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## President's message

Feels like yesterday that I got the opportunity to serve as the president for NNS and all the board members working hand-in-hand with great enthusiasm. But time flies! With the wonderful moments that I spent working with the members and everybody else, the last few days are just around the corner.

Our board, with great zeal and team spirit, has been pursuing open-minded perspectives, hard work and dedication to be able to organize programs and events successfully. And we are all proud to have been able to bring NNS to where it is today. I believe that all these achievements will be forever remembered in the NNS history. I would like to extend my heartfelt gratitude to all the board members- this would not have been possible without their continued support, hard work and patience. I hope no matter where we are, our sincere attempts will forever be cherished with pride and fondness.

Also, I would like to thank founding members, co-founding members, past presidents and all the well-wishers of NNS from the bottom of my heart for their great help and support. Further, on behalf of the NNS board, I extend many, many thanks to all those individuals who helped us with donations to implement our programs.

I would like to let you know again that we have amendments to the current constitution of NNS this year so as to bring permanence and further effectiveness in future. I hope everyone understands the need to do so and accept the amendments positively.

Finally, I hope that the succeeding board members will take NNS even further and make us all proud. I would also like to take this opportunity to wish them all the best for their endeavors on behalf of the current NNS board.

With these words, I would like you to wish you all a very happy and healthy Dashain and Tihar. May these festivals bring to our homes and country the blessings of Goddess Durga and Laxmi, and fill our lives with peace and prosperity.

Thank you so much again, really had a great time to serve as the President!

Cheers!

Anima Kunwar Khadayat  
President  
Nebraska Nepalese Society

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To say that a work of art is good, but incomprehensible to the majority of men, is the same as saying of some kind of food that it is very good but that most people can't eat it.

~Leo Tolstoy

A great secret of success is to go through life as a man who never gets used up

~Albert Schweitzer

All happy families resemble one another; every unhappy family is unhappy in its own way.

~Leo Tolstoy

Discontent is the first step in progress. No one knows what is in him till he tries, and many would never try if they were not forced to.

~Basil W. Maturin

And all people live, Not by reason of any care they have for themselves, But by the love for them that is in other people

~Leo Tolstoy

समय पंक्ति हो । लाग्छ हामीले हिजो मात्र नेब्रास्का नेपलिज सोसाइटीको कार्यकारीणी समिती मा बसेर काम गर्न सुरु गरेका हौं। पतै नदियौकन एक वर्ष बिती सकेछ अनी यहाँ हरु बाट बिदा हुने समय पनि भई सकेछ। सम्पूर्ण साथी-भाईहरूको सामिप्य मा रहेर अनी सम्पूर्ण नेब्रास्का बासी नेपाली दाजु-भाई हरु को आत्मियता र शाहीस्णुतामा पौडन पाउदा समयले कोल्टे फेरेको आभास नै हुन पाएन।

समय त गतिसिल छ र क्रमिक रूप मा बित्दै पनि जान्छ नै । जुन कुरा गौण हो। तर हामीले त्यो समयको कस्तो उपयोग गरेउ त भन्ने कुरा मात्र बिचारणिय र महत्वपूर्ण रहन्छ। साच्चै नै एक वर्ष पछाडि फर्केर हेर्दा ठुलो सन्तुस्टि को आभाश हुन्छ। हामी सबैजना वर्ष २००८/२००९ लाई नेब्रास्का नेपलिज सोसाइटीको ईतिहास मा सुनौलो पाना बनाउन सफल हुन सकेका छौं। नेब्रास्का बासी नेपाली दाजु भाई हरु एती उत्साहित भएर लागि पर्नु भयो कि प्रायः कुनै पनि महिना कार्यक्रम हरु बिना बिताउनै परेन। जाडो याम, गर्मी याम, बितिष्ण गर्मी वा मुटु कमाउने चिसो एक पछी अर्को गर्दै कार्यक्रम हरु हुदै रहे। साना बाल बालिका मा धार्मिक आस्था अनी विश्वास जगाउन अनी शिक्षा को महत्व सिकाउन गरिएको माता सरस्वती को आराधाना होस् अथवा बयस्क हरु मा लोकप्रिय बन्न पुगेको गल्फ टुर्नामेन्ट होस्, बैसालु युवा यूवति को लागि इन्कित गरिएको DJ प्रोग्राम होस् वा बुढा-बुढी तथा धर्माबलम्बी हरुको लागि आयोजित साइ बाबा, सत्य नारायण आदिको पूजा तथा प्रबचन् अनी भजन को कार्यक्रम होस्, वर्ष भरि नै एक पछी अर्को गर्दै केही न केही कार्यक्रम हुने क्रम जारी नै रह्यो। स्मरणिय कुरा के छ भने भर्खरै बोली फुटेको तोते बाला देखी जिवन को उत्तराध मा पुग्नु भएको हजुरबा हजुरमुमा हरु ले समेत नेब्रास्का नेपलिज सोसाइटीबाट छोडिएको महसुस गर्न परेन, जुन कुरा हरेक सामाजिक संघ संस्था मा बसेर केही गर्छु भन्ने मानीस हरु ले कल्पना गरेका हुन्छन। हामी एती भाग्यमानी हुन सक्यौं कि सबै नेब्रास्का बासी नेपाली हरु को धड्कन मा हात मा हात मिलाई अगाडि बढ्न सक्यौं।

हरेक सामाजिक संस्था को बल् भनेको येस् मा काम गर्ने पदाधिकारी हरु को ब्यक्तीगत लगन अनी समर्पण अनी समुह मा बसेर एक अर्का को बिचार लाई अँगाढै सामुहिक सफलता को लागि अगाडि बढ्नु नै हो। जुन कुरा नेब्रास्का नेपलिज सोसाइटीमा स्पष्ट चरितार्थ भएको छ। जस-जस ले जे-जे काम को जिम्मा जिनु भयो, उहाहरु ले इमान्दारिता पूर्वक तेस को बहन गर्नु भयो। तेसो गर्दा कतीपय परिस्थितीहरुमा आफ्ना ब्यक्तिगत कुराहरुलाई थाति समेत राख्नु भयो। पदाधिकारीहरुको यो उत्साह र जागरण लाई सम्पूर्ण नेब्रास्का बासी नेपाली दाजुभाईहरुले सहर्स स्विकार्नु भयो अनी तन , मन, धन ले सहयोग को लागि आतुरित हुनु भयो। फलस्वरुप आफ्ना आन्तरिक कार्यक्रमहरुमा मात्र सिमित नरहिकन, हिन्दू मन्दिर, भुटानि सरणार्थी जस्ता बाहिरी संघ संस्था तथा जमात हरु लाई पनि हामी उल्लेख्य सहयोग पुर्याउन सफल भयो । कुनैपनि कार्यक्रमहरुमा कुनैपनि चीजको कमीको महसुस गर्नु परेन। येस्ले के पनि इन्कित गर्छ भने अब नेब्रास्का बासी नेपालीहरु राम्रा सामाजिक कार्यक्रमहरुको लागि बिभिन्न क्षेत्र बाट योगदान पुर्याउन सक्षम भै सक्नु भएको छ र केही कुराको कमी छ भने त्यो हो उहाहरु सम्म पहुच गर्न सक्ने खुबी अनी उहाहरु लाई कार्यक्रम हरु को महत्व चिनाउन सक्ने कार्य कुसलता। अर्को मानेमा पनि हामीले आफुलाई गौरवान्वित गर्नुपर्छ भने त्यो हो येस् वर्षको नेब्रास्का नेपलिज सोकिएतीको सक्षम नेत्रित्व। साच्चैने हामी अधक्ष्या ज्यु आफुलाई multi dynamic leader को रूप मा स्थापित गर्न सफल हुनु भएको छ। घरमा रहेका आफ्ना साना केटा-केटी हरु अनी आफ्ना परीवारिक काम काजको बावजुद हर एक कार्यक्रम मा सिधै अगाडि बाट जुन किसिम को नेत्रीत्व प्रदान गर्नु भएको छ त्यो कुरा सारै नै प्रसंसनिय छ। नेत्रीत्व मा रहेको त्यो उत्साह र जागरण अरु पदाधिकारी हरु लाई पनि उत्साहित र जागरुप् बनाउन सफल भएको मैले महसुस गरेको छु। सुरु का दिन देखी नै अधक्ष्या ज्यु ले जुन किसिम को कार्ययोजना को परीकल्पना गर्नु भयो र तेई मुताबिक का ब्यक्ती हरु लाई समेटेर अगाडि बढ्न सफल हुनु भयो, तेस ले कार्यक्रम हरु को अवतरण अनी समापन मा सधै नै निरणायक भूमिका निर्वाह गर्दै रह्यो।

अन्त मा हामी सबै ले परीकल्पना गरे अनुसार 'NNS Newsletter' नेब्रास्का नेपलिज सोसाइटीको दर्पण को रूप मा स्थापित हुन सकेको मा ब्यक्तिगत रूप मा आफु लाई सारै नै गौरवान्वित महसुस गरेको छु। हाम्रो प्रकाशन समुहका सम्पूर्ण सदस्यज्यु हरुको मेहनत र गहिरो समर्पण सदा-सर्वदा उल्लेखनिय रहनेछ। मेरो आफ्नो ब्यक्तिगत कारणले आउदो वर्ष म नेब्रास्का बासी नेपाली दाजु-भाई दिदी-बहिनीहरुको न्यानो माया पाउन बाट म बन्चित हुनेछु। तथापी जहाँ रहे पनि नेब्रास्कामा नेब्रास्का नेपलिज सोसाइटीले गरेको सामाजिक कृयाकलाप हरुको जानकारी लिने नै छु र आगामी दिन हरु मा अझै परिस्कीत् र समाजको लागि समर्पित कार्यक्रमहरु भएको सुन्दै जान पाउने आशा पनि गर्दछु। अन्तमा: सम्पूर्ण प्रकाशन समुह को तर्फ बाट नेब्रास्का बासी दाजु-भाई तथा दिदी-बहिनी हरु मा बिजया दशमी तथा दिपावलि को हार्दिक मंगलमय शुभकामना ।

HAPPY BIJAYA DASHAMI AND DEEPAWALI  
2066!!

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# My Nepal Trip

\* Saisha Adhikari

This summer I went to Nepal, I hadn't gone there since I came to America five years ago so I was glad and very excited to meet my families and friends. It took us two days to get there. The airports, shops and places had changed a lot. There were shops everywhere and there were a lot of new houses. Thousands of people walk on the streets and the roads are always in traffic jams which I found very different because I had never seen that. The items were pretty expensive and I saw lots of people bargaining. Families and friends are very kind there and you can trust them a lot. Me and my family went to Mankamana and stayed there for two days. We also did Lak-hbati (100,000 threads dipped in oil). We had a blast and took about five hundred pictures there. We also got a goat and cut it.

Me and my family rode the cable car, it was so fun! When I returned from Mankamana, I got sick for four days because of the change in climate we went to party's everyday which was very stressful. Only some houses have A/C'S but most of them use fans. Lights go out a lot there but some have generators to keep the electricity going. A lot of people have a dog in their house for their safety. I also went to the mall there. It had a bowling place inside the mall, and one had a swimming pool.

I also went to Thamel. It was a very muddy and crowded place. Most people sell Tibetan items like singing bowls, carpets, necklaces and etc. I loved the momo there. It's so good and really different from the momo's I've had in America. The best momo I had was in a restaurant called Chu-Fang, they had some really big momo's and took me three bites to finish one of them. The weather was really complicated, most of the time it was boiling hot, and sometimes it rained like crazy.

I liked the houses there because most of the houses are huge and the stairs are made of bricks and marbles which last for a very long time. In some places people sell vegetables on streets. I also saw a lot of poor people begging for money. I felt bad for them and dropped some Nepali rupees in their begging bowl. The temples were huge and really cool.

I went to the Pashupati temple, the most famous temple in Nepal. There was a really big line inside and a monkey there stole my sweets. People were dancing and singing bhajans in the temple. The temple was fabulous. It was really beautiful. Even though I got sick for four days and found the place very different, I had one of the best times ever and want to go there again next summer.



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Amaa (mom) Gunkeshari, Gyanendra, Anima, Agya and Avik Khadayat  
 Kishor, Jharana, Ishani Karki  
 Raghunath, Sangita, Shreeya, Sharish Shapkota  
 Bikash, Nila Uprety  
 Prasanta, Sharada, Asana Kunwar  
 Devraj, Mina, Amrit, Bidur Kandel  
 Baburam, Manju, Prinsab, Priamwad Paudel  
 Rabindra, Sushma, Subodh, Sushmita Adhikari  
 Sita, Anil, Indira, Dipesh Dhungel  
 Mana, Mahendra, Usha, Monika, Bikash, Binay Adhikari  
 Bidur, Pabitra, Anurodh Phuyal  
 Bimal, Bishnu, Bineesha, Bishesh Adhikari  
 Gyanendra, Anima, Agyashree, Avik Khadayat  
 Purna, Mana, Chandan, Kanchan, Bishal, Aarjoo Singh BK  
 Deependra & Prerana Rawal  
 Binaya Regmi and Family  
 Binay and Samjhana Pradhan  
 Kapil, Sanchita and Family  
 Sanjay, Ranjana, Saugat Shrestha  
 Ishwor Dhakal & Family  
 Shalik R. Sumitra and Family

Dipak, Indu, Emmy, Simmy Niraula  
 Ramesh, Sasmita Adhikari and Family  
 Sachin Shakya  
 Dan K., Chhaya, Jashmine Shakya  
 Basanta, Rupa, & Rebant Shrestha  
 Neeru Dahal  
 Nabin, Rashmi Sapkota & Family  
 Pratima, Umesh, Uma, Umanga  
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 Samarpan Upadhyay  
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 Anju, Yogendra, Ankit Pant  
 Gopal, Sibhadra Bhattarai, Netra, Sami, Arya, Arnab Pokharel  
 Abhijeet Maskey  
 Prasanna Aryal  
 Sajana Adhikari & Bhakta Raj Bhatt  
 Ram, Ramani Gurung Family  
 Raju Acharya  
 Batu, Puja, Ayushma and Aarnav Sharma  
 Kailash Khatri and Family

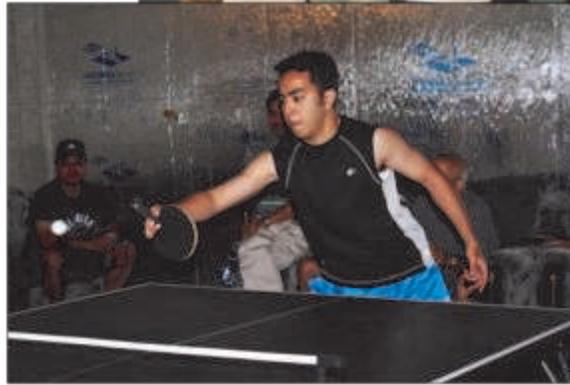


**Congratulations  
 Dipta and Kapil for  
 being blessed with a  
 wonderful baby boy  
Devin K. Shrestha!**

**Congratulations  
 Ranjan and Sarita for  
 being blessed with a  
 wonderful baby girl  
Ashvy Subedi!**



# NNS Activities



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11/04

1. Teej Celebrations
2. NNS Golf Tournament participants posing for a group photo
3. NNS Table Tennis Tournament: The NNS Ping Pong and Golf Tournaments drew many sports-enthusiasts to participate in the community effort to spread camaraderie.
4. Sujata Dhungel, *Bal Karyakram* coordinator, and participants after the Nepz-Kids Quiz contest.

## DISCLAIMER

- ◆ We have used various online Unicode software for Nepali typing. We have tried our best for reducing the typographical errors including the Nepali grammar. Due to limited options in those software, despite our great effort, some of the words are still incorrect. Please consider this thing in mind while reading the poems and articles published in Nepali.
- ◆ **NNS Newsletter** invites stories, poems, articles, comments, cartoons, arts, jokes and any other information that would be of interest to Nepalese community. The publication team reserves the right to accept or refuse submissions and edit for content and length. We also reserve the right to refuse advertising that in our opinion does not reflect the standards of the newsletter. The opinions expressed, whether by paid advertisement, individual authors or editorial content does not necessarily reflect the views of the Nebraska Nepalese Society and the authors themselves are responsible for the content. Content published here in this newsletter may be reprinted and acknowledged without consent unless specifically requested.
- ◆ Please let the publication team know if there are mistakes of any kind that needs to be taken care. We would be more than happy to address those mistakes promptly.



Above: Bal Karyakram participants playing at park

Below: Folks of all ages enjoying the NNS Picnic



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**Autumn**  
 \* Noah Bastola

The sky is pale  
 There's a bone chilling gale  
 Things look deary and gray  
 But to me its another day.

It is not another day, you see  
 Take notice of the trees.  
 Animals are leaving for their dens  
 to take a few months rest

Now you are asking yourself  
 "Why does this seem so odd?"  
 Well, let me tell you three words my friend  
 Autumn is abroad.

A sincere note of gratitude goes out to Dr. Batu K. Sharma and his family. You have been an integral part of the Nebraska Nepalese Society, and will be missed by all of us. Best of luck with your future endeavors at Duke University, and  
**CONGRATULATIONS!!**



# Nepalese royal massacre: a mystery

\* Samit Adhikari

Grade 12

Millard West High School

This summer I went to Nepal for a vacation and noticed that the former palace in Durbar Marg was no longer the king's palace, it had been modified into a museum and reminded me of the national tragedy that occurred eight years ago. It was a Friday night, my dad was in a business meeting at Radisson hotel with his fellow co-workers, around 10 p.m. they heard something that no one had ever had imagined in their lifetime. One of the most beloved king of Nepal and the most popular figure in the country, considered to be god "Vishnu's" avatar had been killed inside the royal palace. As they heard the news, everyone started running out of the hotel in disbelief. As known to the world, Nepal was a kingdom and one of the most peaceful countries in this chaotic earth. This event changed everything.

June 1st, 2001 is the date every Nepali would like to forget. It is believed that almost the entire royal family was assassinated by the Crown Prince himself. Nine members of the royal family including the King and Queen were massacred by their own son, just before he took his own life. The entire royal family was together on Friday night, there was an argument between Crown Prince Dipendra and his mother over Dipendra's choice of bride. Dipendra wanted to marry Devyani, but because of her family lineage, her mother did not accept a marriage between the two. There was certainly some friction between Dipendra and his parents, which may have led to the massacre that occurred later that night. So, was Dipendra really the assassin or was it someone else? It's one of the biggest mysteries in the history of Nepal.

The story given by the government of Nepal is that Dipendra became intoxicated, went back to his room, redressed himself into army fatigues, and then came into the billiard room where the rest of the family was. Dipendra was carrying three separate weapons: a submachine gun (MP-5), an M16, and a Glock pistol. He ended up shooting nine members of the royal family dead, and injuring four others before shooting himself in the head. Dipendra did not die immediately, but instead he survived for two days, was declared King of Nepal while in coma and then finally passed away. After Dipendra died, his uncle Gyanendra was declared king because according to the Nepali constitution, he, as a brother to the King, could only take the throne if there were no sons of the King available to take his position. Dipendra and Nirajan both were killed in the incident, therefore the next heir to the throne automatically went to a brother of Birendra. There were only two brothers of Birendra, and since Dhirendra was assassinated,

Gyanendra was the only logical heir to the throne. That is an obvious initial suspicion of a conspiracy because of how perfect things worked out for Gyanendra. Although the series of events seems fairly straightforward, there are several issues that tend to point towards a cover-up or conspiracy on that fateful night.

**Original Thoughts of Conspiracy:** Obviously the original conspiracy theory of the massacre stems from the fact that all the direct heirs to the throne were killed except Gyanendra. In fact, Gyanendra was conveniently not present in the palace at the time of the massacre; instead he was in the jungle of Chitwan. All of Birendra's brothers and sisters, except for Gyanendra, were targeted for murder that night.

A combination of a lack of credibility for the report and certain issues that do not add up lead to further evidence of a conspiracy or a cover-up. Why was Dipendra's body cremated so quickly after his death? Dipendra's body could have been examined to see if he had fired a weapon the night of the murder based on gunshot residue, or even if he shot himself in the temple or if anyone else shot him in the temple. There was no autopsy, and he was quickly cremated so there is no possibility of an autopsy. Why was there no struggle between Dipendra and anyone else in the billiard room? Where were the palace guards? Why was Gyanendra not present that night? There are too many unanswered questions to accept any of the current theories of the events on June 1st.

Devyani spoke to Dipendra several times on the phone, and actually ended up calling someone else in the palace to check on Dipendra because he sounded dangerously drunk. When someone checked on him, he was found lying on the floor with his shirt unbuttoned and later ended up throwing up into a toilet. How could Dipendra, after being this drunk, have been able to compose himself so well to go back into the billiard room and shoot as many people as he did? Nirajan was issued a Glock pistol, but his pistol was never used. Why didn't Nirajan fight back? Dipendra fired a total of 47 cartridges from his rifle, 29 from his submachine gun and 2 cartridges from his Glock pistol. Why did he discharge two bullets from his pistol? When people shoot themselves in the head, it just takes one bullet.

What actually happened that night? The world may never know, but it is certainly worth examining to decide for yourself. If there was a time machine I would definitely want to go back to June 1, 2001 in the palace and try to solve this mystery



# स्वास्थ्य सन्दर्भः योग भक्ति स्वस्थ व्यक्ति

\*दिव्यश्री शर्मा

जब हामी धर्तीमा टेक्छौं आमा बुवाको मायाबाट हुर्कन्छौं। बढ्दै जाँदा सांसारिक माया मोहले बन्धनमा पर्दछ। शरीर भित्र अनेकौं रोगहरूले आक्रमण गर्न थाली सकेको हुन्छ। त्यतिबेलासम्म पनि आफू र सन्तानको भविष्य राम्रो होस् भन्ने चाहना हुन्छ। सबै व्यक्तिले सुख र शान्ति चाहन्छन्। धन सम्पत्तिले सम्पन्न, सानो सुखी परिवार र बासको लागि भव्य बंगला र उच्च स्तरको गाडी आदिको लक्ष्य राखिएको हुन्छ। अन्त्यमा स्वस्थ भएर रहन पाइयोस भन्ने सबैलाई इच्छा हुन्छ। हाम्रो दैनिक जीवनमा स्वास्थ्यको धेरै महत्वपूर्ण खेल हुन्छ। हामीहरू जे जति गछौं, त्यस धारमा पहिलो प्रारम्भिक चरण स्वास्थ्यलाई दिनु पर्दछ। भनिन्छ, पनि स्वास्थ्य नै धन हो। जहाँ हाम्रो स्वास्थ्य राम्रो हुन्छ, त्यहाँ राम्रो परिवार हुन्छ। जहाँ रोगी भएर विस्तारामा पर्छौं त्यति बेला आफैलाई स्वमसानको यादले सताउँछ। संस्कृतमा एउटा श्लोकले भनेको छ, "नस्त दिव्य को का परिवार सुख निर को का सार" आफूले प्रसस्त धन सम्पत्ति आर्जन गर्न सके सबै आफ्नो हुन्छन्। अन्यथा बिना आम्दानीको व्यक्तिलाई कसले पत्याउँछ र। त्यस्तै नदी छ पानी छैन भने त्यो के को सागर, त्यो त मरभूमि नै भयो। हामी आफ्ना कार्यहरूमा दिव्यता, मनमा पवित्रता र शुभको प्रति चाहना राख्न सिकौं। हाम्रो सुते समय र उठ्ने समय निश्चित हुनु पर्दछ। स्वास्थ्यको परिधि भित्र यो पर्दछ ।

हाम्रो शरीर प्रकृतिका त्रिदोषबाट मुक्त हुनु पर्दछ । त्रिदोष भन्नाले काम, पित्त र वातलाई बुझिन्छ । यिनीहरू हाम्रो शरीरमा एकनास सित रहेको हुनु पर्दछ। अति मन्द पनि हुनु हुदैन, अति तीव्र पनि हुनु हुदैन। शरीरले धारण गर्ने सप्तधातुहरूको गति पनि सामान्य रूपमा रहन दिनु पर्दछ। जुन व्यक्तिको दशग्यानेन्द्रियहरू मन र त्यसको स्वामी आत्मा प्रसन्न हुन्छ, त्यस्तो व्यक्ति स्वस्थमा गनिन्छ। स्वास्थ्य दिनयार्ता भित्र आहार, निन्द्रा, ब्रह्मचर्या, व्यायाम, स्नान र ध्यानलाई प्रमुख मानिन्छ । मानव बाहेक अन्य प्राणीहरूले पनि खानाखान देखि लिएर सन्तान उत्पादन गर्न सक्ने ज्ञान भगवानले दिएका छन तर, मानवले उच्चस्तर प्राणि भएर जन्मने भाग्य पाएको छ। यसबाट पनि अन्य उच्चस्तर पुग्ने प्रयास हामीले गर्नु पर्दछ। सायद यो महत्वाकांक्षी जीवन पुनः पाइन्छ या पाइदैन थाहा छैन। यसैले हामी योगलाई पनि साथ नछोडौं। योगमा अष्टान्गयोगको विशेष महत्व छ। यी हुन, यम, नियम, आसन, प्राणायाम प्रत्याहार, धारण, ध्यान, र समाधि। यी उल्लेखित क्रियाहरूको अभ्यासले हाम्रा सुसुप्त भएका नसाहरू सक्रिय भएर आउने छन। हाम्रो शरीर भित्र बसेका रोगहरू, बिजातीय बिकारहरू प्राणायामको आधरबाट, योगको माध्यमबाट बाहिरिने छन। हामी पूर्ण निरोगी हुनेछौं र फुर्तिलो हुनेछौं। आसन र प्राणायामले शरीरको गँथीहरू र मांशपेशीहरूमा घर्षण हुनेछ, शरीरको आरोग्यता बढ्नेछ। यसले चित्तलाई पनि स्थिर राख्नेछ र कुभावनाहरूलाई हटाइदिन्छ। हामीले आशा गर्नुपर्दछ परम चैतनय आत्मा एवं पारातमा सम्म पुग्ने सामर्थको लागि। यस प्रकार योग पातको आधार लिएर शारीरिक र मानसिक, बौद्धिक एवं अध्यात्मिक उन्नतिलाई

प्राप्ती गरौं। पूर्ण आनन्द प्राप्त गर्ने प्रयासमा लागि रहौं।

आहारले व्यक्तिको शरीर निर्माण हुन्छ र मनलाई पनि प्रभाव पर्दछ। अहारको विषयमा एकजना महर्षीको भनाइ घट लाग्दो छ। उनले एक चोटी आफ्नो शिष्यहरूलाई सोधेछन, को रोगी छैन? को स्वस्थ छ? सीस्यले उत्तर दिएछन, "हितभूक, भितभूक, रीतभूक"। भनाइको मतलब आफूले हित गर्ने उचित मात्रामा, ऋतु अनुसार भोजन गर्ने मानिस स्वस्थ हुन्छ, असमय मा गरिएको भोजनले अपच गराउन सक्छ। प्रातः कालको भोजनमा पिठने पदार्थ, फल या हल्का खान राम्रो हुन्छ। मध्यम समयमा भोजन गर्नु लाभदायक हुन्छ। साझको खाना सात बजे देखि आठ बजेसम्म राम्रो हुन्छ। पानी भोजनको एक घण्टा पछि पिउन राम्रो हुन्छ। संस्कृतको श्लोकको भनाई एउटा नेपालीमा यहा प्रस्तुत छ, "जो प्राप्तकालमा उठेर पानी पिउछ, मध्यान्नमा भोजन पछि मोही पिउछ र रातको खाना पछि दुध पिउछ, त्यो व्यक्तिलाई डाक्टरको आवश्यकता पर्ने कम सम्भावना हुन्छ। त्यो व्यक्ति निरोगिमा गनिन्छ।

सृष्टिकर्ताले प्रकृतिमा यस्ता नियमहरू बाडेकाछन कि प्राणीहरूको शरीरलाई आराम दिन सयमकालको समयमा आ- आफ्नो घर, गुंड, गुफा तथा विश्राम थलोमा पुन्याएकै हुन्छन। हरेक प्राणीमा निन्द्रा कि देवी बसेकी हुन्छिन। सबैलाई पूर्ण सुख दिएर एवं आसनमा राखेर निदाउन बाध्य तुल्याँछिन। एक स्वस्थ व्यक्तिको लागि ६ घण्टा सुत्ने पर्दछ भने, बालक र बृद्धलाई ८ घण्टा। छिटो सुत्ने छिटो उठ्ने बानी राम्रो हुन्छ। भनिएको छ, " जो जागा उस्ने पाया, जो सोया उस्ने खोया"। उल्लु र चमेरा बाहेक अरु सबै प्राणी र पंछीहरू ब्रह्ममूर्तमा उठेकै हुन्छन। भोगलाई हामी भोग्दैनौं , भोगले हामीलाई भोगदछ, ताप तापिदैन, हामी स्वयं तापिन्छौं। कालको अन्त हुदैन, कालमा होमिन पुग्छौं । भोग भोगनाले कहिले त्रिस हुदैन बरु ईच्छाहरू बढ्दै गैरहन्छन। त्यसैले आफ्ना इन्द्रियहरूलाई, र मनलाई विषयहरूबाट हटाएर इश्वर र प्राणीको सेवामा लाग्न प्रयत्न गरौं। नियमित रूपको व्यायाम, प्राणायाम, तथा आसनको अभ्यासले माथि लेखिएका रोगहरू बाट मुक्त हुन सकिन्छ ।

योग भक्ति स्वास्थ्य भक्ति अन्तर्गत पर्न आउने स्नानको भूमिका मुख्य देखिन्छ। तापमान सामान्य भएको अवस्थामा स्नान गर्नु राम्रो हुन्छ। चिसो पानी सबै भन्दा राम्रो हुन्छ। बालक र बृद्ध बाहेक अन्यले तातो पानीमा स्नान गर्नु राम्रो हुदैन। स्नान गरिसके पछि शरीरलाई लामो रुमालले बेस्कनी रगाडेर पुछ्दा राम्रो व्यायाम हुन्छ। ध्यानले पनि हाम्रो स्वास्थ्यमा राम्रो टेवा दिन्छ। मनमा शान्ति र आनन्द दिने माध्यम ध्यान हो। हामीमा आउने कु-चिन्ताहरूलाई ध्यानले हटाइदिन्छ। प्रत्येक दिन कम्तिमा पनि १०-१५ मिनेट ध्यानमा बस्नु पर्छ। श्रद्धा पूर्वक ध्यान तथा उपासना गरेको जप परम शक्ति तेजो मय, शान्ति मय र आनन्द मय हुन्छ। हाम्रो भण्डार दिव्य शक्तिको अथाहा प्रेमले अर्थपूर्ण भएर भरिने छ, र सम्पन्न परिवारिक जीवनको सफलताको प्रतीक देखिन्छ ।



## JOKE OF THE ISSUE

One great day in Mumbai, a couple were on a honeymoon tour. They saw Mr. Johnny in front of Taj Hotel trying to fill some form. So the couple enquired eagerly " Johnny! what are you doing ?" Johnny replied that I had a baby and I am filling the birth certificate form. The couple as per schedule, took the Mumbai to Delhi for their next destination. On the next day, they find the same Mr. Johnny in Delhi filling the same form. So once again young couple asked " Johnny, what are you doing ?" Once again replied that I had a baby and I filling the birth certificate form. The couple said but Johnny yesterday you were in Mumbai filling the same form, how come you're in Delhi today? Johnny coolly replied "The form says FILL IN THE CAPITAL."

## NNS PAST ACTIVITIES:

- ◆ Bell Ringing for Salvation Army November 22, 2008
- ◆ Sai Baba Puja November 23, 2008
- ◆ NY DJ Party December 31, 2008
- ◆ General Meeting January 24, 2009
- ◆ Saraswati Puja January 31, 2009
- ◆ Hoops Day (interstate) March, 2009
- ◆ Nepali New Year April 18, 2009
- ◆ Lakhbatti & Satya Narayan Puja on May 9, 2009 sponsored by Mr. Taranath Pokharel
- ◆ Married versus unmarried Soccer May, 2009
- ◆ Badminton tournament May 16, 17 2009
- ◆ NNS Annual Picnic + Volleyball August 8, 2009 at LakeManawa State Park
- ◆ Dar khane din August 22, 2009
- ◆ NNS Classic Golf Tournament, August 29, 2009
- ◆ Little-Nepz Quiz Contest, August 30, 2009
- ◆ Ping-Pong Tournament, September 12, 2009

## UPCOMING EVENTS:

- ◆ Dashain Tihar Sanjh October 10, 2009

- ◆ We will continue to publish the NNS newsletter regularly in next years as well. We sincerely request everybody to contribute to this newsletter
- ◆ For any advertisement, please contact NNS finance team or publication team at [nnspublicationteam@googlegroups.com](mailto:nnspublicationteam@googlegroups.com).
- ◆ If you have friends and families who are interested in receiving this newsletter, please ask them to email us at [nnspublicationteam@googlegroups.com](mailto:nnspublicationteam@googlegroups.com) or provide us with their mailing address
- ◆ To empower the kids in our community, we always thrive to get any kind of creation from younger kids. Please encourage your kids to write, draw or contribute in some way to the newsletter. We are also looking for some kids who are ready to coordinate the kids column. Please let the NNS publication team know if your kids are interested.

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Questions or Concerns

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TO