

Poet. Munu Adhikari: Journey of words to hearts

हामी फेरी भेट्ने छौ !!



poet.

MUNU ADHIKARI / मुनु अधिकारी

"Journey through words to hearts"

Stories behind poems?

Themes?

fav.movie?

Education?

Influences?

Profession?

Styles?

Contact?

Hobbies?

fav.book?

Goals?

@toranvichara.com

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🛡 The article is based upon facts and can be trusted. The references are provided below

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"हामी फेरी भेट्ने छौ !!"

Background

In my journey of blogging I really want to bring value to deserving individuals and parties as much as I can. I want this journey to be of love, knowledge, art and of creating and bringing together the network of moments which is valuable to all the readers.

While looking for the topics to write upon I got an idea for writing an article about an individual who is involved in magic of words as it will be good for my blog's value and stances. After looking for poets I am so grateful to come across a truly heart warming and intellectual poet as Munu didi. Her poems have come across my instagram feed in the past too and her voice along with the words were nice. Now being able to pull off this article I hope it will help readers to know more about her and will

provide a valuable space to a well deserved poet as her.

If you too are interested in contacting or brand collaboration do contact her on her:

[!\[\]\(c507f772dba2b921f86777f01218e570_img.jpg\) Facebook](#) / [!\[\]\(a75296508989caaa77a08d26cfccd4e5_img.jpg\) Instagram](#)

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Snapshot



- Full Name: Munu Adhikari
- Date Of Birth: 13th Feb 1996
- Birth Place: Palpa
- Martial Status: Not Married
- Educational Background: Qualifying As A Chartered Accountant
- Institution: Institute Of Chartered Accountants of India

Introduction



Munu Adhikari is a well known Nepali poet among literature enthusiast to general public in Nepal. Her poems mostly focuses the themes of equality, love and relations. After gaining recognition from The Poet Idol she is active among literature spaces and have been sharing her words through her social medias ([Facebook](#) / [Instagram](#) [Youtube](#))

In this article, you will find answers of the

questions I asked her in Q/A format in her own words with my least interference.

Poetry Career

Q: How did you start to write?

A: In 2017, I was alone in the office & suddenly out of nowhere, I took out a paper & pen and just wrote "aama"(mother), and started writing a few lines, later in the evening I completed it. I didn't know how it turned out to be poetry. The best part is, "After that, I never felt, I was writing for the first time"

Q: When did you start writing poetry?

A: In 2017, officially. But I always knew, I would write someday.

Q: What inspired you to become a poet?

A: By journey maybe. I am someone who stammers. I always felt, I can't express anything. And that's why I feel I am chosen by the universe. Even today, I don't share

my emotions & feelings with anyone, so I think maybe my feelings are safe with poetry

Q: Who are your favorite poets or literary influences?

A: I have never been a rigorous reader but amongst whatever creations I have read I find Upendra Subba Sir really relatable. I get inspired from normal regular people around me, I am very much inspired by stories. That's why you will find lot of stories in my poetry.

Q: What are the main themes or topics you explore in your poetry?

A: Nature, Feminism, Nostalgia, Human Emotions and relations at it's minimalistic shape. I try getting to know the character, I write about. Like, Chameli, Pushpa & try to emote as much as through my eyes, I think eyes carry every story. "Aatma orliyera aakha mai ta aayera bascha, haina ra??" (Soul reaches your eyes, doesn't it)

Q: What is your writing process like?

A: Generally, At first, situations, realities and emotions strike my mind & I try creating stories and characters to ornament my writing and then words & verses follow. But I let my craft in poetry flow freely, whatever way it comes. I believe at least the person's story I write about should get it.

Q: Have you published any poetry collections or anthologies?

A: Not yet but I wish to, someday.

Q: Have you won any awards or recognition for your poetry?

A: Yes!. Overflowing love

Q: What is your vision or goal as a poet?

A: To bring Poetry to the mainstream of society as an art form and let people know who the poets are.

Ideologies and Future Plans

Q: What are your thoughts on the current state of poetry in Nepal?

A: I think, We are living in beautiful times as poets.

Q: What are your views on social and political issues in Nepal?

A: Unstable political situation has led to an acute economic crisis and massive job migration.

Q: How do you believe poetry can contribute to social change or awareness?

A: Poetry being a very efficient and dynamic medium of art and literature can strongly reflect society to itself. I believe poetry is a slogan on it's own, protest on it's own. And it can act as a mirror at our own faces.

Q: What are your plans for the future of your poetry career?

A: To keep writing authentically. To keep writing authentically from the soul. I won't let

poetry die until I am writing.

Q: Do you have any specific projects or collaborations in mind?

A: Nothing concrete as yet. But I have plans. I want to do something in visual poetry. A lot can be said from stories and I want to take stories and poetry together in my journey.

Personal Questions

Q: What do you enjoy doing in your free time?

A: I play chess a lot nowadays. And I cook. I love cooking and to watch movies.

Q: What is your favorite book or movie?

A: Dil Chahta Hai and Pashupati prasad is my favourite movie. I see Pashupati prasad as a poetry, I find it's every shot, very poetic.

Q: What is your biggest dream or aspiration?

A: I want to work hard and make my parents happy.

Work Catalogue



I made a video about "R*pe cases in Nepal" because, I was really scared after R.G Kar Medical college accident. It shattered my heart. Being a girl, It's a worst nightmare. And the main thing is, no one can guarantee that, It won't happen to

me someday. I was very disturbed that day.

**To all the
Beautiful
Men....**

"To all the beautiful Men", I think Men don't know how beautiful they are. They are often described as Rich or Poor. But I think they are cool, funny, soft, beautiful, charming and so much more. I have met some amazing men in my life, be it my Father, my Brother, my friends, my partner, who not only respect women but also put them in priority. I just wanted to make

them realize, in the chaos of rich and poor, please don't forget that you are so much beautiful.



"Dui sabda" is about how we are forgetting our roots, our culture, in the race of life. Blessings feels heavy. We don't have our families with us, we all are alone. Festivals aren't what they used to be. If we hadn't been so persistent for festivals in our childhood things would be better. I think a lot of us can relate to this.



"Buwa" this is very close to my heart. I have not written much about my father. I wish to write something again. This is the story of my father written so closely. My whole family became very emotional, after they watched this. Fathers are very soft creatures. You know why they do not cry ?? Because, they know, if we see them crying, it will be printed in our hearts, as a rock solid.





“Chhada Kabita”. This poetry is the one I resonate with the most. This is a story of every girl . The society we live in doesn't teaches us to dream. It doesn't prefer us flying and growing. And that thing suffocate us. So I think girls will relate to this.

Conclusion



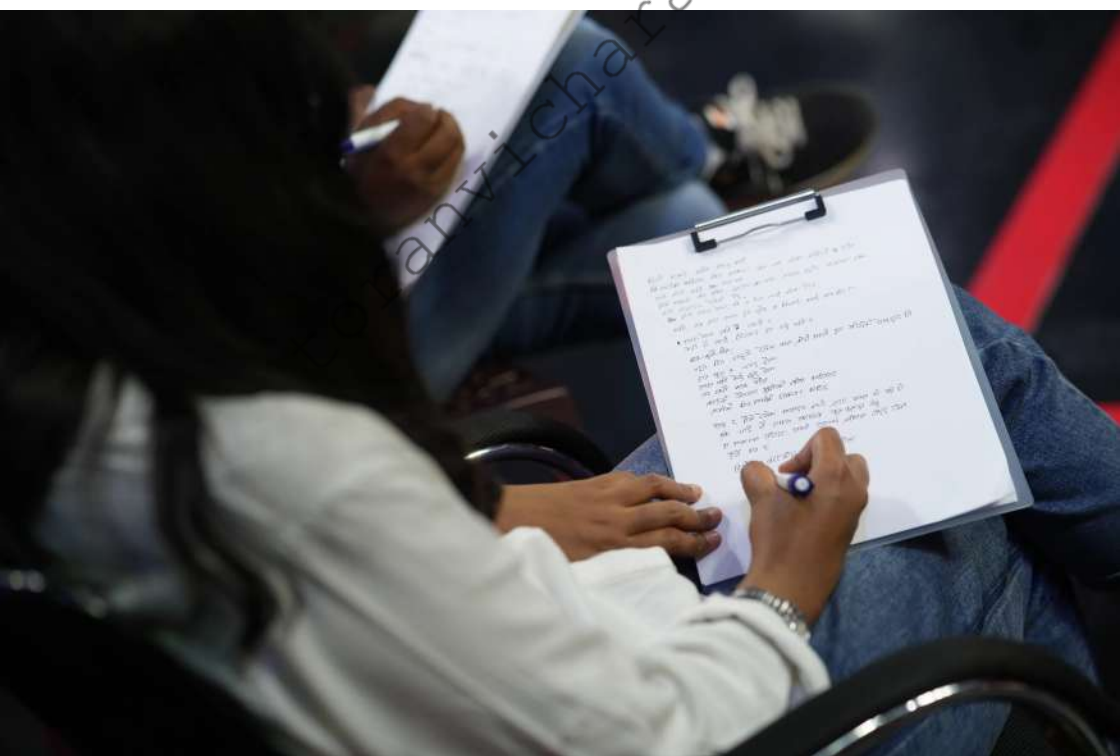
Munu Adhikari is surely a great writer. Me along with her readers are hoping for more of her words and we hope her heart brings out the emotions never embraced and things never said. Her poems and words inspire new poets and revolts for a better society. As Robin Williams said "No matter what anybody tells you, words and ideas can change the world."

Reference

M. Adhikari, personal communication,
November 2024,
The article has been credited by the
answers of Munu Adhikari herself through E-
Mail

Photos







Toran Jung Bam

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