

Quarterly Newsletter Nepalese Association of Florida

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



इन्द्रेणी invarana

Volume 12, Issue 2 2026 MAY



4

Meet the
Jacksonville Chapter
Executive Team

13

Looking Back –
Memories from
Past Presidents

16

कथा:
पस्चाताप

34

Crossword
Puzzle
(Win Prizes)

EDITORIAL NOTE

This issue marks the second 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.

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

EXECUTIVES OFFICERS

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

MEMBER AT LARGE

Dr. Suman Acharya (Orlando)

AMENDMENTS/ NOMINATIONS AND ELECTION COMMITTEE (ANEC)

Mr. Rajeeb Lamsal (Jacksonville)
Dr. Netra Khanal (Tampa)
Mr. Rajendra Shrestha (Orlando)

COMMUNITY ENGAGEMENT COORDINATOR

Dr. Suman Acharya (Orlando)

YOUTH FORUM

Ms. Shailee Banskota -Coordinator (Team leader)-Tampa
Mr. Pranav Shrestha- Miramar Ms. Eliza Acharya- Gainesville
Mr. Prakul Neupane-West Palm Beach
Ms. Medhavi Banskota-Tampa
Mr. Aaron B Basnyet-Pembroke Pines
Mr. Rohan Shrestha-West Palm Beach
Mr. Sahil Bhandary-West Palm Beach
Mr. Deven Dangl-Tallahassee
Ms. Jessica Pandey-Ponte Vedra
Mr. Praanshu Adiga-Tampa

ADVISORY COMMITTEE

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

Building Community Through Service, Collaboration, and Hope



Binod Basnet
President

As we welcome Nepali New Year 2083, I feel both grateful and optimistic reflecting on the journey of the 2025–27 Executive Committee of the Nepalese Association of Florida (NAF). Serving this community is not only a responsibility but also a privilege, and over the past six months, our experiences have reaffirmed the strength, unity, and resilience of our growing Nepalese diaspora across Florida.

Since assuming leadership in October 2025, our Executive Committee has focused on creating programs that directly benefit community members in their everyday lives. To support this goal, we organized two Subject Matter Expert (SME) Talk Programs addressing important issues affecting many Nepalese families in the United States.

In November, Suni Lama-Ferreiro led an informative session on health insurance coverage, helping participants better understand available options for small business owners, international students, working professionals, and retiree's dependent on Medicare. In February, Certified Public Accountant (CPA) Mr. Loken Pun provided practical guidance on tax filing with special attention to the unique financial realities of the Nepalese community. These sessions highlighted the importance of knowledge-sharing and informed decision-making.

Equally important was our collaboration with All4Ball and Urja to host discussions surrounding Nepali women's mental health. Mental health conversations are often difficult within immigrant communities, yet they are necessary. By creating safe spaces for dialogue, we continue to remind ourselves that every mind matters.

Community building also means celebrating together. This year, Nepali New Year 2083 was welcomed through a joyful picnic organized by NAF and hosted by the Nepali Community Center Orlando (NCCO). Nearly 150 adults and children gathered for a day filled with sports, cultural activities, laughter, and fellowship, strengthening the spirit of togetherness within our community.

Looking ahead, NAF is preparing several important initiatives, including interaction programs with representatives from the Nepali Embassy in the United States and synchronized blood donation drives across multiple cities.

As we enter this New Year, I extend sincere gratitude to all volunteers, chapter leaders, sponsors, and community members who continue to support NAF's mission. Together, let us continue preserving our culture, supporting one another, and building a stronger community for future generations.

Happy New Year 2083!

Binod Basnet
President
Nepalese Association of Florida

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

In this edition, we are pleased to highlight the Executive Committee of the Nepalese Association of Florida (NAF), Jacksonville Chapter. The Jacksonville Chapter holds the distinction of being the first chapter established under NAF. Over the years, it has grown into a vibrant and united community dedicated to preserving, promoting, and celebrating Nepalese culture.

Through the dedication and vision of its leaders, the chapter has developed into a well-established organization built on the foundations of trust, collaboration, and empathy. Their commitment has strengthened community bonds and created opportunities for cultural engagement and service.

We extend our sincere gratitude to the past Executive Committees whose hard work, leadership, and contributions paved the way for the success of the current committee. Their efforts have helped shape the chapter into the strong and thriving organization it is today.



Nisha Shrestha Truelove
President



Binod Khatri
Vice-President



Roshani Rana
General Secretary



Sonam Pakhrin
Treasurer



Dibya Wagle
Information Secretary



Purna Acharya
Member-at-Large



Paru Gurung
Member-at-Large



Mijila Tuladhar
Member-at-Large

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Nisha Shrestha Truelove, and it is an honor to serve as President of the Jacksonville Nepali Chapter. Over the past year, my experience in this role has been both meaningful and deeply rewarding. I have had the privilege of working alongside dedicated community members to organize events, introduce new initiatives, and support the continued growth of our Nepali community in Jacksonville.

Alongside my community involvement, I work in the healthcare administrative field, managing home care services and supporting individuals and families through client coordination, planning, and day-to-day care-related services. This role requires careful organization, clear communication, and thoughtful problem-solving—skills that naturally complement and strengthen my work in community leadership.

I have proudly been part of the Jacksonville community since 2015 and have actively served within the chapter's executive leadership team since 2021. Over the years, I have had the opportunity to work alongside committed leaders and advisors who share a common goal of building a welcoming, family-oriented community rooted in culture, support, and connection.

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 has been 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.

A significant milestone this year has been the establishment of the Jacksonville Nepali Youth Committee, developed in collaboration with our executive team. This initiative provides structured leadership opportunities for middle and high school students while encouraging cultural participation, civic engagement, and community service. It has been inspiring to see the next generation step forward with enthusiasm and a genuine desire to contribute to our community. You can read more about this initiative in my Youth Committee article. The Jacksonville Nepali Chapter continues to play an important role in bringing our community together through cultural celebrations such as Dashain, Tihar, and Teej, while also supporting families and welcoming new members. These efforts are made possible through the continued dedication of our leaders, volunteers, donors, and the ongoing support of NAF.

Outside of my community responsibilities, I enjoy spending time with my family and engaging in activities such as traveling, cooking, reading, gardening, and outdoor recreation. I extend my sincere gratitude to our community members for their continued trust and support. It remains my privilege to serve, and I look forward to contributing to the continued growth and strengthening of our community.



Nisha Shrestha Truelove
President

nishashrestha2013@gmail.com

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

Namaste!

My name is Binod Khatri, and I am serving as the vice president of the Jacksonville Chapter and 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 have 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
Vice President

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Roshani Rana. I joined Jax Nepali chapter about 3 years ago as a member at large team member.

Under Nisha's leadership I assumed the role of general secretary. I joined this committee to be able to contribute to our community in whatever way I can.

Teamwork, conflict de-escalation, problem solving are few of the traits I acquired as an ICU nurse. I get to apply these skill sets which helps streamline new ideas as we align taskforce to brainstorm implementation options before we present it to our small but enthusiastic community.

Our goal as a team this year was to establish a youth committee to engage youth in a meaningful way. We have had a great head start. We are proud of our youth who stepped up and chose leadership roles to lead our newly founded youth committee.

My favorite quote is of Dr William Mayo:
"No one is big enough to be independent of others".

I can always be reached by email: roshanirana@gmail.com



Roshani Rana
General Secretary

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

I joined the Executive Committee to contribute meaningfully to the community and support initiatives that strengthen unity, cultural preservation, and growth within the Nepalese community in Florida.

What excites me most is the opportunity to ensure transparency, accountability, and effective financial management while supporting impactful community programs and events. My priority for this year is to maintain clear and efficient financial processes while supporting sustainable growth and successful execution of community events.

I bring strong organizational skills, attention to detail, and experience in financial tracking and reporting, along with a commitment to responsibility and teamwork.

I enjoy exploring new places and have a strong passion for travel and adventure, especially in the Himalayas. Email or phone communication works best for me.



Sonam Pakhrin
Treasurer

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Dibya Wagle, and I am serving as the Information Secretary for the Jacksonville Chapter of NAF.

I joined the Executive Committee because I wanted to be more involved with the community, contribute back in meaningful ways, and build stronger connections with people. I enjoy helping others and being part of initiatives that bring the community together.

What excites me most is the opportunity to connect with people, support community events and initiatives, and help create a welcoming and engaging environment for everyone. I also enjoy using creativity and communication to help strengthen community involvement.

I bring experience in social media management, community organizing, leadership, event planning, and entertainment through singing and dancing. I enjoy creating engaging experiences that help bring people together and build a positive community spirit.

Feel free to connect with me through social media, phone, email, or in person at community events — I'm always happy to connect and help however I can!



Dibya Wagle
Information Secretary

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Purna Acharya, and I currently serve as a Member at Large on the Executive Committee of the NAF-Jacksonville Chapter. I am passionate about giving back to society and helping to preserve Nepali cultural values and traditions. This commitment inspired me to step forward and join the executive committee, allowing me to contribute more directly to our community. What excites me most about this role is working alongside dedicated volunteers to bring our community together through cultural events, youth involvement, and support initiatives. Seeing people connect and celebrate our heritage is truly rewarding.

My priority for this year is to increase community engagement by organizing youth-focused programs, while strengthening communication and collaboration within Nepali communities. Being a licensed CPA, I enjoy working with numbers and finance, and I look forward to using my skills and experience to support and strengthen our community initiatives. Outside of community work, I enjoy outdoor games and meditation.

On a personal note, I prefer phone and face-to-face conversations over text — it's just more my style!

The best way to connect with me is via email at purnaacharya91@gmail.com.



Purna Acharya
Member-at-Large

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Paru Gurung Bertulfo, and I am a resident of Jacksonville. I am honored to serve as an Executive Member-at-Large for the Jacksonville Chapter.

One of my main motivations for joining the executive committee is to stay connected with my roots while actively contributing to our community. Being part of this team allows me to help create a sense of belonging—where we can come together, celebrate our culture, and feel at home even while living abroad.

In this role, I hope to be a voice for our community by encouraging new ideas, strengthening participation, and fostering meaningful connections among our members. Along with my team, my goal this year is to introduce engaging activities and events that bring us closer together, while also sharing and promoting our rich Nepali culture with the broader community.

“There is a saying: ‘This is a foreign land, yet we have embraced it like our own.’” This reflects the journey of many Nepali individuals, including myself, who have come to the United States with big dreams and aspirations. It is truly inspiring to be part of such a resilient and vibrant community.

I look forward to working together and seeing our Jacksonville Nepalese Chapter continue to grow and thrive. Please feel free to reach out to me anytime at parugurung.np@gmail.com.



Paru Gurung
Member-at-Large

MEET THE JACKSONVILLE CHAPTER EXECUTIVE TEAM

My name is Mijala Tuladhar and I am a member-at-large of the Nepalese Association of Florida Jacksonville Chapter.

We, the people shape the community. Best way to do that is by contributing as part of the executive committee.

My goal for the year would be to strengthen connections by coming together, share ideas and make events engaged and drive towards success.

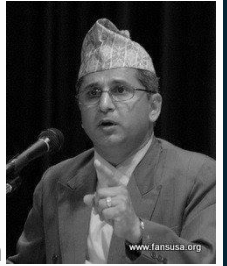
Favorite quote: Stop worrying about the potholes and enjoy the journey.

Best way to connect to me via email is jacksonvilleneपालchapter@gmail.com



Mijala Tuladhar
Member-at-Large

LOOKING BACK – Memories from Past Presidents



A THREE-DECADE-LONG SOCIAL SERVICE

Respected Nepalese Community in Florida and Beyond,
HAPPY NEW YEAR 2083!

As I write this article for INDRENI, I look back at my time for the then Florida Association of Nepali Societies (FANS). As the founding President of FANS and my team of excellence, I take this opportunity to congratulate the newly elected executive committee of Nepalese Association of Florida (NAF).

FANS take pride in successfully serving its three years of services in the state of Florida. In 3-years of short tenure FANS established itself as one of the leading organizations. FANS truly believed that the success of any social organization is not measured with long history but is evaluated with its leadership dedication towards bringing service- oriented programs always placing Nepali community first.

FANS Ad-hoc Executive Committee (2010-11) led by President Bimal Nepal.
FANS Central Executive Committee Members for the term 2011-2013

Mr. Bimal Nepal - President - West Palm Beach, Florida
Mrs. Punam Ghimire Risal- Vice President, Tampa, Florida
Mr. Choodamani Khanal - General Secretary, Miami, Florida
Mr. Bikash Devkota - Treasurer - Orlando, Florida
Mr. Ashok Shrestha - Information Secretary - Coral Springs, Florida
Mr. Ganesh Gauttam - Executive Member, Tallahassee, Florida
Mr. Hemu Kumar Adhikari - Executive Member, Tampa, Florida
Ms. Monika Pradhan - Executive Member - Orlando, Florida
Mr. Jaya Satyal - Executive Member - West Palm Beach, Florida
Ms. Sumitra Joshi - Executive Member -West Palm Beach, Florida
Mr. Jhabindra Ghimire - Executive Member - Miami, Florida

Advisers:

Mr. Pramod Satyal	Dr. Ram Raj Upadhaya
Mr. Ajaya Satyal	Mr. Sundar Joshi
Dr. Bidya Raj Subedi	Mr. Dharma Khanal
Dr. Hari Pandey	Mr. Prajesh Neupane

FANS Accomplishments:

1. FANS successfully launched its yearly event "Explore Nepal 2011" in Tampa and "Explore Nepal 2012" in West Palm Beach to promote Nepali community, culture, tradition and the country Nepal to the non-Nepalese community here in Florida.
2. FANS "Janagadana 2011"- was an effort to identify the demographic of Nepalese in Florida. Then H.E the Nepali Ambassador to US, Dr. Shankar Sharma expressed FANS Jangandana was the 1st of its kind in the US which set an example to other organization to identify Nepali origin people in their respective regions.

... contd. next page

LOOKING BACK – Memories from Past Presidents

3. Community Services Forum: “Family and Youth Counseling Program”: FANS successfully launched this permanent ongoing program since 2012 to help its community members. The counseling service was provided **free of cost** by a retired professional counselor, Mr. Niranjana Sharma.
4. "VOICE (AWAAJ)", FANS quarterly newsletter was published in two years eight issues of Voice was published where news and articles from all region of Florida and beyond was well covered.
5. FANS Vice President Punam Ghimire participated in Meet and Greet of Nepal Caucus organized by the then Nepalese Ambassador to US Dr. Shankar Pd. Sharma, representing Florida.
6. Nepali Movie “Kusume Rimal -2” was screened at Britton Plaza Movie Theater in Tampa FL, USA on Saturday, February 12, 2011. This was the first ever Nepali movie to be screened at a movie theater in Tampa.
7. “Destination Nepal” USA/NEPAL to promote Visit Nepal: One round Air trip ticket Raffle, was introduced on the auspicious occasion of New Year 2069 and opened during Explore Nepal 2012 here in WPB.
8. FANS organized Children’s Art Competition for kids of Nepali Origin living in Florida aiming children to utilize the power of painting to foster dreams and creativity. During the exhibition at Tampa, a silent auction was held to raise funds for Global Action Coalition (<http://globalactioncoalition.org/>), a non- profit organization helping kids in Nepalese villages.
9. “Annual Asia Fest”: FANS along with NRN-ICC Nepal Product Promotion Task Force, Nepal Student Association (NeSA) @ USF Tampa, INLS FL Chapter- Tampa and local volunteers represented Nepal for the first time together with INLS Florida Chapter and NeSA in the Annual Asia Fest held in downtown Tampa on Saturday, April 28, 2012.
10. FANS' 1st AGM 2011 and Installation Ceremony of FANS Elected officers 2011-2013 led by President elect Bimal Nepal was successfully completed in WPB, Florida.
11. FANS officially signed a Memorandum of understanding (MOU) with Nimesh Nath Khanal Memorial Foundation (NNKMF) to host the NNKMF Soccer Tournament once a year. First NNKMF Soccer tournament 2011 was successfully held during FANS AGM in WPB city of Florida.
12. FANS AGM Trophy “Volleyball”: Besides NNKMF Soccer, FANS also introduced volleyball tournament to drive the Nepalese youth towards sports and to encourage them to be our future leaders.
13. FANS Annual General Meeting together with Happy Holidays 2012 Celebrations! FANS joined hand with Nepali Community Center Orlando (NCCO) to celebrate Happy Holidays 2012 together with FANS-NCCO Annual General Meeting (AGM) on Sunday December 23rd, 2012, in Orlando, Florida.
14. FANS encouraged Nepali entrepreneurship. During the 1st AGM 2011 in WPB we organized a forum to introduce Nepalese entrepreneurs. Ms. Leena Basnet and Dharma Khanal shared their entrepreneurship expertise and challenges/opportunities running KUMON and SUBWAY respectively. First event of this kind truly benefited our community members.

... contd. next page

LOOKING BACK – Memories from Past Presidents

15. FANS officially represented NAsEA EC board in 2011. President Bimal Nepal and General Secretary Choodamani Khanal held the position of Joint-Secretary and Executive member respectively. This was an example of FANS going above and beyond representing Florida.
16. FANS/ NAsEA jointly organized Blood drive in Tampa hosted by NAsEA @USF on December 2011 in coordination with Blood Donors of America. The historical NAsEA 5th EC meeting was also hosted by FANS on the same day.
17. FANS Vice President Punam Ghimire Risal, was nominated to the prestigious member of NRN-ICC Nepal Product Promotion Task Force.
18. FANS was among the first to officially support in building the Nepalese Community in Orlando.
19. Through "Hamro Nepal" program, FANS gave back to the needy community in our motherland Nepal.
20. FANS "Sahayogi Sathi" was our commitment towards the community 24/7.
21. FANS Website www.fansusa.org was launched from day one and was an effective tool for community news and information.
22. FANS Facebook page www.facebook.com/fansusa was equally popular.
23. Unification between FANS and FNA: Merger of Equals
24. FANS was always guided by its social and moral values and believed that social leaders needs to be accountable first to its general members, then the organization whom they serve setting aside personal agenda.
As President of FANS, I signed the historical memorandum of understanding (MOU) with the then FNA President Dr. Archana Kattel and honored the voice of our general members regarding unification. As FANS President, together with my officers, advisers and Unification team leaders across the aisle, I played a vital role to reinforce our commitment to the proposal forwarded by Unification team leaders. After one year of series of unification meetings FANS and FNA merged to become the United FNA-FANS which then evolved to be Nepalese Association of Florida (NAF).

Finally, as the NAF grows along with the Nepalese community, let's celebrate our proud past and work towards involving our community members towards civic engagement and youth empowerment keeping our Nepali American identity alive in this land of opportunities.

Please join me in saluting all our founders, former presidents, advisers and officers and well-wishers for their unconditional support towards this historical unification. Here, I would like to mention United FNA-FANS 1st President Bikash Devkota and NAF 1st President Ram Sharan Thapa for successfully keeping the torch of FANS and FNA burning as we all together celebrate Florida State organization for years of service to the community.

Always for Nepali American Community and Friends of Nepal

Respectfully,

Bimal Nepal

Founding President. Florida Association of Nepalese Societies (FANS)

Life Member, Nepalese Association in Florida (NAF)

कथा : पस्चाताप

डा. अमर कार्की, फ्लोरिडा
बैसाख, बि. स. २०५८



२०५७ साल मँसिर महिनाको कुरो हो। सदा झैं एक दिउँसो करिब ४ बजे तिर नेपाल इन्जिनियरिङ कलेजको बस कलेजका बिध्यार्थी, शिक्षक र कर्मचारीहरु बोकेर भक्तपुर दुवाकोटबाट धुलो उडाउँदै सल्लाघारी तिर हुँइकियो।

बस भरिभराउ थियो। बसका यात्रुहरु मध्य म पनि एक थिएँ। सबै यात्रुहरुको आआफ्नै तनाब थियो होला। कसैलाई भोली कक्षामा पढाउने बिषयको तनाब, कसैलाई आउदै गरेको परिक्षाको तनाब त कसैलाई खुस्कन लागेको जागिरको तनाब। तर मेरो तनाब भने बेग्लै किसिमको थियो: धुलोको तनाब।

हरेक दिन यो बस चढेपछि मलाई तनाब सुरु हुन्थ्यो। जब बस गुड्न थाल्थ्यो तब हिँउदको हुस्सु र कुइरो भन्दा बाक्लो धुलोले बाटो ढाक्थ्यो। झ्यालको सिसा सबै बन्द गरेँ पनि बस भित्र धुलोका कणहरु घामको किरणमा टल्क टल्केको देख्दा मलाई लाग्थ्यो यि धुलोका कणहरु मेरो फोक्सोभित्र थुप्रीदै गएका छन्। यस्तै रह्यो भने एक दिन मेरो फोक्सो धुलोले भरिएर पड्किने छ।

त्यसदिन बस भित्रको भिडियो स्क्रिनमा 'इस्क' नामक हिन्दी चलचित्र चलिरहेको थियो। सबै जनाको आँखा र ध्यान त्यतै चिप्किरहेको बेलामा पनि मेरो मन भने धुलो सङ्गै उडिरहेको थियो।

सल्लाघारी नाघेर बस कोटेश्वरतिर हानियो। पिचरोड भेटेपछि बल्ल मेरो मन शान्त भो र म पनि सिनेमातिर ध्यान दिन थालें। ठिमी आइपुगेपछि बस घच्याक्क रोकियो। तर अलि बेरसम्म नि बस फिटिक्कै अघि नबढेपछि सबैको ध्यान बाटोतिर मोडियो। नेपालको बाटोमा यसरी बस घच्याक्क घच्याक्क रोकिनु कुनै नौलो कुरा त थिएन तर आधा घण्टासम्म पनि गाडी अघि नबढेपछि हाम्रो धैर्यको बाँध टुट्यो। आम नेपाली बस यात्रु जस्तै स्वभावत हामी पनि बसबाट ओर्लिएर के भो कसो भो बुझ्ने तिर लाग्यौं।

हामी भन्दा अगाडी अरु थुप्रै गाडीहरु थिए। जाम हुनुको कारण बुझेर फर्किरहेका एक जना भाइसँग कुरो बुझ्दा त्यहाँ अलि पर गाडी दुर्घटना भएको रहेछ भन्ने थाहा भो। जडीबुटीतिरबाट आइरहेको एउटा मिनीबसलाई पुरानो ठिमीबाट गएको इटा बोक्ने सेमीट्रकले ठक्कर दिएपछि त्यहाँ बिबाद सुरु भएछ।

त्यतिजेलसम्म हाम्रो पछाडी पनि गाडीको लामो ताँती लागी सकेका थियो। बिस्तारै साना गाडीहरु, मोटर साइकल र साइकलहरु बाटोको छेउ हुँदै बिपरित दिशाबाट अघि बढ्न खोजी रहेका थिए। सबैलाई हतारो थियो तर त्यसले झन् उल्टो उताबाट आउने सवारी साधान समेत रोकिदियो र हेर्दा हेर्दै पुरै बाटो जाम भयो।

'हैन यस्तो पाराले त रात पर्छ हो, जाउँ यसो गएर चालकहरुलाई सम्झाएर बाटो खुलाउने कोसिस गरौं।' रमेस सर र म दुई चार जना बिध्यार्थीहरुलाई साथमा लिएर दुर्घटनास्थलतिर हिँड्यौं। मिनीबसको चालक माइलादाइ बाटो पुरै छेक्ने गरी गाडी बाटोमा तेर्सोएर उता पसलमा उपर खुट्टी लाएर बसेका रहेछन्। वरिपरि तमासेहरुको भिड थियो। यस्तो लाग्थ्यो त्यहाँ कुनै सिनेमाको छायांकन भैराखेको छ र यि चालक र सहचालक सिनेमाका प्रमुख पात्रहरु हुन्। चालक माइलादाइ त नायक नै भैहाले। अलपत्र परेका यात्रुहरु, अन्यु साधनहरुका चालकहरु, बटुवाहरु, बाटो छेउका पसलेहरु र मजदुरहरु सबैलाई निशुल्क मनोरन्जन मिलीराखेको थियो त्यहाँ।

मिनीबसका चालक माइलाको छेउ पुगेर मैले बिनम अनुरोध गरेँ, 'लौन दाइ गाडी हटाउनु पन्यो, तपाईंहरुको कुरो त गाडी छेउ लगाएर पनि मिलाउन सकिन्छ नि।' मेरो अनुरोध उनको कानसम्म पुग्न नपाउँदै उनले उल्टो हामीलाई नै खाउला झैं हेर्दै भने, 'मिल्दैन, मिल्दै मिल्दैन। जब सम्म मेरो क्षतिपूर्ति दिदैन तबसम्म गाडी हटाउने त कुरै आउदैन। मखुला भाइचा?' उनका सहचालक भाइचा त झन् चम्चागिरी गर्न के कम हुन्थे। "ख नी । छोड्ने त कुरै आउदैन नि।" भनेर सही थापे। चालक माइलाको ब्यबहारबाट यस्तो लाग्थ्यो कि त्यहाँ कसैलाई पनि कुनै हतार छैन। कसैलाई कतै पुग्नु छैन। कुनै जिम्मेवारी पनि छैन। न त उनलाई न अरुलाई।

यो पक्षसँग हाम्रो कुनै जोर नचलेपछि अब सेमीट्रकका चालकलाई भनेर कुरा मिलाउन त भनेर हामी उता गयौं। यो घटनाका खलपात्र बनाइएका उनी पनि के कम हुन्थे र। उनी पनि कड्किदै थिए। "ल हेर्नुस सर त्यसको गाडीलाई च्वास्स छोएको मात्र हो। कोतरेको मात्र छ तैपनि ५ हजार रुपियाँ दिन्छु आफै बनाउ भनेको त होनी। हुँदैन रे ५० हजार चाहिन्छ रे। म त दिन्न जे सुकै होस्।"

हामी निराश भएर फर्कनै आँटेका थियौं, त्यती नै बेला एउटा केटा दौडदै आएर मिनीबस चालकलाई भन्यो, 'झाँभर दाइ, त्यहाँ एउटा सुत्केरी आइमाई लिएर आएको एम्बुलेन्स रोकिएको छ, लौन बाटो खुलाइ दिनु पर्यो।'

... contd. next page

कथा : पस्चाताप

तर चालक माइलाले टेर पुच्छर लाएनन। उनले उल्टो केटोलाई थर्काउदै भने, 'छु मतलब (मलाई मतलब छैन) जबसम्म मैले क्षतीपूर्ती पाउँदिन तब सम्म कोही मर्छ भने पनि हटाउँदिन।'

केटो निरास भएर उतैतिर दौडियो। अधिसम्म त मलाई त्यति दुख लागेको थिएन। तर यो एउटा एम्बुलेन्सको लागि पनि बाटो नखुलाउने कुराले भने मलाई साह्रै नै खिन्न बनायो। जिद्दि र स्वार्थको पनि एउटा हद हुन्छ नि! त्यो हद पार भएको थियो। त्यहाँ कुनै मानबत्ता थिएन।

केही सिप नलागेपछि हामी पनि बिस्तारै हिँड्दै जडीबुटी तिर लागेम्। सबै यात्रुहरु त्यसरी नै आफ्नो गाडी छोडेर हिँडिरहेका थिए। बाटोमा दुबै तर्फ गाडीको लाम थियो भने पेटिभरी पैदल यात्रुहरुको ताँती। कोटेश्वरबाट बल्ल रिडरोडको गाडी समातेर म घर पुग्दा झमकै रात परी सकेको थियो।

यो हाम्रो लागि नौलो घटना त थिएन। तैपनि यसरी एउटा सानो निहमा बाटो पुरा नै बन्द गराएर सयौं यात्रुहरुलाई कस्ट पुर्याउँदा पनि सन्तुष्टी मिल्ने कस्तो होला मान्छेको स्वभाव। के भयो होला त्यो एम्बुलेन्समा लेराएको महिलाको स्थिति? यस्तै कुरा मेरो मनमा खैलिरहेँ त्यसरात बिछौनामा पल्टिएपछि पनि।

त्यसको झन्डै ६ महिना जतिपछि म र एक जना साथी सल्लाघारीबाट सार्वजनिक मिनीबस चढेर त्यही बाटो घर फर्कदै थियौं। लुकुन्थली पुगेपछि झन्डै फेरी त्यस्तै घटना दोहरियो।

हामी चढेको मिनिबसलाई कोटेश्वरबाट आएको बसले ठक्कर दियो। गाडीहरु रोकिए। दुबै बसका चालक र सहचालकहरु बाटोमा जम्मा भए। मैले यसो झ्यालबाट बाहिर हेरेँ। हामी चढेको बसको चालक त उहाँ माइलादाइ पो रहेछन।

'ल खतम! आज पनि दुख पाहिने भो। अब यि निस्ठुरीले के छोड्थे। झन आज त उनको गल्लि छैन भन्ने प्रस्ट छ।' यही सोचेर हामी पिरलियोँ र ओर्लेर हिँड्न थाल्यौं। तर हामी अलि अगाडी मात्र के पुगेका थियोँ, हामी चढेर आएको मिनीबस त हाम्रै पछाडी आएर घच्याक्क रोकियो।

'ओ दाइहरु, आउनु आउनु कहाँ हिँडेर जान लाको? ल बस्नुहोस।'

हामी छक्क पर्दै बसमा चढ्यौं। बस खुचाखच थियो। ति सहचालक भाइचा, "ल भित्र सर्नुस भित्र" भन्दै हामीलाई धकेल्न थाले। बसभित्र यसो खुट्टा फट्टाएर उभिने ठाँउ पनि थिएन। हामी अटेरि भएर चालककै छेउमा उभियोँ। 'काँ धेरै भित्र जाने? न फेरि ओर्लेन पर्ने हो कि के थाहा! कुरो मिलेर आएको हो कि होइन?' मैले ब्यंग गरेँ।

हामीले एक अर्कामा यसरी खासखुस गरेको सुनेर चालकको दायाँपट्टीको यात्रु सिटमा बसेकी एक जना बहिनीले भन्नु भो, 'होइन दाइ, यसपटक हाम्रो झाइभर दाइले आफ्नो गल्लो नभए पनि तुरुन्तै कुरा मिलाएर ट्राफिक चालु गराए नि। अर्को गाडीको झाइभरलाई "यो बस मर्मत गर्न लागेको खर्च पछि दिदा नि हुन्छ", अहिले बाटो नछेकम भनेर पठाइदिए।'

हामीले अचम्म मान्दै अनुहार बिगायौं। हामीलाई प्रस्ट सम्झना थियो पछिल्लो पटकको त्यो घटना। मेरा साथीले माइलादाइलाई न चिने झैं गरेर प्याच भने, 'खै! छ महिना अगाडी यहीं नेर भएको यस्तै मिनीबस र सेमिट्रकको आक्स्टेन्टमा एम्बुलेन्सलाई समेत रोकियो।'

माइलाले मुन्टो घुमाएर हामीतिर पुलुकक हेरे तर केही बोलेनन। केही क्षणको मौनता पछि उनले गम्भीर हुँदै भने, "यस्तै सानो कुरामा बिबाद गरेर ट्राफीक जाम गर्दा कति सम्म क्षति हुन सक्छ भन्ने कुरो मैले भोगी सकेको छु सर।"

उनी निकै पिडीत भएको महसुस गरेकोले हामीले के भयो र दाइ भनेर सोध्ने आँट गरेनौं। वरिपरिका सबै यात्रुहरु पनि चुपचाप उनीतिरै हेरिरहेका थिए।

तर एक क्षणको सन्नटालाई चिदै उनले भने, 'छ महिना अघि एक दिन यसैगरी मेरो गाडीलाई अर्को गाडीले ठक्कर दियो। अर्को गाडीको झाइभरले गाडी मर्मत खर्च दिन्छु भनेका थिए तर मैले त्यतिमा चित्त बुझाइन। म लोभी र जिद्दी थिएँ। ५० हजार घटीमा हुँदैन भनेर म अडि लिएर बसेँ। बाटो खुलाइन। बल्ल २० हजारमा सम्झौता गरेर बेलुकी ७ बजे गाडी हटाइयो र बाटो खुल्यो।

त्यसपछि गाडी मर्मत कारखानामा छोडेर म घरतिर लागेँ। मेरी जहान दुई जिउकी थिइन्। तिन दिनपछि हाम्रो बच्चा जन्मने मिति दिएका थिए डक्टरले। हाम्रो पहिलो सन्तानको पर्खाइमा थियोँ हामी। म एक किलो मासु बोकेर निकै उत्साहित हुँदै घरे पुगेँ। मेरो घरको पिँडी र आँगनभरी मान्छे जम्मा भएका थिए। म आँगनमा पुग्ने बित्तिकै सबैले मलाई शोक पूर्ण भावमा एकोहोरो हेर्न थाले। तर कोही पनि बोलेनन्। मेरो मन चिसो भयो।

... contd. next page

कथा : पस्चाताप

मैले आफ्नो टाउको घुमाएर सबैतिर हेरें। आमा लगायत अरु सबैलाई त्यहाँ बाहिर देखें तर उनीलाई देखिनँ। टाउकोलाई घडीको उल्टो दिशाबाट घुमाएर फेरि हेरें तर उनीलाई अझै देखिनँ। मेरो छाती गरुङ्गो भयो। एउटा नराम्रो कल्पनाले दिमाग पुरै रिडायो।

म घरभित्र छिड्नै आँटको मात्र के थिएँ मेरो दाइको छोरी दौड्दै आएर मलाई अगाँलो हालेर घुँक्क घुँक्क गर्न थाली। मैले उसलाई जुरुक्क बोकेँ।

'के भयो छोरी? अन्टी खै त?'

ऊ क्वाँक्वाँ रुँदै मसँग टाँसेई र "अंकल, अन्टी... अन्टी" भनेर चोरी आँलाले पर तुलसाको मठतिर देखाई।

मैले उतैतिर आँखा फ्याकेँ। तुलसाको मठ मुनी सेतो कपडाले छोपेर एउटा सानो मानब आकृतिलाई सुताइएको थियो। त्यसको आडैमा झाँक्रो फिँजाएर घुँडामा टाउको अड्याएर बसेकी थिइन् मेरी मनमाया। अब मैले केही सोचिनँ, उतै दगुरें।

सेतो कपडाको माथिल्लो भागलाई थरथराएका हातले बिस्तारै पन्छाएँ। मेरो हात र आँखा त्यहीं जड्बत भए। म हेरेको हेरै भएँ। उसले तल देखि माथीसम्म पुरै सेतो लगा लगाएको थियो। मलाई देखे बित्तिकै ऊ पर भाग्यो। मैले उसलाई 'मेरो छोरा, मेरो छोरा' भनेर बोलाउन खोजें तर मेरो आवाज नै निस्किएन। म दुबै हात फैलाएर उसको पछि लागें। ऊ झन् झन् पर भाग्यो र कुहियो भित्र बिलिन भयो। म जोड जोडले चिच्याएँ। 'छोरा! ए छोरा!'

त्यति नै बेला मलाई कसैले घचघच्यायो बेस्सरी।

'बाबु! ए बाबु! ए माइला!'

म झल्यास्स बिउँझिएँ। आमा मेरो पछाडी बसेर मलाई बोलाइरहनु भएको थियो।

म आमाको काखमा घोप्टो परेर रुन थालें।

'के भयो आमा यो? कसरी भयो?'

आमाले मनमायाको टाउको सुमसुम्याउदै भन्नु भो,

"बाबु, दिउँसो यसलाई बेथालाग्यो। मैले पल्लो टालको सुडिनी नानीलाई बोलाएर लेराएँ। तर धेरै नै गार्हो भएपछि सुडिनी नानीले अस्पताल नै लैजानु पर्छ बच्चा अप्ठेरो गरी बसेको जस्तो छ, तुरुन्तै लैजानुस भन्नु भो। ट्याक्सी भन्दा एम्बुलेन्स नै छिटो र सजिलो हुन्छ भनेर बाले गएर एम्बुलेन्स बोलाउनु भो। तुरुन्तै एम्बुलेन्समा हालेर कूदाइयो। तर ठिमी पुगेपछि बाटो पुरै जाम रहेछ। आगाडी दुईटा गाडी जुधेर बाटो पुरै छेकेको थियो रे। एम्बुलेन्स एक पाइला अघि बढेन। यता यो साह्रै छटापटाएर हामी साह्रै आँतियो। के गर्ने कसो गर्ने भयो। एउटा केटाले हाम्रो हार गुहार सुनेर तैपनि बाटो खुलाइ दिन्छन की भनेर आगाडी भन्न गए। आधा घन्टा जतिपछि उनी निरास भएर फर्किए।

एउटा मिनीबस र सेमीट्रक बाटो छेकेर राखिएको छ। दुबै झड्भरहरूलाई सुत्केरी बेथा लागेको महिला लेराएको एम्बुलेन्स रोकियो हटाउनुस न भनेर बिनितभाउ गरे तर मान्दै मान्दैनन आमा भने।

एक घन्टाको पिडा पछि बच्चो त्यहीं एम्बुलेन्समा जन्मियो तर कति गर्दा पनि रोएको र कुनै चाँडचुँड गरेको सुनिएन। तिनै भाइले ल बोकेर भए पनि नजिकको हेल्थपोस्ट लैजानु पर्यो भनेर दोडाइयो।

तर ठीलो भैसकेछ बाबु। न आमालाई न बच्चोलाई नै अस्पताल पुर्याउन सकियो। साह्रै रक्तश्राव भएर मनमाया बेहोस भैसकेकी थिई। बच्चो यो संसार छोडेर गैसकेको थियो। कस्ता पापी होलान हेर त! एम्बुलेन्स आउदा समेत बाटो नछोड्ने पनि हुन्छ। कस्तो दिनमा परेछ हे भगवान! अरूको बारेमा नसोचे पनि आफ्नोलाई पनि त यस्तै पर्न सक्छ भनेर सोच्नु पर्दैन। पापको डर नभएकाहरू।"

आमाको कुरा पुरा पनि नहुँदै म त त्यहीं मरी सकेको थिएँ। दिउँसोको घटना मेरो आँखा भरी खुर्सांनी भएर पसी रहेका थिए भने आमाका शब्दहरू बाण झै मेरो छातीमा रोपी रहेका थिए। मैले शोक र रिसले छुब्द आमा र मनमायालाई त्यस दिनको त्यो अपराधी झड्भर जो आफ्नो, केवल आफ्नो स्वार्थ र जिद्दिको कारणले सयौंको बाटो छेकेर गर्ब महसुस गरिरहेको थियो त्यो म नै थिएँ भन्न पनि सकिनँ। म नै थिएँ आफ्नै नबजात सिसुको हत्यारा भन्न सकिनँ।

छाती फुट्ला जस्तो भयो। मनमाया अझै घोरसे मुन्टो नै लगाएर बसेकी थिइन्। उनलाई बोलाउने आँट पनि गर्न सकिनँ। 'म उनको अपराधी हूँ। म पापी हूँ।' भन्ने हिम्मत पनि आएन। आफुलाई यि दुई महिलाको अगाडी टिकाउन गार्हो भयो। दौडेर घरभित्र पसेर डाको छोडेर रोएँ। भित्तीमा टाउको बजाउँदै बेहोस भएर लडेछु।

छ महिना भैसक्यो आजसम्म पनि म उनको आँखामा आँखा जोडेर कुरा गर्न सकिनँ। उनी बिचरलाई त त्यो दिन बाटो जाम गराउने पापी म नै हूँ भनेर थाहा पनि छैन।

तर त्यस घटनादेखि म राती राम्रो निदाउनै सकिनँ। एकातर्फ आफ्नो अपराध बोधले खाइरहेको थियो भने राती सपनामा उही छोरोले पछ्याइरहन्थ्यो।'

... contd. next page

कथा : पस्चाताप

गाडी अघि बढिरहेको थियो। गाडीको गेयरसँगै माइलादाइ आफ्नो कथाको गती पनि परिवर्तन गरिरहेका थिए। हामी सबै उनकै वरिपरि झुम्मिएका थियौं।

केहीबेरसम्म माइलादाइ चुप भएपछि मैले सोधें, "अनि.. अनि के भो त माइला दाइ? "

बागमती खोलाको पुल कटेपछि उनले फेरि गेयर बदले र कथाको नयाँ भाग भन्न सुरु गरे।

'रातीको अनिदो आँखाहरूले दिउँसो गाडी चलाउन गाह्रो भै राखेको थियो। टाउको दुख्न र छाती पोल्ने हुन थाल्यो। साह्रै भएपछि डाक्टरलाई जचाउन गएँ। मैले डाक्टरलाई सबै कुरा खुलस्त भनें। करिब ३५ वर्षका डाक्टर अनिलले मेरो सबै ब्यथा सुनिसकेपछि भने, "हेनुस माइला दाइ, तपाईंको यो समस्याको उपचार कुनै औसधीले होइन तपाईंको अगाडीको सोच, ब्यबहार र अठोटले गर्दछ।" मैले उनको कुरा बुझिनं। अली परिपक्क र नाम चलेको डाक्टरकोमा जानु पर्ने रहेछ भन्ने मनमा लागे पनि कुरो अलि प्रस्ट्याउन अनुरोध गरेँ।

डाक्टर अनिले मलाई कुरा बुझाउँदै भने, 'कुरो के भने, तपाईंको जिवनमा जुन घटना घट्यो त्यसको दोषी तपाईं आफुलाई ठानेर प्रायश्चित गर्नको साथै आफुलाई त्यसको सजाय पनि दिइ राख्न भएको छ। सजाय दुई प्रकारको हुन्छ। एउटा दोषीलाई कस्ट हुने तर त्यसबाट अरुलाई कुनै लाभ नहुने। अर्को दोषीलाई कारबाही पनि हुने र त्यसले अरुलाई लाभ पुग्ने। तपाईं स्वयम दोश्रो बाटो हिंड्नु भो भने त्यसले तपाईंलाई मनमा शान्ती पनि दिन्छ र यस्ता घटनाहरू नदोहरिन मद्दत गर्छ। अब तपाईं सोध्नु होला त्यस्तो कसरी गर्ने त भनेर।

गाडी चलाउनु तपाईंको कर्म हो भने यात्रुहरूलाई उनीहरूको गन्तब्यमा सकुसल र समयमा पुर्याउनु तपाईंको धर्म हो। तपाईंले आफ्नो क्रोध र जिददीपनलाई धर्मभन्दा टाढा राख्नु पर्छ।

अनि एम्बुलेन्स जस्ता आकस्मिक सेवा र अप्ठेरोमा परेका मानिसहरूलाई सहयोग गर्ने कटिबद्धताको साथै अरुमा पनि त्यसको सचेतना फैलाउने कार्य थालनी गर्नुस। यो पुन्यको काम हो। दिन त म तपाईंलाई केही समयको लागि खाने औसधी पनि दिन्छु। तर आबस्यक परे मात्र खानु होला।'

यति भनेर डाक्टरले एक बट्टा औसधी आफ्नै अफिसको दराजबाट निकालेर दिएँ। त्यो औसधी लिएर म उनले भनेका कुराहरू मनमा खेलाउँदै घर तिर लागें। यदि यो मनलाई शान्ति मिल्छ भने म उनले भने जस्तै गर्छु भनेर प्रतिज्ञा गरेँ। त्यसै पलबाट मलाई हलका हुन थाल्यो।

त्यो प्रतिज्ञा म अझै पालना गरि रहेको छु र गरिरहने छु। यसले मलाई मनमा शान्ती मिलेको छ।

हिजो म फेरि डाक्टरलाई भेट्न गएको थिएँ। ममा आएको परिवर्तन भन्नु वा सुधार देखेर उनी खुशि भए। मैले सबैकुरा उनलाई बताएँ र सोधें, "हजुरले दिएको औसधी त सकियो अरु थप्नु पर्छ कि? "

मेरो कुरा सुनेर डाक्टरले मुस्कराउँदै भने "पर्देन माइलादाइ। खासमा मैले तपाईंलाई कुनै औसधी नै दिएको थिइनँ। त्यो त यस्तै बिरामीलाई चित्त बुझाउन दिने भिटामिनको चक्कीहरू थिए। यो तपाईंको बिचार र ब्यबहारमा आएको सकारात्मक परिवर्तनको परिणाम हो। यसलाई कायम राख्नुहोला। यसले तपाईं र समाजलाई सधैं स्वस्थ र शान्त राख्न मद्दत गर्ने छ।"

डाक्टरले भने जस्तै आज पनि मैले आफ्नो धर्म निभाएको हुँ। मैले मेरो पस्चातापलाई मेरो कमजोरी हैन मजबुति बनाएँ। यसको सदुपयोग गरिरहेको छु।'

बस फेरि घच्याक्क रोकियो। म झसँग भएँ। यसपटक हामी त गन्तब्यमा आइपुगिसके रहेछौं। आज कतिबेला गाडी लगनखेल आइपुगेछ पत्तो पनि भएन। आज सबै यात्रुहरू खुसी हुँदै छुट्टिए।

माइलादाइको कुरा सुनेर म स्तब्ध भएको थिएँ सुरुमा। तर अन्तमा साह्रै खुशि महसुस गरेँ।

"माइलादाइ, कसैले परेर पनि चेतैनन। कसैले देखेर वा सुनेर नै चेतछन। तपाईंले चेतनु पनि भयो र चेतना जगाउने कामतिर पनि लाग्नु भएछ। यो ठूलो कुरा हो। खुसी लाग्यो। "

उनको कुममा थुमथुमाएँ र म घरतिर लागें।

Take your child to work day

I'm Mayra Gautam and I am 9 years old in 4th grade at Equestrian Trails Elementary school. I live in West Palm Beach, Florida.

On take your child to work day, I usually go with my dad to Dunkin or even stay home, but this year I got to experience a day at Amar Uncle's (Dr. Amar Karki) workplace. We went to the office (Scientific Instruments) and started with breakfast. Once everybody had arrived, we got to see computer chips under a microscope and observed what they looked like.

After that, we got to see what it looked like to put water, orange juice, and soda in liquid nitrogen. It looked like they had turned into ice! We then got to go to a different department, where we got to see them create a "rocket" with a water bottle and liquid nitrogen. They also put an apple in liquid nitrogen and had to smash it on the floor several times to break it. There was a machine called 7000 LTD (Liquid, Temperature, Density) that measured the nitrogen.

We drew the machine and the staff voted on the best ones (I got 2nd). We went to an area where they would ship things to different places, and we got to stomp all over some bubble wrap! We then got to measure our height. My favorite parts were the bubble wrap and the nitrogen rocket. This was an amazing experience so thank you to Amar uncle and the SI team!!



Empowering Youth Through Leadership and Cultural Connection

The Jacksonville Nepali Chapter is proud to announce the formation of its Youth Committee — an initiative created with a clear and meaningful vision: to strengthen youth engagement while helping the younger generation remain connected to Nepali culture, traditions, values, and identity. During the celebration of Nepali New Year 2083, we proudly introduced the founding youth Committee members, marking an important milestone for our growing community.



Senior Leaders (High School Students): Reedaya Aryal, Archit Chataut

Junior Leaders (Middle School Students): Kaavya Chaudhary, Rishav Nepal, Serena Parajuli, Elysse Shrestha, Raghav Nepal, Jay Dahal and Prisha KC

Interested youth were invited to apply through an online form, and the response was inspiring. Many demonstrated enthusiasm, maturity, and a genuine desire to serve and uplift the community. We are incredibly proud of these young leaders for stepping forward and taking initiative to create a positive impact within our growing community.

For many years, the Jacksonville Nepali Community has remained committed to organizing children's activities and family gatherings that bring people together while preserving our cultural roots. As our children grow older, it becomes increasingly important to create opportunities that help youth feel involved, valued, and connected to both their Nepali heritage and their upbringing in the United States. Adolescence is an important stage of life where young individuals seek identity, connection, and a sense of belonging. For Nepali American youth, this often means balancing two cultures while staying connected to both. Creating an environment where they feel proud of their Nepali heritage as well as their lives growing up in America is essential in helping them build confidence, cultural pride, strong leadership skill and community ties.

Recognizing this, the Youth Committee adopted a new approach. Rather than simply encouraging participation, the initiative focuses on empowering youth by offering leadership opportunities, responsibility, and a platform to express their ideas and creativity. This approach is grounded in the belief that when young individuals feel trusted and valued, they are far more likely to engage meaningfully.

The results have been both effective and encouraging. Youth participants have demonstrated increased responsibility, collaboration, initiative and teamwork. They have begun taking active leadership roles by guiding younger children, working collectively as a team, and organizing their very first project — the Buddha Jayanti presentation.

This initiative marks an important step toward strengthening intergenerational connection while fostering leadership, volunteerism, cultural pride, and community engagement. By investing in our youth today, we are helping shape confident, compassionate, and community-minded leaders for the future.

**Nisha Shrestha Truelove
President,
Jacksonville Chapter – NAF**

... contd. next page

Empowering Youth Through Leadership and Cultural Connection

Founding Leaders of the Jacksonville Nepali Chapter Youth Committee
Building leadership, cultural connection, and community involvement among Jacksonville's Nepali youth.

Senior Leaders



Archit Chataut
Grade: 10,
Rising Junior;
Age-16

I am a 10th grade student at Nease high school. I am also a part of the school cross country and Track team. I love to run with my teammates. I also enjoy listening to music. One day I aspire to become a dentist.



Reedaya Aryal
Grade: 9th,

I am interested in reaching out to the community and making the club a fun place to be. My favorite quote would be "Success is the sum of small efforts, repeated day in and day out." - Robert Collier. This quote reflects my belief that growth comes from consistency and hard work. Whether it's academics, leadership, or personal goals, small daily efforts build character and lead to long-term success.

Leadership Structure and Responsibilities

Senior Leaders (High School Students)

Senior Leaders will take on primary leadership responsibilities in key areas such as Community Outreach, Media & Photography, Sports & Activities, and Events & Cultural Programs. Each Senior Leader will be assigned specific roles and responsibilities aimed at fostering leadership growth, accountability, and teamwork.

Junior Leaders (Middle School Students)

Junior Leaders will actively participate in committee activities, explore areas of interest, and collaborate closely with Senior Leaders. They will rotate responsibilities over time to gain diverse experience and develop foundational leadership skills.

Youth who did not formally apply are still welcome to participate as volunteers and contribute to community events as opportunities arise.

The Founding Youth Leaders were formally recognized during the Jacksonville Nepali New Year 2083 celebration. As this is a newly established initiative, the structure will continue to evolve based on experience and feedback. We extend our sincere congratulations to all selected youth and express our gratitude to parents and families for their continued support in strengthening our community

NAF-Jacksonville Executive Team

... contd. next page

Empowering Youth Through Leadership and Cultural Connection

Juniors Leaders



Prisha KC
Grade: 8th; Age: 14

I want to join Nepali Youth Committee to learn and understand Nepali culture. My strengths and skills include Teamwork, organization, creativity, managing stress and focus which I learned from my competitive games.



Rishav Nepal
Grade: 7th; Age: 13

I want to be part of the youth committee, because I want to learn about Nepali culture. I enjoy sports such as football and basketball. I am also involved in the VRA football team.



Raghav Nepal
Grade: 7th; Age: 13

I want to be part of the youth committee so I can learn about our national activities. I like to play football, and I am involved in the VRA football team.



Serena Parajuli
Grade: 6th; Age: 12

"Be yourself, everyone else is already taken." I am honored to be part of the first Youth Committee and look forward to helping improve our community by promoting more cultural events and bringing people together.



Jay Dahal
Grade: 6th; Age: 12

I would like to join the Nepali Youth Committee because I could build stronger connections and make a more positive environment. I would also like to take a leadership role because I believe that I could be a big part of this Committee..



Kaavya Chaudhary
Grade: 6th, Age-12

I want to make community events more enjoyable and fun by learning and teaching younger kids about Nepali culture and festivals. I love to read books and would like to cultivate that in kids. I enjoy music of all kinds and love to play piano.



Elysse Shrestha
Grade: 6, Age 12

A favorable activity for me is reading.
"Give your creativity to something that deserves it or if you're trying to spread a positive message."-me

How to Paint – “The Long Way Home”

Project Overview

Title: “The Long Way Home” Sunset 2026

Designer: Anjana Thapa Paudel

Surface: 8x10 Canvas

Level: All Skill Levels

Color & Brush Reference

Background Sky: 1-Inch Flat Brush

Top: Orange + Red

Middle: Lemon Yellow

Bottom: Orange

Sunset Glow: 1-Inch Flat Brush / #6 Round Brush

Highlights: White + Lemon Yellow + Burnt Sienna

Trees & Foliage: #4 Fan Brush

Shadow Mix: Burnt Umber + Mars Black

Road Pavement: #6 Round Brush

Base Color: Mars Black + White (Gray)

Road Lines & Sun: #0 Detail Brush

Details: White + Lemon Yellow



Anjana Thapa Paudel

Step-by-Step Painting Guide

1. Setup the Horizon

- Place **masking tape** across the lower third of the canvas.
- This keeps your road horizon line perfectly sharp.

2. Blend the Sky

- Wet your **1-Inch Flat Brush**.
- Paint the top with **Orange + Red**.
- Blend into **Lemon Yellow** in the middle.
- Fade into **Orange** at the tape line.
- Use long, horizontal strokes to blend smoothly.

3. Add the Sunset Glow

- Mix White + Lemon Yellow + Burnt Sienna.
- Use your #6 Round Brush or flat brush.
- Paint soft horizontal streaks near the horizon.
- Use the #0 Detail Brush with White + Lemon Yellow to dot a clean, round sun.

4. Base the Road

- Remove the masking tape once the sky dries.
- Mix Mars Black + White to create gray.
- Use the #6 Round Brush to paint the asphalt.
- Make the road wide at the bottom and narrow at the horizon.

... contd. next page

How to Paint – “The Long Way Home”

5. Build the Trees

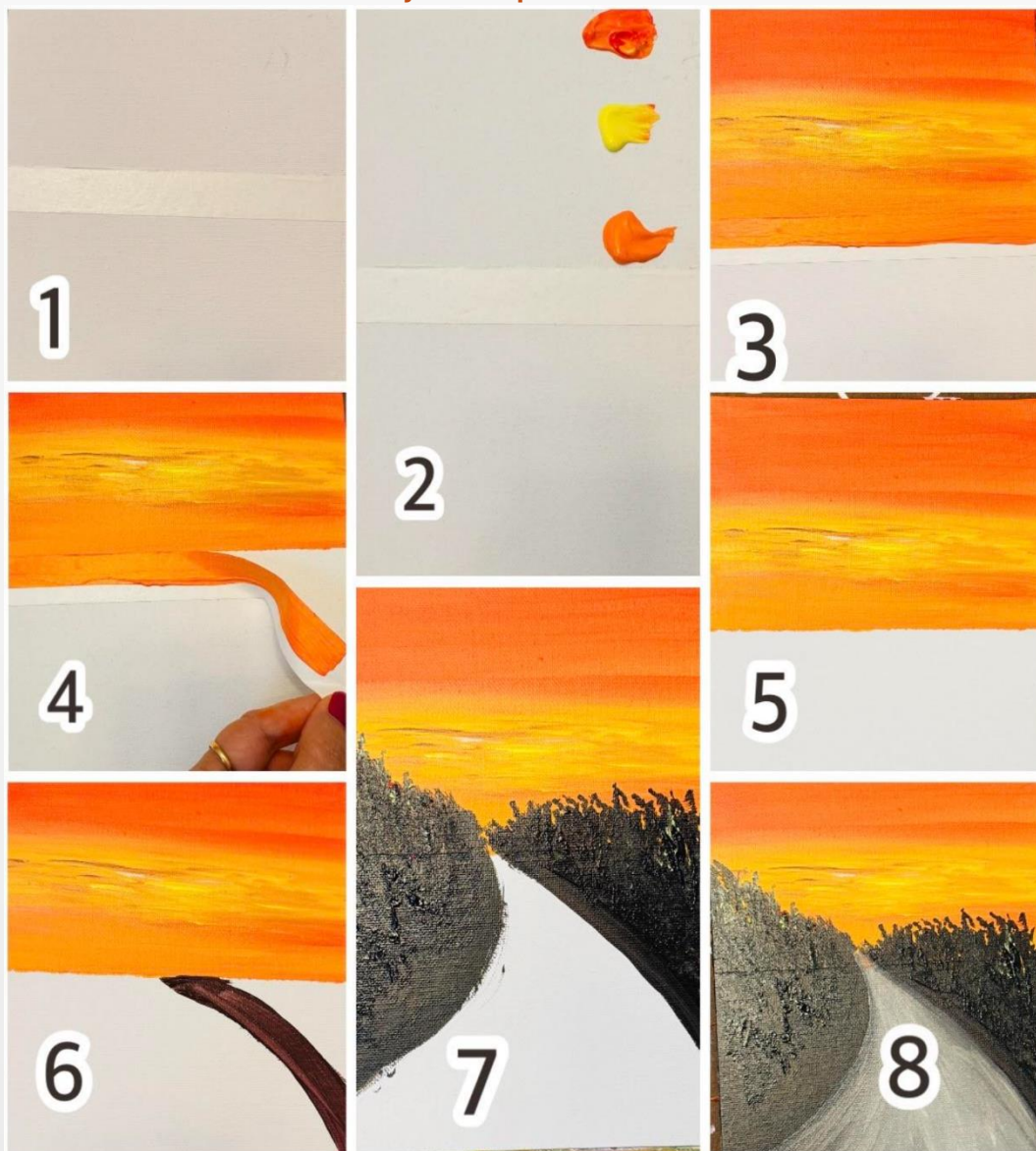
- Mix **Burnt Umber + Mars Black** for a deep shadow color.
- Load your **#4 Fan Brush** with this mix.
- Tap the brush firmly along both sides of the road.
- Create staggered, stylized silhouettes that frame the path.

6. Paint Road Details

- Mix **White + Lemon Yellow** for high-visibility lines.
- Use the **#0 Detail Brush** for precision.
- Paint solid lines on the road edges.
- Paint dashed lines down the center.
- Make dashes smaller as they approach the horizon.

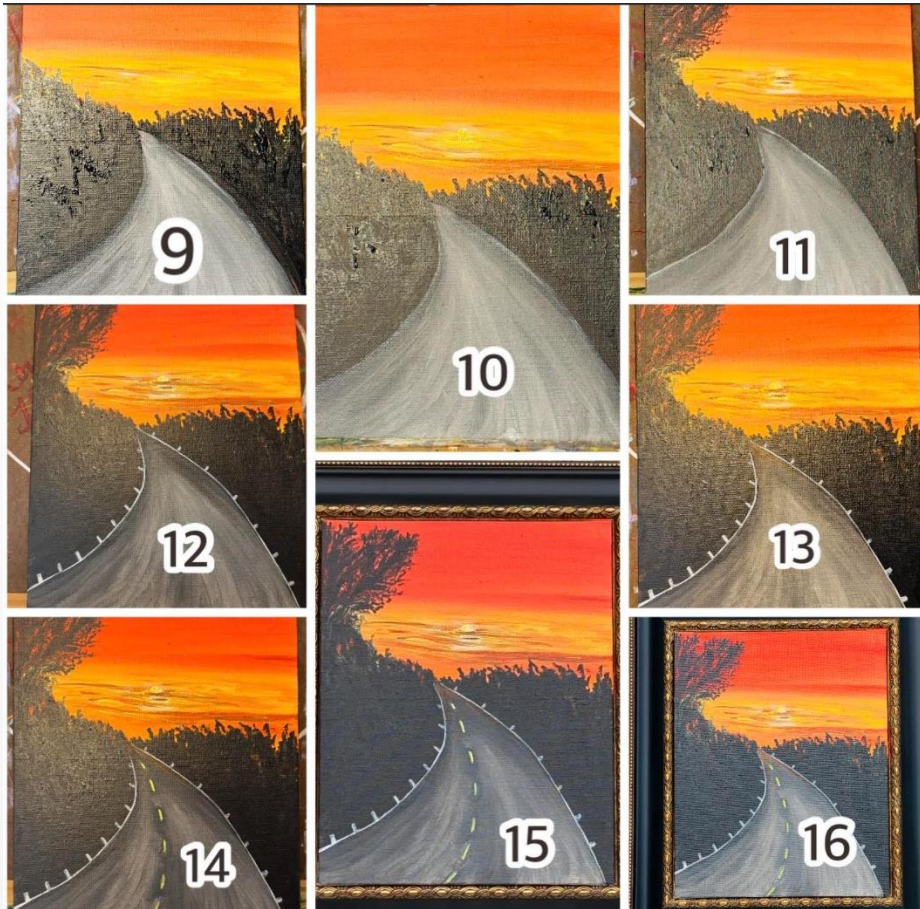
Here are the key visual details and stylistic attributes of my artwork: This is a winding, perspective-driven road that leads straight toward the horizon line. The foreground has dark, heavily textured silhouettes of lush trees and foliage that border both sides of the asphalt. For the background, I have created a dramatic sky filled with bright orange, red, and yellow gradients, capturing the peak of a sunset.

Happy Painting!
Anjana Thapa Poudel



... contd. next page

How to Paint – “The Long Way Home”



MAY 2026



THE LONG WAY HOME

Modish Nepali New Year Bikram Sambat 2083! - By Srijana Nepal

With the belief that a new year is a harbinger of peace, progress, and prosperity, the community welcomed Nepali New Year Bikram Sambat 2083 at the Wellington Library.

Being born in Nepal and receiving the blessings of brave ancestors alone is not enough to be called Nepali. To be Nepali, one must possess a pure Nepali spirit. Otherwise, do not call yourself Nepali; do not claim to be the sons and daughters of the brave.

This essence is beautifully captured in the Nepali song **Hoina Bhane Nepali Nabhana** by Gopal Yonjan:

होइन भने नेपाली नभन

हो धेरै छ गर्नु स्वदेशको सेवा
नेपाली बन्नलाई
शिर ठाडो पारी नेपाली भन्ने
म नै हूँ भन्नलाई
होइन भने नेपाली नभन
वीरको छोरा छोरीमा नगन
नेपाली हुन पूर्व जनमको कमाईले पुग्दैन
पुर्खाको पौरख, श्रम र आशिष मात्रले पुग्दैन
नेपाली हुन पवित्र आत्मा नेपाली चाहिन्छ
नेपाली चाहिन्छ
पराया मुटु दौराको फेरले छोपेर पुग्दैन
होइन भने नेपाली नभन
वीरको छोरा छोरीमा नगन

The excitement filled the air, and the energy was unmatched.

When it comes to creating ambience, the Wellington Library staff always outdo themselves. It is heartwarming to hear comments like these from library members:

“My child said he felt like he was in Nepal.”

“Thank you for including us.”

“Thank you for celebrating it and giving our children an opportunity to showcase their talents.”

One non-Nepali library member attended the function wearing a Nepali cap — *Dhakako Topi*. He and his wife had recently visited Nepal, making the moment even more special.

The performers outperformed themselves. It was a celebration that touched people’s hearts, and each year it feels special in its own unique way.

Heart-touching songs, spectacular music, an a



cappella performance, mesmerizing traditional Nepali dances, a posh fashion show, and the unique Lakhe dance were among the highlights of the event, which was attended by more than 80 people.

From Orlando to Miramar, families travelled more than five hours to perform. Parents encouraged their children to participate even when they were unwell. Some performers took part despite minor accidents, family events, school projects, assignments, or demanding work schedules. The event was a testament to our younger generation carrying our culture forward and to the community’s commitment to preserving it. It also offered a meaningful opportunity to learn about the Nepali New Year, connect, and celebrate cultures together.

I am deeply thankful to everyone who participated. Special thanks go to all the parents who encouraged their children to perform. How do I even begin to thank those who refused to let minor accidents, illness, travel, school projects, family events, or work obligations stop them from participating?

Many thanks also to the families of our generous sponsors for providing delicious delicacies. It brought me immense joy to see the children thoroughly enjoying them.

Once again, thank you from the top of the world!

The pictures speak for themselves:

Note: The wording in the song was changed to “sons and daughters” instead of “sons and grandsons.”

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.

Interactions with Hon. Pukar Bam – Newly elected MP of Nepal

Newly elected Member of Parliament Hon. Pukar Bam has emphasized the importance of engaging Nepal’s global diaspora, reforming governance, and creating opportunities for youth to help shape Nepal’s future.

In an in-depth interview, Bam discussed Nepal’s growing youth migration trend, saying the government is focused not only on preventing “brain drain” but on transforming it into “brain gain.” He stressed that Nepalis abroad represent a valuable global talent network that Nepal must actively connect with. During his visit, members of the Nepalese diaspora in Tampa Bay and Miami had the opportunity to interact directly with Pukar Bam and gain insight into the government’s vision for Nepalis living abroad. Discussions focused on how the Nepalese government plans to engage overseas Nepalis more effectively, including policies aimed at increasing diaspora involvement in national development, entrepreneurship, investment, education, and innovation. Bam also highlighted efforts to create supportive frameworks and benefits for the Nepalese diaspora, making it easier for overseas Nepalis to contribute to Nepal while maintaining strong ties to their homeland.

During the participation at discussions in Tampa and Miami, Bam said he met highly skilled Nepali professionals and students worldwide who are willing to contribute to Nepal either by returning home or supporting from abroad. A

According to him, even small policy reforms are encouraging overseas Nepalis to reconnect with Nepal. Bam highlighted recent administrative improvements, claiming that services such as No Objection Certificates (NOC), licensing, and bureaucratic procedures are becoming faster and more accessible. He also pointed to efforts to recruit skilled professionals into government institutions through merit-based systems.

On diaspora engagement, Bam said RSP considers overseas Nepalis a “top priority,” emphasizing policies aimed at encouraging investment, entrepreneurship, and easier reintegration for returnees. He argued that Nepal should create an environment where second- and third-generation Nepalis abroad remain connected to their roots through education, business, culture, and innovation. Discussing politics, Bam reflected on RSP’s electoral success, saying the party had sought either a strong majority or a mandate large enough to implement major reforms. He said citizens expect visible change after decades of political dissatisfaction and stressed that governance reforms, anti-corruption efforts, education, healthcare, and economic opportunities remain top priorities.

Bam concluded by urging Nepali youth at home and abroad to remain connected to Nepal and contribute their knowledge, skills, and networks toward building a prosperous future.



Understanding the NRN Citizenship Process in Nepal

Obtaining Non-Resident Nepali (NRN) Citizenship has become an important pathway for many Nepalis living abroad who have acquired foreign citizenship but still wish to maintain a legal and emotional connection with Nepal. While the process can appear complex at first, understanding the required phases, documents, and government procedures can make the journey much smoother.

The process of obtaining NRN citizenship in Nepal is generally divided into two major phases. The first phase involves formally withdrawing Nepali citizenship, while the second phase focuses on applying for and obtaining NRN citizenship status.

The first phase begins at the Chief District Officer (CDO) office, where the applicant must officially apply to renounce their Nepali citizenship. To initiate this process, the applicant needs to submit the “Anusuchi-9” form along with several supporting documents. These include the original Nepali citizenship certificate, original Nepali passport, copies of foreign citizenship and foreign passport, a copy of the Nepali visa page, and two recent passport-size photographs. In addition, a family member associated with the applicant must be present during the verification process and provide a copy of their Nepali citizenship certificate.

Once the application and supporting documents are submitted, the CDO office begins the verification process. After the initial review, the office issues official letters directing the applicant to obtain clearance from Nepal Police and the Rajaswa Bibhag (Revenue Department). These clearances are essential to ensure that the applicant has no criminal history, pending tax liabilities, or outstanding company-related obligations in Nepal.

Applicants must personally visit both departments and collect official letters confirming that there are no unresolved legal or financial matters associated with their name. After obtaining these clearance documents, they must be submitted back to the CDO office for further review.

The CDO office then conducts another round of verification. If all documents and clearances are found satisfactory, the office officially accepts the withdrawal of Nepali citizenship and provides the applicant with a formal citizenship withdrawal letter. This document is extremely important, as it serves as the foundation for the second phase of the NRN citizenship application process.

After completing the citizenship withdrawal process, the applicant can proceed to the second phase, which begins at the local ward office. The withdrawal letter issued by the CDO office must be presented to the ward office, where the applicant requests preparation of the required documents known as “Anusuchi 8 Gaa, Gha, and Cha.”

At this stage, the applicant must again provide supporting documents, including copies of the former Nepali citizenship certificate, Nepali passport, foreign citizenship certificate, foreign passport, and Nepali visa page. A sibling or close family member is generally required to be physically present for identity verification purposes. The verifying family member must also provide proof of their Nepali citizenship along with documents establishing the family relationship.

Once all required documents are submitted, the ward office uploads the information into the Home Ministry’s online portal. This is one of the most critical steps in the process. Applicants should ensure that the ward office provides printed copies of the registered “Anusuchi 8 Gaa, Gha, and Cha” documents containing the official barcode and registration number. Without these printed and registered documents, applicants may later be required to repeat the entire second phase of the process.

The printed documents, along with all supporting paperwork, must then be submitted to the CDO office. Following submission, the CDO office conducts another detailed verification process to confirm the authenticity of the application and supporting information. A sibling or close family member is generally required to be physically present all the time for the verification purpose.

Once the verification is successfully completed, the applicant is invited to participate in an official oath ceremony. After taking the oath, the individual is formally granted NRN citizenship.



Deepak Neupane
General Secretary,
NAF

Nepali Women's Mental Health

On International Women's Day, NAF partnered with the Nepali Women's Global Network (NWGN) and Urja, a South Florida-based Nepali women's peer group, to host a one-hour virtual community conversation on emotional well-being titled "Nepali Women's Mental Health: Your Mind Matters, Every Way, Every Day." The session was held on March 29 via Zoom.

The program featured speaker Naina Rana, LCSW, a Connecticut-based therapist and founder of Peakworks Counseling Center. She specializes in anxiety, trauma, burnout, and life transitions, with a strong focus on mental health within South Asian communities. The discussion was moderated by Sakun Shrestha, DNP, APRN, an oncology nurse practitioner with over 10 years of clinical experience. Facilitation was led by Leena Basnyet, founding member of Urja, and Preeti Bhandary, Vice President of NAF.

The session brought together more than 35 participants and explored key themes including women's mental health, the invisible emotional load, relationships, boundaries, self-worth, and practical tools for everyday well-being. A robust Q&A segment followed, fostering meaningful and engaging dialogue among attendees.

Nepali Women's Mental Health
Your Mind Matters, Every Way, Every Day.
A 1-Hour Community Conversation on Emotional Well-being.

NAF (Nepalese Association of Florida) | NWGN (Nepali Women's Global Network) | URJA (South Florida Nepali Women's Peer Group)

March 29th 2026
10 AM - 11 AM

Via **zoom**

Meeting ID
348 860 7840

Passcode: 1234

Speaker
Naina Rana
LCSW
Connecticut-based therapist & Founder of Peakworks Counseling Center.

Moderator
Sakun Shrestha
DNP, APRN

- Specializes in anxiety, trauma, burnout and life transitions.
- Passionate about mental health in South Asian communities.

Facilitators: Leena Basnyet, Founding Member, Urja. Preeti Bhandary, VP NAF.

Join us for a meaningful discussion on emotional wellbeing for Nepali women, families and community members.

Nepali New Year 2083 celebrated in Orlando with enthusiasm

The Nepali community in Florida came together with great enthusiasm and unity to celebrate Nepali New Year 2083 at a vibrant picnic event held on April 11, 2026. The celebration was organized by the Nepalese Association of Florida (NAF) and hosted by the Nepali Community Center Orlando (NCCO).

The festive picnic featured a wide range of activities catering to all age groups, including sports competitions, children's games, and colorful cultural performances.

The cultural program, coordinated by Mrs. Arati Bhandari Rai and Mrs. Geeta Neupane, highlighted the remarkable talents within the Orlando Nepali community. The program began with a heartfelt rendition of the national anthems of Nepal and the United States by Pathshala students. Pramish Neupane impressed the audience with a piano performance, while Subani Baniya delivered a captivating dance.

Sanavi Shrestha and Aniko Shrestha performed the beloved song "Phool ko Aakha Ma," adding a melodious touch to the event. Marilyn Neupane and Shubu Neupane energized the crowd with a lively dance, followed by a traditional Newari dance by Samira Maharjan. Aakasa Patil and Alisa Patil, along with Saniya Dhungana, further entertained attendees with energetic performances.

All performers—including Subani Baniya, Pramesh Neupane, Sanavi Shrestha, Aniko Shrestha, Marilyn Neupane, Shubu Neupane, Samira Maharjan, Aakasa Patil, Alisa Patil, and Saniya Dhungana—were honored with Certificates of Appreciation presented by NCCO President Bikash Devkota in recognition of their contributions.

The cultural segment was emceed by Mr. Damodar Pokharel and managed by Mr. Dev Rai, who also delighted the audience with a beautiful flute performance. Mr. Pokharel additionally emceed the official session chaired by Mr. Rajendra Shrestha of NAF ANEC. Sports activities were another major highlight of the celebration. The pickleball tournament saw strong competition, with the Tampa team—represented by Dr. Netra Khanal and Mr. Deep Karki—emerging as champions after a close match



against the West Palm Beach team of Dr. Amar Karki and Mr. Parbat Joshi. Special thanks were extended to Mr. Laxman Thapa for coordinating and scoring the matches.

The volleyball tournament drew an enthusiastic crowd, as the Fort Myers team competed fiercely against the Orlando team, with Orlando ultimately securing victory. Coordinated by Mr. Parshuram Neupane and supported by volunteers including Dr. Narayan Neupane, the event was a crowd favorite. Volleyballs were sponsored by Mr. Pradeep Neupane of Kelme, and winners and runners-up were honored with trophies and certificates.

Children enjoyed fun games such as the Spoon Marble Race and Hot Potato, while adults participated in the traditional "Gainto Futaune" game. Winners and runners-up across all categories received prizes. Additionally, Sanaya Dhungana was awarded a cash prize for winning the crossword puzzle published in INDRENI.

On this occasion, NAF President Binod Basnet announced that the upcoming Dashain celebration will be held in Tampa on November 7, encouraging community members to participate and support the event. The celebration was attended by the executive committee of NAF, NCCO executive committee, and leaders from NAF chapters in Tampa, Fort Myers, and Jacksonville.

The Nepali New Year celebration not only marked the beginning of a new year but also strengthened community bonds and helped preserve cultural heritage among Nepalis in Florida. NAF expressed sincere gratitude to the NCCO executive committee, participants from various cities, and all volunteers for making the event a grand success.



राजु ताम्राकार
वेस्ट पाम बीच

केवल आफ्नै

हेर्छु मेरा नयनले दुर क्षितिजको किनारासम्मन
देख्छु म केवल आफ्नै चन्द्र, सूर्य र नील गगन ॥

चिच्याउँछु म भाषा र संस्कृतिहरूको अन्तरद्वन्द सहन नसकी
सुन्छु म केवल आफ्नै मुटुको स्पष्ट ढुकढुकी ॥

निदाउँछु म रोज शक्तिविहीन योद्धाको गति सरी
बिउँझिन्छु म केवल आफ्नै अलार्मक्लकको साईत गरी ॥

जान्छु म पाइलाहरू गन्दै त्यो गन्तव्यको खोजमा
पुग्छु म केवल आफ्नै जीवन पदयात्राको अनेक मोडमा ॥

के म त्यो ठाउँ, त्यो परिवेश र त्यहाँको संस्कारका लागि गलत मान्छे थिएँ ??



सायद म त्यो ठाउँका लागि सही मान्छे थिइँँ। त्यो परिवेश, त्यहाँको सोच, त्यहाँको संस्कारसँग मेरो आत्मा कतै मेल खान सकेन। अब कुरा आउला, जीवनका समायोजन र सम्झौताहरूको। ती त जीवनलाई परिपक्व बनाउने मौन प्रक्रियाहरू हुन्। हरेक सम्बन्धमा, हरेक भूमिकामा, हरेक यात्रामा केही न केही छोड्नुपर्छ, केही न केही स्वीकार्नुपर्छ।

आफ्ना केही चाहनाहरूलाई थोरै पछाडि सारेर, अरूका अपेक्षाहरूलाई थोरै अगाडि ल्याउनु, यही त सहअस्तित्वको आधार हो। त्यसैले यी कुरालाई ठूलो मुद्दा बनाइरहनु आवश्यक छैन। बरु यिनै साना-साना सम्झौताहरू, यिनै असहजताका क्षणहरू र यिनै आत्मसंघर्षहरूले त हामीलाई भिन्नभिन्नै परिपक्व बनाउँदै लगेरहेको हुन्छ। हामीलाई थाहा नहुँदै, हामीभित्र कुनै न कुनै रूपान्तरण भइरहेकै हुन्छ।

तर परिवर्तनको पनि आफ्नै सीमा हुन्छ। सुन्तलाको बोटमा अझु फलाउने प्रयास गर्नु जस्तै हो, आफ्नो मूल स्वभावलाई पूर्णतः बदल्न खोज्नु। त्यो सम्भव पनि छैन, र सायद आवश्यक पनि छैन।

सुन्तलाको बोटलाई अझ स्वस्थ बनाउन सकिन्छ। त्यसले अझ मिठो, अझ रसिलो, अझ सुन्दर फल दिन सक्छ। तर उसले आफ्नो मूल स्वभाव कहिल्यै त्याग्न सक्दैन। उसको बीउमा अंकित सत्य नै उसको पहिचान हो।

मान्छे पनि त्यस्तै रहेछ।

समायोजन गरियो, सम्झौताहरू पनि गरियो। आफूलाई धेरैपटक मोडियो, कतिपटक आफ्नै चाहनालाई थामेर अरूको अपेक्षामा आफूलाई ढाल्ने प्रयास गरियो। तर अन्ततः भित्रको आत्मा भने उहाँ रह्यो, आफ्नै मौलिकतामा अडिग। किनकि आत्मा पनि बीउजस्तै हो। त्यसमा हाम्रो मौलिकता हुन्छ, आफ्नोपन हुन्छ। हाम्रो अस्तित्वको गहिरो पहिचान हुन्छ।

अब मैले बुझें, सबै ठाउँमा आफूलाई अटाउन सकिँदैन रहेछ। सबै सम्बन्धका लागि, सबै पदका लागि, सबै परिस्थितिका लागि हामी सही मान्छे नहुन पनि सक्छौं। र त्यसलाई लिएर कुनै पीडा मानिरहनु आवश्यक पनि छैन।

हो, आफ्नो सहजताको सीमाबाट बाहिर पनि निस्कनुपर्छ। नयाँ बाटाहरू हिँड्नुपर्छ, नयाँ अनुभवहरू बटुल्नुपर्छ, आफूलाई चुनौती दिनुपर्छ। संसारलाई बुझ्न, आफूलाई अझ राम्रोसँग चिन्न, कहिलेकाहीं परिचित घेराभन्दा टाढा पुग्नुपर्छ। तर त्यो यात्रामा पनि एउटा शर्त हुनुपर्छ-मेरो आत्माले त्यसलाई अनुमति दिनुपर्छ। यदि आफ्नै आत्मा असहज हुन्छ भने, त्यो मेरो लागि विजय होइन। अन्ततः, आफूलाई बदल्नु होइन, आफूलाई अझ स्पष्टसँग चिनु नै सायद सबैभन्दा ठूलो रूपान्तरण हो।

हरेक बीउलाई फुल्न आफ्नै माटो चाहिन्छ, आफ्नै आकाश चाहिन्छ, आफ्नै मौसम चाहिन्छ। र जब त्यो सही ठाउँ भेटिन्छ नि, तब आफूलाई बदल्नु पर्दैन, केवल आफू भएर बाँचे पुग्छ।



सीमा

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 naflorida2016@gmail.com by **midnight July 18, 2026 (Sunday)**.

A correct entry will receive a cash prize of \$50, thanks to our sponsors. If we receive more than one correct entry, we will conduct lucky draw to choose a winner.

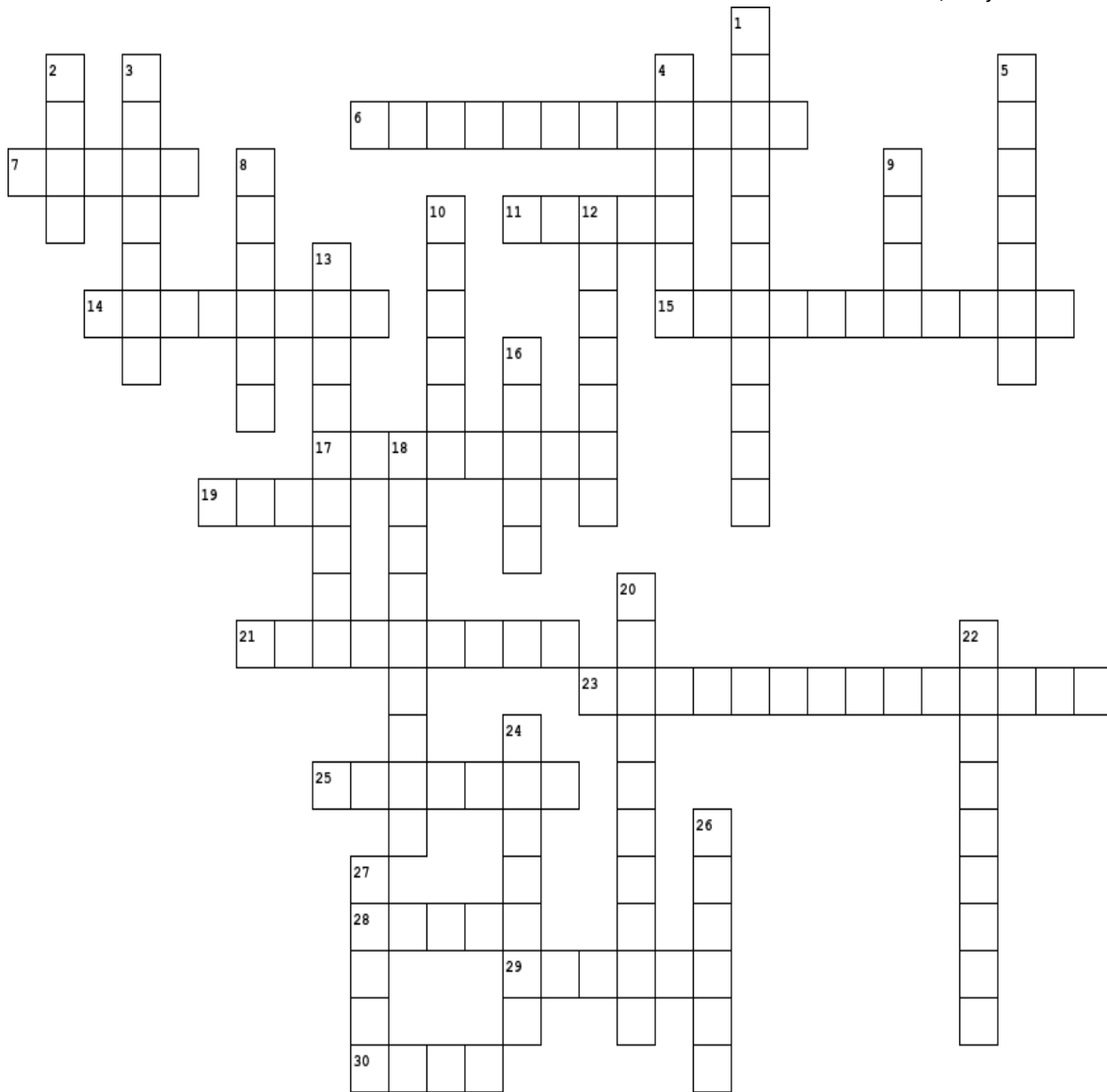
Sponsored by:

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



Clues... next page

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 naflorida2016@gmail.com by **midnight July 18, 2026 (Sunday)**.

A correct entry will receive a cash prize of \$50, thanks to our sponsors. If we receive more than one correct entry, we will conduct lucky draw to choose a winner.

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

- 6. Florida city with the largest land area in the contiguous U.S.
- 7. Material that forms many Florida reefs
- 11. Gulf Coast city known for cigar history
- 14. Native American tribe closely associated with Florida history
- 15. Oldest continuously inhabited European-established city in the U.S.
- 17. Sports drink invented at the University of Florida
- 19. Caribbean island closely tied to Florida history
- 21. Powerful storm frequently affecting Florida
- 23. Historical period following the Civil War
- 25. Historic raiders once active around Florida waters
- 28. Spanish explorer Juan _____ de León
- 29. Explorer linked to the Fountain of Youth legend
- 30. U.S. space agency with major Florida operations

Down

- 1. Capital city of Florida
- 2. Historic district founded by cigar manufacturers
- 3. Henry _____, railroad builder and developer
- 4. Industry important to Ybor City history
- 5. Fish common off Florida's coast and former MLB team name
- 8. Company that opened a famous Florida theme park in 1971
- 9. Island chain extending from southern Florida
- 10. NASA program associated with launches from Florida
- 12. Gentle marine mammal found in Florida waters
- 13. Reptile commonly associated with Florida
- 16. Major South Florida city founded in 1896
- 18. Florida became a U.S. _____ in 1821
- 20. Vast subtropical wetlands in South Florida
- 22. Florida achieved this in 1845
- 24. Space Center located at Cape Canaveral
- 26. Famous Florida citrus fruit
- 27. European country that first colonized Florida

Congratulations Grads!

Yuvani Bhandary

Graduated her High School from Palm Beach Central High School. She is going to Florida State University Honors College to pursue her Undergraduate degree.

Message from her parents, **Mr. Dev Bhandary** and **Mrs. Priti Bhandary**: *"We are very honored to have seen the dedication and effort that Yuvani has put in her K-12 years on a daily basis. We also have witnessed what an intellectual and positive person she has become. This is just the first in many steps that we know she will give her all. We love you and can't wait for your college years! We are proud to become FSU parents! Go Noles! Love, Daddy, Mommy, Dada, and Lucky."*

Message from **Yuvani**: *"I'm so thankful for all my family and friends supporting me as I embark on this new chapter in my life, without whom I would not have been able to accomplish anything. It's so important to be involved within one's community and set high standards for yourself. I did this by volunteering in Nepal at Vayodha hospital, publishing a book, and donating computers to a school on the skirts of Kathmandu. I also was able to earn the Cambridge ACE diploma with distinction, pathfinders literary award, national honor society, dance marathon co-head, top 5% of senior class, national athletic honor society, national english honor society, national technical honor society, student government association ambassador, and a cumulative GPA of 5.09. None of this could be accomplished without dedication, resilience, and the support of those that I love. So, make sure to keep your expectations for yourself high, and work even harder day after day."*



Congratulations Grads!



CONGRATULATIONS!

Dr. Surya Baniya

for being awarded a
Doctor of Philosophy (PhD)
degree from the
University of The Cumberlands,
Williamsburg, KY
in Information Technology
Specialization in Information
Security Dissertations Topic:
“Microservice Security Policy”

CONGRATULATIONS!

Dr. Narayan Neupane

for being awarded a
Doctor of Philosophy (PhD)
degree from the
University of Cumberlands
for his research titled:
“Cybersecurity Preparedness in
Developing Countries: A Sector-
Specific Analysis of Threats and
Mitigation Strategies in Nepal”

Birdwatching – My Hobby!

My name is Arnav Dhakal, I am 15 years old. I started bird watching in January 2024 with a simple curiosity and a deep appreciation for nature and wildlife. What began as quiet moments observing birds quickly grew into a passion for learning, sharing, and connecting with others who enjoy the birding world.

As my interest grew, I realized that birdwatching is even more rewarding when it is shared. I am a member of the Florida Young Birders Club and the Orange Audubon Society, both of which have helped me become a more knowledgeable birder. Through these organizations, I have participated in group birding events, met experienced birders, and learned valuable identification skills and techniques.



Arnav Dhakal

If you are interested in birdwatching, there are a few essentials to get started. First, invest in a good pair of binoculars with suitable magnification and lens size. A comfortable binocular strap can make them easier to carry and access. If you enjoy photography, consider a camera with strong zoom capabilities or a quality telephoto lens to capture bird images.

Bird identification apps such as Merlin Bird ID and eBird are also extremely helpful. They can identify birds by sight and sound, track your observations, and help you learn about species in your area.

Next, find a location with birds. Nature trails, parks, wildlife refuges, and even your own neighborhood can provide excellent bird watching opportunities. While birding alone can be enjoyable, I recommend joining a group whenever possible. Birding with others increases your chances of finding birds and provides opportunities to learn from more experienced observers.

Wear comfortable, breathable clothing in neutral colors such as gray, brown, or black to avoid disturbing wildlife. Sturdy, waterproof shoes are also recommended. Most importantly, be patient and quiet. Avoid loud conversations, sudden movements, and camera flash photography. Keep your phone on silent mode and communicate softly when necessary.

Birdwatching is a rewarding hobby that encourages patience, observation, and a deeper connection with nature. If you would like information about joining a birding club or Audubon chapter in your area of Florida, I would be happy to help.

Please do not hesitate to reach out with any questions.

Email: arnavdhakal123@gmail.com

Upcoming Programs

ENGAGEMENT SESSION with the EMBASSY OF NEPAL DELEGATION

Hosted by



Supported by



ENGAGEMENT SESSION WITH THE EMBASSY OF NEPAL DELEGATION

OUR GUEST



SHARAD RAJ ARAN
CHARGE D'AFFAIRES
EMBASSY OF NEPAL

TAMPA, FL
JUNE 13, 2026
(SATURDAY)

An engaging interaction with the Embassy of Nepal Delegation for Nepali students and the Nepali community in Tampa Bay.

DATE
JUNE 13, 2026
SATURDAY

TIME
1:00 PM - 3:00 PM
(EST)

VENUE
USF MARSHALL STUDENT CENTER
(MSC) - 3707 OAK ROOM
TAMPA, FLORIDA

REGISTER NOW!



SCAN THE QR CODE
OR REGISTER USING THE LINK

<https://forms.gle/nyM6Ja3XbYkTWVVA6>

WEST PALM BEACH, FL
JUNE 14, 2026
(SUNDAY)



invites you to
An Engagement Session
with the
Embassy of Nepal DELEGATION

An interaction program with members of the Nepali diaspora community and Nepali investors in Florida.

<https://tinyurl.com/EmbassyNAF>



SCAN HERE to register.



Hon. Sharad Raj Aran
Chargé d'affaires, a. i./Minister

June 14, 2026, Sunday
2 - 4 pm

Wellington Library
1951 Royal Fern Dr, Wellington, FL 33414

for more information, please contact
Mr. Binod Basnet (561) 866-5443, Mr. Chet Joshi at (405) 496-3216

Upcoming Programs



NEPALESE
ASSOCIATION
OF FLORIDA



TAMPA BAY
NEPALESE
COMMUNITY

SAVE THE DATE

दर्शन तिहार कार्यक्रम

TAMPA, FL
NOVEMBER 7, 2026
(SATURDAY)

Sacred Heart Khanaya
Catholic Community Center
2620 Washington Rd,
Valrico, FL 33594



Sports
events

Business
Marketing
Opportunities

Cultural
Program

Youth & kids
programs

Networking
events