

DRAFT

(LIMITED VERSION)

PROCEEDINGS

FROM THE

**7TH CONVENTION OF
NEPALESE ASSOCIATION
IN SOUTHEAST AMERICA**

(NASEA) AND

**ASSOCIATION OF
NEPALESE IN MIDWEST
AMERICA (ANMA)**

HOSTED BY

**NEPALESE ASSOCIATION IN
GEORGIA (NAG)**



ATLANTA, GEORGIA

SEP 1-3, 2011



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MESSAGE FROM THE PRESIDENT OF NASEA



This monograph is prepared to provide the proceedings of the different sessions, forums, ceremonies and activities that took place at the 7th Convention of the Nepaleses Association in Southeast America (NASEA) and Association of Nepalese in midwest America (ANMA) held in Atlanta during September 01-03, 2011 in Atlanta, Georgia.

This convention was outstanding and unique in many fronts. Not only it was fully successful from every standards, but also it gathered revenue in surplus of over breaking grounds in the history of all the previous conventions that have gone in deficit.

Over 800 participantes from over 35 different states particistpated in this three day events, both the Nepalese Ambassador to the United Nations and the United States gave keynote speeches, networking, sports events, forums on children, youth, women, indeginous people, public health, rural development through wireless connectivity, preparedness from earthquake in Nepal and many other programs jam packed the entire three days.

Doing more with less, utilizing creativity and innovating interventions in every aspect to save money but leaving no stone unturned in enhancing the quality were the characteristics of this particular convention. The preparations of the onvention has been a Over 100 confernce calls., several meetigns, dry runs

I am sure the proceedings described in this monograph would be helpful to organizers and planners in learning from our experiences.

Happy reading.

Sanjeeb Sapkota
President
Nepalese Association in Southeast America
www.naseaonline.org

MESSAGE FROM THE PRESIDENT OF ANMA



Excerpts from the speech delivered at the 7th NAsEa ANMA Convention:

On behalf of the Association of Nepalese in Midwest America (ANMA) I would like to welcome you to the 7th NAsEa-ANMA joint convention and the 30th ANMA convention.

The convention theme “Celebrating Nepal in the United States” reflects the typical Nepali culture and its values and also sheds lights on our significant accomplishments as Nepali.

But having all these great conventions, 20 and 30 years of history, I do not personally feel that we are not at the level of service we would like to be. Individually, we are doing well, but organizationally (I mean bringing the Nepali Diaspora together in US) I feel that we are not doing it.

The real scenario of the Nepali Diaspora in the US is we have so many organizations with hundreds of objectives with thousands of bylaws. If you try to summarize the objectives of these organizations we find many similarities. Having many organizations, our resources are scattered, our organizational achievements are not recognized. Honest community volunteer’s labor hours are going down the drain. Our strength is weakening. Almost all local Nepali communities now have their own Nepali organizations and helping Nepalese people and organizing popular Nepali festivals. After every wonderful event we are always worried about the balance sheet. Due to our limited task and bigger objectives some members of these organizations are involved in local personal politics. To hide personal attitudes and personal politics they carry over Nepali party politics. The result of this is, instead of uniting, they are disintegrating the communities. One after another organizations are opening like parliamentary parties.

Our next generation who are growing up here are always confused and reluctant to come to the leadership position. The population of the Nepali Diaspora is growing. New opportunities and challenges are showing up. We have so many problems in within our community in America. And I feel we are not addressing it. So time is demanding to strengthen our own, independent, national federation organization where we can put our common objectives and serve Nepali communities within America. So I want to request all the Regional organization to come together to form a National Organization. I wish this convention may be able to achieve this objective.

Rajendra Khatiwada

President

Association of Nepalese in Midwest America

www.anmausa.org

Welcome and Opening Ceremonies



Mistresses of Ceremony : Astha Ghimire and Sussan Baral

Schedule of Opening Ceremony

Opening Ceremony volunteer manager: Ananta Acharya
Sankha Dhun and Nepali music as the guests enter the Room

09.00 AM min)	Mistresses of Ceremony (MCs) are invited and MCs invite guest* to stage (2
09.02 AM	National anthem by Children (4 minutes
09.06 AM	Inauguration by Dr. Shankar Sharma with Pancha Kanya (3 min) Classical Patriotic Song in choir by Madan Yonzan and group (5 min)
09.14 AM minutes)	Welcome by Chairperson and volunteer awards by HE Gyan Acharya (5+5
09.24 AM	Welcome by NASEA President (5 Min)
09.29 AM	Welcome by ANMA President (5 min)
09.34 AM	Keynote Speech by HE Ambassador Shankar Sharma (15 min)
09.49 AM	Announcement of Leadership award (5 min)
09.54 AM	OBCA** President of Bhutanese Community (5 Minutes)
09.59 AM	Recognition of Rajeshwor Devkota and his speech (5 minutes) Patriotic Song by Bigyan Mainali and Musical instrument by Ilesh Singh (10 min)
10.09 AM	Speech by APAC President (5 min), introduction by Bala Panta (2 min)
10. 14 AM	Keynote speech by HE Dr. Acharya (15 minutes)
10. 29 AM	Invited guest Darshan Rauniyar (7 minutes) with Introduction first by Dr. D. Paudel (3 min)
10.32 AM	Nepal Cultural Center MOU Signing Ceremony, Dr. Prahlad Pant (10 minutes)
10.42 AM	Atlanta Vedic Samaj President Dhirendra Sharma (3 min)
10.45 AM	Former House of Representative of Nepal Kashi Nath Adhikari (5 minutes)
10.50 AM	Literary expert and Journalist Govinda Giri Prerana (4 min)
10.54 AM	Housekeeping and program of the day by Saunak Ranjitkar and Gopendra Bhattra (4 min)
10.58 AM	Vote of Thanks by Chairperson (2 min)

Himalayas, Tourism and Economies

Moderator: Dr. Tara Niraula

The Himalayas are the water towers of Asia feeding its largest river systems and nourishing hundreds of millions of people downstream. They play a vital role in global atmospheric circulation and are a sanctuary for unique biodiversity. The Himalayas, in essence, are a global treasure. The impact of climate change is seriously threatening this treasure.

Temperatures are rising rapidly at higher altitudes – several times higher than the global average. Glaciers are melting – changing landscapes and creating dangerous glacial lakes held back only by natural dams of rubble and ice. The ensuing changes threaten unique ecosystems and the lives of millions of people living in the mountains, hills, and plains of Nepal.

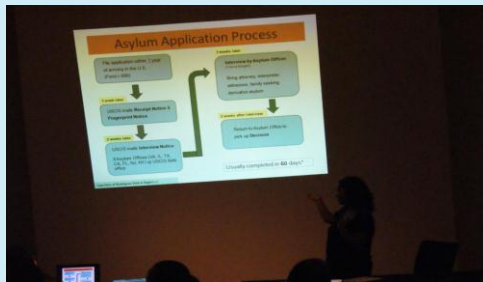
Tourism is one of the largest industries in Nepal, and the largest source of foreign exchange and revenue. Possessing 8 of the 10 highest mountains in the world, Nepal is a hotspot destination for mountaineers, rock climbers.

In the session.....[Please complete this part with the happenings during the session]

Immigration Forum

Presenter: Pooja A. Regmi, Esq., Partner
Rodriguez Park & Regmi LLC, Calverton, Maryland

The immigration session was conducted to an audience of approximately 50 individuals. The presentation lasted 45 minutes with 15 minutes for Q & A from the audience. The presentation began with an overview of immigration in America and was tailored for the Nepali Diaspora. Ms. Regmi began by reviewing the various agencies involved with immigration and the specific topics ranged from asylum, employment based immigration options, family based options and the immigration pitfalls commonly faced by Nepali clients that seek legal assistance. Such issues were criminal issues, tax evasion and fraud charges based on perjury of previous applications.



Issues Raised

Audience members specifically asked questions about the Visa Bulletin published by Department of State and how to read it and how it works. Additionally, questions about the process, visa backlog and how to obtain status by asylum were raised. Finally, audience members wanted examples of criminal issues and how it can hinder the immigration process (For example: Does having a DUI charge or a shoplifting charge impact my naturalization application?)

Major Topics Discussed

Ms. Regmi tailored the presentation for the Nepali community based on the consultations she has held with Nepali clients in her practice. She focused her presentation to discuss asylum since Nepal is in the top 10 countries to file for Asylum in the United States. Ms. Regmi also discussed family based immigration and the different wait times depending on the relation. Additionally, employment based options for a green-card or valid statuses were discussed along with investor visa options and the money required for such projects.

Women's Forum

The topic of women's Forum was "Women moving forward: achievements and challenges". In this forum Dr. Archana Kattel (Florida Nepal Association president) was one of the panelist among the panel members with Dr. Shanker Prasad Sharma Ambassador, Mr. Gyan Chandra Acharya - Ambassador (New York), Ms. Bishnu Thapa (President of NWGN), and Sharala Singh (NASeA Executive member). The moderator of this forum was Ms. Bishnu Maya Pariyar. The program was well received with lot of appreciation of the contemporary issues among women in general and Nepali women in specific.



Youth Forum

Youth program was moderated by Dr. Archana Kattel. The theme of the discussion was "Youth View Point - Growing up in Multicultural Scenario " on Sunday September 4, 2011 at Decatur room at the convention venue from 1:00 to 2:00 pm.

Youth panelists were Nikki Ghimire, Puja Khatiwada and Nischaya Khatiwada. The discussion program was thoroughly enjoyed by the audiences including parents and youths. The Key questions were

- What do you think of your parents Expectations are?
- What strength do you feel being the Nepali origin and bringing up in the US?
- Do you find any conflicts due to multicultural environment?
- How do you plan to move forward?
- What would be the simplest way of communication?



The panelists also answered the questions from parents without hesitation. The audiences were very much impressed with the panelists' answers. The main objective of this discussion forum was to involve youths in the convention and make them feel that they are part of it. Also, youths would get opportunity to express their feelings in front of their peers and parents. It turned out to be educational, informative and interesting to all. The outcome of this discussion was that include this kind of interaction programs more often in the conventions and get-togethers, so that there would be more youths participation without any hesitations, instead of getting bored.

Children's Program

Coordinator Children Program

Overall the children's program was a great success thanks in part to the volunteers who helped to make it flow smoothly. Parents really appreciated the quality events and the kids had a great time socializing with their friends. Second day was concentrated on team building with games Jeopardy and mini Olympics. Kids were immersed in the competitions and were trying their best for their team to win. The winning teams were further delighted when they were awarded the various medals and trophies.

Schedule of Children Program:

Saturday 2pm - 4pm

Introduction - Individual

Dental Hygiene - Presentation by our Dental Hygienist

Creating US & Nepali Flag - Individual

Art Competition - Individual

Musical Chair - Individual

Sunday 1pm - 3pm

Show & Tell - Individual

Jeopardy - Team

Mini Olympics - Team

Things to think about for the Children's Program.

- Divide the kids into two separate sections and have two adults to lead each of the group. For each competition I had broken down the groups into Age 4-7 and Age 8-12 to make it fair for the kids. Some of the events that couldn't be run parallel like the musical chair resulted in the younger age group having to sit and wait for their turn and vice versa for the older age group. Although the time for the event wasn't more than 5 minutes, they could have been occupied by other events.
- Kids have a hard time sitting still if they are listening to long presentations. Try to keep the time to less than 10 minutes.
- For Jeopardy and Mini Olympics I divided the kids into the five teams with the age as balanced as possible among the 5 groups. Volunteers were essential in helping to act as mediators for them to come together and come with strategy for the team games.
- We had snacks, however since the program was at 1pm on Saturday and 2pm on Sunday, most of the kids weren't that hungry. When they were given the snacks they took it, but most of the younger ones only ate a little bit. (Depending on when the children's program is scheduled, there needs to be planning for the snacks and drink accordingly).
- If possible do not allow Parents to linger around, I noticed some of the parents telling their kids what to draw for the art competition, there were also hints being given during Jeopardy from the Parents. It is natural for the Parents to want their children to win but we need to establish the level of fairness and instill high level of integrity.
- Volunteers are a must. I had 5 adults and 6 teenagers helping me out. Without their help I would have had a hard time especially during the team events.
- Last but not the least. Have all the events planned out in detail with all the materials needed. Lead person needs to gather all the items so that it's less frantic trying to find the items for the events.

NASeA ANMA Annual Essay Competition

Moderator/Coordinator : Dr. Sushama Pradhan and Dr. Archana Kattel

Twenty high school students sent their essays from different states and Canada to the 2011 NASeA ANMA Annual Essay Competition. Dr. Sushama Pradhan, the coordinator of the essay competition presided over the judging committee that included Srijana Sharma, Dr. Archana Kattel and others. The High school essay topic was "celebrating Nepal in your life: Maintaining Nepali identity". Dr. Devi Gurung was the sponsor of prizes for the High School essay contest. First Prize winner was Adarsa Malla from Georgia, Second prize Phoebe Pradhan from North Carolina, and the third prize winner was Prasant Gautam from Florida.

Similarly, the Middle School essay title was "Life in North America: Things that remind me of Nepal". Dr. Sanjeeb Sapkota from Atlanta was the sponsor of the prizes for the middle school category. First Prize in this category went to Swochchhanda Shrestha of Florida. The second prize went to Aditya Dhakal of North Carolina and the third prize to Deepali Singh of Florida.

The Elementary school essay title was "Show and Tell: "Nepal for Vacation", sponsored by Mrs. Neeta Khatiwada. First Prize in this category went to Ayushma Sharma from North Carolina, Second prize to Anusha Kayastha from Georgia and the third prize to Anupriya Ranjit from Ontario, Canada. Dr. Archana Kattel on behalf of the essay committee invited the sponsors of the prizes in each category to give out prizes to the winners the during cultural program of the Joint Convention in Atlanta.



Giving Back to Motherland

Moderator/Coordinator : Lila Bdr. Karki PhD

This session was planned to bring together numerous outstanding personnel and institutions who have been giving back to the motherland in one form or another. I am pleased to share with you that a huge number of individuals showed interest in presenting their projects and type of community services in our session. However, it was not possible to invite all of them to present their projects because of time and resource constraints. Panelists of the session for this year are mentioned below (Table 1).

Table 1: Panelists of the “Giving Back to Our Motherland” Session

Panelists	Title of the presentations
Arjun Prasad Mainali	Giving back to our motherland in the form of “ <i>thopa and thopa to fill a jar</i> ”
Dr. Bijaya Kattel	Abi Kattel Memorial Foundation - What it is and what it does
Dr. Prahlad D. Pant	Lessons Learned from Our Efforts to Help Orphans in Nepal
Choodamani Khanal	Community services through Kritagya Trust, Urlabari, Morang, Nepal.
Dr. King Beach	Rebuilding a High School in Rural Surkhet: The Legacy of Mero Nepali Ba
Dr. Lila B Karki	<ul style="list-style-type: none">• A Participatory Latrine Project with the financial support of NASEA• Empowering rural community through PadmaDal Smriti Pratisthan, Nepal
Binod Parajuli	Gnaga Ghar: Empower through education

During the whole session, all the participants seemed to be impressed by the presentations, and understandably so, since all of them were polished to perfection and they displayed practical experiences, lessons learnt, helping to build communities, empowering the unprivileged, minorities, women, victim, and orphans. It was an amazing experience to be exposed to all the generous individuals and institutions willing **to make a difference where a difference is needed**.

Arjun Prasad Mainali, (Picture 1) presented his involvement in many projects, the creation of his ideas, and the different ways he helped people in need for the past many years. He follows the essence of “थोपा थोपा पानी मिलेर समुन्द्र बन्छ” and with this motto and big mission, has sponsored many projects. A few to mention here: School building, Blood donation drive, helping victims of natural calamity, handicapped, poorest of the poor, eye sight campaign, chronic patients such as blood cancer, AIDS, paralysis, rural development, child care and safe maternity. Congratulations to the lucky recipients from such an outstanding community service provider. Mr. Arjun P. Mainali, thank you so much for being a role model in humanitarian services both in the U.S.A. and in the motherland and thank you for giving back in so many ways.



Picture 1: Mr. Mainali presenting in Giving Back to Our Motherland Session

Dr. Bijaya Kattel, (Picture 2) presented his involvement in community services through Abi Kattel Memorial Foundation with a motto **“those who live in the hearts of others never die.”** The foundation primarily consists of the following activities:

- Providing scholarships and grants to students attending an accredited college/university both within and outside of the United States,
- Providing educational support and counseling to children and young adults to assist them in the realization of their life-time goals and aspirations,
- Providing educational grants and fellowships to attend short-term trainings, educational competitions and social enhancement programs,
- Helping to establish, develop, and promote educational institution(s) in Nepal,
- Supporting sports and social enhancement programs,
- Feeding homeless people,
- Hosting blood drives, and
- Day camp scholarships.

Congratulations to the lucky financial support recipients through Abi Kattel Foundation and thank you Dr. Bijaya Kattel and Dr. Archana Kattel for being such models regarding community service.



Picture 2: Dr. Kattel presenting in Giving Back to Our Motherland Session

Dr. Prahlad D. Pant, (Picture 3) presented his involvement in giving back to the motherland through Prahlad & Bindu Pant Orphans Foundation to provide financial and non-financial assistance to Nepali orphans to further their upbringing, development and well being. It was

exhilarating to listen to his experiences as he described his search for orphans to provide them with a full package of support in Nepal.

Despite lots of social, technical and administrative difficulties during the selection process of orphans, the foundation selected four orphans from diverse ethnic groups and eco-zones. Thereafter, the foundation signed an agreement with Bal Mandir (Nepal Childrens Organization) on December 1, 2008. The orphans have been boarded in Bal Mandir and the foundation started supporting these orphans starting from January 1, 2009. **Prahlad & Bindu Pant Orphans Foundation** provides them with all school expenses including tuition, fees, books, foods, clothes etc.

Congratulations to the lucky orphanage to have been selected in this great life shaping humanitarian project and thank you Dr. Prahlad D. Pant and Mrs. Bindu Pant for giving back to the motherland with gigantic kind hearts.



Picture 3: Dr. Pant presenting in Giving Back to Our Motherland Session **Choodamani Khanal**, (Picture 4) presented his involvement in giving back to the motherland through **Kritagya Trust**, Urlabari, Morang, Nepal. He and his wife, Sarita Khanal, are wholeheartedly committed to making a difference in the rural areas of Nepal. They have been providing scholarships and uniforms to the poorest of the poor students at Radhika Higher Secondary School, Urlabari, Morang, where his parents Dilli Raj and Harimaya Khanal coordinate the program.

Simultaneously, the trust has initiated a Briddha Chautari through which they provide support to senior citizens for health service, food, religious and cultural preaching (pravachan and bhajan) to keep their high morale in the community. PadmaDal Smriti Pratisthan (PDSP), Nepal is fortunate enough to receive a **Kritagya** scholarship of ten thousand rupees from Choodamani and Sarita/. In addition, they are also in the process of providing a second **Kritagya** scholarship for the students in eastern mid hill district of Okhaldhunga. PDSP highly appreciates their generous altruistic service to empower poorest of the poor students through education.

Congratulations to the **Kritagya** scholarship recipients and thank you so much Choodamani jee and Sarita jee for giving back to the motherland with such kind hearts.



Picture 4: Mr. Khanal presenting in Giving Back to Our Motherland Session

Dr. King Beach, (Picture 5) presented his involvement in giving back to our motherland since 1976. Nepal has been a second home for him for the past 35 years. He has stayed involved with educational development in Nepal (primarily in Surkhet district) via USAID, UNDP, Toyota Foundation, and more recently with three "personal" education projects--two of which are very local--based in that same village along the Bheri where he was first introduced to Nepal--and a larger project that has the potential to be national in scope.

His major involvements are:

- Developing academic curriculum,
- Curriculum for teachers' training for small Buddhist gumbas
- Educating Nepali children,
- Raising funds for the construction of a new high school building of "Ananda High School" to accommodate 1000 lower and upper secondary students.
- Creating a small business training cooperative with a longer-term goal of reducing the number of youth from Surkeht who must travel overseas to work as laborers.

Dr. Beach understands and speaks the Nepali language well. He does not love Nepal any less than any Nepali and is certainly more dedicated and committed to help promote education in rural areas of Nepal, more specifically in his working village Gumi, Surkhet. Most of us were dumbfounded listening to his enormous amount of experiences, challenges, and dedication for the community service projects in Nepal. Congratulations to the local inhabitants and the school family at the Gumi village, Surkeht for having such an outstanding volunteer, who has been relentlessly working for the past 35 years.

Dr. King Beach, you are our true HERO and inspirer. Your dedication and unfaltering community service in our motherland has motivated us to give back a lot more to the motherland in the years to come. You are most welcome to join, guide, consult, and work

together with us in our motto of **“Giving Back to Our Motherland.”** I am so pleased to have you in this session and thank you so much for giving back persistently to your second home, Nepal.



Picture 5: Dr. Beach presenting in Giving Back to Our Motherland Session

Dr. Lila Bahadur Karki, (Picture 6) presented his involvement in giving back to the motherland since 1985 as a Founder President of a Rural Youth Forum. Since then, he has been giving back constantly in one or another form to the mother village, district, region, and the land through various institutions (Lions Club International, Farmers Forum, Social Welfare Guthi, Forum for Agricultural Rehabilitation Management and Environmental Reconstruction, PadmaDal Smriti Pratisthan, and PadmaDal Memorial Foundation). In the context of giving back, he presented a Participatory Latrine Project implemented with the financial support of NASEA, PadmaDal Smriti Pratisthan, and Parents, Students and School Management Committees in Okhaldhunga, Nepal (refer to an article published in YETI VIEW POINTS, The Convention Magazine, 2011. The project constructed 10 latrines (one – in – two models) at five Elementary Schools in three village development committees.

Simultaneously, he also briefly presented the following projects implemented through PadmaDal Smriti Pratisthan, Nepal.

Empowering rural community through:

- Granting scholarships for minority students, orphans, girls, disabled, poorest of the poor and the most talent students,
- Honoring community leaders and motivators in the areas of environment, health and hygiene, education, and sustainable agriculture,
- Vocational training for building farmers’ capacity,
- Empowering rural people through income generation, and
- Building/supporting/promoting rural schools

Congratulations to the seven hundred students of five elementary schools in three village development committees of Okhaldhunga for having implemented and accomplished latrine project for the very first time in the history. Similarly, congratulations to the recipients of

all the support and services through the initiative of Dr. Karki and his team. Thank you so much Dr. Karki for consistently giving back to the motherland with a generous heart.



Picture 6: Dr. Karki presenting in Giving Back to Our Motherland Session

Mr. Binod Parajuli, (holding the micro-phone, Picture 7) presented his involvement in giving back to the motherland through Ganga Ghar: Building a better future for Nepal's children with the motto "Empower through education." Ganga Ghar has primarily been involved in the following activities: One-to-one scholarships and School improvement projects,

Congratulations to all the beneficiaries of the Ganga Ghar educational program. Thank you so much Mr. Parajuli for getting involved in building rural communities with our theme of "giving back to the motherland" with an amazingly generous heart.



Picture 7: Mr. Parajuli presenting in Giving Back to Our Motherland Session

Concluding remarks

This was the first ever NASEA-ANMA joint convention to introduce the "**Giving Back**" session. However, the success of the session has been acclaimed by the participants from different corners, fields and backgrounds. Also, we have learnt quite a few lessons during the session on how to improve the usefulness and scope in the upcoming convention. There have been numerous individuals and institutions that have been contributing to the motherland in great extents and a few have already showing a keen interest and strong willingness to participate and share their experiences in this session during upcoming conventions.



Session on Spirituality

Moderator: Tilak Bdr Shrestha



I AM HAPPY TO NOTE THAT THE DHARMA SESSION CONVENED IN THE 'JOINT NASEA ANMA NEPAL CONVENTION' ([HTTP://JOINTCONVENTION.INFO/](http://JOINTCONVENTION.INFO/)) CONCLUDED VERY WELL. IT WAS CONVENED AS PER THE SCHEDULE ON SATURDAY, SEPTEMBER 3RD, 2011 AT 3 PM TO 4 PM, IN THE DOGWOOD HALL, MARRIOTT HOTEL, ATLANTA, GEORGIA, USA. WE HAD ABOUT 50 PARTICIPANTS INCLUDING 5 PANELISTS IN THE SESSION. OUR PANELISTS ARE YOGI LALIT SHANKAR, SWAMI DR. KRISHNA PRASAD BHATTARAI, BABISHA SIWAKOTI, BIGYAN MAINALI AND CONVENER OF THE SESSION DR. TILAK SHRESTHA. IT IS AN OPEN SESSION WHERE EVERY BODY IS INVITED TO PARTICIPATE AND GIVE THEIR VIEWS. THIS YEAR THE TOPIC OF DISCUSSION CHOSEN WAS 'DHARMA - RAJ YOGA' OR THE 'WAY OF THE MEDITATION.' WE EXPLORED A FEW INTERESTING ISSUES AND MAINLY FOCUSED ON THE PRINCIPLES OF MEDITATION.

CONVENER DR. SHRESTHA OPENED THE SESSION AND BRIEFLY DESCRIBED THE FORMAT OF THE SESSION AND TOUCHED THE SUBJECT OF THE MEDITATION. HE ALSO PROVIDED TWO PAGES ARTICLE ON THE RAJ YOGA TO THE AUDIENCE. THE ARTICLE IS ATTACHED HEREWITH. THE MEDITATION IS ABOUT THE AGE OLD QUESTION - 'WHO AM I?' IT IS ABOUT GOING WITHIN BEYOND EGO AND MIND, TO BE ONE WITH THE UNIVERSE. THE WORLD AS WE PERCEIVE AROUND IS THE 'SAMSAAR.' SAMSAAR IS THE CREATED REALITY OUT OF THE ULTIMATE REALITY (BRAHMAN - EXISTENCE). A SUBJECT (EYE) OBSERVES AN OBJECT (CLOTH). BUT REALITIES OF BOTH THE EYE AND THE CLOTH ARE LIMITED. THERE IS MIND BEHIND THE EYE AND THE COTTON BEHIND THE CLOTH. IF YOU TRACE THE REALITIES BEHIND BOTH THE OBJECT AND THE SUBJECT, ULTIMATELY THEY WILL BE THE SAME. THAT IS THE EXISTENCE, BRAHMAN OR BODHI. MEDITATION IS THE PROCESS OF APPROACHING THE EXISTENCE. USUALLY WE FIND BOTH SHIVA AND BUDDHA DEPICTED IN MEDITATIVE POSTURE. THEY ARE NOT SAYING, 'LET US MEDITATE, AND YOU PRAY TO US.' RATHER THEY ARE INDICATING TO MEDITATE, AS THEY ARE DEMONSTRATING, TO REALIZE ON OUR OWN AND BE ONE WITH THE UNIVERSE.

YOGI LALIT SHANKAR, A FORMER MARTIAL-ARTSATHLETE TURNED DISCIPLE OF RAMDEV SWAMI, IS A PRACTITIONER OF PATANJALI YOGA FOR PHYSICAL, MENTAL AND SPIRITUAL WELLNESS. YOGI JEE EXPLAINED HOW HEALTH AND MIND ARE CONNECTED, AND THE WAY TO REMAIN HEALTHY BOTH PHYSICALLY AND MENTALLY WE NEED TO DO YOGA. HE EXPLAINED HOW YOGA IS EASY TO DO, IS SCIENTIFIC AND IS OUR ANCIENT HERITAGE. ANY OF OUR AILMENTS, SUCH AS DIABETES, HYPERTENSION, OBESITY, ETC., CAN BE TACKLED USING THE YOGA. THE EXTERNAL MEDICINE HELPS, BUT ULTIMATELY BODY HAS TO HEAL AND BE HEALTHY. YOGA IS ABOUT LETTING BODY TO REMAIN HEALTHY IN THE HOLISTIC SENSE. YOGA IS ABOUT CULTIVATING PEACEFUL, HEALTHY AND SPIRITUAL LIFE STYLE.

BIGYAN MAINALI, A RECENT PRE-MEDICAL STUDENT, DISCUSSED ABOUT MORALITY, INTEGRITY AND RELIGION. HE EMPHASIZED THE DIFFERENCES BETWEEN THEM. HE DWELT ON THE SCIENTIFIC APPROACH TO THE MANY ISSUES RELATING TO OUR DAILY LIFE, MORAL ISSUES AND RELIGIONS.

BABISHA SIWAKOTI, A HIGH SCHOOL JUNIOR, TALKED ABOUT HER EXPERIENCE OF THE 'TEEJ' FESTIVAL. SHE RECALLED IT BEING SO COLORFUL, ALL THE WOMEN COMING TOGETHER PRAYING, DANCING, FASTING AND HAVING A BIG FEAST. THE OCCASION IS ABOUT WOMEN FOLK WISHING GOOD HEALTH TO THEIR HUSBANDS. THE MYTH GOES THAT ONCE LORD SHIVA TAUGHT GODDESS PARVATI ABOUT THE BRAHMAN. SHE WAS SO IMPRESSED THAT SHE STARTED THE FESTIVAL.

SWAMI DR. KRISNA PRASAD BHATTARAI HAS BEEN PRACTICING THE 'SATO-DYNAMIC' YOGA FOR MORE THAN 15 YEARS WITH ITS FOUNDER SWAMI SATCHIDANANDA VISHUDDADEVA. THIS BRANCH OF YOGA WAS ORIGINATED IN NEPAL IN 1988 AS A 'CHARACTER FOUNDATION' MOVEMENT. SWAMI JEE EXPLAINED ABOUT THE DIFFERENT SCHOOLS OF MEDITATION. SWAMI SATCHIDANANDA DEVELOPED THE SYSTEM EASY FOR BUSY PEOPLE TO JOIN IN AND PRACTICE. HE EXPLAINED THE PRINCIPLES OF MEDITATIONS AND HOW ANY BODY, NO MATTER HOW BUSY, CAN PRACTICE AND BENEFIT FROM THE MEDITATION.

THE CONVENER OPENED THE FLOOR FOR THE AUDIENCE. THERE WERE NUMBER OF INTERESTING QUESTIONS AND ANSWERS. DR. SHRESTHA THANKED THE AUDIENCE AND PANELISTS, AND CLOSED THE SESSION. A FEW OF THE PHOTOS OF THE SESSIONS ARE ATTACHED HERE WITH



NASeA Outstanding Leader of the Year - 2011

Coordinator: Lila Bdr. Karki, Ph.D.
Leadership Award Committee

Nepalese Association in Southeast America (NASeA) proudly established the Leadership Award initiative in 2011. The purpose of the program is to identify the outstanding service providers and recognize their contribution and dedication for the welfare of Nepali communities in the Diaspora.

NASeA believes that anyone who wholeheartedly and genuinely involved in humanitarian causes in the Diaspora and beyond should be recognized and appreciated. Recognizing, appreciating, and honoring exemplary community service providers will not only motivate and inspire people to get involved in public charity causes but also facilitate, develop, and prepare future community leaders to make a difference by providing social services. Serving solely as a regional organization in Southeast America, NASeA aims to reach out to the constantly growing Nepali communities to promote Nepali culture and heritage, empower fellow Nepalese, and promote public charity works to heighten the Nepali identity in the Nepali Diaspora as well as international communities in the USA and beyond. This **“Leadership Award”** initiative is obviously one of the true reflections of the purpose of NASeA as stated in the bylaws article: II “to promote educational, social and charitable activities” as well as article: III “to serve the fellow human beings”.

Originally, PadmaDal Memorial Foundation (PDMF) proposed the founding of this award and committed to sponsoring one award to let it come to the practice. With this fundamental framework, NASeA Board of Directors for 2010 - 2011 assigned Dr. Lila Bahadur Karki, Founder President of the PDMF, a non-profit public charity, 501 (c) (3) organization to form a Leadership Award Coordinating Committee (LACC) 2011, and to coordinate the program. The LACC later found a second sponsor and there were two leadership awards for the year 2011. Having realized the impact of the program, NASeA is dedicated to strengthen its premature baby **“Leadership Award”** in the successive years both quantitatively and qualitatively.

Leadership Award Coordinating Committee (LACC) - 2011

Lila B Karki Ph.D., Alabama: Coordinator,
Chooda Mani Khanal, Florida: Member
Hem Raj Joshi, Ph.D., Ohio: Member
Tek Thapa, Georgia: Member

Nar Kaji Gurung, Ph.D, Alabama: Member
Ghana Shyam Bhatta, Ph.D., Tennessee: Member
Ramesh Chandra Khanal, Ph.D., Arkansas: Member

Each leadership awardee received a cash prize of one hundred dollars and an appreciation certificate as a **"NASEA Outstanding Leader of the Year – 2011."** The award was distributed by Dr. Shankar Prasad Sharma, His Excellency Ambassador of Nepal to the United States of America and Chief Guest at the NASEA-ANMA Joint Convention in Atlanta, Georgia.

Leadership Award Recipients, 2011.

Arjun Prasad Mainali, New York, USA.

Mr. Mainali has contributed tremendously to the communities both in Nepal and in U.S.A. through blood donation drives. In the summer of 2011, he celebrated his 100th blood donation in New York, out of which, he has donated 49 times in Nepal. For his outstanding service to the community, he was awarded the Presidential Volunteer Service Award by the former President of the United States, Mr. George W. Bush and the First Lady Laura Bush in 2007. In series, he has been awarded dozens of appreciation certificates both from Nepal and the U.S.A. for his exemplary services for the humanitarian causes. Furthermore, he has been contributing and sponsoring numerous community development projects (income generation, school building projects, helping victims of AIDS, blood cancer, victims of natural calamities, sponsoring blood drives, and eye sight campaign) personally and through different institutions. He is an outstanding member of Lions Club International, Nepal Chapter. He is also the Chairperson of the Blood Donors of America. NASEA truly appreciates and promote such an inspiring leader in the community. Congratulations Mr. Mainali for being a **"NASEA Outstanding Leader of the Year, 2011."**



Arjun Mainali and Srijana Khatiwada Sharma, receiving leadership award from HE Ambassador Shankar Pd Sharma

Ms. Sharma has contributed tremendously to the Nepali community in Atlanta Metro area through Atlanta Nepali School. She has been volunteering relentlessly as a coordinator of the school since its establishment in 2007 to date. Her tremendous service in teaching Nepali language and culture, specifically for the children of Nepali communities through the School has preserved, promoted, and heightened Nepali identity in North America. Simultaneously, she has provided dynamic leadership to strengthen Nepalese Association in southeast America (NASEA) and its community services as a life member, executive member, and joint secretary in the board of directors of NASEA for the past **ten** years. In addition, she has been serving the community and beyond, personally and through various institutions. NASEA truly appreciates and promotes such an inspiring leader in the community. Congratulations Ms. Sharma for being a *“NASEA Outstanding Leader of the Year, 2011.”*

Sponsors of the Leadership Award, 2011.

Dr. Uma Karki, Advisor: PadmaDal Memorial Foundation, USA

Mr. Bimal Nepal, President: Florida Association of Nepali Societies

Videos, Audios and other recordings of the convention

<http://www.youtube.com/watch?v=4ash1AHzbTI>

Women Forum

<http://www.youtube.com/watch?v=vxLw0K5qqkA&feature=relmfu>

Cultural Program

<http://www.youtube.com/watch?v=BUd6aUdWNcY&feature=related>

Children Fashion Show in NASEA ANMA Convention in Atlanta 2011

<http://www.youtube.com/watch?v=eSKLHv756bk>

International Nepalese Literary Society Session

Gallery of the convention by Triad Nepalese Cultural Center

<http://www.nctncc.org/portal/gallery/category/23-naseaanma-convention-2011.html>

Promotion of Convention

Photo Gallery





