

काठमाडौं । बिन्दुरापुर र राजतन्त्रको पक्षम
७ गते काठमाडौंमा विशाल प्रदर्शन हुइँदै
त्यो प्रदर्शन ७८ वर्षको भव्य हुने बताइँदै ।
९ गते पूर्वार्जा नेपाल निर्माताको शालिक
अनाधारण गण भास्तु जाने कारबाही अस्ति
अय चिल्लाहरूमा पाँच पूर्वार्जाको उपस्थितीमै
जनप्रदर्शन, अभिनन्दन हनुसंकेते ।

यी दबै पदश्न हने कार्यक्रम सम्पादनार प्रवल छ। यसकारण सरकार प्रभुलाल र सरकारमा सामेल १० दलर प्रतिपंथीसमझौते गणतन्त्रेका प्रमाण उत्पादन भिडतन्त्रको बढी छ। भिडतन्त्र भयो भनेको होला, वै या कि ढलेकोरातन्त्र उठाले ? हेर्न चाही छ।

भारतमा पशुपतिनाथ बनाउने स्विकृति दिइयो

काठमाडौं। भारतीय सेनाको चिक अफ डिफेन्स स्ट्राफ र हरिहसको ८ दिसेम्बर २०१९ मा एक डैलिकोन्टर दुघटनामा मृत्यु भएका जनलाल प्रियंगन रावतको सेपा गाउँमा पशुपतिनाथ बन्न थालेको छ। उत्तराखण्डको पांचौ थामाको रूपामा पशुपतिनाथ बन्न थालेको समाचार भारतीय पशुपत्रिकाहरूमा सार्वजनिक भएका छन्।

विश्वभौतिक तिवरणी आज देवे भूमि उत्तराखण्डमध्ये पशुपतिनाथ स्थापन भएपछि यांची पर्यटन व्यापक हुने चिन्हावा भारतोहोको छ। जनरल रावां पहाला योगार्थावाट फलफलमान असेहो यो जेमस्टोको भारतातील योगादानर बलिदानको स्वर्यविषयम इतिहास छ भन्ने भारतीय प्रवर्चनकाम योगावाट आकां छन्- जनरलरावाट की परिलिमिटेट नेट लकडा लक्षण यित्रवाट भी योगार्थीमिटी ही दी। योही कारण हि कि पशुपतिनाथ नदी काठमाडौंको लागतयोगा ले जनरलरावाट को गांव सेवा मे भवित बनाया जारी राखा। सैंग गांव मे मार्दी बावानी की अनुसारी प्रपत्रित उल्लिङ्ग काठमाडौं नेपल की ओर दी गई है।

पशुपतिनाथ श्याम परम भगवान् देवन, तथा, पिंडदान गर्न चाही यसी होइँ। बिपिन राजन जनकर मन्दिर बनाउनुको उद्देश्य रावतको गाउँभेलाई एक अवधि गाउँ बनाउनका साथै यसी मन्दिर जनकर रावतको स्मारिताई साझै तराई राख्न राख्न रहेको भएर भगवान् देवन। पशुपतिनाथ मन्दिर निर्माण क्षेत्रमा परमार्थ निकेतन के अवधि श्याम चिदाम्बर सरस्वती र पूर्ण मूल्यमानी तीरय निरावरणले भास्मान रागेको दिए।

स्वरावतको सपना पूरा गर्नका लागि भारतकोरक्षा मन्त्रलयमार्फत सहरी क्विकास तथा अन्य भारतीय सरकारी निकायको पटक पटक छलफलपछि पशुपतिनाथ निर्माणको कार्यालयमार्फत शिखें।

कांग रुद्र गोपाल की विधि।
सर्वश्रेष्ठ यथा, दूसरे जनरल रावतको मार्ड वैष्णविमर्शमोलीको ढा, हाँरवशरय बच्चन प्रयोगन अन्तिमानन्ते २० वर्ष अंत गोप लिको विधि। यद्यो प्रायोजनमाफेत मार्ड उल्लेखो व्यापक रूप से कर्तव्य ताको हुन थाएको इए। यो कार्यको लागि प्रयोग र केहेक सरकारबाट समेत सहयोग गइदृष्टहोको छ। रावतको कामा भारत सिलेल द्युमि भूमिकेत दूर्लभ दृष्टिको द्वारा बिक्का छून रावत परिवर्तनाको समेत दृष्टिको मन्त्रालयमा सम्बल्पित राखिए गरिएको छ।

हिन्दू धर्ममा चारधामको यात्रा पूरा गरे पछि पशुपतिनाथको दर्शन नारे यात्रा पुरा हुदैन भन्ने शिवासँच। पशुपतिनाथ मन्दिर सबै तीर्थको शिर धाम मानिन्छ। यसी धामहरूको प्रति धाम निर्माण भएपछि चारधाम गर्ने प्रयत्नमैरीकरणे भए त्रैलोक्यमा प्राप्तिवासी धारा उत्कर्षी



प्रयुक्ति क्षेत्र विकास कोषका हठकिताहल - प्रधानमन्त्री प्रचण्ड संरक्षक, सुदूर किराती, मन्त्री सत्कृति, पर्वत तथा नागारिक उड्डयन, अव्याप, सदस्य लोकप्रबालु कुमार छाँटी, कोषाङ्गका नारायण प्रसाद सुवेदी, श्रीमती आशा पाण्डे परिवह प्रदस्तहल- हरिनाथ डकाल, हरिनाथ डकाल, शिक्षित परामुखी, बाबुशरण सुवेदी, डा. भरत प्रसाद बडाल, रामेश्वर पंगत, डा. बनरायम खतिवडा- डा. बनरायम खतिवडा । यो माओवाचारी टिम्बल प्रयुक्तिनाथ बेबैही हो त ?

सम्बन्ध अभ मजबूत हुनेछ। पशुपतिनाथ मन्दिर निर्माणका लागि शालियामवाट बानाउँदैको शिवलिङ्ग, नन्दी महाराज, भोलेनाथका

गणतन्त्रका खस्ता हल्लाइद्विए द्याले

काठमाडौं। सुरुका माओवादी, वीचाका एमालेर हाल जनताको आवाज बोकेर सङ्कमा निर्मलको दुग्गा प्रसाइटे गणतन्त्रका सम्मालाई हल्लाईदै। जारोकोट लगायतका जिल्लाका भूप्रभागीदहरूलाई कसरी नाना, खाना र छाना जुटाईदै व्यवस्था गर्न छ। डोर काग्रेसमहितको १० दशीय संसकरण र प्रतिपाद्धी एमालेसमेत



दुर्गा प्रसादीको सङ्कलन संयोगलाई निस्तेज यान एक भएर लागेका छन् । जनआवाजलाई बोकेर ढिङ्केका दुर्गा प्रसादीलाई ढुला बद्द र सरकारले व्यवस्थापनीयता ठहर गरिएका छन् । टिकटकले हल्लाएको सरकारले टिकटक बन्द गरिदियो, सर्वोच्च अदालतमा १० यान मुद्दा परेका छन् । अब दुर्गा प्रसादीको शान्तिपूर्ण आन्दोलन दबाउन सुधार

निकायसंघ छात्रफल मार्गरेखी की भवदृष्टि प्रयत्नमानी।
मंसिर १० गते हालीविंशती एकादशी। वही दिन एमालोके युवासंघसे प्रसाइड
संस्कारको शिफ्ट सुन दूसरा आनंदन नहीं मार सके। यही दिन बाहु प्रसाइडको संस्कार
संघधर्माला लागे। वैष्ण विश्वासपात्री हाजर जननांतरामाझी उत्तरेक्षण। यो विद्वान्
भिडन्त भयो भने हास्या हुने निश्चित भए भनेराजालामा र हिन्दुबालीयातकथा
संस्कार संपर्क विनाशक नहोन्नाम। साथापन अवसर होने वालो बढ़े।

परिवर्तनको संघारमा वर्तमान राजनीति

गांगा करता लामा लालोका छ ।
जनयुद्धको तपार ०६३ सालको
जनयात्राको लानको रापामा यी दुला
परिवर्तनकारी हुन भन्ने जुन आप
जनयात्रामा परेको थिए, ७३ वर्षपछि ओले
हेर्न ती सम्भ आप खुलिएकाका छ ।
यी तेहातका सतार शास्त्रमा त छन्,
तररझग र डुझग विहीन लाग्नुन् ।
यिनीहस्तको आकाशमा सर्वात्मो खाल्न्छ ।

जनयुद्ध र जनयात्राकोन २०६३ को
चम्पाको चाला लायो ।
दुला अवृत्ति, होके
क्षेत्र परिवर्तनकारी यी नेताहरूपति
आमानाको परेको तपार ०६३ सालको
जनयात्राकार गर्दैन । होके क्षेत्र, होके
नागारिक यी नेताते देख विवारे,
जनयात्रिकामात्री शोपाम गरे, यी विकासका
होइनान, भ्राताकारका साकेहरू हुन भन्नु
जब यात्राको विश्वासमा यसरी त्रासामी हुँदू
तिनां होइनाको लानको लालोका छ, भन्न
मान्न सकिदैन । यी तेहातमा स्याद नाथेको
अंखिती बायार हुपुयोग का छ । यसकारण
जनता आफ्नाना आजान जस्तै उठाउन्न
सुझाकावक बन्न याउँ छैन ।
जुन पीडीबोधी गोरे जनता सङ्कमा
निरस्कर बालोका छन्, तिनको
आवाजालाई धून, बाटुउन यन्हालाई
फलामोका चुरा, चारापाणजस्तो हुने
अवस्था देखिदैन ।

राजतन्त्र फर्कला ?

काठमाडौं राजतन्त्र फर्कला ? कसरै फर्कला ? कहिले फर्कला ? सुरु भएके

ये सार्वतिक जनचारों से जनचार्क
प्रश्नहरू हैं। कापा, सुनसी, बांके, वर्दिया
सुखेत हैं भल्लूपरमाणी जनचारों जर्मनी
राजाओं के उपर्युक्तियाँ नेपालको काढ़
उत्तरावास स्वगतर स्वतन्त्र गरे, व्यवस्थाएँ
मिसिर १ गते राजदण्डीमाणी हुए जनविद्रोह संघर्ष
जनचारों के उपर्युक्तियाँ हुए जनसंघ संघर्ष
१ गते भाषामा पूर्वराजाके उपर्युक्तियाँ
हुए पूर्वीनारायण शाहको शारिकके
शान्तरामार्य कार्यमाली राजतन्त्र फर्काउ
जानायोग्यामार्य विधायक सभा द्वारा को

आमनानकारक र आदीनानकारक भ्रम्मन
जनता सडकमा निरस्कृपछि पूर्वजागा पनि
निरस्कृपुँच्छि । पूर्वजागे साथोकाक रूपमा
जनताका सामाजिक तहाले सदेश, अभियान
उठाउँदै आजो १५ वटा बाह्यिक, अब सडकमा
उठाउने जोखिम उठाउलान् । जननामा उठेको
जिजागा हीहो । जनतार र सर्वाधिकारी
प्रधारणराखे सर्वाधिकाराई कुच्चैको छे
मानविकासको लागि देखाउने गुमाउंचा
मन्दस्वयम् । जनवास्त्रमा र प्राणीमा
यापको छ । दुर्गा प्रसादी र प्रापण, रास्तवासर्वां
यो प्राणाली प्राणाली चलाउनेक भयात्मक
दर्शनमा परेको छै चाहेच ।

Dulles South Senior Center in Loudoun County Virginia - one of the vital Institutions in their Communities

Ms. Judy Khosrofian

Advisory Board Member

Washington Virginia

I was so happy to know that Nepal does not celebrate Independence Day but Nepal celebrates democracy day. Just after a few days of celebration of Indian Independence Day last 14 August 2023, Professor Dr. Uttam Karmacharya told me about Nepal after meeting him several times in our Dulles South Senior Center Virginia. I was so proud of Nepal and Nepalese people like Professor Dr. Karmacharya who is so proud of Nationalism and Patriotism.

I came to know that he has been to the USA and visited some states earlier, but he has not joined any Senior Center of the USA as an elderly person. This year we are very fortunate to see him joining the Dulles South Senior Center 24950 Riding Center Drive, south riding VA 20152 five days a week from Monday to Friday. Because of his friendlier-friendship and expertise in keeping public relations with people of different nationalities, he has become very close not only to the members of the senior center but also very familiar to the staff and advisory board members participating in different activities. I found him very impressed with Polynesian show led by the Alola Ladies & Dulles South Ukulele group as impressed as from other weekly activities. My mother Ms. Siew Chang has been so impressed with his personal honor and respect of his heartfelt greeting style as and when we meet each other in the Senior Center as I used to carry my elder mother aged 90 older in a wheelchair inside the center.

Within few weeks of his registration and in several meeting, we came to know that Professor Karmacharya was very interested to share and disseminate all possible activities of the DSSC VA in Nepal as a consultant advisor of three different elderly care organizations of Nepal soon. Therefore, he requested me to write an Article of this Center with its outstanding activities.

We are very happy to know that he is drafting a booklet entitled "Development and Promotion of Elderly Care Concept and Promotion in Nepal with Special Reference to Highlights and Exemplary Memorial Days with Dulles South Senior Center Virginia" Hope my article will be equally useful to publish in his upcoming booklet also .

Background

Dulles South Senior Center and all other senior centers in Loudoun County, Virginia are vital institutions in their communities. Senior centers go beyond being gathering places for the senior community. Senior centers help aging adults enjoy the company of their peers and participate in activities that are healthy and fun. These facilities provide seniors with everything they might need in one central location. They offer various programs and activities, resources, and social engagements. Participating in a senior center creates opportunities to enhance one's physical and mental health, chances to meet people in their own age group, and become involved in different groups and activities. I am a member of the Dulles South Senior Center (DSSC) and I am writing to highlight some of the many benefits that are offered.

1. Health, Fitness, and Wellness programs. DSSC offers several fitness programs that include Chair Yoga, Tai Chi, Line Dance, and

Dance Fitness classes. Members benefit from these fitness activities to maintain a healthy and thriving lifestyle. Physical fitness improves balance, memory and concentration. There are also rooms for billiards, ping pong, volleyball, and board games. DSSC also provides blood pressure screenings and hearing tests on a monthly basis. During flu season, the local hospital provides flu shots for members at the senior center.

2. Transportation services. Some members do not drive and DSSC provides transportation for a minimal fee. Participants are picked up

from their homes and brought to the center, and are dropped off to their homes on the return trip. This service allows those to come to the senior center and participate when their adult children and family members cannot provide transportation.

3. Shopping trips. DSSC offers monthly shopping trips to local stores for those members that cannot drive and would like to shop to purchase needed items for themselves.

4. Educational and arts programs. On a regular basis, the senior center invites medical professionals to educate and inform members on various health topics. The topics include arthritis pain, muscle pain, fall prevention, and more. The center offers different art classes, such as knitting and crochet, quilting, and origami.

5. Special events and programs. The senior members of DSSC come from many different countries and represent many nationalities. DSSC recognizes and supports all holiday celebrations that are associated with different countries. Here at DSSC, we celebrate the major American holidays, Asian holidays, Hispanic Heritage Month, and Indian holidays.

6. Volunteer opportunities. Volunteers are very important to the senior center as they are needed in order to maintain the center's operation. DSSC rely on volunteers to carry out the center's activities. There are volunteers who are dance instructors, English instructors, kitchen workers, front desk helpers, and more. Volunteers are also there to support the senior center participants.

7. Meal program. DSSC provides daily hot lunches for the members. The meals are nutritionally balanced to ensure that members get a healthy meal. The cost of the lunch is paid by the members in the form of a monetary donation. The Loudoun County Government subsidizes the meal program in order to keep the cost low for members.

8. DSSC Advisory Board. The Advisory Board is the organization that supports and promotes senior programs offered through DSSC. The Board serves as an advocate for senior members and can make recommendations and assist the DSSC staff in planning, financing, developing and implementing senior functions and activities. The Advisory Board consists of current DSSC members and they have meetings once a month.

In conclusion, senior centers are a vital part of every community. They help the senior population achieve a good quality of life, social interaction, and overall life satisfaction.

During our meeting we are fortunate to exchange important documents as our memories to keep in touch in the future for the promotion of Senior Citizens of different countries to develop international understanding and cosmopolitanism.



Smash And Grab

By Sunanda Datta Ray

Contd....
CHAPTER 9

When New Delhi finally made up its mind to be firm, it cited the example of the US and Panama in respect of the canal zone. There was irony in the choice. History could hardly have provided a more unfortunate parallel. Kaul, otherwise a polished and astute diplomat, tried to persuade the Chogyal to agree to a form of association that is probably the modern world's most blatant instance of might and chicanery triumphing over justice. When the ruler hesitated, he was accused of prevarication.

Whoever in the external affairs ministry dredged up this analogy and briefed Kaul could not have been informed of world reactions to the canal zone agreement. For the 1903 treaty between John Hay, the US secretary of state, and Phillipine Bunau-Varilla, a French commercial adventurer who had bought up a number of Colombian delegates representing the Panama secessionist movement, has long been recognized as a cruel hoax perpetrated through fraud, political subversion, and military aggression. contd...

The promise of US support for their goal persuaded the Colombians to allow the Frenchman to negotiate on their behalf. The treaty Bunau-Varilla achieved granted the US "in perpetuity the use, occupation and control of a zone of land" and further allowed it "all the rights, power and authority within the same... which the United States would have if it were sovereign of the territory... to the exclusion of the exercise by the republic of Panama of any such sovereign rights, power or authority". Under these terms, Panama was excluded from exercising any sovereignty over a portion of its territory. The US position was that Panama retained titular jurisdiction, but nothing more. Almost all that the Latin republic was able to secure after more than 70 years of striving was that its flag would fly with the Stars and Stripes.

It would be interesting to know what the outraged General Omar Torrijos Herrera, who ruled Panama for so many years, might have had to say if he ever learnt that Mrs Gandhi had tried to force a similar iniquitous arrangement on a snail! neighbour. At the 1976 Non-aligned Nations Summit Conference in Colombo, the general spoke with moving deference of Mahatma Gandhi's liberal spirit to which India was heir. Mrs Gandhi was foremost among the Afro-Asian leaders in encouraging Herrera's determination to recover lost territory, roundly denouncing American imperialism. The Third World shared Latin America's justified resentment of the deceit that had been practised on Panama. Leading Americans were equally critical. Dean Rusk compared the canal zone agreement to the unequal treaties imposed on the Manchu and Ottoman empires. He was convinced that the Hague court would strike it down. Even Henry Kissinger admitted that it was not "an equitable and freely negotiated agreement".

Panama took its grievance to the UN Security Council in 1973. Among the 14 countries to support its contention were such staunch friends of the United States as Australia, Austria, France, and Kenya. An embarrassed Britain, still saddled with vestiges of colonial empire, thought it more prudent to abstain, but the move was frustrated only by the US veto. Eventually, however, world pressure, the demands of liberal opinion at home, and the need to refurbish the American dream after the long nightmare of Vietnam, persuaded the Carter administration to initiate steps to restore what had been so unfairly acquired.

This was the model of power and arrogance, devoid of morality, on which Kaul sought to rebuild India's relationship with Sikkim. "One of my efforts as foreign secretary", he recalls, "was in September 1972 to have a democratic autonomous Sikkim as long as defence, communications and security remained with us, and remove the incongruous and ugly appellation of 'protectorate' from the treaty." A more astute tactician than the Chogyal proved to be might, at this point, have thought of explaining his dilemma and the implications of India's demand to his politicians. But there is little evidence that even the study group or the external affairs committee were taken fully into confidence. Instead, the Chogyal sought Bajpai's permission to consult an eminent British constitutional lawyer, Sir Humphrey Wallock who was at All Soul's College, Oxford (he later became president of the International Court of Justice). He was asked to comment exhaustively on the Indian proposal's legal and constitutional implications while Nani A. Palkhivala, the Indian jurist, tempered some of his views in the light of political reality. The Chogyal then suggested to Kaul that the amended clause should read: "There shall be perpetual peace" and friendship between the government of India and the government of Sikkim and between the people of India and Sikkim. Sikkim in full sovereign rights enters into a permanent association with the government of India and entrusts to them the rights and responsibilities stipulated in this treaty hereunder.

When Kaul questioned the phrase "in full sovereign rights", the Chogyal drew his attention to the 1817 treaty of Titaiya which recognized the Namgyal dynasty's rule over Sikkim "in full sovereignty". He could also have said that the 1950 treaty could not have been signed except between sovereign powers and that even if sovereignty were still restricted, Sikkim was entitled to hope-as India did before 1947-to graduate to full independence. But the question was an idle one; Delhi had no intention of giving away anything. Kaul tried to convince the Chogyal that the durbar could at once operate its own posts and telegraphs if he unconditionally accepted the amendment; Sikkim would join the Colombo Plan six months later, and the WHO and the ILO after a further interval. The only reason for this staggered advance was to avoid upsetting Hindu extremists in the Jana Sangh and its militant wing, the Rashtriya Swayamsevak Sangh (RSS), who regarded the entire sub-continent as Akhand Bharat. Or so Kaul argued. contd...

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