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

Message from president



Dear community members, Namaskar:

In this quarter, NAF focused on health-related programs that were helpful for our communities in Nepal. As the second wave of COVID rapidly spread in Nepal, we tried our best to educate publics in Nepal by sharing knowledge and coping tips from experienced doctors. We would like to thank Dr. Bhaskar K Chhetri, Dr. Aashis Neupane, and Dr. Manish Basistha, for their generous help in this effort.

NAF Youth Forum hosted a program focusing on child and youth's mental health and current challenges being faced by youth and their parents. We want to thank our Youth Forum leader, Shailee Banskota, for leading this program and the panelists- Dr. Vinita Sharma and Dr. Ranjeev Shrestha for their valuable time and contribution to this effort.

We also organized a physical interaction program with Dr. Mahabir Pun in Orlando and raised some funds to support his initiation of Innovation Center in Nepal. We would like to thank all of our community members for their participation in the meet and greet program and for generous support to the Center. NAF executive team is delighted to honor Dr. Pun with NAF honorary membership. NAF also conducted its first physical executive committee meeting on the same day and discussed future plans and strategies.

We also resumed our long-term 'adopt-a-highway' program after some duration of halt due to the pandemic. Thanks to our former president and coordinator for this project, Mr. Bimal Nepal for his continuous support. We are also grateful to our West Palm Beach Nepali community, including the youth, for their exciting and continuous participation and support to this program.

NAF-Community Engagement has conducted a "fathers day" special program with our senior leaders in Florida. I want to thank all panelists- our social heroes, who shared their past experiences and ideas. It was such a wonderful and meaningful program for all generations of our community. Thank you Dr. Amar Kari, for coordinating this awesome program.

Please continue to join our programs, visit our website, and give us feedback via social media, email, and calls. We have representatives throughout the state to listen and support our community members. If you are new to our community, please don't hesitate to reach out to us.

We hope to meet you all of our community members at our Annual General Meeting on October 30th, 2021 in Gainesville.

Thank you!

Sincerely,
Anila Neupane Paudyal

"अनुभव र अनुभूति "

"Fathers are men who dared to place the world's hopes and dreams in their children"

Focusing on Father's Day, on June 27th, 2021 a virtual Program called "अनुभव र अनुभूति"-Father's stories never end Let's hear them organized by Community Forum-Nepalese Association of Florida (NAF). The main goals of the program were to hear from senior community leaders who have been living in the USA for the last two decades or more and who have raised children here in the USA. The program was moderated by Community Engagement Coordinator, Dr. Amar Bahadur Karki. Following respected senior community members participated in the program.

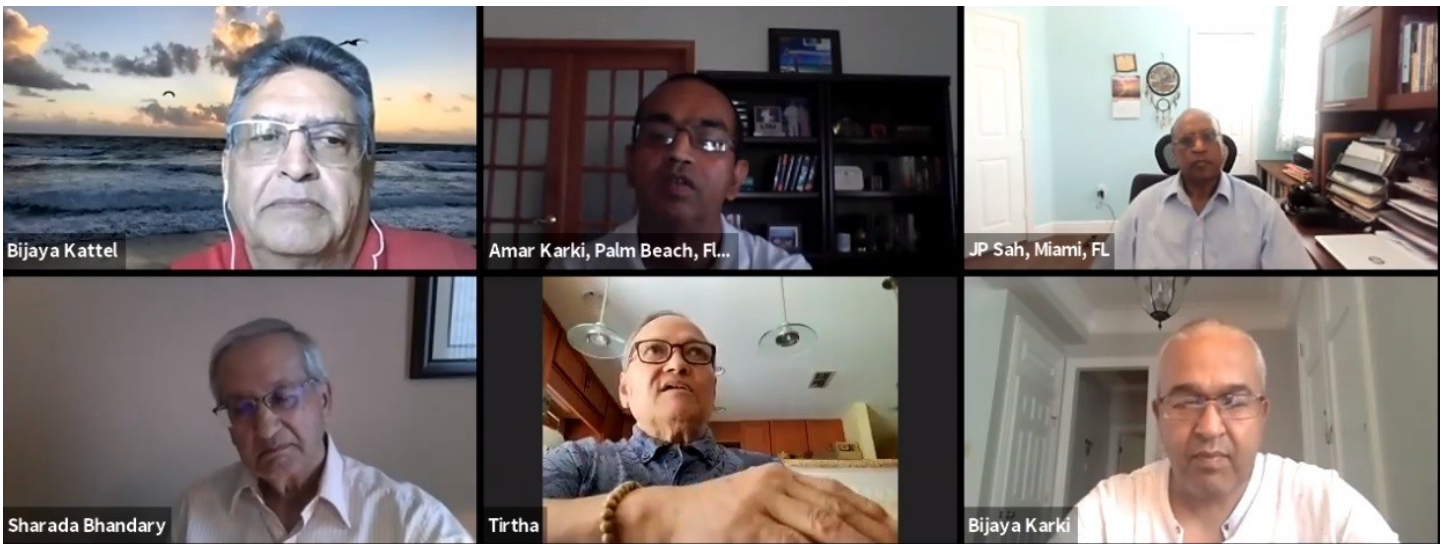
- Mr. Tirtha Mali
- Dr. Sharda Bhandary
- Dr. Jay Sha
- Dr. Bijay Kattel

All the participants enjoyed sharing their own experiences from the time they first came to the USA and how they establish their kids and family when they first came. They also shared how they worked with their kids during schooling all the way to high school and college and helped them choose their careers. They also shared all difficulties they faced to raise the children in a cross-culture setting at different ages as they grew. The program lasted almost two hours having a short interaction with the audience. At the end of the program NAF President, Anila Neupane highlighted the importance of the program. The program viewed by the audience from all over the world live through the NAF Facebook page.

Please Click on this link to watch the recording of the program:

<https://www.facebook.com/naflorida2016/videos/2998045707151261>

If you have a question about the program, please contact Community Engagement Coordinator, Dr. Amar Bahadur Karki, info@floridanepalese.org.



Meet and Greet with Dr. Mahabir Pun” on June 19th, 2021

“Meet and Greet with Dr. Mahabir Pun” June 19th, 2021 Nepalese Association of Florida (NAF) organized the second in-person program “Meet and Greet with Dr. Mahabir Pun” in Orlando after the Nepali



new year program in April, after the pandemic. NAF executive team 2019-2021 also did the first physical meeting on the same day in Orlando.

NAF has suspended all in-person programs due to the COVID19 pandemic since January 2019. The chief guest of the program was Dr. Mahabir Pun, who is an activist is known for his work in implementing wireless technologies in remote areas of Nepal. In his presentation, he shared his journey after returning to his native village of Nangi, in the Myagdi district of Nepal, and discussed how he spent his first decade in his village by providing better educational opportunities and introducing different community

development projects. He also reminded how he founded the Nepal Wireless Networking Project to build a local communication network using wireless technology for communications. He discussed how the project was able to connect many mountain villages to a Wi-Fi network and those villages are using the technology for learning, healthcare, and weather monitoring

He shared how he established National Innovation Center (NIC) and ongoing different opportunities and innovation in NIC. At the end of the speech, he emphasized how NIC is currently focused on COVID19 pandemic-related issues by manufacturing Personal Protective Equipment (PPE), working on maintenance and repair of oxygen concentrators,

designing the COVID19 PCR test center. At the beginning of the program, NAF President Anila Neupane honored Dr. Pun by providing Honorary Membership of NAF and appreciate Dr. Pun’s contribution to the development of Nepal. During the program, NAF-General Secretary Dr. Niraj Shrestha presented the past and present activities of NAF, and Information Secretary Mr. Narayan Neupane highlighted the project “ConnectNepal”, the flagship program of NAF. At the end of the program, NAF President Anila Neupane presented a vote of thanks on behalf of the NAF central executive team to all

participants who came to attend the program in different cities of Florida. She also thanks Mr. Narayan Neupane for the overall arrangement of the program and Mr. Suresh Subedi, owner of Spice Indian Grill for providing the space for the event



Neupane and participant registration was collected by NAF treasurer Mr. Bishal Gautam. Ms. Mahalaxmi Silwal from ML Online TV covered the event from ML Online TV. The program was attended by 45 community members including senior leaders of different Nepali organizations. If you need more information about the program go to: naflorida2016@gmail.com. <https://youtu.be/wlGf0pVdDP8>

Interaction program on mental health titled “An Introspective Look At Child and Adolescent Mental Health”

Mental health is an important aspect of adolescence and youth that may often be overlooked, which is why NAF wanted to create a discussion to better educate and inform the greater Nepalese community about its prevalence and significance in a developing child’s mind. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. It is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. In recent years, there has been increasing acknowledgment of the important role

and Mr. Surya Baniya and all the supporters for their help in setup the event venue and logistics. At the end of the program she introduced all the team members from the current executive team who attended the program and come for the first physical team meeting. During the program, the convention chair of 16th NAsEa/ ANMA joint convention Krishna Shrestha who is also the General Secretary of NAsEa thanked the NAF and all Nepalese-based other Floridian organizations for hosting this important convention and request to all communities to make this convention a grand success. NAF had discussed the preparation of this joint convention in its executive board meeting held at the same event. Newly elected NRN-Florida Chapter President and NAF Past President Mr. Bikash Devkota also spoke during the program about the new roles of the NRN-Florida Chapter. The program was moderated by NAF Information secretary Mr. Narayan

MAY is Mental Health Awareness Month

- This month raises awareness and educates the public about: mental illnesses, the realities of living with these illnesses, and strategies for attaining mental health wellness
- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10-19 years.
- Half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.
- Globally, depression is one of the leading causes of illness and disability among adolescents.
- Suicide is the third leading cause of death in 15-19-year-olds. (Source WHO)


THE NEPALESE ASSOCIATION OF FLORIDA PRESENTS...

MENTAL HEALTH MATTERS


AN INTROSPECTIVE LOOK AT CHILD AND ADOLESCENT MENTAL HEALTH

Sunday May 23, 2021
4.00 PM to 5.30 PM (EST)


Join via Zoom
Meeting ID: 854 1326 1687
Passcode: 432282




Niraj Shrestha
Moderator



Shailee Banskota
Moderator



Dr. Ranjeeb Shrestha
Pediatric Psychiatrist



Dr. Vinita Sharma Luitel
Public Health Expert

mental health issues. Dr. Shrestha causes, importance, stigma, and common mental health issues. Dr. Shrestha highlighted more on clinical aspects of mental health

mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals. The month of May is observed as Mental Health Awareness Month in the United States and the rest of the world. The month is observed by reaching out to millions of people through the media, local events, and screenings. The NAF-Youth Forum, Nepalese Association of Florida (NAF), organized the interaction program on mental health titled “An Introspective Look At Child and Adolescent Mental Health” from experts in the field on Sunday, May 23, 2021. insight into the struggles that young people face with their mental health. The panelists, Dr. Ranjeeb Shrestha, a Child, and Adolescent Psychiatrist, and Dr. Vinita Sharma-Luitel, a Public Health Policy Expert on Mental Health discussed views and experiences on child and adolescent mental health. During the program, the panelists touched on different topics such as the primary

causes, importance, stigma, and common while Dr. Sharm-Luitel touched on public health aspects of mental health. Both panelists suggest that NAF should run different mental health programs with the community in the future. Both panelists emphasized the importance of fostering discussions amongst Nepalese families and in the community to prevent mental health issues in younger children. At the end of the program, Shailee Baskota, the NAF Youth Forum Leader summarized that mental health should not be something to avoid or shy away from in the household, as it is so prevalent in this age group of young adults and teens. It should be something that you and your family discuss openly to ensure that you and your children live your best lives. The program was moderated by Shailee Baskota, NAF Youth Forum Leader, and Niraj Shrestha, NAF’s General Secretary. At the end of the program, NAF President Anila Neupane thanked all the panelists and audience members on behalf of the NAF family.

“ कोरोना मा के गर्ने के नगर्ने?”

Though COVID-19 impact is now less in this part of the world, the second wave of the COVID-19 pandemic hit hard in our motherland Nepal. Currently, Nepal is in lockdown mode, the health system is broken, lack of medical supplies is affecting human life. As a community organization, the Nepalese Association of Florida (NAF) is working with different other major medical and social organizations to help in the current crisis in Nepal. Focusing on the current crisis in Nepal, NAF organized the interaction program title “ कोरोना मा के गर्ने के नगर्ने?” on May 23rd, 2021. The goal of the program was to inform the general population and medical professionals from our expert panelists from the USA. Our panelist, Dr. Aashish Neupane, MD Critical Care Medicine, Dr. Bhaskar K Chettri, MD MBA FACP, and Dr. Manish Basistha, MS, MPH, Infection Prevention,

and Hospital Epidemiologist presented views and experiences on COVID-19. On public health, treatment, and critical care. Dr. Basistha presented from public health perspective on the importance of lockdown, social distancing, different variants, and tests while Dr. Chettri discussed how to manage the patient and what are the vital factors to consider during the primary stage of treatment. He also discussed pre-existing conditions and COVID-19 effects. Dr. Ashish Neupane presented on how to manage patients in critical care in detail focused on available current different treatments and their efficacy and side effects. He also covered how to manage the patient in critical care. All panelists emphasized vaccination, mask, sanitization, and social distancing as critical major for the current situation in Nepal. The program was moderated by Madhu Nepal, a Member of the NAF-Tallahassee chapter. At the end of the program, Anila Neupane, NAF-President thanks to all panelists on behalf of the NAF

Nepalese Association of Florida
Presents

कोरोनामा के गर्ने के नगर्ने ?

An Open Discussion

Aashish Neupane, MD
Critical Care Medicine

Bhaskar K Chettri, MD MBA FACP
Hospital Medicine

Manish Basistha, MS, MPH, CIC & CWS
Infection Prevention and
Hospital Epidemiology

Madhu Nepal
Moderator
NAF Tallahassee Chapter

Date: Friday May 21, 2021 (US Date)
Time: 9:00 PM Onwards (EST)

Zoom Meeting
Meeting ID: 834 8232 2408
Passcode: 635812

नेपाली मिति २२ मे २०२१
नेपाली समय बिहानको ६.५५ बजे

Link for Facebook Live:
<https://www.facebook.com/100008375828381/videos/2971270926495406/a>

family. The program was attended by an audience from Nepal and the USA and was broadcasted live on Facebook, Times FM 90.6 MHz, and Radio Himalaya.

Link for Facebook Live:
<https://www.facebook.com/100008375828381/videos/2971270926495406/a>

Virtual Interaction Program on Current Real Estate Market

NAF Organized Virtual Interaction Program on Current Real Estate Market, Opportunity, and Challenges on Saturday, May 1, 2021

Speakers:

Santosh Sthapit

Vishwa Parajuli

Jaya Khakural Pandey

Moderator: Madhu Nepal, NAF

Tallahassee Chapter

The program was also live broadcasted on Radio Himalaya

To watch full program, please follow the Facebook link



<https://www.facebook.com/100008375828381/videos/2955835758038923/>



Nepalese Association of Florida

Presents

Interaction Program on

Current Real Estate Market Opportunity and Challenges






Santosh Sthapit
They Keyes Company
South Florida



Jaya Khakurel Pandey
Watson Realty Corporation
Ponte Veda



Vishwa Parajuli
Watson Realty Corporation
Orlando

For **SALE**

Date: Saturday, MAY 1, 2021
Time: 8 PM EDT – 9:30 PM EDT
Zoom Meeting ID 828 4936 6208 Passcode 103792



Madhu Nepal
NAF Tallahassee Chapter
Moderator

ADOPT-A-HIGHWAY Program in Florida by Nepalese Association of Florida (NAF) for Litter-Free Florida !

ADOPT-A-HIGHWAY Program in Florida by Nepalese Association of Florida (NAF) for Litter-Free Florida !

Nepalese Association of Florida (NAF) had completed the scheduled quarterly highway cleaning under the adopt a highway program on 11 July 2021 in west palm beach , Florida . Almost after the 16 months of break due to COVID 19 pandemic, all locals from west palm beach including fifteen volunteers particularly our youth volunteers Deep



Adhikari, Sahil Bhandary, Smarika Nepal, Sarah Thapa, Rohan Shrestha, Swochchhanda Shrestha together with parents Sunita Shrestha, Mitthu Joshi, NAF former President Bimal Nepal NAF former president Ram Sharan Thapa, NAF General Secretary Krishna Shrestha, NAF community Service Coordinator Dr. Amar Bdr Karki, Manoj Joshi, Chandan Shrestha, and Dev Bhandary.

This program is one of the best and effective way to establish rapport with local government through department of transportation. Not only the well visible metallic reflecting board with the name of

NAF attracts the hundreds of thousands eyes everyday but also this program maintains the neat and cleans in this section of highway and refreshes the local environment pleasantly.

NAF would like to thank to our former president Bimal Nepal who also coordinator for this event , Ram Thapa . Former president NAF , Krishna Shrestha , NAF General Secretary who is also the pioneer of this event, Sunita Shrestha , Mithu Joshi , Manoj Joshi , Chandan Shrestha and Dev Bhandary for the coordination and continuation of this great program .

First physical Meeting- NAF executive board 2019-2021.



२०८ औं भानु जयन्ति विशेष साहित्यिक कार्यक्रम सम्पन्न

असार २९ गते आदिकबी भानु भक्त आचार्य को जन्मदिन मै अनेसास फ्लोरिडा च्याटर ले भव्य रूपमा “ २०८ औं भानु जयन्ती “ बिशेष साहित्यिक कार्यक्रमको साथ सम्पन्न गरेको छ । सो च्याटर को अध्यक्ष दीप कार्कीको सभापतित्वमा मधु नेपाल बाट संचालित यो बिशेष कार्यक्रम मा अनेसास केन्द्रीय बरिष्ठ

उपाध्यक्ष , उत्तर अमेरिका उपाध्यक्ष र कोषाध्यक्ष क्रमश गोबर्धन पूजा , राजेन्द्र श्रेष्ठ , कृष्ण गिरी , अनेसास फ्लोरिडा च्याटरको पूर्व अध्यक्षहरू बिमल नेपाल र डा चूडामणि खनाल , नेपालिज एसोसिएशन अफ फ्लोरिडा को अध्यक्ष, उपाध्यक्ष र महासचिब क्रमशः अनिला न्योपाने , डा प्रगति घिमिरे , डा निरज श्रेष्ठ , एन आर एन यूएसए फ्लोरिडा च्याटर अध्यक्ष एब अनेसास फ्लोरिडा च्याटर

को पूर्व उपाध्यक्ष बिकाश देबकोटा एवं अनेसास फ्लोरिडा च्याटर को बरिष्ठ उपाध्यक्ष डा अमर कार्की , क्षेत्रीय उपाध्यक्ष जानुका खनाल तथा महासचिब बिष्णु लकान्द्री , ओरल्याण्डो बाट लोकप्रिय बांसुरी बाधक देब राई , ओरल्याण्डो बाट सुन्दर नृत्य सहित अनिता थापा र बृजला लकान्द्री , ट्याम्पा बाट गीतकार तथा संगितकार राज क्रमश तथा शोभा घिमिरे लगायत धेरै नै अन्य साहित्यिक अनुरागी हरू को उपस्थिति रहेको थियो ।



अन्तर्राष्ट्रिय नेपाली साहित्य समाज , फ्लोरीडा च्यापटर



आदिकवि भानुभक्त आचार्य

रचना वाचन गर्न इच्छुक महानुभावहरूले inlsfloridachptr@gmail.com मा आफ्नो नाम र रचना सहित सम्पर्क गर्नुहोला।

२०८औं भानु जयन्ति बिषेश साहित्यिक कार्यक्रम

मिति र समय : असार २९ , मंगलवार (July 13th Tuesday) 8 PM ET

Zoom : Meeting ID: 812 9290 1124
Passcode: 742918

कार्यक्रम संचालकः
मधु नेपाल

16 Th NAsEA / ANMA Joint Convention is on 5 September 2021 in Orlando , Florida !

Respected Community members
The 16 the NAsEA / ANMA joint convention hosted by Nepalese Association of Florida (NAF) and cohosted by International Nepali Literary Society, INLS-FL Chapter, Nepali Community Center Orlando (NCCO); Newah Organization of America (NOA FL Chapter); Madhesi Association in America (MAA-FL Chapter), Greater Orlando Lord Buddha Lions Club and NRN- NCC USA, Florida Chapter, that is scheduled to be held in Orlando on 5 September 2021 , Sunday at Embassy Suites in Orlando lake Buena Vista South located at 4955 Kyngs Heath Road , Kissimmee, Florida -34746 . (Phone # 4075974000)

All information about this joint convention including hotel reservation

and various packages are available in <http://jointconvention.org> . Please visit this website and book your rooms and package on time . Discounted rooms are available until 15 Aug only . Unlike previous joint conventions , we have limited rooms this time so please do your reservation as early as possible . With discounted rate, we will also have FREE breakfast and HAPPY HOUR everyday from 5.30 PM to 7 PM . With our convention theme “ Facing the future Together “ , Let us make this historical joint convention a grand success ! On behalf of our entire core committee team , I kindly request you all to attend this joint convention in the location of Disney World with your families, relatives and friends .

Unlike previous 3-day joint conventions,

Hosted By
Nepalese Association of Florida

16th NAsEA/ANMA
Joint Convention 2021
In Magical City of Orlando, Florida
Sunday 5th, September 2021

SUPPORTED BY

Logos: NAsEA, ANMA USA, NRNA, International Nepali Literary Society (INLS), and Universal Studios Florida.

this year, keeping in mind the COVID-19 pandemic we have decided to organise a one day convention. After almost two years of lockdown, social and family gatherings have hardly taken place. We believe this one day joint convention will allow our families and friends ample opportunities to take their children to the world famous Disney World and Kennedy Space Center along with many beautiful beaches. Let us be at this joint convention and enjoy our trip to Disney World and its surroundings.

During this convention, NAsEA/ANMA will definitely give consistency in bringing her regular programs such as grand opening ceremony, Public Health Awareness, Nepali Literature, Women's empowerment, entertaining cultural program, Sports and many other forums which will definitely keep our Nepali American identity, culture and traditions alive.

On behalf of the joint convention as a convention chair, we would like to invite you, your family and friends to join this joint convention. Your valuable presence will be highly appreciated.

Please visit the following link to register for convention and mark your calendar for 5 September 2021

<https://jointconvention.org/>
[Www.naseaonline.org](http://www.naseaonline.org)

Please follow the link below and register now. <http://jointconvention.org>

Please follow the link below and book your hotel now.

<https://book.passkey.com/event/50216539/owner/10810031/home>

Convention Registration Categories

The registration categories are available at <https://jointconvention.org/>, please register today.

Registration Category	Online (Ends Sept. 04 th)	Onsite (After Aug. 04 th)
ANMA/NAsEA Life Member Full Package	\$60.00	\$65.00
General Member Full Package	\$65.00	\$70.00
Student/Children 10 & Over Yrs. Full Package	\$60.00	\$65.00
Member Only Sunday Lunch or Dinner	\$30.00	\$35.00
Non-Member Full Package (Includes Membership)	\$75.00	\$80.00
Children under 10	\$0.00	\$0.00

The following items are included in the Registration Package:

Full Package Registration	Lunch or Dinner Only	Children under 10
✓ Sunday Lunch & Dinner	✓ Sunday only Lunch	✓ FREE
✓ Opening Ceremony	or	
✓ Cultural Program	✓ Sunday Only Dinner	
✓ All General programs & forums ➤ Women, Youth, Literary, ...		

Soccer Tournament by the sports committee

Announcement of Sports Committee
16th NAsEA/ANMA Joint CONVENTION
2021

Hosted by Nepalese Association of Florida
(NAF)

All respected players and community
members !

Namaskar

General Guideline for Sports related events
(Soccer Tournament)

Cash Prizes

1. \$ 1000 - First Place

2. \$ 500 - Second Place

First and foremost, on behalf of Nepalese
Association of Florida (NAF) , it is an
honor to organize sporting events during
the major conventions like ANMA/NAsEA
convention. With great pleasure we are
going to host Football (Soccer)
competition. Due to the time constraint, we
could only accommodate one sporting
event.



Sports, just like music, brings us together
which fulfills one of the objectives of this
convention. Through sports we can build
our bond stronger, develop our core values
and foster mutual trust among us. Sports
also teaches us to make quick decisions,

**Soccer Tournament with cash prize
of \$ 1000 and 500 \$ for 1st and 2 nd
Place scheduled to be held in
upcoming NAsEA / ANMA joint
convention 2021 during Labor Day
weekend 2021 in beautiful city of
Orlando , Florida !**

handle pressure situations and the
values of teamwork. Sports also
contribute to meet the convention
theme of 16 th NAsEA / ANMA joint
convention 2021 “ Facing the future
Together “So, as a part of sports
organizing committee, we would like to
request all the players, supporters, and
organizers to show respect towards each
other regardless of the results of the
game. Victories and defeats are part of
the game and life alike. Therefore, we

expect everyone to enjoy
each and every game
which is only possible if
we all can follow these
few important
guidelines.

1. Be on time to play the
game, start on time and
finish on time – no
exceptions. We have set
time allocated for the
field and it will open in

time and close in time.

2. Consumption of alcohol and/or
drugs are prohibited in the
compound. 3. Do Not use profanity
or vulgar language towards others –
show respect towards elders, ladies,

and children. 4. Physical assault on other players or anybody for that matter can be resulted in expulsion, forfeiture, and/or involvement of law enforcement (Police). We expect every player to be aware of the basic rules of their respective sports. However, these guidelines are customized to ensure our game is organized and concluded in an efficient manner for all of us to enjoy. Football (Soccer) Guidelines
Location: Ward Park (Address: 2206 Cady Way, Winter Park, FL 32792) September 5, Sunday is the main Joint Convention Day. So Soccer Tournament will be organized in 4th (Saturday) and 5Th September (Sunday) 2021 !

1. Registration fees for the competition is \$400 per team.
 2. Minimum of 4 teams and a maximum of 8 teams are required to organize the tournament.
 3. Each team must have no more than 22 players in the squad with 11 players on the field.
 4. Each team will be allowed unlimited substitution during the match.
 5. Each team will play no more than THREE games on any given day, including Playoffs.
 6. Official format will be provided after the registration is complete.
 7. Regular game will be 30 minutes half (no extra time), playoffs & Final will be 40 minutes half.
 8. There will be no extra time in the playoffs – we will directly go for Penalty Shootout to decide the winner.
- Any changes will be updated on the website, please contact Sports Organizing Committee for questions.
Also visit the <http://jointconvention.org> for more details about this historical joint convention including hotel reservation !



Sanam Rai
407-267-2932
Binod Basnet
561-866-5443
basbin123@gmail.com

Respected all players , supporters , organizers and community members , Namaskar

On behalf of 16 th NAsEA / ANMA joint convention , as a convention chair , it is my great pleasure to share this great announcement of sports committee . Please find all details in following announcement. I would like to thank Sports committee chair Sonam Rai jee , Binod Basnet jee and Dr Niraj Shrestha jee for all arrangements!

I kindly request all teams from all states to participate this tournament and make this joint convention a grand success.

**Thank you
Convention Chair
16 th NAsEA / ANMA joint convention 2021**



16th NAsEA/ANMA Joint Convention

— Facing the Future Together —

Sunday, September 05, 2021

Orlando, Florida



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16th NAsEA/ANMA JOINT CONVENTION

Embassy Suites by Hilton Orlando Lake Buena Vista South

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SUNDAY, SEPT. 05, 2021



Cyber Security in Social Media

Abstract— Social networking has been playing essential role in the modern society. Different age group of people are using the social media and connecting each other from all around the world. While this is helping to create the universe one virtual nation, social networking sites are very likely to face cyber-attacks. The attackers target to steal the user's personal information and other important data during the data sharing process. The massive number of personal information is being stolen through the networking sites every day. This raises several cyber threats on security and privacy in social media. The advance cyber security system is very essential to protect personal information from attackers. In this paper, I will talk about the use of social media in different sectors, existing social media privacy laws, some of the privacy and security concerns during the use of social media and their relevant prevention techniques. I will investigate the existing scholarly articles, online forum and websites on this topic and present some prevention measures.

Keywords – Cyber Security, Data Breach, Privacy, Privacy Act, Social Media

INTRODUCTION

The use of online social network is on the rise every day. As a result, more and more personal information is posted online by the users. While almost every age group uses the social media on a daily basis to access online information and communicate with other users, there are some areas such as sport teams,



Ambika Lohani
Atlanta, GA

learning groups and other community groups use social media sites to post the updates about the upcoming events, change in schedules, important announcements and related membership information. Several professionals including the health care professional use social media to provide services including storing patient's general information, health records and billing information. It is very important to keep the data secure and prevent the information from being disclosed to the third party during the health care procedures [12]. Social media sites are also widely used by the government including Federal Emergency Management Agency (FEMA). These services must be systematized by following proper measures including emergency communications

and issue warnings; receive request from victims of crimes, posting certain situational awareness such as weather awareness through the weather channel app [13].

MOST COMMONLY USED SOCIAL MEDIA PLATFORMS

Some of the most frequently used social media sites are Facebook, Twitter, LinkedIn, Google, YouTube, Instagram, Pinterest, and Myspace.



The users of these sites are sharing a lot of private and public information and facing unintended consequences from different sources. Especially younger users tend to post more private information in their public page. As a result, a simple internet search will produce a lot of information including their home address, their family members, their daily activities, and financial information about the users of these sites. User's personal information posted in the social media sites have been used and misused by the government and private sectors as well as hackers. While the government has been collecting to post more private information in their public page. As a result, a simple internet search

will produce a lot of information including their home address, their family members, their daily activities, and financial information about the users of these sites. User's personal information posted in the social media sites have been used and misused by the government and private sectors as well as hackers. While the government has been collecting personal information from the social media sites for informational purposes, employers use

the social media sites to gather character information for their potential employees. With the modernization and improvement of the Information Society, there comes the new requirements for the existing information and communication technologies to solve problems due to

globalization, remote access of information and cloud computing. Social media and social sites should be included in this group because of the social computing with Facebook, Twitter, LinkedIn, YouTube [6]. There are seven primary functional blocks of the social media which include identity, conversations, sharing, presence, relationships, reputation and group. There are several social media sites that are being used. According to Pew Research Center survey in 2013, 71% of the users used Facebook, 22% used LinkedIn, 21% used Pinterest, 18% used Twitter and 17% used Instagram. The survey data showed

that 41.22% of the users were from the United States (Romansky, 2014). The online economy is growing due to the use of online social media in the recent years. According to the data published by the European Commission in 2015, the social media platform contributed 55% of GDP growth in the United States along [8]. Intruders are always looking for some loopholes in different social media in order to disrupt the public and private business.

The recent Twitter-AP attack is an example of such hacking [7]. The main goal of the hackers in the cyberspace is to steal and abuse private information that is easily available in online forum including Facebook, Twitter, and even in smart phone applications. The use of social media including the Facebook and



Twitter is dominated by the younger generation. Majority of the younger group are teenagers who post their photos, school names, city or town where they live, email address and cell phone numbers at various proportions. This trend is on the rise. In the recent years, more teens are sharing information on the social media sites in the past [9].

EXISTING LAWS ABOUT PRIVACY ACT

There are some strict privacy laws in the United States guaranteed by the 4th

amendment of the constitution which protects us from being searched without any valid warrant. This law, however, does not restrict the internet search as the internet is not anyone's home, but lies outside in a common place [1].

This has raised some concerns when it relates to the use of social media and the right of privacy. While the congress has passed the privacy act law in 1974, which

includes rules on how government can collect individual information. This would have prevented the risk of loss of privacy if the social media had not been created. The users of the social media post information including their address, demographical information, level of education, field of interest, like or dislike of social issues, which has helped the marketing companies easier to build up the data base for their potential customers. Shortly after the congress passed the law in 1974, the military recruiters started to create a marketing and recruitment database that had information

about the phone numbers, email addresses, intended field of studies and ethnicity. If this activity was conducted by a private business rather than government agencies, the privacy act would have no applicability [1].

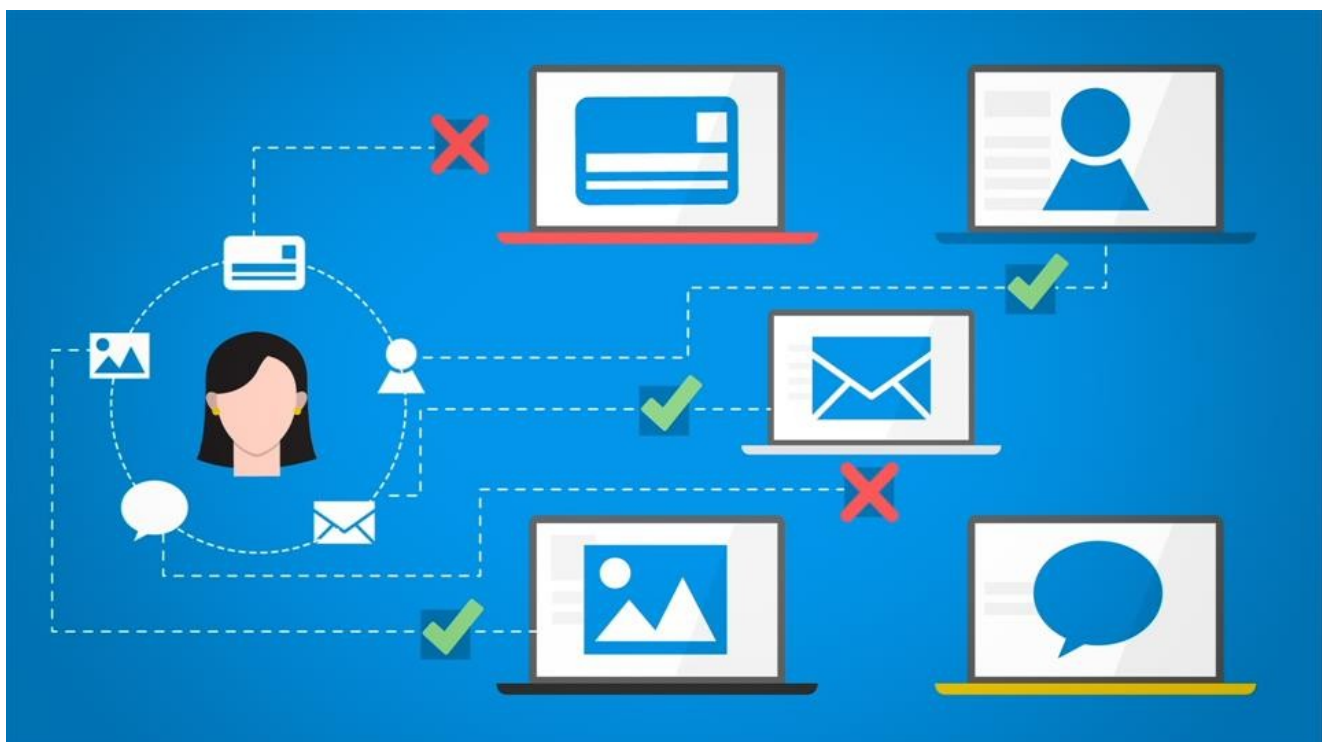
There are social media privacy laws including the duties and obligations of social media companies; right to be forgotten laws; privacy protection for children on social media; and social media privacy in the workplace [2]. Among the federal laws that are related to the social media privacy are the “Communications Decency Act (CDA)” and “The Children’s Online Privacy Protection Act (COPPA).

ATTEMPTS TO PREVENT PRIVACY LAWS

Most of the social media sites have a system requirement to verify the user’s age. The age requirement varies from sites to sites.

According to the existing law, children under 13 years of age are considered to be minors, and they have right to be legally protected [1]. This has become problems to some of the social media sites. There is no accurate method of verification to keep a minor from becoming a user as they can enter the wrong information into the system to bypass this requirement while keeping other information accurate. Because of this, not only the public, but several government officials, lawmakers and court officials have raised questions regarding privacy problems [1].

Since these laws do not solve all the ever growing issues related to privacy of users’ information, several states have taken measures to better protect social media privacy which include laws requiring implementation of security measures; laws imposing liability and criminal punishment for hacking; and law requiring notification for data breaches [2]. As for example, some states require the persons or companies to



inform their consumers and stake holders to inform if there is ever a data breach as soon as possible.

MAJOR DIFFICULTIES

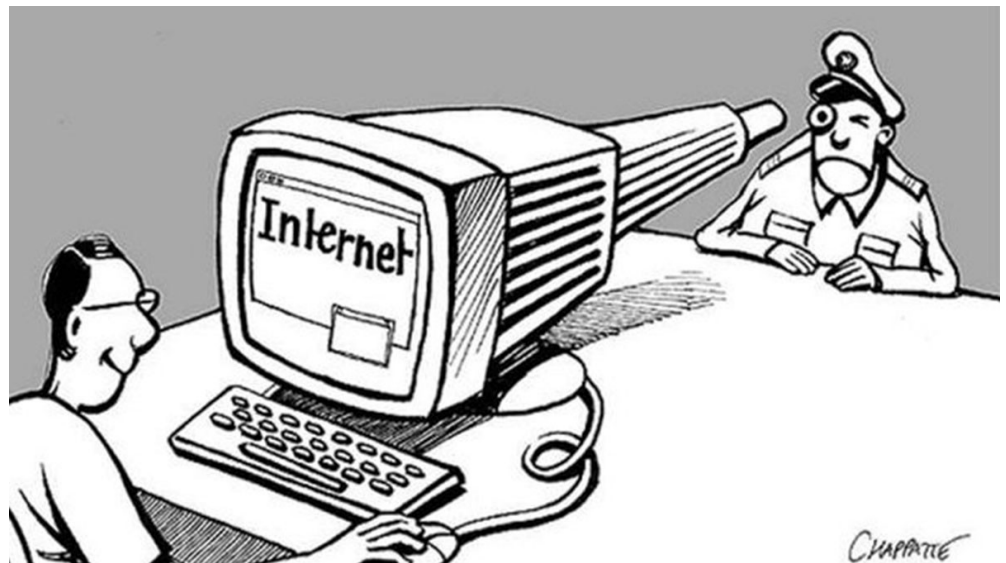
Recently, one of the concerning factors is that the privacy laws in the United States does not seem to be adapted as per the growth rate of the technology. Most of the social media applications including the Facebook, YouTube, and Instagram require user's permission to allow the app to access users contact information, photo library, phone number and email address. When the user uses those media sites, that information is constantly updated into the database. Not only that, every time when someone calls a 800 number or writes a check to make payments, he personal data is stored in a database [1].

Before starting to use the service of a social media, users are often required to agree a broad range of terms and conditions. Most of the terms and conditions are to safeguard the company's privacy, not the user's privacy.

These include the company's These include the company's privacy policy, marketing materials and company's standard practices [2]. Every time someone starts to use a social media by creating a personal account, there are user agreements that the user is supposed to read and agree. These user agreements are very long, and time

consuming to read, typed in small fonts and contain the most important information in the mid or later sections. This jargon and complexity make users simply bypass to read the information and just check the "I Agree" button. A lot of these jargons require a law degree to fully understand [1].

Among other challenges with the privacy of data is the social network sites is the right to be informed. Individuals have different rights during the personal data processing. There is the first risk during the registration of the account. Some social sites only collect limited personal information while others require additional information. There is an obligation for the companies to



guarantee easy access to the own personal data for the users. Another challenge is the international transfer of data [6].

SOME HIGH-PROFILE DATA BREACHES

Two major recent high-profile social mediadata breaches involved Facebook

and Cambridge Analytica [3]. These incidences were clearly violation of the company's standards and practices [2]. While the social media sites take accountability for those data breaches, their liability is very limited. In a major political scandal in early 2018, it was revealed that

breach which compromised 1 billion accounts [4]. The same list includes eBay as ranked number 4 with the impact of 145 million users. In 2014, the company revealed that a cyberattack compromised the names, addresses, dates of birth and even encrypted



passwords of all of its 145 million users. According to the company's report, the hackers got into the system using the credentials of three of its own employees [4]. Similarly, Uber is ranked as number 9. In late 2016, the company announced that two hackers were able to access the names, email

Cambridge Analytica had harvested the personal data of millions of people's Facebook profiles without their consent [3]. This scandal shows that there is nothing free in internet. The social media sites provide free platform to the users, but at the same time they monetize the users' data by obtaining the license of the data through user agreement and selling the data to the marketing companies [8]. The list of 18 biggest data breaches of the 21st century ranks Yahoo as number 1 with 3 billion user accounts. The breach was revealed in September 2016. In the report, the company mentioned that the breach was the largest in the history of the company. That attack compromised the real names, email address, dates of birth and telephone numbers of 5000 million uses. Later the company revealed another

addresses and mobile numbers of 57 mobile users of the company [4].

WAYS TO PREVENT PRIVACY IN SOCIAL MEDIA

Social media privacy is an increasing issue. There are numerous companies which collect user's private data and use them for marketing purpose. As for example, if one enters her/his name in Piple.com, a number of companies will claim that they have information about the user's family, phone number, email address, income, etc. Below are some of the suggested measures based on "11 Simple Ways to Protect Your Privacy" [5] to prevent your privacy in the social media.

Do not include all the information in your social media user profile. The more information will make your data more vulnerable to potential hackers. Do not use the exact date of birth, social security numbers, phone numbers or email address. Do not share your social security number with anyone through the social media, not even the last 4 digits. Usually, the last 4 digits are used to change your password in your bank account.

Do not reveal your birthplace in your social media sites. Once a hacker knows the last four of your social security number and your birthplace, she or he will most likely can guess your entire social security number.

Make sure that your desktop computer, personal computer, and mobile devices are locked down when not in use and require password to open.

Use private browsing and delete cookies, history, and temporary internet files on a regular basis.

Use strong and unique passwords. Change your password in every three months.

Use two factor authentications in Facebook, Google, Dropbox, AppleID,

Microsoft, Twitter, and other social media sites.

Set up a text alert or email alert such as google alert when your information is changed in your account. Use cash to pay for things as much as possible.

Maintain the privacy of your social media including Facebook and Twitter.

Avoid zip code in

online purchases To prevent the security and privacy in social media, several applications and methods are available in use. One of such tools is Social Media Analytics. This tool can be used to monitor, collect, and analyze the data used in social media This helps to understand and extract data patterns in different social media which can be used to build artificial intelligence. This has been applied to analyze crime that occurs in private and public businesses [7]. For multimedia oriented mobile social network, an approach will the use of Content Query Application. One such example is Facebook mobile application platform in which users express their likes and dislikes by pressing the like button. In this case, there are several services including the local services which are used for local advertising, centralized servers such as internet service providers, user to centralized server domain, user to local server domain, and user to user domain. All of these will communicate user's data and there are always some security risks along the data path. The user's data are stored in the cloud as plain



texts. If these texts are not encrypted, intruders can hack the data from the cloud. Through the Content Query Application, users can directly submit their query for the data that are stored as cypher text in the cloud and thus reduce the risk of data breach on the way [10]. Another approach for mobile application for social media is the application of service evaluation application. Users leave feedback on the social media sites after they use the product and services in the user's local area. Sometimes intruders may access the feedback and alter that information. Through the use of the service evaluation application, these reviews are circulated among the users by creating service tokens and synchronizing in real time [10]. Among other methods to prevent privacy and security in multi-media mobile social network applications are the application of extract information and spam content sorting [11]. The idea of extract information is as follows. The information submitted by users is all stored in a central cloud in an encrypted text. When the user sends the key word to search for some information, the user information is passed through three different secure and algorithmic layers so that the intruders cannot guess what the user is looking for. Likewise, the service estimation is another application that is installed in the multi-media mobile social network. The key idea is to keep the user's filtered contents based on their requirements from spreading to the general places including the potential intruders [11]. The integration of spam filters will keep the filtered contents from getting to the hands of unwanted parties. Among the users of the social media, teenagers are among

the rises. the rises. A lot of members of this group are engaged in their own creative ideas to prevent their data loss rather than the existing technical methods provided by the system according to the survey done by the researchers in [14]. They simply limit their audience by encoding the messages and other information they post on their social media sites so that unwanted friends limit their comments. This not only make the social media users feel good, but also limit unwanted spread of their information to the hackers.

CONCLUSION

The use of social media is ever increasing by more and more group of people, government, and business, so is the complexity of data security. It should not be undermined. If used incorrectly, social media can cost a huge loss of personal data. While there are challenges to protect privacy in social media, one can lower the risk of loss of private data if proper measures are taken. Especially, young people using social media need to be very cautious and follow some basic steps while using social media. While the access of public forum should be easily accessible to the outside source, the access of personal and private data should be prohibited without the knowledge of the user unless it is required by the existing government law.



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