



# TRIVANI

Association of Nepali Teraian in America's Quarterly Newsletter



## President's Message

by Aprajita Jha

I hope everyone is safe and well. I'm pleased to present the sixth issue of *Trivani* to you all. The publication gap for the sixth issue of *Trivani* was mainly due to the unprecedented times we are in, taking into account COVID-19 and the headwinds I had faced as the first female President of



ANTA. I want to assure you that the sole motivation for me to join ANTA and stand for the post of President was to serve the broader Teraian community in whatever possible way I could. I take pride in and derive my strength from the firm support and positive feedback that I have received from the community and members of the Central Executive Committee.

Early in March, ANTA was the first Teraian organization to raise awareness about COVID-19, following up soon after with a series of COVID-19 webinars and related events. ANTA was successful in creating an impact on the community without spending a single dollar. Of course, the majority of the credit goes to the participants and my team members for working tirelessly to assemble and execute these distinct programs.

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## President's Message (cont.)

On behalf of the Central Executive Committee, I would like to affirm that our commitment is to serving the community via inclusion, increased engagement, participation, and guidance. We have many more exciting and thoughtful community programs that we are planning to unveil in due course. Whether it be the sixteen virtual webinars we have held since March, the outpouring of support from community members in fundraising events, or the new and improved website we are putting out, ANTA has never been stronger in its resolve to promote the identity and integration of Nepali Teraians.

This issue is a compilation of various contributors' work under the guidance of the Central Executive Committee. Please enjoy and stay tuned for our next issue in December!

Best,  
Aprajita Jha  
President, ANTA  
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[www.terai.org](http://www.terai.org)

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## Editorial

Thank you for taking the time to read the newest issue of ANTA. Below, we have compiled the works of various people, artists, and contributors into one coherent newsletter. This issue is brought to you by our Executive Committee, and compiled by Adya Jha. As always, we encourage you to provide your own viewpoint whenever you can, whether it be in the form of writing, poetry, or art. If you are interested, please do not hesitate to contact us.

Best,  
The ANTA Publication Committee  
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## DISCLAIMER

The sole purpose of this newsletter, *Trivani*, is to provide information about ANTA activities. The information contained in this newsletter is solely for informational purposes and should not be taken as legal advice. The opinions in the articles are solely the opinions of the writers of those articles.

ANTA does not convey any warranty about the contents. If you have concerns or need more information on the subject matters of articles, please contact the authors directly. The reader should read the articles on their own responsibility and understanding. As permitted by law, ANTA excludes any warranty, guaranty, representation, and suggestions relating to the newsletter.

# ANTA UPDATES

## Welcoming New Members to the CEC/Advisory Board



**Dr. Anju Yadav (PA)**



**Mr. Vijay Chaudhary (CA)**



**Mrs. Ruby Dev (CA)**



**Mr. Jay Ram Mandal**

**ANTA was pleased to welcome four new members to the Central Executive Committee within the past few months. We wish them all the best in their new roles.**

**Dr. Anju Yadav** is a member of ANTA's Central Executive Committee. Hailing from Janakpur, she went to Janaki Secondary Boarding School, received her Bachelor of Dental Surgery at BPKIHS, Dharan, and is currently studying for her Doctor of Dental Medicine- DMD/Dentistry at University of Pennsylvania Dental Medicine. Mrs. Yadav's unwavering support for the community has made her an integral part of the CEC. She lives in Philadelphia, Pennsylvania, with her husband.

**Vijay Chaudhary** is a member of ANTA's Central Executive Committee. From Jankpurdham-16 (Kapileshwor), Dhanusha, Nepal. He received his Master's in Political Science from Tribhuvan University and was a high school teacher in Nepal for 27 years. Mr. Chaudhary has been with ANTA from 2019 and has provided vital insight into the governance of nonprofits. Currently, Vijay Chaudhary works for Tesla and lives in Cupertino, California, with his wife and two children.

With a B.Tech in Computer Science and Engineering from the National Institute of Technology, Rourkela, and an MBA from Bangalore, **Mrs. Ruby Dev** has proved to be an instrumental team member, taking on the role of Chief Technology Officer and working towards building ANTA's new website. She grew up in Kathmandu and her father belongs to Rajbiraj. Ruby currently lives in Los Angeles, CA.

In addition to Ms. Dev, we were proud to welcome **Mr. Jay Ram Mandal** to our CEC as well. Mr. Mandal hails from Biratnagar, and he currently resides in Austin, TX. By profession, he was a lecturer in Nepal before coming to the USA. Mr. Mandal has served the ANTA Houston Chapter committee during 2017-2019 as a Senior Vice President. He currently works in the public sector in Texas.



**Mrs. Annapurna Deo (NC) Dr. Mridula Gupta (OH)**

**Additionally, ANTA welcomed two new members to the Advisory Board.**

ANTA welcomed Mrs. Annapurna Deo as Chair of the Board of Advisors. Mrs. Deo has had a long history of social and professional leadership with nonprofits including chairing the immediate past Advisory Board of ANTA.

She has attained a Bachelor of Art Cum Laude and Master of Public Administration (MPA) from North Carolina Central University, USA. She is a retiree from Duke University Health System, where she was the winner of 2009 Algernon Sydney Sullivan Award and a Social Activist and a current Certified Superior Court Mediator. She is from Rajbiraj, Saptary lives in Cary, North Carolina with her family since 1981.

ANTA welcomed Dr. Mridula Gupta to the Advisory Board. Dr. Gupta is originally from Biratnagar and has received her PhD in Public Health/Environmental Health Science from the Ohio State University and currently works in the Ohio Department of Health. As a major champion for women and a natural leader, we are proud to welcome her to the Board. Dr. Gupta is married to Dr. Rajesh Shah, ANTA veteran, and lives in Columbus, OH, with her two kids.

## Formation of ANTA Carolinas Chapter

In June, ANTA formed the new **Carolinas Chapter**. Under the leadership of the dynamic and skillful President, Mr. Ashokanand Deo, we are sure that the Carolinas Chapter will be a great addition to ANTA. Below are the members of the chapter. We congratulate them on their appointments.

**President:** Ashokanand Deo

**Treasurer:** Bandana Deo

**Secretary:** Shailendra Shah

**Members:** Bikash K. Deo, Nitu Deo, Deepa Deo, Shankar Deo, Sangita Chaudhary, Pawan Deo, Baby Shah, Saroj Shah, Sunita Deo



**Mr. Ashokanand Deo**

# California Chapter is Renewed

The ANTA California Chapter was renewed through a wholly democratic process and ANTA's bylaws. The members of the newly formed Chapter Committee are as follows:

**President:** Dhruw Kumar Jha

**Senior Vice President:** Raj Yadav

**Vice President:** Ram Singh

**General Secretary:** Priyanka Das

**Treasurer:** Prajita Shah

**Spokesperson:** Tulsi Shah

**Members:** Sangeeta Dev, Yamini Kumar, Rohit Mishra, Shashi Shah, Anil Shah, Anshu Yadav, Niraj K. Karn



Mr. Dhruw Kumar Jha

# Announcing the Update of Our Website

ANTA is incredibly proud to announce a revamp of our old website. With help from CTO Mrs. Ruby Dev and General Secretary Mr. Dhiraj Chaudhary, you can now find us on the web at [www.terai.org](http://www.terai.org)! We aim to make navigating the large and diverse landscape of ANTA easier through this website, in which we have collected all vital information needed for members.



Membership directories, membership forms, feedback forms, past issues of *Trivani*, organizational info, and much more can be found on the website. A one-stop page with everything you could possibly need on it, we encourage you to check it periodically for ANTA updates.

As a nonprofit, we are always actively seeking student volunteers. Much of the work on this website can be attributed to one of our volunteers, Adya Jha. If you would like to assist the CTO is managing the website and have some experience in coding and graphic design, we would encourage you to contact us about student volunteering for ANTA.



# Updated Sub-Committees

Due to organizational changes, some sub-committees have updated their coordinators list. The updated sub-committees are below:

## Project/Fundraising Committee

**Coordinator:** Mr. Dhiraj Chaudhary

## Global Outreach/Network Committee

**Coordinator:** Mr. Prabhat Jha

## Cultural Committee

**Coordinator:** Mrs. Aprajita Jha

## Publication and Media Committee

**Coordinator:** ANTA Executive Committee

**Members:** ANTA Youth Volunteers

## Conflict Management Committee

**Coordinator:** Mr. Vijay Kumar Chaudhary

**Members:** Mr. Santosh Sah, Mr. Ashokanand Deo

## COVID-19 Awareness Committee

**Coordinator:** Mr. Ashokanand Deo

**Members:** Mr. Manish Singh, Dr. Anju Yadav

## Bylaws Amendment Committee

**Coordinator:** Mr. Lalit Jha

# UPCOMING ANTA EVENTS

## ANTA Annual Meeting

11/28-29/2020

Saturday/Sunday

ANTA will be hosting its annual meeting virtually from November 28th-29th. The timeline and agendas will be posted on ANTA's website and social media soon.

# COMMUNITY NEWS

## COVID-19 Relief Distributed to Affected Community Members

ANTA distributed COVID-19 relief to affected community members. In all, ANTA recognized 12 people who were in dire need of funds and allotted \$200 each, distributing \$2400 in all. Money was raised through fundraising evenings and crowdfunding sources. In addition to this, ANTA ran a series of informational and educational webinars on COVID-19 and its effects on people, the economy, and its overall impact. The series of webinars are listed below- details and recordings of the webinars are listed on [terai.org](http://terai.org) under "2020 activities."

## ANTA Supports Mithila Artists and Culture through JWDC



ANTA extended its third round of COVID-19 financial relief to the artists of the Janakpur Women's Development Center. We disbursed \$1000 to the artists of JWDC, who had been hit especially hard by the coronavirus pandemic. Many of the women experienced insecurity with their own jobs and husband's jobs, their income, the birth of children,

bouts of sickness, and many more afflictions. However, the ANTA community was able to help out in a small way when the women were greatest in need. If you are interested in donating to the JWDC, please do not hesitate to visit our website ([www.terai.org](http://www.terai.org)), click the "donate" button, and send us a message asking it to be forwarded to the JWDC. Once again, ANTA's mission is to aid the Teraian community in times of need, whether it be in America or in Nepal. Your small donation can go a long way in helping someone in desperate need of a lifeline.



# ANTA Hosts Over 18 Virtual Webinars

In a show of teamwork and compassion, ANTA has organized over 16 virtual webinars for the community from March - September 2020. Inviting a number of guests from all across the world, the ANTA community convened several times and demonstrated that no matter what the odds, a sense of togetherness can always be achieved. Below are a full list of virtual webinars hosted. Full videos can be found on our YouTube channel or at our website: [terai.org](http://terai.org).

## **COVID-19 Webinar #1**

**Guests:** Dr. Binay Shah, Dr. Vikas Pathak, Dr. Rakesh Mandal, Dr. Dilip Shah, Mr. Sushil Chaudhary

## **Nurses and Healthcare Professionals - COVID-19 Webinar #2**

April 4th, 2020

**Guests:** Mrs. Ranjana Jha, Mrs. Kalpana Chaudhary, Mrs. Namrata Yadav

## **Conversations With a COVID-19 Survivor/ Pranayam & Yoga**

April 19th, 2020

**Guests:** Mr. Tek Narayan Yadav, Mr. Sushil Chaudhary and Ms. Sanvi Chaudhary

## **Fundraising Cultural Evening for ANTA Members Affected by COVID-19**

April 25th, 2020

**Guests:** Mr. Dharendra Premarshi, Mrs. Rupa Jha, Mrs. Indira Karna, Mrs. Mala Mishra Jha, Ms. Ishaanbhi Mishra, Mrs. Dolly Sarkar Ghosh, Mr Anil Mallik, Mr Abhas Labh, Mr Amarendra Yadav, and Mr. Triveni Yadav

## **COVID-19 Updates: Vaccines - COVID-19 Webinar #3**

May 3rd, 2020

**Guests:** Dr. Lokendra Thakur, Dr. Chakradhar Mishra, Dr. Rajesh K Jha

## **Educational Webinar: Online Learning - COVID-19 Webinar #4**

May 23rd, 2020

**Guests:** Dr. Ram Babu Yadav, Dr. Rakesh Shah, Mr. Rajiv Singh, Dr. Indra Dev Sahu



# **ANTA Hosts Over 18 Virtual Webinars (continued)**

## **The Changing Landscape of Mithila Art**

May 24th, 2020

**Guests:** Claire Burkert, Manisha Jha, Ranju Yadav, Sunaina Thakur, Nupur Nishith, and Priyanka Karn

## **Navigating the Post COVID-19 World: Business Perspectives from Global Leaders - COVID-19 Webinar #5**

May 31st, 2020

**Guests:** Aditya Jha, Jiba Lamichhane

## **A Journey of Success: A Chat With Mother and Daughter Duo**

June 7th, 2020

**Guests:** Shefalika Verma, Dr. Vandana Karn

## **Teraian Women's Professionals**

June 13th, 2020

**Guests:** Dr. Mridula Gupta, Dr. Namrata GR Raut, Sunita Dev

## **Musical Performance From Rajni Pallavi**

June 27th, 2020

**Guests:** Mrs. Rajni Pallavi

## **Discourse on Yoga for a Healthy Life**

July 11th, 2020

**Guests:** Mr. Narayan Deo

## **Ram Vivah Prasang from Pt. Kunj Bihari Mishra**

July 25th, 2020

**Guests:** Pt. Kunj Bihari Mishra

## ANTA Hosts Over 18 Virtual Webinars (continued)

### **Musical Performance From Diya and Jiya Jha**

October 4th, 2020

**Guests:** Diya Jha, Jiya Jha

### **Meet & Greet With Cast/Crew of Mithila Makhaan**

October 10th, 2020

**Guests:** Mr. Nitin Chandra, Mr. Kranti Prakash Jha, Mr. Ashutosh Singh, Mrs. Nitu Chandra

### **Memorial for ANTA Lifetime Achievement Award Recipient, Dr. Sukhdev Sah**

October 12th, 2020

**Participants:** Dr. Arjun Karki (Ambassador), Dr. Shyam Karki, Mr. Roger Adhikari, Mr. Kiran Sitoula, Dr. Arjun Banjade, Mrs. Annapurna Deo, Mr. Medini Adhikari, Mr. Parmendra Bhagat, Mr. Lalit Jha, Mr. Jay Nishant, Dr. Dharmendra Thakur, Mr. Rakesh Mishra, Dr. Rajan Pant, Dr. Chakardhar Mishra, Dr. Bijay K. Jha, Dr. Amit K. Jha, Mr. Bal Krishna Jha, Mr. Subhash Baitha, Mr. Amarendra Yadav, Mr. Binod Shah, Mr. Shyam Karki, and many other community members.

### **Navaratri Cultural Weekend- Singing Performance from Abhishesh Jha, Arunita Jha, & Pravesh Mallick**

October 23/24/25, 2020

**Participants:** Abhishesh Jha, Arunita Jha, Pravesh Mallick

## ANTA Takes Part in 2020 Annual Virtual IMF/WBG Meetings

ANTA was a proud registered participant in the International Monetary Fund/World Bank Group 2020 Virtual Annual Meetings. ANTA President Aprajita Jha represented ANTA in a number of meetings that included CSOs from all across the globe.

# COMMUNITY CONTRIBUTIONS

## हम नेपाली कइसे होखम by Subhash Baitha



Subhash Baitha

इ शीर्षके देख के बड़ा अजिब जइसन लागता लेकिन ए में बहुत हि सच्चाई बा । इ हर मधेसी के मन सवाल उठत रहेला ।नेपालमे मधेशी लोग के इहे अर्थात बा ।इ लोग मज़ाक़ चाहे शौख से ना बल्कि पिडा से बोलेला । अपने देशमे कइयन पुस्ता के साँथ जनमल, देशके सब आवश्यकता पुरा कएलक , अभि भि देशके मान सम्मान, इज़्जत प्रतिष्ठा पर आँच आवे वाला कवनो काम ना कएलक फिर भि बार बार शासक वर्ग से उपेक्षित भइल आ होत रहेला । बहुते लोग कोशिश कइलक आ करेला भि लेकिन इ शासक (पहाड़ी समाज ) कबो मधेशी के नेपाली स्वीकार ना कइलक ।चाहे केहु केतनो आपना के ढाका टोपी, दाउरा सुरुवाल मे काहेना अपने आपके सवरलक । समय आईल त ओकरा भि उहे सुनेके आ देखेके मिलल जवन आम मधेशीके मिलेला आ ओकरा सबकुछ होते हुए भि बहुत अवसर से वन्चित होएके परल आ परेला । पता ना इ नेपाली होए वाला प्रमाण पत्र कहाँ मिलेगा आ कइसे मिली ? जब कि इतिहास गवाह बा आ सब प्रमाण बा कि नेपालके मधेशी ए देशके मुल बाशी ह लेकिन इ नश्लबादी पहाड़ी सब , मधेशीके कबो नेपाली स्वीकार ना कएलक ना करेला । ए सब के लगभग दशो पुस्ता बित गइल मधेशी के विदेशी प्रमाणित करेमे लेकिन इ सब साबित नाकरे सकल , ना करे सकी । बात ,प्रमाण , उदाहरण त बहुत सारा बा मधेशी सब के , जवना के चलते मधेशी सब समय समय पर मधेशी भइला के चलते बहुत दुख पिडा भोगत रहेला आ भोगेला आ पता ना कब तक भोगत रहि ?

अभि के नागरिकता विधेयक हि बहुत बड़ा उदाहरण बा । जब कि इतिहास गवाह बा कि कबो नेपाल के चुसे , बेचे या राष्ट्रघाती कौवनो अंगीकृत नागरिकता धारी नइखे कएले ।इ सब काम त पहाड़ी वंसज लोग कएले बा आ करता ।मधेसी त सब दिन देशके बचावे,बनावे,आ पोशेके काम कएले बा । विदेशी से शादी कएल औरत लोग के सात साल बाद नागरिकता देवे के प्रवधान काहे, कइसे आ केकरा लेल बनता ? एकर उद्देश्य का ह ? एकर प्रभाव केकरा पर परी ? हलाकी एकर प्रभाव नेपाल के पुर्वी आ पश्चिमी तरफ़ पहाड़ी लोग पर भि परी । सुदुर पश्चिम मे बहुते जगह बा जहां लइकिए ना मिलेला । लेकिन ओ लोग के नाम के पछाड़ी पहाड़ी थर रहि आ पहाड़ी सि . डि. यो. रही त जदा समस्या ना परी । देखल जाय त एमे बात नागरिकता के ना पहाड़ी शासक लोग के मधेशी प्रति के बदनियत के बा । जवन सब नेपाली के बिच मे भिन्ता ( फरक) के एहसास करावत रहेला । मधेश आ मधेशी के चारो तरफ़ से अपांग बनावे के षड्यंत्र मे से एगो इहो बहुत बड़ा षड्यंत्र बा । एमे पहाड़ी सब शासक के मौन समर्थन बा ।केहु अगर विरोध करता त ओकरा पिछे ओकर राजनीतिक स्वार्थ बा । हमर एगो सवाल बा इ नागरिकता विधेयक पर कि साथ साल तक ओ बिवाहत औरत आ ओकरा से जन्मल बाच्चाके सब अधिकार से वन्चित राखल जाई लेकिन सात साल बादके गारन्टी के लिइ ? ओकरा देशके हम मे खराबे करेके बा त सात साल बादो कर सकता । एकरा साथे नेपाली औरत लोग बिदेश मे बिदेशी से गर्भवती होके नेपाल आके बाच्चा के जन्म देता जेकरा बापके के कौनौ अतापता नइखे ओकरा पर कवन विधेयक लागी ? जब कि अइसन मुदा नेपाल लगभग महिना मे २००-४०० हरदम आवत रहेला ।

# हम नेपाली कइसे होखम (cont.)

## by Subhash Baitha

सौभाग्य बा कि नेपाल मे राजा जनक , गौतमबुद्ध, माता सिता , राजा विराट जइसन लोग जनमल आ हमनी ओकर सन्तान हई । नेपाल मे जनकपुर , सिम्रौनगढ , लुम्बिनी, विराट नगर से लमहर आ ऐतिहासिक कौनो जगह भि नइखे । हमनी गौरव करेनी सब आ सौभाग्यशाली बानी कि हमनी के जन्म इहा भइल । ए पर सब नेपाली (मधेशी, पहाड़ी) के खुशी भि होएके चाही ।

सच्चाई देखल जाए त हमनी बोडर पर रहेबाला लोग ए देश के बिना बर्दी के सिपाही हइ । अगर केहु के देशभक्ति का होला सिखेके चाहे जाने के बा त हमनी से सिख सकता । देशभक्ति का ह ? इ बात हमनी बच्चपने से बिना कवनो स्कुली शिक्षा के ही सिख जानी आ ओपर तटस्थ रहेनी । वोडर के समस्या हमनी के मधेश मे नइखे अगर कहु तन्कामन्का बा त उ पहाड़ी लोग कएले बा । दोसर बात इतिहास गवाह बा आ सबके मालुम भि बा कि ए देशपर जब भि सकट परल बा तब इहे लोग आ जमिन साथ देके देशके बचवले बा । बिना ए जमिनके आ लोग के देशमे कवनो परिवर्तन नइखे भइल । देशके हक में गद्दारी साबित होएबाला कवनो भी काम चाहे सम्झौता इहाँ के जान्ता यानी मधेसी नइखे कइले । चाहे उ बिदेशी सबके गैरकानूनी तरिका से नागरिकता देवे के बात होखो चाहे देश के कवनो नदी नाला , सिमना के सम्झौता होखे । साथे सबका मालुमे बा कि इहे जगह चाहे इहे आदमी देश के पालनहार यानी अन्नदाता ह । इहे जगह ह जाहा दुनिया में नेपाल के चिन्हावेवाला गौतम बुद्ध , राजा जनक , माता सिता , राजा विराट जइसन विश्व प्रसिद्ध विभूति सब के जन्म भइल रहे । इ सब लोग का मालुम ना होई गोरखा राज्य विस्तार से पहिले एही मधेश में सिम्रौनगढ जइसन सशक्त आ समृद्ध राज्य रहे जहाँ ज्योतिरिश्वर ठाकुर जइसन विद्वान ११०० सय वर्ष पहिले समृद्ध साहित्य श्रृजना कइलन । बाद में ओहिजान विद्यापति भी साहित्य श्रृजना कइलन । संसार के सबसे पहिलका मानव रामा पिथेकस के अवशेष जेकर उमेर १ करोड़ १० लाख वर्ष वैज्ञानिक लोग बतावेला उ भि मधेश से ही मिलल बा । कथित नेपाल से बहुत पुरान आ समृद्धशाली आ गौरवपूर्ण इतिहास एही मधेश के रहल बा ।

एनता सब चीज़ होते हुए हमनी के पहचान चाहे राष्ट्रीयता पर हरदम काहे प्रश्न चिन्ह उठावल जाले । हमनी के विदेशी साबित करें मे काहे देश के पुरा शक्ति लाग जाले ? हमनी के रग , चेहरा देखते भारतीय , धोती , मरशिया, भइया ,..... जइसन अपमानित शब्द से सम्बोधित कके घृणा काहे करे लागले लोग । ए लोगके नाबालक बाच्चा हमनी मधेशके लोग के देखते भइया , धोती कहेके कइसे सिख लेवेला । उ बाच्चा सबके इ सब सिखावेबाला के बा ? जब कि पहाड़ी समुदायके लोग त मधेशमें बहुत रहेला । हमनी त अइसन शब्द सबसे अपमानित त ना करिले । ओ लोग के त बहुत हमनी इज़्जत करिले । प्रमाण के रूप मे देखल जाव त बहुत पहाड़ी सांसद, मेयर ,उपमेयर,अध्यक्ष मधेश से जितके नेता भइल बा आ होत रहेला । इहातक कि ज़िन्दगी मे कबो चुनाव ना जितेवाला मधेश से हि चुनाव जित के प्रधानमंत्री भि भइल । जब कि आज तक कौनौ मधेसी पहाड़ से चाहे पहाड़ी बहुल्यता रहल जगह से वार्ड सदस्य मे भि ना जितल ? का इ देश में पहाड़ी मधेशी के एहसास ना करावेला?

एक त ए देशके नाम केतना बेइमानीसे कइसे के रखलक उ सबका पता बा ।फिर भि हामरा जइसन मधेशमे रहेवाला कवनो लोगके मनमे कबो इ ना आइल होइ कि हमनी नेपाली ना हइ । अगर हमनीके अपन परिचय करावेके क्रममे केहु भारतिय कहेके सम्बोधित करदेला त मन दुखित के साथे प्रतिकारमें लगलिए हम राजा जनक , गौतम बुद्धके खलदान पुरा नेपाली हइ जइसन जबाब निकलेलागेला ।

## हम नेपाली कइसे होखम (cont.) by Subhash Baitha

हामरा जइसन बहुत लोग होई जेकरा साथे पहाड़ी मधेसी बाला घटना बहुत बेर घटल होइ ,छोटमोट त उ अइसही भुला देले होइ लेकिन कुछ अइसन घटना जवन ओके झकझोरके राख देले होई । उ अपन पहचानके उपर सोचे पर मजबूर होगइल होई । अइसही हामरा साथे घटल घटना त काठमांडूके त्रिचन्द्र कॉलेज जाएके रास्ता से लेके कुपन्डोल तरकारी बजार आ ढुगें धारा परके अपमानित शब्द सुनलाके चलते झागडा त बहुते बा लेकिन कुछ घटना अइसन बा जे हामराके सोचेपर मजबूर करदेले बा आ अपने आप से अपना पहचान पर हरदम प्रश्न पुछत रहेला ? लेकिन अभितक जबाब ना मिलल ।

नेपालमे त बहुते घटना बा जे सबलोगके सोचे पर मजबूर करदेला । चाहे उ रितिक रौशन काण्ड होखो चाहे मधेश आन्दोलन के बेर प्रशासन द्वारा कइल गइल मधेशीके नरसंघार होखे । आजो दिल दहल जाला आ मनमें तूफान आजाला जब मधेश आन्दोलनके बेरके भिंडियो सब देखल जाला । कि कइसे उहे प्रशासन पहाड़ के आन्दोलन में पानीके फुहारा , लाठी चार्ज कके आन्दोलन नियन्त्रण करे आ उहे मधेशके आन्दोलन में ४ सालके बाच्चा , ७० साल बुढ़के कइसे खहेद खहेद के छाती में ,कपार में गोली मार के मुँहमे पेशाब भि करेला । आ उहे १०-१५ गो चाइनीज़ सिंहदरबार का अगाडी एसपी लगाएत पुलिस सब के खिच के मारेला । चाहे काठमांडू के आन्दोलन सबमे पुलिस के बन्दूक छिन्ह के मारेला त । पता ना ए लोगके नश्लवादी राष्ट्रभक्ति काहेना जागेला ?

देखल जाए त लगभग पहाड़ी लोग के दशो पुस्ता लागेल मधेशी के विदेशी साबित करेमे लेकिन आजतक सफल ना भइल लोग । आरे आग्रह बा कि एक दु पुस्ता स्वदेशी बनावे के कोशिश त करके देखअ गरान्टी बा सफल होजइब आ देशके लगभग सब समस्या समाप्त भि होजाइ । आ विबाद सब भाइचारा में भि बदल जाई ।

सुभाष कुमार बैठा

पचरौता न.पा ५ (बेल्दारी) , बारा

अभि: पेन्सलभानिया, अमेरिका

# स्विकारोक्ति

by Anil Mallik

आखर आखर शब्द लिखै छी, शब्द अर्थ औ मर्म लिखै छी मात्र लिखै छी,  
मर्म ने बुझलहुँ, केलहुँ हम एहन कुकर्म लिखै छी  
आत्मा हमर कराहि रहल अछी, पश्चाताप जेना डाहि रहल अछी  
समधियाना उजाड़ि कोठा भरलहुँ, भेल बड़का अधर्म लिखै छी

पुत्र'क पिता छलहुँ, दम्भ भरल छल, डुबल लालच मे आकँठ लिखै छी  
वयस ढलल, बिष दन्त झरि गेल, देलहुँ जे दहेज'क डन्क लिखै छी  
पुत्रबधु छथि माता सीया सन, सासु ससुर'क ध्यान रखै छैथ  
देखीक sc हुनक सेवा औ समर्पण, लज्जा सं भिजैत नयन लिखै छी

सासुओ धीया छलथि, ननदिओ धीया छलिह, दहेज ने कोनो रीत लिखै छी  
सीया सन धीया, घर घर मिथिला मे, होए धीयाके जीत लिखै छी  
'बैष्णव जन....पीर पराई..' बिसरलहुँ, अपराधबोध दिन रैन लिखै छी  
अन्त समय निकट आबि रहल अछि मुदा, मोनमे नै अछी चैन लिखै छी

प्रेम लिखै छी, प्रित लिखै छी, कहियो बिरह'क गीत लिखै छी  
अपराध हमर क्षमा करु "माँ मिथिला", हम ई धीया के जीत लिखै छी  
साँझ दुपहरिया भोर लिखै छी, सन्ताप'क नई कोनो छोर लिखै छी  
केकरो ने होय येहन पिडा पछतावा, विन्ती हम कर-जोर लिखै छी

सुनी सभ ब्यथा "दह्दा" के अयलहुँ अछि हुन'क मात्र बयान लिखै छी  
बर्ण विन्यासमे छी हम अज्ञानी, गल्ती'क देब क्षमादान लिखै छी  
कहय सुनय मे सहज लगैत छै मुदा, आब करु दृढ सँकल्प लिखै छी  
"आत्म-लोकपाल" देत मुक्ति अहि तक्षक सं, नई और कोनो बिकल्प लिखै छी

आखर...

आखर... शब्द... शब्द !!

....अनिल

मल्लिक

# घुरि चलू

## by Anil Mallik

एकटा काल खण्ड, एतहि जिलौं हम  
यथार्थ'क हलाहल, एतहि पिलौं हम

मेटायल तृष्णा, यश मान धनके  
ओह! क्षुधा कहाँ मेटायल, हमर मनके

यतऽ चिक्कन रस्ता, बातानुकुलित अट्टालिका, गतिशील सभ किछु  
ओतऽ खरँजा, खपड़ा, कड़गर धूपमे ठाढ़ ताड़'क गाछ, आर नै किछु

शर्द सीसा, उच्छवाश'क भाफ सिआही, आँगुर अछि कलम  
अहिना अपन गामसं “अस्टीन” यात्रा, लिखैत मेटबैत छी हम

दिग्भ्रमित उदिग्ग मन नै अछि, आब स्पष्ट अछि, करब कि  
एहन करब, मातृ ऋणसँ उऋण भऽ जायब, बेसी हम कहब कि

बिरक्त भऽ आयल छलहुँ, भेटल दुनियाँ रंग बिरंगी  
पयलहुँ एतहि हुनको, पग पग साथ दैत जीवन संगी

चुपचाप देखैत रहैत छलथि, असगरे अपनासँ लडैत हमरा  
कि भेलै नै जानि, कखैत ओ अओलथि, देलथि कन्हा'क सहारा

अश्रुपुरित, बाजि उठलथि धीरेसँ, चलू सँगसँग आब घुरि चली  
पलटि कऽ हम देखलहुँ हुनका, चमकि उठल बच्चा जकाँ आँखि.. ओहो !

मेघाच्छादित भादब मास, घुप्प अन्हार, जेना भेल अचानक प्रकाश चहुँओर  
हजारो चिड़ैक एकसाथ चिड़बीड़ चिड़बीड़, जेना भऽ रहल होई नव जीवन भोर

बहुत भेल, पिअब नै ई चमकैत हलाहल, आब पिअब अमृत प्याला  
मन मलङ्ग अछि, चललहुँ हम सभ, बजा रहल प्रेम'क मधुशाला....!

# नारी विमर्श पर by Anil Mallik

मैथिली गजल

हे राम पुछैत छी अहाँसँ कहू किए दोष हमरा पर लादल गेल  
जमीनमे समयलौं हम अपने कि जीवितेमे हमरा गाड़ल गेल

अहिल्या सुखी छलौं पाथर बनी कऽ ने बेदना ने कोनो संवेदना छल  
उद्धार केलौं किए? की अपमान सही कहाँ ओहि दुष्ट के मारल भेल

हे श्याम सुन्दर ! हे मुरलीधर ! कहू प्रीत मे हमर कोन खोट छलै  
बिरह अग्नी मे जरैत रहलौं हम किए प्रीत चिता मे जारल गेल

हे कृष्ण ! कहैत छलौं सखी हमरा बहीनक हमरा सम्मान भेटल  
नोर बनि बहैत रहल दर्द हमर जखन पाँच पतीसँ बिआहल गेल

हे बालकृष्ण ! अहि यशोदा के मातृत्वक बदला अहाँ अश्रु देलौं  
गोकुल छोड़ि द्वारिका गेलौं कहियो हाल पुछब से कहाँ आयल भेल

नारी पर अत्याचारक क्रम सुरुआत तहिएसँ भेल स्वीकार करु  
नाक जे काटल सुर्पणखाके कोन न्याय सीद्धान्तक पालन भेल

इतिहासके अपन ईक्षा सँ सभ अपने तरह सँ लिखैत रहल  
निधोक घुमैत अछि अन्यायी कहाँ समाजमे एहनके बारल गेल.....!

अहि गजलमें एकटा व्यक्तिक कहानी छै जकर विवाहसं पहिने, विवाह,  
पत्नीक मृत्यु, बेटीके विवाहक बाद तकके घटनाक्रम छै

by Anil Mallik

मैथिली गजल

जखनसँ खसल आँचर देखलहुँ हम  
मोन पर धरल पाथर पयलहुँ हम

भूख सँ बिलखैत कोरामे नवजात छलै  
नयन मे साओन भादव देखलहुँ हम

जिन्दा लहास सभ'क आँखि चमकैत छलै  
मनुख'क भेष मे राक्षस देखलहुँ हम

खून जमि गेलै की एहन शर्द राति एलै  
अधर्म'क कुहेस लागल देखलहुँ हम

बुझू जेना घेरने दुस्साशन के भिड छलै  
पाण्डव भेल जेना आन्हर देखलहुँ हम

तखने दुध नूआ लेने आयल एगो बच्चा  
ओकरे कृष्ण, युग द्वापर बुझलहुँ हम II



# Ice Must Answer for Its Horrific Human Rights Abuses

## by Adya Jha

For the past few weeks, more and more may have noticed an increasing number of people sharing stories through social media of mass hysterectomies and degrading living conditions in ICE detention facilities. The growing wave of dissent and opposition against detainees' mistreatment by ICE has extended far beyond the digital realm. As more horrific stories come to light, it is clear that the nation must come to terms with ICE's aggressive and poor treatment of immigrants and question the original intent of an organization founded in division and hate.



Adya Jha



(photo/AMNY)

ICE, or U.S. Immigration and Customs Enforcement, is a federal government agency that was founded in 2003. Formed in the shadow of the devastating September 11 attacks, it has developed a reputation for its hostile removal tactics and practices of targeting undocumented immigrants. ICE is by no

means the first time immigrants were prevented from coming into the United States, though. It is important to note that ICE has strayed quite far from its original purposes. Many have begun to describe it as President Donald Trump's "personal deportation force" due to the hundreds of thousands of people deported under his administration. While many like to point out the statistic that Obama deported more people than Trump, it is essential to bear in mind that Obama emphasized removing undocumented immigrants who had recently arrived or who had criminal convictions, while Trump has enforced a zero-tolerance policy, impacting many innocent immigrants who have built lives in the United States. Additionally, the Trump administration has attempted to terminate the bulwark immigration policy Deferred Action for Childhood Arrivals several times and has encouraged mass deportation raids in cities, sowing fear and anxiety among immigrant populations in the U.S.



# Ice Must Answer for Its Horrific Human Rights Abuses (cont.)

## by Adya Jha

ICE's humanitarian record has been notoriously spotty. With prominent human rights organizations such as the Human Rights Watch and the ACLU condemning it for being, as Co-Chair of the Interfaith Immigration Coalition Katie Adams put it, "one of the principal abusers of human rights in [the] U.S.," and with tens of thousands of people residing in detention centers on any given day, reports have emerged describing gross civil rights violations. Among these, stories of officers beating detainees, rampant sexual and physical assault, separated families, degrading conditions in living facilities, and allegations of female detainees' forced sterilization are all too familiar. ICE's neglect of its detainees must not be ignored, as it directly infringes on the fundamental human rights of those held in detention centers.

The Immigration and Customs Enforcement agency was created to separate "us" from "them." Though this practice is not unique to today's time period, and the US has a long history of barring entry to those who do not fit the "American" mold, it is becoming increasingly apparent that ICE's abuses of the constitutional and humanitarian rights of detainees set a dangerous precedent for the rest of the nation. For now, the future of illegal immigrants in ICE detention centers is uncertain, with their humanity and voices denied. Still, one of the core principles of American democracy is the emphasis on individual voices and the powerful change a single person has the potential to make. If the American promise is still alive and well, common citizens should use their voices to amplify the ones of those who the system has attempted to silence.

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By Adya Jha  
9th Grade (Age 14)  
Princeton Day School (NJ)

# Why We Need to Be Aware of Mental Health

## by Puspa Shah

A recent study completed by the National Institute of Mental Health which states that nearly 20% of adults and 21.4% of adolescents ages 13-18 in the United States will experience a severe mental illness. Numerous studies report that these numbers will only get higher, but cannot be accurately recorded as many people are too afraid to come forward with their struggle. We need to educate ourselves and those around us to be more conscious of mental illness issues and warning signs so that we can help those in need and end the stigma around mental health.



Puspa Shah

Around 450 million people worldwide suffer from a Neurological disorder which can range anywhere from Autism and Down Syndrome to depression, anxiety, body dysmorphia all the way to schizophrenia, psychopathic and sociopathic behavior and addiction. Although there are treatments available, nearly 2/3rds of people with a known illness do not seek help from a professional. Stigma, discrimination and neglect prevent treatment from reaching those that need it. This is why we need to educate people. The more we are aware of the effects of mental health, the more conscious we will be of ourselves and others.

The World Health Organization estimates that 1 million people take their lives every year. This global mortality rate of 16 per 100,000 people is equivalent to one suicide every 40 seconds. In the United States, self-immolation is the 10th leading cause of death. Although there are countless sociocultural factors involved, nearly 90% of all suicides are due to mental disorders, especially depression and substance abuse. It's heartbreaking to think that so many lives could have been saved with some therapy and counseling. Many people view mental illness as a weakness and so it can be difficult for certain people to admit they need guidance. Raising awareness on this subject is extremely important because if people know that they are not alone, they can come forward with their battles and get help.

Countless people struggle with shame and guilt when it comes to dealing with their mental health due to all the stigma and myths that reflect how society views people battling these problems.

# Why We Need to Be Aware of Mental Health by Puspa Shah (cont.)

Society thinks it's just a 'choice'; that depression is just feeling sad' and anorexia is just 'wanting to be thin' and anxiety is just 'worrying'. However, these myths are miles from the truth. No one wants to battle with suicidal thoughts, no one chooses to lack the energy to get out of bed and experience the world. No one desires to fight with extreme anxiety and constant nagging thoughts about food and their body. Mental illnesses aren't choices, just as physical illnesses aren't a choice. Why is it that people aren't embarrassed about seeing a dermatologist or surgeon, but they feel they are being judged for seeing a therapist or psychiatrist? Why is it that parents get so much support when their child is born with a physical condition but they don't get that support when their child has a mental condition? The majority believe that mental conditions aren't real illnesses, and although there are plenty of people who are informed of mental health and are happy to support those that are struggling, the amount of stigma in our society is still an extremely prevalent issue.

Mental stability is one of the most important factors to leading a good life and raising awareness is the key to resolving the stigma and letting people come forward with their struggle and getting help. We need to realize that physical health isn't the only thing that matters, take care of yourself inside and out. This is why mental health needs to be addressed.

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By Puspa Shah

11th Grade

Campbellsville High School, KY

# Corona Blues

## by Ridam Shah

We keep ourselves inside.

When we are brave enough to go out and see the sky,  
We are cautious. Our neighbors smile, but in their eyes,  
theirs suspicion.

We keep distance as the isolation grows.

I wear masks, my family wear masks, the world wears masks,  
and so does death.

Death has unleashed yet another order and taken away many  
wonderful lives.

Yet we can find something good in the midst of all this  
darkness.

We bond more with our families, we can see the potential  
that the human race has when darkness is all around them, and we can see all of  
our mistakes and understand them.

Without mistakes, how do we learn?

Death has taught us to push through, adapt, and learn.

That is why we keep ourselves inside, wear masks and social  
distance ourselves from others.

I ask of you, are you ready to take deaths guidance and  
learn?

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By Ridam Shah

7th Grade

OH

# Siren Head

## by Arpan K. Shah

Siren Head is a hostile fictional creature that originated from a drawing and is now a popular character in many games such as Roblox. Sirenhead is around 40 feet tall and has a siren on its head which gives him his name. Sirenhead has two mouths, one with the sirens and the other is for eating. It has brown woody and fleshy skin with wires hanging from it. Sirenhead can camouflage with trees and so it lives in the forest. It is a carnivore and its main diet is humans. To catch its prey, it will make loud noises with its sirens until the victim goes deaf. Then Sirenhead will eat them. Sirenhead was drawn by an artist named Trevor Henderson. I wanted to write about Sirenhead because I think it is cool and it is one of my favourite characters.



This is Siren Head in a game



This is the original drawing of Siren Head

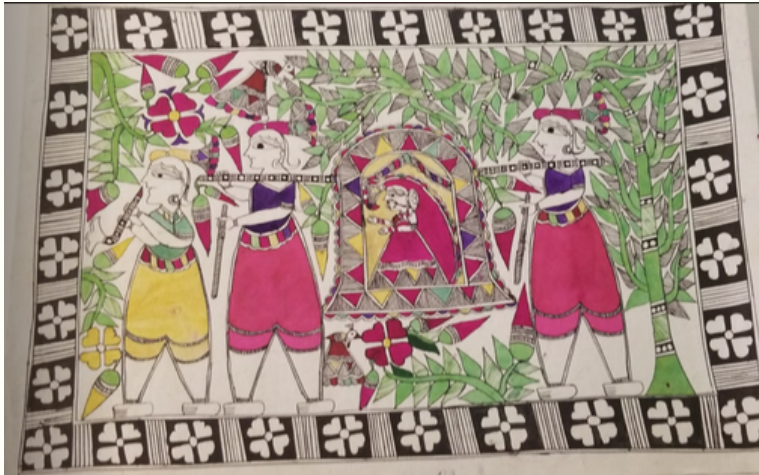
By Arpan K. Shah

4th Grade

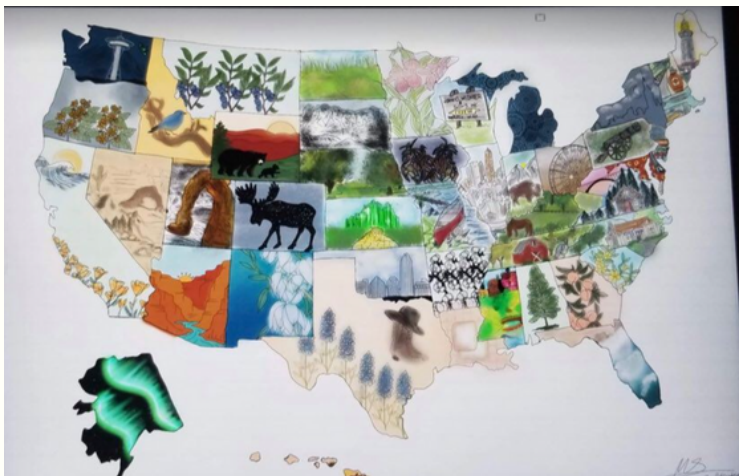
Campbellsville

Elementary School (KY)

# Mithila Art by Shyamli Sah (CA)



# America by Maya Sah (CA)



# Durga by Ridhi Shah (OH)



# Bird by Maanas Jha (MA)



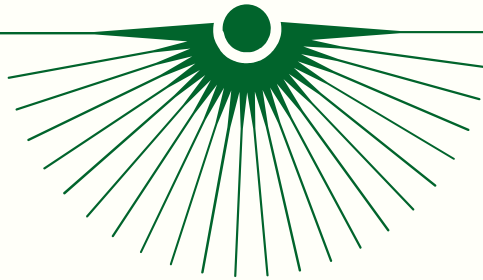




# TRIVANI

Association of Nepali Teraians in America's Quarterly Newsletter

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**BY THE ANTA PUBLICATION COMMITTEE**

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**Please do not hesitate to contact us if you have any suggestions or submissions. We are available at [antapublication@gmail.com](mailto:antapublication@gmail.com). Stay tuned for the seventh issue of *Trivani*, coming soon!**

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