

New Year 2082



इन्द्रेणी in d r e n i

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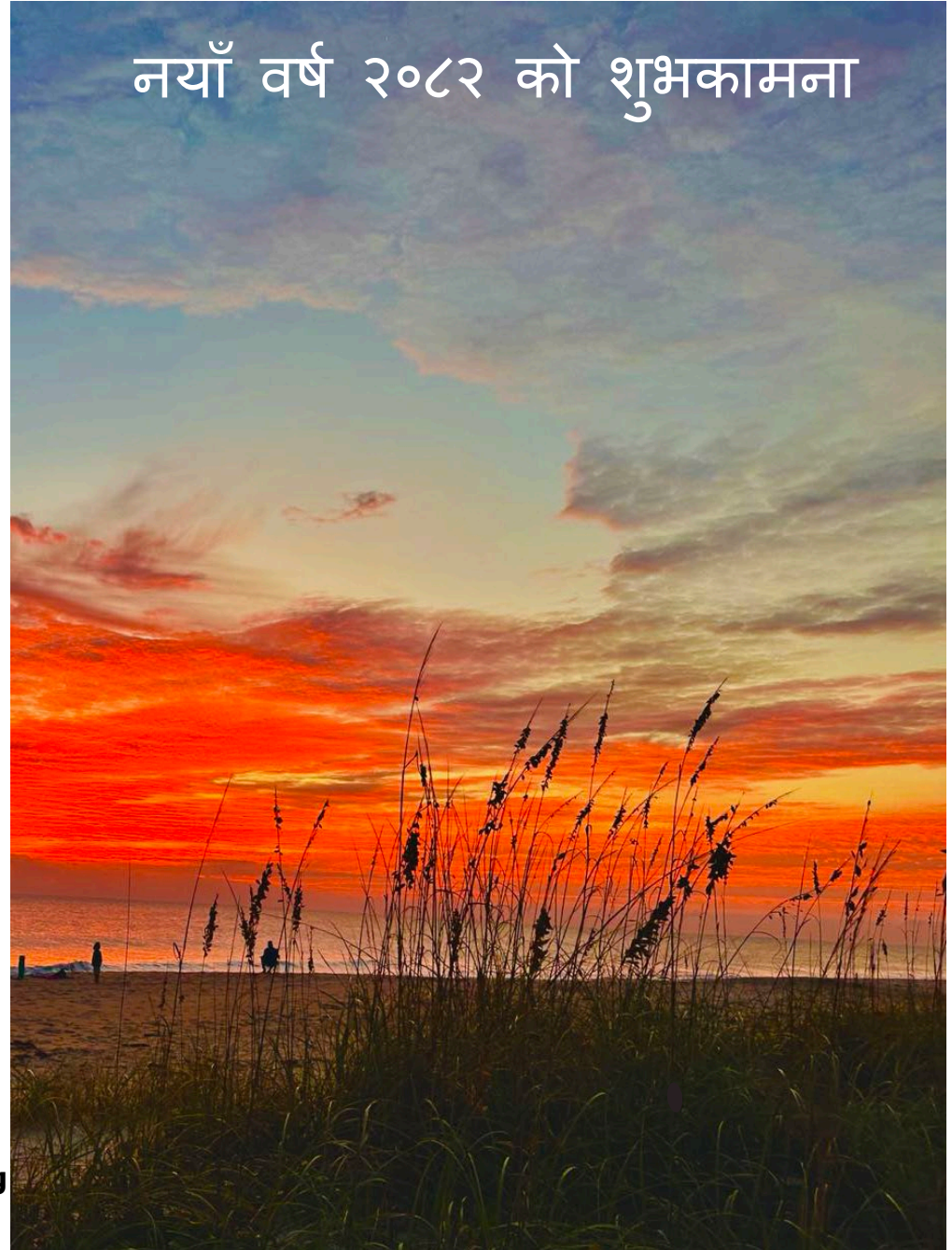


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EDITORIAL NOTE

We apologize for the delay in the publications of our quarterly newsletter "Indreni" due to some unseen circumstances. We will continue to publish now onwards. We like to thanks Mr. Bimal Nepal, NAF-Past President for his guidance and support of this issue. 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

Anupa Ghimire

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PRESIDENT LETTER

Dear Nepali Community of Florida,
Namaskar

I would like to begin by wishing each and every one of you a very Happy Nepali New Year 2082! May this year bring prosperity, happiness, and good health to you and your loved ones.

First and foremost, I want to sincerely apologize for the delay in publishing the "Indreni" Newsletter. Due to unforeseen circumstances, we were unable to publish it for some time. However, I assure you that we are fully committed to resuming regular publication moving forward, and we will continue to share important updates and news with the community.

At NAF, we remain deeply committed to serving the Nepali community here in Florida. We are dedicated to supporting a wide range of community activities and initiatives. Many exciting programs have been running through both our central team and various chapters and partner organizations such as INLS, NOA-FL Chapter, NCCO, MAA-Florida Chapter, All4Ball, PHA Nepal, and ABK Foundation. We always strive to support and collaborate with these organizations to foster a strong and united Nepali community in Florida.

Additionally, I am thrilled to share that our Youth Forum is expanding, with plans to recruit more members and provide new opportunities for young people in our community. We are also working closely with the Student Network and are in the process of establishing a Medical Professional Network under the leadership of Dr. Sharada Bhandary. One of the first programs under this new network will feature the renowned Dr. Sanduk Ruit on May 18th. This is an exciting initiative that we are confident will benefit many professionals in the medical field.

Furthermore, we are celebrating Nepali New Year 2082 in Tallahassee, in collaboration with the NSA-Florida State University. The event will be led by Mrs. Milina Tamrakar, and we look forward to a great gathering with our community.

Another exciting development is the formation of the new South Florida NAF Chapter, under the leadership of Chet Joshi. We are also in the process of establishing a new chapter in the Fort Myers and Naples areas to further strengthen our presence across the state.

I would like to take this opportunity to express our sincere gratitude to Rinu Jha and her team at JaxNepalese, who will be completing their tenure soon. They have done an outstanding job, and we are thankful for their contributions. In addition to the above, numerous activities have been taking place across the state. For the latest updates, I encourage everyone to visit the NAF Facebook page, where we regularly post about ongoing events and initiatives. As this year is an election year, we are excited about the upcoming leadership transition within the Central Executive Team. I am personally committed to ensuring a smooth transition of leadership during our Annual General Meeting on October 11th, 2025, in West Palm Beach, Florida.

Once again, I apologize for the delay in publishing the newsletter. Thank you for your continued support, and I look forward to working together to make this year a remarkable one for the Nepali community in Florida.

Happy Nepali New Year 2082, and may this year bring peace, success, and joy to all.

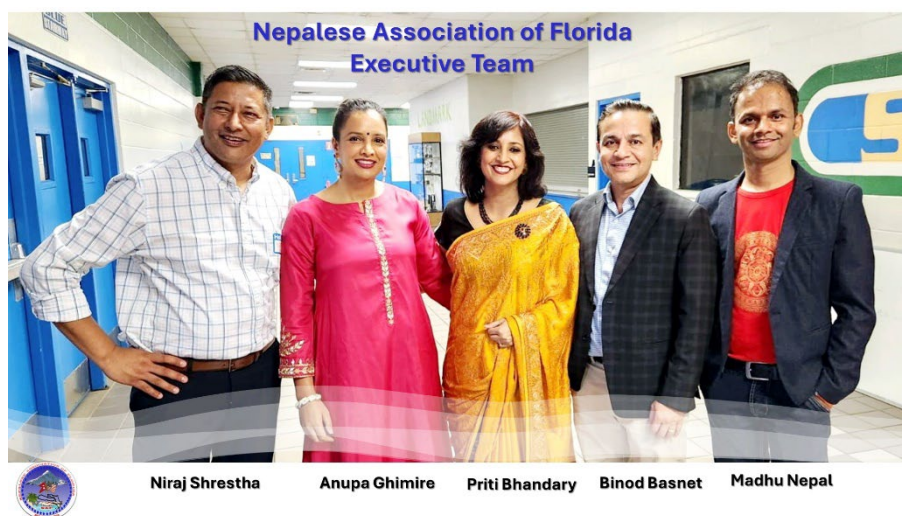
Warm regards,

Niraj Shrestha, PhD

President, Nepalese Association of Florida (NAF)



Become A Member of NAF



A Historic Gathering: NAF Hosts Exclusive Meet & Greet with Nepali Cricket Legend Paras Khadka and the National Team

The evening of April 12, 2024, marked a significant moment for both the Nepalese Association of Florida (NAF) and the Nepali cricket community in the United States. In the heart of Wellington, Florida, at the Village of Wellington Community Hall, an exclusive and historic event unfolded as cricket fans gathered for a Meet & Greet with one of Nepal's most celebrated athletes—Paras Khadka. As the Secretary of the Cricket Association of Nepal (CAN) and a former captain of the national team, Khadka's visit brought a wave of excitement and inspiration to the attendees. The gathering, held from 6 PM to 9 PM, wasn't just another social event—it was a celebration of Nepali cricket's rising success and a demonstration of the unwavering support the Nepali diaspora has for their athletes. As Paras Khadka took the stage, his words struck a chord with every listener in the room. "This is more than a game," he said, his voice filled with passion. "It's about uniting as a nation, not just through cricket, but through every sport. This journey to the T20 World Cup isn't just the team's—it's the journey of every Nepali who believes in the power of sports." Paras' speech was powerful, and it resonated deeply with the audience, inspiring everyone present to continue supporting Nepali cricket on its journey to international success. He underscored how the T20 World Cup is a pivotal moment not only for the team but also for the advancement of Nepali athletics as a whole. One of the most emotional moments came when a moving video chronicled the inspiring journey of Nepal's national cricket team. The video highlighted the struggles, the victories, and the incredible perseverance that had brought the team to this critical moment. The atmosphere in the room was electric as the video ended, leaving everyone present even more motivated to support their team. After the video, Paras Khadka opened the floor to questions from the audience. Fans eagerly asked about his journey, his experiences, and his thoughts on the future of Nepali cricket. His responses were filled with wisdom, and his anecdotes from his playing days made the evening even more memorable. But the excitement didn't stop there. A major highlight of the evening was the unveiling of the new jersey for Nepal's Cricket Team in the USA—a symbol of the team's spirit and resilience. The jersey was later auctioned, and the bidding was fierce. The winning bid of \$3100 came from Mr. Bijay Shrestha and Mrs. Nirmala Shrestha of West Palm Beach, Florida, who proudly took home the piece of history. The success of the event would not have been possible without the generous support of sponsors like Club Himalaya, Zeera Indian Restaurant (owned by Mr. Bivek Agrawal), Palm Beach Garden, and Suman Subedi. Their contributions helped make this event a reality, and the entire evening was expertly managed by Ms. Priti Bhandary and Mr. Binod Basnet.

A Warm Welcome for Nepal's Cricket Team in South Florida

The excitement didn't end in April. Just weeks later, the Nepali Men's National Cricket Team arrived in Miami, ready to compete in the ICC Men's T20 World Cup. The NAF, alongside Zeera Indian Cuisine, hosted a special meet-and-greet program on May 5 and 6, 2024, to welcome the team to South Florida. The program was designed to build anticipation for the tournament while offering fans a chance to connect with their heroes. The team arrived in two groups, with the first group landing on May 5th and the second on May 6th, followed by player Anil Sah's arrival on May 7th. The intimate gathering, hosted at the local Nepalese-owned restaurant, Zeera Indian Cuisine, gave the players and their fans an opportunity to mingle and bond over shared love for cricket. The event was emceed by Binod Basnet and included a traditional welcome, with NAF Treasurer Priti Bhandary, Suman Subedi, Sudan Suwal, and Paras Pant presenting ceremonial scarves (Khada) to the players and coaching staff. NAF President Niraj Shrestha took a moment to express his gratitude to the team for visiting and to the volunteers who made the event a success. Team Manager/Board member Pradeep Majgaiyan also shared his appreciation for the warm hospitality and presented a token of love to NAF. The evening included a Q&A session, where fans had the opportunity to ask the players questions, take photos, and get autographed cricket balls and jerseys. As the event came to a close, attendees were treated to a delicious Nepalese dinner, catered by Zeera Indian Cuisine, adding to the sense of community and support for the team. For the players, the warm welcome from the South Florida community was more than just a morale booster—it was a reminder that they have the unwavering support of their countrymen as they prepare for the T20 World Cup. These personal connections with their fans undoubtedly fueled the team's spirits and strengthened their resolve as they take on the world stage. As the Nepalese Men's National Cricket Team prepares to compete, the spirit of the South Florida Nepali community continues to shine brightly. These events are not just about cricket—they are about unity, pride, and the collective hope that Nepal will shine on the world stage.

A Historic Gathering: NAF Hosts Exclusive Meet & Greet with Nepali Cricket Legend Paras Khadka and the National Team Photo Features



Building Bridges: NAF's Networking Event Unites Community Leaders and Inspires Change

In the face of challenges, the Nepalese Association of Florida (NAF) successfully hosted an impactful event that left a lasting impression on the community. What began as a gathering of passionate individuals quickly transformed into a powerful platform for collaboration, progress, and shared vision. The event brought together community leaders, dignitaries, and partner organizations, all working toward a common goal: to uplift and empower the Nepali community in Florida and beyond. Dr. Niraj Shrestha, President of NAF, kicked off the event with a warm and heartfelt welcome, emphasizing the resilience and dedication that made the event possible. He acknowledged the evolving nature of the event and highlighted the unwavering commitment of those involved, resonating deeply with attendees who have worked tirelessly to support and strengthen the community. The gathering was graced by Colonel Purna Prasad Dhakal from the Embassy of Nepal in Washington, DC. His words of appreciation for NAF's efforts added a sense of official recognition to the event, encouraging attendees to reach out to the embassy for support. While other dignitaries from the US Department of State couldn't attend due to severe weather, their absence did little to dampen the spirits of those present. The evening celebrated the remarkable work done by NAF over the years, acknowledging the contributions of past presidents and community leaders who have shaped the organization's growth and success over nearly 30 years. Attendees had the chance to network with partner organizations, creating new opportunities for future collaboration. A standout moment came when Mr. Narayan Neupane introduced the "Connect Nepal" project, a transformative initiative that established communication centers in Rukum and Dhading, areas previously lacking reliable connectivity. The project has had a profound impact, bridging the digital divide and improving access to information for rural Nepalese communities. Past President Mr. Bimal Nepal also shared the success of his "Adopt the Highway" project, which has enhanced the local infrastructure in Florida. His story illustrated how a single idea could evolve into a major community initiative, making a tangible difference. The networking portion of the event highlighted NAF's specialized initiatives, such as the Student Network, Business Network, Healthcare Professional Network, and the Youth Forum. These programs aim to mentor and develop young Nepali individuals, fostering leadership and creating opportunities for growth in various sectors. Leena Basnet, founder of ALL4BALL, spoke passionately about her organization's work in community schools. By building sports libraries, providing national-level coaching, and constructing playgrounds, ALL4BALL has significantly improved student attendance and skill development, demonstrating how sports and education can be powerful tools for social change. The event also showcased NAF's collaboration with the Pulmonary Hypertension Association-Nepal (PHA-Nepal), an initiative focused on health screenings, early diagnosis, and treatment. This partnership reflects NAF's commitment to improving the health and well-being of Nepalese people both abroad and in Nepal. Dr. Bijay Kattel shared the mission of the Abhi Kattel Memorial Foundation, which he established in honor of his late son. The foundation provides scholarships, feeds the homeless, and organizes blood drives, turning personal tragedy into a force for good. His moving presentation inspired everyone in the room, reminding them of the profound impact one individual's dedication can have on many lives. Priti Adhikary, founder of The Greater Nepali Diaspora (TGND), spoke about her network's global initiatives, which have helped create meaningful change in Nepal and beyond. TGND's work stands as a powerful example of the potential of community-driven efforts to drive positive transformation on a broader scale. The event culminated with a heartfelt acknowledgment of Mr. Ajay Satyal, who was recognized for his extraordinary contributions as the highest blood donor in the community. His selfless dedication to helping others served as a shining example of how one person's actions can inspire and make a lasting impact. As the evening came to a close, it was evident that the event had achieved more than just networking. It sparked a renewed sense of community, collaboration, and commitment to making a difference. NAF had successfully brought together a diverse group of individuals and organizations, all united by the goal of supporting and uplifting the Nepali community. This event was a powerful reminder that progress is built through the collective efforts of passionate individuals working toward a shared cause. With organizations like NAF leading the way, the possibilities for what can be accomplished when people come together for the greater good are limitless.



NAF's Synchronized Blood Drive: A Community's Commitment to Giving Back

For the past two years, the Nepalese Association of Florida (NAF) has been at the forefront of a crucial cause—blood donation. In honor of Blood Donor Day, NAF has organized a synchronized blood drive across the state of Florida, and this year, the event will take place on June 14. This initiative, a collective effort from all NAF partners, has not only aimed to provide life-saving blood to those in need but also serves as a testament to the power of community solidarity. The importance of donating blood cannot be overstated. Every day, hospitals rely on blood donations to save lives—whether it's for emergency surgeries, cancer treatments, or for patients suffering from chronic illnesses. Donating blood is a simple yet powerful act that can make a profound difference. It only takes a few minutes, yet it can help save up to three lives. NAF is proud to continue its commitment to supporting the local community with this event. By hosting blood drives across Florida, NAF is contributing to addressing the growing need for blood donations in the state, ensuring that hospitals and clinics are well-stocked to meet their demands. The drive has become a highly anticipated event each year, with numerous community leaders joining in to support the cause, including notable figures such as Mr. Ajay Satyal, known for his dedication to blood donation, along with the Pulmonary Hypertension Association of Nepal (PHA Nepal) and the Abhi Kattel Memorial Foundation. This year's event will see NAF's partners and community members come together as a team to give back to the community. With multiple locations across the state, NAF continues to strengthen its ties with local organizations, aiming to make blood donation more accessible to all. These efforts also highlight the organization's broader mission to create a culture of giving within the Nepali community and beyond. Thanks to the participation of many generous donors and community leaders, the synchronized blood drive has become more than just a routine event—it's a symbol of unity, compassion, and shared responsibility. By coming together, NAF and its partners continue to make an enduring impact on those who need it the most, demonstrating that the power of collective action can save lives and foster a stronger, more compassionate community.



Nepalese Associations of Florida
Organizing
Synchronized Blood Drive
In The State of Florida

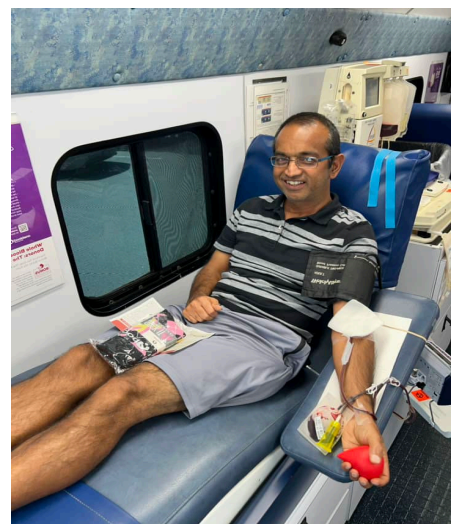
In Collaboration with
NAF-Tallahassee Chapter
NAF-JAX Nepali Chapter
NSA-University of Florida
Nepali Community Center Orlando (NCCO)
NAF-Tampa Bay Nepali Community
International Nepalese Blood Donors
Association (INBDA)

We are excited to announce a Synchronized **Blood Drive** organized by the Nepalese Association of Florida (NAF) in 6 cities of Florida which include Tallahassee, Jacksonville, Gainesville, Orlando, Tampa and West Palm Beach to raise awareness about the importance of blood donation in the community to address blood shortages and ensure that there are enough supplies for patients in need in Florida. This event is taking place on **September 8th, 2024, Sunday from 10.00 AM to 4.00 PM**. Please scan the QR code to schedule your appointment and if you have questions, please contact following coordinator for the event.

Scan the QR Code for the appointment



Location	Location	Location	Location	Location	Location
Walmart Supercenter 4400 W Tennessee St, Tallahassee FL 32304	Petco 675 Durbin Pavilion Drive Suite 105, St. Johns FL 32259	Walgreens 3455 SW Archer Road Gainesville FL 32608	BJ's Wholesale 12190 Lake Underhill Rd Orlando FL 32825	Walmart Supercenter 2701 E Fletcher Ave Tampa FL 33612	Wellington Mall 10300 Forest Hill Blvd Wellington FL 33414
Contact Person: Milina Tamrakar Beni Dangl	Contact Person: Rinu Jha Binod Khatri	Contact Person: Anila Neupane Prabin Adhikari	Contact Person: Bikash Devkota Narayan Neupane	Contact Person: Manoj Lamichane Bimal Banjara	Contact Person: Binod Basnet Priti Bhandary

Donors Receive Various \$20 Gift Card



NAF Launches “Pathways to Diplomacy” Series to Empower Nepalese Youth in Leadership and Diplomacy


The Nepalese Association of Florida (NAF) has long been committed to fostering leadership and supporting the professional development of Nepalese youth. In a groundbreaking collaboration with the U.S. Department of State, NAF recently launched an exciting new series aimed at empowering the next generation of Nepalese leaders in diplomacy. “Pathways to Diplomacy: A Career Guide to the U.S. Department of State” marks one of the first initiatives under this collaborative effort. The event offered an invaluable opportunity for young Nepali-Americans to gain direct insights into the world of diplomacy from seasoned officials. For students and professionals in various fields—whether in STEM, social sciences, or other disciplines—the event showcased how their unique backgrounds could lead them to a fulfilling career in diplomacy. The session provided attendees with a chance to hear from experienced diplomats and civil servants from the Bureau of South & Central Asian Affairs, including Abby Bard, Foreign Affairs Officer; Jeff Ridenour, Foreign Service Officer; Jackie Viselli, Grant Officer; and Waleed Hashim, Civil Servant. These experts shared their personal experiences, offering guidance on how to embark on a diplomatic career and the pathways available for individuals of diverse academic and professional backgrounds. The event was moderated by Shuvechha Ghimire, a PhD candidate in sociology, who expertly navigated the conversation, ensuring that the discussion was engaging and informative for all attendees. One of the key highlights of this initiative is NAF’s ongoing commitment to promoting Nepalese youth in leadership roles on the global stage. This is just the first in a series of events designed to inspire and equip young individuals with the knowledge and resources they need to pursue careers in diplomacy, public service, and international relations. By fostering these opportunities, NAF aims to strengthen the ties between the Nepali community in Florida and global institutions, as well as to highlight the potential of young Nepali-Americans in shaping the future of diplomacy. In addition to providing direct access to U.S. Department of State officials, NAF also introduced attendees to the State Department’s internship program—a gateway to future diplomatic careers. This program offers students the opportunity to gain hands-on experience, learn about U.S. foreign policy, and contribute to the department’s work on global issues. For more information about the State Department’s internship program and other career pathways, visit [NAF Website Pathways to Diplomacy](#). Through initiatives like this, NAF is making a lasting impact on the leadership development of Nepalese youth, helping them build a future in which they can contribute to both their local communities and the world at large. The collaboration with the U.S. Department of State demonstrates NAF’s commitment to providing its youth with the tools, insights, and connections they need to succeed in diplomacy and beyond. By continuing to support the growth and aspirations of Nepalese youth, NAF is ensuring that the next generation of leaders is ready to engage with the world, armed with the knowledge, skills, and confidence to make a meaningful impact.




*Nepalese Association of Florida
In Collaboration with
U.S. Department of State
Present*

Pathways to Diplomacy:


A Career Guide to the U.S. Department of State




Abby Bard
Foreign Affairs Officer
Bureau of South & Central Asian Affairs




Jeff Ridenour
Foreign Service Officer
Bureau of South & Central Asian Affairs




Jackie Viselli
Grant Officer
Bureau of South & Central Asian Affairs



Waleed Hashim
Civil Servant
Bureau of South & Central Asian Affairs



Moderator
Shuvechha Ghimire,
PhD Candidate, Sociology



SCAN HERE
For Zoom Link

Date: October 22nd, Tuesday, 2024
Time: 6.00-7.00 PM (EST)
Zoom Webinar Link: <https://tinyurl.com/FLNAF>
Zoom Webinar ID: 859-7270-2561
Passcode: naf
[for more information please contact naflorida2016@gmail.com](mailto:contactnaflorida2016@gmail.com)

हरिबंश पर्दा भित्र / पर्दा बाहिर-Interview By Srijana Nepal

मैले २७-२८ वर्ष भन्दा अघि हरिबंश दाई लाई नेपाल टेलिभिजन (NTV) को वार्षिकोत्सवमा भेटेको थिएँ। मदन कृष्ण दाई र हरिबंश दाई त सधैं हँसाउने भएकोले जहिलेपनि हाँसी राख्ने र हँसाई राख्ने हो कि जस्तो लाग्थ्यो तर पर्दा बाहिर देख्दा अलि गम्भीर देखे। त्यसैले सोधें -- तपाईं त पर्दा बाहिर सिरियस (serious) पो देखिनु हुँदो रहेछ भन्दा वहाँ हल्का हाँसु भएको थियो। अहिले फेरी संजोगवश फ्लोरिडा (Florida) मा भेट हुँदा पनि वहाँलाई उस्तै नै देखें। मैले त्यो बेलाको हरिबंश र अहिलेकोमा केहि भिन्नता पाइन - उस्तै शालीन, भद्र र गम्भीर।

वहाँ संगको भला कुसारी:

धेरै प्रतिभाका धनि यहाँ, हाँस्य व्यङ्ग कलाकार मात्र नभई एउटा लेखक, नायक, गायक पनि हुनुहुन्छ!

विश्व भरि नेपाली बिच अत्यन्त चर्चित र लोकप्रिय हुनुहुन्छ। यहाँलाई नेपालको धरोहर मानिन्छ।

यहाँ यस्तो व्यक्तित्व हुनुहुन्छ जसलाई परिचय नै चाहिँदैन! तर पनि लाखौं, करोडौं, नेपाली बिच कसरी चिनिन चाहनुहुन्छ?

हल्का हाँसै भन्नुभयो -

मलाई यति भए पुग्छ, ५० - ५२ वर्ष भन्दा बढी भैसक्यो। मलाई एउटा कलाकार भनेर चिनु हुन्छ। त्यसैमा म खुशी छु। साढे २०० भन्दा बढी क्रिएशन (creation) छ। ५ - ६,०० जति स्क्रिप्ट (script) छ। मलाई धेरै माथि जाने अम्बिशन (ambition) पनि छैन। समयले ल्याएको हो यहाँसम्म। म यति मै खुशी छु।

यसमा लाग्ने प्रेरणा कसबाट पाउनु भयो?

मैले आफैं खोजेको हो यो काम। नेचर (nature) ले पनि दिएको रहेछ। परिस्थिति पनि जुर्दै गयो। मलाई काम चाहिएको थियो। आर्ट फिल्म (film) मा जान युनिभर्सिटी (university) को डिग्री (degree) नचाहिने भएकोले पनि हो। हरि प्रसाद रिमालले आर्ट फिल्म (art film) सिकाउने, जितेन्द्र महत अभिलाशीले पनि सिकाउनु भयो। मदन दाई सित भेट्नु अगाडि ५ वर्ष अगाडी मैले छुट्टै काम शुरु गरिरहेको थिएँ। दाई र म ४४ वर्ष भयो संगै काम गरेको।

"मह"- त्यो भन्दा मिठो अरु केहि छैन। मदन दाई र यहाँको जोडीको सह यात्रा दशकौं देखिको, झन् झन् प्रगाढ र मिठासपूर्ण हुँदै गएको छ। यो सुमधुर सम्बन्ध कसरी सम्भव भएको होला?

पब्लिकलाई मन पर्यो। हामी अगेन्स्ट (against) मा पनि गएनम्। शुत्रा बाट शुरु गरेको। पछि दुई जना मिलेर गरेको काम हो। इगो (ego) राख्ने, म भन्ने मंत्र भएन, हामी भएर नै सोच्यौं। पैसाको पछि लागिएन, पैसामा पनि बेईमानी भएन। नाम ईकल (equal), काम ईकल (equal), आमदानी शेयर (share) गर्यौं। अब हिस्ट्री (history) बन्यो। अरुले गर्छ भने पनि गाह्रै काम हो। उमेरले पनि कति नै बर्ष गर्न सकिएला र? बाँचुन्जेल यसलाई मेन्टेन (maintain) गरेर लैजान्छौं।

यो यात्रामा धेरै घटना भयो होला। कुनै अविस्मरणीय क्षण छ कि?

सबै अविस्मरणीय छन्, बिर्सन सकिँदैन। फलप पनि हुन्छ। ९० % सफल भयो त्यो पनि अविस्मरणीय। १० % असफल पनि सम्झिन पर्छ। असफललाई बिर्सियो भने होस आउँ दैन। असफल भयो भने होस आउँछ, अझै केयर (care) गर्नु पर्ने रहेछ भनेर। हामी दुई जना भेट्नु नै अविस्मरणीय हो।

कार्यक्रम गर्दा ताली र तारिफ मात्र आउँछ कि गाली पनि आउँछ?

आउँछ। अडियेन्स (audience) फेअर (fair) चीज हो, नराम्रो चीज लाई राम्रो र राम्रो लाई नराम्रो भन्दैन। कुनै कुनै मान्छेको नेचर (nature) हुन्छ जे चीज लाई पनि नराम्रो देख्ने। नेगेटिभ (negative) मात्र सोंच्ने, नेगेटिभ कमेन्ट (comment) गरिहाल्ने। त्यसको अलावा, मान्छे बच्चा जस्तो हुन्छ। यो भएन, के भएको? यो भन्दा राम्रो गर्न पर्यो - यो पल्ट एक्सपेक्ट (expect) गरेको जति भएन भन्छन्। कसैले फेरि यति धेरै, चढाएर, ठुलो मान्छे, देवतै, बनाई दिनु हुन्छ। त्यसलाई पनि फिल्टर (filter) गर्छौं। हामी यत्तिको होइनौं, अलि बढी नै प्रेज (praise) गर्नु भएको हो। त्यो लाई पनि फिल्टर (filter) गर्नु पर्छ। नेगेटिभ (negative) पोजिटिभ (positive) दुवै लाई फिल्टर गर्नु पर्छ। एक्सट्रीम (extreme) नेगेटिभ कमेन्ट गरिदिन्छन अनि ए, म त खतम रहेछु, गर्नै सकिँदैन रहेछु भन्ने फील (feel) गर्नु हुँदैन। ए, यो नेगेटिभ (negative) मान्छे रहेछ, ईन्टेन्शन (intention) राम्रो रहेन छ, नेगेटिभ एयाटिट्यूड (attitude) बढी रहेछ भन्ने रियलाइज (realise) गरेर काम गर्नु पर्छ।

सामाजिक संजालमा ट्रोलिङ्ग (trolling) को नकारात्मक प्रभाव प्रति यहाँको कस्तो धारणा छ?

सोशल मिडिया सबै तिर नेगेटिभ (negative) छ। इन्टेलेक्चुअल (intellectual) मानिसले स्क्यान (scan) गर्छ। यो विश्वसनीय होइन, फेक आई. डि. (fake I.D.) बाट काम गरेको हो भनेर। नेपालमा ४ - ५ वटा मिडिया छन् जसले झुठो कुरा लेख्दैनन् भनेर मान्छेले मुल्यांकन गर्छन्। यसले लेखेको ठिक होला यिनीहरुले लेखेको त केहि विश्वास लाग्दैन भनेर मुल्यांकन गर्छन्। अब यू ट्युबमा (YouTube) मेरो धेरै मान्छेले हेरी दियोस्, जतिले हेर्यो त्यति पैसा आउँछ, मान्छे लाई नेगेटिभ कुरा मन पर्छ भनेर हेडलाईन (headline) भित्रको कुरा पोजिटिभ (positive) रहेछ भने पनि बाहिर हेडलाईन (headline) चाहिँ नेगेटिभ (negative) राखेर लेख्ने बानी हुन्छ।

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त्यो कुरालाई बुझ्नु पर्छ। पब्लिक (public) मा काम गर्ने भएपछि सानो चीजले आत्तिनु पनि हुँदैन र ठुलो चीजले मात्तिनु पनि हुँदैन। त्यसमा अगाढी बढ्नु पर्छ। नबिराउनु नडराउनु भन्छन् नि। कुनै त्यस्तै नराम्रो चीजलाई खण्डन पनि गर्न सक्नु पर्छ। र, लेखोस् त्यसले भनेर आफ्नो काम गर्नु पनि पर्छ।

यहाँहरुलाई आदर्श मानेर यस छेत्रमा लाग्ने कलाकारहरुलाई कस्तो सुझाव दिन चाहनु हुन्छ?

राम्रो राम्रो कलाकारहरु आउनु भएको छ। हामीले अहिले सम्म ठुलो फराकिलो मार्केट (market) बनाउन सकेका छैनौं। नेपाली कला, संस्कृति र सिनेमाको। अब नयाँ जेनरेशन (generation) ले त्यसलाई अझ फराकिलो बनाउन पर्छ। हामी आएर नेपाली समुदायको बीचमा मात्र आयौं। अमेरिका, बेलायत, क्यानाडा, अस्ट्रेलिया जान्छौं। त्यहाँ हाम्रो छुट्टै मार्केट (market) बनिसकेको छ। त्यो मार्केट नेपाली-नेपालीको बीचमा हो। नेपाली भाषीको बीचमा। अब ईन्टरनेशनल (international) भाषी र यहाँ स्थानीय मान्छेहरुलाई हाम्रो अडिएन्स (audience) बनाउन सक्नु पर्छ र नयाँ जेनरेशन (generation) को पढाई, जब (job), ल्यान्वेज (language) सब राम्रो छ। हामीले जिन तिन जे गरेर ठिकै गर्न सक्थौं। तर नयाँ जेनरेशन (generation) लाई एजुकेशन छ, स्कूलिंग (schooling), ट्रेनिंग (training) छ। हाम्रो पालामा ट्रेनिंग (training), स्कूल (school) केहि थिएन। अहिले स्कूल, कलेज खुलेका छन् ड्रामा (drama) का त्यहाँ पढ्ने र हाम्रो उत्पादन लाई नेपालीको बीचमा मात्र नराखेर सबैतिर (अंग्रेजी भाषा कै दखल छ अहिले सम्म) त्यहाँ सम्म पुग्न पर्छ नयाँ जेनरेशन (generation) ले।

यहाँलाई आत्मसन्तुष्टि मिलेको कुन रचना होला?

कुन राम्रो भन्नु भन्दा धेरैमा सबै ईक्कल्लि राम्रो हुँदैन। *मदन बहादुर हरि बहादुर* भन्ने एक्सटिमली (extremely) पोप्युलर (popular) भयो। शुरुमा हाम्रो जग नेपाल टेलिभिजन बाट शुरु भएको हो - १५ गते, *लाल पुर्जा*, *सुर बेसुर* अहिले पनि मान्छेले त्यसको क्लिप (clip) हेरेर जसले जहाँ भेटे पनि त्यो सबै हेरेको छ भन्नु हुन्छ। आजको ३० वर्ष अघिको आज पनि, अहिले पनि, सम्झिनु हुन्छ।

टि भी शो मा १५ गते, *दर्शन*, *लाल पुर्जा*, *सुर बेसुर*, *बन पाले*, *भकुन्डे भूत*, *मदन बहादुर-हरि बहादुर* चलचित्रमा मैले बनाएको *बलिदान* त्यसमा मेरो ह्युमर (humor) को छाप भन्दा बिपरित छाप ठ्याक्कै उल्टो क्रान्तिकारीको भूमिका खेलेको छु। मलाई रमाईलो लाग्छ त्यो *महापुरुष* मा भिन्दै किसिमको भूमिका निभाउने कोशिश गरेको छु जुन मान्छेले मन पराउनु भएको छ। गम्भीर पाटो पनि मन पराउनु हुँदो रहेछ भन्ने प्रुभ (prove) भएको छ।

स्टेज (stage) प्रोग्राम (program) बनायौं। क्यासेट (cassette) बनाएर बेच्यौं *यमलोक*, *अंश बन्दा* क्यासेट (cassette) बेच्यौं। हाम्रो आर्थिक उन्नति त्यहीँ बाट शुरु भयो। रंगमंच त सबै भन्दा पहिलो आमाको काख हो। सबै त्यहि बाट सिक्थौं। त्यो बेला न टी भी थियो न रेडियो नेपालमा सबैको पहुँच थियो। हामीले सडकमा दोबाटो दोबाटोमा प्रोग्राम (program) गरेको। त्यो स्कूलिंग हो, अविस्मरणीय क्षण हो। अहिले पनि रंगमंच भनेपछि असाध्यै मन पर्छ मलाई।

आफ्नै कार्यक्रम हेर्दा कत्तिको हाँस उठ्छ?

हाँस उठ्छ। म त्यो पात्र हुँ भनेर हेर्दिन क्या। जब कि मेरो केहि पनि छाप आउँदैन भने मात्र त्यो सक्सेस् (success) हो। म अहिले जे देखिएको छु त्यो देखिनु हुँदैन। त्यो नदेख्दा मलाई पनि हाँस उठ्छ। मलाई पनि आफूले गरेको अय्याक्टिंग (acting) हेर्दा रीस उठ्छ कति ठाउँमा। *लक्ष्मी* टेलि फिल्म हेर्दा अहिले पनि मलाई रीस उठ्छ। हे! के गरेछु जस्तो लाग्छ। जब आफूलाई मन पर्छ नि त्यो चीज हिट (hit) हुन्छ। हुन त कतिपय मान्छेको बानी हुन्छ आफूले गरेको जे पनि मन् पर्छ आफूलाई। तर मेरो त्यो बानी छैन। मलाई आफूले गरेको चीज सितिमिति मन पर्दैन। जब मलाई मन पर्छ त्यो सक्सेस् (success) हुन्छ भन्ने मेरो मनलाई थाहा हुन्छ। मलाई जे चीज पनि आफूले गरेको ओहो! भन्ने पक्ष्यमा म छैन। मलाई राम्रो लाग्यो भने त्यो राम्रो हुन्छ क्या।

यहाँको पुस्तक पढेर के बुझिदिए हुन्थ्यो जस्तो लाग्छ? (जस्तो: चिना हराएको मान्छे, हरि बहादुर)

किताबको पनि कत्रो ठुलो शक्ति हुँदो रहेछ। हामीले गरेको संवादहरु टेलिफिल्म हरू, फिल्म रंग मंच संवादहरु झर्ने सम्बाद हुन्। त्यसमा कुनै साहित्य खोज्न लाई किताब पल्टाउन पर्दैन, जनबोली - जनताले गाउँ घरमा बोल्ने शब्द भो भने मान्छेले अझ राम्रो मन पराउँछन् र मान्छेलाई त्यसले टक्कै छुन्छ। झर्ने साहित्य हो चिना हराएको मान्छेमा पनि। मैले जे भोगेको छु मैले जसरी जिवन भोगे त्यसलाई मैले फूलबुट्टा नभरी कन लेखेको हुनाले त्यो मान्छेले घरमा लग्यो भने त्यो डोमेस्टिक हेल्पर (domestic helper) ले पनि पढ्ने, त्यस घरको मुख्य मान्छेले पनि पढ्ने, अनि १४, १५ वर्षको बच्चाको पनि पढ्ने। यसमा सबैले बुझ्ने भाषा प्रयोग भएको छ। त्यसैले सबैले मन पराईदिनु भएको छ। सेल्सको हिसाबले पनि १ लाख - डायमण्ड कपी (diamond copy) प्रति भएको छ।

जिन्दगीले सिकाएको केहि पाठ बाँड्नु हुन्थ्यो कि?

आफुले मागेको जिन्दगी होइन, आइलागेको जिन्दगी हो। जिन्दगीलाई सार्थक बनाउन पर्छ, मान्छे भएर जन्मिसके पछि। सार्थक कसरी बनाउने। जीवनको पूर्ण बिराम नलागेसम्म जिवन नचलाई कन सुख्खै भएन नि। अभाव पिडाबाट कसरी मुक्त हुने। पैसा मात्र नभएर पनि मानिसलाई पिडा हुँदैन। दुर्घटनाबाट पनि पिडा हुन्छ। परिवार गुमाउने पनि कसैले टारेर नटर्ने समस्या हुन्छ। जतिसुकै धनी मान्छेलाई पनि त्यो आइलाग्न सक्छ। त्यस्तो पीडाहरु आयो भने मैले यसलाई जिन्न पर्ने रहेछ भन्नु पर्ने रहेछ।

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यो घटनालाई जीत भनेर भावीले अर्हाएको हो, मैले जित्न पर्छ भनेर सकेसम्म जितेरै चलाउने हो। जीवन भनेकै जित्नलाई पाएको हो। अखिरमा पूर्णबिराम लाग्ने पर्छ। त्यो पूर्ण बिराम नलागुन्जेल जिवनलाई सार्थक बनाउन पर्छ जस्तो लाग्छ मलाई।

मौलिक नेपाली कलाको विकास र अहिले बिदेशी गीत, संगीत र चलचित्रको प्रभाव बारे यहाँको विश्लेषण?

ग्लोबलाइजेशन (Globalization) को जमानामा हाम्रो चलचित्र, गीत संगीतमा विदेशको प्रभाव पर्यो भनेर दुख्छ मान्नु पर्ने बेला छैन। जस्तो चाईनीज (Chinese) संस्कृति गीत सुन्दा, तिनीहरूमा कहिले वेस्टर्न (western) गीत बाट प्रभाव पर्यो र भनेको जस्तो लाग्छ। तर तिनीहरू पनि वेस्टर्नाइज्ड (westernized) भएका छन्, त्यस्तै हाम्रो क्लासिकल (classical) गीतमा र वेस्टर्न (western) गीतमा सितार प्रयोग गर्ने, उता रिदम प्रयोग गर्ने चलन पनि चलेको छ। एउटा सानो मोबाईल (mobile) मा सारा संसार देखिन्छ। कुनै चीज हेरी रह्यो भने त्यसको प्रभाव मलाई पनि पर्छ। त्यसको डाइरेक्ट (direct) कपी पेस्ट (copy paste) गर्नु भन्दा कुनै चीजले इम्प्रेस (impress) भएमा आफ्नो मौलिकतामा ढालेर प्रयोग गर्ने चलन पनि छ। त्यसो गर्ने हो भने क्यामरा (camera) पनि हामीले बनाएको होइन, साउण्ड सिस्टम (sound system), थिएटर (theater) पनि हामीले बनाएको होइन तर पछि अरुले गरेको देखेर गरेको हो नि हामीले पनि। अनुसरण गर्नु पर्छ, तर आफ्नो पन लाई नबिर्सिक्न। अरु संग प्रभावित हुनु राम्रै कुरा हो जस्तो लाग्छ।

अहिलेको प्रजातान्त्रिक अभ्यास जहाँ स्वतन्त्र व्यक्तिहरूको लहर आएको छ, जहाँ देशलाई केहि गर्छु भन्नेहरूको आगमनको कसरी मूल्यांकन गर्नुभएको छ? (जस्तै: बालेन जी, रवि जी, हर्क साम्पांग जि)

राजनीति हाम्रो लागि दुर्भाग्य हो कि? जस्तै अहिले बालेनको उदय भयो, हर्क साम्पांग, रवि लामिछाने र अरु मान्छेहरू भो, पार्टी भित्र बाट आईदिएको भए अझ राम्रो हुन्थ्यो। किनकि हामी कहाँ बहुदलिय व्यवस्था छ नि। संबिधान मै पार्टी बाट चल्ने भनेको छ। पार्टी भित्र त्यस्तो मान्छे नदेखिएकोले बाहिर बाट आउनु भयो उहाँहरू। तर वहाँहरू जस्तो मान्छे पार्टी भित्र बाटै उदय भएको भए अझ आशा गर्ने ठाउँ हुन्थ्यो। अब स्वतन्त्र उहाँहरूले संसदमा गएर ठुला अवाज उठाउन सक्ने सम्भावना चाहिँ छ, त्यसलाई हामीले एकदमै पोजीटिभ (positive) तरीकाले लिनु पर्छ। जस्तो बालेन शाह पार्टी भित्र बाट आउनु भएको भए एक दुई वटा बोल्ड (bold) निर्णय पनि गर्नु पर्ने हुन्छ। त्यसमा पार्टीले नगर गर्न हुँदैन, हाम्रो भोटर्स (voters) बिग्रिन्छ भनेमा पार्टीको आदेश भन्दा बाहिर जान गाह्रो हुन्छ। केहि काम गर्न सजिलै पनि हुन्छ जस्तो लाग्छ। भर्खर आउनु भएको छ, पार्टी ले कति सपोर्ट (support) गर्छ बालेन जी लाई। भोली हरेक चीजमा वहाँले उठाएको काममा पार्टी, पुलिस, प्रशासन ले सहयोग नगर्ने भयो भने वहाँलाई अगाडी बढ्न गाह्रो हुन्छ। त्यसैले वहाँ जस्तो तेजस्वी मानिस पार्टी भित्र बाट जन्मनु पर्थ्यो। पार्टी नै त्यस्तो हुनु पर्थ्यो। पार्टी भित्र त्यस्तो मान्छे नभएर नै त्यस्तो व्यक्तित्वहरूको शून्यता भएर नै बाहिरका स्वतन्त्र उम्मेदवारले जितेर आउनुभएको जस्तो लाग्छ।

नेपाल बाहिरका Nepali संघ- संस्थाहरूले नेपाल प्रति पुर्याएको सहयोगलाई कसरी हेर्नु भएको छ?

साथै, बिगतमा Nepalese Association in Southeast America (NASEA) जस्ता संघ-संस्थाहरूबाट मानार्थ सदस्य (honorary member) द्वारा सम्मानित भएको “मह जोडी” र आज Nepalese Association of Florida (NAF) बाट पूनः सम्मानित हुन लाग्नु भएकोमा कस्तो अनुभूति भएको छ?

संघ- संस्थाको मानार्थ सदस्य (honorary member) हाम्रो लागि एउटा ठुलो सम्मान हो। यसले ठुलो महत्व राख्छ, नेपालमा धेरै वटा पुरस्कार पाएका छौं तर यहाँ बाट पाएको पुरस्कारको बिशेष स्थान हुन्छ। अब हामीलाई दिएको स्याबासी पनि हो। यत्रो वर्ष काम गरेको निरन्तरता पनि हो। हामी सन् १९९० देखि अमेरिका आउन थालेको हो। आजको दिन सम्म धेरै पल्ट आयौं, कति पल्ट हिसाब किताब नै छैन। यहाँका मान्छेहरूले जहिलेपनि सामाजिक संजाल बाट यू ट्यूब (YouTube) हेरेर हामी लाई माया गरिदिनु भएको छ। अहिले नेपाली चलचित्रको बजार भैसकेको छ। नेपाल, अस्ट्रेलिया अनि तेस्रोमा अमेरिका छ। हामीलाई भन्दा पनि भाषा संस्कृतिलाई, देशलाई माया गर्नु भएको हो यस सम्मान द्वारा।

यहाँलाई नेपालीहरूले धेरै माया गरेको बताउनु हुन्छ। तर यहाँहरूले त हामीलाई झन् धेरै माया गर्नु हुँदो रहेछ। आज नेपाल भित्र मात्र नभई, विश्व भरि बाट अर्थ संकलन गरि नेपालको शिक्षा, स्वास्थ्य, राजनीतिक, सामाजिक, सांस्कृतिक, सांगीतिक क्षेत्रको बिकासको लागि निस्वार्थ सहयोग गर्नु भएको। जुन बिरलै मानिसहरूले गर्छन। यस्तो महान कार्य गर्ने सौच कहाँ बाट मिल्यो? उदाहरणको लागि महापुरुष – समता फाउन्डेशन (Samata Foundation) लाई लिन सकिन्छ।

हामीले पहिले पनि रंगमंचमा जति प्रोग्राम (program) गर्यौं, रोटरी (Rotary), जेसीज (Jaycees), लायन्स क्लब (Lions Club) यस्ता प्रतिका संस्थाहरूले आयोजना गर्नु हुन्थ्यो र हामीलाई हाम्रो पारिश्रमिक दिएर त्यसबाट बाँकी बचेको पैसाले पुस्तकालय, लाईब्ररी बनाउने, स्वास्थ्य चौकी बनाउने जस्तो काम हाम्रो शुरुवाती को दिन देखिने हामीले गर्दै आएका हौं। समता (Samata) स्कूल (school) छ जुन हाम्रो योजना होइन, उत्तम संजेलले शुरु गर्नुभएको हो। निस्वार्थ तरिकाले। सय रुपियाँमा शिक्षा दिन्छु भनेर त्यो पनि १ देखि मास्टर्स सम्म र ६० हजार भन्दा बढी विद्यार्थी पढ्छन्, प्राईभेट स्कूल संग कम्पिटिशन गरेर। ईंग्लिश (English) मिडियम स्कूल संग प्रतिस्पर्धा गरेर, बिपन्न वर्गका बाल बालिकाहरूले पढ्ने मौका पाएका छन्। कुनै पनि राम्रो काम लाई श्याबसी दिनु पर्छ, हामीले हौसला दिएम्, सकेको सहयोग गर्यौं। २२ वर्ष देखि डोर्गिएर ल्याउनु भएको छ। अहिले कोविड (COVID) ले गर्दा एकदमै थला पर्ने अवस्था आयो।

हरिबंश पर्दा भित्र / पर्दा बाहिर

यसलाई कसरी निकास दिने त भन्दा सौँच्दा, प्रोफेसर (professor) उत्तम गौलीले समता सेनेटर (senator) को प्रस्ताव राख्नुभयो। झन्डै २०० जना समता सेनेटर (senetar) बन्दिनु भयो। ३ करोड रुपियाँ भयो। अहिले ४०-५० लाख दिने, अरु पैसा अक्षय कोष बनाउने योजना छ। दुई मिलियन डलर बनाउन सके गैर सरकारी संस्था Non Governmental Organization NGO, अन्तर्राष्ट्रिय गैर सरकारी संस्था INGO ले शिक्षाको लागि भनेर थपि दिने पनि हुन सक्छ। २ मिलियन डलर अक्षय कोष बनाई दिन पाए त्यसबाट आउने पैसाले उसको आधि खर्च टर्छो। यो एउटा ठुलो अभियान बनेको छ। देशमा ७७ जिल्लामा ८१ वटा स्कूल छ। अमेरिकामा त सबै पढे लेखेकै मानिसहरु आउनुभएको छ। उहाँहरुले त पढ्नु भयो तर नेपालमा जसले राम्रो संग पढ्न सक्दैन, निमुखा वर्गका मान्छेलाई पढाई दिने जुन अभियान छ, यहाँका मान्छेले दिल खोलेर सहयोग गर्नु भयो त हामी सबै ठाउँमा जान सकेनौं तर पछि अरु बेलामा अहिले छुटेका राज्यमा गएर निरन्तरता दिने छौं। सबभन्दा ठुलो कुरा ट्रान्सपेरेंसी (transparency) हो यो अत्यन्तै जरुरि छ। धेरै मान्छे आउँछन्, पैसा उठाउँछन्, के गर्छन् भन्ने लाग्न सक्छ त्यो होइन कि यसलाई ट्रान्सपेरेंसी (transparency) बनाएर, वहाँ हरूलाई पनि विस्वास दिलाउन सक्थो भने, भोलि पर्सि यस्तो दिन आउन सक्छ कि नेपालको ८१ वटा समता स्कूललाई अमेरिकामा बस्ने नेपालीहरुले Non Resident Nepalis (NRN) ले चलाई दिनु भएको छ भन्ने दिन पनि आउन सक्छ। त्यो प्रयासमा हामी छौं त र आज सबै ठाउँमा आफ्नो सानो ईभेन्ट (event) पनि गरेका थियौं, यहाँ चाहिँ महापुरुष चलचित्र अहिले आज देखाउने दिन। त्यसबाट उठेको पैसा समता स्कूललाई दिने कुरा छ। त्यो मैले दिएको होइन कि यहाँ को मान्छे हरूले - तपाईंहरुले, यहाँको अर्गनाइजर (organizer) ले दिने हो। त्यो पैसा उतातिर जान्छ। त्यसको हामी साक्षी बस्छौं।

वहाँसंग अरु धेरै जिज्ञासाहरु थिए। तर वहाँसंगै महापुरुष हेर्न जाने समय भएकोले कुराकानी टुंग्याउनु पर्यो। त्यति छोटो समयमा पनि झर्को नमानिकन कुरा गरिदिनुभएकोमा वहाँलाई धेरै धन्यवाद दिँदै र आगामी दिनमा सफलता मिलोस् र यसै गरी, हाँस्दै र हसाउँदै यहाँको जीवन बितोस् भन्ने शुभ कामना प्रकट गर्दै वहाँसंग बिदा भयौं।



Nepalese Association of Florida-Podcast By Madhu Nepal

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Bridges through The Great Nepali
Diaspora



Mrs. Preeti Adhikary
Ms. Shailee Banskota



Urja - Women's Peer Group: Empowering Women Together



Urja
Nepali Women's Peer Group
Presents:

Her Health, Her Future:

Key preventative measures every woman should know

On International Women's Day 2025

Health is Wealth
Especially us ladies need to stay healthy to be there for our families!

MARCH 8TH, 2025
10:00 - 10:30 A.M.
ZOOM MEETING

Scan to join!



Zoom Password: all4ball

Let's start taking care of ourselves!

What's on the itinerary?

- A Women's Health Information Session with our very own experts in West Palm Beach and Miami
- Coffee talk with:
 - Dr. Rachna Sedhai, MD
 - Dr. Manisha Khanal, MD,
- Moderated by:
 - Dr. Sakun Shrestha, DNP, APRN

Urja - Women's Peer Group: Empowering Women Together

Urja-Women's Peer Group is a vibrant Nepali women's community dedicated to empowering women through initiatives focused on upliftment, health, and networking in South Florida area. Our mission is to create a supportive environment where women can thrive, share resources, and collaborate for both personal and professional growth. Urja will address various issues relevant to women, focusing on uplifting Nepali women in South Florida by providing a platform for them to lead, connect, and share experiences with one another.

To celebrate International Women's Day on March 8, 2025, we will host an informative session on Women's Health, featuring leading experts from the WPB/Miami area. Join for an engaging and informal session with a Q&A, led by primary care physicians Dr. Rachna Sedhai and Dr. Manisha Khanal, moderated by nurse practitioner Dr. Sakun Shrestha. This session will take place on Zoom, so grab a cup of masala chiya and connect from your phone or laptop. Stay tuned for more details coming soon!

Be part of this inspiring journey—let's grow stronger, healthier, and more connected together!

Announcement-Formation of NAF South Florida Chapter

We would like to welcome and introduce the newly elected team of the NAF-South Florida Chapter led by Chet Joshi - President and the team, Ashma Bajracharya- Treasurer, Ashik Pokhrel - General Secretary, And Member-at-Large, Sunita Shrestha (WPB), Abhigya Neupane (WPB), Leena Basnyet (Pembroke Pines), Dr. Dhiraj Maheshwori (Miami) and Dr. Rajendra Paudel (Miami). We are excited to continue our journey together to serve this community from Miami to Fort Pierce. Please feel free to reach out to Chet Joshi and his team from South Florida. Please reach out to our new chapter team at sfnafloida@gmail.com



Congratulations



Nepalese Association of Florida
Present
Newly Elected Executive Team (2025-27)
South Florida-NAF Chapter



Chet Joshi
President
Parkland



Ashik Pokhrel
General Secretary
Port St. Lucie



Ashma Bajracharya
Treasurer
West Palm Beach

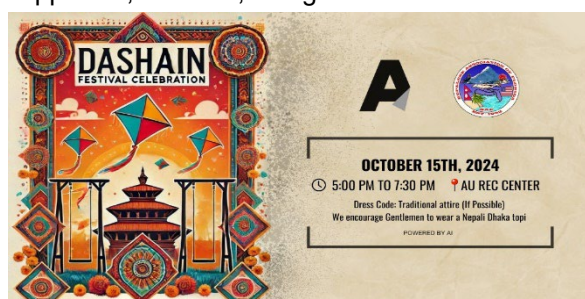
Members-At-Large

Sunita Shrestha (WPB)	Leena Basnyet (Pembroke Pines)
Abhigya Neupane (WPB)	Dr. Dhiraj Maheshwori (Miami)
	Dr. Rajendra Paudel (Miami)

Please contact nafloida2016@gmail.com for more information

A Home Away from Home: Nepalese Students Find Support and Community at Atlantis University Through Dashain Celebration

For many students, arriving in a new country can be both an exciting and overwhelming experience. But for the Nepalese students who recently arrived at Atlantis University, the feeling of being far from home was softened by the warm embrace of the Nepalese community in Florida. In the first quarter of 2024 alone, over 75 new students made the journey to the U.S. to pursue their studies, and the Nepalese Association of Florida (NAF) made sure they didn't have to navigate this transition alone. As the students began settling into their new lives, the Nepalese Association of Florida came together with Atlantis University and the Atlantis University Nepali Student Community to offer them a sense of belonging—something that was especially needed as the festive season of Dashain approached. Dashain is one of the most cherished and culturally significant festivals for Nepalese people, and NAF, alongside the university, wanted to ensure that the new students could celebrate it in a way that made them feel connected to their roots and supported by their community. It wasn't just a celebration of the holiday, but also a celebration of the students' new chapter in life and their arrival in a place where they would soon begin to build their futures. On the day of the celebration, the room was filled with the vibrant energy of more than 125 participants—students, faculty, and community members. The event was a beautiful blend of joy, tradition, and togetherness. Mr. Kumar Dhakal captivated the audience with a heartfelt explanation of the Dashain festival, sharing its historical significance and the deep cultural value it holds for Nepalese families. His words painted a picture of the meaning behind the festival, reminding everyone of the bonds that connect them to their homeland, no matter how far away they may be. Mr. Sailesh Bhujel, speaking on behalf of NAF President Mr. Niraj Shrestha, expressed gratitude to Atlantis University for their collaboration and support of the Nepalese student community. He reassured the students that NAF was always there for them and encouraged them to reach out whenever they needed help, whether it was related to academics, settling in, or just finding a sense of belonging. His message was one of unity, and his wish for everyone was a Dashain filled with happiness, success, and good fortune.



A key moment of the event was the traditional Dashain Tika ceremony. Students received Tika and Jamara, symbols of blessings and well wishes, from Mr. Bhujel himself. It was a moment of connection, not just to their cultural heritage, but also to the community that surrounded them—one that would help guide and support them throughout their time in Florida.

Throughout the evening, the students showcased their talents with vibrant musical performances, including traditional Nepali songs and dances. The atmosphere was filled with a sense of celebration, as if everyone was coming together to celebrate not just Dashain, but also the incredible journey that each student was embarking on in their new academic life.

Ms. Bianca Palacios, Head of the International Affairs Department at Atlantis University, also expressed her warm wishes to all attendees, acknowledging the importance of cultural connection. She emphasized the strength of community support, especially for students who are far from their families and homes. Her heartfelt words underscored the university's dedication to making international students feel at home, fostering an inclusive environment for all.

As the celebration came to a close, everyone gathered to enjoy a delicious Nepali dinner, graciously catered by Zeera Restaurant in Royal Palm Beach. The meal was a taste of home, a reminder that no matter how far away they were, the flavors of Nepal were still within reach, and the support of the community was never too far away. The Dashain celebration wasn't just about observing a holiday; it was a testament to the power of community. The collaboration between NAF, Atlantis University, and the students themselves created a space where the new arrivals could connect, find support, and build relationships that would last throughout their academic careers.

For NAF, this event was a powerful reminder of the importance of supporting the Nepalese student community in Florida. As they continue to help students navigate their journeys and feel at home in this new chapter of their lives, NAF is making a lasting impact, ensuring that no student ever has to feel like they are truly alone, no matter how far they are from home.

The Nepalese Association of Florida extends its heartfelt thanks to all the community members, volunteers, and partners who made this event a success. Through their generosity and support, NAF is able to continue creating a network of care and belonging for Nepalese students across Florida.



Photo Features From Our Dashain/Tihar 2024 Event

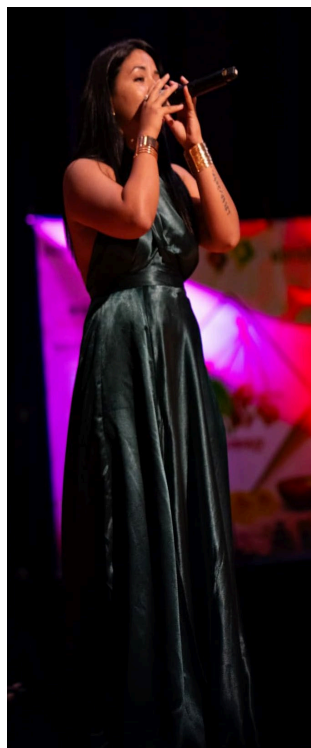


Photo Courtesy-Suren Neupane Surenspicturesque.com



Celebrating Nepal's Mountaineering Legacy: NAF and Wellington Library Host Inspirational Event

In January 2025, the Nepalese Association of Florida (NAF) partnered with the Wellington Branch Library to host an extraordinary event celebrating the awe-inspiring achievements of two of Nepal's most esteemed mountaineers—AC Sherpa and Shailee Basnet. Held at the Wellington Branch Library, the event attracted over 125 attendees, offering them a unique and immersive experience into Nepal's mountaineering culture and the incredible stories of these legendary figures.

The event marked a powerful collaboration between NAF and the Wellington Library, uniting local community members with Everest summiteers who have not only conquered the world's highest peak but also dedicated their lives to empowering others through their journeys. The event was a celebration of the indomitable spirit of Nepalese mountaineering and the personal triumphs of Sherpa and Basnet, who have inspired people globally with their perseverance and passion for change. Inspiring Tales from the Summit Master of Ceremonies, Srijana Nepal, kicked off the event with an engaging introduction, setting the tone by highlighting Nepal's unparalleled mountaineering legacy and cultural richness. The audience was soon captivated by a series of insightful speeches that brought Nepal's majestic mountains to life.

NAF President Niraj Shrestha took the stage first, expressing heartfelt gratitude to attendees and emphasizing the importance of cultural exchange initiatives like this one. The event continued with special remarks from: Douglas Crane, Director of the Palm Beach County Library System, who shared his excitement about collaborating with mountaineers and spoke about how the event brought Nepal's mountains to the attendees in a meaningful way.

The Honorable Michael Napoleone, Mayor of the Village of Wellington, who highlighted the significance of fostering cultural awareness through such events and expressed a keen interest in future collaborations.



The keynote speeches from Shailee Basnet and AC Sherpa were the event's main highlights. Basnet, a trailblazing female mountaineer, shared her journey of breaking barriers and conquering Mount Everest. She urged the audience, especially young people, to challenge societal norms and pursue their dreams, regardless of their gender or background.

AC Sherpa, the world-renowned Everest summiteer and Guinness World Record holder, captivated the crowd with his remarkable achievement of completing the Seven Summits—the highest mountains on each of the seven continents—in just 42 days. His stories were filled with lessons on perseverance, teamwork, and the mental fortitude needed to achieve such feats. AC also shared his work with the 7 Summits Foundation USA, a charitable initiative supporting healthcare and education in underserved communities.

Both mountaineers emphasized the importance of overcoming self-imposed limitations and embracing challenges. "If you can train your brain, endure the pain, and manage your menstrual cramps, you can climb Everest," Basnet said, encouraging everyone, especially the younger generation, to push past their fears and achieve greatness.

Local trekkers Dev Bhandary and Chandan Shrestha also shared their personal trekking experiences in Nepal, providing further insight into the awe-inspiring landscapes and trails that have shaped Nepal's mountaineering legacy. Their stories resonated with both seasoned adventurers and newcomers, inspiring all to explore Nepal's natural wonders.

The event was not just about mountaineering; it was also a celebration of Nepal's rich cultural heritage. Artifacts and cultural displays were showcased throughout the venue, offering guests an opportunity to engage with Nepalese art, traditions, and history. The warmth and generosity of the Nepalese community were palpable, creating a welcoming atmosphere that encouraged everyone to appreciate the culture and traditions of Nepal.

Celebrating Nepal's Mountaineering Legacy: NAF and Wellington Library Host Inspirational Event

One of the most cherished moments of the event was the book signing session with AC Sherpa. Attendees had the chance to get a signed copy of his book, *Reaching for Mountain Tops*, which chronicles his extraordinary journey and the challenges he overcame. Shailee Basnet, who dreams of writing and directing her own action movie, also shared her aspirations to inspire the world through film and expressed her openness to authoring a children's book—a dream that intrigued many in the audience. The success of the event was a testament to the strong sense of community in Florida. Volunteers from NAF worked tirelessly behind the scenes, ensuring everything ran smoothly. Special thanks were given to sponsors Santosh Sthapit, Sushil Bhattachan, Chooda Mani Khanal, and Tirtha Mali, whose support made the event possible. NAF Vice President Binod Basnet concluded the event with a heartfelt vote of thanks, recognizing the invaluable contributions of the volunteers, collaborators, and attendees. Their collective efforts turned the event into an inspiring and culturally enriching experience that celebrated not just Nepal's mountaineering achievements, but also the power of global connections and cultural exchange.

This event marked an important step in bridging cultural understanding between Nepal and the United States. Through this collaboration, NAF and the Wellington Branch Library successfully created an environment where people came together to celebrate shared values of resilience, empowerment, and community. As AC Sherpa and Shailee Basnet continue to inspire others through their incredible journeys, NAF is committed to fostering more events that celebrate Nepal's cultural richness and the power of community. This partnership with the Wellington Branch Library was just one example of how NAF continues to support its members, share Nepalese heritage, and create lasting connections across cultures. The event was a reminder that with perseverance, unity, and shared experiences, no summit is too high to reach.

A special acknowledgment goes to all the volunteers who worked tirelessly behind the scenes to make this event a success. Volunteers included Ashma Bajracharya, Abhigya Neupane, Srijana Nepal, Bimal Nepal, Krishna Shrestha, Priti Bhandary, Madhu Nepal, Shanta Pradhan, Sunita Shrestha, Eva Basnet, Saesha Neupane, Yuvani Bhandary, Mayra Gautam, Anika Sah, Aahana Khatiwada, Reeva Joshi, Ashmi Basnet, Palasha Shakya, Shivanshi Rayamajhi, Adelina Shrestha, Aarjan Thapa, Aarash Khatiwada, Rena Joshi, and Abheek Sah. This event would not have been possible without the hard work and dedication of Mrs. Srijana Nepal and the Wellington Regional Library team.

The event attracted a diverse audience, including non-Nepalese attendees, who gained a deeper appreciation for Nepal's breathtaking landscapes and its enduring legacy in global adventure and exploration. Many left feeling inspired by the mountaineers' incredible journeys and the cultural richness of Nepal. The Nepalese Association of Florida expresses its gratitude to all participants and partners for making this event a grand success and looks forward to hosting more enriching cultural experiences in the future.



What's Your Everest-Srijana Aryal Nepal

“What’s your Everest?” is one question asked by an extraordinary climber Erik Weiheymayor, who summited Mt. Everest despite being blind. This phrase became my Everest. The two summiteers with towering personalities descended at the Wellington Library at an event jointly organized by the Palm Beach County Library and the Nepalese Association of Florida (NAF). The two-time Everest summiteer and Guinness Book of World Record holder Honorary Consul General of the Government of Nepal to Washington state, **His Excellency AC Sherpa** and crusader, woman leader and comedian **Ms. Shailee Basnet** say, “If you can train your brain and endure the pain you, too, can climb Everest, your age; height; weight; and gender won’t stop you.” Mr. Sherpa has worked to raise awareness about the Sherpa community’s invaluable contributions to mountaineering. His current role as the Honorary Consul General allows him to combine his passion for the mountains with his efforts to strengthen Nepal’s relationship with the United States. Ms. Basnet who leads the ‘Seven Summits Women Team’ which became the world’s first female group to scale the highest peak in each continent, trains “young women survivors of girl trafficking and abuse” and empowers them to become licensed trekking guides. Not only that, one of those very survivors has gone to become a motivational speaker and has delivered international speeches!

This country has taught me the power of one dollar donated, the power of one book loaned, and the power of one chance granted. It can change someone’s life. Any help, be it technical or tangible, can make a positive impact. If you are thinking of making your contribution reverberate around the world, you have many options:

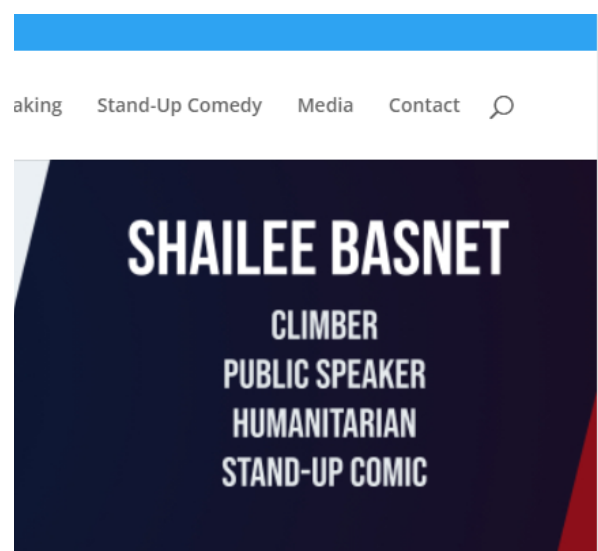
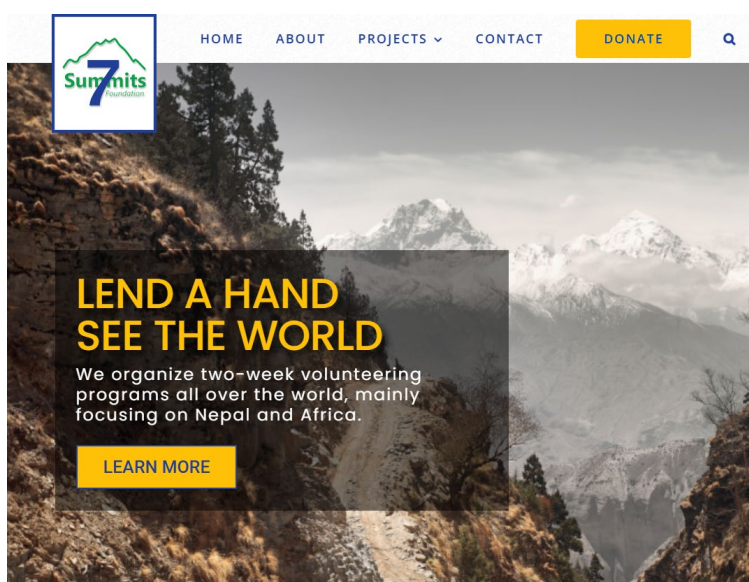
You can either climb to the basecamp or to the top of Mt. Everest!

1. If you think you would rather not climb, then you can go on a mountain flight and see Mount Everest up from the sky!
2. If you want to see young women survivors of girl trafficking on the world stage rather than in brothels, you can donate to Ms. Shailee Basnet’s current Everest-- the Female Leadership Academy:
<https://www.shaileebasnet.com/>
3. A library is a luxury in Nepal. If you want Nepali children to have that luxury you can donate to Mr. Sherpa’s raison d'être of building health clinics, schools and libraries in remote areas of Nepal:
<https://7summitsfoundation.org/>

We thank you from the top of the world. Now, my new Everest is to be a part of this humanitarian effort.

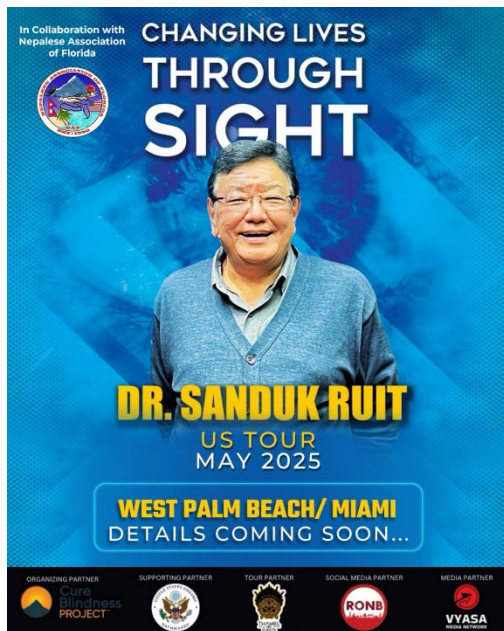
Would you make it your Everest, too?

Disclaimer: The views expressed in this article are mine and do not necessarily reflect the views of the Palm Beach County Library System or Palm Beach County government.



Disclaimer: The Nepalese Association of Florida (NAF) has no affiliation with either the foundations mentioned or the writer of this article. This content is provided purely for informational purposes only.

NAF Upcoming Programs:



Dr. Sanduk Ruit Fundraising Event
We are excited to announce that Dr. Sanduk Ruit will be in Florida for a special fundraising event on Sunday, May 18th, from 4:00 PM to 8:00 PM. More details will follow soon, but please mark your calendars! The event will take place at the Village of Wellington, West Palm Beach. Stay tuned for more information!

Event Details:

Date: April 19th, 2025 (Saturday)

Time: 1:00 PM to 4:00 PM

Venue: 874 Traditions Way, Student Service Building, Room 208/218, Florida State University, Tallahassee, FL 32304

Registration Information:

\$15 for individual

\$10 for Age 10-15 (Under Age 10 Free)

For registration, please send payment via Zelle to naflorida2016@gmail.com.



We are excited to announce a Synchronized Blood Drive organized by the Nepalese Association of Florida (NAF) in seven cities across Florida: Tallahassee, Jacksonville, Gainesville, Orlando, Fort Myers, Tampa, and West Palm Beach. The event aims to raise awareness about the importance of blood donation, address blood shortages, and ensure there are enough supplies for patients in need. We are also celebrating World Blood Donors Day.

Date: Saturday, June 14th, 2025

Activities From Our Chapter-Tampa Bay Nepalese Community

Thank You for Making the Career Counseling & Guidance Program a Success!



On March 22, 2025, the Nepalese Students Association at the University of South Florida (NeSA at USF), in collaboration with the NAF-Youth Forum and TBNC, successfully hosted the Career Counseling & Guidance Program at the USF Marshall Student Center. The event was a resounding success, thanks to the dedication of our distinguished speakers, panelists, and enthusiastic participants who made the day truly memorable. With a focus on empowering Nepali students and young professionals, the program provided invaluable insights into various aspects of career development. The turnout was overwhelming, with participants eager to learn from experts and gain skills to advance their careers. The event offered a comprehensive suite of sessions aimed at improving networking skills, refining job-search strategies, and enhancing resumes and LinkedIn profiles.

The program provided attendees with the tools necessary for success in the professional world. Participants learned how to build professional connections and define clear career goals that would pave the way for their future success. Experts shared strategies on how to make resumes and LinkedIn profiles stand out in today's competitive job market. The event also delved deep into effective job search strategies, providing guidance on acing interviews and preparing for the next career move. One of the highlights of the day was a professional LinkedIn headshot session facilitated by Dr. Suren Neupane, giving attendees the opportunity to present themselves in the best possible light online.

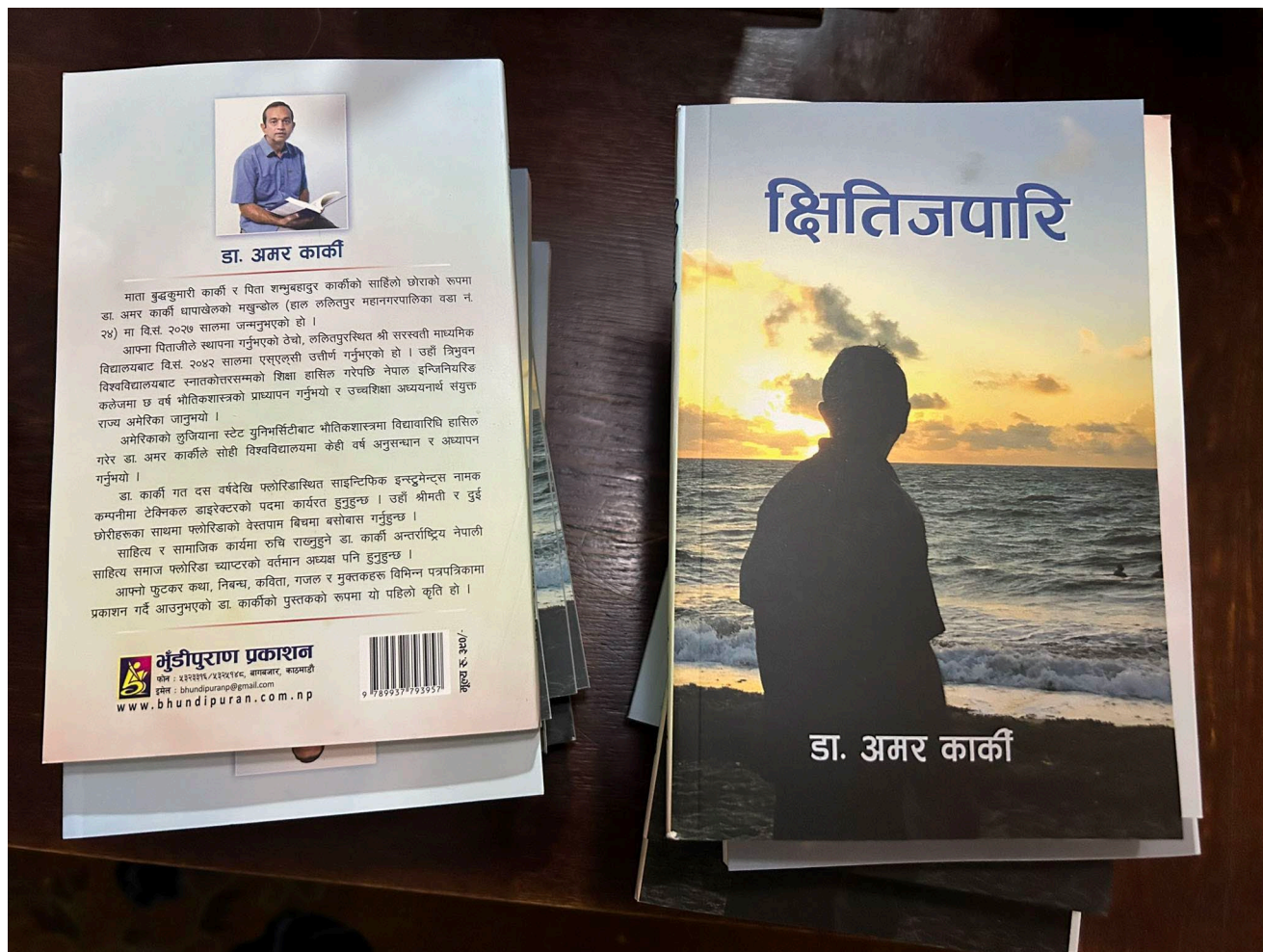
A huge thank you goes to our outstanding speakers and session leaders who shared their expertise and insights. Sam Sharma, Product Area Lead at Canon USA, offered valuable industry knowledge and career advice. Dr. Ranjit Amgai, Manager at Seminole Electric, provided guidance on career growth and professional development. Suraj Poudel, Senior Data Engineer at Centene Corporation, shared his experiences navigating the tech industry and finding success in data engineering. Dr. Suren Neupane led the LinkedIn headshot session, ensuring attendees were able to enhance their professional presence online. Arun Shrestha led the resume-building program, offering practical tips to help participants craft standout resumes that would grab the attention of hiring managers.

This event would not have been possible without the hard work and dedication of our collaborators and the NAF Central Executive team. We extend our heartfelt thanks to Rajesh Paudel, President of NeSA at USF, for his leadership and vision in bringing this event to life. Dr. Manoj Lamichhane, President of TBNC-NAF Chapter, for his continued support of initiatives that benefit the Nepali student community. Shailee Banskota, Leader of NAF-Youth Forum, for her tireless efforts in organizing and promoting the event. Special thanks to Nuva Shrestha, an undergraduate student from USF, for her stellar emceeing, ensuring the event ran smoothly and keeping the audience engaged throughout.

We are grateful for everyone who attended and contributed to making the Career Counseling & Guidance Program a success. We hope the insights and tools provided during the program will serve as valuable resources on your professional journey.

Stay connected with NeSA at USF, NAF-Youth Forum, and TBNC for more career development opportunities in the future. We are excited to announce that a career fair program is coming soon, so be sure to stay tuned for more details!

Thank you again for making this event such a success. We look forward to empowering and supporting the Nepali student community through more enriching programs and workshops in the future.



क्षितिजपारि is a collection of stories by **Dr. Amar Bahadur Karki**, who resides in West Palm Beach and currently serves as the president of the INLS-Florida Chapter. He is highly active in promoting Nepali literature within the diaspora and has mentored many individuals in writing poetry, stories, and other forms of literary expression. For more information about this book, please contact Dr. Amar Karki.

Adopt The Highway Photo Features



Adopt The Highway-Bimal Nepal, NAF Past President and Coordinator for Adopt-The-Highway Program

The morning sun rose over West Palm Beach, casting a warm golden hue over the busy Forest Hill Highway. Along the stretch of road that lay between Jog and Turnpike, a dedicated group of individuals had gathered, ready to carry out an important task—one that had become a quarterly tradition for the Nepalese Association of Florida (NAF). It was a moment of pride and purpose as they set out to complete yet another successful highway cleanup, marking their 21st effort in eight years.

This wasn't just a routine task; it was the culmination of a journey that began back in 2017, during NAF's Silver Jubilee. The idea for the Adopt-A-Highway program had emerged as a way to give back to the community—a symbolic gesture of civic responsibility and environmental care. Under the leadership of President Ram Sharan Thapa, NAF had taken the bold step to adopt a portion of the highway, a stretch of about 1.5 miles. This was not just a cleanup project; it was an opportunity to show the local community the heart of the Nepali-American population in Florida.

Krishna Shrestha had been the catalyst for this program, taking charge and organizing the very first event of its kind in the state. His passion and dedication to the cause had been contagious, inspiring many others to join the effort. For the first two years, the event had been meticulously coordinated by Dr. Amar Bahadur Karki, the then NAF Information Secretary, before passing the torch to the current leadership. Over the years, the program had grown, evolving into a beloved quarterly tradition that brought together members of all ages—young and old alike.

As the volunteers worked tirelessly, picking up litter along both sides of the highway, there was a sense of unity and purpose in the air. The work was not easy, but there was something deeply fulfilling about knowing they were contributing to the beauty and cleanliness of the place they called home. It was more than just a clean-up; it was a message to the community about the values that the Nepali-American community held dear: service, unity, and civic pride. The program had not only served to beautify the highway but had also brought NAF members closer together, forging stronger bonds within the community. One of the most heartwarming aspects of the event was the involvement of the youth. It was clear to everyone that the future of this initiative—and the community—depended on the next generation. NAF had always placed a high value on involving the younger members, teaching them the importance of giving back and making a positive impact on society.

As the final pieces of litter were gathered, and the team stood back to admire their work, there was a shared sense of accomplishment. They had once again fulfilled their mission, but more importantly, they had reinforced NAF's identity as a proud and active member of the greater Florida community. Through their efforts, they had shown that their presence was not only about living in Florida, but about actively contributing to it. It was a powerful reminder that, no matter where they were from, they were committed to making a difference. This was more than just a highway cleanup—it was a tangible representation of their civic engagement, their Nepali-American identity, and their deep-rooted belief in the importance of community involvement. As the volunteers packed up their gear and prepared to leave, there was a quiet but undeniable sense of pride. NAF had once again demonstrated what it meant to give back to the community they called home.



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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Nepali Calendar 2082

Nepali Calendar 2082

वि.सं. 2082 (B.S.) - 2025/2026 A.D.

बैशाख (Baisakh)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

जेष्ठ (Jestha)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

असार (Ashad)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32			

श्रावण (Shrawan)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

भदौ (Bhadra)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

आश्विन (Ashwin)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

कार्तिक (Kartik)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

मंसिर (Mangsir)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

पुष (Poush)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

माघ (Magh)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

फाल्गुण (Falgun)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

चैत्र (Chaitra)

आइत	सोम	मंगल	बुध	बिही	शुक्र	शनि
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					