

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

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Introduction:

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

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

Flagship Programs:

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



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

consortium. This program is currently coordinated by Information secretary – Narayan Neupane.

Communication and Information Activities:

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

Adopt-The Highway (West Palm Beach Program):

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

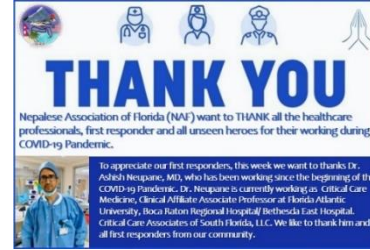


reflects our civic engagement efforts for our community. This program is currently coordinated by Former Past President Mr. Bimal Nepal.

COVIC-19 Task Force:

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

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



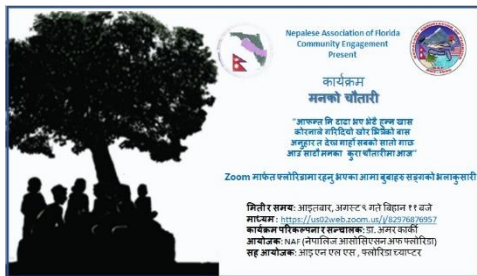
NAF-Youth Forum Formation:

The NAF central executive team has been interested in bringing youth into the team since the beginning. The forum's purpose was to attract youth to the organization and run various youth-focused programs. NAF established NAF-Youth Forum with the leadership Ms. Shailee Baskota from Tampa including four members Eliza Acharya (Gainesville), Medhavi Baskota (Tampa), Prakul Neupane (West Palm Beach) and Pranav Shrestha (Miramar). In the last two years, Youth Forum has hosted several career oriented and cross-cultural activities. Youth Forum recently launched the Mini-Mentorship Program to foster mentoring between Nepalese and American youth.



Community Forum:

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



Mindfulness with Rosy Sharma:

Many people's emotional health has been impacted by the COVID-19 pandemic. Several studies have demonstrated that online mindfulness lessons can help people cope with the emotional effects of the COVID-19 pandemic. For community members, NAF began a virtual "Mindfulness and Meditation" session. The program began on March 28th, 2020, immediately



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

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