

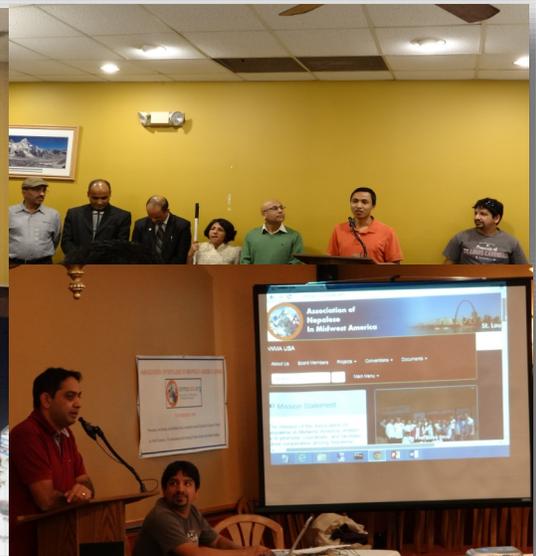


19TH EDITION

**A Quarterly Journal of Association of Nepalese in Midwest America (ANMA)**



**मजिपा लाके** Majipa Lakhey Dance in 10th Joint Convention Organized by ANMA/NASeA, Denver Colorado



Glimpses from ANMA executive Committee meeting Chicago, Illinois. November 8, 2014



**EDITORIAL**

Viewpoints is a collection of articles, news, biography, health tips, informational tips, events etc. where readers can enjoy a variety of different flavors. By sending out a newsletter on quarterly basis, we can keep updated on ANMA activities.

It is a great honor to have been appointed as the editor of the prestigious ANMA Viewpoints and I will do my best to provide you, with the best and informative articles possible. Please know that I cannot do this without support from you all, so feel free to submit articles for the viewpoints to [anmaviewpoints@gmail.com](mailto:anmaviewpoints@gmail.com) in the coming days. We are also accepting advertisement space in our next issue of the viewpoint. Please email the address above for more information.

This is my first time editing the viewpoints so any suggestions, comments or questions would be greatly appreciated. I thank you all for taking the time to read this newsletter and I hope that you will contribute in the future so others can enjoy what you have to say!

Buddha Maharjan



**anmausa.org**  
Association of Nepalese  
in Midwest America

**Inside this issue:**

Editorial	1
ANMA Executive Committee	2
A journey in life with ANMA	5
Fight rape – The culprits first	9
Oh rain!	10
सकारात्मक सोचले तनावबाट	10
Message from Gopendra Raj	12
योगमा शारिरीक ब्यायाम	14
Americas Federation of Ne-	17
10 Tips on How to Stay Hap-	18
Tips on losing weight and	20
हवाई यात्राका लागि एक जानकारी	22



Continue from glimpses from ANMA executive meeting Chicago, Illinois



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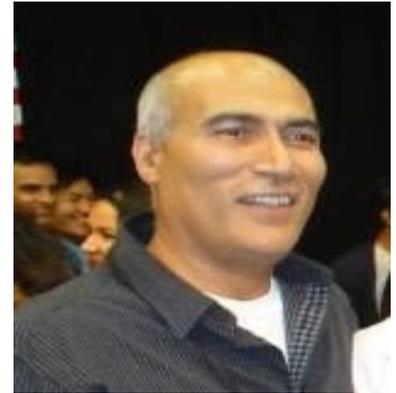
## ANMA Executive Team



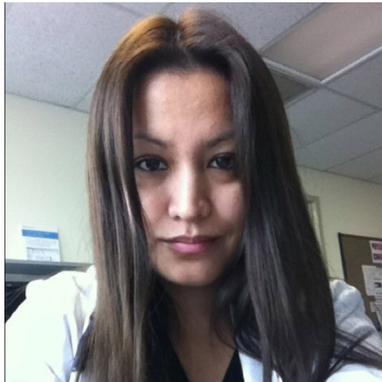
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## ANMA Executive Team



**Mr. Manoj Shrestha**  
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**Mr. Gopendra Bhattarai**  
Ex-Officio  
Carmel, IN

### Energy Saving Tips

It doesn't take much energy to learn how to use energy wisely. Let us help you find low-cost and no-cost ways to be a Legend of Energy Efficiency.

#### Lighting

- To save up to \$27 a year, change your five most-used light bulbs to energy-efficient compact fluorescent light (CFL) bulbs. The more bulbs you change, the more you'll save.
- Use light-colored, loose-weave curtains on windows to allow daylight to filter in while maintaining privacy.
- Three-way lamps make it easier to keep lighting levels low when brighter light is not necessary.
- Use task lighting. Focus the light where you need it so you are not brightly lighting an entire room.
- Turn off lights when they are not in use. Consider using timers to reduce the amount of time your lights are on.
- Use dimmers, motion sensors or occupancy sensors to automatically turn on or off lighting as needed.
- Use ENERGY STAR<sup>®</sup> certified light fixtures and bulbs.
- During the winter, open the curtains on your south-facing windows on sunny days to allow the sun to naturally heat your home.
- Close the curtains and drapes at night to retain the heat.

Source: Kentucky Utility

**May your life be blessed always  
with good friends, great times  
and a loving family.**

**Happy Thanksgiving!**

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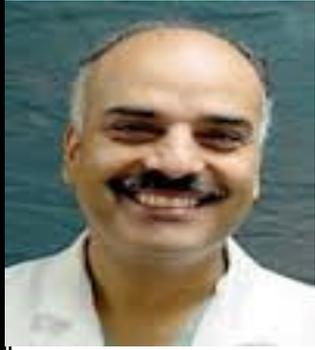
For more information about ANMA, visit  
[www.anmausa.org](http://www.anmausa.org)

#### Disclaimer:

Articles published in the ANMA Viewpoints are the personal thoughts of the Authors and do not necessarily reflect the opinion, beliefs and viewpoints of ANMA.

### A journey in life with Association of Nepalese in Midwest America (ANMA)

Gaury S Adhikary MD is currently an Assistant Professor of Anesthesiology at University of Michigan, Ann Arbor, MI. He has remained active in Nepali social activities through Association of Nepalese in Midwestern America for past 20 plus years. He lives in Ann Arbor with his wife, Anita



Gaury S Adhikary

Shambhu and Mrs.

became friends with. Dr. Dinesh Koirala was the President of ANMA at the time and we hosted a small but intimate annual ANMA meeting in Detroit area in year 1994. This was our introduction to the organization and since then we have gradually but consistently expanded our circles of friends and family through our association with ANMA.

We were invited to executive committee meeting of ANMA which was held in someone's house in those days and it used to be an informal affair. During such visits to meetings, we became friends with Dr. Pralhad and Bindu Pant of Cincinnati (now in Atlanta), Mr. Mukesh Singh, Esq and Mrs. Sarala Pandey Singh, Prof. Mohan Narayan and Mrs. Vijaya Shrestha, Dr. Maheswor and Mrs. Beena Baidya of Columbus, OH, Mr. Sharda and Mrs. Wendy Hall Thapa, Mr. Ram and Mrs. Niranjana Bashyal, Dr. Padam and Mrs. Usha Paudyal, Mr. Madan and Dr. Dharma Rajbhandari, Dr. Subarna and Mrs. Cecilia Pradhan, Dr. Sohan and Mrs. Maya Khatiwada, of Chicago.

Later we befriended, Counsel general, Mr. Marvin and Mrs. Alison Brustin, Dr. Nanda P. and Mrs. Mani Joshi, Mr. Sharad and Jyoti Shrestha, Dr. Bishnu and Mrs. Sharmila Phuyal, Mr. Ramakanta and Mrs. Kharel, Mr. Suresh Bashyal and Mr. Bala Ghimire of Chicago.

Early on we got to know these fine people of the area and we found out they have done tremendous job in establishing ANMA during snail mail and land line phone days. It must have taken a tremendous amount of foresight and perseverance to build an organization in that time with few people spread out in so many cities across Midwest America. I just could not stop thanking them for starting such a vital social organization for wider Nepali's benefit. Anita and I really felt at home with the organization and got involved with it from our early days in Ann Arbor.

Over the years, as I attended meetings, I got to know that ANMA had organized a first ever national meeting of Nepali association of various Nepalese group in North America in Washington DC on the year 1991. This meeting established a federation of Nepali organization, the Nepalese Americas Council (NAC). The Council was a coordinating body amongst the associations which gave support to each other's work to avoid duplication and wastage of the resources. A minutes of the meeting were published by the meticulous work of Prof. Mohan N Shrestha;

Prof. Pralhad Pant was the convener of the meeting. This proceedings was titled:

Nepalese American perspectives : proceedings of the First National Convention of Nepalese and Friends of Nepal in North America : Mohan N Shrestha; Association of Nepalese in Midwest America.

Publisher: Cincinnati, Ohio : Association of Nepalese in Midwest America, ©1995.

Second national convention was called by ANMA in 1996 in College Park, Maryland and I was one of the participants. I remember American Ambassador to Nepal, Mrs. Julia Chang was keynote speaker to this gathering.

A Watershed moment in ANMA history was in 2000, when the first ever international convention for Nepali diasporas from around the world and many dignitaries from Nepal came together under one roof on July 4<sup>th</sup> weekend in Atlanta, Georgia with local host Nepalese Association of South Eastern America (NASEA) organizing the meeting.

Twelve hundred plus delegate came to this meeting and ANMA was one of the proud and active participant dur-

ing this meeting. We had many luminaries of the Nepali social community and many from Association of Nepalese in Americas (ANA), from Florida, Alabama, Texas, and Carolinas, came to this meeting to participate. The atmosphere was electrifying and we came to an understanding to raise funds to help build cultural and educational center started by ANA in Washington DC as a common Nepali heritage center for all of us to join in. Dr. Ramesh Amatya was the coordinator to raise funds. Upon his request, ANMA pledged funds towards this project in year 2001 during annual convention in Lansing. For technical reasons, ANA could not accept the funds and we had to shelve the idea of going forward with this project at the time.

As ANMA worked with NAsEA group, we got to know many more dynamic people in Prof. Samanta and Mrs. Rashmi Thapa, Prof. Dharmendra and Mrs. Sharada Dhakal of TN, Dr. Biswo and Mrs. Renu Acharya, Mr. Bala Pant, Mr. Girija Gautam Esq and Mrs. Kapila Gautam, Mr. Raja and Mrs. Bidya Ghale, Mr. Saubhaggya and Mrs. Ganga Shrestha, Dr. Narayan and Nirmala Rajbhandari, Dr. Devendra and Mrs. Azal Amatya, Dr. Prakash and Dr. Anju Malla, Mr. Hari and Rebecca Dhungana, Mr. TekThapa, Mr. Sanjeev Sapkota, Mr. Govinda Shrestha, Mr. Suman Silwal, Mr. Sameer Upadhyaya, and many more fine people from Atlanta and Carolinas. Similarly we met sincere community workers like Dr. Ishwor and Kamala Devkota and Dr. Bal Krishna and Mrs. Radha Sharma in North Carolina and Dr. Bijay and Archana Kattel from Florida.

In recent years, within ANMA, we have had excellent leadership provided by energetic and dynamic folks like Mr. Ananda Tiwari, Mr. Sanjay Shrestha, Mr. Mukesh Singh Esq, Mr. Rajendra Khatiwada, Mr. Gopendra Bhattarai and currently by Mr. Sushil Sharma.

Overall, ANMA has been fortunate to have selfless and hardworking guys to lead the organization year after year for past 33 years in a row. It is amazing that over the years, not a single question has been raised about possible financial irregularities within the operations of ANMA history. That is a noteworthy fact about this organization and speaks volumes about the ethical and moral standing of its leaders and members alike. I am really proud of them all.

These are people I had close interactions with while in ANMA. My experience is based on my first hand knowledge. I think it is important for all of us to appreciate that how so many people give their valuable time and other resources to make a social organization like ANMA work for the benefit of the community.

Over the years ANMA has provided small but valuable seed money to start various project that would have multiplying effect to Nepalese around the world. Here are few examples:

Prof. Alok Bohara of University of New Mexico has helped start Kiva.org Nepal chapter ; through this chapter, women folks in Patan get some funds to help start small business. This has produced remarkable results in small community in Patan, here is the link:

[http://en.wikipedia.org/wiki/Kiva\\_\(organization\)](http://en.wikipedia.org/wiki/Kiva_(organization))

[http://www.kiva.org/team/bpw\\_patan\\_nepal/impact](http://www.kiva.org/team/bpw_patan_nepal/impact)

Similarly, ANMA provided the seed money for establishing the Nepal Study Center at University of New Mexico under the stewardship of Prof. Alok. Bohara. This study center is doing excellent job and is well established in cultivating exchange of ideas between Nepali and American scholars. Here is the link:

<http://nepalstudycenter.unm.edu/>

ANMA has published the Viewpoints for past 33 years without interruptions, year after year with great success; in the beginning, our predecessors mailed it one copy at a time by snail mail all over the country.

Now it is in digital format for even wider communication within the diaspora. It makes a very interesting read to go through some of the early archived materials in manual typed format giving us the detailed news on Nepal. Here is the link:

[http://anmausa.org/anma/wp-content/uploads/vpoints/1987\\_09.pdf](http://anmausa.org/anma/wp-content/uploads/vpoints/1987_09.pdf)

seeks to develop, install, and make fully operational a protective network of ham radio stations around Kathmandu and Nepal. This network will be broadly available to the public.”

Objective here is to provide an alternative layer of communication network across Nepal at the event of disaster like

major earthquake etc. Here is the link:

<http://www.can-usa.org/radio-mala/>

Fundamental thinking within ANMA membership is that the small amount of money donated on an institutional basis sends a strong message to the project in demonstrating the collective support of the members. This carries lot more weight than individual donations alone (although very important in its own right) and the project then can leverage similar donations from other Nepali organizations or international donors.

In summary, through ANMA I have had the opportunity to associate with fellow Nepali and friends of Nepal throughout these past 20 plus years.

Any ordinary Nepali trying to make a living in the US knows how hard it is to balance work, family and leisure time to lead a holistic life. I am no exception and face similar difficulties.

We need nurturing outside our work environment to satisfy our psychological need. Lots of people go to church, social clubs, or political rallies to gain fellowship of men and women. To me, ANMA provided that invaluable platform to meet and gain trust and fellowship of Nepali diaspora. In that process I could contribute a bit to the growth of the organization by spreading the mission and objectives of ANMA to wider public.

I feel honored and satisfied that I could be of some help to the community. It gives me even more satisfaction to know that the current leadership of ANMA is dynamic and forward looking and aware of growing needs of Nepali population across North America. What is interesting is that the organization started by a few visionary Nepali in the early 1980's has successfully survived, grown and now transformed into a formidable community of likeminded Nepali folks across Midwestern America and beyond.

Had this organization not begun in its early days, we would have lost the opportunity to work for the community in a concerted manner, be it for community here in the USA or Nepal.

I have included some important dates related to ANMA activities that I was associated with as an appendix 1

Recent press release by ANMA requesting Nepali Political establishment to promulgate the Constitution of Nepal on time as in appendix 2. This emphasizes how ANMA is concerned and raises voice in support of Nepali citizen's right in general.

Important publications that are supported by ANMA are exhibited in appendix 3.

Appendix 1:

Important dates:

1996: ANMA convention at College Park, MD: host for 2<sup>nd</sup> (Nepalese Americas Council) NAC meeting.

1995: Columbus, Ohio first preparatory meeting for America Nepal Medical Foundation ( [www.anmf.net](http://www.anmf.net)) : presentation by Dr. Arjun Karki,

1996: Columbus Ohio :First president of NAC, Dr. Tulsi R Maharjan was elected.

1998- 2000: I was inducted as the president of ANMA.

2000: Atlanta, GA, First national convention: gathering of Nepali from the USA and abroad for the first time. Host: NAsEA president Dr. Ramesh Amatya and his team.

2002- 2004: I was inducted as president of NAC

2003: NAC sent first delegate from USA ( Dr. Shyam D Karki and Mr. Sharda Thapa) to NRNA meeting in Kathmandu. From Canada Mr. Naresh Koirala was the first delegate to NRNA meeting.

2004: NRN Cell for USA was born within the structure of NAC

2004: 31<sup>st</sup> January: NAC called the meeting at Washington D.C with the Nepal ambassador to the US, MrKedar Bhakta Shrestha

2005: Under the leadership of DrJeet Joshi, NAC through its member organizations, called for rejection of King Gyandhra's autocratic rule in Nepal.

Throughout the year 2005 , NAC was involved in lobbying the US congressmen to sign a petition to Nepali King to restore democratic rights to people of Nepal. ANMA was an active votary for this campaign. <http://news.findlaw.com/wash/s/20051219/20051219181720.html>

2005: First joint convention of ANMA /NASeA was initiated while MrAnanda Tiwari was president.

2005: Annual meeting of NAC was held at Murfreesboro, Tennessee till the year 2010 . This venue and the hospitality was provided by MrGirija and MrsKapilaGautam

2011: NAC convention was held at Louisville, Kentucky. A formal decision was unanimously taken to change the name and charter of NAC into NRN NCC of USA. This was done on recommendation of MrSuman R Timsina and MrMukesh Singh after they held numerous town hall meeting across the country to sensitize the public at large to importance and implications of Non Resident Nepali Association.

2014: A newly elected executive body is in place led by MrKhagendra G.C , Esq.to lead NRN NCC of USA

2014: 10<sup>th</sup> joint convention of ANMA / NASeA was held successfully in Denver, Colorado with the help of local host , Rocky Mountain Friends of Nepal (RMFN) and Nepali Ghar of Denver.

Appendix 2:

2013: posted on SEPTEMBER 18, 2013 by ANMAUSA

ANMA Press Release – Sept 1st 2013

ANMA Press Release

Spartanburg, South Carolina

September 1, 2013

Based on discussions and resolution passed unanimously by the participants in the Annual General Meeting of Association of Nepalese in Midwest America (ANMA) during the 9th Annual Joint NASeA/ANMA Convention at Greenville/Spartanburg, SC on August 31-September 2, 2013, ANMA would like to make the following press release available to the public:

The Association of Nepalese in Midwest America (ANMA) expresses its strong support for all clauses in any forthcoming constitution of Nepal that seek to avoid the division or restructuring of the country on the basis of caste, ethnicity, language or culture. We believe that Nepal is for all Nepalese and Nepali is the unique synthesis of all castes, ethnicities, languages and cultures that exist in Nepal.

Apendix 3 ( ANMA Publications):

Nepalese American perspectives : proceedings of the First National Convention of Nepalese and Friends of Nepal in North America

Author: Mohan N Shrestha; Association of Nepalese in Midwest America.

Publisher: Cincinnati, Ohio : Association of Nepalese in Midwest America, ©1995.

Edition/Format: Book : Conference publication : English<<http://maurice.bgsu.edu/search/o=34024960>>

The Viewpoints

Adjusting to American Ways of life : Tips to the immigrants, students and visitors from Nepal by Bal K Sharma Ph.D and Ms. Anita Adhikary<<http://anmausa.org/wp-content/uploads/anmahandbook.pdf>>

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**Sabina Shrestha**

Lives in Denmark while she is actively involved in voluntary work for the benefit of Nepal. She believes in humanity and believes that everyone can make a difference, one only needs the will to make a difference. At the same time, she is concerned with social justice, particularly with violence against women, caste related problems and political situation in Nepal.

### **Fight rape – The culprits first**

During August and early September alone several rape cases have been reported across the country. Eight years old and 11 years old girls were not only raped but also murdered. The punishment for the culprit is said to be 10-15 years but often the culprits get only five years.

Two other cases were even more shocking. The perpetrators were not strangers but fathers. One of them, Bimal Kumar Rai from Danabari, Ilam has been sentenced for 20 years and the other from Panauti, Kavre is being confronted by his victim daughter. Not only the father but also victim's mother and grandfather were involved in this case.

Why is this happening again and again? Everyone condemns rapes and expresses rage through social media such as Facebook and twitter. Civil society launches protest programs like Occupy Baluwatar now and then. But nothing seems to be working. Why?

We need to address this issue differently. Let's take a close look at the case of the girl from Baitadi of Far-western region. The culprits managed to overrule the court's decision even after being convicted. They were set free not because they were innocent. If their family, relatives and friends had not supported they would have been rotting in the prison now.

Because the rapists know their family will walk through the fire to save them, they feel emboldened to commit crimes. This safety net is so strong that victims' pain and loss does not weigh heavy. The society protects the culprits, not the victims. Even a mother (like in the case of Pujja Karki from Panauti) gives in and assists her husband who has raped her daughter. After all he is the husband. As an 'obedient' wife, she

has to protect the man not her daughter.

This is not to say that the society has done nothing. But so far our focus has been victims and victims' families. Strikes and protest campaigns like Occupy Baluwatar do not seem to have made any difference. Neither does stricter law nor provision for punishment. Our system is so corrupt that any law can be bent. Often protests focus on giving justice to the victims not preventing other girls from being raped.

Many rape cases are never filed because most victims do not find enough courage to take a legal fight. They know that they will be the ones to pay the highest price for asking for justice in the form of humiliation from the society. They know that they will have to live with the shame of being raped throughout their lives. Being raped once is more than painful but having to tell the story again and again in front of people is even more harassing and painful. Thus the victims choose to stay quiet.

Therefore we need to focus on the culprits. The civil-society should start influencing culprits' families if they want a better result. Protest, strikes and demonstrations won't help except for making headlines in the newspapers, causing outrage in the social media or soliciting sympathy for the victims.

Of course the victims should be supported. They need our support to fight fear and pain. But how will it help when the victims know that their predators can walk scot-free?

Our patriarchal society has built such a strong safety net for these men that the families and the society will try to bail the culprits out even if they are arrested and convicted. There is slim chance of them being prosecuted. Often the rapists are protected by their family, relatives and friends, while they bribe the police to escape punishment.

There are campaigns in the social media to support rape victims. Some are even collecting funds to hire lawyers who can fight for the victim from Baitadi. But how many victims can Facebook users support through donations? If you want to fight rape, start with the culprit's family. Civil-society should actively work to break this safety net so that people start asking themselves: "If your father or son or brother or husband were rapist, what would you do?" \*\*\*\*

Oh rain!

Oh dear rain! Pour upon me n touch my soul  
 Make me feel worthy n make me feel Loved  
 I wanna to do romance with u  
 I wanna to sing my heart out  
 I love to hear your songs  
 N love to dance with u in your graceful  
 movements  
 So dear rain, shower upon me from top to toe  
 N let me embrace u n melt with u  
 Oh rain! I enjoy the touch of your tiny droplets  
 I enjoy the way you slipped over me n make me  
 feel fancy  
 I just love the way u camouflage my tears with u  
 So just stay with me coz m deeply in love with u....

Written By: Ani  
 Kathmandu  
 Nepal

\*\*\*\*\*



## सकारात्मक सोचले तनावबाट मुक्ति

तनावबाट जो कोही  
 पनि टाढा रहनुपर्छ।  
 जस्तोसुकै  
 नकारात्मक

अवस्थामा पनि आफूलाई सकारात्मक राख्न केही  
 मुस्किल त पर्छ नै। यस्तो अवस्थामा तनावमा  
 रहेका व्यक्तिलाई कोही कसै सहयोग गर्न आउँलान्,  
 तर पनि आफूलाई सकारात्मक राख्न मुस्किल पर्छ।  
 नकारात्मक अवस्थामा आफूलाई सकारात्मक बनाउन  
 केही उपायहरू छन्। तपाईंले निम्न उपाय

अपनाउनुभयो भने तपाईं नकारात्मक अवस्थामा  
 पनि सकारात्मक हुन सक्नुहुनेछ :

### बिहान सबेरै उठ्ने बानी बसालौं

कसैकसैलाई बिहान सबेरै उठ्न मन नपर्ला। तपाईं  
 बिहानै उठेर कहिल्यै खुसी, ऊर्जावान् र सकारात्मक  
 सोच राख्नुभएको छ? त्यसो गर्नुभएको छैन भने  
 तपाईं बिहानै उठ्ने बानी गर्नुहोस्।

तपाईं बिहानै उठ्नुभयो भने तपाईंसँग प्रशस्तै समय  
 हुनेछ। त्यसैले तपाईं बिहान सबेरै उठ्नुहोस्, योगा,  
 शारीरिक अभ्यास गर्नुहोस्, मन परे पूजापाठ पनि  
 गर्नुहोस्। यसो गर्नुभयो भने तपाईंमा सकारात्मक  
 सोचको विकास हुनेछ।

### हरेक दिन शारीरिक अभ्यास गरौं

तपाईंमा जति मानसिक तनाव बढ्दै जान्छ, त्यति  
 नै शारीरिक अभ्यास गर्न सुरु गर्नुहोस्। त्यसपछि  
 महसुस गर्नुहोस्, तपाईंमा कति आनन्द प्राप्त हुन्छ।  
 शारीरिक अभ्यास गर्दा तपाईंको स्वास्थ्य राम्रो  
 हुनुका साथै भावनात्मक शक्तिसमेत बढ्छ।

शारीरिक अभ्यासले डिप्रेसनको समस्या पनि  
 समाधान हुँदै जान्छ। तनाव र डिप्रेसन कम गर्न  
 हरेक बिहान १५ मिनेट ध्यान गर्दा तपाईंलाई प्रशस्तै  
 फाइदा हुन्छ।

### आफूलाई व्यस्त राखौं

आफूलाई तनावमुक्त बनाउन दैनिक नियम  
 बनाउनुस् र त्यसलाई अपनाउनुहोस्। यसो गर्नुभयो  
 भने तपाईं चाँडै तनावबाट मुक्त हुन सक्नुहुनेछ।  
 तपाईंमा तनाव उत्पन्न भयो भने त्यसको कारण के  
 हो र समस्या कसरी समाधान गर्न जरूरी काम के  
 हुनसक्छ भन्नेबारेमा सोच्नुहोस्। राम्रो सोच्नुहोस्।

सकारात्मक दृष्टिकोण राख्नुहोस्। तपाईं आफूलाई दरिलो बनाउनुस् कि तपाईं आफूलाई हरेक क्षणमा सम्हाल्न सक्नुहुनेछ।

### हरेक क्षण खुसी बनों

सकारात्मक सोच निर्माणका लागि हरेक दिन शुभ दिन बनाउनुपर्छ र आफूलाई कसरी खुसी प्राप्त हुन्छ त्यो पत्ता लगाउनुपर्छ। तपाईंले सुन्नुभएकै होला, 'जीवनभरका लागि जिउनुहोस्।' यो भनाइले जीवन जिउनका लागि प्रेरणा प्रदान गर्छ।

किनकि यसमा सकारात्मक सोच निर्माण गर्न प्रेरक तत्व छ। जीवनका कुनै न कुनै अड्चन अवश्यै आउँछ। ती अड्चनलाई नाघेर अगाडि बढ्ने उपाय तपाईंले पत्ता लगाउनुपर्छ। जीवनमा हरेक क्षणको मज्जा लिनुपर्छ।

अगाडिको र पछाडिको कुरा सोचेर निराश नहुनुहोस्। जो छ, अहिले नै छ भन्ने सोच्नुहोस्। त्यसैले खुलेर रमाउनुहोस्। जति तपाईं सकारात्मक सोच्नुहुन्छ, त्यति नै तपाईंको जीवनले गति लिन्छ।

### राम्रा सन्देश पढौं

राम्राराम्रा सन्देश पढ्दा पनि तपाईंलाई अघि बढ्ने प्रेरणा प्राप्त हुन्छ। यसले लक्ष्य प्राप्त गर्न पनि प्रोत्साहन दिन्छ। त्यसैले तपाईं प्रशस्त सकारात्मक सन्देशहरू मनमा राख्नुहोस् र ती सन्देशहरूको भावनालाई जीवनमा लागू गर्नुहोस्, यसबाट सकारात्मक सोचको विकास गर्न सहयोग गर्छ।

### नकारात्मक अवस्था सामना गर्न तयार होऔं

नकारात्मक अवस्थाको सामना गर्न केही मुस्किल अवश्यै पर्छ। त्यसैले आफूलाई नकारात्मक अवस्थाको सामना गर्न जहिल्यै तयारी अवस्थामा

राख्नुहोस्। जीवनमा आफूले गरेको गल्तीप्रति हीनताबोध गर्न आवश्यक छैन, बरु गल्तीबाट सिकेर अगाडि बढ्न जरुरी छ। त्यसैले तपाईं यस्तो अवस्थामा बस्नुस् कि तपाईं जस्तोसुकै अवस्थालाई पनि सम्हाल्न सक्नुहुन्छ।

### खुलेर हाँसौं

हाँसोले तपाईंलाई सकारात्मक विचार प्रदान गर्छ। यस्तै हाँसोबाट सकारात्मक शक्ति पनि प्राप्त हुन्छ। हाँसोले औषधिको समेत काम गर्छ। तपाईं स्वस्थ रूपमा बाँच्नुछ भने खुलेर हाँस्नुहोस्। जति हाँस्नुहुन्छ, तनाव पनि कम हुँदै जान्छ। आफूलाई सकारात्मक राख्नुछ भने तपाईं हाँसिरहनुहोस्।

### राम्रो विचार राखौं

सही विचार लिएर हिँडे त्यसले आफ्नो व्यक्तित्व निर्माण गर्न पनि सहज बनाउँछ। जीवनमा सकारात्मक र सुन्दर शब्दहरू प्रयोग सकारात्मक बन्न सहयोग गर्छ। त्यसैले तपाईं म यो गर्दिनँ, मबाट यस्तो काम हुनेछैन जस्तो सोच आफूबाट हटाइदिनुहोस्।

### प्रेरणादायी पुस्तक पढौं

दृष्टिकोण बदल्नका लागि राम्रा र प्रेरणादायी पुस्तक पढ्नुहोस्। पुस्तक पढ्दा अघि बढ्नका लागि प्रेरणा मिल्छ। यदि तपाईंलाई पुस्तक पढ्ने बानी छैन भने राम्रा र प्रेरणादायी चलचित्र हेरेर पनि तपाईंले सकारात्मक सोच निर्माण गर्न सक्नुहुनेछ।

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### Gopendra Bhattraï

Gopendra Bhattraï is living in Indiana for the last 24 years. He is a software engineer and has been working in the IT field for more than 15 years. Lately he has been engaged in social service and enjoys serving the community. He is the founding President of Nepalese Association of Indiana (NAI) and immediate past President of ANMA.

Dear friends,

The main activity of the member of the Association of Nepalese in Midwest America (ANMA) has been to promote, coordinate, and facilitate close cooperation among Nepalese and friends of Nepal in North America. Although primarily we are focused in the Midwest Region of the United States, we do reach out to the community members far and beyond.

One of the main goals of ANMA has been developing new generation of leadership. Visits to different cities like Denver, Des Moines, Chicago, Munster, Spartanburg, St Louise, Grand Blanc and others provided us with opportunities to meet and greet community members, leaders, students, entrepreneurs, poets, journalists, educators and others. It also allowed us to encourage them to take part in community activities, social event, be a part of the discussion on the difficulties faced by our community here in the US as well as in Nepal. Providing encouragement to take leadership and extending help, guidance and support throughout the journey has been the main goal of our organization. A prime example of this effort has been the successful completion of Denver Convention. All seventeen committees were lead by members from Colorado and facilitators from ANMA and NAsEA supported them by providing suggestions, mentorship and guidance.

Organizing annual conventions in different part of the country enables us to achieve another important goal which is to provide opportunity to the young generation to develop and sharpen their talent and leadership skills. Working together during the planning and implementation phase of the convention also allows us to learn from them as well as understand their concerns better.

part of the welcome ceremony. Some new and attractive programs, such as youth programs, sports, live band, and children day camp were introduced the first time. As usual the concert and the cultural show were the biggest crowd pullers. The items presented during these shows were of very high quality. Some of the new programs introduced during Denver convention were, medical contributions into Nepal by Project C.U.R.E, fostering coping skills among the blind in Nepal, Challenges and Opportunities of Nepalese Entrepreneurs, Caricaturist Art, Mobile Development. Most of the panels and forums were well attended.

I would like to take this opportunity to thank you all, community members from the Midwest, executive committee members, advisors and others for providing me the opportunity to serve as the president of ANMA for the past two years. Your suggestions, help and guidance have been very helpful in guiding me though this adventurous time. I did enjoy every moment of it.

I am very confident that the next executive committee headed by Sushil Sharma and ANMA in general will always be in the forefront in providing much needed service to the community here in the US and beyond.

Thank you,

Gopendra Bhattraï

Carmel, Indiana

Pictures from 33<sup>rd</sup> ANMA (10<sup>th</sup> Joint) Convention, Denver, 2014



Pictures from 31<sup>st</sup> ANMA (8<sup>th</sup> Joint) Convention, Indianapolis, 2012



Glimpses from 10th Annual ANMA/NASeA Joint Convention, Denver Colorado



Glimpses from 8th Annual ANMA/NASeA Joint Convention, Indiana

## योगमा शारिरीक व्यायाम

ईश्वर मान सिंह  
केन्टकी



बिहान सवेरै उठ्नु होस् । तुरुन्त तीन चार ग्लास पानी पिउनुस् । एक मिनेट वा सो भन्दा बढी यता उता दुल्नुस् । दिसा सफा गर्न जानुस । तत मुख धुनुस् । त्यस पछि खुल्ला समतल ठाउँ खोजि मायूत विछ्याई, ढाड कम्मर सिधा राख्नु भै नमस्कार मुद्रामा उभिनु होस् ।



१) ओ३म को उच्चारण

ओ३म् को उच्चारण गर्दा ३ देखि ५ सेकेण्ड लगाएर श्वासलाई नासिकावाट भित्र भर्नु र पवित्र ओ३म् शब्दको विधिपूर्वक उच्चारण १५ देखि २० सेकेण्ड लगाएर गर्नु र यहि प्रक्रियालाई दोहोर्न्याउनु । सम्पूर्ण शरिर मा उर्जा प्राप्त हुन्छ ।

२) पूर्ण व्यायाम

अवस्था र सावधानीहरु :- सर्व प्रथम आफ्नो स्वास्थ्यको ख्याल राख्नुस् । प्राय सबै उभिन सक्ने रोगी निरोगी हरेक व्यक्तिले मन्द र तिब्र गतिमा गर्न सकिन्छ । जसको ढाड कम्मरमा समस्या छ उनिहरु अगाडि भुक्नु हुँदैन भने पायल्सको समस्या ग्रस्त व्यक्ति पछाडी भुक्नु हुँदैन ।

श्वास- प्रश्वासको नियम:-

पूर्ण व्यायाम गर्दा अगाडि तिर भुक्ने गर्दा श्वास छोड्ने र माथि तथा पछाडि तिर भुक्दा श्वास लिने गर्नु पर्दछ । श्वास जहिले पनि नासिकालेनै लिनु र छोड्नु पर्दछ । टाउको दायाँ तिर लैजाँदा स्वास तान्दै १८० डिग्री सम्म जाने एकछिन स्वास रोक्ने फर्कदा स्वास छोड्दै टाउको साविक अवस्थामा आउने । त्यस्तै बायाँ तिर गर्ने ।

लाभ:-

सर्वप्रथम त पूर्ण व्यायामले हाम्रो शरीरका प्रत्येक अंगहरु लाई सक्रिय र चलायमान गराउने काम गर्दछ र पुरै शरीर का हरेक अंगहरुमा आरोग्यता, बलवान बनाउने गर्दछ । शरीरलाई लचिलो र मुलायम बनाउँछ । हरेक रोगहरुलाई समाधान गर्ने काम गर्दछ ।

गर्ने विधि:-

१) पहिलो अवस्था:- सिधा उभिएर हातलाई मुट्टि बनाउने र खुट्टा र हात एक तालमा तल माथि गरि जम्प गर्ने । (३ वा सो भन्दा बढि पटक)

२) दोश्रो अवस्था:- खुट्टाको कुर्कुचाले जम्प गरेर हिपलाई छुने हातलाई अर्ध मुट्टि बनाएर सिधा टाउको भन्दा माथि तल गर्ने । (३ वा सो भन्दा बढि पटक)

३) तेश्रो अवस्था:- हातलाई कम्मरमा राख्दै, घुडाले जम्प गरेर एक, एक गरि छातिलाई छुने । (३ वा सो भन्दा बढि पटक)

४) चौथो अवस्था:- हातलाई कम्मरमा राख्दै घुँडा नुगाउँदै बस्ने उठ्ने गर्नु पर्दछ । (३ वा सो भन्दा बढि पटक)

५) पाँचौँ अवस्था:- हात अगाडि सिधा, खुट्टाहरु दायाँ बायाँ पुरै फटाउने र दायाँ खुट्टा गोड्ने बायाँ सिधा गर्ने यहि तरिकाले अर्को तिरबाट पनि गर्ने । (३ वा सो भन्दा बढि पटक)

६) छैठौँ अवस्था:- हात कम्मरमा खुट्टाहरु दायाँ बायाँ पुरै फटाएको अवस्थामा र दायाँ खुट्टा मोड्दै नजर दायाँ तिरै माथि हेर्ने । यहि तरिकाले अर्को तिरबाट पनि गर्ने । (३ वा सो भन्दा बढि पटक)

७) सातौँ अवस्था:- सिधा उभिएर हात सिधा अगाडि त्यसपछि हात खोल्दै पछाडी भुक्ने यहि तरिकालाई दोहोर्न्याउनु । (३ वा सो भन्दा बढि पटक)

८) आठौँ अवस्था:- त्रिकोणासन:-

दुबै खुट्टाहरु डेढ फिटमा राख्दै सीधा उभिने र हात माथि सिधा गर्ने दायाँ हातले दायाँ खुट्टा छुने बायाँ हातको पाखुर

ले कान छुँदै दाया तीर भुक्ने यहि तरिकाले अर्को तिर बाट पनि गर्ने । (३ वा सो भन्दा बढि पटक)

९) नवौँ अवस्था:- कोणासन- खुट्टालाई दुई फिटमा र ाख्दै सीधा उभिने र दायाँ हातले बायाँ खुट्टाको पंजालाई छुने बायाँ हात माथि तिर सीधा गर्ने नजर पनि माथि तिर हुनु पर्दछ । यसै प्रकारले अर्को तिर बाट पनि गर्ने । (३ वा सो भन्दा बढि पटक)

१०) दशौँ अवस्था:- पादहस्तासन-

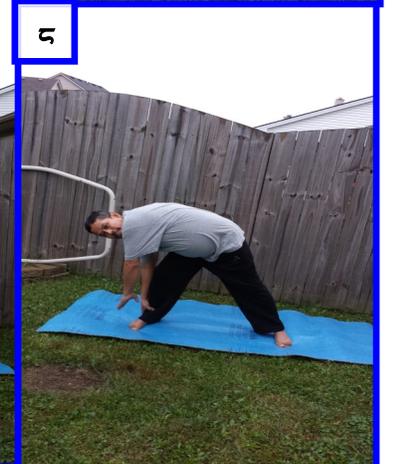
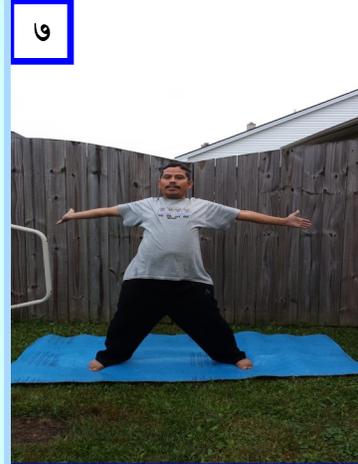
सीधा उभिएर हातलाई माथि उठाउने र बिस्तार कम्मर देखि शरीरलाई भुकाउँदै हात खुट्टाको पैतलाको नजिकै राख्ने फेरि माथि उठ्ने । यसै तरिकाले दोहो च्याउने । (३ वा सो भन्दा बढि पटक)

११) एघारौँ अवस्था:- पि.टी.-

१ मा जम्प गर्दै खुट्टा र हात खोले २ मा हात माथि जो डिएको खुट्टापनि जोडिएको ३ मा खुट्टा पनि खोल्दै हात पनि खोले ४ मा हात खुट्टा सीधा गर्दै उभिने यहि तरिकाबाट पहिला १-२-३-४ त्यसपछि १-२ को तालमा गर्ने । (३ वा सो भन्दा बढि पटक)

१२) बाह्रौँ अवस्था:-

सीधा उभिएर हात अगाडि सीधा गर्ने र हात दायाँ नजर बायाँ कम्मर पुरा मर्केको अवस्थामा हुनु पर्दछ यहि तरिकाले दोहोराउँदै जाने । (३ वा सो भन्दा बढि पटक)



१



१



१

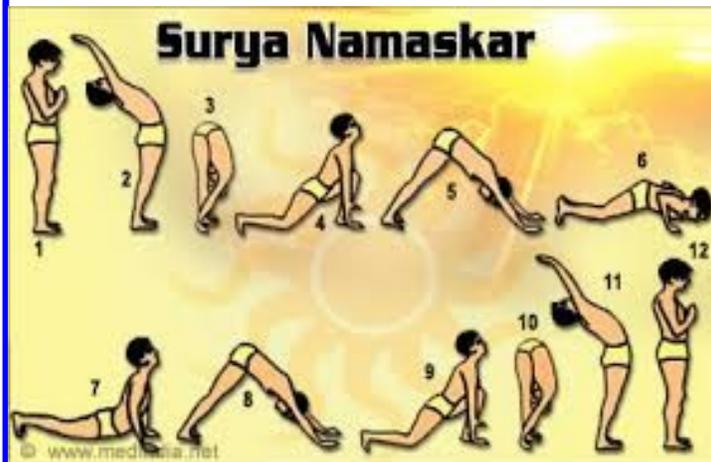


१४



### ३) सूर्य-नमस्कार

सूर्य नमस्कारले सम्पूर्ण शरीरलाई आरोग्य शक्ति र उर्जाको प्राप्त हुन्छ । यसले शरीरका प्रत्येक अंग-प्रत्यंगमा क्रियाशीलता आउँछ । शरीरका सबै आन्तरिक ग्रन्थिहरूको अन्तः स्त्रव (हार्मोन्स) प्रक्रियालाई नियमन हुन्छ । ब्रह्ममुहूर्तमा उठेर शौचादि, स्नान आदि क्रियाबाट निवृत्त भएर यथासंभव हल्का कपडा लगाएर तर महिलाहरूले पुरै शरीर छोप्ने गरी कपडा लगाउनु पर्दछ ।



३) तेश्रो विधि :- पादहस्तासन, मन्त्र:- ऊँ सूर्याय नमः श्वास छोड्ने । श्वास बाहिर छोडेर हातहरूलाई पछाडिबाट अगाडि भुकाउँदै खुट्टाहरूको नजिकै जमिनमा टिकाउनु यदि सामर्थ्य भएमा हत्केलाहरूलाई पनि भूमिमा छुनु र टाउकोलाई घुटनाहरूमा लगाउने प्रयास गर्नुहोस् । आध्यात्मिक तथा बैज्ञानिक विकाशको लागि स्वाधिष्ठान चक्रमा मन लगाउनुस् ।

४) चौथौं विधि :- ऊँ संचालन, मन्त्र:- ऊँ भानवे नमः श्वास लिने । अब तल भुकाँदै हत्केलाहरूलाई छातीको दुबै तर्फ टिकाएर राख्नुहोस् । बायाँ खुट्टा उठाएर पछाडि भुजंगासनको स्थितिमा लैजानुहोस् । दायाँ खुट्टा दुबै हातहरूको बिचमा राख्नु पर्दछ । घुटना छातीको अगाडि रहनु पर्दछ । दृष्टि आकाशको तर्फ हुनुपर्दछ । आध्यात्मिक तथा बैज्ञानिक विकाशको लागि आज्ञा चक्रमा मन लगाउनुस् ।

५) पाँचौं विधि :- पर्वतासन, मन्त्र:- ऊँ खगाय नमः

श्वास छोड्ने । दायाँ खुट्टालाई पनि पछाडि लैजानुहोस् । घाँटी र टाउको दुबै हातहरूको बिचमा हुनुपर्दछ । नित(म्ब र कम्मर माथि उठाएर टाउकोलाई भुकाएर नाभिलाई हेर्नुहोस् । आध्यात्मिक तथा बैज्ञानिक विकाशको लागि विशुद्धि चक्रमा मन लगाउनुहोस् ।

६) छैठौं विधि :- साष्टांगासन, मन्त्र:- ऊँ पुष्णे नमः श्वास सामान्य हातहरू र खुट्टाका पंजाहरूलाई स्थिर र ठ्ख्दै, छाती एवं घुटनाहरूलाई जमिनमा स्पर्श गर्नुहोस् । यस प्रकार दुबै हात, दुबै खुट्टा, दुबै घुटना, छाती र चिउडो यी आठ अंगहरूलाई जमिनमा टिकाउनुहोस् । आध्यात्मिक तथा बैज्ञानिक विकाशको लागि मणिपुर चक्रमा मन लगाउनुहोस् ।

७) सातौं विधि :- भुजंगासन, मन्त्र:-ऊँ हिरण्य गर्भाय नमः श्वास लिने । छातीलाई माथि उठाउँदै आकाशको तर्फ दृष्टि लगाउनुहोस्, कम्मर जमिनमा टिकेको हुनुपर्दछ हात र खुट्टा सीधा राख्नुपर्दछ । आध्यात्मिक र वैज्ञानिक विकाशको लागि स्वाधिष्ठान चक्रमा मन लगाउनुहोस् ।

- ८) आठौं विधि:-पर्वतासन, मन्त्र:- ऊँ मरीचये नमः श्वास छोडने । पाचौं विधि अनुसनर गर्ने
- ९) नवौं विधि:- अश्व संचालन, मन्त्र:-ऊँ आदित्याय नमः श्वास लिने । चौथो विधि अनुसार गर्ने तर खुट्टाको स्थिति बदल्नुहोस् । यसमा बायाँ खुट्टालाई अगाडि दुबै हातहरु को बीचमा राख्नुहोस् ।
- १०) दशौं विधि:-पादहस्तासन, मन्त्र:- ऊँ सावित्रे नमः श्वास छोडने । तेश्रो विधि अनुसार गर्नुहोस् ॥
- ११) एघारौं विधि:-हस्त उत्थानासन, मन्त्र:-ऊँ अर्काय नमः श्वास लिने । दोश्रो विधि अनुसार गर्नुहोस् ॥
- १२) बाह्रौं विधि:- प्रणामासन, मन्त्र:- ऊँ भाष्कराय नमः श्वास सामान्य ।
- प्रथम विधि अनुसार गर्नुहोस् ॥

यस प्रकार यी १२ वटा विधिहरुलाई ३-५-७-१ -२१

पटक सम्म पहिला मन्द गतिमा र पछि तिब्र गतिमा आँनो शारीरिक अवस्थालाई मध्यनजर राखि अभ्यास गरिन्छ ।

सूर्य-नमस्कारबाट पाउने लाभ :-

- १) सूर्य-नमस्कार सम्पूर्ण शरीरको लागि एक संतुलित व्यायाम हो यहि यसको सबभन्दा ठूलो विशेषता हो ।
- २) यसले विशेष गरी अरु आसनले जस्तो कुनै एउटा अंगलाईमात्र व्यायाम दिदैन अतः यसले शरीरको सबै अंग प्रत्यंग बलिष्ठ र स्वास्थ्य बनाउँछ ।
- ३) हाम्रो शरीर विभिन्न अंग र प्रणालि मिलेर बनेको हुन्छ । ति अंग र प्रणालिहरु एक आपसमा मिलेर कार्य गर्न नसक्दा विभिन्न किसिमका रोगहरु उत्पन्न हुन्छ । त्यसकारण सूर्य-नमस्कारले ति अंग र प्रणालिहरुलाई एक आपसमा मिलेर कार्य गर्ने पदविको विकाश गराउँछ ।

ओ३म् शान्तिः शान्तिः शान्तिः

॥



Rajendra Khatiwada

Americas Federation of Nepali Association (AFNO)

First General Meeting

Americas Federation of Nepalese organizations (AFNO) first general meeting was conducted during the

ANMA/NASeA joint convention in Denver Colorado on 31<sup>st</sup> of August 2014 and following decisions were made:

The general body meeting declared that the old coordination committee is terminated and a new ad-hoc executive committee will be formed.

The general body approved interim by-laws which will get final approval during the first AFNO national conference.

The general body unanimously elected **Rajendra K Khatiwada as president** of the interim executive committee and gave authority to him fulfill all other remaining positions after consulting with organizations who endorsed and joined AFNO.

The primary objective of New interim executive committee is to arrange the first national conference by the end of spring (first quarter) 2015.

During the general body Meeting, Community organizations such as **Nepali Ghar CO, Greater St Louis Nepali Chautari, St Louis MO, Education Foundation IL, Nepalese & Friends Cultural Association, CA, Global International Exchange Nepal, CA** officially joined AFNO.

During the meeting ANMA president Mr Gopendra Bhattarai, NASeA Presiden Mr. Ram Chandra Baral, WANA President Mrs. Uma Thapa, NAGC President Mr. Mani Nepali Paneru and AFNO coordinator Rajendra K Khatiwada addressed the meeting and highlighted the necessity of Federation. AFNO Media Coordinator Mr. Govinda Giri Prerana Moderate the meeting. 46 participants from different organizations participated the meeting.

According to Mr. Rajendra K Khatiwada, Americas Nepalese Association (ANA) also joined AFNO.

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# 10 Tips on How to Stay Happy and Healthy

By Anita Adhikary

*( I am not an expert, I am just sharing, what I believe in. )*

## 1. Get a good night's sleep:

It is important, that we get good sleep. Lack of sleep makes us tired and irritable. Taking a power nap, for 10, 20 minutes is really good. We feel charged and get our energy back.

This applies for children too; when children get good sleep, they perform better in school and bring in better grades.

## 2. Yoga:

What do we all want at the end of the day? To be happy and healthy. Practice doing Yoga for a healthy, body and mind. Once we start the practice of doing Yoga, we will soon realize that we are becoming more energetic and have a more positive outlook in life. It is also the best gift that we can give ourselves.

Practice doing Yoga, in the mornings; if possible. If not whenever it suits you. You can start by giving your selves 5 minutes, then gradually increase it to 15, 20....

## 3. Breakfast:

It is important to break that fast. Hence, I consider breakfast to be the most important meal of the day. It should be a healthy and wholesome one. Oat meal is by far the best one in my opinion. Do not use the readymade varieties, they are loaded with sugar, buy the original - Quaker. ( I should be an advocate for Q....ha ha). You can take a handful of oatmeal and cook it in milk. ( you could do this in the microwave as well, for 2 minutes) You can also make it healthier by adding 3 pieces of walnuts and 3 almonds. If you desire to make it sweet; by all means add some golden raisins or 1 tea spoon of honey. For antioxidants, sprinkle some cinnamon and nutmeg. This is as good as " amrit".

## 4. Water:

Our body is made up mostly of water. Hence, it is our duty to replenish ourselves by drinking water, and I mean lots and lots of water, every day. Please

refrain, from " fizzy/ Soda and diet drinks". In fact, we can make our home healthy for your children, our selves, by eliminating these altogether. This is the best thing, we can do, to ourselves and guests. If guests asks for fizzy drinks; just say, I'm sorry we have water and milk, what would you like? You will save money and become healthier!

## 5. Move that beautiful body:

One has to love and appreciate our body and looks. How can we do this? By moving, moving, moving...

It is extremely important for us to move. It could be in numerous ways, whatever you prefer; walking, running, swimming, skipping, dancing or water aerobics.

Research has proven that the more active we become, we stay happier and healthier and above all, we will love ourselves!

## . Lunch:

Lunch does not have to be heavy. We can prepare a light lunch. A sandwich or even leftovers from the night before, is plenty. Remember, the trick is not to overeat. A salad, mixed with colored vegetables is quite helpful. Cheese and yogurt is equally wholesome. We need to be mindful and have milk and milk products, for building strong bones. This is particularly important, as we age. Dahi Chiura is a good lunch!

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### 7. Relaxation and positive attitude:

Many of us are continuously trying to keep our house clean. We do not know how to relax. I know that it is not easy; but we also need to learn to relax and enjoy life. Take time to enjoy nature, appreciate what you have. Be in the moment. Connect with family and friends. Share your happiness and sorrow. Let it out, learn to share. Read a book, form a book club, have book discussions. Ask your family members to help out with house hold work, as well. Make it a team effort! Bring a positive attitude to everything you do! Take things lightly. Laugh it out...you laugh and make the others around you laugh, as well.

### 8. Dinner/ family time:

It seems that there is hardly any time for family, these days. Everyone is busy running around doing different things. Make dinner time, family time. Turn off the television, radio, ipad and all these modern gadgets. Learn to share your day at the dinner table. Make dinner time "give and take time." If mom prepares the dinner, then dad or kids clean the dishes, or take turns in cooking and cleaning. The children become involved, they feel good. ( they will definitely thank the parents in the future, for making them clean) They build team spirit and everything finishes faster. The kitchen and dining area look neat and you are all happy. Moreover, while doing these chores, as parents we can help our children, with their language, math, social studies skills. For example: when Sita sets the table, you can ask her how many plates, silverware are needed for a family of four. Also, while washing and drying the dishes and putting them away you can quiz one another about current topics,



this brings an awareness about the Universe!

### 9. Peaceful evening: Routine/ Consistency.

Forming a routine is vital for children's upbringing. They thrive on routine. Parents should try to be consistent in their activities. Limit your children to television or video games. Instead, play Lego, Pictionary, puzzles, blocks and paint together. Listen to music, dance, have fun, do not rush; take time in the mornings. Never leave the television on, all day, especially when you have invited someone over. It is extremely distracting and selfish to leave it on. Make eye contact while talking to another...

### 10. Enjoy each other.

Have fun with each other. Talk, joke, go for walks, movies and learn to explore each other. If something is bothering you, open up. Share your feelings, do not keep it bottled up, inside you. " Be happy don't worry".

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## Energy Saving Tips

### Water

- Take short showers instead of baths.
- Lower the thermostat on your hot water heater to 120° F.
- Buy a new energy-efficient water heater. It may cost a bit more initially, but the energy savings will continue throughout the lifetime of the water heater. Look for ENERGY STAR models.
- Wash only full loads of clothes or dishes.
- Install faucet aerators or low-flow faucets and shower heads.
- If heating your family's swimming pool, purchase a swimming pool cover to prevent evaporation of the heated water.

Source: Kentucky Utility

## Tips on losing weight and staying healthy.

Obesity is one of the most important health problems worldwide. As the number of people with obesity increases, so do other health problems such as diabetes, high blood pressure, heart attack, stroke, sleep problem. Therefore, it is time to take control of your weight and health; not starting tomorrow, but starting now.

Health care providers classify weight as 1) Underweight, 2) Normal weight, 3) Over weight, 4) Obese and 5) Severe obesity. This classification is based on your Body Mass Index (BMI), which has been recommended by National Institute of Health (NIH), World Health Organization (WHO) and endorsed by most medical organizations and experts in this field. Table below summarizes the classification of body weight for adult and children. For children, I would recommend to find their percentile from their primary care physicians.

No matter what your BMI is, experts recommend exercise seven days a week if possible or at least most days of the week for a minimum of 30 minutes each time. Aerobic exercises (e.g. walking, jogging) combined with resistant exercise (e.g. weight lifting) are better than any one type of exercise alone. If your schedule do not allow you workout 30 minutes straight, split it into 15 minutes in the morning and 15 minutes in the evening. Effect of exercise on health is cumulative.

If possible, exercise with your family. Bonding between family members gets stronger when you exercise together. Be a role model for your children and younger ones. If you live alone, try to exercise with someone. When you know someone is waiting for you at the gym, then most likely you will show up to meet that person. Make sure you hydrate yourself before, during and after you exercise. Replenish lost sweat with water and electrolytes rather than plain water, especially if sweating is profuse.

It is very hard, if not impossible, to lose weight without watching diet. It may be a little easier to lose weight by watching diet than exercising. However, both diet and exercise must go hand in hand.

One pack of M&M with peanuts has about 250 calories. You need to run a little over two miles to burn 250 calories. Which one easier to do, not to eat candies or eat candies and run two miles to break even with the added calories? Keep only healthy food at



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home. Make it difficult to access unhealthy food for yourself and for your children.

Let us look at an example. If someone's BMI is 25.2 (Overweight) and losing one pound of fat would bring BMI to 24.7 (Normal). How many calories are needed to burn to lose one pound of fat and how long it is going to take? Burning about 3,500 calories will burn about 1 pound of fat. To burn 3,500 calories you need to run about 28 miles (assuming one mile of running burns 125 cal). Twenty eight miles, wow, it is longer than marathon. Do not be discouraged. Read the following paragraph.

Roughly, two thousand calories are burned by normal activity of daily living. This is because calories are needed to walk; talk; breath and keep heart beating 24/7. If intake is 2000 calories a day and same 2000 calories are burnt, then weight should not change if everything else assuming is normal. Now adding 30 minutes of exercise a day, such as running about 3 miles at a 10 minute mile pace plus some resistant exercise), 375 calories are burned in addition to 2000 calories. So total calories burned everyday is 2375. Calories deficit each day is  $2000 - 2375 = -375$ . In 10 days calories deficit is  $375 \times 10 = 3750$ . Congratulations you have lost more than one pound of weight by losing fat (remember one pound of fat = 3500 calories). By the way, in 10 days you have run 30 miles, longer than the Marathon distance which is 26.2 miles. Way to go. When you add exercise regimen, do not add more calories to your diet. So is it really hard to lose weight or it is hard to be disciplined to watch diet and exercise regularly?

When it comes to exercise, take it easy. Your body will tell you what you can do and what you can't do. Listen to your body parts, aches and pain. Let me share my recent personal experience with you. Recently, I wanted to beat my own best time and I felt mild pain in my left

to run for the last 10 days. When such thing happens, do something else. I started to bike and use the elliptical so that I will stay fit. Exercise can hurt you. Safety comes first.

My family and I enjoy running. My wife and I try to exercise with our son and daughter together whenever possible. Our daughter finished Detroit marathon at age 16, and I have run the Disney Marathon once (hey one does count). I am proud to say that her time was better than mine. We all have run many half-marathons and 10 mile races. Result is amazing. Now I do not have to tell them how important exercise is. It has become part of their life and I hope will continue to be part of new generations to come.

While exercising, monitor your heart beat by checking your pulse, especially if you are at risk of heart problem. Formula for maximum acceptable maximal heartbeat for a healthy person can be calculated as follows (however talk to your physician before exercising).  $220 - \text{your age} \times 0.7$ .

For example, if you are 30-year-old, your maximum heartbeat during exercise should not exceed 133. Here is the way to calculate:  $220 - 30 = 190$ ,  $190 \times 0.7 = 133$  beats per minute. If you have any medical problems, talk to your doctor before starting exercise to tailor it to your medical condition.

Did you know that exercise in addition to help lose weight also

decreases blood pressure, increases good cholesterol and decreases bad cholesterol, improves symptoms of depression, may help with your back pain, shoulder pain and other chronic pains, gives you sense of wellbeing and more self-confidence and decreases risk of developing diabetes. In fact, losing five to seven percent of body weight by an obese person may cut the risk of developing diabetes almost by half. Students who exercise on a regular basis do better at school and those who exercise have better work-performance.

Quick tips on diet: 1) eat at home; 2) take healthy lunch or dinner to work or school; 3) eat less saturated fat, less carbohydrate, more fruits and vegetables; 4) eat together with your family; 5) make sure to eat breakfast; 6) eat food slowly because it takes about 20 minutes for brain to realize that your stomach is full of food; 7) do not use a big

dinner plate. You can't put too much food in a small salad plate; 8) try to eat at the same time everyday; 9) please, please do not waste food, millions may be starving each day.

President Barack H. Obama and First Lady exercise almost everyday. If they have time to take care of their health, I guess we all have 30 minutes to take care of our health.

Body Mass Index (BMI) Chart

Category	Adults (20+ years) BMI	Youth (2-20 years)
<b>Underweight</b>	< 18.5	Less than 5 <sup>th</sup> percentile for age
<b>Normal Weight</b>	18.5-24.9	≥ 5 <sup>th</sup> to <85 <sup>th</sup> percentile
<b>Overweight</b>	25-29.9	≥85 <sup>th</sup> to 95 <sup>th</sup> percentile
<b>Obesity</b>	30 and higher	≥ 95 <sup>th</sup> percentile
<b>Severe obesity</b>	40 and higher	Not used

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Energy Saving Tips

Heating and Cooling

- To save up to 12% on your energy bill, use a programmable thermostat.
- Save up to \$45 a year by adjusting your thermostat - up two degrees in the summer; down two degrees in the winter.
- Save \$50 a year by having your HVAC system professionally inspected.
- Clean or replace furnace filters every 30 days. (The day you receive your bill from us can serve as a good reminder that it's time to clean or replace the filter on your furnace.)
- Clean registers, baseboard heaters and radiators as needed. Be sure to move furniture, carpeting or drapes so they are not blocking the registers, heaters or radiators.
- Your HVAC contractor should be able to provide fact sheets for various models so you can compare energy usage. While the national Annual Fuel Utilization Efficiency (AFUE) rating is 78% for furnaces, some ENERGY STAR models exceed 90% AFUE.
- Fans help circulate the air in your home. Moving air makes you feel cooler, so you can set your thermostat at a higher temperature during the summer and still feel comfortable.
- Turn off fans in rooms not in use. Fans are effective at cooling you - not the room.
- Close the curtains and drapes at night to retain the heat.
- Use exhaust or ventilation fans in your kitchen or bathroom only as long as you need them to do the job. Don't allow them to continue to run for longer than 20 minutes or so. Insulate your hot water heater to prevent heat loss. You may also want to insulate the hot water pipes in your home.

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## मनोज श्रेष्ठ

- महा प्रबन्धक ( ट्राभल्स हाउस नेपाल )

### हवाई यात्राका लागि एक जानकारी

२२ वर्ष अघि देखि म हवाई सेवा र ट्राभल्स एजेन्सीको क्षेत्रमा कार्यरत छु । ४ वटा जति हवाई सेवामा म्यानेजरको रूपमा कार्य गर्दै सन् २००५ मा अमेरिका आएपछि 'ट्राभल्स हाउस नेपाल' स्थापना गरेर ट्राभल्स एजेन्सी चलाउदा मैले बुझेको यात्रुहरूको चासो भनेको कसरी सस्तो भाडा दर र राम्रो 'सर्भिस'मा यात्रा गर्न पाईन्छ भन्ने नै महत्वपूर्ण रूपमा रहेको पाएको छु ।

सस्तो भाडादरका बारेमा कुरा गर्दा हवाई सेवाको भाडा निर्धारणका बारेमा थाहा पाउनै पर्ने हुन्छ । सबै हवाई सेवाहरूले 'सिजन' अनुसार भाडा दर परिवर्तन गरिरहेका हुन्छन् । 'ट्राभल्स एजेन्सी' हरूसंगको 'कम्युनिकेसन', आफ्नै 'फ्लाइट लोड' र विश्व बजारलाई हेरेर उनीहरूले आफ्नो भाडा निकर्षण गरेका हुन्छन् । ट्राभल्स एजेन्सीहरूले आफ्ना कुराहरूलाई हवाई सेवाका व्यवस्थापकहरूसंग व्यवस्थित रूपमा राख्दा उनीहरूका यात्रीहरूले सस्तो भाडामा राम्रो सुविधाका साथ यात्रा गर्ने अवसर प्राप्त गर्न सक्नेछन् ।

हरेक 'फ्लाइट' मा 'इकोनमि', 'विजनेश' र 'फस्ट' गरि वर्गहरू वर्गीकरण गरिएको हुन्छ र हरेक वर्गको भाडा दर पनि फरक फरक हुनु स्वभाविक कुरा नै हो । तर महत्वपूर्ण कुरा के छ भने 'इकोनोमिक क्लास' भित्र ५-६ वटा वर्ग हुन्छन् भन्दा अनौठौं लाग्न सक्छ र अनौठौं लाग्नु स्वभाविक पनि हो । 'इकोनोमिक क्लास' भित्रको यस्तो वर्ग टिकट काट्नका लागि मात्र निर्धारण गरिएको हुन्छ । उदाहरणका लागि ए, वि, सि, डि, इ गरेर वर्ग छुट्याईएकोमा ए वर्गका लागि २० टिकट छुट्याईएको छ भने ति २० टिकट सस्तोमा पाईन्छन् । त्यसपछि वि वर्गमा जादा केहि महंगो, सि वर्गमा जादा झन महंगो र एवम क्रमले महंगो हुदै जान्छ । एउटा वर्गवाट अर्को वर्गको भाडा दरमा औसत ७५ डलरको अन्तर पर्छ । त्यसैले ए र इ वर्गमा पर्ने अन्तर कति ठूलो हुन सक्ला ? तर रमाईलो

ए वर्गमा टिकट काटेको यात्रु र इ वर्गमा टिकट काटेको यात्रु कुममा कुम मिलाएर यात्रा गरिरहेका हुन्छन् तर उनीहरूले टिकटका लागि तिरेको रकममा भने ठूलो अन्तर रहेको हुन्छ ।

हवाई सेवामा देखिने एउटा भाडादर भनेको 'पब्लिक फेयर' भन्ने हुन्छ जुन सधैँ निक्कै महंगो हुन्छ । अहिले कै कुरा गर्दा अमेरिकाको वासिङटनबाट नेपालको काठमाडौं जाने टिकटको 'पब्लिक फेयर' भनेको करिब २३०० सय डलरवाट सुरु हुन्छ । दोस्रो भाडादर भनेको हवाई सेवाले 'स्पेशल फेयर' भनेर निकाली रहेका हुन्छन् । यो भाडादर चाँहि करिब ६ महिना अघि निर्धारण गर्ने गर्दछन् । अहिलेकै समयलाई आधार मानेर वासिङटन – काठमाडौंको कुरा गर्ने हो भने यो भाडा दर औसत ११७५ डलर तिरबाट सुरु हुन्छ । अर्को र सस्तो भाडादर भनेको चाँहि 'सर्ट टर्मस डिल' जस्तो हुन्छ । यस डिलमा चाँहि यो समयदेखि त्यो समयभित्र जाने आउने गरिसक्नु पर्ने भन्ने कुरा उल्लेख गरिएको हुन्छ । त्यसैले यो डिलमा भाडादर निक्कै सस्तो हुने गर्छ ।

टिकट काट्ने सन्दर्भमा प्राय सबै हवाई सेवामा एक वर्ष भित्रको टिकट काट्न सकिन्छ । यसरी टिकट बनाउदा आफुले कती तिरीदैछ भनेर चनाखो त बन्नै पर्छ । अनुभवका आधारमा भन्ने हो भने तीन चार महिना अगाडि टिकट काट्नु उचित हुन्छ । धेरै अगाडि टिकट काट्नु पनि राम्रो मानिदैन किनभने तीन चार महिनाको अवधि भित्र रहने गरि विशेष 'डिल' हरु आउने गर्दछन् । हामीले काम गर्ने क्रममा बटुलेको अनुभवबाट कुन कुन समयमा कस्तो खाले डिल आउन सक्छ भन्ने अनुमान लगाउने गर्छौं, त्यो एक हदसम्म मिल्न पनि जान्छ । ट्राभल एजेन्सीमा हामी काँहा आउने ग्राहकहरूलाई हामी कहिले काँहि अहिले टिकट नकिन्नुस, पर्खिनुस् भन्छौं । यसो भन्नुको कारण हाम्रा ग्राहकहरूलाई सस्तोमा टिकट मिलोस भन्ने अभिप्राय हुन्छ ।

भाडादरमा प्रभाव पार्ने महत्वपूर्ण कुरा भनेको समय हो । समयका हिसाबले भन्नु पर्दा 'समर'को समयमा विश्वव्यापी रूपमा 'लोड' बढेको हुन्छ । त्यसैले यस समयलाई 'पिक सिजन' भनिन्छ । यस समयमा वर्ष भरीको तुलना गर्दा भाडादर महंगो परेको हुन्छ । जनवरी देखि अप्रील सम्मको

देखि अप्रील सम्म अलि 'क्याजुवल ट्राभल्स' बढि हुने गर्छ । यसवेला भाडादर केहि सस्तो पर्ने कारण यस समयको फाईदा उठाउन सक्दा कम खर्चमा यात्रा हुन सक्छ । चार्डपर्वका बेला नेपाल जानेको चाप केहि वढन जान्छ भने डिसेम्बर तिर विदाका कारण विद्यार्थीहरु नेपाल जाने कारण अलि 'लोड' हुन्छ । जुन १२ देखि जुलाई अन्त्य सम्मको समयलाई 'पिक सिजन' भनिन्छ , यो नेपालका सन्दर्भमा मात्र नभएर विश्वव्यापी हो । त्यसैले यसवेला टिकट दर महंगो पर्छ ।

कहिले काहिं लाग्न सक्छ अहिले नेपाल जाने 'सिजन' नै होईन तर टिकट किन पाई रहीएको छैन ! फेरी भाडा दर पनि महंगो ! के कारण हो ? यसको कारण भनेको हाम्रो गन्तव्यलाई अरु गन्तव्यहरुले पनि प्रभाव पारिरहेको हुन्छ । उदाहरणका लागि हेर्दा यदि हामी मध्ये कोहि डिसीबाट 'गल्फ एयर' प्रयोग गरि नेपाल जादैछौ भने डिसी - लन्डन - बहराईन हुदै जानु पर्छ । यसबेला लन्डन र बहराईनमा 'ट्रान्जिट' पर्नेहरुको चापले काठमाडौंको गन्तव्यलाई प्रभावित पारीदिन्छ । यसकारण अन्तराष्ट्रिय उडानमा विश्व प्रभाव रहेको हुन्छ । त्यसै हुनाले भाडादरका विषयमा , सस्तोमा टिकट पाउने सन्दर्भमा र उपयुक्त हवाईसेवाका विषयमा भरपर्दो ट्राभल एजेन्सीको राय लिनु नै बेस हुन्छ ।

यात्रा गर्दा आफुले लैजान पाउने सामानको तौल बारे पनि जानकारीको अभाव रहेको हुन सक्छ । कसैले यति र कसैले उति भन्ने कारण यत्र-तत्र वहस चलिरहेको हुन्छ । कुरा के हो भने अमेरिकी 'क्यारीएर' हरुले ५० पाउण्ड सम्मको एक 'पिस' लान दिने गरेका छन भने प्राय अरु 'क्यारीएर' हरुले ५० - ५० पाउण्ड भित्रका २ 'पिस' लान दिने गरेका छन । आफुले यात्रा गर्दाको सुरुवातको 'क्यारीएर' कुन हो त्यसको निमय भित्र आफुले लान पाउने तौल निर्धारण हुने हुन्छ । उदाहरणका लागि अमेरिकी 'एयरल्यान्स'बाट लन्डन र लन्डनबाट 'जेट एयर' हुदै काठमाडौं जाने र फेरी आउने हो भने जाने बेलामा एक 'पिस' मात्र लान सकिन्छ । तर आउदा २ 'पिस' ल्याउन पाईन्छ ।

यात्राका बेला विचमा पर्ने ठाँउको 'ट्रान्जिट' भिसा बारे पनि अन्याूलता हुने गर्छ । विशेष गरि लन्डन हुदै जाने हो भने त्यहाको भिसा लिनु पर्ने वा नपर्ने भन्ने बारे अन्याूलता हुन्छ । लन्डन भएर जाने यात्रुमा भिसा लिनु पर्ने वा नपर्ने वर्गिकरण

गरिएको छ । सन् १९९८ भन्दा यताका 'गिन कार्ड होल्डर', 'एच वन भिसा' मा भएका भएपनि पासपोर्टमा 'भ्यालिड भिसा स्ट्याम्प' भएकाहरु, 'आई २० भ्यालिड' भएका र पासपोर्टमा 'भ्यालिड स्ट्याम्प' भएका विद्यार्थीहरु र 'टुरिष्ट भिसा' मा रहेका 'भ्यालिड भिसा' भएकाहरुलाई भिसाको जरुरी हुदैन । सन् १९९८ भन्दा उताका 'गिन कार्ड होल्डर', 'स्टाटस' मा नभएकाहरु र माथि उल्लेख गरिएको आधार नभएका विद्यार्थी तथा 'एच वान' भिसामा रहेकाहरुले भिसा लिनु पर्ने हुन सक्छ । यो जानकारी सामान्य जानकारी दिने उदेश्यले लेखिएको कारण यसैलाई आधार मानेर भिसा लिन पर्ने वा नपर्ने भनेर यात्राको तय गरिहाल्नु भने उचित हुदैन किनभने नियमहरु परिवर्तन भईरहेका हुन्छन र यो जानकारी कुनैबेला अमिल्दो पनि हुन सक्छ । यसकारण यात्रा गर्ने बेलामा सम्बन्धीत निकायमा वा आफ्नो ट्राभल एजेन्सीसंग परामर्श लिनु उपयुक्त हुन्छ ।

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## Community Events

Kentucky Nepali Society, Forum of Nepalese in American and Nepal America Society of Kentucky jointly organized MAHA JATRA America in Lexington, KY in November 7, 2014



**ANMA Executives meeting minutes****Date: November 8<sup>th</sup> 2014****Start time: 5:00 pm (Central time)****Location: Curryhut, Highland Park, Chicago****Host: Chicagoland Nepali Friendship Society (CNFS) & Mr. Bala Ghimire****Meeting minutes taker: Mr. Bharat Kandel (General Secretary)**

(This is the first face-to-face meeting and second meeting of the current executive members called by the General Secretary of ANMA on behalf of the President and conducted by Bharat Kandel and Sushil R Sharma)

ANMA would like to apologize the entire team and the general members present in the meeting for delay in starting the meeting due to unforeseen circumstances. ANMA will put every effort to start the meeting on time in the future. ANMA would like to thank everyone for their patience and staying till the end of the meeting despite their own personal commitments to their families and other personal activities.

ANMA regrets that despite several attempts it was unable to hold a conference call environment in the meeting for several members to join via their phone or computers due to technical difficulties.

The General Secretary, Bharat Kandel, welcomed everyone to the meeting and requested the President to introduce his team members for ANMA 2014-2016. Once the team members were introduced, introduction of the all other present members were completed.

Introduction of the members was followed by welcome speech from Mr. Bala Ghimire, Vice-President of ANMA and the host of the meeting, which was followed by a welcome speech from Benimadhav Kandel, the President of CNFS (Chicagoland Nepali Friendship Society). Mr. Benimadhav Kandel informed the general public the past, present and the future programs of CNFS.

Executive member Mrs. Anita Adhikary, thanked CNFS and Mr. Bala Ghimire for hosting the meeting. She went on to thank Curryhut restaurant for tasty food and providing the location for the meeting.

Mr. Sharma, the president of ANMA starting his opening remarks by providing a short history of ANMA followed by thanking his team for joining ANMA. He reminded everyone to help and preserve the goal of ANMA and come up with new ideas and plan to expand ANMA presence to the Midwest region.

Dr. Gaury Adhikary and Sharda Thapa were called upon by the General Secretary to pass the thank you motion to the former president and executive committee. Mr. Adhikary and Mr. Thapa thanked the former president Mr. Gopendra Bhattarai and the team for their hard work and dedication to ANMA.

President Sharma propose several ideas to reshape and reorganize ANMA for the future. The **Life member campaign**, proposed by the president was unanimously passed by the members present in the meeting. While the **Board of Trustee** idea was extensively discussed by the team and the general audience, it was decided by the overwhelm majority, that the current executive body should formulate a complete plan and any decision by the team on this matter will be accepted to all.

After much discussion a team was formulated to work on amending current bylaws of ANMA. The team includes Mr. Sharda

The General Secretary called Mr. Sanajay Ghimire, an executive member, to update on ANMA website and IT related enquiries. Mr. Ghimire informed the members that a team of three members comprising Mr. Ankur Sharama, Mr. Suraj Adhakari, and himself have been tasked to work on ANMA website and all IT related issues. He updated the team about the current plan, progress and future objectives of the team. He provided a glimpse of future website and talked about information that may be included in the site.

An executive member and Viewpoint Editor, Mr. Buddha R Maharjan informed the members the progress report on the magazine. The magazine is scheduled to be released by the end of November.

Mr. President then informed everyone about the formation of different committee. Each committee is tasked with different aspect of ANMA objectives. The purposed list of members for each teams is attached with this meeting minutes. After collecting views and listening to the comments and suggestions from the floor the president informed everyone that he will review and finalize the committees in the near future.

Various ANMA supported projects and their updates were provided by the members as below:

**Medi-Plus project at Balaju** – Mr. Sushil Sharma

**ANMA booklet distribution project** – Mrs. Anita Adhikary

**Blind leading blind-Nepal Project** – Ms. Buna Dahal

**Radio Mala project**- Mr. Gopendra Bhattarai

**Miscellaneous projects** – Mr. Gopendra Bhattarai

The General Secretary invited Ms. Buna Dahal, an executive member, to talk about a future project that ANMA has shown interest to support. After a short introduction of **Special School for Disabled and Rehabilitation Center (SSDRC)** and a video about the project, ANMA members decided to raise fund for the project as well as advertise the project throughout the ANMA region. At the end of the meeting a fund of \$1125.00 was raised and handed over to the President Sharma. This fund will be officially handed over to SSDRC team through one of our ANMA member, who travels to Nepal in the near future.

General Secretary invited former registrar founder of Kathmandu, Dr. Sita Ram Adhikary, to talk about Higher Education infrastructure and environment in Nepal.

President Sharma brought up an idea of **Midwest community outreach program** to connect with various organization and its members in ANMA region. Several members provided their ideas, suggestion and comments regarding this initiative. Discussion also revolved around organizing one day events at various communities. The current team will take on collected information and formulate a plan in its future meeting.

Mr. President proposed an idea about setting up an **Emergency fund for ANMA** to use at an emergency. After a heated discussion within members and former presidents, it was decided that ANMA should not have more than \$10,000 in this fund. While several options regarding the collection of this fund was discussed, it was left for the current executive members to come up with a plan for future meeting.

Former President Mr. Gopendra Bhattarai was called upon to review 10<sup>th</sup> Annual Joint Convention (33<sup>rd</sup> ANMA convention) Denver, Colorado. Mr. Bhattarai, thanked ANMA committee, Core Committee of the convention, Convention Chair Mr. Sharad Acharya, Core member Mr. Narayan Shrestha along with all committee chairs and the entire team of about 117 members (Convention Committee members). He shared his experience and the process along with a few pointers to the new executive members.

ANMA treasurer Mr. Bishnu Phuyal provided the financial detail of the 10<sup>th</sup> Annual Joint convention to the public. He informed that while the detail profit/loss account presented during the meeting represents current financial picture from the convention, ANMA is yet to raise most of the pledged amount from the members. The meeting decided that an executive member Ms. Anita Adhikary along with other members of the team will help Mr. Phuyal on this matter.

President Sharma, congratulated **ANMA Hero Of The Year** Dr. Gauri Adhikary on behalf of the current executive team. The president proposed and it was unanimously passed that the ANMA will honor Joint Convention Chair Mr. Sharad Acharya and Co chair Mr. Narayan Shrestha from Colorado. President Sharma thanked all the team members from the Joint Convention for their dedicated work to host a successful convention.

Mr. Bharat Kandel, a Convention Core Committee member, presented his review of the Joint Convention, Denver Colorado, with highlights of attractive and unattractive programs as well as presented his view on some of the lesson learned from the convention.

President on behalf of the team congratulated the following members for their outstanding achievements as listed below:

Ms. Buna Dahal - College of Dupage "**Highest Alumnae Honor**"

Mrs. Anita Adhikary - Publishing new Children book "**My Daughters are smart**"

Mr. Ramakant Kharel and Mr. Bala Ghimire for successful fund raising event in Chicago for **NRN Building** in Nepal

Mr. Rajendra Khatiwada – **AFNO Interim President**

President Sharma opened the floor for a discussion on Nepal and current Constitution writing process and what ANMA could do. After spending several minutes on discussion it was unanimously passed that ANMA should publish a press release on this matter as soon as possible. Mr Sharada Thapa was tasked with writing a draft of press release. The members also proposed that ANMA should take a lead on communicating with other Nepal related organization in USA and publish a joint press release. President Sharma announced that this matter will be discussed with the executive team and newly proposed Public Relation committee.

The General Secretary Mr. Kandel and the President Sharma started a discussion on ANMA/NASeA Joint convention strategy. Current status of the 11<sup>th</sup> Joint Convention, as shared by NASeA President Dr. Ramchandra Baral was shared with the attendees. Mr president thanked NASeA president Dr. Ram Chandra Baral and senior VP Mr. Bimal Nepal for providing above mentioned joint convention information and wishing ANMA team for the success of a meeting.

After providing general summary of the current relationship with NASeA, with respect to Joint Convention the floor was opened to the public to discuss the future strategy of the relationship with NASeA as it relates to the Joint Convention. There was a thorough discussion with respect to advantages and disadvantages of working on the Joint Convention. All former Presidents and vice presidents as well as several general members presented their suggestions and comments. Due to time and several other issues related to past and future conventions, it was decided to continue the discussion in the future meetings of ANMA executive members.

After thanking everyone for attendance and providing their input regarding ANMA and its projects and objectives President Sharma provided his closing remarks.

The General secretary closed the meeting after thanking everyone and especially Mr. Bala Ghimire, Vice-President of ANMA for providing location as well as Curryhut for providing food and drinks for the meeting.

**Next face-to-face meeting:**

Mr. Mukesh Singh suggested that ANMA conduct its next face-to-face meeting in Ohio. After thanking Mr. Singh for the proposal, the President announced that the date, venue and time of the meeting will be decided after communicating with other executive members in the near future.

**Attendees:**

**President:** Mr. Sushil Raj Sharma, KY

**Vice Presidents:**

- ◆ Mr. Bala Ghimire, IL
- ◆ Mr. Kailash Kayestha, IA

**General secretary:** Mr. Bharat Kandel, MO

**Joint Secretary:** Ms. Buna Dahal, CO

**Treasurer:** Dr. Bishnu Phuyal, IL

**Viewpoint Editor:** Mr. Buddha Ratna Maharjan, KY

**Members:**

- ◆ Dr. Elina Shakya, OH
- ◆ Ms. Ramita Bade Shrestha, MI
- ◆ Ms. Nita Khatiwada, KY
- ◆ Mr. Sanjay Ghimire, IA
- ◆ Mr. Uday Maharjan, IL
- ◆ Mr. Suraj Adhikari, OH
- ◆ Mr. Ankur Sharma, IL
- ◆ Dr. Gokarna Aryal, IN
- ◆ Mr. Manoj Shrestha, IL
- ◆ Mr. Ankur Sharma
- ◆ Anita Adhikary

**Ex Officio:** Mr. Gopendra Bhattarai (Former President ANMA)

- Dinesh Koirala (Former President ANMA)
- Dr. Gaury Adhikary (Former President ANMA)
- Mukesh Singh (Former President ANMA)
- Sharada Thapa (Former President ANMA)
- Rajendra Khatiwada (Former President ANMA)
- Dr. Soham Khatiwada (Former Vice -President ANMA)
- Benimadhav Kandel (President CNFS)
- Sitaram Adhikary
- Menuka Dahal
- Indira Koirala
- Geeta Baskota

- Shiva Om Bade Shrestha
- Om P. Dhakal
- Diwakar Timilsana
- Narayan Gyawali
- Kiran Thapa
- Ishwari Bagale
- Bhanu B. Ghimire
- Kashi P Singh
- Khem Bhandari
- Jitendra Rana

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May your life be blessed always with good friends, great times and a loving family.



Source: Google picture