



Glowing Moon,
Luminous Night

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Experiencing Japan's Tradition And Innovation Up-close



Manjima Dhakal

I recently had an opportunity to visit Japan for a week through the JENESYS programme hosted by the Japan International Cooperation Centre (JICE). Before embarking on my journey, my curiosity about this advanced Asian nation was high. Japan, known for maintaining its development despite facing frequent disasters like earthquakes and tsunamis, heightened my interest. Additionally, I was keen to understand the growing appeal of Japan as an educational destination for Nepali students. With these curiosities and a sense of excitement, I commenced my trip to Japan, a nation celebrated for its unique blend of tradition and innovation, in mid-December.

Toilet marvel

My memorable experience in Japan started with a surprising encounter with their high-tech toilet. The country's commitment to innovative technology and dedication to cleanliness left a lasting impression on me. Upon arriving at Narita International Airport in Tokyo, I took a moment to freshen up in the restroom. The high-tech Japanese toilets there provided me with a delightful experience. Features such as heated seats, automatic water spray, warm water availability, and a built-in dryer showcased a high level of innovation. Beyond the technological advancement, the most noteworthy aspect of my experience was the cleanliness of public toilets in Japan. This standard of hygiene was not confined to airports but was consistently maintained across diverse settings, including hotels, restaurants, homestays, shopping malls, and railway stations. The fancy toilets I found everywhere in Japan showed how much they wanted everyone to have access to this cool technology. While using these technologically advanced toilets, a desire was sparked within me for the adoption of such innovative restroom technology in own country. Considering that the country is currently transitioning from open defecation to closed toilets, I couldn't help thinking about the feasibility of implementing such advanced technology. The wish for these advancements was made without recalling the current state of the country's sanitation infrastructure.

Punctual and disciplined

I noticed that Japanese were always on time and well-disciplined, leaving a strong impression on me. I met Japanese officials, who were punctual and organised. Throughout my visit, the disciplined behaviour of the citizens continued to influence my experience positively. The punctuality and orderliness I observed became defining aspects of my time in Japan. The organised waiting stations outside the airport and the subsequent comprehensive briefing about the programme underscored the Japanese commitment to punctuality and clarity. Clear instructions regarding the rules of our stay further strengthened the notion that punctuality and discipline are integral cultural values. From the beginning of activities to the ongoing proceedings, the officials ensured that each participant was well-informed and aware of the significance of being on time. The entire programme was started only in the presence of all participants, and there was an expectation for everyone to follow the schedule. The evidence of commitment to punctuality was the timely departure and arrival of trains and buses or an on-time programme.

One striking example of Japanese discipline is the strict adherence to seat belt usage. Japanese citizens not only wear seat belts themselves but also remind others to buckle up promptly. People throw their trash in the right bins and avoid littering, showing their dedication to a clean and orderly environment. This careful approach to garbage disposal highlights Japan's commitment to keeping its surroundings pristine. It's a testament to their strong emphasis on cleanliness and orderliness. Japan, despite having an ageing population,



impressed me with the industriousness of its people. During our homestay, we witnessed the dedication of an elderly Japanese couple who not only managed their accommodation but efficiently handled logistics for a group, maintaining flawless hygiene standards. This exemplifies Japan's commitment to punctuality, discipline, and a robust work ethic, traits that persist even in the elderly population.

Technological advancements

Japan is a nation frequently grappling with natural disasters such as earthquakes, tsunamis, and typhoons. The nation's proactive approach to disaster management, which involves advanced technology, early warning systems, and community education, has been minimising the human and economic toll of calamities. In Tokyo, the capital city, towering skyscrapers reaching up to the 50th floor showcased Japan's impressive engineering and commitment to earthquake resilience. Meanwhile, in the village of Nagano, traditional wooden houses also demonstrated strong resilience. Coming from a country that has experienced substantial human and material losses due to inadequate structural systems, I was impressed by Japan's technological advancements in creating structures that effectively withstand earthquakes.

The iconic Shinkansen, or bullet train, exemplifies Japan's technological prowess. With speeds reaching over 200 miles per hour, these trains are not just a mode of transportation but a symbol of efficiency and precision, even in mountainous areas. From the revolutionary Shinkansen and earthquake-resistant buildings to cutting-edge technological developments, Japan stands at the forefront of progress. The integration of technology is easily adjusted into daily life, as seen in the advanced toilet systems.

Preservation of culture

Japan takes pride in preserving its rich cultural heritage. Government initiatives play a crucial role in this regard. The participants were taken to a Nagano village for homestay. During my stay with a family in Japan, I loved how they followed their unique traditions. They were really kind and welcoming. The mix of their culture and their warm hospitality made my stay memorable. One distinctive aspect was the traditional Japanese sleeping arrangement, where a bed (futon) was offered on the floor.

One of the culinary highlights during my time in Japan was the variety of Japanese cuisine presented artistically. From traditional sushi to sashimi, each dish was crafted with precision and creativity. The use of fresh, high-quality ingredients was apparent. It was evident that the art of food presentation is deeply ingrained in Japanese food culture. The immersion into Japanese culture continued with engaging lessons on origami, a traditional art form of paper folding. During my time in Japan, they offered kimono, a traditional Japanese garment that carries profound cultural significance and is often worn on special occasions or celebrations. A unique cultural experience was



the visit to a public bath, an integral part of Japanese daily life. The emphasis on communal bathing not only highlighted hygiene practices but also underlined the importance of shared spaces in fostering community bonds. The unique aspect was the absence of garments and bathing naked, a practice rooted in tradition during communal baths. Similarly, exploration of local museums further enriched my understanding of Japan's history. The vivid illustrations and artefacts provided insights into the nation's past, offering a glimpse into the cultural evolution and milestones that have shaped contemporary Japan.

Beyond cultural exploration, the host family's efforts to teach their language added a personal touch to the homestay experience. These efforts not only safeguard Japan's cultural identity but also provide an immersive experience for both locals and visitors. For these, the contribution of the Japanese government is very high.

Language barrier

Visiting Japan can be tricky, as not many people speak English, even in public places like malls. The language barrier can make it hard to ask even simple questions. Our group had a tough time and wasted about two hours because we couldn't use Google Maps on the street as we could not connect to the internet. We think Japan should find a way to make it easier for visitors, so they don't face these problems. Even though there's a language barrier and some difficulties, exploring a new culture feels like an exciting adventure. We hope Japan can make things better for international visitors by coming up with appropriate solutions. Despite the challenges, we still enjoyed discovering and learning about the new culture.

Nepali diaspora

The presence of Nepali people in Japan is particularly noticeable, with many actively involved in the restaurant business. Despite having a personal interest in connecting with them, their work schedule often hindered the opportunity for direct interactions with them. It is found that most restaurants, particularly those labelled as serving Indian foods, are operated by the Nepali community. I

came across restaurants called Tara Kitchen, Asian Dining Lumbini, Indian Restaurant Tulasi during my visit.

Bhawan Bhatta, former president of NRNA (Non-Resident Nepali Association), said approximately 3,700 restaurants in Japan are operated by Nepalese. This development is seen as a source of economic prosperity for Nepalese living in Japan. Most of the restaurant workers are also Nepalese students. The business helps Nepalese in their economic growth.

Shraban Satyal, Tara Kitchen operator in Tokyo, said Nepalese are able to establish own business only after a long struggle there. He further said that Nepalese on student visas are find it challenging in Japan due to financial pressures from their families. Satyal advised parents not to have immediate expectations from their children studying in Japan. He pointed out that those who are willing to work hard and put in effort can still make progress in Japan.

I also met a Nepali in Tokyo who transitioned from a student visa to a work visa. Despite the higher income ratio in Japan compared to Nepal, she shared that the journey came with huge sacrifices. Currently employed at a Japanese hotel where accommodation is provided on the premises, she mentioned the challenges of being unable to access Nepali food for months, adjusting to Japanese cuisine for a long time as one of the toughest aspects of her experience. This sheds light on the complexities individuals face when pursuing opportunities abroad, underscoring the importance of adaptability in such situations.

Despite all challenges, the growing attraction of Japan to Nepali students is because it combines educational aspirations with the promise of prosperous career paths. Based on my observations, attractive job opportunities and growth in Japan have enticed Nepali students.

Japan-Nepal connectivity

Japan's expertise in various sectors can benefit less developed countries, addressing challenges and improving infrastructure. Nepal, with its mountainous terrain, could learn from Japan's bullet train system to enhance transportation. High-speed rail networks could efficiently connect cities and reduce travel times. Japan's success in waste management, particularly recycling and waste-to-energy initiatives, can be shared with SAARC countries like Nepal, where effective waste management ideas are sought.

Japan has been introducing many projects since the 2015 earthquakes in Nepal, which is appreciable. Even now, there can be collaboration in designing and implementing earthquake-resilient structures in Nepal. This can enhance preparedness and minimise the impact of disasters. Likewise, Japan can initiate educational programmes and workshops to share its technological knowledge and expertise with professionals and experts in the concerned area. As Japan has made advancements even in hydropower technology, it can collaborate with Nepal to develop efficient and sustainable hydroelectric projects. Establishing collaborative research projects between Japanese and SAARC institutions can facilitate the development of innovative solutions tailored to the specific needs of the region. Japan has been contributing to Nepal; it can be a better way if both sides contribute to this.

The journey to Japan exposed me to an interesting blend of tradition and modernity. Factors such as cleanliness, innovation, and punctuality, which are embodied in Japanese culture, left a deep impression on my mind. The progressive toilet technology, which symbolised the Japanese innovation pursuit, inspired a wish to emulate such innovations in my homeland. Collaboration and shared knowledge between Nepal and Japan can ensure further development as Japan continues to provide support for Nepal. This experience highlighted the importance of multicultural studies, showing how they can bring about positive changes.

It demonstrated how one nation's blend of tradition and technology can influence processes, fostering better relations between people from different countries. Overall, it underscored the diverse ways multicultural studies can contribute to global understanding and collaboration.

(The author is a journalist at The Rising Nepal.)



Glowing Moon, Luminous Night



Dr. Rishi Shah

The nippy night skies of this month would pleasantly please planet-lovers with sights of planets Jupiter and Saturn, along with Uranus and Neptune. Tiny terrestrial planets such as Mercury and Venus could be admirably applauded, but not in confounding constellations with strange stars. Planets Mercury and Mars will stay mostly unseen this month. Mercury would be moving through the constellations Sagittarius (archer), Capricornus (sea goat), and Aquarius (water bearer) during the day. Mars would be marching mainly across Capricornus. They would hover low at dawn in the eastern sky. Planet Venus would be visible shortly in the southeastern sky before sunrise.

It would be venturing valiantly across the northern sector of the constellation Sagittarius. On February 22, planets Venus and Mars would make a close approach (conjunction) to one another. Adulating this enigmatic event in Capricornus would be challenging for us during the daytime. A waxing gibbous moon would be 98 per cent luminous at night. The mighty giant planet Jupiter, with its mesmerising Jovian moons, could be adorned as a lucent spot in the southwestern sky at dusk in the southern section of the barren-alike expanse of the compact constellation Aries (ram). It would be hastening towards the horizon later at night. The ringed planet Saturn could be glimpsed succinctly above the western horizon after sundown during the month's beginning. It would be skylarking with the scintillating stars of the constellation Aquarius. It would be lost gradually in the sun's glare by the end of the month.

Dim stars like Sadalmelek, Sadalsuud, Sadachbia, Ancha, Skat, and Albali would be glistening in its neighborhood. The yellow supergiant stars Sadalsuud and Sadalmelik would be sprinting through space perpendicular to the plane of our galaxy, the Milky Way. Sadalsuud would be almost 56 million years old and roughly 540 light-years away. Sadalmelik would be solely 6.5 times as massive as the Sun and merely 520 light-years away.



» NIGHT SKY IN FEBRUARY 2024

The main sequence star Sadachbia would be substantially 2.5 times the Sun's mass and double the solar radius. It would be perhaps 164 light-years away. Ancha's mass would be virtually three times that of the Sun, and its radius is practically twelve times that of the Sun. Skat would manifest the double of the solar mass. Ancha would be decently 187 light-years away, but Skat is appreciably 113 light-years away. The white-hued star Albali would be nominally 208 light-years away. Peculiar planetary helix nebula NGC 7293 could be astounded with amazement in Aquarius. It was identified by German astronomer Karl Ludwig Harding in probably 1824.

It would be 655 light-years away from us. The greenish planet Uranus would be noticeable in the southwestern sky after sunset. It would be sinking towards the horizon by midnight. It could be discerned to the east of Jupiter in the constellation Aries. The far-flung blue planet Neptune would be perceivable after nightfall in the western sky. It would be sliding towards the horizon until the wee hours of the night. It would be cavorting beneath the stars of the charismatic circlet asterism of the V-shaped constellation Pisces (fish).

The current February would entail 29 days, as 2024 would be defined as a leap year. The new moon would befall on February 9, while the full moon would enthral moon-enthusiasts on February 24. The full moon would be called a snow moon because the heaviest snow would fall during this time of the year.

Since hunting would be difficult during the harsh weather, this moon would also be known as the hunger moon. Venerated Sri Saraswati Puja would be celebrated respectfully on February 14 on Valentine's Day.

Our blue planet Earth would require

approximately 365.25 days to orbit the Sun once to complete one solar year, which would be conventionally rounded up to 365 days in one calendar year.

A day would be the amount of time it would take the earth to concoct one rotation on its axis. If leap years were not interspersed, all those missing hours would add up to days, weeks, and even months. Consequently, in a few hundred years, a warm summer month, for example, July, would actually occur in the cold winter months. To make up for the leftover piece of partial day, one day would be added to our calendar circa every four years. Furthermore, the calendar year would be comfortably synchronised with the astronomical year and with the seasons. That particular fourth year, in simple terms, would be tagged as the leap year.

Astronomical affairs and seasons do not repeat for a whole number of days. Calendars that have a constant count of days annually would unavoidably drift over time with respect to the seasonal festivals that would have to be culturally observed. By inserting (intercalating) an additional day (leap day), the shift between the dating methodology of civilization and the physical properties of the solar system could be corrected. An astronomical year would linger scantily less than 365 and one-fourth days.

The legendary Julian calendar was introduced by Roman general ruler Julius Caesar in 45 BC and would indicate three common years of 365 days, followed by the leap year of 366 days until today by extending February to 29 days. However, as proposed by Pope Gregory XIII in 1582, the Gregorian calendar, the world's most widely used civil calendar, would advocate further adjustments for the error in the Julian algorithm. The extra leap day would be modified each year to be a multiple of four (except for years evenly divisible by 100 but not queerly by 400).

After a nail-biting twenty-minute descent,

ASTRONOMY

Japanese space agency JAXA's Smart Lander for Investigating the Moon (SLIM) touched down on a designated domain and established communication with the control station on earth by dispatching essential data. Although Japan became historically the fifth nation after the USA, Russia, China, and India to achieve spectacular soft landing feats, its Moon Sniper spacecraft, nicknamed for its precision technology, was running out of power due to a serious arcane solar battery problem.

SLIM is one of numerous new lunar missions that have been launched by countries and private firms, fairly fifty years after the first human set foot on the moon. JAXA would analyse data that would determine whether the craft had accomplished the goal of disembarking within one hundred metres of its intended target patch on the rim of the shrouded Shioli crater.

SLIM was aiming for a cryptic crater where the moon's mantle, the usually deep inner layer beneath its crust, was believed to have been exposed on the surface. Two small Lunar Excursion Vehicles (LEV-1 and 2) have been detached from the SLIM mothership. One would be carrying a sophisticated transmitter, and the other, a mini robot hopper, which would be slightly bigger than a tennis ball, has been designed to trundle around the lunar topology for gathering information, snapping images, and beaming them back to earth.

SLIM, as a primarily tech demonstrator, would be performing science experiments, which would be expected to last for one lunar day (barely two earth weeks). SLIM has not been equipped with heaters to protect its electronics against the frigid lunar nights. It could reveal insights on the lunar area's composition, which in turn could shed light on the moon's formation and evolution. SLIM would weigh just 200 kilogrammes without propellant.

Its cost would be less than 120 million US dollars. Crash landings, missives and message failures, and other technical quandaries have been generally rife during space explorations. Now exclusively five space-faring nations have successfully alighted on the moon.

Last month, US firm Astrobotics' Peregrine lunar Lander had been leaking fuel after take-off, thus dooming its operation. Contact with the spaceship was lost over the remote region of the South Pacific after it had burned up in the earth's atmosphere on its return. NASA has now postponed plans for crewed lunar missions under its Artemis program.

Two previous Japanese lunar undertakings, one public and one private, had failed. In 2022, it sent a lunar probe named Omotenashi as part of the US Artemis-1 assignment. In April, Japanese startup Ispace tried in vain to become the first private company to dismount on the moon, losing touch with its craft after what was described as deplorable hard landing. An Israeli nonprofit company's Beresheet robotic explorer sadly crashed into the moon in 2019.

(Dr. Shah is an academician at NAST and patron of NASO.)

Full moon would be called a snow moon because the heaviest snow would fall during this time of the year.



Reflection On Communication Barriers



Pushpa Priya

The term 'communication' carries a wide range of implications in our daily lives. Communication plays a life-sustaining role in fulfilling our purpose of sending and receiving information or a message. Effective communication solves daily life problems with solutions. According to Loise E. Boone, communication barriers are the problems that arise at every stage of the communication process and have the potential to create misunderstanding and confusion.

How to overcome this problem is a significant question that revolves around the minds of people in every field. The requisite of effective communication is felt at every place, from home to school or college to working places. Effective command of this skill helps to get rid of any disputable situation and helps in maintaining an easy and comfortable life. Before stepping into any organisation, the first thing that is evaluated is communication skills. The ability to recognise communication issues and come to a resolution can drastically improve relationship bonds, working relations at the workplace, and organisational culture. There are many reasons why interpersonal communications may fail. There are many barriers to communication, and these may occur at any stage in the communication process.

Different factors causing communication barriers are: physical barriers, psychological barriers, attitudinal barriers, physiological barriers, semantic barriers, and poor communication skills. The barrier that already exists in the environment is a physical barrier. A physical barrier is an externally driven barrier. The factors that come under physical barriers are: noise, time, distance, defects in the medium, and physical barriers to non-verbal communication. For instance, when two people want to communicate



and the receiver is in a hurry and does not have time to listen, it acts as a barrier. This same problem may occur when you geographically separate departments and the functions of an organization. Quick face-to-face communication becomes difficult due to the increased distance.

The telephone may not provide the answer. The line may be busy when the call is placed, or the person being called may be out of the office. Similarly, defects in the medium also act as a barrier to effective communication. For example, if A is communicating with B over a telephone line and there is a disturbance in the telephone, the receiver (B) cannot get the exact or intended message of the sender (A). Moreover, noise, other distractions, and an unpleasant environment also pose an external physical barrier to effective communication.

One of the major communication barriers is psychological. It is internally driven and associated with mental illness. In other words, it relates to the emotions, sentiments, and moods

of the sender and receiver. The psychological state of the sender will determine how the message is sent, received, and perceived. Here, strong emotions like anger, arrogance (ego), over-happiness, fear, anxiety, sadness, nervousness, etc. block the communication process. Being extremely nervous about your personal agenda or certain way of winning arguments can make communication less effective. Such inner-fear emotion is also known as emotional noise, which is one of the major barriers in the communication process.

The same message can be interpreted in different ways when you are sad, angry, excitedly happy, or in a calm state. In a psychological barrier, there is an imbalanced emotional state, distrust, premature evaluation (immediately jumping to conclusions), and a lack of attention. Anger is one example of a psychological barrier to communication. When we are angry, it is easier to say things that we may later regret and also to misinterpret what others are saying.

People with low self-esteem and sadness may be less assertive and therefore not feel comfortable because they consistently go through emotional imbalance inside and out. They feel shy, fear or embarrassed about how they really feel, or read unintended negative sub-texts in messages they hear.

Similarly, stress is also one of the psychological communication barriers. Stress can preoccupy someone with personal problems, hindering their ability to communicate appropriately. Expectations and prejudices lead to false assumptions or stereotyping. People often hear what they expect to hear rather than what is actually said or meant and jump to incorrect conclusions.

Likewise, attitudinal behaviour is also one of the communication barriers that hinders the communication process. Attitudinal barriers are behaviours or perceptions that prevent people from communicating effectively. It may result from personality conflicts, poor management,

Communication barriers are the problems that arise at every stage of the communication process and have the potential to create misunderstanding and confusion.

resistance to change, or a lack of motivation. Most often, personality conflicts occur due to differences in status relationships. The feeling of superiority and inferiority hinders the whole communication process. Lack of a motivational environment also hinders effective communication.

The next barrier to effective communication is a personal barrier. It consists of a prejudgmental attitude, perceptual obstacles, information overload, look distraction, etc. The good and bad looks of a person easily distract some people, causing them to focus on appearance and forget the intended message to be transmitted.

Moreover, semantic barriers related to language and linguistic ability may act as a barrier to effective communication. The receiver may face a barrier to understanding a message if they do not fully grasp the terminology, even when both parties share the same language.

Poor communication skills are hindrances to an effective communication process. Lack of skills in writing and speaking creates defective encoding of the messages. This damages the objective of communication. Poor listening and poor reading are the shortcomings of effective communication.

One should know how to overcome communication barriers. First of all, it is important to know the general or specific purpose of any conversation. Once it is found, it is easy to enter into a conversation. Is it to be social? Make an impression, be polite, etc.

To better communicate, we must try to see ourselves through the eyes of others in the communication link. By developing some empathy with the people to whom we will be directing messages, we might recognise the need to modify our messages from time to time before sending them.

(The author is a lecturer of English at various colleges in Kathmandu.)

Jagadish Nepali’s Micro-Stories



Rameshwar Baral

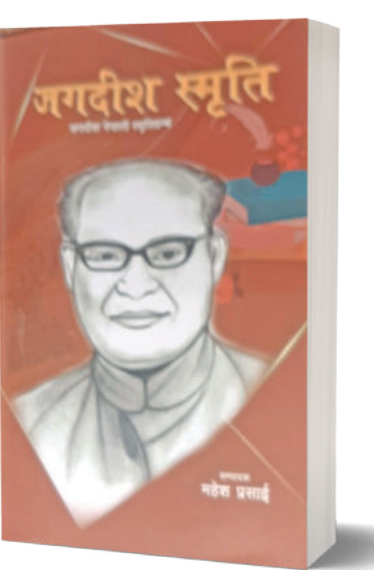
The efforts of Madhupark and individual writers contribute to the evolution of micro-writing in the Nepali landscape.

Sita Sapkota recently published 'Jagadish Smriti,' a compilation featuring 30 micro-short stories by Jagadish Nepali. The editor, Mahesh Prasai, exhibits a clear passion for this literary genre. The volume spans 406 pages, offering insightful perspectives on micro-stories and providing an extensive background on the writer. Contemporary peers of the writer have contributed reviews and illustrations, alongside critics from the post-writer years. The volume is divided into two main sections. The initial, larger section spans 370 pages and includes 63 articles about the writer. These articles shed light on the writer's profile and hint at the future significance of micro-stories. Subsequently, the volume presents the 30 stories that effectively illuminate and archive the writer's literary persona.

Micro-stories are not common in Nepali literature, with only a handful of writers exploring this genre. Interested Nepali readers, instead, tend to engage in the hobby of reading conventional genres such as fiction (both short and long), subjective essays, poetry (epic or short), and plays. 'Jagadish Smriti,' in contrast, successfully carves out micro-stories as a distinctive literary identity. It's no surprise that this genre is gradually gaining academic interest and acknowledgment. Even before the book's publication, university students studying literature were dedicating dissertation papers to these micro-stories, often earning a perfect score of 100. This trend underscores the book's significance for university colleges and Nepalis abroad (NRNs). Consequently, micro-stories are no longer considered a unique and unconventional form. However, the local book market may not experience significant returns, mainly due to a less prevalent buying culture.

Editing and publishing

Mahesh Prasai's meticulous editing signals his extra efforts. He must have made special requests to engage learned writers for the review articles. Getting articles from them potentially must have been his prolonged and tireless waiting, not of months but of years. Sita Sapkota's publishing zeal shows that she is equally dedicated. Both the editor and publisher have close family ties too. They are cousins: Mahesh is the son of the writer's younger sister, Dharani, and Sita is the wife of the writer's younger son. The editor had spent his early days until college with the writer and his family. In that sense, the writer and his family seem to have had a clear literary impact on him. The publisher and editor have one more identity to be unveiled. The writer is the son of Mahanand Sapkota, a renowned linguistic and literary giant in Nepal. The publisher, Sita, was married into this family after her father-in-law's death. Thus, her enthusiasm to bring forth the book demands true recognition. The editor and publisher are remotely connected at present. If Sita stays far away in Texas, the editor's cousin Mahesh is in Kathmandu. Their being away across seven seas seems another reason to bring them much closer. In all, 'Jagadish Smriti' is a homage to their guardian angel



and an archive of literary contributions. Their endeavours are a sign to reawaken the writer's talent. Now the book stands as a historical testament to Nepali literature, particularly in the micro-story genre.

Global trend

Micro-stories are catchy for today's jet-set globetrotters. Time chasers can easily go through these stories in 2-3 minutes. Its specialty is brevity, which leaves a long-lasting impression. A couple of minutes in it speaks enough of a social phenomenon, a life, or an individual of unnoticed sublime value. Micro-stories, as such, are condensed capsules brimming with an underlying message. Workaholics can thus easily spare time for such mini-vitamin foils.

Contents of a story in English read in less than an hour are short novels termed micro- or flash fiction. Wikipedia defines 100-word-long fiction as drabble, microfiction, or twitterature. In this context, it is logical to appreciate that the Sanskrit folk stories of Panchtantra are micro-stories with morals and motivations. Micro-stories in this context are brief readings that take just a couple of minutes. As time in this IT-driven world relentlessly chases, such story clips play an immense role in everyday life. Consequently, life has to skip both time and reading and, unfortunately, information treasure and recreation.

If we consider examples of English and Hindi micro-stories, we find that they are already established genres. Such concise writing shares similarities with the Japanese haiku. Nepali writers were relatively few in this domain for their readers. However, they are now catching up with broader international practices. As a result, Nepali literature is making strides in embracing this condensed form. Madhupark, the Nepali monthly magazine, includes such stories in its roster between its pages. One notable example is the anthology of micro-stories, 'Phool ko Aatank,' by Dhruva Chandra Gautam. The efforts of Madhupark and individual writers contribute to the evolution of micro-writing in the Nepali landscape. In this context, micro-stories by Jagadish Nepali undoubtedly play a pioneering role in establishing the narrative prowess of a storyteller. In a world where time is limited but timeless, he has undeniably earned a prominent place.

The writer

Initially a school teacher, the writer later became known as Jagadish Sir. Educating children was his passion. Once, he invited a woman teacher, Chandra Kala Kiran, to Dharan for a home science program. She later served in the government and retired as a secretary.

He had entrepreneurial zeal, too. Once, he set up a bus transportation company under his leadership, connecting Biratnagar, Kathmandu, and Dharan. Soon, it had come to grand success. Then he proudly exclaimed, 'The company hit like a triple of three aces in the playing card game of flush!' Besides, working for others was another venture. He made frequent trips to Kathmandu and Indian regions to buy Hindi feature movies. In addition to his dignity, he was wonderful at speaking fluent Hindi, Bengali, and English. His high school education was not complete, though.













Beyond those pursuits, Jagadish had remarkable boldness in politics. In the heyday of King Mahendra, he delivered a speech in the yards of Marwari Sewa Samiti, Kathmandu. He had then sharply criticised both the alleged pretended Panchayat philosophy and the king. His challenge was against the rule, then boldly stating, 'Panchayat is not a philosophy and can never be it; it's merely King Mahendra's whim of direct rule.' Whether in his hometown or the capital city, he was an elite figure, personally known by many ministers and VIPs.

With all this, his schedules were hectic in the growing city of Dharan, which was for his growth as well as that of his family and living standards. Upon knowing this, the question is: he had time constraints, hadn't he? Truly amazing! He hasn't found time to write yet! Still, he stole free moments for the writing.

Exploring further

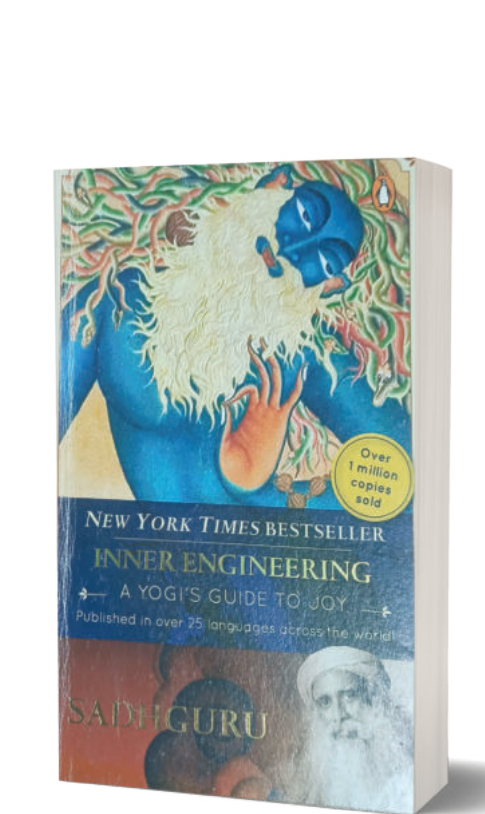
The present-day marketed book comprises 30 stories by the author. But the question is: didn't he write anymore? If he did, were they lost? I have here two more-story versions, as told by him, that I could not see in the book. Story One: Two policemen on evening duty aimed to arrest unruly drinkers to please their seniors. Upon finding no such scene in a local pub, they, hopelessly, ended up drinking themselves, had a brawl between them, and arrested a third person there as a scapegoat for their boss. Story Two: An army pensioner submitted his ID card to the office to draw his pension. Then he stood and waited in the queue.

The wait was prolonged, and he lost his temper. Now, gritting his teeth against the officer, he said, 'Why late? Should I break your tooth?' The calm officer said, 'Let's see who's to break...'. The next time the pensioner showed his ID, he had to break his own front tooth because the card mentioned, "One tooth broken." Whether these stories were created on short notice or were already written and subsequently lost remains unclear. Nonetheless, these anecdotes offer a glimpse into the writer's storytelling prowess and present intriguing narratives that may have slipped through the sands of time.

FUTURE WATCH	
(Based on birth names)	
February 2 nd to 8 th 2024	
- D. N. Lohani	
<div></div> <div>ARIES</div> <div>Initial period will keep you busy and provide some return. You may have to tackle challenges from Sunday. Students will have to work harder. Trade and profession both will turn profitable. Friend's support will provide great relief.</div>	<div></div> <div>TAURUS</div> <div>First half is better. Major tasks will complete successfully. Uncertainty can arise within self. Despite expenses study can slow down. Health disorder is predicted. Blood pressure related issues can arise.</div>
<div></div> <div>GEMINI</div> <div>Major tasks will advance ahead at cost of extra expenses. High level of enthusiasm will guide you ahead. Lack of diplomatic ability can create some problem. Profession will yield impressive return.</div>	<div></div> <div>CANCER</div> <div>Health disorder can increase expenses. Travel is in store for you. Business will yield limited return. Friends will provide limited support. Study will gradually take progressive course.</div>
<div></div> <div>LEO</div> <div>Incomplete assignments from past will complete successfully. High level of confidence will guide you ahead. You will win legal issue. You may have to handle new business venture. Avoid risky venture on Monday.</div>	<div></div> <div>VIRGO</div> <div>Work will complete after causing extra expenses. Students will have to work harder. Writing skill will improve. You will succeed in creating new article. Trade and profession both will turn profitable.</div>
<div></div> <div>LIBRA</div> <div>Pleasant event can occur on today and tomorrow. You will enjoy good company of interesting ones. Study related travel can occur. Friends will provide appreciable support.</div>	<div></div> <div>SCORPIO</div> <div>You may have to treat others at own expenses. You will enjoy pleasant meeting with interesting ones. High level of enthusiasm will guide you ahead. You may have to handle new obligation. Hardship will guide you ahead. Relatives will cooperate.</div>
<div></div> <div>SAGITTARIUS</div> <div>Prevailing fear and confusion can reside within self. Regular gain will help in consolidating your financial position. New friends can join your circle. You will retain progress in technical sector. Pleasant event can occur during weekend.</div>	<div></div> <div>CAPRICORN</div> <div>You will experience busy schedule. Income will be lower than expectation. Opponents will remain active. Employees will have to overcome obstacles. Success without struggle is unlikely. Students will have to work harder. Business can slow down.</div>
<div></div> <div>AQUARIUS</div> <div>Expenditure level will rise. With some effort, important assignments will complete successfully. foreign trade will prosper. Decisive ability will guide you ahead. Others will be satisfied with your oratory ability.</div>	<div></div> <div>PISCES</div> <div>You may have to handle new obligation. Circumstances will improve from Tuesday. Decisive ability will guide you ahead. You may create new article. Health disorder is predicted. Trade and profession both will turn profitable.</div>

BOOK REVIEW

Sadhguru's Blueprint For Bliss



Sadhguru is a yogi, mystic, and visionary whose work has touched the lives of millions worldwide. His approach does not ascribe to any belief system but offers methods for self-transformation that are both proven and powerful. Sadhguru's Inner Engineering, a yogi's guide to joy, relies on the teachings and principles of classical yoga to help readers create an enduring foundation for inner stability and peace. The book shows you a straightforward way to feel really good through the traditional science of yoga. It explains things in a practical and easy-to-understand way, with lots of funny and interesting stories. The book contains life-changing quotes and illustrates sadhanas in a very simple, precise way.

The book is divided into two sections. The first maps the terrain, and the second offers us a way to navigate it. The book opens with an interesting short story about Shankaran Pillai, a pharmacist who gave him a box of laxatives for a whooping cough. The writer then presents an insightful description of the four-letter word 'Guru' that literally means 'dispeller of darkness'. The writer considers self-transformation as a dimensional shift in the way we perceive and experience life. The one who embodies this is a yogi, and the one who guides you in this direction is a guru.

The first chapter, 'When I Lost My Sense,' describes how Sadguru developed as a highly curious and observant person and how he became a student of Malladihalli Swami. He describes his daily routine when he was a schoolboy and shares how he began to understand that what the sacred traditions and scriptures had extolled as the ultimate experience was happening to him. The second

chapter, 'The way out is in' discusses how we have allowed our thoughts and emotions to come from outside rather than inside. He expresses that we ourselves are the greatest source of technology, but the problem is that we don't know where the keyboard is. Sadguru encourages us to do right things by saying that unless we do right things, the right things will not happen to us.

The third chapter, 'Design your destiny,' portrays how we define and shape destiny. Sadguru says that whatever we do not want to take responsibility for, whatever we cannot make sense of logically, we label destiny. Therefore, he explains that when pain, misery, or anger happens, it is time to look within us, not around us. The fourth chapter, 'No boundary, no burden', discusses that responsibility simply means our ability to respond. He says our ability to respond is limitless, but our ability to act is limited. Sadguru talks about 'stress management' that he heard widely in the U.S. He explains how we manage the things that are precious to us. So why should we manage stress?

The fifth chapter of the first section is 'And now Yoga'. In the beginning, the writer explains yoga as the technology of upgrading,

activating, and refining these inner energies for the highest possibilities. Then he talks about the five layers to which yoga draws our attention. Annamayakosha is the food body; manomayakosha is the mental body; pranamayakosha is the energy body; vijnanamayakosha is extraordinary knowledge; and anandamayakosha is bliss beyond the physical. Towards the end of this chapter, he says that to experience wellbeing, all we need is a certain mastery over these dimensions of body, mind, and energy.

The second section of the book provides a more specific and deeper exploration of the three fundamental layers: body, mind, and energy. Moreover, this section oscillates between information, suggested practice, and self-observation exercises. To implement each of the exercises, "Sadhana" is offered in the boxes. In this section, we learn that if we want to achieve the ultimate goal of our lives, we have to work on three important things that control our emotions, thoughts, and lives.

There are four chapters in this section: body, mind, energy, and joy. The first chapter, 'Body', describes the yogic physiology of the body, the yogic approach to physical health, the importance of asanas (postures), and the yogic approach to food. The second chapter, 'Mind', describes the yogic psychology of the mind (intellect, emotion, and identity) and the importance of awareness. The chapter 'Energy' describes the yogic energy physiology of a human being and the yogic approach to the mechanics of life. The last chapter, 'Joy', makes us move to experience joy as one's own nature. Therefore, body, mind, and energy are the three essential things for humankind,

and to achieve joy, we have to maintain these three parts of our existence. After the second section, we can find a glossary of the difficult terms used in the book.

The book is well organised and well written, with clear explanations and practical stories. This book can be taken as a roadmap for positive education that helps students be well, flourish, and live a happy, engaged, meaningful, and accomplished life. Lifecrafting techniques such as reflecting on values and best selves, writing about an ideal future and plans, and setting and attaining goals presented in this book assist young people's search for meaning and purpose in life.

The 'Inner Engineering' methodology preserves classical Hatha Yoga and the multi-dimensionality of classical yoga. The book covers the concept of connecting to our soul. If you are not feeling peace and happiness in life, then this book can be helpful. Thus, from nurturing the body to nurturing the mind and emotions, this book helps to cultivate holistic wellness and inner harmony.

The book is pleasant, motivating, and applicable to awaken our own intelligence, deepen our perception, and bring about a dimensional shift in the way we look at our lives, work, and the world. This book offers invaluable insights rooted in extensive research and enriched by valuable practical experience. Its content provides a roadmap that can be followed to enhance the overall well-being and happiness of human beings. In addition, this book offers valuable insights and practical wisdom on how to effectively navigate and harmonise our physical, mental, emotional, and fundamental life energy aspects.

Learning Cross-cultural Appreciation



Kaushal Pant

Today's interconnected world is considered a global village, and as a consequence of cosmopolitan development, people are turning into global citizens. "Vasudhaiva Kutumbakam" is a Sanskrit phrase that translates to "The world is one family." Rapid development of the technology has made the Sanskrit phrase clearer.

To turn the world into a global village and encourage people to be global citizens, education and awareness are crucial. Education is a powerful tool because it knows no boundaries. The Indian Embassy in Nepal is actively organising different educational and cultural exchange programmes for students of various age groups

to promote learning and understanding. The Swami Vivekananda Cultural Centre (SVCC) at the Indian Embassy in Nepal is dedicated to improving students' creative abilities through a unique approach.

The SVCC Embassy of India recently organised a learning programme for students, focusing on ancient and traditional learning models and employing fun and interactive methods. The camp received great enthusiasm and love from the participating students. The programme aimed to blend historical approaches with enjoyable learning experiences. The positive response from the students highlighted the success of this educational initiative.

According to the Director of SVCC, Dr. Asawara Bapat, the programme facilitated the students not only to learn academics but also provided a proper insight into intercultural and cultural differences. Over time, this comprehension fosters a sense of mutual respect within the minds and souls of students. Simultaneously, the academic programme expands their thinking, encouraging innovation and creativity. The Fun and Learns programme is dedicated to nurturing students in a homely environment, breaking free from the constraints of a daily course book. It seeks to create a space where students are not confined or limited in their learning.



This holistic approach aims to instill a profound understanding of mutual respect and foster a spirit of innovation and creativity. The programme envisions students developing a broader mindset and embracing a more open and unrestricted approach to education. The programme is conducted by experts, so it is believed that these activities can be a stepping stone for the students to explore their hidden talent, as each and every child is born with a unique talent.

Dr. Bapat mentioned that the Embassy has been offering scholarships for Nepali students in academic and career-focused education in India. Additionally, over the past two years, the local-level activities of SVCC have gained popularity among secondary school students. These activities are becoming increasingly well-received in the community.

Such an approach involves introducing school students to the fascinating realms of Vedic mathematics and Brahmi Lipi during a uniquely crafted Fun and Learn Personality Development Camp.

Integral to the camp is the fusion of education

with entertainment. Through interactive camp, students are engaged in team-building activities, creative exercises, traditional fun games, and yoga. The camp was really a playground for personality development, where students learned to communicate effectively, collaborate with peers, and think critically.

Vedic mathematics

Vedic mathematics is an ancient system originating from India that promises to revolutionise the way students perceive and solve mathematical problems. Contrary to conventional methods, Vedic mathematics sutras simplify complex mathematical problems.

Through interactive games, puzzles, and real-life applications, students explore the speed and efficiency that Vedic mathematics offers. This approach enhances students' skills to encourage creative problem-solving and critical thinking.

Brahmi Lipi

As students immerse themselves in the intellectual playground of Vedic mathematics, they

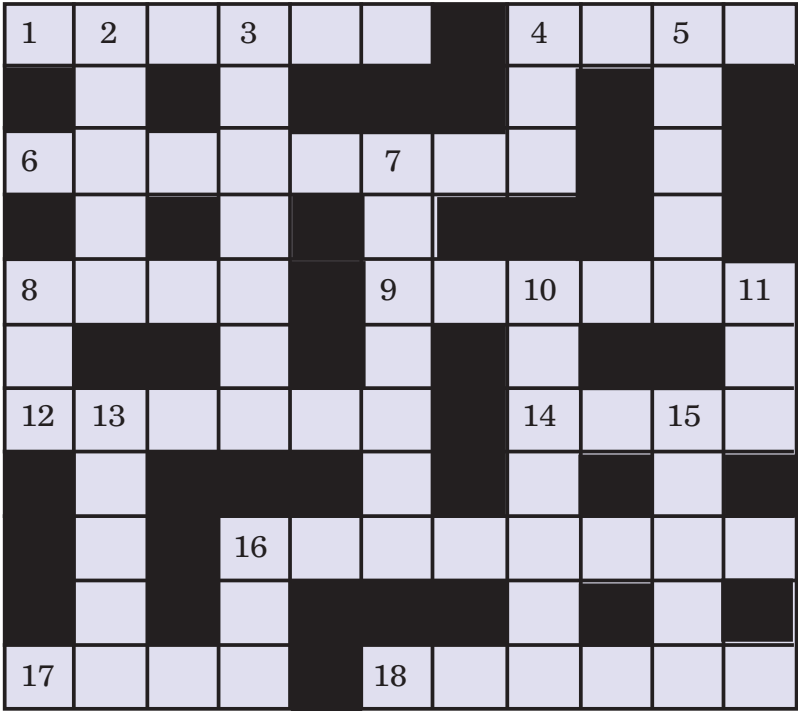
embark on a linguistic adventure exploring Brahmi Lipi. This ancient script, which dates back to the 4th century, forms the basis of many modern Indian scripts and has played an essential role in preserving historical inscriptions and manuscripts.

This method not only enhances students understanding of linguistic evolution but also promotes cross-cultural appreciation.

In conclusion, the Fun and Learn Personality Development Camp served as a bridge between ancient wisdom and modern education. Through Vedic mathematics, Brahmi Lipi, and personality development activities, the camp created a dynamic learning environment where students not only acquired knowledge but also developed skills that will serve them well throughout their academic and personal journeys. It also enriches students' understanding of the historical and cultural context of the Indian subcontinent and contributes to the broader fields of linguistics and cultural studies.

(The author is a freelance writer.)

TRN CROSSWORD PUZZLE NO. 1776



Name

Address

Signature

Last date of entry:

February 7, 2024

Win a prize of Rs. 600. In case there are more than one correct entry the prize will be split into three sums of Rs. 200 each. The winner will be selected by a lucky draw. Only cuttings (not photo copy) that include the Crossword Puzzle no. will be accepted.

Across

- Social position
- A formal treaty
- Show mercy
- Lunch is one
- Easily done
- Keep watch over an area
- Add fuel to
- Dismiss the parliament
- Work out
- An area of activity, interest

Down

- Fine silk for veils
- Performs somersaults
- Suffer the consequence
- Make unnecessary objection
- Lies comfortably against
- A person's face
- Extremely large
- The last point
- Very bad
- On no occasion
- Put on clothing item

Solutions to TRN Crossword Puzzle No. 1775

ACROSS: 1. HASSLE 4. FRAY 6. ASSUAGED 8. A TIE 9. TOPPLE 12. IMPEDE 14. EXAM 16. LASHINGS 17. DRUG 18. STEALS

DOWN: 2. ASSET 3. SQUEEZE 4. FAD 5. AVAIL 7. GUTLESS 8. AMI 10. PRECISE 11. ELM 13. MAJOR 15. ANGEL 16. LOG



LUCKY
WINNER

Sunil Sharma Bhattarai
Damodar Lohani
Bal Krishna Shrestha

ALL CORRECT ANSWER

Archana Devi Shrestha, Kumari Nirmala Giri, Khagendra Nath, Mahendra Kumari Nath

CREATIVE CORNER

Woman



Saanvi Dhakal

Restless and sleepless eyes
Waiting for their loved ones to come
Tired of everything but has a smile
Has the courage to face everything
For loved ones
Sometimes being tortured, threatened
But is loyal to the one
World criticizes to her but faces it strongly
World wouldn't be a better place
Without her
But still after these hard work
She is the one to be blamed
But still has a smile on her face



Class: IX
S.T Marys High School



Shlok Upadhyay, Grade: III, Rai School

Childhood Memories



Saloni Karki

When I was a child, electricity was not available 24 hours a day. It followed a specific schedule, allowing us access for only three to four hours each day. This restriction left me with a lot of free time, without any particular interests or leisure activities to occupy myself with. My sister and I used to watch television together whenever electricity was available. Otherwise, I would be out with my small group of friends playing our favourite games like chungi, bouncing, or hide and seek.

One summer vacation, my father bought me a bicycle after a lot of requests. It was a bit bigger compared to how small I was. I used to go cycling with my friends frequently. We specifically cycled down the inclined road near the old-fashioned home of our town. The area was filled with greenery. While the intense heat would take away all the energy from our bodies, the cool breeze always made us feel rejuvenated. Sleeping on the moist grass and looking at the birds fly through the dancing trees; we'd level up our spirits after every race. The small shops nearby sold all sorts of candies and snacks, but our favourite was the ice lollies we had sitting on the lawn for a refreshment.

There was a drunkard who passed by that road often. Whenever he came towards us, we would run away as far as possible. He didn't really have a good reputation among the children. Parents themselves used his example to scare their kids whenever they threw tantrums. In our group of three—two girls and a boy—we pedalled our bicycles swiftly, each of us aiming not to be the last, as being closer to the drunkard than the others was something none of us desired.

After cycling together for months, we took on a challenge. All three of us decided to ride a bicycle. Pinky had the biggest bicycle of all, so we chose to ride

on that one. I was in charge of the handle while sitting at the top of the tube. Pinky had to paddle while sitting on the saddle. The little guy's job was to simply sit in the back seat. Since his height was below average, we called him a little guy. We rode down the inclined plane like this once every two or three days. As the air went past our faces, our hair flew behind us, and our clothes pulled our bodies apart. We'd laugh to our hearts' content. Every day felt like a new adventure doing so. The thrill made our hearts beat so fast that our smile never went away throughout the whole experience. I believe Armstrong felt the same stepping on the moon as we felt riding down the road every time.

One day, while doing the same, I encouraged Pinky to paddle faster than usual. Throughout the whole ride, I kept on pressuring her to paddle faster. She did as she was told. We were enjoying the ride so much that we lost our balance. At the end of the road, we all fell towards the bush. Both Pinky and I got injured. Still, the pain of the fall was overshadowed by how amazing the ride was. We were all laughing while our knees bled. Pinky mocked me, saying I asked for the fall myself as I forced her to paddle quicker. On the other hand, the little guy didn't have even a single scratch on his body. He had cleverly gotten out of the bicycle before it could crash. While both Pinky and I had leaves over our hair and bodies, he was unharmed. Although the accident wasn't his fault, we scolded him badly for being able to escape alone, leaving us behind to become casualties.

This memory lives in my head. It will forever stay with me, and I will always have a special place for it in my heart. With the increase in use of mobile and other technologies, do you think the newer generation will have a chance to live such moments? Will they have stories to talk about? Or will their lives be impacted only by the use of the internet? I hope even the "ipad kids" get to know what it feels like to play around and have the company of good people, since companionship is the main way human beings are able to shape themselves into better people.

Grade: XII
St. Mary's High School, Jawalakhel



Aadarsha Poudel, Grade: VI, Liverpool School

TRN PUZZLE NUMBER-408

All you have to do is to fill up in the seven boxes below with the numbers in such a way that the sum will be 364 whether you go diagonally, horizontally or vertically. The numbers should be 28 to 76 between. The number should not be used twice.

66		28		46	
74			45	54	
	35	44		62	
		43	52	63	
40			60		31
48	50		68	70	39
				38	47

88	97	106	59	68	77	86
96	105	65	67	76	85	87
104	64	66	75	84	93	95
63	72	74	83	92	94	103
71	73	82	91	100	102	62
79	81	90	99	101	61	70
80	89	98	107	60	69	78

TRN PUZZLE SOLUTION-407

Prepared by: Bishwo Nath Kharel