

JULY 2017
NEWSLETTER

100th EDITION

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SUPPORTERS FOR
REACHING 100
EPISODE MILESTONE.

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Chicago Chautari Times

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Welcome to Chicago Chautari Times - 100th Edition



Fasting in Hinduism and its Merits

Religious beliefs: In one calendar year, there are about 27 Ekadashis. Ekadashi is the eleventh lunar day from new moon (Aamabashya) or eleventh day from full moon (Poornima), according to lunar monthly cycle. Many Hindus skip food completely or take meal based on consumption of fruits on these days. There are two particular Ekadashis, called Harishayani and Haribodhini, one in the month of June/July and another in the month of October/November, which are considered the primary ones. Harishayani Ekadashi this year falls on Tuesday July 4. Many Hindus observe fasting on this day. Here are a few discussion on the importance of abstinence from food. It is called Vrat according to Hindu belief and practices.

Abstinence from food intake is fasting. There are various kinds of fasting practices common in Hindu tradition. Most people fast in a periodical basis, such as on the day of Ekadashi. Ekadashi is considered holy and so a lot of Hindu believer do not eat on these days throughout their adult life. Similarly, some Hindu fast on every Tuesday or Friday or Saturday and so on with the belief that the associated deity of these week days will be pleased from such action and help bring success, end of suffering, bring peace and happiness to them and their family. There are many more other times when people abstain from taking food, such as day before and the day of ceremonial offering to an ancestor (called Shradhha), passing away of a family member or a close relative, etc. Hindu also fast during the mourning time period. Women goes to complete fasting on the day of Teej vrat, even without water.

The length of time skipping food varies from person to person or there also exist some practice of skipping some type of food and taking some other type of type of food. In almost all cases, abstaining from food, say one meal or more is accepted as a very holy thing in Hindu culture. They believe that such practices pleases them and they feel being closer to God. This is a spiritual matter, and almost all practicing this way believe in it. They also believe that adhering in such practice also help keep them healthy. They find it allows their mind to be less indulging, more attentive, cognizance of brain and be more compassionate to other beings.

As we know, almost all the people who abstain from taking food seem to avoid gross food, such as meat and eggs, that is how they become compassionate to all living beings, as all are created equally by God and the thought that putting weaker animal to suffer for the enjoyment of self is a sin. Such acts should be minimized. As all of us know, no one eat meat and meat products during any fasting in Hindu tradition.

The practice of abstaining food is also found in other culture and religion all over the world. This practice seem to exist from long time in human history. Buddhist follower believe that success is attained from balanced life style, which is to do with less indulgence and avoid extreme austerity. They tend to take fasting as means to discipline themselves so that they can practice meditation easily and effectively, gain good health and attain better self-awareness.

In Muslim culture, people abstain from food from dawn to dusk during the month of Ramadan. There are also other time when people of Muslim faith fast. They believe that it helps them to value the importance of food to our body and understand the life of those who don't have enough to eat. This generates compassion in their mind. Similarly, people in Christian culture accept that by keeping themselves away from food brings us them closer to God. One can hear God only when being close. Jewish people believe that one should fast to atone for your sins and make peace with those whom you have sinned.

- Dr. Bishnu Phuyal (Continued on pg 3)



Women Empowerment

Nepal is a small and a beautiful country lying in the lap of Himalayas. It is a landlocked and a developing country in south Asia. Nearly 52% of the total population is occupied by women in Nepal. Nepalese societies are predominated by males in the major roles in the society. Women have been treated as mostly housewives and limited to household works. Educational status of women is very low. Gender inequality is a major problem here in Nepal.

In order to rise economy in the country, educating women is a priority. Gender inequality is very much glaring in all respect of life in Nepal. Education is no more an exception to this. In spite of advancement in the education sector for reducing gender gap after 1950's. Nepal faces serious educational changes. Women empowerment is needed in every sector. If women are involved, the overall development of the country rises to its level. Nepal is ranked as a third world country with its HDI (Human Development Index) 0.35 according to the World statistics 2015. This is very low compared to other developing countries. So, there is a need of overall development in every sector like health, education, business, etc. For this, women empowerment is the fastest and best possible way to achieve the success. Government should encourage the Nepalese women with different job opportunities, educational awareness. Women should be aware about the possible ways to involve themselves in different sectors.

- **Utsav Phuyal**



A Brave Man - Scott Fisher

I read so many books, but when I read Mountain Madness I was impressed with Robert Birkby. He is the author of Mountain Madness. I learned about Edmund Hillary and Tenzing Norgay climbed Everest in 1953. They were the first ones to climb Everest. Edward was from Europe and Tenzing was from Nepal. Those two inspired many people all around the world to climb Everest. Many lost their lives, but many went to the top.

Scott Fischer was born and growing up in New Jersey. Scott was very athletic and got married to Jeannie Price. They had two kids Katie and Andy. Jeanie worked as an Alaska Airlines captain. Scott loved Wyoming because of all the mountains and all of the glaciers. Scott had a dream of climbing Everest and his dream came true in 1996. But he died the way down from Everest. Scott was a brave person who climbed many of the Worlds Mountains. He inspired many people to climb mountains, huge rocks and glaciers. Nothing is impossible!

- **Aarogya Regmi**

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Best Wishes to our Birthday Stars

July 3rd - Nisha Pant



July 13th - Rajnish Yadav



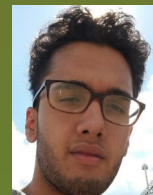
July 22nd - Syon Gautam



July 23rd - Deeya Phuyal



July 26th - Siddhartha Adhikari



Fasting in Hinduism - Continued

More women are found living a healthy life and living longer in comparison to male. It is sort of an anecdotal evidence in most culture and truly so in Hindu culture. In Hindu culture, as we find, more women compared to men fast. They fast in many other occasions beside Ekadashi.

We can ask ourselves, why so? As we see, the overall purpose of fasting seems to have effect on our mind. And we all know mind is the origin to bring good or evil in our life. Our ancestors understood this secret and somehow developed various ways of practicing from the abstinence of food periodically or otherwise. Those who followed this found to be more healthy and hence more happy and so lived longer.

Scientific reasoning: Why and how impermanent fasting helps in our lives? This is the question modern scientific experiments try to answer. Our body is like a clock accustomed to follow daily routine. We all know this. We have to take care of it for our comfortable and peaceful living in this life for ourselves and for others and also for our spiritual success, which probably is for the next life as believed in many cultures.

Mark Mattson of Laboratory of Neurosciences at the National Institute on Aging concludes from many experiments that fasting bolsters brain power (<https://www.youtube.com/watch?v=4UkZAwKoCP8>). Modern research not only confirms the importance of age old tradition of fasting, it reaffirms how our ancestors understood its importance for individual health and hence for welfare to all. Modern research as explained in the TED talk by Mark Mattson speaks about various advantage of practicing intermittent fasting, which is to reduce or alleviate many kinds of ailments such as Alzheimer, Parkinson, Blood Pressure, Obesity, etc. He explains the importance of fasting on human, also based on experiments on animals to understand the effect of keeping them on periodical fasting.

Mark says the key lies in reducing energy level in mind by reducing food intake. Fasting causes challenges to the brain. Similar to survival, this sort of challenges emerges new coping method for our living in terms of physical and mental efficiency. He explains it causes neuro-chemical changes in the brain. Historically, there are evidence such as the Greek philosopher Plato, Egyptian scripters in pyramid, etc. have insights and explanation on the benefit of impermanent fasting on human body, mind health and soul. It is verified scientifically that fasting causes neuro chemical changes in our brain, which is also very similar to exercise.

Personally, I feel very refreshed and invigorated the next morning after skipping the meal on the day of Ekadashi. I feel humbled, self-controlled and feel compassionate. I also feel that other who are near to me show veneration on this practice which I believe probably is caused from the vibration that emanates from my own disciplines manner and exposer of my inner virtues from this practices. As all of us are interconnected with each other in so many ways, the practice of fasting should be followed as much as possible by all, so that we can improve for our wellbeing in both the planes of mundane (worldly) and Paralaik (eternity), that is in our life that we have to live in this material world and in our spiritual or transcendental plane of our existence as we know our life spans in both the space always.

- **Bishnu Phuyal**

July



Twelve months of the year
As one waves goodbye,
Another says hello!
Fifty-two weeks go by so fast,
Saturday to Sunday in a flash,
Twenty-four hours in between.

Seventh month in the year,
Twenty-fifth through the twenty-ninth week.
Thirty days,
720 hours,
Countless minutes and second.

The month of pools and beaches,
Summer's calling,
School waving goodbye,
With endless fun in July's sun.

American's birthday,
Fireworks explode,
Barbeques and more!

- **Arya Rimal**

Best Wishes to our Birthday Stars

July 28th - Anjali Das



Submit your birthday Information with
the pictures by via email to
peopleofnepal@gmail.com by 20th of
the month, to be included in our next
edition.



Horror Movies Top 4 Most Annoying things Part ____

So you may be wondering why there is a blank spot in the title. This is because I'm pretty sure I made the similar, if not exact the same article a few months back. But it's okay just think about it like this. If I did make this same article some time ago then call this part 2 and if I didn't then call this part 1. Now that that's over let's get on to the article.

Firstly, the thing that annoys me about the Horror Movie genre is that all of them have the same general plot. Main character unleashes some evil spirit into the world and that spirit only wants to kill him/her, they get chased around and the main character does some research and discovers the story behind so called evil spirit, then the main character, with the help of some other people, help destroy the evil spirit that had ruined their lives. The End. Just think about it, every Horror Movie has some modified version of what I just said.

Secondly, I always wondered why Horror Movies have to have some kind of mystical antagonist, why can't there be someone Human who is behind all the haunting. That would certainly be a big twist. Wouldn't it be cool if at the end of a Horror movie with Dolls in it, if it ends with a doll breaking in half and showing all of these wires, hard drives and computer parts powering the Doll?

Thirdly, I don't know if it's just me but it seems like all the Horror movies I can think of only have girls as the main characters. It's like the Directors of each of the Horror Movies have a personal vendetta against the Male Population. In both "Annabelle" movies the main character is a girl, in both the "Ouija" movies the main character is a girl, and in the movie "The Boy" the main character is a girl too. See the pattern?

Lastly the thing that annoys me the most about Horror movies is when you watch the trailer and there's this suspenseful music playing and it's building up fear inside of you and the anticipation is killing you on the inside and it shows text saying "coming soon.....," then I'll be like,"Oh that wasn't so bad." So then I'll watch another Horror movie trailer and the same thing will happen and I'll be like, "Nah, that's okay, not scary at all." And then a scary Demon will jump out of nowhere and scare the heck out of me. On that happy note, Bye!!

- Alok Das

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My Nation, My Pride



A nation with beauty of nature
 Also rich in culture and adventure;
 Motherland of the highest peak Sagarmatha
 Birthplace of Lord Buddha and Sita.

With birds and animals wandering in leisure
 We, Nepalese welcome our guests with pleasure;
 My country, which is unique in every features
 All the cities are filled with historic sculptures.

Diversed with various religion and culture
 Nepal is also rich in nature and adventure;
 Enriched with the features in all
 The best part of the world is 'Nepal'.

- Sanskriti Phuyal (Kathmandu, Nepal)

The arts Allows you to share what's in your mind
 Repeat till you get right
 Tells you to be creative
 Such a good way to share what's in your mind - Isha Mishra

