

NBC-UK BULLETIN

OUR COMMUNITY, OUR VOICE



Nepalese British Community UK (NBC-UK)
ESTD - 2010

ORGANISED BY  **COMMUNICATION SUPPORT & TABLETS DONATION**

SUPPORTED BY  NATIONAL LOTTERY FUNDED

VENUE: GOLDEN SHIP RESTAURANT, HARROW, HAZ BHA
DATE: THURSDAY 11TH NOVEMBER 2021



Nepalese British Community - UK
www.nbc-uk.org
info@nbc-uk.org

 [NepaleseBritishCommunityUK](https://www.facebook.com/NepaleseBritishCommunityUK)



DONATE

Bank details

Account Name: NBC-UK
Account No: 81441701
Sort Code: 40-42-28

CO-ORDINATOR'S CORNER

Happy New Year 2022 AD to our prestigious members and well-wishers !



Rajendra Ojha
Co-ordinator
NBC - UK

It is with great pleasure to mention that a year has passed by with the current Executive Committee. We have been able to experience ups and downs during the year especially due to various variants still surfacing and hence have had to plan and cope accordingly. I have got greater pride in mentioning that we have been able to organize a number of programs during this difficult time including interaction event on Mental Health and Well-being, Bishesh Manoranjan on NBC-UK's 10th Establishment Day, Zumba Classes, Yoga Classes, various running events, Dashain celebration, Aid to Nepal for Covid victims and their families, Big Lottery Tablet distribution etc. Thank you all for your kindest support and sincere co-operation.

On the other hand, we are very excited to publish NBC-UK's 4th edition of the Bulletin. As always, we welcome new articles and creations from our members and well-wishers to encourage and inspire people including younger generation.

Finally, as a co-ordinator of the organisation, I would like to express my sincere gratitude to NBC-UK family including well-wishers and a very special mention to entire 'NBC-UK Bulletin' Team. You all are worthy of an applause!

Jay NBC-UK !

NBC-UK FAMILY

Patrons

Mr. Kamal Paudel	Mr. Ganga Bahadur Rana	Mr. Kamal Raj Khanal
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Executive Committee

Mr. Rajendra Ojha – Co-ordinator	Mr. Rabindra Adhikari – Secretary	Mr. Khem Raj Joshi – Treasurer
Mr. Milan Ghimire	Mr. Samir Nath Pyakuryal	Mr. Ram Sundar Shah
Mr. Basanta Nepal	Mr. Lekh Nath Ghimire	Mrs. Bhagabati Ranabhat
Mrs. Tej Maya Regmi Sigdel	Mr. Churamani Regmi	Mr. Rishi Khanal
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Mr. Kiran Adhikari	Mr. Prabhu Ram Neupane	Mr. Kul Prasad Sigdel
Mr. Damodar Acharya	Mr. Suraj Karki	Dr. Jagan Karki
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Mr. Krishna Timalaena	Mr. Kul Acharya	Mr. Kul Prasad Aryal
Mr. Mahesh Dahal	Mr. Rajkumar Tripathi	Mr. Ram Sharan Simkhada
Mr. Shiva Sainju	Dr. Shyam Chand	

Members & Life Members

NBC-UK appeal to our existing members and life members to introduce and welcome new friends to our organisation as we believe that united, we stand stronger while empowering our community. We are pleased to mention that 51 Life Members and 170 General Members totaling 221 Members comprise of NBC-UK.

Life Members:

1. Anil Lamichhane
2. Arjun Khanal
3. Basanta Nepal
4. Basudev Lamichhane
5. Bhagabati Ranabhat
6. Bhim Bashyal
7. Bhol Nath Paneru
8. Bijaya Sedai
9. Binesh Kharel
10. Churamani Regmi
11. Damodar Acharya
12. Dasharath Bashyal
13. Deepen Lamichhane
14. Dilip Paudel
15. Dr Jagan Karki
16. Dr. Khem Joshi
17. Ganga Bahadur Rana
18. Gopal Ale
19. Govinda Sedai
20. Hari Bhakta Neupane
21. Hari Pokhrel
22. Kamal Paudel
23. Kamal Raj Khanal
24. Keshab Poudel
25. Khem Raj Joshi
26. Kiran Adhikari
27. Krishna Prasad Dahal
28. Krishna Prasad Timalaena
29. Kul Aryal
30. Kul Prasad Sigdel
31. Lekh Nath Ghimire
32. Milan Ghimire
33. Min Darlami
34. Mina Ghimire
35. Muna Paudel
36. Nir Bhagabati Rai Galeja
37. Prabhu Ram Neupane
38. Prasun Rana
39. Prem Bahadur Baniya
40. Raj Kumar Tripathi
41. Rajendra Ojha
42. Ram Prasad Pandey
43. Ram Sharan Simkhada
44. Ram Sundar Shah
45. Rishi Khanal
46. Samir Nath Pyakuryal
47. Shrijana Sharma-Pyakurel
48. Suman Chandra Gurung
49. Suraj Karki
50. Tej Maya Regmi Sigdel
51. Yadu Aryal

Please visit www.nbc-uk.org for full membership details

VOICE OF SECRETARY

It feels like yesterday that we took oath and started to serve the community from this charity organisation, Nepalese British Community-UK on a capacity as a secretary. I had to go through so many ups and downs, sweet, and bitter but no doubt, healthy communication in the past one year and learnt lots while serving this charity organisation. I am extremely happy that I have been able to learn and would like to thank Executive Committee members as well as all members and advisors for your guidelines and supports.



Whilst working in group with different bunch of people from various professions and respective backgrounds, it is normal to observe different opinions and have healthy discussions. At the end of the day, all it matters is to think and work for the better community.

Our NBC-UK journey and activity towards community started from the Mental Health and Well Being awareness programme which was great success. We organised and participated various activities in the past one year. Rather than describing them in details, I would like to list them up briefly below. 1) Mental Health & Well-being Awareness Programme, 2) Bishesh Manoranja 2021, 3) Regular Yoga and Fitness Classess, 4) Weekly Zumba Classes, 5) Dharan Run Support, 6) Nepal Run (Stay Fit Beat The Pandemic) Support, 7) Covid-19 Nepal Support, 8) Dashain Celebration, 9) Big Lottery Project, 10) NBC-UK Quarterly Bulletin Publication, 11) Christmas and New Year celebration, etc.

In the conclusion, charity is meant for the better society and support for each other. Currently, there is much hardship in the world and people are suffering, mentally, physically and financially. So, let's lend a hand forward and reach out to the needy ones.

Thank You

Rabindra Adhikari
Secretary

EVENTS

CURRENT/ FORTHCOMING EVENTS / PROJECTS	
NBC-UK Establishment Day Celebrations	Sunday 6th March 2022
YOGA & PHYSICAL FITNESS (Your Physical Mental Wellbeing) 1 & Half Hour Session	Every Saturday & Sunday 8:30AM to 10AM (UK Time)
NBC-UK Group Blood Donations (NHS)	March 2022 (Planned)

PATRON'S CORNER

एन. बी. सी. - युके - परोपकारी सेवामूलक क्षेत्रमा

निश्चय

नै एउटा मानवीय सेवालार्ई बलियो आधार बनाएर स्थापित च्यारिटी संस्था एन,वि,सि, युके ले आफ्नो दश बर्षको अनुभव र काम गर्दा आईपरेका शिक्षा बाट अझै दरिलो गरि अगाडि बढ्ने बिबिध योजनाहरूका लागि पहल कदम चलाएको छ।

दुई बर्ष भन्दा बढी समय कोभिडका कारण लकडाउन , भौतिक जमघट र भेलाहरू गर्न का लागि सरकारको नियम-परिधिभित्र रहेकाले , नयाँ च्यालेन्ज र धेरै उत्साहका साथ (वेलायतमा रहेका अधिकाशं नेपाली कलाकारहरूको बिबिध प्रस्तुती केही तयारीका साथै हल व्यवस्थापन गरिसकेको योजनालाई पनि थाती राख्नु भन्दा अर्को विकल्प रहेन।

समय परिस्थितिलाई मध्य नजर राख्दै , मानव परोपकारी कामका साथै राम्रो काम गर्न प्रेरणा मिलोस भन्ने भावनाले ओतप्रोत हुँदै असजिलो परिस्थितिमा पनि संस्थाले केही उल्लेखनिय कार्यहरू बिगत एक वर्षमा सम्पन्न गर्न सफल भएको छ । काउन्सिलहरूको फुड बैकका लागि फुड डोनेसन, रक्तदान , वृद्ध आमा-बुबाहरूलाई ट्यावलेट बितरण र प्रशिक्षण, जूम (अनलाइन) मार्फत योगा-ब्यायाम , जुम्बा प्रशिक्षण, भर्चुअल सास्कृतिक र मनोरन्जनात्मक कामहरू सम्पन्न गरि एक छुट्टै सकृय संस्थाको रूपमा फड्को मारेको छ । संस्था यसरी चलायमान भइरहनु र हामी सबैले मिलेर संस्थालाई यस अवधिभर यो अवस्थामा ल्याउनुमा तपाईं हामी सबैले गर्व गर्नु पर्छ।

आफूले के पाइन्छ भन्दापनि एक धरातल माथि उभिएर संस्थालाई परोपकारी कामगरि अगाडि बढाउन सबै कार्य समितिका सदस्यहरूको निस्वार्थ भावना नै मूख्य आधारशिला हो। यस प्रकारका मानविय तथा सामाजिक कार्यहरूबाट नै व्यक्ति अनि संस्थाको उचाई अझ उचो हुनेछ भन्नुमा कुनै अत्युक्ति नहोला ।

अन्त्यमा, सबैको सल्लाह र सुझावलाई संस्थाको मुलमन्त्रको रूपमा लिई आउने दिनहरूमा अझै सामाजिक र मानवीय सेवामूलक कार्यहरूलाई अगाडि बढाउने अठोटका साथै

सबैमा सु-स्वास्थ्यको कामनाका साथ परोपकारी सेवामा अगाडि बढ्ने शुभकामना र शुभेच्छा ।।।।

कमल राज खनाल
पूर्व को-अर्डिनेटर तथा प्याट्रोन
एन. बी. सी. - युके



EVENTS | OCTOBER - DECEMBER

Big Lottery Fund Project**सेवा** मूलक प्रोजेक्ट सम्पन्न ।।।

कोभिड -19 महामारीको विषम समयमा एन वी सी युकेले प्रत्यक्ष र विशाल जन सहभागिताका साथमा मानवीय र च्यारीटी सेवाका कामहरू सम्पन्नता गर्न सम्भव नभएको परिस्थितिमा पनि, वृद्ध आमा बुबा हरूलाई सहयोग पुग्ने उद्देश्यले Big Lottery वाट प्राप्त कोषलाई दुई चरणमा (07/10/2021 र 11/11/2021) गरी ७० जना बुबा आमाहरूलाई, ट्याबलेट हस्तान्तरण र सामान्य संचालनको सिप प्रदान गर्न प्रशिक्षण दिने कामहरू सफलताका साथ सम्पन्न गरियो । लकडाउनको असजिलो समयमा घरभित्र कोठाहरूमा मात्र सिमित रहि बस्नु परेको अबस्थामा, कम्तीमा पनि सामाजिक संजाल र एक आपसमा सम्पर्कका लागि विशेष उद्देश्य राखी सम्पन्न गरिएको यो प्रोजेक्टको उपयोगिता धेरै नै प्रभावकारी भएको फिडब्याक आमा बुबाहरूवाट आएको छ। एन वी सी युकेका को-अर्डिनेटर श्री राजेन्द्र ओझाजी साथै सबै कार्य समितिका पदाधिकारी साथी भाईहरूको सहयोग, सल्लाह-सुझावको उर्जावाट भविष्यमा अझै व्यापक र वेलायतको स्थानीय समुदायलाई सहयोग पुग्ने खालका च्यारिटेबल कामका लागि बिबिध पहलहरू भएका छन्, अबश्य यसले छिट्टै नै फाईनल सफलता प्राप्तगरी समुदायका विचमा पुनः हातेमालो गर्न एन वी सी युके आउनेछ भन्ने सन्देश का साथ, सबैलाई सु - स्वास्थ्यको शुभकामना।।।



कमल राज खनाल
संरक्षक, पूर्व संयोजक
एन.बि.सी. यूके,
संयोजक
Big Lottery Project



EXPERT'S CORNER

External Funds are Available – Get them!

W

ith the increasing number of local charities in the Nepalese community in the UK, the demand for donations is shooting up. Nepalese living in the UK have been showing enormous generosity for humanitarian support in Nepal. Charities like NBC-UK/CODEC UK have raised significant funds to help victims of earthquakes, flooding, landslide, and those affected by COVID recently. There is no doubt we should continue supporting them as much as possible, however we should also explore securing external funds to support our vulnerable communities in the UK as well as in Nepal.

Charities like NBC-UK and CODEC UK have done an incredible job securing funds from Big Lottery to help the elderly Nepalese community to improve their communication skills and wellbeing. Additionally, we should increase our efforts to secure more funding to help children and young people as well.

There have been ongoing discussions on having a "Nepal Community Centre" where people can run various activities e.g. social gathering, exercises, meetings and even provisions to run small business activities.

There is a possibility to get funding from the government to open the community centre through the Community Ownership Fund.

£150m Community Ownership Fund is open to community organisations across the whole of the UK. This scheme provides up to 50 percent match-funded capital grants to help them to take **ownership of 'at risk' assets**. It will run for 4 years (until 2024/25) and there will be at least **8 bidding rounds** in total.

What counts as an 'at risk' asset? – These are physical assets, currently owned by local authorities or local communities which are listed for disposal or are up for sale.

What funding is on offer?

Capital grants of up to £250,000 to meet up to 50 percent of the capital costs of acquiring an at-risk community asset.

Part of the capital grant can also be awarded to help meet renovation costs, so long as this is combined with an acquisition.

Revenue grants of up to £50,000 (20% of) total fund

are awarded on a non-match basis, to cover project development costs and to provide working capital post-acquisition.

Funding may support the purchase and/or renovation costs of community assets and amenities

What organisations are eligible?

To be eligible for investment from the fund, the terms of community ownership must be either the ownership of the freehold or a long-term leasehold of at least 25 years minimum (with no break clauses).

Must be controlled by and/or accountable to the beneficiary community

How Nepalese Communities can benefit?

We can have our own community building for social events e.g. Dashain/Tihar and Teej gatherings, business meeting

Businesses can rent the office spaces.

What should we do to get funding?

Meet local council/borough officials/councillors and identify the assets at risk

Explore the provision of match funds- it could be Lottery funding, "in-kind contribution" of goods, equipment, buildings or professional services from our builders, engineers

Costs of legal professional fees, technical advice from architects or surveyors advice. It might also include costs for project management to oversee capital works where this is part of an application.

Use contribution in cash from individual charities for match funds



Dr. Shyam Chand
Advisor, NBC-UK

Contract Manager
Department for Levelling Up,
Housing & Communities

EXPERT'S CORNER

Are you coming to study in the UK?

First and foremost, I see there is a huge lack of research in the applicants. Applicants doesn't have knowledge about the University they are applying for. If they are asked about the location of the university or the course content, they seem to be pretty lost. Hence, I would advise all the students' who are thinking of applying to the UK or any part of the world to do RESEARCH!! RESEARCH!!! AND RESEARCH!!!! RESEARCH is the key.

There are few areas in which I would like to draw the attention where one should be researching. One should have the idea of the location where the University is located. The course they are applying for. And the career that they can choose after doing that course. Studying about the course that will be taught in the university can be the best way to know how your future would look like.

Similarly, choosing a career is not a small thing. Let's put it in a simple way- this is the part where you are deciding to do a course in which you are bound to be and work for the rest of your lives. So, I would suggest not to settle in one university. Go through the websites of various universities. You can check the affordability of the course along with location and the about the future aspects of the chosen course which help to settle for the best as your ambition rely on it.

Furthermore, the universities in the UK will take a credibility interview before offering a place. The information that you would have after the research would help you profoundly during the credibility. The questions that the representatives of university would be asking would be the questions that you had in your mind while doing your research.

Also, I suggest the applicant to understand the immigration procedure. The rules that

they should follow while they are in the UK. Basic knowledge about Tier 4 visas. The offer from the university, the proof of financial statement to support your study and stay in the UK along with the proof that you can speak, read, write, and understand English are the criteria which one should meet to be eligible to apply for a student visa to study in the UK.

Each applicant must take an x-ray for checking the sign of Tuberculosis. Next, the applicant must pay the immigration healthcare surcharge (HIS) of approximately £624 per year per person. If the duration of the course is 3 years, one must pay £624x3=£1872. The cost for applying a standard service Student visa would cost £348 which would take around 2- 6 weeks working days to hear the decision from UKVI. The priority service would only take 5 days to know the visa decision. Unfortunately, this service is not available in Nepal and there are applicants who travel to India to apply for the priority service.

Regarding travelling to the UK and bringing money to the UK, one can travel one month prior to the course start date and can bring \$1500 equivalent of pound sterling when they travel to the UK.

For accommodation, there are many websites where one can find their desired accommodations. Some of them are www.amberstudent.com, www.gumtree.com, www.spareroom.com and the likes. After travelling to the UK, BRP (Biometric Resident Permit) is to be collected by an individual from the address mentioned in the visa decision letter. While collecting BRP one must take their passport with them as the proof of their identity.

CONTD...

EXPERT'S CORNER

Are you coming to study in the UK?

Beside these, I would like to share a brief information about the visa categories. The student visa is the Tier 4. You can study and work (depends on what you're studying and whether you're working in or out of term-time). You can work for 20 hrs a week during the term time whereas you full time during the university breaks. You can stay if 5 years if you are 18 or over and the course you applied is at degree level. If it is below degree level, you can usually stay in the UK for up to 2 years.

Applicants for postgraduate level courses are eligible to bring the dependent with them while travelling to the UK. But, in case if they want to travel alone and get married during the course and bring the dependent with them, it better be before they switch their visa to PSW (Post Study work Visa). Once they move in to PSW they are not allowed to bring their dependent, whereas undergraduate is not allowed to bring the dependent.

Switching to the PSW, once anyone clears his/her Bachelor or master's degree from any university, one can only get the PSW if the university endorse on their behalf. If anyone is planning to extend their stay with the help of PSW after their course, it is to be noted that one can get the benefit of PSW only once in their journey to the UK. If one is thinking of applying for PSW after Bachelor and after the master's, then you won't be able to. You either apply after Bachelor or after Masters. The duration of PSW is 2 years for Bachelor and master's course whereas for PhD it is for 3 years.

I understand not all the students who travel to the UK return home soon after the accomplishment of their applied course. They would like to explore more and stay longer and eventually apply for the ILR (Indefinite Leave to Remain), the PR (Permanent Residency) in general lan-

guage. There are 2 ways, First, switch to Tier 2 (work visa) and get the work sponsorship for 5 years. Second, lengthen the stay up to 10 years. This can be done by doing additional courses or going for the higher degree. According to the latest update from the UKVI, the 2 or 3 years of PSW won't be counted in the 10 years route.

Finally, I would like to highlight some of the challenges of Nepalese students while studying in the UK. The mode of instruction is the first thing that students find it hard to get through. The ongoing situation regarding Covid had left no choices than to run the program online. Getting around the module, going to the online links, attendance method and the instruction regarding assessments can be a back-breaking tasks for the students. The biggest challenge, I can see is the module assessment. In Nepal, students are assessed on a paper-based test where the students are given a set of questions and are supposed to write the answers in about 3 to 4 hours. But, in the UK they are assessed based on assignment, presentation and exams.

I urge every potential student to do more research and proper homework before arriving to study into the UK Universities. I am sure that if they do so, the difference in the expectation and the reality of studying abroad will be a thin line or maybe it can be as expected.



Mr Basanta Nepal
Executive Committee Member, NBC-UK

Director
Real Dreams Consultancy Services

EXPERT'S CORNER

How to stay safe online?

1. Keep personal Information Professional and Limited

You wouldn't hand purely personal information out to strangers individually, so don't hand it out to millions of people online. Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background and how to get in touch with you.

2. Practice Safe Surfing & Shopping

You wouldn't choose to walk through a dangerous neighbourhood, so don't visit dangerous neighbourhood online. You can achieve this by visiting the site you are familiar with, following the links from secure sites, using a security search facility provided by your antivirus software etc. Purchase only from trusted and secure sites that are encrypted as you need to use your credit card or bank account information. You can identify secure sites by looking for an address that starts from https: rather than http: (they may also be marked by a padlock icon before the address).

3. Use a Secure Internet Connection

You wouldn't sit in a public bench to check your bank statements, so don't access sensitive information using a public WIFI. Only do this if your device is secure to do so.

4. Keep Your Privacy Settings On

Major websites and social media sites have privacy-enhancing settings available, make sure you have enabled these privacy safeguards.

5. Be Careful What You Download

You wouldn't eat anything a stranger has offered, so don't download when offered without asking that pops up in your screen. If you need something to be downloaded, visit an official site or a site you can trust. Programs or Apps downloaded from unknown sites may include malware that is used to steal information from your system.

6. Choose Strong Passwords & change them periodically

Use passwords that are harder to guess and harder for cybercriminals to demystify. Strong passwords are made up mixing with capital letters, numbers and special characters. Do not use same password in multiple user accounts online. Change your passwords periodically – say every 3 months.

regularly – say every 3 months.

7. Be Careful What You Post Online

Your keyboard has a delete key, but the Internet does not. Any comment or image you post online may stay online forever because removing the original does not remove any copies that other people made. Don't put anything online that you wouldn't want your mum or a prospective employer to see!

8. Be Careful Who You Meet Online

People you meet online are not always who they claim to be. Fake social media profiles are a popular way for hackers to gather your information. Be as cautious and sensible in your online social life as you are in a real social life in-person.

9. Click Smart

Make sure that you don't invite danger with careless clicking. You may be tricked into revealing personal information for fraudulent purposes. Spam emails, free offers, online quizzes etc. are the tactics used normally. Always be wary of offers that sound too good to be true or ask too much information.

10. Keep Your System & Antivirus Program Up-to-date

Internet security software cannot protect against every threat, but it will detect and warn most of the malwares. However, it is your responsibility that your Antivirus Software is up-to-date. Along with the antivirus software, you should make sure to stay updated with current security updates with your device's operating system.

As an NBC-UK member, you are invited to have a free consultation at your home or business in relation to IT services.



Mr Churamani Regmi
IT Department, NBC-UK

IT Consultant / Service Engineer
ITSolutions4Less Ltd

CELEBRATIONS | NBC-UK BIRTHDAY WISHES

NBC-UK Wishes Mr LN Ghimire very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of his Happy Birthday!

NBC-UK is thankful to Ghimire family for their support & donation of £31 on his special day.



NBC-UK Wishes Mr Aron Lamichhane very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of his Happy Birthday!

NBC-UK is thankful to Lamichhane family for their support & donation of £25 on his special day.



NBC-UK Wishes Miss Shruti Simkhada very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of Happy Birthday!

NBC-UK is thankful to Simkhada family for their support & donation of £25 on her special day.



NBC-UK Wishes Miss Abigya Ranabhat very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of Happy Birthday!

NBC-UK is thankful to Ranabhat family for their support & donation of £25 on her special day.



NBC-UK Wishes Miss Shuvabani Karki very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of Happy Birthday!

NBC-UK is thankful to Karki family for their support & donation of £25 on her special day.



NBC-UK Wishes Miss Shanvika Gautam very Good Health, Immense Success, Prosperity and a very Long Life on the Auspicious Occasion of Happy Birthday!

NBC-UK is thankful to Gautam family for their support & donation of £25 on her special day.



CONDOLENCES | NBC-UK CONDOLENCE MESSAGE

हार्दिक श्रदान्जली तथा समवेदना !



स्व. गोपाल निधी न्यौपाने

हाम्रो संस्था नेपालीज ब्रिटीश कम्युनिटी-युके (NBC-UK) का कार्यसमिति सदस्य श्री प्रभु न्यौपाने ज्यू का बुवा श्री गोपाल निधी न्यौपानेको ८६ बर्ष को उमेरमा भएको दुःखद निधनको खबरले NBC-UK परिवारलाई स्तब्ध र शोकाकुल बनाएको छ । यस दुःखद र शोकाकुल घडिमा NBC-UK परिवार मृत आत्माको चीर शान्तिको कामना गर्दै हार्दिक श्रदान्जली अर्पण गर्दछ । साथै सम्पूर्ण शोक सन्तप्त परिवार प्रति हार्दिक समवेदना प्रकट गर्दछौं ।

धन्यवाद
राजेन्द्र ओझा (कोओर्डिनेटर)
तथा NBC-UK परिवार

GAMES & QUIZES

See the answers at the end of this bulletin.

SUDOKU: 4

Level : Easy

	8	2				7		
	9		2		6		4	
3				8				5
		3						6
	5	8			1	2	3	
7					3	8		
6				4				2
	2		9		7		5	
		5				4	7	

QUIZ QUESTIONS

- 1 What's the smallest country in the world founded in 1929?
- 2 What is the common name for dried plums?
- 3 What is the name given to Indian food cooked over charcoal in a clay oven?
- 4 Which is the only edible food that never goes bad?
- 5 If China invented tea, then which country invented ice cream?
- 6 Which country won the first-ever football world cup in 1930?

गाउँखाने कथा

- १ मन चोर्ने मायालु राती राती आउछीन, उज्यालो हुन नपाउँदै कुन्नी कता जान्छीन के हो?
- २ खुट्टा नहुँदा जमिनमा हिड्न पाएन, पखेटा नहुँदा आकाशमा उड्न पाएन के हो?
- ३ ठुलो पोखरीमा चाँदीको थाल के हो?
- ४ एक जना मान्छेको जीउ भरी प्वाल के हो?
- ५ एक भाई हास्ने सबै भाई रमाउने के हो?

CREATIVE CORNER

गीत

मुस्काननै काफी थियो, प्रेम बर्षाईदियो ।
पत्तै नपाई प्रीय तिमिले, पुरै रुझाईदियो ॥
ईशारानै काफी थियो, नयन नचाईदियो ।
पत्तै नपाई मीठो एक, घटना घटाईदियो ॥

जोडी माथिनै बन्छ यसमा , कुनै शंका छैन ।
ईश्वरको ईजाजत छ प्रेम गर्न , मलाई कुनै धक छैन ॥
तिमी नजीक हुँदा कता कता, कम आंक्छु म ।
टाढा तिमि भईदिंदा ब्युंझेर , अनायासै जागछु मा॥

दिन बित्दै जांदा तिमि, बानी भएछौ प्रिय ।
कहिल्यै नरिक्तिने मायाको, खानी भएछौ प्रिय ॥
न त तिमिविनाको संसार, अब मान्य छ प्रिय ।
जुनी जुनी तिम्रो साथको, यादी हुंदैछु प्रिय ॥

घन्ट बजाउंदै मन्दिरमा एउटै, वर माग्दै छु।
सातै जन्म तिम्रो हुने, टीका म थाप्दैछु॥
आशा छ ईस्वरले सुन्नेछन, मेरो यो बिन्ती ।
आंखा चिम्ली हात जोडी तिमि, पनि यही मांग्नु॥

- समिर नाथ प्याकुर्याल
लण्डन २०२२



CREATIVE CORNER

Struggle

I peered out the window, rain pattering onto the blurred windows as I sat in my seat, loosening my tie due to the arid atmosphere revolving around the train. Passengers stared forward gloomily, no expression visible on their faces, idle like zombies. My shirt and shoes were drenched from the pounding rain, hair wet and cold, stomach rumbling. I had realised that it was only two more stops until I reached my destination, as I heavily exhaled as a sigh of relief since I had barely eaten today because of the overload of work I had received at the office. I opened up my chestnut-coloured briefcase, reaching towards the paycheck my boss had given to me, a mere amount of £100 for the week. It wasn't a large sum of money but it was enough to pay for the bills, get food and send some money back home to my family.

It had been 3 months since I had come to England from my country, a tremendous change as I was the only one that had gone abroad from my village Nyala and I had learnt only a little English from my school. I attained my consciousness as an announcement on the train had voiced, "Stop number 6, Ealing Broadway". I leapt off the train grabbing hold of my bag as a couple of other passengers got off at the same time simultaneously. The rain spat down from the forlorn sky, as I put on my flat cap and reached towards my blazer pocket and retrieved a cigarette, my favourite brand which was John Player Special.

The intensity of the rain sped up, so I ran towards the station to get some shelter, biting onto the cigarette with my rotting teeth eagerly, afraid it might fall onto the sodden concrete ground, infested with chewing gum. This was my life every day, working from 9-5 at the same office, getting onto the same 2-hour trains and smoking the same cigarette. The same dull weather, the same clothes and the same neglect. What was there to accomplish for a person like me?

Oscar Ojha
Year- 9
Upton Court Grammar School
Slough, England



ANSWERS TO GAMES & QUIZES

9	3	5	8	6	2	4	7	1
8	2	4	9	1	7	6	5	3
6	7	1	3	4	5	9	8	2
7	6	9	5	2	3	8	1	4
4	5	8	6	9	1	2	3	7
2	1	3	4	7	8	5	9	6
3	4	6	7	8	9	1	2	5
1	9	7	2	5	6	3	4	8
5	8	2	1	3	4	7	6	9

6	Uruguay
5	China
4	Honey
3	Tandoori
2	Prunes
1	Vatican City (< 1 sq mile)

QUIZ ANSWERS

५	सुर्य
४	डोकी
३	चन्द्रमा
२	माछा
१	निन्दा

आठौँ खोलो कथा क्विज उत्तरहरू

SOLVED SUDOKU: 4

PLEASE COMMENT

DO YOU HAVE ANY COMMENTS, SUGGESTIONS OR RECOMMENDATIONS FOR OUR BULLETINS?

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