Respected Nepalese Community of NASeA Region and around the world!

Greetings from NASeA!

On behalf of Nepalese Association in Southeast America (NASeA), President Dr. Ram Chandra Baral, EC members and the Publication committee Chair Dr. Dilip Panthee and the editorial board, I proudly present you all the 2nd issue of NASeA’s quarterly Newsletter Shangri-La.

Shangri-La publication has been instrumental in best representing and publishing our organizations’ activities. Furthermore, this publication has reached our partner organizations’ Presidents/Community leaders and the Nepalese Community of this region towards publishing their news.

Shangri-La salutes all NASeA’s Founders, Former Presidents, Life members and well-wishers, without whom NASeA’s mission is incomplete. NASeA has proved herself as one of the leading organizations in US and together we will give consistency to our proud past and strive towards best serving our community representing Nepalese in America.

Please allow me to thank all NASeA’s Committee Chairs and members who have been working diligently to serve the Nepalese community here in our region and with this note, I kindly request our general members and well-wishers to be the part of this great organization.

As a true crusader of NASeA, I would like to take a moment to share with our EC team and well-wishers that we all need to put our differences aside and work together in building a stronger NASeA always honoring its Charter and placing our general members’ voice first!

On behalf of joint convention 2014 I take this moment to invite you all to be a part of the historical 10th ANMA/NASeA joint convention, which will be held in Denver, Colorado from August 29 - 31, 2014. This event is hosted by two organizations, Rocky Mountain Friends of Nepal (RMFN) and Nepali Ghar. Please click the link and register immediately: http://www.jointconvention.org/

Shangri-La is our collective voice and let us all welcome this 2nd issue of publication! Enjoy Shangri-La!

Always for the community,
With Respect,

Bimal Nepal
Executive Vice President, NASeA
http://naseaonline.org/

Nepal's Pride: Lord Buddha and Mt. Everest
The Land of \textit{Shangri-La}: Translating the Dream into Reality

‘\textit{Shangri-La}’ has been described as ‘earthly paradise’ or ‘permanently happy land’. This includes the Himalayan region of Nepal. Of course everyone wants to live in paradise. Not all people have this privilege to enjoy living in this mysterious place on this planet. Nature has blessed us with such a wonderful land in this world. We Nepalese have the privilege to live in this beautiful piece of land on the planet. However, despite the plentiful of natural resources, enormous beauty and availability of this paradise, we have not been able to realize it and keep it as perfect as it should have been. If we are unable to keep the natural conditions well, even if the nature has given a nice piece of gift, it may be spoiled. Now the real challenge is how can we best manage the nature’s gift in its original \textit{Shangri-La} conditions so that all people can enjoy and live a life of paradise. It is not impossible, we can do it. To bring about this possibility, real question is how to manage the natural components including plants, water and air quality in an integrated form. For that, we should educate people and emphasize the importance of these components in their life. Environment sanitation is the key to keep the nature’s beauty in its original conditions. We have not tried to understand the availability of nature’s gift to our mother land. Also we have not fully understood the ability of human being to manage natural resources for the benefit of human beings.

Our country was not poor, it was made poor. There are plenty of natural resources available in the country including water, plants and places of natural attractions. While plenty of water resources and natural attractions can be managed for the rapid economic development of the country, diversity in the plants can be exploited not only for economic development but also for environmental protection. If we still manage the available resources well, it is one of the best places to live in the world.

Nepalese Association in Southeast America (NASeA) community is actively involved in several activities including promoting Nepalese culture and language in the USA. At the same time, Nepalese community members may already be involved in the development of our mother land. There may be several individuals with different expertise including Environmental engineering, Natural Resources Specialists, Health Specialists among others living in the NASeA region. Let us put our efforts together for the common good of the nation and make a small contribution whatever we can. We feel proud of our nation only if our mother land is developed and it is truly translated into ‘paradise’. How much thoughts have we given towards the development of our mother land every day, of course it may vary. However, we are not finding the way of helping out. We can come up with the project to address the problem, which can be launched in collaboration with the public sector of Nepal. This way, we should keep on promoting our culture and language in the USA and, keep on fostering development activities directed towards environment protection in the country, which will truly protect the nature’s ‘\textit{Shangri-La}’. Once it is achieved, we can feel that the nature’s gift has been translated into reality. This may eventually lead to the overall development of the nation. Message here is that while we are promoting Nepalese language and culture in the US, we should also use our expertise that we have developed over the time for the overall development of our mother land.

\vspace{1cm}

\textbf{Editorial}

\vspace{1cm}

\textbf{The Land of Shangri-La: Translating the Dream into Reality}

Daniel Panthee Ph.D.  
Asheville, North Carolina

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\textbf{Publication Committee}  
(\textit{Editorial Board})

\begin{itemize}
  \item Dr. Dilip R. Panthee, Chair
  \item Choodamani Khanal, Member
  \item Bimal Nepal, Member
  \item Dr. Shankar Parajuli, Member
  \item Krishna Shreshtha, Member
  \item Dr. Tilak Shreshtha, Member
\end{itemize}

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\textbf{Disclaimer:}

\textit{Articles published in the Shangri-La are the personal thought of the Authors. The Publication committee is not responsible for its content.}
NASeA Committee Activity Report

Information Technology Committee
Shailendra Bajracharya
Chair, NASeA IT Committee

As we all know that we are living in the era of technology. Without technology, we cannot reach too far. NASeA’s IT Committee is dedicated to reach out many people effectively with the help of today’s cutting edge technology. This committee is also constantly maintaining existing social media like Facebook, Twitter, and blog. IT committee looking forward to develop mobile apps which integrate with Facebook to keep many people in touch with NASeA. Your suggestions, and comments are always welcome.

IT Committee has accomplished several tasks during past Ten Months, and some of the major tasks are listed below.

1. Established, organized and constantly maintained Life member database. Made easy for adding/updating life member which takes now less than a minute. http://naseaonline.org/?page_id=69

2. Added newly joined life member into database

3. Added page Membership signup page where anyone can easily pay on-line to become Life Member of NASeA. This page also captures required information to maintain membership database. http://naseaonline.org/?page_id=2158

4. Added new category menu called “Publication” to organize both publications “Yeti Views/Yeti ViewPoints” and Shangri-La/Yeti Views/Yeti View Point: http://naseaonline.org/?page_id=41 Shangri-La http://naseaonline.org/?page_id=2382

5. Converted and archived paper version of NASeA’s prestigious publication Yeti Views and Yeti ViewPoints. This committee have also archived miscellaneous publications, News from other organizations/Media. http://naseaonline.org/?page_id=41

6. Reorganized, and taken NASeA History to next level. Since the nature of this project is ongoing process, it is still work-in-progress. http://naseaonline.org/?page_id=59

7. Added Page called “Event, Culture, Festival” to showcase and promote Nepali culture and heritage. Since the nature of this project is ongoing process, it is still work-in-progress. http://naseaonline.org/?page_id=2315

8. Periodically posted news, event on NASeA website, Twitter, e-Blast, Instagram, blog etc. Twitter: https://twitter.com/naseausa
   Instagram: NASeAUSA

9. Added page new category menu called Event, and added

   new page called “Event Photo Gallery” http://naseaonline.org/?page_id=2275

10. Updated webpages to reflect current executive members, activities, posted meeting minutes/Audio recording etc.


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<th>IT Committee Members</th>
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<td><strong>Shailendra Bajrai-</strong></td>
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<td>Shailendra Bajra-</td>
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<td><strong>charya</strong></td>
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<td><strong>Chair (GA)</strong></td>
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<td><strong>Contribute towards payment configuration, Web-Portal, Content Development, Joint Convention IT Needs</strong></td>
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<td><strong>Bishu Sapkota</strong></td>
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<td><strong>Co-Chair (GA)</strong></td>
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<td><strong>Krishna Shrestha (FL)</strong></td>
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<td><strong>Saunak Ranjitkar (GA)</strong></td>
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State Organization Report since January 2014: NCNC

Completed events:
June 1: Adopt-A-Highway clean-up
June 27: Showing Nepali movie "Jhola"

Upcoming events
August 16: Annual Blood Drive in coordination with Trader Joe
August 23: Participate in local "Lazy Daze Festival"
August 24: Teej celebration
August 30: Teej panchami puja
September 6: Adopt-A-Highway clean-up
September 19-21: Participate in "International Festival"
October 11: Deshain/Tihar party

Public Relation and External Relation Committee

Nar Gurung, Ph.D.
Chair, Public Relations Committee
Bimal Nepal
Chair, External Relations

On behalf of Nepalese Association in Southeast America (NASeA), I, Bimal Nepal join together with our Public Relations Committee Chair Dr. Nar Kaji Gurung, President Dr. Ram Chandra Baral and all our EC team together with all Nepalese in NASeA region and beyond to extend our sincere gratitude to media icon Durga Nath Sharma for the prestigious presence as a key speaker highlighting your 4-decades long experience and expertise on “Media in Nepal - An Insider's Insight” during NASeA’s monthly talk session organized on May 18th 2014.

More than 30 individuals representing NASeA region and surrounding actively participated in the question answers session of the conference call. We would like to extend all participants for their valuable presence during this talk program.

We would like to salute Mr Sharma’s 40 years of service in mass communication in Nepal who is the role model to all Journalist in Nepal who has the track record in successfully working in all facets of media; print, radio and TV.

With this note, I am pleased to share with the historical moment NASeA together with United FNA-FANS enjoyed felicitating you for Mr. Sharma’s lifelong contribution in Nepali Media during Nepali New Year 2071 celebration event held in Florida.

Durga Nath Sharma is a living Media legend of Nepalese journalist! Wish him all the Best!

Please Join the Next Monthly Talk Session with Khagendra GC, Newly elected President of NRN NCC of USA
Day: Sunday, July 27, 2014
Time: 11:00 EST
Free Conference Call: Telephone – 712-432-0385; Code: 139004#

Medical Committee
Healthcare Related Information

It is popularly known as OBAMA CARE. We all know that this is a signature act of the government and now it is being implemented.

Since we are a team and the social organization for our Nepalese people, I will try to customize the health care act, so we all understand its basic grounds, term and rules. It is a giant health care revolutions and may be overwhelming at times trying to understand it’s plan and function, but the end of the day all you care is, having a right health care plan and get covered when you need it and not having to overpay, especially in this thriving economy.

This is healthcare system for the uninsured only. If you are employed and your employee provides your insurance and you pay the premium then, it is best to check with your human resources first before making any changes.

If you are uninsured or owner of a small business (as most of our Nepalese families are), here how you start the process. I am just highlighting a baby steps to simplify the process.

Now how we start the SEARCH
Start with the website: www.healthcare.gov
Go to “Learn” tab first before getting the insurance
Select according to you need : Individuals and family or Small business
Guide to the marketplace, very important, everyone must read thoroughly.

The Health Insurance Marketplace helps uninsured people find health coverage. Fill out the Marketplace application and we’ll tell you if you qualify for:

Private health insurance. Plans cover essential health benefits, pre-existing conditions, and preventive care.

Lower costs based on your household size and income. You can preview plans available in your area right now, with prices based on your income and household size. Most people who apply will qualify for lower costs.

Medicaid and the Children’s Health Insurance Program (CHIP). These programs cover millions of families with limited income. If it looks like you qualify, we’ll share information with your state agency and they’ll contact you. Many but not all states are expanding Medicaid in 2014 to cover more people. Find out what Medicaid expansion means for you.

Most people must have health coverage in 2014 or pay a penalty. If you don’t have coverage, you’ll pay a fee of either 1% of your income, or $95 per adult ($47.50 per child), whichever is higher. You’ll pay the fee on your 2015 income taxes.

You can buy a health plan outside Open Enrollment if you qualify for a special enrollment period.

You’re considered covered if you have Medicare, Medicaid, CHIP, any job-based plan, any plan you bought yourself, COBRA, retiree coverage, TRICARE, VA health coverage, or some other kinds of health coverage.

If you’re eligible for job-based insurance, you can consider switching to a Marketplace plan. But you won’t qualify for lower costs based on your income unless the job-based insurance isn’t considered affordable or doesn’t meet minimum requirements.

If you have Medicare, you’re considered covered and don’t have to make any changes. If you have Medicare, you can’t use the Marketplace to buy a supplemental plan or dental plan.

Questions? Call 24 hours a day, 7 days a week: 1-800-318-2596 (TTY: 1-855-889-4325)

How do I apply for the marketplace coverage?
- Create an account
- Complete your application
- Pick a plan
- Enroll

6. Choose the plan that is right for you
   categories of plans: Bronze, silver, Gold, Platinum and Catastrophic

7. Now is your research it is time to get the insurance. So go to Tab “Get Insurance”

8. Select your STATE and apply.

9. SEE THE PLAN BEFORE APPLY.

If you go into this tab and fill in your information, it will customize your premium according to your need, which depends on the household numbers and the yearly income, that way you will have a fairly good idea the cost of the health premium.

10. Once you apply, will have your account and your log in.

If you Do’not have access to a computer? Here’s how to apply

Apply by phone: Call 1-800-318-2596, 24 hours a day, 7 days a week (TTY: 1-855-889-4325). A customer service representative will work with you to complete the application and enrollment process.

Find in-person help: You can apply with the help of an assister who can sit with you and help you fill out an online or paper application. Search by city and state or zip code to see a list of local organizations with contact information, office hours, and types of help offered including non-English language support.

There are several other ways you can apply for Marketplace coverage. Choose one that works best for you and your family.

Direct enrollment: If your income is too high to qualify for lower costs on coverage, you can buy health coverage directly through an insurance company, an agent or broker, or an online insurance seller.

Apply by mail: Fill out a paper application and mail it in. Once you get your eligibility notice, go online or contact our call center to pick a plan and enroll. Download the application form and instructions to begin.

Local resources: You may be able to apply online at a local library or at a Community Health Center in your area.

Important things to remember:
- Enroll by the 15th for the coverage that starts as soon as the 1st of the month
- Pay a Penalty, if you do not have coverage
- Enrollment period for the next year 2015 will start from November 15, 2014 to February 15, 2015.

At the end of the day, change is inevitable and this is a revolutionary change for the health care system for United States and we all will be a participant sooner or later.

Let’s our Nepalese communities come together and help educate each other for the full benefits of our own Nepalese people.

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Joint Convention Publication Committee 2014 Announcement

The Publication Committee of 10th Annual ANMA/NASeA Joint Convention 2014 requests you to submit the following for publication in the convention newsletter - “Yeti Viewpoints”, the official newsletter of the joint convention of the ANMA and NASeA organizations.

1. Idea/design for the front cover page of Yeti Viewpoints
2. Article/poem/literary pieces etc not exceeding 3 pages
3. Advertisement (business/personal)

The “Yeti Viewpoints” will be distributed to approximately 500 families who will be attending the upcoming convention in Denver, Colorado, August 29-31, 2014. An electronic copy will remain available online forever at http://naseaonline.org/?page_id=41. The theme of the convention this year is “Unity, Peace, and Prosperity”. Please visit http://www.jointconvention.org/call-for-articles/ for detailed announcement.
Social Life, Diseases and Medical Science

Dr. Keshav Raj Parajuli
New Orleans, Louisiana

Every day, we hear reports of accidents, disasters, diseases, and various dreadful instances of human errors and negligence that cause morbidity and mortality. Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are some examples of disease conditions which are associated with diet. A good and healthy diet has numerous potential benefits in the health of seniors. Hospitals around the globe spend quite a fortune and countless skilled work hours to salvage body parts, and rescue workers leave no stone unturned to save precious human lives. But many of us often forget about the formidable enemy lurking within ourselves.

Among the factors of causing human death, suicide represents a prevalent condition both in underdeveloped and developed countries. As per the World Health Organization (WHO) database, the number of lives lost per year due to suicide represents to a million, a number that is expected to rise to 1.5 million by 2020. This number far exceeds the collective annual deaths by terrorist attacks, war and natural calamities. Furthermore, there is a general lack of awareness and significant misconceptions that abound amid the public regarding the epidemic, and little being done to prevent it either. In a developing country like Nepal, efforts to end these are almost non-existent, and blame is often handed out to those who commit suicide, even by law. It is thus that suicide has acquired the stigma of social stigma, and is more often concealed as a cause of death, which means those at risk are offered no help. To allay the situation, The WHO has specified September 10 as Suicide Prevention Day, an opportunity to increase awareness on the subject and to motivate people and stakeholders to put in organized effort towards helping reduce the number of suicides all over the world. This article is also intended in the same spirit.

In medical terminology, suicide is defined as the conscious act of self-induced annihilation, leading to cessation of one’s own life. Suicide is usually carried out as a means to end or as the best solution for one’s suffering anything else that is done without certain intent to kill one would amount to deliberate self-harm or para-suicide. Unlike prevalent concepts, where suicide is generally explained via simplistic, reductionist views due to tragedy, failure, unemployment or poverty, for instance modern science views it as a very complicated phenomenon, which in fact causes are murky. It is associated not only with social factors, but also biological and psychological aspects. This becomes obvious when one considers that regardless of societal structure whether modern or conservative, affluent or not, suicide has been figured prevalently throughout the history of human civilization as a cause of death, albeit with minor variations.

Data from scientific research across the globe has provided significant evidence that suicide occurs in the aftermath of mental disorders in more than 90% of cases. Many people feel uncomfortable whenever the subject of mental illness comes up, because they possess a very narrow view of such conditions, deeming these disruptive and dysfunctional states. Little do they realize that mental disorders encompass all situations that cause disharmony between the self and the surrounding environment to the point of disadvantage? Almost 99% of mental disorders cannot be perceived by untrained eyes, and this is one of the reasons why they are so difficult to diagnose and treat. Most notorious among mental disorders that contribute to suicide, in descending order, are depression, schizophrenia, personality disorders and panic disorders. The risk increases when compounded with substance abuse problems and lack of a proper social support system.

Certain biological attributes also play a role in pushing up the risk of suicide in women, for example, are more susceptible, or a history of previous attempts, a history of suicide in close family members, are some among these. Decrease in certain hormone productions such as serotonin and melatonin, which is known to affect mood in the brain, has also been suggested to be linked with suicide.

There are many convincing theories regarding the exact factors that lead to suicide, but it is ludicrous to claim that we have completely pinned down the phenomenon, even at this juncture of modernization. Efforts should be aimed not at winning the arguments, but at being able to prevent it, with whatever knowledge we have at our disposal today. Improving the quality of life by inducing development in all spheres is a utopian dream of sorts, but at the very least, we can call for improvements in the country’s mental health services after all, being able to screen and treat even a single disorder like depression, would mean preventing more than 60 to 70 percent of potential deaths by suicide. A thorough psychiatric evaluation of anyone who has attempted suicide or contemplated it, for example, could be an important initial step in this herculean task.
"बुद्ध, सीता अनि समग्रया देखि, 'यहि नै हो नेपालको विश्व समुदाय मा भएको विश्व शान्ति, अहिन्सा, भावायासक गरिमा पुरूष संदर्भको ज्यादा मा नेपाल पुष्ट भनने बुझिँ भएको जल्लिने छ। अझु यस्ता लोकहितकारी संदेशसम्म बुद्धको जन्मकाळ मा बुद्धदेशका विश्व मा परिवर्तन भएको सर्व भन्ने कुर्सियाँ विषमत गरेको छ। भैलो नेपाली साहित्यका लागि अझो, आफ्नो देशलाई प्रवश्व मा भएको सशक्त माध्यम हुनेछ भन्ने कुरामा बबमनत नहोला भन्ने बास्तवकतालाई नेपालमा हरेक बर्ड वैशाख पूर्णिमाको पावन अवसरलाई बुद्धको जन्मभूमि नेपालबाट बुलाउने सशक्त माध्यम हुनेछ भन्ने कुरामा बबमनत नहोला। नयनै बास्तवकतालाई मध्य नजर गदै नेपालमा हरेक बर्ड वैशाख पूर्णिमाको पावन अवसरलाई बुद्धको जन्मभूमि नेपालबाट बुलाउने सशक्त माध्यम हुनेछ भन्ने कुरामा बबमनत नहोला। नयनै बास्तवकतालाई मध्य नजर गदै नेपालमा हरेक बर्ड वैशाख पूर्णिमाको पावन अवसरलाई बुद्धको जन्मभूमि नेपालबाट बुलाउने सशक्त माध्यम हुनेछ भन्ने कुरामा बबमनत नहोला। नयनै बास्तवकतालाई मध्य नजर गदै अन्तराडजस्तिय नेपाली साहित्य समाज फ्लोररार्ा चाप्टले गत वर्ड (२०१३) देर्ख आफ्नो बाप्र्णतालाई बुद्ध जयजन्तलाई समाबेश गराउने जम्बो। गत वर्ड शुरुवातीको रुपमा कक्षा नौ देखि वात समाजका (माध्यमिक विद्यालय स्तर) विद्यार्थीहरुलाई समावेश गरी 'बुद्ध, शान्ति अनि नेपाल' शीर्षकमा निकृत्त प्रवेशालीको आयोजना एवं सम्पर्क गरिएको हितो भने बस वर्ड २०१४ मा "एकाइहरु संतानिको बुद्ध जयजन्त" र वर्तु र नेपाली र बुद्ध जयजन्त नेपालको गरी जन्मकालिनले वातका निपुण बुद्ध जयजन्तलाई समाधी हुनेछ।

अध्यक्ष चूर्णाक खनाल, बुद्ध जयजन्त २०१४- बुद्ध स्नानमा सहभागी हुदै

शिष्यहरू भैलो नेपाली साहित्यका निबन्ध प्रवेशालीको आयोजना गरिएको हितो भने बस वर्ड २०१४ मा "एकाइहरु संतानिको बुद्ध जयजन्त" र वर्तु नेपाली बुद्ध जयजन्तलाई समाधी हुनेछ।

नारायण पोखरेल
ओक्लाहोमा सिटी, ओक्लाहोमा

तरेउ ऑक्स, सुगन्ध धियो चोमेली
हेरेउ मलाइ, सुकुमारी परेली
सिराहट दल्लाबो, कम्प पेरी
तिमि संगै मदन भै उत्सर्ग,मेरी

बिदिरण भयो कि छौट, धात त्यो बातको आइ छरो भनलाई भएको चोर शुद्ध भै लिम, चाहत बन्न्म बिज्ञ, घोपछ आफै, आफैलाई, किन आज खन्जर?

उघारौं खियो, फुकालुं त्यो चोमेली
हेरेउ मलाइ, सुकुमारी परेली
सिराहट दल्लाबो, कम्प पेरी
तिमि संगै मदन भै उत्सर्ग,मेरी
हिमाल

गोमा पराजुली
कोलम्बिया, साउथ कायरोलिना

1. हिमालको सुन्दर रूपमा देखि मेरो मन भर्गम भल्लालै हजारौ फुलभराई ।
2. हिमाल प्यारो सुख शान्ति दाता सौन्दर्यशाली घरको विधाता स्वयम्भू खडा बैकलन काल्कित छाँए सौन्दर्य जम्मै र्शरमा समेट्छ ।
3. प्रभातमा केशरी रंग भर्दै मानिसको कलम्ब भाव हर्दै ओंहे विधाता स्वयम्भू बन्दै छ जादुरगाङ तिलस्मी ।
4. हिमालका निर्माण ओझै हुँदै गर्नौं सबैले रसपान हुँदै सप्तम आतिहासिक गर्नैलाई लम्बिनु पिताकाक भर्माई ।
5. हिमालको मादकपुर्या चाला देखि बुजौहरी स्वस्ति मायालुको भाव भर्दै चम्पिनु हिमालमा रंग छर्दै ।
6. देखि त्यो कोरूक खेलवाद हार्दै छ रोमाविचत भै पहाँ भर्दै सौन्दर्य लाखौंशिरमा सजाई छ रहित भै रमाई ।

(1928 — 2014)

“For this is a Journey that we must all take, and Each must go Alone It’s all a part of the Master’s plan A step on the road to Home”

Late Major Min Prasad Gurung, beloved father of Dr. Nar Kaji Gurung, our Executive Member and Chairman of Public Relation Committee, NASeA, passed away on May 4, 2014 in Kathmandu. In this moment of grief, our deepest sympathy and heartfelt condolence to Dr. Gurung and the whole Gurung family. May the departed soul rest in peace.

Nepalese Association in Southeast America
जिन्दगी

सरिता पन्थी
आश्रित, नर्थ कयारोलिना

कोही भद्दछु जिन्दगी
बिहानी सूर्यको किरण जस्तो
चन्द्रमाको शीतल छहारी जस्तो
निर्मल निष्पादल खोला जस्तो
रंगी रंगी फूलको सुगन्धित फूलबारी जस्तो।

जिन्दगी
जित र हारको खेल जस्तो
सुख र दुखको मेल जस्तो
आशा र निराशा को झेल जस्तो
उल्लेख खरहे र बर्षाको मेल जस्तो।

तर म भद्दछु जिन्दगी
कॉदा बीचको फूल जस्तो
जादूगरको जादू जस्तो
जिन्दगी यो बिचिनको
क्याटिना र सुनामी जस्तो।

आजको भगवान

कृष्ण भट्टाराई
आश्रित, नर्थ कयारोलिना

भोकाको गासमा भूमिन भगवान
दुखीको लासमा, हैदिन भगवान

महलमा मात्र वस्ते आजकाल यसको वाँटि भाँछ
नाङ्गाको वासमा, बस्दैन भगवान

उद्धर र गुढ्ने पाए के चाहियो र यसलाई?
धुलाम्य गल्लिमा, हैदिन भगवान

पर्व र खुसीमा मात्र सामेल हुन जानेको छ,
वेदनाको सहस्तिमा, भूमर्न भगवान

दैलत र ऐश्वर्यमा रमेको छ, जस्तो लाग्छ,
गरिबको खुसीमा हास्त्र भगवान
NASeA honoring APAC-GA partnership actively participates as one of the key host organizations in “29th Annual Unity Gala: Asian Pacific American Heritage Month” event organized by Asian Pacific American Council of GA (APAC-GA). APAC-GA was established in 1985 to protect Asian-Americans. This organization also encourages exercising of civil and human rights. It also aims to preserve and promote the awareness, understanding and pride in Asian cultural heritage. APAC-GA has been organizing Gala event each year to showcase Asian-American communities, which reflect their values, culture and heritage. There were more than 15 different organizations who actively participated in this yearly event. This celebration is considered as traditions and the history of Asian Americans Pacific Islanders in the USA.

NASeA (Nepalese Association in Southeast America) is one of oldest member of APAC-GA. Mr. Bala Pant was a APAC-GA President (2004), who was the first Nepalese-American who represented Nepali community to serve Asian communities. This year, Gobinda Shrestha (NASeA-APAC-GA liaison), Shailendra Bajracharya (NASeA, Vice-President/Director At-large of APAC-GA), and Ambika Lohani (NASeA Joint Secretary) actively represented Nepalese-American community in 29th Gala event. During this Gala event, Nepalese-American participated in varieties of activities. High-School students;
Arkriti KC, Aastha KC, and Susmita Pahari performed Nepali Folk Dance wearing typical Nepali Dress (Guneo Cholo). Despite of they came to USA at their very young age, they have been very influential to other young generation to promote Nepali culture and heritage.

Monica Acharya, senior high school student participated in APAC Scholarship Award (1. Eric Lue, and 2. Chinese Lions Club scholarship award) representing NASeA. She received participation award of $400 and certificate from APAC-GA.

NASeA showcased Nepali-Booth with various Nepali handicrafts which are iconic to Nepal. This booth was successful to attract many participants and showcased Nepali artifacts to promote Nepali handicrafts/culture. During this event Gobinda Shrestha, Shailendra Bajracharya, and Ambika Lohani Sharma were interviewed by press as they are attracted by handicrafts and typical attire. NASeA is thankful to former Presidents Tek Thapa and Dr. Sanjeev Sapkota and bio. Sabina Sapkota, former executive vice president Ram Dongol, Sushma Shrestha Bajracharya, Mohan Timilsina, Kanche Timilsina, Brichaya Shah Shrestha, Laxmi Shrestha, Nayana Karmacharya, Aruna Shrestha for their active participations.

Several dignitaries were invited as guest speakers for the event. Mr. Rob Woodall (US representative for Georgia 7th congressional district, Keynote speaker), Mr. Curt Thompson (State Senator District 5), Pedro Marin (Georgia State Representative HD 96), Mr. Mark Butler (Georgia Commissioner of labor), Ms. Carla Wong McMillan (Georgia Court of appeals judge), Mr. Joe Allen (Executive Director, Gwinnett Place COD), Ms. Charlotte J. Nash (Chairperson Gwinnett County Board of Commissioners), Mr. B.J. Pak (Georgia State Representative 106th district), Ms. Hang Tran (Morrow City Councilwoman), Mr. Yasukata Fukahori (Deputy Consul General Consulate General of Japan), Mr. Kazuo Sunaga (Consul General of Japan), Mr. Huei-Yuan Tai (Director General, Taipei Economic & Cultural Atlanta Office).

Shailendra Bajracharya introduced Mr. Henry (Hank) Johnson, Jr. to the stage as a guest speaker. Hank Johnson is the U.S. Representative for Georgia's 4th congressional district, and he has been serving since 2007.

Page 7 को बाँकी अंश..............
Nepal’s media icon and living legend Durga Nath Sharma felicitated jointly by NASeA and United FNA-FANS in Florida, USA.

Nepalese Association in Southeast America (NASeA) together with United FNA-FANS and INLS Florida felicitated Nepal’s media icon and living legend Durga Nath Sharma during the Nepali New Year 2071 celebration event organized by United FNA-FANS in West Palm Beach, Florida on Saturday, April 19th, 2014.

Highlight of the event was moderated by NASeA Executive VP/Chair External Relations Committee Bimal Nepal, who briefly shared Mr. Sharma’s life time contributions to Nepal’s media.

He informed that Nepali media icon Durga Nath Sharma has 4-decades of experience and has served in various fields of Mass Communication. He is the only journalist in Nepal who has worked in all facets of media, print, radio and TV.

Furthermore, he requested all to join and salute media icon Durga Nath Sharma and appreciated his lifelong contribution to advance and advocate our Nepali, language, literature and culture by means of journalism.

On behalf of Nepal American of Journalist Association (NAJA), Regional VP Sundar Joshi expressed his congratulations to Media Icon Sharma who is well respected Nepali Journalist around the world.

Former Senior English News Anchor and Editor at Nepal Television (NTV) Srijana Nepal shared her memories and experience working with Mr. Sharma at NTV. Ms. Nepal said “Mr. Sharma set an example to other journalists and stressed the need for media personnel to raise the standard of one’s language for the promotion and preservation of culture.”

On behalf of NASeA’s President Dr. Ram Chandra Baral, Executive VP/External Relations Committee Chair of NASeA Bimal Nepal and EC member Krishna Shrestha together with United FNA-FANS President Bikash Devkota, Event Coordinator/United FNA-FANS VP Jhanak Thapaliya, INLS Florida President/NASeA EC member Choodamani Khanal, INLS VP Dr. Bidya Raj Subedi, NAJA VP Sundar Joshi and all Nepalese in NASeA the region felicitated Mr. Sharma during this august gathering.

On the same occasion, media icon Durga Nath Sharma released INLS FL Chapter’s yearly literary publication SAGAR’s Year 8, and Issue 9.

Mr. Sharma thanked the NASeA, United FNA-FANS and INLS leadership for this great honor and said he would like to share it with all other journalists.

Photojournalist DhanThapa Magar captured this historical event. Please click the link below and enjoy the glimpse of this program.

Always for the community,

Bimal Nepal
Executive VP/Chair, External Relations Committee, NASeA
Former President/Advisor INLS Florida
Advisor United FNA-FANS
The nonprofit organization called “Go Eat Give” had organized “Destination Nepal” event on **Saturday June 15, 2014** at **Himalayan Spice Restaurant and Bar at Atlanta, Georgia**. This organization chose Nepal, Nepali culture, and food to educate, connect locals with different culture. “Go Eat Give” has been conducting monthly event since 2011 for promoting cross-cultural connection and understanding through global service, community education, and international travel.

Go Eat Give was founded by Atlanta native, **Sucheta Rawal** in **2011** with the assistance of friends who wanted travel advice and international recipes. As she found something was missing during her quarterly vacations as an investment banker, she wanted to continue to visit different countries and started to learn about the cultures. She started going on “volunteer vacations” and documenting her travels and cultural explorations on the blog.

According to Sucheta, **Destination Nepal** dinner event was one of the highly successful one where more than 40 participants showed up. During this event, **Ms. Rashmi Kharel** entertained participants with Nepali folk dance. Ms. Kharel is renowned Nepali dancer known as “One-leg Dancer”. Despite loosing one of her leg at the tender age of 7, she has been successfully inspiring many people by showing her great talent thru dancing. She is one of the courageous role model who has

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Go Eat Give: Destination Nepal
Go Eat Give showcased Nepal, Nepali Culture and Heritage

Shailendra Bajracharya
Atlanta, GA
help promoting Nepali culture through out the world. **Nepalese Association in Southeast America (NASeA) External Relations Committee** and its **Executive Committee** honored and recognized her contribution during this event.

Group of young Atlanta Nepali girls: **Aakriti KC, Aastha KC, and Susmita Pahari** also entertained everyone by Nepali Folk dance. These girls have been successfully participating many cultural events and promoting Nepali Dance, Culture, and Heritage around southeast America for last several years. NASeA External Relations Committee also recognized them during this event.

Shailendra Bajracharya, NASeA Vice president, was successful to spellbound the crowd by presenting the facts about Nepal’s iconic place for tourism and trekking. Native of Kathmandu and residence of tourist area called Hanuman Dhoka/ Durbar Square (One of the World Heritage Site), Mr. Bajracharya, shared his experience about his childhood and how these heritage are helping the economy of Nepal. The participants were amazed to learn that 8 out of 10 top mountain are situated in Nepal including Mt. Everest. He also showed video about Nepal and its popularity for trekking, rafting, and safari via YouTube. He also helped answering many questions about Nepal that were asked by curious participants.

Dr. Sanjeeb Sapkota, former NASeA president, help the participants to know about the birth place of Buddha. The misconception of media stating that Buddha was born in India, not in Nepal was acknowledged. The birth place of Buddha is located in **Lumbini**, which is situated eastern part of **Nepal**. He also added that a group of people are collecting signature to protest against wrongly published information about lord Buddha’s birth place. This group is going to present signature collection to the **United Nation**. The brochure prepared by “Go Eat Give” has also clearly written the fact about birth place of Buddha with picture of “Ashok Stumbha” which indicates Nepal is birth place of Buddha.

During this event, **Mr. Sugam Pokharel, associate produce of CNN**, talked about his project called “**The CNN Freedom Project**”. He talked in brief about modern days slavery throughout the world. He talked about the project called “**Organ Trafficking in Nepal**” which is one of the serious issue these days in Nepal. He shared his first-hand experience and explained about how and why his interest increased in this issue. He also shared how Nepali people are taken to neighboring country India with fake document to sell their Kidney. He also stated that since Nepal has strict Laws and Regulation about donating and accepting organ, it is not easy for smugglers to conduct their business in Nepal. Therefore people are taken to India to do their dirty business by smugglers. And Indian healthcare facilities or authorities are relaying on fake documents as they cannot identify whether donor and receiver are in fact related or not. This event was ended with closing remarks of Sucheta Rawal.
Brain drain

Brain drain refers to the movement of qualified professionals from developing countries to developed countries, often for better economic opportunities. This phenomenon is also known as the "brain drain" or "brain loss" and has significant implications for the development of source countries and the global workforce.

The term "brain drain" was coined in the 1960s to describe the migration of highly skilled professionals from developing nations to developed nations, particularly to Western Europe and North America. The brain drain has been attributed to several factors, including the availability of better economic opportunities, higher salaries, better working conditions, and improved quality of life in developed countries.

The impact of brain drain is significant for developing countries. High-skilled professionals are crucial for economic development and social progress, and their loss can lead to a reduction in the overall productivity of the source country. Developing countries often invest heavily in education and training programs to produce skilled professionals who can contribute to their economies. However, the existing incentives in developed countries can make it difficult for developing countries to retain their skilled workforce.

To mitigate the effects of brain drain, developing countries have implemented various strategies, such as improving their educational systems, increasing salaries and benefits for skilled professionals, and creating more stable and attractive working environments. Additionally, some countries have implemented policies to repatriate skilled professionals or encourage them to return home after completing their work in developed countries.

In conclusion, brain drain is a complex and multifaceted issue that can have both positive and negative implications for both the source and destination countries. Developing countries need to develop effective strategies to retain their skilled workforce and ensure that the benefits of economic development are shared more equitably.
They all are so fearless, somehow innocently rude, using rough words with each other and the people who avoid their panhandles. People walking around render an ugly look at them as if they have stolen all their precious entities, not all though, some glare at them with sympathy yet doing nothing except silently walking away. The poorest thing on their behalf being that such destiny had been chosen for them at god’s land, ugly sources anonymous. They all are innocent from cradle to grave yet they have a destiny to suffer, to struggle for food and money, to compete with the hideous trend of society that sequesters them as if they have just no rights to smile, cheer and be happy. Such is the life of poor street children in our country.

I confess that I fall in the second category of people for such children. Yet there have been moments in my life where one of the street children would interpolate my callous attitudes of affording them sympathy rather than a hand of friendship, avoiding them as far as possible rather than an embrace and teach me a bunch of beautiful chapters that they too have the ability to struggle for their happiness. The hospice they are in may look subtle and fragile to the world, they innovate ahead to make it a land of shield defense where even the cruelest human being would find hard to show brutality at them. Here is the best chapter worth sharing.

It was some eight years behind the scene when I happened to meet a little girl on my course of travel from my home town Mahendranagar to the capital. She climbed in our bus and started hobnobbing with the passengers for some money. Yet a cruel animal in the form of a human started acting pervert with the little child who hadn’t even stepped into her teens. I don’t know about other passengers in the bus but my heart always condemns me of being more frantic than that animal because I never dared step ahead to help the girl like everyone in the bus just because he was an army officer and army had supreme power at that time in our country. The girl instead stared at every face at first as if she was waiting for someone to save her from the savage. She found no one, accumulated courage astonishingly, a moment later people saw her escaping away as fast as she could after spitting at the army officer’s face. Filled with loathe and anger the officer chased her, amazingly she had already skullked in one of the huts in the slum. Simultaneously, leaving some mysterious reasons behind, the officer refused to travel in our bus.

This incident kept haunting me on ample occasions until I saw her again on my way back to my home town, this time in a completely different place. Luckily for me or her, I don’t know, there were no such perverts on this bus. When she approached me after going to a number of passengers in search of money, I smiled at her generously, “You are a brave child and I am sorry that I couldn’t help you that moment.” She spontaneously remembered me as a face of the cowards witnessing that incident, gracefully said, “Its okay, brother. Indeed I feel surprised that for the first time someone talked so nicely with me otherwise I generally expect rude behaviors from people.” Among many things she told was her beautiful name Ichya and that she was doing all this for surviving herself from orphanage. I still think about reasons why she didn’t take anything from me even the small amount of money I wanted to render her; instead she thanked me for the way I behaved with her. In all of my journeys to and fro since then, my eyes definitely look for cute little Ichya, however, I still haven’t been able to find her.

Many people proudly proclaim children of being images of god, however, inside they are far more unforgiving than their fake identities. It’s such a dreadful thing to see that some of the parents use their own children as a weapon to get away from their poverty. Ichya told me stories of many of her such friends, shedding a quote of maturity that she was indeed happy not to live the destiny like her friends.

They may be spread all over our country in different forms showing a variety of nature and make up from the most remote villages to the most developed streets of the capital, regardless of wherever they are, most know to enjoy their own small world with hale and happiness. I have seen them taking nap in their own unique sojourns, play even with the most unattractive dogs and pigs around them which for them would be the most beautiful creatures in the earth; share whatever they have with each other and sacrifice their nights for finding sleeps to their friends. Well off children may learn about selfishness due to their upbringing but they would never. The truth that they are their own teachers will help them to be far from being selfish. They all just wait for perceptions to be changed when people think about them like a small street girl poor-est at money but richest at heart taught me a lesson to endeavor to be a part of their problems and feel the satisfaction that follows.
Calendar

– Sambat/Samvat/Samwat.

Nepal Sambat (NS) is basically a lunar calendar adjusted to the solar cycle – lunisolar. Its association with the Moon phase makes it an ideal calendar for the Dharmic festivals. Bikram (Vikram) Sambat (BS) is a Solar calendar ideal for seasonal issues like weather/planting/harvesting, and official events.

Lunar NS and Solar BS caters for different needs and do not compete. That is NS and BS does not substitute each other. Thus, we must promote both calendars: NS for Dharmic festivals and BS for official events. We also need to use the solar Gregorian calendar to communicate in international level. Most of the business people in Nepal close the old and begins new account according to NS. Thus, it could be the ideal as the fiscal year.

NS is an indigenous Nepalese creation with its own legend. It is a pride of all Nepalese. It does not belong only to Newar community. NS usually begins on the day after Laxmi Puja or Gobardhan puja day or ‘Mha’ Puja day of Newar community. It was initiated in the reign of King Raghav Deva on October 20, 879 AD. The first day of 1130 NS is on October 19, 2009.

The legend associated with NS goes that a commoner Sankhadhar Sakhwa made lots of money by converting sand from Bishnumati river to gold, paid every body’s debt, and made all Nepalese free of debt then. To commemorate the occasion (national, economic and spiritual) the Sambat was instituted. Historians or chemists may dispute a few finer points. However, they are not important and best left to the academicians. The importance of the legend is the very idea of a simple man rising to the occasion and contributing in the national level. He remains our ideal and a source of inspiration. He is recognized in the list of the heroes of Nepal "Nepali Bivuti" by the Government on November 18, 1999.

BS is instituted by the ancient Emperor Vikramaditya to commemorate his victory over the invading Sakas. The first day of 2066 BS is on April 14, 2009.

Earlier, NS was the prominent among other Sambats used in Kathmandu valley. Though it is ideal for Dharmic festivals, being a lunar calendar it’s dates repeats and skips frequently. Besides, every 3 years an extra month needed to be added. The other prominent calendar in use then was the solar Saka Sambat. King Prthivi Narayan used Saka Sambat as the official calendar. Later, Chandra SJB Rana replaced Saka Sambat with BS as the official calendar in 1903 AD. BS being older than both Saka and Gregorian gives the sense of antiquity and perceived importance.

The Solar year or the sun coming to same position as per distant stars, which defines the seasons, is 365.2424 days. The Lunar month or the ‘synodic period’ between same phases of Moon is 29.530589 days. Both these numbers differs from the actual period ‘sidereal’ of revolution. But these numbers are relevant for the calendars. Presently, the annual equinoxes are on March 20 (Spring) and September 22 (Autumn). The solstices are on June 21 (Summer) and December 21 (Winter). Even in the ancient times, the 365 days in a year is recognized and calendars are devised as such. However, recognition of the fraction 0.2424 rendered different ingenious solutions.

Twelve lunar months makes only 354.36 days. Thus, the lunisolar NS is adjusted to the solar cycle by adding one extra month every 3 years. It gives 364.21 for a year. NS is pegged to the observed Sun’s position against the stars and additional adjustments are rendered by adding or loosing a lunar month once a while.

BS is also pegged to the observed Sun’s position against the stars. Its months have anywhere from 28 to 32 days. Aligning it to the solar year is done by adjusting the number of days of the months. It does not use rule-based leap year. One of the ancient Hindu treaties on the astronomy describing the computation is the ‘Surya Siddhanta.’

Currently the solar Gregorian calendar is the internationally used system. It adjusts to the solar cycle using rule-based leap year. It has 365 days in the common year and 366 days in the leap year. It uniquely improves on the earlier Julian calendar by an imaginative leap year rule. In Julian calendar every 4th year is the leap year. Thus it accounts for 365.25 days. The unaccounted fraction 0.0076 days off sets it over a week in a millennium.

The Gregorian calendar tries to fix it with the new rule: Every year that is exactly divisible by four is a leap year, except for years that are exactly divisible by 100; the centurial years that are exactly divisible by 400 are still leap years. For example, the year 1900 is not a leap year; the year 2000 is a leap year.

Thus, it repeats completely every 146,097 days, which fill 400 years, and which also happens to be 20,871 seven-day weeks. Of these 400 years, 303 (the "common years") have 365 days, and 97 (the leap years) have 366 days. This gives an average year length of exactly 365.2425 days. Thus it is longer by 0.0001 day. In one millennium it off sets only by 0.1 day. Or, it will off set by a day after 10 millenniums.

Pope Gregory XIII instituted the calendar in 1582. The Julian calendar was already off set by almost 10 days then. Thus, the Gregorian calendar takes off about 10 days to adjust it back. However, its acceptance was quite slow. British Empire including America adopted it only in 1752. It is interesting to note that the adoption was quite confusing. The day after September 2, 1752 (Wednesday) became Sept 14, 1752 (Thursday).

The recent news on possible adjustment of Bikram Sambat provokes a few suggestions. Perhaps we can have the spring ………..Continued to Page 19
NASeA’s Health Committee and public relation committee endorsed, and supported to “The 2nd annual Medical Mission Trip to Nepal” organized by International Medicine Club at Philadelphia College of Osteopathic Medicine (PCOM).

This international medicine club has set a goal to give back to the communities domestically and internationally by conducting clinical volunteerism, expansion of patient health education and development of cultural awareness. This club has already conducted their program in few countries including Nepal. The entire cost of program were funded by student themselves by raising fund via GoFundMe.com and other sources.

**List of countries visited**
- Buff Bay, Jamaica - July 6-14, 2013
- Lima, Peru - July 6th-19th
- Belize - November 16-23, 2013
- Nepal - June 10th -24th 2013
- Nepal - June 2014

**Alok Shrestha**, an enthusiastic young medical student at PCOM, GA, took the leadership to introduce Nepal as potential venue for this project during his presidency at Internal Medicine Club. He took his team of 15 member to Nepal in 2013. This club organized a small clinic in small village of **Johr, Nepal** for two weeks. This club was very successful to volunteer and promote public health in a rural community in Johr. This club also got some help from handful of Nepalese doctors and provided basic medical care to this very underserved area of Johr. According to Alok’s Report, this mission trip provided service to 650 patients in 2013.

This year this club has chosen again Nepal as their Medical Mission Trip venue. Total of 17 medical students are participating this summer and getting ready to departure to Nepal.

Kristel Cronin, president of International Medicine Club, and Meenu Sharma, the first year student at PCOM organized fund rising dinner program at Bhojanic Restaurant, Decatur, Georgia. This restaurant also provided 20% of their sale procured by participant for this Medical Mission Dinner Event.

As a supporter of this mission, on Monday May 5, 2014 on behalf of NASeA’s External Relations Committee and Medical Committee Shailendra Bajracharya, NASeA Vice President participated in this dinner event to encourage the medical team who were
about to go to field trip in Nepal. He thanked International Club for choosing Nepal again for their 2nd Medical Trip for this year as well. He also conveyed that NASeA community is very thankful and support this kind of project.

Mr. Bajracharya also entertained member of this team by suggesting them place they can visit while they are in Nepal, and also answered several questions asked by those students who are very curious and excited to know about Nepal.

List of International Medicine Club Members who are going to Nepal

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<th>Name</th>
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<tr>
<td>Trishad John</td>
<td>Brittanie Young</td>
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<td>Alok Shrestha</td>
<td>Samantha Drew</td>
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<td>Bader Kashlan</td>
<td>Nichole Love</td>
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<td>Hanish Chauhan</td>
<td>Ronald Harrison</td>
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<td>Julie Patel</td>
<td>Spencer Grigg</td>
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<td>Jeremy Harmsen</td>
<td>Lee Vasy</td>
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<td>Kristel Cronin</td>
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<td>Theja Lanka</td>
<td>Zebulon Heidt</td>
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equinox as the first day of the year, fix the days in the months, and use Gregorian style leap year rule. Currently BS New Year falls usually on April 14. Move it to the spring equinox (March 20 in 2009). It can be done painlessly by having only 31 days in the month of Baisakh. Move it to the spring equinox (March 20 in 2012 BS), and the month of Chaitra will have 31 days. It makes conversion between BS and Gregorian easy. Also we should keep an eye on the position of the sun relative to the stars. Bikram Sambat can be fine tuned by appropriate correction as per the location of the sun on the leap year, above the standard rule.

Perhaps our Nepal Academy ‘Pragna Pratishan’ should take initiative on it. FYI, here is the converter between BS and Gregorian calendars: http://www.ashesh.com.np/nepalicalendar/
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(2013-2015)

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The Shangri-La Editor

Invitation:

10th ANMA-NASeA joint Convention 2014
August 29-31, 2014
Denver, Colorado

Please click the link below and be the part of the historic ANMA-NASeA joint Convention 2014

http://www.jointconvention.org/registration-2014/event-registration/

Respected Presidents States/Students Leaders and Nepalese Community members in NASeA/ANMA region and Beyond!
Greetings from joint convention 2014!

On behalf of the 10th ANMA-NASeA Joint Convention together with the host organizations Rocky Mountain and Nepali Ghar, I join with Convention Chair/Rocky Mountain President Sharad Acharaya, NASeA’s President Dr. Ram Chandra Baral, ANMA President Gopendra Bhattari, Nepali Ghar President Naryan Shrestha to invite you all to this historical joint Convention 2014.

Distinguished Presidents/individuals, Nepalese and Non-Nepalese Community from NASeA and ANMA Region and beyond will be gathering in this 3-day Convention. Various forums/interaction and workshop such as literately symposium, Quiz, Women, Children & Youth, Sports, Concert, Cultural event and many more activities will be there to engage children, youth and all age groups. Please click the link below and get the glimpse of our various activities of the convention. http://www.jointconvention.org/ and encourage all Nepalese in your respective regions to participate in this historical convention.

With this note I welcome you all to be the part of this historical convention and if you or your organizations are interested to be the part of any coordinating committees or would like to launch any program please be advice to reach the joint convention core committee at corecommittee2014@jointconvention.org

Please help us spread this news and together we will make our ANMA-NASeA joint Convention 2014 a grand success and reinforce our commitment towards building better Nepali community around the world.

Respectfully,
Bimal Nepal

Co-Chair ANMA/NASeA joint Convention
Hosted by RMFN and Nepali Ghar
Denver, Colorado, www.jointconvention.org
Executive VP NASeA, http://naseaonline.org/
Nepal's Pride: Lord Buddha and Mt. Everest

Request to the readers:

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