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संगालो

SANGALO

NEPALESE COMMUNITY OF HAMPTON ROADS PUBLICATION

EDITORIAL TEAM

EDITOR-IN-CHIEF

DRONA TRITAL

EDITORS

DR. RADHA KC
GANDHI BASNET
DIPENDRA BASNET
ADITYA THAPA



Note from the Editor-in-Chief



Namaste and Happy Nepali New Year 2083!

It is my great honor to serve as the Editor-in-Chief of the *Sangalo Newsletter*, a publication of the Nepalese community of Hampton Roads. I am very happy to be part of this meaningful project that brings our community together and helps us share our stories, events, and creativity.

Although our Nepalese community here is not very large, we are very active and united. Throughout the year, we celebrate many events such as the New Year picnic, Holi, Dashain, Mahaprasad, and organize important activities like blood donation drives. One of our proudest achievements is the Nepali Pathshala, where our children learn the Nepali language and culture.

I want to thank the past leaders who started this organization with great effort and vision. Because of their work, we have a strong and growing community today. I also want to thank our current president, Dr. Radha KC, for bringing new ideas and programs that benefit everyone.

This newsletter is not only for news, it is also a place to share creative works like poems, stories, and articles from both our community and beyond. We especially encourage our children to share their creations. Their voices are important, and we want to support their growth and connection to our culture.

As parents, if we want our children to stay connected with our community, we must show them the way by participating in programs and events ourselves.

Thank you all.

Warm wishes for a happy, healthy, and successful New Year 2083!





Note from the President



Namaste!

Once again, we turn a page in the book of time, as we welcome our New Year 2083!

This is not just a new year for Nepal, but a new beginning in more ways than one! We have seen an unexpected upheaval in power and politics and seen the common man write history. We are testing our faith, our belief in the fundamental ideology of democracy and hopeful that the sacrifices will bring results. As the Nepali diaspora, we are cautiously watching as the new order unfolds its plans and actions, and we pray and hope that this is going to be better and deserving of the blood and tears shed so far. As they say, once a Nepali, always a Nepali. Let us hope that we get to prove our love for Nepal in more meaningful and dignified ways, deserving of the world class talent Nepal continues to bring forth in the form of the brilliant Nepali diaspora spread all over the world!

This is also a new chapter for the whole world, if we look at the larger picture. Geopolitics is chaotic, the future is uncertain at times, and it gets harder to hold on to hope and happiness. This is the time we must count our blessings even more, share our joys with each other even more freely, and focus on the goodness that keeps the world aloft in difficult times. If we all work individually towards making ourselves a better version of who we were yesterday, and find purpose in everyday life, we can collectively create magic. So, hang in there, tighter than before, believe in a better tomorrow, and work for it today!

I wish that our community grows stronger, and moves on with a stronger vision towards that goal!

May 2083 bring good health, prosperity and wisdom to all of us!

Sabai ko jai hos!

Radha KC





उ र म

डालीमा वसेर चुचुरोले पखेटा र खुट्टाहरु कोट्याउदै चुर
चुर गरी बस्ने उ र म ॥

पवनको वहेली संगै तल माथि माथि तल लहराउदै
लहराउदै रमाउने उ र म ॥

वसन्तको गोधुली सांझमा चीर-चीर चीर-चीर नीलो
आकाशमा छीतीज पारी सम्म उड्ने उ र म ॥

अगाडि अगाडी उ भुर्र-भुर्र भुर्र-भुर्र उडीरहदा पछि पछि
वुर्कुसी मादै पछाइ रहने उ र म ॥

आँधीहुरी संगै झरीमा निश्रुक्क भीजेर सपना सजाउदै
डालीमा बसेर गित गाइरहने उ र म ॥

सपनाको पछाडी लागेर अन्धकारमा हजारौं माइल उडेका
उ र म ॥

सन्तानको सपनामा उनीहरुको लक्ष्य पुरागर्न दिनरात,
मेहनतको नङ्गा खीयाइरहेका उ र म ॥

रोग र भोकसँग लडीबुडी गर्दै साहाराबीहीन भै छटपटाइ
रहेका उ र म ॥

बचेरा हरूलाई गुडमा हुर्कायर, टाढा पुगेका उनीहरुलाई,
फेरी फर्कायर आउलान भनी गुडको रक्षा गरी वसेका उ र
म ॥

धन्यवाद ॥

- मुकुन्द अधीकारी

Poem

Nepal Out in South Asia, far in the East,
You'll find Nepal, your favorites, not the
least.

In lies 8 tallest mountains, they're the best,
Including the one and only, Mount Everest!

Different customs, and myriad awesome
foods,

These will put you in the GREATEST of
moods!

Nepal's got a unique flag,

It's so cool, you've got to brag.

The capital of this country is Kathmandu.

It's got awesome places, woo-hoo, woo-hoo!

Go visit this land, Go Nepal anytime,

You'll love it a lot, Nepal is sublime!



Art by Magna Adhikari



नयाँ आशा, नयाँ ऊर्जा र समृद्धिको शुभारम्भको पावन अवसरमा
तपाईं तथा तपाईंको परिवारमा

नयाँ बर्ष 2083 को शुभकामना

नयाँ बर्ष 2083 ले तपाईंको जीवनमा सुख, शान्ति, स्वास्थ्य, समृद्धि
र उत्तरोत्तर प्रगतिको नयाँ आयाम ल्याओस् भन्ने हार्दिक मंगलमय
शुभकामना व्यक्त गर्दछु ।

तपाईंको निरन्तर विश्वास, साथ र सहयोगप्रति हामी
हृदयदेखि कृतज्ञ छौं ।

समृद्धिको यात्रा, सँगै सधैं अगाडि ।

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Importance of Meditation

In a world that feels increasingly fast, noisy, and unpredictable, meditation has become less of a luxury and more of a necessity. The constant stream of information, responsibilities, and uncertainty can easily overwhelm the mind, leaving people feeling anxious, scattered, and emotionally drained. Meditation offers a simple yet powerful way to pause, breathe, and reconnect with inner stability.

At its core, meditation is the practice of awareness. It helps us step back from chaos and observe our thoughts rather than be controlled by them. Even a few minutes of daily meditation can reduce stress, improve focus, and bring clarity to situations that once felt overwhelming. Instead of reacting impulsively, we begin to respond with calmness and intention.

In times of chaos, the external world may remain uncertain, but meditation helps create a sense of order within. It strengthens emotional resilience, allowing us to face challenges with a balanced mind. Over time, it cultivates patience, compassion, and a deeper understanding of ourselves and others.

Ultimately, meditation is not about escaping reality, it is about engaging with it more fully and peacefully. In a chaotic world, it becomes an anchor, reminding us that while we may not control everything around us, we can always find stillness within.

Please join me for the FREE meditation session: tiny.cc/intro-sky

- Gandhi Basnet

Art of Living, Part 1 Volunteer Teacher



दिन खरिदनु छ ।

दिन खरिदनु छ
मंगल, बुध, शुक्र बेचि, पृथ्वी खरिदनु छ
आफु आफैसंग रमने, संसार खरिदनु छ
त्यो मेरो प्यारो शनिवार खरिदनु छ

भन्लाई सातै बार त छ हामीसंग ।
दिनदिनेको जित र हार त छन हामीसंग ,
यहि जित र हार भुलाउने आफनै बिस्तार खरिदनुछ ।
यहाँ , त्यो मेरो प्यारो शनिवार खरिदनुछ ।

- अरुणा कार्की





नारी सम्मान

नारी सम्मान इच्छा होइन,
यो हरेक घरको खॉचो हो ।
एक सुखद, समृद्ध परिवार बनाउन,
चाहिने मूल आधारभुत हो ।
जहाँ नारीको तिरष्कार हुन्छ,
त्यो घर घर होइन, भूत बंगला बन्छ ।
त्यही नारीलाई सम्मान गर्न जाने,
त्यही घर स्वर्ग बन्छ ॥

तिनै नारीको गर्भ बाट जन्मिएका,
तिमी, म, हामी सबै हौं ।
तिनै नारीलाई पक्षपात गर्न,
फेरी किन अधि सछौं ।
किन सम्झिन्छौं,
तिनै नारीलाई गोडाको मैलू,
कति सजिलै भन्छौं,
एउटा छैन त के भो,
ल्याउँछु अर्को बाचुन्जेल ।
नचाइ राख्छु कटपुतली झै,
नचाउन सकुन्जेल ।
जुन घरमा नारीले आंसुको सागरमा डुब्नु पर्छ,
त्यही सागर संगसंगै तिमी पनि,
एकदिन बग्नु पर्छ ।
नारीलाई सम्मान गर्न नजाने,
त्यही घर नर्क बन्छ ॥
त्यो अमृत बराबर हुन्छ ।

फूलमा मात्रै होइन, कंडामा पनि,
हॉसि हॉसि तिमी सँगै रमाउन सक्छ ।
नारीलाई सम्मान गर्न जाने,
त्यही घर स्वर्ग बन्छ ॥

दुनियाँ को नजरमा , बादशाह बनेर के गर्नु,
हजारौं प्रमाणपत्र बटुलेर के गर्नु,
जब नारीको आत्म सम्मान मा,
सदैव ठेसू पुर्याउछौं,
तिमी धनी होइन,
सबैभन्दा निर्धन कहलाउँछौं ।
सबैको आँखाको नानी, बनेर के हुन्छ,
जब तिमी आफ्नै संसार मा,
कोही मरेर बाँची रहेको हुन्छ ।
नारीलाई सम्मान गर्न नजाने,
हरेक घर यहाँ नर्क बन्छ ॥

नारी सहनशीलताको खानी मात्रै होइन,
हुरी बतासू पनि बन्न, पछि पर्दिन ।
त्यसैले, भावना संग खेलने नगर,
सहनशीलताको बाँध फुट्यो भने,
रोकेर फेरि रोक्न सकिन्न ।
जुन घरमा नारी सम्मान हुन्ना,
त्यो घरमा लक्ष्मी पनि बास हुन्ना ।
त्यो घरपनि , अब अभिशाप् बन्छ ।
शनिकै त्यहाँ राज हुन्छ ।
त्यो घर घर होइन,
अब भूत बंगला बन्छ ॥

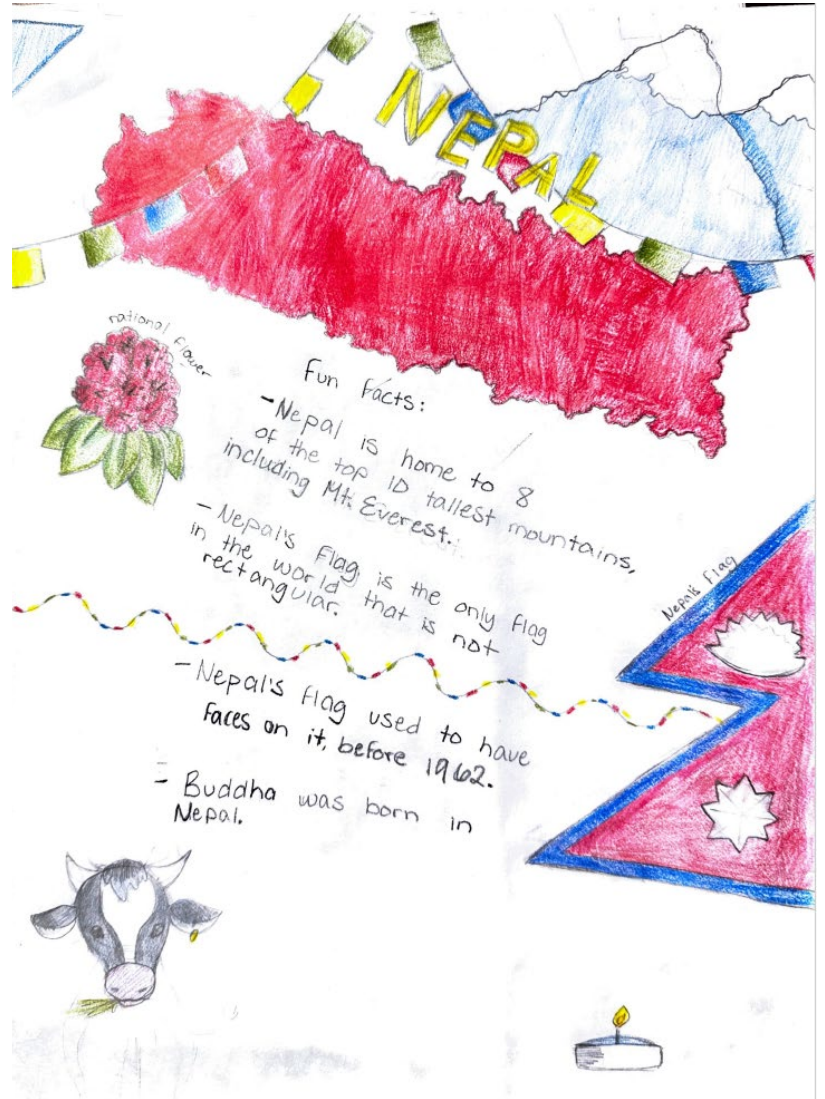
नाम- अज्ञात



नहक्कनु तिमी, तिमी हुनलाई

नहक्कनु तिमी, तिमी हुनलाई,
 जतनले बुनेका तिम्रा लक्ष्यका जुन छुनलाई ।
 बाधा त आउछन नै
 बाधा त आउछन नै ।
 हठ हुनु दारा किट्नु,
 खोस्रनु नङ्गाले अनि पकड्नु ति आशाका तान्द्रा ।
 यति विघ्न कि गर्ज्योश बादल,
 थरथरओस पाताल अनि बर्सियोस अतिविष्टि ।
 डट्नु शालिन पाहाड झै, ताण्डप गर्नु रुद्रकाली झै,
 पकड्नु आशाका तान्द्रा यति विघ्न कि
 जुर्मुरायोस नयाँ पालुवा, भेटिउन नयाँ आयम ।
 अनि तिमी आफ्नै स्वरुप हेरि दङ्ग,
 फेरि भन्दैछु,
 नहक्कनु तिमी, तिमी हुनलाई
 जतनले बुनेका तिम्रा लक्ष्यका जुन छुनलाई ।

- अरुणा कार्की



- Art By Aashi Adhikari

NEXA
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The Importance of Mental Wellbeing

We all are born with a body and a mind. It is important to maintain a healthy body, but far more important is to keep a healthy mind. Why is mental wellbeing so important?

A healthy mind governs our thought process, our actions, our behaviors, and consequently, our personality. Just like we all are microcosms of the Universe, an individual is the basic unit of a society, community, and ultimately, the whole world. If we want to live in a harmonious, prosperous and progressive world, we must start from our own self. We cannot have a healthy body without a healthy mind. As we go through life and its many challenges, it takes a toll on our mind's health. Just like we go to the doctor for our physical ailments, we should also check our minds with a therapist or a counsellor and see if it needs some help.

- *We cannot have a healthy body without a healthy mind.*
- *Just like we go to the doctor for our physical ailments, we should also check our minds with a therapist or a counsellor and see if it needs some help.*
- *Mental illness is not a taboo, but an everyday reality that stares us right in our face when we look at the mirror.*

When a child grows up in a family that resorts to violence, whether verbal, physical or emotional, it normalizes aggression and violence. This leads to a mentally unhealthy personality as the child develops, sometimes completely unaware that this is a problem. Emotionally insecure children grow up to be bullies, narcissistic personalities, or develop a variety of personality disorders. As a result, they cannot sustain a happy personal or professional life. They tend to raise families where their children also grow up normalizing a disturbed mindset. We tend to defend unhealthy mindsets in the name of culture, traditions, faith, superstitions, or simply accepted social norms. That is where we make a mistake!

It is important to recognize that mental health is a very important part of our everyday wellbeing. We can treat mental illness with medications, counselling, behavioral therapy, and a strong support system so that the person can enjoy a normal life and bring out their full potential to live a purposeful life. This will also help to end the vicious cycle of a mentally ill parent raising a mentally ill child. Mental illness is not a taboo, but an everyday reality that stares us right in our face when we look at the mirror. Let us try to recognize our anxieties, our depressions, our addictions, our personality disorders, our autistic and hyperactive tendencies, and with the timely intervention of experts, choose to be better in mind and body. Let us raise awareness that mental health is important, and needs more attention now than ever, to survive these troubled times!

- Dr. Radha KC



Jokes

1. How do trees access the internet?

- They log in.

2. How does NASA organize a party?

- They planet.

3. What was a more useful invention than the first telephone?

- The second telephone.

4. A lost dog strays into a jungle. A lion sees the dog from a distance and cautiously thinks, "Hmm, this guy looks edible. Never seen his kind before."

The lion starts rushing toward the dog menacingly. The dog notices and begins to panic, but just as he's about to run, he spots some bones nearby. Thinking quickly, the dog loudly exclaims, "Mmm... that was some good lion meat!"

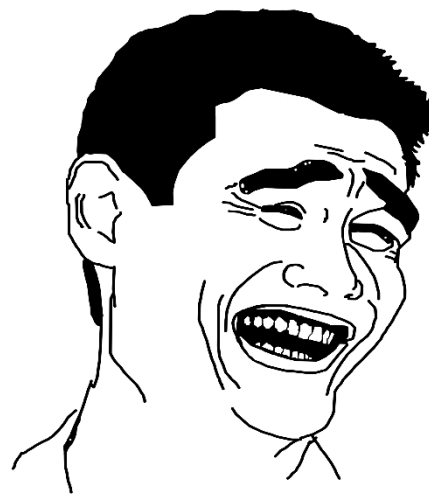
Hearing this, the lion abruptly stops in his tracks and thinks, "Whoa! This guy seems tougher than he looks. I better leave while I still can." The lion retreats cautiously.

Up in the treetops, a monkey witnesses the entire scene. Realizing he could gain favor with the lion, the monkey decides to spill the truth. He swings down and tells the lion what really happened. Furious, the lion growls, "Get on my back! We'll deal with him together!"

The lion and monkey rush back toward the dog. Spotting them, the dog panics again but quickly comes up with another idea. He shouts loudly, "Where the hell is that monkey? I told him to bring me another lion an hour ago!"

5. What's the difference between a well-dressed man on a unicycle and a poorly-dressed man on a bicycle?

- Attire.





Congratulations TO OUR NEW GRADUATES!

The MCHR Executive Committee proudly celebrates the achievements of our outstanding graduates.

| | | | |
|----------|--|--|--|
| 1 | | Aditi Paudel <i>Graduating from:</i> Princess Anne High School | <i>Going to:</i> University of Virginia |
| 2 | | Aditya Thapa <i>Graduating from:</i> Norfolk Academy | <i>Going to:</i> University of Richmond <i>Honor: Presidential Scholar Awardee</i> |
| 3 | | Anuradha Basnet <i>Graduating from:</i> Princess Anne High School | <i>Going to:</i> Duke University <i>Honor: QuestBridge National Match Scholarship Awardee</i> |
| 4 | | Prithvi Pathak <i>Graduating from:</i> Tabb High School | <i>Going to:</i> University of Virginia |

Your hard work, dedication, and perseverance have brought you to this incredible milestone. We are proud of you and excited for what lies ahead!

All the best for your future!

FROM
NCHR
(NEPALESE COMMUNITY OF HAMPTON ROADS)





परिवर्तन

वाह परिवर्तन खोज्छौ हामी नेपाली ॥

नेपाललाई अमेरीका र यूरोप जस्तो होस् भन्ने कल्पना गर्छौं ॥

तर हामी अनी हाम्रो व्यवहार छिमेकीको आँगनमा आफूले खाएको प्लास्टिकका प्याकेटहरू फालि दिन्छौं अझभन्नुपर्दा सवारी साधनमा सवार गर्दा समेत पानीका बोतलहरू झ्यालबाटै फाली दिन्छौं ॥ वाह हाम्रो चेतना, अनी दशलाई अमेरीका, यूरोप बनाउने चाहना ॥ नारी होस् या पुरुष पहिले चेतनाको विउ छर्न सिकौं अनी परिवर्तनको चाहाना गरौंला ॥ हामी नारी आफूमा कस्तो परिवर्तन चाहान्छौं त ॥ परिवर्तनको नाममा आफ्नो बाह्य आवरणलाई आफैले पोतेको, परिवारबाटै गरिने अपहेलनालाई छोपेको अनी परिवर्तनको नाममा आफैलाई बेचेको।

२१औं शताब्दिसम्म आईपुग्दासम्म पनि Domestic Violence मै छौं हामी ॥ अनि Modern बन्ने चाहानामा आफैलाई बेचेका छौं ॥ खै कहाँ सुरक्षित छन् नारी ॥ स्कूल, कलेज पठाँउदा असंझकित हुनुपर्ने, कामगर्ने अफिसमा शोसन खेप्नुपर्ने ॥ हो कतिपय नारीहरू जिवनलाई अनि आफ्नो युवा अवशथालाई मनोरन्जनको रूपमा लिईरहनु भएको छ ॥ Please हामी जागौं बाह्य आवरणलाई भन्दा भित्र चेतना भर्न सिकौं ॥ एकछाक खानुहोस् तर सचेत रहनुहोस् ॥ अनी पुरुषले पुरुस्वार्थको खोल ओडेर, आततयी पुरुष बन्ने होइन ॥ के समाजमा रहेका पुरुषहरूको जागरणमा त्यतीकै भूमीका रहदैन र? हामीले हाम्रा छोराछोरीलाई आफूले सिकाउनु पर्ने Basic शिक्षा मा पनि चुकेका छौंकी ॥ छोरी होस् या छोरा सबैको जिवन उत्तिकै मुल्यवान छ ॥ परिवर्तनको नाममा हामीले के खानु हन्छ, के गर्नु हुन्छ, कतिसम्म गर्नुपर्छ भन्नेकुरालाई बिर्सका छौं ॥ कलाकारीता जस्तो प्रत्येक नागरीकलाई चेतना दिने क्षेत्रमा समेत नारीलाई सबत्र नङ्गाइएको अनि भित्र भित्रै शोशित पारीएको देखिन्छ अनी सुनीन्छ ॥ मुल्याङ्कन गर्ने हो भने हामी अझै पनि ढुङ्गेयुगमा छौं ॥ बाह्य आवरण अनी देखावटीपनमा हामी ५०औं शताब्दीसम्म पुगीसकेका छौं त्यसैलेत हाम्रा परिवर्तनका कदमहरू अहाडी बढेका छैनन् ॥ परिवर्तन कुनै तुः हुने चिज होइन, जसरी हामीले बाह्य आवरणलाई सिगारेर क्यामराको निम्ति तयार हुन्छौं ॥ परिवर्तनलाई क्षमता, दक्षता, धैर्य, साहस, विश्वसनियता आदि जस्ता कुराहरूको मिक्षण चाहिन्छ ॥ त्यसैले पहिले परी + वर्तनलाई टुक्राएर विश्लेषण गरौं अनीमात्र पुर्ण परिवर्तनको परिकल्पना गरौंला ॥ अब धेरै ढिलाई भइसकेको छ, नेपालमा एकमात्र बालेन होइन ॥ हरेक नारी अनी पुरुष बालेनको क्षवीमा उत्रीउ अनीमात्र हाम्रो देश अमेरीका र यूरोप जस्तो बन्नमा पथपर्दशन गर्ने छ ॥ जय परिवर्तन, जय नेपाल ॥

- पुष्पा भुसाल



कविता

मेरा आँशु मै रोइदिन्छु, पुछ्ने पो को छ र ?
मेरा दुःख मै भोगिदिन्छु, जुने पो को छ र ?
नहुँदा घर शैयामा लड्दा, सुघ्ने पो को छ र ?
समयले छेक्दा बैसीमा झर्दा, बुभने पो को छ र ?
भाग्यले दिंदा कर्ममा छैन, सुन्ने पो को छ र ?
सबै छन् उस्तै नियति त्यस्तै, गुन्ने पो को छ र ?
लिलामी भयो दुनियाँ माझ चुन्ने पो को छ र ?
चुडिने रहयो जीवनको माला, उन्ने पो को छ र ?
हजारौं गल्ती स्वीकाछु आफैं, झुक्ने पो को छ र ?
नफिजाऊ जाल, जालहरी टुट्यो, बुन्ने पो को छ र ?

- उर्मिला डोटेल

गजल

तिम्ले याद नगरेर के भो त मैले गरेकोथें
जिन्दगीलाई हातमा राखी जिँउदै मैले मरेकोथें
मनलाई चिन मनको नै बुझाइ चाहिन्छ रे
तर तिम्रो मन छुने नपाई बिचमै मैले लडेकोथें
बजारको खुल्ला किताब सम्झेछौं क्यारे
केथा तिम्लाई साँचो मायाको कला मैले जडेकोथें
छोटो जिन्दगीको लामो सफर भाव बुझ्नेछौं
भोगे त भन्दै हात बढाउनु एक पाइला मैले बढेकोथें
त्यसैले तिम्ले माया मारेर के भो त निर्मोहि
दुनियाँलाई बिसेर तिम्रै नाममा मैले मरेकोथें

- उर्मिला डोटेल



- By Suhana Trital, Age 7, Grade 2

Nepal: Quick Facts

- 🏠 Home to **Mount Everest**, the world's highest peak.
- 🌸 Birthplace of **Lrd Buddha** — Lumbini.
- ▶ Only country with a **non-rectangular flag**.
- 🙏 Worship of a **Living Goddess (Kumari)**.
- 🗣️ Over **120 languages** spoken.
- 🏰 7 UNESCO World Heritage Sites in **Kathmandu Valley**.
- 🐼 Home to rare animals like **Red Panda** and **Bengal Tiger**.
- 🎉 Celebrates over **50 festivals** every year.



Bitcoin opportunity for Nepal

Bitcoin and its blockchain present a transformative opportunity for Nepal, a nation rich in natural resources yet challenged by institutional trust gaps, remittance dependence, and untapped energy potential. This decentralized system masterfully balances public verifiability of actions with privacy for private citizens, enabling secure peer-to-peer transactions that can rebuild trust at both national and international levels.

The Bitcoin blockchain operates as a fully transparent, immutable public ledger where every transaction and record remains permanently auditable by anyone worldwide. In Nepal's context, this public verifiability can significantly enhance governance. Public entities and the government could record budget allocations, development project funding, aid distributions, and procurement activities directly on the chain, allowing citizens, international donors, and investors to verify actions in real time. Such openness would reduce corruption risks, improve accountability, and project a strong image of transparency to the global community, helping Nepal attract foreign investment and elevate its international standing. At the same time, private Nepali citizens attain privacy through the inherent difficulty the public faces in linking real-world identities to activity on a rapidly scaling ledger. Every action is recorded using a fresh part of identity (new addresses and keys), and as usage and scaling increase on the ledger, the volume and complexity make meaningful deanonymization progressively harder. Families receiving remittances from abroad, small traders in remote Himalayan villages, or everyday individuals can engage in peer-to-peer transactions without exposing personal identities. This model aligns perfectly with Nepal's cultural reality, where personal trust often substitutes for weak institutions. Citizens can interact directly based on code-enforced rules, fostering organic confidence while new financial and service institutions grow to compete on the global stage.

Nepal's massive hydroelectric potential makes it especially suited for Bitcoin. With over 40,000 MW of theoretical capacity and frequent surplus energy wasted during monsoons, the country can power Bitcoin mining—the core process that secures the entire network. International mining companies could be drawn to Nepal's clean, renewable hydropower through targeted public-private partnerships. The government can incentivize these businesses with supportive policies, land access, tax benefits, and infrastructure development rights. In return, miners would bring substantial foreign capital, advanced technology, and expertise, creating local jobs, skills training, and community projects such as roads and schools. This partnership would convert wasted energy into valuable foreign exchange earnings, strengthen the national power grid, fund new hydropower projects, and position Nepal as a sustainable digital economy leader



in South Asia.

Bitcoin's principles extend far beyond finance, offering broad relevance for Nepal. In healthcare, immutable on-chain records could secure patient data, track medicine supply chains to fight counterfeits, and verify medical credentials. Even a small clinic in a remote Himalayan village could upload verifiable service records, treatment outcomes, or vaccination data, making its services publicly acceptable and trustworthy worldwide. This global verifiability bridges the gap between isolated local providers and international standards. Similarly, in agriculture, Nepal's exporters of cardamom, tea, rice, and organic produce could use transparent supply chain tracking on the blockchain to prove origin, quality, and ethical practices. This builds buyer trust abroad, reduces fraud, and commands premium prices in global markets. Businesses would benefit from verifiable land titles and procurement records, cutting bureaucracy in a country where administrative hurdles remain high. Education credentials, environmental monitoring of conservation projects, and humanitarian aid distribution could likewise gain efficiency and credibility through on-chain auditability.



Furthermore, a Nepal Rastra Bank-issued or backed stablecoin, pegged to the Nepalese rupee and fully reserved, could function directly on the Bitcoin network. This would deliver local currency stability alongside seamless global settlement, dramatically reducing remittance costs for millions of Nepali workers and enhancing cross-border trade.

By embracing Bitcoin's blockchain, Nepal can empower individual freedom and financial sovereignty for its citizens while reinforcing national identity and security. This new era of transparent yet privacy-respecting human and machine relationships offers tremendous potential. With visionary policies, regulatory pilots, mining incentives, and digital education, the Nepalese government can unlock this technology to drive inclusive growth, harness wasted hydropower, and build enduring international trust in the 21st century.

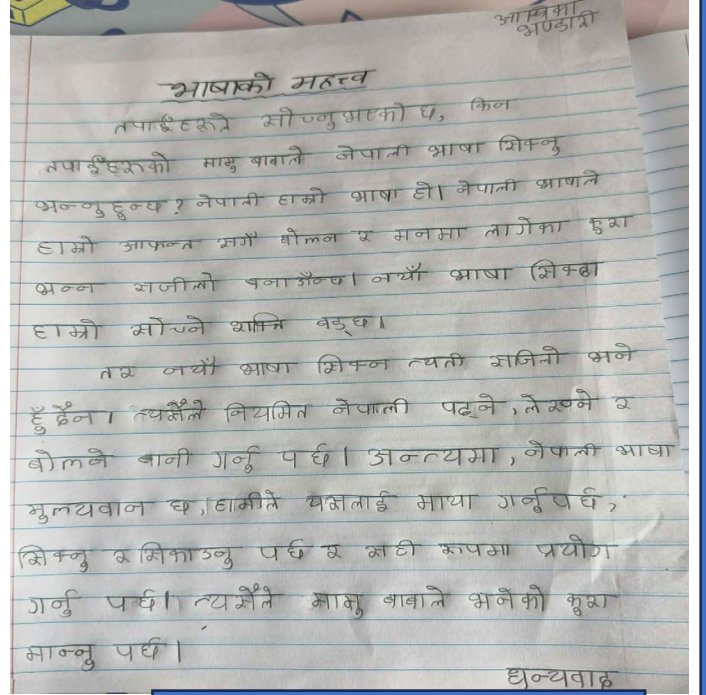
- **Bitcoin Expert Samir Bhattarai**



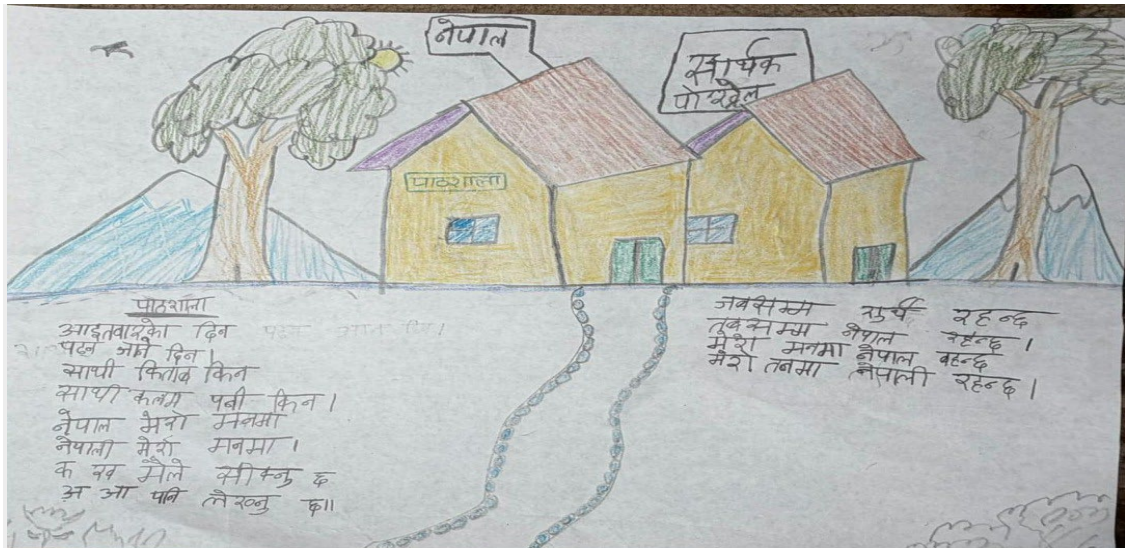
Match the Old Nepali Vocabulary Contest

नयाँ पुस्ताका लागि पुराना नेपाली शब्दहरू
तलका शब्दहरू मिलाएर सही जोडी बनाउनुहोस् 🙌

- | | |
|--------------------|-------------------|
| 1. हलुड (Hallud) — | नाम्लो (Namlo) |
| 2. ठेकी (Theki) — | टपरी (Tapari) |
| 3. माना (Mana) — | बेसी (Besi) |
| 4. डोको (Doko) — | हलो (Halo) |
| 5. लेक (Leka) — | मदानी (Madani) |
| 6. धान (Dhan) — | पाथी (Pathi) |
| 7. पानी (Pani) — | पराल (Paral) |
| 8. सुकुल (Sukul) — | पधरो (Padhero) |
| 9. दुना (Duna) — | गुन्द्री (Gundri) |
| 10. मकै (Makai) — | घोगा (Ghogha) |



- Aasika Bhandari



- Art By Sharthak Pokhrel



🌐 Helpful Websites for Everyday Life

🔗 Your Health Partner – Mayo Clinic

Reliable health information on diseases, symptoms, and treatments.

🔗 <https://www.mayoclinic.org/>

🎓 Smart Career Moves – Coursera

Access top university courses in tech, business, health, and more—many for free!

🔗 <https://www.coursera.org/>

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Tips and guidance for maintaining your health and preventing illness.

🔗 <https://www.cdc.gov/healthcommunication>

🌐 Professional Networking & Learning – LinkedIn

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🔗 <https://www.linkedin.com/>



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🏠 What You Need to Know Before Buying a Home?



Buying a home is one of the biggest decisions you'll ever make. It's exciting but also complex. Whether you're buying for your family or as an investment, being informed can save you stress, time, and money. Here are the most important things to know before you take the leap.

1. Know Your Financial Health

Before you even start browsing properties, review your credit score, debt, and savings. A high credit score can help you qualify for better mortgage rates, saving you thousands over the life of the loan.

2. Save for the Down Payment

Typically, you'll need at least 10-20% of the home's price for a down payment. Start saving early, and explore first-time homebuyer programs that may offer other assistance.

3. Get Pre-Approved for a Loan

Pre-approval gives you a clear picture of what you can afford and shows sellers you're serious. It also helps narrow down your home search to properties within your budget.

4. Choose the Right Location

Location affects property value, convenience, and lifestyle. Consider proximity to work, schools, hospitals, transportation, and markets. Think long-term!

5. Hire a Real Estate Agent

A professional agent can guide you through the process, negotiate on your behalf, and help you avoid costly mistakes. Their expertise is especially valuable for first-time buyers.

6. Inspect Before You Invest

A home inspection reveals hidden issues like plumbing, foundation, or roof problems. It might cost a little upfront but can save you from huge repairs later.

-Drona Trital

Virginia Licensed Real estate Agent



Flash Back

Looking back on MEMORIES...

Nepali New Year 2081 Celebration

Celebrating Our Roots: Nepali New Year with NCHR Family



Blood Donation Drive: Helping Save Lives, One Pint at a Time





नेपाली कम्युनिटी अफ ह्याम्पटन रोड्स (NCHR) की अध्यक्ष डा. राधा केसीज्यूको प्रमुख आतिथ्यमा September 14th, 2024 मा नेपाली पाटशालाको उद्घाटन सम्पन्न भयो। सो कार्यक्रममा शिक्षक, अभिभावक तथा बालबालिकाहरूको उत्साहजनक उपस्थिति रहेको थियो।





Celebrating Togetherness: Dashain, New Year, Holi, and More

Highlights the vibrant celebrations of Dashain, New Year, Holi, and memorable community picnics. From the blessings of Dashain to the joyful colors of Holi, our NCHR Virginia has come together to create lasting memories. These moments reflect the spirit of unity and celebration that defines our culture.







Blood donors from the NCHR Community 2025





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Website: nchrva.org

हाम्रो समुदायको यस प्रयाकालाई सफल बनाउन
तपाईंहरूको सहयोगको अपेक्षा गरेका छौं।

धन्यवाद!



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