



इन्द्रेणी inDreṅṅā

Volume 10, Issue 1 2022 February

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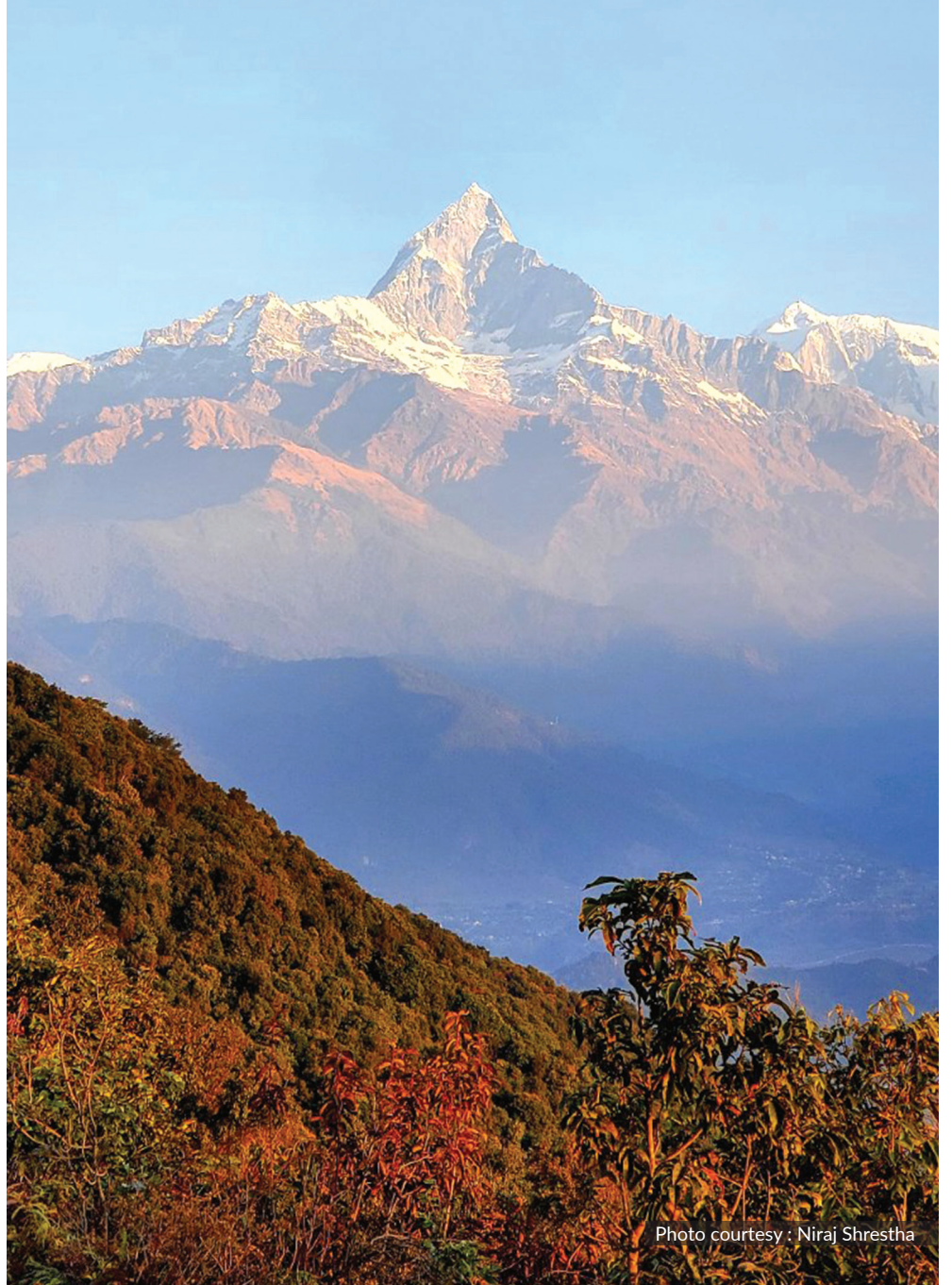


Photo courtesy : Niraj Shrestha

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EDITORIAL NOTE

With New Year 2022, we are slightly modifying our quarterly newsletter "Indreni" with the help of Niraj Shrestha, President-NAF and Sabin Baskota, Designer. We are in process changing our content also and if you have any article or poem you want to submit, please reach out to us at naflorida2016@gmail.com. In current Indreni we are also testing to semi-digitalize our newsletter using QR code which will take you directly to content video. We personally like to thank all the contributors, Ms. Stutee Acharya, Dr. Amar Karki, Dr. Manish Basistha, Dr. Shiva K Sharma, Mr. Dilip Shrestha and Mr. Keshav Gawali for this edition of our newsletter. We are already in process to collect articles for our next edition please reach out to us at naflorida2016@gmail.com. Thank you and Stay Safe.

Jaya Pandey,
Information Secretary, NAF

EDITORIAL

Mrs. Jaya Khakurel Pandey – Information Secretary
Dr. Niraj Shrestha-President

DESIGN AND ART DIRECTIONS

Mr. Sabin Baskota, Watercomm

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PRESIDENT LETTER

**Dear Nepali Community Members,
Namaskar:**

I am honored to serve as President of the Nepalese Association of Florida (NAF) for the next two years, alongside my executive team (2021-2023).

Continuing the association's legacy of collaborating with our community members, our current team will work to develop community focused programs and help strengthen the Nepalese community in Florida. We will provide educational and participatory programs on topics that are essential to our 1500+ community members, such as health, finance, and community awareness.

As part of the NAF Community Engagement Program which is led by Mr. Madhu Nepal (Tallahassee), we organized a virtual educational session on "Financial Management for Future Stability". To mark the "Children Dental Health Month", we will be hosting an educational program on pediatric dental health in February. Ms. Shailee Banskota continues to lead NAF-Youth Forum with the inclusion of six new youth members from various parts of Florida. Our Youth Forum has been actively working on various programs from establishing NAF Youth Scholarship to continuing to hold panel discussion sessions on useful topics for youths such as recently held "Potential Career Paths".

We formed the Network of Nepalese

Student Association (N-NSA) with seven universities for the first time in NAF history, with the goal of bringing students together, assisting them in acclimating to university life, connecting them to other students and alumni, and assisting students in developing transferable skills. N-NSA organized the first virtual talk series, led by Mr. Rabin Acharya, a graduate student from the University of Florida. After a year of fundraising, Connect Nepal Project, program led by Mr. Narayan Neupane, has been successful in establishing a Communication Center in Sisne Village. We raised about \$3300 and received laptops and computers from a local IT firm in Nepal. Our intention is to continue working with the youth team from Sisne and to use the communication center for hosting more activities in the future. Some of the other programs that we continue to work on are – Mentorship program and Adopt-A-Highway program that is being spearheaded by Mr. Bimal Nepal, our past president. We are in discussion with community members from other cities to expand similar program like Adopt-A-Highway where community members can involve in civic engagement.

We are constantly communicating with our other local organizations in Florida, including the Non-Resident Nepal-Florida Chapter, the International Nepal

Literature Society-Florida Chapter, the Nepali Community Center in Orlando, the Madheshi Association in America-Florida Chapter, and the Newah Organization of America-Florida Chapter.

We would like to congratulate and welcome our new Members at Large, advisors, Nepal Study Forum and Community Engagement Coordinator, and ANEC committee members. We would also like to congratulate the newly formed Tallahassee Chapter, chaired by Dr. Suraj Bajgain, and look forward to collaborating with this chapter along with our current chapters in Jacksonville, and Miami.

We would like to thank Ms. Anila Neupane and her team for their outstanding work during their tenure. We are grateful to NSA-University of Florida for their help and support during our AGM 2021. Finally, my central executive team, past presidents and I would like to thank our COMMUNITY MEMBERS for their trust and support. We are here to work with you and build stronger community. At the end, we want all community stay safe with current surge in COVID-19 variant and please feel free to contact us via social media, telephone, or in-person with one of our representatives located throughout the state.

With best wishes,

Niraj Shrestha, PhD



NAF NEW EXECUTIVE OFFICER 2021-23



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.



My name is **Jaya Khakural**, and I have been living in Jacksonville/Ponte Vedra, Florida since 2006 with my husband and two daughters. I graduated from UNF with degree in Computer Science in 2011 and worked in the same field until I switched my career in 2021. Since last year I have been working as a Realtor in Jacksonville and nearby areas. 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.



डा. अमर कार्की
वेस्ट पाल्म बीच

मेरा ४ मुक्तकहरू

तिम्रो सामु मेरो यो शिर भुक्दो रहेछ
देखे पछि ओठ मुख सबै सुक्दो रहेछ
तिमी टाढा हुदा उम्लिएर आउने कुरा
नजिक हुदा खै मन भित्रै लुक्दो रहेछ ! (१)

एक पल्ट माया चौका दाउमा राखी हेर
सजिलै बिक्छ सुनको भाउमा राखी हेर
दाउ र भाउ छोड आफ्नो मनलाई सुन
एक सर्को माया मेरो नाउमा राखी हेर ! (२)
तिम्रो एक मुस्कानले बेमौसमी बहार आयो

यति धेरै खुशि आँगनिमा पहिलीबार आयो
तर्की तर्की हिड्थेउ तिमी तर खै किन आज
मेरो लागि तिम्रो मनमा बेशुमार प्यार आयो !
(३)

तिम्रो ओठमा बिहानीको लाली देख्छु म त
तिमी बिना आधा संसार खाली देख्छु म त
कबिहरू पागल हुन्छ भन्थे हो रहेछ कि के हो
तिमी मात्रै गोरी अरु सबै काली देख्छु म त !
(४)



डा. मनिष वशिष्ठ
सान फ्रान्सिस्को

नौलो संसार

मैले रचेको धर्ति हेर्न मन मलाई लाग्यो,
के गर्दै होला मानिस भनी सोच मनमा जाग्यो !
हेर्न जान्छु भनी केही दिन धर्तिमा आएँ,
नौलो संसार देखेर चकित मैले खाएँ,

बाटो वारी एउटा अन्धो मान्छे देखेँ,
पारि लगी दिने कोही मैले देखिनँ,
सडक छेउमा कति भोको नाङ्गो देखेँ,
एउटा रोटी दीने कोही मैले देखिनँ,

मंदिरको ढोका चाहार्ने मैले कति देखेँ,
तर ब्रिधलाई स्याहारने किन कोही देखिनँ,
लाखौको भेटी चढाउने मैले कति भेटेँ,
गरिबको कुटी बनाउने तर कोही देखिनँ,

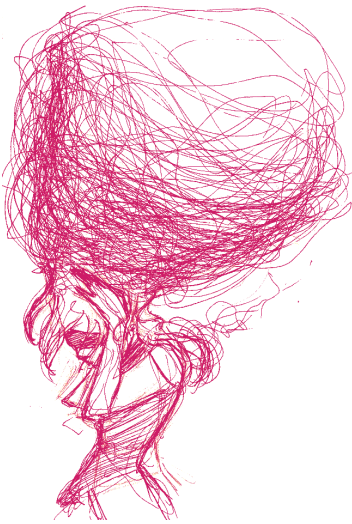
यस्तो संसार देखेर केही बेर सोचेँ मैले,
मानिस यस्तो हुन्छ भनी किन सोचिन पहिले ?
मैले त यस्तो पापी संसार रचेको नै थिइन,
दैव भएर पनि गलित गरेछु देखेँ यस्तो दिन ।

म भन्न सकिदैन

कोही आउँछ मलाई लिन,
जान्न भन्न सकिदैन ।
जान्छु ऊसँगै म फेरि,
फर्की आउन सकिदैन ।
कहाँ कहिले कुन बेला,
सोध्न पनि सकिदैन ।
लग्छ उसले धेरै टाढा,
कहाँ भन्न सकिदैन ।

त्यो शत्रु हो की सत्य हो,
मलाई थाहा छैन ।
उसको परिचय नपाएको
कोही पनि त छैन ।
अँगाल्ने सबैलाई एक दिन
ऊ तर एक्लो छ ।
उसका बारे चीसो मन
किन राखूँ र म !

जब आउला ऊ लिन,
म तयार नै रहने छु ।
के के छुट्ला मेरो यहाँ,
तर नलिकनै जानेछु ।
जुन कारणले म चिनिन्थेँ
बाचुन्जेल यहाँ,
त्यो खरानी भई उडेर
फेरि जान्छ होला कहाँ !





Hi! My name is **Stutee Acharya** and I am a 4th year Neuroscience major at Georgia Institute of Technology in Atlanta, Georgia.



My future career goal is to become a doctor and also help underserved communities receive adequate healthcare. I am not sure what I would like to specialize in yet, but some areas that interest me are Psychiatry, OBGYN, and Cardiology.

I heard about the NAF Mentorship Program when I was asked to be a speaker for the Navigating the Path to College Youth Panel Discussion and was introduced to the NAF community.

I got connected to my mentor, Niraj Shrestha, during the Youth Panel Discussion as I found out that he has experience in the biomedical field and could help guide me on getting research experience and connect me to other students on the pre-med path.

The program is primarily helping me reach my goals by introducing me to interesting research opportunities to take part in. Through the program, I was able to spend last summer researching CAR T-cell therapy at H. Lee Moffitt Cancer Center & Research Institute in Tampa, Florida. As I begin to look into applying for medical school, it has been helpful having check-ins to measure my progress and begin thinking about my next steps during the application process.

I believe the mentorship program can be improved by implementing small groups of mentors/mentees in the same field of interest that meet a few times a year in addition to the one-on-one program we currently have. In doing so, mentees have the opportunity to meet more professionals and students in their field to establish a wider network.

MENTORING

Coaching & Mentoring
NETWORK

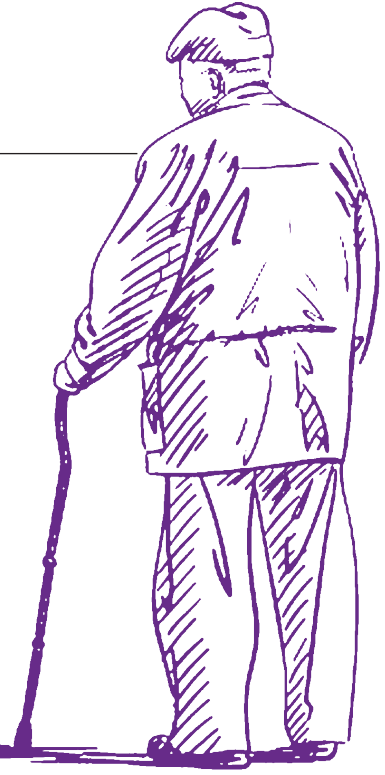
Mentoring is a proven method and research shows that mentored individual have favorable outcomes in several areas of life including educational achievement, career exploration, career growth, business growth and job placement attainment. Hence, we (Nepalese Association of Florida) are introducing our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

I think that the youth in this program have a unique advantage in being able to connect with so many other Nepali students who have been in their shoes or are currently going through the same stages as them and can provide guidance and support. Reaching out to the other youth in this program is a great way to establish more connections and make the NAF mentorship program stronger ! ■



केशव जवाली
अस्टिन

बा



“

नबोलेरै भनिरहँ र
तिमीले कति सुन्यौ ?
त्यो तिम्रो कुरो । मिल्ने
भए एकपटक भेट्ने
थिएँ, तिमीलाई । तातो
तेलले तिम्रो खुट्टा
माड्थँ । तिमी आफ्नो
जनै फेटा जस्तो
टाउकोमा बाँधेर हाँस्दै
भन्थ्यौ होला 'तँलाई
देखेपछि मेरो ढाड दुख्छ

तिम्रो बारेमा के के मात्रै सम्झ्नुं, के मात्रै मर्नुं?

मेरो पुरै जीवन तिम्रो सम्झनाको रेशा-रेशा मिलेर बने जस्तो लाग्छ । सम्झनाको पल्लो छेउमा, सायद शरदको बिहानी घाममा म तिम्रो हात समातेर हिँडिरहेको थिएँ । अहिले पनि त्यो घामको न्यानो मेरो मनमा छ । गाउँका रातो माटो र कमेरोले लिपिएका भित्ताहरूमा, हाम्रो छायाँ सँगसँगै हिँडिरहेको थियो । मैले सोधेको थिएँ, 'बा, हाम्रो छायाँ किन यति लामा ?' तिमी हाँसेका थियो जवाफमा । मैले जीवनभर अनेकानेक प्रश्नहरू सोधिरहँ, मागिरहे तिमीसँग । तिमीले सधैँ दिइरह्यौ- मेरो दाता तिमी ।

'पढ्छस् भने पढ, एउटा घडेरी बेचौला । राखेको पनि तिमीहरूकै लागि हो, पढ्यौ भने आफैँ किनौला ।' बा तिमीलाई साँच्चिकै विश्वास थियो, पढ्यो भने केही हुन्छ हुन्छ । पढाईको शक्तिमा अटल आस्था र विश्वास थियो । संस्कृत पढेको मान्छेले 'विद्या धनम् सर्व धनम् प्रधानम्' भन्दा साँच्चै भरोसा लाग्थ्यो बा ।

'तिमीहरू नमात्तिओ, म हाकिम होइन, कायम मुकायम मात्रै हो । आफ्नो काम आफैँ गर्न सिक, तरकारी बोक्न लाज मानेर हुन्छ । तानसेन बजारमा टिनेजर' छोरालाई कालो प्लास्टिकको भोलामा तरकारी बोक्न लाज लाग्दा सधैँ सुन्नुपर्ने बोली ।

'खान दुःख नकाट्नु, सफा लगाउनु, काठमाडौँमा चिसो हुन्छ, गम्भ कपडा लगाएर हिँड्नु । पढ्ने कुरामा खर्च चाहिएर माग्नु । आफ्नो कर्मचारी संचयकोष रित्तो पारेर हातमा हाल्दिँदै भनेको हिजो जस्तो लाग्छ बा ।

द्वन्दकालको उचाइमा बाजुरा जागिर खान जान लागेको छोरालाई 'जा, आफ्नो देश चिन्नुपर्छ, मैले पनि जाजरकोट, वैतडी बसेको हो, तेरो दाजु कालिकोट बसेकै हो, केही हुँदैन' भन्ने मेरा बा ।

पहिलो जागिरबाट फर्कपछि मैले भनेको थिए 'बा, तपाईंलाई एउटा सर्ट किनिदिन मन छ'

'हा...हा... हा...', तँ पनि कमाउने भइस् अब, मलाई पढेन, तेरी आमालाई किन्दे ।'

केही प्रतिवाद नगरी मैले हस् भनेथँ ।

'पैसा खाता खोलेर ब्यांकमा राख्नु, पैसाको व्यवहार सफा राख्नु ।'

बा जानी नजानी तिम्रा अर्तिहरूको आमल गरिरहेका छौं! आगोका फिलिंगाजस्ता तिम्रा सम्झनाका कणहरू जम्मा गर्छु । मनभित्र मायाको खलौँती चलिरहन्छ । यी फिलिंगाहरू नहराउनु, यत्नपूर्वक जोगाइरहन्छु । यस्तै भुप्पा-भुप्पा सम्झनाहरू ज्योति बनेर बाटो देखाइरहे जस्तो लाग्छ ।

'बा, एउटा सल्लाह गर्नुछ, यो शुक्रबार घर आउँछु ।'

साँभको खाना खाएर, तिम्रो सुत्ने खाटको गोडारीतिर बस्दै भनेथे 'बा, अमेरिकाको एउटा कलेजले छात्रवृत्ति दिन्छु भनेको छ । अहिलेको जागिर पनि राम्रो छ, घरबाट नजिकै, जम्मा दुई घण्टाको बाटो, आउनु भनौ कि क्या हो ? म त दोधारमा परँ ।

‘पढ्न जाने मौका पर्दा जागिर कुरेर बस्ने हो ? अमेरिकामा पैसा हालेर पढ्न सकिँदैन, मान्छे मरिहत्ते गर्छन् । तँलाई सजिलै पाएर त्यस्तो लागेको हो । जा, केही हुँदैन, जागिर नाथे पढेपछि जति पनि पाइन्छ ।’

‘कहिल्यै नबिर्सस्, परदेश भनेको गाईवस्तु जंगलमा चर्न गए जस्तै हो, केही समय चरेर साँफ फेरि घर फर्किनु पर्छ ।’

बा, आज तिमीले छोडेर गएको १२ वर्ष पुग्नै लाग्यो, मलाई चर्न नपुगेको हो वा मेरो दिन एकदम लामो भएको हो, छुट्याउन सकेको छैन । म अझै यतै छु, फर्किने मिति थाहा छैन, सरी बा !

‘हेन, तँ आत्तिस् कि क्या हो ? पढ्न गएको मान्छे, खुरुखुरु पढ्न छोडेर दिन दिनै फोन गर्छ ।’

‘आतेको छैन, के गर्ने, के गर्ने हुन्छ अनि फोन गर्छु ।’

‘बा, अब चार महिनापछि ग्राजुएसन हुन्छ, आउने हो? म चिठी पठाइदिन्छु।’

‘लौ सकिसक्यो ? भर्खर एक वर्ष भो त, अहिले आउँदिन, तेरो बिहे गरेपछि आउँला । तलाई राम्रोसँग पकाउन पनि आउँदैन होला, चुरा लगाएको हातले पकाएको पो मिठो हुन्छ । आफैँ अघि सरेर घरका सारा काम गर्ने तिमीले गरेको मजाक म मज्जाले हाँसेको थिएँ । तिमी नहाँसे पनि, तिम्रो बोलीमा खुसी प्रस्ट थियो । बा, आज मेरो घरमा चुरा लगाएका हातले पकाउन थालेको बर्षा भयो । तिमी कहिल्यै आएनौ, म तिमीसँग रिसाउँ कि आफूसँग । मैले अलि जिद्दी गरेको भए, आउने थियौ होला । यो संसार देख्दा हो, आफ्नो रिटायर्ड टोलीमा गफ हाँक्दा हो, अमेरिका यस्तो उस्तो भनेर । सबैका बा-आमा आउँछन् तिमी आएनौ । अभागी तिमी कि म बा ।’

बा, एउटी केटीको कुरो आ'को छ । यतै पढेकी रे । मैले यति नभन्दै उता फोनमा लामो सास तान्यौ ?

‘मैलेभन्दा धेरै पढिसकिस । मभन्दा धेरै पर पुगिस । तिमीहरू जतिको मान्छेले बुझ्नुपर्छ,

सके देशकै, समाजकै काम लाग्नु । त्यो नसके आफ्ना नातापाता, इस्टमित्रको काम लाग्नु । आफ्नो लागि मात्रै बाँच्न र खान त पशुले पनि जान्दछन् यतै आइज, म केटी खोज्छु, जस्ती भन्छस् त्यस्तै केटी खोजौला ।’

बा! न तिमीले खोज्न भ्यायौ, न मैले खोजेकीलाई हेर्न भ्याएँ ।

‘बा बिरामी हुनुहुन्छ, हिजो अस्पताल ल्याएको ‘स्ट्रोक’ जस्तो छ’ तातो पगलेको सिसाजस्तो त्यो खबर, फोनबाट कान र मुटुमा पस्यो ।’

‘अहिले नै आतिपर नदौडिनु, हामी छौँ । एक-दुई हप्ता हेरौँ । अपरेसन गर्नुपरे आउनु, सल्लाह गरौंला’ पहाडजस्ता दाजुहरूको बोली आयो उताबाट । तिने भरोसाका पहाडहरूको फेदीमा, म लिलिपुट, एकात्मिक भैरहँ, बिना आँशु रोइरहँ ।

बिहान फोन गर्छु, साँफ फोन गर्छु, आज कस्तो छ ?’

‘उस्तै उस्तै हो, अलिक फरक परे जस्तो छ, अलि चले जस्तो लाग्यो आज । नजिक जान पाइँदैन, गाउन/मास्क लगाएर एकैछिन जान दिन्छन् ।’

यस्तै अनेक वार्तालापमा बाह्र दिन बिते । तेह्रौँ दिन अफिस पुगेर फोन गरे, खबर आयो बुवा बिल्नुभो, हामी देवघाटमा छौँ त्यो आवाज ठूलो बज्र जस्तोगरी कानमा पछारियो। कसै गरी डेरामा पुगौँ, के गर्ने, के नगर्ने थाहा भएन । आखा बन्द गरौँ र सम्झौँ तिमीलाई-सम्झिरहँ । तिम्रो जीवनका कथा/व्यथाहरू जानेसम्म सम्झिरहँ । एउटा ठूलो छहारी, बडेमानको आवाज निकालेर ढल्यो । त्यसको छायाँमा बसेका म/हामीहरू अचानक दुहुरा भयौँ ।

आफ्नो सन्तान भएपछि थाहा भयो, सन्तानको माया, माउ हुनुको आनन्दबोध । तिमी अस्पतालको बिछ्यौनामा अचेत लडिरहँदा पनि अवचेतनको कुनै तहमा खोजिरह्यौ होला मलाई । म त्यहाँ पुगेर ‘बा’ भनेको भए उठ्यौ कि आफ्नो बचेरालाई हेर्न ।

केही घण्टापछि आमाको फोन आयो, आँशु र हिक्काहरूको बीचमा ‘दाइहरू छन्, अहिले

आतिपर नआउ, एक वर्षपछि बरखीमा आउनु, अहिले त्यहाँ जस्तो सक्यौ त्यस्तै गर्नु’ मैले केही भनिन, आमाको आज्ञा शिरोपर गरौँ मान्छेलाई रुन पनि साथी चाहिने रैछ, तिम्रो काजकिरिया गरिरहँदा म रोइँन, निःशब्द टोलाइरहँ, ती तेह्र दिन सकिँदा मेरा कन्चटका केही रौंहरू सेता भए । तिम्रो कान्छो एक्कासी बुढो भयो बा ।

बा मलाई यस्तो पनि लाग्छ । सदियौँखि नेपाली समाज मान्छेहरू निर्यात गरिरहेछ । पहिलो/दोस्रो विश्वयुद्धमा नेपालीहरू संसारभरी पुगेर लडे । अहिले अरबमा, मलेसियामा, संसारभरी पुगेका छन्, मजस्ता मान्छेहरू । कति नेपाली छोरा छोरीले मेरै जस्तो दुःख दिने दिन भोग्दै होलान् । धेरै धेरै युवाहरू घर फर्किँदा, घर पहिलाजस्तो नहुँदो हो। एक वर्षपछि घर पुग्दा आमाले डाँको छोड्दै भनेकी थिइन्, कस्तो छोडेर गएको थिइस्, कस्तो भयो बाबु ।’

बा, नेपाली समाजले सदियौँदेखि भोगिआएको त्रासदी मेरो भागमा पनि पर्यो । संसारका सबै परदेशीहरूको तर्फबाट माया गर्ने मान्छेहरूसँग उनीहरूका सुखमा, दुःखमा, हाँसोमा, भयंकर विपत्तिमा सामेल हुन नसकेकोमा क्षमाप्रार्थी छु । बा, तिमीले पनि मलाई माफ गर है ।

अन्तमा, बा हाम्रो नेपाली समाजमा खुलेर माया देखाउने चलन छैन । मैले कहिले पनि तिमीलाई भनिन ‘बा म तिमीलाई माया गर्छु ।’

नबोलेरै भनिरहँ र तिमीले कति सुन्यौ? त्यो तिम्रो कुरो । मिल्ने भए एकपटक भेट्ने थिएँ, तिमीलाई । तातो तेलले तिम्रो खुट्टा माड्यौँ । तिमी आफ्नो जनै फेटा जस्तो टाउकोमा बाँधेर हाँसे भन्थ्यौ होला ‘तँलाई देखेपछि मेरो ढाड दुख्छ ।’

तिम्रो ढाड माड्दै मैले भन्थिएँ, ‘आइ लभ यु बा, ह्यापी फादर्स डे ।’ तिमी हाँसेर भन्दा हो, ‘केटाले, पश्चिमा संस्कृति भित्र्यायो ।’

मलाई थाहा छ बा, त्यो दिन कहिले आउने छैन । आज तिमी छैनौ, तिम्रो सम्झना मात्रै छ । ■



दिलिप ग्रेष्ठ
काठमाडौं, नेपाल

पितालाई किन यसरी बुझिन सिंगै जिन्दगी

भारी बोक्दा नथाकेको अनुभव
काँडा टेक्दा नदुखेको अनुभव
या सयौं हुरीलाई छेक्दा
बिश्वास नटुटेको अनुभव

एउटा पितालाई तबसम्म रहिरहेको हुन्छ
जबसम्म रगत, पसिना र अठोटले
सन्तानको ओंठमा भरोसाको मुस्कान भरिदैन
जबसम्म मुहारमा कान्तिको सुनौलो ज्योति
छरिदैन

न उनको आफ्नै सपना हुँदोरैछ
न उनको आफ्नै रह्र हुँदोरैछ
एउटा पिताको जिन्दगी भन्नु नै
अन्ततः आफ्नो लागि नभै
अहोरात्र सन्तानकै लागि हुँदोरैछ

तर पनि यो सत्य -
सन्तानलाई किन अनुभूति हुँदैन
र किन मात्र पिताको हृदयमा
एकलै निरिह भएर मौन बाचिरहेको हुन्छ
यो प्रश्न मेरो पनि हो - जब म पिता भएँ
उनलाई सम्झँदा - आज पनि
म यस कुरामा दुःखी छु
कि मैले मेरो पितालाई किन यसरी बुझिन



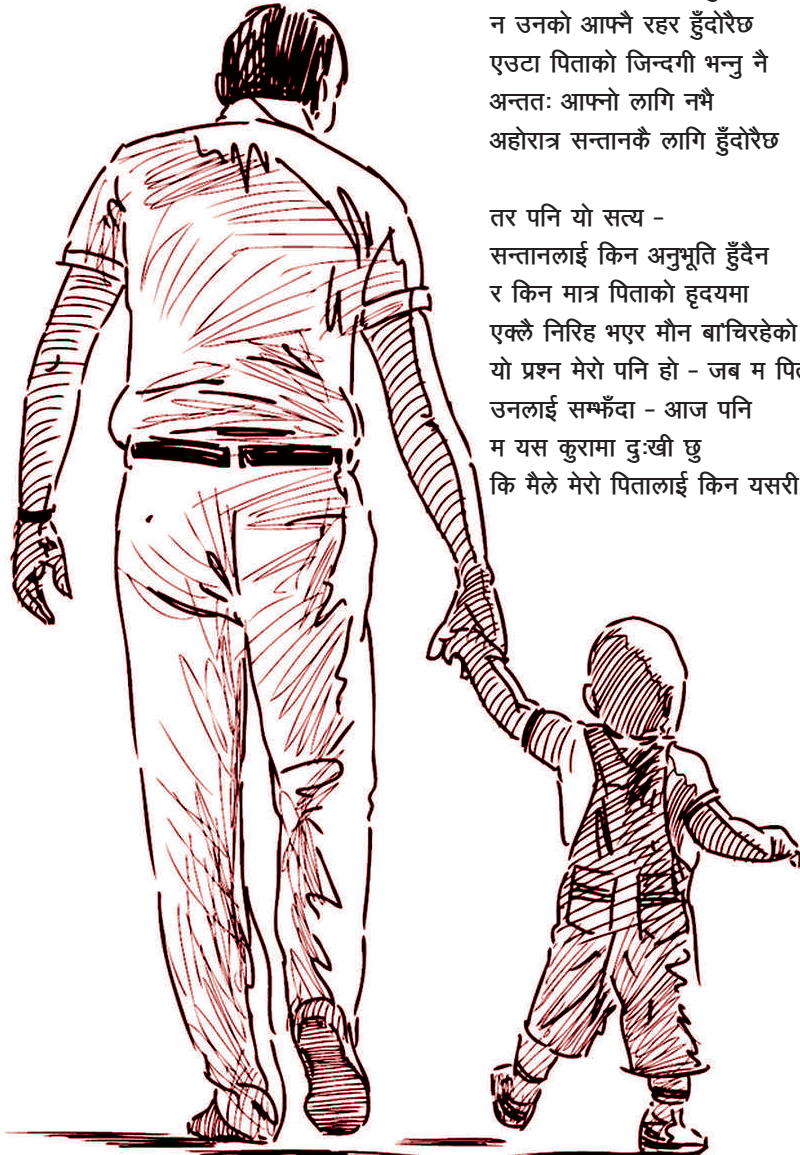
मेरी आमाको हिसाब

आफ्नो सबै सपनाहरू
सन्तानको सपनासंग मिसाउंछिन
जति थकाई लागे पनि
अरुको बिश्राम पछि मात्र
आफूलाई बिसाउंछिन
सधै जसो आधीरातमा सुते पनि
बिहान सखारै उठेर - मेरी आमा
समयको बाँकि हिसाब मिलाउछिन

मेरी आमा - भोक र भोजनको हिसाब
आफू भोक साँचेर मिलाउंछिन
पल पल दुःखको हिसाब
दुःखमा पनि हाँसेर मिलाउछिन

तर कहिले कहि
पीर र पीडाको हिसाब
मिलाउन नसक्दा भने - मेरी आमा
अरुले नदेख्ने गरि
एकान्तमा एकलै रोएर मिलाउंछिन
दुःखको मनलाई - चुपचाप
त्यहि आशुसे धोएर मिलाउछिन
च्यातिएको गुन्यू चोली जस्तै
च्यातिएको मन फेरि जतनले सिलाउछिन

तर - मेरी आमा
आफ्नो हिसाव अवस्य मिलाउछिन





With the beginning of the New Year 2022, the Nepalese Association of Florida (NAF) funded and initiated a project "Connect Nepal," officially launched the Communication Center in Sisne village's ward No. 5 with the help of the local Youth Development Center and technical support from the Global Nepalese ICT Consortium (GNICTC). On the eve of the new year, the communication center was officially launched. NAF started to collect donations from community members in June of 2021 during the tenure of immediate past president Ms. Anila Neupane and raised \$3252.91; Virtuosway IT Solution, Kathmandu donated two laptops and a printer for the project, which was handed over by Dr. Niraj Shrestha, NAF President, to Mr. Jagnath Neupane, the project's local representative in Kathmandu. Tele-health, tourism information, communication, and computer services will be offered at the center.

Tele-health, tourism information, communication, and computer instruction will all be offered at the center, as well as knowledge sharing with other parts of the country. Mr. Narayan Neupane, Project Leader from NAF, will coordinate the project, and Youth Leader Gopal Pun will lead the program at the Sisne.

NAF would really like to express its gratitude to all the contributors who contributed to this project and will provide updates on the project on a quarterly basis. NAF will start to explore another site to establish a similar communication center by end of 2022. If you need more information about the project, please contact nafloida2016@gmail.com. ■



पूर्वी रुकुमको सिस्ने गाउँपालिकामा सूचना केन्द्रको उद्घाटन
- News source from ML Online TV

My Experiences as a Chemistry Teacher in Nepal and the USA



Shiv K Sharma, Ph.D.
Miami, Florida

I had a privilege to teach chemistry at a private college in Nepal for two years and here in the USA, I have been teaching for almost three years. If you ask me which, did you like, I will say- each of these education systems both American as well Nepalese have their own strengths and weaknesses. That education system is regarded best which is responsible for redefining a human being into some talented person who succeeds in accomplishing his/her dreams. There are many differences between the United States education system and the Nepal education system. Of these differences, three aspects as the most important ones. First, in Nepal, poor's have fewer education opportunities than the rich. This is in contrast to the United States, where even the poor can get a good education from a good school. Second, the United States has the best technology to help students in their courses. And third, there exist a huge difference related to job placement and career opportunities to students.

Before talking about the education system in both countries, let me tell my experiences of teaching chemistry in Nepal and the United States of America. I started to teach chemistry for 10 + 2 students (college students) in Nepal after completing my Masters' Degree in Chemistry. The classes used to quite

descent – around 35 to 40 students although the public school college have higher number of students. The students demand notes in the class. So, most of the time is elapsed in writing the note in the class. First, I used to describe the topic with examples on the white board for 15 minutes (say) and then asked students to begin writing. Students keep on writing as I go on speaking about the topic. The college used to give responsibility of teaching a few chapters instead of whole course. This is something I did not like. The department chair used to prepare the syllabus and divide the teaching load of different chapters among the faculties. The exams were conducted for all subjects in a specific time. The teaching faculty used to be asked to submit the list of questions from the topic that they taught, and the department chair used to finalize which questions are to be included in the question paper. In the USA, faculties are given a full course to teach. The faculties prepare their own syllabus and decide the exam dates in their own discretion. After my Ph.D., and short postdoc training, I started teaching in a university. I use PowerPoints as well as some other technological tools like, document camera, clickers etc. The faculties and students are provided access to the online course management system like Blackboard, Canvas etc. These tools enhance the teaching power and the student's learning experience, saving more time and effort, and allowing greater focus on other priorities. Further, students always know where they stand in your course because the Gradebook in Canvas or Blackboard is always available. The technological tools that I mentioned come with certain cost and certainly the students in Nepal can not afford to. This affects their learning ability. Nevertheless, in my

experience, I have found many students in Nepal being sincere and polite with their teachers. In the USA, the students are given more privileges so, they do not afraid to speak with their teachers. I always like to treat the students as friends. The American students are little forward in his matter.

The position of the teacher in terms of social status differs massively in both countries. The teacher is given a lot of respect for the profession by the people in Nepal although it is declining in the recent years. This is mainly due to the rich cultural heritage that has revered the teacher as 'Guru'. It is not similar in term of the US society. The American students especially in higher education call their teacher or principal investigator (PI) by their first name. In Nepal, we never imagine calling a teacher with his or her first name!

In the United States, rich and poor both have equal opportunities to be educated. They receive many benefits, for example, computers, libraries, transportation, etc. In other hand at Nepal only rich students get higher education, poor student parents can't afford their child. Rich parent's children received many benefits and higher education than poor does. In the United States, poor student gets more federal aid from government and honor student get more scholarship from their schools. In Nepal there is no such thing called scholarship for the poor students, although circumstances are being changed because of governmental initiations. In Nepal it cost lots of tuition fee. Only rich people have more money to enroll their children in the school.

In United States, there are billions of resources for student to learn through computers. Students have easy method to submit their work through computers, teacher and student both save lots of

MY EXPERIENCE

time. In other hand in Nepal, we only have books to learn, we don't have social media and other resources. We do all of our work through notebook paper. Students have to take exam through notebook and students never get knowledge from outside of the world. In the pandemic where students were abstained in going to the school/college, the US schools and universities quickly moved to the remote teaching. However, in Nepal, the schools were completely closed and there was no remote teaching as well. This is because, students don't have computers at all.

In the United State, after students finished their education, they have lots of opportunity for jobs. They get offer from different companies. In Nepal, the job is not secured after passing certain courses. This is because the learning process does not overlap with the job market.

Let's try to compare the education system in Nepal and the USA. The education system in Nepal comprises of pre-primary (kindergarten), primary (1st to 5th grades), lower-secondary (6th to 8th grades), secondary (9th to 10th grades) and higher secondary education (11th and 12th grades). Soon after 12th grade one can directly join any professional course of choice which means lesser period of study to become a professional and an earlier job.

The school education pattern in USA is divided into three levels, viz the elementary school (kindergarten through fifth grade), the middle school (6th to 8th grade) and high school (9th to 12th grade). Once the kid finishes high school, then he or she can enroll for bachelor courses of choice in College and then later join professional courses in Universities which means a longer time of study period to become a professional. The number of students per class are much higher in Nepalese schools. Uniforms are given high priority and adhered to strictly as compared with US where

most schools do not have uniforms and dress codes are very flexible.

In Nepal, the test basically examines the memorizing power of a students and focus less on critical thinking power.

Even in lower classes, there are formal exams. Exam period is a very stressful period for students as well as parents. The exam dates will be declared well ahead of time and all other activities in the school will be planned around it. During exam season, parents usually cancel all other activities and focus only on creating a study environment for children.

In most cases, the kids who can memorize the study material can score higher marks in Nepal. Ability to think and being creative is mostly not given the recognition it deserves.

Creative students score higher in USA. In lower grades, exams are usually a part of normal teaching and so kids do not usually sit and read for days before they take a test. This is different in higher classes where students prepare for tests earlier, though not so stressful.

The Nepalese education system places a lot of emphasis on rote learning material. Students focus on absorbing as much knowledge as one can. Consequently, students do well in quantitative subjects. However, knowledge is treated as facts and immutable truths rather than ideas to be assessed critically, so young Nepali student don't do as well in "soft" subjects and generally poor at critical or independent thinking. Schools for the most part ignore personality development and social skills.

The American system swings in the opposite direction with a greater emphasis on soft skills and creating a more rounded competitive individual with broader cross subject knowledge but then weaker in specific subject areas than Nepali counterparts of the same grade. In Nepal, how well we perform in the midterm or final exam decides our grades. Assignments, quizzes, daily

classwork/homework etc. do not hold comparatively much weight in relation to final grades unlike in USA, though the situation is changing a lot now.

Conclusion

Overall education in Nepal is more about memorizing with study materials, more about academic performance, giving utmost respect to teachers and scoring in final exams. Academic excellence achieves more preference than sports or other overall achievement though, with recent modifications which claims to be global concept, situations are definitely changing. Overall education system in USA is about learning, preparing children to explore and understand concepts, about learning the concept not only through books but by actually learning through practical's, not about stressing kids on written exams, not solely about academic competitiveness, about learning in small numbers and more about day-to-day practical evaluation of the child.

There are some similarities between Nepalese education and US education. Both have well-qualified teachers, impart quality education based on modern science and technology, have concept of private and public schools, properly tailored curriculum as per regular standards and aim in upbringing qualified professionals for the society.

I personally feel that there are some areas for the improvement. In Nepal, there is rigidity where the student has to study all the subjects in the schooling period. There is no chance to skip these subjects. The extracurricular activities and physical education is not given much priority in Nepal. In the higher education students should be introduced to the research. The government should allocate sufficient fund to run the labs by the faculty members. In spite of all this, the works done by Mahabir Pun (established National Innovation Center) and some other scientist who have returned Nepal from abroad have lite a light of hope in the recent years! ■

Network of Nepalese Student Association

A Network of Nepalese Student Association (NNSA) of seven different Universities within Florida has been established. The network was established in the collaboration and initiation of the Nepalese Association of Florida (NAF) and its president Dr. Niraj Shrestha. The main purpose of NSA is to bring students together, help them acclimate to life at the university, connect them to other students as well as alumni, and help students develop transferable skills.

The network call for the NSA within Florida was organized on 30th November 2021 on the platform of NAF. NSA presidents and representative; Rabin Acharya (University of Florida), Ganesh Khadka (Florida International University), Suraj Paudyal (University of Miami), Bijayita Thapa (Florida Atlantic University), Sujeta Bhandari (South Florida University), University of Central Florida (Atul Regmi), and Florida State University (Nawaraj Poudel) shared their opinion in the program.

The meeting of NSA presidents along with NAF general secretary, Dr. Shiv K. Sharma (SK), and NAF president, Dr. Niraj Shrestha agreed to initiate academic cross-collaboration among the Nepalese graduate students studying in Florida Universities. The meeting also decided to commence virtual talk series regularly in three months intervals. Further, the importance of the NSA outreach program was also discussed rigorously. Students from other colleges and universities will



be also contacted to participate in the network. The program will work closely with undergraduate and graduate students and Post-Doctoral Associates.

If you need more information about the Network of Nepalese Student Association (NNSA), please contact nafloida2016@gmail.com. ■

NAF ACTIVITIES

Announcement of Tallahassee Chapter

We like to welcome and introduced to the newly elected NAF-Tallahassee Chapter team led by Dr. Suraj Bajgain - President and the team Dr. Manjita Shrestha - Vice President, Dr. Bishnu Regmi - General Secretary, Ms. Shanti Thapa Nepal - Treasurer, Dr. Les K Shrestha - Members at Large, Mr. Gautam Kumar Joshi - Members at large, Ms. Babita Thapliya Chiluwal- Members at Large, Mr. Saroj Shimkhada-Members at Large and Mr. Yuwraj Adhikari - Members at Large. We also like to Thank Immediate Past President Dr. Mitra Khadka and his team for completing successful tenure. We are excited to continue our journey together with the newly elected team to serve this community. Please feel free to reach out to NAF-Tallahassee Chapter.



FINANCIAL REPORT

Nepalese Association of Florida

4307 NW 36th St, Gainesville, FL 32605, USA

Email: naflorida2016@gmail.com
<https://floridanepalese.org/>



Financial Report from November 1st- December 31st, 2021

Income		Expenses	
Balance From Oct	\$3158.17	AGM/Picnic Expenses	\$3731.00
Picnic Registration	\$1788.00		
Membership	\$650.00		
Cash/Check Deposit	\$890.04		
Total	\$6486.21	Total	\$3731.00
Total Balance After AGM \$6486.21-\$3731= \$2755.21			
Income		Expenses	
After AGM Balance	\$2755.21		
Amazon	\$6.38		
Jacksonville Chapter	\$131.25		
Youth-Led Initiatives Donations	\$595.00		
Total Balance	\$3487.84		

Prepared By
Priti Bhandary, Treasurer-Nepalese Associations of Florida

A new chapter begins for the NAF Youth Forum

As the year of 2021 came to a close, the Nepalese Association of Florida Youth Forum opened its doors to allow fresh new faces to join its team. I am pleased to announce that we have indeed made quite a few additions to our team since December of 2021, and would like to formally announce the newest members. Before welcoming our new members, however, I would like to thank and acknowledge the hard work and dedication the Nepalese Association of Florida Youth Forum team from 2020-2021 has achieved. From various programs and initiatives, we have helped establish a team that will continue to grow in the Nepalese Association of Florida for years to come. An enormous thank you to:

- ◆ Pranav Shrestha
- ◆ Medhavi Banskota
- ◆ Prakul Neupane
- ◆ Eliza Acharya

Now for the moment you all have been waiting for—the newest members of the NAF Youth Forum! Please join me in welcoming:

Jessica Pandey (Ponte Vedra)

- Jessica is a student at Allen D. Nease High School. She stated "I am excited to be a part of the NAF Youth Forum because I'll be able to connect to the Nepali community." A fun fact about Jessica is that she is in the I.B. program at her high school!

Sahil Bhandary (West Palm Beach)

- Sahil is a student at Alexander W. Dreyfoos High School of the Arts. Sahil said, "I am excited

to be a part of the NAF Youth Forum because I would love to share my experiences and communicate with the rest of the community." Sahil enjoys traveling and playing soccer!

Deven Dangi (Tallahassee)

- Deven is a student at Lawton Chiles High School. Deven stated, "I'm looking forward to joining the NAF Youth Forum because it seems like it will be an interesting experience." Deven likes reading books, playing soccer, & programming!

Rohan Shrestha (West Palm Beach)

- Rohan is a student at Suncoast High School. Rohan likes playing sports and editing videos!

Aaron Basnyet (Pembroke Pines)

- Aaron is a student at Pembroke Pines Charter High School. Aaron said, "I'm I am excited to be a part of the NAF Youth Forum because I want to get closer to the Nepali community." A fun fact about Aaron is that he has watched every episode of Extinct or Alive which is a wildlife documentary television series!

Praanshu Adiga (Tampa)

- Praanshu is a student at the University of Tampa. Praanshu stated "I am excited to be a part of the NAF Youth Forum because I love being around people that represent my identity and make me feel at home, away from home." A fun fact about Praanshu is that he is open and welcome to trying new things!



This team will be leading the 2021-2023 term and we are thrilled to see what new ideas they will bring to the table. I am beyond elated to be working with this group of bright, talented, and inspiring individuals to further the progress of the Youth Forum. To conclude I want to personally thank former President Mrs. Anila Neupane and former General Secretary, now current President Niraj Shrestha for their persistence in creating the Youth Forum within NAF. The Youth Forum would cease to exist without their genuine push for the uplifting of the voices of the younger generation within the Florida Nepalese community. Lastly, I want to give my most heartfelt and sincere thanks to the NAF community and families for showing continued support to the NAF Youth Forum. We hope to bring you even more exciting events and programs this term, so please be sure to lookout for upcoming announcements.

Thank you again and congratulations to the new NAF Youth Forum team!

*Warmly,
Shailee Banskota
NAF Youth Forum Leader*

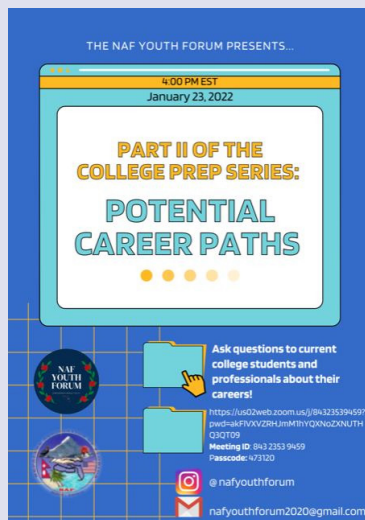
SCAN ME



Program on potential Career Paths

On June 23rd, 2022, Nepalese Association of Florida (NAF) organized a panel discussion program “Potential Career Paths”. The program was focused on prospective new or future college students to guide them on their career from an expert panel of invited four speakers. Four invited speakers are; Ms. Debbie Satyal (Lawyer at Office Depo), Ms. Jenisha Khanal (Bachelor in Cyber Security), Mr. Sai Shrestha (ongoing Bachelor in Biomedical Engineering) and Mr. Bijay Shrestha (Bachelor in Accounting) who shared their experience on different career path. The program was moderated by Shailee Banskota (Coordinator-NAF Youth Forum) and Dr. Shiva K Sharma (General Secretary-NAF) who also shared her experience. The Goal of the program was to guide prospective college students

to select the right path for their careers. Students from the middle school to prospective college



students and parents attended the program. The program lasted for one hour, with many questions from attendees. Questions were focused on dual degree, different career opportunities for long term

and what other extra activities are required to choose right career path. Later, President Dr. Niraj Shrestha explained what NAF can help in promoting students and help them decide what they want to pursue in future. Dr. Shrestha stressed on a fact that NAF is always ready to provide platform this kind of this kind in coming days such that students can get connected with the profession of their interest and hear their opinion. The program was part of the NAF Youth Forum. If you need more information about the program, please contact naf florida2016@gmail.com.



Scan for the recorded video link for the program

Establishment of funding for Youth-Led-Initiatives:

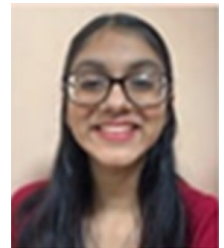
On this auspicious day of सरस्वती पुजा (Saraswati Pooja) and वसन्त पञ्चमी (Basant Panchami), the Nepalese Association of Florida (NAF) is pleased to announce the receipt of 5 years' commitment to fund Youth-Led-Initiatives. Mrs. Punam Ghimire Risal, Former Vice President and General Secretary of NAF (United FNA-FANS), and Mr. Atulya Risal, entrepreneur and local community member from Tampa committed to \$2500 to support projects led by our local youth members for the next five years. According to the Risal family, "We are thrilled to contribute towards connecting Florida Youths of Nepali origin to Nepal through community service. We hope to inspire other Youths to find similar innovative engagements and donors to support them. We shall work with NAF for the annual selection process during our funding years." Feb 05, 2022, what a great day to communicate this as according to the Hindu lunar calendar, it is an auspicious day of Saraswati Pooja, a great start for everything especially knowledge-based."

As a part of this commitment, for this year Risal Family and NAF have chosen to award funds to the project "Women for Nepal", an initiative started by our local youth community member- Ms. Smarika Nepal. This initiative increases awareness of Nepalese women's issues as well as helps to "bridge the gap" between many sociopolitical disparities faced by Nepalese women. Financial support like this can allow "Women for Nepal" to continue reimagining what education could look like for underprivileged women in Nepal. "We are so excited to help Youth-Led Project "Women for Nepal" on their journey to promote awareness for issues affecting women in Nepal, through NAF", said Mrs. Risal. Niraj Shrestha, President of NAF, stated "NAF is creating opportunities for our youth members to develop as leaders within the Nepali community and beyond, and with assistance from our local community members like Mr. and Mrs. Risal, small yet big in impact, youth-led organizations such as Women for Nepal, will continue to grow and serve. We look forward to collaborating with our donors and youth-led organizations and continue to facilitate collaboration between them."

About "WomenforNepal" and Smarika

Namaste! My name is Smarika Nepal, I am a high school senior from West Palm Beach, Florida and I am a youth global menstrual-equity activist, serving as the Co-founding President of WomenForNepal (WFN). Our mission is to bridge the gap between gender-related educational disparities for women in Nepal. This mission is centered around three main points to ensure the efficacy & organization of our efforts. 1. Societal restrictions imposed upon women, 2. economic barriers to education, & 3. the deeply rooted menstrual taboo, every three significant barriers that hinder education of young girls in Nepal. This last year, WFN partnered with Days for Girls Nepal, raising thousands of dollars in order to distribute menstrual care packages to menstruators attending school in rural regions of Nepal. In the summer of 2021 too, we were able to donate menstrual hygiene products to an orphanage in Nepal and are looking forward to advancing the conversation on menstrual equity on this global scale. Stigmas and taboos have held us back for centuries, practices like "Chhaupadi" both in its modern and archaic forms have real-world implications that have cost Nepalese menstruators their education and in extreme cases, their lives. With this opportunity, we look forward to expanding our programs and working with various communities in Nepal to inspire real change.

While in Nepal last summer, I also personally had some of the most powerful conversations while interviewing different family units in Dhangadhi on this topic of chhaupadi. This opportunity has helped me to better understand the complexities of the issue and I look forward to sharing this research with you all following the release of the documentary regarding this universal menstrual stigma, a stigma so powerful it transcends geographic boundaries and has followed the Nepalese diaspora in one way or another; however, together we can change that. <https://twitter.com/womenfornepal> If you need more about the NAF and its activities please contact naflorida2016@gmail.com.





Mr. Niranjan Sharma

*We, the Nepalese Association of Florida (NAF), and the Nepali Community in Florida, are deeply saddened to learn of **Mr. Niranjan Sharm's** premature death on **February 3rd, 2022**, in his hometown of Austin, Texas, at the age of 82, brother of NAF Advisor and community leader **Mr. Pramod Sharma**, NAF-Past President **Mr. Ajaya Satyal**, and Community Member, **Mr. Jaya Satyal**.*

He came to the United States as a Fulbright Scholar in the early 1960s and spent the rest of his life as a professional psychological counselor, working at Texas Christian University and the Texas State Government in various roles. He worked as a psychological counselor in Midland, Texas for most of his professional career.

*Mr. Sharma has spent the last several years volunteering with the **Nepalese Associations of Florida's (NAF)** "Family and Youth Counselling Service" program. In Florida, he provided counseling to many community members. He has been counseling in all areas for the past 42 years, including drug and chemical addiction, family communication, cultural challenges, mental health, and personality disorders, as well as the legal implications of behavioral abnormalities in adolescents.*

*He is survived by his wife **Mrs. Karen Sharma** and two daughters, **Mrs. Neera Greer** and **Mrs. Nisha Sharma Porter**, and their family.*

*On behalf of the **Nepalese Association of Florida (NAF)**, We extend our Heartfelt Condolences and deepest sympathy to the family and pray the lord to provide them the strength to overcome this moment of grief. May the soul of the departed rest in peace!!*

NAF Executive Team



WITH DEEPEST
Sympathy

We, Nepalese Association of Florida (NAF) and Nepali Community here in Florida, are all shocked hear the news of the untimely demise of **Mrs. Lok Kumari Thapa**, mother of our **Mr. Ram Sharan Thapa**, Past President, Nepalese Association of Florida at the age of 82. On behalf of Nepalese Association of Florida (NAF), We extend our Heartfelt Condolences and deepest sympathy to the family and pray the lord to provide them the strength to overcome this moment of grief. May the departed soul rest in peace!

NAF Executive Team



Photo Features- AGM 2021



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NAF is promoting local Nepali-own business in the community, if you want to post your advertisement please contact naflorida2016@gmail.com"

CONSCIOUS CHOKING

Cannot Cough, Speak, Cry or Breathe

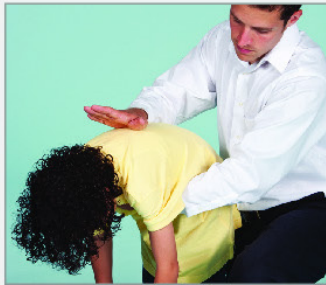
After checking the scene for safety and the injured or ill person, have someone CALL 9-1-1 and get consent. For children and infants, get consent from the parent or guardian, if present.

1 GIVE 5 BACK BLOWS

■ Adult:



■ Child:



■ Infant:



2 GIVE 5 ABDOMINAL THRUSTS

■ Adult:



■ Child:



■ Infant: (chest thrusts for infant)



TIP: For infants, support the head and neck securely. Keep the head lower than the chest.

3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

WHAT TO DO NEXT

- IF PERSON BECOMES UNCONSCIOUS — Carefully lower the person to the ground and give CARE for unconscious choking, beginning with looking for an object.
- Make sure 9-1-1 has been called.



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