









## सामाखुशी साहित्य समाजमा कविता

सामाखुशी साहित्य समाजको नियमित साहित्यिक कार्यक्रम सामाखुशी साहित्य समाजको अध्यक्ष भायशाही अधिकारीको सभापतित्वमा सामाखुशी स्थित लिंकन कलेजमा मङ्सिर ८ गते शनिवारका दिन सम्पन्न भयो। कार्यक्रममा वेनीबहादुर थापा, चन्द्रा न्यौपाने, द्वात्रिका कुइकेल, अनूप खनाल, अरुणबहादुर खत्री नदी, माधव घिमिरे अटल, निर्मल रमण पराजुली, श्रीकृष्ण न्यौपाने, देवक्यबहादुर लोडारी, राजेन्द्र बतौरा, कृष्णप्रसाद चौडेल लगायत २२ जना कविहरूले आफ्नो कविता वाचन गर्नु भएको थियो। कार्यक्रममा विशेष अतिथि रामप्रसाद पन्तले आफूले खोल्नुभएको दायित्व वाङ्मय प्रतिष्ठान तथा निकाल्दै आइरहनु भएको दायित्व पत्रिकाको बारेमा व्याख्या सुनाउनु भएको थियो। विशेष अतिथि सोमकांत शर्माको सामाखुशी साहित्य समाजको बारेमा भनाई राख्नु भएको थियो। प्रमुख अतिथि डा.वमबहादुर थापा जितालीले सामाखुशी साहित्य समाजको प्रशंसा गर्नु भयो भने कार्यक्रम गंगाप्रसाद भेटुवालले सञ्चालन गर्नु भएको थियो। सभापतिले समापन गरेपछि कार्यक्रम सम्पन्न भएको थियो। यस्ता कार्यक्रमहरूले वाङ्मय विकासमा ठूलै योगदान पुग्ने साहित्यकारहरूले अनुभव सुनाएका छन्।  
- अरुणबहादुर खत्री "नदी"

## अखिल भारत नेपाली एकता समाज

संगठन केहेर र संगठन किन चाहिन्छ भन्ने कुरा भारत स्थित नेपालीहरूकै संग सिक्न सकिन्छ। खास गरि प्रवाशी नेपालीहरूको लागि त संगठनले विशेष महत्व राख्छ। भिन्नै माछालाई पानी जस्तै माछैलाई संगठन अनिवार्य छ। आज पनि हामी भारततर्फ पुर्यौं भने भारतका विभिन्न सहरहरूमा विभिन्न पेशामा संलग्न भएका नेपाली श्रमजिविहरू भेटिन्छन्। यी नेपालीहरू मध्य धेरैजसो संगठित भएका छन्। जहाँ उनीहरू संगठित अवस्थामा छन् त्यहाँ नेपालीहरूले आफ्नो हक अधिकार प्राप्त गरेका हुन्छन्। जहाँ असंगठित अवस्थामा छन् उनिहरू प्रायःजसो नारिक्य जीवन यापन गर्न बाध्य छन्। मानिसहरूले एकता पहिले-पहिले जनावरहरूकै संग आफ्नो रक्षाको लागि चाहिन्छ। त्यसका साथै सामूहिक सिकार वा आहारा जुटाउन मानिसहरूको एकता अनिवार्य हुन्छ। सामन्तवादी युगमा मानिसहरूले सामूहिक कृषिमा योगदान दिने वा पर्मबाट उत्पादनमा एक आर्कालाई सहयोग पुराउने प्रयास गरेको देखिन्छ। त्यो बेला विभिन्न कार्य प्रणाली अपनाउने अवस्था थियो। जस्तै अन्नले दही, दुध, घ्यू, मू, लुगा लगायतका वस्तुहरू विनिमय गरिन्थ्यो। त्यस्तै आफूले आर्कोकै संग काम साटासाट पनि गर्ने चलन थियो। पछि दिन विट्दै गए मानिसलाई अन्य पसु पक्षीको भन्दा मानिसबाट जोगिनपर्ने भयो। सामन्तवादी युग देखी अहिलेको पुर्जिवादी युगको यो दौरमा गरिव श्रमजिविहरूलाई शोषक फटाहा संग जोगिनका लागि आफू जस्तै श्रमजिविहरूको एकताको खाँचो पर्दै गयो। अहं हामी नेपालीहरूको लागि परदेशको बाटो खुलेपछि त आआफ्नो जीवन निर्वाह गर्न परदेशतिर लाग्न बाध्य भयौं। यस्तो अवस्थामा आम नेपालीहरू आर्कोकै देशमा आफ्नो र आफू जस्तै नेपालीको सहयोगको लागि संगठन अनिवार्य भयो। यसै मितिसिलामा सन् १९७९को दिन भारतको प्राचिन सहर बनारसमा ७ जना वृद्धीजिविहरू द्वारा अखिल भारत नेपाली एकता समाजको गठन गरिएको थियो। अहिले भारतमा विभिन्न प्रकारका संगठनहरू अस्तित्वमा छन्। पहिले पनि जातीय क्षेत्रिय संगठनहरू थिए। कसैले मन्दीर धर्मशाला, पुल बनाउने भन्दै जन्दा सङ्घलन गरिरहन्थे। भारत स्थित नेपालीहरूको पसिनामा ब्रमलुट गर्ने परम्परा पनि हुँदै आएको देखिन्छ। भारतमा त्यो बेला दुई प्रकारका नेपालीहरू देखिन्थे। पहिलो सन् १८१५-१६को सुगौली सन्धिमा जमिन

सँगै काटिएर भारतीय भएका नेपाली र आर्को थरि सन् १९५० को शान्ति तथा मानि सन्धिबाट पुगेका प्रवाशीहरू। अखिर उनीहरूको दुइ प्रकार भएपनि समस्या भने मिल्दो जुल्दो देखियो। त्यसैले गर्दा पनि अखिल भारत स्तरको एउटै जुभाहरू संगठनको खाँचो थियो। त्यो बेला केही वृद्धीजिविहरूको सुकबुफले अहिलेसम्म नेपाली श्रमजिविहरू लावार्श हुनुपरेको छैन। हुन त यो संगठनबाट समय समयमा फुटेर वेल्ने संगठन बनाएकाहरूले आफूलाई सही साबित गर्ने सबै प्रयास गर्दै आएका छन्। त्यसपछिको बेला गोविन्द सिंह थापाको नेतृत्वमा, रामचन्द्र शर्मा, पदम राणा, दशरूपानी न्यौपाने, राजु नेपाली, रतन बहादुर, दुर्गा प्रसाद शर्मा यो संगठनको संस्थापकहरू हुनुहुन्थ्यो। यिनै सात जना संस्थापकहरूले भारतमा अखिल भारत नेपाली एकता समाजको गठन गरेर अभिभावकत्व दिनुभएको हो। अहिले उहाँहरू मध्ये केही हुनुहुँदैन। कतिपय अहिले पनि कार्यरत हुनुहुँदैन। उनिहरूले गरेको काम र विचारले सधैंको सम्म उनीहरूलाई जीवित राखेछ। यो छुट्टै कुरा हो कतिपय व्यक्तिहरू छुट्टै राजनीतिमा सामिल भएर नेता मन्त्री वा समासद पनि भएका छन्। भारत स्थित नेपालीहरूको हक हितको आवाज उठाउने स्वयम् भारत स्थित संगठनले नै हो। भारतमा १९७९ भन्दा पहिले संगठन नभएका पनि होइनन्। जातीय क्षेत्रिय र इलाकिए आदिका संगठनहरू प्रसस्तै थिए। अखिल भारत स्तरको संगठन भारतमा पहिलो पटक नेपालीहरूको अखिल भारत नेपाली एकता समाज नै हो। भारतमा मात्र होइन जहाँ जहाँ नेपाली श्रमजिविहरू छन् त्यहाँ नेपालीहरूको लागि संगठन नभै नहुने हुन्छ। त्यो बेलाको यो संगठनले नेपालीहरूको आधारभूत जरूरत पुरा गर्न सफल भयो। देशभित्र निरङ्कुश व्यवस्था। गुण्डाहरूको विगचिगी। आर्कोतिर परदेशमा श्रमजिविहरूको दयानिय र अपहेलित अवस्था पशुशसनको मित्तिभगतमा ठगी, लुट, कुटिएर र नेपाली महिलाहरूमाथि बलात्कार बेचबिखान। शारिरीक र मानसिक शोषण र सिमानाहरूमा प्रयासनको र गुण्डाहरूको मित्तिभगतमा सोभमा नेपालीहरू माथि अमानविय व्यवहारले आम नेपालीको अवस्था दयानी हुँदै गएको थियो। त्यसैले संगठनको आवश्यकता थियो। एकातिर भारतसंग सधि गरेर नेपालीहरू भारतमा जान बाध्य गराइएको थियो। आर्कोतिर शान्ति तथा मैत्रि सन्धि अनुसार नेपालीहरूको लागि भारत



सुरेशकुमार पाण्डे

सरकारले काम मुहाइया गराउनेभन्थ्यो। नेपाली श्रमजिविहरू न्यूनतम ज्यालामा भारतीय उनीहरूका घरमा होटेलमा, गेटमा र आफिहरूमा बढी भन्दा बढी कमाइन्थ्यो। भारतीय साहूहरू खुसि भएपछि नेपालीहरूलाई तलब मिल्ने नत्र चोरीको आरोप लगाएर कयौं महिनासम्म काम गरेको ज्याला हडपने गरिन्थ्यो। कुवा मजदुर जँ बनाएर राखेको पनि भेटिन्थ्यो। यो पछि संगठन गठन भएपछि क्रमसै विभिन्न सहरहरूबाट बंधुवा मजदुरहरूलाई न्याय दिलाउने काम भयो।

नेपालीहरूको लागि न नेपाल सरकार चुँ गरेर बोल्थ्यो न भारतीय प्रशासनले। लाई एउटा अखिल भारत स्तरको बलियो जुभाहरू संगठनको खाँचो थियो। जो अखिल भारत नेपाली एकता समाजले पुरा गर्‍यो। जब भारतीय भूमिमा अखिल भारत नेपाली एकता समाजको गठन भयो। त्यसपछि विस्तारै क्षेत्रिय जातियसंग संस्थाहरू सेलाउँदै गए। सन् १९७९ र जुन १९८१सम्मको संगठनको अवस्था खासै सतोषजनक थिएन। पछि जुन १९८१मा एकता समाजको अस्थाई समितिको पुर्णगठन पछि संगठनको व्यापक विकास हुँदै गयो। संगठन भाँडिँदै गयो। संगठन अनुशासित र लडाकु बन्दै गयो। जसले छोटो समयमा सन् १९८२ सेप्टेम्बर ५/७ मा आफ्नो प्रथम सम्मेलन दिल्लीको निलकण्ठ भवनमा सम्पन्न गर्‍यो। संगठनलाई विच विचमा थुप्रै अवसरवादहरूले टुक्रा पार्ने दुस्साहस नगरेका पनि होइनन्। संगठनका जुभाहरू कर्मठ कार्यकर्ताहरूले संगठनलाई जोराउँदै डोगाउँदै न्याययुद्ध आन्दोलनमा अगाडी बढाउँदै आएका छन्।

दुतीय अखिल भारत सम्मेलन १०/१४ दिसम्बर सन् १९८५ दिल्लीमै सम्पन्न भयो। त्यो बेला पनि संगठनमा फुटपस्त्रहरूले संगठनलाई कलकत्ता पुराउन खोजेका थिए। तर केही साँघिहरू भ्रमवस फुटेपनि मूल समिति जागियो। कानपुरमा भएको तृतीय अखिल भारत सम्मेलन १९८९ पछि पनि कयौं साँघिहरू फुटेर गए। त्यो प्रथम दशाब्दी समारोह १३/१६ नोवेम्बर सम्म सम्पन्न भएको थियो। यसै गरेर चौथो अखिल भारत सम्मेलन १५/१६ फरवरी सन् १९९५ दिल्ली शिबिर लाइन स्थित शाह अडिटोरियममा भयो। यो सम्मेलन पछि पनि संगठनलाई गलत बाटोमा

माओवादीहरूको कथित जनयुद्धको कतिपय नेताहरू प्रभावमा परेको देखियो। अखिल भारत नेपाली एकता समाजलाई माओवादीहरूले ठूलो नोक्सान पुर्‍याउँदै आएको देखिन्छ। उनिहरूले संगठनलाई पटक पटक आफ्नो पिछलग्गु बनाउने खोजेका थिए। पछि पाँचौं सम्मेलन हैद्राबादको सिक्न्द्राबादमा १०/१३ फरवरी सम्म सम्पन्न भयो। जसले आफ्नो नाम भन्दा पहिले मूलप्रवाह थपने निर्णय गर्‍यो र संगठनको नाम मूलप्रवाह अखिल भारत नेपाली एकता समाज राख्यो। संगठनका विपार्डहरूको सजगताले संगठन माओवादीको पुच्छर बनवाट जाँगीयो। मूलप्रवाहले आफ्नो छैटौं सम्मेलन भारतको फरिदाबादमा सम्पन्न गर्‍यो १३/१५ सन् २००९ मा भयो। यो ऐतिहासिक सम्मेलनले परिपक्वको सुरुवात पनि गर्‍यो। सातौं मूलप्रवाहको अखिल भारत सम्मेलन २१/२३ सेप्टेम्बर २०१४मा लखनऊ मा सम्पन्न भयो। संगठनले आफ्नो आठौं सम्मेलन फेरी फरिदाबादमा सम्पन्न भयो। अहिले संगठनले आठौं सम्मेलन सम्पन्न गरेपछि त्यसैको मैडेडेटमा कार्यरत छ। भारतमा नेपालीहरूको यो संगठन नभएको भए भारत स्थित नेपालीहरू सचेत हुन सके नथिएन। उनिहरू न्यायका लागि लड्न सक्ने थिएनन्। संगठनले धेरै जुभाहरू साँघिहरूलाई जन्मएको हामिले देखेका छौं। अहिले भारतमा मात्र संगठन छैन, संगठन विश्वमा फैलिन सफल भएकोछ। यो मूलप्रवाह अखिल भारत नेपाली एकता समाजको देन हो। आज विश्वस्तरमा नेपालीहरू संगठित भएर आफ्नो हक अधिकारका लागि शोषण गर्दै आएकाछन्। संगठनले विदेशबाट पनि विदेशी अतिकर्मणको विरोधमा आवाज उठाउँदै आएको छ। विदेशमा बसेका प्रवाशी नेपालीहरूलाई सन्धि अनुसार अधिकारको माग गर्नुका साथै असमान सन्धिको खारेजीका लागि ससक्त आवाज उठाउँदै आएको छ। यसरी एउटा अभिभावकको भूमिकामा मूलप्रवाह अखिल भारत नेपाली एकता समाज आज निरन्तर अगाडी बढ्दै आएको छ। आज देशभित्र रोजगार नभएकोले प्रवाशिन बाध्य नेपालीहरूको एकताले ठूलो महत्व राख्छ। हामी जो जहाँ भएपनि एकैढका भएर बस्नु समयको माग हो।

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**छोरी:** दुर्गा पाण्डे  
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## In the context of the emerging needs of Moral Education in Nepal and lessons Learning from Nanjing Normal University of Moral Education of China

### A Conceptualization for the National Level of Institute of Moral Education in Nepal



By Uttam Karmacharya

#### (Part One)

1. As I remember /recapitulate during my high school days there are many text books of Moral Education both in Nepali and Sanskrit language called Niti Shastra taught in each class from class one to ten. Those text books were quite interesting to know moral values, traditional practices, old aged cultural activities, tangible and intangible heritages and profile of ideal religious people and their spiritual and devotional functional contribution to avoid immoral practices and injustice both in the epics of Ramayan, Mahabharat, Bhagbat Geeta/ religious epics and Chanakya policies and practices. These types of Moral Education dissemination was not found in the college and university education.

2. Then suddenly I remembered the New Education System Plan 1972-76 implemented first time in Nepal and started to go through chapter by chapter but I did not find any policies and plans / word spelled out for the promotion of Moral Education. With the coming of the ending of 20 century, I found many countries founded Universities of Moral Education especially in China, Japan and India (after Covid period.)

3. I got a wonderful chance to study and meet professors (one of them was my counter partner Professor Dr. Yang of Moral Education in China especially when I was in Nanjing University

in China as a team leader of a Study of Rural Education of fourteen countries. I met Professor Yang time to time as a professor of Moral University. I got chance to study Sun Yat - Sen University Guangzhou China through Dr. Yang. It was a great opportunity for me to study Moral Education in Teacher Preparation. It is worthwhile to note that in China Moral Education is the strongest faculty in the School of Education. They believe on the universal version that "if we are planning for a year, sow rice; if we are planning for a decade, plant trees; and if we are planning for a life time, educate people.

#### 4. Brief Introduction of the Institute of Moral Education

Nanjing Normal University has a long tradition in moral education. From the theories of Life as Education and Living Education advocated by Mr. Tao Xingzhi and Mr. Chen Heqin to the value of Caring Everyone proposed by Madam Wu Yifang, the moral education theories are deeply rooted in the minds of the later generations of teachers and students in their research and operation of Nanjing Normal University. Since China's adoption of the open-to-the-outside policies, the university became one of the first groups of universities in China which offer doctorate programs in pedagogy and the moral education is highlighted. By now sixty eight candidates have completed their research in moral education and were awarded Ph. D. degrees. Twenty one post doctorate research fellows studied in the Institute of Moral Education (IME) Nanjing Normal University in the past eight years.

The Research Institute of Moral Education was founded in August 1994, restructured in 1999, and approved as national key research institute of humanistic and social sciences by China Ministry of Education

in Sept. 25, 2000. Professor Zhu Xiaoman acted as the first Director, and Professor Feng Jianjun was the Director. The leading professors are Professor Lu Jie, Professor Ban Hua and Professor Feng Jianjun. There are twenty two international and domestic part-time research fellows. There are a total floor of 218 square meters for offices and 420 square meters for information center which have 50 thousand books in Chinese version and 12 thousand books in English. There are more than 200 different magazines and 7000 copies of used magazines collected in the past years.

The center aimed to form an excellent working team at the national level and to be the first-grade center for research and exchange, for training of professionals, for consultancy and for information browsing at national or even international levels.

5. In Nepal, now we have more than 15 national universities and five Regional Universities but none of the university has established the faculty or college/ school of Moral Education. In the case of Nepal when I was sorting my personal small library of my collection of books and research document at home I got chance to go through first documents on the report of a status survey of Moral Education entitled "Moral Education in School Curriculum published from Tribhuvan University, Research Center for Educational innovation and development Nepal 1984.

Major highlights of the first documents on the report of a status survey under Review of Moral education program in selected countries.

1. Historical tress on Moral Education
2. Present status of Moral Education
3. Contents of Moral Education
4. Objectives for Moral Education

5. Time allotment to the instruction of Moral Education
6. Instructional materials used in Moral Education
7. Teacher training education- in Moral Education
8. Evaluation procedures in Moral Education and
9. Evaluation in Moral Education
6. Moral Education in selected Asian countries. The concept of Moral Education in selected Asian countries as Nepal, India, Pakistan, Thailand, Sri Lanka and the Philippine differs from country to country. Countries like Pakistan and Sri Lanka have emphasized religious education in the name of Moral Education and made it as a compulsory course, whereas in the Philippine it is optional in both elementary and secondary schools. Thailand has identified some moral values expecting to inculcate in the minds of the students. In India some states have accepted this subject in a formal way. In the case of Nepal it has emphasized moral education as a separate subject for grade four to Seven. The people in these countries expected that students should behave in accordance with the religious cultural values and moralities of their societies. It is to be noted that Moral Education in the past was the acquisition of religious knowledge and application of that knowledge to daily life situations.

(Professor Dr. Uttam K. Karmacharya (Ph.D) presently working as a Board of Director of Dr. Iwamura Hospital Memorial Hospital and Iwamura College of Health Science. Prof. Dr. Uttam Karmacharya of Tribhuvan University was a former Resource Person for China (Unesco Nanjing), Denmark, World Education, Banepa Municipality and LRCs of Indonesia, Iran, Myanmar, the Philippines, Sri Lanka, Thailand, Unesco Bangkok) Former Secretary General, National Resources Center for NFE (NRC-NFE) and Director, Center for Education for All (CEFA).

## Smash And Grab

By Sunanda Datta Ray

### CHAPTER 14 Against the Law

This was not an encouraging analysis. It explained Das's acquiescence in the motion of thanks, the 20 June and 28 June proceedings, the passage of the 1974 Act and phoney request for participation, as well as his concurrence in Kazi's populist pressures and the activities of the three Indian OSDs. But his manner was always pleasant, which once prompted the Chogyal to remark that only his personality distinguished the chief executive from more abrasive Indian officials. "He thinks the Chogyal's not such a bad fellow after all, and poor chap, he's suffered a lot already, so let's make him unconscious before we cut off his head so that it doesn't hurt too much." It was a perspicacious comment on a man whose smooth tongue and kindly ways persuaded man Sikkimese that he had been recalled because he had proved to be that impossible creature, a reluctant executioner.

No one in Gangtok had heard of his successor. Even the Chogyal, with his intimate familiarity with the upper echelons of India's administrative hierarchy, wondered who Bepin Behari Lal might be. Rustomji reminded him that Lal had been a colleague at the ICS training camp and produced a snapshot to prove that they had been together in 1942. The Chogyal recognized him then as Bepin Behari Lal Mathur; the caste suffix had been discarded during his career in Uttar Pradesh.

The new chief executive could not have been more unlike B.S. Das. He was an elderly widower, nagging, fault-finding, inclined to be rude even to the Chogyal, bullying in his attitude to Kazi and other politicians, and offensively domineering with civil service subordinates. He lived frugally and did not entertain unless he had to; but demanded that Sikkimese officials run domestic errands for him, and for his son and daughter in India, that would have been unthinkable under the durbar. Gangtok was too dazed to protest; it was also impressed, for Mrs. Gandhi's hatchet man had been commerce secretary in New Delhi, and then secretary to the Planning Commission. Sikkim had never before had an administrator of such exalted rank. Mintokgang's previous occupants had all stood several rungs below the PO who was indisputably the senior Indian in the kingdom and gave all the orders. The pecking order was about to be reversed. Gurbachan Singh, a joint secretary in New Delhi's official hierarchy, might still enjoy social precedence by virtue of his diplomatic status, but Lal ranked higher and was by far the more important personage.

"I should have twigged..." mused the Chogyal, looking back. He was ordinarily extremely sensitive to all the finer nuances of bureaucratic etiquette, but his antennae failed him then. "Something major was obviously afoot...they wouldn't have sent a secretary otherwise..."

### CHAPTER 15 Winner Takes All

The monarchy being a sacred and binding institution, its protection and continuance should be the guiding factor, and India should ensure it. B. S. Das, 20 November 1973.

I am proud of my nationality. But does it mean that my Indian nationality should have ever come in the way of giving an honest opinion? Should nationality create, cause or justify hurdles in the discharge of the legal and moral duties of a judge? Tarachand Hariomal, chief judge of "the Central Court of Sikkim, note to Mowarji Desai, Charan Singh and Shanti Bhusan, 15 April 1977.

Seven days after Lal moved into Mintokgang, he received a letter from the Chogyal inviting the cabinet to a meeting on 25 September. The new chief executive at once replied, that Kazi and his colleagues wished to have no truck with the palace. To drive home the boycott, ministers were advised to stay away from the Chogyal's receptions in honour of the PO and chief executive.

An ominous situation was developing. Since the government was carried out in the Chogyal's name by his ministers and by a chief executive formally appointed by him, it could be presumed that he was not altogether unconcerned in its business. Moreover, the chief executive was under a direct obligation to keep him informed of all that happened and to obtain his consent for decisions taken. But he was not allowed to discuss anything at all with assembly members: Lal was determined to carry the strategy well beyond the limits observed by Das. Rebuff followed rebuff. When Densapa sent the Chogyal's customary Dusserah message to be printed in the Sikkim Herald, Gangtok's official publication, Lal promptly returned it as being offensive. The Chogyal offered to rewrite the short text, but after hesitating for a day or two, Lal apparently decided that a public snub would serve his purpose better. The message was refused.

Eventually in early October the Chogyal wrote to Kewal Singh protesting that he had not once met the chief minister and that the government could not operate if ministers were to remain incommunicado.

The ministers as well as the Chogyal have constitutional roles and responsibilities to discharge and there has to be some solution the present impasse. Differences there are bound to be, but to avoid any dialogue and display such utter disregard for mutual regard and courtesy is a ludicrous way of functioning, unless unfortunately, the intention is to carry this stage of confrontation to a bitter conclusion.

Evading the heari of the matter, the foreign secretary went off at tangent to accuse the Chogyal of instigating violence and spreading anti-Indian propaganda. He spoke of reports, presumably received from Lal and Gurbachan Singh, of the crown prince's provoked attitude, warned that people had lost all faith in the ruler, a added, on a threatening note, that Khatiawara could any day are up a mob of ten thousand to overwhelm the palace if India was drew the CRP. The Chogyal's reply did not lack dignity: contd...

## जाडो याममा उच्च जोखिममा पर्नेहरू

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- हार्ट फेल्योर (मुटु कमजोर) भएका
- मुटुको चालमा गडबडी भएका

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- अनियन्त्रित रक्तचाप, कोलेस्ट्रॉल
- मधुमेह, मोटोपना, शारीरिक निष्कृतता
- धूम्रपान, अत्यधिक मदीरापान
- मस्तिष्कघात वा पक्षाघात भएका

- दीर्घ रोगीहरू: फोक्सो (दम, सीओपीडी), मृगौला, कलेजो रोगीहरू
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