

# Association of Nepalese in Midwest America (ANMA)



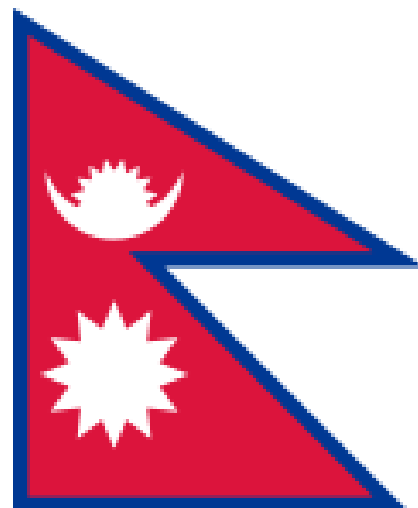
Newsletter of the Association of Nepalese in Midwest America

Executive Committee 2020-2022

Issue 1



THE MISSION OF THE ASSOCIATION OF NEPALESE IN MIDWEST AMERICA (ANMA) IS TO PROMOTE, COORDINATE, AND FACILITATE CLOSE COOPERATION AMONG NEPALESE AND FRIENDS OF NEPAL IN NORTH AMERICA, PARTICULARLY IN THE MIDWEST REGION OF THE UNITED STATES, FOR MAINTAINING AND FOSTERING NEPALESE IDENTITY AND CULTURAL HERITAGE.



## President's Message

Dear All Namaskar!

I hope you and your family are doing well and are safe and healthy during the COVID 19 pandemic. As we witnessed the devastating effects of COVID 19 on economy and society, we still need to adapt to the new situation and continue to function.

I, as a president of Association of Nepalese in Midwest America (ANMA), am excited to inform you all that we started continuing the publication of the ANMA Viewpoints. It is our official quarterly publication that not only provides the opportunity to present our viewpoints but also serves as a repository of our activities and information.



I would like to assure you that we, as a team, will try our best to promote ANMA mission and vision by building a strong and meaningful networking among Nepalese community members across USA. I have a strong belief in unity, collaboration, and partnership among Nepalese communities and members that helps to empower each other and our genuine voices on social issues. ANMA has been conducting a Joint Convention with Nepalese Association in Southeast America (NASEA) since 2005 and restarted a National Convention since 2018 along with Association of Nepalis in the Americas (ANA) and other social organizations. ANMA will give high priority on collaboration with local Nepalese community organization more specifically in Midwest region of USA to better utilized our limited resources and time.

I thank you for your continuous support and let us volunteer together and work in more efficient manner to serve the community.

Best regards,  
Diwakar Dahal, PhD  
President, ANMA 2020-2022

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# सिराहा-सप्तरी का सरकारी बिद्यालयमा कम्प्युटर ल्याब बनाउन अमेरिका मा म्याराथन दौड

नेपालको तेहथुम जिल्ला को जलजले मा जन्म भै हाल

अमेरिकाको इन्डियाना मा बस्दै आइरहेका Association of Nepalese in Midwest America (ANMA) का महासचिब डा.ओम दाहालले अक्टोबर १७ मा 2020 Detroit Marathon (Virtual) पुरा गरेका छन। ANMA संग सहकार्य गर्दै नेपालको प्रदेश नम्बर -२ सिराहा र सप्तरी मा पर्ने यी तीन बिधालयहरू क्रमशः श्री जनता माध्यमिक सुखिपुर, श्री जनता चेथरु जितन माध्यमिक सुखिपुर र श्री राजेन्द्र देवकी माध्यमिक कोइलाडी तिलाठी मा एउटा/एउटा कम्प्युटर ल्याब बनाउने उदेश्यका साथ डा दाहाल ले उक्त म्याराथन पुरा गरेका हुन।



बिगत पाँच वर्ष देखि हरेक वर्ष म्याराथन दौडदै आएका डा दाहालले हरेक वर्ष म्याराथन मार्फत संसारको विभिन्न ठाउमा बसोबास

गर्नुहुने साथीभाई, शुभ चिन्तक र अन्य सहयोगी संघ संस्था हरु संग सहकार्य गरि फन्ड संकलन गरेर, सोहि फन्ड मार्फत नेपालमा स्वास्थ्य र शिक्षाको क्षेत्रमा काम पनि गर्दै आएका छन। बिगतका बर्षहरूमा क्रमशः १) २०१६ को Indianapolis Monumental Marathon मार्फत तेहथुममा एम्बुलेन्स, २) २०१७ को Chicago Marathon मार्फत नवलपरासीको यादव माध्यमिक बिद्यालय मा छात्रामैत्री शौचालय, ३) २०१८ को Marine Corps Marathon , Washington DC मार्फत तेहथुमको श्री शंकर र श्री जन ज्योति माध्यमिक बिद्यालयहरूमा कम्प्युटर ल्याब र ४) २०१९ को New York Marathon मार्फत जाजरकोट का ४ वटा बिधालयहरू क्रमशः श्री शिब शंकर, श्री दीपेन्द्र, श्री भगवती र श्री शंकर भवन माध्यमिक बिधालयहरूमा कम्प्युटर ल्याबको ब्यबस्था भएको थियो।



Crown Point Indiana मा बिहान ६:३० बजे सुरु भै ११:०० बजे सकिएको भर्चुअल Marathon मा उक्त एरियामा रहनु हुने नेपाली श्री बिक्रम श्रेष्ठ ले डा. दाहाल संग संगै २६. २ माइल साइकलमा यात्रा गरि दौडमा आइपर्न सक्ने बाधा ब्यबधानको जिम्मा लिई सहयोग गर्नु भएको थियो। तेसै गरि अन्य नेपालीहरू क्रमशः डा. सोहन खतिवडा, डा. गोकर्ण अर्याल, डा. बिर काफ्ले, प्रभा अर्याल र प्रिशा अर्यालले बाटोको बिच बिचमा बसी पानी तथा फलफुल को ब्यबस्था गर्नु भएको थियो। ANMA का पूर्व Vice - President तथा वर्तमान ट्रष्टी डा. सोहन खतिवडा ले डा. दाहाल लाइ 2020 Detroit Marathon को पदक पहिराई दिनु भएको थियो। म्याराथन समापन अवसरमा सो एरिया मा रहनु हुने नेपाली परिवारको उपस्थिति रहेको थियो।

२० वटा कम्प्युटर, १ प्रिन्टर, १ प्रोजेक्टर सहितका तीन वटा कम्प्युटर ल्याब निर्माण गर्ने लक्ष्य भएको यो अभियान को अनुमानित लागत नेपाली रुपया चौध लाख (अमेरिकन डलर अन्दाजी \$ १२,५००) संकलनको लागि डा. दाहाल ले GoFundMe प्रयोग गर्दै फन्ड जम्मा गर्न सुरु गरेका छन्। तलको GoFundMe लिंक मा गइ यो अभियान मा सहयोग गर्न सकिने छ।

<https://www.gofundme.com/f/computer-labs-in-siraha-and-saptari-3-schools>

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## शवागत गरौं नयाँ बर्षलाई

धेरै बर्षहरू विते,  
क्यालेण्डरका पानाहरू  
क्रमश फर्किदै गए,  
आगतले विगतलाई  
सजिलै बिदा दिए,  
ऋतुहरू आउने-जाने  
निरन्तरता कायमनै भए।

सामुमा, समय -फगत  
इतिहास बन्यो!  
फेरी त्यहीसमयले हामी  
सबलाई,  
इतिहास - चक्रको पात्रमा  
समावेश गरिरहेछ।  
के थाहा? हाम्रा भुमिकाहरू,  
पुरा भए-भएनन्? बिवाद  
नगरौं,  
लेखाजोखाको सही हिसाब  
भैँरहेकैछ।

ढुक्क होऊँ ! यो नातावाद  
-कृपावादबाट मुक्त छ।  
न त यो घुसखोरीको  
लालचमै फस्छ।  
एउटा सीगौं जिवनरूपी  
सबको यो “कक्षाकोठामा”,  
नयाँ बर्षले फरि “अध्यापन

शुरू गरेकोछ”।  
आऊँ ! हामी सब आफ्नै -  
आफ्नै इतिहासका,  
सीगौं कि कीताबहरूका  
ठेलीहरू पढौं!

नदोहयाऊ पुराना ती  
गल्तीहरू

सीकौं, आफ्नै  
ईतिहासहरूबाट,  
अनि शवागत गरौं !यो नयाँ  
बर्षलाई  
शवागत गरौं यो नयाँ  
बर्षलाई

**उर्मिला निर्दोषी**

**उपाअध्यक्ष - आन्मा**

**महिला संयोजक -अनेसास**

## “जिन्दगी विदेशीको”

**बिनोद पोखरेल**

**Des Moines, Iowa**

भौतिक सुविधा हेर्नेलाई सुखै सुख  
मनको मर्म बुझ्नेलाई दुखै दुख  
गंतव्यबिना मौन रोएको थिएँ जिन्दगीमा  
आइपुगेछु अमेरिकामा।।

जब संगै थिएँ, धेरै कसम खाएको थिएँ  
सुखै सुख दिने  
अहिले टाढा छु कुनै साथ छैन शिवाए  
सम्झी सम्झी रुने।।

एउटा जिन्दगी त थियो  
चाहेको जस्तो बाँच्न सकिन्थ्यो  
दुःख सुख तेस्तै हो  
मर्न त आफ्नै देशमा मरिन्थ्यो।।

विदेशमा राम्रो काम गर्न सकेकोमा  
आफुलाई बधाई दिने को  
आफ्नो देशमा केहि गर्न नसकेकोमा  
आफुलाई धिक्कारने।।

भोली भोली भन्दा भन्दै  
जिन्दगी व्यर्थ बित्ने भयो  
आफन्तको माया  
फोनै फोनको भरमा तर्ने भयो।।

जिन्दगीको व्यस्ततामा आफन्तलाई  
बिरसिए जस्तो लाग्दछ  
फेरि एकान्त कोठाको सुन्यतामा  
बेदनाले असाध्यै पोल्दछ।।

न खुशीले बाँच्न सकिने भईयो  
न दुखले मर्न सकिने भईयो  
एउटा जिन्दगी अन्योलको अंधारोमा  
हराउने भयो  
एउटा जिन्दगी सदा विदेशी भएर बित्ने भयो  
एउटा जिन्दगी सदा विदेशी भएर बित्ने भयो।।

## Sponsors of ANMA The Viewpoints

**Wishing a happy Holiday season and happy new year for entire ANMA community, Cheers!**

**Gauri Adhikari (Former President of ANMA) and Anita Adhikari and family, Maryland**

**Gopendra Bhattarai (Former President of ANMA)/  
Anju Bhattarai and family, Indiana**

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## Nepalis in The Midwest

**Sharda Thapa**

**October, 2020**

The Midwest has become home to an estimated one hundred thousand plus immigrants of Nepali origin with thousands more getting established, depending on the definition of Midwest. The community generally refers to itself as Nepali or Nepalis rather than the anglicized term Nepalese.

Immigration from Nepal is a relatively recent phenomenon, with the first Nepali admitted as a permanent resident of the United States in 1952. Until 1965, when a new immigration act was passed, only a handful had immigrated to the U.S. Beginning in 1968, the number of Nepalis admitted began to increase. Most of the immigrant population, however, has arrived within the last twenty-five years. In 1990, 1,749 Nepali resided in the United States, according to the US Census, or a just over 0.02% of all immigrants, 0.05% of all Asian immigrants and 0.4% of all South Asian immigrants. Although the 2000 Census indicates that only 9,399 people identified themselves as Nepali, the estimate the total number of Nepali immigrants in the U.S. is believed to have been closer to 25,000 at that time. The 2010 Census reported some 70,000 Nepali-origin immigrants and this too is believed to be an undercount. A majority of all newly arrived Nepalis settle in cities of over 100,000 people in states such as: California, Texas, New York, Virginia, Maryland, Massachusetts, Florida, and Illinois. Unofficial estimates of the current Nepali population place it at over 350,000 across all 50 states. The US also started admitting in 2008 over 80,000 refugees of Nepali ethnicity who were expelled from Bhutan in the mid-eighties and spent some 20-plus years in refugee camps in south-eastern Nepal. They were admitted into the US after repatriation negotiations were unsuccessful. They are largely a farmer/shopkeeper population with little education within the older generation.

The late entry of Nepali immigrants into the United States has a number of reasons. Before Nepal began to emerge into the world community in 1951, Nepalis were restricted from emigrating, save to India and Nepal was virtually closed-off to other foreigners. Furthermore, for 40 years following 1951, the government continued to impose passport restrictions, making it difficult to travel or emigrate. There was also the lack of a well-educated and technical labor force in Nepal, like those which spearheaded other South Asian migrations. Currently, 10% of Nepal's population is serving as a labor pool in the Middle East and East Asia. About 40% of the remaining population is literate and nearly 90% of the economically active population over ten years of age is still engaged in agriculture.

The first families began to settle in the Midwest in the early to mid-seventies; most were professionals who lived in disparate locations. Adaptable to any social environment, they were scattered widely following their jobs, interest and affordability and lived harmoniously with people from diverse cultural backgrounds. For example, the community in Chicago, which as recently as 1990 numbered less than 100, is now over 10,000, concentrated in Chicago's Uptown and Rogers Park areas, as well as in suburbs like Skokie, Schaumburg, Naperville, Aurora and the like. The community comprises students, professionals, families, and wage-earners from Nepal and Nepali heritage communities in South Asia.

Initial immigrants primarily spoke Nepali or Newari/Nepal Bhasa, the main languages of Kathmandu, where they were from. Languages now spoken are Maithili, Bhojpuri, Tharu, Tamang, Magar, Awadhi, Rai, Limbu and the many other languages of Nepal. A majority speak Nepali, the predominant language of Nepal and many speak or understand English as well as Hindi. The com-



### *Nepalis in Midwest (Continued)..*

munity is largely Hindu with many Buddhists since Hinduism and Buddhism are practiced side-by-side in Nepal, often in the same temples. There are also some Muslims and a few Christians. The community relates culturally with other South-Asian immigrant populations, and visits Indian-established Hindu temples. The main holiday celebrated is the Nepali New Year, in mid-April, corresponding to many Southeast Asian New Years. It is based on the Bickram calendar, established 57 years before the Western calendar. Most celebrate Dasain (October) and Tihar (November), according to the lunar calendar, Hindu festivals celebrating the triumph of good over evil. There are also other celebrations like Lhosar, Chath and Bhintuna observed by various ethnic sub-groups.

The primary concern of the community here is the maintenance of their social and cultural heritage and traditions as well as maintaining a sense of identity with Nepal. The community is focused on maintaining essential life-cycle ceremonies, helping members of their community in times of bereavement or need, and celebrating major holidays and communal events. As the population increases and diversifies, there will be an increasing need to draw upon the

established infrastructure for aid in housing, senior services, and immigration. Comprehensive Social service providers to deal with the following are sorely needed: Advocacy, Case Management, ESL, Employment Counseling and Placement, Health Care Services, Health Education, Immigration/Citizenship Assistance, Interpretation and Translation Services, Legal Assistance, Mental Health Services, Social/Recreational Aid to needy immigrants; Domestic Violence Counseling and Shelter. The community has generally relied on other established ethnic service organizations. There are many second generation and now even a few third generation immigrants, many whom are not conversant with Nepali social and cultural heritage as well as the reasons for and values of various functions and customs. This is manifest in many of being unsure of actual Nepali cultural practices and values added to the inability to speak, read or write Nepali .

Nepalis in the Midwest have a number of social organizations dedicated to social, cultural, charitable events and religious festivals. Most members here belong to Nepali organizations which are generally not-for-profits geared to meet social and cultural needs. The Association of Nepali in Midwest America (ANMA) a regional organization coordinating local, regional and national level activities was founded in 1981, when it was difficult to convene a local gathering of substantial size. Most community members also belong to local Nepali organizations. There is now a global Nepali diaspora organization, representing nearly a hundred countries, established in Nepal in 2003. First generation Nepali have founded and led or guided these organizations, bringing along the younger generations. The community is still affected by the aftermath of the end of the violent Maoist insurgency in 2006 and the subsequent changeover from a kingdom to a republic in the motherland.

There is as yet little organized US political activity within the Nepalis-American community. Sporadic efforts have been initiated to create lobbying groups to help address the needs of the community like a tax treaty between the U.S. and Nepal. Participation in US political life is slowly increasing with the growth of the numbers of citizen voters, accumulation of wealth and the increasing lengths of stay of earlier immigrants.

Keeping in view the steady growth of Nepali-origin immigrants, an institution, like ANMA, that will serve this growth, accommodate the scope of activities required as well as create an environment for coming generations to learn social etiquette, values and conversational Nepali is vitally necessary for all. The organization has, however, to be continuously redefining its mission and goals as the times change.

[http://himalaya.socanth.cam.ac.uk/collections/journals/contributions/pdf/CNAS\\_26\\_01\\_05.pdf](http://himalaya.socanth.cam.ac.uk/collections/journals/contributions/pdf/CNAS_26_01_05.pdf)

## A Data Scientist's Foray into a Film

Santosh Lamichhane

I currently live in Madison, Wisconsin and work as a data scientist at a local utility company. A data scientist may not strike one as a filmmaker but I have always had an interest in films. Here I present a candid story of how I tackled an ostensibly impossible endeavor of making and marketing a film. However, I must warn the readers that I also wrote this for shameless self-promotion.

In April of 2014 when I was visiting back my homeland, Nepal, I had an opportunity to re-connect with a middle school friend of mine, Navin Awal. While I came to the U.S. for my bachelor's degree in engineering and then eventually pursued energy policy for my graduate school, Navin pursued filmmaking career after high school. Navin is passionate about films, is a dreamer, a pioneer, and one of those rare species of youth who wanted to create opportunities in Nepal rather than go abroad. He had already made hundreds of ad films, a short film, and was ready for his first feature film.



Bijuli Machine (बिजुली मेसीन) / Electricity Machine Movie Still

It was then when Navin approached me with a unique story to make an entertaining science film with a social message. Hundreds of films are made in Nepal every year, only about ten percent of them recoup investments, and 90 percent of them are usually formulaic films on frivolity. Based on my taste, only five percent of films are good, and good films don't necessarily recoup investments. So, I kind of knew the risks.

Navin had already written the first draft of the film script and he would direct the film. While Navin knew that I did not have deep pockets, he had already concluded that funding the film via a few like-minded people was his only chance to keep the purity of his vision. Traditional producers tried to tamper with his idea and suggested to add elements that would make the film formulaic, stifling the innovative style and authenticity of the film.

The proposed film, *Bijuli Machine* (Electricity Machine) would be a pioneer science film in Nepal. It had an inspirational story of two responsible citizens who would use science to solve the electricity shortage problem that was causing frustrations. Nepal is rich in water resources, with 82,000 megawatts of hydroelectricity potential but the country had scheduled power cuts that had reached 84 hours per week. This irony was not lost on the story Navin wrote. The story had a focus on human curiosity and the pursuit of excellence. It portrayed the power of thinking outside of the box, optimism, and perseverance against unfavorable odds by showing how two young innovative minds face the society, government, and their issues among their peers.

The idea connected well with me as the story was also related to the energy industry, the industry of my education and profession. Although the scientific premise, converting sound to electricity, wasn't that strong, I saw it as a metaphor. So, I pledged to be one of the four investors in the film as well as the scientific consultant for the film. Navin and I worked together to ensure that the story did not have logic gaps, and the artwork and dialogues were sensible. Now, filmmaking isn't cheap in the West. But, in Nepal, at the time, \$75,000 would be enough to complete the film. A four-way split was something I could manage.

Most of the actors in the film were new and recruited from auditions. We put them in weeks of workshops to prepare them for their roles. The movie was shot amid natural disaster and political turmoil. In late April and early May of 2015, two massive earthquakes devastated Nepal. Within months of the natural disaster, politically-motivated blockades obstructed the importing of medicines, oil and gas, and other supplies from India. Our shooting budget got doubled due to the fuel crisis and we had a few weeks hiatus because of the earthquakes. Eventually, the production and post-production got completed; teasers and trailers looked great. The final product was well made, and I consider it to be one of the best films that have come out of Nepal. The film released on December 2016 all over Nepal.

Our young marketing team had made the film well known to the social media audience. By the time the film had released, the film's page had about 100 thousand likes on Facebook. However, Nepal's audience



Bijuli Machine (बिजुली मेसिन) / Electricity Machine Poster



had to be reached beyond social media. The film needed a premiere with broad participation of high profile people and mainstream media and more strategic marketing across the nation. Our marketing did not do well in Nepal's film market.

It was hard for me to accept that such a well-made film failed commercially but much more painful was to take the fact that such a positive, innovative, and inspirational film somehow went unnoticed in the actual film market. The movie offered much more than the scientific subject it undertook. It truly lifted Nepali cinema from conventional formulae films by bringing a well-acted and directed authentic story with good production value, entertainment, and satire.

My foray into the film had already become somewhat of a financial folly but the failure made me own the responsibility of marketing the film to the international audience. In the beginning, it was difficult to come out of a complacent life and dive deep into something where I had no domain expertise. I decided I had to. I had made a film that encouraged others to own the problems and overcome the challenges and if I did not do that myself, I would have fallen short of my expectations.

I began with reaching out to reasonable film awards in Nepal that year. We won the Most Commendable Film of 2016 at the LG Cine Circle Award, a prestigious award in Nepal. Followed by being the 1st runner up for entry to 2017 Academy Awards from Nepal.

To raise some funds for more marketing efforts, we began screening abroad starting from a showing at Madison, Wisconsin followed by showings in Germany and Canada. As some money got raised, we started entering the film to international and South Asian film festivals.



I and my family at the 2017 Seattle South Asian Film Festival



We were an official selection at the Chicago South Asian Film Festival, Seattle South Asian Film Festival (where we won the best narrative film), Singapore South Asian Film Festival and many other regional film festivals. Some of these festivals are the largest and most well-known festivals for South Asian films abroad.

It took some time and effort, but we got overwhelmingly positive reviews that made the making and marketing the film worthwhile and fulfilling. We still didn't recover all our financial losses, but the gains are not always measured in just dollars. More than seeing it as a loss, I see it as a transfer of a few bucks from one set of hands to others. It is immensely satisfying to support a vision that we believe in, support art, and create something others love. The film brought together many creative individuals to create something special and meaningful.

I enjoyed seeing a full circle of a complex project from scratch to finish. I enjoyed networking with creative professionals, hearing various perspectives of people associated with the film industry, and advocating on behalf of innovative film that raises social issues. My kids especially enjoyed walking red-carpet during film festivals. Moreover, it feels cool to be called a filmmaker, especially of an award-winning film!

Starting September 2018, Bijuli Machine became one of the first few Nepali films available to be streamed via **Amazon Prime** (<http://a.co/d/51VL1Cb>) with English subtitles. If you watch it, please let me know how you find it.

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## महिलाहिंसा विरुद्धको दिवस र महिला समानता

### बिष्णु न्यौपाने महिला अधिकार कर्मि



१९९१ देखि नेभेम्बर २५ तारिखलाई अन्तराष्ट्रिय महिला हिंसाविरुद्धको दिवसको रूपमा विश्वका धेरै मुलुकमा मनाउदै आएको पाइन्छ। खासगरी नोभेम्बर २५ तारिखलाई मिरावेल तीन दिदी बहिनीहरूको हिंसाका कारणले मृत्यु भएकोमा त्यसको सम्झनाको रूपमा महिला हिंसाविरुद्धको अन्तराष्ट्रिय दिवसको रूपमा माउडै आएको हो। डोमेनिकन रिपब्लिक त्रिजुलो तानशाही साशनको विरुद्ध मिरावेल ४ डोमेनिकन बहिनीहरू लडिरहेका थिए। चार दिदी बहिनीहरू मध्ये ३ बहिनी (पेट्रिया, मिनेर्भा र मारिया टेरेसालाई १९६० मा डोमेनिकन रिपब्लिक त्रिजुलो तानशाही पुलिसहरूद्वारा यातना दिएर मारिएको थियो। यस घटनालाई लिङ्गको आधारमा हुने राजनीतिक हिंसाको रूपमा लिइन्छ। त्यसपछि १९८५ मा नैरोबिमा भएको एक सम्मेलनले महिलाहरूको विश्वाव्यापी नेतृत्वको केन्द्र -center for Women's Global leadership -CWGL) स्थापना गर्‍यो। त्यसपछि यस संस्थाले महिला हिंसाविरुद्धको अभियानको रूपमा नोभेम्बर २५ देखि डिसेम्बर १० मानवअधिकार दिवससम्मका १६ दिनलाई १६ दिवसिय कार्यक्रमहरू सञ्चालन गर्ने निर्णय गरेको थियो। त्यसै अभियान अनुरूप आज पनि नेपाल लगाएत विश्वका विभिन्न मुलुकमा १६ दिवसिय कार्यक्रमहरूको रूपमा मनाउने चलन छ। विश्वभरीका महिलाहरू महिला माथि हुने हिंसाको विरुद्ध विभिन्न चरणमा विभिन्न तरिकाबाट विविध कार्यक्रमहरू सञ्चालन गर्दै, विभिन्न तह र तप्काबाट आवाजहरू उठाइरहेका छन् तर महिला माथि हुने हिंसाका रूप परिस्कृत हुदै देखिएको छ।

महिलाहरू मानवअधिकार हननको सुरुवातसँगै त्यसका विरुद्ध संगठित आवाज उठाएको, आन्दोलन गरेको इतिहासमा पाउन सकिन्छ। समानता र राज्य सञ्चालनको अधिकारको लागि संसारभरीका महिलाहरूले विभिन्न रूपमा संघर्ष गरेको पाइन्छ। सत्ता, श्रोत र शरीर माथिको अधिकारको निम्ति लडेका तथ्य पाइन्छन्। नेपालको संदर्भमा हेर्दा लिच्छिविकाल देखि महिलाहरू सत्ता सञ्चालनको अधिकार र समानताको निम्ति निडर बनेर उभिएका थिए। जस्तै राज्य सञ्चालन गर्ने आर्नो अधिकारका लागि लिच्छिवी कालमा राजा मानदेवकी आमा राज्यवतीले सती नगई आर्नो राज्य सञ्चालन गर्ने निर्णय गरी संघर्ष गरेकी थिइन्। त्यसैगरी मध्ययुगमा देवलदेवी, नायकदेवी र राजलक्ष्मीदेवी जस्ता महिलाहरू आर्नोबारेमा आफूले नै निर्णय गर्ने र छोरीले पनि राज्य सञ्चालन गर्न पाउनुपर्छ भनी संघर्ष गरे। मल्लकालकी महारानी नायकदेवीले सती नगई दोस्रो विवाह गर्नु, र आर्नी छोरीलाई भा( दगाउँको राज्य सञ्चालनको उत्तराधिकारी बनाउन संघर्ष गरी आर्नो अधिकार स्थापना गर्नु ज्यादै साहसिक कार्य गरेको पाइन्छ।

त्यसैगरी सन् १८५७ मा अमेरिकाको गार्मेटमा काम गर्ने श्रमिक महिलाहरूले निश्चित कार्यघण्टाको माग सहित आन्दोलन गरे, क्लारा जे टकिनले अन्तराष्ट्रिय सम्मेलनको मञ्चबाट महिलाको समान अधिकारको लागि पहिलो आवाज उठाएकी थिइन्। १९०८ मा न्युयोर्कका श्रमिक महिलाले मताधिकारको मागसहित प्रदर्शन गरेका थिए। त्यसैगरी १९१७ मा युद्ध, गरिबी र हत्या हिंसाको विरुद्ध रसियाका महिलाको प्रदर्शन, १९५० इरानका तेल कारखानाको राष्ट्रियकरणको मागसहित ५० हजार महिलाको प्रदर्शन गरेका थिए। यसैगरी संसारभरी महिलाहरूका इतिहासलाई पढ्दा यो भन्ने आ आफ्नो ठाउँ र परिवेशमा महिलामाथि भएको हिंसा, शोषण र विभेदको विरुद्ध संघर्ष गर्दै आएको पाइन्छ। बसोबास महिलाहरू समानताको निम्ति निरन्तर लडेका छन् यति लामो कालखण्ड पार गरेर आउदा पनि महिलाहरूले समानताको अनुभूति गर्ने अवस्था छिटफुट बाहेक संसार भरी बनेको देखिँदै

न। विकसित भनिएका देशहरूमा समेत बन्न सकेको छैन। विकसित देशहरूमा समेत महिलाको नेतृत्व स्वीकार गर्ने मानसिकता देखिँदैन।

महिलाअधिकार र समानताको निम्ति गरिएको संघर्षको इतिहास मानव सभ्यताको विकास संगसगै चलने देखिन्छ। परिवर्तनका निम्ति भएका सम्पूर्ण आन्दोलनहरूमा महिलाहरूको अर्थपूर्ण सहभागिता पाइन्छ तर राजनैतिक परिवर्तन पछि पून महिलाका सवाललाई छाड्न थालेका छन्। एकाअध ठाउँमा भएका उपलब्धिहरूलाई नै सम्पूर्ण रूपमा परिभाषित गर्ने र त्यसकै आधारमा सन्तुष्टिका शब्दस प्रवाह गरी राजनैतिक लोकप्रीयता हासिल गर्ने प्रयास वा प्रचलन संसार भरी व्यापक छ। यो अवस्थालाई महिलाहरूले गंभीर भएर हेर्नुपर्ने नित्यान्त आवश्यक छ। महिला अधिकारको सुनिश्चित गर्ने नाममा राजनैतिक भएको छ। व्यापार भएको छ। यसमा पनि सजक र सचेत हुने वेला आएको छ। जवसम्म समाजका सबै तह, अवस्था र प्रकृत्यामा महिलाहरूलाई अधिकार सम्पन्न र निर्णायक भूमिकामा उभ्याउन सकिँदैन तबसम्म अधिकार सुनिश्चिताको आन्दोलन अपुरो हुनेछ।

संसारभरीका महिलाहरूले गरेको संघर्षको इतिहासलाई हेर्दा (मिरावेल दिदीबहिनीहरू संघर्ष होस वा अमेरिकाका श्रमिक महिलाहरूको संघर्ष होस, इराकका महिलाहरूको संघर्ष होस वा नेपालका राज्यवती, देवलदेवी, नायकदेवी र राजलदेवी जस्ता महिलाहरूले) सबै संघर्ष समानताको निम्ति, हिंसा, शोषण र विभेद मुक्त जीवन वाचन पाउने अधिकारको निम्ति भएको पाइन्छ। जवसम्म श्रोत, शक्ती र शरीरमाथि महिलाको पूर्ण अधिकारको प्रत्याभूतिको अवस्था बन्दैन तबसम्म हिंसको समूल अन्त्य संभव छैन। सयौं वर्ष अगाडि पनि महिलाहरू समानताको निम्ति लडेका थिए। आजपनि विभिन्न तरिकाबाट लडिरहेका छन्। किन यति लामो प्रयास साथक हुन सकिरहेको छैन। महिलाहरूको आन्दोलनको लक्ष्य प्रयाप्त नहुदै साना, तिना उपलब्धीमा नै अल्मलिएको छ की, कुन सक्ति संरचनाले लक्ष्यमा पुग्नु अगाडि नै सिथिल बनाएको छ। यो बहसको विषय बन्नु जरुरी छ। किन कि हिंसाको मूख्य जड शक्ती हो। शक्ति श्रोत र शक्ती -(घरभित्रको सत्ता, समाज र देश) माथिको नियन्त्रणले आउछ। यो शक्ती संरचना माथि पहुच मात्र भएर हुँदैन नियन्त्रणको दिशामा महिला आन्दोलनले दशा निर्देश गर्नु जरुरी छ। महिलाहरूले पहुच र नियन्त्रणलाई छुटाएर हेर्नु पर्दछ। नियन्त्रणको अवस्था कस्तो छ, भन्ने सन्दर्भमा उदाहरणको रूपमा लिन सकिन्छ, महिला आफूले लगाई रहेको गहना समेत आफूलाई आवश्यक हुदा सो निर्णय गरी बेच्न सक्ने अवस्थामा छैनन तर लगाउने, राखन धारण गर्ने महिलाले नै गर्दछन्। सबैभन्दा माया र ख्याल उनीहरू नै गर्दछन्। तर त्यो बस्तुमाथि आफ्नो कति नियन्त्रण छ त्यो सोचिरहेका हुँदैनन। यसले महिलाहरू परनिर्भर भइरहने अवस्थालाई संरक्षण गर्दछ। यो दिशामा महिलाहरूको सोच जानु जरुरी छ। राखनधारण गरेको अवस्थालाई नै नियन्त्रणको अनुभूतिमा रमाउनु नै हाम्रो मुख्य समस्या हो। यसको समाधानको निम्ति सम्पूर्ण महिलाहरूले आ आफ्नो ठाउँमा सचेत र सजक हुन जरुरी छ। महिला हिंसा विरुद्धको अन्तराष्ट्रिय दिवसको सन्दर्भमा सम्पूर्ण महिलाहरू सजिलो अवस्थामा सबै आफ्नो अनुभूति गर्ने र रमाउने थोरी अपठारो अवस्था आउदा वा परिवारिक मनभेद बढदा साथ खाली हात हुने अवस्थालाई न्यूनिकरण गर्न साशनसत्ता (घरभित्रको शक्ती, समाजको सत्ता र देशको सत्ता सबै पर्दछन्) माथि पहुच मात्र हैन सञ्चालन गर्न सक्ने दिशामा अगाडि बढऔं। यसले परिवार, समाज र राज्य सत्तामा भएको असन्तुलित शक्ति संरचनालाई संतुलित बनाउने छ। समानतामा आधारित समतामूलक समाज निर्माण गरी महिला माथि हुँदै आएका हिंसा, शोषण र विभेदको समुल अन्त्य गर्ने दिशामा अगाडि बढाउन सफल हुने छ। यसले मात्र समानताको निम्ति बलिदान गर्नुभएका महिला योद्धाहरूको साचो सम्मान र सम्झना हुने छ।

# The solution for the Crime Reduction in the United States

**Aek Kshatry, CPA**  
**President – Association of Nepali American CPAs**  
**Madison, WI**

1. The counterfeit dollar bill took the life of George Floyd and broke public unrest all over the country for a week and damaged a lot of the property, lost a lot of working hours, it violated the government's lock down order and endangered to spread out Covid-19 among the protesters and their family and friends. Tens of thousands of people demonstrated across 140 cities with more than 4,000 arrested in May & June 2020. Last Monday, major US cities woke to chaos with shop windows smashed and graffiti daubed on national monuments despite curfews and the deployment of thousands of National Guard soldiers over the past week.
2. Black *men* are especially likely to be imprisoned. There were 2,272 inmates per 100,000 black men in 2018, compared with 1,018 inmates per 100,000 Hispanic men and 392 inmates per 100,000 white men. The rate was even higher among black men in certain age groups: Among those ages 35 to 39, for example, about one-in-twenty black men were in state or federal prison in 2018 (5,008 inmates for every 100,000 black men in this age group)
3. Looking through the crime data published by FBI for the 2017, 2018 and past 20 years the numbers of property the crimes are the major portion 7.196 million, 7.682 million and 9.304 million in period the property crime rates are 2,199, 2,362 and 3,080 respectively per 100,000. Though the crimes are decreasing.
4. Crime Reporting of FBI

Year	2018	2,017	Av.of 20 yrs
Population <sup>1</sup>	327,167,434	325,147,121	304,362,838
<b>Violent crime<sup>2</sup></b>	<b>1,206,836</b>	<b>1,247,917</b>	<b>1,316,375</b>
Murder and nonnegligent manslaughter	16,214.0	17,294.0	15,930.9
Murder and nonnegligent manslaughter rate	5	5	5
Rape(revised definition) <sup>3</sup>	139,380	135,666	38,266
Rape(revised definition) rate <sup>3</sup>	42.6	42	12
Rape(legacy definition) <sup>4</sup>	101,151	99,708	91,330
Rape(legacy definition) rate <sup>4</sup>	30.9	31	30
Robbery	282,061	320,596	382,711
Robbery rate	86.2	98.6	127
Aggravated assault	807,410	810,319	826,403
Aggravated assault rate	246.8	249	273
<b>Property crime</b>	<b>7,196,045</b>	<b>7,682,988</b>	<b>9,304,668</b>
Property crime rate	2199.5	2362.9	3,080
Burglary	1,230,149	1,397,045	1,976,581
Burglary rate	376	429.7	654
Larceny-theft	5,217,055	5,513,000	6,370,888
Larceny-theft rate	1594.6	1695.5	2,107
Motor vehicle theft	748,841	772,943	957,198
Motor vehicle theft rates	228.9	237.7	319

Source :FBI's Uniform Crime Reporting (UCR) Program, 2018

## *The solution for the Crime Reduction in the United States (Continued)*

On the analysis from the above excerpts, the crimes are not decreased satisfactorily and more black men are being prisoned. Though the crimes are decreasing but not satisfactorily over the 20 years, 2017 and 2018.

The greatest number of the crimes are property crimes and robbery. Among those crimes, the most directly related to dollar bills. So, the cause of the crimes are dollar bills. If we could abolish the circulation of dollar bills among the public the above reported crimes will be reduced by 90%, the violent crime will be going down by 25%.

Besides reported crime the estimated unrecorded 40 million illegal drug users will be reduced below ten thousand and multi billion tax evasion will be reduced by 90% and more. The full force and correctional facilities will be reduced by 33%. The illegal immigration, smuggling and money laundering will reduce to 10%.

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### **Abolishment of circulation dollar bills among the public are the solution for the current protest as well as the crimes**

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Eventually, George Floyd's death and violation started from the dollar bill. The more crimes, more guns, more threat to the police and more violence. Once the crimes reduce the gun will be automatically reduced and America will be safer.

If the federal government bans the circulation of bills, it is a great achievement. Otherwise any city, county or state may ban the circulation within their jurisdiction which will equally work. If the department of revenue bans business in dollar bills will achieve the goal about 85%.

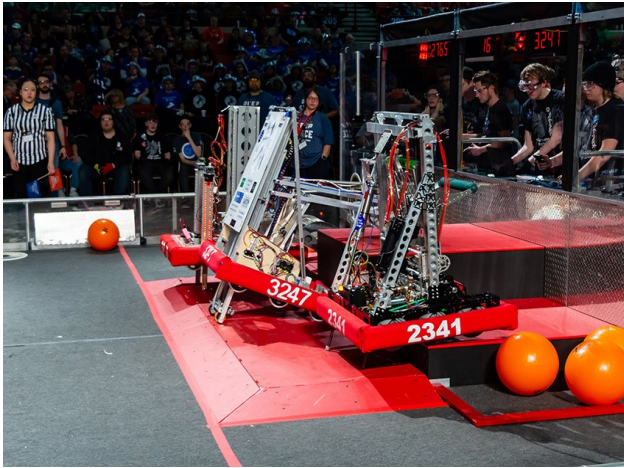
In conclusion, unless there is no ban on the circulation of the bills the crime and reduction of black men in prison will not go away so the protester and the government should consider it first and then amend for the rest which they have in mind for the end of the protest forever.

Initially, there will be challenges to accept it by everyone. However, once a digital wallet and/or debit card is provided to every individual and has easy access into the financial system it will be easily managed. This will not only reduce the crime rate but, also brings transparency of using of money. Indeed, it will raise government revenue and everyone will play fairly in the financial system.



## FIRST & the Journey of the Himalayan Hackers

**By: Shreyas Shrestha**



"You have teenagers thinking they're going to make millions as NBA stars when that's not realistic for even 1 percent of them. Becoming a scientist or engineer is." This quote stated by Dean Kamen, the founder of FIRST, is the basis of what the program was founded upon. FIRST is a program that was inaugurated in 1992, as a robotics competition for high-school students. At the first competition, 28 teams met up at the Manchester Memorial High School gymnasium in Manchester, New Hampshire. Now, FIRST has expanded to over 82 countries, with 77,400 teams consisting of 645,000 students

from preschool to high school. FIRST's rapid growth comes from the rise of STEM education, which focuses on using Science, Technology, Engineering, and Math to nurture the next generation of innovators.

FIRST consists of 5 programs, all of which use robotics to foster life skills within each and every student. The program believes that in order to develop these life skills, each student has to get involved with 21st-century skills from a very young age. [With this in mind, FIRST developed FIRST Lego League Discover, which is an introduction to the STEM world, using playful Duplo Blocks to build creative structures to grow kids' unrefined spirit of inquiry.](#) FIRST Lego League Discover is specifically specialized for the ages of 4 - 6, helping sprout real-world skills. FIRST continues its program with FIRST Lego League Explore, a non-competitive program for kids aged 6 - 10 in which students will have to use the Lego WeDo kit to construct a robot. Students will have to program this robot with drag and drop programming, introducing them into the world of code. They will also have to build and present a ShowMe poster, which showcases a solution they have come up with to solve a real-world problem, helping kids gain

presentational and analytical skills. FIRST progresses its program with a steeper challenge for kids aged 9-14, with FIRST Lego League Challenge. FIRST Lego League Challenge empowers students and encourages co-opertition, the idea where kids compete and cooperate with others, helping them learn to respect others. The competition consists of three sections, where kids will have to create an innovative idea to solve an existing problem, create a robot which accomplishes missions on a special game field, and showcase



their soft-skills by completing a task using the FIRST core values of discovery, innovation, impact, inclusion, fun, and teamwork. Students will have to utilize drag and drop programming, and Lego Technic parts for the construction of the robot, gaining creativity and problem-solving skills. All in all, FIRST Lego League Challenge ripens kids' practical skills, by pushing the boundaries of kids' imagination and innovation. FIRST Lego League Challenge is followed by FIRST Tech Challenge, a competition for students in grades 7 - 12, focusing on building robots from industrialized parts with



robots up to 42 pounds to complete tasks on the robotics game field. In FIRST Tech Challenge, students will gain many fundamental skills, such as Java programming, CAD designing, electrical wiring, and metal fabrication. These skills play a fundamental part in FIRST Tech Challenge, and will help students prepare for future careers, and will help them exceed in their workplace. The final competition in the FIRST program is FIRST Robotics Competition, for students 9 - 12, and it focuses on making the experience as close to a real-world career as possible. FIRST Robotics Competition also uses many skills similar to FIRST Tech Challenge, but everything is upscaled and increasingly advanced. Students will have to use C/C++ or LabView to program their robot, and they will have to use industrialized CAD software like Autodesk Inventor to design their robot. Students will also use CNC milling machines, and 3-D printers to customize their robot for the competition. FIRST Robotics Competition, and FIRST as a whole strives to help students gain vital life skills for future careers, and it focuses on giving students an experience that will empower them to become future leaders in the STEM industry.

The Himalayan Hackers are a FIRST Lego League Challenge team from Des Moines, Iowa, composed of all Nepali students from the local community. The team was founded in 2016 by the Iowa Nepalese Association in an effort to promote STEM within the local Nepalese community. The team started off with 8 students in the team's rookie year, in which the team had very minimal experience, with only 1 student having previously participated in FIRST Lego League Challenge. Even with the lack of experience, the team was able to have a successful start, qualifying for the state competition, and winning the Judges' Award. The team went off to a flying start, but the team drastically improved the next year, with their innovative project, and their unique robot design. In the 2017-18 season, the team was able to create a distinctive project, which recycles greywater and rainwater to create a more efficient and cost-effective system for homeowners. Alongside a second-place finish in the robot run, the Himalayan Hackers were able to win the regional competition in Ottumwa, Iowa, and claim the Global Innovation Award, which recognizes projects that are practical, and creative. Altogether, the team had accomplished to a great extent, but in 2019 the team was able to step up their performance to a new level, winning the 2019 Iowa State Championship, being only one of two teams that qualified to the Detroit World Championship. From year to year, the team greatly improved, not only technically, but with their soft skills as well, developing extensively with perseverance, communication, organization, and leadership.



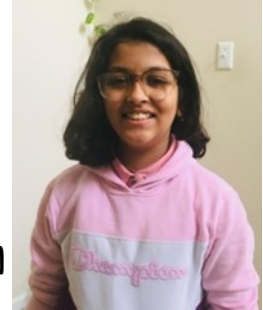
Overall, the Himalayan Hackers have vastly impacted the local community, creating a stronger bond and increasing the communication between kids. Furthermore, the students have grown presentation skills, as well as their hard skills within research, project management, programming, problem-solving, and more. With the platform that the Himalayan Hackers provide the students have been immersed in an atmosphere where they have learned the essentials for having a successful, and prosperous future.

*For additional information on the Himalayan Hackers or about FIRST, please visit the following resources.*

<http://www.iowanepaleseassociation.org/himalayanhackers/>

# Covid-19

By: Prastuti Dahal  
Grade-5, Crown Point, IN



## Where it started and where we're at now.

Covid-19 is a disease that started its spread in Wuhan, China. By the time I am writing this there are, 34.7M cases, 24.1M recovered, and 1.03M deaths worldwide. America is in the lead with cases. America has 7.7M cases across the country.

## What is Coronavirus?

The coronavirus is a respiratory disease. It first started to spread in Wuhan, China and now is a worldwide pandemic. It may cause a bad cough or more severe things. Make sure to wash your hands frequently and stay away from people who are sick.

## What are the symptoms of COVID-19?

Symptoms of COVID-19 include fever, fatigue, shortness of breath or difficulty breathing, loss of taste or smell, nausea, persistent pain or pressure in the chest, and sore throat. If you have any of these symptoms you may have COVID-19. To protect yourself from this disease you should avoid large and crowded areas and you should also wear a mask when you are visiting your friends. We must do our part to stop the spread of COVID-19.

## How does it affect me?

Many things have changed since the whole pandemic started. I don't get to see my friends very often, when we do meet others we make sure we are wearing masks and stay six feet apart. We buy food less often, I'm not sure what the shelves look like in stores, but I think the toilet paper section is empty. I have online school now and it was a bit hard to get used to it, but now I think it's pretty easy to do it. Overall though I am doing fine, remember if you feel like you're alone in this pandemic you're not, we are all going through this together!



## COVID-19- Making our homes a safe heaven for our children.

By Anita Adhikary

2020 has been a very bizzare year for everyone living across the globe because of the pandemic, in numerous aspects.

Amongst everything that is going on; I must say that my heart goes out to children and students. Needless to say I have so much respect for parents . They are wearing many different hats, so to speak. Its mind boggling to see them juggling their careers and working from home; becoming teachers, care providers and a lot more. I say that it's a silver lining to see how families are coming together and taking care of each other. It's a joy to see more families going on nature walks and doing things together. (It's not easy, I agree, but what else can we do?

(On a lighter note: When our children become adults, and when this pandemic will go away, they probably will becoming much more stronger and resilient and can laugh it off. )

Therefore, when I was approached to write an article for the Viewpoint, I immediately jumped to write something that is healing for our mind and bodies. How can we help our children be at peace during this tumultuous time? Can you imagine how difficult it must be for children not being able to go to school? To learn remotely and be on screen all day? What will this do to their psyche?

For others, going to school wearing a mask all day long!





I have difficulty wearing a mask for a couple hours. Let alone wear it all day long! I simply cannot comprehend what is going to happen to our children in the long run. How will they cope with their health and well being?

Emotionally, psychologically, physically and mentally. When children are not allowed to go to schools and play with their friends, they are being deprived of emotional learning and interacting with peers. We know that children grow into happy & healthy individuals by socializing. This is so crucial for their sanity. They are learning and growing gracefully when they are able to spend time with their friends, in schools and outside of schools, in playgrounds. The best times of childhood are spending precious moments with friends and peers. Childhood friendship is one that stays with you forever. I sincerely wish, hope and pray that things will be ok soon. And that children can all attend schools.

On a different aspect, children who are learning remotely, are definitely acquiring impressive skills on using their gadgets. Every time I think of children learning via zoom from home my body cringes. What is going to happen to their vision and souls growing up? I agree that they are very talented when it comes to computer skills. They are way better than so many of us, adults. The way their little fingers and minds work on iPad is indeed amazing to watch! They can easily teach us on “how to” do anything on an iPad. It's magical to see them so involved and engaged and do everything effortlessly with their screens. This is what worries me. It's as if these children are all possessed with some eerie powers, when it's time for them to stop playing games, they are like high on drugs of some kind .

If we adults do not supervise and be mindful about this kind of behavior, then I'm afraid that our children will not grow up to be healthy happy children with great self esteem and confident citizens. So how can we help them?

I am sharing my views with you all. I am a mom, grandma, teacher and an author. I also conduct seminars for parents on how to make a peaceful home. Hope you can use these suggestions. Since we are all in this together.

Here are some stress relievers:-

A good way to start the day peacefully is by making time in the mornings.

1. *Show your children how to wash their hands. Talk about germs and how they can harm us. Give good reasoning and good logic behind everything.*
2. *Show them how to protect themselves and others by wearing masks properly. Teach them “ how to take care of their personal things”.*
3. *Teach children about Yoga and mindfulness.*
4. *Start with simple breathing, and gradually extend that period.*
5. *Deep breathing is healing. It is good for our mind and bodies. It allows children to develop their attention and focus*
6. *Try to have your meals together, as a family. When you sit to have your breakfast or any other meals, talk about the food that you are eating ( mindfulness ). Ask them where they think the food might be coming from. This will lead to a fantastic discussion.*

7. *Teach children the importance of eating healthy food. And junk foods; why it's bad for us.*
8. *Enjoy peaceful and fun games all together. Play carrom boards, puzzles, board games and practice meditation, as a family.*
9. *Go on Nature walk: stepping on grass barefoot, talking about clouds, sun, moon, plants, weeds, flowers and birds are such cool ways to understand the Universe.*
10. *Children love spending quality time with their parents and siblings. Make it memorable and fun.*
11. *Teaching and developing life learning skills: fixing their own beds, taking care of their lunch boxes, sorting laundry, setting the dining table, helping with meals preparation, taking ownership by bringing dishes to the sink and rinsing them ( parents, leave a step stool right by the sink).*
12. *Recycling and making compost. Take your children to the store for bottle exchanges, take that money and deposit it in the banks. There is a lot of math involved here.*
13. *Visit animal shelters and the food banks. Teach empathy from a very young age.*
14. *Spending less on toys and clothes. Recycle them.*
15. *Help them make their own " birthday or greeting cards".*
16. *Conflict resolutions: let children resolve their conflicts by themselves. Ask them what happens when their feelings are hurt. Teach them to apologize.*
17. *Talking about "why they are angry versus yelling and screaming".*
18. *Give them a notebook, ask them to journal their feelings. (Especially now COVID Times) This is a good way to release your tensions and stress. This is also healing for us adults, too.*
19. *Do not allow children to have a television in their rooms.*
20. *Avoid giving them iPad and iPhone to play with. Give them Legos and blocks, instead.*
21. *Introduce " busy bags- activity bags with markers, Legos, journal, books, coloring books" for when you visit someone's home. Please do not give them your smart phones. I've seen children do this and it is painful to watch children be anti social.*
22. *Talk to children about COVID, why it is bothering them. What you could do to help them.*
23. *Talk to children about their friends, too. Not only academics.*
24. *Avoid saying " Good Job"! This is external praise. Ask them how they feel, after they've accomplished some task. Give them a high five instead.*
25. *Let your children be creative. Let them play with paint, water, mud and sand. Its ok if they dirty their clothes. You can always wash them. They become confident and independent thinkers.*
26. *Work in the garden together. Let them take ownership and water the plants; show them how.*
27. *Talk positively all the time. Do not yell from one room to another. Go near to your child and address him or her.*
28. *Do not say " Time Out". They do not understand why . Instead give them choices and consequences.*
29. *Do not make a fuss if they fall down. They will seek for attention all them time.*
30. *Talk to children with good language, no baby talk.*
31. *Read and ask them to read together. Make a routine. Be goofy and silly with them. Tell jokes, discuss your days.*
32. *Let them dress themselves. It does not have to be matchy matchy. Doesn't really matter what they choose, who cares? Let them feel good and happy.*

Most importantly- have patience- take time- address children's strengths first- respect and trust them. While doing so you are instilling peace in them that will last forever. They will respect you and will not be afraid of you.

*(Feel free to contact me if one needs to — annarboranita@gmail.com )*  
*Anita's Alphabet Adventure on FB for my author's page.*

## नेपाल फर्क है सब

### (छन्द अनुस्टुप)

गुइने होस् सुबिधा मेरो, उइने होस् परदेशमा |  
सम्पूर्ण मन मस्तिस्क, हुन्छ मेरो स्वदेशमा ||  
म नेपाली म अहिले छु, बाध्यताले विदेशमा |  
भन्दैछ छहरा गोठ, बेसी ले फर्क देशमा ||  
डाँफे मुनालले डाक्छ गुराँस भन्छ आउ है |  
दसैं तिहार लोहसार, पर्वले भन्छ आउ है ||  
ढिडो गुन्द्रुक मोहीले, गाभाले भन्छ आउ है |  
झ्याम्टा सनाई दमाहा, सोरठी भन्छ आउ है ||  
लिडेपिङ् र रोटेपिङ्, गुम्बा मन्दिर आदि ले |  
लुम्बिनी र सगरमाथा, भन्दै छ झट्ट आउ है ||  
मेची काली र कर्णाली, कोशी सेती पबित्र भै |  
सुसाएर सधै भन्छन, स्वदेश फर्क फर्क है ||  
जाति भाषा सबै वर्ग, लिङ्ग, वर्ण र धर्मले |  
उपत्यका तराई र, लेक वेशी पहाडले ||  
खै परदेशी भनि सोध्छन्, गौथली कोयलिहरु |  
मृग सावक उफ्रेर, परदेशी खोज्दछन अरु ||  
एकछिन बाहिर परदेश, बसे फर्कन्छु भो अब |  
प्रेरणा सबमा दिन्छु, नेपाल फर्क है सब ||

सरिता दाहाल,  
काठमाडौं, नेपाल

## NEPAL'S EAST-WEST MULTIPURPOSE CANAL

Keshav Bhattarai, Ph. D.

### Introduction

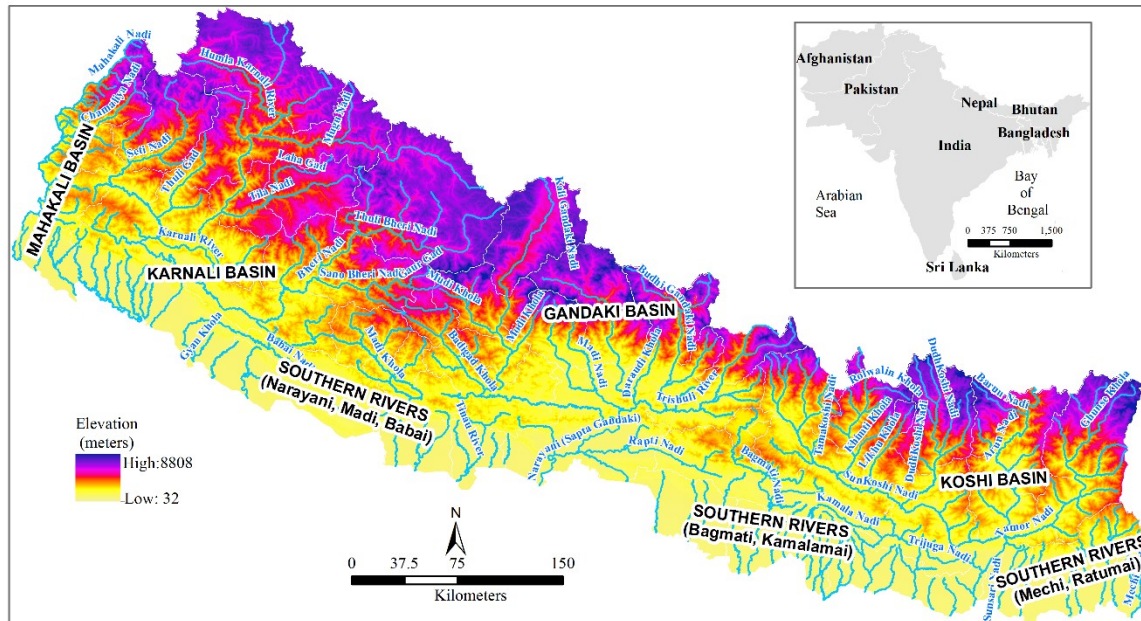
It is estimated that some 210 billion m<sup>3</sup> of surface water flows through Nepalese territory annually, which amounts to about 118,200 m<sup>3</sup> km.<sup>-2</sup> This is four times the world average. The glaciers contributing to this amount of water have a total drainage area of about 194,471 km.<sup>-2</sup> Almost 76 percent of the drainage area is in Nepal, and the rest is in India. In Nepal there are over 11,000 rivers and rivulets, which total about 55,000 kilometers (km) in length with a drainage density of 0.3 km km.<sup>-2</sup>. Of the 11,000 rivers, 33 rivers have more than 1,000 km.<sup>-2</sup> drainage areas. All these rivers eventually drain into the Ganges River of India. India's concerns are that since so many rivers drain into the Ganges, they impact the living conditions of Indian people, and thus, India must be consulted while developing any hydro-project in Nepal.

Though Nepal occupies only about 13 percent of the catchment of the Ganges River, it contributes almost 70 percent of the flow during the lean season and around 40 percent of this river's average annual flow mainly from the snowy mountains. Almost all of Nepal's rivers originate from the Himalayas, Mahabharat mountain ranges and the Siwaliks (Churia) (Fig. 1). The main sources of waters are (from the west-to-east): a) **Mahakali**; b) **Karnali** (tributaries are West Seti, Thulo Bheri, Babai, and Rapti); c) **Babai-Madi-Rapti** and their tributaries; d) **Narayani** or **Sapta Gandaki** (tributaries are Kali Gandaki, East Seti, Marshyangdi, Budhi Gandaki, and Trishuli); e) **Bagmati-Kamala** and their tributaries; f) **Sapta Koshi** (tributaries are Indrawati, Bhote Koshi, Tama Koshi, Sun Koshi, Arun, and Tamor); and g) **Kankai-Mechi** and their tributaries (Fig. 1).

The major rivers **Mahakali**, **Karnali**, **Gandaki** and **Sapta Koshi** are snow-fed, they contribute significant discharge even during the dry seasons, they have all their catchment origins in the high Himalayas and all can be classified as antecedent in origin. The medium sized rivers in Nepal include Babai and Madi with the terminal name Rapti; Bagmati and Kamala; and Kankai and Mechi (Fig. 1), and these are all rain-fed, and originate from the Mahabharat range below the snow line. These medium rivers are also perennial and are sustained by groundwater and springs even during the dry/drier season, though their seasonal fluctuations are higher than the major snow-fed rivers. The minor rivers originating from the Churia are also called the southern rivers. These rivers are much smaller in size and most of them have insignificant or no flow during the dry season, but they bring devastating floods during the rainy seasons. The health of these minor rivers is very important to maintain the ecosystem services of Churia-Tarai/Madhesh and they serve over 50 percent of the total population of Nepal. However, these minor rivers are less important from the perspective of hydropower generation (explained later under **Southern Rivers**).

Except for the snow-fed rivers, the rain-fed rivers receive water during two rainy seasons: 80 percent of the rainfall occurs during the summer (June to September) due to the southwest monsoon rain, and 20 percent comes from the winter rain brought about by western disturbances. Annual fluctuations in the duration of the monsoon coupled with local and regional variations in topography create marked spatial variations in the amount of average discharge. Generally, peak precipitation reaches southern and eastern Nepal before dissipating to the north and west. Winter precipitation (December to February) occurs more often in western Nepal and the High Himalayan regions to the north than in the north east because winter rains come from the Arabian Sea. Mean annual precipitation ranges from 250 to 6,000 mm and the average annual precipitation is around 1,530 mm. A notable feature of Nepal's rivers is that the volume of monsoon flow to the total annual run-off ranges between 73 and 75 percent for large antecedent rivers, and it goes up to 83 percent for medium-sized rivers.





**Fig. 6.1. Major rivers of Nepal.**

Taken together, Nepal’s major rivers—Mahakali, Karnali, Gandaki and Koshi—have a potential of 83,000 MW; however, technically, the total capacity is estimated at 45,000 MW, and economically it is estimated to be at 43,000 MW. As of today, only 1 percent of the hydropower has been harnessed in Nepal so far. About 49 percent of the rivers have potential for run-of-river hydropower and others have potential for storage type projects.

Despite such potential of water, almost 1.1 million hectares of Nepali farmlands are left unirrigated, and water flows to India, and Nepal always faces food insecurity. In this paper, I discuss about the irrigation possibilities by linking Nepal’s west and east major rivers.

### **Tapping the unused resources**

Nepal’s economy relies significantly on the remittance by its workers abroad, but Covid-19 has created several hurdles to this. In order to find alternatives, Nepal needs to have a vision for large programs to mitigate the impending economic and social disaster to spur economic growth and prosperity levels by investing in ambitious and glorious infrastructure projects. With this thought, Dr. Shiva P Gautam, formerly, a faculty of the Harvard School of Medical Science, proposed to have an East-West Grand Canal, which could be one of the game-changing projects for Nepal. After several rounds of brain storming, Drs. Ambika P. Adhikari, Er. Om Raut, and Dr. Keshab Sharma and I are working together to disseminate ideas of East-West Multipurpose canal. We have published a few articles in Nepali and English media and have presented virtual seminars. Our proposed approach has become very controversial and some hydrocrats have remarked this a futile exercise. Yet, our group still thinks that this multi-purpose canal will be a game changer to change the face of Nepal. We are aware of the facts that this proposed project no doubt will create multiple environmental problems (catastrophes), yet, we argue that given the prospect of Nepal’s hydro uses, its geographic (geopolitical) location, trends of global warming, increasing population, unemployment, and uncertainty in food security, this project will be needed for Nepal to avoid a lifelong repenting situation resulting from the possible water crises in south Asia without any alternatives.

### **Proposed canal and irrigation possibilities**

The proposed 1,500 km long (including branch canals) Grand Canal can irrigate some 1.1 million hectares of farmland that is not currently irrigated in the Nepal’s plains, generate a significant amount of solar

power, produce some hydropower as a byproduct, usher an era of commercial water navigation, recharge the ever depleting groundwater, help control flood, and promote opportunities for tourism and recreation generating thousands of direct and indirect jobs.

### **3.1 Multipurpose uses of the Canal**

The freely available canal-top air space can be utilized for the installation of solar panels to produce electricity and to reduce evaporative water loss in the canal while allowing for water navigation on the canal. To accommodate these objectives, 10-15 meters south facing tall structure made from steel truss and girders tilted at 25° from the horizontal plane will be needed to support the solar panels. Assuming an output similar to that of Gujarat, India, canal-top solar panels on the Grand Canal and its branches in Nepal are expected to generate about 6,000 MW electricity after the completion of entire approximately 4,000 km of the canal system, and if solar panels are installed on about 50 percent of the total canal length. The solar power generated thus could be connected to the national transmission grid. In many locations, the solar panel generated power could be connected to the local grids to provide power to the nearby communities. The benefits of solar power include using the power in a modular fashion, i.e. utilizing solar power in local areas without connecting the power to the national grid. As solar power is available only during the days with sunshine, battery storage of the electric power, and supplementing it with wind-generated and hydropower should be considered to provide continuous supply around the clock.

After the construction of the canal, we also see the possibility of east-west water navigation though the canal might have several gaps in places where the geomorphology and terrain are not suitable. A Grand Canal with a navigational provision has to run along the contours at a very mild slope of 15 cms per km resulting in a discharge carrying capacity of about 80 m<sup>3</sup>/s for an unlined section with a velocity of 0.75 m/s, whereas corresponding discharge and velocity for a lined section will be about 190 m<sup>3</sup>/s and 1.2 m/s. The desirable velocity for navigation canals should be within 0.50 m/s to 0.70 m/s. Therefore, the full supply design discharge of the canal is considered 100 m<sup>3</sup>/s. Its geometry, slope and lining will have to be designed accordingly from section to section as the discharge changes because of the irrigation demand at different secondary canal intakes. However, the existing geomorphology hinders to attain these requirements, especially, in sections between Parsa and Chitwan districts, and at several sections of the East and West Nawalparasi districts namely, Bhedabari and Daunne. Likewise, there are other problematic sections such as the heavy settlement areas of Butwal of the Rupandehi district, undulated areas between Surainaka to Bhaluwang of the Kapilbastu and Dang districts, Koilabas of the Dang district, and the sections of Bardiya National Park and Karnali River between the Bardiya and Kailali districts and Jogbudha of the Dadeldhura district. Crossing these sections require ground tunneling which would deprive the canal navigation though irrigation water may pass through the canal. However, if succeeded, the ultimate goal of this inland navigation system would be to connect to the seaport at Kolkata using the Koshi river and possibly to Mongla port in Bangladesh. This will also necessitate constructing at least one large inland port near Chatara in Koshi and passenger and freight terminals at several locations.

### **Unsurmountable Challenges**

One of the most challenging aspects of the canal design is to maintain the desired water velocity and the desired longitudinal geometry of the canal to realize the navigation goals. The canal must be straight as far as possible and when the curves are unavoidable the radius should be kept as large as possible. The design standard for a first-class navigable channel requires a radius of 6 times the length of the longest vessel. Therefore, meeting the dual requirement of maintaining a gentle slope by running along the contours and meeting the design requirement of the curvature is by far the biggest design challenge. The total length of the canal would be 1,500 kilometers (Fig. 2). The secondary canals can be assumed taking off down south and sometimes to north roughly at an interval of 25 km for an average length of about 40 km (total length of two sides) making a total of about 2,400 km of secondary canal lengths. There will be a network of tertiary canals and crisscrossing field channels that will significantly change the irrigation landscape of Tarai.

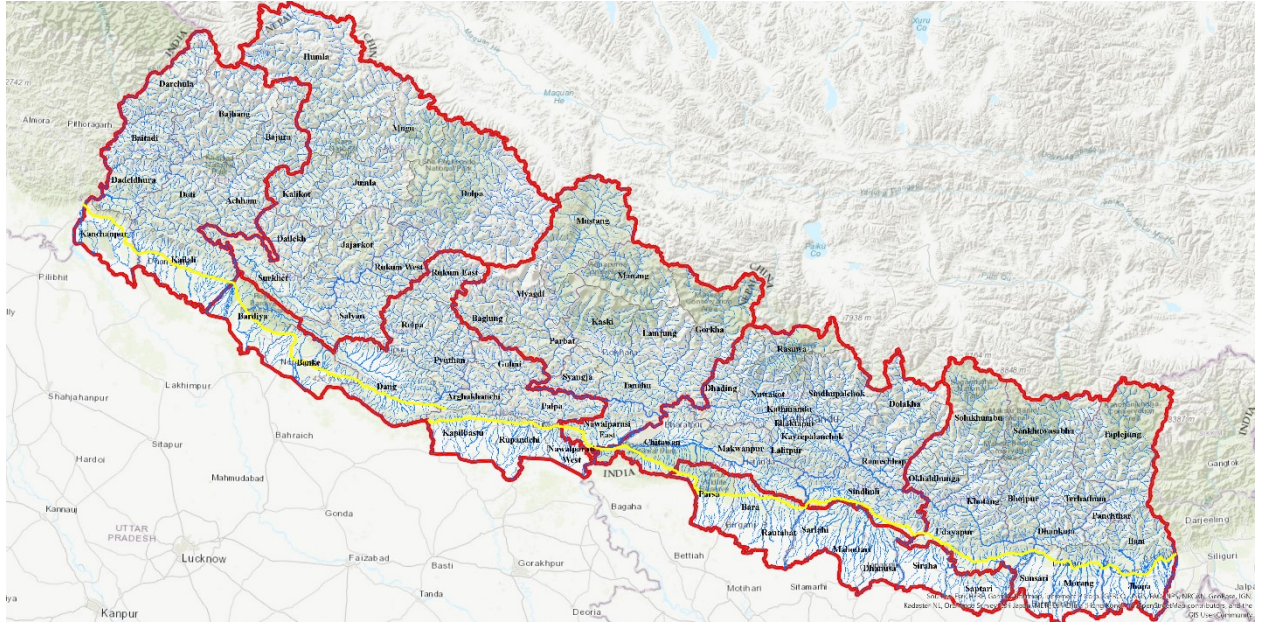


Fig. 2. The proposed east-west multipurpose grand canal

The east-west Grand Canal will have to cross numerous perennial and ephemeral rivers generally flowing north-south and coming from different origins. Most problematic of these are the southern rivers originating from Churia that have flows only during the 4-months long monsoon season associated with a huge load of sediment coming down from the fragile Churia range but are dry during rest of the 8 months of the year.

Irrigation canals have a simple solution for crossing such streams by using an inverted siphon. However, the proposed Grand Canal being a navigation canal cannot use this option and the remaining options are a) level crossing, b) aqueduct and c) super-passage. Even super-passage can be ruled out because required vertical clearance over the canal can hardly make a super-passage feasible. That leaves level crossings and aqueducts as the only viable cross drainage solutions. The design challenge compels the engineers to integrate the proposed Canal with the existing Churia conservation project to minimize the sediment load on these ephemeral rivers. It would provide an opportunity for engineering innovation in overcoming the challenge of designing an appropriate level crossing structure. One option could be trapping the incoming sediment in a series of low check dams upstream of the crossing and an appropriate sediment flushing arrangement at the crossing location. The sediment trapped upstream at the check dams can be used as construction material generating revenue to offset the maintenance cost of the project. Whether we choose aqueducts or level crossings will solely be dictated by the required canal level at the crossing location.

### Water Availability

The most important design-related information is to have reliable data on how much water is available in different rivers for diverting into the canals. In this respect, the monthly mean flows of the Karnali river are the vital data as we have some restrictions on Mahakali, Narayani and Koshi imposed by existing treaties with India, whereas we do not have any treaty on the use of Karnali flows. Based on the Department of Hydrology and Meteorology (DHM) records, the minimum mean monthly flow of Karnali is 331 m<sup>3</sup>/s and the maximum flow is 4,139 m<sup>3</sup>/s in August. Even after the low flows of Bheri are all diverted to Babai, Karnali can have slightly more than 200 m<sup>3</sup>/s in February out of which about 200 m<sup>3</sup>/s can be diverted in the canal. This confirms that a navigation canal with a design discharge of 100 m<sup>3</sup>/s to be available round the year is feasible.

### Integration with the existing system

The existing individual canal systems should be integrated with the proposed Grand Canal. The integration should take place at the conceptual, policy, administrative and operational levels. It could be



argued that part of the Grand Canal system we have proposed is already completed or in existence. A case in point is when the proposed Grand Canal meets Chatara (Sunsari district) the entire Chatra Canal system will continue to function as a branch and sub-branch canals which together irrigate about 68,000 hectares of land in Morang and Sunsari districts. Furthermore, a portion of the Chatara main canal could be turned into a section of the Grand Canal itself after necessary adjustments. To borrow an assembly line analogy from the manufacturing process, the proposed East-West Grand Canal project will be completed once all its components are completed at different times and places and they are connected as one system.

The existing canal system and irrigation project to be integrated were results of various policy initiatives and agreements such as (old) Mahakali Agreement (1920), Koshi Agreement (1954), Gandak Agreement (1959), Tanakpur Agreement (1991), and Mahakali Agreement (1996). Some of these have been revised, and suggestions to revise others have been floated. Perhaps a comprehensive agreement including revisions of earlier agreements could be reached in the pretext of the proposed Grand Canal in accordance with prevailing bilateral and international riparian water rights practices.

In addition to the above, Nepal already has several irrigation projects at various stages of completion. These include irrigation projects on Baghmati, Babai, Praganna and Badhpath, Sikta, Rani Jamara Kulariya, Palungtar Kundutar, Bheri-Babai Diversion, Sunkoshi-Marin Diversion, Dang Valley Integrated Irrigation and Power Project and Prime Minister's Irrigation Modernization Project, which will serve as branch canals to the East-West Grand Canal.

For effective and efficient integration, the spatial and temporal distribution pattern of the hydrological characteristics of the rivers of Nepal also needs to be taken into consideration. For example, river originating in Himalayas (Mahakali, Karnali, Narayani, Koshi), in Mahabharat (Babai, Rapti, Tinau, Kamala, Kankai Mai, etc.) and in Siwalik range are fed by waters from completely different watersheds and ecosystems.

The overarching goal of this East-West Grand Canal is to fully utilize the unused precious low flows of the snow-fed large rivers mainly Karnali, Narayani and Koshi by diverting it to water deficit areas where it can be most optimally utilized. The design challenge is how to optimize this goal by integrating all planned, existing and envisioned plans, policies and projects.

To address these challenges effectively and to execute the plan in phases, a segmented look at the canal is proposed to identify challenges faced by each of them. The segments are: 1. Mahakali-Karnali, 2. Karnali-West Rapti, 3. West Rapti – Narayani, 4. Narayani – Bagmati, 5. Bagmati- Kamala, 6. Kamala – Koshi and 7. Koshi – Mechi. Each of these segments has some common problems and challenges, which are mainly related to alignment, land acquisitions and cross drains and some unique challenges related to integrating existing irrigation systems, such as Mahakali Irrigation and Rani Jamara Irrigation Project in segment 1, Babai and Sikta IP in segment 2, Chitwan Irrigation Project, Sunkoshi – Marin diversion and Bagmati Irrigation Project in segment 3, 4 and 5 and Sunsari Morang Irrigation Project in segments 6 and 7. More importantly, segment 1, which is impacted by the Mahakali Treaty article 2 can be considered to have the following 3 options: (i) Run the canal from Karnali to Mahakali using Rani-Jamara alignment with necessary design revision, (ii) Run the canal from Karnali to Mahakali with a new intake just downstream of Rani-Jamara and (iii) Use India made headwork's at Tanakpur barrage and the allotted water to design the segment from Mahakali to Karnali.

### **Environmental and Socio-economic Issues**

A project of this magnitude and scope will have several major environmental impacts including hydrological elements such as the flow of the rivers that are connected to the canal, groundwater levels, and surface run-off patterns.

As the canal will divert large amounts of water from the rivers, there will be impacts on aquatic life in the river. The construction of the canal will also have an impact on wildlife in the area



surrounding the canal. After the completion of construction too, the canal may obstruct the usual travel paths of the wildlife in the area.

By using detention and retention ponds to store excess water during the rainy seasons, the canal project will help recharge the groundwater and help raise the groundwater table that is currently being depleted due to excessive extraction. Moreover, infiltration from the canals recharges the aquifer directly and compensates for over-exploitation of surface and groundwater resources. Rapid urbanization, overuse of surface and groundwater resource, change in land use pattern, deforestation, and increase in the impervious surface has lowered the groundwater table significantly in Tarai. This will directly threaten groundwater ecosystems in the Tarai region, which the Grand Canal system can partially help correct.

The construction of the canal may also have an adverse impact on archaeological and historical resources above and under the ground. The construction of such a large-scale project would also have impacts on the human population as many people in the alignment area may have to be resettled. Also, some communities will be divided by the canal, and opportunities for social and physical connections should be provided in the project.

Mitigative measures and long-term solutions to minimize the adverse environmental and socio-economic impacts of the canal need to be planned and implemented. Lessons learned in Nepal, India and elsewhere can be utilized while planning and implementing the mitigative measures.

The canal project will generate thousands of jobs during the study, design, construction and operation of the canal system. The canals will create many scenic areas, improve the microclimate of the surrounding areas, and help in the promotion of tourism. The canal system will boost the hospitality industry and commercial development in the surrounding areas. For example, in Arizona, USA, many canal-side locations fetch high prices for their residential and commercial and commercial development potential. These locations are considered attractive as they provide for good views, excellent recreational opportunities, and a pleasant microclimate. In the canal-side locations near population centers, multipurpose trails including bike routes, pedestrian walkways and jogging paths can be developed on the lands that are already procured as the right-of-way on both sides of the canal.

Through the improvements in irrigation, low-cost navigation, energy production, and hospitality industry, the canal system is expected to significantly boost Nepal's economy and increase its gross domestic production (GDP).

Nepal is already a leader in micro-hydro and hydroelectric technologies in the mountainous terrain, and related management and knowledge. With the construction and operation of such a large canal system with multipurpose benefits, Nepal's capacity in managing water resources will be enhanced creating leaders and experts in the field.

### **The need of New Laws and Policies**

Since the water in the Grand Canal will flow between the provinces in Nepal, perhaps new water laws and policies, both at federal and provincial levels, need to be devised regarding water sharing and related rights and responsibilities. These internal water-sharing laws should be consistent with the bilateral agreements Nepal has signed with India. The plan for the Grand Canal also provides an opportunity to prepare guidelines for water use, rights and sharing within the communities, and how the groundwater recharge responsibilities and extraction rights and quotas are determined to ensure a sustainable water supply in the Nepali plains. Also, important are the implications of groundwater use and recharge across the border between India and Nepal as the aquifers can run underground across the national boundaries.

### **Conclusion**

The ideas provided here are at a very high level of generality. The proposed canal and ancillary

projects are not a panacea for all the developmental issues the country faces on many fronts. A project of this scale will also pose several challenges in financial, technical, social, legal, bi-lateral, and environmental fronts.

Nepali people and leaders have long believed that Nepal's enormous water resources hold the key to the achievement of prosperity in Nepal. This proposal integrating water navigation, irrigation, energy generation, and recreational and tourism elements will be one of the major avenues to realize this potential.

Once this idea is of interest to the Nepali policymakers and political leaders, a pre-feasibility and subsequent feasibility analysis can address many of the technical, financial, social, and environmental issues that the proposed project may encounter. Any of the several international funding institutions may be able to help Nepal by providing grants to conduct the initial pre-feasibility and feasibility analyses.

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म..

**Durga Prasad Ghimire**

एक दिन मेरो मन मा आयो एउटा अनौठो बिचार।  
पारौ न आफ्ना मित्र र शत्रु हरू को सुची तैयार !!  
परिणाम त झनै अनौठो आए छ।  
शत्रु को संख्या त मित्र भन्दा चार गुना पो रहे छ।  
हाथ मा तैयारी सुची. दृष्टी खाली भित्ता मा।  
मैले आफ्नो मान्ने मित्र पनि परेछ शत्रु कै कित्ता मा।  
गल्ती काहा भयो जान्न, मैले पल्टाए स्मृति का पन्ना।  
एउटै गल्ती म सदैव गरी रहे छु।  
मैले मेरो मन मा थियो, म पोशाक फेरी रहे छु।  
त्यही गल्ती म फेरी दोहराई रहे।  
फोहर मेरो मुहार मा थियो।  
म आइना पुँछी रहे।।

# A story of a Nepali Veteran and Mustangi Raja

Rajendra Khatiwada

## Background Information

I along with my colleagues Dr. Krishna Ram Amatya (Chemist) and Dr. Pushpa Ratna Shakya (Botanist) were on a botanical survey tour at Mustang-Mnang districts, both situated on the northern side of main Himalayan range of West Nepal. The trekking began from Pokhara to Mustang up to Chinese boarder and return via Muktinath, Thorang Pass (Altitude: little less than 18000 ft.), Manang and finally Dumre from where we took a bus which drove us to Kathmandu. The trip lasted almost a month (15 July – 11 August 1979).

My purpose of this trip was three folds:

1. The main one was of course collection of high altitude medicinal and aromatic plants for my research work.
2. The second one was to visit these remote areas of Nepal and get first hand information of the people, places and enjoy the natural beauty.
3. The third one was to assess the people's mood regarding their preference for multi-party system or Panchayat system for which a national referendum was going to be held soon.
- 4.

The purpose of this writing is not to describe about my trip but to let you know how rural Nepalese think about our government.

During our trip we came across a place where we happen to meet one First World War Veteran (age 85 yr) who fought battle with Allied Forces at Mesopotamia campaign. His view of nationality was linked with economy which intrigued me and therefore I want to share with my family members on what he had said then. The following narrative I wrote on the same evening at our next camp of halt.

I have also included another story about the Mustangi Raja who ruled over the Mustangi people. Both stories are in Nepali. I hope it will be of interest to you. If not ignore it.

## **A narration of a Gorkhali war veteran:**

*स्थान: तिर्खे ढुङगा, पर्वत जिल्ला। 19 July 1979, ३ श्रावण २०३६ दिउसो।*

*लालबहादुर गुरुङ आफ्नो तीन बर्षको नाती कालुलाई खेलाउँदै भनिरहेका हुन्छन्: 'मेरोनाती कालु ठुलो होला, बलियो होला, भर्तीमा जाला, बहादुरको नाम कमाउला अनी तक्मा र पेन्सन लिएर घर फर्किएला'। पेन्सनको कुरा मुखबाट निस्कदा उसलाई आफ्नो अतितको याद आउँछ। ४६ बर्ष भएछ उसले पेन्सन खान थालेको। १८ बर्ष ६ महिना अंग्रेज सरकार अन्तर्गत भारतमा सिपाइ भएर गोर्खाली पल्टनमा काम गरेको।*

सन् १९१४ को प्रथम विश्वयुद्धहुँदा उसले मेसोपोटोमियामा लडेको थियो। शत्रुपक्षका कैयौंलाई गोलीले उडाएको थियो भने कैयनलाई खुकुरीले छप्काएको थियो। शत्रुपक्षबाट आएको गोलीले उसको छातिमा लागेको थियो तर भाग्यबस त्यो गोली आफुले लगाएको लुगाको खल्तीमा रहेको धातुको डब्बालाई छेडदै छातिमा आदा इन्चीमात्र गडेथ्यो। सैनिक सिबिरको डाक्टरले त्यो गोली झिकिदिए अनी कमान्डरले उसलाई केही दिन आराम गर्ने आज्ञादिए। तर उसले आफ्नो बहादुरी देखाउन कमान्डरलाई भन्यो ' यति सानो घाउ हुँदा म किन बस्नु पर्‍यो? मलाई केही भएको छैन म लड्न सक्छु' । खुसी भएर धापमार्दै उसको कमान्डरले उसलाई अगाडी बढ्न स्वीकृति दिएको थियो र बहादुरीकासाथ लडाइँमा भाग लिएको थियो। त्यसरी छातिमा गोलीलागेपनि बाचेर आएको उ आज ८५ बर्षको उमेरमा पनि मासिक ९० रुपियाँ पेन्सन खाइ रहँदा उ आफैँदेखी दडग थियो। उसका तीन छोरामध्ये जेठा र कान्छाले पनि भारतीय गोर्खाली सेनामा सेवागरी पेन्सन पकाएर आ-आफ्ना घरधन्दामा लागिस्केका रहेछन्। त्यसैले अहिले आफुले खेलाइरहेको नाति पनि आफु र आफ्ना छोराहरुजस्तै वीदेशी सेनामा भर्ना भइ जीवन यापन गर्न सकोस् भन्ने उ चाहन्थ्यो। यो बुढेसकालमा उसलाई कुनै कुराको शोक थियो भने त्यो थियो उसको माइला छोरा दानबहादुर गुरुड (दाने)को। दानेले पनि आफ्ना बाबु र दाइको पेशा लिने अठोटकासाथ सानै उमेरदेखी धेरै कुराको कल्पना गर्दथ्यो। आफ्नो गाउँको रणबहादुर पुन मगरले पाएको भी.सी. (Victoria Cross) तक्मा पाउने रहर उसमा जागेको थियो। सानै उमेरदेखी दानेले अनौँठा कामहरु गरेर बहादुरीको झलक देखाउँदथ्यो। हिमालको काखमा रहेका डाँडामा उफ्रि उफ्रि रमाउदै हुर्केको यो होनहार नेपाली केटोको मन जैले पनि विदेशी सेनामा भर्तीभइ प्रतिष्ठा र धन कमाउने धुनमा थियो। उसको प्रेमिका नौलीसंग पनि वन जाँदा आफ्नो कल्पनाको कुरा नगरेको होइन। उमेर पुगेपछी उसले नौलीसंग विवाह गर्‍यो र अरु केटाहरुसङगै पोखराको भर्तीकेन्द्रतिर उ लाग्यो। रिष्टपुष्ट चम्किलो अनुहार भएको दाने सजिलै भारतीय सेनामा भर्ती भयो। भर्ना भएको केही दिनमै उसले आफ्नो बहादुरीको प्रदर्शन गर्न सुरु गरिसकेको थियो। उसका अफिसरहरु उ संग अत्यन्तै प्रशन्न थिए। पहिलो छुट्टी घरमा बिताएर आफ्नो ब्यारेकमा फर्केको केही दिनमा नै भारत पाकिस्तानबीच लडाइँ सुरुभयो। त्यस लडाइँमा गोर्खाली सेना अग्रपडतीमा थिए। दानबहादुर त्यस लडाइँमा सामेल थियो। बहादुरीकासाथ लडिरहेको दानेको छातीमा शत्रुपक्षको गोली लाग्यो र उ रणमैदानमा ढल्यो। उसको बाबुलाई बचाउने खल्तिमा रहेको धातुको बस्तु त्यसबेला दानेको खल्तिमा थिएन। बाबु जस्तो भाग्यमानी उ हुनसकेन र उ त्यहीँ मर्‍यो। आफ्नो देशको निमित्त यसरी मरेको भए उसले वीरगति प्राप्त गर्थ्यो होला। तर वीदेशको निमित्त लडेर मर्नुपर्दा उसको पहिचान रहेन। दानेको मृत्युको समाचारले परिवारमा सन्नाटा छायो। पुत्रशोकको विरहमा लालबहादुर कहिलेकाहीं टोलाइरहन्थ्यो। आफ्नो घरछिमेक गाउँ अनि आँखाले भ्याएसम्मका सुदूर क्षितिज सबैतिर आँखा घुमाउँदथ्यो। उ देख्दथ्यो प्राय सबै घरबाट तन्नेरीहरु वीदेशी सेनामा नै भर्ती हुन गइरहेछन्। आफ्नो देशमा पनि त सेना छ तर तन्नेरीको पहिलो रोजाइ वीदेशी सेनामा नै किन? उ आफ्नो प्रश्नको उत्तर पाउँदैनथ्यो। अनि सय बर्षभन्दा पहिलेदेखी चलिआएको वीदेशी सेनामा भर्ति प्रथा नै ठिक हो कि भन्ने उसलाई भान हुन्थ्यो। हुनपनि उ महिनैपिच्छे पेन्सन रकम बुझ्दा ८५ बर्षको उमेरमा समेत आफ्नो कमाइ खाइ रहेको कुराले उ दडग थियो। दुइ छोराहरुको पेन्सन समेत जोडी घर खेतगरी जीवन चलाउन उसलाई कठिन थिएन। त्यसैले वीदेशी सरकारप्रति उ अनुगृहित थियो र त्यही सरकारलाई आफ्नो सरकार ठान्दथ्यो। नेपालको सरकारलाई आफ्नै सरकार हो भन्न पाउने दिन कहिले



आउला भनी उ सोचदथ्यो। आफ्नो नातिले नेपालमै सेवा गर्न पाउने कुरामा उ ढुक्क थिएन। त्यसैले नातिको भविष्य पनि विदेशी सेवामा नै छ भन्ने उ विश्वस्त थियो। तर अचेल उसलाई एउटा कुराले पिरोल्दथ्यो। त्यो के भने उसको पालामा विदेशी सेनामा भर्ना हुन कसैलाई पैसा चढाउनु परेको उसलाई थाहा थिएन। अचेल २०,००० रुपियाँ घुस दिएर विदेशी सेनामा भर्ना हुन खोज्ने तन्नेरी देख्दा उ दिक्क हुन्थ्यो। विडम्बना के थियो भने यसरी 'मर्सिनरी' भइ काम गरेर कमाएको धन आफ्नै मुलुकमा सुरक्षित नभएको गुनासो उसले सुन्नु परेको थियो। एउटा दृष्टान्तः हालसालै एकजना लाहुरेको घरमा डकैती भएछ, लाहुरे मारिएछ। करिब डेढ लाख रुपियाँ मुल्य बराबरको नगद र सुन लुटिएछ। लाहुरेको आफन्तले पुलिसमा जाहेरी दिएकोमा कुनै प्रकारको प्रतिक्रिया पाएनछ। यस्तो गैरजिम्मेदार कृत्यबाट झोक्किएको ती आफन्तले राजाको नाममा सिधै पत्र लेखेर राजालाई सोधेछः 'के म नेपालको नागरिक होइन? के मैले राज्यबाट पाउने सुरक्षाको हक मलाई छैन?' यो धम्क पत्रको जवाफमा उसले गुमाएको धनको केही अंश फिर्ता पाएछ। यो थियो नेपालको न्यायप्रथा।

### मुस्ताडी राजाले जनतालाई न्याय दिने तरिका (जुलाई १९७९)

#### पहिलो घटना:

मुस्ताङ जिल्ला, घमीगाउँको नजिक अर्को गाउँमा एउटा प्राइमरी स्कुल छ। त्यहाँ थोरै सङ्ख्या केटा-केटी पढ्न आउछन्। ती मध्ये एउटी केटीको बाबु-आमा आफ्नो छोरीलाई स्कुल पठाउन चाहदैनन्। उनीहरु छोरी फापरको साग टिप्न जावस् भन्छन्। तर स्कुलको शिक्षक त्यो केटीलाई बिदा दिदैनन्। शिक्षक बिरुद्ध राजा समक्ष उजुरी पर्दछ। राजाले ती केटीको अभिभावकसंग १०० रुपियाँ लिन्छन् र अबदेखी केटी स्कुल जानु पर्दैन भनी फैसला गर्छन्। आमा-बाबु दङ्ग हुन्छन्, सानो केटी केही कुरा बुझ्दैन, छक्क पर्छ। शिक्षक यो फैसलासंग सहमत हुदैन। उ राजालाई चुनौति दिन्छ। राजा साहेबले उल्टो उसलाई हप्काउँछन् र स्कुल बन्दगर्ने धम्क दिन्छन्। शिक्षक राजा बिरुद्ध अधिकारीसमक्ष उजुरी दिन्छन्। अधिकारी उल्टै राजासाहेब जस्तो मानिससंग मुखलाग्ने हो भनी शिक्षकलाई गालि गर्छन्। उ अन्याय खप्न सक्दैन र स्कुल छोडी उ आफ्नो घरतर्फ हिँड्छ। सो देखी अन्य शिक्षक पनि स्कुल छोड्छन्। शिक्षकबिनाको स्कुल बिरानो घरमा परिणत हुन्छ। केटाकेटीहरु पढ्न नपाइ त्यसै बरालिन्छन्। शिक्षा आर्जन गर्न पाउने नैसर्गिक अधिकारबाट उनीहरु बञ्चित हुन्छन्। तर त्यो कुराले कसैलाई पर्वाह हुँदैन। बाबु-आमाहरु छोरा-छोरीलाई काममा लगाउन पाएकोमा दङ्ग हुन्छन्। राजासाहेब स्कुल मास्न पाएकोमा गद्गद् हुन्छन्। अशिक्षित जनताको राजा भइरहने र दीर्घकालसम्म जनताको शोषणगर्न पाउने कुरामा उ ढुक्क हुन्छन्।

#### दोस्रो घटना:

मुस्ताङको एउटा गाउँका दुइ परिवारबीच बैबाहिक सम्बन्ध गाँस्ने निर्णय हुन्छ। तर बिबाहमा सम्मिलित हुने केटा र केटीको मञ्जुरी हुँदैन। जबरजस्ती बिबाह गरिदिन खोजिन्छ। केटी रुन थाल्छे, केटो पनि त्यो बिबाहलाई टार्न खोज्छ। केटीको बाबुको मन पग्लन्छ र छोरीको बेमञ्जुरीमा ऊ सहमत हुन्छ। तर केटाको

बाबु मान्दैन। उसले राजासमक्ष उजुरी गर्दछ। मुद्दा राजाको अदालतमा पुग्दछ। राजासाहेबले कानुनीराय लिन्छन्। बेमन्जुरी बिबाह गर्नु हुँदैन भन्ने राय उनी सल्लाहकारबाट पाउछन्। तर परम्पराबाट बिबाह गर्न किन नपाउने भनी राजा प्रश्न गर्छन्। मुलुकी ऐनले बेमन्जुरी बिबाह गर्न मिल्दैन भन्ने व्यवस्था भएकोहुँदा परम्पराको कुरा लागु हुँदैन भन्ने जवाफ उनले पाउछन्। कानुनी अड्चन देखेपछि केटीको बाबुसंग ३००० रुपियाँ लिएर बेमन्जुरी बिबाह गर्न मिल्दैन भनी फेसला सुनाइदिन्छन्। केटाको बाबु मुरमुरिन्छ। केटीको बाबु दण्ड तिर्नु परेपनि छोरीको खुसीमा उ संतोष हुन्छ। राजासाहेब आम्रदानी गर्न पाएकोमा दडग हुन्छन्। यो कस्तो न्याय?



मुस्ताङ, कोरोला नाका, नेपाल-चीन सिमाना, बायाँबाट: डा.पुष्परत्न शाक्य, डा.कृष्णराम अमात्य, डा.सीताराम अधिकारी, हामी चिनिया भू-भागमा उभिएका छौं । २९ जुलाई १९७९।



मुस्ताङ, कोरोला नाका, नेपाल-चीन सिमाना। बायाँबाट: डा.सीताराम अधिकारी, डा.कृष्णराम अमात्य, डा.पुष्परत्न शाक्य। हामी नेपाली भू-भागमा गभिएका छौं । २९ जुलाई १९७९ ।



On left, At Muktinath temple, (3 August 1979)



At Thorang Pass (Altitude:5416 m.) From right: Dr.Sitaram Adhikary, Dr. Krishna Ram Amatya and Porters. Pl. notice the shoes of the Nepali porters.(4 August 1979)

## कविता: आमा यसो भन्छन

बिष्णु अधिकारी,  
एपलटन, विस्कन्सिन, अमेरिका

धेरै नै वर्ष भयो नि बाबु घर छोडी गएको  
अैले त आउछौं भनि म सधैँ दिन गनि रहेको  
जैले नि भन्छौं आइसाल आमा फर्केर आउला नि  
कैले हो आइसाल खै कुन्नि बाबु कयै मेसो पाईन नि।

परिख नै रहेछन तिम्लाई भनि बर पिपल चौतारी  
आउदा तिम्रो झन अत्यास लाग्छ साथिभाई दौतारी  
सोध्दछन सधैँ आछैन माईलो भनेर साथिभाई  
के जवाफ दिनु अवाक्य हुन्छु ति तिम्रा साथिलाई ।

चाडपर्व नजिक आउदा झनै यो मुटु जल्दछ  
पिढीमा बसि हेर्दा नि सधैँ यो ज्यान गल्दछ  
सुटकेस बोकि गोरेटो बाटो जो मान्छे आए नि  
तिमी नै हौं कि लाग्दछ सधैँ जो कोही भएनि ।

हदामा उमेर जेनेतेन घरवार चलेकै थियो नि  
घर्कियो उमेर केही खुबी छैन के दुख दियो नि  
तिनभाई छोरा तिन फरक देशमा के होला मेरो हाल  
कैले त लाग्छ आउदैँन किन्न लिन यो पापी काल ।

याद तिम्लाई बाको आथेन होला स्वर्गवास हुदामा  
आमालाई रूँ दिन्न म भन्थियो कहिले म रुदामा

छोरालाई हेरी बाबाको झल्को बुझाउनु यो मन  
भन्नेले भुल्यौं के चाहियो मलाई अब त्यो पापी धन

फर्केर आछन एक वर्ष भयो ति तिम्रा साथिभाई  
किन्न हो बिदेश बस्न मन लाको अझै नि तिम्रीलाई  
बाझो छ खेत रितै छ घर के गर्नु भएर  
आखिर के नै कमायौं तिम्ले परदेशमा गएर।

खान र लाउन यहि बसे पनि पुगेकै थियो नि  
यो बुढेसकालमा एकलो नै बनाई के दुख दियो नि  
फर्केर आउ दश नयाँ खियाउ यहि आफ्नो माटोमा  
बल्ल पो हिड्लान सन्तति तिम्ले देखाको बाटोमा ।

देखाईदेउ तिम्ले नमना बनि माया यो स्वदेशमा  
आखिर यहाँ फर्किने भएसी के बस्छौं बिदेशमा  
गुलामी बनि आर्काको देशमा कजिनु भन्दा त  
भोकै नै किन्न नबस्नु परोस स्वभिमान बन्दा त ।

के गर्नु बाबु आलिसान यो घर के गर्नु पापी धन  
कटीमा बास बेश हुन्थियो मलाई भएमा सबै जन  
के अर्थ रहयो चौरासी ब्यन्जन भोक नै नलाए  
के अर्थ रहयो मलमली ओछ्यान निद्रा नै नआए।

त्येसैले बाबु फर्केर आउ यहि खुशी बनौला  
आमा र अनि जन्मेको ठाऊ यहि ठूलो भनौला  
के छैन याहाँ के पायो त्यहाँ मिहेनत गरेसी  
सुन फल्छ यहाँ खुशी भै हाम्ले अन्नपात छरेसी ।

# Whither ANMA?

by

Prahlad D. Pant, Ph.D. (Past President, ANMA, 1990-92)

It was a great pleasure to attend the virtual Annual General Meeting (AGM) of the Association of Nepalese in Midwest America on September 5, 2020 after a lapse of many years and see the young generation taking charge in the leading positions of the organization. Having spent many years working with ANMA when I lived in Cincinnati, Ohio, I could see the potential for the next two years under this new leadership to be a turning point in the history of this almost four-decades old organization. In this spirit, I would like to offer the following suggestions to the Executive Board and members of ANMA for their considerations.

1. Priority of Purpose: The primary purpose of ANMA is to provide service to the Nepalese community in the Midwest region of the USA. The secondary purpose is to provide service to the people of Nepal, whenever possible. These priorities were clearly spelled out when I was involved in policy decisions and implementation of ANMA activities in the 1980s and 1990s. These priorities are still valid for the conditions prevailing in the Nepalese community today and, hence, these should be reaffirmed by the current Executive Board and used as a guiding principle for all ANMA projects in the future.
2. Strengthening the Organization: ANMA is a regional organization. However, there are no formal modalities that define ANMA as such. There is hardly any collaboration with any statewide or local Nepali organizations in the 14 states comprising the Midwest except perhaps on any random or adhoc basis, if any. I like to suggest that ANMA reach out to these Nepali organizations, sign a memorandum of understanding (MOU) with each organization that has been certified as 501(c)3, and provide a common platform for these organizations to come together and work on mutually beneficial activities. It would be necessary to create a formal body, within ANMA's bylaws, to define the purpose, structure, and organizational representations in the body.
3. Annual Conventions: The annual joint conventions with the Nepalese Association of Southeast America (NASeA) were envisioned to bring the forces of the two organizations together to provide a multiplicative effect not only for organizing annual joint conventions but also for other mutually beneficial activities during the years. However, the joint conventions have failed to deliver on these expectations. For example, when a joint convention is held in the Midwest, only a handful of NASeA members attend the convention. The same is true when a joint convention is held in the Southeast when only a handful of ANMA members attend the convention. Since the annual joint conventions are held alternately in the Midwest and Southeast, these arrangements have also deprived ANMA, when joint conventions are held in the Southeast, of a major opportunity of showing its presence to its members in the Midwest. Hence, I like to suggest that ANMA terminate this arrangement for joint conventions in consultations with NASeA and organize its own solo conventions during Memorial Day Weekend as used to be the case prior to 2005.
4. Continuity of Policies and Documentation: For any organization to function perpetually, it is important that all decisions and actions of any Executive Board are properly documented and that all policies of an Executive Board are adhered to by subsequent Executive Boards, with any justifiable modifications, if necessary. All documents and publications of ANMA should be digitally secured with backups so that these are available for historical purposes or any future references.



# Freedom Of Thought

-By Jyoti Adhikari

I was sleeping yet half awake. The breeze from the window was so comfortable that I didn't want to open my eyes. I just wanted to enjoy that moment of freshness, warmness, and inner satisfaction without waking up. The cozy feeling that I was experiencing was different from any other day. My beautiful morning was soon taken over by barking dogs outside. All off a sudden, I realized that I was in Baridya National Park Resort and my niece Aditi was sleeping by my side. She was so excited to spend some time with me again after so long. We all want our own people to get excited to see us when we reunite with them after many years and Aditi was one of them. Usually, family visiting from the US for weeks or even months can be burdensome for our family members in Nepal. Some family members never mention that feeling, but some others surely do. Likewise, when guests from Nepal visit us in America, we must keep them entertained, take them to the major sites, take days off work, and cook according to their taste. Maintaining a strong relationship with family and friends requires a lot of understanding. We expect from them and they expect from us. Love is never the issue in Nepal, but there is a growing problem of financial instability. And in the US, there has always been one major problem: a total lack of free time. In my opinion, if there is honest understanding and communication, everything works out just fine. In Nepal people must buy water to cook, drink and use for household chores. Many people don't work, jobs are not secure, and the cost of living has gone up while incomes remain the same. Time has changed and life has become a stressful one; however, losing interest in your own people is not a good sign. But when a person is working hard and still struggling to put dinner on the table, that person may not have the capacity to care about the world. In America, we can still think about others because though we work hard, we generally also have the luxury of having dinner on the table. With that peace of mind, we have the freedom of thought. Nothing good comes from just trying to survive and sleeping hungry – and we cannot blame those in such predicaments.

Bardiya National Park is one of the largest National Parks in western Nepal. The distance between Kathmandu and Bardiya national park is 383 kilometers. Our stay at Baridya Rastriya Nikuj was organized by my older brother for our family. I was born in Bardiya not far from this place. I had heard stories that the Royal family used to spend some time every winter there, but I knew nothing more about this place. I kept thinking, why didn't we learn about this place in school? Why was there no field trip visit to this place to explore the wildlife and forest preserve? We arrived there in the evening before the sunset. The welcoming staff helped us settle down in our room. After that, we were directed to the campfire where snacks of our choice and sekuwa were grilled in front of us. This place was like a hidden treasure. Not many Nepalese, even those living in Nepal, know about this place. Nor do many Nepali living outside of the country. Why aren't there any travel agencies linked to this place or websites established so that visitors can book and pay with ease online? So many questions came to my mind. We had to pay for our elephant rides in person. The rain or shine "no refund" policy was explained to me by my brother, but not by the staff. The next morning's breakfast was also very satisfying, a paratha with potato and eggs etc. It was downpouring rain, but we still went for the elephant ride, which was an amazing experience. The elephant ride on a rainy day, in a dense forest located within my home state made me emotional and proud to be Bardiyali. We even spotted a royal Bengal tiger, one horned Rhino, crocodile and many other animals very close by. It was our country and it was our state. We knew it was safe. We figured it out, but communication and guidance were not provided at all. I wish the staff there were trained for better communication to attract more customers. I noticed so many opportunities and different ways to provide services to visitors. Though I would never want this place to become overcrowded or taken over by tourists, it does have the potential to become one of the best vacation getaways. That type of opportunity is rare, and if a good balance could be found, it could really help locals in the area benefit financially.

Also, in Pokhara and Lumbini, we explored by ourselves and with the help of family friends. There were so many places to see and so many things to experience. We visit Nepal often but travelling is still not easy in Nepal.

Most importantly, restrooms, restaurants and hotels do not have quality control. Public restrooms are very hard to find. Good quality restaurants are typically only in big cities. Both Pokhara and Lumbini were packed with tourists. Tourists from North India and Dargeing India were almost everywhere. Breath taking stupas, lakes, sunrise views, and mountainous Himalayas were to die for. The crowd did not only consist of tourists from around the world, but also included Nepalese from around the world. If Nepal makes organized and thought out tourism its priority and facilitates incoming travelers with convenience – we could see big changes. Nowadays, people don't mind paying for convenience. Where are the package deals? There might be few of course, but not easily available or easy to trust. The unfriendly experience starts even before we land. A runway with weeds and ugly grass can be seen from the plane. This felt sad to me as we were in the nation's capital Nepal where even the weather was very friendly. A few flowers, green bushes and water fountains could add simple beauty at low cost. The airport itself is also falling apart. The building was not painted, and we could see old posters on the wall as soon as we walked in. Inside the building, nothing is automatic or computerized. No one stands there to welcome you or direct the incoming traffic. I was so thirsty and needed to use restroom, but I did not get any help. Gift shops, vending machines or snacks for a quick purchase were not even an option.

Beyond the unorganized airport, Gaushala and Pashupati Nath is also not maintained. These two places where thousands of travelers pass every day did not get any national attention. What was once a beautiful valley is now a messy city. Traffic jams are out of control. Still my root, my unique culture, my birthplace - Buddha's birthplace - is my identity. My life is inspired by my culture and stories told by my parents and grandparents, my mama, maiju, fupu. These experiences are to learn from and to keep us checked and moving in the right direction. This visit and experience have inspired my drive to create a legacy that I wanted for better Nepal and Nepali people.

Growing up in Bardiya, I have met many underprivileged families in my life. Many people in my family are still so poor. The frustration is very reasonable. Some are not motivated, but many have given up on looking for opportunities. The unstable, corrupt government has successfully established a selfish culture. People have stopped thinking about the mutual benefit of growing together and helping each other with food, shelter and job security for the poor. Tourism training, funding poor intelligent workers, and free or low-cost workshops can be very helpful for many people in Nepal.



# Tax Filing Tips for This Tax Year 2020

- Jitendra Rana, IRS Enrolled Agent

Tax is a major source of income for any government and nobody can skip taxation throughout their life. There are various forms of taxes like sales tax, income tax, property tax, excise tax, consumption tax, estate tax, use tax and so on. This year, the US Senate had passed the Coronavirus Aid, Relief, and Economic Security (**CARES**) Act on March 2020 in response to the COVID-19 pandemic.

Current CARES act legislation provided various tax benefits as:

- Loans and assistance to companies and state and local governments.
- Low-interest and small business loans that can be partially forgiven (like PPP).
- Individual Stimulus Payments (\$1200 per eligible adult and \$500 per eligible child).
- Additional unemployment benefits (up to 52 weeks).
- Suspension of certain Federal student loan.
- Financial hardship forbearance on federally backed mortgage loans.
- Assistance to hospitals and veteran care.
- Funding for national stockpile of pharmaceutical and medical supplies.
- Various Tax relief provisions.

## Retirement Plans

The CARES Act waives the 10% early withdrawal penalty tax and allows a taxpayer to take a “coronavirus-related distribution” of up to \$100,000 from a retirement plan or IRA in the year 2020 free from penalty. A “coronavirus-related distribution” is a distribution made during 2020:

- To an individual who is diagnosed with SRS-COV-2 or COVID-19 by a test approved by the CDC,
- Whose spouse or dependent is diagnosed with one of the two diseases, or
- Who experiences adverse financial consequences as a result of being quarantined, furloughed or laid off or having work hours reduced, or being unable to work due to lack of childcare.

## Charitable Contributions

The CARES Act enhances tax incentives for making charitable contributions for the 2020 tax year. First, the act allows the deduction of up to \$300 for charitable contributions made by individuals even if he or she does not itemize his or her deductions. Also, the act allows such contributions to be deducted up to 100% of AGI for 2020.

## Student Loans Paid by Employers

The CARES Act provides an income exclusion of up to \$5,250 for employees receiving educational repayment assistance from an employer.

## Net Operating Loss (NOL)

NOL can be carried forward indefinitely to offset 100% of taxable income and carried back up to 5 years.

## New Enhancement for tax year 2019: Amended Form 1040X Electronic Filing Options

For the first time taxpayers are able to file their Form 1040X - Amended Return electronically from tax year 2019. We all are filing our 2020 tax return based on **Tax Cuts and Jobs Act 2017** and updated provisions from **CARES Act 2020**. **TCJA** had reduced tax rates on wages, investment, business income and lowered corporate tax rate to 21%.

- Current seven tax brackets for 2020 and tax calculations

Filing statuses	Standard Deduction
Single	\$ 12400
Married Filing Jointly	\$ 24800
Married Filing Separately	\$ 12400
Head of Household	\$ 18650
Qualifying Widower with Dependent	\$ 24800

- Filing statuses' standard deductions have been increased but personal exemption is eliminated

Single (Individual Tax Payer)		Married Filing Jointly	
Tax Rate	Taxable Income	Tax Rate	Taxable Income
10%	\$0 - \$9875	10%	\$0 - \$19750
12%	\$9876 - \$40125	12%	\$19751 - \$80250
22%	\$40126 - \$85525	22%	\$80251 - \$171050
24%	\$85526 - \$163300	24%	\$171051 - \$326600
32%	\$163301 - \$207350	32%	\$326601 - \$414700
35%	\$207351 - \$518400	35%	\$414701 - \$622050
37%	\$518401+	37%	\$622051+

- Child tax credit has been doubled from \$1000 to \$2000 where first \$1400 will be refundable and remaining \$600 is non refundable additional child tax credit
- Health Insurance Individual mandate known as shared responsibility penalty is reduced to \$0
- Alternative minimum tax exemption is increased to \$113,400 for married couples
- You can give gift to one or many individuals or receive gift up to \$15000.00 without triggering gift tax
- Alimony deduction is eliminated for the payer for divorce decrees signed after 12/31/2018 and payee will not be required to report the alimony as income
- Estate and gift tax exemption has been doubled from \$5.6 million to \$11.4 million (\$22.8 million for married couples)
- The Tax Cuts and Jobs Act provides a \$500 non-refundable Credit for each Non-Child Dependents
- The deduction for moving expenses is suspended for tax years beginning after December 31, 2017 until January 1, 2026 except for move of the members of the Armed Forces on active duty
- Eligible taxpayers can be able to deduct of up to 20 percent of qualified business income (QBI) from a domestic business

\*Sources: [irs.gov](https://www.irs.gov), IRS publications, [taxfoundation.org](https://www.taxfoundation.org) and various websites

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## उसले रोजेको शहर

-बिन्दु तिमिल्सिना  
म्याडिसन, विस्कनसिन

निर्धारित यात्रा तय गरी, विविध दस्तावेज सहि गरी  
अनगिन्ति सपना बुनी, वायुपङ्खी चढी, पातल तरी  
झरी एउटी परी अद्भुत नगरी ।

विचित्र, बिस्माती थियो - अजिब आएको उपवन  
उत्तर र पश्चिम गगनचुम्बी महल, जताततै चहलपहल, दिपावली झलमल  
इन्द्रको पूरी पो हो कि भनी आँखा दौडाइ वरिपरि  
भेटिन्छ कि भनेर कोही आफूसरी ।

एक हूल थिए त्यहाँ  
कोही बाटो बिराएका, कोही देश हराएका  
कोही भर्खर फक्रिएका, कोही गलेर ओइलिएका,  
सबै नयाँ सपनाको खोजीमा, सुनौलो बिहानीको आशमा ।

एकदिन उसले दिशा पहिल्याएर, आयतन जोखेर, शुभ-मुहुर्त निकालेर  
बगाउन बिसिएका आशुहरू थाती राखेर, आफ्नो पुरानो वस्ती त्यागेर  
रोजी नयाँ निवास ।

बिस्तारै.., चट्टानको हृदयमा छरिएका आत्मविश्वाससँगै  
च्यतिएका महत्वाकाङ्क्षा टाल्ने आशमा, स्वासहरू भर्दै गई ऊ मसानमा  
अन्जली थापेर आफ्ना अङ्कुरित भोलिहरू फस्टाउछन् कि भनी कुरिरही - मरुद्यानमा ।

उसले थाहा पाई - हाऊगुजीको शहर - जति बोक्रो, उतीनै खोक्रो  
त्यहाँ भागबण्डामा सबथोक धुजाधुजा पारेर  
मान्छेका मर्महरू त मुर्कट्टाहरूले मोलतोल गर्दा रहेछन्  
आत्मबोध त संरचना र भौतिक सुखभिन्नै निससिँदा रहेछन् ।

एक साँझ सहर नशामा मात्तिदा ऊ औधि आतिई  
उसले कोलाहलमा सबैलाई गुहारी  
तर उसका करुण चित्कारहरू फगत सुन्यतामा विलिन भए  
विछिप्त आत्मा, मूढो शरीर, ऊ त्यहीं लडिरही  
कठै भन्ने नि कोही भएन, तथ्याङ्कमा गनिएन ।

अनि उसका इन्द्रियहरू यत्रतत्र ब्युँझिए  
अब उसलाई सपना, रहर र खुसीहरूको चिन्ता भएन, नयाँ भोलि अब बाँकी रहेन ।

अर्को बिहान भयो, शहरले नयाँ काँचुली लगायो  
ऊ फेरि जीवनको क्यानभासमा रङ्ग भरेर  
आदित्य चाहहरूको भारी बिसाउन, अतृप्त अभिलाषाहरू सेलाउन,  
जिम्मेवारीको ब्याज थेगेर  
आशाको मुसलो भएर अन्धकारमा बल्दै लम्किरही, लम्किरही ॥



**On behalf of ANMA,  
Happy Holidays to  
all our members and  
well wishers!**

**HAPPY**  
*Holidays!*

## **ANMA Details**

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