

सौगात

Saugat

NZNS Publication
Volume 9, 2015





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Message from Patron, NZNS

As Patron of the New Zealand Nepal Society I would like to send to you all my very best wishes for your success and good health for the New Year 2012.



Namaste!

Lady June Hillary
Patron
NZ Nepal Society, Auckland



NATURALLY NEPAL
ONCE IS NOT ENOUGH



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Message from President



New Zealand Nepal Society and myself wish all Nepalese living in New Zealand and abroad a very happy, healthy and prosperous Nepali new year 2072.

New Zealand Nepal Society was established in August 1995 with the patronage of late Sir Edmund Hillary and is progressing towards the establishment of sustainable and sound organization with positive contributions from its members and supporting organizations.

My sincere thank goes to all members who took part in our activities including blood donation, annual sports competition, Nepal day and other regular cultural events.

I would like to thank all our sponsors including Lion Foundation for its continuous financial support towards office rent, annual sports trophies and office equipment, Mt Wellington foundation for Badminton court hire, The Ministry of Internal Affairs for financial support to organize Nepal Day and Mr Laxman Paudel for sponsoring as well as maintaining society's website.

Thank goes to Editorial board comprising Mr Balram Khanal, Mr Laxman Paudel and Dr Santosh

Bhandari for their efforts to bring this Saugat Volume 9 publication.

Lastly, I would like to thank all members who always support society through volunteering, donating and sponsoring, all well-wishers and our patron and consular general Lady June Hillary for her continuous support.

With Regards,

Uddhav Prasad Adhikary, JP
President
New Zealand Nepal Society Inc.



Editorial Board



Balram Khanal



Laxman Paudel



Santosh Bhandari



Editorial

Language and culture are closely related and together serve as a most important form of identity of a community. We cannot imagine to celebrate Nepalese festivals and cultural activities without Nepalese language, food, music, and dance.

It is therefore critical to safeguard our own language and culture. Preserving the culture, language and ethnic values is one of the major challenges currently faced by all Nepalese diaspora around the world. Nepalese language class, cultural programs, Nepalese movies and music could play important role in preserving and promoting those values.

In other parts of the world Nepalese community have started promoting those values by organising programs including artists from Nepal, screening Nepalese movies, organising sporting activities and so on. Although Nepalese community is growing fast in New Zealand, because of its smaller size, we are still facing difficulties to organise such activities.

We are living in a country where diversity is celebrated and government is supportive of language and culture of every community. We should take advantage of those privileges and organise such activities which will promote our own language and culture. Most importantly, we should aim to pass those knowledge and values to the upcoming generation. Regular publication of Saugat could also be a small attempt towards achieving those goals.

Happy New Year 2072!

Secretary's Report

Dr Santosh P Bhandari
Secretary, NZNS

Dear community members,

New Zealand Nepal Society Inc. (NZNS) is publishing Saugat Volume 9 on auspicious occasion of Nepalese New Year 2072. The NZNS executive committee is happy to present the new volume and hope that we will be able to make it a annual publication. On behalf of executive committee, I take this opportunity to report the summary of the activities carried out by society during last year.

Nepal Day 2014

Nepal Day 2014 was successfully organized on Saturday April 12 in the auspicious occasion of New Year 2071. The aim of the program was to showcase Nepalese culture and heritage and promote Nepal among local residents. The program was supported by Department of Internal Affairs, New Zealand government through its community support grant. Nepal Tourism Board and Nepalese Embassy in Canberra also supported the program providing promotional materials.

The program was inaugurated by Sir Ray Avery and was attended by many dignitaries including Auck-

land's Mayor Len Brown and Member of Parliament from both major parties. Cultural program was organized highlighting Nepalese culture. Nepalese handicrafts were on display and various food stalls were serving Nepalese food. Nepal promotional materials received from Nepal Tourism Board were available for visitors. The event was covered and reported by Nepalese mainstream media and popular online news portal.

Election of New Execution Committee

An election committee comprised of Mr Bikash Koirala, Mr Dinesh Acharya and Mr Subarna Subedi successfully carried out the election of new executive committee of NZNS. The election process was finalized on 16th of August 2014 and new committee took over.

Festivals and Celebrations

As usual organising various Nepalese festivals celebration remained the most important task for the society. Teej, Dashain, Tihar and New Year celebration were organised. Food for the celebrations was arranged through catering services a

gradual departure from potluck dinner arrangement. Feedback from the members regarding new food arrangement remained positive.

Sports

In addition of organising annual sport championship, NZNS is supporting different sport activities of community members. Helping Khukuri Football Club and supporting weekly badminton through grant application were the main sport activities carried out.

Communication

Both NZNS and NZNS member group mailing system have been maintained and used to communicate official matters to the members and general information to the border community separately. This is helping to communicate with community members who are yet to be formal member. All minutes and monthly financial reports were posted in member only group to better inform our members. NZNS website has been maintained and updated regularly. A Facebook account of society has also been maintained.

Others

Other main activities carried were as follows:

- Blood donation program was organized on 21st and 22nd of Jan-

uary 2015. All together 12 community members were able to donate the blood though the participation was much higher.

- A constitution amendment advisory committee of Mr Manohar Lal Shrestha is working to advise some timely amendments in NZNS constitution and rules. The suggestions will be presented in coming annual general meeting.
- NZNS took part on Flag raising ceremony at Auckland Town Hall on Tuesday 25th November 2014. The Patron and Secretary attended the program.
- NZNS also participated in various activities organized by Leprosy Mission and Auckland Regional Ethnic Council.

Finally, I would like to thank all the society members who supported directly and indirectly to organise all the events and the activities during the period.

Thank you and Happy New Year 2072!



कवि मन



बलराम खनाल

कैले बार्दलीबाट आकाशमा सविताको हाल हेर्छु,
कैले सडकबाट बार्दलीमा रमिताको चाल हेर्छु !
परदेशी भएर देशीमन मा मुछिएको कवि म,
सधैं डायरीभित्र देश र दुर्गति परेका कविताको बेहाल हेर्छु !!

जनताको रगत-पसिनालाई लूटपत्र लेख्ने मसी बनाएको देख्छु,
सामाजिक एकताको गर्धन काटेर अष्टमीको खसी बनेको हेर्छु !
देखेको बोल्ने जिब्रोलाई थुतेपनि सत्यलाई कसले थुत्ने,
देशघातीले आमाकै अस्मितालाई मेनका र उर्वशी बनाएको हेर्छु !!

न त गाउँ बनाउनु छ, न त जिल्ला बनेको देख्छु,
देश बर्बाद हुन लाग्यो बरु भताभुङ्गेको किल्ला बनेको देख्छु !
श्रीपेच फालेर दाउपेचले बन्ने लिगलिग राजमा,
आफूलाई राजा बनाएर जनतालाई अन्धकार मा धकेलेको पो देख्छु !!

फेरि यसपटक आफू जन्मिएको पहाड घुमेर आउँदा,
दही-मोही र घिउ देख्न छोडेका ठेकी-हर्पे सुँघेको पो देख्छु !
बाँझो खेतबारीका रिक्ता गहामा पाउनु नै के थियो र ?
वेदनाको कुटो-कोदालोले आफ्नै छाती खनेको किसान को आँशु पो देख्छु !!

The Power of Focus



Indra Pokhrel

Many times we wonder around juggling between one task to another for getting things done. This is called multitasking. Multitasking is important in modern days but is not so effective for the type of work which needs constant attention and extreme devotion- or focus.

The concept of 'The Power of Focus' is not new. Even in the time of 'Mahabharata' it was equally regarded for success.

Arjun and the Archery

Acharya Drona was the teacher of the princes' of Hastinapur. Arjuna was his favourite student, so all the other students were jealous of him. To prove that Arjuna was the best student, Drona decided to conduct a test.

He hung a wooden bird from a tree and asked each prince to shoot at the bird's eye. First the eldest prince, Yudhishtira, was asked to try. When he aimed at the bird, Drona asked him, "What do you see in front of you?" Yudhishtira answered, "I see a tree and a bird hearing this, Drona stopped him. He then

asked other students the same question and got the same answer.

When it was Arjuna's turn and Drona asked him the same question, Arjuna replied, "I see only the bird's eye. Drona was very pleased with the answer and asked him to shoot. The arrow hit the bird's eye. Drona told all his students that the best archer is the one who can only see his target and nothing else. This is what is called the focus.

We have many examples from our epics like the one above the person focussed on the job became the best despite all other students were taught by the same Guru.

Anthony Robbins- the famous personal power coach, terms it as power of conditioning or power of association. Your success also depends what type of association you have in your life. If you are associated more on negative than positive things then you may achieve the negative result. For example if you are having trouble with your wife and you

always think how do I get rid of her then eventually you will be separated from your wife. But if you think every day how can I improve my relation with my wife then you will start doing things that your relationship gets better.

Our focus determines our reality

If you wake up in the morning and think about the miserable things you need to do later in the day, you'll have a miserable day because you focussed on negative. If you wake up and focus instead on what a wonderful gift your life is, you'll have a great day.

If we let our attention jump from one thing to another, we will have a busy, fractured and probably unproductive day. If we focus entirely on one job, we may lose ourselves in that job, and it will not only be the most productive thing we do all day, but it'll be very enjoyable.

If we focus on being tired and wanting to sit in front of the TV, we will get a lot of television watching done. If, however, we focus on being healthy and fit, we will become healthy and fit through exercise and good eating.

Buddha said "All that we are is the result of what we have thought"

The Mantra of Perseverance

Set your goal, take action and focus on achieving it and never give up.

Hundreds of years ago there was a king of Scotland and his name was **Robert the Bruce**. He was both brave and wise. The King of England was at war with him, and had led a great army into Scotland to drive him out of the land and to make Scotland a part of England. His brave little army fought six times but were beaten all the time until finally they were driven into flight. At last Robert was forced to hide in the woods and in lonely places among the mountains.

One rainy day, Robert the Bruce lay in a cave, listening to the rainfall outside the cave entrance. He was tired and felt sick at heart, ready to give up all hope. It seemed to him that there was no use for him to try to do anything more.

As he lay thinking, he noticed a spider over his head, getting ready to weave her web. He watched her as she worked slowly and with great care. Six times she tried to throw her thread from one edge of the cave wall to another. Six times her thread fell short.

But the spider did not lose hope. With still more care, she made ready to try for a seventh time. The

thread was carried safely to the cave wall this time, and fastened there.

This episode gave Robert a boost in his morale. He arose and called his soldiers together. He told them of his plans, and sent them out with hopeful messages to cheer the discouraged people. Soon there was an army of brave motivated men around him. A seventh battle was fought, and this time the King of England was forced to retreat back to his own country.

Do not clutter

Simply goal setting is not enough and a clear and achievable goal is pre-requisite for achievement but not guaranteed for success until you focus on one thing. This is also known as de-cluttering.

Why de-cluttering matter so much? Let's say you decide you want to tidy up your house — that's your goal for this month. So the first day, you're completely focused on this goal, and you get boxes and trash bags and fill them up with junk. The second day, you're still focused, and you fill up a bunch more boxes and you've cleared most of two rooms with progress on another. This goes

on for a few more days, with your focus being on this goal, and lots of progress made.

However, let's say that a week into your de-cluttering, you decide you want to participate a half marathon in Orewa Beach. You are now focused on running, and not only do you go out to jog for a few days, you buy running gears and read running blogs and magazines. However, you've lost your focus on de-cluttering, and soon you aren't doing much of it, because your focus is on running. In fact, you've added more clutter because you've bought all the running equipment and magazines and books.

This is why it is important to focus on only one goal at a time. Having multiple goals spreads out your focus, and makes it less likely that you'll complete any of the goals. It's possible, but with a diffused focus, it's much more difficult. In the example of Arjun above he only targeted the bird's eyes not his wings, his beak or the branch. While others were seeing the branches, the leaves the whole body of the bird. This way their aim was cluttered.

Focus on Now and Focus on the Positive

Focusing on the present can do a lot for you. It helps reduce stress, it helps you enjoy life to the fullest, and it can increase your effectiveness. One of the key skills we need to learn is how to be aware of our negative thoughts, and to replace them with positive thoughts.

Focus and Happiness

Have you ever completely immersed yourself in a task, so that the world around you disappears? You lose track of time and are completely caught up in what you're doing. This state of mind is called 'flow' in psychological term and is an important ingredient to finding happiness.

To get into flow takes a bit of practice, but the first step is to find work that you're passionate about. Seriously — this is an extremely important step. Find hobbies that you're passionate about. Get outside and do something that truly engages you.

Austerity

One day, Naradji was going to Bhagwan's abode. He saw a **tap-**

asvi and came over to meet him. Seeing Naradji, the tapasvi immediately bowed down to him and asked what he was doing. He said, "Naradji, I've been performing austerities for many years, eating only the leaves of this ambli (Tamarind) tree so that Bhagwan would give me darshan. When you go to meet Bhagwan, please ask him on my behalf to grant me darshan." Hearing his story, Naradji decided that he would definitely relay this message.

Upon his arrival, Bhagwan requested Naradji, "Please tell me any news from Earth."

Remembering the tapasvi that he had met, Naradji replied, "A tapasvi is performing austerities under a Tamarind tree for you to grace him with your darshan. When will you grant it to him?"

Bhagwan replied, "Tell him that for my darshan, he will still have to perform austerities for as many years as there are leaves on the Tamarind tree!"

Naradji thought that is very hard requirement for the tapasvi to fulfil to get darshan. When Naradji was making his way back across the tap-

asvi saw him and called – “Naradji”. Naradji went over to the tapasvi. Hearing that Naradji had met Bhagwan, the tapasvi was overjoyed.

So he asked, “What is Bhagwan’s message for me?”

Naradji replied sadly, “I cannot tell you, because if I do you will lose your courage and give up your austerities.”

The tapasvi again urged him, “Please tell me, I won’t lose me faith.”

So Naradji said, “Bhagwan has said that you will have to do many more years of austerities. In fact, you will have to do as many years of austerities as there are leaves on the Tamarind tree before he gives you his darshan.”

The tapasvi was overjoyed! He began to dance and sing, “How lucky I am. Bhagwan has sent me a message from his Dham. He has promised me that he will give me darshan. These years will pass in no time.”

Seeing the tapasvi’s love and courage, Bhagwan instantly appeared before the tapasvi and gave him his

darshan. The tapasvi’s joy knew no bounds! He fell at Bhagwan’s feet.

Naradji was perplexed. He asked Bhagwan, “Bhagwan, how come you’re here? You told me that you would give him darshan only after he had performed many more years of austerities.”

Bhagwan explained, “Look at his courage and determination! He didn’t lose a single strand of faith despite the many extra years he would have had to perform his austerities. To such a person I have to give darshan.”

Friends, if the tapasvi had lost faith (focus), would he have had Bhagwan’s darshan? No. But because he didn’t lose faith, Bhagwan granted him darshan. A determined person will reach his goal sooner or later.

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न्यूजिल्याण्डको वर्णन



पीताम्बर शर्मा दाहाल

घामको पहिलो भुल्का भुल्किन्छ जुन ठाउँमा ।
पूर्णचन्द्र वृहद्रूप देखिन्छ जुन ठाउँमा ॥

सभ्यता संस्कृति धर्म सद्भाव या विनम्रता ।
घाम जून सँगै हुर्के मानवीय विशेषता ॥

आओटे अरुवा भन्थे आदिवासीहरु जुन ।
विजेताले पुरानाको सम्मान गर्दथ्यो किन ॥

यूरोपीयहरु आई न्यूजिल्याण्ड भने अरे ।
पहिले त्यो घराघाम छँदै थिएन भै गरे ॥

पूर्व दक्षिणको टापु न्यूजिल्याण्ड रमाइलो ।
रस पूर्ण छ वर्षाले कैले काही घमाइलो ॥

दक्षिणी ध्रुवको हाराहारीको द्वीप उर्वर ।
स्वभावैले छ यो धन्य स्वभावैले छ सुन्दर ॥

मान्छेको श्रमले त्यस्तै बुद्धिबल विकासले ।
बालु बज्जर भू स्वर्ग बन्छ शुद्ध प्रयासले ॥

रानीप्रकृतिको चारु उद्यान भूमि खण्ड यो ।
स्वभावैले छ यो सौम्य स्वयं मूर्त स्वरूप यो ॥

वाइतोमो गुफा भित्रै जूनकीरी निवासको ।
भल्भलाकार दर्वार प्रकृतिकै विलास हो ॥

तलातल कि पाताल भूगर्भ जल रासको ।
स्थिति, ज्वालामुखी निम्नो दिन्छ सन्देश आशको ॥

पाताल तल स्वर्गझा बहन्छिन् ती कता कता ।
आद्यन्त थाह नै हुन्न यान चल्ल यता उता ॥

यो दिव्यभूमिको माभ टोपो नाम सरोवर ।
महासागरको नाभी हो कि दैवी धरोहर ?॥

इयता गरिमा यस्को जानी सक्नु कहाँ छ र ?
महासागर नै हो कि हो कि सौँच्यै सरोवर ॥

रोटोरुवा भरी सयौँ सरोवर सरोवर ।
जता हेन्यो उतै मुस्लो दृश्य गैजर गैजर ॥

प्राणायाम धरित्रीले गरे जस्तो सवैतिर ।
देखिन्छ फोहरा चारैतिर गैजर गैजर ॥

ढकमक्क फुलेका ती नानारङ्गी गुराँसछन् ।
टुलूप केतुके, जूही चमेलीका सुवासछन् ॥

अनेकौँ नामको वृक्ष वल्लरी मञ्जरी फूल ।
दिव्य उद्यान नै हो यो सुख आनन्दको मूल ॥

वेनामी छन् कयौँ नामी वृक्ष वल्लरी मञ्जरी
दिव्य उद्यानको व्याख्या मर्त्यले गर्छ के गरी ?॥

सबै भन्छन् सधै स्वर्ग छ रे भल्लरी मल्लरी ।
को पुगेर यहाँ फर्क्यो, गयो साधन के गरी ॥

कल्पना लोक जो स्वर्ग मानिन्छ कुन गाउँ हो ?
माथि छ स्वर्ग जो भन्छन् त्यो माथि कुन ठाउँ हो ?॥

हाम्रो सगरमाथाको चुच्यो भन्दा उँभो कहाँ ।
बस्ती आधार नै छैन, उँधै उँधो जहाँ तहाँ ॥

सातैद्वीप अलग्गै छन् अनन्ता भू भए पनि ।
सबै भन्दा अलग्गै भन् पुण्यात्मा धाम यो भनी ॥

पापीष्टले सबै द्वीप कोचाकोच गरी भरे ।
पुण्यात्मा उनका साथ के गरी रहलान् हरे ॥

यस्तो चिन्ता विधाताले गम्भीर रूपमा गरे ।
महासागरको माफ वसुधा स्थापना गरे ॥

त्यो धर्मस्थलको नाम न्यूजिल्याण्ड भयो अरे ।
पुण्यात्मा जतिको स्वर्ग यल्लाई भनियो अरे ॥

वाइकातो नदी धारा टौपोबाट विनिसृत ।
हुक्का भर्ना हुँदै वग्छ उत्तरै तर्फ निश्चित ॥

भर्छन् पियूषका भर्ना साना ठूला सयौं सयौं ।
अजरामरका मिल्छन् लता गुल्म कयौं कयौं ॥

बनौषधी अनेकौं छन् अजम्मरी बनाउने ।
अनेकौं छन् लता वृक्ष चिरञ्जीवी बनाउने ॥

काउरी, काँइयो, धूपी जस्तै नै अरुथोकको ।
सबै नाम कहाँ जान्नु ? तर सम्भन्छु ओकको ॥

हजारौं वर्षका सदे काउरी छन् खडा त्यहाँ ।
माटाले खान सक्तैन कीरा लाग्दैन जो यहाँ ॥

संरक्षण सबैको छ पशुको पक्षीको अनि ।
उन्मुक्त वनमा चर्छन् चौपाया खेतमा पनि ॥

महिषासुरको दृष्टि पुगेको छैन धाममा ।
निर्भीक भै सबै प्राणी लाग्छन् नियत काममा ॥

जहाँ गोवंशको साक्षात् सम्बन्ध राख्छ जीवन ।
भैसीका जातको व्यर्थ चाहना गर्छ को किन ॥

सिंहको बाघ भालुको फ्याउरा, स्यालको तथा ।
सर्प बिच्छी सबै बन्छन् जलधी पारका कथा ॥

जलमा थलमा त्यस्कै माथिको अन्तरीक्षमा ।
कुनै हिंस्रक जन्तु नै छैन त्यो दिव्य भूमिमा ॥

हेलले, सिलले जस्तै सार्कले गोहीले पनि ।
जीवनाधार पाएछन् निर्धक्क बस्तछन् अनि ॥

कोइलीको मधुवाणी सुनिन्छ सबैतिर ।
कर्कसे कागको क्यौं क्यौं सुनिदैन कतै तिर ॥

सन्देश हर मैना छन्, किवी साधु त केवल ।
ध्यानमै मस्त एकान्ती, सक्रिय तर सीगल ॥

(छन्दः अनुष्टुप्)

A glimpse of my visit to Nepal

Philip Hinton

Back in 2010, I had the privilege of spending three weeks in Nepal.

My mother, Jocelyn, had already visited Nepal nine times, starting with a trek to Everest Base Camp shortly after her 60th birthday. For another visit she walked about a third of the Annapurna Circuit. At that time she met Krishna and Sita and their orphanage in

Pokhara. Over the next decade Jocelyn was a prime supporter and fundraiser for the orphanage. To help with this, I constructed the monthly newsletter that Jocelyn sent to all the orphanage supporters. Through all this I got to know much more about the Nepal made famous in NZ by another couple of Kiwis you may know.



Hot chocolate and success – three brothers and sunrise at the top of Poon Hill.

Two of my brothers were to join us on this journey. Through the marvels of modern technology, preparation was easy although they were in England. We had little need for research into what to take as Jocelyn had more than enough experience for all of us. You can find plenty of information online into all aspects of travelling to Nepal, so I won't go into detail here. However we did do a lot of research into where every place was, the types of terrain we'd be encountering, and so on. I can highly recommend Google Earth for this as it also allows you to show the Elevation Profile of various stages of your journey and to see the terrain in 3D. Google Docs allowed all of us to have a single shared document to make notes in as we thought of things to cover, and to allocate various tasks to each of us.

Jocelyn and I flew from Auckland to Bangkok with a 12 hour layover before boarding the flight to Kathmandu. The transit lounge at Bangkok Airport was very comfortable with spaced out reclining seats, but for some reason was

not in its own room – just part of the terminal somewhere. Unfortunately there was a radio playing on an upper level, which rather detracted from restful sleep! I love modern jets: those little video screens behind each seat allow you to while away the old-time boring hours with movies of your choice, at your pace. Does the fact I've experienced long-haul flights without personal movie screens mean I'm old? Sigh.

Arriving at Kathmandu, we found customs very straightforward. You can also get your visa here although I prefer to have it already organised before I leave home – you never know... Keep a close eye on your luggage: when you're through immigration you will be mobbed by "porters" wanting to carry your bags, for a price. Apparently they're not supposed to even be there. You may have to be persistent in saying "no". The same thing happens outside as the taxi drivers, who are supposed to be there, are very keen for your fare. This often means you can do some judicious bargaining for a cheaper fare. We were met

by Krishna and Sita who organised a taxi for us, so we did not have to think about such things. We also met Paul and Geoff when they arrived the next day, so they didn't have to worry either. Truly, having an experienced group member who has contacts in your destination, with you is a bit like magic carpet travel!

So far, so good. Leaving the airport was like running into culture shock. Kathmandu has a large Ring Road (like the M25 in London). Although Nepalese drive on the left, as we do in New Zealand, the Ring road is like nothing you'll experience here. True, we have congestion, but the rule in Nepal appears to be "if the gap looks even remotely big enough, try squeezing through it". My mother was looking forward to seeing my face...

I'd like to tell you about hotels in Kathmandu, but we stayed at the orphanage. Sorry. Magic carpet, remember?

Nepal is in three strips: the low, flat, southern strip called the Terai; the foothills including Tansen,

Pokhara and Kathmandu; and the Himalayas, in which lies the Annapurna Circuit. The main purpose of our trip was to walk part of the Annapurna Circuit, as Jocelyn had, but to include the very popular Poon Hill at sunrise. Prior to that, though we had a few days seeing a part of Nepal not open to the casual traveller.

We started a day late as the Maoists had declared a blockade thus provoking a travel ban. We used this time to construct a rooftop vegetable garden for the orphanage. When we got to the airport the next day, we had to wait a further two hours for the fog to clear at Bhairahawa on the Terai. Forty-five minutes later we left the Bhairahawa terminal and just caught the bus in time for another 45 minutes to Lumbini, the birthplace of Siddhartha Gautam Buddha. Whatever your beliefs may be, it is worth even the brief visit to Lumbini that we had – there is a sense of mana (if I may mix my cultures) in such places that lift them above the ordinary.

After a serious bit of bargaining, we got a good price for a taxi ride all the way to Butwal at the edge of the foothills. We did stay in a hotel

here, not flash, but comfortable and adequate. The problem with the Terai is often very bad smog. This was even worse in Butwal the day we were there.

The next two days saw us hosted by Lila Karki of the Rural Economic Development Association (REDA). There is not room here to properly describe the wonderful work REDA does in the Palpa District of Nepal. On the way to Tansen, Lila showed us a micro hydroelectricity project and introduced us to the students of the Blind School, both supported by REDA. The following day we were taken to see a very successful Village Development project. These projects are run by Committees (so, "VDC") and aim to improve poor villages by education and self-help support in health care, hygiene, cooking, agriculture, and so on. Our village proudly showed us the Community Hall they'd built and paid for themselves. It only required a concrete floor and external plastering to protect the stone and clay walls from the coming rains. As they could not afford this and

were concerned, we decided to chip in 4000 rupees. This was met with great surprise and pleasure – it turned out that was about a tenth of the villages' ginger crop profit for the year and would complete the building. To put that in context, it was about NZ\$58. Not a whole lot to us.

This experience renewed my interest in Community Development and I am now on the NZ Advisory Committee for upcoming project in Bhalayatar in Gadakot VDC, eastern Palpa.

The bus from Tansen to Pokhara travels along roads which separate you from the vertical drop beside them only with large concrete bollards. The view, however, is terrific! The bus was a little less than luxury and the large guy sitting beside me kept leaning out of the window, thus completely blocking the airflow – I was very happy when he got off! We had a traffic jam at one town where a few long vehicles needed tact and diplomacy to pass a corner, but the journey is a fascinating look into a completely new culture. This is what travel is all about.

Pokhara is delightful, especially around Lake Phewa. Tourism is a primary industry here and you can get everything you need in the "tourist strip" along the lake front. Food ranges from backpacker-on-a-budget to restaurants that sell Australian steak, so if you ever get culture-shock you can always take a break, but where's the fun in that? This is a city where on any random day you can see a wedding procession wending its way down the main roads, a horse rider or two ambling through town, a dog asleep in the street with traffic manoeuvring around him, and a textile shop with fabric adjuring you "Feel me dear human!". Here you can get a haircut and brush shave for about \$2: you even get a head and neck massage included!

I'd like to tell you about hotels in Pokhara, but we stayed at "Phil's Inn", owned by a friend Mum had made on a previous trip. Sorry. Magic carpet, remember? Phil's Inn also boasts a souvenir shop and is an official money-changing office. The rooms are very clean and tidy, with a great view over

the lake. Being a few minutes walk outside the main tourist area, the hotel is pleasantly quiet. They'll also organise your porters, who arrive at the hotel on the day of your departure.

There are many activities to do around Pokhara, but the city is best known as the home base of the Annapurna Circuit. This famous trek takes you around the Annapurna Massif containing the 10th highest mountain in the world. At 8,091m Annapurna 1 is twice Mt Cook's height. Like many people, we and our porters caught a bus to the village of Nayapul, and a pleasant 30 minute stroll later Paul and Geoff left us to take a long detour via Ghandruk where they spent the night. We oldies, meanwhile took the gentler walk to our night's goal of Ulleri. What we didn't realise was that the last 1200m was to take 2 hours and lift us the same height as we'd risen in the last 8km! Stopping never felt so good.

The next day saw us climbing gently to Ghorepani where we met up with the boys and stayed for the night. The daytime tem-

peratures were very pleasant, but the following morning we awoke to frozen taps and facecloths like boards! That morning was the highlight of the trip: after beating the sun to the top of Poon Hill, we watched and waited until the Magic happened – Sunfall on the Roof of the World!! Not sunrise you understand; that came later. The sun touches the tops of those soaring peaks and turns them to gold with mist streaming off as the snow sublimates straight into vapour. Sorry, but you really have to be there. Do it!

The rest of that day was pretty much all downhill to the hot springs at Tatopani. Easy, you'd think. Well no. Well-meaning souls have worked very hard and built stone steps a large portion of the way; by the end of the day my knees were shot and my legs were so sore I could hardly walk. Advice? Put in some serious get-fit training before you go!! Still, the hot springs were just the thing for that. Like a lot of the accommodation on the Circuit, Tatopani had a mixture of luxury and the guest-house we stayed in was comforta-

ble enough. Some other places we stayed had mattresses like wafers but given that you pay the equivalent of a quick snack from your local NZ café, they meet all your needs. You don't like adventure? Stay at home.

The next few days were supposed to be walking along the road through the Kali Gandaki Gorge, the deepest gorge in the world, and the first day was all of that and more: a huge slip had taken out the entire road further up, so we had to cross the previous suspension bridge and wend our way along a decidedly more difficult trail on the eastern side of the river. These bridges vary from very well constructed and believable feats of engineering to, well, scary. Given my knees, that was a painful day and I was ecstatic upon finally reaching the fine guest-house of Eagles Nest Hotel in Ghasa. Jocelyn, meanwhile, was still back in Tatopani having decided she couldn't do the trip in the daylight hours remaining. We didn't know that and as there was no phone Paul decided to run (RUN!) all the way back to see if

she needed help. Now that's showing some serious get-fit training! Geoff and I had most of the next day off until Jocelyn and Paul turned up in the evening.

Because we had lost a day, and I had picked up a nausea bug, we chartered a bus at nearby Ghasa to take us to Jomsom via a short break at the apple-brandy capital of Marpha. Jocelyn had walked all this distance on her first trip to the Circuit. At Jomsom, the boys continued up to Kagbeni on foot, while we older

two had a day off. Kagbeni is the gateway to the rest of the Circuit, and to the restricted Upper Mustang and eventually Tibet. Jomsom is home to two enormous stone maze labyrinths created by Andrew Rogers, which are best viewed from the air. It is also the only real route for sheep and goat herders bringing flocks from up the valley: one soon becomes blasé about standing aside for animals trotting down the main street; much like rural NZ, really. The next day we flew back to Pokhara, paid our porters, and the



The map of the journey

adventure was over.

The adventure was over? No. We still had the 200km mad bus ride from Pokhara to Kathmandu. Vehicles at the bottom of cliffs makes you wish your driver wouldn't overtake going up-hill on blind corners, but hey - what price adventure, eh? In the remaining few days in Kathmandu we did some touristy things like visit Durbar Square (where street orphans sleep and beg), the Swayambhunath temple, and walked around the countryside on

the south-western edge of the city.

There is so much I have not included in this story, and we only in Nepal for three weeks, but one returns home knew first-hand why Sir Edmund Hillary, Sir Ray Avery, and that other notable Kiwi, my mother, had been captured by this place. Do not live your life without giving it a chance to capture you too. If my mother could do it in her 70's, so can you.

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आज किन किन गाउको धेरै याद आयो

डाडा भरि बुकी र आँगन भरि मखमली
फुलको मौसममा

रोटे पिङ्गमा चहै चहै गर्दै

सानो हुँदा भन्ने गथ्यौँ, दर्सेँ आयो दर्सेँ
आयो

आज किन किन गाउको धेरै याद आयो

आज किन किन गाउको धेरै याद आयो

पारि बनबाट त्यो सुरिलो भाकाको गित
नसुनेको पनि धेरै भयो

पल्लो गाउको रोदी घरमा मादल नठोकेको
पनि धेरै भयो

अब यतै कतै डिस्को र कराओकेमै मन
भुल्न थालेछ कि भन्ने चिन्ताले सतायो
आज किन किन गाउको धेरै याद आयो
आज किन किन गाउको धेरै याद आयो

कर्मको खोजीमा विदेशिएको यो मन
भोलि भोलि भन्दा भन्दै जिवनले कोल्टे
फेर्न थाले पछि

यतै कतै रसातलमा भासिन्छु कि भन्ने
चिन्ताले सतायो

आज किन किन गाउको धेरै याद आयो

आज किन किन गाउको धेरै याद आयो



लक्ष्मण पौडेल

हप्ता हप्ता गन्दा गन्दै सपनाहरु च्यातिए
र आशाहरु झुम्रिये पछि

यो चहल पहल बाट टाढा कतै एकान्तम
जान उक्सिएको यो मन

यो शहरको भिडमा फंसिने हो कि भन्ने
चिन्ताले सतायो

आज किन किन गाउको धेरै याद आयो
आज किन किन गाउको धेरै याद आयो
पूर्व मेची देखि पश्चिम महाकाली सम्म
फैलिएको मेरो देश

आज जातियता का नाममा टुक्रा टुक्रा हुन्
लागेको देख्दा

भासिन्छ कि मेरो राष्ट्र भन्ने चिन्ता ले
सतायो

आज किन किन गाउको धेरै याद आयो

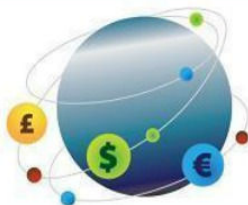
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Why is it important to get involved in community and charitable activities?



Kamal P Shrestha
Ex-President (2000-2006)

Being a Social entity, basic needs such as food, shelter and water alone is not adequate to have a fulfilling human life. We lead a very complex life filled with sense of cultural and communal belongings and responsibilities.

The torch of keeping the tradition and values alive has been passed on for generations and for immigrants this task is not as simple which is why we see organizations and societies that belong to particular community. Partaking in social and communal activities can be advantageous to both the physical and mental health and such events can be a great opportunity to transfer and share ones knowledge and wisdom. Having common background (cultural, race, religion, language etc.) means there is likelihood that you share lots of common issues too. Finding solutions can be lot easier when you know someone who

has already been through the same road before you.

One cannot deny that the most happiness we get is by giving, not by receiving. Getting involved in charity provides a sense of self satisfaction and respect and at the same time contributes to the betterment of this world. We are always told that a one of the biggest achievement in life is to have our names written down in history. You come empty handed when you are born and leave empty handed when you leave this world. The only sign of your existence relies on your contribution that you have made for others not for yourself. People that dedicate their life for others such as Mother Teresa are remembered long after they leave this world.

However not everyone can be Mother Teresa, as we all have our own responsibilities that constrains us from dedicating our entire life to one cause. But we can always con-

tribute in the best possible ways we can no matter how miniscule it may seem at this instance. It could be in any form; you can join a community center and get involve in one of their activity, like cooking, teaching, etc. or join one of the charitable organization and volunteer in their events or identify the gap and start up your own organization. You can always find classes that provide training if you choose to do so.

The peace of mind you will get after completion of your project is eternal. If you successfully organized a community gathering, people may notice it for a short duration but the experience and sense of achievement you will receive from it will stay with you forever. If you help build an orphanage or old peoples home, the feeling of achievement will be more powerful than building your own home.

The involvement in Social, Communal and Charitable Activity can be beneficial because it

- helps to improve the physical health as you lead an active life
- improves mental health as you have a sense of belonging even

when far away from your land of origin

- provides networking opportunities
- helps to acclimatize to and familiarize with new environment and diversity
- provides opportunity for personal development as you are always learning new things
- provides opportunity to develop Leadership qualities
- helps to broaden own culture and sense of values
- sense of achievement/ self-satisfaction

The fifty years of my involvement in communal and charitable organized began in the year 1965 with reopening of a local library. Although I served over many charities over this period, the most self satisfaction I received was from Deorali Club and Nisahaya Sewa Sadan, where I served for many years.

Also, I was engaged in activities of Prakash Pustakalaya (Library), Nepal Unesco Club, Nisahaya Sewa, Katyayani Library etc. Even after twenty years, I feel very excited and glad, when I visit these places.

Emotions and computer games

Emotions are one of the most important part of our brain. Emotions can also control our mood and our responses. There are many different emotions like: happy, sad, scared, mad, fun, and surprised. The main thing about emotion is it affects our personality.

Fnaf (five nights at Freddy's) is a computer game, in which player will be a security guard and need to survive as long as can. If you play this game, you would get three mixed emotions, scared, surprise and mad. When the monsters pop out of nowhere, you would have scared emotion for the first ten seconds then you would get a mad emotion when you epic fail. When animatronics, which are electronic animals, jump at you and you will have surprise emotion.

In Jaws unleashed game you play as a great white shark and have a lot of missions. If you play this game, you could have a happy emotion or you might be sad because someone can hit you or can say something mean to you. Since you play as a shark, you try to eat the persons, who did something



Lennart Pant

to you and you think they are bad people.

Sometime when we are new to something, we have a nervous emotion. That is most common to most people. When we play a new game, we have this type of emotion.

The funny emotion is common, so if you are at home and see something funny you will start laughing or cry- laughing. These emotions are good for our health. The fighting emotion is uncommon. It starts if you hit someone and if they hit you back and you hit them back again, then it becomes a fight. This is in reality not a good emotion, but we need this type of emotion to survive in the life.

Therefore, let's play mostly funny type of computer games, which are considered as good for health and let's play sometime fighting games, which help us to survive in the life.





NEW ZEALAND NEPAL SOCIETY PRESENTS



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NEPAL DAY 2014







Cambridge Experience

Pawan Shrestha & Prajina Baisyet
Cambridge, UK

Cambridge is a university city and a home to the second best ranked (2014/2015) university in the world, the famous University of Cambridge. The University has 150 Departments, surrounded by 31 Colleges and behind every college door lays hidden gems. Each College select their own students. The main purpose of a college is to provide accommodation, meals, entertainment

and chapels for students. The University has a blend of old buildings dating back to the Roman times, to the contemporary modern architectural buildings. Cambridge is also well-known for research reputation from Sir Isaac Newton's laws of gravitation and light as well as Rutherford and Cockcroft's spitting of atom. It boasts the massive list



Punting along River Cam with the King's College Chapel in the background

of 90 Nobel Prize winners. Cambridge is not only an academic city but is at the heart of the high-technology centre with Silicon Fen and business parks set up to boost entrepreneurs and venture capitalists.

The River Cam runs along the backs of colleges and punting is the best way to see these colleges. Bridge of Sighs at St John's College, King's College Chapel for its gothic architecture, Mathematical Bridge at Queen's College and pubs back on to the River Cam, so one is never too far for a glass of pint or pub grub - fish and chips. Brits have been influenced with the Indian curries in pubs, high end restaurants and even supermarkets. English people also love tea and it is quite common for one to have six plus brews a day.

Like any other European city, high streets are narrow with cobble stones, outdoor market in one end and the buskers in the city square attracting crowds. Unlike other cities, Cambridge is a small town and the land is very flat (elevation of 6m) as it's very easy to get around. University students are not allowed to have a car or motor vehicle in Cambridge, due to the traffic regulations of the city forcing students

to cycle. Owning a car requires a permit from the council. Driving is also difficult with narrow streets (opt for small hire car) and expensive parking. At times, it is much faster to walk or cycle across the city rather than relying on motor vehicle or public transport.

During the academic terms and over the summer holidays, the city is populated with students from all parts of the globe. Just for a brief period over the Christmas/New Years, the city is rather peaceful with European students departing home for the festive seasons. Winter months are dreadful with short daylight hours and darkness falling at 15:00. In contrast, spring and summer months are vibrant with long daylight hours (sunrises at 04:30 and sunsets at 21:30), making it ideal for potable BBQs with no restriction of alcoholic beverages in the parks. Shortage of sunshine hours along with endless rain and wind can make life depressing and un-motivating.

Rents are wildly expensive and it is the second most expensive city to live in after London. Rents for a 25m² space can vary from £650-£900 per month, this excludes additional costs for internet, power and council rates. As a suggestion to the

travellers to Cambridge, it is advised to sort out your accommodation before your arrival, because of shortage and cost.

It is very easy to nip on the train to London (50mins) if you want a night out or to spend a weekend in London, it's impossible to get bored as its huge and extremely multicultural. Stanstead is the closet international airport (35mins by train) from Cambridge and you can fly to European counties for fares as low as £10 one way. It is far cheaper to fly to a European country on budget airlines than to travel to Kings Cross, London on a train. Within short durations (1.5-2hrs), one can be in a warmer country in no time.

Cambridge city is built for students to fulfil their dreams and climb up the ladder as there are vast opportunities locally and internationally. Some people either love this city or find it difficult to adjust.

Poem



Ayush Bhandari

Standing tall like a knight in shining armor.

Taller than any other.

Steeper than any other.

Located in a beloved land.

This landmark is grand.

Frosty white ice.

Climbing up this is not very nice.

A majestic mountain.

You need more than a bottle, more than a water fountain.

If you want to challenge this beast.

You'll need a colossal feast.

Because this is not your ordinary mountain.

THIS IS MT EVEREST!



Bullying

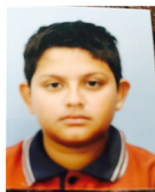
I don't want to play with you. You can't play with us, No one likes you, and you are bad at that... How do these words make you feel? Sad right, all these words have negative feelings around them...

These are some terms that people use to hurt other we know this as bullying. Bullying is a common problem that happens at school. It is up to us students to stop it...

So how many different forms of bullying are there? And what effect do these have on people. Also, what are some ways we can stop and avoid it? Here, let me help you answer that.

There are so many ways of bullying, but the ones that occur the most in schools are physical and cyber bullying. SO, what is physical bullying? Well it is when the bully threatens to hurt the victim by using force such as punching kicking or shoving them. Physical bullying does not only do physical harm but also emotional harm . It makes the victim sad and afraid of the bullies . But as well as this... if we look around we are surrounded by technology. DO you think that we are safe from bullying online? OF COURSE NOT, cyber bullying is also a very big problem with Children.

Bullies target technology to hurt



Divyanshu Dave Khadka

people's feelings by sending them messages. This can occur daily because so many of us use laptops, phone, tablets and iPads.

So if we do suffer from physical and cyber bullying, what effects will it have on us? some effects lead to sadness.

The victim won't even come to school because they don't feel safe anymore. But isn't school supposed to be a safe place? So, Do you see... BULLYING isn't a small problem it's a big problem...

So, could it get any worse? Yes it can, did you know that New Zealand schools lead the world when it comes to bullying, with 33% of kids who get bullied at school.

WOW THAT'S A LOT..... I mean why do people bully others. To make themselves look cool, to make them feel better or they might even be suffering from bullying as well. It is important for us to stop bullying when we see it happening. So what are some ways you can stop and avoid bullying?

Try walking away and ignoring them, but sometimes this doesn't always work, especially if you are getting cyber bullied.

I mean ... look around there are teachers they don't bite, go and talk to them because they are there to help us out, Talk to your family as well.

Don't be afraid of the bully and stand up for yourself. This will help you to tackle bullying.

So look at the person next to you, would you help them out if they were getting bullied? Are they your friend? Even if they aren't no one should ever go through bullying.

Because we know, what effects it has on us and how bad it is. Will you help them avoid it because I certainly will. Now it's all up to you, let's stop bullying.

(Yr 5 Waakaranga School finalist for Speech contest)



एउटा चोर एउटा धनी मान्छेकोमा चोरी गर्न गएछ । सेफमा यो लेखेर टासिएको थियो । सेफ फुटाउनु जरुरी छैन , ४५२ नम्बर थिचेर अगाडिको रातो बटन प्रेस गर्‍यो भने सेफ आफै खुल्नेछ । जब त्यो चोरले बटन दबायो अर्लाम बज्यो र पुलिस आएर त्यो चोरलाई समातेर लग्यो । जादा जादै चोरले त्यो साहुजीलाई भन्यो "आज बाट मलाई मान्छेहरु सँग विश्वास हरायो।"



राम : डाक्टरले मलाई च्यालेन्ज गरेको थियो कि एक महिना भित्र मलाई आफ्नो खुट्टामा उभ्याइ दिनेछ ।

श्याम : हो र अनी के उसले साचै सक्यो त यस्तो गर्न ?

राम : अ सक्यो, उसको बिल तिर्नको लागि मलाई आफ्नो कार बेच्नु पर्यो ।



प्रेमी – हैन ! तिमीले यो मिनीस्कर्ट लगाएको देखेर घरमा बुवाले गाली गर्नु हुन्न ?

प्रेमीका – अहँ ! गर्नु हुन्न तर आमाले चाँहि साह्रै गाली गर्नु हुन्छ ।

प्रेमी – बुवाले चाँहि केही नभन्ने अनि आमाले चाँहि किन त्यती धेरै गाली गर्ने नि ?

प्रेमीका – आमा आफ्नो लुगा अरुले लगाको मनै पराउनु हुन्न ।

नव वर्ष २०७२को शुभकामना

नव वर्ष २०७२को शुभ उपलक्ष्यमा न्युजिल्याण्डवासी सम्पूर्ण नेपाली तथा समस्त नेपालीहरुमा उत्तरोत्तर प्रगति, सुख, शान्ति, समृद्धि एवम् सुस्वास्थ्यको निम्ति हार्दिक मङ्गलमय शुभकामना

चक्र परमहंस योग सेवा न्युजिल्याण्ड इन्क परिवार

चक्र परमहंस योग सेवा न्युजिल्याण्ड इन्कले अक्ल्यान्डमा श्री पशुपतिनाथ तथा श्री बुद्ध भगवानको कलात्मक मन्दिर निर्माण गर्ने राखेको उद्देश्य सर्व विदितै छ। यस पुनीत उद्देश्य प्राप्ति सीमितव्यक्तिको प्रयासले मात्र असम्भव प्रायः छ। तसर्थ यस कार्यमा न्युजिल्याण्डवासी दाजुभाइ तथा दिदीबहिनीहरुको सहयोग अत्यावश्यक छ। कृपया यहाहरुले व्यक्तिगत सहयोग गरी विश्वको जुनसुकै कुनामा बसेका प रिवार, साथीभाइलाइ समेत यस पवित्र कार्यमा सहयोग गरी दिनका लागि अनुरोध गरी दिनु हुन हार्दिक आवाहन गर्दछौ।

न्यूजिल्याण्डमा श्री पशुपतिनाथ तथा श्री बुद्ध भगवानको कलात्मक मन्दिर एवं सभाहल निर्माणार्थ सहयोगको आवाहन

सर्वे भवन्तु सुखिनः सर्वे शन्तु निरामयाः

सर्वे भद्राणि पश्यन्तु माकश्चिद् दुःखभाग्जन ।

अनादिकालदेखि नै विश्वप्रसिद्ध देवभूमिको रूपमा परिचित सनातन धर्मका प्रवर्तक भगवान श्री पशुपतिनाथ विराजमान हुनु भएको एवम् शान्तिका अग्रदूत मानव मात्रका प्रेरणाका स्रोत बुद्ध भगवान जन्मनु भएको देश नेपाल भएको सर्व विदितै छ। यसै पुण्यभूमिमा हाम्रा पुर्खाहरु जन्मे। यही जन्मेर,

हुर्केर, शिक्षा-दीक्षा हासिल गरेर कैयौं नेपाली नेपाल लगायत विश्वका विभिन्न क्षेत्रमा फैलिएर बसोबास गर्दै आएका छन्। सम्पूर्ण नेपाली तथा अन्य सनातन धर्मप्रेमी, बुद्ध धर्म प्रेमीजन सबैमा आत्मिक अभिवादन एवम् हरि ओम शिव।

पूर्वीय वैदिक सनातन वाङ्मय वेद पुराण एवम् इतिहासले निर्दिष्ट गरेको मार्गलाइ

अनुशरण गर्दै विश्वका समस्त मानव लाई आफ्नो कुटुम्ब ठान्ने प्रत्येक ने पाली संसारमा सबै सुखी एवम समृद्ध रहनु कसैलाइ दुःख नहोस्, अन्धकार र कष्टमय जीवनको सट्टासबैलाइ सुख , शान्ति र उज्यालो प्राप्त भईरहोस् भन्ने चाहना राख्दछ। यस्तो विशिष्ट आदर्श, संकल्पलाई आत्मसात गर्दै कार्यक्षेत्रमा अगाडि बढिरहेका नेपालीले आफ्नो कला, धर्म, संस्कृति, मूल्य-मान्यता र उच्च आदर्शलाई कहिल्यै बिसर्दैनन्। बरु यी मूल्यनिधिको संरक्षण, सम्बर्धन र विकास गर्नु आफ्नो उत्तरदायित्व सम्झन्छन्।

सनातनदेखि चल्दै आएको सत्यमा आधारित विशुद्ध सनातन धर्म, योग र योगासन, पूजा पद्धति, गुरु र गुरुको महत्त्व, साधना तथा बुद्ध धर्म आदि क्षेत्रमा खोज अनुसन्धान र विकास गर्दै सम्पूर्ण जनमानसमा सेवा पुर्याउँदै अघि बढ्ने उद्देश्यले परमहंस आचार्य योगिराज स्वामी बालकृष्णानन्द “मुक्तबुद्ध”ज्यूको प्रेरणाले चक्र परमहंस योग सेवा न्यूजिल्याण्ड शाखा स्थापना भएकोछ। उपरोक्त उद्देश्य प्राप्ति हेतु न्यूजिल्याण्डको अकल्याण्डमा पहिलो चरणमा भगवान श्री पशुपतिनाथ तथा

श्री बुद्ध भगवानकोकलात्मक मन्दिर एवं सभाहल निर्माणगरी विभिन्न रचनात्मक क्रियाकलाप संचालन गर्ने महान उद्देश्य लिई न्यूजिल्याण्ड कानून अनुसार स्वीकृति समेत प्राप्त गरी कार्यारम्भ भई सकेकोछ।

यही उत्तरदायित्वलाई सर्वोपरि ठान्दै भौतिक र आध्यात्मिक विज्ञान दुबैलाई आत्मसात गरी हातेमालो गर्दै अगाडि बढ्नु र नयाँ पुस्तालाई मार्ग निर्देश गर्न चेष्टा गर्नु अवश्यमेव सान्दर्भिक ठहर्दछ।

शिव उपासना सत्ययुग, त्रेतायुग, द्वापर युग तथा आजको यस कलिकालमा पनि चलेर आएको छ। शिवजीलाई अव्यक्तरूपमा क्रमशः सगुण ईश्वर तथा निर्गुण ब्रह्मको रूपमा मानिन्छ। वहाँलाई नै परमात्मा, जगदात्मा, शम्भव, मयोभव, शङ्कर, मयस्कर,शिव, रुद्र आदि नामबाट सम्बोधन गरिन्छ। अनादि तथा अनन्तरूप शिव नै जगनियन्ता जगदीश्वर हुनुहुन्छ। त्यस्तै अहिंसाको माध्यमले सम्पूर्ण विश्वमा मानवलाई “अप्पो दीपो भव” भनी एउटै परिवारमा आवद्ध गर्न शान्ति र सम्यकताको पाठ सिकाउने महामानव बुद्ध विश्वमै शान्तिको पर्यायवाचीको रूपमा चिनिनुहुन्छ। श्री पशुपतिनाथ तथा श्री बुद्ध भगवानको कला

त्मक मन्दिर एवम सभाहल निर्माणग
नका निमित्त विभिन्न स्थानका महा
नुभावहरूबाट सहयोग स्वरूप आफूलेस
केको राशी प्राप्त हुने अपेक्षाराख्नु स्वा
भाविकै छ। यज्ञ ५ प्रकारका हुन्छन्-
द्रव्य यज्ञ, तप यज्ञ, योग यज्ञ,
स्वाध्याय यज्ञ तथा ज्ञान यज्ञ। जीवन
मा आफूले दुःख गरी कमाएको धनको
केही अंशयज्ञमा दान गर्नुलाई द्रव्य
यज्ञ भनिन्छ। भनिएको छ-यस
यज्ञबाट मानवको अन्तःकरणविशुद्ध
भई शारीरिक तथा मानसिक आनन्द
प्राप्ति हुन्छ र जीवनमापरम
पुरुषार्थ समेत प्राप्त हुन थाल्दछ।य
स्ता यज्ञ र दानबाट आफू र आफ्नो
परिवारको समेत हित, उन्नतिर समृ
द्धिहुदै जान्छ। तसर्थ मन्दिर तथा \
सभाहल निर्माण गर्ने पुनीत कार्यमा
सहभागी भई आफ्नो अमूल्य सहयोग
प्रदान गरी दिनु हुन हार्दिक अनुरोध
गरिन्छ। धन्यवाद।

॥ हरि ओम शिव ॥



मेरो देश - नेपाल



रोबिन कुँवर "बूलबूल" वर्ष १२,
वैलिंग्टन, न्युजिल्यान्ड

हिमाल हिमाल प्रशस्त छन्
तर हिमाल मात्रै होइन
ठुला ठुला पहाडहरु
आनन्द संग बसेका हुन्छन्
यो कती राम्रो देश होला
यो हो मेरो देश - नेपाल !

मामा घरको फुलबारी सुन्दर देखिन्छ
रंगीचंगी फुलहरु बारीलाई ने भोर्दछ
रातो रातो लाली गुराँस हाँगा बाट झुन्डीन्छ
यो कती राम्रो देश होला
यो हो मेरो देश - नेपाल !

घर घरमा साथी भाई
आफ्नो गाउको सबै मान्छे चिनेको
साथी भाइ संग लेख्दै पढ्दै खेल्ने
आफ्नो घरमा सबै नातेदार हुने
मुमा भन्यो बुवा भन्यो
कहिँ खोज्न परेन, घरमै हुने
दाजु भाइ दिदि बहीनी
सगै हास्दै स्कुल जाने
यो कती राम्रो देश होला
हो मेरो देश - नेपाल !

Achievements

Anubhav Bahadur Thapa has made in to 2015 Auckland Under 19 Cricket Squad, 2015 Future Auckland Aces Squad and 2015 ICC Cricket World Cup Net bowler



Khukuri Football Club made it way to the 2nd division of Auckland Sunday Football Association (ASFA) League.



Niraj Ranjit has received Barrie Partridge Memorial Trophy Manager of the Year 2014 Award for his manager role for the Khukuri Football Club



Sourav Dhungel has recieved "Citizenship Award" for 2015 from Mount Roskill Primary School and recieved "Best Bowler of the year 2014-15" for the Drivers team, Eden Roskil Cricket Club.



Pratyush Khatiwada was awarded classroom award for being an excellent student in his class (Room 2 Year 1 at Hay Park School) for the year 2014

Important Contacts

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Website: www.necan.govt.np

Nepalese Honorary Consulate General

Lady June Hillary
1 A Lucerne Rd, Remuera
Auckland
Tel: 09 529 0460

All thanks to Jack

There was a boy named Jack, who was a normal 10 year old. He lived with a normal family, in a normal house, in a normal town. All was normal until one day, when he got a birthday invitation from his friend. The birthday party seemed like a paint ball playing invitation on the 23rd of July.

On the invitation day, he forgot about it, but at the last moment he rushed down stairs and told his mum to drop him off at the paint ball arena. They drove quickly past all the cars and just made it on time. Jack gave one of those assassin creed figures with assassin's creed black flag. His friend said it was one of the best presents he ever had.

After they had played about 3 games of paint ball, Jack and his friends were determined to enter the paint ball tournament, which was once a year. But the guy in the reception said, "You guys need be at least 12 years old to enter the competition". Then suddenly Jack had an idea that they were going to train for 2 years and then wanted to buy all the paint ball gears, which were needed in the competition.



Florian Pant

When they calculated the costs that were way too much money for them to afford, where would they get the money? Jack then decided to do all the hard works for his parents and started to get a bit of money out of that.

One day he went on YouTube and saw a guy, who was making a video about earning money on YouTube. So, he decided to have a go at it, he had saved up \$325 to buy a capture card and then he recorded his first video and posted that onto YouTube. He was surprised that his first video got over 300 views and 255 likes 3 dislikes and 122 favourites.

After a month it was his birthday. He had wished for a \$634 editor. With all the money he had saved and got from his friends as birthday presents, he was even able to buy a gaming pc, which had 64 GB RAM, 10 TB hard disk with NO LAG guar-

antee, but that was his Christmas present as well .

After 9 months of YouTube, he started earning \$20 to \$50 a week, which was more than his parents used to give him. He started saving all his earnings. After he had enough money, he bought a gaming headset with a mic and an X-Box 360 and a PS4.

1 YEAR LATER

He became a famous YouTuber. He had 4,762,318 subscribers and for every video he got an average of 3,500,600 views. At this point he started earning serious money. Then finally he invited all his friends over and went on the paint ball website and bought all the gears, which cost them \$21,038. This time no worry, Jack could afford them because of his YouTube earnings. They started practicing the game.

It was his friend's birthday again and this time he got his friend a \$50 gift card with a gaming headset. His friend said, "It is a better present, THANKS". Finally, they were able to register for the paint ball tournament and the prize was \$100,000. Thanks to Jack and his hard work they could play in the tournament and they won!

Community News-New Babies

- Baby boy Aarav Adhikary from Mr. Ashish and Sujata Adhikary
- Baby boy Abhyash Aryal from Dr Achyut and Harimaya Aryal
- Baby boy Omna Linkha Rai from Nitesh and Kripa Linkha Rai
- Baby boy Nayan Niraula from Mr Pankaj and Mandira Niraula
- Baby boy Adin Manandhar from Mrs Anju and Nimesh Manandhar
- Baby boy Safal Timilsina from Mr Rajendra and Ranjita Timilsina
- Baby girl Bideh Chhetri from Mr Deep and Astha Chhetri
- Baby boy Abhinav Baidya from Dr Santwona and Mahesh Baidya
- Baby boy Keanu Acharya from Dr Prapti and Rajendra Acharya

NZNS congratulates all parents and grand parents !



डाक्टर: भखरै अप्रेशन गरेको ठाउँमा फेरि टाँका खोल्नुपर्ने भयो ...

रोगी: किन डाक्टरसाप –

डाक्टर: हातमा लाउने पञ्जा भित्रै छुटेछ ...

रोगी: कति लोभी हुनुपरेको हजुरलाई - लौ, लिनोस् पैंसा । बरु नयै पञ्जा किन्नुस् ।

Diabetes and foot care

Compiled By: Binod Bhaukaji

What is diabetes?

It means a disease in which your blood has too high glucose (often referred to as blood sugar). It is a condition that occurs when your body is unable to properly use or store glucose. This is a result of malfunctioning pancreas. Your body is either not producing insulin or has lost sensitivity to it. Insulin is a hormone produced by pancreas that is required to convert sugar, starches and other food into energy.

Glucose is essential for you which provides you energy. But remember excessive glucose in your blood is fatal for your health.

Type of diabetes

Type 1- Insulin dependent where your body does not produce any insulin.

Type 2- your body is not producing enough insulin or is losing sensitivity to insulin produced.

Complication of diabetes

1. Retinopathy- leading cause of preventable blindness
2. Nephropathy- renal/kidney disease
3. Neuropathy- nerve damage

Foot care

You have a high risk of foot problems with diabetes. It leads to nerve damage (loss of feeling) in the feet and legs. You have cold, painful feet due to impaired blood supply to your feet or legs. This causes your system hard to fight against infections. You need to have proper foot care if you are diabetic.

Some tips to prevent foot problems

Do not even ignore a small cut in your feet. It can produce serious consequences.

If you have nerve damages in your feet you have loss of feeling, burning, pins, and needles, numbness and shooting pains. Inspect your feet daily for cuts, scratches, blisters, redness, swelling, or nail problems.

Trim your nails carefully to the shape of the end of your toes. If your nails are thickened, fungal or ingrown consult your doctor or the local podiatrist.

Wash your feet in lukewarm water. Use soft wash cloth/sponge to wash them.

Avoid moisturising between your toes but moisturise your feet and legs daily.

Use warm socks rather than using hot water bottle or heating pad if your feet get cold at night.

Never walk barefoot. Check your shoes for anything like small stones before you wear them.

Visit your doctor regularly for foot examinations.

To conclude be aware diabetes is serious. It shortens your life span by average 13 years and increases risk of cardio vascular disease by 2-4 times.

References

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An English teacher asked her 8th grade class to write an essay on what they would do if they had a million dollars. Larry handed in a blank sheet of paper. "Larry!" yelled the teacher, "you've done absolutely nothing. Why?" "Because if I had a million dollars, that's exactly what I would do!"

रहर



लक्ष्मण पौडेल

सानो छदा आकाश तिर जहाज उडेको हेर्दै
भन्थे

मलाई पाइलट बन्ने रहर छ
बिरामी हुँदा डाक्टर कहाँ गये पछि भन्ने
गर्थ

मलाई डाक्टर बन्ने रहर छ
आन्धी खोला म पुल बन्द ईन्जिनियर को
फुर्ती हेर्दै भन्न थाले

मलाई ईन्जिनियर बन्ने रहर छ
एस् एल सि पनि पास भइयो कलेज पनि
गइयो

गेट मा उनी सँग भेट भयो दुई आँखा चार
भए

घर फर्किदा बाबा ले सोध्नु भयो
बाबु तलाई के बन्ने रहर छ
म सोचदै थिए मुख बाट अनायसै निस्क्यो
बाबा मलाई त केवल उनी सँग नाता जोड्ने
रहर छ



He lay there dead silent, neither
breathing nor moving
The blankets that sagged over him
outlined his body

"Buwa passed away"
The words rang in my ears
My brain couldn't process the infor-
mation
It was like you had been shot with a
statement
That you had been dreading to hear
The pain in my heart was over-
whelming!
I was speechless

He was a loving and caring grandfa-
ther
And I am still to this day proud to
be his grandson
But the pain in my heart was tre-
mendous
Because when someone is so im-
portant to you,
So dear to you
And they pass away in front of your
very eyes

रोबिन कुँवर "बूलबूल" वर्ष १२,
वैलिंग्टन, न्युजिल्यान्ड

To never be seen again
It's like a chunk of your heart has
been ripped away
And the hole remaining will never
ever be filled

My grandfather Gyan Badhur Khad-
ka was a courageous man, a brave
man
A man with a dream
A man with a vision
A man who fulfilled
His dream
A man who fulfilled his vision
He was a caring man, a loving man,
an inspirational man
My grandfather was a man who was
loved for, cared for
And loved every single one of us
And love never dies

He was a true inspiration to me
He was one of the greatest people

Fate of Humanity



Balram Khanal

who has ever lived
He is the very reason I am standing
here talking to all of you
It's such a shame that it was only
11 short years that I got to spend
with Buwa
But he has made those 11 years
pleasant and joyful for me

Buwa,
What a great caring man you are
You have inspired me
I will never forget you
I love you and that love I hold for
you will never fade away
I salute you Buwa!



प्रेमीका – तिमी बिहे पछि चुरोट पिउन
छोड्छौ ?
प्रेमी – किन नछोड्नु अवश्य पनि छोड्छु ।
प्रेमीका – रक्सी र तास नि !
प्रेमी – त्यो पनि छोड्छु ।
प्रेमीका – बिहे अघि चाँहि के के छोड्ने
विचार गरेको छौ नि !
प्रेमी – तिमीलाई !

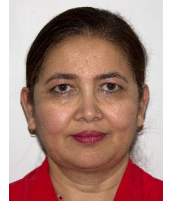
Let me tell gentlemen,
I have carried this world for you,
To bear what pain and shadow he
had created for you,
Don't think only you have to pay the
price today,
I have committed this before you
arrived.

I tried to drag the nuclear game in
this heaven,
For I promised with you to change
the natural sentimentalism,
I enforce you to come along,
Lest, cannot see the tear of environ-
mental science.

I gave you the secret lesson of your
humanities,
You won't regret to feel as I make
you scare,
From Your birth place to the living
place,
I won't allow you to settle-down in
this earth.

हाम्रो दैनिक जीवन मा सन्दर्भिक पौराणिक दुइ कथा

बुद्धको पालामा उनीका दुइवटा शिस्य हरु निकै टाढा बाट आफ्ना गुरुलाई धेरै वर्ष पछि भेट्न भनेर हिडेछन । बाटामा एउटा नदि आएछ । बर्सामाश भएकोले खोलामा बाढी आएको थियो । त्यो बाढी तर्न नसकेर एक बिधवा महिला कोहि आएर तारिदेला कि भन्दै पखिरहेकी रहिछन, निकै बेर देखि ति दुइ बुद्धका शिस्य हरु लाई देखेर उनीले बिन्ति गरीन "म निकै बेर देखि नदि तर्न पखिराखेकिछु तर यो नदि को पानि घटेको छैन, अबत साँझापन पनि लागीसको । तपाइहरु तर्दा मलाई पनि तारिदिये बढो कृपा हुनेथियो । ति महिला को कुरा सुनेर एक जना शिस्य ले भने " हुदैन महिलालाई हामीले छुन हुदैन, हामिता साधु हौं अनि फेरि ति त बिधवा आइमाई । यो सुनेर अर्कोले भनो साँझ पर्दैछ बाडी घट्ने छाट छैन वरपर गाउँ पनि छैन हामीले मद्दत गर्नु पर्छ । तर फेरि पहिलो साधु ले भने मत छुन्न । तर दोस्रो साधुलाई करुणा जाग्यो । पानि निकै बढेको थियो र हात समातेर तार्ने अबस्था थिएन अनि उनले पिठिउमाबोकेर पारि तारी छाडेर आफ्नो बाटो लागे । ति अर्का साधु चाही रिश्ले



संकलन: बिमला पोखरेल

चुर भएर भने "किन तिमीले ति बिधवा आइमाई लाइ बोकेर नदि तारेउ , हामीले छुन हुन्दैन थियो नारि जातिलाई फेरि उनिता बिधवा नारि । मत गुरुकामा पुग्ने बित्तिकै सुनाईदिन्छु"। तर अर्का साधु चाहि चुप लागेर हिडी रहे अनि पहिला साधु चाही पटक पटक तेही कुरा दोहोर्याई रहे ।

बाटो निकै लामो थियो ६- ७ दिन लाग्दथ्यो बुद्धकाहा पुग्न । तर पहिला साधु चाही दिनै पिछे पटक पटक तेही कुरा दोहोर्याई रहन्थे । जब तिनीहरु बुद्धको कुटी नजिकै आइपुगे बाटामा एउटा बर्को रुख मुनि सानु चौतारो भेटे जहाँ एउटा घैटोमा पानि पनि रहेछ । त्यहाँ पानि पिएर केहि छिन बिसाम गरि कुटितिर लाग्नुपर्ला भन्दै केहि छिन थकाई माउँ थिए । फेरि त्यो पहिलो साधुले भन्यो "अब त केहि घन्टामात्र छ गुरुलाई भेट्न तिम्रो सबै पोल खोलि

दिन्छु पुग्ने बित्तिकै ति विधाबा महिलालाई बोकेको" । दोस्रा साधुलाई यी कुरा ७ दिन देखि पटकपटक सुन्दा दिक्क लागेछ र भनेछन "मैले कहाँ ति आइमाईलाई बोकेको छुर मैलेता नदि पार गरि त्यहीं छोडेर आएकोछु तर तिमीले आज ७ दिन सम्म बोकेर ल्याएको छौ ।

हेर पबित्र भावले अरुको सेवा गर्नु त्यो मानबको धर्म हो जुन मैले ति बिधवा लाई नदि पार तारेर सेबा पुर्याएँ । तिमीले चाही साधुत्व को नाममा आपत्परेकी ति महिलालाई सहयोग गर्न अस्विकार त गरेउ त्यसको अतिरिक्त त्यो मैलो भाव सात दिन भै सक्ता पनि अझै पनि बोकी रहेका छौ । एक सच्चा बौध भिक्षुकको पहिचान यो होइन । अब कुविचार त्याग र सच्चा बुद्ध का चेला बनेर राग, द्वेस र अहंकार बाट पर रहन सिक मेरो यहि तिमीमा आग्रह छ । यो सुनेर ति पहिला साधुले गहिरेर विचार गरे अनि उनको अर्ति लाई आत्मसात गरि माफि मागे ।

एक दिन को कुरा हो एक जना गुरु रहेछन । निकै बूढा भैसकेकाले आफ्नो जिम्मेबारी अरु कुनै योग्य शिष्य लाइ

दिन चाहन्थे । उनीले एउटा मिटिङ्ग बोलाएर सबै शिष्यहरुलाई चित्त बुझ्ने गरि सहि शिष्य छान्ने निर्णय गरे । मिटिङ्गमा उनले धेरै कुरा सम्झाए बुझाए जो शिष्यले सिक्न र बुझ्न बाकि थिए । मिटिङ्ग को अन्तिममा गुरुले भने " मलाई परको ठुलो चौरमा एउटा पर्खाल लगाउन मन लागेको छ । त्यो पर्खाल बनाउन मेरा जति पनि शिष्य हरु छन् सबैलाई सहभागी बनाउने त्यसमा कोहि पनि नछुट्नु । यदि टाढाबाट आउने शिष्यहरु छन भने पनि खाने बस्ने ब्यबस्था यहि हाम्रो आश्रम बाट मिलाउनु र भोली देखि यो काम सुरु हुनेछ भन्दै मिटिङ्ग सकियो ।

भोलिपल्ट देखि आज्ञा अनुसार सम्पूर्ण शिष्यहरुको उपस्थितिमा निर्माण कार्य सुरु भयो र केहि दिन पछि सकियो पनि । त्यस पछि गुदेव लाइ हेर्न बोलाइयो उहाँको आदेश अनुशार भयो भएन भनेर । गुरुदेव ले एसो हेरेर भन्नु भो "यो सबै भत्काएर फेरि बनाओ" । सबै अचम्म भए - केहि गल्ति त देखाउनु भएन फेरि किन भत्काएर बनाउने । तै पनि आज्ञा भए पछि गर्ने परो । फेरी सबै पर्खाल भत्काएर निर्माण सुरुभयो र सकियो पनि, अनि गुरुदेव

बोलाईयो हेर्न को लागि । उहाँले एसो हेरेर भन्नुभयो, यो भत्काएर फेरि बनाओ भनेर फेरि हिड्नु भयो । सबै चकित परे र भन्न थाले हाम्रो गुरुदेवको दिमाग फुस्केछ, निकै बुढो पनि हुनुभयो । त्यसैले यो बिना कारण यौ चौर मा पर्खाल लाउनु अनि फेरि बिना कारण भत्काउ भन्नु हुन्छ । मत गर्दिन भनि ४ भागमा ३ भाग शिस्यले काम छाडी हिडे । एक भाग शिस्य चाहि काम सुरु गर्न थाले र सकिएपछि गुरुदेव लाइ हेर्न अनुरोध गरे । गुरुदेवले फेरि तेही कुरा दोहोर्‍याउनु भयो र भन्नु भयो यसलाई फेरि भत्काएर बनाओ । अबत ति सबै शिस्य हरुले भन्न थाले साचिककै हाम्रो गुरुदेव त बौलाउनु भयेछ, यति राम्रो वहाँले भने अनुसारको नै त बनाएको छ, केहि त्रुटी पनि छैन । अब यो बहुलाएको गुरुको कुरा मानेर के गर्ने भन्दै छाडेर सबै हिडे । तर एकजना बूढा शिस्य चाहि लुरु लुरु एकलै फेरि पर्खाल भत्काएर बनाउन सुरु गरे । त्यो देखेर अरु शिस्यहरुले खिसी गरेर भन्नथाले - यो बहुलाहा गुरुको बहुलाहा शिस्य । यति सुन्दा सुन्दै पनि उनी चुपलागेर काम गर्न थाले । एकलो भएको कारण निकै दिन लागि सकेको

थियो । यो एकलै पर्खाल बनाउन तल्लिन शिस्यको प्रचार चारैतिर फैलिन थालो र भन्न थाले गुरु त बहुलायो बहुलायो शिस्य पनि बहुलायो । त्यो काम छाडी पर्खाल लगाउदैछ भन्दै कोहि हेर्न आउथे भने कोहि चाहिं भन्थे घरमा केहि काम नभए जस्तै यो बिनाकामको पर्खाल बनाउने यो ता साचिकै पागल हो रहेछ ।

तर पनि उनी आफ्नो गुरुको आज्ञा पालन गरि रहे र अन्तिम मा त्यो पर्खाल बनाएर सके नै । त्यसपछि उनी गुरु कहाँ गएर बिन्ति गरे " गुरुदेव मैले पर्खाल बनाएर सके तर निकै ढिलो भयो त्यसमा क्षयमा पाउँ र कृपा हुन्छ भने हेर्न का लागि कस्ट गरि बक्सिन्छ कि । गुरुदेवले भन्नु भयो हुन्छ म तिमीले बनाएको पर्खाल हेर्न अबस्यनै जान्छु तर म मात्र हैन मेरा सम्पूर्ण शिस्यहरु लिएर मात्र जान्छु भनि सम्पूर्ण शिस्यहरुलाई बोलाईयो र सबै शिस्य हरु सहित गुरु पर्खाल हेर्न गए । पर्खाल तयार थियो तर पहिले बनाईका पर्खाल हरु भन्दा केहि फरक थिएन । भक्त हरु ले मनमनै भने यो पर्खाल त केहि फरक छैन । तब गुरुले सबै शिस्यलाई वरिपरि राखेर भन्नु भयो "

यो पर्खाल चाही मैले चाहे जस्तो छ ।
 सबै शिस्यले एकै स्वर गरि भने कसरि
 गुरुदेव यसमा पनि सबै सामान उही
 छन् बनाउने कारिगरी पनि उही हो ।
 गुरुदेव ले भन्नु भयो यसमा यो फरक
 छकि यो आज्ञा पालन गरेर बनाएको छ।
 पहिला बनाएका पनि आज्ञा पालन गरेर
 बनाएका थिए तर यो फरक छ कि
 तिमीहरु कत्तिले त दोस्रो पल्ट फेरि
 भत्काएर बनाओ भनेपछि छाडेर हिडेउ ।
 खोइ आज्ञा पालन गरेउ र । उल्टै मलाइ
 पागल बनायौ । अर्को पल्ट पनि तेसै
 गरेउ जो बाकी थिए बनाउन बसेका तर
 यी बुढा शिस्य भने गुरुको आज्ञा पालन
 गरिरहे यद्यपि तिमीले उनीलाई पागल
 गुरुको पागल शिस्य भन्दा पनि उनी
 आज्ञामा लीन भएर कसै को कुरा नसुनी
 आज्ञा पालन गरि रहे । उनी पनि
 तिमीहरु जस्तै हुन्, उनीका पनि त घर
 परिवार छन् । त्यसैले आज देखि मेरो
 जिम्बेबारी म उनीलाई नै दिन्छु । उनी
 मैले लिएको परिक्ष्यामा पास भए ।
 त्यसैले यो जिम्बेबारी बहन गर्न
 उनीमात्र सक्छ्यम छन् भन्दै गुरुले सबै
 बागडोर ति शिस्य लाइ सुम्पि आफ्नो
 देह त्याग गर्नु भयो।

आमा



मिना पौडेल

जन्मन्छन सन्तति जब कोख बाट
 उदाउछन जननीका हरएक आट
 हूँकाउछिन हरपल दीई यत्न साथ
 गर्दै सुचिन्तन सधैं भगवान साथ

चुसाउछिन अमृत स्तन बाट स्वरुप दुध
 पिलाउदै सुशिक्षण शास्त्रका बुद बुद
 कोछिन चित्र उसकै हरदम छातीमहा
 गर्दै तुलना उसलाई झुल्किएका घाममहा

आउछन औंसिको रात पनि पुर्णिमा को
 बनेर

बाच्छिन हेरक ढुक्ढुकी सुस्केरा मा
 गनेर

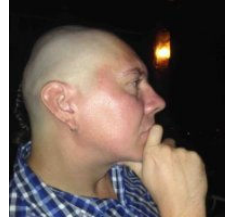
ताते ताते भनी चिच्याउदै समाएर औँला
 डोर्यौँउदै अगाडि तिनैका पथतीउज्याला

जब बन्छ सन्तान योग्य सबै कुरामा
 चहिन्न साहारा उसको अबलाई आमा

Gora, Gora Nepali

It is Saturday, 9 June 2012, in Lalitpur, Imadol, Nepal. I am sitting in front of our family cafe and shop and basking in the morning sun. Today we opened a little bit earlier than usual. It is a holiday and people are walking in the streets without the normal everyday rush, smiling, talking to each other and simply enjoying a free morning. As on other days, today I am expecting our landlord, Mr. Nepal to perform our morning ritual: "नमस्कार, तपाईंलाई कस्तो छ?", "म ठीक छु। अनि तपाईंलाई कस्तो छ?", "म ठीक छु। चिया खानु भयो? छैन? आउनुस् ... बस्नुस्". Every morning we spend half an hour talking over a cup of tea and one cigarette. Mr. Nepal's English is probably even worse than my Nepali, and most likely we often do not understand each other, with both talking about different things. However, I cannot imagine a morning without this moment. And I cannot imagine my day without my wife and our family, without bargaining during shopping, crowded Mangal Bazaar in Pathan, or children running in the street and shouting "बत्ती आयो".

The first time I came to Nepal was in January 2009. It was one of the many business trips I made during the last couple of years to different countries. After two months I sensed Nepal with all the positives and negatives as a beautiful coun-



Dr. Frantisek Havel

try. However, I was just a visitor and obviously I was taken like this by the local people. At that time it was hard to imagine one day I would consider Nepal as my second home, with people I care about a lot. You can live in a different country for a long time, but without local family or very close friends, and without knowledge of the language, you will never understand local culture and people's everyday happiness and problems. As a tourist or expat you are living in your golden cage, and even if you are trying to be open and communicative, in fact you will never succeed to fully understand the local life. I consider myself blessed I have met my wife Sunita and in the end was accepted by her family. These moments dramatically changed my life for the better. It helped me to see Nepal from different perspectives, to share happiness and problems with the local people, and at least some of the people start to treat me like more than just a visitor. Nepal and my Nepali family have changed me and fulfilled me as a human being.

In the end I have spent two years in Nepal. One year as an expat Engineer, working on the Melamchi Water Supply Project, and one year living as a Nepali person, surrounded by my Nepali family, traveling around Nepal on a Chinese motorbike, running with my wife our small family business in Imadol. I can clearly see the second year was one of the happiest times in my life. I will always remember the celebration of Holi in my wife's village, or the trip with our relatives and villagers to Janakpur to celebrate Ram Namami. But the most beautiful was living with my family, which is keeping together and is able to share

their happiness and sadness of everyday life.

Yes, nothing is perfect and there is a list of problems in Nepal. But in the moment you start to understand Nepal, it will catch your heart and never let go. I know I will never be Nepali even if I sound like a native speaker, and most probably people in Nepal will always call me "bidesi". But I will always love this country, always will be helping at least my Nepali family and one day, when we will have children I will always support them to be proud of their Nepali origin. And who knows, maybe one day we will move back to Nepal.



NZNS Sports Activities 2014

The annual NZNS sports events were organised in September 2013. We congratulate all the winners and participants.

Table Tennis



Under 15

Winner: Ayush Bhandari
1st Runner up: Florian Pant
2nd Runner up: Lennart Pant

Women's (15+)

Winner: Jagamaya Shrestha Ranjit
1st Runner up: Priyangu Dhungel
2nd Runner up: Shweta Bhattarai

Men's (15+)

Winner: Sameer Khanal
1st Runner up: Surya Tamang
2nd Runner up: Madan Shrestha



Badminton

Under 15

Winner: Ayush Bhandari
1st Runner up: Denzel T Gurung
2nd Runner up: Sourav Dhungel

Women's (15+)

Winner: Sonia Gurung
1st Runner up: Shweta Bhattarai
2nd Runner up: Sushila Bhattarai

Men's (15+)

Winner: Nar Bahadur Gurung
1st Runner up: Kesh Gurung
2nd Runner up: Shaurya Bhattarai
(Double)

Winner: Chandra Gurung and Nar Bahadur Gurung
1st Runner up: Laxman Paudel & Dinesh Acharya



Chess

Under 15

Winner: Manit KC
1st Runner up: Divyanshu Khadka

15+

Winner: Dipendra KC
1st Runner up: Dinesh Khadka

My trip to Disneyland, Paris

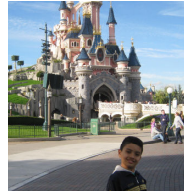
It was a sunny day. Later, it became cloudy, but it didn't rain. Oh, well!! I was still excited because I was going to Disneyland. When I reached there by train after 45 minutes journey from central Paris to Disneyland, I saw lots of people especially children, walking with their parents towards the entrance with lollies and stuffed toys in their hands.

As soon as we went inside, we took a different train called "Disneyland Railroad" that gave us a ride of the whole place. It was really cool, my favourite part indeed. The train went under a tunnel many times and it was a thrilling experience for me. Then we went to a café for yummy lunch.

Let me describe a bit about my joyride to Disneyland. Disneyland is divided into Adventure land, Frontierland, Mainstreet USA, Fantasyland, and Discoveryland. As the park is grand, we decided to choose only a few rides from each of those ones.

Now let me explain a bit about my favourite activities:

Phantom of Manor- Spirits were roaming around in that dark house. I got scared when I saw ghostly bride smiling at me, but my mum told me that it was all fake.



Manit K C

Big thunder Mountain- My dad braved big thunder mountain ride. While my mum and I enjoyed watching him making funny faces and having fun at the same time.

Mad hatter's tea cup- This ride spun, whirled and twisted us so many times. I was feeling dizzy when I got out.

Autopia- My dad and I drove the 1950's designed car while enjoying the entire view of the nearby places. I felt as if I was ready to drive a real car then. J

Orbitron- Dad / Mum and I pilot our own spaceship and took a tour of the entire planet. The seat was tight as all three of us sat in a single seat ... it was fun though.

Lastly we saw a Disney dream, a night-time show, projected on the Disney Castle with lots of Disney characters. Wow! I saw the best fireworks ever at the end.

Oh! I forgot to tell you all one more thing- I brought Disneyland cap for me and a few pencils for my best buddies.

Thanks you mum and dad for such a wonderful trip to Disneyland.

First AGM of Khukuri Football Club



Khukuri Football Club, an organization of Nepalese youths in Auckland organized its very first AGM successfully on Sunday 22nd of March 2015. The AGM elected eleven member committee under the leadership of Nitesh Linkha Rai. The full committee is as follows:

Nitesh Linkha Rai	President
Ashish Adhikary	Vice President
Niraj Ranjit	Secretary
Sujan Gurung	Joint Secretary
Amit Sapkota	Treasurer

A Heart Divided	Member
Shreesh Basnyat	Member
Nick Vsk	Member
Shailesh Kc	Member
Bimit Shrestha	Member
Shaurya Bhattarai	Member

It was informed in the AGM that the club has recently been registered as a community organization and it aims to strength its membership base requesting interested community members for associate membership. Interested people can be able to get an update of the club activities liking its Facebook page on <https://www.facebook.com/KhukuriFootballClub>

New Zealand Nepal Society is proud for the achievements of the club and wish more success in future!



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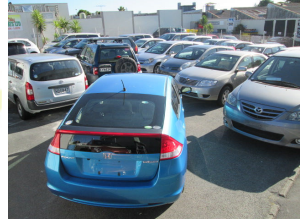
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NZNS Executive Committee 2014-2016



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From top left clockwise - Uddhav Adhikary, Nabin Ranjit, Daya Gautam,
Priyangu Dhungel, Binod Acharya, Balram Khanal, Achyut Aryal,
Indra Pokhrel and Santosh Bhandari

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