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Yeti Viewpoints

Message from Rt. Hon. K P Sharma Oli, Prime Minister of Nepal

Shubhakama

अमेरिकाशहित नेपाली समुदायमा प्रभावकारी पहिचान र नामो दीर्घाकाल बोकेका एशियासियन अफ नेपालज इन मिडवेस्ट (एनएचएनएच) र नेपालज एशियासियन इन साउथपैसिफिक (नासियन) सम्मेलन आयोजना गरेको खारखार मलाई दक्षिण बूढी लागेको छ। अमेरिकाको विभिन्न मू-भागमा रहने भएका प्रबाली नेपालीहरू सम्मेलनको यस विशेष अवसरमा हार्दिक शुभकामना व्यक्त गर्नुहुँने。

सम्मेलनमा नेपाली र नेपालीको हित एवं विकासका विषयमा सुविचारित छलफल हुनेछ भने मैले विवाद गरेको छ। प्रवर्तकी जीवन ध्यानीत गरिरहनु भएका नेपाली राजमार्ग विद्युतीहीनमा भावनात्मक एकता, सहकार्य र आत्मसमर्पण अभिवृद्धि र यस सम्मेलनले महत्त्वपूर्ण सृष्टि बनेको भने मैले विवाद गर्नुहुन्छ। तस्विर सम्मेलनको भव्य सफलताको कामना गर्नुहुन्छ।

लामो राजनीतिक संघर्षका अल्पसमय देखि विकास र समृद्धि का विषयमा अप्सर छ। वित्तको समग्र हामीको राजनीतिक अधिकार प्रावधानको सम्पर्कमा ध्यानीत गर्नुहोस्। अब हामी संगठन लोकतान्त्रिक प्रणाली छ। यदि प्रणालीलाई जगाम उन्नत नेपाललाई समुद्र र नेपालीलाई सुखी बनाउना हामी गर्न सक्छ। यस राष्ट्रिय गतिशीलता स्वर्गसँग हरेका मात्र होइन, विवादमा छिन्न-छिन्न रहेका नेपालीहरूको अवसरमा आवश्यक छ। त्यस्तका लागि तपाईहरू तपाईहरू हुनुहएका भने मैले विवाद गर्नुहुन्छ। विभिन्न प्रेम, व्यवसाय र अध्ययनका भौगोलिक अमेरिकामा विविध रूपमा नेपालीहरूले जनमानसका बारीमा विभिन्न हिसाबको नुसार एकता गर्नुभएको छ। ध्वनिघोष राखर्ले आर्जेन गरिन भएको अनुभव, जान र आर्थिक भौतिक बोप्ताको कसरी मानसिक सेवाबाट सम्पन्न गर्न भने विषयमा यस सम्मेलनको क्रममा ठूलो छलफल र सार्थक योजना बनेको भने मैले अपेक्षा गरेको छ।

अत्यधिक, एकपटक पुनः यस सम्मेलनको भव्य र सार्थक सफलताका निर्मित शुभकामना व्यक्त गर्दछ।

साथै यस सम्मेलनको सफलताका लागि खट्टु भएका तपाईहरू सबैको उन्मत्त प्रशमनको कामना गर्दछ।

१३ मही, २०७६

केपी शर्मा ओली
Message from the State of North Carolina
Office of the Governor, Roy Cooper

State of North Carolina
Office of the Governor

Roy Cooper
Governor
August 31, 2019

20301 Mail Service Center
Raleigh, N. C. 27699-0301

Dear Friends:

As Governor, it is my pleasure to welcome each of you to North Carolina for the 15th NASeA/ANMA Joint Convention. I hope you will enjoy Winston-Salem and the Triad area of our state. It is rich in history, culture and entertainment opportunities.

I commend you for your hard work in promoting your Nepalese culture and values, your advocacy for human rights, freedom and peace and your service to your fellow man. These are goals that every culture in our society should strive to attain. You are making a difference in your neighbor’s lives every day.

My best wishes for continued success in all of your future endeavors and for a very enjoyable time together.

With warm personal regards, I am

Very truly yours,

Roy Cooper

RAC/sm
Message from his Excellency Ambassador of Nepal to the United States

Message

On behalf of the Embassy of Nepal in Washington, DC and my colleagues, I would like to express our warmest congratulations and best wishes to the Nepalese Association in Southeast America (NASEA) and the Association of Nepalese in Midwest America (ANMA) for a successful joint convention on the theme of “Building for the Future”. I am pleased to learn that the NASEA/ANMA is bringing out its “Yeti Viewpoints” magazine during its 15th National Convention.

I am certain this edition of “Yeti Viewpoints” magazine will provide fabulous insights on Nepal’s tourism, trade, culture, and heritage and serve as a helpful reference for scholars, students, researchers and others who might be interested in Nepal.

Over the years, I have observed the NASEA/ANMA’s active involvement in bringing together Nepalis. Your efforts to promote Nepal has been overwhelming and gracious. Thank you for these gestures as well as your love for Nepal and your Nepali brethren. I believe that NASEA/ANMA will continue to play an active and meaningful role in advancing the interest of Nepal and Nepali communities in the United States of America in the days ahead.

Once again, I want to extend our congratulations and best wishes to NASEA/ANMA for a successful 15th National Convention and for the publication of “Yeti Viewpoints” magazine.

Dr. Arjun Kumar Karki
Yeti Viewpoints

Message from the Chairman of NASeA/ANMA Joint Convention 2019

Convention Chairman
15th NASeA/ANMA Joint Convention

THE MESSAGE

Welcome to 15th NASeA/ANMA Joint Convention, Winston Salem, North Carolina

“BUILDING FOR THE FUTURE”: With this motto, we would like to welcome you all to the City of Winston-Salem, “A city of Art and Innovation” for long awaited 15th NASeA/ANMA Joint convention 2019. It is our great pleasure to reunify with ANMA for our annual convention. After a rigorous discussion and several meetings, we came to the conclusion of keeping the feelings of our community members is the utmost priority.

The last convention held in the “windy city” of Chicago was one of the best conventions in terms of conjunction with several National, Regional and Local organizations in Nepalese diaspora, but at the end of the day going back to our roots is the ultimate purpose of 15th NASeA/ANMA Joint Convention. We are very optimistic that everyone has similar feeling as well. With this approach, let us make this convention the best in history of NASeA and ANMA’s long standing relationship. We expect everyone will come and join to continue our historical journey.

Let me take a moment to explicate how we are concocting for the convention. We are keeping everyone in our cognizance to make it the most pleasurable convention ever. We propose on introducing new programs that will add few more feathers in our hat in addition to regular programs held during Convention. NASeA/ANMA region wide Singing competition “SARGAM PLUS” and Fashion Show are couple to refer. More time slots for High School reunion is another that we will introduce this year.

We are determinedly working on making this convention prolific for our youth and children who will carry the legacy of Nepal and Nepali culture after our stint has conceded. Youth Camps will be held during the Convention to keep our youth group eventful.

We would like to request for any suggestions that will take this convention to another height. Your propositions are greatly appreciated.

Lastly, we look forward to meet everyone during Labor Day weekend in Winston Salem, North Carolina and let us warrant the History moving forward. Please mark your Calendar.

Thank you.

Sincerely,

Prashim Poudyal
Chairman
15th NASeA/ANMA Joint Convention

Mr. Prashim Poudyal
Chairman, 15th NASeA/ANMA Joint Convention
Message from the President of Nepalese Association in Southeast America (NASeA)

President
Nepalese Association in Southeast America (NASeA)

THE MESSAGE

Dear Nepali Community,
Namaste!

With the utmost pleasure, I would like to announce a return to our highly anticipated Joint Convention with the esteemed group ANMA. After some very positive feedback and discussion, we have decided that inclusion and tradition are of the utmost importance. I am very excited for the location for this coming labor day in historical Winston-Salem, North Carolina. With the sprawl of Nepalese immigrants and Winston’s wonderful history, we feel it is a great testament for our purpose.

Our last convention was superb, however, we felt it necessary to return to our roots, to the event that brought us together from the beginning. This also necessitates us, as your chosen leaders, to act in the best interests of all NASeA and ANMA members.

Change will begin here as we become as inclusive as possible and invite all of our brothers and sisters across the country to join us in harmony. This tangible expression of our culture, unity, and pride will be on full display and exhibition with all of our favorite programs and events.

We encourage everyone to contribute and showcase their talents and unique abilities in our classic Culture program, sporting events, and all festivities that we will be holding. Please consider this as an open invitation to all, we have enjoyed past conventions and I am sure this occasion will surpass our established reputation.

Our theme is “Building for the Future”. We felt this accurately encapsulates our goals for inclusion and progression. We are excited to see the personification of our theme and are sure it will result in a harmonious experience for us all.

If you have any questions or concerns, do not hesitate to reach out to any board member of NASeA or ANMA. We are also looking forward to any suggestions you may have to enhance this experience. Thank you, I am very much looking forward to our time together in Winston-Salem!

Sincerely,
Madhav Dhakal
Nepalese Association in Southeast America (NASeA)
Message from the President of Association of Nepalese in Midwest America (ANMA)

President
Association of Nepalese in Midwest America (ANMA)

THE MESSAGE

Respected ANMA/NASeA Community members and friends of Nepal,
Greetings ANMA!

On behalf of Association of Nepalese in Midwest America (ANMA), together with my executive members, advisers, Former Presidents, Trusties, General members and all well-wishers it is my honor to welcome you all to the NASeA/ANMA Joint Convention 2019 in the magnificent city Winston-Salem, NC, during Labor Day weekend (August 30th – Sept 1st), 2019.

ANMA/NASeA yearly joint convention is unique of its kind between two leading organizations of Midwest and Southeast America. This joint convention proudly marks the 15th years of our togetherness in bringing various organizations together with Nepali community members and friends of Nepal for the greater cause to keep our identity alive as Nepali American and blend ourselves to be an integral part of this great nation on all fronts.

At the same time, during these conventions, we take equal pride in promoting our country of origin Nepal and extend our experience and expertise to help and support on all fronts.

Here I would like to salute our great partnerships! ANMA/NASeA together with ANA successfully completed its 1st National Convention in Chicago in 2018.

To give consistency to the National convention, ANMA is joining hands with ANA and other US organizations to have National convention in Baltimore this coming July 4, 2019. ANMA leadership request NASeA to officially participate in this convention and work towards our common goals always placing Nepalese diaspora agenda first.

This year’s Joint convention theme “Building for the Future” reflects our core values and truly signifies the expectation of our community today. Indeed, our organization’s activities need to go above and beyond serving our community members. It is high time we empower our youths towards civic engagement always keeping our identity as Nepali American and blend ourselves to serve this great nation where we reside. Truly, this joint convention will be a milestone in building the future!

As always joint convention brings various exciting programs. From the opening ceremony to reception to the various forums, and the cultural program and concert add to the attraction.

The convention will feature insightful speakers from a diverse cross-section of the professions and media representing all aspects of the life of Nepali community. Your participation in a gathering like this encourages us to work more for the community. We all feel proud to be working with you.

Socialization is the best part of the convention where you come to renew your friendships and always make new friends from or around the United States.

At this historic moment, I request you all to register immediately and help us plan better to organize this convention. If you have any questions or concerns please fell free to contact ANMA/NASeA board members or Joint convention team as well.

Once again, on behalf of NASeA/ANMA-TNCC, I would like to extend Red Carpet welcome to you all respected guest and together we will make our convention a historical success.

With Respect,
Balram Panthi
President
Association of Nepalese in Midwest America (ANMA)
### BOT Executive 2018-2022

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Email: bot-chair@inls.org

**Co-chairs**  
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Puru Subedi, Virginia

**Secretary**  
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**INLS BOT Contact**  
97-12 63rd Drive,  
Unit # 10G  
Rego Park, NY 11374  
Email: inlsboardoftrustees@inls.org  
Website: www.inls.org

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**Yeti Viewpoints**

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**Tahaj durakarnana**

नातामा/आन्यान्य (NASaAJANMA) को पद्मी संस्कृतिज्ञ जनरल कर्मांडानागार विश्वसनीय संस्कृति जनरल अधिकारी को अपना ज्ञान प्रदान गर्ने पर्दै यसलाई आयोजना गर्ने लागू भएकोल । वन्दे पध्द्विजी दुहो नेपाली संस्कृतीको विश्वसनीय जनरल अधिकारी को अपना ज्ञान प्रदान गर्ने पर्दै यसलाई आयोजना गर्ने लागू भएकोल । यसलाई नेपाल नेपालीयहिंदू र नेपाल जनरल संस्कृति भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू । यसलाई नेपाल नेपालीयहिंदू र नेपाल जनरल संस्कृति भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू ।

बन्धवजी विद्यापूर्ति दरी (Building for the future) को भने यूरो संस्कृति विद्यापूर्ति दरीको गर्दा उभएको यसलाई पद्मी संस्कृति, नेपाली जीवन संस्कृति, अमेरिकी भूमिका निर्माण र योजना छलांग बलिदान लागू भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू ।

सम्मेलन विद्यापूर्ति दरी को स्नेह भवन संस्कृति भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू ।

सम्मेलन सन्तान दशा विद्यापूर्ति दरी नेपाली तथा नेपाली संस्कृति, अमेरिकी भूमिका निर्माण र योजना छलांग बलिदान लागू भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू ।

नेपाली नस्ल सम्मेलन सन्तान दशा विद्यापूर्ति दरी नेपाली तथा नेपाली संस्कृति, अमेरिकी भूमिका निर्माण र योजना छलांग बलिदान लागू भएका पुनःमुख्य गर्ने पर्दै यसलाई आयोजना गर्ने लागू ।
Blood Donors of America

Be a Life Saver: Be a Blood Donor

501 (c)(3) EIN 22-0287310

Yeti Viewpoints

Message

It is my immense pleasure to convey my sincere gratitude on the auspicious occasion of the historic 15th joint convention of NASeA and ANMA. NASeA/ANMA has done tremendous amount of work in the continental United States among Nepali communities at thousands of miles away from home to preserve Nepali culture, principle, and values. Celebrating Nepali festivals with great enthusiasm and participation has been established in most good size cities, not only within the people of Nepali origin, but also with the great interest of people from other nationalities. This will help in recognizing Nepal all across the world, with us being the messenger.

Blood Donors of America (BDA), with the primary focus to enhance/aware blood donation, is highly interested to work with social organizations like NASeA/ANMA. BDA believes that our mission cannot be achieved without working with established social organizations. BDA has organized several blood donations in collaboration with NASeA/ANMA including one during this conference.

Finally, I would like to wish for the successful convention for both NASeA and ANMA including AGMs and the new committee formation for the next period, as needed. BDA is keen to work with the upcoming leadership of such vibrant and popular organizations. Thank you very much.

Regards

Dr. Lila Raj Dahal
President, BDA
424 Nora Dr.
Perrysburg, OH 43551

INFO@BLOODDONORSOFAMERICA.ORG
BLOODDONORSOFAMERICA.ORG
Nepal is highly vulnerable to natural calamities with extreme geographic variation within a short span ranging from 70 meters in Jhapa to the highest point on earth, the top of Mt. Everest at 8,848 meters. The latest powerful storm on March 31, 2019 destroyed several villages in Bara and Parsa districts. At least 28 people died and thousands of people were injured. People suddenly find themselves without shelter, food, clothes and other essentials.

Nepal suffered destructive earthquake in 2015, major flood in 2017 affecting thousands of people and taking several lives. Natural disasters are not only detrimental to the living style of day to day living medium and low class citizens but it also effects the country's overall economy. Mother nature’s leela is aparampaar. However, a catastrophe in Nepal helps strengthen the emotional bondage among Nepalese communities in the US or the communities in any foreign countries. As usual, the first instinct of Nepalese organizations in America, when nature strikes Nepal, is to start collecting information and funds to support the affected victims. The long debated discourse of Pahade, Madhesi, Aadbasi etc pauses, and all Nepalese communities get together to pacify pain and sufferings. Kudos to Nepalese Hearts, Kudos to Nepalese Attitudes! Salute to Nepalese philanthropy!

Nepalese Association in Southeast America (NASeA), Associateon of Nepalese in Midwest America (ANMA), Nepalese Association of Florida (NAF), Association of Nepalis in Americas (ANA), NRN, INLS etc. are just a few among hundreds of Nepali origin’s organization registered in the USA and beyond. The organizations along with all other individual and sister organizations came forward to support the victims. Salute to all the volunteers, donors, and individuals for helping alleviate this year’s tornado and flood in Nepal. We can now see the trend where Nepalese diaspora is strikingly focused on real communities and social services rather than simply being ‘organizations for mere festival celebrations’. Instead of simply celebrating Dashain, Tihar and other festivals, many local associations now a days practice of helping people in need. This is all for the good!

NASeA, ANMA, ANA and all other Nepali origin’s organizations have quite common goal, strengthening the Nepalese diaspora. It is evident to join together to showcase the single and united Nepali force. Weather we call it Nepal National Convention or Joint Convention, it is a form of a single unique convention in the Nepalese diaspora that preserve and promote Nepali language, literature, culture, arts and diverse community from local level to national and international level. The coming generation will surely notice our activities of union and giving back to the motherland. They will surely notice our forefront role in reconstructing not only Nepal after the tornado, flood or earthquake but also recovering the entire human kind. They are sure to learn the value of philanthropy.

Finally, apart from all our rational behind the Nepalese diaspora and joint convention, it’s time for me to thank my team for such a wonderful support on publishing this edition of Yeti Viewpoints. I would like to thank ANMA president Mr. Balram Panthi, NASeA General Secretary Mr. Krishna Shrestha, president Mr. Madhav Dhakal and the whole NASeA and ANMA team. I would also like to thank the articles and greetings contributors and all who supported me directly and indirectly on this mission. Finally, I would like to thank my wife Sarita Khanal and my family for your unconditional love and support.
नेपाली साहित्य लेखनमा महिलाहरुको भूमिका

दा. बुना पोखरेल दाहाल
काठमाडौं, नेपाल

पृष्ठभूमि:
सामाजिक: साहित्य समाजको विद्यमान अवधारणा र परिस्थितिको प्रतिक्रियाको उदाहरण हो | भावनाको विभाजनित र संस्कृतीको अन्तर | सामाजिक संस्करण र संस्कारको अन्तर वैचारिक र वैज्ञानिक विधि पनि हो साहित्य | चाहे तो कविता होस् वा कथा, निवेदन होस् वा निराधार, गीत होस् वा गायन हरेक विधिका नेपाली साहित्य विषयमा: पूर्वी दर्शन र मान्यताबाट बिङ्ख्रान्त भएको पाइन् | यसप्रथम भएको आएर पछिो चरणमा प्रयोगवादी, धातु र पाण्य दर्शनको समेत प्रभाव बढ्दो छ।

कारिय पूर्व दशक अधिकारी नेपाली साहित्य क्षेत्रमा महिलाहरुको उपस्थितिको ज्ञातीय नृत्य नयाँ फूलिएको साहित्य भएको पुरुषादरूर्तको क्षेत्र हो, साहित्य लेखनको क्रममा प्रकट भएको हो। 

विधाता उपस्थितिको निस्तारण र विश्वासनीयता र ज्यादै उपस्थित साहित्यकारहरूको अहिल्लो भविष्ययात्रा तथा ज्यादै निरंतर ज्यादै व्यवस्थापनको नीतिक दशक हुने, भनेको साहित्यको महत्त्वहरूलाई तपाईंले समाजलाई आदर्श र साहित्यको आरोपणमा भएको बेहद छन्।

नेपाली साहित्यको उपस्थितिको अन्तर भविष्यका नेपाली साहित्यको विश्वासनीयता र निर्धारण, भनेर भएको त्यसको काम पनि उदाहरणको रूपमा योगदान गरेको छ।

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-

Sharada Thapa
Chicago, Illinois

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-

Santwona Khadka
Past President, TNCC
North Carolina
कसैले भन्छन जीिन संघर्ष हो
कसैले भन्छन जीिन कर्त्त्व्य हो
कसैले भन्छन जीिन खेल हो
कसैले भन्छन जीिन जाल-झेल हो |

तर मलाई लाग्छ,
जीिन एक सुन्दर सपना हो
यपार्श्वमा बोधु पर्ने एउटा बिपना हो
जीिन इशारा दिएको बर्दान हो
दीनदुस्खका लागि काम लाग्ने भ्रमदान हो |

यहाँ भेठिन्छन कैयो महिमा
कोहि मनमा बस्थन कोहि धुमिरे हराउछन
सृणको हो यो प्रकृतिको निरस्त चलिरह्न
भेठिन्छ छुट्टिनुको क्रममा मानिस अत्मित रहन्छ |

आफ्नो आफ्नो परिभाषा आफ्नो आफ्नो बुझाए
आफ्नो आफ्नो जिउने आफ्नो आफ्नो भोगाइ
जीिन बुझ्द्रे क्रममा हामी बोछाइ भनि मछ्री
अर्थ कैहो भेठिदेन लसे छक्क पहरि

वास्तवमा जीिन रहस्यको एउटा अनुपम नमुना हो
जन्म र मृत्यु बिचको संगम गढ्दा जमुना हो |

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Ambika Lohani & Family
NASeA VP and Convention Co-Chair
Atlanta, Georgia

Dr. Nirmal Paudel & Family
NASeA Treasurer
North Carolina

Rajan Panta
Convention co-chair
North Carolina

Tilak KC
Convention co-chair
Milwaukee, Wisconsin
यसैले, भौतिक जीवन र अध्यायम र भौतिक जीवन
अध्यायम क्षेत्रका ववशाल सम्भावना बोकेका लोभलाग्दा एक युवा
ववशाल प्रणामीको नेिृयवमा पााँच सदस्यीय भजनकीिनन सांगीतिक समुि गरर
थाि छैन | शव्द पतन गथएन खासै मसंग यो कुकमनका बारेमा "बेिोसीमा गररने सम्पूणन पोखरावासीको नै ददन मुखररि छ | म यसमा के जवाफ हदउाँ? यो ि बबरेन्द्रचोकको अवस्था देखाउंदै हदनेशले व्यक्ि गरेको यो पीडालमगश्रि भनाइमा तछचोले दगुरररिेछ मोटरसाइकल | "आन्दोलनका बेला िोड्फ़ोड गरेर बबरेन्द्र एयरपोटनबाट तनस्केर लेकसाइड िुाँदै बबरेन्द्रचोक तनयाल्दै, अमरलसंि चोक आइपुगेको जानकारी डा. न्यौपानेलाई फोनबाटै गराएाँ र सााँझ िोटलमै भेट्ने पोखराको माटोमा सुरक्षिसाथ अविरण गरायो बुद्धले |

प्राडा.देवी गौिम, प्राडा.बेनी जंगमिरु पतन | एयर िार्फक जामका कारण डडले दुईबजेको फ्लाइट कछुवाको चालमा सदै एक घडटा लाएर दुई बजे पुगगयो एयरपोटन | नभन्दै मेरो अनुिारको छट्पहटलाई पढेर िुनुपछन सान्यवना स्वरुप शम्भु दाई भन्दैछन् गर्फयौं | दुई बजेको पोखरा फ्लाइट भ्याउन शम्भु दाईकै मोटर राइडमा एकतछन डुलाइन मलाई पतन गीिाले | भखनर कामाख्या देवीको दशनन गरेर मलाई पोखरासम्म लााँदैछ | मान्छे आफ्नो मनैदेखख रमाउन सक्ने बबर्यप्रतिको धालमनक र आध्याजयमक आस्थाका कारण पुराणका तनजम्ि अमेररकादेखख र्कनर्क तयनै वाक्यिरुले नै मलाई िान्दैछ पोखरातिर नजातनदोगरी | जसरर बसाउाँछु | आाँटो वपठो, गुन्द्रुक जे छ मसंग ययहि पस्केर टक्र्याउाँछु | यिााँको भन्नुिुन्छ "अन्ि बस्न पाइन्न िै ! गुन्द्री सुक्कुल जे छ मेरोमा ययसैमा उस्िै िुने कुरा ि र्कन पययाउथें र ! प्रतिर्क्रया भने केिी जनाइन केवल २५

येती व्यङ्ग्यहरू

२५ तरिक बिधम गीत मैरी लजेँ शेखने । वक्तकालमुक्तिप्रदेश हदेश कार्यक्रमको स्थलमुक्ति विधि दिनेको सीलम्ब र निर्माणको स्थलमुक्ति एकदम हुनेछ । एकदम व्यक्तिको मुहर हिन्दुस्तान भनेको छ । युवको दादा पतन दिन स्थलमुक्ति अपि अन्तिको यस दिन यसमा सबै जनसमेत अवस्था देखाउँदै हदनेश ले व्यक्ति गरेको यो पीडालमगश्रि भनाइमा तछचोले दगुरै छ मोटरसाइकल | "आन्दोलनका बेला िोड्फ गरेर बबरेन्द्र एयरपोटनबाट तनस्केर लेकसाइड के चाहेपने हदनेश ले व्यक्ति गरेको यो पीडालमगश्रि भनाइमा तछचोले दगुरै छ मोटरसाइकल | भन्दै दुई बजेको फ्लाइट भ्याउन शम्भु दाई शेखने । वयस्क मन्त्रीको प्रतिमा र उनको नववनिम कव्विा २५

पुनाक्षयमी कालीत्यसिते प्रसाद र हटका सहिि देवीको प्रतिमा र उनको नववनिम कव्विा। धर्मनराज थापा, आहद | संगै लसटमा बस्नुभएका जीवेन्द्र देव गगरीले झ्यालबाट देखाउनुभयो मिानुभाविरुसंग पतन भेटघाट गचनापची भयो | ब्रेकफास्ट सकेर लागूको सहिि मेरा रूममेट िोमनाथ सापकोटालाई भोली बबिान भेट्नेगरर सोहि क्यामेरामा कैद गयौं र ववदा भयौं आजका लागू फ ेवा िालसंग | सााँझ झपक्क खोज्छ यो मन | प्रकृति इश्वर िो इश्वरको सालमप्यिा र दशननमा रमाएका बेला भीडमा िामी पतन सामेल छौं | मन िराएको छ, जिा िेयो िेिै लपक्क टााँलसन लुकाएर बबजुली बवत्तको प्रकाशमा हटजल्पलाएको फेवा िाल लाग्छ सााँझबवत्त काउडटरमै भेहटनुभो डा.नेउपाने सर | बढो िाहदनकिासाथ अंकमाल गयौं, छेमा आयोजकद्वारा व्यवस्था गररएको वासस्थान,

बुिारी मन्जु, छोरी डेजजना र छोरा डेववड सहििको सानो र समृद्ध पररवारका क्षेत्रमा पने शान्त, स्वच्छ र सफा वजस्ि काजीपोखरी आइपुगगएछ; एक्कालस घर काठमाडौँको शोभा बोकेको छ | कुनै कालखडडमा आििायीिरुले गरेका
मलाई पहिलो दौश्रोमा लिखनाथ गुरुमोक्षे द्वारा आयोजण गरेको तनावको तन्त्रको सम्क्षेपित विषयक "लमस र्करााँि" को तालिका मध्ये एकको भूलमकामा मेरो उपजस्थति गथयो भने यसपटक पृ्वी नारायण क्याम्पस, नेपाली बबभागद्वारा आयोजण "अन्िरानजरिय नेपाली लोक साहियसँगोरठी" मा अतिगथको रुपमा | मलाई पोखराको कुरै भएन जिा िेयो यसै मन लोलभने सुन्दरिाको प्रतिमूतिन जो कोिीका लागग | यी दुवैको भ्रमणबाट प्रफुल्ल छ मेरो मन यसपटक | अब काठमाडौँ देखख डेन्भरको बााँकी यात्रा.......
Yeti Viewpoints

What ingredients constitute the perfect recipe for happiness? Is it all about an excess of material wealth, or perhaps having a long list of friends? How about being in optimal health or having a dream job and a fancy car? Would these aspects improve your level of happiness? Studies show that while such positives may translate to an uptick in happiness, the feeling eventually subsides or fades. A study from Northwestern University comparing lottery winners and the regular populace concluded that the winners’ happiness level rated after a year was identical to that of the comparison group. The rationale for this is that we quickly become accustomed to new circumstances and return to a stable level of happiness over time.

Perhaps you are better off than you were 10 or 20 years ago and have attained various milestones in life. However, unfulfillment still appears to creep up on us in spite of our achievements, leading us to wonder what really makes us happy.

Come to think of it, people are becoming wealthier yet appear unhappy. For instance, a study in the United States comparing income and happiness level revealed that once the annual earnings surpass $75,000, the happiness level does not increase at the same rate. Perhaps we are constantly occupied by things that make us unhappy such as comparing our jobs, health and wealth to those of our neighbors, colleagues and siblings. Obviously, our hardwiring to participate in the rat race in an attempt to outperform others in our careers, wealth generation and relationship building is detrimental to our pursuit of happiness.

What do we stand to gain from a happy attitude? For starters, happiness reduces the secretion of cortisol (stress hormone) and promotes the release of happiness hormones such as GABA, oxytocin and serotonin. Positive feelings like joy, pride and gratefulfulness enhance activity in the left frontal area of brain. Consequently, happiness decreases the incidence of heart attacks and increases lifespan by boosting the immune system and slowing down the aging process.

Strategies for Generating Happiness

Without unhappiness, it’s highly unlikely that we would appreciate the pleasures of life. None of us wakes up happy every morning and in fact bad things happen to even the best of us. As such, our happiness and well-being are determined by the strategies we develop to deal with the jarring random occurrences that disrupt our lives.

Truth be told: happiness is synthesized through our habits and comes in small bouts. Cheerfulness emanates from the things we cannot buy. Additionally, happy people put extra effort to constantly evaluate their moods so as to stay upbeat and positive. They reflect on issues and have a growth mindset, meaning they learn from their failures and are proactive in taking remedial action when life throws them a curveball.

In contrast, the unhappy lot has a fixed mindset and is constantly on the lookout for a scapegoat when things go out of control. They feel hopeless and overwhelmed, consider themselves unlucky and assume things cannot be changed. Oftentimes, unhappiness stems from focusing on what we don’t have and forgetting what we have. Thankfully, long-lasting happiness can be achieved by overcoming negative emotions.

A study conducted at the University of California among twins shows that 50 percent of sustainable happiness is related to genetics, 10 percent to the environment and the remaining 40 percent to intentional activities. We can’t alter our genetic makeup but we can work on other determinants of happiness. The key aspect is that our happiness should not come at the expense of other people. Nor should we engage in activities that drain our happiness reserves in the hope of achieving bliss later in life.

Similarly, reducing stressors can be instrumental in help-
ing us enjoy life more. For instance, instead of being late to work or meeting every time, you can plan to get to work earlier and use the extra time to complete small tasks such as making phone calls or reading emails. In the same vein, avoid toxic environments and people that are a constant drain. Instead of gossiping and judging others, we should engage in meaningful interactions that build emotional connections.

Sleeping for 7 to 8 hours improves focus, mood and self-control whereas sleep deprivation compromises memory and reduces attention and energy. Additionally, exercising for as little as 10 minutes releases GABA that controls impulses and soothes our brains. Equally, at the end of the day we should review the things that made us happy and develop an attitude of gratitude. Experts suggest reconstructing our day’s activities and documenting them. You can then rank the activities on a scale of one to ten to document how much pleasure and purpose you derived from them. Engage in this exercise for 2 weeks to establish a pattern.

Correspondingly, happiness is contagious. Consider surrounding yourself with happy people. Identify the negative emotions you face frequently and avoid focusing on the things you cannot control such as future events that may impair your progress.

Travelling to underdeveloped areas and meeting underprivileged people makes us realize just how much we have and teach us an attitude of gratitude. Likewise, caring for others instills a sense of purpose within us. Helping others provides a surge of oxytocin, serotonin and dopamine hormones that create good feelings. A Harvard study showed that you are 10 times more likely to be focused at work and 40 percent more likely to get a promotion if you helped others. Equally, employees who provided social support were more likely to be happy during stressful times.

At present, elite societies have started investing in children’s education to boost their moral values and emotional intelligence - integral cogs on the wheel of happiness. Governments and companies in developed countries are also spearheading efforts to make working environments more family friendly through efforts such as enforcing flexible working hours, offering parental leave, establishing mandatory child care in offices and by reducing commute times by allowing employees to work remotely from home.

While such initiatives are well intentioned, the bottom line is that you are responsible for freeing yourself from worry, staying emotionally strong when things go wrong and avoiding placing time- and energy-sapping effort in worthless pursuits. By keeping your focus on things that matter, and letting go of those that don’t, you can achieve a lifetime of happiness.
Respected NASeA Presidents, General Members, Life Members and Well-wishers in NASeA Region and beyond, Greetings!

I salute you all for your continued support and advises during my tenure of NASeA presidency. Special thanks and gratitude to all my officers and advisers without whom my tenure would not have been a success! With the advises and the blessing of you all Former Presidents, Community leaders, all voters and well-wishers of Florida, NASeA/ANMA region and Beyond, I proudly completed NASeA tenure 2015-2017.

As a President of NASeA, I did support and uphold the By-Laws of NASeA and together with my officers as we gave consistency to NASeA’s proud past and reach out all partners State/Student organizations of this region and build the bridge of effective communication to establish NASeA as a leading regional organization of USA. During my tenure we played a vital role to extend NASeA partnership of cooperation with Non-Nepalese Organization and explore the possibility to reach out to International, National, Regional organization to build mutual cooperation. 2018 NASeA/ANMA-ANA National Convention in Chicago is a perfect example of bringing Nepali Diaspora together towards working for the greater cause.

We always remained loyal and accountable to you all our respected general members and all well-wishers of NASeA/ANMA region and beyond. Please find the glimpse of my tenure which was summarized during NASeA AGM 2017 in Charlotte, NC.

**NASeA Executive Committee led by President Bimal Nepal**
- **President:** Bimal Nepal, FL
- **Executive VP:** Shailendra Bajracharya, GA
- **VP:** Tara Prasad Poom Magar, GA
- **General Secretary:** Shiva Bista, NC
- **Joint Secretary:** Krishna Shrestha, FL
- **Treasurer:** Pushupati Neupane, GA
- **Executive Board Members:** Dr Niroj Basnet, Udhav Karki, Krishna Raj Devkota, Sushil Nepal, Gajendra Aryal, Dr. Kumar Sriwastw, Dr. Manoj Jha, Yogeshwor Karki, Bhuwan Khanal, Manish Shakya, Narendra Baral, Bidya W Gurung, Girwan Raj Pandey, Satish Chandra Gupta, Namita Ghimire, GA

**25 Members NASeA Advisers Committee**
- Tirtha Mali, Dr. Bidya Subedi, Bikash Devkota, Dr. Prahlad Pant, Chatura Parajuli, Dr. Amreeta Regmi, Gobinda Shrestha Keshav Sharma, Kumar Kc, Mohan Bista, Subodh Gautam, Bimal Karki, Madhav Dhakal, Dr. Bal Krishna Sharma, Dr. Thakur Karki, Basanta Khadka, Dr. Lila Karki, Dr. Nar Gurung, Radha Poudel, Ramesh Gurung, Kiran Sitoula, Dr. Rudra Aryal, Dr. Khushiram Tiwarikr, Sanjita Pradhan, Dr. Durga D Poudel

**Secretariat Annual Report**
NASeA Executive Board 2015-17 was elected on 05 Sept 2015. First Time in NASeA History- All positions of 21 were contested.

Representation from 6 States
Total Regular Monthly Meetings – 29
Special Meetings – 5 (For DC Rally)
Physical Meetings -2 (Atlanta and South Carolina )

NASeA Coordinators of 17 Various Committees:
- **IT Committee:** Chair, Manish Shakya
- **Inter-State Coord Committee:** Chair, Udhav Karki
- **Atlanta Nepali School:** Chair, Girwan Panday
- **Sports and Recreational Com:** Chair, Krishna Devkota
- **Youth Empowerment Comm:** Chair, Dr. Niroj Basnet
- **Woman and Children Comm:** Chair, Bidya Gurung
- **Fund Raise committee:** Chair, Pushupati Neupane
- **Literature Committee:** Chair, Krishna Shrestha
- **Media Committee:** Chair, Shiva Bista
- **Membership Drive Comm:** Chair, Tara Pun
- **External Relations Committee:** Chair, Shailendra Bajracharya
- **Health and Welfare Committee:** Chair, Satish Gupta
- **Academic and Professional Com:** Chair, Dr. Manoj Jha
- **Nepal Forum Committee:** Chair, Gajendra Aryal
- **Publication Committee:** Chair, Bhuan Khanal
- **Education and Entrepreneurship:** Chair, Dr. Uttam Gaulee
- **Immigration, Human Rights and Conflict Resolution Committee:** Chair, Dr. Naraya Khadka
Yeti Viewpoints

Silver Jubilee Celebration in Atlanta

Historical Celebration of NASeA Silver Jubilee 2016. Celebration in Atlanta hosted by Nepalese Association of Georgia (NAG)

Membership Drive Committee Reports:

Total Number of Life Members = 277
Total Number of Honorary Members = 6
70 Life members increased during President Bimal Nepal tenure


93 Social Leaders donated blood saving 277 lives

Handover of NASeA Atlanta Nepali School to NCC and the MOU signed

Atlanta Nepali School was handed over to Nepalese Culture Center, Atlanta
NASeA transferred $3,174 Nepali School fund to NCC

Nepal Day Morrisville, NC:
Morrisville City declared Third Saturday of every April as Nepal Day and President Bimal Nepal attended as a special guest.
Nepal Tourism Promotion in Chicago:

President Bimal Nepal attended a special program in Chicago on May 20, 2017 organized by ANMA.

**NASeA/ANMA-ANA Joint Press Release** to explore the possibilities in bringing Nepali diaspora together to work towards finding the common mission in keeping Nepali American identity alive in all fronts.

**May 20, 2017**

**Joint Press Release**

We, the President of Association of Nepalese in Americas (ANSeA), the President of Association Nepalese in Midwest America (ANMA), and the President of Nepalese Association in South East America (NASeA) disclosed the formal request from His Excellency Honorary Consulate General of Nepal to USA, Mr. Prem Raja Mahat, to bring all Nepalese organizations in USA together to boost, enhance and catalyze the effective voice of Nepali Diaspora at a national level. All three presidents mutually agreed that it is essential to meet the growing demand of present time to provide a common platform for Old, newly formed and future Nepali organizations and to keep a united voice for the interest of Nepalese Diaspora in the USA.

With this note, we all agreed to work together to explore the process of bringing all Nepalese organizations in USA together to create a unified voice. To accomplish this task, we all three presidents of respective organizations agreed to give the responsibility to Mr. Rajendra K. Khatriwa of Georgetown KY. He is authorized to start a process of forming a necessary committee and start communicating with respective organizations to develop the road map and future strategy to fulfill this noble cause.

Sincerely,

Madbhu Adhikari, President (ANSeA)
Bala Ghimire, President (ANMA)
Bimal Nepal, President (NASeA)

Witness:

Madbhu Blah
Shrestha Shrestha
Champa Shrestha

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**Help to Rainaskot Rebuilding Project:**
NASeA helped $6000 to build ANMA/NASeA community house in Rainaskot Project. Part of Natasha Project.

**External Committee Reports:**
Various Monthly Talk Sessions (Kanak Mani Dixit/Tax Saving Tips/Natasha Wozniak)
Participated and Represented Nepalese Community for 31 and 32 “Annual Unity Gala”
Participated in 12th WWAAC Awards
Participated in Asian Summer Festival
Participated in “Asian Pacific American Heritage Month”

**Joint Talk Session with NASeA/ANMA:**
Talk Session/Topic: Current Perspective on Political Crisis in Nepal Key Speakers: Mr. Mukesh Kumar Singh and Dr. Sagar Rijal Date: Sunday, December 20, 2015 Moderator(s)
Talk Session/Topics: “Promoting Tourism in Nepal - Opportunities and challenges”
Guest Speaker: Mr. Ananda Prasad Pokhrel
Honorable Minister for Culture, Tourism and Civil Aviation, NEPAL
Date: Sunday, March 13, 2016

Women and Children Committee:
International Women’s Day was celebrated on March 13, 2016 at Atlanta.

Nepal Forum Talk Session:
Extends a cordial invitation to the Monthly Talk Session with Attorney at Law Khagendra GC, Former President of NRN NCC of USA
Theme: Trump's Immigration Policy and how it affects Nepali Community Day: Sunday, February 12, 2017
Talk Session with Vice Mayor for the Town of Indian Head Ron Sitoula
Time: 11 AM EST
Successfully led by Nepal Forum Chair Gajendra Aryal

DC PROTEST RALLY AGAINST INDIAN BLOCK-ADE:
Organized at Washington DC on November 22, 2015. This event was well-coordinated and NASeA together with ANA, ANMA and many other organizations in USA and Canada participated in the rally. President Bimal Nepal led the NASeA Team during this protest rally.

NASeA extends help to Rakshya Nepal to support Women & Children
NASeA proudly contributes $1686.00 to Help Nepal Flood Victims
NASeA Executive Committee meeting held on Sunday, August 27, 2017 unanimously decided to release the collected and pledged fund to the IMMEDIATE RELIEF through SANGSANGAI and Madheshi Association in America's (MAA)

Help to HIMPAT:

Dr. Prahlad & Bindu Pant $2,000 Scholarship Award Winner of 2017 Dr. Prahlad & Bindu Pant $2,000 Scholarship Award – Alok Acharya, Arlington, Texas
Winner of 2016 Dr. Prahlad & Bindu Pant $2,000 Scholarship Award – Siddharth Gaulee, Gainesville, Florida
Chair: Dr. Manoj Jha
Academic and Professional Committee
NASeA prestigious Life member increased during President Bimal Nepal tenure – 70 outstanding job performed by Membership drive Committee Chair VP Tara Pun
NASeA Financial Contribution: To support TNCC building Nepali Community Center in Highpoint, NC
President Bimal Nepal authorized to donate $5,00.00 to TNCC “Maha Yagya” to help and support TNCC fund raise mission. NASeA board unanimously approved President decisions.

Summary:
On 10/2/2015 Balance transfer from the previous committee to us.
Checking Account: $20,128.11
Saving Account: $42,665.56
Total: $62,793.67

As of record tabled on 10/14/2017 Current Checking Account Balance: 29,435.15
Saving Account: $42,993.50
Total: $72,428.65

Surplus in Total cash during 2017-2019 tenure: $9,634.98

Another good news is the joint convention account NASeA/ANMA-GCNA JOINT CONVENTION 2017 NET PROFIT $4,830.00
Which includes $625.00 JUJU Wears from Nepal Sponsors and Fund raise during the Convention 00 led by Manish Shakya

GCNA Host Organization Token of Appreciation: $1,001.00
(Receipt Transferred 12/3/2017)

PROUDLY ANNOUNCED:
Total Joint Convention 2017 Contribution to Flood Victims to Nepal $3829.09 (3,204.09 + 625.00)
to Shuntali Dhurmus - Foundation-Nepal

This is to inform you all that the above report was submitted during NASeA AGM 2017 and all the related Bank financial statements together with supporting documents was handover to President elect Madhav Dhakal and his officers in a timely manner.

Finally, I extend salute to all former presidents, advisers and well-wishers who have guided me and my team of excellence to take NASeA a step forward and together we will give consistency to our beloved organization.

Always for Nepali American Community and Friends of Nepal!

With Respect,
Bimal Nepal
Immediate Past President, NASeA
Executive Committee 2015-2017
On 1 June 2019, NASeA and Nepalese Association of Florida (NAF) jointly organized a very important panel discussion about the sharing knowledge and experiences for our high school students. This session was about how to prepare to be competitive applicant for our high school senior students for their dream college/university.

We have following Guest speakers who are elite current undergrad students from renowned universities for this panel.

1. MIT Undergard Student, class of 2021 Mr Swochchhanda Shrestha
2. Harvard University Undergard Student, class of 2021 Ms Rahel Imru
3. Columbia University Undergard Student, class of 2021 Ms Meghana Pandit
4. University of Miami Undergard Student, class of 2019 Mr Rojesh Shakya
5. University of Central Florida, Undergrad Student, class of 2021 Ms Preetha Anbu
6. Tufts University, Undergrad student, class of 2021 Ameena Raahid

Following very important and relevant issues were discussed during this panel discussion.

1. Importance and how to prepare for the best scoring on standardized tests including PSAT, SAT, ACT and subject SAT.
2. All about AP classes / dual enrollment
3. Importance of higher GPA and how to maintain it.
4. Importance of extra curriculum activities and how to select the best suit for an individual.
5. All about essay writing that need to be submitted with the application for the college enrollment.
6. The best kinds of expected help from parents and family.
7. Recommendation letter and interview if applicable.

Around 80 participants including 20 students attended this session. NASeA General Secretary Krishna Shrestha welcomed all participants and speakers. He and Dr Niraj Shrestha moderated this session. Professors Dr Rajendra Shakya and Dr Chandra Mohan put up their observation notes about this event. Dr Bidya Raj Subedi, specialist, evaluation and test development, Palm Beach County School Department also talked about the importance of this event. Nepalese Association of Florida (NAF) President Dr Choodamani Khanal welcomed all speakers and participants and expressed his happiness to organize such a very important and beneficial event in partnership with regional organization NASeA. NASeA’s former presi-
dent Bimal Nepal and NAF former president Ram Thapa distributed the token of love and gifts to all guest speakers. At the end the “Questions and Answers” with guest speakers went very well.

The detail video recording of this session is available in NASeA webpage www.naseaonline.org, NASeA Facebook page and both NAF Webpage (https://floridanepalese.org/) and Facebook page (https://www.facebook.com/Nepaleseassociationfl/).

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Dr. Janak Koirala
&
Dr. Sangita Koirala
Springfield, IL
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2.3 तिजे गीत

क्रुणलको राति क्रुण जनमले, मधे तेहिको क्रुण जनको
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Wishing Nepalese Association in Southeast America (NASEa) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Rajendra Khatiwada & Family
Lexington, KY

Wishing Nepalese Association in Southeast America (NASEa) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Dr. Ram Chandra Baral & Family
South Carolina
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<th>Yeti Viewpoints</th>
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| **Mukesh Singh & Family**  
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| **Dr. Sanjeeb Sapkota & Family**  
*Atlanta, Georgia* |
| Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019. |
| **Dr. Pralhad Panta and Family**  
*Atlanta, Georgia* |
| **Bishnu Neupane**  
*Chicago, Illinois* |
| Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019. |
| **Dr. Bidya Raj Subedi & Family**  
*West Palm Beach, Florida* |
| **Dr. Sohan Khatiwada**  
*Indiana* |
| Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019. |
| **Manish Shakya & Family**  
*North Carolina* |
| **Anu Sharma**  
*Broker / Realtor*  
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*Residential - Commercial - Vacant Land - Investment Properties* |
नालसया एन्मा
अमेररकी भुलममा
अनवरत जमको : एक साधक
पुर्व मैधि देखि पशिम महाकाली जाएँने
हामाँ मुटैका धड्कन : नालसया एन्मा ।

विशेष प्रस्तुति
साहित्यकृतक दुकुटकी
हामाँ पहिचान
याज्ञाव, प्रस्तावना : नालसया एन्मा।

शाझा चात्याऱी
के महिला, के पुरुष
के वालवाला, के तनैरी , के वुढळुढ़ी
एक पदामा एउटै चाहना : नालसया एन्मा ।

हामिले खेजकाईे
आफैले रेखकाईे
मिलले मिलन
यसे जमकाए , यसे संगम तन तनमा
मन मन मा : नालसया एन्मा ।

एकतामा विविधता
खेल संसार
साहित्यकृतक सर्गम
साहित्यक मन्थन
ज्ञान विज्ञान संदेश
संस्कृति र भेत्य भुमा
राष्ट्र र राष्ट्रियता
सवेपिर सामना
नालसया एन्मा हार्दिक शुभकामना।

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Mid-west America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Bala Ghimire
&
Family
Chicago, Illinois

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Mid-west America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Gopendra Bhattarai
&
Family
Indianapolis, IN
यसपाहल पनि राष्ट्रिय, गोरखा दक्षिणबाहु प्रहरण गर्न शीतलनिवास धातून सकिन ।

dेशमा बाढी आयो, पहिरोले सारा बगायो, भूकम्पमा विदेशबाट बसेहरूको परेको पर्यायको हाशीलो बन्ने, पीडितहरूको सहयोगमा लागू डालिएर, कम्बल र सिटामोल बने

dेश अङ्गो रोमें तथा चलिन्छो बेला विदेशमा बसेहरूको

dक्षणबाहुहरू सम्बन्ध सकेन

केलुल तिने कम्बल र विपाल कुम्ध्याउनेहरू विभूषित बने

tथसले राष्ट्रिय, गोरखा दक्षिणबाहु प्रहरण गर्न पसपालि शीतलनिवास धातून सकिन ।

गोरखा दक्षिणबाहु,

tथसले आफ्नो कांग्रस, चाचापुरी र ठगहरूमा हस्तमत हैँ, आफ्नो पहन जुनिनको चाङिमाको देशको गल्लीहरूमा भर्पना र प्रदीह आफ्नो गलिको फर्क, रासा र आँशिकाको सुकाननी र गुणधर्मको लार्ज अभिलाष निकैकी गतिले यसल्याउनेहरूको केलेबाट भए।

tथसले राष्ट्रिय, गोरखा दक्षिणबाहु प्रहरण गर्न पसपालि शीतलनिवास धातून सकिन ।

गोरखा दक्षिणबाहु,

tथसले परिवार लाएर, चाचापुरी र ठगहरूमा सिमित थियो आफ्नो भाई भारदारहरूको आफ्नो दहियो देशको गल्लीहरू र दक्षिणबाहु?

tथसले पहिले लिने देशको गल्लीहरूमा भर्पना र प्रदीह आफ्नो स्वयं रुनेहरू

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Mid-west America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Padam Biswakarma
&
Family
Colorado
रमाइलो लाग्न। मन सङै भए पनी िन लमल्न नापाउदाको छ्ट पटी चािी
ठास्स ठुस्स भैराखे पनी यस्सो छोरा छोरीका आखा छलेर िाि समाउदा पनी
गनन थालेम। एकले आकानलाइ टाइम नदेको गुनासो आउन थाल्यो। एक अकानमा
जीम्मेवारी ललनु पने कुरा थवपयो। दुबै एक अकान को लागी समय नपाएर छ्ट
"इङ्कीि गरे।"
िुन््यो। "बाले िास्दै भन्नु भो। एक हदन उिाको आमाले ययो सटन घरमा काम गने को छोरालाइ दीनु भएछ। असा्यै सुिाउ्यो ययसैले ययो सटन अली पुरानो भए पनी मैले राखेको गथए।
पनी अप्ठेरो अनी भरे अर्फसको साथीको मा काम छ हठलो िुन्छ िै भनेर
भनेनी भेट्न मन लाग्ने िर घरमा आज मात्रै माइिी गाको भेट्न जान्छु भन्न
भन्ने चलन गथयो नी ि।" बा ले बबचमा कुरा काट्दै भन्नु भो "कस्िो गािो माइि गएको बेलामा भेट्न आउनुस िै भन्थे िर घर बाट ससुराली धेरै जानु
अनी अनेक बािाना बडारो परयो घरबाट जानु। बबिे पछी पनी म
लागेका कुरा खाइन््यो लाइन््यो। उनको नाकको ययो मासको गेडा
उनका माइिीको कुकुर पनी मन पने। सपनानै उनको खुशीकै लागी देखखन्थे।
उमेर गथयो। उनी सङ्ग बस्दा को कुरा छोड्नु उनको ख्याल मनमा आउदा
यसरी साथमा देख्ने गथएनौ। यो कस्िो िुन्छ भने नी प्रेम सम्बन्धको िीन वटा
सियात्रामा िामी दुइ बीच प्रेम ि सधै नै गथयो नत्र ि आज तिमीले िामीलाइ
बबिानै बुढा बुढी यसरी पाकनमा ययो पनी िािमा िाि राखेर मेचमा म सङै
नबुझीने आिे जािे िरुलाइ िाइ र बाइ भन्दा हदक्क लागेका बेला आफ्नो बोली
पाल्म बीचको एउटा पाकनमा हिडी रिेको भेटेर मलाइ रमाइलो लाग्यो। भार्ा
जेठो छोरो िाम्रो जीबनमा आए पछी िामीले सोच्नु पने, प्रेम गनुन पने र
प्रेम सम्बन्धको िीन वटा अबथिा
जिन्दगिमा धेरै कुरा गर्न बाकी छ

म पनि अह जस्ती जीवनमा धेरा चाहाना छिद्, अहिले धुन पनि। हिजो जुन चाहानालाई धिरे आज पनि चाह्नुहोस्, त्यस भन्दा बढी वा अविचार कर्दै रहेको हो भन्छ। एक जमानामा राम्रो लाउन र मिलो खान पाए हुन्ने भने चाहाननुहोस्। त्यसपछि अरिहरको गर्न मत्त्विन नभिरी र भएको स्थान भएको छ। भेषलाईसंग आफ्नो देशमा धेरै काम पनि भएको छ, सबैभन्दा ठूलो काम मनमा छ। यहाँ जुन हिजो रक्षितहरू र घोडा घडाको लाम्बो लाग्दैछ। जन्तु अजन्म सय िो भने मैले मनमा जानिन्। आफ्नो काम पनि पहिला जम्मौ भएको छ, यहाँ हिजो जुन धेरै काम पनि भएको छ। त्यसपछि, भएको जन्तु धेरै स्मरण गर्दैर भएको छ।
Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30–Sept 1, 2019.

Nagendra Sotang
Co chair, Joint Convention
North Carolina
मेरो चाहना

नेशंको है चाहा परम्यलकका सूनर कथा 
यही जायी हासी धम गरिरही भन्दू मता 
बनु। भानी ध्यानी सूनक हितको चिंतन गरा 
न हु जाली कफली सरल शनको मालिक बुन।

म आमाको ज्यारो सरल सपना सिर्जन सका 
विदेशीको पैंता शुभ र सुविधा विस्तार सका 
म आफै धर्तीका रहरहस्य रीजन सका 
म धार्मिकताको निष्क महादी चैनक्क सक्न।

म आफैले उत्पादन गरिरह। अन्त र फल 
स्रेणी खोलानला वितरण गरनौ जीवनकल 
व्ही भोका नाता गरिउ जनको तारा चुनौ 
म मेरी धार्मिको सकल सूक्ष्मको कारण बुन।

म जाडोमा तालो रुप अहाको धारा गरा 
म वर्णामा नौलो रुप बैठोको धारा गरा 
म मेरी पाठामा धम र पसिना अर्पा गरा 
सरीफः सामान्ने २० कर्खादको तर्पण गरा।

नया फडको माद्री कृपा र धनमले उद्धीयनले 
स्रेणी नौला भारा व्यक्त सुनोसू पदवीले 
म नौली धारको मुग्र मनको आगार बुना 
म धार्मिकतामा झै भजन सूक्ष्मको आजाल बुन।

कि गाइ पालोला कि त भ्रमको नकल गरी 
उभ्योला लाभी मुग्र रसका बोलन भरी 
म मेरी आमाको रहर बटली उद्धम गरा 
केही गर्व भने गूङकहको स्वरक बुन।

फूलाधोला नाता बन चुटरमा सूनेद्र फल 
पूज्याधोला सारा विकृत डामा अन्त र जल 
फूलाधोला नौला कृसम श्रेष्ठकेहो आगाम्यहरू 
रहोला सइहाज मेरमा मौषमी जीवनभर।

गोमा प्राजुली 
बोस्टन, म्यासाचुसेस

Wishing Nepalese Association in Southeast America (NASeA) and 
Association of Nepalese in Midwest America (ANMA) a grand 
success for the Joint Convention in Winston-Salem, North Carolina, 
Aug 30-Sept 1, 2019.

Dr. Diwakar Dahal 
General Secretary, ANMA 
Belleville, Illinois
We started publishing Shangri-La since 2014 as an important publication of NASeA, if not mouthpiece, and it has taken a momentum since then. For any new publication, it takes time to get established and publish regularly. Shangri-La has achieved wonderful success because of your love and contribution. Publishing a wide range of materials including articles on literature, cultures, science, education, and committee reports of NASeA have been the main focus of Shangri-La as of now although we have been extremely flexible for its content provided that the materials are non-political and unbiased. An important aspect of publishing these materials by NASeA is also to educate our children, who are the future leaders of our community. We believe that these are the historical facts and will be even more critical documents down the road when we want to review the organizational activities and look back at the development of NASeA after a few years. When it was launched in 2014, we discussed publishing its hard copy and delivery it to every single member of NASeA. However, because of limited resources, it was not possible. It is our impression that the digital version of the publication is equally suitable and getting popular among the members who can get to the members at no cost.

In one of the recent studies, it was found that more than 41% people were found to read the digital version of the magazine regularly compared to the print version, which was in increasing trend but it never surpassed the tradition print version of the magazine, and 90% of readers were satisfied reading the digital version. It was also found that 92% of the digital readers read the materials within a week, whereas 52% of them may read it immediately or on the same day. This indicates that while the print version of such magazine may still be there, the popularity of the digital version in increasing trend.

The digital version has the typical advantage of environmentally friendly (51%), easy to save (50%), the ability to search (49%). It was also found more comfortable to forward (41%), and more timely to publish than print version (39%). Digital formats are growing in accessibility and likeability among different age groups. While we are enjoying all these features of digital publication, one of the aspects we have not been able to tap is that advertisement, which could be a good source of revenue generation. This can be utilized for the benefit of NASeA if utilized properly. There may be even more features that we can incorporate as we find the points of interest based on a similar study, which we can incorporated in the publications to make it more friendly and knowledgeable. The main point is that we should continue the publication of such substantial magnitude for a long time and keep on refining its quality as time and expectations of the stakeholders change even if there is a change in leadership of NASeA.

Dr. Dilip R. Panthee

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Dipak Ranabhat
Treasurer, TNCC
North Carolina
म छोरी हु जुन देशको

म छोरी हु जुन देशको जाहा हिमाल हास । डाफे नाच्न।
नेपाल को बासी हु। नेपाल के गित गाउँछ।
हिमाल हाम्रो छादी, सुन हाम्रो तराई।
प्रकटी ले भरीएको छ देख नेपाल हाम्रो
म छोरी हु जुन देशको

चन्द सुर्य अंकित मेरो देश को झंडा हो।
सानी को मार्ग पहिलाउँने यस को पहिचान हो।
बुढ यह जमिए सानी फैलाउँदै
भीकुंटी जम्मीन यह देख को मान राखौ।
म छोरी हु जुन देशको

धरी धरी का छ हाम्री भुषा पनि
जात हाम्रो धरी धरी खान पनि
पूर्व मेही देखी पवही माहाकाली
कहलाउँछ मेपाली हाम्री जहाँ गए पनि।
म छोरी हु जुन देशको

मानुङ्गैली हाम्री खत्तौं दिवस पनि
छुकदेनी हाम्री कमरसा तिरको छुकरी पनि
बहादुर भक्तन कोही, कोही भक्तन मीराली
छुटे पहिचान राखेदै खान मै फर फाउँछ
सबे भन्दा माथि नेपाल को झन्णा खत्तौ दिनु फुक्दै।
म छोरी हु जुन देशको

छुटे छ सान छुटे छ पहिचान नेपाल को
यो त्यो भन्ने काँग गए माया समान सबको
जाहा गए पनि सफल ही दित मै बस्न।
म त्यो देश नेपाल को छोरी हु जाए जन्मे म
म छोरी हु जुन देशको

पति माया छ यहाँ छोला नदी लाई पनि आमा भनि पुकारछन याहा।
यही समान छ यहाँ पवर लाई पनि देखेता भनि पुजुछ याहा
जिउँदे छ राम यहिने पनि चव पुजुछ राम, सबै इल्सी मै सिता
बोलाउँदा सबै बोलाउँछन सिता राम
म त्यस धरी का छ्होरी हु गए मर्ग सबे
नेपालकी बासी हु नेपाली कहलाउँछ।
म छोरी हु जुन देशको

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Dr. Om Dahal
Treasurer, ANMA
Indiana

बिनु पाठक

Yeti Viewpoints
सस्मरण }

यात्रामा तीन, हिड्दै नहिंदै

अन्तर: तीनजन मात्र हुने भएको
काठमाडौँबाट धितिको भएको "सत्यमेव जयति " कार्यक्रममा सहभागी हुने तीनजन मात्र | म साहित्यको धारा मेमक जाने निर्धारित भएको यो कार्यक्रममा एकल करियता वापस गन्ने तलावित बन्ने भएको दिन | साहित्यकार केही साहित्यको अधिकेलो सोडी फोन करे - कार्यक्रम सकताको तुल्छाम, म जान नपाउने भए, भएकोभेट |

त्यस त प्रमुख जोखी र माणी सोहो फोन जाने निर्देश दिनेको र तर उनीहरुको पतनको निम्न निर्देश, भएको क्षेत्र |

त्यसै छिर्विको मिलाउनु र परयायमा ल्यक्तिको निम्न | म र पर्याय दिने तीनको सम्पर्क |

मोतीपञ्चा बिहार साहित्यको कार्यक्रममा तीन बाट हामी सहभागी हुने सत्यमेव जयति र साहित्यको कायमी तीनको निर्देश दिनेको र तर उनीहरुको पतनको निम्न निर्देश, भएको क्षेत्र |

काठमाडौँको जानकारी प्रदान दिदेको हामी शिष्यो, भन्डारको निर्देश दिनेको र तर उनीहरुको पतनको निम्न निर्देश, भएको क्षेत्र |

हामलाई साहित्यको कायमी तीन र साहित्यको तीनको निर्देश दिनेको र तर उनीहरुको पतनको निम्न निर्देश, भएको क्षेत्र |

2044 सालमा खोरिनी माध्यमक बजारबाट एसएलसी डालको मानेको हुने निम्न निर्देश दिनेको र तर उनीहरुको पतनको निम्न निर्देश, भएको क्षेत्र |

एकल कविता वाचन गनन लालातयि बनेको गथे | ऐसिनेस श्रीमान राजेन्द्र गुरे, गोवांदराज राखीरह्यो | मैले भुल्न खोजेजस्िो गरे पतन गचिवनले मलाई सजम्झरह्यो | काठमाडौँको पुरस्कार " नारायणी बाङ्मय पुरस्कार " पाउन गचिवनको बनाईरिे | उनीिरूकै मायाले मेरो पहिलो कविता कृति 'पीडाअविार"ले लक्ष्मणप्रसाद गौिम, गोखे साइलो, भूवपन ब्याकुल, सुरेन्द्र अस्िफल, ईश्वर कंडेल, ववनोदी, धनराज गगरी, क ेदारनाथ खनाल, गोपाल पौडेल, संगीिा आयाम, खुमनारायण पौडेल, रमेश प्रभाि, िररिर पौडेल, प्रेमबबनोद नन्दन, गोवांदराज राखीरह्यो | मैले भुल्न खोजेजस्िो गरे पतन गचिवनले मलाई सजम्झरह्यो | यसैले अमेररका बसाइको आधा दशकपतछ पतन मलाई गचिवनमा गएर एउटा सकिेको गथयो, भने गचिवन ववशेर्ांकमा मलाई सधै समावेश गथे |

नारायणी अंचलको सबैभन्दा ठूलो पुरस्कार " नारायणी बाङ्मय पुरस्कार " पाउन गचिवनको बनाईरिे | उनीिरूकै मायाले मेरो पहिलो कविता कृति 'पीडाअविार"ले लक्ष्मणप्रसाद गौिम, गोखे साइलो, भूवपन ब्याकुल, सुरेन्द्र अस्िफल, ईश्वर कंडेल, ववनोदी, धनराज गगरी, क ेदारनाथ खनाल, गोपाल पौडेल, संगीिा आयाम, खुमनारायण पौडेल, रमेश प्रभाि, िररिर पौडेल, प्रेमबबनोद नन्दन, गोवांदराज राखीरह्यो | मैले भुल्न खोजेजस्िो गरे पतन गचिवनले मलाई सजम्झरह्यो | यसैले अमेररका बसाइको आधा दशकपतछ पतन मलाई गचिवनमा गएर एउटा सकिेको गथयो, भने गचिवन ववशेर्ांकमा मलाई सधै समावेश गथे |

यसैले अमेररका बसाइको आधा दशकपतछ पतन मलाई गचिवनमा गएर एउटा सकिेको गथयो, भने गचिवन ववशेर्ांकमा मलाई सधै समावेश गथे |
धेरै िोटेल चाियौ | कुनै पतन राम्रा िोटेल खाली गथएनन् | ययिााँको ठूलो िोटेल भाडा माग्यो , नारायणघाटको कुनै िोटलसम्म पुयानउन |
कापेको मुटु ललएर िामी ररक्साको खोजीमा लाग्यौ|
जजल्लाजजल्लाबाट मातनस आएका कारण सबै िोटेल भररएको रिेछ | थर्कि मन र फोनबाट अनुरोध गरे, िर पतन कोठा लमलेन | लायन्सको सम्मेलनका लागग भररभराउ रिेछ | धनराज गगरी, ईश्वर कंडेलले िाम्रोलागग िोटलका मेनेजरलाई भरिपुर चोकमा रािको एघारबजे ओललनदा पानी तछट्टयाउन लागेको रिेछ | बबिान मुजग्लन
दुघनटनाबाट बच्यौ | "छल्दै िाम्रो गाडी अतघ बढ्यो | िर लेकालीले लामो स्वास फेरेर भने गथएाँ | माइक्रोबस छेउको खाल्डोमा पलनक्कै पल्टेर उत्तानो परेको गथयो | भीडलाई नुनखुसाननी र काक्रो ! पेट अघाए पतन मन अघाएन |
खाजा दह्रो नै खानु पने तनणनय गररयो | माछा, भुजा, अचार पतछको िररयो गफ पछाडड लसटवालीिरूसंग गदै गथए |
मान्छे | पछाडड लामो लसटमा बसेका चारजना युविीसाँग पररचय गास्न पुगसकेका ओरालो | छववरमण ययति बोलेको गथएन, लेकाली यात्रामा अलल रमाइलो गनुनपने लल्न्छौ, हदछौ |
मैले भनें खालल छ, भाडा लमलाउने िीनजनालाई चारओटा लसट चाहिन्छ , भाडा जति३-७ नहिंड् ! र डरले अझै मन काप्ने गछन र िामी िीनबीच कुरा गदान भन्ने गछौ अस्िफल | ओिो ! कति धेरै वप्रय मान्छेिरूका साथमा "गचयासाँग कवविा" मात्रै रमेश प्रभाि, सुमन तघलमरे,
कायनक्रम सोचेको जस्िै राम्रो भयो |
बबिान सबेरै कोठाबाट तनस्कने सल्लािका साथ तनदाउने प्रयास गयौ |
चुरोट नखाने िामीलाई खान गथयो |
खान कस्िो गथयो, स्वाद नै ललएनौ, पेट भननतिर मात्रै लाग्यौ, जे िोस् िािो लामखुट्टेको धुप र बोिलको पानी पतन िामीलाई लमल्ने भएपतछ ि झन् खुशी िामी पतन खुशीले पुलर्कि भयौ |
िािो खाना खुवाउनु पछन" िाम्रो अनुरोधले सािुजीको टाउको सिमतिमा िजल्लयो |
"आधा बन्द ढोकाबाट गचयाउदै
गुल्मेली लज लेखेको बोडनमा आखा दौडडयो | जस्िो सुकै िोस छ घडटा आराम गने र तनराशा बनायो | "नेपाल भारि लेखक सम्मेलन"बाट फकनदा | पाइन्छ िोला भनेर ययिााँ पतन गयौ, िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुपछन र िािो खाना खुवाउनु पछन छ िुन्छ िुन्छ, जस्िो भएपतन िुन्छ, िर िन्ना र ओढ्ने भने नयााँ हदनुप�
नमनता पुसा गाई
नयंक्यरोलाई, अमेरिका

आफ्नो लेटर २

"कस्िो ररजुमी पठाएकी गथएं र अन्िरवािानलाइ बोलायो ययोपतन िेक्का भएन। भनेर जवाफ पठाउने िोला, म एकतछन केिी मात्र गथएं, नभन! पहिलेदेखख नै के बागेन गनुन ? जस्िो िुन्छ ययस्िै रिेछन। परेन फसाद अब !!

पढदै गएं डडसेम्बर म्यासेज पठाउंदा उसले उतिबेलै अन्िरवािानको ललनलाइ लमति िोक एर पठाएको गथयो। मैले बोलेको नै रनलागेर मैले टेरनबाट बाहिर तनस्केपतछ आफु बाहिर भएको लमलेका गथए। अन्िरवािान हदनलाइ लमति िोक्न फोन गरेको हदन बुखझस केटी!! भन्न थाल्यो एकमनले। उवत्तनै बेला धेरै नफुकी टुंगो नलागुन्जेल?

हदएको छु, मलाइ िेरो नयां ररजुमी पठाइदे िै। आफनो बारेमा बोललहदने मान्छेले पठाएका आशाका सम्देसिरु सम्झेर ढकमक्क मन खतनउमागथ भनेझैं आफुभने हिडने हदन बबिान हदएको अन्िरवािानको कुरा र घुटको घुटुक्क तनलें। फेरी खुशी िुंदै हिडाइरियो। टुंगो नभइसकेको कुरामापतन कति धेरै ववश्वास लुकेको दुबै रमायौं र अको इमेलको प्रतिक्षामा बस्यौं। छोराको बबबािको जोडजाममा बनाउंदै फोनमा शरदजीसंग आफना खुशी बाडें। नजजक जागगर िुने आशमा िामी अगाडड नबढेको भए यसरी इमेल नै आउने गथएन नी?

ग्रामीण फसाद थियो तथा कस्िो ररजुमी पठाएकी गथएं र अन्िरवािानलाई बोलायो ययोपतन िेक्का भएन। उसले मलाइ अन्िरवािान ललने कोठामा जान अनुरोध गयाने। म खुरुखु उसका पो ।

उसले मलाइ अन्िरवािान ललने कोठामा जान अनुरोध गयाने। म खुरुखु उसका पो।
नभन्दै लभत्र जाने बेला आइिाल्यो । मात्र ववदाइका िाि िजल्लए मन िजल्लन।

अन्िरवािान ? हददीको प्रश्नको आजचाहिं राम्रै उत्तर हदनुपयो भन्ने लागेर देखखन्््यो। ढोकाबाट तछनेववववत्तकै खाना मैले पकाइसकें, कस्िो भयो ि हदनको िीन घडटाको लामो हिडाइको थकाइ मलाइ मात्र नभएर पररवारका सबैलाइ जागगर िुने सम्भाबनाका छालिरु आउंदै जांदै गनन थाले। मेरो जागगरका लागगबलसराछे, ब्यस्िपतन कति चाहिं िो ? घडीले सामान कति भयो, के के छुटेको छ केिी थािा छैन, योजना सुनाएं। उतनिरुले शुभयात्राको कामना सहिि मलाइ ववदा गरे। बाहिर उतनिरुकापतन ललएर आएका प्रश्निरुपतन सर्कएछन। कस्िो लमलेछ ि ! उत्तरको ट्यांकी नै ररतिएछ । अब अरु सोधे भने के भन्ने िोला भन्दै गथएं। धन्नययतिबेला ि। स्याबास के टी यति भएपतन बोल्न सर्कस भन्दै आफैले आंफैलाइ। उतनिरुले पालैपालो आफनो पररचय हदएपतछ मेरो पालो आयो। बल्ल अलल चारजना देखेर उढन लागेको सािोलाइ बल्लबल्ल समािेर ल्याएं र धाजे भएर बसें मोरािरुले। वान टु वान भए ि जान्या्यो। अब वान टु फोरलाइ के गने िो कसरी आउला, कस्िो आउला, मनमा नानांभाति कुरा खेल्न थाले। मान्छे कामअंकुर िामीलाइ पल्याकपुलुक रिेछन।

Wishing Nepalese Association in Southwest America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Khem Pathak
Secretary, ANMA
Chicago, IL

Wishing Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Kalyan Koirala
Co-chair, Joint Convention
North Carolina
The population of Nepalese diaspora has increased exponentially in North Carolina from just a couple of families, prior to 1999 A.D., to over 5,000 people currently estimated to be residing in the Triangle area alone. A similar trend has been documented in the Triad and greater Charlotte area of North Carolina. Nepal Center of North Carolina Inc. (NCNC), formed in 1999 A.D. as a 501(C)(3) accredited organization, and has been actively involved in North Carolina with the major goals of preserving and promoting the Nepalese culture, along with its traditions, languages as well as supporting Nepal in need of economic assistance. Over the years, NCNC has established the Nepalese community as a visible minority in the Triangle area. NCNC has been actively participating in the International Festival in Raleigh, Adopt-A-Highway, blood donation, and Lazy days at Jordan Lake, to name a few. Some Nepalese have operated their own businesses and generated jobs which support the local economy. Others have served through government agencies and the private sector, working towards making North Carolina a better place to live.

NCNC also operates a Nepalese language school once a week as its signature program. This school has become a signature program of serving to preserve the Nepalese language, culture and heritage to pass on to the next generation. The current number enrolled in the school is well over 80 students and the number increases each year. NCNC has also organized cultural programs during the Nepalese New Year and other Nepalese festivals in which hundreds of people come to enjoy the cultural programs and delicious foods. In the time of need, other residents of North Carolina have also worked side-by-side with the NCNC community in order to raise funds for helping Nepal like the ones right after it was hit by two mega earthquakes back in 2015. In summary, for the last two decades the Nepalese community has been working hard towards contributing to North Carolina’s economic growth while maintaining good visibility through NCNC’s activities. The Nepalese community living in North Carolina in general, and those living in the Town of Morrisville, Cary, Durham, Apex, Triad, and the greater Charlotte area in particular, are leading the way in this regard.

Celebration of Nepal Day in Town of Morrisville, NC started in the year 2016. Nepal’s former Prime Minister (PM), Mr. Madhav Kumar Nepal along with Dr. Kailash Raj Pokharel and Mrs. Basudha Nepal Pokharel, had visited Morrisville, North Carolina on December 6, 2016 on their way to Washington DC. Mr. Rabindra Karki, a prominent businessman who lives in the Town of Morrisville, had invited former PM Nepal to his residence for lunch. During that occasion, Mr. Karki organized an informal meeting to meet and greet the honorable former PM. Participants were distinguished community leaders including Mr. Ishwar Devkota, Dr. Bal Krishna Sharma, Dr. Harihar Bhattarai, Dr. Thakur Karki, Dr. Sushama Pradhan, Dr. Batu Sharma, Mr. Krishna Pokharel, Mrs. Radha Poudel, Mr. Binod Bhatta, Dr. Chiranjibi Bhattarai, Mr. Rewati Adhikari as well as other local community leaders, and the elected local government officials including the then Town of Morrisville Mayor, Mr. Mark Stohlman, Mayor Pro Tem, Mr. Steve Rao, and some Council members. The discussion with the former PM was centered around the contemporary social, political and economic situation of Nepal, the role of Nepalese diaspora in nation building, the current situation of the Nepalese community in North Carolina, especially in the triangle area, as well
Yeti Viewpoints

as the contribution of the Nepalese community to increase cultural diversity, social harmony, and economic growth within the local community. Impressed with this excellent gathering and productive discussion with Former PM Nepal and other local Nepalese leaders, Mayor Stohlman decided to recognize the Nepalese community’s contribution for the prosperity of the Town of Morrisville. Mayor Stohlman proposed that December 6th of each year be recognized and celebrated in the Town of Morrisville as a “Nepal Day”. Mayor Stohlman’s proposal was seconded by Mayor Pro Tem Steve Rao.

The NCNC Board of Directors (BOD), led by then NCNC’s President Dr. Sushama Pradhan, appreciated the acknowledgement and later sent a request to the Town of Morrisville officials that Nepal Day be celebrated on the 3rd week of April instead of Dec 6th as the Nepalese New Year, Bikram Sambat, happens to fall around that date. A proposal was made to the Town of Morrisville and all the processes/steps required were completed promptly. Subsequently, the Town Council of the Town of Morrisville, during a meeting held on April 11, 2017 from 6:30pm to 7:30pm at 100 Town Hall Dr., Morrisville, NC, proclaimed that every year the 3rd Saturday of April should be celebrated in the Town of Morrisville as “Nepal Day”. Several Nepalese community members attended this historical Town Council meeting. They dressed in their traditional Nepalese attire and the mood was quite festive.

Following the recognition of Nepal Day by the Morrisville Town Council, the Charlotte Town Council of North Carolina declared September 2nd as Nepal Day in Charlotte. Charlotte’s Mayor Ms. Jenifer Watson Roberts presented the proclamation during the joint convention of Nepalese Association of Southeast America (NASeA)/Association of Nepalese in Midewest America (ANMA), on September 2, 2017 in Charlotte.

The first Nepal Day in Morrisville was celebrated on April 15, 2017 from 1:30 PM to 6:00 PM starting with a parade from the Town Hall through Town Hall Drive and ending at a formal gathering held at Church Street Park. The parade and the social/cultural event that followed was attended by His Excellency, Ambassador of Nepal Dr. Arjun K. Karki, Mayor Mark Stohlman, Mayor Pro Tem Steve Rao, several Town of Morrisville Council members, NASeA President, Mr. Bimal Nepal, Triad Nepalese Community Center (TNCC) President, Dr. Narayan Khadka, International Nepalese Literary Society North Carolina Chapter President, Mr. Manoj Pradhan, as well as other community organizations’ representatives along with over 300 enthusiastic Nepalese community members. Students of the Nepalese language school sang the national anthem of Nepal as well as the U.S. in the beginning of the formal gathering. People dressed in traditional Nepalese attire participated by singing and chanting traditional Nepalese songs and dances as well as taking part in the parade. At the event, the famous “Lakhe” dance from Gorkha Nepal and “Manju Sri” dance were presented.

In the first Nepal Day event, several distinguished individuals of NCNC spoke about the significance of Nepal Day for both Nepal and the Town of Morrisville. While Nepalese speakers thanked the Town of Morrisville and the Town Council for proclaiming the 3rd Saturday of April as Nepal Day, the Town of Morrisville speakers appreciated the contribution the Nepalese people have made in North Carolina. Also during this event, the Mayor Mark Stohlman read the proclamation and gave the original signed copy of the Proclamation to Mr. Rabindra Karki.

The second Nepal Day was celebrated on April 21, 2018...
which was more elaborate and was attended by more people, estimated over 500, than in the first year. The event also received wider media coverage and sent an excellent positive message to other Nepalese communities around the world. Several regional and local Nepalese organizations had actively participated in the event in order to make it such a grand success. NASeA declared the event as a special day and exhibited more than 100 traditional Nepalese items intended to showcase to the second-generation of Nepalese children. Several key NASeA officials including president Mr. Madhav Dhakal, Vice President Mrs. Ambika Lohani, General Secretary Mr. Krishna Shrestha, Treasurer Dr. Nirmal Poudel, and BOD members attended the event. The exhibition was well attended and appreciated by the visitors.

At the event, the “Lakhe” dance and “Manju Sri” dance were presented again. Some people decorated themselves as Buddha, poet Bhanubhakta Acharya, Shiva/Parbati and others wore traditional ethnic attire and marched in the parade.

During the event, Wake County Board of Commissioners’ Chair, Ms. Jessica Holmes, also proposed to recognize the 3rd Saturday of April as Nepal Day. With Commissioners’ Chair Ms. Jessica Holmes’ help, the proclamation was presented at the Board of Commissioners meeting held in the Wake County Justice Center located at 301 S. McDowell Street in Raleigh on April 21, 2018 at 2PM. This additional proclamation by Wake County Commissioners has given Nepal Day in Morrisville North Carolina a broader recognition and is significant for all the Nepalese living in North Carolina and for Nepal itself.

As of March 2019, the third Nepal Day celebration is scheduled to be celebrated on April 20, 2019 in the same location from 10am to 6pm. The NCNC BOD and Nepal Day Celebration Committee would like to extend an invitation to all who wish to attend the event and participate and enjoy this moment of pride. This is the time to demonstrate our solidarity and increase our visibility even further. This is the time to celebrate the recognition of our identity. Please come and join and make Nepal Day a celebration to remember for generations to come.
The use of online social network is on the rise every day. As a result, more and more personal information is posted online by the users. While almost every age group uses the social media on a daily basis to access online information and communicate with other users, there are some areas such as sport teams, learning groups and other community groups use social media sites to post the updates about the upcoming events, change in schedules, important announcements and related membership information. Several professionals including the health care professional use social media to provide services including storing patient’s general information, health records and billing information. It is very important to keep the data secure and prevent the information from being disclosed to the third party during the health care procedures. Social media sites are also widely used by the government including Federal Emergency Management Agency (FEMA). These services must be systematized by following proper measures including emergency communications and issue warnings; receive request from victims of crimes, posting certain situational awareness such as weather awareness through the weather channel app.

**Most Commonly Used Social Media Platforms**

Some of the most frequently social media sites are Facebook, Twitter, LinkedIn, Google, YouTube, Instagram, Pinterest, and Myspace. The users of these sites are sharing a lot of private and public information and facing unintended consequences from different sources. Especially younger users tend to post more private information in their public page. As a result, a simple internet search will produce a lot of information including their home address, their family members, their daily activities, and financial information about the users of these sites. User’s personal information posted in the social media sites have been used and misused by the government and private sectors as well as hackers. While the government has been collecting personal information from the social media sites for informational purposes, employers use the social media sites to gather character information for their potential employees. With the modernization and improvement of the Information Society, there comes the new requirements for the existing information and communication technologies to solve problems due to globalization, remote access of information and cloud computing. Social media and social sites should be included in this group because of the social computing with Facebook, Twitter, LinkedIn, YouTube [6]. There are seven primary functional blocks of the social media which include identity, conversations, sharing, presence, relationships, reputation and group. There are several social media sites that are being used. According to Pew Research Center survey in 2013, 71% of the users used Facebook, 22% used LinkedIn, 21% used Pinterest, 18% used Twitter and 17% used Instagram. The survey data showed that 41.22% of the users were from the United States [6]. The online economy is growing due to the use of online social media in the recent years. According the data published by the European Commission in 2015, the social media platform contributed 55% of GDP growth in the United States along. Intruders are always looking for some loopholes in different social media in order to disrupt the public and private business. The recent Twitter-AP attack is an example of such hacking [7]. The main goal of the hackers in the cyberspace is to steal and abuse private information that is easily available in online forum including Facebook, Twitter, and even in smart phone applications.

**Existing Laws about Privacy Act**

There are some strict privacy laws in the United States guaranteed by the 4th amendment of the constitution which protects us from being searched without any valid warrant. This law, however, does not restrict the internet search as the internet is not anyone’s home, but lies outside in a common place [1]. This has raised some concerns when it relates to the use of social media and the right of privacy. While the congress has passed the privacy act law in 1974, which includes rules on how government can collect individual information. This would have prevented the risk of loss of privacy if the social media had not been created. The users of the social media post information including their address, demographic information, level of education, field of interest, like or dislike of social issues, which has helped the marketing companies easier to build up the data base for their potential customers. Shortly after the congress passed the law in 1974, the military recruiters started to create a marketing and recruitment database that had information about the phone numbers, email addresses, intended field of studies and ethnicity. If this activity was conducted by a private business rather than government agencies, the privacy act would have no applicability [1]. There are social media privacy laws including the duties and obligations of social media companies; right to be forgotten laws; privacy protection for children on social media; and social media privacy in the workplace [2]. Among the federal laws that are related to the social media privacy are the “Communications Decency Act (CDA) and “The Children’s Online Privacy Protection Act (COPPA).

**Attempts to Prevent Privacy Laws**

Most of the social media sites have a system requirement to verify the users age. The age requirement varies from sites to sites. According to the existing law, children under 13 years of age are considered to be minors, and they have right to be legally protected [1]. This has become problems to some of the social media sites. There is no accurate method of verification to keep a minor from becoming a user as they can enter the wrong information into the system to bypass this requirement while keeping other information accurate.
Because of this, not only the public, but several government officials, lawmakers and court officials have raised questions regarding privacy problems [1]. Since these laws do not solve all the ever growing issues related to privacy of users’ information, several states have taken measures to better protect social media privacy which include laws requiring implementation of security measures; laws imposing liability and criminal punishment for hacking; and law requiring notification for data breaches [2]. As for example, some states require the persons or companies to inform their consumers and stake holders to inform if there is ever a data breach as soon as possible.

**Major Difficulties**

Recently, one of the concerning factors is that the privacy laws in the United States does not seem to be adapted as per the growth rate of the technology. Most of the social media applications including the Facebook, YouTube, and Instagram require user’s permission to allow the app to access users contact information, phone number and email address. When the user uses those media sites, that information is constantly updated into the database. Not only that, every time when someone calls an 800 number or writes a check to make payments, the personal data is stored in a database [1]. Before starting to use the service of a social media, users are often required to agree a broad range of terms and conditions. Most of the terms and conditions are to safeguard the company’s privacy, not the user’s privacy. These include the company’s privacy polity, marketing materials and company’s standard practices [2]. Every time someone starts to use a social media by creating a personal account, there are user agreements that the user is supposed to read and agree. These user agreements are very long and time consuming to read, typed in small fonts and contain the most important information in the mid or later sections. This jargon and complexity make users simply bypass to read the information and just check the “I Agree” button. A lot of these jargons require a law degree to fully understand [1]. Among other challenges with the privacy of data is the social network sites is the right to be informed. Individuals have different rights during the personal data processing. There is the first risk during the registration of the account. Some social sites only collect limited personal information while others require additional information. There is an obligation for the companies to guarantee easy access to the own personal data for the users. Another challenge is the international transfer of data [6].

**Some High-Profile Data Breaches**

Two major recent high-profile social media data breaches involved Facebook and Cambridge Analytica [3, 4]. These incidences were clearly violation of the company’s standards and practices [2]. While the social media sites take accountability for those data breaches, their liability is very limited. In a major political scandal in early 2018, it was revealed that Cambridge Analytica had harvested the personal data of millions of people’s Facebook profiles without their consent [3]. This scandal shows that there is nothing free in internet. The social media sites provide free platform to the users, but at the same time they monetize the users’ data by obtaining the license of the data through user agreement and selling the data to the marketing companies. The list of 18 biggest data breaches of the 21st century ranks Yahoo as number 1 with 3 billion user accounts. The breach was revealed in September 2016. In the report, the company mentioned that the breach was the largest in the history of the company. That attack compromised the real names, email address, dates of birth and telephone numbers of 5000 million uses. Later the company revealed another breach which compromised 1 billion accounts [4]. The same list includes eBay as ranked number 4 with the impact of 145 million users. In 2014, the company revealed that a cyberattack compromised the names, addresses, dates of birth and even encrypted passwords of all of its 145 million users. According to the company’s report, the hackers got into the system using the credentials of three of its own employees [4]. Similarly, Uber is ranked as number 9. In late 2016, the company announced that two hackers were able to access the names, email addresses and mobile numbers of 57 mobile users of the company [4].

**Ways to Prevent Privacy in Social Media**

Social media privacy is an increasing issue. There are numerous companies which collect user’s private data and use them for marketing purpose. As for example, if one enters her/his name in Piple.com, a number of companies will claim that they have information about the user’s family, phone number, email address, income, etc. Below are some of the suggested measures based on “11 Simple Ways to Protect Your Privacy” [5] to prevent your privacy in the social media.

- Do not include all the information in your social media user profile. The more information will make your data more vulnerable to potential hackers. Do not use the exact date of birth, social security numbers, phone numbers or email address.
- Do not share your social security number with anyone through the social media, not even the last 4 digits. Usually, the last 4 digits are used to change your password in your bank account.
- Do not reveal your birthplace in your social media sites. Once a hacker knows the last four of your social security number and your birthplace, she or he will most likely can guess your entire social security number.
- Make sure that your desktop computer, personal computer, and mobile devices are locked down when not in use and require password to open.
- Use private browsing and delete cookies, history and temporary internet files on a regular basis.
- Use strong and unique passwords. Change your password in every three months.
- Use two factor authentications in Facebook, Google, Dropbox, AppleID, Microsoft, Twitter and other social media sites.
- Set up a text alert or email alert such as google alert when your information is changed in your account.
- Use cash to pay for things as much as possible.
- Maintain the privacy of your social media including Facebook and Twitter.
- Avoid zip code in online purchases.

To prevent the security and privacy in social media, several applications and methods are available in use. One of such tools is Social Media Analytics. This tool can be used to monitor, collect, and analyze the data used in social media. This helps to understand and extract data patterns in different
social media which can be used to build artificial intelligence. This has been applied to analyze crime that occurs in private and public businesses [7]. For multimedia oriented mobile social network, an approach will use of Content Query Application. One such example is Facebook mobile application platform in which users express their likes and dislikes by pressing the like button. In this case, there are several services including the local services which are used for local advertising, centralized servers such as internet service providers, user to centralized server domain, user to local server domain, and user to user domain. All of these will communicate user’s data and there are always some security risks along the data path. The user’s data are stored in the cloud as plain texts. If these texts are not encrypted, intruders can hack the data from the cloud. Through the Content Query Application, users can directly submit their query for the data that are stored as cipher text in the cloud and thus reduce the risk of data breach on the way [8]. Another approach for mobile application for social media is the application of service evaluation application. Users leave feedback on the social media sites after they use the product and services in the user’s local area. Sometimes intruders may access the feedback and alter that information. Through the use of the service evaluation application, these reviews are circulated among the users by creating service tokens and synchronizing in real time [8].

References

Shiva Ratri Festival

Tilak B. Shrestha, Ph.D.

Om Namah Shivaya!
March 2016
A brief note on ‘Shiva Ratri’

We Nepalese have many festivals to enjoy. One of the very interesting and celebrated festivals is ‘Shiva Ratri’ or the ‘night of Shiva.’ The festival is about honoring and worshipping Bhagwan Shiva \ Mahadeva.

It is celebrated on the 14th moon day of Falgun month of Bikram Sambat. This year it is on Monday, March 7th (Falgun 24, 2072). Devotees observe fasting, meditate and keep sleepless vigil ‘Jagram’ during the night. Bela \ Bilva \ Aegle Marmelos leaves and water are offered to Shiva. Youngsters also enjoy the festival. Big bon-fires are lit in the night. All kinds of food are roasted and cooked in the fire. People walk around in the night wishing well to the people observing ‘Jagram’, and distribute sweets/food.

Pashupati Nath and other Shiva temples are crowded with devotees, including naked Sadhus with ‘Chilum’, from all over the world. Just for information, Bhagwan Shree Pashupati Nath is the God of life, not of animals. In old Sanskrit ‘Pashu’ is life, and animals are also life. You may see Shiva’s trident and three horizontal lines in the foreheads of the devotees representing the three levels of consciousness. People also may wear ‘ash’ in the forehead, representing ‘our life and world as we know of is limited, but there is more beyond.’

Divine Shiva created, loves, protects and teaches the secret of the world. Many legends are associated with the celebration, to illustrate Shiva’s nature and love. After the creation of the universe Shiva was very pleased and performed ‘Tandav’ dance on this day. The divine dance is the continuous cycles of creation, continuation and culmination. The universe, including us, is the dance. Another legend goes that once all got together and churned ‘Manthan’ the ocean. Many good things came out of the ocean, which were promptly picked up. However, it also produced a very potent poison called ‘Halahal’, which started to poison the earth. But nobody could stop it and they ran to Shiva for protection. To protect the world Shiva drank the poison. It turned his throat blue - ‘Neel Kantha.’ Another legend gives the day as the auspicious wedding day of Bhagwan Shiva and Sati Devi.

However, it is not Shiva’s birthday, as some mistakenly say. Divine Shiva has no beginning and no end. There is an interesting legend from ‘Devi Bhagwat Puran.’ Bhagwan Shiva was getting married to Devi Parvati. As a part of the ceremony the presiding priest asked the name of Shiva’s father.

There was discomfort in the air. To avoid the discomfort the priest was told to consider Bhagwan Vishnu as the father. Who is the grandfather? Bhagwan Brahmaa. Who is the father of Brahmaa? Shiva himself.

Shiva ‘Auspicious one’ means who fills our heart with joy. Shiva is also known as the God of destruction, not who destroys, but who proves to us in concrete term that we are not annihilated after our death after all. The correct simile is the ‘medicine of head ache.’ It does not give head ache, rather relieves. Shiva neither prescribes believing in heaven and hell, nor uses the associated greed and fear as carrot and stick to force certain code of conduct. Shiva provides empirical way ‘meditation techniques’ to ascertain ourselves.

Mother Goddess Parvati asks her beloved Shiva, “What is your reality? What is this wonder filled universe? What is this life beyond form pervading forms? How may we enter it fully, above space and time, names and descriptions?” This is a conceptual question, expecting similar answer. Instead, Shiva teaches the technique: “Breath in, stop, breath out, stop. Be aware of self and the nature at all times.” Then he further teaches 112 meditation techniques. Any of the spiritual systems around the world is some combination of the 112 techniques described, including Buddhist ‘Vipassana’ meditation technique.

Shiva taught ‘Adwaita Darshan’ or ‘Non duel’ view of the world. The world ‘Sansar’ as we see is only partial and changing. There is larger and universal reality – ‘Brahman.’ The Sansar is a subset of Brahman (not to confuse with God of creation ‘Brahmaa’ or ‘Bahun’ caste). The whole universe, everything and everyone including our egos, are part of the Brahman. Deep down within our ego is the soul, which is Brahman indeed. But our person ‘ego \ life form’ cannot understand its true reality due to the creative force ‘Maya.’ Like an actor deep into the acted character, that we may forget our real identity. Shiva teaches, “Yes, an acted character will end, but not the actor.” A character may meditate to go within. But ultimately it is for actor, not the character, to realize own nature and that the character is only an act. The meditation is the process of such realization. This revelation makes Shiva the ‘God of destruction - of ignorance.’

We are limited and the universe ‘Brahman’ is unlimited. Thus, we cannot understand it in totality. However, we may understand two fundamental aspects of the universe – ‘Consciousness’ and ‘Nature.’ They are represented by Shiva and Parvati in human forms and by ‘Lingam’ and ‘Yoni’ in symbols. They are also depicted by up and down pointing triangles, which come together as hexagon, a symbol of knowledge. Though usually misstated they are not male and female anatomies. Anatomies in Sanskrit are ‘Shishna’ and ‘Bhaga’, with related English word ‘Phallus.’ Phallus is used as the symbol of nature’s regenerative power. It is ‘Yashin’ pole of the ‘Indra Jatra’ festival in Nepal and ‘Christmas tree’ in Europe, which is a Christian adaptation from earlier Pagan.
Adwaita Darshan or ‘Non-duel’ view stipulates that subject and object are one and the same. Consider an eye (subject) sees a garment (object). We may argue that behind the eye there is brain, then mind, then consciousness and so forth. Similarly, behind the garment there is cotton, then organic compound, then energy and so forth. Our limited mind can perceive only part of the continuums. However, Shiva reveals that ultimately both are the same – one, not two. Yes, one is looking at one self. Yes, the universe is conscious, self conscious, and ‘I’ is a small part of it. The whole creation with its diversity is the manifestation of one. The way of meditation leads ‘I’ to realization of being one with the universe, a paradigm shift.

Buddha teaches the same. However, Buddha’s teaching is the spiritual breakthrough, not as something new, but as the ‘empirical’ confirmation. Shiva’s teachings are given as a belief, beyond our intellect. But Buddha proved it empirically ‘Tathagat’ and taught an empirical method ‘Vipassana’ to proceed without depending on others or beliefs ‘Appo deepo bhava.’ Usually both Shiva and Buddha are depicted meditating. They are not saying, “We will meditate and you worship us.” Rather they are demonstrating, what we should be doing.

Divine Shiva and mother goddess Parvati reside in Kailash Mountain by the lake Man Sarovar in Tibet, close to NW Nepal border. His teachings spread far and wide around the world. He is known as Shiwa Okar in Tibet, Shiva Omkar in Nepal \ India, Daikoku in Japan. His teachings are in many scriptures including in Veda, Tibetan Bon Po, South Indian Agama, Kirati Mundhum. The original Dharma in both north and south of Himalayas, Tibet and Nepal \ Kirat, is Shiva Dharma, which is known as Bon Po in Tibet.

Our Pashupati Nath temple priests ‘Bhattas’ come exclusively from South India. The tradition was instituted by Shankaracharya. He did that for two reasons. First, only Bhattas are trained both Veda and Agama traditions. Second, it also means cross regional contacts. For the same reason the priests for Shree Jagan Nath in Puri, Orissa come exclusively from Nepal. It would be good to have priests who are trained in the traditions of Veda, Agama, Mundhum, Bon Po etc.

Mountain Kailash in Tibet, the abode of Shiva \ Parvati has interesting geography. Three major rivers Brahmaputra ‘Tsangpo’, Sindhu ‘Indus’ and Ganga flow from this region. If whole Tibet is considered then there are four major river systems Salween, Mekong, Yangtze and Huang He flow out. These are not mere water bodies but the links of communications, commerce, arts and Dharma. They do link far and wide major civilization groups along with the teachings of Shiva.

The most important feature of the festival is for us to meditate to realize what we actually are. In the ego level, it is to understand our vices and discipline to give them up. It is the practice to see beyond what is visible. No matter how situation may look bad, realizing that it always does change. Shiva reveals that after all we are all one, part of one universe. All ‘I’ have to do is to “Meditate to realize it.”

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Shree Pashupati temple, Kathmandu valley

Shiva temple in Java, Indonesia
Shiva in Sanga, Kathmandu valley, 143 feet or 43.6 m tall.

Shiva temple in Quanzhou, China
Daikoku \ Shiva, Japan
कर्त्य विस्तृनेरहुलाई

डा. बिद्याराज सुबेदी
वेस्ट पाल्म बीच, फ्लोरिडा, अगस्त, २०१९

बिसेल्दो बलिदानको प्रण अहो दारिद्र्यमा जो थियो पाई भौतिक सुखमा तिमिले भुल्ने, आदर्शता बिज्ञभी भो बेच्यौ ती गहना चरित्र, समता, मैतिकको जिहादी देखिएको दिन दिन कुटिल्य गराई भए भएतै भिमि

भन्दी “यी गरीबी हटाउँ सब्ये उज्ज्वल सत्री राष्ट्रमा” तिमिले थियो गरीबी केवल सकिन गो, नाच्यो धनीको सिमा लुटी अर्थ बढि अनरु सुषमा कर्त्य देखिएको दिन पर भए उन्नत लुटि किनेर हुनिलहिन दुनिया पाउनुने के छ र ?

जान्नु हिदायका साथमा जन ती विश्वास राख्नेर अस्पताल भुतै हयं नयपुर ईश्वर बर रामी कुत्ता गो हो ईश्वर सम्म, भेका हिदायका नयामा कुते से समन हुनुहुन दुनिया आतरामा

मार्था माध्यमको रुप पुरुष अनला रोईरहेको छ नि देखिएको तेहि दिनेहुन, म देखिएको रोई ताही पुरुष राख्ने लाई भनिने मात्र केही हयना कम्युनित भए राष्ट्रमा हुन्छ उत्तल देश अर्थ रूपमा, खाने चोडेन्ने ब्रह्मार्था

शास्त्री मात्र भएको हुस्तेस, उम्मे हालेखे कुना मात्रहरूको भुगतान हुन्छ दो राष्ट्रीय रूपमा ? सामाजिक ईमानीका जानाकु बाहुबलीको कथा भयं मात्र सरी भयो अब यहाँ निश्चित ताको व्यक्ति

जिम्बाब्वी रिह कार्य पहला भए धनिक पहला भए अभावो नेपाल और निष्कर्ष बुरहुस्त हुन्छ अर्थ रूपमा मानने हुन्छ एक मात्र समय समाज देश जनाको प्रश्न रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी रामी
उखान टुक्का पो बन्यो जिन्दगी

(समाजसेवामा लागेका पदाधिकारीका परिवारमा समर्पित)

दु:खै नगरी पदेन सदस्य पाए जस्तो स्वत: “फर्स्ल लेडी” बनिने रहेछ
(सौजन्य-भू. पू. नासा प्रेहसडेन्ट् विमल नेपाल)

केहि नगरी लागि बधाई पाइने रहेछ
सम्बोधन ओपचारिकतामै सिमित होिने रहेछ
प्राधिकतामा परेको भ्रम मात्र हुने रहेछ
हाती आयो- हाती आयो फुस्सा! भनेको यसि रहेछ ||

भएपन। एकै श्रीमती जतिलाई छोडेर
सबे बाचा बचन तोडी
नपुगी नहुन्म श्रीमानहरुलाई कम्युनियन आदिमा - उडेर होस् वा गुढ़ेर
सबे काम धाम छोडी
काम कु रो एकाक्तिक तुम्लो बोकी ठिकाकिर भने जस्तो ||

फेरि, श्रीमान जतिलाई भने
समाजको भारी बोके नकहि नेमेदिने रहर
श्रीमती जतिलाई धारा भने
श्रीमानको व्यापार-धर्मार दु:खी धारा दिनुपर्ने कर
आफ त महादेव, कसले देला दर भनेको यसे भएर होिा ||

त्यस्ता फुस्सीदिला समाजसेवीहरुलाई (जसै पाईडेन समाजसेवामा) भनि जति नै अख्यापूर्णी
काममा बतास नलाग्ने रहेछ जति नै सुनापूर्णी
सुन्या नसुन्या, बुझ्दैनन गर्न बस्वसकपर्ने बानि
असर नपने रहेछ केहि -फर्स्ल निवाहन निपानु परेको भने जति नै सम्बोधनी
एउटा कामले सुनेर अख्याको कामले उडाउने भनेको यसि रहेछ ||

केहि गरेपन सुख नपाइने, कहिले परेको विवाहमा बोधा
त कहिले परेको अख्यापूर्णी नविनहरो
एक त मूल पनाइने मन लागि ठुम्ला यसे नविनहरो बोला
सम्बोधनी फेरि केहि निमति भने जस्तो भने गर्नु पर्ने फोटो खिस्सेदिला
कस्तो, गरेपन बेल पायो हर्ष न विस्फोट भने जस्तो ||

कामसूत्रको कामत्र ते केहि जगको गर्नु परेको समेत
फुस्सी नुमल्ने रहेछ
विशेषज्ञता त झ्नै अधिकरण समय विवाहमा भिे रहेछ
यसता परिवारको भनि समय अन्तर्मा ढोई नुमल्ने जन्म रहेछ
उत्ता अन्तर्मा यह झ्नै झ्नै नुमल्ने रहेछ
यो त रातमा ठाउँमा दिशा दिखाएर भने जस्तो र रहेछ ||

समाजसेवाको पात्रतामा प्रगतिहरु त। केहिले परेको छोडा गर्न समेत
फुस्सी नुमल्ने रहेछ
धर्मार झ्नै झ्नै अधिकरण समय विवाहमा भिे रहेछ
यस त रातमा ठाउँमा दिशा दिखाएर भने जस्तो र रहेछ
वील वील त। लागि देखि नेपाल पनिदाक ज्ञान सुरुवात पर्ने समेत
आफ न्याय मात्रको समेत कता कता देखि जस्तो र लागि थाल र रहेछ

यसि भए मात्र कहाँ हो २२ बोलचाले नभेकै दिन बिछे रहेछ
प्रकोकी जनालाई छुद्टी भनि नपाइने भएपकी टेक्स्ट (text) मै कु रा गर्नु पर्ने अस्थि भनि आउँदो रहेछ
हुँदा हुँदा त। सोंग बोलि नेपाल पनिदाक ज्ञान सुरुवात पर्ने समेत
आफ न्याय मात्रको समेत कता कता देखि जस्तो र लागि थाल र रहेछ
Yeti Viewpoints

A success story of establishing computer labs for public schools in Nepal

Education is the first requirement for the development of human civilization. All the achievements and all changes in the world are as a result of education. Education plays the greatest role in building consciousness in human society. School is the most important source of education in the modern education system. Skilled Manpower and necessary Physical Infrastructure are the essential factors for operating the school. Even though there is no proper availability and management of the resources, many community schools in Nepal have not been a good destination to get education. Shree Shankar Higher Secondary and Shree Jan Jyoti Secondary Schools, in the eastern part of Nepal, were similar community schools, which had not been able to achieve the targeted goal of education in the absence sufficient physical infrastructure.

In the absence of suitable computer labs and hence in the lack of practical classes, students had not been able to get proper knowledge as per the purpose of the course. With this situation teaching a computer subject in these schools was being just like only giving a theoretical knowledge. For the long term solution of this problem, Schools family had requested to setup a computer lab in the school. If there would be a computer lab in each school, student might enhance their practical knowledge on computer and could compete with other students already having such resources. By considering these facts, I started a campaign to build computer labs for these schools. Like in the past this time also I ran the Marine Corps Marathon in October 28th in Washington D.C. the capital of the United States of America. This propagated this campaign and made me self stimulated throughout this campaign.

Following are the expected outcome:

- Help student to understand theoretical and practical knowledge of computer.
- Internet facility provides students access to the outside world
- Audio visual class.
- Computer literacy to the local community.

Om P. Dahal, Ph.D
Treasurer, ANMA
Crown Point, IN
Executive Board meeting was held on Date - 24 Feb 2019, Sunday and decided to organize the mega-blood drive across many states on April 20th. On the same day NASeA decided to actively participate in Nepal Day Parade 2019 by organizing blood donation in Morrisville. The executive board also collected $325 to support this Nepal Day 2019 and handover to NCNC. The board appointed NASeA treasurer Dr. Nirmal Paudel as the coordinator to organize the synchronize mega-blood donation drive in association with Blood Donors Association (BDA) and other respective local organization in as many cities as possible. As a milestone of NASeA 2017-2019 tenure objective, the synchronize mega-blood donation drive was very successful. The blood donation was organized in seven states on the same weekend. Seventy-nine (79) generous volunteers donated the blood saving many innocent lives. The satisfaction of volunteering act through blood donation is priceless. NASeA is proud of its volunteer members, local organizations, their executives and members, community members, and generous blood donors. The details of the location associated local organization and total blood collected listed below.

1. **South Carolina (Mauldin, 11 donors)**  
   In association with South Carolina Association of Nepalese (SCAN), Special thanks to Mr. Satish Chandra Gupta - General Secretary of BDA.

2. **North Carolina (Morrisville, 16 donors)**  
   In association with Nepal Center of North Carolina (NCNC), Special thanks to Dr. Nirmal Paudel, Dr. Thakur Karkkee, Mr. Bhim Timilsina and Mr. Chet Bhattarai.

3. **Georgia (Marietta, 10 donors)**  
   In association with Nepalese Association of Georgia (NAG), Special thanks to Mr. Bhabindra Basnet (BDA), Ms. Ambika Lohani (NASeA), Mr. Keshav Sharma (NAG), Dr. Niroj Basnet (NASeA), Mr. Kumar KC (NAG).

4. **Alabama (Birmingham, 5 donors)**  
   In association with Alabama Nepalese Association (ALNA), Special thanks to Dr. Suman Silwal (NASeA).

5. **Florida (West Palm Beach, 17 donors)**  
   In association with Nepalese Association in Florida (NAF), INLS Florida Chapter and Madhesi Association in America (MAA) Florida Chapter. Special thanks to Mr. Krishna Shrestha (NASeA).

6. **Taxes (Lubbock, 9 donors)**  
   BDA Lubbock Team and Nepalese Community.

7. **Colorado (Boulder, 11 donors)**  
   In association with Rocky Mountain Friends of Nepal-Special thanks to Mr. Ram Prasad Luitel (BDA).

On behalf of the executive board we would like to sincerely thank you all the donors, BDA and their executives, local organizations and their executives for your generous support and hospitality across seven different states. Thanks to staff from blood banks and many others who were directly and indirectly involved in this event. Look forward to receiving the similar support in the days to come.
Yeti Viewpoints

Multiple Intelligence

Everybody is intelligent, gifted and talented but what, where, and how is the matter of study here. Thus, the theory of multiple intelligences differentiates human intelligence into specific 'modalities', rather than seeing intelligence as dominated by a single general ability. Howard Gardner proposed this model in his 1983 book Frames of Mind: The Theory of Multiple Intelligences. According to the theory, an intelligence 'modality' must fulfill eight criteria:

1. potential for brain isolation by brain damage
2. place in evolutionary history
3. presence of core operations
4. susceptibility to encoding (symbolic expression)
5. a distinct developmental progression
6. the existence of savants, prodigies and other exceptional people
7. support from experimental psychology

Howard Gardner, provides that the traditional notion of intelligence, based on I.Q. testing, is far too limited. Instead, Dr. Gardner proposes eight different intelligences to account for a broader range of human potential in children and adults. These intelligences are:

- Linguistic intelligence ("word smart")
- Logical-mathematical intelligence ("number/reasoning smart")
- Spatial intelligence ("picture smart")
- Bodily-Kinesthetic intelligence ("body smart")
- Musical intelligence ("music smart")
- Interpersonal intelligence ("people smart")
- Intrapersonal intelligence ("self smart")
- Naturalist intelligence ("nature smart")

Thus, Multiple intelligences has revolutionized how we understand intelligence. Learn more about the research behind his theory.

Many educators have had the experience of not being able to reach some students until presenting the information in a completely different way or providing new options for student expression. Perhaps it was a student who struggled with writing until the teacher provided the option to create a graphic story, which blossomed into a beautiful and complex narrative. Or maybe it was a student who just couldn't seem to grasp fractions, until he created them by separating oranges into slices.

Because of these kinds of experiences, the theory of multiple intelligences resonates with many educators. It supports what we all know to be true: A one-size-fits-all approach to education will invariably leave some students behind. However, the theory is also often misunderstood, which can lead to it being used interchangeably with learning styles or applying it in ways that can limit student potential. While the theory of multiple intelligences is a powerful way to think about learning, it’s also important to understand the research that supports it.

Multiple Intelligences and Learning:

One common misconception about multiple intelligences is that it means the same thing as learning styles. Instead, multiple intelligences represents different intellectual abilities. Learning styles, accord-
going to Howard Gardner, are the ways in which an individual approaches a range of tasks. They have been categorized in a number of different ways -- visual, auditory, and kinesthetic, impulsive and reflective, right brain and left brain, etc. Gardner argues that the idea of learning styles does not contain clear criteria for how one would define a learning style, where the style comes, and how it can be recognized and assessed. He phrases the idea of learning styles as "a hypothesis of how an individual approaches a range of materials."

Everyone has all eight types of the intelligences listed above at varying levels of aptitude -- perhaps even more that are still undiscovered -- and all learning experiences do not have to relate to a person's strongest area of intelligence. For example, if someone is skilled at learning new languages, it doesn't necessarily mean that they prefer to learn through lectures. Someone with high visual-spatial intelligence, such as a skilled painter, may still benefit from using rhymes to remember information. Learning is fluid and complex, and it's important to avoid labeling students as one type of learner. As Gardner states, "When one has a thorough understanding of a topic, one can typically think of it in several ways."

What Multiple Intelligences Theory Can Teach Us

While additional research is still needed to determine the best measures for assessing and supporting a range of intelligences in schools, the theory has provided opportunities to broaden definitions of intelligence. As an educator, it is useful to think about the different ways that information can be presented. However, it is critical to not classify students as being specific types of learners nor as having an innate or fixed type of intelligence.

Practices Supported by Research

Having an understanding of different teaching approaches from which we all can learn, as well as a toolbox with a variety of ways to present content to students, is valuable for increasing the accessibility of learning experiences for all students. To develop this toolbox, it is especially important to gather ongoing information about student strengths and challenges as well as their developing interests and activities they dislike. Providing different contexts for students and engaging a variety of their senses -- for example, learning about fractions through musical notes, flower petals, and poetic meter -- is supported by research. Specifically:

- Providing students with multiple ways to access content improves learning (Hattie, 2011).
- Providing students with multiple ways to demonstrate knowledge and skills increases engagement and learning, and provides teachers with more accurate understanding of students' knowledge and skills (Darling-Hammond, 2010).
- Instruction should be informed as much as possible by detailed knowledge about students' specific strengths, needs, and areas for growth (Tomlinson, 2014).

Conclusions:

1. All people are created equally but the environments and learning chances might have differed to all.
2. Multiple intelligences disproves the intelligence quotient (IQ).
3. The work of Charles Spearman on the general intelligence, "g", Alfred Binet designed the IQ test, or intelligence quotient were used in the early 1900s to test children but they are obsolete today.

Thus, based upon above mentioned article, which are the best intelligences in you as follows in the following 13 different types of intelligences?

(Select please high and low ones on your own)

1. Linguistic intelligence ("word smart")
2. Logical-mathematical intelligence ("number smart")
3. Spatial intelligence ("picture smart")
4. Bodily-Kinesthetic intelligence ("body smart")
5. Musical intelligence ("music smart")
6. Interpersonal intelligence ("people smart")
7. Intrapersonal intelligence ("self-smart")
8. Naturalist intelligence ("nature smart")
9. Existential Intelligence ("existence smart")
10. Spiritual Intelligence ("spirit smart")
11. Practical Intelligence ("common sense smart")
12. Emotional Intelligence ("compassion smart")
13. Technological Intelligence ("technique smart")

References


Bibliography

Yeti Viewpoints


Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Gauri Adhikari & Family
Michigan

Raja Ghale & Family
Atlanta, Georgia

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हे पदक!
तिमीलाई हार्दिक समवेदना!

कहिल्ये पनि सुपात्रको हातमा नपनु
आफ्नो गरिस्माको पटक पटक झार्नु
चाकरीबाजको चियो चचो गर्नु
दूला नेताको छाैयामा फोटो खिचाउन मन्नु
तिमो तिम्नि अभिसाप हो
इमादारको नजरमा तिमो इजजत पिसाब हो
तिमी पुरुषी
आफ्ने वेद्यजतको नसाले
तिमी पीडित चाकरीको दसाले
उफ्!
कसैले बुझेन नि तिमो भावना
हे पदक!
तिमीलाई हार्दिक समवेदना!

कहिले अस्ताचारीको घरमा
अनुदानका आहारिसेहरुको शहरमा
पदका भोगीहरुको काखमा
चाकरीका जोगीहरुको नजरमा
सेंध्रे तिमो हस्तांक्तरण छ
यसैले तैतिमो स्वाभिमान हरेक बर्ष मर्थ
तिमी रितो
तिमी खोक्रो
हरेक बर्ष सुपात्र खोज्ने मनोकृक्तको
मलामी जानु पर्छ
हे पदक!
तिमीलाई हार्दिक समवेदना!

त्यसैले आजभोलि तिमो खासे चर्चा छैन
तिम्लाई प्राप्त गर्नेको खासे इजजत हुँदैन
तिमी त्यसै उपहासको डडगुरुभित्र
मध्य माला माइकको पदलिप्त अड़गुरुभित्र
तिमी लोलाएका छौ
सरकारी सुविधाध्वाहोतको छातीमा ओइलाएका छौ
होला!
तिमीलाई पनि यस्तो थिएन होला चाहना
हे पदक!
तिमीलाई हार्दिक समवेदना!
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Sushma Pradhan  
Coordinator, Student Writing Contest  
Joint Convention 2019

Rosan Bhandari  
Sports Committee  
Joint Convention 2019

Dr Thakur Karki  
Registration Committee  
Joint Convention 2019

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Dr Manoj Jha  
Program Committee  
Joint Convention 2019

Pradip Ghimire  
Cultural Committee  
Joint Convention 2019

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Urmila Panthi  
Women Committee  
Joint Convention 2019

Manoj Pradhan  
Volunteer  
Joint Convention 2019

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Sushma Pradhan  
Coordinator, Student Writing Contest  
Joint Convention 2019

Rosan Shrestha  
Sargam plus committee  
Joint Convention 2019
This year marks the 15th anniversary of the NASeA/ANMA Joint Convention and the 13th anniversary of the Student Writing Contest. Additionally, this year marks the 100th anniversary of the first Nepali in the United States. In 1919, Mr. Padma Sundar Malla came to the United States to pursue a degree in electrical engineering at the University of Michigan. In subsequent years, many more Nepalese have come to America in pursuit of higher education and eventually created long-lasting communities with one another.

We have come a long way from being a small community composed primarily of students and scholars to a large conglomerate of diverse members participating in all sectors of American life. Over the years, our community has become very colorful, and we can envision a bright rainbow looming over our individual and collective futures. However, the bright future of the Nepalese community in America depends upon the continued efforts, contributions, and commitment of its members, particularly that of younger generations. Fittingly, the Convention Committee has selected “Building for the Future” as the theme of the 2019 NASeA/ANMA Joint Convention. Coinciding with this wonderful theme, writing prompts were given to students to express their unique perspectives and insights on how to build a better Nepali community.

As the Coordinator of the Student Writing Contest Committee, I want to thank all of this year’s Student Writing Contest participants who took time out of their summer vacation to thoughtfully express their perspective, knowledge, and insights. It was heartwarming to learn more about the perspective of Nepalese youths across North America regarding Nepalese culture and their respective Nepali communities. Congratulations to all of the winners and thank you to all of the participants!

Additionally, I want to express my sincerest gratitude to the Student Writing Contest prize sponsors for their generous financial contributions. Thank you, Mr. M. S. Khan from Greensboro, North Carolina; Dr. Sanjeeb Sapkota and Mrs. Sabina Sapkota from Lawrenceville, Georgia; and Mr. Madhav Mainali and Mrs. Sita Ghimire Mainali from Huntsville, Alabama. This refreshingly unique, yet effective, program to promote and preserve Nepali culture by engaging younger generations would not be possible without their generous sponsorships.

Moreover, I would also like to thank and acknowledge Mr. Madhav Dhakal, President of NASeA and Mr. Balram Panthi, President of ANMA, for their continuous support and dedication to the Nepalese community. Last but not certainly the least, thank you to all of my fellow essay Committee Members for their hard work and dedication to advancing the scholastic and cultural inquiry of Nepalese youths.

Although I have been the Coordinator of the Student Writing Contest for the past 13 years (Table 2), it still feels as if I started the program just yesterday. Over the past 13 years, I have had the great privilege of reading thousands of essay entries submitted by talented students from all across the United States and Canada.

While the writing contest has given students the opportunity to thoughtfully reflect upon their experiences of being Nepalese-Americans, the writing competition has given me the opportunity to learn, to try and understand, and to scrutinize Nepalese culture and the Nepalese-American community from the unique perspective of our children through their rich narratives. Through my role as a judging committee member, I have been given the opportunity to evaluate more than just essay submissions. By reading the impassioned writings of our youngsters, I have been able to evaluate myself and the successes, shortcomings, and demands of the collective older generation of the Nepalese community that I help represent. Most of all, my involvement with the writing contest has shown me that we can all learn a thing or two from our children, so long as we are willing to really listen to what they have to share with us.
Yeti Viewpoints

Table 1: Brief information of 15th NASeA/ANMA Joint Convention Student Writing Contest.

<table>
<thead>
<tr>
<th>Entry Level/ Title</th>
<th>Winners</th>
<th>Prize</th>
<th>Sponsors</th>
<th>Judging Committee Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School</td>
<td>1st Sampada Archarya</td>
<td>$300</td>
<td>Mr. M.S. Khan</td>
<td>Mr. Postak Shrestha, MN</td>
</tr>
<tr>
<td>Building Us By</td>
<td>2nd Sharon Shrestha</td>
<td>$100</td>
<td></td>
<td>Dr. Amar Karki, FL</td>
</tr>
<tr>
<td>Building Ourselves</td>
<td>3rd Swarup Sharma</td>
<td>$50</td>
<td></td>
<td>Dr. Gyanendra Pokharel, Canada</td>
</tr>
<tr>
<td>Middle School</td>
<td>1st Rhea Shrestha</td>
<td>$100</td>
<td>Dr. Sanjeeb and</td>
<td>Dr. Narayan Dhakal, MN</td>
</tr>
<tr>
<td>My Competition Experience: Show-casing Nepal</td>
<td>2nd Sejal Ghimire</td>
<td>$75</td>
<td>Mrs. Sabina Sapkota, (Lawrenceville, GA)</td>
<td>Dr. Rajendra Shakya, FL</td>
</tr>
<tr>
<td></td>
<td>3rd Apekshya Pokharel</td>
<td>$50</td>
<td></td>
<td>Mr. Jyoti Vaidya, Canada</td>
</tr>
<tr>
<td>Elementary School</td>
<td>1st Shreya Dhakal</td>
<td>$100</td>
<td>Mr. Madhav and</td>
<td>Mr. Nijnanda Mallia, FL</td>
</tr>
<tr>
<td>Show and Tell: My Award</td>
<td>2nd Nirbiodh Timalsina</td>
<td>$75</td>
<td>Ms. Sita Mainali, (Huntsville, AL)</td>
<td>Ms. Rama Ghimera, GA</td>
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<tr>
<td></td>
<td>3rd Salil Dhakal</td>
<td>$50</td>
<td></td>
<td>Dr. Rishi Bastakoti, NC</td>
</tr>
</tbody>
</table>

Table 2: Student Writing Contest History.

<table>
<thead>
<tr>
<th>Year</th>
<th>School Level</th>
<th>Title</th>
<th>Winners</th>
<th>Judging Committee Members</th>
<th>Sponsors</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>High</td>
<td>Nepali Culture and Natural Environment</td>
<td>1st – Lorna Devkota, NC</td>
<td>Dr. Bal Krishna Sharma, NC</td>
<td>NASeA/ANMA Convention Committee</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2nd – Alima Karki, AL</td>
<td>Mr. Bala Panta, GA</td>
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<td></td>
<td></td>
<td></td>
<td>3rd – Tenzin Deky, NC</td>
<td>Dr. Jyoti Rayamajhi, IN</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>Dr. Suri Shrestha, AL</td>
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<td></td>
<td></td>
<td></td>
<td>Dr. Tilak Shrestha, AL</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>High</td>
<td>My Nepal, My Pride</td>
<td>1st – Alima Karki, AL</td>
<td>Dr. Narayan Rajbhandari, NC</td>
<td>NASeA/ANMA Convention Committee</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2nd – Upama Karki, NC</td>
<td>Dr. Divya Pradhab, AL</td>
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<td></td>
<td>3rd – Shikha Malla, NC</td>
<td>Dr. Jeevan Pasain, AL</td>
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</tr>
<tr>
<td>2009</td>
<td>High</td>
<td>How Do You Introduce Nepal?</td>
<td>1st – Sadicheh Shrestha, Canada</td>
<td>Dr. Harihar Bhattachar, NC</td>
<td>NASeA/ANMA Convention Committee</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2nd – Sadicheh Bssnet, NC</td>
<td>Mrs. Nisha Dhaubadel, Canada</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>3rd – Sadicheh Prasain, AL</td>
<td>Mrs. Ambika Tiwari</td>
<td></td>
</tr>
<tr>
<td>Year</td>
<td>School Level</td>
<td>Title</td>
<td>Winners</td>
<td>Judging Committee Members</td>
<td>Sponsors</td>
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<tr>
<td>2010</td>
<td>High</td>
<td>Nepali Family Traditions: How it Has Influenced Me</td>
<td>1st – Pratiksha Gurung, Canada 2nd – Simron Khadka, NC 3rd – Swikriti Sapkota, NC</td>
<td>Mr. Dhruva Tripathi, AL Dr. Shailendra Devkota, NC Dr. Anju Malla, GA</td>
<td>Dr. Prahlad Panta Mrs. Bindu Panta</td>
</tr>
<tr>
<td>2011</td>
<td>Middle</td>
<td>The Place My Mother Was Born: Through My Eyes</td>
<td>1st – Apekchhya Shrestha, Canada 2nd – Mr. Slisha Shrestha, NC 3rd – Mr. Paras Khatri, NC</td>
<td>Ms. Sashi Bhatta, NC Dr. Lila Bahadur Karki, AL Dr. Tilak Shrestha, GA</td>
<td>Dr. Sanjeeb Sapkota Mrs. Sabina Sapkota</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>Show and Tell: Nepal</td>
<td>Ms. Anusha Kayastha Mr. Sumnit Pradhan, NC Ishika Tripathi, Canada</td>
<td>Ms. Srijana Sharma, GA Mrs. Shilu Ghimire, Canada Ms. Roshani Adhikari, MI</td>
<td>Ms. Anita Adhikari</td>
</tr>
<tr>
<td>2012</td>
<td>High</td>
<td>Celebrating Nepal in Your Life: Maintaining Nepal</td>
<td>1st – Adarsa Malla, GA 2nd – Phoebe Pradhan, NC 3rd – Prashant Gautam, FL</td>
<td>Dr. Archana Kattel, FL Mr. Dhruva Tripathi, Canada Dr. Divya Pradhan, AL</td>
<td>Dr. Devi Gurung States</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>Life in North America: Things That Remind Me of Nepal</td>
<td>1st – Swochchhanda Shrestha, FL 2nd – Aditya Dhakal, NC 3rd – Deepali Singh, FL</td>
<td>Mr. Jyoti Vaidya, Canada Mr. Shailendra Devkota (NC) Mr. Manoj Pradhan (NC)</td>
<td>Dr. Sanjeeb Sapkota Mrs. Sabina Sapkota</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>Show and Tell: Nepal for Vacation</td>
<td>1st – Ayushma Sharma, NC 2nd – Anusha Kayastha, NC 3rd – Anupriyam Ranjit, Canada</td>
<td>Mrs. Sarala Paney, KY Mr. Basanta Khadka, NC Mr. Jhalendra Shrestha, Canada</td>
<td>Mr. Rajendra Khatiwada Mrs. Nita Khatiwada</td>
</tr>
<tr>
<td>2013</td>
<td>High</td>
<td>Preserving Nepalese Identity and Building its Future in the USA</td>
<td>1st – Anima Shrestha, GA 2nd – Simran Khadka, NC 3rd – Bhabika Joshi, TX</td>
<td>Mr. Sushil Sharma, KY Dr. Batu Sharma, NC Dr. Dhruva Tripathi, Canada</td>
<td>Dr. Devi Gurung States</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>Me and My Nepal</td>
<td>1st – Sukrity Dhungel, NC 2nd – Sushil Sharma 3rd – Rojal Adhikari, NC</td>
<td>Mr. Gopnudra Bhaara, IN Dr. Archana Kattel, FL Mrs. Srijana Sharma, GA Mr. Jyoti Vaidya, Canada</td>
<td>Dr. Sanjeeb Sapkota Mrs. Sabina Sapkota</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>Show and Tell: Nepal</td>
<td>1st – Sumnit Pradhan 2nd – Christen Poudel, Canada 3rd – Rujula Shrestha</td>
<td>Mrs. Sreejana Uprety, MO Mr. Basanta Khadka, NC Mr. Jhalendra Shrestha, CA</td>
<td>Mr. Rajendra Khatiwada Mrs. Nita Khatiwada</td>
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<td></td>
<td></td>
<td></td>
<td>2011 Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>High</td>
<td>Tourist in Nepal: From Economic Perspective</td>
<td>1st – Aastha Dhakal 2nd – Mansu Shrestha 3rd – Swochchhanda Shrestha</td>
<td>Dr. Sangeeta Shrotriyo, CO Dr. Vijaya Raj Sharma, CO Ms. Shilu Nepal, CO</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>Dashain-Christmas in Your Eyes</td>
<td>1st – Chajesh Sharma 2nd – Suchit Sharma 3rd – Sparsh Sharma</td>
<td>Dr. Bijaya Thapa, CO Dr. Sangeeta Shrotriyo, CO Ms. Aastha Dhakal, OH</td>
<td>Dr. Sanjeeb Sapkota Mrs. Sabina Sapkota</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>The Nepali Festival I Enjoy the Most</td>
<td>1st – Eshan Minali 2nd – Savanna Acharya 3rd – Shriya Sharma</td>
<td>Mrs. Srijana Sharma, GA Ms. Nanrata Acharaya, NC Mr. Jhalendra Shrestha, CA Mrs. Srijana Sharma, GA</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>High</td>
<td>Rebuilding the Lost Heritage</td>
<td>1st – Deepali Singh, FL 2nd – Paras Khatri, NC 3rd – Prisha Sharma, GA</td>
<td>Dr. Lalita Joshi, Canada Dr. Ramjee Sharma, GA Dr. Kamal Mani Baral Mrs. Srijana Sharma, GA</td>
<td>Dr. Prakash Mall Dr. Bhaskar Raj Dawadi</td>
</tr>
<tr>
<td></td>
<td>Middle</td>
<td>Devastated by the Earthquake</td>
<td>1st – Aakriti KC 2nd – Subodh Shakya 3rd – Hishi Ulak</td>
<td>Mr. Krishna Shresta, FL Dr. Archana Lamichhane Mr. Jyoti Vaidya, Canada Ms. Pratigya Marhatta, NC</td>
<td>Dr. Sanjeeb Sapkota Mrs. Sabina Sapkota</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>Show and Tell: Lost Heritage</td>
<td>1st – Parer Khatri 2nd – Saugat Shrestha 3rd – Kavya Lamichhane</td>
<td>Mr. Pranaya Rana Ms. Simran Khadka Ms. Sambita Pradhan</td>
<td>Mr. Madhab Mainali Mrs. Sita Mainali</td>
</tr>
</tbody>
</table>
It was one of the biggest days in my whole life. I was going to give a speech about Dashain in front of the whole Nepali Pathasala friends and parents. This was my first speech in Nepali in front of so many people. The morning of the big day I did my morning routines and practiced until it was time to go to Nepali school. I was very excited and anxious at the same time.

When we reached the Nepali school, I waited very patiently until it was my turn to speak. I was speaking about Dashain, and it is one of my favorite festivals. I was pretty confident that I would do well. I believed in myself. I spoke loud and clear in front of the whole crowd! When I finished, I was very happy and proud of myself. I said the whole speech in Nepali! I was also very relieved.

It was the moment to announce the winners. They were announcing the winners in my age group, and they called my name! My name! I was stunned. I couldn’t believe they just called my name. I went to the front to receive my medal. All eyes were on me, or at least I felt like they were. I collected the medal and certificate. I was smiling ear-to-ear as I proudly stood up in front of my friends and parents. That was a huge achieve-

**My Precious Medal (1st)**

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**Shreya Dhakal**

**Grade: 3**

**Fuller Elementary School**

**1st prize winner (Elementary)**
Nepal is a multicultural and multilingual country and also has lots of religions such as Hindu, Buddhist, Muslim, and Christian, etc. The most population is Hindu with 81.3% as per latest data. Nepal has approximately 123 languages. Among them Nepali, Maithili, Bhojpuri, Tharu, Tamang and Newari are the most popular languages, but still, Nepali remains the national language of Nepal. Nepal is a landlocked country with China in the North and India in the East, South and west.

In Nepal we celebrate a festival called “Bada Dashain” also called “Vijaya Dashami”. Dashain is celebrated by many religions but it is mainly for Hindus. But, Dashain is celebrated in other countries such as India, Bhutan, Barma etc., with different name and style wherever Hindus are living. As per the Nepali Calendar, Dashain is celebrated in the month of Ashwin or Kartik. It is celebrated from Ashwin Shukla Pratipada (Ghatasthapana) to Kojagrat Purnima. Dashain is celebrated for 15 days but mainly the first 10 days are the most important. For these 10 days we call it Navaratri. In these days we worship different Gods and Goddess by sacrificing different animals such as Buffalo, Goat, Duck, Chicken, etc. Mainly we worship Durga Bhawani, Mahakali, Bhadrakali, etc. In our Hindu legend, in Satya Yuga the Gods and Goddess won the victory over the Dhanawas and in Treta Yuga God Ramchandra won victory over Ravana. Because of this victory of truth over untruth we started celebrating Dashain due to the victory and happiness. In this festival we get blessings from elders with tika and jamara. In this festival all the family, friends, and relatives get together and celebrate.

We had a speech contest about “Dashain Parwa” on the occasion of 206th Bhanu Jayanti on July 7th at Nepali Pathasala, Morrisville NC, organized by NCNC, NCNLS and INLS-NC chapter. There were different categories from (k-2, 3-5, 6-8, and 9-12) grade groups. It was the second time I participated for the speech contest so, this made me more motivated and I got used to talking in front of people. This made me feel way more comfortable and confident. I got a chance to learn about Nepali Language, Art, Culture, etc., from guest and seniors. I was very happy when I got 1st place because it was not only the second time I participated but, that was the second time I got 1st place in my grade group. When I participated in this contest, I learned that you just have to try to be successful. You have to keep on trying until you win.

Lastly, we are very far away from our motherland but that does not mean we should stop learning Nepali language and culture because wherever we are living, we always have the language, arts, culture, festivals in our hearts because, when we are older we will have the responsibility of handing over the Language, Arts, Festivals, Culture etc., to our next generation. Therefore, wherever we are, we should continue these things.
Last Month I took part in a Nepali speech contest. It was organized by my Nepali Pathasala teachers on the occasion of Bhanu Jayanti. I was to talk about Dashain Festival in front of a big crowd. I was speaking in Nepali. It was my first time speaking in Nepali. I practiced some before going to Nepali Pathasala that morning. I was excited and nervous at the same time.

All of my friends and I sat in the chair waiting patiently for our turn. I was talking to my friends and they said they were anxious too. Finally, it was my turn to go to the front and speak about Dashain Festival. Dashain is the biggest festival of Nepal. It is my favorite festival as well. I told the whole speech in Nepali in front of the whole crowd! I was very proud of myself when it was over. Then everybody had their turn to speak.

Finally, it was time to announce who the winner was in their respective age groups. Some of my friends got medal. I also got an award and it was a Nepali book. Everybody were cheering for my win and it just made me so honored. Getting this award means a lot to me. It brought so much happiness to me. It was my first time winning. I am going to read my Nepali book every day. Since I was born in the USA this book will help me learn Nepali. Books are wealth of knowledge. I was just happy for myself in getting this book as an award. I really like this Nepali book because it has stories and poems about Nepal. Nepal is my favorite country in the world. I was very happy with myself. I also got pencils and candy. Getting this award just made me feel so good. It made me feel that I can speak in front of a crowd and that also in Nepali. After winning this award I feel that we should never give up and have confidence and belief on ourselves.

********************

Salil Dhakal
Grade: K (Rising 1st grade)
Cedar Fork Elementary
3rd prize winner (Elementary)

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Madhav Dhakal & Family
North Carolina
Have you ever been in a competition at your school? Well, I have. Somebody once said, “The best part of competition is that through it, we discover what we are capable of and how much more we can actually do than we ever believed possible.” When I was in 1st grade, there was a competition at my school where students had to perform a dance or bring in an item about a certain country and talk about it. The country I chose was Nepal. I chose to dance to a Nepali song and make a PowerPoint about Nepal because I thought it would be the most entertaining and fascinating thing to do since not many people are aware of Nepal and the country itself.

When I first heard there was a competition at my school, I was nervous because I didn’t know who else would be competing but I was also excited due to the fact that I get to show an audience a cultural dance and talk about different facts about Nepal. Knowing that people are aware and educated about Nepal made me feel happy because it’s usually a country no one really thinks about. My main goal was to spread awareness about Nepal and educate people about the beautiful and unique country.

Before anything I had to prepare myself in a way were, I was comfortable. I had one and a half weeks to figure out the steps to my dance as well as what I would say in my presentation. I first had to put myself in a positive mindset in the light of the fact that it makes it easier to avoid worries and negative thinking. I then picked out a song for my dance and made steps to the song. Afterwards, I sent the track of my song to the Event coordinator. In addition to that, I brainstormed what to present on the day of the competition. I figured out that I would present interesting as well as exotic facts about Nepal that would catch the audience’s eyes. I would talk about the unique flag of Nepal, cities, Mount Everest, etc. It took me about two and a half hours to complete my PowerPoint and 3 hours to make steps to my dance and perfect it. For the dance, I would be wearing a cultural dress called Gunyu Cholo.

At the time of the competition, I had no idea what to expect. There were many competitors. The youngest age being, 6 or 7 and the oldest age being, 14 or 15. At the time, I was one of the youngest one competing in the competition. Some students were doing group performances and others doing solos. There were many parents and students not participating in the competition in the audience watching. Everyone had a schedule in his or her hand, stating what time each student would go and perform on stage. I was number 6 on the schedule. As the time got closer and closer to my show, I got more and more nervous because this was my first time competing. All off the competitor’s performances were very interesting and exciting. I got some inspiration as well and motivation from them to help me with my performance.

Sooner or later, it was my turn for my performance. I went on stage and started off with my presentation about Nepal. My heart was racing as the judges were writing on their paper. The audience seemed like they were fascinated with the facts I was talking about. Eventually, it was time for my dance. As the music began, I started following the beat of the song and danced with smooth transitions. I got more and more comfortable and dance my heart out. The audience was entertained with my performance and began clapping at the end of my dance.

At the end of the competition, the judges had their results. Every second, I got more and more nervous. All of a sudden, my name got called for 1st place. I was excited and all my nervousness went away.

In conclusion, by participating in this competition, I learned that if you work hard, practice hard, and give it all you have, you would get something good in return. When I first started preparing for this, I had mixed feelings and was apprehensive about it but as I got more comfortable, I got more confident and believed in myself. “With hard work and dedication, anything is possible.”
In the summer of 2018, I participated in the NCNLS & NCNC- Nepali School 205th Bhanu Jayanti Speech Competition. During the competition, each student enrolled in the competition was expected to say a two to three-minute speech about the given topic. That year the topic was about Bhanubhakta Acharya and/or about how learning the Nepali language was important. The competition was divided into four age groups, kindergarten to 2nd grade, 3rd grade to 5th grade, middle school, and high school. Before I get into my experience in the competition, let me give some background information on Bhanubhakta Acharya.

Bhanubhakta Acharya was a Nepali poet, writer, and translator. He was born on July 13, 1814, in the Tanahu district of Nepal, specifically in a small town called Ramgha. He is often credited with the title of “Adikavi” which translates to “the first poet.” Bhanubhakta was first referred to as Adikavi in poet Motiram Bhatta’s biography on Bhanubhakta Acharya in 1981. Motiram clarifies that Bhanubhakta was not the first poet in Nepal, but deserved the title because he was the first person to write poems with an understanding of the marma, which means “inner essence.” As well as writing poems, Bhanubhakta was most famous for being the first person to translate Ramayana from Sanskrit to Nepali.

About a month before the competition, I started to practice my speech. I tried to practice my speech for an hour every day before the competition. My parents helped me and my sister a lot when we were practicing. They helped us make sure our speeches were grammatically correct, pronounce words right, and perfect our speeches overall. As time went on, I felt more confident in myself and my speech. Since the competition was exclusively for Nepali School students, our teachers had made a designated time during class for us to practice our speeches. My speech was about the life of Bhanubhakta Acharya, from when he was born to when he died. I mainly talked about the accomplishments he achieved during his lifetime and what he will be remembered for generations to come.

Soon after the day of the competition came. Before we left the house, we practiced our speeches. We arrived at the destination early, and my sister and I took advantage of the time and practiced even more. Maybe half an hour later, everyone settled in. The first group to compete was the Kindergarten to 2nd grade group. Despite being little, they did exceptionally well. This was amazing because these kids were from the age of 5-8 years old. Watching these little kids say their speeches gave me a little bit more confidence. Then it was my group’s turn to compete. There were a few more people in this group that went before me, so I had a little time before I needed to compete. My turn was closer to the end of my group’s. I was going over my speech in my head multiple times. Before I knew it, it was my turn to speak. It wasn’t as nerve-wracking as I thought it would have been. That’s the thing with these sorts of competitions: the wait is scarier than the actual competition itself.

In the end, the hard-work that I put into my speeches finally paid off when I won second place. The competition wasn’t really about what place I won though. It was about building your confidence and practice public speaking in multiple languages. I learned a lot more than I thought I would. I learned more about how the Nepali language was structured and more about important figures in Nepal’s history. I even learned something from what the little kids said. The competition helped showcase Nepal by teaching us about an amazing man who gifted many people with knowledge.

Bibliography


As an active citizen who takes pride in being Nepalese, I grasp any opportunity to showcase my country. It could be a range of things, such as the Stampede Parade, a multicultural festival, or debate/speech in a school or community events. One of the most interesting opportunities was a presentation competition at my school held last winter. The objective of the competition was to motivate students to learn about the cultural diversity of the people in Canada from across the world. By contending in such event, I promoted my country and showed my origins to my peers, and it allowed me to learn and teach about Nepalese heritage and culture.

During the preparation, I taught my teammates about the weather, language, festivals, and landforms of Nepal. These topics were specific to Nepal and showed how it is unlike any other country. As being of Nepalese origin, it was naturally easy for me to research, explore, and get in depth knowledge about the ethnic and cultural diversity within Nepal. With this experience, I cached the leadership opportunity and taught my peers about the natural and cultural beauties of our country. As an individual living abroad, I definitely did not have as much knowledge as people living in Nepal of my age, but this opportunity helped me learn much about it and allowed me to stand in a comfortable position to describe weather, geographical and cultural diversities of the country. For example, before, I wasn’t aware of all the days of Dashin and what they represent. During the preparation, we had practiced day and night, making sure we were familiar with our content and could fluently present with confidence. We had also prepared ourselves for any questions that might be asked by the judges or the crowd. In the presentation, we did not only focus on the cultural diversity, but we also compared the weather of Nepal to Canada; specifically how in just 500 km, we can find mountains, hills, and flatlands. We mentioned that because of the great geographical diversity, we have temperatures ranging between -76°C and 42°C. Along with this, we incorporated Nepal’s breathtaking visuals into the presentation to keep people engaged and interested. More importantly, I used the opportunity to promote the Visit Nepal 2020 Event that is led by the government of Nepal and encouraged the audiences to participate and view these beautiful sceneries.

The event itself took place over a week. In that duration of time, watched each other’s presentations. We were judged on our content, presenting skills, and the aesthetic appeal of the project. Our practicing had paid off, because we presented without a hitch and could easily answer the questions that were brought forth. Not only did I gain knowledge about my homeland, I also became a better presenter and promoted tourism and business as well.

My competitors brought forth valuable information that was unique to their destination. Many groups discussed the food, clothing, and music that was native to their country. While watching the presentations of the other contestants, I learned a considerable amount about the countries they presented, and culture and differences between the nations that I was not aware of and those I was familiar with. In the end, our weeks of hard work were shown through our great accomplishment, placing us first. I was ecstatic knowing that we won by showing my roots and presenting my country.

My first biggest take home message from this competition was that whoever we are and wherever we live, our homeland and culture are our identities. On top of that, Nepal is rich and beautiful not only naturally, but also culturally and therefore, worth visiting. Secondly, living in a multicultural country such as Canada, I have been blessed with such opportunities to openly discuss my origins. I feel proud to say that I came from Nepal, and am thankful to reside in this country: where people of different colour, ethnicity, and religion are viewed as equals. Finally, I would like to thank NASeA and AM-NA for holding this competition and providing us with one more opportunity to present our knowledge about our motherland.

Bibliography


Being Nepalese can come in many ways, shapes and forms. No matter where we grow up, who we choose to love, and how we carry on with our lives, we all share one common thing: that is our heritage. Our culture flows through our veins, it makes itself known in the way we celebrate our festivals and welcome guests into our homes. Our community in North America started with a few ambitious individuals who shared one common goal: to unify the Nepalese people of the continent. Now our organization contains so many faces and ideas, thanks to the trail those few individuals blazed for the rest of us. Those faces have constantly improved and built upon those different ideas and strategies to strengthen our community. However, there has always been the question about continuing this effort. Can we as a community continuously nourish ourselves, can we make us better? The answer is of course! It will be very time-consuming, however in the end, it will be extremely rewarding to witness our organization soar to new heights. Focusing on a small number of goals will ultimately get us to that desired position.

The first thing we should focus on is giving back to our community here in North America and back home in Nepal. A big issue I believe we should tackle is domestic violence against women and girls here and in Nepal. According to an article from Break the Cycle, “Almost half of women [in Nepal] (48 percent) reported that they had experienced violence at some time in their lives”. In addition, “A large percentage of women (61.3 percent) who had experienced violence had not shared or discussed their experiences with anyone”. By using our resources, we can educate people about this topic here and in Nepal. We can encourage those who have suffered any form of domestic violence to come forward and share their story. We can specifically hold a fundraiser or another type of event to support those victims affected by domestic violence. This strengthens our community in North America because we all can contribute and share ideas towards this cause, ultimately unifying us. If we work towards a common problem, we will then in turn reach new heights, all the while educating and giving back to our community and our country.

Additionally, I believe we should focus on the openness of our community. Luke Smillie from Scientific American states, “People who are “open to experience” tend to be intellectually curious, creative and imaginative”. We always need more creativity in our community, in terms of how we make our community stronger, whether it be deliberate or spontaneous. People who are open-minded can get the ball rolling for these conversations on how to build our community up. We can think of new ideas, and we can innovate and improve the ideas that we have already acted upon. Part of this comes from being aware of other communities within North America. We can speak with them and learn what strategies they have put in place to promote sincerity in their organizations. Furthermore, we can work with them to bring new ideas to both the respective groups of people. By being more open with each other, our community can benefit ten-fold.

Moreover, I believe we should educate our youth on our culture and our language. The children of today are the future of tomorrow. According to the organization Spanish Academy, being bilingual can connect and build relationships with others, which is exactly what we need to propel our community forward. Thus, we should take initiative to teach our youth how to read, write, and speak Nepali. Not only would this strengthen the bonds of their families, but it would also strengthen the bond of our NASeA community. By teaching the next generation, we can give all the knowledge they would need to one day lead our organization towards new heights.

Our Nepalese community in North America has seen a lot of changes throughout the past couple years. Through the challenges faced by those determined individuals, NASeA has blossomed into the organization that we know and love today. Although I will not deny the spectacular work that has gone into this effort, we
Building Us By Building Ourselves

As once stated by Mattie Stepanek, “Unity is strength… when there is teamwork and collaboration, wonderful things can be achieved.” (Gaikwad, M, 2018). Building trust, strength and unity within a community is essential for prosperity. Through communicating visions, inheriting information to the youth and getting involved within a community, unity and strength will build up and trust between community members will start to form. Furthermore, both short and long-term benefits will be established through these solutions, as more people getting involved in the community results in a collaborative environment. The Nepali communities have the chance to grow from collaboration and become more unified in our shared identity. In summary, unity is a critical aspect of a strong community, which requires open communication, collaboration and trust.

Passing cultural beliefs and values onto the following generations is a crucial part of building up strength for these Nepalese communities. This is important so that the Nepali people who do not live in Nepal are familiar with their cultural background. By doing so, not only will it benefit these people, but it would create unity and strength to communities, as more people would be a part of the organizations. For instance, CNCA created a Nepali school, which started in 2007. The main goals of this school are to, “… teach children to read, write and speak Nepalese language, and about Nepal and Nepalese culture.” (CNCA, 2007). As a student who has graduated from the school, I have not only learned how to speak fluently in the language, but I have learned more about my ethnicity, as well as how to read and write in Nepali. During my years at the school, I gained a lot of exposure to my Nepali background that I would not have otherwise had; such as understandings of different festivals celebrated in Nepal, like Dashain. I also gained knowledge of the history of Nepal and had the opportunity to study key historical figures such as Prithvi Narayan Shah. Exposure to this material has allowed me to feel more involved within the Nepali community and has strengthened my relationship with my Nepali roots. In Calgary, there are currently two major Nepali organizations: Calgary Nepalese Community Association (CNCA) and Nepalese Community Society of Calgary (NCSC), which both currently hold cultural events. One improvement that can be made is to bring these organizations together to promote unity, and also facilitate collaboration among the community. In addition, the pooling of resources

Works Cited


will allow for enhanced programs, such as Nepali school, and promote the best possible education for children learning about Nepal. In summary, informing the youth about their culture unites the Nepalese community and builds a foundation for Nepali youth to understand their identity.

To create unity and strength throughout the Nepalese community, clearly communicating the vision of the organization is essential. In the globalized world we live in today, communicating ideas through diverse forms of media, such as websites, social media, and radio, is vital for sharing goals and information. Moreover, this can attract new Nepali people to the community or those interested in Nepali culture. In my city, Calgary, Alberta, the Nepalese community has done this in several ways. CNCA has its own personal website where people can learn more about the organization and what their plans are for the future. The website is also a place where people can find out when major events are. Furthermore, CNCA also has a Facebook page where people can access the dates of when festivities are and share photos. Both of these sources, the website and Facebook page, are ways of spreading the goals of organizations, as well as reaching different groups of people. By putting information on social media, a wide range of people can access it and show their interest in it. A long-term plan for Nepalese organizations is to ensure that all aspects of the community are conducted in alignment with their goals. For instance, if the goal is to celebrate and promote Nepali culture, having a Dashain party and advertising it on social media is a great way to spread information regarding an event that promotes Nepali culture. This has been done numerous times by the Nepali communities in my local area and should continue to be done. Ultimately, by expressing the goals of a community, unity and strength will form.

Lastly, by hosting and partaking in community events, individuals within communities will feel more connected to each other and to their shared valued, thus, enhancing strength and unity. CNCA organizes a multitude of events as celebrated in Nepal. One specific example is the CNCA Mha Puja event, in which rituals and pujas are conducted, allowing Nepali people away from Nepal to participate in traditions as if they were back home. This allows for people born in Canada to gain exposure to Mha Puja, and also allows individuals who grew up celebrating this event to continue to participate. In my eyes, an improvement that can be made is to encourage more individuals to volunteer in the events organized by CNCA. To elaborate, during festivals such as Dashain and Tihar, there are always singing and dancing performances. By voluntarily performing at these events, individuals will feel more connected to their culture in the process of creating and rehearsing an act for the event. By joining together during special occasions and festivities, individuals within the Nepalese community will have a closer bond.

In conclusion, by constructing unity, strength will prosper within the Nepalese community. Furthermore, unity is needed in order for people within the community to come together to solve issues and build trust among members. This can be done through passing down cultural information to the youth, spreading ideas as well as engaging in community festivities and organized events. More so, these ideas result in more people joining the organization and bringing up ideas that were not brought up in the past, resulting in better solutions. All in all, oneness in a community is essential in order for it to gain stability.

**Bibliography**


Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Rama Ghimire & Family
Atlanta, Georgia
The Merriam-Webster dictionary defines a community as a group of people with a common characteristic or interest living together within a larger society. Communities are made up of various races, genders, and ethnicities coming together to form a society. Each community is tasked with the responsibility to uplift their own members and positively contribute to their society. Our Nepali community is tasked with the same responsibility. To fulfill our responsibilities to the members of our communities, we must increase our presence and reach out to other members; inclusion will lead to a stronger collective. Our community and its members must also stay true themselves, meaning Nepalese people must maintain and preserve their core values. A community should, most importantly, unite and support each other.

Society has undergone a makeover. Gone are the days of putting an ad in the newspaper. Social media sites like Facebook, Instagram, and Reddit have taken over and now serve as digital highways across the world. Instead of booking a plane ticket to meet family members in Nepal, many can talk to their loved ones through a service such as Facebook messenger in a matter of seconds. We can use sites such as these to increase presence and awareness about activities in our community. Not only can we connect to people, new and old, but we can also use social media to strengthen our community. Facebook, home to millions of users, already allows us to communicate with family members. We can use social media to advertise and promote activities going on in our community. A website like Reddit allows all members of our community to submit posts, voice opinions, and provide suggestions to influence the community. Social media allows us to also provide resources and help to those who are in a time of need. Increasing outreach will expand our community to others and will empower our people to go above and beyond in their own environment.

Within the community, we need a sense of companionship. If we can pool resources and time together, we can run like a well-oiled machine. As Helen Keller aptly put it, “Alone, we can do so little; together, we can do so much.” Those who decide to join a community have an obligation to lift its members, but I believe we can do much more. Many Nepalese people are friendly and are willing to help a Nepali in need. If systemized processes are put in place, this can be more efficient. We need to create and strengthen organizations, such as NASeA and ANMA. These organizations already support our community, and I believe that they are capable of more. While in my state, there is a Nepali school, only those near larger cities have access. If we move toward a digital-based platform, while also maintaining the face-to-face instruction aspect, more Nepali children across my state could receive access. Note that digitalization can be implemented in other areas. We can also expand on this. Tutoring programs can be put in place, where students and adults can assist in areas such as math, science, English, and test prep. We should also help sponsor other events, such as marathons and fundraisers, so any profit made can be used to fuel Nepali. Nepali people can create networks and provide job opportunities. We could organize donation drives. Our community is full of people that are successful and those who are in desperate need of a better opportunity. By investing in ourselves now, we can gain twice as much in the future.

In the long run, we need to give back to the place that gave us a way of life. After the earthquake in 2015, we still have not completely recovered. As of 2018, Business Insider ranked Nepal as the 25th poorest country based on PPP (Purchasing Power Parity). Those who need food should get food. Those who need books should be able to get books. Those who need school should be able to get schools. Those who want to come to America should get a chance to come to America. Many come here to seek a better opportunity, but have a hard time integrating with our society and in general, have a hard time living. Although compared to the population of the U.S. we are small, a group of 140,000 people can provide support and help to those in our community that need it. We as a community must not turn our back from where we come from and those who choose to...
follow in our footsteps.

Rome was not built in a day. Likewise, a strong community will not be built in hours. Whether it is a short-term goal or a long-term dream, a community must focus on sticking together. Each step we take together is worth thousands of steps alone. While all of us, young and old, have gone our separate ways, the memory of Nepal keeps us together.

Bibliography


Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Dr. Chooda Mani Khanal & Family
President, NAF
Nepalese Association of Florida
Miami, Florida

Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

Krishna Shrestha
General Secretary
NASeA
West Palm Beach, Florida

Gita Khatri
Chair, Board of Trustee
INLS
New York
Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Greensboro, Highpoint, North Carolina, Aug 30-Sept 1, 2019.

Mamta Sharma  
Coordinator Fashion Show  
Joint Convention 2019

Sanjay Shrestha  
Vice President, ANMA  
Des Moines, Iowa

Bishal Bharati  
Culture and Concert Coordinator  
Joint Convention 2019

Binay Aryal  
Media Coordinator  
Joint Convention 2019

Ram Paudel  
Volunteer  
Joint Convention 2019

Shikhar Dulal  
Literature Coordinator  
Joint Convention 2019

Sabitri Ranabhat  
Coordinator Health & Welfare  
Joint Convention 2019

Sushil Sharma & Family  
Past President ANMA  
Lexington, KY
REGISTRATION
Our registration desk is happy to answer any questions you may have during the convention. Your full meeting registration includes Welcome Reception (Friday evening), lunch and dinner both days, cultural program (Sunday evening) and all programs and sessions except Concert on Saturday. For any question on registration, please contact Mr. Thakur Karki (tkarki_n@yahoo.com; 919-710-1053).

Separate Tickets:
Saturday Concert Program: Cost = $25 per person ($35 on-site purchase); Free for children under 10

GENERAL INFORMATION
NAME BADGES Please wear your name badge at all times when you are attending functions within the conference hotel and convention center. This badge informs us that you are a registered conference attendee and it will allow you access into meetings and meal functions. Remove your badge outside the hotel.

ELECTRONIC DEVICES As a courtesy to your colleagues, please turn off or silence all electronic devices during sessions, workshops, and plenary addresses.

PROGRAM TIMES Each program will run within allocated times. Program coordinators are responsible for executing (moderating) the program from start to end. We will have "Time-Keeper Marshalls" who will have authority to stop the program instantly at the assigned end time if not completed within the allocated time. We apologize in advance for any inconvenience that may cause.

NASeA ELECTION Election will be held on Sunday (Sept. 1) from 9 AM to 4 PM in Conference 1 Hall (lower level of the Benton Convention Center)

FRIDAY, AUGUST 30

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<th>EVENT</th>
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<tr>
<td>6:00PM-8:00PM</td>
<td>Grand Pavilion</td>
<td>Registration</td>
<td>Thakur Karkee; Ambika Lohani,</td>
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<tr>
<td></td>
<td>(Lower level of Embassy</td>
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<td>Nirmal Poudel</td>
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<td></td>
<td>Suites)</td>
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**SATURDAY, AUGUST 31**

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<td>7:00AM-9:00AM</td>
<td>Marriott Hotel Lobby</td>
<td>Walk &amp; Run</td>
<td>Roshan Bhandari 970-310-9268</td>
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<td>8:00AM-5:00PM</td>
<td>Salem Foyer</td>
<td>Registration</td>
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<td>8:00AM-5:00PM</td>
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<td>Sports Activities</td>
<td>Roshan Bhandari 970-310-9268</td>
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<tr>
<td>10:00AM-3:00PM</td>
<td>Salem 1B Salem 1C</td>
<td>Health Fair: Health education, CPR and First Aid, Basic Health Check</td>
<td>Manju Sangraula 202-341-8696 Sabitri Ranabhat 562-299-4280</td>
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<tr>
<td>10:00AM-12:00PM</td>
<td>Salem 3B Salem 3C</td>
<td>Children Program: Drawing and Painting</td>
<td>Rama Ghimire 229-848-3522</td>
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<tr>
<td>10:00AM-12:00PM</td>
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<td>Youth Feud: Nepal heritage sites, etc.</td>
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<td>10:00AM-12:00PM</td>
<td>Salem 1A Salem 3A</td>
<td>Women Forum: Domestic violence awareness &amp; unique way to bring Empowerment</td>
<td>Urmila Panthi 314-283-7994</td>
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<td>12:00PM-1:30PM</td>
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<td>12:30PM-6:00PM</td>
<td>Salem Ballroom</td>
<td>12:30-1:30 Introduction of Election Candidates</td>
<td>Gyanendra Gadal 720-237-9690</td>
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<td></td>
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<td>1:30-4:00 Opening Ceremony</td>
<td>Krishna Shrestha 561-310-0694</td>
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<td>4:00-6:00 SARGAM Singing Competition Fashion Show</td>
<td>Roshan Shrestha 336-491-7764 Mamta Sharma 336-686-8014</td>
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<td>7:30PM-11:00PM</td>
<td>Salem Ballroom</td>
<td>Concert</td>
<td>Bishal Bharati 910-538-0053</td>
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<td>11:00PM-1:00AM</td>
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<td>DJ</td>
<td>Nilam Joshi 910-508-7866</td>
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Wishing Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) a grand success for the Joint Convention in Winston-Salem, North Carolina, Aug 30-Sept 1, 2019.

**M.S. Khan**
**Certified Chartered Accountant**

349 South Swing Rd.
Greensboro, NC 27409

Tel: 336-299-6252
Fax: 336-299-1793
<table>
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<td>10:00AM-12:00PM</td>
<td>Salem 1A &amp; 1B</td>
<td>NRNA Forum: Science and Technology session: Economic Development of Nepal</td>
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<td></td>
<td>Salem 3A &amp; 3B</td>
<td>Nepal Forum: Perspective and discussions on political and social issues</td>
<td>Raja Ghaule 404-447-8272</td>
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<td>11:00AM-3:00PM</td>
<td>Ardmore 1 &amp; 2 (Lower level)</td>
<td>Blood Drive</td>
<td>Satish Gupta; Narayan Khadka (336-707-0592) 919-455-5151</td>
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<td>Lunch</td>
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<td>1:00PM-5:00PM</td>
<td>Salem Ballroom</td>
<td>Forum: How to write correct NEPALI Literature Program: Organized by INIS and NLS North Carolina</td>
<td>Harihars Bhattarai Shikhar Dulal 919-601-1919</td>
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<td>1:30PM-4:00PM</td>
<td>Salem 3B</td>
<td>Nepali Treasure Hunt: tools and items</td>
<td>Rama Ghihime 229-848-3522</td>
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<td>Salem 3C</td>
<td>Youth Forum: Issues and common challenges for youth</td>
<td>Rama Ghihime 229-848-3522</td>
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<td>1:30PM-2:30PM</td>
<td>Salem 1A</td>
<td>Seminar: Mitra-Nepal Foundation for Children</td>
<td>Urmila Panthi 314-283-7994</td>
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<td>Salem 3A</td>
<td>Seminar: Multiple Intelligences (In Nepalese Perspectives)</td>
<td>Ram C. Baral 803-719-1428</td>
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<td>2:30PM-3:30PM</td>
<td>Salem 1A</td>
<td>Seminar: Dharma is Satya- (seeking the truth) -Yoga (inner discipline) Not Religion!</td>
<td>Tilak B. Shrestha 256-970-9112</td>
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<td>Salem 3A</td>
<td>Forum: Momo America! An Interactive Exploration of the Immigrant Experience</td>
<td>Deepika Ross 831-325-3258</td>
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<td>3:30PM-4:30PM</td>
<td>Salem 1A</td>
<td>Forum: गर्मिव जातिमा प्रचलित लोकप्रिय गतिरिहारिणें</td>
<td>Kusumakar Neupane 720-237-9690</td>
</tr>
<tr>
<td></td>
<td>Salem 3A</td>
<td>Forum: Human-capital, Brain-drain and Brain-circulation</td>
<td>Uttam Gaulee 412-805-4745</td>
</tr>
<tr>
<td>3:00PM-6:00PM</td>
<td>Salem 1B and 1C</td>
<td>Teej Program: Dance and fun</td>
<td>Urmila Panthi 314-283-7994</td>
</tr>
<tr>
<td>4:00PM-6:00PM</td>
<td>Salem 3B and 3C</td>
<td>NASeA AGM</td>
<td>Madhav Dhakal 336-471-4709</td>
</tr>
<tr>
<td>4:30PM-5:00PM</td>
<td>Salem 1A</td>
<td>BDA Forum</td>
<td>Satish Gupta 919-455-5151</td>
</tr>
<tr>
<td>5:00PM-6:00PM</td>
<td>Salem 3A</td>
<td>ANMA AGM</td>
<td>Balram Panthi 314-276-3868</td>
</tr>
<tr>
<td>6:00PM-8:00PM</td>
<td>Grand Pavilion</td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>7:30PM-11:00PM</td>
<td>Salem Ballroom</td>
<td>Cultural Programs</td>
<td>Bishal Bhatti; Nilam Joshi 910-538-0053</td>
</tr>
<tr>
<td>11:00PM-1:00AM</td>
<td>Salem Ballroom</td>
<td>DJ</td>
<td></td>
</tr>
</tbody>
</table>
SPORTS ACTIVITIES

<table>
<thead>
<tr>
<th>EVENT</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>9:00AM-12:00PM</td>
<td>2:00PM-7:00PM</td>
<td>Hine Soccer Park</td>
</tr>
<tr>
<td></td>
<td>2:00PM-7:00PM</td>
<td></td>
<td>5895 Bethabara Park Blvd, Winston-Salem, NC 27106</td>
</tr>
<tr>
<td>Indoor Volleyball</td>
<td>9:00AM-12:00PM</td>
<td>9:00AM-12:00PM</td>
<td>YWCA</td>
</tr>
<tr>
<td></td>
<td>2:00PM-7:00PM</td>
<td>2:00PM-7:00PM</td>
<td>1300 S Main St, Winston-Salem, NC 27127</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>2:00PM-5PM</td>
<td>8:00AM-12:00PM</td>
<td>Benton Convention Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>425 North Cherry Street, Winston Salem</td>
</tr>
</tbody>
</table>

EVENT LOCATION

- Marriott and Embassy Suites are connected by Skywalk
- Embassy Suites and Benton Convention Center are connected in Lower Level (underground)
- Lunch/Dinner: Grand Pavilion is in Lower Level of Embassy Suites
- Election Room: Conference 1 is in Lower Level of the Convention Center
- Parking is available @ $3/day across the Convention Center. It is connected via Skywalk
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चौबिसै घण्टा हजुरहरुको सेवामा।
अब तपाईं आफ्नो टिकटहरु सिंधै हाम्रो वेबसाइट माफूर
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