

Youth Forum Edition



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Volume 10, Issue 3 2022 October

4

Leading
Our
Future

6

The
G.O.A.T of
the Soccer

13

A Dance to
Celebrate-
Teej

24

30 Years of
NAF

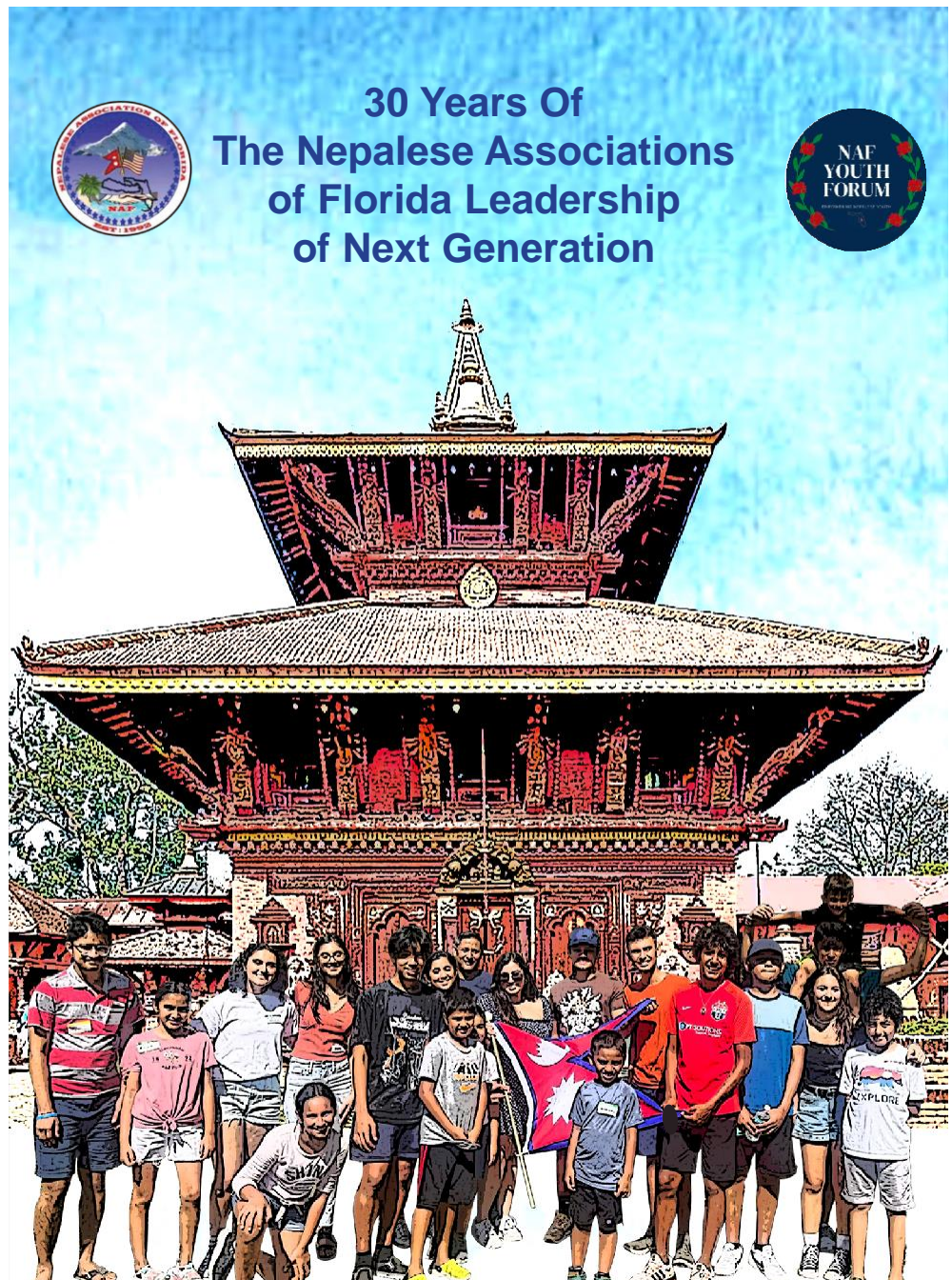


TABLE OF CONTENTS

Title	Page no.
PRESIDENT LETTER	3
Leading Our Future	4
Nepali Representation in Western Media and Its Effects	5
The G.O.A.T Debate of Soccer	6
Is There A Health Crisis	7
My Experience in IB	10
Influence Nepalese Women Spotlight	15
A Dance To Celebrate- Teej	16
Nepal and Sports	18
Bitcoin	22
Unprecedented Time for Football (Soccer)	23
30 Years of NAF	21
Historical Formation of United FNA-FANS and NAF	22
Abi Kattel Memorial Foundation	25

EDITORIAL NOTE

I apologize for the delay in this quarter's "Indreni" Newsletter. We were able to work with the help of our new designer. We personally would like to thank all the Youth Forum Members and Coordinator Shailee Banskota. We also like to thank our first president Mr. Tirtha Mali and our previous ANEC members Dr. Biday Subedi for their contribution. This edition is special focus on Youth Forum. We are already in the process of collecting articles for our next edition, please email us the articles at naflorida@2016@gmail.com. Have a wonderful holiday and stay safe.

Thanks

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PRESIDENT LETTER

Dear Community Members, Namaskar:

First, we want to apologize for the late publication of this issue of Indreni due to some technical reasons but finally, we can publish this issue.

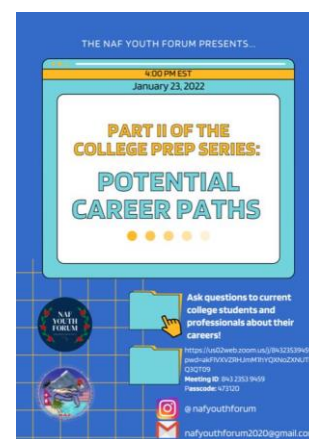
This issue is a special issue that is focused on the NAF Youth Forum team and most of the articles are written by the Youth Forum members. For the last 3 years, NAF Youth Forum is active to run different youth-focused programs and our goal is to bring more youth into the group so, in the future, they can lead the organization. I personally want to thank **Shailee Banskota**, Youth Forum Leader to take initiative in all the programs and leading to the publication of this issue of Indreni. I also like to thank all the youth forum members to submit the articles. The special editorial message is written by Shailee Banskota.

This year NAF celebrated 30 years with our annual general meeting virtually and annual Dashain Tihar Celebration at Boynton Beach, Florida. The celebration includes a live concert by **Mr. Raju Lama**, culture program by local talents and a sports event. We will update you on the AGM as well as other activities in the upcoming issue.

We like to thank **Mr. Tirtha Mali** and **Dr. Bidya Raj Subedi** for their contribution to this issue. We also want to congratulate the newly formed Tampa Bay Nepalese Community led by **Dr. Netra Khanal**. We will continue to bring community focus programs and will update you in the next Indreni. Wish you all a Happy Holiday and Best Wishes.

Niraj Shrestha, PhD

Nepalese Associations of Florida



LEADING OUR FUTURE-Special Editorial Message

Shailee Banskota, NAF Youth Forum Leader, Tampa

The greatest strength of any community is its youth. The future of the world lies with our posterity, and the Nepalese Association of Florida is no different. Beginning as a mere idea from the minds of former NAF President Mrs. Anila Neupane and former General Secretary, now President Mr. Niraj Shrestha, the Youth Forum was officially came to fruition as a part of the NAF Executive board in 2020. This, of course, was due purely to the persistent efforts of Mrs. Neupane and Mr. Shrestha, whom both believed in harnessing the potential of the younger Nepalese generation to create a better tomorrow.

Following the formal announcement of the Youth Forum members and myself as the leader in August of 2020, we wasted no time in striving to include the younger generation in the organization. We began hosting events geared towards preparing young students for college in our college talk series, and garnered a favorable audience, indicating to NAF that there indeed is an importance in including the youth in NAF activities. Since then, the Youth Forum has lead countless discussions, aimed to inform the Nepalese community on significant topics that carry stigma in the community, a few of which include: Mental Health Matters: An Introspective Look at Child and Adolescent Mental Health, A Cross Cultural Look at our Youth: Nepalese-Americans' Perspective on Growing Up in Two Cultures, and Empowering Youth through Mentorship and E-Education. The Youth Forum Scholarship launched in December of 2021, and as we rang in the new year in 2022, we welcomed new fresh faces to the team.



"The young do not know enough to be prudent, and therefore they attempt the impossible

- and achieve it, generation after generation."

- Pearl Sydenstricker Buck

Our efforts did not stop there, however. The Youth Forum recently announced our formal partnership with the organization Health Foundation Nepal, with whom we are developing a Junior Mentorship program allowing for Nepalese youth in the United States and Nepal to connect with one another and create meaningful friendships. This cross-cultural experience will ensure that both parties are benefitting from learning crucial leadership skills. Additionally, we are in the process of curating a new interview-style lecture series that precisely emphasizes the empowerment of prominent Nepalese women and men around the world, recognizing their leadership and professional expertise.

Of course, it is always easy for one to discuss achievements, but it is important to recognize that the Youth Forum was and continues to be able to be a successful unit within NAF due to the encouragement of the Florida Nepalese community and NAF Executive Team members. Once again, I would like to specifically thank Mrs. Anila Neupane and Mr. Niraj Shrestha for tirelessly striving to have the youth included in NAF. Without your support, the Youth Forum would cease to exist and function to its capacity today. At its core, the Youth Forum aims to empower the Nepalese youth to actively participate in the community, and personally, I hope that you, the reader have grasped how crucial it is to encourage the younger generation to participate in activities they are interested in. The innovative potential of the upcoming

generations coupled with their zeal, intelligence, and vehemence is the key to securing a bright future.

It is with my sincere hope that the following special Youth Forum Edition issue of Indreni fills you with a feeling of fierce pride for the future Nepalese leaders that will be making momentous impacts in the world in years to come. I am forever grateful to have been given the opportunity to guide this group of talented and brilliant individuals. Thank you for allowing me to be your Youth Forum Leader.

Warmly,
Shailee Banskota
Nepalese Association of Florida
Youth Forum Leader 2020 - 2023

NEPALI REPRESENTATION IN WESTERN MEDIA AND ITS EFFECTS

Medhavi Banskota, NAF Youth Forum Member, Tampa

When I was young and told people I was Nepalese, I would automatically have to clarify by adding that Nepal is where Mount



Figure 1: Photo Credit: Patrick McMullan

Everest is or where Buddha was born. In Western media, Nepal has been largely ignored due to its small size and status as a developing country within South Asia. For the most part, the average American has no clue what Nepal is. The extent of South Asian representation consists of Indian males with thick accents acting as doctors or drivers which often creates "...a monolithic identity that enforces negative stereotypes..." (Thomas). Globalization and the advancement of technology has allowed people of the world to connect with others and learn more about countries that were previously unknown. In recent years, South Asia, including Nepal, has become more recognized by Western media whether it be in movies or general pop culture. Perhaps one of the first examples of this is Prabal Gurung, a Nepalese-American fashion designer. Gurung gained popularity in 2013 when he became a collaborator for the corporation Target, and his name only became more mainstream in the years after. Now, his name and brand are known worldwide, and his fame directly contributed to the recognition of Nepal. Some of the more recent and impactful Nepalese

representation in Western media have been the singer Arthur Gunn, and the documentary *14 Peaks: Nothing is Impossible*. Arthur Gunn was a contestant on American Idol in 2020, who gained national attention and fame. American Idol is a classic show that countless households watch religiously in America, and due to Gunn's participation, many viewers were able to learn about Gunn's life, exposing them to the Nepalese culture on a personal level. His popularity on the show only boosted as the weeks went on making him one of the most well-liked contestants on the show that season. Even though he did not win American Idol that season, his impact is lasting as it allowed people to learn more about Nepalese people and culture, rather than just the popular tourist attractions of the country. *14 Peaks: Nothing is Impossible* is a documentary that released on Netflix in 2021 and tells the story of Nepali mountaineer Nimsdai Purja who embarked on the challenge to climb all the world's 8,000-meter peaks in seven months. This inspiring story became very popular on the streaming service not only because of its impressive nature, but also because of the acknowledgment it gives to the local Sherpas who constantly climb the peaks. Each of these examples, although not traditional representation in media, all worked to increase the knowledge that people have of Nepal. Now, when I tell people I am from Nepal, they talk about Arthur Gunn or the 14 Peaks documentary rather than me having to explain that Nepal is a country between India and China where Mount

Everest resides. Besides the obvious increase of the general knowledge of Nepal, this representation has positive effects on the Nepalese American children growing up in the West. The rise of his representation allows for "...an authentic storytelling experience...", ultimately widening the significance of what it means to be Nepali (Thomas). The way minorities view themselves and are viewed by society is greatly influenced by representation in mass media. Positive representation can be helpful in Figure 1: Photo Credit: Patrick McMullan increasing self-esteem for youth and provides comfort for finding someone you can relate to. Furthermore, it allows people to understand the reality we live in and to discover other cultures. Nepalese representation in Western media still has a long



way to go, but the fact that it has increased in the past few years is a good sign. The pride of seeing your beliefs and traditions in media and the joy of seeing a hero that looks like you is something that can never be replaced.

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THE G.O.A.T. DEBATE OF SOCCER (FÚTBOL)

Written by Pranav Shrestha, Miramar



Introduction

G.O.A.T. stands for “Greatest of All Time”. When we think of great soccer players, many come to mind such as Ronaldinho, Maradona, Pele. However, when we think of the greatest soccer player of all time, two names usually come to mind. Cristiano Ronaldo and Lionel Messi. These two players are constantly in the spotlight for the talent and skills they possess on the field. Although the players respect each other, their fans seem to not. Ronaldo fans constantly batter Messi on social media while Messi fans constantly batter Ronaldo on social media. Here, let’s take a closer look into the debate to settle it once and for all.



Early Career for Club

Ronaldo debuted for Sporting Lisbon in 2002 at the age of 17. Ronaldo did not really shine at Sporting Lisbon in his 31 matches, scoring only 5 goals and recording 6 assists. However, these stats are still impressive for a 17 year old coming straight out of the academy. Messi was also 17 when debuting for Barcelona. He played 7 matches for the club scoring only 1 goal and he had 0 assists. Although this may look bad on Messi, he did play and face tougher competition

in La Liga, the Spanish league, in contrast to the easier competition Ronaldo played in Liga Portugal, the Portuguese league. When looking at the stats and some of their highlights at this age, glimpses of talent can be seen but nothing too special. This all changed for Ronaldo when he joined Manchester United in 2003 and this all changed for Messi when he got more playing time at Barcelona in 2005. Ronaldo gradually became better, recording 4 goals in his first season for Manchester United and by the 2007/2008 season, just 4



THE G.O.A.T. DEBATE OF SOCCER (FÚTBOL)

years later, Ronaldo recorded 31 league goals for United. When Messi first started playing more minutes, he scored only 14 goals and 4 years later in the 2009/2010 season, he scored 34 goals.

Early Career for International
Both Messi and Ronaldo faced difficulty when playing for their country. This was mainly because both were playing with world class players on world class teams. Of course, when they played for their country's team, the same players, structure, and overall organization was not there to support them when playing. However, they still seemed to perform being the players they were. For example, Messi led Argentina to the Copa America finals 2 times in the years 2004 and 2007. Ronaldo also had similar success in terms of continental competitions where he took Portugal to the Euro 2004 final eventually losing to Greece.

Prime Years

Anytime in any sport a GOAT debate is brought up, the prime years are a key factor in the argument. Prime years are a player's best years playing the sport. When looking at prime years of Ronaldo and Messi, half of the things they accomplished in those times could be compared to some legends' full career stats. In terms of individual performance in their best years, Messi wins by far since he recorded 91 goals in one full

calendar year, breaking the previous record of 85 goals. Ronaldo's best calendar year in terms of goals scored was 61 goals, 30 less than Messi. However, Ronaldo did achieve more in his prime years than Messi. He won 3 UEFA European Champions League trophies in a row which was an unprecedented, never seen before accomplishment. But, Messi had only won 1 UCL trophy.

Major Accomplishments

Ronaldo and Messi have won so much in their careers, both individual and team trophies. But in every trophy, one has won more than the other. In terms of international trophies, Ronaldo has won 2 trophies for Portugal compared to Messi's 1 trophy for Argentina. Messi has won the Ballon D'or, which is a trophy for the best player of the year, 7 times compared to Ronaldo's 5. As mentioned before, in terms of UCL trophies, Ronaldo beats out Messi with his 5 wins over Messi's 4.

Fan P.O.V

As a fan, watching their games and seeing their numbers, it's very hard to choose between the two players. One is better than the other at different aspects of the game. For instance Ronaldo is more athletic than Messi but Messi is a better dribbler than Ronaldo. Ronaldo is more versatile in the way he scores whether it be a free kick or a header or a volley but Messi is

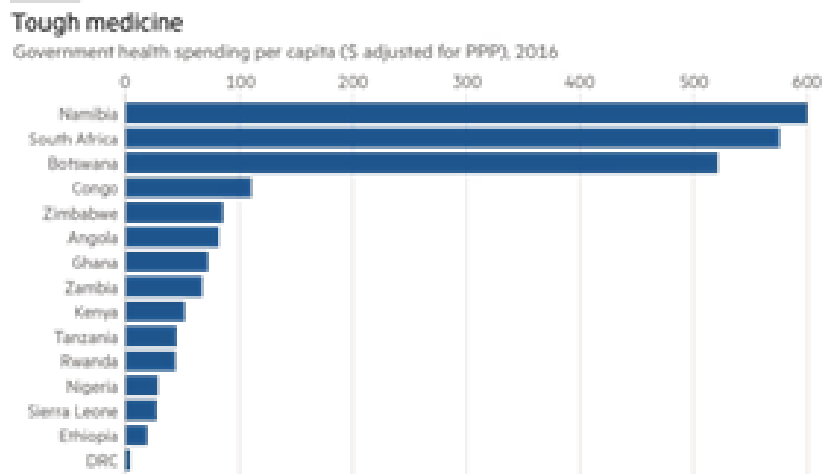
a better playmaker than Ronaldo. Both can make their teams better with Ronaldo by scoring for them and Messi assisting them. In soccer, a good player plays best when they can ease off the pressure of a match and still play at a high level. In this aspect, Ronaldo beats out Messi. Ronaldo has shown time and time again that no matter the stage, whether it be a cup final or a competition group stage, he'll show up at the hour. Messi has had his moments, scoring in big games at the last minute but he also has succumbed to the pressure. For instance in a Continental Cup Final, Messi missed a crucial penalty in a penalty shootout which led Argentina to eventually lose the final. I could go on and on talking about the pros and cons of each player but to be frank, both players are the GOATs for me. They are too good to the point where I don't see anyone coming close to what they have done in and for the sport. As we approach the end of 2022, Ronaldo is nearing 38 and Messi is nearing 36 meaning this 2022 world cup will likely be their final one. All soccer fans know that if Ronaldo wins the world cup, he will hold the GOAT title and if Messi wins the world cup, then he will hold the GOAT title. At the time I am writing this, I consider both to be the GOATs of soccer but by the end of the 2022 World Cup, maybe that will change.



IS THERE A HEALTH-CARE CRISIS?

By Sahil Bhandary, NAF Youth Forum Member, West Palm Beach

The health-care industry is said to be worth \$8.45 trillion as of 2018 and it only seems to grow, projected to become \$10 trillion in 2022 (Stasha 2021). This industry is one of the fastest growing and consuming in the world. However, as the money grows in this industry, inequity increases. How come? Logic would say that if the industry's wealth increases at exponential rates, so should the growth towards equality. But this is quite the opposite. As countries such as the United States, Netherlands, and Japan witness health-care growth at new levels, nations such as Liberia, Ethiopia, and Sierra Leone experience an industry that might as well be worth \$10 million instead of \$10 trillion. What is this due to? Where does the money go? How can we help? The global health-care industry, as said before, is said to be worth around \$10 trillion dollars today. The US alone has a health-care industry valued at \$808 billion. This means that the US has a healthcare industry value of around 8% of the global industry. Some say that this is due to the excessive spread of diseases that Africa is home to, but the answer lies deeper than that.



Source: World Health Organization © IFT

The US, Great Britain, Netherlands, New Zealand, and other countries that experience healthcare privileges have a government that is willing to spend the money and resources towards health-care. Countries such as Liberia and Sierra Leone have governments that focus on other essentials. Some say this is a form of corruption; others hint at a sign of incompetence on the government's behalf. But the fact is that 44 percent of current health expenditures in Africa were financed from domestic government funds in 2016 but more than 37% came from out-of-pocket payments. The problem lies with funding, not disease or corruption. When it

comes to funding, it is important to note what works and what doesn't. The US in 1970 spent 7.2% of GDP on health-care and by 2010, that had risen to 17.9% (Kliff 2014). This means that around 1/5 of the US economy is going to health-care. An economy valued at \$23 trillion is contributing around \$4.6 trillion to the health-care industry of the U.S. But this also means that more health-care money leads to less money given to other sectors such as education. When the health-care prices go up, the spending on education decreases. When health-care companies such as Medicaid and Medicare require more money (when spending of the government rises), the U.S. is required to either raise taxes, cut programs, or increase deficit. The problem is that the money needed for the rising cost of the health-care industry is not met in certain nations in Africa, and that is partly due to the government, but also opportunity. The rising costs of health-care are leading to increasing poverty rates in countries such as Ethiopia. This inflation is not the sole government of that country, but it is a global problem. Before we approach the global scale, we should consider the problems facing a country internally. As mentioned before,

Fig. 1: Health Subsidies by Major Category (Percent of GDP)



Source: Congressional Budget Office, Office of Management and Budget



the government is funding a large portion of the health-care funds in the U.S. and the same is happening in other countries such as Japan and Germany. However, governments in Congo or Liberia do not have the funds to sustain a sustainable and equal health-care system as well as other core nations. Almost 38% of people in Africa delay or forego health-care treatments because the cost is too high. This goes hand in hand with government spending. The government uses its money on other sectors such as education and transportation/infrastructure such as roads and trains that it does not leave them enough money to fund health-care for all the people in their respective countries. Although you can look at it from an internal point of view, I believe the issue comes from a global perspective.

Globally, inflation is becoming unreasonable and seismic. Swaying away from health-care, almost every industry in the world is experiencing record-breaking inflation ranging from oil to meats. Scaling back to health-care, it is easy to see that health-care costs have increased exponentially due to the covid-19 pandemic. A never before seen virus sweeping across the planet at record breaking rates will no doubt have a huge impact on the price of health-care. However, even before the pandemic, the costs in health-care have been rising. Why? The main reason is due to the fact that the world is experiencing a surplus of elderly people in which case continuously treating these

elderly patients as well as new medicines and procedures needing money to multiply and diffuse throughout the world. This, and more, is the main reason why health-care is becoming more

expensive. In nations such as the U.S., the government raises enough money through taxes and cutting programs that are not seen as essential. However, in nations such as Sierra Leone, cutting programs will be a detriment to the country as a whole. Most programs are considered the “essential” programs that help the nation “live” such as educational programs or nutrition programs. Cutting down these programs would lead to a decline in one or more areas whereas in the US or Japan, cutting down one or more programs would have minimal impact on the nation. On top of that, these core nations can afford to increase tax because a majority of the people in their respective countries have the money.

Countries such as Sierra Leone and Liberia have citizens that do not have the personal funds to increase their payments for taxes meaning if the government increased their taxes, they would not be able to pay for it. This in turn creates a circle of loans in which the government would have to pay, doing the opposite of what the increased taxes were meant to do.

That said, every problem has a solution, and this growing health-care inequity quandary is always met with potential solutions. One solution might be to start a major reallocation of global funds. Specifically, we could create an international bank that specializes in allocating the required funds

to periphery countries such as Liberia. Furthermore, there could be a global healthcare system funded directly by core nations in which there would be at least 3 prominent healthcare facilities in each periphery country. This would be “free of charge” for the periphery nations and would ultimately increase health-care equity and lower poverty rates. Another solution might be to start funding more nonprofit healthcare companies to expand into other countries. Through the funds of core countries, it can be beneficial for health-care companies to establish locations in periphery countries that lack the funding and equipment to establish health-care providers themselves. The plan would eliminate the need for these third world countries to depend on their respective governments to cut programs, raise taxes, or take out money from other resources. This ensures that the citizens of these third world countries will be provided with health-care services without reaching into their own pockets, lowering poverty rates.

The health-care industry continues to grow every year at exponential rates. However, so does the cost and spending. This translates into an increase in health-care inequity throughout the world. Even though Africa was zoomed in on, there are many other nations in which health-care is a problem such as Central America and Nepal. However, it is important to face the facts that plan for a solution. Creating an international community whose focus is to uplift nations, not demand money, is the main solution. There are many different ways in which we could do it from international banks to a global healthcare system. In the end, it is a matter of need and want, and it is important to provide everyone with health-care, as it is everyone’s “natural right”.

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MY EXPERIENCE IN IB

Jessica Pandey, NAF Youth Forum Member, Jacksonville



Athe stress the incoming school year may bring. It can be very difficult to maintain a healthy school-life balance when homework begins to "pile up." Students in higher-level academic programs may face exceptional stress because of their demanding courses. An example of a rigorous academic

program includes the International Baccalaureate, or the IB program. The IB program is offered in many schools worldwide which includes my high school. Hundreds of students, including myself, in Nease High School partake in this program.

The IB program in my high school is split into the Pre-IB program (9th and 10th grade) and the IB Diploma Program (11th and 12th grade). At Nease, IB students take a mix of IB and AP courses. Also, Pre-IB classes are equivalent to Honors courses. In my freshman year, I took Pre-IB Biology, English 1, Spanish 1, Algebra 2, and AP World History as well as other electives. These courses introduced the rigor and workload that will be expected in higher-level IB classes.

In my experience, these classes were very different from the high-school honors courses I took in middle school. Classes such as AP World History taught me how to manage my time, so I wouldn't end up doing all my schoolwork at the last minute. Also, many of my classes encouraged collaboration for many activities which allowed me to interact with my peers more than I did in middle school. Overall, my first year of IB introduced me to many challenges, but also taught me important lessons along the way.

Ultimately, the IB program may be known to be extremely difficult, but it also prepares students to take advanced courses in the future, as well as communication and time management skills.

Shailee Banskota, NAF Youth Forum Leader, Tampa



People often ask me, “Why are you a feminist?” Nine times out of ten, I reply with, “Why aren’t you?”. Over the course of the 21st century, the term ‘feminism’ has been tossed around and has been subject to scrutiny by the general media. To me, feminism is an empowering movement, that seeks to fulfill the line in the Declaration of Independence that states “...all men are created equal...” (US 1776). Women around the world that lead the feminist movement, as well as try and help other women in unfortunate situations, are influential and inspiring to me. One of these woman is Anuradha Koirala.

The extraordinary woman Anuradha Koirala was born on the 14th of April, 1949, in the small village of Rumjatar in the country of Nepal. As a child, she attended St. Joseph Covent School in Kalimpong, India, where her love and devotion for social work grew (Biography 1). She later discovered a problem that she was passionate to solve: human trafficking. According to the United States Department, about, “...10,000 to 15,000 women and girls from Nepal are trafficked to India and then sexually exploited each year...” (Ruffins 1). Koirala had suffered violent abuse in her own past, leading her to movement. She was beaten almost every day by her husband, and suffered three miscarriages (Ruffins 2). Koirala made it her

mission to save women and girls from any sexual exploitation and established Maiti Nepal, a non-profit organization which roughly translates to ‘Mother’s Home’. Koirala, with the help of others from Maiti Nepal, began building homes for those women and children that had nowhere else to go. Due to her strong persistence and management, Maiti Nepal now has a formal school, three prevention homes, eleven transit homes, and two hospices (Biography 1). Overall, Koirala’s group has helped rehabilitate and rescue around 12,000 Nepali girls and women since 1993. Koirala, however, did not just stop there; she continues to organize rescue operations, apprehend traffickers, have awareness campaigns, community sensitization programs, women empowerment programs, and many more. She says that she loves spending time with children because “...they say they get the warmth of a mother and father from her...” (Biography 1).

Koirala has been awarded various international and national awards, giving recognition to her achievements and brave acts in advancing young children’s and women’s lives. Some of these awards include “...[the] Prabal Gorkha Dakshin Bahu Medal-Nepal 1999, Trishaktipatta Award 2002, Best Social Worker of the Year Award- Nepal 1998, German UNIFEM Prize 2007, Queen Sofia Silver Medal Award 2007, The Peace Abbey, Courage of Conscience 2006, and the CNN Hero Award 2010...” (Biography 2). She was also recently

appointed as the very first ever Woman Governor of the 3rd Province in the Nepali Congress on the 17th of January, 2018, which is a very monumental step for Nepal (CNN 1).

Geeta, a survivor of sexual abuse since she was nine years old, calls Koirala, “...a hero... She’s courageous... she gave me my faith back... If Maiti Nepal wasn’t there for me, I would be dead by now...” (Ruffins 2). Anuradha Koirala is a woman that I consider to be influential and inspiring. Not only is she a strong Nepali woman, but she used the hardships she endured in her own life to aid in helping other women and children who were in ghastly circumstances. She is a total selfless and hardworking human being, everything that I want to embody and become in my life. Although nine times out of ten I reply to people asking me “Why are you a feminist?” with, “Why aren’t you?”, one of those ten times, I reply with “I am a feminist because I believe in the power of women helping women. I believe in Anuradha Koirala”.

This is one of the ways in which Anuradha is inspiring to Nepalese everywhere. Her good nature and big heart lead her to make the changes and sacrifices that she mad today, and that is something that should be praise. Her organization continues to grow, and her passion to help those in need as well. From a recent interview, Koirala stated





that she hopes to continue to help women and children that are being trafficked from Nepal to other parts of the world. Maiti Nepal has been seen in various magazines and news outlets, furthering their mission to the world. Hopefully this exposure

Florida seems to be the epicenter and the edge of the country. Traffickers can easily move to and from the United States and other countries this way, so it is not surprising that this is the current situation. There are many ways in

so. Due to this, the courageous work of people like Anuradha is needed to make the world a better place. That is not the answer to all of the problems in the world, but it can attempt to be some. This is the best thing that can be done to further the safety of the world and society and thankfully, there are people like Anuradha who are making it possible for it to be done.



can influence the media to take the issue of human trafficking more seriously, as it is one of the biggest issues we face as a society today.

Unfortunately, it has been proven that the Tampa Bay area in Florida is the ‘human trafficking capital’ of the United States. It may sound odd, but it makes much sense since

which traffickers have been tricking innocent women and children into their schemes, and I have seen many people make videos warning people to stay away from and avoid speaking to strangers who may not have good intentions. The trafficking world is one that is lucrative and wholly present. It thrives even when we do not know

The next time you think about an influential Nepalese woman, I hope you think about Anuradha Koirala. She has done so much for not just the country of Nepal, but more importantly, the people of Nepal—specifically the women and children. The way that she cared about her country and its people is one that is admirable as well as noteworthy.

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A DANCE TO CELEBRATE TEEJ

Eliza Acharya, Youth Forum Member, Gainesville

I started to dance as soon as I took my first step. I would dance to the beat of my dad's madal, or the Nepalese music booming from CDs. At the time, I did not have access to Nepalese dance videos, so I moved my body in whichever way felt right. My mom noticed my passion and



challenged me to choreograph a dance to a specific song. I accepted

the challenge and worked on the dance for weeks. I had to learn to remember choreography and practice the moves slowly before dancing to music, but I eventually completed it and performed for my parents. They were entertained by my dedication and playful expressions and I took pride in their delighted reactions. I fell in love with the art of dance.

I now regularly choreograph, perform, and teach Nepalese Folk dances to little girls in my community. When I choreograph a dance, I keep working until I find the perfect harmony between myself, the dance, and the music. With much effort, everything clicks into place and the dance becomes an extension of me.

I am an embodiment of Nepalese dance. Each movement blossoms into images of Nepal.



One of my favorite Nepali festivals to dance in is Teej as it is celebrated by married and unmarried women expressing their joys and hardships through dance. I love the beautiful saris and traditional jewelry worn while dancing with fun spins to the upbeat madal associated with the Teej dance style.

I always dance during Teej and during the pandemic, I was able to participate in a dance competition held by the Nepalese Association of Florida. As it is Teej season, I wanted to share the dance I choreographed for the dance competition, featuring my little brother, to start the celebration this year.

Link to Teej Dance Video

<https://youtu.be/hlhW3JbsvDQ>

Deven Dangi, NAF Youth Forum Member, Tallahassee



Sports are an important part of every country's culture, and Nepal is no exception. While, according to onlinekhabar, the national sport of Nepal has been volleyball since May 23rd, 2017, many people had considered Nepal's official sport to be either kabaddi or dandi biyo. However, cricket is actually the most commonly played sport in Nepal, followed by football/soccer.

So, why was volleyball chosen as the national sport? Volleyball has multiple benefits, most of which emphasize accessibility. It requires less area to play and is cheaper to set up than other sports. This is an important factor in a third-world country such as Nepal.

However, that doesn't mean you can rule out other sports. For example, kabaddi. Kabaddi is a contact team sport that originated in India, where two teams of seven players face off. A 'raider' from each team will run into the opposing team's half of the field, try to touch as many of the opposing defenders as

possible, then return back to their own half without being tackled by the defenders. To make it harder and more exciting, the raider must do all of this within a single breath. It requires even less than volleyball, only requiring an area in which to play the game.

Dandi biyo, which used to be considered the unofficial national game of Nepal before volleyball, is played with a stick (dandi) and a wooden pin (biyo). The stick is around 2 feet long and the pin comes in at around 6 inches. The pin is laid across a hole in the ground. One player puts one end of the stick in the hole and holds the other end of it. The player jerks the stick against the pin to launch it into the air while other players, called 'fielders', attempt to catch it. If they do so, the turn is over and the catcher takes the stick. If it hits the ground instead, that player keeps playing to score. One of the fielders will throw the pin in the hole while the player tries to hit the pin away. If the pin does go in the hole, the player's turn is over and he loses all his points. If it doesn't go in, the player keeps playing to score by hitting the pin at one end by the stick. There are multiple versions of the game, and many similar equivalents in other countries. However, this game is slowly going

extinct as the number of players decreases over time. Nepal has not implemented any policies to keep the game alive.



Overall, sports have a heavy impact on many cultures and countries, Nepal included. Perhaps even you play a sport that many other Nepali play, such as football (soccer), volleyball, or cricket. Games are an essential part of life that help us interact with others, have fun, and exercise. Accessibility is also extremely important, especially for low-income citizens. Even less popular games are interesting, such as dandi biyo, which historically was considered Nepal's national game. Nowadays, it is becoming less popular and may go extinct if no action is taken. In the end, sports can unite us all, no matter where we are from.

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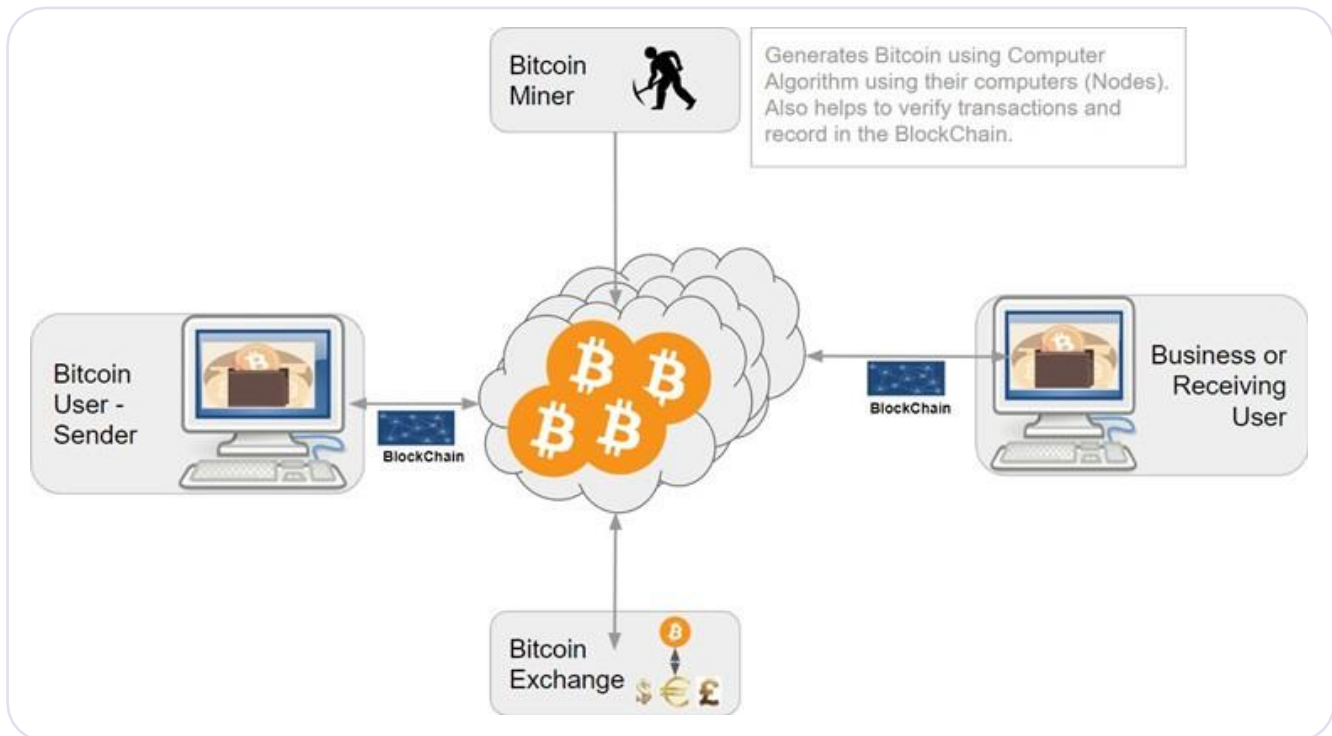
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BITCOIN

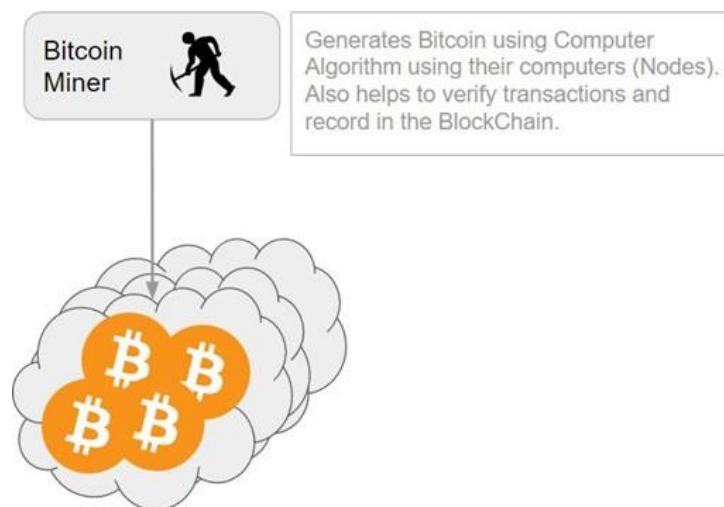
Prakul Neupane, NAF Youth Forum Member, West Palm Beach

Today I will talk about Bitcoin, which is a cryptocurrency, a digital asset that can be a placeholder for real money. We will examine a high-level overview of Bitcoin and then explore a typical transaction, and lastly, we will conclude with the benefits and shortcomings of Bitcoin.

1. Overview

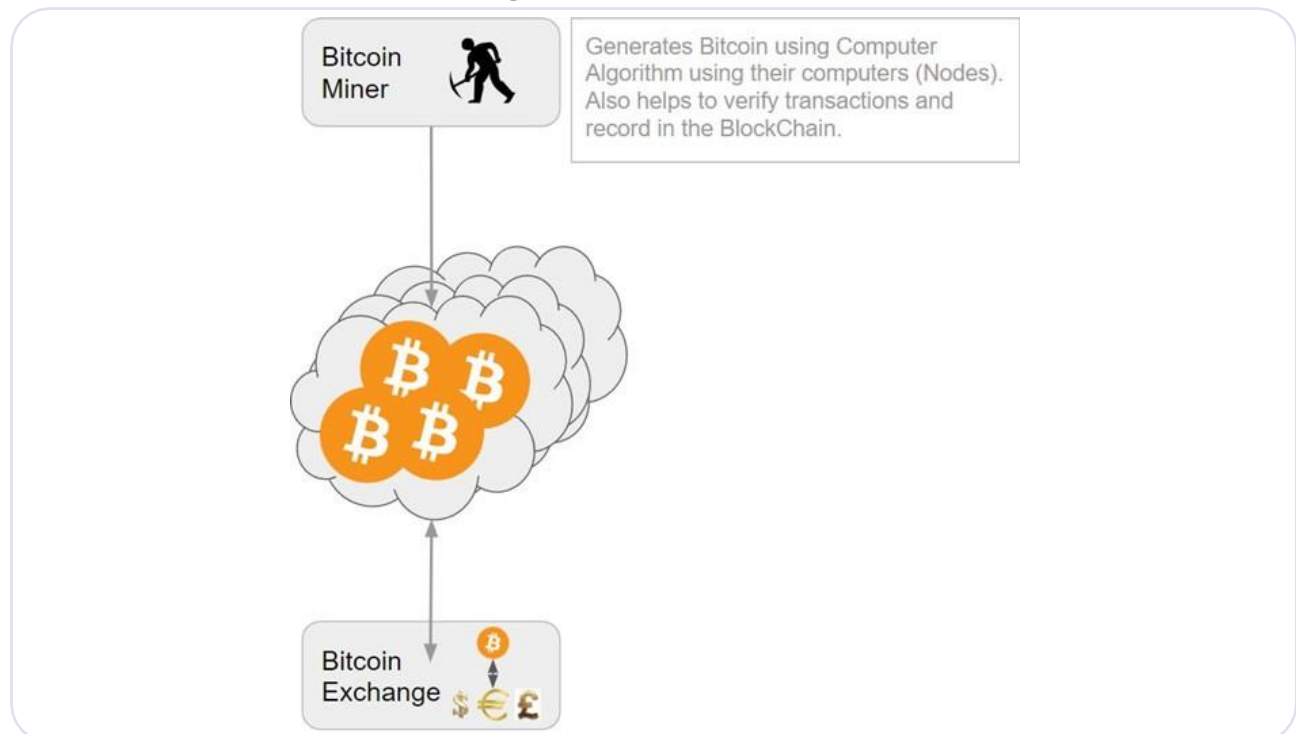


a. Bitcoin miners



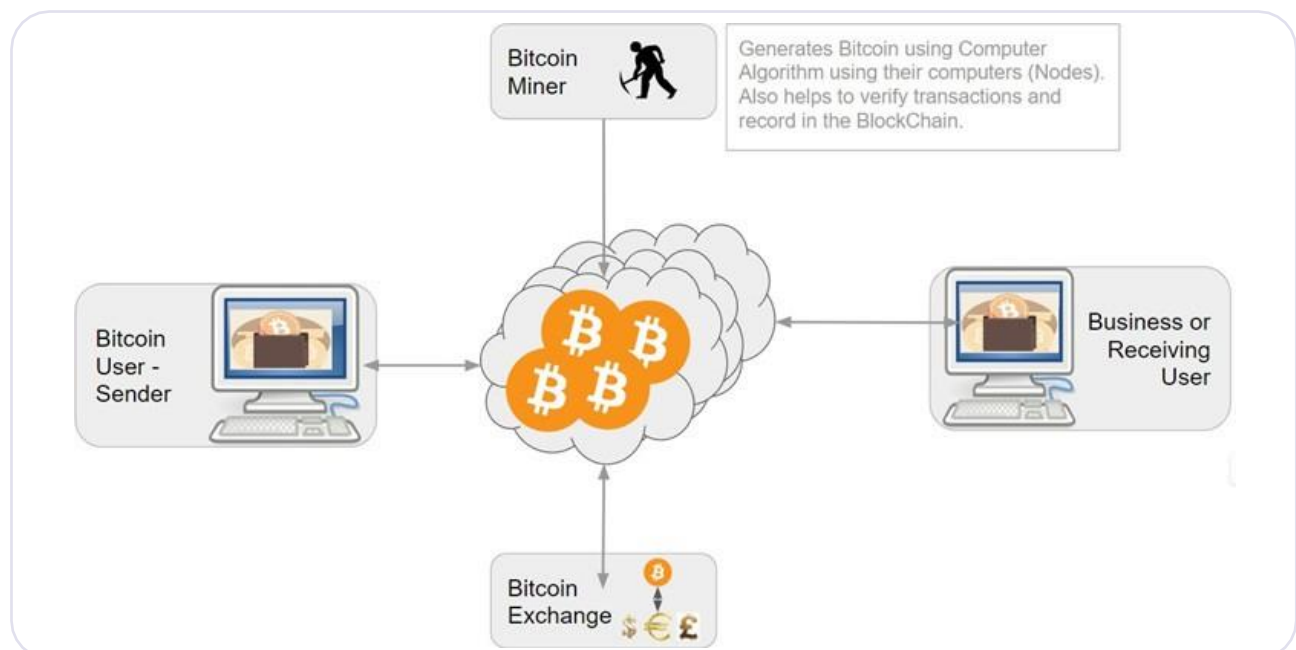
Users who mine cryptocurrencies are called miners. Bitcoin miners try to generate bitcoins using complex computational algorithms that were previously undiscovered. These coins can be exchanged for real-life currency through a Bitcoin exchange.

b. Bitcoin exchange



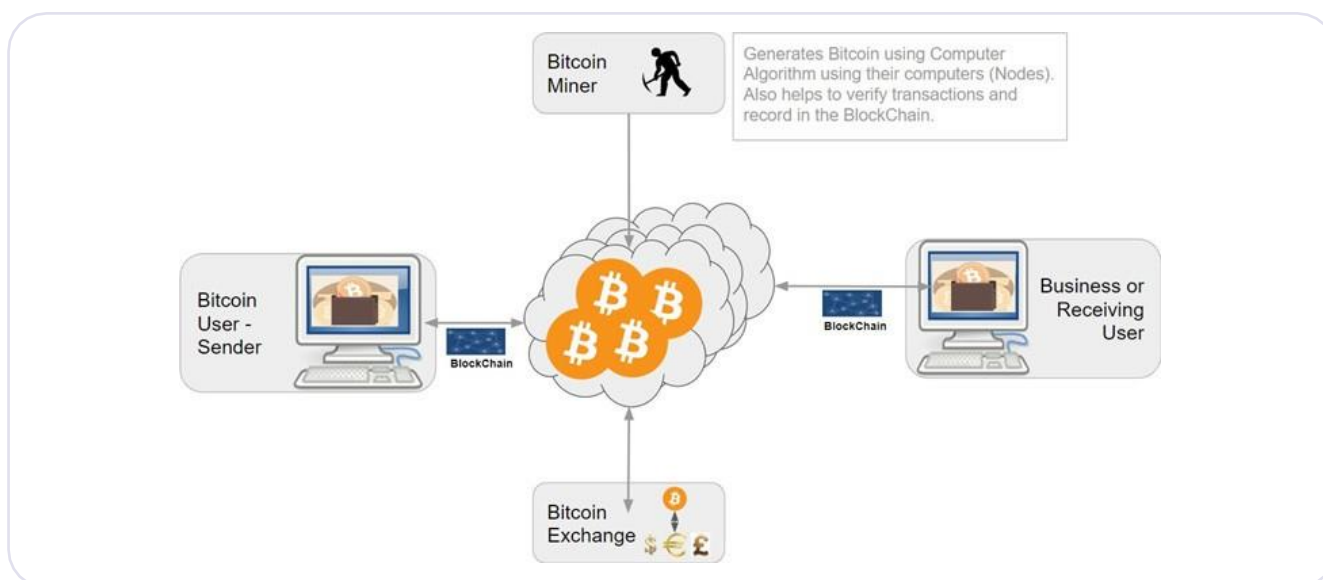
Bitcoin exchanges help to change between Bitcoin and traditional currencies for users who do not mine or would like to exchange traditional money for Bitcoin.

c. Bitcoin users



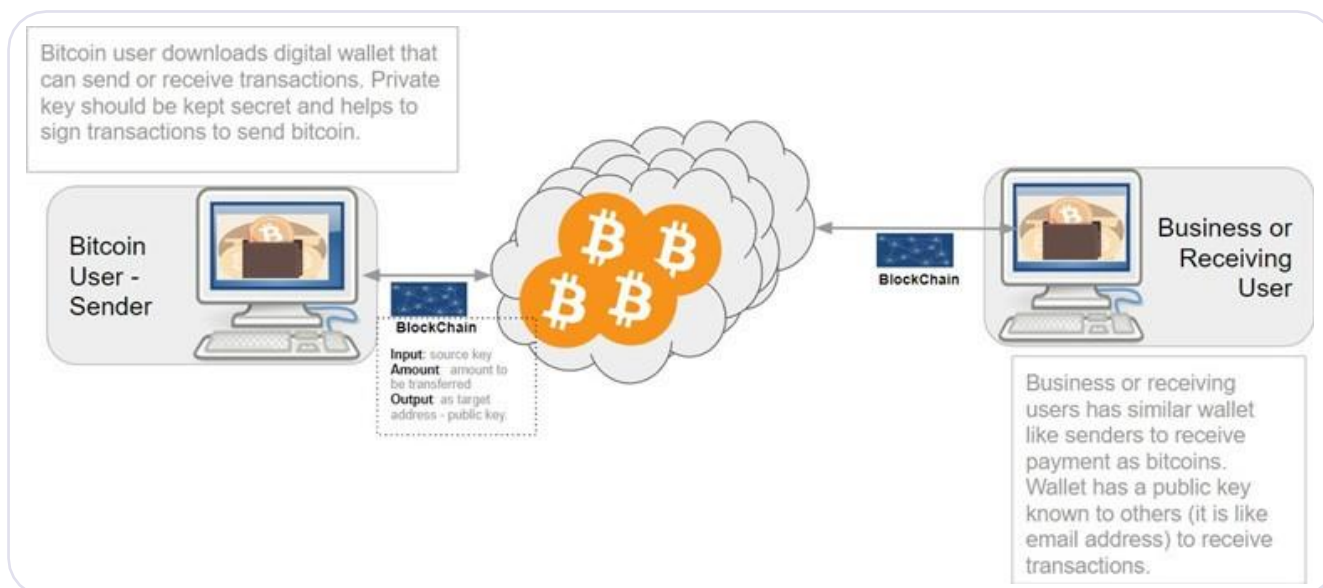
Bitcoin users can download a digital wallet that can receive Bitcoin with its public key and spend the Bitcoin by signing transactions using its secret key. Each user that wants to use Bitcoin has a wallet consisting of a Secret & Public key and an account in the Bitcoin exchange to buy Bitcoin. Public key acts like an email address to receive coins or transactions. Secret keys are used like a password to sign the transactions to send coins to the recipients. Secret keys have to be saved properly either on paper physically, with a strong password in the digital wallet, or on a personal cloud storage drive.

d. Blockchain



A group of computers called Bitcoin nodes maintain a series of digital ledgers called the Blockchains to record the transactions. Bitcoin uses the “nonce block” mined by Bitcoin miners to start as the first block in the Blockchain.

2. Typical Transaction



A Bitcoin transaction from a user will have the following signed data using the private key from the sender’s wallet as input to the transaction:

- Input** : Previous transaction of the Bitcoin.
- Amount** : Amount to be transferred to the recipient.
- Output** : Public key of the recipient’s wallet.

As an output, Bitcoin records data for the transaction in the Blockchain and Merkle tree, and the recipient’s wallet receives the coin. As per Investopedia, “A Merkle tree is a data structure that is used in computer science applications. In Bitcoin and other cryptocurrencies, Merkle trees serve to encode blockchain data more efficiently and securely.”

3. Outcome

Bitcoin functions like currency; it is used to exchange or buy physical goods but is valued like gold because it has a limited mining future. Bitcoin can also be treated as an investment in its value and can be treated like stocks. An essential negative effect of Bitcoin is high price volatility and exposure to Bitcoin-specific scams.

4. Benefits

Some benefits of using Bitcoins are:

- M It has a reputation for being one of the first cryptocurrencies
- M accepted internationally
- M new investments
- M lower transaction fees
- M not government-controlled
- M and only 21 million coins can ever exist, which makes it valued like gold

5. Shortcomings

However, there are shortcomings to using Bitcoin as

- M it is vulnerable to scams, fraud, and attacks
- M its value is volatile
- M It needs a high amount of computing power and time investment to mine new coins.

6. Conclusion

Bitcoin gives an alternative to regular currency and investment platforms. It has some associated risks but can be used like currencies to buy goods and exchange them in the market. Although as time goes on, some critical considerations come with Bitcoin. As you could have seen with the start of COVID, bitcoin rapidly fell, and with many

stores, there are some complications with using Bitcoin as a currency as its value constantly changes, so the percentage of Bitcoin needed to buy products may constantly be changing throughout the process. However, it is important that one knows how these types of currencies function, to understand when they are getting scammed, to

understand when it may genuinely be a good investment, and to be receptive to world events and how they might impact the values of these currencies. The hope is that this article will be a starting point for you to be able to research more into these types of technologies in the future.

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UNPRECEDENTED TIMES FOR FOOTBALL (SOCCER)

Sahil Bhandary, NAF Youth Forum Member, West Palm Beach

The football world is the biggest sports atmosphere in the world, taking in 4.1 billion people throughout the globe. Every four years, the world is treated to the biggest sporting event in the world- the World Cup. Starting



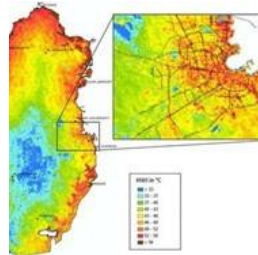
from 1930, the globe was given the ultimate tournament, arriving in gold style as the host nation Uruguay

took home the trophy. From this year, the world cup became an event that the world looked forward to once the final whistle of the previous world cup blew. Apart from the break during World War 2, we have witnessed historical moments and drama every 4 years. Before 2022, every single world cup took place in the summer, allowing kids to watch it on break, countries to unify, and joy to reach its absolute zenith.

However, this year, we are attesting to unprecedented times. Due to the unbearable heat in Qatar during the summer (the host nation of the 2022 world cup), the FIFA confederation was forced to move the world cup to November, having the starting date on November 20th and the finals on December 18th. This is seen as precedent for two reasons: the world cup has only ever been in the summer and now, club football is in the way due to their ongoing season.

Ever since 1930, the World Cup has

always been hosted in the summer. Every 4 years, fans from around the world gather with their neighbors,



friends, and

family to support their own country (granted their country qualifies).

They take the streets in their uniforms and face paint, chanting names of local citizens that turn into almighty heroes come the final whistle. However, this football fantasy will be quite different come November, as the World Cup will be taking place November

20th-December 18th. Due to Qatar's overbearing heat, questions about water breaks, extensive cooling systems, and all around welfare for the players and fans (mostly players) came into play.

This immense heat that Qatar faces in the grueling summer months



made it clear that this was the only decision to be made (very debatable). Moving the World Cup was seen as a welfare solution, but that was the only reason. The 2022 World Cup has been targeted as the most corrupt World Cup till

this date. Starting back from 2018 when Russia hosted the World Cup, reports were that Russia and Qatar were buying votes to become the host nations of the 2018 and 2022 World Cup. As seen in the past, regardless if this information is correct, they were granted those hosting rights. However, even after the 2018 World Cup, investigations still progressed. Less on the investigation, this "corruption" allowed Qatar to host the upcoming World Cup. And if this corruption was found out before the selection, we might have already been able to search up "World Cup Winner 2022" on Google and see a country's name attached to that tagline. However, this is simply not the case and we are now treated to a World Cup in November. What does this mean for the future? Will we see more World Cups in unconventional times of the year? Or will this World Cup, painted with a backdrop of corruption, show signs of a problem that FIFA will have to face in the coming year? Only time will tell.

On a more personal and routine circumstance, the World Cup will interfere with club seasons. In the past, as mentioned (many, many times before), the World Cup was hosted in the summer meaning club season would be over and just in time for a few weeks off before the players come back to battle out for the globe's grand prize. However, this is not the normal, as this World



UNPRECEDENTED TIMES FOR FOOTBALL (SOCCER)



Cup will cut into club seasons at the ½ stage. This has implications for not only player welfare, but also club status. For a start, players will be forced to play at least 3 games in 2 weeks, and many of the top club players play for nations that reach at least the quarter-finals. This means at least 7 games in 3 weeks. Add in the club season games before hand and directly after, this could equate to around a maximum of 75 games a player could face if he plays all the games available. Last year, although Liverpool only won two out of four trophies available (missed out on the Premier League Title to Manchester City by one point and lost Champions League Final to Real Madrid by a score of 1-0), they still played the maximum 64 games in a club season, proving that it is possible for a club to play all 64 games offered (if you are an English Club (Spanish/Italian/German/etc have other amounts of games). This equates to 0.31 games per week during the course

of the club season. This will lead to player burnouts and will lead to more injuries. This in turn will impact the performance of the club, affecting its chances of silverware, which in turn would impact revenue the club brings in, which would impact how successful their summer transfer window will be, which would impact the next season, and so on. This chain of events all starts because of that additional tournament in the middle of the club season that could have been moved or adjusted. As well as this, players might become injured during the World Cup. Star players such as Kevin De Bruyne, Karim Benzema, Messi, Mohammed Salah (oh wait, forgot Egypt did not qualify), and more could become injured during their respective country's run-in, further creating a major headache for their clubs after the World Cup ends. This in turn has negative implications for their respective club's vision and prospects for the season

in terms of accomplishments. Overall, the addition to another tournament (albeit the World Cup) has tremendous implications on players as well as the clubs.

In the end, the World Cup will always be the holy grail-the greatest tournament the world will ever see. No matter when/where it is being held, it always promises a viewership of at least 3.8 billion people. However, the fact of the matter remains how this unprecedented World Cup came to be, the implications, and how it will forever change future outlooks on the World Cup. All this being said, one thing is certain: You and I both will be tuning in on November 20th to watch Qatar kick it off.

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A Synopsis of the Inception of FNA (Florida Nepalese Associations) now NAF

By – *Tirtha Mali (First and Past President NAF), Gainesville*

As we celebrate 30 years of our existence, let me give you a brief history on the inception of FLORIDA NEPAL ASSOCIATION (FNA), now Nepalese Association of Florida (NAF).

November 2, 1991.

Mr. Pramod Sharma, then Vice President of ANA, later President, (Association of Nepalese in America) and ANA Executive Member, Dr. Gambhir Shrestha converged, along with other Nepalese, in Jacksonville. These ANA members spoke to us about forming a Nepali Association in Florida. They put forth a proposal to us to form a Chapter of ANA in Florida.

I was very vocal against opening a chapter of ANA. Instead, I proposed to establish an independent organization, exclusively, for Nepalese living in Florida. An overwhelming of Nepalese there supported my idea. The votes were taken with an impromptu show of hands and it was obvious that those for an independent association in Florida were victorious. This matter should have been settled there and then, but the discussion got very heated and an Ad Hoc Committee was formed under the chairmanship of Dr. Shailendra Shukla, with nine nominated members in the committee.

December 26, 1991

Mr. Tilak Shrestha, a member of Ad Hoc Committee, and an advocate of ANA Chapter, wrote to the Chairman of the Ad Hoc, suggesting to arrange a meeting of the Ad Hoc Committee so that the members could work towards defining the nature of the organization.

February 23, 1992

Dr. Shukla, the chairman of the Ad Hoc committee, convened the meeting in the presence of all the Ad Hoc Committee members. In that meeting, the committee unanimously voted me as the Vice President, and Mr. Tilak Shrestha as the general secretary. Also, in another item on the agenda, Mr. Tilak Shrestha's Dec 26, 1991 letter was discussed along with his proposal regarding the nature of the association, i.e. whether to make the Association a chapter of ANA, or an independent organization, that the decision be taken by the general body of the Nepalese people, not by the committee, and that the Committee should inform the general body about the pros and cons of the issue, and also decide and implement the procedure of gathering votes from the general body for the decision of the issue.

As an overwhelming majority of Nepalese had already voted down the ANA Chapter issue, the committee also voted to deny the proposals (6 to 3). The decision was then taken to establish an independent organization. Dr. Ramesh Shrestha proposed the name of the Association as FLORIDA NEPAL ASSOCIATION (FNA). This motion was accepted by 4 to 3 as two abstained.

The committee also deliberated the draft constitution prepared by the Chairman and unanimously passed it with some minor changes. The committee also asked the chairman to form a Nominating Committee. The ANA Chapter advocates who were voted down were still not through. A letter was sent to the chairman on August 10, 1992 to take the issue of the chapter to the gathering on Oct 3, 1992.

A petition was filed on Sept. 3, 1992 on the same subject. They also wanted a referendum

within six months as per the letter of September 25, 1992. And on September 29, 1992, three of these advocates of the ANA chapter and members of the Ad Hoc Committee resigned. In the meanwhile, I had already declared my candidacy for the Presidency and formed my own executive team.

Phoolpati Day, October 3, 1992 Cory Village, University of Florida, Gainesville

Dr. Shailendra Shukla, Chairman, Ad Hoc Committee, filed his report and explained to the general assembly all that had transpired since November 2, 1991. Mr. Tilak Shrestha stood to challenge me from the floor. In his campaign speech he explained why he was a candidate for a Chapter of ANA. I reiterated that I stood for an independent Florida-Nepal Association and that basically no one from the North should be dictating to us. I asked the gathering there to vote

for an independent association. There were debates and heated counter speeches, and in the end, an election was finally held, the results of which, I was declared the winner with a 60 percent mandate. So far, I am the only democratically elected President of Florida Nepal Association or NAF
The rest is history.

Here are some raw and uncut YouTube connections that give more details about our history.

1991 <https://youtu.be/h0jnAqH2mk4>,
1992-https://youtu.be/6hYh_rAC-HY
1993- <https://youtu.be/11YacNN4wVE> ,
1995- <https://youtu.be/okgf5yfvXZQ>
<https://youtu.be/h0jnAqH2mk4>

HISTORICAL FORMATIONS OF UNITED FNA-FANS AND NEPALESE ASSOCIATION OF FLORIDA (NAF)

From Previous Published Articles in Indreni

By - Dr. Bidya Raj Subedi, (Past ANEC Members NAF), Kathmandu, Nepal.

This article presents the chronological events of the historical unification of Florida Nepal Association (FNA) and Florida Association of Nepali Societies (FANS) into the United FNA-FANS. Now, its name Nepalese Association of Florida (NAF). With diligent efforts of several months, the unification of FNA and FANS was completed on October, 2013. Later the name change of United FNA-FANS to NAF took place in October, 2016 and celebrating 25th Anniversary. Background and Unification of FNA and FANS An association for laypersons' understanding is an organized body of people with particular mission, goals, and objectives. There are hundreds of organizations in the United States run by the people of Nepali origin which are functional for different missions and objectives. In recent years, we have observed that the number of such organizations have been increased which have commenced to achieve their specific objectives including to preserve and promote ethnic and cultural values of Nepal and their ethnic groups. In Florida, two state registered organizations, Florida Nepal Association (FNA, established in 1992) and Florida Association of Nepali Societies (FANS, established in 2010), were ran by the people of Nepali origin. Given the similar objectives of these two organizations with limited resources, it was strongly felt by the community that there was a need for uniting of these two organizations. On March 5, 2012, Dr. Shailendra Shukla hosted a meeting at his residence

with Dr. Dharma Acharya as the FNA representative and Dr. Ram Upadhaya as the FANS representative, in collaboration with Mr. Tirtha Mali (the founder President of FNA) and deliberated on issues relating to the unification of FNA and FAN. They revisited the issues and concerns of both organizations, realizing the complexities of uniting them, they came up with a proposal for both sides to agree. It was proposed to merge FNA and FANS into one organization with the name: United FNA - FANS (United Florida Nepal Association and Florida Association of Nepali Societies). Based on series of informal discussions on unification agenda among the people associated with FNA and FANS, it was decided that given responsibilities to the representatives from both sides will help consolidate the integration process. Then a ten-member Unification Committee (UC) was formed, as decided by the CECs of FNA and FANS, with five members from each organization. The UC included (given in alpha order by last name: Dr. Dharma Acharya, Dr. Rudra Aryal, Mr. Sanjay Bajracharya, Mr. Sundar Joshi, Dr. Bijaya Kattel, Mr. Dharma Khanal, Mr. Rajeeb Lamsal, Mr. Pramod Sharma, Dr. Bidya Raj Subedi, and Dr. Ram Raj Upadhaya with team leaders Mr. Rajeeb Lamsal and Mr. Dharma Khanal from FNA and FANS, respectively. In order to implement the unification agenda, the first meeting of the UC was held on June 9, 2012 in Palm Beach County library, Wellington Branch, Wellington, Florida. During the first meeting of UC, a long discussion

was held on the structure and name of the new organization including technicality on the registration process. The first meeting also decided to integrate the two by-laws of both FNA and FANS to one incorporating important articles, clauses, and programs of both organizations through unification process. Later, it was felt from all members that a Memorandum of Understanding (MOU) will help to put the unification process in a systematic manner and manage the process more smoothly. Therefore, all members agreed to proceed on the merger process by preparing and approving the MOU and sending it to the FNA and FANS CECs for their approval. During the process, an MOU was prepared and approved by the UC as well as by the CECs of FNA and FANS. After a continuous work of about one year in preparing and approving the MOU and by-laws, the MOU was signed by the presidents of FNA, Dr. Archana Kattel, and FANS, Mr. Bimal Nepal, on June 1, 2013 in a ceremony at Orlando in presence of Nepali community representing Florida.

The MOU contained the items of common unification concepts such as merger of equal, the name of the new organization (United FNA-FANS), registration process for the new organization (in the State of Florida and IRS), guidelines for the formation of Ad Hoc committee, and unification timeline. After several months of work, the by-laws of the united organization was approved by the UC as well as FNA and FANS on May 7, 2013. Most of the articles and clauses

contained in the by-laws of FNA and FANS, including programs run by both organizations, were incorporated in the new by-laws. Formation of Ad Hoc Committee and Election of United FNA-FANS CEC On June 1, 2013, after the MOU was signed, an Ad Hoc Committee of United FNA-FANS was formed by the decision of FNA and FANS CECs, then the CECs of both organizations were dissolved and all rights and responsibilities were transferred to the Ad Hoc Committee until newly elected CEC officers take the official oath of the new organization. The nine-member Ad Hoc Committee consisted of (given in alpha order by last name) Dr. Dharma Acharya, Dr. Rudra Aryal, Dr. Bijaya Kattel, Dr. Bhogendra Khanal, Mr. Dharma Khanal, Mr. Rajeeb Lamsal, Mr. Pramod Sharma, Dr. Bidya Raj Subedi, and Dr. Ram Raj Upadhaya with Coordinator and Alternative Coordinator Mr. Rajeeb Lamsal and Dr. Bidya Raj Subedi, respectively. The Ad Hoc committee diligently worked to complete several tasks in order to conclude the unification process. The tasks included from registration of United FNA-FANS to preparing for Dashain event and voters' list and completing the election of new CEC. The registration of the newly merged organization in the State of Florida and in IRS for 501 (c) (3) purpose (with Federal EIN number) was completed in a few weeks after assuming the responsibilities. In this process, to maintain the tax-exempt status with the IRS Florida Nepal Association (FNA) changed its name to the United FNA-FANS and then Florida Association of Nepali Communities (FANS) merged with the United FNA-FANS. The other challenging tasks for the Ad Hoc Committee were completing election and conducting the Dashain Event 2013. Given the limited resources, the Ad

Hoc Committee decided to have NCCO (Nepal Community Center Orlando) as a host for preparing and conducting the Dashain Event. For the purpose of election, a complete and valid list of voters (paid members) and an electronic voting system was prepared. The nomination form, election rules, and code of ethics were prepared. The Ad Hoc Committee, as a neutral election committee, did not involve in nominating or supporting any candidates for the CEC positions. However, the Ad Hoc Committee played a role of publishing election schedule, monitoring and verifying nominating candidates for their eligibility, verifying if the nomination filing process is complete, and publishing election results. The Ad Hoc Committee successfully completed the election of United FNA-FANS CEC officers in September 2013. As per election result, Mr. Bikash Devkota (President), Mr. Jhanak Thapaliya (Vice President), Mr. Pankaj Sharma (General Secretary), Mr. Ram Saran Thapa (Treasurer), and Mr. Binod Basnet (Information Secretary) were elected uncontested. These officers took the oath of office in a swearing-in ceremony during the Dashain Event in Orlando on October 26, 2013. On the same day, the Ad Hoc Committee was dissolved, and all rights and responsibilities of Ad Hoc Committee were transferred to the new CEC officers. Later, the CEC officers elected remaining six members at-large as per the provision of by-laws to give the complete shape of the United FNA-FANS CEC.

Name Change of United FAN-FANS to Nepalese Association of Florida (NAF) Many of the members of United FNA-FANS in informal meetings have shared their interest to make the organization's name shorter than the existing one.

More importantly, their emotion was to change the name of United FNA-FANS to a new organization so that it will not show a divisive feeling among community members based on the attachment of former organizations' names. In this regard, the CEC of United FNA-FANS has called several meetings with the agenda if the new name is necessary, the proper procedures for name change (in case the name change of United FNA-FANS is decided by the CEC), the role of ANEC (Amendment/ Nominations and Election Committee) in this regard, authentically documenting and reporting the name change to public and government entities. Note that the United FNA-FANS CEC (2015-17 tenure) was led by President Mr. Ram Sharan Thapa, Vice President Dr. Choodamani Khanal, General Secretary Kamal Tiwari, Information Secretary Dr. Amar Karki, Treasurer Ms. Anila Neupane, and members-at-large Mr. Kiran Raj Pandey, Mr. Dinesh Khatiwada, Dr. Basudev Pudasaini, Mr. Gopesh Maskey, Mr. Sabin Shrestha, and Mr. Pranav Chapagain. As a process, the survey asked the community members to provide the best name/s suited for the organization. As decided by the CEC, ANEC, led by Mr. Rajeeb Lamsal with Dr. Bidya Raj Subedi and Mr. Rajendra Shrestha as members, sent out the survey for voting on September 2016 to all of the members of United FNA-FANS. For the voting option, short listed two names, Nepal Florida Association (NFA) and Nepalese Association of Florida (NAF) were sent out. As a result, 8 (16%) voted for Nepal Florida Association (NFA) and 42 (84%) voted for Nepalese Association of Florida (NAF). As a result, the name (NAF) was selected by the members of United FNA-FANS. The name change process was completed in October 2016. The present and

future of any organization is based on some specific components within the organization. Such components include providing the excellence in management system (by creating values into their governance and program operations adhered to by- laws, code of ethics and integrity), accountability and transparency (transparency in financial system and accountability), and evaluating the attainment of organization's goals and objectives (persistently being aware if the organization is meeting its objectives). I would like to extend my congratulation and best wishes to the new CEC team members of the NAF (led by president Dr. Choodamani Mani Khanal with the team of Vice President Dr. Hari Adhikari, General Secretary Dr. Pragati Ghimire-Aryal, Treasurer Ms. Manju Malla, and Information Secretary Mr. Nabin R. Timilsina) for their successful 2017-19 tenure. [Dr. Subedi previously served as a member of ANEC of the NAF]



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

Archana Kattel
Bijaya Kattel



The positive attitude and helping nature were the best reflections of how late Abi believed life should be lived. This Foundation is dedicated to Abi’s philosophy by promoting the diverse projects that bring happiness, health and quality life to others.

This includes: scholarships to the students, educational outreach, and the programs benefiting the homeless (homeless feeding), blood donation (one donation saves up to 3 lives), youth sports, youth communication and the Nepal school projects.



Academic Scholarship Program:

AKM Foundation has awarded many Academic scholarships to the college students attending an accredited college or university every year. Congratulations to this year 2022 AKMF Academic Scholarship winners

Ms. Medhavi Banskota,

First Award Winner
University of Florida, USA



Abi Kattel Memorial Trophy (Annual)

The AKM Foundation has been sponsoring annual soccer tournament for last 16 years, during Annual General Meetings and Dashain Event of the Nepalese Association of Florida (NFA). Abi Kattel Memorial Trophy is a running trophy and is annually awarded to the winner of the Annual Soccer Tournament, organized by the NAF. Good luck to all the teams for this year’s tournament.

Annual Homeless Feeding



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

The virtual 5K Run for Education



The AKMfoundation had been organizing the 5K run/walk for many years at Okeeheelee Park in West Palm Beach. Because of the Covid-19 pandemic we had to discontinue the 5K Run and have not been able to resume it the on-site. The Virtual run/walk, however, is continuing as a fund raising effort. The Virtual 5K Run/walk is similar to the Annual 5 K run/walk for Education except

you can do it on your own time and pace/place. Please see details on the website: www.abikattelfoundation.org



Annual Abi Kattel Memorial Picnic and Blood drive:

Abi Kittel Memorial Day picnic and Blood drive continues on last Saturday of January every year. The next annual picnic and blood drive will be on Saturday, January 28, 2023 (tentative). Please visit the website for update and details www.abikattelfoundation.org



Why and how to support/participate in the Abi Kattel Memorial Foundation (AKMF) activities?

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

- Provide Academic Scholarship to college students achieve their goals
- Support underprivileged children in Nepal

through the AKMF youth scholarship.

- Provide food for homeless people
- Help save lives through Blood Donation programs

We appreciate your continued support and participation on the activities and programs of this foundation to make it grow. Together, we can help and support many others in need through this foundation in many ways by;

- Volunteering at the Foundation events
- Participating the foundation programs
- Sponsoring the Foundation programs like Scholarships, grants, etc.
- Donating for the cause; through the website www.abikattelfoundation.org

For questions and suggestions about this Foundation, its programs and participation please contact via email: abikattel.foundation@gmail.com, and/or Archana or Bijaya Kattel at ph. # 561-635-6242 or 561 358-6549 or via Abi Kattel Memorial Foundation www.abikattelfoundation.org

Thank you all for your support

