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\block 001
\Ma ŋa miŋ pem tshiriŋ
\ELANBegin 19.970
\ELANEnd 21.570
\ELANParticipant SAB
\tx
\ft My name is Ten Tshiring.
\ftn मेरो नाम पेम छिरिङ् हो।

\block 002
\Ma pem tshiriŋ guruŋ
\ELANBegin 22.030
\ELANEnd 23.760
\ELANParticipant SAB
\tx
\ft (My name) is Ten Tshiring Gurung.
\ftn पेम छिरिङ् गुरुङ्।

\block 003
\Ma khaŋsar ŋʌtse jul ŋʌtse
\ELANBegin 24.380
\ELANEnd 26.840
\ELANParticipant SAB
\tx
\ft (My village is) Ngache (Khangsar).
\ftn

\ftn खाङ्सार (ङ्चे) गाउँ ङ्चे (खाङ्सार),

\block 004
\Ma lo ʈuktsu ŋʌ jepa
\ELANBegin 27.840
\ELANEnd 29.660
\ELANParticipant SAB
\tx
\ft I am fifty years old.
\ftn

\ftn (मेरो) उमेर पैंसठ्ठी वर्ष भयो।

\block 005
\Ma tilitsho

\ELANBegin 34.970
\ELANEnd 36.280
\ELANParticipant SAB
\tx
\ft The Tilicho (lake),
\ftn तिलिचो

\block 006
\Ma tilitshoko taŋpa
\ELANBegin 36.520
\ELANEnd 38.280
\ELANParticipant SAB
\tx
\ft long back the Tilicho lake in particular,
\ftn तिलिचो चाहिँ उहिले

\block 007
\Ma tilithsoko ŋʌtsere
\ELANBegin 38.640
\ELANEnd 40.440
\ELANParticipant SAB
\tx
\ft the Tilicho lake (was in) Khangsar.
\ftn तिलिचो चाहिँ खङ्सारमा

\block 008
\Ma durgʌm tʌsjoko nʌtse
\ELANBegin 40.890
\ELANEnd 42.530
\ELANParticipant SAB
\tx
\ft Khangsar is a very remote village.
\ftn

\ftn (मनाङ्मा) सवै भन्दा दुर्गम (गाउँ) खाङ्सार हो।

\block 009
\Ma te arʌtso
\ELANBegin 43.480
\ELANEnd 44.150
\ELANParticipant SAB
\tx
\ft Even if there is nothing, (there is) this Tilicho lake.
\ftn केही पनि थिएन ।

\block 010
\Ma tilitshoko jo

\ELANBegin 44.150
\ELANEnd 45.180
\ELANParticipant SAB
\tx
\ft As for the Tilicho lake,
\ftn तिलिचो चाहिँ

\block 011
\Ma lʌri lʌtse ŋi tilitsoko ʌle tuŋ me
\ELANBegin 45.860
\ELANEnd 47.970
\ELANParticipant SAB
\tx
\ft Because of mercy (kindness) of the God, the Tilicho lake is with us
(appeared).
\ftn भगवानको कृपाले हामीलाई अहिले तिलिचो चाहिँ (तिलिचो) हामीसँग
(निस्क्यो)छ।

\block 012
\Ma tele nʌnaŋ tsu tilitshoko halʌ pinʌ
\ELANBegin 48.660
\ELANEnd 51.010
\ELANParticipant SAB
\tx
\ft Long long ago how the Tilicho lake was formed was,
\ftn

\ftn पहिला पहिला यो तिलिचो कसरी भयो भने

\block 013
\Ma hindu lʌ
\ELANBegin 52.880
\ELANEnd 54.290
\ELANParticipant SAB
\tx
\ft the Hindu (religion).
\ftn हिन्दु धर्म

\block 014
\Ma hindu lʌ   ŋjaŋ hinʌ sibʌdzi
\ELANBegin 54.620
\ELANEnd 57.180
\ELANParticipant SAB
\tx
\ft Lord Shiva is the Hindu religion.
\ftn

\ftn हिन्दु धर्म हाम्रो अर्थमा (हाम्रो भाषामा) शिवजी (रहेछन्)।

\block 015
\Ma su supʌ khja pipʌ laŋ juŋ
\ELANBegin 58.060
\ELANEnd 59.510
\ELANParticipant SAB
\tx
\ft (This place) is regarded as the bathing place of Shivaji.
\ftn

\ftn शरिर नुहाउने ठाउँ भन्छन् रे (शिबजीले नुहाउने)।

\block 016
\Ma sup sibʌdzi ram
\ELANBegin 59.570
\ELANEnd 61.420
\ELANParticipant SAB
\tx
\ft The place where Shivaji takes bath (Ram)
\ftn शिवजीले नुहाउने (राम)

\block 017
\Ma tele naraŋ te ʌle supsupʌ khja tilitshoko
\ELANBegin 62.070
\ELANEnd 66.400
\ELANParticipant SAB
\tx
\ft (Tilicho lake) is regarded as the place (of Shvaji) where Lord Shiva
takes bath.
\ftn

\ftn पहिला पहिला चाहिँ यसरी नुहाउने ठाउँ (भन्थे) तिलिचो चाहिँ।

\block 018
\Ma o lʌtse ŋiko toso tuŋ
\ELANBegin 67.450
\ELANEnd 68.920
\ELANParticipant SAB
\tx
\ft Doing like this,
\ftn यसो गरेर हामी अहिले ल्यो

\block 019
\Ma hoʈol tu prim ko

\ELANBegin 68.920
\ELANEnd 70.110
\ELANParticipant SAB
\tx
\ft hotels are being built.
\ftn होटलहरू बनाएको चाहिँ,

\block 020
\Ma tshikja mi philiŋtu ʈukhja pitse
\ELANBegin 71.860
\ELANEnd 73.990
\ELANParticipant SAB
\tx
\ft (For) foreigners, the place for foreigners) are built. or they would come to stay.
\ftn

\ftn विदेशी मान्छे, विदेशी (कुहिरे) बस्ने ठाउँ (बनाएको हो)।

\block 021
\Ma dzapan inɖia mi ta piljã ʌle tsatsa khʌpʌko
\ELANBegin 74.030
\ELANEnd 76.470
\ELANParticipant SAB
\tx
\ft Some visitors from Japan and India have come.
\ftn

\ftn जापान र भारतको मान्छे यसरी अलिअलि आएको (छन्)।

\block 022
\Ma tele nʌnaŋ tsuri sibʌdzi
\ELANBegin 77.110
\ELANEnd 79.030
\ELANParticipant SAB
\tx
\ft Long back, the Lord Shivaji (appeared).
\ftn पहिले पहिले यहाँ शिबजी

\block 023
\Ma su sup khja tʌlop khja
\ELANBegin 79.470
\ELANEnd 81.350
\ELANParticipant SAB
\tx
\ft The place to take bathe, the place like that.

\ftn नुहाउने ठाउँ त्यस्तो ठाउँ

\block 024
\Ma lʌmʌkuntsu sumpa ten tshapʌ khja pitse
\ELANBegin 81.790
\ELANEnd 83.930
\ELANParticipant SAB
\tx
\ft Saying that this is place where three gods reside,
\ftn

\ftn तीनओटा भगवान बस्ने ठाउँ भनेर

\block 025
\Ma ne tsjʌlri khʌtse
\ELANBegin 84.680
\ELANEnd 85.670
\ELANParticipant SAB
\tx
\ft (people) come to pay a visit (to this place).
\ftn

\ftn तिर्थस्थलमा दर्शन गर्न आउँछन्।

\block 026
\Ma hu ŋi philiŋ tu ne tsjʌl khʌame hʌni pile ne tsjʌl
\ELANBegin 85.690
\ELANEnd 88.230
\ELANParticipant SAB
\tx
\ft the people from other places to have a view of gods (people) come
from America to have the blessing of god___
\ftn अस्ती कुहिरेहरू दर्शन गर्न आए जहाँ पनि तिर्थस्थान दर्शन गर्न आए।वताको
दर्शन गर्न आउँछन्।

\block 027
\Ma kju tsho imi
\ELANBegin 88.750
\ELANEnd 90.110
\ELANParticipant SAB
\tx
\ft (This is) the pond of water.
\ftn पानिको पोखरि हो।

\block 028
\Ma hĩlja kjomtso

\ELANBegin 90.320
\ELANEnd 91.810
\ELANParticipant SAB
\tx
\ft The sea is also like this.
\ftn यस्तै (हो) समुन्द्र।

\block 029
\Ma tsu kjuko miko tsukju
\ELANBegin 92.020
\ELANEnd 93.710
\ELANParticipant SAB
\tx
\ft This is the origin (source) of water.
\ftn यो पानिको मुहान,

\block 030
\Ma tilitsho kju miko kjomtsore jepʌ
\ELANBegin 94.070
\ELANEnd 96.090
\ELANParticipant SAB
\tx
\ft The water of this Tilicho lake goes to the sea.
\ftn

\ftn तिलिचोको मुहानबाट गएको पानि समुन्द्रमा जान्छ।

\block 031
\Ma hani pili epʌ kjuko tsu
\ELANBegin 97.160
\ELANEnd 98.970
\ELANParticipant SAB
\tx
\ft The water flowing to many (every) places,
\ftn जतातै गएको पानि चाहिँ यो

\block 032
\Ma siraniko tsoko teina te
\ELANBegin 99.430
\ELANEnd 101.070
\ELANParticipant SAB
\tx
\ft (this) is the origin (top of this).
\ftn शिरानी (मूलको) पानि हो।

\block 033
\Ma tilitso kjuko

\ELANBegin 102.700
\ELANEnd 103.900
\ELANParticipant SAB
\tx
\ft The water of Tilicho in particular,
\ftn तिलिचोको पानि चाहिँ

\block 034
\Ma hol lʌtse ŋiko
\ELANBegin 105.340
\ELANEnd 106.970
\ELANParticipant SAB
\tx
\ft doing like this, we
\ftn यसो गरेर हामी

\block 035
\Ma tilitshoko ŋi toso ŋi ŋʌtse julko
\ELANBegin 107.140
\ELANEnd 109.490
\ELANParticipant SAB
\tx
\ft the Tilicho is (of ours) in the Khangsar village.
\ftn

\ftn तिलिचो चाहिँ हामी अहिले हाम्रो खाङ्सार गाउँको

\block 036
\Ma tiitshoko le man tipʌko ʌle man tipʌ
\ELANBegin 109.490
\ELANEnd 111.460
\ELANParticipant SAB
\tx
\ft Tilicho in particular is respected (and therefore) people esteem it.
\ftn

\ftn तिलिचो चाहिँ धेरै मान्ने चाहिँ त्यसैले मानेको ।

\block 037
\Ma toso ŋiko ʈhi man tipʌ aimpʌ
\ELANBegin 111.680
\ELANEnd 113.270
\ELANParticipant SAB
\tx
\ft This is not only the place which is honoured (esteemed) by us.
\ftn

\ftn   अहिले हामी मात्र मानेको होईन।

\block 038
\Ma jurop tapile mantitse lʌtse
\ELANBegin 113.280
\ELANEnd 114.750
\ELANParticipant SAB
\tx
\ft (People) from Europe also honour this place.
\ftn युरोपले सबैले मान्छन्।

\block 039
\Ma ole khʌmu tilitshokore
\ELANBegin 114.780
\ELANEnd 116.270
\ELANParticipant SAB
\tx
\ft (People) come like this to Tilicho.
\ftn यसरी नै आउँछन् तिलिचोमा।

\block 040
\Ma tele nana
\ELANBegin 116.720
\ELANEnd 118.150
\ELANParticipant SAB
\tx
\ft Long back,
\ftn पहिला पहिला

\block 041
\Ma taŋpʌko   pe thaha ajaŋtsi
\ELANBegin 119.820
\ELANEnd 121.530
\ELANParticipant SAB
\tx
\ft You don't know the thing of long past, you know ?
\ftn उहिलेको त धेरै थाहा भएन ।

\block 042
\Ma tosoko mi le khʌtsi
\ELANBegin 122.120
\ELANEnd 123.640
\ELANParticipant SAB
\tx
\ft Many people come here these days.
\ftn

\ftn अहिले त मान्छे धेरै आउँछन्।

\block 043
\Ma tha jaŋni jaŋni etsi ʌtsum ʌtsum pitse
\ELANBegin 123.700
\ELANEnd 125.850
\ELANParticipant SAB
\tx
\ft (We) gradually knew this, saying like this and this.
\ftn

\ftn थाहा पाउँदै पाउँदै गयौं, यस्तो यस्तो भनेर।

\block 044
\Ma ʌtsoŋ ʌtsoŋ tilitshoko ʌlʌtse
\ELANBegin 126.900
\ELANEnd 128.510
\ELANParticipant SAB
\tx
\ft Doing like this, the Tilicho lake,
\ftn

\ftn यसरी यसरी तिलिचोको यस्तो गरेर

\block 045
\Ma
\ELANBegin 128.660
\ELANEnd 130.100
\ELANParticipant SAB
\tx
\ft
\ftn

\block 046
\Ma ŋʌtse julkjoã tse tʌpʌ
\ELANBegin 131.040
\ELANEnd 132.500
\ELANParticipant SAB
\tx
\ft The Khangsar village got benefit (from it).
\ftn

\ftn खाङसार गाउँलाई अलि राम्रो भयो।

\block 047
\Ma tsu tshokotse lʌtse
\ELANBegin 132.500
\ELANEnd 134.080
\ELANParticipant SAB
\tx
\ft Because of this Tilicho (lake),
\ftn यो तिलिचोले गर्दा

\block 048
\Ma tsa tsʌl jaŋpʌ tsumpʌ tei nʌ
\ELANBegin 134.330
\ELANEnd 135.700
\ELANParticipant SAB
\tx
\ft (people) get benefit (lit. get chance to eat).
\ftn अलि खान पाएको जस्तो भयो।

\block 049
\Ma tilitshokotse lʌtse
\ELANBegin 136.860
\ELANEnd 138.040
\ELANParticipant SAB
\tx
\ft because of Tilicho lake.
\ftn तिलिचोले गर्दा।

\block 050
\Ma ʃjom ta lʌpʌ ŋi durgʌm tʌsjoko ŋitʌtsi
\ELANBegin 139.000
\ELANEnd 141.100
\ELANParticipant SAB
\tx
\ft We are now in very remote region.
\ftn

\ftn नत्र के गर्ने, हामी सवै भन्दा दुर्गम त हामी नै हौं।

\block 051
\Ma ʃẽ khjari tʃhoŋsʌ tsatsa motsi
\ELANBegin 143.090
\ELANEnd 144.880
\ELANParticipant SAB
\tx
\ft (People) make some business in other places.
\ftn

\ftn अरू ठाउँमा अलिअलि व्यापार (को श्रोत) छ ।

\block 052
\Ma ŋʌtse rʌm tshoŋsʌ are
\ELANBegin 144.890
\ELANEnd 146.040
\ELANParticipant SAB
\tx
\ft There is no business (lit. there is no business) in Khangsar.
\ftn खाङसारमा व्यापार छैन।

\block 053
\Ma tilitshoko lʌtse tsa tsa khʌm
\ELANBegin 146.050
\ELANEnd 147.590
\ELANParticipant SAB
\tx
\ft (There is little business) because of the Tilicho lake.
\ftn

\ftn तिलिचोले गर्दा अलिअलि आउँछ (हुन्छ)।

\block 054
\Ma o tenʌ
\ELANBegin 148.400
\ELANEnd 149.290
\ELANParticipant SAB
\tx
\ft It became like this.
\ftn यस्तै हो।

\block 055
\Ma ʌtse hĩ late
\ELANBegin 150.490
\ELANEnd 151.710
\ELANParticipant SAB
\tx
\ft This much (to say), I think.
\ftn यति होला त ।

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