

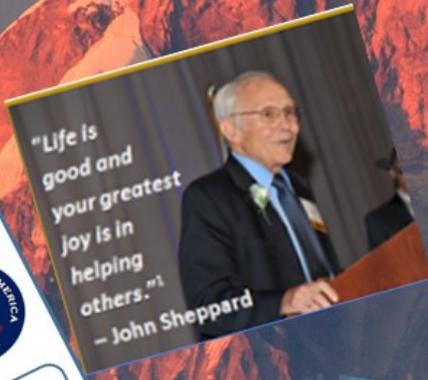


पुनर्जीवन

resurrection

SPECIAL CONVENTION ISSUE

MAY 2018



दोश्रो सम्मेलन विशेषांक

Be a Life Saver Be a Blood Donor!



Best wishes
for the Grand Success of
BDA 2nd Convention
May 25-26,2018 in
Georgia, Atlanta

Veda Bhakta Joshi
Founder President
America Nepal Society, California
Los Angeles, California

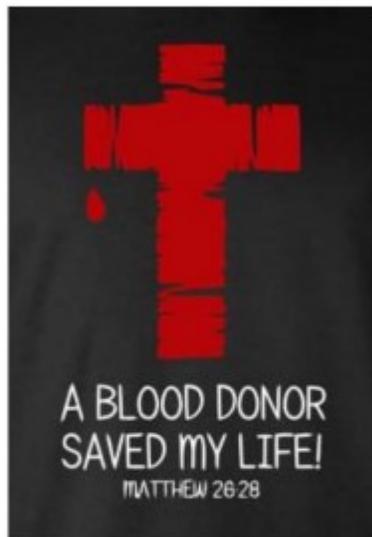
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**Blood Donors of America
2nd CONVENTION**
May 25-26, 2018, Atlanta, Georgia

WE WANT TO THANK YOU FOR SUPPORTING OTHERS WITH YOUR BLOOD DONATIONS AND ALL YOU DO FOR THE COMMUNITY AND WORLD!

EVEREST AMUSEMENT

पुनर्जीवन *Punarjeevan*

ब्लड डोनर्स अफ अमेरिका दोश्रो सम्मेलन विशेषांक
Blood Donor's of America Second Convention Special

वर्ष ५, अङ्क १, २०१५

(Vol 5, No. 1, 2018)

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राष्ट्रपतिको स्वकीय सचिवालय

पत्र संख्या :- २०७४/०६५
बलानी न :- २८



राष्ट्रपति भवन
शीतलनिवास, महाराजगञ्ज
काठमाडौं, नेपाल
२०७४/११/२५

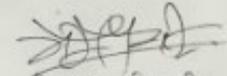
शुभकामना सन्देश

सम्माननीय राष्ट्रपति श्रीमती विद्यादेवी भण्डारीज्यूले ब्रड डोनर्स अफ अमेरिकाले आफ्नो दोस्रो राष्ट्रिय सम्मेलनसहित स्मारिका प्रकाशन गर्ने जमर्को गरेकोमा यस्तो सिर्जनात्मक कार्यको सराहना गर्दै भविष्यमा थप समाजसेवाका कार्यहरु अघि बढाउनु संस्थालाई सफलता मिल्ने अपेक्षा गर्नुभएको छ।

सम्माननीय राष्ट्रपतिज्यूले आफ्नो स्थापनाकालदेखि नै नेपालीमूलका अमेरिकावासीद्वारा नेपालमा भएका विपत्तीहरुमा आर्थिक र समाजिक सहयोग प्रदान गर्दै आउनु भएकोमा खुशी व्यक्त गर्दै नेपाल र नेपालीप्रति संस्थाको महत्वपूर्ण योगदानबद्द सम्बद्ध सबै पक्ष प्रेरित हुने विश्वास लिनुभएको छ।

ठूलो राजनीतिक परिवर्तनपछि मुलुक आर्थिक समृद्धिको अभियानमा प्रवेश गरेको बताउँदै सम्माननीयज्यूले विकासको लक्ष्य हासिल गर्ने राष्ट्रिय संकल्प पूरा गर्ने दिशामा सम्पूर्ण नेपालीहरु आ-आफ्नो स्थानबाट अग्रसर हुनुपर्ने कुरा बताउनु भएको छ। अनुपम सभ्यता, संस्कृति र गौरवशाली पहिचान बोकेको राष्ट्र नेपालले प्राकृतिक वरदानको रूपमा प्राप्त स्रोत तथा साधनको सदुपयोग गरी द्रुतगतिमा आर्थिक विकास गर्दै समृद्ध नेपाल र सुखी नेपाली भन्ने सामयिक नारालाई सार्थक तुल्याउन सम्बद्ध सबै पक्ष कटिबद्ध हुनुपर्ने कुरा औल्याउनु भएको छ।

अन्त्यमा, राष्ट्रपतिज्यूले समाजसेवाको भावनाले ओतप्रोत भई संगठित हुने र संस्थाले लिएका लक्ष्यहरु हासिल गर्न अभिप्रेरित हुने संस्थापक, बुद्धिजीवी, प्राध्यापक, वैज्ञानिक, डाक्टर, इन्जिनियर, व्यवसायी, व्यापारी तथा प्रबुद्ध आजिवन सदस्यहरुको प्रशंसा गर्दै उत्तरोत्तर प्रगतिको कामना गर्नुभएको छ।


मिषराज अधिकारी

प्रमुख स्वकीय सचिव

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वेबसाइट: <http://www.presidentofnepal.gov.np>



KATHMANDU
NEPAL

The Prime Minister Message of best wishes

It is indeed a matter of happiness that Blood Donors of America (BDA) is having its Second National Convention in the beautiful city of Atlanta on 25 and 26 May 2018. I express my best wishes for the resounding success of this event and congratulate BDA on this great occasion.

BDA, as a philanthropic organisation of Nepali American blood donors, deserves to be appreciated for its contribution to the cause of the Nepali communities living in the U.S.A. I am pleased to learn that the BDA are also bringing out a special publication on this occasion. I express my wishes in this endeavour as well and hope the souvenir publication would be a rich collection of enriching articles and information.

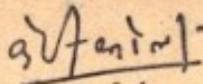
I am pleased to learn that BDA has collected over 8,000 pihits of blood since its inception and it has the target of organizing blood drives over all fifty states in the U.S.A. and beyond. BDA also chipped in with its support to the disaster victims of Nepal by contributing more than 1.2 million rupees' support to the earthquake survivors, and the flood and mudslide affected people.

A member of the International Federation of Blood Donors Organization (IFBDO), BDA has worked sincerely to enhance the prestige of Nepal and the Nepali through its humanitarian services. It is noteworthy that BDA has its reach in all the states of the U.S.A. in a short span of time since its establishment. It is also honoured with the prestigious U.S. Presidential Volunteers Service Award, which is again a matter of pride for us in Nepal.

With a mission of working on community services through hosting blood drives in the local community and creating awareness on blood donation and healthy living in all the 50 states of America and around the world, BDA is an exemplary organization of U.S.-based Nepali communities working for humanitarian values.

It is heartening to learn that BDA has been active on creating public awareness on the value of blood donation to saving valuable humart lives through its various activities. On this occasion I congratulate BDA and wish all the very best for the success of every endeavor in its mission in the days ahead.

May 9, 2018


K. P. Sharma Oli



Minister for Foreign Affairs

Government of Nepal



Ministry of Foreign Affairs
Singha Durbar,
Kathmandu, Nepal

Message

It is indeed a pleasure to me to learn that Blood Donors of America will soon be bringing out a new edition of Souvenir (Smarika) on the occasion of its 2nd National Conference on May 25-26, 2018 to be held in Atlanta, Georgia, USA. On this happy occasion, I wish to convey my best wishes to the Blood Donors of America and all those associated with its mission and volunteer services.

Blood donors Volunteers are an integral part of community humanitarian Service. Blood donation is one of the most noble donation to save the life. Blood is perishable and, therefore, must be replenished. Blood donors support blood collecting and organizing volunteer organisation by providing a positive, comfortable and friendly environment that helps to enhance the donor experience. Voluntary blood donors come from all walks of life, all regions, religions, backgrounds and ages. Some of them do so dozens of times over several decades. This means that donors are continually needed to ensure that blood is available year-round. I'm happy to know that BDA has established a slogan of life saving motivation "Assimilation with Society through Blood Donation" वसुधैव कुटुम्बकम् "Entire world constitutes but a family". The slogan will definitely encourages more people Nepali as well as Americans from all over the USA to donate blood voluntarily and regularly.

As I understand, it was established as a volunteer organization, a form of a pillar for the Nepalese Diaspora in USA since its establishment back in 2009 and has been awarded with the prestigious **Presidential Volunteers Service Award** for the service of humanity. Over the duration of these 9 years, this association has gone from strength to strength by not only assisting in the social integration of the Nepalese who have come to settle in different areas but also getting involved with local public and private organizations and fostering stronger alliance with our American friends. The Charity works done by this organization has also been underlined for its contributions for the Nepali and American Society. In addition, I believe that this organization would also continue to promote Nepali cultures, traditions, values, language and will work to flourish and encourage tourism and investment to Nepal in the days ahead as well.

The publication of this year's souvenir by the Blood Donors of America will, as in the past, be an important additional step in its noble endeavors geared towards better community services. I'm confident that this souvenir will strengthen Nepal-USA relationship more forward. I would also like to express my best wishes for the successful 2nd National Conference 2018.

Pradeep Kumar Gyawali

मा. पद्मा कुमारी अर्याल
राज्यमन्त्री
स्वास्थ्य तथा जनसंख्या मन्त्रालय
Hon. Padma Kumari Aryal
State Minister
Ministry of Health and Population

नेपाल सरकार
Government of Nepal



रामशाहपथ, काठमाडौं, नेपाल
Ramshahpath, Kathmandu, Nepal

मिति :
Date : 20th May, 2018.....

प.सं. :- ०७५१०७५
च.नं. (Ref. No.) :- ७३

विषय :-
Subject: -



MESSAGE

I am delighted to learn that Blood Donors of America (BDA) is organizing its second national convention on 25th and 26th of May 2018. It is inspiring to know that this organization is the largest social and volunteering organization established and run by Nepali origin in the USA.

It is very impressive that Nepalese in USA from different field and professions collectively have shown such enthusiasm for a humanitarian campaign. I also like to express sincere thanks to BDA for your support in Nepal during devastating earthquake.

I would like to extend my regards to all members of BDA, donors and volunteers. My best wishes for the success of the convention.

Hon. Padma Kumari Aryal
State Minister
Ministry of Health and
Population

THE
CARTER CENTER

January 16, 2018

Dear Dr. Regmi,

President and Mrs. Carter have received your invitation to be Chief Guests at the Blood Donors of America's second convention being held Memorial Day weekend.

As much as they appreciate your offering them this opportunity, President and Mrs. Carter have previous commitments and are unable to be with you. They have asked me to express their gratitude for thinking of them and send their best wishes.

Sincerely,

Beth Davis
Scheduling
Office of Jimmy Carter

Dr. Nandi Regmi
Blood Donors of America
1298 Bradford Drive
Coppell, TX 75019

cc: Jimmy Carter
Rosalynn Carter



THE AMBASSADOR

EMBASSY OF NEPAL

2131 LEROY PLACE N.W.

WASHINGTON, D.C. 20008

April 19, 2018

Message

I am pleased to learn that the Blood Donors of America (BDA) is publishing a souvenir “Punarjeevan” during its 2nd General Convention to be held in Atlanta on May 25-26, 2018. On this happy occasion, I would like to express my hearty congratulations to Blood Donors of America and best wishes for the success of the Convention.

Blood is the most precious gift that anyone can give to another person- the gift of life. Since blood cannot be synthesized artificially and human beings are the only source of this lifesaving product, a decision to donate blood can save lives. More importantly, there is an urgent need for more people to donate blood on a regular basis to save lives. Blood Donors of America is one of the pioneering organizations in this field- involved in promoting advancement and awareness among the blood donors in America. Ever since its establishment, the organization has been actively engaged in promoting and raising blood donor awareness through campaign programs, social media, public gatherings and other means. I am convinced that Blood Donors of America is doing an important work to serve mankind.

I take this opportunity to thank all the altruistic donor population for their invaluable noble act. While expressing sincere thanks to Blood Donors of America for its contribution in the past, I believe that it will continue to play a substantive and meaningful role in supporting the need of the American Society by organizing more blood donation drive in the future.

Once again, I wish you all the success for the General Convention.

Dr. Arjun Kumar Karki

John W. Sheppard
1426 Sandra Drive
Fort Myers, Florida 33901
Telephone / Fax (239) 334-0656
April 16, 2018

Dr. Nanda Regmi
1298 Bradford Drive Coppell, Texas 75019
President, Blood Donors of America

Dear Dr. Regmi:

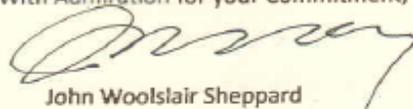
My wife Ellen and I want to thank you the Board, and members of the Blood Donors of America, for inviting us to take part in your second Annual Convention, beginning May 25, 2018 in Atlanta. We are looking forward to meeting you and many of the people who are a part of your organization, whose primary purpose is the saving of lives, and being an instrument of better health of others. This is the gift to another human being, who is in need of the valuable, unique, irreplaceable and life giving and sustaining complex human substance, we call BLOOD. I believe there is not any greater gift that one person can make to another, known or unknown. The gift is without equal and is priceless.

Ellen and I have been blood donors over the many years. I gave my first donation when I was 18 years old, in the summer of 1951 to honor a close friend severely wounded in battle, while serving in the United States Marines. That first donation was an emotional experience for me, and spurred me to continue donating regularly from that time forward. I consider myself blessed to still be able to donate blood at my advanced age of nearly 86 years.

We hope to bring to you and the attendees at the convention what we have learned about blood that is and can do for others as well as the many benefits it will return to the Donor. We sincerely believe within us, that the joy that has been returned to us over these 67 years of blood donations, in the giving of our life blood, must be greater than what we may have given to others in lives saved and helped. That joy of giving is also immeasurable and priceless. May each of you and those you encourage to join with you in these lifesaving efforts find the same gifts returned to you, that we have experienced over these many years.

May the lives of each of you be blessed and strengthened through this commitment.

With Admiration for your Commitment,



John Woolslair Sheppard



Prot. 258/2018

Rome, 20 April 2018

Dear Dr Nanda Regmi,
President
Blood Donors of America (BDA).

Thank you a lot for your invitation. I do appreciate the blood donation works BDA has been doing in the USA and beyond. I recall my past memory that I participated the first convention of BDA in Dallas, TX 2016. I wish all the best to this 2nd convention scheduled for May 25 and 26 in Atlanta, GA.

Respectfully,

President IFBDO
Gian Franco Massaro

Sede Legale: 27, Bd. de Suisse – MC 98000 Monaco – Tel. +337 97 97 30 00 – C.F. 92064560706 – Tel. +39 333 70 52 571
www.fiods-ifbdo.org – Email: secretariatfiods@gmail.com / gianfrancomassaro@gmail.com



April 25, 2018

Dear Blood Donors of America Members,

Every six seconds, someone in the United States of America needs blood.

Carter BloodCare provides life-saving transfusion resources to more than 200 medical facilities in over 50 counties throughout North, Central, and East Texas. Each year, we provide more than 300,000 units of blood products to meet patients' treatment requirements. Whether from an accident or planned medical treatment, the need for blood is constant, and an available blood supply is an ever-present concern for our communities.

In this regard, your organization is a valued partner in our mission of saving lives, every single day. Since one unit of blood can be separated into three or more components, every blood donation is precious. To date, Blood Donors of American has contributed over 1200 blood products to support our community's blood needs. On behalf of our area patients, thank you for your commitment to saving lives.

Please accept my best wishes for success with your second annual conference. Your continued commitment to raising awareness about the need for blood and the pursuit of volunteer blood donors is both noble and inspiring. May this conference ignite your passions for blood donation, inspire those around you, and help us save lives across America.

Sincerely,

A handwritten signature in black ink that reads "Todd Abner".

Todd Abner
Director of Donor Recruitment
Carter BloodCare

CarterBloodCare.org 1-800-DONATE-4 2205 Highway 121, Bedford TX 76021 817-412-5000



Prem Raja Mahat

Honorary Consulate General of Nepal to USA

(Maryland & Pennsylvania)

515 Walker Ave, Baltimore, MD 21212, Tel: 443-759-9383, 410-916-4237 (Cell), E-mail: premraja@hotmail.com

May 16, 2018

To Whom It May Concern,

It is my great pleasure to write this message of best wishes in favor of **Blood Donor of America (BDA)** on the occasion of its second National Convention scheduled to happen in Atlanta, Georgia on May 25- 26, 2018. I do also wish the best for the souvenir "**Punerjeevan**" a special publication of BDA on the occasion of convention.

It would be worthy to remark the contribution made by BDA on this occasion. BDA has been known as an organization of philanthropic identity among the Nepalese diaspora that has donated more than 8.5K pints of blood to save human life. Based on that and similar other evidences made in the past, I'm fully confident that BDA convention will be able to bring out a positive message for all of us.

I, personally, and on the behalf of Nepalese Consulate in Maryland, always appreciate such a high level of humanitarian work that has been done by BDA for about last 10 years.

The population of Nepalese immigrants has been growing rapidly in USA over the last couple of years. I believe the volunteer work of organizations like BDA does play a vital role for the betterment of our community and to unite the Nepalese diaspora. Thus, I'm always with this organization for its noble cause to save human life through blood donation.

Finally, once again, I wish for the grand success of convention.

Sincerely,

PRMahat

.....

Prem Raja Mahat

Honorary consul General



Rishi P. Dhakal
Honorary Consul General

Honorary Consulate of Nepal to San Diego

357 W. Woodruff Ave
Arcadia, CA 91007, USA

PH: (626) 320 2437

Fax: (626) 448 2069

Email: info@hcgncnca.org

Website: www.hcgncnca.org

Date: 05/16/2018

Message

I am delighted to know that the Blood Donors of America (BDA) is holding its second convention in Atlanta, Georgia, on May 25 -26, 2018. Blood donation is probably the best and most precious donation one can ever make in his/her lifetime, so BDA deserves tremendous respect and admiration for leading and carrying out this philanthropic deed. Blood donation also holds another significance for immigrants like us because it is a way of building friendships and integrating with the local community.

I believe that BDA's slogan "Be a Lifesaver, Be a Blood Donor" will be able to unite all blood donors under one umbrella and all our community members will be united for a great cause—saving the life of another human being.

I would like to express my best wishes and appreciation for the success of this great convention.

Thank you,

Rishi P. Dhakal

Honorary Consul General

Government of Nepal



Dear all,
Namaste & Regards!
"Shuvakamana"
"Be a Lifesaver, Be a Blood Donor"

It gives me immense pleasure to welcome the 'Blood Donors of America (BDA).' I wish BDA all the best in your second national convention, Atlanta, Georgia, May 25 to 26, 2018.

I feel great responsibility and honor in being chosen as the 'Tourism Ambassador' by the Government of Nepal. I also have the honor of being elected as the President (2009 – 2011) of the 'Nepalese Association in Southeast America (NASeA).' In this context, please allow me to welcome all the BDA participants in the vibrant digital city of Atlanta, on behalf of the Government of Nepal & Nepalese residents in Georgia.

I, as the President of NASeA, had the opportunity to work with Arjun P Mainali Jee in establishing the BDA organization in 2009. I would like to thank each and every volunteer who worked tirelessly to make the convention a success.

I am pleased to congratulate and extend my best wishes for the successful BDA national convention, 2018. I highly encourage everybody to participate in this august program, and to celebrate - "Be a Life Saver, Be a Blood Donor."
Thank you very much.

Most sincerely,
Raja Ghale
Tourism Ambassador of Nepal to Atlanta,USA
First Elected President - NASeA
Atlanta, Georgia, USA



FOR NEPALI BY NEPALI

नेपालीका लागि नेपाली

Non-Resident Nepali Association National Coordination Council - USA



EIN# 62-1850599

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President

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- Vishnu Bahadur Shah

"Be a Lifesaver, Be a Blood Donor"

Date: 05/05/2018

It is with pleasure that Blood Donors of America (BDA) is celebrating its second biennial convention during this memorial weekend in Atlanta Georgia, and encouraging all its members and beyond to get involved in the work of humanity.



No doubt the first and foremost advantage of donating blood is the exalted feeling of saving someone's life. If we donate the little excess blood in our body, it could save someone's life without creating any problem for us. Blood donation also burns the extra calories and reduces your cholesterol level. Blood donation is the most valued service to mankind. Nothing is comparable to the preciousness of human blood. The gift of blood is the gift of life. Be a Lifesaver, Be a Blood Donor."

Non Resident Nepali Association National Coordination Council USA (NRNA USA) would like to congratulate BDA for its success over years in inspiring people to donate blood to save lives. NRNA USA had partnered with you in the past and would like to continue to work in the future in this humanitarian cause. Thank you for working hard and making a difference, and best wishes to you and all involved to make this BDA second biennial conference a grand success.

Sincerely,

Keshab Paudel, MD, MBA, FACP, SFHM
President
National Coordination Council, USA
Non-Resident Nepali Association
(NRN USA)

Web: <https://nrnccusa.org>, email: usa@nrna.org

Facebook page: <https://www.facebook.com/NRNNCCUSA/>

Mailing address: 72-30 Broadway, Floor#1, Box 14, Jackson Heights, NY, 11372



अन्तर्राष्ट्रिय नेपाली साहित्य समाज International Nepali Literary Society

1727 Homer Road, Woodbridge, VA 22191, USA, Ph: (703) 491-1014, info@inls.org

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president@inls.org

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rlkali15@yahoo.com

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rupakshrestha@hotmail.co.uk

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poudelprakash575@hotmail.com

Oceania - Africa:

Bhimshen Sapkota, Australia
bhimshensap@hotmail.com

North / Latin America:

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prakashnepal7@yahoo.com

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gpooja1970@gmail.com

Secretary

Ganesh Ghimire, Australia
gkghimire@gmail.com

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srldhakal@gmail.com

Members

Bikas Bista, USA
bikashbista2000@yahoo.com

Maheshwar Panta, USA
maheshwarpant@gmail.com

Sandhya Pahadi, Nepal
sanpahadi@hotmail.com

Editor In-Chief

Chhbiram Silwal, Nepal

मिति : अप्रिल २०, २०१८

शुभकामना

ब्लड डोनर्स, अमेरिकाले आफ्नो दोस्रो महाधिवेशनको अवसरमा स्मारिका प्रकाशन गर्न लागेको थाहा पाउँदा अत्यन्तै हर्षित बनाएको छ । स्मारिका प्रकाशक ब्लड डोनर्स, अमेरिकालाई हार्दिक बधाई !

ब्लड डोनर्स, अमेरिकाले रगतको अभावमा छटपटाएका बिरामीहरूलाई अमेरिकाभर आफ्नो संगठनमार्फत रगत उपलब्ध गराएर जीवनदानमा ठूलो योगदान गरेको सबैमा सबैबिदितै छ । रक्तदान जीवनदान हो र रक्तदानबाट मानिसको जीवन पुनर्जीवन प्रदान गर्न ब्लड डोनर्स, अमेरिकाले आफ्नो संगठन अमेरिकाभर विस्तार गर्दै रक्तदानकार्यमा विशिष्ट योगदान गर्दै सयौंलाई जीवनदान गरेको छ । यतिमात्र नभएर ब्लड डोनर्स एशोसियसन, अमेरिकाले छोटो समयमा अमेरिकाभर रक्तदान गर्दै लोकप्रिय सामाजिक संस्थाको रूपमा विकसित गरिसकेको छ । ब्लड डोनर्स, अमेरिकाले रक्तदाताहरूलाई अभिप्रेरित गर्न हरेक महाधिवेशनका अवसरमा कविता प्रतियोगिता आयोजना गर्दै आएको र यो कार्यक्रम लोकप्रिय कार्यक्रमको रूपमा स्थापित भैसकेको छ । यस्तो पवित्र उद्देश्यमा समाहित पवित्र संस्थाबाट आफ्ना गतिविधिहरूलाई अझ व्यापक बनाउदै ती गतिविधिहरूलाई प्रकाशनका माध्यमबाट स्मारिकामा समेट्ने प्रयास गरेको छ, प्रकाशक ब्लड डोनर्स, अमेरिकालाई हार्दिक बधाई र आगामी दिनमा यस्ता महान कार्य गर्न अझ प्रेरणा मिलोस् ब्लड डोनर्स, अमेरिकालाई हार्दिक शुभकामना ।

नयाँ वर्ष २०७५ को संसारभर छरिएर रहनुभएका सम्पूर्ण नेपाली दाजुभाइ, दिदीबहिनीहरू, रक्तदाता महानुभावहरूमा हार्दिक मंगलमय शुभकामना व्यक्त गर्दछु ।

सधन्यवाद,

पदम विश्वकर्मा

अध्यक्ष,

अन्तर्राष्ट्रिय नेपाली साहित्य समाज

केन्द्रीय कार्यसमिति

www.inls.org

भाषा, साहित्य, कला र संस्कृतिको जगेनाले आफ्नो परिचान जोगाउँछ ।



Nepalese Association in Southeast America

To promote Nepalese culture and values
To advocate for human rights, freedom and peace
To serve fellow human beings

<http://www.naseaonline.org>



SINCE 1991

President

Madhav Dhakal (NC)
president@NASEAOnline.org
(336) 471-4709

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Ambika Lohani Sharma (GA)
vp@NASEAOnline.org
(678) 923-1064

General Secretary

Krishna Shrestha, (FL)
gs@NASEAOnline.org
(561) 310-0694

Joint Secretary

Mohan Bista (GA)
js@NASEAOnline.org
(678) 577-3376

Treasurer

Nirmal Paudel, PhD (NC)
Treasurer@NASEAOnline.org
(980) 622-0036

Members

Manoj Jha, PhD (NC)
amkjha@hotmail.com
Thakur B Karkee, PhD (NC)
tkarki_n@yahoo.com
Bishal Bharat (NC)
ugly_bishal@yahoo.com
Namita Ghimire (GA)
namita_ghimire@yahoo.com
Arun Shrestha, PhD (NC)
yours.arun@gmail.com
Bhim Prasad Timilsina (NC)
bhimtimilsina4@gmail.com
Prashim Poudyal (NC)
prashim_poudyal@yahoo.com
Binita KC, PhD (TN)
leebinita@gmail.com
Rama Ghimire (GA)
ramadhungel@yahoo.com
Manish Shakya (NC)
manish_shakya@hotmail.com
Chet Bhattarai (NC)
chetdai99@gmail.com
Pammi D Parajuli (NC)
pammid@gmail.com
Krishna R Devkota (GA)
palpanepal@yahoo.com
Binay Aryal (NC)
bimbinaya@hotmail.com
Suman Silwal, PhD (AL)
ssilwal@hotmail.com

"Be a Life Saver Be a Blood Donor"

Greetings!

We at NASEA have held a long time cooperative relationship with the Blood Donors of America (BDA).

In order to be a change, we have to be proactive. This is why BDA have raised their efforts for amazing turnouts time and again. It is up to us to ensure that effort is not done in vain.



While there is a limited number of eligible donors, the word must continue to spread. We cannot purchase blood, we cannot fabricate blood. We have our most important resources, our mind and hearts. When people come together like this for the greater good, it's up to the imagination to dictate what can be done. We are in the midst of this exciting point for the good of humanity. While we come from different backgrounds, we are all human. We must answer the call to help one another.

While we have achieved goals for this event, remember the perpetuity of the needs of the BDA

I have no doubt in my mind that our leadership will step up and execute.

On behalf of Nepalese Association in Southeast America executive board and entire community, I send absolute best wishes for a successful Convention.

Thank you!

Madhav Dhakal
President
Nepalese Association in Southeast America



anmausa.org
Association of Nepalese
in Midwest America

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Mr. Dhruva Bhattarai

Ex Officio
Mr. Sushil Sharma

Dear BDA families

I am pleased to congratulate and extend my warmest regards to Blood Donors of America (BDA) as you celebrate your 2nd biannual convention in Atlanta, Georgia this year.

Association of Nepalese in Midwest America (ANMA) wholeheartedly supports BDA's community service that involves hosting of blood drives and creating awareness of blood donations. BDA's work on the bone marrow matching campaigns, and other health education awareness programs are exemplary and very beneficial to our communities where we live in.

It is really impressive that volunteers and members of BDA have shown such a zeal, readiness, and enthusiasm in organizing a grand convention despite limited resources and time.

Blood is the most precious gift that anyone can give to another person the gift of life. We hope that the convention will provide a platform to educate the general public the importance of blood donation, its impact in society and also will be able to encourage more people to be engaged in such a life-saving campaign.

I commend BDA for organizing this wonderful event and send our collective best wishes for a successful and enjoyable convention.

With Best regards,
Sincerely

Bala Ghimire
ANMA President



Bala Ghimire
President, ANMA

Association of Nepalese in Midwest America (ANMA) – <http://www.anmausa.org>

Society of American Nepalese Nurses (SANN)

Date: 4/22/2018



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Tax Exempt Status: 501 © (3),
EIN: 46-1172717

Website: www.sannnurses.org

Dear President of Blood Donors of America,

On behalf of the Society of American Nepalese Nurses (SANN), I would like to express my sincere wishes and greetings for a successful BDA convention, held in May 2018. I remember the past experience in which BDA and SANN organized and successfully completed their first joint convention held in May 2016. The ever-lasting experience is reminding me of all the good feelings of collaborating. Our best wishes are with you for a grand success of the convention.

SANN is a national level organization run by nurse-professionals of Nepali origin in the United States of America since 2011. It has six Chapters in different States and has more than 220 life members working throughout the country. SANN conducts many professional programs in the community including CPR training to the community, volunteering through the free clinics, first aid services in different community programs, blood donation drive, philanthropic activities for mankind, other programs to give back to the community and country of origin -Nepal. It has established a great standards of collaboration work among the social and professional organizations. SANN will explore greater avenues to find ways for more collaborations in future. Wishing you all the best for the BDA Convention!

Sincerely,

Manju Sangraula
 President, SANN



Overseas Nepalese Forum America (ONF) प्रवासी नेपाली मंच अमेरिका

मिति: अप्रिल १५, २०१८

हार्दिक शुभकामना

अमेरिकामा रहेका नेपालीहरुद्वारा स्थापित तथा संचालित स्वयंसेवी संस्था ब्लड डोनर्स अफ अमेरिका को यही मे २५ - २६ मा एटलाण्टा मा हुन गैरहेको दोश्रो सम्मेलनको पूर्ण सफलताको लागि हृदयदेखिको शुभेक्षा र उत्तरोत्तर प्रगतिको कामना गर्दछु। यो संस्थाले अमेरिकी समाजमा अरु बढी सेवा प्रदान गरि सम्पूर्ण नेपालीकै इज्जत र प्रतिष्ठा अभिवृद्धि गरि हामीलाई समाजसेवामा अझ बढी समर्पित हुने प्रेरणा मिलोस।

प्रभु थापा

अध्यक्ष

प्रवासी नेपाली मंच, अमेरिका



Madheshi Association in America (MAA)

Email: info@maamadhesh.org | www.maamadhesh.org

Date: 5/14/18

To,

Dr. Nanda Regmi, President, BDA
Bhabindra Basnet, Convention Chair

Sub: Regarding Invitation to attend 2nd BDA convention

Dear Nanda jee and Bhabindra jee,

Thank you very much for the invitation to attend the 2nd National Convention of Blood Donors of America (BDA). On behalf of Madheshi Association in America (MAA), we wish for grand success of the convention. It would be an honor for MAA to have a representative attending the convention. Our MAA representative will attend the convention.

Thanks,

Suneel Sah

President, MAA

Ph: (732) 662-8028

www.maamadhesh.org

MAA is a non-profit and non-political organization of Nepalese Madheshis in the USA which promotes the identity and culture of Madheshis, and facilitates as a platform to network among Madheshis in the USA. It also coordinates with other Nepalese & Non-Nepalese organizations in the USA and abroad to work for the communities.

MESSAGE

It is a matter of great pleasure for Nepal Sports and Culture International (NSCII) for getting an opportunity to be involved with a volleyball tournament in the 2nd Convention of Blood Donors of America (BDA) in Atlanta, GA.

Blood donation is donation for a noble cause – to help save human lives. Over the years the BDA has been consistently motivating people, especially among the Nepali community, to donate their blood. Let the 2nd Convention add another milestone in their pursuit of the noble cause.

Once again, we express our heartfelt thanks to BDA for the opportunity given to NSCII. We also express our sincere gratitude to BDA President Dr. Nanda Regmi, Convention Co-ordinator Mr. Bhavindra Basnet and Volleyball Coach Mr. Prem Kunwar and all team members for their valuable contribution in making the event a success.

We extend our best wishes for the grand success of BDA's 2nd Convention.

Sita Pandey
President
Nepal Sports & Culture International



We Would like to wish

Blood Donors of America

A very successful and productive Second Convention in Atlanta, Georgia

With compliments,

International Nepalese Blood Donors Family

International Nepalese Blood Donors, Inc. is a non-profit organization with its objectives to motivate the members of Nepalese communities worldwide to regularly donate blood; to assist in organizing blood donation drive in various countries; to create awareness on importance of blood donation; and to help increase the number of regular donors in Nepal by partnering with local voluntary organizations.

Ovirinbd@gmail.com

(239) 834-3733



Nepalese Society (Inc), Texas

2016 W. Grauwylar Rd, Irving, TX, 75061, USA

Date: April 15, 2018

Re: Congratulations and Best wishes to BDA

On the occasion of BDA's 2nd national convention planned in Atlanta, Georgia **Nepalese Society, Texas(NST)** wishes to send this message of felicitation and warm greeting to **Blood Donors of America (BDA)** and its leadership. We are proud of BDA's social activities and engagements in our communities. 4.5 million Americans would die each year without life saving blood transfusions. Approximately 32,000 pints of blood are used each day in the United States. Just one pint of donated blood can help save as many as three people's lives. I wish them every success in the valuable work that they undertake. I also wish them all the best for this convention and would like to thank you for your tireless commitment.

Wishing you all a very fruitful and rewarding Convention

Suman Thapa

President –Nepales Society , Texas(NST)

Nepalese Society, Texas is a not-for-profit, 501 (c), organization.

<https://www.ournst.org>
Ph: 972-986-7777, E-Mail: admin@ournst.org



Nepali Cultural and Spiritual Center

2016 W. Grauwlyer Rd, Irving, TX, 75061
www.ournsc.org | E-Mail: admin@ournsc.org | Ph: 972-986-7779

अप्रिल २२, २०१८

शुभकामना

Blood Donors of America (BDA) को हुन् गैरहेको दोस्रो राष्ट्रिय सम्मेलनको सफलताको लागि **नेपाली सांस्कृतिक तथा अध्यात्मिक केन्द्र (NCSC)** को तर्फबाट हार्दिक शुभकामना व्यक्त गर्दछौं।

रक्त दान जस्तो पबित्र र मानवताको उच्चतम कार्यमा BDA ले पुर्याउदै आइरहेको योगदानको प्रशंशा गर्दै यो सम्मेलन अझ प्रभावकारी र फलदाई कार्यक्रमहरु तय गर्न सफल होस् भनि कामना गर्दछौं।

रमेश पोख्रेल

अध्यक्ष, कार्यकारिणी समिति

नेपाली सांस्कृतिक तथा अध्यात्मिक केन्द्र (NCSC)

Nepali Cultural and Spiritual Center (aka NCSC) is a not-for-profit, 501 (c), organization.

http://www.ournsc.org | Ph: 972-986-7779 | E-Mail: admin@ournsc.org



Registration #802104026

Date: April 27, 2018

हार्दिक शुभकामना!

ब्लड डोनर्स अफ अमेरिका (BDA) को दोश्रो राष्ट्रिय सम्मेलनको भव्यतापूर्ण सफलताको हार्दिक कामना गर्दछौं। यो सम्मेलन संस्थागत विकास र प्रगतिको बाटो प्रशस्त गर्न सफल रहनेछ र रक्तदान तथा मानवीय सेवा र समाज सेवामा सबैलाई प्रेरणा मिल्नेछ भन्ने कामनाका साथ ग्यान्स यस दिशामा सदैव तत्पर रहने प्रतिवद्धता जनाउन चाहन्छौं।

विनित

देवराज न्यौपाने

अध्यक्ष

तथा ग्यान्स कार्य समिति परिवार

Post Box: 270223, Austin, Tx 78660, Email: ganscommunities@gmail.com
Web: www.ourgans.org, Facebook: <http://www.facebook.com/greataustin.nepalisociety>



FOR NEPALI BY NEPALI

नेपालीका लागि नेपाली

Non-Resident Nepali Association
National Coordination Council - USA
Texas Chapter



Bhanu Kharel
President

Ref#04172018

April 17th, 2018

Drona Goutam
Vice President

Padam Thakurathi
General Secretary

Re: Congratulations and Best wishes to BDA

Satish Ojha
Treasury

Jyoti Ojha
Women Coordinator

Rupesh Neupane
Youth Coordinator

Jagadish kaphle
Member

Anu Rimal
Member

Nilima Shrestha
Member

Amemath Sah
Member

Anand Kumar Yadav
Member

On the occasion of BDA's 2nd national convention planned in Atlanta, Georgia NRNA Texas Chapter wishes **Blood Donors of America (BDA)** and its leadership a very successful and rewarding National Convention. We are proud of BDA's social activities and engagements in our communities. We hope success of this this 2nd convention will make BDA even more effective and inspire all us to do even more in coming days.

Wishing you all a very fruitful and rewarding Convention

Bhanu Kharel
President, NRNA Texas Chapter

NRN NCC of USA GEORGIA CHAPTER



05/08/2018

Dr. Nanda Regmi
President, BDA

Mr. President,

यस संस्था (BDA) को स्थापनाकाल देखिने यसका उद्देश्य अनुरूप संस्थाले गर्दै आएका अती मानवीय काम (ब्लड डोनेशन फोर नीडी पीपल) को हामी अंतरआत्मा देखी स्वागत गर्दछौं। यस माहान कामकोलागि आफ्नो अमूल्य साथ र समयदिई योगदान गर्नुहुने सम्पूर्ण माहानुभावहरू धन्यवादको पात्र हुनुहुन्छ। यसैगरी संस्थालाई अझै सशक्त, सवल र सक्षम बनाउदै लैजाने उद्देश्य अनुरूप हुनगैरहेको दोस्रो सम्मेलनको पूर्ण सफलताकोलागि हार्दिक शुभकामना व्यक्त गर्न चाहन्छु। साथै संस्थाको काम-कर्तव्य र हक-हितका लागि हरेक काममा मेरो ब्यक्तिगत तर्फबाट र NRNA GA Chapter को तर्फबाट पूर्ण साथ र सहयोग रहनेछ भन्ने प्रतिवद्धता व्यक्त गर्दछु।

धन्यवाद।

सूर्य लम्साल

अध्यक्ष, एन. आर. एन. ए. जर्जिया च्याप्टर

Nepali Cultural Center Atlanta

May 26, 2018

Dr. Nanda Regmi
President
Blood Donors of America

On behalf of the Nepali Cultural Center, it is my great pleasure to welcome you and all members and guests of Blood Donors of America during the organization's Second National Convention in Atlanta, Georgia.

On this occasion, I would like to salute the exemplary work done by Blood Donors of America and the personal sacrifices made by its members and friends in donating their blood and saving thousands of precious lives all over the United States. Congratulations on your great success since the organization's inception 8 years ago.

Once again, I welcome you to Atlanta and wish the convention a great success. Please do not hesitate to contact me if the Nepali Cultural Center can be of any assistance.

Sincerely,

Prahlad D. Pant

Prahlad D. Pant, Ph.D.
President

अन्तर्राष्ट्रिय कविता महोत्सव



Blood Donors of America
Second Convention, Atlanta Georgia

तपाईंको कविता मे १०, २०१८ सम्म आइपुग्नु पर्नेछ
कविता पठाउने ठेगाना nepalipoemcomp2018@gmail.com

Co-ordination by -  अन्तर्राष्ट्रिय नेपाली साहित्य समाज

Coordinator
Maheshwar Pant

President BDA
Dr. Nanda Regmi

निर्णायक मण्डल

पदम विश्वकर्मा
गोवर्द्धन पूजा
नरहरि प्रेमी



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- Naresh R. Pandey
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- Prakash Gautam
Founding President (2014-2017)
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Vice President, Planning
- Bilas Upadhyay, CPA
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- Batuk Bista
Vice President, Outreach
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- Agni Sanjel
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- Laxmi Oli
Executive Member
- Achyut Rijal
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UNCON Nepal

- Rajendra Giri
Advisor
- Subas Gautam
Advisor
- Govinda Gurung
Advisor
- Bachchu Raj Pandey
Advisor
- Dina Nath Neupane
Representative

Project Advisor

Navin Pyakuryal

Mailing Address

6418 Port Isabel Dr
Rowlett, TX 75089
USA



April 18, 2018

Re: Congratulations and Best Wishes to BDA

UNCON would like to wish the Blood Donors of America (BDA) and its leadership a very successful and fruitful national convention in Atlanta, Georgia. UNCON is proud to support many of the BDA's activities in the past and will continue to support it in the days ahead. Society has benefited tremendously through our partnership with blood drives. BDA's social activities and its contribution to the community is an example to follow for other social organizations. We hope this convention will be another milestone in the history of BDA and make this great organization even more effective in the coming days.

Wishing BDA a very successful convention.

With gratitude,

Naresh R Pandey
President, UNCON
E-mail: info@usanepalnetwork.org
Web: www.usanepalnetwork.org



Dallas Filipino Lions Club
District 2-X1
A Non-profit 501 (c) (3) organization



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Dr. Nanda Regmi
President, Blood Donors of America

May 2, 2018

Dear Dr. Nanda Regmi,

Please accept my donation of \$250 to the Blood Donors of America. Your humanitarian effort through blood donation, supporting and organizing blood donation drives is truly remarkable is very much appreciated.

Sincerely,

Gloria Mathur
President, DFLLC
Chair, Gift of Life
Lions District 2-X1



**Blood Donors of America
2nd CONVENTION**

May 25-26, 2018, Atlanta, Georgia

**We wish for the grand success of
BDA's 2nd Convention in Atlanta, GA**

**Executive Committee & Advisory Council
State Coordinators & BDA Committees
Past Committees and the whole BDA Family
Blood Donors of America**

Executive Committee and Advisers



Dr. Nanda Regmi
President
State: Texas
mandaregmi@yahoo.com



Ajaya Satyal
Executive Vice-President
State: Florida
ajaya_satyal@hotmail.com



Nima Sherpa
Vice President
State: New York
nimasensei@gmail.com



Bhushan Lal Shrestha
Executive Member
State: Colorado
bhushan_shrestha00@gmail.com



Dr. Dilip Bhandari
Executive Member
State: Arkansas
bhandari.dilip@gmail.com



Balam Poudel
Executive Member
State: Texas
balram555@hotmail.com



Jiwan Ghimire
General Secretary
State: Texas
bda.jiwanghimire@gmail.com



Sanjeev Shrestha
Joint Secretary
State: New Jersey
sanjeev2030@gmail.com



Resham Gharti
Treasurer
State: Texas
ghartire@gmail.com



Saroj Shrestha
Executive Member
State: New York
sujansaurav4@gmail.com



Laxmi Bhatta
Executive Member
State: New York
laxmi.bhatta@hotmail.com



Sharada Shrestha
Executive Member
State: CA
sthads@yahoo.com



Bandana Khadka
Joint Treasurer
State: North Carolina
khadkabandana76@gmail.com



Basu Shrestha
Executive Member
State: Texas
basu_shrestha@hotmail.com



Dr. Lila Raj Dahal
Executive Member
State: Ohio
liladahal2003@yahoo.com



Lila B Karki
Chief Advisor



Arjun Mainali
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Sushil Sharma
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Dr. Dron Gauchan
Health Advisor



Bijay Thapa
Media Advisor

Welcome Message

Hello Everyone,

It has been an honor to have this opportunity to welcome all of you on the occasion of 2nd national convention of Blood Donors of America (BDA), the most prestigious, and respectful organization of life savers. I had similar opportunity to welcome all the blood donors and social heroes as a convention chair of the first joint convention of BDA and Society of American Nepalese Nurses in 2016 in Dallas, TX. This time, I have been offered the privilege to welcome and honor all of you as the president of BDA, and thus am grateful for the opportunity. On the behalf of BDA, I am thankful for your participation, seen and unseen support to this convention, and solidarity to increase BDA's endeavors.

BDA, established in 2009, has now passed about a decade in community services with more than 8.5K pints of blood donation altogether, and stands with about 400 respectful members across US, as of today. The distinguished BDA family is a 501c3 charitable organization with the support and trust of the most respected couple Mr. John W. Sheppard and Mrs. Ellen Sheppard. Mr. John Sheppard is a record holder of the Guinness World Records for his highest number of whole blood donation. I would like to express my sincere gratitude to this Florida resident couple who joined BDA in March 1st, 2018 to share their life long experience of blood donation and encourage to the next generation blood donors.

BDA is delighted to receive the support and solidarity with the best wishes from honorable dignitaries including President Jimmy Carter, President of Nepal- Mrs. Bidya Devi Bhandari, and the Prime Minister of Nepal- Mr. K. P. Sharma Oli for the success of this convention. I would also appreciate the solidarity extended from Honorable Foreign Minister of Nepal- Mr. Pradeep Kumar Gyawali, and Honorable State Minister for Health and Population- Mrs. Padma Kumari Aryal, His Excellency, Ambassador of Nepal to the US- Dr. Arjun Kumar Karki, Honorable Consulate General- Mr. Prem Raja Mahat, Honorable Consulate General- Mr. Rishi P. Dhakal, as well as international organizations like International Federation of Blood Donors Organization (IFBDO), national organizations like Non Resident Nepalese Association National Coordination Council (NRNA NCC), International Nepali Literary Society (INLS), Overseas Nepali Forum (ONF), Nepalese Association in South-east America (NASeA), and Association of Nepalese in Midwest America (ANMA). I would like to appreciate all state level organizations for their support and best wishes.

I would like to congratulate all of my team members of the executive committee and convention committee who have contributed tremendous efforts to bring this day into a reality. All the BDA leaders, founding members, state coordina-



Dr. Nanda Regmi
President
Blood Donors of America
(2016-2018)

tors, and members of BDA present and past committees, blood donors are being respectfully remembered at this moment for their dedication to achieve this level of respect and honor. I also recall and appreciate the respectful relationship of BDA with all professional, local, regional, national, international organizations, blood banks including Carter Blood-Care, and the government entities of both US and Nepal.

I am very much happy and encouraged to note the fact that hundreds of blood donor volunteers and well-wishers have trusted and joined BDA with their faith and commitments to serve the community through blood donation. We do respect all of you and welcome you on board. Unity is our strength that makes a difference, and through this unity we can bring a change. "Be a Lifesaver, Be a Blood Donor" under the umbrella of BDA. I would like to thank all of you once again for your commitment to stand with BDA in serving the community through blood donation.

Respectfully,

Dr Nanda Regmi
President of BDA
2016-2018

Editorial**A Showcase of Nepalese Generosity**

Non Resident Nepalese all around the world should take pride on how we show 'generosity' when a natural disaster strikes Nepal. Be it the bitter Earthquake of 2015 or the recent flood of Eastern Terai, we Nepalese diaspora come forward to help and support the affected people. Natural disasters are not only detrimental to the living style of day to day living medium and low class citizens but it also effects the country's overall economy. However, a catastrophe in Nepal helps strengthen the emotional bondage among Nepalese communities in the US or the communities in any foreign countries. As usual, the first instinct of Nepalese organizations in America, when nature strikes Nepal, is to start collecting information and funds to support the affected victims. The long debated discourse of Pahade, Madhesi, Aadbasi etc pauses, and all Nepalese communities get together to pacify pain and sufferings. Kudos to Nepalese Hearts, Kudos to Nepalese Attitudes! Salute to Nepalese philanthropy!

Blood Donor's of America along with all other individual and sister organization, salute all the volunteers, donors, and individuals for helping alleviate last year's flood in Nepal. We can now see the trend where Nepalese diaspora is strikingly focused on real communities and social services rather than simply being 'organizations for mere festival celebrations'. Instead of simply celebrating Dashain, Tihar and other festivals, many local associations now a days practice of helping people in need. This is all for the good!

Not only in Nepal, and in the Nepalese community, the turmoil caused by the notorious storm Harvey in Texas, USA left behind thousands of citizens down to the streets. Even a great country like USA suffers to console the victims. Panic on gas pumps to food scarcity could bring chaos and destabilization in the neighborhood. Shootings at the holy places and schools have bought a debates on politics and many questions to the entire human civilization. At the time of grief we need to come together as a single human race and help the needy. Several Nepalese communities in the State of Texas come together to help the victims, regardless of their country of origin. Whether at wars or natural disasters, blood donation is the greatest donation that can save lives. Salute to those universal volunteers and donors.

We are now geared up for this year's convention in Atlanta,



Chooda Mani Khanal, Ph.D.
Chair, Punarjeevan Publication Committee
Blood Donors of America

Georgia with the theme of "Assimilation With Society Through Blood Donation" वसुधैव कुटुम्बकम् "Entire world constitutes but a family". Let us all work together to involve our younger generation to help understand the value of humanity. Let us educate the upcoming generation the taste of gratification he/she can feel after helping flood, earthquake and other natural-disaster-victims.

Blood Donors of America is one of unique organization in the Nepalese diaspora that is community oriented organization rather than traditional festival-oriented organizations. The coming generation will surely notice our blood drives train. They will surely notice our forefront role in reconstructing not only Nepal after the earthquake or flood but also recovering the entire human kind. They are sure to learn the value of philanthropy.

Finally, apart from all our rational behind the convention, it's time for me to thank my team for such a wonderful support on publishing this edition of Punarjeevan. I would like to thank BDA president, Dr. Nanda Regmi, and my publication team, Ms. Ira Acharya, Mr. Tilak Mahato, Dr. Lila Dahal. I would like to thank Mr. Manish Shakya for cover page design and the all the BDA volunteers, article and greetings contributors and all who supported us directly and indirectly on this mission.

Thank you.

With warm Regards,
Dr. Chooda Mani Khanal
Chief Editor, Special Edition of Punarjeevan 2018

Welcome Message

Dear Friends and Colleagues,

It is a great pleasure and an honor to extend to you a warm invitation to the 2nd Blood Donors of America (BDA) Convention being held on 26 May, 2018 at the Hyatt Regency in Windy Hill Road, Atlanta Georgia. As a Convention Chair and the BDA State Coordinator for Georgia Nepalese Society, I would like to welcome you all to the beautiful City of Atlanta.

According to the American Red Cross, someone in the U.S. needs blood in every two seconds. In addition, although an estimated 38 percent of the total population is eligible to donate blood, only less than 10 percent actually donate each year. This number translates to approximately 6.8 million blood donors each year. In this regard, BDA has been undertaking an arduous task of hosting blood donation drives and conducting awareness programs in various States within the U.S. in an attempt to meet the critical demand of blood to save hundreds of thousands of lives per year.

With the theme “Be a Life Saver- Be a Blood Donor”, we have gathered once again to discuss various ways to fulfill BDA’s mission and identify new partnership opportunities in order to continue and expand this vital task of saving lives. We hope for this to be a shared learning environment for all and thus, your relevant knowledge contributions will be the



Bhabindra Basnet
BDA Convention Chair
State Coordinator, Georgia Nepalese Society

key to the success of this convention.

We hope you have a wonderful stay and take a little extra time to enjoy the attractions of Atlanta.

Thank you.

BDA’s 2nd Convention Special Edition of Punarjeevan 2018 Publication committee

Dr. Chooda Mani Khanal (Chair)
Ms. Ira Acharya
Dr. Lila Raj Dahal
Mr. Tilak Mahato

Cover Page: Mr. Manish Shakya
Ads and greetings design: Mr. Suresh Basyal
Special support from the President Dr. Nanda Regmi

Disclaimer: Articles published in this issue of Punarjeevan are the personal thought of the Authors. The Publication committee is not responsible for its content.

Welcome to BDA 2nd Convention 2018

I am **Satish Gupta, Convention Secretary** for BDA 2nd Convention 2018 to be held in historical city of Atlanta, GA.

For a grand success of this BDA 2nd Convention 2018, we have gone through each and every step of the convention, look minor things and apply our experience from First BDA Convention, Dallas, TX.

We have elected several convention coordinators based on their expertise and experience to serve 2nd convention better from different states who were present in first BDA Convention and from other Nepalese Organization.

To organize BDA 2nd Convention 2018 in Atlanta our BDA president and executive committee has authorized Mr. Bhabindra Basnet, GA as Convention Chair, Mr. Satish Gupta as Convention Secretary, Mr. Ranjan Kandel and Mr. Eka Dev Sharma as Convention Joint Secretaries.

Similarly to perform different kinds of tasks BDA President has created different committees to carry out all works, for example: Program Coordinator, Registration Coordinator, Finance Coordinator, Kits Coordinator, AGM Coordinator, Sports Coordinator, Publication and Souvenirs Coordinator, Food Coordinator, Cultural Coordinator, Blood Drive Coordinator etc.

Each committee has a Coordinator and their members in each team to make everything works properly.

Up to 04/24/2018 date, we have already had five meetings of Convention Coordinators. All meetings were carried out on conference call and participation was exciting. The meeting dates lists as given below.

1. Dec 03, 2018
2. Jan 07, 2018
3. March 25, 2018
4. April 08, 2018
5. April 22, 2018



Similarly we have each committee sub coordinators meeting 3-4 times to look each and every aspect of our program and mostly in every meeting with sub coordinator our BDA president Dr. Nanda Regmi, Convention Chair, and Convention Secretary were present and Finance Coordinator when needed.

Some of the BDA Board Members were also present in our Coordinator Meeting so that we could inform BDA Board Members about progress of our Convention.

We are getting genius help and supports from all our friends, families, others Nepalese Organizations nationally and internationally. Our BDA President Dr. Nanda Regmi is working 24/7 with his team to make this convention a grand success. I specially thank our BDA President and his team for all their hard work.

I would like to Welcome all past and present BDA Board Members, Friends of BDA, families of BDA Member to participate in BDA 2nd Convention 2018 in Atlanta, GA and make it a Grand Success.

Respectfully,
Satish C Gupta
Convention Secretary, BDA Second Convention



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia



Best wishes for the grand success of
BDA's 2nd Convention in Atlanta, GA.

Bhakta Thapa

President

Shree Pashupati Foundation USA

Los Angeles, California



Blood Donors of America

NON-PROFIT, NON-RELIGIOUS, AND NON-POLITICAL 501(C)3 ORGANIZATION

2nd CONVENTION, ATLANTA, GEORGIA May 25 and 26, 2018 (Memorial Day Weekend)

Convention Location: HYATT REGENCY Suites Atlanta NW
2999 Windy Hill Rd Marietta, GA 30067, USA | Telephone: +1-770-659-4052

PROGRAM DETAILS

Theme: "Be a Lifesaver, Be a Blood Donor"

Date	Time	Activities	Location (Room)	Person in Lead
25-May	6:00-11:00 pm	Registration & Socialization	Georgia Room	* Maheshwar Pant (508-254-3193)
		International Nepalese Poem Ceremony 2018		
26-May	7:00-9:00 am	Registration & Breakfast	Lobby	* Sanjaya Shrestha * Bandana Khadka * Ajay Bagale
	9:30-11:30 am	Inauguration	Conv. Hall	* Dr. Nanda Regmi
		Donors Appreciation		* Bhabindra Basnet
		Guest Speech		* Satish Chandra Gupta
11:30 am -1:00 pm		Lunch Break		
26-May	1:00 -2:30 pm	Meeting with State Coordinators and Community Leaders	Georgia Room	* Ek Dev Sharma * Dr. Bishnu Phuyal * Mohan Gurung * Satish Chandra Gupta
	2:00 -4:00 pm	Volleyball Tournament	Off-site Court	* Sita Pandey (646-702-4494) * Prem Kunwar (678-346-5265) * Jib Raj Budha (817-896-0344)
	2:30 -4:00 pm	AGM	Conv. Hall	* Ajaya Satyal
	4:00 -5:00 pm	BDA Election	Conv. Hall	* Binod Roka
	7:00 -11:00 pm		Dinner with Cultural Show (Coordinator: Dr. Pranaya Rana, Four Men Band)	
27-May	11:00 am- 4:00 pm	Blood Donation Event	490 Franklin Gateway SE, Marietta, GA 30067	* Keshav Sharma (770-845-1488) * Birendra KC (404-889-5673) * Dr. Pranaya Rana (703-389-6919)

NOTE Sponsors' (Individual/organization) name and address with photo will be displayed at the program.

CONVENTION HOST
Nepalese Association of Georgia (NAG)

2nd BDA convention committee

Responsibility	Name	State	Phone number	Email
BDA President	Dr Nanda Regmi	TX	214-934-8464	nandaregmi@yahoo.com
Convention Chair	Mr. Bhabindra Basnet	GA	404-324-3473	bketo@hotmail.com
Convention Secretary	Mr. Satish Chandra Gupta	SC	919-455-5151	sgupta5151@yahoo.com
Con. Joint Secretary	Mr. Ek Dev Sharma	CA	714-747-4097	ekadsharma@gmail.com
Con. Joint Secretary	Mr. Rajan Kandel	CA	601-310-8129	razzonclub25@gmail.com
In-Charge	Mr. Shiva Kaphle	TX	682-597-2075	shivakaphle@gmail.com
Member	Mr. Tika Poudel	CO	303-704-8997	tika156@hotmail.com
Member	Mrs. Ira Acharya	TX	214-909-5556	ira.acharya@gmail.com
Registration In-Charge	Mr. Sanjaya Shrestha	IW	515-321-3920	sanjay.shrestha@gmail.com
Co-Incharge	Mrs. Bandana Khadka	NC	336-707-5298	khadkabandana76@gmail.com
Member	Mr. Ajay Bagale	TX	618-310-4467	arbagale@gmail.com
Member	Miss Shristi Gupta	SC	846-991-6681	Shristi0992@gmail.com
Member	Mr. Mahendra Paudyal	TX	972-971-3398	vnnusa@gmail.com
Member				
Adverstism In-Charge	Mr. Resham B. Gharti	LTX	806-549-3791	rgharti@hotmail.com
Co-Incharge	Mr. Sanjeev Shrestha	NJ	347-387-4316	sanjeev2030@gmail.com
Member	Mr. Saroj Shrestha	NY	718-812-8011	sujansaurav4@gmail.com
Member	Mr. Ganga Thapa	TX	469-288-3027	ganga.bdrthapa@yahoo.com
Member	Mr. Sharada Shrestha	CA	562-376-0732	sthads@yahoo.com
Member	Mr. Bhushan Lal Shrestha	CO	720-341-2398	bhushan.shrestha00@gmail.com
Member	Mr. Shiva Kafle	TX	682-597-2075	shivakaphle@gmail.com
Member	Mr. Bhabindra Basnet	GA	404-324-3473	bketo@hotmail.com

Program Director	Mrs. Ira Acharya	TX	214-909-5556	ira.acharya@gmail.com
Member	Mr. Bhavindra Basnet	GA	404-324-3473	bketo@hotmail.com
Member	Mr. Satish Chandra Gupta	SC	919-455-5151	sgupta5151@yahoo.com
Member	Mr. Bijaya Raj Bhattarai	TX	682-433-3947	sb.bijay@gmail.com
Member	Dr Dilip Bhandari	AK	501-766-3568	bhandari.dilip@gmail.com
In-Charge	Mr. Basu Shrestha	TX	214-718-8746	basu_shrestha@hotmail.com
Member	Mr. Shiiva Kafle	TX	682-597-2075	shivakaphle@gmail.com
Member	Dr Dilip Bhandari	AK	501-766-3568	bhandari.dilip@gmail.com
AGM Director	Mr. Ajaya Satyal	FL	239-834-3733	ajaya_satyal@hotmail.com
Reporter	Mr. Ek Dev Sharma	CA	714-747-4097	ekadsharma@gmail.com
Reporter	Mr. Lila Shrestha	TX	214-226-8634	plickstha@yahoo.com

State Coordintor Plus Community Meeting Coordinator	Mr. Ek Dev Sharma	CA	714-747-4097	ekadsharma@gmail.com
Member	Mr. Mohan Gurung	WA	206-633-2100	mbirgurung@hotmail.com
Member	Dr Bishnu Phuyal	IL	224-226-0987	bishnuphuyal@hotmail.com
Member	Mr. Satish Chandra Gupta	SC	919-455-5151	sgupta5151@yahoo.com
In-Charge	Dr Chooda Khanal	FL	786-797-6412	ckhanal@gmail.com
Member	Mrs. Ira Acharya	TX	214-909-5556	ira.acharya@gmail.com
Member	Mr. Tilak Mahato	AZ	520-405-0207	godar4@yahoo.com
Member	Dr Lila Raj Dahal	OH	419-297-5524	liladahal2003@yahoo.com
Member	Dr Dilip Bhandari	AK	501-766-3568	bhandari.dilip@gmail.com
In-Charge	Mr. Suresh Basyal	TX	309-750-2383	sureshbasyal@gmail.com
Member	Mr. Binod Chapagain	TN	352-870-3154	binodpchapagain@gmail.com
Member	Dr Dilip Bhandari	AK	501-766-3568	bhandari.dilip@gmail.com
Election Chair	Mr. Binod Roka	NY	646-662-6193	binodatlaw@gmail.com
Memeber	Mr. Surya Lamsal	GA	774-888-7059	suryalamsal@yahoo.com
Memeber	Mr. Damu Dangol	GA	770-330-6917	damudongol@gmail.com
Poetry Competition Coordinator	Mr. Maheswor Pant	MA	508-254-3193	maheshwarpant@gmail.com
Event Incharge	Mr. Gobardha Pooja			nepalipoem-
Member	Mr. Padam BK	CO	720-628-6313	padambk@hotmail.com
Nepal Coordinator	Mr. Chhabi Raman Silwal			nepalipoem-
Israel Coordinator	Mr. Bhagwati Basnet			bhagawati.basnet@yahoo.com
Australia Coordinator	Mr. Ganesh Ghimire			gkghimire@gmail.com
Blood Donation In-Charge	Mr. Keshav Sharma	GA	770-845-1488	nepal.georgia@gmail.com
Member	Mr. Birendra KC	GA	404-889-5673	sibrana@hotmail.com
Member	Dr. Pranaya Rana	GA	703-389-6919	Birendracc@gmail.com
Web Design In Charge	Mr. Tanka Kafle	TX	817-805-0996	tankafle@gmail.com
Member	Mr. Sanjaya Shrestha	IW	515-321-3920	sanjay.shrestha@gmail.com
Member	Mr. Manish Shakya	NC	864-354-4781	manish_shakya@hotmail.com
Media In-Charge	M. Bijaya Thapa	VA	703-855-2579	thapamahoday@gmail.com
Member	Mr. Bikash Raj Neupane	TX	214-300-5586	bikash560300@yahoo.com
Member	Mr. Bikash Raj Neupane	TX	408-368-9150	bhattarc@gmail.com

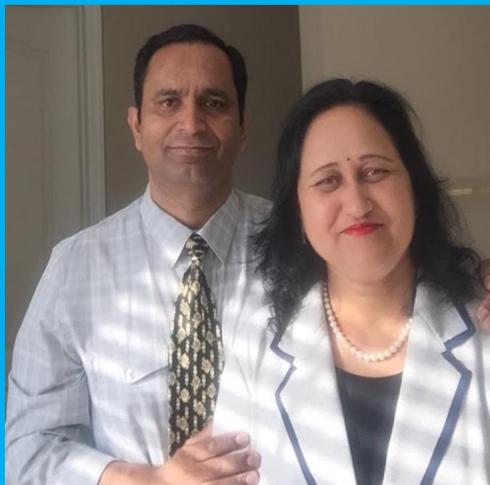
Theme Selection In-Charge	Dr Lila Dahal	OH	419-297-5524	liladahal2003@yahoo.com
Member	Dr Dilip Bhandari	AK	501-766-3568	bhandari.dilip@gmail.com
Member	Mr. Ganga Thapa	TX	469-288-3027	ganga.bdrthapa@yahoo.com
Bylaws Study and Sug. Coordinator	Mr. Ajaya Satyal	FL	336-707-0592	ajaya_satyal@hotmail.com
Member	Dr Bishnu Phuyal	IL	224-226-0987	bishnuphuyal@hotmail.com
Member	Dr Ghana Shyam Bhatt	TN	615-944-2034	gsbhatt@gmail.com
Member	Mr. Bhushan Lal Shrestha	CO	239-834-3733	bhushan.shrestha00@gmail.com
Volleyball Coordinator	Mrs. Sita Pandey	MD	646-702-4494	Sirunsi@yahoo.com
Member	Mr. Prem Kuwar	GA	678-346-5265	kunwarprem@hotmail.com
Member	Mr. Jib Raj Budha	TX	817-896-0344	jeevarajbudha@yahoo.com
Printing In-Charge	Mr. Laxman Mahat	TX	(469) 231-7559	lmahat@gmail.com



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

**We wish for the grand success of
BDA's 2nd Convention
in Atlanta, Georgia.**



**Mr. Ram Kumar Bimali and
Mrs. Sharada Bimali
*Huntsville, Alabama***

A Big Salute!

I have met many lifesavers
The blood donors
The true worshippers of humanity
The human faces of divinity

They see the world as a single family
With one religion of love and humanity
They have the heart of gold
And, compassionate, empathetic and bold

My big salute to the angel life savers
The gold hearted blood donors
Every droplet of blood they donate is precious
And, a symbol of holiness



Baikuntha R. Acharya
Fort Worth, Texas



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

We wish for the grand success of
BDA's 2nd Convention
in Atlanta, Georgia.



**Binod, Reena Maharjan
& Family**
Lubbock, Texas

Divine Display

What can be said to the person who practices austerity (Tap तप), is mindful for holiness (Pabitrata पवित्रता), shows compassion (Daya दया) and is resolute on truth (Satya सत्य)? What will such a person find, in him and in other from such activities?

What we know from our own experience is that having unflinching and steadfast focus in these highly moral values have profound effect in knowing the vastness lying inside us, that which remains sort of dormant and sort of illusive otherwise. The moral behaviors seem to cause opening in knowing and seeing inside to it, which is vigorous and reflexive. As soon as one finds it, the subtle and fallible senses we have, which we assume are awake and sort of active all the time, may begin behaving more in disciplined way where the subject can take full control of making them active or passive as needed. This knowing grows as the practice of the moral activities continues persistently, more is known of this vastness and its power. All human beings and even other sentient beings can recognize one having such quality; they begin admiring the person, as they all can get along easily as all begin finding peace and comfort with themselves and the surroundings. Let us examine some attributes of a person having such qualities.

Such a person exhibits equanimity to all beings. Such a person is always mindful to everything in the present; it appears the past does not cause him any sorrow, nor the unknown future makes any anxiety. They become intimate to each other no matter how different second person may be with those moral virtues. They practice those and show tolerance, humility, charity and hope all the time. Such are the qualities of undisturbed and stable person and their actions have power to make everything in their surroundings in exist in harmony with each other and with the nature. Nothing is against, everything is natural and peaceful. Pain and pleasure are simply the natural process of evolution for them. These are their behaviors no one dislikes, because those are indeed acceptable and beneficial to all. These are therefore Godlike behaviors. No matter how different another person may be, there is always sufficient space in their hearts for deep adoration of these morals.

There is nothing more valuable nor there is anything less useful, everything has importance on its own right. Generally speaking, power to bear scorching heat or stand on biting cold both has the same effect to a tender thing, which can survive only in normal condition, therefore both can be regarded equivalent. In the same way, for an average person the pleasure and pain have the effect of disturbing their mind and then to their peace. However, for a person with moral



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virtues, it is different. They recognize these and withstand to accept it. What this accepting nature teaches us are things like tolerance to others' views, humility to everyone, charity for harmonious life and hope for wellbeing and serenity of all.

It lies in us to put an effort to understand how they have shown this is possible. What all we need to do perhaps is to spend time in solitude for some time every day. In solitude, we are more to our own intrinsic nature. In crowd, we are far from our nature, because we are influenced by the falsehood or fiction (Asatya असत्य), sensuality (Mad मद), attachment (Asakti आसक्ति), and cruelty (Nirdayata निर्दयता). Perhaps, the demonic nature prevails in crowd, Godly nature prevails in solitude.

There are hardly very few people with Godlike behaviors. History tells us only handful of them have lived in the long span of time. Even with so few, their effect exists far and wide, fore and after, it is because we can understand that each of us have that potential and hence possible to be a Godlike person. It is the use of the divinity that each of us are. If we have only handful of such people and they exerted so much effect on us from their behaviors, what can happen if more of us can become like them in understanding these qualities and knowing the divinity inside us. If any person can stick in those pure virtues in the face of our earth, will not that person elevate us to a higher level than what we currently are? Can we begin to act for our own progress and for the unfettered peace in the face of the Earth? May our this inner consciousness be known and guide us to become what our inner self is!

संघीय नेपाल: संबद्ध नेपाल

नेपालबाट धेरै टाढा पृथ्वीको अर्कोपट्टिको भाग, अथवा भनी हाम्रो पौराणिक भाषामा भन्दा पाताल लोक अमेरिकामा अध्ययन, काम लगायत विभिन्न कारणले रहेपनि हाम्रा परिवार, आफन्तजनहरू रहेको हाम्रो प्यारो मातृभूमि नेपालको बारेमा नसोच्ने, चिन्तन मनन नगर्ने सायद हामी मध्ये कोहि होला । भौतिक संरचनामा संसारकै उत्कृष्ट स्थानमा रहेर यहाँका सुबिधाहरू प्रयोग गरिरहँदा हाम्रोमा पनि यस्तै भैदिए भन्ने कल्पना गर्नु स्वाभाविक हो । तर नेपालमा अझैसम्म पनि जनसंख्याको ठुलो अंश आधारभूत आवश्यकता जस्तै बिजुली, बाटो-घाटो, पिउने पानी आदिबाट बञ्चित रहनु दुर्भाग्यपूर्ण हो ।

नेपाल पछि पर्नुमा विभिन्न कारणहरू बिद्यमान भएपनि मुख्य कुरा लामो समयसम्म राजनितीक द्वन्दको समयमै दीर्घकालीन निकाश निस्कन नसक्नु, हाम्रो राजनितीक नेतृत्वमा दृढ ईच्छा शक्ति नहुनु, कर्मचारीतन्त्र लगायत राज्यका सबै पक्षलाई मुख्य नेतृत्वले रोज्ने निर्माणमा समेटेर अगाडि बढ्न नसक्नु लगायत हुन । १०४ वर्षे जहानियाँ राणा शासनको अन्त्य भएर प्रजातन्त्र स्थापना हुँदा बि. सं. २००७ सालमै माग भएको संबिधानसभाबाट संबिधान लेखे कुरा करिब ६५ वर्ष पछि आएर २०७२ सालमा मात्र पुरा भयो । त्यसबिचमा नेपालको राजनितीमा धेरै किसिमका उतार-चढावहरू आए । राजाको प्रत्यक्ष शासन, बहुदल पछिको दलहरूको शासन, दशक लामो द्वन्द्व हुँदै बल्ल २०६४ सालमा संबिधानसभाको चुनाव भयो । उक्त संबिधानसभाले पनि संबिधान बनाउन सकेन । त्यसपछि २०७० सालमा भएको संबिधानसभाको दोश्रो चुनावबाट मात्र २०७२ साल असोज-३ गते संबिधान जारी हुन सक्यो । यद्यपि संसारका केयन देशहरूमा राजनितीक द्वन्द्वका बावजूत बिकाश, निर्माणका कार्यहरू पनि अगाडि बढे, हाम्रोमा भने राजनितीक नेतृत्व त्यस बिचमा लगभग असफल प्राय रह्यो ।

आखिर किन असफल भैरह्यो त हाम्रो नेतृत्व पंक्ति ? यसलाई खोज्दै जाने हो भने थोरबहुत रूपमा अहिलेसम्मका सबै राजनितीक नेतृत्वलाई दोश जान्छ । साथै हामीकहाँको सामाजिक, सांस्कृतिक, तथा भाषिक बिभिततालाई पहिचान गरेर संरक्षण प्रदान गर्दै सबैलाई समान रूपमा माथि उठाउन पनि राजनितीक नेतृत्व सफल हुन सकेन । परिणाम, दशकौंसम्म देश एक पछि अर्को गर्दै राजनितीक समस्याको भूमरीमा अल्झिरह्यो । यद्यपि अहिलेको समयमा पहिला के भयो/भएन भनेर माछापिच्छी गरेर बस्नु भन्दापनि भौतिको संभावनालाई नियाल्ने र त्यसबाट उच्चतम लाभ लिने कुरामा ध्यान जानुपर्छ ।

दशकौंसम्मको राजनितीक खिचातानीलाई अन्त्य गर्दै संघीय नेपालको नयाँ संबिधान बनेसँगै र त्यसकै आधारमा संघीय, प्रादेशिक, र स्थानीय निर्वाचनहरू भएसँगै अब तीन तहका सरकारहरू निर्माण भएका छन् । वर्तमान संबिधानको व्यवस्था अनुसार अब सरकारहरू पनि अलि बढि स्थिर हुनेछन । राजनितीक संक्रमणको अन्त्य र स्थिर निर्माण भएसँगै अब सम्पूर्ण रूपमा ध्यान आर्थिक बिकाशमा जाला भनेर अनुमान गर्न सकिन्छ । नेताहरूका अभिव्यक्तिहरू पनि त्यसै अनुरूप आइरहेका हुनाले अझ आशावादी बनाएको छ ।

बिकाश निर्माणको कुरा गर्दा अबको सबैभन्दा मुख्य प्राथमिकता बाटो, बिजुली, बिमानस्थल लगायत पूर्वाधार निर्माणमा केन्द्रीत हुनुपर्छ । जब जुम्लाको स्याउ एकैदिनमा काँकडभिट्टा र तराईका खाद्यान्न लगायतका चिजहरू कर्णालीमा पुग्छ; उद्योग, कलकारखानाहरूमा पर्याप्त बिद्युत उपलब्ध भएर २४ सै घण्टा चलन सक्छन; तब अर्थतन्त्र आफै चलायमान हुन्छ । लगानिका अवसरहरू बढ्दै जान्छन । बिदेशमा रहेका दक्ष ब्यक्तिहरू पनि घर-परिवारसँगै बसेर केहि गरौं भन्दै देश फर्कन थाल्छन, जसले आर्थिक मात्र नभएर सामाजिक रूपमा पनि सकारात्मक सन्देश प्रवाह गर्नेछ । संघीयताको सफल कार्यान्वयन भएसँगै विविध जनजाति,



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भाषाभाषी, अल्पसंख्यक लगायतले पनि राज्यसत्तामा आ-आफ्नो समुदायको समेत प्रतिनिधित्व भएको अनुभव गर्नेछन । आशा गरौं, त्यो दिन अब टाढा छैन, टाढा छैन, र सबैको संयुक्त प्रयासबाट नेपाल बिकाशको पथमा निरन्तर अघि बढिरहनेछ ।

भौतिक बिकाश निर्माण र आर्थिक संबद्धि सँग-सँगै राष्ट्र समग्र रूपमा अगाडि बढ्न जनस्वास्थ्यको पनि बिशेष योगदान रहन्छ । नेपाल जस्तो भौगोलिक बिकटता तथा बाटोघाटोको समुचित ब्यवस्था नभएको मुलुकमा सडक दुर्घटनाले दैनिक धेरैको ज्यान लिइरहेको हुन्छ । त्यस्ता दुर्घटनामा परेर अंगभंग भएका, सत्यक्रिया गर्नुपर्ने बिरामी मानिसहरूलाई रगतको आवश्यकता परिरहन्छ, जसको परिपूर्ति अरु कसैले गर्ने रक्तदानबाट मात्र हुन्छ । एक जना ब्यक्तिले दिएको रगतले ३ जना सम्मको ज्यान बचाउन सकिन्छ ।

बिकशित मुलुक अमेरिकामा त झन रगतको आवश्यकता सधैं नै परिरहेको हुन्छ । त्यसैले मानिसहरूलाई रक्तदान गरेर अरु ब्यक्तिहरूको जीवन बचाउन उत्प्रेरित गर्ने पवित्र उद्देश्य राखेर अमेरिकामा रहेका नेपालीहरूबाट स्थापित Blood Donors of America (BDA) ले रक्तदानलाई प्रवर्धन गर्न अमेरिकाका आधाभन्दा बढि राज्यहरूमा आफ्ना गतिविधिहरू संचालन गरिरहेको छ । साथै नेपालमा रहेर रक्तदानको क्षेत्रमा काम गरिरहेको ब्लोदान लगायतका संस्थाहरूसँग मिलेर रक्तदान प्रवर्धन, कविता प्रतियोगिता लगायतका गतिविधिहरू पनि गर्दै आइरहेको छ । त्यसैले सामाजिक सेवाको क्षेत्रमा निश्चार्थ भावनाले काम गर्न चाहनेहरूका लागि BDA एउटा अत्यन्तै उपयुक्त संस्था हो । कृपया तपाईंहरू पनि यस संस्थामार्फत सामाजिक सेवाको क्षेत्रमा काम गर्दै स्थानीय रूपमा रक्तदान मार्फत धेरै भन्दा धेरै जीवन बचाउने पुण्य कार्यमा संलग्न हुन चाहनुहुन्छ भने www.blooddonorsofamerica.org मा गइ संस्थाको केन्द्रीय तथा सम्बन्धित राज्यका संयोजक (state coordinators) हरूसँग सम्पर्क राख्नुहोला । धन्यवाद ।

List of Life/General Members of BDA

S.No	Date	Name & State	LM/GM	S.No	Date	Name & State	LM/GM
1	11/4/2013	Bhabendra Basnet, GA	LM	61	3/2/2014	Sophie Pokhrel (MI)	LM
2	11/4/2013	Dr Bishnu P. Phuyal, IL	LM	62	3/3/2014	Durga K. Bhujel (TX)	LM
3	11/4/2013	Dr Lila B. Karki, AL	LM	63	3/3/2014	Resham B. Gharti (TX)	LM
4	11/4/2013	Nanda Regmi, TX	LM	64	3/4/2014	Murali Adhikari (TX)	LM
5	11/4/2013	Sangita Dongol, GA	LM	65	3/7/2014	Sunil Katwal (IL)	LM
6	11/4/2013	Santosh Phokarel, AL	LM	66	3/9/2014	Choodamani Khanal, FL	LM
7	11/18/2013	Dr Ananta R Acharya, GA	LM	67	3/14/2014	Balananda Bhandari (MD)	LM
8	11/18/2013	D Bijaya Kattel, FL	LM	68	3/18/2014	Anoop Pokhrel (MI)	LM
9	11/18/2013	Dr Dron Gauchan, NJ	LM	69	3/23/2014	Alima Karki (AL)	LM
10	11/20/2013	Ajaya K Satyal, FL	LM	70	3/23/2014	Amod Karki (AL)	LM
11	11/20/2013	Madhav Mainali, AL	LM	71	3/23/2014	Arjun P. Mainali (NY)	LM
12	11/20/2013	Tilak B Shrestha, AL	LM	72	3/23/2014	Ram S. Dongol (GA)	LM
13	11/21/2013	Bandana Khadka, NC	LM	73	3/23/2014	Dr Uma Karki (AL)	LM
14	11/24/2013	Dr Ghana Shyam Bhatt , TN	LM	74	4/5/2014	Dr Akanksha Mehta (GA)	LM
15	12/5/2013	Pitri Acharya, GA	LM	75	4/5/2014	Dr Jonathan Grossberg (GA)	LM
16	12/5/2013	Umesh Sapkota, TX	LM	76	4/14/2014	Mani Joshi (MI)	LM
17	12/9/2013	Manish Sakya, SC	LM	77	4/14/2014	Dr Nanda P Joshi (MI)	LM
18	12/14/2013	Udhav Karki, NC	LM	78	4/18/2014	Dr Bishnu Ghimire (AL)	LM
19	12/18/2013	Tek Thapa, GA	LM	79	4/18/2014	Deepa Aryal (AL)	LM
20	12/28/2013	Chandra Dhital, CA	LM	80	4/24/2014	Balram Paudel, TX	LM
21	12/30/2013	Namuna Basnet, GA	LM	81	4/24/2014	Basu Shrestaha, TX	LM
22	12/30/2013	Raju Thapa, GA	LM	82	4/24/2014	Devi Acharya, TX	LM
23	1/6/2014	Anil Koirala, CA	LM	83	4/24/2014	Ganga B Thapa, TX	LM
24	1/6/2014	Dr Anup Srivastav, GA	LM	84	4/24/2014	Ganga Shrestha, TX	LM
25	1/6/2014	Krishna Devkota, GA	LM	85	4/24/2014	Ira Acharya, TX	LM
26	1/6/2014	Mira Koirala	LM	86	4/24/2014	Kaji Ram Thapa (AL)	LM
27	1/6/2014	Pranaya Lama, GA	LM	87	4/24/2014	Lila Shrestha, TX	LM
28	1/6/2014	Rajesh S. Sijapati, GA	LM	88	4/24/2014	Shiva Kafle, TX	LM
29	1/6/2014	Rama D. Sijapati, GA	LM	89	4/30/2014	Dr Lekha Nath Paudel (DE)	LM
30	1/6/2014	Seema Phokhrel	LM	90	5/3/2014	Binod Roka (NY)	LM
31	1/11/2014	Bishal Bhandari	LM	91	5/3/2014	Ram Kumar Bimoli (AL)	LM
32	1/12/2014	Dr Narayan Khadka, NC	LM	92	5/3/2014	Sharada Devi Thapa (AL)	LM
33	1/13/2014	Dr Lila Raj Dahal, OH	LM	93	5/6/2014	Poma Gharti (TX)	LM
34	1/13/2014	Muna Acharya, OH	LM	94	5/6/2014	Posha Gharti (TX)	LM
35	1/13/2014	Puja Neupane	LM	95	5/23/2014	Harihar Dahal (CA)	LM
36	1/18/2014	Sadiksha Prasain, AL	LM	96	5/26/2014	Anima Bhattachan (NJ)	LM
37	1/19/2014	Sita Ghimire, AL	LM	97	6/13/2014	Sarita Timilsina Khanal (FL)	LM
38	1/21/2014	CK Parajuli, GA	LM	98	7/8/2014	Bhim M Adhikari (GA)	LM
39	1/21/2014	Sabina Parajuli, GA	LM	99	7/8/2014	Bipana B Adhikari (GA)	LM
40	1/24/2014	Manju Sangraula (VA)	LM	100	7/14/2014	Krishna Poudel, IN	LM
41	1/24/2014	Prem Sangraula (VA)	LM	101	7/14/2014	Radha Poudel, IN	LM
42	1/26/2014	Dr Gandhi Bhattarai (CT)	LM	102	7/26/2014	Salam Singh Lama, AL	LM
43	1/26/2014	Gobinda Shrestha, GA	LM	103	7/26/2014	Sujata Lama, AL	LM
44	1/29/2014	Dr Rudra Aryal (FL)	LM	104	7/27/2014	Keshab Paudel, NM	LM
45	2/1/2014	Bindu Pant, GA	LM	105	7/27/2014	Sangita Paudel, NM	LM
46	2/1/2014	Dr Prahlad Pant, GA	LM	106	8/3/2014	Gopi Upreti, VA	LM
47	2/2/2014	Hem Mehta, TX	LM	107	8/3/2014	Samita Upreti, VA	LM
48	2/2/2014	Shova KC Acharya, TX	LM	108	8/9/2014	Meena S Pokhrel, AL	LM
49	2/2/2014	Toya Nath Acharya (TX)	LM	109	8/29/2014	Menuka D. Roka (NY)	LM
50	2/9/2014	Nima Sherpa (NY)	LM	110	9/12/2014	Ramakant Kharel (IL)	LM
51	2/12/2014	Shailesh Pokhrel (CO)	LM	111	9/12/2014	Shanti Kharel (IL)	LM
52	2/18/2014	Atish KC (WI)	LM	112	10/9/2014	Bikash Devkota	LM
53	2/18/2014	Tilak KC (WI)	LM	113	10/12/2014	Maheshwar Pant, MA	LM
54	2/19/2014	Raju Sitaula (CO)	LM	114	10/12/2014	Sarada Pant, MA	LM
55	2/19/2014	Susan Shrestha (TX)	LM	115	10/15/2014	Dev B. Hamalm MD	LM
56	2/23/2014	Dr Archana Kattel (FL)	LM	116	10/30/2014	Kaji Gurung (AL)	LM
57	2/23/2014	Dr Nawa Raj Pradhan (MS)	LM	117	11/2/2014	Bharat Raj Lama, NY	GM
58	2/28/2014	Bimal Nepal (FL)	LM	118	11/2/2014	Lhakpa Sherpa, NY	GM
59	3/2/2014	Kanta Pokhrel (MI)	LM	119	7/8/2014	Mrs Bipana Adhikari	GM
60	3/2/2014	Dr Prabhat Pokhrel (MI)	LM	120	11/8/2014	Mohan Acharya, AR	GM

S.No	Date	Name & State	LM/GM	S.No	Date	Name & State	LM/GM
121	11/10/2014	Rachana Poudel, OK	GM	185	3/7/2015	Saroj K Shrestha, NE	LM
122	11/11/2014	Din Bandhu Premy, NH	LM	186	3/7/2015	Saurabh Shrestha, NY	LM
123	11/11/2014	Joyce Premy, NH	LM	187	3/7/2015	Sujan Shrestha, NY	LM
124	11/11/2014	Roshan Sharma Poudel, ND	GM	188	3/18/2015	Milan K Shahi, NY	LM
125	11/17/2014	Bala Ram Ghimire, IL	LM	189	3/18/2015	Nikesh Shrestha, NY	LM
126	11/17/2014	Kamala Ghimire, IL	LM	190	3/18/2015	Rabi K Koirala, NY	LM
127	11/24/2014	Dr Basu Deb Bhandari, LA	GM	191	3/18/2015	Shree Parajuli, NY	LM
128	12/5/2014	Dr Sushil Adhikari, AL	LM	192	3/18/2015	Tribhuwan M. Shrestha, NY	LM
129	12/5/2014	Tilak Mahato, AZ	GM	193	3/29/2015	Hemanta Bhetwal, KY	LM
130	12/6/2014	Dr Ranjit Amgai, MS	LM	194	3/29/2015	Sirjana Bhetwal, KY	LM
131	12/6/2014	Rewati Niraula, AZ	GM	195	4/5/2015	Bhupendra Paudyal, AZ	GM
132	12/7/2014	Surendra KC , HI	GM	196	4/5/2015	Bidhya N. Yadav, FL	GM
133	12/13/2014	Yubaraj Kumar Karki, MI	LM	197	4/5/2015	Deepak Shrestha, FL	GM
134	12/14/2014	Dr Resham Thapa , OR	LM	198	4/5/2015	Dev Paudel, FL	GM
135	12/14/2014	Sanjeev Shrestha, NJ	LM	199	4/5/2015	Dr Shyam Sharma, FL	GM
136	12/14/2014	Shanta Bista, OR	LM	200	4/5/2015	Sudarshan Aryal, FL	GM
137	12/15/2014	Bhesha Raj Pokharel, AL	GM	201	4/5/2015	Uttam Ganlee, FL	GM
138	12/22/2014	Hari Bhandari, GA	GM	202	4/8/2015	Krishna Shrestha, FL	LM
139	12/22/2014	Dr Ichhuk Karki, PA	GM	203	4/8/2015	Sunita Shrestha, FL	LM
140	12/22/2014	Neelima Buddhacharya, AL	GM	204	4/18/2015	Dr Nava Raj Paudel, AR	LM
141	12/22/2014	Niranjan Bhandari, UT	GM	205	4/19/2015	Ujjain Pradhan, AL	GM
142	12/22/2014	Pradip Karki, AL	GM	206	4/20/2015	Dr Megha N. Parajulee, TX	LM
143	12/22/2014	Rishi Kharti, AL	GM	207	4/20/2015	Sharmila Parajulee, TX	LM
144	12/22/2014	Sudip GC, MA	GM	208	4/22/2015	Hum Nath Bhandary, TX	GM
145	12/22/2014	Suman Bhudhathoki, AL	GM	209	4/22/2015	Madan Deuja, TX	GM
146	12/22/2014	Sunil Uprety, AL	GM	210	4/22/2015	Nirpa Regmi, TX	LM
147	12/27/2014	Mani Nepali, CA	LM	211	4/26/2015	Kedar KC, TX	LM
148	12/29/2014	Dr Shiva Makaju, OK	GM	212	4/26/2015	Min Maya KC, TX	LM
149	12/29/2014	Yagna Pant, IL	LM	213	5/3/2015	Margaret Stevensons, AL	GM
150	1/3/2015	Eak Gautam, NY	GM	214	5/6/2015	Rupal Kadakia, TN	LM
151	1/8/2015	Ambika Tiwari, MS	GM	215	5/31/2015	Huni Gurung, WA	LM
152	1/8/2015	Chandra Shrestha, TX	GM	216	5/31/2015	Mohan Gurung, WA	LM
153	1/8/2015	Kedar Timilsina, TX	LM	217	6/2/2015	Hari Om Pradhan, AL	LM
154	1/8/2015	Dr Khushi Ram Tiwari, MS	GM	218	6/2/2015	Meena Pradhan, AL	LM
155	1/8/2015	Dr Madhav Pandey, TX	GM	219	6/24/2015	Prakash Ghimire, AL	GM
156	1/8/2015	Ram C Pokhrel, TX	LM	220	7/21/2015	Agni Sanjel, TX	LM
157	1/8/2015	Siroj Pokhrel, TX	GM	221	7/21/2015	Jeewan Joshi, TX	LM
158	1/10/2015	Apsara karki, TX	GM	222	7/21/2015	Shama Sanjel, TX	LM
159	1/10/2015	Lila Thapa, TX	GM	223	7/27/2015	Prakash Gautam, TX	LM
160	1/10/2015	Dr Ramesh Khanal, WI	LM	224	7/27/2015	Prem Shrestha, TX	LM
161	1/11/2015	Balkrishna Regmi, MD	LM	225	7/27/2015	Sanjeet Acharya, TX	GM
162	1/11/2015	Bhusan Shrestha, CO	LM	226	7/27/2015	Soni Karmacharya, TX	LM
163	1/11/2015	Satya L Maharjan, IL	LM	227	7/27/2015	Sunita Gautam, TX	LM
164	1/11/2015	Dr Suresh Sharma, OH	LM	228	7/27/2015	Tara Bhusal , TX	LM
165	1/11/2015	Uday Maharjan, IL	LM	229	7/29/2015	Chandra Shrestha, TX	LM
166	1/12/2015	Min Khanal, AL	GM	230	7/29/2015	Ishwor Shrestha, TX	LM
167	1/15/2015	Iswork Sapkota, CA	LM	231	7/29/2015	Jiwan Ghimire, TX	LM
168	1/15/2015	Thakur Karkee, NC	LM	232	7/29/2015	Krishna Sharma, TX	LM
169	1/18/2015	Sanjay Thapa, NY	LM	233	7/30/2015	Bikram Chaudhary, TX	LM
170	1/19/2015	Rajdeep Shakya, AL	GM	234	7/30/2015	Hem Prasad Pathak, TX	LM
171	1/25/2015	Sarita Shrestha, IL	LM	235	7/30/2015	Jamuna Mahat, TX	LM
172	1/25/2015	Shrawan K Shrestha, IL	LM	236	7/30/2015	Jeny Pathak, TX	LM
173	1/30/2015	Dr Doleswar Bhandari, NM	LM	237	7/30/2015	Laxman Mahat, TX	LM
174	2/7/2015	Pradeep Wagle, OK	GM	238	7/30/2015	Sarita Pathak, TX	LM
175	2/7/2015	Sita Khatiwada, CA	LM	239	7/30/2015	Sharada Chaudhary, TX	LM
176	2/7/2015	Toya Nath Baral, CA	LM	240	7/30/2015	Sony Pathak, TX	LM
177	2/16/2015	Gokarna Dahal, TX	LM	241	7/30/2015	Tulsa Lamichhane, TX	LM
178	2/16/2015	Krishna Bhandary, TX	LM	242	7/30/2015	Uttam Lamichhane, TX	LM
179	2/16/2015	Krishna Bilas Pokharel, FL	LM	243	8/2/2015	Pradeep Karki, AL	LM
180	2/16/2015	Muna Dahal, TX	LM	244	8/2/2015	Susma Rokka, AL	GM
181	2/16/2015	Sanjeeb Sapkota, GA	LM	245	8/2/2015	Tirtha Luitel, HI	LM
182	3/2/2015	Shesh R Sharma, TX	LM	246	8/3/2015	Bimala Thapa, GA	LM
183	3/2/2015	Uma Sharma, TX	LM	247	8/5/2015	Gita Kafle, TX	LM
184	3/7/2015	Sadhana Shrestha, NY	LM	248	8/5/2015	Prishkila Dahal, TX	LM

S.No	Date	Name & State	LM/GM	S.No	Date	Name & State	LM/GM
249	8/5/2015	Rita Thapa, TX	LM	311	8/16/2017	Shreeram Luitel, CO	GM
250	8/9/2015	Kishor Shrestha, NV	GM	312	12/9/2017	Surendra Gautam, TX	LM
251	8/17/2015	Jaya Tripathi, ME	GM	313	12/9/2017	Dr Bibha Gautam, TX	LM
252	8/17/2015	Lok P Chhantyal, PA	LM	314	2/15/2018	Bishwa Kant Aryal	LM
253	9/13/2015	Mohan Bista, GA	GM	315	2/25/2018	Biswash Thakuri, VT	GM
254	9/13/2015	Ranjana Gupta, SC	GM	316	2/27/2018	Ambika Tiwari, MS	GM
255	9/13/2015	Sapana Devkota, NC	LM	317	3/1/2018	John W Sheppard, FL	LM
256	9/13/2015	Satish Chandra Gupta, SC	GM	318	3/1/2018	Ellen Sheppard, FL	LM
257	9/13/2015	Shailendra Devkota, NC	LM	319	3/4/2018	Sunil Kumar Ray, TX	LM
258	9/13/2015	Shashanka Gupta, SC	GM	320	3/12/2018	Yubaraj Bishwakarma, TX	LM
259	9/13/2015	Shristi Gupta, SC	GM	321	3/12/2018	Santosh Karki, TX	LM
260	9/13/2015	Sushil Sharma, KY	LM	322	2/1/2018	Arjun Baidwar, TX	LM
261	9/13/2015	Tara Prasad Poon Magar, GA	LM	323	2/1/2018	Rita Thapa, TX	LM
262	9/23/2015	Dr Dilip Bhandari, AR	LM	324	2/11/2018	Umesh Kumar Pokkrel, TX	LM
263	9/23/2015	Dr Nirmala Parajuli, AR	LM	325	2/11/2018	Gopika Dahal Pokhrel, TX	LM
264	9/27/2015	Kemika Bhandari, MD	LM	326	3/10/2018	Naresh Pandey, TX	LM
265	10/5/2015	Kishor Shrestha, TN	LM	327	3/17/2018	Santosh Pokhrel, NM	LM
266	10/6/2015	Dr Hem Paudel, IA	LM	328	3/20/2018	Raj Shrestha, TX	LM
267	10/22/2015	Prem Prasad Kandel, AL	GM	329	3/22/2018	Satish Chandra Gupta, SC	GM
268	1/21/2016	Saugat Parajuce, TX	LM	330	3/24/2018	Deepak Sunuwar, CO	GM
269	2/15/2016	Dr Pradip Adhikari, TX	GM	331	3/24/2018	Anila Upadhyaal, FL	LM
270	2/16/2016	Ajay Raj Bagale, TX	LM	332	3/24/2018	Mrs Nana Satyal, FL	LM
271	2/16/2016	Ganesh Timsina, TX	LM	333	3/25/2018	Manoj Katuwal, TX	LM
272	2/16/2016	Jeev Raj Budha, TX	LM	334	3/25/2018	Binita Bhattarai, TX	LM
273	2/16/2016	Yashika Batha, TX	LM	335	2/25/2018	Pasang Lama, TX	LM
274	2/22/2016	Sharada Pandey, VA	LM	336	2/25/2018	Emilie Lama, TX	LM
275	3/3/2016	Makar Lal Bajracharya, TX	LM	337	03/31/2018	Chinta Mani Baral, TX	LM
276	4/7/2016	Beda Nidhi Dahal, TX	GM	338	03/31/2018	Mrs Soni Sharma, TX	LM
277	4/7/2016	Rupesh Neupane, TX	GM	339	03/31/2018	Mr Sabin Wagle, TX	LM
278	4/7/2016	Damo Dongol, GA	LM	340	03/31/2018	Mrs Sabina Paudel Wagle, TX	LM
279	4/7/2016	Sujata Dongol, GA	LM	341	03/31/2018	Baikuntha Kafle, TX	LM
280	4/7/2016	Bhanu Kharel, TX	LM	342	03/31/2018	Mahendra Poudyal, TX	LM
281	4/7/2016	Navalata Rijal, TX	LM	343	03/31/2018	Amod Shrestha, TX	LM
282	4/7/2016	Bhola Nath Pant, TX	LM	344	4/5/2018	Hum Nath Bhandari, TX	LM
283	4/8/2016	Umapati Bhusal, TX	GM	345	4/6/2018	Shiva Mul, TX	LM
284	4/8/2016	Mahendra Poudyal, TX	GM	346	4/6/2018	Kalpna Shrestha Mul, TX	LM
285	4/9/2016	Krishna GC, TX	LM	347	4/6/2018	Prabhu Thapa, MD	LM
286	4/10/2016	Binita Neupane, CA	LM	348	04/09/2018	Dhani Ram Sapkota, NJ	LM
287	4/10/2016	Samujjwal Bhandari, CA	LM	349	04/09/2018	Renu Sharma Sapkota, NJ	LM
288	4/10/2016	Bhagawati Ghimire, TX	LM	350	04/18/2018	Dr Sanjib Acharya, TX	LM
289	4/10/2016	Bhagawati Khanal, TX	LM	351	4/20/2018	Sharada Shrestha, CA	LM
290	4/10/2016	Bhuban Acharya, TX	LM	352	4/20/2018	Krishna Koirala, CA	LM
291	4/10/2016	Bijaya Raj Bhattarai, TX	LM	353	4/20/2018	Jhamak Niraula, CA	LM
292	4/10/2016	Bikash Raj Neupane, TX	LM	354	4/20/2018	Tek B Lama, CA	LM
293	4/10/2016	Dharma Raj Ghimire, TX	LM	355	4/20/2018	Rishi P. Dhakal, CA	LM
294	4/10/2016	Dilliram Subedi, TX	GM	356	4/20/2018	Ram Babu Pandey, CA	LM
295	4/10/2016	Jagdish Neupane, TX	GM	358	4/23/2018	Badri Shrestha, TX	LM
296	4/10/2016	Kapil Adhikari, TX	LM	359	4/23/2018	Mausami Shrestha, TX	LM
297	4/10/2016	Narayan Khadka, TX	GM	360	4/24/2018	Thaniratna Kandel, MA	LM
298	4/10/2016	Dr Prem Adhikari, TX	LM	361	4/24/2018	Sushil Nepal, MA	LM
299	4/10/2016	Radha Krishna Kafle, TX	GM	362	4/24/2018	Birochan Nepal, MA	LM
300	4/10/2016	Uma Adhikari, TX	LM	363	4/24/2018	Bishnumani Acharya, MA	LM
301	4/10/2016	Mrs Anita Bajracharya, TX	LM	364	4/24/2018	Ram Thapa, MA	LM
302	4/10/2016	Yadav Khanal, TX	LM	365	4/24/2018	Suresh Dhakal, MA	LM
303	4/1/2017	Mr. Tika Paudel, CO	LM	366	4/24/2018	Ram Dhital, MA	LM
304	6/22/2017	Rajan Kandel, CA	GM	367	4/24/2018	Bishnu Karki, MA	LM
305	5/29/2017	Suman Mahato, AZ	LM	368	4/24/2018	Peshal Regmi, MA	LM
306	6/28/2017	Thala Raj Pant, TX	LM	369	4/24/2018	Chiranjibi Acharya, MA	LM
307	6/26/2017	Swagat Parajulee, TX	LM	370	4/26/2018	Padam Bishwokarma, CO	LM
308	7/9/2017	Dr Basu Deb Bhandari, TX	LM	371	4/26/2018	Narayan Shrestha, CO	LM
309	7/23/2017	Niranjan Bhandari, UT	GM	372	4/26/2018	Tirtha Bishwokarma, CO	LM
310	8/10/2017	Siroj Pokharel, PA	LM	373	4/26/2018	Dr. Sangeeta Shrotriya, CO	LM

S.No	Date	Name & State	LM/GM	S.No	Date	Name & State	LM/GM
374	4/26/2018	Mohan Mishra, CO	LM	391	4/29/2018	Krishna Lohani, TX	LM
375	4/26/2018	Krishna Dhungel, CO	LM	392	4/29/2018	Kumar Shiwakoti, TX	LM
376	4/26/2018	Sanjaya Shakya, CO	LM	393	4/29/2018	Radha Krishna Kafle, TX	LM
377	4/26/2018	Binod Tripathi, CO	LM	394	4/29/2018	Naresh Kharel, TX	LM
378	4/26/2018	Manoj Tuladhar, CO	LM	395	4/29/2018	Poonam Uprety, TX	LM
379	4/26/2018	Suresh C. Pradhan, CO	LM	396	5/2/2018	Rohini Sharma, AZ	LM
380	4/26/2018	Saroj Shilpakar, CO	GA	397	5/2/2018	Kalyani Pant, AZ	LM
381	4/28/2018	Surya Lamsal, GA	LM	398	5/2/2018	Sangita Sharma, AZ	LM
382	4/28/2018	Maya D Sharma, GA	LM	399	5/2/2018	Prem Khatri, AZ	LM
383	4/29/2018	Dipak Kharel, TX	LM	400	5/2/2018	Ramesh Pudasaini, Az	LM
384	4/29/2018	Pratima Kharel, TX	LM				
385	4/29/2018	Dr Ganga Acharya, NM	LM				
386	4/29/2018	Yamuna Bhattarai, TX	LM				
387	4/29/2018	Nandi Bhattarai, TX	LM				
388	4/29/2018	Prajwal Pokharel, TX	GM				
389	4/29/2018	Badal Bhujel, TX	LM				
390	4/29/2018	Ganesh Thapa, TX	LM				



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कविता प्रतियोगिता आयोजना गर्ने सम्बन्धमा आयोजकहरूबीच गरिएको सम्झौता-पत्र

सम्झौता-पत्र

नेपालमा रक्तदान सम्बन्धी कविता प्रतियोगिता आयोजना गर्नको लागि ब्लड डोनर अफ अमेरिका (विडिए), ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान) तथा इन्टरनेशनल नेप्सिज ब्लड डोनर (आइएनबिडि) बीच निम्न बुँदाहरूमा रही कार्यक्रम संचालन गर्ने सहमति भई यो सम्झौता पत्रमा हस्ताक्षर गरेका छौं।

सहमतिको बुँदाहरू :

- १) यो कार्यक्रम ब्लड डोनर अफ अमेरिका (विडिए), ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान) तथा इन्टरनेशनल नेप्सिज ब्लड डोनर (आइएनबिडि)को संयुक्तरूपमा गरिनेछ।
- २) नेपाल भरिका माध्यमिक विद्यालयहरूबाट कविता प्रतियोगिताको लागि कविता आह्वान गर्ने र प्राप्त भएको कविता मध्ये उत्कृष्ट १५ जनालाई काठमाडौंमा हुने कविता प्रतियोगितामा वाचन गराउने व्यवस्था गर्ने छ।
- ३) सो प्रतियोगिता माध्यमिक तह (कक्षा ८, ९ र १०) तथा उच्च माध्यमिक तह (कक्षा ११ र १२) स्तरिय हुनेछ।
- ४) यस कार्यक्रम संचालन गर्नको लागि विडिए, ब्लोदान तथा आइएनबिडिबाट एक/एक जना संयोजक तथा ब्लोदानबाट थप २ जना सदस्य गरी पाँच जनाको संयोजन समिति हुनेछ। कविताको विषय र निर्णायक मण्डलको गठन तिनै पक्षको छलफलबाट निर्णय गरिने छ।
- ५) उक्त कार्यक्रमको लागि पुरस्कार रकम सहितको कार्यक्रम संचालन गर्न लाग्ने अनुमानित खर्च रकम रु.३५०००० मध्ये रु.२,७५,०००/- विडिए बाट र बाँकि रु.७५,००० तथा आइएनबिडिले ब्लोदानलाई उपलब्ध गराउने छ।
- ६) सो प्रतियोगिताको पुरस्कार वितरण तथा कविता वाचन कार्यक्रममा प्रमुख अतिथिको रूपमा राष्ट्रकवि, राष्ट्रिय गीत रचयिता, शिक्षा मन्त्री, नेपाल रेडक्रस सोसाइटीका पदाधिकारी, संघसंस्थाका प्रतिनिधिहरू,रक्तदाताहरू, पत्रकार एवं अन्य महानुभावहरूलाई सहभागिता गराउने कार्य ब्लोदानले गर्नेछ। यदि कुनैपनि कारणले राष्ट्रकवि वा अन्य अतिथि महानुभावहरू सो कार्यक्रममा उपस्थित हुन नसकिने भएमासो को विकल्पमा अन्य महानुभावहरूलाई प्रमुख अतिथिको रूपमा आमन्त्रण गर्न सकिनेछ।
- ७) उक्त कार्यक्रम २०७४ अक्टोबर २९ गते (७ अक्टोबर २०१७) मा काठमाडौंमा हुनेछ भने समय र स्थान तिनै संस्था बीच छलफल गरी निर्धारण गरिनेछ।
- ८) उक्त कार्यक्रमको लागि अनुमानित रकम रु. ३,५०,०००/- मध्ये कार्यक्रम शुरु हुनुभन्दा एक महिना अगाडि पेशकी स्वरूप ५०% र ७ दिन अगाडि २५% रकम ब्लोदानलाई उपलब्ध गराउने। बाँकि रकम कार्यक्रम सम्पन्न गरी सम्पूर्ण खर्चको विवरण प्राप्त भएको १५ दिनभित्र उपलब्ध गराउने छ।
- ९) कविता प्रतियोगिता तथा छनौट सम्बन्धी नियम तथा अन्य आवश्यक विषय निर्णायक मण्डलले तय गरिनेछ।
- १०) कार्यक्रमका आयोजक विडिए, ब्लोदान तथा आइएनबिडिले सम्बन्धित सरकारी निकायहरूमा संस्था दर्ता पत्र लगायत अन्य वैधानिक कागजात पत्र (स्थान गरिएको) एकले अर्कोलाई उपलब्ध गराउनु पर्नेछ।
- ११) सो कागजातहरू उपलब्ध नभएसम्म यो सम्झौता-पत्र लागु भएको मानिने छैन।
- १२) यस बाहेक अन्य आवश्यक विषयमा निर्णय गर्नु परेमा सबै पक्ष बीच आपसी छलफल गरी निर्णय गरिनेछ।
- १३) कार्यक्रमको लोगो निम्नानुसार हुनेछ।



(सुषणलाल श्रेष्ठ)
केन्द्रीय सदस्य
ब्लड डोनर अफ अमेरिका
(विडिए)



(ई. सानु बाबु प्रजापति)
महासचिव
ब्लड डोनर्स एशोसिएशन नेपाल
(ब्लोदान)



(निरञ्जन पौडेल)
महासचिव
इन्टरनेशनल नेप्सिज ब्लड डोनर
(आइएनबिडि)

“युवाको अभियान, रक्तदानमा योगदान” राष्ट्रव्यापी कविता प्रतियोगिता

“युवाको अभियान, रक्तदानमा योगदान”

शिर्षकमा भएको राष्ट्रव्यापी कविता प्रतियोगिताको प्रतिवेदन

प्रस्तावना :

विज्ञानले हरेक क्षेत्रमा नयाँ नयाँ आविष्कार गर्न सफल भएको छ । यसैको फलस्वरूप हाम्रा पुर्खाले देवता मान्दै आइरहेको चन्द्रमामा पनि मानिस पुग्न सफल भएको छ । प्रायः सबै चिजको विकल्प तयार गरेको विज्ञानले पनि मानव जीवनको लागि नभइ नहुने रगतको विकल्प तयार गर्न भने सकेको छैन ।

हाल धेरै ठूला तथा जटिल रोगको उपचार पनि नेपालमै सम्भव भएको छ । यसबाट रगतको मागमा पनि वृद्धि गरेको छ । तर कुनै पनि विरामीलाई उपचारको क्रममा रक्तसंचारको आवश्यक भएमा अरु कुनै स्वस्थ व्यक्तिलाई रक्तदान गराउनु बाहेक अरु उपाय छैन । त्यसैले यसको सहजता तथा यस समस्याको समाधानको लागि रक्तदान अभियानमा जनचेतना जगाउनु उत्तिकै जरुरी छ ।

ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान)को स्थापना :

नेपालमा स्वयंसेवी रक्तदान वि. सं. २००० सालबाट शुरूभएको भएतापनि वि. सं. २०२३ सालमा मात्र विधिबद्धरूपमा रक्तसंचार शुरू भएको हो । त्यसबेला पनि स्वयंसेवी रक्तदाताहरूको कमीको कारण विरामीको उपचारको लागि रगत आवश्यक भएमा विरामीका आफन्तले पनि करले रगत दिने भने नभए पैसा तिरेर पेशेवर रक्तदाता (रगतको मूल्य लिने) हरूबाट रगत खरिद गरिन्थ्यो । तर त्यस्ता पेशेवर रक्तदाताहरूबाट संकलित रगत स्वस्थ तथा स्वच्छ नहुनुका साथै गुणस्तरमा पनि कम हुन्थ्यो ।

यस विषयलाई मनन गरी उपचारको क्रममा रगत आवश्यक पर्ने विरामीहरूलाई सहजरूपमा स्वच्छ, स्वस्थ रगत विना शोधभर्ना रगत व्यवस्थापन गर्न सहयोग गर्ने हेतुले स्वयंसेवी रक्तदाता तथा रक्तदान कार्यक्रम आयोजना गर्ने संघसंस्थाहरूको छाता संगठनको रूपमा २०४६ सालमा ब्लड डोनर्स क्लबको रूपमा यो संस्थाको स्थापना भई हाल ब्लड डोनर्स एशोसिएशन नेपालको नाममा संचालनमा रहेको छ ।

ब्लोदानले विगत २५ वर्ष देखि नेपाल रेडक्रस सोसाइटी लगायत सम्बन्धित सम्पूर्ण सरोकार पक्षहरूसँग सहकार्य गर्दै उपचारको क्रममा रगत आवश्यक पर्ने विरामीलाई विना शोधभर्ना सुरक्षित रगत सहजरूपमा उपलब्ध गराउने उद्देश्य पुरा गर्न विभिन्न जनचेतनामूलक तथा उत्प्रेरणामूलक कार्यक्रमहरू संचालन गर्दै नेपाल सरकारद्वारा निर्दिष्ट गरिएको राष्ट्रिय रक्त नीतिको राष्ट्रव्यापी कार्यान्वयन सहित राष्ट्रिय रक्त कार्यक्रमलाई सफल बनाउन मुलुकका सम्पूर्ण रक्तदान गर्ने संस्थाहरूको छाता संस्थाको रूपमा कार्य गर्दै आइरहेको छ ।

कविता प्रतियोगिताको आयोजना :

देशमा विभिन्न कारणले विरामीको उपचारको क्रममा आवश्यक पर्ने रगत सहजरूपमा उपलब्ध हुन नसकिरहेको आजको अवस्थामा स्वयंसेवी रक्तदाताहरूमा अभिवृद्धि गरी सहजरूपमा रगत उपलब्ध गराउन आजका युवावर्गहरूलाई रगत तथा रक्तदान सम्बन्धी जनचेतना फैलाउनु अत्यन्त जरुरी छ र उपलब्धीमूलक पनि रहेको छ ।

यसै विषयलाई मध्यनजर राखी स्कूल/कलेजका विद्यार्थीहरूलाई कविता प्रतियोगिताको माध्यमबाट रक्तदान सम्बन्धी जनचेतना फैलाई स्वयंसेवी रक्तदान अभियानमा सहभागी गराउने उद्देश्यले ब्लड डोनर्स अफ अमेरिका (बिडिए), ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान) तथा इन्टरनेशनल नेप्सिन ब्लड डोनर्स (आइएनबिडि)को संयुक्त आयोजनामा नेपालभरिका कक्षा १०, ११ र १२ का विद्यार्थीहरू बीच “युवाको अभियान रक्तदानमा योगदान” शिर्षकमा राष्ट्रव्यापी कविता प्रतियोगिता मिति २०७४ असोज २८ गते (१४ अक्टोबर २०१७) शनिबारका दिन नेपाल पर्यटन बोर्ड, प्रदर्शनीमार्ग, काठमाडौंमा सम्पन्न भयो ।

(१)



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

Best wishes for the grand success of
BDA's 2nd Convention in Atlanta, GA.



Uma Karki Thapa

Vice President & Help Desk Chair

NRN America

Los Angeles, California

“युवाको अभियान, रक्तदानमा योगदान”

ब्लड डोनर्स अफ अमेरिका (बिडिए), ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान) तथा इन्टरनेशनल नेप्लिज ब्लड डोनर (आइएनबिडि) द्वारा संयुक्त आयोजित राष्ट्रव्यापी मा. वि. स्तरिय कविता प्रतियोगितामा उत्कृष्ट १५ जनाको नामावली

क्र. सं.	संकेत नं.	विद्यार्थीको नाम	विद्यालय	ठेगाना	कक्षा
१	००६	कुसुम रिजाल	श्रीराम माध्यमिक विद्यालय	पाख्रिवास, धनकुटा	११
२	००७	माया थामी	शिवपुरी मा. वि.	महाराजगञ्ज, काठमाडौं	१०
३	०१७	अनुज्ञा रेग्मी	देवी माध्यमिक विद्यालय	विर्तामोड-५, भापा	१२
४	०२७	सुधिर पुरी	मनकामना इङ्गलिस सेकेण्डरी स्कूल	भक्तपुर	१०
५	०५१	आशिष पन्त	रिपुमर्दिनी सैनिक मा. वि.	बाँसबारी, काठमाडौं	१०
६	०५८	दिवाकर प्रताप शाह	लिटिल एञ्जल्स कलेज	ललितपुर	१२
७	०६१	रूपक तामाङ्ग	कपिलाकोट उच्च मा. वि.	मरिन, सिन्धुली	१२
८	०६३	प्रदिप बस्नेत	ट्रिटन कलेज	सुविधानगर, काठमाडौं	११
९	०६५	रमा फुँयाल	रिपुमर्दिनी सैनिक मा. वि.	बाँसबारी, काठमाडौं	१०
१०	०६८	रिजन पराजुली	न्यू होराइजन उच्च मा. वि.	देवीनगर, बुटवल	१०
११	०७३	कोपिला मिजार	सरस्वती मा. वि.	टोखा, काठमाडौं	१०
१२	०७७	अस्मिता कार्की	नेपाल प्रहरी स्कूल	सांगा, काभ्रे	११
१३	०७९	विक्रम परियार	करुणानिधि एजुकेशन फाउण्डेशन	सिमपानी, पोखरा	१२
१४	०९४	वर्षा दाहाल	हिमालय उच्च मा. वि.	खाँदवारी, संखुवासभा	१०
१५	१०३	आरती दाहाल	नीलकण्ठ मा. वि.	नीलकण्ठ, धादिङ्ग	१०



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Atlanta, Georgia.

Dr. Prakash Shrestha & Family
Lubbock, Texas

दुर्लभ रगत (Rare / Negative Blood)

विज्ञानले ठ्याकै बिकल्प दिन नसकेको मानव शरीरमा रहने अमूल्य तरल पदार्थ 'रगत' । रक्तदाता एक मात्र स्रोत । सन १६१६ मा विलियम हार्भे प्राणी मात्रमा रक्त- सञ्चार हुन्छ भन्ने पत्ता लगाएपछि यस क्षेत्रमा क्रमस खोज अनि नया तथ्यहरु आउदै गए । यसै क्रममा सन १९०१ मा कार्ल लैण्डस्टिनरले रक्त समुह ABO पत्ता लगाए । सन १९४० मा लाण्ड स्टीनर र अलेक्जेन्डर वाईनरले Rh factor पत्ता लगाए ।

अब रक्त समुह मात्रै मिलेर नभई सेवाग्राही र दाताको Rh factor समेत मिले पछि मात्र रगत चढाउन थालियो र त्यसै अनुसार निरन्तर चलिरहेको छ । हालको तथ्यांक अनुसार विश्वमा लगभग १५ प्रतिशत नेगेटिभ रगत रहेको मानिन्छ । त्यसैले यसलाई दुर्लभ रगत भनिन्छ । अझ डरलाग्दो पक्ष त चीन १ % र जापानमा ०.५० % प्रतिशतको हाराहारीमा मात्र रहेको तथ्यांक छ ।

एक पोका रगतले ३ वटा जीवन बचाउन सकिने बस्तु रगत, हाम्रो दैनिक बचाई लाई चाहिने ५० मिलि प्रति किलो भन्दा बढी मध्येबाट दान गरिन्छ । जसलाई महादान भनौं वा मानव सेवामा उत्कृष्ट सेवा भनौं हो भने अर्कोतिर दाताले दान गर्न सक्नु, पाउनु सौभाग्य पनि भन्दा अतुक्ति नहोला ।

www.rareblood.org.np



बालानन्द भण्डारी

B -ve

balanandabhandari@gmail.com

We wish for the grand success of BDA's 2nd Convention !



www.TheYakAndYeti.com
SpiceTradeBrewing.com

Westminster Restaurant
8659 Sheridan Blvd
Westminster, CO 80003

Restaurant & Event Center
9755 E. Hampden Ave
Denver, CO 80231
303-751-9443

Arvada Brewpub
Spice Trade Brewing
7803 Rolston Rd.
Arvada, CO 80002

Brighton Restaurant
305 Pavilions Pl.
Brighton, CO 80601
720-458-6644

रक्तदान जीवन-दान

चैत ५, २०७२

- प्रमोद घिमिरे

(बिडिएको प्रथम सम्मेलन २०१६ मा प्रथम स्थान प्राप्त कविता)

दौडन्छु म नथाकि रक्त धमनि, मुटु र फोक्सो पल;
शिराबाट हरेक अंगहरुमा, बग्छु म झन कलकल ।
रातो रक्त दिलाउँला म तिमीमा, कल्याणको खातिर;
सङ्गो जो मनको, प्रवाह जसरी, निर्विघ्न भै निईर ११।

गईन नित्य उदात्त चित्त जसले, सेवा र सत्कार जो;
'कल्याणम भवतु', यी मन्त्र जसको, सत्कर्म नै लक्ष्य हो ।
मान्छे बन्दछ कर्मले र दिलले, आलोक छर्दै अहो;
अर्काको उपकारमै रमिरहौं, हे दानका बीर हो १२।

शैयामा मन पोल्छ भत-भत अति, मर्नु न बाँच्नु भो;
पीडाले मुटु कुटुकुटु गरिरहो, घर्कन्छ बेला गयो ।

बाँच्नु मर्नु छ के कठै ! जीवनको, चोला अनौठो छ यो;
धर्मै पो यदि गर्दछौ तिमी भने, यो नै ठुलो धर्म हो १३।

मान्छेका कति मूल्यवान चिज छन, संझेर घोलिन्छु म;
एउटै मात्र अमूल्य चिज उसको, त्यो रक्त नै भन्छु म ।
सारा चीज गरेर बाँकी मनमा, गर्नु छ कि क्यै भनि;
एउटा धर्म त बाँकी चित्त मनमा, त्यो रक्त दानै छ नि १४।

जाउँ झट्ट र बेर कति नगरि, त्यो धर्म भेट्ने कहाँ;
भेटिन्छन बिदुषि ऋषिहरु अझै, सत्कर्मि बस्छन जहाँ ।
त्यो हाम्रो अति नै अमूल्य जुनि हो, भेटिन्छ त्यसै कहाँ;
हामी बल्नुछ धप्प- धप्प कसरि, बत्ती बलेझैँ यहाँ १५।

अस्तु । धन्यवाद । जय मातृभूमि नेपाल ।



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

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**Nepalese Association in North Alabama
(NANA)
Huntsville, Alabama**

Nepal's Flood Victims Help Fund

Nepal's thirty seven (37) districts were affected by the severe monsoon flood in the first week of June 2017. Of those, Tilajee village of Saptari district was reported as the most affected zone. The flood reports from different sources stated that the calamity caused a loss of human life of at least 53 and properties of thousands of people. Blood Donors of America (BDA), a humanitarian organization, took an immediate action to help the victims of the disaster by opening a "GO FUND ME" account and making an appeal for donation. Many BDA members, supporters, and well-wishers responded immediately and made monetary donations.

As per the decision of the BDA board, the president, Dr. Nanda Regmi, along with other executive members of the organization handed over the collected donation (NRs. 250,000.00) to Mr. Ravi Lamichhane of "Shidhakura Janata Sanga" in Kathmandu, Nepal in October 13, 2017. Speaking at the program, Mr. Lamichhane informed the BDA representatives that they would be accepting money from other organizations or donors as well and would invest the whole sum to build about 45 economy houses for the victim families of Tilajee in Saptari district.



Description of Transactions

Deposited in BDA Account (10/09/17)	\$2,452.40
Paypal Service Charge	\$225.60
BDA president donated the fund to Ravi Lamichhane in Kathmandu, Nepal (10/13/17)	NRS 2,50,000.00

BDA would like to thank everyone who contributed and helped to this effort to support the affected families..

Donation Collection for Flood Victims

S.N.	Contributors	Amount
1	Laxman Mahat, TX	\$20.00
2	Resham Gharti, TX	\$101.00
3	Shiva Kaphle, TX	\$51.00
4	Ganga Thapa, TX	\$50.00
5	Bhushan L Shrestha, CO	\$101.00
6	Dr Nanda Regmi, TX	\$105.00
7	Kemika Bhandari, MD	\$105.00
8	Jiwan Ghimire, TX	\$101.00
9	Ira Acharya, TX	\$21.00
10	Ajaya Satyal, FL	\$105.00
11	Basu Shrestha, TX	\$101.00
12	Tilak Mahato, AZ	\$75.00
13	Tanka Kafle, TX	\$21.00
14	Tika Poudel, CO	\$51.00
15	Tika Angdembey, CA	\$55.00
16	Prem Shrestha, TX	\$81.00
17	Dr. Dilip Bhandari, AK	\$101.00
18	Sharada Shrestha, CA	\$101.00
19	Dr. Lila Dahal, OH	\$65.00
20	Sanjeev Shrestha, NJ	\$100.00
21	Birbal Budhathoki	\$20.00
22	Krishna Koirala, CA	\$53.00
23	Jhamak Niraula, CA	\$31.00
24	Rambabu Pandey, CA	\$21.00
25	Dilu Parajuli, KY	\$51.00
26	Uma Karki Thapa, CA	\$21.00
27	Manoj Bhattarai, TX	\$30.00
28	Eka Dev Sharma, CA	\$51.00
29	Binod Chapagain, TN	\$21.00
30	Tej Prasad Dhakal	\$11.00
31	Mohan Gurung, WA	\$100.00
32	Sangita Siwakot, CA	\$31.00
33	Saroj Shrestha, NY	\$101.00
34	Sanu Sanjel	\$25.00
35	Sanjay Shrestha, IA	\$25.00
36	Dr Bishnu Phuyal, IL	\$25.00
37	Satish Gupta, SC	\$11.00
38	Kamal Sharma, TX	\$50.00
39	Ganesh Thapa, TX	\$101.00
40	Tek Lama	\$25.00
41	Taras Cuisine, TX	\$105.00
42	Manju Sangraula, VA	\$100.00
43	Sunil Ray, TX	\$25.00
44	Gopal Adhikari	\$21.00
45	Bhabindra Basnet, GA	\$30.00
46	Ajay Bagale, TX	\$51.00
47	Bandana Khadka, NC	\$31.00
Total		\$2,678.00

I WISH YOU ENOUGH*

(A Blessing)

By John W. Sheppard

“He gives HIS best to All, the Sun to warm and the Rain to nourish, the good and the evil alike” Matthew 5: 45.
(Paraphrase)

I wish you enough gain to meet your needs, and ample to share those without enough,
But only enough loss to appreciate all that you have now and have not lost.

I wish you enough success to climb to the mountain top,
But only enough failure to know the road is rocky not easy, and not all reach the top.

I wish for you enough confidence to know that you are a unique and gifted person,
But enough humility, to know these gifts must be nurtured and used for good.

I wish you enough strength for each of your days,
But only enough weakness to be patient with yourself and the weakness of others.

I wish you enough sun to keep your attitude bright, even when the day is gray,
But only enough rain that you appreciate the sun, and as do plants, by rain, grow stronger.

I wish you enough courage to bring whatever challenges you may face, under control,
But only enough fear, that you realize that no one is an island, we can't do it alone.

I wish you enough happiness and joy to keep your spirit alive, hopeful, and everlasting,
But only enough pain that you realize, often the smallest life joys are the most treasured.

I wish you enough love, that you know the life gift we have in love given and received,
But only enough rejection, that you understand loneliness, and reject no one in need.

I wish you enough understanding that God is near us always, the choice to call is ours,
But only enough self doubt, that you make the choice to call for His help and vision.

I wish you enough of God's Eternal Peace, to carry you thru life's deepest waters,
But only enough turmoil, that you appreciate the quiet eddies of life.

I wish you enough time to find true friends, and a long lifetime to love them,
And enough wisdom to see, that all things in God's time, have a season and reason.

I wish you enough Faith to know things unseen are alive and real, that God has a plan,
And enough self inquiry, to find the Truth that sets you free, to know you are in His plan.

I wish then, that you might know that whenever I say to you “I Wish You Enough,”
That these are the things, I pray for you!

**This written for a dear friend during an extended illness.*



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Atlanta, Georgia**



**Everest Mart
Chandra Shrestha
Shiva Mul
*Lubbock, Texas***

Blood Donors of America: Challenges and future perspectives

Human blood transfusion has been practiced in the medical field for many years. Millions of people have been saved from life threatening conditions during war, accidents, and several other catastrophic events. The unavailability of blood during the period of emergencies had serious consequences in the past and thereby the necessity of establishing blood banks all over the world was realized. Now, there are blood banks and blood centers in every part of the world that raise awareness about human health and facilitate blood donation activities. But, due to the escalating demand of blood arising from the growth of world population and calamities, more of such types of organizations are necessary to work on to meet the supply of blood whenever and wherever needed.

The founders of Blood Donors of America (BDA), inspired by the age-old eastern philosophy that the entire world is a family, initiated to establish BDA as an organization to facilitate healthy blood collection as well as create awareness for blood donation in communities all over the USA and abroad. In a short period of its establishment and operation, BDA has already created its network in all 50 States of the USA and abroad; and has conducted many regular blood donation and awareness programs.

The performance of BDA, in these initial years, is promising and praiseworthy. However, it has some challenges as well like in any other organizations that have some effect on growth and efficiency of the organization. The challenges can broadly be classified in three categories: financial stability, institutional development, and sustainability. But, the challenges are not insurmountable. There are several re-



Ira Acharya
Texas

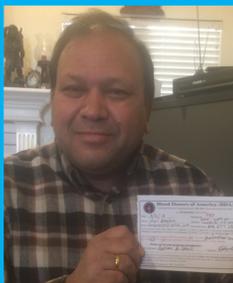
searches and proven ways recommended to help non-profit organizations to sustain and flourish. The basic requirement, as indicated by the several studies, is committed leadership and efficient organizational structure. BDA leaders and promoters should perceive and analyze what is happening around and focus to mitigate the challenges being faced. If BDA is successful in overcoming its challenges, win the trust of the people, and create visible impacts in the communities, it may become one of the leading institutions in the USA and abroad.



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Mr. Hari Banjara
Regular Blood Donor
Lubbock, Texas

THE POWER OF WE : BLOOD DONORS OF AMERICA , DISTRICT 2-X1 LIONS

Lions are known for their humanitarian services in various communities worldwide and are especially known for saving sights. Our motto is “We Serve” and service for others defines what we do and who we are. This is why Lions are a global network of volunteers making a difference in their communities. Lions clubs bring people together and when people come together good things happen.

Lions of District 2-X1 teamed up with HDNP International, Blood Donors of America (BDA) and Carter BloodCare, the community blood center to promote blood drives and support the community blood supplies. Through this partnership, we are able to support a great cause and help get more blood products to the people who need it most. Working together, we are able to improve the recruitment and retention of adequate and safe voluntary donors, help bring in more donors, increase donation and ensure the blood banks and hospitals in the community to have adequate blood supply for patients.

More than 4 million Americans would die each year if not for blood donors. In our community alone, 1000 people a day must donate in order to maintain the local blood supply. The good news is that one blood donation can save up to three lives. The gift of blood is the gift of life. Approximately every minute of the day someone in Texas need blood. Blood can't be manufactured, it comes from generous donors. Donors are screened and blood donated is tested for the safety of the donor as well as the recipient. It is then processed into different components, red blood cells, plasma, and platelets. Each component is collected into separate storage bag and stored in monitored storage devices before it is shipped to the hospitals where its needed. Patients can use only the component they need. This way, more than one patient can benefit



Lion Gloria Mathur
LCI District 2-X1 Lions
Chair Gift of Life

in a single donation. Their blood donations save the lives of millions, of heart, organ transplant, bone marrow transplant and blood disease patients, emergencies such as car accidents, burns, and patients in need of transfusion. Cancer patients are one of the most common recipients.

Joint blood drives, directly impact the supply in the hospitals, and the lives of people in the community. Every single blood donation by Lions, HDNP International / BDA donors is life saving, life changing for everyone involved in the process. This is the “Power of We”, standing together in service and making the difference in our communities and the world. It is not about you or me but “We” as a group and what we can accomplish together.



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success of
BDA's 2nd Convention

Dr. Megha Nath & Sharmila Parajulee
Lubbock, Texas

"युवाको अभियान, रक्तदानमा योगदान" राष्ट्रव्यापी कविता प्रति

कविता प्रतियोगितामा प्रथम पुरस्कार प्राप्त कविता

"युवाको अभियान, रक्तदानमा योगदान"

चाहे जे पनि गर्न सक्तछ युवा यो देशको प्राण हो
खम्वा भैकन देश थाम्दछ युवा यो देशको त्राण हो।
हज्जारौं अभियान चाल्दछ युवा यो देशको खातिर
अर्को के छ र दान यो रगतको भन्दा ठूलो आखिर
मान्छे बाँचन सकिन्न रक्त कणिका छैनन् भने देहमा
यौटा जीवन बाचन सक्तछ युवा तिम्रो मिठो स्नेहमा।
गर्छौं दान भने गरेस् रगतको यो दानको दान हो
साथी हो बुँझ रक्तदान जगमा यौटै महादान हो।।

गर्दा दान शरीरमा रगतको नोक्सान के हुन्छ र
बाचने हो जब रक्तकोष बुझियो तीन् मास नै आखिर।
यौटा कोष मरेर जान्छ बुझ यो जन्मन्छ अर्को जब
गर्ने जीवन दान यो जगतमा हो मानवी गौरव।।

आउन् झट्ट जुटेर भाइ-बहिनी भै चेतनाको कडी
सेवा वालक, बृद्ध, रुग्ण सबको गर्दै रहुन् हर्घडी।
गर्ने पर्दछ योगदान गतिलो हे कर्मका जाँगर
दानी हो भन रक्तदान सरिको अर्को ठूलो के छ र
हाम्रा स्वस्थ युवा गरुन् निरिहको सेवा र टेवा गरुन्
गर्ना खातिर रक्तदान सहसा हाँस्टै अगाडी सरुन्।
उर्जा हुन्छ ठुलो युवा रगतमा जो देशको सान हो
हाम्रो सभ्य युवा उदार मनको यो काव्यको गान हो।।

गर्लान दान सुवर्ण, नोट-रुपियाँ-पैसा तथा सम्पत्ति
कोही दान गरुन तथापि तिनको आफ्नो भएको जति।
यौटै दान छ मूल दानहरुमा के हो त यो आखिर
साथी हो वुझ रक्त दान सरिको अर्को ठुलो के छ र

कुसुम रिजाल

राम मा.वि. पारखीबास-७ मुगा, धनकुटा।

कक्षा-११

Blood Biomarkers for Neurodegenerative Diseases

Alzheimer's disease (AD) is the most common neurodegenerative dementia, affecting over 5 million Americans. This disease is the fifth leading cause of death for those over the age of 65 (Alzheimer's Association, 2012). While death rates from cardiovascular disease and cancer have declined recently, death rates have steadily *increased* for AD. There are currently **no rapid and cost-effective means for detecting the disease**, which is critical in order to move research and clinical efforts forward.

Ray *et al.* (2007) were the first to identify a panel of blood-based proteins that accurately distinguished AD patients from healthy controls as well as accurately identifying mild cognitive impairment patients (those in the early stage of AD) who progressed to AD within a 2 to 6-year follow-up period. However, these findings were not validated by another investigator using a larger sample of AD and normal control subjects (Soares *et al.*, 2009). Despite this initial setback, others have continued to search for signals in peripheral blood suggesting that a blood-based AD screen is on the horizon (Booij *et al.*, 2011; Buerger *et al.*, 2009; Laske *et al.*, 2013; O'Bryant *et al.*, 2011, 2014; Nagele *et al.*, 2011; Reddy *et al.*, 2011; Fiandaca *et al.*, 2014).

Biomarker research is quite active in the area of AD, with increased efforts growing in other neurological diseases, particularly Parkinson's disease (PD). The National Institute of Neurological Disorders and Stroke in 2013 launched the [Parkinson's Disease Biomarkers Program](#) (PDBP) providing stimulation to the PD biomarker field, since diagnosis even in patients who are responsive to PD medications is not always accurate (Adler *et al.*, 2014). We and others have made progress in detecting blood biomarkers for PD (e.g., O'Bryant *et al.*, 2014; Yazdani *et al.*, 2016).

Blood biomarkers for neurodegenerative diseases are extremely important for the following reasons: **(1)** the diagnosis of a neurodegenerative disease currently requires a visit to the neurologist who makes a diagnosis based upon a rou-



Dwight German, Ph.D.
Professor
UT Southwestern Medical Center

tine clinical examination. The accuracy of the diagnosis is at best is 85%. An accurate blood test for a neurodegenerative disease would allow those patients with the specific disease to be given a treatment that is specific for that disease; **(2)** clinical trials aimed at testing the efficacy of a new drug treatment for a neurodegenerative disease would be helped immensely if they have a biomarker to determine that the treated group actually has the disease of interest. Currently, clinical trials often include people in the treatment group that have been incorrectly diagnosed with the disease. This has the potential of incorrectly evaluating the utility of the drug for the disease; and **(3)** biomarkers can be used to track disease progression. Such a biomarker is needed by the pharmaceutical industry so that when they test a new drug thought to be useful for a specific disease they can use the biomarker to determine whether the test-drug is actually slowing/stopping the progression of the disease.



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Anil and Shrijana Shrestha

Sunrise Convenience
Lubbock, Texas

सूर्यास्त

मनको उदास साम्राज्यमा
नउदाउनु थियो उदायो घाम
नचल्नु थियो
चलिदियो हावा हुरी
एउटा बेजोडको हुण्डरी चलेको छ
ओ! छालहरु कसरी आएथ्यौं त्यो पल
चुपचाप निस्किएछौं सबै बढारेर
रित्याएर हिँडेछौं मनको दैलोबाट
पतै भएन कतिखेर

नआउनु थियो वसन्त आइदियो
नफूल्नु थियो यौवन
फुलिदियो
निसर्गको निष्ठुर लीला
मदहोस वासन्ती मन
कहाँ हुँदो रहेछ र स्थिर
बद्लिगएछ मौसम जस्तै
जसरी फेरिजान्छन्
नव पालुवाका आकर्षणहरु
त्यसरी नै फेरिइरहन्छन्
जीवनका आयामहरु
सायद त्यसैगरी फेरिएको हौं कि तिमी ?
अनभिज्ञ छ फेरि उदास उदास यो मनको साम्राज्य
कति छिटो हुन्छन् सूर्यास्तहरु
त्यो पहाडको टुप्पोमा उभिएर चिच्याउन पाए हुन्थ्यो !
कलमका मसीहरु सबै अन्तिम सत्य हुँदैनन्
र हुँदैनन् दसीहरु पनि अन्तिम सत्य



राखी

ए! कालो कोट लगाएको मान्छे हेर्न सक्छौं नियालेर
समयका आँखाहरुमा
हेर्न सक्छौं नियालेर
आफैले छोडी आएको गोरेटो
तिमीले बकिदिएका कुटिल कुराहरु अहँ सत्य हुँदै होइनन्
नदेख्नु परिबन्दको भुमरी
नहिइनु फेरि हुरी बनेर
नपुग्नु कुनै निश्कलङ्क मन सम्म ।
तर पनि म यो दुखी मनसँग घोषणा गर्न सक्छु
यो अन्तिम सूर्यास्त हुँदै होइन
मेरो हिमालको सिउँदोमा
फेरि भर्ने पछि सूर्यले
अर्को विहानीको लाली

WHAT HAPPENS TO DONATED BLOOD

Blood donations help millions of patients in need. To make the journey from 'arm to arm' every unit goes through a series of steps and tests to ensure that it is safe to use.

Steps:

1. The donation
2. Processing
3. Testing
4. Storage
5. Distribution

1. The Donation:

In this process donor registration, health history, and mini physical check-up is done. Then around one pint of blood along with several small test tubes is collected. After that the donated blood, test tubes, and donor record are labeled with an identification bar code label to keep track of donation. Finally donated blood is stored in iced cooler and transported to a blood center.

2. Processing:

Donated blood is scanned in to a computer database. Most of the blood is spun in centrifuge to separate the transferrable components such as red blood cells, platelets, and plasma.

3. Testing:

A dozen of tests are performed on each unit of donated blood- to establish the blood type and the test for infectious diseases. In some developing countries tests may be limited because of the lack of technologies.

Generally the following tests are done on each unit of donated blood.

- ABO and Rh (Blood Grouping)
- Antibody screening
- HBsAg (Current infection or carrier state of Hepatitis B)
- HBcAb (Present or past infection to Hepatitis B)
- Hep C Ab (Present or past infection of Hepatitis C)
- HIV Ab (1/2)
- HTLV Ab (1/2)
- VDRL/RPR (Antibody to Syphilis)
- Nucleic acid Test (NAT) for HepB, HepC and HIV (for window period)
- NAT for WEST NILE virus
- Trypanosomes
- ZICA Virus (optional)



Sunil K Ray, MS, MLS (ASCP)
Medical Laboratory Scientist
Navarro Regional Hospital, Texas

If the Test result is Positive, the units are discarded and the donor is notified. The results are confidential and are only shared with donor, except as may be required by law.

4. Storage:

After the test evaluation, the units suitable for transfusion are labeled and stored in required Temperature.

- Red Blood Cells are stored in refrigerator at 1-6 ° C for up to 42 days.
 - Platelets are stored at room temperature in agitators for up to 5 days.
- Plasma and Cryoprecipitate are frozen and stored in freezer (-20 ° C) for one year.

5. Distribution:

The blood center shipped the type of blood and blood product in well-maintained temperature as demanded by the hospital and facility for 24/7.

(Source: <http://www.redcrossblood.org>)

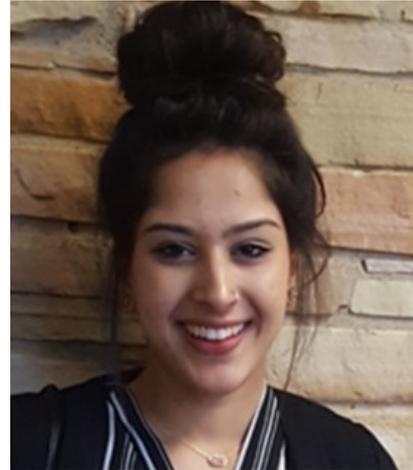
Managing Diabetes

Diabetes is a lifelong disease for which there is not yet a cure. It is an often overlooked disorder that affects more than 29.1 million Americans, according to Centers for Disease Control and Prevention. Diabetics are at increased risk of kidney failure, blindness, nerve damage, or amputations. Because there is not a current cure, emphasis must be placed on prevention and management to halt rapid progression of the disease. Various lifestyle modifications such as balanced meals and adequate physical activity have proven to be effective in diabetes prevention and management. About 1.4 million Americans are diagnosed with diabetes every year and they need treatment. Therefore, a cure or better medical solution to combat this disease is desperately needed.

To reduce any problem, the underlying cause must be understood. Diabetes results when there is inadequate insulin production or ineffective insulin use in the body. Insulin is a hormone that aids in glucose transport from the bloodstream into the body cells to be used for energy. In the normal digestion process, when food is consumed, it is converted to glucose and enters the bloodstream. If there is a dysfunction in insulin, glucose will accumulate in the bloodstream causing high blood sugars. This can be fatal to the organs and can cause blindness. When blood sugars are elevated, the kidneys compensate to filter more blood to rid of body's excess sugars. This overuse eventually exhausts the kidneys causing severe kidney damage. The overall problem originates from consumption of diets high in sugar or carbohydrate content or a lack of exercise. It is known that fat cells cause insulin resistance. Incorporating simple changes to dietary habits and exercise can make a big difference in lowering diabetes rates.

When asked how climbing diabetes rates could be lowered, a local nurse replied by stating, "although diabetes has the ability to harm lives, we as individuals have the power to stop it". Parents can begin by engaging in a healthy lifestyle themselves and this may greatly influence the behaviors of their children. Habits learned at a young age are easier to carry on and can be passed onto future generations and it becomes a part of the family tradition. To ensure new parents are properly educated about consuming and preparing nutritious foods for their expected children, a short class or online class including dietary or exercise guidelines can be offered at clinics, grocery stores, or shopping centers. After all, one must be aware of the risks and available alternatives to change and provide children with healthier lifestyle options.

The majority of kids' childhood is spent in school. Therefore, schools must be targeted as an environment to promote healthy choices to prevent diabetes. The surplus of junk foods and packaged foods are so easily available to kids. Therefore, many people blame food industries as a



Leo Sweta Gautam
LCI District 2-X1 Leo Council

major cause of increasing diabetes rates among children. To counteract this issue, schools can be encouraged to offer smaller portions of sugary foods and increase healthier food selections at school. If children are exposed to these choices at younger age, they are more likely to continue these dietary plans in their adult lives. Daily school exposure to healthy food can lead to beneficial habits for a lifetime.

In addition to providing healthier food options at school, it can be acknowledged that children who are exposed to exercise at a young age are more likely to continue exercising at their adulthood stage as well. Exercise is a prominent factor in reducing diabetes. Lack of exercise can ultimately cause an accumulation of fat cells in the body. These fat cells cause insulin to be resistant to glucose, hindering glucose transportation into cells, and elevating blood sugar levels. In many public schools, only a limited number of physical education classes are incorporated into the curriculum. To reduce this issue, schools can require students to participate in gym class to promote diabetes management or prevention.

Diabetes is also an increasing problem amongst adults. As many adolescents complete high school, they may encounter an average fifteen pound weight gain in the first year of

college: "freshman fifteen," alcohol, and stressful work environments. Simple activities such as walking and remaining active stimulates bodily insulin production. Many people blame the reliance on car is due to lack of motivation to stay active. Encouraging fundraisers across the nation would be an active method to raise money to make new sidewalks in and around the cities. This can help to motivate people to go for a walk.

Many important buildings in the United States are spaced apart. Generally speaking, it would not be logical to walk to the office, grocery store, salon, and the local elementary school. The distance is not manageable to walk on a typical weekday because the distance between these locations are made considering drive time, not walk time. This reliance on cars can be lowered if major buildings are built close together in the future. This idea can be implied from the buildings and cities in Europe. Because the old buildings and major shops in Europe are huddled together and people find it more convenient to walk to different locations which creates a healthier environment in general. While this solution to advocate walking and exercising cannot be immediately enforced because many existing buildings in the US are spaced apart, but the idea is possible in the future to help lower diabetes rates.

Along with the importance to advocate exercise, more businesses and offices can promote exercise for adults by having more accessibility to gyms. As part of the natural aging process, as one grows older, metabolism slows down making weight management more difficult. Modern corporate office buildings include an indoor gym for the employees. While this idea is proved to be beneficial to many, there are still several offices that do not have a gym. These offices can partner with local gyms to create good deals and incentives for their employees. This would allow people in the workforce to have increased accessibility to exercise, provide more business to the local gyms, and also help in the management of diabetes.

While children spend most of their time at school, adults generally spend most of their time at the workplace. Therefore, dietary changes need to be an area of focus in the workplace to target diabetes. To promote a healthy dietary plan, major offices can offer healthy options in the cafeteria. Vending machines throughout the facility can be stocked with nutritional snacks. In addition, offices can negotiate contracts with local restaurants to offer employee discounts on nutritious meals. In this instance, both the business and restaurant will benefit from the partnership. Offices can also eliminate sodas and caffeinated beverages in vending machines. Instead, these machines can be stocked with fruit juice and water only. These options would encourage the consumption of healthy snacks and limit carbohydrates and sugary foods intake, thereby lessening the incidents of diabetes.

Diabetes is not a localized issue. It is a worldwide problem with rates steadily rising. In order to lessen the effect of a disease, people need to be aware of its existence and ways to prevent progression. Only then individuals will be able to

modify their lifestyles accordingly. The internet, social media, and television can reach people throughout the globe and can be the ultimate mode of transmission to spread education on diabetes. Celebrities such as Nick Jonas, Halle Berry, and Larry King have been living with the disease for years. Because these celebrities are seen as role models for adolescents around the world, hearing their real life stories and advices would be motivating to many. Encouraging and inviting well known celebrities to deliver speeches at schools, television, or social media can influence several individuals to engage in healthy lifestyles. The message would spread quickly through the media and would be strong as well. Being aware of the risk factors of diabetes, ways to manage it, and possible consequences can enhance prevention and reduce progression of the disease.

Overall, diabetes is a life changing disease that can cause various restrictions to everyday's routine. The seriousness of the disease emphasizes the importance of prevention and proper management. Lifestyle modifications, including diet and exercise, are the most effective methods of combating the disease. Although no cure is guaranteed, these changes can allow one to function at the highest level. There are countless ways that people can contribute to prevent the disease and promote awareness about it. It is an individual choice - a choice that must be made with awareness.

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(Note: The author of this essay is a sophomore of BS in Computer Science at University of North Texas. This was the first prize winning essay at the Lions Clubs International District 2-XI in 2016.)

तस्वीर आपें बोलछ



तस्वीर आफैं बोल्छ



रक्तदान जीवनदान

- कृष्ण कुमारी पौडेल

(बिडिएको प्रथम सम्मेलन २०१६ मा तृतीय स्थान प्राप्त कविता)

रक्तदान जीवनदान महादान हो यो,
मानवीय सभ्यताको पहिचान हो यो ।

निस्वार्थ र सद्भावको यो हो महाधर्म,
सबैभन्दा उच्च छ यो पुण्यकर्म ।

खेर जाने रगत दिई उपकार गरौं ठुलो,
यो उपकार मापन गर्ने छैन कुनै ढक तुलो ।

हामी जस्तै मानव छटपटाउँदै रोएकाछन,
विवशभै आँशुले ममता धोएका छन ।

रक्त अभावले लुटिँदैछन स्नेहरुपी हातहरु,
रक्त अभावले पुरिँदैछन रंगीन ती माथहरु ।

धर्म, वर्ग रंग लिङ्ग फरक छैन कति,
एउटै घरका जहान सारा मानव जाति ।

चाहे हामी अमेरिकामा, चाहे एशियामा,
चाहे हामी युरोपमा, चाहे अफ्रिकामा ।

चाहे हौ धरातलमा, चाहे हौ जुनमा,
लपेटिएर बसौं चाहे हीरा मोती सुनमा ।

आखिर मानवलाई मानवकै साथ चाहिन्छ,
दुःख बिमार पर्दा स्वच्छ रगत चाहिन्छ ।

युद्ध भवितव्य अनि दुर्घटना पर्दा,
नसोचेको आपत बिपत अनेक रोग सर्दा ।

मानिसलाई मानिसकै रगत चाहिन्छ,
सहयोग र सद्भाव को मन चाहिन्छ ।

आजै दान गरौं रगत भोलि के के होला,
जिवित रहन्छ रगत हाम्रो उडे पनि चोला ।

दिनेलाई पनि फाईदा, लिनेलाई झनै फाईदा,
बिना खर्च उपकार अति राम्रो काइदा ।

आउ अब सबै मिलि रक्तदान गरौं,
मुर्छिएका मानव फूलमा माधुर्यता भरौं ।

आह्वान गरौं सबैलाई रक्तदानमा जुटौं,
यस्तो पुण्यकर्ममा कोहि पनि नछुटौं ।

नयावर्ष

- लकाश पौडेल

(वि सं २०७४ चैत्र ३०, भरतपुर चितवन)

आएछ फेरी नववर्ष आज
ल्याएछ आशा मनकेन्द्र माँझ
विद्वेष ईर्ष्या जनदोष जानी
हाँस्रे दियो यो उजिलो बिहानी ॥१॥

फालेर सारा मनका कुभाव
पाएर झिल्कासरि पुष्पराज
घुम्दो धरा आज भएछ नौलो
पारेर शुक्ला छवि यो सुनौलो ॥२॥

उत्साह उस्तै मनमा उदायो
फारेर कालो जग जम्मगायो
अनन्त आशा शुभभाव जागे
प्रकाश आयो अविवेक भागे ॥३॥

झरे पहेँला रुखबाट पात
नयाँ टुसाए वन भो सुवास
प्रेमानुरागी मन अंकुराए
फुल्ने लता झैं दिल मुस्कुराए ॥४॥

यस्तै सबैमा भर प्रेमभाव
बिर्सी मनैका मल दुष्प्रभाव
खुसी नयाँवर्ष लिएर आयो
सुभावना औ शुभकामना यो ॥५॥



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

We wish for the grand success of
BDA's 2nd Convention
in Atlanta, Georgia.



Deepak, Junu Kafle
& Family
Lubbock, Texas

रक्तदान "जीवन दान" र जीवन बीमा

रक्तदानलाई जीवन दान मानिन्छ । हुन पनि हो तपाईं ले दिएको एक पिन्ट रगतले तीन जना सम्मको ज्यान जोगिन सक्छ । मनिषको शरीरमा भएको रगत तीन तीन महिना मा परिवर्तन भएर विभिन्न मादयम बाट बाहिर निस्कन्छ । येसरी खेर जाने रगत लाई रक्तदान को मध्यम बाट हामी ले उपयोगमा ल्याउन सक्छौं । रक्तदान गरे पछि उक्त रगत बन्न हामीलाई केहिदिन मात्र लाग्दछ । यसले हामीलाई कुनै क्षति पनि हुन्न न त कमजोर नै बनाउँछ ।

संसारमा प्रत्येक तीन जना मा एक जनालाई रगत को आवश्यकता पर्दछ भने प्रत्येक तीस जनामा एकजना ले मात्र रक्तदान (Blood Donation) गरेको पाउँछौं । यसरी हेर्दा रगत को माग अत्यधिक छ भन्ने तथ्य देखिन्छ । तर माग धान्न सक्ने गरी मानिसले रक्तदान गरेको पाईदैन । तसर्थ हामी ले यस बिषयमा जनचेतना जगाउन अत्यन्त जरुरि छ ।

रक्तदान विभिन्न तरिकाले गर्न सकिन्छ । Whole Blood, Power Red, Plasma, Platelets गरी ४ तरिका ले जो कसैले रक्तदान गर्न सकिन्छ । यसको अलावा बिशेष प्रकारका अन्य दुई तरिकाले पनि रक्तदान गर्न सकिन्छ, जसलाई Autologous र Directed भन्ने गरिन्छ । साधारणतय Whole Blood दान गर्दा प्रत्येक ८ हप्तामा अर्थात हरेक ५६ दिनमा गर्न सकिन्छ भने Plasma प्रत्येक चार हप्तामा अर्थात प्रत्येक २८ दिनमा गर्न सकिन्छ । रक्तदान गर्दा लाग्ने समय जम्मा ८-१० मिनेट मात्र हो ।

यसरी खेर जाने रगतलाई दान गरेर कैयौं मानिसहरुको ज्यान जान बाट जोगाउन सकिन्छ जुन कुराको चेतना जगाउने, यसबारेको अभियान चलाउने, समय समयमा समाजमा छलफल गर्ने आदि काम गरेर समाज सेवामा आफुलाई समाहित गर्न सकिन्छ । यो एउटा अति सरल, शुद्ध र अपरिहार्य समाजसेवामा आफुलाई लगाउने बाटोमा हामी तपाईं सबै एक भएर लाग्न सकिन्छ ।

जसरी जीवनदान रक्तदान हो त्यसरी नै जीवन बीमा सम्बन्धि चेतना जगाउनु पनि हामी प्रवासमा आएर बस्ने नेपालीको लागि उत्तिकै महत्वपूर्ण छ । मानिसको जीवनमा कतिखेर कसलाई के आपत आइपुग्छ भन्न सकिन्न । हामी अधिकांश नेपालीहरु जोखिमयुक्त ठाउँमा काम गरि राखेका छौं । घरमा कमाउने मुख्य मानिसको क्षयति हुन गएमा तत्काल परिवारलाई पर्ने आर्थिक भारको हामी कल्पना नै गर्न सक्दैनौं र हारगुहार माग्नु पर्ने हुन्छ अर्थात समाजमा हात फैलाउनु पर्ने हुन्छ जुन कुरा हामी तपाईंले देख्दै र भोग्दै आइराखेका छौं । यसबाट मुक्त हुन र भविष्यमा आइपर्ने आर्थिक जोखिमलाई कम गर्न हामीले बेलै मा सोच्नु जरुरि छ ।

हुन त हामी पाँच सय डलर पर्ने मोबाइल फोनको बीमा गर्छौं तर अमूल्य यो जीवनको वास्ता गर्दैनौं । हाम्रो नेपाली समाजमा "मरे पछि डुमै राजा" भन्ने गरिन्छ । यहाँ परिवारका कुनै सदस्यको अचानक मृत्यु भएमा सतगत गर्दा लाग्ने महँगो खर्च र अन्य नदेखिने खर्च हरुको अनुमान कम्ति मानिसले गर्ने गरेको पाइन्छ । यदि जीवन बीमा सम्बन्धि चेतना जगाउन सकिएमा यो एउटा मानवीय कार्य हो भन्ने मा दुईमत नहोला र सबैजनालाई यो भविष्यमा आइपर्ने समस्याको समाधान गर्न मद्दत पुग्नेछ ।



टीका पौडेल
एरी, कोलोराडो

जीवन बीमा भनेको व्यक्ति र इन्सुरेन्स कम्पनी बीचको एउटा सम्झौता हो । यस्तो सम्झौता बीमितको आवश्यकता , आर्थिक क्षमता र लक्ष्यमा भर पर्छ , यति रकमके बीमा गर्नु पर्ने छैन । अमेरिकामा पच्चीस हजार देखि जीवन बीमा गर्न सकिन्छ । जीवन बीमा मुख्यतया दुई प्रकारले गर्न सकिन्छ । एउटा प्रकारमा थोरै बीमा शुल्क तिरेर कुनै व्यक्तिको मृत्यु भएमा तोकिएको रकम उसले इच्छाएको व्यक्तिलाई भुक्तान गर्ने , तर तोकिएको समय सीमा भित्र केहि नभएमा बुझाएको बीमा शुल्क फिर्ता हुदैन अर्थात घर या गाडी को बीमा गरे जस्तो हो । अर्को प्रकारको बीमा भनेको निश्चित अबधि मा बीमितलाई केहि नभएमा निश्चित रकम आफुलाई नै फिर्ता आउछ । यसबाट आउने रकमलाई retired life मा सदुपयोग गर्न मद्दत मिल्दछ । कुन प्रकारको बीमा राम्रो र कति रकमको बीमा गर्दा ठिक हुन्छ भन्ने कुरा बीमित को आवश्यकता , परिस्थिति , आम्दामी , परिवार प्रतिको दाइत्वबोध आदि कुरामा निर्भर गर्दछ । यति रकम कै बीमा गर्नु पर्छ भन्ने हुदैन तर बीमा गर्नु पर्ने कुराको आवश्यकताको बोध गर्ने र हाम्रो समाजमा यसको महत्व र आवश्यकता बोध गराउन सकियो भने एक प्रकारको समाज सेवा नै ठहरिनेछ ।

यसरी हेर्दा रक्तदान गर्ने र गराउने कार्य जति सामाजिक हो त्यति नै जीवन बीमाको शिक्षा दिने र यसमा समाजलाई सहभागी गराउने कार्य पनि त्यतिकै महत्वपूर्ण छ भन्ने कुरा सबैले हृदयकम गर्नु जरुरी छ । जसरी रक्तदान गरेर अरु थुप्रै मानिसहरुको ज्यान बचाउन सकिन्छ र सबैले यसलाई मानव सेवाको रूपमा ठान्दछौं त्यसरी नै जीवन बीमा सम्बन्धि शिक्षा दिनु, यसबाट हुने फाइदाहरु को बारेमा जनचेतना दिलाई भविष्यमा आइपर्ने आर्थिक क्षति र आपतिलाई कम गर्न हाम्रो समाजलाई सहयोग गर्नु पर्ने कुरालाई महत्व दिनु जरुरी छ ।



रक्तदान जीवनदान

रक्तदान जीवनदान जीवनदान महादान
रक्तदान गरी दिउं कसैलाई जीवनदान
बचाउं ज्यान कसैको हामीले रगत दिएर
हुँदैन पछी केही पनि यहाँ कोही पछुताएर

केही हुन्न खराब हामीलाई रक्तदान गरेर
दान नगरे पनि शरीरबाट त्यसै जान्छ खेर
त्यसैले गरौं रक्तदान सबले मानवता बुझेर
रगतको अभावमा नजाउनु ज्यान कसैको खेर

छेक्दैन रक्तदान गर्न कुनै जाती वा धर्मले
सक्छौं गर्न जहाँ पनि छेक्दैन कुनै सीमानाले
एक युनिट रगतले बचाउन सक्छौं तीन ज्यान
त्यसैले गरौं आजै तपाईं हामी सबैले रक्तदान

मचाकाजी महर्जन

केन्द्रीय कोषाध्यक्ष

ब्लड डोनर्स एशोसिएशन नेपाल (ब्लोदान)

शुरु गरौं रक्तदान जो पुगेको छ अठार वर्षमा
गर्न सक्छौं रक्तदान हरेक तीन तीन महिनामा
बन्दैन रगत कारखानामा अरु कुनै वस्तु जस्तो
मानवले मानवलाई दिनुपर्ने यसको महत्व कस्तो



**Blood Donors of America
2nd CONVENTION**

May 25-26, 2018, Atlanta, Georgia



**Nepalese Society in Lubbock
Lubbock, Texas**

तस्वीर आफैं बोल्छ



Progress Report: May 29, 2016 to May 19, 2018

The first Executive Committee (ExCom) of the Blood Donors of America (BDA) elected at the first convention in Dallas, TX, in May 2016 has done a remarkable work during its two year tenure. At the time of its election, three of the executive positions, joint treasurer and two executive members, were vacant and those posts were fulfilled through nominations from a pool of active members at the first meeting of ExCom. The newly elected executive committee assumed office and had to work hard from the very beginning because of poor cooperation and support from the previous executive body. However, despite some difficulties, the committee took its course and did its best to work towards the BDA's values and objectives.

In fact, BDA's first elected committee was the fourth executive committee of BDA. The committee was able to hold 19 ExCom meetings - June 19, 2016 being the 1st and May 19, 2018 was the 19th meeting. It also organized three board meetings. The first one took place on April 9, 2017 and the last one on 09/17/2017.

BDA organized 79 blood donation events across the USA in partnership with other social organizations and donated 1682 pints of blood from May 27, 2016 to May 19, 2018.

Two biggest blood drives during the tenure of this ExCom were held in Dallas, TX, with donation of 118 and 111 pint respectively. However, the record breaking blood donation was 128 pint and happened to be from the same city organized right after Nepal was hit by a massive earthquake in April 25, 2015.

BDA organized blood donation events to support victims from a range of natural calamities like hurricane, earthquake, flooding and man-made disaster like gun violence.

Very few state coordinators (TX, NY, GA, CO) of BDA were active and in reciprocal communication before the first convention and majority of the coordinators listed on the website were not in contact.

On 3/26/2017, the 10th central executive meeting of BDA decided June 14, World Blood Donors day according to the World Health Organization, as BDA's founding day. Now onwards, World Blood Donors day is the day of BDA as well.

A synchronized blood donations in six states in the US was accomplished through a partnership with NASEA in March 25, 2017. BDA State coordinator of South Carolina, Mr. Satish Chandra Gupta, coordinated the event and those six states were SC, FL, NC, GA, TN, and AL.

In April 9, 2017, BDA's first board meeting was called where 27 board members (Executive officers plus State Coordinators) attended. The meeting discussed the responsibility of BDA to work with other organizations and resources to further extend its activities.

On 06/11/2017, the 11th meeting of BDA decided to carry out a country wide awareness program in blood donation in Nepal through poem competition for high school level students in a theme of "युवाहरुको अभियान रक्तदानमा योगदान". BDA was able to conduct the program in partnership with INBD and BLODAN. The program was led by BDA executive member - Mr. Bhushan Lal Shrestha.

World Blood Donors Day and BDA establishment day was celebrated on the same day for the first time in June 14, 2017 in Dallas, Colorado, California, New Jersey, and Florida. The State committees of different regions met their respective donor fellows and discussed about blood donation campaigns and future plans.

Nepal was badly hit by severe monsoon rains and floods which caused a loss of 131 human lives with 32 missing and properties damages in different regions of the country including Tilaji, a hardest hit area, in Saptari. On 08/17/2017 the second board meeting of BDA decided to collect donations by opening a "Go Fund Me" account to help flood victims in Nepal.

On 8/24/2017, the 13th meeting of BDA decided to organize its second national convention in Atlanta, GA. Venue was proposed by the GA State coordinator - Mr Bhabindra Basnet. According to BDA bylaws, the convention is scheduled in every two years.

On 9/17/2017, the 3rd board meeting of BDA decided to distribute the money (\$2678) to flood victims through Sidha Kura Janata Sanga, a Nepal based organization. The collected donations were received from BDA family and beyond. BDA President, Dr. Nanda Regmi, handed over NRs 250,000.00 to Mr. Ravi Lamichhane, Director of Shida Kura Janata Sanga, in a small program in which other BDA members and officers including treasurer, Mr. Resham Gharti, and Mr. Bhushan Lal Shrestha were also present.

BDA President, treasurer, and program in-charge of poem competition visited Nepal and participated in national level high school poem competition program, "युवाहरुको अभियान रक्तदान मा योगदान", in Kathmandu on Oct 14, 2017. It was truly a momentous event in BDA history!

BDA of Texas organized a technical talk program on Alzheimer disease at Fishtail restaurant of Bedford, TX, on 12/16/2017. The speaker of the talk was Prof. Dr. Dwight German, from the Department of Psychiatry, University of Texas, Southwestern Medical Center at Dallas. The talk was attended by 30 people.

BDA's 16th executive meeting held on 1/21/2018 decided that the second convention theme to be "Be a Lifesaver, Be a Blood Donor". There were altogether 23 themes received from the State coordinators, life members, and well-

wishers. A committee comprised of Dr. Lila Raj Dahal, Mr. Ganga Bahadur Thapa and Dr. Dilip Bhandari conducted a voting among the BDA family.. “Be a Lifesaver, Be a Blood Donor” received overwhelming support to be the theme of BDA’s 2nd convention. The writer of this theme is Mr. Baikuntha Acharya, TX, who would be honored in the convention.

March 1, 2018 became a historical day for BDA. Mr. John W. Sheppard and Mrs. Ellen Sheppard, from FL became life members. Mr. Sheppard is still a regular whole blood donor even at the age of 86. He is a record holder in Guinness World Record for his more than 40 gallons of blood donation over a period of 67 years. The 17th executive meeting (4/24/18) of BDA honored Mr. John W. Sheppard with the status of honorary membership of BDA, the most respected status of BDA, according to its bylaws.

BDA was honored to participate in Kidney health walk program organized by Dallas Everest Lions Club, Dallas, TX on 4/8/2018. The program was very typical which attracted the Mayor of City of Irving and many other distinguished personalities of the community.

On April 29, 2018, third mega blood drive event was organized in Dallas, TX, where BDA, TX coordinated the blood drive event with the support of at least 26 local or national level organizations. One hundred and thirty three people registered their name for donation, but only 118 were eligible to donate. This was the second largest donation in the history of BDA in nine years.

BDA has been able to develop and maintain a respectful relationship with many institutions like Carter BloodCare, City of Irving, Lions Clubs, International Nepali Literary Society, Nepalese Association in South East America, Association of Nepali in Midwest, America; Blood Donors Association, Nepal, International Federation of Blood Donors Organization (IFBDO) etc.

Almost all national level organizations of Nepalese Diaspora in the USA are invited to attend the 2nd convention of BDA. They have extended their support for the work done and achievements made by BDA.

Significant Progress

Blood drive events

There are 28 State coordinators of BDA listed on the websites. They can be viewed at: <http://blooddonorsofamerica.org/bda/state-coordinators.php>. Of them, 21 State coordinators were able to organize blood donation drives between 2016 and 2018 in partnership with other local, regional, or national organizations. The BDA States that organized the events include TX, FL, NJ, MA, TN, MO, WA, NC, IL, NY, AL, GA, SC, MD, NE, VA/DC, CO, KY, CA, AZ, IA.

Identification of volunteers as State coordinator

Several active blood donor volunteers have been identified and they are willing to serve as State coordinator of BDA.

We are suggested by many community members to expand the organization so that interested community can reach it easily.

Networking

BDA is one of the most trustworthy and active organizations established among the Nepali American communities in the USA. The trust and support of true volunteers to the organization is growing everyday. The result is reflected by addition of new members almost every week. BDA has been favored by all national, regional, and local level community organizations.

Success of mega blood drives, increase in number of memberships, and trust of life-long blood donors, Mr. John W. Sheppard and Mrs. Ellen Sheppard, towards BDA and their connection with it, faith of blood banks, solidarity of city offices are the progress indicators of BDA.

Challenges

True and honest community service is not an easy task in such a busy and competitive society like in the USA. Persistent commitment with selfless sacrifice is required to serve community which is challenging for many people. They cannot participate because of several reasons even if they like it. Faithful, trustworthy, and visionary leaderships are needed for any organization to grow especially at its early stage. Although BDA is growing everyday, it has been going through some challenges. Once BDA gets well established and built its image at different levels, many more will believe it, join, and serve for BDA. Then many new leaders and volunteers may preside; and BDA would be a well reputed organization.

Financial limitations of the organization to conduct its activities, commitment of members to serve, and finding true volunteers are some of the challenges. The most prevalent challenges can be listed as below:

1. New leadership grooming and their protection strategies.
2. Precisely defining the short and long term goal of the organization.
3. Bringing more blood donors and members volunteers to make the organization stable.
4. Enough help and support to implement and conduct BDA’s activities.
5. Finding committed leaderships and volunteers from all geographical regions of the USA.
6. Effective and timely communication.
7. Members’ desire to hold official positions but failure to bear the responsibilities.
8. Educating people about blood donation.

Future Perspectives

1. Blood donation is a noble job and everybody should realize its importance. It helps in staying healthy and happy. The scientific facts are to be simplified and pass them on to the ordinary people.

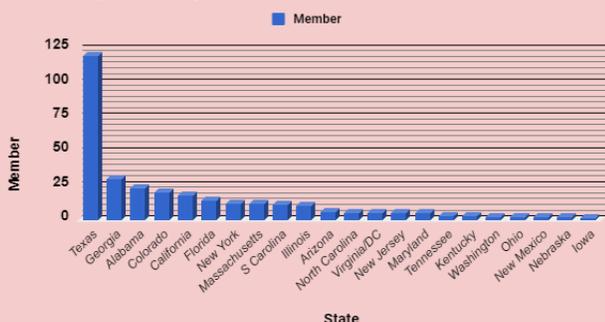
- If we can keep this organization active in the pace we are now, this would be the organization of attraction to so many communities and people. We need support from all walks of life.
- This work will introduce Nepal, Nepali, and donors in the USA one day. If the collective wisdom is extended to other countries of the world, that will help to introduce Nepal and Nepalese people across the world.



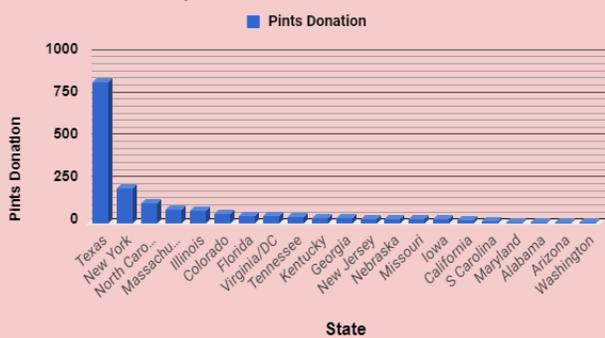
Blood Donors of America (BDA)
501 C (3), Non-Profit, Non-Religious, Non-Political

Executive Officer: 15
State Coordinators: 28
Life Members: 331
Total Members: 411

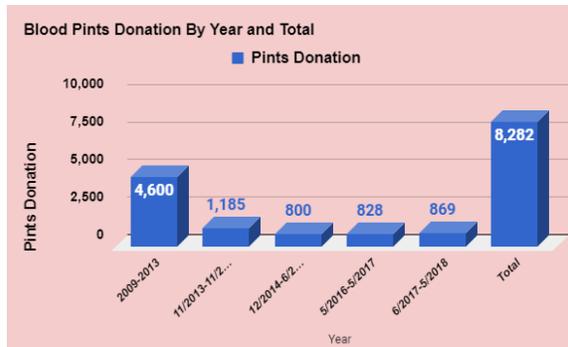
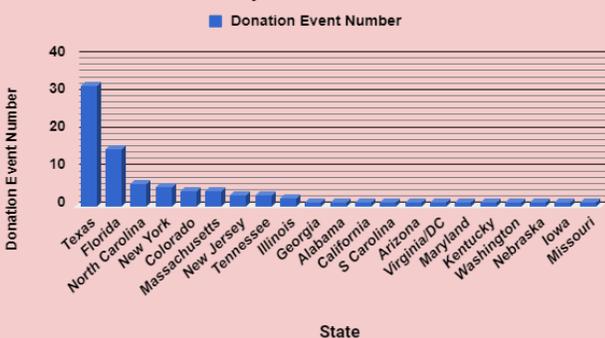
Membership Number By State



Blood Pints Donation By State



Donation Event Number By State



What Have We Achieved?

- We have been an integral part of volunteer community services. BDA is one of the most respectful organizations across US as of today.
- We have established strong harmony and relationship with all national, regional, and local organizations.
- We have good relationship with IFBDO (International) and BLODAN, Nepal.
- Although we mentioned 28 States, only 20 states are actively working at the moment.

Most Prevalent Problems

- Leadership generation, establishment, and protection strategies.
- It's really a dedicated social organization. Not many people are found to be active. Majority of the people ignore it.
- No financial benefits, instead it incurs expenses while programming around.
- Organization is big and scattered. Demands much time and efforts.
- Culture of feeling responsible is expected and response to email, phone call, and text message are intended.
- Culture of willing to hold a position but not to intend investing time for organization.
- Support from other organizations and government entity is not enough.

Strategies

- It requires to educate ordinary people why blood donation is important.
- It requires persistent activities and strategy to involve city office, congressman and senator, social leaders in blood donation camps.
- Support of media is required.
- Association with health camp, nursing support, and other technical camps.
- Tie up of line agencies and generation of MOU between organizations such as Lions, and community organizations.
- Proper use of social media like FB, Twitter, LinkedIn.
- Country wise blood drive plans and visit plan with social leaders.

Short Biography:

Ajay Raj Bagale

General Secretary, BDA Texas State Committee

Mr Ajay Raj Bagale is the general secretary of the BDA Texas state committee. He came to the United States in the year 2009 for his Master's Degree education and graduated in 2010. Currently he lives in Dallas, Texas. He joined the BDA in 2016 after first BDA convention. He feels himself to be proud of participating in the 1st BDA convention and getting introduced with BDA members. During the Convention, he got an opportunity to get familiar with BDA mission, moto and activities. He was very fascinated by the level of community service provided by BDA therefore I decided to be a part of BDA family.



Mr Bagale is serving as General Secretary of Texas State Committee with very helpful and supportive team. He has already donated blood for 11 times and counting. He feels blessed and is very thankful to BDA for providing such a platform to learn the importance of blood donation and to serve the community. He looks forward to continue serving BDA, host blood drives and donate blood. What greater gift is there than the gift of life? That's exactly what every blood donation delivers. So let's donate and save lives.

Ajaya Satyal

BDA, Executive Vice President

Mr. Ajaya Satyal is an avid blood donor from Florida. He started donating blood in 1985 and has been donating regularly. He says saving life by blood donation is his passion. He enjoys donating both whole blood and platelet. According to Oneblood, Inc., a non-profit blood collection agency in Florida, he has donated 19.375 Gallons of blood so far.



Mr. Satyal joined Blood Donors of America in 2014 as a life member and served as a State Coordinator of Florida from 2014-2016. Mr. Satyal has also served as the President of International Nepalese Blood Donor, Inc. from 2016 to 2018. Beside donating blood in his home state Florida, he has donated blood at America Red Cross Facility in Georgia, Nepal Red Cross in Kathmandu, and Satya Sai Institute of Medical Science in Puttaparthi, India.

An environmentalist by profession, Mr. Satyal is employed with Pinellas County as their Air Quality Division Manager. Prior to this job, he worked for the State of Florida in the Health Department and Department of Environmental Protection for 30 years. He holds a B.Sc. in Biology from Amrit Science College, Tribhuvan University and an AIFC Forestry Degree from Forest Research Institute in Deharadun, India.

Mr. Satyal lives in Clearwater, Florida with his wife Nana Satyal who is also a blood donor and a life member of Blood Donors of America. Their daughter and son are also blood donors. He can be reached at satyaljee@gmail.com.

Balram Poudel

BDA, Executive Member

Mr Balaram Paudel lives in Irving, Texas USA since 2011. He joined BDA in 2013 and became the life member in 2014. His main motivation to join BDA is to save more lives as he liked the fact that one person's donation saves 3 needy people.

Mr Paudel became proud to be a dedicated blood donor, once he joined BDA in 2013. He believes that BDA is a great social organization where one can help people by donating more blood. He has donated blood 5 times in USA and a lot more times outside USA. In 2013, he joined BDA Texas state chapter as the board member and continued in that position until 2015. He then became the executive member of BDA since May-2016, after 1st convention. In Nepal, Mr. Paudel was in educational sector and served as president two times in different institutions. He believes that BDA has conveyed positive message of humanity to the society and has to expand in all 50 states in the USA.



Bashu Shrestha

BDA, Executive Member

Mr. Basu Shrestha came to the United States in the year 2002. He lives in Eules, Texas with his wife Ganga Shrestha, daughter Sakshi Shrestha and his son Sabal Shrestha. He joined the Blood Donors of America (BDA) in 2013. Since 2013 to 2016, he was the BDA state coordinator for the state of Texas. In 2016, he became the executive member in the 1st BDA convention.



Mr. Shrestha is the regular blood donor and has donated whole blood 43 times so far. Not only him, but his wife and daughters donate blood. Mr. Shrestha believes that the blood you donate gives someone another chance to live as there is no artificial replacement of the human blood. He has also worked as an executive in the Nepalese Society of Texas.

Mr. Shrestha was a bit scared, when he donated blood first time in 1995 for his mother's surgery. In Texas, he has noticed the clear enhancement in the frequency of blood donation in recent days after the establishment of BDA. These days, every local organization organize blood drive during their social gathering, meeting etc. BDA spreads its message to "Donate Blood and Save Life" to every BDA members and families.

Bhabindra Basnet

Convention Chair and BDA State Coordinator, Georgia Nepalese Society

Dear Friends and Colleagues,

It is a great pleasure and an honor to extend to you a warm invitation to the Second National Convention of Blood Donors of America (BDA) being held on 26 May 2018 at the Hyatt Regency in Windy Hill Road, Atlanta Georgia. As a Convention Chair and the BDA State Coordinator for Georgia Nepalese Society, I would like to welcome you all to the beautiful and vibrant City of Atlanta.



After assuming the responsibility of State Coordinator for BDA Nepalese Society in Georgia in 2008, we have been actively coordinating blood donation drives in the Metro-Atlanta region. According to the American Red Cross, someone in the U.S. needs blood in every two seconds. In addition, although an estimated 38 percent of the total population is eligible to donate blood, only less than 10 percent actually donate each year. This number translates to approximately 6.8 million blood donors each year. In this regard, BDA has been undertaking an arduous task of hosting blood donation drives and conducting awareness programs in various States within the U.S. in an attempt to meet the critical demand of blood to save hundreds of thousands of lives per year.

With the theme "Be a Life Saver, Be a Blood Donor", we have gathered once again to discuss various ways to fulfill BDA's mission and identify new partnership opportunities in order to continue and expand this vital task of saving lives and most importantly, educating potential donors to join our cause. We hope for this to be a shared learning experience for all and thus, your relevant knowledge contributions will be the key to the success of this convention.

We hope you have a wonderful conference experience and hope your stay here will be a memorable one.

Bhushan Lal Shrestha

BDA, Executive Member

Bhushan Lal Shrestha is an established member in the community of blood donors. He has been donating blood for more than 25 years. He lives in Denver, CO and has been in USA for last 10 years. He has not only been donating blood, but also involved as one of the founding members of blood donors association of Nepal. Mr. Shrestha joined Blood donors of America in 2012 and has donated blood 3 times in the United States.



In Nepal, he donated blood more than 22 times and was also involved in other organizations like president of Patan Jaycees in 1990 and also served as president of Lalitpur Lions Club. Here in USA, he serves as a coordinator for the state of Colorado to conduct blood donation drives via BDA. With the help of the Bonfils Blood center of Colorado and local organization Rocky Mountain friends of Nepal, Nepali ghar, BRToonline News etc, he has hosted blood donation program in inspiring Colorado community in donating blood.

Having such vast experience in community service, he strongly believes that giving blood is saving lives. He follows the motive of Blood Donors of America and wants to flourish youth in active participation in BDA. He can be reached at bhushan.shrestha00@gmail.com.

Binod Chapagain

BDA State Coordinator, Tennessee

Mr. Chapagain has been living in Knoxville, TN since August 2012. He joined the BDA in 2014 and has been serving as the state coordinator of Tennessee since November 2016. He has also been actively involved in many social activities in Nepalese community and served as secretary of University of Tennessee Nepalese Student Association in Knoxville during 2013/14. He had never donated blood before joining BDA, but since then has been donating regularly. He has organized two blood donation events in Tennessee and is planning to set up another in the summer this year 2018. He feels fortunate to be associated with BDA as this organization gives him a platform to save lives of people.



The most important thing that he likes about BDA is that BDA is completely a non-political and altruistic organization with an aim of serving community by hosting blood drive and raising awareness on blood donation. The members of the organization are highly motivated and supportive to each other. He hopes BDA would continue the humanitarian work through coordination, friendship, and togetherness among Nepalese. Let's donate the blood and be a life saver!

My name is **Binod Roka**. I was born in Nepal, Chuichuma, Khotang. I moved to the States along with my wife Menuka came on April 5, 1998, which happens to be my birth day. My son Abhishek and two daughters Ashmita and Anjali joined us in 2003.

I did MA and Dip in Law from Nepal and completed my LLM degree from Touro Law Center, NY. I was admitted to the NYS Bar in 2003 as an attorney. Since then, I have been practicing US Immigration and New York Law in New York City. My law office Binod Roka and Associates, PC is located in Woodside, NY.

I was admitted as an advocate in 1983 in Nepal and was a member of the Supreme Court Bar Association. I also served as the Executive Member, Secretary of the Supreme Court Bar Association, and Executive member of Nepal Bar Association. I used to publish a quarterly legal journal "Nyaya Prateek" where I was the chief editor of that journal. Additionally, I served as a member of editorial board and publication committee of "Nyayadoot" law journal published by the Nepal Bar Association.

I started to get involved in New York Nepali community and its social activates since 2001 by joining the Alliance for Democracy and Human Rights in Nepal, USA. I was the President of this organization. During my tenure, I was provided commendation certification for distinguish leadership in community and dedication to preserving and promoting the rich heritage and culture of South Asian on June 28, 2005 by the Controller of New York City. I was also the vice-president of Nepal Center, USA, NY under the chairmanship of Kul Chandra Gautam. Furthermore, I served as the Chair of Election Commission of NRN, NCC of USA in 2014/2015.

In terms of my creative pursuit, I was the vice president of Nepali Literary Academy, NA. I have been a life member of INLS and one of the founding member of journey of creation. I have published two literary creations, such as the World in our Two eyes, a collection of songs "Journey of Life" and a solo CD Album "Mere Priye", Music by Sambhujet Baskota, and singer are Ram Krishna Dhakal, Dipak Limbu, Anju Pant, Jagadish Samal, Manoj Raj, Mandavi Tripathi, Abha Mukarung, and Sambhujet.

There are my Seven Music Videos and a dozen of songs beside CD album. Currently, I am planning on publishing two collections, Poems and short poems, and a solo CD album of spiritual songs. There will be around seven songs with my lyric, music, and voice.

I joined Blood Donors of America (BDA) in February 2009 as I was inspired by Arjun Prasad Mainali who was at that time running alone to achieve the mission of blood donation in my community. I used to tell Mr. Mainali that there has to be an organization to unify his mission. He followed my suggestion and started the organization while also convincing me to join him in the venture. He also put another condition that only a blood donor can be a member of this organization and asked me if I had ever donated blood. I said I did once when I was in Nepal but forgot the exact year. Then he said if that was the case I needed to do blood donation in the upcoming blood donation program which I agreed.

We discussed about the name of organization. I suggested some name with having Nepal or Nepali but he told me that it should not be limited only to Nepali community. So, we finally agreed on BDA. To organize a non-for-profit organization in NY, at least three initial directors were needed. I was among his recommended directors, along with Som Nath Ghimire, Parita Rajbhandari, and Som Nath. BDA was registered on June 17, 2009 in NYS, division of corporations and state records. Now, it has spread in many states of USA and doing a wonderful job. I am very happy to be with this organization since its inception. I hope this organization would grow with an identity that members of this organization run to save life of other people by donating blood. www.binodlaw.com; Info@binodlaw.com



Dilu Parajuli

BDA State coordinator Kentucky

Mr. Dilu Parajuli is one of the member of blood donor from KY. He started donating blood in 2014. He has been donating blood since then. He believes that if everyone donate blood, who is healthy to donate, could be more than enough supply of blood in the world. Blood bank, hospitals and the providers could easily get blood to the needy people.

Dilu Parajuli joined Blood Donors of America (BDA) in 2016. He is the state coordinator for the state of Kentucky. He is also a chapter president for Kentucky for NRNA. He has been coordinating with local Nepali organizations to organize blood donation in the community of Kentucky and encourage peoples to donate blood.

Mr. Parajuli is an entrepreneur for small businesses such as convenient and gasoline, by his profession. He was a medical assistant worked for Nepalese government for 5 years in remote and villages area in Nepal. He can be reached at 8598069795 or diluparajuli@yahoo.com.



Dr. Bishnu Phuyal

BDA State Coordinator, Illinois
Former BDA Executive Vice-President

Dr. Bishnu Phuyal came to the United States in 1992. He completed his Ph.D. in Geodetic Science and Mapping from Ohio State University. His wife Sharmila Phuyal and two sons Biswa and Dibya joined him within a year. He moved to Chicago in 1998 to begin his professional career at HERE North America LLC, then Navigation Technologies. It has been over 20 years that he worked in the company as a researcher and is planning to retire in the fall of 2019.

Dr. Phuyal was involved in Chicago Nepali community in its social activities since 1999. Over the years, he has served as a Treasurer for Association of Nepalese in Midwest America for 6 years, Board of Directors of NRN NCC USA for 2 years, Board of Directors for Ameri-



can Society of Nepalese Engineers for over 5 years. He is currently serving as Advisor to NRN NCC USA. He is a founding member of Nepali American Center (NAC), a Nepali community social organization and serving the organization as its President. NAC was formerly registered as a IRS 501c3 organization in 2009. It organizes monthly social and religious activities to serve its community every month since 2006 before officially established.

He joined Blood Donors of America (BDA) in 2011 as its executive committee member. In 2014, he served BDA as its Executive Vice President for two years. Currently he is with BDA as state representative from Illinois. Over the last several years, he is involved in organizing many community blood drive events in Chicago.

Blood donation from Nepali community is very important and sacred matter as all Nepali believe in Vasuddaiva Kuthmbakam (वसुधैव कुटुम्बकम्), we all are one family.

Dilip Bhandari

BDA Central Executive Member

Mr. Dilip Bhandari has been living in Little Rock, AR since September 2006. He started donating blood in mid-nineties when he was in college in Rampur, Chitwan Nepal. He used to donate blood regularly until 2006 and then as and when he is eligible to donate blood. His extensive business travels are hindering him to donate blood on regular basis due to restrictions from US blood donation guidelines.

Mr. Bhandari joined Blood Donors of America in 2015 as a life member and served as a central executive member from 2016-2018. Mr. Bhandari serves as member of different professional organizations.

Mr. Bhandari is currently working in Heifer International (www.heifer.org) as Director of Program and Livestock Technology. Mr. Bhandari has worked as a livestock production management and community development professional for 15 years in diverse assignments in over 15 countries spanning Asia, Africa, and Central America. Mr. Bhandari holds Master of Veterinary Medicine from Seoul National University and a Veterinary Medicine and Animal Husbandry degree (DVM) from Tribhuvan University Nepal.

He maintains a keen interest in sustainable international development, pro-poor livestock value chains and current affairs. He can be reached at bhandari.dilip@gmail.com



Dr. Ghanshyam Bhatt

Life Member, BDA

Former Executive Member, BDA

Dr. Ghanashyam Bhatt came to the United States in 1999 as a graduate student. He did his Master's degree in Tribhuvan University and Ph.D. degree in Iowa State University. Currently he has been working as an associate Professor of Mathematics at Tennessee State University, Nashville, Tennessee.

Dr. Bhatta joined the Blood Donors of America (BDA) in 2011 as a life member and ever since he has been organizing blood donation drive in Nashville area and has been donating blood through Red Cross. He served as member of the executive committee of BDA from 2014-16. He also served as a member of by-laws study and recommendation committee recently. He says he is a proud member of this great association as its sole goal is to help people, serve people, save people.



Dr. Nanda Regmi

President BDA

Dr. Nanda Regmi, the first elected president of Blood Donors of America (BDA), joined BDA immediately after its establishment in 2009, and has been serving BDA in different capacities up to now. Dr. Regmi successfully completed three full tenures of the central executive committee and responsibilities of a convention chair for the first convention. Before holding the office of president from May 30, 2016 to May 29, 2018, Dr. Regmi contributed BDA as central executive member (2013-2016) and central treasurer (2011-2013). Dr. Regmi also served as a chair of membership committee of BDA (2013-2016) and a member of bylaws committee (2013-2016). Both the committees successfully governed their responsibilities resulting in emerging BDA as one of the largest organizations of Nepalese diaspora in US achieving the highest number of BDA life members from Dallas, TX in short period of time.

Dr. Regmi successfully accomplished the task of convention chair for the first joint convention of BDA and Society of American Nepalese Nurses (SANN) held in Dallas, TX in May 27-29, 2016. The convention was remarked by the association of SANN and participation of Nepal Sports and Culture International (NSCI), Association of Nepalese Agricultural Professionals in Americas (NAPA). His Excellency the Nepalese ambassador to US Dr. Arjun Kumar Karki inaugurated the convention as a chief guest where the president of International Federation of Blood Donor Organizations (IFBDO), Mr. Gainfranco Massaro, was also present. The three day convention was able to leave its footprints with 111 pints of blood donation, free health camp, free eye exams, NRN forum, INLS program, cultural events, and volleyball tournament.



Dr. Regmi was able to organize the first blood donation event under the banner of BDA in partnership with other social organizations in Dallas, TX in June 30, 2012 at Hilton Anatole Dallas, TX during 30th ANA convention held in Dallas where 33 donors from different parts of US donated blood. Dr. Regmi was able to encourage and unite blood donors under BDA across the USA as well as in TX, the state of his residence. As a result of which BDA state committee of TX under the coordinatorship of Basu Shrestha was established in November 23, 2014. The BDA TX committee is the largest, strongest, and the most active state committee of BDA ever seen in the USA which was able to register the highest donation pints of 128 in a single event at a single place in Dallas, TX in April 25, 2015, the same day in which the most devastating earthquake hit Nepal..

Professionally, Dr Regmi is a biomedical scientist involves in rare brain disease research in the department of Neurology and Neurotherapeutics of the University of Texas Southwestern Medical Center at Dallas, a premium university of this time where 6 nobel laureates worked. One of the laureates, Dr Bruce Beutler, is his research collaborators, in the UT Southwestern. His research focuses in identifying the primary genes responsible for movement disorder technically called dystonia.

Dr. Regmi joined UT Southwestern in 2008 as a postdoctoral researcher after his Ph.D. in 2007 from Tokyo University of Agricultural and Technology, Tokyo Japan in drug metabolism and pharmacokinetic. Before leaving for higher education in Tokyo in September of 2002, Dr. Regmi also worked for the department of Pharmacology as an assistant professor for 5 years at the Institute of Agriculture and Animal Science (IAAS), Rampur, then Tribhuvan University from 1997 to 2002. Dr. Regmi also served for Nepal government as a veterinary quarantine officer for one year under the livestock services department. Dr. Regmi is one of the first veterinarians graduated from Nepal.

Dr. Regmi has been serving several community organizations at different roles and has delivered several guest speeches at the capacity of BDA president, advisers, and volunteers. He has been a member of Nepalese Society of Texas (NST) since 2008, adviser of Indreni Cultural Association (ICA) and International Nepalese Literary Society (INLS), Dallas Chapter, and Pulmonary Hypertension Association (PHA), Nepal.

Dr. Regmi, is a regular blood donor and has donated whole blood 21 times in different parts of US and Nepal. He is a whole blood donor. Dr. Regmi has visited different places of USA to create blood donation awareness especially when there are national conventions and meetings of social organizations. As a result of which, in support of his colleagues and social organizations BDA, is able to make about >8K pints of blood donations since he joined BDA. Dr. Regmi, strongly believes that whole blood donation helps stay healthy and live long life of the donors as reported by several peer reviewed scientific papers. Dr. Regmi and his team was able to expand BDA with significant achievement of trust and solidarity of internationally recognized lifelong blood donors like John W. Sheppard, and Ellen Sheppard from Florida and was able to welcome them as life members of BDA. Dr. Regmi lives in Dallas, TX and holds a family of four, his wife Mrs Pabitra Regmi, daughter Nirpa Regmi, and son Nirpesh Regmi. Nirpa is a life member of BDA. Dr. Regmi can be reached at nlregmi@gmail.com.



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

We wish for the grand success of

**BDA's 2nd Convention
in Atlanta, Georgia.**



**Mr. Ishwor &
Chandra Shrestha
Lubbock, Texas**

Dr. Chooda Mani Khanal

BDA State Coordinator, Florida
Chair, Punarjeevan publication 2018

Dr. Chooda Mani Khanal came to the United States in the Spring of 2003 as a graduate student at California State University, Long Beach, California. He completed his Mastered Degree in Physics in 2005 and moved to Miami, Florida. Later, he completed his Ph.D. in Electrical Engineering from Florida International University.

Dr. Khanal is a social worker and has been involved in community service for a long time. Dr. Khanal is the Chair of editorial board of the current issue of Punarjeevan, a publication of Blood Donors of America. Currently, he is also serving as the President of Nepalese Association of Florida. He was the founding president of Nepalese Student Association at Florida International University in 2008 where he started annual blood drive program in association with Abi Kattel Memorial Foundation. Dr. Khanal was the president of International Nepali Literary Society, Florida Chapter (2013-2015), Editor in Chief of Sagar, Editor of Shangrila, a quarterly publication of NASEA (2013-2015) and chief editor of VOICE, a quarterly publication of Florida Association of Nepali Societies (FANS).

Dr. Khanal was awarded an Outstanding Social Leader during ANMA/NASEA joint convention 2012. He established Kritagya Trust to support the needy kids for their schooling in Umlabari, Nepal, and also Kritagya Scholarship for PadmaDal Memorial Foundation. Dr. Khanal was recognized as a Gallon Blood Donor before he was diagnosed with a rare disease called Pulmonary Hypertension. He founded Pulmonary Hypertension Association Nepal (PHA-Nepal), a 501c3 charitable organization to help the people affect by PH by hosting awareness program, free health camps and summit for medical professionals. Dr. Khanal has been involved directly indirectly with BDA since her inception. He can be reached at ckhanal@gmail.com.

**Eka Dev Sharma**

BDA State Coordinator, California
Joint Secretary, 2nd BDA Convention

Eka Dev Sharma is a Father of triplets Children and has been an American Resident Since August 2006. He lives in Southern California with his Family. Since his Childhood he started to involve in Nepal Junior Red Cross and Learn to Serve. During his student life he has involved various volunteer and Social activities and Social Service became his Passion.

Mr. Sharma believes People are more important than profit. In his free time, he works with local social charitable organizations, demonstrating his passion for helping others and serving community in different ways. He prides himself on his involvement in social charitable works. He states his purpose of life is "INSPIRING OTHERS" to improve others life one at a time. His goal is always to help and leave a person in a better position than he finds at the beginning.

Mr. Sharma joined Blood Donors of America (BDA) in 2017 and soon became the BDA coordinator for the great state of California to serve the community. He feels that he is saving lives while donating and is the best way to serve mankind. He started donating blood in early 1989 and is still donating.

Besides BDA California State Coordinator, currently he is a General Secretary of ANSCA, America Nepal Society, California, a 45 Years (Old Probably the Oldest Nepali Organization in America) founded in 1973. He had served ANSCA as 2nd Vice President for Two years 2016-2018 Term. He is also a Contributing Member of NRN Help Desk, California.

Mr. Sharma thinks that BDA is doing great not only by holding blood drives, but also educating people in different ways. He encourages everyone to be part of BDA family and feel the greatness of serving for people. His message to the BDA family is continue the good work and spread it to the world so that people start to repeat what BDA is doing for the community.

**Ganga Thapa**

BDA, State Coordination Committee Member, Texas

Mr. Ganga Bahadur Thapa is a consistent blood donor from Dallas, TX. He lives in Euless, TX. He can be contacted at ganga.bdrthapa@yahoo.com. He has a bachelor's degree in agriculture and Animal Science from Institute of Agriculture and Animal Science, Tribhuvan University, Rampur, Nepal.

He first donated blood in 1995 in Nepal and has been donating regularly since. He is interested in doing social works. He says being involved in blood donation and saving life is a first step towards giving to the welfare of the society.

He joined Blood Donors of America in 2015 as a life member. He had served as an executive member and now as Vice Coordinator of BDA Texas.

During the first convention of BDA held in Dallas, TX, in 2016, he took the responsibility for the management of food and lodging. Now, as the second BDA convention is going to held at Atlanta, Georgia, he has been working hard as a member of Convention Financial Committee.



Ira Acharya

BDA, Publication Committee Chair

Ms. Ira Acharya joined Blood Donors of America (BDA) as a life member and was elected as Executive Board member of BDA- Texas Chapter in 2013. She was assigned with the responsibility of member of BDA central board publication activities in 2016 and also with the responsibility of Program Coordinator for BDA Convention-II, 2018, Atlanta, Georgia.



Ms. Ira Acharya came to USA in 2006. Before coming here, she was involved in various national and international organizations working for the empowerment of women and children from socially disadvantaged communities in Nepal. She had worked as the district level Program Manager of UNDP-Nepal's Microenterprise Development Program and contributed to prepare hundreds of micro-entrepreneurs from socially disadvantaged communities. She had also worked as Enterprise Development Specialist in UK government's Rural Access Program in Nepal. In addition, she had joined various non-profit organizations and volunteered for the cause of needy people.

After coming to USA, she joined Dallas Everest Lions Club (DELCL) in 2008 and was elected as President of the club for 2013-14. In her presidential tenure, she had performed many remarkable social welfare activities and expanded the scope of the club to Nepal. Her major contribution, to remember always, is helping Arogya Foundation in Nepal by regularly organizing Kidney Walk event in Dallas and raising fund for the foundation. The foundation is the pioneer non-profit in Nepal serving socially disadvantaged kidney patients.

In 2011, Ms. Ira Acharya joined Development for Peace International (DFP International), Hurst, TX to fulfill her desire to work especially for socially disadvantaged orphans and vulnerable children and women in Nepal. DFP International, a Texas -based non-profit organization, is working in Nepal in that field since 2007. Ms. Ira Acharya was elected as Vice Chairperson of the organization for 2013-17. Presently, she is working as the Program Director of the organization and launching programs in Nepal and USA.

Ms. Ira Acharya has her Master's degree in Economics from Tribhuvan University, Nepal and post-graduate research-oriented study in Women's Work from International Women University/University of Hannover, Germany. She has visited India, The Netherlands, Germany, Spain, France, Luxembourg, and Belgium in her course of study and travel.

Ms. Ira Acharya likes a life with meaning and purpose leading inner satisfaction and finds BDA as the appropriate vehicle to reach that state in life.

John W. Sheppard

Guinness World Record Holder Blood Donor
BDA Life Member

John Woolslair Sheppard was born in Fort Myers, Florida on October 3, 1932. Born the son of W. A. and Mary Woolslair Sheppard, he is a third generation Lee County Florida native of his grandparents John K and Harriett Woolslair in 1898, when Fort Myers and Lee County Florida were much like the Western Cowboy small towns portrayed in the movies. John graduated from Fort Myers High School in 1950. He attended and received the B.A. Bachelor's Degree in 1953. He continued the law school, where he graduated in January of 1956, with a Jurist Doctor degree. While in Law School, he served as editor of the University of Florida Law Review Following College, Sheppard served in the U. S. Army infantry for 2 and 1/2 years. He returned in 1958 and joined his father W.A. Sheppard and his uncle John K Woolslair, Jr., in private Civil Law Practice.



John and his wife Ellen were married on June 4, 1954, and to them were born three children, John Jr., (who died in 1980,) Andrew and Sandra. They have 6 grandchildren and 7 great grandchildren. They hope to celebrate their 64th wedding anniversary, this June 2018.

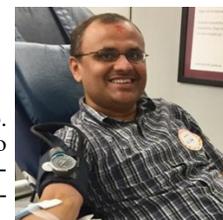
During his time in the Law, he served as President of the Lee County Bar Association. His early practice was a general practice. He served as appointed attorney to volunteer to defend persons in need of counsel charged with a crime, until the enactment of Public Defender Laws in the mid 1960's. In later years, his practice was primarily in the areas of real estate, Wills, Trusts and Taxes. In 1981, he was in the first class to be certified in that law area by the Florida Bar Association.

Through the years he was President of a number of charitable organizations, and Ruling Elder in his Church denomination and still teaches adult classes in the Churches he has served. He is one of two remaining Founders of the Southwest Florida Community Foundation 42 years ago, which today has endowed assets exceeding 110 Million Dollars. He continues to serve as a senior Advisor Trustee, attends Board meetings and serves on Committees of the Foundation. He and Ellen have been deeply involved in the local Children's Hospital founded 20 years ago, which last year completed a new state of the art seven story facility and is named The Golisano Children's Hospital. The Sheppard's provided an "All Faiths Chapel" for the new facility.

In 1991, Mr. Sheppard at the age of 59 was medically diagnosed with what was then called "Early Onset Alzheimer" disease, with a 3 to 5 year life expectancy, and prompted to retire from the Law. Eighteen months later he learned of a new Holistic M.D. Neurologist, who suggested he adopt 3 disciplines of life, including diet, exercise, and maintaining an active and creative mind. The Doctor recommended that he begin writing to challenge his mind. To date Mr. Sheppard has completed 8 published books including two books on local history, and the remainder in the area of finding a useful and contributing life under such titles as "I Can See Clearly Now", "Little Things Can Mean a Lot" and "Simple Gifts". His wife Ellen is an artist and has created the descriptive covers for 6 of the books.

The Sheppards deem each day that they have together as a special gift, and seek to find those things and places where they can contribute to others in appreciation of their special life together [Southwest Florida Community Foundation 2017].

Dr. Lila Raj Dahal
BDA, Executive member (2016-2018)
BDA, Ohio coordinator (2014-2016)



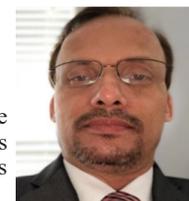
Dr. Lila Raj Dahal came to the United States as Ph.D. student in physics in 2004 at Ohio University Athens, Ohio. Dr. Dahal then moved to the University of Toledo in 2006 for the Ph.D. in 2006 after receiving M.S. degree at Ohio University. He completed his Ph.D. in physics from University of Toledo in 2013. He has been working as an Advanced Scientist at one of the world's largest glass company, Pilkington North America, NSG group, after the completion of his Ph.D. near Toledo, Ohio (Northwood).

Dr. Dahal has been heavily involved in social activities within Nepali community, ever since he came to Toledo. With most of the people coming to Toledo as University students, they need assistance in their early days and Dr. Dahal has been the prime person to look after them. Moreover, Dr. Dahal and his fellow friends established Nepali Student Organization at University of Toledo, NSO@UT, in 2009 with himself being the founding secretary. He then served as the president of NSO@UT for 2 years. After that, he has been advising/helping all the subsequent NSO@UT executive committees in terms of conducting Nepali programs, celebrating Nepali festivals etc. He was also heavily involved in various social activities back in Nepal.

Dr. Dahal joined BDA in March-2014 after being contacted from one of the BDA executives and quickly became the state coordinator for the state of Ohio. He organized/participated 3 blood donations with himself as a donor at the local Red Cross blood collection center in Toledo. Even though the frequency of blood donation campaign has been slowed down recently due to his health condition and many Nepalis in Toledo Ohio area being student and ineligible for blood donation in their first three years, he thinks that it will come back up all across Ohio in the near future. He is in talk with other larger Nepali communities in Ohio and is hoping more blood donation activities in the days to come. He has been serving as an executive member of BDA after 1st convention held in Dallas in 2016 and is actively working in the publication portfolio. He thinks that BDA is one of the best platforms that one can work peacefully for the society, as the main motive of BDA is TO GIVE. He also feels that BDA is doing well and can grow even better, if it can be tied into local organizations.

In his free time, Dr. Dahal likes to watch soccer game and is excited to work in the backyard for gardening. He feels really happy when he sees plants producing vegetables and fruits, flowers bloom, even though the actual price of the produce may not worth much. He has been living with his wife Puja Neupane (married in 2005) and two sons Ashim Dahal (7) and Alok Dahal (6).

Madhav Mainali
BDA State Coordinator, Alabama



Mr. Madhav Mainali came to the United States in 2004. He joined the Blood Donors of America, BDA, in 2013 as a life member. He has been living in Huntsville, AL. He feels very comfortable and happy while donating blood, as he knows that blood donation is for saving lives. He started donating blood in 1998 and donated more than thirty times. He wants to encourage all the Nepali community around the globe to donate blood and help saving more lives.

Mr. Mainali was an entrepreneur committee member back in the early days. He has been involved in the NASEA since 2004 as a life member and was in its executive committee in 2013-2015. He has been serving as a BDA state coordinator since 2016.

Mr. Mainali had a different feeling when he first donated blood at प्रशुति गृह, Thapathali, Kathmandu, Nepal. He was very excited before donating the blood and felt very happy and blissful because it was an life saving matter. At that time, he donated the blood to transfuse to one of his relatives, who was about to die due to over bleeding during delivery and in desperate need of blood. It was the great experience for him and felt proud to save her life, which then encouraged him for future blood donations. His message to the BDA community is to let everyone know how BDA works for people and the importance of blood donation and he would like to encourage everyone to donate at least once a year.

Maheshwar Pant
BDA State Coordinator, Massachusetts



Mr. Maheshwar Pant came to USA in 2001. He is popular among Nepali community due to his writing skills as he has written several songs, poems, story books in Nepali. Some of his books include Nepali Story Book मुन्दी (in 2016), Nepali musical CD "सृष्टी" as the composer/lyricist -2014, a book on Nepali Songs "ओझेल परेको जून" 2014, Nepali musical CD "बिर्सनेको यादमा", Nepali Gajal (poetic song) "हराएको मान्छे" - writer 2010, Nepali musical CD "झङ्गल्को" - composer/lyricists -2009. He also composed a musical -CD entitled "रक्तदान जीवनदान" published by BDA in 2015. He lives in 65 Concord Avenue, Norwood, MA.

Mr. Pant has been affiliated to several organizations in USA and is serving in executive positions in majority of them. He is the position of Charter President of F. Himalayan Lions Club NW, Boston, Central Member of International Nepali Literary Society, Member of NRN ICC Language Literary committee, BDA State Coordinator of the state of Massachusetts.

तस्वीर आपें बोलछ



तस्वीर आफें बोल्छ



Mr. Panta joined BDA in the year 2012 as he liked the philosophy of रक्तदान जीवनदान. While donating blood, he felt like he is the hero of the community. He has donated 10-11 times in his lifetime and has organized 10 blood donation campaigns in the greater Massachusetts area. He is proud to be the first organizer of blood donation in Massachusetts among other Nepali communities. He knew first BDA president Arjun Mainali in Nepal, when they both were in the Lions Club, who inspired him to work with BDA. He feels very great working with BDA and says that everyone should help BDA to facilitate blood donations all across USA and save more lives.

Manish Shakya

Ex- BDA Joint Secretary

Mr. Manish Shakya came to the United States in 1997 and currently he lives in Charlotte, NC. He joined BDA in the year 2013 and served as the joint secretary in 2014-16. His immense knowledge in the computer programming/ web designing contributed a lot to the BDA family as he designed and managed the BDA official website. His message to the BDA family and to others is to make the habit of blood donation and save more lives as the blood donated from a person at one time can save as many as three lives.



Apart from BDA, Mr Shakya has been involved in several social activities in Nepali diaspora. He is the founding member of the American Society of Nepali Engineers. South Carolina Association of Nepali (president 2011-2013), executive board member of NASEA (2015-2020), NASEA IT chair (2015-2017), NASEA-ANMA Joint Convention co-chair, NASEA-ANMA Joint Convention program coordinator (2017).

Manju Sangraula

BDA State Coordinator, Virginia/DC

Ms. Manju Sangraula joined BDA as a life member in 2014 and is serving the organization taking responsibility of state coordinator for Virginia since then. She has organized several blood donation events in the area netting BDA with other entities.



Being a person of nursing profession and a dedicated social volunteer for several years at the capacity of founding president of Society of American Nepalese Nurses (SANN), a non profit 501 C 3 organization, Ms. Manju has organized countless programs oriented to health benefits and health education including CRP. Many of them are usually associated with blood drive events.

The SANN was the partner organization of the first joint convention of BDA and SANN held in Dallas, TX in May 2016. The first convention was remarked by the presence of several nurse volunteers from different parts of the country. Ms Manju believes community services through the donation of precious gift is priceless and invaluable. She says it is her passion to be engaged in community services of her whole life.

Ms Manju and her husband both are life members of blood donors of America and she can be reached at msangraula@gmail.com.

Mohan Gurung

BDA State Coordinator, Washington

Mr. Mohan Gurung was born and raised in पेल्काचौर- गैरिस्वारा, स्याञ्जा, Nepal. His father was a village वैद्य (medicine man) and a spiritual healer who dedicated his life by offering this service to his village and the surrounding ones. He saw many ill people at my home when he was a child. He wondered why so many people get sick? He thought it was a normal process of life. As he grew up, he understood some reasons of illness and it motivated me to become a doctor. He joined institute of Medicine Maharaj Campus, which was the only one medical training school in Nepal at that time. After the training, he worked at some health posts, medical clinic. Most of his medical works were done in Kathmandu at a local government hospital.



He learnt about how the human body worked, how to treat common illnesses & treatments, and that's when I clearly understood the importance of blood.

During his time working in the health service in Nepal, he saw many anemic cases, blood loss due to road traffic accident, burn, cancer and so many other reasons. I understood that we can donate our blood to another who needed it to save lives. I started donating blood then. He has donated about 10 times already during his service time in Nepal and a couple of times here in the USA.

He now resides in Seattle, WA with his family. He stay connected with the Nepali community and was able to establish Nepal Seattle Society back in 1996 and got it registered with the State of Washington in 1999.

After his children got out of college, he was thinking what he should do next ? May be something for his community and the next generation. He established The Everest Kitchen restaurant in 2004, which creates a handful of jobs and brings our ethnic cuisine and culture in the forefront of the local community. He also established Nepal Global Trade USA, inaugurated by former Nepal Ambassador for USA Dr.

Shankar Raj Sharma, US Congressman Jim McDermott, and NRN USA President Suman Timsina in 2011, the goal of that organization is foster bilateral trade and culture skill exchange between Nepal and USA. He was recognized as one of the top Contributors by NW Asian Weekly in 2013.

Being involved with the Asian Communities took me to Governor Jay Inslee, who appointed me as a Commissioner for Commission on Asian Pacific American Affairs in 2014 and I continue to serve on that position.

In 2015, he had an opportunity to serve as a Washington State Coordinator for BDA which revitalized me take more steps towards the importance of blood donation. He hopes to continue being part of BDA and supporting its initiatives.

Bandana Khadka BDA joint-treasurer

Mrs. Bandana Khadka came to USA in 2005 and has been living in Greensboro-High Point, NC. She is a regular blood donor from High Point NC. She volunteer in community service as Joint-Treasurer of Blood Donors of America, she started donating blood from 2012 and since then she has been donating blood regularly. She says saving life by donating blood is saving humanity. She enjoys donating both whole blood and platelet.

Mrs Khadka joined Blood Donors of America in 2014 as a life member and served as a BDA Joint-Treasurer from 2014- present. Mrs. Khadka has also served as the treasurer of Triad Nepalese Community Center(TNCC) from 2011-13.

She has been actively volunteering TNCC Nepali पाठशाला as an instructor since 2013. She also had served to NRN women committee as a member for two years.

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She has been actively volunteering TNCC Nepali पाठशाला as an instructor since 2013. She also had served to NRN women committee as a member for two years. She is thankful to the BDA community members for their generosity and continued help for blood donation activities.



Kemika Bhandari BDA State Coordinator, Maryland

Ms. Kemika Bhandari came to the United States in December 2002. She has been affiliated to Nepal Sports Culture International Inc. Maryland, USA. She is the founding member and the current vice-president of this sports and the cultural organization.

Ms. Bhandari joined BDA in September, 2015. She became the state coordinator of the state of Maryland in October-2015. She thinks that blood donation is the life donation and people do it by their heart. People wish their same passion for their entire life. One one hand blood donation is the life donation whereas in other hand it is the free of cost. While it is necessary to keep one's own health in check, people should be actively involved in donating blood and saving lives. She wishes for the longevity of the Blood Donors of America. Moreover, Mr. Bhandari is self inspired for blood donation and other social activities, once she realized that the best way to help people is through social work. She used her networking skills to get involved in Red Cross initiated blood donation program.



Niranjan Bhandari BDA State Coordinator, Utah

Mr. Niranjan Bhandari was born in Sindhupalchok and raised in Chitwan. He completed his high-school from Jhuwani Secondary School and I.Sc. from IAAS Rampur, Chitwan. After two years in Saraswati Campus in Kathmandu, he moved to the United States as a student in 1998.

Niranjan obtained a Bachelor's degree in Management and a Master's degree in Public Policy Analysis from Brigham Young University in Utah. He also obtained a Master's degree in Management Information Systems from Northern Illinois University (Chicago suburb).

Mr. Bhandari currently works for Oracle as a Senior Application Support Engineer. In the past, he has worked for BYU, IBM, Novatek, Ceridian and Morneau Shepell. He currently serves as Public Relation Officer for the Nepalese Association of Utah (a 501 (C) (3) organization). Niranjan is married and have two children and lives with his family in the beautiful Salt Lake Valley (Utah).

Mr. Bhandari joined the Blood Donors of America (BDA) in 2017 due to his great desire to serve for the community. He has been planning to arrange blood drives in the state of Utah by coordinating with local Nepali organizations in various cities. He is very positive to the BDA mission and wish the success of BDA in the days to come.



Prem Shrestha

BDA State Coordination Committee Member, Texas

Mr. Prem Shrestha is originally from पाँचथर district in eastern Nepal. Born in the remote area of the country in about four decades ago, Prem used to enjoy listening the slogan of Nepal "रक्तदान जीवनदान" frequently. It then led him to think donating blood and be the part of life saving mission. One day he got the chance to donate blood. He had both experience: scary and fun. That time fun part played the big role and made him the proud blood donor.



In 2008, he came to USA and since then he has been living in Lubbock TX with his family. He always thinks about blood donation. People used to say they can donate blood to make money too but he never did so. One day he heard people talking about Blood Donors of America (BDA) while donating blood. He was totally ignorant about BDA until then. He was approached by Resham Gharti, BDA life member and current treasurer, and motivated to donate blood as well as work in the BDA.

He restarted to donate blood after that but never thought he could be the part of BDA to serve the committee. He became a life member in 2014. Now he is a member of Texas State Coordination Committee since 2017. Currently h hasn't been involved in any other organization.

He had a dream to be the blood donor and BDA has been fulfilling his dream. So far he has donated blood 18 times (4 times in Nepal and rest here in USA). After he became member of the state committee, he has organized 5 blood drives.

Finally, he says that BDA is the only one and best non political organization. It doesn't have any discrimination. Everyone has red blood. This is our life. Be the part of BDA. He can be reached at 8065434681.

Rajan Kandel

BDA Convention Joint Secretary, CA

Mr. Ranjan Kandel worked as immediate past President of Club-25 Nepal which motivates youths in volunteering blood donation and saving life of people, Youth coordinator at Amnesty International Nepal which aims at providing human rights to all people, member of Global Youth Network, Asian delegates at International Federation of Voluntarily Blood Donor Organization, member at Blood Donor Association Nepal, life time member of Nepal public health association, member at Blood Donor association of America. He has been portraying himself as a role model of youth in National and Internal media. As, a result of this, he had received Club-25 International youth award in 2014 in Global Youth Meets in India and, International Nepalese blood donor award in 2014 Kathmandu Nepal which was the vital achievement in his life.



He is a student at Lincoln University and is currently serving as the Student Council President in the M.B.A program. He has already donated blood 16 times to date, which will go more in the future. Moreover, he has organized several blood donation camps and did motivation seminars in Nepal and feels proud being regular blood donor.

Resham B Gharti

BDA Treasurer (2016-2018)

Mr. Resham Bahadur Gharti, born in a remote area of Synajga district of Nepal, immigrated to the USA in 1995 under diversity program. He was deeply impressed with his grandparents who used to say "donate anything you can in need is a better in deed" when he was young although he is the eldest kid of his parents Mr. Padam Bahadur and Late Mrs. Jhaki Maya Gharti.

Mr. Gharti had a life turning moment when he was a university student in Nepal in 1988. One of his friends mom was hospitalized in Bharatpur hospital of Chitwan district, Nepal was required to receive blood in acute condition. During this emergency time Mr. Gharti visited the hospital with his like minded friends in a group of 7-8 people where he donated blood for the first time to save the life of his friend's mom. Later, when he visited the mom to know her health status in which she blessed him like her own son which made Mr. Gharti to think deeply that he did something on that very day. Since then, he thought blood donation is a life donation.

After his arrival to the USA he was wondering for a long time how he could spread the important message of life saving through blood donation in groups. Soon he came to know about Blood Donors of America (BDA) through Mr. Basu Shrestha, then BDA Texas Coordinator, Dr. Nanda Regmi, then BDA Central Committee Treasurer and Dr Lila Karki, then BDA President in 2014. Mr. Gharti deeply observed those motivated blood donor volunteers and immediately decided to join BDA as a life member. Then after, he soon accepted the responsibility of a member of BDA TX executive committee. Since then he initiated organizing regular blood drive events at least 3-4 times in a year in Lubbock of TX, and has already organized donation events for 14 times. Due to which, as a complementary reward, he was recognized by presidential volunteer service award (PVSA) from the office of US president in 2015 under the recommendation of BDA. Now, all members of Gharti family are life members of BDA and he is serving BDA at the capacity of central treasurer. He is also a chair of advertising and fundraising committee of BDA 2nd convention committee at the moment.

Mr. Gharti is a deeply motivated guy in community services who first did serve to the SANN (Society of American Nepalese Nurses), which is also a 501 (C)3 organization extended across the USA. He became a member of SANN in 2012, and then has been



...serving as an Executive member since 2013. In addition, he is taking the responsibility of the office of OutReach Coordinator since 2016 for SANN. In addition to serving to the SANN, Mr. Gharti also served Nepalese Society of Lubbock as a president.

Mr. Gharti thinks, as the name of BDA stands for “DONORS”, he believes he is a dedicated donor in terms of blood, time, efforts, and even money to his capacity of extent whenever needed. He is also considering to be an ORGAN DONOR and is seeking advice from his family.

Mr. Gharti has a very clear and inert mission to save human life to the best of his efforts because he a nurse by profession and knows the importance of blood and its only source by donation. He has few words for the first time donors who have some degrees of reluctance to the needle prick for the first time saying by **HAIL DONORS, HAIL BDA, HAIL VOLUNTEERS !!!**

Sanjaya Thapa

BDA founding member

Mr. Sanjaya is one of the founding members of Blood Donors of America (BDA). He came to the United States in 2007 and lives in New York. He believes in donating blood to save more lives and started donating blood in 1983. So far, he has already donated 61 times. He has also organized 15 blood donation campaigns with Lions Club, UNDF, ONF. Apart from BDA, he is the life member of Nepal Red Cross Society and Lions Club, both in Nepal as well as in USA. He is also the member of NRNA.



Sanjaya Shrestha

BDA State Coordinator, Iowa

Mr. Sanjay Shrestha has been serving BDA as the Iowa State Coordinator for last 4 years. He started donating blood in 2011, and was inspired to encourage those in the local Nepali community to join him. Every year he coordinates a bi-annual blood drive event, hosted jointly by BDA and the Iowa Nepalese Association (INA). He is actively engaged in social & community activities in the Des Moines Nepalese Community since 2000. He has also served the Iowa Nepalese Association as President from 2015-2016.

In 2000, Mr. Shrestha moved to the United States to pursue a Master's Degree in Computer Science at Maharishi University of Management in Fairfield, Iowa. Currently Mr. Shrestha works for Monsanto as a Computer Software Developer.

Mr. Shrestha resides in Des Moines, Iowa with his wife, Rashmi Shrestha, and two kids.



Santosh Pokhrel

BDA State Coordinator, New Mexico

Mr. Santosh Pokhrel joined Blood donors of America in 2018 as a life member. He started donating blood in 2010 first time and has been donating regularly.

Mr. Pokhrel is employed at Wal-Mart supercenter as an Assistant Store Manager . He holds Bachelor degree in business from Sanker Dev College Tribhuwan University, Nepal. He Lives in Albuquerque New Mexico. He can be reached at prlsantosh22@gmail.com.



Satish Chandra Gupta

BDA State Coordinator, South Carolina

Former BDA executive member, 2nd convention secretary

“LITTLE THINGS WE DO”

Mr. Satish Chandra Gupta came to United State of America in 2006 and joined BDA in 2013. Before coming to the USA, he did organize Blood Drive events in Nepal through Kapilvastu Samja and Lions Club of Kathmandu Fulbari. He donated blood 4 times.

His motivation to join BDA is “Donating blood and saving life” and I feel proud to be a life saver. He feels honored to be a part of BDA, a great organization with lots of honest and hardworking volunteers.

The following are the positions that Mr. Gupta has assumed in BDA so far:

Executive Board member (Second Executive 2013-2016) and also State Co-coordinator of South Carolina.

State Coordinator of South Carolina in Third Executive 2014-2016

State Coordinator of South Carolina in Fourth Executive 2016-2018

He has also served to various other organizations:

Co-Chair of 9th NASEA/AMNA Joint Convention 2013 in Spartanburg, SC

Vice President followed by President of South Carolina Association of Nepalese (SCAN) in 2015-2017



Executive Board Member of Nepalese Association in Southeast America (NASeA), 2015-2017

He has organized Blood Drive events jointly with BDA and NASeA as given below:

March 10th, 2012, Spartanburg, SC

Sept 1st, 2013 (During NASeA 9th Joint Convention), Spartanburg, SC

June 27th, 2015, Greenville, SC

March 25th, 2017 (In 5 State on same day And Time), Florida, North Carolina, Alabama, Tennessee, South Carolina

Sept 3rd, 2017 (During NASeA 13th Joint Convention), Charlotte, NC

He has already donated blood 7 times; his wife has donated 3 times and my son has donated 5 times. He proudly attended **BDA First Convention 2016, Dallas, TX**. Currently, he is serving as **Convention Secretary for BDA 2nd Convention 2018, scheduled in Atlanta, GA**. At the end I would like to mention that I'm really proud to be a part of such a wonderful organization Blood Donors of America (BDA) working for humanitarian.

Sharada Shrestha

BDA Executive Member, CA

Ms Sharada born in Diktel Bazar of Khotang district of Nepal has been actively involved in community services for many years. She is highly motivated volunteers and would like to transfer the knowledge and skills gained from one organization to others.

As a women educated in Nepal up to Intermediate level in social science, Ms. Shrestha founded several community organizations like Handicraft Association of Jhapa, Nepal in 2002 and did serve like founder general secretary of Orphan and Old Age Home in 2004. She has experience of president of Nepal America Ekata Samaj 2014-2016; and also Nepali Women Global Network (2016-2017), LA Chapter.

Ms Sharda joined Blood Donors of America in 2016 and was nominated to central Executive Board Member for 2016-2018. Mr sharada lives with her spouse Mr Dil Bahadur Shrestha in Los Angeles, CA; and can be reached at Sthads@yahoo.com



Shiva Kaphle

BDA State Coordinator, Texas

Mr. Shiva Kaphle came to the United States in May-2005. He joined Blood Donors of America (BDA) in 2013 and became life member in 2014. His motivation to join BDA is to "Help People and Save Lives". He feels proud to be a blood donor and has already donated blood 29 times, out of which 6 times was in the United States. First time he donated blood in 1989 to transfuse to his cousin He took the official position in BDA in 2014 in the state coordination committee in Texas.

Mr. Kaphle thinks that BDA is a great organization to work, where one can help people by donating blood. He appreciates the BDA efforts to organize the blood donation drives all across USA. He is excited about the BDA's initiative and wish the success of various talk programs that helps to generate health awareness among general public. He heard about this great organization from Dr. Nanda Regmi in 2012, who is the current president of BDA. He feels proud to be in the BDA family through which thousands of lives have been saved in last 4-5 years. His suggestion to BDA is that it should expand its activities/health awareness program etc. to the other communities.



Somnath Ghimire

BDA founding member

Somnath Ghimire, arrived US as a student on December 1996, one of the founder members of

BDA, along with Arjun Mainali & Binod Roka. Registered the organization in the state of NY, believed in 2008/09 using our proper documents as needed for registration.

Motivated by Arjun Mainali Ji's campaign to donate blood & save lives. Donated blood in this program in coordination with Red Cross America. As being the President of Nepali Janasamparka Samiti America, NY Chapter, conducted the first blood donation program in NY with the support of Arjun Mainali, then followed by other Nepali Organizations in NY.

Founder of Nepalese Democratic Youth Council in USA on 2000, it was also known as Nepali Janasamparka Samiti. Former President of Alliance for Democracy & Human Rights in Nepal USA. Also Appointed as the First President of NSU-USA/Canada Chapter. Residing in Queens, NY & an entrepreneur .



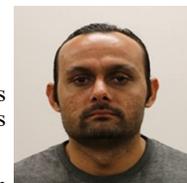
Sunil Paudel

BDA State Coordinator, Louisiana

Mr. Sunil Paudel lives in Baton Rouge, Louisiana. He is attending Louisiana State University as a student pursuing his PhD degree. He is a PhD candidate in the department of Entomology working to understand the effects of plant viruses in the behavior and biology of vector and non-vector herbivores in a Sorghum mosaic virus-sorghum pathosystem.

Mr. Paudel started donating blood in mid-2000 while attending Rampur College for his Bachelor's degree and has been donating blood since then when opportunity arrives. He joined BDA in 2013 and has assumed BDA state coordinator duties for the state of Louisiana since 2016. Mr. Paudel has handled leadership roles in numerous organizations including but not limited to Nepalese student association at LSU (President 2015/16), and Society of Overseas Nepalese Entomologists (SONE, Treasurer, 2016).

Mr. Paudel is interested in social welfare, Sustainable agriculture and Integrated Pest Management. He can be reached at sunils.paudel@gmail.com.

**Tanka Kafle**

Chair, Information Technology, BDA

Mr. Tanka Kafle is an enthusiastic blood donor from Dallas, TX. Mr. Kafle joined Blood Donors of America in 2014 as a life member with past President Dr. Lila Karki. He has been designing and developing BDA'S website from the inception. Since 2017, he has been serving as Information Technology Chair.

Mr. Kafle is a Web Developer by profession. He had served as a Senior Web Developer in WorldLink Communication and Technologies, Nepal for more than 10 years. He has developed excellent clientele with various social organizations in national and international level. He also co-founded Web & Wings a Web/Graphic Development & design Company based in Dallas, Texas.

BDA highly appreciates his remarkable contribution as life member and active roles as IT chair. He can be reached at tankafle@hotmail.com.

**Mr. Tika Poudel**

State Coordinator, Colorado

Mr. Tika Poudel came in the United State of America on 29th July, 2007. He lives in Erie, Colorado with his wife Luna Luitel Poudel and two daughters Akriti and Arati.

He had served as social worker in Nepal as well as in the USA with various social organizations. Currently, he is serving as general secretary of Rocky Mountain Friends of Nepal (RMFN). He joined the Blood Donors of America (BDA) as Colorado State Coordinator in 2017. He is also the life member of BDA. He donated blood more than eight times in Nepal and in the USA. Since he is working as Colorado State coordinator, he has organized three blood drives. In these blood drives, more than 40 people donated blood.

"Donate Blood, Save Lives" is the main inspiration for him to donate the blood. He had donated blood first time in Nepal twelve years ago. When he gave blood first time, he thought that he would be weak and it would be hard. But after his first donation, he did not feel weak, neither that was hard. After that he obtained more confidence and knowledge about blood donation and it was beneficial for him. He is continuously inspiring to the 1st time donors using his experience with positive attitude.

He also believes "Donating Blood is simple and easy to save others' lives." He suggest to the first time donors that after first blood donation, donors will feel good and will like to give more. Your voluntary and selfless service in saving life of human beings regardless of race, origin, color and religion is invaluable, will inspire you, your friends and you will be blessed."

Mr. Poudel heard about BDA from Bhushan Lal Shrestha who is very patron in blood donation program and he was Colorado State Coordinator at that time. He thanks BDA for providing opportunity to serve the community. He also thanks BDA leaders, volunteers, supporters and well-wishers for their time and efforts to this organization. He is very proud being a part of organization and promises to serve the community through the Blood donation program. He expects from all members and volunteers of BDA for educating more people in our society through their invaluable services. He also requests to all BDA leaders and volunteers for expansion of work area in more states through the membership drive.

**Tilak Mahato**

BDA State Coordinator, Arizona

Tilak Mahato is a resident of Tucson, Arizona. He came to the USA at the invitation of Biosphere 2 in early 1993. Biosphere 2, a giant glass structure, is the world's first man-made mini-world created to conduct ecological research in Oracle, AZ. Mr. Mahato was one of the members of the seven crews "biospherian" of the Biosphere 2's Second Closed Mission (1994). Later in 2001, he took a Research Specialist position at the University of Arizona and since then he has been working there and involved in agricultural research which include intensive and sustainable food production,



controlled environment agriculture, and hydroponic production systems under the climate controlled greenhouse setting. Mr. Mahato holds a graduate degree in agricultural science from the University of Arizona.

Besides professional interests, he is also actively involved in social and cultural organizations in the US including Blood Donors of America (BDA). He joined BDA in 2014 and became a life member and "State Coordinator" of Arizona in 2016. Mr. Mahato believes in selfless services to humanity and blood donation is not only a clear example of such services, but also an invaluable service to humankind. Someone's donated blood can help to save or improve someone's life. Anyone can donate blood. All it needs is - good health and desire to donate! To meet the escalating demand of blood supply, donation by a sufficient number of healthy people in a regular basis is very crucial so that safe blood is available whenever and wherever it is needed. It is well known fact that blood is one of the most precious gifts that anyone can give to any other person. Therefore, be a part it and become a hero!

"A blood donor of today may be a recipient of tomorrow"

Yam Adhikari

BDA founding general secretary

Mr. Yam Ahikari came to USA back in 2005. Before coming to USA he was an international businessman in Nepal . He studied LLB from TU. He went to United State my CLF degree.

He is a partner of New York Life insurance. He is a past advisor of NRNA USA. He was the founding general secretary of the blood donor of America. He loves to help people, and spend time when Nepalese community needed him. He donated blood 14 times so far and is actively participating in the blood donation activities. He lives in Old Bride ,NJ with his wife Lakshin, son Aayush and Daughter Aaraju.



Blood Donors of America 2nd CONVENTION

May 25-26, 2018, Atlanta, Georgia

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BDA's 2nd Convention
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Poma, Posha, Nita Gharti
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Mr. Madhav Mainali
Alabama State Coordinator
Mrs. Sita Mainali.
Huntsville, Alabama

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BDA's 2nd Convention !**



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