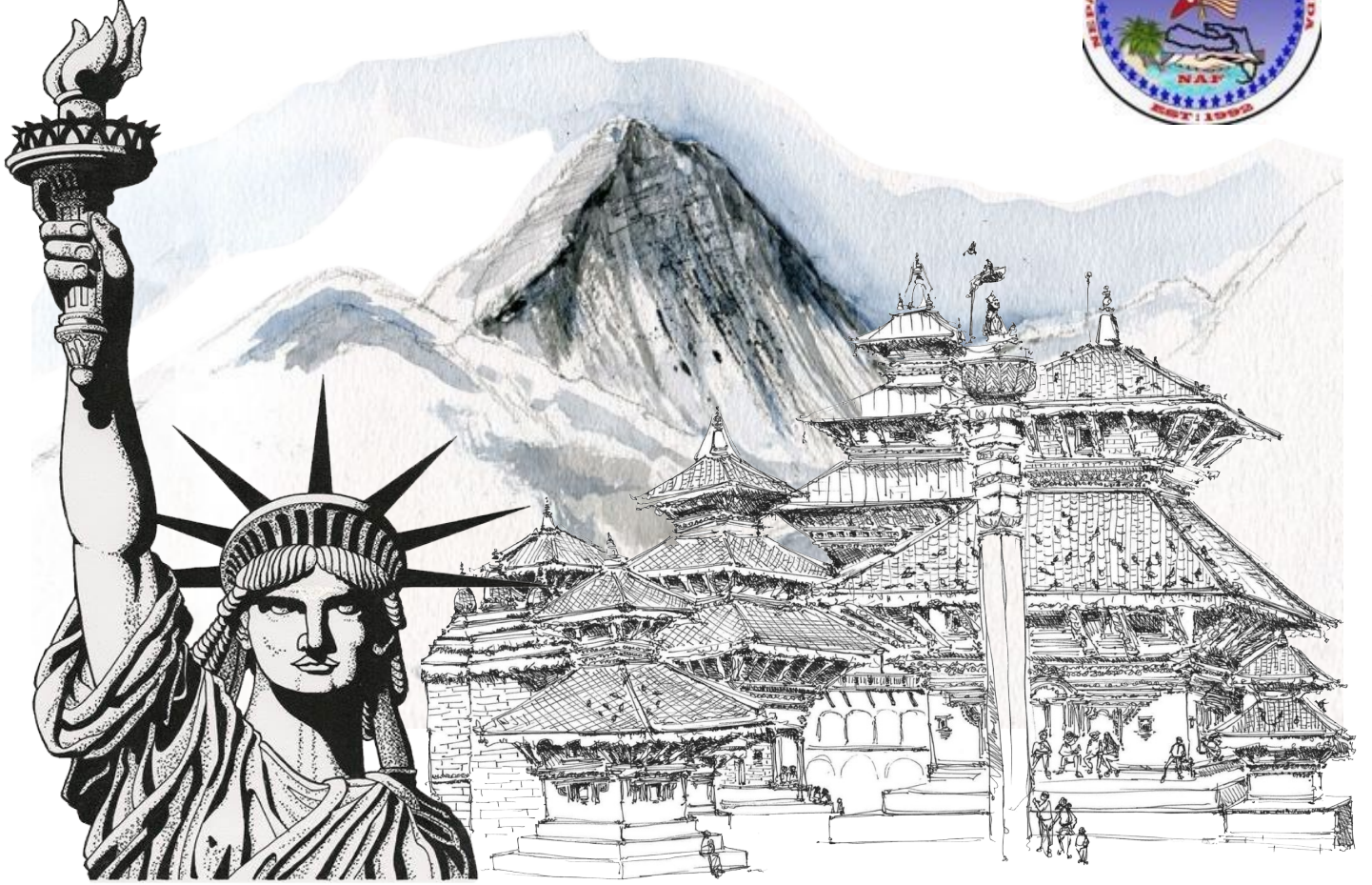




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**A Quaterly
Publication
of the
Nepalese
Association
of Florida
(NAF)**

NAF Executives Board 2019 - 2021

Nepalese Association of Florida (NAF) Executives Board

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Vice-President (Tampa)

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Information Secretary (Orlando)

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Dr. Mitra Khadka
Tallahassee

Dr. Amar B Karki
Community Engagement Coordinator
(West Palm Beach)

Ms. Shailee Banskota
Youth Forum Lead (Tampa)



Thank you everyone for your generous Support on "Connect Nepal" Project

1st ICT center establishment in Sisne - East Rukum Nepal

Name of the Donors					
Amar Karki	Bishal Gautam	Jay Banskota	Moti Lal Neupane	Rajeev Lamsal	Suraz Pudasaini
Ambika Lohani	Bishwo Parajuli	Jaya Khakurel	Narayan Neupane	Rajendra Shakya	Surya Baniya
Anil Shrestha	Chakra Adhikari	Jhanak Thapaliya	Netra Khanal	Rajendra Shrestha	Sushila Ghimire
Anila Neupane	Cheban Acharya	Khusi Tiwari	Niraj Shrestha	Ram Rai	Swatantra Shrestha
Anugya Poudel	Chooda Khanal	Krishna Shrestha	Nirajal Shrestha	Ram Thapa	Tirtha Mali
Basudev Pudasaini	Deep Karki	Laxman Thapa	Nirmala Shrestha	Ramesh Khatiwada	Unknown Donor
Bikash Devkota	Dharma Acharya	Madan Pudasaini	Poonam Adhikari	Ramesh Subedi	Uttam Giri
Bikram Oli	Dinesh Khatiwada	Madhu Nepal	Pragati Ghimire	Sanjeev Pokhrel	Yadav Pokharel
Bimal Nepal	Gita Neupane	Manoj Bhattarai	Prajesh Neupane	Suman Subedi	Yogesh Malakar
Binod Basnet	Homan Regmi	Manoj Lamichhane	Priti Bhandary	Suraj Bajgain	

Message from president

Dear community members, Namaskar:

This concludes our two-year term, during which we got the opportunity to serve our beloved community with various community-based programs. On behalf of the current NAF executive team, I would like to thank and appreciate all the community members for reaching out to us and giving us the opportunity to serve and help each other. We believe, we have accomplished our goal to take NAF to the next level for all generations, and it was possible because of the collaborative support from you all. Our team is grateful to all advisors, community leaders, and supporters, who advised, encouraged, and reinforced us to achieve this goal.



While also continuing with NAF's some of the previous programs, such as "Adopt a Highway," we elaborated our programs to energize, fascinate, and engage with youths and senior citizens alike, making this organization a shared "chautari" for all generations. As we had to face an unprecedented pandemic situation during our term, we introduced various virtual programs by considering community members' health and educating them in the best possible ways. In addition to the 10 months long virtual mindfulness class, we hosted and coordinated several programs focusing on mental and physical health for our community members. I would like to thank all the heroes, front-line health care workers, around the world who selflessly saved many lives. Our sincere thanks and appreciation to all the doctors and nurses who helped NAF during the pandemic by providing medical support to community members in various ways.

We also focused on youth professional development through mentorship and formed "Youth Forum". We emphasized on expectations from youths and attempted to address them in the best possible ways, which we hope has encouraged them to be more motivated and involved in Nepali-based organizations. Thus, forming a NAF-Youth Forum and attracting and encouraging them through professional development and mentorship programs was one of the most significant achievements of our team.

We are very grateful to our community members who have generously donated to support our programs. Your support encouraged us to complete the projects we started and helped us to be more accountable. We have utilized collected donations to support in education, health, and communication sectors in Nepal. We introduced "Connect Nepal" program and established a communication center in Rukum, as a pilot program of NAF through your help and support.

I am very thankful to my team for the continuous support, involvement, and ideas. I also want to thank all our past community leaders and seniors for being an advisor in our mission and encouraging us to achieve the goal. We also appreciate the opportunity to learn experiences from our senior leaders that we can apply in our lives while we are abroad. I would like to thank our Community Engagement coordinator for his exceptional hard work and ideas in organizing many interaction programs through our Community Engagement Forum. Also, a huge thanks and appreciation to our Information Secretary and our newsletter publication team for publishing eight quarterly newsletters on time.

Last but not least, I would like to congratulate the new team of NAF and wish them successful tenure. I hope the legacy our team has established will continue, and the new team will make us even more proud.

We hope to see you all at our Annual General meeting and Dashain/Tihar celebration in Gainesville on October 30th, 2021.

Thank you!

Sincerely,
Anila Neupane Paudyal

NAF Activities Report(2019-21) Nepalese Associations of Florida

Prepared By: Niraj Shrestha PhD,
Date: October 30th, 2021



initiatives and activities during the last two years. One important challenge faced by the current executive team was the COVID19 Pandemic, which drove the organization to focus on more virtual programs. NAF still able run numerous virtual programs and activities in such a setting. Because to the pandemic, NAF had to have its first virtual Annual General Meeting. In chronological orders NAF ran following program/activities:

Introduction:

This report summarizes the Nepalese Association of Florida's (NAF) various

Program/Activities	Date	Type of Event
Membership Drive 2020	January 2020	Fund Raising
Interaction with Nepalese Senior Citizens in South Florida (West Palm Beach- Wellington Library)-Community Forum Program	February 2020	Interaction
Mentorship Program	November 2019	Coaching
Virtual नेपाली पाठशाला	March 2020	Online Class
Mindfulness with Rosy Sharma	March-December 2020	Online Meditation
COVID19 Response Team	April 2020	Task Force
Q&A Session NAF Mentorship Program	May 2020	Interaction
Navigating Path to College-Youth Panel Discussion Series 1	June 2020	Interaction
Youth Forum Team-Formation	June 2020	
मनको चौतारी- Community Forum Program	August 2020	Interaction
Dignified Menstruation Class	October 2020	Interaction
NAF-Youth Forum Panel Discussion-A Cross-Cultural Look at Our Youth-Sharing Experience about Growing Up in Two Cultures	January 2021	Interaction
Membership Drive 2021	January 2021	Fund Raising
A Changing Perspective-Dignified Menstruation in Nepal	March 2021	Interaction
Connect Nepal" project to establish the communication center in Sisne village	April 2021	Information Session
New Year Picnic and Poem Recital program during Annual Nepali New Year-Jacksonville	April 2021	Picnic
Current Real Estate Market, Opportunity, and Challenges	April 2021	Interaction
कोरोना मा के गर्ने के नगर्ने	May 2021	Interaction
Mental Health Matters	May 2021	Interaction
Meet and Greet Program with The Ramon Magsaysay Award Winner Dr. Mahabir Pun-Orlando	June 2021	Interaction
अनुभव र अनुभूति-Father's Stories Never End Let's Hear from Them- Community Forum Program	June 2021	Interaction
Empowering and Connecting Youths Through Mentorship and e-Education	October 2021	Interaction

Flagship Programs:

Two flagship initiatives were established by NAF; 1) Mentorship Program 2) Setting up a communication center-Connect Nepal. The purpose of the mentorship program is to give mentorship to high school students, college students, recent graduates, and professionals from all fields. The initiative was partially launched in January, and 29 mentees have been enrolled and matched with mentors to date and a few of them are located outside of the state of Florida. Currently serving in a variety of capacities, including educational attainment, career exploration, professional progression, business growth, and job placement. In coming days NAF plan to utilize the automated web-based system to connect mentor with mentee.

The mentorship program currently leads by Sushil Bhattachan, NAF-Advisor. Recently NAF also launched Mini-Mentorship program to focus on school level kids from Nepal and USA. The program will lead by NAF-Youth Forum

Nepalese Association of Florida

Information Session on Project "Connect Nepal" Establishment of Communication Center

NAF is setting up the goal to raise \$5000.00 which will fund to establish Communication Center in Sisne Village, Rukum. NAF will directly supervise the project with the help of the Global Nepalese ICT Consortium (GNICTC). Your contribution will support Connect Nepal programs facilitated by NAF.

Date: Sunday April 11th, 2021
Time: 10.00 AM to 11.00 AM
Join Zoom Meeting Info
Meeting ID: 880 1746 2658
Passcode: 166777

SCAN ME FOR ZOOM LINK

Nepalese Association of Florida (NAF), Inc. is a tax-exempt nonprofit organization registered in State of Florida (FEIN Number: 585152163). NAF is a 501(c)(3) organization.

MENTORING

GOAL DIRECTION ADVICE MOTIVATION

COACHING TRAINING SUPPORT SUCCESS

Coaching & Mentoring NETWORK

Mentoring is a proven method and research shows that mentored individual have favorable outcomes in several areas of life including educational achievement, career exploration, career growth, business growth and job placement attainment. Hence, we (Nepalese Association of Florida) are introducing our mentorship program for our community members tapping our highly capable pool of community Mentors.

Our mentors can help you with career exploration, college entrance, job placement, IT skills, entrepreneurship & business growth and many more.

To learn more about mentoring program or to sign up please contact us at info@floridanepalese.org or visit www.floridanepalese.org.

Connect Nepal program was launch established communication center Sisne village ward.no 5 of Rukum district with collaboration with local youth team which will be utilized for tele-health, tourism information, communication, computer literacy and to sharing knowledge with other parts of the country. The established this project, NAF so far raised \$3600 out of \$5000 and able to collect few laptops.

This program will supervise by NAF with the help of Global Nepalese ICT consortium. This program is currently coordinated by Information secretary – Narayan Neupane.

Communication and Information

Activities:

During last two years, NAF launched professional LinkedIn sites, eight new Indreni publications, and redesigned the NAF website. The NAF-Facebook page was created, and it now has over 3000 followers. In addition, we were able to link an Amazon donation.



engagement efforts for our community. This program is currently coordinated by Former Past President Mr. Bimal Nepal.

Adopt-The Highway (West Palm Beach Program):

Due to pandemic, this program was suspended but able to relaunch in second half the 2021. This program is currently run-in partnership with Florida Department of Transportation-Litter-Free Florida Highways where they assigned territory two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles.



In last two programs community members and student from West Palm Beach area able to participate. This program was launched to mark “NAF Silver Jubilee 2017” and the goal is to reflects our civic



Join us For The
West Palm Beach



Adopt-A-Highway Cleaning Program

Sunday October 3rd, 2021
8 -11 AM

For more information, please contact
Mr. Bimal Nepal, Program Coordinator 561-531-1881




Please meet us in the parking lot behind McDonald's in the corner of Forest Hill and Jog. Dress: It is advised to wear a full shirt, jean pants, closed shoes, and a hat. You can bring your own gloves if not, we will provide you disposable gloves and trash bags to pick up the trash. FDOT will provide us yellow reflective jackets during our Volunteer hours. NAF will provide volunteer hours for participating middle and high school students.

COVID-19 Task Force:

COVID19- Task Force was founded during the pandemic to assist community members and individuals in Nepal, under the direction of Mr. Krishna Shrestha. The purpose of the task force was to address COVID19-related difficulties. The task force completed the following tasks:

- An emergency fund-raising campaign has been launched.
- Refilled the prescription by connecting other community members' parents.
- A donation was made to Nepal's SAMATA School. Thank you to everyone who contributed.
- First-line health-care workers are valued.
- Mask distribution to several universities.

NAF-Youth Forum Formation:

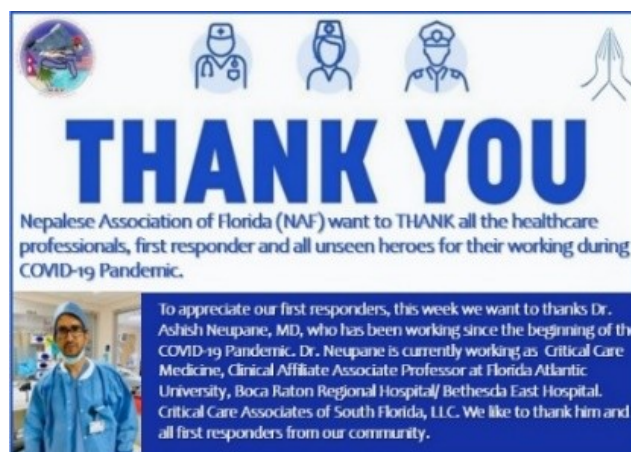
The NAF central executive team has been interested in bringing youth into the team since the beginning. The forum's purpose was to attract youth to the organization and run various youth-focused programs. NAF established NAF-Youth Forum with the leadership Ms. Shailee Baskota



Nepalese Association of Florida
Announce Its
Newest and Youngest
Youth Forum Team

				
Ms. Eliza Acharya Member Gainesville, Florida	Mr. Pratul Krish Neupane Member Wellington, Florida	Ms. Shailee Baskota Coordinator (Team leader) Odsmar, Florida	Mr. Pranav N Shrestha Member Miramar, Florida	Ms. Medhavi Baskota Member Odsmar, Florida

The NAF executive team would like to extend congratulations and a warm welcome with excitement. Your level of knowledge and contribution will be an exciting and great addition to the Nepali community in Florida. Please contact our Youth Forum Team nafyouthforum@gmail.com



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.

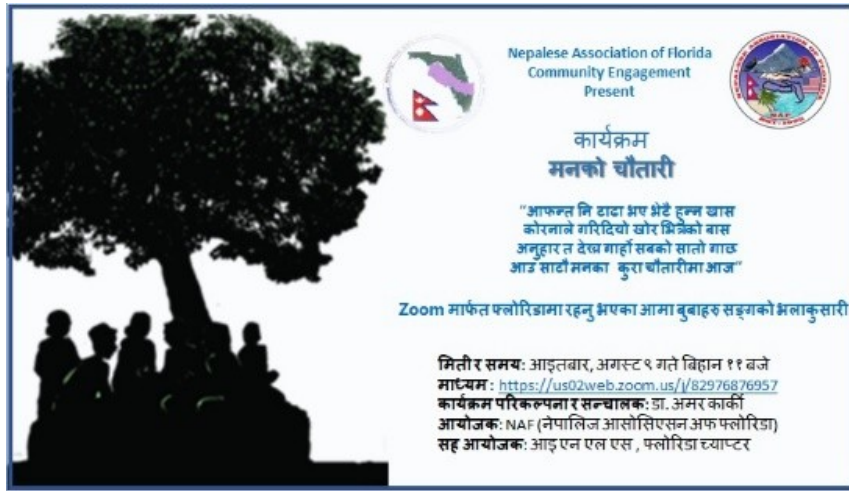
To appreciate our first responders, this week we want to thanks Dr. Ashish Neupane, MD, who has been working since the beginning of the COVID-19 Pandemic. Dr. Neupane is currently working as Critical Care Medicine, Clinical Affiliate Associate Professor at Florida Atlantic University, Boca Raton Regional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

from Tampa including four members Eliza Acharya (Gainesville), Medhavi Baskota (Tampa), Pratul Neupane (West Palm Beach) and Pranav Shrestha (Miramar). In the last two years, Youth Forum has hosted several career oriented and cross-cultural activities. Youth Forum recently launched the Mini-Mentorship Program to foster mentoring between Nepalese and American youth.

Community Forum:

With the coordination by Dr. Amar Karki, Community Engagement Coordinator, NAF-Community Forum ran first in person program in January 2020 and later due to pandemic rest of the programs were in virtual format but attracted many community members. One of the programs “मनको चौतारी” attracted many senior citizens of the community to share the experience during the pandemic.

The program began on March 28th, 2020, immediately following the COVID19 Lockdown, and ended 36 weeks later. Ms. Rosy Sharma, a certified mindfulness instructor, led the session every Saturday from 10 a.m. to 11 a.m. The session was attended by people of the community from all around Florida, other states, and Nepal.



Last two years was challenging but with support of community NAF able to run different activities. NAF will continue its flagship program Mentorship and Connect Nepal in coming years and will suggest adopting more community based program.

Mindfulness with Rosy Sharma:

Many people's emotional health has been impacted by the COVID-19 pandemic. Several studies have demonstrated that online mindfulness lessons can help people cope with the emotional effects of the COVID-19 pandemic. For community members, NAF began a virtual "Mindfulness and Meditation" session.



NAF financial status

Financial activities of NAF for tenure of 2019-2021

Income

Opening balance from previous team	\$ 1,968.14
Membership dues	\$ 1,109.37
COVID relief fund	\$ 2,323.57
Fund Raising for Samata School in Nepal	\$ 354.27
Income from Amazon smile	\$ 30.00
Innovation center fund raising	\$ 450.00
other donation	\$ 600.00
Fundraising for connect nepal	\$ 3,300.00
Total income	\$ 10,135.35

Expenses

Samata School donation	\$ 1,345.00
Mask distribution for students on covid	\$ 100.00
Token of Love	\$ 84.01
Web server maintenance	\$ 100.00
Printing expenses/ checks/stamps	\$ 249.00
Donation to Innovation Center	\$ 500.00
Ticket fair and other expenses for event (Mahabir Pun	\$ 500.00
Zoom subscription for 2 years	\$ 300.00
Venue reservation and event preparation/ Misc. Expenses	\$ 100.00
Mentration project donation	\$ 100.00
Media/ advertisement expenses	\$ 300.00
Total expenses	\$ 3,678.01
Difference	\$ 6,457.34
Bank balance	\$ 5,403.17
Cash in hand with Treasurer	\$ 1,055.00
Total Current Balance	\$ 6,458.17
Payable to connect nepal	\$ 3,300.00
Remaining balance after paying for connect nepal	\$ 3,158.17

NAF's Adopt-A-Highway Cleaning Program, (NAF & FDOT Partnerships for Litter-Free Florida Highways)



Bimal Nepal.

Nepalese Association of Florida (NAF) was scheduled for NAF's Adopt-A-Highway Cleaning Program-West Palm Beach Sunday, October 3rd, 2021, at 8 AM. Adopt-A-Highway cleaning program and proudly engage Nepali American community to be the integral



part of civic engagement!". Due to pandemic, this program was suspended but able to re-launch in second half the 2021. This program is currently run-in partnership with Florida Department of Transportation-Litter-Free Florida Highways where they assigned territory two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles. In last two programs community members and student from West Palm Beach area able to participate. This program was launched to mark "NAF Silver Jubilee 2017" and the

goal is to reflect our civic engagement efforts for our community. This program is currently coordinated by Former. Past President Mr. Bimal Nepal. and her executive committee to share with you all that NAF proudly completed her Adopt-A-Highway program this morning marking its 4th year of continued service here in WPB, Florida. Civic engagement is our collective pride! Please join me in extending special thanks to Civic engagement is our collective pride!

Please join me in extending special thanks to all these 20 outstanding volunteers: Smarika Nepal, Aaron Basnet, Sarah Thapa, Saugat Shrestha, Shreya Joshi, Parkul Neupane, Deep Adhikari, Swochchanda Shrestha, Sunita Shrestha, Sakun Shrestha, Mitthu Joshi, Abhigya Neupane, Leena Basnyet, Ram Sharan Thapa, Dr. Bijay Kattel, Krishna Shrestha, Dr. Niraj Shrestha, Gaurav Shrestha, Manoj Joshi and Bimal Nepal. This is our 4th year and the 13th time we have cleaned our assigned territory i.e. the two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles this morning. During this event our volunteers served 80 hours and picked up 24 full bags of Trashes equivalent to 480 lbs. Outstanding job team.

This is indeed a perfect example of NAF giving back to the community where we reside.

Indeed a step forward toward introducing our Nepali American identity and involving our youths on all fronts! Please lock the date: Our next quarterly cleaning is on January 9, 2022. Looking forward to having more participation and, as always, let us encourage our kids to be an integral part of this event. Students will earn 4 hours of volunteer work once they complete this task.

Finally, I would like to extend special thanks to NAF current President Anila Neupane and General Secretary Dr. Niraj Shrestha for all logistical and secretariat support to keep this event running. Special thanks to all our community leaders, volunteers, especially our youths for their unconditional support.

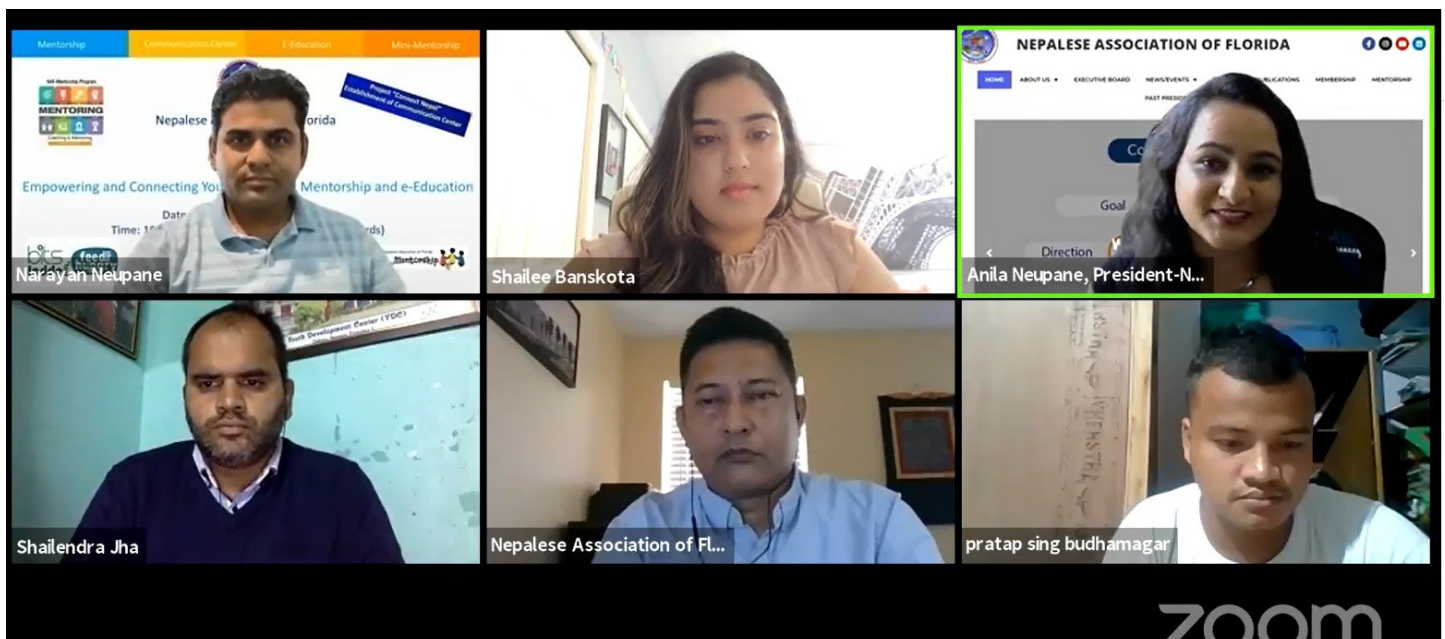
Together we will keep our mission alive!

With Respect,
On behalf of NAF,

Bimal Nepal
West Palm Beach, Florida

NAF Organized -"Empowering and Connecting Youths Through Mentorship and e-Education"

The Nepalese Association of Florida (NAF) hosted a virtual interaction event titled "Empowering and Connecting Youths Through Mentorship and e-Education" on October 2nd, 2021. The initiative was created to show how NAF's two flagship programs, "Mentorship" and "Connect Nepal," may be used in Nepal's e-education system. During the occasion, NAF President Anila Neupane emphasized the relevance and progress of the ongoing mentorship program. She also emphasized the importance of expanding the mentorship program beyond Florida and to Nepal. Shailee Banskota, the leader of the NAF Youth Forum, also spoke about the Youth Forum and how the Mini-Mentorship Program may benefit children and youth in both Florida and Nepal. Guest



Mentorship

Communication Center

E-Education

Mini-Mentorship



Project "Connect Nepal"
Establishment of Communication Center

Nepalese Associations of Florida Present

Interaction Program
On

Empowering and Connecting Youths Through Mentorship and e-Education

Date: Saturday October 2nd, 2021

Time: **10.30 AM to 11.30 AM** (8.15 PM NST Onwards)

Join Zoom Meeting

Meeting ID: 813 9538 9784

Password: 459516



speaker Shailendra Jha, program director for Bits Ladder, discusses how collaboration through education, innovation, and technology may help bridge the gap in society. He also mentioned how young people are nurtured through numerous interactions and learning sessions in many domains. In addition, he described the deployment of SMART learning and how children are currently utilizing the e-education system. NAF's Information Secretary Narayan Neupane gave a brief overview of the project Connect Nepal, which involves creating a communication center in the Sisne village and demonstrating how a communication center may be used for e-education systems such as SMART learning in Nepal's rural villages. Pratap Singh Budhamagar, a youth leader from Sisne village, also spoke about the advantages of the

communication center that will be built shortly. At the conclusion of the session, NAF President Anila Neupane gave a presentation on the NAF's activities and programs that spanned the past two years and thanked the whole NAF central executive team. The session was moderated by NAF General Secretary Niraj Shrestha. The program drew participants from all throughout the state, as well as from outside of Florida and Nepal.

If you need more information about the program please contact naflorida2016@gmail.com.

Program Video:

<https://www.facebook.com/naflorida2016/videos/251171186805331>

AGM Notice

Greetings from the Nepalese Association of Florida (NAF)! On behalf of the Nepalese Association of Florida, it is our honor to invite you to NAF's Annual General Meeting (AGM) and Dashain/Tihar Celebration 2021 at Gainesville, Florida.

The NAF-AGM and Dashain Celebration will take place on Saturday, October 30th, 2021.

I also would like to provide you few minutes to share your message with our community and organization. Your presence during the AGM and in Picnic/Cultural Program will be greatly

appreciated by the Nepalese Community here in Florida. We look forward to receiving your positive response and together we will successfully organize the AGM and Dashain/Tihar Celebration 2021. Below is the information for the program.

Date, Time, and Venue

Date: October 30th, 2021

Time: 11:00 AM- 5.00 PM

Venue: Veterans Memorial Park (Pavilion#1) 7400 SW 41 Pl, Gainesville, FL 32608

We, our organization, and community thank you in advance for considering our invitation. Thank you.

Respectfully,

Niraj Shrestha, Ph.D. (305-790-1620)

General Secretary,

On Behalf of Ms. Anila Neupane, President, NAF, and NAF Executive Team

Nepalese Association of Florida

[_GoBack_GoBackhttps://floridanepalese.org/](https://floridanepalese.org/_GoBack_GoBack)

Nepalese Association of Florida

Present

29th Annual General Meeting

And

Dashain Tihar Celebration

With

Nepalese Student Association-University of Florida

Gainesville, Florida
October 30th, 2021





Abi Kattel Memorial Foundation

“Those who live in the Hearts of Others Never Die”

The positive attitude and helping nature were the best reflections of how late Abi believed life should be lived. This Foundation is dedicated to Abi’s philosophy by promoting the diverse projects that bring happiness, health and quality life to others. This includes: scholarships to the students, educational outreach, and the programs benefiting the homeless (homeless feeding), blood donation (one donation saves up to 3 lives), youth sports, youth communication and the Nepal school projects.



Academic Scholarship Program:

AKM Foundation has awarded many Academic scholarships to the college students attending an accredited college or university every year

Congratulations to this year 2021 AKMF Academic Scholarship winners

The inability to drive oneself therefore can be a life-or-death situation for someone fearful for their safety. Shakthi’s Driving for Independence Project aims to place survivors of domestic violence in driving schools, provide translators, transportation to driving school and ultimately, the DMV fees for obtaining a driver’s license. The approximate cost for each survivor to go through the Project is \$1,000.

For more information about Shakthi, or to donate to this worthy cause, please go to ShaktiUS.org.



Bal Krishna Acharya
First Award Winner
Rollins College, Orlando, FL,



Navika Timisna
Second Award Winner
Florida Atlantic University, FL, USA

Annual Homeless Feeding

The AKM Foundation, every year on December 19, distributes over 200 freshly prepared Lunch bags to homeless/needy people at St. Ann Place, a homeless Center, in memory of Abi. On that day, the homeless people express their happiness and good words. These kind of special words are soothing for the family. We prepare lunch bags with the help of the volunteers, friends and families.



The Annual 5K Run for Education

The AKM foundation had been organizing the 5K run/walk for many years at Okeechiee Park in West Palm Beach. However, due to the Corona virus pandemic we were not able to organize the event in 2020 and we are not conducting it in 2021 as well. However, the Virtual run/walk is continuing as a fund raising event. The Virtual 5K Run/walk is similar to the Annual 5 K run/walk for Education except you do not have to run on the same day. Please see details on the website: www.abikattelfoundation.org

Annual Abi Kattel Memorial Picnic and Blood drive:

Abi Kattel Memorial day picnic and Blood drive continues on last weekend of January every year.

The next annual picnic and blood drive will be on Saturday, January 29, 2022. Please visit the website for details www.abikattelfoundation.org

Why Support/participate in the Abi Kattel Memorial Foundation (AKMF) activities?

Keep yourself healthy and happy and help the needy in many ways;

- ◆ Provide Academic Scholarship to college students achieve their goals
- ◆ Support underprivileged children participate in day camps at YMCA through the AKMF youth scholarship.
- ◆ Provide food for homeless people
- ◆ Help save lives through Blood Donation programs

We appreciate your continued support and participation on the activities and programs of this

foundation to make it grow. Together, we can help and support many others in need through this

foundation in many ways; by

- ⌚ Volunteering at the Foundation events
- ⌚ Participating the foundation programs
- ⌚ Sponsoring the Foundation programs like Scholarships, grants, etc.

- ⌚ Donating for the cause; through the website www.abikattelfoundation.org

For questions and suggestions about this Foundation, its programs and participation please contact via email:

abikattel.foundation@gmail.com, and/or Archana or Bijaya Kattel at ph. # 561-635-6242 or 561 358-6549 or via Abi Kattel Memorial Foundation www.abikattelfoundation.org
Thank you all for your support.

नर्थ क्यारोलिना र फ्लोरिडा राज्यहरुमा संचालन हुने घुम्ती कन्सुलर सेवा शिविर सम्बन्धी अत्यन्त जरुरी सूचना

नेपाली राजदूतावास, वाशिङ्गटन, डि.सी. ले नर्थ क्यारोलिना र फ्लोरिडा राज्यका देहायका स्थान मिति र समयमा त्यस क्षेत्र वरिपरि बसोबास गर्ने नेपाली समुदायलाई लक्षित गरी कन्सुलर सेवा शिविरमार्फत सेवा प्रदान गर्ने कार्यक्रम तय गरे आफूलाई पायक पर्ने स्थानबाट सेवा प्राप्त गर्न राजदूतावास सम्बन्धित सबैमा अनुरोध गर्दछ।

कन्सुलर सेवा शिविर आयोजना हुने स्थान, मि समय:

क. नर्थ क्यारोलिना

स्थान: 1012 Morrisville
Parkway, Morrisville, NC 27560

मिति: अक्टोबर २९ -३०, २०२१

पहिलो दिन: बिहान १०:०० बजेदेखि साँझको ५:०० बजेसम्म

दोस्रो दिन: बिहान ०९:०० बजेदेखि दिनको २:०० बजेसम्म

ख. फ्लोरिडा

स्थान: 4498 N Alafaya Trail, Unit 306, FL 32826
मिति: अक्टोबर ३१, २०२१

पहिलो दिन: बिहान १०:०० बजेदेखि साँझको ५:०० बजेसम्म

कन्सुलर सेवा शिविरबाट प्रवाह हुने सेवाहरु:

- क) राहदानी नविकरण (अक्टोबर २०२२ सम्म बहाल अवधि रहेकाहरुले नविकरण गर्न सक्ने)
- ख) गैर आवासीय नेपाली परिचयपत्र (NRN ID)
- ग) अधिकृत वारेसनामा (Power of Attorney)
- घ) कागजात प्रमाणिकरण (Attestation)
- ङ) एकतर्फी यात्रा अनुमतिपत्र (One-way Travel Document)
- च) कागजात प्रमाणिकरण (Attestation)
- ड) एकतर्फी यात्रा अनुमतिपत्र (One-way Travel Document)
- छ) पर्यटक भिषा (Tourist Visa)

उल्लेखित सेवाहरु प्राप्त गर्न आवश्यक कागजात,

शुल्क र प्रक्रियाबारे जानकारीको लागि राजदूतावासको

वेबसाइट

<https://us.nepalembassy.gov.np> को होमपेजमा रहेको "Consular Services"

मेनुमा गई

हेर्नुहुन अनुरोध गरिन्छ।



नेपाली राजदूतावास
वाशिङ्गटन, डि.सी.

One-day mobile consular service in Orlando by Nepal Embassy

NRN-Florida Chapter with Nepalese Associations of Florida and other local organizations is hosting one day "Mobile Consular Service" in Orlando on Sunday, October 31st, 2021 from 10.00 AM onwards. If you need any of

the following services please join us; Passport Renewal, NRN-ID, Power of Attorney, Attestation, One-Way Travel Document, and Tourist Visa.

Date: Sunday, October 31st, 2021

Time: 10.00 AM EDT – 5.00 PM EDT

Venue:

Spice Indian Grill, 4498 N Alafaya Trail #306, Orlando, FL 32826 Visit

<https://us.nepalembassy.gov.np/>

To get more information about the program and required documents you need to bring to get services.

THIS PROGRAM IS RUN BY THE EMBASSY OF NEPAL, WASHINGTON D.C.

Shakthi also recognized Mr. Ajaya Satyal, NAF member (and founding member of Florida Nepal Association, predecessor to FANS), with an award as Volunteer of the Year for his hard work and valuable contributions to the organization throughout the year.

Shakthi aims to provide support to those suffering through abusive relationships. Funds raised at Shakthi’s Gala will be used to launch its new signature project, Driving for Independence. Without access to transportation, many survivors of domestic violence cannot access health care for themselves or their children, education, social networks and/or legal representation.

The inability to drive oneself therefore can be a life-or-death situation for someone fearful for their safety. Shakthi’s Driving for Independence Project aims to place survivors of domestic violence in driving schools, provide translators, transportation to driving school and ultimately, the DMV fees for obtaining a driver’s license. The approximate cost for each survivor to go through the Project is \$1,000.

For more information about Shakthi, or to donate to this worthy cause, please go to ShaktiUS.org.

Shakthi US, Inc. Hosted Virtual Fundraiser for South Asian Domestic Violence Survivors During October, Domestic Violence History Month.

October is Domestic Violence Awareness Month and Shakthi US, Inc., a nonprofit helping South Asian women in Florida, is working to get the word out. In recognition of Domestic Violence Awareness Month, Shakthi US, Inc. held its Third Annual Gala and Fundraiser virtually on Saturday, October 2, 2021. Founded in 2018, Shakthi is a relatively new nonprofit based in Florida and dedicated to raising awareness about domestic violence in the South Asian community.



इन्द्रेणी प्रकाशनका पछिल्ला २ वर्ष



Narayan Neupane

सन् २०१८ को अन्त्यतिर हालकी नेप्लिज एसोसिएसन अफ फ्लोरिडा (नाफ) कि अध्यक्ष अनिला न्यौपाने पौडेलले मलाई यस संस्थाको सूचना सचिव को रूपमा काम गरि सहयोग गर्नु पर्यो भनेर अनुरोध गर्नु भएको मलाई हिजो जस्तो लाग्छ। समय कति छिटो बितेछ पत्तै भएन, सूचना सचिवको रूपमा जिम्मेवारी लिएर अब कार्यकालपनि सक्की सकेको छ। यस जिम्मेवारीमा रहंदा गर्नुपर्ने एउटा महत्वपूर्ण काम भनेको 'इन्द्रेणी' प्रकाशन थियो। सन् २०१३ देखि प्रकाशित इन्द्रेणीलाई निरन्तरता दिनुपर्ने साथै यसलाई परिमार्जित गर्दै तोकिएको समयमानै प्रकाशन गर्नु पर्ने काम सरसर्ती हेर्दा जति सजिलो देखिन्छ कार्यन्वयन गर्नभने धेरै नै चुनौती हरु अवश्य छन्। त्रै-मासिक रूपमा प्रकाशित 'इन्द्रेणी' हालको संस्करण, कार्य समिति (२०१९ - २०२१) कालागि अन्तिम तथा आठौँ प्रकाशन हो। यो प्रकाशन सुरुवात देखिनै नाफ को मुखपत्रको रूपमा मात्र प्रकाशित नभई यस क्षेत्रमा रहेका नेपाली र नेपाली समुदायमा चासो राख्ने हरुका लागि प्रतिनिधि प्रकाशन बनेको छ। वास्तवमा यसले फ्लोरिडा र यस आसपासमा रहने नेपाली समुदायका गतिबिधिहरुलाई अभिलेखीकरण गर्ने काम समेत गरेको छ। भविष्यमा यस क्षेत्रमा हाम्रो समुदायको

अध्ययन गर्न चाहने हरुकालागि यो गतिलो खुराक नहोला भन्न पनि सकिन्न। विषेसत विद्युतीयरूपमा प्रकाशिक 'इन्द्रेणी' नाफ को २५ औँ वार्षिकोत्सवको अवसरमा स्मारिका प्रिन्टपनि गरिएको थियो। यस पटक नाफको वार्षिक साधारण सभाको अवसरपारि विद्युतीय तथा केहि कपि प्रिन्ट गरि दुवै माध्यमा प्रकाशन गरिएको छ र संस्थाका सदस्यहरुलाई बाडिएको छ। सम्पूर्ण प्रकाशनहरु नाफको वेब साइटमा (<https://floridanepalese.org/>) राखिएकोले हजुरहरुलाई पुरानो संस्करण चाहिएमा अन-लाईन समेत हेर्न सक्नु हुनेछ।

विश्वजगत का लागि सन् २०२० र २०२१, कोभिड - १९ को महामारीका कारण निकै नै कष्टपूर्ण रह्यो। यस कठिन समयमा पनि इन्द्रेणी प्रकाशनलाई हामिले निरन्तरता दिन सकिएकोमा नाफ टिम निकै नै खुशी छौं। विषम परिस्थितिको वाबजुत पनि हाम्रो अनुरोधलाई स्वीकार गरि लेख, रचना तथा विभिन्न सामग्रीहरु उपलब्ध गराई सहयोग गर्नुहुने सम्पूर्ण सदस्य तथा लेखक महानुभाव हरुलाई अंतर्मन देखि आभार प्रकट गर्दछौं साथै प्रकाशनका क्रममा सहयोग पुर्याउनुहुने कार्य समितिका अध्यक्ष, पधाधिकारी लगाएत कार्यसमिति सदस्यज्यु हरु, पूर्व अध्यक्ष ज्यु हरु, सल्लाहकार ज्यु हरु, प्रकाशन समितिका सम्पूर्ण सदस्य तथा सम्पूर्ण सहयोगीहरुलाई हृदय देखि धन्यवाद भन्न चाहन्छु। आगामी कार्य समितिका मित्रहरुलाई इन्द्रेणीको निरन्तरताको लागि अग्रिम बधाई तथा सुभकामना समेत दिन चाहन्छु।

धन्यवाद

नारायण न्यौपाने
संयोजक - इन्द्रेणी प्रकाशन समिति
नेप्लिज एसोसिएसन अफ फ्लोरिडा (नाफ)
२०१९-२०२१ कार्य समिति

Executive Board 2021-2023



I'm Niraj Shrestha, and I've lived in South Florida for the past 19 years with my wife and two sons. Professionally, I am a medical scientist who began working in the pharmaceutical industry after finishing my doctorate. I've been with NAF since 2007, serving in various capacities such as sports coordinator, Nepal Study Forum Coordinator, and presently General Secretary (2019-21 NAF CEC Team), where I'm involved in the organization's day-to-day operations. These previous experiences have helped me become more efficient in making decisions, operating the organization, presenting a new community program, and dealing with community members. My team and I will continue to work with community leaders, members, and

youth members to build awareness of the NAF's mission and goals in the community. We will continue to work on present activities while also attempting to offer new programs. My team and I are excited to collaborate with our community.



My name is Pragati Ghimire, and I am a medical doctor with a background in public health. I've been working in this industry for the past 15 years, largely at professional and academic institutes focusing on epidemiology, health policy, community health education, and big data analytics, and I'm currently pursuing a PhD in epidemiology. I am passionate about social concerns and social justice, particularly universal access to quality healthcare and education, climate change, youth empowerment, and women's empowerment. With the United States and Nepal, I am currently involved in a few social and community groups. In the current pandemic situation, I'm also

leading a global pandemic response alliance of organizations and celebrities in Nepal through Save Nepal Global Alliance; I've worked with Nepal's local and national governments, Nepal police, Nepal Army, over 350 partner organizations, and a network of over 4000 volunteers. Since my experience has broadened my awareness of current pandemic conditions in Nepal, I will be more focused on the community in Nepal in my job as Vice-President of NAF.



I am Shiva K Sharma, born in Tulsipur, Dang, Nepal, and moved to Florida in August 2014 to pursue my PhD in Chemistry at the University of Miami. After finishing my PhD, I continued my training as a postdoctoral associate at the University of Miami until May 2020, when I began working as a Lecturer and Researcher. I was the President of the NAF-Miami Chapter from 2019-21. Aside from chemistry, I am passionate about Nepali literature

and currently serve as the regional vice-president of the INLS-Florida Chapter. Nanoscience, surface chemistry, and integrating biomolecules with nanoparticles for biosensing and other biomedical applications are the focus of my study. I appreciate outdoor activities such as volleyball and tennis, and I am eager to expand my list of visited nations from seven to one hundred. As General Secretary, one of the organization's most important roles, I'll be working with the team to implement our program, engage with community members, and organize outreach initiatives with local governments across the United States. More importantly, I will concentrate on leadership and getting to know the community to meet their needs.



My Name is Priti Dhungel Bhandary and I have been living in Wellington, Florida since Dec 2020. In the past I have been an active member of INLS Florida chapter and represented WPB Pathshala as a Coordinator for 5 yrs. I have also been an active member of Nepali community in Florida through different organizations. I was a member of FNA and was actively

involved in that association for fund raiser and cultural programs. Being part of the Nepali community for over 20 years, I understand the growth the community has seen and where NAF needs to be in next 20 years. Of course, this takes organization and proper funding. And as a treasurer that would be the center of my responsibility. I believe NAF is a collective union of leaders and the executive committee needs to work as a group to fulfill the goals written in the by-laws. Having a diverse group in the executive committee will only propel us for future growth and involvement in our community. One of my goals is to make sure that all Nepalese and friends of Nepal in Florida is represented equally in NAF. Our strategy should involve leaders from the different parts of Florida that have the same commitment to NAF as their local Nepali organizations. We as an organization, must understand what their needs and expectations are for NAF. Once that is established, we can all grow and prosper together. As a treasurer I would like to make sure we have a strong financial foundation to implement the programs that we would like to establish in the future.



My name is Jaya Khakural, and I live with my husband and two daughters in Ponte Vedra, Florida. I used to work in the information technology business for the past ten years, but I recently began a new job as a Real Estate Agent in the Jacksonville area. I held positions in the NAF-Jacksonville Chapter as a team member, general secretary, and president from 2014 to 21. During my final 7 years in the Jacksonville community and beyond, I was able to get to know the people and run a few community-focused activities. With these experiences, I made the decision to join the central executive team to enhance my knowledge and work with the broader Nepali community in Florida. As Information Secretary, I will join the NAF 2021-23 central executive team, with an emphasis on utilizing and upgrading various communication platforms to reach out to the community.



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)

**Nepal Study Forum and
Community Forum
Coordinator**

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

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Bibek Bhattarai

बडा दशैं तथा शुभ तिहार को
हार्दिक मंगलमय शुभकामना



Nepalese Association of Florida (NAF)



**Nepalese Association of Florida
Presents**



**Cultural
Night**



Sports



**27th Annual
General
Meting And
Dashain Festival**

DON'T FORGET

**OCTOBER 30th
SATURDAY 2021**

**GAINESVILLE
FLORIDA**



Nepalese Association of Florida

**2021
Membership
DRIVE**

Adopt the
Highway

Mentorship

Youth
Programs

Other
Community
Programs

COVID19
Program

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) = \$150
Life Member (Family) = \$200
This offer is valid till April 30th, 2021.

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

Nepalese Association-Florida (NAF), Inc. is a tax-exempt nonprofit organization registered in State of Florida (FE/ EIN Number: 593152163).
NAF is a 501(c)(3) organization.