

NBC-UK BULLETIN

OUR COMMUNITY, OUR VOICE



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



DONATE

Bank details

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

CO-ORDINATOR'S CORNER



Rajendra Ojha
Co-ordinator
NBC - UK

Happy New Year 2079 BS to the prestigious members and well-wishers of Nepalese British Community UK (NBC-UK). It is with great honour and privilege that I would like to wish you all for your prosperity, sound health and peace in the days and years to come.

As we all have experienced ups and downs within our community especially due to various reasons be it Covid-19 or War in Ukraine, we have had to plan various programs and execute them accordingly. I have got greater pride in mentioning that we have been able to organize a number of programs in the last quarter including Annual General Meeting (AGM), blood donations, Aids in Nepal etc.

Thank you all for your kindest support and sincere co-operation in participating those events and we look forward to your overwhelming support and guidance in future events too.

Besides, we are very excited to publish NBC-UK's 5th 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 this charity 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
------------------	------------------------	----------------------

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
Mr. Prasun Rana	Mr. Suman Chandra Gurung	Mrs. Muna Paudel
Mr. Kiran Adhikari	Mr. Prabhu Ram Neupane	Mr. Kul Prasad Sigdel
Mr. Damodar Acharya	Mr. Suraj Karki	Dr. Jagan Karki
Mr. Deependra Lamichhane	Mr. Bhan Bahadur Chand	Mr. Hari Bhandari

Advisory team

Mr. Atmaram Dahal	Mr. Basu Lamichhane	Mr. Hari Bhakta Neupane
Mr. Krishna Timalsona	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 55 Life Members and 170 General Members totaling 225 Members comprise of NBC-UK.

Life Members:

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

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

VOICE OF SECRETARY

NBC-UK is a charity organisation happily working for the community to support needy people. It has been organising regular charity events on various occasions on its own as well as in collaboration with other local communities such as on Sunday, 10th April 2022, we organised a Charity event jointly with Codec-UK to support war victim's civilians in Ukraine as well as we celebrated Nepalese New Year 2079 B.S. It was a wonderful joint event which was a great success totalling around 300 participants from in and around London. The aim of the event was to raise maximum funds and support the war victim's in Ukraine. We would like to thank Codec-UK team for their support and cooperation to make the event a grand success.



Still, there are so many people around us who have not joined the community yet due to perhaps their dilemma to join or extend a helping hand. On this note, as a secretary of this esteemed charity organisation, I would like to request you all to come forward and join hands together so that we all can work together for our better community. Please visit us at www.nbc-uk.org to know who we are, what we do and how you can help the community. You can get in touch with us if you have any query by writing an email to info@nbc-uk.org

We, NBC-UK value your opinions to make a better and sustainable community and welcome everyone with any ideas and suggestions. So, let's enjoy being an active member of the community while helping people in the need to make a difference in their lives.

Rabindra Adhikari
Secretary

EVENTS

CURRENT/ FORTHCOMING EVENTS / PROJECTS

NBC-UK One-Day Seaside Trip	Saturday 16th July 2022
YOGA & PHYSICAL FITNESS (Your Physical Mental Wellbeing) 1 & Half Hour Session	Every Saturday & Sunday 8:30AM to 10AM (UK Time)
Eye Camp - Chitawan, Nepal	Wednesday 20th April 2022
Teej Celebration 2022 Harrow Borough FC, South Harrow HA2 8SS	Sunday 28th August 2022

PATRON'S CORNER

हार्दिक शुभकामना !

एन . वी. सी. यूके.का सम्पूर्ण सदस्य तथा शुभचिन्तकज्यूहरूमा सर्वप्रथम नयांवर्ष २०७९ को हार्दिक मंगलमय शुभकामना !

नेपाल विभिन्न पर्व ,संस्कृति, परम्परा र रितीरिवाजले सिंगारिएको देश हो ।बहुजात, बहु संस्कृति र बहु परम्परा भएको हाम्रो सुन्दर देशमा विभिन्न जातजाती र समुदायले आ-आफ्ना वर्ष र सम्वतहरूलाई मनाउने परम्पराका विच राष्ट्रिय स्तरमा सबै नेपालीहरूले विक्रम सम्वतलाई नेपाल र नेपालीहरूको पात्रोको रूपमा स्विकार गरेका छन् देशले विक्रम सम्वतलाई र त्यसको पहिलो दिन वैशाख १ गतेलाई नयां वर्ष र राष्ट्रिय पर्वको रूपमा मनाउंदै आएको छायो नै नेपालीहरूको बिच अनेकतामा एकता हो।

हामी विदेशमा रहने नेपालीहरूले व्यक्तिगत वा संस्थागत रूपमा नेपाल र नेपाली संस्कारलाई संरक्षण र विकास गर्ने जमर्को गर्दै आईरहेका छौं र नेपाली नयां वर्षलाई एक विशेष पर्वको रूपमा लिएर सामाजिक कामका साथ साथै मनोरन्जनात्मक र उल्लासपूर्वक मनाउने गरेका छौं।

नयां वर्षमा पुरानो वर्षलाई विदाई गर्दै त्यो वर्षभरि गरिएका कामहरूको समिक्षा पनि हुने गर्दछ। विगतका नराम्रा कुराहरू नदोहोरिउन , नमिठा र नराम्रा पक्षहरूको अत्य होस् , राम्रा कामहरूको निरन्तरता अनि नयां र रचनात्मक , उर्जाशिल कामहरूको थालनी होस् भन्ने कामना गर्दछौं।

व्यक्तिगत होस् वा सामाजिक जिवनमा स्वस्थ, सुखी, खुसी र प्रगतिको कामना गर्दै एक आपसमा शुभकामनाको आदान प्रदान गर्दछौं। हाम्रो संस्था NBC UK ले आफ्नो स्थापना कालदेखि नै नयां वर्षलाई एक विशेष पर्वको रूपमा मनाउंदै विविध सामाजिक काम गर्दै र नेपाली संस्कृतिको संरक्षण गर्ने खालका मनोरन्जनात्मक कार्यक्रम गरि भव्यताका साथ मनाउंदै आईरहेको छ। यस वर्ष पनि त्यो कुरालाई निरन्तरता दिंदै सामाजिक कामको रूपमा युकेनमा भएको युद्धमा पिडितहरूलाई सहयोग गर्न सहयोग संकलन गरि हामी जुनसुकै मुलुकका नागरिक वा मानव भए पनि अन्य मुलुकमा पर्ने मानविय दुख पिडामा साथ छौं भन्ने सन्देश दिंदै नयां वर्षको शुभकामना आदानप्रदान गर्ने, सामाजिक र मानविय सेवाको दिनको रूपमा मनायौं । शुभकामना प्रदानको शिलशिलामा सस्थाको पूर्व अध्यक्षको हैसियतले यस पटक हाम्रो संस्थाको पाक्षिक प्रकाशन मार्फत नयांवर्ष २०७९ को शुभकामना व्यक्त गर्न पाउंदा सस्थाको वर्तमान अध्यक्ष राजेन्द्र ओझा तथा कार्यसमिति प्रति धन्यवाद व्यक्त गर्दै संस्थाको तर्फवाट र व्यक्तिगत तर्फवाट हजुरहरू सम्पूर्णमा नयां वर्ष २०७९ स्वस्थ, शान्तिमय , खुसीजनक, सुखमय र प्रगतिमुलक रहोस् भन्ने शुभकामना व्यक्त गर्दछु ।

धन्यवाद ।

जय एन.बि.सी. !

मिलन घिमिरे

निवर्तमान अध्यक्ष

एन.बि.सी. यूके



EVENTS | JANUARY - MARCH

Annual General Meeting (AGM) and Establishment Day

On Sunday, 6th March 2022, NBC-UK organised its Annual General Meeting (AGM) as well as celebrated organisation's 12th Establishment Day at Golden Sip Restaurant, South Harrow. The organisation is proud to mention that we have been able to provide free entry to its members and their families to participate in the AGM, and celebrate establishment day with dinner and dance. Organisation's annual financial report was provided by Treasurer, Mr Khem Raj Joshi while annual activity report was provided by the secretary, Mr Rabindra Adhikari.



The event also recognised outstanding contributors on the recently completed Big Lottery Tablets Distribution Project to Charity Fund Coordinator, Mr Lekh Nath Ghimire, IT Department Coordinator, Mr Churamani Regmi and Event Coordinator and Patron, Mr Kamal Raj Khanal.

Various representatives from local communities as well as media personnel and organisation's advisors were present at the event where around 150 people were present. Before concluding the event with dinner and dance, organisation's coordinator, Mr Rajendra Ojha and his wife, Mrs Sunita Ojha celebrated the organisation's 12th birthday cutting a delicious cake.

NBC-UK would like to thank all the kind hearted donors for their generosity of raise funds to support the event.



EVENTS | JANUARY - MARCH

Blood Donation

To mark the organisation's 12th Establishment Day, NBC-UK organised a group blood donation event on Monday, 28th March 2022 at Trailfinders Rugby Club, West Ealing, London with a slogan, "Share a little, care a little- Donate blood."

NBC-UK founding coordinator, Mr Kamal Paudel, Ex coordinator, Mr Milan Ghimire, Coordinator, Mr Rajendra Ojha, Executive members, Mr Samir Nath Pyakuryal, Mr Rishi Khanal, Mrs Muna Paudel as well as Mrs Sunita Ojha were present at the event. NBC-UK would like to sincerely thank them for their wonderful humanity deed for donating blood.

Blood donation saves life as every life matters !



EXPERT'S CORNER

GOVERNANCE, COMPLIANCE AND RISK

Governance

We have heard about 'effective governance/governance code' quite a lot and governance is a very important subject to understand to administering/running an organisation (private, public or not-for-profit). NCVO has defined governance as the systems and processes concerned with ensuring the overall direction, effectiveness, supervision, and accountability of an organisation.

It is also very important that any organisation irrespective of its size and business nature must ensure that they have got good governance that ultimately improves productivity and growth. Good governance ensures:

- compliance with law and regulation
- that an organisation is well run and efficient
- that problems are identified early and dealt with appropriately
- the preservation of the reputation and integrity of the sector
- that charities make a difference, and the objects of the charity are advanced

Governing is about:

- agreeing with the purpose of the organisation
- agreeing with broad strategies to carry out the organisation's purpose effectively
- accounting for the performance
- ensuring it operates within the law.

Management is about:

Implementing the strategies agreed by the board e.g. by detailed planning, putting procedures in place and by raising money. If you are not on the board you will be involved in management and implementa-

tion, either as a member of staff or as a volunteer.

Risk

What is risk and why it is important to manage risk?

When we talk about 'Risk' we immediately think of possible loss or injury or the possibility of something bad happening and we never think of the opportunity that may also happen. In the modern world, we talk about maximising opportunity while managing risk and risk is not just a loss, but also an opportunity.

Today's rapidly changing business and regulatory environment requires thinking about risk from a new dimension. Organisations face a range of pressures brought on by the need to balance transformation and creating value with compliance and changing regulation, a fast-moving and unpredictable risk landscape, and growing competition.

Taking an innovative approach to managing and enhancing your **governance, compliance and risk** activities can help you seize opportunities, stay ahead of uncertainty, and meet stakeholder expectations.

Compliance Risk

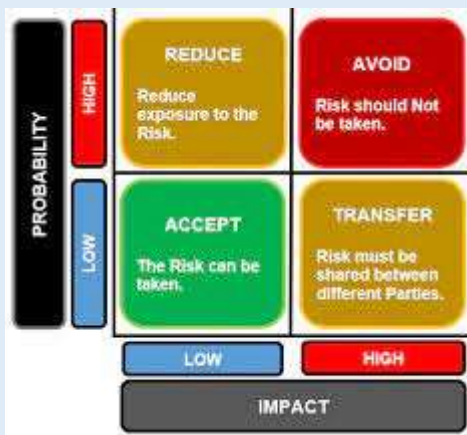
As regulations proliferate and stakeholder expectations increase, organizations are exposed to a greater degree of compliance risk than ever before. Specifically, compliance risk is the threat posed to a company's financial, organizational, or reputational standing resulting from violations of laws, regulations, codes of conduct, or organizational standards of practice.

EXPERT'S CORNER

GOVERNANCE, COMPLIANCE AND RISK

To understand their risk exposure, many organizations may need to improve their risk assessment process to fully incorporate compliance risk exposure. The case for conducting robust compliance risk assessments can be made given today's business complexity which establishes the potential for credit or reduced fines and penalties should an organization be found guilty of a compliance failure.

Risk management tools

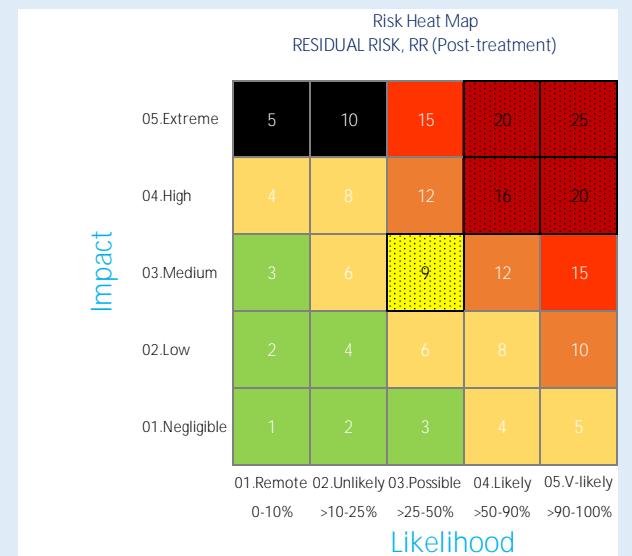
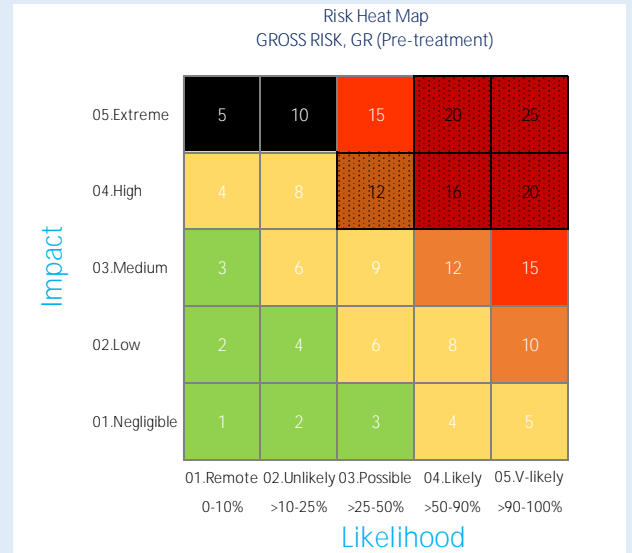


Businesses use the TARA framework to manage their risks.

Risk Register
Risks and the impact of each risk are identified in a team. The risk could be anything, financial, health and safety, project, insurance, business, shop floors, construction, compliance etc.

Based on these risks, organisations of any size create a Risk Register. It is one of the popular and simple ways of managing risk that contains gross and residual risk. Actions are undertaken to mitigate risk or for further improvement of the business. It is recommended that the risk register is reviewed at least every quarter. Research has proved that organisations that managed risks effectively have performed better. So, if you haven't got a risk register, start working with your team now.

A risk **heat map** is a useful tool to communicate the level of risk in your organisation to the leadership team and staff.



Damodar Acharya
Executive member, NBC- UK

Director of Finance and Operations,
iirms



EXPERT'S CORNER

Information about Inheritance Tax (IHT)

Inheritance tax is the tax on estate of the properties, money, and possessions of someone who has died. There is no IHT to pay when the value of the estate is below the £325,000 threshold or if everything above the £325,000 threshold is left to a spouse, a civil partner, a charity, or an amateur community sports club.

If you give your home away to your children (including adopted, foster, stepchildren, or grandchildren), your threshold can increase to £500,000.

If you are married or part of a civil partnership and your estate is worthless then any unused threshold can be added to your partners threshold once you die. This means their threshold can be as high as £1 million.

The IHT rate is 40% once the threshold has been surpassed. For example, if your estate is worth £600,000 and your tax-free threshold is £325,000, the IHT charge will be $(600,000 - 325,000 = 275,000) * 40%$ (IHT rate) which amounts to a tax liability of £110,000.

The estate can pay IHT at a reduced rate of 36% on the same assets if 10% or more of the estate is left to charity in the will.

Some gifts you give whilst you are alive may be taxed after your death. This depends on whether you gave that gift 7 years prior to your death (taper relief). This might mean the IHT charge on the gift is less than 40%.

WHO PAYS THE IHT TO THE HM REVENUE AND CUSTOMS (HMRC)?

The personal representative (an executor or administrator) for the estate usually pays any inheritance tax due before giving you the inheritance. The HMRC will contact you if you pay any Inheritance Tax yourself. This may happen if:

- The person who died gave you a gift in the 7 years before they died
- Your inheritance is put into a trust and the trust does not or cannot pay
- The personal representative could not or did not pay before you got your inheritance

After you inherit an estate, you may have to pay:

- Income Tax on any profit you earn from that inheritance (for example, dividends on shares or rental income from a property)
- Capital Gains Tax when you sell anything you inherited

CONTD...

EXPERT'S CORNER

Information about Inheritance Tax (IHT)

INHERITANCE TAX (IHT) 2021/22

- IHT may be payable when an individual's estate is worth more than the IHT nil rate band when they die.
- Lifetime and death transfers between UK domiciled spouses are exempt from IHT.
- For 2021/22, a further nil rate band of £175,000 may be available in relation to current or former residences.
- The IHT threshold available on death may be increased for surviving spouses as there may have been a nil rate band of the deceased (the amount up to which there is no IHT to pay). Similarly, the threshold (£325,000) may not have been reached, meaning the unused threshold can be used by the spouse.
- There are reliefs for some businesses and farming assets which reduce their value for IHT purposes.
- IHT may also be payable on gifts made in an individual's lifetime but only within the previous seven years prior death.
- Some lifetime gifts are exempt.
- Transfers of assets into trusts made in an individual's lifetime may be subject to an immediate charge but at lifetime rates.
- There are also charges on some trusts.

IHT RATES AND NIL RATE BAND 2021/22

IHT nil rate	£325,000
Lifetime rate	20%
Death rate	40%
Death rate if sufficient charitable legacies made	36%

References: [Direct.gov.uk/](https://www.direct.gov.uk/) personal tax FA20/ Internet search /ABAC Charter Accounts.

By **Khem Raj Joshi**
MBA, AATQB
 Accountant at Everest Law Solicitors Ltd



CELEBRATIONS | NBC-UK BIRTHDAY WISHES

NBC-UK Wishes Mrs Bhagabati 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 £50.50 on her special day.



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

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



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

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



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

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



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

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



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

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



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

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



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

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



CELEBRATIONS | NBC-UK BIRTHDAY WISHES

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

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



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

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



NBC-UK Wishes Mr Mahin 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 £25 on his special day.



GAMES & QUIZES

See the answers at the end of this bulletin.

SUDOKU: 5

Level : Easy

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

QUIZ QUESTIONS

- Which five colours make up the Olympic rings?
- Which planet is closest to the sun?
- How many Olympic gold medals does Sir Mo Farah has?
- How many bones does a shark have?
- How many time zones are there in Russia?
- What is the smallest district in Nepal?

गाउँखाने कथा

- फुल्दा चाँदी फल्दा सुन, खोंदा मिठो टिप्नलाई डर के हो?
- मुखले खाएर मुखैले ओकल्ने के हो?
- जमिनमा जुन उदाउनु के हो?
- जमीनमा बस्ने जमीनमुनी सुत्ने के हो?
- मुखले खाई पेटबाट निस्कने के हो?

CREATIVE CORNER

MY FATE ...

I was raised in an abusive household. My mother was an alcoholic and my father would always spend time with his mistress. I wasn't wanted. I was a mistake, and worthless. That's what my mother would always call me. And school wasn't any better. I was always failing classes, my teachers despised me, my classmates ridiculed me. I had no friends. I hated life. And that's when I thought of it. Revenge. No one treated me right, no one respected me. Now it was time for them to pay. I couldn't stay in this misery forever. That's when it began...



Krisha Adhikari

Year-8

Upton Court Grammar School

Slough

CREATIVE CORNER

PEACE

Everyone wants peace,
So that their positivity will increase,
And that you will not be caught by the police,
So that you will all be in one piece.

Think of the people,
Who want to pray on a steeple?
Good people are not sheeple,
Good people are laypeople.

The aggressors are naughty,
They think that they are modest, but they are all haughty,
The leaders and the ambassadors of the aggressors are all snotty,
And they never will be doughty.

The families are fleeing,
They are all human beings,
Atrocities they are seeing,
As the attackers are going and decreeing.

The defenders are sad,
The feeling that they all had,
They have all seen bad,
The feelings of joy they will never add.

So please spread joy,
To all the girls and boys,
And let them enjoy,
Do not let the attackers destroy.

People are dying,
The soldiers are trying,
The antagonists are lying,
As they say that they are all flying.

Please spread peace around the world,
As we are all becoming curled,
As the people are being hurled,
And being whirled,

Peace must be spread,
The people should have said,
Peace must be spread,
Or we cannot eat bread!

Everyone wants joy,
So that the girls and boys can enjoy,
Do not let the bad guys destroy,
So that you can work and employ.



Nibodh Regmi
Year 5

St Raphael's Catholic Primary School

CREATIVE CORNER

A Poem About Ukraine

Innocent people are dying
And many mothers are crying
The effects are devastating
And many angels are flying

Sounds of war bellow across the land
Explosions everywhere, felt by every man
Gunsmoke fills the air leaving a smoky scent
People trying to avoid the mines in the sand

Homeless shelters packed to the brim
The sound of babies crying fills the room
Malnourished children looking ghastly
With their faces showing nothing but gloom

Hope was rapidly being diminished
Many buildings were left in ruins
Costs were about to increase
For the Ukrainians there is no peace

They are in a difficult situation
In desperate need of help
We must do something and provide aid



By Shashank Ghimire
Year-11
Upton Court Grammar School
Slough

CREATIVE CORNER

New Year Resolution and Environment

When a new year approaches, I begin to list up the resolutions. The list gets updated every single day until the New year arrives and celebrated. Like everyone else, the resolution process has become so traditional for me too. With few exceptions, my list ends up getting same as previous years such as regular exercise, discipline in diet and maintaining better relationship with family and friends, communities and environment as a whole.

However, due to lack of time or motivation or perhaps laziness, we end up not keeping up with our resolutions on which we have planned long and hard. I guess, we do not need to wait until the new year to kick off new resolutions and good practices.

In my personal opinion, resolution should be also for social and environmental changes, not only for personal changes or discipline. There are so many things we can do to help for cleaner environment for e.g. avoidance of using plastic products as plastics is one of the main causes to damage the environment.

So, for 2022, I have decided to give up plastics – at least to greatest extent possible. I knew, this is not an easy task. I conducted substantial research to determine what plastics I buy. I make my own way to avoid using plastics products, like I never buy single-use plastic bags, water bottles, etc. or Styrofoam coffee cups. I would rather use refillable water bottles and cups instead. I keep recyclable bags in the car and use them for not only for groceries, but for everything, like - clothes, medications, storage etc. To kick off this resolution, I bought reusable products and distributed them to my family.

Furthermore, I buy fresh food from grocery shops instead of buying pre-packaged items in a plastic and choose cardboard containers for milk and juice, cleaning products, and laundry detergent as well as buying in bulk whenever possible.

So, let's join our hands together and work within our communities to address the excessive use of plastics for a cleaner environment. We, as a community can make a substantial impact on plastic usage locally and nationally and it is time to act! As I stated above, most of the people in the world are more concerned about environmental changes and global warming issue. We can at least help the nature by using recyclable water bottles, bags and containers in order to live and breathe healthily.

Each of us can encourage our own members within our communities to create such environment wherever we go and live in a sustainable society happily.



Rabindra Adhikari
Northolt, London

CREATIVE CORNER

A place that they used to live

Children crying, civilians dying, is this what we want?

The country in crisis, houses burning, is this what we want?

Innocent people dreading, world leaders stressing, is this what we want?

Sirens yelling with people praying they make another day, is this what we want?

Absolutely not.

Anguish conspicuous in Ukraine, for those pure souls who have only experienced pain.

Millions of people have left, their hearts disintegrating as they leave their mother country.

Smog building up in the atmosphere, the tears of Ukrainians shedding, crying, 'I do not wish to be here'.

We live in a dystopia, an unwanted world, which we should cease, eliminate greed, to help those in need.

So let us look at Ukraine now. Thousands of people have died or have been seriously hurt.

We couldn't possibly imagine losing a loved one or experience the agony that comes from it.

But for Ukrainians, this is occurring in the present, which we should put a stop to.

So let us remind ourselves that we should take a stand to this and try our best to terminate it so that the people in Ukraine live in freedom, a place that they used to live

By Oscar Ojha
Year-9
Upton Court Grammar School
Slough



CREATIVE CORNER



By Aditi Gurung
Year-9
Rooks Heath High School
Harrow



CREATIVE CORNER

मेरो छिमेकी बाको पिडा !

मलाई देखेपछि मेरो छिमेकी बा, सधैं मेरो छेउमा आएर सधैंजसो भलाकुसारी गर्नु हुन्थ्यो, म पनि बालाई हो मा हो मिलाउँदै कुरामा गफिन्थे र बालाई खुशी तुल्याउन कोशिस गर्थे ! बा र मेरो सामिप्यता, दिन प्रतिदिन बढ्दो र सुमधुर हुँदै थियो ! एकदिन बाले मेरो नजिक बसेर मन भारी पाउँँ प्रसँगबस भन्न थाल्नुभयो, —

बाबु, एउटा सभ्य मानिस हुं भन्नखोज्ने मान्छेको एउटा ठुलो इच्छा हुंदो रहेछ कि, आफ्नो सन्तानलाई खुशी र सुखी राख्ने चाहना र आफु पनि परिवार र इस्टमित्र संगै रमाउने इच्छा हुन्छ नै, तर त्यतिबेला मात्र बल्ल उस्ले होश पाउँदो रहेछ, जति बेला ऊ आफु नै नितान्त एकलो र अ-शुरक्षित भएको महशुस गर्न पुग्दो रहेछ ! खुशी र सुख त बगेको खोलाको पानि जस्तै रहेछ, बगेपछि कहिलै फर्केर नआउने, बगेपछि बग्यो ! बग्यो !! सन्तानको खुशीको लागि अब यसो गर्छु, अब उसो गर्छु, भन्दा भन्दै उमेर ले नौ डांडा काटेको पतै हुदो रहेनछ ! कहिलै आफ्नो बारेमा सोच्ने त फुर्सद नै मिलेन भनौं या त्यसबेला आफ्नो बारेमा केहि सोचौं भन्ने सोच पनि आऊदैन रहेछ ! यसो आफ्नो लागि सोच्न र साच्च खोज्यो कि, आफु स्वार्थी भएको झै लागेर, डरले मन मनै झस्किन्थे ! तर, यथार्थमा त, सम्बन्ध अनि बाटो, त्यहीदेखि सक्कदोरहेछ, जहांबाट आफ्नो मन गलेर केही गर्छु भन्ने आंट बांकि रहदैन वा आफ्नोलागि सोच्न र साच्च अबेर भैसकेको महशुस हुन्छ, अनि मन आतेसले खिन्न भै हतोत्साही हुंदो रहेछ ! के धेरै माया गरेको सन्तान र धेरै माया गरेको शरीरले धोका दिने सम्भावना धेरै हुन्छ रे ? हो बाबु ! ... म कुरा नभुझे झै गर्छु !

बाबु, एउटा सहयोग गर्नुस न मलाई, म तपाईंको गुण कहिलै बिर्सने छैन, यो जुनिमा ! मलाई टाढा को कुनै बृद्ध आश्रममा पुर्याइ दिनुस् न बाबु ... बा मतिर हेर्दै, हात जोडेर बिन्ति भावमा भन्नुहुन्छ ! म यो स्वार्थी मानिसहरुको बिचमा बस्न चाहन्न बाबु, जस्लाई नाता र रगतको मुल्य र मान्यता थाहा नै छैन, तिनिहरु कसरी मेरो र म कसरी उनिहरु को हुन सक्छु र ? जुन सन्तानलाई आफ्नो अग्रजको आंशु र पिडाको अर्थ महशुस छैन, त्यो सन्तान कसरी आफ्नो मुटुको टुक्रा मान्नु र मैले ? म अरु कसैलाई तपाईंको सहयोगको बारेमा यो कुरा भन्ने छैन, मेरो उदार गरिदिनोस् न, मेरो आत्माले तपाईंलाई सधैं धन्यवाद र आशिर्वाद दिनेछ, बाबु ! म धेरै दिन देखि तपाईंलाई मनको बोझ बिसाउन चाहन्थे, आज एकान्तमा तपाईंलाई भन्ने मौका पाए ! म अब, यो भन्दा धेरै दुखी हुन चाहन्न, बाबु ! यो मेरो दुःखबाट मुक्तिको बाटो हिड्न मलाई सहयोग गर्नुस् बाबु, छोरा ! म, म जस्तै दुखी र पिडितहरुको बिचमा पिडा साटा-साट गरेर बांकि जिन्दगी बिताउन चाहन्छु, छोरा ! बाको स्वरमा पिडा भरिएको कम्पन थियो, ...बा रोकिएर, आकाशतिर हेर्दै, सुटुक्क दौराको बाहुलिले आशु पुछ्नु हुन्छ, म नदेखे झै गर्छु !

फेरी बा भन्नु हुन्छ, बिगतमा, मैले सकी नसकी सन्तानको लालन पालन र शिक्षामा कुनै कमी गरेको थिइन जस्तो लाग्छ ! म निरक्षर छु तर सन्तान सबैलाई मास्टर डिग्री सम्म पढाएँ, कहिलै नमिठो खुवाइन र नराम्रो लाउनु परेन ! अहिले उनिहरु सक्षम छन्, खुशी र सुखी छन् अनि सफल जिन्दगीको सपना देख्दैछन् ! तर मैले बिगत जिन्दगीका ति कठिन मोडहरुमा, मबाट खै के कमी वा गलति गरेँ कुन्नि ? आफैले पतै लाउन सक्कदो रहेनछ ! त्यसैको परिणाम स्वरुप होला शायद, आजभोलि म सबै परिवारका माझ पनि एकलो भए झै महशुस गर्छु !

CONTD...

CREATIVE CORNER

मन कमजोर भएपछि, प्रत्येक पारिवारिक बहस र छलफलमा सबैको नजरमा, आफुलाई नै दोषि भए झै, महशुस हुन थालेकोछ ! सामुन्द्रिक तुफानले पानी जहाज डुबेझै, पिर र चिन्तामा डुबेको छ मेरो मन, मेरो भविष्यका कल्पनाहरु र सुन्दर सपनाहरु पनि मसंगै डुबेका छन् ! यो मेरो गलेको र पुरानो शरीर, पिंडामा लत्पत्तिएको यो मन, झुटो मुस्कान, चिन्ताले श्रिजित मानसिक तनाब, यहिनै त रहेछ मेरो जिन्दगीको चुक जस्तै अमिलो यथार्थ ! मानिसको जिवनको असलियत त बल्ल ७० बर्ष कटेपछि मात्र थाहा पाईंदोरहेछ ! केही छिन सोचेँ जस्तो गरी फेरी भन्नु हुन्छ, एकदिन आफ्नै जिन्दगीले पनि धोका दिएर साथ छोड्नेछ, त्यसैले कस्ताई दोष दिऊं र खोई ? बाबु ... तर पनि मनमा सधैं हल्लल भैरहंदो रहेछ ... ! मनमा अनेकौ आंधी, तुफानहरु निरन्तर चलिरहंदा रहेछन ! बाको आखामा आशु भरिएर आउंछ ! गला अवरुद् भए झै महशुस हुन्छ ! तर पनि बाको शरीर शान्त र शिथिल छ, क्षितिजको कालो बादल हेरेर टोलाउने प्रयास गर्नुहुन्छ फेरि सोध्नुहुन्छ, मैले कहानेर गल्लि गरेँ ? बाबु ! ... म मौन भै, निरुतर बालाई हेरिरे ... ! केही क्षणपछि बालाई ईशारा गरेँ गाडीमा बस्नका लागि, कठिनका साथ गाडीमा बस्नु भयो ! मैले गाडी हुईकाएँ, बाको मौनतामा पनि आखाबाट आशु निरन्तर झरिरहेको थियो आफ्नो चार तल्ले घरतिर हेरेर बाले बिछोडको बेला गरिने अन्तिम अभिवादन स्वरुप दुबै हात जोडी प्रणाम गर्नुभयो ! मैले महशुस गरेँ, मेरो आखाबाट पानी झै तरल बगिरहेछ ! बोल्न असमर्थ छु ... गला अबरुद् छ ... ! गाडी दौडाइको करिब एक घन्टाको दौरानमा न मैले केहि बोल्न सकें, नत बाले नै केहि बोल्न सक्नुभयो, मात्र हामी दुबैका आंखा रसाइरहे, गालाले आसु बगिरहेको महशुस गरिरह्यो ! बृद्ध आश्रममा छोड्ने बेलामा पनि बा बोल्न सक्नु भएन, मलाई असह्य पिडा भएझैँ दिमाग शुन्य छ ! छटपटी महशुस गरेँ, अनायासै मेरो हातहरु सल्लबलाए अनि गोजिमा रहेको सबै रकम बाको हातमा राखिदिएँ, कति थियो मलाई थाहा भएन ! आफ्नो दुबै हात उठाएर बालाई नमन गरी आफ्नो बाटो लागेँ ! आजभोलि सधैं मलाई बृद्ध आश्रमको मुल ढोकामा बसेर बाले बोलाई रहेझैँ लाग्छ !

आजकल प्रत्येक शनिबार बासंग गफिन जाने मेरो नियमित झै भएको छ ! तर, मेरो दिमागलाई एउटा कुरा ले बारम्बार चसचसी घोंचिरहन्छ, पराइलाई पनि आफ्नै छोरा झै बनाउन सक्ने मायालु बा, कसरी आफ्नै सन्तानको लागि कसिडर हुनुभयो होला ? बालाई अहिलेसम्म सन्तानले किन नखोजेका होलान् ? के मानिसको सभ्यता र सस्कारमा अग्रजको मान्यता र मानवताको मुल्यमा गिराबट आएकै हो ? मेरो दिमागमा सामुद्रिक उच्च ज्वारभाटाले झैँ बेजोडले तरडित गरेकोछ, तरपनि आजसम्म बासंग बिगत सम्झाउने गरी सोध्न मन लागेको छैन, खाटो बस्नै लागेको घाऊ कोट्याएर फेरी दुखी बनाउने आंठ मैले गर्नसकेको छैन ! किनकी पहिला भन्दा बा धेरै खुशी रहेको स्पस्ट भाबहरु अनुहारमा देखिन्छ, तर बासंग छुट्टिने बेलामा, अहिलेसम्म पनि मैले बाको नजरमा नजर मिलाउन सक्ने हिम्मत जुटाउन सकेको छैन ! म पनि कुनै बा आमाको सन्तान भएर होला, यो घटनाले म पनि लगभग बा जति नै दुखी छु र त्यो भन्दा पनि धेरै धेरै बासंग लज्जित छु ! बाले मेरो पुस्ताका सबैलाई गिज्याएर कुरी कुरी कुरिकुरी भनेझैँ लाग्छ ! झुक्याएर बाको मुख हेर्छु र मन मनै सझिन्छु, म पनि त एकदिन बृद्ध त हुन्छु ! अनायासै आंखा रसाएर गाला भिजे झै लाग्छ ! बिदा भावले निशब्द हात जोडी बासंग बिदा माग्छु अनि बाको अगाडि लाजले शिर निहुराउँदै, छिटो छिटो घर तिर लम्किन्छु !

धन्यवाद !

मदन कुमार ओझा
काठमाण्डौ, नेपाल



ANSWERS TO GAMES & QUIZES

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

QUIZ ANSWERS

1	Black, green, blue, yellow and red
2	Mercury
3	Four (2 in 2012 and 2 in 2016)
4	None
5	Eleven
6	Bhaktapur

आठौं खण्डको उत्तरहरू

१	रुखी
२	बर्दक
३	फाली
४	विप्ले किमी
५	जाती

SOLVED SUDOKU: 5

PLEASE COMMENT

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

WOULD YOU LIKE TO CONTRIBUTE TO OUR FUTURE PUBLISHERMENTS?

PLEASE LET US KNOW BY EMAILING US AT:
INFO@NBC-UK.ORG OR VISIT OUR [WEBSITE - WWW.NBC-UK.ORG](http://WWW.NBC-UK.ORG)

NBC-UK BULLETIN TEAM

			
Rajendra Ojha	Rabindra Adhikari	Khem Raj Joshi	Dr. Jagan Karki
			
K P Sigdel	Churamani Regmi	Suman C Gurung	Rajan Adhikari