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HAMRO SANDESH



Hamro
Swabhiman
Sandesh





Hamro Sandesh

Blessing & Guidance
H.H. Yogrishi Swami
Ramdev Ji Maharaj

&

H.H. Ayurved Shiromani
Acharya Balkrishna Ji
Maharaj

Editor
Mohan Karki

Office

Hamro Swabhimani Trust
Yog Samiti Bhawan
Patanjali Yogpeeth, Phase-II
Near Bahadrabad-249405
Haridwar

Contacts

Mob. NO.
7217016080

e-mail

headoffice@hamroswabhimani.com

Website

headoffice@hamroswabhimani.com

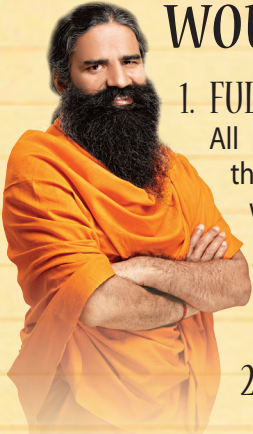


Index

| | |
|---|----|
| ✿ Enlightened souls would spread the light worldover | 03 |
| ✿ Construction Of Bright Future Through Realization ... | 04 |
| ✿ Greetings Message received for successful publication ...05 | |
| ✿ Age Consciousness Inherent In Indian Nepali Literature | 18 |
| ✿ Gorkha & Bravery | 22 |
| ✿ Nepali Civilization And Nepali Language | 24 |
| ✿ Anupan and properties of some important liquids | 26 |
| ✿ Yoga & Naturopathy For High Blood Pressure | 31 |
| ✿ Do Not Underestimate Women's Power | 32 |
| ✿ Treatment of Infertility And Sterility | 34 |
| ✿ The First Online Deusi Bahila Competition | 36 |
| ✿ We Gorkhali And Nepali | 37 |
| ✿ Social Activities in Various Areas by Hamro Swabhimani ... | 38 |

Enlightened souls

would spread the light world over



1. FULLY ENLIGHTENED SOUL

All the brothers and sisters must fully develop themselves by fully devoting themselves to their dormant Prgya, Medha, infinite love, compassion and affection with the help of Yoga, Spirituality, Swadhyaya, Sanatan Aarsh gyan parampara and hard work. Those who have developed full strength of gyan, power, dedication and karma or viriya; those fully awakened and enlightened souls surely enlighten the society, nation and the world.

2. TWO FORULAE FOR SUCCESSFUL & HAPPY LIFE

Those who toil and work hard every moment with enthusiasm for their Karma by assuming it to be the Dharma; they would never fail and be unhappy. Being enthusiastic means to be always hopeful. Success can only be achieved by not allowing a speck of depression, negativity, unfaithfulness and desultoriness. On the other hand getting dissolved into one's work is concentration. If we happen to see concentration on a bigger scale-

Ekam brahmam dutiyonasti. Ekovashi sarvabhutantaratma rupam rupam pratirupo bahu.

The Supreme being is one. Know this Brahma as one; head towards it and always be dedicated, committed and put constant efforts to attain that Supreme. Putting that God at the centre; assuming every task as the worship of the God and doing it with full enthusiasm and happiness is in real sense called being concentrated. Yoga is the same too. A state of mind which is foolish, low and eccentric can not be conducive to Yoga. Yoga can only be performed in a state of concentration and complete annihilation.

3. UNDERSTANDING OF LIFE

All human beings are progenies of the Supreme. We should always be proud and keep an ideal that we are sons and daughters of God. And our speech, behavior, swabhav, demeanor, capacity and the whole life must be glorious and highest like that of the progeny of the God. I live like that all the time and expect from all the sons of God; the progenies of rishi-rishkas and veer-veeranganas that living as the representative of that everlasting God they must develop themselves to continuously grow on the path of self-realisation and collective realization. Dignified people taking the path of God, truth, Dharma, and justice should never vacillate once at seeing the splendor of people earning it through adharma, untruth, injustice and corruption. We should all live an ideal and illustrative life for establishing truth, dharma and justice and destroying untruthfulness, adharma and injustice like our forefathers Ram, Yogeshwar Krishna, Bhagwan Shiv, Hanuman, Maharishi Vishwamitra, Vashishta, Acharya Chanakya, Swami Vivekanand, Sri Arvind and Maharish Dayanand and other veer-veeranganas and great people.

Sam gacchdhvam sam vaddhvam sam vo manasi janatam, deva bhagam yaha purve sanjanana upasate. Rig. 10/191/2

I hope that all of you brothers & sisters, youth men and women, children and father-like elders would participate in the godly task of national importance.



CONSTRUCTION OF BRIGHT FUTURE THROUGH REALIZATION OF GLORIOUS HISTORY IS THE AIM OF HAMRO SWABHIMAN



—आचार्य बालकृष्ण

Nepali (Gorkhali) is rather a very divine culture. And this divine culture through supreme state of mind is enlightened with innumerable auspicious qualities like spirituality, renunciation, devotion, sacrifices, bravery, courage and dedication of hard work. Embraced with flawless stream of harmony, equality, goodwill and brotherhood the rich history of Nepali (Gorkhali) Community is filled with glory and is highly venerable. After imbibing this culture complemented with lofty sentiments ascetics like Maharishi Manu, Maharishi Yajvalakya, Gautam Buddha and Guru Gorakhnath etc paved the path of spirituality for mankind. A theologian and great emperor Janak, Mata Sita, Luv, Kush, Yogmaya like brave man and amazon have paved the way for Idealistic worldly life together with spiritual life. The knights have offered everything to defend their country. Countless heroes like Martyred Durga Mall, Dal Bahadur Thapa, Ari Bahadur Gurung have dyed this earth with self-blood and hoisted the victory flag. Writers and artists with their writings and arts have communicated the message for creating a new age. Hamro Swabhimani is founded and established to awaken the thoughts of pride in the hearts of each and every Nepali (Gorkhali) for this great culture its traditions and glorious history. Hamro Swabhimani is aimed at development and nourishment of Nepali community with the sanctity of spiritualism, idealism and sacramental education with the awakening of self-respect and eradication of differences based on caste, creed, color, class and gender. In short it can be understood that Hamro Swabhimani is mainly aimed at initiating a new era enriched and engrossed with happiness, peace, prosperity and harmony in whole world with the strength

of spirituality and morality imbibed by one as a result of following the doctrines and teachings of Nepali (Gorkhali) culture.

Mainly service areas covered by Hamro Swabhimani in fulfilling above mentioned goal can be broadly classified into following four categories-

1. To awaken the sense of pride towards rich and glorious history- Organizing and upholding of events like anniversaries, celebration on special occasions and seminars in order to create awareness about glorious history amongst all Nepalese (Gorkhalese) living in various corners around the globe.
2. To introduce people with the contribution made by Nepali (Gorkhali) community in the society- Nepali (Gorkhali) community has made significant contribution for the society in various fields like Spirituality, literature, art, sports, social services, industry, research and education etc. And Hamro Swabhimani is aimed to create awareness for same amongst people in the society through various mediums like public, social, media and other possible platforms.
3. Preservation of language and culture- Literature of any language is the medium to realize the greatness of that culture. Publication of magazines monthly and quarterly, literature writing, organizing cultural music and dance competitions and other cultural activities for preservation of culture.
4. Supporting people in need- To serve people in situation like natural disaster and calamities through mutual cooperation. Also to ensure health related facilities for needy patients, arrangement of scholarship for all round development of talented bright students coming from varied fields of education and also to ensure cooperation for other needs.

So let's come and bind our hearts and hands together to accomplish the divine mission set by Hamro Swabhimani to protect and preserve the glorious Nepali (Gorkhali) culture.

Greetings Message

received for successful publication of Hamro
Swabhimani Sandesh Magazine

शुभकामना संदेश

परम आदरणीय संपादकश्री,

हाम्रो संदेश

नमस्कार



मुझे यह जानकर अत्यंत प्रसन्नता की अनुभूती हो रही है कि आप योग और आयुर्वेद से सम्बन्धित विषयों को केन्द्र में रखते हुए जनजागरूता के उद्देश्य से ई-पत्रिका की शुरुआत कर रहे हैं। आधुनिक युग में मानव जैसे-जैसे विकास कर रहा है वह अस्वस्थ होता जा रहा है। मानव जीवन में अशांति बढ़ती जा रही है। निश्चित मानव जीवन दर्शन का विलोपन हो गया है। हम लोग एक प्रकार के भ्रांतिदर्शन में जी रहे हैं। ऐसा परिलक्षित हो रहा है। मनुष्य अपने जीवन के वास्तविक लक्ष्य से अनुभिज है। आजकल मनुष्य भौतिक समृद्धि में आनन्द खोज रहा है। भौतिकता की संपूर्णता के बावजूद तृप्ति, सुख और आनन्द की अनुभूति उसे बिल्कुल भी नहीं है। जो वस्तु जहां उरलब्ध ही नहीं हैं। वो वहां कैसे प्राप्त हो सकती है ?

इस आनन्द की प्राप्ति के उद्देश्य से यदि योग और आयुर्वेद के विपुल साहित्य का हमलोग अध्ययन, चिंतन, श्रवण, मनन और निदिध्यासन करें तो हमलोग अपने जीवन के मूल उद्देश्य को समझ सकते हैं। इन सिद्धांतों के अनुसार जीवन जीते हुए हमें अपना लक्ष्य भी प्राप्त हो जाता है। मुझे पूर्ण विश्वास है की हाम्रो स्वाभिमान न्यास द्वारा प्रकाशित 'हाम्रो संदेश' इसमें पूर्णतः सफल रहेगी और साधारण जन समुदाय का सतत मार्गदर्शन करती रहेगी।

डॉ. दीपक कोईराला,

आचार्य हेमचंद्राचार्य संस्कृत पाठशाला,

साबरमती अहमदाबाद.

Greetings Message

received for successful publication of Hamro Swabhiman Sandesh Magazine

प्रातः स्मर्णीय पूज्य योगऋषि स्वामीजी महाराज प्रातः स्मर्णीय पूज्य आयुर्वेदऋषि आचार्यजी महाराजको चरणमा विनम्र वन्दन।

यो योगायोग संयोग नै हो कि इनी महापुरुष कर्मयोद्धा मनीषी हरुको दर्शन गर्ने अवसर 2013 मा हाम्रो स्वाभिमानको माध्यम बाट जुट्यो।

हरिद्वार स्थित पतंजलिपीठको इंफ्रास्ट्रक्चर त्यहाँको वातावरण आचार विचार देखेर दंग भएको थिए। फेरि इनी दुवै मनीषिको प्रथम दर्शन दिव्य प्रकाशमय पवित्र, वातावरण नै बदलिएको जस्तो भान भयो र म किर्त्य किर्त्य भए त्यो क्षण मेरो लागि अमूल्य अविष्मार्निय रहने छ।

मैले वहाँ हरुबाट धेरै माया आशीष पाएँ वहाँ हरुको सानिध्यमा धेरै ज्ञान गुन सिक्ने अवसर पाएँ।

संसार भरिमा छाएर बसिरहेका नेपाली भाषि नेपाली गोरखाली हरुको उत्थान हक अधिकार दिलाउनका निमित्त ऋषि पूज्य स्वामी रामदेवजी महाराजको संरक्षणमा ऋषि पूज्य आचार्य ज्यूको अध्यक्षतामा स्थापित हाम्रो स्वाभिमानले जून लक्ष्य लिएर हिडेको छ तेसमा सबै नेपाली भाषिहरु एकजुट भएर पूज्य स्वामी ज्यू पूज्य आचार्य ज्यूको हात बलियो पार्नु जरुरी छ।

हाम्रो स्वाभिमान भित्र सबैको समान सम्मान हुन्छ नेपालीभाषि मध्ये उत्कृष्ट योगदान पुर्याउने हरुको मनोबल बढाउनुमा हाम्रो स्वाभिमान पछि हट्दैन।

हाम्रो सन्देश पत्रिका प्रकाशित हुदै छ यस पत्रिकाको प्रकाशनमा जतिपनि हाम्रा प्रिय साथीहरु दिनरात मेहनत गरि लगेकाछन् सबैलाई हृदय देखि बधाई सँगै शुभकामना पनि।



-मूरलीधर

एक्टर, सिंगर, म्यूजिशियन

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

It is indeed very gratifying to learn that Hamro Swabhimani e-Magazine is being e-launched on the auspicious Day of our Republic in the presence of Yogrishi Swami Ramdevji and Ayurved Shiromani Balkrishna ji on January 26th . While conveying heartfelt best wishes for success of the solemn occasion, I have no doubt that the publication would usher in a new era for socio-cultural and spiritual enlightenment of Nepalis / Gorkhas in the Indian sub-subcontinent and beyond.

D.B.Chhetry , IAS Retired

Ex-Excise Commissioner, Secretary- Govt of Assam

Guwahati , Assam

22nd January 2021

(2)

वर्तमान समयमा इ— पत्रिकाको आवश्यकता र महत्व सर्वमान्य कुरा हो । हाम्रो स्वाभिमान न्यासले 'हाम्रो सन्देश' नाम दिएर इ— पत्रिका प्रकाश गर्न लागि रहेको वार्ताले मनमा हर्षको अनुभव गराइरहेको छ । सत्यम् शिवम् सुन्दरम्को उपासक बनी यो पत्रिका वृहत्तर मानव समाजको लागि अमूल्य निधिका रूपमा स्वीकृत हुनेछ भन्ने आशा राखिन्छ ।

डा. इन्दु प्रभा देवी,
हाम्रो गौरव अवार्डी
गुवाहाटी ।

Greetings Message

received for successful publication of Hamro Swabhiman Sandesh Magazine

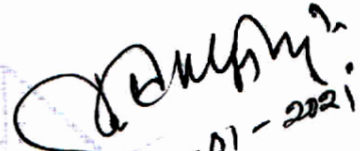
शुभकामना !

हाम्रो स्वाभिमानको पत्रिका 'हाम्रो सन्देश' ७२ औं गणतन्त्र दिवसको उपलक्ष्यमा प्रकाशित हुन लागेको सुन्दा साह्रै खुशी लागेको छ। विशेष यस प्रकाशनको शुभअवसरमा परम् पुज्य योग ऋषि रामदेव महाराज र परम् पुज्य आयुर्वेद शिरोमणी आचार्य बालकृष्ण महाराजको उपस्थितिले 'हाम्रो सन्देश' लाई विशेष गरिमा प्रदान गरेको छ।

हामी आशा गर्दछौं 'हाम्रो सन्देश' मा विविध विषयका रोचक, ज्ञानवर्धक, उपयोगी र सन्देश मुलक सामग्रीहरु समावेश हुनेछन्। यसको उत्तरोत्तर प्रगति र उज्जल भविष्यको कामना गर्दछु।

तुलसी घिमिरे

(चलचित्र निर्देशक)


21-01-2021

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

हाम्रो स्वाभिमान ट्रस्ट द्वारा 'हाम्रो सन्देश' e-journal को online e-launch 26/01/2021 गणतन्त्र दिवसको अवसरमा श्रद्धेय स्वामी रामदेवजी एवं श्रद्धेय आचार्य बालकृष्णजी को उपस्थितिमा आयोजित हुँदैछ भन्ने जानेर अति हर्ष लागेको छ र उक्त कार्यक्रमको सफलताको कामना राख्दै म 'हाम्रो सन्देश' e-journal का सम्पादक तथा अन्य संलग्न व्यक्तिहरूलाई पनि बधाई एवं शुभकामना टक्राउँदै छु स विश्वास छ कि 'हाम्रो सन्देश' हाम्रो भाषा, जाति, धर्म र राष्ट्रसेवा को उद्देश्यमा सफल हुने छ।

भवदीय,
चन्द्र प्रकाश गिरी
IPS (Retd)

2

जागौं सारा सुजन अब लौ सत्यको मार्ग खोजौं
छोडी मैला व्यसन जगमा नित्य सन्मार्ग रोजौं।
आयौं हामी पृथिवितलमा लोकको गर्न सेवा
तस्मात् लागौं परहितमहां छोडिद्युं कार्य पेवा।।

प्रो हरि प्रसाद अधिकारी
सम्पूर्णानन्द संस्कृत विश्वविद्यालय, वाराणसी
(हाम्रो गौरव अवार्डी)

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

MESSAGE

Om/Namaste

It gives me immense joy to know about the e-magazine 'Hamro Sandesh' being launched by Hamro Swabhimani Trust on the auspicious Day of our 72nd Republic Day. I think this will be a very special moment for all of us. It's special because Pujya Swami Ramdevji Maharaj and Ayurveda Siromani Pujya Balakrishana Acharyaji's blessings are also with us.

I hope, this e-magazine will be successful in spreading 'sarbepi sukhinah santu...' philosophy of our great Nation. Our Gurus have already given their rousing call through our ancient tradition of vedic Philosophy and thus they have conquered the world. Let us work to spread this benevolent vedic knowledge for the welfare of all being. Through this journey, we can achieve a supersensuous perception and a life of lofty ethical attainment to each soul.

I hope, it will be successful in spreading the message of Hamro Swabhimani and guide us towards the peace and prosperity of our community.

On this special occasion, I extend my heartfelt greetings and very good wishes to this great venture.

Puspadhar Sarma
Assam.

Greetings Message

received for successful publication of Hamro Swabhiman Sandesh Magazine

शुभकामनाका पुष्पाक्षर

भाषा, साहित्य, संस्कृति, जाति, समाज र राष्ट्रको उत्थानमा पत्र-पत्रिकाको ठूलो योगदान रहेको कुराको साक्षी इतिहास स्वयम छ। भारत स्वतन्त्र हुनुअघि देशभक्तिको भावना र स्वतन्त्रता सङ्ग्राममा मानिसहरूलाई एकताको सूत्रमा बाँध्न पत्र-पत्रिकाले महत्वपूर्ण भूमिका पालन गरेको कुना पनि सर्वविदित छ। कागजी पत्रिकाको समय अवधिमा परिश्रम, अर्थ र बिक्री वितरण आदिका विभिन्न समस्याहरूले गर्दा धेरै पत्र-पत्रिका दीर्घजीवी हुनुबाट वंचित रहन्थे। परिवर्तनशील समय र परिस्थिति अनुसार विज्ञानले गरेका मानवहितका धेरै आविस्कारहरूले जीवन सूलभ बनाउँदै कार्य संचालनका सरल र सहज मार्गहरू प्रशस्त गराउँदै आइरहेको छ। भाषा, साहित्य र संचार जादुको छडी झै बनेको छ। विक्री वितरणको समस्यालाई परै पन्साएर वैद्युतिक पत्रिका मिलिक्क गर्दा संसारको एक कुनादेखि अर्को कुनासम्म पुग्छ। यस्तो सहज उपलब्ध प्रविधिलाई प्रयोगमा ल्याउँदै हाम्रो स्वभिमानले वैद्युतिक पत्रिका हाम्रो सन्देश को थालनी ७२औँ सम्विधान दिवसका दिन गर्नु एउटा ऐतिहासिक कार्य बन्न गएको छ। हाम्रो सन्देश मार्फत हाम्रो सन्देश संसार समक्ष पुग्ने छ। अक्षर स्थापना गर्नु अति महान कार्य हो। यसले भविष्य उज्ज्वल पार्दै इतिहास कायम गर्छ र जातिको चिनारी प्रस्तुत गर्दै जान्छ।

परम आदरणीय योगगुरु स्वामी रामदेवजी महाराज तथा आयुर्वेद शिरोमणि आचार्य बालकृष्ण महाराजको आशीर्वाद र संरक्षणमा हाम्रो स्वभिमान जस्तो आत्मीय र सङ्गठित संस्थाको कार्य कुशलता र अनुभवका आधारमा श्रीगणेश हुनलागेको पत्रिका हाम्रो सन्देश दीर्घजीवी र सुस्वास्थ्यवान हुनेछ भनी मनमा रहेको सागरसरिको अथाह विश्वास पोख्न चाहन्छु। हाम्रो सन्देश पत्रिकाले नेपाली वाङ्मयका विभिन्न विषय र विधामा चिनतन, अध्ययन र अनुसन्धानका ज्ञानगङ्गा प्रवाहित गर्ने छ साथै भाषा, साहित्य, जाति, समाज र राष्ट्र हितमा हाम्रा गौरवपूर्ण प्रतिभाहरूलाई प्रेरणा र प्रोत्साहनले आत्मबल प्रदान गर्दै भविष्यलाई स्वच्छ इन्द्रेणीका विभिन्न रङले सजाउन सफल हुनेछ भन्ने दृढ विश्वासको भावना अघि सार्दै हार्दिक शुभकामनाका सहस्रौँ पुष्पाक्षर अर्पण गर्दछु।

आदरणीय योगगुरु मोहन कार्कीज्यूले सश्रद्धा मलाई सम्झनु भएकामा उहाँ लगायत हाम्रो सन्देशका सम्पूर्ण मण्डलीलाई धन्यवाद जनाउँदछु। इति ... शुभम।

- मुक्तिप्रसाद उपाध्याय
सिलगढी

Greetings Message

received for successful publication of Hamro Swabhiman Sandesh Magazine

नेपाल र नेपाली – यो भन्ने बित्तिकै यो शब्दसंगै जोडिएर आउने अर्को शब्द हो – स्वाभिमान । हामी नेपाली, स्वाभिमान नेपालीको रुपमा विश्वमा परिचित छौं । हाम्रो यही स्वाभिमानलाई अभि प्रखर रुपमा प्रचार एवं प्रसार गर्ने पवित्र उद्देश्यका साथ “हाम्रो स्वाभिमान नेपाल” नामको यो पत्रिका प्रकाशन शुरु गरिएकोमा म हर्ष विभोर भएकी छु । यस उपलक्ष्यमा म यस पत्रिकासंग जोडिनु हुने सबै महानुभाव लगायत सबै नेपालीलाई हार्दिक शुभकामना र बधाई ज्ञापन गर्दछु । साथै, म यस पत्रिकाको नियमित प्रकाशनको कामनाको गर्दै यस पत्रिकाले लिएको पवित्र उद्देश्यको समेत शिघ्र प्राप्ति होस् भनी भगवान श्री पशुपतिनाथसंग दुवै हात जोडी प्रार्थना समेत गर्दछु । म यस्तो पवित्र उद्देश्य बोकेर प्रकाशन शुरु गरिएको यो पत्रिकाको लागि कामना र प्रार्थना मात्रै गरेर पक्कै बस्दिन । यो पत्रिका सफल पार्न, छरिएर रहेका नेपालीको स्वाभिमानलाई एउटा सिङ्गो माला रुपी स्वाभिमानमा गास्न मैले यो हाम्रो स्वाभिमान नेपाल पत्रिकालाई जे जस्तो सहयोग गर्नु पर्छ त्यसको लागि हर संभव प्रयास गर्ने प्रतिवद्धता समेत व्यक्त गर्दछु ।

मलाई थाहा छ, श्रद्धेय स्वामी आचार्य बालकृष्णको सदाशयता र अनुकम्पा नभएको भए आज हाम्रो स्वाभिमान नेपाल हाम्रो हातमा हुने थिएन । जसरी सगरमाथा र चन्द्र सूर्य अंकित भण्डाले विश्वमा हामी नेपालीलाई एउटा बेग्लै पहिचान र परिचय दिलाएको छ ठीक त्यसैगरि श्रद्धेय स्वामी आचार्य बालकृष्णले पनि विश्व समुदायमा नेपालीको गौरव बढाउनु भएको छ । यस तथ्यलाई हेर्दा यो भन्न मलाई अलिकति पनि संकोच महसुस भएको छैन कि श्रद्धेय स्वामी आचार्य बालकृष्ण स्वयं पनि हामीले स्वाभिमानको रुपमा लिनु पर्ने व्यक्तित्व हुनुहुन्छ । तसर्थ हाम्रो स्वाभिमानका एक प्रतिक श्रद्धेय स्वामी आचार्य बालकृष्णज्यू लाई म यस पवित्र अवसरमा हार्दिक नमन गर्दछु ।

तपाईंहरूलाई थाहा छ, म कलाकार हुँ । कलाकारले मनको कुरा बोल्छन् र जब मनको कुरा बोल्छन् तब त्यसले अर्को मनलाई अवश्य छुन्छ । म संसारभरी छरिएर रहनु भएका तमाम नेपालीको मनलाई छोएर उहाँहरूको स्वाभिमानलाई जगाएर हाम्रो स्वाभिमानमा जोडने दृढ निश्चयका साथ अगाडि बढेकी छु । मलाई थाहा छ यो कार्य सजिलो छैन । यो कार्य कठिन छ भन्ने मैले बुझेकी छु । तर, संगै यो पनि बुझेकी छु कि यो कार्य असंभव पनि छैन । म त्यो देशकी छोरी हुँ जसले केवल आफ्नो दृढ निश्चय र संकल्पले गर्दा अग्नेजलाई आफ्नो भुमिमा टेक्न दिएनन् । त्यही दृढ निश्चय र संकल्प मेरो रगतमा पनि छ र मसंग छ मेरो कलाको हतियार । भनिन्छ कला र संस्कृति जितेर जोडिएकाहरु कहिले पनि अलग हुँदैनन् । म तपाईंहरूसंग त्यसरी नै जोडिन चाहन्छु – कहिले पनि अलग नहुने गरि र हामीलाई यसरी जोडने एउटा सशक्त माध्यमको रुपमा अहिले हामीसंग छ, “हाम्रो स्वाभिमान नेपाल”!

आउनुहोस् हामी सबै मिलेर संकल्प गरौं हामी सबै मिलेर दृढ निश्चय गरौं कि हामी हाम्रो स्वाभिमानलाई भुक्न दिदैनौं । हामी सदैव उचा बनाइ राख्ने छौं हाम्रो स्वाभिमानलाई – “हाम्रो स्वाभिमान नेपाल” लाई । सर्वे भवन्तु सुखिनः

Bipana Thapa
Actress, Business women, Philanthropist

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

I am glad to learn that Hamro Swabhimani is launching its e-magazine, **Hamro Sandesh**, on the occasion of India's 72nd Republic Day; today the 26th of January 2021. I would like to express my heartfelt thanks for being invited as Special Guest to join such an august occasion. I do hope that with the blessings and guidance of Pujya Yogrishi Ramdev Ji Maharaj and Pujya Ayurved Shiromani Acharya Balakrishna Ji Maharaj; the magazine would be able to uphold, preserve and disseminate the socio-cultural values which have been the hall mark of our great nation.

I do believe that it would provide an ample platform to the writers to showcase their in-depth ideas and devotion towards the values which have been a part and parcel of our existence, since time immemorial.

Thanking You

Yours Sincerely

T.p. Upadhyay
(Tarapati Upadhyay)

2021/01/26

2021/01/26

Greetings Message

received for successful publication of Hamro Swabhiman Sandesh Magazine

MESSAGE

I am extremely glad to know that the "Hamro Swabhiman Trust" is going to publish an e- Magazine on the auspicious occasion of 72th Republic Day Celebration all over the country. With the Pride of Unity and Diversity of the Nation I hope Magazine will definitely publish optimistic events and remain in the hearts of common people. I do fervently pray to Almighty that the Magazine cherish a long life and success.

"Happy Republic Day"

Dr Rana Kafle

(President)

Assam Sahitya Sabha,

West Karbi Anglong District Committee.

(2)

कार्कीज्यू के जानकारी पाइयो भने 26 जनवरी 2021 का दिन साँध 5 बजे हाम्रो स्वाभिमान ट्रस्टको इ—मेगाजिन हाम्रो सन्देश विश्व परिचित योगगुरु स्वामी रामदेव र आयुर्वेद शिरोमणि बालकृष्ण आचार्यहरूको उपस्थितिमा उहाँहरूकै बाहुलीबाट विमोचन हुने रहेछ। यो पावन कार्यले हाम्रो जातिको स्वाभिमानमा सौष्ठव वृद्धि गर्नु मात्र होइन मात्र होइन सामूहिक रूपमा जातीय भाषा, साहित्य, कला, संस्कृति, संस्कार परम्पराको संरक्षण र सम्बर्धनमा सहायक हुने कुरामा म विश्वसित छु, किनको यो सङ्गठनको अध्यक्ष नै स्वयं आयुर्वेद शिरोमणि बालकृष्ण आचार्य हुनुहुन्छ।

हाम्रो सन्देश—मा आउँदा दिन के सघाउन सकिन्छ प्रयासरत रहने छु। यहाँहरूको पवित्र प्रयासका निम्ति साधुवाद र बधाई।

- डा खगेन शर्मा

गुवाहाटी, असम

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

यह जानकारी अत्यन्त प्रसन्नता हो रही है कि हाम्रो स्वाभिमान न्यास पूज्य गुरुजनों स्वामी राम देवजी महाराज तथा आचार्य बालकृष्ण जी के नेतृत्व व मार्गदर्शन में पतंजलि द्वारा पत्रकारिता क्षेत्र में 'हाम्रो सन्देश' नाम से हाम्रो स्वाभिमान न्यास, हरिद्वार की ई-पत्रिका का शुभारम्भ कल यानि २६ जनवरी २०२१ को ७२ वें गणतन्त्र दिवस के शुभ अवसर पर होने जा रहा है। यह ई-पत्रिका नेपाली भाषी समाज को एक दीपक की भाँती पथ प्रदर्शित करेगा ऐसा विश्वास है। ऐसी पत्रिका की हमारे समाज में नितान्त आवश्यकता है। इस पुनीत कार्य हेतु आप सभी को ने.सं.प.की ओर से बधाई एवं शुभकामना देता हूँ।
भारत माता की जय।।

भवदीय,
अशोक चौरसिया,
अन्तर्राष्ट्रीय कार्याध्यक्ष,
नेपाली संस्कृति परिषद अन्तर्राष्ट्रीय
नई दिल्ली।

(2)

अति हर्षको विषय छ की हाम्रो धर्म, संस्कृति, परम्पराको संरक्षण, सम्बर्धन तथा राष्ट्र सेवाको महायज्ञमा हामी सबै सहभागी बन्ने सौभाग्य पायेका छौ। परम पुज्य स्वामीजी एवं परम श्रद्धेय आचार्यज्यूको सानिध्यमा हाम्रो स्वाभिमान द्वारा समाजमा धेरै कामहरू भई रहेकोमा हामी सबै धन्य छौ। आज माँ भारतीको गणतन्त्र दिवसको शुभ बेलामा 'हाम्रो सन्देश' नामक ई-मेगेजिनको प्रकाशन गर्ने निश्चित भएकोमा म समस्त पूर्वोत्तर भारतको तर्फबाट हाम्रो स्वाभिमानको टीमलाई अभिनन्दन तथा अनन्त शुभकामना अर्पण गर्दछु। पोखरणको परीक्षण, विश्व योग दिवसको प्रारम्भ, अयोध्यामा सामाजिक, सांस्कृतिक, आध्यात्मिक तथा हिन्दू सनातन संस्कृति द्वारा विश्वलाई कल्याणकारी र स्वाभिमान को संदेश दिनेवाला भव्य एवं दिव्य श्री राम मन्दिर निर्माण, देशमा देशभक्ति, राष्ट्रीय भाव र विकाशको नया लहर जस्ता विषयहरूले यो सिद्ध गरिरहेको छ की भारत माता पुनः विश्वगुरुको आशनामा आशित भई सकेकि छन। राष्ट्रसेवामा अब हामी सबैले आफ्नो आफ्नो योगदान निरन्तर राखौ बन्ने मेरो संकल्प व हजुरहरुमा निवेदन सहित सबैमा साधुवाद।

जय श्री राम
इन्द्र चापागाई
समाज-सेवी, गुवाहाटी, असम

Greetings Message

received for successful publication of Hamro Swabhimani Sandesh Magazine

MESSAGE

I am pleased to know that Hamro Swabhimani e-magazine "Hamro Sandesh" is being launched on the occasion of the 72nd Republic Day of India. I would like to felicitate friends from India on this historic occasion and pray for a strong and cordial relationship between the peoples of Nepal and India.

Nepal-India relations have been marked by mutual trust and cooperation. All our rivers flow from the Himalayas and merge into the holy river Ganga jee. While Indian pilgrims visit the temple of Lord Pashupatinath, Muktinath and Janaki temple, to name a few; thousands of Nepalese visit Char Dham, Varanasi, Haridwar and many more holy places every year to pay their respects. We are not only neighbours, our relations are rooted in our history and culture.

I am pleased to share that Indian and Nepali diaspora are living side by side and are working closely around the world. While most of us living abroad are the first-generation immigrants, we enjoy support and cooperation from our Indian friends wherever they are. Similarly, the Indian community trust Nepali brothers and sisters.

I would also like to mention here that a new young generation of our diaspora is growing up in the UK and other parts of the world who want to explore our rich history, culture and tradition. As we have seen during the Corona pandemic, Yoga, Pranayam and Meditation boost our immunity and help our physical and mental health. I am quite confident that the e-magazine, Hamro Sandesh, will be able to unite our people and also inspire our young generation. I wish this magazine a grand success.

Kul Acharya

Chairman

Holy Cow Group, UK and

Advisor, Non-Resident Nepali Association (NRNA)

International Coordination Council

Greetings Message

received for successful publication of Hamro
Swabhimani Sandesh Magazine

MESSAGE

I am very glad to know that the prestigious *Hamro Sandesh* the e-Journal of Hamro Swabhimani Trust is being e-launched on the very auspicious Indian Republic Day in the holy presence of H.H. Yogrishi Swami Ramdevji Maharaj and H.H. Ayurved Shiromani Acharya Balkrishna Ji Maharaj. The present volume not only augments the knowledge of researchers working in the areas of their interest, but will also furnish new vistas for further researches.

I extend my heartiest congratulation to all the contributors who are involved in bringing out this volume to the world of scholars. I hope this spirit for enrichment of knowledge will be continued in future also.

(Prof. Gautam Kuman Lama)
Center of Advanced Study
Department of AIHC & Archaeology
Banaras Hindu University
Varanasi, India

AGE CONSCIOUSNESS INHERENT IN INDIAN NEPALI LITERATURE

Bhupendra Adhikari

Nepali in modern Indo-Aryan language. This prosperous stage of Nepali language is literature has its roots in Sanskrit language and derivative words from Shanskrit language are, in fact, the causes of this prosperity. Nepali language and literature is not only limited to the boundaries of Nepal. It is extended in other countries where Nepali people of Nepali ethnicity are residing.



This language is spoken in North Bengal, Sikkim, Asam, Meghalaya, Manipur, Nagaland, Mijoram of North-east, Uttar Pradesh, Uttaranchal and other countries of the world like Bhutan and Myanmar. The state of Bengal gave it the status of state language in 1961 and Sikkim in 1974. However, after a long struggle, Nepali language got entry into the eight listed languages of India from Indian in government in 20 August, 1992.

It is difficult to get a place where Nepali people

are not found. Nepalese residing in Europe, America, Japan have been established different type of organizations, publishing magazines and organizing conferences to save the existence of Nepali language and literature.

Trend and practice in each literature writing is important. The adoption of practice and trends without taking traditional rules and values into account is considered as incomplete task. Literature itself is the source of consciousness. It sheds the consciousness by observing human behaviour. Each of the writer is found to convey age consciousness from the study of Nepali literature in India. Age consciousness is inherent in all four genres of literature—poetry, drama, prose and storytelling.

The writers of Nepali literature chose different places as their work place serving the Nepali literature. Kashi, Banaras, Darjaling, Deharadoon, Asam etc are major places. The creators of Nepali literature not only continued their task of writing but also took part in different movements generating awareness of the age.

‘Sundari’, the aesthetic poetic text, was published from Benaras in the middle age. Similarly, the movement to avoid ‘Halant’ also started from

Benaras. Jharro Movement to save Nepali language intact from the influence of Shanskrit and Hindi, also started from Benaras. Similarly, a dimensional writing started from Darjaling also brought new consciousness while philosophy of “Leela Lekhan” also reached to its peak in 1963 from Darjeeling. Such movements initiated from Indian land have shown that there is not only age consciousness but also shaped the long-term role of literature. Darjeeling, Sikkim, North-eastern India, Deharadoon, Bhagsu like places have secured special position if we observe literary creations in Nepali. The writers from Darjeeling have played prominent role fill the lists of published works. ‘Gorkhe Kagat’, 1901 by Ganga Prasad Pradhan, ‘Nebula’, 1993, ‘khoji’ 1980, Bharati, ‘Nepali Sahitya Sammelanko Diyalo, Kharsangbaat Chandraki, Kalempongbaat Gorkha’ are main publications. These published works were age consciousness as in themselves. Man Prasad Subba, Sarad Kshetri, Lakki Devi Sundas, Haren Ale, Norjang Syangden, Karnthami, R. P. Lama, Mohan Thakuri, Prem Pradhan, Ramlal Adhikari, Dr. Kumar Pradhan have been active in last few years.

Hari Prasad Gorkha Rai, Lil Bahadur Kshetri, Nab Sapkota, Professor Gopi Narayan Pradhan, are man literary writers writing forom eastern Indian shedding light over unmanaged life style of the people there. The publication of literary magazines like Madal, Usha and Asha have also been contributing to this purpose.

Baradhast has emerged as a recent publication from Sikkim in which the litrary creations by Dr Pawan Kumar Chamling, Sanu Lama, Sanubhai Sharma, Dr. Shanit Kshetri, Raj K. Shresth,

Kedar Gurung, Upman Basnet reflect some age consciousness. Likewise, Gorkha Sansar, Tarun gorkha, Swatantra Nepali, Jagrat Gorkha, Bihan etc are publications from Deharadoon and Uday, Sundari, Madhavi, Janmbhoomi, Yugbani, Chhatrabani, and Naula Paila are published from Benaras.

Some Indian scholarly creators are being included in this letter in which age consciousness is found inherent. Lil bahadur Kshetri from Assam and Nabsapkota have been able to expose the themes by calling the emergence of east. Similarly, the creations by Haribhakt Katuwal are also relevant in all ages. Similarly, creations by Professor Gopinath Pradhan in Meghalaya has not only explored the context of Meghalaya but also whole scarcities of human life.

The contemporaty writers of Darjaling, Narendra Kumaee, Achchha Rai ‘Rashik’, Agam Singh Giri have depicted the picture of human pain. The creaton of immortal songs like “Naulakeh Tara Udayo” established Giri as poet of Nepali ethnicity. He is also known as the poet expressing deep experiences in a simple word. New and age consciousness is piled in his works. In his poem, “NACHinine Bhayechhau”, he says:

ग्लानिका विषाक्त रेखाहरू कोरिएछन्
पहाडका वैशाली बनमा
तिमी जंगली फूल झै हँसिलो देखिन्थ्यो
तर अब त चेहरामा तिम्रा
विषादका काला धर्काहरू कोरिएछन्
चोटमा झुक्न होइन बरु सहन सिकेछौ
अब त अर्कै अर्कै जस्तो भएछौ
तिमि त यहाँ नचिनिने भएछौ

Dr Shanti Kshetri, premier female writer from Sikkim have composed both in poetic and prosaic

styles. She has also drawn attention to the present society. In her poem, “Bolchhin aama Aaj—Kaal Rahit Chh”, she says:

मैले अब बोल्नै पछ नत्र तिमीहरू दुवै
हो तिमीहरू दुवै
फेरि भिडने रहेछौ कुरुक्षेत्रमा
धर्मको नाममा
खेल्दै आमाको छातीमा
आमाकै छाती चिर्दै
बरु

यो शान्त छाँयामा शीतल तापन आउ सबै।

Sikkim has given late Tulshi Kashyap as literary figure. In his epic, “Aama”, Sikkim is called ‘ama’ to shed the consciousness.

Indra Bahadur Rai from Darjaling has established himself as a prominent foremost figure of third dimension among Nepali literary figures in India.

As a first ever person getting prize from Sahitya Academy, New Delhi, after its recognition of Nepali literature, Mr Rai’s creations have not only brought the age consciousness but also established himself as a historical person. The figure of high intellect MR Rai has still be active in writing and focusing on “Leela” writing these days. Sudhapa (Surya Bikram Gnyawali, Dharanidhar Koirala and Parashmani Pradhan) have unified Nepali population through literature simultaneously improving the status of Nepali literature. Each of the lines written by those writers bring out the age consciousness. The current PhDs in literature are born from the teaching of those literary teachers.

The pains and scarcities of North-east India are not reflected in literary creations published from Darjaling and Sikkim as they were occupied with their own political problems and efforts to stand in front of Bangla literature. Similarly, pain, state of living difficult life, regional problems, peace

and security as well as problems of existence are found in literature published from North East.

The Indo-Nepali literature has become found to be guided by experimental awareness. Though intellectual writers have presented as anarchic creations they have not been able to distance themselves from coexistence. Though the community believing in literature as a by-product of attacks and counterattacks of internal soul, inherent age consciousness is still prevalent.

गणतन्त्र दिवसको उपलक्षमा

- भूपेन्द्र अधिकारी, देहरादून।

प्रत्येक नयाँ वर्षको आगमनले
भारतको हर व्यक्ति—व्यक्ति भारतीयले
भारतको प्रत्येक खोला—नाला, पहाड़ प्रकृतिले
एउटा मीठो स्वतन्त्र सास फेरेको विहान
एउटा अटल गर्व, भारतीयको, कति महान
यहाँका बाल, वृद्ध र हर नौजवान
सबका सबैले पाएको यो उपहार हो
के सिख, के ईसाई या हिन्दू, मुसलमान
सबले मानेका, बस धर्मको सार यो
गणतन्त्र या अमर दिवस्
राष्ट्रको एक पूज्य तिहार हो
अहो! आजको आकाशमा तिरंगा झण्डा
कति शोभायमान
एक छौं यहाँ हामी करोडौं भारतीय
यहाँको पवित्र प्रकृतिले हाम्रो प्रमाण
स्मृतिपूर्ण यो दिवस् आज
भारत गणतन्त्र देश हाम्रो
हर भारतीयको मुटुमा गौरव अभियान। ■

पतंजलि®



सबको करेंगे सूट सेहत के दो घूंट...

गैस, कब्ज, अम्लपित्त व अन्य पाचन तंत्र के रोग,
बालों, आँखों, त्वचा, धातु रोग, ल्यूकोरिया
व आर्थराइटिस आदि में पूर्ण लाभकारी

एलोवेरा जूस

पतंजलि हर्बल बाथ सोप से पाएंगे कुदरती कोमलता व सुन्दरता

बाथ सोप लगाने का मकसद केवल केमिकल्स से शरीर को साफ करना ही नहीं, बल्कि सच बात तो यह है कि आप ऐसे बाथ सोप से स्नान करना चाहते हैं जो आपके शरीर की स्वच्छता के साथ आपकी त्वचा को दे प्राकृतिक सुरक्षा कवच और कुदरती सौन्दर्य।

बाथ सोप



GORKHA AND BRAVERY

Lt. Col Bhupendra Singh Chhetri (Retd)

It appears that Gorkha and bravery are synonymous to each other. This I am not saying that the Gorkhas have only played distinct roles in many battlefields, but many battle areas are named after them with glory.



In fact, we would seldom find a road or a road sign in the name of a Gorkha, but ample forward posts in the honour of the Gorkha community written conspicuously all over India wherever a battle was fought. One would find Gurung Hill, Magar Hill, Mukh Pari (look in front of your face), Ale Spur, Khadak Bahadur Bridge, Gorkha Hill, Khalanga Battlefield. The list is very long. It gives pleasure to any onlooker, but deep inside, it has stored and soaked blood, and dry tears buried with a pinch of dirge. With moist closed eyes and wide-open ears, one can hear the soft moaning of the sound of none other than the true sons of the soil of Mother India; "I protected my sweet motherland by my blood, you protect it with your deeds". Today's Gorkha youths are a bit sceptical about being called brave (Bahadur) for them, it gives the impression of a warmonger. But it is not that. Anything from pin to pinnacle ever reached on this planet has a flagship of its own

field. Say Nobel prize, the flagship of all prizes, so is the Oscar award for the cinema. All car companies have their own flagship cars, so is all the business or entrepreneurship adventure do have their own flagship icon. So our youth should understand that the Gorkha and bravery is a flagship of the Gorkha community. It has been earned by our forefathers toiling through the ages. These established facts need to be preserved and protected at any cost. This inherent niche of bravery is imbibed in the Gorkhas due to genetic DNA travelling in our genes from generation to generation. This intrinsic quality makes a Gorkha not accept defeat till death. And this peculiar quality displayed not only in battleground but all over, maybe in games and sports, or any adventurous activities or event. Let's see, for example, we are only comprising of 1% population of India. Still, in any given Olympic games, our participation is at par with population ratio viz a viz percentage of the people. This is because when a Gorkha decides to participate, he chooses himself for at par excellence. This is the winning niche he always carries with himself. It is worth pondering, as to how this winning spirit nurtured in the ethos of Gorkhas. The old simile, charity begins at home is sufficient to prove it. Let me take back to the past glorious history of our clan. During olden days, (even today), whenever our fathers and forefathers moved to protect the motherland; the mother used to bid farewell with the utmost patience and great culture of wisdom to the son to be victorious. She would light a fire in an earthen mustard oil-soaked cotton wick on a bronze plate, placed with red water-soaked ver-

million (tika), fresh duly washed neatly tied bunch of green lawn grass (doob), few dry rice, saffron marigold flower. Just before departure, she will bring the son onto the lawn's centre, a courtyard of the house and prepare the son to go for victory. She would put vermillion on the centre of his forehead, just between two eyebrows, put rice on it, stick marigold flower just above the right ear and a bunch of green lawn grass onto his left ear symbolizing the national flag of India. With grit and confidence, she will tell her son "go pay the debt of two hot steam jets of milk you have drunk from my breast. Be brave and victorious. Go bring glory and fame to the family, and honour to the nation". This is the blessing she would bestow to her son, and this is the message he always carries with himself subconsciously. This makes him brave, and this leads him to be a winner. This is the instinct that it gets imbibed in the genes of a Gorkha. And this is the ethos he passes on one generation after another. And a courageous and gracious conviction of a Gorkha father, which he displays in the most profound crisis is immeasurable. In a cold dark night, if he receives a telephonic call from the border post that your son has attained martyrdom while fighting with the enemy, with utter calmness he questions the caller, tell me whether the son has been hit on the chest or the back. The caller confirms that he has been shot in the chest. The father says I am proud of my son that he has attained martyrdom with bravery. Please send his mortal body to my place. I shall perform his last rites as per my family rituals. My son is not dead, he made my whole family debt-free, namely from three debts: parents debt, teachers debt and mother earth's debt. He made my forefathers and my coming seven generations

debt-free. His sacrifices will not go in vain. This is the courage of conviction of a Gorkha father. The Gorkhas are not only brave, but they are also kind and caring too. They are also known as whistle-blowers, a 'Bahadur'. Be it the Nau Rangi bazaar of Calcutta or Chandni Chowk of Delhi, even Maya Nagri of Bombay or the IT Hub, Bangalore, one would hear a loud and clear warning call, Jaagte Raho- Jaagte Raho. Come rain, storm, biting colds, scorching heatwaves, or dark nights, the torchbearer Gorkha is there with his seasoned bamboo stick and torch of fire (Mashaal); knocking each and every doorstep with loud warning alarming call, 'Jaagte Raho-Jaagte Raho' throughout the night.

He is yelling this warning alarm for night after night, week after weeks, month after months, year after year and century after centuries. And believe me, he sounds these warning calls only in India, not in any of its neighbouring countries. Like a jungle howl bird, he can only warn for an ensuing danger but cannot stop the pouncing of a predator. The Gorkha is alarming unabated that 'Jaagte Raho-Jaagte Raho', be alert, be aware that an elusive army of hyenas is crawling slowly around you and it's time to protect yourself. He is doing his duty with sincerity, and it is up to you to make the best use of his warning calls or demean him by making sweeping slur remarks calling him a Bahadur. Please value his kindness and purity. Gorkhas are alert; that is why they are alerting all of us. He alone carrying a seasoned bamboo stick cannot ward off all the hyenas single-handedly. We all have to be equally alert with him. It might turn out to be a game-changer and milestone for our future generations. Let Gorkha and bravery to live long. Let's not make it a tombstone.

NEPALI CIVILIZATION AND NEPALI LANGUAGE

Lekhnath Kafle
PhD, NPUST, Taiwan

With many facts and evidence available up to date, hypotheses, theories, and interpretations have been developed and used to explain the origin, expansion, and development of language. With the evolution and growth of human civilization, language has evolved into many different kinds in different regions of the world. Because of this, language plays an important role in the evolution, development, and preservation of each specific culture as it fosters a community's identity and unity. Language helps us to transfer cultures, traditions, and beliefs for generations. Thus, it is safe to say that language is directly associated with the identity of community and civilization.



Nepali is a language written in “Devanagari” alphabet, evolved from “Pahari” language group, and is based on the “Brahmi” script. Nepali language is also called “Khas” language. It is believed that this language was originated around the “Sinja Valley” in the present-day Jumla district in Nepal. History demonstrates the use of Nepali language ever since the 12th century. Nepali language, Nepali citizens, and Nepali community should not be mistaken as the same thing. People often confuse the differences among the Nepali community,

Nepali civilization, Nepali language, and Nepali citizen. Nepali community or civilization should not be understood as just residents of a specific political geography or boundary. Instead, it is a name given to a great civilization famous by its various names all over the world as “Gorkhali”, “Bahadur”, or “Nepali”. In this regard, Nepali language is one of the most important aspects in the culture that forms such a great connecting bond among the members of Nepali civilization or community. Today, Nepali is spoken in more than 70 countries in the world, including Nepal,

India, Bhutan, Myanmar, Thailand and in other global regions where people are connected with Nepali civilization. Nepali language is now being distributed globally along with the Nepali community as people search for better opportunities in employment, study, business, and other reasons. India is the second country in the world that recognizes Nepali language as an official language after Nepal. Due to the current globalization trends, Nepali people are being distributed in all regions of the world. Many stories and facts face some of the Nepali people who left the airport and their homelands that have not returned home for many years due to long-term study, better employment opportunities, better life and/or other personal reasons. This just makes the Nepali language more treasurable and precious for those who have settled down abroad and have made new generations.

There is no other than language that allows humankind to continuously pass down culture from their ancestors to new generations. This is why people have recognized the importance of the Nepali language. They found that only language can help to introduce their civilization and culture to the world; creating a separate identity and preserving their sense of belonging and intimacy, despite the distance away from their home country. Although there are advantages of living abroad, like having an advanced economic condition, or even a more developed society, self-identity can only be achieved by being of close proximity to the elements connected with one's own home country, ancestry, and civilization. Can the touch of a mother's soothing hand be found anywhere in the end? It's the same sentiment that goes for Nepali language, art, culture, philosophy, and rituals. How would you feel if you heard some Nepali words nearby or saw someone wearing a Nepali hat while walking down the street, square, or alley in New York City, Amsterdam, or Copenhagen? It will definitely bring such a warm feeling associated with the familiarity of home



and ancestry.

Many works of linguistics pertaining Nepali language can be done internationally to help develop and promote the Nepali language, which are related to the motherland, fatherland, community, civilization, and ancestry. Through the network of Nepali community around the world, Nepali language can be enhanced and internationalized by collaborating with world-class linguists. Only if the Nepali language is enhanced and internationalized, activities to promote Nepali identity can be easily managed. Nepali language can be the gateway in raising the self-esteem and providing confidence to the Nepali community. Preservation, development, and promotion of the Nepali language are very crucial to secure an original identity in the world while promoting Eastern culture, philosophy, art, and civilization. The positive efforts of all Nepali expatriates to take up this responsibility will go a long way in raising the international self-esteem of all Nepali people.

Jai Nepali Language !

Jai Nepali Community !

Anupan and properties of some important liquids

Acharya Balkrishna



Anupan is very important in Ayurveda. Anupan = Anu+Pan, which means intake of liquid in a certain quantity after meal or taking medicine. According to this description Anupan is mainly of two types- one which is taken immediately after meal like Chhachh, milk and fruit juice. Second is of those which are taken after taking any medicine, like honey or water. Anupan increases the interest and

is helpful in proper digestion of food or medicine. Proper quantity of Anupan keeps us healthy, gives us strength and increases sperm. It keeps us happy and cheerful. It strengthens digestive system, brings glaze on our face and keeps us always fresh. Proper Anupaan doesn't let us fall ill.

The main liquids used as Anupaan are- Water (cold and warm), distilled liquid, soup, juices of fruits of the citric nature, liquids made by fermentation process, Vinegar, milk and juices of herbs. One should select Anupaan according to its nature, its possible positive and adverse impact on health, health condition and the age of the person who is going to take it. Besides, one should also know about how much quantity of an Anupaan has to be taken for good health. If an Anupan is taken in excess, it could cause health hazard while at the same time, if it is taken below the required quantity it can also cause problem as the food taken would not digest easily which may result in ailment.

But in certain specific circumstances, it is advised not to take Anupan. For example- cough, asthma, chest wound, in case of red secretion in high quantity, throat and head related ailments. In these problems taking cold water or Anupan is not allowed.

Ayurveda suggests some specific Anupan in certain conditions. Here we are giving a list in this regard-

| In specific disease with special food | Anupan |
|---------------------------------------|-----------------------|
| In cough | Rough and hot drink |
| Gastric | Smooth and hot drinks |
| Pit problem | Sweet and cold drinks |

| | |
|---|--|
| During fast, in case of fatigue | Drinks added with milk, Ghee, Honey |
| In stress caused due to excess of intercourse | |
| Weakness caused due to alcohol, obesity, doziness and tiredness | Madhudak (Drink which is bled of lemon, honey, lukewarm water) |
| Problems caused due to eating unsuitable food | Hot milk added with Sonth |
| Bleeding | Milk/sugarcane juice |
| Intoxication | Harad |
| Oily food | Warm water |
| Food products made of rice, moong | Milk |
| Urad | Curd/curd water/Kanji |
| Peethi, Peethi made products | Oil/Yoosh (soup)/sour Kanji |
| Honey | Water |
| Curd, Kheer, Pishtaanna | Cold and simple water |

Water is most important constituent of Anupan. Given it easier availabilities at all places, now it is important to know about it.

Water:

Pure water is like Amrit (nectar). It gives life to all living beings as in the it absence would end the existence of life on this planet. Fresh and normal water relieves us in case of acidity, dizziness, intoxication, tiredness. It strengthens our heart's functioning. Water's numerous properties have been described in Ayurveda- cold, warm, boiled but cool. Water should be used by keeping these properties in mind.

Clean and potable water

The rain water which is carefully collected before

falling on earth is considered to be the best. Of rain water, that one which is of second rain is considered to be the the best. First rain water may contain the dust particles present in the atmosphere. Spring water is considered to be best after rain water. It is scarcely available. After it, water of waterfall which flows through clean places is considered to be the best. This is also not available in abundance. It is not possible to make clean water available to all. Therefore, if normal water is boiled and then cooled, it is also equally pure like naturally fresh water. Boiling makes the water pure. This kind of water cures the problems related to vaat, cough and peet. It is helpful in digestion and enhances our hunger.

Timing, proper quantity and method to take water

Water should be taken in proper quantity, proper way and at proper time. High intake of water reduces hunger and destroys the digestive process. Besides this, if the water is not taken then it will become difficult to digest the meal. It can make us ill. No intake of water does not allow excretion of waste materials in the body. This may cause health woes for a person. Therefore it has been advised in Ayurveda that one should not take high quantity of water at one time. Rather one should take small quantity of water at certain small intervals. This enhances Hunger and maintains proper quantity of water in the body. In case of indigestion, water acts like medicine. Taking water after digestion give a lot of strength to our body.

Drinking water immediately before meal



reduces hunger and makes us unhealthy. Taking small quantity of water during meal enhances digestion process and is best for the health. One should not take water during half an hour before meal. Lean body person should take water one hour after meal. Bulky body person should take water in smaller quantity during meal. One should take Chhachh after lunch.

Normally taking water is good for health but in certain cases one should take very less quantity of water. For example- when one has no hunger or in case of indigestion, chronic cold, weak digestion, swelling, jaundice, kidney ailment, skin diseases, eye sight problems, diabetes etc. In different circumstances, one should take water differently. Obesity, cough patients should take warm water. In pit problems, one should take cold wafer. In some other diseases boiled water is taken. Cold water could be beneficial for someone while it cause problems for others. For example, in case of indigestion and acidity, cold water is useful. But similarly, when the same water is given to a patient of asthma, it becomes

harmful. Therefore it is necessary to know the different properties of water.

Avoid taking water after meal

Those who suffer from ailment caused due to air like hiccup, asthma, cough and tuberculosis or those who have to speak loudly due to their profession, like singers, orators and anchors, they should avoid drinking water immediately after meal. Because when such people take water immediately after meal, they are faced with ill effects of gas formed inside the body. Those who speak loudly due to professional reasons should avoid taking water soon after meal because some of the water stays in the throat or chest which may cause throat related ailments. Some scholars are of the view that taking water immediately after meal does not allow the assimilation of nutrients in the body. Therefore it bad to drink water immediately after meal.

Cold water

Drinking cold water is helpful in digesting food and useful in the ailments like faint, excess of pit, acidity, poisoning, blood related problems, dizziness, vomiting, fatigue, bleeding etc. On the contrary, dinking cold water should be avoided in the following conditions- pain in ribs, cold, pain in throat, cataract, lack of hunger, gastric in stomach, asthma and after consuming oily food.

Warm water

Hot water is light in nature. It enhances digestion and cures digestion related ailments. It improves body's fitness. Boiled water happens to be clean and infection free. If water is boiled in way so that

one-fourth of it is evaporated, then it becomes very good for our health and becomes able to cure gastric problems. If the half of the water gets evaporated, then it is called hot water. It is highly useful in curing Vat-Cough-Pit problems. This water cures urine related problems. It is also highly effective in asthma, cough and fever. This water, if taken in the night, it helps in melting the cough collected in the body and cures constipation. When three-fourth of water is evaporated, remaining one-fourth is called "Aarogyambu" and when it is taken as warm it cures asthma, cough, constipation, anemia, piles, gastric, fever, swelling, stomach pain, excess of thirst, mucus problem, gas and cough problems. It also purifies urine.

When the water is boiled and then cooled, it is called shritsheet. It cures the problems like diarrhea, unconsciousness, toxic action, dizziness, excess of thirst, ailments caused due to habit of alcohol and narcotics.

If the boiled water is cooled by covering it, then it is called shritsheet. It is useful in acidity, unconsciousness, blood, cough and gas related problems.

Boiled water which is cooled by covering it then it happens to be very light and is called Anabhishtyandi, that clears all obstacles. It cures vaat and tridosh problems. If the water is cooled after boiling by putting it from one pot to another, it is called dhara sheet. This water contains air and when taken, it causes constipation.



If the water boiled in the day time is left for cooling whole night and vice versa, it is also harmful when taken. It enhances vaat cough and pit problems.

Hansodak or Anshoodak

The water which is exposed to sun rays in the day time and moon light in the night is called Hansodak or Anshoodak. It is best for health like nectar. It cures Tridosh, it is cool in effect and light in digestion. It is free from all kind of impurities.

Ushahpaan:

If one takes water empty stomach, it cures constipation, cold, asthma and keeps you young.

What kind of water should be taken and that too in which season

In summer and winter, the water which remains only one-fourth after boiling is best for consumption.

Time spent in digestion of water

According to Ayurveda, unboiled water, boiled

and cooled water and boiled but taken warm take three hours, one and half hour and 45 minutes respectively in digestion. Clearly the water which is consumed in warm state is most easily digestible. Unboiled water happens to be heaviest and takes longest time in getting digested. Hence you choose the water according to your digestive capacity.

How to recognize contaminated water

As it was said earlier that one should always use clean water and avoid taking contaminated water. The water which appears dirty, in which garbage is dumped and breeding of mosquitoes takes place is not good for drinking but at the same time the one which appears muddy, which smells, which seems coloured and not exposed to sun rays or moon light are dirty water. Such water should not be used even for bathing, let alone drinking.

Impurities of water are categorized as follows

When Impurity is apparent on touching it- If one feels that the water contains dust particles, sticky and hot- are not good for drinking.

On the basis of appearance: The water which has dirty look and texture is not fit for drinking.

On the basis of taste: The water which tastes salty or otherwise is also not good for drinking.

On the basis of smell: The water which has any kind of smell is not fit for drinking.

The water which takes a lot of time in digestion,

increases thirst on drinking is not good for drinking. Drinking such kinds of water may cause ailments like skin disease, indigestion, constipation, vomiting and diarrhea.

If clean water is not available and one is under compulsion to take dirty water then it will be better for him to purify it. To purify the water, expose it to sun rays. When gold, silver or stone or sand are heated and put in impure water for seven times, it becomes clean and potable. Such water can also be filtered for drinking.

Some other potable drinks

There are some other drinks of which, it is important to know their property. Though we use them in daily life but in general we are unaware of their properties. Let us know about them:

Coconut water (unripe)

Nature has filled water in green coconut.

Coconut water

It is good for health and easy in digestion. It quenches thirst and keeps the body cool. Improves digestion, cures urine related problems and purifies all body organs. It is advised to drink it specially in summer instead of carbonated drinks.

Moreover we also use milk, ghee, oil and curd in daily life. As we lack detailed information about their characteristics, we mostly have misconception about them. Therefore a brief information has been given here.

YOGA & NATUROPATHY FOR HIGH BLOOD PRESSURE

BY YOGAGURU DR MOHAN KARKI
FOUNDER- THE YOGAGURU INSTITUTE

If your blood pressure is borderline high (called pre-hypertension), systolic blood pressure between 120 and 139 or diastolic blood pressure of 80 to 89; check it at least every year or more often as your doctor suggests. Usually hypertension is defined as blood pressure above 140/90 and is considered severe if the pressure is above 180/120. High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease and stroke. Normally, eating a healthier diet with less salt, exercising regularly and taking medication is prescribed to address blood pressure problem; but following proper yogic life style and taking naturopathic treatment can cure hypertension from the root.



exercising regularly and taking medication is prescribed to address blood pressure problem; but following proper yogic life style and taking naturopathic treatment can cure hypertension from the root.

Treatment

The most effective way to handle stress (one of the major cause of(HBP) is to change your mental attitude towards the problems. Mental strength is required to initiate change in thought patterns. This strength can be gained through yoga.

Pranayama:Bhastrika-I(DeepBreathing), Kaplabhati-I, Alternate Nostril Breat (Anulom Vilom), Ujjai,

Nadi Sodhan,Bhramari, Udgit etc.
Meditation:Practice of yoga nidra and meditation everyday (for 20 minutes) is highly recommended.

Diet Therapy: Low salt diet is suggested. Take more of fruits , salads and raw diet. Avoid fast food, fried food, food made of maida (fine flour), spicy food etc. Eat a balanced diet. Take 4-5 ps of garlic in the evening with salad. Drink one glass warm water before going to bed. Drink 2-3 liters of water daily. Take Triphala powder with warm water before going to bed to prevent constipation. Naturopathy:walk for 2 to 3kms daily Take 7-8 hours of sound sleep. Take mud pack on abdomen and take enema. Practice ardha Shankhprakhshalan daily.

DO NOT UNDERESTIMATE WOMEN'S POWER

Sindhu Pokharel, New Delhi India

सीताले सारा भिजाइन दक्षिण लंका-भारत,
भृकुटी तारा उदाइन उत्तर चीन-तिब्बत।
गाउँछ गीत नेपाली,
ज्योतिको पंख उचाली
जय, जय, जय नेपाल,
सुन्दर, शान्त, विशाल।

I wanted to remember some lines of this patriotic song composed by national poet Madhav Prasad Ghimire. This song, which is included in the Nepali subject curriculum of class five, was sung by the friends in a very fun way. Like Bhrukuti and Sita, you too should be a great woman to introduce yourself and your country to the world. That our teacher told us while reminding us of the essence of the song came to my mind while writing about the contribution and challenges of women in our Nepali society from time immemorial. I am proud to read in the history the contribution of Nepali women in the war with the British in Nalapani. Similarly, without any formal education, one can read the biographies of women like Yogamaya, a social reformer who raised voice against slavery, sati, ethnic untouchability and caste discrimination at that time of society. Jhamak Ghimire is a writer who has never lost her courage despite her physical disability, believing that nothing can stop her from becoming a mirror of the society through

literature and art or through will. Or the first Nepali woman to successfully climb Mt. Everest is Virangana Pasang Lhamu Sherpa. Remembering everyone, it seems that women are not behind in our country/society. Similarly, women have made significant contribution in the political, social, economic and other historical changes that have taken place in the country in different periods. From the courageous women leaders like Nona Koirala, Sailaja Acharya, Sahna Pradhan, Mangaladevi Singh, etc., who have raised their voices against the autocratic Panchayat system, many women leaders have come forward so far. Challenging the social and family belief that women should be confined to the kitchen, Ambika Shrestha, the manager of the world-renowned Dwarkaj Hotel, has become an inspiration to all. Including many successful women entrepreneurs or social activist Anuradha Koirala who is active in the campaign against trafficking in girls and imprisonment. Pushpa Basnet, who teaches and nurtures the children of imprisoned parents, has succeeded in making a name for herself and her country in the world by earning the title of CNN Hero. At such a young age, Sapana Roka Magar dreamed of making it to the list of 100 most influential women in the world through social service or many other women social workers and the country's highest-ranking President Bidyadevi Bhandari, former Chief Justice Sushila Karki and other government employees. Similarly, to be a Nepali woman living as an expatriate in different cities of India or to go to other countries including the Gulf and sell her labor to improve her family and her economic situation. The contribution of remittances to the society cannot be underestimated. Looking at all this, do you think women are inferior in anything? But in spite of all this, there is still a tendency in our society to doubt the efficiency of women. Although the law

does not discriminate between men and women, women have become victims of discrimination due to the patriarchal thinking of our society. Women's participation is very low whether it is a matter of representation in the main posts of different political parties / nonpolitical or in different sectors of the state. Working women working in different fields also do not get the same responsibility/opportunity in their field of work as men because they are women. Complaints like having to fight hard for one's rights come out from time to time which is a very sad thing. When we name successful women who have earned a reputation in the national or international arena, we should not forget to appreciate the contribution of ordinary women for the home, family, society/country. It is said that there is no home without women. Men and women are the two wheels of a chariot, but all of these are rarely applied in practice. So-and-so made enough money So and so became a great politician / minister / social worker / scientist etc. What a privilege to be the wife of such a successful person like him . In our society, such things are heard everywhere, but the contribution of women behind the success of a man is rarely discussed. In our society, many women mothers and sisters carry their family responsibilities by

keeping their personal desires in check, but very few women get the credit for this. In western countries, especially in Finland, Norway, Sweden, etc., housewives are treated with great respect. Government facilities/allowances are also provided to promote domestic work by giving it the status of excellent work. In a country like ours, such a facility may not be possible, but the practice of ignoring the work of a housewife who considers only the work of earning money outside the home as a job has also affected women. Finally, Times are changing. With the change of time, the empowerment of women has also started increasing gradually. Many efforts have been made for the empowerment of women from international to national level. As the access to education, health and employment has increased, the condition of women is gradually improving. This change has made women's lives relatively comfortable. This is a positive thing. Now all women must come forward to make it more effective. Some women still feel inferior because they are women. From the tendency to blame one's own destiny for one's backwardness in the family/society, one must first learn to rise above oneself and be proud and self-respecting



TREATMENT OF INFERTILITY AND STERILITY

Yogaguru Neha Karki



Sterility means when a woman cannot conceive. Treatment of sterility is given after a thorough examination which concludes that there is no sperm production and ovulation will not take place. Infertility does not mean that a couple is sterile but for some reason they are not able to conceive. To become pregnant the following steps must occur: sperm must be present, fallopian tubes must be opened, and ovulation must occur. If these conditions are not met, the couple will suffer from infertility. If a couple is unable to achieve a clinical pregnancy even after 12 or more months of regular unprotected sexual intercourse, it is defined as infertility. This may happen due to the problem in male reproductive (male infertility) system or female reproductive system (female infertility). Male infertility refers to a male's inability to make a fertile female pregnant. In humans it accounts for 40–50% of infertility. It affects approximately 7% men. Male infertility commonly occurs due to certain deficiencies in semen.

The common causes of female infertility include problems like congenital defects in the

reproductive system, such as failure of the uterus to develop normally or disease, injury, or corrective surgery that affects functioning of the ovaries, fallopian tubes, uterus, cervix or vagina, ovulation, damage to fallopian tubes or uterus. Age is also one factor, it affects women's chance to conceive.

TREATMENT

Asana : Surya Namaskar, Paschimotanasana, Chakrasana, Sarvangasana, Halasana, Matsyasana, Dhanurasana, Salabhasana, Setu Bandhasana, Ardhamatsendrasana, Yogmudrasana etc.

Pranayama : Kapalbhathi-15mins, Agniasar-5set, Bahiya-3-5 set, Anulom Vilom-15 min, Nadishodhan-10-15 min and Bhramari Pranayam etc.

Mudra : Yoni Mudra, Ashwani Mudra, Vipariti Karani, Pran Mudra, Gyan Mudra etc.

Meditation: Meditation helps to balance hormonal secretions. So it is suggested to practice daily for 20 minutes.

Diet Therapy : Two things are very crucial to treat this problem:

First the nervous system should be healthy for that, eat balanced diet, do proper exercise and take enough rest. Second, vaginal secretions should be alkaline.

To maintain alkalinity of vaginal secretion, eat lots of fruits, salads, raw vegetables, sprouted cereals, dates and nuts. Fasting is a great way to detoxify. Fasting for one or two days in a week shows amazing detoxification effect. Take lukewarm water with honey and lemon in the morning. It is advisable to increase the food intake which are rich in Vitamin C and E viz. amla, orange, lemon sprouted wheat etc.

Grind the dried roots of banyan tree into powder form. Take one spoon of this powder with milk at night for 3 days after menstruation is over. Repeat this process till conception. Consume 1 spoon of aniseed (saunf) with ghee for 3 months. It enables the women to conceive.

Naturopathy : Take mud pack on lower abdomen, lukewarm water enema followed by hip bath. Hot foot bath, stiz bath and doush are good to treat infertility and sterility.

HABITUAL ABORTION : If there is three or more recurrent miscarriage or recurrent pregnancy loss (RPL), then it is called habitual abortion. There are various causes for habitual abortion and some of them can be treated. Some people never identify the cause of their infertility even after many tests. About 50-75% of cases of Recurrent Miscarriage are unexplained.

Uterine conditions : A uterine malformation is considered to be the cause of about 15% of recurrent miscarriages. The most common abnormality is uterine septum which is the partition of uterine cavity.

Cervical conditions: In the second trimester, a weak cervix can become a recurrent problem. Such cervical incompetence leads to premature pregnancy loss resulting in miscarriages or pre-term deliveries.

Chromosomal disorders: sometimes a chromosomal problem of either partner can lead to recurrent pregnancy loss. Although patients with such chromosomal problem are more likely to miscarriage but they may also deliver normal or abnormal babies.

Endocrine disorders: Women with hypothyroidism are at increased risk of pregnancy loss. Unrecognized or poorly treated diabetes mellitus leads to miscarriages. Women with Polycystic Ovary Syndrome also have higher loss rates possibly related to hyper-insulinemia or excess androgens. Inadequate production of progesterone in the luteal phase may lead to RPL.

Thrombophilia: Many women with thrombophilia go through one or more pregnancies with no difficulties, while others may have pregnancy complications. Thrombophilia may be the reason for 15% of

recurrent miscarriages.

Thyroid antibodies: Anti-thyroid autoantibodies are associated with an increased risk of recurrent miscarriage.

Lifestyle factors: While lifestyle factors have been associated with increased risk for miscarriage in general, and are usually not listed as specific causes for RPL, every effort should be made.

Infection: A number of maternal infections can lead to a single pregnancy loss, including listeriosis, toxoplasmosis, and certain viral infections. Malaria, syphilis and brucellosis can also cause recurrent miscarriage.

Treatment: Treatment of habitual abortion need to be done after determining the likely cause of recurrent pregnancy loss. There is currently no treatment for women with unexplained recurrent pregnancy loss. Majority of patients are counseled who try to conceive again, and chances are about 60% that the next pregnancy is successful without treatment. However, each additional loss worsens the prognostic for a successful pregnancy and increases the psychological and physical risks to the mother. So, it is important to diagnose the cause and address it properly.

Asana: Sarvangasana, Vajrasana, Bhujangasana, Salabhasana, Dhanurasana, Paschimotanasana, Konasana etc.

Pranayama: Udgat, Bhramari, Anulom Vilom, Nadisodhan etc.

Yognidra, Relaxation and Meditation: It is very good for pregnant women.

Naturopathy: Take enema with slightly warm water. Take cold water hip bath daily. Pregnant women should take bed rest when there is bleeding from vaginal path. While lying, rest your legs on a pillow, avoid lifting weights. Place wet sheet on lower abdomen in morning and in evening.

Diet Therapy: Take balanced diet with sufficient quantity of fruits, milk, salad and vegetables ,Water chest (singhare) and black raisins.



THE FIRST ONLINE DEUSI BAHILO COMPETITION

“One who sings and dances praises God twice.”.....goes the saying.” Music and dance were entwined with religion and culture in all ancient civilizations. From time immemorial, dance and songs have always been part of Indian celebrations. It encompassed every facets of Indian culture and religion - be it religion, culture, pleasure, frolic or literature there was no exception. The speck of time has failed to wear out the attestation of the reverence Indians had for songs and dance in invoking God’s blessing on us because out of the huts of Indian history these still keep popping up. Almost all the races and religions in India seek divine intervention through these ancient forms of supplication. One such form of song and dance is Deusi and Bhailo which is popular among the Nepalese world over and more particularly in Nepal and India. These song-dance sequence is performed as part of Tihar celebrations. Deusi is played by men and Bhailo is played by women. They move from house to house in the community seeking gifts and money and in return they bestow blessing for prosperity and wellbeing.

To preserve this Nepali culture, An online Deusi and Bhailocompetition was organized by Hamro Swabhiman under the aegis of Param puja Swami Ramdev Ji Maharaj and Param Shradhaya Archarya Balakrishnan Ji Maharaj and celebrated the traditional festival of song and dance , Tihar. Myriads of Nepali speaking participants from allover India enthusiastically took part by sending their DeusiDhailo video making the event a huge success. In the competition BhanuJyotiDeusiToli from Assam, IndiaunderDeusiCategoryandThokhaNagarGroup from Kathmandu,Nepal Bhailo Categorystood first. The programme was telecast by Sanskar TV to 128 countries, viewed by Carores and lakhs of Gorkhali/ Nepalispeakingpeopleacrossthe worldfortwo and half hours and it was well appreciated by viewers. The program was shepherded under the able leadership of Sadhvi Devaditi, Sadhvi Devvijaya, Mr Arjun Nirala and Mr Shreejay Mall.Patanjali Yog Samiti Nepal Mahila Patannjali yog Samiti Nepal and Yuva Nepal Samiti also played an Important role in the event.

WE GORKHALI AND NEPALI

-Srijana Pandey

D/O Suraj Pandey, Banaras

Jai Hind, Jai Gorkha, Jai Nepali Sanskriti.
Jai Hind, Jai Gorkha, Jai Nepali Sanskriti.
We are both Gorkhali and Nepali.
We are the children of our mother India
and we are Indians.
Jai Bharat, Jai Bharat, Jai Sanatan Sanskriti.
India has many cultures.
One of these is our ... lovely culture.
It is called Nepali culture.
Our own lovely culture, Jai Nepali
Sanskriti.
Heroism and honesty are our identity, we
are Gorkhali.
The enemy leaves the battleground when
we roar.
Better to be die than to be a coward is
our war cry.
We have a very rich and diverse culture,
we are the Indian Nepalis.
We have excellent songs, music, dance,
art and literature, we are the Indian
Nepalis.
There is a sweetness in our lovely Nepali
language.
There are different cultural hats but our
Gorkhali culture hat stands out among
the rest.
Jai Hind, Jai Gorkha, Jai Nepali Sanskriti.
How glorious is our ancestor's history .

Yog Rishi and Acharya Shri speak divine
words.

Our culture has ancestors like Janak,
Valmiki and Buddha.

So Let us be proud, that we are the race
of such spiritual sages and let us do good
deeds.

Jai Hind, Jai Gorkha, Jai Nepali Sanskriti.

परिवर्तन

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धरती हरियो हुन्छ जब आकाश मडारिन्छ ।
बादलले पानी पार्छ तब बतास मडारिन्छ । १
फूल जत्तिको बासना दिने को हुन सक्ला?
बगैचा सुन्दर बन्छ जब सुवास मडारिन्छ । २
मान, सम्मान मिल्छ जब आदर्श अंगालिन्छ ।
नीच बन्छ मानव जब लालच मडारिन्छ । ३
महानता देखिन्छ जहाँ, निस्वार्थ प्रेम भावले कार्य हुन्छ ।
'भाई फूटे गवार लूटे' हुन्छ जब सभ्यता मडारिन्छ । ४
संधि, समझौता हुन्छ टिकिरहन्छ तब सम्म ।
जब घात हुन्छ अनि विश्वास मडारिन्छ । ५
सफलता मिल्छ तब मात्र जब हंडर, ठक्कर खाई दिन्छ ।
घोउ बन्छ जब दही मदानीमा मडारिन्छ । ६ ■

Social Activities in Various Areas by Hamro Swabhiman Volunteers



Social Activities in Various Areas by Hamro Swabhiman Volunteers



पतंजलि®

प्रकृति की शक्ति के साथ बढ़ायें अपनी इम्यूनैटी

विशेषता : रोग प्रतिरोधक क्षमता बढ़ाने के लिये दिव्य औषधियों एवं
उनके अर्क से तैयार पतंजलि उत्पाद ।

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सुरक्षा के उपाय अपनायें, कोरोना को मिलकर मिटायें

आयुर्वेद की शक्ति के साथ, त्वचा को पोषण दे, हाथों की नमी बरकरार रखें और किटाणुओं
का सफाया करें ।

पतंजलि हैंडवॉश और सेनिटाइजर

