Welcome
First Virtual Annual General Meeting And Dashain Celebration
Nepalese Association of Florida
November 7th, 2020
With INLS-FL Chapter, NCCO & NeSA-USF

Nepalese Student Association (NeSA)
@University of South Florida

Nepali Community Center Orlando (NCCO)
International Nepalese Literature Society Florida Chapter
National Anthem - Nepal

BHANDARY FAMILY FROM WEST PALM BEACH
MS. YUVANI BHANDARY
MR. SAHIL BHANDARY
MRS. PRITI BHANDARY
MR. DEV BHANDARY
BHANDARY FAMILY FROM WEST PALM BEACH
MS. YUVANI BHANDARY
MR. SAHIL BHANDARY
MRS. PRITI BHANDARY
MR. DEV BHANDARY
Honoring Ms. Rosy Sharma Sedhain

Mindfulness and Meditation Class for Community Members

With our Greatest Appreciation
Honoring
Rosy Sharma Sedhain

Thank you for your Generous Commitment, Time and Support to the Nepali Community through the "Mindfulness" class.
We truly appreciate your dedication and support to the Nepali community in Florida and beyond.

Nepalese Associations of Florida
2020
Annual Report Presentation
Nepalese Association of Florida (NAF)
2019-2021

Presenter
Dr. Niraj Shrestha, General Secretary
On Behalf of NAF Executive Team
Executive Board

EXECUTIVES OFFICERS
Ms. Anila Neupane Poudyal-President (Gainesville)
Dr. Pragati Ghimire Aryal- Vice-President (Tampa)
Dr. Niraj Shrestha -General Secretary (Fort Lauderdale)
Mr. Bishal Gautam- Treasurer (Tallahassee)
Mr. Narayan Neupane- Information Secretary (Orlando)

MEMBER AT LARGE
Mr. Dipendra Sahi (Gainesville)
Mr. Deep Karki (Tampa)
Ms. Kalpana Shrestha (Jacksonville)
Mr. Nirjal Shrestha (Gainesville)
Ms. Priti Dhungel Bhandary (West Palm)
Dr. Cheban Acharya (Fort Myers)

COMMUNITY ENGAGEMENT COORDINATOR
Dr. Amar Bahadur Karki (West Palm Beach)

LOCAL CHAPTER PRESIDENT
Ms. Jaya Khakurel Pandey (Jacksonville)
Dr. Shiva K Sharma (Miami)
Dr. Mitra Khadka (Tallahassee)

AMENDMENTS/ NOMINATIONS AND ELECTION COMMITTEE (ANEC)
Mr. Rajeeb Lamsal (Jacksonville)
Dr. Bidya R. Subedi (West Palm Beach)
Mr. Rajendra Shrestha (Orlando)

YOUTH FORUM
Ms. Shailee Banskota -Coordinator- Tampa
Mr. Pranav Nath Shrestha (Member)- Miami
Ms. Eliza Acharya (Member)- Gainesville
Mr. Prakul Krish Neupane (Member)-West Palm
Ms. Medhavi Banskota (Member) Tampa

ADVISORY COMMITTEE
Dr. Chooda Mani Khanal (Miami)
Mr. Krishna Shrestha (West Palm)
Mr. Binod Basnet (West Palm)
Mr. Pankaz Nath Sharma (Jacksonville)
Mr. Sushil Bhattachan (Tampa)
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MEMBER AT LARGE
- Ms. Shailee Banskota, Youth Forum Lead (Tampa)
- Dr. Amar B Karki, Community Engagement Coordinator (West Palm Beach)

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- Mr. Krishna Shrestha, West Palm Beach
- Mr. Binod Basnet, West Palm Beach
- Mr. Pankaj N Sharma, Jacksonville
- Mr. Sushil Bhattachan, Tampa

CHAPTER PRESIDENTS
- Ms. Jaya Khakurel Pandey, Jacksonville
- Dr. Shiva K Sharma, Miami
- Dr. Mitra Khadka, Tallahassee
Agenda

NAF Activities (2019-21)
NAF Flagship Programs
I. Mentorship
II. Youth Panel Discussion
III. Covid19
IV. Adopt-The-Highway
V. Indreni/Other Media
VI. Youth Forum
NAF Timelines and Activities

Executive Team Formation: Oct 19th, 2019

Mentorship Program: November 2019

Membership Drive: January 2020

Covid19 Task Force: April 2020

Youth Forum Formation: July 2020

**Flagship Program**
- Mentorship Program
- Youth Panel Discussion
- Adopt-A-Highway
- COVID19 Task Program
- Youth Forum
- Indreni

**Community Forum**
- Interaction with Nepalese senior citizen-Nepali study forum/ Community Service Forum
- Virtual Program "मनको चौतारी"

**Other Programs**
- Mindfulness-Meditation Class-Every Saturday since April
- Virtual Nepal Pathshala
- Mentorship Q&A Session
- Protection of Mind in the context of COVID19 in the perspective of Buddhism
- Navigating a Path to College
- Virtual interaction program on “Dignified Menstruation”
Activities

MEMBERSHIP DRIVE

Nepalese Association of Florida

2020 Membership Drive

Join today

BECOME A MEMBER
Annual Member (Individual) = $10
Annex Member (Family) = $15
Life Member (Individual) = $100
Life Member (Family) = $150

You can also call TINA at 407-278-9780

MINDFULNESS AND MEDITATION CLASS-WEEKLY

Mindfulness and Meditation Class for Community Members

Proven Mindfulness Benefits
1. Control your Temper
2. Feel less Depression
3. Reduce Anxiety and Activity
4. Setting Boundaries and Saying No
5. Lose Weight
6. Lower Daily Stress
7. Fall Asleep Faster
8. Increase Focus and Concentration
9. Be a Better Listener
10. Lower Blood Pressure
11. Be More Assertive
12. Deepen Your Spiritual Life
13. Stick with Your Goals
14. Be a Better Leader

Every Saturday 10 AM Join Through zoom

VIRTUAL NEPALI PATHSHALA

Let’s connect and have fun!

We would like to recruit all parents from grade 2 to 10 year 2023/2024 for the program. Organized by Nepalese Association of Florida (NEAP) from 10AM to 12PM on Sat July, 2023
Activities

PROTECTION OF MIND IN THE CONTEXT OF COVID19 IN THE PERSPECTIVE OF BUDDHISM

Nepalese Association of Florida (NAF) Presents
An Interaction on
Dignified Menstruation

Navigating a Path To College – Youth Panel Discussion

June 27 - 4 PM

"The Future Belongs To Those Who Believe In The Beauty Of Their Dreams" - Eleanor Roosevelt

Speakers

- Sudeep Sabedi
  University of Florida
  Computer Science

- Manika Karki
  Bilkent University
  Bioengineering

- Shree Acharya
  Georgia Tech
  Neuroscience

Moderators

- Jenny Khanal
  University of Tampa
  Cyber Security

- Shalini Sandhu
  University of South Florida
  Psychology and English with a minor in Political Science

Organized By:
Nepalese Association of Florida
 info@nfsomنظمويلاس.ورج
Community Engagement Program—Dr. Amar B Karki, Coordinator

• Program:
  “Interaction with Nepalese senior citizen”
  February 9th, 2020, Wellington Library, West Palm Beach
  Invited speakers Mr. Pramod Sharma, Dr. Bhogendra Khanal and Dr. Min Bahadur Rayamajhi

• Program:
  “मनको चौतारी”
  August 9th, 2020, Virtual-Zoom
  Invited speakers Senior Citizens (Parents)
  Sharing the effects of COVID19 Pandemic-Global Lockdown

• In April 2020, NAF-CEC approved to change the title of NAF-Nepal Study Forum/Community Forum Coordinator to Community Engagement Coordinator.
Indreni/Website/Social Media-Narayan Neupane, Information Secretary

• Established Indreni Core Team-
  Ms. Priti Bhandary, Mr. Deep Karki, Dr. Cheban Acharya
• 4 Publications of Indreni with new layout
• Website updated-https://floridanepalese.org/
• NAF- Facebook page established, Attract followers from 900 to 2500. Able to promote and track metrics.
• NAF- LinkedIn profile created with more than 100 professionals' connections
• Amazon- Donation linked established

If you want to publish article in upcoming Indreni publications, please send us your material naflorida2016@gmail.com
Mentorship Program - Sushil Bhattachan, Coordinator

• Goal is to provide mentorship to high school student, college student, recent graduate and professionals in all sectors.

• Launched in January and till the date 23 mentee are enrolled and connected with mentors. Few of them are outside the Florida state.

• Current serving in several areas of life including educational achievement, career exploration, career growth, business growth and job placement attainment.

If you want to be mentor or want mentorship, please contact us at naflorida2016@gmail.com
Mentorship Program—Future Goals—Sushil Bhattachan, Coordinator

- Setting up automated web-based system, replacing current manual system.
  Utilized project management tool efficiently improve the network
- Enroll mentee and mentor beyond Florida state.
- Establish network other different organization to expand the program.

If you want to be mentor or want mentorship, please contact us at naflorida2016@gmail.com
Adopt-A-Highway-Bimal Nepal, Coordinator

- Partnership with Florida Department of Transportation-Litter-Free Florida Highways.
- NAF assigned territory is the two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles.
- The Adopt-A-Highway program was initiated by NAF to mark “NAF Silver Jubilee 2017” and this event truly reflects our civic engagement efforts for our community.
- Volunteers are community members and student from West Palm Beach area.
- High school student get community hours.
- Planning to extend to other cities after COVID19.
COVID19 Task Force- Krishna Shrestha, Coordinator

- Task Force Team was formed in leadership with Krishan Shrestha in different cities of Florida.
- Goal is to tackle any issues related to COVID19 pandemic.
- Emergency fund raising campaign established and raised $XXXXXX.
- Connected different community members parents to refill the prescription.
- Donation provided to SAMATA School in Nepal. Thank you to all donors.
- Appreciated First Line Health Care Workers.
- Distributions of Mask to different Universities in Florida and other States.

If you want donate to NAF for COVID19 activities, please contact us at naflorida2016@gmail.com or visit at https://floridanepalese.org/corona-virus-update/
NAF Youth Forum

• Formed in August 2020

• Team Members
  • Shailee Banskota, Coordinator
  • Prakul Krish Neupane, Member
  • Eliza Acharya, Member
  • Pranav Nath Shrestha, Member
  • Medhavi Banskota, Member
Goals of the Forum

• Serve as a platform for engagement for students and young professionals in the Nepalese community in Florida
• Empower them to actively participate in NAF and offer them an opportunity to voice their opinions and share ideas
• Bring the youth closer to their Nepalese identity, allowing them to build relationships with peers who have the same interests and beliefs as themselves
• Highlight their importance in the community as they ultimately will be continuing NAF’s legacy in years to come
Upcoming and Future Events

• Social events
  • FIFA video game event - December 2020
  • Informal and aimed to establish friendships with one another
    • NAF Junior Mentorship Program
      • Allows for younger generation to network with like-minded students who can help each other succeed socially and academically
      • Every month there will be 1 meeting with a specific topic (ex. career options or mental health)
      • Guest speakers also present
      • Kids themselves can later submit an idea for a meeting and lead that meeting as well to encourage participation
Thank you!

@nafyouthforum

nafyouthforum2020@gmail.com
shailee.banskota@gmail.com

Questions?
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  Fort Mayer’s

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Youth Forum Current and Future Activities- Shailee Banskota, Coordinator

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