

JULY 2018
NEWSLETTER
112th EDITION

**We must be free
not because we
claim freedom. but
because we
practice it.
~William
Faulkner**



**INSIDE THIS
ISSUE:**

| | |
|------------------|---|
| Editor.. | 1 |
| Your home .. | 2 |
| My dream .. | 2 |
| Soil Sustains .. | 3 |
| Why does .. | 3 |
| Illinois | 4 |
| Assumptions. | 5 |
| FIFA World .. | 5 |
| अमेरिकामा .. | 6 |

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announcements, articles,
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Chicago Chautari Times

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JULY 2018 NEWSLETTER

Welcome to Chicago Chautari Times - 112th 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 Christina 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 page 4)

Your home could be your greatest asset. Protect it.



Here's the good news: Property values continue to rebound after the Great Recession. In fact, Zillow.com reports that as of August 31, 2017, the median home value in the U.S. stood at \$201,900—an increase of 6.9% in just one year.

So what's the bad news? In 2013, the last year for which there are statistics, home mortgage debt was the largest household liability, representing between two-thirds and three-quarters of total household debt.¹

Given these statistics, it's easy to see why so many new homeowners are eager to purchase mortgage insurance from their lenders. That way, if something tragic happens, they can be sure that the lenders will be paid in full and that their families will retain ownership of this valuable asset.

Be sure to consider all the options.

It's important, however, for homeowners to realize that there are other ways to protect the lifestyle and wealth of their families. Personally owned life insurance, for example, can perform many of the same functions as mortgage insurance, but it offers greater flexibility. That's because life insurance gives your beneficiaries the freedom to determine how the death benefit will be spent. Let's take a look at why that might be important.

You—and your loved ones—may want greater flexibility.

While your family can always use the death benefit to retire the mortgage, there may be more immediate financial needs. With life insurance, they have the option of using the money to pay medical bills, cover funeral expenses, or simply keep the household up and running in your absence. It may also make sense for your loved ones to pay down the mortgage over time, so they can use the insurance proceeds for other purposes and take advantage of the mortgage interest deduction. What's more, personally owned life insurance is portable, so as long as your policy remains in good standing, you will remain covered—no matter where you live or how many times you move.

Of course, most people don't buy a home simply for its value—but now, more than ever, that is an important consideration. If your home—and any equity you have built up—represents your largest financial asset, be sure to weigh all your options and take whatever steps you can to protect it. No matter what you decide to do, there's a good chance that you—and your loved ones—will sleep better for it.

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My Dream...



Every person has a dream. Weather it is big or small. A beggar has a dream, a common man has a dream, an adult has a dream and a kid has a dream. I have one dream and you might have another. Maybe you have a big one and I have a small one.

A beggar might think, "I wish I could live in a small house with a cozy couch, a pretty kitchen and a radio." But some common man might be thinking, "I wish I could build a Mansion with an enormous orchard, big bedrooms for my children and a master bedroom for me." And for a child he/she might be thinking "I wish I had a gigantic ground where I can play." As I said some people have big and some have small

dreams.

What is your dream? I have a simple dream. It is to make Earth a better place to live in. I wish people would not distinguish. I wish every person would give a helping hand to needy people. I wish people would not crook their nose if they saw a grimy person with torn cloth, I wish people would not slam the door in their face. I wish people would see them as a poor muddled person who didn't have cloth to wear, food to eat and water to swab with. If every people in this land would aid those people our Earth would be a vividly beautiful World to live in.

- Nupur Phuyal



Soils Sustain Humanity

Umakant Mishra, a scientist from the Nepalese origin, who works at Argonne National Laboratory, presented a public lecture "Soils Sustain Humanity" last Saturday June 16th, 2018. He started his lecture with presenting how expected global population growth by 2100 will trigger pressure on soils and other natural resources. During his presentation, Umakant described importance of studying soils, the ecosystem functions soils provide to humanity, specific soil properties that determine different soil functions, and how Argonne National Laboratory is contributing in soil science research. During his presentation, Umakant appealed to treat soils humanly, adapt conservation soil management practices so that you can build positive carbon balance in the soil system. He ended his presentation by making a statement that "Soil is the ultimate reality as we all will take the final rest one day in soil, therefore soil health is the human health and soil security is the human security". This event was attended by more than 200 people from the Chicago land area.

Among the audience were his wife Dr. Shruti Mishra, their children Rhitom and Isha and several Nepalese. It was really a proud moment for us from Nepal to see a Nepali scientist presenting a public lecture in an impressive and eloquent style drawing full attention of the audience for one full hour. His explanation was well versed for even non-scientist to understand easily. Nepali American Center like to congratulate Dr. Umakant Mishra and wish him success in his career at Argon National Laboratory.

– A public lecture presentation from Dr. Umakant Mishra



Why does the pig like mud?

Long, long ago there was Mike the pig in Africa (I don't know why) who loved water. "Man look at this beautiful water " Mike said in delight."Oh no the other animals are coming I have to go"."As I was saying, oh what!" said a lion in anger."Why is the lake so dirty?" Mike was running for his life. He was sad that he never had any time in the water. Then this random fat pig came up. "Why are you so dirty" asked

Mike. "I slipped on mud" said the fat one. The mud is dirty so I am not going to go in it thought the sad was going to his actually that is smart. the mud except other day Mike went



Mike. As Mike house he thought Nobody will go in some pigs. So the to the water and

said to the other animals "I am going to the mud because your water is to dirty". The animals were confused, but one animal said that" ok go ahead".

So Mike jumped in the mud and slowly sank down then suddenly screamed" HAAAA". Mike never sank in Mud. The other pigs came. "What Happened?" Mike in silence went back home. He thought for a moment and then decided to not go to the water, but go in the mud. No alligators are going to bite him or the big animals aren't going to boss him. So he started making his kids go in mud and his kids started telling their friends. That habit came all around the world. So that's why pigs go in mud.

-Arogya Regmi

Best Wishes to our June Birthday Stars

July 3 - Nisha Panta



July 13 - Rajnish Yadav



July 22 - Syon Gautam



July 23 - Deeya Phuyal



July 28 - Anjali Das



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

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 Located in Mt Prospect Downtown Area, close to metra and shopping
 Flexible rent option with customization available
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 Visit us at <http://www.unicgroupllc.com> for more details and pictures.



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Fasting in Hinduism and its Merits- Continued - Dr. Bishnu Phuyal

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 exposor 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 Paralaukik (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

Illinois - Rohit Joshi



Illinois is one of the 50 states in the United States of America. It is located in the Midwestern region of the U.S.A near the Five Great Lakes (Superior, Michigan, Huron, Ontario, and Erie). This is the history of our state. In 1673 a pair of French explorers, Jacques Marquette and Louis Joliet were on an expedition to the Mississippi River. There they stumbled across some unexplored land. There was our state. Quickly Jacques and Louis placed the French flag on the land to signal that it was French territory claimed by them. Later the explorers learned that Native Americans were living in the territory. Over time war spread and constant fighting occurred over land and independence. Then In 1776 America got independence from the British. Later on in 1818 Illinois achieved statehood being the

21st state of America. Today the state of Illinois is one of the most populated states in America(6th). Illinois is the 25th largest state in terms of land. Today Illinois has some of the most busiest cities including The Windy City, Chicago. Several things have changed since 1818, the birth of Illinois. The purple violet became the flower of the state in 1908. Also the cardinal became the bird of the state in 1929 being the 7th state to have the cardinal. The state is known for their huge skyscrapers and big businesses. In 2018 the population grew to 12.8 million people. The 200 year birthday is approaching soon as it gets closer to December 3, 2018. Today in the world many tourists travel to see the wonderful cities and farms of Illinois.

Assumptions



When you're a parent, you naturally want your kids to do good in life. This normally means that your kid should work hard early on in their teens and such. But sometimes parents are blinded by the idea of doing good in life, that they fail to recognize what their kid actually wants. I am in one of those scenarios. Whenever I am doing something on the computer, whether it be playing games or doing something productive as soon as my parents see me on the computer they will automatically assume I am playing some sort of a game. This normally happens because they take a single glance.

Not a short term stare, but a single glance at my computer and for some reason their brain has some kind of image modifier that takes what my screen looks like and changes that to some sort of a game. I could be looking at some article about some scientific breakthrough and their mind will still change it to a game. So, they will be like, "Alok why are you playing games." And what I want to do is say something back, but what ends up happening is that I say, "I'm not" and go about my business. Or sometimes my sister will be doing her homework and she will ask my dad what I am doing. He responds with, "Playing some game." I could be finding a cure for cancer, or learning something new about programming, but no. Everything falls under the category of games. What fun... Sometimes though they aren't wrong. I am playing video games, it just gets annoying when they always assume I'm playing video games. Hear that mom and dad? I'm talking to you.

- Alok Das

FIFA World Cup 2018



FIFA World Cup 2018 is the 21st World Cup to ever be held. The World Cup is an international soccer tournament with 32 selected countries. There are eight groups, four countries being in one group. One country from each group will play every country in their group, for the first round. Every winner and runner up from each group will advance to the 2nd/knockout round. Adding up to a total of sixteen countries left. The winners of the one group will play with a runner up of another group. The winners from the second round will advance to the quarter finals with just eight countries left. Those eight countries play each other and only four countries will make it to the Semifinals. Finally, the winners of the four countries left will move on to the finals. The losers of the semifinals will play each other for the 3rd place.



The games are held in different countries every four years. The country with the most World Cups won is Brazil. Brazil has won five World Cups, followed by Germany with 4. The first country to ever win a World Cup was Uruguay back in July 30, 1930. The last world cup, held by Brazil in 2014, was won by Germany. Germany beat Argentina 1-0 in extra time. The World Cup is recently being held in Russia. The opening game to start the World Cup was Russia versus Saudi Arabia, Russia won 5-0 on June 14, 2018. The World Cup finals will be held on July 15, 2018 at Luzhniki Stadium in Moscow, Russia. The World Cup is a very exciting sports tournament and it should live forever. I hope you can watch and enjoy the World Cup tournament live on the Fox Sports or on Telemundo.

-Jovial Rana

अमेरिकामा भौतिक चिकित्सा (Physical Therapy) कोमहत्व

लिलाघर्तिछेत्री, सिकागो



बिना औषधि उपचार गरिने विधिलाई भौतिक चिकित्सा (Physical Therapy) भनिन्छ। हामीले परम्परा देखि नै मालिस, तातो, चिसोको प्रयोग गर्दै विभिन्न रोगको निदान गर्दै आएका हौं। फ्रान्स र बेलायतमा उननाइसौ शताब्दी भन्दा अगाडि देखि नै भौतिक चिकित्साका विधिहरू प्रयोग गर्दथे। तर अमेरिकामा भने त्यतिबेलासम्म भौतिक

चिकित्सा सुरु भएको थिएन। सन् १८९४, १९१४ र १९१६मा अमेरिकामा पोलियो रोगको महामारी फैलियो। पोलियोको कारणले धेरै बच्चाहरू अपांग भए। ति बच्चाहरूको उपचार औषधिबाट मात्र सम्भव थिएन, तेसैले तिनीहरूलाई उपचार गर्नको लागि भौतिक चिकित्साको महसुस भयो।

अर्को दुखद घटना पहिलो विश्व युद्ध थियो। उक्त युद्धमा घाइते भएका सिपाहीहरूलाई उपचार तथा पुनःस्थापना गर्नको लागि भौतिक चिकित्साको अझै बढी आवश्यकता महसुस भयो। तेसैले सरकारी तवरबाटै भौतिक चिकित्सा विधि सिक्नको लागि एउटा समूह बेलायत र फ्रान्स पठाइयो। उक्त समूहले त्यहाँ सिकेर आएपछि अमेरिकाको Walter Reed Army Hospital वाशिंगटन डीसीमा काम गर्न थाले। त्यसपछि अमेरिकामा पनि बिस्तारै भौतिक चिकित्साको विकास हुँदै गयो। हाल आएर भौतिक चिकित्साको विकास बेलायत र फ्रान्स भन्दा पनि बढी सायद अमेरिकामा नै होला।

भौतिक चिकित्सा प्रयोग हुने स्थानहरू:

- अस्पताल
- प्राइभेट क्लिनिक
- सार्वजनिक विद्यालय
- नर्सिङ होम
- पुनःस्थापना केन्द्र

भौतिक चिकित्सा प्रयोग गर्नुपर्ने कारणहरू:

- हड्डी, मांसपेशी र जोर्नीको असरमा
- वाध
- हृदयघात (Heart Attack) पछिको अवस्था
- श्वासप्रश्वाससम्बन्धिसमस्या
- मस्तिष्कघात (Brain Stroke) पछिको अवस्था
- कम्मर तथा घाँटीको दुखाई
- कुनै जोर्नी फिरेको अवस्था
- मेरुरज्जु (Spinal Cord) को समस्या
- अपरेशन पछिको अवस्था
- नशासम्बन्धिसमस्या आदि

भौतिक चिकित्सा प्रयोग हुने साधनहरू:

- चिसोपट्टी (Cold Packs)
- वरफपट्टी (Ice Packs)
- वरफजमेको रुमाल (Frozen Towels)
- वरफपानी (Ice Water)
- अल्ट्रासाउण्ड (Ultrasound)
- ट्याक्सन (Traction)
- विद्युत प्रवाह (Electrical Stimulation)

भौतिक चिकित्सा प्रयोग हुने सहयोगी औजारहरू (Ambulatory Devices):

- Parallel Bars
- Walkers
- Crutches
- Canes etc.

भौतिक चिकित्सा प्रयोग हुने व्यायामहरू (Exercises):

- Strength Training
- Aerobic Exercises
- Range of Motion Exercises
- Balance Exercises
- Coordination Exercises
- Developmental Activities

कुनै पनि रोग उपचारको क्रममा भौतिक चिकित्सा मात्र पनि पूर्ण छैन र औषधि बिज्ञान मात्र पनि पूर्ण छैन। तसर्थ यी दुबैको एक अर्का मानि गरमासुको जस्तो सम्बन्ध छ। साथै विभिन्न रोगहरूको उपचार विधिहरू तुलना गर्दा हड्डीको पुरानो रोग र नशासम्बन्धिरोगमा औषधि भन्दा भौतिक चिकित्सा विधि (Physical Therapy) नै बढी प्रभावकारी देखिएको छ।

(यहाँहरूको कुनै पनि हड्डी तथा नशासम्बन्धिसमस्या भएमा परामर्श तथा उपचारको लागि लेखकलाई सम्पर्क गर्न सक्नुहुनेछ।)

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Happy 4th of July (Independence Day)

Nepali National Convention 2018 Reminder

For early bird registration, please visit:

<https://nepalnationalconvention.org/>