A Quarterly Publication of Nepalese Association in Southeast America (NASeA)

Volume 2, Issue 2

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**Message from the President**

Nepalese Association in Southeast America (NASeA) is again really excited to bring out the second issue of second year’s publication “Shangri-La” Again, we got lot of positive and encouraging comments on the last issue as well by our audiences. Every piece of literature was highly appreciated. Though it was delayed in publication, many said Shangi-La shall never cease its publication no matter what. Now, we are publishing a new gift for the Nepali Happy New Year 2072 Vikrama Sambata. Thus, NASeA wishes Nepali Happy New Year to all our Nepalese communities.

*Dr. Ram C. Baral*

*President, NASeA*

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**Wish You All a Very Happy and Prosperous Nepali New Year 2072**

Executive Committee

Nepalese Association in Southeast America (NASeA)
Ram Nawami—Celebration of Lord Ram’s Birthday

Ram Nawami is the celebration of the Lord Ram’s birthday, which falls on the ninth day of Shukla Paksha (full moon side) in the Chaitra month according to the Hindu calendar. On this auspicious occasion, all Hindu devotees go to the temple and worship. In many places, Hindu devotees celebrate the occasion for nine days, and the ninth day is the finale of the celebration. In Nepal and northern India, chariot processions occur in various cities; particularly Ayodhya. There, thousands of people take bath in the sacred river Sarayu, which has special significance during this occasion. In South India, there is a marriage celebration with small statue of Ram and Sita in their homes, and at the end of the day the statue is taken to a procession in the street. It is a tradition that Hindu devotees either fast or restrict to a specific diet according to the Vedic system. All temples are decorated for the celebration based on descriptions from Ramayan, which is read during this time.

Lord Ram is regarded as the seventh incarnation of the god Vishnu who came to the earth as a human being to bring peace and justice. Ayodhya was the city where Lord Ram was born as the first son of King Dasharath and Queen Kaushalya. Lord Ram is believed to take birth by his own will on the earth when Adharma rules over Dharma. It is believed that he protects all his devotees by destroying the roots of Adharma. It is believed that the god Vishnu decided to incarnate as Ram to destroy all evils, which was Ravan at that time. During the Navaratri of the month of Chaitra, Rambhajans are recited. The bhajans are full of life stories of Ram at different ages—childhood, youth and adulthood. All of these are very educational to everyone. Lord Ram is also called Maryada Purushottam, which means an ideal, righteous and perfect human being along with the best son, husband and father.

Ayodhya was the symbol of peace and justice at that time. Just to cite an example, it is said that ‘Rama Rajya’, the reign of Ram, is a rare period of peace and prosperity bestowed by him alone. This festival commemorates Ram and his prosperous, righteous reign.

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Choodamani Khanal, Member,
Bimal Nepal, Member
Dr. Shankar Parajuli, Member
Krishna Shreshtha, Member
Dr. Tilak Shreshtha, Member

Disclaimer:
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Dilip R. Panthee Ph.D.
Asheville, North Carolina
Information Technology (IT) Committee

Shailendra Bajracharya
Chair, NASeA IT Committee

IT Committee has been tirelessly working behind the scene with all other committees directly and indirectly. This committee’s role is not limited to providing technical support to other committees. It has been supporting many other areas of NASeA’s goal by coming up with various solutions. The main goal of IT committee is to reach out more and more people every day. IT committee has been dedicated to create infrastructure to organize every aspect of information by creating electronic repository of information circulated via email, verbal communication, archived etc.

Here are few tasks accomplished for last few months

1. Helped Joint Convention IT Chair to setup/prepare http://jointconvention.org/ website to NASeA’s hosting for this year for upcoming Joint Convention 2015 in North Carolina.
2. Added page for “NASeA Inventory” under “NASeA Info” menu to list out NASeA property and its current proctor. http://naseaonline.org/?page_id=2715
3. Added/updated page for “Other Donation” under “Donation” menu to list out people’s name and their contribution for various NASeA’s project. http://naseaonline.org/?page_id=2719
4. Added page to list out all the press releases that were circulated. http://naseaonline.org/?p=2735
5. Added page to list out Task Force Committees under committees http://naseaonline.org/?page_id=2560
6. Added Scrolling Text section for “Announcements/News” for easy access to news/upcoming events.
7. Periodic posting of news, announcements, publications on NASeA website, Twitter, via email
9. Prepared PowerPoint Presentation for 30th APAC GALA Event
10. Created Graphics Design for NASeA Advertisement for 30th APAC GALA Event Magazine
11. Helped to renew NASeA’s annual registration online for this year.

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Women and Children Committee

Sujata Dhungel
Raleigh, North Carolina

After joining NASeA in 2013, I felt a need for a committee to address voice of women and children in the community. On August 2014, we formed Women and Children Committee. On November 23rd, 2014 this committee conducted it’s initial meeting. Each member of the committee provided their valuable opinions and thoughts regarding scope and vision of the committee. It decided to organize one forum as a startup covering both women and children topics. Month of March was considered to be a best time to organize a first event as “Women's Day” falls on the same month.

In NASeA’s history, this is the first time such a committee is formed. So, for us it is like standing on an unoccupied land and think upon where to build a road and where to start. We have to draw it in such a way that future committees can move on easily with our guidelines.

I believe that this forum will help us learn and understand many aspects of life of women and children in the community including issues and concerns they are facing everyday. We can build this as a platform for them to raise their voice and guide and educate them to deal with those situations. Other aspect of the forum would be to share knowledge and accomplishments that women and children in the community has garnered.

We will inform community about the event once the venue is finalized. Currently, we are looking for an event hall to accommodate around 75 people. We are working with Nepal Center of North Carolina (NCNC) to jointly organize the event.

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Nepali Community Center Orlando (NCCO) celebrated its third Annual General Meeting (AGM) along with 16th episode of Triveni Sahitya Sangam (TSS) at Pine Castle Women’s Club, Orlando Florida on 18th January 2015. NCCO Founder President Krishna Bilash Pokharel chaired the AGM meeting.

Among the dignitaries called in Dias were INLS Florida Chapter’s Former President Dr. Bidya Raj Subedi as the chief guest, Chief Election Commissioner/NASeA Executive Vice President Bimal Nepal, United FNA-FANS President Bikash Devkota, NSA @ UCF President Takat Rawal together and NCCO Director/NOA-FL Chapter Adviser Rajendra Shrestha were among the special guest during the event. More than hundreds individuals and family members gathered during this event. Outgoing Vice President Hari Om Pradhan welcomed all the dignitaries and participants to the event and expressed the importance of Nepali Community center in Orlando, the first of its kind in Florida. Please tour the following link to get the glimpse of the entire event:


Two hours long program ran very smoothly with NCCO business hours and Triveni Sahitya Sangam (TSS) literary and cultural event going side by side which provided life to this event. As always TSS Artists performed their outstanding talents. Musical instrument was performed by Dev Rai presented heart Pounding tune of Nepali Folk song on his Flute (Bansuri) which made the evening more magnificent and Chetan Neupane assisted on madal, Crowd were cheering up on solo song performance by John Parajuli, Binu Pathak, Nijananda Malla and group song by Arati Rai, Laxmi Dhakal, Shrijana Dhungana, Ganga maharjan, Sharada Malla, Amita Devkota, Swojan Shrestha, Swojal Shrestha, Kushal Dhakal.

While the audiences were enjoying the singing part of the program, Durga Dhungana, Shivali Shakyia and Chetan Neupane made them all burst out their laugh loud by sharing their funny jokes. Literature, Poetry and Gazal didn’t miss its part too; Nisha Baral, Bikash Devkota, Hari Om Pradhan, Bidhya Raj Subedi, and Srijana Nepal came up with their beautiful poems and Gazal to steal the heart of audiences.

During the NCCO business hours the first immigrant Nepali in Orlando, NCCO Director/NOA-FL Chapter Adviser Rajendra Shrestha recalls his memories of lone-ness and today he is proud to be the part of core team in this mission of building a Nepali Community center in Orlando. NSA @ UCF President Takat Rawal expressed the satisfaction towards the progress and expressed that the young generation will be thankful towards the NCCO and wish the mission to build the Nepali community center will be a success. Representing INLS Florida Chapter Regional VP Nagendra Dhakal expressed satisfaction towards NCCO’s activities and wished the new elected committee will further promote NCCO towards fulfilling its goals.

Representing Nepalese Association in Southeast America (NASeA) Executive Vice President Bimal Nepal wished NCCO a success in building first Nepali Community Center in Florida and expressed NASeA’s full support and cooperation in keeping our identity alive as Nepali here USA. During the same occasion United FNA-FANS President/Director of Bikash Devkota briefly highlighted the importance of the Nepali community center in Florida.
and requests everyone to provide a constructive support and earn the ownership of the community center. President Devkota also thanked NCCO Founding President Krishna Bilash Pokharel for his great contribution towards establishing the 1st Nepali Community Center in Orlando, Florida. Poet Devkota also recited poem during this event.

NCCO Founder/outgoing President Krishna Bilash Pokharel briefly shared the historical accept NCCO from the day it started and all twist and turns his team had to face for the survival of NCCO since its birth. “It was hard to dig seed and grow a plant, but now its turn for another gardener to preserve the plant and make it a tree” - says Mr Pokharel. He further presented the financial report for fiscal year 2013-2015 and put an end to his speech by saying, “During this three year we gave our best for NCCO to bring it to this level and now it’s time to open the bridge to new members, give them the opportunity to experience work inside the organization formally as a team and take the responsibility equally, contributing their time and effort for Nepali over here. We wish them good luck” He further added today with everyone’s help and support NCCO financially stands strong having almost $20,000.00 in bank balance. During this occasion President Pokharel in presence of Chief Guest Dr. Bidya Raj Subedi, United FNA-FANS

President Bikash Devkota in cooperation with NCCO Director Bimal Nepal distributed the letter of appreciation to all founders/outgoing officers of NCCO. During the same occasion President Pokharel recognized Mrs. Anita Thapa 1st place and Mrs. Amita Devkota 2nd place winner of Abikatel Memorial 5K run held in WBP on January 17, 2015.

Highlight of 2nd phase of NCCO AGM:

Chief Election Commissioner Bimal Nepal officially declared the NCCO election 2015-2017 and honored all the elected officers with certificate and delivered the secret oath of office. Commissioner Nepal extended thanks to outgoing President Krishna Bilash Pokharel and the EC team for their trust extended towards him to conduct historical NCCO Election 2015. Furthermore Commissioner Nepal thanked all Nepali community members of Orlando for extending full support in conducting free and fair election. After the oath taking ceremony he congratulated NCCO President elect Dhan Man Thapa Magar and all the officers for their eagerness to serve the organization.

NCCO Executive Committee 2015-2017 Declared Unopposed

President-elect Mr. Dhan Man Thapa Magar
Immediate Past president Krishna Bilash Pokharel
Vice President-elect Mr. Nija Nanda Malla
General Secretary-elect Mr. Chetan Neupane
Information Secretary-elect Mr. John Parajuli
Treasurer-elect Mr. Swatantra K. Shrestha

Executive Members-elect:
Mrs. Arati Rai
Mr. Ramesh Adhikari
Mr. Siwali Shakya
Ms. Asmita Devkota
Mr. Shankar Gautam

President elect of NCCO Dhan Man Thapa Magar delivered acceptance speech and assured everyone that during his tenure he will provide consistency to all the task initiated by outgoing President Krishna B. Pokharel remarks promising to prove that this team will exceed the standard of work carried out by outgoing team and will be focused on raising maximum fund possible to accomplish mission of NCCO ‘To build a community center’. President elect Thapa Magar reinforced his commitment towards Nepali Community in Orlando and shared that his NCCO elected team will support INLS FL Chapter Orlando Regional Pathshala and all Triveni Sahitya Sangam (TSS) activities will continue as a part of NCCO monthly activities.

Chief Guest, Former President INLS FL President Dr. Bidya Raj Subedi addressed the audiences and thanked NCCO outgoing President Krishna Pokharel and his team members for extending the invitation as a chief guest. He appreciated the initiation taken by the founders of NCCO and the Nepali Community in Orlando and all well-wishers of Florida for their commitment to build the 1st Nepali Community center in Orlando, Florida. He acknowledged that the fund raising task initiated by outgoing President Krishna Pokharel and his team members was very impressive during his tenure. Chief Guest Dr. Subedi extending his Congratulations to President elect Dhan Man Thapa Magar and his team members expressed that President Thapa will take NCCO to a different height. Dr. Subedi spellbound the audience with his poem Nepali Community Center Orlando.

NCCO Vice President elect/ Coordinator, Triveni Sahitya Sangam (TSS) Nijananda Malla expressing vote of thanks to all participants and reinforce the commitment that Triveni Sahitya Sangam (TSS) monthly episode will be the key literary event of the NCCO. Information Secretary elect John Parajuli was the master of ceremony.
On behalf of External Relations Committee and Entrepreneurship Committee of Nepalese Association in Southeast America (NASeA), I proudly announce that Nepali American Certified Public Accountants Association (ANACPA) jointly organizing a bi-monthly professional conference call webinar comprising CPAs, business entrepreneurs, attorneys and engineers etc. Honorary Counselor Rishi Dhakal has graciously accepted our invitation to be the chief speaker during this session and will share his entrepreneur experience and expertise which will definitely benefit all the participants.

The Conference call webinar **Enhance Small Businesses 2015** was held on Saturday, March, 7th 2015 at 6:45 PM EST. The webinar opened the door for interested Nepali community members to seek the entrepreneurial information and take a step forward to start their own business.

More than thirty individuals from various region of US joined this Webinar and had the opportunity to get the first hand information from the expertise, highlights of the business laws by business attorney, Business taxes by the CPA, franchise business by the business entrepreneurs. It would help find a smart way to benefit for the business owners and business oriented people. Below is the highlights of the conference call and this informative session:

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For detailed information please visit [www.anacpa.org](http://www.anacpa.org) visit or [http://www.us.nrnaccountants.org](http://www.us.nrnaccountants.org) Contact CPA Aek Kshatry @ 608-509-8075 and [http://naseaonline.org](http://naseaonline.org) NASeA EVP
Long Live NASeA/ANMA joint partnership!!

Nepalese Association in Southeast America (NASeA) and Association of Nepalese in Midwest America (ANMA) is a step closer in signing the official Memorandum of Understanding (MOU) between the two leading regional organizations of USA, reviewing their decade-long joint convention and reinforcing their commitment to organize the incoming joint convention in best serving and representing Nepali community of NASeA-ANMA region and beyond abiding by their By-Laws. We are excited to welcome this day of MOU signing ceremony between NASeA’s President Dr. Ram Chandra Baral and ANMA President Sushil Sharma which will take place in Greensboro, North Carolina on Saturday, April 18, 2015.

Long Live NASeA/ANMA joint partnership!!

Historical perspective:
2013:
The concept of signing MOU between NASeA and ANMA leadership regarding organizing the yearly joint convention was initiated in 2013. During this time frame, after series of discussion in the executive committee meeting of both organizations during the period of the then NASeA’s President Dr. Sanjeeb Sapkota and ANMA’s President Gopendra Bhattari, a draft was proposed but due to some technical reason it never got materialized. The key players to this proposed MOU were both organizations’ Executive Members/Advisers/Former Presidents and well wishers together with Dr. Sanjeeb Sapkota, Gopendra Bhattari, Dr. Ram Chandra Baral, Dr. Prahlad Pant, Sharda Jung Thapa, Bimal Nepal and many more. NASeA/ANMA is always thankful to all our past leaders for initiating the concept of signing the joint MOU to give consistency to the joint convention.

November, 2014:
ANMA President Sushil Sharma and General Secretary Bharat Kandel have officially proposed to NASeA President Dr. Ram Chandra Baral and officials to have a joint meetings of both NASeA and ANMA officers to evaluate past convention and come up with new guidelines to organize more effective and transparent joint convention during the NASeA’s EC meeting. Keeping the spirit of togetherness and to provide the consistency to NASeA/ANMA a decade long partnership, NASeA’s President Dr. Ram Chandra Baral and the Executive Committee members were very positive to this proposal.

Both NASeA and ANMA officials agreed to have an official dialogue between their organizations to provide consistency to the decade-long ties of celebrating the joint convention together and furthermore, reinforce the commitment of togetherness with more accountability, financial transparency, and introducing more effective programs involving the youths to best address our common agendas always placing the Nepalese American community first as guided by our By-laws.

December 21, 2014:
NASeA holds a special meeting to address the important Agenda “Evaluation of a decade long NASeA/ANMA joint convention and its future road map.” President Dr. Ram Chandra Baral led the EC meeting where almost all of NASeA’s Former Presidents specially Mr. Shaubhagya Lal Shrestha, Dr. Prakash Malla, Mr. Tek Thapa, Mr. Raja Ghale and Dr. Sanjeeb Sapkota were present at the meeting and shared their experience and provided us their advice/guidelines to open the dialogue between our counterpart ANMA officers to give consistency to decade long partnership of joint convention to be more transparent and productive in best serving our common interest in representing Nepali community of our region.

EC meeting also endorsed the draft MOU proposed during the presidency of NASeA’s President Sanjeeb Sapkota and his counterpart ANMA President Gopendra Bhattari in 2013 and officially requested President Dr. Baral and his ANMA counterpart Sushil Sharma to open the discussion on the proposed draft and evaluate and address both organizations’ strength and weakness and to propose the MOU 2015.

January, 2015:
NASeA and ANMA Executive committee form a Special Task Committee to evaluate a decade long NASeA/ANMA joint convention. President Dr. Ram Chandra Baral led NASeA team of officers EVP Bimal Nepal, VP Shailendra Bajracharaya, General Secretary Dr. Tilak Shrestha and Joint Secretary Ambika Lohani and President Sushil Sharma of ANMA led officers from ANMA team of officers EVP Bala Ghimire, VP Kailash Kayastha, General Secretary Bharat Kandel and Joint Secretary Buna Dahal.

During the first meeting of this Special task Committee, a decade long NASeA/ANMA joint convention was thoroughly evaluated by everyone and all team players unanimously passed the need of MOU between the two organization and assigned their organizations General Secretary to work on the NASeA/ANMA proposed MOU draft 2013.

February, 2015:
NASeA General Secretary Dr. Tilak Shrestha and ANMA General Secretary Bharat Kandel with close consultation with the Special
Moving

Jwalanta Panthee
Asheville, North Carolina

I look out my window
And down the street.
The street full of joy,
And memories.

I pack my belongings,
Ready to go.
I trudge towards the teak stairs,
As I say, “No.”

My parents wait,
And smile with glee.
“I don’t want to go!” I cry.
“Please!”

They’re all ready to go,
To start over once more.
A new city! A new house!
My friends, no longer onboard.

It’s time to go.
I get in the car,
We drive someplace
So very far.

As I leave my house,
My memories will drown.
How I feel towards this?
A big thumbs-down!

I guess I’ll move on
And adjust to the change.
Even if it is,
A little bit strange.

I see a mountain
As big as Everest,
And think to myself,
What about the rest?

Zoom! Goes our car!
As it snakes through a zillion turns.
My delicate stomach,
Begins to churn.

We’ve reached now
And settled in,
To the new house and town,
Where memories begin.

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Task Committee members, EC members/Advisers/Former Presidents of both organizations and thorough proposes the NASeA/ANMA joint Convention draft 2015. This draft after series of meeting unanimously finalizes and requests both General Secretary to get officially approval from both NASeA and ANMA Executive Committees

March, 2015:
NASeA and ANMA Executive Committee members officially pass the Joint convention Memorandum of Understanding (MOU) proposed draft during their Executive meetings and assigns both Presidents Dr. Ram Chandra Baral and Sushil Sharma to move forward in confirming the dates for the official MOU signing ceremony. Both organization comes a step close to finalize the MOU between NASeA and ANMA joint convention.

April, 2015:
Red Carpet Welcome to all NASeA/ANMA officers, Former Presidents/Advisers/Life members and well wishers to witness the official MOU ‘Memorandum of Understanding’ between ANMA and NASeA, Signing ceremony between NASeA’s President Dr. Ram Chandra Baral and ANMA President Sushil Sharma. This will take place in Embassy Suites Hotel Greensboro-Airport (NASeA/ANMA Convention Venue) Greensboro, North Carolina on Saturday, April 18, 2015.

This MOU, once sign will be our historical documentation which will indorse a decade long partnership between NASeA/ANMA and furthermore guide us to successfully conduct all the incoming joint convention and reinforce NASeA/ANMA a decade long ties of conducting joint convention to another height.

We are proud that the cooperation between ANMA and NASeA has passed a glorious decade. Of course, we do look forward to serving our Nepalese community in US, in Nepal, and friends of Nepal.

Great to be a part of this historical task team of NASeA/ANMA joint Convention MOU 2015!

Always for NASeA/ANMA partnership!

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मंगलबारको दिन
भयो पाकिस्तानको दुर्दिन
विवाहमा फूल चढाएको त देखेको थियो
यहाँ ते कोपिला फूल नै चिहान गए
मानवताहिन कुरातको पराक्रमा
वर्त, हिसक पालिसिक
तालिबान गद्दा, इदंगहीन
पत्तुने त भोक भेटन हत्या गर्दछ
शक्तिरो सङ्गत वेटन छूटे चलाउछ
यसले गर्दछ सबै वलियो
सबै हदिजर भयो शैतान त्यहा
सैमोय कोपिला फूल बनन्छ एक चिहान
कति समझना लास भए
कति विवाह निर्माण भए
ऑथालाका तासा झरेर गए
मनका उज्याला बिसास भए
सबै चकनार्नु माटोमा मिलायो
सुवास छहरे धर्म मनमाउथे थियो
उज्यलो परेर अकाश धिमाउथे होला
आमाका आसुका भेल बनायो
बाबाका सप्ताहा उठेल लाग्यो
सखाक सबैस विवास लास बनायो

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गर्दनी किन कार्य सागर मन्त्री के नेपाल यो खेलले
तसिन्नुन निज भाव मालिक कला पाखण्डको भेषल्ले
भर्दनी किन सागर उन्नति हुने सदास्वाता सुन्दर
मेराकी जन देखारसकर बन्न्छ मेरा होस्, मन्दिर|
मेरो मन्दिर यो म गर्नु हसोसको संभाषामती रस्त्र चोखो भाव म गर्नु अस्पष्ट सदा पत्तिन्नुमु म तक्षण
यसले भाव भरी समस्त जन हो आओ चलाओ हलो
होखने कार्य गर्नु प्रसन्न मनले डोंटा र भाटा बलो|
आउ फल्नु जुरा उसिन्न सुगन्न समेत हाम्रो प्रसन्न फल्नु
गर्नु अनि उच्च जनाले अव्ययको सामान
मेरो देश म फल्नु गर्नु सर्व घुं देखाउँ चाहिए कामाका
मेरो शक्ति समुदायको बनिए र सन्नताका साथाम
बााँकेलाला जब आभूषणम प्याई आफ्नो गराम पुगी
फल्नुमु अनि उच्च सुदर काला आफ्नो धरामाका भगी
हाम्रा सुगन्न बदली चलन्छ इहाँ दुरुस्तहाँ
बाँकेलाला अनि व्यवस्था गुलिजु गरी निम्नावको बाँसुरी|

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Please join me in saluting the Bicol Clinic Foundation (BCF) who has been providing medical care to impoverished areas on a small scale (one village at a time), forming a long-lasting, personal relationship with both the patients and the local authorities. They don’t save lives, they aspire to change them.

The BCF Foundation provides excellent care to all their patients, while at the same time offers a hands-on experience and training often unattainable in the U.S. for our volunteers. With the help of generous contribution from donors, they are able to fund teams of medical students, doctors and nurses to participate in clinic rotations in the Philippines, Nepal and Haiti. The BCF Foundation needs our assistance and donations to keep these extraordinary efforts alive. The clinic is run entirely by the goodwill of its supporters.

To keep BCF mission running, on March 8, 2015, the foundation organized a Annual fundraising luncheon at Royal Fiesta, restaurant in Deerfield Beach, FL. For the first time Nepali community leaders were also officially invited. During this event, the United FNA-FANS President Bikash Devkota led Nepali community along with Bimal Nepal, Krishna Shrestha, Dhan Thapa, Krishna B. Pokhrel, Hari Om Pradhan, Ram Thapa, Dev Rai, Chetan Neupane and Binita Devkota. During this occasion, Binita Devkota performed a Nepali folk dance Yo Nepali Shir Uchali… and Devi Rai spellbound the audience while playing flute in the same song.

During this luncheon United FNA-FANS President Bikash Devkota generously donated $303 collected from United FNA-FANS, INLS Florida-Chapter and NCCO, Florida as a token of support to the President/Co-Founder of BCF Dr. Mitchell Schuster. On behalf of Nepalese in Florida and President Devkota, I took this moment to salute BCF for their outstanding task in extending helping hands to our beloved motherland Nepal. On behalf of BCF, Dr. Schuster thanked our community in participating and contributing to their mission and expressed that this relationship will flourish. There were more than sixty invites and among them there were good hearted donors who generously donated to keep the BCF mission rolling. This event was well coordinated and cultural presentation from Pilipino and Haiti and Nepal touched everyone’s heart. Please click the link captured by photo journalist Dhan Thapa to get the glimpse of the event. http://dhanphotos.com/phpAlbum/index.php/THE-BICOL-CLINIC-FOUNDATION

BCF Foundation helping hands to learn and contribute please visit http://bicolclinic.org/index.php


Every summer, we gather a team of U.S. medical students, physicians, surgeons, nurses and Nepalese doctors to provide a month long free clinic. On average, we treat around 2,000 patients each trip, the majority being women and children.


Throughout the year, we coordinate small medical groups in Haiti that provide free medical attention in the country’s “tent
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Volume 2, Issue 2, April 2015
Nepalese Association in Southeast America (NASeA)

Dr. Gobind K. Chhetri
Professor of Political Science
Tennessee State University

Dr. Bijaya Rasaily, Chairperson
SHANGRI-LA

The image contains text in Nepal's national language, Nepali. Without understanding the language, it is challenging to provide a meaningful translation or interpretation of the content. However, the text appears to be academic or scholarly in nature, possibly discussing political, social, or historical topics. The page number indicates it is from a publication, possibly a journal or a book, related to the Nepalese Association in Southeast America (NASeA). The content might include references to political figures, historical events, or academic theories relevant to Nepalese studies.

The page seems to be structured with paragraphs, headers, and possibly a section title or chapter name, typical of academic writing. The text is written in a formal tone, consistent with scholarly research or academic discourse.

Each October, we send a small team of U.S. medical students, physicians, surgeons, and nurses to work with our Nepalese colleagues to provide free medical attention at various clinics, hospitals and orphanages.

President, Co-Founder of BCF and Director of Medicine Dr. Mitchell Schuster initially travelled to Nepal in 2002 with group called Helping Hands. Since then, he has forged a strong relationship with his Nepali colleagues, resulting in annual free medical clinics in Nepal as well as recruitment of Nepali doctors for their clinics in the Philippines.

Although one of the most beautiful nations, Nepal is also one of the world’s poorest. BCF has established itself as a clinic offering first-world care to those who need it most. Our patients walk for miles up mountain paths to reach their clinic. In addition to providing free medical care in Bandipur and other areas of Nepal, they have built a special relationship with Nepali orphanage. They hope to raise more funds in the future specifically for the orphanage. Our goals are to give these children a chance of education, improved living conditions and good health.

Here please allow me to acknowledge our special gratitude to Dr. Khadga Limbu, Dr. Mitchell Schuster, Ms. Norma Rossner, Ms. Jessica Schuster who introduced Nepali community to BCF and we will support this mission.

Finally, I request you all to spread the news and let us bring more donors Nepali and Non Nepali donors to support BCF mission. We all were proud to attend this event and together this is a perfect way to go above and beyond helping the organizations who are extending helping hands to Nepal.
नेपाली राष्ट्रिय गैत्य तथा भ्रुरको धुन प्रस्तुत गरिएको थियो। डा. धेरेन्द्र पादेल, तुलसी आचार्य, सुनिता क्रेड, चोलन न्यौतामो, निशा बसाल र सूपदर सिखे नव निर्देशित च्याप्टर अध्यक्ष श्रीमानी श्रीमान श्याम प्राणसारी निर्देशित अध्यक्ष चूरामणिखानाले अनेसास पोलिस्को स्वरूपी सर्वस्तिक जीवन मध्ये हस्तांतरण गर्दै वहाँले कार्यमानीलाई सफलताको कामना गर्नु भएको थियो।

उसै कार्यक्षेत्रमा, मोरार, नेपालबाट पालनु भएका स्वरूपी समाजसेवी श्री हिउतासंग्रह खानालले भ्रुको प्रमुख आतिथ्यमा सम्मान दिइँदै वरिष्ठ धार्मिक सम्पन्न रहेको भएको थियो। उक्ति अध्यक्षको प्रमुख अनेसास फ्लोरिडा च्याप्टिको स्वरूपी सर्वस्तिक जीवन मध्ये हस्तांतरण गर्दै वहाँले कार्यमानीलाई सफलताको कामना गर्नु भएको थियो।
The companies that produce and distribute Ayurvedic drugs tend to put lead on several of them as essential component. And Lead is poisonous substance that has serious harmful effect on body and is fatal in higher doses.

Lead has been known as a poisonous metal for over a century. It is a malleable metal that can easily be crushed into fine powder. Several formulations of ayurvedic drugs have been found to have contain lead. There are two broad categories of ayurvedic drugs. One is based on herbs and the other metal and minerals. The latter is known as Rasa Shastra in which metals and minerals (known as bhasmas) are added to herbs. These metals include lead, gold and silver among other.

The manufacturers of Ayurvedic drug mistakenly believe that the heavy metal such as lead has beneficial effect on human body. In fact there is no organ or system in the body that is not harmed by the exposure of lead. Notably, it damage growing brain, nerves, kidney, lungs and reproductive system. A pregnant woman exposed with lead has adverse effect on the development of various organ systems of baby and it increases the risk of premature birth and miscarriages.

Few years back the public health agency in New York reported six cases of pregnant women with high level lead in their blood. All six of them were from South Asia and all were taking Ayurvedic drugs for purposes like help their skin, pregnancy or the growing child inside them.

The New York public health agency made an investigation and found different ayurvedic drugs containing lead. Some names of these lead-laden ayurvedic drugs are Swarna Yuki, Garbha Dharak Yog Jambrulin , Kankayan Bati (Gulma), Lakshnivilash Ras (Nardyla), Laxman Louha , Garbhapal Ras, Maha Sudarshan, Mahashakti Rasayan, Mahayogaraj Guggulu (enriched with silver), Pregnitia, Sorin, Pigmento, Vasant Kasumur Ras (with Gold and pearl), Vatvidhwansan Ras. The manufacturers of these product include Baidyamath, Vyas and Dabur and among others.

Lead is measured by analyzing its content in blood. No amount of lead in human blood is safe. It damages the growing brain of children and a long exposure could make them mentally retarded.

Blood lead level unto 10 microgram per decileter slows children mental growth, reduces their IQ, diminishes their hearing abilities; from 10 to 20 microgram per deciliter causes decrease velocity of nerve condution and affects vitamin D production, from 21 to 50 causes decreased blood cell production, decreased hemoglobin synthesis, from 50 and up it causes severe severe abdominal pain, damage of kidney, and damage of brain tissue; and level above 100 could potentially kill a person.

People with renders child have defect on his cognitive, mental and behavioral activities, an amount of 20-40 ug/dL causes decreased nerve toxicity, decreased hemoglobin production, an amount of 40 and above cause severe abdominal pain etc and an amount of 50-100 cause damage of kidney,. BLL amount of 100 and over could potentially cause death.

Children and adults with blood lead level of 40 or more microgram per deciliter is a medical emergency and they should immediately receive therapy to flush lead out of body.

Though not all Ayurvedic products has lead on them, many do. The above cases of lead poisoning with ayurvedic products in pregnant woman is only the tip of the iceberg. There are millions who use ayurvedic products.

Lead damages the growing brain of children, and long-term exposure to it could leave them retarded. A higher dose of lead exposure is fatal. But for those industries that manufacture paints, cosmetics,
candies or that process gasoline, lead is too good a component of their final product to discard.

Lead provides a shiny finish when mixed with paint, and the paint industry does not want to discard it easily, no matter how poisonous it is. Similarly, for producers of cosmetics—lipstick and mascara (kajal) in particular—lead provides an attractive look to their products. In the case of petroleum, lead provides a high-octane performance.

Lead in Ayurvedic products, the manufacturers believe, provide the enrichment of the drug. Sadly, it is like adding poison to these ayurvedic products.

The most abundant source of lead exposure to children is via paints that has lead on them. Lead in indoor paints has been banned in most of the countries. It Australia and several western Europe, it was banned in early part of 20th century. In the United States it was banned not until 1978. Children living in houses built prior to 1978 are potentially exposed to lead. There are hundreds of thousands of children in the US who live in the houses built of 1978, and they are potentially exposed to lead.

Dr. Mary Jean Brown, the chief of CDC’s lead poisoning prevention branch, has said in one article that consuming home remedies and home medicine that contains lead is more dangerous than other source of lead such as paints.

The government should set up an investigation team to analyze all the Ayurvedic medicine in circulation and examine the lead content on them. Next, it should warn the public about which products are lead-laden and which are not.

A strong public health announcement by local, regional and central health department about the products that contain lead warn them about their adverse effect.

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**continued from page 13 (अनेसास)**——

विश्वम, व्यापारीय सर्वसांस्थित अध्यक्ष सुन्दर जोशी, व्यापारको पूर्व अध्यक्ष डा. विध्यारथ सुङ्केर, बोर्ड अफ ड्युटीटेक्स अध्यक्ष डा. शाम कार्नी, एसोसिएशन अफ नेपाली नेपाल इन अमेरिकाको अध्यक्ष डा. जय प्रकाश साहले प्रेषित गद्दू भयानक रहेको र पानखेल भयानक भएको दियो। भण्डारु अतिथि श्री डल्लार्ज खंगालाई विमलन देखि भगवानको अवसरमा आफूले गरेको अनुभवको संस्कारमा गर्दै विदेशमा रहेको प्रवासी नेपालीले नेपाली भाषा, साहित्य, संस्कृति तथा कलाको माध्यममा गन्तव्य गर्नुको सहित तथा सम्बन्धविविधतागत धेरै योजना गरेको चर्चा गर्नु भयो।

सोहिल असर्गर्म विवेक प्रत्येक शाही संगठनको १६औं शुभेच्छा कार्यक्रमको पत्रिका आयोजना गरिएको छ। कार्यक्रममा निजानन्द मन्त्र, ज्योतमणि खण्डल, आरति रहेको तथा समुदाय गैतर प्रस्तुतिगत गद्दू भयानक रहेको र भण्डारु भयानक भएको दियो। भण्डारु आयोजनामा प्रवासी नेपालीले नेपाली भाषा, साहित्य, संस्कृति तथा कलाको माध्यममा गन्तव्य गर्नुको सहित तथा सम्बन्धविविधतागत धेरै योजना गरेको छ।

अनेसास फ्लोरिडा च्यापर्टरले यस क्षेत्रमा नेपाली भाषा साहित्यको जर्नल गर्दै स्केलवर्क विश्वविद्यालयका रहेको आफ्नो गर्नुको गरिएको छ। सहभाभिकहरूले गर्नुको, मनोक, भाषा, साहित्य भर्टिको भएका माध्यममा उपस्थितहरूलाई मोरवाचन द्वारा गरिएको छ।

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आरति रहेको तथा समुदाय मूल्य प्रस्तुति गद्दू भयानक रहेको भण्डारु आयोजनामा प्रवासी नेपालीले नेपाली भाषा, साहित्य, संस्कृति तथा कलाको माध्यममा गन्तव्य गर्नुको सहित तथा सम्बन्धविविधतागत धेरै योजना गरिएको छ।

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A. Maoists: The reason behind the failure of the 1st CA, possible failure of the 2nd CA, and the current show of strength by Maoists is their wrong interpretation of the ‘12 point agreements.’ Maoists are saying that they are not bound by democratic norms, because their share of power comes from arms, not from ballots. Maoists interpret the agreement as the compromise ‘between’ democracy and communism, not ‘within’ democracy.

Maoists make it clear that their insurgency in 1996 is against democracy to impose communism. Since they could not militarily win out right, they were forced to compromise with democratic forces. The interim parliament had 20% unelected Maoists, along with 80% democratically elected parliamentarians. Thus, they claim the Nepalese political structure should reflect similar proportion between communism and democracy. And they are entitled to ‘20%’ share in the governance and the new constitution beyond democratic norm.

They further maintain that their participation in the 2013 election is only tactical, and would not abide by it if it does not benefit them. They still demand their share (20%) as per the ‘12 points agreement.’

To impress their extra-democratic demand they are willing to destroy our nation by aligning with divisive forces and malign foreign forces; and use terror, at least its threat.

NC, UML and other democratic forces must form a battle line to defend democracy and impress upon Maoists in no uncertain terms:

The ‘12 points agreement’ is about giving them safe landing from being a ‘terror organization’ to a ‘peaceful’ political party within democracy.

Today, only relevant people’s mandate comes from the 2013 election.

The mandate is for peace, nationalism, prosperity, democracy and pride in our heritage. It also defines the ‘Progressive direction.’

The mandate is also against ‘Regressive direction’, i.e. communism, divisive forces, ethnic frictions, and foreign ideological aggressions.

We have in place peaceful and democratic means for any political and social changes.

We will not tolerate terror, extortion, chanda atanka, Nepal banda, Chakka jam etc.

Any decision without the process does not have the mandate. Mere agreements between political parties, especially with undemocratic and unelected, do not constitute people’s mandate. There must be clear people’s input.

Any political decision without mandate is imposed, unconstitutional and treason. There is no mandate for ‘Republicanism, Secularism and Federalism.’ These issues were neither brought by people, nor politicians discussed in the public. They are foreign imposed issues.

1. गणजनन, धर्म निरपेक्षता र संघीयता जनआन्दोलनका एजेन्डा चिएनन्


2. Kamal Thapa at Constitution Assembly 2071-10-3 \ Jan. 25, 2015  www.youtube.com/watch?v=U1e6Bz-hMfY

3. मर्यादा नाघेि िाजदूिको प्रेन्सरटिफ्सम्स - िुिन्तक पिलिएल


In this critical junction in history, politicians, who swear by democracy but do not honor people’s wish, will live in infamy.

4. आत्मनिर्भरिताल का आत्मनिर्भरि? शशि प्रकाश


C. Referendum: It is democracy, let people decide. There must be peaceful discussions for public awareness and referendum for mandate on these core national issues. If not, they remain imposed, unconstitutional and unacceptable.

1. Democracy or Communism
2. Hindu rastra or Secular state
3. Parliamentary system or Mixed
4. United Nepal or Ethnic federal states

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When it comes to securing the future of your family, it is important to anticipate. Even if things are comfortable right now, you should realize the possibility of unforeseen events such as an economic downturn or untimely death. Purchasing whole life insurance can be an effective way to adequately secure you and your family’s financial future and any life changes that may occur.

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Invest in your future
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Any kind of financial strategy these days seems fraught with uncertainty, so it’s important to consider what vehicles work best for your own circumstances. Life insurance can help you ensure that your family’s financial future is protected while also providing an alternate source of funds for everyday needs or unforeseen events.

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Houston, TX

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The Shangri-La Editor

Nepalese Association in Southeast America (NASeA) was established in 1991. Its mission is to promote Nepalese culture and values in the USA, to advocate for human rights, freedom and peace and to serve fellow human beings throughout the world.

11th Annual NASeA/ANMA Joint Convention is being held in High Point, North Carolina from September 4 - 6, 2015.

We look forward to your support in making this convention a huge success!

-NASeA/ANMA Joint Convention Committee 2015

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Request to the readers:

Please give us your feedback to improve the quality of this quarterly publication as far as possible. We are sorry for being late this time for publication of this issue because of technical reasons. Please help us by sending your articles regularly at drpanthee@yahoo.com.