNA has been organising various programs to celebrate Nepali festivals such as Dashain, Tihar, Teej and Nepali New Year. NZNA members, their families and friends gather to celebrate the festivals and enjoy good times along with entertainment and Nepali food on such occasions. Such celebrations often involve cultural performances from our members. Events such as momo party and Newari bhoj had been very popular among the members. On every New Year's day in January, NZNA organises an a BBQ picnic at the beach to exchange the new year greetings..

Other Events and Activities :

Apart from the above, NZNA also regularly organises or collaborates with other organisations to carry out various events and activities. A few examples are:

- interaction programs
- launching of book and music CD etc. The book entitled "Tribute to Sir Edmund Hillary" was launched on 21 Dec 2009 by former Prime Minister of New Zealand Hon. Helen Clark in the presence of Lady June Hillary
- youth programmes to enhance knowledge on Nepali language, history, culture and food
- yoga session was also organised for six months
- support to local sports clubs
- encouragement and support to organise regular badminton games over the weekend

The Nepalese Society of Wellington Inc.

Tribhuvan Shrestha (President) / Email: tnsw2007@gmail.com , nepalnz@gmail.com



The Nepalese Society of Wellington Inc. (Society) was formally established in October 2007 as an incorporated society. The Nepalese community in Wellington has been active since early 2000 specially to celebrate Nepali New Year, Dashain and other major Nepali festivals. Increasing number of the Nepalese population in Wellington area and the need for maintaining the relationship with the relevant government and non-government organisations have motivated us to establish a formal organisation.

The Society is a non-profit and non-political organisation with the geographical area covering the Greater Wellington Region with the following objectives:

- To promote mutual support and cooperation among members of the Society on matter of common concern.
- To promote and encourage educational, religious, cultural, social and sports activities within the Society.
- To provide community services to all members and liaise with governmental and non-governmental bodies.
- To organise Nepali language and cultural classes to children of Nepalese descent.
- To facilitate the settlement of Nepalese migrants and their families by providing a supporting social networking within the Nepalese community.

The first relatively big gathering of the Nepalese people in Wellington was in March 2003 on the occasion of the 50th Anniversary of ascent to Mount Everest by Tenzing Norgy and Sir Edmund Hillary. The Department of Internal Affairs invited the Nepalese community to participate in the Everest Parade and a short cultural performance at the Parliament ground in the presence of Sir Edmund Hillary and Lady June Hillary. The Nepalese community from Hastings and Napier also joined us to the events. A few members of the Society also attended a function held in the Government House, the following week.

The Society presented a Nepali ribbon to Parliament's mooring stone on 21 June 2011. Parliament's mooring stone is one component of the permanent artwork, where communities in New Zealand tie (add) their ribbons to signify the communities' individual contribution to New Zealand society. We are the 72nd group to add ribbon on the mooring stone.

The Society runs Nepali language and culture classes for Nepali children and other people interested in Nepali culture every fortnight. The classes are run in Lower Hutt and is

supported by Hutt City Council.

Nepali New Year, Dashain, Teej and English New Year Picnic are the regular events the Society has been organising since its establishment. The society have conducted fund raising activities to support education institutions in Nepal including the Samata School and to support people affected by the 2015 April devastating earthquakes.

The society have been participating in multicultural activities organised by multicultural councils as well as ethnic sports activities such as ethnic football and touch rugby. Members of our Society attend the annual Diwali celebration held in Parliament.

We work collaboratively with other similar organisations to advance our objective. For example, we helped the Hindu Council of New Zealand and Hutt Multicultural Council to organise Holi celebration in Lower Hutt. We also attend religious events in Hindu and Buddhist temples.

Being located in the capital city of New Zealand we often get opportunities to receive official delegation from Nepal and the Nepalese Embassy in Canberra.

वाईटॉगी सन्धि

संयुक्त अधिराज्य बेलायत र आयरल्याण्डकी महारानी भिक्टोरियाबाट न्युजिल्याण्डका आदिवासी प्रमुखहरू तथा आदिवासीहरूलाई राजकीय सहयोग प्रदान गरिबक्सने शाही सुभेक्षाको ध्ययले तथा तिनीहरूको न्यायिक अधिकार र श्रीसम्पति संरक्षणप्रति चिन्तित होइबक्सनी, तिनीहरूलाई शान्ति सुव्यवस्थाको सुखद उपभोग गराउन अत्यावश्यक महसुस गरिबक्सनी तथा ठूलो संख्यामा मौसुफका प्रजाहरू जो न्युजिल्याण्डमा पहिलेदेखि बसोबास गरिरहेका र द्रुत गतिमा युरोप र अष्ट्रेलियाबाट त्यहाँ बसाई सर्ने क्रम जारी नै रहेको अवस्थामा ती टापूहरूका सम्पूर्ण वा केही भाग उपर मौसुफको सार्वभौम अधिकारको मान्यताका लागि उपयुक्त बिधि र कर्मचारीको नियुक्ति गरि आदिवासीहरू प्रति उचित व्यवहार र अत्यावश्यक कानूनी व्यवस्था र संस्थाहरूको अभावका कारण मौसुफ सरकारका प्रजाहरू र आदिवासी जनताबीच हुन सक्ने अप्रिय घटना हुन नदिन स्थायी नागरिक सरकारको स्थापना गर्ने इच्छाले म, विलियम हब्सन, मौसुफको शाही नौ सेनाको कप्तानलाई न्युजिल्याण्डको ती भूभाग र त्यसपछि मौसुफमा सुम्पिने भूभागका लागि दूत तथा उपराज्यपालको कृपापुर्बक अख्तियार तथा अधिकार दिबक्सनी अधिकार प्रदान गरिबक्सि एकोले न्युजिल्याण्डका संघीय प्रणालीमा आवद्ध प्रमुखहरू र स्वतन्त्र प्रमुखहरूलाई तपसिलमा उल्लेखित दफाहरू एवं शर्त स्वीकार गरिदिन आमन्त्रण गर्दछु ।

English Version

पहिलो दफा

न्युजिल्याण्डका एकीकृत संघीय प्रणालीमा आवद्ध आदिवासी प्रमुखहरू तथा पृथक र स्वतन्त्र प्रमुखहरू, जो सघंका सदस्य छैनन, सबै सार्वभौम अधिकार र शक्ति, जुन उल्लेखित संघीय प्रणालीमा आवद्ध नभएका प्रमुखहरूमा निहित वा आआँनो क्षेत्रभित्र उपयोग गर्दै आएका थिए वा निहित हुन सक्ने वा उपयोग गर्न सक्ने अवस्था थियो, सबै सार्वभौम अधिकार इङ्गल्याण्डकी महारानीलाई एक मात्र सर्वभौमको रूपमा पूर्णरूपले तथा बिना पूर्वाग्रह स्विकारी सुम्पिएको छ ।

दोस्रो दफा

इङ्गल्याण्डकी महारानी न्युजिल्याण्डका प्रमुखहरू र आदिवासीहरू तथा संबन्धित परिवार तथा एकलहरूलाई पूर्ण र बिना बाधा अडचन भूमि, वन र मत्स्य पालन तथा अन्य पृथक र सामूहिक स्वामित्वमा हुन सक्ने श्रीसम्पति हरु तिनीहरूको चाहना इच्छा अनुसार चाहेको अवधिसम्म उपयोग गर्न सक्ने सुरक्षा र प्रत्याभूति गरिबक्सन्छ । तर एकीकृत आदिवासी प्रमुखहरू र एकल प्रमुखहरू मौसुफलाई भूमिको स्वामित्व भएका एकलहरू र मौसुफको तर्फबाट यस कार्यको लागि नियुक्ति भएका व्यक्तिहरूबीच निर्धारित भएको मूल्यमा भूमि खरीद गर्न पाउने पूर्ण अग्राधिकार प्रदान गर्दछ ।

तेस्रो दफा

उल्लेखित अवस्थालाई मनन गरेर इङ्गल्याण्डकी महारानी न्युजिल्याण्डका आदिवासीहरूलाई शाही संरक्षण प्रदान गरिबक्सन्छ र तिनीहरूलाई बेलायतको प्रजा सरह सबै प्रकारको अधिकार र सुबिधाहरू प्रदान गरिबक्सन्छ ।

(हस्ताक्षर) विलियम हब्सन, उपराज्यपाल

त्यसकारण अब हामी यहाँ वाईटॉगीको भिक्टोरियामा भेला भएका न्युजिल्याण्डको एकीकृत संघीय प्रणालीमा आवद्ध आदिवासी प्रमुखहरू तथा न्युजिल्याण्डको भूमि र आदिवासीहरू उपर क्षेत्राधिकार भएका पृथक तथा स्वतन्त्र प्रमुखहरू जसको बिवरण तल हाम्रो नामपछि उल्लेख गरिएका छन्, यो हुन गइरहेको सन्धिको आधार र प्रावधानहरू पूर्ण रूपमा बुझाईएकोले जानी बुझी स्वीकार गरि सोहि भावना र मर्मले हाम्रो हस्ताक्षर वा छाप निम्न लिखित स्थान र मितिमा प्रदान गरिएको छ ।

वाईटॉगीमा ईस्वी सम्बत ६ फेब्रुअरी, एकहजार आठसय चालीसमा सम्पन्न भयो ।

संघीय प्रणालीमा आवद्ध प्रमुखहरू

वाईटॉंगी सन्धि

भिक्टोरिया, इङ्गल्याण्डकी महारानी, न्युजिल्याण्डका प्रमुखहरू तथा आदिवासीहरूलाई सुरक्षा गर्नुपर्नेमहसुस गरि बक्सी र तिनीहरूको राज्यप्रणाली तथा भूमिको संरक्षण गर्ने चाहना र शान्ति एव सुव्यवस्थास्थापनाका लागि एक प्रशासकको नियुक्ति गर्ने जसले न्युजिल्याण्डका जनतासंग वार्तालाप गरि यहाँका सबै भूभाग र आसपासका टापूहरूमा महारानीको शासन स्थापना गर्न भइरहेको कार्यमा तिनीहरूका प्रमुखहरूलाई राजी गराउने र त्यस्तै ठूलो संख्यामा मौसूफका प्रजाहरू यस भूमि मा पहि लै देखि बसोबास गर्दै आएका र अरु आउने क्रममा भएकोले आवश्यक देखिन्छ । त्यसैले कानून रहित अवस्थाले यहाँ बसोबास गर्दै आएका माओरी र यूरोपियनमा अप्रिय घटना हुन नदिन सरकार स्थापना गर्ने महारानीबाट चाहना राखि बक्सन्छ । त्यसैले महारानीले म, विलियम हब्सन, शाही नौसेनाको कप्तानलाई न्युजिल्याण्डको सबै भूभाग, महारानीलाई चाँडै प्राप्त हुने र त्यसपछि प्राप्त हुने (यी दुवै) को लागि राज्यपाल नियुक्ति गरिबक्सेको र न्युजिल्याण्डको संघीय प्रणालीमा आवद्ध आदिवासी प्रमुखहरू र अन्य प्रमुखहरूलाई तपसिलका आधारमा यी कानून प्रदान गरिबक्सिएको छ ।

पहिलो

न्युजिल्याण्डको संघीय प्रणालीमा आवद्ध प्रमुखहरू र सबै पृथक तथा स्वतन्त्र प्रमुखहरू, जो संघमा सदस्य छैनन्, आफ्नो भूमिमा शासन गर्ने पूर्ण अधिकार इङ्गल्याण्डकी महारानीलाई सदाका लागि प्रदान गर्दछन् ।

Maori Version

दोस्रो

इङ्गल्याण्डकी महारानी न्युजिल्याण्डका प्रमुखहरू, आदिवासीहरू तथा सबै जनतालाई आफ्नो भूमि, गाउँहरू र मूल्यवान श्रीसम्पति उपर अवाञ्छनीय कार्यबाट सुरक्षा दिन तिनीहरूको राज्य संचालन प्रणाली संबन्धित सार्वभौम अधिकार सुरक्षित गर्न राजी होइबक्सन्छ । साथै संघीय प्रणालीमा आवद्ध प्रमुखहरू र सबै प्रमुखहरू महारानीलाई भूमिको स्वामित्व भएका व्यक्ति र खरीद गर्ने व्यक्ति (जो महारानीबाट खरीद प्रतिनिधिको रूपमा नियुक्त) बिच निर्धारित भएको मूल्यमा बिक्रि गर्ने छ ।

तेस्रो

महारानीको सरकारको लागि स्विकृत यो व्यवस्था को लागि, इङ्गल्याण्डकी महारानी न्युजिल्याण्डका सबै सर्बसाधारण जनतालाई संरक्षण प्रदान गरिबक्सनछ र उनीहरूलाई इङ्गल्याण्डका नागरिक सरह समान अधिकार र जिम्मेवारी प्रदान गरिबक्सन्छ ।

(हस्ताक्षर) विलियम हब्सन, दूत तथा उपराज्यपाल

अब त्यसकारण हामी न्युजिल्याण्डका संघीय प्रणालीमा आवद्ध आदिवासी प्रमुखहरू वाईटॉंगीमा बैठक बसी यी शब्दहरू हेरी बुझी स्वीकार गरि आफ्नो नाम हस्ताक्षर एवं छाप प्रादान गर्न सहमत भयौं ।

वाईटॉंगीमा आज ईस्वी सम्बत ६ फेब्रुअरी १८४० मा सम्पन्न भयो ।

संघीय प्रणालीमा आवद्ध प्रमुखहरू

साभार: न्युजिल्याण्ड अनुवादक समाजले स्थापनाको ३० वर्षको अवसरमा वाईटॉंगी सन्धिलाई ३० भाषामा प्रकाशित गरेको पुस्तकबाट ।

नेपाली भाषाका अनुवादक

कमलप्रसाद श्रेष्ठ

लीना गौतम

शैलेश कर्माचार्य

त्रिभुवन श्रेष्ठ

समिक्षक

मनोहर श्रेष्ठ

अध्यक्ष, न्युजिल्याण्ड नेपाली एसोसिएसन



Football trip to Te Puke for the Tenzing Hillary Cup 2017 (formally known as NANI Cup)

- Gyanendra Pradhan

We were preparing for this event for nearly a year with winter league, summer league & the Global Football Festival 2017. We were trained every Wednesday & Sunday by Hem Gelal & Dol Raj, who helped to make us fitter and to increase our ball skills. Then we did fundraising for it through Saurab at his Boss's house, by planting trees and scrubs.

After the Global Football festival, we had only three weeks to get prepared for the Cup. The first thing we had to do was buy a plane ticket,

in which Bipin had to make several personal calls to players to get organised to buy one! Most of us got sick of him pestering us and eventually bought a ticket! The end result was that 18 of us bought tickets to go. However, we still had a problem to get together and train on the same day as most of the players had their own commitments with work or family, but whoever could turn up did the training. Eighteen of us flew to Auckland on Friday March 3rd in three different groups. At 6am in the morning, Bipin, Saurab, Hem, Avi, Hari, Karna, Santosh & Suman flew to Auckland and they got a ride from some Auckland boys to Te Puke. Then Bipin & Santosh borrowed a 7 seater car and drove back to Auckland to pick up the 2nd group; myself (Gyandai), Bhupal, Nabin, Tom, Dol, Jeevan & Abinesh. Five boys went with Bipin and Santosh, and Bhupal & I stayed back to pick up the last group.

We went to pick up another car to borrow from Nitesh's parents house. It was the first time in my life to take an Uber to get to Mangere, then it was my first time to drive around Auckland; Bhupal was my amazing navigator! We did pretty well and only got lost once! When we got to Bhupal's Uncle and Aunt's house we had dahl and rice there then drove back to the airport to pick up Nwam, Anup & Subash at 11pm and began to drive to Te Puke. The road trip was great fun although Nwam & Anup slept most of the trip! Fortunately Subash stayed up to keep me company and sang a song so I wouldn't go to sleep! It was a good bonding time. Finally we reached Te Puke at 3am - ZZZZZZZZZZ!!! We stayed at a backpackers where we only got three hours sleep that night before we got up at 7am to go to the football ground.



Our **Group A** was as follows :

- Khukuri team Auckland
- Gorkhali FC, Hamilton
- Lhotsampa FC, Christchurch &
- Nepali Gorkhali FC, Christchurch

Group B consisted of :

- Te Puke team
- Druke FC, Palmerston North
- Gorkha FC, Auckland

Our first game was very tight on Saturday against Lhotsampa unfortunately we lost 1-0. In the second game against Khukuri, we lost 2-0.

Unfortunately Tom became injured when we were playing Khukuri L so was not able to play the rest of the tournament. Already Bipin, Jeevan & Saurab were (previously) injured which meant that we only had 14 players remaining to play in the Cup. In the third game vs Gorkhali Hamilton, we won 2-3 (with Avi scoring a hat-trick) which felt great! We all went to Te Puke township after the games and ate dinner there, then drove to the beach. It was a fun, relaxing evening where we drank beer, chatted, joked and laughed; inventing funny words (like dude dude ufffff!?!)... It was one of the highlights of the trip. We went back to the backpackers at 11pm and some boys sat outside by the train tracks and drank beer; God knows what they were planning!!!! On Sunday in the first game vs Gorkhali FC, Hamilton won 1-2 (Avi & Gyandai); in the Shield final vs Gorkha FC, Auckland won 2-4 (Avi -1, Nwam-1, Anup-1 and Subash 1). What a great way to finish the tournament! Winning the Shield Championship was totally unexpected- we were all over the moon! At the prize giving we were busy collecting the following trophies; the Shield Championship (\$300), MVP - Hem Gelal (\$100); top scorer Avi GC (\$100) (shared with Manish Karki Te Puke).

Results: The team Cup Champions were Khukuri FC; runner ups were Lhotsampa; third place were Druke FC; fair play went to Gorkhali FC, Hamilton; and the Golden Gloves went to Dhruva Gaire Khukuri FC. It was finally all over! Phew!.... Bipin organised khasi ko masu (meat) & vaat (rice) at Kumar Limbu Jee's house, so we all went his house and cooked masu outside. It was the best masu vaat we've ever had! Afterwards we all made our way back to the backpackers to celebrate again. On the Monday morning some of the boys got an invitation to Bhakta Siwahang Rai's house for breakfast. That day we all returned back to Christchurch.

We are still buzzing with excitement & happiness from our football trip! What a successful tournament we had (which nearly didn't happen On behalf of the Nepali Gorkhali Football

Team, we would like to thank NNZFSC for paying the fee (\$300) and organising the YU-WA SANJHA (youth music event) fundraiser (raising \$600); it would not have been possible without your funding. Also, a big thank you to all players who made it to the tournament and paid for their own ticket. I know for some of you, it was your week's wages and more than your rent. It is called commitment, passion & being a team player, and we all appreciate it. Hopefully we can lift the THC cup next year!

Some boys sat outside by the train tracks and drank beer; God knows what they were planning!!!!

I would like to say a big thank you to all of you for your support and best wishes. It was certainly a team effort all around!

Some fun facts from the tournament:

After he scored a penalty goal, Anup said "Euta goal ta gare ni... J J" ("At least I'm able to score a goal!")

When he got fouled by a Gorkha player, Hem said "fall na halnu na dai voli kaam ma janucha J J" ("Do not play a foul brother - I have to go to work tomorrow!")

Bhupal said while playing "ma ta niskanchhu jhyau lagyo malai ta" ("I am out side-lined because I'm bored!")

After getting the MVP trophy, I said to Hem: "I'm so proud of you Hem!" He replied: "Because of you Gyandai!" This made me cry (don't worry- it was happy tears!)

Every time before a game, we cheered: "JAI MAHAKALI.....AAYO GORKHALI.....!" (Long live Goddess Mahakali... Gorkhalis are coming!!)



नमस्ते नेपालको दशक यात्रा

-बिनोद पराजुली

क्राइस्टचर्चमा नेपाली भाषाको रेडियो प्रसारण भएको पनि आज दशक पुगेको छ । दशकको यो रेडियो यात्रामा हामीले क्राइस्टचर्चमा नेपालीको पहिचान र उपस्थितिको प्रतिनिधित्व गर्न सफल भएका छौं ।

नेपाली समुदायले संसारको जुन ठाउँमा भए पनि आफ्नो भाषा, कला र संस्कृतिलाई उक्तिकै माया

गर्छन् । स्थायी वा अस्थायी भए पनि विदेशी भूमिमा बसेका नेपालीले जातीय, क्षेत्रीय, र राष्ट्रिय महत्वका पर्वहरू मनाउन देखाउने उत्साह यसैका उदाहरण हुन् । अंग्रेजी व्यवहारिक भाषा भए पनि नेपाली भाषा हाम्रो पहिचान हो र नमस्ते नेपाल

त्यसको सजिलो र प्रतिनिधिमुलक माध्यम ।

अहिले न्युजिल्याण्डसहित विश्वका

७९ भन्दा बढी मुलुकमा ३०

लाखको हाराहारीमा नेपाली फैलिएका

छन् । जहाँ बसे पनि नयाँ वर्ष, तीज, दशैं र तिहारसहित बुद्ध जयन्ती, गौरा पर्व, छठ पर्व, लोछार, शिवरात्री, हो लीलगायतका वैशाखदेखि चैत्र महिनाभित्र पर्ने धेरै चाडपर्व हामीले नेपालमा जस्तै हर्षोल्लास र आत्मीय रूपमा मनाउँदै आएका छौं ।

यस्तै चाडपर्व र नेपाली भाषाले पूर्व मेचीदेखि पश्चिम महाकालीसम्म, उत्तर हिमालदेखि दक्षिण तराईसम्मका, देश-विदेशमा रहेका नेपालीलाई आत्मीय एकतामा बाँधेर राखेको छ । यति हुँदाहुँदै पनि हामीबीच धेरै

कुरामा विविधता नभएको भन्ने होइन । हामीले रेडियोमा सम्भव भएसम्म नेपाली चाडपर्व, तिनका धार्मिक महत्व र संस्कृतिबारे चर्चा गर्दै आएका छौं । यी सबै अहिलेको पुस्ताका लागि सामान्य महत्वका विषय लाग्न सक्छ । तर विदेशी भूमिमा जन्मिएका र

हुर्किरहेका पुस्तालाई नेपाली धर्मा संस्कृति र चाडपर्व जटिल हुँदै जानेछ । सानै भए पनि नेपाली समुदायको यस्तै चासो र चिन्ता समेट्ने हाम्रो प्रयास जारी छ । साथसाथै क्राइस्टचर्चवासी नेपालीको स्थानीय चासो र गतिविधि समेट्ने एउटा गहकिलो माध्यम हो, नमस्ते नेपाल । नेपालीको चासोमा पर्ने प्रतिनिधि खबर, जानकारी र नेपाली गीत-संगीत नमस्ते नेपालका प्रमुख प्रसारण सामग्री हुन् ।



अन्तर्राष्ट्रियस्तरमा नेपाल र नेपालीको पहिचान गरिने समाजसेवी प्रभा बस्नेत, अल्ट्रावरन मीरा

राई लगायतका व्यक्तित्व र विषय पनि सगौरव प्रस्तुत गर्दै आएका छौं । यति मात्र होइन, न्युजिल्याण्डका अरु शहरमा बस्ने नेपालीले पनि नमस्ते नेपालको माध्यमबाट क्राइस्टचर्चका हामी र हाम्रा गतिविधिबारे सजिलोसंग

जानकारी लिन सक्छन् । एक-अर्कोसंग

चिनजान नै नभएका, भिन्न देशका भिन्ने शहरमा बस्ने नेपालीसँग पनि

हामी रेडियोमार्फत नजानिँदो तरिकाले जोडिएका छौं । यसैको सेरोफेरोमा र

माइला र सूचनामुलक

कार्यक्रम उत्पादन गर्न सकिने सम्भावना देखिन्छ । तर केही प्राविधिक कठिनाइ र चुनौतीका कारण यस्ता संभावनालाई हामीले प्रभावकारीरूपमा उपयोग गर्न सकिरहेका छैनौं ।

नमस्ते नेपालको दश वर्ष त्यति सजिलै बितेको होइन । नमस्ते नेपालको सुरुवाती दिनमा क्राइस्टचर्चमा ९सयको हाराहारीमा रहेका नेपालीको संख्या अहिले बढेर ९ हजार नाघ्दा नमस्ते नेपाल सुन्ने र सुन्नाव दिनेको संख्या पनि बढेको छ । आगमनसंगै क्राइस्टचर्चमा

स्थायी बसोबास गर्ने नेपालीको संख्यामा पनि बढिरहेको छ । यस्तो बेलामा नमस्ते नेपाल रेडियो कार्यक्रम हाम्रो सामुदायिक गतिविधिको प्रतिनिधित्व गर्ने गहकिलो माध्यम बन्न सफल भएको छ । हाम्रै

बोलीचालीको भाषामा रेडियो कार्यक्रम हुनु आफैमा पनि गवको विषय हो । भाषा, कला र संस्कृतिको विविधताका बावजूद पनि नेपाली समुदायबारे जानकारी लिन नमस्ते नेपालले अरु समुदायलाई पनि सजिलो भएको छ । हुन त हामी नेपाली यहाँ नरहे पनि भावनात्मक रूपले न्युजिल्याण्डसंग जोडिएका हुन्छौं । यो भावनात्मक निकटताको श्रेय २९ मे सन् १९७३ मा नेपाली तेन्जिङ नोर्गे शेर्पासँगै सगरमाथा आरोहण गर्ने

न्युजिल्याण्डका सर एडमण्ड हिलारीलाई जान्छ । यहाँका अरु समुदायसंग परिचित हुन र सहकार्य गर्न पनि यो प्रसंगले अभू सजिलो बनाउँछ ।

नमस्ते नेपाल रेडियो कार्यक्रम हाम्रो सामुदायिक गतिविधिको प्रतिनिधित्व गर्ने गहकिलो माध्यम बन्न सफल भएको छ ।

सामाजिक सञ्जालको बढ्दो प्रयोग र पहुँचले रेडियो प्रसारण र प्रसारित सामग्रीमा पहुँचलाई सजिलो बनाइ दिएको छ । नमस्ते नेपालको फेसबुक पेजमा न्युजिल्यान्डमा रहने मात्र होइन नेपालसहित विभिन्न मुलुकमा रहेका नेपाली पनि साथी बन्नु भएको छ । त्यहाँ राखिने प्रसारण भइसकेका कार्यक्रमको लिंकमार्फत अहिले हाम्रो रेडियो सुन्ने श्रोता चारै महादेशका मुलुकमा फैलिएका छन् । सन् १९८८ देखि सुरु भएको प्लेन्स एफएममा अहिले हरेक महिनामा २० भाषाका ८५ वटा कार्यक्रम प्रसारण हुन्छन् । प्लेन्स एफएमको मञ्चले ती सबै भाषा समुदायलाई एकअर्काबारे जान्न बुझ्न सजिलो गराएको छ । त्यसैमध्ये विगत १० वर्षदेखि नेपाली समुदायको प्रतिधित्व गरिरहेको छ, नमस्ते नेपालले । अन्त्यमा, प्रस्तोताहरू समयक्रममा आउँने जाने भइ रहन्छ । तर नमस्ते नेपाल यसरी नै गुन्जिरहनु पर्दछ । नमस्ते नेपालको रेडियो यात्रा सुरु गर्ने नेपाल न्युजिल्यान्ड फ्रेन्डसिप सोसाइटी अफ क्यान्टवरी लाई सहृदय धन्यवाद । त्यस्तै रेडियो कार्यक्रमको उत्पादक र प्रस्तोताको रूपमा काम गरि दशकको यो यात्रा तय गर्न योगदान पुर्याउनु हुने सबैप्रति कृतज्ञता व्यक्त गर्दछु । रेडियो सुनेर हामीलाई साथ दिई ऋणी बनाउनु हुने श्रोतालाई मुरीमुरी धन्यवाद । आउँदा दिनमा पनि सबैबाट यसरी साथ र सहयोग मिल्ने अपेक्षा राखेको छु ।

नमस्ते नेपाल को दशक यात्राको क्रममा कार्यक्रम उत्पादन र प्रसारणमा जुट्ने व्यक्तिका अनुभव यहाँ समावेश गरिएको छ,

रोशन रिजाल

नमस्ते नेपाल प्रसारणको १० वर्ष पुग्यो भन्दा पत्यार नै लाग्दैन । तर मलाई यो सुन्दा अहिले साँच्चै खुशी लागेको छ । क्यान्टवरी क्षेत्रमा बस्ने हामी नेपालीको लागि हिजो जस्तो लाग्छ हिडेर प्लेन्स एफएम ९६.९ को भवनमा पुगेर नेपाली रेडियो कार्यक्रम सुरु गरेको । ९ तारिख अप्रिल २००७ सोमबारका दिनबाट प्रसारण सुरु भएको रेडियोसंग मेरो पनि दुःखःसुख जोडिएको छ । तर मलाई यो सुन्दा साँच्चै खुशी लागेको छ । एक किसिमको मेहनत र कठिनाई एकैसाथ राखेर गर्दा के सम्भव नहुँदो रहेछ भन्ने उदाहरण हो नमस्ते नेपालको दशक यात्रा ।

डियो प्रसारण चुनौती र अवसर दुबै हुन् । त्यसमा पनि कस्ता विषय र सामग्रीलाई समेट्ने भन्ने द्विविधा सधैं रहिरहन्छ। नमस्ते नेपालको दश वर्ष पुग्दा यी विषय कयौं पटक दोहोरिए हो



लान त्यो सहजै अनुमान लगाउन सकिने कुरा हो । हामीले हाम्रो लागि नै भनेर सुरु गरेको रेडियो कार्यक्रमलाई समय अनुसार साथ, सहयोग गर्न कति पनि हिचकिचाउनु हुँदैन । नमस्ते नेपालको यात्रा जुटिर हेको कार्यक्रम उत्पादन र प्रसारण समूहलाई बधाइ अनि आगामी दिनको लागि सफलताको शुभकामना ।
(रोशनजी नमस्ते नेपालका सस्थापक प्रस्तोता हुनुहुन्छ)

भावना सिलवाल

जान्ने र बुझ्ने भएदेखि नै मलाई रेडियो र टेलिभिजनमा कार्यक्रम गर्ने रहर थियो । त्यसैले पनि होला नमस्ते नेपालमा संलग्न हुन पाउँदाको क्षणलाई मैले



एउटा उत्साहजनक अवसरको रूपमा लिएको छु । हुन त मैले कार्यक्रम उत्पादक र प्रस्तोताको रूपमा करीब ३/४ महिना मात्र काम गरेको हुँ । सबै प्राविधिक ज्ञानसहित कार्यक्रम उत्पादन गर्नु चुनौतीपूर्ण हुँदाहुँदै पनि मैले यसलाई रमाइलो तरिकाले अवसरको रूपमा उपयोग गरें । नमस्ते नेपालले नेपालमा रेडियो कार्यक्रम गर्दाको रमाइलो क्षणलाई फेरि ताजा बनाइदियो । अर्को बिर्सन नसकिने अनुभव पनि छ, आधा घण्टाको रेडियो कार्यक्रम उत्पादन गर्न केहि घण्टा सजिलै खर्च हुन्छ । तर स्टुडियोमा बसेर रेकर्डिङ गर्दा त्यति धेरै समय गएको आफैँलाई पत्यार नलाग्ने हुन्छ । त्यो बाहेक गीतसंगीत र सामग्री संयोजनमा पनि उत्तिकै बाहिरबाट नदेखिने खालको मेहेनत लाग्ने । नमस्ते नेपालले नेपालीका भाषा गीतसंगीत, समाचार र जानकारी गराउँदै गर्दा यहाँ बस्ने नेपालीलाई अरु क्षेत्रमा बस्ने नेपालीसँग सम्बन्ध जोड्न सफल भए जस्तो लाग्छ ।

त्यसैले नमस्ते नेपालले दशक पुरा गरेकोमा यो रेडियो कार्यक्रमसँग सक्रियरूपमा जोडिएका व्यक्ति तथा समुदायलाई धेरै धेरै बधाइ अनि आगामी दिनका लागि सफलताको शुभकामना कामना पनि दिन चाहन्छु ।

(भावनाजी नमस्ते नेपालकी पूर्वप्रस्तोता हुनुहुन्छ)

यु कुमारी गुरुङ (नमस्ते नेपालकी प्रस्तोता)



रेडियोमा पहिले कसरी कार्य क्रम गर्ने होला भन्ने कुराको चासो हुन्थ्यो । पछि बिनोद जीको सहयोग र तालिमले अहिले अभ्यस्त र अनुभवी बनाइदिएको छ । प्लेन्स एफएम ९६.९ मेगाहर्जको

यात्रामा नमस्ते नेपालको सहयात्री बनेको पनि दुई वर्ष भन्दा बढी भैसकेको छ । प्रसारणको दश वर्ष पुगेको नमस्ते नेपाल कार्यक्रमसँग आफू पनि जोडिन पाउँदा गर्व महशुस भएको छ ।

पहिले पहिले त बोल्दा पनि डर लाग्थ्यो मनमा आएको कुरा मुखमा ल्याउन नसकेर धेरै अप्ठ्यारो भएको थियो । तर बिस्तारै कार्यक्रम गर्दै जाँदा आफूमा आत्मबल पनि बढेर आयो । पछि त्यसरी नै सिक्दै बोल्दै गर्दा सम्पादनको पनि ज्ञान हुँदै गयो र अहिले एकलै पनि नमस्ते नेपालको कार्यक्रम गर्न सक्ने भएको छु । खुसी लाग्छ आँनो करियर भन्दा भिन्न खालको अनुभव बटुल्न पाएकोमा नमस्ते नेपालको टिम र हाम्रो नेपाली सोसाइटीप्रति आभारी छु । न्युजिल्याण्डबाट नेपाल र नेपालीसँग जोडिएका खबर सुनाउँदा कार्यक्रम सुन्ने श्रोतासँग नजिक भएको महशुस हुन्छ । नमस्ते नेपालको रेडियो यात्रा यसरी नै निरन्तर रहोस् मेरो शुभकामना छ ।

Nicki Reece

Station Manager
Plains FM 96.9

As staff members at Plains FM 96.9 we are privileged to meet people from many diverse cultures who have made their home in Christchurch and adapted to life here.



As so, In January 2007 Plains FM got an approach of doing a radio programme Nepalese language. We were delighted a Nepalese man called Roshan Rijal had found us and began to train him up in programme-making skills, technical recording, interviewing and editing skills in preparation for him to go on air with a 25 minute weekly show on behalf of *Nepal New Zealand Friendship Society Inc. Canterbury*.

The programme was called *NAMASTE NEPAL* and it went to air for the first time on 9 April 2007 with a mix of music, cultural information and local community news in Nepali. Now this programme is celebrating a milestone 10 years on air – an enormous achievement for a small niche community! During the last 10 years on air various people have trained up and helped as presenters/producers on the radio programme including *Jyoti Poudel, Madan Gautam, and Bhawana Silwal*. In June 2012 Binod Parajuli guided the programme onwards and was joined by You Kumari Gurung in August 2014. These volunteers have made approximately 470 programmes over that time.

When I reflect back on *NAMASTE NEPAL's* 10 years on air I think of the steady perseverance of its presenters, their dedication and commitment to providing a voice for their community, sharing in their successes, and being a point of comfort, information and inspiration. Some key events have tested the strength of Christchurch's Nepalese community. The 2010 and 2011 Christchurch earthquakes and the terrible April 2015 earthquake in Nepal are two examples.

With the rise of podcasts and on-demand listening online our statistics show us *NAMASTE NEPAL* is the most listened to of our cultural programmes each month. A wonderful achievement for a community radio programme serving a small niche audience.

Thank you to everyone who has participated in this programme over the last 10 years and given of your time, your energy, and your heart. You certainly have a special place in Plains FM's heart and history.

With warm wishes for your 10th anniversary!

परिचय (कविता)

-नेत्र तिमिलिसना

कसैले हात समायो सोध्यो,

-‘तिमी को हौं?’

-थाहा छैन, आकार, तौल, मूल्य
के हो कुन्नि?

-‘उसो भए तिमी पानी हौं’

-कसरी?

-‘जसरी पानीको आकार हुदैन ।’

-हो र?

-‘हो, जस्तो भाँडोमा राख पानी त्यस्तै बन्छ, त्यसैले
तिमी पानी’

अहो ! म पानी

फेरि एक दिन

उस्ले सोध्यो

-‘पानीको वास्ना हुन्छ ?’

-सायद हुदैन

-‘उसो भए मलाई माफ गर’

-किन?

-‘तिमी पानी होइन रहेछौं’

-उसो भए म के त ?

-‘तिमी फूल हौ, सायद’

-त्यसो भए मसंग काँडा छ?

-‘होइन, होइन, तिमीसंग काँडा छैन, तिमी गुलाफ
होइनौं’

-अनि के त?

-‘तिमी मखमली हौ, सयपत्री हौ बरू’

अहो ! म त फूल रहेछु

नयाँ परिचय र सुगन्ध

फेरि अर्को दिन

उस्ले सोध्यो

-‘फूल उड्न सक्छ?’

-सक्दैन, सायद

-‘त्यसो भए मलाई फेरि माफ गर’

-किन?

-‘तिमी फूल होइन रहेछौं’

-त्यसो भए म के हुं?’

-‘तिमी उड्दै छौं’

-त्यसो भए म चरा?

-‘होइन, होइन’

-बादल?

-‘होइन’

-अनि?

-‘तिमी बेलून हौं’

-बेलून?

-‘हो बेलून, ज्यास भरिएको बेलून’

अहो ! म बेलून



रंगीचंगी सपनाको रंग पोतेर

बादलभिन्नभिन्न उड्न थालें

निकै उचाइमा पुगेपछि

हावा खुस्कियो

म जमीनमा बजारिए“

फेरि उस्ले रसिला आँखा बनाएर भन्यो

-‘सक्छौ भने मफाइ माफ गर है’

-किन?

-‘किन भने तिमी बेलून होइन रहेछौं’

-उसो भए म के त?

-‘तिमी ढुंगा हौं, पक्का’

उचाइबाट खसेर पनि नफुटेको, नमरेको म
ढुंगा भएँ

अनेकन प्रहार भयो

घाम-पानी, बतास सहे

अनेकन लात खाएर यता, उता पल्टि रहे“

एक दिन,

अनायास म रसाएँ“

फेरि उस्ले सोध्यो

-‘ढुंगाको आँसु आउँछ?’

-सायद आउँदैन

उ भक्कानो छोडेर रुन थाल्यो

आफ्नै कपाल लुछन थाल्यो

होसहवास गुमाएको ऊ

आफ्नो विद्वतालाई सराप्यै

पश्चतापमा छ

नाथे एउटा ‘वस्तु’को परिचय दिन नसकेकोमा

अधिर,

म अभै पर्यदैछु परिचय

के हुँ म?

विभेद (कविता)

- दुस्यन्त भट्टराई, यूके

यो बाटोमा यति धेरै काँडा जन्मे कैले ?

फूल ढाकी किन काँडा घोचिरन्छन् ऐले ?

मानिस भयो बगैंचामा सृष्टि सुन्दर फूल ,

धर्म, जाति काँडा फेरि रोपेछ कसैले ?

जन्माउने कोख एउटै, खेलने काख एउटै,

फेरि किन छोरी मात्र बिभेदमा जैले ?

फेर्ने सास, पिउने पानी, हिड्ने बाटो एउटै ,

फेरि पनि छुवाछुत सिकायो कसैले ?

काटे रगत रातै आउँछ मुटु धडकन उस्तै,

फेरि शुरू बिभेदको गरायो कसैले ?



कम्प्युटर भाइरस अभिषेक आचार्य

भाइरस भनेको जीवित जीवाणु हो जसले हामीलाई बिरामी बनाउँछ र हाम्रो शरीरलाई राम्ररी काम गर्न दिँदैन । तपाईंलाई

भाइरसले हैरान पनि बनाएको होला । तर कम्प्युटर भाइरस कुनै जीवित जीवाणु होइन । यो एक प्रकारको कम्प्युटर प्रोग्राम हो । यसले कम्प्युटरमा भएको फाइल बिगार्ने, गलत निर्देशन दिने गर्छ ।

भाइरसले गर्ने असर

कुनै भाइरसले कम्प्युटर अपरेटिङ सिस्टम इन्स्टल गर्दा नै र्याममा बस्छ र कम्प्युटर बूट गर्दा बन्द हुन्छ । भाइरसले आफैँ कम गर्दैन । यसको लागि हाम्रो निर्देशन आवश्यक पर्छ । धेरै जसो भाइरसले कम्प्युटर खोल्ने बित्तिकै धेरै प्रतिलिपि बनाउछ र हाम्रो हार्ड ड्राइभमा गएर बस्छ र त्यहीबाट हामीलाई काम गर्दा बाधा पुर्याउने र निर्देशन दिएको भन्दा अरु काम गरेर हैरान बनाउँछ । कुनै भाइरसले डकुमेन्टमा असर गर्छ र फाइल खोल्न दिँदैन । कुनै भाइरस इमेलबाट पनि सर्छन ।

भाइरसले कम्प्युटर प्रणालीमा देखिने असरहरू

- कम्प्युटर ढिलो हुनु
- अनपेक्षित पपअप विन्डोस आउनु
- ब्राउजर रिकवेस्ट बिना अर्को पेज डिस्प्ले हुनु

कम्प्युटरलाई भाइरसबाट कसरी जोगाउने त?

- कम्प्युटरमा राम्रो एन्टी भाइरस राख्नु होस । (नरटेन, म्याकेफी, एभीजी, नट ३२ केही भरपर्दा एन्टी भाइरसका उदाहरण हुन)
- पेन ड्राइभ अथवा कुनै पनि एक्स्ट्रनल ड्राइभ खोल्नु भन्दा पहिले स्क्यान गर्नुहोस् ।
- इन्टरनेट प्रयोग गर्दा विज्ञापनलाई क्लिक नगर्नुहोस् ।
- सफ्टवेयर डाउनलोड गर्दा भरपर्दो वेबसाइटबाट मात्र गर्नुहोस् ।
- स्क्रिन सेवर, एनिमेटेड वाल पेपर जस्ता सफ्टवेयर डाउनलोड गर्दा बिशेष ध्यान पुर्याउनु पर्छ । किनभने धेरै जसो भाइरस यसैबाट सर्ने गर्छ ।
- नाचिनेको इमेलको अटचमेन्ट खोल्दा सावधानी अपनाउनुहोस् ।
- जुन पायो त्यही वेबसाइटको लिंक नखोल्नुहोस् ।
- धेरैजसो भाइरस विन्डोज लखित गरेर बनाइएको हुन्छ त्यसकारण सकभर लिनक्स चलाउनु उत्तम हुन्छ ।

गर्भगन्धन

(जगतका सबै आमाहरूप्रति श्रद्धा र समर्पण)

-दिवाकर भुजेल

अपार प्रेमका स्रष्टा रचना बुनि शैशव आलोक भर्दछन् द्रष्टा कुँदी सुगर्भ वैभव लिलै सही भुलाऊने अमृत दिव्य छन् सब साभ्ना घुल्छ अलौकिक नसाकाभिन्न केशव

सृष्टि थाग्ने पीडा बोकी कुदछिन् प्रीत पल्लव पर्ख आमा निखनेछन् ध्वनि सुन्छौ मीठो जब यति भयो भनी पीडा गरी लेखा सकिन्छ र? यही पुँजी भयो तिम्रो नाफा गनि सकिन्छ र?

जति होला पीडा तिम्रो अनुभूति छ सुन्दर यताबाट उता लुक्छ दिन गन्दै उ थाक्छ र? सपना कल्पना कोरी बाहिरै सुम्सुम्याउछिन् कोमल हातको ताप रापभिन्नै पुर्याउछिन्

सिर्जनाको चित्र कोर्ने कालिगडी छ उत्तम पाए सूत्र म सिक्दो हुँ लाग्छ्यो होला जुनी कम माया पीडा सुखै दुस्ख छ मिलेको जहाँ छ जो नभत्काऊ बरु मान्छे जोड सिकी यहाँ छ जो

कस्तो होला तिम्रो रूप यहाँ धेरै छ अडकल मेरातिर गयो कि त उतातिर छ नक्कल थोरै यता उता धेरै वा होस् रूप उतैतिर चिनिरहून् चिनो हाम्रो बनी प्यारो सबैतिर

हुन्छ भने उही माया पंक्षी होस् या पशु ममा एकै देख्छु सबै आमा पीडा उती जसो ममा 'मारी खाने' कवि सोच्छु, जो दैवको छ नीयम आमा कति खुशी होलान् फेरेदेखि सबै गम

बुद्ध

- पशुपति कर्माचार्य

बुद्ध एउटा आस्था हो त्यो ढल्दैन एउटा ज्योति पनि हो त्यो निभ्दैन ए मुख्र !

बुद्धको स्तुपभिन्न कुरान रोएको तिमिले देखेनौ ? बुद्ध मुस्लिम हो ईसा, हिन्दु र शिखर पनि हो तिम्रो पागलपनको मलाई खेद छ जबर्जस्ती बुद्धको होइन

आँनै टाउकोमा घनले हानेकोमा पश्चाताप हुनुपर्छ तिमिलाई कुरानभिन्न नीर्वाण खोज नवाज पढ्दा मोहम्मदको होइन बुद्धको आकृतिले

पछ्याएको हुनुपर्छ तिमिलाई स्तुप ढाले बुद्ध ढलेन

बुद्ध त सिंगो आस्था हो मानवताको त्यो अजय र अमर भैरहन्छ ।



जन्म-कुण्डली (शैलेश कर्माचार्य)

“हेर्नु न आठ आठ वर्ष भैसक्यो यिनीहरूको बिहे भएको, बच्चा पाउने नामै लिँदैनन् । कराउँदा कराउँदै म आफैँ थाकी सकें, यिनीहरूका कानमा छेउ लाग्ने होइन ।” आमा अर्को कोठामा बसेर टेलिफोनमा कुरा गर्दै हुनुहुन्थ्यो, सायद सानीआमासित । आमाको आवाज अलि ठूलो भएकाले मैले मेरो कोठाबाट प्रष्ट सुनिरहेको थिए । आमाको यो गुनासो खासै नयाँ भने होइन । उहाँको यो गुनासो मैले केही वर्षदेखि सुन्दै आएको थिए । सुनिता, मेरी श्रीमति, पनि आमाको यो गुनासोसँग राम्ररी परिचित थिइन् । गुनासो नहोस् पनि कसरी ? विवाह भएको आठ वर्षसम्म पनि नाती नातिनी खेलाउन नपाए पछि । खैर आमालाई के थाहा मैले र सुनिताले पनि बिगत ६ वर्षदेखि प्रयास गरिरहेका छौं । जति गाह्रो आमालाई थियो त्यो भन्दा धेरै हामीलाई छ । सुनितालाई त भन्नै धेरै, बताउनै नसकिने । हामीलाई धेरैबाट धेरै सुभाब आए । केही सुभाब त अपनायौं पनि । साथीभाइबाट एक थरिका सुभाब आउँथे भने आफन्तबाट अर्कै थरिका । कोही के भन्थे कोही के । मलाई याद छ मेरा अनन्य मित्रहरू भन्थे पूर्णिमा परेको हप्ताको आइतबारको प्रथम प्रहर सबै भन्दा उपयुक्त हुन्छ । सुनितालाई माइती खलकबाट प्राप्त सुभाब थियो पशुपति मन्दिरको आँगनमा रहेको उन्मुक्तेश्वोर भैरवको भाकल । सबै गरियो, तर हुनु पर्ने कुरा अहिलेसम्म भैसकेको छैन ।

शुक्रबार अफिसबाट निस्कनु अघि रविनको फोन आयो र साँभू नयाँ बानेश्वरको रेष्टुरेन्टमा बस्ने कार्यक्रम बन्यो । सुनिता हिजोदेखि माइती गएकी थिइन् त्यसैले मलाई साँभू बस्न समस्या थिएन । रविन, मुकेश, हरि, बिनोद र म ६ बजे पूर्वनिश्चित कार्यक्रम अनुसार रेष्टुरेन्टमा भेट्यौं । रमाइलो गफ चलिरहेको थियो । हाम्रो गफ अफिस, राजनीति हुँदै बिस्तारै पारिवारिक कुरातिर उन्मुख हुँदै थियो । तेस्रो पेग स्वाँट्ट पाईँहरिले बन्यो, “मलाई आजकल बडो टेन्सन छ यार”

“के भो र त्यस्तो ?” मेरो प्रश्न । “पुष्पा फेरि गर्भवति छिन् ।” हरिको जवाफ । सबै जना चकित । मुकेशले मलाई हेर्दै प्वाक्क बोलि हाले, “कतै घामै घाम, कतै छायाँ छायाँ ।” हरिको यो जन्मिने सन्तान तेस्रो थियो । एक छोरा एक छोरी पहिले नै थिए । मेरो बच्चा नभएर पिउने बेलामा मलाई भन्दा धेरै पीर मेरा अनन्य मित्रहरूलाई हुने गर्थ्यो । अब त भन्नै हरिको दुईबाट तीन हुने भएपछि त यी मित्रहरूलाई पीर माथि पीर थपियो । मेरो अहिलेसम्म पनि नभएकोमा पीर थियो भने हरिको दुई दुई वर्षको अन्तरालमा भइरहेकोमा । मैले हरि लाई पीर नलिन भने । बिनोद जो अहिलेसम्म चुपचाप हाम्रो कुरा सुनेर पिइरहेको थियो, अचानक बोल्न थाल्यो “हेर गीतामा भनिएको छ” बिनोदले बोल्न के शुरु गरेको थियो हरिले चुप लगाइहाल्यो, “चुप लाग यार, दुई चार पेग चढाउन पाएको छैन, संस्कृत शुरु, कस्ले बुझ्छ ?” बिनोद चुप । सन्दर्भ परिवर्तन गर्दै मुकेशले बाल्यो, “मेरो माहिलो बुवा दोस्रो विवाहको तयारीमा जुटेका छन् । पहिलोबाट लामो समयसम्म बच्चा नभएपछि” सबैको ध्यान मुकेशतिर । “First marriage Niagara, second marriage Viagra” बिनोदको मुखबाट प्याट्टु निस्किएर, तर यसपाली संस्कृतमा होइन अंग्रेजीमा । सबैको मुखमा

बिनोदले बोल्न के शुरु गरेको थियो हरिले चुप लगाइहाल्यो, “चुप लाग यार, दुई चार पेग चढाउन पाएको छैन, संस्कृत शुरु, कस्ले बुझ्छ ?”

हाँसो । मैले भुटन र व्हिस्कीको स्वाद लिन्दै भने, “यो भनेको Personal choice हो यार । मेरो कुरा धेरै फरक छ ।” “मैले तिमीले पनि दोस्रो विवाह गर भन्न खोजेकै हो इन । मेरो माहिलो बुबाको कुरा मात्रै हो । गलत अर्थ नलगाउ ।” मुकेशको स्पष्टिकरण । “यसको त सबै ठीक छ क्यारे । केही समय अगाडिमात्रै टेस्ट गराएको थियो क्यारे होइन र ?” मतिर हेर्दै हरिको प्रश्न । “हो । सुनिताको पनि सबै ठीक छ । के गरौ यार तै पनि नभएपछि ।”

“Keep trying my friend, keep trying” बिनोदको सुभाब । मैले पुलुकक उतिर हेरेँ । “Dont take it seriously यार, just friendly कुरा मात्रै हो ।” बिनोदले आफ्नो तर्कलाई प्रष्ट्याउँदै भन्यो । मैले जवाफमा मुन्टो मात्रै हल्लाएँ । मेरो गिलासमा व्हिस्की अलिकति मात्रै बाँकी थियो । हरिले त्यस्मा थप्दै भन्यो, “यो मोरो बिनोद अलि यस्तै हो,

लाग्नु थालेपछि प्याच्च बोली हाल्ने । यस्तै तचथ नै नगरेको त होइन् नि । सात आठ वर्षदेखि त्यही त गदै 'छ बिचरा ।' हरिले छेड हानेको हो वा सहानुभुति जनाएको हो ठम्याउन गार्हो थियो । मैले केही जवाफ दिइन् । गफ चल्दै थियो । खाना पनि आइसकेको थियो । खाना खाएर राति करीब १० बजेतिर हामी सबै आ-आफ्नो घरतिर लाग्यौं ।

राति मलाई खासै निद्रा लागेन । बिगतका कुराहरु पर्दामा चलचित्र चले भै एकपछि अर्को गर्दै आउन थाले । बच्चा नहुनुको मलाई र सुनितालाई आफ्नै पीडा थियो भने आफन्तहरुको मुटु छेड्ने घोचपेच । कहिले काही लाग्यो यी आफन्तहरु नभएकै राम्रो । कमसेकम चाहिने नचाहिने कुरा त सुन्नु पर्दैन । केही समयअघि सुनिता र उनकी सानी फूपु एक जना ज्योतिषकोमा पुगेका रहेछन सुनिताको जन्म-कुण्डलीसहित । त्यो ज्योतिषकाअनुसार सुनिताको कुण्डलीमा सन्तान सुख छ रे । मेरो पनि एकपल्ट कुण्डली त्यो ज्योतिषलाई देखाउनु रे । म भने स्वास्थ्य विज्ञानले फड्को मारिसक्दा पनि ज्योतिषको पछि लाग्नु उपयुक्त होइन् भनेर टार्दै थिए । तै पनि श्रीमतिको कुरा मान्दै गत साता सुनितालाई थाहा नदिइ त्यही ज्योतिषकोमा पुगे । तर टेन्सनमाथि भन्न टेन्सन थपियो । ज्योतिषीले आठ वर्षदेखि बच्चा नभएको गुनासो सुनेपछि उनले मेरो जन्म-कुण्डली ओल्टाइपल्टाइ सन्तान योग नै नभएको सुनाए । यद्यपी यो समस्याको समाधान पनि भएको बताएर यसोउसो विधि सुभाए पनि फलानो महादेवको पूजा गर्दा सन्तान हुनसक्छ भन्ने सल्लाह दिए । मैले केही पनि जवाफ नदिइ उनलाई दस्तूर तिरेर फर्केको थिए । म ज्योतिषमा भन्दा स्वास्थ्यविज्ञानमा विश्वास गर्ने भएकोले हो ला मलाई उनको सल्लाहमा खासै चासो नभएको । त्यो दिनदेखि मलाई अलि बढी नै टेन्सन हुनथालेको थियो । राति निद्राबाट ब्युभिकंदा तिनै कुराहरु दिमागमा आउने भएकाले बिहान ब्युभिकंदा दिमाग बोभिल्लो हुन्थ्यो । यस्तै यस्तै तर्कनामा म कहिले निदाए पत्तो नै पाइन् ।

यसपाली सुनिता माइतीमा अलि लामै समय रहिन् । करीब दुई हप्तापछि उनी घर आइन् । अरु बेला भन्दा यो पाली उनी फरक देखिएकी थिइन्, लाग्दथ्यो उनी भित्रैदेखि साह्रै खुशी छन् । राति सुत्ने बेलामा उनले भनिन्, "सुन्नु न हिजो डाक्टरकोमा गएकी थिए चे कअप गराउन ।" यो कुनै नौलो कुरा थिएन मेरो लागि । तसर्थ "ए" मात्रै भनै ।

"यसपाली त पोजिटिभ रिजल्ट आयो नि ।"

यो सुनेपछि मैले उनीतिर पुलुकक हेरेँ । विश्वास नै लागेको थिएन । उनको आँखा रसाइसकेको थियो । मैले पनि आफूलाई थाम्न सकिन । मेरो पनि आँखा

रसाएर आयो । उनलाई म्वाइ खाएँ । यो हाम्रो जीवनको सबै भन्दा खुशीको क्षण थियो । त्यो रात हामी एक अर्कोमा समर्पित भएर बितायौं । खुशीको सीमा थिएन ।

भोलिपल्ट अफिसमा रमाइलो सितै दिन बित्यो । म एउटा दैनिक पत्रिकाको लागि लेखको तयारी गर्दै थिएँ सो सम्बन्धि सामग्री मैले अफिसको टेबुलको घर्दामा राखेकोथिएँ । घरमा लगेर लेख सकाउनु पर्ला भनेर सामग्री निकाल्न घर्दा खोलेँ । सबै भन्दामाथि गत हप्ता ज्योतिषकोमा लिएर गएको मेरो जन्म-कुण्डली थियो । अचानक ज्योतिषीले सन्तान योग नभएको भनेको कुरा सम्भन्ने । मन अमिलो भयो । मनमा शंका उपशंका उब्जेर आयो । सुनितामाथि शंका लाग्यो । तर मनलाई थामेँ । सम्भन्ने ज्योतिषले जे भने को भए पनि सुनितामाथि मेरो विश्वास अटल थियो । फेरि स्वास्थ्य परिक्षणमा मेरो र सुनिताको कुनै नेगेटिभ कुरा थिएन । कुण्डलीलाई अफिसको ब्यागमा कोचेँ । फर्किदा बाटोमा पर्ने ठूलो पुल नजिकै गाडी रोकेँ । ब्यागबाट मेरो जन्म-कुण्डली निकालेँ, ढोर्गे अनि पुलमाथिबाट त्यसलाई त्यो नदिमा फालिदिएँ । नदीको पानीले त्यसलाई बगाएर लाग्यो । आँखाले भ्याएसम्म हेरिरहेँ । नदेखिने भएपछि गाडीमा फर्केँ । लामो श्वास ताने र गाडीलाई घरतिर मोडेँ, मीठो भविष्यको आशामा ।

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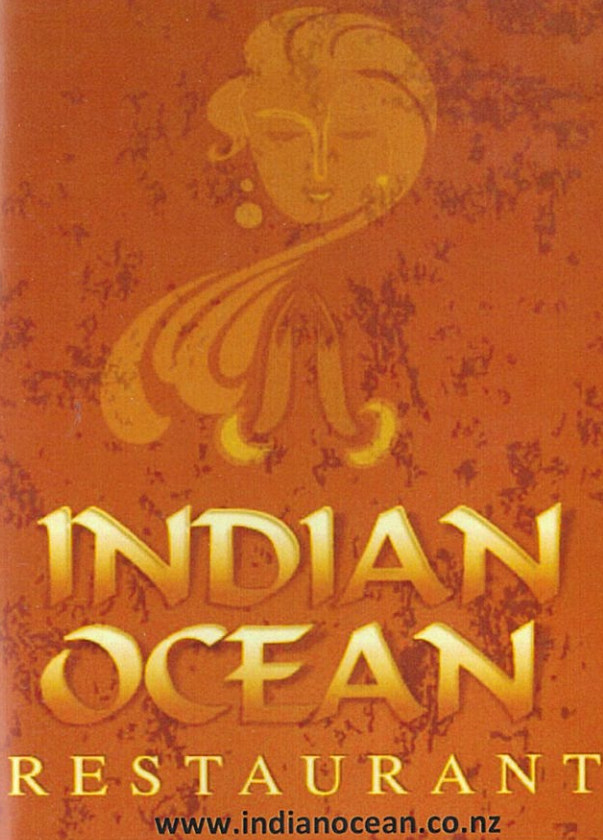


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