



First in Height, First in Flight

Nepal Center of North Carolina, Inc.

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संगालो SANGALO

OCTOBER 2020 (ASHOJ 2077 B.S.) ISSUE 20, YEAR 20





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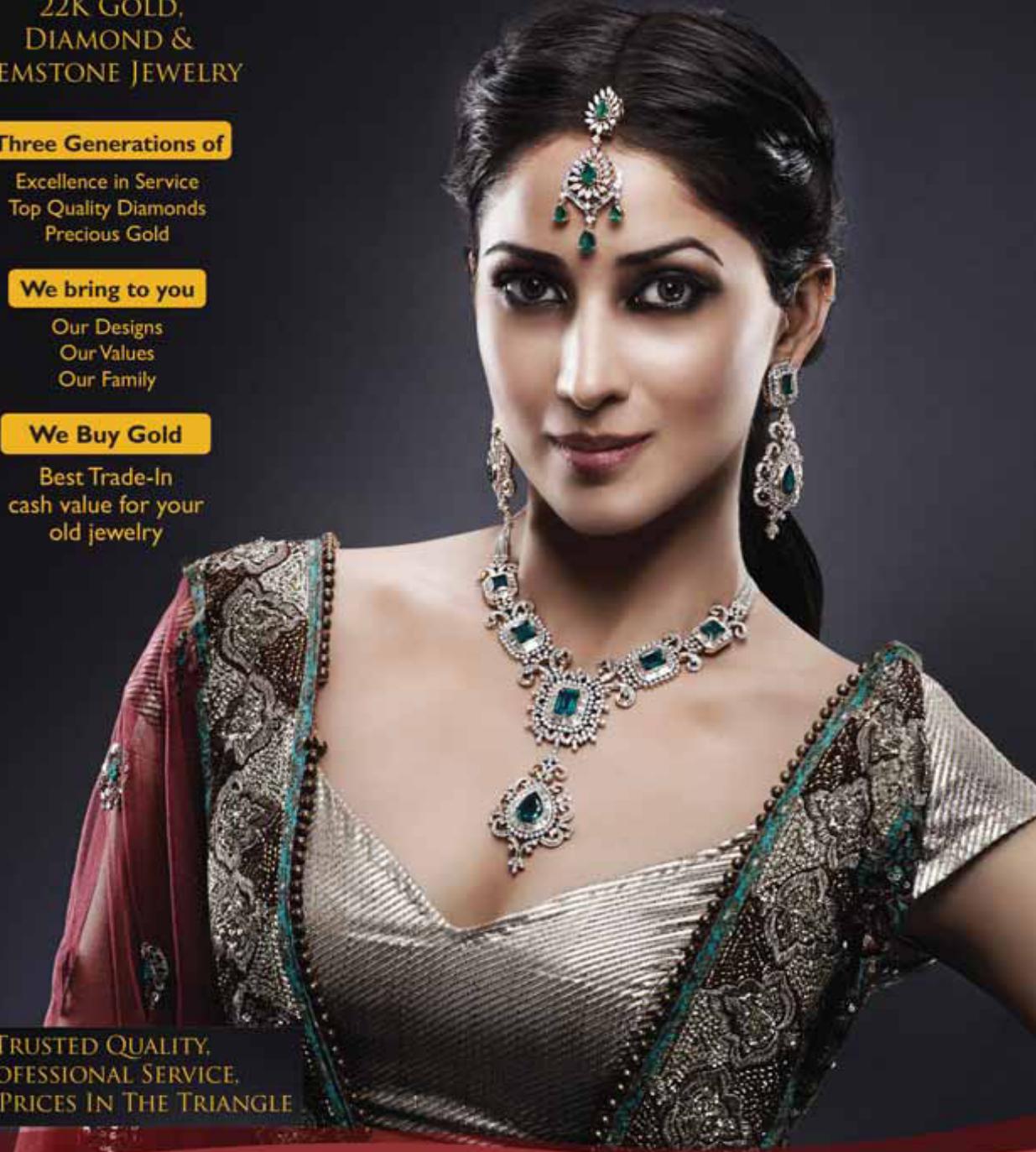
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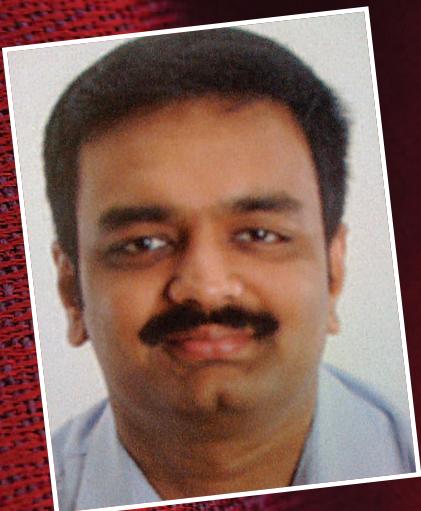
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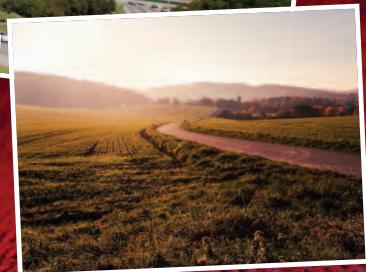
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2020

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Image Credit: <https://www.bbc.com/news/health-51048366>

Editorial

Sangalo editorial team is pleased to bring you this issue despite the myriad of challenges posed by the Coronavirus. As the unprecedented pandemic profoundly altered our world, we took our editing activities virtual. Unlike in the past years, we collaborated via many Zoom sessions to bring Sangalo's final version in its current form. We hope you will enjoy reading it.

Sangalo is the annual official publication of the Nepal Center of North Carolina Inc (NCNC). It is published in the Fall before Dashain and carries greetings and best wishes from many families. This 20th issue of Sangalo tells our community's stories of activities and achievements in the forms of poems, essays, reports, and pictures. It also bears commercials and infomercials from several local businesses that have supported us through the years. Sangalo's broadening coverage and increasing size represent the growth of our community. We hope that this issue of Sangalo will prove resourceful and exciting to the readers of all ages and backgrounds. We hope Sangalo will help us preserve our unique cultural identities while assimilating in this diverse society and establishing our community as an important visible minority. While our stories are unique, our journeys are alike. We hope this year's Sangalo brings us a little closer and makes our bond a little stronger.

In this issue of Sangalo, frontline medical professionals from our community share their experiences of providing care during a

pandemic. They tell us about their families, pastimes, motivations, and challenges, and give us valuable information to stay safe from the virus. You will also read about newsmakers, youth leaders, and inspirators. Curtis Waters, Ayushma Sharma, and Summit Pradhan have made our list. We hope many in our community will benefit from reading The Basics of Personal Finances. A local friend's account of the Nepalese community's history is sure to stir up some old memories. Essays, articles, and poems on cultures, festivals, religions, patriotism, and history are among some fascinating reads. Inspiring authors from elementary schools to colleges have written about their trials and triumphs during the pandemic. Those curious about the efforts of charitable organizations and NCNC's regular activities will also not be disappointed.

As we make the final preparations to publish this issue, we would like to express our gratitude to everyone whose support made this magazine possible. In particular, we thank the NCNC executive committee, writers who contributed to this issue, and many sponsors and businesses who sent their greetings and advertisements despite the financial hardship caused by the pandemic.

Finally, the editorial board would like to wish the entire NCNC community and our friends a Very Happy Vijaya Dashami, Deepawali, Mha Puja, and Chhath Parva. May this holiday season empower us to defeat the virus!

NCNC Current And Past Executive Board Members

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Senior Vice President: Dr. Devendra M. Amatya
Vice President: Annapurna Deo
Executive Secretary: Dr. Bir Thapa
Treasurer: Bibhor Rimal
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Directors of Board: Bibhor Rimal

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2002-2003

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Senior Vice President: N/A
Vice President: Madhav Dhakal
Executive Secretary: Dr. Dasharath Lohar
Treasurer: Kisan Upadhyaya
Directors of Board: Danile Goetz
Directors of Board: Shanti Rajlawat
Directors of Board: Shree Kanta Gautam
Directors of Board: Dr. Padam Poudel
Directors of Board: Bhagabati Neupane

2006-2007

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Vice President: Dr. Sushma Pradhan
Executive Secretary: Madhukar Devkota
Treasurer: Lekh Nath Dulal
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Directors of Board: Basanta Khadka
Directors of Board: Kisan Upadhyaya
Directors of Board: Ravi KC

2008-2009

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Executive Secretary: Madhukar Devkota
Treasurer: Udhav Karki
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Directors of Board: Rabindra K.C
Directors of Board: Shiva Prakash Mishra
Directors of Board: Bhimsen Basnet

2004-2005

President: Ishwar Devkota
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Vice President: Madhukar Devkota
Executive Secretary: Dr. Roshan Shrestha
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NCNC Executive Committee 2020-2021



President:
Rabindra Karki



Senior Vice President:
Ram Poudel



Vice President:
Kamal Kafle



Executive Secretary:
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Joint Secretary:
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Board of Directors:
John Poudel



Board of Directors:
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Prem Kumar Pradhan

President's Message

Dear Community Members,
Namaskar!

I want to thank all of you for trusting me to be the President of this great organization, Nepal Center of North Carolina Inc. (NCNC), for the 2020-2021 term. Let us all take time to reflect and come together for the betterment of our community.

From a family-based small community to a vibrant organization with well over 800 members in its 20-year history, we have come a long way. NCNC has led several significant programs throughout its existence, including the Blood-Drive, Adopt-A-Highway, Nepali Pathsala, International Festival, and Nepal Day. Also, NCNC organizes cultural festivals such as Dashain, Tihar, Teej, among many others. NCNC-led programs have helped establish the Nepali community as a visible minority in North Carolina. In recent years, the Nepalese diaspora in the Triangle area has tremendously increased to an estimated 5,000 people. NCNC has done an incredible job of adapting to the influx of new members, but as our growth continues, we will need new strategies to support our community.

The past few months have been challenging due to the surge in Coronavirus (COVID-19) cases worldwide. We have chosen to cancel many of our programs, such as the International Festival, Nepal Day, and Teej during this global pandemic. We wish we could have celebrated our festivals in person instead of virtually, but our members' health and safety



remain our top priority during this health crisis. During this time, we will continue to follow the general guidance from the local officials and public health professionals and will try our best to keep our community informed.

For the first time in the history of NCNC, we have run Nepali Pathshala virtually and held virtual events for both Nepal Day and Teej. We have learned a lot from those events and will continue to improve and build upon our technical skills for our upcoming virtual events. We hope to bring our members together virtually to celebrate Nepali culture and be a support system for one another during this difficult time.

We have donated essential groceries to families directly impacted by COVID-19 within our community. We have also connected them with local medical professionals within our community.

Please be assured that the current BOD will do its best to improve governance and transparency. Continuous feedback from the community will make our initiatives possible. We listen to you so we can serve you better. Please feel free to send us your concerns or advice. We also encourage you to share your expertise, so our community benefits from it.

Thank you for your support!

Sincerely,
Rabindra Karki
NCNC President



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NCNC Board Of Trustee



Mrs. Annapurna Deo, Board of Trustee Chair (2020-2024)

Mrs Annapurna Deo is one of the founders of NCNC. During the initial phase of NCNC establishment Mrs Deo was instrumental. She is the founding vice president 2000-2001 and past president 2002-2003, and the current Board of Trustees 2020-2024. Professionaly she is a public policy consultant and a non-attorney mediator. After four years of college study in Tribhuvan University, Mrs. Deo attained Bachelor of Art Cume-Laude and Master of Public Administration from North Carolina Central University, USA. She is a retiree from Duke University where she was the winner of 2009 Algernon Sydney Sullivan Award. Before coming to USA in 1981 she taught in St. Xavier's and St. Mary's High Schools in Kathmandu. Mrs. Deo has a long history of social leadership with Nepali community along with some other local, national and international community affiliations.

Mr. Shreekanta Gautam, Board of Trustee (2020-2024)



My wife and I have been living in North Carolina since 1998. Nepalese community in the triangle region and North Carolina overall has exponentially grown for as far back as 22 years. NCNC has been instrumental in serving the Nepalese community over the years by helping each other during the time of need and also by keeping our Nepalese culture and traditions alive with celebrations of festivals like Teej, Dashain, Desui-Bhailo, and Holi and running Nepali Pathshala for our kids. I have been engaged with numerous social works in different capacities since NCNC's inception in 1999. I want to extend my sincere thanks to all the NCNC Executives(Past and Present) and volunteers for their continuous support, commitment, and dedication in driving NCNC to a greater height.

Mr. Manoj Pradhan, Board of Trustee (2018-2021)



Best wishes to you all on the occasion of Happy Dashain 2077. I came to North Carolina in 1995 as a graduate student at North Carolina State University. Over the years, I have seen the tiny budding community of Nepali blossoms into a very attractive fragrant flower. I am sure this fragrance will keep enriching all the members now and coming days ahead.



Mr. Bal Krishna Sharma, Board of Trustee (2020-2024)

Dr. Bal K. Sharma has served the Nepalese communities in Nepal and the US through various social and charitable organizations for over 25 years. He has helped NCNC for the last 18 years in various capacities, including as Board of Trustee starting on January 1, 2020. Through his charitable works, he inspires the new generation to become good citizens and always find time and resources to help their communities. He holds a Ph.D. in Animal Sciences from the University of Maryland. He has many years of teaching and research experience in both Nepal and the US. He has written a book titled Adjusting to the American Way of Life: Tips for Visitors, Students and Immigrants from Nepal, and has published several research articles in scientific journals. Dr. Sharma's current work involves health care data analysis, research, publications, and reporting.



Mr. Arun Dhital, Board of Trustee (2018-2021)

NCNC's long history, dedicated and able leaderships throughout its period from the inception has made NCNC more vibrant. Yearly celebration of festivals like Dashain, Teej and Educational services such as Nepali school for kids is serving well for the Nepali community to preserve Nepali culture and language amount second Nepali generation. Program like Nepal day, Blood drive and Highway cleanup are noble ways to serve the broader community as well as means to establish Nepali identity. NCNC's desire and the work towards building its own community center and place to convene and worship is yet another exemplary goal. Even though, there has been some concern of NCNC not been able to reach out to younger generation and broader community, I am sure we all can aside our ego, and mend small difference and work for common good of the whole community. My best wishes to all Nepali community members and NCNC leadership team.

NCNC Future and Ongoing Activities:

- A) Holi Celebration
- B) Teej Cultural Program
- C) International Festival Participation
- D) Nepal Day Event
- E) Nepali School Throughout The Year
- F) Adopt A-Highway
- G) Blood Donation Program
- H) Dashain Celebration With Cultural Program
- I) NCNC Annual Picnic
- J) Deusi- Bhailo Program

NCNC Advisory Board



Mrs. Nirmala Rajbhandari, Advisory Board (2020-2021)

I came to the USA in 1991. I had earned Master of Science degree from North Carolina State University. My area of expertise is in genetic engineering and plant tissue culture. I am a proud wife, a mother and a grandmother.

First in Height, First in Flight, Nepal Center of North Carolina. Yes, this is what NCNC is. If we look back from 1999 to 2020, NCNC has spread its wings in all directions in preserving Nepalese culture, heritage, language and literature.

NCNC is finding its way to stand in this melting pot society as Mt. Everest. I am so honored to be the member of this prestigious organization. May goddess Durga bless us strength and courage to cope with Covid-19 outbreak! Stay safe and stay brave!!



Mrs. Neelam Karki, Advisory Board (2020-2021)

Neelam Karki Niharika is an internationally renowned writer of Nepali literature. She became deeply interested in literature at an early age and later left her nursing career to pursue literature fulltime. She has written many famous poems and novels, including the Madan Puraskar winner Yogr Maya and the Padmashree Puraskar winner Cheer Haran. Her other works of literature

include Maun Jeevan, Niyati Ko Khel, Arki Aaimai, among others. She has also won many other awards for her literary works. In the past, she has worked as a radio and TV presenter in Nepal. Some of her popular programs include Sahitya Sansar and TeleHealth. She was born in Palpa, Nepal, and currently resides in Fayetteville, North Carolina, with her husband and two sons.



Mrs. Santwona Khadka, Advisory Board (2020-2021)

I have been living in High Point, North Carolina since 2005. Since the formation of Triad Nepalese Community Center, TNCC, I have been actively involved in our community. I had an impactful time serving as a Board of Directors for TNCC 2015-2017 and also as a President for TNCC 2017-2019. During my Presidency, we held a Mahapuran (Bhagabat Saptaha Puja) in our own Community Center, which was a very successful event. Our center also created Naya Pusta, a social justice youth camp. Thank you very much to the NCNC BOD for choosing me as an advisor during 2020-2022. I love to serve my broader Nepalese community.



Dr. Harishchandra Mahaseth, Advisory Board (2020-2021)

Namaste to everyone of NCNC. For the past several years, our Nepali identity has been exponentially growing, thanks to all the hard work and dedication put into this organization. Many festivals such as Teej, Dashain, and New Year

have helped to preserve our centuries-old tradition coming from Nepal. Your passion, support, and commitment has made our community the wonderful large society it is today. I have been living in NC with my wife, Yogita, and 3 kids, Kashvi, Kavish, and Kayan. Even though it has taken extra work to maintain our spirit with the COVID-19 lockdown in place, you all have given countless moments of time and effort to help NCNC thrive even in difficult times. This COVID-19 pandemic is challenging for all of us, so myself being a physician, I strongly encourage you to take the pandemic very seriously and to please maintain a minimum of the 3 W's- Washing the hands, Wearing masks, and Waiting 6 feet apart. We wish you all a very happy Dashain, Tihar, and Chhath, and stay safe and healthy.



Mr. Krishna Pokhrel, Advisory Board (2020-2021)

I currently reside in Morrisville North Carolina since 2016 with my wife Rachana Pokhrel , two kids Kriti, krish and my parents. I have been in this country since 2004 and I am originally from Arghakhanchi, Nepal.

Education: : Master of Business Administration "MBA" in Business Management - ARU London.

: Financial Services Certified professional form- American College PA.

: Life Underwriter Council Fellow from -American College PA.

Community Involvement & volunteer services: : Advisor of Town of Morrisville NC 2020-2022

: Past Senior Vice President of NRNA NCC of USA, 2015-2017

: Past General Secretary of NRNA NCC of USA, 2013-2015

: Founding Central Member of Nepali Public Relations Committee America. 2007-2009

: Vice President of Ridgewood Nepalese Society New York 2006-2008

: BOD of Ridgewood Nepalese Society New York 2004-2006

Work Profession: : Working at New York Life Insurance Company since 2009 as a Financial Professional.



Mr. Nagendra Neupane, Advisory Board (2020-2021)

Since moving to North Carolina, USA in 1996 from Nepal, I have been involved in NCNC. NCNC was founded in 1999. I served NCNC as vice president for two terms (2004 to 20007) and one term as a president (2008 to 2009.) When I was involved in NCNC, all my family members were also strongly involved and worked with me.

My goal to serve NCNC is to unify all people of Nepali origin under NCNC umbrella and make NCNC better community. I would like to continue to work and especially focus on fund raise and build a community center for NCNC.



Mr. Suman Wosti, Advisory Board (2020-2021)

Mr. Suman Wosti serves in the current Advisory Board of NCNC. Mr. Wosti has been performing social and charitable work through his association with many organizations in the US. He was a founding member of a few local Nepali organizations in Illinois. He has also served NRN and NCNC communities in various capacities.

Mr. Wosti has decades of experience in the aviation industry, including Air France and Korean Air. He currently resides in Morrisville, NC, and owns and operates businesses in North Carolina and Illinois.



EMBASSY OF NEPAL
2730 34th Place N.W.
Washington, D.C. 20007

The Ambassador

September 15, 2020

Dear NCNC community members, families, and friends:

On behalf of the Government of Nepal and the Embassy of Nepal in Washington, DC, I would like to congratulate the members and volunteers of the Nepal Center of North Carolina (NCNC) on another inspiring year and the successful publication of the 18th edition of SANGALO magazine.

Ever since its founding in 1999, the NCNC has reached new heights in promoting the values and cultures of Nepal and the Nepali people in North Carolina and across the United States.

As people across the world face a difficult storm due to the COVID-19 pandemic, it is community organizations such as NCNC that can sustain a spirit of hope in a moment of grief and anxiety; that can shine a light amid darkness in people's lives.

It is through mediums such as SANGALO that NCNC has informed communities across America regarding the achievements made by the local Nepali community. With the publication of its 18th edition, I hope that this magazine serves as an example of the resilience of hard-working Nepalis in North Carolina and throughout the country.

Dr. Arjun Kumar Karki
Ambassador to the United States of America

A Message From Morrisville Mayor

Dear Nepalese Community,

We are honored to have the opportunity to thank you for your friendship and contributions to help make North Carolina a great place to live and raise a family on behalf of the entire Morrisville Town Council. In Morrisville we recognize that our strength is in our diversity, and we value each and every member of our community. We all come from different parts of the United States, and from different parts of the world, and we each bring our own unique perspective and traditions.

The greater Morrisville region is very fortunate to have a large Nepalese community that chooses to devote their time and energy to helping others and building community. From blood drives, to litter sweeps to sharing the benefits of Yoga with your neighbors, you have inspired us and many others.

One of our community highlights last year was the 2019 NCNC Nepal Day Parade in Morrisville. Many people, including numerous dignitaries, came out to celebrate the Nepalese community. Unfortunately, we were unable to enjoy a similar time together this year. We look forward to



participating in the parade and festival next year.

We want to thank you for choosing to make your home in North Carolina. Every time you share a smile or conversation with a neighbor, we are a stronger community. Thank you for your continued contributions to the rich tapestry of cultures which has helped Morrisville be a vibrant, inclusive community, and great place to raise a family.

All the best,
TJ Cawley
Mayor of Morrisville on behalf of the Town Council of Morrisville
www.TownofMorrisville.org



Jessica N. Holmes
Board of County Commissioners
P.O. Box 550 Raleigh, NC 27602

Tel 919 856 5579
Fax 919 856 5699

September 16, 2020

Dear Nepalese Community and Members of the Nepal Center of North Carolina,

As a Wake County Commissioner, I would like to send you warm greetings and thank you all for your contributions to our community. It has been a privilege for me to support and honor our Nepalese community sponsoring proclamations recognizing “Nepal Day” in Wake County every April.



Wake County is the most populous county in North Carolina and the in-migration of out-of-state residents continues to be robust. Each person who comes here brings diversity – ranging in background, perspectives and values – and our ability to blend as one united community, demonstrates our biggest strength.

The presence and contributions of our Nepalese community enhances our culture and continues to make Wake County one of the best places in the world to live, work, play and learn.

Thank you to the Nepal Center for the important work that you do, and best wishes for the year ahead. Please always know that you continue to have a friend in me.

Sincerely,

A handwritten signature in black ink that reads "Jessica N. Holmes".

Jessica N. Holmes
Wake County Board of Commissioners

A Message From Morrisville City Council Member

My Dearest Nepalese brothers and sisters, Komal, Sonia, Rayan and I are so very grateful to be the beneficiaries, as is the State of North Carolina of the great heart and leadership of our Nepalese community. We wish each of you a very happy Dashain and all the best in the New Year.

Your innovative minds, dynamic cultures, and hard work make the Triangle region one of the best places to work, live and raise a family.

In the midst of a global pandemic, I cannot think of a better time to be grateful for the divine light which exists within each of us to always prevail over any darkness or fear we may face. Light will always prevail over darkness.

Thank you for your support, your friendship, and most importantly, for continuing your Remarkable American Journey in the Research Triangle and the State of North Carolina. We look forward to meeting in person at Church Street Park to celebrate Nepal Day in 2021.

Like the planes that take off RDU Airport, I am confident that this community and the nation of Nepal will continue to soar to the greatest of heights, where there is no limit to your potential. Senator Kamala Harris' selection as the first Asian American women to serve on a presidential ticket sets a precedent that our daughters and



sons can reach the highest office in the land. We will fly to the greatest heights in the future. I am sure of it.

Please also request your absentee ballot at <https://www.ncsbe.gov/> so you can make your vote count in this election.

We pray that your friends and family stay safe during the Pandemic. May God Bless Each of you.

Your Friend always,
Regards,
Steve S. Rao
Council Member At Large, Town of Morrisville
<https://www.facebook.com/SteveRaoNC/>
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Table Of Contents

<u>Title</u>	<u>Author</u>	<u>Page</u>	<u>Title</u>	<u>Author</u>	<u>Page</u>
NCNC Activities 2020		1	Nepal Sambat ...	Narayan B. Rajbhandari	66
तीजको गीत:	भगवती न्यौपाने	4	Rooted We Will Survive:	Dashrath Lohar	69
Making A Difference:	Jagan Subedi	5	Religion, Culture, ...	Gobinda Adhikari	72
Life Of A Medical ...	Bhaskar Kunwar	7	एउटा आङ्हान गर्द्धुः	उमा शर्मा	74
Novel Severe Acute Disease:	Rabindra Ghimire	9	How COVID Has ...	Agrani Bhusal	75
Work-Life Balance In ...	Laxman Pokhrel	11	Community Health ...	Dharma Pantha	80
Service To Human Is ...	Gyanu Bhattacharai	14	College Preparations:	Ayug Poudel	86
Telemedicine During ...	Rabindra Ghimire	17	Demolition Of ...	Aayuska Luitel	87
Fall Books That ...	Diza Pandey	19	आमा:	निर्मला राजभण्डारी	88
Rising Artist Of Pop ...	Diza Pandey	20	Year 2020:	Alisha Neupane	89
The Secret Of Acing ...	Diza Pandey	21	My Summer Break:	Salil Dhakal	90
Rising Star Ayushma...	Diza Pandey	23	Hindu Swayamsevak ...	Ishwar Dhakal	91
Nepal:	Shreni Kunwar	25	My Summer Break 2020:	Shreya Dhakal	94
Basics Of Personal Finance:	Sharad Acharya	26	Deo Couple's ...	Narayan & Annapurna Deo	95
Sujan Parita Education Foundation (SPEF)		33	Space:	Nirbirodh Timalsina	97
धर्म, संस्कृति, संस्कार ...	गोविन्द अधिकारी	35	Sharks:	Supreme Timalsina	99
The Nepal Community ...	David Kirkman	38	तीजको रमभक्तमः	भगवती न्यौपाने	100
नेपाली पाठशालाको...	सौर्यभी ढकाल	42	दशैं तिहार...	सुरेन्द्र के.सी.	101
Through The Eyes Of ...	Soni Ale	46	मेरो जन्म:	मनोज मनुज	103
The Singing Boy:	Hishi Ulak	47	प्रदेशमा घरदेशको ...	जानुका पौडेल	104
Bridging The Gaps ...	Sujan Poudel	52	बन्दी जीवनः:	डिलाराम अधिकारी	105
NCNC Financial Statement		55	सत्य के हो?	महेन्द्र न्यौपाने	106
Kavya Tutoring:	Bisheshatha Thapa	58	गजलः:	दीपेन्द्र विष्ट	106
NCNC Members List		59	सिकाईः	शिखर दुलाल	107
Blind Faith:	Shreya Kunwar	65			

NCNC Activities 2020

Compiled by Yogendra Gautam & John Paudel

NCNC First Election

The election for NCNC BOD was held on December 7th, 2019. More than 600 NCNC members actively participated in the election process, making it historic. The election process began early in the morning. It concluded after midnight with the announcement of the newly elected BOD committee.



NEW BOD Oath Ceremony

NCNC held an oath ceremony for the newly

elected BOD members on December 27, 2019. Chief Election Officer Dr. Narayan Raj Bhandari administered the oath ceremony in the presence of other Election committee members, past BOD members, and other NCNC members. Outgoing president Dr. Batu Sharma gave the best wishes to the new BOD. The newly elected president thanked the Election committee, NCNC members, and the past BOD for conducting a historic election.



Saraswathi Puja

North Carolina Nepal Center held Saraswathi Puja on February 2, 2020, on Vasanth Panchami. On that occasion, Dr. Balkrishna Sharma talked about the history and cultural aspect of the Vasanth Panchami. Nepali school students performed various activities such as reciting poems, dancing, and singing.



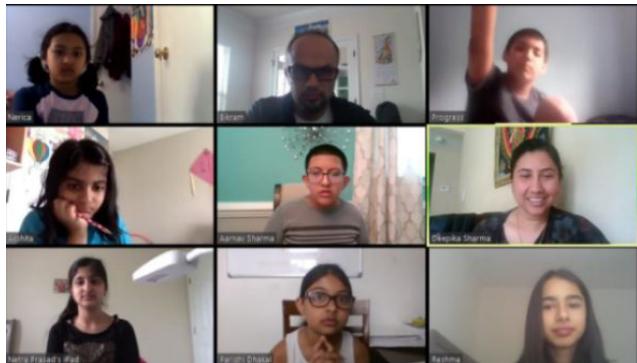
COVID 19 assistance fund:

As soon as NCNC board members realized the scale of the potential impact of COVID-19 would have in our community, they proactively decided to create a COVID-19 assistance fund of \$3,000. The COVID-19 assistance fund has funded personal protective equipment (PPE) and groceries for families impacted by COVID-19 within our community. In the last few months, NCNC delivered groceries, thermometer, N95 mask, clothes mask, and hand gloves to those families. PPEs played a vital role in minimizing the virus's impact on their families and friends. In the early days of this pandemic, PPEs were in short supply. The PPEs NCNC provided became a lifesaver for some COVID patients and their families.

Nepali Pathshala through ZOOM:



When North Carolina State Government and the US Federal Government enforced the stay-at-home orders in response to growing COVID-19 infection, NCNC Board members and our dedicated volunteer teachers quickly decided to the Nepali Pathshala classes on ZOOM. NCNC signed up for a ZOOM subscription of \$135.00 per month for the online classes. Using Zoom not only made our students, teachers, and community safe through social distancing but also kept our students engaged and active in learning our culture and Nepali language. A special thanks to all our dedicated volunteer teachers, students, and parents. Your effort and enthusiasm to make Zoom classes possible and successful are truly commendable. We are



proud to report our online Zoom classes are an ongoing success, and we plan to continue these classes through ZOOM.

A-Zoom conference call with front line heroes/Virtual Nepal Day Celebration:

NCNC, in coordination with local community organizations, hosted a Zoom conference call with frontline Heroes of the COVID-19 battle on April 18. Medical professionals (doctors and



nurses) who selflessly serve their patients shared valuable information with the participants during this conference. NCNC was honored by the presence of Dr. Arjun Karki (Ambassador of the Nepal Government to the United States). Special thanks to Mr. TJ Cawley (Mayor, Town of Morrisville), Mr. Sunil Shah (President of NRNA NCC-USA), Dr. Keshab Paudel (MD, MBA, FACP, SFHM), Dr. Bhaskar K. Chettri (MD), Mrs. Manju Sangraula (President of SANN), guest speakers, and all community members for making the event informative and successful.

Digital infrastructure and transparency:

NCNC BOD members believe the enhancement of our digital platform is necessary. We are taking the right steps towards it. The digital strategy team of NCNC has created role-based email IDs to each BOD member utilizing the non-profit organization credit offered by Google

and Microsoft. Each BOD member will use his/her ncnepal.org domain email to communicate within the team so the conversation can be shared with future BOD members. When new BOD forms in the future, the current BOD will hand over the email IDs and the passwords. New BOD members will continue on the communications handled their predecessors. NCNC also believes that an organization's financial transparency is critical and posts its quarterly financial summary, income expense report, and trial balance its website.

Virtual Teej Celebration:

Given the current pandemic situation, NCNC organized a virtual Teej celebration this year on August 21, 2020.



Zoom Session with Health Care Professionals and Recovered COVID-19 Community Members:

NCNC organized a virtual informational event on Sept. 5th to update our community members about Covid-19 and its effect. In this session, some community members who were affected by the CoronaVirus shared their experiences. Frontline healthcare workers who care for



Covid-19 patients in the area hospitals answered questions. This Zoom session provided us information such as symptoms, daily lifestyle, the follow-up process. Our goal was to hear from those who, unfortunately, contracted the virus and beat it. They gave us peace of mind, encouragement, and strength if we get the virus in the future. We are very happy for those families who successfully recovered and are

doing great. We are thankful for their courage to come forward and share their stories with us.

Sangalo Editors Review Meeting:

Editors are working on the final editing and reviewing of the Sangalo-2020.



तीजको गीत

भगवती न्यौपाने, एनसीएनसी बोर्ड सदस्य, मोरिस्थल

दुई हजार सतहत्तर साल, भदौको महिना
यसपालिको तीजमा माइत जान पाइएन ॥
कोरोनाको भाइरसले संसारलाई रुवायो
लाखौं लाख मानिसको ज्यानै लिई गयो ॥
ठप्पै भयो मोटरगाडी, गाउँ शहर सुन्य भो
दर खान जाऊ त भने, ज्यानै गुम्नेभो ॥
मेरो देश नेपालमा कोरोनाले छोको छ
मृत्युदरको खबर सुन्दा मनै रोको छ ॥

खोलानाला बढेको छ, बाढी पहिरो गै'राछ
कोरोनाको निर्मुल भए हुन्थ्यो भै'राछ ॥
बेसार पानी पिएर घरभित्रै बस्नुहोस्
नाक मुख छोपेर बाहिर जानुहोस्॥
औषधीको आविष्कार वैज्ञानिकले गर्नेछन्
दिदी बहिनी मिलेर फेरि नाच्ने छौं ॥
सिताराको डोरीले राम्रो भयो कपाल
यसपालिको तीजलाई जय नेपाल ॥

Making A Difference

Interview With Dr. Jagan Subedi

What is your area of expertise? What motivated you to join this helping profession?

I am a psychiatrist. When I was a teenager, I saw my mother go through her acute illness multiple times and had to be involved in her care. I also saw my nephew go through his chronic congenital neurological disability that took his life early. These incidents and encouragement from my schoolteachers motivated me to go into the medical field.

What do you enjoy the most about being in the medical field?

Being able to help when people need it the most and making a difference in people's lives.

How has your job (how you perform it) changed since the pandemic began?

I had to use PPE (Personal protective equipment), wash hands, and use sanitizer frequently. The treatment team and other meetings move to Zoom. Anxiety and fear of being infected and transmitting it to family/friends. Keeping social distance with the patients and talking with patients using PPE was not comfortable initially. Worried about PPE shortages, I had to buy face masks and sanitizers myself. Family (of patients) visitation restrictions due to COVID 19 also affected my work.

As a front life medical worker, what challenges have you been facing amid

COVID-19 and what has been helpful to maintain your professional standards?



Apart from ones discussed above, changes in workflow, caseloads, work restrictions also presented some challenges. Maintaining self-care proved difficult. Cafeteria closure (or serving packaged foods) made life more difficult.

Being prepared for new information and environment, doing some self-care, positive thinking, sharing experiences/story with coworkers helped.

What has been helpful to balance between job and your family/children, especially with children staying home and schools going virtual?

I have a 4-year-old daughter who used to attend daycare before the pandemic, the daycare closed, and class became virtual. Engaging in a virtual class with a small kid was a real challenge. My wife and other family members were great help with that. After work, I spent time with children in both indoor and outdoor activities. We frequently went for hiking, cycling, even camping once in the mountain while maintaining appropriate social distancing.

Also, meditation, exercises including outdoor

activities like cycling keeping social distancing, sharing the story with other frontline workers, helped.

Where are you getting physical, emotional, mental, social support from?

I'm receiving support from my wife, my family and friends in Nepal and around the globe via social media. Coworkers and employers have also been helpful.

How else have you been contributing to the community? How can NCNC partner with you for future involvement for medical services in our community?

I'm helping local Nepalese (TNCC) and Bhutanese communities affected by COVID 19. I conduct Zoom meetings to support my patients, family, and community leaders involved. I'm also involved in COVID-19 stress help desk with other mental health workers of Nepali origin in the USA. We raise awareness regarding COVID19 and discuss ways to cope with stress. I encourage people to be strong in this unusual and difficult time. I'm also Involved in webinars organized by NRN USA, and NASeA.

I am eagerly waiting for future partnership with NCNC for future involvement for medical

services (especially mental health and coping with stress) in our community.

What feedback do you have for the public to keep themselves safe as well as protect others from getting sick considering COVID-19?

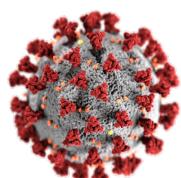
Follow the CDC/WHO guidelines, avoid misinformation on social media, face mask, wash hands, use sanitizer, maintain social distancing, limit the news, ask for help if needed, and protect the vulnerable people.

You are not alone. This virus will pass with time.

Stay positive. Remember that the entire world is working hard to develop vaccines and medicines for the virus. We'll have them sooner or later.

Take good care of yourself. Take advantage of the social network, use positive coping skills, and stay away from negative coping techniques (alcohol, smoking). Explore your hobbies in your free time and spend time with your family.

Dr. Jagan Subedi, Psychiatry, Novant Health Psychiatric Medicine - Thomasville Inpatient



Global COVID-19 Cases

(As of September 22, 2020)

Total Cases: 31,343,430

Total Deaths: 965,250

Total Recovered: 21,516,481

Source: Johns Hopkins University AND Centers for Disease Control and Prevention, USA

Life Of A Medical Professional During Covid

Interview With Dr. Bhaskar Kunwar

What is your area of expertise? What motivated you to join the medical profession?

I am an internal medicine physician currently practicing hospital medicine. I passed my SLC with the highest mark in Palpa District. Back then, a student who received high marks felt an expectation from parents and even a bit of pressure from society to become a doctor. As a child, I once got admitted to Palpa Mission Hospital due to an illness requiring me to have a vein section where the vein is cut to give IV fluid. That experience, once I recovered, drew me to the medical profession.

What do you enjoy the most about being in the medical field?

I love the medical field's patient-care aspect that allows me to know my patients and take care of them. I also enjoy learning, teaching, and transferring medical knowledge to other people. I have been working as a clinical assistant professor since 2015. I teach medicine to medical students and internal medicine residents.

How has your job (how you perform it) changed since the pandemic began?

Like many other professions, the medical field has also seen many changes since the pandemic

began. These days, I have to wear a big mask and a visor to cover my face, which creates difficulty in communication. While many other professions have moved online, we in the healthcare field remain in direct contact and exposure with our patients. I always love spending more time with patients, which is an essential aspect of healthcare as it comforts the patients and makes them feel safer. But due to the pandemic, I have not been able to do this as much as I'd like to.



As a front line medical worker, what challenges have you been facing amid COVID-19 and what has been helpful to maintain your professional standards?

In the early days of the pandemic, we didn't have much information about COVID-19, its mode of transmission, and treatment. Many healthcare providers worldwide contracted the disease due to the lack of personal protective equipment and reliable information. Our hospital has been doing a great job of protecting its employees and patients by updating guidelines daily and maintaining the 3 Ws: workplace distancing, wearing masks, and washing hands.

What has been helpful to balance between job and your family/children, especially

with children staying at home and schools going virtual?

Working as a healthcare professional, I've faced unique challenges, especially while making hospital rounds in the COVID ward every couple of weeks. At home, I'm self-isolating from my family. We've sealed off some doors to stay in a part of the house away from the rest of my family. I maintain an appropriate distance while I interact with my family. For the first couple of weeks, I didn't even see my children despite living in the same house, which has been challenging, but we've remained connected through FaceTime. My wife has been working hard to take care of the kids and me.

Where are you getting physical, emotional, mental, social support from?

I receive support from my wife, kids, and colleagues. It helps to have people I can relate to and those who understand my struggles during this challenging time. It's important to stay connected with family and friends while maintaining distance. We also need to take care of our physical and mental health.

How else have you been contributing to the community? How can NCNC partner with you for future involvement in medical services in our community?

I love helping people. I have conducted many free health camps in Nepal during my visits there. I try to help uninsured people or those unable to visit a hospital frequently. Many friends and family still call me from Nepal for advice, and I try to make myself available in my free time to assist them. I've worked with my

physician friends to raise thousands of dollars from our hospital for earthquake victims. I have been trying to help our Nepalese community here in North Carolina by providing information about COVID and other health-related issues. My fellow Nepali physician friends and I are always ready to work with NCNC to help our community.

What feedback do you have for the public to keep themselves safe as well as protect others from getting sick in light of COVID-19?

I have worked in the COVID floor, seeing eight to ten patients a day for a week straight, and I rotate these shifts with 50 other physicians. I've seen deaths and devastation. Wearing masks, washing hands, and maintaining social distance is essential in preventing this virus's transmission. Some people still don't believe in these precautions. Some contractors at my house chose not to wear masks and asked me why I wear a mask when I talk to them even though they knew that I was a healthcare professional who worked with COVID patients. Some don't even believe COVID exists. While it's hard to change their minds, the advice I have for them is this: there's no harm following these safety guidelines. Be safe than sorry. Consider yourself and others while making your decisions.

*Dr. Bhaskar K Chhetri MD,MBA,FACP.
Capefear Valley Hospital
Fayetteville, North Carolina*

Novel Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)

Rabindra Ghimire

A cluster of pneumonia cases was reported in Wuhan, Hubei province in China on December 31, 2019. The genetic identification was shared publicly by Chinese authorities on January 12, 2020, and a novel coronavirus was confirmed and named COVID-19. On January 21, 2020, a Washington state resident was confirmed to have the first infection in the United States. On January 30, the World Health Organization (WHO) Director-General declared the outbreak constituted a public health emergency of international concern. Thus far, this virus has claimed nearly 9,23000 deaths worldwide (please see <https://coronavirus.jhu.edu/> for recent updates) as of this writing.

SARS-CoV-2 is an RNA virus with distinctive spikes on its surface. Bats are thought to be the natural reservoir, and humans became infected from pangolins and other intermediate hosts. Once a person is infected, the virus multiplies in the cells of the respiratory tract, causing inflammation that can result in acute respiratory distress syndrome (A type of respiratory failure that requires specialized respiratory support and care). In severe cases of COVID-19, activation of the coagulation system and consumption of clotting factors leads to thrombosis (blood clots) in various parts of the body, contributing to heart attacks, strokes, limb ischemia, and deep vein thrombosis.

S A R S - C o V - 2 spreads primarily via respiratory droplets during close face-to-face contact. Prolonged exposure to infected persons (within 6 feet for at least 15 minutes) and shorter exposure to someone coughing or sneezing or talking carries a higher risk for disease transmission. Infection can also spread from asymptomatic, presymptomatic, and symptomatic persons. Brief exposure to an asymptomatic person is less likely to transmit the disease. A person can get COVID-19 by touching a surface or object with the virus on it and then touching their mouth, nose, or possibly their eyes, but this isn't the primary way the virus spreads. The average time from exposure to symptom onset is five days, and 97.5% of people who develop symptoms do so within 11.5 days. According to an estimate, 62% of the transmissions may occur before the onset of symptoms. The risk of COVID-19 spreading from animals to people is low.



Common symptoms of COVID-19 infection include fever, dry cough, shortness of breath, fatigue, myalgias, nausea, vomiting or diarrhea, headache, weakness, running nose, and change or loss of taste sensation. When severe, a person can have a stroke, heart attack,

blood clots in the lungs and legs, liver and kidney injury, and pneumonia, requiring respiratory support like breathing machine (mechanical ventilation). Data shows more than 75% of patients hospitalized with COVID-19 require supplemental oxygen, and approximately 5% of patients with COVID-19, and 20% of those hospitalized, experience severe symptoms necessitating intensive care. Overall, 15-20% of hospitalized COVID patients die of this disease or its complication. This rate goes up to 40% if they require intensive unit care. Children with COVID-19 have milder symptoms that are predominantly limited to the upper respiratory tract and rarely require hospitalization.

How common is the second infection is not clear but some cases of reinfection have been reported.

Diagnosis of COVID-19 is typically made by polymerase chain reaction (PCR) testing a nasopharyngeal swab. If there is a high index of clinical suspicion but negative PCR, other tests like blood tests, chest X-ray, or a CT scan of the chest can be helpful to make a diagnosis. PCR can be falsely negative due to inadequately collected specimens, time from exposure, and specimen source. SARS-CoV-2 can be detected in stool and saliva but not in urine. Saliva could be a reliable sample for detecting SARS-CoV-2 and tests are being developed. Once infected, our body produces antibodies against this

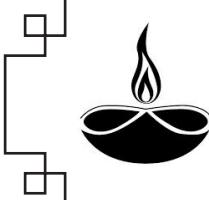
virus. Certain antibody tests are available commercially to check these antibodies. How long these antibodies last and whether these prevent reinfection is not known.

Face masks reduce the spread of this virus. N95 masks and surgical masks provide significant protection against the infection compared to no mask, and surgical masks offer better protection than cloth masks. Physical distancing is associated with a reduction in virus transmission. Hand and environmental disinfection are also crucial in reducing transmission.

A steroid (dexamethasone) and an antiviral medication (Remdesivir) have been found helpful in a certain subset of patients. Several ongoing drug trials are underway to find a cure for this disease. Several pharmaceutical companies are developing vaccines against this virus. Some of these vaccines are in the late stage of clinical trials. Experts hope for a viable vaccine by the end of this year. Author is hopeful the vaccine would be readily available to general public by mid to late 2021.

*Dr. Rabindra Ghimire, Clinical Assistant Professor,
Director ECU Infusion Center Associate Director,
Fellowship Program East Carolina University at
Brody School of Medicine Greenville, NC*

विजया दशमी र दीपावली २०७७ को उपलक्ष्यमा
सम्पूर्ण नेपाली दाङुभाइ तथा दिदीबहिनीहरूमा
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।
नारायण, अनन्पूर्ण र परिवार, नर्थ क्यारोलाइना



Work-Life Balance In Covid Era

Interview With Dr. Laxman Pokhrel

What is your area of expertise? What motivated you to join this helping profession?

I am an internal medicine specialist, currently working primarily in the hospital as a 'Hospitalist.' I help patients needing admission to the hospital for treatment, except for pregnant women and children.

My father was the primary motivation for me to join this profession. He was a healthcare worker himself. I had witnessed firsthand that his dedication to treating people made a huge difference in their lives, including saving some lives. A simple IV fluid hydration for people suffering from cholera would save a lot of lives. I wanted to do something similar. I guess that aspect of me grew subconsciously in my mind when I was ready for college. I then decided to pursue achieving that goal by joining medical school.

What do you enjoy the most about being in the medical field?

Being able to help improve people's health, make a difference in their quality of life, and saving lives during emergencies makes me feel fulfilled and joyous.

How has your job (how you perform it) changed since the pandemic began?

Pandemic has changed almost everything in the

hospital system. Daily surveys and infection prevention protocols have become a new norm. Wearing personal protective equipment at work and taking precautions at home with the family has become a routine. Many hospitals suffered a significant economic impact (reduced revenue) due to reduced outpatient services and elective surgeries. The financial implications eventually affected the benefits of healthcare workers as well.

As a front-line medical worker, what challenges have you been facing amid COVID-19 and what has been helpful to maintain your professional standards?

Initially, there was a lot of insecurity among healthcare workers, including myself, due to lack of adequate knowledge about the virus, low supply of personal protective equipment (PPE), undefined/ill-defined work protocols, and other challenges. Now, I think I have adapted to this environment. With the evolution of more scientific information and knowledge, better protocols have been formulated. The hospital system I work at has a dedicated unit and a separate small hospital for COVID-19 patients. Working in the COVID dedicated unit is always challenging due to the need for extreme



caution and alertness while handling the sick, but repetition has made us habituated to this new norm.

What has been helpful to balance between job and your family/children, especially with children staying home and schools going virtual?

I have two small kids at home who expect me to play and engage with them after work. Spending time with them was initially challenging due to the risk of exposing the virus acquired at work to the family. Subsequently, kids have understood what this virus means and the importance of maintaining distance and hygiene. Since I ensure that I take complete precautions at work and transition to my home, I am starting to feel more comfortable spending time with my family. We engaged in various indoor and outdoor activities. The initial month of the COVID pandemic was hard since things were much unclear, and I had to limit interaction with the family at home. I still maintain a separate room where I sleep during workdays and store my work gears.

Where are you getting physical, emotional, mental, social support from?

As a physician, I face continuous emotional and mental challenges at work daily. Even before the pandemic, physicians like myself had been dealing with challenging situations at work, including the stress of patients not getting better, conflict with expectations in care, and inability to meet demands of family and patients. In a way, this is great since it puts healthcare workers accountable for their responsibilities and protects our patients at the highest level.

With the onset of COVID-19, there have been several instances where a healthy young individual succumbs to death despite maximal efforts to support and treat them at the hospital. Such an unfortunate situation always breaks my heart. Physicians like myself have learned to adapt to these situations (which is essential in providing continuity of care). However, still, a nagging feeling can persist, since we all are human beings. I have excellent support from my family and the Nepali community. The hospital administration has also been outstanding in supporting us in these needy times.

How else have you been contributing to the community? How can NCNC partner with you for future involvement for medical services in our community?

We have a wonderful Nepali community in Piedmont triad region, called Triad Nepalese Community Center (TNCC). My focus outside of helping patients in the hospital is to ensure that our community is aware of the burning health issues and providing them with appropriate help when needed. Last year, we conducted a Free Health Camp during the '15th ANMA and NASEA joint convention' at Winston Salem. We did screening tests, provided counseling, and conducted CPR awareness and observation. It was a grand success. Additionally, we have conducted a couple of free health camps at the Triad Nepalese Community Center. We have also provided screening tests for chronic diseases, basic counseling, and referral services.

During this pandemic, I have participated in several online and telephonic discussions to provide medical help to COVID-19 patients in

the Piedmont Triad region. My wife, an RN, has played an integral in offering counseling to the affected families in this region.

I serve as a member of the Global Health and Hygiene Committee of NRNA, and recently moderated 'Doctors' Experience on COVID-19 Worldwide Webinar'. I am now preparing for the upcoming second NRNA Global Nepali Health Conference during September 18-20. I intend to moderate a session for physicians to discuss COVID-19 treatment and share experience. Furthermore, through NRNA, I have been actively engaged in helping the Nepali community in the US with their medical needs, including counseling services. I am more than happy to collaborate with NCNC to keep our community safe and healthy.

What feedback do you have for the public to keep themselves safe as well as protect others from getting sick considering COVID-19?

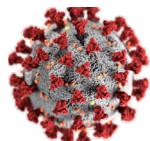
COVID-19 spreads mainly through close contact from person to person. Respiratory mode of transmission (coughing, sneezing, and talking generate respiratory droplets) is the most common mode followed by close contact. So, using masks (must cover nose and mouth) in crowded places and following the

recommended six-feet social distancing are very important. Handwashing with soap and water for at least 20 seconds is the most effective way to remove the virus from hands. Regular use of FDA approved sanitizers while traveling is essential.

Many people can be asymptomatic carriers, so it is crucial to take caution while meeting people. Sneezing, coughing on a tissue or an elbow, avoiding public gathering, avoiding touching mucosal surfaces (eyes, mouth, and nose) unnecessarily are important preventative measures. Immune-compromised-persons (including those undergoing cancer treatment and organ transplant recipients) and people with chronic diseases (e.g., diabetes, heart disease, chronic kidney, and lung diseases) are at higher risk of severe illness. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s.

Adopting these lifestyle changes may be necessary for a prolonged duration of time until we fully understand the virus, and an effective vaccination is widely available.

*Dr. Laxman Raj Pokhrel, MD, Internal Medicine,
Hospitalist at Cone Health, Greensboro, NC*



USA COVID-19 Cases

(As of September 21, 2020)

Total Cases: 6,786,352 | Cases in 7 Days: 283,358 | Total Deaths: 199,024

Source: Johns Hopkins University AND Centers for Disease Control and Prevention, USA

Service To Human Is Service To Devine

Interview With Gyanu Bhattacharai

What is your area of expertise? What motivated you to join this helping profession?

Thank you so much for your question. I'm a nurse and have worked in various units like ICU, medical-surgical, maternity, rehab, pediatrics, and case management. While each profession is essential in our society, I find Nursing reaching beyond medicine. Nursing, as people say, is more of a calling than a career. I wanted to become a nurse ever since I was a little girl. In fourth grade, I read about Florence Nightingale and Mother Teresa. Their stories of selfless service to humanity influenced me profoundly and motivated me to join this profession.

What do you enjoy the most about being in the medical field?

As Val Saintsbury, a famous nurse, once said, "Nurses dispense comfort, compassion, and caring without even a prescription." It is very true. Nurses do more than pass medicine, clean wounds, administer saline, and keep records. They care for patients, helping them improve their lives and recover from diseases. As a nurse, I get exceptional opportunities to make positive impacts in my patients' lives regularly. I believe service to human is service to the divine. With a long-held reputation of being compassionate healers, nurses consistently rank highly in Gallup research polls for honesty and ethical standards

among various fields. A 2019 Gallup Poll found nursing to be the most trusted profession in the US for the 18 years in a row. 85% of the respondents rated nurses' honesty and integrity as high or very high. The World Health Organization (WHO) has declared 2020 as the year of the nurses and the midwives. Such stories and statistics make me take pride in my noble profession.



As a front line medical worker, what challenges have you been facing amid COVID-19 and what has been helpful to maintain your professional standard How has your job (how you perform it) changed since the pandemic began?

I work concurrently for various employers in different locations, physically and virtually. My role at Wake Med, which requires a physical presence to direct patient care, has seen a drastic change. The human dimension of care is always essential. Still, it's more critical during a pandemic that requires isolation. As a healthcare worker, I routinely face multi-dimensional challenges at work, at home, and in society. The unprecedented workload in an overstretched unit, with no end in sight, has been challenging. My work environment is stressful and scary,

not only due to this virus's novelty but also due to a lack of proper protective equipment, overwork, and possible exposure to infection. During a crisis like this, a nurse must often choose between providing high-quality care to their patients and caring for themselves and their loved ones. I had never dealt with such a challenge in my life before. As critical members of healthcare teams, nurses must control and prevent the spread of infections. Wearing PPE (personal protective equipment) like a mask, gloves, caps, gowns, visors, and overshoes has become routine. I wanted to become a nurse to work with people, provide care, relieve pain, contribute to society, and be useful. I like being there for people in their time of need. I like nursing because it's a technical job with a human dimension.

On the other hand, my virtual role does not require physical presence. Not having to wear PPE makes the situation more manageable.

What has been helpful to balance between job and your family/children, especially with children staying home and schools going virtual?

Famous American novelist Dean Koontz wrote about a similar virus in his 1981 novel *The Eyes of Darkness*. He named the Chinese city Wuhan as the birthplace of the 'Wuhan Virus 400' virus and predicted its massive impact on human lives across the globe. Many of us had probably never imagined this situation. We draw light and strength from the fact that we are saving the world. I have two kids starting 2nd grade and 5th grade. Virtual schools and demanding work have been challenging. It's nice to have that

extra time with the kids, but getting work done easily like in the past has been difficult. A daily schedule, dedicated workspaces, and frequent breaks have been helpful. They say it takes a village to raise a child, and this is true now than ever. Help from my husband and mother-in-law has been phenomenal. We have been trying to make lemonade out of this COVID lemon!

Where are you getting physical, emotional, mental, social support from?

During a crisis like this, keeping our physical and mental health at check is more critical than ever. Higher levels of stress and anxiety are not uncommon, mainly as a result of social isolation. Frontline healthcare workers are particularly vulnerable to adverse mental health effects as they strive to balance their duties of caring for patients and themselves and their family and friends. Currently, my family and friends have been my strongest pillars, allowing me to continue my work.

How else have you been contributing to the community? How can NCNC partner with you for future involvement for medical services in our community?

In my other role, I act as the single point of contact for patients and their families using a variety of digital channels to meet them where they are. I use the case management process to assess, develop, implement, monitor, and evaluate care plans designed to optimize the patients' health across the care continuum. I work in partnership with patients, care providers and community resources to develop and implement the plan of care and achieve stated goals. So, during this pandemic it has been challenging to accomplish

all this but, in the end, it has been very rewarding. With coordination from all the health care professionals residing here at the triangle, NCNC can conduct community outreach programs to Nepalese living in the area and organize health screening programs to those people without insurance or to the visiting parents from abroad.

What feedback do you have for the public to keep themselves safe and protect others from getting sick during Covid-19?

Prevention is better than cure. Stay home! Currently, there is no vaccine to prevent COVID-19. So, we need to be very careful to prevent the spread of the disease. The virus spreads mainly among people in close contact with one another (within about 6 feet). This transmission occurs by respiratory droplets

produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of nearby people or be inhaled into the lungs. Surfaces can also get infected. Older adults and people with severe underlying medical conditions like hypertension, obesity, heart or lung disease, diabetes, or asthma seem to be at higher risk for developing more severe complications from COVID-19. We should maintain good personal health by observing the prevention tips listed below. I advise community members to follow these tips to minimize virus transmission.

Thank you for the opportunity. God Bless us.

Gyanu Bhattacharai, RN, BSN, WakeMed Health and Hospital, Raleigh, NC

COVID-19 Prevention Tips



WASH

Wash your hands frequently – for at least 20 seconds



COVER

Use tissues when you cough or sneeze and dispose of them immediately, use your elbow if a tissue not available



AVOID

Do not touch surfaces and then your mouth, eyes or nose



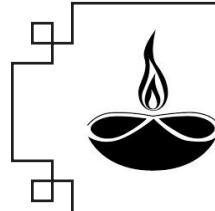
DISTANCE

Practice social distancing by not shaking hands, hugging, etc.

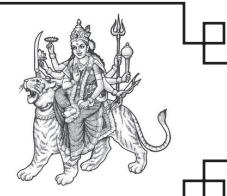


ISOLATE

Stay home if you become ill and prevent the spread of the illness



विजया दशमी र दीपावली २०७७ को उपलक्ष्यमा
सम्पूर्ण नेपाली दाजुभाइ तथा दिदीबहिनीहरुमा
हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।
ददिन, अमल तथा पाण्डे परिवार, नर्थ क्यारोलाइना



Telemedicine During Pandemic

Interview With Dr. Rabindra Ghimire

What is your area of expertise? What motivated you to join this helping profession?

I work as a clinical assistant professor at East Carolina University at Brody School of Medicine. I specialize in Infectious Diseases. Medicine was my childhood dream. I became more motivated to excel in medicine when my grandfather died of a stroke at Bir Hospital due to a lack of specialists' timely availability. While working at Dhulikhel hospital, facilitating the problem-based learning courses for medical students, I realized that the USA's training and education are what I needed. After that, I decided to pursue a medical career in the USA.

What do you enjoy the most about being in the medical field?

Being able to help my patients live healthier lives and reduce their suffering makes me excited every day. I still remember Dashain blessings I used to receive back in Nepal from my parents and seniors: "Be able to fulfill everyone's expectation". Infectious Disease has always remained the most challenging of medical fields. This pandemic has raised the world's interest in infectious diseases like never before.

How has your job (how you perform it) changed since the pandemic began?

Like all of my colleagues practicing medicine, my life changed with the start of the pandemic. Initial

few months were more chaotic as we knew little about the transmission and treatment of this viral illness. We began providing many of our services remotely via telemedicine services. We took extra precautions while meeting people and seeing our patients. Over the next few months, as more data became available, we gradually moved from telemedicine to in-person clinic visits. Though the level of comfort meeting/seeing people has not returned to the pre-pandemic level yet, I expect this will change by the end of 2020 or before the summer of 2021.

As a front-line medical worker, what challenges have you been facing amid COVID-19 and what has been helpful to maintain your professional standards?

Using newer tools in telemedicine, including video visits, was challenging initially, but over the next few months, we learned how to use those tools as more guidance on medical coding, billing, reimbursement, and the laws governing these functions. When the pandemic started, we were uncertain about the availability of personal protective equipment to serve our patients better, but this was not an issue where I practiced. Due to social distancing, everyone faced some isolation. Our meetings moved to video platforms. Using the Facebook



app, we organized a Ludo (Snake and Ladder) tournament among Nepalese living in Greenville, NC. Many of my colleagues joined online yoga, gym, and exercise classes. We also participated in mental health awareness programs organized by various Nepalese medical organizations (like ANMF and HFN) in the US. Online CME and professional courses became popular during this period to help meet requirements.

What has been helpful to balance between job and your family/children, especially with children staying home and schools going virtual?

I am fortunate to work at an academic institution within the UNC system. I could take leave of absence for childcare if needed. We were initially worried about how the virus was going to impact our daily routine. We have two kids going to daycare. The hospital system we work for continues to provide daycare services with precaution. It is undoubtedly a challenge to maintain privacy doing virtual visits from home, especially if you have small kids. Coordinating with friends and family to look after kids to manage the time has been helpful.

Where are you getting physical, emotional, mental, social support from?

Connecting virtually to our loved ones, friends, and family took precedence over regular physical meetings. Even if we met, we kept a social distance, and everyone wore a surgical mask. There are webinars available at NCDHHS on COVID-19 and behavioral health. Various other resources are available through East Carolina University-Center for Counseling and Student Development (CCSD). Checking reliable resources like CDC and WHO, instead of random websites, helped keep us up to date. Accepting

anxiety as an integral part of human experience and allowing anxious thoughts, feelings, and physical sensations to surface always helps. Meditation, even for a few minutes, became a part of the daily norm. Listening to the calming playlists of Narayan Gopal and various artists is helpful.

How else have you been contributing to the community? How can NCNC partner with you for future involvement for medical services in our community?

Meeting virtually, connecting through phones, and preparing and delivering foods to close ones became a routine. Keeping kids away from one another was a challenge, but they have learned about "the monster virus." NCNC can help the community by creating various teams (health team, literary club, language club, social unit, project unit).

As I said, finding accurate information is important. Official websites of CDC and WHO are valuable and reliable resources. As the virus data is constantly evolving, what we consider accurate today may be obsolete tomorrow. Keeping a social distance, washing hands, using a regular surgical mask is helpful. Avoiding frequent trips to groceries, air-travel, gatherings or parties, and public places without personal protective devices could prove fatal. Help your elderly and persons with certain medical conditions who are at risk of death stay home by staying connected. If you get sick, quarantine yourself and your family and get tested promptly. If you have a specific medical condition, reach out to your provider for a virtual visit. If possible, choose a lab in a clinic rather than one at a hospital to avoid large crowds. If you need help or information, always ask. We are here to help.

Fall Books That Are A Must Read

Diza Pandey, Sophomore at Apex Friendship High School

When fall comes and the days grow shorter, there's nothing more comforting than a warm blanket and a good book, maybe even a pumpkin spice or a cinnamon candle. As the trees change colors, try to find a book related to the wonderful fall season. Everyone has different fall reads, especially during Halloween, when it's all scary thrillers that will keep you turning pages for hours. Many people ask the question, "What book should I read next?" According to Bustle.com, here are some of the best books to read during the fall season. Start off with "The Secret History" By Donna Tart. This college novel is the stuff of legends that contains the best of nearly everything that fall has to offer: a back-to-school story, mysterious and dark deeds under cover of the night, and the iconic atmosphere of New England, Massachusetts.

If you love romance novels, an excellent suggestion is "The Simplicity of Cider" By Amy E Riechert. This sweet novel will make all of your fall dreams come true. Sanna, a cider maker on her family's farm in Wisconsin, has her life changed forever when a man winds up at the orchard. This book is bittersweet, full of heart, and tinged with just a little splash of spice. If you are a fan

of thrillers, go for "IT" By Stephen King. In this novel, a lovable group of friends encounters evil in the form of Pennywise, a terrifying killer clown. The story alternates between the past and present, showing how friends have to face and re-face their fears and trauma throughout their lives. If you want a reading experience that will keep you up all night, this one will do the job.



And to end off with a happy novel, "The Night Circus" By Erin Morgenstern is the one for you. This dreamy novel is a whirlwind trip to the circus, covered in glitter and stamped with colorful stickers. You will want to read it over and over again. The setting of the crisp autumn air pairs perfectly with the story. Marco and Celia, two performers in the magical Le Cirque des Rêves, are rivals in a long-standing challenge. If you ever forget that fall is the most fantastical season of all, Morgenstern's novel is sure to remind you of that. All these books have something significant in common. They're known as some of the greatest books to read during fall.

Rising Artist Of Pop Culture: Curtis Waters

Diza Pandey

Rising artist of Pop Culture Curtis Waters, better known as Abhinav Bastakoti, is a 20-year-old artist, producer, and songwriter who lives in Cary. In April, *Stunnin* garnered millions of views. With over 1.4 million videos on TikTok within a week on Spotify and Apple Music, the song had over 1 million streams.

Curtis Waters was born in Nepal. He then moved to Germany, and then back to Nepal. At the age of 10, his family decided to move from Nepal to Canada. In 2017 when he was 17 years old, he moved to the United States and settled in Cary, North Carolina. During the COVID-19 Pandemic, this spare time brought him an opportunity to release *Stunnin*. His motivation is to learn from scratch and make music with total focus. From day and night, seven days a week to make beats and prepare for competitions.

As a teenager in Canada, Waters was obsessed with graphic design and making music that helped him navigate the low parts of life. Inspiration for the name Curtis Waters came from his favorite artist he grew up listening to Joy Division's lead singer Ian Curtis and Frank Ocean for the Waters. Through this alter ego, Waters found confidence.

In February this year, he finished writing and recording his album *Pity Party* and uploaded it to Soundcloud. Curtis still resides in Cary, North Carolina.



The Secret Of Acing Your SAT With Summit Pradhan

Senior at Raleigh Charter High School

Interviewed by Diza Pandey

In this interview, our fellow community member Summit Pradhan tells us about the process he used to study for the SAT and the ACT and shares tips on how to ace standardized tests.

What's the SAT?

The SAT is around three hours long and contains three main sections, the reading test, the writing test, and the math test. The calculator is inactive in the math section. You can write an additional essay that some colleges require, and that takes another 50 minutes.

When do you recommend high school students to take the SAT?

Generally, most high school students take their SAT in their junior year. That usually gives them enough time to get ready for colleges. But you can start as early as you want. I would recommend high school students to take it in their sophomore year because when they take the SAT as a junior, there will be chances to earn scholarships with the score they earn.

What challenges did you face while studying for the SAT?

I see studying for the SAT as two parts. You study for the content and know the specific formulas. And then you study for the test itself where you become familiar with the test questions, the general timing, and stay focused for three hours. Getting into that mindset and knowing how to approach the test questions was the biggest challenge for me.

How did you do on the PSAT? How about the SAT and ACT?

As a sophomore, I got 1480 out of 1520 on the PSAT. On the SAT, I got 1530 out of 1600. On the ACT, I got a 36 out of 36.



What is the difference between the PSAT and the SAT?

The PSAT is only for sophomores and juniors and focuses on preparing you for the SAT. It's a bit shorter and is graded out of 1520. Since it's not a real test, you feel less pressure. It doesn't go to colleges.

What is the difference between the ACT and the SAT?

The ACT is different than the SAT in format. The most significant difference is that the ACT has a section where you answer questions on data and graphs. In terms of time and questions, they're generally the same. I recommend you take both and see which one you like more.

What do you think is the purpose of standardized testing?

Standardized testing offers colleges a standard, a baseline to compare students. Students know their college readiness. For example, you can easily compare your GPA with others in your school, but not outside your school. The SAT shows how you compare students from

everywhere.

What are your tips for relieving stress?

To relieve stress when you're studying for the tests, take frequent breaks, and efficiently use your time. If you're cramming a few weeks before the test, you won't do well. So you need to know how to space things out. Take many practice tests before taking the real test. Make sure to use a timer during practice tests to simulate them as much as possible. Doing so will get you ready for the test day.

Did you ever overwork yourself while studying?

I stressed out at times, but when I planned my schedule, I wasn't that strict.

What resources and strategies did you find helpful?

Practice tests from their website helped me the most. You can search online for SAT practice tests and take some. Review your mistakes and work on them.

What are some good study habits you recommend for others?

Whenever you take a practice test and get something wrong, it's pretty helpful. Mark out

what you got wrong, what type of question, what you missed. Keep track of those little details, and they'll help you improve over time.

Good test-taking habits you recommend for others?

During the test, skim the answer choices and use the process of elimination. Keeping track of time is very important. You don't want to run out of time. Otherwise, you have to rush it in the end. Bring a watch on the test day to track time. My biggest advice is to keep track of time.

If you had to give advice to other Nepali parents, what would it be?

If you can, get your child a tutor. That's the fastest way for a kid to learn properly. A guiding hand will make it a lot easier to speed up the process. I didn't have a tutor, but if I had had one, I could have taken the SAT a lot sooner than I did.

And lastly, what's your message to the teens in our community so they can succeed in SAT?

Make sure to spend time studying for it. Don't overwork yourself; it'll just make everything harder. Space everything out and do your best.



विजया दशमी र दीपावली
२०७७ को उपलक्ष्यमा
सम्पूर्ण नेपाली दानुभाइ तथा
दिदीबहिनीहरुमा हार्दिक मंगलमय
शुभकामना व्यक्त गर्दछौं ।



डा. नारायण, निर्मला र परिवार, नर्थ क्यारोलाइना

Rising Star Ayushma Sharma

Sophomore at North Carolina State University, Raleigh

Interviewed by Diza Pandey

In this interview, a prominent member of our Community, Ayushma Sharma, shares her stories and tips on volunteering in our Nepali Community.

How would you introduce yourself? (including your family, social, educational, and racial background)

Hi everyone, my name is Ayushma Sharma. I'm 19 years old and a sophomore at North Carolina State University, majoring in human biology and hoping to minor in business and psychology. We're four in my close-knit family: my mom and dad, me, and my little brother, who is 12. I was born in Nepal. My family moved to Idaho when I was three, where we lived for about a year. Then we moved to Nebraska and lived there for about four years before moving to North Carolina. I've been living here since I was nine.

What are your hobbies? What do you do in your free time?

One of my favorite things, which you probably know, is to dance. My parents put me in dance at a very young age. I think I was six when I began dancing. I've absolutely loved it ever since. I'm trained in classical Bharatanatyam. I did it for eight years but had to stop once college started due to a lack of time. I also love Bollywood dance. I joined Rhythm Dance Group in Cary,

where I choreographed and danced in the team. Obviously, I love Nepali dance. I love teaching it, and I love doing it. I also love spending time with my family and friends. I'm a very social person, so I always hang out with people, talk to them, and do fun things. I love being outdoors. I love nature. I like traveling a lot. I also play the piano. I learned it when I was younger, and then I took a little break, but I've been getting back into it because I really like it. I'm also a huge TV and movie junkie. I love Bollywood. I love all TV shows on Netflix.

What are your plans for the future?

I plan on graduating in 2023 unless Coronavirus puts a huge toll on school. After graduation, I want to take a gap year, study for the MCAT, take the MCAT, and go to medical school. I think ever since I was little, my dream job has always been to become a doctor. So I plan on pursuing that dream.

How have you been involved in the Nepalese Community and other communities?

Ever since I was very young, my parents have encouraged me to be myself out there and get involved, talk to people, not be shy, you know, break my shell. And they've always encouraged



me to take the initiative and join different activities I love. When I lived in Nebraska, I wasn't old enough to volunteer, but I still attended Nepali School and dance, which I enjoyed. When I moved here, our Community was a lot smaller than it is now. I love volunteering and being a part of our Community and taking more of an initiative. I joined the Nepali School and did a lot more dances. I volunteered at the International Festival. It just progressed from there, and I became very involved. For a few years, I was the youth volunteer coordinator in NCNC. It was an excellent opportunity to use my leadership skills, not only to volunteer but also to help others to get involved. I'm teaching dance at the Nepali School. Nepali School was probably one of the best opportunities I had. It allowed me to improve my Nepali skills and to teach little kids who want to learn more Nepali. That's the most satisfying thing ever, teaching them to dance, teaching them Ka, Kha, Ga, Gha.

What motivated you to serve in the Nepalese Community and other communities?

Many different things. But I think staying involved helps me stay connected with my roots and my culture. Since I was little, my parents made sure I learned to speak Nepali and participated in our cultural events, like Dashain and Tihar. My parents, especially my dad, were very involved in the Community when I was little. Growing up, I watched how involved they were and how satisfying and motivating it was. Helping became second nature to me. To see my actions helping others and making their day is the best feeling ever.

What skills are essential for volunteering?

I think you need a mindset more than the skills to volunteer. You need the willingness to learn and put yourself out there and go in with an open mind. Do it because you want to help and achieve something. Not because your parents make you or you need hours for a key club at school. That way, you have fun, and everyone else benefits.

What are some challenges you faced?

One of my biggest challenges was time management. It wasn't easy to balance school and social events, especially around festival season, when we had events every weekend. At times, I had to finish my homework, practice dance, and volunteer at events. That was a challenge.

What was your experience as a youth editor in Sangalo? What are the challenges you've faced?

I had a lot of fun because I had never done anything like that before. It opened up many doors for me, like an opportunity to interview Manita Devkota, who was in Miss Universe Nepal a few years ago. She's beautiful inside and out, so talented, and an inspiring icon for all of us. I also interviewed Suki, a very prominent member of our Community, who was in the top five in Miss Nepal, USA. I got to learn about their journey and how everything was for them.

Since you have been working with the Nepalese Community for a long time, have you ever found a difference between the kids born and raised here and the kids

born in Nepal and raised here in terms of their interest in the Nepalese culture?

I don't want to say yes, but I think the kids born and raised in Nepal are more willing to stay involved. When they come here, they miss the culture, so they want to preserve it. Among the kids born and raised here, some don't want to get involved. They don't want to do any of this. Others want to get involved and learn. I think it's all about who you are as a person. If you want to get involved, it doesn't matter if you grew up here or in Nepal.

Have you tried to connect your local friends from schools into our Nepali Community's activities? What was their experience?

I invited a few of my friends from high school to the volleyball tournament. I wanted to play, but my Nepali friends didn't want to. So I brought my school friends and introduced them to the Community. It was an enjoyable opportunity. A few years ago, I taught my good high school friend, Bailey, Nepali dance for the Nepali New Year program. We practiced for three weeks before we performed. I think she enjoyed it. She learned a lot. She often sings the song we danced to. Her entire family (mom, dad, even her grandma) came and had a good time. I usually try to connect my school friends with my home, friends, and my Community.



NEPAL

Shreni Kunwar, 5th Grade, Parkside Elementary School

What is our country you all?
Well I'm proud to say that it is "Nepal".
Nepal's more beautiful than you think,
You could see the beauty with just one blink.
Animals and farms fill our land,
Although small in our hearts it's grand.
Filled with students smarter than the rest,
Nepal is truly the best!
Our cultural celebrations are meaningful to
everyone here,
These celebrations are the most exciting part of
the year!
Food here couldn't taste any better,

Made with the finest
spices ever!
Nepal is the birthplace of
Buddha, the light of our
home,
This special person just
had to be mentioned in my poem!
Mt. Everest also stands on our land,
This mountain is the world's most grand!
Many temples stand in Nepal,
All types short and tall.
Our country is wonderful in its own way,
I'm proud to be a Nepali is what I have to say.



Basics Of Personal Finance

Five Basic Steps To Creating A Solid Financial Foundation



Let's start with a trivial question: are you financially successful or stressed? The answer to this question will imply a vastly different situation about your personal finances. There have been several books and research that say, "It is more important to be happy than to be rich¹." Research has shown that earning more than you need for a comfortable life doesn't increase your happiness, but earning less will make you stressed and even unhappy. That means you need enough money to live comfortably. Having enough money does not only depend on your earning, but also on your ability to manage your finances. I intend to elaborate some basics of personal finance in this article. I will discuss five basic steps to manage your personal finance to create a solid financial foundation and the vehicles (means) available for you. Ideas presented in this article apply to any individual (or a family) wage earner in the US, but these fundamentals are applicable to individuals in other parts of the world.

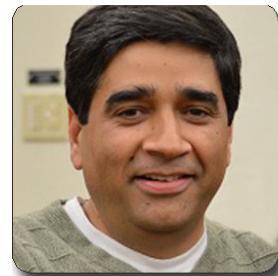
Step 1: Have a Decent Earning

Nothing in this article applies unless

you (or your household) has enough income to support the basic

expenses such as food and utilities. Having a decent earning is even more crucial for those who just entered the US job market. Experience has shown that the first few years will be more challenging when it comes to earning a decent wage. These early years should also indicate how sound your financial future will be: whether you will earn enough to live comfortably. The meaning of 'living comfortably', however, may vary based on situation (location, income). According to Gallup², an average US household of four needs about \$58,000 per year just to get by. The average median household income in North Carolina is \$52,413³, which is hardly sufficient for a family of four (we will see a fundamental analysis on this later). For this article, I will consider basic living' when you can pay for rent/mortgage, transportation, groceries, and the occasional vacation. It does not include expenses, health care for your

Sharad Acharya



family and education for you or your children. Economically speaking, if you are unable to meet your basic economic needs, then the only



option you have is to increase your income, such as getting another job in the family or finding a

better paying job. For that reason, it is essential to invest in yourself by obtaining additional training, education, license, or certification to boost your salary.

Step 2: Create a Budget

Believe it or not, this step is even more important than the first one! Sometimes (most of

the time for some people), you may be earning well but spending more than you should. According to Warren Buffett (CEO of Berkshire Hathaway and arguably the most successful investor in the world), "*Do not save what is left after spending, but spend what is left after saving.*" Here, he outlines the importance of saving. Take a few minutes to digest the message. More importantly, take this quote and implement it into your monthly budget. It is impossible to reach your savings goal if you don't plan (create a budget) and stick with it.

For starters, you need to create a monthly budget with major expenses in your household. For example, a typical household of four people living in the Research Triangle Park area of North Carolina needs about \$4,000 per month minimum as broken down below:

Save	Rent or mortgage	Food	Vehicle (loan, insurance, fuel)	Utilities	Miscellaneous	Total
\$500	\$1,500	\$700	\$600	\$400	\$300	\$4,000

The \$4,000 per month (\$48,000 per year) is the take home pay. When you include payroll taxes (min 12%), and state taxes (5.25%), you need an annual gross salary of at least \$55,000 for this budget to work.

Once you create the budget, you must stick with it. The best way to do so is to track your budget every month for at least six months and make necessary adjustments, especially decreasing unnecessary expenses and increasing savings.

Step 3: Get Handle on Your Loans

Your next focus should be to pay off your loans. Start from paying off the loan with the highest interest rate and keep chipping away



at the low rate ones. Loans are an essential part of personal finance (in the US). In a consumer-driven economy, your credit score is important. The only way to build and keep it high is to take out a recurring loan (such as a mortgage or a car

loan) and not miss a scheduled payment. Here are some recommendations:

1. You should not have a car loan with a term of longer than five years or an interest rate of more than 5%. If you do, you should shop around and refinance with a lower interest rate.
2. You should use but not incur a monthly finance charge to a credit card; use a credit card but pay off the balance in full every month.
3. If you have a student loan, consider paying it off in the early days of your career, even if doing so puts you in a bit of hardship. Paying off student loan will become much harder at a later stage of your life (after starting a family).
4. A mortgage loan is the largest loan and needs special attention:
 - a. Don't get overwhelmed by the desire to own a home and agree to high interest mortgages, especially 'no down payment loans'. It feels good to own a house, but you will end up paying a lot more money as interest with such loans.
 - b. Do not buy a house until you can put down at least 10% (preferably 20% to avoid Prime Mortgage Interest).
 - c. Do not be house poor!⁴ This is sometimes also referred to as house rich cash poor. Here are two important rules to follow before settling on a mortgage loan.
 - d. Mortgage loan rule #1: Do not take out a mortgage loan that is more than 2.5 times your total gross salary. If you earn \$60,000 per year, your mortgage loan should be \$150,000 or less.

e. Mortgage loan rule #2: Your monthly mortgage payment (principle, interest, insurance) should be less than one-third of your gross income. If you earn \$60,000 per year, your monthly mortgage payment should be less than \$1,667.

Step 4: Start an Emergency Fund

You must have at least three months (preferably six months) worth of household expenses set aside in an emergency fund. Also called a rainy day fund, this should be used only if all sources of household incomes dry off. A savings account is a vehicle to create an emergency fund because you need immediate access to such funds. You can open a savings account in a commercial bank or a credit union. However, an online savings account may be a better option because it pays higher interest rates. Do some research before opening a savings account.



You may have a checking account for monthly expenses and a savings account for emergency funds, and this arrangement is okay. Either way, you must have both accounts separate and well-funded. Make sure to open these accounts with a well-known bank or a credit union insured by FDIC (usually insured up to \$250,000 per financial institution per account).

Let's take an example. Your take-home salary is \$5,000 per month, and your savings goal is \$500 per month. You have only \$4,500

to spend. At the end of the month, your savings account should have at least \$500 more than it did the previous month. Since your goal is to save enough for at least six months of household expenses, you must have at least \$27,000 ($6 * \$4,500$) in your savings account. If you don't, this should be your highest priority before anything else.

Step 5: Start (or continue) to Invest

Once you set aside your emergency funds, it's now time to start investing in your future. If you are already investing, it's time to increase your investments. There are a few 'investment themes' but the most fundamental is savings for your retirement.

Retirement Savings

Once your 'rainy day fund' is secure, you should maximize savings into accounts meant for your retirement. There are multiple ways to save for retirement. The

Internal Revenue Service lists several types of accounts available⁵. The main idea behind a retirement savings account is to set aside a fixed amount of money every month. This money is managed by a retirement savings account manager for a minimum fee. The account manager invests the money in some index or money market fund where it will grow with the market. Now let's discuss the following two broad categories: 1) Employer-sponsored and 2) Individual.

Employer-sponsored retirement account

The most popular and widely available

employer-sponsored retirement accounts in the US are 401(k) or 403(b). In tax year 2020, you can contribute as much as (the annual limit) \$19,500 (\$26,000 if older than 50). Here are several good reasons to participate in this program:

1. Let's assume you earn \$50,000 per year and decide to contribute \$10,000 to your 401(k) account. This money is deducted from your paycheck before taxes. Your taxes go down as your taxable income goes down by \$10,000.
2. Let's further assume that your employer makes a 5% matching contribution to your retirement funds. Now, your employer will add another \$2,500 to your account. This is free money! At the end of the year you will end up with \$12,500 in your retirement account. However, your employer may not contribute to your account, unless you participate in the plan.
3. The retirement account is managed by a fund manager (from a different company) for a low fee, and it will grow with the market.



4. When you withdraw money from your retirement account (at the age of 59.5 or later), you will pay less taxes. This is usually because your taxable income at retirement will be less. To illustrate this, let's assume that you need 70%-80% of your salary in retirement (generally accepted range). So, you will withdraw \$35,000-\$40,000 per year and pay taxes on it.

The bottom line is if you are currently employed and your employer offers 401k matching, you should definitely participate.

Individual Retirement Arrangement (IRA)

You can open one or more individual retirement arrangement (IRA) account(s) whether or not you have access to an employer-sponsored retirement account. Per the IRS⁶, the two individual arrangements are Roth and Traditional. The Traditional IRA is before tax and the Roth IRA is after tax. If you already have a retirement savings account (pre-tax) then setting money aside in a Roth IRA makes more sense. This will supplement a pre-tax Traditional IRA with an after-tax Roth IRA. However, you need to conduct more research or seek expert advice. For tax year 2020, the contribution limit

is \$6,000 (or \$7,000 if you're age 50 or older).

How much should you save for retirement? Here are a couple of rules you may need to consider in terms of total savings for retirement:

- a. **Eighty percent rule:** You need to save enough to have at least 80% of your salary in retirement for 20 years. This will include all of your retirement savings, such as 401(k) or 403(b), IRAs, and possible social security benefits.
- b. **Milestone rule:** Assuming you intend to retire at the age of 67, you should have following amounts saved for retirement at different ages:

Your age	30	40	50	60	67
Target retirement savings (total)	Equal to your salary	Three times your salary	Six times your salary	Eight times your salary	Ten times your salary

For example, if you earn \$50,000 per year, you should have \$150,000 in [all] retirement savings at the age of 40, \$400,000 at 60, and half million at 67. Once you have your retirement accounts well-funded, consider funding your health savings or education savings accounts.

Health Savings

Per the IRS⁷, a Health Savings Account (HSA) is part of a tax-favored health plan. This type of savings account lets you set aside money on a pre-tax basis to pay for qualified medical expenses. In tax year 2020, you can contribute as much as \$3,550 (\$7000 for family) to an HSA. Not everyone pays attention to this, but an HSA provides the following benefits:

1. You pay no tax on the contributions.

When you use it to pay for qualified health expenses, you pay pre-tax money.

2. Your HSA is invested in a savings or investment account. The interest or dividends

earned are tax-free.

3. An HSA account is yours to keep it even if you change your job.

If you participate in HSA through your employer, they want you to enroll in a High Deductible Health Plan (HDHP). An HDHP usually has lower monthly premiums but a high deductible. Such insurance plans are clearly indicated during benefits enrollment.

Educational Savings

The IRS recognizes the Educational Savings Account as 529 Account⁸. This account can be for yourself, your spouse, or your

child(ren). Any money going to this account is after-tax. You need to open an account with the entities like NC 529 Plan College Foundation, Inc CFNC (local) or Fidelity or Vanguard (national). Here are a couple of factors to consider:

- * There is a total aggregate limit governed by the state of your residence. In the state of North Carolina, the limit is \$450,000 per person (beneficiary) and

- * If you contribute more than the annual gift exclusion amount (\$15,000 in 2020), this will incur a federal gift tax.

Other Investments

Retirement, health, and educational accounts are the fundamental type of investment vehicles. There are several other types such as equity market (stocks, options), fixed income (bonds, treasuries), commodities, precious metals, foreign exchange, and so on. The best way to participate in such investments is to open a brokerage account with a reputable financial firm such as Fidelity or Charles Schwab. However, such investments are usually risky, and you may lose a large sum of money quickly. You must understand the market mechanism, consider all associated risks, conduct enough research (or consult an investment professional) to understand the fundamentals before investing.

Final Step: Access and Revise

Although I mentioned five steps at the beginning, this step is more important than all others. The US financial market is extremely

uncertain. Almost all investments discussed above are invested in the US financial systems. For that reason, figuring out how much you save in different 'buckets' is only the first part of the puzzle. You must review how your investments perform quarterly (preferably) or annually (at the minimum) and make necessary adjustments. If you depend on the marketplace to do the heavy lifting for your savings, you must know all the risks associated with an investment. Remember, not all investments are equally risky. For example, for long term investment, the US treasury bills will yield about 0.5% return (safest), a corporate bond will yield about 3% (average risk), and stock will yield around 7.5% (riskier) per year. I just want to point out that if you take matters in your own hand and start investing in Options, your returns may be 20% or more positive (profit) or negative (loss).

You are still reading this article means you are actually serious about managing your finances for a secured future. I covered the basics of personal finance rather briefly. It is not unusual for some ideas in this article to confuse you. In that case, simply do some research. One thing is for sure: if you follow the five steps discussed in this article, you'll be on your way to financial stability. If these concepts overwhelm you, seek advice from a Fiduciary Independent Advisor who should only provide advice on your best interest.

Summary

This article explains the five basic steps as the beginning of a solid financial foundation. In addition to following these steps, it is very

important to review the progress, review your investment strategy, and adjust for constantly changing conditions. It's one thing how much you earn (and could potentially save) but totally another thing how well you manage your finances. The five steps above are very basic for you to get started. Just like any other discipline of your life, financial wellbeing requires careful planning and disciplined execution. Take meaningful actions when you can still control them. A few moderate but meaningful steps today may produce a substantial positive impact in achieving your financial goal.

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6 <https://www.irs.gov/retirement-plans/traditional-and-roth-iras>.

7 <https://www.irs.gov/publications/p969>

8 <https://www.irs.gov/pub/irs-pdf/p907.pdf>

(Note from the author: I'm a software engineer by profession. I've been in your shoes for several years: confused and tentative. I wish I had gotten such advice some 10-15 years ago! However, all that matters is that we learn from our past and prepare for our future. In addition to more than 20 years of personal investment experience, I'm pursuing an MBA degree with a focus on Financial Management. I realize that many in our community lack the knowledge of financial management. My goal is to provide unbiased (fiduciary) financial advice. Please send me your comments or questions!)

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Happiness Chemicals And How To Hack Them

Compiled by Dharma Pantha

Dopamin (The Reward Chemical)

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

Oxytocin (The Love Hormone)

- Playing with dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment

Serotonin (The Mood Stabilizer)

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

Endorphin (The Pain Killer)

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising

Sujan Parita Education Foundation (SPEF) In Social Services

Compiled by John Paudel, BOD Member, NCNC

Sujan Parita Education Foundation (SPEF) is a non-profit organization founded by Sujan and Partita Neupane in 2015. SPEF focuses primarily on education and healthcare for underprivileged women in rural Nepal, believing that education is fundamental for socio-economic change in society. Since its establishment, the foundation has been providing college tuition scholarships and other assistance to underprivileged students in rural Nepal. It has also distributed several computer devices, school dress clothes, and stationery supplies to several schools in Nepal.

During the Nepal Day celebration in 2019, the foundation expanded its commitment and announced a scholarship award to high

school seniors of Nepali origin in North Carolina. It has awarded a \$1,500 scholarship to a high school senior yearly based on their financial merit and volunteer activities. Nepal Center of North Carolina (NCNC) coordinates with SPEF in administrating this scholarship program. The award is the first of this kind in the NCNC community. Founders hope that this will encourage students of Nepali origin to excel academically and encourage them to volunteer in the community. SPEF also actively participates in other social activities such as Adopt-A-Highway.

There were three applicants this year. Due to the unusual circumstances caused by the Covid-19 pandemic, SPEF decided to award





this year's scholarship to all three applicants. SPEF approached other community members for the funding required for the two additional scholarships. Shekhar Marahatta, owner of Shree Durga Inc of Seven Lakes, and Sudhir Bastola, Partner of Bastola Accounting and Financial Service Inc, sponsored an additional \$1,000 to two additional applicants. NCNC and SPEF sincerely appreciate and thank both sponsors. Both organizations also hope that this will set an excellent example for other members of our

community.

This year's recipients of the award believe that this excellent initiative will encourage other high school students to excel academically while staying involved in the community. They suggest other high school seniors look for other



opportunities like this to help them achieve their goals. They also believe that the award helps them stand out and help get either internship or jobs.



Here are the recipients of this year's SPEF scholarship award and other assistance:

Samyam Lamichane – SPEF award of \$1,500 tuition assistance

Ayushma Sharma – SPEF award of Dell Laptop Computer

Ashreema Luitel – SPEF award of Dell Laptop computer

धर्म, संरकृति, संरकार र आचरण

धर्म

धर्म शब्दको अर्थ हुन्छ ‘धारण गर्न यो र्य’, अर्थात उसको लिन वा अपनाउन सकिने । धर्म भनेको आफ्नो सधैँ रहिरहने गुण ‘धारण’ गर्नु, आफ्नो स्वाभाविक गुण अनुसार कार्य गर्नु हो । लोकहितका लागि गरिने पुण्य कर्म हो । जुनसुकै वस्तुको आफ्नै बिशेष धर्म (गुण) र स्वभाव हुन्छ, जो परिवर्तन हुँदैन । जस्तै: आगो को धर्म पोल्नु वा डढाउनु हो । पानीको धर्म तरलता हो, ओरालो भेट्ने बित्तिकै बग्नु हो । बित्तिको धर्म उज्यालो पार्नु आदि । चराचुरुडुग्गी, किरा फटयाडग्रा, बनस्पति आदि सबैको आ-आफ्नै धर्म हुन्छ । मानिसको धर्म मानवता हो । धर्म मानिसको आफ्नो परिचय र अस्तित्व हो । धर्म छोड्यो भने आफ्नो अस्तित्व नै रहैन । धर्मले मानिसको सामाजिक जीवनलाई पवित्र र सुखमय बनाउन मार्ग दर्शन गर्दछ । धर्मले नै मानिसलाई नैतिक आचरण, लोक कल्याणकारी कार्य, उचित अनुचित निर्णय जस्ता असल मार्गमा लाग्नको लागि महत्वपूर्ण परामर्श प्रदान गर्दछ । शास्त्रको भनाई छ, “धर्मो रक्षति र क्षितः” अर्थात तपाईं धर्मको रक्षा गर्नुहुन्छ भने, धर्मले तपाईंको रक्षा गर्दछ । यदि कुनै व्यक्तिसंग सत्य, अहिंसा, प्रेम, करुणा यी असल गुण छन् भने त्यो नै धर्म हो तर रिस, राग, अहंकार,

गोविन्द अधिकारी, आजीवन सदस्य, एनसीएनसी

लोभ, कुभावनाहरु छन् भने त्यो धर्म होइन । असल कर्म नै धर्म हो । धर्म देखावटी कुरा हो इन मान्ने र पालन गर्ने कुरा हो । धर्म जीवनको आधार, कर्तव्य, अनुशासन र पहिचान हो ।



संसारमा हिन्दु, बुद्ध, इस्लाम, जैन, शिख आदि धेरै सम्प्रदायहरु छन् र तिनीहरुका पनि विभिन्न हाँगाहरु छन् । यी सम्प्रदायलाई मान्ने हरुले आ-आफ्ना परम्परा, धार्मिक ग्रन्थहरुले मार्गदर्शन गरेका शिक्षा दीक्षा र नियमहरुको पालना गर्दछन् । संसारका प्रायः सबै मानिसहरु कुनै न कुनै सम्प्रदायमा आस्था र विश्वास र आब्दछन् । सबै सम्प्रदायका धर्मले सत्य, प्रेम, करुणा, सद्भाव, परोपकार, मानवीय गुण र प्राणी मात्रको भलाईलाई अंगालेका छन् । यस अर्थमा सबै सम्प्रदायमा धर्मको मर्म उही र सबै को गन्तव्य एउटै छ । धर्म ठूलो वा सानो, र आम्रो वा नराम्रो भन्ने हुँदैन । आस्था र विश्वास व्यक्त गर्ने तरिकाहरु र मान्ने विधिहरु सम्प्रदाय अनुसार भिन्न हुन सक्छन् । धर्मका दश लक्षण छन् । जस्तै:

धृतिः क्षमा दमोकस्तेयं शौचमिन्द्रियनिग्रहः ।
धीर्विद्या सत्यमकोधो, दशकं धर्मलक्षणम् ॥

अर्थः धृति (धैर्य रहनु), क्षमा (क्षमाशिल हुनु), दम (मनलाई नियन्त्रण गर्नु), अस्तेय (चोरी नगर्नु), शौच (शुद्ध र पवित्र रहनु), इन्द्रिय निग्रह (इन्द्रियहरुलाई आफ्नो अधीनमा राख्नु), धी (बुद्धि विवेकको प्रयोग गर्नु), विद्या (ज्ञानी हुनु), सत्य (सत्य बोल्नु) र अकोध (नरिसाउनु) । यी मानवीय सद्गुणहरु नै धर्म हुन् र यी कुराहरु सबै सम्प्रदायका धर्ममा उत्तिकै लागु हुन्छन् ।

सनातन हिन्दु धर्म -छोटो परिचय

परापूर्वकालदेखि चलिआएको माथि उल्ले ख गरिएका मानवीय गुणहरुले युक्त धर्म नै सनातन धर्म हो । सनातन धर्म विश्वको सबै भन्दा पुरानो र वैज्ञानिक धर्म मनिन्छ । विश्वको सबैभन्दा पुरानो ग्रन्थ वेदको आधारमा व्याख्या गरिने भएकोले यसलाई वैदिक सनातन धर्म पनि भनिन्छ, र यहि नै हिन्दु धर्म हो । हिन्दुले ३० कार लाई मूल मन्त्र मान्दछन् । उनीहरु वेदका बचन र शास्त्रको पालन, सदाचार, आफुभन्दा ठूलाको सम्मान, ईश्वरमा आस्था र विश्वास, गुरुजनलाई श्रद्धा, गाई, गड्गा, तुलसी र पिपललाई देवताको रूपमा मान्दछन् । हिन्दुधर्ममा जाति वर्ग र समुदायको विचमा भेदभाव हुँदैन । यो सबैका लागि समान रूपले सम्मान गर्न सिकाउने धर्म हो ।

संस्कृति

मनिस सामाजिक प्राणी भएकोले ऊ एकै बाँच्न सक्दैन । ऊ सामाजिक वातावरणमा पनि एउटा निश्चित पद्धति भित्र मात्र जिउन सक्छ । बच्चा जन्मिएर ऊ विभिन्न अवस्थाहरुमा विकसित हुँदै जाँदा विस्तारै सिक्दै जाने भाषा, कला, साहित्य, इतिहास, रीतिरिवाज, खाने

बस्ने तरिका, व्यवहार गर्ने शैली, धर्म, परम्परा, शिक्षा, प्रविधि, चाडपर्व मान्ने तरिका, सामाजिक घटनाहरुको सामना गर्ने तरिका, मूल्य मान्यता लगायतका कुराहरुको समग्रता नै संस्कृति हो । संस्कृति एउटा समाजबाट अको ' समाजमा, एउटा व्यक्तिबाट अर्को व्यक्तिमा र एउटा पुस्ताबाट अर्को पुस्तामा हस्तान्तरण हुँदै जान्छ, यो निरन्तर चलिरहन्छ, अनि परिवर्तन र परिष्कृत पनि हुँदै जान्छ । कुनै पनि देशको संस्कृति त्यस देशको प्राण हो र त्यस देशका मानिसहरुको जीवन्त पहिचान हो । त्यसैलै आफ्नो संस्कृतिलाई विसर्नु भनेको आफ्नो पहिचान गुमाउनु हो । संस्कृतिलाई जीवन्त राखौं, आफ्नो पहिचान सदा जीवित राखौं ।

संस्कार

संस्कार शब्दको अर्थ हो शुद्धीकरण । शरीर, मन, मस्तिष्क, विचार र कार्यलाई पवित्र र शुद्ध बनाउनका लागि संस्कारको आवश्यकता पर्छ । शास्त्रका अनुसार मानिसले गर्ने प्रत्येक कार्य संस्कारयुक्त हुनुपर्छ । आमाले गर्ध धारण गरेदेखि जन्म अनि मृत्यु पछिसम्म गरिने सबै कार्यहरु संस्कार हुन् । व्यक्तिले विशिष्ट गुण प्राप्त गरेर आफ्नो र समाजको कल्याण गर्न सकोस् भन्ने उद्देश्यले संस्कारहरुको प्रतिपादन भएको हो । संस्कार मानिसको धार्मिक आस्था, सांस्कृतिक परम्परा, रितिथिति र सामाजिक मान्यतासंग सम्बन्धित हुन्छ । विभिन्न सम्प्रदाय वा समुदायका मानिसहरुको फरकफरक संस्कार हुन सक्छ । जस्तैः बच्चा जन्माउँदा ईसाइ, ईस्लाम, हिन्दु समुदायमा गरिने संस्कार एउटै हुँदैनन् । त्यस्तै देश र समाज अनुसार पनि संस्कारहरु

फरक पर्छन् । हिन्दु परम्परामा मानिस जन्मनु अधिदेखि मृत्यु पछिसम्म वैदिक विधिबाट गरिने १६ वटा संस्कारहरु छन् । आजको व्यस्त दुनियामा ती मध्ये केही संस्कारहरु मात्र मानिसहरुले गर्ने गर्छन् । जस्तैः नामाकरण (न्वारान्), अन्नप्राशन् (पाश्नी), चूडाकर्म (छेवर), उपनयन (ब्रतवन्ध), विवाह र अन्त्यकर्म । यो बाहेक अरु संस्कार कसै कसैले मात्र गने ' गरेका छन् ।

आचरण

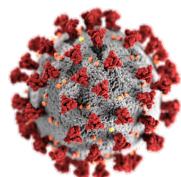
हाम्रो पुरानो शिक्षा पद्धति मानवीय मूल्यमा आधारित पूर्वीय दर्शनद्वारा निर्देशित थियो जसको उद्देश्य मानिसलाई ज्ञान प्रदान गर्नुका साथै धर्म, संस्कार, राम्रो चालचलन्, अनुशासन, कर्तव्यपालन सिकाएर नैतिक चरि त्रवान बनाउनु थियो । पूर्वीय दर्शनको सबैभन्दा महत्वपूर्ण ग्रन्थ वेदको अर्थ ज्ञान हो र ज्ञान भने को उज्यालो हो जसले अज्ञानरूपी अन्धाकार लाई नष्ट गर्दछ । पूर्वीय शिक्षा पद्धतिको विकास प्राचीन गुरुकुल प्रणाली हो जहाँ संस्कार, संस्कृति र असल आचरण सिकाइन्थ्यो । शिक्षाको प्रारम्भ नै मातृ देवो भवः ! पितृ देवो भवः ! आचार्य देवो भवः ! अतिथि देवो भवः ! अर्थात आमा, बुवा,

गुरु र अतिथि देवता हुन् भन्ने नैतिक मान्यता र 'सत्यं वद' (सत्य बोल), 'धर्म चर' (धर्म गर), 'स्वाध्यायनमा प्रमद' (आफ्नो अध्ययनमा नचुक) जस्ता कर्तव्य बोध गराउने वचनहरुबाट हुन्थ्यो ।

आचरणहरुका नैतिक र वैज्ञानिक आधार छन् जसले शरीरमा सकारात्मक उर्जा उत्पन्न गराउँछ । जस्तैः बिहान उठेपछि ओछ्यान मिलाउने, उठ्ने बित्तिकै चिसो पानीले मुख धुने (यसले दिमाग ताजा र आँखाको ज्योति बढाउँछ), घर आँगन सफा राख्ने, घरका सामान र कोठाहरु मिलाउने, जुठा भाँडा राख्ने नसुत्ने, घर भित्र सुशेला नहाल्ने, घरमा होहल्ला र भैं भगडा नगर्ने, आफुभन्दा ठुलाको सम्मान गने ' , सानाहरुलाई माया र हेरचाह गर्ने, अरुसंग बोल्दा नम्र भएर 'कृपया' र 'धन्यवाद' को प्रयोग गर्ने बानी बसाउने आदि । यस्ता धेरै असल बानीहरु सबै धर्म र संस्कृति मान्नेहरुका लागी सभ्य र शिष्ट मानिन्छन् ।

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- धर्म क्या है जानिए-डा. रामकृष्ण सिंगी



Nepal COVID-19 Cases

(As of September 22, 2020)

Total Cases: 65,276

Total Recovered: 47,238

Total Deaths: 427

Source: Johns Hopkins University AND Centers for Disease Control and Prevention, USA

The Nepal Community In North Carolina: Four Decades Of Friendship, Family And Growth

David Kirkman*

Special Deputy Attorney General of NC (Retired)

On each of the first three days of this month, I enjoyed reading posts on the NCNC Facebook page, welcoming Nepali couples and families to the NCNC community. NCNC felicitated Sushil Dutta and Shanta Tiwari and their family, Dipak and Trishana Dhakal, Amrit Regmi, Pawan Banjade and Rakshya Panth, Keshab Raj Sapkota and Tripti Koirala as its newest members. During the previous week, Ramesh and Kamala Oli and their family and Madhu and Menuka Devkota had joined NCNC.

The NCNC Community Facebook site currently boasts 1,200 members.

That is amazing to me.

When I met my wife Debra Skinner in the early 1980s, she worked for the



A group picture taken with visiting Nepali participants of the soccer team of 1999 Special Olympics Games held at Soccer Center in Raleigh, NC between June 25-July 4, 1999. Local Nepali friends were showing strong support to visiting Nepali players.

Dr. Harihar Bhattacharai, Mr. David Kirkman, Mrs. Annapurna Deo, and Dr. Devendra Amaya signing the application forms for incorporation of the Nepal Center of North Carolina, Inc. with the North Carolina Department of The Secretary of State. The original application form was filed on the 27th day of August, 1999.



Southeast Consortium for International Development (SECID) in Chapel Hill. Part of her job with SECID was to place Nepalis in graduate programs throughout the US and monitor their academic progress. She knew each member of North Carolina's tiny Nepali community well. She often had them over to the house for a celebratory bhoj. At one point in 1982, Governor James B. Hunt hosted North Carolina's Nepali community at the Governor's mansion. (picture) That, too, was a relatively small gathering.



At many of those early events, former US Peace Corps volunteers and other native-born Americans who had worked in Nepal almost equaled the Nepalis present. Dr. and Mrs. Quinton Lindsey, Jill and John Paul and their boys, Paul Benjamin, Prof. Pete Andrews, and Debra and I often gathered in someone's backyard or living room for an evening of fabulous food and fellowship with Kamala and Ishwar Devkota and their sons, Nirmala and Naryan Rajbhandari and their daughters, Sunil Nepal, the Deo family, the

Basnet family, Devendra Amatya and longtime Durham resident Hemant Regmi. I was the only adult attendee who had never been to Nepal. It felt like I was missing out on something extraordinary.

That changed in 1985 when Debra received a Fulbright Fellowship to do her PhD field research in a mountain village near Gorkha, Nepal. Off we went for a year of fun, food, and festivals in Kathmandu (photo), and long days of research in a village without electricity and running water. We had little personal privacy, and we often ate daal bhat twice a day using only our fingertips. By the end of 1986, Debra completed her research, we both spoke like Gorkhalis, I possessed a Nepal Supreme Court Advocate's license, and our fondness for Nepal and its people grew stronger than ever.

Upon returning to North Carolina, Debra and I noticed that the local Nepali community had grown. The gatherings were bigger and often featured short, spontaneous cultural programs. Those programs usually started when recently arrived Shrawan Nepali picked up a maadal and began singing and dancing (photo), or when newcomer Don Gamble, a former Peace Corps volunteer, put on his topi and sang Nepali folk songs.

Those gatherings grew bigger and bigger as North Carolina's Nepali community added more members. We had to find larger venues to host our gatherings. Several were held on the lawn or in the community center at E.S. King Village

at NC State University. Even more were held at the spacious community center in UNC's family housing village.

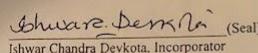
The group eventually outgrew those venues, too.

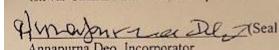
In addition to its increasing numbers, it was interesting to watch the North Carolina Nepali community expand well beyond the Raleigh-Durham-Chapel Hill area. Interestingly, Nepal's former ambassador to the US, Mohan Man Sainju, visited UNC, where he had studied political science years earlier. Two different groups of

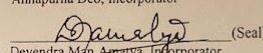
Annapurna Deo, 1200 Ruffin Street, Durham, NC 27701
Harihar P. Bhattarai, 3509 Palm Court, Apt. 203, Raleigh, NC 27607
Devendra Man Amatya, 3309 Boulder Court, Raleigh, NC 27607

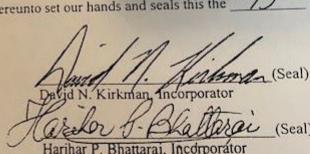
10. Upon its dissolution, the assets of the corporation shall be distributed in accordance with the provisions of Article 14, Chapter 55A of the North Carolina General Statutes, or any successor Article, provided, however, that following payment or discharge of liabilities and obligations of the corporation, any remaining assets of the corporation shall be distributed, if at all practicable, to a similar entity which is exempt under Section 501(c)(3) of the Internal Revenue Code of 1986, or any successor Section, and which has as its stated purposes many if not most of the goals, functions and objectives set forth in paragraph #3, above.

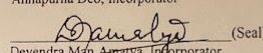
IN WITNESS WHEREOF, we have hereunto set our hands and seals this the 13th day of August, 1999.

 (Seal)
Ishwar Chandra Devkota, Incorporator

 (Seal)
Annapurna Deo, Incorporator

 (Seal)
David N. Kirkman, Incorporator

 (Seal)
Harihar P. Bhattarai, Incorporator

 (Seal)
Devendra Man Amatya, Incorporator

Nepalis organized receptions for Dr. Sainju at UNC. The first reception held at the UNC Wesley Foundation was rather formal. It featured several UNC professors and administrators as honored guests. The same group that had been bringing the Nepali-American community together for years another gathering at UNC family housing's community center and featured the usual mix of fellowship, home-cooked Nepali food, and fun. Ambassador Sainju remarked that he much preferred the second event and felt very much

at home there.

During the late 1980s and early 1990s, the Nepali community in North Carolina continued to grow. Lynn Knauff had long since joined the ranks, but it had been a long time since the former Peace Corp and Fulbright-types almost matched the number of native-born Nepalis who had settled in NC.



One event in the 1990s stands out in my mind.

An International Festival was to be held in the Great Hall of the UNC Student Union. Students from various universities in the area constructed elaborate booths to display the culture and beauty of their home countries. Students from India constructed an eye-catching pagoda-like booth that dominated the room. The Nepali

group was assigned a space over in the corner, under a large stairway. Nepali students dressed in traditional attire adorned their less than ideal space with handicrafts, artwork, and Nepali flags. Most significantly, they set up a projector and a large screen and continuously displayed stunning photos of Nepal's people, architecture, wildlife, and natural beauty. Those large pictures captivated the festival attendees who spent a great deal of time at the Nepali booth. Nepal's humble display over in the corner drew just as much attention as the large Indian one near the center of the room.

Following this event, I noticed leaders of NC's Nepali community speaking more frequently about formalizing the structure and leadership of the group. In 1999, they decided to create a nonprofit corporation called The Nepal Center of North Carolina. This was very wise. The corporation would allow the community to plan and act as one. (No more competing events like the ones for Ambassador Sainju) They could raise funds without paying income taxes and then direct those funds to charitable causes here and in Nepal. Also, by being incorporated, the group could better conduct its ever-growing events, and it could do so without its members becoming personally liable if someone were hurt or a vendor or festival venue filed a lawsuit. The corporation could even have its own official website and magazine.

In August of 1999, the group drafted, signed, and filed NCNC's articles of incorporation with the NC Secretary of State. Members

were recruited, and officers of the corporation were elected. Those officers then debated the organization's governing principles and structure. During those early meetings, it was evident that members of NCNC wanted the organization to be as open and democratic as possible.

During the 1990s and early 2000s, North Carolina's growing Nepali family began to experience and share significant life events. Tragedy struck some of the families, and we all shared their grief. Children who were relatively young in the 1980s graduated from colleges and graduate schools, and some even got married. We celebrated those events together as a community.

As the community grew larger, the days of everyone bringing 'pot luck' meals to picnics and community centers began to fade. Catering services (with Nepali cooks, of course) began supplying the food, which was still terrific.

Thanks to NCNC's corporate structure and leadership, the group could plan and host increasingly elaborate events, including a national convention in Raleigh and fundraisers for earthquake relief. I participated in two of NCNC's Race for Nepal earthquake relief events in Morrisville (photos) and marveled at the sight of hundreds of Nepalis gathering for an 8:00 a.m. pre-race warmup dance featuring Nepali popular songs broadcast over loudspeakers. Prior to one of those races, Ishwar Devkota said to me, "I will be your primary competition!" He

was correct. As the 5K race began, he sprinted ahead of me, leaving me 'in the dust!' Towards the end of the race, however, my longer legs enabled me to catch up with him. I won't say which one of us finished ahead of the other, only that we finished #1 and #2 in the age 60-plus (buddho maanche) category. It felt like we were in our thirties.

The last time Debra and I attended a large NCNC get-together, there was an overflow crowd. It took place in a large Cary, NC community center, and I only knew about 5-10% of the attendees. The speeches were long and passionate, the cultural programs spectacular, and the food delicious, as always. So large was the crowd that we had to park far away from the center and trek a fair distance past other parked cars just to reach the venue. Things had come a long way since the days when the entire community could gather on our back deck.

That's a lot of growth and change in just three and a half decades, growth and change that has been good for North Carolina. We sincerely hope that it also has been good for all the Nepali families who have made North Carolina their home.

Congratulations on your 21st birthday, NCNC! And congratulations to North Carolina's Nepali community, growing and thriving here for four decades.

** Mr. David Kirkman is one of the five initial incorporators of NCNCF*

नेपाली पाठशालाको अनलाइन अनुभव

सौर्यभी ढकाल, मोरिस्मिल, नर्थ क्यारोलाइना

विक्रम सम्वत् २०७४ सालको भदौ महिनामा नेपालबाट मेरो परिवारसाग नया सपना, आशा र आकांक्षाहरूको साथ, म सौर्यभी

ढकाल अमेरीका आएँ। म नेपालीमा कक्षा चारमा पढ्दै थिएँ।





अमेरिका आउँदा, मैले मेरो भाषा, संस्कृति, धर्म आदि विसन्घु भन्ने डर थियो । आएको डेढ वर्षमा बल्ल म नेपाली पाठशाला जान थालें । म पाठशाला गएको पहिलो वर्ष नेपाली पढ्नुको साथसाथै, नाचगान र निबन्ध प्रतियोगिता जस्ता अरु सांस्कृतिक क्रियाकलापहरुमा पनि भाग लिने मौका पाएकी थिएँ । समय समयमा यस्तो सांस्कृतिक प्रतियोगिताले नेपाली सिकाउनुको साथसाथै, हाम्रो चाडपर्व, परम्परा र धर्मको महत्व र अर्थ पनि सिकाउँछ । त्यो वर्ष नेपाली पाठशाला रमणीय वातावरणमा बितेको हुनाले एक वर्ष बिति दोस्रो वर्षमा प्रवेश गरेको थाहा नै भएन ।

दोस्रो वर्ष नेपाली पाठशाला सामान्य रूपमा संचालन भैरहेको थियो । तर यो वर्ष नेपाली पाठशाला अर्को स्थानमा सच्यो । त्यो ठाउँ ठूलो भएपनि धेरै हल्ला हुन्थ्यो । यसै गरि पढाइ अगाडि बढिरहेको थियो । अचानक मार्च महिनाको अन्त्य तिर कोरोनाको प्रकोप महामारीको रूपमा फैलियो, जसले गर्दा हामीले कक्षा अनलाइन जारी राख्नुपर्यो । यसरी पढ्दा शान्त वातावरणमा पढ्न पाए पनि हप्तामा एक पटक भेट हुने साथीहरु र शिक्षकहरुसँग बिताउने समय असाध्यै कम भयो । पहिलो वर्ष जस्तो विभिन्न

क्रियाकलापहरुमा भागलिन पनि पाइएन । यसै विषयमा नेपाली पाठशालामा अध्ययनरत छात्रा श्रेया ढकालको भनाइ यस प्रकार छ, “नेपाली स्कुलले मेरो धर्म, भाषा, संस्कृति र पर्वहरुको महत्व बुझाउन निकै सहयोग पुऱ्याएको छ । अहिलेको गम्भीर स्थितिमा घरबाट अनलाइन नेपाली पढ्न पाएकोमा मलाई धेरै खुशि लागे को छ । पहिला नेपाली स्कुल गएर पढ्दा त्यति घुलमिल गर्ने समय नै हुँदैन ।” उनको अनुभव हाम्रो जस्तै रहेछ, अब यस विषयमा शिक्षिका तथा अभिभावक आरती तिमलिसनाको विचार सुनौं, “कतिपय हाम्रा बालबच्चाहरु अमेरिकी भुमीमै जन्मिएका र कतिपय नेपालमै जन्मिएर बाबाआमाको काखमै हुँदा आफ्नो देश छोडि विदेश आएका बालबालिकाहरुलाई आफ्नो देश, भाषा, भेष, कला, संस्कृति आदिको बारेमा सिकाउने उद्देश्यले नै यो नेपाली पाठशाला स्थापना भएको हो । स्थापनाकाल देखि नै यस पाठशालाले अहोरात्र रूपमा बालबालिकाहरुलाई नेपाली भाषा पढ्ने, लेख्ने र बोल्ने कुरामा सहयोग गर्दै आईरहेको छ ।”

एनसीएनसीद्वारा संचालित नेपाली पाठशाला सन् २०१० देखि निरन्तर रूपमा संचालन हुँदै आएको छ । १०-१५ जना विद्यार्थीहरुबाट शुरु भएको पाठशालामा एक





दशकको अवधिमा विद्यार्थी संख्या बढेर १०० भन्दा माथि पुगेको छ। बढा विद्यार्थी संख्याले नै जनाउँछ कि समुदायमा नेपाली पाठशालाको प्रभाव कस्तो छ भनेर। समय र परिस्थिती अनुसार हामीले आफ्नो कार्य गर्नु नै पर्दछ। जसको प्रत्यक्ष उदाहरण हाम्रो नेपाली पाठशाला हो। महामारीको कारणले हामी आ-आफ्नो घर बाट अनलाइन नेपाली सिक्न र सिकाउन बाध्य भएका छौं। शिक्षिका तिमलिसना भन्नुहुन्छ, “मैले प्रत्यक्ष शिक्षण गर्दा र अनलाइनको माध्यमबाट शिक्षण गर्दा निकै फरक कुराको महसुस गरे को छु। प्रत्यक्ष भेटघाट हुँदा सबैसँग आत्मीय सम्बन्ध स्थापना भएको साथै विद्यार्थीहरुले पनि आफ्ना समस्याहरु सहज रूपमा शिक्षकसँग र आजे मौका पाउँथे भने शिक्षकले पनि कुनै कुराको जाँच गरी तुरुन्तै गल्ति सच्याउन सकिन्थ्यो तर अनलाइनबाट यसमा केही समस्या परेको छ, तैपनि नहुनु मामा भन्दा कानो मामा ठिक भने जस्तो अप्यारो अवस्थामा पनि सम्पुर्ण शिक्षक, विद्यार्थी, अभिभावक सबैले विभिन्न व्यक्तिगत तथा पारिवरिक बाधा, व्यवधान, व्यस्तता

आदी हुँदाहुँदै पनि आफ्ना बालबालिकाहरुको लागि काम गरिरहनु भएको छ, जुन कुरा निकै सहानीय छ। अनलाइनबाट विद्यार्थीहरुलाई सिकाउँदा मैले उनिहरुको बोलाइमा निकै राम्रो प्रगति महसुस गरेको छु। वहाँहरुले धेरै राम्रो कुरा गर्नु भएको छ, विषम परिस्थितीमा पनि विद्यार्थी, शिक्षक र अभिभावक मिलेर नेपाली पाठशालालाई अघि बढाइरहेको कुरा शिक्षिका तिमलिसनाले दर्शाउनुभयो।

नेपाली पाठशालामा सामान्य कखरा, बाह्रखरीदेखि लिएर राम्रोसँग नेपाली पढ्न र ले ख्न सक्ने विद्यार्थीहरु छन्। नेपाली भाषाको साथसाथै नेपाली नृत्य पनि नियमित रूपमा सिकाउने गरिन्छ। एनसीएनसीले गर्ने हरेक सांस्कृतिक कार्यक्रमा पाठशालाका विद्यार्थीहरुको कुनै न कुनै रूपमा संलग्नता रहेको छ। हरेक हप्ता, संचालन हुने पाठशालाले यहाँ हुर्किरहेका बालबालिकाहरुलाई नेपालसँग जोड्ने दरिलो से तुको काम गरेको छ, भन्दा अत्युक्ति नहोला। नियमित रूपमा गाइने सरस्वती वन्दना, ईश्वर को स्तुती तथा शान्ति मन्त्रको उच्चारणले पनि

बालबालिकाहरूलाई हाम्रो धर्म-संस्कृतिसँग सधां जोडिरहेको छ । समग्रमा नेपाली पाठशालाले बालबालीकाहरु साथै अभिभावकहरूमा नेपाली भाषा, धर्म र संस्कृत बारे गहिरो र सकारात्मक छाप पारेको छ । विगत तीन वर्षदेखि सक्रिय रूपमा अहोरात्र नेपाली पाठशालामा खटिनु भएका हाम्रा शिक्षक विक्रम गौतमको अनलाइन अनुभव चाँहि यस्तो रहेको छ, “कोरोनाले संसार बन्द गराउनु अघि नेपाली पाठशाला हरे क आइतबार एउटा ठूलो हलमा संचालन गरि न्थ्यो । एउटै कोठामा सबैलाई विभिन्न समूहमा राखेर पढाउँदा हल्लाले कठिनाइ हुन्थ्यो । तर सबै विद्यार्थीहरूसँग सधैं हुने भेटघाटले निकै र माइलो पनि हुन्थ्यो । विद्यार्थी र अभिभावकसँग हुने भेटघाट भने कोरोनाको महामारी पछि अवश्य खड्किएको छ । हाल नौ जना शिक्षक-शिक्षिकाहरूले जुम मार्फत् पढाइरहनु भएको छ । अनलाइन शिक्षाले पठनपाठनको स्तर मा कुनै उल्लेख्य कमि त आएको छैन, तै पनि हात समाएर लेख्न सिकाउनु पर्ने साना विद्यार्थीहरूलाई समस्या पारेको छ । यसमा अभिभावकहरूको प्रत्यक्ष संलग्नता आवश्यक छ । अनलाइन कक्षा शुरु भए पछि विद्यार्थीहरूलाई नेपाली नाच सिकाउने क्रम चाहिं पुर्ण रूपमा बन्द भएको छ । आशा गरौं, छिटौटै नै कोरो

नाको कहर समाप्त हुनेछ, र नेपाली पाठशाला पहिलेको भैं सुचारू रूपमा संचालन हुनेछ ।” यसै विषयमा अर्का अभिभावक निभिता शर्मा को अनुभव यस्तो छ, “नेपाली पाठशाला हाम्रा नानीबाबुहरूलाई नेपाली भाषा र संस्कृतिको माध्यमबाटै हाम्रो मातृभूमि चिनाउने एउटा माध्यम हो । कोरोना भाइरसको कारण नेपाली पाठशाला कक्षाकोठाबाट अनलाइन कक्षामा परिणत भयो । नेपाली पाठशालामा पढाउनुहुने शिक्षक-शिक्षिकाहरु एवं अभिभावकहरूको सहयोगमा अनलाइन कक्षा राम्रोसँग संचालन भइरहे को छ । जसले गर्दा अभिभावकहरूले आफ्नो बच्चाले कसरी पढ्दैछन् र कक्षा कसरी संचालन भइरहेको छ, भन्ने कुरा जान्ने अवसर पनि पाउनुभएको छ ।”

समग्रमा भन्नुपर्दा नेपाली पाठशालाले विद्यार्थी, अभिभावक र शिक्षकसँगको सहकार्यद्वारा बच्चाहरूमा नेपाली भाषा, संस्कृति तथा चाडपर्वहरूको बारेमा उत्सुकता जगाएको छ । अनलाइन कक्षामा नेपाली नाच सिक्न नपाए पनि अन्य कुराहरु पहिलेको जस्तै छ । हामीलाई यो सबै उपलब्ध गराउन सहयोग गर्नुहुने अभिभावक तथा शिक्षकहरूमा हार्दिक धन्यवाद छ ।



**विजया दशमी र दीपावली २०७७ को उपलक्ष्यमा
सम्पूर्ण नेपाली दाजुभाइ तथा दिदीबहिनीहरूमा
हार्दिक मंगलमय शुभकामना व्यक्त गर्दैछौं ।**



नेपाली पाठशाला शिक्षक, विद्यार्थी र अभिवावक परिवार, नर्थ क्यारोलाइना

Through The Eyes Of An Intercultural Family

Soni Ale, North Carolina

Namaste and thank you, NCNC, for giving us the chance to write our story for Sangalo Magazine. My name is Soni Ale Hunt, and I am a Nepali woman married to an African-American man named Del Hunt. We have two beautiful children, Ashana Ale Hunt and Ethan Ale Hunt. My mom Saroj Ale lives with us.

My husband and I met through a mutual friend. Despite some initial hesitation, our meeting that day turned out to be the first step toward our journey. When we first met, we got to know each other quite well. We both discussed what we wanted in life and what we were looking for in our partner. So I would say our meeting went pretty well.

Back then, I wasn't too familiar with American culture. Before I met my husband, I had been living in California for 6-7 years. Del knew almost nothing about our culture. That meant I could teach and educate him about it. In addition to our cultural differences, we also encountered many other difficulties, such as the language barrier and different ways of life. But after living together for a while now, we have adapted to each other's way of living. We are able to communicate with and understand each



other a lot better than we did in the beginning, which made it easier for us to start our life together as a married couple.

Although understanding one another made it easier to live with each other, we still have to face everyday difficulties. For example, since I speak both English and Nepali, my accent was sometimes too hard for him to understand and having to repeat myself and try to sound more clear to him was frustrating and sometimes upsetting.

Regarding holidays and cultural clashes, things go more smoothly than I had imagined. My husband doesn't practice any religion, so it isn't a problem for our family. In contrast, our children and I participate in all Hindu ceremonies.

At home, we celebrate Dashain, Tihar, Rakhi, and Teej. We also celebrate American holidays such as Thanksgiving and Christmas. Since we celebrate both American and Nepali holidays, my children can freely explore other cultures and religions. My daughter goes to church with her friends and learns about Christianity.

My children often get confused when they interact with my Nepali relatives because the Nepali language, unlike English, has specific terms for different family relationships. Every time my children talk to someone on my side of the family, I have to remind them how they

are related to them. But my children are always happy to see their Nepali relatives and talk to them.

After being married for 16 years, I believe that one should choose their life partner based on how they treat them, their behavior, and their family, but not based on their caste, nationality, religion, color, or social status. As Dr. Martin Luther King once said, don't judge people by the color of their skin but by the content of their character.



The Singing Schoolboy

Inspired by a singing student in Nepal.

Hishi Ulak, 12th grade, Northwest Guilford High School

While the blazing sun looks over the brick schoolhouse,
A stunned silence rushes through the rooms
One couldn't hear a pin drop nor the whisper
of a mouse
As a heavy cloud of wonder spreads and looms

In an old classroom with painted blue seats,
Sit young uniformed students entranced with
a boy
Who stands in the center of the room with his
own feat
Surrounded by his overwhelming joy

Eyes gently closed, he unclenches his jaw,
And moves his hands as if stringing a harp.
Out flow the notes, angelic and raw,

With calm melodies turned sharp

His voice climbs and descends octave stairs,
As melodies and emotions flood the audiences'
ears.
Teachers reminisce while children lean off the
edge of their chairs
Watching the performer before erupting into
shouts and cheers

Opening his eyes he breathes a sigh of relief
Applause greets him and he can't help but
enjoy
That fact that he captured his moment, even if
it was brief.
His songs will live on, the songs of the singing
schoolboy.

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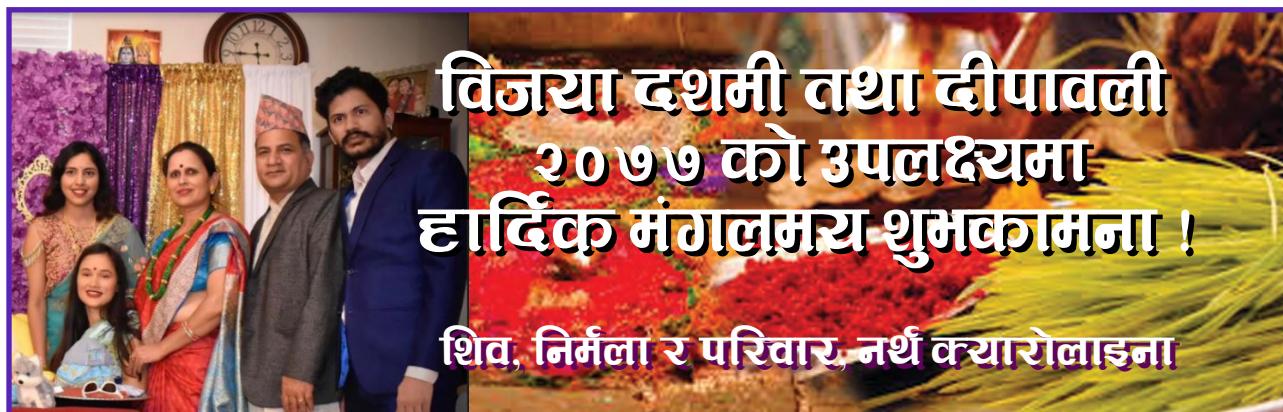
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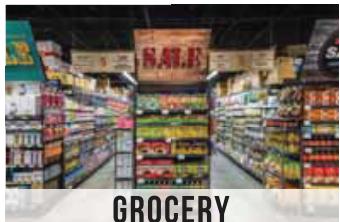
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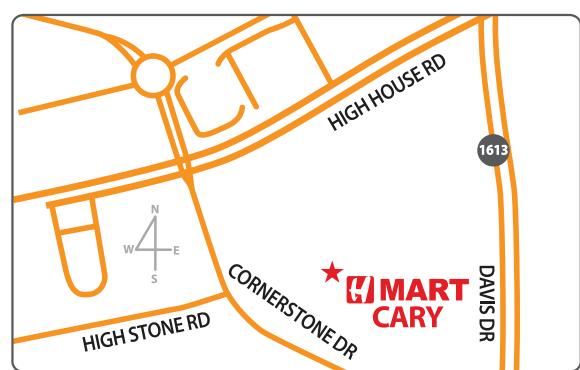
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My Perspectives On Bridging The Gap Between Parents And Their Children In The Midst Of Increasing Mental Health Challenges

Sujan Poudel, MBBS, TU



Did you know that spending quality time with your child is as vital as watering a plant? The nutrition to the inner being of a child is essential for its psychosocial development. Please ask yourself this question and think for a moment: Am I living in the moment with my child, or am I only physically present with them? We are often busy running around, trying to better our family lives. We are working day and night to secure a brighter future for our families. Although we subconsciously consider spending quality time with our children daily, we hardly communicate effectively, especially about mental health issues. Mental health is often handled differently than physical health. Until we consider mental illnesses as important as physical illness, people, especially children, will not seek the care they need. When that happens repeatedly, children may unknowingly close their hearts' petals, the ones with expressive power or inner thoughts. When children ultimately reach that threshold, they can develop what we call a 'difficult to understand' personality. Throughout their entire life, they are unaware of the process that began in their early childhood. As parents, we are responsible for stopping this process through awareness and attempt to figure out what is through their heads. We need to hear what they want to share with us instead of telling them

what to do. Doing so might sound simple, but there are unrecognized complexities that originated at the root level. I'll attempt to address these challenges by taking the children's and parents' perspectives into consideration.

We share similar inspiring stories about how our game-changing decision of migrating to the US will solve all our problems and afford our children a bright future. Our thoughts are not entirely incorrect, but the reality isn't always that simple. Differences in our socio-cultural backgrounds make things more challenging. Most parents and children struggle to cope with the transition to a new environment. We often expect our children to adapt to a new system and culture without preparing them for the change. We often fail to realize the mental and emotional hurdles they have to overcome to fit into fellow Americans' circles. Let's backtrack for a moment and think again. Are we doing enough to prepare them for their first day of school? As parents, we often fall critically short in this regard, creating a gap between our understanding and our children's that only grows with time.

During the teenage and adolescent years, our children face many challenges, one after another, from the fear of maintaining good grades and high GPAs to finding the university of their choice, from continually searching for new relationships to maintaining a delicate balance in their relationships with their parents. They might be vulnerable to emotional breakouts due to the parents' behaviors of displacing anger and frustration, poor understanding of their development, ineffective disciplining methods, their parents' fragile egos, and inadequate parental attachment. Unless we address this mental fragility on time, our children may succumb to various mental health issues like depression, bipolar disorder, and acute psychosis, to name a few. They may even start smoking, drinking, and taking illicit drugs, or worse, commit suicide or homicide. Therefore, our primary intervention should focus on breaking the chain of mental stressors in any phase of their mental fragility.

As time progresses, and they transition from high school to college, they might display a wide range of troubling behaviors, such as mood swings, frustrations, and irritations. Though doing so in response to new emotions, thoughts, and feelings, to some extent, is typical and expected, we should monitor these behaviors cautiously. We should follow their mental changes during this phase, spend more time with them, and listen to them. During this phase, they will seek many personality changes to fit in more with their peers while maintaining their uniqueness. They will enjoy spending more time with their friends than with their

family. They will have many critical thoughts in their mind that remain unanswered. They need more personal space to grow and learn more about themselves. During this phase, parents need to act appropriately to make their children feel comfortable with their desires. The parents should attempt to provide a calm, peaceful, and relaxing environment for their children so that the mutual bonding further strengthens their learning process. Parents need to address their children's concerns.

Are we aligning our actions with our children's desires? Or are we trying to escape reality and convince ourselves that our children's issues will go away as they age? Mental bearing capacity differs from person to person, and it will impact children. The children who have experienced a distorted childhood environment have higher chances of developing mental problems in the future. Therefore we must be mindful of what we do and say to our children because they might perceive even the simplest things sensitively.

These arguments highlight the importance of mental health. We should allow our children to discuss their mental health and provide them with the necessary support they need in their lives. If they have any ongoing mental health issues, we need to address them immediately.

Now, let's look at some statistics to understand how mental health issues impact our society. Acute Mental Illness (AMI) in the 18 to 25 years age group is about 25.8%. About 10% of teens suffer from depression in the US, and about 9.4% of children have ADHD. The depression and anxiety trend has increased from

5.4% to 8% from 2007 to 2012 and continues to grow.

All this tells us that mental health issues shouldn't be taken lightly and need to be addressed immediately with parents, psychotherapists, and psychiatrists' collaborative help. The family has a tremendous responsibility in preventing, identifying, and addressing mental health issues. As parents, we can encourage our children to adopt a healthy lifestyle, maintain a balanced diet, get adequate sleep, participate in regular exercises, and engage in appropriate stress management activities like yoga and meditation.

Finally, as parents, we have a vital role in shaping our children into the healthiest adults. We should keep an open mind and avoid stereotyping. We should not assume that we understand our children's thoughts, needs, and wants. We should treat them like our best friends, but keep our boundaries clear. We should let them know that we are always there to listen to them and advise them when they need it. As no two humans think alike, we may often face disagreements, but we should leave room for compromise to reach a middle ground. Let's make our children a part of our journeys and teach them autonomy and self-respect.

Tips To Deal With Anxiety Caused By CORONA VIRUS For Emotional Wellbeing

Compiled by Dharma R Pantha, NCNC Life Member

Take Care Of You

- Tune in how you are feeling
- Take regular breaks from news
- Go for a walk or hike
- Learn and practice meditation each day
- Keep a food journal and plans ways to eat healthy
- Get 8 hours of sleep or take a nap during the day
- Listen to inspirational podcast

Check-In With Others

- While maintaining social distance, use technology to stay connected with people in your life
- Call or video chat a loved one, family member or a friend to check in on them and let them know you care
- Write letter to loved one, letting them know how much they mean to you.
- Take time to connect with old friend via phone or email.

Engage And Connect Wisely

- Video chat your loved one or join for meal
- Review your social media and screen time habits, follow positive people and message
- Create an online photo album and share with your loved ones
- Learn a new hobby, Go online and learn how to paint or make a delicious meal.
- Pull out board games, cards or puzzle

Relax And Reduce Stress

- Listen to your favorite play list
- Weather permitting, work on your garden
- Open that book you have been wanting to read and escape its pages
- Indulge in hot bath
- Catch up on your favorite TV series
- If you find relaxing, tackle that junk drawers, pantry or closet.

NCNC Financial Statement as of 31 August 2020

NCNC Trial Balance 1st Jan to 31st August 2020 (All bank A/C and paypal)			
Income	Amount	Expenses	Amount
Opening Balance 31st Dec 2019			
A/C No. 1886 (Main)	63124.96	Nepali School Expenses	3801.66
A/C No. 2082 (School)	20612.10	Covid-19 Relif Fund	332.11
A/C No. 4477 (C D)	2633.08	Bank Charge (Cheque issued) 2082	27.09
A/C No. 1166 (Community Center)	14266.75	Support Cost (Stationery/ Supply) 1886	56.47
A/C No. 4500 (Paypal)	480.41	Paypal Charge	54.29
Last Year Deposit Received	1587.00	Bank Balance up to 31st August 2020	
Nepal School Reg. Fee Income	1300.00	A/C No. 1886 (Main)	72227.21
Nepal School Reg. Fee Income (Paypal)	150.00	A/C No. 2082 (School)	18083.35
Membership Income	6750.00	A/C No. 4477 (C D)	2645.40
Membership Income (Paypal)	2000.00	A/C No. 1166(Community Center)	14266.75
NCAAAT	500.00	A/C No. 4500 (Paypal)	2686.12
Donation Received Nirmala Raj bhandari (paypal)	10.00		
Greetings (Sangalo) Sandeep Poudel (paypal)	25.00		
Donation Received (Holi Event)	600.00		
Donation Received (main A/C)	25.00		
Amazon Smile	18.83		
Interest Income	12.32		
American online G F Inc (Paypal)	15.00		
Greeting (Sangalo) Yogendra Gautam (paypal)	50.00		
Donatiopn Received (Susanta Karki)	10.00		
Donation Received (Anna Deo) Paypal	10.00		
Total	114180.45	Total	114180.45

NCNC Trial Balance 1st Jan to 31st August 2020			
Income	Amount	Expenses	Amount
Opening Balance 31st Dec 2019			
A/C No. 1886 (Main)	63124.96	Nepali School Expenses	3801.66
A/C 2082 (School)	20612.10	Covid-19 Relif Fund	332.11
A/C No. 4477 (C D)	2633.08	Bank Charge (Cheque issued) 2082	27.09
A/C No. 1166(Community Center)	14266.75	Support Cost (Stationery/ Supply) 1886	56.47
Last Year Deposit Received	1587.00	Bank Balance up to 31st August 2020	
Nepal School Reg. Fee Income	1300.00	A/C No. 1886 (Main)	72227.21
Membership Income	6750.00	A/C No. 2082 (School)	18083.35
NCAAAT	500.00	A/C No. 4477 (C D)	2645.40
Donation Received (Holi Event)	600.00	A/C No. 1166(Community Center)	14266.75
Donation Received (main A/C) Tanka Ghimire	25.00		
Amazon Smile	18.83		
Interest Income (A/C No. 4477)	12.32		
Donation Received (Susanta Karki)	10.00		
Total	111440.04	Total	111440.04

NCNC Financial Statement as of 31 August 2020

NCNC CASH BOOK UP TO 31St August 2020											
A/C No.1886	A/C No.2082	A/C No. 4477	A/C No.1166	Particular	V.No	Date	Ch.No.	A/C No.1886	A/C No.2082	A/C No. 4477	A/C No.1166
63124.96	20612.10	2633.08	14266.75	Opening Balance							
				JI Teckwonde Academy	1	1/9/2020	1071		910.00		
				Prem Pradhan	2	1/11/2020	1072		1543.79		
				Thakur Karkee	3	1/20/2020	2611	1420.00			
350.00				Membership Income	4	1/22/2020					
				Prem Pradhan	5	1/22/2020	1073		205.80		
				Ananda Ghimire	6	1/25/2020	2612	725.00			
1300.00				School Reg.Fee Income	7	1/30/2020					
				Town of Morrisville	8	2/14/2020	2613	100.00			
500.00				NCAAT	9	2/14/2020					
				Town of Morrisville	10	2/17/2020	2614/15	304.00			
				Prem Pradhan	11	2/19/2020	1074		212.43		
600.00				Holi Sponser Received	12	2/27/2020					
				Cheque Issued (Bank Charge)	13	1/25/2020			27.09		
2549.00				This Year Deposit Ret.	14	5/7/2020					
1587.00				Last Year Deposit Ret.	15-A	5/7/2020					
75.00				Membership Income	15-B	5/7/2020					
	10.12			Interest Income	16	5/25/2020					
11.79				Amazon Smile NCNC	17	5/27/2020					
				Ananda Ghimire	18	6/17/2020	2616	184.31			
				Ananda Ghimire	19	6/16/2020	1075		404.73		
				Prem Pradhan	20	6/18/2020	2617	147.80			
				Ananda Ghimire	21	7/14/2020	1076		524.91		
1925.00				Membership Income	22	8/24/2020					
25.00				Donation Received (Tanka P G)	23	8/24/2020					
				Office Max	24	8/26/2020	2619	56.47			
	2.20			InterestIncome	25	8/31/2020					
7.04				Amazon Smile NCNC	26	8/31/2020					
4400.00				Membership Income	27	8/31/2020					
10.00				Donation Received (Susanta)	28	8/31/2020					
				Total expenses				2937.58	3828.75	0.00	0.00
				Closing Balance (Bank)				72227.21	18083.35	2645.40	14266.75
75164.79	21912.10	2645.40	14266.75	Total				75164.79	21912.10	2645.40	14266.75

NCNC Details of Income Sources (01/01/2020 - 08/31/2020)		
S.N	Particular	Amount
1	School Reg. fee	1300.00
2	Membership Income	6750.00
3	NCAAT	500.00
4	Donation Received (Holi Event)	600.00
5	Donation Received Tanka Ghimire	25.00
6	amazon Smile	18.83
7	Interest Income (A/C No. 4477)	12.32
8	Donation Received (Susanta Karki)	10.00
9	Last Year Deposit Received	1587.00
	Total	10803.15

NCNC Paypal Account Trial Balance 1st Jan to 31st August 2020			
Income	Amount	Expenses	Amount
Opening Balance 31st Dec 2019	480.41	Paypal Charge	54.29
Nepal School Reg. Fee Income	150.00		
Membership Income	2000.00		
Donation Received (Nirmala Raj bhandari)	10.00	Paypal A/C Balance 31st August 2020	2686.12
Greeting (Sangalo) Sandeep Poudel	25.00		
American online G F Inc	15.00		
Greeting (Sangalo) Yogendra Gautam	50.00		
Donation Anna Deo	10		
Total	2740.41	Total	2740.41

NCNC Detail income of Paypal A/C 1st Jan to 31st August 2020								
S.N	Date	Name	Membership	Donation	School Reg Fee	Greeting Sangalo	Paypal Charge	Net Income
1	1/1/2020	Phadindra Neupane			25.00		0.85	24.15
2	1/1/2020	Krishna Kumarakalva			25.00		0.85	24.15
3	1/4/2020	Ramesh Koirala			25.00		0.85	24.15
4	1/4/2020	Shankha Lamichhane			25.00		0.85	24.15
5	1/5/2020	Gita Poudel			25.00		0.85	24.15
6	1/5/2020	Everest Wireless			25.00		0.85	24.15
7	2/27/2020	American Online G F		15.00			0.00	15.00
8	8/9/2020	Mahakali Poudel (Sandeep)	175.00			25.00	4.70	195.30
9	8/20/2020	Chakra Chaulagain	175.00				4.15	170.85
10	8/21/2020	Sudip Sigdel	175.00				4.15	170.85
11	8/22/2020	Bhaban Pradhan	175.00				4.15	170.85
12	8/22/2020	Saurya Neupane (SandeeP)	175.00				4.15	170.85
13	8/22/2020	Saugat Neupane (Sanseep)	175.00				4.15	170.85
14	8/26/2020	Sunita Dev		75.00			1.95	73.05
15	8/26/2020	Pankaj Sah		175.00			4.15	170.85
16	8/26/2020	Nirmala Rajbhandari		10.00			0.52	9.48
17	8/28/2020	Shashi Sharma	175.00				4.15	170.85
18	8/28/2020	Wanda Torres	175.00				4.15	170.85
19	8/29/2020	Yogendra Gautam				50.00	0.00	50.00
20	8/30/2020	Pawan Bhanjada	175.00				4.15	170.85
21	8/30/2020	Ghanashyam Pathak	175.00				4.15	170.85
22	8/31/2020	Anna Deo		10.00			0.52	9.48
		Total	2000.00	35.00	150.00	75.00	54.29	2205.71

NCNC Bank account and Paypal account summary Image taken on 2nd September 2020.

NEPAL CENTER OF NORTH CAROLINA

Home Activity Pay & Get Paid Market

PayPal Balance

\$2,686.12 USD

Available

Transfer Money

Accounts Overview

CHECKING & SAVINGS	
Checking 2082-Nepali School	\$18,083.35
As of 09/02/20	Available Balance
Checking 1166	\$14,266.75
As of 09/02/20	Available Balance
Checking 1886-Main Acc	\$72,227.21
As of 09/02/20	Available Balance
CD 4477	\$2,645.40
As of 09/02/20	Balance

Prepaed By: Shiva Bhattacharai, Treasurer, NCNC

NCNC Financial Audit Initiatives

For the first time in NCNC's history, the NCNC board took the initiative to conduct an internal audit of its financial books and accounts and recordkeeping practices. The board requested nominations and formed an internal audit team consisting of Ghanendra Adhikari, Deepak Bhandari, Nepal Bhushan Gauli, and Madan Pahadi. Laxmi Nath Paudel (current BOD member) facilitated the audit team's communications with NCNC. The audit team examined NCNC's financial books and records from January 1, 2020, through July 31, 2020, and provided its recommendations.

NCNC is committed to transparent governance, and will implement the audit team's recommendations to make its accounting and recordkeeping practices more efficient in the future. As in the past, NCNC's trial balance and income expenses report is published in Sangalo. Members interested in further details are welcome to contact the board.



Bisheshatha Thapa, Junior at Triangle Math and Science Academy

How it started

Have you ever felt like you had to teach a whole class to yourself? Felt like the teacher just wasn't teaching you in a way that you could understand? Well, that's a global struggle, not limited to only one teacher, student, or classroom. If your teacher's teaching style doesn't work for you, you may need help from other sources, such as tutors. However, what happens when you are finally able to find a good tutor? You pay at least \$25 per hour to learn a very inflexible curriculum, which doesn't allow you to think outside the box while completing scholastic assignments or problems. That's where we come in. After realizing that good tutors were expensive, hard to find, and their styles didn't even help all students, we came up with our own academic services. We wanted to provide free academic enrichment services for those in kindergarten through eighth grade, so we started Kavya Tutoring.

What we do

We provide educational tutoring opportunities to kids in kindergarten to eighth grade. These classes run once or twice a week, based on the students'

needs, where a tutor teaches three to four students per session. Individual classes are also available upon request. We provide tutoring on the four core subjects; math, English, science, and social studies. We give students resources to help them succeed and flourish in their academic journeys.

Future goals

We hope to expand our services to help even more students. Our goal is to provide opportunities for educational development to all who come to us. Many students do not have equal access to resources. Due to inequalities, many fall behind academically in school. We believe that a lack of resources should not limit a student's opportunities. We aim to level the playing fields for those who can't do it themselves.

Why do we do it

Kavya Tutoring, a teen organization, empowers young children with limited resources through academic reinforcements and support. Education shapes our future. Not every student has equal access to educational resources. Our mission is to help those students who need help to reach their academic goals.

NCNC Members As Of 31st August 2020

Life Members:

1. Devendra Man Amatya & Azal Amatya
2. Shambhu Acharya
3. Narayan Deo & Annapurna Deo
4. Shanti Rajlawat
5. Ishwar Devkota & Kamala Devkota
6. Samantha Thapa & Rashmi Thapa
7. Jaya Raj Joshi & Sundara Joshi
8. Pete Andrews & Hannah Andrews
9. Mark Tustin & Marcia Angel
10. Lynn Knauff
11. Rama Dworkin
12. Narayan Rajbhandari & Nirmala Rajbhandari
13. Bibhor Rimal & Pranita Rimal
14. Janak Marahatta & Prabha Marahatta
15. Madan Risal & Meena Risal
16. Madhab Dhakal & Sushma Dhakal
17. Subodh Gautam & Pratima Gautam
18. Sanjay Bikram Shah & Bindeshwari Shah
19. James Edwards & Elizabeth Edwards
20. Nagendra Neupane & Bhagabati Neupane
21. Ganga D. Sharma & Saroj Sharma
22. Manoj Lama & Sushila Lama
23. Ramesh Amatya & Sudha Amatya
24. Padam P. Paudel & Usha Paudel
25. Shree Kanta Gautam & Laxmi Gautam
26. John Paul & Jill Paul
27. Lucy Siegel
28. Gyanendra Bam & Rita Bam
29. Geni Eng & Dan Goetz
30. Quentin & Marjorie Lindsey
31. Suresh Thapa & Sarala Thapa
32. Lekh Nath Dulal & Rajeshwari Dulal
33. Bhimsen Basnet & Geeta Basnet
34. Sujan Neupane & Parita Neupane
35. Yagya Acharya & Sarala Acharya
36. Shiva Prakash Mishra & Sunita Mishra
37. Manoj Pradhan & Sushama Pradhan
38. Madan Rajbhandari & Dharma Rajbhandari
39. Uddhav Karki & Pabita Karki
40. Madhukar Devkota & Rachna Devkota
41. Shyam Aryal & Geeta Aryal
42. Mohan Adhikari & Amrita Adhikari
43. Krishna Sedai & Laxmi Sedai
44. Harihar Bhattarai & Sunita Bhattarai
45. Bal Krishna Sharma & Radha Sharma
46. Yam Kumar Shrestha & Roshani Shrestha
47. Hare Ram Sharma & Sushmita Sharma
48. Suresh Sapkota & Mira Sapkota
49. Ananda Ghimire & Sushma Ghimire
50. Ashok Khanal & Shobha Pandey
51. Binod Dhakal & Nisha Dhakal
52. Arun Dhital & Pratima Dhital
53. Ashish Bhatta & Shashi M Bhatta
54. Shailendra Devkota & Sapana Devkota
55. Rajesh Subedi & Nandita Subedi
56. Uttam Sedai
57. Basanta Khadka & Santwana Khadka
58. Kisan Upadhyaya & Pam Upadhyaya

59. Batu Sharma & Puja Sharma
 60. Binaya Manandhar & Pinku Manandhar
 61. Bala Krishna Lamdari & Buddhi Kumari Lamdari
 62. Shreekant Adhikari & Shanti Adhikari
 63. Kumud Devkota & Januka Devkota
 64. Thakur Pant & Muna Pant
 65. Madhab R. Bhattarai & Mira Bhattarai Neupane
 66. Shishir Khanal & Rita Khanal
 67. Moha Bhatta & Shova Bhatta
 68. Ritesh Poudyal & Muna Poudyal
 69. Thakur Karkee & Durga Karki
 70. Yugesh K. Shrestha & Raj Kumari Sen
 71. Sachin Mudvari & Sradha Mudvari
 72. Dipendra Aryal & Santowana Aryal
 73. Bikram Gautam & Usha Gautam
 74. Deepa Dawadi & Suresh Acharya
 75. Chiranjibi Bhattarai & Sandhya Bhattarai
 76. Shiva Bhattarai & Nirmala Bhattarai
 77. Sunil Dhungel & Sujata Dhungel
 78. Ashok Aryal & Pratima Aryal
 79. Ashish Bhatatrai
 80. Bharat Shrestha & Pratima Shrestha
 81. Bharat Bhattarai & Anju Bhattarai
 82. Baburam Dawadi & Bimala Dawadi
 83. Pawan Pandey
 84. Sanjib Baral & Susmita Baral
 85. Rabindra Karki & Sumitra Karki
 86. Prem Pradhan & Geeta Pradhan
 87. Hari Shrestha & Ranjana Shrestha
 88. Yogendra Gautam & Pabitra Dhakal
 89. Tika Adhikari & Chandrakala Adhikari
 90. Dil Bhattarai & Menuka Bhattarai
 91. Sitaram Ghimire & Kalpana Ghimire
 92. Harish Chandra Mahasheth & Yogita Mahasheth
 93. Sharad Acharya & Namrata Acharya
 94. Shiva Sharma & Sharada Sharma
 95. Jeevan khanal & Pushpa Khanal
 96. Ram Poudel & Anita Poudel
 97. Khadananda Regmi & Titu Regmi
 98. Bidhya Sagar Basnet & Rima Basnet
 99. Padam Bhatta & Indira Neupane
 100. Dharma Pantha & Indira Pantha
 101. Jagadish Parajuli & Anita Parajuli
 102. Debendra Koirala & Neetu Koirala
 103. Dipendra N. Lamichhane & Archana Pande Lamichhane
 104. Adarsha Acharya & Bimala Acharya
 105. Ramesh Khatri & Kabita Khatri
 106. Bhakta Khanal & Uma Khanal
 107. Achyut Prasad Sharma & Mina Sharma
 108. Lalitya Devkota & Shraddha Devkota
 109. Aaditya Devkota
 110. Mohan Chandra Baral & Daxinkali Baral
 111. Bhaskar Kunwar & Neelam Karki
 112. Dasharath Lohar & Ramrati Lohar
 113. Hari P. Kharel & Sabita Gaire
 114. Bishnu P. Kharel & Bishnu Maya Bhusal
 115. Nirmal Maharjan & Sangita Maharjan
 116. Chet Bhattarai & Manju K. Bhattarai
 117. Raj Ghimire & Rashmi Ghimire
 118. Saroj Gautam & Mina Gautam
 119. Tauleshwar Prasad Chaudhary & Bindu Chaudhary
 120. Ghanashyam Shrestha & Shristhi Rajbandari
 121. Ram Krishna Wagle & Narottama Adhikari Wagle
 122. Lokendra Chand & Shushma Chand
 123. Aditya Upreetee & Tripti Dahal
 124. Arun Sapkota & Gita Paudel
 125. Rewoti Raj Adhikari & Sita Devi Baral

- Adhikari
126. Delande M. Hunt & Soni Ale
127. Ganesh Raj Bista & Raju Bhatta Bista
128. Chandra Giri & Tejaswi Giri
129. Bhim P. Timalsina & Parbati Timalsina
Chaulagain
130. Unnati Ojha & Biva Shrestha
131. Amar Ale & Sunmaya Ale
132. Sanoj Shakya & Ramita Shakya
133. Arjun Kumar Shrestha & Sabu Shrestha
134. Avesh Dhakal & Aastha Neupane
135. Prasudhan Devkota & Bindu Devkota
136. Laxmi Nath Paudel & Sumitra Paudel
137. Birodh Timalsina & Arati Timalsina
138. Ram Thapa & Hima Thapa
139. Madhav P. Mainali & Sita Ghimire Mainali
140. Tilochan Dawadi & Benju Ghimire Dawadi
141. Sharada Malla & Shikha Malla
142. Basudev Bhatt & Basanti Bhatt
143. Rudra Bhurtel & Neetu Poudel Bhurtel
144. Bhoj Raj Gautam & Dipa Sharma Gautam
145. Sunil Sharma & Uma Sharma
146. Jitman Basnet & Sarita Basnet
147. Shandip KC & Ichaya Dhungel
148. Baburam Pokharel & Sharada Pokharel
149. Khem Raj Joshi & Shikshya Panta
150. Surya K. Kuikel & Anisha Mainali
151. Abinash Bhattarai & Anisha Pantha
Bhattarai
152. Suman Wosti & Ranjana Wosti
153. Bal Krishna Upadhyaya & Aakriti Bhattarai
154. Rajendra Maharjan & Sunita Barahi
155. Swotantra Kattel & Durga Timalsina
156. Narayan P. Luitel & Urmila Luitel
157. Krishna Poudel & Radha K. Poudel
158. Mohan K. Pahadi & Kanchan Mala Kafle
159. Binod Bhatta & Ila Bhatta
160. Vikas Pathak & Riva Jha
161. Uddhav Regmi & Smritee Pokharel
162. Hom Pandey & Dhanu Pandey
163. Somnath Chalise & Ava Aryal
164. Ramesh Koirala & Shanti Sapkota
165. Babu Subedi & Nisha Sharma
166. Anup KC & Santoshi Khadka
167. Uttam Niraula & Sujata Khanal
168. Rupesh Upfrey & Sonija Dhungel
169. Rajesh Gautam & Asmina Gautam
170. Avinash Upadhyaya & Rachel Upadhyaya
171. Rim Khadka & Mandira Khadka
172. Govinda Adhikari & Nirmala Adhikari
173. Jeevan Neupane & Sarita Kandel
174. Rajesh Devkota & Chun Maya Bhandari
175. Madhab Dhakal & Apsara Nepal
176. Bal Kumar Chaulagain & Tila Kumari
Dhamala
177. Moti KC & Ojaswi Shreshtha
178. Keshab Khanal & Isha Khanal
179. Ravi Reddy & Vidya Gaddam
180. Shankha P Lamichhane & Rama Gautam
181. Ashok Bhatta & Smeeta Bhatta
182. Manoj Karki & Pragya Thapa
183. Keshav Panthi & Bijaya Sharma
184. Santosh Khatiwada & Naveena Khatiwada
185. Sagar Gautam & Anju Karki
186. Sandeep Paudel & Bhawana Acharya
187. Padam Neupane & Bishnu Neupane
188. Keshav Nepal & Pooja Nepal
189. Shyam Kandel & Rupa Sharma Kandel
190. Pranab Shrestha & Puja Shrestha
191. Kamal Kafle & Preeti Sharma
192. Sharad Pyakuryal & Kanti Adhikari
193. Deepak Bhandari & Manisha Bhandari
194. Rabindra Raj Budhathoki & Sumitra Bista
Budhathoki

195. Amrit Raj Acharya & Shobha Aryal Acharya
196. Khara Luitel & Mona Luitel
197. Pradip Karki & Sudha Karki
198. Suraj Dhakal & Saraswati Dhakal
199. Ghanendra Adhikari & Rama Pokhrel
200. Upendra Thapaliya & Mona Lisa Thapaliya
201. John Poudel & Jyoti Marahatta
202. Nawa Raj Rimal
203. Kulananda Sharma & Hira Sharma
204. Kamal Thapa & Kokeela Thapa
205. Bhoj Raj Ghimire & Sharada S. Ghimire
206. Krishna Pokhrel & Rachana Subedi
207. Tripti Swar & Suresh Swar
208. Kiran Ulak & Samjhana Shrestha
209. Sahadev Basnet & Sudha Basnet
210. Ankit Dahal & Sushmita Karki
211. Manoj Dhakal & Laxmi Bhandari Dhakal
212. Prem Wagle & Parbati Sharma Wagle
213. Sabitra Gyanwali
214. Ganga Khatri & Sabita Khatri
215. Deependra Mool & Bina Mool
216. Kalidas Bhandari (Raju) & Deepa Paneru Bhandari
217. Nabin Sedai & Renuka Sedai
218. Hari Datta Joshi & Bishnu Mati Joshi
219. Shiba Bhattarai & Nirmala Bhattarai
220. Basu Dev Bhattarai & Asha Bhattarai Chhetri
221. Madan K Pahadi & Ashmita Gautam
222. Sudip Koirala & Anuja Koirala
223. Ramesh Naharki & Bhabani Kandel
224. Bijaya Adhikari
225. Ram Chandra Koirala & Basundhara Baral
226. Phadindra Neupane & Saraswati Adhikari
227. Bhumishwar Sapkota & Indira Sharma Sapkota
228. Udaya Kumar Bista & Indira Bista
229. Satya Chaulagain Clark & Kevin Clark
230. Kamal Adhikari & Basanta Adhikari
231. Ganesh Prasad Sharma & Kamala Chapai
232. Thomas Uttam Poudel & Stuti Mishra Poudel
233. Raj K Bhandari & Shraddha Paudel
234. Prem Bahadur Rokaya & Lila Kumari Budha
235. Prem Gauchan & Darpan Gauchan
236. Padam Banjade & Shobha Banjade Adhikari
237. Sharad Neupane & Sandhya Paudel
238. Anil Mainali & Laxmi Sharma
239. Nirmal Adhikary & Pratibha Subedi
240. Govinda Budhathoki & Bhagawati Karki Budhathoki
241. Sanat Aryal & Shristi Sharma
242. Ujjwal Poudel & Sonisha Bhattarai
243. Ramesh Raj Mishra & Manisha Tiwari
244. Saroj Poudel & Dipti Adhikari
245. Asmita Sapkota & Ramesh Koirala
246. Chitra Bahadur Bista & Gita Thapa Bista
247. Rajan Kunwar & Sarita Pokhrel
248. Pradip Poudel & Rakshya Bastola
249. Sachet R. Baral & Sandhya Poudel
250. Dhan Thagunna & Surya Thapa Thagunna
251. Prahlad Shah & Indira Lamichhane
252. Santosh Nepal
253. Anmol Giri & Sajjani Lamichhane
254. Bhanu Bhakta Aryal & Bidhya Sharma Aryal
255. Surya Prasad Adhikari & Sunita Adhikari Bhatta
256. Lalit Farmah
257. Manoj Sharma & Nirjala Pandey
258. Roshan Dhakal & Sarita Dawadi Dhakal

259. Ishwar Sharma & Sabina Jamarkattel
260. Govinda Prasad Pandey & Sabita Neupane
261. Maha Kali Poudel
262. Indra B. Bhatarai & Deepika Sharma
263. Surya Bhakta Bhatarai & Arati Bhatarai Rijal
264. Tanka P. Ghimire & Sarmila Ghimire
265. Prabin Gautam & Ramila Shrestha
266. Anupa Pradhan & Chakra Bahadur Chaulagain
267. Madhu Karki & Lalita Karki
268. Govinda Sedhay & Susmita Poudel Sedhay
269. Madhu Devkota & Menuka Devkota
270. Rishi Bastakoti & Kalpana Ghimire
271. Bhanu Bhakta Acharya & Arminta Acharya
272. Rupesh Bhatta & Ruchana Bhatta Lamichhane
273. Prakash Pokharel & Bindu Adhikari
274. Ananta P. Poudel & Roshani Poudel
275. Sudip Sigdel & Tara Sharma Sigdel
276. Bhuban Pradhan & Sajina Shrestha
277. Saugat Neupane & Monalisa Upreti
278. Saurya Neupane
279. Hari Sapkota & Nira Poudel
280. Prakash Dhungana & Tuku Paudel
281. Prem Rijal & Chinu Sharma
282. Bhoopendra Adhikary & Januka Adhikary
283. Prabhat Dhungana & Achala Nepal
284. Prakash Shrestha & Roj Shrestha
285. Rabindra Adhikari & Geeta Chapain Adhikari
286. Ramesh Oli & Kamala Oli Naharki
287. Chandra P pantha & Sita Sedai Pantha
288. Krishna Hari Poudel & Sushma Adhikari
289. Pankaj Kumar Sah
290. Shashi Sharma & Sujana Sharma Kafle
291. Wanda Torres & Angl Torres
292. Jhapendra Raj Adhikary & Anita Khanal Adhikary
293. Bishnu Rijal & Rupa K. Rijal
294. Subas Dhakal & Sija Gautam
295. Sudip Adhikari & Bhawani Khanal
296. Keshab Raj Sapkota & Tripti koirala
297. Jhabindra Neupane & Yamuna Pangeni Neupane
298. Youb Raj Aryal & Padma Pandey Aryal
299. Shirshak Raj Ghimire & Asmita Sapkota
300. Dinesh Lohani & Saraswati Sharma Lohani
301. Dipak Bhusal & Tirshana Dhakal Bhusal
302. Chintamani Kandel & Prava Baral Kandel
303. Bishow Poudel & Neetu Panta
304. Ishwor Dhakal & Gyanu Bhattacharai
305. Puja Pandey & Amrit Aryal
306. Sushil Datta Tiwari & Shanta Dhital Tiwari
307. Susanta Karki & Laxmi Bhatarai Karki
308. Amrit Regmi
309. Pawan Banjade & Rakshya Panth
310. Ghanshyam Pathak & Shuvechhya Aryal
311. Ashok Chaudhary & Bibha Dawadi

5-Year Members:

1. Uddhar Sharma & Sunita Sharma (2015)
2. Ghanashyam Poudel & Nanda Kala Poudel (2015)
3. Biplav Acharya & Shailaza Basnet Acharya (2017)
4. David N Kirkman & Debra Skinner (2015)
5. Ajaya Sharma & Richa Sharma (2015)
6. Pratap Adhikari & Kusum Paudel (2018)
7. Prakash Nepal & Neeti Dahal (2018)

8. Partima Acharya & Samudra Acharya (2018)
9. Dilesh Mool & Rohini Rajbanshi Mool (2018)
10. Megha Basnet Sink & Michael Sink (2018)
11. Netra Prasad Sangroula & Punam Lamichhane (2018)
12. Shyam Pokharel & Anita Pokharel (2018)
13. Thakur Sapkota & Pratima Sharma (2018)
14. Sanjay Sapkota & Barsha Sapkota (2018)
15. Rajan Parajuli & Laxmi T. Parajuli (2018)
16. Rajendra Aryal & Abala Aryal (2018)
17. Dadin Pandey & Amal Pandey (2018)
18. Manoj K. Kafle and Pabita Kafle (2018)
19. Nepal Bhushan Gauli & Sushma Upadhyay Gauli (2018)
20. Laxman Risal & Anita Risal (2018)
21. Nabaraj Dhital & Anita Tiwari Dhital (2018)
22. Pawana Burlakoti & Krishna Kumarakalva (2018)
23. Chet Rizal & Babita Rizal (2018)
24. Nirajan Karki & Niveeta Sharma (2018)
25. Sayana Bhattarai & Kiran Dhakal (2018)
26. Prakash Khatri (Paku) & Nisha Shrestha (2018)
27. Shailendra B. Khatri & Soniya Khatri (2018)
28. Bhim Nepal & Sabita Bista (2018)
29. Kim Zagora (2019)
30. Rabindra Joshi & Anju B. Joshi (2019)
31. Dirgha Joshi & Laxmi Joshi (2019)
32. Shrijan Dhungel (2019)
33. Saurav Neupane & Smita Koirala Neupane (2019)
34. Shyam Bahadur Gurung & Sarita Gurung (2019)
35. Ram K. Chaulagain (2019)
36. Dipendra Bhandari & Sunita Mahat (2019)
37. Govind Adhikari & Uma Khatri Adhikari (2019)
38. Ashish Hada & Anisha Hada (2019)
39. Hem Pun & Yuwa Hiski Magar (2019)
40. Chandra Pun & Dani Thapa (2019)
41. Lokendra KC & Yashoda Sharma (2019)
42. Netra Nath Adhikary & Bhawani Adhikary (2019)
43. Nabin Adhikary & Kopila Rani Kafle (2019)
44. Prafulla Regmi (2019)
45. Nabin Pradhan & Rita Shrestha (2019)
46. Anup Poudel & Prapti Poudel (2019)
47. Ramesh Upadhaya & Sangita Thapa (2019)
48. Ravi Sapkota & Indira Sapkota (2019)
49. Shanta Khadka & Bijaya Karki (2019)
50. Saroj Kumar Upadhyay & Meera Acharya (2019)
51. Bikash Shakya & Bipila Shakya (2019)
52. Hari Gopal Shrestha & Kabita Shrestha (2019)
53. Sujan Poudel (2019)
54. Avash Poudel (2019)
55. Balram Lamsal & Asmita Sharma (2019)
56. Pusparaj Adhikari & Durga Adhikari Regmi (2019)
57. Amit Bharati (2019)
58. Kiran Parajuli & Shova A Parajuli (2020)
59. Pratap Rai & Soni Rai (2020)
60. Deepak Pandey (2020)
61. Bindu Dhungana (2020)
62. Sunita Dev (2020)
63. Sher B. Kshetri & Geeta Bhattarai Chhetri (2020)
64. Thed Kumari Pahadi & Lok Nath Pahadi (2020)
65. Bhesraj Adhikari & Huma Adhikari (2020)
66. Bhakta Raj Pokharel & Ful Dahal Pokharel (2020)
67. Durga Prasad Sapkota & Bhawana Thapa Sapkota (2020)

Blind Faith

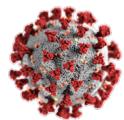
Shreya Kunwar, 9th Grade, Panther Creek High School

He's known as "the doctor who saved 130,000 eyes." He has restored eyesight to perhaps more people than any doctor in history, and still, keeps getting new patients. Dr. Sanduk Ruit, a Nepali ophthalmologist, may be the world champion in the war on blindness. Dr. Ruit was born on September 4, 1954, to illiterate parents in a remote mountainous village of Olangchunggola in Taplejung district of northeast Nepal. He lived in a remote region of Nepal without electricity, schools, or modern communication.

He was the second of his parents' four children, but unfortunately, he lost all his siblings to diseases. He lost his elder brother to diarrhea at age three and younger sister to fever at age

eight. Ruit has stated in interviews that his most painful loss was his other younger sister, who died of tuberculosis, as the family couldn't afford the treatment available. That motivated Dr. Ruit to become a doctor and work for the poor who didn't have enough healthcare.

He graduated from King George's Medical College (University of Lucknow) and further studied at the All India Institute of Medical Sciences, Delhi. He also studied in the Netherlands, Australia, and the United States, and was mentored by an Australian ophthalmologist. Working in Australia, Dr. Ruit and his mentor worked on a strategy to use inexpensive intraocular lenses for small-incision cataract surgery. However, they were still too expensive for many cataract patients. In 1995, Ruit developed a new intraocular lens produced far more cheaply and is now used in over 60 countries, including U.S. medical schools.



North Carolina COVID-19 Cases

(As of September 21, 2020)

Total Cases: 194,381 | Currently Hospitalized: 885 | Total Deaths: 3,247

Source: Johns Hopkins University AND Centers for Disease Control and Prevention, USA

Nepal Sambat: An Introduction

Narayan B. Rajbhandari, Apex, NC

Nepal is a country where citizens practice four calendars – Bikram Sambat, Tibetan, Gregorian, and Nepal Sambat. They celebrate New Year six times in a year. The countrywide celebration is based on the solar-based Bikram Sambat, which is observed on the first day of Baisakh, which often falls in April. Nepalese government considers the New Year as a national event, granting a day off to government offices, schools, and business agencies. Different ethnic groups celebrate the remaining five new years. The government grants an optional holiday during these celebrations and allows employees to take a day off. However, most offices and businesses remain open.

Ethnic groups like Tamang, Sherpa, and Gurung celebrate their New Year in different months of the year - January, February, and December. Their celebrations are called Gyalpo Losar, Sonam Losar, and Tamu Losar, respectively, as per the Tibetan calendar (also known as Lunisolar calendar). Christians follow the Gregorian calendar and celebrate their new year on the first day of January. Newars follow the lunar-based Nepal Sambat calendar and celebrate the new year in October or November. This article will discuss the lunar-based Nepal Sambat (Nepal Era) calendar and its significance in celebrating Newah's traditional festivals.

Historical Evolution of Nepal Sambat

Historically, Newars are the original inhabitants of Kathmandu valley, the capital city of modern Nepal. Their language, known as Nepal Bhasa, Newai, or Newah Bhay, closely associated with Tibeto-Burman speaking people, who later founded the Kirat dynasty in Nepal during the prehistoric period.

According to the oldest chronicle of Nepal, Gopalarajavamsavali, the Kiratas ruled Nepal for thirty-two generations. During their reign, the Kathmandu valley was popularly known as Nepal. The Lichhavi dynasty, which lasted from the second century AD to the ninth century AD, expanded the valley to Rasuwa in the North, Dolakha in the East, Sindhuli in the South, and Dhading in the West. The expanded valley is known as Nepalmandala.

After the Lichhavis, the Thakuris ruled Nepal from the ninth to the mid twelve centuries AD. Raghav Dev is known to have founded a ruling dynasty in October of 869 AD when Thakris came into power. To commemorate this important event, Raghav Dev started the Nepal Era, which began on the twentieth day of



October, 879 AD. The new era was based on the lunar calendar.

Historians have different opinions about the origin of the Nepal Era. Some suggest that Sankhadhar Sakhwa, who built his wealth with gold he panned from the sand of the Bishnumati river, liberated the individuals of Kathmandu valley in 879 AD from their debts accumulated during the reign of Raghav Dev. This event is, therefore, commemorated as the beginning of Nepal Sambat.

Calendar of Nepal Sambat

Name of months and corresponding festivals with respect to the lunar and the solar

calendar are listed in Table 1.

The calendar is based on the lunar year that uses the moon phases to measure time, usually from the new moon (dark moon) to the new moon as one month. The solar year uses the time the Earth takes to rotate around the Sun. Therefore, a solar year consists of 365 days, while a lunar year consists of 354 days. An extra month, known in Newari as Anala and in Nepali as Adhika Masa, is added in the lunar calendar to account for the gap between solar and lunar days. The extra month can fall during any period of a year. Typically, it happens every 27 months. Over 33 years, there will be a lag of one year between solar and lunar calendars because of the successive impacts.

Table 1. Name of months and festivals with respect to Lunar and Solar calendars.

Lunar Calendar (Newah Language)	Bikram Calendar (Nepali Language)	Gregorian Calendar	Festivals (Full Moon)	Festivals (Fortnights)*
Kachhala	Kartik/Mangsr	October/ November	Sakimila Punhi	Swantichare
Thinla	Mangsr/Paush	November/December	Yomari Punhi	Balachare
Pohela	Poush/Margh	December/January	Mila Punhi	Disichare
Silla	Magh/Falgun	January/February	Si Punhi	Lainchare
Chilla	Falgun/Chaitra	February/March	Holi Punhi	Silachare
Chaula	Chaitra/Baishak	March/April	Lhuti Punhi	Pahanchare
Bachhala	Baisak/Jestha	April/May	Swanya Punhi	Matatirthachare
Tachhala	Jestha/Asar	May/June	Jya Punhi	Sithichare
Dilla	Asar/Shrawan	June/July	Dilla Punhi	Dilachare
Gunla	Shrawan/Bhadau	July/August	Gun Punhi	Gathamugahchare
Yanla	Bhadra/Aswin	August/September	Yenya Punhi	Panjaramchare
Kaula	Aswin/Kartik	September/October	Katin Punhi	Nalaswanchare
Anala	Extra Month	Extra Month	Anala Punhi	Analachare

* Fourteenth day after full moon or one day before Aunsi (New Moon).

According to the Nepal Calendar, the New Year day is observed on the first day of Kachhala in Kartik or Mangsr (October or November). On

this day, Newah people celebrate Mha Puja (self-worship) to signify an auspicious beginning of the New Year and invoke prosperity, longevity,

and life empowerment through the year. After the New Year celebration, several festivals follow, according to the Lunar calendar. The festivals during full bright and fortnights are listed in Table 1 above. Usually, each bright and dark half consists of fifteen days; however, sometimes there may be one day less or more, depending on the moon's movement. The full bright moon and the full dark moon (new moon) are known as Purnima and Aunsi, respectively.

Implementation of Nepal Sambat

Regardless of different historical opinions, October 20, 879 A.D. is universally considered the start of the Nepal Era during the Raghav Dev dynasty. After the Thakuri dynasty, the Malla dynasty ruled the Kathmandu valley from the mid-twelfth to the eighteenth centuries. The celebration of the Nepal Era lasted until the Malla dynasty's end in 1769 when the Shah dynasty began ruling the valley. The Shah dynasty then introduced the Saka calendar (AD 78/79), while simultaneously continuing the Nepal Era calendar. In 1911, the Rana Prime Minister Chandra Shumsher Jang Bahadur Rana replaced the Saka and the Nepal calendars with Solar based Bikram calendar. According to historians, the substitution was to cut down the burden of paying salaries for the thirteenth month of government staff every two years.

In 1979, Nepal Bhasa Manka Khala was established by a group of Newah advocates to fight for the linguistic and cultural rights of Newah people. The Khala organization organized rallies and public events, publicizing the importance of the era as a

symbol of nationalism. During that period, the Panchayat regime continued to suppress the movement by arresting and imprisoning the Newah activists. However, the movement had already gained momentum again after 1990. Consequently, the Nepal Sambat movement achieved its first success on November 18, 1999. On that day, Nepal's government declared the founder of the Newah Era calendar, Sankhadhar Sakhwa, a national hero. On October 25, 2011, the government decided to bring Nepal Sambat into use as the country's national calendar and formed a task force to make recommendations on its implementation. Nevertheless, no official decision has yet been made. The government continues to use Bikram Sambat as the only official calendar. The Newah people are still hoping for the day when Nepal Sambat goes into effect officially.

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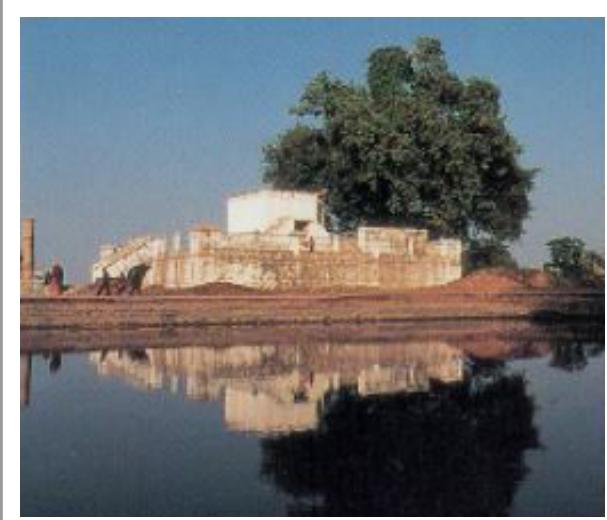
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Rooted We Will Survive

Dasharath Lohar

"Learn from the mistakes of others'. You cannot live long enough to make them all yourself." This advice from Chanakya Neeti, composed by Acharya Chanakya 2400 years ago, cannot be over-emphasized. The same advice applies to civilizations. The more mature and ancient a civilization is, the richer the accumulated learnings are. Indic Civilization (with root in the Indian sub-continent) is probably the most mature and ancient of all human civilizations. No wonder it has a lot to offer to humanity and is called a 'way of life.' Unfortunately, many dismiss our ancestors' practices as outdated, uncivilized, or superstitious without much understanding.



Old Maya Devi Temple in Lumbini with the sacred Peepal tree in the background. Native devotees used to worship Maya Devi with infant Siddharth, the Buddha in this temple.

I was very close to my grandfather as a kid growing up in Kapilavastu, Southern Nepal. I often followed him to social gatherings such as wedding receptions. I saw guests take off their shirts at those events, make a line, and squat bare feet on the floor to be served meals (also called 'pankti bhojan'). I remember the one time I failed to take off my shirt before joining the line for dinner. It created quite an uproar. I was excused because I was a child and the weather was cold. It did not make sense to me then, but now, I understand the essence of taking off my shirt, washing my hands and feet before sitting comfortably on the floor with others for the meal. These rituals ensured that we were clean while we ate our meals. Only the cooks and their helpers were allowed in the kitchen, and that too after a thorough cleaning. As a biotechnology student, I later realized that our rituals were based on scientific techniques of keeping things sterile (to avoid contamination and infection). I found that my mom's kitchen practices were in line with such scientific techniques. As a young adult in Nepal, I was often skeptical of my family's traditions. I was a rebel, in a way, opposing any and all rituals. Having learned science and gained experience through time, I now appreciate those practices. I developed a reverence for our ancestors, who developed such practices way before modern



science.

COVID-19 pandemic has inspired many to appreciate Hindu practices designed to slow the spread of diseases. Before the pandemic, I attended a meeting at work. I was pleasantly surprised to hear some colleagues greet each other by 'Namaste' (I bow to the divinity in you) instead of a customary handshake. Greeting people with a Namaste does not require physical contact, thus reducing the spread of germs, including COVID-19. The concept of 'jutho' (a food orally touched by someone-defiled) probably exists in the Indic Civilization only. Sharing 'jutho' food is considered safe only among healthy close relatives (such as husband and wife). 'Jutho' or eating from the same plate, is common in many cultures. Of course, not eating 'jutho' is a healthy practice that helps prevent many diseases. If you have seen last rites prevalent in the Hindu tradition, you have probably noticed that only a selected few can touch a dead body. The dead body in Hindu societies is considered impure, so only a few individuals involved in the final rites can handle it. Cremation, a standard practice in Hinduism, can also prevent the spread of germs, including Coronavirus. Hindus do not enter their homes or socialize with others before a thorough cleanup (taking a bath and changing clothes) after attending a funeral. It is needless to emphasize the significance of this practice in preventing disease spread.

I recently read an article at the HinduAmerican website about how Hindu rituals can help ground us here and now to reduce the stress. The author, a psychologist, describes how a Puja encourages people to use all their senses in grounding techniques: 'the smell of agarbatti



The ancient Peepal tree uprooted to build a modern temple. The murti of Maya Devi and infant Buddha have been hidden away from devotees, with no puja is allowed.

(incenses), the reverberation of a bell, visually pleasing murtis, the sensation of bringing palms together, and the taste of Prasad melting in our mouths! There may be many more Hindu rituals that help people deal with stress. While I can't list them all, I urge my readers to introspect and consider Indic practices before dismissing them. In my observation, the advancement in science has validated the importance of ancient Indic practices. If you still have any doubts, I understand.

After I finished high school, I took a job as a vaccinator. I went around villages and vaccinated children against common diseases such as tuberculosis, diphtheria, and measles. My good friend was my teammate. One day, we reached his home village during lunchtime. Of course, he offered me lunch at his home since there were no restaurants nearby. When the lunch was ready, my friend went to his kitchen and returned with a message: since I belonged to a lower jati (caste), I could not eat lunch with his family in their kitchen. I was to be served outside in the house's verandah away from the kitchen and anyone else. Since I practiced the same hygiene level as my friend's family, I was surprised by a close friend's behavior. Even more



a devotee is taking a picture of Maya Devi and infant Buddha at up and away.

surprising was that my friend's family believed in the communist party ideals that do not believe in the caste system. By then, I already had some knowledge of the jati pratha, as described in the Indic tradition. I knew that birth did not determine jati. It was disheartening to see an educated family still practice a twisted version of jati. Sadly, a system created with good intentions for the division of labor has been twisted over time to divide people into upper and lower castes. I'm not disappointed at jati pratha itself, but how it has been distorted for the vested interest of few without regard to circumstances. There may be other such well-meaning practices that have been corrupted through millennia. Of course, such practices can be frustrating. However, we should also not just discard them without due diligence. They are like golden nuggets coated with dirt. We need to get rid of the dirt to get to the gold. We need to analyze those ancient practices, modify them to use them in this scientific age.

Away from our cultural roots in Nepal, and against all the odds, we are still trying to preserve our millennia-old tradition even in the United States. In Nepal, the ruling elites are trying to uproot the Indic tradition systematically. The declaration of Nepal as a secular state, the modifications of school curricula/textbooks, and the intense propaganda against Indic tradition point to Nepal's systematic dismantling from within. Hidden under the garb of modernity, development, and patriotism, our roots in Nepal are under attack. Sadly, policymakers in Nepal consider Nepal just as a landmass and Nepalese as merely material beings. Can Nepal maintain its identity without its ancient culture and tradition of spirituality? For example, bereft of spirituality and devotion, Pashupati Nath Area will become only a tourist destination. Sadly, Lumbini and Kapilavastu (two of the most sacred places of Buddhism) have almost completely lost their spiritual identities and been developed as secular, tourist destinations.

Also, the natives of this area are being lured away from Indic civilization and converted to other religions. Nepalese in the US are similar to the leaves of a tree represented by Nepal's ancient culture. Without tapo bhumi Nepal, our roots will not find fertile ground, and our civilization will wilt away and disintegrate. We are living outside Nepal, but we still have some influence through our friends and families. Let's use whatever clout we have for a course correction in Nepal to preserve our roots.

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Religion, Culture, Rites And Conducts

Govinda Adhikari

Religion (Belief/Virtue)/Dharma:

Religion is a unified system of beliefs and practices relative to sacred things. There is no exact equivalent word of religion in Nepali. In Nepali, the word Dharma means "acceptable"- that everyone can accept or adopt. Dharma is to adopt one's contained quality and to fulfill one's responsibilities. Every object has its unique quality or nature that remains unchanged. For example, the contained quality or nature (Dharma) of fire is to burn. The nature of water is its liquidity, its ability to flow as it finds a slope. Spreading light is the nature (Dharma) of a lamp. Birds, insects, and plants also have their own contained quality.

Dharma of a human being is humanity and virtue. Dharma is one's identity and existence. If one abandons their Dharma, they will lose their existence. Dharma guides our moral conduct, responsibility, the right path of life, the right decision making, and making our lives holier and happier. The scripture says, "If you protect Dharma, Dharma will protect you." A person with a virtue of truth, non-violence, love, and compassion is a person who has Dharma. Anger, passion, ego, greed, sinful minds, bad character, and bad feelings are not Dharma. Dharma is good deeds, not showing off. It is

about believing and following. Dharma is life, duty, discipline, identity, and existence but not ostentation and superstition.



There are many religions in the world, like Hinduism, Buddhism, Islam, Christianity, Jainism, and Sikhism, which have many sub-sects within them. These sects follow their own traditions, teachings, and rules guided by their religious texts. The majority of the people in the world believe in one religion or another. All religions embrace truth, love, compassion, harmony, philanthropy, human virtue, and the welfare of all beings. In this sense, the essence and destination of all religions are the same. Even though the expression of faith and belief may vary from religion to religion, religion is not big or small, or good or bad. According to scriptures, a religion has ten characteristics: patience, forgiveness, control of mind, no stealing, purity, controlling organs, using intellect, wisdom, truth, and no anger. These human virtues are religion (Dharma) and apply equally to all faiths.

Sanatan Dharma is a religion with the human qualities mentioned above. It has been in practice since time immemorial and

is considered the oldest and most scientific religion. The oldest known scriptures in the world are the Vedas. Sanatan Dharma is based on principles of the Vedas and is also known as Vedic Sanatan Dharma or Hinduism. 'Omkar' is the main mantra in Hinduism. Hindus follow the words of the Vedas: virtue, respect seniors, belief in God, and reverence for the Guru, cow, Ganga, Tulsi, and Pipal as deities. The Vedas do not promote discrimination between castes, classes, and communities. It is a religion that teaches respect and equality.

Culture:

We're social beings and cannot live alone. Even in a social environment, we can live only within a certain system. A child gradually learns language, customs, eating habits, behaviors, styles, religions, traditions, education, ideas, technology, festivals and observances, family events, and social values at various life stages. The totality of these things is culture. Culture passes from one society to another, from one person to another, and from one generation to another. It constantly evolves, changes, and gets refined. The culture of a country is the living identity of its people. So to forget one's culture is to lose one's identity. Let's keep our culture alive to keep our identity alive forever.

Rites/Ordination (Sanskar):

The word, "Sanskar (Rites)," means purification. Rites purify the body, mind, brain, thoughts, and actions of a person. Rituals are ceremonies performed from conception to birth to until after death. The rites (Sanskar) enable individuals to acquire unique qualities

and perform their duties to benefit themselves and society. Rites are associated with a person's religious beliefs, cultural traditions, customs, and social values. People from different sects or communities may perform different rites. For example, Christian, Islam, and Hindu communities perform rituals differently when a child is born.

Similarly, rituals may differ from one country to another and from one society to another. In Hindu communities often perform sixteen different rites from birth to death. In today's busy world, most people only practice a few of these rituals. These ceremonies include naming, rice-feeding, first hair-cutting, holy thread-giving, wedding, and funeral.

Moral Conduct (Acharan):

Our education system was guided by Eastern philosophy to impart knowledge to people. It aimed to teach them religion, culture, moral conduct, and good character. Eastern philosophy is based on human values and beliefs that teach people good manners and ethics. The base scripture of Eastern philosophy is the Vedas. The word 'Veda' means 'knowledge'. Knowledge is the light that eliminates the darkness of ignorance. The Eastern education system originated from the ancient Gurukul system. In the Gurukul system, students reside in Guru's house and receive education on rites, culture, and etiquette. The teaching focuses on treating mother, father, teacher, and the guests as forms of God. They also learn always to speak the truth, do righteous deeds, and do well in studies.

They also learn many other ethical conducts that produce positive energy in their bodies and minds. For example, making the bed in the morning, washing face with cold water after waking up, tidying rooms, keeping the yard clean, organizing household items,

cleaning dishes on time, not whistling inside the house, keeping the house quiet, respecting and obeying seniors, loving and caring for those in need, and saying 'please' and 'thank you' during the conversation. Most religions and cultures consider such habits as polite and courteous.

*Author's Short Bio: Born in Ilam Nepal in 1954. | M. Ed. (English) – Tribhuvan University, Kathmandu, Nepal | Worked in United Nations High Commissioner for Refugees in Nepal for 24 years and retired as a Senior Programme Associate in February 2016. | Worked as a Senior Tutor of Nepali Language and Culture to UMN, Peace Corps and JICA volunteers | Worked as a High School Teacher in Karfok Multipurpose High School Ilam for 7 years. | Publication: Aaphno Katha, Aaphnai Kavita, June 2019
Life Member: NCNC | Living in Raleigh, NC since 2016.*

एउटा आव्हान गर्दूँ

उमा शर्मा, विन्टरभिल, नर्थ क्यारोलाइना

ढलेको धरहरा उठाइदेउ न भन्छ,
बुढो घण्टाघर टुहुरो भएर रुन्छ
गजुर विहीन मन्दिर लजाएर निहुरिन्छ,
पवित्र वारमती सुकेर छट्पटाउँछ
नौ तले दरबार अर्को एउटा टेको खोज्छ

बुभ्नु पर्न धेरै छन्
गर्नुपर्न त भनै धेरै छन्
तिमी नहराएकालाई खोजिरहन्छै
तिमी नविराइकन डराइरहन्छै
आफै संग भागिरहन्छै
कस्तुरी मृग दौडिरहन्छै

कहिले रामको अयोध्या खोज्छै
कहिले अयोध्यामा राम खाज्छै

कहिले लुम्बिनीमा बुद्ध खोज्छै
कहिले बुद्धको लुम्बिनी खोज्छै
कहिले सगर अन्तै पर्यो भन्छै
कहिले सिमाना पर सर्यो रे
भन्छै



एउटा आव्हान गर्दूँ
भाइ मारेर राम नखोज्नु
बुद्ध खोज्न बन्दुक नचलाउनु
नसा काटेर हेर्नु
राम तिमै रगतमा बग्छन्
आचरण सुधारेर हेर्नु
बुद्ध तिमै धड्कनमा बोल्छन
शिर उठाएर हिङ्नु
सगर तिमै ताजमा भेटिन्छन्

How COVID Has Changed My Life

Agrani Bhusal, Junior at Raleigh Charter High School

The Corona Virus (COVID) is a deadly disease that has affected many people around the world.

Millions have gotten sick, and sadly, thousands have died from it. The year 2020 has been devastating for everyone. This virus started last December and is continuing to spread to this day. COVID has ruined all our plans for this year: no summer break, no hangouts with friends, no parties, strict curfew rules, yeah, you get my point. As humans, we all tend to complain a lot and often see things negatively. Even I do.

Even though COVID made our time challenging, I want to change your perspective for a few minutes. What if we focused on the good things that have happened because of COVID?

COVID has changed my life. It has taught me the importance of family, and it has brought us closer and stronger together. I guess staying at home 24/7 does have benefits! Even though we couldn't see our friends, we spent time with our family. I also learned to become more independent. I got a part-time job that taught me the importance of being responsible.

COVID gave me more time to better prepare for SATs to get a good score for College. COVID has also taught me the importance of self-care.

It's essential to take care of ourselves, eat right, exercise, and hydrate. Life is about having fun and being happy, so don't stress, listen to music, get your nails painted, take a break, and watch a movie. Don't let others bring you down or let your negativity win.

COVID also helped me focus more on my future. I always wanted to study medicine. I was lucky to get into a medical summer program for teenagers, where I learned about human anatomy and medical career.

We can still find something positive even during our most challenging times. Even the little stuff matter. Cherish your moments to remember all the good things that have happened in your life and remember to appreciate everything. I hope many people also see the positive side of a pandemic, learn from it, and be feel grateful. I hope I can continue to learn more and spread my words to everyone.





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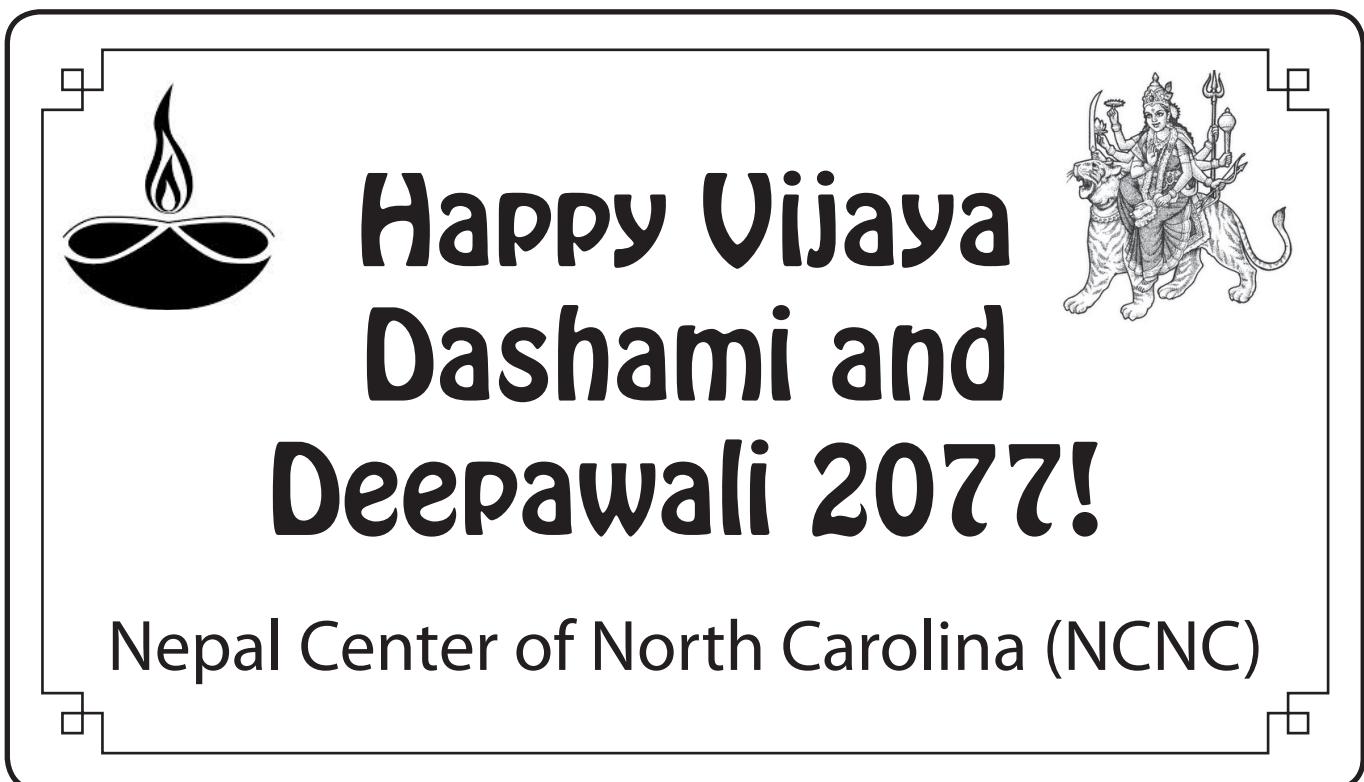




नुष्ठा मध्यसादेन गावेष्यात न सशयः ॥ एवमेव त्वया कायमसमहारविनाशनम् ॥ शरण्यं ब्र्युरबक्तं गारा नारायणो नमःस्तुते ॥ रूपं दाहि जयं दाहि यशो दाहि दावशो जाहि

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सम्पूर्ण परिवारजन, इष्टमित्र तथा साथीभाईहरुमा हास्रो
तर्फबाट हार्दिक मंगलमय शुभकामना ।**

**आर्म, आयुष्मा, पुजा तथा बटु शर्मा
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Free/Affordable Community Health Clinic Resource

in Wake, Durham & Orange Counties (Please call before you go to clinic)

Wake County | Serving: Men/Women

Compiled by Dharma Pantha, NCNC

Mariam Clinic, Cary | Ph: (919) 824-4672 |

Details: Mariam Clinic provides free health care to those who are struggling to make ends meet and cannot afford adequate medical care.

Avance Community Health of Southside, Raleigh | Ph: (919) 833-3111

Details: Acute Care (for illness and injury); Chronic Care Management (for Diabetes, High Blood Pressure, etc); Women's Health Services; Referrals; Free Laboratory Services; Mental Health / Psychiatry; Eye examinations

Remarks: Urban Area, Permanent Clinic, Year-Round, Part-Time (open 3 hours per week)

Avance Community Health, Southeast Raleigh | Ph: (336)421-3247

Details/Services: Primary Care, Pediatrics, Dental Services, Pharmacy

Remarks: Urban Area, Permanent Clinic, Year-Round, Full-Time (open 59 hours per week)

Advance Community Health, Apex | Ph: (919)833-3111

Details: Advance Community Health aspires to be a model of affordable healthcare and a trusted partner, building healthy communities, one patient at a time. We connect neighborhoods to the medical services necessary to build bolder futures. Why? Because when it comes to healthy living, every person wants the security of knowing that the provider they choose for their family will assure advanced, compassionate care. The Advance Team believes in meeting people where they are and then supporting their progress on the path to better health. It's our commitment to eliminate barriers and take a more holistic approach to care that sets us apart. It's what allows us to put you at the center of everything we do. When people have access to quality, affordable health care it lifts the entire community.

Alliance Medical Ministry | Ph: (919)250-3320

Details: Alliance Medical Ministry provides comprehensive, compassionate and affordable healthcare to working, uninsured adults in Wake County.

Advance Community Health at Cary Dorcas Plaza | Ph: (919) 833-3111

Details: Advance Community Health aspires to be a model of affordable healthcare and a trusted partner, building healthy communities, one patient at a time. We connect neighborhoods to the medical services necessary to build bolder futures. Why? Because when it comes to healthy living, every person wants the security of knowing that the provider they choose for their family will assure advanced, compassionate care. The Advance Team believes in meeting people where they are and then supporting their progress on the path to better health. It's our commitment to eliminate barriers and take a more holistic approach to care that sets us apart. It's what allows us to put you at the center of everything we do. When people have access to quality, affordable health care it lifts the entire community.

Open Door Clinic of Urban Ministry of Wake County | Ph: (919)746-0101

The Open Door Clinic provides medical care in the following medical fields: Adult Primary Care, Audiology, Gynecology, Infectious Disease, Cardiology, Ear-Nose-Throat (ENT), Injury Massage Therapy, Nephrology, Ophthalmology, Pulmonology, Podiatry, and Sports Medicine. Care at the Open Door Clinic is provided by staff and volunteer doctors, physician assistants and nurse practitioners, working side by side. The Open Door Clinic also offers hearing tests, nutrition and cooking classes, diabetes education and counseling, mental health counseling, lab services, medication management, and an on-site pharmacy. Our array of health screenings include pap smears and a visit from the mobile mammography clinic every other month. Not only do we have the best volunteer providers for all of the services we offer in house, we have strong community partnerships that allow our patients access to off-site services and testing of lab specimens, diagnostic imaging and specialty medicine not listed above. Patients who come to the Open Door Clinic will get the attention they need either on-site or through the Project Access referral network.

Shephard Care Medical Clinic | Ph: (919) 404-2474

Details: Our mission at Shepherd's Care Medical Clinic is simple: delivering compassionate healthcare to uninsured and underinsured adults, one person at a time

Wake County | Other

Planned Parenthood-Raleigh Health center | Ph: (9119)833-7526

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Wake County Public Health Center | Ph: (919)250-3947

Details: Wake County's public health clinics offer health care for children and adults, ranging from treatment to education. Wake County's main public health clinics are in the Public Health Center located at 10 Sunnybrook Road, Raleigh (at the intersection of New Bern Avenue and Sunnybrook Road, near WakeMed).

Durham County | Serving: Men/Women

Lincoln Community Health Center- Early intervention clinic | Ph: (9119)560-7726

Details: The HIV Early Intervention Clinic offers primary care and HIV specialty clinical services and is located at the Durham County Department of Public Health. Services offered include adult medical examination, evaluation and treatments, laboratory, mental health and substance abuse counseling, immunizations, TB testing, health education, nutrition assessment and counseling, medical case management, medication adherence.

Lincoln Community Health Center-Healthcare for the homeless | Ph: (919)808-5640

Details: Lincoln's Health Care for the Homeless Clinic welcomes men, women, and children (over the age of 6 months) who are living in emergency shelters, transitional housing, domestic violence shelters, on the streets, in cars, in the woods, or doubled up in unstable housing. We will provide services for up to one year after the individual has obtained stable housing, and will assist with transition to another provider at that time if necessary.

Lincoln Community Health Center-Holton Clinic | Ph: (919)530-8210

Details: Holton Clinic, a joint program of Lincoln Community Health Center and Duke Community Health, was designed with the help of multiple community members to meet the health needs of residents in the North East Durham community. Located within the Holton Career & Resources Center, Holton Clinic is easily accessible to any Durham resident needing care. Holton Clinic serves all members of the family. Many families are facing difficult financial situations, and often don't have medical insurance. Some residents have chronic medical conditions that impact their lives each day. These clinics offer them a place to get the primary health care that they or their families may need, as well as access to health education.

Lincoln Community Health Center-Lyon park clinic | Ph: (919)536-4205

Details: The Lyon Park Clinic, a joint program of Lincoln Community Health Center and Duke Community Health, was designed with the help of multiple community members to meet the health needs of residents in the South Central Durham community. Located within the Family Life and Recreation Center of the West End, Inc., the Lyon Park Clinic is easily accessible to any Durham resident needing care. The Lyon Park Clinic serves all members of the family. Many families are facing difficult financial situations, and often don't have medical insurance. Some residents have chronic medical conditions that impact their lives each day. These clinics offer them a place to get the primary health care that they or their families may need, as well as access to health education.



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Lincoln Community Health Center-Main site | Ph: (919)956-4000

Details: Lincoln Community Health Center is a preventive and primary health care facility serving the Durham community since September 1971. The health center was founded by Dr. Charles DeWitt Watts, the first African American board certified surgeon in North Carolina. Dr. Watts was chief of surgery at Lincoln Hospital. However, with Lincoln Hospital's closing in the mid-1970's, Dr. Watts recognized the patients he treated would still need a facility for their primary health care needs. The Lincoln Community Health Center emerged from Dr. Watts and others' desire to treat a low income, underserved population in the community where they lived and worked. Dr. Watts died in 2004 at age 86. Today, Lincoln Community Health Center is accredited and certified as a Primary Care Medical Home by The Joint Commission and offers a wide range of services including: pediatrics, adolescent health, adult medicine, family medicine, dental and behavioral health.

Lincoln Community Health Center-Walltown Neighbourhood Clinic |***Ph: (919)416-1254***

Details: The Walltown Neighborhood Clinic, a joint program of Lincoln Community Health Center and Duke Community Health, was designed with the help of multiple community members to meet the health needs of residents in the Walltown community. The clinic, located in a renovated house in the Walltown Neighborhood, is easily accessible to any Durham resident needing care. This health clinic serves all members of the family. Many families are facing difficult financial situations, and often don't have medical insurance. Some residents have chronic medical conditions that impact their lives each day. These clinics offer them a place to get the primary health care that they or their families may need, as well as access to health education.

Lincoln Community Health Center-Durham Recovery Response Center |***Ph: (919)797-1941***

Details: The Lincoln Community Health Center clinic at Durham Recovery Response Center is located at 309 Crutchfield Street. We work in partnership with Alliance Behavioral Healthcare and Durham Recovery Response Center to improve access to care and the overall health of individuals with substance abuse and mental health problems. Comprehensive medical care is provided to patients who are receiving mental health or substance abuse services at Durham Recovery Response Center and to those who reside in affiliated recovery houses or transitional houses. Services provided include: management of acute and chronic medical problems, routine health screenings, STD screenings, lab testing, vaccinations, and referrals to specialists when needed.

Orange County | Serving: Men/Women***Carrboro Community Health Clinic | Ph: (9119)942-4781***

Details: Mission: To improve the health and well-being of the community by providing high-quality, affordable, and comprehensive primary health care.

Chapel Hill Community Health Center | Ph: (919)951-7600

Details: Mission: To improve the health and well-being of the community by providing high-quality, affordable, and comprehensive primary health care.

Planned Parenthood- Chapel Hill Health Center | Ph: (919)942-7762

Details: Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Student Health Action Coalition Dental | Ph: (984)938-1031

Details: SHAC Dental Clinic is a student-run clinic for members of the surrounding community in need of emergent dental services. It's main purpose is to provide for those who are otherwise unable to access dental care; there are no requirements for those who would like to be patients. To access the clinic, go to the ground floor of Tarrson Hall.

Women's birth and wellness center | Ph: (919)933-3301

Details: Women's Birth & Wellness Center is North Carolina's longest-operating freestanding birth center, and an independent, private, non-profit practice supported by patient fees and the generosity of donors. We believe that every woman has the right to a standard of excellence in her healthcare, to be treated with respect for human dignity and cultural preferences, and to be an active partner in her healthcare. We believe that the establishment of a freestanding birth center and women's health center provides the best opportunity to succeed in our mission.

Other***Crisis Center (Behavioral Services) | Guilford | Men/Wemen | Ph:******Alliance Health | Behavioral services Crisis hotline | Guilford | Men/Wemen | Ph: 800-510-9132******Cardinal Innovations | Behavioral Service Crisis hotline | Forsyth | Men/Women Ph: 800-939-5911 || 704-939-5911******Freedom House Recovery Center | Substance abuse assessment and treatment | Orange | Men/Wemen | Ph:)919)442-1844******Healing Transition of Raleigh | Substance abuse residential treatment | Wake | Men/ Women | Ph: (919)865-2550******Durham Rescue Mission | Substance abuse residential treatment | Durham | Men | Ph: (919)688-9641***

Compass | Domestic Violence | Orange | Ph: (919)929-7122

InterActt | Domestic Violence | Wake | Ph: 800-799-7233

Child Abuse hotline | Ph: 800-422-4453

Suicide Prevention hotline | Ph: 800-273-Talk

Anxiety/Panic | Ph: 800-64-PANIC

Rape Crisis Center- Service to survivors of sexual violence: 24 hour crisis intervention, shelters | Ph: (919)967-7273 || 800-935-4783

Legal Aid of NC | Ph: (919)542-0475

Apply for Medicaid | Orange | Ph: (919)245-2800

Apply for Supplemental Security Income SSI | NC | Ph: 800-772-1213

The above resource guide is compiled by Dharma R Pantha, LCMHCS, LCAS, CCS Clinical Director, Dharma Counseling Services, (DWI assessment, Mental Health and Substance use evaluation & counseling services) and Durham, NC 27707, 919-655-9077
Resource Compilation source: 1. https://freeclinicdirectory.org/north_carolina, <http://crisisolutionsnc.org/north-carolina-crisis-services-by-county/> Project Connect-Orange County.



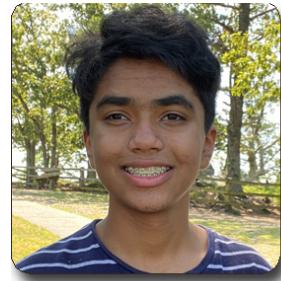
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हार्दिक मंगलमय शुभकामना
व्यक्त गर्दछौं ।**



डा. ऋषि, कल्पना र परिवार, नर्थ क्यारोलाइना

College Preparations

Ayug Poudel, 9th Grade, Panther Creek High School



You can make many preparations to increase your chances of getting into the college of your choice. Some students may not know of all these preparations. Volunteering activities, good SAT and ACT scores, and internships help you achieve your college goal.

First, prepare for major standardized tests, such as SAT and ACT. They are weighed similarly as your GPA but are singular tests. A good SAT or ACT score can be a ticket to Harvard, while an average score will lead one to an average college. Test prep guide books and tutors are great resources for test preparation. Some schools offer test preparation specialty classes to help you boost your score. A 95th percentile SAT score is approximately 1410. A score of 1430 is good enough to get you into less prestigious schools. To get into an Ivy League school, you may need an SAT score of 1470 above. Shoot for an ACT score of at least 32.

Another critical factor affecting college admission is your GPA. It shows your average grades from your school years. Colleges use this to determine if you are willing to put in time and effort to succeed in college. Harvard requires a 4.18 GPA, and MIT requires a 4.17. Those are some of the best universities. A good university like NC State requires a 3.8 GPA. It would help if

you had mostly A's in all classes, and preferably have taken some AP classes. Your GPA is an essential factor in college admission. Aim for the best grades in all your tests and exams.

Extracurricular activities, such as sports, bands, volunteering, are also important. If you can secure a sports scholarship that pays for your education. Involvement in a band demonstrates leadership and organization skills, which colleges value. Volunteering shows that you are willing to help the community. While internships also help in college admission, they do not matter nearly as much. These activities show colleges what you have already accomplished and offer them a sneak peek into your ability to do well in college.

To conclude, you can improve your SAT and ACT scores, GPA, and your involvement in extracurricular activities to boost your dream college chances. Start early, and do not procrastinate to secure your spot. You are only competing with one person, and that person is you. Give your best so you will not have any regrets in the future.

Demolition Of Confederate Statues Is Justified

Aayuska Luitel, 8th Grade, Cleveland Middle School

Many people know what Confederacy stood for. Here is a brief explanation for those who don't: the Alliance came together when the Southern states broke away from the Union before the Civil War, calling themselves the Confederacy. The Civil War was a war fought from 1861 to 1865 between the Confederate states and the remaining Union states about slavery. The North was against slavery and the South for slavery. The Confederates believed that owning another human being was their birthright.

The Confederates saw themselves as an elite race, and everyone else as a lower class in society. Even though the Confederacy only lasted seven years and was over 160 years ago, many people still stick to their Confederate ideologies. One would have hoped the world to become more inclusive in those 160 years, but that's not the reality. To this day, people hold Confederate flags and statues to high esteem. Confederate statues are all over the American capital of Washington, DC. Many people try to write this off as history and something that indicates how much the world has progressed. Still the truth is the United States has made little progress in racial issues.

The first example is the prison system

in the US. The Thirteenth Amendment (the amendment that declared slavery illegal), says slavery is only allowed when used to punish a crime. Mass incarceration is leading to a form of slavery in modern-day life. A person of color receives a much harsher sentence than a white person for a similar crime. For example, Brock Turner, a white college student, raped a woman behind a dumpster. He was sent to prison for six months but served only three for 'good behavior.' However, the Central Park Five (a group of Black and Hispanic boys) were arrested for the rape of Trisha Meili and were sent to prison for 6 to 13 years despite the lack of evidence. Ten years later, they were proven innocent because the real rapist confessed to the crime. A rapist was more sympathetic to them than the justice system. For more information on this, visit <https://www.bbc.com/news/newsbeat-48609693>.)



The police system had a program to hunt down runaway slaves. Now you see how racism is still embedded in our society, and how the Confederate statues represent a derogatory past. The sculptures represent white supremacy from the Confederacy era and are symbols of

"white power." Slaveowners had forced their slaves to build many of these statues.

Many people disagree with the Black Lives Matter protesters dismantling these monuments, but that was their last option. They have signed many petitions, but their voices have not been heard. People crying for justice took matters into their hands because that seems to be the only way to get noticed. Virginia Governor Ralph Norman finally took down the statue of Robert E. Lee after hearing the outcries of Virginians disgusted by the monument.

These Confederate monuments aren't and can't be viewed as the United States of America's progression. We will never progress

if we don't acknowledge that these statues and monuments represent hatred towards the black community. White supremacists use these monuments as symbols to bolster their stance that the White race is superior. These monuments are also a constant reminder to black people of the dehumanization, hatred, and oppression they suffered for hundreds of years.

Over a hundred fifty years have passed since the civil war, but social and racial equality is still elusive. The first step towards equality is tearing down a slab. In conclusion, I say tear down all of them because they represent not a freedom of speech, but hate speech.

आमा

निर्मला राजभण्डारी, नर्थ क्यारोलाइना



तिम्रै निश्चल मायामा
निस्फिकीएर फुल्न पाएं
फुलेको मात्र कहाँ हो र आमा
अपार सुबास छर्न पाएं

नियासो कहिले हुन दिन्न तिमीले
सुमधुर मुस्कान लिएर उठीहाल्छै
कहीं कतै दिशा विहिन भए
गन्तव्य देखाउन उठिहाल्छै

कसले भन्छ तिमी टाढा
म त सधै सँगै पाउँछु
तिम्रो अङ्गालो भित्र खेल्छु
तिम्रो शितल छहारीमा डुल्छु
तिम्रै काखमा लडिबुडि खेल्छु
मानसिक तनाव मेटाउँछु
तिम्रै सौम्य दहमा पौडी
मनको विकार मिल्काउँछु

Year 2020

Alisha Neupane, Sophomore at Wake Tech

This year has brought many changes and obstacles not only in my life but in the whole world. This mess first started in January with a tension between the US and Iran. An American drone strike near Baghdad International Airport targeted and killed Iran's general Qasem Soleimani, raising the prospect of a major international war. Soon a new virus would appear in China and bring the world to its knees. Amidst the slowly unfolding dramas, a tour helicopter crashed and killed NBA legend Kobe Bryant, his daughter, and seven other people. His memorial service took place in late February. Simultaneously, the virus was slowly spreading from China to the rest of the whole world.

Initially, the thread of the virus seemed far off, but that comfort didn't last long. On March 11, President Trump declared a global pandemic. The World Health Organization identified the virus as Coronavirus. It declared that the pandemic would last for months, if not years. Many international markets were shattered, foreshadowing the economic crisis. As time passed, the number of infections rose. Many people were in critical condition. Many others died. Despite the situation being critical, people and economies could not be locked down forever. In April, people organized protests, asking governments to normalize

the situation. But what used to be considered normal in the past was long gone. Face masks and social distancing became a normal part of life. In early April, worldwide virus cases reached one million. By late April, the US alone had a million cases.



In May, a terrifying incident took place in Minneapolis. A police officer knelt on George Floyd's neck during an arrest for nearly nine minutes and killed him. Bystanders caught the event on video. People began to protest against racial injustice.

People filled the street around cities during a virus pandemic. Thought the virus was still active, countries began to open their borders and their businesses. By late May, the US alone recorded 100,000 deaths from the virus.

In early June, people in Germany, France, Brazil, Australia, and many other countries began to protest for justice for George Floyd. "Black Lives Matter" became a uniting slogan around the globe. The coronavirus cases kept rising. In the US, experts warned that the country's premature reopening might cause another round of calamity and death. In July, tensions

began to rise again due to the upcoming election amid a virus pandemic.

In August, things have been normalized to some extent, but the coronavirus cases are

still rising. All we can do right now is to take precautions and be optimistic because what the rest of the year holds is anyone's guess.

My Summer Break With Grandma

Salil Dhakal, Grade 2, White Oak Elementary School

This summer has been different than the summers before because of the pandemic caused by the COVID-19 virus. Our school closed earlier than usual because of the virus. I didn't get to go on a summer vacation or attend summer camps. Because my parents work, I spend my days with my sister and grandmother. I take walks and play with my grandmother. I also help her in the kitchen. Sometimes, she works in the garden. I help her with garden work, such as watering the plants. It is so much fun working in the garden with grandma. She sometimes gets annoyed with me! But I try to make her smile by doing things differently.

In the evening, I ride my bike. My grandma watches me. I help her cook meals in the kitchen even though she thinks I make a mess. I try to be

careful with what I do so as not to make her mad at me.



Our community pool remained closed during the summer due to the virus. I liked going to the pool during the summer days. But this year, my sister and I didn't get a chance to swim. Instead, we had to use our time differently. I am so thankful that my grandma is here. We spend a lot of our days watching TV. We had a small group of friends that got together, and we played different games. That was the best time of the day for me. Overall, my summer 2020 was very unusual, but I am grateful that grandma is here, and I spent time with her.

Hindu Swayamsevak Sangh: Sagarmatha Shakha – An Introduction

Ishwor Dhakal, Sagarmatha Shakha, Morrisville

Hindu Swayamsevak Sangh (HSS) the USA is a voluntary, non-profit, social and cultural organization. The organization is popularly known Sangh and aims to organize the Hindu community to preserve, practice, and promote Hindu ideals and values. HSS regularly organizes athletic and academic activities to develop strong character and leadership skills in its members, known as Swayamsevaks (male) and Sevikas (female). Such activities emphasize values such as self-discipline, self-confidence, and a spirit of selfless service (Seva) for humanity. HSS seeks to maintain Hindu cultural identity in harmony with the broader community.

Unless we are strong to protect our Dharma, no one will respect it no matter how excellent it is.

-- Dr. Hedgewar, Founder of Sangh



Sangh is inspired by the idea that the whole world is one family and conducts activities across the United States to spread this message widely. Sangh in the United States started in 1989 and today has over 200 weekly meeting

centers called Shakhas (branches) across the country.

Shakha Activities



Each chapter of HSS is known as Shakha - a weekly gathering for the entire family. While children enjoy learning in the Balagokulam, youth and adults participate in games, songs, discussions, and lectures on Hindu culture. HSS emphasizes each individual's physical, intellectual, and spiritual growth and promotes a sense of discipline.

Yoga

Yoga is an integral part of the Shakha program and promotes spiritual growth, a sense of unity with the environment, and its members' general well-being.

Games

Shakha members play a variety of games, such as kabaddi, hot potato, and kho-kho. These games improve our ability to work as a team and enhance our stamina, physical strength, and strategic skills. They also increase cooperation and create a free atmosphere in Shakha.

Balagokulam

Balagokulam is a children's program in Shakha, where they learn about their Hindu

heritage. In this program, children have fun playing games, develop leadership skills, and become confident representatives of Hindu Dharma.

Balagokulam uses a well-structured syllabus for different age groups. It has also developed a detailed teacher's guide to help adults who are interested in conducting Balagokulam in their local community.

Intellectual Activities

Bouddhik is a program that includes lectures, interactive workshops, discussions, songs, Jeopardy, and seminars, enhancing intellectual development while helping to increase cultural awareness and improve communication skills.



Sishu Gana celebrating Raksha Bandhan festival with the community leaders.

First-time visitors to HSS events often wonder how it is possible to maintain a total order, conduct activities on time, and even keep shoes properly arranged. The answer is simple: self-discipline. Through structured activities filled with fun and learning, members practice self-discipline in weekly sessions. Each 90-minute session is divided into three 30-minute segments

for physical, intellectual, and spiritual practice. Each segment offers diverse activities designed to avoid repetition and maintain interest. Sambhashan (perfect speech) helps members sharpen their communication skills. Participants develop strength and confidence through self-defense courses such as Niyuddha. During the annual event of Guru Puja, children honor their teachers by inviting them and worshipping them.

Currently, the RTP area has four HSS Shakhas: (i) Vivekanand shakha, Morrisville, (ii) Sagarmatha shakha, Morrisville, (iii) Adi-Sankaracharya Shakha, Apex, and (iv) a new one in Holly Springs.

Sagarmatha Shakha

Sagarmatha Shakha was established in December 2019. Since its opening, Shakha families meet every Sunday from 10:00 am to 11:30 am. Trained volunteers lead the 90-minute weekly classes that include the Shakha/Balagokulum activities: practice the teachings and celebrate special events such as teacher appreciation, Raksha Bandhan, the International Yoga Day, picnic/potluck, family camps, and



Sakha participants attending a lecture.

other festivals. Shakha's average regular headcount is 35, divided into four Ganas: Tarun,

Mahila, Bala, and Sishu. Each Gana conducts its regular Shakha activities. All Ganas celebrate special events together. Shakha activities are designed for the whole family. Shakha is free for everyone. People may wonder where Shakha



Shoes neatly arranged at Shakha

finds its resources to pay rent for the Shakha venue. Shakha is entirely voluntary. Once in a year, Shakha organizes Dwaj/Guru Puja, where

individuals offer Guru Dakshina. Shakha expects all participants to attend the Shakha regularly and the teachings in their everyday lives. Adult members are expected to learn with their children and bring their families and friends to Shakha events. Due to the COVID situation, all RTP shakhas are running virtually since March 2020.

If you have any questions about or interest in joining the Sagarmatha Shakha, please email hss_sagarmathashakha@googlegroups.com or dhakalishwor@gmail.com. You can also email hss.rtp@hssus.org or visit www.hssus.org to learn more about HSS.

dhakalishwor@gmail.com

Building Characters for a Better World Hindu Swayamsevak Sangh, USA

***Meets every Sunday at three locations
in Raleigh-Durham area***

- (1) L.A. Dance LLC, 100 Dominion Dr, Suite 111, Morrisville, NC 27560
10:00 am-11:30 am every Sunday
- (2) Academy for the Performing Arts, 844 Perry Road, Apex, NC 27502
10:30 am -12:00 pm every Sunday
- (3) JL Taekwando, 4031 Davis Dr. Morrisville, NC 27560
5:30 pm-7:00 pm every Sunday

My Summer Break 2020

Shreya Dhakal

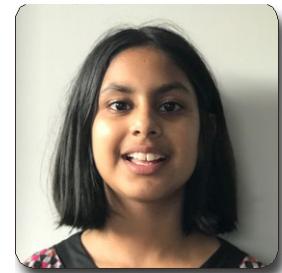
Grade 5, White Oak Elementary School

It all started when I was in class one day. The class had just ended, and some of my classmates started talking about this virus called Corona. I had never heard of it before, so I asked one of my classmates. He said that Corona was a virus that started in Wuhan, China. At first, I thought it was not that serious, and did not expect it would change our lives in many ways.

The same day in my classroom, my teacher asked us to pack some books to take home because she was unsure if we would have class back in person. After the weekend, my mom told me that we would not have school for the time being. At first, I was excited, but two days turned into two weeks, and two weeks turned into a month. Then it became boring.

As time flew by, my mom told me that we would be having virtual school starting very soon. I had no experience with virtual learning, so I was not sure how everything would go. Then our virtual school started. I liked virtual learning because I could wake up late and not worry about getting dressed for school, and I would still have time for my schoolwork.

Soon, the virtual school ended, and summer break began. Summer break was two months of uncertainty, fun, and excitement. I had fun attending Nepali school and engaging in Shakha virtually. I had fun playing with my friends. Our small group of healthy friends used to get together in the evening. Most days, we played different games, like soccer and volleyball. That was the best part of the day! I also loved drawing portraits. One I spent quite some time on was drawing Gautam Buddha.



One significant change that happened to me this summer is that my family and I moved to a different house. I have fun and excitement in my new place. I also miss my friends from my old neighborhood. Overall, my summer was full of mixed emotions: fun, sadness, excitement, fear, and boredom. The COVID-19 pandemic made my summer worth remembering. I spent a lot of quality time with friends and family, making it a memorable and fearful summer of COVID-19.

Deo Couple's Experience In North Carolina

Narayan Deo came to North Carolina for his graduate study class beginning in January 1981 at Duke University, Durham, North Carolina, USA, through USAID. Later that year, his wife Annapurna Deo and their two young children joined him. Visiting Professor Narayan Deo M.Sc. (Chem.), B.L., M.F. was a chemist, and then he was promoted to a scientist in Nepal. Now he has retired after working as a chemist for the State of North Carolina. Originally, he is from Saptari, Nepal, and worked in Kathmandu for the Nepal government for 18 years before coming to the US. They lived in Durham until mid-2002 and moved to Cary. They are probably the first Nepali family to settle here.

Narayan Deo is the author of "Sadhana Prakash," a spiritual book in Hindi and Sanskrit. He has published articles on Yoga in various Nepali Associations' newsletters in the US, coordinated Yoga classes and religious sessions during Nepali Joint Conventions, and taught Yoga to Nepali children in North Carolina.

He recommends the teachings of Shri Krishna in Gita for blessings, peace, and happiness. In Gita, Shri Krishna Bhagwan said, "Hear My supremely profound words. Don't worry, take refuge in Me, I shall absolve you of all sins. Those who depart from the body, thinking

Narayan Prasad Deo and Annapurna Deo

of Me, at the time of death, attain My state, there is no doubt about it". Gita (18.66, 8.5)



The Deos struggled to settle and adjust to a new culture with two elementary school children during our early years in the US. Narayan Deo was busy in the study. Annapurna Deo focused on family, friends, and a new job at Perkins Library at Duke University, dealing with students in a new environment. She volunteered with some communities around the RTP area, which helped her understand different communities' cultures. Once she obtained a work permit, she began working as a translator for an international language company in RTP. Due to her language skills, she began teaching Nepali to Americans before they visited Nepal.

Currently, Annapurna Deo works as a professional mediator and a public policy consultant. She started her career as a teacher at St. Xavier's and St. Mary's High Schools in Kathmandu, Nepal. She also taught Hindi at Duke University, and later worked as an IT Administrator at Duke until she retired. Annapurna Deo is the recipient of the 2009 Algernon Sydney Sullivan Award from Duke

University.

Annapurna Deo studied political science at Tribhuvan University, Nepal. She also did a Bachelor of Arts, Cum Laude, and Master of Public Administration (MPA) from North Carolina Central University. She received a Distinguish Public Service Award for her leadership with the College Against Cancer (CAC) chapter of the American Cancer Society. She is a member of Toastmasters International and received the Distinguished Toastmasters Award (DTM). Recently she was an Area Director (area 98) for district 37 of Toastmasters International.

Annapurna Deo has received many social service and leadership recognition awards from Nepali organizations in the US. She has been associated with various social organizations such as the Nepali Women Global Network, Nepal Center of North Carolina, Inc, (NCNC), Hindu Society of North Carolina (HSNC), Nepal America Council (NAC-merged into NRNA-ICC), Non-Resident Nepali Association (NRNA), Association of Nepali Teraian in America (ANTA), and American Society of Public Administration.

They have hosted Nepali diplomats, professionals, and dignitaries who visited local universities. Meeting them again was joyful as we knew many of them for a long time back in Nepal. Gradually more Nepalis came to NC for their graduate studies, and others migrated here as part of the DV program. The Nepali community in the Triangle area has been consistently growing in recent years.

In April of 1999, Annapurna organized a

gathering at Eno River in Durham to celebrate Nepali New Year, where she proposed establishing a Nepali association in North Carolina. With overwhelming support from the attendees, the Nepal Center of North Carolina formally began. It has expanded its roots and flourished, preserving Nepali culture, tradition, and heritage.

NCNC has performed many great deeds. While no organization is perfect, we would like to recommend our beloved NCNC to stay transparent and fair, handle controversial situations diligently and make plans and execute them only after considering their impacts on society. Focus on social justice, be accountable, and maintain clear communication. On the second Sunday of October 1999, we performed Devi Pujan Havan and Bhajan at HSNC temple, Morrisville, to preserve our heritage and rituals. We offered a copy of the NCNC Registration Certificate to Maa Durga Devi for blessings, and have been performing Devi Havan on every second Sunday of every month. Under Annapurna Deo's leadership, NCNC started the first Nepali School, which was later postponed due to a lack of students.

They are proud and pleased to see Nepali School succeed. The annual celebration of Nepal New Year with the local community and the proclamation from Morrisville and Wake County on Nepal Day are commendable achievements of NCNC and Nepalis at large. North Carolina is our karma bhumi. It is also janma bhumi to many of our children and the next generations.

Space

Nirbirodh Timalsina
Alston Ridge Middle School, Grade 6

Space has many different things happening even to make space as what we know today. The space is cold and big. One of the most important things in space is one that we all have heard of, Sol. Sol is the sun. The sun is the biggest star in the solar system. The sun is at the center of the solar system, and it is the closest star to earth, which is why the sun looks so big. The ancient Romans named the sun Sol. They worshipped sol, from which the solar system came.

The sun is not just big, but it is hot. The sun is a five billion-year-old big ball of gas. Its core is the hottest part, which has a temperature of 15,000,000 degrees Celsius or 27,000,000 degrees Fahrenheit. The sun's surface is not as hot as the core, but it is still very hot to humans or any other living organism. The surface of the sun is 5,600 degrees Celsius and 10,000 degrees Fahrenheit. Now that is one hot star!! The sun is so big that we can fit over 100 earth over the sun's face and more than 1 million earths inside the sun.

Now that we know about the sun, let's talk about our solar system. The solar system has eight planets. It also has five officially recognized dwarf planets: Ceres, Pluto, Haumea, Makemake, and Eris. Ceres is located in the asteroid belt, but the other dwarf planets are in the outer

solar system. Among these dwarf planets, Pluto is the most known dwarf planet. It was discovered on February 18, 1930. Initially, Pluto was classified as a planet, but in August 2006, the International Astronomical Union (IAU) downgraded its status to a dwarf planet. In the future, only the rocky worlds of the inner Solar System and the gas giants of the outer system will be designated as planets.

Planets are of two types: rocky planets and gas giants. The Main Asteroid Belt separates them. The atmosphere of a planet can affect the climate of that planet.

Our first planet is Mercury. It's the smallest planet in the solar system. Many people think that Mercury is the hottest planet since it is closest to the sun, but they are only half right. Mercury is the closest planet to the sun but not the hottest planet in our solar system. Mercury's temperature can fluctuate between -244 degrees Fahrenheit and 797 degrees Fahrenheit. Mercury gets super hot when it faces the sun, but it doesn't always stay that way because it doesn't have a whole lot of gasses around it, making it unable to retain heat, which escapes



into space.

The second planet closest to the sun and the third largest planet is Venus. Venus is the hottest planet in our solar system. It is rocky and covered with thick clouds. It doesn't have any life because it's extremely hot. The temperature on Venus can reach up to 860 degrees Fahrenheit due to the greenhouse effect.

Then the fourth planet closest to the sun is Mars. It is the second smallest planet in the solar system. Also known as the red planet, it is known for brewing massive amounts of dust storms that come from its crater called Hellas Basin, formed a billion years ago. Dust fills the bottom of the crater, which is ten degrees cooler than its top. This temperature picks upwind that picks up the dust, which then creates a storm in the basin.

Outside these rocky planets sits an asteroid belt that separates the two types of planets. Then there are gas giants, which do not have solid and rock surfaces, but instead are filled with gases. The temperatures on these planets are lower than those on Mercury, Venus, and Mars.

Jupiter is the fifth planet from the sun and is the biggest in the solar system. The storms on Jupiter are as big as the planet itself. Jupiter is surrounded by fast-moving winds called jet streams. They flow in the opposite directions, and when these opposing currents meet, they create long-lasting storms like the big red spot on Jupiter brewing since the early 1600s. The storm shrinks and grows in size, and it doesn't

always stay in one place either. It moves counter-clockwise below the planet's equator.

Now let's look at the sixth planet from the sun and the second biggest planet in our solar system, Saturn. Wind on this planet can reach 1,118 miles per hour. The strongest winds on earth only get about 248 miles per hour. These insanely fast Saturn winds combined with heat from the planet's interior create the yellow and gold bands in Saturn's Atmosphere.

Like its massive neighbors, the seventh planet from the sun and the third biggest planet in our solar system is Uranus. The temperatures on Uranus can go down to -428 degrees Fahrenheit. Like Jupiter, it also has fast winds, almost as fast as those on Saturn. This planet has one weird weather trait called diamond rain caused by the methane gas in its atmosphere. Methane is a greenhouse gas that explodes when lit. The methane on Uranus splits into carbon and hydrogen due to intense pressure. The pressure then compresses the carbon into diamonds that rain on the planet.

Neptune is another gas giant and the fourth biggest planet in our solar system. It also sees some high winds but gets 1,000 fewer times sunlight compared to the earth. Scientists are still unsure where this planet receives all the energy to create such fast storms.

If we want to go to these rocky planets or gas giants, we better prepare for the hot weather on the rocky planets and the violent storms on gas giants. Also, don't forget to bring a bag with you to collect the diamonds on Uranus.

Sharks

Supreme Timalsina
Parkside Elementary School, Grade 2



Sharks are one of the biggest sea creatures. Sharks can measure up to 60 feet long. There are 1,000 species of sharks in the world. The whale shark is the biggest alive shark in the world, reaching over 40 feet long. The megalodon was the biggest shark in the world, but it has gone extinct. The meg ate whales. The megalodon's teeth were 7 inches long. That's why its teeth were massive.

Great white sharks are one of the most dangerous sharks on the planet. The great white shark's teeth were pretty long. There are many sharks like great white sharks, makos sharks, tiger sharks, bull sharks, and others. Great white sharks can smell blood about 1 mile away. The biggest great white shark in the world is Deep Blue. This shark can reach up to 20 feet.

This shark is maybe 40 feet shorter from the megalodon. Shark's skin is made from cartilage. Sharks eat fish and other sea creatures. The earliest known sharks date back to more than 420 million years ago. The Dwarf Lantern shark is the smallest in the world. It mainly feeds on krill. Normal sharks eat fish, squid, sea turtles, jellyfish, penguins, starfish, and other sea creatures.

Sharks live in tropical water, such as hammerheads and nurse sharks. Sharks have incredible hearing senses so they can hear anything that is near him or not. Some sharks can hear about 3,000 feet away, that's about more than ten football fields. Great white sharks can go 50 miles per hour or more.

Over a lifetime, sharks can lose thousands of teeth. They can replace lost teeth in just 24 hours. Sharks are Elasmobranchs. Sharks have been swimming for 400 million years. They predate the dinosaurs. Some sharks, including great whites, will drown if they stop moving. They lack muscles to pump water to their mouth and gills. Annually there are around 5 to 15 shark attack fatalities. In comparison, up to 100 million sharks are killed each year due to fishing.

The 360-vision hammerhead has one of the best visions in the world. Freshwater sharks can get really big. Some sharks live near underwater volcanoes. For sharks, the female is bigger than the male shark. The bite force on a great white shark is 1.8 tons of force. The US endangered shark is the scalloped hammerhead shark.

तीजको रमभ्रम

भगवती न्यौपाने, एनसीएनसी बोर्ड सदस्य, मोरिसभिल

वि.सं. २०५३ साल असार १८ गते अर्थात् १९९६ जुलाई ४ का दिन मेरो परिवार अमेरि का आएको दिन अमेरिकाको स्वतन्त्रता दिवस परेको थियो । म अमेरिका आएको ३ वर्षपछि नेपालीहरुको संस्था NCNC को स्थापना भयो तर NCNC भन्दा पहिल्यै अर्को संस्थाको जन्म भइसकेको थियो । यो सुन्दा आश्चर्य लाग्न सक्छ तर पनि सत्य त्यही हो ।

सामूहिक रूपमा तीज मनाउन हामीले थाल्यौ । समूह बनाई नाच्नु, गाउनु, दर खानु र स्नेह जगाउनु नै हाम्रो उद्देश्य थियो । हुन त यो समूहलाई विधिवत दर्ता गर्न सकेनौ । हामीले नियम- कानुन र विधान बनाउने चेष्टा गरेनौ तर यही एकता रूप नै आजको NCNC हो । म नै नाच्न सुरु गर्थे । शान्ति राजलवट, कमला देवकोटा, शकुन्तला थापा, निर्मला राजभण्डारी सुष्मा प्रधान, अन्नपूर्ण देव गीत गाउनुहुन्थ्यो । जब शान्ति राजलवट नाच्न थाल्नुहुन्थ्यो भन् नाचगान तातेर आउथ्यो । त्यतिबेला आजको जस्तो परिष्कृत प्रविधि थिएन । हामीहरु आफै नाच्यौ, आफै गीत गाउथ्यौ अनि ताली नै हाम्रो बाजा थियो । त्यतिबेला हामीहरूले अमेरिकाको जनजीवनसंग त्यति साह्नो घुलमिल गर्न नसकेर होला हाम्रा वेदनाका गीतहरू खुब आउँथे । हामीहरू त्यहाँ वेदनाका गीतहरू मात्र गाएनौ, रमाइलो पनि गच्यौ । हाम्रो रमाइलो घरायसी पाराको हुन्थ्यो । पुरुषहरू खानेकुरा बाँड्नुहुन्थ्यो भने कहिलेकाहीं ताली बजाउन आइपुगुन्हुन्थ्यो ।

यही सामाजिक एकता र भाइचाराको अवधारणा लिएर पुरुष वर्गहरू तात्नुभयो र १९९९ डिसेम्बरमा NCNC ले पूर्णता पायो । अनि त्यो तीज समूह NCNC मा मिल गयो । हामीहरू वृहत रूपमा बनेको NCNC मा र माउँदै आइरहेका छौं ।



तीज कार्यक्रमको चर्चा गरिरहँदा डा. हरिहर प्रसाद भट्टराईको नाम छुटाउँदा अन्यायपूर्ण हुन जान्छ । साना-साना समूहमा हुने तीज कार्यक्रमलाई संस्थागत बनाउन निकै सहयोग गर्नुभयो । उहाँले नर्थ क्यारोलाइना स्टेट युनिभरसिटीको सभा हल सित्तैमा उपलब्ध गराइदिनुहुन्थ्यो । हामीले निर्वाद रूपमा प्रयोग गच्यौ । आफ्नो श्रीमान् नगेन्द्र न्यौपानेको कुरा आफैले लेख्दा कताकता असजिलो लागिरहेको छ । तर उहाँको नाम नलेख्ने हो भने इतिहास अपुरो हुनसक्छ । तीज कार्यक्रम र NCNC को सम्बन्ध मजबुत उहाँकै अध्यक्षकालबाट शुरु भयो साथै NCNC का संस्थापक अध्यक्ष श्री ईश्वर देवकोटाज्यूको साथ नपाएको भए सायद तीज कार्यक्रम हराउन पनि सक्थ्यो । मलाई आशा छ, भोलिका दिनहरूमा NCNC र तीज कार्यक्रम नड र मासुको सम्बन्धमा रहनेछन् साथै यो संस्कार जीवन्त रहनेछ ।

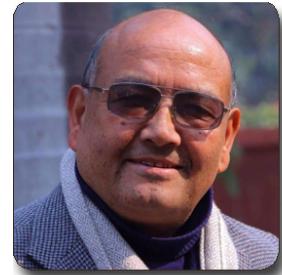
दर्शनिटिहार २०७७ को शुभकामना

सुरेन्द्र के. सी.

अहिले विश्वभरी कम्तीमा ६२ लाख विभिन्न उमेर समूहका नेपालीहरु विभिन्न पे शा व्यवसाय र कर्ममा छारिएर रहेको स्थिति छ । कोहि रहरले त कोहि बाध्यताले र कोहि पढ्न त कोहि कमाउन । सम्बवतः कोहि सफल भए होलान् अनि कोहि असफल । त्यसैगरि कसैले कमाए होला अनि कोहिले चाहीं गुमाए होला । कोहि सफलताले आककासिए होला अनि कोहि चाहीं विफलताले ढुन्मुनिए होला । कसैलाई परदेश स्वर्ग लागेको होला, कसैलाई त्यहि नर्क नै किन भने अनुभव र अनुभूति सबैको एक हुँदैन । कसैलाई गुमाउनु पनि एउटा पाठ हुन्छ भने कोहि त्यसलाई बिलकुलै सहन गर्न सक्दैनन र आत्महत्याकै बाटो समात्न पुग्छन् ।

यस्तो बहु-विविधतायुक्त नेपालीहरुको परदेशी मन आजको बिन्दुमा चाहीं कसरी सो च्दो हो ? यो बिगतको भन्दा निश्चयनै पृथक महत्वको क्षण् छ । त्यसमा पनि दर्शैको बेला १ हुनत दर्शैलाई पनि नेपालीहरुले हिजोको भई एकै लयमा मनाउन छोडेका छन् । कोहि यसलाई क्षेत्री ब्राह्मणको चाड भन्दछन् त कोहि हुनेखानेको । हुन पनि १२५ जातजाति, १२३ भाषाभाषी र १० धर्म संकृतिले बनेको हामी नेपाली बहुजाति बहभु ईषी र बहुधार्मीक छौं र जहाँ पुगेपनि

जसरी बसेपनि बस्तुतः हामी त्यसै रंगमा पुगे का हुन्छौं, रमेका हुन्छौं । अपबादमा असहिष्णु एंबं राजनीतिको खास्टो



ओडेकाहरुले एक अर्कोलाई जे जसरि होच्याउने र दुत्कार्ने गरेता पनि हामी नेपालीहरु एक अर्कोलाई सहन्छौं र मान्छौं पनि । सहिष्णुता र समन्वयन नै हामी नेपालीको मुख्य सांस्कृतिक पहिचान हो । त्यसैले यहाँ हिन्दु मन्दिरमा बौद्ध जान्धभने स्यम्भु र बौद्धगुम्बा परिक्रमा गर्न सबै बुद्धमार्गी हुने गर्दैनन् । नेवार समुदायमा त घोषित रूपमै आधा जनसंख्या बुद्धमार्गी छन् भने आधा हिन्दु नै छन् । गुरुङ, शेर्पा, राई समुदायका ठलुलुला हिन्दु धर्मावलम्बी मात्र होइन पण्डित नै भएर हिंड्ने डा. स्वामी प्रपन्नाचार्यलाई नचिन्ने त बिरलै नेपालीहरु हुनन् । महादेवलाई किराँते श्वर महादेव त भनिन्छ तर तिनको प्रतिष्ठाको लागि सतिदेवी सति गइन् भने पार्वतिले अपर म्पारकाब्रत बसी प्राप्त गरेरै छोडिन् । बि.पी कोइरालालाले यस्तै मर्मलाई जोडेर सुम्निमा लेखे । सुम्निमा किरात वाला हुन् भने सोमदत्त परम्पराबादी ब्राह्मण पुत्र । दुबैको सम्योजनबाट बि.पी.ले एक समन्वयबादी संस्कृतिको परिकल्पना

गरे तर कतिलाई चारदशक पछि त्यो अमान्य लाग्यो ।

तसर्थ त्यता होइन बरु कता हो भने हामीले एक अर्काको विचार, सिद्धान्त र अस्तित्व मात्र होइन संस्कार-संस्कृतिको समेत मान-सम्मान गर्न सक्नु पर्छ । आफ्नो जति महान अनि अर्काको चाहीं हिन भन्ने भावनाबाट मुक्त रहन सक्नु पर्दछ । अर्कालाई पनि सहनु पर्दछ किनभने आजको विश्व समग्रमै एउटै गाउँमा फेरिएको छ । विज्ञान र प्रविधिले मात्र तेस्तो गरेको होइन कोरोनले पनि त्यस्तै गर्यो । छोड्यो त यस्ते कसैलाई ? भन्यो त ठुलोसनो, धनि गरिब भनेर ? गोरो कालो, पूर्व की पश्चिम अनि युरोप अमेरिका भन्ने लक्ष्मण रेखा रह्यो त ? यहाँ यसले पनि के नै सिद्ध गर्यो भने सबै मानब एउटै हुन् र सबैका शत्रु र मित्रु पनि एउटै हुन् । यो प्रसंग नर्थ क्यारोलिनाको हो जहाँ भन्डै ५००० नेपाली विभिन्न पेसा, व्यवसाय र क्षेत्रमा आ-आफ्नो दुःख जिलोमा रमेका छन् र आ-आफ्नो सुन्दर भविष्यलाई दिमागमा राखेर गुजारा गर्दछन् । तिनको तन क्यारोलिनामा भएता पनि मन नेपालमै छ, भन्ने स्पष्टै छ । किनभने तिनको पनि मन छ, र त्यो निश्चय नै परदेशी मनले बाँधिएको छ । सायद डायस्पोरा भनेको पनि त्यही हो । ति डायस्पोराहरु सदा भैं यस वर्ष २०७७ को बडा दशैंको क्षणमा छन् र वै श्वीकको कोविड १९ कै बिचमा भएपनि आफ्नो गाउँघर नेपाल र नेपालीको बडा दशैंमा रमेका छन् । यस महान चाड संर्दभमा टाढा नेपालबाट म क्यरोलिनाबासी सम्पूर्ण नेपाली

दाजुभाई तथा दिदिवहिनीहरुमा न्यानो एवं स्ने हालु मंगलमय शुभकामना व्यक्त गर्न चाहन्छु र भन्छु सदा भैं यस वर्षको बडा दशैंले पनि तिनको तन र मनमा ठुलो उत्साह ल्याओस, सफलता र सुस्वास्थ छावस् । सबैले दिई खानु परोस, कसैले पनि मागी खानु नपरोस । घरघर मा खुशियाली छावस अनि सम्पूर्णमा सदबुद्धि बढोस् ।

अन्यत्रकै जस्तो यहाँका नेपालीहरुले पनि एन सी एन सी नामक संस्था नै खोलि नेपाली मात्रको मर्दा पर्दा र चार्डपर्ब पारेर जमघट, खुसियाली एवं समाज कल्याण हेतु सकेको गति(विधि र धार्मिक र सांस्कृतिक गतिविधि समेत गर्ने अभ्यास रहेको सुन्न पाउँदा मलाई अतिनै प्रसन्नता भएको छ । त्यस विधिबाट नै भएता पनि नेपालीपन र नेपाली मात्रको कल्याण हेतु संस्थाले विभिन्न गतिविधि गरेको जान्न पाउँदा थप प्रसन्नता भएकै छ, साथै भविष्यमा पनि संस्थाले यसतर्फ अविद्धिन रूपमा स्वयंलाई समर्पित भाबले कटिबद्धतापूर्वक जारि राख्ने छ, र टाढाबाट भएपनि देशबासीहरुको तादातमियता राखी छोड्ने छ, भन्ने पनि अपेक्षा राख्न चाहन्छु ।

मुख्य कुरा त्यहाँका नेपालीहरु पारस्परिक आस्था र विश्वासका आधारमा नेपाली मात्रको सामुदायिक एकतालाई सुदृढ एवं सुनिश्चितता पार्दै जाति भाषा धर्म भन्दा पनि नेपाल र नेपालीत्वलाई हृदयमा राखेर जुग जुगान्तर सम्म आफ्नो भाइचारा पथमा हिंडी रहने छन् भन्ने गहिरो विश्वास राख्न चाहन्छु त्यसै पनि बडा

दशैलाई असत्य माथि सत्यकोअनि तिहारलाई उज्यालोको पर्व भनिन्छ। अत म यस पर्वले फेरी एकपल्ट सत्यलाई र त्यहाँका जिबनको अँध्यारो मा उज्यालो छर्न सकोस, ल्याउन सकोस भन्ने शुभकामना राख्दै सबै बडाजनबाट आशिर्वाद थाप्दै अनि कनिष्ठहरुमा शुभाशिर्वाद बाँडै र सम्पूर्ण दिदीबहिनीहरुको भाईटिका थाप्दै यस

शुभकामना संदेशलाई यत्तिमै बिश्रामका लागि अनुमति माग्दछु र सबैमा बडादशै २०७७ र भाईटीका २०७७ को हार्दिक मंगलमय शुभकामना व्यक्त गर्दछु।

बडादशै २०७७: कार्की निवास घट्टेकुलो (२९ काठमाडौं, नेपाल

मेरो जन्म



उसले सोध्यो
के तिमी गरम सहन सक्छौ?
के तिमी जाडो खप्न सक्छौ?
अवश्य, मैले भने

उसले मलाई तलदेखि माथिसम्म हेर्यो
अनि फेरि सोध्यो
के तिमी काम गर्न सक्छौ?
के तिमी मेहिनत गर्न सक्छौ?
के तिमी गरम, जाडो नभनीकन जोतिन सक्छौ?
मैले भने सक्छु, अवश्य सक्छु

उसले मलाई नियाल्यो
केही सोच्यो
अनि सोध्यो
के तिमी दुःख सहन सक्छौ?

मनोज मनुज, मोरिस्मिल, नर्थ क्यारोलाइना

के तिमी शोक पीडा भेल्न सक्छौ?
के तिमी रोग व्याधा सामना गर्न सक्छौ?
के तिमी मृत्यु, विछोड खप्न सक्छौ?
मैले भने सक्छु, सबै सबै सक्छु

उसले फेरि मलाई हेर्यो
अनुहारमा
आँखा जुधाईकन
अनि ऊ भगवानले भन्यो
मैले तिमी जस्तै खोजिराखेको हो
मलाई तिमी जस्तैको खाँचो छ
तल पृथ्वीमा
हो यसरी मेरो जन्म भएको हो
यसकै लागि मेरो जन्म भएको हो

प्रदेशमा घरदेशको चिन्ता

जानुका पौडेल अधिकारी, केरी, नर्थ क्यारोलाइना

मेरो धेरै लेख्ने बानी छैन् धेरै पहिला एउटा लेख लेखेको थिए “दाजु भाई विदेश जादै गर्दा पिडा” धेरै पछि मनमा एक प्रकारको लेख्ने भावना आयो गल्ती भएमा क्षमा चाहन्छु ।

मेरो देश (नेपाल) र हामी नेपालीको र हन सहन बानी व्यवहारमा आएको विचलन थाहा छैन देशको शासक वर्ग कमजोर भयो वा नियम कानुन फितलो भयो वा बोल्न र लेख्न पाउने स्वतन्त्रता बढि नै उपयोग गरिएको हो । काम गरेर देखाउने भन्दा मिडियामा आएर अनावश्यक गाली गलौज गर्नेको जमात धेरै दे खिन थालेको छ । वास्तवमा मलाई लेख्न मन लागेको त अनावश्यक रूपमा खुलेको Youtube Channel ले देखाउने वा पस्किने अस्वस्थ भइ किला समाचारहरुको वारेमा हो तर अर्को तिर अनावश्यक रूपमा एक अर्का प्रति दोषारोपण गरि भैभगडा गर्नु एकप्रकारको व्यवसाय नै बनिसकेको अवस्था देखिएको छ । एक अर्काको अस्तित्व स्वीकार गर्न सकिरहेको देखिदैन । संसार कहाँ पुगिसक्यो हामी भने जात/जाती, भाषा धर्म, भेष भन्यो तेरो बाउले गल्ती गरे सजाय तैले भोग्नु पर्छ भनेर देशमा अनावश्यक आन्दो लन गर्यो वश । सबैले अरुको भाषा संस्कृतिलाई आत्मसात गर्दै, आ-आफ्नो भाषा संस्कृतिलाई

आफैले संरक्षण गर्ने हो अरुलाई दोष दिन जरुरी छैन । हेजे र हेपिने स्थिति सृजना गर्नुहुँदैन । सब भन्दा पहिला आफ्ना नानी-बाबुलाई असल शिक्षा दिक्षा दिनुहोस् ता की कसैलै कसैलाई अपमान गर्न पनि सक्दैन र अपमानित हुनु पनि पर्ने पनि छैन । यो संसार र आकाश सबैको लागी हो जस्लाई जहाँ जसरी रहन अनुकुल वातावरण हुन्छ, उ रहन सक्दछ । तर त्यसमा केही त्यस्ता नियम कानून फलो गर्नु पर्ने हुन्छ । उ जहाँ बसोबास गरेको हुन्छ, त्यस देशको नियम कानून पालना गनै ‘पर्छ अन्यथा कानूनले तोकेको सजाय भोग्न तयार हुनुपर्दछ । खास गरी अहिले नेपालमा बाहिरी देशको प्रभाव वढी नै देखिएको छ, यो स्वभाविक नै हुने भयो देश कमजोर भयो भने बाहिरी देशले आफ्नो अनुकुलमा चलाउन खो ज्ञान् । यसलाई जतिसक्दो चाँडो नियन्त्रण गर्न तिर लाग्नुपर्दछ, देश र जनता न की भगडा तिर होइन । देशका सक्षम र बलिया युवा वर्ग जति देश बाहिर पठाएर तिनैको नाममा राजनिति कहिले सम्म गर्ने हो देशका राजनितिज्ञहरुले । अब जात जाती भाषा र भेष भनेर छोराछोरी र



देशको भविष्य विगार्न छुट कसैलाई दिनुहुँदैन ।
 मेरो भोगाईमा कानून सबैलाई बराबरी हुनुपर्दछ यदि त्यहाँ नातागोता साथीभाई भन्यो भने त्यसमा कानून चुक्न पुगदछ । मान्छे जहाँ सुकैको होस-अमेरीकाका हुन् वा बेलायतका अथवा कतारका हुन् वा मलेसियाका सबै एकै प्रकारका र एकै नेचरका हुन्छन् तर ति देशका कानून कडा रुपमा लागु भएको हुन्छ, नातागोता साथीभाई भन्दैन र पो जनता कानूनको पालना गरेका छन् । देश र जनता मिलेर अगाडि बढिरहे का छन् । हो हामीका पनि राम्रा र इमान्दार मानिस नभएका होइनन् तर उनिहरुलाई अवसर नै दिईदैन । अबसर छ, त केबल नातागोता

साथीभाई र पाटिका कार्यकर्ताले मात्रै पाउने स्थिति छ । अब यस्तो संस्कारलाई हटाएर खुल्ला प्रतिस्पर्धाद्वारा राम्रा र सक्षम मानिसलाई अवसर दिऊ । जातिय आन्दोलन भन्दा वर्गीय आन्दोलन गरौं जो वर्ग पछाडि परेको छ, उस्लाई सहयोग गरी समान स्तरमा ल्याउन सरकार सम्बन्धित निकाय लागी परोस् । कानून र राज्यलाई बलियो बनाउ । अनावश्यक भै-भगडामा नलागौं । नभुलौं यदि यहि पारा हो भने हाम्रो ३०/३५ वर्षको आफ्नो जिन्दगी यसै बिना उर्जानशिल भएर बित्यो आफ्ना भावी सन्तानको जिन्दगी पनि यस्तै गरि नवितोस् सबै लाई चेतना भया । जय देश जय नेपाल ।

बन्दी जीवन

डिलाराम अधिकारी, टाउजी, वर्मा



शीत र ताप त्यो त छैदैछ, यो कस्तो बन्धन
मदेखि टाढा हाँसिरहेको छ, स्वतन्त्र उद्यान ।
त्यो वाटिकामा उम्रने फुल्ने ढिकोटी फुलभैं
म पनि थिएँ फुलको जात भएछु मूलभैं ।

लालमा थियो उही माटोमा फक्रेर फुल्ने
आफ्नै बारी मलिलो पारी मगमग भुल्ने ।

ती सारा आशा भए निरासा हे दाजु हे भाइ
विराना वनमा म मर्ने भएँ गुहारै नपाई ।

देशमा आई आँधी बेहरी खलवल पर्न गो
कठैनी वरा हुरीका चरा मुग्लान मर्न गो ।

घरैमा टिपी ल्याएको बिउ
विदेशमा बिष्टाए

दैवले आई लौ हामीलाई यसरी छुट्टाए ।
त्यो कालो बादल फारेर मादल घन्काई क्रान्तिको
आएछन् देव लिएर साथ साम्राज्य शक्तिको ।

हिमाली शीतल लेकाली काफल स्वधन्दा विहार
कर्मले मेरो पारेछ, फेरो के हुन्छ रोएर ।

जो हुनु थियो उ त भझगयो बिन्ती छ, हे हरी
यो जन्मान्तरमा आफ्नै घरमा जन्मिउ म मरी ।

गुनासो मनको बन्दी जीवनको उडाई सरर
जहाँ छन् स्वजन लगिदे पवन गरिदे खबर ।

सत्य के हो?

महेन्द्र राज न्यौपाने, मोरिस्मिल



मैले स्वर्ग देखेर आको मान्छे भेटिना
भेटिना मान्छे कोही नरक भोगेको पनि
त्यसैले सोध्छु म कहा छ स्वर्ग अनि नरक भनि
सुन्छु म स्वर्गमा न जन्म, न मृत्यु, न बालक, न बुढो
मात्र सुन्छु हुन्छन् देवता, अप्सरा र परी ।
न दानव, न मानव न कोही चराचर
तर देख्ने भोग्ने कोही छैन सरासर
चल्छ अनुमान र कल्पनामा नै संसार
देख्ने साक्षी बन्ने कोही छैन
लेख्छन केवल धर्मपुस्तकमा रचनाकार ।
त्यसैले सोध्छु म हुन्छ कहा स्वर्ग अनि नरक भनि ।
सुन्छु म हुन्छ अरे नरक त सारै कष्टकर, दुखःदायक

अनि हुन्छ अरे निर्दयी, पाशविक र घिनदायक
सुन्छु म गर्द्ध अरे धार्मिकले गर्द्ध अरे स्वर्गको बास
अनि सुन्छु म फेर्द्ध अरे पापीले पीपकुण्डमा सास ।
त्यसैले आखिर सत्य के हो भनी सोच्छु म घरीघरी
म त भन्छु-कष्ट, पीडा, रोग, भोक र अभाव भरीभरी
हत्या, हिंसा, जबरजस्ती अनि मर्ने, मानहर्ने थरीथरी
अन्याय, अत्याचार, भ्रष्टचार र दुराचार
यिनै हुन् नरक सरी
अनि म भन्छु-शान्ती, सुरक्षा, सुख, समुन्नती र
सदाचार,
समानता, सर्वपरी, अनि न्याय र स्वतन्त्रता भरीभरी
यिनै हुन स्वर्ग सरी ।

गजल

दिपेन्द्र विष्ट, केरी, नर्थ क्यारोलाइना



त्यत्रो जंबो टोली पालेर के गर्नु,
दिउसई यो बत्ती बालेर के गर्नु ॥
पुरा भएको एउटा नि छैन,
चिप्ला चिप्ला कुरा फालेर के गर्नु ॥
बाटो बनाउन माटो मिसाएसि,

आफुले बालुवा चालेर के गर्नु ॥
पापी कलंक हरुका लागि,
नमरी चिहान खालेर के गर्नु ॥
दिउसई यो बत्ती बालेर के गर्नु ॥
त्यत्रो जंबो टोली पालेर के गर्नु, ॥ २ ॥

सिकाई

शिखर दुलाल, मोरिस्मिल



सिक्नु नै दैनिकी रहेछ
सिकदा सिक्दै ढल्दो छ जीवन
भो अब त सिकिदन भन्थे
मज्जाले सुत्ने हुँ म भन्थे
कोरोना लाई सहज बनाउन
घर बसुन्जेल अब सिक्दै सिकिदन भन्थे
तर
तर नसिकि धरै भएन
भन भन पो सिकियो
स्यानी छोरीले च्यानल फेरि रहन सिकाइन
कार्टुन मात्र हेरि रहन सिकाइन
छोराले
आइफोन चलाउन सिकायो
आइफोन का गेम भएजति सप्पै सिकायो
कार्टुन नहेरे आईफोन
आइफोन नचले कार्टुन
मेरो त दैनिकी नै भयो ।
सिकाईको फलिफाप राम्रै पो भयो ।
सिकेका कुराहरु अवलम्बन गर्दै जाँदा
समय कति छिटो दौड़दो रहेछ
पत्तै भएन
आज तीन महिना भएछ ।
समय कति थ्यो कति
खानपिन र सुत्न वाहेक
बचेको समय फेसबुक ले खायो

छोराको र्याम ले खायो
हैन यो कोरोनाले के बानि
लायो लायो ।
न खान को हतार, न सुत्न
हतार
न त काम को हतार
न ढिलो होला भन्ने पिर
न हाकिमले कराउला भन्ने पिर
न घुम्ने योजना, न रमाईलो गर्ने तिर्सना
यो पो जिन्दगी ।
कोरोना को कहर, न जहर न रहर ।
पहिलो पाठशाला घरै त रहेछ,
सिकाईको मजै अर्कै रहेछ ।
च्यानल को कमाल
आइफोन को इस्तमाल ।
इन्टरनेट को खेती, कति कति
नजाने जिरो । जाने हिरो ।
क्लिक्क पार्दा भिलिक्कै पाइने
अनलाइन अर्डरमा जे पनि पाइने ।
न लखर लखर चाहार्नु पर्ने
न कसैको टाउको कन्याउनु पर्ने
आफ्नो हात जगन्नाथ
घर परिवार सधैं साथ
आजकल त म बालख भा छु
कोरोनालाई धन्यवाद पो दिया छु ।

केही वर्ष यता यस आर.टी.पी. (RTP) क्षेत्रमा नेपाली समुदायबीच लोकप्रिय हुँदै गइरहेको किकेट खेलका लागि आउँदो वर्ष सन् 2021 मा ट्रयाङ्गल क्रिकेट लिंग (TCL) सँग आवद्ध भई स्वस्थ मनोरञ्जनका लागि क्रिकेट खेल इच्छुक महानुभावहरुले उल्लेखित व्यक्तिहरुसँग सम्पर्क गर्नुहुन अनुरोध गर्दछौं ।

उत्कृष्ट नेपाल: ९९९-५२२-८९९३ गोपी: ९९९-९८६-६७६७ मिस्टर बिडारी: ४०५-५४९-९२९०

साथै आउँदै गरेको विजया दशमी तथा शुभ-दीपावलीको पावन अवसरमा हामी यस क्षेत्रमा बसोवास गर्ने सम्पूर्ण नेपालीजनमा सुखवास्थ्य, दीर्घायु र उत्तरोत्तर प्रगतिको कामना गर्दछौं ।

एभरेष्ट क्रिकेट क्लब परिवार संयोजक: माधव (अमन) भट्टराई: ९९९-२७१-४७४०





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