



Nepalese military personnel try to salvage supplies among the debris at Arugat village in Gorkha, Nepal.



Rubble in Nepal's city of Patan following an earthquake.



Nepalese Turn to Meditation to Calm Quake Stress

Meditation classes in Kathmandu help survivors cope with the stress of the aftermath of Nepal's earthquake.

The death and destruction of last week's earthquake may seem like a lifetime away... But for survivors, the memories are still fresh. These meditation classes set up in Kathmandu are helping those survivors deal with their trauma and stress. Organizer Bhawesh Khanal says his classes focus on breathing techniques to help practitioners control their thoughts. (SOUNDBITE) (English) PRESIDENT OF HUMAN VALUES FOR PEACE AND PROSPERITY GROUP, BHAWESH KHANAL, SAYING: "Meditation and all these techniques and such will help them to come back to their own nature, make them more relaxed, and come out of this trauma."

The earthquake on April 25th has affected millions in Nepal. THOUSANDS of people who lost relatives and homes have attended the 20-minute meditation sessions so far. Including farmer Bhojbahadur Tameng whose village was completely destroyed. (SOUNDBITE)

(Nepali) DADAGAUN VILLAGE FARMER, BHOJBAHADUR TAMENG,

SAYING:

"Two

of my nieces died in this earthquake. After doing this meditation, I found a little bit of peace; felt a bit more at ease."

Rescue helpers are also taking advantage of the mediation -- just one way the Nepalese are coping with the destruction that's hit their Himalayan nation.



Nepalese people shelter in tents in Kathmandu after the earthquake.



A woman walks by buildings destroyed by the earthquake in Nepal.

Source from website : <http://www.reuters.com>

Nepal Earthquake Survivor Stories

{jcomments on}

เขียนโดย Administrator

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