



INDRENI



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April 2020

Message from President

Respected community members, Namaskar!
Nepalese Association of Florida is actively and seriously monitoring the Coronavirus (COVID-19) updates and recommendations from the Centers for Disease Control and Prevention (CDC) and local and state health authorities. We would like to request all of our community members to be safe, calm and healthy. NAF team would like to thank you for your patience and resilience, and wish for your good health and safe life.

Our team is in close contact in regular basis with all the local chapter representatives, student's representative at universities and getting touch with each Nepali in Florida if they are having any hardship. NAF executive team will coordinate with other helpful organizations and work as a team if you have any kind of hardship in current situations. Please let us know and contact our representative throughout the state.

Nepalese association of Florida has initiated following community-based programs targeting and covering all age groups and considering current unprecedented situation via online Zoom platform.

Mindfulness and Meditation (every Saturday)

Virtual Nepali class for children throughout the state

Formation of COVID-19 task force team with the representatives throughout the state.

We would like to appreciate certified mindfulness instructor, Rosy Sharma Sedhain, for her willingness to support us through meditation and thank you all the community members, parents, children and our seniors for your enthusiasm, appreciation, and participation, and support in the programs. We are very happy to see the smile in our children's face by seeing their fellows from different cities.

We also have the following ongoing projects,

Mentorship for professional growth and networking

Membership Drive Campaigning

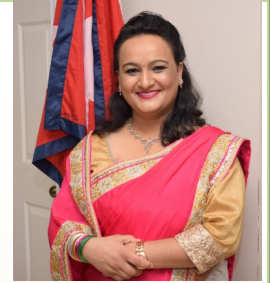
Interaction with Nepalese senior citizen-Nepali study forum/ Community Service Forum (NSF/CSF)

Adopt- A- Highway

For more information about our ongoing programs, please visit our website <http://floridanepalese.org/>

NAF is delighted to share the interest and responses from college students/graduates in our mentorship program. We would like to thank all the mentors for your support and appreciate the immense interests from the mentees. Our membership drive campaign is going well and would like to congratulate all the new life members and family members for your connection in our own organization. We would like to thank our NSF/CSF coordinator Dr. Amar Karki for his coordination, ideas, and successfully completing one of the series: Interaction with senior citizens in West

Continue in page 2.



Message from President ...Continue from page 1.

Palm Beach.

I would like to thank and appreciate my entire team including advisors for your cooperation and support. Without each and every one of your support, the program(s) would not have been successful.

Please keep checking our website and social media and join us for ongoing and upcoming programs. Please stay safe and healthy during this pandemic crisis and feel free to reach out to us through social media, telephone, or in person with our representatives across the state.

Thank you!

Anila Neupane Paudyal



भोली हाम्रो इतिहास कसले बताउछ"-Amar Karki

On February 9, 2020, very first time in Florida Nepal Study Forum and Community Services committee of Nepalese Association of Florida (NAF) organized a program called "Interaction with Nepalese Senior Citizens of South Florida" at Wellington Library, West Palm Beach. The goal of the program was to provide an opportunity Nepalese community to interact with our seniors who came USA 4, 5 decades ago and made our history in US. In this program three great personalities Mr. Pramod Sharma, Dr. Bhogendra Khanal and Dr. Min Bahadur Rayamajhi were the speakers who shared their stories about the time when they landed here and the life journey from Nepal to here in South Florida. Community members of all ages from South Florida attended the program. The program was moderated by NSFCS program coordinator Dr. Amar Karki. NSFCS committee has planned to run other series of this program in other cities in coming days. More information on the program visit floridanepalese.org



NAF ACTIVITIES AND PROGRAMS

"Interaction with Nepalese Senior Citizens of South Florida" organized

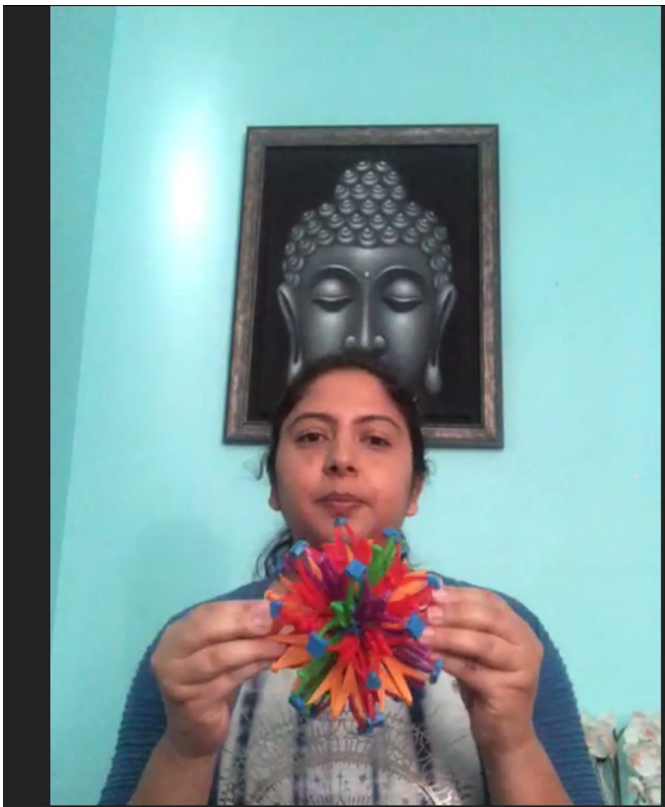
हरेक बिहानीले एउटा दिन बनाउछ
हरेक दिनले एउटा इतिहास बनाउछ
गरेनौ खोजी आज हामीले भने



Mindfulness-Meditation Program with Nepalese Community in Florida” organized

Saturday, March 28th, 2020—Nepalese Association of Florida (NAF) organized online Mindfulness-Meditation Program. The program was run by our community member and certify instructor for Mindfulness Meditation Mrs. Rosy Sharma Sedhain. Eighty participants from different cities of Florida attended the program via Zoom Webinar platform. The program lasted eighty minutes with Q&A session at the end. In the beginning of the program, NAF President, Mrs. Anila Neupane highlighted the importance of the program in current situation of COVID19 pandemic.

The program will run every Saturday from 10.00 AM (EST). Please use following link to connect to program <https://us04web.zoom.us/j/818821612>. If you have question on the program, please contact info@floridanepalese.org.



Virtual Nepali class for children April 5, 2020 Sunday-Encourage your children



Sunday, April 5th, 2020—Nepalese Association of Florida (NAF) organised online Virtual Nepali Pathshala Program for all children in Florida. The program was hosted by NAF and supported by International Nepali Literacy Society (INLS-Florida Chapter) and Global Nepalese ICT Consortium. In the program more than seventy children from different cities of Florida participated in the program via Zoom Webinar platform. The program lasted almost two hours. In the beginning of the program, INLS-Florida Chapter President, Mr. Nijananda Malla highlighted the importance of the “Pathshal Program” and on current situation of COVID19 pandemic. Member of Global Nepalese ICT Consortium Mr. Surya Baniya also highlighted benefit of online Nepali class in current situation. The program was jointly moderated by Information Secretary of NAF couple, Mr. Narayan Neupane and Mrs. Geeta Neupane, Pathshala Coordinator from Orlando. Attending multi-talented children performed songs, played instrument and different activities during the program. [Amita Pokharel Devkota](#) from orlando made fun for kids by storytelling. Program was also attended by Pathshala Coordinator from different cities. NAF President Anila Neupane end the program with vote of thanks. We would like to thank all the participants, parents, volunteers and leaders for your support.

CORONAVIRUS DISEASE 2019 (COVID 19) PAN-DEMIC

COVID –19 or Coronavirus disease 2019 is an infection caused by novel corona virus called severe acute respiratory syndrome corona virus-2 (SARS-CoV-2) which is a new strain that has not been previously identified in humans. It was first detected in December 2019 in Wuhan, China which quickly multiplied with rapid rate of person to person transmission and was recognized as Pandemic by WHO in March 11, 2019.



Dr. Anugya Poudel Chataut

On the date I am writing this down, Total number of cases globally:
Total number of Death.

It had already made tremendous impact of current psychosocial, mental, physical and economic sector.

Though most of information regarding virus have been already available, I am going to focus on basics of disease and its prevention.

Method of transmission: By person to person with droplets when someone cough or sneeze, touching contaminated surface and touching face.

Incubation period (time of exposure to onset of symptom): 2 to 14 days, mostly symptoms seen around 4 to 5 days of exposure.

Immunity: It is still unsure if all infected person get protective immune response and even if they get how long it will last.

Symptoms and clinical course: It can vary from mild to severe to critical symptoms.
Initial 4 to 5 days: Symptoms start with flu like illness commonly sore throat, headache, body aches,

fever, nausea, vomiting, abdominal discomfort and some diarrhea, loss of smell, loss of appetite, fatigue.

Day 5 to 6 days: Increased shortness of breath, bilateral viral pneumonia from direct damage to lung (severe symptoms needing supplemental oxygen).

By 8 to 10 days: There can be cytokine storm (which is overproduction of immune cells and their activating compounds in response to infection) leading to severe respiratory and multiple organ failure (critical condition needing intubation and mechanical ventilation).

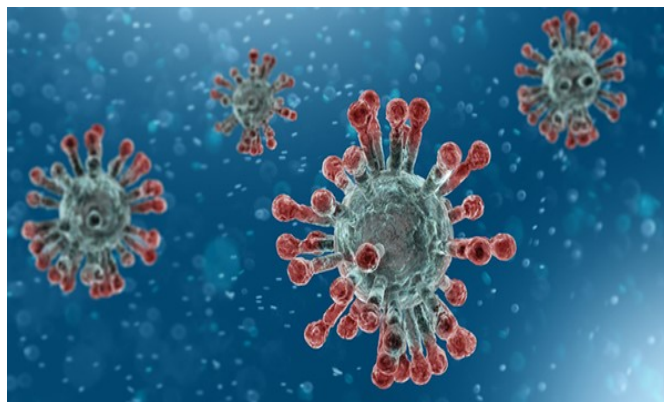
Majority of patients may develop only mild symptoms and recover. Certain population with high risk factors such as coronary artery disease, diabetes, hypertension, chronic lung disease, chronic kidney disease, cancer, immunocompromised state and elderly are noted to be vulnerable to severe and critical illness, though there have been several cases with mortality reported among young population without co-morbidities.

Diagnosis: Done on basis of symptoms and who meet criteria for testing using nasopharyngeal swab testing for SARS-CoV-2 RNA. Testing are being more available now with drive through approach and also new technologies are being invented to get faster results within an hour.

Management

Following measures should be taken at home care setting:

It is appropriate for patients with mild symptoms who can be isolated adequately at home. Main focus should be on prevention of transmission to other family members and advise to present to hospital if symptoms worsen.



Patient should wear mask when with other people at home or in same vehicle.
Individual caring for infected or suspected COVID at home should wear mask when in the same room as patient.

Frequent disinfection of frequently touched surfaces.

May discontinue home based isolation when at least seven days have passed since onset of symptoms AND at least 3 days (72 hours) have passed since recovery of symptoms (which means resolution of fever without any fever reducing medications and improvement of respiratory symptoms like cough, shortness of breath).

Hospitalization: Person with COVID infection or suspected COVID with severe or worsening symptoms like difficulty breathing will need to go to emergency room and will be admitted accordingly after evaluation. Some may do well just with supportive care and supplemental oxygen whereas some could have worsening course needing intubation and mechanical ventilation. Different researches are ongoing for medication use and their effectiveness.

Prevention in community

-Regular hand washing with soap and water, or use of hand sanitizer after touching public spaces

-Covering cough or sneezing

-Avoiding touching to face (mostly eyes, nose, mouth)

-Cleaning and disinfecting frequently touched surfaces

-Avoiding crowds specially in closed spaces and avoiding close contact with any infected individual.

-Lot of information on social distancing is already been circulated around, the goal of which is to decrease the rapid spread of infection and decrease of influx of severely infected patients to the hospital which could help in using the healthcare resources evenly.

-It is important to continue to take proper care of existing condition like high blood pressure, diabetes, asthma, COPD to keep these under good control.

-If someone is smoking, it is good to quit smoking at this time

-Continue healthy balanced diet, regular exercise and sun exposure as appropriate.

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
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



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

Organized By

Nepalese Association of Florida

floridanepalese.org

info@floridanepalese.org / naflorida2016@gmail.com

Contact Person (Anila Neupane)

anilaneupane@gmail.com

5714421610

Congratulations



Nepalese Association of Florida would like to congratulate professor of University of Florida, **Dr. Brijesh Thapa** for his professional achievement. Dr. Brijesh Thapa has been elected as a fellow into The Academy of Leisure Sciences (TALS) in recognition for his “contributions to the leisure sciences field over an extensive time frame” during his career. Funded in 1980, TALS holds as its purpose “the intellectual advancement of leisure sciences.” Fellows are outstanding scholars elected through a rigorous process within the academy to carry the purpose, based on at least ten years of demonstrated competence in quality and quantity of scholarly literature contributions, leadership and participation in professional associations, and outstanding performance as professional in the field of leisure. The academy fulfills its purpose through having interested individuals becoming members by joining the network as well as inducting outstanding scholars as Fellows, promoting means to exchanging of knowledge and ideas through meetings and scholarships, and promotes the scholarly study of leisure by activities of committees, members, and Fellows.

Driving change through education

www.buildon.org



Shailee Banskota

B.S. Psychology Candidate
University of South Florida
shailee.banskota@gmail.com
727-239-3605

Many second-generation immigrants like myself, I have lived a very privileged life. I have seen first-hand the trial and tribulations my parents struggled through to provide my sister and I with a plentiful life and anything and everything we could ask for. Recognizing this privilege, however, fills me with a sense of responsibility, determined to help those who are not in such fortunate situations like I am. My family is Nepalese, from Kathmandu, Nepal. For all of my life, I was extremely proud to tell anyone that I met in school that I was Nepalese; I had great pride in my roots. But when I visited Nepal in the summer of 2016 and traveled to different parts of the country, I realized that it was indeed lacking a lot of the things that I take for granted at home, one of those being education.

I am currently an undergraduate student at the University of South Florida studying Psychology with a dream to go to Law school. In high school, I was always a great student, hardworking and eager to exhibit my full potential. Seeing how education in some rural parts of Nepal is not as heavily emphasized and some people are not even given the opportunity to go to school, I became insistent to somehow change that for the better.

While partaking in my studies, I was lucky to discover and become part of an inspiring organization called buildOn, which has a chapter at the University of South Florida. buildOn is a global nonprofit organization that has partnered with villages for nearly 30 years to build primary schools in developing countries such as Mali, Haiti, Nicaragua and Nepal. Thanks to this amazing organization, the volunteers and contributors, more than 215,000 students have an opportunity to achieve an education worldwide! buildOn strongly emphasizes

that it is not a charity, but rather, a movement to transform the world through community service while also showing how education can help break the cycle of poverty.

Discrimination based on gender and the caste system have kept far too many children and adults in Nepal from ever attending school, especially in more rural areas of the country. To help come up with a solution, buildOn's School Construction, Enroll, and Adult Literacy Programs are working to give children and adults who have been denied the right to education the access to classroom learning. With primary schools that are gender-equal and Adult Literacy courses that allow adults to learn about health, literacy, and community development, buildOn schools are creating a better future for young students and older adults in their entire villages.



Ganga Bikaumjairu
www.buildon.org

Ganga Bikaumjairu, an Adult Literacy Student that started attending school in one of buildOn's facilities in Ranikunda, Nepal stated "I wanted to learn math especially and in doing so to protect myself from being cheated when buying and selling goods. This school is very good for me and my son."

When physically constructing the school at the construction site, men and women from the village work side-by-side doing the physical labor to build the school, along with our buildOn team.

Women are encouraged to step outside traditional gender roles and try different jobs like mixing concrete, laying bricks, and digging foundations. In addition, partnering with buildOn means that each village we go to makes a promise to send their daughters to school in equal numbers with their sons, which is breaking gender-based discrimination as well. Through this pledge, buildOn has given women and girls in many rural villages their first opportunity to become educated and contribute meaningfully to their communities. Currently, 50% of students in buildOn schools are female, and more than 75% of our Adult Literacy Program learners are women.

Ganga Bikaumjairu, an Adult Literacy Student that started attending school in one of buildOn's facilities in Ranikunda, Nepal stated "I wanted to learn math especially and in doing so to protect myself from being cheated when buying and selling goods. This school is very good for me and my son."

This year, our amazing team at USF has a goal to travel to Nepal in December of 2020 to either Nepalgunj or Dhangadhi to build a primary school there. To help us reach our goal, we're asking you all to donate any amount that you would like to our cause. Although we are working on fundraising on and around campus, we would appreciate your help in reaching our fundraising goal of \$30,000. Your donation will go directly to my buildOn team at the University of South Florida which will then be used to construct a primary school in partnership with the benefiting village.





If you have any questions, please feel free to contact me and share this article with anyone you feel would be interested! Please visit www.buildon.org to learn more about this amazing organization and <https://act.buildon.org/fundraiser/2606476> to visit USF's fundraising page.

I am thankful not only for the life I live, but also for buildOn which is quite literally changing the lifestyle of those in underdeveloped countries around the world. I also would like to give a big thank you to my family, friends, and the Nepalese Association of Florida for supporting me and my team at the University of South Florida. I'm elated to be able to make an impact in my wonderful country.

This means your tax-deductible donation will not only support their education, but it will empower the entire community to lift itself out of poverty through the inspired gift of education.

<p>किटाणुहरूको विस्तारलाई रोक्नुहोस्</p> <p>COVID-19 जस्ता र्वास सम्बन्धित रोगहरूको रोकथाम गर्न महत् गर्नुहोस्!</p> <p>cdc.gov/COVID19</p>	<p>Nepalese Association of Florida (NAF) COVID19 Response Team</p> <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 and 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. Luci, 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>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 Khakurel-904-738-0907 • Anila Neupane-571-442-1610 • Dipendra Sahi-352-317-8283 • Kalpana Shrestha-904-314-9584
<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>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

CWEAF NEPAL - AN ORPHANAGE IN KATHMANDU

Ram Rai,
Orlando, Florida.

Displaying a typical, shy yet confident Nepali smile, Ms. Sweta KC, greeted our team with a warm:

"Namaste! Thank you for coming!"

We thanked Sweta for welcoming us to her "ASHRAM" but I instantly felt both sadness and guilt. Looking around the tiny compound filled with abandoned innocent children - (their pleading eyes and their childish-hesitating smiles) - the sadness was instantaneous.

On a cold, misty, dreary day of February 1st - with my painful broken wrist in a sling - I was accompanied by Mr. Buddhbir Lama, to visit this Orphanage and deliver the donation of NCR 15,000.00 (fifteen thousand) from LOVE & SUPPORT FOUNDATION, USA.

Like many Nepalese, I too carry a lot of fond memories of Kathmandu Valley from the past. Yet this day I felt a total dislike towards its deteriorating environment; especially the miserable weather! The swirling heavy dust and the congested surroundings always gave the impression everything and everyone is suffocating. "How do these ORPHANS feel?" was my instant internal query. The pictures attached shows and explains the difficulty Sweta KC is facing in managing this pitiful ORPHANAGE. She explained her tiny domain is



leased. The "building" materials are bought and or obtained through some "generous" donors. When Sweta itemized the lists of the ASHRAM'S daily "needs" - (schooling, food, clothing, educational materials etcetera) - it made me ask, "How can a valley occupied by to so many 'Gods and Goddesses' be so cruel to so many young and powerless?"

But what really broke my heart is when she explained how the Nepal's Bureaucrats "steal" from the allotted ORPHAN'S budget by 50%! Her sad and desperate look begged a very fundamental question: "What happened to humanity?" When she challenged the bureaucrat's, their cold answer was: "You don't have to do this!"

If this short eyewitness account conjures any sympathy and compels you to put your coffee cup down, would you be brave enough to ask yourself: "WHAT CAN I DO?"

If you care to, the reliable source below can provide you with an answer which can comfort your compassionate heart.

1) LOVE AND SUPPORT FOUNDATION, USA
(loveandsupportfoundation.org)
Mr. Manoj Rai (1-828-620-9896)

2) KATHMANDU
MS. SWETA KC (977-1-9841955109)
MR. ANAND RAI (977-1-9841296158)

Blood Drive in Miami

Pulmonary Hypertension Association Nepal (PHA Nepal) organized 4th annual blood drive on November 16, 2019. PHA-Nepal has been doing annual blood drive since its inception in 2016. Nepalese Student Association at Florida International University (NSA@FIU) has been supporting the annual blood drive in association with Blood Donors of America (BDA). On behalf of Nepalese Association of Florida (NAF) executive team, president Ms. Anila Neupane joined hands to the program and extended her appreciation.



Rudramani Pokharel and Tilak Ram Thapalia donated Red Blood



Cells that counts as double donation, likewise the whole blood donors were Jhulanath Tim-sina, Nipesh Pradhananga, Ram Marahatta, Sarita Khanal, Prem Chapagain, Navin Pra-japati, Dhaka Sapkota, Ganesh Khadka, and Kamal Kadel. Thanks to the social heroes from Nepalese community who volunteered and donated the blood during the event. In addition, there were several heroes from FIU community who donated blood during the event. Salute to all.

On behalf of PHA Nepal and Nepalese community in Miami, president of PHA Nepal

Dr. Choodamani Khanal appreciated all the donors and those who supported organizing the event and expressed deepest gratitude for the support and continued cooperation to help those in need. Snacks and giveaways were presented jointly by PHA Nepal and oneblood.



PHA Nepal द्वारा माक्स र सेनिटाइजर वितरण

पल्मोनरी हाइपर्टेन्सन एसोसिएसन नेपाल (PHA Nepal) ले मार्च २०, २०२० शुक्रबारका दिन झापाका विभिन्न स्थानमा कोरोना भाइरस कोभिड-१९ बाट बच्न जनचेतना सहित मास्क, सेनिटाइजर, हेण्डग्लोक्स र हेण्ड वास निशुल्क वितरण गर्यो। कोरोनाको महामारीले विश्व आतंकित भएको अवस्थामा कसरी आफु सुरक्षित रहन सकिन्छ भनि विभिन्न माध्यम द्वारा सु-सूचित गरिआएको सामाजिक संजाल तथा समाचारहरुमा देख्न पाइन्छ। सामाजिक दुरी रही सकेसम्म अलग्गै रहनु भनिएता पनि कतिपय सुरक्षा कर्मी एवं स्वास्थ्यमा संलग्न कर्मचारी, व्यवसाई तथा स्वयंसेवकहरु आफ्नो ज्यानको बाजी राखी कोरोनाको महामारी फैलिएको यस्तो नाजुक अवस्थामा पनि, हाम्रो जिउधन र स्वास्थ्यको सुरक्षाका निम्ति अहोरात्र खटिरहनु भएको छ। स्वास्थ्यकर्मी मित्रहरु, नेपाल प्रहरी, ट्राफिक प्रहरी, ससस्त्र प्रहरी, नेपाली सेना, एम्बुलेन्स चालकहरु प्रति आभार प्रकट गर्दै PHA Nepal ले इलाका प्रहरी कार्यालय, जिल्ला ट्राफिक प्रहरी कार्यालय, सशस्त्र प्रहरीवल वेस क्याम्प शनिस्चरे, सशस्त्र प्रहरी गुल्म काँकरभिट्टा,



नेपाल रेडक्रस सोसाइटी बिर्तामोड उपशाखा, अनारमनी स्वास्थ्य चौकी बिर्तामोडमा पुगेर सुरक्षित हुन स्वास्थ्यको सचेतना शिक्षा सहित मास्क, सेनिटाइजर, हेण्डग्लोक्स र हेण्ड वास वितरण गरेको थियो। PHA Nepal महासचिव निलम अग्रवालको संयोजकत्वमा रहेको सो कार्यक्रममा गौरी शंकर गुप्ताले ब्यस्वस्थापन तथा सचेतना गराउनु भएको थियो। अध्यक्ष सम्झना खनाल गडतौलाले कार्यक्रम संचालन गर्ने अनुमति दिदै कार्यसफलताको शुभकामना दिनुभएको थियो।



PHA Nepal USA का कार्यकारी प्रमुख डा. चूडामणि खनालले संस्था मार्फत आर्थिक सहयोग प्रदान गर्दै सबैमा कोभेड-१९ बाट हर सम्भव सचेत एवं सुरक्षित रहन अनुरोध गर्नु भयो।



यस अघि सो संस्थाले मोरङको मंगलवारेमा मुटु तथा फोक्सो सम्बन्धि स्वास्थ्य शिविर तथा बिर्तामोडमा पल्मोनरी हाइपर्टेन्सन रोग सम्बन्धि जनचेतना कार्यक्रम सञ्चालन गरेको थियो भने काठमाडौँमा बक्ष रोग सम्बन्धित विशेषज्ञहरुको सम्मेलन गरी नेपालमा यस रोगको अवस्था तथा रोकथाम गर्ने सम्बन्धि छलफल पनि गरेको थियो।

Remembrance of Pathsala.

-Sai Shrestha

22 March 2020- I was 6 years old when the first Pathshala in the state of Florida opened in West Palm Beach in 2008. I represent the inaugural batch of students from the West Palm Beach pathsala which was created with a noble purpose of educating nepali children in the United States about their culture and language. Classes were conducted once a month and every class would be full with children eager to learn about their culture and language. We would watch our Guru bas and Guru Amas and partake in Ganeshji and Saraswoti Mata puja and recite Saraswoti Bandana together for the goddess of knowledge for her blessings. I still remember that one of my favorite parts of Pathshala was learning and then singing the Nepali national anthem and traditional Nepali songs with my fellow Nepali friends. Every month, our Guru Bas and Amas would teach us how to read, write, and speak Nepali language. We would have homework assignments that would be due every month before class would start. Luckily for me, my grandmother and mother were both Guru Amas and helped me with my assignments at home. On special occasions, we would learn dance performance to a traditional Nepali song to perform during yearly events like Dahshain and Nepali New Year which always drew lots of praises from the audience.

I am grateful to our Guru Amas and Guru Bas who did an excellent job of instilling Nepali cultures and traditions in my generation. We celebrated all major Nepali holidays at pathsala like Dipawali, Holi, Mothers Day, and



Father's Day and on top of just having a great time, we learned the true meaning behind these holidays. One of the most fun and proud memories I have of my active participation in Pathshala for 10 years is the stage drama we worked hard on and performed in front of a big audience of Nepalis from all over Florida. I have nothing but gratitude for my time with Pathshala which allowed me to be immersed in the Nepali culture and helped me open my eyes on who I am, my roots and my family values.

What I learned in Pathshala not only helps me communicate effectively with my grandparents but is also immensely helpful everytime I go to Nepal. Knowing how to speak the Nepali language and knowledge of the culture makes every trip I make to Nepal that much more enjoyable and enriching. In addition, the feeling of knowing where I come from and an intimate knowledge of the culture and traditions of my roots gives me an added sense of confidence as I head off to University of Florida for my higher education. And for that, I have nothing but the utmost respect and gratitude towards West Palm Beach Pathshala and all my Guru Mas and Guru Bas.

St. Augustine Trip 2019 – My Diary

Introduction

This story is based on my experiences of St. Augustine field trip that occurred in my 4th grade organized by my school: Grassy Waters Elementary. This was a fun and informative journey.

Founded in 1565 by the Spanish conquistador Pedro Menéndez de Aviles, St. Augustine is the oldest continuously occupied settlement of European origin in the contiguous United States. In 1562, a group of Huguenots led by Jean Ribault arrived in Spanish Florida to establish a colony in the territory claimed by Spain. St. Augustine wouldn't be the nation's oldest continually occupied European settlement without many of the historical landmarks that tell of the city's storied past. From Native Americans, Spanish settlers, British soldiers and the occasional pirate to 18th century dilettantes, tycoons and eccentric millionaires, St. Augustine has been home to a wide range of cultures, which are still preserved through the city's historical sites. Today the city of St. Augustine is a popular travel destination for those in the United States, Canada, and Europe. The city is a well-preserved example of Spanish-style buildings and 18th- and 19th-century architecture. St. Augustine is a very walkable city, with several oceanfront parks. The mild subtropical climate allows for a 12-month tourist season, and many tours operators are based in St. Augustine, offering walking and trolley tours

Trip Starts

Date 05/24/2019 was the big day for me when I got a chance to visit St. Augustine, Florida. I woke up at 4:00 AM to be on time, and I arrived at 5:00 AM in School, where I met my friend Jayden and we talked about Mario Odyssey. We were taken inside the school to get bracelets with Mrs. Manchesters and Mrs. Golzbein with their phone number (in case we get lost). I also got a bottle of water for four-hour long trip. Once, we boarded the bus, I waved goodbye to my cousin brother Raunak, who had come to drop me off.



Garvit S Maskay,
West Palm Beach, FL

We had partners, but I was too late to be informed that I needed a partner, so I chose who has not been chosen to be my partner and it was Alex. D. I haven't really talked with him much previously during the school time, but it was fine. We left the school at 5:45 AM. We were told to wear shorts for the trip because it was a hot day in May. But I didn't because they also told that inside bus it'll be cold, so I wore trousers and a jacket.

Bus Trip

They've provided us a private bus and the coolest part was that there was a TV screen, reclining chairs, power outlets (if you have a phone to recharge), and footrests. On the bus, the partners ahead gave us Pokémon cards to try to get along, but only one of the cards had an attack, so we gave them back. They put on a movie called "Small Foot". I liked the movie until someone put on a popular song called "Old Town Road" and everybody started singing the song and interrupted the movie. They did this until the movie was over and they put on a new movie called "Tooth Fairy." I didn't understand the movie, so I was bored. I tried to sleep but that didn't work either. There was a rest area and it was just 10 minutes prior breakfast break. I wasn't that hungry, so I decided not to have breakfast and I also lose my partner in the meantime. Later I found him at the bus. The tooth fairy movie lasted for the entire trip. One of my friend D'Andrew had made an iMovie about the class on his phone.

St Augustine tour

When we reached St. Augustine, it was 10:00 AM, and it was hot like 85°F (29.5°C). There was a tour guide (I forgot her name so I will call her tour guide) to lead our tour and to inform us the places we visit. The first thing we did was go to the world's oldest fort in the entire USA, which is 300 years old made of Porous rocks. The design of the fort made it easy to defend, as enemies could be seen from anywhere. We also got a chance to see inside the fort, which was smaller than outside. I walked on a bridge to get inside and saw the rooms from the roof. The first room was very hot as there was no AC, but the next room had old fashioned AC with cross ventilation windows.

Next, we climbed more steps to see a Cannon Fire (gun powder) and it was super loud. It was so loud that even if you could hear with closed ears and

even feel a wave of vibration in your chest. Everyone took videos and pictures along the way.

Touring around places

When we got out the fort there was a lake called the Dolphin Lake. As the name suggest there was a lot of dolphins. After that we got on a trolley called an, "Old town trolley." We went to the monument called "The Fountain of Youth" where we drank the water; I didn't like it though. Also, I drank all my water in the water bottle when traveling to St. Augustine, so I was thirsty. Next, we went to this planetarium that talks about how sailors traveled without a map back when Florida was discovered. Then we went to this eating area and ate a Chick-Fil-A chicken sandwich, a cookie and fries with chips and got a new bottle of water. We got a bathroom break and went on another trolley to tour the rest of St. Augustine. The group girls behind me was talking aloud, so I heard nothing of what the Trolley tour guide said and ended up in this town like area. I was given \$20 to shop and I was told by my mother to buy something that would make them remember about this event, so I brought a magnet that said "St. Augustine" and had a picture of the city.

Rest and relax

But a misfortune happened, and I accidentally left my cap in the shop, before I realize it was too late. My partner bought a fidget spinner from the money he brought. Next, we walked to the Spanish hospital and we were taught how people healed hurt shoulders during wars and we learned some medicines they used for fever. We walked with the tour guide to a place where there was a pirate and we learned about pirates and where some pirate sayings have originated and also listened to an audio in a room with headphones. We walked with the tour guide to dinner @ 5:00 PM and it was hot day. I sat with my friends on a fancy couch and one of my friends bought a magic 8 ball, which works by asking a

question and shaking it, and it answers or says something. we had fun asking it questions.

End of Tour & Conclusion

On our way back home, they played a movie called "Sing". I liked it but at the middle of the movie,



everybody started playing the song "old Town Road" on their phones, and it disrupted the rest of the movie. By the time, the movie ended, we were stuck in traffic because of a car accident at I-95 South. We were supposed to arrive home by 10:15 PM. but since we were stuck in traffic, we called our parents to pick us up late at School. I borrowed one of my friends' phone to call my parents to pick me up at 11:15 PM. Now to kill the extra time they put on a new movie called "Mr. Peabody & Sherman". I watched that movie, but my partner was already half asleep. By 11:15 pm we were still in traffic and it was time to call our parent to notify them to pick us up at midnight. I watched the movie for some time, but I did sleep for may be 10 minutes and woke up. It was almost midnight, when we reached our School back. The driver asked everyone to wake up, and the parents picked up their children. When I arrived back home, I immediately went to sleep. I was tired, but with full of memories to cherish & remember lifelong.

This was the best journey I've ever experienced together with my friends. I would like to thank Grassy Waters Elementary School, West Palm Beach for providing us this opportunity.

Safety Patrol Washington D.C. Trip

A 5th grader, the most interesting thing that happens is that you get to go to Washington DC trip with your classmates for few days. Students look forward to this trip since kindergarten level. It's the pinnacle of the fun and pride for any elementary school student.

I was very excited to get to the 5th grade. Among other things, the Washington DC trip was one of the reasons why. However, it was not easy. You can't just pay and get the tickets to the trip. You must earn it.

How do you earn the tip?



Eva Basnet

Becoming a Safety Patrol

To earn the trip, you must be a Safety Patrol. To be a Patrol, in my school, I was required to write an essay in which I should explain how I have all the traits needed to be a Patrol. The teacher has a rubric with all the traits of a Patrol, and she fills in a number from 1-5 (1 is the lowest and 5 is the highest). All the teachers you have grade the rubric as well. If the

Coordinator approves your essay and you are marked well on the rubric, you are a Safety Patrol. Just because you are a Safety Patrol, doesn't mean you can't get kicked off. If you do something inappropriate, you will get an Essential Agreement and a Demerit. 3 Demerits and you're kicked off Safety Patrol and you can't go to D.C.

Day 1

We had to arrive at school at 3 a.m. We met with our chaperones and our groups, waiting for the buses. When we boarded them, they drove us to PBI and we waited for our flight. After getting to Baltimore Airport, we got on more buses and we drove to D.C.

Our 1st stop was **The Smithsonian Museum of American and Natural History**. We got to see the 1st Lady's dresses and silverware over the ages and see fossils of ancient creatures from long ago.

After that, we hopped on the buses to go to **Arlington, Virginia** for the **Changing of the Guards** at the Tomb of the Unknown Soldier. We had to walk so long; our feet hurt once we went to the tomb. The Guard faced front with his back to us for 21 seconds then clicked his shoes together, turned and stared to the side for 21 seconds, then clicked his shoe then walked across a worn rubber mat in 21 steps then repeated the process again. Everything is 21 because it alludes to the 21 gun-salute. In the Changing of the Guards another man in uniform came and inspected the new guard and his

loaded rifle from every angle. Then the man ordered the old and new guards to do some actions and the guards were changed. Our school was also honored to place a wreath at the tomb. 4 students were selected because one of their relatives is/were in the military. After that, we saw the memorials of the Challenger and Columbia Space Shuttles, and JFK, his wife and one of his son's memorial.

Our buses then took us to Alexandria, Virginia for a **Ghost Tour**. A storyteller would take us to houses and tell a ghost story. By the end of the tour we all believed in ghosts.

Day 2

In the morning, the buses took us to **Mount Vernon**, George Washington's house to have a tour and to go inside the Visitors Center. We got to go inside the original house and Slave Corners from when our 1st president was alive. The house was lavish. Everything was decorated beautifully by hand and the view of the Potomac River was stunning. The Visitors Center had a movie that showed all the plans from the Revolutionary War, and the hardships of the war. We even got to see George Washington's dentures and lottery ticket!

When we got to **Jefferson Memorial**, the dome



was under reconstruction and cleaning, but we still got to go inside. In the middle of the memorial, was a statue of Thomas Jefferson and on the sides was excerpts of the Constitution. **Franklin D. Roosevelt Memorial** was unlike any other we saw. It had 4 rooms, one to represent each of his 4 terms. The law that a president can only serve 2 terms came later. There were many statues and lots of quotes on the walls. That was one of my favorite memorials.

In the **Korean War Memorial**, there were statues of soldiers. It appeared to be that at least one of them would be staring at you. There was this slab of black marble that reflected the soldiers.



The **Vietnam War Memorial** started at a height of 8 inches, as you went down, the memorial gets taller. The fallen soldiers' names are sorted by year they died from when it started to when the war ended. When you get to the vortex of the memorial (It's shaped like a V) on one side you can see the Lincoln Memorial and on the other side you can see Washington Memorial.

When we climbed up the stairs to the **Lincoln Memorial**, we were amazed. There is this HUGE statue of Lincoln sitting in the middle. The Gettysburg Address and the Second Inaugural Address carved in the walls. You can also see where Martin Luther King Jr. stood when he gave his "I Have A Dream" speech, and when you go around the whole thing, you can see a spectacular view of D.C.

Day 3 (The last day!)

We got to take a tour of **Congress** and go right under the dome. Under the dome there is a huge painting of George Washington with Roman gods and goddesses called The Apotheosis of Washington. We also got to briefly see **Nancy Pelosi** and **Adam Schiff** walk by together. We were led down an underground passage that led to the **Congress Library**. In the entrance we got to see the first printed book (The Gutenberg Bible), and a lot of different Bibles. On the roof there were the names of famous artists and authors, and on the ground, there were pictures of the zodiac signs. (Crab=Cancer, Scale=Libra, Scorpion=Scorpio, Goat=Capricorn, etc.). We were then led up to a room lined with glass, so that we could see Congress people read without disturbing them. Once all of us were led up that room we left the library.

We didn't get a tour of the Supreme Court, but we got to see the front of it. On the sides of the Supreme Court, there are 2 statues sitting down. On the top triangle part of it, there are 9 people to represent the 9 justices of the court.

In the **National Museum of Air and Space**, there were a lot of interactive activities about how things fly and about the sun. There was a whole exhibit devoted to the Wright brothers and on navigation. When we saw the **White House**, we were kind of disappointed. It was smaller than we thought, but it actually was really white. In front of the White House, there was a park where people could express their 1st Amendment rights. We saw a few people expressing their rights at the park.

D.C. was a really fun trip, and I learned a lot about things I never thought or heard about. I was excited to get back home, but I was sad to leave. This trip will be one I will cherish forever

Interesting Facts

- George Washington's house is made of wood, but the builders threw sand at it and added some special features to make it look like the house was made of stone. The house looks and feels like stone!
- On the Lincoln Memorial, the second inaugural address carved in the wall has a mistake in it. The word "Future" is spelled "Euture". You must look really close



to find the mistake. The maker tried to fix it, so it's even harder to see! It took us long to find it!

- In the Congress Library, when you climb up the stairs, you can feel a dent in the middle. That shows how old those marble stairs, and they have never replaced them!
- Franklin D. Roosevelt's memorial is the only one that has a statue of a dog in it. His dog Fala is shown right next to him. His memorial is also wheel-chair accessible because he had Polio (He couldn't walk). Not many people knew that!
- In Congress, each state makes a statue or two of famous people important to that state. Florida's statue is **John Gorrie** *the inventor of Air Conditioning!* Boy, we must thank him, or we'd be sweltering in heat every summer!

“Period Poverty: A Product Societal Stigma”



Smarika Nepal
Grade: 10
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Humans have felt the effects of period poverty at different levels around the world since the dawn of time. The issue of period poverty is essentially inherent in menstrual inequality, where on a global scale there are significant disparities between individuals in terms of access to menstrual education and menstrual hygiene products. Reluctance to talk about this issue is precisely why women around the world are forfeiting their education and some even losing their lives. This is an issue that has now expanded to touch virtually every society, by means of either archaic cultural ideologies or modern-day economic restrictions i.e. taxations. Many conservative cultural beliefs pose a barrier to the actualization of menstrual equality for women in societies where the topic is simply taboo, whereas the burden of economic restrictions, has made it an arduous task for women to have equal access to sanitation products. Women today are still crippled by the societal stigmas of menstruation, the effects of which have fueled a contentious debate in regard to how females are perceptually recognized in the modern world.

Societal stigmas surrounding menstruation have led to cultural manifestations and practices that have served as

significant barriers to menstrual equality in the world today. Whether or not it is justifiable that such cultural beliefs are put into practice is not the issue, what is indisputable, however, is the effect of these practices and the hindrance they pose to achieving menstrual equality in our world. One of the most notable issues being seen in the South Asian nation of Nepal, in which menstruation in its entirety is viewed as a taboo topic, as is, unfortunately, the case in far too many nations. Nepal has been in the spotlight for its facilitation of “Chaupaddi” where women are to live in “menstrual huts” during their menstrual cycles, a practice that has only recently been outlawed. However, the practice is still occurring in the rural regions of Western Nepal under the justification that during a woman’s menstrual cycle, that woman is unholy and impure and therefore must be kept in isolation from the rest of the population. Such sentiments have harbored the widespread ostracization of women undergoing their natural menstrual processes. The menstrual taboo has proven to be an inescapable fabric in many cultures around the world and remains a huge obstacle to women living in excruciating conditions who do not only lack access to menstrual sanitation products but also experience the broader issue in the context of bridging the gap between those who are educated regarding menstrual inequality and those who are not. The cultural taboos regarding menstruation that are so widely believed are reflective of the larger issue that has kept many from understanding the issue in its entirety. Failure to address the issue due to the taboo of menstruation around the world has proven to be detrimental to preventing period poverty. The issue will only continue to persist without a multifaceted approach that accounts for such massive disparities that have resulted from this stigmatization of a natural process.

अनुशासन र कोरोना



टीकाराम पौडेल

रविले किरण छर्दछिन ब्रह्माण्डलाई ज्योति दिन ,
अनुशासित आफू वन्दै संसारलाई संदेश दिन ,
उदाउने पूर्वमा यिनी अस्तय छ पश्चिमको ,
अनुशासन तोडिनभने अन्त्यहुन्छ ब्रमाण्डको ।

प्रकृतिले आफ्नु कानून पुर्णपालन गरेकी छन ,
ऋतुराजले परिवर्तन आफैआई धानेकी छन ,
संसार चल्याछ सधै एकनासको गतिलिदै ,
प्रकृतिको कानूनलाई श्रुष्टिले मान्यता दिदै ।

विवेकिहो मान्छे स्वयं अनुशासन तोडेकाछन ,
प्रकृतिको नियमलाई मुट्टीभित्र कसेकाछन ,
वाचनपाएन अरुप्राणी मारीखान्छन सवैचिज ,
मन दुःखाई प्रकृतिले रीसफेर्न थालिनसव ।

कोरोनाको रुपलिई मानवजाति डसिनखुवै ,
नपुगेको ठाउँरहेन संसारै जकेटिन खुवै ,
आतंकछ जताततै लकडाउन गरेआज ,
अनुशासित हुनसिकौ अनुरोधछ सवैमाझ ।

साधाखाना खानेगरौ जीवन चलोस सुखसंग ,
तुलसी मरिच कागत्ती पाएसम्म गुर्जोसंग ,
विहानी र वेलुकिपख पकाएर सेवन गरौ ,
भिटामिन"सी"भएका खाध्यवस्तु प्रयोग गरौ ।

भिडभाड विदेश यात्रा थातिराखौ सवैजना ,
नपाकेको माच्छा मासु चिसोपिए छोडौखान ,
तातोपानी पिउने गरौ झोलसूप खाउ सधै ,
हाटवजार जानैपरे मूखमास लगाऊ सधै ।

ज्वरोआयो रुघाखोकी टाउको धेरै दुख्योभने ,
डक्टरको सल्लालिन तुरुन्तै हस्पिटल जाने ,
कसैसंग भेटगर्दा तीन मीटर टाढे हुनु ,
कुनैचिज नछोड हिड्नु छोडहाले हात धुनु ।

नाक मुख आखासम्म फोहोर हातले नछुनुहै ,
आत्माबल बलियो राखौ निरास कोही नहुनुहै ,
सावनले हातधुनु वीससेकेन्ड जति लागोस ,
वालवृध्द सवैजोगाऊ कोरोनात्यो आफै भागोस ।

समाप्त

" अब त बिलाएर जाउन कोरोना"

सुनीता दवाडी
क्यानडा

बिलाएर जाउन कोरोना
हराएर जाउन कोरोना,
छैन चाहिएको हामीलाई
कुदृष्टि तीम्रो...
सेलाएर जाउन कोरोना।
विश्वभरी छुन् सब डरमा
छुन् हज्जारौं ज्यान अझै
जोखिममा...
ढालिसक्यौ कतीलाई
मृत्यु शैयामा...
लाखौ परिवार चुंडिसक्यौ
निमोठीसक्यौ।

भए कामकाज,पढाई सब बन्द
छुन् त्रासमा मानव सारा स्तब्ध
छैन भेटधाट, भोज अनी जमघट
कतीसम्म रहने यो स्थिति,
सम्झी सम्झी छटपट।

बलेको छैन चूल्हो,
त्यो गरीबको घरमा
जान सकेको छैन
अब उ मेलापातमा
भोकले सानो बालक
चिच्याएर रून्छ...

पटुकी कसि बाबा,
भोकाएको छैन भन्छ।

पीडा अती भो, यो क्लेश कस्तो...

कलिको पराकाष्ठा पो हो की जस्तो...

तहस-नहस सब पार्न लाग्यो,
पूरे विश्व यसले बिथोल्न लाग्यो।

बीहानै देखी राती नसुत्दा सम्म...

कोरोना कै कुरोले यो कान भो टम्म

सपनीमा पनी यहि आउँछ क्यारे...

अत्याइ यसैले बिउँझाउछ क्यारे।

अबत...

बिलाएर जाउन कोरोना...

हराएर जाउन कोरोना...

छैन चाहिएको हामीलाई

कुदृष्टि तीम्रो...

सेलाएर जाउन कोरोना।

बिलाएर जाउन कोरोना...

बिलाएर जाउन कोरोना.

हे युवा जाग जाग।

निराशा आलस्य अब छाड।।

घोर निन्द्रा सब ति परित्याग।।।

समुन्नतिका खातिर अघि बढ।।।।

हे युवा जाग...

नचाँहिदा तर्क बितर्कमा अल्झेर।

अमूल्य समय जति त्यसै खर्चेर।।

बस्ने हो यहाँ कति यो सधैं मानेर।

गर्नेछन् यस उसले अझै भन्ठानेर।।

हे युवा जाग जाग

नबितौँऔँ अमूल्य समय यत्तिकै बसेर।

मेहनत गरौँन अहिल्यै बरु सब डटेर।।

सन्तति भोली सुखि हुनेछन् भन्ठानेर।

बिघ्न वाधा आउलान् जति स्विकारेर।।

हे युवा जाग जाग

क्षितिजमा हेर लालिमा छाई सक्यो।

केहि गर्नलाई साँच्चै ढिलाई सक्यो।।

पारौँ हँसिलो सदा मातृभूमिको मुहार।

मिली सब बनाँऔँ एक संम्वृध्द नेपाल।।

हे युवा जाग जाग

धर्तिमाताले हामीलाई पुकार्दैछिन् केहि गर्नलाई।

दुधको भारा सब चुकाऔँ पछि नहटौँ हे मर्नलाई।।

हे युवा जाग जाग... ..

बुढीको गुनासो ,



-अमर कार्की
वेस्ट पाम बिच, फ्लोरिडा

बाआमाको सम्झौतामा बिहे हाम्रो भयो

हिजो भेट भएको केटो आज लोभ्रे भयो

माया के हो थाहा नपाइ दुइटा नानी भयो

तिम्रो माया पाउने बेला आधी उमेर गयो

छोरा छोरी लाखा पाखा खाली भयो घर

म त भए बुढी पिपल कठै तिमी बुढो बर

जिन्दगीको उत्तरार्धमा कस्को खोजे भर

छोरीको लागी बाबा आमाले यसो गरौ

छोरीलाई पढाइ गुनाइ

कमाइ गर्ने सक्षम बनाइ

खर्चगरी आफ्नै कमाइ

हिड्न सकोस शिर ठडाइ

बिहे पछी जाने हैन घर पराइ

बसोस एउटा आफ्नै घर बनाइ



- निजानन्द मल्ल

मह र तीतेकरेला : अमेरिका



प्रकाश अर्याल, मनमैजु,
हाल फोर्ट मायेर्स, फ्लोरिडा)

पचास राज्य सबै विकास भएको सुन्दर यो देश हो
जातजाति अनेकन संस्कृति चलन भाषा अनि भेष हो
नारी हुन् वा पुरुष किन नहुन् स्वाधिनता गाँसिनेछ
भावनाको सम्मान नहूदा क्षणभरमै मासिनेछ ॥१॥

देख्दा वृद्ध औ सम्पन्न पनि छन् श्रमिकझै काम गर्दछन्
इमान्दार छन् छलछाम नगरी विश्वास को भर पर्दछन्
नेताको न झोले न निन्दो न चर्चो नियम कानून कडा
उद्यान महल सवारी सलहझै सम्पन्नताको घडा ॥२॥

पानीको फोहरा हरिया चउर रँगीविरँगी फूल
चारअम्मल बित्तामा जवानी सजाई देखिन्छन् कहीं हूल
मेहनत पौरखी कर्म छ यिनको अल्छी नबनी रत्ति
के गर्छ छिमेकी साथीभाइ आफन्त निन्दो नभको कति ॥३॥

नम्र भै बोल्दै शिष्टाचार सिकेका वृद्ध बयस्क युवा
यौवनमा टेकेसी स्वतन्त्र जीवन छाडेर आमा बुबा
हरियाली औ आमोदप्रमोदका पार्क र कृडास्थल
आत्मरक्षा सुरक्षा खातिर सहजता बन्दुक बल ॥४॥

रन्छन् तालपोखरी समुद्र तटमा मायाप्रीति लाउँछन्
देह चुस्त दुरुस्त राख्नु भनी जिमखानामा धाउँछन्,
आत्मबल ठूलो छ यौवन ल्याउन सेवन र लेपन गरी
जोसजाँगर नमारी सदैव जवानी असी उमेरै धरि ॥५॥

हाई वे सञ्जाल चारै दिशातिर हजारौ माईल भरी
बत्तीको संकेतले सवारी कुँदने नियम पालन गरी
रंग अंग अनि धनी गरीवको भेदभाव छैन कहीं,
आपतविपत संकट पर्दा क्षणभरमै सेवा त्यही ॥६॥

नैतिकता नै अमूल्य निधि हो आचरण सत्य वल,
जानी नजानी प्रोफाईल बिर्छिँदा घरको न घाटको छल
सिस्टमले जे गर्छ शिरोधार्य हुने तनाव छैन कतै
विज्ञानले डोर्यायो आनन्द सुविधा यन्त्रमै जतातै ॥७॥

सुत्रे कविता: उ अगी अगी, म पछि पछि



तुलसी आचार्य
हाल जजिया, युसए

म आन्ध्र माहासागरको तिरै तिर हिड्दा पनि
उ म संग हुँदैन ।
उ म बाहिर निस्कन्छ
मेरो बस भन्दा बाहिर,
समाएर राख्नु खोज्छु
र उसलाई उसको स्थान र दायीत्व बुझाउछु
अहँ, उ मान्दैन ।

म भित्रको मुटु
म भित्र नबसे पछि
म भित्र नधड्के पछि
म उसलाई पछ्याउछु ।

उ अगी अगी
म पछि पछि
मैले हार खाएर
सम्पूर्ण जिम्मा उसैलाई दिएको छु
मेरो जीवनको हिसाब किताब उसैले राखेको छ,

मेरो चोटको खोट, मैले कमाएको नैतिकताको भोट
र मैले मेरो जीवन बैंकमा ब्यालेन्स गरेका नोट
उसैसंग राख्नु दिएको छु ।
उ कहिले बीच बाटामा लमतन्न सुल्छ
धमनीको आड लाएर र
फेरी कोल्टे फिर्छ ।
मैले उसैलाईनै जिम्मा लगाएको छु
कुर्न मेरो सपनाको बालि ।
उ डुल्छ सडक सडक

त्यहिँ बिस्तारा लाएर पल्टिन्छ,

धेरै चोटि उ किचिएको छ बुटले,
ठगिएको छ झुटो आश्वासनले
म निरिह उसलाई पछ्याइरहेछु
तर अहँ उ म भित्र आउन मान्दैन

उ मलाइ जाउँ भन्छ लुम्बिनी
चढौ भन्छ सगरमाथा
पुगौ भन्छ चादनी र दोधारा
रयाफिटङ्ग गरौ भन्छ त्रिशुलीमा
बसौ भन्छ झुपडीमा
कसैको आँखा हौ भन्छ
कसैको खुट्टा बनौ भन्छ
म भित्रको मुटु
म भित्र नबसे पछि
म भित्र नधड्के पछि
म उसलाई पछ्याउछु ।

उ अगी अगी
म पछि पछि

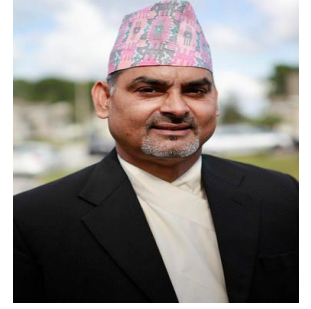
तिम्रो पो घर छ त



केदार नेपाल
हाल मेकन (जर्जिया)

तिम्रो पो घर छ र
अरुलाई घर नछोडौं भन्छौ,
तर जसको घरै छैन
उनीहरुलाई के भन्छौ?
तिमीलाई पो पुग्ने जगोडा होला
बिचरा उसँग
दुइ गेडा चामल नि होला कि नहोला
त्यो आज नहिँडिदिए
म भोलि देख्छु भन्नेलाई
भोलि देख्नेलाई उसले
आजै हिँड्नुछ भन्ने कुरा चैं
थाहा होला कि नहोला?
तर अफशोच,
उसको त हिँड्ने बाटो मात्र होइन
गरेर खाने कामै बन्द छ
खाना खोज्न हिँड्दै गरेको बाटोबाटै
तिमीले उसलाई घच्याउनु पर्ने
तर उसले के आफैं मरेर भएपनि
तिमीलाई चैं बचाउनु पर्ने?
बस्ने धर्ती एउटै भए पनि
टेक्ने धरातल हरेकको फरक हुन्छ
आँखा सबैका उस्तै भएपनि
देख्ने धर्ती हरेकको फरक हुन्छ
यतिन्जेल सम्म “आफू” भएर
आफ्नै आँखाले त संसार हेर्नौ
एकचोटी “अरु” भएर
उनीहरुकै आँखाले पनि हेरि हेर
सायद तिम्रो पनि मन छुन्छ।

धर्यता



विकास देवकोटा

धेरै पहिले महाभारत युद्धमा एक पटक यस्तो समय
आयो जब युद्धको धुम मच्चीयो र हाहाकार भयो त्यस
भयानक युद्धमा गुरु द्रोणको मृत्यु भयो ।
तत् पश्चात उनका पुत्र अस्वस्थामा रिसले चुर भएर उधुम
मच्चाउदै बाबुको मृत्युको शत्रु हरु संग बदला लिन
नारायण अस्त्र छाडी दिए। जुन नारायण अस्त्र ले आगो
बर्षा उँथ्यो । यो कुरा थाहापाएर भगवान श्री कृष्णले
आफ्ना शिष्यहरुलाई सवै शस्त्र अस्त्र भूँईमा राखि
शान्त भएर नारायण अस्त्रको दर्शन गर्न र चुपचाप रहनु
अनुरोध गरे । सोही अनुसार जव नारायण अस्त्रले आफ्नो
समयचक्र पूरा गर्यो त्यसपछि शान्त स्वरुप धारण
गरि आफ्नो बाटोलाग्यो ।
हो कुनै कुनै समय यस्तै हुन्छ त्यस्तो समय परिस्थितिलाई
युद्ध र बाहुवलले जित्न सकिँदैन त्यसैले यस्ता कर्षो
अवस्था जसलाई शान्ति, संयमता र धैर्यताले मात्र जित्न
सकिन्छ ।
जहाँ औषधी काम गर्दैन वा पाईँदैन त्यहाँ शान्ति र
धैर्यता मा रहेर समयको संकेतलाई कुर्नु र आफूले
आफैलाई संयमता मा राख्नु सिवाय अरु कुनै उपाय
हुँदैन । जव जीवनमा बिषम र विकराल परिस्थिति
आईलाग्दछ त्यसलाई जित्न शान्त रहनु पर्छ तत् पश्चात
सबै दुःखहरु
बिस्तारै टरेर जानेछन ।
त्यसैले शान्ति, धर्यता, संयमता नै अहिलेको
ठूलो औषधी हो । यस्तो औषधीको उपयोग गर्न सके
आफूले आफैलाई जित्न सकिन्छ ।

ॐ शान्ति !!! ॐ पृथ्वी शान्ति !!!!

****जय होस्****

COVID-19

(dedicated to frontline healthcare workers working round the clock around the world)



Srijana Nepal Aryal
West Palm Beach, Florida

(I)

New Normal

Novel coronavirus, SARS-CoV-2, COVID-19
 Pandemic, quarantine, self-isolation
 asymptomatic, silent killer, silent spreaders
 flattening the curve, stay-at-home orders
 hand washing, social distancing, community
 spreading
 death toll climbing every minute
 disturbing milestones
 unsettling uncertainty
 millions unemployed
 a silent explosion
 one death too many
 thousands perished
 life once gone, never to come back, ever
 my heart breaks, bleeds, aches; cries when I
 see the families left behind smiling while
 remembering how beautiful and amazing
 their loved ones once were
 let's celebrate those amazing lives, short-
 ened
 those we failed to save

Lifestyles changed, forever
 disrupted, decimated, destroyed
 cityscape transformed
 turned upside down
 the world has come to a standstill, halt
 even the earth is slowing down- both above
 and below; even seismic activity is quieter
 life became scarier than fiction
 everything went quiet and virtual
 TV, shows, sports, concerts, Olympics post-
 poned
 libraries, schools, even PE classes remote
 virtual has become reality, new reality, new
 normal
 surreal has become real
 empty bridges, deserted streets, deafening-
 ly silent, eerily quiet,
 businesses shuttered, hours reduced, take-
 out only option,
 desperate times
 tough, trying, troubling times
 unprecedented, unusual, uncertain times

We never learn, the virus doesn't differenti-
 ate, distinguish or discriminate:
 color, class, creed
 religion, faith, belief
 power, position
 politics, popularity
 famous, infamous
 the virus doesn't care
 it doesn't spare
 it's not fair

It is frightening
 even then there is no scarcity of heroes in
 the face of all this death

they are not afraid or deviated, despite despair and destruction
 they say: it's our work/ if not now, when?
 many doctors and nurses from different cities going to New York, the epicenter, facing the virus in its destructive path
 even though, it's like walking right into the raging fire
 health workers worry for their coworkers more than about families
 it is their passion, commitment, moral obligation
 devoid of selfish impulse; selfless
 only because they care
 about you and me

Don't expect health workers on frontlines to vanquish the virus without gloves, gowns and masks and personal protective equipment (PPE);
 it's like sending the army to fight the war unarmed
 the health workers are not saying they won't do the job
 they want to save lives; they want to do their job safely,
 fighting for our lives and their own lives, they are just overwhelmed
 trust them;
 they have a message for us:
We are not failing. We are here for you. Stay at home. Everybody stay home to save everybody.

(II)

Life Must Go On....

A doctor on being called a "hero" said:
My heroes are my people coming to work quietly. I am proud and privileged to be able to save lives.

let's honor their sacrifices
 save our health workers
 loss of health care workers will be a huge loss for our community,
 for the whole world, and humankind

what good are the laws that can't save lives
 what good are all rules, regulations and recommendations if that can't save livelihood
 lives slipping away, needlessly, unnecessarily over twenty thousand families, and counting
 you can't hold your loved ones or hug them as they are breathing their last breath, which must be the hardest thing one can imagine
 though it is a matter of life and death yet, some become immortal,
 passing on the chance to be alive:
 --an elderly woman denied being put on a ventilator because she wanted to save it for someone else!
 --another retired nurse updated her living will and offered to give up a ventilator should she fall ill in order to save younger Coronavirus patients!
 I don't know how many people would do that

I don't know what I would have done if it were me

Nothing is bigger than humanity; it's beyond humanity

EMS, EMT, doctors, nurses, janitors, teachers

the first responders, bus drivers, mail carriers, farmers, farm workers, grocery workers, delivery workers, gig workers, every single volunteer who made a difference in someone's life; every worker-- is a hero

everyone is a warrior

expendable, humans are not

this virus has uncovered, yet one more time, that no country, continent, boundaries, borders can contain it

there is no better time for disease but along with devastation, death and destruction it has also given us a ray of hope:

fashion designers making masks

auto/motor business factories like Ford, GM,

Tesla gearing towards making ventilators

volunteers preparing, distributing food for children, elderly and those who are unable non-profit organizations providing sinks and shelters for homeless

ships, soccer fields, parks, parking lots, race tracks, convention center, hotels turned into hospitals

It may not be the same again

may not even seem normal, ever

but we will have to adapt

we may have to learn to cope

find joy

we can't give up

we need to have hope

let's hope the vaccine will come out soon drugs or plasma therapy will start to work they will find something

so keep physically distancing, self-

quarantining and practicing safe habits

just remember to stay safe, stay positive

and stay connected

remember to eat healthy, be happy

don't forget to sleep, exercise, and drink water

even if it means staying home, sleeping, doing nothing;

for the first time it's ok to do nothing

As Dr. Anthony Fauci says: The Virus makes the timeline,

but we control the outcome so that there is inverse relationship between infectiousness and lethality

it could be a genetic component, as some point out

it could even be our immunity

if that's what decides our destiny

let's do our part

we maybe on our own, but not alone

let's fight

harder, stronger

standing together- six feet apart

we will make it through

we have to make it through

this Pandemic won't be here forever that's known

until then let's keep fighting the unknown

because life must go on...



Nepalese Association of Florida (NAF)

April 2020 to March 2021 Calendar With Nepali Holiday

April 2020							May 2020							June 2020							July 2020						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5			1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5		
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		
O:1 O:8 O:15 O:23							O:1 O:7 O:14 O:22 O:30							O:6 O:13 O:21 O:28							O:5 O:13 O:20 O:27						

August 2020							September 2020							October 2020							November 2020						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
3	4	5	6	7	8	9	1	2	3	4	5	6	1	2	3	4				2	3	4	5	6	7	8	
10	11	12	13	14	15	16	7	8	9	10	11	12	13	5	6	7	8	9	10	11	9	10	11	12	13	14	15
17	18	19	20	21	22	23	14	15	16	17	18	19	20	12	13	14	15	16	17	18	16	17	18	19	20	21	22
24	25	26	27	28	29	30	21	22	23	24	25	26	27	19	20	21	22	23	24	25	23	24	25	26	27	28	29
31							28	29	30					26	27	28	29	30	31	30							
O:3 O:11 O:19 O:25							O:2 O:10 O:17 O:24							O:2 O:10 O:17 O:23 O:31							O:8 O:15 O:22 O:30						

December 2020							January 2021							February 2021							March 2021						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30	31					29	30	31				
O:8 O:14 O:22 O:30							O:6 O:13 O:21 O:29							O:4 O:12 O:20 O:27							O:6 O:13 O:21 O:29						

- 2 Apr 2020 • Ram Nawami
- 14 Apr 2020 • Nepali New Year
- 1 May 2020 • Majdoor Divas
- 25 May 2020 • Ramjan Edui Fikra
- 31 Jul 2020 • Eul Ajajaha
- 3 Aug 2020 • Janai Purnima
- 11 Aug 2020 • Gai Jatra (Kathmandu Only)
- 11 Aug 2020 • Shree Krishna Janamashilami

- 21 Aug 2020 • Hartalika Teej (Women only)
- 23 Aug 2020 • Rishi Panchami (Women only)
- 26 Aug 2020 • Gaura Parba
- 1 Sep 2020 • Indra Jatra (Kathmandu Only)
- 7 Sep 2020 • Civil Service Day
- 10 Sep 2020 • Jijiyu (Women only)
- 19 Sep 2020 • Constitution Day
- 17 Oct 2020 • Ghatashpami

- 23 Oct 2020 • Phulpati (Dashain)
- 24 Oct 2020 • Astami (Dashain)
- 25 Oct 2020 • Nawami (Dashain)
- 26 Oct 2020 • Dashami (Dashain)
- 27 Oct 2020 • Ekadashi (Dashain)
- 28 Oct 2020 • Duwadashi (Dashain)
- 30 Oct 2020 • Kojagrat Purnima
- 15 Nov 2020 • Laxmi Puja (Tihar)

- 16 Nov 2020 • Gobhardan Pujan (Tihar)
- 17 Nov 2020 • Bhai Tika (Tihar)
- 20 Nov 2020 • Chhat Parwa
- 30 Nov 2020 • Guru Nanak Jayanti
- 25 Dec 2020 • Christmas Day
- 29 Dec 2020 • Udhauti Parwa
- 30 Dec 2020 • Tamu Lhosar

We are on the web
www.floridanepalese.org

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Dr. Pragati Ghimire- Vice-President
Dr. Niraj Shrestha -General Secretary
Mr. Bishal Gautam- Treasurer
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Mr. Deep Karki (Tampa)
Ms. Kalpana Shrestha (Jacksonville)
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Ms. Priti Dhungel Bhandary (West Palm)
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Nepal Study Forum and Community Forum Coordinator

Dr. Amar Bahadur Karki (West palm)

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Dr. Bidya R. Subedi
Mr. Rajendra Shrestha

Indreni Publication Committee

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Cheban Achrya - Member
Priti Bhandary - Member
Deep Karki - Member

Coaching & Mentoring



NAF Upcoming Event :

“Youth Panel Discussion Series on Various Contemporary Topics”

Stay tuned..

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Nepalese Association of Florida



2020 Membership DRIVE

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

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

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NEPALESE ASSOCIATION OF FLORIDA

