



TRIVANI

Association of Nepali Teraians in America's Quarterly Newsletter



President's Message

Amidst our continual focus to serve the community in the pandemic, I am pleased to announce the induction of Dr. Namrata GR Raut as a Member of the CEC, Mr. Sushil Jha and Dr. Chakradhar Mishra to the advisory Board of ANTA. During this period, we raised more than \$10K towards various charity work conducted by ANTA in Bara, Saptari, Kapilvastu, and Dhanusha.



I also take pride on behalf of my team for a successful organization of the first ever virtual Annual Meeting in December.

This period was also marked by ANTA's contribution towards the purchase of the Dialysis machines for the Jaleswar District Hospital. We also held a memorial event on the first death anniversary of late Dr. Navin Singh, an ANTA life member from the Greater New York region in his native village at Arnaha.

ANTA's Youth Committee has rendered stellar services by conducting Essay and Art competitions for the young minds, and virtual lessons for the kids of Terai under the guidance of Mr. Prabhat Jha.

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President's Message (cont.)

The team relentlessly continues to fulfill ANTA's mission of social bonding and advancement of our rich cultural heritage via online/virtual events/live telecasts while maintaining the social distancing.

Please stay tuned as more is coming.

Best Regards,
Aprajita Jha
President, ANTA
president@terai.org
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Editorial

Dear ANTA Community Members,

With immense pleasure, I would like to announce that we have published our long-awaited issue 7 of Trivani, one of the most popular and sequential newsletter collections of all the activities conducted by ANTA during a specific period. This issue contains a bunch of ANTA's relief works (e.g. covid awareness program, free medical camps, community support, and empowerment events), tons of ANTA webinars (e.g. live performance on musical and festivals, kids educational, series of Mithila Arts, women leadership challenges and empowerments), and the most attractive one is kids writing competitions on various topics held by the youth committee. All the contents in this newsletter are collected by our own Mr. Prabhat Jha with the help of a few youth volunteers and compiled by Saurav Chaudhary. I would also like to embolden all the community members to provide feedback and valuable suggestions to carry this publication to the next level.



Thank you all for your encouragement, ideas, and assistance toward this publication. We look forward to working on the next issue and bringing it to the community soon.

Best Regards,
Tauleshwar P Chaudhary
Editor in Chief, Trivani
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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, guarantee, representation, and suggestions relating to the newsletter.

ANTA Relief Work

COVID Relief Distribution in Bara, Nepal (Nov 16, 2020)

COVID-19 has drastically changed lives around the world. Many people, already struggling to meet basic needs and feed their families, find themselves in a very worrying situation.

ANTA has remained strong throughout these last two years, giving back to the communities we love so much through COVID relief works. ANTA has kicked off the Festival of Lights and Chhath with donations of food, blankets, and basic supplies to residents of Bhodaha Village in Bara. Though the contributions may be small, this initiative has already helped more than 100 families in Bara.

So far, ANTA has given more than \$5000 towards COVID relief projects. So far, this event in Bara is the 4th installment of assistance given to Nepal from the U.S.A.

This charitable event wouldn't have been possible without the members of the Central Executive Committee for their logistics and moral support. Thank you to ANTA General Secretary, Mr. Dhiraj Chaudhary, who coordinated this event. Lastly, ANTA would like to thank our most generous donors for helping us help make impacts for the communities that need us. Despite our own challenges, all the support from the communities has made it all worth the effort.

Relief work Janakpurdham" (Dec 05, 2020)

ANTA carried out a rescue near the Janakpurdham railway station area on December 5, 2020, under the supervision of Mr. Manish Singh, a member of our Central Executive Committee. Women who are usually responsible for feeding the family are the main beneficiaries of this assistance. This is the 5th in a series of various interventions carried out by ANTA since the beginning of the pandemic and this is the 3rd in Nepal.

Mr. Dhiraj Chaudhary, Secretary-General of ANTA, was instrumental in conceptualizing and coordinating logistics with local volunteers in Nepal for this event. The Central Board of ANTA expresses its deepest gratitude to all parties who have contributed to this. Further ANTA community assistance is planned in Rajbiraj.

In addition, ANTA is also working with its partners in western Nepal to lead a similar charity activity in the Nepalgunj area, which is also heavily affected by the pandemic.

Covid Awareness Program in Rajbiraj-Phase 1 & Phase 2 (Dec 14, 2020)

ANTA takes pleasure in extending its community service by successfully organizing the Covid awareness program - Phase 1 for the first time to help reduce and to prevent the spread of COVID in marginalized neighboring communities of Rajbiraj Municipality, Saptari, Nepal.

ANTA is pretty grateful to the youth volunteers from Rajdevi Yuwa Samaa for their service for this social cause. About 200 packets, each packet containing (4 cloth masks, 2 soaps, thermometer, paracetamol, and multivitamins) were distributed.

The entire program has been designed to take place in two phases over two consecutive days, most likely December 14 and 15. Phase 1 is based out of two villages; first, in a remote rural small village of Simyaun about 1KM south of Rajbiraj, a hamlet of about 100 families, and second about 0.5 KM East in Farseth, another hamlet of about 150 families, both villages mostly comprising Mushar and marginalized groups who are not better positioned to bear the cost of masks and such essentials to fight the outgrowth of COVID. They are hardly able to afford their living, forget masks and soap, etc. which would be otherwise at the cost of their livelihood and food. This relief effort will alleviate the community to manage the spread of COVID as the team would be directly distributing masks hand to hand and motivating them to wear the mask through 5-10 minutes of cognizant speech and illustrations before distribution.

The second phase has been planned to be based within Rajbiraj Municipality in Kharsal tola and at various other wards that comprise Mushar, Chamas, and other marginalized groups making their living by selling bamboo baskets, mud pots, etc. I believe ANTA can make a difference in managing the spread of COVID within these groups through this effort. ANTA coordinated with Rajdevi Yuva Samaj, a local youth group of Rajbiraj who would be leading the event and distribution efforts in the above-mentioned localities.



Dialysis machine installation at Jaleshwar District Hospital (Jan 04, 2021)

ANTA is pleased to announce its assistance towards installation of a dialysis machine at the Jaleshwar District Hospital. The hospital currently has no dialysis equipment and ANTA's contribution will go a long way in serving the pressing needs of the poor and vulnerable population in the Jaleshwar area. The current pandemic has limited the mobility of the sick people and this would be a huge relief and rescue for those patients needing immediate dialysis and have limited financial resources.

This is a milestone initiative in the history of ANTA, and this has been possible owing primarily to the personal efforts of Dr. Subodh Mallik and his donor friends in Texas, USA. Dr. Mallik was the Senior Vice President and the Chair of the Project Committee during the 2017-2019 tenure of the Central Executive Committee, and it was under his leadership this project was originally conceived and fully funded in 2019.

The ceremony of the transfer of funds from ANTA to the hospital in Jaleshwar was on January 4, 2021, the live telecast of the event was shown on ANTA's Facebook page and will also be concurrently captured by different local media.

Many thanks to Mr. Ratan Jha, founder and past President of ANTA to help coordinate and fulfill this long-awaited project. Finally, I would like to express my gratitude to Mr. Dhiraj Chaudhary, the Chair of the current Project Committee & General Secretary for facilitating an expedited approval along with the current members of the Central Executive Committee and the Advisors for their unanimous support to this noble cause.

Community Support and Empowerment Event – Kapilvastu (February 21, 2021)

ANTA completed a relief program for the victims of Covid-19 over the second weekend of this month in Kapilvastu. This was ANTA's first event in Western Nepal for the current CEC team. We have been working with our local contacts to expand our horizons to maximize the impact of our work.



Community Support and Empowerment Event – Kapilvastu (cont.)

The charity event was organized on February 21, 2021, at 11 AM Nepal Time (February 20, 2021, 10 PM EST), in partnership with the Purple Foundation and the Sunshine Social Development Organization. The objective of the program was not only to distribute relief materials but also to raise community awareness towards human trafficking and domestic violence amongst the vulnerable population in the area.

The community support and empowerment program was an attempt to make a difference to a total of 93 families living in the Yesodhra rural municipality, the Kapilvastu municipality, and the Buddhavumi municipality.

ANTA's Free Medical Camp in Saptari, Nepal (March 27, 2021)

Free Health Camp was organized by ANTA on March 27, 2021, between 9 AM to 4 PM at Janta High School, Khurhuria - 1, Bishnupur Gaunpalika, Saptari.

Mr. Sushikant Raut from Lexington, KY led a free medical camp for the underprivileged brethren at Khurhuria-1, Bishnupur Gaunpalika, Saptari. Mr. Raut lined up a team of five doctors comprising Orthopedists, Gynecologist, Pediatrician, and General Physician. More than 100 families benefited from the free medical check-up, supply of medicines, and follow-up prescriptions.

ANTA's Free Medical Camp in Saptari, Nepal (March 27, 2021)

In keeping with ANTA's spirit of preserving and advancing our rich cultural heritage, Mr. Ranjeet Prasad from California had set up a stall to assist the pilgrims participating in the Panchkoshi Parikrama held in Janakpurdham over last weekend. Mr. Prasad is passionate about fostering the great traditions of Janakpurdham and he was on standby for more than 12 hours while helping thousands of pilgrims with food, water & other daily necessities items. Mr. Prasad was also being joined hands by Mr. Raj Yadav from CA for this great cause.

Covid-19 Medical Camp in Mahottari

Amidst the rise in the COVID-19 cases in Nepal, ANTA has recently conducted a daylong free medical camp in Manara Shiswa Municipality, Mahottari to the benefit of the local residents who had not been able to secure medical help in the pandemic so far.

ANTA WEBINARS

Paying homage to Dr. Sukhdev Shah (Oct 12, 2020)

With his original concepts, convictions, tireless pursuance of his ideals, and someone who bravely and passionately conveyed his opinions, Dr. Sukhdev Shah has unquestionably been the community's most profound leader. For his great accomplishments and permanent impact on the broader community, an iconic character like Sukhdev Sir merits several honors. With the passing of Sukhdev Sir, the community has lost an icon, a thought leader, and a maverick personality who will be difficult to replace in the future.

The webinar was attended by some of the towering figures from the Nepalese diaspora such as honorable Ambassador of Nepal to the United States Arjun Karki, Dr. Shyam Karki, Medani Adhikari, Amit Jha, Ron Sitoula and many others.

Live performance by Abhishesh Jha (Oct 23, 2020)

Abhishesh Jha is a music director and a singer based in Lucknow, India. Musical webinar was organized by the central executive committee and was attended by hundreds of fellow ANTA friends and family and was viewed by thousands of viewers across various social media platforms.

Musical webinar was one of its kind and the entire focus was to bring back the lost glory of Mithila and its rich and diverse folk music which comprise methodical storytelling via musical composition and mythological stories ranging from lord Rama, goddess Durga to great Maithili poet Vidyapati.



Live Performance by Arunita Jha (Oct 24, 2020)

Talented vocalists are difficult to come by, and even more difficult to listen to without smiling. Arunita Jha's melodic and enticing voice would captivate Maithili music fans all over the world. Her lovely singing, which is loaded with heartfelt feelings, sets her apart from the mass of known artists. She currently resides in Bangalore, India's "Garden City," where she participates in Vidyapati Samaroh.

Another mesmerizing performance by Arunita Jha where she touches the soul and heart of viewers all around the globe with her performance reaching thousands of viewers via ANTA social media platforms such as ANTA facebook page, YouTube, website, and Instagram page.

Webinar touches the mythological aspect of Mithila and Hindu culture. Her angel like voice is a bliss for all of us.

Live Performance by Pravesh Mallick (Oct 25, 2020)

Pravesh Mallick is an Indian and Nepali composer, songwriter, and playback vocalist who was born on July 1, 1980. Mallick is the lead singer and founder of the Sufi rock fusion band 'Sanidhya,' a devotee of Padma Shri Pandit Madhup Mudgal.

For the past 12 years, he has worked as a composer, vocalist, and music instructor. He also pursues his passion in recording by releasing cassettes in a variety of languages, including Maithili, Nepali, Hindi, and Punjabi, as well as composing music for regional films and theatrical shows.

Another musical webinar organized by ANTA during Dashain time, webinar was fusion of both modern music and folk music across the sub-continent. It was a delight to watch him and listen to some of his compositions. We were grateful to him for the entertainment he provided to ANTA family and friends.



Live musical performance by Vandana Bharadwaj (Nov 07, 2020)

During the testing time with COVID, ANTA have been coming up with a series of musical webinars and to continue with it we have come up with another musical webinar. We were pleased to announce that Vandana Bharadwaj, a famous singer and daughter of famous singer, Ms. Sharda Sinha, is performing for our community on Saturday, continuing the festive season.

It is rightly said that music is the food of the soul and this live performance by Vandana Ji was nothing less than a heart & mind soothing.

Music has always been an important aspect in the lives of people of Mithila region. Mithila's rich cultural diversity has greatly contributed to various forms of folk music. Mithila has its own folk music, which reflects the way of life.

Maithili folk music is diverse because of the cultural diversity that Mithila holds, the style in which it is sung and the way in which it is perceived.

Music from both Mithila and Bhojpuri region was taken up and was started with the melodious Maa Durga Vandana written by great Mithila poet Vidyapati, "Jai Jai Bhairavi".

Such a delight to listen to the enthralling and soul touching voice and songs from gems of Mithila.

A must watch performance!

Live Chhath broadcast from Janakpurdham- Day 1 & 2 (Nov 20, 2020)

Chhath is a festival mainly associated with the people from the Terai community, where devotees offer prayers to the setting sun. Janakpurdham has become the center of attraction for domestic and international tourists.

ANTA was happy to connect to the people of terai in Janakpur and broadcasted live feed of Chhath Pooja celebration for 2 days. WE broadcasted live via ANTA Facebook and Youtube Channel and was presented by renowned journalist Ghyanshyam Mishra.



Live Chhath broadcast from Janakpurdham- Day 1 & 2 (cont.)

The broadcast was live from the holy pond of Gangasagar where around 3 lakh devotees attended the festival. Chhath festival is celebrated for four days. The ritual of Chhath Pooja includes taking holy bath, fasting, standing and worshiping sun for a long time and offering Prasad and Argha to 'Rising and setting Lord Surya'. Most of the worshipers observe fasting even without water for 36 hours continuously.

“Chhath is marked with the worship for the betterment of family members, their happiness, and prosperity. People fast during the daytime and do not drink even a drop of water. This ritual is observed for four continuous days” one of the devotees told us during the live feed.

Janakpur, the cultural capital of Nepal is the main place to visit for the Chhath Pooja celebration. Chhath Pooja is a festival celebrated every year in Janakpur after Dipawali with millions of people in one place. Chhath pooja is celebrated across 50's of ponds in Janakpur and it is spectacular and conspicuous when you will see the faith and belief of people or devotees to the Goddess chhathi Maiya, goddess of the Chhath Puja festival. It is truly a cultural and traditional element of the Hindu religion with a hardness of purity.

A must visit place if interested in experiencing the cultural beauty of the southern plains of Nepal.

ANTA Youth Volunteer Webinar: Virtual lessons on the Solar System (Dec 27, 2020)

ANTA successfully completed its first educational webinar under the Presidential Volunteer Service Award (PVSA) Program. Under the PVSA program, ANTA was glad to announce its first education webinar with kids of PS Academy School. (Janakpur, Nepal). A group of PVSA volunteers organized an interactive session with kids back in Nepal and presented their PowerPoint presentation on the topic of Introduction to our solar system.

It was a virtual session where PVSA Volunteers from US shared their knowledge on the solar system. It was one of its kind webinars where students from US and Nepal interacted with each other and exchanged their knowledge on various topics.



ANTA Youth Volunteer Webinar: Virtual lessons on the Solar System (cont.)

Special thanks to our Volunteers

- 1) Aviraj Yadav,
- 2) Adya Jha,
- 3) Cyndi Chaudhary and
- 4) Daksh Jha for their volunteer service.



ANTA would like to thank Mr.Prashant Raj Mishra for coordinating and arranging the logistics for the webinar.



Webinar: Early Perspectives on Aerospace & Astronomy. (Feb 07, 2021)

Youth Committee of ANTA and PVSA conducted an educational webinar for young ones and students with NASA Solar System Ambassador Mr. Pankaj Karna. Webinar covered a variety of scientific topics throughout the session, including aerospace and astronomy. One of the interesting features of this webinar was the section when Mr. Karna showed how to design the rockets and spacecraft, kids were highly encouraged with the idea of designing their own rockets. Lots of encouraging and motivating stories were shared during the duration of the webinar.

The Q & A section was one of the highlights of the event where young minds from the community asked various questions regarding the inception of the solar system and the universe beyond our solar system.

The event was around 2 hours long and Mr. Karna presented a well-compiled presentation starting with comparing various sizes of the stars as compared to our Sun. It was indeed an informative event.

Series of Webinar's on Mithila Art.

ANTA is pleased to offer a 5-session long training & discussion on Mithila painting by the renowned artists of national and international acclaim from Nepal.

Mithila Arts Training & Discussion: Mr. S.C. Suman.

On February 21, 2021, Mr. S.C. Suman (Senior Mithila Painting Artist & Former Council Member of Nepal Academy of Fine Arts), presented the first round of discussion on "Mithila Arts", a prominent figure in Mithila art and culture. He is a native of Biratnagar and has been actively involved in the world of arts for 3 decades. Mr. SC Suman is a self-taught artist who finds inspiration in Mithila art and culture. Mr. SC Suman showcased some of the fundamentals and techniques of Mithila Arts and explained the thought process that goes into Mithila arts.

He explained various types of painting such as Bhumi Chitra (Floor painting), Bhatti Chitra (Wall Painting), Patt Chitra (Paper, Canvas), and Other arts (stone arts, handicrafts, etc.). He also explained how different caste systems in Mithila have different sets of Mithila paintings, which was intriguing to know. He also drew some paintings live on the webinar.

Likewise, Mr. S.C. Suman presented the second round of discussion on "Mithila Arts " on Sunday, February 28, 2021, at 11 AM EST. Mr. Suman taught some painting to draw. Renowned artists such as Sunaina Thakur and Ron Sitoula were some of the other participants in the webinar.

Learn Mithila Painting from Master Artist: Mithila Devi Yadav. (March 7, 2021)

On 7th March 2021, renowned artist Mithila Devi Yadav was invited in the series of webinars on Mithila painting. This was a unique opportunity to expose our kids and family members to the world of Mithila Art and get a functional start from the master artists. This third session not only offers a crash-course in Mithila Art, but we also learned about our rich culture and heritage that the Mithila region holds and has to offer to the world.

Learn Mithila Painting with the Master Artist: Mrs. Sunaina Thakur, (March 14,2021)

Mrs. Sunaina Thakur, a renowned Mithila Artist and a National Fine Art Award Winner was invited for the webinar on the Mithila art and culture. She has been actively involved in various national and international levels. Sunaina Thakur has participated in various exhibitions in Japan, USA and others. She is the native of Suga village in Mahottari district and has an art gallery in Janakpur. She explained various art forms in Mithila painting. She also showed some of her award-winning works and Mithila painting on women empowerment, she named her painting as “Change of Women” which exhibits how women enlighten the society. Her work revolves around change in society and mostly exhibits the transition we had in our society.

Learn Mithila Painting with the Master Artist: Mrs. Ranju Yadav, (March 21,2021)

Continuing with the series of webinars on Mithila arts ANTA is pleased to offer a 5-session training & discussion on Mithila Painting by the renowned artist of national and international acclaim from Nepal, Mrs. Ranju Yadav. It was a unique opportunity to expose our kids and family members to the world of Mithila Art. The 5-day session not only offers a crash-course in Mithila Art, but we learned about our rich culture and heritage.

Ranju Yadav is a winner of the national fine art award and a winner of the ANTA Mithila art exhibition Janakpur. Ranju Yadav is a native of Saptri, Rajbiraj -10, she has been actively associated with art since her childhood and the driving force for her into the world of Mithila painting came from her family.

She started working on canvas from her school age and was actively involved in clothes painting. She participated in the exhibition in “Rastriya Lalitkala Pradershani” in 2074 B.S. where she presented various paintings such as “Aripan”, “Chatth Pooja”, “Child Marriage”, “Dowry”, “Women Empowerment” etc. The webinar was very informative and inspired many to dive deep into the rich and diverse Mithila culture.

Women Leadership - Opportunities and Challenges (Mar 05, 2021)

The women committee of ANTA came up with the webinar on women's leadership, opportunities, and challenges they face. The webinar agenda was the introduction of our esteemed guests, their leadership experience, and followed by Q&A. This webinar was coordinated by Dr. Namrata GR Raut and featured by ANTA's Advisory Board & Founding Member Mrs. Annapurna Dev, President of ANS Mrs. Prabha Bhattarai Deuja, Attorney & President of Nepal Women's Global Network Mrs. Avima Uprety, Banker Mrs. Sunaina Chaudhary, IT Professional Ms. Sneha Mahato, and undergraduate at the Syracuse University Ms. Aastha Singh.

Some of the challenges mentioned by the participant in the webinar were:

- Being treated equally
- Generating Revenue
- Building Alliances with Decision-Makers
- Gender Bias and Stereotyping
- Family Responsibilities
- Less Developed Female Leadership Networks

Likewise, the Opportunities discussed in the webinar were:

- A diverse workforce is an innovative workforce
- Women excel at the soft skills needed for business leadership
- Women represent huge economic power and offer important consumer insight
- Entrepreneurship is the path to leadership.
- Strengthening credentials with a business degree.
- Better Problem-Solving.



Women's Empowerment - Myths & Realities (Mar 06, 2021)

On the special occasion of International Women's Day ANTA organized a webinar on Women Empowerment. Women can be empowered only if they are given education and made aware of their rights and hence, they themselves prioritize their lives. Women for that reason have been more tolerant and sacrificed a lot more than men. Women always face physical as well as mental trauma in all the aspects of her life from forced reproduction for male child and taking care of the family and work at the same time. Women have always been suppressed, underestimated, and valued less in the society and within their family. This is changing but not fast enough.

Many women quit their jobs or profession after marriage. Does family or child only belong to women? Man and woman must take equal responsibility for the family. And women should not yield to such pressures or difficult situations. Women are unsafe because they are physically weak but they are mentally very strong even in mythology women are viewed as stronger beings but gender has always been a criterion for violence in any given society. Empowerment of women means complete holistic development of thought process.

The event was organized by Dr. Mridula Gupta & Aprajita Jha. Some of the key participants were:

Mrs. Rita Sah, Women's Rights Activist & Freelance Writer

Mrs. Arti Jha, Founder - Sakhi Bahinpa Maithilani Samooh

Mrs Bijeta Chaudhary, Author/Journalist

Mrs. Rupa Jha, Radio Host, Singer

Mrs. Anju Yadav - Singer

Mrs. Kiran Jha - Retired Teacher *& Lyricist Author

Mrs. Kanchana Jha - Lecturer, Padma-Kanya Campus



ANTA Annual Meeting 2020

(Dec 20, 2020)

ANTA hosted its Annual General Meeting on 20th December 2020. We would like to thank you, all our members, for making this annual event very successful. No doubt without your support this would not have been successful.

We would like to appreciate all our members, friends, and well-wishers for participating and making our Annual Meeting a grand success. A special thanks to Mr. Rajesh Shah and Mrs. Annapurna Deo for their wonderful moderations to their respective sessions. Also, thanks to all the Founders, esteemed community leaders and ANTA advisors for providing their valuable time and participation to the programs. Here are some of the key topics we discussed in the ANTA annual meeting.



ANTA Annual meeting was divided into 3 sessions.



Session 1 (ANTA Committees' reports)

1) ANTA Youth Committee Report

Presidential Volunteer Service Award Program

Mr. Prabhat Jha, coordinator of ANTA youth committee presented this report. This program was designed to encourage our community's kids especially high schoolers to utilize their talents by volunteering to ANTA community. After certain hours of volunteering to ANTA Community works, they become eligible for presidential award under various categories. This award is very helpful for college admission and scholarship in college.

Congratulations to Ms. Adya Jha who is the first Presidential Volunteering Service Gold Award winner in our community. We would encourage our community's youths to come forward and get enrolled into this program.

2) ANTA Women's committee report

Mrs. Sunaina Chaudhary, Coordinator of ANTA women's committee, discussed about the webinars ANTA women committee hosted to provide useful information in the COVID-19 pandemic and several other webinars focusing on women centric topics.

She also presented the future plans of the committee to support women of ANTA and the diaspora.

3) ANTA Chief Technology Officer's Report

ANTA CTO, Mrs. Ruby Dev presented the revamped website's new features and the highlights of the website. Mrs. Dev brought our attention to the community engagement into the digital media such as Facebook and other media networks of ANTA. She also presented future plans to add more features to the ANTA website and make a complete guidebook for the community.

4) ANTA Chapter Committees' Reports

ANTA Carolina Chapter President Mr. Ashokanand Deo, ANTA California Chapter President Mr. Dhruw Jha and ANTA Midwest Chapter Mr. Dipak Yadav updated the community on their respective chapter activities and future plans to serve the chapter community.

5) ANTA Financial Report

ANTA Treasurer, Mr. Mukesh Karna, presented the financial report. He discussed the incomes and expenses of 2019 and 2020 fiscal year.



6) ANTA General Secretary Report

Mr. Dhiraj Chaudhary, General Secretary of ANTA central executive committee, discussed that 12 regular monthly meetings were conducted during calendar year 2020. The following two new ANTA Chapters are formed in 2020.

ANTA Carolina Chapter under the presidency of Mr. Ashokanand Deo

ANTA Illinois/Chicago Chapter under the presidency of Mr. Sanjay Singh.

7) ANTA Project Committee Reports

ANTA General Secretary provided the updates on ANTA projects/relief works during this presentation. The following projects/relief works were completed during fiscal year 2020.

a) ANTA hosted 20 virtual webinars to provide useful information and safety tips to our community during COVID-19 pandemic. Thank you to all the panelists for providing their time and valuable suggestions to make these events possible.

b) In the first phase of ANTA COVID-19 support to USA based ANTA community, ANTA supported 8 most needy families of USA. Each family received USD 200 (Two Hundred Dollars Only).

c) In the second phase of ANTA COVID-19 support to USA based ANTA community, ANTA supported 4 most needy families of USA. Each family received USD 200 (Two Hundred Dollars Only).

d) In Nepal, ANTA supported 101 of the most needy and marginalized families of five villages at Bara districts. Each family received 25 Kg of rice, 1 blanket, 1 kg pulse (daal), 1 liter cooking oil, 1 packet of Salt and 1 mask. This support was provided on the occasion of Dipawali.

e) ANTA supported 100 marginalized and most needy families of Janakpur Ward number 1, 7 and 24. Each family received 25 kg of rice, 1 blanket, 1 liter cooking oil, 1 packet of salt, 1 kg of pulse (daal) and 1 mask. This was supported on the occasion of Chhatha festival.

f) ANTA supported USD 1000 (One Thousand Dollars Only) to the Mithila women artists of JWDC who lost work and were affected by COVID-19.

g) ANTA hosted COVID-19 awareness program in support with Rajdevi Yuwa Samaj of Rajbiraj in two villages and three wards of Rajbiraj under the supervision of ANTA CEC Member, Mr. Ashoknand Deo. ANTA distributed 4 masks, 2 dettol soaps, Vitamin B, Fever and Cough medicines, thermometer etc to the marginalized community of Rajbiraj.

h) To preserve the Teraian culture and festivals, ANTA hosted many cultural webinars and broadcasted facebook LIVE telecast of Chhatha festival directly from Janakpur, Nepal.



Session 2 (Looking back and forward in ANTA)

The second session was moderated by Mr. Rajesh Sah and the ANTA founders participated as the panelists. The panelists discussed the past activities and recommended their suggestions for the future. The CEC is committed to review and discuss the observations and suggestions made by the Founders.

Session 3 (Creating Tangible Impact for the Community)

This session was moderated by Mrs. Annapurna Deo. The panelists provided constructive suggestions and comments on several topics. This robust round of discussion was about ANTA's role in serving communities both in Nepal and in the USA meaningfully. The discussion was followed by a Q/A session with the panelists.



ANTA Writing Competition 2021

(March 15, 2021)

One of the major highlights of March 2021 was the Writing competition held by the youth committee where students under age 16 are encouraged to come up with their original write up in the form of either articles, poem, essay, or drawing. Students were free to select a topic of their choice. Winners were selected based on their age group.

Competition was open for students from the US and Nepal, and we received an overwhelming number of write ups.

Rules and guidelines for the write up:

1. Write up shouldn't exceed 800 Words.
2. Any subject is welcome. Opinion Piece*
3. All style of writing is accepted including free style writing.
4. Credit and reference should be mentioned if the student directly or indirectly quotes from any previously published materials.
5. Plagiarism will lead to disqualification.
6. Students can submit multiple entries.
7. ANTA EC Committee will decide on the winning article.
8. ANTA holds the right to make necessary changes to term and condition, if required.
9. Winning article will be published in ANTA Trivani Magazine and on its Facebook page.
10. Students should send their Name, Age, School, City.

A cash prize of \$50 each was awarded to 6 students from the US and Rs.1000 was awarded to another 5 students from Nepal.

Here is the list of winners:

S.N	Winner	Country	Prize	Email ids
1	Ritee Karmacharya	USA	\$50	ritee.karmacharya@gmail.com
2	Maya Sah	USA	\$50	sah1656@sbcglobal.net
3	Prisha karna	USA	\$50	minnikarna@gmail.com
4	Saanvi Shah	USA	\$50	dilipkmc@gmail.com
5	Aviraj Yadav	USA	\$50	ayadav@btpgh.org
6	Srishti Jha	USA	\$50	jha_avin@rediffmail.com
7	Biraj Aryal	Nepal	Rs 1000	birajaryal004@gmail.com
8	Sadichchha Karna	Nepal	Rs 1000	sadichchhakarna@gmail.com
9	Amit Kr Ram	Nepal	Rs 1000	
10	Nanki Gupta	Nepal	Rs 1000	aarfsgu@gmail.com
11	Prajwal Jha	Nepal	Rs 1000	prajwaljha2007@gmail.com

“Dark & Lovely”

by Ritee Karmacharya

As a tan-skinned South Asian girl, the number of times that a relative or a family friend has told me that my skin was ‘too dark’ or called me ‘kali’ is countless. The word kali means black or dark-skinned, a nickname given as a negative connotation to ridicule me for my dark skin tone. Society has engraved into the minds of young juveniles that if you’re lighter, you are adequately better looking. When I was merely a young girl, I used to be overly cautious and avoided sunlight exposure as much as I could just to make sure that my skin wouldn’t get darker. I would see kids playing outside in the scorching sun, but I didn’t dare to join along for I didn’t want my already tan skin to become darker in fear of what others would say about my skin tone. Even if I did go out to play, I would only stay for a limited time and I would try to avoid the sun as much as possible. I envied the light skinned girls that were the “definition of beautiful” or “perfection.” I prayed that I too would be white someday. Now, I know that my skin is beautiful no matter what color or texture it is. I regret not going out for an extra hour and just living my life to its full potential. I blame society’s impossible beauty standards and internalized racism that it had engraved into my brain.

An advertisement that I saw promoting the skin lightening cream called “Fair and Lovely” displayed a dark-skinned girl auditioning for a role in a performance. She had equally as much talent, if not more, than the girl that actually got the role. The darker-skinned girl was told that she should study on the side while the lighter-skinned girl got the main role. When asked by a friend why she didn’t get the role when she was so talented, the dark-skinned girl answered that it was because her face was “dark like a new moon.” What was beyond outrageous was that her friend told her to use the fairness cream “fair and lovely”, and after the fairness cream lightened the dark woman’s skin, the advertisement showed the girl getting a main role and saying, “you are so beautiful that even the moon would be embarrassed in front of you.”

This is just one example of the many instances that have promoted the idea of lighter skin being more appealing or worthy than dark. Think of all of the young dark-skinned boys and girls watching these commercials on television and then looking in the mirror to see that they too were dark. What kind of ideals and mindsets are we giving them?

Some might say that the idea that lighter skin is superior to darker skin was just passed down from generation to generation. That it’s just a part of our “culture.” However, being taught at such young ages that having lighter skin determines the opportunities that are available to you is not culture, it’s just deep-rooted prejudice. This very mindset is what is leading to all of the racial dilemmas going on in today’s civilization. These unrealistic beauty standards have provoked numerous dark-skinned people to try and change themselves to become lighter to try and become society’s image of perfection. This gives those who are lighter the feeling that they are superior to darker people. This has caused the use of dangerous skin lightening products, mental health problems, and much more damages to many dark-skinned individuals.

Dark skin is not a flaw, our society is a flaw. This issue can be solved starting with parents. From such young ages, kids are told that they are not pretty because of their dark skin. Instead of saying “if you were lighter, you would have been prettier” parents need to start saying “your dark skin is beautiful just the way it is, and you are completely valid and equally worthy.” Parents need to step up and embrace the skin tones of their children positively.

So, to everyone reading this that has been told that you would be more beautiful if you had lighter skin, just know that no matter what color skin you have, you are beautiful and just as worthy as those with light skin. Let’s raise our upcoming generations in a world that is more equal. A world where color does not define you. A world where each and every person has just as much potential as any other person in this world. Everyone is lovely, dark or light.

By: Ritee Karmacharya

Age: 15 Years

City: Old Bridge, NJ, U.S

Lowering The Voting Age

by Maya Sah

In the article “Why is our voting age 18 by Hannah McCarthy” the article talks about how throughout the 1960s, many Americans pushed both Congress and the state legislatures to lower the minimum voting age from 21 to 18. This was mostly due to the War. As the war went on, more and more people started to protest the war and become active. Throughout that war, many young men were drafted and sent to fight in the war before they were even old enough to vote. Lowering the voting age from 18 to 16 will have a much better impact on younger people in many ways like giving younger people a chance to be a part of the decisions that affect them and their future.

The article “Should the voting age be lowered” and the article by ProCon.org both talk about how effective lowering the voting age would be. Voting needs to become a habit. When people start voting younger there tends to be a better turnout by about 13%, it holds more interest to people and helps establish new voters.

Voting younger also creates character and maturity because it is a responsibility that they need to take. They build character and maturity because they must make choices that affect their futures. We make the claim that younger voters would not be as knowledgeable in political matters as older voters, but that is because they are not taught it claiming that they are too young. Voting younger will also allow younger voters to be a part of the decisions that affect their future and shouldn't younger voters have a say in electing their national leaders

The “Newsletter national youths rights association” and the article “reason to lower the U.S voting age to 16.” Both talk about how younger people are incapable of acting independently and mature yet we have young people that take on adult responsibilities, such as being a primary caregiver or working to provide. Those things take a person being mature and responsible, to take on these adult-like responsibilities yet they are denied the same rights as them. Young people are also expected to follow the law, yet they have no say in making it. They also have to experience adult consequences if given the circumstance. When people start voting younger, they tend to take up more of an interest in politics and participating political matters, even though people try to exclude younger voters in the political process they are still trying to find a way to be heard through things like protesting.

Lowering the voting age is much more beneficial especially to younger people because it allows younger voters to have a voice in their own future; And them being a part of the political process allows them to grow and mature and have a say in their own future. It is about time that we as a society realize that a person's maturity is not dependent on their age but rather a person experiences, opportunities and challenges.

By: Maya A Sah

Age: 15 years

Grade: 10th

City: Davis, CA

School: Davis Senior High school.

Global Warming

by Prisha Karna

Introduction

Global warming is an alarm bell for our beautiful Earth's environment that stays for long period of time. The main cause of global warming is the greenhouse effect. It is an increase in the temperature of Earth's atmosphere due to increase in the Carbon Dioxide, and other pollutants. Global warming is due to the burning of fossil fuels such as coal, natural gas, and oil. The greenhouse effect is caused due to the gases from burning the fossils which captivate and mirror radiant energy. The gases responsible for the greenhouse effect are called the greenhouse gases. The greenhouse gases when present in the moderate quantities, helps the earth retain the heat received from the sunlight.

Global warming also causes the climate change. The ice sheets and glaciers are melting due to global warming resulting increase in the sea level, occurring very frequently. These days, we have lots of flooding, extreme hot weather, heavy snowfall, no rain and so on in the different parts of the Earth which is due to global warming. It affects not only to the human beings but other animals too. An example is Antarctica and Greenland iceberg is melting due to which oceans are expanding enormously. Recently, we had iceberg melting in India in which human beings including lots of other animals lost lives. Therefore, we need to maintain moderate temperature on our planet for the survival.

Prevention of Global Warming

How can we prevent global warming? To understand this, first thing we need to understand is what are the causes of Global warming. Human activities such as industrialization, deforestation, and environmental pollution cause an increase in greenhouse gases which eventually results in more heat being trapped in on earth's surface. The smoke due to burning of fossil has carbon dioxide (CO₂) which will not let the heat energy trapped in the Earth's surface go back to the Space and increases the Earth's average temperature causing the Global warming.

It takes a long time to change it, but we can prevent global warming by Following these and many other steps, we slowly but surely can prevent global warming.

- Avoid burning the fossil fuels: We know that 80% of the fuels are already used, need to preserve remaining fuels and find alternative source of energy.
- Reduction in the transportation: This is another important cause of global warming which also causes air pollution. Using less vehicles. Ride a bike or walk when you need to go to shorter distance and use public transport for longer distance.
- Increase plantation and initiate afforestation: Plant more greenery in places where there are no plants. Once, we cut trees, plant a new one immediately.
- Avoid using plastics: Use only those things that are reusable and recyclable such as if we use plastic bottles, plates try to reuse it. But I would suggest to use Paper plates, glasses, cups which is good for human health and do not hurt our other animals and our environment.

Conclusion

Currently, we all are suffering from COVID-19 pandemic. I'm not sure if it is because of Global Warming or not but human beings are responsible for global warming eventually hurting themselves. It is profoundly serious issue that needs to be taken care of immediately, if not, then we might have to suffer from another disaster. It's not about a country or an individual.

It is about our beautiful Earth, our ecosystem and the most importantly it is about the survival of human race. So, we need to protect our beautiful Earth!

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By: Prisha Karna

Grade: 6th

**School: Greenbriar East
Elementary School**

Age: 12

Address: Fairfax, VA

My Name is Prisha Karna. I'm 12 years old and I study in Grade six at Greenbriar East Elementary School, Fairfax, Virginia. My hobbies are doing Mithila Art, Dancing and learning new languages. Originally, I'm from Kathmandu, Nepal.



Belle

by Saanvi Shah



By: Saanvi Shah

Grade: 1

Age: 7 years

School: Anne Frank Elementary School

Address: Philadelphia, PA, 19115

Oh, Mother Nature!

by Aviraj Yadav

Fire releases strengths of lights
 We feel the immortal waves of heat
 As we feel warmness rise up our feet
 Moment we realize how much we aesthete
 Oh, Mother Nature!

Raining like a light of hope
 From Rain why we elope
 Raining water drops a beat
 On a path of concrete m
 Oh, Mother Nature!

A breeze of air wrapped our face
 where ever we go it's in every place
 In the jaws of death, we want to taste
 But why our memories erased
 Oh, Mother Nature!

The beauty of soils that holds us together
 Stays with us like an armor
 Soil surrendering before turning to dust
 Promise's mother nature to keep in trust
 Oh, Mother Nature!

Gods playing with Lighting
 Feeling the cloud is aching
 When clouds start dazing
 As we see cloud slowly crawling
 Oh, Mother Nature!

Oh, Mother Nature!
 You gave us so much without even asking
 We promise to keep your Heritage safe without polluting
 We promise!

Who was Alexander Graham Bell?

by Srishti Jha

Who Was Alexander Graham Bell? ^①

One Day in March 3, 1847 in Edinburgh, Scotland a baby boy in the Bell family was born. He was named Alexander by his father and his grandfather. Grandfather Bell lived in London and was a teacher. He helped people with speech problems such as stuttering. Grandfather Bell studied the way the spoken words are formed. He learned how important the lungs and vocal cords are for speaking. He studied the way the lips and the face move too. Alexander's father Melville taught speech too. As soon as a baby Alexander was born it was suspected that he would follow in other Alexander's footsteps. One Day Alexander and his brothers Melly and Ted were finding plants and animal skeletons. One day the Bell family wanted to go for a picnic in a summer day when Alexander wanted to explore a nearby wheat field caught

his eye. He walked in to the tall wheat and sat down. Closing his eyes he wondered if he could hear the wheat growing. He struck his ears and listened. But he heard nothing. After a while Aleck decided to go back to the picnic. But he couldn't find his way out of the wheat field. The wheat was too high. Alexander was lost. He yelled for help. No one heard him. Little Aleck sat on the ground and cried until he fell asleep. Later he awoke to his father calling his name. Aleck's name was safe. Sometimes curiosity can get a boy in trouble! Although Aleck was smart he was not a good student. Greece's Latin? Science is all about how plants and animals were much more interesting. He loved music. And he learned to become an excellent pianist by his mother's side. It was amazing that Mrs. Bell could play the piano so well. Why? Because she's nearly deaf. She needed an ear tube to hear what people said. To play the piano she put one end of the tube on her

ears and the other against the piano. That way she could feel or hear the beautiful sounds of the music. Aleck was so close to his mother. Although most people shouted in her ear tubes, Aleck liked to speak on her forehead softly. And this worked! Elisa Bell was able to hear what her son said. How was that possible? Elisa picked up the vibrations that Aleck's words made when he put his lips on her forehead. A vibration is a steady movement or quiver. By talking to his mother this way, Aleck was able to understand sounds travel and heard. Elisa Bell encouraged Aleck to be curious and creative. But his father did not always approve. He wanted his middle son to be a good student like his brother Melville. Bell often interrupted Aleck's piano classes. He dragged him inside where Melville was studying science with friends. For Aleck it was Boring, Boring, Boring

It was Aleck who invented telephone by sending sound vibrations over the cable wire.

From
Srishti Jha
(FIRST-GRADE) (6 YEARS OLD)



By: Srishti Jha
Grade: 1
Age: 6 years

My name is Srishti, and I am 6-year-old and in 1st grade. I am from India. I like to play with my friends and fly my drone. My favorite movie and book are Charlie and The Chocolate Factory by Roald Dahl. I like to read books, play badminton and basketball. My favorite subject is Math because it has many interesting things to learn.

बाध्यता

by Biraj Aryal

यो कस्तो बाध्यता श्रृजना भयो
जिम्मेवारी र कर्म बीच च्यापिएको छु
आफूले आफूलाई नचिन्दा यहाँ
अरु कोहि कै चिनारी म बोक्दै छु ,

जब अरूलाई हेरी चिन्तन गर्छु
तब नयाँ चिन्ता थपिन्छ
स्वतंत्र चरी झै उड्न त मन छ
तर बाधका पिंजडामा थुनिन्छु ,

हेर्दा त यो खुल्ला परिवेश
यसमै जोडीऔँ जोडीऔँ जस्तो लाग्छ
सुन्दा त यसमा भएका कुरा
समाऔँ समाऔँ जस्तो लाग्छ ,

एक खुल्ला पन्धी बनी एक चोटि
यो आकाश छुने दृढ इच्छा छ
संगलाहरुमा बाँधिए पनि अहिले
कुनै दिन फुत्कीने पनि त मन छ ,

रहिसकेका छन् यी बनी धमिला सपनाका कुरा
जुन कहिले हुन्छन् विपना अनिश्चित नै छ
होला यो हुन लामो समय लाग्ने छ
तर यो पनि अवगत छ की
कुनै दिन
यो पनि एक बाध्यता नै बन्ने छ!

कुनै दिन
त्यो पनि एक बाध्यता नै बन्ने छ ।



- बिराज अर्याल

By: Biraj Aryal

Age: 16

School: Kathmandu model secondary school

Grade: 11

City: Banepa, Kavre

The Library

by Sadichchha Karna

A library is a storehouse of verities of books. It is a center of knowledge. So, it is an educational institution. The readers in the library learn themselves by their mute study unlike in a school or college where students are taught by teachers. A library is defined as a book bank. Some big libraries have million books of all kinds and all subjects. A good and modern library usually subscribes to particularly the important newspapers, magazines and periodicals. So, the reader can read any sorts of books and magazines as per their relish and need. They can read duo textual and reference books. An individual can't afford to purchase all the books and magazines no matter how far rich he/she is. Therefore, they make their visit to the library during their leisure hours and glance through the relevant pages of books, magazines, and periodicals as they consider worth reading. They can also borrow books if needed be. Libraries are primarily of two types: Public and private. Public libraries are open to all. Everyone can go and read the books, magazines and other periodicals as per their taste and need. Library of Congress, Bodleian Library, Vatican Library, and many more are this sort of libraries. Similarly, on the other hand, the private libraries are owned by the individuals. They are the invaluable property of the particular persons. School, colleges and universities have their own libraries. They are private or institutional libraries. Such types of libraries can be only used by the members of concerned institutions. Libraries do have different sections. The books are classified and arranged in accordance with subjects. So, the readers can easily pick up any book from among the hundred thousand books. Similarly, the library maintains a congenial environment for reading. So, the readers can focus their attention on their study undisturbed in the utter silence in the library. If they do not have time to study in the library, they can borrow the books and read them at home. Libraries are of vital importance. They serve duo the poor and rich readers, for no one can afford to buy all sorts of books, magazines and periodicals. However, they serve more to the poor ones. They can borrow the books to read at home. So, the salient feature of the library is that it makes no charge upon the readers or collects just a negligible membership charge. Yet it yields rich verities of reading materials to them. More astonishingly, a single library does benefit hundreds of readers at the same time. A big modern library does have millions of books. So, hundreds of students, researchers, and scholars working on a difficult, obscure subjects definitely need more books that are very expensive and hardly available in the market, can be easily be found in the library. They can consult with the encyclopedia, dictionary and other very rare and old books and magazines. They can make the best usage of library. Hence, it is quite that a library does confer incalculable advantages on the people of different walks of life. That is why, "Library is the bosom friend, ideal philosopher and pioneer guide to the reader". These are the reasons why there is hardly a school or college, which has no library in this modern era. Further, the concept of digital library has come into being across the globe in this era. Without libraries, the quest and desire for higher and profound education and knowledge can't be fostered or blossomed. Therefore, it is rightly remarked, 'A good library is a true university.'

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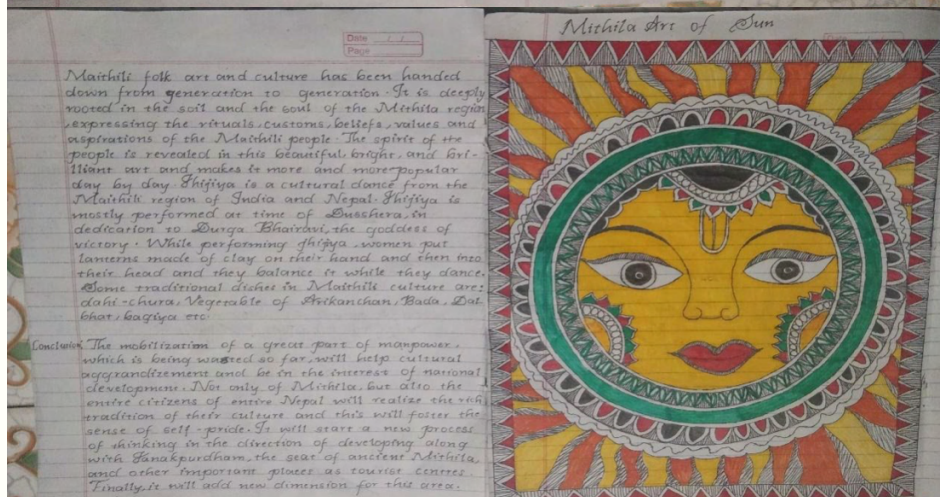
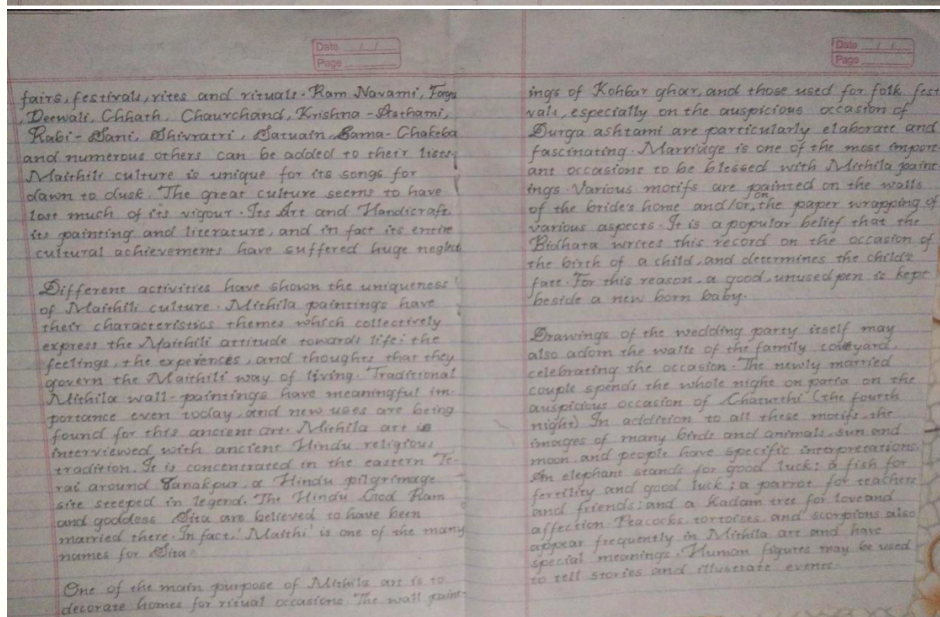
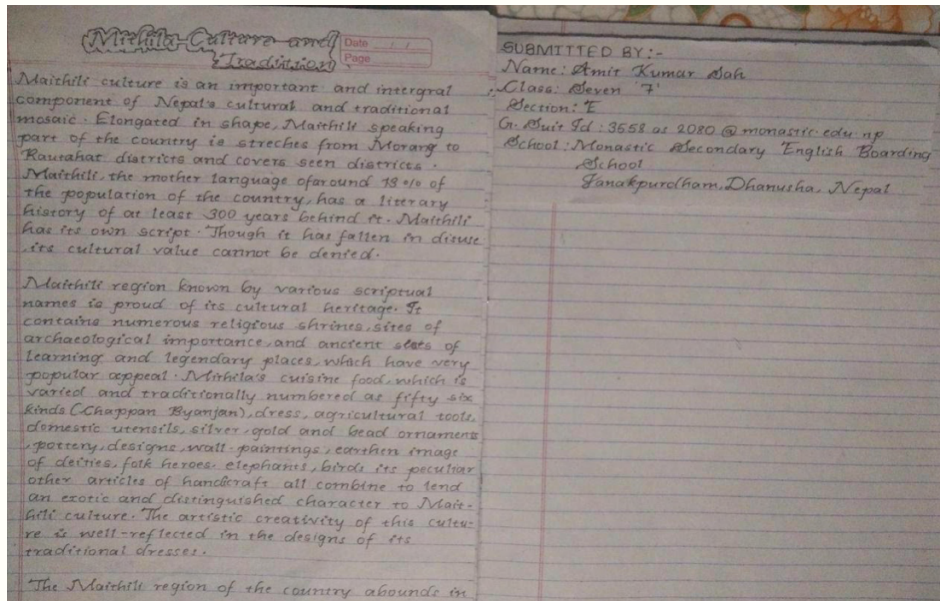
By: Sadichchha Karna

Grade: 9

School: Kathmandu Meridian School, Kathmandu, Nepal

Mithila Culture and Tradition

by Amit Kumar Sah



By: Amit Kumar Sah

Class : 7

Section : E

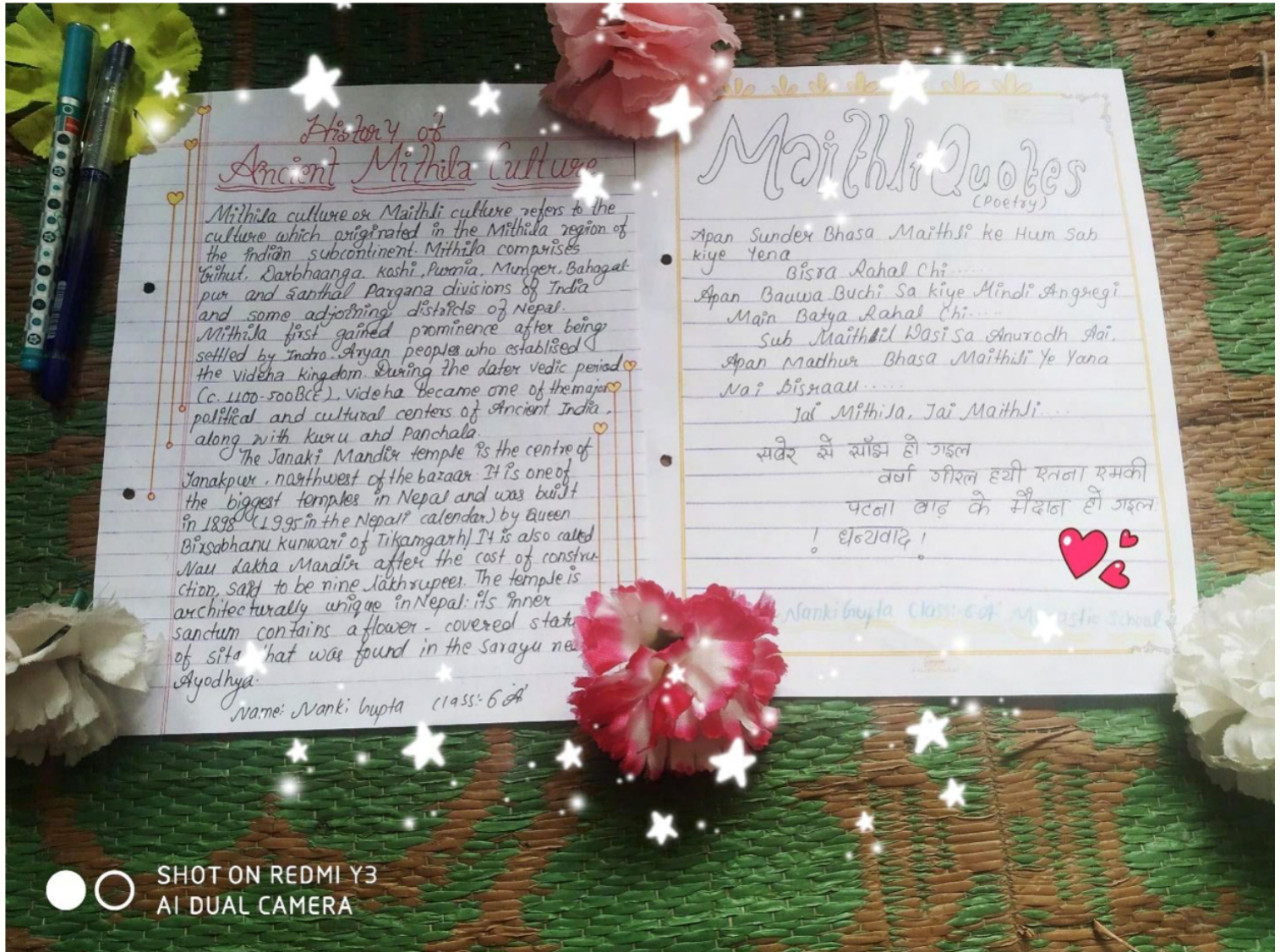
School: Monastic Secondary

English Boarding School,

Janakpur, Nepal

History of Ancient Mithila Culture

by Nanki Gupta



Name: Nanki Gupta

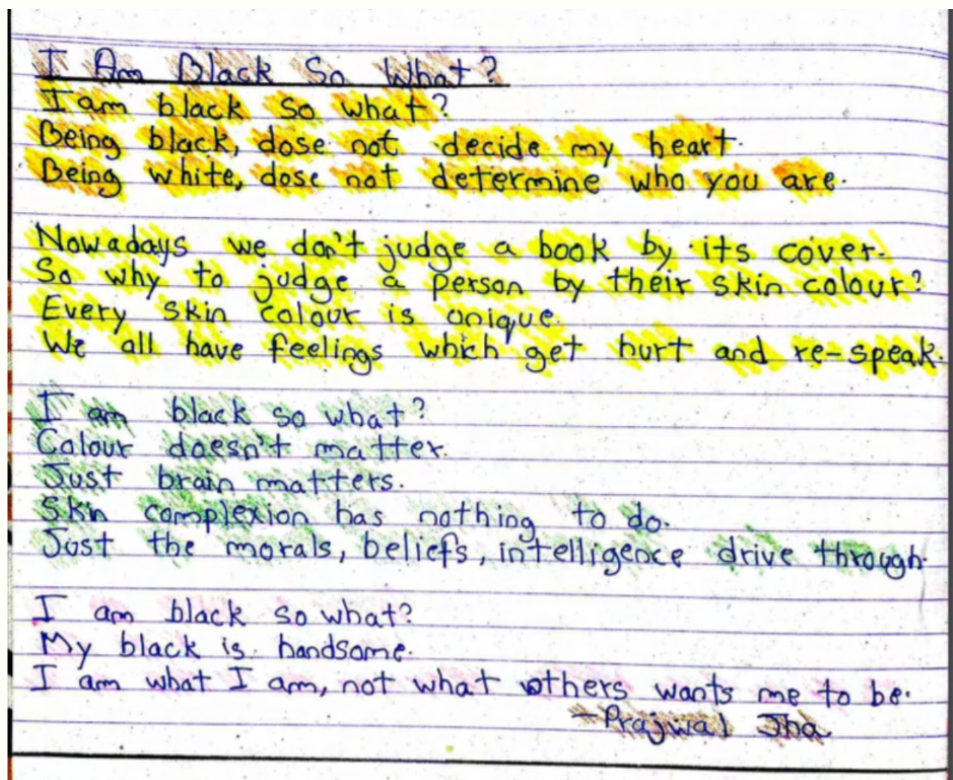
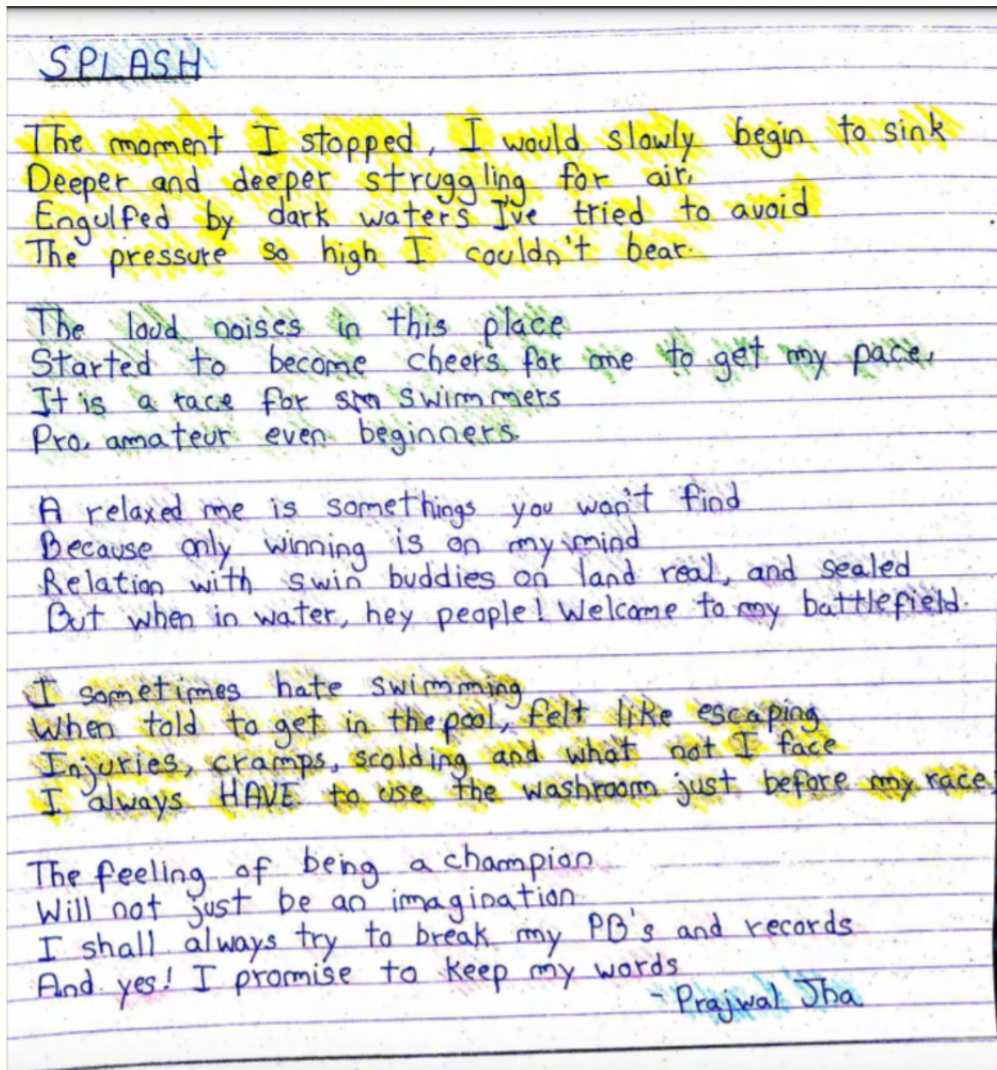
Class: 6 A

School: Monastic Secondary English

Boarding School, Janakpur, Nepal

Splash & I Am Black So What?

by Prajwal Jha



By: Prajwal Jha
 Class: 8
 Age: 13 years
 Country: Nepal
 City: Kathmandu
 School: St. Xavier's School,
 Jawalakhel

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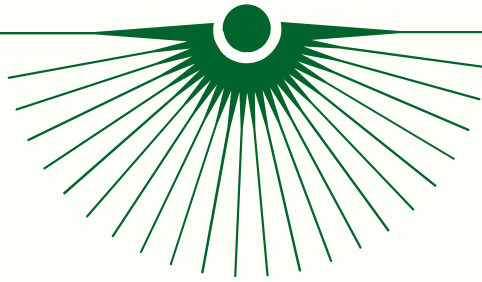
Saurav Chaudhary is a junior at Dublin Scioto High School, and he is 17 years old. He was born in Kapilvastu, Nepal, and immigrated to the United States with his parents at the age of five. He now resides in Dublin, Ohio. During his freshman year, Saurav built a rocket that was tested, launched, and reached about 1000ft high. He aspires to be both an engineer and an inventor as a vocation.





TRIVANI

Association of Nepali Teraians in America's Quarterly Newsletter



BY THE ANTA PUBLICATION COMMITTEE

DESIGN AND COMPILATION:
SAURAV CHAUDHARY

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