Commemorative Magazine of 16th NASeA /ANMA joint Convention 2021

16th NASeA/ANMA Joint Convention
Facing the Future Together
Orlando, FL | Sunday, Nov. 21, 2021

Jointly Hosted By
Editorial

श्री राधधका माध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

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I N D R E V I E W P O I N T S 2021

NASeA ANMA Executive Committee

Nepalese Association In Southeast America (NASeA)
Executive Committee

2019-2021

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ASSOCIATION OF NEPALESE
IN MIDWEST AMERICA
(ANMA)
EXECUTIVE TEAM 2020-2022

Mission

To promote, coordinate, and facilitate close cooperation among Nepalese and friends of Nepal in North America, particularly in the Midwest Region of the United States, for maintaining and fostering Nepalese identity and cultural heritage.

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<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Message from the charge d affaires a. i. of Nepal to the United state of America Washington D.C.</td>
<td>5</td>
</tr>
<tr>
<td>Message from Convention chair— Krishna Shrestha</td>
<td>6</td>
</tr>
<tr>
<td>Message from President – NASeA _ Binaya Aryal</td>
<td>7</td>
</tr>
<tr>
<td>Message from President – ANMA— Diwakar Dhakal</td>
<td>8</td>
</tr>
<tr>
<td>Message from President— INLS— Prakash Poudel “Maila”</td>
<td>9</td>
</tr>
<tr>
<td>Message from President— Blood donors of America Dr. Lila Raj Dahal</td>
<td>10</td>
</tr>
<tr>
<td>Message from President _ ANA— Bijay Raj Bhattarai</td>
<td>11</td>
</tr>
<tr>
<td>Dr Bishwa Acharya— Atlanta Georgia</td>
<td>12</td>
</tr>
<tr>
<td>Editorial : Dr. Chiranjibi Bhattarai</td>
<td>16</td>
</tr>
<tr>
<td>Program Schedule - 16th NASeA/ANMA Joint Convention, Orlando, FL— Program Schedule</td>
<td>18</td>
</tr>
<tr>
<td>Social media addiction is a mental health issue – Prof. Dr. Ramhari Subedi</td>
<td>20</td>
</tr>
<tr>
<td>गजल,</td>
<td>शर्मिला श्रेष्ठ 21</td>
</tr>
<tr>
<td>केही मुक्तक,</td>
<td>तीर्थराज अधिकारी 22</td>
</tr>
<tr>
<td>अव्वल साथीको बिलिन परिचय,</td>
<td>सुभद्रा पराजुली 23</td>
</tr>
<tr>
<td>स्वतन्त्र गजल ,</td>
<td>नीलकण्ठ सुबेदी 24</td>
</tr>
<tr>
<td>“बुद्ध र जुन”,</td>
<td>रबिन्द्र भक्त श्रेष्ठ 25</td>
</tr>
<tr>
<td>मातेकी आमा ,</td>
<td>नीलकण्ठ सुबेदी 26</td>
</tr>
<tr>
<td>नेपाल आमा ,</td>
<td>ध्रुवराज शर्मा 28</td>
</tr>
<tr>
<td>मातापितालाई सम्मान गरौं ,</td>
<td>इन्दिरादेवी शर्मा 29</td>
</tr>
<tr>
<td>तिमी निष्टुरी दैब !,</td>
<td>राजा घले 33</td>
</tr>
</tbody>
</table>
Table of Content

नेपालको सांस्कृतिक सहिष्णुताको महत्त्व र देश विकासमा देन ,डा. मीन नाथ पौडेल 34

गीतः अमूल्य माया, जानेच्छ गदाल 43

प्रबास, विकास देवकोटा 44

कविता :- जीवनको लक्ष्य! निजानन्द मल्ल 45

रिसर्च, डा. अमर कार्की 46

Hinduism is the collection of Dharmas, including Buddha Dharma” - Tilak  B shreshta PhD 42

NASeA on Pictures 54

मलाई क्षमा गर्ददनुस् अमा , डा. आश बहादुर तामाङ 59

TEACHING FOR CONCEPTUAL UNDERSTANDING AND HIGHER ORDER THINKING IN SOCIAL STUDIES by Ram C. Baral, Ph.D 61

Speech of the chief guest— Kumar Raj Kharel , Acting Ambassador, USA 80
November 11, 2021

Message from the Chargé d’affaires, a. i. of Nepal to the United States of America,
Washington, D.C.

On behalf of the Embassy of Nepal in Washington, D.C., I would like to extend my warmest congratulations to the Nepalese Association in Southeast America (NASeA) and the Association of Nepalese in Midwest America (ANMA) for a successful joint convention and publishing of the souvenirs “Yati Viewpoints”.

I am pleased to know that this convention will provide greater platform to the Nepalese from all walks of life living in Southeast and Midwest America to meet, greet and interact with each other and discuss ideas to promote culture and identity of the Nepalese in America. I am certain this edition of “Yati Viewpoints” will provide useful insights into 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.

I appreciate the important role NASeA and ANMA have been playing in keeping alive the sense of Nepali identity and togetherness in America. Your efforts to promote Nepal have been overwhelming and inspiring. Thank you for these gestures as well as your love for Nepal and Nepali brethren.

I understand that this convention will bring together several Nepali Diaspora intellectuals, community leaders and distinguished professionals from around the United States for a productive discussion and generate ideas and energy for Nepali nation building and in advancing Nepal’s prosperity.

I sincerely hope that your association 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 would like to extend congratulations and best wishes to NASeA and ANMA for their 16th joint Convention.

Best regards,

Kumar Raj Kharel
Respected Nepali community members and friends of Nepal,

Greeting from 16th NASeA / ANMA-NAF Joint Convention, Orlando, Florida!

This is my immense pleasure to let you know that the 16th Nepalese Association in Southeast America (NASeA) and the Association of Nepalese in Midwest America (ANMA) joint convention is going to be held on Sunday, 21 November 2021, in the magnificent city of Orlando, Florida. We proudly announce our convention theme “Facing the Future Together.” We are confident that this convention will reinforce our commitment to work towards the common issues facing Nepali diaspora.

This will be indeed a historic joint convention jointly hosted by the Nepalese Association of Florida (NAF), NRN- NCC USA, Florida Chapter, International Nepali Literary Society, INLS-FL Chapter, Nepali Community Center Orlando (NCCO); Newah Organization of America (NOA FL Chapter); Madhesi Association in America (MAA -FL Chapter), and Greater Orlando Lord Buddha Lions Club.

Unlike previous 3-day joint conventions, this year, keeping in mind the COVID-19 pandemic we have decided to organise a one day convention. After almost two years of lockdown, social and family gatherings have hardly taken place. We believe this one day joint convention will allow our families and friends ample opportunities to take their children to the world famous Disney World and Kennedy Space Center along with many beautiful beaches. Let us be at this joint convention and enjoy our trip to Disney World and its surroundings. During this convention, NASeA/ANMA will definitely give consistency in bringing her regular programs such as grand opening ceremony, Public Health Awareness, Nepali Literature, Women’s empowerment, entertaining cultural program, Sports and many other forums which will definitely keep our Nepali American identity, culture and traditions alive.

On behalf of the joint convention as a convention chair, I would like to invite you, your family and friends to join this joint convention. Your valuable presence will be highly appreciated.

Please visit the following link to register for convention and mark your calendar for 21 November 2021

https://jointconvention.org/
https://naseaonline.org

Thank you!

Sincerely,
Krishna Shrestha,
Convention Chair
16th NASeA/ANMA-NAF Joint Convention 2021
Orlando, Florida
Respected Members of NASeA/ANMA and Nepali community members,

Namaste!!!!

As the president of NASeA, I would like to welcome everyone to the 16th NASeA/ANMA joint convention which is going to be held in the vibrant city of Orlando, Florida.

Last year due to COVID-19, we were unable to continue our yearly NASeA/ANMA joint convention. With the goal of further bolstering the long-standing relationship between NASeA/ANMA, this year we are organizing the joint convention in Orlando, Florida in collaboration with the local organization NAF during the period when most of Nepalese-Americans are fully vaccinated and by adopting all the safety protocols to the best of our ability. However, keeping the current situation of COVID-19 into account, this year we have decided to cut short our 3-day convention to a single day on Sunday, 21 November 2021 as the health and safety of our attendants is of paramount importance to us.

NASeA/ANMA joint convention has always helped to uplift the understanding and harmony among Nepalese because we perceive it as a joyful occasion to meet our fellow community members. This can be taken as another unique aspect of the convention. However, due to COVID-19, last year’s convention was limited to being virtual.

With the theme of ‘Facing the future together’, various programs and activities that exhibit Nepalese culture, language, literature and sports will be organized in order to encourage an active and widespread participation from our second-generation youths and also to remind them of our Nepalese culture, values and norms. This will enable us to establish our peculiar identity as Nepali-origin Americans in the ethnically diverse American society.

Possibly, this is the first convention of its kind to be organized jointly by such a large number of local Nepalese organizations. Therefore, we are eager to welcome you all with your families to the convention in the beautiful city of Orlando.

I also would like to take this moment to extend my heartfelt condolence to all the deceased Nepalese USA and around the world who lost their lives to COVID-19. At the same time, I also would like to congratulate all our COVID-19 survivors, wish them speedy recovery and urge them to celebrate this event as their victory over COVID-19. I also would like to extend warmth and good wishes to all who have had rough experiences in various ways during this pandemic. Nevertheless, I believe that we have now come out of it stronger and more united than ever before. It is during these tough times that the relevance and importance of Nepalese organizations and harmony among the community members become clearer to us. Therefore, on behalf of NASeA, I would like to extend my sincere gratitude to all the helping hands who enabled us to conduct our programs and activities even while remaining confined indoors.

Lastly, if you have any suggestions or feedback, please feel free to contact the members of NASeA/ANMA and host organizations and I sincerely request everyone to come join the convention in Orlando, FL. on 21 November 2021.

Sincerely

Binaya Aryal
President
Nepalese Association In Southeast America (NASeA)
All Nepalese Community Members and Beyond, Namaskar

As a president of Association of Nepalese in Midwest America (ANMA), I would like to INVITE and WELCOME you all to 16th NASeA/ANMA joint convention to be held on 21 November 2021 (Sunday) in Orlando, Florida. The Joint Convention is an important platform to connect with Nepalese Community Members and discuss about the public issues that need to be addressed. It is also an opportunity to entertain ourselves with various Nepalese culture.

ANMA is one of the oldest Nepalese Community REGIONAL organization that has been working since 1982 when very limited number of Nepalese were residing in USA. The utmost goal of ANMA is to collaborate with fellow organizations to bring more hands and resources to help communities.

In continuation of our decade old partnership with Nepalese Association in Southeast America (NASeA), ANMA has decided to work together for the success of the 16th NASeA/ANMA joint convention. This year, the convention is being jointly organized by NASeA and ANMA together with the Nepalese Association of Florida (NAF) and other local Nepalese Community organizations.

The Joint Convention has adopted the theme “Facing the Future Together” in view of the extraordinary situation faced by the world communities in the event of COVID 19 Pandemic. We are still witnessing the demise of human life escalated by new variants of COVID 19. Therefore, I would like to request all of you to STRICTLY ADHERE to the Government Public Safety Guidelines while gathering in a public event to protect ourselves. Please do not hesitate to contact the Convention organizing committee as soon as you see any public health concern while attending the Convention programs.

At last, I as well as other members of ANMA family would like to meet and greet you at the convention. We will be happy to accept any feedback you may have for us to strengthen our social relationship with community members.

Diwakar Dhakal
President
Association of Nepalese in Midwest America (ANMA)
शुभकामना

दुर्लभ, शक्तिशाली र प्रजातात्मिक मुद्रिक हुँदै नाताले आमीलाई आफूला लाखी नेपाली प्रतिमाहितकला वर्तमान समेत, पोस्टेस, हुकौँदै आएको कुरा सबैका सामु छल्लिङ। पर्यटनमा सर्वाधिक पहिल्ली अपनो पहिचानकाले लागि यहाँ नेपालीहरूको विकिन संस्थाहमाफिल्तर नेपाली भाषा, साहित्यका, संस्कृति, कला र पर्यटनसम्बन्धी गतिविधिका गरिएको हुनु।

अमेरिकाका रहेका सबै नेपाली संस्कृत-संस्कृतिकाले नासा र आन्ना अमेरिकाको पुरस्कृत पहिचानसहित बढीभन्दा बढी नेपालीलाई समेट्नु अर्थात सेटिएको संस्था हो भन्दा अत्यन्त छूँदै। यी दुई संस्थाले नेपाल र नेपालीसम्म सम्बन्धित चाट्नेए, जस्तै, नेपाली संस्कृति, साहित्यका, कला र पर्यटनसम्बन्धी गतिविधिका का्र्यार्थमा गर्न सुधार्नको पनि छनु।

यसै सन्दर्भमा यी दुई संस्थाले आफ्नो 16 आधिकारिक सम्मेलन विलासमा उद्वेदै नेपालीलाई संवाद दिन्छौ । संस्थाले समयमा सम्बन्धित लेखक-कवि एकै साहित्यगीतीहरूले "यु पोइंट" नामक सार्थिक प्रकरणमा गर्न थालेको र व्यस्त माथिलका वार्षिक गतिविधिका साताहो साहित्यका सांस्कृतिक पनि समेटिएको खालील भाषा र साहित्यको लागि काम गरिएको संस्कृतिका प्रकार भएको नाताले मलाई पर्द्रभक्त गर्नको अनुशासनमा भएको छ ।

यी दुई संस्थासँग अन्तर्राष्ट्रिय नेपाली साहित्य समाजको गहिरो नाताय । विलासमा उद्वेदै नेपाली प्रतिमाहितकला रहेको हाम्रो संस्थासँग सम्बन्धमा चिन्ता र सम्बन्धको गतिविधिका पनि गर्न पाइएको थियो। साहित्यको कार्यरतामा यसैले यी दुई संस्थासँग संबङ्दित हाम्रो गहिरो नाता कार्यहरूको अनुभव गरिएको छ ।

आगामी दिनमा यस निर्देशक कार्यसँग हाम्रो पनि साथ र सहयोग रहेको विश्वास दिलाउँदै नासा र आन्ना दुईको उत्तरदेत प्रगतिका कामनाको गर्दछौ।

(फ्रॅंक पोडल 'माइला')
अध्यक्ष
नेपाली साहित्य समाज (अनेसास)
केन्द्रीय कार्य समिति

'आन्ना, साहित्यका, कलाका र संस्कृतिका जोशमा आफूलो पहिचान जोगाउँछ।'
Date: Nov-16-2021

President’s Message

It is my great honor as the President of Blood Donors of America, BDA, to extend my warmest congratulations to the Nepalese Association in Southeast America (NASeA) and the Association of Nepalese in Midwest America (ANMA) for the successful 16th joint convention to be held in the beautiful city of Orlando, FL, on Nov-21, 2021. It has been a hectic year with ongoing COVID-19 pandemic, and I am glad that the convention is finally going to happen in person.

NASeA and ANMA have done a lot to the Nepali community in the Southeast as well as Midwest region of United States, not only in terms of preserving Nepali culture and tradition far away from home, but also to help people at home to fight against natural disaster like flood, earthquake and health crisis like COVID-19 pandemic. BDA is always with NASeA and ANMA in such occasions.

Moreover, BDA has signed MOU with NASeA in Sep-2020 to work together for organizing blood donation and to host at least one synchronized blood donation in a year. We successfully organized such donation on Sep-26, 2020 and is organizing this year in the week of Nov-20, 2021. I really appreciate NASeA involvement for the successful synchronized blood donation event.

We also signed MOU with many other organizations including ANMA in December-2020 to work together in the areas of common interest. BDA has participated most of the prior ANMA conventions and other community events in the Midwest America.

Once again, I wish the success of the joint convention and looking forward to working with the leadership for more community events. Thank you very much.

Dr. Lila Raj Dahal
BDA President
424 Nora Dr.
Perrysburg, OH-43551
USA
Message from ANA President

Date: 11/15/2021

It is my distinct honor as President of the Association of Nepalis in the Americas (ANA) to extend my warmest congratulations for the successful 16th NASeA/ANMA Joint Convention in Florida, USA on November 21, 2021. The ANA, established in 1983, is the first large-scale Nepali community organization in North America. Our mission is to unite the North American Nepali diaspora and to foster Nepali identity and culture. For the past 39 years, the ANA has actively engaged in actualizing this vision through numerous successful initiatives, events, and campaigns in coordination with the Nepali diaspora in the Americas region and Nepal.

The ANA is always encouraging all organizations to work together to provide a better service to the community. We request all local, regional and national organizations to collaborate. ANA had MoU with NASeA and ANMA for the National Convention and started to work together and wish to continue with other organizations for the preservation of our Nepali identity in the Americas. I wish to extend my sincerest greetings and hope the convention will facilitate achieving the mission, vision, and goals of the NASeA/ANMA. I wish the successful theme discussion of NASeA/ANMA AGM for Promoting Identity, Culture and Prosperity of Nepali Community.

Regards,

Bijay Raj Bhattarai
President, ANA
16th Joint Convention: Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA)

Facing the Future Together
Sunday, November 21, 2021; Orlando, FL

November 18, 2021

Dear Messrs. Aryal (President NASeA), Shrestha (Convention Chair), and Dahal (President ANMA):

I am grateful for the invitation to inaugurate and address the Joint (NASA/ANMA) Annual Convention in Orlando, Florida. I regret that, due to my prior commitments, I will not be able to join and address the 2021 Joint Convention. I wish you all the best for the success of the Convention in Florida. The Convention should aim to preserve the democratic and social norms during this unusual time of the Convention.

Our ultimate goal at this strange time should be to keep the lights on and get prepared for facing the challenges together.

Always in unison,

Biswa Acharya, PhD, PLS
Atlanta, Georgia

Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA),
a grand success for the 16th joint Convention 2021
in Orlando, FL on Nov. 21, 2021

Dr. Niraj Shrestha
President and Nepalese Association of Florida(NAF) Family
Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL on Nov. 21, 2021

Mr. Bikash Devkota
President and NRNA- Florida Chapter
Family

Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL on Nov. 21, 2021

Mr. Deep Karki
President and INLS-Florida Chapter Family
Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA),
a grand success for the 16th joint Convention 2021
in Orlando, FL on Nov. 21, 2021

Mr. Nijananda Malla
President and NCCO-Orlando, Lions Club of Orlando Family

Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA),
a grand success for the 16th joint Convention 2021
in Orlando, FL on Nov. 21, 2021

Mr. Rajendra Shakya
President and NEWAH ORGANIZATION OF AMERICA Florida Chapter Family
Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA),
a grand success for the 16th joint Convention 2021
in Orlando, FL on Nov. 21, 2021

Mr. Prem Singh
President and MAA Florida
Chapter Family

Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA),
a grand success for the 16th joint Convention 2021
in Orlando, FL on Nov. 21, 2021

Mr. Narayan Neupane – Chair Food Committee
Member- Publication Committee,
We suffered more,  
We learned more …

Past these two years remained much different and difficult for we all people around the Globe.  
As COVID-19 appeared first in the Chinese City of Wuhan in December 2019, it spread all over the world, and over the very short period of time, it affected badly most of the Countries, communities, and most of the people’s activities too, we too no exception, USA also was badly affected by this COVID-19 pandemic, also most of the communities and theirs activities here, as so we too not exception of this, so the reason, our organization: Nepalese association in Southeast America could not do many works, could not do even some regular activities too during these past 2 years, it’s a bitter reality.

During these past 2 years, unusually our all efforts and concentration diverted mostly towards keeping our society and people most secured and safe from this dreadful pandemic.
So far from this pandemic, officially also it had claimed more than 5 millions lives and had estimated even much more of it and even in USA only, so far had claimed already more than seven hundred thousand people’s lives, however in Nepali Communities in USA, the comparison of loss of lives is very very less as compared to others American communities, so the reason, even though we could not do our many social activities in time, we are not much worry of it, because during these time, we focused for others vital duties mainly, that our society, Country and world never had faced like these situations before during these past several decades.

Now this situation has improved much more, here in USA many more had got COVID-19 vaccination already, even the lately out broken Delta -Variant / COVID-19 is much subsided, so the reason we are here in the front door of the 16th NASeA/ ANMA’s joint Convention, November 21, 2021, Orlando, Florida.  
Also, NASeA has been serving the Nepali community always during these pandemic periods too, doing a lots activities virtually and digitally too.
As well as making people and communities more aware of pandemic and also giving a lots information about the COVID and conducting lots of fruitful programs, showing and teaching Yoga programs routinely through Zoom meeting, and so on.
As a human being, every organization also has many ups and downs, as well rise and fall, also easy and uneasy moments.
Likewise, now we are thinking NASeA is in very difficult moments, brought by the pandemic and its consequenc- es, directly and indirectly too.
NASeA / ANMA’s 16th’s joint convention was once scheduled to be held on last September 5, 2021, as it was supposed to be held during the Labor Day’s weekend generally but that time’s scheduled was postponed due to the Delta-COVID-19 variant, even it was much more virulent there in Florida in that time, this also created a big problem to we all, as well as our organizations too, as a consequence of it and so on, now some of our friends even not taking part to this convention as We have heard,
but still hoping they all joining the convention, but I could not say very much about this uneasy situation, just I decided to participate this convention happily and would like to request you all, many more too to participate to this NASeA/ ANMA’s 16th’s joint convention too happily as before even to save our organizations and to make it functional legally too, now it’s vital to save this organization legally too, not so important whoever come there in the positions among us.

Nepalese Association in Southeast America, NASeA established in 1991 and Association of Nepalese in Midwest, ANMA, established in 1982, these so long been Nepalese social organizations have been serving in the American Nepali societies doing various activities.
Of course, we are proud of like these social organizations always, have been uniting us here in abroad too since its inception so strongly and heartily and making us always more visible too here in abroad too, and hope like these conventions are always much fruitful many ways in the Nepali Societies. In pains and difficulties, as well as in anyone’s suffering here in abroad, we are always united to coop it strongly, so as we did during these COVID-19 pandemic also, had done previously also in different difficulties too and always hope so later too; so also, we need to make like these social organizations always strong and functional, also needs to save like these social organizations always.

NASeA, ANMA and many local social organizations are going to organize this NASeA/ANMA’s 16th joint convention on November 21, 2021 in one of the most famous tourist destinations of the world, in the Orlando city of Florida, as Florida is itself world-wide famous for well-known tourist destinations, such as Kennedy Space Center/NASA, Disney World and many more world-famous beautiful beaches too.

Also, now already here we are into the winter time in many states of USA, but there in Florida weather is much warm, as it is the one most southern and warmest state of USA, so also this time most suitable and joyous to visit and enjoy the climate there now.

Also, of course we can enjoy and participate various programs there in the convention, we can enjoy and participate in the various talk’s programs, literature program, poetry program, cultural program, information program, interaction program and many more programs too.

We would like to say thank you so much far you all, who have greatly contributed to bring these organizations so far to this height and size, so far so many notable Nepalese people from Nepalese Diaspora, VIP official from Nepal, such as some ex-prime ministers of Nepal. Crown prince of Nepal, late Dipendra Shah and famous artists and celebrities of Nepal already had attended NASeA’s conventions and events.

Also, on the occasion of this special moment, would like to salute you all once again, Volunteers, donors, organizers, local organizations, participants, and all well-wishers that made us to come us here and always encourage and inspire us to go further and further and higher and higher as a great and glorious social organization always.

Also, thank you so much you all respected members of this very prestigious committee, publication committee of NASeA, 2019-21 for you all’s sincere and continue help and support in bringing out this new volume of “Yeti View point”. Thank you Govinda Adhikariju (Georgia), Shiv Sharmaju (NC), Balkrishna Upadhyaju (NC), Khem joshiju (NC), Ujjwal poudelju (NC), Bibhuti Timalsinajyu (NC).

And all NASeA’s present officials: President Binaya Aryalju (NC) Senior Vice President Ambika Lohaniju (Georgia) Vice-president Bishal Bhattaraju (NC)

General Secretary- Krishna Shresthaju (FL) and all.

This NASeA/ANMA’s 16th’s convention’s them is: “Facing the future Together”

Venue is: Embassy Suites, at Heath Road, Kissimmee, FL 34746

See you on: Morning of Nov 21, Sunday, 2021.

Wishing a very grand and meaningful success of NASeA/ANMA’s 16th joint convention, 2021.

Also, though it little bit late, but don’t think it less, So would like to wish you all season’s greetings, would like to wish very happy Bijaya Dashami and Deepawalee/Tihar 2078 you all, may this festive mood bring you all healthy, wealthy, happy and prosperous time ahead.

Also, this time’s “Yeti View Point” was possible to come out in time due to the very sincere and tireless hard work of our friend Narayan Neupanejju.

We as the publication team of NASeA would like to appreciate him very much and are truly thankful of him regarding this time’s “Yeti View Point” edition.

Thank you all.

- Dr. Chiranjibi Bhattarai
Chair
Publication committee
NASeA (2019-2021)
## Program Schedule

**16th NASeA / ANMA Joint Convention, Orlando, FL**

Program Schedule /November 20, Saturday & 21 Sunday, 2021

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 8:00AM-7:00PM</td>
<td>Guest Arrival/ Welcome</td>
<td>Mr. Bikash Devkota</td>
</tr>
<tr>
<td>Saturday 7:00 PM-9:00PM</td>
<td>Meet and Greet</td>
<td>Mr. Krishna Shrestha/Mr. Bikash Devkota/Mr. Nijananda Malla/Mr. Prem Singh</td>
</tr>
<tr>
<td>Saturday 4:00PM-7:00PM, Sunday 8:00 AM-5:00 PM</td>
<td>Registration</td>
<td>Mr. Chet Bhattarai/Dr. Manoj Lamichhane/Mr. Babu Ram Sharma</td>
</tr>
<tr>
<td>6:00AM – 8:00AM</td>
<td>Jogging / Yoga</td>
<td>Mrs. Amita Devkota</td>
</tr>
<tr>
<td>8:00 AM-9:30 AM</td>
<td>Youth/Women/Health awareness</td>
<td>Dr. Pragati Ghimire</td>
</tr>
<tr>
<td>9:30AM – 11:00AM</td>
<td>Nepal Forum / Interaction Between Nepali Organization In USA</td>
<td>Mr. Bimal Nepal</td>
</tr>
<tr>
<td>11:00AM – 1:00PM</td>
<td>साहित्यिक कार्यक्रम-कविता बांधन प्रतियोगिता</td>
<td>Mr. Deep Karki</td>
</tr>
<tr>
<td>1:00PM – 1:30PM</td>
<td>Lunch Break</td>
<td>Mr. Narayan Neupane</td>
</tr>
<tr>
<td>1:30PM – 4:00PM</td>
<td>Opening Ceremony/Chief Guest Honorable Kumar Raj Kharel, Embassy of Nepal, USA</td>
<td>Mr. Krishna Shrestha/Mr. Nijananda Malla</td>
</tr>
<tr>
<td>4:00PM – 5:00PM</td>
<td>NASeA/ANMA Annual General Meeting (AGM)</td>
<td>Mr. Madhab Mainali</td>
</tr>
<tr>
<td>5:00PM – 6:30PM</td>
<td>Cultural Program</td>
<td>Mr. Manoj Rai/ Mr. Sangam Baniya</td>
</tr>
<tr>
<td>6:30PM - 7:00PM</td>
<td>Dinner</td>
<td>Mr. Narayan Neupane</td>
</tr>
<tr>
<td>7:00PM – 7:30PM</td>
<td>Election Result announcement</td>
<td>Mr. Gyanendra Gadal</td>
</tr>
<tr>
<td>7:30PM – 9:00PM</td>
<td>Concert with Kiran Gajmer</td>
<td>Mr. Manoj Rai/Mr. Sangam Baniya</td>
</tr>
<tr>
<td>9:00PM-11:00PM</td>
<td>DJ</td>
<td>Mr. Manoj Rai</td>
</tr>
</tbody>
</table>

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</tr>
</thead>
<tbody>
<tr>
<td>11:00AM – 5:00PM</td>
<td>Blood Drive</td>
<td>Mr. Bikash Devkota/Dr. Niraj Shrestha</td>
</tr>
<tr>
<td>8:00AM – 4:00PM</td>
<td>NASeA Election</td>
<td>Mr. Gyanendra Gadal</td>
</tr>
</tbody>
</table>

**Monitor By-**
Mr. Binaya Aryal, President NASeA/ Dr. Diwakar Dahal, President ANMA
Wishing Nepalese Association in Southeast America (NASeA) /Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL on Nov. 21, 2021

Binaya Aryal
President
Nepalese Association In Southeast America (NASeA)

CK Parajuli
Fund Raising, Chair
are engaged on Facebook and other online platforms which show similar facts as well.

In 2020, people will spend a minimum of 2.5 hours daily on social media. It will be the same or more cases in 2021, 2022 and beyond. No matter where we live on earth, virtual communities offer incredible opportunities for people to be able to succeed in their lives. At the same time, mostly young people can easily be exposed to unhealthy situations, making them more vulnerable to be abused and exploited.

The survey has shown that users who use social media excessively, have increased feelings of depression, anxiety, loneliness and are more vulnerable to sleep problems, suicide, eating concerns and social risk. Excessive usage of social media could have linked to relationship problems, poor or worse academic achievement and less participation in offline communities.

On average, youngsters spend five hours a day which could lead to becoming addicted to social platforms. Children who are at the age of two and as young as five have been victimized by cyberbullying and harmful online materials. Social media addiction is a
mental health problem that may require professional treatment.

Without having a strong family support, young people might have experienced childhood trauma which could be more susceptible on their mental health to the negative impacts of social media. According to surveys, it might not have been directly linked to impacting the young generation at a higher risk.

The main purpose of being part of social media is to expand personal networks from one to many people. It lets you connect, share, and explore ideas in good ways and bad ways. Once you are online, you may be pinged and attracted to many things. Ordinary online users have a little or no knowledge about how to handle social media safely and securely.

In the end, “Friends” may not actually be friends in the real world; “online relationship” might destroy your real life; and “online carriers” could become barriers on your future progress. Always think twice before you click while using social platforms.

*****

Wishing Nepalese Association in Southeast America (NASEA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021
Roshan Shrestha- Chair, Cultural committee NASEA
सन्तले नया भएको हुन सक्छ र पलुबा लिएको हुन सक्छ।
ब्रेजोड आंधिले खसालीदिएको हुन सक्छ।
झरेको पात भन्दै कुल्चे नहैँ शीतल छाँदा ददएको हुन सक्छ।
गोधुधलको रमणीय कथा लेख्न सक्दैन मान्त्छे।
अन्त्तकारको दुःस्पष्ट छेक्न सक्दैन मान्त्छे।
झमक्क सााँझ नपदै मुख छोपेर सुत्यो भने अकासका झलमल तारा पधन देख्न सक्दैन मान्त्छे।
यदि नदीकै पानी सुक्यो भने नहर पनि कुलो बन्छ।
यस्तै हो राजनीतिको खेल धेरख गर्नुहोस नेताजी कहिले कहिं मूल प्रवास भन्दा भड्गालोने टूलो बन्छ।

३
न पहाडको शिरमा न सुफामा पस्छ शान्ति न वर्षाहरू आकाशवाट तल खस्छ शान्ति समुद्रको छाल जस्तो सतही आवरण थोइन यो मानसिक अटल गहिराइमा बस्छ शान्ति।

४
माखा जस्तै हो दुष्ट सुटुक्क धभर पस्दो रहेछ।
असाइलो पदाखाऊँ उल्टे छुरी धस्तो रहेछ।
माखाको पनि पिट थोइन चित्र खराब हुन्छ साथी जहाँ दुखेको घाउ छ त्यही गएर बस्दो रहेछ।

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श्री राधधका माध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

शिख्रुता , भाया , शिख्ताले छुट्याउँछ , जात?
हामीले , शिख्ताको दीप बाल्नु छ गरीबीको जरा कादू छ र ती झुनो लुगा लगाउनेलाई सुकिला पार्नु छ

परिवर्तन त सक्रात्रम राम्रो हो नि , हैन तर , विवाहित नारीले जस्तो जात , गोत्र ने पो फेरेछो त , साथी !
निश्च्य छु , अब म के भनौं ?

संजालको जम्काभेटले म अवाक भए , परिवर्तित तिम्रो थर देखेँ!
तिमी आफ्ने परिचय माध्य भने म के गरों त साथी?
तथाकथित , उज्जालको सोच फेर्नुको सट्टा शिख्तामा प्राण भरेर ऊर्जा मॉलाउनुको सट्टा आफ्ने नामको धुजा पारर नयाँ फेनें , तिमी पनि त दोषी हो नि ?

यति बुझेनौं ? निर्धार , अशिक्षित ढुंढे , झाम्रे देखिए हेच्छ समाज
अनि हिलो र किंचित छेख्छ समाज, परिवर्तित गर्न पनि विषय नै छोडेक आफे विलुस हुनु सही नै हो त ?
शिखित भएर पनि खे कुरा बुझेको?

हे समाज! विवाहको भिडमा एकले पर
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Balram Panthi/ Urmila Panthi- past president ANMA/ Vice President ANMA

*****

16th NASeA/ANMA Joint Convention
Present
Kiran Gajmer
Live Performance
In Magical City of Orlando, Florida
November 21st 2021

Jointly Hosted By
"बुद्ध र जुन" श्री राधधका मध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

श्री राधधका मध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

फोटो साभार - दुगाा सरको Facebook

YETI VIEWPOINTS 2021

रधबन्त्द्र भक्त श्रेष्ठ, भर्मजधनया, ऄमेररका

८/ २ / २०२०,साँझ २:५०

चाँदनी रात्रिको सुन्त्यतामा
ह्याउकिरी स्वर संग अंध्कार
टडकालो अँखा भित्र
अंतरिक्षको गोलार्द्ध वरिपरी
निलाम्य आकाश ओडेर
पृथ्वी घुमी रहेछ
बुद्धत्वको मौन दृश्य संग
पूण्यमाको चह्रकमा समाहित हुदै
सान्त सुन्य भित्र
क्षिति वाणि पारि सम्म
दृष्टि फिजाई रहेछ
प्रश्न भित्र प्रकाश छरिरहेछ
सौम्य दृष्टि फैलाउँदै
क्षिति वाणि पारि
पूण्य बुद्धत्वको सान्त
साम्यक ब्रान मार्ग
अन्तर दृष्टि
चारीतीर
पस्किरहेछ !!!

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Roshan Bhandari
Realtor , Property management
Highpoint, NC

Baburam Kafle/ Naba Raj Acharya
Agni Indian & Himalayas Restaurant & BAR
Greensboro, NC
336-886-1044

Sagar Kandel
Adviser,
NRNA NCC USA

Radha Paudel, Past VP, NRNA- NCC, USA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021
सानेकी आमा

नीलकण्ठ सुबेदी भर्जिनिया, अमेरिका

ढाला फुटेर बरेका रगतका धाराहरुको कुनै पर्वहै छैन विश्वास त कता हो त कता हातले मलम पाएको छैन विवश छौढुड्गाँसँग जुङ्स र रमाउन केवल छाक टार्न र दुई मुटी स्वास धात्रका खातिर सानेकी आमा।

आएन् तिम्रो हाँस्ने दिन भएन सामान्य औपचारिक किन्ने हैप्शियत ज्वरो चोट पीडा र चिन्ता हुँदा पनि न छ विसाउने ठाउँ न छ पोशने नै तिने गिर्नीसँग रमाउन बाहेक विकल्प छैन अहिले समानताका भाषण दिनेहुँ गरिबीको निवारण भन्दै आँला ठड्डाउनेहुँ आएका छैनन् फर्केर उनको झुपडीमा धेरै वर्ष भयो, उनीहरूसँग आशावादी हुन छाडेकी छन् अहिले।
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention in Orlando, FL Nov. 21, 2021

Indu Grocery
Highpoint/ Greensboro

Editorial

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Literature

अझ छैन रे
मुन्दैन् रे तिम्रो चित्कार
पुष्चउन् रे तिम्रो असु
अर्णमञ्चा मिलेको छैन रे

मनको व्यथा मनमै राख
पीढामित्र रमाएर ह्रोँस सिन है
सानेकी आमा ।

ढुळा ढुळा महलको हिताहरु
तिम्रे तस्विरले भरिएको छ
तिम्रो पिडा र बेदनाको बकाल गरेर
ढुळा ढुळा महल ठडिएको छ

तिम्रे हातले दिएको अमूँल्य मतले
ढुळे कुर्ची घुमीरहेको छ
tिम्रो ईच्छा, चाहिए अनि
अधुरो सपना

जतन गरी राखे
अनि तिम्रा ठेला उठेका हातले

पिटी कुटन नभुल्नु र कहिल्यै नब्वादन्तु है
ढुळे कुर्ची घुमी रहने छ
अनन्तसम्म अनादिसम्म
सानेकी आमा ।

****
हे मरी आमा नेपाल
नामले विश्वमा
चिनिन्छौ। बेल र भूपा
सभ्यता आफै धर्ममा
अडियाँ छौ।। डाँडा र
कोण्डा नदी र नाला
हिमाल पहाड। बोला र
भन्नी, तलाउ, तराई
चारौसे झाडी छ।।

उकारी, ओराली,
भन्न्याङ, फेरि क्या
रायमा देखिन्छौ।।
नौर्ड्दी चरा, हाती र
मयुर, गैंडा र मृग छन।।
बाघ र भालु, जरायो,
स्याल, गोडा र ककुर
जनु। अनेक जातका
जनावरहरु जहान्गिरा
रामाउँ।।

अर्न र नीलगाई भेडा र
बाघा याक र चौवी छन्
। डाँफे र मुनाल कोइली

चरी गुरौस फुल्दछन्। फापर
गाँहु जी र भटमास क्या रामा
खेती छत्र।। कोरी र मकै सामा
र तोरी धान त झुल्दछन्।।

छत्रीस वर्ष चार जातका हामी
नेपालमा रमाउँछौ।। सद्दृष्ट
राखी सहकार गाँहु आफैसमा
मिल्छ।। हे दाजुभाट! हे
विद्वस्तहिनी।। नेपालमा बसन।।
दुःख र कष्ट स्वदेशमा गर विदेश
छोडन।।

विदेशमा बने नेपाली जति
स्वदेश फर्क है।। पौरख कमाई
स्वदेशमा रमाइ मिलवेर बस है
॥ परदेशमा बन्दा नेपाली भनी
हेलव गर्दछन्। स्वभावमा
हामी स्वदेशमा बसी सम्मान
पाउँछौ।।

परदेश गई कमाई गरेँ विचार
छोड न। स्वदेशमा बसी
मिलिन्त गरी विकास गर न।।
आफै चलन आफै बोली
आफैमा रमाई। परिश्रम गरी
विकास गर हात नडुगा खियाई
॥६॥

ध्रुवराज शर्मा अर्याल घर
Editorial

श्री राधधका माध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

भरतपुर धनिास । राधिय भािना पोखेको मार धिनती गरें दुई हात जोडी नेपाली सबैलाई । गल्तीमा क्षमा याचना गर्दै यो कलम रोकें है |

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

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मातापितालाई सम्मान गरौं

दाँज र भाई दिदी र बहिनी
सबैले बुझौं है। सम्मान
गनुपर्दछ हामीले माता र
पितालाई। बालक हुंदा गरेको
स्वास्थ्य नभुलै हामीले।
जन्मिए हुँदिए झोरे पढियो
बहाँ कै देनले।

||1||

पोसिलो भोजन त्यो त्यानो
लुगा चाकर धेरै भो। दःख
र विमार भैहाले हो कि
भनेर पिरे भो। भामैलो बिते
ती दिन सबै उमेर त गैहाल्यो।
देशका ज्येष्ठ नागरिक भनी
नाम दतरी भैहाल्यो।

||2||

अब त हामिले सन्तुष्ट राखो।
माता र पितालाई। तातो र
बिसो जाओ र गर्मी विचार
पुर्याँ। हो। तातो बिचार यी
कुरा हामीले अनावर हुन्छ।
कर्तव्य गरो बाँचुनेल सबैले
सेवा नै धर्म है।

||3||

ईन्दिरादेबी शर्मा
अर्धल भरतपुर,
बिटवन नेपाल

||4||

पितक्रुण भन्दा हुँदैन
त्यो त्यो कृण कुनै ली
श्राद्ध र तपस्यालाई
माता र पिता भएमा
खुसी आधीबाट मिल्दछ। औजा
र पाठ तीर्थको त्यो फल धरम नै
मिल्दछ।

||5||

अनुभव, ज्ञान, सीपका भण्डार
माता र पिता हुन। अनुभवरण
गरो उनैको हामी जानेर सबै
गुण। माता र पिता
ईश्वरसमान यो कुरा बुझनु छ।
बाल र युवा, वृद्ध हुँदै त्यो बाटो
पुसु।

||6||

हामिले गरिए हेल्त्व हामए।
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Chet Bhattarai & Family
Co chair,
Joint Convention 2021

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Mitra Kafle-Canda, Board Of Director
BRAC/Chairman / Founder GTA East-west Community Services Inc.
<table>
<thead>
<tr>
<th>Name</th>
<th>Message</th>
<th>Location</th>
</tr>
</thead>
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<tr>
<td>Binod Bhatta</td>
<td>Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021</td>
<td>Morrisville, NC</td>
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<td>Babu Ram Dawadi</td>
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Bhim Timalsina & Family Co-chair, Joint convention 2021

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Krishna Shrestha Convention Chair

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Babu Subedi Fund raising member Joint convention 2021

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Babu Subedi Fund raising member Joint convention 2021
नेपाल ऐतिाल साहसीय र अधिकारीको महत्व र देशविद्यमा देन

डा. मीन नाथ पीडेल, आदर्श नगर, सुचारु, नागा० न.पा.-२०, काठमाडौं

नेपाल ऐतिाल साहसीय र अधिकारीको महत्व र देशविद्यमा देन

यस तथ्यका जानकारी साहित्यका प्राचीन नक्सहारु सहितको विवाह विविभाषा सामाजिक माध्यमहरूबाट अथवाथिधि प्राप्त गर्न सकिएँ । यी माध्यमका ८ देशहरू भन्दा धेरै सयम्य पूर्व नेपाल अभिलभ रहेको प्रमाण थुप्तै वैदिक, धार्मिक र पौराणिक संस्कृत प्रयहरूमा लिपिविद्या भएको पाइँदै। वैदिक सन्तान संस्कृतिमा नेपाल माहात्म्य र हिमवत खण्डमा नेपालको बारे मा विवृत विवाह देखाइँ। त्यसैले नेपाल संसारका थाँसी केही आशोभा गर्नु हुने प्राचीन देशहरू धेरै अवशय एक देश भएको पुष्टी हुनेँ ।

यस्तो महत्त्वपूर्ण र प्राचीन देशलाई ऐतिाल नेपाल बनाउँदै रे? के हो यी नयाँ नेपाल भनेको? यसको क्षेत्रफल बढाउने हो कि, यसमा भएका बाइस जीविक राज्यलाई पृथ्वी नारायण शालेको एकीकरण गरे पूर्वका पुराना राज्यहरू बनाउने हो कि, यी नेपालको अवधारणा नेपालको समर्थन भनेर को लाग्नेको यो धीरीमा रूपमा अक्षुण्ण रहेको बारेको कर्मै पौराणिक र वैदिक ग्रन्थहरूमा समेटिएको छ ।

एसियामा नेपाल भन्दा पुराना देशहरूमा अफगानिस्तान, इंडिया, चीन, कोरिया, जापान, मक्झिलिया, ओमान र तर्की थिए । यी देशहरूको गनाना पनि राष्ट्र निर्माण बाटो महाराज पृथ्वी नारायण शालेको बि.सं १७६८ मा नेपाल एकीकरण पश्चातै नेपालको अन्तिम रहेको बाल्यको समेट उपस्थिति थिएन ।

पनि र धेरै सयम्य पूर्व नेपाल अभिलभ रहेको प्रमाण थुप्तै वैदिक, धार्मिक र पौराणिक संस्कृत प्रयहरूमा लिपिविद्या भएको पाइँदै। त्यसैले नेपाल संसारका थाँसी केही आशोभा गर्नु हुने प्राचीन देशहरू धेरै अवशय एक देश भएको पुष्टी हुनेँ ।

के नेपालको प्राचीन पहिचान नेपालको प्रयहरू र नेपालको प्राचीन र नेपालको प्रयहरू देशलाई धेरै अवशय एक देश भएको पुष्टी हुनेँ ।

16Th NASeA / ANMA Joint Convention Orlando , November 2021
यसको एक ज्ञातवत उदाहरणको रूपमा वर्तमान सरकार र ल्यस पूर्वका २०१६ साल पर्दा भएका अधिकार सरकारको प्राप्ति हुन संपत्र सनातनी भएका व्यवस्थापन भएको पाइँदै। त्यसै नेपाल अफ़ल्यौ लाईहुन, त्यही नेपालको प्रमुख भ्रमण क्षेत्रमा पूर्वका अवधकारी बहेको कार्य: सबै जसले सांख्यली प्रमुखधर्म र प्रत्यक्ष ल्यस गतिविधिमा संलग्न भएको पाइँदै।

ल्यस नेपालको काठमाडौंमा सम्मत एसिया विज्ञानिक सम्मलनमा ११ साल जोडीलाई फादर मुकुनी श्रीमती मुनबाट आनन्दी वित्त भएको र सवित्री नेपालका धृपू स्वाननीति पार्टीका प्रावधान-प्रभाव समस्तको सहभागिता तिने अनेक गतिविधिमा भए केही हो। यो भन्दा डालाल्यो विषयका र राष्ट्रीय स्वागतभएका कार्यक्रममा नेपाली सरकार स्वस्थानी संस्थाको अध्ययनमा जनापद गरेको छ।

यसी की सेलन सहिनस को लागत लाइपिक नेपालको धर्मको धर्मको प्रभावको स्वागतभएका कार्यक्रममा २०७५ साल नेपाली काठमाडौंको जमलास्तमा व्यापारिक प्रथामनमा लागेको एक तारामध्ये डालको समथमा समेत सभी प्रत्येकको प्रभाव स्वामी मुनबाट प्रदान गरिन।

ल्यस गतिविधिमा नेपालको गौरवशाली पहिचान मेठाले गरी सांख्य भर्हो फर्न अनेक जसले स्वस्थानीति पार्टीका लाइपिक नेपालको समथमा समेत उक्त विभिन्न नेपाली सरकारको स्वस्थानी स्वस्थानी संस्थाको अध्ययनमा जनापद गरेको छ।

यसी त्यो जर्जरको सांख्यको जनापद भएका समथमा नेपालको समथमा समेत सभी प्रत्येकको प्रभाव स्वस्थानी स्वस्थानी संस्थाको अध्ययनमा जनापद गरेको छ।

सबैमा वौध २५५ सालको सांख्यको महत्व ल्यस कारण नेपालको प्रबृत्तिका गौरवलाई अक्षुण्ण राख्न स्वदेश तथा विदेशमा रहेका प्रत्येक देशभक्त
पूर्वाञ्चल क्षेत्रको संस्कृतिक महत्त्व

यो क्षेत्रमा रहेको विभिन्न संस्कृति धरोहर मध्य तथा क्षेत्र प्रमुख धारा हो र नेपालमा रहेका चार धारा मध्य एक प्रमुख धारा हो बराह क्षेत्र धमूँ। यही धारा वैदिक ऐतिहासिक स्थलहरूको प्रयोगमा आग्रह भएका रहेका नेपालीहरूको अझै बढी भूमिका रहेको मात्र भूमिका गर्न सक्ने देशको धरानको प्रमुख धाम र अन्य क्षेत्रहरूमा सामु हुने। यस क्षेत्रमा यस क्षेत्रमा रहेका धार्मिक स्थानहरूमा लागि वेदांगका तथा अन्य क्षेत्रहरूमा सामु हुने। यस क्षेत्रमा यस क्षेत्रमा रहेका धार्मिक स्थानहरूमा ज्ञानको रचना र धार्मिक पर्यटनका कार्यक्रमका लागि वेदांगका तथा अन्य क्षेत्रहरूमा सामु हुने।
सहितयतमा नयाँ कार्यक्रम बनाई तिनको सफल कार्यन्वयन गराउन तीन तहका सरकारहरू यस कार्यक्रम जुटेमा त्यसले महत्त्वपूर्ण सामाजिक सहभागिताको सन्देश दिनुको साथै रोजगारी र स्थानीय आवास निर्माण प्रवर्तनमा समेत वृद्धि हुन्छ ।

मध्यमाञ्चल क्षेत्रको संस्कृति महत्त

पार्शुपत क्षेत्र अति प्राचीन र महत्त्वपूर्ण आस्थाको धरोहर हो सनातन संस्कारको र नेपालका प्रमुख चार धाम मध्य मुख्य धाम पनि यही पार्शुपत क्षेत्र धाम नै हो। यही क्षेत्रलाई आधार मानि यसैको सम्प्रभु रहेको अन्य महत्त्वपूर्ण धरोहरहरूँ; गोकर्णेश्वर तथा उत्तर गणग, शाली नदी क्षेत्र, धक्षिणकाली, स्वयम्भूनाथ, चार नारायण क्षेत्रलाई समावेस गरी सोहनुसार धार्मिक पर्यटनका कार्यक्रम बनाउनु श्रेयस्कर देखिन्छ ।

काठमाडौंबाट पूर्व हुँदै भक्तपुर, ललितपुर, चौँगु नारायण, डोलेश्वर, पनोती, पलान्चोक भागवती, सिन्धुलीको कुशेश्वर, चरिकोटको भीमेश्वर, कातिंश्चोक भागवती, हुँदै पुनः पार्शुपत क्षेत्रको परिक्रमाको एउटा सरित देखिन्छ हो। यससे अर्को सरितमा जनकपुरको जानकी मन्दिर, धनुशा धाम, महोत्तरीको जलेश्वर महादेव र राजदेवी, बारा सिहरीभाट गढको गढी माई, वीरगञ्जको गहवा माई, चितवन माडीको अयोध्या पुरी, बाल्मीकी आश्रम, देवघाट, नुवाकोटको उत्तर गणग बेट्रावती हुँदै, गोसाइ कुण्ड र पुनः पशुपति क्षेत्र, डोलेश्वर, पनोती, कुशेश्वर, सिन्धुली गढी र जनकपुरको परिक्रमा सहितका कार्यक्रम उत्तम देखिन्छ धार्मिक र सांस्कृतिक पर्यटनका दृष्टिले । यी कार्य गरनि सम्पूर्ण हिमवत खण्डलाई आधार मानेर दुई संस्कृति तथा पर्यवेक्षणीय संरक्षणमा समेत दुई देखाई प्रदान गर्न सक्छ । यस कार्यले यस क्षेत्रको आर्थिक स्तर उकास्त्रा र समाजको खिल शान्ति र समानज्ञात कायम गर्न ज्यादै महत्त्वपूर्ण योगदान हुने देखिन्छ ।

पश्चिमाञ्चल क्षेत्रको संस्कृति महत्त

चितवन, नवलपुर र तनहुँको त्रिभुणी घाट, देवघाट धामको दर्शन गरी गैण्डा कोटको नर्सिङ्घ धाम, मौला काली मन्दिर, दिब्यपूर्णको बस्ताव धाम, भैलोतनको मन्दिर पर्वतको बाल्मीकी आश्रम, चितवन राष्ट्रिय निकुञ्ज, नवल पर्वतको सामग्रिम, बुढा को मावली, देवहार, लुम्बिनी, तितलिकोट दरबार, बुटवलको सिद्धपाल्य धामका भैरव स्थान, पाल्य र गुर्मीको रूप क्षेत्र र ऋषीभूमि धाम, स्वात्जाको बालिगमा रहेको छाँया क्षेत्रको छाँगछांगनदी, पोखराको व्यायामिनी, सराङकोटको बुढा सुपुर, बागलुङ कालिका देवी, बेलीको गलेश्वर धाम, दमोतिको भैरव गुफा, भोटेङ्ग टार लम्बुङको इशानेश्वर महादेव, लम्बुङ कालिका, वैद व्यासको जनम थलो छाँडी बराह, मुस्ताङको रुसे छाँग, काग बेनी, मुक्ति क्षेत्र र दामोदर कुण्ड आदि हुँदै पुनः गलेश्वर हुँदै राई नास कालिका, गोरख कालिका, मनकामना देवी, छिम्बेश्वरी हुँदै पुनः देवघाट सहितका पत्रित स्थानहरूको धार्मिक परिक्रमा गर्दै यस क्षेत्रको वृद्धधार्मिक तथा सांस्कृतिक झाँको रस स्वातन मात्र हुँदैन बक्की त्यसै रिको सामाजिक तथा सांस्कृतिक सत्ता रक्षीको माला र संस्कार देखिदा।
करको मन पुरकित हुँदैन र ? यस्तै यस क्षेत्रमा रहेका यी धार्मिक तथा सांस्कृतिक धामहरूको कस्तीमा दुई हप्ता देखि ४ हप्ता सम्मको अवलोकनमा सम्पूर्ण हिमवत खण्डको एक सृक्ष धरोहरको जानकारीबाट त्यसमा सम्भिलित दुनेहरूलाई प्राप्त अनुभवले समाजमा शान्ति र स्थिरताको दीर्घकालीन असरले अर्को अनुभूति प्राप्त हुनेछ। यस खण्डका मुख्य क्षेत्र र काली गण्डकीको शिर, दामोदर कुण्डका परिक्रमालाई विशेष कार्यक्रम बनाउन आन्तरिक तथा बाह्य पर्यटनकालागि समेत विशेष परिक्रमाका योजनाहरू बनाउने लाग्ने कस्तो कैनाक मानसरोवरले सम्पूर्ण भारत वर्षलाई आकर्षण गरेको छ यस क्षेत्रमा रहेका चार धाम मध्यका दुई धामहरू; रुत्र क्षेत्र धाम र मुख्य क्षेत्र धामको परिक्रमालाई पनि सोही क्षमता राख्दै असिम सम्भावना देखिन।

मध्य पश्चिमाञ्चल क्षेत्रको सांस्कृतिक महत्त

यस क्षेत्र अन्तःगत नेपालले बागेश्वरी क्षेत्र, बर्दिया राष्ट्रिय निकुञ्ज, ठाकुर हार, सुरेखको काङको विहार, बुढिमाउ, पुठानको स्वर्गद्वारी, सत्यनाथ छाप्याँ क्षेत्र, देलखाको दुंगेश्वर, पश्चप्रायो क्षेत्र, ज्वालामुखी, जुल्मा छुम चौरको संसारमा अलो घनात्मक ध्यान हुने धाम, चन्दन नाथ बाबाले आठै शाताब्दीमा पनि पटक धाम रोपेको ठाउँ टाउ रानीको लाखो ज्युलो, सिजाउँको कनक सुन्दरी, पाण्डव गुफा, खस राज्यको दरबार सहितका पुरातत्त्वी, धार्मिक र ऐतिहासिक क्षेत्र र संपदाहरू जस्तै देलखाको खस भाषा सम्बन्धी पहिलो शिला लेख आदि र ज्वालामुखी जस अन्तःगत शीर्षक्षम, नायिक स्थान, पादुका स्थान र अरु धार्मिक स्थानहरू, दुल्लु र मुगुको रारा ताल आदि मुख्य क्षेत्रहरू पद्दछन्। यस क्षेत्रमा रहेका हाम्रो यस्ता आदित्य सांस्कृतिक धरोहरको विकासमा धार्मिक पर्यटनले त्यस क्षेत्रको आर्थिक र सामाजिक विकासमा ज्यादै अहम। भूमिका राख्दछ। यस्ता कार्यक्रम त्यस क्षेत्रको मात्र नभएर पुरा नेपाल को सांस्कृतिक र आर्थिक उत्थानमा धेरै विशेष महत्त्व राख्दछन्।

सुदूर पश्चिमाञ्चल क्षेत्रको सांस्कृतिक महत्त

यस क्षेत्रमा रहेका कैलालीको घोडाघोडी ताल र गोदामको क्षेत्र, डडेल्घुराको अमरजी किल्ला, उग्र चण्डी देवी तथा अन्य मन्दिरहरू, डोटिको शैलेश्वरी मंदिर, खाटड क्षेत्र, अझामको रामा रोशन क्षेत्र, दार्चुलाको बडी मालिका क्षेत्रका अन्य भित्ति तीर्थस्थलहरू र गोठाला पानीको निगाला शैली, पंच देवल, तिरुपुरा सुन्दरी मंदिर आदि रहेका छन्। ऐसे आफै यति प्रेम प्राप्त लाग्ने रहेका केवल केही सांस्कृतिक धरोहरको मात्र जगोराई र विकास मात्र गर्न सके कसीको सामु विकाशको क्षेत्र विकासमा सहयोग भनेर हात फिनजाै भिक्षाटन गर्न पनि अवस्था नेपालको रहेको छैन।

के कस्ता आधारभूत संरचनाको विकासले नेपालको सांस्कृतिक महत्त्व उजागर हुर्न्छ तै?

नेपालका पाँच विकास क्षेत्रमा रहेका अन्य सांस्कृतिक धार्मिक स्थल, सांस्कृतिक संपदाहरूको विकास र प्रवर्धन
गरेमा नेपाल यस भेका कुनै देशभन्दा कम विकसित हुँ पनि कुनै गुन्याङ नै छैन। नेपालको दाँजोमा यस भेका विकसित देशमा इलिजया, चीन, दक्षिण पूर्वी एशिया र अन्तरालका मानिसहरू समेट यी धार्मिक स्वलहरूको भ्रमण गरी नेपालमा रहेका वास्तविक चार धामहरू; बराह क्षेत्र धाम, पाणुपत क्षेत्र धाम, रूप क्षेत्र धाम र मुंक्ति क्षेत्र धाम नै वास्तविक चार धाम रहेको विभिन्न सांस्कृतिक तथा वैदिक ग्रन्थहरूले पुष्टि गरी सकेका छन्। तर नेपालमा तिनको सही रूपमा व्यापक प्रचार, प्रसार र जानकारी मात्र दिन नसकेको हो देश विकासको सही गतिशील पहिचान गर्न सक्दछ। बस्नी लाखौँ नेपालीहरू धार्मिक स्थानमा इलिजया विभिन्न यसै धार्मिक क्षेत्रको कक्षकर भ्रमणमा जाउँदा हाँद्र खाँए लुर्निदृ र ठगिनौ रेडरो यथार्थ कस्का सामु दुकेको छ र ? यसका अलावा आफ्नो देशमा रहेका खास र मौलिक चार धाममा तीर्थस्थानो को विकास नागर्दसम्म हाम्रो आर्थिक श्रेणी रतिनिदृ मात्र नभएर देश विकासले समेट गति नलिनिको यथार्थ नब्जुझदासम यस्तो हाँद्र नेपालीले लगातार व्यवस्था दुर्भर हुन्छ। यस्ता कार्यको "गटेठ भिम गुमाना खेक्रेक थु भीलौ " शिवाय करुँ नै उपलब्धी देखिदैन।

तस्य नेपालको प्राचीन गौरि र समतालाई स्वदेश तथा विदेशमा रहेका नेपालीहरूले नै यिनको महत्व बारे उजीवार विभिन्न माध्यमबाट गरुँ पनि देखिन्छ। र हाम्रा यस्ता सांस्कृतिक गौरि र पुख्ताको नासोलाई सही समाचार भविष्यमा सन्ततिलाई सुमिर्द्द सामाजिक सद्भाव र आर्थिक विकास पनि गरुँ ु छ सम्पदाहरूको सही जनाकारी स्वदेश तथा विदेशमा रहेका नेपालीहरूलाई सको रूपमा पहिचान गराउँदै। यी सम्पूर्ण क्षेत्रमा रहेका प्राचीन धार्मिक र सांस्कृतिक धरोहरको विकासले यस क्षेत्रका मानिस बीच धार्मिक र सांस्कृतिक धरोहर बढ्नुको साथै धार्मिक श्रेणी देखिन्छ र विभिन्न धरोहरको साथ गरी मलिनुजु भस्य घोषणामा कराएले खाली पार्न सक्ने अवस्था दुर्भर हुन्छ। यस्ता कार्यको जिल्ला कार्यक्रमको सांस्कृतिक आध्यात्म्यका अनुप्रयोग ने नै सकारात्मक विकास भन्ने फैलिदै देखिन्छ कामनामा अझा विभिन्न हुँदै वृद्धि हुने।

यिनको विकासमा सम्बन्धमा पहिले त्यस्तै पुढे सुविधाजनक यातायातको व्यवस्था र राम्रो वास्तविकको प्रबन्ध हुन् अति आवश्यक पर्दछ। त्यसमा सहभागी पर्यटकहरूलाई बस्ने, खाने, घुम्ने विश्वसनीय अर्थ गतिविधीको पहिचान गरी उनीहरूको बसाइ लम्बाइयाँ व्यवस्था हुन पर्दछ। स्थानीय रैलिनै खानामा जोड दिदा मात्रमा स्वल्पलेखना वृद्धि भै क्षेत्रको महत्त्व उजागर हुँदा रोजगार सुनाँ र व्यापार घाटा उल्लेख रूपमा कम भै नेपालीको प्रतिभाको आयाम स्वतंत्र नितान्त आवश्यक हुन्छ। यी सांस्कृतिक, धृतर र जैविक विविधताका क्षेत्रको विकासमा यथोचित धाम दितर यस्ता भ्रमणमा आफ्नो पर्यटकहरूले खाने, बस्ने, आयाम उपचार, स्वास्थ्य सेवा आदिको सुविधा पार्दशी झाप्ने व्यवस्था हुनु नितान्त आवश्यक हुन्छ। यसको तालग थिए, राज्य र स्थानीय सरकारले यी क्षेत्रमा भएका प्राचीन मठ, मन्दिर, ताल तलेया, वन जग्गुल, उत्तराखालि स्थानीय क्षेत्रको आन्तर्गत जैविक विविधताको आधि श्रेणीको भरपूर र दीर्घकालीन संरक्षण गरे र नयाँ गतिविधी पहिचान गरी तथ्यो दिशाको तत्त्वकालीन, मध्य कालीन र दीर्घकालीन योजना बनाउँ दिशा, स्वास्थ्य, कृषि, वातावरण आदिको व्यवसित विकास गरी आत्माको र बाह्य पर्यटकहरू भित्राउने काम सुस्पष्टमा गर्न दिलो गर्न
बाध्य यिए निर्माण समाजमा सभ्यतालाई तराइदेखि रहेका थालनी सम्भर्मा अवर्लम्ब जनवर्श्वास पारदशी रूपमा साधारणलाई पङ्खक्तमा सम्बखन्धतलाई पटक्कै हुनिन ।

नेपालमा नेताहरूले केवल ठुला ठुला असमभव भाषण मात्र गर्न होइन बल्की कामले जनविषयक जिलू पर्ने कार्यको धारण गर्न अविलम्ब व्यवहारिक रूपमा स्थानीय स्तरमा सम्भव हुने अनेकौ लस्ता कार्यको धारण गर्नु पर्ने हुन्छ । देशका विभिन्न क्षेत्रमा रहेका महत्वपूर्ण सामाजिक तथा सांस्कृतिक सम्पदाहरूको संरक्षण र महत्व दस्तैल्दा तराइदेखि हिमालसम्मको संस्कृति र सभ्यतालाई एक अर्कासामु धुलिमि गराउदा समाजमा शान्ति तथा अभन्ननिर्नयको वातावरण सुजना गर्नमा ठुलो योगदान हुनेछ । महत्वपूर्ण यस्ता कामले हाम्रो राष्ट्रिय एकता अफू सुचित्र र मजबूत हुनमा संकारात्मक महत्त पुर्ने । देशका विभिन्न क्षेत्रमा रहेका गतिविध राष्ट्रीय स्तरमा के र कुन क्षेत्रहरूले विकास कसरी गर्न भ्रमण प्राथमिकता तोकी एक, दुई, तिनको क्रममा राखेको योजनाबद्ध तरिकाले काम गरेमा युवाहरूलाई विदेश जान बाध्य पार्ने काम हुनेछ । यी कामले स्वदेशमा रोजगारी सुजना हुँदा विदेशमा गएर निम्न स्तरको काममा रागत पसिना बगाएर कमाएको दुर्लभ विदेशी मुद्रामा नेताहरूले मोज भस्ती गर्न अवस्था रहने थिएन ।

तमाम यस्ता सकारात्मक कार्यको धारण गर्दा देशले नितान्त आपातकाल मा तराइमा विकास कार्यको गति लिने यिए ।

यसको उदाेरणमा अन्यतर आफ्नो सांस्कृतिक सम्पदाहरू २०७२ सालमा महाभूक्ष्यमा शक्तिप्राप्त हुद्दा त्यस पश्चात् बनेका आफ्नो धरोहरहरूको पुन: निर्माणमा भएको सहभागिताको स्पष्ट गर्दा र ? यस भन्दा बाहेक नितान्त देखि जनताको सांस्कृतिक सम्पदावर्गीकरण निर्माण हुद्दा श्रेष्ठित प्रदेशको अन्तर्गत विकास गर्ने देश विकासको सहकार्यमा सारा देशवासीको भरपूर मात्रमा सहयोग पाइछ । यसको उदाेरणमा अन्यतर आफ्नो सांस्कृतिक सम्पदाहरू २०७२ सालमा महाभूक्ष्यमा शक्तिप्राप्त हुद्दा त्यस पश्चात् बनेका आफ्नो धरोहरहरूको पुन: निर्माणमा भएको सहभागिताको स्पष्ट गर्दा र ? यस भन्दा बाहेक सरकारले जनताको सरकार विश्वसनात्मक र अद्वितिय तर्क दिने गर्न प्रयत्न गर्दा आफ्नो सांस्कृतिक धरोहरहरू सहकार्य र संवर्द्धनमा कर्ति चालाउ छन् नेपालमा, तिनको होस्टमा हस्ताक्षरमा अपनेको सांस्कृतिक सहयोग देखि जनताको सामाजिक एवं आर्थिक समस्यामा सहयोग हुनेछ ।

बलिया पाक्षुरा भएको युवा जति विदेशमा र देश अधिक मात्रामा रेमिटियामा भएको भएको पारिवारिक संस्थान, संस्कृति र सम्भवतामा अनेक नकारात्मक असर पर्ने अवस्था हुने थिएन यदि पुर्ने सम्पेका धार्मिक र सांस्कृतिक धरोहरहरूको जनगणना गर्दै स्थानीय रूपमा रोजगार सुझना गर्नु । यसकी आफ्नो क्षेत्रका धरोहर र सम्पदा स्थलहरूको भ्रमणले त्यस भएका जनतहरू बीच एक आपसमा परिचित भएको संस्कृतिक, सामाजिक र राष्ट्रिय एकताले बलियो प्रभाव र जननीयता बढ्ने हुन्छ ।

यसको साथै आफ्नो क्षेत्रको ऐतिहासिक, भौगोलिक र अन्य वृहत जननीयता र सम्पदाको वृद्धि हुने छ । स्कूल कलेजमा...
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Kiran Shrestha-President INLS, GA

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Kumar Bhandari-CPA, Atlanta GA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Mohan Bista-Past Joint Secretary NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Hardik Gurung-Atlanta, GA
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Sanjay Shah - Atlanta, GA

Gyanendra Gadai - Chief election commissioner, NASeA election 2021

Basu Dev Bhatta
President, NRNA NC

Dr. Chirangibi Bhattrai
Chair Publication committee, NASeA

RP Poudel
Chair, Finance committee, NASeA

Dr. Samar paiza
South Carolina
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Rabindra Karki
President, NCNC

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Suman Wosti
Chair Census-2020 Committee, NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Ganesh and Shakti Basnet
South Carolina

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Bishwa Acharya, Ph.D.,
Founding president, NASeA

Rewoti Raj Adhikari
Past President
NRNA NC

श्री राधधका माध्यधमक धिद्यालय, उलााबारीका अन्य धिक्षकहरुका साथ गुरु दुगाा दाहाल:

शित पद्य हावा चल्दा, छलने वस्त्र मेरो माया चोखो माया बचाउन, छलने अर्थ मेरो माया आँधि हुरि छेकन सक्छ, कम्पोर नठान है अमूल्य छ मेरो माया, सस्तो नमान है।

कमजोर नठान है अमूल्य छ मेरो माया, सस्तो नमान है।

अमूल्य माया
समय भन्दा अधिर र समय भन्दा पछ्छि केहि हुँदैन त्यो धर्म सत्य हो अाँशुका थोपाहरूटल्पलाएर झर्दि हदय भक्तिनिधर आँछि जननीको यादमा थो दिल विहवल र प्रताडित छ सोचे जस्तो हुदैन रैछ जीवन अभाव ,दुःख कष्ट दैनिक रैछ दुःख हो भनी जान्दा जादै प्रबृत हुँन नै जीवन रैछ विरानो दुनियाँ कसलाई के मतलब आर्थिक सम्पन्नताले उन्नत समाज आफ्ने स्वार्थमा लिस छ हुन पनि किन नहोस आफनो धर्मिन्मा भए यस्तै सोचिदै हो मन भक्तिनिर्जन त्यसको सर्म उल्ले मात्र बुझिन र भनिन -यस्तै हो संसार बचन कर्मचारी भएर गुर्जियो सायद यहि हो परदेश ,यहि हो मुग्लान एक जेन्टलग्नले सम्बोधन गए लालम भई साप! सिन राष्ट्रको आवाजःले मनै फुरुट्दुःख भो अर्की आयो र सोच्छो आर यू फ्रम ईन्डिया ? अनि अर्कीले सोधि होयर आर यू फ्रम?

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Dhananjay Mudbhary
Atlanta, GA
Wishing Nepalese Association in Southeast America (NASEA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Hom Pande
Morrisville, NC

Sanjaya Shrestha
Vice President –ANMA

Ram Krishna Wagle
Election Commissioner –2021, NASEA

Bhisma Raj Aryal & Family
Executive Member, NASEA

Literature

कविता :– जीवनको लक्ष्य!

अमाको गर्भमा रह्दादेखि नै मैले गरेको गिन्छ यहि प्रार्थना।

धरती पदार्पणसँग गरिरहनेछु सदा उन्है नियमित अर्जना।।

जसै उत्रिए म यो धराधाममा गर्दा-गर्दा च्याहा च्याहा।

मुलेछु अहो रंगीन यो लोक बिच गरिएका ति सब बाच।।

नजान्दौमा अनेकन हुण्डा ठोकर खींदै यहै निरन्तर लट्टैछु।

गलतलाई सहि हो कि भनेर ढाँद्रा हरेक पल पछ्छौँ उद्दैछु।।

अल्मलिनु अब हुँदैन हैं मैले कति भनि यो मन बुझाउदैछु।

केवल सत्पथ पछ्छौँ उद्दैं अघि बढनुपने तथ्य सम्भाणु उद्दैछु।।

उनी रहेछनु एक यो जगमा आविष्क देखिन्छन् जो जति अनेक।

मायाले भुलाउदछ बराबर यहै जगाउनु पर्दछ सदा विकाल।।

लक्ष्य जीवनको द्विविधा नगरी हुनुपर्दछ सबैको भरसक।

अल्मल नगरी रति यति उति कति ऊड्डि छुनु चन्द्र एक।।

*****
म एउटा अनुसंधानकर्ता (Researcher) जसको अर्थ सबैलाई थाहा छ: नयाँ कुराको खोजी गर्न ब्यक्ति। सबै वैज्ञानिक तथादार्शनिकहरू यो बर्ग मा पर्दछ जसले केरी न केरी नयाँ सिद्धांत एवۚ दर्शन पत्ता लागाएका हुन्छन्। के साथै रिसर्च हरूले ल्यस्ता कुरा पत्तालगाएका नै हुन त जुन यो संसारमा प्रकृतिले दिएको थिएको देखेको भोगेको थिएनौ?

के न्युटनले पत्ता लागाएका गती र गुरुत्वाकर्षण का नियमहरू, आइसोटोटेनको साप्ताहिक सिद्धान्त आदि बिलकुल नयाँ कुरा थिए त?

तपाई ल्याम्डाई हरेक बस्तु माथीबाट तल तिर अर्थात पृथ्वी तिरे झर्नु स्वभावीक प्रकृति हो जस्तो लाग्छ। गुरुत्वाकर्षण भन्ने कौन चराको नाम हो भन्ने थाहा नहुने साधारण मानिसहरूलाई पनि यस्तो लाग्छ। न्युटनको सिद्धान्त पहिलु भन्दा प हिले पनि आफु बस चढैर हुँकदाबाटो क्षेरि ढैर्नु उभिएको ति रुखहरू चाहिएँ पछिलीर भा गे जस्तो हामिलेअनुभव गर्ने हो। ब्लु是中国自古以来的文化瑰宝，也是世界上最早的数学著作之一。它不仅包含了丰富的数学知识，而且对后世的数学研究产生了深远的影响。
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Bandana Khadka & Family-Executive Member, NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Manoj Rai & family
Executive Member, NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Bishwa Acharya, Ph.D.,
Former president, NASeA, GA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Krishna Devkota & Family
Executive Member, NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Doren Adhikari
Charlotte, NC

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Bishwa Acharya, Ph.D.,
Former president, NASeA, GA

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Krishna Devkota & Family
Executive Member, NASeA

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Doren Adhikari
Charlotte, NC

****
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Atit Bhattachan - Adviser, NASeA/ President SCAN

Suman Silwal PhD & Family
Executive Member, NASeA

Sudesna Baral - South Carolina
NASeA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Suman Upadhyay
Vice president, SCAN

There is the persistent propaganda that somehow Buddha Dharma and Hinduism are two separate religions. That is not correct. To be clear Dharma is not Religion. Hinduism is the collection of many Dharmas evolved in our region, including Buddha Dharma.

Some even suggest Nepal as the ‘Buddha Rastra.’ It is not correct and limits our identity. Buddha Dharma is an empirical spiritual system. It is not ethnicity or political nationality. To define a spiritual system as a nationality is nonsense at best. It is the agenda driven politics. We also have many Dharmas besides Buddha Dharma. Thus, to identify only with Buddha Dharma denies our supra identity.

Buddhists are not a nationality, but a discipline. Nobody is a Buddhist at birth. To be a Buddhist, a person needs to know what Buddha Dharma is, practice and transform within. It is like claiming to be a ‘Body builder.’ You should practice and experience the transformation to claim to be so.

We are proud of Buddha Dharma and that Buddha was born in Nepal. However, we have many other Dharmas besides Buddha Dharma, e.g. Shaiva, Vaishnav, Tantra, Kirati.
Sikh etc. Further, we also have variations of Shiva Dharma, e.g. the Tibetan Bon Po and the Kirati Mundhum. Buddha Dharma is parallel to all of these Dharmas and does not incorporate them. Thus, calling Buddha Rastra excludes others.

Besides, Dharma is not religion. Unlike religions, our Dharmas are not exclusive, not separate and not in the adversarial opposition to others. Ours is not stand alone Dharmic practices. On the contrary, our Dharmas overlap and complementary to each other. Thus, we all practice all the Dharmas with different emphases, and with regional and Jatiya variations. That is, our traditions are blends of many Dharmas with different groups emphasizing different aspects. We all ‘Tuladhar, Gurung, Shrestha, Rai, Tamang, Yadav, Sharma, Bishwa Karma, et al’ celebrate Dasain, Tihar, Buddha Jayanti, Shiva Ratri, etc. Thus, the question is what ‘term’ incorporates all these variations?

The correct term is ‘Hindu Rastra’, which incorporates all of them. That is why all Dharmas within Hinduism uses ‘OM’ as the root, e.g. ‘Om, Mani Padme Hum.’

Because Dharma is not Religion, using palimpsest of religion on Dharma is not correct. Religions (Christianity, Islam, Communism, Fascism, etc.) are brain washing systems for social control. Each claims exclusive truth, all others evil, and the central theme is ‘Violence.’ Each comes with a set of doctrines to believe and a set of commandments to obey without question. They divide humanity into ‘believers’ and ‘non-believers’, and put them in the adversarial positions.
On the other hand, Dharmas (Buddha, Shaiva, Vaishnav, Tantra, Jain, Sikh, etc.) are about 'Satya - truth' and 'Yoga - discipline of inner progress.' Dharmas overlap, learn from each other, and the central theme is 'Peace', within and without. Hinduism is the collection of all the Dharmas evolved in our region. It is a geographical definition, not doctrinal. A person is a Hindu if the person practices any, all, none, or some of the Dharmas evolved in our region. Our spiritual disciplines are not imposed on us, but our own choosing. Our practices have overlaps and diversities; and are not in the adversarial position. Thus, we must avoid the religious palimpsest to define Dharmas.

Buddha Dharma is a part of Hinduism. Buddha Dharma is an offshoot of Shankhya Dharma, which itself is the offshoot of Shaiva Dharma. Siddhartha Gautam was an ordained monk in the Nirwanee Sampadaya of the Shankhya school, before being enlightened (Re: Paramahamsa Nithyananda). Siddhartha Gautam learned from then existing various Dharmic schools and practiced ‘meditation – Raj yoga’ and ‘intellectual inquiry - Gnan yoga’ among others as existed for thousands of years. The popular Buddhist Vipassana meditation is one of the techniques out of 112 taught by divine Shiva. The major difference between Buddha Dharma with Shaiva and Shankhya is that Buddha Dharma is strictly empirical and does not use any belief system. Since Buddha Dharma is empirical and minimizes ‘beliefs’, in human understanding of the universe, it comes after the ‘Science.’

The relation between Advaita\Shaiva Darshan and Buddha Darshan is given by the ritual initiated by none other than Adi Shankaracharya. Divine Shree Pashupati Nath (Lord of Life, not lord of animal. Though animals are also life.) is worshipped as the Buddhist Avalokiteshwor once a year.

Buddha means ‘enlightened’, not divinity. Theravad Buddha Dharma considers Buddha as the path blazing light. But individuals must work themselves. Thus the lesson ‘Appo Deepo Bhava - be light within.’ It emphasizes, like Shaiva Dharma, Gnan yoga and Raj yoga.

However, after the advent of Mahayan, Siddhartha Gautam is also recognized as 'Avalokiteshwor \ Karunamaya – Compassionate one.' That is to recognize his divineness and now we can take refuge in him ‘Buddham Sharanam Gachhyami.’ Thus, he is also recognized as the 'Vishnu Avatar.' Mahayan practice worshipping \ Puja and other Bhakti yoga methods. It emphasizes, like Vaishnav Dharma, Bhakti yoga and Karma yoga. All the Buddhist monasteries, especially Mahayan, have the Hindu deities, e.g. Ganesh, Sharaswati, Indra, et al. Some time, these deities are given slightly different personalities. In a few cases, even Rawana of Ramayana is given as repentant and improved personality. That is the Buddhist practice of seeing good within in all.

The harmonious coming together of the main three Dharmas within Hinduism in Nepal - "Buddha - Buddha, Shaiva - Nilakantha, and Vaishnav - Narayan" is given in the temple, which we loving call 'Budha Nilakantha Narayan.'

One of our divinity ‘Manjushri’ in Sanskrit
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Hari Dhungana, Ph.D.,
Former president, NASeA, GA

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Prakash Malla, Ph.D.,
Former president, NASeA, GA

means ‘Gentle glory.’ He is also known as ‘Manjughosa’ and by the full name ‘Manjusrikumarabhut – young prince Manjushri.’ The legend that Kathmandu valley was a lake before and the cut at Chovar gorge let water out to open the valley is quite popular. One version tells the divine work done by Manjushri and another tells divine Krishna did. It simply means our legends are the blends of many cultures.

https://en.wikipedia.org/wiki/Manjushri

We have to understand that evil religiousists of ‘Christianity \ Islam \ Marxism’ like to attack all around, including Hinduism. One of the technique they use is ‘divide and rule’, i.e. issue propaganda that ‘Buddha Dharma is different from Hinduism, and they are adversaries.’ We have to reject such propaganda forcefully.

The Muslims instigated by the evil Islam committed wholesale murder of Buddhists and Buddhist monks. They destroyed Nalanda and Taxashila Universities and burned their libraries. Then, they were the biggest institutes of learning in the world. Afghanistan used to be a Buddhist nation. Today, Buddhists are wiped down to nothing. They even destroyed the Bamiyan Buddha.
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Narayan Rajbhandari, Ph.D., Former president, NASeA, NC

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Tek Thapa, Former president, NASeA, GA

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Bimal Nepal, Former president, NASeA, FL

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Adviser NASeA

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Owner, CNH One stop, Oklahoma

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Dr Ananta Acharya , GA
अमाँ !
तिन्को न्यायो खाय छोडिएँ,
सुखी जीवनको खोजमा जीवन
बन्धकी राखेर
न्याय दिनचर्याको
विधायामा
परदेशमा तिम्लाई
सम्भिर रन्छ
तिन्को दशकारा दुःखको
भारा तिनमुक्ति कर्मिको
भनि सोची रन्छ अमाँ।
एकाहो दशक परदेश
छिरिया छछिरिया,
जिम्बाब्वे भिरिया छछिरिया,
चक्रव्यूहमा परे जस्तै,
पटक्कै सम्भिर रन्छ अमाँ
एकाहो दशक परदेश छछिरिया
छिरिया छछिरिया छछिरिया,
चक्रव्यूहमा परे जस्तै,
सन्तानले माया सम्राप्त नन्हाँ अमाँ
मेरो बिछात्ता बुझेर
मलाई माफ गर्दनुस् अमाँ।
परार धन्निले बिरामी परे आउन सकिन
पोहोर दोनको "वन डाउन" गैहाल्यो,
लाई मेरो पनि जीवन "काउण्ट डाउन" मा
गैहाल्यो,
यसपाली अति दोनको बाहरे छाइ
सम्भिर रन्छ अमाँ
लाईको ज्यान धल्यो अमाँ,
हानि
त्यहाँको खबरले सान्त मेहिंद्री बनाउँ
- गैराघरे दाईको पसल मेलम्चीको बाढीले
ढुबायो रे,

च. आश बहादुर तामाङ,
काठमाडौं, ३ मासिक, २०७८

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Atlanta, GA

**Bhumishwar Sapkota**
Board Member, NCNC, NC

**Pranaya Lama,**
Atlanta, GA

**Keshav Sharma**
Atlanta, GA
ABSTRACT
Social studies teachers are encouraged to emphasize higher-order thinking skills (HOTS) but have rare practical guidance on the use and development of these skills. This study discusses the definition of higher-order thinking and issues of general and specific thinking skills. Distinction is the idea of insightful thinking farm HOTS and burning questions (or problems) on HOTS also are resolved in this study. Further, this study addresses "Why is this type of thinking important for social studies teaching?" and "How can this be done?" Thus, this study provides necessary approaches, evidences, and examples to effective possibilities -an explanation to promote higher-order thinking in teaching and learning situations. The main focus and purpose of this paper is promoting higher-order thinking skills for understanding conceptual contents in the social studies. This study will review ideas on higher-order thinking based on the leading scholars especially Resnick; Brophy; Newman; Glaser; Pogrow; and McGuiness and Nesbit.

Teaching for Conceptual Understanding and Higher-order Thinking Skills in Social Studies
Commitment to promoting higher-order thinking skills (HOTS) has been spreading as a cognitive revolution throughout the nation in the U.S.A. Teachers ranked improvement in HOTS as the most important of 25 educational goals. Still there is a burning need to study the teaching of social studies content for conceptual understand-
ing and higher-order applications. Many studies are done on the area of social studies teaching methods but very few are specifically on the development of social studies teaching behaviors. This paper intends to describe teaching for understanding and higher-order applications of the social studies content. This work calls for surveying and synthesizing the opinions of various experts concerning the nature of instruction in social studies focusing particular attention on teaching for understanding, higher-order thinking, and how problem solving should be handled within such instruction.

Figure 1. Definition of Higher Order Thinking
Students engage in purposeful, extended lines of thought during which they:
- Identify the task or problem type.
- Define and clarify essential elements and terms.
- Judge and connect relevant information.
- Evaluate the adequacy of information and procedures for drawing conclusions and/or solving problems.
- In addition, students become self-conscious about their thinking, developing self-monitoring problem solving strategies.

<table>
<thead>
<tr>
<th>Cognitive</th>
<th>Metacognitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Analyze</td>
<td>Plan</td>
</tr>
<tr>
<td>Compare</td>
<td>Monitor</td>
</tr>
<tr>
<td>Infer/Interpret</td>
<td>Review/Revise</td>
</tr>
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</table>

Commonly specified higher-order thinking and reasoning processes are:

At the end, definition of HOTS proposes that students engage in a purposeful, extended line of thought in which they identify and analyze a problem. Identify and relate information necessary to address the task, and evaluate the adequacy of conclusions or solutions. Further, students naturally become critical of the strategies they use. Distinction between the definitions of
Higher-order thinking and insight
The standard definition of insight from Baron is the sudden revelation of an immediately perceived solution to a problem, after a long effort to obtain that solution. The definition of higher-order thinking is different from that of insight along the following dimensions:

1. Higher-order thinking often yields multiple 'solutions each with costs and benefits whereas insight often yields unique solutions.
2. Higher-order thinking involves nuanced judgment whereas insight involves correct interpretation.

However, both higher-order skills and insight involve self-regulation of the thinking process. Also, both involve imposing meaning and finding structure in apparent disorder. They require effort. There is considerable mental work involved in the kinds of elaborations and judgments required.

Fluid and Crystallized Abilities

According to Glaser (1984) Cattel's popular version of the hierarchical model decomposes general ability (G) into two general factors called general crystallized ability (Gc) and general fluid ability (Gf). Gc is usually thought to represent something like general academic achievement whereas Gf is generally seen as skill in reasoning, particularly in novel situations. Complex spatial task often load on the Gf factor. Further, fluid and crystallized abilities often show different relations with instructional outcomes (Larenz, 1990). In general, fluid ability best predicts achievement in novel learning environments, whereas crystallized ability best predicts achievement in familiar learning environments.

In both cases, prediction from prior aptitude is strongest when instructional supports provided to the student are minimal. These abilities, Gc and Gf, are essential factors in the instructional process and evaluation of HOTS.

General and specific thinking skills

Glaser (1984) emphasizes teaching thinking in the context of knowledge structures and the ac-
Literature

acquisition of new knowledge because the development of general and specific skills are the objectives of instruction. He refers particularly to the self-regulatory or metacognitive capabilities present in mature learners. These abilities include knowing what one knows and does not know, predicting the outcome of one's performance, planning ahead, efficiently apportioning time and cognitive resources to solve a problem (Brown, 1978). These skills vary widely.

Although students can be taught very well, still they need to know how to monitor the use of knowledge. Self-regulatory activities thus become important for the process of teaching HOTS. Glaser (1984) assumes that individuals are learned as generalizations of their cognitive processes employed in the daily experiences with the details of attained and new knowledge. However, these general methods may be a small part of intelligent performance in specific knowledge domains to solve a problem. General processes may be more largely involved when an individual is confronted with problems in unfamiliar domains.

Although the current literature poses a dilemma between instructional emphasis on domain-independent skills or domain-specific skills (Larenz, 1990; McGuiness, 1991, both skills can be taught as they are helpful to acquire knowledge and skill (Prawat et al., 1991). Specific declarative knowledge and associated procedural knowledge — would be learned as well as general processes involved in using one's knowledge and skill. Further, more research findings are necessary to solve the dilemma between Instructional emphasis on general domain-independent skill and domain-specific skills for thinking.

Major concerning points on higher-order thinking skills

1. Improving student thinking skills has been a recognized goal of American education for decades and still takes more significance today than ever before as a priority of instruc-
2. Importance of promoting higher-order thinking is considered by the 1982 action of the Education Commission of the States in listing among its "basics for tomorrow"; evaluation and analysis, critical thinking, problem solving.

3. Some educators have asserted that the teaching of thinking ought to be "the first order of business for [any] school (Sternberg, 1986)."

4. It is not possible to teach all the aspects and operations of thinking or their related dispositions as thoroughly as some might wish. Yet, teachers can accomplish a great deal by implementing a carefully sequenced curriculum of selected thinking operations in the classroom.

5. Higher-order thinking skills and habits in students are necessary to develop from elementary educational level not just in higher educational level (Lawrenz, 1990; Stenberg, 1986).

Burning Questions on HOTS

Occasionally we hear some burning questions relating to the importance of HOTS: Is there really anything new about schools trying to teach higher-order skill? Haven't schools always hoped to teach students to think critically, to reason, to solve problems, to interpret, to refine ideas and to apply them in creative ways? How can it (HOTS) be done in classroom situations, e.g., social studies? Why is this type of thinking important for social studies? Thus, in the U.S., many curricula in 1960s and 1970s were built emphasizing HOTS on a clear theory about learning and cognition, which were articulated for teachers in teaching guides or materials (Martin, 1989). Still questions arose about the lack of advancements in HOTS (Newmann, 1990b; Brophy, 1991). Educators seem to agree that students do not adequately learn higher-order cognitive skill. Perhaps the fact that schools have been less than successful at meeting these goals means that we have simply given up the old truths in education. Or, more pessimistically, perhaps we should conclude that dec-
ades of trying unsuccessfully to teach HOTS in schools show «. That such goals are not reachable, perhaps HOTS develop elsewhere than in school, and it would be wisest for schools to concentrate on the "basics," letting higher-order abilities emerge later or under other auspices. To consider these fundamental questions, we need to understand the definitions of HOTS. It is also necessary to know the differences between higher-order thinking and insight to teach social studies and other subjects.

**Purpose of HOTS**

To become proficient enough in thinking so that children can learn and act responsibly;

To encourage their habit of scientific inquiry;

To elevate and regulate creative imagination;

To help children develop better skills of reasoning,

Critical thinking, and complex problem solving;

To help them to be thinking citizens in their society, nation, and outside world as well;

**REVIEW OF THE LITERATURE**

Major recent articles on the topic of HOTS in social studies teaching and research are by Resnick (1987a, 1987b), Brophy (1988), Newmann (1990a, 1990b), Glaser (1984), McGuiness and Nisbet (1991), Rowe (1991), Whimbey (1984), and Pogrow (1985). Although Armento (1986) provides elementary ideas for the research on social studies teaching. Resnick; Brophy; Newmann; Glaser; McGuiness and Nisbet; Whimbey; and Pogrow's studies are more germane for the topic of this paper.

Resnick (1987b) provides helpful ideas on HOTS as she explored in greater depth two generally important issues: (a) how the school environment can be manipulated to maximize opportunities for children to succeed in learning, and (b) how children learn reasoning and other complex thinking skills.

According to Brophy (1988), most of what is said in the social studies literature on higher-order thinking and problem-solving concerns application of knowledge in the process of critical thinking, decision making, and citizen
participation activities. Further, it is important that students connect knowledge with beliefs and action. To accomplish this, thinking skills can be developed systematically throughout the years of formal schooling.

A computer-based instructional program for school students has enabled them to learn higher-order thinking skills, improve communication skills, and increase self-esteem, dispelling the myth of their limited intellectual capacities.

Thus, various authors have various findings on various kind of studies of HOTS. On the whole, the literature of HOTS is found as a new idea in the field of education. Most of the literature trying to provide solutions for HOTS.

Some HOTS scholars advocate thinking as a process and some advocate it as a special intellectual ability (Pogrow, 1991). However, most psychologists claim thinking as a process than an intellectual ability.

**WHY IS THIS TYPE OF THINKING IMPORTANT FOR SOCIAL STUDY TEACHING?**

Knowledge without understanding is limited; Too easily forgotten, quickly out of date, not readily retrievable and applicable, applicable only in the context in which it was learned. Thus, promoting HOTS in teaching is an essential element.

Although more people are required in information processing, social skills, and other technological jobs that require HOTS, these skills are not routine outcomes of the U.S.A.'s existing education system (NAEP, 1981; Mullis and Jenkins, 1988). Every effort needs to be made to improve students' reasoning ability. As discussed in Project 2061 (American Association for the Advancement of Sciences (AAAS), 1989), social studies teachers are in an ideal position to promote the development of HOTS.

**How a curriculum can be connected to the HOTS for the goals of the social studies and How can this HOTS)**
be done?

Here, in this section, some examples of curriculum are included that illustrate a shift toward teaching HOTS. The two main themes here about the curriculum are: (1) "The idea of thinking citizen curriculum" modifying teaching and learning across the whole curriculum to give greater emphasis on thinking and understanding; and (2) a growing thinking — attitudes, motivation, and disposition — and of social factors in helping to establish appropriate habits of thought.

Specific programs to teach HOTS in social studies tend to be limited to small and relatively isolated groups (Lawrenz, 1990; MaGuiness and Nisbet, 1991). A widely held view is that thinking should be part of all subjects in the curriculum. "The Thinking Curriculum” is an emerging thing in American education (Resnick, 1987b). Thinking, problem solving, critical reasoning, understanding rather than memorizing — these are seen as both a better method and a desirable goal of teaching and learning.

Therefore, Figure 2 exemplifies a connection to HOTS in a specific subject area of tenth grade social studies showing a strategy of a curriculum plan to teach.

The tasks that are required in social studies also are mentioned in the figure as follows:

<table>
<thead>
<tr>
<th>Figure 2: Examples of HOTS in Social Studies</th>
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</thead>
<tbody>
<tr>
<td><strong>Analyze</strong></td>
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<td><strong>Compare</strong></td>
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<td><strong>Infer</strong></td>
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Thus, a teacher needs to develop a broader range of tasks that present significant problems or events, require sustained reasoning, and require component information to be integrated to form a conclusion.

**General approaches and evidences that they work for HOTS**

Although experts may have different opinions about the approaches for HOTS, here, according to studies of McGuiness (1991), Bloom (1984), and Resnick (1987b), I am providing the following general approaches with examples and evidences that they work for HOTS:

A. Cognitive Approach For a cognitive approach to strategic thinking, there is no more recent approach than the Bloom's taxonomic strategies (Pogrow, 1985; Bloom, 1984; Martin, 1989).

Bloom's taxonomy continues to be the most frequent guide for classifying type of higher-order thinking (Nicely, 1985). These strategic levels are helpful for ^OTS basing on the use of information to solve problem than a mere classification of thinking (Pogrow, 1985). Bloom's taxonomic Strategy is an effective approach by which develop thinking strategies from the simple to the complex level.

Specific examples for each level are discussed in the following section.

**Examples with specific topics) developing HOTS in a class of geography under social studies curriculum**

Social studies teachers can enhance the higher-level thinking skills in their classes according to their level of mental age and chronological age. Although there are many criticisms about 'gloom's taxonomy, it is still successfully applied in classrooms (Pogrow, 1985). The levels...
of thinking, as defined by Benjamin Bloom, are applicable for higher-order thinking as follows:

3. **Application.** Application is the ability to take the fact or idea and use it in a new situation.
4. **Analysis.** Analysis is the ability to break down an idea or fact into component parts and to detect the relationship and organization of the parts. Students can be able to understand the relationship between the components and reorganize the principle that organizes the structure or the system. (As we see, it becomes increasingly difficult to describe the levels of higher-order thinking as we move from the simple and concrete to the complex and abstract.)
5. **Synthesis.** Synthesis is the ability to put together elements of an idea with facts to form a unified whole.

### B. Metacognitive Approach

Simply, metacognition means cognition of cognition or thinking of thinking.

<table>
<thead>
<tr>
<th>Levels</th>
<th>Defining Word</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>recall</td>
<td>Name the sources of energy in the country.</td>
</tr>
<tr>
<td>Comprehension</td>
<td>explain</td>
<td>Explain the sources of energy in your country.</td>
</tr>
<tr>
<td>Application</td>
<td>solve</td>
<td>Determine the best sources of energy.</td>
</tr>
<tr>
<td>Analysis</td>
<td>compare</td>
<td>Compare the cost, benefit, and availabilities.</td>
</tr>
<tr>
<td>Synthesis</td>
<td>combine</td>
<td>Plan how the energies can be better utilized.</td>
</tr>
<tr>
<td>Evaluation</td>
<td>judge</td>
<td>Evaluate the impact of each source of energy in your country's economy.</td>
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This approach refers to understanding of knowledge, an understanding that can be reflected in either effective use or clear description of knowledge in question (Brown, 1978). To promote thinking skill through raising metacognitive awareness; classroom lessons on training metacognitive strategies in text comprehension, written composition and science problem solving have been successfully introduced. In an experiment of problem solving tasks, Haefele (1981) found that the students who used metacognitive thinking approach were better able than the students who didn't use this approach to describe their thinking approach.

Example - 1; Science problem solving
Mettes et al. (1987) and Mettes (1989) developed a higher-order thinking model (science problem solving heuristic) in thermodynamics for first year university students, called the Systematic Problem-Solving Approach (SPA). They first developed a descriptive model using verbal explanations of SPA and model worksheets and charts, which are embedded into the normal teaching routines of the course. Computer assisted versions of the heuristic are under development. Similar SPAs have been designed for other science course (magnetism and electricity) and for social science course in policy design (Kramers-Pals and Pilot, 1988).

Example - 2; Text comprehension
From comparison studies of good/poor learners, many writers have developed comprehension and/or problem-solving heuristics with the explicit purpose of enhancing metacognitive knowledge and HOTS. These aids often begin as checklists or flow diagrams and may then be converted to computer assisted learning packages (McGuiness, 1991).

From their theory of self-regulated learning, Simmons (1989) reported on the development of a heuristic for HOTS in the form of a flow chart with rules for regulated learning and reading from text. To increase self-regulation on HOTS,
students answer questions related to the following elements:

1. **Orientation (Check what I have to do? Make a plan?)**, First- All odd-numbered positions have letters.
2. **Monitoring (Do I still understand what I am learning? what not?)**, and Second- The ninth position is an odd-numbered position.

Additionally, the learner may compare the first letter with the third to see what change occur between them, or what operation allows him to move from one to the other. Learner then may compare the third with the fifth, and continued with inductive and deductive steps until he fills the blanks.

**Example - 3: Induction and deduction**

Does the following problem involve inductive and deductive reasoning? Observe a learner's own thinking processes as he solves it:

Learner probably observes solving this problem involves both inductive and deductive approach for reasoning. For example, as part of the solution a learner may observe that the first, third, fifth, and seventh positions have letters. Then the learner may employ the following deductive argument:

**CONCLUSIONS**

Higher-order thinking is difficult to define but easy to recognize when it occurs. Higher-order thinking is the hallmark of successful learning at all grade levels. Good thinking depends on specific knowledge, but many aspects of powerful thinking are shared across various disciplines. It is true not only in elite education but also in mass educational systems.
The teaching of higher-order thinking skills can help students to make decisions which will assist them to achieve their personal goals and become more serious and responsible people. Furthermore, teaching of higher-order thinking in social studies helps schools to prepare future leaders, responsible decision makers, and thinking citizens of their countries. Higher-order thinking ability is not an inborn quality but created. Therefore, the teaching of HOTS is an important part of instructional programs which is neither old nor new but always an essential cognitive factor in reasoning for human beings. It does not merely start from a complex level but from the simple to the complex level.

A clear valid assessment also is essential to help teachers and students in promoting HOTS. Newmann (1990b) also suggests that an instructional plan with a clear objective and evaluation procedure could be designed not only to equip students with knowledge but also to provide them with the abilities of comprehending, applying, analyzing, synthesizing, and evaluating. The end, developing a high degree of proficiency in thinking requires more than simply making students think. It needs more than questioning and discussing, more than stimulating and challenging. It needs to have an integration and evaluation of pros and cons going higher than the factual knowledge. As individuals acquire knowledge, they also should be empowered to think and reason.

(This is a brief version of the article published. If you need full and complete article, please write to Dr.Ram.Baral@gmail.com)
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021.

Indu Grocery
Highpoint/ Greensboro

CULTURAL COMMITTEE OF NASeA
PRESENTS
NASeA VIRTUAL CULTURAL NIGHT
नेपाली महिलाहरूको महान चाड हरितालिका तिज बिशेष साँझ

Special Women’s Night
Date: August 22, 2020
Time: 8:30 pm EST, Saturday
with many more talent....

Sarishma Amatya
Singer
Kopila Gautam
Singer
Kumari Lama
Singer

CULTURAL COMMITTEE OF NASeA
PRESENTS
NASeA VIRTUAL CULTURAL NIGHT
Guest Artists
Robin Sharma
Roshan Pratap Rana
with many more talents...

Date: June 27, 2020
Time: 8 pm EST, Saturday
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Dr Amreeta Regmi
Atlanta, GA

Deepak Pahari
Honorary Public Relation Representative
Atlanta GA

Kapil wagle
Atlanta, GA

Prem Baniya
Journalist, Atlanta, GA

Dilip Baniya
President NRNA GA Chapter

Tara Pun
Former Adviser, NASeA

CULTURAL COMMITTEE OF NASeA PRESENTS

NASeA VIRTUAL CULTURAL NIGHT

Special Comedy Night
Comedian Guest Artists
with Jaya Prakash Rijal

Kiran KC (ए राता मनके) Yaman Shrestha Raja Rajendra Pokhrel

Date: July 18, 2020
Time: 8 pm EST, Saturday
Connect through ENepalese and NASeA Facebook Page
Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Krishna parajuli
Atlanta, GA

Bimal regmi
General secretary, NAG

Manu pahari
Atlanta, GA

Sandesh and Siddhant parajuli
Atlanta, GA

Wishing Nepalese Association in Southeast America (NASeA) / Association of Nepalese in Midwest America (ANMA), a grand success for the 16th joint Convention 2021 in Orlando, FL Nov. 21, 2021

Amrit Lama
President, Hami Nepali Global

Shiva K Rai
Former President, NRN NCC of USA

Dr Ramu Kharel - Atlanta, GA

Dr. Diwakar Dahal
President – ANMA
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<td><strong>Dr Shailesh Malla</strong></td>
<td>Atlanta, GA</td>
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<td><strong>Dr Pawan Kc</strong></td>
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Atlanta, GA |

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Atlanta, GA |

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President NCC Atlanta |
Mr. Krishna Shrestha, Convention Chair and the Chair of the inaugural session of the 16th NASEA/ANMA Joint Convention; Mr. Binaya Aryal, President, Nepalese Association in Southeast America (NASeA); Mr. Gopendra Bhattrai, Past President, Association of Nepalese in Midwest America (ANMA), and Vice-President, NRNA-NCC-USA; Representatives from Nepali Community Organizations; Other invited guests; Media Persons; Ladies and Gentlemen!

Namaste and a very good afternoon! It is my great pleasure to join the inaugural ceremony of the 16th NASEA/ANMA Joint Convention. Let me first extend my sincere thanks and appreciation to the organizing committee for giving me the opportunity to represent the Embassy of Nepal in this event. I wish all success of this historic convention.

I am pleased to know that NASeA, as a regional Nepali community organization in the Southeast and ANMA in the Midwest of America, have been continuing their partnership and collaboration by jointly organizing their conventions for the last 16 years. This long partnership has now been institutionalized as a tradition. I am encouraged to see that these two important Nepali regional community organizations have also brought along with them all Florida-based local Nepali community organizations including Nepalese Association of Florida (NAF), International Nepali Literary Society (INLS-FL), Nepali Community Center Orlando (NCCO), Newah Organization of America (NOA); Madhesi Association in America (MAA); Greater Orlando Lord Buddha Lions Club, and NRNA- NCC USA. Such a coming together of Nepali organizations really matches the theme of the joint convention: “Facing the Future Together”. By this act of collaboration you all have exemplified how Nepalis, wherever they are, can come together for the betterment of the country, society, and community they live in and for the country of their origin.

Nepali organizations in America have served the Nepali communities and larger American society alike during difficult times, including during the ongoing CoVID-19 pandemic. The relevance and importance of community organizations like these are tested more clearly in situations like these. I would like to encourage you all to continue working together to serve those who are in difficult situations, not only within the Nepali community, but also in the larger American society you live. I hope such togetherness will continue in the days to come. This is one of the many ways in which you can project the image of Nepal and Nepalis in a positive way.

I am confident that this Convention will prove to be a useful platform in bringing together the Nepali community and the larger American society to discuss on various issues impacting their lives. You can enhance your personal and community wellbeing only by first becoming a responsible and active citizen of the country you live in. In this regard, it is important and healthy to discuss the problems and challenges you face as immigrants in a new culture and new society here in the USA. Organizations and forums like these can guide members to better inte-
egrate in their host society while preserving their unique and rich cultural roots and identities. The beauty about America is that it allows and fosters such diversity and draws its strength as a nation from this richness in diversity. Therefore, preservation and promotion of Nepali roots while living in the larger American culture is important in order to keep contributing to the diversity of the American society. Besides, literature and culture, agendas such as public health, immigration, youth and women empowerment, among others, could also be relevant for deliberation in these forums. In my opinion, as a community organization, the core agenda of the convention should be the welfare of Nepali Community in this region. I would like to encourage you all to explore ways and means for giving a helping hand to the less fortunate members of the community. The embassy recognizes the important role of Nepalis and their community organizations in contributing to the further deepening and expanding of the friendly relations between Nepal and the United States. In fact, each member of the community is an honorary Ambassador of Nepal to the United States. They are the important links binding our two countries and peoples together in an ever deepening friendship. The Embassy strongly counts on their reach and network with important actors in the American society, be it politics, administration, business, media, academia, think tanks or other opinion makers. Working together we can advance our mutual interests by further strengthening the friendly and cooperative relations between the two countries. I would like to urge NASEA, ANMA and other community organizations to mobilize their members in contributing to the socio-economic development of Nepal by utilizing their knowledge, skills, expertise and capital gained in the US. The best way to contribute to Nepal’s prosperity is to be a part of the country’s economic development itself. By investing and doing business in Nepal you can contribute to Nepal’s prosperity as well as enhance your own prosperity. As you know Nepal has huge untapped potential for investment. Some of the profitable sectors for investment are: hydropower, infrastructures, tourism, education, health, ICT, and agriculture. Trade is another area where there is potential for growth and where Nepalis living in the US have comparative advantage. The United States has provided duty free and quota free access for 77 Nepali trading items until December 2024. We have not been able to fully utilize these benefits. Forums like this can bring together relevant businessmen and share experiences in doing business and help each other. The World Bank Doing Business Report of 2020 has shown that Nepal has made remarkable progress in ease of doing business index. Nepal’s rank reached to 94th position among 190 economies from its 110th position in 2019. I would like to take this opportunity to share with you some important legislative reforms as well as procedural simplification that the Government of Nepal has made in the recent days to improve the investment and business climate in Nepal. The Constitution and legal system of Nepal protects the property rights of individuals and prevents nationalization of private investment. Recently enacted “Foreign Investment and Technology Transfer Act (FITTA) 2019 guarantees repatriation of capital and income of an investment and simplifies the process of repatriation. After tax, all incomes and capital can be transferred back to the foreign country, if
investment was done in a formal way through due process. The Department of Industry and Office of Investment Board are the only two institutions designated for FDI approval. Less than 6 million Nepali Rupees of investment falls under the purview of the Department of Industry and above 600 million Rupees (Nepali 6 arba) investment falls under the jurisdiction of IBN, which is chaired by the right honorable Prime Minister himself. The Government has established “One Window Service System” for the purpose of simplifying all foreign investment related services including registration, tax, customs and other related services. The Government has also started providing cash incentives of up to 4 percent for some selected exported goods from Nepal. Duty drawback policy on import of raw materials for exportable items is also in place. Tax incentives of 20 percent rebate/discount on corporate tax on export of goods and services are still in force. In addition to these provisions, NRNs have additional benefits such as simplified visa rules, land for residential purposes, and customs facilities to mention a few.

I am aware that continuity of Nepali citizenship is a major demand of the NRNs as encapsulated in their slogan “Once Nepali, forever Nepali”. The Government of Nepal is sensitive to this longstanding demand. The Constitution of Nepal provides for NRN Citizenship for non-resident Nepalis with economic, social and cultural rights. However, in order to implement these constitutional provisions, amendments in the existing laws including in the Citizenship Act and NRN Act are needed. Process has begun to amend both the acts. I hope the parliament will address these issues in the coming days. Let me share that the Embassy is here to serve you, to facilitate you, and to connect you. We are always open for contacts, communications and constructive feedbacks. Be it regarding the consular services you are seeking or it is related to business and investment in Nepal, feel free to contact the Embassy.

Finally, I wish every success for this convention in delivering what has been planned for it. As usual, the Embassy welcomes the new leadership of ANMA and NASEA and looks forward to working with them in achieving our common goals.

Thank you! धन्यवाद!
Office Locations
1. 2851 S Parker Rd., Suite 630 Aurora, CO 80014
2. 12973 Delaware Ct., Westminster, CO 80234
3. 1341 W Mockingbird Ln., Suite 30W, Dallas. TX 75247

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