



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**





National Anthem-United States of America

**BHANDARY FAMILY FROM WEST PALM BEACH
MS. YUVANI BHANDARY
MR. SAHIL BHANDARY
MRS. PRITI BHANDARY
MR. DEV BHANDARY**

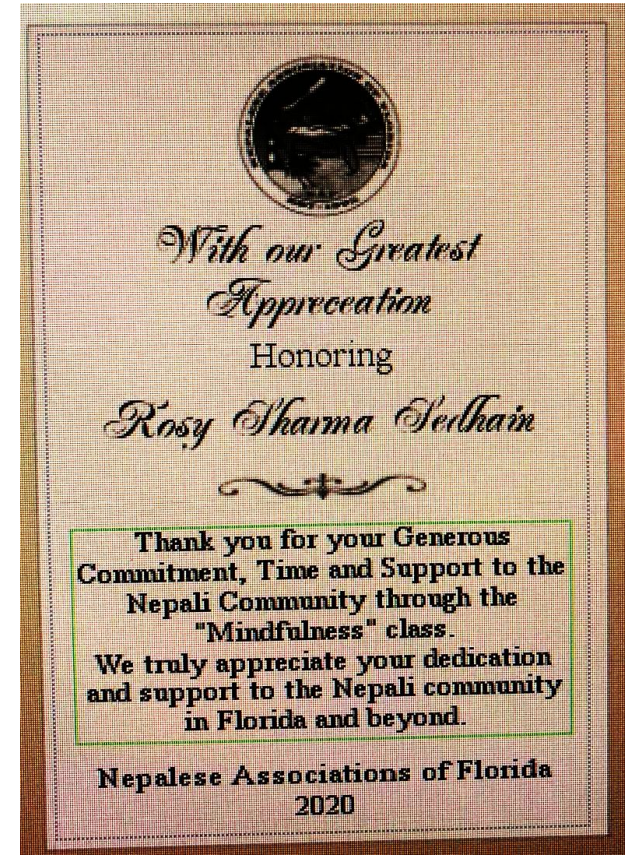




Honoring Ms. Rosy Sharma Sedhain



Mindfulness and Meditation
Class for Community
Members



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)

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

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)

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Mr. Krishna Shrestha (West Palm)
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Mr. Pankaz Nath Sharma (Jacksonville)
Mr. Sushil Bhattachan (Tampa)

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Dr. Bidya R. Subedi (West Palm Beach)
Mr. Rajendra Shrestha (Orlando)

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Mr. Bishal Gautam
Treasurer (Tallahassee)

MEMBER AT LARGE



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Sahi



Mr. Deep
Karki



Ms. Kalpana Shrestha
Jacksonville



Mr. Nirjal Shrestha
Gainesville



Ms. Priti Dhungel
Bhandary
West Palm Beach



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Fort Mayer's

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Community Engagement
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West Palm Beach



Mr. Pankaj N Sharma
Jacksonville



Mr. Sushil Bhattachan
Tampa



Ms. Shailee Banskota
Youth Forum Lead
(Tampa)

CHAPTER PRESIDENTS



Ms Jaya Khakurel Pandey
Jacksonville



DR. Shiva K
Sharma



Dr. Mitra
Khadka



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

Nepalese Association of Florida

2020 Membership DRIVE

Adopt the Highway
Mentorship
Youth Programs

Your contribution will support various community-focused programs in Florida and Nepal to run and facilitated by NAF.

JOIN

BECOME A MEMBER
Annual Member
Annual Member (Life Member)
Life Member (For Life)
This offer is valid till 4/30/2020
<http://floridanepalese.org>

"The land flourished because it was the meeting of many cultures and traditions and people."

Interaction with Students

Nepal Study Forum for Nepalese

We would like to request to all parents from Florida to let your child connect to this program, Organized by Nepalese Association of Florida (NAF)
From 1:00PM to 2:30PM (April 5th, 2020)

Supported By: GLOBAL NEPALESE

Speakers
Dr. Min Bahadur Rayamajhi – Plant Pathologist
Dr. Bhogendra Khanal – Family Medicine Specialist
Pramod Sharma – Lead Architect Planner

Date: Sunday, February 9, 2020
Time: 3 pm to 4 pm
Venue: Wellington Branch Library
1951 Royal Fern Dr, Wellington, FL 33414
For information about the program, please contact
Dr. Amar B. Karki at info@floridanepalese.org

Navigating Path To College
Youth Panel Discussion - Series 1
June 27 - 4 PM

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

Speakers

- Sudeep Subedi, University of Florida, Computer Science
- Monika Karki, Rice University, Bioengineering
- Stutee Acharya, Georgia Tech, Neuroscience

Moderator
Jenny Khanal, University of Tampa, Public Health

Moderator
Shalini Banskota, University of South Florida, Psychology and English with a minor in Political Science

Mindfulness and Meditation Class for Community Members

Proven Mindfulness Benefits According to Research:

1. Control Your Temper
2. Fend Off Depression
3. Reduce Worry and Anxiety
4. Setting Boundaries and Saving 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

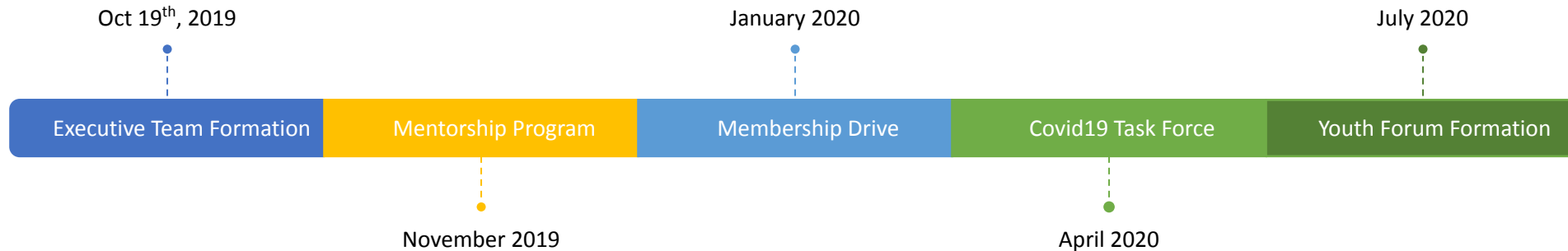
Every Saturday 10 AM Join Through ZOOM

Organized By
Nepalese Association of Florida
floridanepalese.org
info@floridanepalese.org / naf@floridanepalese.org

Contact Person (Anita Neupane)
anitanepane@gmail.com
5714421610



NAF Timelines and Activities



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

Adopt the Highway

Mentorship

Youth Programs

Other Community Programs

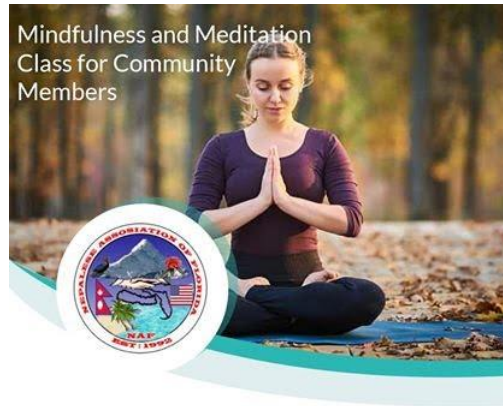
Disaster Relief Fund

JOIN TODAY

BECOME A MEMBER
 Annual Member (Individual) = \$10
 Annual Member (Family) = \$15
 Life Member (Individual) = \$100
 Life Member (Family) = \$150
 This offer is valid till April 30th, 2020.

<http://floridanepalese.org/membership/>
 Nepalese Association-Florida (NAF), Inc. is a tax-exempt nonprofit organization registered in State of Florida (FEI/EIN Number: 593152163).
 NAF is a 501(c)(3) organization.

MINDFULNESS AND MEDITATION CLASS-WEEKLY



Mindfulness and Meditation Class for Community Members

Proven Mindfulness Benefits According to Research

1. Control Your Temper
2. Fend Off Depression
3. Reduce Worry and Anxiety
4. Setting Boundaries and Saying No
5. Lose Weight
6. Lower Daily Stress
7. Fall Asleep Faster
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Rosy Sharma Sedhain (Mentor)

Rosy Sharma Sedhain is a Qualified Teacher of MBSR through the UMASS Center for Mindfulness and a certified yoga teacher. Prior to teaching mindfulness classes, Rosy attained a degree in Information Systems and an MBA, concentrating her work in the pharmaceutical industry (Abbott diagnostic, Alcon and Novartis). She teaches mindfulness to children, teens and adults and feels that teaching mindfulness gives her the greatest learning opportunity.
 Email: rosysharma5@hotmail.com
 Phone No: 304 963 2922

Every Saturday 10 AM Join Through **zoom**

VIRTUAL NEPALI PATHSHALA

Virtual नेपाली पाठशाला

Let's connect and have fun!!

We would like to request to all parents from florida to let your child connect to this program, Organized by Nepalese Association of Florida (NAF) From 1:00PM to 2:30PM (April 5th, 2020)

Supported By: GLOBAL NEPALESE



Activities

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

Mindfulness and Meditation Class for Community Members

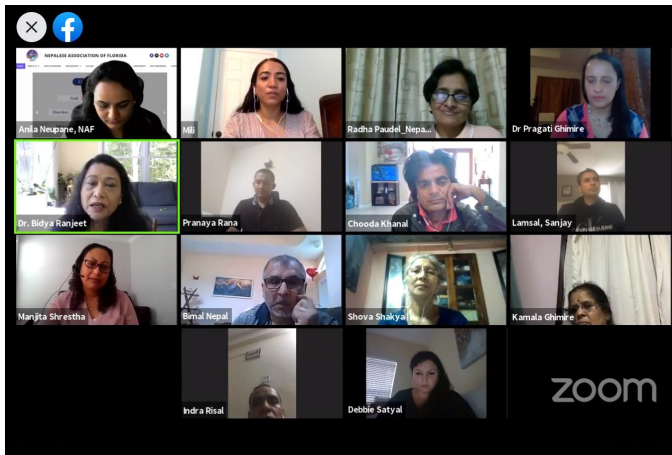
Nepalese Association of Florida (NAF) Present
Discussion program with
Prof. Naresh Man Bajracharya

Protection of Mind in the Context of COVID19 in the Perspective of Buddhism

Date: Saturday June 6th, 2020
Time: 10:00 AM to 11:45 AM
Join Zoom Meeting
<https://us02web.zoom.us/j/818821612>
Meeting ID: 818821612

Prof Naresh Man Bajracharya, Visiting Professor Holy Cross College.

Virtual interaction program on “Dignified Menstruation”



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

Dr Pragati Ghimire Moderator

Radha Paudel GSCDM (Founder)

Fran Neir Regla

Mili Adhikari GSCDM, US Chapter

Anila Neupane Moderator

Sunday Oct 4th, 2020
10:15AM EST, 7:15AM PST
8:00 PM Nepal Time

Join us on Zoom
ID : 885 6900 2180
PW: 443970

Navigating a Path To College – Youth Panel Discussion

Navigating Path To College
Youth Panel Discussion - Series 1

June 27 - 4 PM

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

Speakers

- Sudeep Subedi**
University of Florida
Computer Science
- Monika Karki**
Rice University
Bioengineering
- Stutee Acharya**
Georgia Tech
Neuroscience
- Jenny Khanal**
Moderator
University of Tampa
Cyber Security
- Shailee Banskota**
Moderator
University of South Florida
Psychology and English
with a minor in Political Science

Join us on zoom
<https://us02web.zoom.us/j/81293294393>

Email Us:
nafloida2016@gmail.com

Organized By

Nepalese Association of Florida
floridanepalese.org
info@floridanepalese.org



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

"देश रोजे सन्तान !ादा सन्तान रोजे देश जहाँसे नी दखे ुरहेछ बुढेऊलीमा के स आफन्त निन !ादा भए भैँ हुन्न खास कोरनाले गरिरटिदयो खोर मिभन्नको बास अनुहार त देख गाह4 सबको सातो गाछ आउ सा!ों मनका कुरामा चौतारीमा आज"



- 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.

Nepalese Association of Florida
Community Engagement
Present

कार्यक्रम
मनको चौतारी

"आफन्त नि दादा भए भेट हुन्न खास कोरनाले गरिदियो खोर मिभन्नको बास अनुहार त देख गाहो सबको सातो गाछ आउ साटी मनका कुरा चौतारीमा आज"

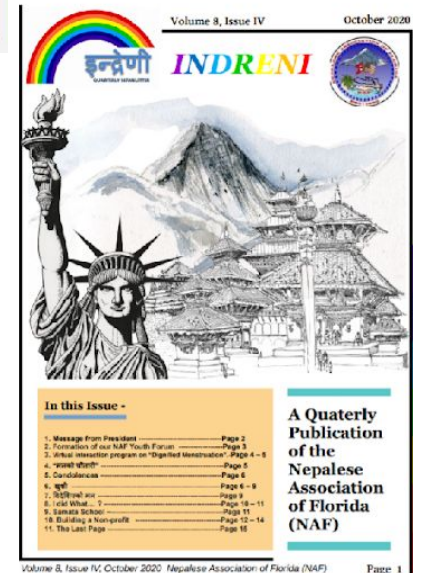
Zoom माफत फ्लोरिडा मा रहनु भएका आमा बुबाहरु सङ्गको भलाकुसारी

मिती र समय: आइतबार, अगस्ट ९ गते बिहान ११ बजे
माध्यम: <https://us02web.zoom.us/j/82976876957>
कार्यक्रम परिचालन र सन्चालक: डा. अमर काकी
आयोजक: NAF (नेपालिज आसोसिएसन अफ फ्लोरिडा)
सह आयोजक: आइ एन एल एस, फ्लोरिडा च्याप्टर



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.



THANK YOU



Nepalese Association of Florida (NAF) want to THANK all the healthcare professionals, first responder and all unseen heroes for their working during COVID-19 Pandemic.

किटाणुहरूको विस्तारलाई रोकियोस् COVID-19 जस्ता रक्तसम्बन्धित रोगहरूको रोकथाम गर्न यदत गर्नुहोस्।	Nepalese Association of Florida (NAF) COVID19 Response Team
	<p>Practice social distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of COVID-19.</p> <ul style="list-style-type: none"> • Wash your hands for at least 20 seconds • Clean and then disinfect frequently used surfaces • Stay home if you're sick • Avoid touching your face <p>Learn more about staying safe and healthy at cdc.gov/covid19</p>
<p>If any question or concern due to current COVID19 pandemic, please contact to one of the community leaders from your area by call. Please visit https://floridanepalese.org/ to find info on COVID19 Response Team Members.</p>	
<p>Miami and Nearby area:</p> <ul style="list-style-type: none"> • Shiva Nepal -786-620-6627 • Chooda Mani Khanal -786-797-6412 <p>Port St. Lucie, West Palm Beach to Fort Lauderdale:</p> <ul style="list-style-type: none"> • Ram Thapa-561-313-9721 • Binod Basnet-561-866-5443 • Krishna Shrestha-561-310-0694 • Niraj Shrestha-305-790-1620 <p>Tampa, Naples and Fort Myers Area:</p> <ul style="list-style-type: none"> • Deep Karki-813-753-5616 • Pragati Ghimire-617-460-6665 • Kamal Tiwari-813-789-1343 	<p>Orlando and Nearby area:</p> <ul style="list-style-type: none"> • Narayan Neupane-407-376-2758 • Bikash Devkota-407-453-1732 • Nagendra Dhakal-407-373-5475 <p>Gainesville to Jacksonville:</p> <ul style="list-style-type: none"> • Jaya Khakura-904-738-0907 • Anita Neupane-571-442-1610 • Dipendra Sahi-352-317-8283 • Kalpana Shrestha-904-314-9584 <p>Tallahassee and Nearby area:</p> <ul style="list-style-type: none"> • Bishal Gautam-352-213-9234 • Mitra Khadka-352-870-5527 • Tej Poudel-901-612-8870

If you want donate to NAF for COVID19 activities, please contact us at nafloida2016@gmail.com or visit at <https://floridanepalese.org/corona-virus-update/>

NAF YOUTH FORUM

EMPOWERING NEPALESE YOUTH



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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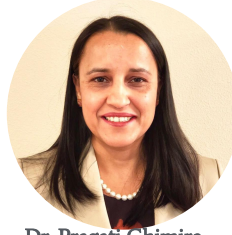


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**International Nepalese Literature Society
Florida Chapter**



Youth Forum **Current and Future Activities**- Shailee Banskota, Coordinator

- XXXXXXXXXXXXXXXX





Financial Report-Bishal Gautam, Treasurer
