

The Harbinger

A Bimonthly Magazine of the Students of BPKIHS



Janak Lecture Series!!

For the students of Health Sciences, lecture series named Dr. Nazeeb lectures, Kaplan lecture series are not the unknown one. How it would have been if we could go through such lectures which do have Nepalese flavor, which do have the explanations of topics alike we are taught in our classroom? Here goes the one, for the first time in Nepal, an initiative taken by Janak Awasthi, the post-graduate student from the Department of Anatomy of our own BPKIHS. The lecture series named "Janak Lecture Series" is already on air in youtube which can be accessed at www.youtube.com/janaklecture. The channel is launched with an aim of covering the different topics of Basic medical sciences. The lectures contains the explanations of topics with PowerPoint slides comprising of highly illustrative diagrams and flowcharts. The series contains the 3D explanations of anatomical stuffs as-well. Till now about 8 videos have been uploaded and have been viewed more than 1200 times throughout the world; the counting the progress is still on the way. Harbinger team extends the heartfelt congratulation to Janak Awasthi for such an innovative endeavor and wishes him good luck for the multitudinous progress of channel. Have a look, share and support the task which glorifies the multiple horizon of BPKIHS throughout the world.

Cartoon Corner



"I hear reggae rhythms, disco drums, thumping hip-hop, toe-tapping westerns swing, and 80's techno beats. I think your pacemaker is stuck on 'shuffle'!"

SYNAPSE 2014

'SYNAPSE 2014: ALL NEPAL MEDICAL COLLEGE MEET' started from 8th to 14th December. In order to bring together the students of the medical profession, the event was conducted with the theme 'Rekindle Amity, Rejuvenate Bonds'. SYNAPSE also provided the participants with an opportunity to share their talents in various fields. We had all together 14 colleges across the country. The sports events like inter-college football, cricket, badminton, volleyball, basketball and table tennis drew most of the participants.



Other events like literary events including essay writing, poem writing and recitation, quiz also were the areas of attraction. Chess and photog-

party. Free Wi-Fi service in the sporting venue throughout SYNAPSE had also been managed. BPKIHS cultural night was on 13th December. Inter-college singing and dancing competition and the battle of the bands were the events organized on the final day of SYNAPSE. The most awaited concert by Adrian Pradhan and his group was probably the best time of SYNAPSE 2014. As a medical student we could not spare ourselves from social responsibilities. Keeping this thing in mind a blood donation camp was also organized during SYNAPSE.

raphy competition discovered more talents in the event. The unforgettable part of SYNAPSE was dance

BPKIHS Hosts Radiology Conference

After the successful SAARC radiology conference, BPKIHS was once again graced by the opportunity to conduct "11th Sheffield London International conference on diagnostic imaging" held from 31st October to 2nd November, 2014. Themed as "Radiology and imaging in developing countries-challenges and outcome", it had CME accreditation of 8 Credit hours by Royal college of Radiologists.

The conference included feature seminars, conference speeches, academic paper presentation and film reading session. Renowned faculties from United Kingdom, China, India and Nepal came together and talked about techniques of interventional radiology. They were Prof. S K Morcos, Dr. S A Babar, Dr. Sajid Butt to name a few. They illuminated on the diagnostic imaging in western part of the world and inculcated young approaches for

developing countries on wide range of subjects like head and neck imaging, breast imaging, musculoskeletal imaging and so on. Every session was followed by a question and answer (discussion) round that made one on one interaction convenient to clear any doubts. It was es-



ing countries. In a scenario like this, the conference provided a boost both academically and morally to handful of radiologists and aspiring practitioners.

The conference was not circumscribed only to exchange of knowledge on radiology but was admixed with warm hospitality that we Nepalese offer our guests religiously. The delegates also enjoyed a peek into our multi-coloured culture through cultural dances performed by students. Also, they were delighted to enjoy natural serenity on foothill town of Dharan.

Convincing the elites to fly down to a developing country like ours, that too in a town far away from the capital must

have been a challenge in itself but the program ran smoothly as anticipated. Prof. Dr. R K Rauniyar, organising chairman had been focused since the very beginning and it was evident that all members of Department of radiology as well as students left no stones unturned to make the event a grand success.



Editorial

You exist in time but you belong to eternity; with the wave of new year the thrill has started disclosing the rejuvenated advancing days amidst all the adversities of life .

Relativistic theory of time propounded by Einstein encompassing the zeal and the pacement of time with the state of mind was beautifully portrait by the recent glorious SYNAPSE. “SYNAPSE” an arena of bonding genre stood up with all its zest showing its grandness to all the medial institutions across the nation ; congratulation to the organizing batch and to everyone , it was indeed a vista for the days ahead.

The eighteenth annual issue of Parikrama enclosing the tiring endeavour of contemporary executive committee is on its way.

Parikrama students’ family is pounding to welcome its new sets of guilds and enthusiasts in the upcoming executive committee encircling the new uptakes.

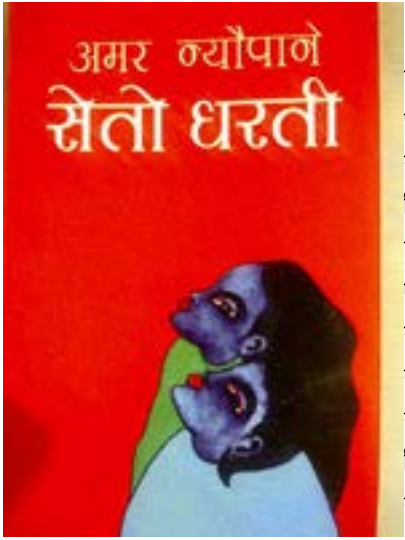
Happy reading...

पुस्तक समीक्षा

(प.वि.प द्वारा आयोजित पुस्तक समीक्षा प्रतियोगितामा द्वितीय हुन सफल)

अमर न्यौपानेद्वारा लिखित “सेतो धरती” नामक उपन्यास वि.सं २०६८ सालको मदन पुरस्कार प्राप्त गर्न सफल एक नारीवादी कृति हो । प्रस्तुत उपन्यासमा न्यौपानेले आफ्नै ठाउँको रूढिवादी सती प्रथाको कारुणिक घटनालाई बाल विधवाको माध्यमबाट निकै नै सुन्दर ढङ्गले प्रस्तुत गरे का छन् ।

एउटा नारीको जन्मदेखि बृद्ध अवस्थामम्मको न्यौपानेले बालविवाह र सती प्रथाले नेपाली पारेका थिए भन्ने तथ्यलाई वर्तमान परिवर्तनशील न चाहेर जन्म लिन्छ न चाहेर नै यस धरतीबाट विदा धरतीबाट विदा लिन्छ । तर जन्म लिए पछि उसले सन्तोषजनक हुँदैन । प्रस्तुत उपन्यासमा पनि जब ऊ निकै नै अबोध हुँदाहुँदै पनि उसका बाबुआमाले हुन्छ उसको व्यथा र घर परिवारबाट पाएका दुःख मानिसहरूले कल्पनासम्म गर्न सक्दैनन् । उपन्यासमा फर्केका छन् जहाँ विशेषतः नारीहरू पशुभन्दा पनि गर्ने, घरको रेखदेख गर्ने अनि बाहिरको खेतीपातीको काम ाले कसरी गर्न सकिन्छन् होला ? यो सवाल आजका दिनमा आ



जीवनचक्रलाई चरितार्थ गर्दै उपन्यासकार परम्परागत नेपाली समाजलाई कस्तो असर समाजका पाठकहरूमाफ्न चरितार्थ पारेका छन् । मानिस लिन्छ । तर जन्म लिए पछि उसले नचाहेरै यस जीवन गुजारा गर्नेपछि जुन कसैका लागि पनि एउटी नारीले ग्रामीण समाजमा जन्म लिन्छिन्, सानो उमेरमा नै घरबाट अन्माइदिन्छन् अनि सुरु सास्ती अनि कठिनाइहरू जो आधुनिक युगका साहित्यकार न्यौपाने फेरी उहाँ युगमा निकट भएर बाँच वाध्य हुन्थे । सासुससुराको हेरचाह सकाउने जिम्मेवारी नौ वर्षको कलिलो उमेरमा एउटा नार एको भए सायद पृथ्वी नै कायापलट गर्ने सम्मका नारीवादी

“सेतो धरती” शीर्षक जति सरल लाग्छ, बुझ्दा त्यति नै गहन र सुन्दा भावपूर्ण छ । एउटा बालविधवा जो नबुझेरै सेता कपडा मात्रै पहिरिन बाध्य छ, उसले सम्पूर्ण रङ्गिन जगतलाई नै कति सादा र उज्जाड महसुस गर्छ भन्ने तथ्यलाई दृष्टिगत गर्दै उपन्यासको नाम अभागी पात्रको आँखाको नजरबाट जुराइएको । रजस्वला भन्दा पहिले नै विवाह हुनु, पतिसँग सानो मै विछोड हुनु र परदेशमै पतिको निधन हुनुजस्ता वज्रपातहरू जीवनका सुरुवाती उमेरहरूमै मुटुको काँडा भएर बिँकेपछि उक्त पात्रले कसरी बाँकी जीवन व्यतीत गरेको छ भन्ने सेरोफेरोमै रूमलिएको प्रस्तुत उपन्यासमा उमेर बढेसँगै जवानीमा विधवा भएर खेप्नुपरेको घृणा, तिरस्कार र आफ्नै आत्माको चित्कारलाई पनि उपन्यासमा राम्रोसँग महसुस गर्न पाइन्छ । यसरी खाउँखाउँ, लाउँलाउँ भन्ने बैँसालु उमेरमा नै समाज, परिवार र आफ्नै पहिरनको लगाममा बाँधिएर हिड्नुपर्दा एउटी नारीले महसुस गरेको पीडालाई कम गर्न उपन्यासकारले अझै पहिले त पतिको मृत्युपछि पत्नी सती जानुपर्छ भन्ने वास्तविकतालाई कोट्याउँदै दुःखेको घाउमा मलम लगाउने प्रयास गरेका छन् ।

एउटा नारीको जीवनचक्रसँगै बढ्ने किताबका पानाहरू अन्तिम पृष्ठतर्फ बढ्दै गर्दा उपन्यासको कहानी पनि एउटा अबोध बालिकादेखि एउटी असाहाय विधवा बुद्धासम्म आइपुग्छ जहाँसम्मको बाटोका अवरोध दुःख, कष्ट अनि पीडाहरू यस उपन्यासका मुटु, फोक्सो र फाल्साहरू हुन् । उपन्यासका शब्दहरू गाउँ, ठाउँ र परिवेशसँगै मेल खाने ठेट प्रकृतिका छन् जसलाई मौन ढङ्गबाट भन्दा आवाज निकालेर पढ्दा निकै आकर्षक सुनिन्छ । चितवनको देवघाटमा बसोबास गरिरहेका बृद्धाहरूको भोगाई र सत्य घटनामा आधारित प्रस्तुत उपन्यास निकै नै युगान्तकारी र नयाँ पिँढीका लागि निकै फलदायी र ऐतिहासिक सावित भएको छ ।



सुशील रेग्मी

एम्.बी.बी.एस् २०१२



असीम महत
एम्.बी.बी.एस् २०१३

दर्शौ कुन चरीको नाम हो ?

(प.वि.प. द्वारा आयोजित कविता प्रतियोगितामा द्वितीय हुन सफल)

हरेक सालभैँ,
दर्शौ फेरी टुलुक्कै आएछ,
दर्शौ उसका लागि नयाँ होइन,
ऊ पनि दर्शौका लागि नयाँ होइन,
तर पनि ऊ दर्शौलाई चिन्दैन
अनि भन्छ
“दर्शौ कुन चरीको नाम हो ?”

ऊ घोलें खसी काट्न सक्दैन
ऊ जाँड रक्सीमा मात्तिन सक्दैन
ऊ जुवा तास खेल्न सक्दैन
ऊ आड बाहिरको रङ्ग बदल्न पनि सक्दैन
ऊ थुप्रो परिकार चाख्न पनि सक्दैन
हो, सायद त्यसैले होला
ऊ दर्शौलाई चिन्दैन ।

मुरलान पसेको जेठो छोरो
कहिले फर्किने ?
अह ! टुङ्गो छैन
जताजतै शरद् छाएको छ
तर अहँ !
आँगनमा सयपत्रीको थुङ्गो छैन ।

लोभ लाग्दो यौवन पगाउँदै
दाइजो विना थन्किएको छे,
उसको एकमात्र छोरी, विचरी !
अनि
टि.बी. र दम ग्रसित, उसकी बुढी

हिजो रातिमात्र थलापरी ।

हो, सायद त्यसैले होला,
ऊ दर्शौलाई चिन्दैन
ऊ चिन्छ त केवल
त्यो लाखौँको दाइजोलाई
अनि दम र टि.बी.लाई
अनि बारम्बार फत्फताउँछ
दाइजो विना छोरीको के काम भो ?
त्यो ओखतीको कति दाम भो ?
अनि साँच्चै
दर्शौ कुन चरीको नाम हो ?

बाजेको पालाको उसको छाप्रो,
छिटपिट वर्षामा पनि चुहिन थालेको छ
बाह्र वर्ष पुरानो, त्यो गोरखपुरे कोट
कतै भ्वाङ्ग परेको छ, कतै टालेको छ ।

पोहोर सालको वाढीसगैँ
उसका कयौँ छाक बगिए
“वा, म डाक्टर बन्छु है” भन्ने उसका
लालाबाला
आखिर गोठाला र भरिया न भए ।

पराय काढेको ऋणको तमसुक
आज दैनिकी बनेको छ
सम्पत्तिको नाममा एउटा लैनो भैँसी
त्यो नि, साह्रै लान्छु भनेको छ,
हो, सायद त्यसैले होला

ऊ दर्शौलाई चिन्दैन

ऊ चिन्छ त केवल,
लालाबालाका मृत घोषित सपना
अनि त्यो तमसुकका अङ्गहरू
अनि बारम्बार भनिरहन्छ
चाहनाहरू तमाम भो
साह्रको ऋणलाई सलाम भो
अनि साँच्चै
दर्शौ कुन चरीको नाम हो ?

हो,
यसरी नै,
अझै पनि म भेटाइरहन्छु,
अनगिन्ती ‘ऊ’
अनि देखिरहन्छु,
अनगिन्ती उसका दर्शौ,
अनि प्रश्न गर्छु मौनतामा,
आखिर कतिजेल,
आखिर कतिपुस्ता,
तिमी अन्जान रहन्छौ यो हर्षदेखि
अनभिज्ञ रहन्छौ यो उल्लासदेखि
अनि अपरिचित रहन्छौ यो दर्शौदेखि ॥

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The Immortals of Meluha

(This book review stood 2nd in the book review writing competitizzon organized by PSF)

An awe-inspiring tribute than a dramatic tale, Amish’s “The im-mortals of Meluha” re-invents the evolution of an established legend. It immerses through the reader’s imagination, following through their emotional endurance depicts the transforming voyage of an army to a deity. Scrutinizing through the minor details of an-cient characters and exotic locales, this mythological ride extemplifies blissfully the enigma of devotion, the power of faith, the purity of love and the remorseless-ness of rage. This book not just stands to empower a cultural impact but to de-liver among the readers, the contributions of our ancient heroes in reasoning of our existence.

The story begins with Shiva, a fear-less warrior, with his troop fighting in the ancient lands of Tibet against some evil sources attempting to capture their land. With this mag-nanimous skills on war lands, they win this battle. This win along with some eloquent wins in the past, they have already achieved a status of being an elegant warriors. The

next day, they are approached by Suryavanshis from far land to assist them in protecting their land from some enemies. Shiva accepts this call and starts his journey to Me-luha, the land of Suryavanshi’s. On



reaching the destination, Shiva with his troop are medicated with Som-ras to undergo the process of puri-fication. This treatment leads to an unusual bluishness of Shiva’s throat, hence, entitled with Neelkantha, and Shiva is elevated from his po-sition of a war hero to a mass pro-tector, the deity in accordance with Meluha’s then puts Shiva in an en-

thralling journey of protecting them from evil-spirited Chandranvanshis. These Chandravanshis in this book, has been shown as a tribe being as-sisted by the cursed tribe called Na-gas, to defeat the Meluhans and ex-tend their land. Passing through this political jargon, Shiva meets Sati and fall for her. Sati being a lady cursed not to live a life deserved by a prin-cess that she is. Thus, Immortals of Meluha depicts this emotional trivia of an army who fights against his own spirit to conquer through good and of a lover who fights against the social diversions to uplift his love against all odds. It gives, the hope and expectations of devotees to a certain deity, a physical form.

Thus, with consummate skills of writing, Amish Tripathi dedicates his devotion in this book to a jour-ney of an ordinary army to a legend-ary God. Reaching the extremes of imagination, he creates a world, very enlightened, very vibrant to give life to very light human emotions that dwells in a hope, belief, fear, rage, love and all different emotional con-stituents that makes a man, a fearless warrior, a legendary lord.

**-Anish Shah
MBBS 2012**

‘A HEROIC IMAGINATION...MY LOVE’

(This poem stood 2nd in the poem competition organized by PSF)

My love, let us imagine, we are traveling, and passing through a strange and dangerous country. You are riding in a palanquin and I am trotting by you on a white horse. It is evening and the sun goes down The land is desolate and barren You are frightened and thinking “I know not where we have come to” I say to you, “love, do not be afraid.” It grows dark and dim on the land and sky, and we cannot tell where we are going. Suddenly you call me and ask me in a whisper, “What light is that near the bank?” Just then bursts out a fearful yell, figures come running towards us. You sit crouched in your palanquin repeating the names of god in prayer. I shout to you, “Darling, do not be afraid I am here!” With long sticks in their hands, And hair, hair all wild about their real come nearer and nearer. I shout, “Have a care you villains, one step more and you are dead men.” You clutch my hand and say, “For heaven’s sake, keep away from them.” I say, “My love, you just watch me.” I spur my white horse with a wide gallop, my sword and buckler clash against each other. The fight becomes so fearful, Many of them fly, a great number of them are cut to pieces. I know, you must be thinking, sitting all by yourself that your ‘love’ must be dead by this time. But, I come to you, all stained in blood and say, “My love, the fight is over now.” You come out and kiss me, pressing me to your heart, you say to yourself, “I do not know, what I would have done, if I hadn’t my love to escort me.” And then, all our village people would say in amazement, “was it not lucky, that the boy was with his girl-His love, His life!”

**-Zainab Sahir Pall
MBBS 2014**

Senile Blues

(This poem stood 2nd in the English poem competi-tion in SYNAPSE 2014)

In a cabin close to the woods
On the edge of a bustling town
Lives an old, infirm pensioner
Drools and stoops as his life whit-tles down.

As he looks through the window of his bedroom
Into the vast, empty wilderness
The wrinkled old face feels caged.
And burdens the pain of his own loneliness

Sauvé gentleman was once he
Loved and respected by everyone all
Being old has its toll on his walking tall.

The aged looks back at his youthful days
When he helped built, the town the fully torn
Little had thought back then that He'd share a time of dejection and forlorn.

The glorious days of his golden old past
Is now nothing but a reminiscence
The family that he once so counted upon
Has ditched him ignoring all his essence

The lonely soul wanders down the lane
Laments he that the time has changed its course
Whilst the town prepares to make merry
The veteran's been retired to a life full of remorse.

The frightening death that once plagued his dreams
Are now more friendlier than the civilians
The tears are long gone- cried away
As he ends his life in mere oblivion.

**-Dr. Sameer Kumar Jha
MBBS 2009**



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CLUB ACTIVITIES

PSRN Health Camp at Gufapokhari

With the aim of giving continuity to the social activities this time, we PSRN (Physicians for Social Responsibility, Nepal Student's chapter BPKIHS) decided to organize a Health Camp at a location where it would really mean a lot. We planned a Health Screening Camp at Guphapokhari, Nundheki VDC of Sankhuwasabha where around 40 families reside. This time we collaborated with HOPE TREE Nepal for financial assistance. 5 doctors (3 intern doctors, 1 Junior Resident from Dental and 1 from Gynecology Department), 1 Certificate of Nursing, 7 Undergraduate students of BPKIHS and 2 members from HOPE TREE Nepal teamed up on early morning of 18th December and left for Sankhuwasabha. We reached Tute Deurali of Terhathum at 11:00 am, where we stopped for morning meal. We had taken 4 packs of medicines for common medical ailments which were sent on a jeep to Guphapokhari. After meal, we walked on foot from Tute Deurali enjoying the panorama of tall hills, beautiful villages and snow filled tracks and made it to our destination finally at 8 pm in the evening. We could think of nothing other than dinner and warm bed from the tiredness owing to 8 and half hours walk on the muddy track slippery due to snow. We filled our hungry tummy and slept.

The following morning, we went to a nearby Pokhari and got to know a lot about it from the principal of a local primary school (the only school in the area). Guphapokhari is a beautiful place at 2900 metres above the sea level which falls in TMJ region (Tinjure Milke Jaljale). TMJ is also known as Capital of Rhododendron as there are 28 different species of Rhododendron.



Locals had chosen a primary school as the venue for screening Camp where arrangements were made on the ground outside. The Camp started at 10:00am as per the information circulated among the locals. 4 doctors stayed on the Health Check up desk, 1 doctor at the Medicine distribution desk and we medical students volunteered in Registration, Blood pressure measurement and

Health Awareness. Gyne department BPKIHS had helped us with the pamphlets about Fistula, a common complication in pregnant women at remote areas of Nepal. We distributed pamphlets to the women and disseminated awareness about the very health problem. Around 150 people attended the health camp. Among them many presented with the respiratory problems, Gastritis

District Hospital. After the camp, local people expressed their gratitude towards us for the Health Check-up and gifted us with a pack of Dhupi (special Dhupi with typical aroma) and a garland of Chhurpi which no matter how meager it seemed, was really great honor for us. After returning back to the lodge we lit fire and sang folk songs with the villagers. Sherpas performed beautiful Sherpa Dance exhibiting their thankfulness. We were really happy to join hands with them and dance to their songs. Those songs carried deep meaning which was explained by a Sherpa woman. We went to bed late and got up early the next morning. We went straight uphill to "Menchhyayam Danda" to have a glance of morning sunrise at the freezing cold. The mesmerizing sunrise and its glowing light kissing the tips of mountain, snow-capped hills, Kumbhakarna, Kanchanjunga, Makalu, lined up at north with the small huts at the top of green hills resembling designs on a green sari and the cool breeze at 3200 m altitude for a fraction of moments enabled us to feel the beauty of real heaven. We returned back, packed our bags and left for Dharan on a jeep bidding farewell to the villagers & beautiful Guphapokhari. We feel lucky to have organized a health camp at this place and to have filled smile among villagers.

and elevated blood pressure. We encountered few people with Scabies, few children with tonsillitis, chest infections, few people with Dental problems and limb injuries from fall. From the available drugs we had taken, required drugs were given to the patients and those whose problem required proper lab investigations, special medical care and long term follow up were referred to Dhankuta

Blood Donation Camp in Synapse -2014

As a matter of fact, BDC has been actively and successfully working to help the patients in need of blood ever since its establishment, organizing blood donations camps both inside and outside the BPKIHS premises. With the motive of saving 3 persons life from each pint of blood, as always, BPKIHS Blood Donation Committee organized blood donation camp on the occasion of Synapse 2014 at Litchi Garden. Despite the hectic schedule of Synapse various participants and faculties of various medical colleges and volunteers of Synapse



showed their active participation in the camp. Overall, 23 pints of blood was collected. Among which 15 donors were from BPKIHS, 3 from IOM, 2 from KIST, 2 from NAIHS and 1 from KUSMS. The refreshment for the donors was aided by the Synapse organizers and the camp was assisted by Red Cross Blood Bank and Rotaract Club of Ghopa, Dharan.

CHRISTMAS EVE CELEBRATION : ROTARACT

With the enchanting jingling bells and revitalizing cold weather came the most awaited night of winter, the Christmas night. As done every year, we were ready with all the preparations. The balloons were hanging over the walls of the seminar hall, chairs all set to deliver warm seats, reception desk waiting for the invitees and the music of 'Jingle bells' mesmerizing the environment. Clock hands hit the time of initiation and people started rushing in. The program started with the formal addressing to the presenting people followed by a short story illustrating the importance of the night, how the birth of Christ was planned by the creators and how it enlightened the world. The song "let it be" by Dipankar added glitters to the story. We then moved on to the interesting part of the program. The games of balloon fighting and paper dancing were played with an aplomb, the participants enjoyed it through all the time and winners were rewarded.

A cake was cut then and the most revealing program of "secret Santa" went on. The "secret Santa" included exchanging of gifts from attending people to surprisingly selected participants of the game. People thoroughly enjoyed the game and with gifts had a reason to remember this night. The program was then officially concluded and everyone departed with jingle bells in their mouth.



PARIKRAMA PICNIC

Travel does what good novelists also do to the life of everyday, placing it like a picture in a frame or a gem in its setting, so that the intrinsic qualities are made more clear. And adding memories to life, Parikrama students' Family travelled a distance of 70 km from Dharan to Pakhribas. The nature was blessed with beauty in that very setting. 20th December 2014 was a day full of humor, fun, happiness, enjoyment and of course multiple selfie and groupie. Picnic was more of strengthening the bond among every members of PSF. Long live Parikrama.



The harder the conflict, the more glorious the triumph

(This essay stood 2nd in the Essay writing competition organized in SYNAPSE 2014)

Life is always about doing something. And for the very purpose, we always have to cross hurdles on our way. We have to pass different stages of difficulty to gain success. So, 'the harder the conflict, the more glorious the triumph' has always been marked words in the life of people who have tasted success.

There is a popular proverb used commonly in daily life i.e. "No pain, no gain". The proverb indicates that to gain something, we have to struggle hard. We always have to give the test, conflict with others to get the desired thing. People who face conflicts in the path of their success always know the value of things they have gained. Conflicts in life make people stronger and capable enough to hold the earned things properly after gaining the success.

We can see different examples in our life where the saying "the harder the conflict, the more glorious the triumph" has been proved to be true. Let's take an example of the great leader B.P. Koirala and Mahatma Gandhi. Our great leader B.P. Koirala was a revolutionary man who fought

against the Rana rule to bring democracy in Nepal. On this path of revolution, he faced many struggles and conflicts in life. He had to leave his family, settle in India and struggle for the change. Likewise, Mahatma Gandhi, "the father of nation" of India also faced many conflicts to bring democracy in India by fighting against British Government. He went to jail many times, got beaten, sat fasting for long periods for democracy.

These two people faced hard conflict in their lives to achieve what they had always wanted. Today, after so many years although they have departed from this world we still remember them which is clear symbolic example of the saying "The harder the conflict, the more glorious the triumph". Likewise, we can have more examples of different leaders, actors, businessman, players, etc to prove the saying. There is also a saying that a pure gold is only identified after it is heated in the burning fire. The harder conflicts make people worthy of the things they struggled for. Likewise, there

are some more common saying like "Flour only becomes eatable, when it passes the flame of fire", "guitar produces pleasant music, only when its strings are rubbed together" etc. All these only proves that whatever it is, to produce a suitable and better result, each and every thing has to pass the harder conflicts in every step of struggle.

We never ever remember the things that are gained quite easily but we always remember the one which makes us face different levels of difficulties. We occasionally speak about the easily gained things but we, proudly speak out loud about those

for which we have passed through various barriers and challenges. The harder conflict boosts up the enthusiasm of people and makes it more interesting and challenging enough to result in more glorious triumph.

This can be seen everywhere around the world with remarkable examples.

Life is always about struggling for something. We, human beings are never satisfied of one thing. We always need something more to do, something more to achieve. For doing and achieving things successfully, we have to perform. So firstly, we have to make proper arrangements for the performance. The other conflicts can be different challenging situations which we have to face ahead. All those phases of struggles are memorable and breathtaking during and after the achievement of target. The 'more glorious' triumph here also means the pleasant result with memories that encourage us in every step of life.

When army fights on the border and gains victory, the whole nation celebrates and appreciates it. It, then, becomes the moment of glorious triumph after hard conflict for them. Likewise, when we do something for others at the cost of struggle, their support and appreciation all turns out to be the glorious triumph.

(....contd in next page)

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जति कठिन सङ्घर्ष ,उति गौरवशाली विजय

(SYNAPSE २०१४ मा आयोजित निबन्ध प्रतियोगितामा द्वितीय हुन सफल)

‘सङ्घर्ष’ मानव जीवनको एउटा छुटाउनै नमिल्ने पाटो हो । आमाको गर्भमा करोडौँ सूक्रकिटमध्ये सङ्घर्ष गर्दै आएको एक सक्षम डिम्बसँग मिलेर विविध बाधा व्यवधान पार गरेर बनेको भ्रूण आमाको नौ महिनादेखिको स्याहारसुसार र अन्तिम अवस्थाको प्रसव पीडा पश्चात् मात्र यस धर्तीमा हासिल हुने जीवन आफैँमा एक विजय हो । यस संसार मा जति कठिन सङ्घर्ष गर्न सक्यो, उति नै चम्किलो टाढाटाढासम्म उज्यालो दिन सक्ने प्रकाश र न्यायो दिन सक्ने ताप प्राप्त गर्न सकिन्छ । हो सङ्घर्षको कठिनाई भनेको दाउर ाको कप्टेरा जस्तै हो र यसबाट प्राप्त हुने विजयको गौरव आगोको ताप जस्तै हो । जीवनमा सङ्घर्ष नगरेको मान्छे कम्ै भेटिएन, तर कठिन सङ्घर्ष गर्ने व्यक्तिले नै जीवनको चरम सुख प्राप्त गर्न सक्छ । महाकवि देवकोटाले लेखेका छन् ….

“के हो ठूलो जगतमा पसिना विवेक उद्देश्य के लिन् उडी छुनु चन्द्र एक ।

हो पसिना बगाई विवेकको उचित प्रयोग गर्ने व्यक्तिले नै जीवनको चरम सुख प्राप्त गर्न सक्छ र उसले चन्द्र छुने जस्तो ठूलो उद्देश्य पनि कडा परिश्रम गरेमा हासिल गर्न सक्छ । भगवान् बुद्ध कुनै बेला लुम्बिनीका सम्पन्न राजपरिवारका राजकुमार थिए जसले सांसारिक सुख भोग, दवीय कुराहरूमा मन लगाई बसेका भए उनी बुद्ध भनेर पुजिने थिएनन् । तर उनले सम्पूर्ण राजसुख,

ऐश्वर्यलाई तिलाञ्जली दिएर आन्तरिक खोज र सङ्घर्षको बाटो रोजे । निराहार रहेर तपस्यामा लीन भई समस्त संसारलाई अन्तस्करणमा अनुसन्धान गरे पश्चात् नै बुद्धत्व प्राप्त गर्न उनी सफल भए । आज विज्ञानका क्षेत्रमा पुजिने वैज्ञानिक म्याडम क्युरी पनि त पोल्यान्डको सामान्य परिवारमा जन्मेकी म्यारी स्कलोदोवास्का थिइन् जो अरोहात्र आफ्नो अनुसन्धानमा खटेकाले, कठ्याङ्ग्रिने चिसो नभनी ,घरपरिवार नभनी आफ्नो कार्यमा तल्लीन र हन सकेकाले रेडियम जस्तो अत्यन्तै बहुमूल्य ,बहुउपयोगी धातु पत्ता लगाउन सफल भइन् । यही कार्यले उनलाई नोबेल पुरस्कार जित्ने विश्वकै पहिलो महिला बनायो भने रेडियोघर्मी किरणबाट क्यान्सरको उपचार गराउने लाखौँ रोगीहरूको लागि उनको आविष्कार जीवनदान बनिरहेको छ । यही कठिन सङ्घर्ष हो त्यो उनको, जसले उनलाई यत्रो गौरवशाली विजय दिलायो ।

एक सय नब्बे वर्ष भन्दा बढी समयसम्म भारत ब्रिटिशको अधीनमा रहने थियो होला यदि महात्मा गान्धी र भारतीय जनताले कठिन सङ्घर्ष नगरेको भए । एक सय चार वर्षभन्दा बढी जहानीय शासन गरिरहेका राणाहरू नेपाल र नेपाली जनतालाई चुसेर मोटाएको जुकाभैँ ढाडिएर बस्ने थिए होलान् यदि गंगालाल, शुक्रराज, धर्मभक्त, दशरथजस्ता नेपालीहरूले मुक्तिका निम्ति प्राण नजाउन्जेल सङ्घर्ष नगरेको भए, समस्त नेपाली जनता प्रजातन्त्र प्राप्तिका लागि आन्दोलनमा नओइरिएको भए ।

हो, यस्तै कठिन सङ्घर्ष भएको थियो १७७६ तिर अमेरिकामा, १७८९ तिर फ्रान्समा जसमा निरङ्कुशताबाट आजित जनता शासकविरुद्ध एकजुट भएर पोखिएका थिए । यिनै कठिन सङ्घर्षको उपज हो जनताले प्राप्त गरेको प्रजातन्त्र, राष्ट्रिय स्वतन्त्रता जुन कुनै गौरवशाली विजयभन्दा कम छैन ।

रामायणमा भगवान् राम र उनका पक्षले गरे को सङ्घर्षबाट नै रावणजस्तो दानवलाई संहार गरेका थिए, महाभारतमा पाण्डवहरूले कौरवहरूसँग वर्षौ लडेर नै नाश हुन लागे को धर्मलाई पुनर्स्थापना गरेका थिए, सत्यलाई जिताएका थिए । हो, विसौँ वर्षको सङ्घर्ष थियो त्यो चीनमा “साई होङ” का सेनाहरूले चन्द्रलोकबाट देखिने एकमात्र मानव संरचना “ग्रेट वाल” खडा गरेका थिए । कठिन सङ्घर्ष नगरी कहिले पनि गौरवशाली विजय हासिल हुँदैन, यदि विजय प्राप्त भए नै पनि त्यसमा गौरव हुँदैन । कठिनाई पछि प्राप्त भएरै होला विजयको महत्त्व पनि अलि बढी हुन्छ । कठिन सङ्घर्षबाट प्राप्त भएको स्वतन्त्रताला ई जनताले जगेर्ना गर्छन् र दक्षिण अफ्रिकाका नेल्सन मन्डेला र उनका अफ्रिकी जनता जस्तै यसमा गौरव गर्छन् फलस्वरूप आज यो राष्ट्र ब्रिटिश शासनबाट मुक्त छ र विकासको बाटो मा आफ्नो पाइला लम्काउन सफल भएको छ । सङ्घर्ष गर्दाको बखतमा हुने कठिनाई, पीडा, भोकले नै मान्छेलाई विजय प्राप्तमा गौरव गर्न सक्ने, खुसी भई रमन सक्ने र विजयल ाई दीर्घकालीन बनाउन सक्छ । सङ्घर्ष



सुनिल बोगटी
एम्.बी.बी.एस् २०१२

Al- Quran- THE BOOK OF ORIGIN

In the Name of God, the most compassionate, the most merciful

“Read in the name of your Lord who created, created man from a clinging substance. Read and your Lord is the Most Generous, who taught by the Pen, taught man what he know not...”[chapter 96, verse1-5]. With this started the revelation of the principle source of Islamic faith and practice. In fact, the Quran, which is the record of exact words revealed by God through the Archangel Gabriel to the last and final prophet Muhammad (pbuh), proclaims to be the divine source of guidelines for the whole mankind. After its revelation over 1400 years ago, the Quran has been preserved in oral and written forms with its same unique origin and purity tautology. Not only in preservance, the Quran is also unique and miraculous in the way it presents its subject matter, the latter essentially being man; its relation to its Lord and creator, man in his relation to the rest of the creation.

The Quran makes an article of faith to believe in the unity of God, the day of judgement (and the following eternal life in the heaven or hell), the prophets, the angels, the books and the divine decree, and act accordingly adhering to the pillars of Tauheed, Namaaz (obligatory prayer), Zakaat

(obligatory charity), the obligatory fast of Ramadhan and the Hazz. The Quran contains the same message of oneness of God that was preached by all the prophets’ right from Adam, Abraham, Moses, Jesus to Muhammad and all others in between (pbut). “And he revealed the Torah (to Moses) and Gospel (to Jesus) before as a guidance, and he revealed the criterion (that is the Quran)...”{chapter 3, verse 3-4}. Interestingly, although unduly adultery over the centuries, the other religious scriptures still contains the verses predicting the coming of the prophet Muhammad as the last and final messenger of God, be it the Torah (of Jews), the Gospel (new and old testament) or the far too ancient Hindu scriptures, that is, the Vedas, the Upanishads, the Bhavisyapuranas, etc [see Kalki Avatar and Narashansa]. The Quran, at many places, warns man from landing into the hellfire out of this belief and ignorance in its essence, there shall be no escape from the hell-fire after death in disbelief although God gives freedom to man telling “... there shall be no compulsion in (acceptance of) the religion...”[chapter 2, verse 256]

Today is the age of science.

Albert Einstein once said that science without religion is lame and religion without science is blind. In chapter 75, verse 3-4, God says, “Does man think that we will not assemble his bones? Ye (we are) able (even) to proportion his finger tips.” Isn’t it answering the arguments regarding resurrection; how each individual would be indentified on the Day of Judgment? Over 1400 years ago, who could have known the uniqueness of each human’s fingerprints? There are thousands of verses in Quran that relate to and affirm establish scientific facts. The Quran talks about the creation of universe from nothing, the Big Bang, the expanding universe, the existence of subatomic particles, creation of every living thing from water, oceanology, barrier between salt and water, mountains acting as pillars of Earth, movement of both Sun and Moon in fixed orbits and their light source, embryonic stages of man and many more. The Quran has many verses describing different civilizations of the Past, several historical events and stories of the prophet with an accuracy which no man had knowledge of at that time. It also contains verses of social laws, governing the duties and rights of man in terms of economics,

property, trade, inheritance, marriage, food, etc. It would be unscientific and ridiculous in the notion that a man from the deserts of Arabian place, who didn’t know to read or write, wrote the Quran over 1400 years ago with such an intellect and accuracy on multiple disciplines. God addresses this guess with a challenge in chapter 10, verse 38-“Or do they say (about the prophet)” he invent it”. Say, “then bring forth a Surah (chapter) like it and call upon (for assistance) whomever you can besides God, if you should be truthful.”

It would take thousands of pages to elaborate the science of divinity of the Quran. To conclude, I would call the Quran as a divine book of signs, a constitution defining the creation and propose of life of man meanwhile regulating the daily living of Man. At the end, I would like to move back to the message at the start of this article where God gives his first commandment to read and acquire knowledge. I pray that every one of us acquire knowledge to distinguish truth from falsity and become successful here and in the hereafter.



Sufiyan Ansari
MBBS 2012

ations for us. Each and everyone has to pass the phase of conflict and then everyone passes through it. It’s just that someone has to face smaller conflicts while the other faces the harder one. The glory of triumph depends on the level of difficulty. The one facing small conflicts also gains happiness after accomplishing, but as the level of difficulty increases, he finds his victory to be more pleasant and glorious.

So, whoever said it, said it correctly that “the harder the conflict, the more glorious the triumph” because the level of difficulty makes people understand the value of the accomplished. The proverb “try and try, until you get success” also emphasizes the glorious triumph after the harder conflict. The remarkable proverb emphasizes people for fighting against any odds and emerge out as a victor.



One feels the triumph to be more glorious only when he knows the cost of it. The candle appears bright only when we closely observe it but it appears dim from the distance. Similarly, when an observer sees the incident, it appears insignificant to him but when we ask the view of the performer, he feels really proud to share the feeling of glory at triumph because he knows how hard the conflict was and what he had to pay for it. Life always creates conflicting situ-

Some Random Facts about the English Language

- Pupaphobia is the fear of dolls and puppets.
- Cowards have been called chickens since the 14th century.
- A monopic sentence is one that contains a single word.
- The feeling of calmness or contentedness that follows a pleasant dream is called euneirophrenia.
- The opposite of serendipity is zemblanity.
- On average, for every letter Q used in written English there will be 56 E's.
- A compulsive desire to look at something that horrifies you -- like a horror film or an injury -- is called cacospectomania.
- Counting on your fingers is properly called dactylonymy.
- An autohagiography is an autobiography that makes the subject appear better than they actually are.
- Pentagons were once called quinquangles.
- Hexagons were once called sexangles.
- A person's headmark comprises all of the facial features and characteristics that make them recognizable as themselves.
- The words "a, and, be, have, he, I, in, of, that, the and to" make up 25% of all written English.
- The name rum is a shortened form of rumbullion.
- Turning down or pretending not to be interested in something that you really want is called accismus.
- An aquabib is someone who chooses to drink water rather than alcohol.
- The creases in the skin on the inside of your wrists are called the rasceta.
- As a verb, tiger means "to paint something in stripes of contrasting colors."
- A callomaniac is someone who thinks they're more beautiful than they actually are.
- An adoxography is a fine work of writing on a pointless or trivial subject.
- The proper name for speaking through clenched teeth is dentiloquy.
- Because of the pattern of holes they make in the ground, gophers take their name from an old French word for honeycomb.
- The sentence "this sentence contains thirty-six letters" contains 36 letters.
- In Old English, bad weather was called unweather.
- A slawterpooch is a lazy or ungainly person.
- Hypengophobia is the hatred of having responsibilities.
- Chameleon literally means "dwarf lion."
- To frowst is to keep yourself warm in cold weather.
- Shakespeare invented the word lackluster.
- A myriad is literally 10,000 of something.
- Using too many words to explain an otherwise straightforward point is called macrology.
- A wonder-horn is a collection of amazing things.
- GIF stands for "graphics interchange format." According to its inventor, it should be pronounced "jiff" not "giff."
- To snirtle is to try to suppress a laugh.
- In Elizabethan slang, tailors were nicknamed snip-snappers.

(Source: Huffington Post)



जीवन एक हाइवे

(SYNAPSE २०१४ मा द्वितीय हुन सफल कविता)



असीम महत
एम्.बी.बी.एस् २०१३

परिद्श्यमा एउटा सडक
तीव्र गतिमा गुडिरहेको गाडी
एउटा आधी खुलेको भ्रयाल
अनि एउटा आधी निकलेको टाउको

विपक्षमा वतासको चोटिलो वेग
वेगसगैँ रमाइरहेका दुई सहिने कपाल
हावाको प्रत्येक फाँकसँगै
फलस भइरहेका स्मृति
क्षणभरमै बदलिरहेको दृश्य
अनि कैद गर्न असफल आँखा
रक्तिभरमै फोडिरहेका वास्ता
अनि ठम्याउन हम्मे मानिरहेको नसपुट ।

भिन्नबाट मिश्रित ध्वनिको ओइरो छ
खैरेनीमा गेट धाँक्नरहेछ
एउटा नानी रोइरहेछ
एउटा जोडी बाँजिरहेछन्
एउटी आमा खोकिरहेछन्
एउटा अघवैशे दाजु घुरिरहेछन्
अनि पटक पटक हर्न बग्छ
यी सब आवाजमाथि बुई चढेभै ।

सबैको वेग्लै दुनिया छ
आफुनै भूल, वर्तमान र भविष्य छ
न अरुको वास्ता छ
न चासो राख्ने फुसद नै छ
बस्, एउटै कुरा साफ्ना छ
हाइवे !

गन्तव्य भिन्न छन्
लक्ष्य फरक छन्
कोही छिट्टै ओर्लिरहेछन्

कोही अपरिचितको भूमिका निभाउँछन्
कोही सामीप्यताको ढोंग गर्छन्
कोही स्मृतिको विस्कृन खोल्छन्
कोही बस् !
दिल खोलेर
जीवनको मजा चखाइजान्छन्
अनि हराइरहन्छन् विस्मृतिमा
एउटा गहिरो तस्वीर छापेर

यात्रा सधैं उस्तै छैन
निमेष भरमै संसार बदलिरहन्छ
घरी चारकोसे भाडीबीच दोडिरहन्छ
सल्लाघारीको छाँयामा मुस्कान दिँदै
घरि अग्ला पर्वत चिरिदिन्छ
उकाली ओराली, चढ्दै भर्दै
अनि घरीघरी खोलाहरु नधिदिन्छ
विजयी भावना मख्ख पर्दै

हाइवे आफैँ पनि बदलिरहन्छ
कहिले गहिरा खाल्डाबीच बल्ड्याङ्ग खुवाईन्छ
अनि जीवनका तीता पाटा दर्शाई जान्छ
कहिले कालोपत्रे सवार गराउँछ
अनि जिजीविषाको सगरमाथा चढाइजान्छ
जेहोस्
सारा जीवन समेटिजान्छ हाइवे ।

यात्रा यथावत् नै रहन्छ
बस् हाइवे बदलिरहन्छ
आशाहरु डेरा जमाउँदै गर्छन्
सपनाहरु चियाउँदै गर्छन्
कल्पनाको मूल फुट्दै गर्छन्
अनि, निःस्वार्थ हाइवे
सफलताको कामना गर्दै

केवल मौन विदाइ टकाइदिन्छ ।

कहिले रापिलो घामबीच, त
कहिले कठ्याङ्ग्रिदो चिसोबीच, त
कहिले सेताम्य बादलको छहारीबीच
कहिले घनघोर अँट्यारो बीच, त
कहिले कुहिरोको साघ्माज्यबीच
कुदिरहन्छ हाइवे
दोडिरहन्छ हाइवे
अनवरत, अनन्त ।

(...continuation. harder the triumph.....)

KNOW YOUR TEACHER

Name: Prof. Dr. Ram Sharan Mehta

Date and place of Birth: 30-12-1962, Rajbiraj, Sunsari

Permanent Address: Rajbiraj, Sinuwari VDC-5, Sunsari

Father's and Mother's name:

Father: Bhagat Mehta

Mother: Bacha Devi Mehta

Spouse and Children:

Wife: Mrs. Poonam Mehta

Son: Suraj Kumar Mehta

Schooling and Education:

SLC: 1st Division 1982- Harinagara M.V., Sunsari

I.Sc. : TU, Institute of Science, MMAMC, Biratnagar

PCL Nursing: TU, IOM, Nursing Campus, Biratnagar

BN: Distinction, TU, IOM, Kathmandu

M.Sc.: 1st Division PU, PGIMER, Chandigarh, India

PhD: TU, Kirtipur, Kathmandu

Special Degree and Trainings:

Research training on: Research methodology, Data management & analysis, Clinical epidemiology, Advanced Statistical measures used in epidemiological research design, Epidemiology training, Statistical methods in medical research and introduction to SPSS, Medical writing, Design & conduct of observational studies etc.

Researches: completed more than 55 research projects as Principal investigator and guided UG & PG students in more than 15 research and published more than 20 Scientific articles, 6 booklets and 6 books for nursing.

Country visited: India, Singapore, Australia, Serbia, Europe, Hong Kong, Belgium Brussels, Amsterdam, Netherland, Paris, France and Geneva Switzerland.

Career: Started job in Koshi Zonal Hospital from 2046/11/03 as Health aid then Staff nurse (Rukum District Hospital), Clinical Incharge (FPAN, Nepalgunj), staff Nurse(Bir Hospital), staff Nurse (ERH, Dharan), Staff Nurse in BPKIHS IN 2050/04/01 AND Promoted to Nursing Officer, Senior Nursing Officer, Assistant Professor, Associate Professor, Additional Professor and became Professor in 10-02-2014. At present I am working as the Chief of College of Nursing from 04-06-2014, and I am also the M.Sc. Nursing program Coordinator for last 3 years.

Hobby: To write book, articles, booklets and public health news
To listen TV news and music.

Unforgettable moments: To resign from the Government Job
Not getting the study leave during B.N. Study.
Facing strike at BPKIHS first time
Receiving various gold medals

Future plans: To start PhD in College of Nursing
To publish Nursing Journal of BPKIHS
To organize a National Conference in college
To establish college of Nursing library
To establish Collaboration with other Nursing colleges for student exchange program.

Things to be improved in BPKIHS:
Quality of patient care, Specialization and Super-Specialization services,
Quality need based education should not be compromised at any cost.

What books of Medical Surgical Nursing would you refer to the students?

- Text book of Medical Surgical Nursing, Black and Joy.
- Text book of Harrison's (for Pathophysiology especially BsN-II).
- Mosbey's Drug Guide book.
- Nursing Clinics of North America.

Message to the Students:

- Do not run behind the assignments, it is only a part. Focus on your objectives and learn as much as you can, success runs behind you.
- Do not avoid your Supervisors (teachers) especially in Clinical areas. Face your teacher it will improve learning & help to develop your personality.
- In Clinical areas, perform your duty as responsible student so that you will get support of the staff along with patients and their relatives.

Suggestions to PSF:

- The success stories of the students, especially gold medalists and others should be published.
- This should be available in Web page link of BPKIHS (www.bпкиhs.edu) also.
- Congratulation for wonderful job of the Parikrama Students' Family for publication.



O Mother

O Mother, am I hurting you?

The "to be human body" weighing you right now.
Stretching your body to the point of agony
And distorting the admirable beauty you were gifted with.

I know my so called father is convincing you
To preclude my coming on the earth.
I know he would not get swayed away by impulses that night
Once he had thought just for a second about the coming.

You might console yourself
Designating the act of yours a small mistake
Or something a young couple commits
But you also know my life counts on it.

I am already inside you with a beating heart
I had heard you are about to terminate it
Even after you seeded hopes
For my coming out into the world outside.

I promise I'll never let you down
I'll always make you proud.
I can envisage the wonders I will be seeing
Why could you stop me from looking at your beautiful smile and wonderful eyes?

O Mother, I am eagerly waiting to feel the sun on my skin
Your touch on my cheeks
Your lap for my dough like body
And your kiss on my lips.

The acceptance of your own mother to have you as her child,
It was never denied.
Your shoring up desire to see me cry the first breath,
It can never be fake.
The fact that you want to be a mother after all this,
It is not something that you disbelieve.

With the realization that it's only thin hazy barrier
Between your latest desire and the actualization.
Please mama let me live,
I am your unborn child.

 **Sunil Bogati**
MBBS 2012

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