

file:/Users/khildeb/Desktop/KRISTINE/Nepal\_NSF/Gurung\_Data/  
GURUNG\_ELAN\_2012-13/Dhar\_MDisc1/Dhar\_MDisc1\_video.eaf  
Saturday, November 24, 2012 11:54 AM

ut@SAB təmu kwue tokja ɲəe dzənmə oɖar u nasa rükhu  
TC 00:00:14.590 - 00:00:19.620

TC 00:00:14.590 - 00:00:19.620

ft@SAB (Telling you in Gurung language) I was born in Odhargaun or Runkhu  
(in Gurung language).  
TC 00:00:14.590 - 00:00:19.620

ftn@SAB गुरुङ्ग भाषा बाट मेरो जन्म ओढार गाउँ अथवा रूखुमा भएको हो।  
TC 00:00:14.590 - 00:00:19.620  
Phonetic dokja  
TC 00:00:14.590 - 00:00:19.620

Loan dzənmə.nep  
TC 00:00:14.590 - 00:00:19.620

ut@SAB əni tsədo kjale ba ama ɲjo paldinə paldinə əni əlikəti  
TC 00:00:20.160 - 00:00:26.040

TC 00:00:20.160 - 00:00:26.040

ft@SAB Then my parents said, "No I will not take care of you, I will not  
take of you', and then a bit...  
TC 00:00:20.160 - 00:00:26.040

ftn@SAB अनि त्यसपछि बा आमा हामीलाई पाल्दिन पाल्दिन भने अलिकति  
TC 00:00:20.160 - 00:00:26.040  
TC 00:00:20.160 - 00:00:26.040

Loan əni, ba, ama, paldinə, paldinə.nep  
TC 00:00:20.160 - 00:00:26.040

ut@SAB sorə sətrə bərsə umere ɲi tshətəbæ dukhə jopə  
TC 00:00:27.200 - 00:00:32.509

TC 00:00:27.200 - 00:00:32.509  
TC 00:00:27.200 - 00:00:32.509

ftn@SAB सोह्र सत्र वर्षको उमेरमा हामीले यस्तो दुख पाएको।  
TC 00:00:27.200 - 00:00:32.509  
Phonetic jobə  
TC 00:00:27.200 - 00:00:32.509

ut@SAB pəleri dzuta khel are  
TC 00:00:33.620 - 00:00:36.960  
Loan sorə, sətrə, bərsə, umere, dukhə, .nep  
TC 00:00:27.200 - 00:00:32.509

TC 00:00:33.620 - 00:00:36.960  
ft@SAB (We) did not have shoes to wear.  
TC 00:00:33.620 - 00:00:36.960

ftn@SAB खुट्टामा जुता लगाउन थिएन (पाएँनौं)।  
TC 00:00:33.620 - 00:00:36.960  
TC 00:00:33.620 - 00:00:36.960

Loan dzuta.nep  
TC 00:00:33.620 - 00:00:36.960

ut@SAB əni tsu khur mrō kheti kisan ləpəe khurmrō  
TC 00:00:38.060 - 00:00:43.060

TC 00:00:38.060 - 00:00:43.060

ft@SAB Then this wheat field, the field for farming,  
TC 00:00:38.060 - 00:00:43.060

ftn@SAB अनि यो गहुँबारी (खुर्मुरो), खेति किसान गर्ने गहुँबारी  
TC 00:00:38.060 - 00:00:43.060  
Phonetic ləbəe  
TC 00:00:38.060 - 00:00:43.060

Loan əni, kheti, kisan  
TC 00:00:38.060 - 00:00:43.060

ut@SAB khurmure japə deri phomo tsogəe tsogəe nunə jupa  
TC 00:00:43.360 - 00:00:48.620

TC 00:00:43.360 - 00:00:48.620

ft@SAB The frost of this much height used to fall (lit.come).  
TC 00:00:43.360 - 00:00:48.620

ftn@SAB खुर्मुरोमा जाँदा खेरि तुषारो यति यति अग्लो आउँथ्यो।  
TC 00:00:43.360 - 00:00:48.620  
Phonetic jabə,deri, dzogəe,dzogəe,juba  
TC 00:00:43.360 - 00:00:48.620

ut@SAB tərka phosre təmo həi dzuta are  
TC 00:00:49.490 - 00:00:53.340  
TC 00:00:43.360 - 00:00:48.620

TC 00:00:49.490 - 00:00:53.340

ft@SAB (The wheat field) used to be covered with frost, you know. (But we)  
used to have no shoes.  
TC 00:00:49.490 - 00:00:53.340

ftn@SAB सेतो हुन्थ्यो, जुत्ता हुँदैनथ्यो।  
TC 00:00:49.490 - 00:00:53.340  
TC 00:00:49.490 - 00:00:53.340

ut@SAB tsəppəl are

TC		00:00:53.870 - 00:00:55.110
Loan	həi.dzuta.nep	
TC	00:00:49.490 - 00:00:53.340	
TC	00:00:53.870 - 00:00:55.110	
ft@SAB		No sandles.
TC		00:00:53.870 - 00:00:55.110
ftn@SAB	चप्पल थिएन।	
TC	00:00:53.870 - 00:00:55.110	
TC		00:00:53.870 - 00:00:55.110
ut@SAB		əni tsuriməi khali pəle jal kjopa
TC		00:00:55.460 - 00:00:57.840
Loan	tsəppəl.nep	
TC	00:00:53.870 - 00:00:55.110	
TC	00:00:55.460 - 00:00:57.840	
ft@SAB		(We) had to walk bare feet.
TC		00:00:55.460 - 00:00:57.840
ftn@SAB	अनि यहाँ त खालि खुट्टा जानु पर्ने।	
TC	00:00:55.460 - 00:00:57.840	
Phonetic		kjopa
TC		00:00:55.460 - 00:00:57.840
Loan	əni, khali.nep	
TC	00:00:55.460 - 00:00:57.840	
ut@SAB	ale məemnem tswar tswar tswar tswar pi jai	
TC	00:00:58.120 - 00:01:01.240	
TC	00:00:58.120 - 00:01:01.240	
ft@SAB	I used to walk saying the sound of walking frost.	
TC	00:00:58.120 - 00:01:01.240	

ftn@SAB यसरि किल्चिँदा च्वार, च्वार, च्वार, च्वार भनेर गएँ।  
TC 00:00:58.120 - 00:01:01.240  
Phonetic bi  
TC 00:00:58.120 - 00:01:01.240

TC 00:00:58.120 - 00:01:01.240

ut@SAB khrōgnim atsho atsho atsho atsho əbə tshəle khəbər ləl kjoba  
TC 00:01:01.260 - 00:01:06.420

TC 00:01:01.260 - 00:01:06.420

ft@SAB When (the frost) used to bite (burn), I used to say I used to utter  
exclamation of cold.  
TC 00:01:01.260 - 00:01:06.420

ftn@SAB पोल्ला आच्छु, आच्छु, आच्छु, आच्छु अब यसरी खबर (पाँदती) गर्नु पथ्यो।  
TC 00:01:01.260 - 00:01:06.420

Phonetic kjoba  
TC 00:01:01.260 - 00:01:06.420  
Loan khəbər.nep  
TC 00:01:01.260 - 00:01:06.420

ut@SAB pādōti nopa  
TC 00:01:07.650 - 00:01:09.110  
TC 00:01:07.650 - 00:01:09.110

ft@SAB (I) had to carry load on shoulder.  
TC 00:01:07.650 - 00:01:09.110  
ftn@SAB पाँदो भारी बोक्ने।  
TC 00:01:07.650 - 00:01:09.110

Phonetic noba  
TC 00:01:07.650 - 00:01:09.110  
TC 00:01:07.650 - 00:01:09.110

ut@SAB lili kəru tsōi  
TC 00:01:09.280 - 00:01:11.030  
TC 00:01:09.280 - 00:01:11.030

ft@SAB I used to carry (lit pour) wheat on my back.  
TC 00:01:09.280 - 00:01:11.030

ftn@SAB पछाडि गहुँ बोकेँ (हालेँ)।  
TC 00:01:09.280 - 00:01:11.030  
TC 00:01:09.280 - 00:01:11.030

ut@SAB tabæ to tsər khjai tshoi  
TC 00:01:11.260 - 00:01:14.210  
TC 00:01:09.280 - 00:01:11.030

TC 00:01:11.260 - 00:01:14.210  
ft@SAB I kept the spade to dig here.  
TC 00:01:11.260 - 00:01:14.210

ftn@SAB खन्ने कोदालो यहाँ राखेँ ।  
TC 00:01:11.260 - 00:01:14.210  
Phonetic tabæ  
TC 00:01:11.260 - 00:01:14.210

ut@SAB noi jai kja nas jai kē tsəi  
TC 00:01:14.230 - 00:01:16.870  
TC 00:01:11.260 - 00:01:14.210

TC 00:01:14.230 - 00:01:16.870

ft@SAB (I) carried and went. (I) wen to village and ate rice.  
TC 00:01:14.230 - 00:01:16.870

ftn@SAB बोकेँ गएँ, गाउँ गएँ, भात खाएँ।  
TC 00:01:14.230 - 00:01:16.870

TC		00:01:14.230 - 00:01:16.870
ut@SAB		nano tshə bədze
TC		00:01:16.940 - 00:01:21.700
TC	00:01:14.230 - 00:01:16.870	
TC	00:01:16.940 - 00:01:21.700	
ft@SAB		At six o'clock in the morning
TC		00:01:16.940 - 00:01:21.700
ftn@SAB	विहान छ बजे	
TC	00:01:16.940 - 00:01:21.700	
TC		00:01:16.940 - 00:01:21.700
Loan	tshə, bədze.nep	
TC	00:01:16.940 - 00:01:21.700	
ut@SAB	pāts tshə bədze le dzəso tshə bədze kē tsəm	
TC	00:01:22.080 - 00:01:26.570	
TC	00:01:22.080 - 00:01:26.570	
ft@SAB		I eat at about five or six o'clock.
TC		00:01:22.080 - 00:01:26.570
ftn@SAB	पाँच छ बजे धेरै जसो छ बजे खाना खान्छु।	
TC	00:01:22.080 - 00:01:26.570	
TC		00:01:22.080 - 00:01:26.570
ut@SAB		kē tsəi tsunoi jai din bhəri mrō tai
TC		00:01:26.750 - 00:01:30.900
Loan	pāts, tshə, bədze, dzəso	
TC	00:01:22.080 - 00:01:26.570	
TC	00:01:26.750 - 00:01:30.900	
ft@SAB	Having eaten food, (I) carried load. I ploughed the field the whole	

day.  
 TC 00:01:26.750 - 00:01:30.900

ftn@SAB खाना खाएर यो बोकेँ, गाँ, दिनभरी खेत खनेँ।  
 TC 00:01:26.750 - 00:01:30.900  
 TC 00:01:26.750 - 00:01:30.900

ut@SAB khja khjoi kəru plui tirə khəi  
 TC 00:01:31.260 - 00:01:34.290  
 Loan bhəri.nep  
 TC 00:01:26.750 - 00:01:30.900

TC 00:01:31.260 - 00:01:34.290

ft@SAB I used to plough the field, scattered the seeds of what and  
 returned home.  
 TC 00:01:31.260 - 00:01:34.290

ftn@SAB गोरु जोतेँ, करू (गहुँ) छरेँ, घर फर्किएँ।  
 TC 00:01:31.260 - 00:01:34.290  
 TC 00:01:31.260 - 00:01:34.290

ut@SAB tshəle təirə peli dukhə jöpa  
 TC 00:01:35.020 - 00:01:39.000  
 TC 00:01:31.260 - 00:01:34.290

TC 00:01:35.020 - 00:01:39.000  
 ft@SAB Therefore I got much hardships.  
 TC 00:01:35.020 - 00:01:39.000

ftn@SAB त्यही भएर निकै दुख पाएको।  
 TC 00:01:35.020 - 00:01:39.000  
 Phonetic beli, jöba  
 TC 00:01:35.020 - 00:01:39.000

ut@SAB tədokjale tsukuru ta ləpə pina əbə



TC 00:01:39.000 - 00:01:42.050  
TC 00:01:35.020 - 00:01:39.000

TC 00:01:39.000 - 00:01:42.050

ft@SAB Telling (you) what to do in this village,  
TC 00:01:39.000 - 00:01:42.050

ftn@SAB त्यसपछि यो गाउँ के गर्ने भन्दा अब  
TC 00:01:39.000 - 00:01:42.050  
Phonetic ləbə,bina, əbə  
TC 00:01:39.000 - 00:01:42.050

ut@SAB bərkhari abə tsəit bəisakh  
TC 00:01:42.360 - 00:01:45.490  
Loan əbə  
TC 00:01:39.000 - 00:01:42.050

TC 00:01:42.360 - 00:01:45.490

ft@SAB in the rainy season, in the month of Chaitra (April-June)  
TC 00:01:42.360 - 00:01:45.490

ftn@SAB वर्षायाममा अब चैत्र वैशाख  
TC 00:01:42.360 - 00:01:45.490  
TC 00:01:42.360 - 00:01:45.490

ut@SAB bəisakhdo kjali tsone  
TC 00:01:45.780 - 00:01:48.500  
Loan bərkhari, abə, tsəit,bəisakh.nep  
TC 00:01:42.360 - 00:01:45.490

TC 00:01:45.780 - 00:01:48.500  
ft@SAB from the month of Baisakh, the yaks  
TC 00:01:45.780 - 00:01:48.500

ftn@SAB	वैशाख देखि चौरीलाई	
TC	00:01:45.780 - 00:01:48.500	
TC		00:01:45.780 - 00:01:48.500
ut@SAB		tso phir kəi
TC		00:01:49.470 - 00:01:50.610
Loan	bəisakhdo	
TC	00:01:45.780 - 00:01:48.500	
TC	00:01:49.470 - 00:01:50.610	
ft@SAB		(I) made yaks carry loads.
TC		00:01:49.470 - 00:01:50.610
ftn@SAB	चौरी (लाई) माथि बोकाएँ।	
TC	00:01:49.470 - 00:01:50.610	
TC		00:01:49.470 - 00:01:50.610
ut@SAB		kəru poi
TC		00:01:50.610 - 00:01:52.220
TC	00:01:49.470 - 00:01:50.610	
TC	00:01:50.610 - 00:01:52.220	
ft@SAB		I carried wheat.
TC		00:01:50.610 - 00:01:52.220
ftn@SAB	गहुँ लगेँ।	
TC	00:01:50.610 - 00:01:52.220	
Phonetic		boi
TC		00:01:50.610 - 00:01:52.220
ut@SAB		larke jam kja t̥ibet̥ jam
TC		00:01:52.230 - 00:01:53.850
TC	00:01:50.610 - 00:01:52.220	
TC	00:01:52.230 - 00:01:53.850	
ft@SAB		I go to Larke and to Tibet on that
side.		
TC		00:01:52.230 - 00:01:53.850

ftn@SAB	लार्के जान्छु, उता तिब्बत जान्छु।	
TC	00:01:52.230 - 00:01:53.850	
TC		00:01:52.230 - 00:01:53.850
ut@SAB		tsədokjale ɲjo kəru si theni pii
TC		00:01:54.210 - 00:01:58.220
TC	00:01:52.230 - 00:01:53.850	
TC	00:01:54.210 - 00:01:58.220	
ft@SAB	Then I used to give them the wheat and rice.	
TC	00:01:54.210 - 00:01:58.220	
ftn@SAB	त्यसपछि हाम्रो गहुँ, चामल उनीहरूलाई दिएँ।	
TC	00:01:54.210 - 00:01:58.220	
Phonetic		tsədokjale
TC		00:01:54.210 - 00:01:58.220
ut@SAB		ɲjo tsədzə pwi
TC		00:01:58.440 - 00:01:59.850
TC	00:01:54.210 - 00:01:58.220	
TC	00:01:58.440 - 00:01:59.850	
ft@SAB		We brought salt.
TC		00:01:58.440 - 00:01:59.850
ftn@SAB	हामीले नुन ल्यायौँ।	
TC	00:01:58.440 - 00:01:59.850	
Phonetic		tsədzə, bwi
TC		00:01:58.440 - 00:01:59.850
ut@SAB		tsori dharapaniri bwi
TC		00:02:00.030 - 00:02:01.490
TC	00:01:58.440 - 00:01:59.850	

TC	00:02:00.030 - 00:02:01.490	
ft@SAB		(We) carried it to Dharapani.
TC		00:02:00.030 - 00:02:01.490
ftn@SAB	यहाँ धारापानिमा ल्यायौं।	
TC	00:02:00.030 - 00:02:01.490	
Phonetic		bwi
TC		00:02:00.030 - 00:02:01.490
ut@SAB		tsu tshü ləpəe tī
TC		00:02:01.520 - 00:02:02.960
Loan	dharapaniri.nep	
TC	00:02:00.030 - 00:02:01.490	
TC	00:02:01.520 - 00:02:02.960	
ft@SAB		This is the house to make business.
TC		00:02:01.520 - 00:02:02.960
ftn@SAB	यो ब्यापार गर्ने घर।	
TC	00:02:01.520 - 00:02:02.960	
Phonetic		ləbəe
TC		00:02:01.520 - 00:02:02.960
ut@SAB		bjapar ləpəe tī tsu dharapani tsu besi
TC		00:02:03.000 - 00:02:05.640
TC	00:02:01.520 - 00:02:02.960	
TC	00:02:03.000 - 00:02:05.640	
ft@SAB	This is the house to make business, this (is) Dharapani, this is the	
	low land.	
TC	00:02:03.000 - 00:02:05.640	
ftn@SAB	ब्यापार गर्ने घर, यो धारापानि, यो बेसी।	
TC	00:02:03.000 - 00:02:05.640	
Phonetic		ləbəe
TC		00:02:03.000 - 00:02:05.640

ut@SAB		nasæ besi
TC		00:02:05.910 - 00:02:06.950
Loan	bjapar, dharapani, besi.nep	
TC		00:02:03.000 - 00:02:05.640
TC		00:02:05.910 - 00:02:06.950
ft@SAB		This is the low land of the village.
TC		00:02:05.910 - 00:02:06.950
ftn@SAB	गाउँको बेशी।	
TC		00:02:05.910 - 00:02:06.950
TC		00:02:05.910 - 00:02:06.950
ut@SAB		nædze themæele besi rûkhûlo besi
TC		00:02:06.950 - 00:02:09.450
Loan	besi.nep	
TC		00:02:05.910 - 00:02:06.950
TC		00:02:06.950 - 00:02:09.450
ft@SAB		This the low land of Nace, and also of Odhargaun.
TC		00:02:06.950 - 00:02:09.450
ftn@SAB	नाचे गाउँहरूको पनि बेशी, ओढारगाउँको पनि बेशी।	
TC		00:02:06.950 - 00:02:09.450
TC		00:02:06.950 - 00:02:09.450
Loan	besi.nep	
TC		00:02:06.950 - 00:02:09.450
ut@SAB		tshæli dukhæ jonæ jonæ jonæ tsoto male njo tsu
TC		00:02:11.180 - 00:02:14.820
TC		00:02:11.180 - 00:02:14.820

ft@SAB Having got such hardships, from here (we)  
TC 00:02:11.180 - 00:02:14.820

ftn@SAB यसरि दुख पाउँदा पाउँदा पाउँदा यहाँ बाट हाम्रो यो  
TC 00:02:11.180 - 00:02:14.820

Phonetic tsodo  
TC 00:02:11.180 - 00:02:14.820

TC 00:02:11.180 - 00:02:14.820

ut@SAB ləmdzuj tənəhü gorkharpæ mi tsətsə kīpəri khəi  
TC 00:02:15.110 - 00:02:19.360

TC 00:02:15.110 - 00:02:19.360

ft@SAB People from Lamjung, Tanahun, Gorkha came to take salt.  
TC 00:02:15.110 - 00:02:19.360

ftn@SAB लम्जुङ्ग, तनहुँ, गोरखाको मान्छे नुन लिन आए।  
TC 00:02:15.110 - 00:02:19.360

Phonetic gorkharpæ, tsədza  
TC 00:02:15.110 - 00:02:19.360

ut@SAB kjä are  
TC 00:02:19.480 - 00:02:20.280

Loan ləmdzuj, tənəhü, gorkharpæ  
TC 00:02:15.110 - 00:02:19.360

TC 00:02:19.480 - 00:02:20.280

ft@SAB There was no road.  
TC 00:02:19.480 - 00:02:20.280

ftn@SAB बाटो छैन।  
TC 00:02:19.480 - 00:02:20.280

TC 00:02:19.480 - 00:02:20.280

ut@SAB		bərjaŋ thapba
TC		00:02:20.290 - 00:02:21.150
TC	00:02:19.480 - 00:02:20.280	
TC	00:02:20.290 - 00:02:21.150	
ft@SAB		(They) used to fix ladder.
TC		00:02:20.290 - 00:02:21.150
ftn@SAB	भर्याङ्ग राख्थे ।	
TC	00:02:20.290 - 00:02:21.150	
Phonetic		thaba
TC		00:02:20.290 - 00:02:21.150
ut@SAB		tshəle prəptəi tshəle khū thoi
TC		00:02:21.170 - 00:02:24.220
Loan	bərjaŋ.nep	
TC	00:02:20.290 - 00:02:21.150	
TC	00:02:21.170 - 00:02:24.220	
ft@SAB	Since they used to walk like this, they used to make holes (in cliff).	
TC	00:02:21.170 - 00:02:24.220	
ftn@SAB	यसरी हिँड्ने भए यसरी प्वाल पारेर	
TC	00:02:21.170 - 00:02:24.220	
TC		00:02:21.170 - 00:02:24.220
ut@SAB		gənəi khū thōi
TC		00:02:25.320 - 00:02:26.660
TC	00:02:21.170 - 00:02:24.220	
TC	00:02:25.320 - 00:02:26.660	
ft@SAB		(They) used to make holes by hammer.
TC		00:02:25.320 - 00:02:26.660

ftn@SAB	घनले प्वाल पायो।	
TC	00:02:25.320 - 00:02:26.660	
TC		00:02:25.320 - 00:02:26.660
ut@SAB		kil kjoi
TC		00:02:26.770 - 00:02:28.010
Loan	gənəi.nep	
TC	00:02:25.320 - 00:02:26.660	
TC	00:02:26.770 - 00:02:28.010	
ft@SAB		(They) used to hamer nails.
TC		00:02:26.770 - 00:02:28.010
ftn@SAB	किल्ला गाड्यो।	
TC	00:02:26.770 - 00:02:28.010	
TC		00:02:26.770 - 00:02:28.010
ut@SAB		tsodo phəljak tsoī
TC		00:02:28.020 - 00:02:29.540
Loan	kil.nep	
TC	00:02:26.770 - 00:02:28.010	
TC	00:02:28.020 - 00:02:29.540	
ft@SAB		The plank was fixed on the edge.
TC		00:02:28.020 - 00:02:29.540
ftn@SAB	छेउमा फल्याक हाल्यो।	
TC	00:02:28.020 - 00:02:29.540	
Phonetic		tsodo
TC		00:02:28.020 - 00:02:29.540
ut@SAB		khū arewa
TC		00:02:31.040 - 00:02:31.860
Loan	phəljak.nep	
TC	00:02:28.020 - 00:02:29.540	
TC	00:02:31.040 - 00:02:31.860	
ft@SAB		There was no hole.



TC		00:02:31.040 - 00:02:31.860
ftn@SAB	पवाल छैन है	
TC	00:02:31.040 - 00:02:31.860	
TC		00:02:31.040 - 00:02:31.860
ut@SAB		tjarmæ phəljak tumkwiro pilkwui
TC		00:02:31.880 - 00:02:31.920
TC	00:02:31.040 - 00:02:31.860	
TC	00:02:31.880 - 00:02:31.920	
ft@SAB	There was a plank, I have to say this in the Gurung language.	
TC	00:02:31.880 - 00:02:31.920	
ftn@SAB	अब त फल्याक मैले त गुरुङ भाषा मै भन्नु पर्यो	
TC	00:02:31.880 - 00:02:31.920	
TC		00:02:31.880 - 00:02:31.920
TC		00:02:31.920 - 00:02:33.860
TC	00:02:31.880 - 00:02:31.920	
TC	00:02:31.920 - 00:02:33.860	
TC		00:02:31.920 - 00:02:33.860
TC	00:02:31.920 - 00:02:33.860	
Phonetic		djarmæ, bilkwui
TC		00:02:31.920 - 00:02:33.860
ut@SAB		phəljak tsöi te noe khæ
TC		00:02:33.890 - 00:02:35.710
TC	00:02:31.920 - 00:02:33.860	
TC	00:02:33.890 - 00:02:35.710	

ft@SAB The plank was fixed, they came carrying the load.  
TC 00:02:33.890 - 00:02:35.710

ftn@SAB फल्याक हाल्यो, भारी बोकेर आए ।  
TC 00:02:33.890 - 00:02:35.710  
TC 00:02:33.890 - 00:02:35.710

ut@SAB tjarəm si noi khəi  
TC 00:02:35.720 - 00:02:37.970  
Loan phəljak.nep  
TC 00:02:33.890 - 00:02:35.710

TC 00:02:35.720 - 00:02:37.970  
ft@SAB Then people came by carrying rice.  
TC 00:02:35.720 - 00:02:37.970

ftn@SAB त्यसपछि चामल बोकेर आए।  
TC 00:02:35.720 - 00:02:37.970  
Phonetic djarəm  
TC 00:02:35.720 - 00:02:37.970

TC 00:02:35.720 - 00:02:37.970

ut@SAB tsuri tshəli məena məna məena məena tsu kəti dzəmna kil dzəmna  
thijai  
TC 00:02:38.670 - 00:02:44.670

TC 00:02:38.670 - 00:02:44.670

ft@SAB While treading on the plank, the nail went inside.  
TC 00:02:38.670 - 00:02:44.670

ftn@SAB यहाँ यसरी टेक्दा टेक्दा टेक्दा टेक्दा यो किल्ला सबै भित्र भासियो।  
TC 00:02:38.670 - 00:02:44.670  
TC 00:02:38.670 -  
00:02:44.670

ut@SAB		thijai dzəi dzəmma purano jai
TC		00:02:45.340 - 00:02:48.260
Loan	dzəmma,kil.nep	
TC		00:02:38.670 - 00:02:44.670
TC		00:02:45.340 - 00:02:48.260
ft@SAB		All became old and went in.
TC		00:02:45.340 - 00:02:48.260
ftn@SAB	भासिए झैं सबै पुरानो (हुँदै) गयो।	
TC		00:02:45.340 - 00:02:48.260
TC		00:02:45.340 - 00:02:48.260
ut@SAB		kwiri tijai gəngari
TC		00:02:48.330 - 00:02:50.760
Loan	dzəi.nep	
TC		00:02:45.340 - 00:02:48.260
TC		00:02:48.330 - 00:02:50.760
ft@SAB		(The planks) fell into the water.
TC		00:02:48.330 - 00:02:50.760
ftn@SAB	पानिमा खस्यो गङ्गामा ।	
TC		00:02:48.330 - 00:02:50.760
TC		00:02:48.330 - 00:02:50.760
ut@SAB		gəngari tijai
TC		00:02:50.840 - 00:02:52.050
Loan	gəngari.nep	
TC		00:02:48.330 - 00:02:50.760
TC		00:02:50.840 - 00:02:52.050
ft@SAB		They fell in the Marsyangdi river.
TC		00:02:50.840 - 00:02:52.050
ftn@SAB	मस्योङ्गदिमा खस्यो।	
TC		00:02:50.840 - 00:02:52.050

TC 00:02:50.840 - 00:02:52.050

Loan gəŋgari.nep  
TC 00:02:50.840 - 00:02:52.050

ut@SAB kəti kəti mi bərsəri bərsəri dəs dzəna barə dzər mi siba  
TC 00:02:52.070 - 00:02:56.720

TC 00:02:52.070 - 00:02:56.720

ft@SAB Many people used to die about ten or twelve each year.  
TC 00:02:52.070 - 00:02:56.720

ftn@SAB कति कति मान्छे, वर्षमा दश जना, बाह्र जना मान्छे मर्ने  
TC 00:02:52.070 - 00:02:56.720  
Phonetic siba  
TC 00:02:52.070 - 00:02:56.720

Loan kəti,kəti,bərsəri,bərsəri,dəs,dzəna,barə.nep  
TC 00:02:52.070 - 00:02:56.720

ut@SAB sjai mi  
TC 00:02:56.870 - 00:02:58.900  
TC 00:02:56.870 - 00:02:58.900

ft@SAB People died.  
TC 00:02:56.870 - 00:02:58.900  
ftn@SAB मान्छे मरे  
TC 00:02:56.870 - 00:02:58.900

TC 00:02:56.870 - 00:02:58.900  
TC 00:02:56.870 - 00:02:58.900

ut@SAB tshətəe tshətəjkale lasəre tsu tsəubissaləri tsəubis saləri  
TC 00:02:58.930 - 00:03:07.590

TC	00:02:58.930 - 00:03:07.590	
ft@SAB		Therefore, finally in 2024 VS
TC		00:02:58.930 - 00:03:07.590
ftn@SAB	त्यही कारणले त्यसपछि अन्तिममा यो चौबिस सालमा	
TC	00:02:58.930 - 00:03:07.590	
Phonetic		tshədəjkale
TC		00:02:58.930 - 00:03:07.590
Loan	tsəubis,saləri,tsəubis,saləri.nep	
TC	00:02:58.930 - 00:03:07.590	
ut@SAB	mrü sərkar səwari tæi mənəri bragari	
TC	00:03:07.720 - 00:03:12.220	
TC		00:03:07.720 - 00:03:12.220
ft@SAB	the King had a visit in Manang, in Braga.	
TC	00:03:07.720 - 00:03:12.220	
ftn@SAB	राजा सरकार सवारी भयो मनाङमा, ब्रागामा।	
TC	00:03:07.720 - 00:03:12.220	
Phonetic		sərkar,səwari.nep
TC		00:03:07.720 - 00:03:12.220
ut@SAB		məhendrə sərkar
TC		00:03:12.650 - 00:03:14.150
TC	00:03:07.720 - 00:03:12.220	
TC	00:03:12.650 - 00:03:14.150	
ft@SAB		Late King Mahendra
TC		00:03:12.650 - 00:03:14.150
ftn@SAB	महेन्द्र सरकार।	
TC	00:03:12.650 - 00:03:14.150	
TC		00:03:12.650 - 00:03:14.150

ut@SAB		ho the səwari təi
TC		00:03:14.170 - 00:03:16.460
Loan	məhendrə, sərkar.nep	
TC		00:03:12.650 - 00:03:14.150
TC		00:03:14.170 - 00:03:16.460
ft@SAB		had a visit.
TC		00:03:14.170 - 00:03:16.460
ftn@SAB	हो उनी सवारी भए।	
TC		00:03:14.170 - 00:03:16.460
TC		00:03:14.170 - 00:03:16.460
ut@SAB		səwari tətəkja thepəe binti ləi
TC		00:03:16.500 - 00:03:18.590
Loan	səwari.nep	
TC		00:03:14.170 - 00:03:16.460
TC		00:03:16.500 - 00:03:18.590
ft@SAB		People offered him a petition.
TC		00:03:16.500 - 00:03:18.590
ftn@SAB	सवारी भएपछि ठूलो बिन्ती गरे।	
TC		00:03:16.500 - 00:03:18.590
Phonetic		tədəkja, thebəe
TC		00:03:16.500 - 00:03:18.590
Loan	səwari, binti.nep	
TC		00:03:16.500 - 00:03:18.590
ut@SAB		tsu mənthəjo binti ləi ŋjo məpəe mie binti ləi
TC		00:03:18.670 - 00:03:21.870
TC		00:03:18.670 - 00:03:21.870
ft@SAB		The people of upper Manang also offered a petition.
TC		00:03:18.670 - 00:03:21.870

ftn@SAB यो माथिल्लो मनाडेहरूले पनि विन्ति गरे, हामी तलकोले पनि विन्ति गर्यौं।  
TC 00:03:18.670 - 00:03:21.870

Phonetic mabæe  
TC 00:03:18.670 - 00:03:21.870  
Loan bint, binti.nep  
TC 00:03:18.670 - 00:03:21.870

ut@SAB tsətokjale ma mrü hukum lai  
TC 00:03:22.000 - 00:03:24.300  
TC 00:03:22.000 - 00:03:24.300

ft@SAB Then the king ordered.  
TC 00:03:22.000 - 00:03:24.300  
ftn@SAB त्यसपछि तल राजाले हुकुम गरे।  
TC 00:03:22.000 - 00:03:24.300

Phonetic tsədokjale  
TC 00:03:22.000 - 00:03:24.300  
Loan hukum.nep  
TC 00:03:22.000 - 00:03:24.300

ut@SAB tsəubis salto kja kja bənedo pii  
TC 00:03:24.300 - 00:03:27.520  
TC 00:03:24.300 - 00:03:27.520

ft@SAB He ordered to build a road from 2024 VS.  
TC 00:03:24.300 - 00:03:27.520  
ftn@SAB चौबिस साल देखि बाटो बनाउ भने।  
TC 00:03:24.300 -  
00:03:27.520

Phonetic saldo, bii  
TC 00:03:24.300 - 00:03:27.520  
Loan tsəubis,saldo,bənedo.nep  
TC 00:03:24.300 - 00:03:27.520

ut@SAB njo toso dzilla bikas məirə tinake dzilla bikas təi  
TC 00:03:27.580 - 00:03:31.290

TC 00:03:27.580 - 00:03:31.290

ft@SAB Then District Development Committee was formed.  
TC 00:03:27.580 - 00:03:31.290

ftn@SAB हामी अहिले जिल्ला विकास भएर आजकल जिल्ला विकास भयो।  
TC 00:03:27.580 - 00:03:31.290  
Phonetic tinage  
TC 00:03:27.580 - 00:03:31.290

ut@SAB ösö dzilla päntsajət mopa  
TC 00:03:31.310 - 00:03:32.980  
Loan dzilla,bikas,dzilla,bikas.nep  
TC 00:03:27.580 - 00:03:31.290

TC 00:03:31.310 - 00:03:32.980

ft@SAB Panchayat committee system was then, such as  
TC 00:03:31.310 - 00:03:32.980

ftn@SAB पहिला जिल्ला पञ्चायत थियो।  
TC 00:03:31.310 - 00:03:32.980  
Phonetic moba  
TC 00:03:31.310 - 00:03:32.980

Loan dzilla,päntsajət.nep  
TC 00:03:31.310 - 00:03:32.980

ut@SAB læmdzuj dzilla päntsajət mənang dzilla päntsajət  
TC 00:03:33.080 - 00:03:35.970

TC 00:03:33.080 - 00:03:35.970



ft@SAB Lamjung District Panchayat, Manang Distict Panchayat.  
TC 00:03:33.080 - 00:03:35.970

ftn@SAB लमजुङ जिल्ला पञ्चायत, मनाङ जिल्ला पञ्चायत।  
TC 00:03:33.080 - 00:03:35.970  
TC 00:03:33.080 - 00:03:35.970

Loan læmdzuj,dzilla,pəntsajət,mənanɡ,dzilla,pəntsajət.nep  
TC 00:03:33.080 - 00:03:35.970

ut@SAB dzilla pəntsajət bæ sədəsja mo ŋa  
TC 00:03:38.510 - 00:03:40.540  
TC 00:03:38.510 - 00:03:40.540

ft@SAB I was (lit. am) the member of District Panchayat.  
TC 00:03:38.510 - 00:03:40.540

ftn@SAB जिल्ला पञ्चायतको सदस्य छु मा  
TC 00:03:38.510 - 00:03:40.540  
TC 00:03:38.510 - 00:03:40.540

Loan dzilla,pəntsajət bæ,sədəsja.nep  
TC 00:03:38.510 - 00:03:40.540

ut@SAB ho ho tshəle thei tsəto kjale kja bənei tsəubis salto tsude prori  
bom phrii  
TC 00:03:41.220 - 00:03:46.530

TC 00:03:41.220 - 00:03:46.530

ft@SAB Thus they constructed a road rom here. The bombs were exploded in  
Jagat cliff in 2024 VS.  
TC 00:03:41.220 - 00:03:46.530

ftn@SAB हो हो यसरी उसले यहाँबाट बाटो बनाए। चौबिस साल देखि जगत भिरमा बम हाने।  
TC 00:03:41.220 - 00:03:46.530

Phonetic tsəto kjale, saldo  
TC 00:03:41.220 - 00:03:46.530  
Loan ho,ho,tsəubis,saldo.nep, bom.engi  
TC 00:03:41.220 - 00:03:46.530

ut@SAB toto toto tsototo bənei  
TC 00:03:47.300 - 00:03:48.920  
TC 00:03:47.300 - 00:03:48.920

ft@SAB They constructed the road up here.  
TC 00:03:47.300 - 00:03:48.920  
ftn@SAB माथि माथि यहाँबाट बनाए।  
TC 00:03:47.300 - 00:03:48.920

Phonetic tsodoto  
TC 00:03:47.300 - 00:03:48.920  
Loan bənei.nep  
TC 00:03:47.300 - 00:03:48.920

ut@SAB tsəubis salto toli bənepogəi khotro səmmə  
TC 00:03:48.920 - 00:03:53.240  
TC 00:03:48.920 - 00:03:53.240

ft@SAB They constructed the road from 2024 VS upto Khotro.  
TC 00:03:48.920 - 00:03:53.240

ftn@SAB चौबिस साल देखि माथि बनाउँदै ल्याए खोत्रो सम्मा  
TC 00:03:48.920 - 00:03:53.240  
Phonetic saldo, bənepogəi  
TC 00:03:48.920 - 00:03:53.240

Loan tsəubis,saldo, bənepogəi,khotro,səmmə.nep  
TC 00:03:48.920 - 00:03:53.240

ut@SAB ho tsu sāmādi kāṅṅiniāsli ḡæ tika tsəri kjǎ bānei dzānta sewalāi  
TC 00:03:54.360 - 00:03:58.460

TC 00:03:54.360 - 00:03:58.460

ft@SAB I also constructed the road, and served the people.  
TC 00:03:54.360 - 00:03:58.460

ftn@SAB हो यहाँ सम्म लगातार मैले तनि यहाँ बाटो बनाएँ जनताको सेवा गरें।  
TC 00:03:54.360 - 00:03:58.460

Phonetic diga  
TC 00:03:54.360 - 00:03:58.460  
Loan ho, dzānta.nep  
TC 00:03:54.360 - 00:03:58.460

ut@SAB dzāntamo ḡjo māno dzilla sewa lāi  
TC 00:03:58.460 - 00:04:01.120  
TC 00:03:58.460 - 00:04:01.120

ft@SAB I served the people of Manang.  
TC 00:03:58.460 - 00:04:01.120  
ftn@SAB जनताहरू हाम्रो मनाङ्क जिल्लाको जनतालाई सेवा गरें।  
TC 00:03:58.460 - 00:04:01.120

TC 00:03:58.460 - 00:04:01.120  
Loan dzilla, sewa.nep  
TC 00:03:58.460 - 00:04:01.120

ut@SAB esto usto tshāli dukhə jōpa  
TC 00:04:03.290 - 00:04:05.670  
TC 00:04:03.290 - 00:04:05.670

ft@SAB I worked like this, and suffered the hardships like this.  
TC 00:04:03.290 - 00:04:05.670

ftn@SAB यस्तो त्यस्तो यसरी दुख पाएको।  
 TC 00:04:03.290 - 00:04:05.670  
 Phonetic jöba  
 TC 00:04:03.290 - 00:04:05.670

ut@SAB tinagəi dəjə pheri bətrai khəi  
 TC 00:04:06.580 - 00:04:09.950  
 Loan esto,usto, dukhə.nep  
 TC 00:04:03.290 - 00:04:05.670

TC 00:04:06.580 - 00:04:09.950

ft@SAB Now Bhattarai has been (lit. come as Prime Minister).  
 TC 00:04:06.580 - 00:04:09.950

ftn@SAB आजभोलि अब फेरि भट्टराई आए।  
 TC 00:04:06.580 - 00:04:09.950  
 Phonetic tinagəi,dəja  
 TC 00:04:06.580 - 00:04:09.950

TC 00:04:06.580 - 00:04:09.950

ut@SAB tsame səmmə sədərɱukam səmmə gaɖi khəpə pirə kjä ləipo  
 TC 00:04:09.990 - 00:04:14.490

TC 00:04:09.990 - 00:04:14.490

ft@SAB People have constructed the road to link this upto Chame, the  
 TC headquarter (of this district).  
 00:04:09.990 - 00:04:14.490

ftn@SAB चामे सम्म सदरमुकाम सम्म गाडी आउने भनेर बाटो बनाएको (गरेको) छ।  
 TC 00:04:09.990 - 00:04:14.490

Phonetic	khəbə,birə,ləibo	
TC	00:04:09.990 - 00:04:14.490	
Loan		tsame,səmmə,sədərmukam,səmmə,gad̪i.nep
TC		00:04:09.990 - 00:04:14.490
ut@SAB	bərsə kri norəm səphəl tətai tsijä	
TC	00:04:16.900 - 00:04:19.700	
TC		00:04:16.900 - 00:04:19.700
ft@SAB	Perhaps this will be completed within a year, (it will be)	
finished.		
TC	00:04:16.900 - 00:04:19.700	
ftn@SAB	एक वर्ष भित्रमा सफल होला, सकिएला।	
TC	00:04:16.900 - 00:04:19.700	
Phonetic		tədai
TC		00:04:16.900 - 00:04:19.700
ut@SAB		tsədoto mono tʃjəb təi jətai
TC		00:04:19.900 - 00:04:22.370
Loan	bərsə, səphəl.nep	
TC	00:04:16.900 - 00:04:19.700	
TC	00:04:19.900 - 00:04:22.370	
ft@SAB		Manang will be better because of this.
TC		00:04:19.900 - 00:04:22.370
ftn@SAB	यहाँबाट मनाङ राम्रो हुँदै जान्छ।	
TC	00:04:19.900 - 00:04:22.370	
Phonetic		jadai
TC		00:04:19.900 - 00:04:22.370
ut@SAB		dukhəe tã sukhəe tã pile hoinə
TC		00:04:25.000 - 00:04:27.790
TC	00:04:19.900 - 00:04:22.370	
TC	00:04:25.000 - 00:04:27.790	

ft@SAB I told you the matter of happiness and hardships, isn't it so ?  
TC 00:04:25.000 - 00:04:27.790

ftn@SAB दुखको कुरा सुखको कुरा भने नि हैन ?  
TC 00:04:25.000 - 00:04:27.790  
Phonetic bile  
TC 00:04:25.000 - 00:04:27.790

ut@SAB  
TC  
Loan dukhæ, sukhæ, hoinæ.nep  
TC 00:04:25.000 - 00:04:27.790

TC 00:04:27.790 - 00:04:29.950  
ft@SAB I am to serve for this purpose.  
TC 00:04:27.790 - 00:04:29.950

ftn@SAB मैले तनि सेवा गर्ने कुरा यो।  
TC 00:04:27.790 - 00:04:29.950  
Phonetic diga, ləbæ  
TC 00:04:27.790 - 00:04:29.950

ut@SAB  
TC  
Loan sewa.nep  
TC 00:04:27.790 - 00:04:29.950

TC 00:04:30.620 - 00:04:33.220  
ft@SAB I worked as a politician for this.  
TC 00:04:30.620 - 00:04:33.220

ftn@SAB मेरो राजनीति गरेर सेवा गरेको काम (हो) यो।  
TC 00:04:30.620 - 00:04:33.220  
Phonetic ləbæ  
TC 00:04:30.620 - 00:04:33.220

Loan radzniti, sewa.nep

TC 00:04:30.620 - 00:04:33.220

ut@SAB radzniti pile dukhæe tã pile njo dzilla sãmæsja  
TC 00:04:34.450 - 00:04:37.900

TC 00:04:34.450 - 00:04:37.900

ft@SAB Whether you call it politics, or the matter of hardships, this is a  
state of hardships.  
TC 00:04:34.450 - 00:04:37.900

ftn@SAB राजनीति भने पनि, दुखको कुरा भने पनि हाम्रो जिल्लाको समस्या  
TC 00:04:34.450 - 00:04:37.900  
Phonetic bile,bile  
TC 00:04:34.450 - 00:04:37.900

ut@SAB ösö sãmæsja tshæle mu  
TC 00:04:38.410 - 00:04:41.080  
Loan radzniti, dukhæe, sãmæsja.nep  
TC 00:04:34.450 - 00:04:37.900

TC 00:04:38.410 - 00:04:41.080  
ft@SAB There were problems like these.  
TC 00:04:38.410 - 00:04:41.080

ftn@SAB पहिला समस्या यसरी छ।  
TC 00:04:38.410 - 00:04:41.080  
TC 00:04:38.410 - 00:04:41.080

Loan sãmæsja.nep  
TC 00:04:38.410 - 00:04:41.080