

पसा पुचह गृथि लुन



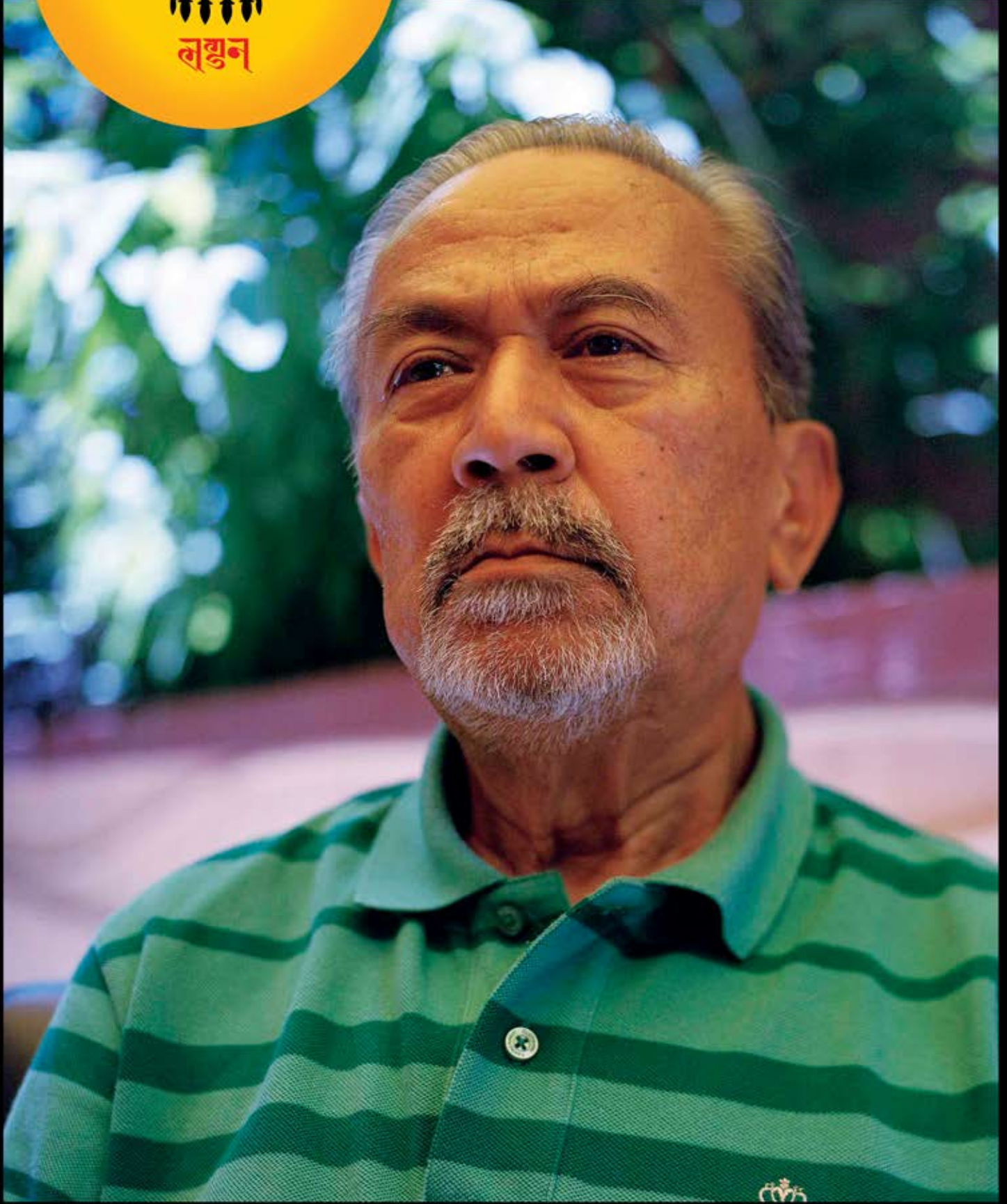
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PASA PUCHAH GUTHI UK **LONDON**

GUTHI

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19th Year of
PASA PUCHAH GUTHI UK LONDON
 KachhaLaaThwo Paru Nhu Dan Nepal Samvat 1140
 Tuesday 29th October 2019

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संयुक्त अधिराज्य (बेलायत)का लागि नेपाली राजदूत महामहिम डा.दुर्गा बहादुर सुवेदी क्षेत्रीको शुभकामना सन्देश

सर्वप्रथम पासा पुच. गुठी, यु. के.मा आवद्ध बेलायतवासी समस्त नेपाली दाजुभाइ तथा दिदीबहिनीहरुमा सुख, सुस्वास्थ्य, समृद्धि र उत्तरोत्तर प्रगतिको हार्दिक मंगलमय शुभकामना व्यक्त गर्न चाहन्छु।

दुई सय तीन वर्ष लामो ऐतिहासिक, घनिष्ठ र सुमधुर मैत्रीपूर्ण सम्बन्ध रहेको मित्रराष्ट्र बेलायतमा रहेका एक लाखभन्दा बढी नेपालीहरुमा एकता, भ्रातृत्व र सहिष्णुता अभिवृद्धि गरी बेलायतमा नेपालको भाषा, मातृभाषा, कला, संगीत, संस्कृति, पर्व, पोशाक, परिकार,पर्व, परम्परा, सम्पदा र सभ्यताको संरक्षण र प्रवर्द्धन गर्न नेपाली राजदूतावास प्रतिवद्ध रहेको छ। साथै, मित्रराष्ट्र बेलायत सरकार र यहाँका मैत्रीपूर्ण बेलायती नागरिकहरुमा पनि नेपाल र नेपालीप्रति सद्भावना र सहभावना अभिवृद्धि गरी नेपालको आर्थिक र सामाजिक विकासमा योगदान गर्न नेपाली राजदूतावास प्रयत्नशील रहेको छ।

नेपाल बहुजातीय, बहुधार्मिक, बहुभाषिक, बहुसांस्कृतिक, धर्मनिरपेक्ष, स्वतन्त्र, अखण्ड र सार्वभौम सत्तासम्यन्त लोकतान्त्रिक गणतन्त्रात्मक राष्ट्र हो। हाम्रो राष्ट्रगानले भनेझै हामी नेपालीहरु सयौं थुंगा फूलका एउटा सुन्दर माला हौं। बेलायतवासी नेपालीहरु विभिन्न जात, धर्म, पेशा र आस्थाका भए पनि एकतावद्ध भएर स्वाभिमानी र स्वावलम्बी नेपाली हौं भन्ने भावनालाई जोगाउँदै यहाँ बेलायतमा नेपालीपन र नेपाली मनको दियो जगाइ राख्न मन, वचन र कर्मले एकजुट हुनुपरेको छ।

यस महत्वपूर्ण कार्यमा बेलायतमा सञ्चालित विभिन्न राजनैतिक, भौगोलिक, सामाजिक, सांस्कृतिक, धार्मिक, जातीय र क्षेत्रीय संघसंस्थाहरुको महत्वपूर्ण योगदान रहन्छ। पासा पुच. गुठीले बेलायतमा नेपाल र नेपालीको परिचय, पहिचान र प्रतिष्ठा बढाउने कार्यमा निरन्तर योगदान गर्नुका साथै समाजसेवा र सांस्कृतिक क्षेत्रमा पुर्याएको विशिष्ट योगदानको हार्दिक प्रशंसा गर्दै आगामी दिनमा पनि यस गुठीका कार्यहरु सफल र सार्थक रहनु भन्ने मंगलमय शुभकामना व्यक्त गर्न चाहन्छु।

बेलायतवासी समस्त नेपालीहरुको सुख, सुस्वास्थ्य, समृद्धि, शान्ति र प्रगति होस्।
नेपाल-बेलायत सम्बन्ध अमर रहोस्।

२०७६।४।२९

डा. दुर्गा बहादुर सुवेदी क्षेत्री
राजदूत

नायःया धापू

बेलायतय् चवनात्तंपि सकल नेपाःति तय्गु छय्-छुइ
पिनिगु छण्डु वना नेपाः नापं छुं हे सतबन्ध मढया वं सा,
अन इमिसं सुयात हे म्हमसियाः अन वना चवनेत इमिगु
छे हे मढुसा नं, इमिगु मां-बा व अजा-अजिपिं सु सः व
इमिगु तजिलजि गज्याःगु घकाः धवा शुइकाः बियेगु ज्या
पासा पुचः गुथि युके नं न्हयाकात्तंगु थिथि ज्यामवलं
पूर्वका चवन ।

थुगु हे मू आज्जु जवना मरीगु ज्यासना पुरावं वंगु दें दुने
नीगु ज्यामवः देखानागु जुला सुमाय् !

संयुक्त श्रेष्ठ

नायः

पासा पुचः गुथि युके लढ्ढन



Presidential Message

One day, after several generations, the grandchildren of non-resident British Nepalese people may lose all connections to Nepal. They may not know any relatives and have no house to go to stay in Nepal.

However, Pasa Puchah Guthi UK along with its annual cultural activities will continue to remind them who their parents and grandparents were, and the kind of culture they belong to.

This is the only aspiration with which we all volunteered to offer you 20 events in the year gone by. Thank you!

Sanyukta Shrestha

President

Pasa Puchah Guthi UK London



November 2, 2019

Bhaju Sanyukta Shrestha
President
Pasa Pucha Guthi, UK

Re: **WNO Greetings**

Jwojalapa, Pasa Pucha Guthi UK community.

It is my pleasure to share sincere congratulations and greetings on behalf of the World Newah Organization (WNO) on the auspicious occasion of Pasa Pucha Guthi's Annual Mha Puja and Nepal Sambat 1140 Celebration. We are delighted that you are publishing your "Guthi" Magazine again this year. The WNO Executive Board joins me in wishing you continued success and a meaningful and memorable Annual Mha Puja and New Year Celebration.

WNO commends PPG UK for the launch of many cultural activities organized for the Newah-Nepalese community in the greater London metropolitan area over the last 18 years. Your activities significantly contribute to promoting Newah culture. Celebrating popular Newah festivals like Yenya Punhi, Mha Puja, Nepal Sambat, and Yomari Punhi and offering special Newah activities like Ranjana Lipi classes, Brihat Newah Muna, and sporting events to observe World Newah Day not only support family and community connection to our culture but also bring greater awareness to the rich Newah heritage and the importance of our history and rituals. Newah people everywhere should feel proud of the efforts of PPG UK to promote and preserve Newah cultural heritage, feasts and festivals, language, literature, music, dance, arts, and fashion.

It is critical that Newah people around the globe unite to build awareness of Newah culture and promote and preserve our Newah identity, actively striving to achieve equal rights for our culture, language, and identity. WNO is confident that PPG UK will continue to contribute to this cause and sponsor excellent activities and events designed to highlight and strengthen our amazing culture and language. WNO looks forward to working with the PPG UK team to achieve our common goals.

Nepal Sambat 1140 Nhu Dan ya Bhintuna! Subhaye.

Best regards,

Season. Shrestha

Season Shrestha
President
World Newah Organization

ANNUAL GENERAL MEETING



On 25th August 2018, Pasa Puchah Guthi UK, London held its 17th Annual General Meeting (AGM) at Monty's Usha, Boston Manor, London in the presence of PPGUK Founders Arjun Pradhan, Balmukund Prasad Joshi and Shashidhar Manandhar. The event was also attended by Central Coordination Committee President Kumar Shrestha and PPGUK London Past President Sachetan Tuladhar.

The AGM unanimously elected the following team as the executive committee for the term 2018-2020.

- | | |
|-------------------|---------------------------|
| President | Sanyukta Shrestha |
| Vice President | Menka Shrestha |
| Vice President | Rukmani Manandhar |
| General Secretary | Sandeep Shrestha |
| Joint Secretary | Anil Maharjan |
| Sports Secretary | Sumeet Bajracharya |
| Culture Secretary | Pranisha Shakya |
| Treasurer | Sabita Manandhar |
| Joint Treasurer | Leung Yuet Ping |
| Executive Member | Kiran Manandhar |
| Executive Member | Nhyoumila Tuladhar |
| Executive Member | Nhyoujaa Tuladhar |
| Executive Member | Suza Manandhar |



Featured above are also newly added members from AGM 2019, Joint Sports Secretary Ashok Awal, and Executive Members Lisa Dali Shrestha, Preeti Khadgi and Rosy Manandhar.

NEPALHASHA FILM SHOW



London, 8th September 2018

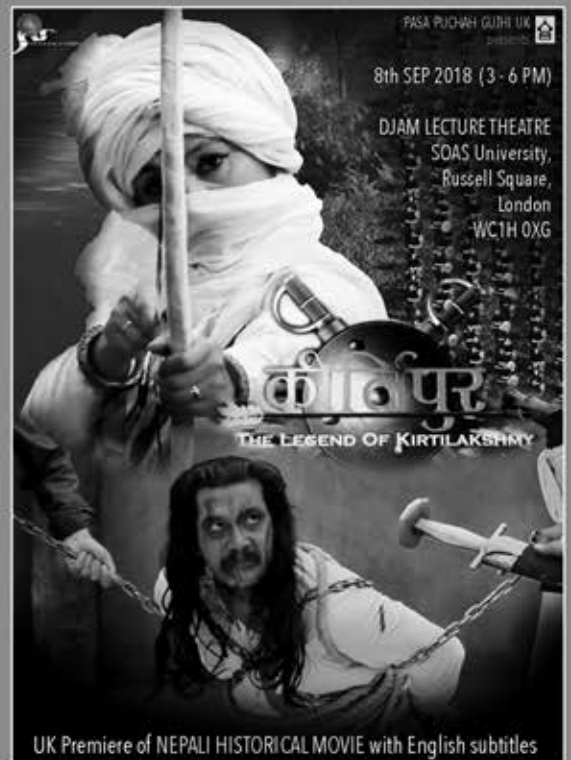
Pasa Puchah Guthi UK, London held its charity show of the historical Nepali movie 'Kirtipur – The Legend of Kirtilakshmy' at SOAS university of London. General Secretary Mr Sandeep Shrestha opened the show with a warm welcome and the program details. PPGUK London President Mr Sanyukta Shrestha introduced the newly elected executive members and its advisors with a promise to bring the best throughout their tenure.

The show attended by a nearly full house of 75 guests, started with UK premiere of a bonus short film 'Haa Sa: Madugu Sa:', an award-winning work of art which highlighted the need for teaching mother language to the kids. The short film directed by Sunita Rajbhandari Junu was well received by the audience.

Through a video message, director of the movie 'Kirtipur', Mr Pradeep Khadgi expressed his gratitude towards all who attended the show in London and hoped the word of mouth would help gain momentum for Nepal release of the movie as well. The movie 'Kirtipur' was then screened to the audience who left the theatre with immense feeling of pride for the bravery and perseverance of the people of Kirtipur documented from some 250 years ago. The general consensus of the audience was that the film presented an untold history through creative medium and a well-researched method, as well as it made them well aware of the Nepali history.

The event also promoted the endangered 'Ranjana' script of Nepal through a charity sale of a large volume of orders for handcrafted bookmarks with people's names. It was prepared by PPGUK culture secretary Mrs Pranisha Shakya, with due support by the executive team of Mrs Rukmani Manandhar, Mrs Sabita Manandhar, Mr Anil Maharjan, Mr Sumeet Bajracharya and Mr Kiran Manandhar.

General Secretary Sandeep Shrestha informed that the next event of PPGUK London is a combined Newah feast with all other branches at Basingstoke on 28th September, for which the tickets can be collected by contacting any of the



MOHANI TUCCHA JYAJHWO



London, 13th October 2018

Pasa Puchah Guthi UK, London held its first ever Mohani/Dashain Tuccha Jyajho at Newly opened outlet of Momo and Roti in Alperton, London. Vice Presidents Mrs. Menka Shrestha and Mrs Rukmani Manandhar opened the programme with warm welcome and wishes for Mohani/Dashain on behalf of Guthi executive committee.

The full house event, with 60 plus attendees, started with each guests briefly introducing themselves. After everyone was introduced to the crowd, Mr Sandeep Shrestha, General Secretary and Mr Sumeet Bajracharya, sports secretary of Guthi took on their guitars and sang Classic Newah song Wa Maya Wa Wa: for the entertainment of the crowd.

Mohani Tuccha which consisted of Baji – Rice Flakes, Achar, Tukancha – Saag, Kyen – Egg, was then served to the guest in authentic Newah plate – ‘Laptye’. Mohani Tuccha was prepared through generous help of committee members Mrs Rukmani Manandhar, Mrs Menka Shrestha, Mrs Suza Manandhar, Mrs Sabita Manandhar, Mr Sanyukta Shrestha, Mr Kiran Manadhar and Mr Sandeep Shrestha. A separate kids menu were served courtesy of Mr. Binod Baral, joint owner of Momo and Roti Alperton. Dhau (Yoghurt) was also served as part of Mohani Tuccha keeping with the Newah tradition.

After Tuccha was served, Mr Sandeep Shrestha and Mr Sumeet Bajracharya continued to entertain the crowd with some Khasbhasa Nepali Songs with audience participation. President of Guthi, Mr. Sanyukta Shrestha joined in for the entertainment of the crowd by singing a Nepalbhasa song *Dhaala jita Newah* aimed especially for the Newah parents.

MHA PUJA NEPAL SAMVAT 1139



Pasa Puchah Guthi UK (PPGUK), London held the annual Mha Puja and Nepal Samvat 1139 new year celebration event on 11th November 2018 at Oakington Manor School, London.

In its 18th year running, the guests were traditionally welcomed by offering Sinha (tika) by Panchakanya as they walked past beautifully designed mandala. They were then handed over with Saga: which included samye-baji on traditional bwota (leaf bowls) and aila (traditional wine) in salincha (clay cups). Whilst executive members Suza Manadhar and Nhyoumila Tuladhar explained the importance of Mha Puja, Vice President Mrs Rukmani Manandhar welcomed all present at the audience.

The full house event with 330 attendees was auspiciously inaugurated by chief guest Mrs Janaki Manandhar, wife of PPGUK founding member late Mr Ishwor Manandhar. Mr Kumar Shrestha, president of Central Coordination Committee extended new year greetings to everyone present. Chief guest Mrs Manandhar released the annual magazine of Guthi which was in the form of a comic book based on the animated movie 'The Legend of Shankhadhar'. She also released a Nepalbhasha poetry book written by Guthi's General member Mrs Gyani Shova Tuladhar Newah. Mrs Tuladhar recited one of her poems to the crowd.

Cultural segment consisted of several traditional Nepali and Newah musical performances including those by child dancers Shailee Dangol, Preesha Shrestha and Jeeya Joshi, and dancers Bhabika Lopchan and Rashmita Darlami. The dances were followed by Nepali national anthem composed and performed by children of age below ten years – Aarush Singh, Oneek Singh and Saren Shrestha who introduced themselves as "Kutah band". The performance was followed by Newah national anthem.

PPGUK London President Mr Sanyukta Shrestha addressed the audience with the objectives of his executive committee for the next two years, and urged all members to continue supporting his team.

General Secretary Mr Sandeep Shrestha and Sports Secretary Mr Sumeet Bajracharya, who introduced themselves as 'Guthi Band', sang a selection of popular Newah and Khasbhasha Nepali songs to entertain the crowd.

Yussouf Man Shrestha from United Newah USA, Texas, delivered a guest performance of traditional Kheen Baja and Dhimay Baja. He also delivered an amazing performance engaging and thrilling the crowd with his Lakhay dance. Veteran artist Mr Madan Thapa played soulfully on his Sarangi and sang a number of Newah songs. Popular actor and former president of PPGUK southeast London chapter Mr Manish Kumar Shrestha enacted an engaging Nepali drama with the artists of his Pratibha Nakshetra team.

A formal New Year dinner was served to all guests with traditional cuisines including Ta:Khaa, a kind of jellied meat. Dinner tables were named with 30 major Newah settlements from across Nepal where the Newah people historically flourished their cultural heritage. This also helped to familiarise people with the original names of many places and the way they would be written in Nepal's original script 'Ranjana'.

Towards the end, General Secretary Mr Sandeep Shrestha delivered a vote of thanks to all sponsors and supporters. Whilst the founding members of the Guthi Mr Mahanta Shrestha, Mr Arjun Pradhan and Mr Amrit Ratna Schapit presented certificate of appreciation to all performers, President Mr Sanyukta Shrestha handed over traditional Masala-Pwo, annual magazine and New Year calendar to all guests on their leaving.

PASA PUCHAH GUTHI UK LONDON
MHA PUJA 2018

**NEPAL
SAMVAT
1139**

SUNDAY 11 NOV
Oakington Manor School
WEMBLEY HA6 9NF



**कृदया
निंनना**



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



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LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



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LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018 NEW YEAR NEPAL SAMVAT 1139 Photo: Hannan Bhatti

PASA PUCHAH GUTHI, UK LONDON
MHA PUJA 2018
NEPAL SAMVAT 1139

SUNDAY 11 NOV
 Oakington Manor School
WEMBLEY HA6 9NF



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018
 NEW YEAR NEPAL SAMVAT 1139
 Photo: Hannaan Bhatti

PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018
 NEW YEAR NEPAL SAMVAT 1139
 Photo: Hannaan Bhatti

PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018
 NEW YEAR NEPAL SAMVAT 1139
 Photo: Hannaan Bhatti

PASA PUCHAH GUTHI, UK LONDON
MHA PUJA 2018
NEPAL SAMVAT 1139

SUNDAY 11 NOV
 Oakington Manor School
WEMBLEY HA6 9NF



PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018
 NEW YEAR NEPAL SAMVAT 1139
 Photo: Hannaan Bhatti

PASA PUCHAH GUTHI UK LONDON
LONDON MHA PUJA 2018
 NEW YEAR NEPAL SAMVAT 1139
 Photo: Hannaan Bhatti

YOMARI PUNHI



Sunday 22nd December 2018

100 Guests with 15 kids

Pasa Puchah Guthi UK (PPGUK) London held its second Yomari Punhi event in Wembley, London with nearly 100 members and supporters. Senior executive member Mr Kiran Manandhar welcomed everyone with greetings for Yomari Punhi. Founding president Mr Amrit Ratna Shapit presented on the importance of 'daana'- the act of giving, and the tradition of giving Yomari during Yomari Punhi.

Kids made their own yomari

15 kids present at the event were given an hour of workshop on how to cook yomari. They participated actively with creative ideas and prepared their own yomaris under the supervision of executive member Ms Nhyoumila Tuladhar. For the adults, a Yomari quiz contest was conducted by General secretary Mr Sandeep Shrestha and Cultural secretary Mrs Pranisha Shakya. While the questions related to the tradition of yomari punhi were prepared by author Mrs Bimal Prabha Bajracharya, Vice-President Mrs Rukmani Manandhar gave away prizes to the winner.

Kids' Computer Game 'Yomariman' launched

President of PPGUK London, Mr Sanyukta Shrestha introduced the audience with a computer game 'Yomariman' titled after a new fictional Nepali superhero. He informed that the game is developed as an entertaining way to educate kids about yomari culture and the importance of charity. The game was released by Mrs Cathy Manandhar who had been involved with managing Guthi kids since its formative years. The game is now available for free download for PCs here and for Macs here. Among 15 kids who played the game live on a big screen, Roni Shrestha, Renee Shrestha and Simrika Amatya received the first, second and third prizes from Vice-President Mrs Menka Shrestha.

Executives & Guests sang traditional Yomari song 'Tyo-Chhi-Tyo'

Keeping with the tradition of Yomari Punhi, all executive members and guests sang the traditional Yomari song 'Tyo-Chhi-Tyo' led by Nepalbhasha Poetess Mrs Gyani Shova Tuladhar. Over 225 Yomarismas were then distributed to all present at the event. Prepared by the executive committee and supported by Mrs Uttara Manandhar, Mrs Gyani Shova Tuladhar, Mrs Anjana Shrestha and Mrs Kriti Pradhan, the yomarismas were stuffed with chaku (molasses), khuwa and gudpak.



PADMA RATNA MEMORIAL



Prof Dr David N. Gellner



Mr Malla K. Sundar



Ms Sajana Maharjan



Mr Shashi Mahaju



Mr Krishna Chakraborty



Dr Sachetan Tuladhar



Mr Subash Thebe Limbu



Mr Ojesh Singh



Mr Sanyukta Shrestha

Pasa Puchah Guthi UK (PPGUK) London & SOAS Nepal Society jointly organised a memorial event to commemorate the life and contributions of late Dr Padma Ratna Tuladhar on Sunday 20th January 2019 at SOAS University, London. The event attended by 30 guests, including university students of various subjects related to social anthropology and politics of Nepal, was attended by representatives from the Embassy of Nepal in London.

Conducted by Sports Secretary Mr Sumeet Bajracharya, the event started with an introduction of all speakers by President of PPGUK London Mr Sanyukta Shrestha. Secretary to His Excellency the Ambassador, Mr Tejendra Regmi paid heartfelt tribute to late Mr Tuladhar and expressed that he looked forward to learning about Mr Tuladhar's contributions to Nepal from the various presenters of the event who had researched about him.

First speaker of the event, Prof Dr David Gellner from Oxford University presented a character sketch of late Padma Ratna Tuladhar titled 'Padma Ratna, the shy leader'. He shared his valuable experiences with late Mr Tuladhar from the last few decades and some excerpts from his interview from 1996. Second speaker Mr Malla K Sundar elaborated on Padma Ratna's contributions as a political figure and his contributions to Nepalbhasha Movement. Through a video talk, his sharing of lifelong association with Padma Ratna was a valuable learning material for the audience.

Third speaker Ms Sajana Maharjan shared her valuable experience of working with Padma Ratna for more than 13 years in the field of human rights. She shared some of the details of Padma Ratna's ideology within human rights activism and how he rose as a 'mediator of mediators' whilst Nepal went through a peace process after ten years of insurgency period. Fourth speaker, editor-in-chief of Matina Quarterly publication, Mr Shashi Mahaju highlighted on Padma Ratna's contributions to Nepalbhasha literature. He elaborated on Padma Ratna's upbringing which had special contribution to his inclination towards his mother tongue and preferences in filling the gaps in Nepalbhasha literature.

Fifth speaker of the event, former president of PPGUK and Vice-President of World Newah Organisation, Mr Krishna Chakraborty highlighted on Padma Ratna's contributions towards the worldwide

networking of Newah community. He informed about the history behind formation of World Newah Organisation through an international convention in London in 2011, and Padma Ratna's role in the historic achievement. After a short refreshment break, sixth speaker, former president of PPGUK London Dr Sachetan Tuladhar shared his valuable experiences with Padma Ratna Tuladhar as a family member. He revealed lesser known facts about Padma Ratna's personality as a quiet yet humorous person at home.

Seventh speaker, London-based artist Mr Subash Thebe Limbu, presented his insightful talk titled 'Language and Dissent'. He elaborated on Limbu community parted ways from its mother tongue on the rise of one-country one-language policy during King Mahendra's regime, and how the contribution by prominent activists like Padma Ratna Tuladhar was instrumental in an attempt to improve the situation. Eighth Speaker, Vice President of PPGUK Central Coordination Committee Mr Ojesh Singh delivered his talk titled 'Padma Ratna: A mentor, guardian and an unconventional friend'. He shared his valuable experiences with Padma Ratna since an early age, his learnings from the multi-dimensional personality and some interesting facts about Padma Ratna's personal life and interests.

Ninth and last speaker, PPGUK London President Mr Sanyukta Shrestha presented his talk titled 'Padma Ratna's impact on Nepali youth & the Future of Newah Movement'. His talk elaborated on what made Padma Ratna who he was, the history of suppression in Nepal and its continued form at present. He explained how the face of Newah movement is changing and the youth is playing a major role in redefining it.

The event concluded with a typical Nepali dinner at Great Nepalese Restaurant in Euston, kindly hosted by PPGUK executive member Mr Kiran Manandhar.

RANJANA WORKSHOP



9th March 2019, London

30 Members of Pasa Puchah Guthi UK (PPGUK) London and the students of SOAS University of London participated in the Ranjana Script Workshop jointly organised by PPGUK London and SOAS Newar Language Society (SNLS) at SOAS University of London.

The workshop started with a brief introduction of SNLS by Nepalbhasha tutor Ms Marilena Frisone. It was followed by an introduction to the workshop by PPGUK London's General Secretary Mr Sandeep Shrestha. PPGUK London's President Mr Sanyukta Shrestha gave a brief introduction of Ranjana script and its historical importance in South Asia and beyond.

In the workshop tutored by PPGUK London Culture Secretary Ms Pranisha Shakya, participants learned about the vowels and consonants of Ranjana script, and the way each of the letters are written in the distinctive calligraphic style. By the end of the workshop, participants were able to write their first names with some help by tutor Ms Shakya.

In the graceful presence of SNLS President Mr Keval Shah and Coordinator Ms Marie Thaut, PPGUK Founding Member Mr Arjun Pradhan and PPGUK Board of Trustees President Mr Ojesh Singh, the event concluded with handing over of certificate of participation to all 30 participants who ranged from four to fifty years of age.



PAHA CHAHRE



London, 6th April 2019

Pasa Puchah Guthi UK, London held its second Paha Chahre event at Nepal Authentic Dining, Hanwell, London. Vice President Mrs. Rukmani Manandhar opened the programme with warm welcome and wishes for Paha Chahre on behalf of Guthi executive committee. The event, with more than 25 attendees, started with some traditional music played by Mr Madan Thapa and Mr Basanta Rayamajhi. After the opening music, Guthi member and singer Mrs Anju Shrestha, sang some Nepalbhasha as well as some Khasbhasha Nepali songs.

After the entertainment segment, Cultural Secretary of PPGUK London, Ms Pranisha Shakya presented a talk titled 'Introduction of Paha Chahre and Paha Chahre Jatra'. Ms Shakya informed the audience why the festival has its name Paha Chahre, who are the deities worshipped during the festival and its legends connected to it. Ms Shakya also informed the audience regarding all the festivities surrounding the festival, as well as why this festival is considered to be an important celebration amongst the Newah community of Nepal Valley.

Paha Chahre Bhwoye which consisted of Bajee, Vegetables, Achar, Tukancha, and Chhuyelaa was then served to all the guests in an authentic Newah plate – 'Laptay'. Bhwoye was prepared through support of friends of PPGUK London- Mrs Aruna Tandukar, Monkey Temple Restaurant, Nepal Authentic Dining, Monty's Fulham. A separate kids menu was also contributed by Mr. Ojesh Singh, Current President of Pasa Puchah Guthi Board of Trustees.

After traditional Bhwoye was served, artists Mr Thapa and Mrs Shrestha continued to entertain the crowd with some Nepalbhasha as well as some Khasbhasha Nepali Songs. PPGUK Joint Secretary Mr Anil Maharjan and Sports Secretary Mr Sumeet Bajracharya also joined them to entertain the crowd, while there was wide participation from guests by singing and dancing.

PPGUK Executive member Mr. Kiran Manandhar and Treasurer Mrs Sabita Manandhar received all the guests at the entrance. Volunteer Ms Krishna Manandhar conducted the kids corner for the event as well as helping them paint the traditional mask used in the traditional dances of Paha Chahre festival. Mr. Anil Maharjan concluded the event with vote of thanks.



TABLE TENNIS COMPETITION



30th March 2019
Southall Sports centre, London

On the occasion of 2nd World Newah Day, 35 enthusiastic members of Pasa Puchah Guthi UK London turned up for the organisation's annual sports event. 20 men and women played table tennis while they were cheered by others in audience.

Milesh Joshi, Purna Bokhim Limbu, Enoki Dali, Sandeep Shrestha, Satya Prajapati, Rupak Panta, Arvinda Karki, Nilesh Singh Dangol, Ojesh Singh, Yadu Aryal, Ambar Rai, Sagar Joshi, Durga Adhikari, Ananda Shrestha and Shashidhar Mananadhar played in Men's singles, while Kritishre Pradhan, Reema Shakya, Sameepa Shrestha and Nikki Shakya played in Women's singles.



There was also Men's Doubles played by Yadu Aryal, Durga Aryal, Sagar Joshi, Milesh Joshi, Arvinda Karki, Sandeep Shrestha, Satya Prajapati and Ambar Rai.

In the Men's singles, Purna Bokhim Limbu emerged as winner while Durga Aryal was the runner-up. In Women's singles, Nikki Shakya was the winner while Reema Shakya was the runner-up. In the Men's doubles, Durga Aryal and Yadu Aryal were the winners, while Arvinda Karki and Sandeep Shrestha were the runners-up.

Executive members Rukmani Manandhar and Sabita Manandhar, volunteers Rita Devi Singh Dangol and Rashmita Darlami offered lunch to all players and audiences. Volunteers Kritishre Pradhan and Sameepa Shrestha prepared tea for all.



Culture Secretary of PPGUK Southeast London, Satya Prasad Prajapati and their former culture Secretary Ashok Awal presented traditional Newah music before the final rounds, while Ashok Awal also umpired the games.

The event was conducted by PPGUK London Sports secretary Summet Bajracharya and General secretary Sandeep Shrestha.

GUTHI KIDS' DAY



London, 25th May 2019

Working towards a future where traditional Nepalese art and culture is passed on to the next generation through mediums chosen by the kids themselves, and with a vision to invest on its members, Pasa Puchah Guthi UK London organised its first GUTHI KIDS' DAY where 23 kids from London, Manchester, Basingstoke and Cambridge enthusiastically participated in four different workshops on traditional Nepalese painting (*paubha*), story-telling (*baakhan koney*), music and Minecraft 3D modeling. The event was free for kids and attracted 20 parents as well who made the best of the day networking and learning about Guthi's aspirations and objectives.

Organised in ABI College in Acton, guests enjoyed their breakfast in two sessions for kids and adults, where President of PPPGUK London elaborated on the objectives and structure of the workshops. Also present at the event, one of the PPGUK Founding members Mr Balmukund Prasad Joshi expressed that learning for kids should be in the medium they enjoy and the works of PPGUK London have been exemplary in this direction. Another founding member Mr Arjun Pradhan thanked the parents who travelled from all across UK to help their kids gain the traditional skills.

In the first workshop on Story-telling, executive member Ms Leung Ping read out the story 'Twartwar Prasad' in English which was exclusively written for the event by author Ms Sushma Manandhar to teach the kids the value of love and unity for one's own community. It was also read in Nepalbhasha by culture secretary Ms Pranisha Shakya for an opportunity to the kids to improve their Nepalbhasha listening. President Mr Sanyukta Shrestha made sure important Nepalbhasha words were being understood by the kids by questioning them inbetween. The session ended with kids participating in reading parts of other traditional Newah stories like 'Why monkeys do not speak' by Ms Linda Griffin and Mr Karna Shakya.

In the second workshop on 3D modeling, kids had hands-on training on Minecraft software. Selected kids demonstrated their skills in Minecraft while others learnt the skills needed for building 3D block to design traditional Nepalese architecture in digital platform. They were also made familiar with programming codes that can help their reasoning and

automation techniques through computer software.

Lunch was served in two sessions for kids and adults with a traditional menu by Vice-President Ms Rukmani Manandhar, Vice-President Ms Menka Shrestha, General Secretary Mr Sandeep Shrestha, executive members Mr Kiran Manandhar and Ms Leung Ping, and volunteers Ms Uttara Manandhar, Ms Anjana Shrestha and Ms Kritishre Pradhan.

In the third workshop on Painting, President Mr Sanyukta Shrestha introduced kids to the traditional Nepalese painting style of Paubha. General secretary Sandeep Shrestha, culture secretary Pranisha Shakya and volunteer Kritishre Pradhan made sure kids were provided with required stationary to paint a traditional lotus (*padma*), the symbol of primordial purity of body, speech, and mind, floating above the muddy waters of attachment and desire.

In the fourth and last workshop of Music, General secretary Mr Sandeep Shrestha acquainted the kids with traditional Nepalese tunes like Malashree dhun, a classical tune played in Newar community during the winter season and now incorporated into mainstream music popularly known as the Dashain dhun. Executive member Leung Ping and volunteer Kritishre Pradhan made sure that kids were provided with a number of piano/keyboards and guitars to play the tune.

The event concluded with the sale of PPGUK branded t-shirts, and further networking amongst the kids and parents who asked for more of such events in the future.



NEPALBHASHA CLASS



PPGUK London - Nepalbhasha Course Module 1

Objective: General speaking in Nepalbhasha
Schedule: July - December 2019 (6 months)

Class 1: Thursday 18th July 2019
 Some Common Formal Terms

Class 2: Thursday 22nd August 2019
 Sentence Formation
 Pronouns and their possessive forms
 Verb deformations: First/second/third person

Class 3: Thursday 26th September 2019
 Verb deformations: Continuous forms
 Subject deformations: Transitive & Intransitive Verbs
 Counting with deformations

Class 4: Thursday 17th October 2019
 Question formation
 Ask and reply to questions

Class 5: Thursday 21st November 2019
 Revision of Class 1 to 4

Class 6: Thursday 19th December 2019
 Spoken Test

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PPGUK London - Nepalbhasha Course Module 2

Objective: Writing in NepalBhasha
Schedule: January - June 2019 (6 months)

18th July 2019, London

Pasa Puchah Guthi UK London resumed its Nepalbhasha classes after a gap of eleven years. A total of six enthusiastic students attended the first day of the training which ran for two hours at the Meeting room of Monty's Restaurant, Ealing Broadway.

On the first day of NepalBhasha class, the students covered 'Formal NepalBhasha Terminologies'. They were trained in using important words to be used in formal speeches and text. The classes were run using English transliteration without the need of learning Devnagari script.

General secretary of PPGUK London, Mr Sandeep Shrestha informed that the classes will be conducted on the third Thursday of every month from 6:00 PM till 8:00 PM. He further informed that students will be able to complete their online assignments every week on PPGUK London's official website www.ppguk.org.

Their assignments will be marked every week by Culture Secretary Ms Pranisha Shakya. Students who achieve the required level in speaking, reading and writing Nepalbhasha by end of the year will be certified by PPGUK London with details of the modules covered. Eligible adults will also be recommended for University level education.

Throughout this year-long course, the classes will be free of cost to all students. While the first class was conducted by PPGUK London President Mr Sanyukta Shrestha, there is volunteering opportunity for interested individuals in order to conduct various specific modules from the course. With increasing number of students, the class will be organised into smaller groups of various age groups and competency levels.



PASA PUCHAH GUTHI
 UK LONDON
**NEPALBHASHA
 CLASS**

GATHAAMUGAH PICNIC



More than 130-strong audience attended Pasa Puchah Guthi UK (PPGUK) London's annual Picnic (Gun-Bhwoye) at Northala Fields, London on Saturday 27th July, 2019.

As the first festival of the Nepal Samvat year, - "GathaaMugah Chahre" was marked for the first time in London with an introduction in Nepalbhasha by Guthi's Culture Secretary Ms Pranisha Shakya. While she explained various customs and beliefs associated with the festival, around 20 kids coloured the mask of GathaaMugah demon besides playing various other outdoor games.

Guests were welcomed with traditional music performed by PPGUK Southeast London President Mr Sushil Prajapati on Dhaa baja, PPGUK BOT President Mr Ojesh Singh on Bhusyaa and former Culture Secretary Ashok Awal on Taa.

PPGUK London's General Secretary Sandeep Shrestha introduced various guests including Miss England finalist Ms Pratistha Raut.

Guests were served traditional feast as a jhwo-bhwoye where participants sit in long rows and volunteers serve each item in a particular order on laptay (leaf plate).

Supervised by PPGUK London Vice-President Ms Rukmani Manandhar, the feast included freshly made 13 different authentic Newah cuisines, like Bajee (rice flakes), spinach, ChhuyelLaa (marinated and grilled meat), cauliflower, Bhuti (black-eyed peas), DaayekuLaa (meat curry), Kerau (peas), Aalu-Achaar (potato pickle), Aalu-Chhwon (potato and bamboo-shoot soup), Dhau (yoghurt), Jeri and Sisabusa (diced raw vegetables, peas and fruits).

This was PPGUK London's first jhwo-bhwoye which was made possible as a community effort by its current and former office bearers, as well as local businesses like Nepal Foods, Nepal Authentic Dining, Monty's Restaurant Fulham and Monkey Temple Restaurant.

The fun outing concluded with a Bingo game conducted by Mr Sandeep Shrestha and Mr Ojesh Singh, while the prizes were sponsored by Monty's Restaurant Kingston and Nepal Authentic Dining.



KWAATI PUNHI / AGM



On 10th August 2019, 35 members of Pasa Puchah Guthi UK (PPGUK), London attended this year's Kwaati Punhi celebration and Annual General Meeting in Ealing Broadway, London. The event started with a warm welcome by Vice-Presidents Ms Rukmani Manandhar and Ms Menaka Shrestha in Nepalbhasha and English respectively. President of PPGUK Board of Trustees, Mr Ojesh Singh, delivered an introduction to the Board of Trustees, its structure and objectives.

Editor-in-Chief of Matina Publications, Mr Shashi Mahaju, delivered a keynote speech which introduced the audience with a number of key facts about Newah culture and its current state, and Nepalbhasha and its major contributors. Mr Mahaju was felicitated by PPGUK London President Mr Sanyukta Shrestha at the event, with a silver plate inscribed with appreciation for his unprecedented service to Nepalbhasha. Matina triannual has been published from UK and Nepal for more than a decade with informative articles and major research in Newah culture, heritage and language.

PPGUK London General Secretary Mr Sandeep Shrestha presented a full report of 12 major events organised in the last one year. Treasurer Ms Sabita Manandhar and Joint-Treasurer Ms Leung Yuet Ping presented the organisation's financial report with a major progress of ten times from the last year.

Guests were served hot bowls of Kwaati, the traditional Newah soup of 9-beans, dipped with generous portions of Momo, the popular Nepalese dumpling of mince meat or soyabean chunks for vegetarians. The festive meal also included fried flat bread (puri) and pickles.

The lunch break was followed by a presentation on Kwaati Punhi or Gun-Punhi by Joint Secretary Mr Anil Maharjan, who elaborated on the traditions of GunLaa Parva, the Newah Buddhist festival throughout the month of GunLaa, and the facts and practices related to Kwaati Punhi.

President Mr Sanyukta Shrestha presented various Executive Proposals, including the allocation of budget for the next one year under various heads, including Investment in people, Asset creation, Event organising and long-term savings for the organisation's own building. Participating founding members, advisors and general members discussed the above proposals actively and passed them as a collective formal decision from the Annual General Meeting.

WOMEN IN NEPALI SOCIETY



London, 14th August 2019

Award-winning filmmaker, journalist & Harvard Nieman fellow 2017 Ms Subina Shrestha delivered an inspiring and thought-provoking talk on the status of Nepali women in the society and the various challenges they have been facing historically. Organised by Pasa Puchah Guthi UK (PPGUK) London in SOAS University, the talk was attended by 75-strong audience which constituted of mainly young girls from Nepali diaspora in the UK.

The talk program also included a panel discussion where members of London Nepali community, Ms Rukmani Manandhar, Ms Menka Shrestha Ms Pratima Joshi and Ms Luxmi Rai expressed their real-life stories and experiences to highlight the situations that Nepali women have to face and how they can be handled. Questions from the members of audience were answered by Ms Subina Shrestha after the panel discussion.

President of PPGUK London Mr Sanyukta Shrestha delivered a talk listing various real-life scenarios for women in Nepali society in the UK, and how his organisation has handled them with an aim of changing the social stereotype and moving towards a more progressive society. Former General Secretary Ms Tribeni Gurung thanked the audience and called for ideas to further the debate in the UK Nepali community.



YENYAA PUNHI / INDRA JATRA



1st YenYaa Punhi (Indra Jatra) in the UK

London, 14th September 2019

Pasa Puchah Guthi UK London organised YenYaa Punhi (Indra Jatra) festival for the first time in the UK. In the Central London venue of Clarence Way Hall, Camden, more than 150 Nepalese and British guests got involved with Nepal's unique culture getting blessings from the living Goddess Kumari, participating in the dance of PuluKisi, drinking alcohol from Hathu-Dya's mouth and presenting the mountain of SamyeBaji.

Vice-President of PPGUK London Ms Rukmani Manandhar welcomed the guests before selected cultural artists from London delivered their best performances including "Laa Chaku Woyeka" by Deepak Shrestha and a number of kids and "Likka Woya" by Susisma Manandhar. Artist Rupesh Dangol created the elephant God PuluKisi and performed it's dance with a number of kids.

President of PPGUK London Mr Sanyukta Shrestha presented "YenYaa for Kids" - a story-telling session about the legends of YenYaa Punhi involving a series of illustrations characters and animated sequences enjoyed by 30 kids present at the event.

President of PPGUK Board of Trustees Mr Ojesh Singh led the Pulu Kisi around the hall and enacted the role of Majipa: Lakhay by mixing the SamyeDwon (mountain of SamyeBaji), throwing it in the air as an offering to the Gods and then to all other guests.

Former President of PPGUK London Dr Sachetan Tuladhar drove the tradition of Hathu-Dya Hayekay by dispensing free alcohol to all guests through a pipe inserted through the mouth of Hathu-Dya or Shwet Bhairav. Men and women from all caste and creed showed great interest in this session by queuing up for the sacred drink.

Four years old Nirvika Joshi was worshipped as the living Goddess Kumari and paraded in a traditional palanquin before being approached for darshan by all guests.

MOHANI / KUCHHI BHWOYE



Central London, 6th October 2019

160 Londoners came together under the organisation of Pasa Puchah Guthi UK London, to observe the biggest Newah festival of Mohani Nakhah. They participated by flying kites at Primrose Hill park, playing traditional board games like Langur-Burjaa and enjoying the traditional feast on leaf plates, seated on the floor 'Kuchhi Bhwoye', which is to be had together with all family.

Artists from all age groups came together to present the best of their performances to a highly enthusiastic audience at Clarence Hall, Camden. Senior artist Madan Thapa opened the show with traditional tunes that offered the greetings of the season, while Raj Sayami rendered his original song 'Khwaley Chhangu'.

While young dancer Biviya Shrestha delivered a mesmerising dance on 'O Maicha Chhangu Mikha', 7-year old Oneek Singh played selected pieces on piano to win the hearts of everyone. 10-year old Sanyojan Shrestha added Malashree tune to the festive ambience.

General Secretary Mr Sandeep Shrestha conducted Bhutimali or Kite-flying, and Langur-burjaa session along with Sports Joint secretary Mr Ashok Awal. Vice-President Ms Rukmani Manandhar offered a warm welcome to the guests and thanked all artists, volunteers and sponsors.

Vice-President Ms Menka Shrestha and Volunteer Ms Uttara Manandhar supervised the Bhwoye session. Ms Lisa Dali Shrestha and Ms Rosy Manandhar ushered the guests for Sinha and SamyeBaji by elderly members of the Guthi.

Pasa Puchah Guthi UK London President Mr Sanyukta Shrestha handed over certificates of appreciation to all artists. Pasa Puchah Guthi UK Board of Trustees President Mr Ojesh Singh felicitated Ms Ronali Amatya, Miss Nepal international 2018.



श्री गणेशाय नमः



बल्लुन

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INTERACTIONS

*Interaction with researcher Shobhit Shakya*

13th January 2019, London

Mr Shobhit Shakya from Tallinn University of Technology and Governance, Estonia, interacted with Mr Sanyukta Shrestha, the President of Pasa Puchah Guthi UK London. The two hours long meeting covered various challenges faced by PPGUK London as a diaspora Newah organisation and its working model. They discussed PPGUK London's strategy to fulfil its core objectives of bringing the Newah community closer in London, and to preserve the cultural values of the Newah community for the wider Nepali population in the UK.

Mr Shakya who is currently pursuing his doctorate in non-western community administration models, explained his research interests and views regarding the challenges ahead for the Newah community. He collected important information regarding PPGUK London, which were relevant for his study. Mr Shakya expressed his interest in conducting similar research of Newah organisations from other countries for a wholistic view on common issues and useful models.

Mr Shakya was here in London for 3 days to present his paper titled "The Earthquake and aid: The changing perspective of international aid in Nepal since the 2015 Gorkha Earthquake" at the conference "Epicentre to Aftermath: Political, Social and Cultural Impacts of Earthquakes in South Asia" organized by SOAS South Asia Institute and 'After the Earth's Violent Sway' project.

One of the results of the interaction has been a full-length academic paper which Mr Shakya presented in Social Science Baha conference 2019 in Kathmandu, Nepal.

Interaction with Pasa Puchah Madrid, Spain

On 29th Dec 2018, Pasa Puchah Guthi UK London's President Mr Sanyukta Shrestha interacted with the coordinator of Newah Pasa Puchah Madrid, Spain, Mr Suresh Man Singh Dangol. In an informal meeting in Madrid, both representatives gave a brief about their organisations. Mr Dangol informed that compared to Barcelona, there is a small population of Nepalese people in the city of Madrid. He further informed that Newah Pasa Puchah Madrid represents the Newar community in Madrid and its executive team is led by President Sundari Lama.

Mr Shrestha informed that Pasa Puchah Guthi UK was established in 2000 AD and it conducts various Newah cultural events, interactions and other events regularly. On behalf of PPGUK London, he expressed that representative organisations of the two cities of Madrid and London could facilitate their members, or their children during education visits, if the need be. Mr Shrestha and Mr Dangol assured for Europe-level regional cooperation in the future for the betterment of Newah culture. The interaction concluded with a lunch in Plaza Mayor, Madrid.

*Founder of NepalMandal Television felicitated*

On 10th December 2018, Pasa Puchah Guthi UK London felicitated Mr Kumar Maharjan, the founding member of NepalMandal Television from Nepal, at an interaction event at Virgin Money Lounge in Piccadilly Circus, London. The interaction was joined by former President Arjun Pradhan, current President Sanyukta Shrestha, General Secretary Sandeep Shrestha and Joint secretary Anil Maharjan. Special guests of the event included Bhante Dr Panyalok and Bhante Panyaratna.

On behalf NepalMandal TV, Mr Kumar Maharjan expressed the interest of NepalMandal TV in letting its viewers know about the kind of cultural activities being carried out by the Guthi in London. He also informed how the audience from UK can watch NepalMandal TV live. Nepalmandal television is the only channel which telecasts in Nepalbhasha language.

President of PPGUK London, Mr Sanyukta Shrestha thanked NepalMandal TV for broadcasting the news of various Guthi events in the past. He also expressed PPGUK London's commitment for creative cooperation and liaison with NepalMandal TV in the future. The meeting concluded with various beverages served by the staff of Virgin Money Lounge.



RANJANA SCRIPT WORKSHOPS



17th March, 2019 – Farnborough

After a successful Ranjana Lipi Workshop a week before in London, Pasa Puchah Guthi UK (PPGUK) Aldershot organised its first ever Ranjana Lipi Workshop under the coordination of PPGUK Board of Trustees. The event took place at Gurkha Security Services in Farnborough amidst a participation of 28 enthusiasts of Nepalbhasha and script from different age groups.

The workshop started with Vice President of PPGUK BOT Mr Keshab Shrestha welcoming the participants. President of PPGUK London Mr Sanyukta Shrestha gave an introduction of Ranjana lipi and its importance for South Asian culture and history. Culture Secretary of PPGUK London Ms Pranisha Shakya took the audience through the vowels and consonants of Ranjana script.

Mr Sanyukta Shrestha and Ms Pranisha Shakya assisted participants in using various writing mediums like flat marker pens and fountain pens with specially cut nibs. They helped the participants to write "Pasa Puchah Guthi" and their individual first names in Ranjana script. At the end, participants quizzed through various common Nepalbhasha words and surnames written in Ranjana script which they enthusiastically took part in.

The event concluded by handing over of certificates of participation to all. The workshop had graceful presence of PPGUK Aldershot executive Mr Parashuram Badagami and PPGUK BOT executive Mr Shibaji Shrestha. The event was mainly notable for nearly half the participation being women and youth who form the priority sectors within the cultural community.



12th May 2019 - Reading

Pasa Puchah Guthi UK Reading organised a Ranjana script workshop at 373 London Road, Reading, RG1 3PB in the presence of 25 enthusiastic learners. President of PPGUK Reading Ms Janaki Kayastha welcomed everyone and announced the commencement of the workshop.

The workshop was conducted by Ranjana script tutor Ms Pranisha Shakya, the Culture Secretary of PPGUK London. She started with a brief introduction of Ranjana script and its importance, and moved on to train the learners in writing the vowels and consonants using which they learnt to write 'Pasa Puchah Guthi'. Students were also taught how to write their first names under Ms Shakya's supervision.

The workshop was also attended by PPGUK Reading executive committee including Vice-President Mr Divya Maharjan, General Secretary Ms Manjila Shrestha, Joint Secretary Ms Apsara Shrestha and Treasurer Mr Laxman Shrestha, and Executive members Ms Lalita Shrestha, Ms Rajani Shrestha, Ms Sazana Shrestha and Sumitra Shrestha. Advisors Mr Sudarshan Shrestha, Mr Yadav Shrestha and Mr Rajendra Shrestha also graced the workshop with their kind presence.

The event was coordinated PPGUK Board of Trustees, while a vote of thanks was delivered by PPGUK Reading President Ms Janaki Kayastha.



Conducting Ranjana Workshop in Tanahun, Nepal



PPGUK London facilitated the 1st Ranjana Calligraphy Competition organised by Matina Foundation

INTERACTIONS



Interaction with Sports Expert Sulochana Sijakhwa

London, 27th November 2018

Pasa Puchah Guthi UK London's executive committee felicitated Nepal Sports Council's Sports Expert Ms Sulochana Sijakhwa from Bhaktapur, Nepal, with a certificate of appreciation at a meeting held in Alperton, London. Ms Sijakhwa is the Gold medalist for Karate in 10th South Asian Games, alongside the winner of a dozen more medals for Nepal and an outstanding graduate of Sports Science from Cuba.

In the meeting attended by Guthi's President Sanyukta Shrestha, Vice-President Rukmani Manandhar, Treasurer Sabita Manandhar, Joint Secretary Anil Maharjan, Sports Secretary Sumeet Bajracharya, Member Kiran Manandhar, BBC service's Nabin Khadka, Karate coach Jeevan Shrestha and businessmen Binod Baral and Surendra Shrestha, Ms Sijakhwa informed about her sports career and expertise. Journalist Mr Nabin Khadka highlighted the impact of Kathmandu air pollution on athletes during their training sessions.

President Shrestha expressed that Nepali athletes who are trained in the UK can contribute to Nepal's sports sector. He appointed Ms Sijakhwa as the official representative of PPGUK London to liaise with Nepal Sports Council such that those children from Nepali diaspora in the UK, who are committed to sports, can be acquainted to the state of their sports in Nepal. Towards the end of the meeting, Ms Sijakhwa said that she will do her best to facilitate Nepali sportspersons from the UK while they are in Nepal.

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INTRODUCTION

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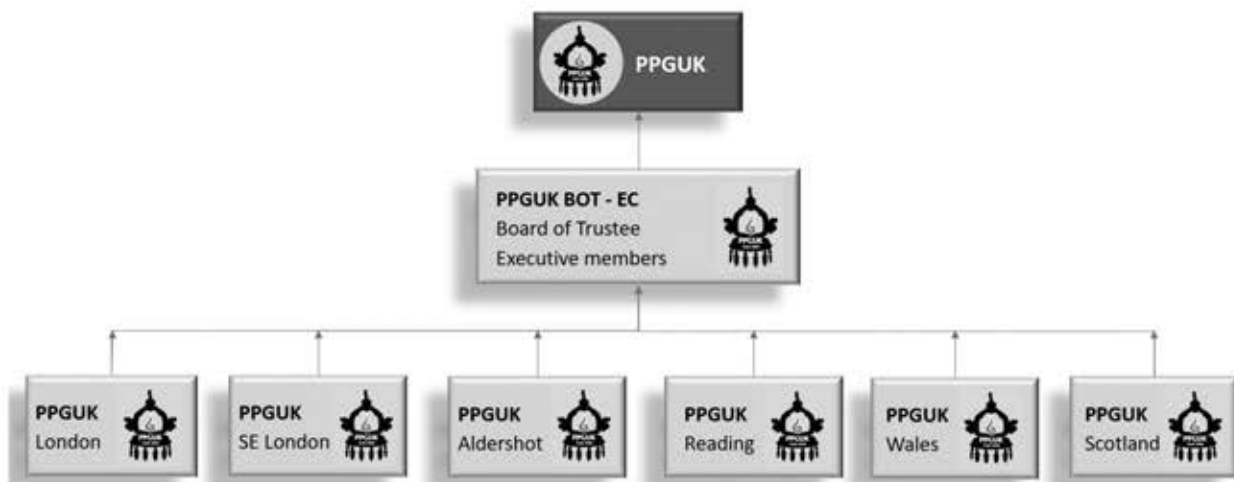
*Words by Ojesh Singh
President, PPGUK-Board of Trustees*

In 2000AD, Pasa Puchah Guthi, UK (PPGUK) was formed with an intention of celebrating Newah feasts and festival among the close families, Newah and non-newah, in London. The first major event that was organized by PPGUK was Mha Puja and New year Nepal Samvat celebration. This raised the awareness and importance of celebrating Mha Puja among Newah Communities in the UK. People traveled from many various places to attend Mha Puja organized by PPGUK in London.

However, due to the sheer distance that had to be covered, people started to conduct Mha Puja event at the local venue with the local communities. Newah Guthi in the South-East London and Bhimsen Guthi in Aldershot started their own Mha Puja. This was the sign to expand the horizon of PPGUK beyond London.

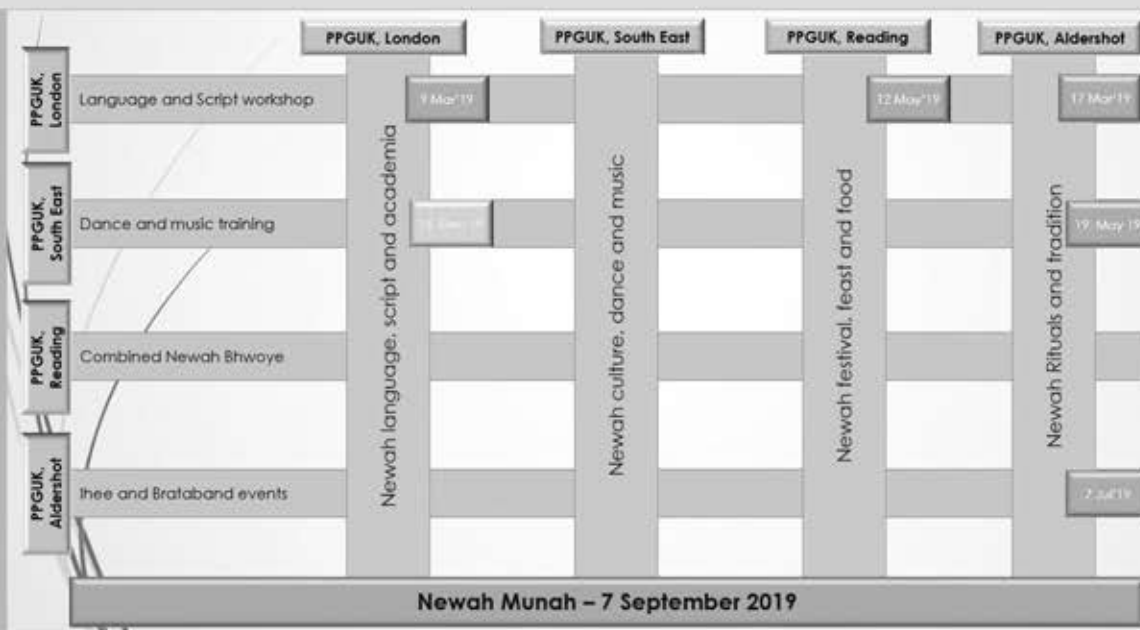
In 2008, a day long congregation, First Newah Muna, was held in Wembley where four branches of Pasa Puchah Guthi UK participated - Pasa Puchah Guthi (UK) - London, Pasa Puchah Guthi (UK) - South-East London, Pasa Puchah Guthi (UK) Aldershot and Pasa Puchah Guthi (UK) - Reading.

Since then PPGUK has been successful in forming two more branches, one in Wales and another one, more recently, in Scotland. All these 6 branches of Pasa Puchah Guthi UK is coordinated by a board of Trustees elected from the representatives of each branch and its called Pasa Puchah Guthi UK - Board of trustees (PPGUK-BOT).



INTRODUCTION

Board of Trustees in Pasa Puchah Guthi UK



PPGUK-BOT has an election every two years after all the individual branches has their local election and the new Executive committee is elected. All the branches submit their nominated representatives to the PPGUK-BOT. The new PPGUK-BOT is formed after the election from the nominated representatives from the branches. The executive committee of PPGUK-BOT is formed by following:

- Founder Members
- Advisors
- Representatives of 6 Branches
- 5 Representative from PPGUK London
- 5 Representatives from PPGUK SE London
- 3 Representative from PPGUK SER Aldershot
- 3 Representatives from PPGUK Reading
- 3 Representatives from PPGUK Scotland
- 1 Representative from PPGUK Wales

Pasa Puchah Guthi UK – Board of Trustees(BOT) coordinates between the branches to

1. Formulate policies and code of conducts
2. Communicate and collaborate between the branches
3. Manage and align the vision
4. Address challenges and resolve issues
5. Meet the common objective of the branches
6. Expand the reach of Pasa Puchah Guthi UK and to create new branches in and out of the UK

Pasa Puchah Guthi UK is also a registered charity in the UK. The members of the PPGUK-BOT are also have the responsibility to represent charity committee. Following is the Board of Trustees at Charity Commission committee by consents

- Founder members with consent - 9
- Current registered Trustees - 5
- Officer of Board of Trustees - 3
- Chapter President or their nominees - 6
- Immediate Past President - 1

Every PPGUK-Executive committee have their own agenda and objectives for their term. Following is the mission and vision of the current PPGUK, BOT.

Vision

A globally recognized academically inclined Newah organization with empowered UK branches and international affiliation focused on Newah culture being within the PPGUK Constitution

Mission

- o To empower, enhance and enrich PPGUK branches
- o To increase affiliation with international Newah organization with similar vision
- o To create new Pasa Puchah Guthi branches in the UK and abroad
- o To create leaders of tomorrow
- o To run seminars, workshops, event and classes on Newah Culture and history

Values

- o Ethics
- o Unity and inclusion; focusing on strength and improving frailties
- o Strong Communications
- o Academia
- o Non-political
- o Non-Religious
- o Open Door policy

Current PPGUK-BOT has divided Pasa Puchah Guthi, UK into 4 different verticals as follows:

1. *Newah Language, Script and academia – PPGUK - London*
2. *Newah Culture, Dance and Music – PPGUK – South-East London*
3. *Newah festival, feast and food – PPGUK - Reading*
4. *Newah rituals and traditions – PPGUK - Aldershot*

Above is the matrix that is produced by the PPGUK-BOT 2019-2021 to have the effective coordination and collaboration among branches for this term of 2019-2021.

GUNLAA PUNHI

गथाँमुगः



च्वमि - प्रनिशा शाक्य

"भवय्" थ्व खँव न्यनेबलय् दकले न्हापां झीत छु लुमसि वइ? झी नेवाःत जुगुलिं पक्का न झिगु नखःचखः त लुमनि जुइ, मखुला? छगु धापुये दु "बाहुन बिग्रियो मोजले, नेवार बिग्रियो भोजले" । थ्व धापुनं झि नेवाःत नखःचखः, भवय् गुलि तःमि धका प्रस्ट क्यनि।

छ्य-छिं, मिखा-माखा, न्हापं-न्हिपं धका निग खँवःत छ्यलिबलय् न्हायेया खँवःया जक अर्थ दु, लिपाया खँवःया छुन अर्थ मदु। तर नखःचखः नाप नापं वइगु निग खँवःया धासा अर्थ दु।

पाहॉ सःताः हनेगुयात नखः धायेगु चलं दुसा पाहॉ मसःतुसे थःपिं अथवा छँजःपिं जक च्वना हनेगुयात चखः धाइ। नेवाः समाजया नखःचखः गथाँमुगःलं न्हाकाः सिथि नखःलं क्वचाय्का दच्छिया नखः चखः हनेगु चलं दु।

पाहॉ मसःतुसे थः छँजःपिं जक च्वना हनेगुयाइगु जुगुलिं गथाँमुगः चहँ चखः खः। थ्व चहँ निसें बाःछि मपाःक नखःचखः ल्यूल्सू इवःलाक वइ। गथाँमुगःयात काय् मचा चखः नं धायेगु या। गथाँमुगःयात थौं कन्हे घण्टाकर्ण, गठेमंगल न धायेगु चलं दु। गथाँमुगःयात घण्टाकर्ण धायेगु यासां गथाँमुगः व घण्टाकर्ण छम्हये मखु। घण्टाकर्णया मेगुय् बाखँ दु।

गथाँमुगःयात घण्टाकर्ण धायेगु यासा गथाँमुगः व घण्टाकर्ण छम्हये मखु। घण्टाकर्णया मेगुय् बाखँ दु। घण्टाकर्ण घः माने मयाइम्ह नास्तिक, काशी, भारतयाम्ह खः। घण्टाकर्णया मेगुय् बाखँ दु। घण्टाकर्ण घः माने मयाइम्ह नास्तिक, काशी, भारतयाम्ह खः। अन कर्णघण्टा धागु पूखु दु, व पूखुया नापं घण्टाकर्णया इवाःताः नं दु।

दैय् दँसं दिल्लागा चहे, अथे धयागु असार कृष्णचहे दिं कुन्हु सुथन्हापां दनाः म्वः ल्हुइगु, बँ थिलेगु सिचुपिचु याय् गु याइ। न्हाय् पं कथि वा तिंयागु ७-१० फिट या ताःहाकः म्ह दैत्यया इवाःताः दय् का प्यकालेय् थना बहनी सालाः देशंपिने खुसि सिथय् यंकाः च्याकेवंः दच्छितक भय् नं मुक्त जुइगु जनविश्वास दु। नेपाःय् जक मखु पश्चिमी संस्कृतिं नं भुतप्रेत पर्व काथं "होलोइन" मानेयाइसा जापानय् "बोन फेस्टिभल" य् पूखँया आत्मा लुमंकेगु याइ।

सतकय् च्वनिम्ह छम्ह माचाया म्हय् रंग इला भूतथें च्वंक समा याका गथाँमुगःया इवाःताः विचाः याय् गु ज्याः ब्युसैं धौ भ्यगतय् धौ बजि तया लुधुंक नकेगु याइ। वयां लिपा चिलाखं च्याका "आजु दे हा, ॐ शान्ति जय नेपाः" धाय् का वये भ्यगतय् जलखलः तय् के धेबा फचके बि। सनिलय् टोलवसीत मिले जुया गथाँमुगःया इवाताय् तान्त्रीक पूजा याना, आजु दे(सतकय् च्वनिम्ह मचा) नं गथाँमुगःयात स्वकः चाहिका, गथाँमुगःयात ग्वतुका, गथाँमुगःया घने आजु दे यात फेतुका टोलवासी तय् सं खुसी साला यन्का गथाँमुगःयात च्याकिं। थ्व इवलय् आजु दे धासा बिस्वु वनि। गथाँमुगः साला यंकुपिं ख्या सिला छें लिहां वनी।

गथाँमुगः



कुँ चा कायगु

सनिलय "कुँ चा कायगु" धका लुखाः पतिया कुँ पुना अनयागु धु बौ पाचाय् मुनि। अनलिं धु कयागु थासय् ईका व पका तथा गोबरं तपुइ। बौ पाचाय् बौ स्वाँ (संस्कृत भाषाय् द्रोनपुष्प, गथाँमुगःस्वाँ), मे या हि व स्वँ, म्वः, च्का बजि, लाभा, पालु, मल्ला तइ। छँ या थकालिं बौ पाचायात पुज्याना सकल छँजः पित्त नं या अंगु न्हाय् बलय् भुत-प्रेत नं थि मखु धइगु जनविश्वास दु।

लुखा पतिं लुखा फुसँ प्याकिं (स्वपु नकिं दुगु नकिं ताना) पुज्याइ । गुँ मकलय् ह्यनवा च्याका उके धूप, इका, पका च्याका छँ छखां उकिया कुँ ग्याथि। दकले लिपा बौ पाचा दुवातय् वान् छुये यन्कि। नेवा समाजय् भुत, प्रेतत दुवातय् छ्वासःय् च्वनि धैगु विश्वास दुगुलिं बौ पाचा दुवातय् वान् छुइगु खः। थथे बौ पाचा दुवातय् वान् छुइयेगु त "बौ वायेगु" धाइ। थ्व धुंका लुखा-लाखा तिना च्वनेगु व सुँ न छँ निसँ पिंहा वनिमखु। थ्व दिं कुन्दु बोक्सि विद्या पूर्ण याइ धइगु नं जनविश्वास दु। अथे जुगुलिं नं सुँ न छँ निसँ पिंहा वनिमखु।

परापूर्वकालय् नेपाल मण्डल छगु यक्च उब्जाउशील धाय् जूगु व अन दक्च थासय् बुँज्या, सिन्हां ज्याः याय् त म्हो जक मनु दुगुनि दच्छितक राज्ययात अन्न संकटं बचे याय् त न्हाथे यानासां बुँज्याः पुवंकेमागु जुल। बुँज्या याय् त न्हामेस्यां याय् फइ मखु। यक्च बल्लापिसं जक बुँज्या, सिन्हां ज्याः (सिना नं याय् मागु ज्याः) याय् फइगु जुगुलिं बैशाख अक्षय तृतीया दिंया छन्दु न्हा भूतया साधना याना भूत दुकाय् गु धका मनुया म्हय् भूत दुबिका सिन्हां ज्याः पुवन्कि सिन्हां ज्याः पूवने धुंका व भूतयात दिल्लागा चहे गथाँमुगः चहेया दि कुन्दु तान्त्रोक्त विधि कथ बिस्के छइ।

न्हापान्हापा सिन्हां ज्याः याय् गु इलय् छँ सुँ सित\मन्त धासाः न सिन्हात सुकुलि तुला छ्यलि तथा तइ। सिन्हां ज्याः सिधय् धुंका तिनि सिथं यन्कि। थ्व खँ नं न्हापान्हापा सिन्हां ज्याः याइपिं गुलि लिमला धका सि दु। सिन्हां ज्याः वा पियेगु इलय् छँ सिचुपिचु याय् गु, म्वः ल्हुयगु नं याय मफइगु व छँ कि त दाया च्वनिगु जुगुलिं श्रावण दिल्लागा चहे गथाँमुगः कुन्दु लाका छँ सिचुपिचु यायेगु निसँ कया किकाःत, भूत\प्रेत त बिस्के छुयेत छँ छखां कुँ गायेकिगु याइ। सिन्हां ज्याः यायेगु इलय् ग्वाहालि याम्ह भूतयात गथाँमुगःया रुप बिया पूज्याना बहनि साला खुसी सिथय् यन्का च्याकिगु खः।

GUNLAA PUNHI



As presented at the 19th Annual General Meeting of Pasa Puchah Guthi UK London & Kwaati Punhi 2019



Words by Anil Maharjan

Nepal Samvat consists of 12 months in a calendar year. It is based on the lunar calendar which consists of 354 days in a year. Names of months consist of two syllables, in which the last syllable laa stands for month. Those months with their adjacent months in Western Calendar is as below:

Kacha-laa	October	Tacha-laa	May
Thin-laa	November	Dil-laa	June
Pohe-laa	December	Gun-laa	July
Sil-laa	January	Yaan-laa	August
Chil-laa	February	Kau-laa	September
Chau-laa	March	(Ana-laa	Intercaly)
Bacha-laa	April		

Tenth month of Nepal Samvat calendar is Gun-laa. The combination of two words Gun meaning 'forest' and Laa meaning 'month', indicates that it is the month of visiting a hill or forest. With special reference to the Newar Buddhists of Kathmandu, it is the month of visiting the Swoyambhunath, located on the west from the core city of Kathmandu.

Full moon day of each month is considered to be the most auspicious day in the month, due to which many of newah festivals are celebrated or started from the full moon day. Gunlaa Punhi also is not an exception to this. Gunlaapunhi is also known as Gunupunhi of. Gun stands for 'forest', while nhu means 'to step onto'. Similarly, pu is for 'full moon' and nhi means 'day'. So these four syllabic words conveys the meaning of full moon day of the month, of stepping down in a forest or hill. In other words, it is a month of visiting the hill or forest.

Newars are the local inhabitants of Kathmandu valley. Among newars of valley, majority belong to farming community known as Jyaapu. Month of Dil-laa (May/June) is the time for plantation of rice, which is the main crop of the valley. This is known as Sinajyaa or Waa-Piyegu. Once plantation is carried out there wouldn't be much work left on the fields. So the locals take this opportunity to visit different shrines and monasteries around the valley,

in the early hours of the day. While they visit different shrines they play various kinds of traditional instruments as well as sing along religious and spiritual songs. This in turn helps them to be healthy, both physically and spiritually. Among the buddhists newars of the valley, there is also a belief that during the rainy season of Gunlaa, due to the strong weather conditions, monks would stay put at their monasteries. So this is the ideal time to visit them in their monasteries and learn from them, regarding religion and spirituality.

Kwaati

Main dietary consumed on the full moon day of Gunlaa is 'Kwaati'. Kwa means 'hot' and Ti means 'soup'. Hence, the literal meaning of Kwaati is hot soup. Hot soup that is consumed on this day is made out of 9 different beans and lentils. Although the exact types of beans used varies from one locality to the other, some of general beans and lentils used are: Red bean - Simi, Mung Beans, Chickpeas - Chana, Black Eye Peas - Bhuti, Garden Peas - Keggu, Soybean - Musya, Black lentil - Mya Kyein, White beans - Tuyu Keggu, Broad Beans - Bakala. For the preparation of Kwaati, beans and lentils are soaked for 4-5 days until they sprout. On the day of Gunlaapunhi they are then cooked as a soup and are served with wheat bread. These beans' soup provide a very high dose of protein which enhances immunity power. Enhancement of immunity power is much needed during this season as the valley and the whole country of Nepal is subject to strong rainy weather conditions.

There is a specific reason for the beans to be of exactly nine different types. In Shankhyaa Darshan - the philosophy of numbers, number nine has the highest value, amongst the single digit number. This number is considered to be related to one's prosperity. On this same day Newahs of Khwopa (Bhaktapur) takes bath for nine times on Lwoon Hiti (Stone conduit), facing east. At the same time they change nine different pairs of clothes, in turn, which is believed to enhance their health and prosperity. Also in Bhaktapur Palace, the royal cow festival (Laacku: sayaa:) starts on Gunlaa punhi. This series of festivals commences on the full moon day (punhi) and concludes after the ninth day on the bright phase of Bhadra Shukla Navami.



Jona / Janai Chiigu

The Taagaadhaaris of Newars (Amatya, Gurvacharya, Joshi, Karmacharya, Malla, Pradhan, and Rajopadhyaya) receive the sacred thread band on the morning of this full moon day. The process is called Jona chiigu in Nepal Bhasa and Rakshya bandhan in Sanskrit. The rest of the Newars receive jona which is made up of a thread coloured with turmeric (halu:) joined with package of preventive measures (Gunu puchah). Gunu Puchah consists of six different items: Mustard seed (I:ka), Roy seed (Pa:ka), Unbroken Rice (Aakhe), Apamarga, Babhu: Swan and Turmeric (Halu:). Gunhupuchah consists of these six items as a means of protection from foreign elements, to the one that is receiving it.

Byaan jaa nakegu - 'Feeding the frogs'

In Kathmandu valley frogs are offered rice and other dishes on the day of Gunlaapunhi. It is believed that when frogs start to croak, it will start to rain. Rain water is very essential for paddy cultivation. Ecologically frogs play a vital role in maintaining balance in the food chain. Insects such as Swarming Caterpillars, Rice hispas, Grasshoppers and Rice Case-worms are most destructive pest for rice plants. Frogs prey on these insects and act as biological agents in controlling these pests. Similarly, legend of Ghantakarna also states that frog helped people of Kathmandu in captivating the demon Ghantakarna, which ultimately lead to killing of the demon. Because of all these frogs are considered to be an ally and protector of farmers. To show gratitude towards the assistance and protection that farmers receive from frogs, they are fed on Gunlapunhi.

Silu Tirtha

Silu Tirtha is a shrine located in the lap of Mount Ganesha. It is also known as Gosaainkunda or Gosaainthaan. In word Silu, Si refers to Lord Shiva and lu: means 'to find'. Tirtha stands for 'Shrine'. Similarly word Gosaain refers to 'shiva', kunda is 'lake' referring to the lake that is situated in the place, while Thaan refers to 'place of residence'. Irrespective of what name is used to describe the place, these refers it to the shrine where Shiva resides and trip to

which will allow one to discover Shiva.

Shiva is a symbol of 'kalyaan' (welfare) of the people. Shiva-lu: hence means discovery of welfare. Individuals those are physically and psychologically fit, visit Silu Tirtha during the month of Gunlaa. This shrine is located approximately 24 kilo-meters from Kathmandu. The journey of Silu Tirtha is full of adventures, which broadens the knowledge and attitude of an individual. This makes one's life better in terms of livelihood, which makes the trip to Silu Tirtha one of Kalyaan in real sense. Silu mye (Silu Song), a tragic song full of melancholy, from the movie Silu is associated with the trip to the Shrine. The tune is based on the terrain those falls on the route to Silu Tirtha. The echo of the river of Trisuli and tune of the song clearly portrays the pain of journey through the song. Despite the melancholy that is present in the song, it does touch on the general belief that visiting Silu will bring merit in one's life.

Gunlaa punhi and the whole month on Gunlaa hence is important festival as well as period of a year for Newah community. Tradition of visiting various shrines situated in different hills and mountains, in and outside of Kathmandu valley, have been playing a crucial role in physical as well as spiritual well being of Newah Community. The hot beans soup (Kwaati) have also played its part in sustaining the immunity, which is lost during the cultivation as well as affected by the strong weather conditions during this time of year. Receiving jona on this day, which is made up of thread coloured with turmeric and attached with a gunu puchah also provide a sense of protectiveness to individuals throughout the year.

Similarly, as a gratitude towards the role that frogs play in protecting farmers, Jyapuu Newahs also worship and feed frogs on the day of Gunlaa punhi. With the importance that frogs hold in our ecological balance and the alarming rate at which they are diminishing in Nepal, this tradition holds ever more importance in modern day nepal. Finally, the journey of Silu is also undertaken during this month. Adventures that this journey entails, broadens the knowledge and attitude of an individual, which in essence allows them to discover Shiva in real sense in life.

MY LIFE IN GUTHI



Words by Sandeep Shrestha

Introduction and Guthi 101

Jwojwolappa..... Jigu naan Sandeep Shrestha kha I am Sandeep Shrestha and I have completed my first year officially as General Secretary of PPGUK London. If only I had known a year ago that I would be writing an article recollecting my memories of working in the Guthi, then I would have (NOT) done things differently. Everything we have done in the last 12 months successfully or unsuccessfully has been an immense learning opportunity for myself and the team.

Let me take a step back and take you all through my personal journey of how I came to know about Guthi, and what made me join Guthi in 2018. It was in the year 2014 which is now 5 years ago, when I went to Mha Puja organised by PPGUK Aldershot. Incoming Aldershot President Mr. Rajan Malla is someone I have known for a long time as he is my father's good friend from their days in the British Army. That is when I heard Mr. Arjun Pradhan explaining how he and his earnest colleagues/friends founded Pasa Puchah Guthi in London in the year 2000. This was my very first introduction to Guthi overall, when I knew a Newah organization existed in the UK.

Guthi Seminar – the seed of thought

Fast forward 4 months Feb 8 2015, I got a call from Mr. Sanyukta Shrestha, then Gen Sec, now our President. He invited me to talk on a programme – Guthi Seminar 2015. The seminar's theme was "Newahs in British Contemporary Society". I was convinced that I can participate and I presented on "Professional Accountancy – Challenging but Rewarding" at SOAS on the 8th of February 2015 being a Chartered Certified Accountant. I met a lot of likeminded, enthusiastic, friendly people in this seminar. It was here when I first thought that I can also be part of organizations like PPGUK and contribute to the community to achieve its objectives. In my school and university days I have always been prefects, house captains and class representatives, active in sports and musical bands. It was something I was missing in my life in the UK. But maybe that time wasn't right for me, or I was not yet ready for it. It didn't happen.

Earthquake and Guthi Teamwork

Earthquake in Nepal in 2015 shook Nepalese not just living in the country but also us living abroad. We were all so sad that it happened to our country in that scale knowing we are never prepared for it. This was the occasion when we came together for one common goal – How to help Nepal in that dire situation. This was also the occasion when I got to know more members of the Guthi and the wider Nepali network not just in London but all over. We worked hard, leveraged our network to help the needy earthquake victims back home.

From 2015 onwards I was volunteering, participating and attending Guthi events. One of my inherent blockers or what made me feel aloof was that I couldn't speak/understand NepalBhasha language. I used to get invited to meetings sometimes, most senior members used to communicate in NepalBhasha, and I used to get quite frustrated.

2018 AGM – the happening

In between July and August 2018, Sanyukta Dai approached me to join PPGUK Executive Committee in the role of General Secretary. I actually didn't know what a general secretary role had to do. After some discussion at home, with everyone's encouragement at home of joining Guthi, I attended the AGM. In the leadership of Sanyukta Shrestha, I joined the Executive committee for London as General Secretary. We started working in the next few days of the AGM as our first event screening a Nepali movie was in 2 weeks of the AGM. Immediately I realized that General Secretary literally means secretary of everything in the sense that the role had to do everything. Thankfully our president Sanyukta Dai has tolerated me and stepped in to help me out a lot of times.

The past 12 months have been a hell of a ride. As general secretary, it took me some time to understand that work before an event i.e. planning well in advance is as important as the execution of the plans on the event day. Dealing with councils in London trying to book venues, abiding by their processes, applying for licenses, searching for best deals of insurance

MY LIFE IN GUTHI



covers and filling up forms etc. has been quite a challenging task. We organised events every month from September till August this year. We engaged with a lot of London members through our events.

Executive committee

Looking back now, our president started off the 2018-2020 tenure on the right foot by recruiting a very good mix of people. We are very lucky to have experienced Vice Presidents and EC members, and at the same time, young and energetic folks holding other posts. One of the master strokes in my opinion has been the designated role of our Cultural Secretary, we have Pranisha Shakya Ji who is simply amazing.

Our EC team cooked a lot of food, for each and every event, we were cooking something. As important as our EC members, we are very fortunate to have our other halves equally participating in the Guthi. I would not have done half the work I accomplished without my wife Kritishre Pradhan. In fact, on the event day, she worked two times more and better than me, while I would be hosting the event from the stage (which is easy task for me). I would like to thank all our tata's and tataju's, bhenas and jwais of the Guthi EC members who always helped us without complaining.

Side effects

Being in Guthi has had its side effects. What people sometimes forget is, all of us in the EC have our full time day job. There have been times, which I am sure most EC members can relate to, I have worked on Guthi tasks from my office, instead of doing my day job. Time management becomes increasingly difficult by the day. From 2019 summer, I have also been working at the treasurer for the PPGUK Board of Trustees. Juggling full time work commitments, family priorities, PPGUK London activities and PPGUK BOT finances hasn't been easy. But I am lucky to get a lot of support from my Presidents, fellow EC members and family.

Personal growth and sense of satisfaction

Working in the Guthi has definitely made me more patient. I have learnt many interpersonal skills, time management, and prioritization from my

leaders in Sanyukta Shrestha and Ojesh Singh. I have enrolled in NepalBhasha class so I am learning to form sentences now. I can write my name in Ranjana lipi. My EC members jokes with me all the time as the one who doesn't know how to speak Newari. It's all fun, we have all become one big family trying our best to preserve our rich culture and tradition, so it doesn't go extinct.

As part of my role, I have to get in touch with our members via email, phone calls or sometimes face to face visits. Although language is a barrier, there have been many moments I have felt quite satisfying, happy and emotional reading email responses thanking our EC members for doing what we do, lots of bhintuna messages, and when people start sharing their personal matters on a phone call, that is a form of validation that I have built a relationship with that person. Blessings from the older generation thanking us for continuing with our efforts is one of my key motivators to continue the work we do.

Future challenges

We have some real challenges in front of us. To continue to achieve our goal, we need to drive more youth participation and convince them to join their respective Guthi chapters. We have to change the way we work. One of the difficult things to do to work in a very diverse group of people, people of all age and experiences is to come to an agreement. Sometimes we all have very opposing perspectives and depending on situations, quite often both sides are correct. We need to remember our main goal, and align our methods and strategy to achieve that goal.

1. Find ways to drive awareness in the youth and make them join Guthi
2. Change the way we work - Use technology for meetings, language classes, social interaction, event organization
3. Going concern - new batch of leaders to pass the baton to
4. Consensus - come to an agreement and decide quickly

We all look forward to the next year of our tenure. Participate in our events, bring your children to language classes and all other events. If you have any suggestions or complaints, feel free to feed us back at info@ppguk.org or call me directly on 07988466632.

THE YENYAA LEGENDS



Words by Arush Singh
Age: 8 years

Yenya puhi

A long time ago Dagin, mother of Indra wanted to do puja and to do puja she needed a flower called parijat but she had no more left. Now Indra says "don't worry mother I will get it for you" and he goes down to Earth on Airawat and when he goes down he changes like a human being. They landed in a jungle "Airawat, you stay where we landed" said Indra. When Indra walked inside the jungle he smelled the parijat so he followed the smell. It led him to a garden. In the garden there was some parijats so he was picking some. A farmer saw Indra and said "Hey why are you stealing those parijats, my kids love them" Indra said "don't you know who I am?" "Well I am Indra." This made the farmer really, really angry and he tied Indra in the middle of the town. Now Airawat said "Where is my master, it's been long time." Airawat went in the town to search for Indra. Everybody was touching Airawat so he got annoyed and was destroying everything. Now people was calling majipa lakha while that happend Dagin came to the farmer and said "i'm sorry for what my son did but he's Indra and he came here to get a parijat for me so I could do puja. By that time majipa lakha and Airawat came and majipa lakha said "now Indra's had his punishment could you let him go" and the farmer said "i'm sorry" and let Indra go. Indra apologised with the farmer for being rude. Dagin was very pleased to see the farmer's love towards plants. So Dagin gave Fog and Dew. The farmer said "let's celebrate this incident as a festival every year with permission of Indra.

In this way this festival is been celebrated every year.

Arush Singh

AS A NEPALI

*Words by Ruben Shakya*

I am a 11-year-old boy in a Nepali family. There are things I like about being a Nepali, sometimes I feel proud, sometimes I feel annoyed, other times, feel happy and sometimes I feel frustrated.

Being a Nepali means that we get to have nice celebrations, have fun in events and get to meet up with other people at various times.

I also like the fact that I have an extended family and not just one family of four. These families give support in many ways and I have always got someone to help and support me when needed.

Being born in different culture to the native one opens up to different culture. It's nice being able to understand more than one language and to experience more than one culture.

However, Sometimes I get annoyed – Annoyed with the things that I don't like.

Things I don't like about being Nepali is we sometimes have to do things that we are not comfortable with – for example, the boys must shave their hair bald which is called Bratabanda at a young age and have to go to school bald even if they don't like it. I wasn't prepared in anyways, neither I was explained the reasons properly. It frustrates me that only I must go through this when other boys in my class don't have to.

Also, I don't like being forced to eat the same food most of the week. Or I just don't like being forced to do things that I don't like at all.

I feel in Nepali culture, sometimes, parents, relatives and siblings can get annoying and be nosy. I don't get my space that I need.

But there are cool and fun Nepali events; things I like about Nepali events is that we get to meet our friends and run around having fun. There is also nice food to eat there for free and will keep you full for the rest of the day.

In these events, we also get to learn a bit about Nepali culture that we never knew about, and another attraction is to see other people dancing, singing and performing.

Few things that I don't like in Nepali events is that a lot of the adults pushes their kids to participate in competitions or dancing and some more, which we are not comfortable with or we don't like.

Having said that, I've learnt few things from Nepali events; like ways to stay calm and how to meditate, the way people from Nepal lived a long time ago and more interesting things like how monks made a killer a good person.

All in all, I love my Nepali family because they are my family - I love that we get to do fun activities together like going to special events and go on nice holidays together. I love that my parents love us as a family and they work really hard to make us happy, healthy and successful.

PASA PUCHAH GUTHI UK LONDON

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to the talented director

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based on the writings of our Founding Member,

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late Ishwor Manandhar



Deepest Condolences

We express our deep condolences on the sudden demise
of our respected member

Mr Ram Das Manandhar

on Sunday 16th June 2019 at an age of 79 years.

May the bereaved family have enough strength
to bear this profound grief and irreparable loss.

Executive Committee, Pasa Puchah Guthi UK, London

विवाह हायका।

१९ टै वॉन जी दूजः हनवहः न ताश नाम दास मानचन न.सं. ११३९ गळलाधः
वगुन्दभि कूह जकासाकां मदगुलिं वयकः सुखावगि शुवनय् वास लायमा व
निन्वाध प्राप् यय रूपमा धका४ कामना यासं थुगु द४खया बूलय् वयकया
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Annual Membership

Annual Membership of £10 gets renewed at every Mha Puja but you can also apply any time throughout the year.

It allows you to get 25% discount in all events organised by Pasa Puchah Guthi UK London throughout the year.

It also makes you eligible for a minimum of 20% discount in selected Nepali restaurants in London including:

*Kathmandu Nepalese Cuisine, Northfields
Monkey Temple, White City
Nepal Authentic Dining, Shepherd's Bush
Nepal Authentic Dining, Boston Manor*

*Momo & Roti, Wembley
Monty's, Fulham
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Life Membership costs a one-off £100 per adult, or £150 for a family or four adding only those who are up to 18 years.

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के तपाईं नयाँ घर खरिद गर्ने बिचार गर्दै हुनुहुन्छ वा अहिलेको घरलाई रिमोर्गेज गर्ने बिचार गर्दै हुनुहुन्छ?

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NEPAL SAMVAT
1140**

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११५०



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"The world we have created is a product of our thinking; it cannot be changed without changing our thinking." – Albert Einstein

On the auspicious occasion of Nepal Samvat 1140, we wish all sentient beings inner peace, happiness and contentment.

धर्म रक्षक शाक्य

DHARMA BHAKTA SHAKYA and Family

ब्रह्मा सिद्धि

The SOAS Newar Language Society (NLS) wishes to congratulate PPG UK for the numerous and successful activities and events organised this year!

SOAS NLS is a student society of SOAS University of London, which organises workshops and events for the promotion of Newar language (Nepal Bhasa) & culture.

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1140

शुभं नमो नित्यं
११५०

सचतन तुलाधर व बंधुः

SACHETAN TULADHAR
& FAMILY

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शुभं नमो नित्यं
११५०

बिमल व गंगा कचिपती
जुबिन व प्रीति राजभंदारी
बिशाल कचिपती

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BISHAL KACHIPATI

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शुभं नमो नित्यं
११५०

उत्तम, रोशन,
प्रानजल व आशुतोष कक्षिपती

UTTAM, ROSHAN, PRANJAL
& AASHUTOS KAKSHEPATI

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1140

शुभं नमो नित्यं
११५०

कृष्णा, अलेना
कीर्तन व मनन चखुन

KRISHNA, ALENA, KIRTAN &
MANAN CHAKKHUN

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सारिन श्रेष्ठ**

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SARIN SHRESTHA

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& FAMILY

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श्याम मालाकार व बंधुहरू

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& FAMILY

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युएट पिंग लन्

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& FAMILY

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JANAKI
MANANDHAR
& FAMILY

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मोहन मानधर व बंधुहरू

MOHAN MANANDHAR
& FAMILY

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NEPAL SAMVAT 1140**

पद्म श्रेष्ठ

PADMA SHRESTHA
AND FAMILY
& FRIENDSHIP GLOBAL

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& NEWAH TEACHER
PURNA MADHIKARMI
& FAMILY

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SHAILENDRA
SHRESTHA & FAMILY

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RUKMANI
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