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The Newsletter of Nepalese Canadian Association of Ottawa (NCAO)

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2 GREETINGS FROM THE NCAO BOARD

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- Raja Khanal
- Ashwin Dhakal
- Santa Man Rai
- Santosh Poudel
- Shital Gautam
- Puspa Rijal Chhetri

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NEPALESE CANADIAN ASSOCIATION OF OTTAWA

VOLUME 29 (OCTOBER

Over the last twenty months or so, everyone of us had to undergo a very challenging time. We had to cope with the COVID pandemic, which had been confirmed in almost every country around the globe. As of now, over 230 million people have been infected and over 4.7 million persons lost their lives! Not only the pandemic caused the loss of lives, it has also long lasting social, emotional and economical impacts in our lives. This is an unprecedented situation, and it is not yet certain for how long this health crisis remains.

There are, however, rays of hope and positive signs in the horizon. Thanks to the modern medical sciences which developed different vaccines against the COVID-19 virus. The regulatory agencies in different countries have



authorized these vaccines for emergency use. Majority of the people in the developed world have administered vaccine doses and have been able to keep the virus under control. This is an encouraging sign.

We should feel fortunate that we live in a country where the government provides the most needed support and provisions to its people. However, the pandemic threatens disproportionately to less resourceful countries such as Nepal where there are limited means to respond to such pandemic and ordinary people are deprived of the support they need! We are sympathetic and wish that everyone in Nepal receive the vaccines they need and remain safe and sound.

The war against the virus is not yet over. We should strictly follow all public health measures to protect ourselves and those who come in contact with us. Although NCAO had scheduled to organize a Dashain get-together program to exchange our greetings and best wishes, we are not in a position to organize such a large gathering this year too due to COVID restrictions. We hope that this situation would not last longer and we will have opportunities to meet and greet soon. The three most important festivals of Nepal are in our horizon. On the special occasions of Dashain, Deepawali and Chhat, we wish you all good health, peace, prosperity and pleasure. Stay safe.

NCAO Board

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नेपाली राजदूतावास _{ओटावा, क्यानडा} Embassy of Nepal Ottawa, Canada

<u>Message</u>

It gives me immense pleasure to know that the Nepalese Canadian Association of Ottawa (NCAO) is bringing out a new edition of its newsletter 'Ottawa Chautari' on the auspicious occasion of *Bada Dashain 2078*.

As we celebrate our great festival, I am very happy to recall the excellent relations existing between Nepal and Canada. Not only at the political and official levels, but also at the people's level our relations have been flourishing. The active role of the Non-resident Nepalis in this regard continues to remain vital.

In this context, I highly appreciate the contributions made by NCAO in promoting mutual harmony and cooperation and welfare of the Nepali community in the capital city of Canada. It has also been making significant contributions towards preserving and promoting Nepali language, literature and culture. Its regular sports activates would also go a long way in making a healthy and disciplined community.

I am sure that this edition of Ottawa Chautari, as earlier editions, would be helpful in showcasing the important activities carried out by the NCAO in recent times. This would also provide a platform for the members of the Nepali community to share their valuable thoughts on the issues of contemporary importance as well as to present their literary works.

On behalf of the Embassy of Nepal family and on my own behalf, I would like to extend our best wishes to all Nepali brothers and sisters living in Canada on the happy occasion of imminent great festivals including *Bada Dashain*, *Tihar* and *Chhath Parva*.

I wish this edition of Ottawa Chautari a success.

Bhrigu Dhungana Ambassador

NCAO ACTIVITIES

Despite the COVID pandemic impacted our indoor and outdoor activities, the NCAO performed various community activities during the last six months, which are summarized as follows:



Run for Fun marathon 2021

19TH AGM OF NCAO

The Annual General Meeting (AGM) of NCAO was held on April 10, 2021 virtually through zoom. Although it was done virtually due to Covid-19 restrictions, there was an overwhelming participation of over 50 members, and we had a meaningful discussion with constructive feedback. The AGM was moderated by Deepak Shrestha. Participants were welcomed by Puspa Rizal Chhetri. His Excellency the Ambassador of Nepal to Canada Mr. Bhrigu Dhungana graced presence as the chief guest. He expressed his best wishes and highlighted the importance of Nepal-Canada relations.

The AGM passed Annual Report presented by Kalidas Subedi and financial report presented by Treasurer Devendra Dhungana. Moderation of question-and-answer session was led by Prakash Paudel. A presentation on the proposed Nepalese Canadian Heritage Centre and Temple was done by Ajoy Bista.

The Newsletter of NCAO, Ottawa Chautari (Year 19, Issue 38) was also released by H.E. Dhungana. To encourage our children to write articles in Ottawa Chautari, we have awarded three best articles based on the recommendation of an independent judging committee. The winners for this year were Britika Aryal, Manita Gautam and Yuvaraj Koirala, respectively, first, second and third. They were awarded \$100, \$60, and \$40, respectively.

An Election Committee was composed of Bhim Adhikari, Ishwor Dhungel and Shiva Ghimire, which elected six new board members for a 2-year term while four of the existing board members will continue for another one year. The new board is composed as follows:

- 1. Kalidas Subedi continuation
- 2. Deepak Shrestha continuation
- 3. Puspa Rizal Chhetri continuation
- 4. Shital Gautam continuation
- 5. Ashwin Dhakal newly elected for 2-years term
- 6. Jagdish Ghimire newly elected for 2-years term
- 7. Raja Khanal newly elected for 2-years terms
- 8. Santa Man Rai newly elected for 2-years term
- 9. Santosh Poudel newly elected for 2-years term
- 10. Suchita Dawadi Baral newly elected for 2-years term

The AGM also authorized the board to add a new board member (preferably a youth representing the university students) to make the total number of board members to 11. The AGM also thanked the outgoing board members namely Sushma Dhakal, Yogendra Bhattarai, Umesh Bhandari, Uttam Bhandari, Kamal Koirala, Prakash Paudel, and Devendra Dhungana, who served on the NCAO Board for the last two years. Finally, the AGM was concluded with a vote of thanks by Sushma Dhakal.

6 NCAO ACTIVITIES

NEPALI LANGUAGE SCHOOL

Nepali Language School is one of the iconic programs of NCAO, which started in 2003 and is running well with increasing number of students each year. Despite the COVID-19 pandemic, Nepali Language classes continued virtually on Saturdays in the 2020/21 academic year. For this session, a total of 43 students (from Junior kindergarten to Grade 8) have registered for the class. Two of the students namely Yuvaraj Koirala and Rosesh Baniya have graduated from the school in June 2021. NCAO awarded them with certificates and a gift of \$20 each. We would like to thank the teachers Tara Wagle, Suni Raniit and Dhruba Tripathi for their continuous service despite the challenges imposed by the pandemic. We would also like to thank the volunteers Rosesh Baniya, Bibhuti Baral



Nepali school kids in NCAO soccer

and Pranita Gautam for signing up to support the teachers to run the classes. Thanks are due also to all parents for their continuous support.

NCAO WEBSITE

Our community website https://www.nepalese.ca continued to be a key forum for announcements, updates and other information sharing. Continuous updates and maintenance were carried out, thanks to tireless effort from Uttam Bhandari and Anup Pradhanang. NCAO would like to encourage everyone to visit the website and give us feedback and suggestions on how we can improve it.



NCAO SPORTS AND FITNESS

Summer sport activities were impacted by the COVID restrictions and lockdowns. Soon after the outdoor activities were allowed, NCAO resumed its soccer and volleyball activities. Soccer games were played every Saturday at the Centerpointe Park while a Soccer Training program for children and youth was organized every Wednesday in Barrhaven. There was an overwhelming participation by all age groups in this program. Such activities have promoted physical, social and psychological benefits to the community members. Thanks to the community volunteers including Ghanashyam Ranjitkar, Satsang Adhikari and others who helped us to run such activities. At the end of the season, NCAO organized three sport tournaments as follows:

SOCCER TOURNAMENT

This year, NCAO organized the "Saugat Ojha Memorial Annual Football Tournament" in his memory. The event was organized on Saturday, 21 August 2021 at the Centerpointe Park. There were two separate tournaments for children (<13 years) and adults. Despite one of the hottest days in Ottawa, there was an overwhelming number of participants from children, parents and volunteers. Medals and Trophy was provided to the winning players by His Excellency Bhrigu Dhungana. The Man of the Match was presented to Sampurna Maharjan. Thanks to Mr. Jaganath Ojha and Urmila Ojha for sponsoring this event in memory of Saugat. Thanks also to all players, referee, linesmen, volunteers and spectators for making this tournament a huge success. Special thank goes to Shital Gautam for coordinating this event.

> Participants of different NCAO activities and kids training







VOLLEYBALL TOURNAMENT

The Annual Volleyball Tournament was organized on Saturday, 11 September 2021 in a park at the Craig Henry Drive. There were four teams who participated in the tournament. "Team Machhapuchhre" won the very final. Aspad Bhattarai was awarded as the "MVP" while Kusum Sharma was awarded as the "Emerging Player". Congratulations to the winning team and outstanding players. The trophies and medals for this tournament were sponsored by Ramesh Baniya. NCAO would like to thank him for his generous support and enthusiasm on sport activities. Thanks are also to referees and volunteers. Special thank goes to Shital Gautam for coordinating this event.



Team Machhapuchhre: Volleyball Champions 2021



Participants: Volleyball 2021

RUN FOR FUN MARATHON

Based on the very positive feedback from the participants of the "NCAO Run for Fun" event of 2019, NCAO organized its 2nd Run for Fun-2021 event on Sunday, 26 September 2021 at Britannia Park. Over 60 participants took part. Runners were divided into three groups as children (<13 years) 2 Km, women (>13 year) 2.5 Km and men (>13 years) 5 Km.

The winners of the three categories were as follows:

Prizes	Children 2 Km	Women 2.5 Km	Men 5 Km
First	Aarav Paudel	Mamata Bhandari	Shital Gautam
Second	Abhi Paudel	Abha Ranjitkar	Ramesh Baniya
Third	Sachbir Chudal	Kanchan Paudyal	Anil Paudyal

In addition, Inspirational awards were also provided on each category on behalf of Nepalese Canadian Heritage Centre and Temple Ottawa (NCHCTO). The winners were Aveleen Paudel (Children), Tara Karki (Women) and Krishnahari Gautam (Men). NCAO would like to thank everyone who participated, volunteers and sponsors. Special thank goes to Deepak Shrestha for coordinating this event and sponsors.



Winners and participants of Run For Fun Marathon 2021

8 NCAO ACTIVITIES

COVID-19 EMERGENCY RELIEF FUND

Considering the impact of COVID pandemic and the urgency of support in Nepal, the NCAO Board has decided to request our community members to provide support to help out people in distress in Nepal due to Covid-19. Within a short time, a total of \$7,347 was received from 55 generous individual donors (\$6,347) and by the International Nepali Literary Society (INLS) (\$1,000). The Ottawa Nepalese community has been exemplary as always. Thank you so much!

The NCAO Board has made a consensus to provide the support through the following three different organizations:

- 1. NRN Canada We provided \$5,000 to NRN Canada for the purchase of 5 Oxygen Concentrators. NRN Canada, in coordination with NRN Global, procured 75 Oxygen Concentrators from China and delivered them to Nepal for distribution to various hospitals.
- 2. IAAS Group \$1,100 (NRs. 99,150) was sent to IAAS Group Nepal for further donating to Anjani Mata Rasoi which is involved in providing quality foods to Covid patients and their families at a very low rate (Rs. 20) at Nepalgunj Hospital. Nepalgunj was one of the most COVID affected areas at that time due to proximity with India.
- 3. National Innovation Center (NIC) Mahabir Pun: We remitted \$1,100 to NIC which is involved in supporting various hospitals with PPE, face shields and various equipment for free or at very low cost.

There is a balance of \$147, which will be added to the NCAO Emergency Relief Fund. Thank you all for your generous support. Special thank goes to Raja Khanal for handling the transfer of collected funds to different receivers.

HERITAGE CENTER / TEMPLE INITIATIVE

The NCAO has supported an initiative to establish a Nepali Heritage Center and Temple in Ottawa. NCAO has formed an Ad Hoc committee with 17 volunteers and Ajoy Bista and Ramesh Baniya were requested to coordinate the committee. Kalidas Subedi and Deepak Shrestha were assigned as ex-officio members form NCAO. The committee has worked hard to provide a framework for the Heritage Center and Temple through consultation with several other similar organizations across Canada. Good news is that Nepalese Canadian Heritage Centre and Temple Ottawa (NCHCTO) has been registered as Canada Not-for-Profit organization on 10 July 2021. The committee is working on its By-laws and fundraising initiatives. Details about the NCHCTO is provided in a separate report (please see page 46 for details).



SHREEDIKA POUDEL

CHILD MARRIAGE

So many children don't have the freedom you take for granted. To be fair, their freedom is taken, without choice. According to Global Affairs Canada, an estimated 12 million *girls* under the age of 18 get married against their consent every year. This issue affects children, but especially girls. Girls are seen as a burden for the family, and they want to get rid of them and lighten their burden and the easiest way to do that is to marry them off. Girls have always been less valued than boys in this world. That's why so many of the stigmatized topics are about gender inequality and gender bias.

Child marriage is mostly motivated by poverty and is under compulsion. You may think that this only takes place in third world countries where everything is very undeveloped but according to an article done by Angelina. E. Theodorou, a research analyst "at least 117 nations (including the United States) allow children to marry". Another article stated that "including the state of Massachusetts in the United States, allow girls as young as 12 to get married in "exceptional circumstances" with the consent of a judge". Feel surprised yet? Well, Yemen, a third-world country in the Middle East does not even have a minimum legal age for marriage, more than 35% of girls in Yemen are married before the age of 18.

It's devastating to think that these girls don't even get a chance to meet their education needs, more than 80% of the brides are illiterate because they never got a chance to fulfil their schooling. And this is not happening in some faraway land where we can bury our heads in the sand pretending like it doesn't exist. It's happening in our own world. These children are not given the opportunity to experience what life could have been like, or to enjoy their youth.

Mindset is the largest thing that provokes child marriage. The thinking that girls are a burden, that they don't deserve to be educated. Beliefs that come from things such as social pressures, dowry, religious and cultural traditions are what shape the thought process of the society. Something as low as money is what people are willing to stoop down to, and put a girl's future and life at stake, for money. Putting a price tag on a person's worth. Countries have made this atrocious act illegal, a place like Nepal has made it incredibly clear that this is illegal, but the aforementioned action happens to 1 in 3 girls under the legal marriage age in South Asia.

This horrendous act has put many lives at stake. It has been ongoing for generations and generations, and even with law changes, it has been occurring illegally. Child marriage must indefinitely end. We must educate our societies and empower girls, and give them a chance to truly live their youth because after all, these are young children that are having to go through



such horrible things. It's absolutely disgusting how one can even live-in peace after putting others in absolute misery. The numbers are lower for child marriage than before but not low enough. Times have changed but not enough.

> Shreedika Poudel Grade 8 Merivale High School, Ottawa

According to Global Affairs Canada, an estimated 12 millions girls under the age of 18 get married against their consent every year"

ABIRAJ / ABIDEEP SAPKOTA

Why Care Nature?

Out in nature Birds chirping in the trees Animals slurping water in peace Green is everywhere

The rivers are flowing The sunshine is glowing Leaves dropping from the air

But, in the cities Buses are bustling Cars are hustling Garbage is everywhere

Lights are flashing People are dashing Dust is in the air In nature, it's calm Joyful for animals - rabbit, snake and bear In the city, it's loud and crowded Only people to be found there

Two different places And two different habitats Yet the same planet they share But, why can't humans and animals Come live together In peace no matter where?

Because of our actions Our nature is fading And soon won't be anywhere So, that's why we humans The wisest of all Should protect our nature and take care.



Abiraj Sapkota (Grade 6) Abideep Sapkota (Grade 3) St. Jerome School, Riverside South, Ottawa abisapkota10@gmail.com



SHRUTI GAUTAM



- श्रुति गौतम (नेपाली भाषा कक्षा, अटवा)



एकादेशमा एउटा सिंह थियो । उ आफुलाई जंगलको राजा ठान्दथ्यो । एक दिन सिंहले जंगलका सबै जनावहरुलाई एकै ठाउमा भेला गर्यो र भन्यो "तिमीहरु म कहाँ पालै पालो आउनु नत्र भने म तिमीहरुलाई खाईदिन्छु" । एक्-एक गरी जनावरहरु सिंहको गुफामा गए । एक दिन खरायोको पालो आयो । खरायो डरायो । अनि उ बिस्तारै हिंड्यो। खरायोले हिड्दै गर्दा ईनार देख्यो । अनि उसले उपाय निकाल्यो । उ दौडेर सिंहको गुफामा पुग्यो । अनि भन्यो मलाई माफ गर । म आउनु ढिलो भयो। किनभने मैले बाटोमा तिमि जस्तै अर्को सिंह देखें । यो सुनेर सिंह रिसायो । अनि भन्यो तिमीले मलाई त्यो कहाँ छ, देखाऊ। खरायोलाई उ मुर्ख छ भनेर थाहा थियो । दुई जना मिलेर ईनार हेर्न गए । सिंह ले आफ्नो छाया ईनारमा देख्यो र रिसले झम्टन गयो । यसरी मुर्ख सिंह ईनारमा डुब्यो र बाठो खरायो बच्यो र अरुलाई पनि बचायो । बल भन्दा बुद्दि ठुलो हो ।

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking." -Steve Jobs

BIDUSI ARYAL

Travelogue: Whale Watching Tour to Tadoussac

In my science class in school, I heard about marine life. I heard from the teacher that there are more living creatures in the ocean than in the land. I thought about how it is possible. Then I spoke about it with my father, and he explained to me about marine life. He showed me a few YouTube videos, and I watched them.

My dad was also curious to visit and see marine life. He heard about whale watching from his friends, who are my friend's parents. So, this last summer break, we planned the trip. Last year my friends went whale watching, and they said it was fun.

It was an August weekend, this year. We left at 11:00 am. We stopped to fill the gas in Trois-Rivières and stopped for a snack near Quebec City. The food there was yummy to me. Then, I went to see the gift shop there. There was a play structure for kids, and it was clean and tidy, and the washroom was also clean. Before that, all I saw from the car window was trees, mountains, forests, farmlands, and Montreal traffic.

Then we kept going before we passed Quebec City in the evening. We ate dinner in a Thai restaurant and slept in a hotel we booked before we left home. We woke up the following day. They gave us cold breakfast: muffins, yoghurt, juice, and coffee to my parents. The breakfast was not so yummy to me. We left at about 7:45 am for Tadoussac, which took about three hours, driving up and down the highway.

Finally, we arrived in Tadoussac but to reach there; we had to cross a wide river via Ferry. People drive their car to Ferry and get out for sightseeing. We all got out of our car and took photos from the Ferry Top. A few minutes later, the Ferry took us to the Tadoussac side. Then we parked the car and went to the shop to buy tickets for whale watching. We got tickets. We ate lunch at a restaurant, then waited for the bus to take us to the boat place. We got into the boat, and for 3 hours, we saw many whales and other marine life in the water from our boat.

It was almost sunset when we got out of the boat. The bus took us to the place where our car was. We left Tadoussac around 7 pm. It was dark at night when we returned to our hotel close to Quebec City. At about 11 pm, we arrived back at the hotel. We all were tired and hungry. Most of the restaurants in town were closed. We ate some dry food and the breakfast muffins we left in the morning. It was yummy at night. The following day, we woke up with a breakfast knock on the door. We took some of it



and checked out of the hotel.

We took Tim Horton breakfast in Quebec City, toured the old Citadel area and took some photos. Sadly, it was Sunday, all Indian restaurants in the city were closed for lunch. So, we headed down to Montreal for lunch. The restaurant that my father knew was excellent. We ate a lot and arrived home around 5 pm.

It was enjoyable to see whales and other marine life in the St. Laurent River joining the Atlantic Ocean. I recommend all my friends to go whale watching. Seeing is believing. I would totally want to go there again, despite the long car ride. But the best part was we stopped to get food a few times!

> Bidusi Aryal Grade 4 Knoxdale Public School, Ottawa

ABHI POUDEL

Story Of My Taekwondo Black Belt: No Easier Shortcut Than Hard work



It took me 5 years to get a black coloured belt and it feels amazing. I am really proud of the hard work I did to earn the Taekwondo black belt. It was more than five years of hard work, continuity, a lot of fun and a bit of difficult moments at times. When I look back, it was worth doing all that.

I remember my first day, the school was called Kim's Taekwondo. I learned some basic techniques. I cried when I got it wrong and when my grandmaster yelled at me. More classes went on like that until my first belt test. It was a test to see if I am skilled enough to receive my yellow-stripped-white belt, the first and my first belt of Taekwondo. I tried my best and in the end, the belt was tied around my uniform waist. Six-year-old me was over the moon to have passed the test and gotten the first belt.

I would go to at least two training classes a week and some practice days in between. I did that without fail and my parents didn't fail to inspire us before every class and drive us to the school. Time flew by, I learned more skills and techniques. I got older and I went through higher belts. I was on my red belt after four years of continuous training and practices. Nine-yearsold me was already dreaming of black belt around my waist.

One day, at the end of one of our classes, my grandmaster mentioned Taekwondo championships were happening in a week. My dad decided we should go there so he signed us up. The required was to do your level taegeuk (combinations of different Taekwondo moves) and sparring with an opponent. There are different types of taeguks, taegeuk 1, 2, 3, 4, 5, upto 16. It gets harder as the numbers go up. I decided taegeuk 8 will be right for me. I had to show the taegeuk moves without a mistake. In addition, I would get points for focus, concentration, and technicalities such as sharpness of the moves. I practiced it at least 2-3 hours a day after school and on the weekends. I would finish my schoolwork before dinner and use the after diner time for the practice. On the championship day. I showed the skills in front of hundreds of people and my dad and mom were cheering me up from the middle of the crowd. After I finished my time, I sat down and

watched others perform. Then, came the award ceremony. I saw the medals written 1st, 2nd, and 3rd. I knew I did okay and I was expecting the 3rd medal, that's when they called out "ABHI POUDEL, 1st!" I was dumbfounded. I thought I heard wrong, but no, they put the gold medal around my neck. I was out of this universe to win a gold medal in my first ever championship!

6:15pm, Thursday, June 14, 2020, my dad was driving me for my black belt test. 6:25pm, we arrived. 6:26, 6:27, 6:28, 6:29, 6:30! I sat down and watched people do their belt test one by one. Then came my turn. The required was to do the taegeuk equivalent to your belt, break a board by kicking or punching, self defence forms which are like taeguks but shorter, and kicking and sparring. I finished koryo (taegeuk 9), breaking the board, and self defence forms. By now my legs were aching. I needed to do the kicking next and sparring. I did one type of kick and my legs felt like they were going to fall off. Second one, third one. I thought I wouldn't be able to do more. Right, then my eyes caught the black belt. I had to do it, I had to get the black belt. I did 3 more kicks. After about a 10 minutes break it was time for sparring. I won against everyone my age group in sparring. I was tired but again my eyes were on the black belt. It must have been around 9:30 pm and I was a proud black belt. The black belt got tied around my waist. It was something really big for me, I was nine and a half.

Throughout the journey I needed someone there for motivation and help. My dad was



the one who did that. He helped me, encouraged me, and drove me to every class. My mom was always there to watch my classes and tell where I could do better and of course cooking and feeding me what I like the most. My sister was always with me throughout this journey. As we both did the classes together and earned the black belt on the same day, we would practice together and she would teach me if I made any mistakes. As she is four years older than me, she is a at-home-instructor for me. On the day there was no class, we both would do 1-2 hours practice 15 mins of stretching, and rest taeguek and other techniques. I put my best effort in learning and practicing. Sometimes I got it wrong so I got up and tried again. I tried until I memorized the technique. I never gave up.

White, yellow stripe, yellow, orange, green, purple, blue, brown, red, black. The 5 years of amazing journey from white to black. Winning a gold medal in a championship. Self-determination, hard work and family support are what it takes to achieve your dream. There are no easier shortcuts than hard work!

> Abhi Poudel Grade 6 Adrianne Clarkson Elementary School Barrhaven, Ottawa



"Always remember that you are absolutely unique. Just like everyone else". - Margaret Mead

ANANDA KOIRALA



- आनन्द कोईराला (नेपाली भाषा कक्षा, अटवा)



एक समय लियो नाम गरेको एक बच्चा थियो । एकदिन उ जंगल नजिकै हिंडिरहेको बेला बाटो बिरायो । उसले कसैलाई मद्दतको लागि चिच्यायो। हिंड्दै गर्दा उसले ताल भेट्टायो र पानी पिउन खोज्यो तर उनले नजिकै एउटा पेन्थर देख्यो जुन बिरामी र भोकाएको थियो, त्यसैले यो लिओलाई खान चाहान्थ्यो, तर त्यहाँ एउटा सिंह पनि आयो र पेन्थर डरायो ।

सिंहले लियोलाई बस्ने ठाउँ दियो। उसले लियोलाई खुवायो तर अचानक लियो बिरामी भयो । सिंहले उपचार खोज्न सुरु गर्यो। सिंहले दर्शनमा भेटे द्रष्टासँग दुई बोतलहरू छन एब विषले भरिएको

र अर्को पानीले भरिएको ।

सिंहले एउटा बोतल छान्नुपऱ्यो, र द्रष्टाले अर्को पिउनु पर्ने भयो । सिंहले दायाँ बोतललाई छनौट गर्यो, तर यो पिउनुको सट्टा उ बाथरूममा गएर बोतलमा रहेको तरललाई भुइँमा फालिदियो । सिंहले आफूलाई विषाक्त भएको जस्तो व्यवहार गर्ने बहाना गर्यो । त्यसैले जब द्रष्टाले खुशीसाथ पानी पिए, सिंहले दर्शनमा हमला गरे र उनलाई मारे । सिंहले त्यसपछि विषादी लिएर लियो लाई बचायो ।





विजया दशमी एवं दीपावली २०७८ को अवसरमा यहाँहरूको सुरवारथ्य, दिर्घायु एवं प्रगतिको हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं ।

अन्जु पौडेल, अभि पौडेल, शेलिंना पौडेल तथा सन्तोष पौडेल

SAMPADA DULAL

CAMPING ADVENTURE

Today was going to be a really awesome day, because me and my family were going camping! We got ready to go camping and set off in the car. The car ride was going to be around two and a half hours, so we waited for a long time, but eventually we got to the campsite. I was so excited to finally be there. Once we got out of the car, a man told us where our campsite was, and he led us down a path and into the jungle where our campsite would be. It was almost like a maze to get to the campsite with different paths in different areas to get to. We were getting deeper and deeper into the jungle, so that way it would be perfect for us to camp because it would feel more natural. Eventually, we got to our campsite and then we settled in. All of us were still waiting for our other friends to come, so we set up our things and soon, one of our friends came and set up too. After an hour or so, everybody had gotten there and had finished setting up.



Trailers

Later everybody decided to come and check out all the different trailers. We had bought three different trailers so that way everybody would have a place to sleep in. There were five different families there, so that's why we had to buy three big trailers instead of only one. Me and a few other kids decided that one of the trailers would be for the kids and the other two trailers be for the adults, but the kids just decided that the boys would be in a separate trailer and the girls to be in a separate trailer, but this wasn't the way that everybody was going to be staying.

Swimming

Later in the day, everybody decided to go to the pond near our trailers to go boating and swimming. The pond was really big and deep. I had a lot of fun swimming and boating. One of my friends and I decided to go boating and we went deep into the pond. I had to wear a life jacket; in case I fell into the water. I really enjoyed swimming there because the water was warm. There was even a little paddle boat that the kids went in. After we went for a swim, my brother and I got the little water guns that we bought and gave them out to the kids. Everyone filled the water guns and prepared to have a water fight. After the water fight, everybody was soaking wet. We were lucky to have extra clothes or else we would be soaked for the rest of the day. types of food! Some of the different kinds of foods were rice, lentil soup, chips, watermelon, and many more. I and two of my friends took some food like chips, soda, cookies, and fruit roll ups, so we could save them for a midnight feast. We got our pillows and blankets and prepared for the night. We went outside and saw that all the other adults were having a campfire, so we decided to join in with all of our other friends. We spent lots of time at the campfire before we went to bed. Many mosquitoes bit us, so we had to apply after bite to help stop the scratching. Thankfully we had the after bite or else we wouldn't have been able to go to sleep. Finally, we decided that it was getting late, so we went to bed.

We spent 2 nights at the camp. Once we woke up, we got ready to go home. While my parents were getting our stuff ready; me and my friends were playing in the park, and we saw a small snake! Once we left the camping site, we said bye to our friends and went home. All in all, I think that camping was really fun, and I hope to go next year.

Sampada Dulal Grade 5 Trillium Elementary School, Orleans, Ottawa

Food

After the water gun fight everybody started to get hungry, so we set up a big buffet with lots of different

MEDHA SIWAKOTI

जिराफको शक्ति के हो?

- मेधा शिवाकोटी (नेपाली भाषा कक्षा, अटवा)



कुनै एक समयमा एउटा ठूलो जंगल थियो । त्यस जंगलमा असल जनावरहरू थिए । बाघ, भालु, कुकुर, बिरालो, जिराफ, घोडा, आदि धेरै जनावरहरु थिए । एक दिन एउटा जिराफाले म के गर्न सक्छु भनेर सोच्यो । "के म कुकुर जस्तै भुक्न सक्छु?" "अहँ म सक्दिन, के म बिरालो जस्तै खेल्न सक्छु?

"होईन, त्यो सबै तरिकाले बोरिंग छ ।" "के म हप हप हप बन्नी जस्तो हप गर्न सक्छु?" "होइन होइन होइन!"

जिराफ

चिन्तित थिए, "म केहि गर्न सक्दिन।" त्यसोभए कुकुरको राम्रो विचार थियो। कुकुरले भन्यो, "मैले बहाना गर्न सक्छ,



गन सक्छु, म रूखबाट स्याउ लिन सक्दिन ।

जिराफले





सुन्यों कि कुकुरलाई उसको सहयोग चाहिएको छ । जिराफले भन्यों कि उच्च शक्ति प्राप्त गर्ने मेरो शक्ति हो, त्यसैले जिराफले जनावरहरूलाई रूखबाट स्याउ लिन सहयोग पुऱ्यायो र जनावरहरू खुशी साथ बस्न थाले ।

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough". -Oprah Winfrey

SHELINA POUDEL

NOT THE SAME

Three countries, six cities, and eight schools, in 15 years. I have moved a lot throughout my life, been exposed to vastly different cultures, had to adapt to meet multiple expectations, and learned to build myself back up no matter what. Most will say it's a good thing and I agree, I've learned many skills that I would not have acquired otherwise. Still, I will admit the moving has affected me quite a bit. I was already a shy kid and each move was harder than the last. I would be just getting used to one place when we would have to pack up and leave once again. This often led me to wonder how my life would have been if I had never moved at all. If I had lived in Bharatpur, Nepal all my life. Would I have lifelong friends with whom I would share countless laughs and memories? Would I still love to read? Would I still be the same?



The first time I moved was when I was just two years old. My dad was to do his Master's in Japan and my mom and I were to come with him. I don't have any memories of the move itself. All I can rely on is my parent's stories and old photographs. We lived in an apartment in a small city called Urasa in Japan. The first place I called home. I went to daycare there and once I was a little older, preschool. I grew so attached to the school and my friends that I soon forgot Nepali, my mother tongue, and became fluent in Japanese. Though my parents would speak Nepali at home, I was young, impressionable, and spent most of my time at preschool or daycare. Soon my parents realized that while the environment, culture, and education of Japan were excellent, the language barriers would create many obstacles for me in the future. This led to another move.

From this move I have some fuzzy memories. I was 4 years old and my mom was pregnant with my little brother. I remember feeling a bit confused but I had my parents and was going to have a little brother soon, so I was happy, there wasn't much else you needed at 4 years old. We were moving back to my birthplace, Bharatpur, Nepal. We lived there for a year. The change from Japan's soft, gentle, and caring education system to Nepal's strict, teacherdominated one was extremely hard for me. Every day was a struggle, especially because I didn't know Nepali at all. I have vague memories of feeling panicked, crying, and refusing to go to school every day. This continued for a few months but soon I adapted, forgot Japanese, and became fluent in Nepali. Just as I was growing more comfortable in Bharatpur, we moved, again. This time within Nepal.

Kathmandu, Nepal. The capital is where I ended up the third time I moved. My dad had left to do his Ph. D. in Canada. I was now 5 and starting the first grade and my brother was now a year old. I missed my dad but this move was a little easier than previous ones as I could play with cousins and grandma loves me so much. The harshness of the education system didn't surprise me anymore. I went to school all day and had quite a considerable amount of homework in the evenings to keep me busy. I would facetime my dad every night, go to sleep and wake up to repeat the routine. It became a pattern but it was time to change things again. My dad came back to take us with him to Canada.

We were on an adventure, chasing the end prize. We would stay somewhere for a few years, discover our prize was not there, and move again. I hadn't quite figured out what the prize was!

Nepal to Canada, 10, 557 km, this move is perhaps the longest distance move of my life. I was 6 years old and my brother was to turn 2 in a few weeks. My immediate family was whole once again but now we were leaving everyone else behind. All my cousins, aunties, uncles, mamas, maijus, and my caring grandmothers. There were a lot of tears and sad, yet hopeful smiles. I was also crying but I was happy at the same time to be able to live with dad after a year. We boarded the plane in hopes of a better life while leaving our last behind. This flight was longer than any I had ever been on and about halfway to Canada I was sick of planes and had decided that we should go the rest of the way on a bus. I shared this thought with my mom but we continued on the plane. Two days after leaving Nepal we arrived at Saskatoon, Saskatchewan on September 5, 2012. I went to school here, starting at first grade and going until the fourth grade. Halfway through the fourth grade, my dad finished his Ph. D. and got a job, which required us to move.

This time we were moving within the province, from Saskatoon to Regina. Regina was only 2 and a half hours away. This time I was 9 and my brother was 5. We were both in school and leaving behind all our friends. By now I was used to it, it was like a game. We were on an adventure, chasing the end prize. We would stay somewhere for a few years, discover our prize was not there, and move again. I hadn't quite figured out what the prize was though, I could only assume it was something amazing if it required us to chase it so much. I wished that the prize was in Regina and for a while, it seemed like it was. We lived in Regina for around 5 years, the longest we've ever lived in the same place. At first, we lived in an apartment for around 6 months then we bought a house, this did cause me to move schools but I didn't mind very much. I thought that once we bought our house that meant our adventure was over, we had found our prize. A sparkly new house, lots of friends, and we were all still together. For 5 years I had peace and soon I forgot that the universe doesn't like letting me settle. A little too soon it seems, because in August 2020 we were moving to Ottawa following dad's job.

This time we had to move halfway across the country to Ottawa, Canada. Soon we were packing up our lives again.

I was 14 and my brother was now 10. I was losing hope in our adventure, were we ever going to find our prize, or were we being led on some wild goose chase because some higher being decided we were a great source of entertainment? No matter what the answer to that may be I didn't have a choice, so I complied with my parent's wishes and we left everything behind for the seventh time in my life.

Once again I've started a new life; we've been living in Ottawa for almost a year. I don't know if this is our end prize or if we'll have to pack up to leave once again but if moving around a lot has taught me anything it's to live in the moment because you never know how long it will last. Perhaps I will never know what it is like to have lifelong friends, or if I would have still loved reading if we hadn't moved, but I know that I definitely wouldn't have been the same person I am now.

Shelina Poudel Grade 10 Longfield Davidson Heights High School Barrhaven, Ottawa

"The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart". - Helen Keller

IDIKA POUDEL

The Problem With Being Complacent

Okay. I am going to be real here. There are way too many people in the world that want average. Even if someone may not be average, they settle for something average. They don't want anything new. Exciting. Different.

People know there are hard things out there and things that need change. Sometimes, they even want to do something about it. Then things get hard. When things get hard, people quit. They leave things for someone else to do.

They are so happy with the bubble they are living inside. Most times, people don't want to try anything new because it feels safe and comfortable inside the bubble they live in.

But think about this. What if Thomas Edison had never invented the lightbulb? What if the Wright Brothers had never taken the leap for airplanes? What if Vint Cerf and Bob Kahn had never invented the internet?

Where would our world be?

I am sure there would be other people who would come along and invent these things, but I can also guarantee you that someone must have at least thought of everything these people did but were too afraid.

One of the things we pride ourselves as humankind is the ability to invent and think of new possibilities. But why aren't there more people who are executing what they think? One of the main reasons is because they are too scared. But why? And of what?

It is no surprise that people settle for less. Less than what they are capable of. People are scared of not acting upon their dreams because they are too comfortable in a 9 am to 5 pm job. They are scared of failing and instead choose to do something that they never wanted as a kid.

If you are doing something you have always wanted, props to you! I guess this doesn't apply to you. But if you are doing something you never wanted, why? That's a question you can only answer yourself.

So many times, we are settling for something below our potential. But why is that? For most, it is because it's hard. It is hard to go out there and work toward making something by yourself, from scratch. It is hard to be alone and fight for something when no one is standing alongside you. Instead, it is much easier to



follow the crowd and do what everyone else is doing.

For some, it is because of circumstance. It is no surprise that life does not bend to your will. Things happen. They don't always go toward what you want. However, is it not worth it to fight for what you want? Is it not worth it to demand your will out of life? While some circumstances are not always in your favour, it is worth it, always, to fight for something once it is resolved, no matter what.

It is never too late to want to accomplish something and demand your dreams to take flight. You are never too late or too old for anything, especially making life turn out the way you have always wanted.

> Idika Poudel Grade 10 Merivale High School, Ottawa

RAM ACHARYA

Global Economic Impact of Covid-19 and Its Future Implications

Ram Acharya acharya.ramc@gmail.com

1. Introduction

The impact of Covid-19 has been multi-dimensional and far reaching. It has affected almost all aspects of life such as health, economics, politics, human psychology, human behaviour and many others. It has done so in deeply disturbing ways, much more than by any other shocks that the world has encountered in the last 100 years. It has reminded us that we are living in a single global village in which an occurrence in one corner of the world can engulf the entire world guite fast. In this context, the purpose of this note is to provide a guick snapshot of the economic impacts of Covid-19 in the world. Focus of this article will be at the global level and also five individual countries (US, Canada, China, India and Nepal). How the world and these countries have tried to recover and what the future fiscal implications are discussed. The article also briefly discusses the recourse shift that this pandemic might have caused across countries and across people within a country.

In addition to the suffering that the Covid-19 has imposed on humankind, economic costs are also huge. It has evaporated US \$10 trillion of global output so far and continues to pile more losses. The world has already incurred \$16 trillion debt to mitigate the negative economic impacts of the pandemic. Because of this fiscal challenge, there is a real danger of default for some countries and companies as they fail to generate debt servicing capacities that are above debt servicing costs. Moreover, pandemic has not only reduced the size of the global pie, it has also affected the distribution of the pie. It has widened the fault lines of inequalities of income, wealth and opportunity between countries and among people within a country. Amidst these unsettling consequences, there is a ray of hope that the medical breakthrough brought by Covid-19 vaccine may lead to vaccine development for similar future pandemics and other diseases.

The rest of the article will proceed as follows. Section 2 lays out the global economic impact of Covid-19. Section 3 discusses governments' efforts to mitigate the economic fallout from the pandemic and the fiscal stress it has caused. Section 4 discusses what broad economic shifts are in the making because of the pandemic, and Section 5 concludes the article.



2. Loss in Global Output

Even though it is not perfect, gross domestic product (GDP) - the total value of final goods and services produced within a country in a given year - is the best available indicator to measure economic activities of a country¹. Especially, the barometer used to check the health of an economy is the annual growth rate in real (inflation-adjusted so that price changes have no impact) GDP. In the long run, a country's GDP depends on only four things: (i) physical capital (like machinery and equipment, structure. infrastructure, etc.), (ii) human capital (number of workers and their educational level), (iii) stock of natural resources and (iv) smartness in production technology. Generally, year over year real GDP growth is positive as stock of capital rises, labor force rises and potentially technology improves. But when disruptions happen, growth can be negative, and when it does, it is called recession - a period of significant decline in economic activity that is spread across the economy and lasts for more than a few months.

That exactly is what happened when

1 By summing up the GDP of all countries across the world, we have global output. It is not a perfect measure mainly because it excludes leisure, home production (unpaid work done around home) and environmental qualities that affect human welfare.



Source: Based on IMF's World Economic Outlook database



Source: Author's calculation



Source: Based on OECD's Economic Outlook database for four countries. For Nepal, author's estimation

Covid-19 hit the world. The lockdowns that were necessary to control the spread of infection forced the closure of almost all economic activities around the globe. Consequently, the world that grew by 3% annually in real term during 2016-18 and by 2.8% in 2019 fell by 3.2% in 2020 (Figure 1). Similarly, the US economy which grew by 2.2% in 2019, fell by 3.5% in 2020; Canada which grew by 1.9% in 2019, fell by 5.3% in 2020². In 2021, it is expected that the world economy will grow by 6%, that of the US by 7% and of Canada by 6.3%. To some extent it is a V-recovery, a sharp fall followed by a quick and sharp recovery with the shape of the alphabet V.

Even though the economies have rebounded somewhat, it will take a long time to recover even part of what is lost in global output. Figure 2 shows two growth paths for global output: (i) what would have been the case had

2 China's real GDP growth was positive in 2020 but that of Nepal and India was negative. In 2019 China's real GDP grew by 6% and in 2020 it grew by 2.3%; India's real GDP grew by 4% in 2019 but fell by 7.3% in 2020. Nepal's real GDP grew by 6.7% in 2019, but fell by 2.1% in 2020.

there been no Covid-19 (the solid line) and (ii) what will actually be the case with Covid-19 (the dashed line). In 2019, global output was US\$ 88 trillions (the starting point of both lines). If the world economy was growing at 3% annually (a plausible scenario had there been no Covid), the global output would have been \$96.2 trillion in 2022. But with Covid, it is expected (in the best case) to reach \$94.7 trillion. The gap between these two lines shows the loss of global output, which for three years (2020-2022) is equal to US \$10 trillion (in 2019 prices). How much is 10 trillion? A lot: this is almost half of the US annual GDP or 11.4% of the global annual output. Still, this is not the complete account, as we don't know when the dash-path will meet the solid-path, until then each year the output will be lower than what would have been had there been no Covid. This all is foregone income.

As a result of this loss, real per capita income (real GDP divided by country's population) has not yet recovered at 2019 level. That is, on average, we are poorer than we were in 2019. The speed of recovery, however, has

been very different across countries. Figure 3 shows how long it will take (counting from the beginning of 2020) to recover at the level of 2019 per capita income. China recovered in 6 months; the US recovered recently (after

1.5 years); India will take 2 years; and Nepal will take 3.25 years³. Canadians will be able to have a 2019 level of income only around mid 2022.

3. Fiscal Supports

To come to this level of recovery, countries around the world used an unprecedented level of resources in the form of accommodative monetary policy and expansionary fiscal policy to mitigate the financial difficulties caused by the pandemic.⁴ As people were out of jobs and capital equipment were idle, governments around the world provided fiscal supports to individuals, workers and companies. These supports have prevented more severe economic contractions and larger job losses. There has been \$16 trillion in global pandemic-related fiscal support taken through March 2021, out of which \$10 trillion consists of additional spending and forgone revenue, and \$6 trillion of government loans, guarantees, and capital injections (IMF, 2021). This money (not generated by working) is an additional cost of pandemic. In other words, it is a borrowed income which has to be repaid in the future in the form of higher taxes by either the present or the next generation.

The size and composition of fiscal support varied across countries, an example of which is given in Figure 4 for five countries. The US has spent 28% of GDP (probably the highest in the world); Canada has spent 19% of its GDP. These expenses were devoted to employment protection, household income support and public works (typically aimed at infrastructure investment). Note that even though Nepal is one of the worst countries hit by the pandemic, it did not care to spend resources to mitigate economic hardship of the poorer section of the population (there were several heart-wrenching tragedies of people dying of hunger

3 There is no estimation made for Nepal by any organizations. I used a plausible scenario based on how Nepal is doing so far to reach to this number.

4 Monetary policy is about interest rate (making loan cheaper), buying bonds (to increase liquidity for the companies), providing concessional loan etc. by the central bank. Fiscal policy is about increasing government spending to help workers and companies and also about reducing taxes. Even though the long run output potential of a country cannot be changed much by government spending (unless it enhances the four factors of production), in the short run however, when something like pandemic hits, short-term loss can be recovered by using monetary and fiscal policies



Source: Based on IMF's Fiscal Monitor Database

during lockdown).5

Moving forward, fiscal policy should continue to prioritize health spending, including on vaccine production and infrastructure and public health campaigns. Particularly, it will be more challenging for low-income countries like Nepal, which are confronting pandemic-related and broader development spending needs with limited domestic revenue sources.

Meanwhile, such support, along with drops in revenues, has raised **5** It is impossible to estimate how much Nepal has spent on pandemic issue. The number quoted here is an average number for low income developing countries (LIDCs). Review of Nepal's annual budget speeches, it appears that the figure quoted here is towards the upper limit, an over-estimation.

government deficits and debt to unprecedented levels across all countries. For the world as a whole, the debt to output ratio increased from 84% in 2019 to 99% in 2021. The debt level of the US has jumped from 108 to 133% of GDP and that of Canada has increased from 87 to 116% (larger percentage-point increase than that of the US, 29 vs. 25). It means Canada's debt increased by about Canadian dollar 609 billion

(29% of \$2.1 trillion dollar economy) in two years. It might be worthwhile to mention a few points about debt to GDP ratio. First, a high level of ratio is not necessarily bad if the debt is used for productive purposes. Moreover, during Covid-19, the increase in this ratio is not that much of an issue; what is an issue is how the money was spent (an area which is beyond the scope of this article). Second, one should not make a sweeping conclusion about a country by comparing this ratio across countries without considering the country's fundamental. For example, a country may have a higher debt ratio (even with a similar proportion of government expenditure to GDP) simply because of lower tax rates. Third, in general, this ratio is higher for developed countries than for developing ones because the former countries spend more per capita on social aspects (such as health, education, old age pension and social safety net).

Let us look a bit more closely at Nepal's situation. First, this ratio for Nepal seems low compared to the group of countries here, but it is not low when compared with similar countries (low income developing countries). Second, there is a huge increase from 33 to 50% (the largest percentage increase of 50% among the group here) in two years. Third, this increase is not related to the pandemic financing, as we saw in Figure 4 that Nepal has spent only a negligible amount for this purpose. Fourth, what these last two points imply is that this ratio will keep on rising even in normal period as more loans are coming due. Fifth, the rise in this ratio would have not been an issue if these resources were invested in productive activities so that returns are higher than interest rates, but that is not the case. Most of the borrowing is used for consumption purposes (to finance imports). As Nepal's revenue collection is hardly enough to pay the salary and pensions of government employees. Nepal is borrowing even to meet these obligations. The motto seems to be to borrow and consume, not borrow and invest.

Sixth, even more worrisome is that a large part of the government budget is spent without any accountability. Last year alone, about 10% of the annual government budget was unaccounted for (beruju). Out of actual expenditure of Nepalese Rupee 1,091 billion for the year 2076/77, the audit conducted in 2077/78 found that NR 104 billion (Office of the Auditor General, Nepal) was unaccounted. Moreover, this amount is on top of what is wasted in the forms of commission, bribery and misallocation which, by default, are counted as development expenditure. If we have a situation like this, the debt will keep on mounting without generating any economic outcome. Finally, given that Nepal has never built any large projects, given that some of the foreign aid is in the form of grants and given that it can borrow at a very concessional rate, the present debt ratio is, in fact,

high.

The situation depicted in Figure 5 is a debt situation only for all levels of governments. But the level of debt at the corporations and household levels are even more concerning, especially for Canada and China (Figure 6).⁶ Canada's household debt (like mortgage, credit card loan and so on) is the highest in this group of countries. China leads in corporation debt. As I am writing this article, there is a fear that Evergrande, a massive Chinese property developer, is on the brink of default with contagion effects across countries.

The debt overhang is a concern in many countries as high corporate debt tends to reduce investment with negative implications for the recovery. Moreover, the size of generous public support in the pandemic has also reignited fears of zombification—keeping otherwise unproductive firms alive that would have exited the market in the absence of government supports. Keeping such firms in the market is not only a waste of public resources but also blocking the new firms to enter the field, thereby reducing country's productivity.

Overall, policymakers need to balance the risks from large and growing public and private debt with the risks from premature withdrawal of fiscal support, which could slow the recovery. There is a difficult but extremely important balancing act to maintain: avoid a sudden increase in bankruptcies of productive firms by unwinding support too soon and stop supporting unviable low-productivite zombie firms.

4. Resource Shifts Across Countries, Sectors and People

Discussion so far focused on the size of the pie (output growth) and impact of Covid-19 on it, this section discusses the distribution of the pie (who gets the output). In Figure 3, we saw that the recovery of per capita income varies by country. The inherent message of this outcome could be that in the future we might see more divergence in the GDP growth rates among countries. It is likely that the advantage to a country of having a larger information technology (IT) production sector and/or having more intensive use of IT services across industries will be higher than before. The time gap between the US and Canada in achieving the pre-pandemic level of per capita income that we saw is probably a reflection of a smaller IT production sector and lower

⁶ The level of government debt might differ in Figures 5 and 6 as they are taken in different time periods. Figure 6 is based on data of early 2020. I could not get data on Nepal's debt level in non-financial institutions (corporations other than those that deal with finance such as bank and investment institutions) and households.



Source: Based on IMF's Fiscal Monitor Database



Source: Bank for International Settlements credit statistics & OECD

IT service intensities in Canadian industries relative to the US.

If the premium of the IT sector and use of IT capital rises than in the past, Nepal's pace of economic growth which has been way lower than that of its neighbors, China and India, in the last few decades will lag even further. The fact is that Nepal has a rudimentary level of IT use, whereas China and India have already quite digitalized and are continuing in that path rapidly. This difference in speed to adopting IT technologies, will cause Nepalese living standards to fall even lower (compared to that of their neighbors) than what is today.

Besides the shift taking place across countries, the pandemic is also causing sectoral shifts within an economy. During the pandemic, the IT sector has been the savior that has helped supply groceries, deliver food, fetch medical services, continue online education and so on. During complete lockdowns, those were the companies that helped us to function. They have been the winners, if one can use this word, in the pandemic. It appears to be the case that the role of the technology sector will be further enhanced.

We do not have direct and comprehensive data yet to show how the shifts have unfolded across countries and across sectors within a country. However, figure 7 provides a snapshot of three stock market indices which

might indirectly reflect those changes. The S&P 500 and NASDAQ Composite are US stocks indices, whereas S&P/TSX is Canadian one. The S&P 500 includes the largest 500 US companies, whereas NASDAQ includes large and small about 3,100 US companies that are mainly IT related. Large IT companies are included in both indices. The S&P/TSX composite includes major 250 Canadian companies.⁷

We normalize each series to 100 for March 2020, the time that pandemic hit North America and each index fell to the lowest point. The divergence in these three series post-fall is quite interesting. Both US stock series have grown faster than Canadian one. Not only was the fall deeper for Canadian stocks in March 2020, the subsequent return has also been smaller for them. Even in the US, the NASDAQ has outpaced the S&P 500. From March 2020 till 23 September 2021, NASDAQ increased by almost 100%, S&P 500 increased by 69% whereas the TSX increased only by 50%. It is likely that these trends reflect the increasing importance of IT technology. The US companies are earning higher than Canadian counterparts because of a more IT intensive production structure in the US industries. The group of companies in NASDAQ are performing better than those in S&P 500 because of the higher weight of IT companies in the former.

⁷ The Standard and Poor's 500 or simply the S&P 500 is a stock market index tracking the performance of 500 largest companies listed on stock exchanges in the US. The Nasdaq Composite is a stock market index which is heavily weighted towards companies in the information technology sector. Even though there are about 3,100 companies in NASDAQ, The Nasdaq-100, which includes 100 of the largest non-financial companies, accounts for over 90% of the movement of the Nasdaq Composite. All large information technology companies that are in NASDAQ (such as, Apple, Amazon, Alphabet, Microsoft, Comcast, Cisco, Facebook) are also in S&P 500. The S&P/TSX Composite Index is the benchmark Canadian index, representing roughly 70% of the total market capitalization on the Toronto Stock Exchange with about 250 companies included in it.

The third shift is that Covid-19 has exacerbated inequalities of income, wealth and opportunity across people within a nation. The labor market is trending in such a way that the demand for skilled (highly educated) workers has increased faster, compared to that of the less skilled or unskilled workers. So, the wage premium for skilled workers will rise over time, increasing income inequality. This increased wage premium and the unprecedented return in the stock market will widen wealth inequality. The income and wealth inequalities will widen the gap of opportunities. These three inequalities mutually reinforce each other building a powerful force such that the outcome may pass from generation to generation as has been the case in Nepal. To reverse these trends and provide everyone with a fair shot - enabling all individuals to reach their potential - we will require well thought-out policies that balance between lowering inequality and at the same time incentivizing innovation, entrepreneurship and hard work.

This inequality trend is more worrisome in developing countries like Nepal where school closures have led to an unprecedented disruption to education, threatening social mobility by leaving longlasting effects on children and youth. The public schools have been closed in Nepal since the pandemic hit. Nepal has two groups of youth: one who goes to private school and are able to learn through webinar and the other children of poor families who are in public schools and have not received any education in the last 18 months.

To sum up, in a way it has been a "K" recovery some rising above the pre-pandemic situation while others falling below that level - hence moving in two directions. Some countries are recovering faster and others falling short; some sectors winning the market rally, whereas others losing it; some people earning higher income while others being poorer.

Amidst this bleak situation there is a ray of hope, especially in the biomedical field, that installs some sort of optimism. In mere 11 months, the scientific community was able to discover the vaccine, conduct clinical trials and get approval for inoculation. This unprecedented speed was possible because of the dedication of the scientific community to work relentlessly, willingness of the government to move fast in regulation, and acceptance of high investment risks by companies and governments. There are hopes that the medical breakthrough achieved in vaccine production may eventually lead to better preparation for similar future pandemics and developing vaccines for other diseases.



Source: Author's calculation based on different databases

5. Conclusion

The global recovery has started but the strength of the recovery hinges on when the pandemic is controlled and how policy support will continue. At the global scale the top policy priority should be to ensure that all resources necessary are used to share vaccinations as quickly as possible throughout the world. Policies at the multilateral and national levels can make the difference between a future where all economies experience sustainable recoveries and one where fault lines widen further. Global coordination is vital for coming out of this pandemic.

The pandemic has confirmed the merits of equal access to basic services - health care, guality education, and digital infrastructure - and of inclusive labor markets, effective social safety nets and accountable governments. Developing countries which take this lesson seriously will be the winners in the long run. A very few countries, if any, in the world are farther away from these proven best policies than Nepal. At the minimum, reversal of the present policies that foster massive unequal access to basic services is a prerequisite for a dynamic, prosperous, and just Nepal! Otherwise, the confluence of bad policies, lack of rule of law and government unaccountability will push the country to the brink of insurmountable challenges. Nepalese whether at home or abroad have the duty to work together in a coherent and smart way to make sure that the country does not head in that direction.

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२०७६ सालको दशैंताका लेखकलाई गुरुधाम मनगढ जाने सुअवसर प्राप्त भएको थियो | त्यहावाट फर्के पछि केहि समयको लागि स्थान सन्यास (घर तथा शहर वाट बाहिर नजाने र अति आवश्यक जगत कार्य मात्रै गर्ने) लिने सोच बनाएको थिए | राम देव बाबाको गुरुवाट स्थान सन्यास संबन्धमा प्रेरणा यो लेखकलाई मिलेको थियो | उहाँ हरिद्वारमा मात्र रहेर (अरु स्थान जानु हुन्न) पतंजली योगको कार्यमा लाग्नु भएको छ | तर पछि आधुनिक गृहस्थाश्रममा रहेको हामीले सो को पालना गर्न सक्ने कुनै व्यवहारिक आधार नदेखेकोले विचारमा मात्रै सिमित थियो |



एक्कासी कोभिडको महामारीले विश्वनै आक्रान्त भयो | जता ततै मृत्यु,पिडा आदिको दृश्य नै दृश्य, सारा विश्व त्रसित तथा सचेत | हरेकको दैनिक गतिविधिमा यसको प्रभावले बहुयामी असर पर्यो र अझै परिरहेको छ | घरमा,नजिको पार्कमा र अति आवश्यक कार्यमा मात्रै गतिविधिहरु सीमित हुन पुग्यो | लेखकको स्थान सन्यासको ईच्छा कोभिडको महामारीको कारणले पूरा हुन् पुग्यो | तर जुन अनुभूति प्राप्त गर्नको लागि त्यो सोच बनाएको थिए, त्यो त यस अवस्थामा पुरा हुने त कुरै भएन |

हामी सवैले प्रत्यक्ष वा अप्रत्यक्ष रूपमा यो पिडा र यसको विविध प्रभाव आफनो जीवनमा अनुभव पनि गर्यों | हामी कतिले भगवानको अस्तित्वमा प्रश्न पनि गर्यों होला | कतिले डाक्टर, नर्स, अत्यावश्यक सेवाहरुमा संलग्न व्यक्तिहरुवाट अधिकतम पिडा, जोखिम, मानसिक तनाव, आफ्नो र परिवारको ज्यान समेत गुमाएर गरेको स्वार्थ रहित सेवा लाई नै परमार्थ कार्य मानेर उनीहरुलाई भगवानको प्रतिनिधिको रुपमा मान्यौं पनि होला |

विश्व भरी कोभिड वाट दिवंगत हुनेहरुको लागि शोक प्रकट गर्दै तथा आफु र आफनो परिवार लाई जोखिम बनाएर व्यक्ति र समाजको क्रियाकलापलाई निरन्तरता दिन र कोभिडबाट वचाउन मद्दत गर्ने सम्पूर्णलाई यो लेखक हृदयको गहिराईबाट नमन गरेर यो लेखको शिर्षक अनुरुपको मुख्य विषयमा केन्द्रित गर्न चहान्छु | जो व्यक्तिमा केहि आध्यात्मिक ज्ञान छ उहाँ हरुले यस विपद्लाई अलि सहज रुपमा अनुभव र भोग्नु भयो होला | अन्यले सहज रुपमा सो को प्रभावलाई आत्मसात गर्न सक्नु भएन होला |

मानसिक रोगको प्रभाव वाट हरेक घर त्रसित भएको अवस्था छ | मानव पीडाको सबभन्दा ठुलो कारण मानसिक रोग हो रे | मानसिक रोगको उपचारको लागि चिकित्सा विज्ञानको प्रविधि मात्र पर्याप्त नभएको कुराको पुष्ठी धेरै पहिले नै भएको देखिन्छ | जीवनमा विलासिता (Headonism) प्रवृति प्रवल छ भने सो व्यक्तिको चाहना असिमित हुन्छ | त्यस्तो व्यक्ति आफु केन्द्रित र स्वार्थी हुन्छ | सोहि कारणले आधुनिक युगको व्यक्तिमा ज्यादा धेरै विरोधाभास र चिन्ता छ | विलासित व्यक्तिले ईन्द्रिय आनन्द नै खोजि रहने हुन्छन |

यद्यपि मानिस निरन्तर खुशी प्राप्त गर्न कोशिस गर्छ तर आधुनिकताको बृद्धि संगै बढ्दो दुखि हुँदैछ | मनोरोगी विरामीहरुको संख्या पनि बढ्दो छ | यद्यपि आजको अनुसुन्धान र विज्ञानमा आधारित आधुनिकरणको उद्देश्य जीवनको गुणस्तरमा सुधार गर्नुको लागि हो | तर वस्तुहरुवाट खुशी प्राप्त हुन् सक्देन | परम दिव्य खुशीको लागि व्यक्तिको खुशी र दुखीको द्वैत भन्दा पर जानु पर्छ | दुःख अस्विकार गरेर मात्र हट्दैन र खुशी ईच्छा गरेर मात्र प्राप्त हुंदैन |

वैदिक मान्यता अनुसार आनन्द प्राप्त गर्न व्यक्तिले जान्नु पर्ने र अभ्यास गर्नु पर्ने केहि महत्वपूर्ण पक्षहरु छन् | चण्ड्योग्य उपनिषद अनुसार जो अनन्त छ त्यो नै साँचो खुशी र आनन्द हो र सोहि एक अनन्तको बारेमा ज्ञान प्राप्त गर्नु पर्छ रे | ईच्छाको अनुपस्थिति हुनु वा ईच्छा त्याग्नु बाटनै खुशी प्राप्त हुन्छ रे | वस्तुहरुको माध्यमवाट अनुभव गरिएको सुख वास्तबमा वस्तुको अनुभव गर्दा प्राप्त हुन्दैन तर यो बाट उत्पन्न सन्तुष्टको करण हो | खुशी वस्तुमा छैन अवचेतन मनमा छ रे | शरीरको लगाव विर्सनु पनि खुशी हो रे | यहि कारण हो कि आध्यात्मिक अभ्यासको अवधिमा मानिसले शरीरलाई बिर्सन्छन् र मनले एकाग्रता तथा स्थिरता प्राप्त गर्छ र उसलाई आध्यात्मिक अत्याधिक आनन्दको प्राप्त हुन् जान्छ |

Centre for Addiction & Mental Health (AMH) भन्ने एक संस्थाको अनुसार मानसिक रोगको कारण वाट क्यानाडालाई ५१ अरव वार्षिक डलरको आर्थिक भार हुने उल्लेख छ | एक अनुमान अनुसार वर्ष २०२० सम्म मानसिक स्वास्थ्य सेवाहरुमा कुल अमेरिकी खर्च २३८ बिलियन डलर पुग्नेछ। मानसिक स्वास्थ्य विश्व भरीनै एक जटिल मुद्दा बनीरहेको छ | झन् कोभिडको महामारी र यसको बहुयामी असर वाट मानसिक स्वास्थ्यमा ठुलै साधन र लगानी गर्न पर्ने देखिन्छ |

कोभिडको महामारीको असर र पिडा अवर्णित छ | महामारी पछि जीवनको मनोविज्ञान सम्बन्धि एक लेख (The psychology of post-pandemic life — why you might feel anxious about re-entry) यो लेखकले पढेको थियो | त्यसका केहि महत्वपुर्ण पक्षहरु उल्लेख गर्नु आवश्यक ठान्छु | मनोचिकित्सा विभागका प्राध्यापक र क्लिनिकल साइकोलोजिस्ट श्री स्टीवन टेलरको अनुसार महामारीको प्रतिबन्ध हटेपछि एक्कासी बढेको सामाजिक अन्तरक्रियामा फर्कने बारे केही डर लाग्नु सामान्य कुरा हो। केहि लाई आफ्नो घर वाट बाहिर निक्लन वा अन्यत्र जान अनिच्छा हुन सक्छ जसलाई "केभ (Cave) सिन्ड्रोम" भनिन्छ। यो वास्तवमा एक सिंड्रोम हैन बरु चिन्ता, डिप्रेसन वा अन्य मानसिक रोग को एक लक्षण हो रे । महामारीले परेको मानसिक स्वास्थ्यका प्रभावहरु केही मानिसहरुको लागी लाक्षणिक रोगमुक्ति उपाय (Clinical) बिना सुधार हुने छैन। केहि मानसिक स्वास्थ्य संकटहरु यस प्रकार छन।

- o महामारी भन्दा पहिले मानसिक रोग भएका हरुमा अझ बढी मानसिक स्वास्थ्य समस्याहरु।
- o कोभिड-१९ को कारणले कसैलाई गुमाएका तथा कोभिड-१९ बाट संक्रमित र अस्पतालमा भर्ना भएका मानिसहरुहरुमा शोक वा डिप्रेसनको स्थिति ।
- उनीहरुलाई डिप्रेसन, चिन्ता, पोस्ट-ट्रोमेटिक स्ट्रेस डिसअर्डर (PTSD) र मादक पदार्थ को दुरुपयोग मृद्दाहरुको लागी उपचार को आवश्यकता पर्ने।

- o टेलरको अनुसार कती धेरै क्यानेडियनहरुलाई मद्दत चाहिन्छ भनेर भन्न गाह्रो पर्ने। उनको अनुमान अनुसार लगभग २० प्रतिशत क्यानेडियनहरु लाई उपचार वा महामारी पछि कुनै प्रकारको मानसिक स्वास्थ्य परामर्श आवश्यक पर्ने।
- महामारीले पहिले नै कम स्रोत भएको मानसिक स्वास्थ्य सेवा प्रणालीमा अझै ठूलो बृद्धिको माग हुने ।
- महामारी भन्दा पहिले मानसिक स्वास्थ्य समस्याहरु लाई सम्बोधन गर्न क्यानाडा संग संसाधनहरु थिएनन् र यो महामारीको कारणले अब अझ कठिन हुने ।

एक विश्वविद्यालयको स्वास्थ्य, चिन्ता र आघात प्रयोगशालाका निर्देशक एल-गाबालावी र उनको टोलीले महामारीको यदि कुनै आशाको किरण (Silver Linings) छ भने सो बताउन एक सर्वेक्षण गरेका थिए । सहभागीहरु मध्ये ८५ प्रतिशत भन्दा वाढीले कम से कम एक आशाको किरण बताएका थिए। जस्तै :सुस्त गतिविधिको लाभ समयको उपहार, प्रियजनहरु र सामाजिक सम्बन्धको महत्व , रचनात्मकतामा बृद्धि र साथीहरु र परिवारसंग सम्पर्क गर्नको लागि नयाँ तरिका खोज (जस्तै जूम कल आदि), सामाजिक सांस्कृतिक परिवर्तन जस्तै वृद्धहरुको लागि ध्यानमा वृद्धि र घर बाट काम गर्नेको ठूलो समर्थन र बढेको स्वच्छता चेतनाको कारणले सकारात्मक स्वास्थ्य प्रभावहरु जस्तै बच्चाहरु र अन्य लाई कम रोगहरु आदि ।

यो लेखकले अनुभव गरेको यस्तै एक विषय सकारात्मक र आशा जगाउने खालको छ | आधुनिक जीवनमा विलासिता प्रवृति प्रवल छ र हामी बढी आफु केन्द्रित र स्वार्थी छौ | सोहि कारणले आधुनिक युगको व्यक्तिमा ज्यादा धेरै विरोधाभास र चिन्ता छ | यस्तो प्रवृति बावजूद आजको विपदा र महामारीको समयमा आफनो स्वार्थ भन्दा माथि रहेर घर, परिवार,आफनो जीवन दिने हरु पनि विश्वभरी प्रशस्त देखिए | यस्तो विपदाले आफु केन्द्रित र स्वार्थी पनको आवरण लाई मेटाई दिएको हुनु पर्छ वा मेटाई दिँदो रहेछ | त्यस्तो आवरण अझै पनि थोरै मानिसहरुमा रहेकोले खोप नलगाउने, मास्क नलगाउने, सामाजिक दुरी कायम नगर्ने र आफनो निजी अधिकार र गोपिनियताको कारण जनाई सामाजिक सिमा, कर्तव्य र निजि स्वार्थ भन्दा सामाजिक स्वार्थ महत्वपुर्ण हुने आदिको विवेकको प्रयोग गर्न सकिरहेका छैनन् | मानिस समाजमा रहने सामाजिक प्राणी भएको हुनाले निजि अधिकार र गोपनीयताको जतिनै सुगा रटाई गरे पनि सामाजिक दायित्व वाट कोहि मुक्त छैनन्।

शान्ति,खुशी र आनन्दनै अहिलेको महामारी अवस्थामा हरेक व्यक्तिलाई अझ बढी आवश्यक भएको छ | सो को लागि हिन्दुहरुको जीवनको परम लक्ष्य परमार्थ-सच्चिदानन्द (सत् चित् आनन्द) स्वरुप प्राप्त गर्न लाग्नु पर्छ | तर जबसम्म मन परस्पर विरोधी भावना र निरन्तर मानसिक तनाव वाट अशक्त र उत्तेजित हुन्छ, मनले परम सत्यको महशुस गर्न सक्दैन |

सन्तहरुको भनाइ अनुसार जव मानिस जागृति बाट सुषुप्तिमा प्रवेश गर्छ उसले विशेष प्रकारको आनन्द प्राप्त गर्छ | सो भगवानले मानिसहरुलाई हरेक दिन प्रदान गर्ने दिव्य आनन्द वा प्रेम सुधाको एक झलक हो भन्ने सन्तहरुको मत छ | पाठशालामा पढ्दा यो लेखक लाई दारा सिंहको द्वन्द (Fight) भएको सिनेमा हेर्न अति नै मन पर्थ्यो | दारा सिंहको आउनेवाला सिनेमाको झलक (Trailer) हेरेर सो सिनेमा हेर्नको लागि आवश्यक पर्ने पैसाको समयमै व्यवस्था गर्ने मौका प्राप्त हुन्थ्यो | दुख निवृत्ति गर्न र अनन्त मात्राको आनन्दको वा प्रेम सुधाको एक झलक र चखाई त हामीले हरेक दिन प्राप्त गर्ने गरेका रहेछौ | यो लेखकले सिनेमाको झलक हेरेर पुरा सिनेमा हेर्न आवश्यक पैसाको व्यवस्था गरे झैं हामी सवैले सदाको लागि दुख निवृति गर्न र अनन्त मात्राको आनन्दको प्राप्त गर्न वेदमा उल्लेख भएको विधि अनुसार हाम्रो जीवन प्रणाली लाई निर्देशित वा अनुशाशित बनाउनु पर्ने हुन्छ |

पाश्चात्य दर्शनले इन्द्रिय सुख,आनन्द, विलासिता लाई पुरुषार्थ वा आफनो स्वार्थ मानेको छ भने हिन्दुहरुले दिव्य स्वार्थलाई जीव स्वार्थ वा परमार्थ मानेको छ | माथि उल्लेख भए झैं वस्तु सुख वाट दिव्य आनन्द प्राप्त नहुने त हामी सवैले अनुभव गरेकै हुनु पर्छ | यो लेखकको यो उमेर सम्मको अनुभव अनुसार त जीवनमा आनन्दमयी हुनु पर्ने हो तर खै मनमा खालीपन र आफनो जीवनको परम लक्ष्य विपरित जीवन चलेको अनुभव भैने रहन्छ |एक अनन्तको बारेमा केहि ज्ञान भए पनि सोहि अनन्त (ईश्वर) संग सन्मुख हुन् नसक्नुनै यसको कारण हुनु पर्छ | हामीले खोजेको आनन्द अनन्त मात्राको अनन्तकालीन र प्रतिक्षण वर्द्धमान आनन्द हो जुन मायिक वस्तुवाट कदापी प्राप्त हुन् सक्दैन |

यो लेखकको गुरु जगत गुरु श्री कृपालु जी महाराजले आफनो दैन्य-मधुरीमा लेख्नु भएको "कब 'कृपालु' तन-सुधि बिसरैहों, है रस प्रेम विंभोर" भन्ने हरफ चिन्तन र अनुसँरण गर्न योग्य छ | म कहिले भगवॉनको प्रेम-रसमा विभोर भएर आफनो शरीरको भान (आफुलाई शरीर मान्नु) वाट मुक्त ह्न सक्छु भन्ने यसको भावार्थ हो | आनन्दको लागि शरीरको लगाव विर्सन् र एक अनॅन्तमा ध्यान मग्न हुन् भनेको प्रेम विभोर हुनु नै हो | जीवनको अपेक्षा, योजना, सोच आदि जीवन संग जोडिएको छ | तर त्यों जीवन होइन, जीवनॅमा आएका यथार्थ परिस्थितिको सामना गर्ने ,सोलाई आत्मसात गर्ने र भविष्यको लागि सकारात्मक मनो भावना सहित अगाडी वढ्नूनै वास्तविक रूपमा जीवन हो | यो एउटा महामारी वाट प्राप्त ठूलो हामीलाई पाठ हो | सो को लागि वैदिक जीवन प्रणालीको आफुले पनि अनुसरण गरेर अर्को पुस्ताको जीवनमा तनाव र पीडा रहित बनाउन र भविष्य उल्लासमय बनाउन हामी सबैले सहि जीवनशैली जिएर मार्ग दर्शन गर्नु जरुरी छ | विगत २०० बर्षहरुमा २० वटा महामारी भएको छन् रे र मानिसहरु ति सबै बाट बचे पॉने । पछि पनि यस्तै महामारी हुने छन् नै | तर सो को पिडा र आधुनिकताको वृद्धि संगै बढ्दो दुख र मनरोग वाट मुक्त हुन् हामों धर्म, दर्शन, सामाजिक ढांचा, सन्त मार्गदर्शन सवै मानसिक स्वास्थँ ठिक राख्न अनकुलँ छन् | हिन्दु धर्म अनुसार मानसिक रोगको मनोविज्ञानको अनुसन्धान व्यक्तिको आध्यात्मिकँ अव्यक्तिको आँधारमा हुन्छ रे | आध्यात्मिक विकासको लागि क्ॅनै एक प्रकारको विधि आवश्यक पर्ने र समाधि वा भक्ति योगँ यस्तै एउटा तरिका हो | आध्यात्मिक विकास र दिव्य आनन्दको लागि मनको नियन्त्रण र एकाग्रता आवश्यक र अनिवार्य छ | आध्यात्मिक अनुशासनको लागि मानसिक स्वास्थ पूर्वाधार हो |

आध्यात्मिक उत्थान पनि हुने, मानसिक स्वास्थ कायम पनि हुने र मानसिक स्वास्थ्य सेवा प्रणालीमा पर्ने भार कम गर्न मद्दत पनि हुने हुनाले हामी सवैले यस तर्फ लग्नुनै छ | यो लेखको प्रयोजन मानसिक स्वास्थ र आध्यात्मिकता सम्बन्धमा केहि प्रकाश पर्ने एउटा प्रयास हो | माथिको विवेचनाको निचोड मानसिक स्वास्थको लागि वैदिक आदर्शको पालना गर्नु आधुनिक समाजको लागि श्रेयकर छ भन्नुनै हो र यो लेखकको बुझाई पनि यहिनै हो |

KEHAR GURUNG

Un Bébé Corbeau Fripon

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Il était une fois, un petit corbeau habitait avec son papa et sa maman dans une herbe à côté du village. Ses parents l'appelaient "cher bébé corbeau". Il était très mechant et agite. Il ne suivait jamais ce que papa et maman corbeau lui disait toujours. Il croyait qu'il savait toutes les choses et qu'il ne devait ecouter personne.

Comme il était petit, ses parents lui disaient de ne pas aller loin de cette herbe et de ne pas faire de bêtise.

Un jour, en été les parents allerent en fôret pour travailler. Bébé corbeau était le seul.

Il avait soif. Il se demande ce qu'il allait faire. Alors, il vola vers une maison à côté d'un arbre. Il chercha de l'eau partout, mais il n'en trouva pas.

Puis, il vit un pot situé à côté de la maison. Il se souvint de la leçon "un intelligent corbeau", ce qu'il avait lu à l'école élémentaire.

Il lisait parfaitement qu'un intelligent corbeau amenait beaucoup de cailloux et les laissait tomber dans le pot pour élever le niveau d'eau. Il se dit : "Je suis aussi intelligent que lui".

Il pensa s'appliquer de la même façon pour boire de l'eau. Il commenca à laisser tomber des piérres dans le pot. Il fit beaucoup d'effort et finalement il se fatigue, et pire encore-il eu très soif et chaud. Parfois, il voyait un pot, mais il était totalement noir et il n'a pas vu le niveau d'eau dans le pot noir.

En ce moment-là, l'enfant dit à son père : "Papa, regardez un bébé intelligent corbeau ! Il sait quoi faire pour boire de l'eau dans un pot. Quelle intelligence !"

Quel stupide bébé corbeau !" dit papa.

"Stupide ?" se dit bébé corbeau.

"J'ai fait exactement ce qui est dit dans la leçon "Un intelligent corbeau". Pourquoi me dis-tu ça ? Ce n'est pas juste.

"Pourquoi papa ? Suis-je stupide papa ?" Demanda



l'enfant à son papa.

"Parce qu'il n'y a pas d'eau dans le pot ! Il est vide" dit papa.

En écoutant ça, le pauvre bébé corbeau devint malheureux et dit : "Je dois voir à l'interieur du pot pour ne plus être stupide.

Ensuite, il vola vers son arbre. Il ne parla jamais de l'incident à ses parents.

Depuis ce temps, il devint très prudent.

Register please! If you have not yet registered your children to the Nepali School Program, Please contact NCAO. For more information visit www.nepalese.ca



Future of Cities in the Context of Climate Change: A Perspective from South Asia



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1. Introduction

Globally, the urban population is expected to double by 2050 and most of this growth will be in the developing world. Urban dwellers are expected to make up half of the populations of Asia and Africa by 2020 and 2035, respectively. Rapid urbanization in low and middle-income countries has increased the number of highly vulnerable urban residents living in informal settlements, currently estimated at over 900 million people worldwide. A number of recent studies documented the likely impact of climate change on the lives of millions of people around the world. The adverse impacts of climate change include an increasing frequency of extreme weather events and natural disasters, rising sea-levels, floods, heat waves, droughts, desertification, water shortages, and the spread of tropical and vector-borne diseases. Fast-growing cities are therefore, more vulnerable to extreme weather events and face a range of short-term and long-term consequences in terms of human health, physical assets, and local economic development.

The Intergovernmental Panel on Climate Change (IPCC) Special Report on 1.5°C Warming, launched in October 2018, stated unequivocally that global warming caused by human activities will persist for centuries and will continue to cause long-term changes in the climate system. Created in 1988 by the World Meteorological Organization (WMO) and the UN Environment (UNEP), the objective of the IPCC is to provide governments at all levels with scientific information that they can use to develop climate policies. The most recent assessment of the IPCC confirmed that, "global warming of 1.5°C and 2°C will be exceeded during the 21st century unless deep reductions in carbon dioxide (CO2) and other greenhouse gas emissions occur in the

coming decades (IPCC, 2021)". Climate changerelated impact directly and indirectly threatens the prospects for sustainable development and the rights of future generations in both urban and rural areas of the developing countries. While the negative impact of climate change affects people everywhere, it is disproportionately borne by persons and communities already in vulnerable situations owing to geography, poverty, gender, age, disability, and indigenous minority, or other status. The poorest individuals and communities in the global South have contributed the least to greenhouse emissions but often bear the greatest burden.

Many South Asian countries are undergoing rapid economic and population growth that present development opportunities and climate challenges. The region's growing and young population and expanding middle-class might lead to more economic growth, but will add pressure on clean air and water, and green spaces. In recent years, South Asian cities are experiencing water insecurity due to varied climatic conditions and depletion of ground water and escalating demand in cities and their hinterlands. A recent study on institutionalizing the urban governance of climate change adaptation confirmed that South Asian cities remain particularly underprepared among 300 cities studied. Developing climate smart infrastructures and addressing increasing water insecurity, considering that the climate change impacts will exacerbate in the near future, are perhaps two of the most important challenges this sub-continent needs to tackle. Although local and national governments are pursuing broad community-scale strategies focusing on sustainable land use, energy, transportation, and infrastructure, there are still knowledge gaps as to how urban and peri-urban areas of South Asian countries can enhance their

adaptive capacity and resilience to deal with climate change over different timescales. C40, a coalition of 90 cities tackling climate change, recently released a report about the reductions in GHGs cities would have to make to keep warming below 1.5°C by 2050. However, many city leaders are grappling with how to achieve this ambitious goal. The potential for cascading impacts on these cities calls for action oriented research across interdisciplinary boundaries to foster a better understanding of governance, infrastructural and water management issues, and provide solutions to climate change through adoption of good policies and governance.

This article will present a summary of climate change research- water management and solid waste management - in a selected South Asian cities (including three cities from Nepal: Bharatpur, Dharan, and Dhulikhel) that the author has been involved over the past four years. The main goal of this study was to identify the path to a low carbon future for small and medium-sized cities through an applied research to contribute to evidence for informed policy making.

2. Background of the cities

The six cities selected for the study (Bharatpur, Dharan and Dhulikhel in Nepal; Haldwani and Gurgaon in India and Sylhet in Bangladesh) present diverse urban contexts. Dharan is facing acute water scarcity, mainly because it is located at the foot of a low hill with limited surface runoff from the catchment areas. The city has been negotiating a water deal with upstream communities with support from an Asian Development Bank project implemented by the Government of Nepal. Haldwani, situated at the foothills of the Indian state of Uttarakhand, has been confronting a continuous shortage of water throughout the year as it struggles to retain rainwater in the dry season. Gurgaon situated in Haryana state of India- bordering New Delhi National Capital Region with a population of 900,000 is largely dependent on ground water which is rapidly depleting. All these cities are going through a process of rapid urbanization leading to water crises and conflicts between rural and urban water demands. These cities are not well prepared for such situations. Bharatpur is in the Chitwan district in the central Nepal Terai. In 2008, Bharatpur generated more than 32 tons of solid waste per day. However, in the absence of segregation at source, the municipality spends over 15% of its annual budget on solid waste management. Collection is by private-sector partners on a fee-for-service basis that leaves out low-income households. Sylhet city in Bangladesh has 500,000 residents and is one of the fastest growing cities in the country. The city's 450 km of cemented drains and 520 km of earthen drains channel rainwater from the city to the Surma River. However, this drainage system is wholly inadequate, and a large part of the city frequently goes under water

during heavy rainfall events. Estimates suggest that around 200 tons of solid waste is generated in Sylhet city every day, while the city has the capacity to collect only 150 tons. This city spends approximately 3% of its budget for solid waste management. Climate change in these cities could further result in changes in temperatures, cloud cover, rainfall patterns, wind speeds, and stormsall factors that could impact future waste management and operation. With increasing population and prosperity of further urbanization, it remains a major challenge for these municipalities to collect, recycle, treat and dispose of increasing quantities of solid waste, especially in a changing climate. Design and optimization of urban drainage infrastructure and proper handling of waste generation will be pre-requisite in order to make these cities resilient. Further, evidence-based solid waste is crucial to reduce GHG emissions and improve the quality of life, promote public health, prevent water and soil contamination, and provide renewable energy benefits.

3. Collaborative Water Governance: Lessons from Nepal and India

The Nepal and India project established a City Water Forum (CWF) in order to prioritize collaborative and participatory research from the beginning. The CWF is intended to be a platform for all water institutions (formal and informal) and stakeholders of the city who often remain scattered, disconnected and redundant to discuss water issues and challenges that the city is confronting. The CWF not as a platform for regular rendezvous where the inputs of the participants are merely fabricated for gaining the research and action legitimacy, but a dynamic platform to provide a very active and participatory role to all the stakeholders for an agreement with deep discussions on the water related issues and challenges to distill common consensus for finding local and nature-based solutions of climate change and urban water insecurity.

While introducing this new practice of collaborative research through CWF in the case study sites we came across a list of critical findings, which include: (a) providing a platform for all, this far, scattered and disconnected water related institutions and local government bodies to come together and share their problems; (b) acting as a knowledge hub for sharing various water related findings from researchers/scientists, and the local knowledge from social actors and local citizens; (c) identifying actual gaps to avoid research and pilot duplications and save resources; (d) engaging locals for designing the project, and pilot development; and (e) implementing city-specific tailor-made solutions with local ownership for sustainability, meeting the sustainable development goals of 5, 6, 11 and 13 and mainstreaming collaborative governance practices in local government bodies.

Through these CWFs, some important milestones have already been achieved in the first two years of the project. One of the examples of the CWF for collaborative water governance is piloting of over 25 climate adaptive recharge ponds including contours and trenches in Dhulikhel to increase the water yields of 15 springs and one ground water extraction point to augment water supply system to meet the basic needs of 70 water poor families (Figure 1). The CWF recommended climate adaptive recharge ponds as critical action for water sustainability in the era of climate change and the municipality has already mainstreamed it as an important local policy and plan. Another success story of participatory water governance through CWF is in Dharan. A series of CWF of Dharan finally took a decision to implement an innovative flagship pilot, which is connecting the concept of rainwater harvesting with climate adaptive recharge pits - which is the most suitable pilot among many other alternatives, given the soil type and the volume of rainwater availability. Likewise, local stakeholders have owned CWF and its decision-making framework in the case cities of India. The pilot actions developed through CWFs for building sustainable cities and communities are underway in Mussoorie and Haldwani now.

It is anticipated that participatory local innovations and initiatives are ultimately the key to sustainable water management for cities, as water stress becomes an ever-greater problem in the future. In the case study cities, the CWF has worked as an important platform for co-creating and co-implementing knowledge. Participatory co-creation and co-learning of knowledge has empowered inclusive, integrated and adaptive decision-making processes. It has brought scattered and disconnected actors and agencies from multiple institutions together serving as a unique and innovative deliberative model to address the social, political, economic, and institutional obstacles in relation to making cities water secure. This is an innovative and powerful methodological step forward to infuse participatory and collaborative research and pilot actions for making these cities water secure and sustainable.

4. Making Cities Resilient through better Solid Waste Management

The economics of solid waste project in Bangladesh (Sylhet city) and Nepal (Bharatpur) has been engaged with the Municipal authorities for improving the solid waste management to help



Figure 1. City Water Forum, Dhulikhel-Series.

avoid drainage congestion and resulting water logging due to indiscriminate dumping of solid wastes. The project conducted several focus group discussions with the residents, the service providers and the municipal officials. Municipalities have been spending a significant amount of their budget in managing solid wastes since the fee collected from the residents has not been enough for managing the wastes. City residents are not happy since their streets are not clean and their waste has not been picked on time. The service providers (private firms) have their own complaints that residents do not properly put their wastes on time at collection points or outside their homes and the waste collector cannot go to the same place twice due to resource constraint.

The interaction with the relevant stakeholders in Bharatpur (Nepal) suggested that installing street bins would be helpful as shoppers and travelers can use these bins for placing the wastes that they generate while traveling to the city. But, the study team was not sure if the provision of the bins helps to make the city better. Therefore, the study team designed an experiment where, 75 randomly selected communities (out of 350 potential communities) were given the street bins and the households living in those communities were provided information on how to manage their household wastes properly (segregation at source, composting, reuse and recycling). The study team trained committee members serving local communities in these workshops on how to manage the solid waste better. For comparison purposes, another set of randomly selected 75 communities was identified as a control group, for assessing the effectiveness of the intervention (bins installation in the streets and providing information to the households and committee members on solid waste management). The baseline data was collected from both groups of communities before the intervention. After a series of interactions, and a study tour for understanding what other cities are doing in terms of managing their solid wastes better, the city officials were appreciative about the pilot project for understanding if the public bins and information would effectively help them manage the solid waste better.

In Sylhet city (Bangladesh), the research team worked

with the city council to come up with an idea of initiating several green awards: one for city clubs who are responsible for daily disposal of garbage from households; second for households who segregates compostable wastes from other waste and keep their premises green; and the third for the garbage collectors who respond effectively to citizen's feedback using a mobile app. The mobile app is developed as a part of the research project that allows citizens to report unwanted garbage on the streets by sending a geo-tag based photo to the city councilors. The research team is now documenting the changes in human behavior based on several interventions.

In addition to examining the effectiveness of the interventions to improve the solid waste management and waste mapping tool, other components of the research assessed the preference of municipal residents on what they like to get from the city and how much they are willing to pay in return; and drainage network modeling. The drainage network model helps to simulate different scenarios for identifying the flooding and waterlogging potential in several parts of the cities under different climate extremes and how the city wastes are managed. The preliminary findings of the research were shared with all stakeholders, which also helped to develop common understanding of the issues and the proposed solution.

Improving the local environment of the growing

city is challenging, and the problem gets worse in the event of climate extremes, such as excessive rainfall. Public-private partnership and improving 'urban culture' of the city residents are the key components to make cities livable and climate resilient. The findings of this research supported two policies in Nepal: (a) Bharatpur metropolitan city has introduced a policy of at source segregation of waste, but in the absence of landfill site for properly disposing the segregated waste, this policy has not been successfully implemented; and (b) the government of Nepal recently introduced a policy where plastic sheets (bags) less than 40 micron are banned from production, import and use starting from July 16, 2021. The efficacy of this policy, however, depends on its enforcement.



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मानिस, कोरोना र प्रकृति



चारै तिर एउटा आतङ्क छ प्रत्यक बस्ती अनि गाउँ गाउँमा शहर बजार अनि ठाउँ ठाउँमा एउटा अदृश्य शक्ति, जसलाई न आँखाले देख्न सकिन्छ न चित्कारमा सुन्न सकिन्छ तै पनि प्रकृतिमाथी बिजय ठान्नेहरुका लागि एउटा चुनौती बनेर आएको छ, समस्या बनेर आएको छ हो त्यसैले त प्रकृतिले बदला लिईरहेको छ बिज्ञानको प्रगतिलाई चुनौती दिईरहेको छ।

एउटा डरलाग्दो महामारी जसले रंगभेद, बर्गभेद र बिभेद चिन्दैन राजा, रैति धनि वा गरिब भन्दैन जसको न कुनै अमुक जात छ न कुनै महाशक्ति राष्टको साथ छ न कुनै शक्तिशाली पार्टीको हात छ तै पनि उ शक्तिशाली छ अपराजित छ हो त्यसैले त प्रकृतिले बदला लिईरहेको छ शक्ति र सत्ताको उन्मादलाई चुनौती दिईरहेको छ।

जताततै डर, भय र त्रास छ यत्रतत्र कोरोनाकै बास छ तै पनि यसलाई जीत्ने झिनो आश छ गाडीको कोलाहल हुने सडकहरुमा चराहरुको मधुर आवाज सुनिन थालेका छन जनावरहरु मुन्टो उठाएर सडकमा हिडछन आजकल मानिसकोहरु घरको चौघेरामा थुनिन थालेका छन हो त्यसैले त प्रकृतिले बदला लिन पाएको छ मानिसहरु कोरोना भन्दछन, तर यो कर्म भएर आएको छ।

संसारभरी तेस्रो बिश्वयूद्द छ योजनाहरु बुनिएका छन, सीमानाहरु थुनिएका छन एउटा यस्तो यूद्द जहाँ सत्रु अदृश्य छ मानब जाती एक्लै यूद्द लडीरहेको छ सत्रुसँग न सेना छ, न धन छ न गोलागठ्ठा, बारुद र बम छ तै पनि मानिस बिजय नजिक देखिदैन हो त्यसैले त प्रकृतिले बदला लिईरहेको छ बम र बारुदले संसार जीत्नेहरुलाई गतिलो थप्पड दिईरहेको छ।

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Role of Geologists in Environmental Protection: an Overview from Nepal

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1. Introduction

Geology has been traditionally contributing to resource exploitation (commonly understood as 'mining') and economic development. This has established an adage, '*Geology is what geologists do*'. Fortunately, the functional application of geoscience to environmental problems has gained more attention in recent years, concomitant with increasing environmental problems on the Earth due to population growth and the rising demand for resources. The applications have involved understanding and addressing land- and water-use problems, preparation of environmental impact statements for designated projects, and comprehensive inventories of the Earth resources necessary for long-term planning and sustainable use (Valdiya, 2013).

2. Appraisal of the Geological Work in Nepal

In Nepal, descriptive geology that involves describing rock composition, stratigraphy, and structure based on field observations, and preparation of geological maps remained predominant until the early 1980s. Till then, many foreign geologists were (and still are) interested to understand the theoretical aspect of the mountain building process and conduct petrographical, mineralogical, and geochemical investigations (Stöcklin, 2008). The practical side of geology, i.e., the application of geology for industrial and environmental purposes began only after the 1980s. The establishment of the National Seismological Centre (now National Earthquake Monitoring and Research Centre, NEMRC), under the Department of Mines and Geology (DMG), Government of Nepal, was an important stride which focuses on collecting seismic signals and generating a database for seismic hazard assessment. One of the fruitful outcomes from NEMRC is the production of a seismic hazard map (1:1500000) of Nepal. Similarly, petroleum investigation began after the 1980s in Siwalik Hills (locally called Churia Hill) and Terai plains. Studies show that Siwalik rocks consist of 'traps' suitable for

petroleum, and natural gas reserves (Kaphle, 2020). Although the DMG has issued mining licenses for private organizations to extract these resources, none of them are in the production stage. Small scale coal mining has been in operation in Dang, Rolpa, Salyan and Palpa districts (Kaphle, 2020) but the present coal production is insignificant to meet the national demand. Similarly, of the total 150 mining licenses issued by the DMG for mining metallic and non-metallic minerals, none of the metallic mines are in operation, and of the 60% non-metallic mines that are in operation, the production rate is low (Sapkota et al., 2021). Based on the current action of practitioners, it is evident that geological activities have mainly been focused on descriptive geology, resource extraction, and less attention has been given to environment-related projects (discussed below).

3. Role of Geologists in Environment Protection

The role of geologists in environmental protection can be broadly categorized into two aspects: (i) to ensure maximum exploitation takes place within a framework of environmental protection guidelines, and (ii) to prevent environmental impacts associated with resource extraction and use (Brown, 1974). Often, such works involve multi-disciplinary teams. In Nepal, the environmental application of geoscience has largely been a service profession and is mainly associated with engineering works. Listed below are some other potential areas for the application of geoscience. a. Infrastructure development hazard assessment: Roadside hazard assessments are conducted along the road corridors, either during road construction or after the landslide activity, addressing individual cases. A similar practice is adopted for other is under stress due to the extraction of excessive groundwater resources, and this has led to decrease in groundwater levels (e.g., by 3.8 to 7.5 m between 2000-2008; Pandey et al., 2010) and land subsidence (Krishnan & Kim, 2018). Lessons can be learned from



Figure 1. (Left) Example of a vulnerable residential area due to landslides in Gorkha district, Nepal (Source: Dahal, 2010; Photo courtesy - N. Gurung); (Right) example of a vulnerable residence due to torrential rainfall and river undercutting in Kaski district, Nepal (Source: Gurung et al., 2013).

infrastructure developments, such as bridges, tunnels, canals, etc. Due to the fragile geology and continuous mountain-building process in the Himalayas, there is a large potential for landslides in Nepal. In addition, improper agricultural practice in hilly terrain also has substantially contributed to landslide activities (Figure 1). Living with landslides has been a norm in many hilly areas (Dahal, 2010). Identification of disaster-prone locations is, therefore, imperative prior to infrastructure development due to the tectonic, seismic, and geomorphic setting of the country, coupled with a strong monsoon period and inadequate agricultural practices. To put into perspective, a single event, such as the 2015 Gorkha earthquake, contributed to earthquake-triggered landslides that damaged nearly 30% of the hydropower projects (Schwanghart et al., 2018). Geologists should be employed by the provincial/ local governments in vulnerable areas (Figure 1) to identify the risks and assist in disaster preparedness. This will, in the long run, save life and property from such vulnerable residential areas.

b. Urban land-use planning: Another important application of environmental geoscience would be to perform a geo-environmental evaluation for urban land-use planning. Geologists can identify potential risks to land subsidence, which has become a serious problem in some urban areas of Nepal, such as Pokhara (Yoshida et al., 2006), due to numerous caves and caverns on the surface deposits. In addition, geologists can infer the hydro-geological characteristics of groundwater resources which are essential for urban water supply. Several studies have revealed that the Kathmandu Valley aquifer the Kathmandu Valley and applied in other urban areas to determine a safe and sustainable use of groundwater resources.

Selection of waste disposal sites: Geologists С. can assist in preventing soil and groundwater contamination by determining geologically safe locations for landfills, mine waste, and nuclear wastes (expected in the future). For municipal waste disposal selection sites, geologists can assist to identify barrier rocks that hinder the infiltration of contaminants into the groundwater (which otherwise can do several environmental damages). Unfortunately, a detailed geological study has not been performed in landfill sites, such as in the Sisdol landfill site, Nuwakot district. This landfill site hosts municipal waste from 19 municipalities that amount to approximately 1000 metric tons per day and is only supported by a geo-membrane facility. The leachate from the waste material, which is acidic, may in long run affect the longevity of the liner, and ultimately leakage may occur and contaminate soil and groundwater.

d. Assessment of contaminated sites: Geologists can also conduct contaminated site assessments in industrial areas and provide remedial solutions. This will be challenging to begin with as such guidelines have not been established yet. However, references can be made to the guidelines from the developed countries and later adapted to the specific needs.

e. Assessment of climate change impact on geological hazards: Nepal is listed as one of the most vulnerable countries from a climate change perspective. Geological hazards, such as glacier lake

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outburst flood (GLOF), river flooding, and even landslide activities are linked to climate change effects (Dhakal, 2013). An increase in mean annual temperature at a linear rate of 0.4°C/year and changes in monsoon precipitation patterns are indications of climate change impacts. Therefore, it's high time to get geologists to assess the potential for such hazards and assist in disaster preparedness.

f. Geo-tourism: In countries like Nepal with the majestic Himalayas which are still influenced by the mountain-building process, researchers suggest taking advantage of the rich geo-heritage for economic development. It's essentially transferring the geoscience concept to the public and communicating to them that nature is beautiful but could be vulnerable and thus requires protection (Kruhl, 2018). For example, geological landscapes (e.g., Thakkhola Valley; Figure 2), and abandoned quarries can be converted into geoparks (Sapkota et al., 2021). Inactive and stabilized landslides could be educational sites to raise public awareness of geo-risks. Rai et al. (2020) has listed the enormous



Figure 2. (Left) Possible geotourism site at Kagbeni, Mustang, Nepal to show how mountain ridges and lowlands are formed (Source: Kruhl, 2013);

References



Figure 2. (Right) Hot Spring along Annapurna Circuit, Nepal (Source: Rai et al., 2020; Photo credit: https://traveltriangle. com/blog/hot-springs-in-nepal/).

potential of geo-tourism in Nepal by exploring and expanding the concept of hot springs that are mostly located in geologically active areas (e.g., with major faults) (Figure 2). Conducting geo-tourism is not only cost-effective but also aids in the tourism sector and raises public awareness on geohazards and landscape development.

4. Conclusions

In Nepal, geoscience can be applied not only as an observational study and service profession but also for the protection of the environment and this practice needs to be fostered. The environmental problems should be assessed in an integrated manner and geologists can play a huge role to assess geological hazards and protect the environment, valuable infrastructures and human lives.

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Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison



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मलाई थाहा छ कि मानिसका आधारभूत मूल्य-मान्यता के हुन् वा किन हुन् भनि गरिने वादविवाद निष्कर्षमा पुग्ने किसिमका हुँदैनन्। उदाहरणका लागि यदि कसैले समस्त मानव जातिको विनाशलाई जिउनुको उच्चतम अभीष्ट हो भनि मानेको छ भने विशुद्ध तर्कले मात्रै तिम्रो दृष्टिकोण गलत हो भनि साबित गर्न सकिन्न। तथापि, केही गरि कुनै मूल्य-मान्यता र जीवन-ध्येयका विषयमा मानिसबीच सहमति बनेमा भने तर्ककै आधारमा त्यो ध्येय पूर्तिका तरिका र साधन के हुन् भनि निर्क्योल गर्न सकिन्छ। त्यही प्रसङ्गमा तलका दुई मान्यतामा चर्चा गर्नेछु। यी मान्यता यस्ता दुई ठम्याई हुन् जसका बारेमा मलाई लाग्छ यो लेख पढ्ने अधिकांश पाठकले सहमति जनाउने छन्।

(१) मानव जातिको जीविका र स्वास्थ्यका लागि चाहिने भौतिक आवश्यकता जति सक्दो थोरै श्रमको लगानीबाट परिपूर्ति गर्न सकिन्छ त्यति नै राम्रो हो।

(२) भौतिक आवश्यकताको परिपूर्ति मानव जीवनको सन्तुष्टिपूर्ण अस्तित्वको लागि अपरिहार्य छ, तर पर्याप्त भने छैन।आफ्नो व्यक्तिगत स्वभावले दिएसम्म र खुबीले भ्याएसम्म बौद्धिक र कलात्मक दायरा फराकिलो पार्ने सम्भावना बोकेको जीवन नभै तृप्तिपूर्ण अस्तित्व सम्भव छैन।

उल्लेखीत पहिलो ध्येय प्राप्तिका लागि प्रकृति र समाजमा निहित आधारभूत नियमका बारेमा प्राप्त ज्ञानको प्रवर्द्धन र उजागरण अपरिहार्य हुन्छ।अर्थात्, वैज्ञानिक सोध र अनुसन्धानबाट प्राप्त प्रकृतिका नियमका बारेमा जानेका गुत्थि हरू कै प्रयोगले पहिलो ध्येयको प्राप्ति सम्भव छ। वैज्ञानिक अन्वेषण त्यस्तो शक्तिशाली माध्यम हो जसका संग्रहित खुद्रा र टुक्रा ज्ञानहरु एकअर्कासँग यसरी गाँसीन्छन कि त्यस्तो समागमले सिर्जित ज्ञान अक्सर मान्छेको अनुमानको दायर भन्दा निकै फराकिलो हुने गर्छ। यही नवीन ज्ञानको धरातलमा टेकेर मान्छेले कम भन्दा कम श्रममा धेरै भन्दा धेरै भौतिक लाभ जगेर्ना गर्न सक्छ। विज्ञानको अविच्छिन्न विकासका लागि भने समाजमा हरेक सोधका नतिजा, तीनमा गरिने विश्लेषण र टीका-टिप्पणीको बेरोकटोक आदान-प्रदान आवश्यक पर्दछ अर्थात्, वैज्ञानिक र बौद्धिक अन्वेषणका परिमितिमा पूर्ण अभिव्यक्ति स्वतन्त्रता विज्ञानको विकासको सर्त हो।

स्वतन्त्रताको अपरिहार्यताको कुरा माथि गरियो तर "स्वतन्त्रता" को परिभाषा के हो यसमा चर्चा गरौं। स्वतन्त्रता भनेर म त्यस्तो सामाजिक अवस्था वा परिस्थितिलाई बुझ्छु जहाँ सामान्य ज्ञान होस् वा विशिष्ट ज्ञान होस्, जसका सवालमा कुनै निजी विचार वा रायको अभिव्यक्तिकै कारण कसैले खतरा मोल्नु पर्ने वा कुनै प्रकारको हानि बेहोर्नु पर्ने स्थिति हुँदैन। यस्तो स्वतन्त्रताले प्रत्याभूत गरेको विचारको आदानप्रदान विज्ञानको विकासका लागि अपरिहार्य छ। यस्तो स्वतन्त्रताको प्रत्याभूतिका लागि कुनै कानुन पनि बनाउन सकिन्छ। तर नियम कानुनले मात्रै अभिव्यक्ति स्वतन्त्रता सुरक्षित हुन सक्दैन। कुनै क्षतिबिना मान्छेले बोल्न पाउने स्थिति सिर्जना तव मात्रै हुन्छ जव समस्त जनमानसमा सहिष्णुताको भावना व्याप्त रहन्छ। यस्तो "बाहय " स्वतन्त्रता पूर्ण रुपमा प्राप्त गर्न सम्भव भने छैन तथापि वैज्ञानिक सोच अझ भन्दा कुनै पनि किसिमको दार्शनिक र सिर्जनसिल सोचाइलाई हदै सम्म विकास गर्ने हो भने त्यस्तो स्वतन्त्रताको प्राप्ति हेतु निरन्तर लागिरहनुको विकल्प छैन।

दोस्रो ध्येय, अर्थात् व्यक्तिको आन्तरिक (वा आध्यात्मिक) विकासको सम्भावना भएको जीवनका लागि दोस्रो किसिमको "बाहय स्वतन्त्रता" आवश्यक पर्दछ। जिउनका लागि चाहिने आवश्यक भौतिक वस्तु र साधनका परिपूर्तिका लागि एउटा मान्छेले त्यति काम गर्नु नपरोस् कि आफ्नो व्यक्तित्व विकासका लागि आवश्यक गतिविधि गर्न न उसंग समय छ, न तागत नै बाँकी छ। यस्तो स्वतन्त्रताको अभावमा अभिव्यक्तिको स्वतन्त्रताको कुनै अर्थ रहन्न। प्रविधिको विकासले यो दोस्रो प्रकारको स्वतन्त्रताको प्राप्तिमा भूमिका खेल्न सक्छ। तर त्यसको लागि श्रमको सामाजिक विभाजनको ब्यवस्थामा निहित समस्याहरूको समाधान आवश्यक छ।

विज्ञान र मानवनिहित सिर्जनसिल गतिविधिको विकासका लागि अर्को प्रकारको स्वतन्त्रता पनि आवश्यक हुन्छ। यसलाई "आन्तरिक स्वतन्त्रता" को संज्ञा पनि दिन सकिन्छ। यो स्वतन्त्रता मानव आत्माको स्वतन्त्रता हो जहाँ मान्छेले कुनै तानाशाहीका निषेधाज्ञा, सामाजिक पूर्वाग्रह, दुराग्रह वा हचुवा परिपाठी बाट तटस्थ सोच प्रतिपादन गर्न सकोस्। यस्तो आन्तरिक स्वतन्त्रता भने प्रकृतिको दुर्लभ कोसेली हो र यसै कारण यसको प्राप्ति उच्चतम अभिष्ट हो। यस्तो स्वतन्त्रताको व्याप्तताका लागि समाजले पनि भूमिका खेल्न सक्छ। कम्तिमा यसको स्वाभाविक विकासलाई दक्खल नदिएर समाजले आन्तरिक स्वतन्त्रताको विकासमा सहयोग गर्न सक्छ। उदाहरणका लागि कडा अनुशासन र नियम लादेर विद्यालयहरूले यो आन्तरिक स्वतन्त्रताको विकासमा बाधा पुर्याइरहेका हुन सक्छन्। तर मौलिक र तटस्थ सोचको निर्माणलाई प्रश्रित गरेर विधालयहरूले यो स्वतन्त्रताको उत्थान गर्न सक्छन्।

बाहय र आन्तरिक स्वतन्त्रताको सचेत र अविच्छिन्न खोजले मात्रै आत्मिक (आध्यात्मिक?) विकास सम्भव छ। यही खोजीमै मान्छेको बाहय तथा आन्तरिक जीवनको सुधारको सम्भावना लुकेको हुन्छ।

This is a translation of original work by Albert Einstein, included in https://www.amazon.ca/Albert-Einstein-Out-Later-Years/dp/0517093804

Education is what remains after one has forgotten what one has learned in school. – Albert Einstein

AJOY BISTA

Nepalese Canadian Heritage Centre and Temple Ottawa (NCHCTO)



क्यानेडियन नेपाली सम्पदा केन्द्र तथा मन्दिर अटवा

WHAT IS ITS PROGRESS? HOW CAN I PARTICIPATE?

Ajoy Bista

(On behalf of the Nepalese Canadian Heritage Centre and Temple Ottawa Board of Directors) [This article is an update from the one published in Ottawa Chautari, Year 19, Volume 38 (April 2021)]

Are we ready? Is it not too ambitious?

Establishing a heritage centre and temple has been on Ottawa's Nepalese Canadian community's mind for some years. During these years, the number of households of Nepalese Canadians in Ottawa has increased to more than 250. There are more Nepali-speaking families of Bhutanese origin who share the same Nepalese heritage. These households have gradually settled well in Ottawa and the neighboring cities and towns. It is high time to start a heritage centre and temple for Nepalese Canadians living in and around Ottawa.

What has been done so far?

To examine the possibility of establishing a heritage centre and Temple, an ad hoc committee has been established by the Nepalese Canadian Association of Ottawa (NCAO). NCAO informed its members about this mission and requested interested members through email to join the ad hoc committee on 6th October 2020. Soon after that, a 17-member ad hoc committee was formed.

For about 7 months, the ad hoc committee spoke with various heritage centres/temples across Canada. The collected information has been useful for strategic planning. To support this planning exercise, the ad hoc committee requested 154 households/ members in Ottawa to submit their opinion on some key items through a short (5-min) survey. A total of 82 members responded to the survey in February 2021. Almost all (99%) of members supported the idea of founding a heritage centre and temple.

Out of which, 40 expressed interest to volunteer for the cause. 94% of respondents expressed the need of both community/ heritage centre and temple. We would like to thank all those who partook in the survey.

Making use of the above research, the ad hoc committee conducted a strategic meeting and identified a path forward.

What is the registration process?

The ad hoc committee collaboratively selected the name as Nepalese Canadian Heritage Centre and Temple Ottawa. क्यानेडियन नेपाली सम्पदा केन्द्र तथा मन्दिर अटवा

The name reflects the service this community organization aims to provide to the community members. The Centre will be registered as a charitable organization which allows writing tax receipts for donations, raising funds to pilot the initiative in a rental space within this year and eventually buying or building own property in the upcoming years, potentially in 2022/23.

The Centre was registered as a federally regulated not-for-profit organization at Corporation Canada on July 10, 2021. Upon this registration, the first board meeting was held on September 17, 2021, that accepted the draft interim bylaws. This enabled the appointment of a founding board and electing five officers. The next key tasks for the board and officers are to refine the bylaws, distribute membership and pass it through the first annual general meeting (AGM), to be scheduled in late spring 2022.

The organization has recently opened its bank account, which lays the foundation for financial transactions and records that will be needed when we need to apply for a mortgage down the road.

Additionally, the board will start the process of registering as a charitable organization at the Canada Revenue Agency (CRA), a process which normally takes around 15-18 months and expected to be completed by the end of 2022. The board will start taking donations in the interim and hand tax receipts to donors retroactively soon after the completion of the CRA registration process.

We already have NCAO. Why do we need another organization? What are its objectives?

NCAO's general objectives are:

- 1. To foster positive communication, mutual respect, and cooperation among Nepalese, and individuals or organizations of similar objectives and interests.
- 2. To promote and facilitate awareness of Nepalese arts, culture, language, traditions, and values.
- 3. To provide information and moral support to members and Nepalese newcomers.
- 4. To maintain and promote the interest, healthy living, and welfare of the Nepali Community.

Nepalese Canadian Heritage Centre and Temple Ottawa (NCHCTO) will support the above objectives for NCAO members as well as other communities who share Nepalese heritage or have an interest in Nepalese heritage through providing a physical space. Its scope will be wider and will cover diverse community members sharing common Nepalese heritage.

There are already temples in Ottawa? Why do we need another temple?

Nepalese Canadian Heritage Centre and Temple Ottawa (NCHCTO)'s goal is to provide a physical space for Nepalese Canadians and those who share and are interested in Nepali heritage. The place is NOT restricted to temple only.

The space will provide services that are currently not available in Ottawa. It will serve as a place:

- Of worship/spirituality/meditation/rituals of various communities of Nepal (e.g., Teej, Mha Puja, Ubhauli / Udhauli, Gaura Parva, Losar);
- 2. For youth and seniors interaction and sharing of knowledge Nepali heritage; language and literature;
- 3. To showcase/promote Nepali objects/artifacts (e.g., chuleshi, halo, pirka); culinary arts (e.g., sel, yomari); visual arts (e.g., mandala, thanka); performance arts (e.g., lakhey nach).

How do we plan to sequence the activities?

- 1. Begin as a place for religious/spiritual activities:
 - Discourses, chanting, meditation, yoga, etc.
 - Prasad offering and sharing
- 2. In parallel, run community-building activities:
 - Activities for youth and senior: classes, training, discussion session
 - Special festivals, rituals, other celebrations

What is NOT allowed?

- Discussion on politics: the space will not host political discussions or events to promote any political candidate.
- Exclusion: though the space will be closely related to Hindu and Buddhist practices, individuals following other practices are welcome to observe/participate.
- Personal gain: Board members and community members serve as volunteers without

the expectation of any personal gain.

What are the immediate next steps?

- Registration process: charitable organization
- Continue engaging with the community members (e.g., articles in Ottawa Chautari, present a status update at the NCAO general assembly, developing a project prospectus for fundraising

- Initiate online presence (Website, Facebook)
- Pilot: Test out the concept in a rented space once the Covid restrictions are over. The board is currently in discussion with Chinmaya Mission Ottawa at 1088 Ogilvie Rd., Ottawa, ON K1J 7P8 for a short-term rental contract to pilot the concept. Chinmaya Mission Ottawa, like us, started with something small. It has gradually grown over the years and now owns a beautiful space of its own. It has garnered extraordinary youth support.

What is the funding strategy? What fund are we looking at?

- We can afford to test the concept in a rented space. We currently have around \$21,000 that can help fund this pilot and complete the registration processes. The rental space should be available at around \$800/month for once use per week. Details to follow.
- We will launch fundraising in Spring 2022 with the objective to raise \$200,000 as a fund to build/ buy our own space. Just to manage the length of this article, we will share our fund costing and fundraising strategy in another communication.

How can I contribute?

- Join one of several committees such as Registration; Costing/Financial Forecasting; Outreach/research; Fundraising; Rental/ Acquisition; Spiritual discourse; Bhajan; Prasad.
- Visit the Centre at the rented space when it can be done safely without the fear of Covid.
- Make a one-time donation to help raise funds to own/buy a space of our own.

 Share with us your skills/potential plans to hold training (e.g., music; arts; yoga) that is crucial to draw children and youth to the Centre (rented or our own space).

Share your professional skills with us, such as accounting, architecture, carpentry, information technology, electric fittings, etc. These skills will be crucial to maintain our space down the road. Send any advice, questions/comments or suggestions to nepalesecenterottawa@gmail.com



Photo: www.uttamphotography.com, Remember uttamphotography.com for your photography needs.

The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere. - Barack Obama

MANJU BHATTARAI

अनमति बिना

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अनुमति बिना मुटुमा तिमीले अधिकार जमायौ माग्दै नमागी धर्के नमानी कसरी रमायौ? थाहा मलाई नदिइकन ह्रदय लुटेछौ सामाजिक बन्धन तोड्नलाई सहास कसरी पाएछौ?

मुसुक्क हाँसी बोल्दै नबोली यो मन जितेछौ निदरीमापनि सुस्त सुस्त आई बित्यासै पारेछौ निद्रा भोक प्यास ति सबैलाई गुट्मुट्याई लगेछौ टोलाएको मनलाई आफुतिर खिच्ने तन्त्र पो गरेछौ

दिवा स्वप्ना देख्ने तिम्रै स्मृतिमा रम्ने के भयो मनलाई कहाँबाट आयौ चुम्बकले झैँ तान्ने मोहनि लगायौ अनुमति बिना मुटुमा तिमीले अधिकार जमायौ माग्दै न मागी धके नमानी कसरी रमायौ?



RAMESH SHRESTHA

Greenhouse Gas and Citizenry

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1. Introduction

In recent years every media is filled with news of a worsening climate everywhere with loss of property and human lives. Scientists have proved again and again how the excessive emission of global greenhouse gases (carbon dioxide, methane, nitrous oxide, a variety of hydroflurocarbons, etc.) is causing these disasters globally. These gases which are generated by burning fossil fuels such as petroleum products, coal, etc., absorb the heat (energy). It results in warming the atmosphere and the Earth surface causing an energy imbalance in the atmosphere. The governments are committed to reducing greenhouse gas emission by switching fossil fuelbased energy to renewable sources. The focus is largely on windmills, tidal wave energy and solar powers to substitute fossil-fuel based energy.

The above seems like a good and attractive alternative source of energy but these require storage batteries. Manufacturing storage batteries require lithium, zinc, cobalt, sulphur and other rare earth minerals depending on type of battery. These mineral deposits are found in specific geographic locations and come in finite quantities. In addition, excavating and processing of these minerals require a whole new set of chemical processes with millions of tons of chemical waste, which deteriorate the ecosystem - air, soil and water. The end result is – air pollution and contamination of rivers, groundwater reserves and oceans. In addition, every component used in these technologies also has shelf-life. For example, solar cells have a shelve-life of about 25 years; blades of windmills have a shelve-life of about 20 years. All such incombustible hardware will go straight into landfills.

2. A False Narrative

The industry gurus believe that 'Individuals can't solve the climate crisis. Governments need to step up; calling for greater individual responsibility actually risks becoming detrimental to the cause' says Anders Levermann, a 'climate scientist' at the Potsdam Institute for Climate Impact Research.

'Individual behaviour change isn't action – it is distraction; it shifts the blame from the actual causes of climate change to fake ones, and shifts attention away from meaningful action to meaningless and psychological ones' says Jay Michaelson, another 'environmentalist'.

Yet, another 'environmentalist', Martin Lukacs writes 'the emphasis on smaller personal actions can actually undermine support for the substantive policies needed.' This kind of environmentalism is dangerous to say



"Individuals can't solve the climate crisis. Governments need to step up; calling for greater individual responsibility actually risks becoming detrimental to the cause" says Anders Levermann

the least.

According to the recent report by Intergovernmental Panel on Climate Change (IPCC), released in July 2021, 97 percent of scientists agree on the direct causal relationship between climate change leading to global warming and natural disasters. The remaining three percent possibly include research and studies like the ones above are funded by fossil fuel industries. The above arguments are false and relieve individuals from their responsibility. These environmentalists are probably speaking on behalf of fossil-fuel industries.

Honest governments must detach from such environmentalists and policy advice from fossil fuel barons. Taking individual responsibility may not be enough to suppress greenhouse gas emission but it certainly is a starting point. Government policies are necessary but what good would it do if the individuals ignore the policies and do not take individual responsibilities. Billionaires and multi-millionaires are not likely to change their behaviour but the remaining seven billion ordinary citizens like you and I can make a difference. Hence individual action matters!

3. What can be done?

People have been dependent on energy ever since the discovery of fire. Energy is generated for the consumers - individuals, communities and industries. Hence, individuals must play a role in managing energy through optimal consumption behaviour. Encouraging individual behaviour change does not distract or weaken national climate policies. It strengthens the government's efforts.

The fossil fuel and consumption industries exist to make our life comfortable. But it comes with a price tag. For as long as we continue to live and love our way of life there is little hope for any significant change in greenhouse gas emission, despite all the commitments to achieve the zero-emission target set by several countries. Everyone also knows what could be done but our subliminal mind would not allow us to change our behaviour as we are used to our comfort.

4. Individual Roles

It is the manufacturers' and marketers' job to make us buy their products and even buy things we don't need. They can even sell hair brushes to a bald person! A major impact on greenhouse gas emission can be made only by changing our individual and collective behaviour and lifestyle. We have to be able to distinguish between need vs want. For a small start let us see where we are:

Why should we buy individually packed fruits and vegetables (apples, cucumbers, eggplants, coconuts, etc.) and cookies? Why should we buy already peeled fruits (pomegranates, oranges, grapefruits, pineapples, fruit trays, etc.) packed in plastic containers? In some groceries you can even buy ready to eat omelets after a few minutes in the microwave. Can we not make one fresh omelet? If we stop buying these products the manufacturers will eventually stop these practices of individual packaging, meaning less plastics, meaning less emission.

Why can't we continue to make filter coffee using a regular coffee percolator, which we have used for decades? The individual pods/cups marketed by Keurig and Nespresso are adding millions of tons of un-compostable plastic garbage every year. Nearly 35 billion Keurig and Nespresso coffee pods, made up of indestructible plastic and aluminum are dumped into landfills annually. We just need 11 gm of ground coffee to make one cup of coffee (about 85 cups of coffee with two pound of coffee that could cost \$12?). It is also an economic sense.

What about bottled water? It is perfectly okay to use household water filters (to avoid direct tap water, if you want to) as opposed to buying bottled water. Did you know that Nestle pays just 3 cents for every 10 k liters of water in Canada? Imagine how much Nestle pays in developing countries for groundwater? We could save huge amounts of underground water and spring water and a lot of plastic garbage, and stop contributing to these industries - make these bottling plants a little less rich.

We need to review our household food waste, cooked and uncooked (not counting postharvest loss). In Canada 2.2 million tons of food is wasted annually at household level, meaning food already paid for. At the global level it is estimated at 1.3 bn tones wasted by households. And of course, along with food waste there is packaging materials that come with it. How to reduce food waste? It is saving money and energy (for storage) and reducing emissions.

There are expiry dates in helmets and car seats. Why? It is possible that certain movable parts might come loose with wear and tear. But the owners know when it happens and will change to avoid any risk. But I have seen people who take these expiry dates religiously. In some cases, these are even related to insurance! Isn't it a perfect scam?

And there is an entirely different set of electronic garbage such as cellphones, TV sets, and other electronic equipment. It is hard to keep up with new models of Samsung and iPhone every six months. But for as long as we buy there will be new models every few months. Our phone calls, facetimes, video chats and messaging remain the same. Nothing much changes with the new model of cellphones but people flock to buy them. We already pay a certain amount of tax for their disposal as end users but we have no information on how they are disposed.

The production and use of these products add to greenhouse gas emission. As global citizens, we can control this to a certain extent by modifying our behaviour. The bottom line is that 'We the Individual People' have to contribute to reducing greenhouse gas emission. It may be a small contribution but it will be a significant and cumulative one, if we all do it together. It involves our lifestyle. We cannot go back to our life styles of 1960s and 1970s level of consumption but collectively we can make a significant difference.

5. Conclusions

What will it take for people to make intentional choices on a daily basis to review our material needs and possessions? We must decide what adds value to life. We must get rid of ideas of wanting things that just have window dressing values. Every decision we make to eat, drink, wear, travel, etc. has a cost to the environment in the form of greenhouse gas emission. Everything we do has a monetary cost and time. The money and time we spent on wasteful activity is a loss of opportunity for something more beneficial. Our material culture pushes us to spend our time and money on things that we do not need. The idea is to stop wasting time and money on things we don't need. We buy 'things' because the TV ad makes it look good on us. We have to stop being part of this unchecked consumer world. It needs everyone's conscious decision.

To start with let us review things in our homes that we have not used; look at the garbage we dump every week; look at the apparels we have not worn in months; review our shopping receipts weekly and then decide what are the real needs No one can decide for us ... it is up to us ...



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दुखिरामको राजधानीमा घर किन्ने धेरै बर्ष देखिको सपना थियो । यो क्यानडाको एउटा कथा हो । मोफसलमा हुनेहरूलाई राजधानीमा घरहुनु भनेको सपनाकै बस्तु हो । अझ एक पटक पनि राजधानी नपुगेकाहरूको सपना झन चर्को हुन्छ । नेपालले हिन्दमहासागरमा नेपाली झण्डा फहराएको र पानीजहाज चलाएको सपना भन्दा पनि ठूलो । नेपालका डाँडाकाँडा भित्र भित्रै सुरूङ मार्ग र टनेलका सपना भन्दा पनि चर्को । कहिले कँही मान्छेले सपनालाई नै ढाँटी दिन्छ । सपना यथार्थमा परिणत भएको उद्घघोष गर्छ । खुशियालीमा झ्याली र ढोल पिटिन्छ । फोन र कम्प्यूटरका स्क्रिनहरू गुणगानले पोतिन्छन । तुइन बिस्तापनको मजाक घोषणालाई यथार्थले दुस्वप्नमा परिणत गराइ दिए जस्तो। जयसिँ धामीको बली खाएर महाकालीले मुख तम्तम्याइलो बनाए जस्तो परिणाम निस्कन्छ । फोन, कम्प्यूटर र पत्रपत्रीका पनि झूटको साँची बस्नु परेकोमा लज्जित हुन्छन् । झूटा सपनाले रंगिएको आफ्नैआङ अब सिक्सिको लाग्न थाल्छ । ढाँट्ने बानी परेका अभ्यस्त नेताहरूलाई जस्तो सहज हुँदैन सामान्य मान्छेहरूलाई । सामान्य मान्छे सँग कमिसन, हप्ता र फिरौतीका कला हुँदैनन् । उनीहरू सँग शरूवा बढुवा र नियुक्तीमा उपहार आउने व्रिफकेस पनि हुँदैनन् । इमान्दारीको पशिनाले जती पेटकस्न सक्यो तेतीमात्र माड लाग्न स्वभाविक हो ।

दुखिरामले नेपालमा हुँदा बल्लतल्ल राजधानीमा घरबनाउने सपना पूरा गरेको थियो । मोफशलतिर जाँदा उसको शानमान नै अर्के भएझैं लाग्दथ्यो । उसलाई जिल्ला र गाउँका कर्मचारीहरू पनि ससाना दयनिय प्राणी झै लाग्दथे । तल्लो तहका कर्मचारीहरू राम्रो तलब र भता नपाउँदा चैतबैशाखको खडेरीमा पानी नपाएर वैलाएका विरूवा जस्तै भएका थिए। कर्मचारीको हालत त्यस्तो थियो । झन कर्मचारिहरूका अन्न दाता किसानहरूको अवस्था अझ नाजुक थियो । कहिले खडेरीले सताउँथ्यो त कहिले अतीबृष्टीले बाली सखाप बनाउँथ्यो । हुरी, बतास र सलहले बालिनाली चेट बनाउँथ्यो । एकछाक मात्र खाएर पेटमा पटुका कस्ने किसानहरू बहुसंख्य थिए । उनीहरूले स्कुलको कक्षाकोठामा पाइला समेत टेक्न पाएका थिएनन् । गाउँमा सुकिलामुकिला लुगा लाएका मान्छे आउँदा हेर्न आउनेको भीड लाग्दथ्यो । बालक देखि बृद्ध पनि धनुस्टडकार भएर नमस्कार गर्थे । अग्लो ज्यानको दुखिरामलाई त नमस्कार गर्नेको लर्की नै लागेको थियो । राम्रा लुगा र ठूलो भूँडीहुनहरूलाई नमस्कारको ओइरो नै लाग्दथ्यो । दुबै कुराले शुसोभित भएकाले दुखिरामले बेस्सरी मान सम्मान खाएको थियो ।

दुखिरामले आफ्नो विगतलाई सम्झ्यो । उ क्यानडा आएको झण्डै दुई दसक नै भैसकेको थियो। उसलाई पहिला राजधानीमा घर किन्ने भूतले सताउन थाल्यो । क्यानडाको राजधानीमा घर किन्न सके त शानै बेग्लै हुने थियो भन्ने लाग्यो । नेपालका सबै साथीभाइ देखि अड्डा अदालतमा कुरा गर्दा पहिचानै बेग्लै हुने थियो । संसद देखि मन्त्री सम्मका अगाडि कुरा गर्दाको रौनक नै अर्को हुने थियो मनमनै सम्झ्यो । उसकी श्रीमति मुन्ना सँग पनि मनको बह बिसायो । आफुबसेको ठाउँमा छोराबुहारी नातिनातिना इस्टमित्र सबै छन । अव नयाँठाउँमा के सर्नु भन्दै श्रीमतिले टार्न प्रयास गरिन । तर दुखिरामको बारबारको राजधानीमा घर किन्ने ढिप्पी कमभएन । दशैँमा नयाँ लुगा चाहियो भन्दै जिद्धी गर्ने बच्चालाई तिहारमा किनौला भनेर सम्झाउँदा शान्त हुने थियो होला तर मुन्नाले दुखिरामलाई सम्झाउँन सकिनन् । दिक्क भएर मुन्नाले राजधानीमा घर किन्न सहमत जनाइन । घर खोज्नु न त पाँच प्रतिशत राख्दा पाइहालिन्छ क्यारे । एउटा घर किनौ भन्दै श्रीमानलाई ढाडस दिइन । दुखिरामले अटवाका सस्ता घरहरू भनेर गूगल गर्यो । भनौं गुगलमा घर खोज्यो । तॅं चिता म पुर्याउँछु भनेझै भयो । एकलाख तीसहजार डलरमै दुई कोठाको घर मिल्यो । वरिपरी प्रसस्त जग्गा समेत भएको घर । फोटोमा देख्दा घर पुरानो भए पनि चिटिक्कै थियो । उ पनि क्यानडा आएर हेण्डिमेन जस्तै बनेको थियो । पुराना घरहरूलाई मर्मत गरेर नयाँ जस्तै बनाउन जानेको थियो । थुप्रै पुरानाघरहरूलाई दुलही जस्तै सजाएर आकर्षक दाममा बेचेको अनुभव उसँग थियो । आफ्नो शीपको काम पनि थपिने भयो भनेर दुखिराम भित्र खुशी लहरायो । दुखिराम एक्लै मुस्कुरायो । उसले वरीपरिपरि आँखा डुलाएर सानो स्वरमा श्रीमति मुन्नालाई भन्यो । अए हेर् त । हाम्रा भाग्यले होला बुढी एकलाख तीसहजारमा घर पाइने भयो नी । भाग्यमानी पो छौं की क्याहो बुढा मुन्नाले दुखिरामको छेउमा बस्तै भनिन् । दुखिराम पनि राजधानीमा घर हुने भयो भनेर मख्ख पर्यो । एक मनले सम्झियो । बा घर पुरानो केही कामै नलाग्ने पो हो की । फेरी सोच्यी हैन होला । बैंकको रिण तिर्न नसकेर लिलामी भएको होला । एउटा अस्थिपन्जरमात्र भएको घर भए पनि हुन्छ । फेरि जग्गा प्रसस्त छ। पुरै भत्काएर पनि बनाउन सक्ने सीप छँदैछ । जे सुकै होस । हे भगवान अरू कसैका नजर र कानमा नपरोस भनेर प्रार्थाना गर्यो । चारघण्टाको हवाई यात्राको दूरी पनि उसका लागि करेसाबारी झैं भयो । टिकट लिएर राजधानी हानियो ।

उसलाई मन भित्र डर थियो । कसैले थाहा पाउलान की । अरूलेनै त्यस घरलाई आफ्नो बनाउलान की भन्ने । उसले त्यो घरलाई मनमन्दिरमा सजाई सकेको थियो । आकाशे विल्डिङको बाइसतले महलमा बस्ने छोरीलाई त्यसमा सार्न पाए । कोही साथीका साथ छोरीको व्यवस्था गर्न पाए कती आनन्द हुने थियो । सोच्दा मात्र पनि उसको पिताहृदय आनन्दले द्रविभूत भयो । छोरी राजधानीमै बसाई सरेर आई । राजधानीमा आउना साथ छोरीले पनि एउटा परोपकारी सेवा कार्यालयमा रोजगारी पाई । ढुँगा खोज्दा देउता मिल्यो भनेझैं भयो । उसले काम गर्ने अफिस बिक्रिमा रहेछ । कुरा मिल्यो आफुले सोचे जस्तै भयो । त्यो अफिस किनेर दुखिराम त्यस पशलको म्यानेजर बन्यो । छोरी अणुले प्रमुखको भूमिका निभाई । सहयोगीहरू राखेर काम अगाडि बढ्यो । नयाँ पुराना कस्टमरहरूको चापाचाप भयो । एक दुई बर्षमै राजधानीमा पशलका शाखाहरू खोलेर बिस्तार गरे । पशलको आम्दानीले अर्को घर किने । छोरीको बिवाह भयो र ज्वाईंले मेनेजरको जीम्मेदारी लिए । मुना र दुखिराम नातिनातिना खेलाउँदै घरमै थिए ।

कसैले सर यू आर अराइभ्ड इन अटवा एयरपोर्ट भनेर बोलाउँदै रहेछ । उ झसँग्ग भएर विउँझ्यो । प्लेनका यात्रीहरू सबै ओर्लिसकेका रहेछन् । ओठका कुनामा बगेको राल पुच्दै हतारहतार प्लेनबाट बाहिर आयो । उसलाई रिसिभ गर्न आउने साथीले पटकपटकॅ कल र म्यासेजहरूॅ पठाएको रहेछ । बाहिर निस्किए पछी यो ठाउँमा होमडिपो, वालमार्ट, र क्यानेडियन टायर छनकी छैनन ! भनेर साथी सँग सोध्यो । मलाई ती तीनवटा स्टोरमा दस मिनेट पस्नुछ भन्यो । साथिले ती तीनै वटा स्टोरमा पूर्याइ दिए । उसले त्यहाँ घर रिनोभेट गर्दा लाग्ने सामान र त्यसको मूल्य सोध्यो । उ बसेको शहरमा भन्दा केही महेंगो रहेछ । तर पनि मर्मत गर्दा त्यो घरलाई बिसहजार जतीको सामान त लाग्ला नी । मिस्त्री खर्च पर्दैन पो । मनमनै सोच्यो । किन्ने घरकोबारेमा साथीलाई पनि भन्नु भएको छैन । कतै उसैले सस्तो घर रहेछ भनेर लियो भने त आफ्ना सपना सबै खोलामा । रातभरी दुखिरामलाई निन्द्रा परेन । बिहानै साथीलाई उठाएर उसको सपनाको घरको बारेमा बतायो। कारमा ठाउँकोँ ठेगाना लगाएर त्यो घरमा पुगे । घरको चारैतिर घुमेर हेरे । फराकिलो जमिनमा घर छ । घरको अगाडी चारवटा गाडी पार्किङ गर्ने ठाउँछ । दुखिरामलाई झॅन आश पलायो । अब घर भित्र कस्तो होला । बेसमेण्टमा कस्तोहोला जिज्ञासा पलायो । घरँका अगाडि झुण्डिएको रियलटरको बोर्डमा भएको नम्वरमा फोन लगायो । उताबाट सुरिलो नारी आवाज आयो । उसँले घरको बारेमा सोध्यो । म टाढाबाट आएको हँ । घरको भित्र हेर्न मनछ । घरभित्र हिटिङ बिजुली पानीको ब्यवस्था छ की छैन । बेसमेण्ट फिनिसछ की छैन । कतीवटा कोठाछन् । कती जग्गामा बर्नेको घर हो भनेर एक सासमा जिज्ञासा राख्यो ।घर भित्र बिजुली छ तर सप्लाई छैन । हिटिङका लागि ग्याँस चलाउन् पर्छ । पानीको लाइन छ । जग्गाको भाडा महिनाको तीनसय डलर तिर्नु पर्छ । उनका फटाफट उत्तरलेँ उसको मुख अमिलिँदै गयो । अनि बेसमेण्ट नी त भनेर सोध्यो । उताबॉट यो त मोवाइल घर हो नी । यसमा बेंसमेण्ट हुने कुरै हुँदैन । यसलाई गुडाएर अन्यत्र जहाँ पनि लान मिल्छ । यो सबै सुनेपछी दुखिराम झसङ्ग भयो । उसलाई लाज भयो । उसको भिमकाय शरिर पनि भुषुनाझैं अनुभूत भयो । उसको राजधानीमा घर किन्ने सपनालाई पोकोपारेर मोफसल मै फर्कियो ।

Dynamic Himalayan Range: Geological Observation

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1. Introduction

About 4.6 billion years old, the Earth is one of the planets of the solar system. Scientists of different disciplines have been carrying out studies/ researches in depth about its origin, internal and external structures, the extinct and present existing lives and their evolutions from their origins, etc. The Earth's surface consists of both lands (continents) and oceans (almost 70%). Natural endogenous (inside the Earth) and exogenous (on the surface of the Earth) processes have been constantly acting throughout geological time. The exogenous and endogenous natural processes have been continuously occurring inside and outside of the Earth since its origin and will be continued in the future. For example, there will be a regular process of creating new oceans, continents, extinction of the present oceans and continents and changing of the Earth's landscapes, etc. This natural dynamic phenomenon of breaking down or destruction of the single continent or ocean (rigid and solid lithosphere consisting of rocks of crust and upper part of mantle, interior of the Earth) resulting of the formation of new oceans (plates) or continents (plates) floating slowly over the mantle (molten part inside of the Earth) is called as plate tectonics. At present there are seven tectonic plates around the globe: African, Antarctic, Eurasian (Asian), Indo-Australian/Indian, North American, Pacific, and South American. Himalayan range is the landmass product of the collision between the Eurasian continental plate and Indo-Australian continental plate; as a result the Tethys Ocean/Sea was closed due to the collision between the Indian and the Asian continental plates.

2. Origin of the Himalaya

The 2,500 km long Himalayan range extends from Afghanistan (west) to Myanmar (east), including the highest mountain (Mt. Everest) of the world, is formed by the continent-continent collision process between the Indian and southern edge of the Eurasian (Asian) continental plates. That process resulted in the closing of the Tethys Sea during the period of Eocene (about 55 million years ago) (Figures 1 and 2). Even after the evolution of the Himalayan range, the Indian continent was subducted below the Eurasian continent and even today, the Indian plate is still moving northward bulldozing through the Asian plate with an average convergence rate of 5 cm/year (Molnar & Tapponnier, 1975; Patriat & Achache, 1984). With continued subduction of the Indian plate (crust) below the Asian plate, the Indian plate (crust - uppermost part of the Earth) was fractured, shortened and thrusted (riding one upper block over the another lower block) to the south direction along a series of north dipping/inclining thrust faults/ major fractures. These thrust faults/major fractures have divided the Himalayan range into three major intracontinental thrust packages (Gansser, 1964). These thrust faults/major fractures are the Main Central Thrust (MCT), the Main Boundary Thrust (MBT), and the Himalayan Frontal Thrust (HFT) or the Main Frontal Thrust (MFT) from the north to the south, respectively (Figures 3 and 4). The thrusts get younger in age from the north to the south. Recent geological investigations indicate that there exists another type of fault/fracture called a normal fault (sliding down the upper block with respect to the lower block) in the northern part of the Himalaya. It is known as the South Tibetan Detachment System (STDS) (Burg et al., 1984). Similarly, the Himalayan range is also divided into different distinct tectonic units from south to north: Terai (Indo-Gangetic Plain), Siwaliks (Churia), Lesser Himalaya, Higher Himalaya and Tethys Himalaya from south to north, respectively based on these major thrust faults (HFT, MBT, MCT) and normal fault (STDS) (Figures 3 and 4) (Gansser, 1964).

The recent Global Position System (GPS) data measured in Nepal shows that some parts of the Himalayan range are rising with an average rate of about 1 cm/yr while the Himalayan terrain is being squeezed horizontally by about 2 cm/yr. The upliftment and denudation (erosion) processes of the Himalaya are continuously occurring in the Himalaya with changes of topography, climate, and environment due to shortening of the Indian plate (crust)

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Figure 1 (Left). Schematic diagram showing the northward movement of the Indian plate and collision with Asian plate (southern edge of Tibet) producing the Himalaya and Tibetan plateau (Mathauer, 1989).

Figure 2 (Right). The northward drift of the Indian plate from 71 million years ago to present time (https://en.wikipedia. org/wiki/Indian_Plate).



Figure 3 (Left). Regional geological map of the Himalaya (divided from west to east) - (i) Punjab Himalaya, (ii) Kumaon Himalaya, (iii) Nepal Himalaya, (iv) Sikkim and Bhutan Himalaya, and (v) NEFA Himalaya (Gansser, 1964).

Figure 4 (Right). Generalized south-north geological section showing major thrusts/fractures (MBT, MCT) and normal fault (STDS) of the Himalaya (Law et al., 2004). Indus-Tsangpo Suture (ITS) or Tsangpo Brahamputra Suture is the tectonic boundary zone between the Eurasian plate to the north and Indian plate to the south.

towards north.

The long Himalayan range is longitudinally divided into five sub-Himalayan ranges from west to east, respectively (Gansser, 1964). They are Panjab Himalaya, Kumaon Himalaya, Nepal Himalaya, Sikkim-Bhutan Himalaya and NEFA Himalaya. Among them, the Nepal Himalaya is the longest Himalaya covering a length of about 800 km (Figure 3).

3. Brief geology of the Nepal Himalaya

Following the similar tectonic division of the Himalayan range in general, the Nepal Himalaya, a central part of the Himalayan range extending about 800 km length and 150 km breadth is also geologically divided into five major tectonic zones (units) from south to north: Indo-Gangetic Plain (Terai Plain), Sub-Himalaya (Siwaliks/Churia), Lesser Himalaya (LH), Higher Himalaya (HH), and Tethys Himalaya (TH), respectively (Upreti & Le Fort, 1999) (Figure 5). The Indo-Gangetic Plain or Terai consists of fine grained alluvium sediments (sediments deposited by river) and covers a wide area from east to west of Nepal (Upreti, 1999). The Siwaliks (known as Churia range in Nepal) abruptly raises its topography as youngest southernmost mountain belt of the Himalaya, as compared to the topographically distinguished from the flat Terai Plain (Upreti, 1999). This tectonic zone consists of sedimentary rocks (shale, sandstone, conglomerate), originated from the alluvium sediments (later changed to the sedimentary rocks) (Ulak, 2016). The Lesser Himalaya consists of sedimentary rocks (limestone,



Figure 5. Geological Map of the Nepal Himalaya (Upreti & Le Fort, 1999).



Figure 7 (Left). Panorama view of the Lesser Himalaya and Higher Himalaya, central Nepal, view towards north from Daman Village, south of Kathmandu

dolomite, gritstone, conglomerate), and dominantly low-medium grade metamorphic rocks (such as slate, phyllite, schist, metasandstone, quartzite, augen gneiss and amphibolite) (Figures 6 and 7) (Stöcklin, 1980; Rai, 2001). The Higher Himalaya consists of medium to higher grade metamorphic rocks such as banded gneiss, paragneiss, granitic gneiss, migmatitic gneiss, augen gneiss, marble, schist, guartzite with igneous rock (granite) (Figures 6 and 7) (Le Fort, 1975). The Tethys Himalaya (remains of the Tethys Ocean sediments) is composed of mainly fossiliferous sedimentary rocks (shale, limestone, dolomite, marl, sandstone) and low grade-metamorphic rocks (metasandstone, slate, phyllite and schist) (Figure 6) (Colchen et al., 1986). The rocks of this zone are well exposed to the western Nepal along Manang, Mustang, Dolpo areas (Figure 9). The rocks are also exposed on the top of Everest (Figure 8). The rocks of the Tethys Himalaya are also exposed in Phulchauki, Chandragiri, Nangdhuga and Raniban areas around the Kathmandu valley.

4. What possible geological/natural processes would take place in the Himalaya in the future?



Figure 6. Panorama view of Lesser Himalaya, Higher Himalaya and Tethys Himalaya from Pokhara, a tourist



Figure 8 (Right). Panorama view of the Mt. Everest consists of paleo-marine sediments of the Tethys Ocean of the Tethys Himalaya above the South Tibetan Detachment System (STDS). Below STDS, the rock exposure consists of the Higher Himalayan rocks while the mountain Nuptse in photo consists of about 25 million years old igneous rock (granite).

With the continuous movement in the northward of the Indian continent below the Eurasian (Asian) continent, geo-scientists have predicted that some remarkable changes have already been taking place. The following major changes may happen with the span of geological time in the future:

(i) Changes in landscapes: Due to the continuous movement of the Indian plate and its subduction process below the Asian continent, there will be gradual changes in the process with the development of new landforms such as the formation of the new mountains, river system, topography and disappearance (destruction) or subsidence of the existing mountains with respect to the geological time in the Himalaya including Nepal. However, this change in the process is proven to be extremely slow (few mm to few centimeters per year), which makes it impossible for us to observe visible changes within a few days, months, or even years. Our lifespan is too short to watch these types of changes. In order to see new developments/changes, it may take a few million years. Geologists carrying their researches in the Himalayan region have already predicted that if the Indian continent moves to the northward direction with a rate of 2 cm/year and subducts below the Asian continent, the Indian continent (present southern part of Nepal such as Terai and India, a country itself) will be completely changed to the mountainous parts within 30 million years in future) resulting in the expansion of the Indian Ocean towards the north. This means that India and the Indian Ocean are constantly moving northward together at the present day. Also, geologists have predicted that the existing landscapes of the Mahabharat range (altitude of 3,700 to 4,500 m) of Nepal and the whole Himalayan range will be uplifted than the present topography, and the altitude of the present landscapes of the Mahabharat range of the Himalaya might be higher than the altitude of the Mt. Everest within a few millions later if the Indian continent doesn't stop to move towards north. At present, the eroded sediments due to denudation and upliftment from the Himalaya range are transported to the Indian Ocean by the major rivers such as Koshi, Karnali, Gandaki and other major rivers of India originated from the snow-fed mountains. According to the geo-scientific researches carried out in the Indian Ocean, the thickness of the transported materials/ sediments from major rivers of the Himalaya into the Indian Ocean is about 17 km. If there weren't any weathering, erosion processes or upliftment phenomenon in the mountain parts of the Himalaya, the altitude of Mt. Everest would be considered around 26 km above the sea level (existing 8848 m of Mt. Everest plus 17 km deposited sediments in the Indian Ocean). Regular geological processes such as uplifting of the mountain due to the northward movement of the Indian continent and weathering and erosion processes are simultaneously playing important roles to change the landscapes and deepening of the rivers with a span of geological time. Therefore, we do not



Figure 9. Lupra fault (a displacement fracture) and folded structures in the fossiliferous (imprints of extinct oceanic lives) sedimentary rocks of the Tethys Himalaya exposed along the Kali Gandaki Valley, north of Jomsom, west-central Nepal (Carosi et al., 2014).

feel the abrupt changes through our vision in the mountains except the natural hazards such as landslides, flood, etc. Charles Lyell's Principles of Geology (1830-1833) introduced a theory called uniformitarian which means 'the present is the key to the past'. This means the assumption that the same natural laws and processes that operate in our present-day scientific observations that were operated with the same process in the past with the same mechanism will continually happen with the same process and mechanism into the future, everywhere in the universe. It applies in the same manner in the Himalayan region as well. It could also be predicted that the landscape of the present Himalaya range will be completely different after millions of years. This changing landscape mechanism occurs everywhere in the world following the uniformitarian phenomenon.

(ii) Development of new geological structures: Due to the continuous movement of the Indian plate and its subduction process below the Asian continent, there will be gradually acting of the stress/ pushing between each other in the present parts of the Himalaya, which will develop new major and minor fractures/structures within the rocks called as geological structures, known as also deformational structures (faults, folds, etc). These structures are sometimes responsible to carry one huge block over another or subside with respect to another. At present, the major geological structure such as Main Boundary Thrust (MBT), a major fault exposed towards southern part of the Himalaya, close to Terai region plays an important role to develop the present landscapes such as mountain formation, subsidence, valley formation (e. g. Kathmandu, Pokhara), dune valley (Dang, Chitwan, Dehradun), etc. These structures play important roles in the mountain building process. In the future, other newly developed major structures like MBT or HFT would play important roles to develop new landscapes in the Indian continent due to regular pushing of the landmass towards the north.

(iii) Evolution of new life: With respect to geological time, there will be an evolution of the new animal and plant species and extinction of existing lives. For example, dinosaurs ruled the world 245 million years ago until 66 million years ago when it became completely extinct. Now we can see only the extinct parts of the animals or plants as fossils. This will be the same evolution pattern of the new lives as in the past. These newly evolved life species will be adapted and survived within the new environment.

(iv) Formation of new minerals and rocks: Concerning the geological periods within a million years, there will be the formation of new minerals and rocks within the crust of the Indian plate due to high pressure and temperature. Consequently, the existing rocks and minerals will be changed to other new minerals or rocks due to chemical reactions among the minerals with respect to temperature and pressure following the process of the rock cycle. At present, diamond and other precious minerals in the Himalaya are not available or at least not as abundant as they used to be. A suitable geological process such as pressure, temperature or chemical reaction within the rocks of the Himalaya does not exist to form such types of minerals at present, but it may be possible that such an environment may develop in the future.

(v) Earthquake: Earthquake is also a natural geological process starting from the evolution of the Earth and it continues at present and in the future. The origin of the Himalaya and further changing scenarios of the Himalaya are related to the earthquake activities. The major fractures called faults are developed due to earthquakes. Due to the continuous movement of the Indian plate and its subduction process below the Asian continent, the energy called as strain are stored in the rocks of the Indian continent (Himalaya) and finally the energy will be released in the form of seismic waves causing the shaking of the land and consequently, there will be of development of the new ruptures/fractures within the rocks which are the sources of the releasing of the seismic waves. So there will be numerous earthquakes in coming days resulting the development of the major geological structures and geologists/seismologists have already predicted that the region between Kathmandu of Nepal and Dehradun of India; the region from east of Koshi of Nepal to Sikkim of India belong to the high prone earthquake area in near future.

(vi) Natural hazards: There are possibilities that natural hazards similar to present day or higher magnitude such as flooding, landslides, Glacier Lake Outburst Flood (GLOF), earthquakes, etc. will continue into the future.

(vii) New climate: With changing landscapes, topography, and biodiversity in the Himalaya, there will be a new climatic environment within a million years. The rapid upliftment of the Himalaya and Tibetan plateau took place around 8 - 10 million years ago and a smaller one 3.6 - 2.6 million years ago phased in when the monsoon started in the Himalaya (Zhiseng et al., 2001). At present, the Himalayan monsoon starts from mid-May and ends in September. After a few million years, the monsoon season may fall into a completely different time. At present, we observe the impact of climate change on glaciers, vegetation, and rainfall as a result; the Himalayan region is suffering with various types of natural disaster due to climate change. There is nowadays a new report that the earlier monsoon this year has already started behind the higher snow-fed mountains (rain shadow zone) such as the Mustang, Manag areas, close to the Tibetan plateau. Normally, the monsoon starts from the southern part as Terai and gradually moves towards north crossing the Mahabharat range and snow-fed mountains. However, this year the monsoon has started to circulate inversely, from north to south. It is a completely different cycle of circulation of the monsoon than in the past.

5. Conclusions

The Earth is a dynamic planet consisting of different mobile tectonic plates with the motion of a few millimeters to centimeters per year. The Himalayan range is a distinct product of landmass of collision of Indian and Asian continents resulting the closing of the Tethys Sea. The Himalaya range is still rising with changing its landscape very slowly due to northward movement of the Indian continent. Formation of new minerals, rocks and geological structures in the interior part of the Earth due to endogenous processes and changes in the landscape due to exogenous processes such as weathering, erosion, denudation, upliftment are continuous processes. Similarly, there will be evolution of the new species of the animals and plants with distinct biodiversity and new surrounding environment in future.

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