

2026

Give to Gain

Nepali Women's Summit: देखिने र नदेखिने श्रमको सम्मान  
(Honoring visible and invisible labor)

Right. Justice. Action.  
For ALL Women and Girls



### Sponsors

### Event Caterer



Doko Solutions

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Technology Solutions for Modern Business

Do yourself a favor, eat healthy live longer

Saturday March 7, 2026

Hope Church,  
2080 E Williams St, Apex  
9:30 am - 3:30 pm



Scan to register



Ticket price: \$15/person

Ticket includes:  
breakfast and lunch



Organized by:



# INTERNATIONAL WOMEN'S DAY 2026

## Event Schedule

- 9:30 Registration/Breakfast**
- 9:55 Opening Remarks - Dr. Anju Giri**
- 10:00 Greeting from NCNC President - Dadin Pandey**
- 10:05 Greetings from NWGN President - Tejaswi Giri**
- 10:10 Keynote Speech - Dr. Manisha Ghimire**
- 10:25 Nepali Literary Society Session**
- 10:45 SHERO - Shradha Paudel**
- 11:10 Panel Discussion: *Amplify Voices, Volunteer Time, Prove Support to Gain Purpose***  
Pannelist: Oasis Neupane, Bini Maharjan, Kavya Lamichhane, Anna Koirala; Moderator: Ashreema Luitel;
- 12:10 Lunch**
- 01:00 Keynote Speech - Purvi Patel**
- 01:20 Leader Panel Discussion: *The Power of Purpose and Community Impact***  
Pannelist: Lindsay Mahffey, Reema Bhattacharya, Kalpana Bhandari, Annie Drees; Moderator: Dr. Pallavi Sharma
- 02:25 Microaggressions against women in the workplace -Dr. Pallavi Sharma**  
Interactive session
- 02:45 Nepali Literary Society Session**
- 03:00 KIRAN: A Silver Lining - Sushma Pradhan**
- 03:05 Arambha Nepali Library - Megha**
- 03:10 Closing Statement NASEA - Parbati Timalcina**
- 03:15 Networking/Dismissal**

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# Program Schedule





First in Height, First in Flight

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Nepal Center of North Carolina, Inc.



**Mr. Dadin Pandey**

**NCNC, President**



## NEPALI WOMEN'S GLOBAL NETWORK (NWGN)

### Board Members 2026-2028



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# Nepali Women's Global Network (NWGN)

## Est. 2002

### INTRODUCTION

- NWGN is an inclusive, autonomous, independent, non-profit organization of global network of Nepali women established in 2002.
- NWGN is a member-based organization of various country, state, and regional networks, referred to as 'Chapters'. In the United States of America, NWGN is registered as tax exempt organization under section 501(c) of the Internal Revenue Code.
- The vision of NWGN is to create socially committed and highly responsible Nepali women leaders who will further our mission of service and advocacy.
- NWGN fosters networking, support, and self-reliance among Nepali women through education, advocacy, and collaboration. We celebrate and empower entrepreneurs, academicians, and professionals to thrive and lead.



# Nepali Women's Global Network (NWGN)

## Est. 2002

### Defining NWGN in a simple terms

- NWGN is not just an Organization but a MOVEMENT.
- Our MOVEMENT was born out of a shared vision—to uplift, amplify, and advocate for women and minorities while breaking down barriers.
- Over the years, NWGN has evolved into more than just a NETWORK—it is a force for CHANGE.
- We have created SPACES where women can speak their TRUTH and young leaders can find MENTORSHIP.
- The NWGN is a powerful advocacy platform dedicated to amplifying the voices of Nepali women worldwide. Through our efforts, we have effectively championed the "**No Manels**" movement within the diaspora, ensuring greater recognition and representation of women in leadership, discussions, and decision-making spaces. Our advocacy has sparked meaningful change, creating opportunities for women to be heard, valued, and celebrated.



## Nepali Women's Global Network (NWGN) Est. 2002

### WHAT DO WE DO?

- Advocate for women's issues, including domestic violence, sexual abuse, meaningful representation, and women's health (physical & mental).
- Create a platform for Nepali women trailblazers to inspire, mentor, and connect across generations.
- Educate on domestic violence, sexual abuse, and immigration issues.
- Engage young girls in Nepal & the USA through scholarships, essay competitions, and school supplies support.
- Referrals to a range of professional and community organizations to help connect women professionals and women in need of social services.



# Nepali Women's Global Network (NWGN)

## Est. 2002

### OUR INITIATIVES

- As part of our commitment to advancing knowledge and representation, we also offer a **\$2,500 grant** to support **research on the Nepali diaspora**. This initiative aims to encourage meaningful academic contributions that shed light on the experiences, challenges, and achievements of the Nepali community in the USA.
- As part of recognizing trailblazer- we organize **Nepali Women Entrepreneurship and Leadership Summit** annually in **Dallas, Texas**, since **2019** to mark **International Women's Day**. This platform celebrates and empowers **Nepali women leaders, entrepreneurs, and changemakers**. We invite you to **refer a powerful "She Story"**—a woman whose resilience and impact deserve recognition. Let's uplift and honor the remarkable women shaping our community.
- We organize a **Biennial Conference** every two years in collaboration with a **university and Nepali Student Association** in different states. Our next conference is set for **2026**, and we welcome collaboration opportunities. If you're interested in partnering with us, please reach out!
- We invite and encourage local women to establish new chapters across different states and be part of a growing, vibrant community. With existing chapters in Nepal, New England, San Francisco, and Los Angeles, now is the perfect time to expand and connect with women who share our passion for making a difference.

# Thank you for your Sponsorship!



In Celebration of  
**116th International  
Women's  
Day**



**THANK YOU  
PLATINUM SPONSOR  
\$3000**



**#Give To Gain**  
International Women's Day



In Celebration of  
**116th International  
Women's  
Day**



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International Women's Day



# Thank you for your contribution to NC Research & Scholarship Funds



In Celebration of

## 116th International Women's Day



**THANK YOU FOR YOUR CONTRIBUTION TO  
NC RESEARCH & SCHOLARSHIP FUNDS**

SHRIJAN NEUPANE,  
SURI BUSINESS GROUP

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SANJU RAYAMAJHI, RAYA HOMES

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International Women's Day



### NORTH CAROLINA RESEARCH & SCHOLARSHIP FUNDS

Nepali Women's Global Network

*NWGN provides Research & Scholarship Grants to support studies focused on issues impacting the Nepali diaspora in the State of North Carolina. Through this initiative, NWGN seeks to expand knowledge, elevate community voices, and foster meaningful, cross-generational impact.*

Grant details to follow soon!

Names of donors will be published on our website!

#### GRANT ANNOUNCEMENT

President's Day Weekend February 2027  
During NWGN's 25<sup>th</sup> Anniversary Celebration in RTP, NC



Donate Here



# Thank you for your Sponsorship!



In Celebration of

## 116th International Women's Day



**THANK YOU  
FOR YOUR SPONSORSHIP!**

BANU & SANJAY SHAH  
SUSHAMA & MANOJ PRADHAN  
DARPAN & PREM GAUCHAN  
NILU PANTA

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International Women's Day





# Nepali Women's Global Network (NWGN) Est. 2002



# Nepali Women's Global Network (NWGN) Est. 2002



## Website



 [www.nepaliwomen.org](http://www.nepaliwomen.org)

## Membership



 [nwgnglobal@gmail.com](mailto:nwgnglobal@gmail.com)

Thank you!

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## Keynote Speaker



### Dr. Manisha Ghimire

U.S.-based telemedicine physician,  
obesity medicine specialist, speaker,  
and founder of Momkinz- supporting  
mothers' mental health and well-being.



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# कामकाजी आमाहरूको वास्तविकता (२०२३)

डा. मनीषा घिमिरे

सन् २०२३ मा, CVS हेल्थ सर्वेक्षणले  
देखाएको छ कि ४२% कामकाजी  
आमाहरू चिन्ता र डिप्रेसनबाट पीडित  
छन्।



# घरको बोझ (२०२४)

# ७३%

महिलाहरूले घरको सम्पूर्ण बोझ  
एकलै बोक्छन्, जसले बर्नआउट र  
चिन्ता निम्त्याउँछ।



# मानसिक स्वास्थ्यमा लैङ्गिक भिन्नता (Gender Gap in Mental Health)



पुरुषहरूको तुलनामा महिलाहरूलाई चिन्ता र डिप्रेसनको जोखिम तीन गुणा बढी हुन्छ (Women are 3x more likely to experience anxiety and depression)

# अदृश्य मानसिक बोझ के हो? (What is the Invisible Mental Load?)

परिवारलाई चलायमान राख्ने  
निरन्तर सोच, योजना र व्यवस्थापन  
(The constant behind-the-scenes thinking, planning, and organizing that keeps a family running)



# घरको जगको रूपमा महिला (Women as the Foundation)

महिलाहरू जग हुन्। यदि जग भाँचियो भने, पूरै घर ढल्नेछ।



# शारीरिक र भावनात्मक लागत (Physical & Emotional Cost)

जब बोझ धेरै हुन्छ:

- पुरानो ढाड र शरीर दुखाइ
- निरन्तर थकान र थकावट
- अनावश्यक चिच्याहट वा चिडचिडापन
- बच्चाहरूमा 'चिडचिडा' महसुस हुनु



# राहतका लागि रणनीतिहरू

(Strategies for Relief: Do, Delete, Delegate)

बोझ कम गर्नका लागि मुख्य तीन रणनीतिहरू:

- **गर (DO):** केवल मूल्यवान आवश्यक चीजहरू
- **हटाउ (DELETE) :** अनावश्यक
- **सुम्प (DELEGATE):** साझेदारहरू, परिवार, वा मद्दतसँग बोझ साझा गर्नुहोस्



यी रणनीतिहरूको प्रयोगले तपाईंलाई राहत र सन्तुलनको भावना दिन्छ।

# ‘आफ्नो कप भर्नुहोस्’ दर्शन



तपाईं खाली कपबाट खन्दाउन सक्नुहुन्न। पहिले आफ्नो कप भर्नुहोस् ताकि तपाईं अरुको कप भर्न सक्नुहुन्छ।



# एक खुसी, उपस्थित आमा

एक खुसी आमा बढी उपस्थित र राहत - उन्मुख हुन्छिन्, जसले स्वस्थ पारिवारिक गतिशीलता निम्त्याउँछ ।



# अन्तर्राष्ट्रिय महिला दिवसको शुभकामना



सबै नेपाली महिलाहरूको शक्ति र  
कल्याणको उत्सव मनाउँदै

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## साहित्य र संस्कृति



उमा शर्मा



पारु तिमिल्सिना



नम्रता गुरागाईं



पबित्रा अर्याल



गीता बस्नेत

सञ्चालक

## कवयित्रीहरू



Organized by:



First session

# INTERNATIONAL WOMEN'S DAY 2026

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SHERO



Ms. Shradha Paudel

Executive Director of Sciencix, an engineer, entrepreneur, and community advocate dedicated to education, women's empowerment, and global impact.

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Give to Gain: Amplify Voices, Volunteer Time, Prove Support to Gain Purpose



**Oasis Neupane**  
Sophomore  
Apex Freindship High School



**Bini Maharjan**  
Founder & Principal  
BHR Consulting Partners



**Kavya Lamichhane**  
Freshman  
NC State University



**Anna Koirala**  
Miss Nepal North America  
2024



**Ashreema Luitel**  
Product Quality Engineer  
Collins Aerospace

Moderator

Panelist



Organized by:



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Ticket price: \$15/person

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Organized by:



**lunch**

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## Keynote Speaker



### Ms. Purvi Patel

Community leader at North Carolina Asian Americans Together, advancing belonging and civic participation in AAPI communities through youth leadership and civic engagement.



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## Give to Gain: The Power of Purpose and Community Impact



Lindsay Mahaffey  
Leader



Reema Bhattacharya  
Leader



Kalpana Bhandari  
Leader



Annie Drees  
Leader



Dr. Pallavi Sharma  
Leader

Moderator

## Panelist

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## Microaggressions against women in the workplace Interactive Session



Speaker: Dr. Pallavi Sharma



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## साहित्य र संस्कृति



उमा शर्मा



पारु तिमिल्सिना



नम्रता गुरागाई



पबित्रा अर्याल



गीता बस्नेत

सञ्चालक

## कवयित्रीहरू



Organized by:



# KIRAN: A Silver Lining





# Kiran: A Silver Lining for DV Victims

---

Sushama Pradhan

Kiran Inc. Task Force Member

**KIRAN** Empowering Survivors  
of Domestic Violence

Kiran's mission is to end the cycle of abuse and to serve and empower South Asian victims of domestic violence in North Carolina by providing culturally specific services and comprehensive economic, social and community resources.

Kiran aims to illuminate, guide and instill hope in the lives of South Asian domestic violence survivors across North Carolina.



# Are You Or Someone You Know Experiencing Abuse?



**Multiple forms of abuse can occur at once.**

# Snapshots of Domestic Violence in The USA

- +
- 
- 

2.7 million women and 8.5 million are domestic violence victims annually

70% of DV victims are female, and 29% are male

22% of female victims of DV are under 18

23% of male DV victims are 25-34

1 in 10 Asian American women experience DV

1.2 million children witness DV annually

64% of DV survivors experience mental health issues

24% of DV survivors face job loss, and 30% miss work

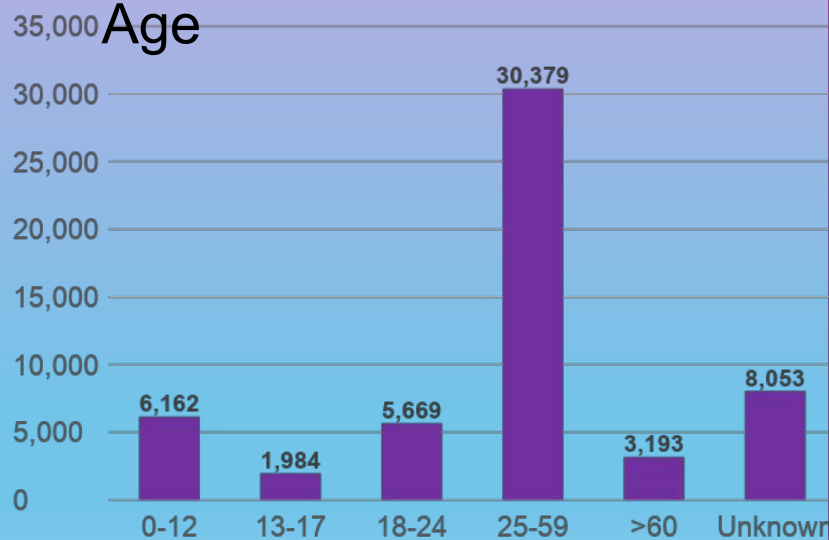
50% of DV survivors can't afford legal fees



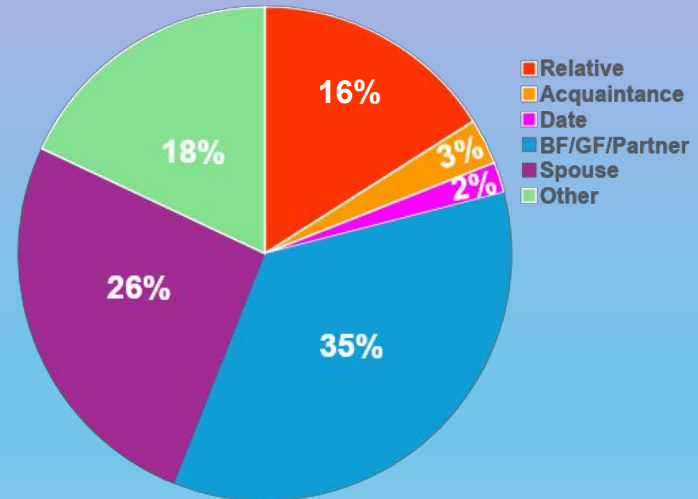
Photo courtesy: <https://www.artstation.com/artwork/klWgbz>

# Domestic Violence in North Carolina

## Number of Victims By Age



## Offender Relationship





# You Are Not Alone

 24/7 Crisis Hotline: 1-(877)-625-4726

 Office: (919)-831-4203

<https://kiraninc.org/services/>

**2025: 197 Clients; 3500 Crisis Calls**

Taken  
**25,000+**  
counseling  
calls

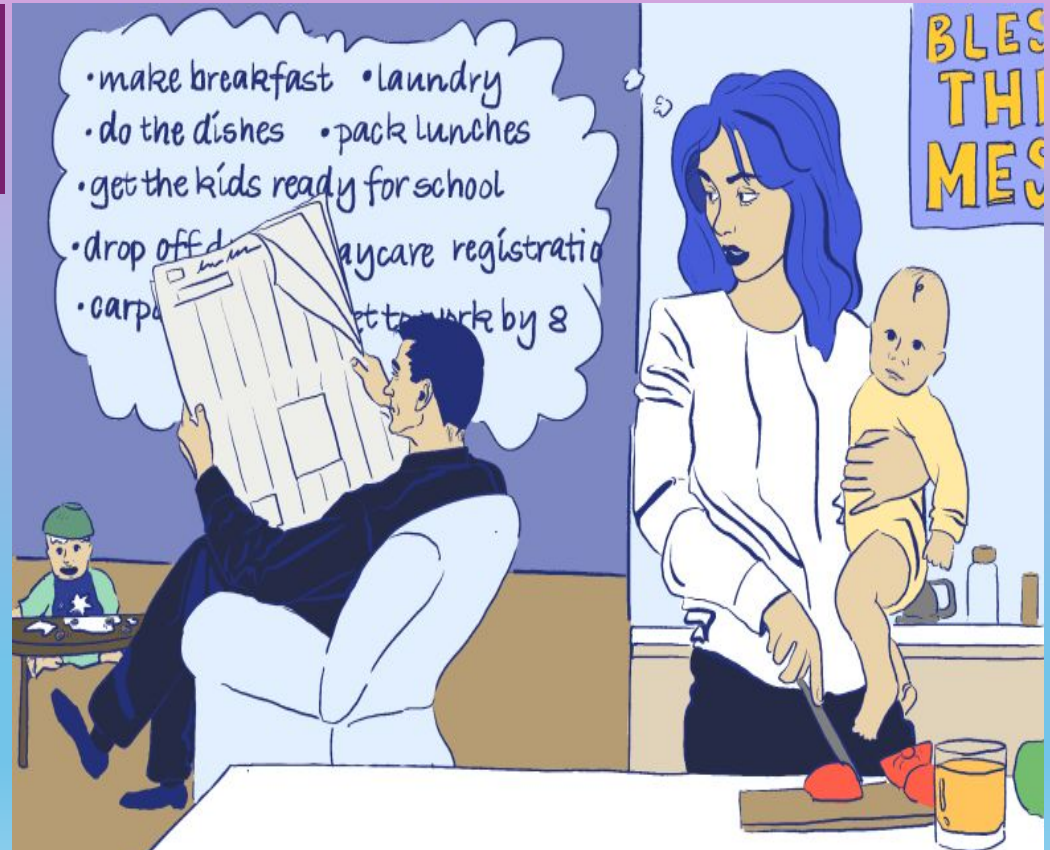
Served  
**5,000+**  
survivors  
in crisis

Reached  
**500,000+**  
people  
through our  
prevention  
efforts

<https://form.jotform.us/62824297860162>

# Role of Visible and Invisible labor in DV

Honoring **visible and invisible labor** in a family is important because it helps create **respect, appreciation, and stronger relationships** among family members. When everyone's efforts are recognized, people feel valued and happier.



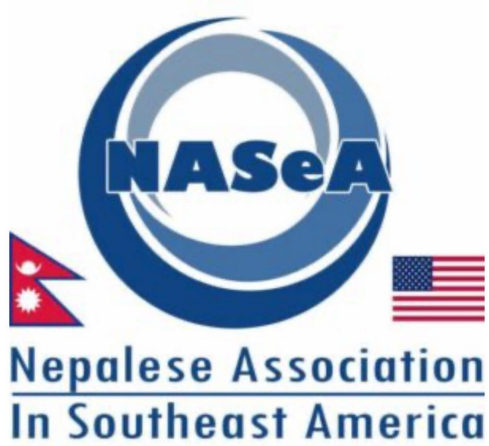
Picture courtesy:  
<https://www.michigandaily.com/opinion/how-invisible-work-damages-womens-careers/>

## Organizer



Megha  
Arambha

## Organizer



Parbati Timilsina  
NASEA