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ISSUE 24
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THE PRESIDENT'S LETTER



Namaste Atithi,

Welcome Onboard!

As we welcome the biggest festive season of the year, the entire Himalaya Airlines family joins me in wishing you a joyful Dashain, Tihar, and Chhath — filled with health, happiness, and togetherness.

This festival season is especially meaningful for us as we serve thousands of Nepalese to return home to celebrate it with their loved ones. At the same time, we take pride in completing the decade of safe and successful operations, certificated by an IOSA audit — an internationally recognized benchmark of aviation safety and operational excellence.

With safety, reliability, and comfort at the heart of our service, we are committed to growing stronger with you.

As you travel back home to Nepal via our network of service — including Dhaka, Kuala Lumpur, Dubai, Dammam, Doha, Kuwait, Riyadh, Lhasa, and Chongqing — please rest assured that your safety and security remain

our highest priority.

While you take off on your journey, the 24th issue of the Danfe is here to add a special touch to your travel experience — a thoughtfully curated collection of stories that bring you information, inspiration, and adventure.

You will discover five must-try activities in Dubai, and learn how Plantec with Arabica coffee is putting Nepal on the global map. The journey into the resilience and dedication of Rabindra Puri and his foundation as they work to preserve and restore Nepal's timeless heritage. And for a touch of nostalgia, relive the golden era of Nepali music through the words of the renowned singer Kunti Moktan.

We truly appreciate your continued patronage. We look forward to welcoming you on board again soon.

Thank you

ZHOU ENYONG

PRESIDENT

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CALENDAR (OCTOBER-DECEMBER)



Dashain is Nepal's longest and most important Hindu festival, celebrated over 15 days to honour Goddess Durga and the victory of good over evil. It's a time for prayers, family gatherings, and celebrations. The main day, Dashami (Vijaya Dashami), is marked on the tenth day by receiving Tika and Jamara from elders as blessings. People wear new clothes, visit relatives, enjoy feasts, and celebrate together, making Dashami the most special day of the festival. Dashain brings families together, especially those away for work. Kite flying is a popular activity, and it's a busy season for traders. It is widely celebrated in Nepal under different names, such as Mohani in the Kathmandu Valley, Durga Pooja and Dashera in India.



Tihar is a five-day Hindu festival in Nepal that celebrates life, prosperity, and the bond between humans, animals, and gods. Each day is dedicated to celebrate a different figure—crows, dogs, cows, oxen, and siblings. Homes are lit with candles and oil lamps to welcome Goddess Laxmi, while Bhai Tika marks the final day with sisters blessing their brothers. The festival is filled with lights, music, gifts, and joy.



Chhath is a three-day Hindu festival celebrated mainly by people from the Terai region of Nepal. Devotees, mostly women, gather at rivers and ponds—especially in Birgunj, Janakpur and Kathmandu's Bagmati River—to worship the sun. They fast, clean, prepare offerings, and on the second evening, wade into the water to pray to the setting sun. The ritual is repeated at dawn for the rising sun, with prayers for purity, health, and well-being. The festival ends with breaking the fast and sharing offerings.



Vivah Panchami marks the divine wedding of Ram and Sita, celebrated on the fifth day of the waxing moon in the month of Mangsir. The festival is especially grand in Janakpur, believed to be Sita's birthplace, where re-enactments, processions, and cultural events take place. Devotees from Nepal and India, including Ayodhya, gather at the Janaki Temple and Vivah Mandap to witness the celebration of love and devotion.



December 4

Yomari Punhi

Yomari Punhi is a special festival for the Newar community, celebrated to honour Goddess Annapurna and pray for a good rice harvest. The highlight of the day is the preparation of Yomari—a steamed, fish-shaped dumpling made from freshly harvested rice flour, filled with chaku or khuwa and sesame seeds. Believed to have originated in Panauti, Yomari means “tasty bread” in Newari, and has become a beloved festive delicacy in Kathmandu Valley.



December 25

Christmas

Christmas celebrates the birth of Jesus Christ and is observed as a time of hope, love, and generosity. Christians gather for church services, gift-giving, festive meals, and spreading goodwill. In Nepal, the Christian community marks the occasion with carols, decorations, and family gatherings. The main celebrations occur on December 24th and 25th, but the festive season can extend until early January in some traditions.

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Lighting Up Young Minds in the Hills of Baitadi



High up in the hills of Nepal's Far Western region lies Shree Shiva Basic School, a humble institution nestled in the remote landscapes of Baitadi. While the region is rich in culture and natural beauty, its children often face challenges that go beyond geography—particularly in accessing basic educational supplies.

This year, giving momentum to its “Step Towards Education” CSR initiative as a part of the company’s CSR objective of Societal Responsibility Himalaya Airlines joined hands with Prayas Nepal for the School Bag and Stationery Donation Drive aimed at supporting the school children in their learning journey.

The drive for a good cause was open to all employees across the company. The call was simple – donate new or gently used school bags, notebooks, pens, pencils, erasers, and other stationery essentials. The response, however, was anything but ordinary. It was generous, heartfelt, and filled with the spirit of giving.

Thanks to the collective efforts of H9 team, a generous collection of educational materials was gathered and successfully delivered to Shree Shiva Basic School. The moment these supplies reached the students, smiles lit up their faces as they received items many of us take for granted.

For the team at Himalaya Airlines, it was a moment filled with joy; achieving yet another connectivity apart from the destinations.... connecting the young minds to a brighter future.

H9 wings don’t just soar in the skies, they also carry the hopes and dreams of the communities we serve. This small act of kindness reflects H9’s commitment to giving back to the society and a reminder that sometimes just a simple pencil or a notebook helps open the doors to countless dreams and a world of possibilities.

H9's Teej Celebrations



Himalaya Airlines embraced the joyous spirit of Teej by organizing a special event on August 22, 2025, at the Radisson Hotel, Kathmandu, exclusively for its female staff. The annual celebration brought together colleagues across departments, creating a vibrant atmosphere of camaraderie, festivity, and cultural pride.





Set against the festive backdrop of Teej, the program reflected the airline's commitment not only to professional excellence but also to fostering a workplace culture that values diversity, inclusivity, and the celebration of traditions.





The event featured lively games and activities, which were met with enthusiastic participation and laughter, adding an extra spark to the celebration. H9 ladies enjoyed the opportunity to bond beyond the workplace, share moments of joy, and strengthen the sense of togetherness that defines the Himalaya Airlines family.





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Arabica Coffee

TAKING NEPAL TO THE WORLD

Back in 1995, when Ujjal Rana, an aviation professional, was returning home after a visit to Papua New Guinea, a colleague pressed a farewell pouch into his palm - Arabica Coffee beans of the Cattura variety.

“Nepal’s hills are perfect for this,” his friend remarked, hinting that those tiny seeds could hold a bigger future. Three decades down the line, the gifted beans have since grown into 75 hectares of lush, shade tree grown coffee plantations—the only single-estate organic coffee farm in Nepal.

At Plantec, under the natural canopy of trees, the beans ripen gently, giving them their rich flavour and quality. The coffee estate, a symbol of carbon neutrality and a subject of research for European agencies, produces around 100 tons of organic Arabica each year. It is exported worldwide, bringing valuable foreign exchange to Nepal.

The estate is 100% Organic Certified via annual site audits for USDA NOP Organic and EC89/2008 for both field and processing. It is perhaps the only single estate coffee to be irrigated by snow melt waters originating from the Ganesh Himal range where irrigation and processing is done with the waters of the famous Trisuli River.

From a simple gesture of friendship, Rana unknowingly planted the seeds of a legacy that has put Nepali coffee on the global stage.

Recalling the past, Rana shares how, on those days, it was actually forbidden to take coffee seeds out of Papua New Guinea. Yet fate seemed to have other plans—for both him and Nepal. The beans slipped quietly through the airport.

Years later, when his old colleague learned that the beans had flourished in Nepali soil, he took a year off just to help Rana and his team set up what would become the Plantec Coffee Estate. The person was Mr. Llwellyn A. Tripp from Australia.

Today, Plantec is not just a farm—it's an industry, producing its own brands such as Mt. Everest Supreme Coffee and Jalpa Gold Coffee, proudly carrying the taste of Nepal to the world.

Plantec supplies Jalpa coffee to the domestic market, while its premium Mt. Everest Supreme Coffee — registered as a trademark — is exported internationally to countries including Japan, Germany, and the United States.

Rana's journey started small, with a nursery of just 1,823 square feet leased from a local school. Over time, he expanded by leasing government land for 40 years, slowly turning his dream into a much larger coffee estate.

When Plantec's first harvest came in, Rana wanted to



create his own coffee brand. He wasn't happy with the common trend of using foreign names like "Java."

"I wanted a name that really represented Nepal," he says.

The idea came to him by chance. One day, on his way to the farm, Rana stopped at the Jalpa Devi Temple. After offering his prayers, he felt blessed and suddenly knew the perfect name—Jalpa. That is how Nepal Jalpa Coffee was born, giving the brand a true Nepali identity.

The records of coffee in Nepal trace back to 1938, when a hermit named Hira Giri brought coffee seeds from Sindh Province in Myanmar and planted them in Aapchaur, Gulmi. Decades later, in the late 1970s, the government began distributing coffee seeds imported from India to suitable farming regions via the Agricultural Development Bank, marking the first-time coffee was considered a potential cash crop.

By the 1980s, Nepal's coffee industry began to take



shape. In 1981, the first coffee nursery was established in Gulmi. In 1983, the Nepal Coffee Company (NeCCo) built a processing factory in Rupandehi to handle cherries from local farmers. In 1984, the Coffee Development Centre was founded in Aapchaur.

During the 1990s, farmers' associations and the National Coffee Producers' Association (NCPA) emerged, providing much-needed organizational support to small-scale growers.

Studies highlight that Nepal's coffee industry stands out for its quality and distinctiveness, largely due to the National Coffee Policy of 2003, which promoted the cultivation of organic Arabica varieties. Today, about 43 of Nepal's 77 administrative districts grow coffee, involving over 35,000 farming households in about 3000 hectares of land. Most farms are only one to three acres in size,

located between 800–1,600 meters above sea level, producing micro-lots. Nuwakot, Kavre, Lalitpur, and Lamjung are now recognized as core Arabica-growing regions.

Nepal's coffee-growing regions are shaped by unique high-altitude microclimates unlike any other in the world. While Arabica coffee thrives best in temperate zones between, Nepal's conditions deviate from this range – yet its low hill frost free areas, dramatic day-night temperature swings, and mineral-rich soils give rise to bright acidity, medium body, and complex flavors. Depending on the region and processing method, the cup may reveal floral, citrus, chocolate, or spice notes.

As for processing, Nepal primarily employs two methods: wet (or washed) and natural (dry). Each method brings distinct textures and flavor profiles. Among these,



the washed or wet-processed coffees are the most sought after in global markets.

Nepal annually consumes around 1,800 metric tons of coffee. Here, a large share of this is fulfilled through imports of 1,200 to 1,400 metric tons each year. Likewise, the exports are only 106 metric

tons of coffee—just 1.3 percent of its estimated export potential of 8,000 metric tons. According to Nepal Coffee Producers Association (2024–2025), Nepal's production capacity remains limited at 586 metric tons. This shows how far the country falls short of meeting global demand.



Meanwhile, Nepali coffee today stands at a crossroads of opportunities and challenges. On the one hand, it enjoys strong domestic and international interest, with its organic, high-altitude beans gaining recognition for quality and uniqueness. The café culture boom, the rise of skilled baristas, and youth-led innovations in brewing and blending have all helped raise its profile.

Despite winning praise in international competitions, Nepal's coffee industry faces structural challenges. In the 2023/24 fiscal year, the country exported 89 tons of coffee worth NPR 149.2 million, but imported 443 tons worth NPR 419.8 million to meet domestic demand – imports consistently outpace exports.

Mainly, production has not kept pace with demand.

According to Rana, limited land ownership, lack of leasing policies, labour migration, access to easy loans and the 4-year waiting period for the first harvest have kept growth rates low.

Growers and processors of coffees face weak branding, appropriate packaging imports expensive and unethical practices undermine its market image, he adds.

The absence of more Single Estates with larger outputs is also an issue as large global importers of fine specialty coffee beans prefer these to cooperative coffees due to consistency issues during growing, harvesting and processing.

At present there is also a trend of charitable sales to people supporting the small farmers per purchases by overseas institutions with accent on sentiments and rarity rather than quality-based sales.

Additional, barriers include fragmented, small-scale production, which complicates quality control,



procurement, and pricing. Many farmers still rely on traditional tools and experience, lacking modern irrigation, storage, and certified testing facilities. High certification costs and inadequate post-harvest infrastructure remain hurdles. In the rainy season, coffee leaf rust and pests are common, and landslides on mountain roads push up transport costs and risks.

Land ownership laws present another obstacle: private coffee farmland cannot exceed 75 ropani (3.75 hectares) per person, and the absence of clear land-leasing policies hinders long-term commercial planning. With many young workers migrating abroad, fertile land is often left idle, shared Rana.

In this context, Plantec has chosen a patient, meticulous approach – working with surrounding smallholders, offering technical training and guaranteed purchasing, and building a more tightly connected supply chain for non-

organic sales.

Despite these obstacles, the potential remains immense: global demand is many times higher than Nepal's current output. In Nepal's cities, specialty coffee shops and roasteries are on the rise, and consumers are increasingly curious about origin stories and flavor diversity.

Farms like Plantec capture the details of mountains, rivers, and soil in each bean, helping this niche origin slowly step out of the shadows of the Himalayas.

In the not-so-distant future with better policies, stronger branding, and investment in commercial farming, Nepali coffee could secure its place as a world-class, premium product from the Himalaya.



Kumari of Kathmandu, the Living Goddess, paraded on a chariot with Ganesh and Bhairab during Indra Jatra at Basantapur.

Photo Credit: Sangesh Shrestha

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Best of Dubai: What You Must Experience

Dubai—The Pearl of the Gulf—has long captured the imagination of travellers across the globe. For some, it's a city of record-breaking skyscrapers and futuristic marvels; for others, a playground of luxury cars and an ultra-modern lifestyle. Whether you're a first-time visitor or a seasoned explorer, Dubai promises an experience like no other.

Everyone dreams of basking in Dubai's glitz and glamour—but once you arrive in this dazzling desert metropolis, what should you actually do? Most travellers instinctively think of the iconic Burj Khalifa or a sun-soaked afternoon at Jumeirah Beach. While these are classics for a reason, Dubai is far more than just its photogenic highlights. From adrenaline-fuelled adventures and rich cultural heritage to world-class family attractions, the city offers an exciting mix of experiences waiting to be explored.

To help you make the most of your visit, we've gathered five must-try activities, personally recommended by our team members who had their best time in The Pearl of the Gulf.



Magnificent Burj Khalifa and Dubai Mall

If you're in Dubai, don't miss the must dos and start it by visiting the Burj Khalifa, the view from the top is just wow. Burj Khalifa, the tallest building in the world at 828 meters, offers breathtaking views from its observation decks on the 124th, 125th, and premium 148th floors. Visitors ascend in one of the fastest elevators to enjoy panoramic sights of Dubai, the Arabian Gulf, and the desert. Beyond its views, the tower houses luxury residences, world-class restaurants, and the Armani Hotel, with dazzling LED light shows illuminating the night sky.

Right next to Burj Khalifa lies Dubai Mall, a vast shopping and entertainment hub featuring over 1,200 stores, diverse dining options, and attractions for all ages. Highlights include the Dubai Aquarium & Underwater Zoo, VR Park, Olympic-sized Ice Ring, Reel Cinemas, and Kidzania, making it a perfect family destination.

Outside the mall, the Dubai Fountain—the world's largest choreographed fountain—offers spectacular water shows set to music, with Burj Khalifa as a stunning backdrop. Nearby, the Waterfront Promenade and Souk Al Bahar blend traditional Arabian market charm with modern comforts.

Together, Burj Khalifa and Dubai Mall represent Dubai's spirit of luxury, innovation, and unforgettable experiences all in one place.

While entry to Dubai Mall is free, one must make advance booking to go to the top of Burj Khalifa. Tickets for the "At the Top" experience (levels 124 & 125) generally range from AED 149 to AED 224 for adults, and AED 114 to AED 171 for children. Premium tickets, such as the "At the Top SKY" access (level 148), start at around AED 378.

Experience Desert Safari

The desert safari is one of Dubai's most exciting and unforgettable activities. It combines adventure, culture, and great food—all set in the stunning Arabian desert. This is a must-try experience for anyone visiting Dubai. Your journey begins with a hotel pick-up in a 4x4 vehicle, taking you out of the busy city and into the golden dunes of the Dubai Desert. The fun starts with dune bashing, where expert drivers speed across the sand. You can also try sandboarding and a short camel ride—perfect for photos and first-time visitors, but these come with additional charges.

As the sun begins to set, you'll be taken to a traditional-style desert camp. Here, you can try henna painting, shisha, and even dress in traditional clothing for pictures. Then, enjoy a delicious BBQ dinner under





the stars while watching live performances like Tanoura and belly dancing.

There are different packages available, depending on your budget and time. The Evening Desert Safari is the most popular and usually costs around AED 150, while private options may go up to AED 850. However, all packages include hotel transfers, activities, dinner, and soft drinks.

Shopping in Souqs

Shopping in Dubai is not just about malls—it's also about exploring the city's famous souqs. Whether you're shopping for gifts, clothes, perfumes or just the experience, Dubai's souqs are full of hidden treasures waiting to be discovered. For your kind information yes, it is the best place to get home souvenirs from Dubai at bargains.

These traditional markets are full of character, colours, scents, and surprises. From gold and perfumes to spices and textiles, the souqs offer something special for everyone. We recommend you to start your shopping with the Gold Souq in Deira, one of the most famous spots in the city. It's filled with glittering

jewellery in Arabic and modern styles. You'll find gold, silver, diamonds, and pearls—and many shops are open to bargaining, so prices are not always fixed.

Just next door is the Spice Souq. This market smells amazing and looks even better, with colourful piles of spices, herbs, and dried fruits. You can buy high-quality saffron, taste sweet dates, or try local teas and spice blends. Most shops let you sample before buying. Not far away in Sikkat al Khali is the Perfume Souq, where you can explore a wide variety of fragrances. This is the place to buy traditional oud, incense sticks, essential oils,

and even custom-made perfumes in small, beautiful bottles.

Across the creek in Bur Dubai, the Textile Souq is perfect for fabric lovers. The shops are full of colourful rolls of silk, cotton, and embroidered materials. You can even visit a tailor nearby to get a dress or suit made just for you—often in just a few days. For a more modern take on the traditional Souq, visit Souq Madinat Jumeirah. It has beautiful shops selling souvenirs, art, and fashion in a relaxed setting by the water. You can also enjoy a meal or take a boat ride with views of the Burj Al Arab.

Another interesting spot is Al Seef, where the buildings look like old Dubai but have a mix of traditional and modern shops. It's a great place to walk, shop, and try local food. Lastly, don't miss the Old Souq. Once a camel market, it's now a busy shopping area, especially in the evening. It's one of the oldest markets in Dubai and full of local charm.

Explore the food

With nearly 20,000 restaurants, Dubai is a dream destination for food lovers. This modern city offers a wide variety of food from all over the world. Some dishes are



especially popular and easy to find across the city.

One of the most loved street foods is Shawarma—a tasty wrap filled with marinated meat and vegetables. Another favourite is Falafel—crispy, fried balls made from chickpeas. This is a must-try for both veg and non-veg eaters.

However, if you want to try local Emirati food, go for Harees—a soft and filling dish made from wheat and meat—or Machboos, a spiced rice dish cooked with meat or seafood. These traditional meals are served in many restaurants, from small cafés to fancy hotels.

Another popular Middle Eastern combo you'll find across Dubai is Hummus with Kuboos. Hummus is a creamy dip made from blended chickpeas, tahini, lemon juice, and spices. It's usually enjoyed with Kuboos, a soft Arabic flatbread also known as pita bread. Simple, healthy, and delicious, this pairing is commonly served as a snack or appetiser—and sometimes even as a light meal.

The prices are also quite reasonable. Shawarma, usually costs between AED 5 to AED 15, and Falafel is around AED 10 to AED 20. Dishes like Harees and Machboos are bigger meal portion and may cost between AED 20 to AED 40 or more. Similarly, in most casual restaurants, a plate of Hummus with Kuboos costs between AED 20 to AED 30. The prices for the dishes depend on where you eat.

Just in case if you are missing Nepali food, don't worry. Bur Dubai has many Nepali restaurants where you can enjoy tasty meals. The prices are also affordable — a full meal costs only between AED 20 to AED 50.

Diversity of Global Village

Global Village is one of Dubai's most exciting attractions—a lively mix of culture, food, shopping,

Carnaval area is a theme park filled with over 170 rides and arcade games for all ages. Live shows happen daily, including performances by international



and entertainment from around the world. Entry tickets cost range from AED 25 to AED 30, depending upon the day of the week, and the experience is well worth it.

Located on Sheikh Mohammed Bin Zayed Road, it's easy to reach by taxi or public transport. However, the metro doesn't go directly there, so if you take the metro, you'll need to switch to a shuttle bus from the last station. For convenience, taking a taxi is the better option.

Once you enter, you'll feel like you've stepped into a global carnival. The park features pavilions that represent different countries like India, Egypt, Turkey, Japan, and many more. Each pavilion is designed to reflect the country's culture and offers unique products, traditional food, and handmade items.

There's a lot to explore. The

dance troupes, stunt acts, and even concerts. The shopping experience is also incredible—offering spices, perfumes, textiles, crafts, and souvenirs from around the world.

When it comes to food, you're spoiled for choice. With over 200 food stalls and restaurants, you can try everything from Middle Eastern dishes to Asian street food and global favourites.

Global Village is great for families too. There are many kid-friendly attractions, rides, and play areas. The place is huge, so be prepared to spend the whole day there. If you get tired walking, you can even hire a shuttle to take you from one area to another.

Whether you're visiting for the culture, the food, the fun, or all of it together—Global Village offers an unforgettable day out in Dubai.

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I am traveling with family and it was an amazing experience. The crew are too friendly, safety and security were also too good. I would love to fly in Himalaya.

Kanchan Niraula
Kathmandu - Dhaka

I trully enjoy the flight all the time. I have been travelling this flight since its establishment. All the best to entire team.

Ganesh Bagale
Kathamandu - Kuala Lumpur

Though it was my my first experience in this airline, the journey was comfortable ans all the staff were cooperative and helpful

Ashmita Neupane
Dubai - Kathmandu



Before my flight i checked online about this flight and the rating and review was bad there but on board i fell much better.

Shiwangi Tandan
Dubai - Kathmandu



Overall everything is perfect staff were too friendly and coordinative would like to recommend. Anamika, thank you for your help

Abhisek
Dubai - Kathmandu



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सहयोग पाएको भए, मैले गरेको कामभन्दा ५-१० गुणा बढी काम गर्न सक्थेँ : रविन्द्र पुरी



रविन्द्र पुरी, एक प्रख्यात सांस्कृतिक सम्पदा संरक्षणविद्, सन् २००४ मा युनेस्को एसिया-प्रशान्त सांस्कृतिक सम्पदा संरक्षण पुरस्कार प्राप्त गर्ने पहिलो नेपाली बन्नु भयो। वहाँले जर्मनीको ब्रेमेन विश्वविद्यालयबाट विकास नीतिमा स्नातकोत्तर तह उत्तीर्ण गर्दा प्रथम श्रेणीमा उच्च अंकका साथ विश्वविद्यालयमै सर्वोच्च स्थान हासिल गर्नुभएको थियो। आफ्नो संस्था रविन्द्र पुरी फाउन्डेसनमार्फत पुरीले नेपालभर २०० भन्दा बढी सम्पदा स्थलहरूको पुनर्स्थापना गर्न योगदान पुर्‍याउनुभएको छ।

विश्वविद्यालयमा शीर्ष स्थान हासिल गरेर महेन्द्र विद्या भूषण बाट सम्मानित पुरीले सम्पदा संरक्षणमा दिएको उल्लेखनीय योगदानको कदर गर्दै नेपाल सरकारले वहाँलाई प्रतिष्ठित राष्ट्रिय प्रतिभा पुरस्कार २०८१ सम्मानले विभूषित गरिसकेको छ। हालै हामीले पुरीसँग वहाँका परियोजना र भविष्यका सम्पदा संरक्षण योजनाबारे कुराकानी गर्ने अवसर पायौं। त्यस कुराकानीका केही अंशहरू तल प्रस्तुत गरिएको छ।



तपाईं हाल कुन-कुन परियोजनामा काम गर्दै हुनुहुन्छ ?

अहिले धेरै कामहरू भैरहेका छन् । जस्तै, व्यक्तिगत घरहरूको पुनःस्थापना (रेस्टोरेसन) को काम चलि रहेको छ । अहिले हामीले दोस्रो व्यावसायिक विद्यालय (Vocational School) सञ्चालन गरिरहेका छौं । पहिलो व्यावसायिक विद्यालयमा ६०-६५ विद्यार्थी अट्ने क्षमता छ भने दोस्रो विद्यालयमा २०० विद्यार्थीका लागि सुविधा बनाइएको छ । अब हामी तेस्रो विद्यालय निर्माण गर्दैछौं जसमा करिब एक हजार विद्यार्थी अट्ने क्षमता हुनेछ ।

त्यसपछि, पनौती क्षेत्रलाई दीर्घकालीन रूपमा संरक्षण गर्ने हाम्रो ठूलो परियोजना छ । सम्पूर्ण शहरलाई नै दीर्घकालीन रूपमा संरक्षण गर्ने लक्ष्यसहित हामी अघि बढिरहेका छौं । साथै, गोरखा, मुस्ताङ जस्ता ठाउँमा पनि जहाँ-जहाँ संरक्षण आवश्यक छ, त्यहाँ पनि काम गरिरहेका छौं ।

युरोपमा सुरक्षित करियर छोडेर हजुर नेपाल फर्किनुभयो र सम्पदा संरक्षणमा लाग्नुभयो । के कुराले तपाईंलाई फर्किन प्रेरित गर्‍यो ?

म युरोप जानुअघि नै स्पष्ट थिएँ- त्यहाँ म अनुभव र एक्सपोजर लिन्छु,



तर अन्ततः फर्केर नेपालमै काम गर्नु भन्ने मेरो ध्येय थियो । मेरो पृष्ठभूमि मूर्तिकला (Sculpture) को हो । सुरुमा जर्मनीमा गएर एक सेमेस्टर मूर्तिकला पढेँ । त्यसपछि मलाई लाग्यो, आवश्यक ज्ञान-दक्षता

त पाइसकेँ, अब अभ्यास गर्न त्यहाँ बसिरहनुपर्ने होइन । त्यसैले नयाँ विषय खोज्दा “विकास नीति” नामको कोर्स भेटेँ । त्यो विषय त हाम्रो जस्तो विकासशील देशलाई कसरी अघि बढाउने भन्ने थियो-मेरो उद्देश्यसँग ट्याक्कै मेल खाने र त्यो मेरो लागि दुब्बा खोज्दा देउता भेटेजस्तो भयो । त्यही विषयमा म त्यहाँको एउटै विदेशी विद्यार्थी थिएँ र विश्वविद्यालयमै टपर पनि भएँ । यसरी म मेरो अध्ययन पूरा गरेर नेपाल फर्किएँ ।

नेपाल फर्किएको एक सातापछि, GIZ नेपाल (त्यतिबेलाको GTZ) ले मलाई उच्च पद अफर गर्‍यो । म दुवै देशको भाषा र संस्कृति दुवै बुझ्थेँ, अनि विकास नीतिमा टपर भएकोले उनीहरूको लागि आदर्श उम्मेदवार भएँ । म पनि २६ वर्षको उमेरमै त्यस्तो अवसर पाएर निकै उत्साहित थिएँ । त्यो पद राम्रो तलब र प्रतिष्ठा दुवै भएको थियो, र म त्यहाँ तीन वर्ष खुसीसाथ काम गरें । तर चौथो वर्षमा मेरो अन्तर-आत्मा ले संघर्ष गर्न थाल्यो । १९९० को दशकमा प्रजातन्त्र आएपछि काठमाडौँ उपत्यकामा व्यापक रूपमा परम्परागत घरहरू भत्काइएर ढलानका घर बन्न थाले । यो परिवर्तन मैले सहन सकिनँ । मेरो मनले जागिर छोडेर सम्पदा संरक्षणमा लाग्न प्रेरित गर्‍यो । परिवार र करियरको कुरा सोच्दा कठिन थियो, तर अन्ततः मैले राजीनामा दिएँ ।

जागिर छोडेपछि मेरो पहिलो प्रोजेक्ट “नमुना घर” थियो । त्यो बेला मैले सात लाखमा कुखुरा पाल्न प्रयोग गरिएको पुरानो घर किनँ र करिब १५ लाख खर्च गरेर पुनर्स्थापना गरें । २००० सालतिर त्यसलाई “Bed & Breakfast” को रूपमा सञ्चालन गर्न थालेँ, साथै त्यो नेपालमै पहिलो हो । आश्चर्यजनक रूपमा, पहिलो वर्षमै त्यस घरबाट २५ लाख आमदानी भयो । यसले अरूलाई पनि प्रेरित गर्‍यो, पुरानो पुख्र्यौली घर जोगाएर व्यवसाय गर्न सकिने रहेछ भन्ने चेतना बढ्यो । त्यसपछि निरन्तर प्रोजेक्टहरू आउन थाले । २००४ मा त म नेपालबाट UNESCO Award पाउने पहिलो व्यक्ति बन्ने अवसर पाएँ । त्यसपछि जागरण अभि फेलियो ।

काम बढ्दै जाँदा मैले व्यावसायिक विद्यालय सुरु गर्नुपर्ने आवश्यकता महसुस गरें । सुरुमा आधा अनुभवी र आधा नयाँ कामदार लिएर प्रशिक्षण दिन्थ्यौँ । विस्तारै औपचारिक रूपमा व्यावसायिक विद्यालय स्थापना भयो, जहाँ सिकर्मी, डकर्मी, काठ र ढुंगा कोर्ने सीप सिकाइन्थ्यो । २०१३ बाट कक्षा सुरु भयो र २०१५ को भूकम्पपछि त माग भन् तीव्र भयो । त्यसैले हामीले दोस्रो विद्यालय खोलेका हौं र अहिले तेस्रो-हजार विद्यार्थी अट्ने विद्यालय पनौतीमा निर्माण भइरहेको छ । मलाई गर्व छ कि यसले दुई कुरा गर्न सहयोग पुऱ्याएको छ, हाम्रो सम्पदा जोगाउने र युवालाई नेपालमै सीप दिएर रोजगारी सिर्जना गर्ने । नभए त हाम्रा युवाहरू मध्य-पूर्वमा अनरस्किल्ड काम गर्न जान्थे र यहाँ चाहिँ छिमेकी देशका दक्ष कामदारलाई भाडामा लिनुपर्ने अवस्था थियो । अब भने त्यसलाई उल्ट्याउने दिशामा हामी अघि बढिरहेका छौं ।

तपाईंले आफ्नो करियरमा अहिलेसम्म कतिवटा पुनर्स्थापनाका प्रोजेक्टमा काम गर्नुभएको छ ? तीमध्ये तपाईंको लागि सबैभन्दा बढी



यादगार र विशेष प्रोजेक्ट कुन हो ?

अहिलेसम्म मैले र मेरो टिमले गरेर करिब २०० भन्दा बढी पुनर्स्थापनाका प्रोजेक्टमा काम गरिसकेका छौं । तर, सबैभन्दा प्रिय र विशेष प्रोजेक्ट भनेको मेरो पहिलो प्रोजेक्ट “नमुना घर” नै हो । किनभने त्यतिबेला म पूर्ण रूपमा एकलै थिएँ, न टिम थियो, न कार्यालय । सबै डिजाइन, सुपरभिजनदेखि लिएर सबै काम सकेसम्म मैले एकलै नै गरेको थिएँ । त्यसैले त्यो घरसँग मेरो दुःख, माया, र संघर्ष सबै कुराको सम्झना गाँसिएको छ ।

नेपालमा सम्पदा संरक्षणमा हामीले हाल चार किसिमका काम गर्छौं, बाँकी रहेका पुराना संरचनाको पुनर्स्थापना, अत्यन्तै जीर्ण भएर नभत्काई नहुने अवस्थामा सामग्रीहरू पुनःप्रयोग गरेर पुनःनिर्माण, आधुनिक ढूँला भवनलाई परम्परागत शैलीमा रूपान्तरण र नयाँ निर्माणलाई पुरानो शैलीमा बनाउने ।

यी सबै प्रक्रियाबाट हामीले धेरै काम गरेका छौं । तर नमुना घर मेरो लागि अझै पनि विशेष छ किनभने १८५ वर्ष पुरानो त्यो घरलाई मैले २००० सालमा रेस्टोर गरेको थिएँ । २०१५ को भूकम्पमा त्यो घरमा एउटा हेयर ब्र्याकसम्म आएन । यसले प्रमाणित गरिदियो कि हाम्रो परम्परागत लोड-बियरिङ आर्किटेक्चर अत्यन्तै भूकम्प-प्रतिरोधी छ ।

हाम्रो वास्तुकला अद्वितीय छ किनभने यो भूकम्प-प्रतिरोधी छ । प्रत्येक ढूँलो भूकम्पपछि कमजोरी पहिचान गरेर सुधारार्ने परम्परा विकास हुँदै आएको हो । न्यातपोल मन्दिर यसको उत्कृष्ट उदाहरण हो, तीन सय वर्ष पुरानो भए पनि पाँचवटा महाभूकम्प सहँदै अझै उभिएको छ ।

यो सौन्दर्य र कलामा विश्वस्तरीय छ । म दाबी गर्छु, यदि मल्लकालीन वास्तुकलाको प्रतिस्पर्धा गराइयो भने हाम्रो आर्किटेक्चर संसारकै उत्कृष्ट दशमा पर्छ । यो दिगो (sustainable) छ । पुरानो संरचनाको सामग्री ९०% सम्म पुनःप्रयोग गर्न सकिन्छ । सबैभन्दा महत्वपूर्ण कुरा, हाम्रो परम्परागत लोड-बियरिङ घरलाई कहिल्यै भत्काउन आवश्यक पर्दैन । जुनसुकै अवस्थामा भए पनि, रेस्टोरेसन वा रेट्रोफिटिङ गरेर जोगाउन सकिन्छ ।

यही कारणले, मेरो लागि प्रत्येक प्रोजेक्ट महत्वपूर्ण भए पनि नमुना घर

सबैभन्दा यादगार छ किनकि त्यसले प्रमाणित गर्‍यो कि हाम्रो पुर्ख्यौली वास्तुकला केवल सुन्दर मात्र होइन, सुरक्षित, दिगो र पुर्नजीवित गर्न सक्ने जीवन्त सम्पदा हो ।

साधारण नेपालीको दैनिक जीवनमा सम्पदाले कस्तो महत्व र अर्थ बोकेको छ ? र सम्पदाको संरक्षण र प्रवर्द्धनका लागि हामीजस्ता आम मानिसहरूले के गर्न सक्छौं ?

सम्पदा भन्नासाथ सबैभन्दा पहिले बुझ्नुपर्ने कुरा के हो भने—यो हाम्रो पहिचान हो । जस्तै, धेरै नेपालीले अझै पनि दौरा-सुरुवाल र ढाका टोपी लगाउँछन्, विशेषगरी विदेश जाँदा । त्यसले हामीलाई अरुबाट छुट्याउँछ र “यो मान्छे नेपाली हो” भनेर चिनाउने गर्छ । त्यसरी नै हाम्रो वास्तुकलाले पनि संसारभर हामीलाई नेपाली भनेर चिनाउने प्रमुख आधार दिएको छ । दुर्भाग्यवश, आफ्नो पहिरनलाई गर्वका साथ धारण गर्नेहरूकै हातबाट आजभोलि वास्तुकलामा भने अतिक्रमण र मास्ने काम भइरहेको छ ।

सम्पदा हाम्रो आर्थिक आधार पनि हो । पर्यटकलाई नेपालको आकर्षण के हो भने यिनै परम्परागत सम्पदा र वास्तुकला हुन् । यदि सबै ठाउँमा ढलानका आधुनिक घर मात्रै भए भने पर्यटक किन नेपाल आउँथे र । त्यसैले, गर्वको लागि मात्र होइन, अर्थतन्त्रको लागि पनि सम्पदा संरक्षण अनिवार्य छ ।



संरक्षणका लागि आम मानिसले गर्नुपर्ने काम भनेकै पहिलो चरणमा बुझ्ने हो, सम्पदा किन महत्वपूर्ण छन् । त्यसपछि सहभागिता र समर्थन जनाउनु पर्छ । यसै सन्दर्भमा अहिले हामीले “सम्पदा संरक्षणमा स्नातक” कोर्स सुरु गर्न लागेका छौं । धेरै नगरपालिका र महानगरपालिकाले सहयोग मागिरहेका छन् तर हामी मात्र सबै ठाउँमा पुग्न सक्दैनौं । त्यसैले, हामी नगरपालिकालाई भन्छौं, तपाईंहरू मान्छे पठाउनुहोस्, हामी चार वर्षमा तिनलाई सक्षम बनाइदिन्छौं । नेपालमा ७५३ वटा पालिका छन् र प्रत्येकमा कम्तीमा एउटा योग्य जनशक्ति हुनु अनिवार्य छ । यसरी पढाइले रोजगार पनि सुनिश्चित गर्छ र देशको संरक्षण अभियानलाई टेवा पनि पुग्छ ।

संसारका धेरै देशलाई चिनाउने प्रतीकात्मक स्मारक हुन्छन्, जस्तै,



अमेरिकाको स्ट्याचु अफ लिबर्टी, अस्ट्रेलियाको सिड्नी ओपेरा हाउस वा चीनको ग्रेट वाल । तपाईंको विचारमा नेपाललाई संसारभर चिनाउने एउटा आइकोनिक स्मारक कुन हुन सक्छ ?

सत्य कुरा त के हो भने, नेपाललाई आइकोनाइज गर्ने गरी एउटा मात्र स्मारक बनेको छैन । तर उपत्यकाभित्रका सातवटा विश्व सम्पदा स्थललाई समग्रमा लिन सकिन्छ । जस्तै, पशुपतिनाथ, बौद्धनाथ, स्वयम्भूनाथ, चाँगुनारायण, यी सबै मिलेर नेपाललाई चिनाउँछन् । बौद्धनाथ मात्र पनि पाँचौँ शताब्दीको हो, करिब १६०० वर्ष पुरानो । त्यस्तै, भक्तपुरको दत्तात्रय मन्दिर पनि करिब ६०० वर्ष पुरानो छ । यी सम्पदा आफ्नै ठाउँमा अनमोल छन् ।

उपत्यकाभन्दा बाहिर हेर्ने हो भने सगरमाथा र लुम्बिनीले त नेपाललाई विश्वमै चिनाएका छन् । अनि मुस्ताङ त अद्वितीय छ, त्यस्तो प्राकृतिक सौन्दर्य र सांस्कृतिक सम्पदा संसारमा कहीं छैन । तर दुःखको कुरा के छ भने त्यहाँ समेत ढलानका आधुनिक घरहरू ठडिन थालेका छन्, जुन हामीले रोक्ने पछि किनकि मुस्ताङ वन एण्ड ओन्ली हो र त्यो मास्न मिल्दैन ।

नेपाल साँच्चै धनी छ, पैसाले किन्न नपाइने प्रकृति र संस्कृति हामीसँग छ । त्यसैले मुस्ताङमा जुन किसिमको वास्तुकला छ, त्यही शैली जोगाउने पछि । त्यहाँ प्रकृति पनि छ, संस्कृति पनि छ, यी दुवैको संरक्षण गर्न सकेमा त्यहाँको पर्यटन उच्चस्तरमा लैजान सकिन्छ । अहिले त त्यहाँको विशेष अनुभवका लागि पर्यटकहरूले प्रतिदिन १५० डलरसम्म तिर्छन् । त्यसलाई २००-४०० रुपैयाँमा सीमित गर्ने आधुनिक ढलान संरचना ठड्याउनु भनेको सम्पूर्ण सम्पदा, कला र संस्कृतिमाथि धक्का दिने काम हो । त्यसैले, नेपाललाई चिनाउने प्रतीकात्मक सम्पदा एउटै होइन, उपत्यकाका विश्व सम्पदा स्थल, सगरमाथा, लुम्बिनी र मुस्ताङ, यी सबैले मिलेर नै नेपालको पहिचान बनाएका छन् ।

तपाईंले रविन्द्र पुरी फाउन्डेशन किन स्थापना गर्नुभयो ?

यो संस्था व्यक्तिगत फाइदाका लागि खोलेको होइन । यदि ममात्रै नहुँदा सम्पूर्ण काम हराउँछ भने त्यो देशकै ठूलो क्षति हुन्छ । त्यसैले संस्थागत संरचना आवश्यक ठानेँ । जब म ४० वर्षको भएँ, आफ्ना सम्पत्ति दान गरेर यस फाउन्डेशन स्थापना गरें । फाउन्डेशनको मुख्य उद्देश्य सम्पदा संरक्षण हो । सार्वजनिक भवन, मन्दिर वा बस्ती-जेसुकै होस्, जहाँ आवश्यक छ त्यहाँ हामीले निःशुल्क प्रविधिक सहयोग उपलब्ध गराएका छौँ । हालै काठमाडौँ महानगरपालिका, पनौती नगरपालिका

र गोरखा नगरपालिका सँग मिलेर “सम्पदामैत्री बस्ती” बनाउन पनि सहयोग गरेका छौँ ।

संस्कृति तथा सम्पदा संरक्षणका प्रमुख चुनौती के होलान् ?

सबैभन्दा ठूलो चुनौती भनेको स्थानीय समुदाय, स्थानीय निकाय र सरकारको पर्याप्त समर्थन नपाउनु हो । यदि सहयोग पाएको भए, मैले गरेको कामभन्दा ५/१० गुणा बढी काम गर्न सक्थेँ । यद्यपि, अन्तर्राष्ट्रिय स्तरमा भने सकारात्मक सञ्जाल बिस्तार हुँदै गएको छ । उदाहरणका लागि, बीबीसीलगायतका अन्तर्राष्ट्रिय माध्यमले हाम्रा कामबारे प्रकाशित गरेपछि अन्तर्राष्ट्रिय ध्यानाकर्षण बढेको छ । यसले भविष्यमा ठूला परियोजनाहरू अघि बढाउन सजिलो बनाउने अपेक्षा छ ।

नेपालको सम्पदाको दीर्घकालीन संरक्षणका लागि तपाईंले भविष्यमा के योजना बनाउनु भएको छ ?

हामी अहिले सम्पूर्ण पनौतीलाई नमूना सम्पदा-सहरको रूपमा विकास गर्ने लक्ष्यमा छौँ । त्यहाँ घर तथा मन्दिरहरूको पुनर्स्थापना भइसकेको छ । नेवारी सम्पदाको मौलिक स्वरूप जोगाउँदै नयाँ पुस्तालाई देखाउन सकिने सहर बनाउन चाहन्छौँ । त्यसका साथै, हामीले नेपालका ९ वटा प्रमुख जातीय-सांस्कृतिक घरहरूको ढाँचा अभिलेखीकृत गरिसकेका छौँ, थारू, मैथिली, नेवार, गुरुङ, तामाङ, आर्य, किराँती, शेर्पा, मगर आदि । भविष्यमा यी सबैलाई एउटै नमूना बस्तीमा पुनर्निर्माण गरेर सांस्कृतिक विविधताको प्रदर्शन गर्ने हाम्रो योजना छ ।

सम्पदा संरक्षणप्रति नेपाली युवाको चासो तपाईंले कसरी देख्नुभएको छ ?

नेपाली युवामा सम्पदा संरक्षणप्रति चासो बढ्दो छ तर, यसलाई अभि प्राविधिक ज्ञान, अवसर र संस्थागत सहयोगले सबल बनाउनुपर्छ । हामीले सुरु गरेका परियोजना मार्फत युवाहरूलाई प्रत्यक्ष रूपमा सहभागी गराउने प्रयास गरेका छौँ, जसले गर्दा उनीहरूलाई सम्पदा संरक्षण आफ्नो जिम्मेवारीको रूपमा अनुभव होस् ।



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Chicken Sitan(50gm)	300
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Dashain, Tihar, and Chhath:

Uniting Nepalese with Tradition



I remember the skies first to recall the festive season of Dashain and Tihar. As kids, we would run to the rooftops with bamboo sticks and spools of thread, determined to send our kites higher than anyone else's. The wind carried not just our paper kites, but also our laughter, our tiny victories, and our stubborn pride. Afterward, we'd rush home, change into new clothes, and head out with friends—parades of young faces glowing with excitement.

But over the years, the skies grew quieter. One by one, friends left for abroad. The rooftops became emptier, and new clothes didn't feel as bright when there was no one to walk with. The festival still came, but it felt like a shadow of what it once was.

This year feels different. One by one, those missing faces are returning home. The laughter is set to return to the rooftops, the roads are waiting for footsteps in fresh clothes, and the festivals finally feels like festival again—a festival not just of victory, but of reunion.

According to Hindu mythology, Dashain commemorates the victory of Goddess Durga over the demon Mahishasura. In Sanskrit, "Mahisha" means buffalo and "Asura" means demon. Born to Rambha, the king of demons, and a buffalo, Mahishasura gained immense power after performing penance to please Brahma. Granted the boon that no god or man could kill him, he waged war against the gods and conquered heaven. Neither Vishnu's chakra nor Indra's thunderbolt could

defeat him.

In desperation, the trinity—Brahma, Vishnu, and Shiva—created Durga, the invincible goddess. Armed with weapons from the gods and riding a tiger, Durga fought Mahishasura for nine days. On the tenth day, she slew him, restoring peace and balance in the universe. This triumph of good over evil is what Dashain celebrates. The tale is recorded in the Markandeya Purana and is said to have been narrated eons ago.

This victory story is not only about

Ghatasthapana, the first day, when Jamara (sprouted grains) is planted in the dark. This symbolizes Shailputri, the first form of Goddess Durga, representing dedication, purity, and strength. The initial days honor various forms of Durga, each embodying qualities like wisdom, courage, creation, motherhood, and valor. On this day Lingey pings (swings) are erected marking the celebration.

People either grow Jamara themselves or buy it, but its significance extends beyond tradition. Sprouted barley,

maize, golden Jamara remains a cherished element of Dashain, embodying both cultural continuity and human health.

The seventh day, Phulpati/Kalratri, focuses on flowers and protection, symbolizing the destruction of negativity and the goddess's protective power. Office across the country closes from this day onwards to mark the celebration.

The ninth day, Siddidatri (Mahanawami), celebrates spiritual perfection. On this day, large-scale animal sacrifices are performed,



divine power—it also sets the spirit of Dashain in Nepal today. Each day of goddess Durga battle to demolish Mahishasura is celebrated vigorously.

Dashain is Nepal's largest festival, celebrated with family reunions, feasting, wearing new clothes, flying kites, visiting shrines, and playing cards. Its most unique rituals are Tika and Jamara, applied by elders to younger relatives with blessings and monetary gifts.

The festival begins with

cultivated in pure soil away from sunlight, symbolizes unity, prosperity, and reverence, and is placed on the head during Tika as a blessing. Highly nutritious and rich in carbohydrates, protein, and vitamins, Jamara has also been valued for its medicinal properties, benefiting conditions like high blood pressure, diabetes, digestive and skin disorders, and even used in beauty treatments. The ritual links agriculture, fertility, and Nepal's diverse geography, and despite modern substitutes like wheat or

and the army conducts ceremonial offerings, showcasing devotion and tradition.

The tenth day is Tika, the festival's highlight, when relatives from across Nepal and abroad gather. Elders place Tika and Jamara on younger family members, bless them, and offer Dakshina (monetary gift).

The Dashain tika is a powerful symbol of prosperity, protection, and the triumph of good over evil. Its red vermillion represents



Goddess Durga's victory over the demon Mahishasura, while the rice and yogurt added to it signify abundance, purity, and the blessings of elders. Receiving tika not only strengthens familial bonds but also honors cultural traditions, bringing with it wishes for health, success, and lasting happiness.

Just as Durga united the gods to overcome darkness, Dashain unites us with our people to celebrate light, victory, and reunion. The tika continues for the next few days. The last day, known as Kojagrat Purnima, is the full moon.

Dashain has grown with the Nepali-speaking world and global Nepali diaspora, gaining international recognition. From Australian PM Anthony Albanese to clubs like Real Madrid and Arsenal, and even Bhutan's King and Prime Ministers, Dashain greetings reach far and wide. In the U.S., Maryland officially celebrates Dashain Day on October 5, following the initiative of Nepali-origin lawmaker Harry Bhandari. Today, Dashain is not only Nepal's greatest festival but also a unifying celebration for Nepalese worldwide.

Coming just two weeks after Dashain, Tihar lights up homes, streets, and neighborhoods

across Nepal as autumn arrives. Also known as Deepawali or Yamapanchak, Tihar is a five-day Hindu festival deeply rooted in mythology, celebrating the bond between humans, animals, and deities. It is the second-largest festival in Nepal after Dashain, marked by joy, lights, music, and the strengthening of familial ties.

Tihar is a festival of lights, wealth, devotion, and respect for animals. It begins with the worship of crows, regarded as messengers between humans and the divine.

Delicious foods and sweets are offered to them as a mark of gratitude. Dogs, celebrated next, are honored as symbols of loyalty, honesty, and guardians of the afterlife, also associated with Lord Bhairav and Yama. Communities garland and feed dogs, celebrating their role in human life. The festival has even attracted international attention, with global dog lovers and media highlighting it. In 2022, Kathmandu's mayor, Balen Balendar Shah, proposed further internalizing the celebration while speaking to France's ambassador to Nepal, Gilles Bourbao.

On the following day—sometimes coinciding with other celebrations—cows are worshipped for their sacred status and nurturing role in Hindu rituals. In the evening, Lakshmi Puja honors Goddess Lakshmi, the deity of wealth and prosperity, as homes are illuminated for Deepawali. India celebrates Diwali as a single-day festival of lights on this day. The night of Lakshmi Puja is considered the darkest of the year, yet households are brightly lit, turning darkness into brilliance. Cultural performances such as Deusi and Bhailo bring communities together through song, dance, and blessings. This day also commemorates the return of Lord Ram to his hometown Ayodhya after defeating Ravana.

On the subsiding day, Oxen, crucial for agriculture, are also honored, along with Govardhan Puja, which celebrates the Govardhan mountain and the interconnection of humans, animals, and nature.

A unique aspect of Tihar is Maha Puja, performed by the Newar community. This ritual focuses on self-purification and spiritual preparation, emphasizing devotion, discipline, and cultural identity. Maha Puja reflects the festival's deeper spiritual dimension beyond the more public celebrations of animals and wealth.

The festival concludes with Bhai Tika, a day dedicated to sibling bonds. Sisters apply multi-colored tika on their brothers' foreheads, exchange garlands, and offer blessings for long life and prosperity. Brothers reciprocate with gifts and well-wishes, making Tihar a celebration of familial love and respect.

During Bhai Tika, sisters lovingly apply the Saptarangi Tika, made of seven colors, each carrying deep meaning and blessings for their brothers' prosperity and long life. White symbolizes purity and peace, red stands for good fortune and valor, green wards off obstacles, yellow protects against harm and disease, blue spreads glory, while orange and indigo, together with the others, represent optimism, diversity, and the vibrant colors of life.

The tika itself, placed with devotion, is also believed to invoke divine protection. Along with the tika, sisters offer a Makhamali (globe amaranth) garland, a flower prized for its resilience as it does not wither easily, symbolizing a heartfelt wish for their brothers' longevity and freedom from untimely death.

One of the most well-known myths behind Tihar centers on Yama, the god of death, and his sister Yamuna.

**Eager to see
her often-busy
brother, Yamuna
first sent messages
through crows,
dogs, and cows.**

When he did not respond, she visited him herself, adorning him with a five-colored tika and offerings. This gesture is believed to be the origin of Bhai Tika, the tradition where sisters bless their brothers for long life.



Photo By: Mohan Khadka



Photo By: Kabita Darlami

Chhath Puja is a major festival celebrated with great devotion in Nepal's Terai region, observed about a week after Bhai Tika. Dedicated to the Sun God Surya and his consort Usha (also known as Chhaithi Maiya), it usually lasts for four days. The festival is believed to date back to the Vedic period, with references found in sacred texts like the Rigveda, Ramayana, and Mahabharata.

According to tradition, Sita observed Chhath rituals during her stay at Valmiki Ashram in Nepal, while in the Mahabharata, Draupadi is said to have performed the same worship to seek Surya's blessings for the Pandavas during their trials. These stories, along with the ancient practice of sun worship described in the Rigveda, underline the festival's deep historical and spiritual roots.

Though formally called Chhath,

locals often say Chhaith, honoring the Sun as the source of all energy. Science views the Sun as life-giving, and Chhath bridges this reality with cultural and spiritual practices by worshipping both the sunrise and sunset. Devotees gather on riverbanks and ponds, preparing makeshift ghats for worship, offering prayers, water, and ritual food.

The four days of Chhath each carry unique rituals. On the first day (Nahay Khay), devotees bathe in holy water and eat simple, pure meals free from meat, garlic, or onion.

The second day (Lohanda/Kharna) involves a full day of fasting, broken only in the evening with rice pudding. The third day (Sandhya Arghya) is the most demanding, with a fast from both food and water, culminating in offerings

and prayers to the setting sun at the riverbank—an act performed largely by women, though men also participate. The fourth and final day (Usha Arghya) begins before dawn, when devotees offer water and prayers to the rising sun, after which the fast is broken with Prasad, ritual food first offered to the deity.

Throughout Chhath, fasting men and women pray for the health, prosperity, and longevity of their families. Once concentrated in the Terai/Madhesh, the festival has in recent decades gained popularity in Nepal's hill regions too, celebrated as a shared expression of devotion, cultural identity, and reverence for the eternal life force of the Sun.



मिर्गौलामा समस्या आउनु अघिनै रोग बाट बचाँ!

हाल देशभर ३० लाख भन्दा बढी व्यक्तिहरूमा कुनै न कुनै मिर्गौलासम्बन्धी समस्या छ भने, प्रत्येक वर्ष ३००० जनामा दुबै मिर्गौला फेल हुने समस्या देखिएको छ ।

हालै मिर्गौलामा प्राय ९०% समस्या आए पछि मात्रै रोगको लक्षण देखिने गरेको छ र त्यतिबेला सम्म जाँच नगरी बस्दा ढिलो भइसकेको हुन्छ ।

त्यसैले:

एक निरोगी व्यक्तिले वर्षमा कम्तीमा एक पटक र मधुमेहल र उच्च रक्तचापको समस्या हुनेहरूले वर्षमा कम्तीमा पनि दुई पटक आफ्नो मिर्गौला परीक्षण गराउन बुद्धिमानी हुन्छ ।

साथै मिर्गौला स्वस्थ राख्न पर्याप्त मात्रामा पानी पिउन जरूरी हुन्छ ।

लामो समय सम्म पिसाब रोकी रहँदा पनि मिर्गौलामा समस्या आउन सक्छ ।

याद राखौं-नियमित जाँच र सानो बानीले नै गम्भीर अवस्थाबाट जीवन बचाउन सक्छ ।



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मेरो जीवनको सबैभन्दा ठूलो मोड भनेको पहिलो चोटि नेपाल आउन पाएको क्षण हो : कुन्ती मोक्तान



मेरो जन्म दार्जिलिङको मार्गेस्टोक चिया बगानभित्रको एउटा सुन्दर गाउँमा भएको हो । म मध्यम परिवारमा जन्मेकी र बुबाको जेठी छोरी हुँ । पढाइ पनि त्यही गाउँको स्कुलमै कक्षा पाँचसम्म पुरा गरें । संगीतप्रतिको मेरो यात्रा भने बाल्यकालमै सुरु भयो । स्कुलमा हुने शिक्षक दिवस, भानु जयन्ती जस्ता कार्यक्रमहरूमा म गीत गाउने गर्थेँ । सरहरूले “तिमी राम्रो गाउँछौ” भनेर उत्साह दिनु हुन्थ्यो जसले मलाई अभ्दै हौसला र आत्मविश्वास दियो । कक्षा ६ पछि म डिलारामस्थित सेन्ट जेभियर्स स्कुलमा भर्ना भएँ । त्यहाँ पनि स्कुलका कार्यक्रममा गीत गाउने अवसर पाउने गर्थेँ । गाउँमै पनि साना नाटक वा कार्यक्रममा मलाई गीत गाउन बोलाइन्थ्यो । कक्षा ८ मा हुँदा मेरो जीवनमा एउटा निर्णायक मोड आयो, त्यतिबेला स्कुलका शिक्षक पूर्णकुमार राई ‘बावरी’ सरले मेरो आवाज सुनेर “तिमी अल इन्डिया रेडियोमा भ्वाइस टेस्ट देऊ” भन्नुभयो । उहाँले मलाई १५ वटा गीतहरू सिकाउनुभयो । त्यसरी, म

१४ वर्षको उमेरमा पहिलोपटक अल इन्डिया रेडियो कोर्सिङमा गएर भ्वाइस टेस्ट पास गरें र रेडियोबाट नै लोकगीत गाउने अवसर पाएँ । त्यसपछि मेरो नाम दार्जिलिङमै मात्र नभई नेपाली समाजमा चिनिन थाल्यो ।

१९७७ मा अल इन्डिया रेडियोबाट मेरो पहिलो लोकगीत प्रसारित भयो । त्यसपछि १९८० मा, राजा वीरेन्द्रको ४९औँ जन्मदिनको अवसरमा दार्जिलिङका केही कलाकारसँगै मलाई पनि नाचघर, काठमाडौँमा कार्यक्रम प्रस्तुत गर्ने अवसर मिल्यो । त्यही कार्यक्रममा रेडियो नेपालका महाप्रबन्धकले हामीलाई गीत रेकर्ड गर्ने मौका दिनुभयो । त्यो समय रेडियो नेपालमा भ्वाइस टेस्टबिना गीत रेकर्ड गर्न नपाइने नियम कडा थियो । तर भाग्यमानी ठहरिएँ, मेरो गीत “कहिलेकाहीँ मलाई पनि हेरिदेऊ है फर्केर” (शिलाबहादुर मोक्तानको शब्द-संगीत) रेडियो नेपालमा बज्यो ।

त्यसपछि त मेरो गीत दार्जिलिङमा मात्र नभई नेपालभर पनि लोकप्रिय भयो । १९८२ मा शिलाबहादुर मोक्तानसँग विवाह गरेपछि म स्थायी रूपमा नेपाल बसाइँ सरें । नेपाल आएपछि १३ वटा एल्बम निकाल्ने अवसर पाएँ जसमा सबै नै चर्चित भए । तीमध्ये तीन पटक त सर्वाधिक बिक्री भएको आधारमा अवार्ड पाउन पनि सफल भएँ ।

संगीतले मलाई नेपाल मात्र होइन, विदेशका धेरै मञ्चमा पुर्‍यायो । पछाडि फर्केर हेर्दा, त्यस्तो विकट गाउँमा जन्मिएर पनि आज यहाँसम्म आइपुगेकी छु भन्ने कुराले मलाई आफू भाग्यमानी लाग्छ ।

मेरो जीवनको सबैभन्दा ठूलो मोड भनेको पहिलोचोटि नारायण गोपाल दाइको निम्तोमा राजा वीरेन्द्रको ४९ औँ जन्मदिनको अवसरमा नेपाल आउन पाएको क्षण हो । दार्जिलिङ एउटा यस्तो ठाउँ हो जहाँ शिक्षित मानिसहरू धेरै छन्, संगीतप्रतिको रुचि असाध्यै प्रबल छ । अभ्दै पनि त्यहाँ घर-घरमा बाजागाजा, मादल, नेपाली गीतहरू गुन्जिरहेका हुन्छन् तर त्यतिबेला हामीसँग एउटा मात्र प्लेटफर्म थियो, अल इन्डिया

रेडियो । अग्रजहरूको गीत सुन्दै गर्दा सधैं मनमा लाग्थ्यो, “काश ! नेपाल जान पाउँ भने अझ धेरै श्रोताले माया गर्नुहुन्थ्यो होला ।” त्यो सपना नै ठूलो थियो ।

त्यही सपना पुरा हुने अवसर तब आयो जब नारायण गोपाल दाइले मलाई नेपाल बोलाउनुभयो । उहाँजस्तो व्यक्तित्व, जसलाई हामी नेपाली संगीतको स्तम्भ मान्छौं, उहाँकै निम्तो मेरो लागि भगवान्को आशीर्वादसरह थियो किनकि उहाँको गीत र संगीतबिनाको नेपाली संस्कृति हामीलाई अधुरो लाग्छ । त्यसबेला उहाँसँगै गोपाल योन्जन दाइ पनि हुनुहुन्थ्यो । उहाँहरूसँग सहयात्रा गर्ने, गीतमार्फत नजिक हुने मौका पाउनु मेरो लागि अत्यन्तै ठूलो वरदान थियो ।

मलाई लाग्छ, यही अवसर नै मेरो जीवनमा सबैभन्दा ठूलो परिवर्तन ल्याउने क्षण बन्यो । संगीतमा मैले आजसम्म पाएको पहिचान र सफलता, त्यसको जरो नै नारायण गोपाल दाइ र गोपाल योन्जन दाइको आशीर्वादसँग जोडिएको छ ।

म दार्जिलिङको पहिलो महिला फुटबल टोलीको सदस्य पनि रहँदै तर फुटबल र संगीतलाई म कहिल्यै एक-अर्काका प्रतिस्पर्धीको रूपमा होइन कि पूरकको रूपमा लिएँ । दुवैसँग मेरो गहिरो सम्बन्ध थियो तर अन्ततः संगीत नै मेरो जीवनलाई अगाडि बढाउने प्रेरणा बन्यो ।

७० को दशकतिर (भन्डै १९७७ तिर), जब मैले अल इन्डिया रेडियोमा गीत गाउने अवसर पाएँ, त्यसअघि म फुटबलमा निकै सक्रिय थिएँ । त्यो समय महिलाले फुटबल खेल्नु आफैँमा ठूलो कुरा थियो । हाफपेन्ट लगाएर खेल मैदानमा निस्कँदा गाउँका मान्छेहरू अचम्म मान्थे र केवल त्यो दृश्य हेर्न मात्र पनि भिड जम्थ्यो । त्यतिबेला हामीले गाउँमा महिलाहरूको एउटा टिम बनाएर खेल्थ्यौं र म सेन्टर फरवार्ड हुन्थेँ । धेरै गोल गर्ने भएकाले मलाई ‘गोल च्याम्पियन’ पनि भनिन्थ्यो तर त्यतिबेला महिला खेलाडीलाई ९० मिनेट होइन, केवल आधा घण्टा मात्र खेलाउने प्रथा थियो, एक प्रकारले मनोरञ्जनका लागि मात्र । त्यही पनि खेल्दा खुसी मिल्थ्यो ।

तर संगीत चाहिँ मेरो रगतमै थियो । प्रोग्राम हुने बेलामा अभ्यासमा जान पाउँदा वा इन्स्ट्रुमेन्ट बजेको सुन्दा असीम आनन्द महसुस हुन्थ्यो । त्यो मोह छोड्नै सकिँदैनथ्यो । सायद यही उत्कट रुचि र समर्पणले मलाई यहाँसम्म ल्यायो । आजसम्म पनि त्यो रुचि हराएको छैन । नयाँ पुस्ताका भाइबहिनीहरूको कन्सर्टहरूमा जान्छु, छोरीहरूले आफ्ना पुस्ताको संगीत सुनाउँछन्, अनि हामी पनि त्यसैमा रमाउँछौं । यसरी संगीतसँगको मेरो लगाव अझै जीवन्त छ ।

भन्नै पर्दा, मेरो लागि मेरा आफ्नै गीतहरू सबै प्रिय छन् तर केही गीतहरू विशेष कारणले मनमा गहिरो माया लिएर बसेका छन् । व्यक्तिगत भावनाको दृष्टिले “रुँदैछु म गैरे खेतमा, तिमी परदेशमा” मेरो सबैभन्दा नजिकको गीत हो । यो गीत त्यतिबेला जन्मियो जब नेपालीहरू रोजगारीका लागि कतारजस्ता मुलुकमा जाने क्रम सुरु हुँदै थियो । घरमा बसेको परिवार, खाली खेतबारी र पर्खाइको मौनतालाई गीतमा अत्यन्तै संवेदनशील तरिकाले उतारिएको छ । मैले गीतकारको धुनको लागि बुद्धबीर लामाजीलाई विशेष अनुरोध गरें र गीत पनि परदेश गएकाको घरपरिवारले भोग्ने भावनालाई छुने गरी रच्यौं ।

गायन गर्दा नै घाँटीमा गाँठो अडिक्ने अनुभव हुन्छ किनभने यो केवल मनोरञ्जन होइन, घर- परिवारको साझा पीडा बोकेको गीत हो ।

सांस्कृतिक पहिचानको दृष्टिले, “चोली राम्रो पाल्पाली ढाका”ले मेरो मनमा विशेष स्थान राख्छ । संकटकालको कठिन समयमा, बाह्य पर्यटकहरू र आन्तरिक भ्रमण दुवै सुस्त भएको बेला हामीले देशभित्रका थलो, भेषभूषा र रहनसहनलाई गीतमार्फत् उजिल्याउने निर्णय गर्यौं । बुद्धबीर लामाजीले गीतमा ढाका, पश्मिना, हाकुपटासी जस्ता नेपाली पहिचानका प्रतीक समेट्नु भयो र

गीत सुनेर ढाका उद्योगका दिदीबहिनीहरू र दाजुभाइहरूले हामीलाई सम्मान गरे । आज “ढाका” सुन्नासाथ नेपालीपन भल्किन्छ भन्ने देख्दा गर्व लाग्छ ।

सामाजिक जिम्मेवारीका हिसाबले पनि केही गीतहरूले विशेष अर्थ राख्छन् । “दुक्का चढेर रारा ताल कहिले जाने” गीतले रारा पुग्ने बाटो थिएन भन्ने अवस्थालाई उजागर गर्‍यो । पछि बाटो बनेपछि कर्णालीका बासिन्दाले गीतले हाम्रो कुरा उठायो भनेर धन्यवाद दिए । त्यस्तै, “खुट्टा तान्दै गर” गीतले बढ्दो भ्रष्टाचारमाथि व्यङ्ग्य गर्‍यो । यी गीतहरूले केवल व्यक्तिगत मनोरञ्जन मात्र होइन, समाजको आवाज उठाउने काम पनि गर्‍यो भन्ने महसुस गराउँछ ।

भूकम्पपछिको गीत “डम्फू” पनि मेरो मननजिक छ । भूकम्पले धेरै घर भत्काए पनि तामाङ समुदायले आफ्नो डम्फू जोगाइराखेको देख्दा भावुक भएँ । गीतमा “मनको माया... डम्फू/सेलु बाँकी छ, हाम्रो आफ्नै संस्कृति बाँकी छ” भन्ने आशाको सन्देश छ । संकट जति आए पनि हाम्रो पहिचान र रीतिरिवाज बाँचिरहन्छन् भन्ने कुराले मलाई गर्व र खुशी दिन्छ ।

मैले गीत छान्ने मेरो मापदण्ड सधैं स्पष्ट रह्यो । एल्बम बनाउँदा सुरुमा म र मुक्तानजीबीच अवधारणा तय हुन्छ, त्यसपछि गीतकारलाई विशेष अनुरोध गरिन्छ, “यो किसिमको लय/भाव चाहियो ।” कतिपयले गीतकारको स्वतन्त्रता भन्न सक्छन् तर म गाउने मान्छे भएकाले गीतले पहिला मलाई छुनुपर्छ भन्ने चाहना राख्छु । मेरो नियम सधैं एउटै हुन्छ, पहिला शब्द र भाव, त्यसपछि लय र धुन । गीतले केवल पेट भर्ने होइन, मनको गाँठो खोल्ने हुनुपर्छ ।

साराशमा, मेरो हृदयसँग नजिक हुने गीत दुई तहमा छुट्याउन सकिन्छ । निजी भावनाको दृष्टिले “रुँदैछु म गैरे खेतमा, तिमी परदेशमा” सबैभन्दा नजिक छ भने राष्ट्र र सांस्कृतिक गर्वको दृष्टिले “चोली राम्रो पाल्पाली ढाका” प्रिय छ । यी दुईसँगै रारा, भ्रष्टाचार र डम्फूका गीतहरूले देखाउँछन् कि मेरो गायकीको केन्द्र समयको कथा, समाजको आवाज र पहिचानको गर्वमा टेकेको छ । यी गीतहरूले

केवल मेरो मात्र होइन, हामी सबैको साझा अनुभव र भावनाको प्रतिनिधित्व गर्छन् ।

श्रीमान् शिला बहादुर मोक्तानज्यू र मेरो संगीत र व्यक्तिगत सम्बन्धमा र साभेदारीको सफलताको त्यस्तो ठूलो रहस्य त केही पनि छैन । हामी दुई जना दार्जिलिङमै जन्मेका मान्छे र उहाँको र मेरो गुरुजी चाहिँ एउटै हुनुहुन्थ्यो । हामीले जेसि राई गुरुजीसँग शास्त्रीय संगीत सिक्थौं र उहाँ चाहिँ अलिकति पुरानो र उत्कृष्ट चेला । मोक्तानजीले सिक्न थालेको केही वर्षपछि म ज्वाइन भएँ । त्यसपछि उहाँलाई पनि अप्ठ्यारो पर्यो किनभने म पनि एकदमै राम्रो थिएँ, एकदमै राम्रो गीत गाउने । गुरुजीले हामीलाई एकदमै माया गर्नुहुन्थ्यो र हाम्रो सम्बन्धको सुरुवातचाहिँ वास्तवमा त्यही नै भएको हो, गुरुजीकै घरमा नै भएको हो ।

त्यसपछि मैले अल इन्डिया रेडियोमा गीत गाउँदा उहाँ राम्रो कम्पोज गर्ने मात्र होइन, कहिलेकाहीँ हाम्रो गुरुजीले पनि भन्नुहुन्थ्यो, “शास्त्रीय संगीत हामी गाउँथ्यौं तर कहिलेकाहीँ रमाइलोका लागि आधुनिक गीत पनि गाउँौं ।” त्यसपछि हामीले आधुनिक गीतहरू गाउन सुरु गर्थौं । उहाँका थुप्रै उत्कृष्ट रचना सुन्दा मैले उहाँलाई अनुरोध गरें कि म पनि ती गीत गाउन चाहन्छु । त्यतिबेला म अल इन्डिया रेडियोमा आधुनिक गीत गाउने अनुमति पनि पास गरिसकेको थिएँ । त्यसपछि उहाँले भन्नुहुन्थ्यो, “तिमीले मेरो गीत पनि गाउनुपर्छ, मलाई नयाँ गीतहरू चाहिन्छ, अनि कहिलेकाहीँ मलाई पनि सहयोग गरिदेऊ है ।”

यस्तै क्रममा हाम्रो भेटघाट बढ्दै गयो र सम्बन्ध अझ प्रगाढ बन्दै गयो । हामीले पनि बुझ्यौं, अब अन्तिम बाटो यही हो, संगीतलाई नै जीवनको मूल धरोहर बनाएर अघि बढ्नु पर्छ । दार्जिलिङ सानो ठाउँ भएकाले त्यहाँ सीमित अवसर मात्र थियो । बरु नेपालमै गएर संगीतलाई अझ ठूलो मञ्चमा पुर्‍याउन सकिन्छ भन्ने सोचले हामी १९८३ मा नेपाल आयौं । त्यतिबेलादेखि नै यहाँ स्थायी रूपमा

बस्न थाल्यौं ।

नेपालमा पाएको माया र सम्मान हाम्रो लागि अनमोल छ । म आफैँलाई हेर्दा, म कुनै असाधारण गायक होइनजस्तो लाग्छ, तर पनि दर्शक र परिवारबाट प्राप्त माया असाधारण छ । त्यो सबैको भाग्यमा नपर्ने कुरा हो र यसमा हामीलाई भाग्यमानी ठान्छु । हाम्रो सम्बन्धको विशेषता नै के हो भने वहाँ संगीतकार, म गायक तर हामीबीच कहिल्यै “म अगाडि बढ्नुपर्छ” भन्ने होडबाजी भएन । बरु सधैं “तिमी अघि बढ, तिमी राम्रो गाउ, तिमी सफल होऊ” भन्ने अभिभावकसुलभ माया वहाँले दिनुहुन्थ्यो । यही प्रोत्साहन वहाँले हाम्रा छोरीहरूलाई पनि दिनुभयो ।



सायद यही कारणले हाम्रो सम्बन्धमा अहिलेसम्म कुनै मनमुटाव आएको छैन । हामी भन्डै चालीस वर्षदेखि सुचारु रूपमा सँगै अघि बढिरहेका छौं । दर्शकहरूको माया र समर्थनले हाम्रो यात्रा अझ समृद्ध बनाएको छ र यसले नै हाम्रो जीवनलाई सरल र सुखद् बनाइरहेको छ ।

मेरी दुई छोरी शितल र सुवानी पनि गायिका हुन् र परिवारमै संगीतको परम्परा निरन्तर देख्दा म एकदमै खुसी महसुस गर्छु किनभने मेरा दुई छोरीहरूले संगीतलाई अगाडि बढाउने प्रयास गर्दैछन् । मेरो ठूलो छोरी, शीतल, अहिले नेपाल सरकारमा जागिरे भएकी छिन् । उनी स्टाफ कलेजमा क्लास वान अफिसर छिन् र त्यहाँको व्यवस्थापनका

कामहरू पनि सम्हालिन्छन् । मलाई गर्व छ किनभने छोरीहरूले देशप्राप्तिको जिम्मेवारीलाई आत्मसात् गर्दै आएका छन् ।

खासमा, हामीले कहिल्यै विदेशमा स्थायी बसाइँ बस्ने सोच राखेनौं । म भन्डै तीस-पैंतीस वर्षअघि पहिलो पटक जापान गएँ, त्यसपछि जापान दुई चोटि र अमेरिका तीन चोटि जाने अवसर पाएँ तर हामीले कहिल्यै “त्यहाँ गएर केही गरौं” भन्ने मनसाय राखेनौं । साथीहरूले सधैं भनेका थिए, “अमेरिका जाँदा ग्रीन कार्ड बनाएर जाऊ,” तर हामीले त्यो कहिल्यै प्राथमिकता बनाएनौं । हामीलाई सधैं हाम्रो देश र यहाँको सम्मान महत्वपूर्ण लाग्यो ।

हामीलाई नेपाल आमाले देखाएको माया र सम्मान आज पनि अनुभव हुन्छ । सानो-सानो कुरामा पनि हामीलाई छुट दिन्छन्, कलाकार हरूबाट सम्मान पाइन्छ । यस्तो सम्मान र माया विदेशमा सजिलै पाइँदैन ।

हामी सरल जीवन बिताउने र सानो-सानो कुरामा सन्तुष्ट हुने प्रकारका छौं । पैसा कहिल्यै सबै कुरा होइन । हामीले सधैं सन्तोष र देशप्राप्तिको जिम्मेवारीलाई पहिलो स्थानमा राख्यौं । छोरीहरूलाई पनि यही भन्छौं - लोभमा नपर्नु, साधारण काम गरौं र जीवनभर आफ्नो इमानदारी र सम्मानले बाँचिराखौं ।

व्यक्तिगत आयको कुरा गर्दा, म स्कूलमा काम गरेर राम्रो आमदानी गर्छु । हप्तामा दुई/तीन वटा क्लास लिएर पर्याप्त पैसा कमाउँछु । प्राइभेट काम भए पनि म यसमा सन्तुष्ट छु । मेरो लागि आफ्नो काम र देशको माया हुनु ठूलो कुरा हो । यही सन्देश म सबै कलाकार र युवापुस्तालाई दिन चाहन्छु - आत्मसम्मान, साधारण जीवन, र देशप्राप्तिको माया नै वास्तविक सफलता हो ।

समयसँगै संगीत पनि परिवर्तन हुन्छ । मैले आफैँ पनि त्यो परिवर्तन देखेको छु । सुरुवातमा पुराना गायकहरूको गायन शैली

पूर्ण रूपमा शास्त्रीय थियो । त्यस समयमा शास्त्रीय संगीत नजानीकन गीत गाउन सम्भव थिएन ।

मेलवादेवी गुरुङका गीतहरू त्यही उदाहरण थिए, पछि नारायणगोपाल दाई, गोपाल योञ्जन दाईजस्ता कलाकार आउनु भयो । उहाँहरूले केही सजिलो तर अभ्रै भारी शास्त्रीय शैलीको गीत ल्याउनुभयो । त्यसपछि ओम विक्रम दाईहरूले पपको तत्व थप्नुभयो । त्यसपछि सजिव श्रेष्ठ, योगेश्वर अमात्यजस्ता कलाकारहरूले पप शैलीलाई अभ्र फरक रूप दिनुभयो । अनि नेपालका नयाँ पप कलाकारहरूले, जस्तै अनिल सिंहहरूले आफ्नो प्रभाव छोडे । यसरी हरेक पुस्तामा संगीतमा परिवर्तन आउँछ र हामीले त्यसको प्रवाहसँगै बस्ने पर्छ ।

तर, हाम्रो संस्कृति र भाषा, हाम्रो नेपालीपन, त्यो कहिल्यै परिवर्तन हुनु हुँदैन । अहिलेको नयाँ पप गाउने कलाकारहरूले लबजमा अंग्रेजी शैली अपनाउँदा, नेपाली उच्चारण बिग्रिदो छ । त्यसले सिक्ने नयाँ पुस्तालाई पनि गलत तरिकाले सिकाउँछ । त्यसैले, ट्युन चाहे जस्तो भए पनि, हाम्रो भाषा र लबजलाई बचाउनु अनिवार्य छ ।

मैले यो अनुभव विदेशमा पनि पाएको छु । म भर्जिनियामा प्रोग्राम गर्न गएको थिएँ, जहाँ नेपालका चर्चित कलाकारहरूसँग मिसिएर प्रस्तुति दियौँ । सबैभन्दा पुरानो कलाकार म थिएँ तर दर्शकले मेरो पुरानो गीतहरू पनि अत्यन्तै मन पराउनु भयो । नयाँ पुस्ताले मेरो गीतहरूलाई बिर्सको थिएनन् । यसले मलाई यो महसुस गरायो कि नेपालीपन, नेपाली संस्कृति र बानी-व्यवहार जहिले पनि मूल्यवान् छन् ।

हामी आधुनिक र परिवर्तन भए पनि हाम्रो आफ्नोपन, हाम्रो नेपालीपन छोड्नु हुँदैन । त्यसलाई बचाएर राख्नु हामी सबैको कर्तव्य हो । जतिसुकै आधुनिक वा ठूलो भए पनि, आफ्नो संस्कृति र पहिचान कायम राख्नु आवश्यक छ, नभए हामी आफैँ पछाडि पर्छौँ ।

आजभोलि मेरो गीत योगा कक्षाहरूमा पनि बज्दैछ । अस्ति एकजना योगाका शिक्षकले भन्नुभयो, “तपाईंको गीतमा हामी बिहान

एकचोटि नाँचेर बिताउँछौँ ।” उहाँहरूले, “भन्छन् कोही जिन्दगी यो, कर्कलाको पानीजस्तो” गीतको कुरा गर्नुभएको हो । जिन्दगी त साँच्चिकै छोटो छ, त्यसकारण रमाइलो गर्नुपर्छ । दुःख त सबैलाई आउँछ तर सुखले पनि साथ दिन्छ भन्ने भाव त्यस गीतमा छ । गीतको ट्युन नेपालीपनसँगै अलिक सजिलो पनि छ जसले गर्दा नाँच सहज हुन्छ । यस्तो प्रतिक्रियाले मलाई धेरै गर्व लाग्यो ।

अस्ति एउटा कार्यक्रममा मैले एउटा कम्प्युनिस्ट नेता भेटें र त्यसैबीच, राष्ट्रपति भवनमा उहाँको भाषण सुन्ने मौका पाएँ । साइडमा बसेर मैले सुन्दै गर्दा, उहाँले मेरो गीतको उदाहरण पनि दिइराख्नुभयो । मेरो गीतले मलाई नेताहरू समक्ष पनि पहिचान गराउने अवस्था बनाएको रहेछ । यो अनुभव अचम्मको लाग्यो । अन्य कलाकारहरूजस्तै विद्या भण्डारीजीले पनि मेरो गीत सुनेर मन पराएको अनुभव साझा गर्नुभयो ।

मलाई त हिसिला यमीजीले फोन गरेर आफ्नो अनुभव सुनाउँदाको पल,

“हिजोको कार्यक्रममा तपाईंको गीत सुनेर म धेरै टच भएँ, रातिसम्म पनि त्यो गीतको प्रभाव रह्यो । धन्यवाद, यस्तो मिठो गीत सुनाउनुभयो”,

भन्नुभएको याद आउँछ । यी प्रतिक्रिया सुन्दा साँच्चिकै गर्व लाग्छ । यस्तो अनुभूति जब तपाईंको गीतले अरूको जीवनमा सकारात्मक प्रभाव पार्छ, त्यो अमूल्य हुन्छ ।

पुरस्कार र सम्मानको कुरा गर्दा, पक्का नै कुनै व्यक्ति पुरस्कार नपाएमा निराशा अनुभव गर्न सक्छ किनभने उसले धेरै योगदान गरेको हुन्छ तर कसैले त्यसलाई देखेन भने एक किसिमको वञ्चना महसुस हुन्छ । तर, त्यसको विपरीत, हामीले हालै राष्ट्रिय स्तरको पुरस्कार

पाएका छौँ-प्रज्ञा पुरस्कार । सरकारी तर्फबाट पनि सम्मान पाउँदा खुशी लाग्छ र समाजका विभिन्न तहबाट सानो-सानो सम्मान प्राप्त गर्नु पनि धेरै अर्थपूर्ण हुन्छ ।

सन्तुष्टि केवल ठूलो पुरस्कारमा मात्र हुँदैन । सानो-सानो ठाउँमा जाँदाखेरि पनि, जहाँ मानिसहरूले माया देखाउँछन्, चिन्छन्, र तपाईंको राम्रो कामको कदर गर्छन्, त्यो सानो “स्याबासी” धेरै ठूलो सम्मानजस्तो लाग्छ ।

मेरो मनमा दुई-तीन यस्ता अनुभवहरू अति नै यादगार छन् । तीमध्ये एउटा सिटी हलमा भएको कार्यक्रमसँग जोडिएको छ । त्यहाँ एक बहिनी ब्याकस्टेजमा आएर भन्नुभयो, “दिदी, मैले तपाईंलाई एउटा उपहार दिन चाहेको छु । भ्रामाबाटै सम्झेर ल्याएकी हुँ ।”

त्यसपछि पछि स्टेजमा बोलाउँदा उहाँले लिफाफामा पच्चीस रुपैयाँ राखेर दिँदै भन्नुभयो, “मसँग धेरै पैसा छैन, कृपया माइन्ड नगरी लिनुस् ।”

उहाँको त्यो सानो सम्मानले मलाई गहिरो भावले छुन गयो । अभ्रै पनि त्यो पच्चीस रुपैयाँ मैले सुरक्षित राखेको छु ।

अर्को अनुभव अमेरिकामा भयो । कोलोराडोमा प्रोग्राम गर्दा, एमसीले मलाई बोलाएर भन्नुभयो, “दिदी, तपाईंलाई एउटा गिफ्ट छ ।” स्टेजमा बोलाउँदा, मैले खाम भित्र ५०० डलर पाएँ, मलाई लिन अप्ठ्यारो लाग्यो । अभ्रै पनि मलाई अचम्म लाग्छ-कसले, किन यस्तो सम्मान दिनुभयो । मदन दाई, हरिवंश दाई सँगै हुनुहुन्थ्यो, उहाँहरूले राख्नुभयो, “सम्झेर माया गरेर दिनुभएको हो, त्यसमा फरक पर्दैन ।”

यी अनुभवहरूले मलाई सिकाएको छ कि सम्मान र माया केवल पैसामा मात्र होइन । मानिसहरूले सम्मान र सादर माया देखाउँदा, त्यो वास्तविक मूल्यवान् हुन्छ । पुरस्कारको ठूलो मूल्यभन्दा पनि, सानो सम्मानले गहिरो छाप छोड्छ ।

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Celestial Insights (October – December 2025)

RENEWED MOTIVATION, FRESH OPPORTUNITIES & BOLD TRANSFORMATIONS ARE ON THE HORIZON.

As the year draws to a close, planetary alignments inspire action, courage, and decisive change. This is a time to embrace growth, chase ambitions, and set the tone for the future. While Sagittarius, Capricorn, and Scorpio lead the way, every sign can harness this energy to achieve personal breakthroughs. Here's what the cosmos have in store for each zodiac:



Aries Mar 21st - Apr 19th

As the year winds down, Jupiter's energy encourages strategic yet bold moves. Late November brings opportunities to finalise investments made earlier. Avoid year-end splurges and keep your eyes on ventures with growth potential in 2026.



Taurus Apr 20th - May 20th

With Jupiter firmly in your sign by this quarter, October and November are ideal for real estate transactions or securing valuable assets. December favours steady savings and refining your budget for the year ahead.



Gemini May 21st - Jun 20th

Your networking skills peak in November, opening doors to collaborations and joint income projects. October favours short-term ventures, while December calls for reviewing and diversifying your financial portfolio.



Cancer Jun 21st - Jul 22nd

Saturn's stabilising influence pushes you to consolidate your finances. October is ideal for boosting your emergency fund. In December, avoid risky year-end investments—security over speculation will serve you well.



Leo Jul 23rd - Aug 22nd

Opportunities for profit arise through social and professional networks in October. November favours reinvesting gains into creative or personal passion projects. By December, review partnerships and set new financial goals.



Virgo Aug 23rd - Sep 22nd

Your sharp analysis will help you spot unusual opportunities this quarter. October is prime for research, November for cautious entry into new investments, and December for adjusting strategies to reduce risk.

COSMIC TIP: FOCUS ON STABILITY, PLAN STRATEGICALLY, AND TURN 2025'S FINAL QUARTER INTO A SPRINGBOARD FOR LONG-TERM FINANCIAL GROWTH.



Libra Sep 23rd - Oct 22nd

Venus boosts your charm in negotiations this quarter. October is strong for artistic or luxury markets, November for collaborative ventures, and December for securing long-term financial commitments.



Scorpio Oct 23rd - Nov 21st

Birthday season heightens your determination. October is best for clearing financial clutter. November favours exploring hidden or niche opportunities, while December calls for building stable income sources for the year ahead.



Sagittarius Nov 22nd - Dec 21st

As Jupiter boosts your sector of knowledge, October is perfect for skill-based income growth. November rewards ethical, value-driven investments. December brings clarity on where to focus your wealth-building energy in 2026.



Capricorn Dec 22nd - Jan 19th

Year-end Saturn energy keeps you focused on stability. October suits low-risk investments, November favours disciplined savings, and December calls for patient, long-term planning rather than quick profits.



Aquarius Jan 20th - Feb 18th

October sparks fresh ideas for innovative income streams, especially in tech or community projects. November encourages collaboration, while December is for refining bold plans into realistic, actionable goals.



Pisces Feb 19th - Mar 20th

Saturn encourages strategic thinking. October is ideal for mapping financial goals, November for tapping into creative income sources, and December for making intuitive yet grounded investment choices.

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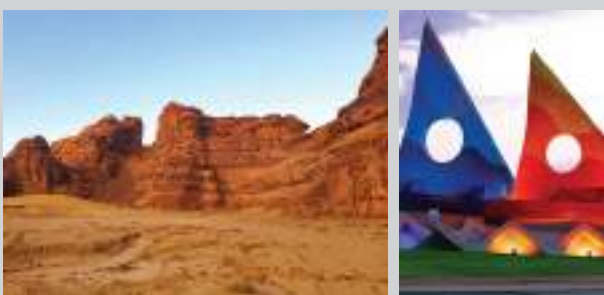
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