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Association of Florida
(NAF)

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—— Message from President ——

Dear community members, Namaskar

During this unprecedented time of COVID 19, we are unable to present in-person programs to our community members. Still, we are delighted to serve you virtually with so many different community-based programs. I would like to thank all the community members for your continuous support and involvement in our programs. NAF has recently completed Youth Panel Discussion series 1 with huge participation of incoming college students/ high school students from different cities. We would like to thank you all for your cooperation, and special thanks to our smart, successful and knowledgeable speakers for their time, effort, and insights.



We are also seriously discussing about social injustice issues that are happening in Nepal and the United States, and we are willing to do facilitate programs that will help on building JUST society. We are calling for members to assist in creating programs to educate our children to instill our collective values of fairness, compassion, and justice in our future generation. We would like to recognize our Nepali youth leaders who have recently taken the initiative in social injustice issue. We also would like to let our youth know that we are with you, and we are looking forward to engaging on further dialogue and discussion.

As such, the NAF executive team has decided to form a Youth Forum team to encourage, fascinate, and empower our youths, and we want to work with them to address their expectations and needs. I would like to openly invite enthusiastic and visionary youths to apply for the leading positions in the Youth Forum team. I also would like to thank my entire executive team, including our advisors, for their support, effort, and valuable suggestions. Please keep joining us for our ongoing and upcoming programs and do not hesitate to share your thoughts and ideas for the future programs.

Thank you all, stay safe!

Sincerely,
Anila Neupane Paudyal



Protection of Mind in the context of COVID19 in the perspective of Buddhism



On June 6th, 2020, Nepalese Association of Florida (NAF) organized a discussion program titled "Protection of Mind in the context of COVID19 in the perspective of Buddhism". The program was led by **Professor Naresh Man Bajracharya**, who highlighted how to protect the mind during a stressful situation like the current pandemic situation which the world is facing. He also discussed how Buddhism defines the mind and how it can be controlled by an individual during different situations. The program was part of our regular Mindfulness program which was run by mindfulness instructor **Rosy Sharma**. **NAF General Secretary Niraj Shrestha** moderated the program. In the end, **NAF president Mrs Anila Neupane** highlighted the significance of Mindfulness program and importance in a current pandemic and thanked the participants and the speaker. Around 80 community members participated in the program including few students of Prof Naresh Man Bajracharya.

Mentorship Q & A Session



NAF has conducting Mentorship Program. To answer everybody's queries NAF had organized Mentorship Question and Answer Session.

Navigating a Path To College

On June 27th, 2020, the Nepalese Association of Florida (NAF) held a discussion panel program titled Navigating a Path To College and was a part of the Mentorship program currently run by NAF. The program focused on informing prospective and future college students on the path to college through the eyes of those who already experienced it. To achieve this, NAF hosted an expert panel of invited speakers. The speakers included: **Sudeep Subedi** (current graduate student at the University of Florida), **Monika Karki** (recent graduate from Rice University), and **Stutee Acharya** (current student at Georgia Tech), who shared their experiences on high

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NAF Activities



school, the college admission process, succeeding in college, and choosing the right path for a career.

The program was moderated by **Jenny Khanal** (recent graduate from the University of Tampa) and **Shailee Banskota** (current student at the University of South Florida) who were also speakers in the discussion and also shared their advice regarding the respective topics. The goal of the program was to guide prospective college students to success in college and to provide insight on how to choose a career they would like to pursue. Around 100 participants from different age ranges, students in middle school, as well as prospective college students and their parents attended the program. The program was two hours long, with many attendees asking their own personal questions to the five speakers.

NAF president **Mrs. Anila Neupane** highlighted the significance of the program and announced that NAF will form a "Youth Forum" to create different programs which will target the Nepali youth in Florida. Moreover, Mrs. Neupane invited any Nepali youth to apply to lead the Youth Forum.



हार्दिक बधाई तथा शुभकामना



अ.ने.सा.स.फ्लोरिडा च्याप्टरको सम्पन्न १४औं साधारण सभाबाट आगामी २०२०/२२ कार्यकालको लागि श्री दिप कार्की ज्युको अध्यक्षतामा सर्वसम्मत नव गठित अनेसास फ्लोरिडा च्याप्टरका सम्पूर्ण पदाधिकारीहरुलाई नेपाली भाषा, साहित्य, कला र संस्कृतिमा थप योगदान पुर्याउन सफलता मिलोस् भन्ने शुभकामना व्यक्त गर्दै बधाई ज्ञापन गर्दछौं।



Nepalese Association Of Florida (NAF)





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.



To appreciate our first responders, this week we want to thanks **Manita Lohani**, Registered Nurse, who has been working in a Post Surgical/Trauma Unit at St. Joseph Hospital Tampa for the past last 10 years. Currently, due to pandemic, she is been working as a float staff to take care of COVID patients in her hospital. We like to thank her and all first responders from our community.

COVID-19 Response Team of NAF

NAF Executive team conducted emergency meeting on current COVID19 pandemic. Meeting was attended by current NAF executive team, and advisers. From the meeting, following decisions were made:

1. NAF executive team appointed adviser and Community Leader Mr. Krishna Shrestha from West Palm Beach as a Chair to lead COVID19 Response Team. He will coordinate the task force with NAF executive team member Niraj Shrestha.

2. Task force team has appointed following community leaders as contact person for each region:

Miami and Nearby area:

- Shiva Nepal - 786-620-6627
- Chooda Mani Khanal - 786-797-6412

Port St. Luci, West Palm Beach to fort Lauderdale:

- Ram Thapa - 561-313-9721
- Binod Basnet - 561-866-5443
- Krishna Shrestha - 561-310-0694
- Niraj Shrestha - 305-790-1620

Tampa, Naples and Fort Myers Area:

- Deep Karki-813-753-5616
- Pragati Ghimire-617-460-6665
- Kamal Tiwari -813-789-1343

Orlando and Nearby area:

- Narayan Neupane - 407-376-2758
- Bikash Devkota - 407-453-1732
- Nagendra Dhakal - 407-373-5475

Gainesville to Jacksonville:

- Jaya Khakurel-904-738-0907
- Anila Neupane-571-442-1610
- Dipendra Sahi-352-317-8283
- Kalpana Shrestha-904-314-9584

Tallahassee and Nearby area:

- Bishal Gautam-352-213-9234
- Mitra Khadka-352-870-5527
- Tej Poudel-901-612-8870

All University and College students should contact Mr. Nirjal Shrestha at 580-695-5882 for any questions or concerns. He will be working as a coordinator to connect with the representatives and student from Universities.

If there are any question and concern due to current COVID19 pandemic, please contact one of the community leaders from your

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NAF Activities

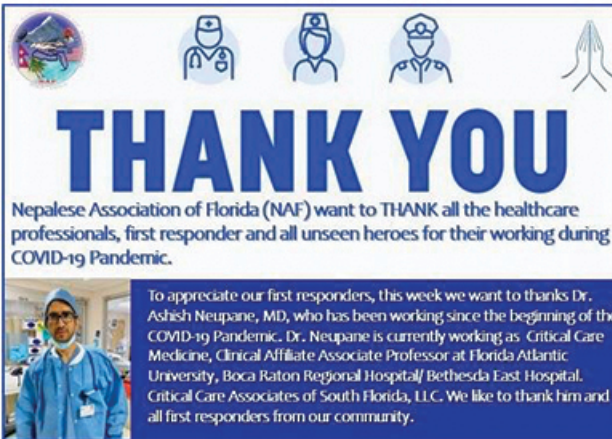
area.

Appointed members will try to reach out to each community member via social media or text or email or call.

3. NAF is currently working with other organization as well as Nepal Embassy-WashingtonDC, in case further assistance are required for community.

4. NAF will be uploading a webpage to raise fund for COVID19. Fund will be utilized to help community members who are going through economic hardship due to COVID19. Fund will be strictly utilized for COVID19 related work only.

We want to thank all the Health Workers and people who are currently working on health care field for their commitment to fight against COVID19. -NAF



THANK YOU

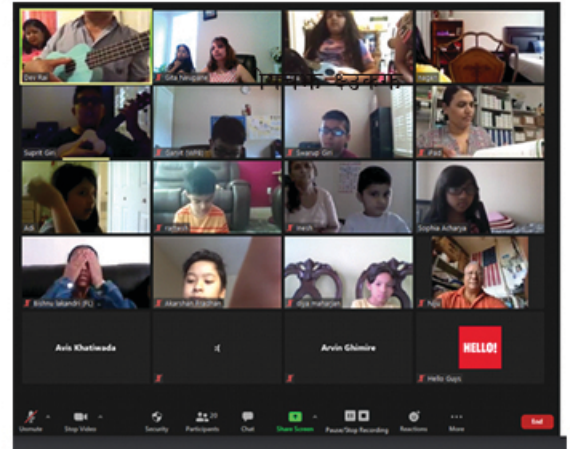
Nepalese Association of Florida (NAF) want to THANK all the healthcare professionals, first responder and all unseen heroes for their working during COVID-19 Pandemic.

To appreciate our first responders, this week we want to thanks Dr. Ashish Neupane, MD, who has been working since the beginning of the COVID-19 Pandemic. Dr. Neupane is currently working as Critical Care Medicine, Clinical Affiliate Associate Professor at Florida Atlantic University, Boca Raton Regional Hospital/ Bethesda East Hospital, Critical Care Associates of South Florida, LLC. We like to thank him and all first responders from our community.

Community Activities

भर्च्युअल ओर्ल्याण्डो नेपाली भाषा पाठशाला संचालन

संसारभर प्राणघातक कोरोना भाईरसको प्रभाव संगसंगै शुरु भई बढदै गईरहेको सामाजिक दुरीले आज विश्व समुदायलाई हरेक क्षेत्रहरुमा नराम्रोसंग गाँज्दै ल्याईरहेको छ। आजसम्म कोरोना भाईरसबाट निजात पाउन खासमा कुनै औषधोपचारको ब्यवस्था भईनसकेको र यस्को असर कहिलेसम्म र कतिसम्म हुने अनुमान समेत गर्न नसक्ने अवस्था हाम्रो सामु विद्यमान छ। यसर्थ यस्को प्रभावबाट बच्न सामाजिक दुरी कायम गर्दै, खुला हातले आँखा, नाक, कान र अनुहार नछुने, पटक पटक साबुन पानीले हात धुने, ट्याण्ड स्यानिटाईजरको प्रयोग गर्ने, ताजा प्रोटीनयुक्त, हरियो सागपात, दुग्धजन्य पदार्थ खाने, अत्यावश्यक काम बाहेक बाहिर ननिस्कने, गई हाले पनि फर्के लगत्तै नुहाउने र लगाएको कपडा धुने, चिसो भन्दा तातो कागति पानी, सुप, दुध जस्ता भोलिलो पदार्थहरु आदि पिईरहने आदि नै कोरोना भाईरसबाट बच्ने उपायहरु मध्य केहि हुन सक्दछन्।



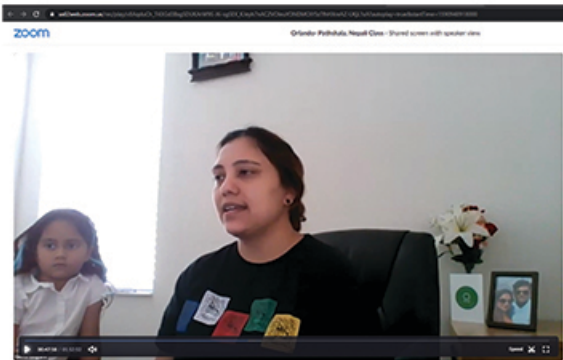
यस्तो महामारीको अवस्थामा पनि कोरोना भाईरसलाई चुनौतिको रुपमा लिई सतर्कतापूर्वक ग्रहण गर्दै ले गत अप्रिल देखि महिनाको दुइ पटक एन सी सी ओको पहलमा र आइ एन एल यस फुलोरेडा च्यापटरको सहयोगमा ओर्ल्याण्डोमा नेपाली भाषा पाठशाला बालबालिकाहरुका लागि भर्च्युअलकक्षाहरु नियमित रुपमा निरन्तर संचालन आईरहको ब्यहोरा जगजाहेर छ।

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पाठशाला संचालनका लागि संयोजिका गीता न्यौपानेले सहजीकरण गर्नुभएको गरि रहनु भएको छ । त्यसै गरि गुरुबा देवचन्द्र राई र गुरुआमा आरती भण्डारी राई, अमिता पोखेल देवकोटा, बीनु आचार्य पाठक समेतले बाबु(नानीहरुलाई पठनुपाठनमा सहयोग पुर्याउनु भएको नेपाली भाषा पाठशालामा एन सि सी ओ का अध्यक्ष निजानन्द मल्ल ले विशेष सहयोग पुर्याउनु भएको छ ।



अनेसास फ्लोरिडाद्वारा आयोजित कोरोना भाईरसको प्रभाव र यस्ले मानव समुदायमा पारेको असर बिषयक भर्च्युअल बिशेष कार्यक्रम सम्पन्ना (निजानन्द मल्ल)

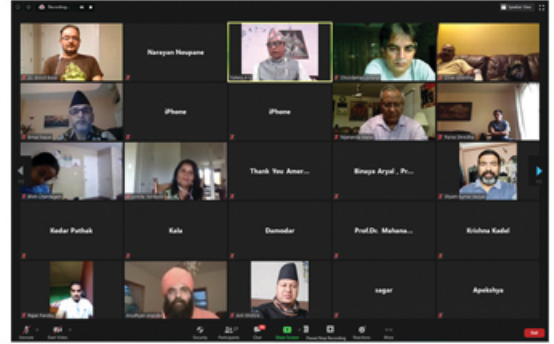
जति नगरौं भने पनि आखिर सबै भन्दा पहिला कोरोना भाईरस कै कुरा आउने गर्दछ। नआओस् पनि किन आखिरयस्कै कारणबाट आज सारा बिश्व आक्रान्त छ। मानिसको दैनिकीमा मात्र कहा ' हो र यस्को उत्पति भएदेखिबाटै भण्डैछ महिना यताको अवधिमा मानव निर्मित सम्पूर्ण मूल्य मान्यता माथि यस्ले लगातार धावा बोल्दै आएको छ भने एकाईसौं शताब्दिको चरमोत्कर्षक बिज्ञान तथा प्रविधिको माध्यमहरुलाई पनि यस्ले बेकम्मातुल्य बनाई दिएको छ।



अझ त्यति कहा ' हो र भोलीका दिनमा समेत यस्ले कति न्जेलसम्म आफ्नो उत्पात् चरित्रलाई कायम राख्ने हो वा कसरी यस्बाट पिण्ड छुडाउने हो भन्ने भेऊ कसैले गर्न समेत नसक्ने बनाई दिएको छ। साच्चै भन्नु पर्दा यस्बाट निजात पाउने उपाय जति जटिल छ, त्यो भन्दा उदेक लाग्दो हविगत "मै हुँ" भन्ने शक्तिशाली राष्ट्रहरुलाई समेत यस्ले निरुपाय बनाई लाचार तुल्याई रहेको अवस्था छ। अतस् यस्तै अन्यौलपूर्ण स्थितिमा पनि अनेसास फ्लोरिडा च्याप्टरले नेपाली भाषा, साहित्य र संस्कृतिको क्षेत्रमा केहि न केहि गर्ने अठोटका साथ स(साना बालवालिकाहरुको लागि भर्च्युअल नेपाली भाषा पाठशालाहरु, बिश्वभरि छरिएर रहनु भएका साहित्यिक सर्जकहरुसंगको भलाकुसारी एवं रचना वाचन, बिभिन्न विद्वान एवं साधकहरुलाई निम्त्याएर उहाहरुसंग रहेको ज्ञान, अनुभवका बिबिध बिषयहरु उपर बिशेष प्रवचन एवं अन्तरक्रियाका कार्यक्रमहरु संचालन गर्दै आई रहेको सर्वबिदितै छ।

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हालै मात्र यसैक्रममा गत आईतबारका दिन यसले कोभिड(१९) को प्रभाव र यसले मानव समुदायमा पारेको असर बारेमा एक विशेष कार्यक्रम सम्पन्न गरेको समाचार छ, जस्को संक्षिप्त विवरण तल उल्लेख गर्ने जमर्को गरिएको छ। अ.ने.सा.स. फ्लोरिडा टीमले उल्लेखित बिषयमा आयोजित उक्त विशेष कार्यक्रममा आमन्त्रित वक्ता एवं सहभागिहरुलाई स्वागत गर्दै कार्यक्रमको परिचय एवं औचित्य माथि प्रकाश पार्नुहुँदै समाजका अध्यक्ष निजानन्द मल्लले शुरु गर्नुभएको थियो। प्रमुख वक्ताको रुपमा पोखराका नागरिक समाज संजालका संयोजक एवं समाजसेवि बिष्णु प्रसाद बरालले बिश्वब्यापि रुपमा निरन्तर बढ्दै गईरहेको कोरोना भाईरसले पारेको क्रमिक प्रभाव र त्यसले मानव समाजमा पारेको असर नेपाल, दक्षिण एसिया, ओशियाना, अष्ट्रेलिया, अफ्रिका, युरोप, उत्तर र दक्षिण अमेरिकासम्मको बस्तुस्थिति र यसले सामाजिक, आर्थिक, सांस्कृतिक र राजनैतिक क्षेत्रमा बिभिन्न तवरबाट पारेको असरहरु बारेको फेहरिस्त सुनाउनु भएको थियो। आजको समुन्नत समाजमा सबैभन्दा बिकसित प्राणी मनुष्य मात्रले गर्नुपर्ने काम नगरी एकाकी भौतिकवादि सोच र तदनुरूपको ब्यवहारको कारणबाट नै कोरोना उत्पति भएको आज प्राकृतिक सन्तुलन कायम राख्न नसकेरै प्रकृतिको यो कोप बेहोर्न बिवश भएको यथार्थमा जोड दिनु भयो। तसर्थ अब हरेक बस्तुलाई हेर्ने दृष्टिकोणमा नविनता ल्याउनपर्ने र सम्पुर्ण मानव समाजको उत्थानको लागि श्री पि.आर. सरकारको सामाजिक आर्थिक सिध्दान्तमा आधारित आधारभूत निति अनुसार चलनु पर्ने र वहाले परिकल्पना गर्नु भएको नव्यमानवतावादको स्थापनामा जुटन पर्ने बताउनु भयो। यसरी बिष्णु प्रसाद बरालले आफ्नो बिषयगत मन्तव्य राखि सक्नु भएपछि नाशा (दक्षिण पूर्व अमेरिकाको नेपाली संघ) का अध्यक्ष विनय अर्यालले शुभकामना मन्तव्य ब्यक्त गर्दै यस्तो बिपदमा फ्लोरिडा राज्यबाट अनेसासले निरन्तर संचालन गर्दै आएको यस्ता खाले कार्यक्रमले मानव समुदायमा नयाँ उर्जा प्रदान गर्ने गरेको बताउनु भयो साथै नाशा कै निवर्तमान अध्यक्ष एवं अनेसास फ्लोरिडाका पूर्वाध्यक्ष विमल नेपाल, बिस्कान्सिनका दिनार बाबु श्रेष्ठ, पूर्ण श्रेष्ठ, क्याल्फोर्नियाका कृष्ण गीरी, नेपालबाट दिनानाथ पण्डित, कृष्ण न्यौपाने, बलराम श्रेष्ठ, ओर्ल्याण्डोका विनोद बराल लगायतले आ(आफ्ना जिज्ञाशा एवं भनाईहरु राख्नु भएको थियो। यसरी निर्धारित समयसम्म बडो उेहको समापन गर्नुभयो।



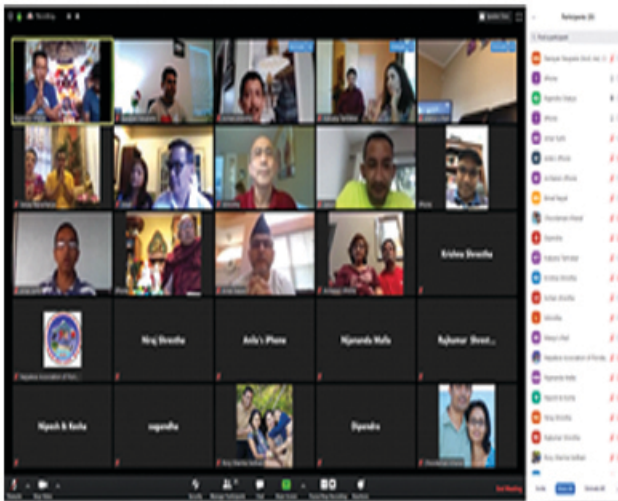
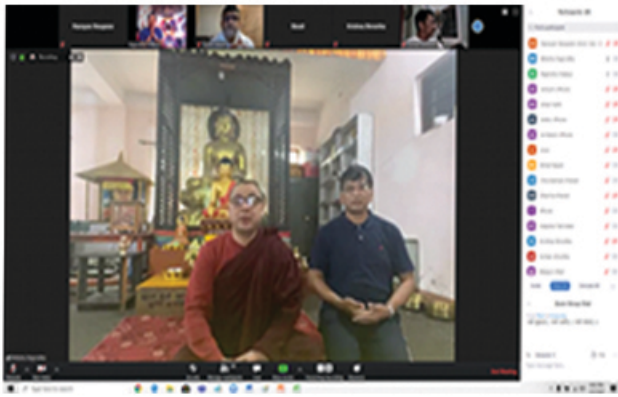
त्साहका साथ संचालित कार्यक्रममा सबैको जिज्ञाशा प्रति पुनः प्रकाश पार्नु हुँदै प्रस्तुत सुभावहरु प्रति वक्ता बरालजीले स्वागत गर्दै आयोक टीमले यो अवसर दिएको धन्यवाद समेत दिनुभएको थियो। अन्त्यमा समाजका अध्यक्ष मल्लले आमन्त्रण स्विकारी आईदिनु भएकोमा वक्ता एवं सहभागि सम्पूर्णमा साधुवाद ब्यक्त गर्दै भोलीका

दिनहरुमा थप बिषयहरु उपर यस्ता कार्यक्रमहरु निरन्तर आयोजना गर्दै जाने टीमको सोच राख्नु भयो साथै कार्यक्रमलाई सफल तुल्याउन सहयोगि सबै समक्ष आभार प्रकट गर्दै समारोहको समापन गर्नुभयो।



Continue in Page 8 ...

Celebrated the 2644th Buddha Jayanti in Florida on May 9th, 2020.



The Newah Organization of America (NOA) – Florida Chapter, in association with the International Nepali Literary Society (INLS) – Florida, the Nepalese Association of Florida (NAF), and the Nepalese Association of North East America (NASEA), successfully celebrated the 2644th Buddha Jayanti on May 9th, 2020. This event was held virtually to meet ethical and legislative guidelines during this Covid-19 pandemic. Because our members congregated online, we were able to invite several respected figures in the Buddhist community. Prior to commencing the event, NOA president, Dr. Rajendra Shakya spoke a few words to acknowledge those who have been irreparably affected by the current pandemic. He also resolved the conflicting chronological interpretations to clarify that we are celebrating the 2644th Buddha Jayanti. Dr. Shakya then initiated the program by offering a communal “Wandana” to respected Bhante Pannaloka, who joined our program from Boston, Massachusetts. The respected Bhante guided members in observing Panchasheela, or the five precepts, and in offering Buddha Pooja.

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Community Activities

Afterwards, these rituals were explained in lay terms by former president of NCCO (Nepalese Community Center Orlando), Mr. Siwali Shakya.

Dr. Amar Karki, from West Palm Beach, FL, succinctly summarized the life and enlightenment of Siddhartha Gautama in an original poem. The Buddha's biography was further illustrated in a thoughtful and well-researched presentation from Smarika Nepal, a young and promising member of our Nepalese society. The next part of the program focused on mindfulness and meditation, two important tenants of the Buddha's teachings. Mrs. Roji Sharma, from Tampa, FL, explained the benefits of mindfulness on both mental and physical well-being. She also demonstrated the proper technique for deep meditation and led a 10-minute group meditation practice. Mrs. Sharma currently leads weekly meditation group program organized by NAF. NASEA General Secretary Mr. Krishna Shrestha, from West Palm Beach, FL, provided a detailed analysis on how Buddhism has contributed to spreading peace throughout the world. His words remind us that Buddha's teachings can help bring tranquility to our troubled modern society. Trisha Chapagain, another leader among the youth of our Nepalese society, elaborated on the Buddha's achievements and accomplishments. Mrs. Anila Neupane, president of NAF, further underscored the importance of Buddha Jayanti, reminding us why we celebrate it annually. Through a connection with the president of the Bhojpur Taksar Shakya Samaj, Mr. Mim Bahadur Shakya, our

program was also graced with the presence of a respected Bhante from Vishwa Shanti Vihar. Bhante Nigrodh is a well learned and knowledgeable theologian who has represented Nepal in the international Buddhist community. The Bhante elegantly connected Buddha's teachings and life experience to the fundamental principles that form the basis of Buddhism. He also distinguished the Buddha from other deities, explaining that the Buddha is neither human nor divine. Instead, the Buddha is the awakened one. Nigrodh Bhante concluded his lesson by teaching us the implications and importance of Buddhism in our daily life. Afterwards, Dr. Choodamani Khanal, former president of NAF, recited an original poem about the Buddha's life history and achievements. Mr. Nijananda Malla, president of INLS Florida Chapter and NCCO, provided his keen interpretation of how Buddhist philosophy can be incorporated into our life. Former president of NASEA, Mr. Bimal Nepal from West Palm Beach, FL, recapped the history of Buddha Jayanti within the Florida Nepalese community. Following Mr. Nepal's presentation, Mr. Tikaram Paudel, from Gainesville, Florida, interpolated Buddha's teachings and his biography through an eloquent poem. Our program concluded with a thank-you note from immediate past president and current advisor to NOA, Mr. Sanjay Bajracharya from Boca Raton, FL. Mr. Bajracharya expressed the community's sincere appreciation to all the participants and presenters for our successful 2644th Buddha Jayanti celebration.





प्रकाश अर्याल
बालाजु, काठमाण्डौ, नेपाल
हाल : फोर्टमायर, फ्लोरिडा

वर्षाको रमाईलो

(चित्रलेखा छन्द, गण : म भ न य य य)

आयो वर्षा भ्ररभ्रर भ्ररदै टार बेसी भिजायो ।
बग्दै खोला सलसल सरिता फेर बर्को फिँजायो ! !
द्वारै राम्रो ईन्द्रधनुष छ आभा रमाई रहेको ।
भ्रदै सदैँ शिर समथरमा भेल खोला बगेको ! !

बस्यो भ्रन्यो तपतप बुँदका घुमले छेक पानी ।
रोकी पानी टलपल भूमिमा बन्छ आली सिरानी ! !
पूजा गर्दै पलपल जलका ईश्वर इन्द्र भनेर ।
दाना रोपी हरदम श्रमले मानु इच्छा गरेर ! !

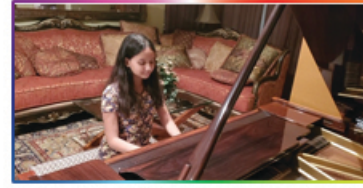
भाका प्यारो वरपर दुरका गीत गाना छ राम्रो ।
रग्दै गग्दै रसलय मिसिँदै बोल साथ छ हाम्रो ! !
खन्दै खोसी सरस कठिनका खेत आँठो मिलाई ।
रोपी राम्रा लहर लहरमा हार मिल्दो सजाई ! !

ब्याडे बाबू छपछप बिउका बोट चोपी रहेका ।
रोपार् नानी छुपुछुपु रोप्न लौ साथसाथै भएका ! !
माछो कीरो सलसल जलमा पौडदै हो रमाई ।
जोडी गोरु करक करकमा जोतिदै हो समाई ! !

बाटोघाटो सबतिर छ सफा भेल बग्दो भएर ! !
बाजागाजा घनघन रसमै नाच बेठी गरेर ।
खाजा पानी नरम गरमका हातहातै समाए ! !
घाँसे कुल्ची मलजल छरदै बाबुआमा रमाए !

चम्की चम्की भलमल बिजुली बादलै त्यो बिहानी !
जोडा जोडी वशमय रुपका भाव यौटै कहानी ! !
कोरी बाटी कुसुम कमलभैँ जून तारा डुलेर !
कैले कैले विपरित मनको साथ माया भुलेर ! !

Why music is important - Yuvani Bhandary



Hello, my name is Yuvani Bhandary and I go to Bak Middle School of the Arts for piano. I have been playing piano for about 6 years and music has helped me keep my focus and has kept me calm. Music is a lovely artform which is a mix of tunes which has many positive effects. Music may also perform beautiful sounds using many instruments. An individual who plays, composes, or knows music is a Musician. Have you at any point heard the sound of a cascade or a streaming waterway? Would you be able to hear music there? Therefore, everything with a rhythm has music. Here is a quote by Wolfgang Amadeus Mozart, one of the most successful musicians, **"The music is not in the notes, but in the silence in between."** Music has extraordinary characteristics of mending an individual sincerely and intellectually. Continue in Page 12 ...

Literature

Music is a type of reflection. While creating or listening to music, one will most likely forget about their pain, problems, and inconveniences. Likewise, research has demonstrated that the plants which hear music develop at a quicker rate in contrast with the others. Music has the ability to fix difficulties, for example, anxiety, depression, sleep deprivation, and so on. It additionally helps in improving focus and it can aid you when pursuing a new activity. Music is very key to our lives since everything has some sort of music. Our pulses are music, our breathing is music, and so much more. We use music in our regular daily existence and it helps to quiet and heal our body. That is the reason music is so essential to our lives, regardless of whether you play an instrument or not.

Congratulations Class of 2020 and Best Wishes for Your Next Adventure!



Congratulations, graduates! Forever people will recognize the Class of 2020 as a special group of students who faced a significant challenge. May these unique circumstances give you resilience and inspire you to make the world a better place when you go back into it.

Life Lessons from a Nobel Laureate - Swochchhanda Shrestha



This past spring semester, I had the absolute pleasure of taking a class with a Nobel laureate. As a student at MIT, this experience is rare but certainly not unheard of, as the

Institute has had 97 affiliates win a Nobel prize and at least 10 of those affiliates currently teach classes. Regardless, I was in utter awe and admiration when I first found out that my professor had won a Nobel prize for Economics. Interestingly enough, I did not know this tidbit prior to enrolling in the class or even in the first two weeks of the semester. In fact, I only found out when I googled his name when I was talking to my mom about this one professor I had and she said his name sounded familiar.

Although he did mention his award-winning research on the first day of class, he did not describe it as such and only talked about the focus of the research itself. The core principle behind this research, which used randomized control trials to objectively and fairly evaluate the quality of different hypotheses in real-world economic policy experiments, manifested in the class in

Continue in Page 12 ...



a ton of interesting ways. For one, we had pre-readings throughout the semester and also random pop quizzes on only some of them at the beginning of class. The class was also heavily discussion based and often times the professors would call on someone random on the attendance sheet to get their input. Not only did this make it easier to overcome the anxiety of speaking up in a big class, it was also a smart way to keep track of attendance without actually taking attendance. And finally, we had group presentations a few times during the semester but with a twist. The presentations would be made during a class period, with a random group that was selected at the beginning of that class period. Typically there were about 5 groups BUT only two of these groups would actually present at the end of the class. And how were those groups selected? You guessed it, randomly. The idea is that, over the course of the semester, each student will have roughly equal opportunities to prove themselves and the random distribution of grading incentivizes students to stay engaged with the material all semester long.

So this all made for a very interesting class structure, in addition to material that I found very interesting (the class was on Political Economy and Economic Development; basically the intersection of politics and economy in developing countries). And I learned a

TON about the subject matter laid out in the syllabus. But I learned just as much, if not more, from seeing the way my Nobel laureate professor taught the class.

He never once mentioned his accolades or fame, even when discussing the very work that brought him acclaim throughout the world of economics. It was also very obvious that he valued the input of his students and he was incredibly encouraging during discussion classes. Not once did he assert his subject matter authority over anybody, although I can certainly remember a couple dumb things I said in discussion that he could've easily shot down if he felt like it. But instead, he chose to look for the good in every student's contributions and even managed to spin every uninformed comment I made into something that would be beneficial for the whole class. His humility and approachability really stood out to me: he didn't even have students and course staff call him Professor or Doctor (although both would have been accurate), he just had people call him by his first name; he also just seemed genuinely excited to hear our thoughts on readings or current events. His class was truly a joy for me to attend, both in person and virtually, and his composure was a big reason why.

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This class taught me to find creative means to apply what I learn in class and through research to situations in my daily life (which are ironically represented in this case by classroom interactions). And it taught me to stay humble and curious about what others have to contribute to the world regardless of how much I achieve or how highly I may be regarded by society. And those are the life lessons I got from a class taught by a Nobel laureate.

Colorism in the Nepali Community

- Saugat Shrestha Grade 10 ,
Suncoast High School, Florida



You may be asking yourself, what is colorism exactly? Dictionary Definition of colorism says "Colorism(n.): prejudice or discrimination

against individuals with a dark skin tone, typically among people of the same ethnic or racial group". You have probably heard of much more common terms that describe derogatory behavior in different forms. But I feel that colorism is overlooked by many in all communities regardless of race, and the Nepali community is no exception. Now, I myself am no stranger to

colorism in the Nepali community because I play multiple sports at school including running cross country and playing basketball and volleyball in the hot sun, which causes my skin to naturally tan into a darker shade (understandable for any athlete). However, when I go to any Nepali gathering or when me and my family return to Nepal for the first time in years, I am always told by uncles and aunties, "Ē, kasarī yō bacchā yati kālō bhayō".

I look back at these words now and realize how conservative and close minded the beliefs are of many Nepali adults. I want to work on educating Nepali adults not by forcing them to learn but by instead correcting their mistakes because no one is in the wrong here. Instead, we need to recognize that, in our society and culture, people who work labor and blue collar jobs are looked down upon. These jobs have historically been held by those of darker skin complexion and often cause workers to tan by being out in the sun. This has led to discrimination against darker skin complexions. Meanwhile, people who work white collar and office jobs (where they do not have to work in the sun) are praised for having lighter skin.

And I won't even lie, I am no stranger to this type of behavior because I myself was raised with coloristic beliefs by my parents and most of my

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classmates were white, even though most of my friends were the very marginal amounts of minorities that made up my school. However, it wasn't even my parents that taught me these coloristic type beliefs, it was the very people that were supposed to be my peers and educators. The best decision my parents ever made for me was having me go to a primarily Black and Hispanic middle school. It was a drastic change from what I had experienced at my elementary school because most of the kids at my middle school were under-privileged as compared to most kids at my elementary school being extremely privileged and lucky. Around this time, I became heavily invested in the art of 90's old school rap such as Tupac and Biggie Smalls and it made me understand my friends at my new middle school even further. I could relate to the music because my life growing up wasn't a flawless journey and I've always had to work for what I wanted; I also saw this characteristic in all my new friends and peers, which only further strengthened my bonds with them.

My inspiration to understand the whole spectrum and all sides of colorism comes from the quote, "Destiny is a funny thing. You never know how things are going to work out. But if you keep an open mind and an open heart, I promise you will

find your own destiny".

Essentially, this quote is saying that you must always keep an open mind and never let anyone else choose your destiny; rather, you must choose your own destiny. No one, especially in America, can let the system and culture determine their destiny. Every person has the right to choose their own destiny however they seem fit. I don't mean to sound like a hypocrite, but I feel that the destiny for all Nepali adults should include humility and equality for all. My parents chose their destiny by accepting the fact that many of my best friends were either Black or Hispanic which was something very simple for my mother to understand but it took some time for my father. In the end, he came around to it and I have never been closer with my parents than how close our relationship is today. So, I am not forcing anyone to change their ways of coloristic beliefs. The only thing I have to ask my Nepali elders that engage in coloristic beliefs (whether they notice it or not), is to ask themselves whether their feelings of looking down on someone because of their darker skin complexion is because that is the way culture and society forced it upon them or is it because they personally believe that those who are of darker skin complexion are inferior to those who are of lighter skin complexion. In conclusion, we should all come together as one regardless of how we look on the outside because on the inside we are all the same. We have to

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come together as one people and set aside the racial differences that were created by the culture of the past and focus on what is ahead for our society because it's all about how the heart of a person is rather than how dark or light their skin color is.

Treasurer's Note



Bhisal Gautam
Treasurer, NAF

Namaskar. It has not been the year that we all thought it would be this year. Using mask around people and working from home is the new normal. All our meticulously planned activities with friends and family this summer has been cancelled. I hope amid all the chaos (political and public health), we still having time to think inward, time to spend with our family and time dedicated to achieving our goals. I want to thank everyone associated with NAF for their valuable suggestions and NAF's core committee who are undeterred by the current situation and have been working on various NAF's initiatives. Thank you very much.

After taking over last year, we have added new members. Total of 7 life family members, 2 family members and 1 member were added. We also received donations for COVID19 relief fund. Total of 9 donors donated \$1902. Expenses this quarter includes expenses for masks (covered from the COVID19 fund), ordering business check for NAF and zoom one-year subscription. Our total expenditure stands at \$494.

	Debit (\$)	Credit (\$)
Starting Balance	1968	
Membership and Fees	1118	
CPVID19 relief fund	1902	
Expenses (Masks, Zoom Subscription, Website Maintenance, Business Checks)		494
Total	4988	494
	4494.00	

So, we have total of \$ 1802 in COVID19 relief fund and total of \$ 2692 general fund at NAF's disposal.

Note: As our organization runs on donations, I will be sending out email soon for membership drive this quarter. We are always looking for interested and dedicated individuals to serve our community.



We are on the web
www.floridanepalese.org

Executives Officers

Ms. Anila Neupane - President
 Dr. Pragati Ghimire - Vice-President
 Dr. Niraj Shrestha - General Secretary
 Mr. Bishal Gautam - Treasurer
 Mr. Narayan Neupane - Information Secretary

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)

Coordinator for Community Engagement Forum (CEF).

Dr. Amar Bahadur Karki (West palm)

Advisory Committee

Dr. Chooda Mani Khanal
 Mr. Krishna Shrestha
 Mr. Binod Basnet
 Mr. Pankaz Sharma
 Mr. Sushil Bhattachan

Amendments/ Nominations and Election Committee (ANEC)

Mr. Rajeeb Lamsal
 Dr. Bidya R. Subedi
 Mr. Rajendra Shrestha

Indreni Publication Committee

Narayan Neupane - Coordinator
 Cheban Achrya - Member
 Priti Bhandary - Member
 Deep Karki - Member

Coaching & Mentoring



NAF Upcoming Event :

“Series of Youth Panel discussion in Various Contemporary Topics”

Continue..

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Nepalese Association of Florida



2020 Membership DRIVE

Adopt the Highway

Mentorship

Youth Programs

Other Community Programs

Disaster Relief Fund

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

JOIN TODAY

BECOME A MEMBER

Annual Member (Individual)
 Annual Member (Family)
 Life Member (Individual)
 Life Member (Family)

<http://floridanepalese.org/membership/>

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NEPALESE ASSOCIATION OF FLORIDA



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