

Quarterly Newsletter Nepalese Association of Florida

Nepalese Association of Florida (NAF), Inc. is a tax-exempt nonprofit organization registered in State of Florida



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Volume 12, Issue 1 2026 JANUARY

Winner of Jacksonville ART Competition



ART BY: serena PARAJULI

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EDITORIAL NOTE

This issue marks the first edition of *Indreni* published by the 2025–2027 NAF team. We extend our sincere appreciation to all the contributors for their valuable articles and continued support. We also take this opportunity to acknowledge and thank our current Executive Team for their dedication and ongoing contributions to NAF’s publications and initiatives.

We are already in the process of collecting articles for the next edition and encourage members to continue sharing their submissions. Articles may be sent to naflorida2016@gmail.com.

As we begin the new year, we wish you all happiness, good health, and continued prosperity.

Thank you,

Sakun Shrestha
Information Secretary, NAF
naflorida2016@gmail.com

EDITORIAL

Sakun Shrestha– Information Secretary
Binod Basnet- President
Dr. Niraj Shrestha-Former President

DESIGN AND ART DIRECTIONS

Dr. Niraj Shrestha

Disclaimer: The opinions, information, and facts presented in the newsletter are of the individual contributors as credited and not of NAF or the INDRENI editorial committee. All facts and content are the responsibility of the submitting contributors, and corrections thereof are the responsibility of the contributors alone. None of the contributors is paid for the materials submitted to the newsletter. Any changes in the submitted materials made are for space and formatting purposes only.

Nepalese Association of Florida Executive Board 2025-2027

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Mrs. Priti Bhandary- Vice-President
Mr. Deepak Neupane-General Secretary
Mr. Binod Khatri-Treasurer
Mrs. Sakun Shrestha-Information Secretary

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Dr. Netra Khanal (Tampa)
Mr. Rajendra Shrestha (Orlando)

COMMUNITY ENGAGEMENT COORDINATOR

Dr. Suman Acharya (Orlando)

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Mr. Pranav Shrestha- Miramar Ms. Eliza Acharya- Gainesville
Mr. Prakul Neupane-West Palm Beach
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Mr. Rohan Shrestha-West Palm Beach
Mr. Sahil Bhandary-West Palm Beach
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Ms. Jessica Pandey-Ponte Vedra
Mr. Praanshu Adiga-Tampa

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Dr. Niraj Shrestha (Immediate Past President) (Miramar)

Chapter Presidents

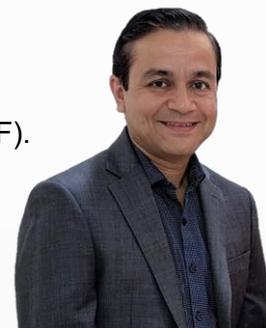
Ms. Nisha Shrestha Truelove (Jacksonville)
Mr. Asutosh Pokhrel (Tallahassee)
Mrs. Anjana Thapa Paudel (Tampa)
Mr. Chet Joshi (South Florida)
Dr. Cheban Acharya (Southwest Florida)

PRESIDENT LETTER

Namaste and Happy New Year!

It is with great honor and humility that I write this message for the **INDRENI** newsletter for the first time as the President of the Nepalese Association of Florida (NAF).

Back in 2013, when I had the opportunity to serve as the Information Secretary of this esteemed organization, we worked together to continue to improve the newsletter with a formal name **INDRENI** that would grow into a platform for community members to make their voices heard and stay connected. Today, it is truly gratifying to see how **INDRENI** has evolved over the years—thanks to the dedication and creativity of many contributors who have consistently made it meaningful, informative, and worth reading.



Binod Basnet
President

I would like to take this moment to sincerely thank everyone who has contributed articles and supported this newsletter over the years. I also encourage all community members to take time to share their stories, ideas, and experiences through **INDRENI**, helping strengthen our collective knowledge and connection.

The Nepalese Association of Florida has a proud history dating back to its inception in 1992—one rooted in collaboration, camaraderie, and communication both within and beyond our community. Over the past 34 years, **under the leadership of 15 dedicated presidents**, NAF has built a strong foundation that has helped new community members grow, flourish, and find support across the state of Florida. What began as a small group of highly motivated, forward-thinking youth has now grown into one of the largest Nepalese communities in the United States.

As our community continues to expand, so does the need to better reach members where they live. With this in mind, NAF has taken important steps to decentralize by forming local Chapters based on geographic locations. I am truly excited to work closely with our **Chapter committees** to ensure that the mission and values of NAF remain at the heart of everything we do.

Over the years, NAF has proudly conducted numerous **community-based initiatives**, including the Adopt-a-Highway program, synchronized blood donation drives, the Annual Nepali New Year Picnic, and Dashain–Tihar celebrations, to name just a few. With the introduction of local Chapters, we have also begun organizing programs that address local needs and interests. We will continue to evolve, learn, and improve—building upon the strong foundation laid by past committees.

Community organizations thrive because of **volunteers** who selflessly give their time and energy. I would like to express my heartfelt gratitude to all our volunteers—young and old—whose dedication has been instrumental in making NAF the successful organization it is today.

Last but not least, I would like to thank our **business community** for their generous support through donations and partnerships. Our community has grown not only in numbers but also in economic strength. Many Nepali entrepreneurs in Florida have made a significant impact by creating jobs, contributing to society, and strengthening Florida's economy. We are deeply grateful for your continued support in helping NAF fulfill its mission.

Together, let us continue to build a strong, inclusive, and vibrant community.

Thank you!

MEET THE CENTRAL EXECUTIVE TEAM

During the Annual General Meeting held in October 2025, the newly elected Central Executive Team officially assumed leadership for the 2025–2027 term. In the following pages, we are pleased to present brief introductions of each Central Executive Team officer.

All five executive officers bring extensive experience and a strong record of active involvement in community service, having served in various capacities at either the central committee or local chapter levels. This collective experience ensures continuity in our commitment to community-based initiatives and reinforces our dedication to advancing the core mission of the Nepalese Association of Florida.



Binod Basnet
President
West Palm Beach



Priti Bhandary
Vice-President
Wellington



Deepak Neupane
General Secretary
Tampa



Binod Khatri
Treasurer
Jacksonville



Sakun Shrestha
Information Secretary
Pembroke Pines



Dr. Suman Acharya
Community Services Coordinator
Orlando

MEET THE CENTRAL EXECUTIVE TEAM

My name is Binod Basnet, and I reside in West Palm Beach, Florida. I am deeply honored and excited to serve as the President of the Central Executive Committee of the Nepalese Association of Florida (NAF).

I have been actively involved in the Nepalese community through NAF for many years, serving in various leadership roles. From 2013 to 2015, I served as the Information Secretary, and from 2022 to 2025, I had the privilege of serving as Vice President. Throughout my involvement, I have been drawn to community service—whether through executive leadership or volunteering—because I find it both meaningful and rewarding. I strongly believe that serving the community not only strengthens leadership skills but also empowers individuals to make a positive difference where they live.

One of my key goals as President is to strengthen the organizational structure of NAF so that we are well-positioned to pursue federal and state grants. Established in 1992, the Nepalese Association of Florida has proudly maintained its 501(c)(3) nonprofit status and has consistently served the community through educational, social, and community service initiatives. I believe this is the right time for us to expand our reach by leveraging grant opportunities to better support families in need across Florida.

I am a strong believer in individual rights and democratic values. To me, democracy is not only about advocating for one's own rights but also about respecting, appreciating, and safeguarding the rights of others.

On a personal note, I enjoy watching and playing sports such as soccer and cricket, which help me stay active and connected with the community.

I can be reached at my email address: basbin123@gmail.com



Binod Basnet
President

MEET THE CENTRAL EXECUTIVE TEAM

My name is Priti Dhungel Bhandary, and I serve as the Vice president. I joined the Executive Committee because I'm passionate about giving back to our Nepalese community and helping preserve our culture, values, and traditions here in Florida. After being involved with the organization for several years, I wanted to contribute more meaningfully by supporting our members, strengthening community connections, and helping create opportunities for engagement across all generations.

What excites me most is working alongside dedicated volunteers to build programs that bring our community together — from cultural celebrations and youth involvement to community support initiatives. Seeing people connect, celebrate our heritage, and support one another is incredibly rewarding. One of my goal for this year is to increase member engagement and participation, especially among families and younger generations, while improving communication and collaboration within the association.

I bring strong organizational skills, teamwork, and relationship-building experience. Having been involved with the association for several years, I understand the needs of our community and enjoy helping plan events, support volunteers, and turn ideas into action.

On a Personal note, I love traveling! Some adventures have been unexpected — like when a flight from Dubai to Nepal was diverted and we were held on the runway in Lucknow for seven hours — but I've also met incredible people and even a few celebrities from India and Pakistan. Traveling, for me, is a mix of learning, cultural discovery, and pure enjoyment.

I can be contacted via Email, text, or in-person at association events and gatherings.



Priti Dhungel Bhandary
Vice President

MEET THE CENTRAL EXECUTIVE TEAM

My name is Deepak Neupane, and I reside in Tampa, Florida. I currently serve as the General Secretary on the Central Executive Committee (CEC) of NAF.

I have been actively involved in community service and remain deeply committed to serving the community. Driven by my desire to contribute more meaningfully and engage in impactful initiatives, I joined the Central Executive Committee. Interacting with individuals facing diverse challenges and working toward solutions within the community has been both motivating and fulfilling. This experience has further strengthened my passion for community service and inspired me to take on a leadership role within the organization. Additionally, serving on the committee has helped me develop my leadership skills both professionally and personally.

As a Central Committee member, one of my key goals is to publish a three-month calendar in advance so that the Nepali community is well informed about upcoming NAF programs and can participate accordingly.

On a personal note, I enjoy playing soccer and exploring a variety of cuisines. I also love traveling to new places and spending my leisure time cooking.

The best way to connect with me is via email at dipaknnp@gmail.com.



Deepak Neupane
General Secretary

MEET THE CENTRAL EXECUTIVE TEAM

Namaste! My name is Binod Khatri, and I am serving as the Treasurer of the Nepalese Association of Florida (NAF). I joined the Executive Committee with a strong desire to give back to the community and contribute in ways I know best. Supporting the Nepali community wherever and however I can has always been close to my heart.

What excites me most about this role is the opportunity to help the community through effective financial management and transparency. For this year, my key goal is to establish a simple, clear, and sustainable financial system that can be utilized in the future—one that benefits both the NAF team and our broader community. I'm also interested in exploring new ideas and initiatives that can further support our members.

I enjoy working with numbers and finances, and I look forward to contributing my skills and experience to the team. Outside of community work, I enjoy outdoor games and practicing yoga. The best way to connect with me is through a phone call, as I enjoy discussing ideas and collaborating directly.



Binod Khatri
Treasurer

MEET THE CENTRAL EXECUTIVE TEAM

My name is Sakun Shrestha, and I currently serve as the Information Secretary on the Central Executive Committee (CEC) of NAF. I have been closely associated with NAF indirectly supporting its mission of fostering community engagement and giving back to the society. This connection inspired me to step forward and join the executive committee, allowing me to contribute more directly to sustaining and advancing NAF's goals for the community.

What excites me most about this role is the opportunity to serve as a vital link between the community and the committee, ensuring that members' voices, ideas, and perspectives are shared openly and effectively. One of my key responsibilities within the CEC is overseeing the timely publication of NAF's quarterly magazine, *Indreni*. My goal would be to ensure that each edition offers meaningful, informative, and engaging content, while also providing a platform for writers and creatives of all genres to showcase their talents within our community.

On a personal note, those who know me well know that I am a passionate foodie. I enjoy exploring new cuisines, watching cooking-related shows, and traveling to experience diverse cultures through food.

The best way to connect with me is via email at shresthasakun@gmail.com



Sakun Shrestha
Information Secretary

MEET THE CENTRAL EXECUTIVE TEAM

My name is Dr. Suman Acharya, and I am the Community Services Forum Coordinator. I joined the Executive Committee to give back to the Nepalese community in Florida by strengthening community service initiatives and fostering inclusive engagement. I see this role as a way to translate shared concerns into collective action while building a stronger, more connected diaspora.

What excites me most about this role is the opportunity to turn community concerns into concrete action. As Community Service Forum Coordinator, I am motivated by creating spaces where community members can share ideas, identify needs, and collaboratively design solutions—whether through service programs, awareness initiatives, or partnerships with local institutions. This role allows me to help mobilize skills, knowledge, and goodwill within our community and translate them into meaningful impact that strengthens both our Nepalese diaspora and our broader civic engagement in Florida.

My priority this year is to build an action-oriented Community Service Forum that mobilizes youth and community members to deliver focused initiatives in health, education, and disaster response with clear, measurable impact for the Nepalese community in Florida.

I bring experience in community engagement, program coordination, and collaborative leadership, with a strong ability to connect community needs to practical actions through dialogue, partnerships, and organized service initiatives.

I love traveling and have solo-traveled across 75 districts of Nepal, an experience that has given me deep insight into Nepal's cultural diversity, local challenges, and community resilience.

The best way to connect with me is via email (acharya.suman1994@gmail.com) or phone (207-907-5073).



Dr. Suman Acharya
Community Services Forum - Coordinator

LOOKING BACK – Memories from Past Presidents

Leadership and Achievements of Dr. Archana Kattel as President of Florida Nepal Association (2010-2013)



Dr. Archana Kattel served as the First Woman President of the Florida Nepal Association (FNA) from 2010 to 2013. During her presidency, she became the first woman to hold this position and played a pivotal role in uniting the Nepali community in Florida through significant organizational and community initiatives.

Unification and Community Building

Dr. Kattel was instrumental in merging the Florida Nepal Association (FNA, established in 1992) with the Florida Association of Nepalese Societies (FANS, established in 2011). The resulting organization was named the “United FNA-FANS,” and is now known as the Nepalese Association of Florida (NAF). She took pride in bringing these groups together, demonstrating compassion and leadership that strengthened the Nepali community.

She led the design and publication of the NAF Silver Jubilee newsletter “INDRENI” in October 2017.

Reflections on Her Tenure

At the conclusion of her term, Dr. Kattel expressed her gratitude and pride in serving the community: “I truly enjoyed serving our community in Florida and am very proud of everything we have accomplished together with my executive teams during my tenure these past three years.” She encouraged continued involvement, stating, “You take pride in everything FNA has accomplished, because this is everything you have accomplished. And maybe it will inspire you to be involved and contribute to the community even more through the association in the coming years – without your help, FNA is just another group, but with your help, it is a strong community.”

Major Achievements

- Raised awareness about FNA and its activities among community members.
- Strengthened the organization’s by-laws through amendments in 2011, updating and adopting new regulations at the 19th FNA Annual General Meeting in Orlando to meet the evolving needs of the community.
- Improved the FNA website (www.floridanepal.org) by incorporating business advertisements, a Nepali calendar, a health section, Bhanchha Ghar, and implementing online payment procedures for membership and donations—an unprecedented step in FNA’s history.
- Enhanced the FNA Newsletter by adding health and recipe sections and establishing a quarterly electronic circulation. Initiated a printed “Special Dashain Edition” distributed annually.
- Responded compassionately to an unexpected situation in September 2011, when a woman and her sick daughter arrived from Nepal seeking help. Dr. Kattel provided shelter, medical consultations, and ensured they received proper care in the U.S.
- Organized fundraising efforts to support Manisha Sapkota of Jacksonville, who was injured by a stray bullet while at work.
- Introduced a community blood drive program during the Nepali New Year 2069 picnic in Gainesville on April 14, 2012, collaborating with NAsEA and the Nepali Student Association at the University of Florida.
- Represented FNA at the official launch of the Congressional Nepal Caucus in Washington, D.C., on July 17, 2011, following an invitation from His Excellency Dr. Shankar P. Sharma, Ambassador of Nepal to the USA. Mr. Babu Ram Adhikari and Dr. Bijaya Kattel attended the event.
- Celebrated FNA’s 19th anniversary with “Visit Nepal Year 2011” programs in Orlando, attended by Ambassador Dr. Shankar Prasad Sharma. Dr. Brijesh Thapa, Professor at the University of Florida, presented on Nepal’s tourism and economic development.
- Hosted an informational panel discussion on the Congressional Nepal Caucus, moderated by Dr. Archana Kattel, with panelists including H.E. Dr. Sharma, Mr. Nathan Dunn (Field Director for Congressman Daniel Webster), Mr. Baburam Adhikari, and Dr. Bijaya Kattel.
- Ensured the Nepal Study Forum actively organized diverse programs throughout Florida, such as “Everest and Me,” “Promotion and Introduction of Business Entrepreneurs to our Nepali community,” “Acupressure,” “Managing Personal Finance,” and “Trading Health: Plants, Medicine, Conservation and the Poor in Nepal.”
- Invited the local Mayor as chief guest for the AGM and the 20th FNA birthday celebration in 2012.
- Introduced separate children’s programs, including magic shows by professional magicians, videos, coloring activities, movies, and babysitting services during major FNA events, which were highly appreciated by the community.

LOOKING BACK – Memories from Past Presidents

NAF Silver Jubilee Team



My Name is **Ram Sharan Thapa**. I was president of Nepalese Association of Florida from 2015-2017. I have been living here in West Palm Beach, since 2000 AD. I live with my wife and a daughter. I also served as a treasurer of United FNA-FANS in 2013-2015. I am USPTR certified from Van Der Meer Tennis University Hilton Head, South Carolina in 1997. I am serving as a teaching professional, ITF Level one coach, actively teaching part time in our community.

We had a great team in my tenure who are very responsible and community oriented.

In addition to our regular program, we have made historical achievement by officially changing the name of our organization from United FNA-FANS to Nepalese Association of Florida (NAF).

Highlights of my tenure:

- NEPAL EARTH QUIKE RELIEF FUND distribution Continued...
Opening Balance 12/31/2015 \$ 26,160.27
Fund distributed \$ 23,440.00 Balance \$ 2,720.00
- 2016 New Year Eve at West Palm Beach.
- 2016 Nepalese New Year Picnic in Gainesville
- 2016 (WHIAAP) Interaction Program with the then

President Obama Adviser representing APAC Ms. Sanjita Pradhan in West Palm Beach.

- Family and Youth Counseling Program throughout Florida.
- 2016 Dashain celebration in Tampa
- 2016 Name Change of Organization to NAF: The Amendments/Nominations and Elections Committee (ANEC) announced the results of the vote count to change the current name of United FNA-FANS. Based on the votes received, the new name of the organization was changed to **Nepalese Association of Florida (NAF)**
- Represented Himalayan Handicraft Expo in collaboration with NAF in Orlando
- NAsEA/NAF-BDA Blood Drive in WPB to mark NAsEA Silver Jubilee 2016 2017 Nepali New Year Celebration in Orlando.
- Launched Adopt-A-Highway Program 2017 in WPB- NAF towards Civic Engagement
- NAF Silver Jubilee 2017 and Dashain Celebration in West Palm Beach with various activities. Sports, Culture, Youth and various Forum.
- NAF Silver Jubilee Special Publication Life Member and General Members Drive

Following are the executive board members and advisers in my team.

President:

Mr. Ram Sharan Thapa

Vice President:

Dr. Choodamani Khanal

General Secretary:

Mr. Kamal Tiwari,

Information Secretary:

Dr. Amar B. Karki

Treasurer: Ms. Anila Neupane

Member-at-large:

Mr. Dinesh Khatiwada

Dr. Basudev Pudasaini

Mr. Kiran Raj Pandey

Mr. Sabin Shrestha

Mr. Pranav Chapagain

Mr. Gopesh Maskey

ANEC

Mr. Rajeeb Lamsal,

Dr. Bidya R. Subedi,

Mr. Rajendra K. Shrestha

Advisory Committee

Mr. Bikash Devkota

Mr. Dharma Khanal

Dr. Bijay Kattel

Dr. Dharma Acharya

Dr. Sharada Bhandary

Nepal Study and Community Forum Coordinator

Dr. Niraj Shrestha

LOOKING BACK – Memories from Past Presidents

The highlights of Florida Nepal Association During 2002-2004

Bijaya Kattel, Ph.D.

When I moved to Florida from Colorado with my family in December 1997, the Florida Nepal Association (FNA) provided a welcoming introduction to the Nepali community in the state. It was the perfect medium for making friends and integrating into the local community. Today, after three decades and two-name changes, the organization is celebrating 33 years as the **Nepalese Association of Florida (NAF)**.

Known for my "can-do" attitude, I was entrusted to lead the FNA for a two-year term during the 2002 Annual Gathering in Jacksonville. I have always believed that leading an organization is never a solo effort; it requires dedicated teamwork, and I was fortunate to have the very best. My executive committee members—**Dr. Shailendra Shukla (VP), Dr. Khushi Ram Tiwari (Secretary), Radha Mali (Treasurer), and Sanjay Bajracharya (Information Secretary)**—served as the backbone of our community initiatives.

Community Engagement and the Nepal Study Forum

During my tenure, we maintained consistent communication through quarterly newsletters and hosted regular gatherings for the Nepali New Year and Dashain. These events were vibrant displays of cultural talent and educational programming.

A particular highlight was the **Nepal Study Forum** (initiated by Dr. Sunder Shrestha and moderated by Dr. Archana Kattel), which hosted several noteworthy interactive programs, including:

Experiences and Issues of Women Living in America

Parenting in a Multicultural Environment: Expectations, Conflicts, and Strengths.

The Youth Viewpoint: Growing up in America's multicultural landscape.

Experiences in Nepal: A presentation by Ms. Elizabeth Cohen of Hollywood, Florida.

Key Fundraising and Philanthropic Milestones

Beyond our social gatherings, the 2002–2004 term was defined by successful fundraising efforts that provided critical support to those in need:

Chhetrapati Free Clinic:

We raised and sent **\$1,500**

to cover medicine and equipment costs for the clinic in Nepal. The funds were hand-delivered by then-Executive Member Dharma Khanal and featured in the July 14, 2003, issue of *The Rising Nepal*. Past President Tirtha Mali played a leading role in this initiative.

The Samrita Lohani Fund: Our community raised **\$2,323** to assist Samrita Lohani, a graduate student in Connecticut who required a kidney transplant. This effort was driven by the collective leadership of several Florida community members.

The School Project (Shree Sankhadevi High

School, Nuwakot): Through creative initiatives—including the sale of greeting cards designed by third-grader Maya Lamsal and a golf tournament organized by Rajeeb and Ruk Lamsal—we raised approximately **\$10,000**.

These funds supported the school's infrastructure, and thanks to the oversight of Mr. Baburam Adhikary and the instrumental support of the Lamsal family, the school now has its own building and necessary furniture.

Looking Forward

Following my presidency, I served as an advisor to the executive committee for over a decade. Reflecting on these highlights, my hope is that we continue to make this organization more energetic and inclusive by actively involving the younger generation of our Nepali community.



Our Programs

The Nepalese Association of Florida (NAF) has launched a virtual talk program featuring Subject Matter Experts (SMEs) on a wide range of topics relevant and beneficial to the Nepali community in Florida. This program, titled **SMETalk**, is hosted on the Zoom platform and simultaneously broadcast on Facebook Live. Its primary objective is to provide reliable and practical information on social, economic, and health-related issues that impact community members in their daily lives.

The inaugural session of SMETalk was held on **Saturday, November 16, 2025**, and featured a discussion with licensed insurance agent **Mrs. Suni Lama-Ferriero**. The session was titled **“Know Your Coverage – A Guide to Health Insurance Types.”** The discussion focused on health insurance options available in Florida through employers and the Health Insurance Marketplace.

The session was structured into five key segments, covering: an overview of the U.S. healthcare system; health insurance options for W-2 employees; coverage for self-employed individuals and business owners; health insurance considerations for international students; and programs available for Medicare and Medicaid recipients.

The program was hosted by the Nepalese Association of Florida and coordinated by **Dr. Suman Acharya**, Community Services Forum Coordinator.

NEPALESE ASSOCIATION OF FLORIDA presents **SMETALK**
interactions with subject matter experts

KNOW YOUR COVERAGE

A GUIDE TO HEALTH INSURANCE TYPES

SUBJECT MATTER EXPERT

Suni Lama-Ferriero
Licensed Insurance Agent - Your Insurance Advocate
Sunsure Insurance
954-461-6708
Sunilama-Ferriero@SunSure.me
SUNILAMA.COM

- Health Insurance (Marketplace & Off-Marketplace)
- Medicare Plans
- Life Insurance
- Accident, Critical Illness & Hospital Indemnity
- Group & Employer Benefits

SUNDAY 10:00 AM (EST)
NOVEMBER 16, 2025

HAVE QUESTIONS?
SEND IN TO: naflorida2016@gmail.com

SCAN FOR **meeting id: 891 5374 8840**
passcode: 1234

facebook.com/naflorida2016

LIVE
moderator
DR. SUMAN ACHARYA

Message from the President- Tampa Nepali Chapter

With profound gratitude and immense pride, I step into the role of President of the Tampa Bay Nepali Chapter for the 2025-2027 term. My name is Anjana Thapa Paudel. And I have been residing Tampa Florida for over a decade. I have always been interested in and actively involved in Tampa Bay Nepalese Community activities in the past days as well.”

As a President of our chapter Tampa Bay Nepalese community, I’m incredibly proud of the dedicated team we have assembled. We are united by a shared passion for making a tangible difference right here in our own Nepalese community. Our team isn’t just a group of individuals; we are neighbors, friends, and colleagues who will work to develop community focused programs and help strengthen the Tampa Bay Nepalese community.

Our newly elected Executive Team Members 2025-2027 of TBNC as follows.

President:

Anjana Thapa Paudel

Vice President:

Rupa Nyaupane

Treasure:

Anupa Ghimire

Information Secretary:

Rajesh Paudel

General Secretary:

Dr. Basu Lamichane

Chief Advisor:

Dr. Manoj Lamichane

Advisors:

Dr. Netra Khanal

Pragya Bhandari

Executive Board Members:

Deep Karki

RJ Shrestha



Anjana Thapa Paudel
President, TBNC (2025-2027)

Together, we are trying to provide more community-focused programs and enhance the Nepalese community in Greater Tampa Bay area. We also scheduled our Dashain-Tihar event on November 7th, 2026, next year at Tampa Bay.

At the end we are looking forward to working all together to build an even more strong, united and active Tampa Bay Nepalese community!

With heartfelt thanks,

Anjana Thapa Paudel

President, TNBC

Message from the President – Jacksonville Nepali Chapter

My name is Nisha Shrestha Truelove, and I am honored to serve as the current President of the Jacksonville Nepali Chapter. I was born in Kathmandu, Nepal, and raised in the Northern Mariana Islands, a U.S. territory. Growing up away from Nepal at a young age taught me adaptability and resilience, while I continued to carry my roots, culture, and values close to my heart. I have resided in St. Augustine, Florida, since 2014, where I live with my husband and our two children, ages three and seven. Professionally, I work in the health care administrative field, and I have been also actively involved in serving the Nepali community as part of the chapter's executive leadership since 2021. Over the past decade, I have personally observed the Jacksonville Nepali community evolve into a welcoming, family-centered environment that fosters mutual support while preserving our cultural identity.

As our community continues to grow, I remain committed to embracing new ideas and approaches that reflect the evolving needs of our members. One of my primary focuses is creating meaningful opportunities for our children and young adults to connect with their Nepali heritage while building confidence, leadership skills, and a strong sense of identity. Through cultural programs, youth-led initiatives, volunteer opportunities, and partnerships—especially with the Nepali Association of Florida (NAF)—we aim to empower the next generation to take pride in their roots while becoming responsible and engaged leaders.

The Jacksonville Nepali Chapter plays an important role in organizing cultural celebrations such as Dashain, Tihar, and Teej, supporting families, and fostering a welcoming environment for both longtime residents and newcomers. These efforts would not be possible without the dedication of our past and present leaders, volunteers, donors, and the continued guidance and support of NAF. I extend my sincere gratitude to everyone who contributes their time, energy, and commitment to strengthening unity, compassion, and cultural pride within our community.

Introducing the Jacksonville Nepali Chapter Executive Team

President:

Nisha Shrestha Truelove

Treasurer:

Sonam Pakhrin

Vice President:

Binod Khatri

Information Secretary:

Divya Delevan

General Secretary:

Roshani Rana

Executive Members-at-Large:

- Sonam Pakhrin
- Mijala Tuladhar
- Durga Sharma
- Paru Gurung



Together, with the continued support of NAF, our volunteers, donors, and community members, we look forward to strengthening community bonds, incorporating innovative ideas, and nurturing the next generation of leaders.

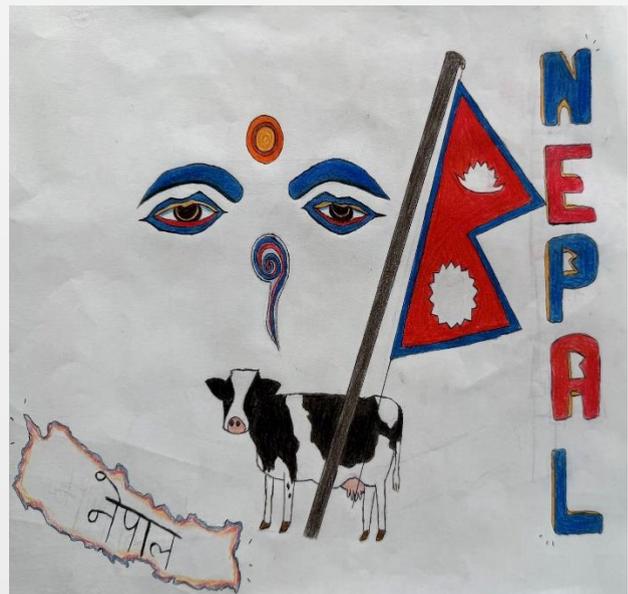
With Gratitude and Pride,
Nisha Shrestha Truelove
President, Jacksonville Nepali Chapter

Mero Nepal - Art Competition

Nepal is often known as “the country with Mt. Everest,” “the birthplace of Buddha,” or, by some, mistakenly thought to be part of India. While the first two are true, the last is not, and there is so much more to Nepali culture than many people realize.

On Sunday, September 28, 2025, the Jacksonville Nepali Chapter hosted its first art competition at Jax Spice. Participants were asked to create artwork that represented what Nepal means to them—whether it was a plate of Momo, Mount Everest, or other symbols of Nepali culture. Participants had about two weeks to complete their submissions. The winners were announced during the chapter’s annual Dashain event on October 18, also held at Jax Spice. All participants received prizes including a sketchbook, a box of colored pencils, and a trophy. The top three winners received personalized trophies, and the first-place winner had their artwork printed on a T-shirt available for purchase. The top three winners were Serena Parajuli, Reedaya Aryal, and Jay Dahal. I am honored to be first in the first Jacksonville Nepali Chapter art competition about what Nepal means to us. I was honestly surprised, as many participants created beautiful artwork that could have easily taken first place. This competition was a wonderful way to showcase Nepali culture, and I applaud the organizers for the idea.

Nepal means a lot to me. I couldn’t fit everything that reminds me of Nepal on one piece of paper, so I focused on the main symbols in my mind: the Nepal flag, a cow, the silhouette of Nepal with the word ‘Nepal’ written in Nepali, and the Wisdom Eyes. The flag is unique, the only national flag that is not rectangular. The cow is the national and sacred animal of Nepal. I included the country’s silhouette so people can recognize Nepal as its own nation, not part of India, and added the word ‘Nepal’ in Nepali to show our language. Most people I’ve met have assumed that I am Indian. When they learn that I’m Nepali, they then assume that Nepal resides in India. This has happened to more people than I can remember. India is a great place, but I just want people to know that Nepal is its own place, a heavily cultural and beautiful one at that. Finally, I drew the Wisdom Eyes, which symbolize understanding and seeing reality clearly. Thank you to the Jacksonville Nepali Chapter for organizing this event and giving everyone a chance to showcase what Nepal means to us.



Serena Parajuli, 6th Grade

Crossword Puzzle

Rules:

This crossword puzzle is designed for children studying in high school or below. All participating children are requested to solve the puzzle on their own.

Please send in the picture of the solved puzzle to nafloida2016@gmail.com by **midnight March 15, 2026 (Sunday)**.

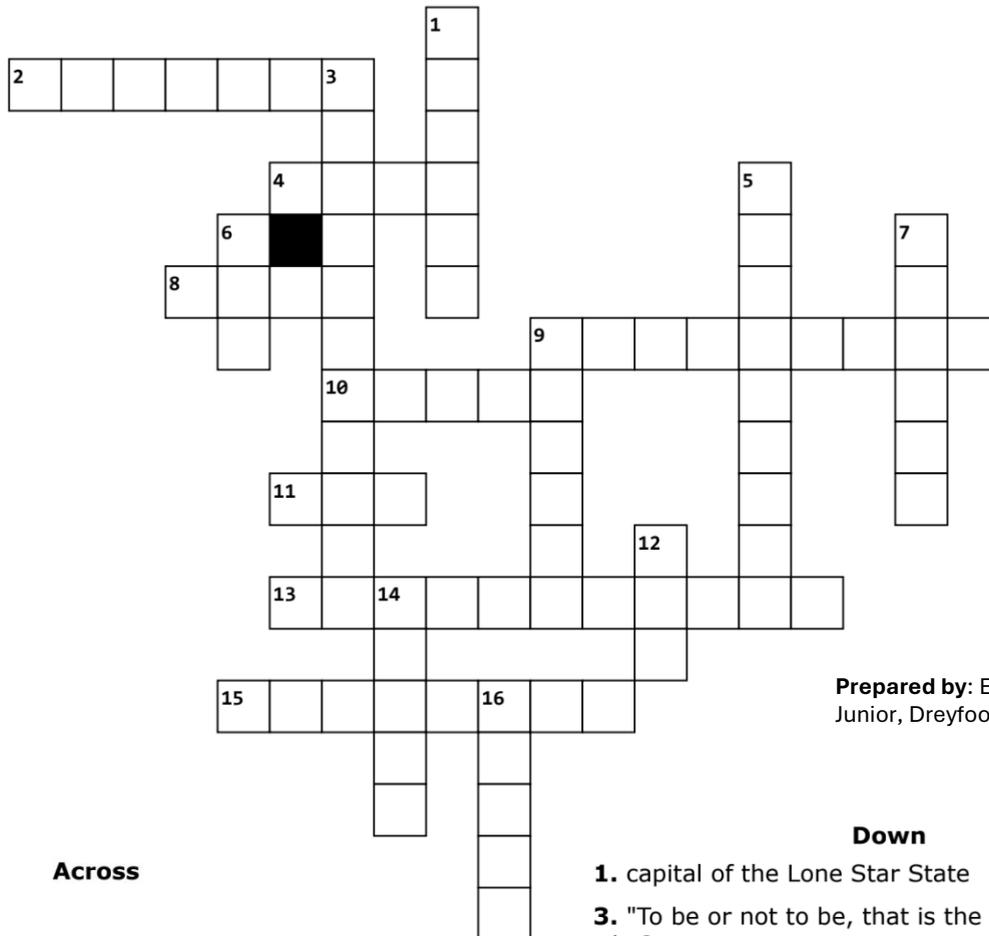
Two correct entries will receive **cash prize of \$50 each, thanks to our sponsors**. If we receive more than two correct entries, we will conduct lucky draw to choose two winners.

Sponsored by:

Mrs. Renu Lugal
Mr. Ashish Basistha



6230 W Indiantown Rd
Ste. # 1 & 2, Jupiter, FL 33458



Prepared by: Eva Basnet
Junior, Dreyfoos School of the Arts

Across

- 2. de nada!
- 4. NaCl
- 8. a university in Texas, also comes in brown, sushi, and jasmine varieties
- 9. singer who put his pinky rings up to the moon
- 10. it used to be a planet
- 11. sin/cos/___, also something you can get on the beach in the sun
- 13. a vegetarian that eats fish
- 15. Big sports tournament coming this summer in the USA, Canada and Mexico

Down

- 1. capital of the Lone Star State
- 3. "To be or not to be, that is the question." said who?
- 5. Japanese city bombed by the U.S. in WWII
- 6. who was afraid of seven?
- 7. the color of Rumi's hair in "Kpop Demon Hunters"
- 9. a bee in your ___?
- 12. be right back!
- 14. where the witch trials took place
- 16. Roman figure who shoots arrows of love

अन्तर्राष्ट्रिय नेपाली साहित्य समाज (अनेसास), फ्लोरिडा च्याप्टरको पाटो

डा. अमर कार्कीको अध्यक्षतामा रहेको अनेसास, फ्लोरिडा च्याप्टर कार्य समिति (२०२४-२६) मा निम्न पदाधिकारीहरू हुनुहुन्छ।

१. अध्यक्ष - डा. अमर कार्की, वेष्ट पाम बिच
२. बरिष्ठ उपाध्यक्ष - धर्म खनाल, फोर्ट लाउडरडेल
३. क्षेत्रीय उपाध्यक्ष, तल्लाहासी -मेघ राज अधिकारी
४. महा सचिब - प्रमिता रेग्मी, मायामी
५. कोषाध्यक्ष - गोपेश मास्के, वेष्ट पाम बिच
६. कार्यकारी सदस्य - बिष्णु ढकाल, तल्लाहासी
७. कार्यकारी सदस्य - बिनु पाठक, ओर्ल्याण्डो
८. कार्यकारी सदस्य - लक्ष्मी खतिवडा, पोर्ट सेन्ट लुसि
९. कार्यकारी सदस्य - डा चेबन आचार्य, फोर्ट मायर्स



अनेसास फ्लोरिडा च्याप्टरले नेपालीज एसोसिएसनसँगको सहकार्यमा बिभिन्न साहित्यिक, सांस्कृतिक र सामाजिक कार्यक्रमहरू सम्पन्न गर्दै आएको छ।

प्रत्यक्ष जमघट र जुमबाट आयोजना भएका यि कार्यक्रमहरूमा अमेरिकाको बिभिन्न राज्यहरू र नेपालबाट साहित्यसँग लगाब राख्नु हुने तथा नेपाली भाषा र संस्कृतिलाई माया गर्नु हुने माहानुभाबहरूले प्रत्यक्ष र अप्रत्यक्ष सहभागि भएर मिठा मिठा भाबना र सन्देश साट्नु भएको थियो।

केही उल्लेखनीय कार्यक्रमहरू यसप्रकार छन्।

- नेपाली नयाँ बर्ष - साहित्यिक भेटघाट
- प्रेम दिबस - सृजना बाचन
- आमाको मुख हेर्ने दिन - आमाको सम्झना र सम्मान
- कुशे औँसी - बुबालाई समर्पित कार्यक्रम
- अनेसास फ्लोरिडा च्याप्टरको महाधिवेशन तथा भानु जयन्ति समारोह - 'घाँसी' नाटक मन्चन, कबिता र गजल बाचन
- लक्ष्मी जयन्ती र देउसी भैलो कार्यक्रम- महाकवी लक्ष्मी प्रसाद देबकोटा को जिवनी चर्चा, कबिता बाचन र देउसी भैलो नाच गान
- सरस्वती पूजा - नेपाली पाठाशालाका नानीहरू र गुरुहरूबाट पुजा र अर्चना

फ्लोरिडा च्याप्टरको प्रतिनिधित्व गर्दै अनेसास केन्द्रको कार्यक्रमहरूमा कार्यसमितीका सदस्यहरूले सहभागिता जनाउँदै आएको छ। करिब २० जना अनेसासको आजबिन सदस्यहरू भएकोमा थप ३ जनाले यसै च्याप्टर मार्फत अनेसासको आजबिन सदस्यता लिनु भएको छ।

त्यसैगरि ३७ जनाले बार्षिक सदस्यता लिनु भएको छ।

अनेसास फ्लोरिडा च्याप्टरले प्राय सबै कार्यक्रमहरूमा लाग्ने खर्च स्थानिय नेपाली समुदायहरूको सहयोगमा नै जुटाउँदै छ।

साउन २ गते, बि. स. २०८३ तद अनुसार जुलाई १८, सन् २०२६ का दिन अनेसास फ्लोरिडा च्याप्टरको महाधिवेशन तथा नयाँ कार्य समिती (२०२६-२०२८) को पदभार सम्पन्न हुनेछ।

- डा. अमर कार्की
अध्यक्ष, अनेसास फ्लोरिडा च्याप्टर



South Florida Real Estate Market

Not long ago, buying a home in South Florida felt like a rat race. Houses sold in days, bidding wars, prices climbed quickly, and buyers had to make quick decisions. Today, the pace is different, and the market is telling a new story.

Single-Family Homes

Single-family homes are still the stars of the market. Families and long-term buyers continue to look for space, privacy, and good neighborhoods. These homes are still selling, but just not overnight. Buyers are taking their time as there are more options to choose from, and they are looking for the best deals. Sellers are learning that pricing correctly matters now more than ever. Well priced homes in good condition still attract buyers, just without the bidding wars we saw few years ago. Inventory for Single Family Homes have increased in last 12 - 18 months however there are still lot less inventory compared to pre-pandemic.

Condos

Condo market is telling a slower story. Many condo buildings now have higher HOA fees with rising insurance costs, and new safety requirements. Because of this, buyers are being more cautious. Condo inventory remains the highest in the tri-county area, leading to significant buyer negotiating power. Condos have seen some price drops, especially older buildings. For buyers, this has created more choices and better opportunities, especially if they do their due diligence.

Interest Rates

One of the biggest reasons the market has slowed is the high mortgage rates. Higher rates mean higher monthly payments, which has caused many buyers to pause or rethink their budgets. This slowdown has taken some pressure off the market and brought balance back. Buyers are more careful, and sellers can no longer rely on speed alone to sell a home. Rates have gone down by almost a point compared to last year but still hovering around low 6s.

Overall, the South Florida real estate market hasn't crashed, it has calmed down and it has corrected after seeing 30-40% increase during pandemic. South Florida market is completely different than rest of the county. In some parts of the country, prices are going down but South Florida Market is still holding steady. And with rising inventory, buyers have more options and sellers need to be realistic.

This chapter of the market is less about rushing and more about choosing wisely.

954.881.6087 CALL OR TEXT

Realtor
Santosh Sthapit
SantoshSthapit@Keyes.com
SantoshSthapit.Keyes.com

Keyes |

जेन-जी विद्रोह

हातमा मोबाइल र आँखामा सपना बोकेर उठ्यौ तिमी
पुराना नियम र अत्याचारको विरुद्धमा विगुल फुकदै
ह्यास ट्यागको आगो र किबोर्डको हतियार बोकेर
सत्यको खोजी गर्दै देश विकासको लागि ब्युझ्यौ तिमी ।

न कुनै पार्टी न कुनै झन्डा, तथ्य र न्यायको लागि उठ्यौ तिमी
सोसियल मिडिया बन्द हुँदा "किन" र "कसरी" सोध्दै
आफ्नो देश र भविष्य प्रति सिस्टमलाई ललकार्दै
देश बदल्ने सपना बोकेर हातमा हात मिलाई जुर्मुरायो तिमी ॥

तर तिमीलाई के थाहा कसको के स्वार्थ थियो भन्ने
निर्दोष आत्मा र भविष्यका दियोहरु अनाहक निभाईए
आगोको मुसलो ओकल्दै जल्लादहरु एकोहोरो आर्तनाद गरिरहे
प्राकृतिक सम्पदा र धरोहरहरु एकपछि अर्को खरानी पारि रहे ॥॥

जेन-जी तिमी चोटहरु बिर्सिदेउ एकपल्ट
आज र भोलीको पुल तिमी नै हौ
तिमी उठ्दा केवल आवाज हैन आशा पनि उठेको छ
व्यवस्था सुधारने र परिवर्तन गर्ने जिम्मा अब तिम्रो भो
विचार पुर्याएर अघि बढ र नया विहानीको शुरुवात गर
जेन-जी तिमी उज्यालो हौ र भोलिको गौरव पनि
वाचा गर फेरी आइन्दा कसैले पनि तिम्रो मृत्यु मर्न नपरोस ॥॥॥



जानुका खनाल
ट्याम्पा, फ्लोरिडा



लघुकथा "अबुझ को?"

खिर बन्यो, मिठाई बन्यो, मखन बन्यो—पैंसठ्ठी परिकार बने आज उसको घरमा।
उसले सोच्यो— मेरो जन्मदिन त बैसाखमा हो। बाको बल्ल असोजमा रे। आमाको कहिले हो, आमालाई नै थाहा छैन। हजुरबाको भोली भन्ने सुनेको थिएँ। सायद यसपालि हजुरबाको जन्मदिन मनाउन लागेकी हुन् कि आमाले?



डा. अमर कार्की

यही सोचदै र मुख मिठ्याउँदै ऊ आमाको नजिक गयो र सोध्यो, “आमा, यसपालि हजुरबाको बर्थडे मनाउन लागेको हो?”

“होइन।” आमाले झर्केर भन्नुभयो।

उसले अचम्म मान्दै सोध्यो, “अनि कसको बर्थडे मनाउन लागेको त?”

“कृष्णको।” छोटो उत्तर थियो आमाको।

आमाको जवाफ सुनेर ऊ निकै बेर घोरियो र फेरि भन्यो, “हो र आमा? बाको, तिम्रो र हजुरबाको जन्मदिन त कहिल्यै मनाएको थाहा छैन। मेरो पनि सधैं झारा टार्ने हिसाबले मात्र मनाउने गरेको छ। तर यो काकाको छोरा किस्नेको बर्थडे चाहिँ यसरी भव्य रूपमा मनाउन किन मन लाग्यो तिम्रीलाई?”

उसको प्रश्न सुनेर आमाले रिसाउँदै भन्नुभयो, “त्यो किस्नेको होइन, श्रीकृष्णको जन्मदिन। जा उता, तँ कुरा बुझ्दैनस्।”

हो, उसले अझै कुरो बुझेन तर चुपचाप बस्यो।

-

दौड

दौडदैछु म जिन्दगीको भागदौडमा,
हराउँछु हर दिन यहिको भीडभाडमा ।
साँझ आइपुग्छु; जोस र होस सबै बेचेर,
निचोडिएको एक मुठ्ठी श्वास जोगाएर..

उता, उसको कथाको भने नायक हो म,
म जस्तो बन्नु छ रे उसलाई ।
हुन पनि उसले म बनेको मात्र देखेको छ,
त्यो बन्दै गर्दा म भित्रभित्रै धेरै पटक भत्किएको कथा भने बेग्लै छ..

बाबा आमा नभेटेको पनि एक साल भएछ,
अनुहारमा उमेरका धर्साहरु पोहोर साल भन्दा गाढा भएछ ।
मानौं, धर्साहरुले सोधिरहेछ "कहाँ हराउछौ तिमी घरीघरी ?"
बुढ्यौलीले आत्तिका बाआमा,अब त सहारा उही हरि हरि..

केहि रहर र केहि बाध्यताले हुत्तयाइएको हुँ म यहाँ,
कति टुक्रा टुक्रामा टुक्रिए; तर हार खाने छुट थियो र कहाँ ।
कहिले थोपा थोपा भई बगे; तर डुब्नै लागेको सपनाले समुन्द्र तरेछ
मैले आज जीवन जितेको छु ; तर मुल्य चाहिँ महंगो परेछ..

पाउनु र गुमाउनुको हिसाबकिताब केलाउन त बाँकी नै छ,
जीवनले काँचुली फेरेको छ; तर म भित्रको म त उस्तै छ ।
म भरिएको छु धेरै थोकले; कहिले काँहि पोखिन मन लाग्छ,
उही आँगनमा मेरो अवोध वालापन फेरि बाँच्न मन लाग्छ ..



@Seema "Sukun"

नेपाल! नेपाल!!

दुई कांधमा चन्द्र सूर्य उचाली
शीरमा मेची र महाकाली
छातीमा बोकेर अटल हिमाल
लम्कन्छौं अगाडी नेपाल
नेपाल! नेपाल!! नेपाल!!!

पौरखले हानी चौका र छक्का
गर्नेछौं निडर प्रदर्शन पक्का
मैदानमा बनाई एकताको दिवाल
उत्कृष्ट खेलको धमाल
नेपाल! नेपाल!! नेपाल!!!

हारको पिडा अझै ताजा छ
त्यसैले जित्ने प्रेरणा साझा छ
गाउँदै रातो र चन्द्र सूर्यको ताल
चल्छ पराक्रमी चाल
नेपाल! नेपाल!! नेपाल!!!

फेरि आएको मौका चुक्दैनाँ
बीर गोर्खाली कहिले झुक्दैनाँ
गौरबी इतिहासको छ सवाल
मैदानमा साहसी कमाल
नेपाल! नेपाल!! नेपाल!!!

एक एक कदम अघि बढाऔं
ठूला देशसंग दुरी घटाऔं
हरेक खेलमा बनी अब्बल
सपना पाछोँ सफल
नेपाल! नेपाल!! नेपाल!!!

विनोद बस्नेत
वेस्ट पाम बीच

ICC MEN'S T20
WORLD CUP
INDIA & SRI LANKA 2026
#NepalCricket

Painting with a happy heart!

Daisies in a basket (Designed by Anjana Thapa Paudel)

Skill Level- All

Surfaces: 11X9 Canvas

Palette Colors: Acrylic Paint (NicPro Brand)

White

Mars Black

Lemon Yellow

Orange

Burnt Sienna Violet

Spring Green

Sap Green

Brushes:

1-inch Flat Brush

½ inch Angular Brush

0 Detail Brush

#4 Filbert Brush

Palette colors detail information.

Violet +White (For background wash)

Burnt Sienna + White (For whole basket)

Mars Black+Orange+White (For basket detail work)

Sap Green (For background bushes)

Orange+Yellow+Mars Black (For flower's eye)

White (Daisy Flower)

Spring Green +Floating Medium +Lemon Yellow+White (For Daisy Leaves)

Brushes detail information

1-inch Flat brush (For Background Wash, Basket body.

½ inch Angular brush (For front leaves)

4 Filbert brush (For flower, basket handle and background bushes)

0 Detail brush (For Flower's eye and all the basket detail finishing)

Added Supplies

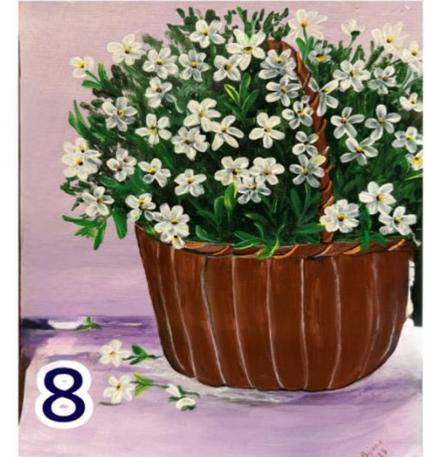
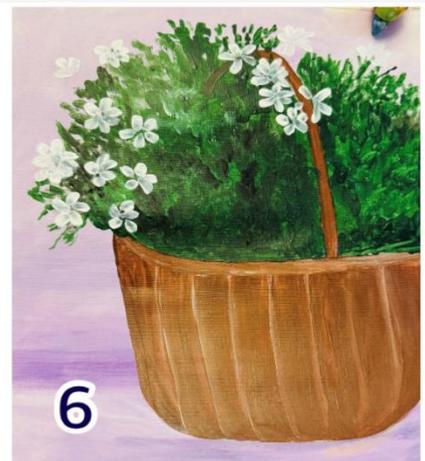
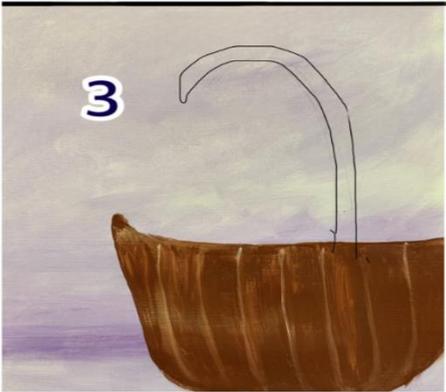
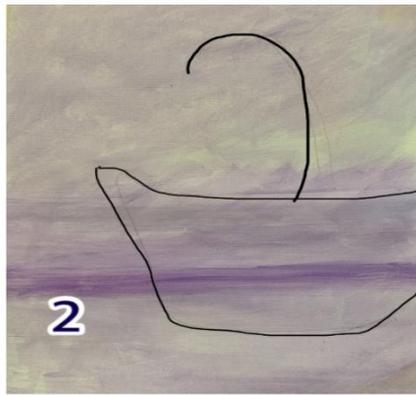
FolkArt Floating Medium

Sketch Pencil



“Happy Painting”!

Painting with a happy heart!



AGM - Dashain Program

The Nepalese Association of Florida (NAF) successfully hosted its signature event — the 2025 Dashain-Tihar Celebration and 33rd Annual General Meeting (AGM) in West Palm Beach, drawing a record-breaking crowd of over 550 attendees. This unforgettable evening was filled with vibrant cultural performances, heartfelt community recognition, a transition of leadership, and an electrifying concert featuring top Nepali artists.

The event began with a powerful show of patriotism and cultural pride. Saesha Neupane and Aiden Shrestha beautifully performed the national anthems of Nepal on piano and the United States on saxophone respectively. They were joined by children from the South Florida Nepali community, who sang both anthems enthusiastically. Their performance set the tone for a night that honored heritage, unity, and community spirit.

NAF Treasurer Priti Bhandary officially welcomed the guests to the celebration. Audiences were then treated to a dynamic and colorful cultural showcase, coordinated by Ashma Bajracharya, featuring artists and performers from across Florida. The cultural segment featured diverse performances that represented the richness of Nepali music and dance, ranging from classical to contemporary styles. Cultural program volunteers included Geeta Neupane, Shanta Pradhan, Prajib Shakya, Sujana Tuladhar Kafley, Raksha Ojha, and Rachana Sedhai, whose dedication made the showcase a standout success. The entire evening was hosted with enthusiasm and charm by emcee Madhu Nepal, who kept the audience engaged and entertained.

The administrative session, led by outgoing NAF President Dr. Niraj Shrestha, was an opportunity to honor those who have significantly contributed to the organization and the broader community.

Appreciation awards and tokens of love were presented to distinguished supporters and partners, including:

NEPA Wholesale – Bijay Shrestha and Nirmala Shrestha

ComplianceQuest – Atulya Risal and Punam Risal
Realtor - Santosh Sthapit

NAF also extended its gratitude to both past and present Adopt-a-Highway Coordinators for their service, including Ram S. Thapa (NAF Past President), Bimal Nepal (NAF Past President), Krishna Shrestha (NASEA Past President and community leader), and Dr. Amar Karki (President, INLS Florida Chapter). Additionally, recognition was given to Manoj Joshi, a committed volunteer actively involved in the Adopt-a-Highway program. Dr. Shrestha also acknowledged two other donors Ms. Suni Lama Ferriero from SunSure Insurance and Mr. Kashish Das Shrestha from The Nepali Spirit.

A proud moment came when Shailee Banskota announced the winners of the NAF Youth Scholarship. This year's recipients were Yuvani Bhandary and Alan Risal, recognized for their academic achievement and community involvement.

Following these acknowledgments, Dr. Netra Khanal conducted the swearing-in ceremony for NAF's new executive team. In his first address as President, Binod Basnet spoke about the organization's evolution into a truly community-driven body. He thanked the outgoing team for laying a strong foundation and shared his vision for expanding NAF's outreach and programs in the years ahead. He also expressed special thanks to outgoing President Dr. Niraj Shrestha for his leadership and service.



AGM - Dashain Program

Dr. Shrestha gave his final speech as President, offering a sincere vote of thanks to the community, volunteers, and his executive team. His emotional farewell acknowledged the challenges and accomplishments of his term and the unwavering support of those who stood by him.

The event then transitioned into a thrilling live concert featuring celebrated Nepali artists Asmita Adhikari and Mahesh Kafle. Their performances lit up the room, with the audience singing and dancing along to beloved hits. The concert brought people together in joyful celebration, wrapping up the night on a high note.

Earlier in the week, NAF also hosted a series of statewide sports tournaments, and winners were recognized during the AGM. The soccer tournament, coordinated by Laba Pyakurel with volunteer support from Dev Bhandary, Bhisma Thapa, Prajib Shakya, and Leena Basnyet, saw Nepte from Tampa take the championship, with Deven Shrestha earning MVP honors. Florida Chautari was the runner-up.

In volleyball, coordinated by Chet Joshi and Deepak Bastola, the Orlando Volleyball Team took first place, with Tampa Bay Chapter as runner-up.

The tennis tournament was coordinated by Ram S. Thapa and Parbat Joshi. Winners included Dr. Adarsha Shrestha with Ashish Basistha as runner-up in the adult category, Gavin Sthapit with Sarvin Bhattarai as runner-up in the boys' division, and Isha Prasad with Jasmine Sthapit as runner-up in the girls' division.

The increasingly popular pickleball tournament was coordinated by Dr. Amar Karki, with support from Chet Joshi and Dr. Suraj Bajgain. Winners included Vikiran Kafle in men's singles, and the mixed doubles team of Dr. Rachana Sedhai and Dr. Manoj Bhattarai. Runners-up in that category were Krishna Shrestha and Sunita Shrestha. The men's doubles winners were Chet Joshi and Vikiran Kafle, with Dr. Amar B. Karki and Shankar Rajbhandari placing second.

Behind the scenes, a dedicated team ensured the event ran smoothly. The venue was arranged by Shyam Giri, and the sound system was managed by Rijan Mulmi. The food coordination team, led by Prabesh Pandey, Suman Subedi, and Surya Baniya, worked in partnership with Zeera Indian Restaurant and Nepali entrepreneur Mrs. Sunita Shrestha to provide delicious meals. The registration desk was managed by Priti Bhandary, Shailee Banskota, Deepak Neupane, Suvem Sharma, and Sanvi Adhikari. Photography was handled by Saesha Neupane and Eva Basnet, who captured moments from the event that will be shared soon through NAF's digital platforms.

This year's Dashain-Tihar celebration and AGM were not only festive but also deeply meaningful. It reflected the growing strength of the Nepali-American community in Florida and the important role NAF plays in preserving cultural identity, supporting youth, and building bridges between generations. With record participation, heartfelt leadership transitions, and a spirit of collaboration, the 2025 event marked yet another milestone in NAF's inspiring journey.

Cultural Program Performer:

Shubu Neupane, Subani Baniya, Merlin Neupane, Sophia Kafley, Sarana Kafley, Raagya Bhattarai, Rena Joshi, Reeva Joshi, Jasmin and Gavin Sthapit, Aahana Khatiwada and Resika Sapkota, Aavan Pradhan and Aveer Pradhan, Reyansh Neupane, Surendra Shrestha, Ameena Shrestha and Dr. Rajendra Shakya, Diya Maharjan, Krisha Dhakal, Januka Dhungel Khanal, Emma Adhikari, Deepika Regmi, Shreejana Khanal, SanamBanjade, Jenisha Khanal

Additional national anthem singers besides the performers: Avan Shakya, Viraaj Shrestha, Reyaansh Paudel, Sarvin Bhattarai, Shivanshi Raymajhi, Mayara Guatam, Palasha Shakya, Raymond Sapkota, Avik Shah, Anika Shah, Kivani Shahi, Reyaansh Giri and Ashmi Basnet.



Dashain Pictures



Dashain Pictures



FESTIVAL OF LIGHTS (DEEPAWALI)

The 8th Annual Festival of Lights (Deepawali) at the Wellington Library

Srijana Nepal

My heartfelt thanks to all of you for participating in the event!

The performers represented the Nepali Community, the Palm Beach Hindu Mandir, and Bhakti Nataraj Academy. The rich heritage of Nepal, India and Guyana was celebrated during the event. The participants as well as performers stretched from Orlando to Miramar.

The members were enthralled and mesmerized by the traditional music, dances and songs. Such celebrations connect communities, inspire thought and enrich lives. It was heartwarming to receive overwhelming support from the community at this beautiful multicultural South Asian festival. Everyone who came said: "We really enjoyed it! It was a wonderful event!"

I am delighted to share with you that:

- ❖ A total of \$351.00 (the highest amount so far) was raised from Deusi-Bhailo!
- ❖ The event was attended by a record number of 175 people!
- ❖ Staff members Selena and Taylor learned how

to apply henna and were able to display their art!

- ❖ Participants really enjoyed specialty food selroti (Nepali doughnuts) and samosas!
- ❖ The performers felt appreciated at the Certificate ceremony held a week later!
- ❖ The library members liked the program so much that some library members have offered to help us at the 9th annual celebration next year!

I would like to thank the Amplifying Pacifica and Asia (APA) committee, the Friends of the Library, and the library members for helping us generate the fund for this year's Deepawali event.

Many thanks to our amazing WEL staff; student employees; Teen volunteers; and the Multicultural Librarian for making sure the event went on smoothly!

Photo courtesy: Digital Content Specialist from the Integrated Marketing & Communications (IMC)

I am beyond thankful to all of you!



Adopt The Highway Photo Features

- By Beni Dangi

Nepalese in Tallahassee, a local Chapter of Nepalese Association of Florida, organized an Adopt-a-Highway street clean up on December 21, 2025. Several volunteers, including school age children, met at the intersection of Capital Medical Blvd and Capital Circle NW at 9 am. The group spent about 2 hours collecting trash and cleaning the street along the 1-mile stretch of the Capital Medical Blvd. This street mainly runs through a hospital and doctor's offices. Volunteers collected four large trash bags full of debris. Some folks who saw the volunteers greeted and appreciated the effort. This street was adopted from the city of Tallahassee about 5 years ago and Nepalese in town continue to take care of it. This type of event is organized every 3-4 months. Below is a photograph taken during the event.



Adopt The Highway Photo Features

South Florida Chapter-Nepalese Association of Florida (NAF) successfully completed its Quarterly Adopt-A-Highway Cleaning Program on November 9, 2025.

A huge round of applause to our 13 amazing volunteers who came together with great community spirit and dedication. Together, we collected 11 bags of trash—approximately 220 pounds—and contributed a total of 24 volunteer hours. Our wonderful volunteers were Garvit Maskey, Shreya Bhandary, Ram Thapa, Krishna Shrestha, Amar Karki, Gopesh Maskey, Chet Joshi, Bijay Kattel, Niraj Shrestha, Ashma Bajracharya, Richa Kandel, Sushila Bhandary, and Bimal Nepal.

This event proudly marks the 8th year and the 27th time we've cleaned our assigned section of Forest Hill Blvd (WPB, FL) between Jog and the Turnpike, covering approximately 1.5 miles.

The Adopt-A-Highway Program was first initiated by NAF in 2017 during our Silver Jubilee Year under the leadership of then-President Ram Sharan Thapa, symbolizing our strong civic commitment to the community. Special gratitude goes to Krishna Shrestha for officially leading the program, Dr. Amar Karki (then Information Secretary), and Bimal Nepal (former NAF President) for their outstanding coordination in the past.

We are also delighted to announce that the Adopt-A-Highway Program will be coordinated under the NAF–South Florida Chapter with the help of Nepalese Association of Florida central team.

Thank you to all our community leaders, volunteers, and especially our youth for your continued support and energy. Together, we will keep our mission alive and our community clean!

If you need more information on the program. Please contact Chet Joshi or Ashma Bajracharya or Deepak Banstola or Richa Kandel.



Activities from Abi Kattel Memorial Foundation

Abi Kattel Memorial Foundation

“Those who live in the hearts of others never die”

By: Archana Kattel, Ph.D.



This year 2026 is 20th year of Foundation establishment. The foundation was established in 2006, in the memory of late Abi to keep his soul alive and to comfort families and friends. The Abi Kattel Memorial Foundation is continuing Abi's legacy of helping others. Subsequently, it carries its objective to help others in need. Following are the summary of the foundation supported programs and activities.



Scholarship program (annual):

Academic Scholarships to the college students: The foundation is awarding two scholarships to the college bound students, which is an open competition for all the eligible students from all the countries (Nepal, USA and others). Please encourage fresh high school graduates to apply for the Abi Kattel Memorial Scholarship. For detailed information, visit www.abikattelfoundation.org

Mr. Cole Jagger Phillips, the winner of Abi Kattel Memorial Scholarship 2025. He is an undergraduate student at University of Florida, USA.

Support five orphan children in Dang, Nepal:

The Foundation is providing scholarship to 5 orphan students of different ages and gender, Anil Hamal, Bimal Desoti, Karuna Khadka, Lalit Giri and Sunita Bishwokarma through Children Peace Home (CPH) in Dang district of Nepal. The scholarship covers their school tuition, uniform, room and board at the CPH. This scholarship will continue up to their high school education. Please see their success stories. <https://abikattelfoundation.net/wp-content/uploads/2024/01/Success-Stories-of-CPH-students-.pdf>

Activities from Abi Kattel Memorial Foundation contd...

Abi Kattel Memorial Trophy (Annual):

The Abi Kattel Memorial Trophy, sponsored by the Foundation, is annually awarded to the winner of the Annual Soccer Tournament, organized by the Nepalese Association of Florida (NAF) during its Annual General Meetings and Dashain Event. The winner for 2025 is Nepte Soccer team from Tampa, Florida



Annual Abi Kattel Memorial Picnic, and Blood drive:

The Abi Kattel Memorial Picnic and Blood drive will be on January 31, 2026 at Wellington Village Park in West Palm Beach. Please visit the website for details, www.abikattelfoundation.org

Homeless Feeding (Annual)

On this 20th year of annual homeless feeding we are grateful that newly appointed on (12/19/25) Bishop of the Diocese of Palm Beach Florida Rev. Manual De Jesus Rodriguez visited and blessed us in the kitchen of the St. Ann Place (homeless center) on December 19, 2025. The homeless people expressed their happiness and good words about Abi. These kinds of special words are soothing for families and friends. On behalf of AKMF we are grateful to the friends and families for their help in preparing hot lunch and others who contributed the goods and money for this cause

AKMF 20 TH HOMELESS FEEDING 12/19/2025



Everybody's help in both time and money is praiseworthy!

We would appreciate your continued support and participation **on** the activities and programs of this foundation to make it grow. Together, we can nourish this foundation to grow into a giant tree capable of offering shades and support to the others in need.

Please help us build on the good memories of Abi and let us continue this through **“those who live in the hearts of others never die.”**

Activities from NOA-Florida Chapter

The Newah Organization of America – Florida (NOA–FL) celebrated Yenya Punhi on Saturday, September 6, 2025, at Okeeheele Park's Tuskegee Pavilion in West Palm Beach, Florida. The event brought together more than 120 participants for a vibrant day of traditional rituals, cultural performances, and community fellowship.

The program opened with welcoming remarks from MC Ameena Shrestha, followed by an address from NOA–FL President Dr. Rajendra Shakya, who shared the significance of Yenya Punhi and highlighted traditions such as Kumari, Dheme Baja, and Dhunya. Additional presentations included Mr. Raju Tamrakar introducing Lakhe and Pulukishi, and Mr. Sanjay Bajracharya speaking on Sweta Bhairav.

Two colorful processions were among the festival's highlights. Myra Shakya, portrayed as Kumari, was carried in the Rath by her father with ceremonial accompaniment. Traditional music was led by Rajendra Shakya, Mani Harsha Bajracharya, and Kalpana Tamrakar, with symbolic characters including Lakhe (performed by Manoj Joshi and Nipesh Pradhananga) and Pulukishi (performed by Bandeshor Makai, guided by Anil Malla).

The cultural program showcased the talents of youth and adults alike. Performances included a Newari dance by Palasha Shakya and Roslyn Shrestha, an Indra Jatra-themed Kahoot quiz led by Arnav Dhakal, and a colorful Newah fashion show by Palasha Shakya, Roslyn Shrestha, and Avan Shakya. A Lakhe dance performed by Dr. Shakya, culminating in the offering of Samay Baji to Kumari, captivated the audience. Rituals continued with the Sweta Bhairav offering of Tho, led by Sanjay, followed by the sharing of prasad. The program concluded with a spirited group Newah dance led by Kalpana Tamrakar, and a communal Samay Baji/Bhowe feast.

NOA–FL expresses sincere gratitude to its donors Amit Shrestha, Mani Harsha Bajracharya, Nirmala Shrestha, and Santosh Sthapit whose generosity helped make the celebration possible. Special thanks to Lochan Shrestha for installing a brand new "Gajur" on the Kumari chariot which was imported from Nepal itself. Lastly thanks to all community members and local partners, including A1 Momo and volunteers Anuja Shrestha, Ashma Bajracharya, Kalpana Pradhan, Kalpana Tamrakar, Kesha Shrestha, Manju Malla, Minu Bajracharya, Mithila Khanal, Relina Sthapit, Sangeeta Rajbhandari, Sangita Shakya, Sarita Pradhan, Shailina Bajracharya, Shova Rajbhandari, and Sunita Shrestha.

Although a formal vote of thanks was missed during the event, NOA–FL extends heartfelt appreciation to all volunteers, performers, donors, and attendees whose dedication and participation ensured the success of Yenya Punhi 2025.



Upcoming Programs



**NEPALESE
ASSOCIATION
OF FLORIDA**

presents

SME TALK
interactions with
subject matter experts

UNDERSTANDING TAXES

A PRACTICAL GUIDE FOR INDIVIDUALS & FAMILIES

SUBJECT MATTER EXPERT



LOKEN PUN, CPA

SUNDAY
11:00 AM (EST)
FEB 08, 2026



moderator
CA BINOD KHATRI
Treasurer, NAF



SCAN ME

HAVE QUESTIONS? SEND IN TO:

naflorida2016@gmail.com



meeting id: 348 860 7840

passcode: 1234



facebook.com/naflorida2016

Upcoming Programs



South Florida Chapter Nepalese Association of Florida

INVITE YOU TO A

5K Walk & Color Celebration

South Florida Nepali Community United in Steps & Colors



JOHN PRINCE PARK



MARCH 1, 2026

TIME 10 AM - 2 PM



5K WALK / RUN

✓ Open to all fitness levels

POST-RACE FUN & FOOD

Light Snacks

Bananas • Oranges • Donuts • Bagels

Water & Cold Drinks

Bingo & Raffle

Color Splash Music & Dance Party

Color celebration

REGISTRATION DETAILS

Registration Fee:

\$25 For Adult

\$15 for Children Above 6-13

Raffle & Bingo: \$5 per ticket

Lunch Included

COME FOR THE RUN — STAY FOR THE FUN!

Bring your friends, family, and festive spirits for a colorful day of fitness and celebration!

★ **WHAT YOU GET**

✓ 5K Entry

✓ Event T-Shirt

✓ Snacks & Drinks,

✓ Lunch,

✓ Bingo & Raffle,

✓ Color Splash Celebration

Upcoming Programs

Sunday, March 15, 2026
12:00 PM - 4:00 PM

HAPPY HOLI

Program Venue:
John Prince Park, C-Tim Granowitz Pavillion
Lake Worth Beach, FL 33461

Let's Celebrate Together!!



Organized by
MAA Florida Chapter

FOR DETAILS CONTACT:

Dr. JP Sah: 305-613-5044 Suraj Nayak: 240-486-0991
Prem Singh: 561-574-3125 Avinash Nayak: 561-526-5233

Upcoming Programs



NEPALI NEW YEAR 2083 PICNIC

Orlando, FL

Saturday, April 11, 2026

9:00 AM - 4:00 PM

BARBER PARK
3701 Gatlin AV, Orlando, FL 328812

SAVE THE DATE



ORGANIZED BY:
**NEPALESE
ASSOCIATION
OF FLORIDA**



HOSTED BY:
**NEPALI COMMUNITY
CENTER ORLANDO**

