



NEWSLETTER

31st July, 2024

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DISTRICT PRESIDENT'S MESSAGE

Dear Leo Members,

It is my great pleasure to send my best wishes to all the clubs of Leo District Council 325 G, Nepal, as a District President while embarking on this adventure together—our very own monthly newsletter. This platform will help in sharing our achievements, ideas, and upcoming events. It will also stand to show Unified Strength that we put in under this year's theme.



Through these same pages, we will communicate every month, celebrating our collective achievements and encouraging each other to reach even greater heights. Let this newsletter reflect our dedication, passion, and limitless potential that has been joined together in service within this district.

I would like to encourage each and every one among us to build this newsletter with stories and experiences that express the heart and soul of our clubs. Let this be an inspiring and engaging read for all, strengthening bonds of camaraderie and cooperation. Special thanks to Leo Rukesh Basukhala and Leo Deewas Bade for designing, Leo Sumina Awa for editorial support, and the secretariat team. I also extend my gratitude to everyone involved, directly or indirectly, in making this newsletter possible.

With much enthusiasm and dedication, together we move on to make our impact resound not only within our communities but beyond.

With unified strength, and warm regards,

Leo Rikesh Karmacharya
District President
Leo District Council 325 G, Nepal

DISTRICT HANDOVER AND OFFICER'S SCHOOLING



BEST CLUB OF THE MONTH



BANEPA LEO CLUB

Beginning the Journey as the President of Banepa Leo Club which was recognized as a 'Best Club of Tenure' in L.Y. 2023/24 and continuing the legacy with the prestigious title of **'Best Club of the Month'** of Leo District Council 325G Nepal has been the great start and also getting to share the title with the Sister Club Kabhre Banepa Leo Club is like cherry on the top. This achievement is a reflection of relentless dedication and the collective effort of all members of Banepa Leo Club. I would also like to express my gratitude towards Leo District Council 325G family for this recognition.

KABHRE BANEPA LEO CLUB

As President, I am delighted to express my sincere gratitude to Kabhre Banepa Leo Club team for your unwavering dedication and outstanding efforts, which led to our being named as **'Best Club of the Month'**. This prestigious recognition is a testament to your hard work and collaborative spirit. I also extend my heartfelt thanks to Leo District Council 325 G,Nepal team for honoring us with this award. Your support and acknowledgment have been vital to our success. Together, let's celebrate this achievement and continue to pursue excellence with the same passion. Thank you all for making this possible.



WHY THE BEST CLUB OF THE MONTH ?

The activity was successfully carried out through the combined efforts of Banepa Leo Club and Kavre Banepa Leo Club in coordination with the school's administration resulting in the direct benefit of at least 8 students, where they secured Scholarships through recommendation. We also thank the School Administration and family for closely working with both Leo Clubs and helping them identify children from marginalized backgrounds.

Both clubs have also expressed their commitment and are dedicated to maintaining this educational support program as an ongoing tradition. Their aim is to ensure the legacy of fostering education which is preserved through each leadership term. This continuous effort will reinforce the Club's dedication in strengthening the community by empowering future generations. Together, they have been able to directly aid at least eight students and help bring positive changes in the community.

We, LDC 325G congratulate all the scholarship holders and wish them the best in their future endeavors.



LIST OF PROGRAMS

REGION 1

Kathmandu Radiance Medical Science

SN	Program Name	Program Date	Event Type	Submission Date
1	Youth in Leadership	3rd July	Fellowship	13th July

Kathmandu Bright Vision

SN	Program Name	Program Date	Event Type	Submission Date
1	Hunger Relief Program	5th July	Service	22nd July
2	Tree Plantation	6th July	Service	22nd July
3	Online Poem Competition	8-14 July	Fellowship	23rd July
4	Appreciation and Award Ceremony for Online Poem Competition	17th July	Service	23rd July
5	Rising Strong	24th July	Service	25th July

Kathmandu Sunrise

SN	Program Name	Program Date	Event Type	Submission Date
1	Heritage Cleaning Program	1st July	Service	21st July
2	Hunger Relief Program	2nd July	Service	21st July
3	Hygiene and Hair Cut	4th July	Service	21st July
4	Eye Camp and Sports Kit Distribution	5th July	Service	21st July
5	Fellowship Hike of Newly Appointed Officer	5th July	Fellowship	21st July
6	Board Orientation and Fellowship Planning	6th July	Fellowship	21st July
7	Drama Screening	10th July	Fellowship	22nd July
8	4th Annual General Meeting	13th July	Meeting	22nd July
9	Free Dental, Eye and General Health Checkup	18th July	Service	22nd July
10	Game Developer	25th July	Service	25th July
11	Game Developer Workshop Day 2	26th July	Service	26th July
12	Movie Screening	27th July	Service	27th July

REGION 3

Banepa Leo Club

SN	Program Name	Program Date	Event Type	Submission Date
1	Charter Night Celebration	1st July	Fellowship	8th July
2	Blood Donation Program	2nd July	Service	8th July
3	Heart Checkup camp and wheel chair Handover	6th July	Service	9th July
4	Prasad Distribution Program	8th July	Service	11th July
5	Scholarship and Stationery Distribution Program	10th July	Service	12th July
6	Heritage Cleaning	19th July	Service	21st July
7	Friendly Futsal Match	28th July	Fellowship	30th July
8	Shrawan 15 (Kheer Khaney Din Celebration)	30th July	Service	31st July

Banepa City Leo Club

SN	Program Name	Program Date	Event Type	Submission Date
1	Hunger Relief Program	1st July	Service	13th July
2	Sanitary Pad Distribution Program	2nd July	Service	13th July
3	Heritage Cleaning Program	3rd July	Service	13th July
4	Tree Plantation Program	4th July	Service	13th July
5	Diabetes Screening Program	5th July	Service	13th July
6	Blood Donation Program	6th July	Service	13th July
7	Art Competition Program	7th July	Service	13th July
8	Region III Fellowship Hike	27th July	Fellowship	31st July

Kabhre Banepa Leo Club

SN	Program Name	Program Date	Event Type	Submission Date
1	Farewell "A Beginning of New Journey"	2nd July	Fellowship	2nd July
2	Blood Donation Program	2nd July	Service	2nd July
3	Heart Checkup camp and wheel chair Handover	6th July	Service	7th July
4	Scholarship and Stationery Distribution Program	7th July	Service	7th July
5	Scholarship Distribution for SEE pass students	12th July	Service	23rd July

Panauti Leo Club

SN	Program Name	Program Date	Event Type	Submission Date
1	Club Handover Program	1st July	Fellowship	10th July
2	Blood Donation	6th July	Service	10th July
3	Organizing and Inspecting Street Plants with a Mini Hike	7th July	Service	10th July
4	Region III Fellowship Hike	27th July	Fellowship	29th July

REGION 2

Leo Club of Bhaktapur Suryabinayak

SN	Program Name	Program Date	Event Type	Submission Date
1	Dental Camp and Oral Hygiene Kits Distribution	13th July	Fellowship	14th July
2	Hunger Relief and Stationery Distribution	26th July	Service	26th July
3	Kora 2024 Bhaktapur- Community Partnership and Volunteering Program	20th July	Service	30th July
4	Magic Meal Kheer	30th July	Service	30th July
5	Friendly Futsal	31st July	Fellowship	1st August

Leo Club of Bhaktapur Kedareshwor

SN	Program Name	Program Date	Event Type	Submission Date
1	5th Annual General Meeting	13th July	Fellowship	22nd July
2	Shrawan Mehendhi Program	27th July	Service	29th July

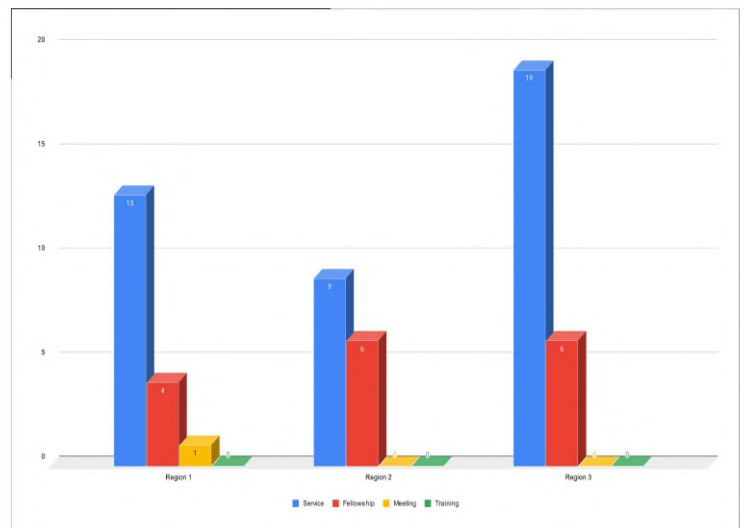
Leo Club of Bhaktapur Real Tech

SN	Program Name	Program Date	Event Type	Submission Date
1	3rd Annual General Meeting	4th July	Fellowship	21st July
2	Blood Donation Program	6th July	Service	21st July
3	Volunteer for Cycle Kora 2024	20th July	Service	21st July
4	Board Announcement and General Meeting	27th July	Service	28th July
5	Friendly Futsal	31st July	Fellowship	1st August

Leo Club of Bhaktapur Namaste

SN	Program Name	Program Date	Event Type	Submission Date
1	Blood Donation Program	27th July	Service	28th July
2	Magic Meal Kheer	30th July	Service	30th July
3	Board Announcement, Hand Over and Award Ceremony	13th July	Fellowship	1st August

GRAPH OF SPA



NUMBER OF PROGRAMS FROM REGIONS

	Service	Fellowship	Meeting	Training	Total
Region 1	13	4	1	0	18
Region 2	9	6	0	0	15
Region 3	19	6	0	0	25

BEST PROGRAM FROM REGION 1

RISING STRONG PROGRAM

The Rising Strong program benefited students that were seeking emotional support, guidance & the platform to share their challenges.

This project was accomplished by the active interaction of the students, with the NLT psychiatric. "Rising Strong" was a motivational session that taught the participants how to express their stories, overcome adversity, and transform their struggles into resilience that emphasized the importance of exposure, emotional honesty. This program benefited Leo affiliated individuals as well as non Leos which increased fellowship and benefited the youth and society.



BEST PROGRAM FROM REGION 2

HUNGER RELIEF PROGRAM

On Shrawan 15, Leo Club of Bhaktapur Real Tech and Leo Club of Bhaktapur Suryabinayak collaborated to conduct a Hunger Relief project at Swarga Children's Home, a non-profit organization that helps differently abled children. The program started around 2 pm at the specified location. The program was also attended by The Chairperson of Hunger Relief Committee, Leo Shraddha Poudel. The club members volunteered to prepare kheer and was followed by a small musical session for refreshment.

BEST PROGRAM FROM REGION 3

SCHOLARSHIPS AND STATIONARY ITEMS DISTRIBUTION PROGRAM

For the Month of July 2024, I would like to recommend "Scholarships and Stationary Items Distribution" program at Shiksha Sadan Secondary School, Banepa, organized by Kabhre Banepa Leo Club on 7th July 2024 and Banepa Leo Club on 10th July 2024.

The program supported financially challenged and disadvantaged children by providing stationery items and scholarships to continue their further studies. The program conducted by Kabhre Banepa Leo Club benefitted five students – three from Grade 8 and two from Grade 9 and the program conducted by Banepa Leo Club supported 3 needy students each of grade 8, 9 and 10.



SAMPLE REPORT

Lions International
Leo District Council 325 G, MD 325, Nepal
Treasurer Report for the month of July
L.Y. 2024-25

Administrative Account			
Expenses/Expenditure	Amount (Rs.)	Income	Amount (Rs.)
To Minute	200	By Board Don	5000
To Stationery	4000	By Sponsor from Shri Chandri Furniture	5000
To Appointment Letter	1525		
To Stamp (6 nos)	1500		
District Handover and Club Officers' Schooling			
To Venue Charge	91225		
To Printer	2100	By Registration	110000
To Token of Love	8495	By Fine Collection by Sathidar	1600
To Killing	6100		
To Photographer	10000		
To Training Material	5000		
To Banner	1140		
To Certificates	2700		
To Coupon	930		
To Miscellaneous	4010	By balance old (Loss)	29375
Total	139975	Total	139975

Service Account			
Expenses/Expenditure	Amount (Rs.)	Income	Amount (Rs.)
By balance old			
Total	0	Total	0

Prepared by:

Leo Bijendra Karmacharya
District Treasurer
Leo District Council 325 G
L.Y. 2024-25

Approved by:

Leo Anil Kumar Karmacharya
Joint Treasurer
Leo District Council 325 G
L.Y. 2024-25

Leo Purna Lama
Joint Treasurer
Leo District Council 325 G
L.Y. 2024-25

Leo Rakesh Karmacharya
District President
Leo District Council 325 G
L.Y. 2024-25

Treasurer Report Sample

SUCCESSFUL LEO CLUB PROJECT/ACTIVITY REPORT

Upon completion of a significant community service project or activity, Leo clubs can submit this form and any photos available to: Lions Clubs International, Youth Programs Department, 300 W 22nd Street, Oak Brook, Illinois 60523-8842, USA, or fax: +1 630 571 1692 or e-mail: leo@lionsclubs.org. Send a copy of this report to your sponsoring Lions club and district Leo Club chairperson. Please type or print clearly.

LEO CLUB NAME: Leo District Council 325 G, Nepal

City: Kathmandu Country: Nepal
State/Province: Bagmati

Leo Club ID Number: 123456 Leo District: 325 G Leo Multiple: Leo Multiple
District: 325 Nepal

Name of Leo Club : Leo District Council 325 G, Nepal
Officer Submitting Report: Leo Pratibha Taladhari
E-mail: taladharp@pratibha5@gmail.com
Phone: 9841481572
Leo ID: 5954832

Leo Club Advisor/Chairperson: Lion Bijendra Pakwan
E-mail: bijendra.pakwan@gmail.com
Phone: 9841200327

Sponsoring Lions Club Name: Lions District 325 G, Nepal
Lions Club ID Number: 546789

Project/Activity Description:
Project/activity name: District Handover and Club Officers' Schooling
Date(s) of project/activity: 20th July, 2024
Location of project/activity: Naya Baneshwor, Maitri Hall, Kathmandu
Program Category Fellowship/ Service/Training: Fellowship and Training

SPA Sample Page 1

- Did the project address any of the Global Causes? (Vision/ Youth/ Disaster Relief/ Humanitarian Efforts/ Diabetes/ Childhood Cancer/ Hunger/ Environment/ Others.)
- Others
- Why was the project/activity organized?
- The program was organized to facilitate a smooth transition of leadership and to ensure that new club officers are well prepared for their roles. The handover ceremony marks the official transfer of responsibilities from outgoing to incoming district officers, promoting continuity and acknowledging the contributions of the previous leaders. The Schooling Program aims to train new officers, equipping them with the necessary skills and knowledge to effectively manage their clubs, understand their duties, and enhance the overall performance of the Leo District Council 325 G, Nepal

Who benefited from the project/activity?
= As New Club Officers received training to understand their roles, responsibilities, and the skills needed to manage their clubs effectively, I believe that New Club Officers as well as Outgoing officers, Club Members and Leo District Council 325 G, Nepal, family benefited from this Program.

How was this project/activity accomplished?
= The Program was accomplished through:

- Handover Ceremony: Officially transferring responsibilities from outgoing to incoming district officers
- Training Sessions: Conducting workshops and training sessions of President, Vice President, Secretary and Treasurer to equip new club officers with necessary skills and knowledge.
- Workshops: Providing practical guidance on club management, leadership, and operational best practices.
- Networking Opportunities: Facilitating interactions among officers to share experience and build a support network.
- Training session: Provided training session with specific emphasis on teamwork, aligning with the theme of our presidency, "UNIFIED STRENGTH".

Summary of project/activity events:
Leo District Council 325 G, Nepal presented its First Formal Event for the Term, **District Handover and Club Officers' Schooling at Indreni Banquet, Maitri Hall, New Baneshwor on July 20th, 2024**, with Lion Dr. Kamal Bahadur Kayastha as our Chief Guest (District Governor-Lions District Council 325 G). This program included

SPA Sample Page 2

a handover ceremony to transfer leadership responsibilities, training sessions and workshops to equip new officers with essential skills and knowledge, networking opportunities for sharing expenses, and distribution of resources to support the officers in their roles. The program aimed to ensure a smooth leadership transition and enhance the effectiveness of club management. We were so pleased to see all the participants from different clubs. Appreciating their presence, we would like to also acknowledge all the organizing teams and the fellow Leos participation to create a remarkable beginning of the Lionistic Year 2024-2025.

Event Photographs:

SPA Sample Page 3

SPA Sample Page 4

Prepared By,
Pratibha
Leo Pratibha Taladhari
District Secretary
LDC 325 G, Nepal
L.Y. 2024/25

Approved By,
Rakesh
Leo Rakesh Karmacharya
District President
LDC 325 G, Nepal
L.Y. 2024/25

SPA Sample Page 5



SAMPLE REPORT

Lions Clubs International
Leo District Council 325-G, MD 325, Nepal L.Y. 2024-2025
MONTHLY PROGRESS REPORT

Leo Club:	Leo Club of XYZ	Sponsored by:	Lion Club of XYZ
A. MEMBERSHIP REPORT		C. MEETING HELD	
I. Members from the last report - 35		I. Board Meeting - 3	
II. New members - 10		II. % of attendance-90%	
III. Dropped Members - 0		III. Regular Meetings- 1	
IV. Total Members - 45		IV. % of attendance- 60%	
B. LEO FOUNDATION OF NEPAL		REPORT FOR THE MONTH OF JULY	
I. Previous Members		DATE RECEIVED (Official Use)	
II. New LFON Members			
III. Total LFON Members			


1. Meetings: -

- On 5th July, Leo Club of XYZ conducted its General meeting at Club Room, Location.
- On 10th July, Leo Club of XYZ conducted its Virtual Board Meeting via Google Meet.
- On 28th July, Leo Club of XYZ conducted its Virtual Board Meeting via Google Meet.

2. Participation: -

On the Month of July, Leo Club of XYZ participated in District Handover and Club Officer's Schooling Program organized by Leo District 325G, Nepal.

MPR PAGE 1



The International Association of Lions Clubs
Leo Club of XYZ
Sponsored by
Lions Club of XYZ
Leo District 325 'G', MD 325 Nepal
Quarterly Report from July to September
Quarterly Report (L.Y. 2024/25)

Dear Lions & Leos,

We are pleased to submit the quarterly report of July – September of XYZ, Leo Club, on various activities conducted during the period from July to September. Details of the activities are given below for your information and record.

1. Activities/Programs:

- 3D Innovation Unleashed:** The event was organized to foster innovation and creativity among the youth by introducing them to the world of 3D technology. It aimed to inspire and educate participants about the potential of 3D in various fields. Collaborating with Dreams Animation Academy & Rotaract Club of XYZ, the event provided a platform for knowledge sharing and networking.
- Mehendi Competition:** Holy Month of Shrawan which is associated with color Green and is celebrated with women decorating their hands with Mehndi. So, On the Shrawan 19th Saturday (3rd August 2024), the Lions Club of XYZ and XYZ Leo Club jointly organized "Mehendi Competition" at Specified Location. It is the signature Event of XYZ Leo Club and is organized annually.

2. Participations:

- Friendly futsal tournament organized by Leo Club of XYZ.
- Game Development Workshop organized by Leo Club of ABC.

QPR Sample Page 1

3. Programs and Activities: -

Leo Club of XYZ successfully organized 4 different programs in the month of July 2024.

a. Service Programs:

- Blood Donation Program**
A successful blood donation program was organized by the Leo Club of XYZ, in partnership with the Lions Club of XYZ and the Red Cross Society. Held at the Pasakhalu Complex near "specified location". 12 individuals generously donated blood, including two O positive donors. All blood was collected safely.
- Inspection of Plants and Mini Hike**
In a collaborative effort to promote healthy living and environmental consciousness, the Leo Club of XYZ, in conjunction with the Lions Club of XYZ, organized a community program. A total of 11 members undertook a mini-trek commencing at "a specified location". This endeavor serves as a testament to the clubs' unwavering dedication to the welfare of their community.

b. Fellowship Programs:

- Board Handover**
The Leo Club of XYZ concluded a formal club handover program in partnership with Lions Club of XYZ. The new club term began officially. Twenty-six members attended. New officers received club materials, duties, and encouragement. Lions Club members shared insights to guide the 2024/2025 tenure.
- Region III Fellowship Hike**
On July 27, 2024, around 24 Leos enjoyed a day hike to "a specified location". The event included a temple visit, hiking, lunch, games, and photos. The day fostered camaraderie and strengthened the Region.

MPR PAGE 2

3. Meetings:

- Board meeting : 3
- General meeting : 2

Prepared By:

Pantibha
Club Secretary
Leo Club of XYZ
L.Y. 2024/25


Approved By:

Pantibha
Joint Secretary
Leo Club of XYZ
L.Y. 2024/25

Rikesh
President
Leo Club of XYZ
L.Y. 2024/25

QPR Sample Page 2

Attached Photos:



Prepared By:

Pantibha
Club Secretary
Leo Club of XYZ
L.Y. 2024/25

Approved By:

Pantibha
Joint Secretary
Leo Club of XYZ
L.Y. 2024/25

Rikesh
President
Leo Club of XYZ
L.Y. 2024/25

MPR PAGE 3



LEO AARYAN SWAMI THAPA

नेपाली भाषा

संस्कृतको 'भाष' धातुमा 'आ' प्रत्यय लागेर बनेको भाषाको व्यत्ययपतिमूलक अर्थ स्पष्ट भन्ने हुन्छ। संस्कृतमा 'भाष' धातुको अर्थ बोल्नु हो यस अर्थमा जे बोलिन्छ त्यो भाषा हो, र भाषाको थालनी विचार विनियमको आवश्यकताबाट भएको हो।

संस्सारमा १० भाषा परिवारको करिब ६ हजार भाषाहरु बोलिन्छन् तीमध्ये नेपाली भाषा भारोपेली भाषा परिवारको एक महत्त्वपूर्ण भाषा हो। भारत र युरोप दुबै क्षेत्रमा भोलिने हुनाले यस भाषा परिवारको नाम भारोपेली रहन गयेको हो।

इसाको १००० देखी यता नेपाली भाषाका विकास भएको मानिन्छ। यसको उत्पत्ति कुमाउनी, गढवाल, भाषा जस्तै हिमाली भेगका खस वर्गका पहाडी भाषाबाट भएको मान्यता छ। खोज अनुसन्धानका क्रममा नेपाली भाषाका सवर्प्रथम लेख्य रुप दैलेखको दुल्लुमा वि.सं १०३८ मा पाइएको शिलालेखलाई मानिन्छ। सोही प्रमाणलाई नेपाली भाषाको पहिलो प्रमाण र 'गौरखापत्र' को प्रकाशनदेखि हालसम्मको अवधि नेपाली भाषाको आधुनिक काल मानिन्छ। यस अवधिमा नेपाली भाषा सबै भाषिक समुदायका बीच साझा माध्यम बनेको छ र अहिले नेपालमा नेपाली भाषा मात्र नभएर नेपालको संविधान २०७२ को धारा ३२, भाषा तथा संस्कृतिको हक भित्र "प्रत्येक व्यक्ति र समुदायलाई आफ्नो भाषा प्रयोग गर्ने हक हुनेछ।" भनी उल्लेख गरिएको छ। यसले नेपाल भित्र प्रयोगमा भएका सबै भाषालाई औपचारिक कानुनी मान्यता दिएको हुँदा हाम्रो संस्कृति जोगाउन सहयोग गरेको छ।

WINNER OF POEM COMPETITION



Leo club of Kathmandu Bright Vision



ति दिन आउने छन् आमा

हातका ति फोका अनि चिरिएका सुट्टाले एकदिन राखत पाउने छन् आमा.....
फाटेको सारी अनि तड्किएको मनले मलमपट्टी लाउने छन् आमा.....
तिम्रा ति संघर्ष र तिमीले रोपेको बिज एक दिन पक्कै हुकिने छन् आमा.....
तिम्रो त्यो फुटपट्टीको रोदन नजिकै बाट देखेर महसुस गरेको छु।
ति दिन आउने छन् आमा जब तिमि हास्ता यो मन हास्ने छ तिमीले आफु सावी शन्तान हुर्काएको याद छ आमा.....
तिलहरी बेची दाईलाई बाइक अनि बैनीको फी तिरको कर्हो भुल्ल सक्छु र??
त्यो दिन आउने छ आमा जुन दिन गर्वका साथ यो मेरो शन्तान हो भन्ने छेउ।
त्यो दिन आउने छ जुन दिन आँखाबाट केवल सुखका आसु झर्ने छन् आमा.....
आरिस गर्नेका आँखा बाल्ने छन् खुष्टा तान्नेका चित चिता हुने छन्.....
त्यो दिन आउने छ आमा जुन दिन कुनै गुनासो पोख्न दिने छैन रोदनका दिन नआउलान भन्दिन आमा,
तिमि केवल आफ्नो सारीको सफाले आँसु पुछिदितु अग्रसर यी पाइला बिमुख भए हात डोर्थाई दिनु.....
फलनाकि आफैले कान भरिदितु मन चस्स होला आमा तर तिमि बिश्वासको डोरो चुड्न नदिनु किनकि त्यो दिन आउने छ आमा ॥

- इच्छा चन्द



LOST SOUL

Lost in endless night, a soul adrift,
Feeling alien under morning's lift.
Smiles mask a heart deeply torn,
In silent screams, a soul is reborn.

Always disconnected, always apart,
A mind fractured, a fragile heart.
Searching for a place to belong,
In a world where clarity feels wrong.

Who am I? A question that haunts,
In restless nights, where peace daunts.
A shadow amidst a bustling room,
A flower that struggles to bloom.

Yet in darkness, truths slowly unfold,
A tale of sorrow, quietly told.
Through brokenness, glimpses of light,
A shared struggle, hidden from sight.

No longer just human, yet striving on,
In pain and loss, we find the dawn.
In every tear, a flicker of hope,
Together, learning to cope.

-Oskar Bhandari



नेपालको गौरव

- विस्मिता तिमलिना

सगरमाथा माथमा विर्छ मेरो देव हंसिको
हिमालको टुपको धारा पिएर देव बंकिंको।
घन्र सूर्य अग्नित रुक्मा बोकी मानचित्र
हिमाल, पहाड, तराई देवको मुटुमि।।
मेरी, कोपी, सेती, काली कर्णालीको वीर
आपने रगत बने जस्तो आफ्नो मुटुमि।।
अमरसिंह, ब्रह्मभद्र वीरको गीत गाएर
तुम्हिनीमा गौतममुकुट किर्छमा पासार्ड पाए।।
दौरा सुनवाल टाका टोपी नेपालीको मनमा
एकसिरो मेडा, डकिमुनाल देवको वनमा।।
दसे, सिहार, छठ, श्लोकार हाको चाडपर्व
पशुपतिनाथ, मुक्तिनाथ सबै साधु गर्द।।
चाहे चुकोस निलो आकाश हुन्ने छैन मेरो देव
नासायानी, कासायानी, मेरो देवको अवरोध।।
देवको नसा नसामा वीर पुर्खाको रगत
सुन्दर, चान्त, विद्याल मेरो प्यारो जगत्।।
खुकुरी र सारिगुरसि चाहे देवमा पाए
भुङ्कटी र सीताको गोरवको गीत गाए।।
स्वाधियानी हे नेपाली वीरको नाम सिन्धु
परि आए देवको सारि तिमीले बलि दिनु।।



!!!



चेली

हामी चेली,
सानै देखि सानोनामा देखिएकी,
पछिने देखिने समाजमा हेरिएकी,

गर्व देखि नै छोरी भनी फाल्छौ हे सेजेर,
भोति कहलबाट त्यारछौ लक्ष्मी बुझी खोजेर,

साँघो बोन्दा भिन्न बन्दी बोलेकी भन्नु हामीलाई,
नबोली त अन्यायमा रहनुपर्छ सबैलाई,

भन्ने घरको लक्ष्मी भन्नु हामीलाई,
तर लक्ष्मीको बेला किन अचुड मान्नु हामीलाई,

पर व्यवहार मात्र गर्दा सोपदा र जोकात सोच हुनु हामीलाई,
केही गर्न अघि बढे घरको संस्कार किन भन्नु हामीलाई,

एउटै कोखमा जन्मे पनि उपहारसो फरक घर जान्छौ हामी,
बुझ्दारी बनी भित्रिए पनि टढाबोको दालिजो हामी,

गरीबीको पिडासो भैपनि चेली हामी,
आफ्नो अस्तित्व जोगाउन अस्ति भई बाच्ने हामी,

अहिले सम्म पाएका छौ उपहार र ३ प्रतिशत,
अब छिटै पाउनुपर्छ चेलीले ५० प्रतिशत,

नभोगेसु कुनै चेलीले पिडा निर्मल पक्कै जस्तो,
अन्यायमा परेर मर्नुने चोट कस्तो,

जति चेली जन्मनु सारसो बब सकोस्,
छोरी चेलीको जन्मसे यो देश र जनताले गर्व गर्न सकोस्।।।

Rasmi kaspal

MEMORABLE MOMENTS



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